

If you are rich in health, You are the richest of  
all to achieve heights in life...

Care the wonderful treasure -"health"

-Vani CIN Publisher

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**To light up the sparkle in needy life...**

Healthy Living Mini Guide

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## Nutrition

Carbohydrates - it is needed for brain and central nervous system and red blood cells to function.

Present in barley , corn, apple, grapes, rice

Protein - It plays a major role in healing injured tissue and growth of body.

Present in milk, meat, egg, fish, nuts, beans etc

Fats- required for growth and development of nervous system and also for normal skin function

Present in fish, walnut , meat etc

## Vitamins and it's importance

Vitamins	Function	Sources
Vitamin A	Needed for vision, healthy skin ,bone and toothgrowth, immune system health	fortified milk, cheese, cream, butter, eggs, liver Carrot, tomato
Vitamin D	Needed bones	Egg yolks, liver, fish, . When exposed to sunlight, the skin can make vitamin D.
Vitamin E	Antioxidant; protects cell walls	In oils of soybean, corn, cottonseed, leafy green vegetables; nuts and seeds
Vitamin K	Needed for proper blood clotting	Leafy green vegetables and vegetables in the cabbage family,milk

## Stress Management Techniques

Listen to music

Take yourself through it

Eat right

Laugh loudly

Drink tea

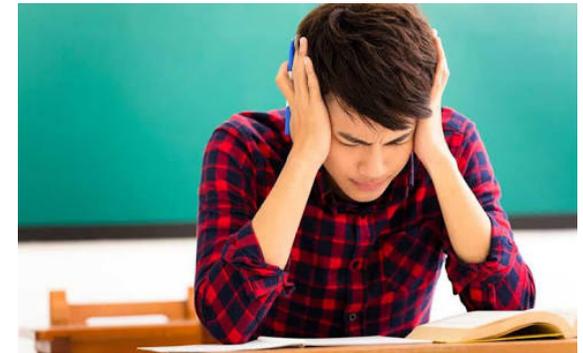
Meditate.

Exercise

Sleep better

Take a deep breath

Call a friend



## Personal Hygiene tips

Bathe regularly - helps in rejuvenating your skins and tissues. Makes you free from germs.

Trim your nails

Brush and floss - brush twice or thrice. Keep the brush at 45deg angle

Wash your hands

Sleep well - get plenty of rest 8-10 hours

Stay hydrated



## Benefits of vegetables

**Drum sticks** : they strengthen bones. Drum sticks also helps to clear chest congestion and fight other respiratory diseases.

**Bitter gourd**: It is rich in anti-oxidants that cleanse toxins from your body. And, its bitter taste makes it an elixir of life for diabetics.

**Plantain flower**:they are fibrous, low calorie, rich in iron and helps to cure kidney stones.

**Cucumber** : It has minimal calories in it and helps lower cholesterol.

**Beans** : it reduces risk of heart disease as well as an improved regulation of diabetes.

**Onion**: it helps in preventing heart disease, cancer and diabetes. It is also used to treat cold, asthma etc..

**Potato** : it has ability to improve digestion, to improve heart Health and to reduce cholesterol levels.

**Tomato**: it provides better treatment for skin, reduces cholesterol and improves fluid balance.

**Carrot**: lower risk of heart attacks, helps in improved vision, and reduced signs of premature aging, carrot have the ability to improve skin, boost the immune system



## Benefits of fruits

**Grapes** : it helps in treating kidney disorders and eye problem. It is rich in calcium, iron and magnesium.

**Mango** : it is rich in beta carotene and helps to prevent heart attack, strokes.

**Jackfruit** : Jack fruit has potassium that lowers blood pressure. It also helps in regulating the levels of thyroid hormone in the body.

**Guava**: it has ability to help in preventing cancer, regulating blood pressure, and treating diarrhoea, It also helps in weight loss, improves the skin, treats cough and cold

**Gooseberries**: it improves urinary system, improves skin quality and promotes healthier hair. It act as a body coolant.

**Apple**: it helps in treating heart disorders, stomach disorders, gall stones, liver disorders, eye disorders and diabetes.

**Banana**: It helps in curing conditions like dysentery, anemia, tuberculosis.

