

The LycoRed Herald

Your mirror to the emerging world of 'Wellness'



New Delhi

Volume 1

Issue # 06

Editorial

Quest for a healthy lifestyle

We begin by reiterating the importance of disease prevention by taking care of our health and being well informed of the increased morbidity arising out of a callous lifestyle.

In the present context, screening is an important tool that can help to identify and later prevent the advancement of a disease condition. This is especially true for cardiovascular disorders, which can be managed, if identified early.

The statistics are simply appalling. A recent WHO study estimated that by 2010, globally, 60% of all cardiac patients would be Indian.

The number of diabetics is expected to rise three-fold between 1995 and 2005.

The WHO further estimates that CVDs caused 2.3 million deaths in India in 1990 and this figure is likely to go up to 4.8 million by the year 2020.

Cause for alarm

- 1 out of 5 people in India live with the effects of cardiovascular disease
- At an underestimate, there are 31.5 million hypertensives in the rural and 34 million in the urban Indian population

Please do remember that upto 80% of CHD cases, 90% of Type II diabetes cases and upto 35% of cancers can be avoided through a change of lifestyle.

Are you doing your daily grind of 30 minutes of moderate intensity exercise?

In case your answer is 'No', you are among the 60% of the global population who fail to achieve this minimum recommendation of daily physical activity.

It's high time that we get our limbs moving, lest we rust and fall apart, like the 1,900,000 people dying annually due to physical inactivity.

Regular physical activity of moderate intensity for 30 min daily is a must.

We continue with the efforts towards this awakening, gearing everybody to consciously adopt a healthier lifestyle and ward off disease.

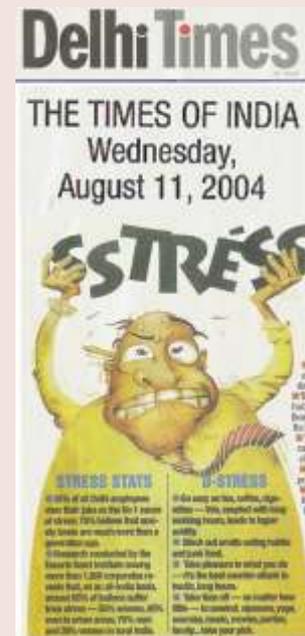
Let us, together, spread the message of this holistic lifestyle and light the lives of families, we come in contact with.

Happy exercising!

Dr. Deepika Chhabra
(Chief Editor)

LycoRed Bulletin Board

Corporates - high on stress
India's No. 1 lifestyle problem



Alarming statistics:

- 65% Indians suffer from stress
- Women more prone to stress than men
- Problem most prevalent in Corporate India
- Research by the prestigious Escorts Heart Institute of 1000 corporates reveals stress as the No.1 problem

Our Comment: Let us wake up to this harsh reality and help our patients D-stress themselves. That is the essence of our effort - 'Initiative Wellness'

Fenugreek - not just for curry

Many herb-based supplements have a rich history of use and deserve a place in your daily diet.

One such herb is fenugreek or *Trigonella foenum-graecum*.

The first recorded use of fenugreek dates back to the Egyptian era, where it was used to induce childbirth.

Traditional internal use includes treatment of decreased appetite, weakness and gastritis.



The paste of fenugreek seeds is useful topically for the management of bacterial skin infections, inflammation of lymph nodes, gout and leg ulcers.

Fenugreek for Diabetes

Fenugreek seeds being high in soluble dietary fiber help control blood sugar levels.

Its fiber is effective in lowering post-prandial blood glucose, when consumed with a meal.

Fenugreek for weight control

The soluble fiber portion of fenugreek promotes weight loss. Its fibers reduce the caloric value of food by displacing other nutrients.

8 golden tips to prevent diabetes

- Eliminate processed foods from your diet; especially white sugar and white flour products - these products dramatically stimulate the production of insulin.



- Include unprocessed foods such as proteins, complex unrefined carbohydrates, vegetables, whole grains and legumes in your diet.



- Avoid overly greasy foods, cold drinks, and raw or uncooked foods.
- You will benefit from any form of cardiovascular exercise - swimming, yoga, stretching and cycling.

- Pets are a great way to break stressful daily routines - keep one! Animals live in the moment and love to play.



- Take time out for relaxation and meditation in your daily life.



- Break the normal routine of your day, by investing in hobbies.



- It is never too late to delink from a depressive job or relationship.

Our Comment: Changing lifestyles, being happy, eating and exercising moderately will all remain the mainstay in keeping diabetes away.

While the last word on preventing lifestyle disorders is yet to be written, do not discount the role of free radicals in precipitating diabetes. Keep the antioxidant power going!



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After all, some good things in life are still **FREE**

Foods for Moods

Jealous? Stressed? Feeling low? Mental health and nutrition go hand in hand. Proper nutrition can help you combat negative emotions.

Our mind continues to evolve with greater lucidity, only if we carefully nourish and exercise our body, thereby the mind and emotions.

Which Foods

- **To chill out:** Wholegrain cereals, pulses, legumes, nuts, fish, meat, eggs, milk, fresh fruits and fresh vegetables.



What they do: They are rich in antioxidants such as Vitamin A, C & E, Lycopene, Selenium, Zinc, Copper and Manganese, which are anti-stress nutrients.

- **To get energized:** Eat more of green vegetables, peas, pumpkin, broccoli.



What they do: Iron, manganese and potassium counter anemia and keep you peppy.

- **For being happy:** Green vegetables like spinach, meat, seafood and bananas.



What they do: Magnesium contained in these foods helps in fighting gloominess and confused state of mind.

- **To be calm:** Try beetroot, cabbage, fruits and other fresh vegetables.



What they do: Fiber in these foods ensures good bowel movement thus checks irritability and quick temper.

Please remember that a well balanced diet should be complemented with physical activity to help fight depression, combat stress and improve overall mood.



Meat is 'bad for bone health'

In a recent study it was observed that elderly women who get a high ratio of their protein from meat or dairy products, rather than from vegetables, have 3 times the rate of bone loss.



The suggested cause of the problem could be the high amount of acid in animal products, which is detrimental to bone health.

Normally, kidneys excrete this acid in urine. But, as we get older, our kidneys are less and less capable of excreting the acid and bones step in to neutralize the acid. Over decades, this process causes the bone to dissolve, causing it to lose mass and calcium. Losing mass increases the risk of fractures.

Reasons to go nutty

Almond - the powerhouse of nutrients is a plant-based food that contains no cholesterol.

Nut facts

- Rich in calcium, dietary fibre, protein, amino acids and Vitamin E
- 90% of the fat content is unsaturated. Not all fat in it is absorbed
- Low in carbohydrate
- Dietary fibre content 10%



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How high do you tip the scales?



This is the fourth in the series of living healthy. We presume that by now you have patients who have been grilled adequately on all issues relating to obesity, including the possible ills arising out of obesity and are now raring to have a new beginning.

Going for the burn

There are three factors that determine our total daily energy expenditure (TDEE) - the number of kilocalories we use in a day:

- ◆ Our resting (or basal) metabolic rate contributes 60 to 75%
- ◆ Eating and digestion makes up 10%
- ◆ Physical activity from exercise and daily functioning accounts for up to 15 to 30%

Turn your body into a calorie-burning machine and you will lose weight without even trying.



You may have passed on that dessert yesterday, if you had known you would need to jog for 3 minutes to work it off.



But luckily our bodies don't only burn kilojoules while we're working out. In fact, we burn on an average 25 kcals just standing around doing nothing for 15 minutes!

It takes 3500 calories of activity to burn off half-a-kg of fat. So, you need 9 hours of vigorous walk per week to burn off half-a-kg of fat.



It is very important to be aware of the huge opportunity to burn calories and lose weight by being physically active or exercising.

Traditionally, we have focused extensively on how many calories we eat, *which is important*, but perhaps more important is how many we burn.

Believe it or not, eating is another way to increase calorie burning, as the actual chewing and digestion process has a thermogenic effect, which burns calories.



Of course, that does not mean one can use eating as a substitute for exercise!

However, eating smaller meals more often, say every two or three hours will boost the metabolism.

But the most effective way to increase the calorie burn rate is through incidental physical activity. *In other words, simply start moving around more.*

Revvng up your motor

Hectic schedules and office-bound jobs mean we move much less than our previous generation.

Obesity experts say this, combined with poor eating habits, is the major cause of weight gain.

Physical activity is crucial for losing and maintaining weight.

Incidental exercise is becoming a buzzword for weight loss experts who claim it's the best way to rev up a sluggish metabolism.



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Continuing our series on living healthier
Take our word and retain the earlier parts of this article also
You may be saving or revolutionizing a few lives - for all you know!

Thus, a gradual increase in Activities of Daily Living (ADLs), *combined with dietary modification*, may be the more effective option for sensible and sustainable weight loss in the overweight.



Regular exercise that involves some high intensity training, small regular meals spanned out over the day and leading an active daily life, all help.

It is generally accepted that for health and weight loss, people need to take at least 10,000 steps per day.



Calorie Burners: Activities That Turn Up The Heat

When it comes to burning calories, most of us want to get as much mileage out of our exercise as possible.

While energy expenditure should not be the only measure of a good workout (*remember, it's good for you and makes you feel pretty good, too*), it is helpful to know what a given activity might be costing you in terms of calories.



A word of caution, though, about counting calories.

Simply burning more calories will take you only so far down the road to better health.

A well-balanced, low-fat diet, plenty of rest and a healthy attitude are also essential.

And, of course, all things in moderation, even exercise. Do not forget to look for little ways to increase the number of calories you burn each day.

You might be surprised to learn that it is possible to burn more calories simply by becoming more active in your daily life.

Doing things like taking the stairs, walking to the market instead of driving and doing chores around the house are great ways to burn additional calories.



Recommended calorie intake

We now go on to specific numbers, in terms of the normal daily calorie intake at different age-groups:

Age	Women	Men
15 - 18	2200	3000
19 - 24	2200	2900
25 - 50	2200	2900
51+	1900	2300

Please remember that these figures are indicative for an average level of daily activity, for maintenance of body weight.

If you believe that you have a sedentary lifestyle, give a discount of 10 - 15% lesser calorie intake.

In the next issue, we will dwell further on this chart and attempt to define minimum calorie intake, to have consistent weight loss, without nutritional deprivation.



**Wellness ...
Specially cultivated**



**Wellness ...
Spread through the world**



**Wellness ...
Also brought to your country**

"LycoRed is a wonder drug for degenerative eye diseases in senile as well as in immuno-compromised young individuals"

Dr. Rajendra Malviya
DO, DNB
Barwani (MP)



"Getting successful results with LycoRed in patients of Infertility, BOH, PIH in b.d. dosage"

Dr. Kavita Chhabra
MS
Jagadhri (Har)



"I appreciate LycoRed very much and am prescribing it since launch. Successful pregnancy outcome is seen in 99% cases."

Also prescribing LycoRed in post-menopausal cases & in complications like PET, PIH, premature contractions and IUGR"

Dr. Sarojini Joshi
MD
Cuttack (Ori)



"LycoRed is a tremendously wonderful drug."

In the patients of oligospermia there has been a dramatic 70% increase in sperm count, with 2 b.d. for 3 months. It also has a good role in female primary infertility"

Dr. Ashima Sarna
MD
Nainital (Utt)



"Encouraging results with LycoRed in oral leukoplakia, diabetes, hypertension and early cataract"

Dr. B C Patnaik
MD
Bhubaneswar (Ori)



"LycoRed has changed the concept of managing many disorders in Gynec practice. It's a boon and panacea in infertility and other gynecological conditions"

Dr. Rajshree Paladi
MD
Gulbarga (Kar)



"Good results with LycoRed, especially in leukoplakia, sub-mucosal fibrosis as well as in cases of dysplasia cervix"

Dr. Sunita Yadav
MS
Bhopal (MP)



"Have been using LycoRed in a dosage of 1 b.d. for 3 months for quite some time now."

The product works well in patients with macular problems and there is definitive improvement in subjective central vision"

Dr. Sandhya R
MS, DNB, FRCS
Bangalore (Kar)



"Prescribing LycoRed in advanced Ca prostate, male infertility and chronic prostatitis with encouraging response"

Dr. P N Dogra
MS, MCh
Addl. Prof. AIIMS, New Delhi



"My clinical experience with LycoRed has been truly remarkable."

It works wonders in my antenatal and infertility patients"

Dr. P. Preethi
MBBS, DGO
Chennai (TN)



**Extend
the
Protective power
of
LycoRed
to**



**Young infertile
couples**

Males: 2 bd daily
Females: 1 bd daily

LycoRed softgels

"Red color indicates - STOP."

LycoRed stops the disease process and rejuvenates the cells of body"

Dr. Mahaveer Surana
MD
Pali (Raj)



"LycoRed gives excellent results in infertility."

In several cases, quick response was seen, compared to ovulatory induction agent given stand-alone.

In my opinion, LycoRed should be continued throughout pregnancy to minimize incidence of PIH"

Dr. Bharadwaj Mishra
MD, FICMH
Jeypore (Ori)



"LycoRed gives excellent results in age related macular degeneration and diabetic retinopathy"

Dr. Lalit Jain
MS, FCLF
Hazaribag (Jha)



"LycoRed is a wonderful drug. Am using LycoRed regularly for the last one year in patients of age related macular degeneration, senile cataract & chorio-retinal degeneration."

The results are quite encouraging & patients' satisfaction level is very high"

Dr. Usha Sudhakar
MS
Assoc. Prof. & HOD, MGI Med. Sc.,
Jaipur (Raj)



"I have used LycoRed successfully in osteoarthritis of knee joints as well as in cases of rheumatoid arthritis"

Dr. Ashok Sarwal
MS
Ambala (Har)



"LycoRed definitely helps improve the sperm motility and sperm count in oligoasthenospermia patients"

Dr. N Subramaniyan
MS, DNB
Chennai (TN)



"Very promising results with LycoRed in cardio-myopathies"

Dr. K K Nohria
MD, MRCP
Bathinda (Pun)



"Very good results with LycoRed in cases of diabetes mellitus, hypertension, general debility, IUGR as well as in geriatrics"

Dr. T Nath
MBBS
Nagaon (Assam)



"I have used LycoRed in IUGR, PIH, oligohydramnios, BOH, in infertility management, to the females under investigation and also while on specific therapy."

I recommend its extensive use in future also"

Dr. Madhu Nagpal
MD
Prof. & HOD, GMC, Amritsar (Pun)



"I have used LycoRed in photodermatitis."

It has proven to be very effective in preventing the skin damage in dosage of 1 b.d. "

Dr. M K Singhi
MD
HOD, Skin, MDM Hosp., Jodhpur (Raj)



**Extend
the
Protective power
of
LycoRed
to**



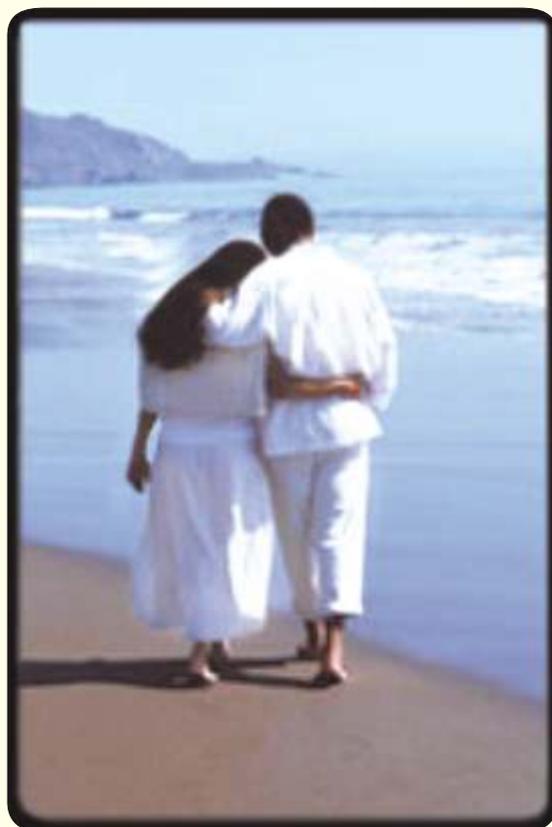
Infertile couples

*Males: 2bd daily
Females: 1bd daily*

LycoRed softgels

The second revolution

Jagsonpal proudly launches
'Initiative *Infertility*'



All infertile couples in your care need the *proven*

Protective Power of LycoRed

Dosage

Males: 2 bd daily
Females: 1 bd daily

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