



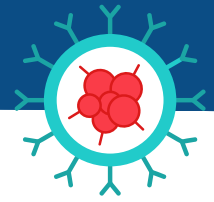
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Health - Your Ultimate Wealth

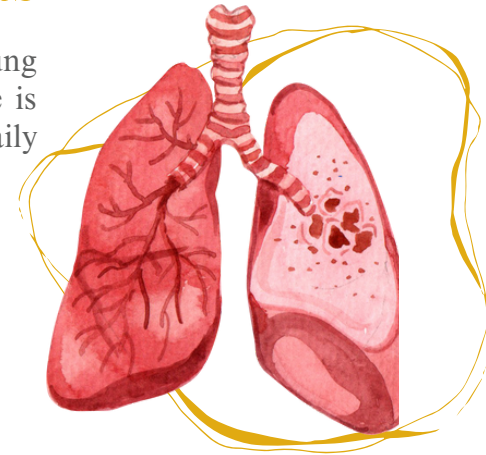
AUGUST 2023



Reduce the Risk of Lung Cancer with These Daily Lifestyle Adjustments

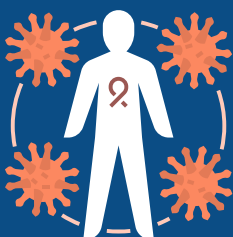
Lung cancer arises from uncontrolled cell growth within lung tissue, potentially progressing to metastasis. Although there is no foolproof method to prevent it, adopting specific daily actions and choices can help mitigate the risk:

- Refrain from using tobacco products.
- Steer clear of second-hand smoke exposure.
- Safeguard yourself against carcinogenic substances.
- Maintain a balanced and nutritious diet.
- Engage in regular physical activities.



Shield Yourself from Fungal Infections During the Monsoon Season

Fungal infections tend to proliferate during the monsoon due to factors like dampness, humidity, and wet clothing. It is crucial to remain vigilant and take preventive measures to fend off these infections. Here are some home remedies that can alleviate the symptoms of fungal infections:



Tea Tree Oil: Dilute tea tree oil with a carrier oil and apply it to the affected areas to combat fungal infections effectively.



Aloe Vera: Apply aloe vera gel for its soothing and antifungal properties.



Garlic: Apply garlic paste, rich in antifungal compounds, to the affected region, leaving it on for 30 minutes before rinsing.



Turmeric: Create a paste with turmeric powder and water or oil, applying it to the affected area and leaving it on for 30 minutes.



Neem Leaves: Boil neem leaves, strain the water, and use it on the affected area.





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SAFEGUARD YOUR EYES AGAINST THE SURGE IN EYE FLU CASES

Conjunctivitis cases escalate during the monsoon season, with an unusual increase in eye flu cases this year. Excessive and continuous rainfall, coupled with flooding, has led to heightened humidity and water contamination. Consequently, bacteria and virus growth have surged, causing a sharp rise in conjunctivitis cases nationwide. Employing proper hygiene practices is essential to prevent and curtail the transmission of this disease:



Avoid touching your eyes with unwashed hands



If caring for an infected individual, clean discharge meticulously with disposable sterile gauze and practice thorough handwashing afterward



Regularly wash hands with soap and water, particularly after being outdoors



Utilize clean tissues and towels for facial and eye wiping



Abstain from sharing cosmetics, particularly eyeliner and mascara



Maintain clean or replace contact lenses, avoiding their use during conjunctivitis



Wash pillowcases frequently



In case of infection, refrain from touching your eyes, sharing towels, or exposing your eyes to water or swimming

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EFFECTIVE MEASURES TO GUARD AGAINST DENGUE FEVER

Dengue fever, transmitted by infected *Aedes aegypti* mosquitoes, manifests as flu-like symptoms and severe haemorrhagic fever, posing a significant threat to health. Employ these straightforward approaches to prevent mosquitoes from breeding within your home and bolster your defence against dengue:



Regularly cover and clean water containers, which serve as mosquito breeding grounds



Opt for protective clothing such as long sleeves and pants, especially during a dengue outbreak



Invest in a mosquito net for sleeping protection



Consider closing windows and doors to prevent mosquito entry



Use mosquito repellent creams when venturing outdoors



Dispose of waste properly and maintain a clean environment

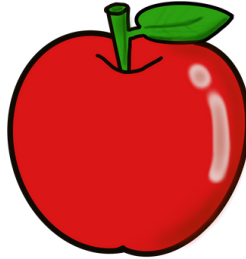


Regularly drain and clean roof gutters to prevent water accumulation





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DID YOU KNOW?

Apples Provide More Energy Than Coffee!

Contrary to the beliefs of coffee aficionados, apples offer a surprising energy boost. When you find your energy waning in the afternoon, consider opting for an apple instead of a cup of coffee. Apples provide a nourishing and effective way to stay energized.

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sales.healthbenefits@jbbodamail.com

J.B.Boda Insurance and Reinsurance Brokers Pvt Ltd – Registered Office Maker Bhavan 1, Churchgate, Mumbai – 400020, Maharashtra, India. <https://jbbodagroup.com>

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