

Series tied 2-2, Dhoni's men take on New Zealand in do-or-die final ODI at Visakhapatnam today. But Cyclone Kyant may probe to be the spoiler. P 17



HAPPY CHOTI DIWALI/TAMIL DEEPAVALI

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Mind, Body, Spirit & You

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A Consumer Connect Initiative

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The connection between the body and the mind is quite unique and real. The way your body feels, plays a big part in how your brain functions and whether or not you experience a state of well-being. Keeping the body free of toxins, free radicals are essential to maintain a healthy life. In fact the idea of fasting in many cultures helps cleanse the system off the toxins. For those who aren't comfortable with fasting, an easy alternative is to eat right.

A detox diet emphasises on foods which are loaded with nutrients like vitamins, minerals, antioxidants that eliminates toxins from the body. Practicing deep breathing pranayama exercises also helps in detoxifying the body naturally. Ideally one should be on a detox diet for a week, every three months, but obese and those suffering from chronic diseases, can also detox every weekend.

People suffering from high cholesterol, diabetes and blood pressure should detox every two months. And if leading a stressful life, make sure you do it on a quarterly basis.

### Benefits of a detox diet

- Improved functioning of kidneys and liver.
- Increased energy and vitality.
- Arousing the mind and the spirit.
- Quick jump-start to a weight-loss programme.
- Improved ability to fight off various diseases.
- Strengthened immune system.

### The detox plan

- Pregnant women, lactating mothers and those diagnosed

with thyroid, liver and kidney problems should not go on a detox diet.

- Avoid taking foods with high fat content like cheese, butter, cream, margarine and high caloric value added foods like milk and eggs.
- Do not opt for foods that contain wheat including bread, biscuits, cereals, cakes, pies, pastry, foods containing breadcrumb and croissants.
- Avoid chocolates, sweets, jam, sugar, crisp and savoury snacks including the salted nuts.
- Avoid coffee, tea, alcohol and other ready-made sauces, ready to eat meals or processed foods.
- Avoid pickles, mayonnaise, salt, fuzzy soft drinks and squashes.
- Avoid adding salt to your cooking and taking the table salt to shed up to 1.36 kg of excess stored water.
- Gradually reduce drinks that contain caffeine to no more than four times a day.
- Eat porridge, muesli, apples, pears or pulses such as beans and lentils once a day.
- Cut out as much processed food as possible, including most ready-to-eat breakfast cereals, all ready to eat meals and all fast and junk food.
- The most important point to remember while following a detox diet is to keep yourself hydrated by drinking at least 2 litres of water on a daily basis.
- Eat five servings of fruits and vegetables a day.
- Have orange and beetroot juice once a day.
- Try fruit or a handful of unsalted nuts if you want a between-meals snack.
- Tofu, oats, brown rice, rice noodles, rye crackers, rice cakes, unsalted seeds, extra virgin olive oil, balsamic vinegar, garlic ginger, ground black pepper, honey, herbal or fruit teas all sum up to foods to be included in your diet plan.

## DETOX YOUR BODY NATURALLY!

STAY HEALTHY THIS DIWALI BY FOLLOWING A PROPER DETOX PLAN. TIMES WELLNESS TELLS YOU HOW



### LEMONS

Lemon gets a lot of credit for warding off the cold, but its ability to aid healthy digestion is often overlooked. It may be the lemon's tart taste that encourages bile flow which further helps in the process of digestion. Even its peels are rich in antioxidants that support detoxification.

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Make a commitment to exercise.

### Naturally healthy detoxifying foods:

Turmeric

Recent studies have shown that turmeric has an antioxidant and anti-inflammatory effects on the body. Its antioxidants play a critical role in combating the cell damage that can stack up with age. So, a tablespoon of turmeric a day is enough to considerably set your insides right.

Garlic

Garlic's high sulphur content

not only tones the skin and makes your hair more lustrous, but also fires up the process of detoxification.

### Artichokes

Artichokes promote the flow of bile and fat to and from the liver. Since the role of bile is to emulsify fats and transport toxins and waste from the liver into the small intestine, be wise and toss in a medium artichoke into your next bowl of salad.

### Lemons

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### Flaxseeds

Flaxseeds can help keep many diseases at bay and its mix of nutrients helps in internal cleansing. Sprinkle a few tablespoons into your morning smoothie or salad.

### Coriander

While the seed of coriander or the cilantro plant aid in the process of digestion and maintain the normal cholesterol levels, the leaves are said to detoxify heavy metals like lead and mercury that can accumulate in the body over time. So go ahead and throw a handful of coriander into salads, or as garnish on cooked vegetables, dals and curries.

### Broccoli

Broccoli releases a nutrient known to possess properties that help detoxify the 'bad' estrogens in the body. One small cup of broccoli a day can fight them off, keeping you safe from weight gain, PMS and even cancer.

### Beetroot

Beetroot is loaded with plant pigments that are known to have antioxidant and liver-supporting abilities.

### White tea

White tea can simultaneously



boost lipolysis (the breakdown of fat) and block adiposeness (the formation of fat cells).

### Tomatoes

Consuming foods high in antioxidants, like tomatoes, can actually ward off skin damage from the inside out.

### Sunflower seeds

The sunflower seeds make a healthy and filling addition to any diet, serving up a fair share of magnesium, a mineral that keeps blood pressure normal, maintains a steady heart rhythm and helps boost lipolysis, a process by which the body releases fat from its stores.

### Detox waters

Certain fruits have detoxifying properties in their flesh and peels like orange, lemon, sweet lemon, pineapple, kiwi and strawberries, so slice them whole into your water to reap the benefits with an infusion of flavour.

This is a great boost to your liver and it can help you feel good all day due to its alkaline properties. It's also effective in lowering the blood sugar levels and for getting the body's metabolism back on the track.

(The writer is Senior Consultant Nutritionist and Director, Nutripulse, Jaipur)