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YOUR CHEMISTS FOR LIFE

JOURNAL FOR THE HEALTH CONSCIOUS

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SUMMER DAYS HOT DAYS



for private and internal circulation only



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Summer Days, Hot Days!

How to Protect Yourself In Summer

The summer months are well upon us, bringing people out of their caves and into the sunshine. Summer is a great time to enjoy the outdoors and get back in shape. But summertime has its special set of health hazards, which can often be prevented. Following are a few basic summer health tips that can help keep the doctor away while you enjoy the fun and sun.

The summer is a great time to get back in shape. That "lousy weather" excuse is no good on most days between June and August. Regular exercise has been shown to reduce the risk of heart disease, boost the immune system and keep depression away. It also gives people a chance to lose some of the weight that often accumulates in the winter months. Remember to drink lots of fluids to avoid dehydration. The morning and evening time are the best times for exercise, when the hottest hours have passed. Use common sense and avoid overdoing it, which can easily lead to heat exhaustion and other heat injury in the summer sun. Always wear a helmet when riding a bike.

While out in the sun, protect your skin. The risk of skin cancer is directly related to the amount of sun exposure over the course of one's lifetime. Hats, long sleeve shirts and sunglasses help to protect the eyes. For those who prefer less clothing in the summer, sunscreen is a good alternative. Make sure to use sunscreen with an SPF of 15 or more, since that protects against both UVA and UVB rays. Those who choose to ignore the above tips should keep a lookout for sunburns and exit from the sun immediately to avoid more serious damage to the skin.

Summer is also a time for great outdoor eating and picnics. Remember, however, that food poisoning is also more common during the summer months. Unfortunately, bacteria love warm weather as much as we do. Perishable or spoilable food should not be left out for more than 2 hours and no more than 1 hour if the temperature is more than 90 F. When in doubt, throw it out! When going on a picnic, store things such as lunchmeats and potato salads inside coolers that contain ice. Cook all meats thoroughly, especially when grilling. Brown or black on the outside doesn't always mean the meat is properly cooked on the inside. The cooks and others handling the food should wash their hands before and after touching it. Finger foods are great, but also a good way to spread bacteria. Try to keep items separate and remind kids not to touch every food item on the tray.

Speaking of kids, never forget how quickly they can get into trouble. This is especially important near busy streets and water. Kids should never swim or play near a busy street unsupervised.

Insect's love the warm weather too and can be quite annoying. Long pants and sleeves are the best ways to protect the skin, but repellants allow you to bare it and still grin. Don't use repellants over cuts or irritated skin. When protecting the face, apply repellent to the hands and rub on the face -

never spray repellent directly onto the face. Avoid use of repellent around the eyes and mouth. Also, don't let the younger kids put on their own repellent; do it for them. First, spray repellent on your hands and then apply it to the child's skin. Don't put repellent onto the child's hands, as they may rub their eyes or put their hands in their mouth. Also remember to keep the bug spray away from the food.

If you have a pet then watch out for tick bites. They can also be a problem in the summer time, mostly for the itching they cause. However, tick bites can spread serious infections, including Lyme disease. After outdoor activities near the wood, check yourself and any children for ticks. Protective clothing is the best preventive measure. Ticks should be removed quickly with tweezers and you should try to avoid crushing the body. If a rash or fever develops after a tick bite, see your doctor right away.

Summer is a glorious time of the year for most people. Getting out of the house or apartment and exploring the world does have its hazards, however few basic health tips should help make sure you don't have to go back inside for the wrong reasons.





Summer Drinks And Food

A GREAT WAY TO KEEP THE HEAT AT BAY

Summer is great as long as you don't get the foul smell due to sweating, as long as you don't get sun burns and as long as you don't dehydrate by drinking all the wrong drinks. Summer heat can affect the body's system of internal temperature regulation and cause everything from rashes, cramps, exhaustion to heatstroke. So hydrate yourself well to enjoy the summers. There is coolness in things around. Use the coolness from rose-petals, mangoes, almonds, barley and more.

Check out that heady combination-paste of almonds, rose petals, aniseed, seeds of melons and cucumbers, very aptly called "thandai" which cools and refreshes you. And don't forget the water, the healthiest drink of the world. In parts of north India, particularly Bihar, Sattu is the common man's summer-cooler. Roasted barley is ground into a powder, mixed with jaggery and water. Similarly lime water, tender coconut water, panna (a drink made with raw mangoes) are regular summer antidotes.

Make lassi (a drink which is made with whipped curd by adding cumin powder and rock salt. It is not just cooling but superb for digestion. You must eat plenty of curd in summer and also seasonal vegetables. Seasonal veggies and fruits are cooling and easily digested. Salads are one of the natural choices. Mix and match your own combinations. Make dressings with beaten curd, honey and mustard dips and munch your way through summer.

Try cold soups. Keep your starters light and fresh. Thai steaming is a great idea in the hot summer months. This technique ensures that your food retains its color, texture and flavor and the most important part its nutrients.

Deep red watermelons, luscious mangoes, sweet melons and more summer fruits to chill you out are great choice in summers.



Summer is also known as doctor's season. Enjoy summers but also remember that it is a season of bugs and bacteria so follow the simple rules

1. Regulate temperatures properly.
2. Cook to proper temperatures.
3. Chill well.
4. Separate cooked and raw foods, don't cross-contaminate foods by keeping raw foods with cooked ones.
5. If in doubt about the freshness of food, throw out.
6. Always be cautious of the water you drink.
7. Avoid chilled milk products outside home and definitely that street-side sugar cane juice which can cause jaundice.

If your body is heated up it shows. You will have the yellow coating on your tongue, bad breath and red eyes. To avoid this, eat less, drink more. Our body requires extra water in summers as the perspiration is more in summers. Increase your intake by at least 3-4 glasses than your normal take in summers. With these food and drinks tips, you will surely chill out in summers.

Eye burning, Itching and Discharge

Eye burning with discharge is burning, itching, or drainage from the eye of any substance other than tears. Sometimes burning and itching eyes are due to environmental pollutants. If secondhand cigarette smoke is annoying, say so. If an industrial plant in the area is polluting.

Common Causes are Allergies, including seasonal allergies or hayfever, Bacterial infections, Chemical irritants (such as chlorine in a swimming pool or makeup), Conjunctivitis or pink eye etc.



Allergy Symptoms and Signs

Common signs of allergies include: red, swollen, tearing or itchy eyes; runny nose; sneezing; coughing; difficulty breathing; itchy nose, mouth or throat; and headache from sinus congestion.

What Causes Eye Allergies?

Many allergens are in the air, where they come in contact with your eyes and nose. Airborne allergens include pollen, mold, dust and pet dander. Other causes of allergies, such as certain foods or bee stings, do not typically affect the eyes the way airborne allergens do. Adverse reactions to certain cosmetics or drugs such as antibiotic eyedrops also may cause eye allergies.

Eye Allergy Avoidance

The most common "treatment" is to avoid what's causing your eye allergy. Itchy eyes? Keep your home free of pet dander and dust, and stay inside with the air conditioner on when a lot of pollen is in the air. Air conditioners filter out allergens, though you must clean the filters from time to time.

Causes of Eye Allergies

The air around us is filled with potential allergens (particles causing potentially allergic reactions). These particles come in contact with the eyes and the nose and especially airborne particles might cause an allergy symptom.

Examples of causes of eye allergies:

- **Airborne allergens** like pollen, mold and dust may cause an allergic reaction that is mostly noticed by its effect on the eyes. Itchy and red eyes, and a feeling as if sand or something else might have ended up in the eye describe the effect that these allergens have on an allergic person.

- **Types of food** that someone is allergic to may also cause an allergic reaction of the eyes, and often symptoms like itchy eyes or red eyes alert a patient to a latent food allergy. In this case eye allergy drops will take away the symptoms but not the cause, unless the food allergy is treated too.

- **Bee Stings Histamines** (antibodies) are released by the skin as a reaction to a bee sting. As with any other allergy the body tries to get rid of the potentially dangerous cause (in this case a bee sting) and the histamine bring about allergic reactions in

the eyes, and possibly in the nose and throat or on the skin.

Tips for Safe Fun in the Sun

Don't focus on the color or darkness of sunglass lenses: Select sunglasses that block UV rays. Don't be deceived by color or cost. The ability to block UV light is not dependent on the price tag.

Check for 97 to 100 percent UV protection: Make sure your sunglasses block 97 percent to 100 percent of UV rays and UV-B rays.

Choose wrap-around styles: Ideally, your sunglasses should wrap all the way around to your temples, so the sun's rays can't enter from the side.

Wear a hat: In addition to your sunglasses, wear a broad-brimmed hat to protect your eyes.

Don't rely on contact lenses: Even if you wear contact lenses with UV protection, remember your sunglasses.

Don't be fooled by clouds: The sun's rays can pass through haze and thin clouds. Sun damage to eyes can occur anytime during the year, not just in the summertime.

Protect your eyes during peak sun times: Sunglasses should be worn whenever outside. It's especially important to wear sunglasses in the early afternoon and at higher altitudes, where UV light is more intense.

Don't forget the kids: Everyone is at risk, including children. Protect their eyes with hats and sunglasses. In addition, try to keep children out of the sun between 10 a.m. and 2 p.m., when the sun's UV rays are the strongest.

TURMERIC'S HEALING PROPERTIES



The main organs that turmeric treats are the skin, heart, liver and lungs. Turmeric is used for epilepsy and bleeding disorders, skin diseases, to purify the body-mind, and to help the lungs expel Kapha. Activities of Turmeric include: analgesic, antibacterial, anti-inflammatory, anti-tumor, anti-allergic, antioxidant, antiseptic, appetizer, astringent, cardiovascular, digestive, stimulant.

Therapeutic uses of Turmeric: Anemia, cancer, diabetes, digestion, food poisoning, gallstones, indigestion, IBS, parasites, poor circulation, staph infections, and wounds. Turmeric reduces fevers, diarrhea, urinary disorders, insanity, poisoning, cough, and lactation problems in general. Turmeric is used to treat external ulcers that respond to nothing else. Turmeric decreases Kapha and so is used to remove mucus in the throat, watery discharges like leucorrhea, and any pus in the eyes, ears, or in wounds, etc. In Ayurvedic cooking, turmeric is everywhere, this multifaceted wonder spice helps Detoxify the liver, Balance cholesterol levels, Fight allergies, Stimulate digestion, Boost immunity, Enhance the complexion

It is also an antioxidant Ayurveda recognizes turmeric as a heating spice, contributing bitter, pungent and astringent tastes.

Remedies

Anemia

Everyday take a dose of 1 tsp of turmeric juice mixed with honey.

Asthma

Boil 1 cup of milk with 1 tsp of turmeric powder. Drink warm.

Burns

Mix 1 tsp of turmeric with 1 tsp of aloe gel and apply to burnt area.

Conjunctivitis

Mix 1 tbsp of crushed, raw turmeric in 1/3 cup of water. Boil and sieve. 2–3 drops of this mixture may be used in each eye up to 3 times per day.

Complexion

Apply a paste of turmeric on the skin before bed, and wash off after a few minutes. In the morning, remove any remaining yellow tinge with a paste of chickpea flour (besan) and oil.

Dental Problems

Mix 1 tsp of turmeric with 1/2 tsp of salt. Add mustard oil to make a paste. Rub the teeth and gums with this paste twice daily.

Diabetes

1/2–1 tsp of turmeric should be taken 3 times a day.

Diarrhoea

Take 1/2 tsp of turmeric powder or juice in water, 3 times per day.

Pain

Mix 1 tsp of turmeric and 2 tsp of ginger with water to make a paste. Spread over a cloth, place on the affected area and bandage.

Add 1 tsp of turmeric to 1 cup of warm milk and drink before bed.

Other uses

In cooking, turmeric acts as a yellow coloring agent. It is an important herb in Hindu rituals. It is also an ingredient in cosmetics as it is beneficial for the skin. Burning turmeric can repel insects. Inhaling the smoke can assist in coughs, asthma and congested nasal passages.

Ears, Eyes, Nose and Mouth

Turmeric dust, with alum 1:20, is blown into the ear to treat chronic otorrhea.

Mix a pinch of Turmeric with organic ghee and apply it to the mucus lining of nose to stop the sniffles. It also stops nosebleeds, helps to clear the sinuses, restore a more acute sense of smell, and helps to purify the mind and brain.

Turmeric helps to maintain the shape and integrity of our eyes.

A Turmeric/water decoction, 1:20, is used to treat conjunctivitis and eye disease in general. Soak a cloth in the decoction and then cover the eye with it. This helps to relieve the pain as well.

Top

Turmeric for Stomach and Intestines

Turmeric treats the whole Gastro - Intestinal system.

In general turmeric is used for

- Weak stomachs
- Poor digestion
- Dyspepsia
- To normalize metabolism
- To help digest protein
- To increase the bio-availability of food and the ability of the stomach to withstand digestive acids.

Turmeric is a great carminative, able to calm an upset digestive system by getting rid of gas and distention. Carminatives also tend to increase absorption and nurture the intestinal flora.



Know Banana Go Banana

Never, put banana in the refrigerator! !!

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure.

Brain Power: 200 students at a school were helped through their exams this year by eating bananas at breakfast break, and lunch in a bid to boost their brain power. Research has shown that the potassium - packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the

nervous system.

Overweight and at work? Studies leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: Eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"



Water pollution – know the sources



When toxic substances enter lakes, streams, rivers, oceans, and other water bodies, they get dissolved or lie suspended in water or get deposited on the bed. This results in the pollution of water whereby the quality of the water deteriorates, affecting aquatic ecosystems. Pollutants can also seep down and affect the groundwater deposits.

Water pollution has many sources. The most polluting of them are the city sewage and industrial waste discharged into the rivers. The facilities to treat waste water are not adequate in any city in India. Presently, only about 10% of the waste water generated is treated; the rest is discharged as it is into our water bodies. Due to this, pollutants enter groundwater, rivers, and other water bodies. Such water, which ultimately ends up in our households, is often highly contaminated and carries disease-causing microbes. Agricultural run-off, or the water from the fields that drains into rivers, is another major water pollutant as it contains fertilizers and pesticides.

Domestic sewage refers to waste water that is discarded from households. Also referred to as sanitary sewage, such water contains a wide variety of dissolved and suspended impurities.

It amounts to a very small fraction of the sewage by weight. But it is large by volume and contains impurities such as organic materials and plant nutrients that tend to rot. The main organic materials are food and vegetable waste, plant nutrient come from chemical soaps, washing powders, etc. Domestic sewage is also very likely to contain disease-causing microbes. Thus, disposal of domestic waste water is a significant technical problem. Sewage generated from the urban areas in India has multiplied manifold since 1947.

Today, many people dump their garbage into streams, lakes, rivers, and seas, thus making water bodies the final resting place of cans, bottles, plastics, and other household products. The various substances that we use for keeping our houses clean add to water pollution as they contain harmful chemicals. In the past, people mostly used soaps made from animal and vegetable fat for all types of washing. But most of today's cleaning products are synthetic detergents and come from the petrochemical industry.

Agricultural Run off

Routine applications of fertilizers and pesticides for agriculture and indiscriminate disposal of industrial and domestic wastes are increasingly being recognized as significant sources of water pollution.

Industrial effluents

Waste water from manufacturing or chemical processes in industries contributes to water pollution

Effects of water pollution

The effects of water pollution are not only devastating to people but also to animals, fish, and birds. Polluted water is unsuitable for drinking, recreation, agriculture, and industry. It diminishes the aesthetic quality of lakes and rivers. More seriously, contaminated water destroys aquatic life and reduces its reproductive ability. Eventually, it is a hazard to human health. Nobody can escape the effects of water pollution.

The individual and the community can help minimize water pollution. By simple housekeeping and management practices the amount of waste generated can be minimized.



Disease

Cause	Water-borne diseases
Bacterial infections	Typhoid
	Cholera
	Paratyphoid fever
Viral infections	Bacillary dysentery
	Infectious Hepatitis (jaundice)
	Poliomyelitis
Protozoal infections	Amoebic dysentery

Water-borne diseases are infectious diseases spread primarily through contaminated water. Though these diseases are spread either directly or through flies or filth, water is the chief medium for spread of these diseases and hence they are termed as water-borne diseases



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YOUR CHEMISTS FOR LIFE

WORLD HEALTH DAY

World Health Day is celebrated every year on 7 April, under the sponsorship of the World Health Organization (WHO).

In 1948, the World Health Organization held the First World Health Assembly. The Assembly decided to celebrate 7th April of each year, with effect from 1950, as the World Health Day. The World Health Day is celebrated to create "awareness of a specific health theme to highlight a priority area of concern for the World Health Organization (WHO)". Activities - related to that particular theme and the resources provided - continue beyond 7 April, that is, the designated day for celebrating the World Health Day.

Protecting health from the adverse effects of climate change

The World Health Day, on 7 April, marks the founding of the World Health Organization and is an opportunity to draw worldwide attention to a subject of major importance to global health each year. World Health Day focuses on the need to protect health from the adverse effects of climate change & establish links between climate change and health and other development areas such as environment, food, energy, transport.

The theme "protecting health from climate change" puts health at the centre of the global dialogue about climate change. WHO selected this theme in recognition that climate change is posing ever growing threats to global public health security.

Through increased collaboration, the global community will be better prepared to cope with climate-related health challenges worldwide. Examples of such collaborative actions are:

strengthening surveillance and control of infectious diseases, ensuring safer use of diminishing water supplies, and coordinating health action in emergencies.

Save lives. Make hospitals safe in emergencies

World Health Day 2009 focuses on the safety of health facilities and the readiness of health workers who treat those affected by emergencies. Health centres and staff are critical life-lines for vulnerable people in disasters - treating injuries, preventing illnesses and caring for people's health needs.

They are cornerstones for primary health care in communities - meeting everyday needs, such as safe childbirth services, immunizations and chronic disease care that must continue in emergencies. Often, already fragile health systems are unable to keep functioning through a disaster, with immediate and future public health consequences.

Invest in health, build a safer future

Key messages for World Health Day:

Threats to health know no borders.

Invest in health, build a safer future.

Health leads to security; insecurity leads to poor health.

Preparedness and quick response improve international health security.

The World Health Organization is making the world more secure.

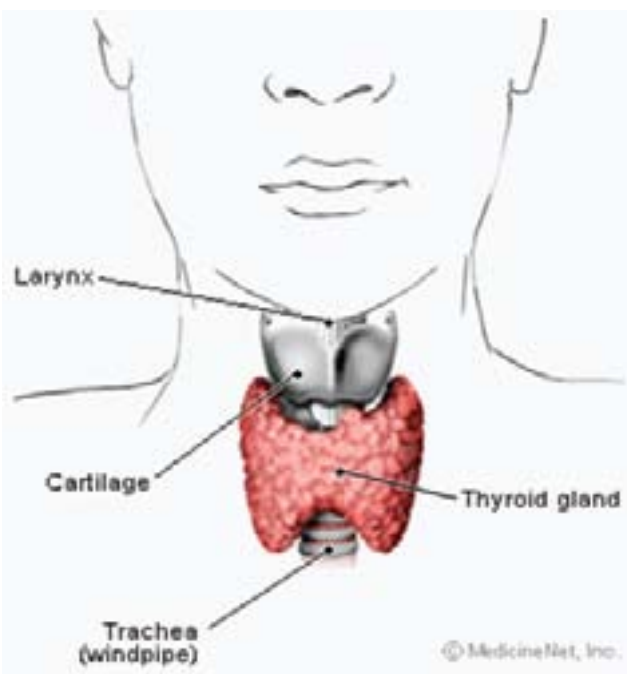


Thyroid - the facts

The thyroid is a small gland, shaped like a butterfly, located in the lower part of your neck. The function of a gland is to secrete hormones. The main hormones released by the thyroid are triiodothyronine, abbreviated as T3, and thyroxine, abbreviated as T4. These thyroid hormones deliver energy to cells of the body.

Definition of Thyroid gland

Thyroid gland: A gland that makes and stores hormones that help regulate the heart rate, blood pressure, body temperature, and the rate at which food is converted into energy. Thyroid hormones are essential for the function of every cell in the body. They help regulate growth and the rate of chemical reactions (metabolism) in the body. Thyroid hormones also help



children grow and develop.

The thyroid gland is located in the lower part of the neck, below the Adam's apple, wrapped around the trachea (windpipe). It has the shape of a butterfly: two wings (lobes) attached to one another by a middle part.

The thyroid uses iodine, a mineral found in some foods and in iodized salt, to make its hormones. The two most important thyroid hormones are thyroxine (T4) and triiodothyronine (T3). Thyroid stimulating hormone (TSH), which is produced by the pituitary gland, acts to stimulate hormone production by the thyroid gland. The thyroid gland also makes the hormone calcitonin, which is involved in calcium metabolism and stimulating bone cells to add calcium to bone.



Watermelon

This summer fruit not only helps to quench the thirst but is also a good source of beta carotene, vitamin C, pectin, lycopene, potassium and iron.



Apricots

Fresh apricots are good source of iron, vitamin C, beta carotene, potassium and fiber. Dried apricots help people with fluid retention and constipation.

Berries



Enjoy most of the berries in summer. Strawberries with stem intact can be stored up to one year with or without added sugar. The phytochemicals in blueberries, blackberries, strawberries helps boost

immunity, have a protective effect against cancer, protects against heart diseases and circulatory problems.

Plums

Contain good amount of vitamin C, beta carotene, antioxidant phytochemicals and anthocyanins all of which help to eliminate the free radicals from the body.



7 Summer Fruits and Health Benefits

Summer is a great season to enjoy these delicious seasonal fruits not only to satisfy your sweet taste buds but also to gain maximum nutritional benefits from them. A fresh fruit juice will also help to satisfy thirst and avoid dehydration in summer months. But avoid consuming preserved fruit juices which contains preservatives, added sugar and negligible fiber in it. For variety you can even try fresh fruit salad with some flavored low-fat yoghurt or just a plain fruit salad for dessert.



Cherries

Bright red cherries not only taste great but also contain ellagic acid which inhibits the growth of carcinogenic cells in the body.

Mango

Mangoes – are excellent source of vitamin C, beta carotene, vitamin A and fiber. Eating sufficient amount of mangoes alone can make the body a rich store of vitamin A which lasts for months.



Pineapple



Besides being packed with most of the vitamins and minerals, pineapple is a very good source of an enzyme bromelain which aids digestion.

Did you LAUGH enough?

An elementary school class goes on a field trip to the police station. The Officer points to the 10 MOST WANTED list and tells them that these are the most wanted fugitives in the country.

Little Boy points at the picture of the man on the top of the list and says 'He is the MOST WANTED in the country?'

Officer says 'Yes!'

Little Boy asks, 'Why didn't you keep him when you took his picture?'

"Three Legged Chicken"

A man was driving along a freeway when he noticed a chicken running along side his car. He was amazed to see the chicken keeping up with him because he was doing 50 KMPH. He accelerated to 60 and the chicken stayed right next to him. He speeded up to 75 KMPH and the chicken passed him up. The man noticed the chicken had three legs. So, he followed to chicken down a road and ended up at a farm. He got out of his car and saw that all the chickens had three legs.

He asked the farmer "What's up with these chickens?"

The farmer said "Well, everybody likes chicken legs. I bred a three legged bird. I'm going to be a millionaire." The man asked him how they tasted.

The farmer said "Don't know, haven't caught one yet."

Managing New Ideas

Company Director to Board Chairman: If any new ideas come up while I am out of the meeting for a brief phone call, my vote is 'No.'

Three high steel building workers break for lunch and sit down high above the city.

First worker opens his lunch box and complains, "Not lentils and rice again today, Every day, lentils & rice, lentils & rice. If I have lentils & rice again tomorrow I will throw myself from this building."

Second worker opens his lunch box and exclaims, "Not butter chicken & rice again. Every day chicken & rice. If I have that again tomorrow I'll throw myself off too."

The last worker, a blonde opens his lunch box and said, "Not baked macaroni and cheese again. Every day the same baked macaroni and cheese. If I have that one more time tomorrow I'll throw myself off with you guys."

The next day at lunch, the first worker opens his lunch and cries, "Lentils and rice?!?"

He throws himself off the building from the 20th floor!

The second worker his lunch and sees that he has butter chicken and rice again and throws himself off, too!

The blonde opens his lunch and shouts, "Baked macaroni and cheese again." and throws himself off as well!

The next day at the combined funeral the wife of the first worker stands up and tearfully says, "If I only knew he didn't like lentils and rice, I would never have made it for his lunch."

The wife of the second worker stands and says, "I always thought he liked butter chicken. If I knew he hated it I would never have made it for his lunch."

The wife of the blonde stands and says, "I don't understands it.. He always made his own lunch!



"Who says floppy disks are obsolete?
They make great bathroom tiles!"

Har 2 mein se 1 baccha school nahi jata Isse badalein, chaliye hamare saath!

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Badhega india.



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- Gillette Series Shave Foam Conditioning 250ml
- Moisturising 250ml
- Shave Foam Pure & Sensitive 250ml

Entire Duracell Range



PANTENE^{PRO-V} 400ml. (All Variants)

- Pantene- Pro V Shampoo Hair Fall Control 400ml
- Pantene- Pro V Shampoo Nourishing Shine 400 ML
- Pantene- Pro V Shampoo Smooth & Silky 400ml



Entire Pampers Range[^]



[^]Excluding Active Baby

whisper^{ULTRA}



*Term & Conditions Apply. No two offers can be clubbed together. Offer may vary from store to store. Valid on select range. THC Points are not applicable on offer.

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