

# STATETIMES

## SUNDAY

Your Companion for a Funday

### Scared of a possible third wave?

## Here are foods and habits that can boost your body's immune response

With the news of the latest mutation Omicron, which is reportedly highly infectious, people across the world are scared; India specifically as it took a massive blow during the second wave. So whether the much dreaded third wave will arrive or not is a question for later, we must continue to follow all COVID protocols.

One of the biggest wonders that people expected when COVID hit was to follow short term immunity and wellness goals. But what many forgot was that to prepare your body and immune system to fight anything, you have to change your lifestyle and incorporate the right kind of foods and follow healthy habits on a long term basis.

Apart from strictly following COVID protocols, below are some ways you can activate your immune system (but remember, make them a part of your lifestyle). Having said that, you need to understand that bolstering your immunity isn't a one-day or one-week effort. It's a lifelong commitment to dietary and lifestyle changes.

#### Be physically active and engage in fitness activities

We have seen the perils of long intense workouts in the past few months and that's why many doctors are now advising people to consult them before starting a rigorous workout routine. So to be on the safer side, ensure that you engage in moderate exercises and also stay physically active throughout the day. Consciously walk as much as you can so not only do you complete your minimum steps but also rev up your body's immune response.

#### Sleep well

The one thing that we took for granted for the longest is of utmost importance in your fight against harmful pathogens. Several studies have shown that sleep is directly linked to the immune system. So if you are not sleeping well, take measures



to fix that and if you still face issues, it is best to consult an expert.

#### Focus on whole foods and avoid sugar and extra salt

Whole foods such as fruits, vegetables, nuts, legumes, seeds are all rich in nutrients that aid your body's immune system. The antioxidants present in these foods work on decreasing inflammation and combats unstable compounds, which can cause inflammation if not managed. Whole foods also prevent chronic inflammation linked to several health conditions.

#### Stay hydrated

Our body requires water to ensure our body parts function properly. With the winter season here, a lot of us will make the mistake of drinking less water but remember while hydration may not be directly linked to your immune system, it will help your body to carry out its tasks in the most efficient manner.

#### Manage your stress levels

Stress is linked to poor immune function. Several studies have shown that increased stress levels and anxiety can hamper your body's natural defences. So don't panic and try to engage in activities that help bring down the stress.

#### Do regular health check ups and plan your diet/supplements accordingly

Ignorance is NOT bliss when it comes to our health so make sure that you are very well aware of your health. Undergo regular tests to ensure that you know your Vitamin D, calcium, Iron and other important parameters are in place. In case you find any malfunction, treat it accordingly and support your body with right supplementation.

#### Goodness of Ayurveda

You can include immunity boosters such as ashwagandha, giloy in your regular diet. Also opt for tulsi tea once a day and do gargling once a day.

### Fall in the pre-diabetic range? Avoid these eating habits



blood sugar levels must cut down their unhealthy carb intake and also eat more veggies and fruits to stay healthy and in shape. Sugar, fat and junk foods should also be avoided to maintain the calorie intake and blood sugar level.

#### Avoiding too much snacking between meals

Snacking between meals is good, only if it is done mindfully. Eating healthy snacks between meals and in limited quantities can help to manage untimely hunger. It can also prevent you from munching on unhealthy stuff. But you must eat only 2 snacks in a day. Grazing something or the other throughout the day can increase your daily calorie count and make you gain weight.

#### Eat on time

Skipping a meal or eating untimely is also considered bad for health. It might seem logical to eat less to lower blood sugar levels, but this habit can actually make things worse. Skipping a meal makes you feel famished later and makes it harder to control your portion size. Have a balanced meal after every 4-5 hours to manage your sugar level.

#### Go to bed on time

New research has revealed that sleeping late at night, not getting enough sleep and sitting after having dinner can be reasons for weight gain in prediabetics. So, if you do not want to gain weight, fix your daily schedule and work accordingly. Include more healthy habits and give up on things that are not considered good for health.

#### Exercise

Exercising is essential for both weight management as well as blood sugar level management. Without exercise, it can be difficult to achieve the objective. Even if you exercise for 30 minutes every day. It is enough to stay healthy and fit. You can do yoga, walking, jogging or cycling.

**B**eing diagnosed with prediabetes simply means that you are on the verge of progressing to Type 2 diabetes. A person is diagnosed with this condition when the blood sugar level is higher than normal, but not high enough to fall under the category of diabetes. These people generally experience more or less the same symptoms as any diabetic patients do, but they still have the opportunity to reverse it and stop or delay the condition from turning into type 2 diabetes.

Most prediabetic people also suffer from the problem of weight gain during this phase if the necessary lifestyle changes are not made. All it takes to reverse prediabetes is healthy eating and lifestyle patterns. Here are 5 things prediabetics must do to avoid weight gain and manage their condition.

#### Have a balanced meal

The first thing that you need to do is change your eating pattern keeping your health in mind. Those diagnosed with high

### Easy tips to get rid of Negative thought spiritually

**N**egative thoughts can cloud your judgement, make you think of the worst scenarios, push you into a self imposed depression and it can become a never ending abyss. Yes you may need therapy but before that there are some tactics to eliminate negative thoughts on your own. So scroll down and try them out, cleanse and lighten up spiritually.

#### Keep positive people around you

Negative company is hazardous as it pulls you down too. So make sure you are surrounded by more positive and cheerful people.

#### Be positive

View things from a half glass angle and practice talking and thinking only the positive. Get into activities and hobbies that make you feel happy. Meditate daily and spend time with your family too. Have positive conversations and try watching positive content if you are addicted to social media.

#### Be forgiving

It serves no purpose if you hold onto grudges. Practice for



givenness and learn to let go. Move on and let Karma take its course.

#### Help

Help people as much as you can. It makes you feel good and elevates your mood too. It simply adds to your positivity portfolio. When you volunteer to help people, it also helps in taking your mind off the umpteen worries. So practice helping those who need it.

#### Working out

Do some sort of physical exercise. Be it dancing, working out in the gym, yoga etc. When you do so, it releases endorphins which put you in a good mental space. Besides that, exercises make you fit so, there is

nothing to lose.

#### Don't indulge in gossip

Gossiping is for those who judge people and see mostly the negative in others. Destroy those thoughts in case you are getting any. Gossiping simply demeans the other and is nothing but a sort of negative thought you are putting out there into the universe.

### How to handle your relationship with your MOM, based on her zodiac sign

**A** mother-child relationship is sacred. There's no bond more special or pure. However, challenges and conflicts may arise, for no particular reasons sometimes. But instead of caving in or giving in to your egotistical personality, try and understand your mother better, communicate with her and know what she needs without her telling you all the time.

That said, if you're someone who believes in the power of astrology and feels that it can guide you well, then depending on your mom's zodiac sign, here is how you can reach out to her and improve your relationship accordingly.

#### Aries

Mothers belonging to Aries are strong, fierce and unafraid. They're driven, confident and nothing in this world can take away their shine. But as passionate they are about life, they're the kind who can come off as overly attentive. As a child of an Aries mom, you might sometimes feel a bit overwhelmed with their energy, but know that it's all in good spirit. Whatever she does, plans and asks of you is all for the best.

#### Taurus

Taurean moms can be a bit stubborn and extroverted. They aren't the kind to be reckless about things that concern their kids. Everything from their child's homework to when they're all set to start working, they'll always be there to guide their kids at every step of the way.

However, children may find them a tad bit controlling. You may feel that they do not respect your boundaries. But rather than shutting them out, communicate with them. As strict as Taurean mamas seem, they aren't that cold-hearted.

#### Gemini

Gemini mothers are great conversationalists. However, they do not have the consciousness to respect boundaries. This may make their children uncomfortable. During such instances, understand that your mother does what she does because she loves you. She loves being around you because she feels most attached to you. That said, do not be rude, rather let her know how you feel and tell her how she will always remain your priority.

#### Cancer

As far as Cancerian moms are concerned, they can be extremely emotional. They're caring and are known to make a lot of sacrifices for their child's happiness. Her support is awe-inspiring and children cannot help but dole over her. That said, if you really want to better your relationship with your cancerian mother, tell her you love her with all your heart. Say it frequently as she will cherish it forever.

#### Leo

Leo mums are expressive, strong and fearless. They will go to any lengths to protect their children and no one really can mess with her or her family. As fun loving as she may sound, she is also very determined and sincere when it comes to her children. One thing she loves the most is attention, especially from her kids. So, make sure you give her plenty of it.

#### Virgo

Those born under Virgo seek perfection in everything. So, when it comes to moth-



ers belonging to this zodiac sign, they're likely to help their children with all their might, until they achieve the best of everything.

To cut it short, she takes motherhood very seriously. As your mother's child, all you need to do is be patient and trust her plans for you. As overwhelming as you may feel, the outcome will be extremely positive.

#### Libra

Libran mamas are well-balanced, clear-minded souls. They know what they're doing in life and are great negotiators. Even in a stressful situation, they'll stay composed and maintain a calm personality. Follow her footsteps, do not take advantage of her ways and you're likely to be best friends!

#### Scorpio

Scorpio mamas are resilient and extremely confident souls. With an overprotective personality, she is unlikely to put her children in any harm's way. Never doubt her judgments, be there for her and listen to her. This will only heighten the bond you already have.

#### Sagittarius

A Sagittarian mother is high-spirited and adventurous. No matter what life throws their way, they're quick to adapt and will never complain. Moms born under this sign have a very cool, friendly nature, which makes kids feel extremely comfortable around her. That said, if you're a child of a Sagittarian mother, make sure to contribute to the energy your mom holds and do not try and steal her of her light.

#### Capricorn

There's no one as organized and disciplined as a Capricorn mom. She is hardworking and as strict as she may seem, she is as caring and protective. While she knows how to shower immense love, she is also known for giving her kids some tough love. So, keeping in mind the bittersweet personality she holds, if you're a child to a Capricorn mother, make sure you respect her decisions - they'll almost always make sense though.

#### Aquarius

Aquarian mothers are free-spirited. They like doing things their way. They're independent, aloof, spontaneous and also very loving. When it comes to an Aquarian, many misunderstandings may arise.

She may leave her kids to fend for themselves, not interfere much in their life, give a lot of space, unlike other parents, which may make children doubt their approach. However, at the end of the day, it's her way to make her children more free, independent and self-sufficient.

#### Pisces

Piscean mothers are very nurturing. They will go to extraordinary lengths to take care of their child's needs and wants. However, their selfless nature sometimes makes people take advantage of her.

As a child of a Piscean mother, never do that. Be supportive. Know the value of someone who puts all their heart to give you the best of everything. Acknowledging one's love and care is the most important way to build a relationship.