

DEPRESSION GUIDE MAGAZINE

Issue 02 / Oct 2014

Cut 100
Calories
from your
diet!

Are you
ready to
be Parent?

Exercises for
Mental Health in
Women
See how you can be
benefitted!

Anti Anxiety
workouts

Does your Child has
ADHD?

Breastfeeding Issues - Choose Bottles

*"Lifestyle changes
for Skin Diseases"*

CONTENTS

Title	Page Number
1. Editorial	3
2. Are you ready to become parent?	5
3. Simple Exercises for Pregnancy	7
4. Lifestyle Changes for Skin Diseases	9
5. Does your Child has ADHD	11
6. Cut 100 Calories from your diet	13
7. Tips to Overcome Sleepless nights with Psoriasis	15
8. Anti Anxiety workout and Exercise	17
9. Why to Choose bottle over Breastfeed	19
10. Important Vitamins for Women	21



From Editor's Desk

Welcome to the second edition of Depression Guide Magazine. It's been four months since our first magazine was out and we are happy to share with you all that we got very positive and excellent reception from our readers. Thanks for the good words. Keep them flowing, it makes us strive for best and keep us motivated always.

I in my small space would like to share some of the important aspects about Anxiety in our daily lives. Everyone has been anxious or felt anxiety at some point or the other in life, be it first job, first day at college, interview, first proposal, etc. The reaction of anxiety is very natural and gives us well needed prep-up as well as adrenalin rush. But, as it is said, too much of anything can be dangerous, same is with Anxiety. If the effects of the anxious thoughts start affecting your daily life, it is the onset of Anxiety Disorder, the severe form of Anxiety which needs treatment and thorough diagnosis.

What is stress and anxiety, well, everyone experiences stress in their lives and it is common psychological complaint. Some feel anxious once in a while and others may feel tense on a daily basis in their day-to-day life. Anxiety can occur persistently, often triggered by vague thoughts of a threat, and interfere with normal activities; normally anxiety may include restlessness, feeling tense, irritability, impatience, or poor concentration. We have compiled a list of alternate remedies for anxiety which can help you relax a bit and then contribute to the treatment of anxiety. Here is the list of remedies for anxiety:



1. Acupuncture - Acupuncture is the Chinese practice of inserting needles into the body at specific points to manipulate the body's flow of energy. Today it is used to treat anxiety or anxiety disorders and it become a stronger treatment.

2. Kava Kava in your diet - Kava comes from the dried roots of a shrub called Piper methysticum. It has been found to have anti-anxiety effects in humans. Kava can induce calm feelings and ease muscle tension. It's often added to beverage and has been used for social and ceremonial purposes in Europe and Southern Pacific ring. It's available in both tincture and capsule form.

3. Skullcap - Skullcap is an herb that was used extensively in Native American medicine; this may ease emotional tension and headaches, as well as improve sleep.

4. Meditation and Exercises - Both meditation and exercises have been given a Natural Standard grade B, for alleviating anxiety. Some meditation like mindfulness, transcendental meditation, and meditation-based stress reduction programs are available. And exercises like mind/body breathing exercises, physical exercise, yoga, tai chi etc. are very beneficial for reducing anxiety.

5. Hypnotherapy - Hypnotherapy is also used for treating anxiety. This therapy holds that people with anxiety can learn to release tension and effectively respond to stressful situations if it is in their minds. During a hypnotic trance, the subconscious mind is given gentle, positive suggestions, which are selected according to situations and circumstances that may trigger an anxiety attack.

6. Passionflower - Passionflower also might help with anxiety. In many commercial products, passionflower is combined with other herbs. Passionflower is generally considered safe when taken as directed, but some studies found it can cause drowsiness, dizziness and confusion.

7. Bach Flower Therapy - The Bach Flower Therapy is an alternative treatment for emotional issues. It can be used as a self-help strategy for daily mood issues like feelings of nervousness, insecurity and worry. A certified Bach Flower Practitioner can prepare Bach Flower Remedies to treat longer standing and more significant anxiety issues. Unlike psychotropic medications, Bach Flower essences do not have side-effects. It can also be taken along with any other medicine, herb, homeopathic, food and drink. This therapy also addresses specific anxiety issues; moreover, this remedy not only relieves symptoms, but also undoes the energetic knot that causes anxiety.

8. Music Therapy of Anxiety - Music has been used as a healing tool since ancient times. Music has been used to influence physical, emotional, cognitive, and social well-being, and improve quality of life. It has earned a Natural Standard evidence grade of A for effectively treatment of anxiety and also promoting relaxation and relieving stress.

ARE YOU READY TO BECOME PARENT

"Know if before its too late to control"

When are you ready to become parent? When are you ready to become parents? This is something which is very typical to different set of people. For some it is quite simple and logical question. They always wanted to become parent and they are always ready to go for it. Another set of people cannot decide for initial period of 1-2 years. They go back and forth, but eventually make up their minds. The last ones cannot make up their minds at all.

Why Parenting is hard and Demanding?

1. The volume of time and energy it takes to grow a child with very few breaks to recharge;
2. Parents always lack the time, money and support to raise a kid. There is minimal training which they get to become successful parents. It's all on the job surprises.
3. The parents have to leave all their own physical/emotional problems and cater to all the needs the child has.
4. The examples you set and the mistakes you make affects in every bit, your children.

When to be ready to be a parent?

The timing of becoming parent starts from the time, when you or your partner has entered in the pregnancy phase of your life. Although some of the pregnancy ends in abortion, miscarriage, there is a strong sense of giving life which can overwhelm you. As the baby arrives in the hue, the life pattern and routine takes a totally different route.

Questions to ask yourself

The following set of questions should be asked to yourself before you start entering this phase of life:

Are you set up with the reasons you are going for the child – Is there anything you are not doing true to yourself or your spouse? Remember, child love is not a substitute to other love. So child needs your care and support and not the other way round. It is a tough job with the only incentive is the affection you have for your kid.

Do you bring the child in life to solve an issue with your life? They should never be seen as the solution to your problems with spouse, partner, etc. When a baby is conceived for removing the problems of life like inheritance issues, relationship troubles, etc, they almost fail. The problem remains and you have additional life to take care of.

Is your relationship stable? – This is one of the first questions you should be asking yourself. Are you in a mature and healthy relation with your partner? Baby making and growing is not easy. It is going to test your relationship in the deep waters in a storm. Both parents are stretched to the limits, financially, physically, mentally and sexually. You got to be in a solid relationship to go through this phase of baby making and the possibility of having a successful family.



The decision to start a family and think of baby making is very complicated thing. No question comes with a yes or no answer. The things are complex which can be solved by discussing with people who care and can give you a practical advice. Make a wise and informed decision about this. Remember there is no turning back from here and your life is going to change forever – sometimes for tough, sometimes for better, sometimes for worse. It is part of the package.

Try to answer some of the questions like – Do you like children and spending time with them? What all you enjoy and what you don't in child's company? Can you remember your own parenting by your parents? What you liked and what you hated in that?

SIMPLE EXERCISES FOR PREGNANCY

Simple exercises for the days of Pregnancy

Following a regular exercise routine during your pregnancy will help you keep healthy and fit. Exercise during pregnancy may decrease your backaches and fatigue; also prevent gestational diabetes that develops during pregnancy and relieve stress.

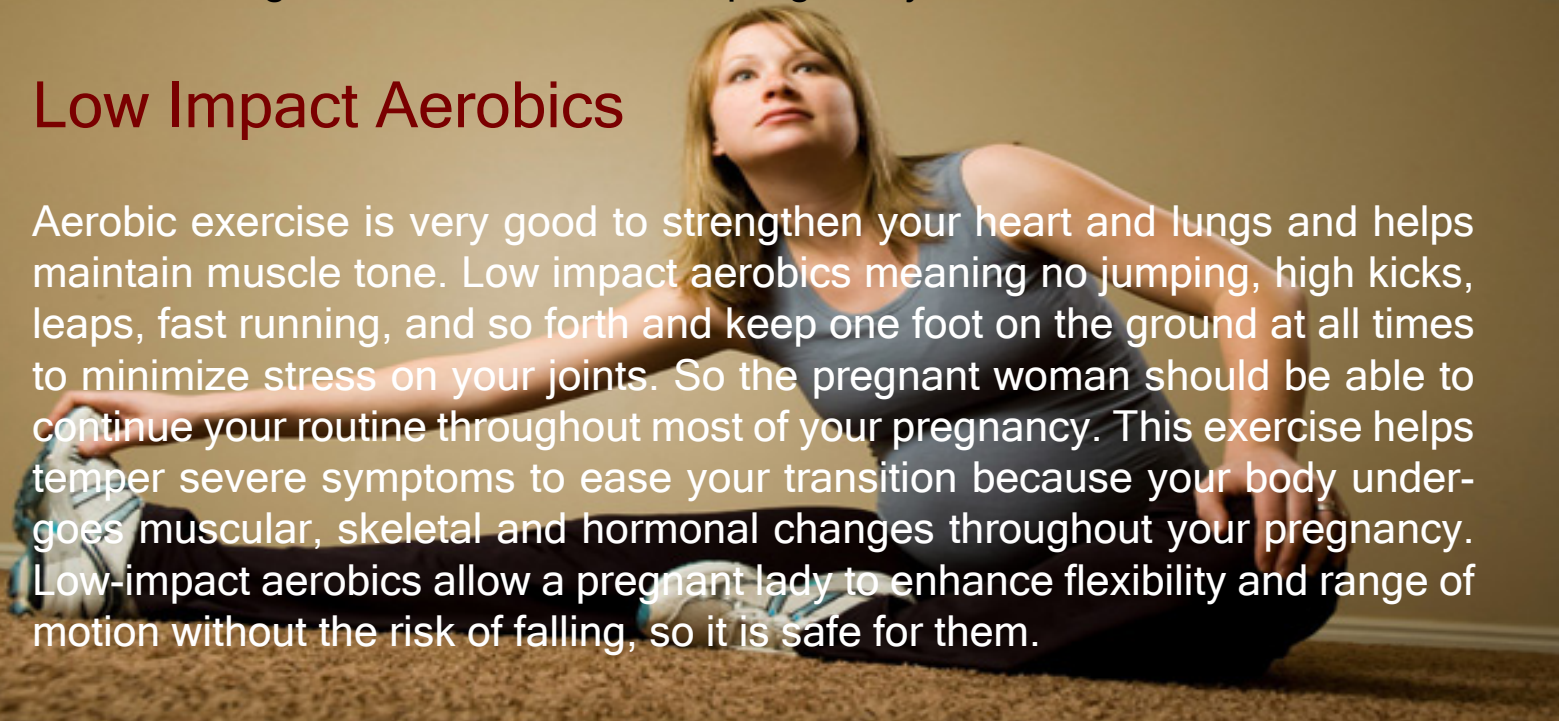
Here are some good exercises that are effective during pregnancy:

Begin with Routine Walk

You may begin with a routine walk of 15 to 20 minutes; but do not exhaust yourself. As walking is one of the easiest best cardiovascular exercises for pregnant women. Walking keeps fit a pregnant woman without jarring your knees and ankles. It's also easy to do almost anywhere but keep in mind that the walking place should be flat otherwise there will be chances to fall down, doesn't require any equipment beyond a good pair of supportive shoes, walk in slow motion and do not walk more than 30 minutes continuously. Walking is safe throughout all nine months of pregnancy.

Low Impact Aerobics

Aerobic exercise is very good to strengthen your heart and lungs and helps maintain muscle tone. Low impact aerobics meaning no jumping, high kicks, leaps, fast running, and so forth and keep one foot on the ground at all times to minimize stress on your joints. So the pregnant woman should be able to continue your routine throughout most of your pregnancy. This exercise helps temper severe symptoms to ease your transition because your body undergoes muscular, skeletal and hormonal changes throughout your pregnancy. Low-impact aerobics allow a pregnant lady to enhance flexibility and range of motion without the risk of falling, so it is safe for them.



Stomach-strengthening exercises

After fifth month of pregnancy your baby gets bigger so due to that the hollow in your lower back increases and this can give you backache. These stomach strengthening exercises strengthen stomach muscles and may ease backache, which can be a problem in pregnancy. For this exercise start in a box position with knees under hips, hands under shoulders, with fingers facing forward and abdominals lifted to keep your back straight, then pull in your stomach muscles and raise your back up towards the ceiling, curling the trunk and allowing your head to relax gently forward. Hold this position for a few seconds then slowly return to the box position. Do this slowly and rhythmically for not more than 10 times.

Yoga during Pregnancy

Yoga and prenatal yoga are excellent options that are also recommended by doctors too. Yoga is very beneficial and safe for pregnant women. It helps you breathe and relax, which in turn can help you to adjust the physical demands of pregnancy. It calms both mind and body; keep you flexible, providing the physical and emotional stress relief that is the needs throughout the pregnancy period. Taking a prenatal yoga class is also a great way to meet other moms and sharing your experience. But you may need to take some precautions while doing yoga. You can also continue yoga with walking or swimming several times a week to give your heart a workout.

Pelvic floor exercises

Pelvic floor exercises are very helpful to strengthen the muscles of the pelvic floor, which come under great strain in pregnancy and childbirth. The pelvic floor consists of layers of muscles that stretch like a supportive hammock from the pubic bone to the end of the backbone. By pelvic floor exercises, you can strengthen the muscles. This helps to reduce or avoid stress after pregnancy. All pregnant women should do pelvic floor exercises because it is very beneficial, even if you're young and not suffering from stress incontinence. These exercises practice also tightening up the pelvic floor muscles before and during coughing and sneezing.

Swimming during pregnancy

Healthcare providers and fitness experts hail swimming as the best and safest exercise for pregnant women because it uses both large muscle group arms and legs. It provides good cardiovascular benefits. It also poses a very low risk of injury, so it is safe for pregnant woman. Swimming also improves circulation, increases muscle tone and strength, and also builds endurance. You'll burn calories, feel less fatigued, sleep better, and cope better with pregnancy's physical challenges. If you didn't swim before pregnancy then you should still be able to swim, but check with your doctor. You'll need to start slowly, stretch well, and not overexert yourself.

LIFESTYLE CHANGES FOR SKIN DISEASES

There are no cures of certain skin infections but there are ways to prevent outbreaks and deal with symptoms. Some lifestyle changes finding ways to prevent such severe skin disease outbreaks. This disease is highly influenced by diet, lifestyle and environmental factors like stress and infection. Although diet and Lifestyle Changes doesn't cure your skin disease or depression, but it may improve the response to treatment. Here are some lifestyle changes that prevent outbreaks.

Stop Smoking - Maintain a lifestyle that does not include smoking in your life. Smoking can trigger outbreaks, so changing your lifestyle towards smoking cessation is a great idea. Not only does smoking contribute to outbreaks, studies show it may have been a major contributing factor to you getting psoriasis in the first place. There are many ways to stop smoking like chewing gums and pills. By this you can stop this habit soon. Smoking increases your chances of developing bad effects of skin ailments. If you already have such diseases, your chance of frequent flare-ups is greater if you are a smoker, so stop smoking right now.

Cut Alcohol from your life - Drinking also improves psoriasis. Heavy drinking can bring on the skin infection like psoriasis and your skin would become dry, silvery and flaky or itchy as well. Doctor's will advice patient's to limit the amount of alcohol they drink because alcohol seems to be linked to flare-ups. If you are currently experiencing an outbreak, it is a good idea to lay off the alcohol completely from your life. Heavy drinking will also cause frequent flare-ups and prevent the disorder from ever fully going away. Alcohol works like a toxin in your body if you take this regularly and increase symptoms of psoriasis as well.

Increase food fibers in your Diet - Increase the sources of fiber that including all vegetables and fruit, lentils, beans and gluten-free grains in your diet. Eat sources of oily fish which contains the anti-inflammatory omega 3, three times per week, such as includes salmon, trout, herring, mackerel, anchovies, sardines and tuna. Flax oil, hemp oil and walnuts are other non-fish option of omega-3 fatty acid. You should try more gluten free grains such as brown rice, buckwheat, millet, amaranth, tapioca, corn and quinoa that are good diet for skin disease patient. Eat pumpkin seeds, linseeds and sunflower seeds as these contain a range of anti-inflammatory essential fatty acids and zinc, which supports good skin health.

Take skin friendly Bath

Bathing in hot water can make your skin dry and cause further irritation, so use luke-warm water for bathing. Adding gypsum salts, bath oil, makes it more skin friendly and good for patients. Having bath in sea water is also effective cure for certain illness of skin such as psoriasis. While bathing avoid harsh soaps which can dry the skin and worsen the skin condition. Opt for mild soaps with moisturizer which help to keep the skin soft. Also avoid frequent bathing to prevent the loss of natural skin oils from your skin. After shower take your towel and gently pat the water off your skin instead of rubbing your skin make dry.

Focus on stress reduction

Stress is a huge trigger of skin diseases, probably one of the biggest, because studies have shown that stress and skin diseases go together and stress is known to make them worse. Some skin ailments can cause chronic pain, which adds a constant level of stress in your life, so change your lifestyle by managing stress. Manage stress is important for anyone who suffers from this disease. For that take some time out of the day to relax, enjoy a book, or take a brisk walk. Try not to take on too much at work place and ask for help if you needed. Reducing the amount of stress in your life will help prevent future flare-ups.

Have Good sleep

Lack of sleep can actually make you less productive, it can damage your health as well. "Many people with skin ailments can have trouble falling asleep. So it is necessary to have good sleep for that you have to do some changes in your lifestyle. For better sleep try relaxation techniques as you prepare for bed. Keep the bedroom quiet and use the bedroom only for sleep. Avoid caffeine like coffee, tea, chocolate after 4 pm; it will spoil your sleep. Exercise regularly and moderately, so that you can have a better sleep. Do not eat 1 to 2 hours before bed and also do not drink a lot of fluids.

Moisturize Regularly

Keeping your skin moist is important for skin issues. The skin disease symptoms may get worse when your skin is dry, so before going to bed keep it moist with creams and lotions and you may get better sleep. Thick and oily moisturizers are often the best, because they're good at trapping moisture beneath the skin. And if you apply moisturizers regularly then it is useful for removing scales, especially if you use occlusion. For long stay wrap the area with tape or plastic wrap after applying moisturizer. You can also use a humidifier during dry season. So make your habit to moisturizing your skin with regular lotions and even olive oil.

DOES YOUR CHILD HAS ADHD


Attention-deficit Hyperactivity Disorder is a condition of the brain that makes hard for children to control their behavior on various situations. Through the years fidgety, forgetful, and unfocused children have been diagnosed with attention deficit hyperactivity disorder and according to the Centers for Disease Control and Prevention reports that more than 5 million children ages 3 to 17 have been diagnosed with this mental disorders. But lots of high-energy and non-stop kids don't have ADHD. Here are some points which explain you that could your child have ADHD.

When Child facing problem at school and at home

The behaviors that may reflect ADHD include difficulty with the behaviors like attending to details, sustaining attention, listening and following directions of their senior, keeping track of items, following daily routines, and transitioning from one task to the next. When you notice that your child facing problems at school and with his behavior, it is often suggested that he may has attention deficit hyperactivity disorder and to make sure you should require to have further testing or evaluation for him. Usually ADHD occurs when there's an imbalance in brain chemicals and the affected child becomes impulsive, fidgety and can't pay attention, causing problems both at home and at school.

Lack of attention and feel restless

The common symptoms of children with attention-deficit hyperactivity disorder may have hyperactive behavior, a lack of attention and difficulty concentrating. Due to ADHD making it harder for child to focus on tasks, manage their time, even sit still or control their behavior. Kids who have ADHD is that they can't sit still, can't wait their turn to talk and feel restless, can't follow the teachers and parents directions, are always losing their jacket, and can't seem to get their homework done. In addition, some children with inattention also display hyperactivity such as being overly active, restlessness, fidgety and impulsive, with frequent blurting-out behavior of them.



ADHD may be inherited - ADHD may be inherited, so it seems to run in families. According to experts ADHD is caused by differences in the way messages are sent in the brain. It just means if you take 100 people with ADHD, about 67 of them will have inherited their ADHD to their parents, so there will be chance if parents have ADHD then there will be possibility of ADHD in child. Researchers have also been able to establish a link between genetics and ADHD that suggests that ADHD may be inherited. Children who have ADHD usually have at least one close relative who also has this ADHD disorder.

Compare to other children - You may compare your child with other children whether your child is active or on the move. You may watch him while participating in group activities. In the school you can compare your child with others like in terms of school work, these children often make careless mistakes, and do not follow instructions, may get homework finished but then not turn it in the next day, also have difficulty organizing and keeping track of school supplies, and simply forget what they have been told. They lose their things, have difficulty listening when spoken to, and mostly avoid tasks that require sustained mental effort, so can compare these activities with other children.

If child talking too much and always play loudly - If your child always unnecessary talk too much and play with loud voice then it may be ADHD. Kids with ADHD often have trouble of controlling their responses. Instead, they may blurt out whatever first comes to mind without thinking through how their words may be received by others. ADHD kids may play active games for a long time and they may act impulsively when they are excited, tired, or hungry. These children make a lot of noise even during play or leisure activities. Children could have ADHD who are suffering the difficulty to enjoy any kind of activities at school or at home.

When Hyperactive, impulsive, and inattentive behavior does not change - When this behavior does not change as your child continues to grow up and attend school then it may be a sign of attention deficit hyperactivity disorder. This type of behavior makes your children to have patience and attentiveness in a structured environment like school. They not seem to be listening when spoken to directly and struggle to remember routines and organize tasks and activities, also they have trouble keeping track of their personal belongings and materials and forget that where they have put their things than that is the symbol of ADHD. And if your child inattentive behavior will not change, then it means that your child has ADHD.

Problems with social interaction - If your child usually acts much younger than their age, especially in their ability to control their actions, then it may be ADHD problem. These children may interrupt other people's conversations or activities, and often do not slow down enough to listen to others and may also become frustrated easily when asked to wait or take turns. If your child has ADHD then he may have trouble paying attention to subtle social cues like facial expressions, body language, and tone of voice. Some ADHD children can focus too much on the reactions of others and can be overly self-conscious. Both of these extremes can make social interactions challenging for your child with ADHD.

CUT 100 CALORIES FROM YOUR DIET

Is Men really an Adult
Male Human Being or
much lesser than that?

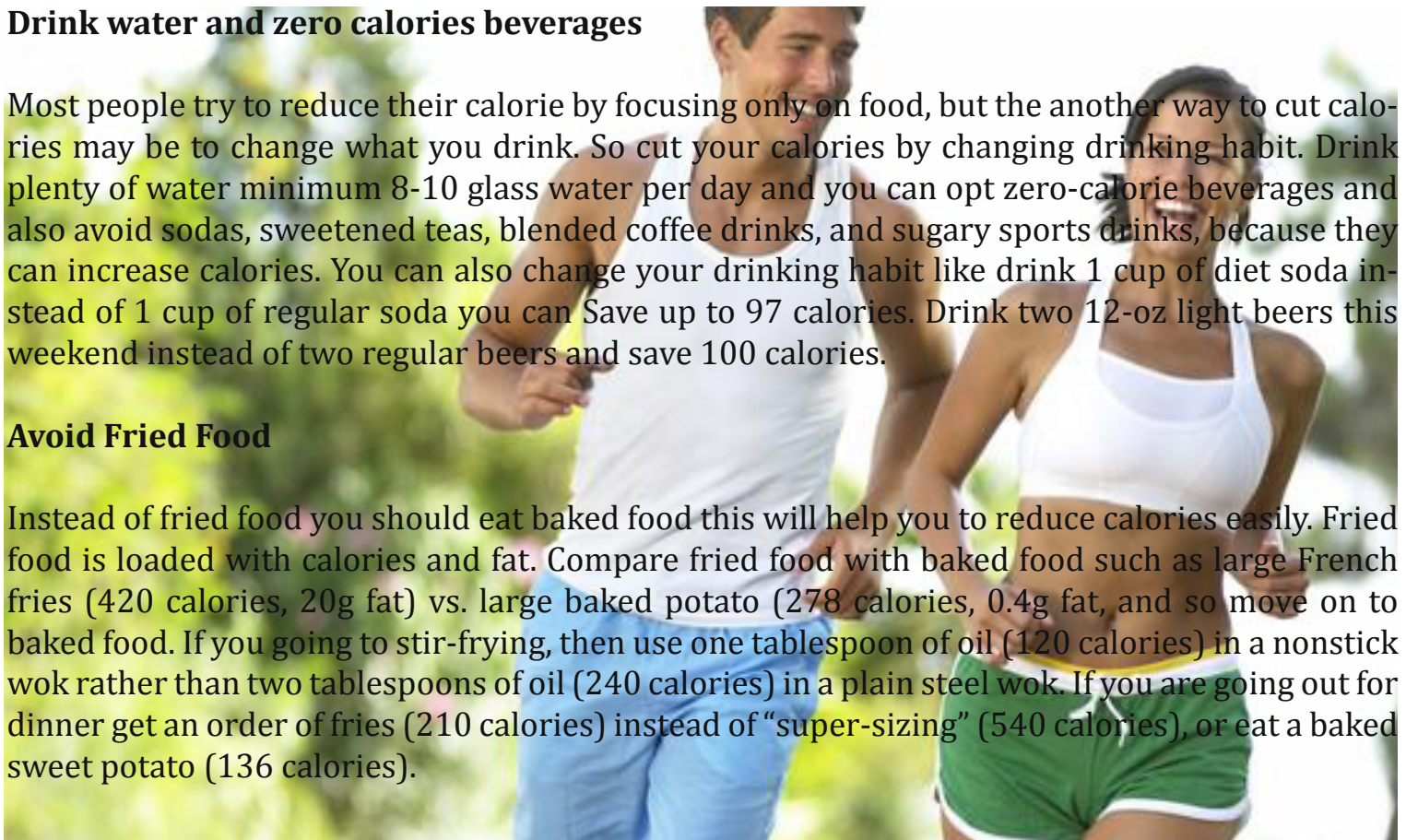
Calorie reduction is the best possible way to lose weight. In fact many people struggle with their weight and want to lose their calories. For weight loss you should consume little calories. There are 3500 calories in 1 pound of fat. If you cut 500 calories per day from your daily diet, you will lose one pound by the end of week. Here are some simple ways to decrease your calories.

Drink water and zero calories beverages

Most people try to reduce their calorie by focusing only on food, but the another way to cut calories may be to change what you drink. So cut your calories by changing drinking habit. Drink plenty of water minimum 8-10 glass water per day and you can opt zero-calorie beverages and also avoid sodas, sweetened teas, blended coffee drinks, and sugary sports drinks, because they can increase calories. You can also change your drinking habit like drink 1 cup of diet soda instead of 1 cup of regular soda you can Save up to 97 calories. Drink two 12-oz light beers this weekend instead of two regular beers and save 100 calories.

Avoid Fried Food

Instead of fried food you should eat baked food this will help you to reduce calories easily. Fried food is loaded with calories and fat. Compare fried food with baked food such as large French fries (420 calories, 20g fat) vs. large baked potato (278 calories, 0.4g fat, and so move on to baked food. If you going to stir-frying, then use one tablespoon of oil (120 calories) in a nonstick wok rather than two tablespoons of oil (240 calories) in a plain steel wok. If you are going out for dinner get an order of fries (210 calories) instead of "super-sizing" (540 calories), or eat a baked sweet potato (136 calories).



Do some changes in your breakfast - For that eat 3/4 cup oatmeal instead of a 1-1/2 cup of oatmeal and save 97 calories, you can also alter your breakfast by eating one 85-gram corn muffin (258calories), have one 60-gram buttermilk waffle with one teaspoon of pure maple syrup. Instead of juice you should eat fruit directly. Top your cereal with low fat or fat-free milk instead of whole milk in your breakfast you will reduce calories up to 60. And also choose reduced-calorie margarine spread for toast rather than butter and cut calories up to 36. You should also keep in mind that a cup of granola can have up to 600 calories, while a cup of high-fiber cereal has only about 120.

At Dinner - Have steamed or grilled vegetables rather than those seasoned in butter, cheese or oil. Try lemon juice and herbs to flavor your vegetables. You can also use non-stick cooking spray. Use smaller plates rather than big such as going from a 12-inch plate to a 9-inch plate, you'll cut 500 calories without feeling deprived. Instead of dipping chips in fat-packed sour cream you just try serving baked tortilla chips or whole wheat pita wedges with low-fat refried beans. At your dinner have a cocktail or dessert instead of both during the same eating occasion. And one more thing don't full your belly you should eat up to 80%, this habit also help to cut calories.

Beware at restaurant - You should opt less calorie food such as:

- Order a skinless chicken breast instead of chicken with skin and save 102 calories.
- Enjoy 12 oz of steamed rice (choose brown rice when possible) as an alternative to fried rice and save 96 calories.
- Substitute a fat-free beef hot dog for a regular beef hot dog and save 104 calories.
- Choose a slice of thin crust pizza over thick crust pizza and save 106 calories
- Choose sandwich with 1.5 oz. of deli turkey breast instead of an equivalent of hard salami and save 119 calories.
- Instead of crispy fried chicken with skin, eat baked chicken with skin.
- Add vegetable toppings to your pizza.

Have More Protein - According to a new study the high-protein, low-carbohydrate may help keep you from losing muscle along with fat and protein can help you shed unwanted calories and keep your belly full. In a research twenty-four overweight women ate 9 to 10 ounces of lean meat, three servings of low-fat dairy, and five servings of vegetables a day that means double the protein and cut on an average half the carbohydrates. Over 10 weeks, the women lost 16 pounds. So have more protein and cut more calories. You should have seafood; since this is very rich source of protein.

Have salad with your meal and eat more fruits - You should start your meal with salad and eat less during the rest of the meal. According to the researchers when the salads were topped with low-fat mozzarella and low-calorie Italian dressing instead of high-fat alternatives, and the women ate 10 percent fewer calories over the course of the day. So eat salad with your meal so that you will eat fewer calories in your meal. This also helps to reduce calories. Eat fruits like oranges, grapefruit, strawberries, bananas, and grapes because they're loaded with vitamins and antioxidants, and they make great healthy and keeps you feeling satisfied longer and cut calories.

TIPS FOR OVERCOMING SLEEP-LESS NIGHTS WITH PSORIASIS

The person with psoriasis usually has the problem of sleeping; they usually wake up due to joints, back, shoulders, and neck hurting and itching. Lack of sleep can actually make you less productive, it can damage your health as well. Many people with psoriasis can have trouble falling asleep and frequently wake during the night because their skin is itchy and inflamed. Here are some ways to overcome your sleeplessness.

Create the Right Environment for better sleep

First create the right environment of your bedroom for better sleep. Keep the room cool, but not cold, to help soothe psoriasis symptoms. Equip your room with soft lighting, comfortable bedding, and relaxing music that will help you for good night's sleep. You can buy an eye mask and earplugs. Maintain a right mattress that fits your body type and provides support. If you have psoriatic arthritis, you might find a waterbed that allows you to move more easily and helps keep your aching joints loose. You should also turn the clock away from your view because it can spoil your morning sleep.

Use moisturizing lotions before going to bed

Keeping your skin moist is important if you psoriasis problem. Psoriasis symptoms may get worse when your skin is dry, so before going to bed keep it moist with creams and lotions and you may get better sleep. Thick and oily moisturizers are often the best, because they're good at trapping moisture beneath the skin. And if you apply moisturizers regularly then it is useful for removing scales, especially if you use occlusion. The other way to get better sleep, wrap the area with tape or plastic wrap after applying moisturizer. You can also use a humidifier during dry season.

Exercise regularly

A lack of physical exertion may contribute to reducing the quality of your sleep. The human body uses sleep to repair and recover. Exercise can help fight insomnia but before starting talk to your psoriasis doctor. First it is confirmed then you should start outdoor exercises for at least 30 minutes. Walking, swimming, or biking will be the best option for psoriasis patients. According to the studies people who exercise fall asleep faster and stay sleep longer. The National Psoriasis Foundation recommends also that people with psoriasis include 15 minutes of stretching. But don't exercise too close to bedtime; this could lead to trouble sleeping.

Avoid medications that cause flare-ups

The main reason of sleepless night with psoriasis is itching and flare ups. So tell your doctor all the medications you take, and ask if any could affect your psoriasis. Drugs that are known to make psoriasis worse in some people include: Lithium, used to treat psychiatric disorders, Propranolol and possibly other beta-blockers, which are prescribed for heart conditions, Cardioquin or Quinidex, medications for heart arrhythmias. If you're using any of these medications and due to flare ups you are not getting better sleep then ask your doctor about substitutes. A better sleep is very necessary for psoriasis patient to fight its symptoms.

Limit food and beverage intake before bed

As you lie down to sleep, acids in the stomach level out and indigestion more likely to occur. Also, your metabolism increases slightly to digest food, so stop eating at least three hours before your scheduled bedtime because it will decrease your sleeping quality. Avoid high-fat foods, which take longer to digest. Don't eat a big, heavy meal right before you hit the sack. Say no to stimulants like caffeine and nicotine, which can raise blood pressure and energy levels, and results sleepless night. On the other hand, don't go to bed hungry, you might wake up in the night. If you have trouble sleeping then it will increase psoriasis symptoms.

Avoid work that requires alert thinking, right before Bedtime

You should not do work that requires alert thinking, an hour before bedtime. Try to stop from checking emails before go to bed, because it may wakes you up. You should relax before bedtime, and you need to be in the proper mind-set for sleep. You should opt some relaxation techniques such as yoga, meditation, and visualization may make you sleepy and helping to relieve the stress due to psoriasis symptoms. The other option include for better sleep you may have a cup of herbal tea or warm milk, listening to soothing music, and reading a good book. Also avoid drinking lots of water before 1 or 2 hour of sleeping time.

Set a specific bedtime for yourself

Many people have no idea what time they "should" go to sleep. But for the psoriasis patient it is necessary to get them into a routine, so go to bed at the same time every night, and wake up at the same time every morning and stick with it. If you don't have a sleep schedule at all, try going to bed a half an hour earlier each week, or set a time to get in bed. If you're taking medication for your psoriasis symptoms, talk with your physician about the best time for you to take it. Eventually your body will get used to going to sleep at that time and it will begin to come naturally.

Avoid Alcohol and Smoking

Alcohol might help you nod off, but alcohol interferes with the normal sleep process and even just a few drinks can affect the quality of your sleep also. And if you're regularly drinking more than a limit you may find you wake up the next day feeling like you haven't had any rest at all. If you are drinking alcohol then give your body time to process the alcohol you've drunk before an hour of sleeping time.

Smoking not only the cause of cancer and heart disease risks but it may also make your psoriasis worse. It also can make it harder to sleep if you withdrawal at night.

When and how to nap

When energy levels drop around 3-5 p.m., most of us desire a little nap. And if your psoriasis symptoms keep you from getting the good night's sleep then, you may find that a short nap helps you get through the day, but napping time should be limited. After 20 to 30 minutes of shut-eye, you may wake up feeling refreshed. Short naps can be okay; but it should not close to bedtime. Most sleep counselors recommend napping for no longer than 20 minutes, and if it exceeds 20 minutes then it can make it harder for you to fall asleep at bedtime.

Who knows that exercise can help wade off the evils of the mood as well? Exercise not only contribute physical benefits such as improving physical condition and fighting disease but it is considered vital for maintaining mental fitness, reduce stress and anxiety as well. Anxiety can be overwhelming and cause many physical and emotional side effects; so anxiety can be treated by a qualified professional, and exercise can be part of an effective treatment plan to help manage your anxiety symptoms. Anxiety is usually linked to an increased heart rate and exercise can be very helpful with calming people's heart rate. Here are some anti-anxiety workouts that help to reduce anxiety symptoms.

ANTI-ANXIETY WORK-OUTS AND EXERCISE

Simple Breathing Exercise for Anxiety

Breathing slowly and properly automatically relaxes the body and prepares it for optimal functioning. In breathing exercise always breathing deeply and slowly, this will decrease and hopefully eliminate any anxiety attacks and also relieve your anxiety at the same time. Follow these steps for breathing exercise:

- Begin by lying flat on your back or standing up straight or you may also sit up straight in a chair.
- Place your hand on your stomach area.
- Breathe as you normally would and notice whether your hand rises or your chest rises.
- To breathe properly, your stomach area must rise as your diaphragm expands.

Mountain Biking and Conventional Biking

Biking is also a good anti-anxiety workout. Having anxiety gives you a reason to go outside and expend the energy. Whenever you feel panicked or anxious just take your bike and go out, this is the best natural anti-anxiety medicine. Consider taking a bike ride focus on your surroundings and the consistent pedaling of your feet. Exercising your body and focusing your mind away from the anxiety that can help you overcome those stressful feelings.

Water therapy with Swimming

Swimming is extremely relaxing exercise and good anti-anxiety workout. It allows more oxygen to flow to your muscles and forces you to regulate your breathing, so it is a great way to relieve stress and anxiety. Our bodies are made up of about 60% water so it's no wonder why some feel relaxed to get into water.

Brisk Walking in a Green serene

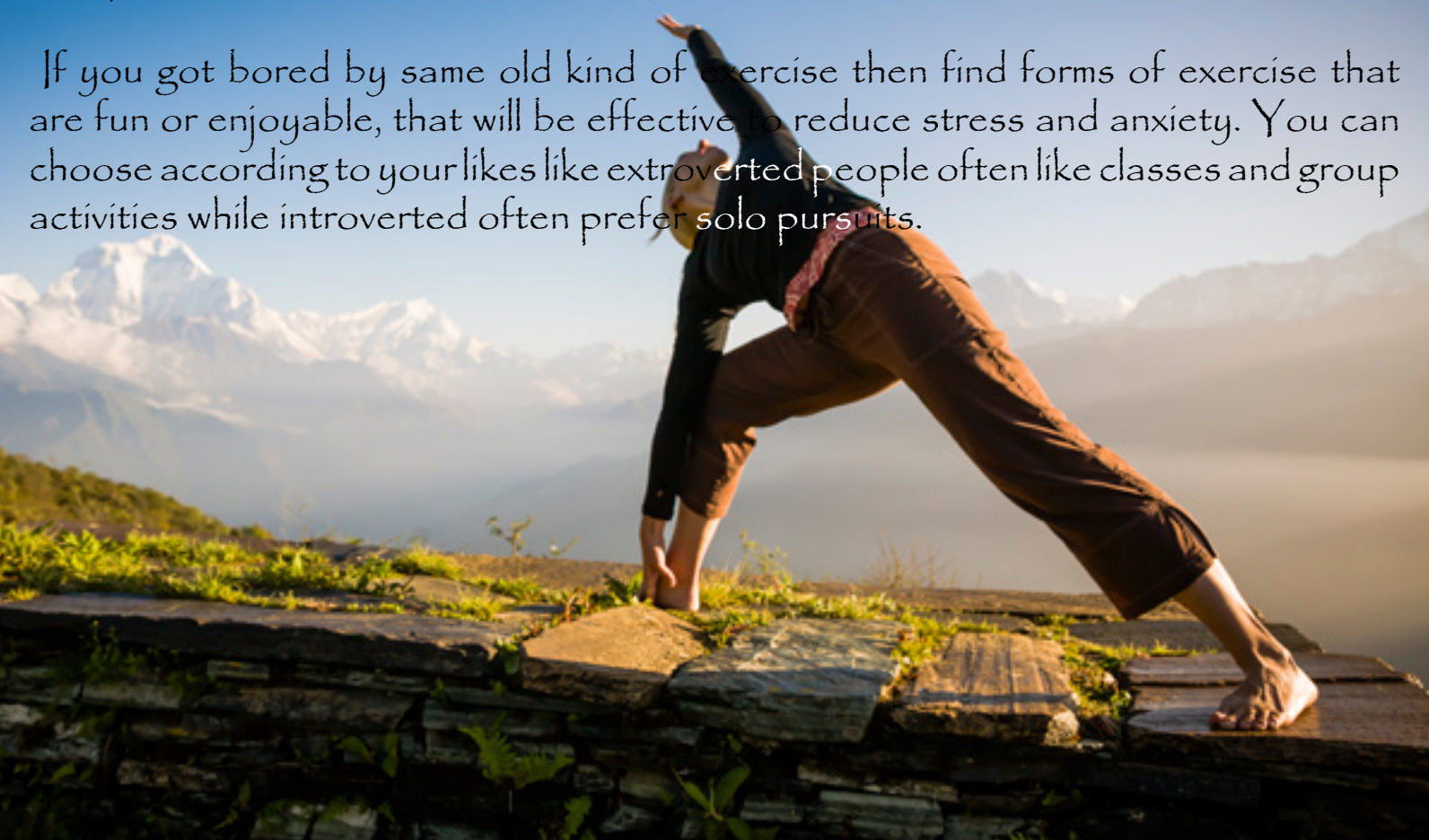
When you are feeling stressed then in that case, walking actually helps you expel that excess anxiety. Instead of attempting a 40-minute workout, you just try a casual 10-minute walk. Walking also gives you time to focus on your surroundings rather than the problems on your mind, so the few minutes' walk can be a good anti-anxiety workout.


Try playing some Relaxed Sport

Playing sports is the best way to exercise, and there is no sport that isn't useful. Whatever sports exercise you can choose whether it's bowling, badminton, baseball, basketball, football, or dancing. Sport is something that will get your blood flowing and reduce anxiety.

Keep yourself engaged with some funny Exercise

If you got bored by same old kind of exercise then find forms of exercise that are fun or enjoyable, that will be effective to reduce stress and anxiety. You can choose according to your likes like extroverted people often like classes and group activities while introverted often prefer solo pursuits.





Everyone says mother milk is the best for the small infants. It contains lot of antibiotics and agents which gives the baby the immunity for life. Then why can't all the women go for breastfeeding? There are some issues with the feeding by breasts. Let's analyze those issues.

Common Problems with Breastfeeding

The American Dietetic Association (ADA) and the World Health Organization (WHO) has recommended that breastfeeding is best for babies. Breastfeeding helps to defend against infections, prevent allergies, and protect against a number of chronic conditions in babies.

But for breastfeeding mothers have to struggle few weeks after baby's birth. There are some breastfeeding problems that are very common:

Cracked or Sore nipples

It is very common breastfeeding problem to have some pain or discomfort when your baby first latches on in the first few days or weeks. Nipple soreness may include pinching, itching, or burning sensation. Nipple soreness may be caused by poor feeding techniques, Not taking care of your nipples and Wrong position of the baby when breastfeeding.

Clogged or plugged ducts

If your milk does not draining completely then it causes ducts clog. You may feel a hard lump on your breast or soreness to the touch and also some redness. If you start feeling feverish and achy, then that will be the sign of infection and you should see your doctor. Most importantly try not to have long stretches in between feedings. And the other cause of clogged ducts may your nursing bra that is too tight.

WHY TO CHOOSE THE BOTTLE
BREASTFEEDING ISSUES

Leaking breast milk

This is also a common issue. To handle leaks when you're away from your baby, you should use nursing pads to help keep you dry. The pads come for light, medium and heavy flow as your need.

Engorgement

Engorgement is the swelling within the breast tissue, which can be painful. In some women with engorgement, the breasts become firm, flushed, warm to the touch, and feel as if they are throbbing. Some women can feel slight fever. The best treatment for engorgement is to empty the breasts frequently and completely by doing breastfeeding.

Thrush

Thrush is a yeast infection in the baby's mouth, which can also spread to your breasts. It may cause incessant itchiness, soreness, and rashes. For this problem, see your doctor, who will need to give you antifungal medication to put on your nipple and in baby's mouth.

Inverted or flat nipples

This is also a problem of flat or inverted nipples. For that gently grab your areola with your thumb and index finger -- if your nipple retracts rather than protrudes, you've got a problem, In that case breastfeeding will be more challenging. As a solution use a pump to get the milk flowing before placing baby at your nipple.

Why many mother Choose the Bottle

Due to above problem of breastfeeding many mothers choose the bottle option for their babies. But some mothers use both breast and bottle for feeding who are working, and there are some of the reasons that women find bottle feeding preferential:

- When mother works outside of the home then the bottle feed will be convenient for them.
- There will be chance for Other Family Members to Bond with Baby by bottle feeding.
- Babies who are being bottle fed and infant formula can have longer interval between feeding.
- It will much easier to keep the baby on a consistent schedule if they depends on bottle feed.

MOST IMPORTANT VITAMINS FOR WOMEN

There are several essential vitamins, which help maintain a healthy mind and a fit body of every age of women for each life stage. If you're of childbearing age, you need you need more folic acid to prevent birth defects. If you've experienced menopause, you need more vitamin D to keep your bones strong. Vitamin deficiency can lead to serious health problems in women. Below lists the top 5 vitamins that a woman should take for keeping herself fit from mind and body:

Vitamin A

Vitamin A includes the carotenoids and retinol and also acts as an antioxidant. Vitamin A keeps your eyes healthy and prevents age-related blindness due to macular degeneration. Beta-carotene is called provitamin A, also aids in the building and strengthening of bones, soft tissue and skin. Beta-carotene, found in apricots, broccoli, cantaloupe, carrots, guava, kale, papaya, peach, pumpkin, red peppers, spinach, tomatoes, and watermelon, that is converted to vitamin A. Vitamin A also plays an important role in the treatment and prevention of cancer, lung and skin problems. In addition, pregnant women need it for fetus's brain, kidneys, eyes, heart, bones, lungs and the central nervous system development.

Vitamin D

Vitamin D may increase fertility rates by six percent, and vitamin D works synergistically with other vitamins. Studies have been shown that vitamin D deficiency increase infertility by 75 percent. In a research more than 50 % of women with breast cancer are vitamin D deficient. Because Vitamin D prevents breast cancer cell growth and decrease the expression of cancer causing genes. Vitamin D actually functions as a hormone and regulates bone homeostasis in human being. A deficiency of this vitamin can cause you to have osteoporosis. The main source of vitamin D is early-morning sunlight, fish and vitamin-fortified products.

Vitamin B

All B vitamins are important to a woman's health, especially, if a woman pregnant, taking the B vitamin folic acid can significantly lower the risk of neural tube defects such as spina bifida. Basically three vitamins B6, B12 and folic acid are especially important. These B vitamins are essential to brain function, red blood cell formation, and building DNA. Vitamin B6 helps in metabolism and in facilitating brain functions and boosts your memory. Bananas, cereals, oatmeal, avocados, beans, meat or poultry, and seeds are rich in vitamin B6. Vitamin B12 plays important role for metabolism, normal cell division, and protein synthesis. Milk, yogurt, cheese, eggs, meat and fish are good for B12.

Vitamin C

Vitamin C serves as an antioxidant and is important for wound healing and plays a role in the formation of red blood cells. It helps in the formation of collagen, which is needed for the repair of wounds. It also helps in the production of new red blood cells. Vitamin C also boosts levels of the brain chemical noradrenaline that increase alertness concentration. On the other hand vitamin C may include protection against immune system deficiencies, cardiovascular disease, prenatal health problems and eye disease. Vitamin C is present in broccoli, grapefruit and grapefruit juice, kiwi, oranges, pepper, potato, strawberries, tomatoes and citrus fruit.

Vitamin E

Vitamin E is also crucial for women, because it provides a good immune system and good for your skin as well. Actually vitamin E is an antioxidant that protects and repairs your skin and also creates another type of protein that helps your body fight off germs, bacteria and viruses. Vitamin E may be beneficial for women going through menopause because some side effects of menopause like hot flashes may be minimized with vitamin E. It also reduces the risk of a deadly stroke for post menopausal women, and decrease premenstrual syndrome for younger women. It also lower incidence of breast disease in all women. Food sources of vitamin E include margarine, corn oil, cod-liver oil, hazelnuts, peanut butter, safflower oil, sunflower seeds, and wheat germ.

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