

DEPRESSION GUIDE MAGAZINE

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What to
eat in
Crohn's
flare-up

Foods to
Enhance
Hair & Skin

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From Editor's Desk

Bravo we are at the third edition of the Depression Guide Magazine. I am proud to present in front of you the 3rd edition of the magazine, for which we have received excellent response from you all. Thanks for your support and help. Without your words, things would not have been so much worthy and fun filled at the same time for the team.

There has been lot of media coverage about the need of teaching right ethics and right education to our children around all corners of the world. The need is very genuine since they are the future and if we are not investing enough in future, we might end up in a penurious situation.

This brings me to an important point of what is the thing which our children should take as role models?

Children have a standard answer when asked who they want to be like when they grow up. It is always 'daddy' or 'mummy'. As early as that, a role model becomes a reality. Parents who are greatly loved and respected by their children may become permanent role models. In such cases, parents have to be very vigilant about their own speech and actions. But there can be more than one role model too.





As we grow from phase to phase, and sometimes, all throughout life, we meet people we admire and look up to, or want to be like. These are the people whose lives are exemplary and who meets the requirements of a role model. Growing up, often our role model is our parent, a sibling or a teacher. As adults, however, we start following the people whose qualities or success we admire and would like to emulate.

Careful Choices

But when it comes to emulating role models, they should be chosen with due care. It is important to choose positive role models. Due to blind admiration of the proverbial class bully, or a person who demonstrates negative power, some impressionable young minds may be misled to copying the undesirable qualities exhibited by such people.

For example, a timid person may use a bully as a role model. An ordinary student may learn to cheat in class by observing similar students and in scoring good marks without putting in the study required. As future citizens, youngsters must work towards learning their lessons from good role models so that they can, in turn, be good role models for other future generations.

10 FOODS THAT ENHANCE YOUR SKIN AND HAIR

“Check if food can bring you charm and glow”

There are many foods that are healthy for our body and also offer powerful benefits for your skin and hair. “Just like every other part of your body, the cells and processes that support strong, vibrant hair depend on a balanced diet,” says New York nutritionist Lisa Dryer. So many foods do have some aesthetic impact on the human body and, more specifically for your skin, teeth, hair and nails. Here are lists of 10 foods that can enhance your skin and hair.

Oysters are best for skin and hair

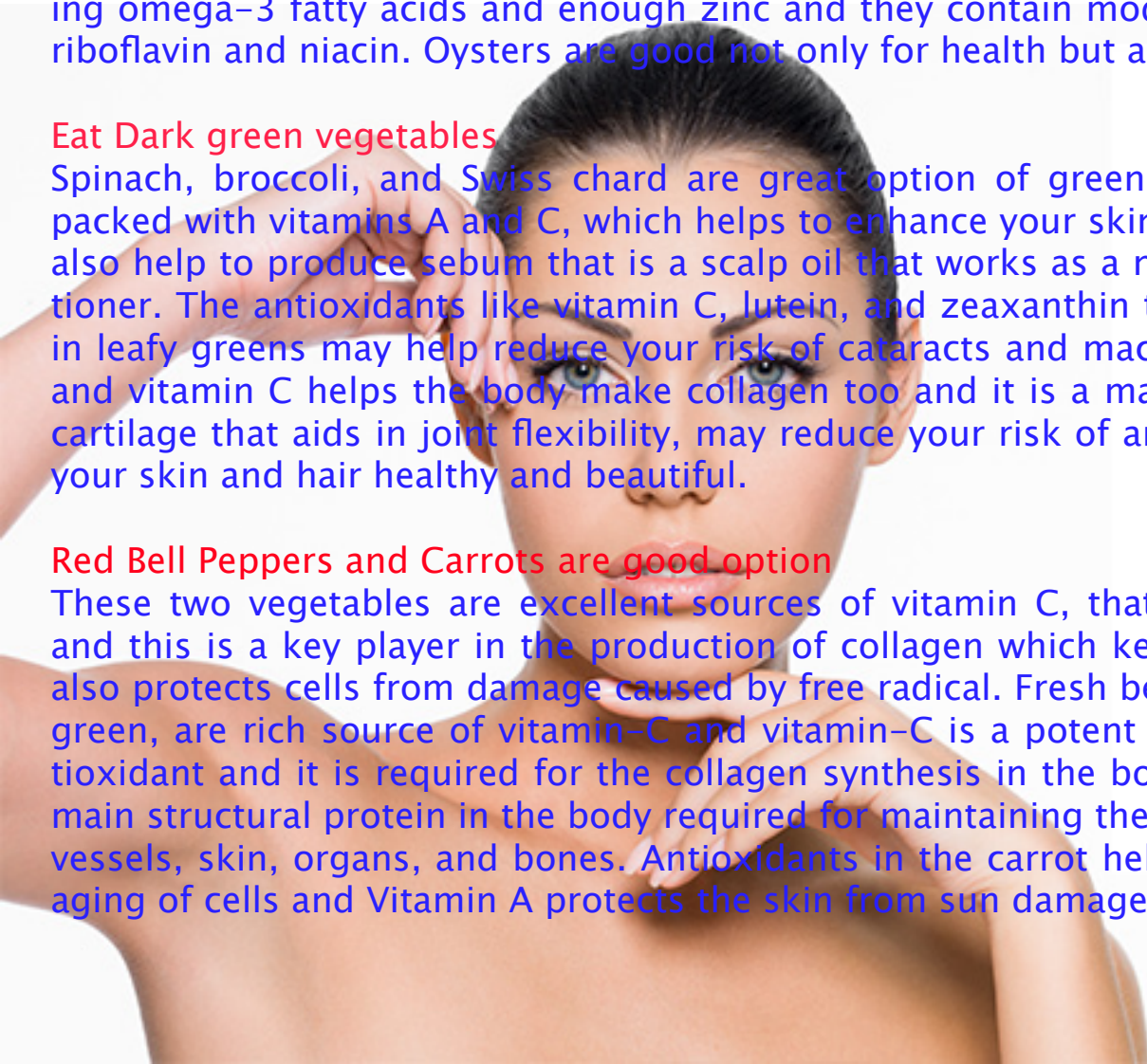
Oysters are rich in zinc, and the lack of zinc can lead to hair loss, as well as a dry, flaky scalp. You can get some zinc through fortified cereals and whole grain breads, but oysters can boast a good level of protein too that is also good for your skin. “Remember, hair is about 97% protein,” Drayer says. Without enough protein, your body can't replace the hairs. Oyster has high levels of heart and brain boosting omega-3 fatty acids and enough zinc and they contain moderate amounts of riboflavin and niacin. Oysters are good not only for health but also for your skin.

Eat Dark green vegetables

Spinach, broccoli, and Swiss chard are great option of green veggie. They are packed with vitamins A and C, which helps to enhance your skin as well as hair, it also help to produce sebum that is a scalp oil that works as a natural hair conditioner. The antioxidants like vitamin C, lutein, and zeaxanthin that are contained in leafy greens may help reduce your risk of cataracts and macular degeneration and vitamin C helps the body make collagen too and it is a major component of cartilage that aids in joint flexibility, may reduce your risk of arthritis, and keeps your skin and hair healthy and beautiful.

Red Bell Peppers and Carrots are good option

These two vegetables are excellent sources of vitamin C, that is good for skin and this is a key player in the production of collagen which keeps skin firm and also protects cells from damage caused by free radical. Fresh bell peppers, red or green, are rich source of vitamin-C and vitamin-C is a potent water soluble antioxidant and it is required for the collagen synthesis in the body and this is the main structural protein in the body required for maintaining the integrity of blood vessels, skin, organs, and bones. Antioxidants in the carrot help slows down the aging of cells and Vitamin A protects the skin from sun damage.



Have Salmon

This fish is high in healthy fatty acids, like Omega-3. Omega-3 is a key to achieving healthy skin and healthy hair. Salmon aid in the elimination of puffiness and increase our skin's firmness. Omega-3 fatty acids are polyunsaturated fatty acids that can be found in salmon plays a major role in skin care like protecting the skin from sun exposure, it act as an antioxidant to combat free radicals and inhibiting the production of androgens hormones that results in oily skin.

Eat Beans

Beans like kidney beans and lentils are great sources of iron-rich protein. Lentils, it is particular, play a role in hair maintenance and support and also good for skin enhancement. Legumes like kidneybeans have hair promoting properties. This is a great source of iron and zinc and also a great source of protein and due to deficiency of protein lead to unhealthy hair or hair loss and thinning.

Use Yogurt

Yogurt is also good for skin because it helps to kill bad bacteria that can cause acne and other skin-related problems; it does a great job at cleaning up and softening your skin. With its antioxidant properties it lightens dark spots and blemishes and helps protect your face. Yogurt provides shining if your hair is feeling a little brittle or dry. It is also known as a hair softener, and its chock full o' protein, which will help strengthen the follicles.

Vitamin A rich Fruits Benefits

Foods that are rich in vitamin A helps keep your hair nice and shiny, and also improve your skin and make it healthier because vitamin A is one of powerful antioxidant vitamins. Skin benefits by vitamin A include helping with acne, stretch marks, wounds, wrinkles, and eczema; also preventing premature aging; contributing to proper skin cell growth and repair; and promoting healthy skin. Vitamin A provides healthy scalp and great looking hair because it is an antioxidant that aids in the making of healthy sebum in the scalp.

Apply Olive Oil

Olive oil is ultra hydrating and creates a barrier that protects dry skin and can be used directly on the skin or can be used in food. Olive oil has great benefits to hair and skin. As olive oil is loaded with vitamins and antioxidants and is an excellent moisturizer. Olive oil is rich in polyphenols and polyphenols are well known for their ability to postpone aging. Olive oil also makes a wonderful cleanser for all skin types and dissolves dirt and makeup from your face.

Good option is Avocados

Avocados are the main source of vitamin E. It is promoted as the effective ingredient for anti-aging treatment. And it can also cleanse the skin from blemishes and other skin problems. Avocado is also used for hair treatment and used in hair oil that provides effective results on hairs. Avocado helps hydrate the hair and have natural oil which can repair damage split ends, also nourishes and softens the hair making it beautiful healthy glossy hair. Avocado nourishes the skin and also enhances the complexion and texture of your skin. It softens dry and flaking skin and, provides wonderful glow to your skin.

Try to include Eggs in your diet

Eggs are full of biotin, and B vitamin that promotes hair growth and overall scalp health. A deficiency can cause brittle hair so. It is immensely useful to make your skin elastic and hydrated and egg protein has an important role to play for repairing of tissues and tightening the skin. Eggs are also helpful in improving the appearance of hair and imparting strength as well as luster. It provides you the adequate level of protein, which is required for growing hair perfectly. You can apply directly egg yolk onto your face and hair such as to mask and shampoo and immediately effect will be felt in the face and hair.

DEPRESSION MAKE THE WORLD DULL

Depression is a dark and gloomy illness

Change the word Depression Blues to Depression Grays - It is scientific and has a backing research to it.

Depression is a complex illness which can make the days into night and night into days for some. It turns the life without colors. Previously this statement was said to have figurative meaning rather than scientific explanation to it. But now, the theory postulated has been proved by Scientists.

People when they are depressed can find it easy to comprehend large images or pictures, but they cannot find the difference in the finer aspects. According to a research happened recently, depressed people lack a neurotransmitter which is linked to the visual skill called spatial suppression.



This particular skill helps us in suppressing all other details except the one we are focusing on. This enables us to concentrate on the right thing we want to focus. This ability of getting to specific location is impaired in the patients of depression.

In a complicated study, the researchers and scientists placed some electrodes near the eyes of the test volunteers while they were looking at a checkerboard patterns. The electrodes recorded electrical responses in the eyes of the subjects. The electrical response is responsible for telling the brain about the color, shape, contrast, etc in the picture.

Test volunteers who had severe depression were not able to detect difference in the black and white patterns in the checkerboard. While the people without depression were able to detect the differences. The person with most severe depression has the least activity in the retina.

This led the scientists to conclude that the impaired contrast perception gives an explanation on why the world looks gray when someone is depressed.



VIDEO GAMES LEAD TO AGGRESSIVE BEHAVIOUR

Children and teenagers today have lot more tools, choices and ways for entertainment as compared to children of 80's and 90's. The massive flow of gaming consoles, games, gaming apps, gaming engines, and have all revolutionized the way children play the games in today's world.

Computer games or video games are very unique form of entertainment since they make the players participate in the game flow and change it as per the performance and player strength. There is a very high degree of involvement in a video game and the player is attached emotionally, physically, mentally, etc. The movies or watching TV although attached the person mentally only. So the rule of the entertainment game has changes and involves deeper connect. Hence the effects are also more.

Effect of Games that children Play today

There have been lots of researches which try to find the effects of aggressive video games on different age groups and viewers. The brief of some of the researches has been shared below:

1. According to a study by Iowa State University researcher's children who play violent video games start to develop a kind of thought pattern which stays with them and affect their behavior as they grow older. The effect is not typical to teenagers. It is common for all age groups, gender and culture.
2. Another study shows that playing computer/video games with violent content is linked to the aggressive behavior in adolescent children. Most of the popular games today are either on scary background and violent nature. This study studied more than 3,000 children in third to eight grades for three years. Boys reported doing more physically aggressive behaviors.
3. A 2010 study by the Kaiser Family Foundation found that on an average, young person of age 8 to 18 years spend about seven to eight hours per day on entertainment like games, movies, TV, etc. Few of the participants said, that their parents have some rules for vide games and television.
4. One study analyzed the patterns and content of the video games which are popular in the current times. These games ask the participants to fight for moving to another level. The fights are usually violent in nature and participants engage directly in acts of violence through the game.

5. Many of the recent incidences such as Columbine High School shooting in 1999 and Virginia Tech shooting in 2007 depict the aggressive behavior of young and adolescent children.

There has been lot of such studies which try to find out the connection between the aggressive behavior of children of current times and the role of aggressive video games. More than 300 such studies have been performed.

Disadvantages of Video Games

1. Too much of gaming makes the kid socially isolated.
2. The person will do less of physically and mentally beneficial activities such as homework, reading, sports, etc.
3. Video games are aggressive and manipulative. They teach the same behavior to kids and they show wrong moral values as well.
4. The change in language is also picked up by the players.
5. It increases the vulnerability of children in the online world. The kids can become target of some online dangers.

What Can be done to Reduce Aggression?

1. Talk to parents of other children, your child plays with and identify which games he/she plays and enjoys. How other are reacting to the issue of video games and how they are tackling it.
2. Try to play the game your child likes with him. This will enable you to know the game and how it moves.
3. Talk to the kid about the unacceptable aggression or behavior seen in the game. Teach him or her values and wrong in the bad parts of the game.
4. You need to set the limits on the time your kid spends on TV, video games, etc.
5. Keep all the games and game related consoles in the common area of your house. Do not allow kids to take it to their isolated spaces.
6. At the end, you need to know your child and find his needs. Only then you would be able to help him divert himself from the world of aggressive video games for something better and more valuable.

10 KITCHEN INGREDIENTS AS MEDICINE

1. **Turmeric** - it treats common cold, cough, joint pain/inflammation, arthritis, bruised skin, acne, pimples and stomach ailments. It prevents liver damage and disinfects minor cuts.
2. **Ginger** - It treats upset stomach, indigestion, nausea, motion sickness, body pain, arthritis pain, cold, cough and respiratory health problems, fever, heartburn and menstrual cramps.
3. **Cinnamon** - Treats common cold, flatulence, indigestion, heartburn, nausea, diarrhoea, arthritis pain and painful menstrual periods. Regular use control sugar levels and lower cholesterol level as well.
4. **Garlic** treats asthma, hoarseness, cough, bronchitis, ear infection, scratchy throat infection, flatulence, menstrual cramps, ringworm, stomach ache, colic, tooth-ache, sinus, bug bites, indigestion.
5. **Clove** - treats athlete's foot, minor burns, bruises, malaria, cholera, flatulence, tooth ache, joint inflammation, oral ulcers and sore gums. Clove oil is efficacious as an inhalant in respiratory problems.



6. **Cardamom** – it has carminative, anti-oxidant, therapeutic, antiseptic, antispasmodic, diuretic and expectorant properties. It is used in stomach cramps, indigestion, flatulence, stomach gas, asthma.
7. **Cumin Seed** – they are an excellent source of dietary fibre and used to treat indigestion, flatulence, stomach pain, nausea, diarrhoea, morning sickness, acidity, common cold, cough, fever, sore throat, renal colic, amnesia and insomnia.
8. **Honey** treats cough, throat infection, morning sickness, laryngitis, eczema, stomach ulcers, canker sores, bleeding gums, minor wounds, minor burns, skin infection, bed wetting, etc.
9. **Onion** is very effective in treating pneumonia, chronic bronchitis, insect bites, asthma, hay fever, diabetes, stomach infections, nausea, diarrhoea, common cold, cough, etc.
10. **Lemon** treats headache, arthritis, pneumonia, minor cut, throat infection, indigestion, constipation, dental problems, fever, dandruff, internal bleeding, burns, overweight, respiratory disorders, cholera, kidney stones, high blood pressure, etc.



TIME MANAGEMENT FOR ADHD PATIENTS

Time management is a big trouble for people who are struggling with ADHD in their lives.

Here are some of the best hand picked tips for the help of such people. This is being prepared by the sufferers themselves.

Make a planner for you

If you are facing the time management problem then you should make a planner for you daily. If you make an appointment, record it in your planner. At the end of your each day looking to the next day's schedule so you can adequately plan for it. If you have a large to-do list and aren't sure where to start then plan first according to your priority, it's also helpful. Tasks that need to get done sometime during the day or week make your list as your convenience. Use computer programs to keep track of your schedule, Find a program that syncs to your smart phone, if you have one.

Check Your Planner

The normal problem with ADHD adult is forgetting things so it is necessary to manage your day plan and organize it smartly. Organizing tips can help you manage your time and activities better. Once the adult ADHD makes his planner then need to get into the habit of putting all your appointments and activities on a calendar and keep it in one spot and check it at least three times a day. And also make the habit to check at the same times each day so that chances of forget will get less. Also choose a planner that works for you, considering size, technology, ease of use, portability and feel.

Allot a specific amount of time for each task

People with ADHD often have a poor sense of time. So instead of giving your all day to finish the same task allot specific time for each activity. For that set an alarm or a computer or on your cell. For that create a to-do list and then choose which high priorities items complete on a given day are. Write those items in your planner in the gaps of time available and time taken. Because over-scheduling occurs quite often, and get unrealistic about the amount of things we can get done in a given time period, so for ADHD adults required to allot specific and correct time for each task.

Post your deadlines

Deadlines occur at every workplace, upsetting employees and managers alike. So for better work you should require to post your deadlines where you will see them easily this will remind you to use your time wisely. You may highlighted the syllabus and put it on the wall over your desk so that you can see that every time. Make a rule for yourself that you will simply do and not to do. For reaching deadline learn with by your past, if you see a lot of unfinished tasks left on your To Do lists, try to figure out why did you not reach them, and try some extra efforts, if you can.

Set time limits for decision-making

Decision making power is also very less in ADHD adults so to speed the process set a time frame or a budget cap. If you're choosing a summer camp for your child, for example, set a deadline, and make the best choice you can by that date. If you're deciding do go market and purchase anything then first decide your budget and then time limit for purchasing. You should always identify the most important factor to consider in making any decision, whether it's price, convenience, aesthetics, practicality, or something else. Focus on that particular factor when considering your decision.

Arrange your tasks in order of importance

When you are making your to do list, putting the most important tasks first and assign each task a specific time of day and when it get completed cross off each task. By using big, bold letters, make a list of no more than five tasks on an index card, and if required then list any additional items on the back of the card. Once you have done those all tasks then refer to the back of the card to create a new to-do list and discard the old one. You'll accomplish more, feel less frustrated, and manage your time better accordingly.

Reduce morning stress

By preparing the evening before you can reduce morning stress, because this is also a challenge for ADHD adults to get ready in the morning on time there are several problems like you can't decide what to wear, your shirt is wrinkled, so you must iron it, if it has decided what to wear, but now one of your shoes is missing. For that gather all items for your morning outfit, including shoes and accessories, before you go to bed. Establish and post a list of the morning routine and do only those tasks. So by managing yourself you can reach your office at time.

Have a Rotating Menu

Create a dinner list or regular rotating menu of dishes that you can cook easily. And try to keep those ingredients on hand, or list the ingredients on index cards that you can take with you. It's also important to keep things flexible enough to accommodate the unexpected things. And when you want to cook some different then try to make it. You can make the menu for each week and mention breakfast menu, lunch menu and dinner menu, so that you will not get confuse that now what to cook for lunch or dinner. Also include what your child like.

Have Time Sense Exercise

It's deceptively simple, and can make an enormous difference in your life; it makes you to able have time sense so that you can easily manage time. The first challenge with most ADHDs have is not having a "time sense." You're late because you really have no idea how long things take. That affects everything in their life like getting late on places, finishing project not on time etc. It's deceptively simple, and can make an enormous difference in your life and will go on smoothly.

Start Organizing Your Room and Your things at a Time

Don't be intimidated by the idea of "getting organized." Start by putting things back where they belong and throwing away things you don't need of your room, you may also follow these things like:

- Tackle one room at a time, but start with easiest to difficult task. Divide the room into sections if you need.
- Schedule organization time in your daily planner. Use a timer to manage your work.
- Ask yourself whether you want to keep items, and if you're not sure, put them in a separate box to view later.
- If you keep items use filling cabinets, labels, clear storage boxes, and over-the-door organizers.



BEST FOOD FOR CROHN'S FLARE-UP

What you should eat during Crohn's Flare-up?

Sometimes you can't decide that what food you should eat and feel helpless when facing Crohn's disease. But changes in your diet by choosing right food and lifestyle may help control your symptoms and lengthen the time between flare-ups. You should choose foods that are easier to digest and by eating you'll get the nutrition you need. Here are list of 7 foods those are beneficial for crohn patient between flare-up.

Mango and Papaya

"Mango and papaya are super-high in nutrients and very, very easy to digest," Dalessandro says. Papaya is good for crohn flare-up because it contains an enzyme known as papain, which helps with the digestive system by breaking down proteins and supporting production of digestive enzymes. Papaya is also rich in vitamin C, vitamin A, folate and potassium that are good for everybody and available throughout year. There are numerous other benefits of papaya which is good for health. Mangoes are also a source of beta-carotene, potassium, and vitamin C and beta-carotene is a substance in the body is converted into vitamin A . This will be a good food during crohn's flare-up.

White Pasta

Pasta is a complex carbohydrate that is low in fiber and easy to digest and it is the quick source of energy and a great meal that can help maintain your weight during times of flare-ups. Actually pasta is a "good" carb and carbohydrates are the source of most of the body's glucose, which is the crucial fuel energy source for the brain, red blood cells, muscles and organs. Pasta is also an excellent source of complex carbohydrates. It is good source of B vitamins, iron and niacin. You can make your pasta with olive oil or a healthy soft-tub spread to increase the flavor as well as the calories.

Broccoli and plantains

According to a research fibers of broccoli and plantains are particularly beneficial in combating bacterial like E.Coli, and it is frequently seen in the intestines of Chron's disease sufferers. Broccoli and plantains have been confirmed to help Crohn's patience resist the possibility of relapsing once the disease has gone into remission and by adding these two foods to your diet you will feel less abdominal pain that you feel when you get Crohn's along with the side effects the disease has on the body. So it is also a good option during crohn's flare-up because according to research supplementing diets with fibers from broccoli and plantains might prevent relapse of Crohn's disease.

Bananas

Bananas are generally good during flare-ups and provide a good source of potassium. During a flare-up of Crohn's disease, the best foods are ones that are easy for you to digest and if you can digest banana easily then you may add banana slices to low-fiber breakfast cereals, creamy yogurts, and cottage cheese, you can easily boost the nutrition and flavor. Bananas do fit in the "low residue" diet, and also recommended by Gastroenterologists during a Crohn's flare, they are fairly easy to digest.

Avocado

Avocados are full of B vitamins, vitamin E, potassium and highly beneficial fats. It is great in a diet for Crohn's disease so it should definitely be on the menu if you have Crohn's disease. And there are also other health benefits of avocados, so you can have this regularly. The avocado is a fine example of super foods during crohn's flare up. Avocados also slow down the absorption of other carbs in the blood stream through good fats called monosaturated fats.

Potatoes, White Rice, steamed Veggies and Other Low-Fiber Foods

Foods that you put into your body can have an impact on the severity of your Crohn's symptoms; a diet low in fiber can reduce the signs and symptoms of Crohn's. Smooth bland foods tend to be easier during flare-up, because these foods often lack essential nutrients that we need for robust health, Steamed veggies because they are soft, chicken and rice are a favorite of most Crohnies.

Salmon and Poultry

Lean protein, like seafood, is your best option. "Fish is extremely beneficial, especially fish that's high in omega-3s, like salmon," Dalessandro says. Shrimp and white fish like tilapia and flounder are also nutritious and easily digestible which is best option during crohn's flare-up. It is also high in healthy fatty acids, like Omega-3 which is very good during flare up. You can prepare sea-food by steaming, broiling or grilling, but skip the deep-fat fryer.



The rate of suicide attempt and suicides have increased very sharply in adolescents during recent times. The reason why it is happening is very complex and tough to understand. There is no pattern and it is very easy to miss the warning signs in these adolescents since they stay aloof and seldom share their feelings.

According to CDC in US, suicide is the 3rd largest people killer in the age range of 15-24. This is just after Accidents and Homicides. There is a ratio of 25 suicide attempts to 1 Suicide in this age group.

SUICIDE RELATED FACTS IN ADOLESCENTS



Another important fact to consider here is about 60% of the suicides have happened by the use of firearms. The typical American household teenagers have quick and easy access to firearms which increases the risk of suicide and suicide attempts. Remember to keep any firearm in your home unloaded, locked and secretly, so that none of the kids have access to the same.

Another major cause of suicide is drug or over the counter medicine overdose. Monitor the medicines you have at home and in your child's room, his locker, backpack, etc. Teens exchange the medicines in the school or might trade them with someone. Keep a vigil on the activities.

Facts about Suicide

These are some alarming facts about teen suicide.

1. About 14% of American kids had experienced depressive episode in past 1 year.
2. About 7% have thought about suicide during these times.
3. Almost 90% of the teenagers who died had the depressive or mental state which was very much treatable.
4. The suicide in Teenagers have become a serious problem in recent times only. Before 1960's the adolescent suicide was very rare. Today, the rates are very alarming with 1 in 10 teenager thinks and tries of suicide.
5. There is a difference in the attempts and success rates of girls and boys. Girls attempt almost twice than boys but success rate is half than the boys. The difference is the way of suicide mechanism selected by girls and boys. Boys choose more lethal way of suicide like hanging, firearm, jumping from height, etc. Girls on the other hand choose less lethal option like drug overdose, slitting the arm, etc.
6. Untreated depression is number 1 cause in the successful suicidal cases with 65% of teens suffering from depression at the time of suicide.
7. On an average about 1 adolescent commits suicide every 15 minutes.
8. Lack of proper support, poor relationships at home with parents or siblings and unsupported peer group in school or college are causing depressed feelings in children, leading to suicide.



Kiwi is the edible berry of a woody vine, oval and about the size of a large hen's egg and has a fibrous, dull greenish brown skin. Inside, the fruit is bright green or golden with rows of tiny, black edible seeds. It has a sweet flavour.

The fruit, native to China, was originally called Yang Tao. It was brought to New Zealand from China by missionaries in the early 20th century and renamed Chinese gooseberries in 1960. When exported to the USA, the name of Kiwi, the New Zealand bird was given to it. It is gaining popularity in tropical countries like India.

Kiwi is an excellent source of Vitamin C, E and K and is rich in copper and dietary fibre. Researchers are fascinated by Kiwi's ability to protect DNA in the nucleus of human cells from oxygen related damage.

This property is not limited to its Vitamin C, flavonoids or beta-carotene that are antioxidants. Kiwi seems to help children from respiration related health problems, including wheezing, shortness of breath and night coughing.



KIWI - THE FRUIT
WONDER



The fibres in Kiwi controls blood sugar and promotes cardiovascular and colon health. The high fibre content reduces high cholesterol levels and reduces the risk of heart diseases and heart attack. Daily intake of couple of kiwi fruits can significantly lower the risk for blood clots and reduce fats in the blood.

Like carrots, kiwi is important to retain good sight. It lowers the risk of age related macular degeneration, which leads to loss of vision in older adults. Avoid kiwis if you have kidney or gall bladder problems.

Check kiwi fruit with a gentle pressure, holding them between your thumb and forefinger. Those that are really sweet will yield gently to pressure. Avoid the fruits that are very soft, shrivelled or bruised or show damped spots. Kiwi fruits can be eaten ripe. You can peel the skin and slice the fruit or just halve it and scoop the flesh out with a spoon.

Kiwi fruit should be eaten quite soon after cutting as they contain enzymes that act as a fruit tenderizer. Retain kiwi for fruit salad to be cut at the last moment, to prevent the other fruits to become soggy. Cut Kiwi should not be stored with other fruits, but in a separate air tight container.

You can create a blend shake from Kiwi fruit and mix it with creamer or yoghurt. It mixes well with cantaloupe or melon to form a nice cold soup.

Enjoy the KIWI.

WHEN TO CALL YOUR GYNAECOLOGIST

Gynecologists are doctors who have specialized training for the female reproductive system, and their skills include the ability to diagnose and treat related disorders and diseases. A woman should see to her gynecologist whenever she experience abnormal signs and symptoms or in case of planning pregnancy.

When Planning to Become Pregnant

If you are planning to become pregnant, talking to your gynecologist before you conceive. It is an important first step in having a healthy pregnancy. Visit to your gynecologist will reduce the risk of harm to the baby, and to reduce the risk of pregnancy complications. Your gynecologist is there to help you and is ready to discuss any and all reproductive topics. You should discuss everything with your doctor like any lifestyle changes, what should eat and what should you avoid, what test you need etc. If you're not trying to conceive yet, ask your gynecologist about family planning.

When Problem in Menstrual cycle

You should call to your gynecologist if you have been experiencing changes in your menstrual cycle, be sure to tell your doctor. This may include spotting, a heavier or lighter than normal flow, cramping, clotting, irregular periods, or anything else you may be concerned with. In menstrual there are times, though, when changes in color, thickness, or clotting may indicate a problem then it will be good if you consult with gynecologist. If you have excessive clotting than a quarter, you should see your gynecologist because it might be causing an abnormal period. And also regular heavy periods justify a trip to the doctor to check your blood counts.





In Case of Foul-smelling vaginal discharge

If you have stomach pain, fever, and fluid coming from your vagina that is yellow, gray, or green with a strong smell then it is possible signs of a serious condition called pelvic inflammatory disease (PID). PID is an infection of the female reproductive organs that are above the cervix, such as the uterus, fallopian tubes, or ovaries. It is the most common and serious problem caused by sexually transmitted infections, so in that case it is necessary to call your gynecologist. PDI can cause ectopic pregnancy, infertility, chronic pelvic pain, and other serious problems and its symptoms can include fever, foul-smelling vaginal discharge, extreme pain, and vaginal bleeding.

If you are over 16 and don't have your period yet

Menstruation begins about 2 to 2½ years after her first signs of puberty and girls usually get their first periods between the ages of 8 and 15. However, some girls start puberty a little earlier or some later. There are many reasons when girls get late periods that may include hormone imbalances. Girls who are underweight or who have eating disorder may delay in the beginning of their periods. Girls who are very athletic might not get their periods until they stop exercising and sometimes severe stress or certain illnesses also can delay menstruation. If you are concerns about your period, then you should talk to your gynecologist.

For Birth Control

Your gynecologist is the best source of information about birth control when you want for long period. Always inform him of current birth control use, and also if you are not using birth control. Gynecologists and obstetricians are doctors who specialize in reproductive health and pregnancy. Gynecologist prescribe birth control and usually prescribed in conjunction with a pelvic exam, pap test and breast exam as part of a woman's yearly reproductive health checkup. They may also prescribe birth control for pregnancy prevention, but they may also prescribe it to treat other conditions, that include endometriosis, polycystic ovarian syndrome, hormone imbalances or irregular, painful periods.

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