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Editor's comment



Dear Readers

The festive season is finally here, and most people are looking forward to finally spending much-needed time with their families as well as getting in some long-overdue rest.

It is a joyous time of the year when people exchange gifts, travel and spoil themselves with one or two expensive purchases. However, just because it's the festive season, does not mean that your budget should go out the window, you should remain cognisant of your spending to come out strong and avoid January-doldrums.

Many people get paid early in December, creating the impression that you have more money to spend, however, do not wait until after your holiday is over to see if you'll have enough money for the New Year. List all your December and January expenses, including your home or car repayments, utilities, school fees, insurance, regular savings and so on. Put money aside for those essentials and do not use it for anything except what it is meant for. This way, you can enjoy your time off in peace, knowing you won't run into debt in January. After putting aside money for your January expenses, you can see how much money you have left for holiday spending.

Remember that over the festive season, everything from essential food items to holiday accommodation is more expensive. So do not underestimate a holiday budget. Once you have set a budget, base your plans on it. Then keep track of your

spending by writing it down, using a cellphone app or Excel spreadsheet. If you are lucky enough to earn extra money in the form of a bonus or a thirteenth check, do not plan to spend it immediately.

It is important to pay 'future accounts' first, so it may be a good idea to contribute a little extra to your investments during this period. Take some time to consider where you can best allocate the extra funds, either to save your money, like paying off debt, or earn you money like our Savings Account or Fixed Deposit for your different needs.

December holidays are the times that we love to get away and unwind, but one should find cost-effective ways to do this. Go camping or to a resort, there are many options available for both. You can also travel in larger groups to capitalise on group lodging discounts and carpool to save money on petrol costs.

Alternatively, you can postpone your travels to a different time of the year when places are not charging high holiday prices.

We at MASCA would like to wish all our Members, Member Firms and Service Providers, a rainy festive season and we hope that you are able to put some of these things into practice.

Bye Bye,

Maria

DID YOU KNOW?

Big nose? Blame your mum! Your facial features may be influenced by what your mother ate during pregnancy, study claims.

Facial features may be influenced by what your mother ate during pregnancy



Protein-rich diets lead to wider noses and jaws, scientists say

Every person's unique facial features may have been influenced by what their mother ate during pregnancy, a study found, with protein-rich diets leading to wider noses and jaws. Subtle differences in the way people look, from the shape of their skull to the amount of cartilage in their nose, are created in the womb by genes triggered by nutrition.

The more protein that is consumed during pregnancy, the more active these genes, known as 'mTORC1', become.

Researchers say this can 'fine-tune' a baby's facial appearance by tweaking the length of the nose and width of



the nostrils, the shape of the cheeks and the prominence of the jaw.

While the basic appearance of a human face is determined by the parent's genes, siblings often look quite different, and even 'identical' twins are never quite the same.

The reason for these subtle differences has long puzzled scientists, but now they believe the mother's diet is partly responsible for the appearance of offsprings.

A study found that modulation of the level of protein in the maternal diet regulates mTORC1 activity, resulting in subtle but distinct changes in the craniofacial shape of the embryos. They said this leads to a 'spectrum' of different facial features.

Pregnant mice and fish were given different diets, and the researchers

found it altered mTORC1 signaling in their wombs, giving their offspring particular facial characteristics. High-protein diets were shown to cause enlarged facial features, with more pronounced jaws and thicker nasal cartilage.

However, feeding the mothers lower protein foods led to slender faces and more pointy facial features. The researchers said the phenomenon may give some animals an advantage based on the environment into which they are born.

In certain types of fish, babies are more likely to have longer, thinner noses if their mothers consume a low-nutrition diet. This gives the youngsters an advantage when foraging for food in areas with low food availability.



Vitamin supplement could help millions with poor blood circulation

A vitamin supplement that costs just £1 a day could help millions of British people suffering with poor blood circulation. Researchers have found that nicotinamide riboside, a type of Vitamin B3 can significantly boost mobility in those with peripheral arterial disease. The condition is thought to affect 2.7 million people in the UK, mostly aged over 50. It develops when arteries often in the lower legs, although it can occur in the arms, become narrowed due to fatty deposits, called plaques, which gradually restrict blood flow. The poor circulation then causes chronic leg pain. Muscle and skin tissue also start to die, leading to ulcers that won't heal and in the

worst cases amputation of the lower leg. The main causes of peripheral arterial disease include smoking, diabetes, high blood pressure, raised cholesterol and simply getting older. Most patients are given drugs, such as aspirin, to thin the blood and reduce the risk of clotting. If that doesn't work, a tiny tube called a stent can be inserted into narrowed blood vessels to improve blood flow. But one of the biggest issues for patients is that the pain impacts their mobility, with even walking a few steps makes it difficult. Scientists tested nicotinamide riboside supplements on 90 men and women, mostly in their 70s who had the condition. They measured how far each volunteer could walk in six minutes.

Half the group took the £1 a day supplement for six months while the rest took a placebo. The results showed that those taking the supplement, widely available in pharmacies were able to walk 23ft further at the end of the trial. The placebo group, meanwhile, walked an average of 34ft less.

Vitamins are thought to boost production of energy inside the body's cells. It has also been shown to speed up DNA repair.



DOES HAVING FLAT FEET BRING HEALTH PROBLEMS?

The idea that having flat feet inevitably leads to pain or other musculoskeletal problems goes back centuries.

It was revived during the second half of the 1900s, when US podiatrists popularised the notion of having “normal feet”

This included the theory that not having a well-defined arch or straight heel would make your feet abnormal and more prone to injury, because they would experience greater arch flattening while walking, for example.

A study was conducted reviewing the body surrounding flat feet and found that there was virtually no link between having flat feet and the chance of developing a musculoskeletal disorder such as heel, knee or hip pain.

The myth that flat feet makes you more likely to develop injuries has often resulted in people having unnecessary medical interventions and significant concerns among patients about the appearance of their feet.

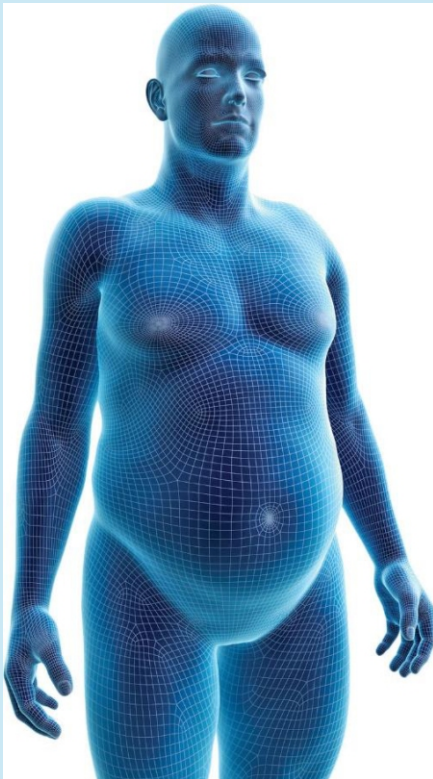


In fact, asymptomatic flat feet generally don't need any treatment according to a study.

Having flat feet is normal. It's an anatomical variant. You just need to be comfortable with it. The hardest part will be convincing people that their flat feet are not problematic, but the study assures patients not to worry about them.

Doctors want to measure how 'round' you are with the BRI system

Experts are recommending a new way to determine your health risks based on your body size and it has nothing to do with weight. The measurement, called body roundness index (BRI), is calculated using someone's height and waist circumference.



Researchers have found that people with the roundest body types may be as much as 163% more likely to develop heart disease than their peers who have slimmer waists. It is said that BRI may be a more accurate predictor of heart disease and death than using body mass index (BMI). BMI is a widely used, but recently controversial, measurement that uses someone's height and weight to determine whether they are underweight, normal weight, overweight, obese or extremely obese.

There's widespread criticism of BMI as a measurement, mainly that it was developed by studying the wealthy men, who have different average masses than other demographics. In addition, studies have shown that where your fat is located on your body may be a bigger influence on your health than the total amount of fat you carry.

BMI cannot account for where fat is located on the body. Fat that is clustered around your midsection and vital organs has been linked to an increased risk for diabetes, high blood pressure and heart disease.

But fat stored just under the skin, in regions like the legs and buttocks, hasn't been linked to health risks. Abdominal fat is 'like a silent killer lurking in our body, which can sneak up on a person over years with few noticeable symptoms, especially among lean people. The study evaluated how well BRI predicted mortality by looking at data from more than 320,900 adults over a 20 year period.

They sorted the participants into five groups based on their height, weight and waist circumference. Group five had the roundest bodies, group three was the average, and group one had the leanest bodies. They ruled out the influence of other factors like age, sex, ethnicity, income, tobacco and alcohol use, family history and diabetes.

Even after accounting for these, when looking at the number of deaths in each group, they found that those in the roundest group were 49% more likely to have died than those in the average group. Interestingly, those in group one and four were 25% more likely to have died than the average group. A study found that having a consistently high BRI over a six-year period increased the risk of cardiovascular disease like

heart attack and stroke by as much as 163%.

A study has said that this could be because obesity, and high abdominal fat levels, have been linked to a number of conditions that make someone more likely to develop heart disease, like high blood pressure. BRI measurements may potentially be used as a predictive factor for cardiovascular disease incidence. The tide began turning against BMI in recent years. In 2023, the American Medical Association recommended against using it widely in doctors' offices.



The organisation said there were disadvantages with using BMI as a measurement due to its historical statistics used from previous generations. But more recent generations with fit healthier bodies particularly sportsmen and woman BMI cannot distinguish between weight from muscle and fat. Because of that, you get misleading results, like highly muscled athletes being ranked as obese.

Still, BRI isn't perfect: BRI is "better" than BMI, but it still perpetuates weight-centric health care.



WHAT REALLY CAN SHORTEN A COLD?

So, you've got an annoying snuffle, sore throat or pesky cough and want to shake it off as quickly as possible.

You're not alone, about 1 in 250 people are thought to have a cold at any one time. Sadly, there is no way of curing the common cold. But there are some simple methods of not only easing your symptoms but potentially reducing the length of your illness.

Here are the best ways of not only beating a cold but cutting it short in record time. There are several over-the-counter remedies for making the pesky cold more bearable, but one that stands out is nasal spray.

But not all such sprays are created equal. Nasal spray containing Carragelose and kappa-Carrageenan (which are extracted from seaweed) within the first 48 hours of getting the symptoms has an advantage. The sooner you take it the better, because it has an antiviral action. The problem is, once the viruses start to really trigger the symptoms, it's a cascade that just carries on. You can't stop it.

The seaweed extracts used in the nasal sprays act as an anti-viral agent, helping form a protective barrier which blocks viruses and allergens from spreading further in the body reducing the overall length and severity of the cold.

A study involving 14 000 people were tested for two types, one that uses a saline liquid to reduce levels of the virus and another that used a microgel to trap viruses and neutralise them in the nose and stop them from spreading. Results showed both the sprays cut the duration of the illness by about 20%, meaning the participants weren't ill for long. If you can get rid of the symptoms, you're not worried about the virus, your immune system will get rid of that itself.



Is laughter the best medicine for dry eye disease?

In a study into dry eye disease, Chinese and British researchers find that laughter therapy was as effective as eye drops. Laughter may be as effective as eye drops for people who suffer from dry eye disease, according to scientists in China and Britain, with the therapy offering a cheaper treatment for the condition. Affecting around 360 million people globally, the chronic eye condition is becoming more prevalent due to an ageing population, air pollution and increased screen time.

Typically, artificial tears are used to alleviate the discomfort from dry eyes

and stabilise tear film (the three layers that make up tears), with 0.1% sodium hyaluronic acid one of the most commonly used artificial tears, according to the research team.



Dry eye disease is a chronic condition worldwide linked with psychological stress and poses an economic burden of long-term use of artificial tears, the researchers wrote in a paper published in peer-reviewed journal, The BMJ.



But instead of reaching for the eye drops, sufferers may simply need to have a good laugh, according to the researchers. Laughter therapy or exercise is already used to reduce

symptoms associated with mental health conditions. Now the team has suggested it could be a cheaper and more environmentally friendly treatment for dry eye disease in patients with limited corneal abrasions.



The study conducted a randomised trial to compare the effectiveness of laughter exercise versus artificial tears in treating symptomatic dry eye disease.

This study was a non-inferiority trial, which aims to see if a new treatment is not worse than the active treatment it is being compared to. Nearly 300 participants with symptomatic dry eye disease were randomly divided into two groups, with one group taking part in laughter therapy and the other group applying eye drops. Both groups undertook their therapy four times a day for eight weeks.

The laughter exercise group viewed an instructional video and participants were requested to vocalise the phrases, 'Hee hee hee, hah hah hah, cheese cheese cheese, cheek cheek cheek, hah hah hah, hah hah hah,' 30 times per five-minute sessions.

To standardise the laughter exercise and enhance facial movements throughout the session, participants used a face recognition application on their mobile devices that had been designed by authors, named 'laughing face', at the start of each session.

The main measurement outcome was a change in ocular surface disease index, a validated questionnaire tool for assessing dry eye disease.



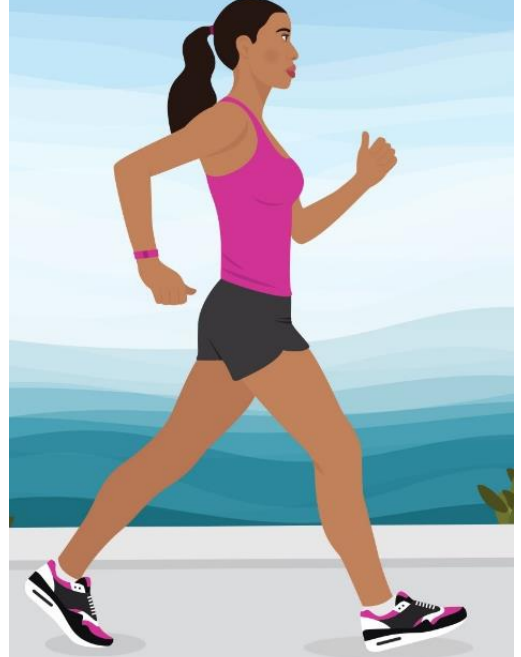
The researchers also measured secondary outcomes, including the time it took for the first dry spot to appear on the cornea after a blink,

and the function of the meibomian oil gland, which prevents tears from evaporating too quickly.

The results of the study found that laughter exercise was "non-inferior" to eye drops in alleviating dry eye disease symptoms. Additionally, it was found that laughter exercise appeared to improve tear film stability and the meibomian gland function.

These benefits persisted for at least four weeks after discontinuation of the exercise. Such lasting efficacy was not noted in 0.1% sodium hyaluronic acid group. While the specific biological mechanisms require further study, the researchers said the involvement of muscles and nerves during laughter could stimulate tear secretion. Laughter could also improve mental health, which has been linked to incidence of dry eye disease.

As a safe, environmentally friendly and low-cost intervention, laughter exercise could serve as a first-line, home-based treatment for people with symptomatic dry eye disease and limited corneal staining.



5 Surprising Signs You're Not Moving Enough During the Day

You're Constipated

When your bowels are backed up, that's a reasonable sign that you're either not getting enough fiber and water or that you aren't moving enough. Lying down or sitting around most of the day is a great way to stop your bowels working properly.

To get things moving along, you should be moving regularly. Take a walk on your lunch break or make it a point to get up and stretch a few times throughout the day. Your body and bowels will thank you.



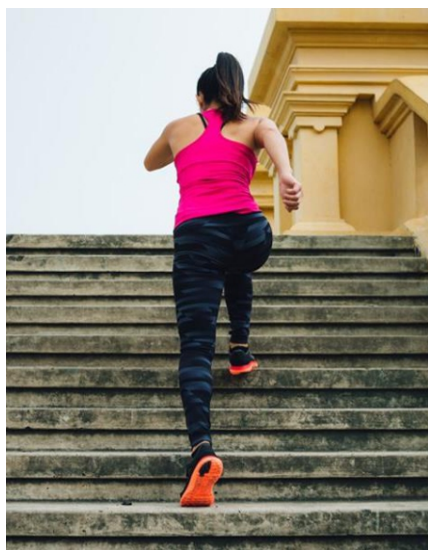
You're Experiencing Muscle Tightness

Your muscles are like rubber bands. The more you stretch and move them, the more flexible they are. When you stop moving them, they freeze or tighten up. Essentially, they become shorter. When this happens, you may find regular, everyday movements more uncomfortable and challenging.

If you find it uncomfortable to perform everyday movements like picking an object up off the floor, it's time to add stretching to your routine (better yet start now to prevent this from happening). It is recommended to show your body some love by spending a few minutes three times a week stretching your body. Not all exercise has to involve high-intensity lifting or cardio. Stretching has benefits of its own.

Your Joints Are Stiff

Your joints contain a lubricant called synovial fluid. That fluid helps your joints move smoothly and without pain. When you find yourself immobile and not exercising often, that fluid production begins to slow down and your joints notice. The result is that creaky feeling you may feel in the morning. Adding a bit of walking to your routine and staying well-hydrated will help get the synovial fluid flowing once again.



You Get Winded Easily

If you start noticing that climbing stairs or walking around the grocery store leaves you winded, it's an indication that you'd benefit from getting more cardio in your day-to-day life. This is happening because your lungs and heart are no longer

used to pumping and working at a rate above a sedentary level. So, they go into overdrive when you do higher level activities like running to your car or walking on a hill. Keeping your body active and conditioned is the best remedy for a tired heart and lungs.

You're Sad or in a Bad Mood

A lack of exercise could be one reason you might be experiencing a worsening mood. Regular physical activity causes your body to produce more 'happy hormones,' also known as endorphins. In addition to many other actions, endorphins trigger a very positive feeling in the body that generally makes you feel happier and more at ease.

The Bottom Line

Our bodies were made to move and the benefits of exercise are well-documented, from stronger heart, lungs, muscles and bones to better cognitive health and sleep, regularly moving your body is necessary for overall good health. When you're not getting enough movement, your body will send signals, like muscle and joint stiffness, shortness of breath and low mood. The moral of the story is to keep exercising. Your body will always thank you.

Mind -Boggling Human Body Hacks That Actually Work

Most of us know absolutely nothing about what our bodies are actually capable of other than the everyday tasks, such as eating and sleeping, that we perform. However, with a little bit of research, you will discover that our bodies can perform mind-boggling acts. In this article, we will be discussing some of the most incredible body hacks that actually work and will make your life much easier.



Massaging the Earlobe Can Help You Calm Down

Many young children find it soothing to massage their mothers' earlobes. There is actually a reason why they do this and why they find it so comforting. Humans use movement to relax, which is why fiddling with a stress ball or stress toy during an

intense situation helps to calm us down.

If the object you are fiddling with is soft or soothing to the touch, it does an even better job of calming our nerves. For this reason, massaging your earlobe might just be the anxiety suppressant you have been looking for. Next time you feel stressed, give this hack a try. We guarantee you'll be pleasantly surprised.



Licking the Wrist to Check Your Breath

Have you ever been in public and wondered if that foul odour that you keep getting a whiff of is your breath or something else? After eating particularly smelly foods, such as fish or garlic, it only makes sense that you'd want to do a quick breath check.

In this situation, simply give your wrist a lick and let it dry completely before smelling it. You'll be able to tell in no time at all whether or not you need a mint.



Look Left for Memory Recall

Even after doing research into this one, we still can't quite give you answers as to why it works so well. However, thousands of people around the world agree that slowly moving their eyes to the left helps their memory recall.

So, if you ever find yourself forgetting important information and need to rack your brain quickly, be sure to give this easy and simple hack a try. We can't guarantee that it will work for you, but it definitely seems to have helped many other people.



Squeeze the Left Fist to Control Anger

Even the most level-headed people in the world will let their anger get the better of them every now and again. After all, we are all human. However, when in a stressful situation, anger doesn't help find a resolution. This easy hack can be used to keep your temper in check. Simply squeeze your left fist as hard as you can to release some tension to get your mind back on track.

Sleep on Your Back for Reduced Back Pain

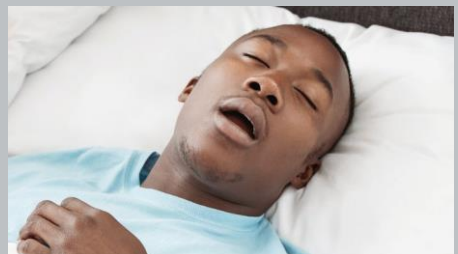
Do you struggle with lower back pain when waking up in the morning? A number of factors can cause this, but improper sleeping posture is arguably the most common. To prevent this, try sleeping on your back from now on. More so, you could place a pillow near the small curve just above the buttocks to

provide additional support.



Pour Cold Water Over Your Wrists When You're Hot

Nobody likes being hot. You get all sweaty and sticky, making it uncomfortable to do even the simplest tasks, such as moving. If you ever find yourself struggling in the heat, try pouring a glass of cold water over your wrists. This triggers a domino effect on the rest of your body, cooling you down in a matter of seconds.



Tongue Push-Ups for Snoring

Snoring can be caused by a number of factors. However, it all has to do with your mouth, tongue, and throat

muscles, meaning that there are also plenty of ways in which you can get rid of your snoring habit.

Sleep experts have found that simple tongue push-ups can be used in this instance. Start by pushing the tongue against the roof of your mouth and sliding it backwards. Do this a couple of times and repeat it daily in order to strengthen the tongue and prevent snoring.



Humming to Clear Blocked Sinuses

We all know just how uncomfortable blocked sinuses are. During the flu and allergy season, it can seem like a never-ending battle that can only be solved with medications, such as antihistamines or harmful nose sprays.

However, there's a much simpler way to unblock your sinuses. All you have to do is hum softly for a short period

of time. The vibrations from the humming will cause the mucus in your sinuses to dislodge and drain.



Pinching Your Nose to Prevent a Sneeze

Along with blocked sinuses, sneeze attacks can be extremely annoying during flu and allergy season. Instead of turning to medicine, try this simple yet effective body hack.

By pinching the bridge of your nose just as you feel a sneeze coming on, you can actually prevent it from happening. We aren't entirely sure why this hack works so well, but people around the world claim that it always seems to do the trick.

Rub Your Eyebrows if You Have a Headache

Headaches are an extremely common problem that we all have to deal with at some point. Whether your headache is caused by illness, stress, or something else, there's a simple

hack that you can try to relieve the pain.

All you have to do is rub your eyebrows in a circular motion. Be sure to apply quite a bit of pressure almost as if you are having a massage. This hack is better suited for tension headaches, which means it might not always work for you, but it is definitely still worth a try.



Bite a Pencil to Cure Your Headache

This is yet another simple hack that you can try in order to relieve a headache. The best part? All you need is a pencil, meaning you won't have to spend a fortune on medication or pain pills. Simply bite down on the pencil. Ensure you don't bite so hard that you leave indentations on the wood.

This will essentially relax the jaw muscle, helping to alleviate tension headaches in particular.



Lick Salt to Reduce Dizziness

Dizziness can be caused by a number of things, ranging from hunger and dehydration to various illnesses, lack of sleep, or even stress. Whatever the reason behind your dizziness, one tried and tested body hack that people all over the world turn to is salt.

Simply licking some salt can improve the electrolyte balance within your body. This essentially helps to ease dizziness (at least for a short period of time). However, if your vertigo is caused by something more serious, your only solution would be to pay your doctor a visit.

Green Apples for Migraine Pain

This is another one that we couldn't quite figure out the science behind. Apparently, people around the world agree that the scent of green apples

helps to reduce the pain caused by migraines.

However, we know just how crippling migraine pain can be, so it's definitely worth a shot. Simply cut up a green apple and hold it up to your nose for a minute or so. This hack also seems to work with green apple juice.



Use Blue Light to Properly Wake Up

After a long night of rest, waking up the next morning can sometimes be incredibly difficult. In fact, for many people, it takes hours for the brain and body to kick into action. If this is a problem that you struggle with, this body hack might just be the perfect solution.

We are always told how harmful blue light is to the eyes. However, while it

may be harmful in large quantities, using blue light to wake up is perfectly safe. The colour of the light helps kickstart the brain, ensuring that you will be fresh and ready to tackle the day ahead.



Holding Your Breath Will Help Calm Your Nerves

We all face tough and uncomfortable situations now and again. When it comes to calming the nerves, there are a number of solutions to try. Some people turn to anti-anxiety medication, while others even use harmful substances, such as adult beverages or nicotine products, to relax.

However, this simple body hack is both effective and non-harmful, making it a great option to try. All you have to do is hold your breath for a few seconds or until it starts to feel slightly uncomfortable. This will help lower your heart rate, prevent

hyperventilation, and, essentially, calm the nerves.



Block Your Right Nostril to Fall Asleep Quicker

Insomnia is an increasingly common problem. Whether you can't sleep as a result of blue light exposure, stress, or other medical conditions, insomnia often feels like an uphill battle with no real solution.

With that being said, we have found an incredibly effective body hack that has helped thousands of people around the world fall asleep quickly. By simply blocking your right nostril, you will help your body relax.

Sleep With a Bar of Soap to Prevent Leg Cramps at Night

This one might sound a bit weird, but according to many people, a bar of soap is the ideal solution to nightly leg cramps. We'll admit the science behind this body hack is kind of questionable. Even if it only works because of the placebo effect... If it

prevents cramps, it doesn't really matter what the reason is.

So, if you want to give this one a try, simply place a bar of soap underneath your bed sheet. The nearer to your feet, the more effective the hack.



Curl Your Toes to Cure Insomnia

As we have already mentioned, people use movement to help them relax and unwind. It is scientifically proven that moving the body helps to get rid of unwanted energy, which is why this body hack makes so much sense.

When you're lying in bed, you aren't burning any energy. By simply curling and uncurling your toes, you give your mind and body something to focus on, making it easier to fall asleep. Even though curling your toes isn't exactly an intense exercise, it still

has the same effect as squeezing a stress ball.



Warm Your Hands to Ease Eye Pain

Eye strain is another common issue that people deal with on a daily basis. The world is becoming increasingly virtual, meaning that most people spend hours every day staring at computer or phone screens. This exposes our eyes to blue light, which can lead to eye pain or even migraines.

One simple way to fix this problem is by rubbing your hands together until they become warm. Then, place your hands over your eyes in order to relieve the pain. You may have to repeat this process a couple of times, depending on how bad your eye pain is.

Sleep on the Opposite Side of Your Blocked Nostril

Sleeping with a blocked nostril is extremely bothersome. Sometimes, it

doesn't feel like you're getting enough oxygen in, which leads to mouth-breathing and a dry throat. Instead, try sleeping on the opposite side of the blocked nostril. This will cause the mucus to drain, opening your sinuses in a matter of minutes.



Press Your Eyebrow Notch to Clear Your Sinuses

We've already discussed just how inconvenient and annoying blocked sinuses can be. If our other body hacks didn't quite work for you, we have you covered with this easy yet effective solution.

Simply press down on your eyebrow notch in order to clear your sinuses. You will have to press quite hard to really relieve the pressure that has built up around the nasal passages. Repeat this process a couple of times or until you feel your sinuses open up.



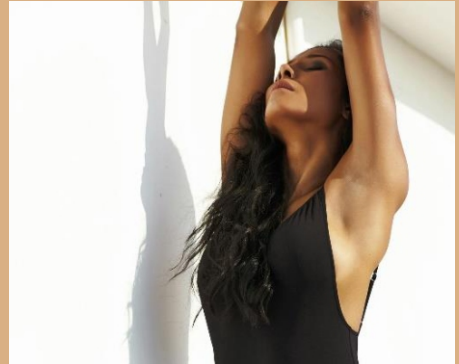
Take Cold Showers to Relieve Stress

In today's world, stress is the number one cause of common health conditions, such as high blood pressure and migraines. Because of this, it's essential that we find easy ways to manage our stress levels. This is where cold showers come into play. Most people think that a hot bath is the way to go for stress relief, but cold water is actually much more effective. Immersing your face in cold water will automatically trigger your body's relaxation response.

Press Your Tongue to the Top of Your Mouth to Prevent a Yawn

Have you ever been in the middle of an important meeting and suddenly felt the need to yawn? Or maybe, if you're a student, during an exam or (worst of all) a public speech? Yawning in these situations can come across as rude, as it makes it appear as though you are bored.

So, if you ever feel a yawn coming on at an inappropriate time, be sure to try this effective body hack: Simply press your tongue to the roof of your mouth just before you yawn to suppress it.



Lift Your Arms if You Have Shortness of Breath

Shortness of breath can be an incredibly alarming and uncomfortable symptom. With that being said, it is actually quite common for a number of reasons. Whether you're sick or just completed a very intense workout, this body hack should do the trick at relieving your shortness of breath (at least for a little while).

Lift your arms above your head and hold them there for as long as you feel comfortable. This will ultimately open up your rib cage, allowing your lungs and diaphragm to expand,

making it feel like you can take deeper breaths.



Pull Your Elbows Down When Doing Pull-Ups

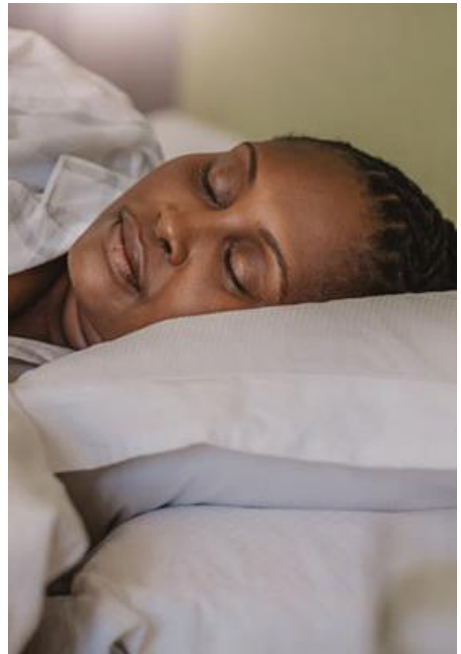
Did you know that a very small percentage of the human population can actually do pull-ups? It's one of the hardest body exercises, as you rely solely on your upper body strength to lift your entire body weight.

If you ever find yourself struggling to get a pull-up done, think of this hack. Instead of focusing on pulling yourself up, think about pulling your elbows down. This mentally makes the exercise seem much easier and less daunting.

Simple Snacks That Will Immediately Boost Your Mood

Ever find yourself in a bad mood and don't even know why? Don't worry you're not alone. Sometimes, the cause behind our mood swings is a

lot simpler than we think. For example, a lack of essential vitamins and minerals can leave you feeling tired and short-tempered. For this reason, we highly recommend trying the following foods if you ever need a pick-me-up: oranges, almonds, blueberries, dark chocolate, and anything rich in vitamin B.



Shake Your Head to Wake Up

Do you find yourself struggling to wake up in the morning? There's nothing worse than having to drag yourself out of bed when your mind and body just don't feel ready to be awake yet.

This is another easy hack that you can use to jumpstart your mind in the morning. All you have to do is shake your head quickly from side to side. This triggers a response in the brain, making it more alert and ready to tackle the day ahead.



Drink Water First Thing Every Day

Many people don't know this, but what you put in your body first thing in the morning can make a massive difference to how you feel going forward. For example, if you drink a can of soda as soon as you wake up,

you are setting yourself up for failure, as your body will eventually crash. Experts recommend that we drink a glass of cold water first thing in the morning. This essentially clears the body from toxins and leaves you feeling fresh and ready to take on the day.



Chewing Gum Can Improve Concentration

One problem that many of us struggle with is a lack of concentration. In fact, millions of people around the world have turned to medication such as Ritalin or Adderall in order to keep up with the daily demands, long hours of work, studying, etc. However, we have discovered a simple hack that you can use to improve your concentration in seconds. Chewing on some gum will help keep you calm throughout the day, similar to a stress ball, and ultimately improve your concentration.

BODY LANGUAGE



Why Your Feet Are Always Cold and What to Do About It

The Weather

Feel like you're walking around on blocks of ice? It could be the temperature, especially if your hands are cold, too. When your core temperature drops, small blood vessels in your hands and feet tighten up. This moves blood toward your organs to keep them warm. The less circulation in your hands and feet, the colder they get.

Stress

When your body goes into fight-or-flight mode, it saves energy just in case you have to deal with a threat. The body dumps adrenaline into your bloodstream, which can narrow blood vessels. That means less blood gets to your feet, which can make them feel cold.

Poor Circulation

Every time your heart beats, it sends blood throughout your body. But if you have a heart condition, smoke, or don't move around often, your circulation may be poor. This slows the flow of blood around your body and is one of the most common medical conditions that can trigger cold feet.

Type 1 and 2 Diabetes

When your blood sugar is high often, your arteries narrow. This makes it hard for blood to get to your hands and feet. Diabetes can also lead to diabetic peripheral neuropathy, a condition that damages your nerves. It interrupts messages between your body and brain, so your feet may also feel prickly or numb.

Anemia

This treatable condition happens when you don't have enough healthy red blood cells. They carry oxygen to all the tissues in your body. If your anemia is moderate to severe, your feet may feel cold.



Hypothyroidism

Your thyroid gland makes hormones and sends them to your bloodstream. When it doesn't make enough hormones, a condition called hypothyroidism or underactive thyroid, you may gain weight, feel tired, and have cold feet. This is because your metabolism has slowed, which can affect body temperature.

Raynaud's Syndrome

Also called Raynaud's phenomenon disease, this condition causes your body to overreact when you're exposed to cold water or air. The arteries that supply blood to your feet narrow, so normal amounts of blood can't get through. Your skin

may also look blue or white. For some patients, stress can trigger Raynaud's disease.

Peripheral Neuropathy

If you have nerve damage from an injury or medical condition, your cold feet could be the result of peripheral neuropathy. It can start in your longest nerves, which go all the way to your toes. Diabetes is the main cause of polyneuropathy, meaning that many nerves are affected. Other causes of peripheral neuropathy include vitamin deficiencies and infections. Toxic exposure and kidney diseases can also lead to peripheral neuropathy.



Peripheral Artery Disease (PAD)

This condition is triggered by too much plaque on your artery walls, which slows blood flow. It's especially common in people 50 or older who've smoked or have diabetes. If you notice leg cramps, nail changes, or sores on your feet, ask your doctor about PAD.



Stock Up on Socks

Cold feet are a common complaint. If it's not a sign of something more serious, it could be genetic, or run in your family. Or it's just the way your body works. Bonus points for warming your socks in the dryer before you put them on.



Layer Up

Does a warm core equal warm feet? See how your body reacts. Wear layers of clothes to keep your body

temperature up. If you get too hot, you can take off a layer or two.



Avoid Nicotine and Large Amounts of Caffeine

Caffeine and nicotine make the muscles around your blood vessels constrict, or narrow. This leaves less space for blood flow. Small amounts of caffeine aren't likely to cause a problem, but large amounts can affect circulation and lead to cold feet. And if you have Raynaud's, caffeine could trigger an episode. This can give you cold feet. If you drink a lot of caffeinated beverages, try swapping them out with water. If you smoke, talk to your doctor about healthy ways to quit.

Move Your Body

Exercise gets your blood flowing. Take a brisk walk, ride a bike, or do some stretches to boost circulation everywhere, including your feet.



CHUCKLES

BUY YOURSELF A TRAIN

A wealthy Arab man went to study in Germany. After a month of studying, he wrote a letter to his father telling him:

"Dad, Berlin is a very beautiful city, and the people are very kind to me, but I feel shy when I arrive at the University in my Range Rover, while my great professors arrive by train."

After a short while, he received a letter from his father with a check for ten million dollars attached. The letter read:

"Buy yourself a train, my son, and don't embarrass us in front of foreigners."

THAT'S HOW HE ROLLS

A guy moves into a new flat and decides to wallpaper the entire place but has no idea how many rolls of wallpaper to buy. The Caretaker tells him the guy in the flat above him which is the same size as his also had his place wallpapered, so the new guy goes upstairs and introduces himself.

"Hi, he says, "I'm moving in downstairs into a flat the same size as

yours and I plan to wallpaper the place. May I ask, how many rolls of wallpaper you bought?"

"I got 18 rolls," the neighbour replies. Two weeks later the guy bumps into the neighbour again and says, "It's really funny, I bought 18 rolls of wallpaper just like you did, but after I'd papered all the walls, I had 10 rolls left."

The neighbour smiles. "Yes, he says, "so did I."

MUM KNOWS

A little boy is doing his geography homework one evening when he turns to his father and says, "Dad, where would I find the Andes?" "Don't ask me, your mother knows where she puts things in the house."

NOTHING OPENS ON A SUNDAY

Liam had left Dublin to go up to Belfast for a bit of skydiving. Late on Sunday evening, he was found in a tree by a farmer.

"What happened?" said the Farmer.

Liam replied, "My parachute failed to open!"

"Well!" said the Farmer, "if you had asked the locals before you jumped, they would have told you nothing opens here on a Sunday!"



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