

THE HEALTH Q

INTELLIGENT BODY MIND SOLUTIONS FOR HEALTH AND WELLNESS

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Contents

- ◆ *Editorial:* , Un-clutter your mental space, too, pg.1
- ◆ Wash away allergies; Recipe for healthy eating; Wisdom digest, pg. 1
- ◆ Prescriptions for good bones in an old age, pg 2
- ◆ Like ants, keep on ploughing, pg 3
- ◆ Disease mongering, pg. 4
- ◆ **Subscription inquires & Mission Statement, pg. 2**
- ◆ **Feel Good About yourself on may 6, 9am-1pm @ YWCA**
- ◆ **The Healing voyage starts on may 24, free info session on may 17, 7pm. Details are on page 4 or visit www.TheHQ.ca**

WASH AWAY ALLERGIES

With Spring knocking on our doors, it is time to clean up, not only homes and yards but also our body and



mind. Over the time, toxins build up in the body and leave us vulnerable to various allergies and other related problems. Rather than running to a nearby pharmacy for every cold and allergic break-out, yoga offers a cheap and effective method to control these flare-ups, especially related to nasal passage. It is called the Nasal Wash, performed with a neti pot (see the image).

More on page 3 >>>

HEALTHY EATING

Recipe by Manjit Handa, PhD

From this month, we will be offering a brand new addition to already-packed newsletter—Healthy Eating.



In this section, we will be providing recipes for easy and healthy vegetarian dishes. As it is becoming scientifically clear that some of the spices used in Indian dishes have curative and

More on page 4 >>>

UN-CLUTTER YOUR MENTAL SPACE

With days getting longer and more sunlight around, the time to shake off the debris of winter is finally around. This is the time when people start un-cluttering their homes and yards, the time to shake things off, both literally and proverbially.

But we should not just be content with un-cluttering the physical space. Though that is a good start, we can take advantage of this spirit by taking it further—by cleaning out our mental and emotional space. It is where we harbor all the debris of emotional and mental wreckage and it is much more harmful than the clutter and baggage in the physical space. One does not carry around with oneself the cluttered homes and yards. Though we live there, yet we also get to leave that space for some other, be it the workplace or other places like the Mall.

Emotional and mental space, on the other hand, is what we always have within us and we carry it around all the time and any

clutter or un-needed baggage in that space will continuously weigh us down and wear us out. But would we really like to suffer that?

If not, let us make a commitment to let go of all the emotions and thoughts that are weighing us down. Slowly release them as if you would take the physical clutter out. Make a conscious effort. If there is more un-cluttered space in the mind, one can dance more to the joys of life.

In this issue, we are introducing a new section—Healthy Eating. Each month we will share with you a delicious vegetarian recipe with focus on health, taste and the joy of eating. This month, Dr Manjit Handa shares the recipe of Carrot Peas Potato Curry, made with Indian flavors in a low fat medium. I hope you will enjoy it. Joanne Malar talks about the value of swimming for old people and Gurdarshan Jyot writes about the role of determination in success.

Enjoy the sunshine,
Parmjit Singh, PhD

[WISDOM DIGEST]

- ◆ Red chilies help in cancer prevention and even treatment (Biological Pharmacology)
- ◆ Prolonged consumption of red and processed meat hikes the risk of colorectal cancer (JAMA)
- ◆ Regular exercise may cut down the over-all risk of sudden cardiac death (JAMA)
- ◆ Maintaining emotional and psychological health is beneficial for your heart (Psychosomatic Medicine)
- ◆ Yogic practice helps to treat diabetes (Nepal Medical College Journal)

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MISSION STATEMENT

'The Health Q' envisions to present factual in-
formation for the promotion of wholesome
mental, physical and emotional/spiritual living.
Synthesizing diverse sources spanning from
scientifically valid physical/mental/emotional
therapeutic techniques with latest research in
mind-body medicine/sciences, cognitive & posi-
tive psychology, sport psychology, yoga, medita-
tion, health sciences and other evidence-based
integrative/alternative therapies, we intend to
make 'The Health Q' an authentic vehicle for dis-
semination of reliable information for practical
and healthy living.

**'The Health Q' is not a replacement of a
medical advice or treatment.**

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PRESCRIPTIONS FOR GOOD BONES IN AN OLD AGE

by Joanne Malar, Three-Time Olympian Swimmer

Swimming is one of the most
popular forms of aerobic exercise. Not
only is it fun but people of all ages reap
handsome health benefits from this non-
weight bearing total body workout. It is
also very beneficial for people suffering
from medical conditions such as arthritis.

In general, swimming:

**1. Helps in improving overall
strength:** Since swimming works your
total body, you will be able to strengthen
a wide variety of muscles that are often
bypassed in other activities. The benefits
of taking swimming, especially for old
people, are multiple. Apart from devel-
oping generalized muscular strength, it
helps to improve both mental and emo-
tional strength.

2. Improve your balance: Falls
are common among the elderly and even
minor falls often cause breaks and frac-
tures. Exercises that develop your core
abdominal muscles will aid in prevent-
ing future falls or close calls. Swimming
increases your stabilizing muscles core
by holding your body posture in the
water and activating your abdominals
throughout the motions. Strengthening
this muscle group will help you to correct
your stance and improve your reaction
time when thrown off guard.

3. Is non-impact: Due to the
lack of gravity, swimming is easier on
your body. Especially, it is a great work-
out for the seniors who are able to safely
increase their heart rate and extend the
duration of exercise without the nega-
tive toll on their body and joints that high
impact exercise can often bring. Faced
with the choice of exercise, more likely
in sunset years, swimming is a choice to
prevent injury.

4. Helps through injury:
Swimming is an excellent rehabilitation
tool. Many elite athletes get to swimming
after getting injured from high-intensity
sports such as running, football or cycling
etc. The advantage of swimming through
injury is that you can still maintain your
level of fitness and cardiovascular endur-
ance without further irritating the injury
due to the non-impact nature of the wa-
ter. There are many water devices that
aid safeguarding your injury in the water
such as a pull buoy. This is a floatation de-
vice that you put in-between your thighs
that keeps your legs afloat and allows you
to swim without using your legs. There
is a belt that you can wear around your
waist that keeps you afloat upright so you
can get the benefits of running in the wa-
ter without touching the bottom. Lastly,

kickboards allow you to stay afloat while
resting your arms on the board and rely-
ing on your legs to kick and propel you
through the water.

**5. Improves Cardiovascular
endurance:** Swimming is one of the best
exercises to strengthen your heart and
lungs. It fashions up a great cardiovas-
cular workout to strengthen your aerobic
system. Again, because of the non-im-
pact nature of swimming, it is suitable for
the aging population to maintain their
fitness and bone-mass.

One of the major concerns
amongst our aging population is osteo-
porosis. As with many health issues, there
are varying opinions on the best preven-
tative measures. Osteoporosis is char-
acterized by the loss of bone mass and
bone mineral density (BMD). Tradition-
ally experts recommend weight-bearing
exercise to maintain and increase bone
mass. Weight-bearing activities or load-
bearing exercises typically suggested are
weight training, resistance tubing, hik-
ing, jogging, step aerobics, stair climbing,
any exercise or sport that requires you to
work against gravity. Some experts say
swimming and walking, the two most
recommended forms of exercise for the
elderly are not bone building activities.
However, should all the health benefits
of swimming and walking be overturned
due to this one focus? Other experts
argue there is evidence that swimming
does help increase bone mass in seniors
but the problem is a lack of research on
the aging population as studies often fo-
cus on younger elite swimmers for mea-
surement.

When there are discrepancies
in research, whether in nutrition or in
exercise, the best advice is moderation.
Swimming works best in combination
with other activities. Swimming a couple
of times a week mixed in with other ac-
tivities will ensure that a wide range of
muscle groups are used, under different
weight loading quantities.

Mix some resistance bands, free
weights, weight training, stair climbing,
step class or racquet sports into your rou-
tine a couple of times a week. Focus on
including stretching, balance and flexibil-
ity into your routine as well. Think qual-
ity over quantity, and fit in what you can
while enjoying the variety!

This regimen of including vari-
ous activities will help maintain and pro-
mote bone mass and overall health! [HQ]

How to do it?

- ☛ Take the neti pot (it is available from health and yoga stores) or simply get a small kettle. Wash it properly.
- ☛ Fill it with lukewarm water and mix in approximately one-quarter teaspoon of salt. The water in neti pot is usually equivalent to normal body saline level; so do not worry if you fear that it will sting you while pouring through your nostrils. If needed, adjust the salt quantity so that it does not bother you while doing this exercise.
- ☛ Bring the spout to the nose, bend over the sink with the head slightly bent forward and slightly tilted (to the right if pouring water through left nostril and vice versa) so that water can flow out from other nostril freely.
- ☛ Raise the neti pot so that water starts pouring into nostril. Then it will start flowing out from the other nostril. The flow will depend upon whether the passage is clear or clogged.
- ☛ During this process, breathe through mouth.
- ☛ After pouring through one nostril, blow freely through both nostrils to force out excess mucus and water. If you feel still congested; kneel down, put your forehead on the floor and blow as you did before.
- ☛ Then repeat the cycle for the other nostril.

Benefits

- ☛ Clears internal sinus passages and restores their health.
- ☛ Helps fight allergies, colds and other sinus problems.
- ☛ Allows easy breathing during meditation and yoga.
- ☛ Dissolves excess mucus.
- ☛ Hydrates dry nasal passage due to travel, smoke and other pollutants.

by Parmjit Singh, PhD

LIKE ANTS, KEEP ON PLOUGHING

by Gurdarshan Jyot, PhD

You could be the most talented, good-looking, smartest person on the earth, but if you aren't focused on what you want and willing to go after it, your dreams will remain just dreams. The one quality you need the most to succeed is determination. Determination is the key to keep going ahead in spite of obstacles or discouragement.

You may get a glimpse of this even in a child. When they want something, there is no hesitation, they're focused on it, and they go after it. If an obstacle is in their way, they push it or pass around it to get what they want. As we grow older, we may be taught that we can't always have what we want,

to be careful or cautious, or told "No, you can't do that." But in order to make your dreams come true, you have to be focused and follow it with unrelenting persistence. You need to concentrate like a hunter—focused, sharp and unwavering.

As Robyn Davidson said "The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward."

FEEL GOOD ABOUT YOURSELF

MAY 6, 9AM-1PM

5 WEEK 'THE HEALING VOYAGE'

May 24, 2006 @ YWCA, Downtown Hamilton

Free Info session: May 17, 7 PM

FOOD FOR THOUGHT

May 3, 12-1pm

Hamilton Public Library

What you get:

Take control of your personal health/wellness and life balance by learning the role of mind, body, and spirit. Learn advanced techniques of psychology, mind-body medicine/science, yoga, meditation, visualization, awareness training, creative art therapy and self-auditing.

Learn to beat stress, feeling of depression, chronic pain/health problems or to speed up recovery from an illness. Transform your negative thinking, improve relationships, enhance health & well-being and learn to create balance, manage stress/work-related health problems, anxiety, low self-esteem, body image problems, chronic pain and enhance your general well-being.

From an extensive tool-kit, chart your personalized journey of discovery, healing and transformation.

YWCA Membership not required for our programs. Open for both men and women.

Call 905.524.3463 to get more information about these and other programs. Or visit our website www.TheHQ.ca

Recipe for The Healthy Eating, from page 1

ue, we will be presenting a detailed recipe every month. It will also be available on our website for you to experiment at home. As you will see, the ingredient used are easily available in local grocery markets or Indian food stores.

This month, enjoy Carrot Potato Pea Sabzi, a delicious melange of crunchy carrots, tasty potatoes and green peas, all healthy stuff.

Ingredients:

Carrots: One Pound
Potatoes: Two medium sized
Peas: One cup
Onion: One small
Garlic: One clove
Ginger: Half an inch
Tomato: One medium sized
Olive/Canola oil: Three table spoons
Cumin seeds: One tablespoon
Turmeric powder: One teaspoon
Salt and Black pepper according to taste
Fresh parsley or coriander leaves for garnishing

Method

Peel and chop the potatoes, carrots, onion, ginger, garlic and tomato. In a large skillet heat the oil and add the cumin seeds. As soon as they start spluttering, add garlic, onion and ginger. When they all turn golden brown add the tomato and turmeric. Just when the tomato is tender enough add carrots, potatoes, peas, salt and pepper. Add enough water to cover the vegetables. When the water comes to a boil, cover and simmer the heat. Cook until all the vegetables are tender and mushy, around 25-30 minutes. Mix them well and transfer it to a serving bowl. Garnish with chopped parsley/ coriander and serve with roti, nan bread, tortillas. It can also be served as a side dish. [HQ]



DISEASE MONGERING

To what extent faulty science and money-minded mentality is responsible?

Ever thought of diseases being mongered or artificially created? Probably you do not like to think about this horrible prospect. But some segments of scientists are becoming more vocal about this possibility. Not only are they expressing dissent about the way everything is given a medical twist, but are also hosting conferences to debate this disturbing issue. One such conference was recently hosted in Newcastle, Australia.

It is sad that some scientists in connivance with pharmaceutical companies are cooking up diseases to fatten their purses and advance their financial and professional agendas. More than that, it brings a bad name to those hard-working and conscientious scientists trying to find genuine alleviation to various problems.

Good science serves an important purpose in our society and should not be allowed to be sullied by greed and myopic professional gains. It is the responsibility of the public, government, scientists and pharmaceutical companies to encourage good science and practice so that we can find genuine solutions to the diseases we face today. Otherwise, people will start suspecting even the genuine concerns shared by physicians and scientists.

If you are interested in knowing how Viagra became a lifestyle drug or why the diagnosis of depression has gone up by 1000 folds or if there is any logic to bipolar mania, visit Public Library of Science at www.PLOS.org. Better still, unlike other information outlets; it is an open access library where you can read all the material absolutely free of charge.