

# Sunday Health

## Your Health Calendar for this week

### MONDAY

**B**egin your week by fasting – if not a full-day then at least a partial fast. Fasting once a week clears the intestines and is also good for the liver and the pancreas. Besides, it helps in reducing weight. Many of our religious rituals have a sound health basis.

### TUESDAY

**W**hile on religion and health, become vegetarian for a day. Eat lots of fruits and green vegetables that give the much-needed antioxidants, minerals, vitamins and fibre to your body. Research shows that vitamin pills cannot substitute the goodness of 'natural' vitamins.

### WEDNESDAY

**I**f you are a smoker, give serious thought to quitting. Believe me, the best health gift you can give yourself is to quit smoking. Seek a doctor's advice to help you quit.

### THURSDAY

**W**hen was the last time you visited your doctor for a general check-up and not for a fever or sore throat? Go today. Get your blood pressure, ECG, lipid-profile checked and any others that are required.

### FRIDAY

**T**oday, find 30 minutes for *yourself*. And simply do what pleases you rather than what you must do, even if it's a hot bath, a long walk, a massage or a shopping spree.

### SATURDAY

**Y**ou may be partying tonight. Enjoy yourself, but don't forget to eat a lot of salad before you leave home. This cuts down the excessive snacking. Drink in moderation and not on an empty stomach. And drive back safely with your seat belt on.

### SUNDAY

**T**oday is for exercising those lazy bones – washing and waxing your car, playing a ball game with your kids, cleaning the cupboard, talking a long walk with your spouse. But why not make this a daily habit?

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