

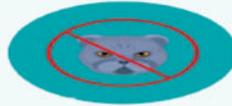
STATETIMES

SUNDAY

Your Companion for a Funday



PROTECT YOURSELF FROM COVID-19



Long COVID: Experts recommend eating these foods to help ease symptoms

Following COVID-19 infection, symptoms can last for more than 12 weeks, resulting in long COVID or post-COVID symptoms. As the time period increases, these symptoms, such as -- fatigue, loss of taste or smell, brain fog -- can interfere with your day to day life and cause frustration and irritation.

In order to reduce the impact of these symptoms, there are several things which you can do, one of the important ones being monitoring your diet.

Eating well is important to get back on your feet, which is possible when you get enough nutrition to recover. You have to include plenty of healthy foods in your diet and balance them out so that you get all the necessary protein, carbohydrates, vitamins and minerals for your recovery. Here are some nourishing foods to include in your daily diet:

Starchy carbohydrates

People usually feel low on energy during and after recovering from an infection. To increase your energy levels, include carbs in your diet with foods such as potatoes, rice, bread, pasta or other starchy carbohydrates. Include rotis made whole grain carbs such as whole wheat, whole oats, millet and whole barley. These are high in fibre and provide energy at a slow yet consistent speed, which is more ideal for getting rid of fatigue.

Fresh fruits

If you eat five portions of fruits everyday, you will see great results in your overall health, energy and mood. Fruits will provide you with the much-needed vitamins, minerals and fibre. Prefer going for fresh fruits, however if you are unable to get any, you can also consume frozen, tinned or dried fruits.



You can start your morning with a piece or two of an apple, pear, or plum. You can enjoy a fruit chat as a mid meal between breakfast and lunch. In the evening, you can enjoy sweet fruits like watermelon to feel refreshed and satisfy your sweet tooth with a healthy, natural alternative.

Rich sources of protein

Beans, pulses, nuts, seeds, fish, eggs and meat are all good sources of protein. Milk, cheese and yogurt are also rich sources of protein, calcium and vitamins. Try to eat home-cooked meals including non-vegetarian foods such as chicken. You can prepare a delicious chicken curry at home, which will be much more healthier than processed meat used in sausages or burgers. Protein will help in rebuilding your muscles, maintaining your immune system and increasing your energy levels to get your healthy body back.

Healthy fats

Omega-3 fatty acids strengthen the cell walls and aid in eliciting a strong immune response in the presence of a virus, pathogen or bacterial invasion. To include omega-3 in your diet, you can eat fish such as salmon or sardines, twice a week. If you are a vegetarian, then you can consume plant-based sources such as nuts, seeds, and soya.

Fluid intake

Drink plenty of fluids everyday, especially water. Hydration will help your body to eliminate the toxins of the infection from your body. Water also helps in the distribution of oxygen and nutrients in the body. Along with water, you can also drink soups, milk, fruit juices and smoothies but try to avoid too much sugar. If you are drinking juice, opt for freshly squeezed juice instead of packaged juices.

Herbs which can do wonders to your immunity during monsoon

Monsoon is a season which brings joy in everyone's life. People from all age groups look forward to it as it lightens our mood and rejuvenates us after bearing the scorching heat for months. While some people love the petrichor, children are seen dancing in the rain, trying to sail their paper boats in the gushing drains. The site of roadside stalls also change and people feast on sizzling hot fritters, sipping their favorite 'adrak elai' tea. Being a season of changing precipitation and drastic weather change, monsoon also brings some diseases along with it. As the rain stops the road potholes and nearby areas with stagnant water, it becomes a breeding ground for mosquitoes thus causing ailments to humans. Cold, cough, flu, typhoid, malaria, diarrhea and dengue are some of the common diseases that accompany this weather. However, we can increase our immunity by adding the following herbs in our lives this monsoon.

Basil

Basil or Tulsi contains antioxidants, anti-ageing and anti-inflammatory properties. Every household in India is adorned by a tulsi plant due to its religious and medicinal significance. In the rainy season we catch cold and cough in no time, but a cup of hot tulsi tea can boost immunity and fight off infections. It stimulates antibodies in the immune system of humans thus providing relief from so many illnesses.

Giloy

The seasonal flu gets easily cured by this wonder-herb as its consumption enhances our immunity in no time. Giloy detoxifies the skin by giving it a glowing texture during the monsoons, wherein humidity becomes unbearable. It's hypoglycemic agent battles type 2 diabetes and its antioxidants fight free radicals and remove toxins from the system. It is an excellent leaf for monsoon health care.



Turmeric

This golden yellow spice is found in every Indian kitchen. It is the main ingredient in many skin care products and when added to a glass of hot milk, it rapidly increases immunity. It also heals wounds and gives respite in chronic body pains which get cured with great difficulty in monsoon season. Turmeric moisturizes the dry skin due to humidity in the rainy season. Prepare 'kadhas' for improving digestion during rains. Its exceptional properties increase the metabolic rate of the body thus helping in weight loss.

Triphala

Triphala is a wonder-drug for treating cold, cough, diarrhea, asthma, fever, headache, dyspepsia and sore throat. It aids in digestion which slows down during monsoon. The presence of amla in it provides vitamin C to the body that helps in curing a bad cold and boost the immune system in monsoon at the same time. Triphala is an excellent bowel regulator and blood purifier.

Ginger

Sore throat, cold, cough, flu can be easily treated with ginger. It heals the body naturally and boosts the body's immune system. Ginger is imbued with anti-bacterial, anti-viral, anti-fungal, anti-inflammatory and antioxidant properties which are helpful in the sultry weather of monsoon.

Licorice

Licorice is a herb, which is enriched with anti-inflammatory and anti-viral properties. It works wonders for people who are suffering from breathing issues such as asthma, or chest cold with severe coughing. As monsoon can accentuate breathing problems, this herb is the best for those who are dealing with such troubles.

Tips to help your child withdraw from digital addiction

What would the world be like without technology? People today cannot survive without smartphones and other gadgets. The days of making trunk, ISD, and STD calls to reach pals overseas are long gone. With each passing day, the brain is becoming more and more reliant on technology which is making it work slower. Technology has almost shrieked the brain of most populations, especially youngsters and the new generation. Most of them fail at solving real life situations and bringing quality to life because of their dependency on technology.

Considering how useful technology was during the two years of the epidemic, it is clear that it will continue to be used in the educational sector as a tool for learning.

The government pushed online learning and a work-from-home culture as a pandemic control mechanism, but this led to excessive screen time and the construction of global cultures under one roof. The digital medium was the only one that could maintain socioemotional connections at the time. However, with the development of digital technology, excessive screen time has grown to be a serious problem.

Excessive use of technology

Almost every element of modern life is impacted by technology, including sociability, productivity, food access, transportation efficiency and safety. With the internet's strength, it is now easier to share ideas and resources and to create global communities. However, excessive usage of particular technologies has been connected to societal divide, a loss in mental, physical, emotional health, and privacy issues.

Its effects are now, post-pandemic, widely felt and visible, particularly in youngsters.

Impact on the physical health of children

Numerous studies show unequivocally that youngsters today spend much more time indoors watching devices than they do outside playing. There is ample evidence that the harmful physical health consequences of technology on children encompass problems including obesity, insomnia, visual impairments, carpal tunnel syndrome and neck pain.

Mental health effects of technology on kids

There is a growing corpus of study on how technology may harm children's mental health in addition to its effects on physical health.

Without internet access or a smartphone, concerns of irritability have suddenly increased. Other complaints include an inability to focus, absences from online educational courses or work owing to sleep disturbances, and inevitable excessive use of smartphones.

Numerous studies have linked the use of social media with higher levels of anxiety and depression, especially in young people. Many young individuals have used social media to communicate with friends and family during the pandemic.

Despite being ostensibly designed to foster human connection, social media, with



its highly controlled feeds of individuals' idealized selves, frequently breeds jealousy and loneliness.

Social media is another source of news for many people, much of it unfavourable, which can be stressful. Contrarily, research indicates that using social media less frequently makes people feel less lonely and unhappy.

The need to go offline

Children's mental health cases have dramatically increased, according to the National Institute of Mental Health and Neurosciences (NIMHANS). Similar to

this, parents from all over the world are swarming clinics to get their children treated for digital addiction. Children in a "Save the Children study" of 25,000 people in 37 countries in 2020 said there was more violence when schools were closed than when students were physically present in the classroom.

Tips to help your child detoxify from digital addiction

It is now time for kids and teenagers to return to learning, playing, and socializing in a non-digital environment, or else they are at a higher risk of being addicted to technology, which will make it difficult for them to escape and impede their ability to grow emotionally and physically.

Here are some tips that a parent should implement to keep their children healthy and to help them stay balanced in their lives.

Engage in physical sports

It is important for parents to guide their child and push them more towards outdoor games and sports instead of sitting and playing video games with them. It would be a great way for them to sweat and socialize in real terms.

Keeping away from FOMO

The second generation of mobile users seeks constant connectivity and has developed a fear of missing out (FOMO). It's crucial for both the educators and parents to teach children that it's just a term and there are so many other ways to connect to the world. Promoting reading books, newspapers, magazines and listening to various podcasts can be beneficial to both physical and mental health of a child. It can also help them develop better concentration, communication skills, and knowledge.

Setting home rules

It is important to make some house rules such as restricting the entry of mobiles in the dining space. It will help make them more aware and conscious of their food choices and portions. A lot of children unknowingly binge while being on gadgets regularly which further results in obesity and other health problems. It is always a great idea to fix an hour to sit, talk, play and have fun with your children doing different activities.

Embrace nature

Help your child stay close to nature and take a vacation from it occasionally by hiking a mountain or spending a week in the woods. Allow the kids to spend some time gardening, taking them on hikes or on walks in the middle of nature. Once they've established a connection with nature, it will help them expand their mind, grow spiritually, and detoxify them from time to time from any sort of negativity they might have developed.

Setting up time limits for gadgets

Children should be encouraged to create a tech schedule similar to how they follow a study schedule, where they can use their devices for a set amount of time.