

Chuckle n' Chat

**Dry mouth:
A tell-tale sign of
diabetes**

**CAN SOME MOVIES
CHANGE YOUR LIFE?
MAYBE**

**KEEP YOUR LEGS
STRONG**

 **75th**
Medical Aid Society
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Dear Readers

The pandemic prevention and vaccination campaign has been a great challenge for all of us. It has had a significant impact on the way we work. The long-term work-from-home has been one of the biggest adjustments companies and individuals have had to make. While remote working has advantages, working in an office environment has benefits, too, especially for an employee's social and mental well-being, that should not be forgotten.

There has been a loss of connectivity. Us humans are, social beings and offices have long been places for social interactions and relationship-building. The spontaneous conversations one has, while passing a work mate's office, or a quick walk down the corridor to exercise your body, all have a role to play in fostering emotional connections. These moments also provide us with an opportunity for new ideas and learning.

An organised workspace increases the ability to focus on the tasks at hand. With fewer distractions, productivity is greater. The work culture of a company has a tremendous influence on your professional and personal growth. It does not only generate revenue, but also promotes independent thinking and creativity. The

values, beliefs, goals and most importantly the work environment, where the employees feel comfortable, motivated and appreciated. This work culture may never be replicated at home.

The facts to remind us all regarding this pandemic are:

- Covid-19 is real
- It is generally a vascular condition
- An inflammation of the lung vascular tissue
- Not a pulmonary condition
- Although it can produce varying other symptoms
- So, stay away from the sick,
- Eat healthy, mask up
- Do not shake hands
- Sanitise or wash your hands
- Never stand too close
- 2 metres apart
- Vaccinated persons may travel
- But avoid unnecessary travel

We at MASCA would like to wish all our Members, Member Firms and Service Providers, a Christmas filled with hope of the Covid-19 disease being minimised in the year ahead.

Ciao

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?

This one daily habit is linked to a longer lifespan (and it's free)

Who does not want to live a long, happy and healthy life? Unfortunately, there is no one formula that promises to increase your lifespan. However, there are some factors that can aid longevity. Developing habits that are conducive to a long life does help. As per research one lifestyle habit has been highlighted as the way to achieve longevity.

Researchers say Human longevity is associated with regular sleep patterns, maintenance of slow wave sleep is the first step towards working for a longer life. Here are the three main findings of the study.

1. The maintenance of slow-wave sleep in the oldest-old individuals when compared to older adults.
2. The existence of strictly regular sleep patterns among the seniors.
3. The occurrence of a favourable lipid profile in (cholesterol and triglyceride in the blood) in these individuals.

The signature of sleep EEG (electroencephalogram) in the brain of oldest-old individuals was also described. These findings support the role of sleep and lipid metabolism control in the maintenance of longevity in humans.

For the unversed, a lipid profile is a blood test that measures the amount of cholesterol and triglyceride in the blood. High levels of triglyceride in the blood

can increase one's risk of heart disease.

Thus, regular sleep can reduce the risk of heart disease, which is a major killer worldwide.

Here are some simple steps to sleep better:

Make a sleep schedule and stick to it

Go to bed and wake up at the same time every day. Plan to sleep for at least 7-8 hours each day.



Say no to caffeine and nicotine before bedtime

Nicotine, caffeine and alcohol can disrupt your sleep. Also, avoid heavy and spicy foods as this causes indigestion.

Create a restful environment

Dark, cool and quiet places without a buzz of electronic activity helps one fall asleep. Do

not put a Television in your bedroom.



Say NO to day-time naps

If you choose to nap, limit it to up to 30 minutes and avoid doing that later in the day. If you do so, it will interfere with your night time sleep.

Stay physically active during the day

Regular physical activity in the daytime can promote better sleep. Don't be too active too close to bedtime.

Manage stress

Learning to manage stress is important for a happy life. Work on life's big and small worries, resolve crises and conflicts. You can also try doing meditation and breathing exercises to manage stress.

Is nose hair important to fight off colds and other viral illnesses?

A medical theory holds that nose hair filters the air that we breathe and thus protects us from airborne bacteria, viruses and pathogens. This idea that our nose hair, medically called vibrissae, offers protection against infectious germs goes back to more than a century.

Doctors noted that the interior of the great majority of normal nasal cavities is perfectly sterile. On the other hand, the vestibules of the nostrils, the nose hair lining them and the crust formed there are full of bacteria.



This demonstrates the fact that nose hair acts as a filter and a large number of microbes get trapped in the moist meshes of the hair, which fringes the vestibule. But does that mean trimming nose hair can make it easier for germs to penetrate deeper into the respiratory tract? A study found that people with

denser nose hair were less likely to have asthma. The researchers attributed this finding to the filtration function of nose hair.

The study was observational and hair cannot cause or affect asthma and this condition is not an infection per say! No follow up studies were done to assess how trimming the nose hair can affect the risk of asthma or infection.

Doctors did a study to look at the effects of trimming nose hair and found that trimming led to improvements in both subjective and objective measures of nasal airflow. Improvement was seen in people who had the most nose hair, to begin with.

But does the nasal airflow correlate with a higher risk of infection? It is the larger particles that get trapped in the nose hair and viruses are much smaller. They are so small that they might pass through the nose either way. Thus, trimming nose hair would not put people at increased risk of respiratory infection.

Based on these limited studies, there is no sure evidence that trimming or waxing nose hair can increase the risk of respiratory infections.

motion sickness



The right position to sit and ways you can control it

Do you feel sick while travelling in a car, plane or train? Worry not, you are not alone. Feeling dizzy and nauseous while travelling is called motion sickness. But some simple remedies like acupressure or having some mint can help ease the motion sickness.

What causes motion sickness?

Motion sickness occurs when your brain cannot make sense of the information sent from your body, eyes and ears. While you are riding in a car or a train, signals from your eyes and inner ears tell your body that it is moving forward. But because you are sitting, your muscles and joints send the message that you are not moving. This clash between the

signals is what triggers motion sickness, say experts.

Common symptoms of motion sickness

The symptoms of motion sickness mostly happen when you are travelling, but you can get motion sickness even while playing video games or using virtual reality devices.



Common symptoms include sudden queasiness, cold sweats, dizziness, nausea and vomiting.

8 easy ways to treat motion sickness

1) Focus on something at a distance

When you look at something at a distance, it looks more stationary than the fast-moving objects right outside your window. Thus, looking at a distance or the horizon can help reduce the conflict between your eyes and body.



2. Face forward while travelling

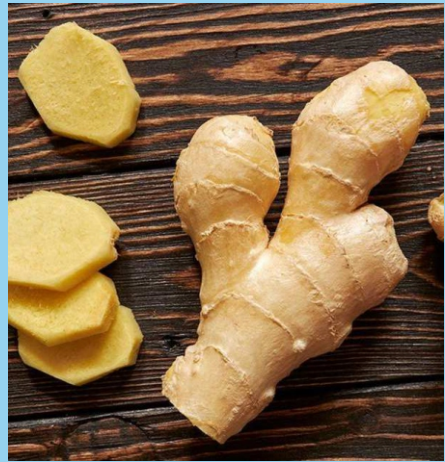
Sitting backwards (such that you are facing the opposite direction of the travel) can trick your brain into thinking that you are moving backwards, which can confuse your already confused senses even more.

3. Try acupuncture

Acupuncture right below your wrist can help reduce nausea. To do this, you can use the thumb of

one hand to press below the wrist.

4. Ginger



Ginger is an age-old treatment for vomiting, nausea and motion sickness. You can have ginger tea or some raw ginger while on the go to prevent motion sickness.



5. Get some fresh air

Rolling down the car window can help a great deal in controlling nausea. Getting fresh air reduces

any unpleasant smell from inside the vehicle that can also trigger nausea in some people.



6. Do not read a book or look at your phone

Reading a book, while in the backseat can also trigger motion sickness. Focusing on a still object that is close to your body can cause a clash between your eyes and inner ears.



7. Avoid eating heavy, greasy, spicy and acidic foods

Having heavy food before travelling can upset your stomach and also lead to indigestion and nausea.



8. Choose the right seat

Choose the front seat of the car, facing forwards on train coaches, seats alongside the wings of the plane and the upper deck of a boat to avoid nausea.

A close-up photograph of a person's mouth, showing the tongue which is severely cracked and dry, illustrating the symptom of xerostomia.

Dry mouth: A tell-tale sign of diabetes

Diabetes is a chronic disease that affects a huge population all over the world. It can take a toll on your entire body, including your eyes, nerves, heart and kidneys. Most people are aware of the signs and symptoms of the disease, but some people do not show any symptoms at all, which leaves the condition undetected. Some of the common symptoms of diabetes include excessive hunger, frequent urination, irritability and fatigue.

There is one more common symptom of diabetes that can make the condition go undetected. Have you ever woken up with a dry mouth in the morning? Well, it can be a sign of diabetes. High blood sugar can lead to oral health problems. Thus, if you are suffering from diabetes it's

possible that you may develop some tooth problems and gum diseases. Here are some of the oral symptoms you must watch out for:

Dry mouth

Dry mouth is one of the very first signs of type 2 diabetes, known as xerostomia. Diabetes can cause lack of saliva in the mouth, which can make you feel parched and extra thirsty. It can also lead to soreness, ulcers, infection and tooth decay if diabetes is not controlled.



Gum disease

Do your teeth or gums bleed while you brush or floss? It can be an early sign of gum disease. Diabetes can make your gums

bleed and swell, which is known as gingivitis. If not treated on time, it can lead to a more serious infection called periodontitis that destroys the soft tissues and bones that support your teeth.



Tooth decay

High blood sugar levels can increase your risk of tooth decay. Your mouth has many types of bacteria, which when interacting with sugars and starches, form plaque. The acid in the plaque attacks your enamel, leading to cavities and gum disease. Tooth decay, if not treated, can cause pain, infection and even tooth loss.



Thrush

Oral thrush also called candidiasis is a fungal infection. People suffering from diabetes often have antibiotics to fight infections, which makes them prone to fungal infection in the mouth and tongue. Common signs of thrush include painful white and red patches on the mouth, tongue, gums, cheeks and roof of your mouth. These patches can even turn into open sores.

Practising good oral hygiene can help you avoid thrush.



Burning in the mouth and tongue

Burning in the mouth and tongue is a complex and painful condition. A burning sensation inside the mouth maybe caused by uncontrolled blood glucose levels, which maybe accompanied by a dry mouth, bitter taste and burning feeling. The symptoms can worsen throughout the day.



Is Healthy Food Really More Expensive?

Have you ever bought your child a nutrient-packed carrot-apple smoothie and watched them dump it on the supermarket floor? It's painful and it can make you think that healthy eating is beyond your family's budget.

But experts say that healthy meals and snacks don't have to be so costly. If you're a busy parent struggling to put nutritious food in your child's lunchboxes, you can do it without tapping into their college fund. You just need to make smart choices when you shop.

The Real Costs (and Savings) of Healthy Eating

The question is how much more does healthy eating cost? You can do the

calculations in the difference between a very healthy diet like one high in fruits, vegetables, nuts, and fish and an unhealthy diet with lots of processed foods, meats, and refined (non-whole) grains.



On the one hand, for a family of four, that extra cost can add up. There is a long-term financial saving on healthy eating, such as a lower chance of serious and expensive chronic diseases as you and your children get older.



Why Do We Think Better Food Costs More?

People generally believe that 'healthy' equals 'expensive'. But that's often not the case. One part of the problem is that we may confuse "healthy" with other labels that do increase costs, like "organic" or "gluten-free."

However, unless you have a diagnosed medical condition, you can have a nutritious diet without worrying about those extra labels. The key is to eat more whole foods and fewer processed ones.

It is also noted that people associate healthy foods with health-food stores, with their beautiful displays and (often) higher prices. In reality, you can get healthy whole foods at any supermarket.

The misunderstanding of food costs has real risks to our wellness. Some people might not even bother trying to eat healthy because they assume that a

diet of cheap and not-very-nutritious food is their only option.

Tips for Sticking to Your Budget

So, what are some ways you can keep your grocery bill low while your family eats healthier?



- **Compare your options and pay attention to portion size.**
Before you grab that packet of crisps, think about how many snacks you'll get out of it. If your child is eating a quarter of a bag of crisps for a serving, it only lasts two days, while that bag of apples could last more than a week.
- **Plan before you shop.**
Ever gone on a health diet, bought a cartful of fruits and vegetables, and then left them to rot in your fridge's drawer? The best way to avoid that is not to impulse buy. Plan your

meals before you go shopping, so you know exactly what you'll need.



- **Choose cheaper protein.**

Protein is probably one of the most expensive foods on your shopping list. But you don't have to stick with red meat or fish for your protein. For example, you can buy a bag of lentils and get five or six meals worth of protein.



- **Buy in season.**

Don't just keep getting the same fruits and vegetables year-round. Pay attention to what's in season. The costs will be lower and the fruits and vegetables fresher.



- **Go frozen.** When fruits and vegetables you want aren't in season, buy them frozen. They're usually frozen right after they're picked.

Finally, remember more expensive does not equal healthier. Don't be seduced by fancy food, organic labels, or marketing gimmicks. No matter your budget, choosing healthier foods doesn't have to be a luxury.

KEEP YOUR LEGS STRONG

When we are old, our feet must always remain strong. As we age, we should not be afraid of our hair turning grey, skin sagging or wrinkles appearing.



Among the signs of longevity, strong leg muscles are listed right on top, as they hold the rest of the body.

If you do not move your legs for two weeks, your leg strength will decrease by 10 years.

A study found that for both old and young, during the two weeks of inactivity, the leg muscles strength got weakened by a third which is equivalent to 20-30 years of aging.

As our leg muscles weaken, it will take a long time to recover, even if we do rehabilitation exercises later. Therefore, regular exercise like walking, is very important.



The whole body weight/load falls on the legs. The feet are kind of pillars, bearing the weight of the human body. Interestingly, 50% of a person's bones and 50% of the muscles, are in the legs.

The largest and strongest joints and bones of the human body are also in the legs. Strong bones, strong muscles, and flexible joints form the "Iron Triangle" that carries the most important load on the human body. 70% of human activity and burning of energy in one's life, is done by the two feet.



When a person is young, his thighs have enough strength to lift a small car! The foot is the centre of your body's locomotion. Both the legs together have 50% of the nerves of the human body, 50% of the blood vessels and 50% of the blood flowing through them.

It is the large circulatory network that connects the body. It's only when the feet are healthy that the convention current of blood flows smoothly, so people who have strong leg muscles will definitely have a

strong heart.

Aging starts from the feet upwards. As a person gets older, the accuracy and speed of transmission of instructions between the brain and the legs decreases, unlike when a person is young.



In addition, the so-called "Bone Fertiliser Calcium" will sooner or later be lost with the passage of time, making the elderly more prone to bone fractures.

Do you know that 15% of elderly patients die within a year of a thigh-bone fracture.

Exercising the legs, is never too late, even after the age of 60 years.

Although our feet gradually age with time, exercising our feet is a life-long task.

Only by strengthening the legs, can one prevent further aging. Walking for at least 30-40 minutes daily to ensure that your legs receive sufficient exercise and to ensure that your leg muscles remain healthy is recommended.



CAN SOME MOVIES CHANGE YOUR LIFE? MAYBE

A good movie can be more than mere entertainment: It can also help you feel more prepared to tackle life's challenges and be a better person, a new study suggests.

This may be why people sometimes choose films with difficult subjects or those that make them sad, researchers say.

Meaningful movies actually help people cope with difficulties in their own lives, and help them want to pursue more significant goals.

Many studies have examined how people react to movies or film clips in a laboratory setting. This one was designed to see how movies affect people in the real world.

We wanted to find out how people experience these movies in their everyday lives.

For the study, researchers created two lists of 20 Hollywood films made after 1985 that had received high viewer ratings.

One contained movies like "Hotel Rwanda," "Schindler's List" and "Slumdog Millionaire" which the movie site described as poignant, inspiring or meaningful.

The other films included what researchers described as "less meaningful" fare, such as "Ratatouille," "Fight Club" and "Pulp Fiction."

Adults were recruited online to receive one list or the other and then to report which movies they had seen. They were then asked to complete a survey about one of those movies, which researchers randomly selected.



People who recalled a meaningful movie were more likely than others to say the movie helped them make sense of difficulties in life. Meaningful movies were also more likely to help viewers

accept the human condition, researchers said.



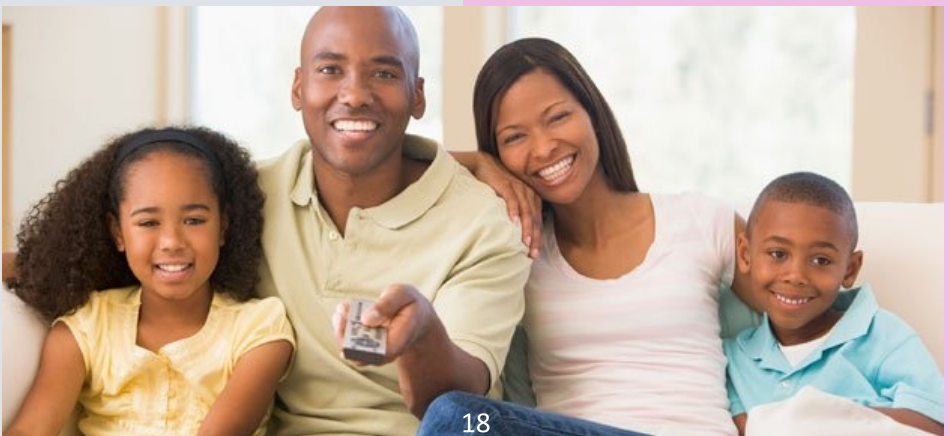
Participants recalling the meaningful movies were also more likely to say the movie motivated them to be a better person, do good things for other people and seek what really matters in life.

Key elements of these films were their poignancy, the mixture of happiness and sadness, their emotional range, and their ability to make people feel elevated and inspired by watching them.

Participants were asked to select and rate the importance of three values from a list of 16 that they saw represented in their films, including "achievement and personal success," "love and intimacy" and "courage and bravery."

It was found that people felt better able to make sense of difficulties in their own life when they recalled a movie that focused on values that were important to them. That happened even when the movie was classified as one of the less meaningful movies.

Some movies may help people cope and grow through difficult periods in their life, while others may recognise this effect years after they have seen a particular movie.





BODY LANGUAGE

We as human beings often refer to ourselves as creatures of habit. But what we forget is that we, first and foremost, are the products of nature. The only way for us to thrive and live an abundant and holistic life is to live according to the cycles of nature.

Believe it or not, social media today is fooling and brainwashing us to believe that we need to live a particular way to be successful. To skimp on sleep to be successful, to down some tall shots of caffeine, to work through the night to achieve our targets and whatnot. It isn't surprising that human beings are the only species that sacrifice health and sleep to live and achieve more. In a bid to determine our success by our designations, the pay we earn, the cars we drive, the clothes we wear, and the exotic vacations we

take, we have failed to realise that we are disrupting the flow of our biological clock. Everything happens according to the pace of nature. If we move too fast and compete with nature, it can slow us down. And many times, it does so by hampering our immunity.



Our unique bodies were built intelligently and designed to work according to something called the circadian rhythm. In simple words, this is a sleep-wake or the day-night cycle. It is an intelligence that generates different feelings

wakefulness and sleepiness, hunger or fullness during a 24-hour cycle.

Everything we do right from how we sleep, eat, digest and secrete certain hormones, to bowel movements and detoxification works according to this circadian rhythm. It is the rhythm that determines how our body carries out different processes during different times.

If you have ever pulled an all-nighter, worked a late-night shift, or travelled across time zones, you know the consequences of disrupting this biological clock. It affects your body right from eating, causing irregular bowel movements to disturbing sleep patterns.

When we challenge the laws of nature and go against the circadian rhythm that governs thousands of functions in the human body at a cellular level, even the best fitness plans, treatment, pills, doctors, nutritionists, spiritual healers, or yoga experts become meaningless.



One has to change their circadian rhythm. Change your sleep time to

10pm and your work out time to 7am.

It will take some time to adjust and settle in and within a week your health will change drastically. This is made possible by your own body and its intelligence. No super food, no magic pill. Just by following the circadian rhythm.

This is just one among thousands of examples that proves how the only way forward for us is to align ourselves with the laws of nature. Look at it this way. You can knead the best dough in the world, but if the environment of the oven is poor, damp, or has the wrong temperature, that bread will not bake or rise. Similarly, our internal and external environments play a massive role in our well-being. Imagine giving a person the best medicines and lifestyle changes but putting them in a toxic, unhealthy, dirty, non-supportive, lonely and damp environment.

That possibly cannot help them improve or thrive. Only when we combine the magic of the circadian rhythm with balanced nutrition, adequate exercise, quality sleep, emotional detox, and medicine, do we give ourselves the chance to experience the true magic of prevention, healing, and recovery.

The one thing that has worked powerfully for people with terminal illnesses over and above their medication and treatment is the ability to coach them into align people's lives and lifestyles to the circadian rhythm. When one puts patients into the circadian rhythm cycle, their body's intelligence kicks in. It works, repairs, identifies, and fixes. The New Way of Living, the circadian rhythm doesn't mean you need to stop having fun. You can have a flourishing social life and still follow it. To be honest, this new way of living isn't even new. It is how we were designed to live. Generation after generation has lived in tune with nature, socialised, sang its hearts out, celebrated rituals and festivities, and led healthy and happy lives. You can do it too! All you need to learn is how it works and how to adopt it.

How does the circadian rhythm work?

The hypothalamus of your brain has a master clock that controls all the other clocks in your body, including your circadian rhythm. It is called the Suprachiasmatic Nucleus (SCN). From simple to complex functions like energy levels, quality of sleep, emotions, regulation of the heartbeat, blood pressure, sugar levels, digestive system activity,

immune system, body temperature, weight, and much more.

To put it simply, Suprachiasmatic Nucleus (SCN) works like a pacemaker to control the circadian rhythm. If it stops working, your body will be in chaos. How does SCN function? It responds to light or day and dark or night. Its main role is to send signals to regulate the functions in our body. When light hits SCN, it signals the parts of the body to activate or deactivate different functions.

So, when there are fluctuations in light and dark, due to sleeping at wrong times, exposure to bright lights at night, traveling across time zones, there is confusion in the body. Certain functions may get activated and deactivated at inappropriate times.

Scientific experiments have proved how human beings in dark rooms for 24 to 48 hours lose the sense of everything because the biological clock (and everything connected with it) cannot work without light. Studies connect messed-up biological clocks to chronic health issues, inflammation, high blood pressure, low immunity, and poor emotional well-being. Remember, any good diet, exercise plan, yoga, pranayama, chanting, and other practices are superficial if they do not follow a system.



Simple tips to help you reset your circadian rhythm

If your big question is, does it cost money to live and follow the circadian way? No, absolutely not.

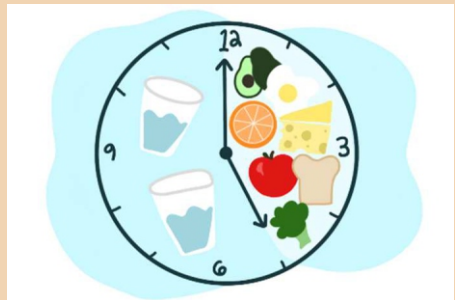
You can achieve it by working with nature and the circadian rhythm. The change you experience will be immediate. Your energy levels will soar, you will sleep better, your digestion and water retention will improve too. Imagine waking up with a flatter stomach without bloating, having radiant and clear skin, and fewer cravings! The benefits go beyond this.

Which factors upset your biological clock?

They include an array of improper lifestyle shifts. Here are a few that directly affect your biological clock:

- Night shifts
- Jet lag
- Long and frequent traveling
- Stimulants such as caffeine, tobacco, alcohol, drugs or social media
- Hormonal changes during menopause or pregnancy
- Overexposure to artificial/ blue light after sunset
- Frequent changes in sleep, meal, and workout routines

Some simple lifestyle changes you can make to adopt the circadian rhythm way of living



1) Eating Right and Circadian Fasting

- Adopt a rainbow-coloured plate with the right balance of vegetables (starchy and non-starchy), fruits, proteins

(dry or intermittent, whatever suits you) through the night. Break it after the sun rises the next day with water or lemon water and dates or fruits. This is the most natural and effortless way of fasting.

- Keep a two or three-hour gap between dinner and bedtime.
- Need coffee? Have it three hours after waking up. Don't consume coffee in the second half of the day. It is a stimulant that hampers your sleep routine.
- Keep your maximum calorie intake between breakfast and lunch, your metabolism is at its peak to process these. Make your dinners the lightest meal, as your body slows down and moves into a rest and recovery mode.
- Not feeling hungry by dinner time, but need to eat early? Listen to your body, and how much food you can eat. Don't starve or stuff yourself. You can always eat a little early the next morning.
- Eat at the same time every day. Remember, timing is the key factor for circadian rhythm synchronisation, eating right and circadian fasting.



2. Engaging in adequate exercise

- Engage in a regular regime and work out around the same time every day. Your body and muscles have a memory. Feed it the right way.
- Identify the time of day that suits you. Are you a morning person or an evening person
- when it comes to exercise? Identify and stick to it.
- Don't overtrain or follow an intense workout close to bedtime.

3. Fixing sleep and wake-up time

- Yes, your body is resilient. So, it can take a couple of late nights. But making it a habit will make you reach a breaking point.
- Want to live according to the circadian rhythm? Try to sleep at the same time every night, whether it is 9 pm, 10 pm or 11 pm. The earlier, the better.

- Try to wake up with the sunrise. Maintain the same time from Monday to Friday at least.



4. Limiting exposure to blue light

- Need to work after sunset or late at night? Wear blue blocker glasses to filter out the blue light, when looking at the screen.
- Use in-built features on your phones, where the backlight automatically switches to a dimmer one and turns a little yellow in response to sunset.

5. Follow pre-bedtime rituals

- Disconnect from blue or artificial light at least one to two hours before bed, they suppress your melatonin (sleep hormone) secretion. If your rituals require you to use your phone before or during bedtime, prefer using audio

files. open the app, play the file, and shut it down.

- Make your bedroom as dark as possible. Sleep is a very light-sensitive process. Darkness stimulates melatonin and brightness suppresses it.
- Offer gratitude, pray, meditate, chant, or recite affirmations to ward off any negative thoughts and relax your mind.

6. Following pre-wake-up rituals

- Avoid using your phones and scrolling social media for at least one to two hours after waking up.
- If your meditation and workout apps are on your phone, and you have to look at them, then use the first hour after waking up to perform all other morning rituals like, oil pulling (swishing oil in your mouth to remove bacteria) pooping, brushing, before opening your phone. Avoid prolonged exposure to blue light. Use audio files, if possible.
- Avoid eating before sunrise. Your metabolic fire wakes up with the sunrise and is at its highest at noon. So have a good lunch.

7. Pooping early in the morning

While you sleep, your body begins the process of detoxification. This accumulates waste products in your colon. When you follow the circadian rhythm and wake up in the morning with natural light, your bowel movement opens up.

- Try to clean your bowels first thing after waking up. Clean yourself inside out first, before you begin your day.



8. Adequate exposure to sunlight

- Once you have passed your bowels and brushed your teeth, open the curtains and allow natural light to hit your eyes. This will help you reset your circadian rhythm. This also suppresses melatonin, so you get the energy to seize the day.

- If you have access to a garden, terrace, or veranda, look out, blink, open up your eyes, and absorb natural light. Exposing ourselves to nature in the morning increases our serotonin (the feel good hormone), and uplifts our mood.

9. Dealing with energy slumps

- Experiencing an energy slump during the day despite living by the circadian rhythm? Here's a word of advice. Rest.
- It is completely normal because our biological clocks cannot run all the time. They take a break sometimes, too.

Remember, the circadian rhythm is built by the biggest experts of them all, nature. Even if you find it difficult to follow, take away what you can from it, and build your lifestyle. Times may change, but our bodies and the way they function remains the same. So, do this fundamental and principles of nature.



Pharmacy in action

Strong reasons to include fish oil supplements in your diet

As much of a bad name fats get, it's essential to score in healthy fats in your diet and there are many promising benefits to them.

Amongst the healthiest ones are Omega-3 fatty acids. Not only is this one nutrient something a lot of people lack in their diet, but is in fact, quite nutritious and nourishing. More particularly, the Omega-3 acids found in fish and certain seafoods are said to be a lot more enriching and better than the traces found in processed oils or other natural foods. For the same reason, fish oil is often recommended to be included in one's diet.

But is it truly that healthy and beneficial? Should everyone have fish oil supplements? We tell you.

What does fish oil mean?

Omega-3 fatty acids, which are a form of unsaturated fat, are said to be extremely rich in quality

when marine derived or in the form of seafood.

Fish oil and fish oil supplements are derived from fatty tissues found in certain types of seafood including salmon, fish, sardines, and trout. While Omega-3 fatty acids is also found in cod liver oil and krill oil, fish oil is said to be the most beneficial, since it also has a healthy dose of Vitamin A and D, and other anti-inflammatory properties.

The two types of Omega-3 found in fish include EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) naturally found in fish, which are both excellent to support bodily health and functioning.

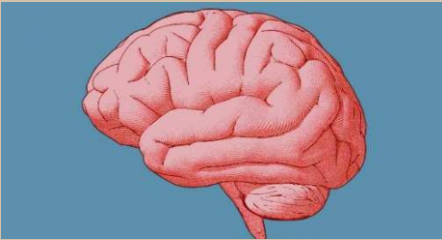


Health benefits of including fish oil in your diet

There are many, helpful benefits of including fish oil in your diet or having rich Omega-3 seafood in your diet:

1. Lowers cholesterol and triglyceride levels

Regular intake of Omega-3 fatty acids, unlike other forms of fat, can actually help bring down triglyceride levels in blood and cut down the risk of heart diseases. As per studies, people who ate fish twice a week or had fish oil supplements had a more reduced risk of heart ailments and cholesterol levels.



2. Nourishes the brain

There's an important reason as to why Omega-3s are considered a medicine for a healthier brain. Fish oil and the anti-inflammatory properties present in the oil can help promote brain function at the cellular level and keep it agile.

While scientists are continuing to evaluate the benefits of Omega-3 fish oil in lowering or preventing the risk of Alzheimer's or Dementia, some studies have indicated that those who do take Omega-3 supplements have a lower risk threshold of cognitive

decline. Besides, regular intake can also help elevate mood levels and alleviate depression symptoms too.



3. Lowers inflammation in joints

As anti-inflammatory as Omega-3 is, it is said that taking fish oil supplements can considerably help relieve and lower levels of inflammation in the joints and muscles, which is particularly helpful for someone suffering from a painful, chronic condition like Rheumatoid Arthritis (RA). Omega-3s have also been associated with limiting the production of cytokines and other inflammatory compounds.

4. Lowers the risk of sudden cardiac arrest in people at risk

While cardiac arrests and heart failures have become a common concerning issue these days, some studies have established that having a diet rich in Omega-3s can reduce the chances of arrhythmias (abnormal heart rhythm), lower the risk of heart attacks and strokes and the chances of developing a sudden cardiac ailment.



5. Can aid weight loss

While weight loss isn't an easy thing to go ahead with, researchers have found that fish oil and other Omega-3 rich sources can actually play a helpful role in promoting weight loss by lowering down inflammation, improving one's workouts, aiding muscle recovery and boosting metabolic synthesis.

Should every person take it?

As beneficial as this is, do remember that fish oil supplements aren't needed by everyone-unless there's a core deficiency or specifically advised by doctors. Experts suggest that for healthy living, people should opt to have fatty fish and seafood first, before shifting on to fish oil supplements. Aim to have a healthy intake of fish and other seafood in your diet. While vegetarians have limited options to choose from, work to increase your intake of Omega-3 rich vegetables, nuts and seeds and then rely on using supplements, if the need arises.

What else should you know?

Getting used to the taste of fish oil supplements can be a bit uncomfortable at first, since it can cause nausea and burps, considering you take in a large amount of fat at once. Some people also experience a 'fishy aftertaste' with the pills, so it's quite advisable to take the supplement by having them with your meals or keeping the pills in a freezer.



Also remember to not overdose on your own and follow expert-advised dosage guidelines. As per the Food and Drug Association, adults should have 5 gm of EPA and DHA combined in one day, from supplements. Certain people, at risk, however, may need higher doses and the side-effect risk could be potentially higher. It's also crucial that these supplements are best taken with meals, and not on an empty stomach. Taking the pill along with food can boost fat-absorption and cut down chances of developing nausea, heartburn and other digestive side-effects.



SMOOTH NEWS **Other Reasons to Use Birth Control** **More Than Pregnancy Prevention**

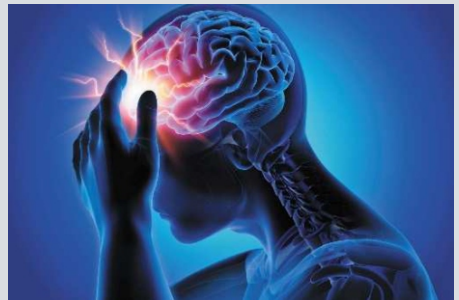
Birth control pills, or oral contraceptives, are usually a combination of man-made versions of the hormone's progesterone and estrogen. They can help treat a variety of hormone-related issues, and there's even evidence they also offer other health benefits. While many doctors prescribe pills, other forms of hormonal contraception like patches, intravaginal rings, and intrauterine devices (IUDs) may work, too.

PMS (Premenstrual Syndrome) and PMDD (Premenstrual Dysphoric Disorder)

About three-fourths of women get irritable, angry, or tense around their periods. This is known as PMS. About 8% of women have a severe version known as PMDD.

Your doctor may tell you to skip the week of sugar pills that usually come with birth control pills and start a new

pack. Taking the hormone pills continuously will keep you from having a period and the changes that affect your mood.



Migraines

Many things can trigger these headaches, but changing levels of estrogen and progesterone could make them worse. You may get more migraines before or during your period, probably because of the drop in estrogen. Your doctor may suggest you keep taking your birth control pills

so you don't get a period, or use a patch with estrogen during your period to hold that hormone level steady.



Painful Periods

Intense cramps could mean you have a condition called dysmenorrhea. The pain is caused by a chemical that forms in your uterus and triggers muscle contractions. Your doctor may recommend you take birth control pills, use the patch or ring to prevent the release of an egg, called ovulation. That way your uterus makes less of the pain-causing chemical, prostaglandin.



Acne

They're not designed to treat breakouts, but birth control pills do lower the level of "male" hormones. Your ovaries make that and can lead to

skin problems. You'll need to work with your doctor to find the pill with the right combination of drugs for you. It may be several weeks or months before you see results.

Irregular and Heavy Periods

When your body doesn't make enough progesterone, you could go a long time between periods. This allows the lining of your uterus to build up, and you'll bleed a lot when you finally start. Taking combination birth control pills can regulate your cycle. The version of progesterone in them also helps keep your lining thinner. Your doctor may prescribe a progestin-only "mini pill" that you take continuously to lessen or even stop your flow.



Endometriosis

This painful disorder happens when cells that look like the ones that normally line the inside of the uterus, called the endometrium, grow in other areas of the pelvic region, including your ovaries and bowel. Birth control pills affect this tissue outside the uterus in the same way as inside. They limit

how much it builds up, so you'll hurt less.



PCOS (Polycystic Ovary Syndrome)

You can't cure polycystic ovary syndrome, but you can treat symptoms such as irregular or missed periods, acne, and excess hair growth. The hormones in birth control pills can help reset the imbalance of "male" and "female" hormones that causes these problems for women with the condition.



Other Health Benefits

Because birth control pills cut back on the amount of bleeding you have during your period, you may also be less likely to get anaemia, or low levels of red blood cells. They've also been linked to lower rates of ovarian and uterine cancers.

Side Effects and Risks

Most women have no problems while taking birth control, but you could have irregular periods, mood and weight changes, especially during the first few months. Although less common, blood clots are possible, too. The pills have also been linked to higher risks of breast and cervical cancers. Talk to your doctor about the best form of birth control to address your concerns safely.



CHUCKLES

THE MUM TEST

I was out walking with my 5-year-old daughter. She picked up something off the ground and started to put it into her mouth.

I took the thing away from her and asked her not to do that. "Why?" she asked.

"Because it's been on the ground and you don't know where it's been. It's dirty and it probably has germs."

At this point my daughter looked at me with absolute admiration and asked, "Mum, how do you know all this stuff? You are so smart." I thought quickly and replied, "All mums know this stuff. It's on the Mum Test. You have to know it, or they don't let you be a Mum."

We walked along in silence for two or three minutes, but she was evidently pondering this new information.

"Oh, I get it" she beamed, "So if you don't pass the test, you have to be the Dad."

"Exactly," I said.

FOUND GUILTY

A woman was found guilty in court of a traffic offence, and when asked for her occupation, she said she was a school teacher.

The judge rose from the bench. "Madam", I have waited years for a school teacher to appear before this court".

He smiled with delight and said "now sit down at the table and write "I will not run a red light" 500 times.



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