

RELIANCE

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R HealthBeat

Quarterly Health Magazine - Vol. 17, Jul. 2018

**DIABETES: TIPS
TO CARE DURING
MONSOON!**

**SIMPLE HEALTH:
MONSOON FIXES!**

**CLOUDY
GETAWAYS FOR
YOUR SOUL!**

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DRIVE
HEALTHY!**

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From the Editor's Desk

Hello Readers,

It gives me immense pleasure to present you the 17th Edition of R HealthBeat, as it continues to be a beacon of healthy living and holistic well-being.

“ *The focal theme of this edition is the ‘Monsoons’, and as your general health and immunity can take a beating during this season, we help you here to take steps to make the most of this season.* ”

Monsoon ushers various ailments and triggers the spread of diseases, therefore learn simple monsoon fixes to stay fit during rains.

We tend to indulge in mindless munching to satiate the cravings that come during monsoons and to keep a sharp eye on what you eat and drink, our ‘Diet and Nutrition’ column offers you food choices with a special focus on Diabetes.

Create your own indoor workout session with ‘Fitness Today’ and continue achieving your fitness goals from the comfort of your home.

For the travel enthusiasts amongst us, opting for smart rain gear becomes essential to make the most of the weather while exploring those cloudy getaways in the ‘Travelogue’ section.

In the end I would like to wish you all a healthy and safe monsoon as being healthy and fit is not a trend, it’s a lifestyle.

Thank you for your continued support and enjoy reading this issue!

Wishing you the best of health, always!

Warm regards,
Rakesh Jain



Rakesh Jain

Chief Executive Officer
Reliance General Insurance &
Editor-in- Chief, R HealthBeat

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Readers' Connect



Look what our **readers have to say** about R HealthBeat

R HealthBeat is a very informative health magazine which gives us valuable suggestion for leading a healthy lifestyle. Look forward to every issue and hope RGI team continues with this informative initiative.

Mr. Vijay Gupta

Head - Sales and Marketing.

Sir HN Reliance Foundation Hospital
and Research Centre.

R HealthBeat has informative content on health care which makes it a delightful read. I appreciate Reliance Team for their proactive efforts and wish them best of luck.

Satish Arumugam

Director Finance
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It is an excellent initiative from Reliance GIC. I find it interesting and very informative.

I give the entire team of R HealthBeat my best wishes for the future editions of the publication.

Anindya Sanyal

Chief Manager
Insurance & Recovery, Peerless Hospitex
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Scan the QR code to read
the previous editions of
R HealthBeat



GET IN TOUCH

We look forward to getting to know you better!

We welcome your suggestions, questions or ideas. Also to know more about our Wellness Program you could write to us at rgicl.rcarehealth@relianceada.com

Visit www.reliancegeneral.co.in for more articles and updates on Healthy Living and Wellness.



*Rejuvenate
& Revitalize
during monsoon!*

The first shower and the smell of the wet mud gives us an ecstatic feeling. But while we welcome the rains, we should not ignore the unwanted health hazards that it brings along with it. According to medical science, our body's immunity comparatively reduces and the damp weather provides the breeding ground for many diseases. The result is that we become more susceptible to various health problems with the onset of monsoon.

We can get rid of illnesses during the rainy season and make the best of monsoon with the following tips!



Eat fruits like apples, pomegranates, lime, bananas etc. which keeps your body strong.



Drink lots of water and fresh-fruit juices to keep yourself hydrated. Boil your drinking water before consuming it.



Though mango and water melons are the best seasonal fruits during this time, consume less of these fruits. Fruits like mangoes cause stomach infection, pimples and increase the heat inside the body. Fruits like melons increase the water retention in the body which can give rise to swelling in your body.



Consume herbal tea at regular intervals as it has anti-bacterial properties. Teas like jasmine tea, chamomile tea or green tea are healthy as they build up your resistance to fight against infections.



For people who consume alcohol, avoid whiskey, rum and opt for wine which can increase your body immunity and prevent infections.



Wheat, barley, horse gram, peas and green leafy vegetables should be consumed during the monsoons to stay healthy as they are nutritious.



Wash your hands at regular intervals, especially when you come from outside.



Make use of eucalyptus oil during the monsoons. A little inhalation of this oil can give you relief from blocked nose. You can add few drops of this oil in water, heat it and use it to steam your face. The aroma helps you to breathe easily which can relax the entire body.



Boil water with dry ginger to get immediate relief if you are having cold and cough.



Do not enter an air-conditioned room with wet hair and damp clothes as this can lead to a viral fever or cold and cough.



Gargle with lukewarm saline water if you have sore throat or pain.



Consuming bitter vegetables like bitter melon and herbs like neem help in preventing infections.



Increase your intake of vitamin C to help build resistance against infections and diseases.



To increase your immunity, add garlic in your diet, especially in soups.



Boil water with tulsi, ginger and honey and drink the juice to treat viral fever.



In case, you get any skin infections or allergies, boil neem leaves in water and take a bath with it.



Opt for curd and almonds in your diet.



Dry your feet when they get wet.



Avoid street food, fast food and snacks from roadside stalls, as these are the real causes of gastro-intestinal problems.



Avoid oily and spicy food. Also, avoid heavy salty food as it can reduce water retention and increase blood pressure. This is also to be avoided for preventing skin allergies.



Avoid fish and meat as much as possible. The monsoon season is the best time for breeding for fish and hence fish should be avoided as it can cause stomach infection.



Keep your house clean and pest-free. Make sure that there is no waterlogging in your house as it is a breeding ground for mosquitoes and bacteria.



Asthma or diabetic patients should not stay close to wet or damp walls as it leads to the growth of fungus and can be especially harmful.



Keep children away from playing in the rain and rainy water.

Beat the monsoon blues

Smart remedies to stay fit

Monsoon is looked forward to as it provides respite from the severe summer heat. The first shower and the smell of the wet mud give us an ecstatic feeling. But while we welcome the rains, we should not ignore the unwanted health hazards that it brings along with it. According to medical science, our body's immunity comparatively reduces and the damp weather provides the breeding ground for many diseases. The result is that we become more susceptible to various health problems with the onset of monsoon. Hence, follow these few health tips to have a healthy rainy season.

Soups and Tea

During rains, we just love to have hot beverages like masala chai and coffee. Even a bowl of hot soup is loved in this season. It keeps the body warm. Add a dash of garlic in the soups and curries to boost your immune system.

No oily food

One of the health care tips for monsoon season is to avoid oily food as it's difficult to digest and increases body weight too.

Avoid street food

We all love to munch on street side pakoras and chaats especially during monsoons. However, monsoon is a season which spreads malaria and dengue. Damp roads and water-logged streets are home to mosquitoes and flies. So prefer hygienic foods in monsoon to stay healthy.

Drink lots of water

During summers, we sweat a lot and feel thirsty. But in monsoons you do not feel thirsty. This should not stop you from having water as it keeps you hydrated and flushes out toxins from the body.

Maintain personal hygiene

During monsoons, we get prone to skin and fungal infections. Wash your wet feet to avoid fungal infections. Do not wear wet shoes and wash your clothes regularly.

Skin and hair

Skin and hair also needs attention. Due to humidity, your skin can become oily. So wash your face as much as possible. Rain water can damage your hair, so if you get wet in rain, shampoo it. Use anti-bacterial soap to prevent monsoon skin infections.

Avoid spicy food

Spicy food can increase body temperature and can also lead to pimple breakout.

Digestive foods

Fibre and nutrient rich diet is ideal during monsoons. Digestive problems can occur due to seasonal changes, so it is one of the health care tips everyone must follow. Oats, brown rice, whole grains and legumes boost the body's metabolism and also improves digestion.

Yogurt

Warm yogurt is ideal for monsoon diet. Yogurt has healthy bacteria that fights infections and also boosts the immune system. Moreover, this dairy product improves digestion and bowel movements.

Indoor exercises

During monsoon, it is difficult to go for a walk. Damp roads and slippery footpaths can lead to accidents. So, indoor exercises must be preferred.

Warm water bath

Prefer warm water bath during monsoons. It will protect you from seasonal fever, cold and cough. Moreover, a warm water bath is relaxing and kills bacteria that might have stuck to your skin while you were enjoying the rain.





Acid rain looks, feels and tastes just like clean rain. The harm to people from acid rain is not direct. Walking in acid rain or even swimming in an acid lake is no more dangerous than walking or swimming in clean water. However, the pollutants that cause acid rain: Sulphur Dioxide and Nitrogen Oxides do damage human health.

These gases interact in the atmosphere to form fine sulfate and nitrate particles that can be transported long distances by winds and inhaled deep into people's lungs. Fine particles can also penetrate indoors. Many scientific studies have identified a relationship between elevated levels of fine particles and increased illness and premature death from heart and lung disorders, such as asthma and bronchitis. Exhaust from factories & automobiles & burning fossil fuels to run power plants are main contributors to cause acid rain.

How is it affecting us?

It has significant effect on our vegetation, aquatic life, architecture & human health. Intensified levels of pollutants in the air can trigger problems like bronchitis, asthma, irritation of throat, nose and eyes, and dry coughs. First few rains of the season also degrade the visibility which results in increased road mishaps.

How we can contribute to protect our environment from Acid Rain?

- Switch off the electrical appliances when not in use.
- Use public transport or carpool.
- Encourage choosing walking or bicycling over cars/ motorcycles for short distances
- Maintain your vehicles and get its PUC test

Take care in the first rain of the season

- Avoid getting wet in the first rain of the season
- If you happen to get wet, don't miss to take shower as soon as you get home
- Dry yourself thoroughly, specially your head. Wet head is an invitation to cold and fever.
- Regularly disinfect the living space and the damp areas like bathrooms to avoid moulds.
- If you are already suffering from Asthma, it is advised to not miss any dose prescribed to you by your doctor.
- Do not step out if it's windy to avoid contact with irritants in the air. Keep your rugs and sheets clean with warm water once a week.

Workouts in the comfort of your home!



You can now ace your fitness with a few workout ideas as below without having the monsoon act as the bummer in your way to good health.

Warm Up Session

Skipping: Now continue your cardio workout with skipping. It's a great warm up exercise, helps improve cardio-respiratory fitness, flexibility and co-ordination. It also helps in building bones, shedding weight off your hips, thighs & sides.

Calorie meter: Burn at least 250 calories in 30 minutes

Spot Jogging: It warms up your body for more strenuous sessions. People of all age group can try this workout mode, as it helps improve heart rate and stretches the muscles.

Calorie meter: Burn at least 200 calories in 30 minutes.

Step ups: It is a great cardio workout you can do using stairs or small bench/stool at your home. It works wonder on your thighs, knees and hip joints.

Calorie meter: Burn at least 130 calories in 30 minutes.

Stretching Session

Plank: A very challenging exercise which stretches all your body and tones your core areas: abs & back and reduces stubborn belly fat. Hold the position for at least a minute for best results.

Calorie meter: Burn at least 150 calories in 30 minutes session.

Yoga: One form of the exercise which can be done regularly at home in any season. If you wish to keep your workout session small and effective, opt for sets of Surya Namaskar (Sun Salutation) as it focuses on all core areas of body.

Calorie meter: Burn at least 150 calories in 30 minutes session.

Walking Lunges: This exercise boosts the flexibility of your hip muscles which tightens up due to the sedentary lifestyle we lead every day.

Calorie meter: Burn at least 200 calories in 30 minutes session.

Strength Building Session

Burpees: Commonly known as squat thrust; it works great for your arms, chest and abs. **Calorie meter:** Burn at least 250 calories in 30 minutes session.

Squats: It helps you build your upper and lower body strength. **Calorie meter:** Burn at least 120 calories in 30 minutes session.

Adding fun to indoor exercise

Aerobics: Hit the music in the background and move to complement the music. Include the warm up and muscle strength and stretching exercises in your movement **Calorie meter:** Dance away at least 250 calories in a 30 minutes session.



Drive Safe. Drive Healthy.

The monsoon season is almost upon us, and as you prepare your vehicles for the wear and tear this season, we suggest you take proper precautions and do your own health check before getting on the driver's seat. Here are few tips which will help you have a safe and healthy drive this monsoon.



Change in temperature, high winds, strong odors, bright and flickering headlights are a common sight on the road on a rainy day, these factors can trigger a severe headache or migraines for some of us which can cause visual disturbances, dizziness and difficulty in concentrating. If you are suffering from a migraine attack, do not resume driving until the attack is over.



Use your air conditioning controls smartly for staying healthy and in uniform temperatures opt to drive on re-circulate A/C mode until your car's cabin hits a reasonably comfortable temperature, then switch to fresh air mode.



Keep a check if your car smells strange, it can be due to damp interiors, a leaky window or even a faulty air conditioning unit hidden deep in your dashboard. They all can be sources of mold and mildew, which can increase the risk of falling sick due to fungal or bacterial infections. Clean and disinfect your car once in 15 days to avoid unwanted odors or invite to fungal growth. If you get a chance, park in the sun so that inside of the car also gets heated once in a while.



Make use of anti-bacterial products like sprays or wipes to sanitize your vehicle's interior and keep a feeling of freshness.

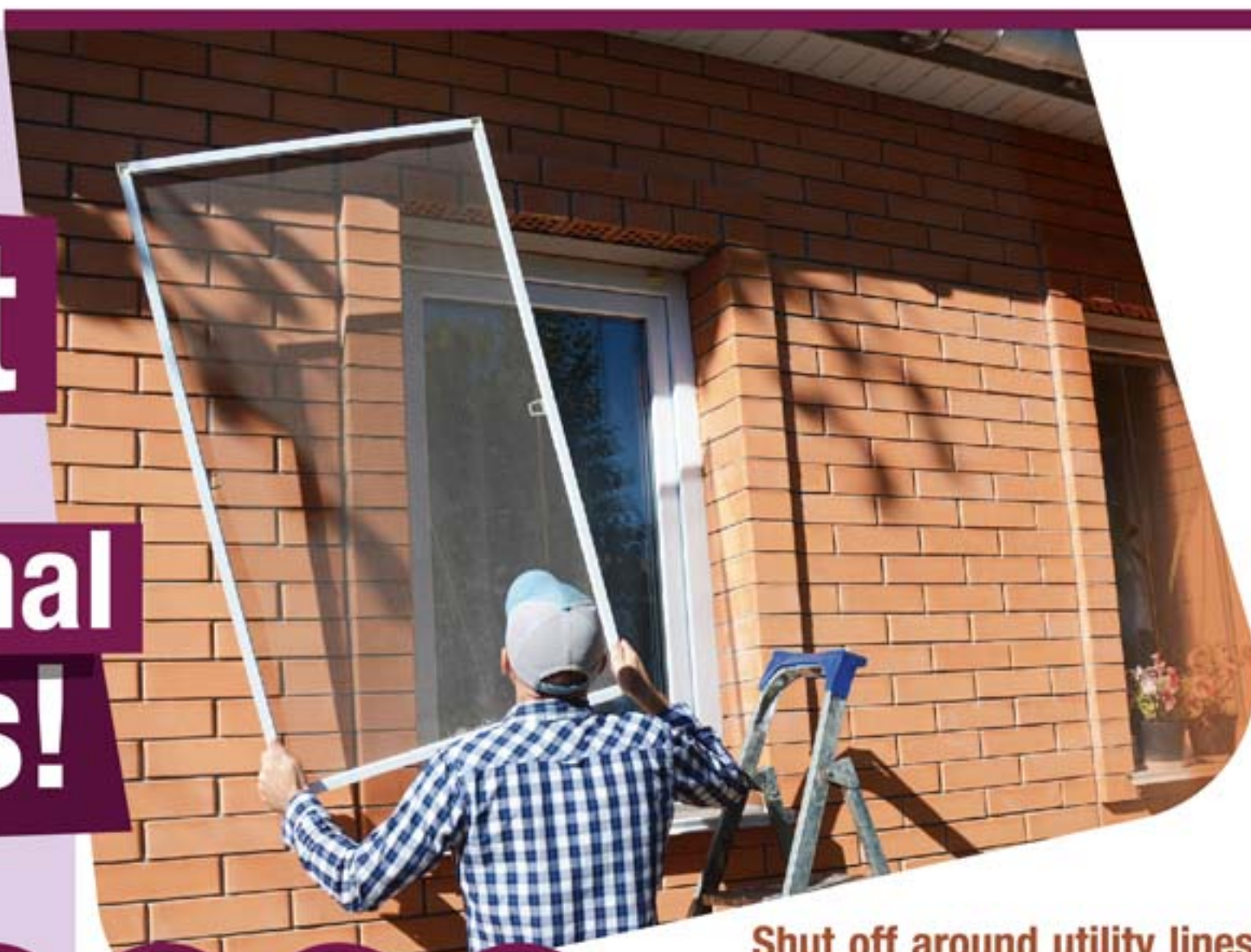


Keep your car clean and get rid of any dust or smudges on windshield and mirrors so that they won't interfere with the vision or create further glare. Consider using anti glare rain products. When applied to windshield, these create a glare reducing layer.



If you drive a two-wheeler, ensure that your face is covered properly as the amount of pollens and allergens are high in the air during monsoon which can cause allergies or breathing problems.

Beat the seasonal bugs!



Monsoon brings with it problems that we forget to anticipate each time: the issue of household pests.

Rains serve as the perfect reason for pests such as mosquitoes and cockroaches to come inside our homes. With waterlogged streets becoming an opportunity for deadly diseases to make the rounds, infectious diseases spread by these pests receive open invitation. Communicable diseases such as Malaria, Chikungunya and Dengue become realistic health hazards.

It's important to know that there will be some insects that will find a way into your house. But you can be prepared and put a little time in the below mentioned home maintenance and housekeeping chores and the chances of a major insect threat can be greatly lessened.

Install screens on all doors and windows and any other orifices and maintain them.

If you don't have screen doors on your home it is high time, you have to install them now. Fix or improve any torn or broken window screens. Use fine mesh screening to prevent all but the tiniest insects from entering your home.

Barricade around all doors.

If air and light can pass through, bugs can get in. Set up tight-fitting entrances and door sweeps to the base of exterior doors. Use door seals to fill the gap around the sides & top of each door too.

Shut off openings in your home's base, exterior walls and fascia boards.

Any opening in the exterior walls of your home is a welcome sign to insects. Grab a tube of caulk and inspect your home from the highest point to the lowest part of your house. Cover any cracks you find.

Shut off around utility lines and appliance vents.

All kinds of insects enter your home through tiny gaps around your dryer vent, gas line or even telephone line. Make sure to caulk crevices on the exterior of your home.

Put up critter-proof mesh on vents, in attics and crawl spaces.

Mice, squirrels and even birds may make or find thriving places in crawl spaces and attics, if you don't set up barricades to keep them out. These animals may carry mites, fleas or other pests that will then infest your home and then the diseases would follow.

Rinse your cans thoroughly.

Your recycling can is a buffet for bugs. Soda cans, beer bottles, and pet food cans will all attract insects if they aren't rinsed out thoroughly.

Do away with clutter.

A cluttered home is a bug's paradise, because they need good hiding places. Throw away boxes and newspapers you do not need. Keep laundry in clothes hampers. Make sure to keep floor clear of belongings and put things away after you use them.

Ayurveda at work during monsoon



As the season changes, so does your body. It goes through a transition phase, from your mood to your eating habits to your sleep, everything gets affected.

In monsoon, immunity is reduced which makes you more susceptible to health problems like cold, indigestion, skin infections and hair fall. Instead of popping pills to cope up with these problems, switch to Ayurveda for herbal and easy home remedies free of side effects.



Remedy for cold

Take a tablespoon of honey and squeeze half a slice of lemon in hot water for instant relief. Drink immediately after making it. This will help in fighting cough, congestion and sore throat.



Remedy for skin infection

Follow this bath ritual for this season to safe guard your skin from infection. Add 1-2 tablespoon of neem oil to equal proportion of sesame oil, use the mixture to massage your body and wait for 15-20 mins and follow with a hot bath. This will enhance blood circulation and will keep skin infection at bay.



Herbal drinks and spices for improved digestion

Make a hot water drink with a pinch of salt, pepper, long pepper and ginger for improved digestive system or you can also make a herbal tea with tulsi and spices which is also ideal for digestion.



Eat wise, eat better

Most people complain of sluggish digestion during monsoons, so have simple and digestible food. Avoid green leafy vegetables, oily and spicy food. Give a huge miss on street food. Stick to seasonal fruits and vegetables like Bottle Gourd (Lauki), Bitter Gourd (Karela), Pointed Gourd (Parwal), Indian Squash (Tinda) etc.

Keep the mosquitoes away

Dangers of malaria and dengue also increases during this season. Hence, fumigate your home every evening with smoke of dried neem leaves to keep the mosquitoes away or cut two lemons into halves and press about five to six cloves into each hemisphere. Place these on a plate in your room and kiss those mosquitoes goodbye!



Each season comes with its own charm and its unique set of troubles. While monsoon brings relief, it also brings along high humidity. A perfect environment for hair troubles like frizzy and brittle hair, dry and itchy scalp and heavy hair fall.

Market is flooded with variety of hair treatments charging a bomb. Here we give you a list of things you can do in the comfort of your home that will keep your hair and scalp healthy in this humid season.



Monsoon mane-ia!



Clean your hair and choose the right hair products

Opt for a mild shampoo and avoid conditioner if you have sticky hair. Apply the conditioner only to hair ends and not onto scalp as it can increase dandruff in monsoons.



Keep a check on nourishment and hygiene

Drink plenty of water and eat healthy and nutrient-rich foods, especially proteins. Avoid sharing your combs and towels.



Take a break from hair styling products

Hair styling products leave your hair greasy and attract more dirt and grime during monsoons which can result in infection, itchiness and dandruff on your scalp.



Cover your hair and keep them dry

Taking care of hair in rainy season is a real challenge as hair remain moist for a long time and lead to attracting more dirt and pollutants. The dampness in the scalp can weaken hair shaft causing further hair fall. So always ensure to fully cover your hair before stepping out.



Oil your hair and scalp regularly

Make sure you regularly massage your hair & scalp with hair oils such as coconut oil at regular intervals, at least twice a week. It is one of the best ways to fight scalp itchiness and enriching nourishment of your hair. You can also try mixing few drops of Tea tree oil with regular oil. It is an aromatic oil available at your local medical store or online and helps in preventing dryness and itchiness of the scalp.



Take heed of the infants this season!

Taking care of toddlers is never easy, with the advent of monsoons it can be a tricky affair. We have listed a few tips for the new mom and dad to help reduce their worry and keep their toddlers safe and smiling during this wet season.

Keep your baby clean and healthy

Heavy sweating in humid environment is very common and uncomfortable for everyone even for babies; make sure to wipe your babies at regular intervals to keep them dry. Give them a bath every day to keep a check on fungal or skin infection around neck, underarms, ears, feet and private areas. Use mild antiseptic soap or liquid available at local medical store.



Dress them as per weather

During monsoon, weather can change a lot in a day. Sometimes, it can be hot and humid and then can get cold when it rains. To deal with these sudden temperature changes, it is advisable to dress your baby in layers. Prefer cotton when it is hot and comfort them by wrapping them in a warm when the temperature drops. Also, keep a check on damp clothes as they can cause fungal rashes, so iron your baby's clothes to dry them well.



Don't wait to see a pediatrician

At the hint of any symptom like fever, cold, joint pain, contact your pediatrician. Keep your baby away from those who are already suffering from viral or cold.



Maintain hygiene

To keep a check on stomach infections make sure to keep yours and baby's nails trimmed, so nothing goes in the mouth. Also, wash your hands with disinfectant every time you change or feed your baby. Make sure that you change baby's nappy frequently in this season as wet diaper can make your baby catch cold and lets baby develop rashes.



Ensure safe food and water

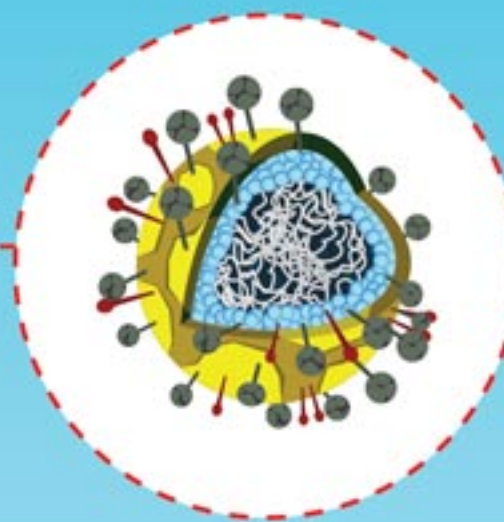
Risk of diseases like diarrhoea become high in monsoons. Hence, give only boiled and cooled water and say no to juices and water from outside. Go for only fresh home cooked food. As food gets spoiled faster in humidity, never keep it outside refrigerator for more than 2 hours. If you are breastfeeding, keep your diet healthy to strengthen the baby's immune system.



Safeguard them from mosquitoes and insects

Dress them in clothes which cover their arms and legs. Use mosquito nets while sleeping to keep them safe. Consult a pediatrician before using any mosquito repellent, as locally available repellants can cause skin irritation to the baby.





FACTS YOU SHOULD KNOW ABOUT

Nipah Virus

Nipah virus (NiV) infection is a newly emerging zoonosis (a disease which can be transmitted to humans from animals) that causes severe disease in both animals and humans.





Key facts

- Nipah virus infection in humans causes a range of clinical presentations, from asymptomatic infection (subclinical) to acute respiratory infection and fatal encephalitis.
- The case fatality rate is estimated at 40% to 75%. This rate can vary by outbreak depending on local capabilities for epidemiological surveillance and clinical management.
- Nipah virus can be transmitted to humans from animals (such as bats or pigs) or contaminated foods and can also be transmitted directly from human-to-human.
- Fruit bats are the natural host of Nipah virus.
- The 2018 review of the WHO list of Blueprint priority diseases indicates that there is an urgent need for accelerated research and development for the Nipah virus.

How can it be transmitted?

- It can be transmitted through fruit bitten, infected bats or pigs
- It can be also transmitted through contact of infected human



Symptoms of infection

- It may start occurring 4 to 15 days after infection
- Flu like symptoms: Sore throat, fever, muscle pain
- Respiratory infections: Difficulty in breathing, pneumonia
- Encephalitis (infection of the brain): Drowsiness, Dizziness and Confusion

What you must do to stay safe?

- Avoid close contact with infected individuals, wear masks if you are attending an infected patient
- Wash fruits thoroughly and peel skin prior to eating
- Avoid consuming partially bitten fruits and unprocessed fruit juices
- Maintain hygiene and avoid contact with animal pens

Treatment

There are currently no drugs or vaccines specific for Nipah virus infection although WHO has identified Nipah as a priority disease for the WHO Research and Development Blueprint. Intensive supportive care is recommended to treat severe respiratory and neurologic complications.



STEAMING GOODNESS



INGREDIENTS

- 4 cups finely chopped ripe tomatoes
- 3 whole black peppercorn • 1 ½tbs butter
- 1tbs plain flour • ¼ cup tomato puree
- 2tbs sugar • 1 ½tbs fresh cream
- Salt as per taste

METHOD: Mix tomato and peppercorn with 1 cup of water and cook for 8-10 minutes. Cool and blend the mixture till smooth. Sauté flour in butter for half a minute, add the mixture with one cup of water and salt and sugar as per taste. Cook for 5-10 minutes.

HEALTH BENEFITS

- Vitamin K & calcium are good for bones
- Strengthens heart and protects it from blockage
- Good for blood circulation & boosts nervous system
- Beneficial in weight loss

Tangy Tomato Soup

Broccoli Soup

INGREDIENTS

- 3 tbs butter
- ¾ cup broccoli florets
- 2 cups white stock
- ¼ cup chopped onion
- 2tbs plain flour
- 2 ½ cups milk

METHOD: Sauté broccoli and onion in butter for half a minute. Add white stock and cook till broccoli is cooked. Cool and blend the mixture to get a purée. Keep aside. Sauté plain flour in butter for half a minute, add milk and simmer for 5 minutes. Add purée, mix well and simmer for another 3-4 minutes.

HEALTH BENEFITS

- Source of Vitamin C, E and B6 to boost immunity
- Rich in calcium, essential for bone growth & weight loss
- Good for skin and eyes • Its anti-inflammatory properties are good for digestive system

Classic Chicken Soup

INGREDIENTS

- Chicken thigh cutlets (900g) • 1 large Onion
- 1 large carrot-peeled • 2 large garlic cloves, chopped
- 2 tbsp chopped parsley • 1 celery stick-chopped
- ½ tsp whole black peppercorns • 8 cups of water

METHOD: Mix all the ingredients in a large saucepan over medium-high heat. Bring to boil. Simmer and cook, cover for 30 minutes or until vegetables are very tender. Remove chicken meat from the bones and discard the bones. Chop the chicken and add to soup. Add salt as per taste.

HEALTH BENEFITS

- Helps ease nasal congestion
- Soothes sore throat
- Boosts immunity
- Keeps you hydrated
- Helps in weight reduction
- Good for digestive system





Diabetes Care

During Monsoon

With pouring rains comes the temptation to savor foods such as hot Pakodas, Vada pav etc. with some hot masala chai! However, for people with diabetes, taking care during monsoons is very crucial. Here are few handy tips to take care of problems the rains pose for diabetic patient:

- Keep a check on your eating pattern and habits, eat on time and maintain regularity to control insulin levels.

- Pay special attention to feet, keep them absolutely clean and dry to avoid invitation of bacterial and fungal growth. Always carry extra pair of footwear and avoid walking bare foot. A regular sesame oil massage of feet is good for diabetes.

- Monsoon is also the time for eye infection. Conjunctivitis, eye styes are very common in monsoon as there is direct contact between the eye and rainwater. In such case, maintain personal hygiene and avoid touching your eye or using contact lenses. Also, ensure a regular eye examination to avoid any such infection.

- Drink plenty of water; opt for coconut water over other aerated/caffeine containing beverages. You can also go for soups and ginger tea as they help building immunity.

- As diabetics tend to feel hunger more than non-diabetics, carry home cooked food, if you are planning a day out.

- Do not use hard plastic footwear as they can increase your risk of foot problems.



Food Choices for Diabetic patients during monsoon

TOMATOES: Eat them raw or cook them, they are nutritious in both natural and cooked state. They are non-starchy and thus make a good choice for diabetes patient.

EGGPLANTS: This fiber rich fruit helps in regulating blood sugar levels and in controlling glucose absorption, thus making them best option for Type 2 diabetes patients.

BELL PEPPERS: Belong to capsicum family and available in red, green and yellow color. They are enriched with vitamin C, carotenoids, flavonoids and essential fibers which help reduce the risk of diabetes.

YOGURT: A protein packed dairy product for adding a dose of probiotics in your diet to boost immunity.

WATERMELONS: Refreshing and hydrating, watermelon can fit into a diabetic meal anytime. Their inflammation fighting antioxidants reduce risk of complications of diabetes.

CUCUMBERS: Cucumber juice is rich source of hormones needed by pancreatic cells to produce insulin, making them a must have for a diabetic patient.

Its time to get your rain gear out!

Whether you are backpacking for a vacation or traveling to run your daily chores, you need to be ready with your protective gear during the rains. Here are few tips which can help you choose your rain gear smartly.



RAIN JACKETS

With a variety of rain coats/jackets available in the market it is often confusing to choose the right product. This time when you go to buy one, **look for a DWR tag, which stands for Durable Water Repellent.** It is a coating applied to fabrics to make them waterproof. The trick to keep water repellent quality of your raincoat for a long run is to treat it like a good pair of jeans and wash it when it starts to smell or gets dirty as dirt.



RAIN BOOTS

Shoes that protect your feet and keep them dry are as important part of your rainy day gear as your raincoat or umbrella. **Shoes that dry easily make your feet breathe easy** and have a good traction to prevent slipping and falling, important factors to consider. Include a pair of Gore-tex lined footwear in your walking gear for rainy days. These are light weighted and flexible shoes with waterproof qualities.



POLARIZED SUNGLASSES

It is a known fact that outside visibility is low during a rainy day, because of which driving can be a challenging. **Wearing polarized glasses when driving can improve visibility** as polarized lenses help neutralize scattered light and reduce glare.



Mobile Case

Water damage to your new expensive phone is not the best of situations. So to protect your phone against water damage, invest in water proof mobile case/pouch. There are many options available locally or on online stores, **pick the right one by checking their IPX rating**, which stands for waterproof rating. It is best to invest in a case/pouch with IPX8 rating as it provides protection to your device in water over 3 feet.



BIKING GLOVES

Biking in rain has its own fun but all the water is going to make your fingers numb. **This is why good, warm, waterproof gloves are a worthwhile investment.** Buy a pair of gloves which allow a great degree of breathability to your hands, which will curb perspiration, an important factor when it comes to comfortable riding. Look for gloves with Aquatex or Gore-tex fabric as they are waterproof as well as windproof.



Rainy getaways for your soul!



Kumarakom



Ladakh



Tapola



Mount Abu



Kausani

Monsoon is the best season to experience nature, when hills and mountains are covered with lush green blanket, flowers are in full bloom and lakes and rivers are bustling with volumes of water.

Kumarakom: It is a tourist paradise located near the city of Kottayam in Kerala. This place is a real monsoon treat with its lush flowery landscapes with multicolored plethora of bird species. The dancing palm trees and the exquisite houseboats just add on to its beauty. **Best Activities:** Bird Watching at the bird sanctuary spread across 14 acres and Ayurvedic therapies.

Wayanad: This is one of the best hills station in Kerala, strategically located between Western Ghats' Mountains giving travelers opportunity to enjoy the thrill of mountain climbing and hiking. Its wildlife sanctuary is home to

animals including Asiatic elephants, tigers and leopards. **Best Activities:** Trekking, hiking and sightseeing

Malsej Ghat : This hill station is a mountain pass in Western Ghats range located near Pune, Maharashtra. It is a perfect destination for weekend getaways, mostly favored by hikers and trekkers. One can also witness endangered species of fauna. Migratory orange and white flamingoes are the main attractions of this place. **Best Activities:** Bird Watching, hiking and trekking

Tapola Mahabaleshwar: It is a famous tourism place also known as mini Kashmir of Maharashtra. Monsoon renovates the look of this place with a blanket of different shades of green dotted with beautiful and colorful wild flowers. Shivsagar lake, boating, view of picturesque forts and opportunity to trek are the main attraction of this place. **Best Activities:** Trekking, sightseeing and boating.

Kausani: It stands proudly as favorite monsoon destination. This hill station is situated in Bageshwar district of Uttarakhand. Enclosed amidst beautiful pine, oak and deodar forests and providing a glimpse of breathtaking view of Himalayas. **Best Activities:** Watching Nanda Ghunti, Trishul, Panchachuli and Chaukhamba peaks of Himalaya Mountain Range along with trekking.

Leh Ladakh: It is an incredible place to behold. Monsoon is the best time to capture Leh Ladakh in your memory. A favorite choice of adventure seekers, this remote destination offers you a view of rugged deserted hills, crystal clear lakes and serene Buddhist monasteries. **Best Activities:** Trekking, jeep safaris, cycling, white water rafting, masked dances at Gompas and indulging in a plate of steaming hot momos and thukpa.

Mount Abu: It is the right choice for those who are looking for a perfect dose of nature, spirituality and adventure. Water full waterfalls, scenic mountains romancing with mist and numerous temples dotted all over the place add to the charm of this lovely destination. **Best Activities:** Trekking and sightseeing.

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