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When an individual visits their doctor, they aren't supposed to keep secrets. Unless patients are forthcoming about their symptoms, behaviors, and health-related beliefs, it's hard for healthcare professionals to effectively diagnose and treat illnesses or to advise and educate patients about how to take better care of themselves in the future.

Patients fear judgment for sharing health misconceptions, study finds

There's only one problem: new research from Stevens Institute of Technology shows that many people believe they may be judged if they share mistaken beliefs with their care team; and that doctors really do take strongly negative views of patients who disclose incorrect or unreasonable beliefs.

To understand how people think about sharing information with healthcare professionals, Dr. Kleinberg and her collaborators surveyed over 350 patients and over 200 physicians, asking how they would view people who held a range of different medical beliefs. Beliefs ranged from true information to incorrect statements of many types: some were reasonable (like believing that eating sugar causes diabetes); some were unreasonable (like believing that carrot juice cures diabetes); and some were conspiracy theories (like believing that pharmaceutical companies deliberately cause diabetes to create more customers for insulin). Dr. Onur Asan, also at Stevens Institute of Technology, co-authored the study along with Dr. Jesseca K. Marsh, a collaborator from Lehigh University. 6

"The degree to which healthcare professionals held negative perceptions towards patients espousing misinformation surprised us, and suggests doctors may need additional support and resources to effectively treat such patients," says Dr. Asan.

The more unreasonable a person's health beliefs, the more negatively they were viewed by both laypeople and healthcare professionals. "We found that our subjects viewed people negatively if they held

mistaken beliefs; but viewed them much more negatively if they held more unreasonable or conspiratorial beliefs," Dr. Kleinberg says.

Surprisingly, however, there was little difference between the responses of doctors and laypeople or patients with personal experience. Even patients living

"If we want to have clear communication between patients and healthcare professionals, we need to change the way that doctors think about patients who are misinformed."

with chronic health conditions, who were familiar with the complexities of healthcare, were highly intolerant of people who held mistaken beliefs, the team found. "We'd thought people who had diabetes themselves might be more sympathetic, but it wasn't the case at all," Dr. Kleinberg says.

Physicians were also highly likely to view people negatively when they expressed mistaken beliefs about health-related topics. "That was a surprising result, and frankly a depressing one," Dr. Kleinberg says. "Laypeople aren't expected to have medical expertise, so doctors often have to correct mistaken beliefs on health issues. That shouldn't be something that leads doctors to view patients more negatively."

Surveys show that the majority of people hold at least some incorrect health-related beliefs, such as the false belief that taking vitamin C will cure their cold, or that eating a sugary snack can directly cause diabetes, making it all the more important that people feel free to solicit expert opinions. "We rely on our doctors to educate us and help us overcome these medical misconceptions; but that's only possible if we're able to express our ideas freely, without fear of being judged when we get things wrong," Dr. Kleinberg says.

Part of the problem is that it isn't usually possible for laypeople to know whether their own beliefs are correct or incorrect, or whether they will be perceived as reasonable or unreasonable. That means patients are likely to withhold even true and reasonable beliefs in order to minimize the risk of being viewed negatively by their doctor.

More research is needed to explore the ways in which these negative perceptions impact real-world patient-doctor interactions, Dr. Kleinberg says. Still, she adds, it's clear that physicians need to be doing more to make their patients feel safe and comfortable during routine interactions.

"If we want to have clear communication between patients and healthcare professionals, we need to change the way that doctors think about patients who are misinformed," Dr. Kleinberg says. "Doctors need to overcome their tendency to judge patients, and actively encourage patients to share their thoughts; even their incorrect ones; much more freely than they currently do."



What happens to your body when you cycle for 30 minutes every day?

Sedentary lifestyles are increasingly common today, especially among the urban population. Because of this, incorporating regular exercise into our daily routines has become more crucial than ever.

Cycling, a low-impact and accessible form of cardio, offers a myriad of health benefits when practiced consistently. Dr Vajjala Shravani, MPT (Cardiovascular) and certified Pilates instructor tells about the transformative impact that a daily 30-minute cycling habit can have on your physical and mental well-being. She says, “As a physiotherapist and certified Pilates instructor, I have witnessed the transformative effects of regular exercise on the body and mind. Cycling for just 30 minutes a day can bring about numerous health benefits, particularly as we age. Here’s a detailed look at how daily cycling impacts your body.”

Physiological changes and cardiovascular health

Engaging in 30 minutes of cycling daily significantly enhances cardiovascular health, says Dr Shravani. “This aerobic activity raises heart rate and promotes improved blood circulation, leading to more efficient cardiovascular function.”

She cites research published in the

American Journal of Cardiology which discusses the impact of regular cycling. It reduces the risk of cardiovascular diseases by improving heart function, lowering blood pressure, and optimising lipid profiles—decreasing harmful LDL (low-density lipoproteins) cholesterol and increasing beneficial HDL (high-density lipoprotein) cholesterol.

She adds, “Consistent cycling boosts aerobic capacity by enhancing the body’s ability to utilize oxygen more efficiently. This leads to improved stamina and endurance, enabling longer periods of physical activity without fatigue. Over time, daily cycling builds substantial cardiovascular and muscular endurance.”

Impact on muscle strength, flexibility, and overall fitness

Dr Shravani explains how cycling for 30 minutes every day can have an effect on your strength, flexibility and overall fitness:

Muscle Strength: Cycling predominantly targets lower body muscles, including the quadriceps, hamstrings, glutes, and calves. Regular cycling strengthens these muscles, improving endurance and overall muscle tone. Additionally, the core muscles are engaged to

maintain balance and stability, contributing to comprehensive muscular conditioning.

Flexibility: The repetitive motion of cycling supports joint flexibility, especially in the knees, hips, and ankles. Incorporating stretching routines before and after cycling sessions can further enhance flexibility and prevent stiffness, ensuring joints remain supple and functional.

Overall Fitness Levels: Cycling provides a full-body workout that enhances cardiovascular health, muscle strength, and joint flexibility. It is also an effective way to manage weight. According to Harvard Medical School, a 30-minute cycling session can burn between 200-400 calories, depending on the intensity and the individual’s weight, making it an excellent exercise for maintaining a healthy weight.

Mental health benefits

According to Dr Shravani, cycling for 30 minutes daily has profound mental health benefits. It helps reduce stress, anxiety, and depression by stimulating the release of endorphins and serotonin, natural mood enhancers. Cycling outdoors also offers exposure to sunlight, which helps regulate circadian rhythms and improve sleep quality.

“Regular physical activity, including cycling, increases blood flow to the brain, enhancing

cognitive functions such as memory, attention, and problem-solving skills,” she elaborates.

Potential risks and considerations

Here are some potential risks associated with doing this exercise every day, and what factors you should consider to avoid them, as mentioned by Dr Shravani:

Injury Prevention: While cycling is generally a low-impact exercise, improper technique or overuse can lead to injuries like knee pain, lower back pain, or tendinitis. To avoid these issues, it’s essential to ensure your bike is properly fitted, maintain correct posture, and gradually increase the intensity and duration of your rides.

Safety Measures: Safety should always be a priority. Wearing a helmet is crucial to prevent head injuries, and using reflective clothing or lights can enhance visibility in low-light conditions. Adhering to traffic rules and staying alert can help avoid accidents.

Hydration and Nutrition: Proper hydration is vital before, during, and after cycling. A balanced diet that supports energy levels and muscle recovery is also essential. Ensure you consume a mix of carbohydrates, proteins, and fats to sustain your energy and aid in muscle repair.



Are Your Stress Levels Too High?

In the face of a potential threat, your brain often reacts by activating a "fight, flight, or freeze" response to keep you safe. By releasing hormones, your body prepares you to do whatever is necessary—as the name suggests, that includes fighting, fleeing, or freezing—to keep you alive.

While that response is helpful in times of danger, your body sometimes overuses it. And that can cause stress, wreaking havoc on the body and the mind.

Different people present stress in entirely different ways. For example, one person may lay awake at night, mindlessly scrolling through social media, unable to rest their eyes. On the other hand, their partner may sleep soundly through the night but constantly forgets their keys and becomes incredibly irritable around important deadlines. Here's what you need to know about the effects of your body's "fight, flight, or freeze" response and how to relieve stress.

How To Indicate Stress

To account for a wide range of how stress presents in people, healthcare providers look at various categories. Those include changes in health, energy, behavior, and mood, per the Centers for Disease Control and Prevention (CDC). They rely on your self-reported feelings and can even bring attention to symptoms you may have never known were stress causes.

The timing of your symptoms can also help specify the situations, or triggers, that bring you stress. Or, perhaps your anxiety and frustration are the results of a chronic state of emotional distress. For example, if your blood pressure increases after a rough chat with your boss but quickly returns to normal, you may be experiencing a healthy stress response.

But if you constantly replay your boss's words in your

head and fixate on the chat days later, or you develop a new obsession with late-night gaming to help cope with anxious feelings, you may be battling chronic stress.

How Does Stress Affect the Body?

Stress is a normal part of everyday life. But it is when your "fight, flight, or freeze" response does not shut off that your health can become impacted. Difficulties often arise in several key areas—psychological, physical, behavioral, and interpersonal.

Psychological

The development of anxiety and depression can be a cause for concern. You may experience constant worry if your brain is always looking for danger. Or, you can start feeling hopeless due to the never-ending dread. Both of

(Continued on next page)

Are Your Stress Levels Too High?

those feelings can cause issues with sleep, concentration, and memory due to an overload of worried thoughts, according to the National Library of Medicine.

Physical

When your body's "fight, flight, or freeze" response activates, your brain releases cortisol, the hormone that causes a rush of adrenaline. You may feel your heart beating rapidly or experience overwhelming bouts of energy.

But too much cortisol may cause physical changes, like weight gain, high blood pressure, and oral health issues, per the Johns Hopkins Medicine Health Library. You may also experience flare-ups of existing chronic health conditions, such as eczema and irritable bowel syndrome.

Behavioral

Your body is smart. It knows that being under too much stress is not good for you. So, your body might crave things that help it escape negative feelings and relax. Unfortunately, those are not always the healthiest ways to relieve stress.

Common behavioral changes include increasing alcohol or drug intake, consuming high-carbohydrate foods, and distracting yourself with hours of mindless scrolling on social media. While those activities can provide immediate relief from stress, they may also bring about an onslaught of new, long-term health problems.

Interpersonal

Have you ever noticed that your patience runs thin whenever you are nearing an important deadline? Well, sometimes it takes calm to be kind.

Your brain works to keep you safe from stressors, not necessarily to be nice. You may notice increased irritability or anger. Or depending on your temperament, you may also become increasingly reliant on people and seek reassurance or even unwittingly push others away.

Healthy Ways To Relieve Stress

Although stressors can have several emotional and physical effects on your body, there are healthy ways to relieve those negative feelings.

It is important to note that your brain may fight you on relaxing. When it thinks it is protecting you from danger, your body may recognize slowing down as an additional threat. Notice the hesitation, remind yourself that there is no imminent threat, and give a few of the following stress relievers a try.

Buy Yourself Time and Space

Allowing your brain time to adjust and "come down" from stressful activities helps your system regulate healthily. If you are quickly jumping between virtual work meetings to lunch preparations and then onto a stressful phone call, it is easy to become anxious.

Remember to add a little space. Pause before answering your phone, give yourself five minutes to try some deep breathing between work and family time, set an



alarm reminding you to stretch throughout the day, and find ways to delegate some tasks. Each little bit can help stress dissipate.

Experiment With Options That Soothe Your Mind

It may take some trial and error, but finding techniques that reduce stress can be helpful for chronic stress. You may try gentle exercise (high-energy workouts can increase your heart rate, aggravating your body's "fight, flight, or freeze" response), Epsom salt baths, deep breathing exercises, and guided meditations. Mindless activities like coloring or crafts can also help distract your brain from worrying thoughts.

As you try different activities, remember to keep track of what works and what does not. You can keep a list of helpful stress relievers and access them whenever necessary.

Reduce Things That Amp up Your System

Consuming caffeine, alcohol, and high-sugar foods and scrolling through social media may be tempting when stress is especially high. Those activities may offer short-term diversion and enjoyment. However, per the CDC, the long-term consequences are often increased anxiety and poor sleep quality.

Summary

Getting professional help if you are feeling overwhelmed is never a bad plan. Suppose stress continues affecting your ability to concentrate on and complete everyday activities after trying some healthy stress relievers. In that case, you may try virtual therapy or reach out to a healthcare provider for additional support.

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ਕੈਲੀਫੋਰਨੀਆ (ਅਮਰੀਕਾ) ਰਹਿੰਦੀ ਸਿੱਖ ਲੜਕੀ 1996/5'-3" ਲਈ ਰਾਮਗਰਹੀਆ, ਪੜ੍ਹੇ ਲਿਖੇ ਗੁਰਸਿੱਖ ਪਰਿਵਾਰ ਦੇ ਲੜਕੇ (ਸਿਮੀ ਵੈਲੀ ਜਾਣ ਦਾ ਇਲੱਕ) ਦੀ ਲੋੜ ਹੈ। ਸੰਪਰਕ : (510) 943-8037, ਬਾਕਸ ਨੰ 103, 'ਯੂ.ਐਸ.ਏ.ਪੰਜਾਬ ਟੂਡੇ'

California (America) resident sikh girl 1996/5'-3", looking for well educated Gursikh ramgharia family's boy. (willing to move to Simi Valley). Contact : (510) 943-8037. box no. 103 USA Punjab today.

ਅਮਰੀਕਾ ਗਰੀਨ ਕਾਰਡ ਹੋਲਡਰ 1994/5'-3" ਸਿੱਖ ਲੜਕੀ, ਸੁਨਣ 'ਚ ਅਸਮਰਥ ਲਈ ਪੰਜਾਬੀ ਸਿੱਖ ਲੜਕੇ ਦੀ ਲੋੜ ਹੈ। ਪਰਿਵਾਰ ਰਾਜਸਥਾਨ (ਭਾਰਤ) ਤੋਂ। ਸੁਨਣ 'ਚ ਅਸਮਰਥ ਵੀ ਵਿਚਾਰਯੋਗ। ਸੰਪਰਕ : (510) 943-8037, ਬਾਕਸ ਨੰ 106, 'ਯੂ.ਐਸ.ਏ.ਪੰਜਾਬ ਟੂਡੇ'

USA Green Card Holder 1994/5'-3" Sikh Girl, Hearing Impaired, Looking for Punjabi Sikh Boy. Family From Rajasthan (India). Hearing Impaired Also Considered. Contact : (510) 943-8037, Box No 106, USA Punjab Today

ਭਾਰਤ ਰਹਿ ਰਹੀ ਸਿੱਖ ਲੜਕੀ 1982/5'-5" ਤਲਾਕਸ਼ੁਦਾ, ਲਈ ਚੰਗੇ ਖਾਨਦਾਨੀ ਪੰਜਾਬੀ ਪਰਿਵਾਰ ਦੇ Bachelorette Degree ਕੀਤੇ ਲੜਕੇ ਦੀ ਲੋੜ ਹੈ। ਸੰਪਰਕ : (510) 943-8037, ਬਾਕਸ ਨੰ 109, 'ਯੂ.ਐਸ.ਏ.ਪੰਜਾਬ ਟੂਡੇ'

Sikh girl 1982/5'-5" living in India, divorcee, looking for Bachelorette Degree holder boy from good family background. Contact : (510) 943-8037, Box No 109, USA Punjab Today

ਕੈਨੇਡਾ ਅਤੇ ਅਮਰੀਕਾ ਸਿਟੀਜ਼ਨ ਸਿੱਖ ਡਾਕਟਰ ਲੜਕੀ 1990/5'-3", ਜਨਮ ਸਰੀ (ਕੈਨੇਡਾ), ਲਈ ਅਮਰੀਕਾ ਜਨਮੇ ਡਾਕਟਰ ਵਰ ਦੀ ਲੋੜ ਹੈ। ਸੰਪਰਕ : (510) 943-8037, ਬਾਕਸ ਨੰ 110, 'ਯੂ.ਐਸ.ਏ.ਪੰਜਾਬ ਟੂਡੇ'

Canada and America Citizen Sikh Doctor Girl 1990/5'-3", Born Surrey (Canada), Looking for US Born Doctor boy. Contact: (510) 943-8037, Box No. 110, USA Punjab Today

ਅਮਰੀਕਾ ਸਿਟੀਜ਼ਨ ਸਿੱਖ ਲੜਕੀ 1989/5'-5", ਤਲਾਕਸ਼ੁਦਾ, ਜਨਮ ਸੇਲਮਾ (ਕੈਲੀਫੋਰਨੀਆ), ਲਈ ਜੱਟ ਸਿੱਖ ਪਰਿਵਾਰ ਦੇ ਪੜ੍ਹੇ ਲਿਖੇ ਵਰ ਦੀ ਲੋੜ ਹੈ। ਲੋਕਲ ਨੂੰ ਤਰਜੀਹ। ਸੰਪਰਕ : (510) 943-8037, ਬਾਕਸ ਨੰ 112, 'ਯੂ.ਐਸ.ਏ.ਪੰਜਾਬ ਟੂਡੇ'

US Citizen Sikh Girl 1989/5'-5", Divorcee, Born in Selma (California), looking for Educated and and humble life partner of Jat Sikh Family. Local preferred. Contact: (510) 943-8037, Box No. 112, USA Punjab Today

ਅਮਰੀਕਾ ਸਿਟੀਜ਼ਨ ਸਿੱਖ ਲੜਕੀ 1991/5'-4", Communication Operator at Kaiser Permanent and Business Owner, ਲਈ ਚੰਗੇ ਪਰਿਵਾਰ ਦੇ ਲੜਕੇ ਦੀ ਲੋੜ ਹੈ। ਸੰਪਰਕ : (510) 943-8037, ਬਾਕਸ ਨੰ 115, 'ਯੂ.ਐਸ.ਏ.ਪੰਜਾਬ ਟੂਡੇ'

US citizen Sikh girl 1991/5'-4", Communication Operator at Kaiser Permanent and Business Owner, looking for boy from good family. Contact: (510) 943-8037, Box No. 115, USA Punjab Today

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US Citizen Sikh Girl 1993/5'-6", Looking for US Citizen Boy from Gursikh family. He should be 6 feet tall, Age between 30 to 37, Doctor, Pharmacist or Engineer preferred. Contact : (510) 943-8037, Box No. 117, USA Punjab Today.

ਜੀਵਨ ਸਾਥਣ ਦੀ ਲੋੜ

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Jatt Sikh 1957/5'-6" on work permit, looking for life partner. Contact: (510) 943-8037, Box No. 111, USA Punjab Today

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HOMEOPATHY FOR YOU

Homeopathy is a holistic system of medicine that provides deep healing and works on all levels (physical, emotional and mental). In Homeopathy, disease is regarded as the body's warning sign that an imbalance exists. In homeopathy, every individual is understood to be unique and so each person is given a remedy based on his/her particular symptoms. Homeopathic medicines are natural, non-toxic and do not interfere with your current medical treatment. In fact, homeopathy can be used to complement traditional treatment and is also safe to use during pregnancy. Homeopathy has benefited people from all walks of life, all ages and in countries all over the world.

Homeopathy utilizes medicines that stimulate the body's own immune and defense system to initiate the healing process.

Symptoms as Defenses--Too often physicians and patients alike assume that a person's symptoms are the disease and that simply treating these symptoms is the best way to cure. Such treatment is on a par with trying to unplug a car's emergency oil light because it is flashing. Symptoms are actually efforts of the organism to deal with stress or infection. Rather as defenses of the body that attempt to protect and heal itself. Recent research has shown that fevers represent an effort of the organism to try to heal

itself. Fever usually accompanies bacterial or viral infection.

Modern medical science is recognizing more and more symptoms as adaptive responses of the body. Standard texts of pathology define the process of inflammation as the manner in which the body seeks to wall off, heat up, and burn out infective agents or foreign matter. (8) The cough has long been known as a protective mechanism for clearing breathing passages. Diarrhea has been shown to be a defensive effort of the body to remove pathogens or irritants more quickly from the colon. (9) Discharges are understood as the body's way of ridding itself of mucus, dead bacteria, viruses, and cells.

Homeopathy's Basic Principle: The Law of Similars

It is accepted knowledge that every plant, mineral, and chemical can cause in overdose its own unique set of physical, emotional, and mental symptoms. It also is readily acknowledged that individuals, when ill, have their own idiosyncratic physical, emotional, and mental symptom patterns, even when people have the same disease. In the 4th century B.C., Hippocrates was known to have said, "Through the like, disease is produced, and through the application of the like it is cured." And the law of similars, stating, "that which make sick shall heal."

The way homeopaths learn what a homeopathic medicine will cure is through

the use of experiments called "drug provings". In these homeopathic drug trials, researchers administer continual doses of a substance to a healthy individual* until a reaction to the substance is achieved. The subject is asked to keep detailed record books of symptoms; additional symptoms are discovered through an interview process. The subject is encouraged to stop ingesting the substance once any particularly discomforting symptom manifests.

The Use of Small Doses-- One part of this solution is diluted further with 99 parts distilled water or ethyl alcohol

In homeopathy a medicine is chosen for its "similarity" to the totality of the person's symptoms.



RINI (Reena) JOHAR
DOCTOR OF HOMEOPATHY,
CONSULTANT HOMEOPATH BHMS
MD (HOMEOPATHY) PHD J.D.

Homeopathy is a sophisticated medical science which individualizes a substance based on the totality of a person's symptoms. No matter what the individual symptoms are, they are recognized as primarily an intrinsic effort of the organism to adapt to and deal with various internal or external stresses.

At a time in our civilization when it is essential to develop practices that strengthen the immune and defense system, homeopathic medicine is quite naturally gaining popularity in the 21st century.

Healthy Eating and Nutritious Foods in California

California, with its diverse climate and rich agricultural heritage, offers an abundance of healthy food options that cater to various dietary preferences. The state's unique environment supports a wide range of fruits, vegetables, nuts, and other nutrient-dense foods. This article explores the principles of healthy eating and highlights some of the best foods for health that you can find in California.

Principles of Healthy Eating

Healthy eating is not about restrictive diets but rather about incorporating a balanced mix of nutrients into your daily meals. A well-rounded diet typically includes:

1. *Fruits and Vegetables*:

These should form the cornerstone of any healthy diet. They are rich in vitamins, minerals, antioxidants, and fiber.

2. *Whole Grains*:

Opt for whole grains over refined grains. Whole grains like brown rice, quinoa, and whole wheat are high in fiber and essential nutrients.

3. *Lean Proteins*:

Include sources of lean proteins such as fish, poultry, legumes, and nuts.

4. *Healthy Fats*:

Focus on unsaturated fats found in avocados, nuts, seeds, and olive oil, while limiting saturated and trans fats.

5. *Hydration*:

Drink plenty of water throughout the day to stay hydrated.

California's Nutritional Treasures

California's climate and soil conditions make it an ideal location for growing a variety of healthy foods. Here are some standout examples:

1. *Avocados*:

Often associated with California cuisine, avocados are packed with healthy monounsaturated fats, which can help lower bad cholesterol levels and reduce the risk of heart disease. They also provide potassium, fiber, and vitamins E and C. Enjoy them sliced on salads, blended into smoothies, or spread on whole-grain toast.

2. *Almonds*:

California is a major producer of almonds, which are an excellent source of protein, healthy fats, and fiber. Almonds can aid in weight management, improve heart health, and support bone health. They can be

consumed as a snack, added to salads, or used in almond milk and almond flour.

3. *Citrus Fruits*: The state's sunny climate is perfect for growing a variety of citrus fruits, including oranges, lemons, and grapefruits. These fruits are rich in vitamin C, which boosts the immune system,

supports skin health, and helps the body absorb iron from plant-based foods.

4. *Tomatoes*: California's warm weather helps produce juicy, flavorful tomatoes that are high in lycopene, an antioxidant linked to a reduced risk of certain cancers and heart disease. Tomatoes are also a good source of vitamins A and C, potassium, and fiber. They can be enjoyed fresh in salads, cooked into sauces, or added to soups.

5. *Leafy Greens*: Kale, spinach, and Swiss chard are among the nutrient-dense leafy greens commonly grown in California. These greens are high in vitamins A, C, and

K, as well as calcium and iron. They support overall health, promote healthy digestion, and are versatile in salads, smoothies, and sautéed dishes.

6. *Berries*: California's favorable growing conditions yield a wide variety of berries, such as



strawberries, blueberries, raspberries, and blackberries. Berries are high in antioxidants, vitamins, and fiber. They can enhance brain health, support heart health, and help with digestion. Berries make a great addition to breakfast cereals, yogurt, or as a sweet snack.

7. *Quinoa*: Though not exclusive to California, quinoa is widely cultivated in the state and is known for its high protein content and complete amino acid profile. It's a great alternative to refined grains and can be used in salads, bowls, or as a side dish.

8. *Artichokes*: This vegetable, which

thrives in California's climate, is not only delicious but also rich in antioxidants and fiber. Artichokes are known for their potential benefits to liver health and digestion. They can be steamed, grilled, or used in various recipes.

Farmers' Markets and Local Eating

California is renowned for its vibrant farmers' markets, where local farmers and producers offer fresh, seasonal produce. Shopping at farmers' markets supports local agriculture and provides access to the freshest ingredients. Many California cities, from San Francisco to Los Angeles, host weekly farmers' markets, making it easy for residents to incorporate local, healthy foods into their diets.

Incorporating California Foods into Your Diet

Incorporating these nutritious foods into your diet can be both enjoyable and beneficial. Here are a few tips:

1. *Plan Your Meals*:

Create meal plans that include a variety of California-grown produce. This ensures you get a balanced mix of nutrients while enjoying seasonal flavors.

2. *Cook at Home*:

Preparing meals at home allows you to control ingredients and make healthier choices. Experiment with recipes that feature local produce.

3. *Stay Informed*:

Keep up with seasonal produce availability to make the most of California's bounty. Seasonal fruits and vegetables often taste better and are more affordable.

Conclusion

California's diverse agricultural landscape provides an array of healthy food options that can support a nutritious diet. By incorporating locally grown fruits, vegetables, nuts, and other whole foods into your meals, you can benefit from their rich nutrient profiles and contribute to overall well-being. Embracing the principles of healthy eating and taking advantage of California's abundant resources can lead to a healthier, more balanced lifestyle.

For private consultations please call dietician & Dr (alt med) Akanksha Nehra at 858-380-6062

—Akanksha nehra

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Sudden Dizziness and Loss of Balance: Potential Underlying Issues

Dizziness or balance problems can feel as though the room is spinning and can occur regardless of sitting, standing, or lying down. This symptom encompasses one of the most frequent patient complaints made in the neurological clinic, accounting for 5% of complaints in the outpatient clinic and 4% of complaints in the emergency department.

The National Institute for Health and Care Excellence (NICE) estimated the prevalence varies widely according to the heterogeneity of 'dizziness' as a symptom, with dizziness having an estimated prevalence of 17-30% and true vertigo being found in 3-10% of the population.

This article will focus on the potentially serious underlying issues that can cause dizziness and loss of balance.

Understanding dizziness and balance issues

A vestibular balance disorder can occur at any time but becomes more common with age.

Dizziness and loss of balance are symptomatic of having a dysfunctional vestibular system, which plays a critical role in perceiving body motion and maintaining balance, as well as in postural and ocular motor control.

The ear is a complex system comprising bone and cartilage with a critical network of canals called semicircular canals. These canals are filled with fluid, and with motion, the position of the fluid changes. Interestingly, a sensor within the ear sends information to the brain, which is attributed to an individual's sense of balance. These components, along with other delicate pieces, construct the vestibular system.

Various stimulants impact the signals from any part of the vestibular system, leading to symptoms such as dizziness and lack of balance.

Symptoms of balance problems can include (i) a sense of motion or spinning, (ii) light-headedness, (iii) loss of balance, (iv) falling sensations, (v) dizziness, (vi) vision changes or blurriness, and (vii) confusion.

Common and benign causes

Dizziness can be classified into various categories, including (i) vertigo, (ii) presyncope, (iii) light-headedness, and (iv) disequilibrium. However, the presentation of dizziness is not usually this clear, and patients typically find it difficult to determine their symptoms.

Many different conditions can cause balance disorders,

and some common and benign causes of sudden dizziness and loss of balance can include dehydration, low blood pressure, or minor infections.

Dizziness can be an early indicator of dehydration, which is an imbalance of minerals, including salts and sugar, in the body. This can cause symptoms such as light-headedness, dry mouth, fatigue, dark and strong-smelling urine, or infrequent urination.

Having low blood pressure, such as due to dehydration or other reasons, may cause dizziness or fainting, and finding out the cause of dizziness or low blood pressure for effective treatment is critical.

Other causes of dizziness and loss of balance can include minor infections, including an inner ear infection that can impact hearing and balance, and this is called labyrinthitis.

Serious underlying conditions

The etiology of dizziness can also be categorized into (i) central/neurologic, (ii) peripheral/vestibular, and (iii) cardiovascular causes.

Central causes of dizziness consist of cerebellar or

(Continued on next page)

Sudden Dizziness and Loss of Balance...

brainstem strokes or posterior circulation transient ischemic attacks (TIAs). A stroke can alter the way the brain controls balance, and this can lead to feelings of unsteadiness or uncoordinatedness.

Peripheral causes comprise vestibular schwannomas, vestibular migraines, Meniere disease, benign paroxysmal positional vertigo (BPPV), bilateral vestibulopathy, or superior canal dehiscence syndrome.

Meniere disease, which is rare and not fully understood, can cause intermittent hearing loss and buzzing, the feeling of fullness in the ear, and sudden and severe vertigo.

BPPV can occur when calcium crystals within the inner ear, which aids in controlling balance, are dislodged from their normal position and move somewhere else inside the inner ear. This disorder is the most common cause of vertigo in adults and can cause a spinning sensation when turning in the bed.

Cardiovascular causes can include orthostatic hypotension, presyncope, vertebral artery dissection, or dysrhythmias.⁵ These causes can result in decreased blood flow and can lead to light-headedness or the feeling of fainting.

Diagnostic procedures

Diagnosing a patient who presents with dizziness or loss of balance may start with reviewing medical history and conducting a physical and neurological examination.

The doctor may want to determine whether the symptoms are caused by problems in the balance function within the inner ear, with recommended tests including but not limited to (i) hearing test, (ii) posturography test, (iii) electronystagmography and videonystagmography, (iv) imaging tests, e.g., MRI or CT scan, and (v) blood pressure and heart rate test.

The treatment of balance problems depends on the cause, and a fast and accurate diagnosis is necessary for effective treatment as it is important to determine if the cause is benign or malignant.

Treatment may include vestibular rehabilitation, including balance retraining exercises, which can aid the patient in compensating for imbalance, adapting to having less balance and maintaining physical activity.

Other treatment options may include positioning procedures, diet and lifestyle changes, medication, or even surgery.¹

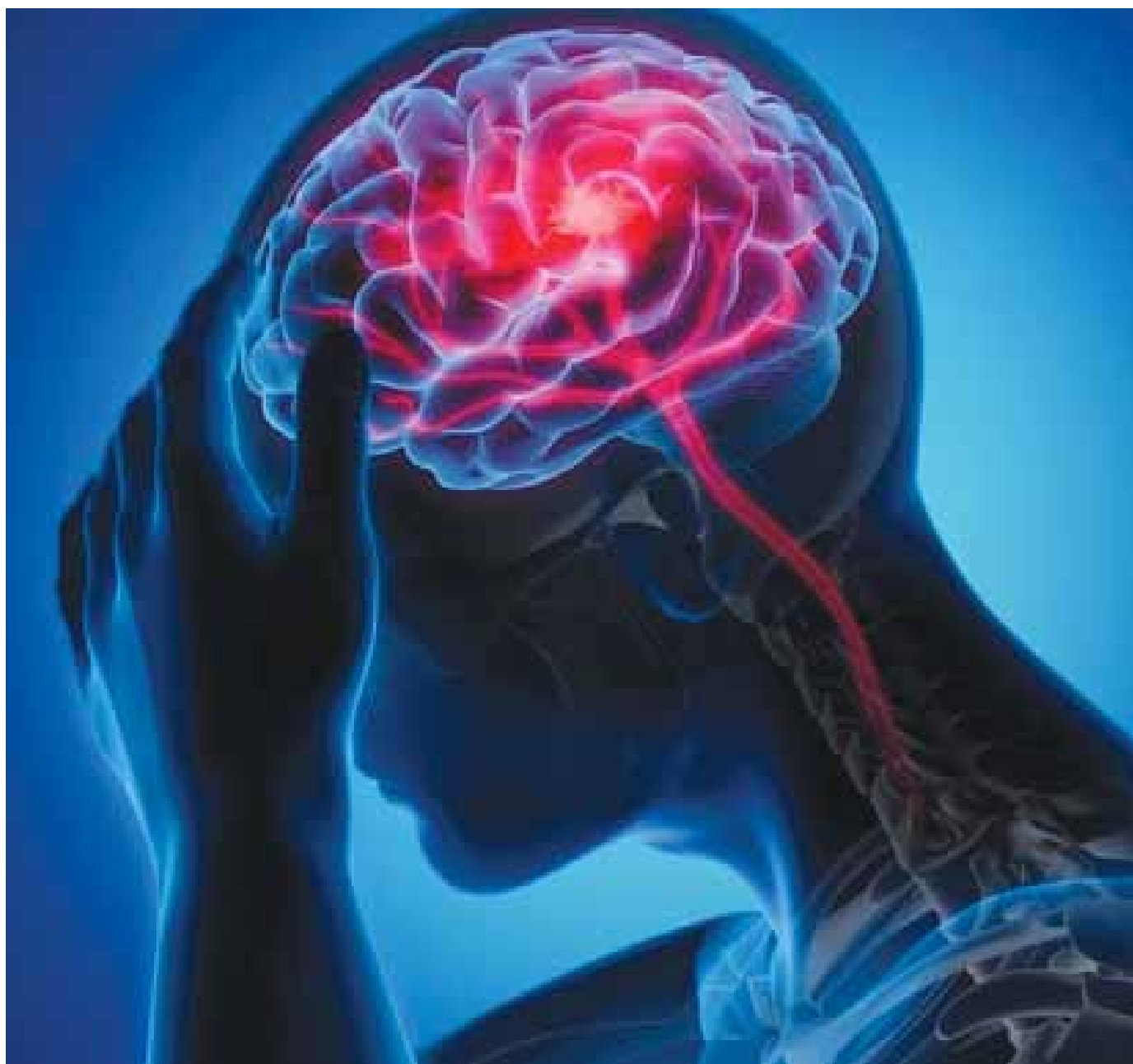
Personal stories

While dizziness or a loss of balance can be benign, there can also be a more serious underlying condition that requires investigation.

Gillian shared her tumultuous experience with the Brain and Spine Foundation. Her dizziness started with an unresolvable bad cold, leading to a viral labyrinthitis diagnosis.

Her persistent symptoms were exacerbated by long journeys and driving, continuing for five years, and various experimentation with anti-dizziness medication.

Gillian stated she “almost died due to an infection in the



blood that attacked her vestibular system.” Ultimately, she was diagnosed with meningitis and required a wheelchair due to being unable to stand because of her severe dizziness.

After seeing an Ear, Nose, and Throat (ENT) surgeon and comprehensive tests, her vestibular system was found to be damaged. Gillian’s treatment included a vestibular rehabilitation program, and she also sought out treatment for migraine-associated vertigo and hopes to be able to walk independently and drive again in the future.

When to seek medical attention

It is important to recognize when to call your healthcare provider, as although occasional light-headedness or dizziness can occur in most people if they are happening

more frequently and impact quality of life, this may be a sign to seek medical help.

Other signs to contact a general practitioner can include finding it difficult to hear or speak, experiencing tinnitus, double or blurred vision, numbness or weakness in the face, arms, or legs, changes in pulse, fainting, headaches, or feeling sick.

Conclusion

If you experience any of the symptoms outlined in this article, seeking medical help is recommended.

Healthcare providers can perform investigational tests to determine the underlying cause of your dizziness or loss of balance and, if required, will be able to provide effective treatment management.

Can raisins soaked in milk help improve male fertility? Here's what experts have to say

Men, listen up! Fatherhood is a wonderful feeling. If you've been planning a child with your partner and want a nudge in the right direction, don't worry- we've got you covered. Of all the bizarre life hacks that we come across on the Internet, this combination of soaked raisins in lukewarm milk claims to improve fertility.

"Yes, raisins soaked in milk can potentially help increase sperm count and improve male fertility. Raisins are rich in antioxidants, vitamins, and minerals such as zinc and selenium, which are essential for sperm production and motility," said Dr Deepika Krishna, Health Strategist and Wellness Coach, Managing Director of Immunosciences Supplements.

According to her, milk provides protein and calcium, which support overall health and hormone balance. When combined, raisins and milk can enhance nutrient absorption and improve blood circulation, contributing to better reproductive health. "To incorporate this combination into your diet, soak a handful of



raisins in a glass of warm milk overnight and consume this mixture in the morning on an empty stomach. Making it a part of your regular

diet 2-3 times a week should be sufficient," said Simrat Kathuria, Founder and Dietitian at The Diet Xperts.

However, she added that consistency is key, so regular intake over several months may be necessary to see potential benefits.

Is it safe for all men to consume?

Both Kathuria and Krishna agreed that individuals with lactose intolerance or dairy allergies should avoid this combination or opt for lactose-free milk alternatives.

According to them, consuming excessive amounts of raisins can lead to digestive issues like bloating or diarrhea due to their high fiber content. People with diabetes should also be cautious, as raisins are high in natural sugars and could affect blood sugar levels.

However, they added that while there is some anecdotal evidence supporting this practice, more scientific research is needed to confirm its effectiveness. As part of a balanced diet, this combination can be a natural, healthy way to support male fertility, but it should not replace professional medical advice and treatment.

Nutritionist explains why keema parathas with raw mince meat are never a good idea

Who doesn't love a stuffed keema paratha? This mouthwatering Mughlai dish is rich and flavourful and even talking about it is making us hungry! The Internet is a wonderful place to learn new variations of recipes and kitchen hacks for an easier culinary experience, but what about adding raw keema inside a paratha? Now, that's certainly new.

According to digital creator Sumiya Zaka, stuffing a paratha with raw mince meat was a move she learnt from her mother. Taking to Instagram, she shared how "This keeps the meat juicy and ensures a crispy paratha with an even filling."

"Scientific studies suggest that there are not many documented benefits for eating raw meat, be it added in paratha or consumed separately. There can be chances that while cooking parathas as a whole, sometimes the stuffing might not be completely cooked to the point and in this case, the raw meat might not



be cooked from every which side," shared nutrition consultant Vedanti Dave.

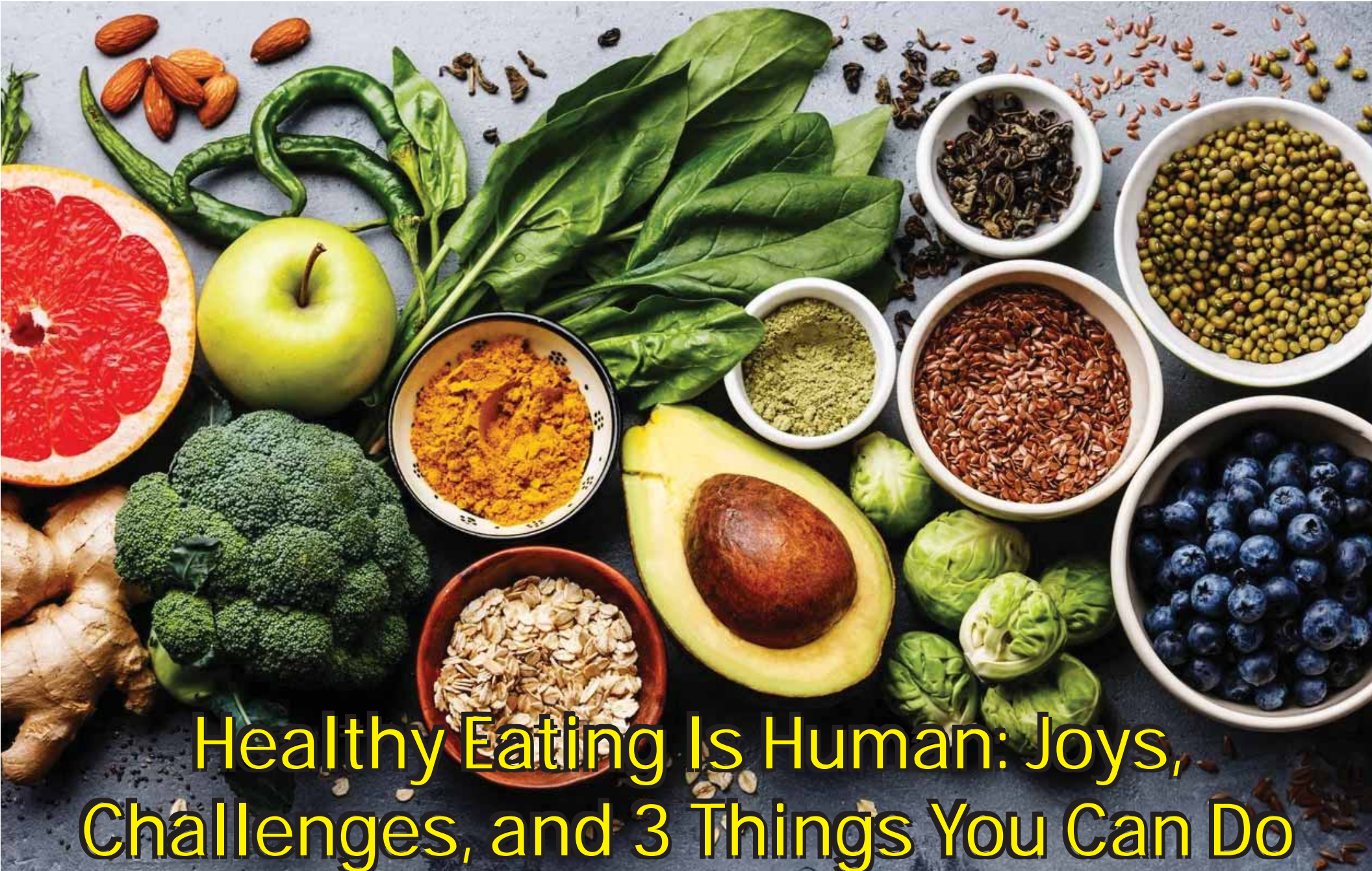
"The Centre for Disease Control and Prevention (CDC) clearly mentions that all

foods originating from animals can pose the risk of foodborne illnesses and contain pathogens that can severely damage health as a whole," said Dave.

She explained that for the most part, all raw meat like any other raw food product can be a source of a lot of foodborne illness-causing microorganisms.

"E.coli, Salmonella and Campylobacter are few of the bacteria that have caused most part of foodborne disease outbreaks which can adversely affect the health of person and even cause deaths in severe cases if meat is left uncooked and not stored properly. They can only be killed while cooking," she added.

According to Dave, bacteria can multiply fast on such food products, and there is always a probability that it can contaminate meat products on any stage from processing to preparation. Hence, it is essential that it is handled in the correct way possible to eliminate most of these risks.



Healthy Eating Is Human: Joys, Challenges, and 3 Things You Can Do

If you ask a group of people what eating healthy means to them, you'll probably get a different answer every time.

For some, healthy eating means reining in a fast food habit or consuming more fruits and vegetables, while for others it may mean occasionally enjoying a piece of cake without feeling guilty.

Still yet, those who have certain medical conditions and even food allergies may conceptualize the concept of healthy eating in their own unique way.

In short, there's no single right answer to what healthy eating means.

Healthy eating is human, and as humans, we all have different wants and needs, which inevitably affect our food choices.

What's more, what healthy eating means to you may even change throughout the different stages of your life as you grow and adapt to your ever-changing needs.

This article explores the human side of

healthy eating, and I provide my own go-to tips to make it easier.

What healthy eating means for me

The definition of healthy eating has changed for me a couple of times in the past few years.

By the time I was in college, healthy eating was about following nutritional guidelines and doing everything by the book. However, it meant that my view of the food on my plate had changed. I went from seeing meals I enjoyed to only seeing nutrients.

Suddenly, I went from seeing traditional Costa Rican gallo pinto — or rice and beans — to seeing complex carbs and plant-based proteins.

Then, when I started practicing as a nutritionist, the notion that a dietitian should look a certain way or fit into a specific body type led me to believe that healthy eating meant measuring my food to know exactly

what I was consuming. I would eat whatever I wanted, as long as the nutrients I needed were accounted for.

I gave my body everything it needed to be healthy, but healthy eating goes beyond the nutrients. It's also about how it makes you feel, and with food being an essential part of culture and social events, eating should be something we enjoy.

Today I have a different approach to healthy eating. I'm far more flexible with my meals, and I understand that balance is key to being nourished and happy with food.

Healthy eating now means that, most of the time, I make sure to have food from all food groups on my plate without measuring anything or thinking about plant-based vs. animal-based protein or simple vs. complex carbs.

It also means that I get to enjoy a bit of everything — including sweets, fast food, and desserts — with moderation and without

the need to measure or account for it.

As you can see, finding the balance that worked for me didn't happen overnight. On the contrary, my definition of healthy eating has been changing as I've gone through the different stages of my life.

As long as you aim to nourish your body and listen to what it needs, you can also give healthy eating your own meaning, because healthy eating is for everyone.

Seeing the bigger picture

As with many things in life, eating healthy doesn't always end up as you planned.

You may find yourself stuck at work late at night or too tired to prepare a home-cooked dinner, and that doesn't mean that you shouldn't order take-out and actually enjoy it.

If healthy eating means being flexible with what you eat, you'll need to learn to

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Healthy Eating Is Human...

adapt to the circumstances, which may happen more often than not.

In cases when I'm choosing food on the spur of the moment, I try to opt for the best choice out of what I'm given. Whenever I can, I try to order the closest thing to a home-cooked meal or go for a sandwich, salad, or bowl.

Yet, sometimes I do crave some pizza — so I eat and enjoy that, too!

At times like this, I remember to see the bigger picture. That is, that healthy eating is not defined by single meals but by the choices we make day after day.

A close friend once told me a saying that goes, "One bad meal will not make you sick, just as one good meal will not make you healthy."

It may be challenging sometimes

When you're a dietitian, many people think that eating healthy comes naturally to you. Yet, we're human beings, too, and we love dessert and crave foods like anybody else.

In my case, one of the biggest challenges I've had to face was when I had to give up most carb-containing foods to manage recurring infections.

Carbs are present in many food groups, including grains, starchy vegetables, legumes, fruit, and dairy. They're also present in processed foods and sweets.

Experts often categorize them into two groups according to their fiber content :

- **Whole grains:** retain their naturally occurring fiber
- **Refined carbs:** are processed to remove their fiber and contain added sugar

In theory, I was supposed to eliminate refined carbs, which some people would argue is the healthiest thing to do.

However, in practice, I ended up giving up all kinds of processed carbs, including whole wheat bread and pasta, alongside starchy vegetables, grains, and dairy.

Thus, the list of carb-rich foods I could eat was limited to fruits, oats, quinoa, and legumes — lentils, beans, chickpeas, and edamame.

Some people told me that this transition wouldn't be so hard for me as a dietitian. However, it took me a while to adjust to my new eating pattern, especially when planning on-the-go snacks or eating out.

I learned that organization and creativity are key to managing my nutritional needs.



3 things I do that you could also do

As I mentioned above, organization and creativity help me make the best food choices every day. This is because, the way I see it, healthy eating is a choice we make every time we eat.

For this reason, I try to make the decision-making process as easy as possible when I'm choosing a meal or snack. That way, I can continue to choose what is best for me.

Here are three things I do on a daily or weekly basis that make it easier for me to eat healthily.

Meal prep

While this may sound cliché, preparing my food beforehand for the week really does the trick.

Cooking can take up a lot of time, but having food that just needs to be heated and served allows me to have a nutritious meal ready in minutes. One of my go-to meal-prepping tips is to cook a batch of proteins — usually chicken or another lean meat — that I can portion and freeze for over a week and just defrost as I need them.

I also make sure to prep vegetables for the week. This way, I don't think twice before having some salad or cooking a side of veggies with each meal.

I try to prepare them in different ways to

avoid getting bored and choosing not to eat them.

For example, when it comes to carrots or zucchinis, I'll either slice, dice, grate, or spiralize them, all of which help me incorporate them into my meals easily.

Keep fruit within arm's reach

Keeping my fruit visible reminds me to eat fruit during the day.

Research shows that you're most likely to eat more of whatever foods you place near you, regardless of whether they are fruits or sweets.

I implement this principle daily and choose to have my fruit on display on a table and my snacks and sweets stored away.

Follow a routine

While I don't officially plan a weekly menu, I do have a specific set of dishes that I stick to at every meal.

For example, my breakfast choices usually include:

- a Costa Rican classic of gallo pinto and eggs
- toast with peanut butter and a side of eggs
- oatmeal with fruit
- oatmeal pancakes

The same goes for the rest of my meals and snacks, where I have at least three different options to choose from without

giving it much thought.

Having a predetermined set of dishes that I know I like saves me time having to decide what to eat, and it allows me to vary my meals depending on whether I crave something sweet or savory.

It's also very convenient for grocery shopping, as you already know what you'll most likely be having at every meal.

The bottom line

We're all humans who are constantly growing and adapting to change, and so does our concept of healthy eating.

Here I shared with you how the definition of healthy eating has changed for me through the years, the biggest challenge in my healthy eating journey, and my tips and tricks to make healthy eating easier.

However, my way definitely isn't the "right way" — or the only way — to eat healthy. It's only what works for me, and it may or may not work for you.

Healthy eating is human, and it looks different for each and every one of us. Consider what you could do in your own routine to set yourself up for success with healthy eating.

If you're unsure about where to start, consider working with a registered dietitian, as they can help you conceptualize a sustainable, nutritious eating plan that works for your specific needs and lifestyle.



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