

### WORLD VEGETARIAN DAY: Going Vegetarian? Take it a Step Ahead.

World Vegetarian Day is celebrated on October 1. Did you know that being vegetarian helps the environment? The United Nations Food and Agriculture Organisation has stated that raising animals for food generates more greenhouse gases than all the cars, planes, ships and trains in the world combined. But recent studies show that vegetarians in India are more likely to gain weight by gorging on unhealthy processed foods. Here are enough reasons to convince you to take the leap from being just vegetarian and plan a diet that will be healthy as well like Gluten-free diet.



Gluten-free diets exclude foods containing the protein gluten, such as wheat, rye, and barley.

**Few Gluten Free Grains:** Buckwheat, Quinoa, Amaranth, Corn, Brown rice, Oats etc.

**Gluten-free Proteins:** Legumes, Nuts, seeds, Soy based products etc.

**Gluten-Free Fats and Oils:** Soybean oil, olive oil, coconut oil, avocado oil etc.

Add Fresh fruits and vegetables to your diet. Avoid canned or processed food and beverages.

#### HEALTH BENEFITS:

Helps in weight loss



Better digestion



Improves Heart Health



Keeps a check on Diabetes



### WHAT PREGNANT AND LACTATING WOMEN Need to Know About the Covid-19 Vaccine

In the recent past, CDC has recommended vaccination against COVID-19 for all people 12 years and older, including those who are pregnant. If you're pregnant, an earlier conversation with your healthcare provider may be helpful, but it's not essentially required. Also, there is no need for additional documentation from your healthcare provider for COVID-19 vaccination.

#### FAQs By Would Be And New Mothers:

##### Can I get COVID-19 vaccine if I am Breastfeeding?

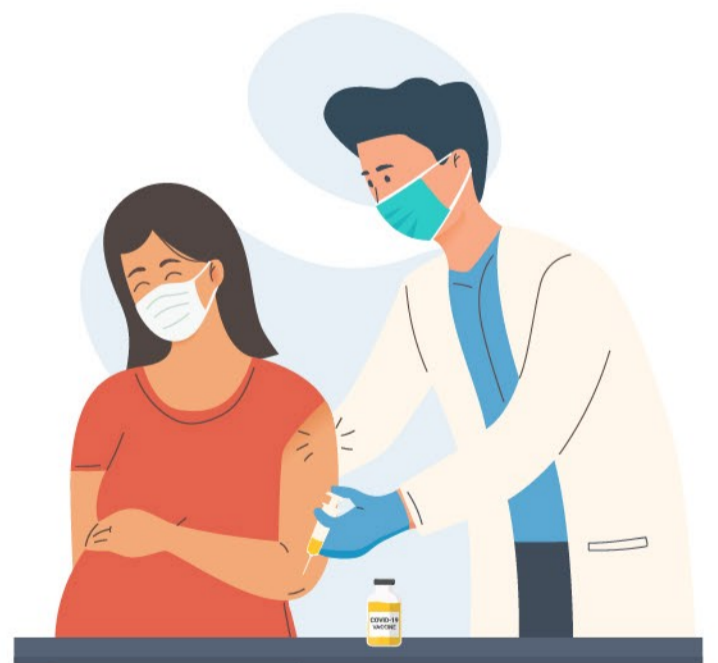
**Ans:** Yes. Recent research shows that breastfeeding women who have received the mRNA COVID-19 vaccine have antibodies in their milk, and that this may help protect their babies.

##### Will the vaccine affect my immune system?

**Ans:** No. In order to fight viral infection, the vaccine activates the immune system.

##### Is there a chance of Miscarraige after vaccination?

**Ans:** There is no evidence to support that patients who receive any of the vaccines currently approved for emergency use are at an increased risk of miscarriage.



##### Can COVID-19 be severe in pregnant women?

**Ans:** Yes, the CDC includes pregnant women as a high risk group for COVID-19 illness. Therefore, getting the COVID-19 vaccine is important for pregnant women.

##### Is there a chance of getting COVID-19 from the vaccine?

**Ans:** There is no live virus in the COVID-19 vaccine, so the vaccine cannot cause a person to become sick with COVID-19, including pregnant women or their babies.

##### What about vaccine side-effects?

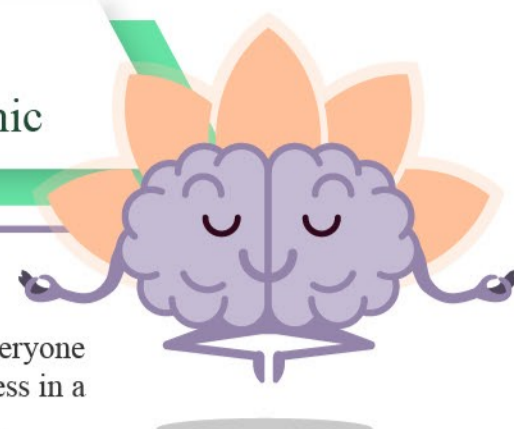
**Ans:** Pregnant as well as non-pregnant people are susceptible to mild vaccine side effects. In case of severe reaction, doctor consultation is a must.



If you are pregnant or a lactating mother, do consult your doctor for more information.  
**Get vaccinated. Stay safe!**



## KEEP YOUR SANITY: How to Cope with the COVID-19 Pandemic



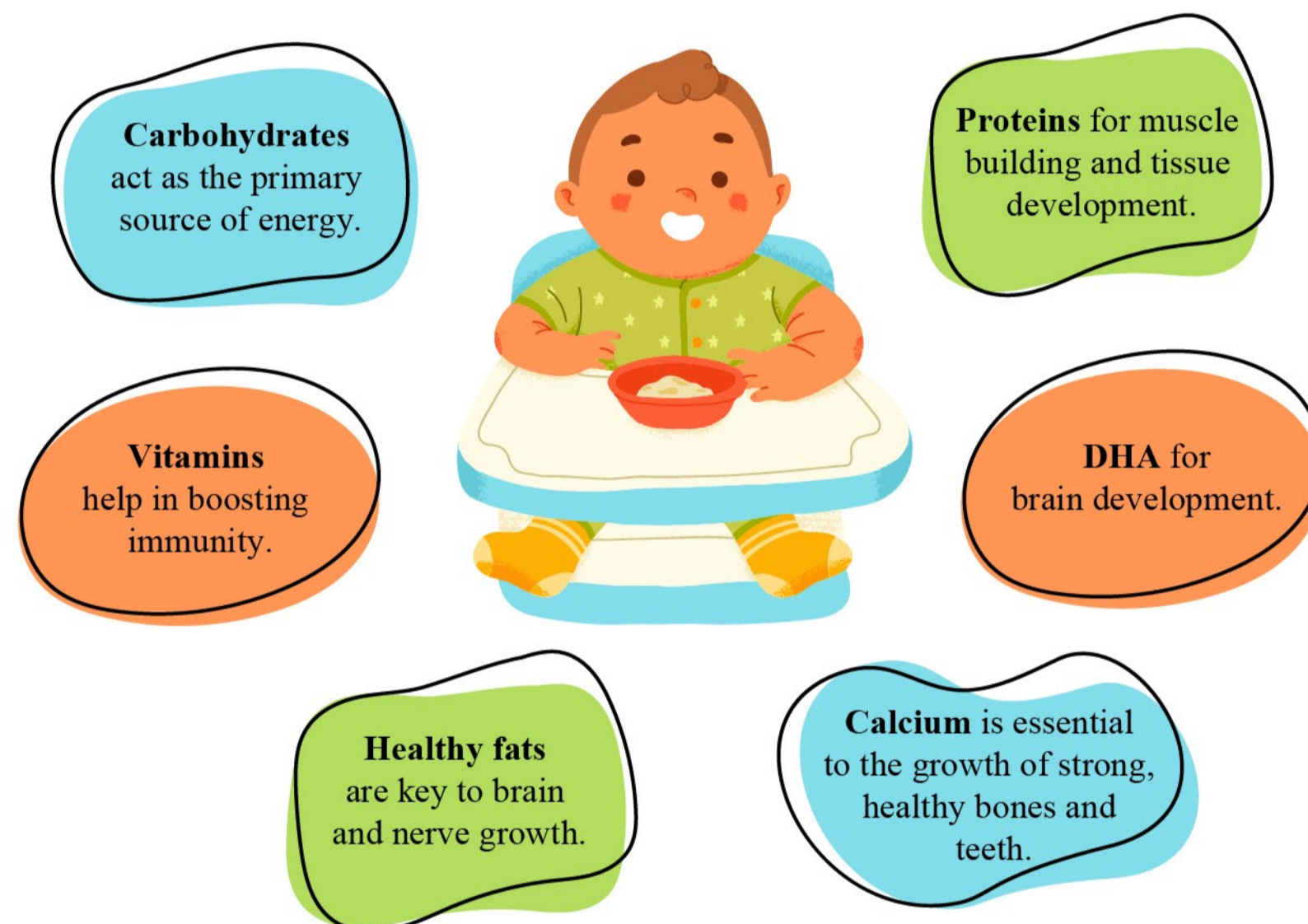
The COVID-19 pandemic has created increased levels of mental distress and anxiety for everyone around the globe. The social distancing norm makes it even more challenging. Managing stress in a healthy way will improve resilience in you, the people you care about, and those around you.



## BABY STEPS TO BETTER NUTRITION

What a wonderful achievement to reach the half-year milestone with your baby. Congratulations! For the first six months, your baby has only gained nutrients from breast milk, but now it's time to introduce semisolid and solid food for the baby's optimal growth and nutrition. Childhood, as we know, is the most crucial time for growth, mind development, and fighting infections. So it's very important that your child gets the best formula of nutrients to fuel all of this. As a parent, it is only natural to be concerned about the nutrition of your child.

The following are the nutrients important for child growth and development:



*After all, to be bright, they need to eat right!*

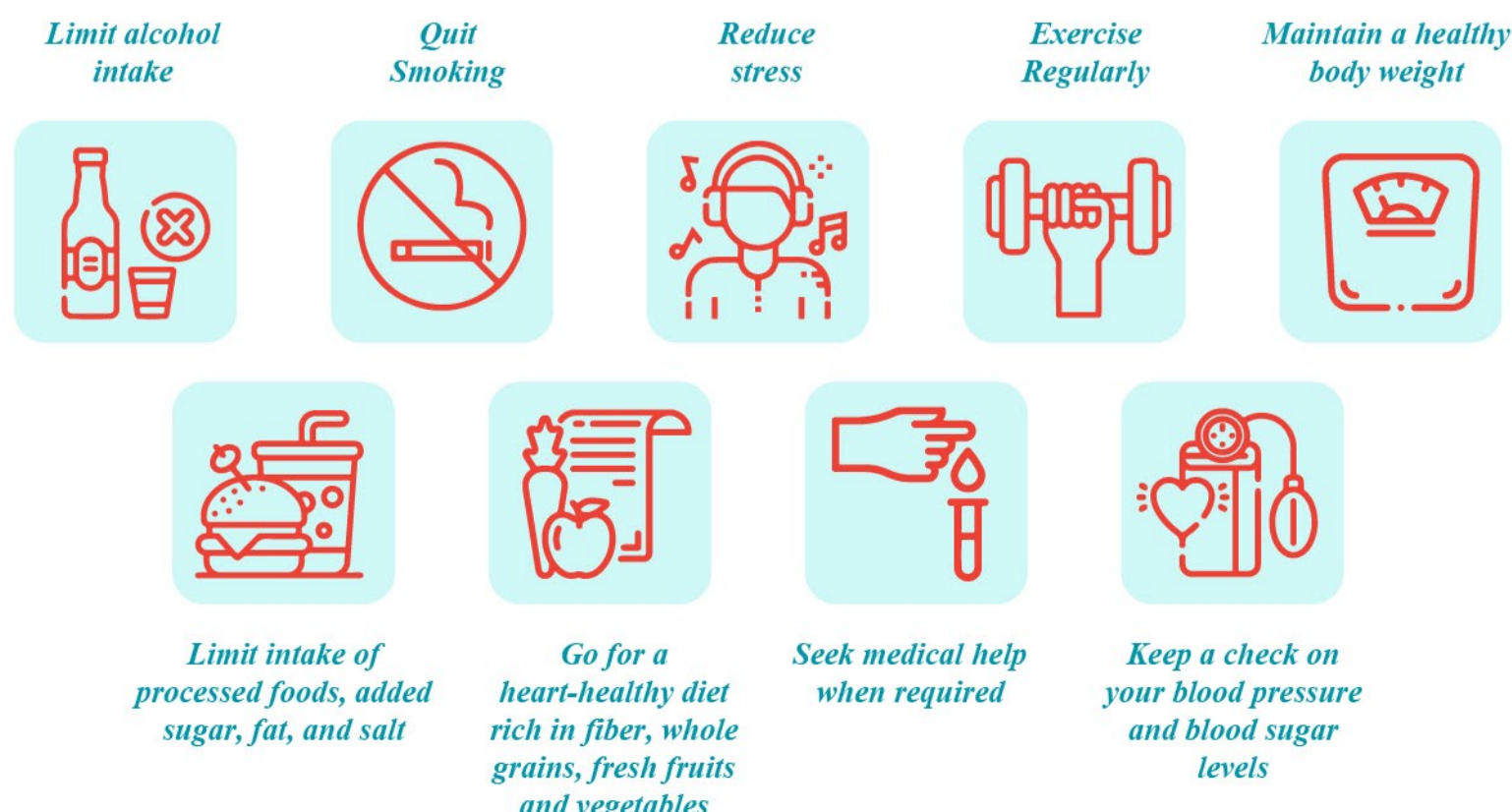
## YOUR HEART MATTERS: The Ultimate Guide to Heart Disease Prevention

Cardiovascular diseases (CVDs) are a group of disorders affecting the heart and blood vessels. Globally, cardiovascular diseases (CVDs) are the leading cause of death. The CVD death toll in 2019 is estimated at 17.9 million, representing 32% of all global deaths. Heart attacks and strokes accounted for 85% of these deaths.



Keep Heart Diseases at bay by following these tips:

Certain heart disorders, such as heart defects, cannot be prevented; however, those associated with lifestyle and diet can be prevented by living a healthy lifestyle. Here are some lifestyle measures that can help reduce the risk of heart disease:





## THE SALTY TRUTH FOR A HEALTHIER YOU: Find out The Cons of Sodium Consumption

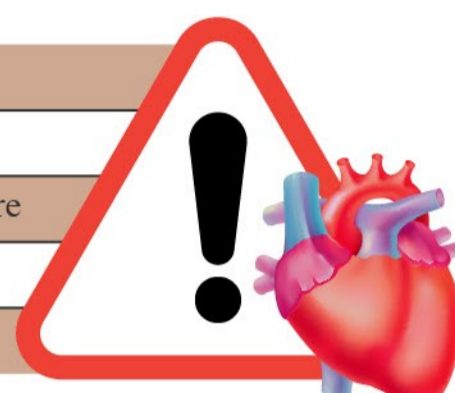
The main source of sodium in our diet is salt. Salt, also known as sodium chloride contains 40% sodium and 60% chloride. The compound is used in a variety of foods as a flavoring, preservative and as a binder agent. An adequate amount of sodium is required by the human body to conduct nerve impulses, contract and relax muscles, and maintain the proper balance of water and minerals. According to estimates, we require about 500 mg of sodium daily for these functions.



For men and women 14 years of age and older and pregnant women, the Guidelines for Adequate Intakes of Sodium is 1,500 milligrams a day. The average person consumes 9–12 grams of salt a day, which is roughly double the maximum recommended daily intake.

### Health Risks and Diseases related to Sodium and Salt:

- ! Increases blood pressure
- ! Increases risk of heart disease
- ! Increases risk of Chronic kidney disease due to increased blood pressure
- ! Increases risk of osteoporosis
- ! Increases risk for stomach cancer



## GRANDMA'S MAGIC: Home Remedies From Around the World

Have you ever wondered if home remedies really work? Do they actually cure some of the world's most common ailments? We have all witnessed how our grandmother's magic ingredients healed us at some point or another. Home remedies can be an effective way to naturally heal many ailments and help relieve symptoms. While some of them you may be familiar with, and others might surprise and delight you, all of them will make you want to try out their natural healing wonders.



### Here are 5 home remedies from around the world:

- ✓ **Ginseng** utilized in Chinese traditional medicine.
- ✓ **Valerian** can be traced back to ancient Greece and Rome.
- ✓ **Chamomile** is highly valued by Roman, Egyptian and Greeks for medicinal properties.
- ✓ **Turmeric** originating in southern India and Indonesia has significant medicinal effects.
- ✓ **Fennel** is indigenous to Mediterranean countries.

## YOUR SAFETY IS IN YOUR HANDS: A Hand Hygiene Guide

Keeping our hands clean is one of the most important steps we can take to avoid getting sick and spreading germs. A simple act of washing hands with soap and running water is one of the best ways to prevent the spread of germs.

- People touch their nose, mouth and eyes without realizing it. Germs can enter our body through the eyes, nose and mouth and make us fall sick.
- When unwashed hands are used to prepare food or drink, germs get into the foods and drinks, potentially causing illness for those who consume the same.
- Unwashed hands can transfer germs to other objects, such as handrails, table tops, or toys, and then to another person.
- Handwashing, prevents diarrhea, respiratory infections, and even skin and eye infections.



**Safety first. Wash and protect!**



**Q: What did the man say to the X-ray technician after swallowing some money?**

**A: Do you see any change in me?**

For feedback and employee benefit requirement please write to [sales.healthbenefits@jbbodamail.com](mailto:sales.healthbenefits@jbbodamail.com)

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<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/the-covid19-vaccine-and-pregnancy-what-you-need-to-know>  
<https://www.cdc.gov/health/health/news/coping/coping-with-stress/index.html>  
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