



**J.B.BODA**



**WHealth**  
Health - Your Ultimate Wealth

*BE MONSOON READY*

**JUNE 2023**

# 2023

## JUNE

As the monsoon season descends with its beautiful weather, rainfall, and mouth-watering treats, it also brings with it an array of maladies.

### Tips to be prepared for the monsoon season to keep yourself healthy:



Avoid eating at roadside stalls.



Keep your surroundings clean to avoid mosquito breeding



Maintain good personal hygiene



Clean your fruits and vegetables thoroughly.



Increase vitamin c intake to build immunity against cold and flu

# 08 WORLD BRAIN TUMOUR DAY

## JUNE

This day is observed every year as a day dedicated to creating awareness about brain tumours.

### A FEW TIPS TO HELP FOSTER A HEALTHY BRAIN



A good night's sleep as sleep deprivation affects the glymphatic system, which detoxifies the brain.



Ketogenic Diet can help reduce oxidative stress and inflammation in the brain.



Reducing calorie intake can help prevent cancer metastasis in the brain.



Limit the use of mobile devices to reduce the risk of brain tumour.



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# 14 JUNE WORLD BLOOD DONOR DAY

The world celebrates **World Blood Donor Day**, which encourages regular blood donations for the good of humanity. "**Give Blood, Give Plasma, Share Life, Share Often**" emphasizes the value of blood or plasma donations for patients who require ongoing transfusions.

## A few tips to prepare before donating blood



Eat iron rich foods as blood production requires iron



Drink plenty of water or fruit juice before donating.



A good night sleep to reduce the risk of any adverse reaction to the process.



Eat 1-3 hours before your donation to keep blood sugar levels stable.



Avoid drinking alcohol or smoking 24 hours before donating.

# 21 JUNE INTERNATIONAL YOGA DAY

Is a global event dedicated to promoting the practice of yoga and its myriad benefits. This day serves as a reminder of yoga's ability to foster physical, mental, and spiritual well-being. With its roots in ancient Indian traditions, yoga has gained worldwide popularity for its holistic approach to health and balance. This global movement highlights the transformative power of yoga in enhancing overall quality of life.

## TIPS TO PREPARE FOR YOGA AT HOME

- Choose a dedicated space and create a relaxing atmosphere
- Set the right ambiance
- Dress Comfortably
- Warm up and Stretch
- Stay hydrated
- Plan your sequence or follow a video
- Practice breath awareness





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## DID YOU KNOW?

Cardamom has been used in traditional medicines for centuries to help people with digestive problems. It may also help fight certain type of cancer cells.

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