



### What our readers say about R HealthBeat

Probably, this is one of the excellent magazine by any Insurer which I ever came across as you provide variety of topics which are really helpful and some of the topics are so motivating which takes you to peak levels of anything, be it health or otherwise.

In this issue, I liked special focus on Albert Einstein, a Genius, who had not only been a guiding force to entire humanity on this Planet but also provided a challenging basis for modern physics. We need not believe that a Genius has special type of brain but creative thinking makes you so.

You are taking good care in presenting the ideas. All the best.

Mr. M.A. Niranjana, Dy. General Manager,  
J.B. Boda Insurance Brokers

Normally I don't have time to do justice to the large number of Health related Magazines or Reports that are placed on my desk. Maybe just a casual glance is all that I do. But your Magazine was quite captivating in its presentation – slim, crisp, informative and of contemporary relevance. I had gone through the pages entirely and have shared it with few others. Please accept my compliments.

D. Samadar, Managing Director,  
Peerless Hospitex Hospital And Research Center Limited



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**RELIANCE**

General Insurance

**R HealthBeat**

Quarterly Health Magazine-Vol.7, September 2015

**A 9 Month Miracle**



**League  
of Extraordinary**

**Learn  
to save a life**

**6 Super Food  
Duos**

**Trust your  
gut**



You could write to us at [rgicl.rcarehealth@relianceada.com](mailto:rgicl.rcarehealth@relianceada.com) for charting out an exclusive Wellness program for your group.

## CEO Speak...

Dear Readers,

Greetings from Reliance General Insurance!

Soren Kierkegaard said "Life is not a problem to be solved, but a reality to be experienced!". A very warm welcome to 7<sup>th</sup> edition of R Health Beat. This quarter we are Celebrating Life! So experience the wonderful realities of Life with our latest edition.

Development of life is among the most beautiful wonders of nature! What happens in those 9 months and how does a single cell of the human body develop into a full grown baby.

“ Let's focus on some beautiful moments of gestation from heart development to development of footprints to baby kicking, in our "Did you Know" section on Development of Life ”

Someday we might be in a situation where we can save a life but only if we knew how it is done. Learn about Basic Life Support (CPR) in our "Doctor's Corner" and save a life!

Japanese have the longest average life span in the world. It is attributable to not only the food they indulge in, but also the fitness regime they follow. Know about Japanese secrets to longevity in our "Fitness Today" section.

Foods pack an extra & bigger nutritional punch when paired up. Let's have a look at the 6 dynamic food duos when it comes to nutrients which proves that two can be better than one in our "Diet and Nutrition" section.

Humans are the most evolved species by far but among us have lived some extraordinary species about whom many of us are unaware of. The Leisure section unleashes their super powers. Read to know more.

Hope you enjoy reading and sharing these little secrets of life!

Wishing you a healthy life!



**Rakesh Jain**

Chief Executive Officer  
Reliance General Insurance



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## Reach Us

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for more articles and updates on Healthy living and Wellness.

You could also write to us at [rgicl.rcarehealth@relianceada.com](mailto:rgicl.rcarehealth@relianceada.com)

with your comments and suggestions or for charting out an exclusive Wellness programme for you.

## Editorial Team

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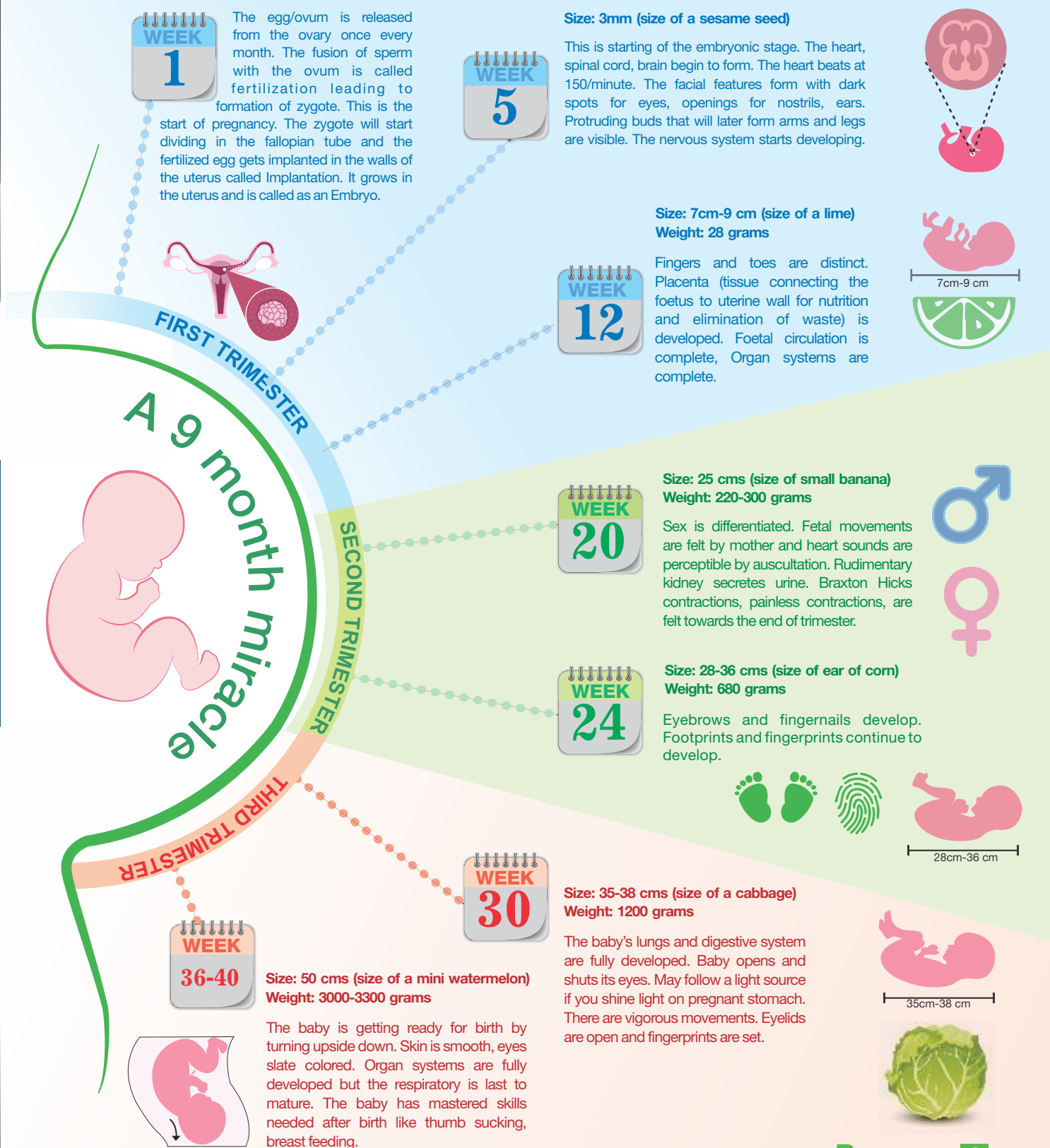
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## Did You Know?



## Are you ready to tackle an emergency?

### Learn Basic Life Support because...

- About 92 percent of cardiac arrest victims die before reaching the hospital,
  - Only 32 percent of cardiac arrest victims get Cardio-Pulmonary Resuscitation (CPR)
  - Immediate CPR can improve the chances of survival by 300%
- Awareness about the basics of life saving measures is the need of the hour. Emergencies can happen anytime, anywhere. Attention and quick actions is what could make the difference between life and death.

### What is Basic Life Support (BLS)?

The medical care received by a person with life threatening illness or injury, in a pre-hospital scenario, before getting full medical care is widely known as BLS. BLS promotes adequate blood circulation in addition to breathing through a clear airway also referred to as ABC of BLS:

#### Airway

Protection and maintenance of a clear passageway for exchange of gases (principally oxygen and carbon dioxide)

#### Breathing

Inflation and deflation of the lungs (respiration) via the airway

#### Circulation

Providing adequate blood supply to all organs.

### What is CPR?

Cardio-Pulmonary resuscitation (CPR) is an emergency lifesaving procedure that is done on an unconscious person whose breathing or heartbeat has stopped. CPR combines rescue breathing and chest compressions.

### How is CPR done?

#### Call:

Check the victim for unresponsiveness. If the person is not responsive and not breathing check for carotid pulse and call for medical help.

#### Pump:

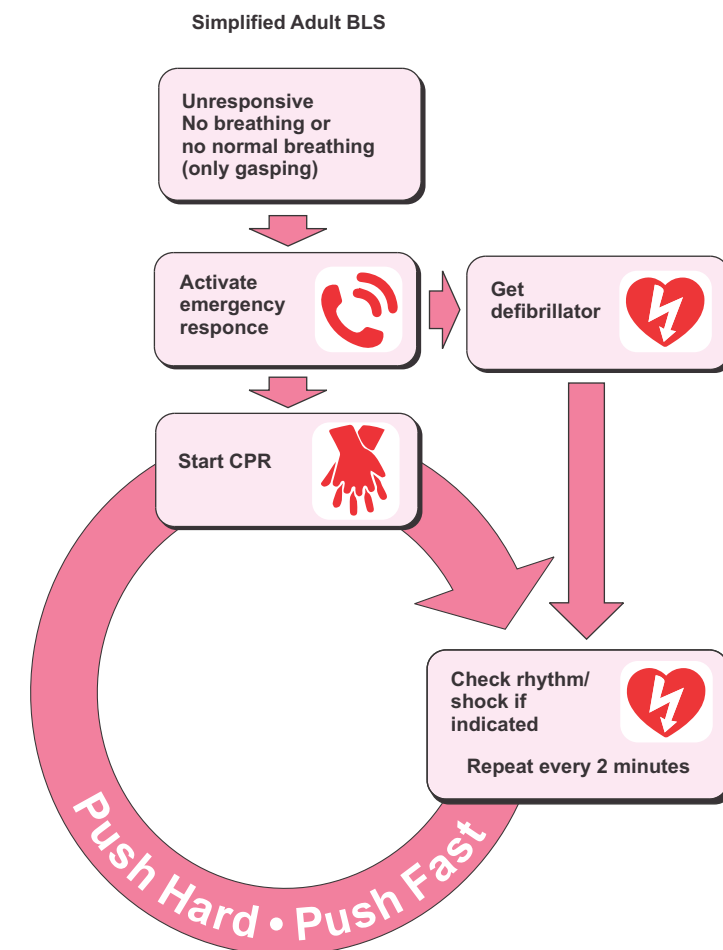
CPR begins with compressions delivered hard and fast in the middle of the victim's chest. The rescuer should place the heel of one hand on the center of the victim's chest and the other hand right on top of the first with fingers intertwined. Chest compressions create blood flow by increasing intra-thoracic pressure and directly compressing the heart. This generates oxygen delivery to the vital organs including the heart muscle and brain. Each compression should be at least 2" deep and delivered at a rate of at least 100/minute.

#### Blow:

After giving 30 compressions tilt the head back and lift the chin or jaw thrust. Pinch the victim's nose to shut it using your forefinger and thumb; cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second.

#### Repeat:

Immediately start chest compressions again. Continue 5 sets of 30 compressions and 2 breaths until the ambulance arrives to take over or an Automated External Defibrillator (AED) arrives. As soon as an AED becomes available it should be turned on and its instructions followed to connect it to the patient.



### Choking

Choking is blocking of airway when a foreign object gets lodged in the throat or windpipe. Blockage may be by some food item or some small objects swallowed in case of children. Choking cuts off Oxygen to the brain hence first aid is to be administered as quickly as possible.

The universal sign for choking is hands clutched to the throat. If the person doesn't give the signal, look for indications like Inability to talk, Difficulty breathing or noisy breathing, Inability to cough forcefully, Skin, lips and nails turning blue or dusky, Loss of consciousness.

If the person is choking, first call for help. Then perform abdominal thrusts as follows:

- If the person is sitting or standing, position yourself behind the person and reach your arms around his or her waist. For a child, you may have to kneel
- Place your fist, thumb side in, just above the person's navel (belly button)
- Grasp the fist tightly with your other hand
- Make quick, upward and inward thrusts with your fist
- If the person is lying on his or her back, straddle the person facing the head. Push your grasped fist upward and inward in a movement similar to the one above
- You may need to repeat the procedure several times before the object is dislodged

### Burns

First response:

#### Thermal Burns:

- Heat burns: Apply water or cover with blanket to smother flames. If clothing catches fire, drop and roll on the floor to smother flames.
- Liquid scald burns: Run cool tap water over the burn for 10 to 20 minutes. Do not use ice.

#### Chemical Burns:

- Flush the area with water for 20 minutes. If possible don't use strong stream of water
- As you flush the burn (not before), remove jewelry or articles of clothing with chemical on them, unless they're stuck to the person's body.
- A small burn area can be covered with dry, sterile gauze or clean cloth

#### Electric Burns:

- Do not touch the "electrified person" with your hands.
- Unplug the appliance or turn off the main power switch.
- If the person is not responding, start CPR.

### Certification for BLS Training:

Various hospitals and institutes provide American heart Institute certified BLS training. To name a few are International training center (Medanta, Gurgaon), KIMS (Kerala), Institute of Health and management (Kochi) and Apollo Hospital (Hyderabad).

### Emergency Contact Nos :

Emergency Contact	Contact No.
Ambulance Help line	102
Centralized accident and trauma services (CATS)	1099
Fire control	101
Emergency response service for medical, police and fire emergencies. Available in Andhra Pradesh, Gujarat, Uttarakhand, Goa, Tamil Nadu, Rajasthan, Karnataka, Assam, Meghalaya, Madhya Pradesh and Uttar Pradesh	108

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Consultant – Emergency Medicine,  
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# Live the Japanese Way....

Did you know that Japanese are 8 times less likely to die from coronary heart disease, 7 times less likely to die from prostate cancer, 6.5 times less likely to die from breast cancer, and 2.5 times less likely to die from colon cancer than an average person of the same age?

International Obesity Rates*	
3%	Japan (Lowest in the world)
11%	France
20%	India
32%	America

\*As per International Obesity Task Force

Average lifespan around the world	
66 years	India
79 years	America
81 years	UK
84 years	Japan (Highest in the world)

The secret of longevity in Japan is attributed to their simple and effective exercises for the entire body while incorporating a healthy diet regimen.

**Tabata:**  
Tabata is a High Intensity Interval Training (H.I.I.T) workout that lasts only four minutes, but is one of the longest four minutes you'll encounter. Tabata workout starts with intense workout of 20 seconds that includes large muscle groups, rest for 10 seconds, back to 20 seconds of same workout. After completing 8 rounds of one exercise, rest for 1 minute followed by other exercises like squats, sit ups, rows following same structure.

If you are running short of time Tabata is one of the best choices you will make. Incorporate this to your workout sessions to improve endurance, and overall fitness.

**Radio Calisthenics:**  
Also referred to as "radio exercises" is an integral part of Japanese culture as every Japanese is trained in them.

They are a mix of simple warm up exercises performed on music played by NHK radio every morning. It consists of dynamic stretching, light body movements, and breathing techniques. It helps to improve flexibility, metabolism, and helps in stiff shoulder and back pain relief. It benefits the visceral and cardio-respiratory functions, and helps people shape up.

**Japanese Diet:**  
Diet is one of most important reasons of high life expectancy in Japan. The food includes lots of fish, fresh green vegetables, soy products, fermented foods, and nutrient-packed seaweed. Fermented Soybeans also called as Natto is a famous Japanese dish apart from tofu, Edamame beans and Soy sauce. Six zero or no calorie food items famous in Japan are Daikon, Kombu, Konnyaku, Shirataki, Kanten, Shiitake. Also something unique about Japanese food is that Japanese cooking method uses water and steam to cook, not oil.





Sources:  
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# The Tabata Workout....

The 4 minute fat-burning miracle workout that could replace your hour-long run  
Welcome to the world of "Tabata", a Japanese version of High-Intensity Interval Training

Tabata Method

-  Dr. Izumi Tabata in 1996
-  Total Workout time = 4 minutes
-  High-intensity spurts at 170% of VO2 MAX\*
-  Recommended frequency: 2-4x per week

\*VO2 Max: the optimum rate at which the heart, lungs, and muscles can effectively use oxygen during exercise.

What can be done in Tabata:

- # Burpees
- # Push-ups
- # Mountain Climbers
- # Body Weight Squats
- 3 Rounds | 20 sec workout | 10 sec rest

The Science behind Tabata:

Tabata maximizes both aerobic and anaerobic fitness, while cardio addresses aerobic only  
Aerobic respiration requires Oxygen to generate energy (ATP), while Anaerobic respiration does not.  
Tabata affects muscle tissue at cellular level, affecting its mitochondria

**Benefits of Tabata:**  
Studies show that 27 minutes of Tabata -3 times a week produces the same results as 60 minutes of cardio 5 times a week  
You burn more calorie at rest as it increases your basal metabolism  
It keeps you happy by increasing body's natural depressants – endorphins  
Note: Always speak with your doctor / fitness expert before engaging in any new physical activity





# Electronic Aspirin



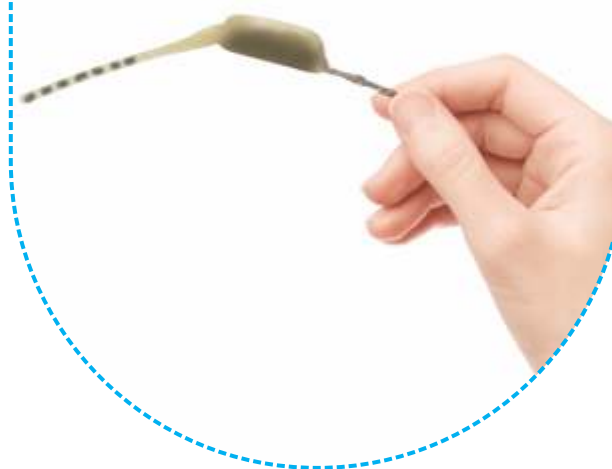
Here is a closer look  
at the future of an  
Implanted Device

### A new invention to tackle migraine

Electronic Aspirin is a medical technology still under clinical investigation that helps patients relieve pain, such as chronic headaches, migraines or facial pain- when a standard aspirin tablet is ineffective. Researches have shown that Sphenopalatine Ganglion (SPG) nerve cluster (sympathetic, parasympathetic and some sensory) is thought to be attributed to nasal problems, migraines, cluster headaches and other miscellaneous pains in the head and face areas. It lies in a bony cavity called the pterygopalatine fossa, which is deep in the midface.

The system involves the permanent implant of a small nerve-stimulating device in the upper gum on the side of the head, which is normally affected by headache. The lead tip of the implant is connected with the SPG bundle, and when a patient senses the onset of a headache, he/she places a handheld remote controller on the cheek nearest the implant. The resulting signals stimulate the SPG nerves and block the pain-causing neurotransmitters.

It is a great creative tool that is created with the help of latest technological aid and to those people who suffer with prolonged headaches and migraines can get relaxed out of its inconvenience and consequences so easily with this milestone technology creation.



# Mobile apps



## 3D Human Anatomy Atlas

Your guide to Human Anatomy !

It is a human anatomy learning and teaching app, featuring anatomical models with over 2,500 structures. The screen that allows you to choose between hundreds of different views organized regionally and by anatomical system. Tapping on anatomical structures gives their name and shows the anatomical hierarchy to which they belong. Definitions and a search function are also included . The 3D interface and its high resolution graphics makes this app a real eye catcher.

### Availability

Purchase the app on the Play store and iOS.

## Timeful

Your new Personal Assistant!

A new time-management and scheduling app called Timeful (helps you make the most of your time. One can create a new to-do in categories like personal, work, fun, important and custom, each with their own color. It's a habit-forming app: you can choose from a list of recommended good habits or create your own, and set a frequency and duration for it. The app connects to other calendars you already use, such as your iCloud Calendars and Google Calendars, to know when you're already booked.

### Availability

Download the free app on the Play store and iOS and offers in-app purchases



## 94%

Its all about Guessing Right in 94%!

Here players are given a word, phrase, or category and are tasked with listing off what 94% of players answered. The topics ranged from the simple word "Mouse" to the phrase "A Change Of..." and included lists like "Things you'd find in a pencil case." There are also simple images that are presented to the player with the same objective. The game has many levels, and although the questions might sound easy, you will spend a huge time guessing each one.

### Availability

Download the free app on the Play store and iOS and offers in-app purchases

# Superfood duos for Better Health

Superfoods are commonly thought of as the superheroes of nutrients. By adding the below superfood duos to your diet, the overall health benefits increase enormously.

**Dark Chocolate and Apple**

Want to keep your heart young ? Apple skins are loaded with anti-inflammatory compound that keeps your heart young and healthy. Together, dark chocolate and apples have the potential to improve cardiovascular health. This anti-oxidant heavy duo is known to reduce your risk of heart disease and prevent blood clots.

**Garlic and Salmon:**

Besides making fish more palatable, this superfood duo is known to decrease the risk of heart disease. Garlic is one way to make your fish more flavorful. Together, the two foods may also work to decrease your risk of heart disease.

**Turmeric and Black Pepper**

Black pepper contains piperine helps to reduce pain. Turmeric on the other hand is a healing spice which consists of curcumin . Curcumin is an effective anti-inflammatory that is used as a treatment for rheumatoid arthritis.

**Bananas and Yogurt**

Accelerate your muscle recovery after an intense and muscle strengthening workout. A smoothie containing bananas and yogurt for better absorption of muscle-repairing glucose and amino acids.

**Green Tea with Lemon**

Adding lemon juice to green tea increases the benefit of the powerful catechins green tea contains – making tea five times stronger. Adding lemon to green tea also slows the breakdown of these antioxidants in your digestive system so your body achieves more complete absorption.

**Peanut Butter, Dark Chocolate and Milk**

Creating a 'peanut butter cup smoothie' is a quick and delicious way to strengthen your heart and keep your bones strong. The combination of monounsaturated fat in peanut butter helps the body absorb more vitamin D from milk than was possible from drinking milk alone. Boost the effects even more by adding fresh berries!

So be healthwise and supercharge your health with these amazing duos that pack an extra punch and taste great together !



# Grilled Salmon-Licious Lunch with Indian Spices & Raita

**Ingredients**

Coarsely chopped peeled fresh ginger	.....1/2 cup
Vegetable oil	.....1/4 cup
Garam masala	.....1 tablespoon plus 1 teaspoon
Cloves, coarsely chopped	.....2 garlic
Ground coriander	.....2 teaspoons
Ground cumin	.....1 1/2 teaspoons
Boneless salmon fillet, skin on	.....1 2-pound center-cut piece
Salt and freshly ground black pepper	.....1 tsp
Plain whole-milk yogurt	.....1 cup
Finely chopped peeled, seeded cucumber	.....3/4 cup
Finely chopped fresh cilantro, plus more for garnish	.....2 tablespoons
Fresh lime juice	.....1 tablespoon

**Method**

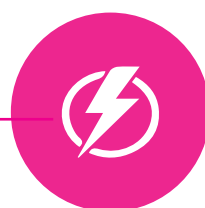
Prepare grill (medium-high heat). Purée ginger, 1/4 cup oil, 1 tablespoon garam masala, garlic, coriander, and cumin in a blender until coarse purée forms. Put salmon into a baking dish and season with salt and pepper. Coat salmon with ginger puree. Let it marinate at room temperature for 15 minutes. Meanwhile, stir yogurt, cucumber, cilantro, scallions, lime juice, and remaining 1 teaspoon garam masala in a medium bowl. Season raita to taste with salt and pepper. Brush the grill rack with oil. Brush off marinade for easier grilling, or leave it on for a better crust. Grill salmon, turning once, until it just begins to flake in center, 4-5 minutes per side. Transfer salmon to a platter. Garnish with cilantro. Serve with raita.





## The League of Extraordinary... Unleashing the Super-Powers.....

When Stan Lee created the Marvel Comics he took everyone to an unbelievable world of superheroes. We have all been fascinated by these superheroes for ages and agree or not at some point we all have dreamt of having these superpowers. Throughout history, evolution and genetic mutation have endowed humans with astonishing new abilities. Here are some real people with extraordinary powers...



### Electricity resistant body

The Electric Man  
Name: Rajmohan Nair | Country: India

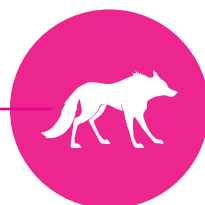
Rajmohan Nair is the real life X-Man. He is immune to electric current 30 times the amount that can kill a normal human being. He can power up a light bulb or a blender by grabbing two live wires and allowing massive amount of current to pass through his body.!



### Psycho kinesis (Mind over Matter)

Magnetic Man  
Name: Miroslaw Magola | Country: England

Miroslaw Magola has the mind power to influence objects. He defies gravity and can move objects through the air and stick them to his body irrespective of the weight of the object! With his mind power he can spin, shake objects mid air.



### Communication with wolves

Wolf-Man  
Name: Shaun Ellis | Country: England

Shaun Ellis lives and communicates with wolves! He can use the sense of sound and smell at night to find way through jungles while studying wolves! He has stayed with wolf packs for a year.

## Trust Your Gut

Apart from being just an alimentary canal for digesting food and expelling wastes, the Gut influences our whole body, including the way we feel & think.

### BE GOOD TO YOUR GUT



If you have acid reflux it's actually is a good idea to stop eating 2-3 hours before bedtime, just to cut down on symptoms.



Always keep in mind that late night meals can lead to overeating –plan your meals out ahead of time



Eating super late may even cause one to skip breakfast - the most important meal of the day

### FACTS



Referred to as "The Second Brain- the enteric nervous system," equipped with its own senses & reflexes, it also has the ability to act independently and influence behavior. The Second Brain is so powerful that it regulates your mood as it supplies over 95% of the mood-boosting serotonin & 50 % of the dopamine found in our body.



Our Gut influences HOW MUCH WE EAT – The Hormones such as pancreatic polypeptide and glucagon-like peptide 1 are released when we eat, thereby acting as neurotransmitter that inform our brain when to stop eating

### SLOW DOWN!

If you've been eating too fast and scoffing down our food with very little chewing, there is a fair chance of some inflammation somewhere in the gastrointestinal tract. Slowing down your eating and chewing well produces more saliva with more epidermal growth factor to give any possible inflammation of the GI tract a chance to heal.

Beat the urge to drink water during meals

Drinking plenty of water between meals, before and at least an hour (preferably two) after, is good for digestion. It also helps you to eat less & to lose weight as we tend to confuse dehydration with hunger.

### Infuse these Gut-Friendly Soothing Herbs in your Diet

#### Peppermint

Calms digestive spasm  
Reduces pain & discomfort



#### Fennel seeds

Relieves nausea  
Helps indigestion & bloating



#### Oregano

Anti-inflammatory herb  
Also a great additive to food

