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WHealth

Health - Your Ultimate Wealth

DECEMBER 2023



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WINTER CARE

As the winter sets in, a variety of health concerns emerges. From the common cold to more severe respiratory issues, maintaining strong health during the winter months becomes a top priority.

WINTER CAN BRING VARIOUS HEALTH PROBLEMS LIKE:

Common Cold

Sneezing, runny nose, and fatigue often accompany this seasonal nuisance



Sore Throat

Irritation and pain in the throat make swallowing uncomfortable



Arthritis Pain

Cold weather exacerbates joint pain and stiffness



Heart Health

Cold temperatures can strain the heart, especially in those with existing conditions



Respiratory Disease

Conditions like asthma worsen due to dry and cold air



Poor Air Quality

Winter exacerbates air pollution, impacting overall health

TIPS TO COMBAT WINTER HEALTH ISSUES:



Dehydration: Stay hydrated by sipping warm beverages and consuming water-rich foods.



Allergy Alert: Keep indoor humidity levels balanced and clean indoor air filters regularly.



Hygiene Practices: Maintain personal hygiene by bathing daily and frequent handwashing.



Well-Ventilated Spaces: Ensure good airflow indoors to reduce the spread of viruses.



Skin and Hair Care: moisturize your skin using nourishing creams or lotions to prevent dryness and flakiness.



Sterilizing Comforters: Wash bedding in hot water regularly to eliminate allergens. Disinfection: Frequently touched surfaces should be disinfected routinely.



Maintaining respiratory health: Perform breathing exercises and stay active to strengthen lungs.



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WINTER BLUES

Winter blues, also known as Seasonal Affective Disorder (SAD), is a type of depression that occurs cyclically during the colder, darker months. It often brings about feelings of low energy, moodiness, and a general sense of lethargy.



REMEDIES TO OVERCOME WINTER BLUES:

Gradual Wakeup: Ease into the day with a slow, gentle wakeup routine, allowing your body to adjust to the morning without abruptness, minimizing feelings of grogginess.

Meditation: Practice mindfulness and meditation to centre your thoughts and emotions, promoting a sense of calmness and inner balance amidst the winter gloom.

Exercise: Engage in regular physical activity to release endorphins, uplifting your mood and combating the lethargy associated with the winter blues.

Warm Shower: Kickstart your day with a warm shower, invigorating your senses and providing a comforting start, especially during colder months.

Expose Yourself to Natural Light: Spend time outdoors or near windows to absorb natural sunlight, aiding in regulating your body's internal clock and boosting mood.

Consistent Sleep Schedule: Maintain a regular sleep routine to ensure adequate rest, promoting a sense of balance and stability even during the darker winter nights.

Plan a Nourishing Breakfast: Begin your day with a wholesome, nourishing breakfast, providing your body with essential nutrients and energy to combat the winter blues and sustain vitality throughout the day.



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WINTER DIET ESSENTIALS

Embracing a nourishing winter diet is crucial for sustaining health and vitality during the colder months.



Go Green: Incorporate nutrient-dense leafy greens like spinach and kale into soups or salads for an extra boost of vitamins and antioxidants.



More Root Vegetables: Indulge in hearty root vegetables such as sweet potatoes, carrots, and beets, rich in fibre and essential nutrients, perfect for roasting, stewing, or soups.



Add Warm Spices to Food: Add flavourful and warm spices like cinnamon, ginger, and cloves to your meals to not only enhance taste but also provide natural warmth to your body.



Use of Herbs: Experiment with aromatic herbs like thyme, rosemary, and oregano to infuse robust flavours into your dishes while reaping their potential health benefits.

AIR POLLUTION

In India, winter worsens air pollution, severely affecting health. Cities see a rise in pollution during this season due to crop burning, vehicles, and industries. The current situation shows a worrying increase in pollution from crop residue burning, vehicles, and industries, greatly impacting health and well-being.

Respiratory Infections:

Elevated pollution levels increase the risk of respiratory infections such as bronchitis and pneumonia, affecting breathing and overall respiratory health.



Chronic Ailments:

Those with existing conditions like asthma and chronic obstructive pulmonary disease (COPD) experience aggravated symptoms and increased flare-ups due to heightened pollution.

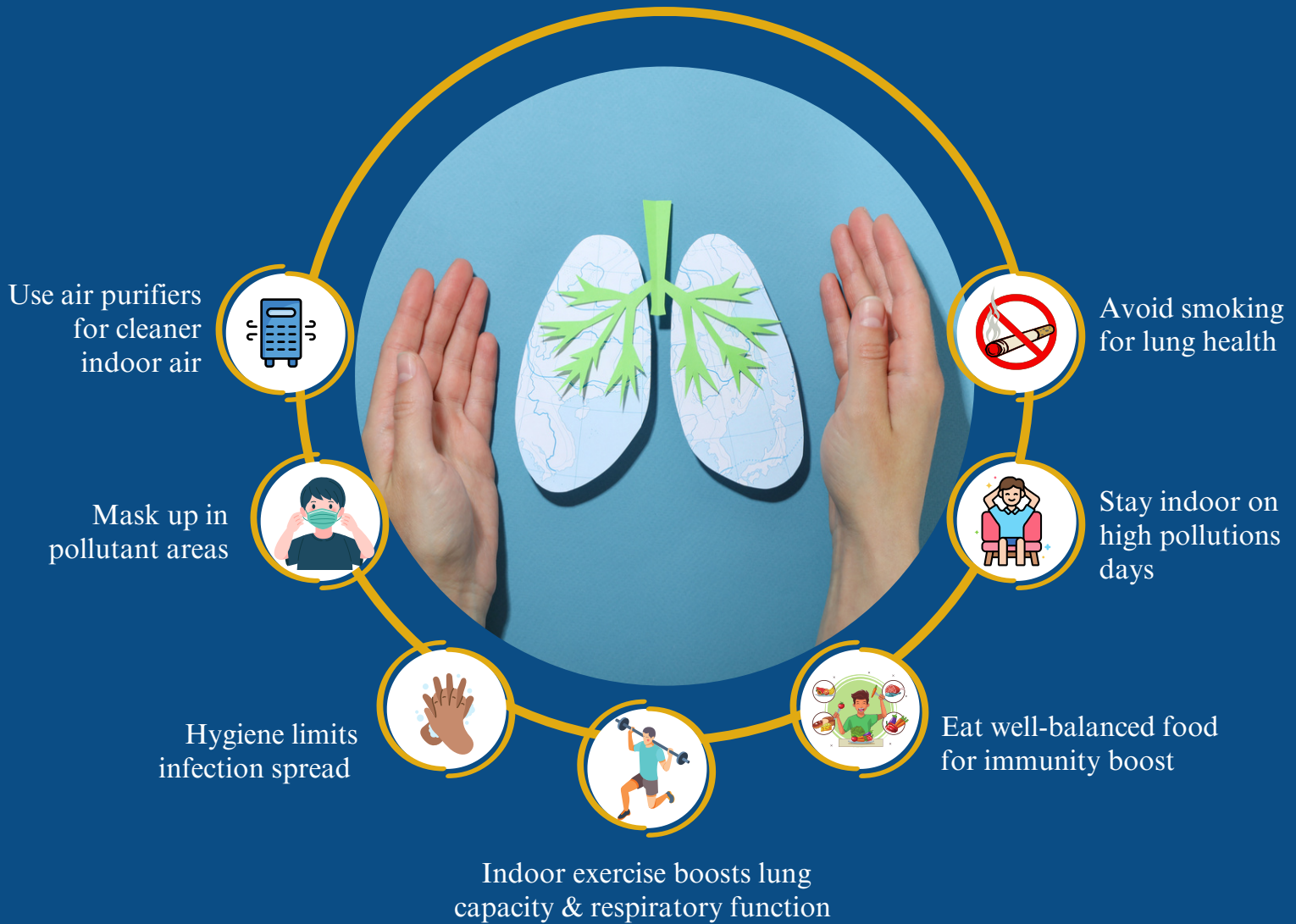
Pregnant Women and Infants:

High pollution poses severe risks to pregnant women and infants, potentially leading to complications during pregnancy and impacting the healthy development of infants' lungs and overall health.



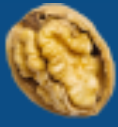
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TIPS TO MAINTAIN RESPIRATORY HEALTH





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Telephone : + 91 22 6631 4949
E-Mail : jbbmbi@jbbodamail.com | <https://www.jbbodagroup.com>

For feedback and employee benefit requirement please write to 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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