

## EDITORIAL



Hello WHealth readers,  
 “How was your valentine’s day?” The question itself must have brought a great nostalgic memory and a pleasant smile on your face. Whichever part of the world you are in, February is the month that highlights love ...may it be love for best friend, love for spouse. Now a day’s love is celebrated with the extended meaning. People take this opportunity to wish parents, children, siblings and many other forms of relationships and express their gratitude and liking.

Most of the times what’s missed by most of us is ‘love thyself’. Does this ‘love for self’ mean ‘ego’? Definitely not. ‘Love myself’ profoundly expresses the care that the body and soul needs to be healthy and happy. When strenuous routines, uncaring lifestyles, busy schedules and many more reasons make a person forget own health, valentine’s day should serve as an annual reminder to review self-needs and take corrective steps to look after the most important person in your life – YOU.

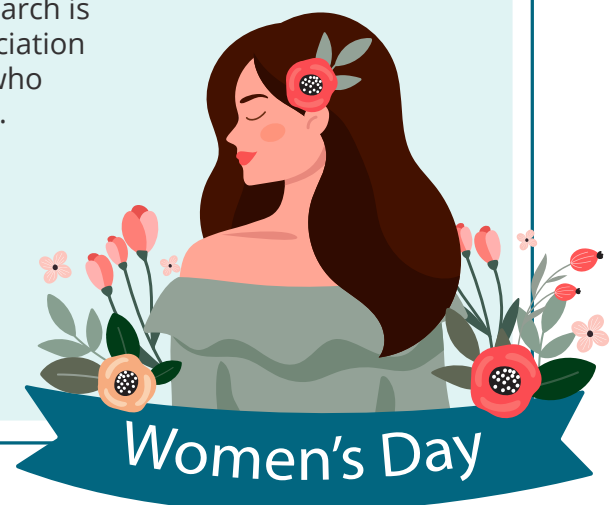
Now March has tiptoed with ‘women’s day’ bells ringing around. Whether you are a man or a woman, you see women around you playing many roles – a home maker, caring daughter, responsible daughter-in-law, loving wife, supporting sister, helping colleague, considerate boss. March is the month of appreciation for all those ladies who make our life happy.



### Aruna Howal

India Leader - Health and Benefits, J B Boda Insurance and Reinsurance Brokers.

**This March, Celebrate Women’s Day, Celebrate life.**



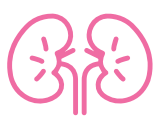
## TRENDING THIS MONTH



# Kidneys

## The Wonder Organ

March is the Kidney month . . . strives to highlight importance of kidney health in our lives



### Kidney facts

1

- A pair of bean-shaped organs on either side of your spine, below your ribs and behind your belly.
- Each kidney is about 4 or 5 inches long, roughly the size of a large fist.
- It is fluid filtration unit of the body & filters around 8 litres of blood every hour
- 20-25% of blood from heart passes through kidneys
- Kidneys keep performing until they have lost 75 to 80% of their function

Healing and immunity are directly proportional to elimination of toxins and waste from the body. And the organ that takes complete responsibility for this function is the kidney. **It’s a wonderful organ whose optimal functioning is paramount to good health.**



### Know about Kidney tests

4

- **Urine test called ACR or Albumin to Creatinine Ratio:** Presence of albumin (protein) indicates compromised kidney function
- **Blood test called Serum creatinine test that helps calculate GFR or Glomerular Filtration Rate:** Kidneys normally filter Creatinine generated by body muscles. Creatinine presence in blood indicates impaired filtration.
- **BUN or Blood Urea Nitrogen:** This test detects nitrogen in blood, which is the end product of breakdown of proteins. Higher BUN levels indicate kidney function issues
- **Ultrasound sonography, CT scan & Biopsies** are advised if further investigation is needed



### Kidney functions

2

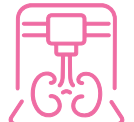
- Maintains fluid volume in the body
- Regulates blood pressure
- Maintains level of minerals like sodium & potassium in the body
- Filters waste from body like excess minerals, drugs etc
- Produces vitamin D, crucial for calcium absorption & healthy bones
- Controls hormones responsible for the production of red blood cells.



### Time to test for kidney function when you observe

3

- A change in how much you urinate
- Foamy, bloody, discolored, or brown urine
- Pain while you urinate
- Swelling in arms, wrists, legs, ankles, around your eyes, face, or abdomen
- Restless legs during sleep
- Joint or bone pain
- Pain in the mid-back where kidneys are located
- Tiredness & fatigue all the time



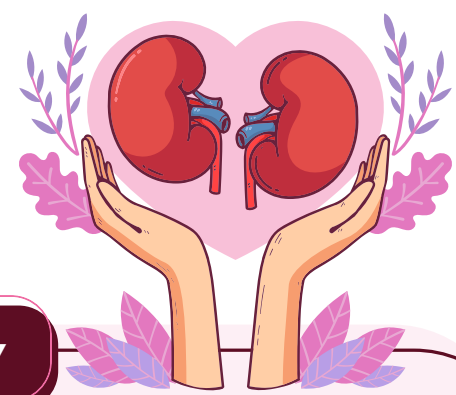
### How often should you test kidney function?

5

Since most people with early kidney disease do not have symptoms, it is safe to keep testing to detect aberrations early. NICE (National Institute of Health & Care Excellence), UK suggests a test every 3 years from the age of 25 years.

**For high risk people, the kidney function tests are recommended annually.**

- Age 60+
- Smokers
- Obese people
- Diabetes
- High Blood Pressure
- Cardiovascular disease
- Family history of Kidney Disease
- Race and ethnicity: African Americans, Hispanics, Asians, American Indians and Pacific Islanders

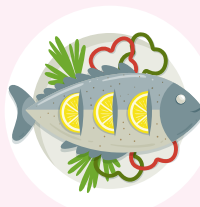


## How to keep your kidneys healthy



### Keep active and fit:

Find an activity that keeps you busy and have fun like walking, running, cycling, yoga and even dancing.



### Focus on eating fresh

ingredients that are naturally low-sodium, such as cauliflower, blueberries, fish, whole grains, and more.

### Control your blood sugar:

High blood sugar puts extra pressure on kidneys leading to early damage



### Drink plenty of fluids:

Stay hydrated and help clear excess sodium and toxins in the body

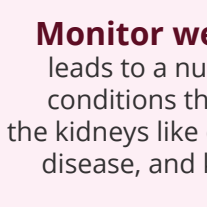


### Monitor blood pressure:

High blood pressure can cause kidney damage.



**Don’t smoke:** Smoking damages your body’s blood vessels. This leads to slower blood flow throughout your body and to your kidneys. Smoking also puts your kidneys at an increased risk for cancer.



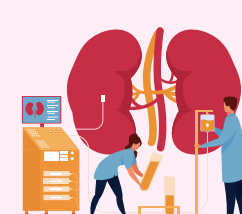
**Monitor weight:** Obesity leads to a number of health conditions that can damage the kidneys like diabetes, heart disease, and kidney disease.



**Be aware of the amount of OTC pills you take.** Regular use of ibuprofen can damage kidneys



**Eat healthy diet:** A healthy diet that’s low in sodium, processed meats, and other kidney-damaging foods like carbonated drinks, canned food, pickles, brown breads/ rice may help reduce the risk of kidney damage.



**Get your kidney function tested** if you’re at high risk

• <https://www.webmd.com/a-to-z-guides/qa/what-are-signs-that-something-is-wrong-with-my-kidneys>  
 • <https://blog.renady.com/kidney-health/kidney-functions/#:~:text=%E2%80%9CKidney%20Month%E2%80%9D%20resulted%20in%20millions,Pressure%20is%20a%20serious%20illness.>  
 • <https://www.healthline.com/health/kidney-health>

**HEALTH@HOME**



*Yummy & Healthy*  
**EGGLESS  
WHEAT CAKE**



Appreciation comes in many forms, one of them being a thoughtful yummy delicacy as a gift to your loved ones. For men who want to appreciate the role of mom or sis or wife in their life in this Women's Day month and for all women conscious of health and yet looking for healthy recipe, here we present an easy **EGGLESS WHEAT CAKE** recipe.

**What's healthy about it?**

- **80% maida replaced by healthy wheat flour**
- **No refined sugar. Use jaggery, if possible organic jaggery**
- **No unsaturated fat. Use regular cooking oil or coconut oil**

**Ingredients**

200 ml (¾ cup) Water; 240 grams - (1 cup) Jaggery, roughly chopped; 110 grams (1 cup) Whole wheat flour; 40 grams - (2 ½ tsp)- All-purpose flour; 2 tsp - Baking powder; 1 tsp - Baking soda; ¼ tsp - Salt; 1 tsp - Vanilla essence; 6 tbsp - Cooking oil; 2 tbsp - Almond flakes for garnishing. Add more dry fruits if desired

**Recipe**

- In a pan combine the chopped jaggery with water and boil until completely melted. Strain this mixture and let it come to room temperature
- In another bowl, combine the whole wheat flour, all-purpose flour, baking powder, baking soda, and salt. Mix well
- Add the jaggery liquid, vanilla essence and oil to the dry ingredients. Whisk well, making sure there are no lumps
- Transfer the batter into a 7-inch baking dish lined with parchment. Sprinkle some almond flakes if you'd like. Bake at 180 degrees C for 40 mins or until an inserted skewer comes out clean

**Surprise your loved ones with this sumptuous healthy cake and show them that you care.**

**WHEEL OF WELLNESS**



*When it comes to health, we talk about food, exercise and lifestyle. But what we miss often is the most important ingredient of our diet –*

**Water**

**Why should you drink enough water?**

Almost 70% of human body is made up of water. Water plays a major role in our digestion & metabolism. Other health benefits of water are it keeps skin and joints healthy, helps weight loss, relieves fatigue, regulates body temperature, prevents headaches and migraine, solves bad breath & also reduces the risk of cancer.

**How much water should one drink per day?**



**Men:**  
2.5 liters  
(10 glasses)



**Women:**  
2 liters  
(8 glasses)

**Ayurveda tips to get maximum benefits from water that you drink**

- Sit down to drink water rather than standing
- Avoid gulping down large volumes of water in a single breath, particularly during meals
- Drink room temperature water, warm is even better
- Drink only when you are thirsty
- Know the indicators your body gives you when you are thirsty like dark urine, dry chapped lips
- Drink 2 glasses of water first thing in the morning
- Drink water stored in silver and copper vessels
- Drink water 30 minutes before meals
- Avoid drinking water just before and after meals
- Always drink plenty of water before and after the strenuous activities like exercise, walks, exposure to sun
- While sitting in air-conditioned room for long, drink lot of water



<https://food.ndtv.com/health/7-ayurvedic-tips-to-drink-water-that-you-didnt-know-1686718>  
<https://www.avanarogya.in/blog/panchakarma/the-correct-way-of-drinking-water-as-per-ayurveda>  
<https://www.healthline.com/nutrition/how-much-water-should-you-drink-per-day#weight-loss>

**FUN THERAPY**



**Do you know them?**



**1**  
The first **woman Prime Minister** of India



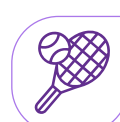
**2**  
The first **Indian woman in space**



**3**  
The first **woman police officer** in India



**4**  
The first **female judge** in India



**5**  
The first ever Indian **woman to win a Women's Tennis Association (WTA) title**



**6**  
The first Indian to win a **medal in Badminton at Olympics**



**7**  
The first Indian woman to reach the **summit of Mount Everest**



**8**  
The first woman **IAS officer** of India



**9**  
The first woman **pilot to fly solo in the Indian Air Force**



**10**  
The first Indian woman to **join the Indian Army**

Please find answers hidden in the newsletter

## THE HEALTHY INDIAN THALI



# ANDHRA THALI



There are two schools of thought how Andhra Pradesh has got the name. As per one, Andhra has emerged from andh (darkness) + dhara (wear), one who receives or wears "Darkness". This refers to the skin colour of people in the area. Another nemesis theory states that the word ANDHRA is derived from SANSKRIT which means "SOUTH", indicate southward journey of Aryans.

Andhra traditionally has been incredibly rich in culture and heritage and hub of arts like Batik and Kalamkari. Being the largest producer of rice, Andhra Pradesh is also known as 'Rice Bowl of India'. Obviously the food habits in AP dominate use of rice with lemon rice, tamarind rice and biryani being the delicacies. Other major crops are sugarcane, cotton, chilli pepper, mango, and tobacco. The chilli production reflects in Andhra recipes, as most recipes are hot & spicy and includes lot of chutneys and pickles. Since the state has a long coastline, the cuisine has lot of sea food comprising of prawns and fishes apart from vegetarian food. The cuisine of Hyderabad has been influenced a lot by the Nizams as well as marked by its rich flavours and textures. The super delicious Kebabs, Kheemas, Biryanis, are some popular dishes from Hyderabad.

### Glimpse of Andhra Thali

- **Garelu or meduvada** – fried lentil vadas with coconut chutney and Charu (Rasam)
- **Bangala dumpa vepudu** (Potato curry) – in dry or curry form
- **Aritikaya avapetti kura** (Raw banana curry)
- **Mudda pappu** (Simple, plain daal)
- **Dondakaya Vepudu** (Ivy gourd saute)
- **Kakara kaya Vepudu** (Bitter gourd saute)
- **Munakkaya masala kura** (Drumstick curry)
- **Mukkala pulusu** (Tamarind based curry)
- **Annam** (Steamed plain white rice)
- **Nimmakaya Pulihora** (Lemon rice)
- **Accompaniments** - Neyyi (Ghee), Vadiyalu (Fryums), Kobbari Chutney or pachadi (Coconut chutney), Perugu (Curd), Uppu (Salt), Aavakaya (Mango pickle), Poppadoms (Papads)
- **Sweets** - Bobatalu (Parathas with a sweet stuffing), Saggubiyam semiya payasam (Sabudana / sevaya kheer)
- **Mirchkasalan** (Biryani)

Answers to Fun therapy : 1. Indira Gandhi, 2. Kalpana Chawla, 3. Kiran Bedi, 4. M. Fathima Beevi, 5. Sania Mirza, 6. Saina Nehwal, 7. Bachendri Pal, 8. Anna Malhotra  
9. Harita Kaur Deol, 10. Priya Jhingan

**Disclaimer :** By using or accessing the brochure, you agree with the Disclaimer below without any qualification or limitation. The statements made in this brochure are only for information purpose and not for the purpose of medical advice or guarantee of outcome. If you need medical advice, they should consult a doctor or other appropriate medical professional. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. does not assume liability of the information on this brochure and no representation or warranty has been expressly or impliedly given as to its accuracy, completeness or correctness. The information provided has been gathered from reputable sources such as the website of Ministry of Health and Family Welfare. However, J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. is not responsible for errors of omissions in reporting or explanation. No individuals should use this information contained in this brochure for self-diagnosis or self-treatment any health related condition. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. reserves the right to modify, alter, add and delete any one or more of the information provided in the brochure. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. shall be under no obligation to notify you of the amendment to the information. No warranties or assurances are given in regarding the accuracy of the information supplied in this brochure, and that no liability will accrue to J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. in the event that you suffers loss as a result of reliance upon the information provided in this brochure. You are responsible for your health and safety at all times. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. does not warrant that any insurance related information provided in this brochure, represents coverage provided to any insured, or are consistent with any present, future, local, state, or central laws, administrative rules, or prevailing case law. Any reference to insurance documents is only for general information and should not be used to claim coverage under any insurance policy.

For feedback please write to aruna.howal@jbbodamail.com

J B Boda Insurance and Reinsurance Brokers Pvt Ltd - Registered Office Maker Bhavan 1 Churchgate, Mumbai - 400020, Maharashtra, India. www.jbboda.net  
CIN: U66010MH2002PTC138193 License Number: 133 ( 17 Mar 2018 to 16 Mar 2021)  
Copyright © 2020 J B Boda. All rights reserved.