

# Chuckle n'Chat

Thinning hair and  
hair loss in women

Eating  
can  
cure  
insomnia

Causes of  
Muscle Twitches  
and Spasms

**NOVIDS:**  
Do Some Have the  
Genes to Dodge  
COVID-19?

**masca**

August edition 2023

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# editor's comment



## Dear Readers

An old saying that continues to ring true and applies to most aspects of life is that prevention is better than cure. Prevention involves preparedness and foresight, with deliberate steps to mitigate negativity before it arrives. When it comes to health and well-being, prevention is an essential hack that many people pay little attention to, so most of their time and resources are spent on dealing with one avoidable health crisis or the other. Prevention means taking care of your body before it breaks down. Prevention is cheaper and ultimately more beneficial than curable care or management of complications.

Health care is a part of life that is not subject to individual preference. To truly live, one must be healthy. Longevity is good, but good health is the factor that makes it worthwhile. Everyone would love to live a long life, but nobody wants to languish in pain, discomfort, and unease for unspecified periods. Good health enables us to take full advantage of life's blessings, enjoy the company of our loved ones, discover and experience new things, and go on to accomplish all our dreams and potential. Without a doubt, good health is true wealth.

Yet, illnesses are inevitable; and often random. Certain health conditions develop simply because of aging or genetic factors at birth. Some are due to environmental exposure to certain toxins, organisms, or chemicals. A good number of diseases are

self-inflicted due to ignorance; a lack of awareness of the danger that our everyday choices concerning food, habits, and fashion have on our overall health. Prevention is the one factor that applies to all these scenarios and whose benefits continue to compound over time, ensuring victory over most common health conditions that render others helpless and resigned to preventable morbidity. Therefore, investing in preventive measures for good health makes all the sense to invest.

One of the fastest and yet most effective things you can do for your health is to drink more water. This little change has an array of benefits. Dehydration can impair vascular function. Keeping some water near you as you work, will remind you to drink up and stay healthy. Globally, the role of technology in the evolution of healthcare services cannot be overemphasised. With the introduction of the Internet and the World Wide Web, these services are now more accessible to anyone who has data.

More people now are wearing a fitness tracker or smart-watch with health monitoring capabilities, from smart inhalers for asthma patients to smart pills, smart watches, smart contact lenses and wearable heart rate monitors to robotic surgeries and connected devices in healthcare is changing how medicine is being practiced.

Until next time, bye bye,

*Maria*

PLEASE NOTE!  
WHILE EVERY REASONABLE PRECAUTION HAS BEEN TAKEN TO ENSURE THE ACCURACY OF THE ADVICE AND INFORMATION GIVEN TO READERS, NEITHER THE EDITOR, MASCA OR THE PUBLISHERS CAN ACCEPT ANY RESPONSIBILITY FOR THE ARTICLES THAT HAVE BEEN SUBMITTED FOR PUBLICATION.



**Did You**

**Know?**



## **How does cod liver oil help to prevent Acne?**

Cod liver oil is rich in omega 3 fatty acids such as EPA and DHA which help in preventing acne and it also contains essential fatty acids and generous amounts of vitamin D which helps in skin inflammation and acne treatment.

These fatty acids regulates hormones such as testosterone which controls the over production of sebum. Secondly, EPA converts in the body into the powerful anti inflammatory and anti bacterial substances soothing the inflammatory substances.



**REUSABLE WATER BOTTLES  
HOLD MORE BACTERIA  
THAN TOILET SEAT**

This will certainly displease you when you learn that reusable water bottles, which most of us conveniently use to fill filtered drinkable water, have

more germs than a toilet seat!

Water bottles, which are reused for drinking purposes, have gram negative rods and bacillus bacteria which are the potential micro-organisms that cause gastrointestinal issues.

While bacillus are notorious for causing gut related issues, gram negative bacteria can cause infections that are resistant to antibiotics.



What is shocking is that when the researchers estimated the number of colony-forming units of microbes living in a sample they found it is an average of 20.8 million. When they compared this microbe number to other household items they found it twice more populated with germs than a kitchen sink and has 40,000 times more bacteria than a toilet seat!

Reusable bottles have four times the amount of bacteria present on a

computer mouse and you will be surprised to know it is 14 times more than a pet bowl.

So, yes you need to be mindful also about how and where you store your water.



Experts recommend washing your water bottle once a day and sanitising it at least once a week, more often if you've been sick, drinking while eating, or filling it with something other than water especially if it has sugar.

So next time if you feel unwell despite drinking clean and purified water, do check your water bottle.

# Eating can cure insomnia



## Experts recommend the best foods and drinks to have

The health toll of poor sleep is too much. It exposes one to lifestyle disorders like diabetes, thyroid, hypertension, obesity and much more.

One of the most crucial aspects of our daily life is sleep. Our bodies need time to rest, repair, and rebuild, which is why getting a good night's sleep is so important for our health. Your immune system, motor abilities, and performance during physical activity can all be negatively impacted by sleep deprivation in addition to your mood. Although many people find it difficult to get enough sleep, it's typically advised that you obtain between 7 and 9 hours per night. Making dietary adjustments is one way to encourage

restful sleep as various foods and beverages have sleep-inducing qualities.



## Here are some superfoods that have sleep-promoting properties and may help cure insomnia.

### Chamomile tea

Research suggests that consuming chamomile tea strengthens the immune system and lowers anxiety and despair, two of the main causes of sleep disturbances. The active antioxidant Apigenin (a flavonoid that's found naturally in several plants) found

in chamomile tea induces muscle relaxation and sedation. It also has some anti-inflammatory and neuroprotective properties. This antioxidant attaches to the brain receptors that increase drowsiness and stop insomnia.



### **Bananas**

Bananas are rich in magnesium and contain tryptophan, both are proven to be beneficial for good sleep, hence adding these to your diet may help overcome insomnia.

### **Walnuts**

Walnuts are rich sources of ALA and omega-3 fatty acids (EPA & DHA) which help in synthesis of serotonin, which is a sleep-enhancing chemical.



### **Lean protein**

Chicken, turkey, fish and eggs are examples of lean proteins.

Tryptophan, an amino acid found in abundance in these foods has been shown to increase serotonin levels hence promoting sleep.

### **Milk**

Consuming warm milk at bedtime is a popular home remedy to induce sleep. This effect is mainly attributed to tryptophan and milk peptides called casein tryptic hydrolysate (CTH), that relieves stress and enhances sleep.

# NOVIDS:

## Do Some Have the Genes to Dodge COVID-19?

**What is a Novid?** While some scientists cringe at the term, it's caught on to describe these virus super-dodgers.

### How Many Novids?

As the numbers settle over time, though, it becomes clearer that some have apparently managed to avoid the virus.

But some scientists bristle at the term Novids. They prefer the term "resisters". Currently, there is much more information on who is more susceptible to contracting severe Covid-19 than who is resistant.



Researchers and doctors are dedicated to discovering the genetic and immunological bases of the forms of SARS-CoV-2 infection. These

researchers and others are looking for explanations for why some people get severe Covid-19 while others seem resistant despite repeated exposure.

### Resistance Research

In determining explanations for resistance to infection, the needle in the haystack that we are looking for is a change in the genetic code that would allow for you to avoid entry of the virus into the cell. That is what being resistant to infection is.

Part of the reason it's so difficult to study resistance is defining a resister. While many people consider themselves among that group because they have been exposed multiple times even with close family members infected and sick, yet they still felt fine which doesn't necessarily make them a resister.

Those people could have been infected but remained without symptoms. Resistance means the virus was inside you, it was near your cell and it did not infect your cell.



Researchers believe that just like there are genetic defects that make someone more susceptible, there are likely to be genetic defects that make somebody less susceptible.

It may exist for Covid-19 or it may not. Some people may simply have what he calls a robust immune response in the upper part of the throat, perhaps killing off the virus quickly as soon as it enters, so they don't get a positive test.

Genetic resistance has been found for other diseases, such as HIV (Human immunodeficiency virus).

For HIV, scientists have been able to identify a specific gene that codes for a protein that can prevent individuals from getting infected.

What has been found is that some people might have a mutation in a gene that encodes for what's called human leukocyte antigen (HLA), a molecule found on the surface of most cells, has a crucial role in the immune response to foreign substances. A mutation in HLA can make people less likely to have symptoms if they get infected. Individuals still get infected, but they are less likely to have symptoms. Other research has found that those with food allergies were also less likely to be infected. The researchers have speculated that the inflammation characteristic of allergic

conditions may reduce levels of a protein, called the ACE2 receptor, on the surface of airway cells. The SARS-CoV-2 virus uses the receptor to enter the cells, so if levels are low, that could reduce the ability of the virus to infect people.

The Covid-19 Human Genetic Effort continues to search for participants, both those who were admitted to a hospital or repeatedly seen at a hospital due to Covid-19, as well as those who did not get infected, even after "intense and repeated" exposure.

### **The Testing or Lack Thereof Factor**

The timing of testing and a person's "infection profile" may be factors in people incorrectly declaring themselves Novids.

Infection profiles can vary between individuals. For some, the infection may start in the lower respiratory tract, others in the higher respiratory tract. Depending on where the virus takes up residence, that can affect test results.

Then there's the following, instruction factors. It's very likely that due to tests not being done at the right time, with the right sample, or not repeated if there are ongoing evidence of symptoms, that there are individuals out there who believe they are Novids but just missed

catching their infection at the window of opportunity.

### **Susceptibility Research**

The part we have proven is the genetic defect that would make you more susceptible to having severe disease.



Inherited and/or autoimmune deficiencies of type I interferon immunity, important for combating viral infections and modulating the immune response, can be a significant cause of life-threatening Covid-19 pneumonia.

More recently, researchers, reported that deficiencies in a gene that plays a role in built-in immunity (the early response), and a gene involved in signaling within the immune cells, impairs interferon production and may be the basis of severe Covid-19 pneumonia.

### **NOVIDS' Habits Run the Gamut**

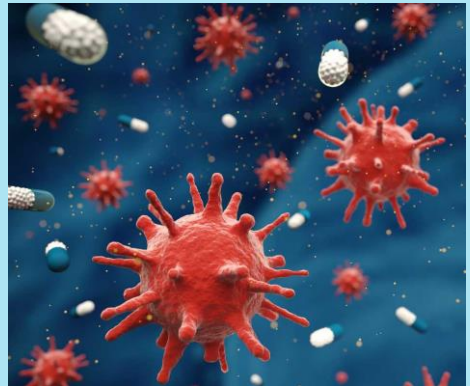
As scientists continue their research, the Novids have their own ideas about why they've dodged the

pandemic bullet, and they have a variety of approaches to handling the pandemic now.

Keep up to date on vaccinations, wear your mask and maintain social distancing.

### **Bragging Rights?**

Until researchers separate out the true resisters and those who claim to be, some Novids are simply quietly grateful for their luck, while others mention their Covid-free status to anyone who asks or who will listen and are proud of it.



I would think they have a need to convey to the world they are different, perhaps special, because they beat Covid-19. They didn't beat Covid-19, they just didn't get it. Even though science may prove many Novids are inaccurate when they call themselves resisters. It's kind of cool to think you are supernatural. It's much more attractive than being susceptible.

# MEN'S HEALTH



## What to Know Before Taking a Testosterone Booster?

Before taking any testosterone booster, it is important to do your research and understand the potential risks and benefits. Testosterone boosters are designed to help increase levels of this hormone in the body, which can lead to various health benefits.

## What are the different types of testosterone boosters?

Testosterone boosters come in a variety of forms, including pills, powders, and liquids. Each type has its own advantages and disadvantages, so it's important to understand the differences between them before making a purchase.

Testosterone booster pills are one of the most popular forms because

they're easy to take and can be taken with or without food. However, they may not be as effective as other forms since some ingredients may not be absorbed properly by the body when taken orally.



Powdered testosterone boosters are usually mixed with water or juice and consumed quickly for maximum absorption. They tend to have fewer fillers than pills, which makes them more potent but also more expensive. Liquid testosterone

boosters are typically sold in bottles or syringes and can be injected directly into the bloodstream for faster absorption. This form is often considered to be the most effective but also carries a higher risk of side effects due to its potency.



### **What is the science behind testosterone boosters?**

The science behind testosterone boosters is based on the idea that certain ingredients can stimulate the body's natural production of testosterone or at least provide a temporary boost in testosterone levels.

Common ingredients found in testosterone boosters include zinc, magnesium, vitamin D, and various herbal extracts such as tribulus terrestris and fenugreek. Zinc has been shown to be important for healthy testosterone production, while magnesium helps regulate hormone balance and vitamin D plays an important role in overall health.

Herbal extracts like tribulus terrestris have been used for centuries to

support male reproductive health and may help increase libido and sexual performance. While there is some scientific evidence to suggest that these ingredients may help boost testosterone levels, it is important to note that more research is needed before any definitive conclusions can be made about their effectiveness.

The effects of testosterone boosters vary from person to person, and it can take anywhere from a few weeks to several months for the full effects to be seen. Generally speaking, most people will start noticing an increase in energy levels and libido within the first week or two of taking a testosterone booster. After that, you may begin to notice changes in your muscle mass and strength, as well as improved mental clarity.

It is important to note that these results are not immediate; they will take time and consistency with the supplement before you see any significant changes. Moreover, the effects of a testosterone booster can be enhanced with proper nutrition and exercise.

### **How to evaluate the safety and effectiveness of testosterone boosters?**

When evaluating the safety and effectiveness of testosterone boosters, it is important to consider

the ingredients used in the product. Natural ingredients such as herbs, vitamins, minerals, and amino acids are generally considered safe for use. However, some products may contain synthetic hormones or other potentially dangerous substances that can have serious side effects. It is also important to look at the dosage of each ingredient in a product to ensure that it is not too high or too low.

Research should be done on any potential interactions between different ingredients in a product and any medications you may be taking. For that, it is best if you ask your doctor about possible interactions. Also, read reviews from other users who have tried the product to get an idea of its effectiveness and safety profile.



### **What are the benefits of using testosterone boosters?**

Testosterone boosters are supplements that can help to naturally increase testosterone levels in the body. This is beneficial for men

who may have low testosterone due to age, lifestyle, or other factors. Testosterone is an important hormone for men as it helps with muscle growth and strength, libido, energy levels, and overall health. By taking a testosterone booster supplement, you can help to restore your natural testosterone levels and experience the benefits of increased testosterone.

Some of the most common benefits of using a testosterone booster include improved muscle mass and strength, increased libido and sexual performance, improved mood and mental clarity, better sleep quality, increased energy levels throughout the day, improved bone density and joint health, reduced body fat percentage, enhanced cognitive function and memory recall. Higher testosterone levels can also lead to better cardiovascular health by reducing cholesterol levels in the blood.

Before taking any testosterone supplement, consult with a doctor to discuss the potential risks and benefits. Be sure to only take supplements that are approved and registered and follow all instructions carefully. Lastly, monitor your results closely and be aware of any side effects you may experience.

## Causes of Muscle Twitches and Spasms



### **Muscles Have a Mind of Their Own?**

You tell your muscles what to do without thinking about it. But sometimes they do their own thing they might pulse or contract and can't relax. Twitches and spasms are most common in the thighs, calves, hands, arms, belly, ribcage, and the arches of your foot. They can involve part of a muscle, all of it, or a group of muscles. Doctors aren't always sure why they happen, but a few common triggers can set them off.

### **Eyelid Twitches**

Does your eyelid feel like it's giving you morse code? That's called myokymia. These random twitches, which can feel faint or really bug you, happen on the upper or lower lid. Triggers range from stress and smoking to wind, bright lights, too much caffeine, and lack of sleep.

Though annoying, the twitches are harmless and usually go away quickly, but they can come back over the next few days.



### **When Eyelid Twitches Don't Go Away**

Twitches that last more than a few days could be a sign of an eye issue, like dry eyes or glaucoma. They could also happen if you have a problem that affects movement in your face muscles. In rare cases, eye twitches

can be a sign of a brain or nerve disorder like Bell's palsy, multiple sclerosis, and Tourette's syndrome. But these conditions will cause other symptoms, too.

### **Low in Electrolytes**

Your muscles depend on minerals, like potassium and magnesium, to work properly. If you're running low on them, your body sends you a message with cramps and spasms. Exercise or heavy sweating can deplete you, but some medications can, too. You might also lose too many electrolytes after a bout of diarrhea or vomiting.



### **Stress**

You can sometimes blame stress for headaches or insomnia, but it can also cause tension and pain in your muscles. Try a relaxation technique, like massage or meditation, to work them out.



### **Not Enough Water**

If you don't get enough to drink, your muscles will be more likely to twitch and spasm. It's not just the water when you sweat a lot or lose body fluids when you're sick, you also lose electrolytes, another common reason for twitching muscles.

### **Too Much Caffeine**

Caffeine can get you going in the morning and pull you out of the afternoon slump. But too much can trigger muscle twitches in various parts of your body. Other stimulant drugs, like amphetamines, have the same effect.



### **Lack of Sleep and Exhaustion**

If you're tired or run-down, twitches and spasms can be one way your body lets you know. Your muscles

might also feel achy and sore or just generally weak.

### **You're Out of Shape**

If you notice spasms after a workout or walk, you may need to spend more time building your muscles. When you don't work them enough, they're more likely to get too tired and cramp up. Add strength training to your routine at least twice a week.



### **Medication**

If you have high blood pressure or heart disease, your doctor may put you on water pills, also called diuretics. They make you urinate more, which lowers the amount of potassium in your body and can bring on muscle spasms. Other medications, like some antidepressants, can cause twitches. Some epilepsy and psychosis drugs may make your eyelids twitch.

### **Serotonin Syndrome**

If your muscles are twitching within a few hours of taking a new drug or changing your dose, call your doctor. You might have this condition, which happens when some medications, drugs, or supplements cause too

much of the brain chemical serotonin to build up in your body. This is a serious condition that usually comes with very high fever and other symptoms and needs medical attention.

### **Kidney Disease**

Kidneys often don't give early warning signs that they're slowing down. When they lose a lot of their ability to work, you might notice muscle cramps, along with other symptoms. If you have diabetes, high blood pressure, or other kidney-related issues, check with your doctor if spasms startup.

### **Lou Gehrig's Disease -- Also Known as ALS**

Twitching muscles in the hands and feet can be one of the early symptoms of this condition, also called amyotrophic lateral sclerosis (ALS). It happens because the nerves that send messages from the brain and spinal cord to the muscles stop working. They send irregular messages before they stop sending them completely.

### **Pinched Spinal Nerve**

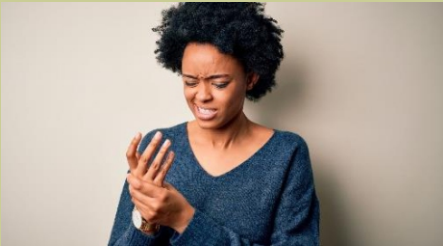
When spinal nerves leave the spinal cord, they pass between the bones of the spine to specific parts of the body. Sometimes the disks between the bones slip or rupture and move, pinching the spinal nerve in the process. You might feel the changes



in the muscles that nerves controls. Your doctor can diagnose the issue during a physical exam or with an MRI or CT scan.

## Neuropathy

When nerve cells are damaged, it changes the way they communicate with each other and with the brain. Twitches and spasms can be warning signs that this common condition is affecting the nerves that control your muscles. Some people are born with it, but it can happen because of an injury, infection, disease, alcoholism, and some medications. Diabetes is the leading cause of neuropathy.



## Isaacs' Syndrome

This rare condition happens when your nerves keep sending signals that make your muscles move, even though your brain or spinal cord isn't telling them to. That causes muscle twitches, cramps, and stiffness. It may also make your muscles ripple, like something is moving under your skin. Also known as neuromyotonia or Isaacs-Mertens syndrome, the symptoms continue when you're asleep or under general anesthesia.



## Thinning hair and hair loss in women:

### How to prevent and treat it

It's often thought of as a problem only men have to worry about, but women experience thinning hair and hair loss almost as commonly as men do. Here are some of the most common causes, from lifestyle to genetics, and see what you can do to help prevent and treat it.

### THYROID PROBLEMS

Both hypothyroidism, which is an underactive thyroid gland, or hyperthyroidism, meaning you have an overactive thyroid, can result in thinning hair. In these cases, the loss usually involves uniform hair thinning over the whole scalp.



### **HORMONE THERAPY HELPS**

If you believe your thinning hair could be due to thyroid irregularities, the condition can be reversed once the cause is diagnosed by a doctor and treated with the appropriate kind of hormone therapy.

### **GENETIC COMPONENT**

Hair thinning that is hereditary is called androgenetic alopecia and is the most common cause for hair loss in men and women. It can come from genes on either the mother's or father's side.



### **TREATMENTS TO COMBAT GENES**

Slowing the loss of or even re-growing hair that's the result of androgenetic alopecia is possible,

especially if treatment starts early. Specialised shampoo, medications like minoxidil, retinoic acid or other prescriptions can all help, but any course of treatment should be discussed with a doctor.

### **MENOPAUSE**

Menopause is a major factor in thinning hair or hair loss. A recent study found that more than half of women experience some form of hair loss after menopause, likely due to changes in hormones, but stress, metabolism changes and nutrition could also be factors.



### **LIFESTYLE CHANGES AND ALTERNATIVE MEDICINE**

Experts suggest treating post-menopausal hair loss with lifestyle changes, such as better nutrition, vitamins and exercise, as well as alternative therapies such as herbal supplements. Medication such as hormone therapy is also available to promote hair growth after menopause.

## **POLYCYSTIC OVARY SYNDROME**

Women who are afflicted with polycystic ovary syndrome (PCOS) can experience both excess hair growth on their body and loss of hair on their scalp, due to hormone imbalances. When hair loss results from this condition, hair doesn't grow back on its own.



## **SEE A DERMATOLOGIST**

Dermatologists can treat alopecia areata with injections of corticosteroids that help to regrow hair on the balding areas. Minoxidil, topical corticosteroid creams and other medications may also be prescribed.



## **TREATMENT FOR PCOS-RELATED HAIR LOSS**

Treatments that help alleviate pain from polycystic ovary syndrome, such as oral contraception, can also treat hair loss. According to the PCOS Nutrition Center, there are other vitamin and supplement options that can also help stop hair thinning, including zinc, vitamin D and saw palmetto.



## **ALOPECIA AREATA**

Alopecia areata is an immune condition that affects both men and women, and can cause hair loss anywhere on the body, but typically begins with a sudden loss of hair in small round or oval patches on the scalp.

## **RINGWORM**

Contrary to what its name suggests, there are no worms or parasites involved with the skin condition known as ringworm. It's a contagious fungal rash that often affects the scalp, causing itchy, scaly bald patches. It is more common in

children but can also affect adult women and men.

### **TREATING RINGWORM ON THE SCALP**

Though ringworm is caused by the same fungus that results in athlete's foot, the scalp is more difficult to treat than other skin, so a doctor will prescribe antifungal tablets or syrup to take orally. Special antifungal shampoo can also reduce symptoms and make the condition less contagious while it's healing.



### **CHILDBIRTH**

Postpartum hair loss, also called telogen effluvium, happens to about 50 per cent of women two to four months after giving birth. During pregnancy, hormones cause women to shed less hair than they normally

would. After the baby is born, and hormones begin to change again, the hair falls out at what seems like an accelerated rate, resulting in thin hair and sometimes troubling scenes in the shower drain.

### **DIET HELPS**

In addition to all its other benefits, maintaining a healthy diet in the postpartum months can help reduce hair loss. Continuing to take a good vitamin supplement, avoiding tight hairstyles and reducing the use of hair appliances like blow dryers, curling irons and flat irons can also help keep hair healthy and less likely to thin or fall out.



### **TIGHT HAIRSTYLES**

The occasional tight bun, ponytail or braid won't damage your hair, but if you wear your hair this way every day, you're at risk of hair loss. The frequent pulling can damage hair follicles, which can lead to temporary or even permanent hair loss. Warning signs include broken hairs around

your forehead, thin patches and a receding hairline.



### **LOOSEN UP**

In order to give your hair follicles a chance to recover from braids, weaves and tight up-dos, opt for looser styles, or frequently change them. You can also get a hairdresser to professionally relax your hair.

side effect of all of these can be hair loss. There is also a link between extremely low-protein diets and hair loss.

### **SOME FOODS MIGHT HELP**

Eating a well-balanced diet, and losing weight in a regulated way, can prevent the physiological stress that leads to hair loss. Several foods, including spinach, salmon, sunflower seeds, beets and eggs are known to provide the minerals and nutrients that can promote hair growth.

### **STRESS**

Chronic stress affects the body in many ways, including the development of conditions that cause hair loss. One study found that the increased corticosterone levels in mice led to damaged hair follicles and inhibited hair growth, which could explain why humans under stress also suffer hair loss.



### **CRASH DIETING**

Rapid weight loss from crash dieting or severely restricted eating can cause nutrient deficiencies, stress and hormonal changes in your body. One

### **RELAX**

Stress-related hair loss is often temporary, so lifestyle changes, including taking time to relax, can help reverse the process and bring back your fuller tresses. Eating a healthy diet and increasing your intake of iron, vitamin D, zinc and vitamin B12 can also reduce stress levels and benefit your hair.

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## OVERRATED HEALTH TRENDS YOU SHOULD AVOID



Staying healthy and following the latest health trends ought to go hand-in-hand. However, despite their shiny names and claims, many of the biggest global trends are either unfounded or overrated. Following them blindly may not give you the results you imagine or, worse, could be harmful to your health. With that in mind, let's take a look at some of the most popular health trends you should avoid, according to the experts.

### THE KETO DIET

Low in carbohydrates and high in fat, the ketogenic (keto) diet promises to help you burn fat. The theory is that

this forces your body into a metabolic state of ketosis, in which it relies on ketones for energy rather than carbohydrates. If it all sounds too good to be true, that's because it could be. Cutting out an entire food group may be detrimental to your health.

Restricting a major food group such as carbohydrates is a dietician's worst nightmare. In addition, a huge concern of the keto diet is a loss of muscle mass despite an adequate or increased protein intake, as well as micronutrient deficiencies and gut health.



## JUICE CLEANSSES

Next up, another health trend promising fast-acting results. A juice cleanse may sound like the perfect way to restore vitamins to your body, but does it really work? The short answer is no. What's more, you could be starving your body of essential fibre.

Many clients tell me they need to start a cleanse to give their body a reset after a vacation or prolonged celebratory weekend. But here's the thing your organs already do that for you! Your organs are already cleansing your body on a daily basis and don't need you to punish it in order to detoxify. It was built for this.



In addition, if this is a juicing cleanse, you're stripping all the fibre from the fruits and vegetables, which regulate

sugar absorption and aid in digestion of nutrients. Juicing will leave only the sugars, which will get absorbed superfast by your body, causing blood sugar levels to spike. The best thing you can do for yourself is to just carry on and eat how you normally would in your daily life.



## APPLE CIDER VINEGAR FOR WEIGHT LOSS

Looking for a fast way to slim down? You might have heard this one before. A popular health trend is apple cider vinegar as a miracle cure for weight loss.

There is no significant research to back up any of the apple cider vinegar claims. The weight-loss claims surrounding apple cider vinegar are based on several small studies, mostly on animals. These studies do show some possible

benefits of apple cider vinegar, but more research is needed.

### “BULLETPROOF COFFEE”

This beverage originated from Tibetan Sherpas who are tasked with hosting trips up Everest! They learned that adding yak milk fat to their morning tea sustained their energy longer and allowed them to climb longer without refuelling.



It has since been translated to everyday use with people adding butter, ghee, or coconut oil to their morning coffee and calling it breakfast. My main caution with this is that the beverage can tend to be very high in saturated fat and devoid of fibre or protein, and this can be particularly harmful for people at risk for heart disease or inflammatory disorders. Some beverages can be 20-35 grams of saturated fat, near the recommended daily limit.



### ADOPTING A POPULAR DIET PLAN

Healthy diets aren't one-size-fits-all. Generally, it is believed that the same nutritional guidelines are applicable to all. But according to research, the impact of each food on blood glucose varies dramatically across individuals.

It largely depends on personal characteristics and gut microbiota composition, laying the foundations for broad implementation of personalised nutrition. Linking blood glucose measurements to the dietary habits and nutritional value is not right. It was found that there is variation in glycemic responses to the same food items between individuals.



### INTERMITTENT FASTING

Hailed as the holy grail of weight loss, intermittent fasting promises fast results, but does it work? According to one expert, it's all about how and when you choose to fast.



Many individuals implement intermittent fasting by simply skipping breakfast, which typically leads to overeating once they have their first meal. Many of the potential health benefits are only seen when following common sense fasting, or simply eating breakfast, lunch and dinner and not consuming anything after that essentially passing on dessert.



### **WEIGHT-LOSS TEA**

It's time to spill the tea on this overrated health trend. Weight-loss tea can actually be dangerous. It generally has a laxative effect. Not only is this unpleasant, but it can lead to dehydration and malabsorption over time. Overuse of laxative products, including weight-loss tea, is seen as a compensatory behaviour and a risk factor for disordered eating. It is not a long-term strategy.

### **THE PALEO DIET**

The paleo diet is based on the idea that we should only eat foods that might have been available to our ancestors roughly 2.5 million years ago, when the life expectancy was approximately 33. It is a glorified low-carbohydrate diet that cuts out several important foods including dairy, whole grains, beans, and legumes, all of which have important macro and micronutrients.



### **GLUTEN-FREE DIETS**

In fact, any type of gluten-free diet may be overrated. This diet should only be utilised by those with a gluten intolerance or diagnosis of celiac disease.

This diet lacks certain nutrients and therefore can lead to deficiencies. Incorporating more pulses (beans, peas, lentils, chickpeas, legumes) into your diet can help to slim your waistline down. Pulses can lower post-meal glucose and insulin responses packed with protein and

fibre to keep you feeling full and satisfied and avoid late-afternoon snacking.



### APPETITE-SUPPRESSING LOLLIPOPS

If you're a self-confessed snacker, the idea of an appetite-suppressing lollipop may be alluring. However, this quick fix is an overrated health trend. Consuming anything meant to suppress your appetite is putting a band-aid on the true challenge. It is crucial to learn how to listen to your body's hunger and fullness cues in order to maintain a healthy weight much more effortlessly. If you want to learn to stop eating when you're full, you also have to learn how to eat when you are hungry. Focus on building balanced meals that keep you full and having healthy snacks between meals when you need them.

### ACTIVATED CHARCOAL PRODUCTS

From toothpaste to wellness shots, many products now boast activated charcoal as an ingredient. I would advise caution with activated charcoal products. They can essentially bind to anything that is in your digestive tract and eliminate it. This means it can interfere with the absorption of vitamins and minerals or make medications less effective.



### PLANT-BASED JUNK FOOD

When it comes to the new plant-based products, such as the plant burger, you may not be getting the true benefits of plant-based eating. For example, in processing a plant burger, there are many alterations that are done to make the meat look, feel, and taste as such. During this process, many preservatives and dyes are added, including sodium. Therefore, clients who are interested in eating plant-based foods should

do just that. Eat real, whole, fresh foods.



### PEGAN DIET

Combining elements of veganism and the paleo plan, the Pegan diet is one of the latest health trends. This is essentially an even more restrictive version of the paleo diet, with less emphasis on meats and other animal proteins on top of the restrictions on dairy, whole grains, beans, and other carbohydrate foods.

There is a risk for inadequate protein intake and certain vitamins like vitamin B12. Consumers are under too much pressure to classify which diet they are on, rather than looking at their intake as a whole and focusing on healthier habits. You don't have to give it a title in order

for it to be effective for weight loss or overall health.



### THE BLOOD-TYPE DIET

This new diet trend tells dieters they can improve their weight, energy, and health goals by eating specific foods and avoiding others based on their blood type. The diet also recommends specific physical activity per blood type.

While this sounds great on the surface, it is an unfounded diet. A study of the blood-type diet found there were no significant benefits for eating according to your blood type. Those that claim benefits like an increase in energy or weight loss are primarily a byproduct of the healthy diet changes and increase in physical activity that each individual made based on the blood-type diet's recommendations. These benefits would likely have occurred regardless of blood type.

### WATER FASTING

Water fasting is a type of fast where you cannot consume anything besides water, typically for between

24 and 72 hours. It has many risks, including becoming dehydrated, creating a drop in blood pressure and worsening medical conditions such as gout, diabetes, and eating disorders. Also, post-fast there could be a risk of refeeding syndrome, which is a potentially fatal condition where the body's fluid and electrolyte levels change rapidly.

weight loss by eating only one type of food, such as eggs or chocolate. There are significant health consequences when you do not eat a variety of foods to provide your body with important nutrients.



### **THE POTATO DIET**

Next up, here's another health trend that drastically restricts what you eat. The potato diet is a short-term trend diet that promises rapid weight loss. This diet only allows you to eat plain potatoes for three to five days. While it may help you lose weight, it is extremely restrictive, lacks certain nutrients, and might lead to unhealthy eating behaviours.

### **THE MONO DIET**

Similar to the potato diet, this next trend sees you eating only one type of food for a restricted period. The monotrophic diet (aka the mono diet) claims to lead to quick and simple



### **WEIGHT-LOSS DRINKS**

Nearly all drink mixes and powders promising weight loss and/or detoxification are nothing more than glorified vitamin and mineral supplements. Customers are paying a premium for synthetic vitamins and minerals when the same compounds are readily available in the foods we eat on a daily basis.

The best way to determine if a supplement is effective is to look at your urine. If it is bright or neon yellow, the water-soluble vitamins and minerals are not being absorbed.

### **AÇAÍ BOWLS**

While açai (berries) in bowls are super Instagram-able, they may not be as healthy as you expect. High in anthocyanin, an antioxidant

responsible for their purple colour, and vitamins A, C, and E, there's no doubt that açai berries are a nutritional powerhouse, but açai bowls are not the most effective way to incorporate this superfood into your diet.

Usually topped with a combination of sliced fruit, nuts, nut butter, honey, granola and more superfoods, the bowls average between 300-700 calories, 50-120 grams of carbohydrates, and 30-70 grams of sugar, the equivalent of 7-17 teaspoons of sugar.



### EGG WHITES

Kicking off the day with an egg-white omelette? You might want to think again. Egg whites are composed of almost entirely protein. However, it is the yolks that house the most nutrition! The yolks alone provide over half of the protein found in an egg, along with essential micro-nutrients such as vitamins A, D, E, K, B1, B2, B5, B6, B9, and B12. So, if you are an avid egg-white eater, consider adding a few egg yolks to your diet.

# CHUCKLES



# Google

## GOOGLE

So, it's the wrong number? Sorry.

*No Sir, Google bought it.*

Google Pizza.

*Ok. Take my order please.*

Well Sir, you want the usual?

*The usual? You know me?*

According to our Caller I.D. date sheet, in the last 12 times, you

ordered pizza with cheese, sausage and thick crust.

*Ok! This is it.*

May I suggest to you this time ricotta and arugula with dry tomato?

*What? I hate vegetables.*

Your cholesterol is not good, Sir.

*How do you know?*

We crossed the number of your fixed line with your name, through the Subscribers guide.

We have the results of your blood tests for the last 7 years.

*Okay, but I do not want this pizza! I already take medicine.*

Excuse me, but you have not taken the medicine regularly, from our commercial database, 4 months ago, you only purchased a box with 30 cholesterol tablets.

*I bought more from another Pharmacy.*

It's not showing on your credit card statement.

*I paid in cash.*

But you did not withdraw that much cash according to your bank statement.

*I have other sources of cash.*

This is not showing as per your last tax form unless you bought them from an undeclared income source.

*What the hell?*

I'm sorry Sir, we use such information only with the intention of helping you.

*Enough! I'm sick of Google, Facebook, Twitter and WhatsApp.*

I'm going to an Island without internet, or cable Television, where there is no cellphone line and no one to watch or spy on me.

*I understand Sir, but you need to renew your passport first as it expired 5 weeks ago.*

## **NAVY BLUE SILK PYJAMAS**

A man calls home to his wife and says, "Honey, I've been invited to fly to Canada with my boss and several of his friends to go fishing for the long weekend.

This is a good opportunity for me to get that promotion I've been wanting, so could you please pack enough clothes for a three-day weekend. And also, would you get out my rod and tackle box from the attic? We're leaving at 4: 30 p.m. from the office and I'll swing by the house to pick up my things. Oh! and

please pack my new navy-blue silk pyjamas.

The wife thinks this sounds a bit odd, but being a good wife, she does exactly what her husband asked.

Following the long weekend, he returns home a little tired, but, otherwise, looking good. The wife welcomes him home and asks if he caught many fish.

He says, "Yes lots of walleyes, some bass and a few pike," "But, he said, "Why didn't you pack my new navy blue silk pyjamas, like I asked you to do?"

The wife replies, "I did, they're in your tackle box."

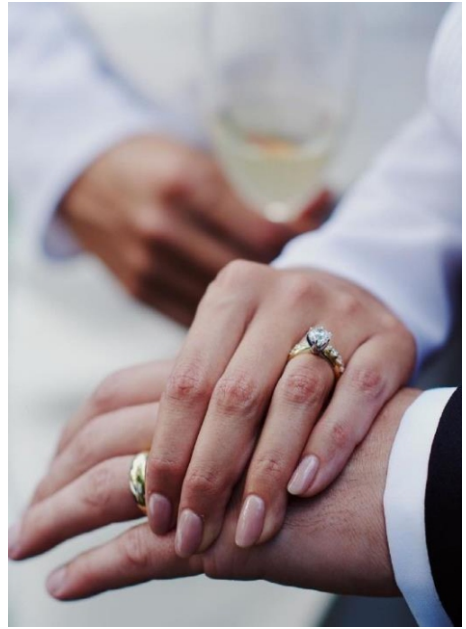


**Why is money called dough?  
Because we all knead it.**

**Where do bees keep their money?  
In a honey box.**

**Did you hear about the guy  
writing a construction book?**

***He is still working on it.***



### **THREE HUSBANDS**

An 80-year-old lady was marrying for the 4<sup>th</sup> time.

A newspaper asked if she wouldn't mind talking about her first 3 husbands and what they did for a living.

She smiled and said "my first husband was a banker, then I married a circus ringmaster, next was a preacher and now in my 80s, a funeral director."

When asked why the 4 men had such diverse careers.

She explained, "I married one for the money, 2 for the show, 3 to get ready and 4 to go."



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