

How to Remain Young

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Dedication

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Chapter One: Introduction

“Youth is happy because it has the capacity to see beauty. Anyone who keeps the ability to see beauty never grows old.” — Franz Kafka

Sound health and sound mind is the prerequisite of staying young. The state of young always helps to keep people lively. All living objects including human, plants and animals are subject to death. Death is the final destination of a complete life cycle. Man grows old naturally and all things become pale and lost their physical charm by the passage of time but feeling of young remains the same. There was no relation between self-perceived age and death. In this case, many researchers are able to prove that the relationship between self-perceived age and death has a strong relation. According to a new study of aging from the University of Michigan and the Max Planck Institute for Human Development in Berlin, *“Older people feel, on average, about 13 years younger than they really are.”* It is also found that 516 people between the ages of 70 and 104 took part in the ongoing Berlin Aging Study in Germany, asking a series of aging-related questions, including how old they typically feel

compared to the age on their birth certificate. Although individual responses varied, the average gap between chronological age and subjective age was 13 years. Among study participants who were particularly healthy and active, the gap between subjective age and actual age was even wider.

They speculate that feeling of being young may lead to better health habits. *“Feeling younger or older itself seems to have an effect on our health,”* says Dr. Ronald D. Siegel, Assistant Professor of Psychology, at Harvard Medical School. He said - there are several ways that feeling younger psychologically might lead to better health. One is exercise. Good health is associated with 150 minutes of moderate-intensity physical activity each week. *“When people see themselves as old, they were more likely to abandon physical challenges which feel difficult, such as, ‘I don’t think I should ski anymore, I’m an old man.’ When people feel younger psychologically, even if physical exercise is challenging, they were more likely to pursue it, believing no pain no gain,”* Dr. Siegel explains.

Feeling younger may also inspire a sense of resilience that keeps people young. If you are not feeling especially bouncy, don’t worry, says Dr. Siegel, who is also the Faculty Editor of Positive Psychology, a Special Health Report from Harvard Medical School. He gives suggestions from different angles to reach the younger state of mind. Anybody can remain young by trying newer things,

learning new ideas and views, and developing new skills. Most human have abilities to follow a *use it or lose it* pattern can motivate us to stay active in all realms of our lives. By bringing our attention repeatedly to the present moment, through formal mindfulness meditation or informal mindfulness practice, we will be able to you to appreciate this present moment, rather than lost in regrets about the past or imagining future.

Try to develop a sense of meaning in life. Focus on something larger than yourself, whether that's connecting with people close to you or helping improve the lives of others. Or, commit yourself to those you love, such as gardening, attending the theater, dancing or reading. *"When our focus is just on our own immediate pleasure or pain, we're much more likely to have difficulty with the aging process,"* says Dr. Siegel. "Personally, I'm going to celebrate my new year by doing more bike riding with my husband and our youngest son; more lunching, shopping, and gabbing with our teenage daughter; and more philosophizing with our oldest son, the economics guru who is about to graduate from college. I may *be* a little older, but I don't *feel* older. And I hope I can stay young at heart, no matter how many candles are on my cake!"

Do concentrate on your own physical fitness. Question your conscience about are you happy with your fitness? Are you satisfied with your longevity? Are you contented with your present livelihood? There are a lot of questions in our life. Some questions

may have answers but some are very complicated though they seem very easy. Whatever nobody cannot declare that he or she is completely happy with what he or she belongs to. Even, there none who are leading his or her life without any problem. Ultimately, everything depends on oneself. If we think ourselves happy or satisfied, we are. So, remaining young at the old age completely depends on us. If I feel young at heart, I will be young. It is completely a psychological matter. According to Coco Chanel, *"I am not young but I feel young. The day I feel old, I will go to bed and stay there. I feel that to live is a wonderful thing"*.

We need to figure out the ways how can we be remained young? If we do not think on that way by ourselves, nobody else will think. We should carefully watch what we are eating and how we are doing physical exercise. Deepak Chopra in his book *"Ageless Body Timeless Mind"*, mentioned three ages of a man such as:

Chronological Age: It suggests the individual age calculated by the calendar. It is measured in days, months and years. A 50-years-old person may think nearly healthier when he was only at 25. It is his feeling but the actual fact that his organs and tissues, cells are getting old in its own way because time does not affect our body uniformly. Dr. Deepak Chopra said, *"A middle-aged marathon runner may have the leg muscles, heart, and lungs of someone half his age but the knees and kidneys may be aging rapidly due to excessive stress and his eyesight and hearing could be declining on their own idiosyncratic paths"*.

Biological Age: Biological age is nothing but a measurement of how well our physiological systems are functioning. It is the most important component of aging process. Our biological age is calculated in reference to an average population of people who have the same chronological age that we have. Known as the biological markers, or biomarkers of aging, these include blood pressure, amount of body fat, auditory and visual thresholds, hormonal levels, immune function, temperature regulation, bone density, skin thickness, cholesterol levels, blood sugar tolerance, aerobic capacity, and metabolic. If we know the result, we can compare them with the group average and can see our biomarkers are older or younger than our chronological peers. Our biological age can be very different from our chronological age. A fifty-year-old who takes good care of herself can have the biology of a thirty-five-year-old. Alternatively, a fifty-year-old who has not been attentive to his health may have the biology of men many years older. Whatever our biological age is today, we believe we can alter it by implementing the changes recommended in this book.

Psychological Age: Psychological age, connected to non-physical characteristics, has been classified as a subjective description of our experience. Nowadays, it is supposed to say how old a person should be without markers. We have used the earth's revolutions and biomarkers before and we have to rely on something that's a little more ephemeral such as experience, logic and emotion.

Psychologists have attempted to establish the form of stage theories that every person would like to go through it. Some of the more famous ones are Freud, Erikson, and Piaget. They attempted to define a person by how they think, act, and reason without worrying as much about our chronological age.

*The secret of staying young is to live honestly, eat slowly,
and lie about your age - Lucille Ball*

Getting away from stage theories, we will instead say that Brandi and Steve took psychological tests to determine their psychological ages. Brandi scored as 25, which indicates a lower psychological age, emotional maturity, and logic level than her chronological age, while Steve, as a 20-year old, has an appropriate level of emotional maturity and logic for his age. This would mean that their experiences and thought processes are more alike than their biological age would suggest.

<https://study.com/academy/lesson/defining-age-with-different-perspectives-definitions-examples.html>

So, don't dispute with others about how old are they feeling even at their 70s to 80s. Better, we should avoid spending time in dispute because this may pull us right down with them and make us feel old rather we should feel and act young both inside and out. We should be positive in our daily activities.

According to Deepak Chopra, there are some negative and positive psychological factors which should be taken into considered to accurately determining the aging process.

Negative Factors that Accelerate the Aging Process

- Depression
- Inability to express emotions
- Feeling helpless to change oneself and others
- Living alone
- Loneliness, absence of close friend
- Lack of regular daily routine
- Lack of regular work routine
- Job dissatisfaction
- Having to work more than 40 hours per week
- Financial burdens, being in debt
- Habitual or excessive worry
- Regret for sacrifices made in the past
- Irritability, getting angry easily, or being unable to express anger
- Criticism of self and others

Positive Factors that Retard Aging Process

- Happy marriage (or satisfying long-term relationship)
- Job satisfaction
- Feeling of personal happiness
- Ability to laugh easily

- Satisfactory sex life
- Ability to make and keep close friends
- Regular daily routine
- Regular work routine
- Taking at least one week's vacation every year
- Feeling in control of personal life
- Enjoyable leisure time, satisfying hobbies
- Ability to express feelings easily
- Optimistic about the future
- Feeling financially secure, living within means

As you can see, there is much more to psychological age than the cliché “You’re only as old as you think you are,” and changing your psychological age involves interweaving personal and social factors. Among the major factors are several we have touched upon. The importance of a regular daily and work routine is emphasized by almost every longevity study. Job satisfaction emerges as the most reliable indicator that a person is at low risk for a heart attack while being dissatisfied with one’s job puts one at extremely high risk. Living alone is precarious while being happily married indicates that one will age slowly.

Deepak Chopra, “Ageless Body, Timeless Mind”, A Practical alternative to growing old, page: 66-70, 1993

According to Islam, praying Salah five times a day benefits the Muslims a lot. Shaykh Zulfikar Ahmed narrates-the Muslims who do

a lot of worship have glowing hue on their face. He said that through the Salah, blood reaches the organs of human body below the heart with ease. Normally, blood cannot reach easily to all the parts of the heart. As a result, the head or brain does not get the sufficient amount of flooded blood that it should get. When the Muslims pray and prostrate – in this position the head and face is below the heart. This is the only way that the blood can flood the face. During a long prostration, we feel the blood in our face. This is also an ideal way to blood circulation that makes human face fresh.

It is believed that if women come to know that by praying, their face will help them to remain young and they may leave the creams and rush after the Nafil Salah. And it is a fact that is a pious person has a distinct glow on their face. The spiritual effect is there but there is also the bodily benefit. May Allah give us tawfeeq to increase our prostration, especially during the month of Ramadan and all the year-round.

Hadith Says: “Hold on to abundance of sujood, because with every sajdah, Allah will raise your rank and wipe out a sin”.

Every human being wants to live long in this world with good health. Physically one may grow old, the skin may get affected with wrinkles and the physical charm may be disappeared but feeling young can impress you to live long. Everybody longs for living long but living long and remaining young are not the same. Without sound health, a life can be hell in life time and it can be the source of

all destitute and ultimate unhappiness. So, life can be beautiful if there is good health with long life. The main aim and objective of this book is to give overall ideas about how to remain young in life. Young or youth is a period when one is young, but often means the time between childhood and adulthood (maturity). It is also defined as *"the appearance, freshness, vigor, spirit, etc., characteristic of one who is young"*. Research on aging has always focused on health conditions getting worse as we age. But that half glass mentality is being challenged by researchers who are exploring the secrets of those people who continue to stay healthy and remain active as they age. Studies at the Cognitive Neurology and Alzheimer's disease Center at Northwestern Feinberg School of Medicine are trying to discover why some people stay healthy and vital even well into their 80s—and older.

A Young Life

You are as young as your self-confidence, as old as your fears; as young as your hope, as old as your despair - Samuel Ullman

Young life and staying young is not the same thing. Young life mainly indicates the young age or young adult age during the early 20s to the mid-30s to early 40s, depending on the individual. Geographical effect is, therefore, the main determinant in this case. What is the best period of a life? The answer will be ‘*young life*’ as usual. Another question may be there, ‘Is being young better than

being old? Before giving the answer, first we should know what does young mean in general and what is old? The answer will vary in many more ways and means including physical and psychological aspects. When anybody gets older, they lose their motivation to be active in any society, explore more, and would like to enjoy more experience things they have not experienced before. This is why being young is better than being old. Young people are motivated to be successful in their lives, facing complicated problems, and have more opportunities to become who they want to be than when they are older.

<https://www.younglife.org/About/Pages/History.aspx>

Importance of Physical Exercise to Remain Young

Sound physical health, a gift of nature, is prerequisite for leading a better life. Good health depends on physical exercise which is more important than others to keep our mental and physical health fit. It gives tranquility of mind. Every day, people do a lot of exercises without knowing why or what exercise can be best suited for us. From the ancient period of time, people had been doing physical exercise but their way of doing exercise was different. They did not follow any specific time and rules as we are following today. They had to move around the world in search of their food and accommodation. As a result, automatically, they did a lot of physical

exercises every day without following any rules and time. In this way, naturally, their bodies became strong and fit for doing any work and they got highest longevity in their life time. After the passage of time, now, we are getting very much conscious about our physical health because we are deprived of the natural benefits which we are destroying by any means. So, to keep our body fit and get highest longevity, we need to take physical exercise on a regular basis. So, it should be kept in mind that our bodies are designed with some very sensible organs which need regular foods and in this regards, physical exercise is meant to be the ideal food which keeps those organs live and helps to keep us young both mentally and physically.



According to the World Health Organization (WHO), “*In adults aged 18–64, physical activity includes leisure time physical activity (for example: walking, dancing, gardening, hiking, swimming), transportation (e.g. walking or cycling), occupational (i.e. work),*

household chores, play, games, sports or planned exercise, in the context of daily, family, and community activities”.

There are some Benefits of Physical Exercises which help us:

To Increase Energy Levels: Physical Exercise, as usually, helps us to improve both the strength and the efficiency of cardiovascular system to get oxygen and nutrients to muscles. If our cardiovascular system works better, everything seems to be easier and we will get a fit body which will increase longevity.

To Improve Muscle Strength: Staying active keeps our muscles strong and joints, tendons and ligaments flexible which help us to move more easily and comfortably. Strong muscles and ligaments also helps reduce the risk of joint and lower back pain by keeping joints in proper alignment. It also improves coordination and balance of our body.

To Maintain a Healthy Weight: Physical Exercise helps us to burn calories which may help us to lose weight and make our body fit for long surviving. Moreover, the more muscle we develop, the higher our metabolic rate becomes, so, try to burn more calories even when we are not exercising.

To Improve Brain Function: Physical Exercise helps circulation of blood flow through the body and increases oxygen levels in the brain. As a result, our brain works spontaneously and maximizes the production of cells in the hippocampus which controls memory and learning. Moreover, by boosting concentration levels and cognitive ability, physical exercise helps us to minimize the risk of cognitive degenerative diseases.

Physical Exercise helps the Older Adult to Remain Young

According to Institute of Agriculture and Natural Resources under University of Nebraska – Lincoln, regular physical exercise helps the older adult aged 65 years to remain young and active even before their death. It is recommended that the older people who are associated to aerobic activity, muscle-strengthening activity and balance training, remain young than others. As a result, they are getting extra benefits including sound body and mind, longevity and happiness. And it is for sure that those people will look young and lead a better life than others.

I'm happy, and I think being happy keep you looking young - Olivia Newton-John

There are four types of physical exercise such as endurance, strength, balance, and flexibility which is very important to keep our body and mind fit. These four types of exercises have many different health

benefits which help us to remain young both physically and mentally. Most of us realize that we need to do these exercises on daily basis but in reality, it is difficult to maintain regularly. So, if we can do these exercises accordingly, we will be benefited more. Moreover, these also help us to reduce frustration, anxiety and boredom and increase our enthusiasm, motivation and levels.

Though the above four types of exercises have interlinked relation to each other, each type has its own benefits such as:

Endurance or Aerobic Exercise

Endurance or aerobic physical activities always help keep our breathing and heart rate normal. It also helps to keep our heart, lungs and circulatory system healthy and improve our overall fitness. Additionally, it makes our endurance level more effective and enables to do our everyday activities efficiently.

Heart rate targets for aerobic exercise				
Age	Maximum heart rate	Percentage of maximum heart rate		
		60%	70%	80%
55	165	99	116	132
60	160	96	112	128
65	155	93	109	124
70	150	90	105	120
75	145	87	102	116
80	140	84	98	112

<https://www.health.harvard.edu/exercise-and-fitness/interval-training-for-a-stronger-heart>

Some Endurance or Aerobic Exercises are walking, dancing, swimming, water aerobics, jogging, aerobic exercise classes, bicycle riding (stationary or on a path), tennis, golf without cart and, some activities of gardening, such as raking and pushing a lawn mower.

<https://food.unl.edu/physical-activity-older-adults>

Strength Exercise

Strength exercises make your muscles stronger. They may help you stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises also are called "strength training" or "resistance training."

- i. Lifting weights
- ii. Using a resistance band
- iii. Using your own body weight

Balance Exercise

Balance exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises also will improve your balance.

- i. Standing on one foot
- ii. Heel-to-toe walk
- iii. Tai Chi

Flexibility Exercise

Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities.

- i. Shoulder and upper arm stretch
- ii. Calf stretch
- iii. Yoga

Benefits of Physical Activity for Older Adults

Overall, strong evidence demonstrates that compared to less active men and women, older adults who are physically active:

- have lower rates of all-cause mortality, coronary heart disease, high blood pressure, stroke, type 2 diabetes, colon cancer and breast cancer, a higher level of cardio-respiratory and muscular fitness, healthier body mass and composition;
- have a biomarker profile that is more favorable for the prevention of cardiovascular disease, type 2 diabetes and the enhancement of bone health; and
- Exhibit higher levels of functional health, a lower risk of falling, and better cognitive function; have reduced risk of

moderate and severe functional limitations and role limitations.

http://www.who.int/dietphysicalactivity/factsheet_olderadults/en/

Exercise is Good for our Heart

Physical Exercise minimizes LDL (Bad Cholesterol) and maximizes HDL (Good Cholesterol). LDL or (low-density lipoprotein) is responsible for heart attacks and strokes. Reducing the risk, regular exercise strengthens our heart muscle. So, it can be said that combination physical exercise and healthy diet lowers the risk of developing coronary heart disease. Regular exercise helps us to:

- i. *Develop type-2 Diabetes*
- ii. *Enhance Immune System*
- iii. *Develop Degenerative Bone Diseases*
- iv. *Reduce the risk of Certain Cancers*
- v. *To Sleep Better*
- vi. *Improve Sense of Well-being*
- vii. *Prevent and Treat Mental Illnesses like Depression*

Keeping Mentally Fit Increases Longevity

According to the American College of Sports Medicine, ‘to stay healthy, adults between 19 and 64 should try to be active daily and follow these recommendations’:

Cardio-respiratory Exercise: Cardio-respiratory exercise, often abbreviated to 'cardio', increases the heartbeat and breathing rate. Such exercises include walking, running, swimming, cycling, dancing and team sports such as football, hockey, basketball etc. Through these exercises, our physical as well as mental health become sound and we can expect to be remaining younger.

Resistance Exercise: Resistance exercise helps to develop our bodies' muscles and increases our physical and mental strength. It is recommended that adults train each major muscle group two or three days each week using a variety of exercises and equipment. It will also help us to be young mentally.

Different types of Intensity of Exercises

There are different ways to classify the intensity of any exercise, some based on heart rate, some on perceived exertion and some on how the exercise affects your metabolic rate. The Physical Activity Guidelines for Americans suggests that moderate-intensity activity allows you to talk but not to sing, whereas more vigorous activity results in an inability to say more than a few words without pausing for a breath.

Examples of moderate intensity exercise include:

- i. Brisk walking (100 steps/minute)
- ii. Dancing

- iii. Swimming or aqua aerobics
- iv. Gentle cycling (5-9mph)
- v. Badminton or doubles tennis
- vi. Volleyball

Examples of vigorous intensity exercise include:

- i. Running
- ii. Power walking at 5mph or more, or walking uphill briskly
- iii. Cycling faster than 10mph
- iv. Aerobics
- v. Martial arts
- vi. Competitive sports (football, basketball, rugby etc.)
- vii. Skipping/jump rope
- viii. Rowing

How Physical Exercise Keeps Us Young

According to a new study of the effect of physical exercise on aging, the active aged people seem to be younger than the other people physiologically. After the extensive research study, it is found that many of our expectations about the inevitability of physical decline with advancing years may be incorrect and that how we age is, to a large degree, up to us.

Though aging is a natural process, it is surprisingly a matter of mystery for us. Nobody wants to be old but it is a must in a life. According to a scientific research, it has been seen that with the process of aging, human body and mind starts changing as a part of natural process. It is a slow but steady and inevitable process. Science has able prove this process is must for a life but science is unable to establish definitively how these changes have been occurred. After a certain period of time, people starts grow old and this conundrum is particularly true in terms of inactivity. It is common that aged people as usually tend to be quite sedentary nowadays, and being sedentary affects health, making it difficult to separate the effects of not moving from those of getting older.

In a new study conducted by the scientists of King's College London and the University of Birmingham in England decided to use a different approach on defining aging factor later which was published in The Journal of Physiology. They denied inactivity as a factor in their study of aging by looking at the health of older people who move quite a bit. "We wanted to understand what happens to the functioning of our bodies as we get older if we take the best-case scenario," said Stephen Harridge, senior author of the study and director of the Centre of Human and Aerospace Physiological Sciences at King's College London.

According to the above discussion, physical exercise is prerequisite to keep our body and mind fit. And fit body and mind keeps us

mentally young. So, we should be aware enough in leading our lives well by following the rules according to prescribed physical exercise mentioned in the above.

<https://www.skillsyouneed.com/ps/exercise.html>

Chapter Two: Health Benefits: According to Religions

“Bismillah-ir-Rahman-ir-Rahim”
(In the Name of Allah, the Most Gracious, the Most Merciful)

“The solution to every problem is in sabr and istighfar (the act of seeking forgiveness from Allah).”

“Indeed, Islam is a religion of peace and it has the solutions for humanity issues and problems.”

“Islam saved me from a life of crime.” – Robbie Maestracci

“Fight Shaytan, Fight your nafs and don’t let anything bring you down. Allah is always with the side of believers.”

Health Benefits According to Quran

The Quran is not only a Holy book for the Muslim, it is a complete code of human life. Apparently, it is not a book of medicine or health sciences but it is a book of guidelines for health and treatment of diseases for the human. Almighty bestowed Prophet Muhammad (PBUH) as an example to mankind. His opinion in matters of health

and personal hygiene is also a guideline for the Muslims as well as for the other religions. If the Muslims follow the dictation of Quran to lead their life, their health will remain healthy even after their old age. It can be described in the following verse:

“Everything good that happens to you (O mankind) is from God. Everything evil that happens to you is from your own actions” (4:79)

The human body contains a complex mechanism which can be compared to a machine like a fascinating tape recorder that has many mechanical and electronic parts but life does not work until electrical current is passed through it. Similarly, the human body contains spirit or soul which drives every human. A machine needs special care to keep it fit for work by keeping it clean, giving it some rest, an electric current of proper voltage, and using it carefully and wisely, so are the requirements for the body and of the body as a whole.

As we take necessary steps to keep our body physically fit, we need to take care of our spirit or souls healthy but the way of taking care is different. As it is easy to take care of our body physically, we should discuss the spiritual care of our souls which involves acts of worship such as:

Iman (Faith/belief): The faith/belief in God is the first and foremost need for establishing the spiritual stability of a life. Belief in God includes belief in His attributes, His angels, His books, the Day of Judgment, the Heaven and Hell and belief that - all good and bad is within His reach. Imam Rumi believed the faith is superior to prayers. In illness, according to Imam Ghazali, the awareness of God

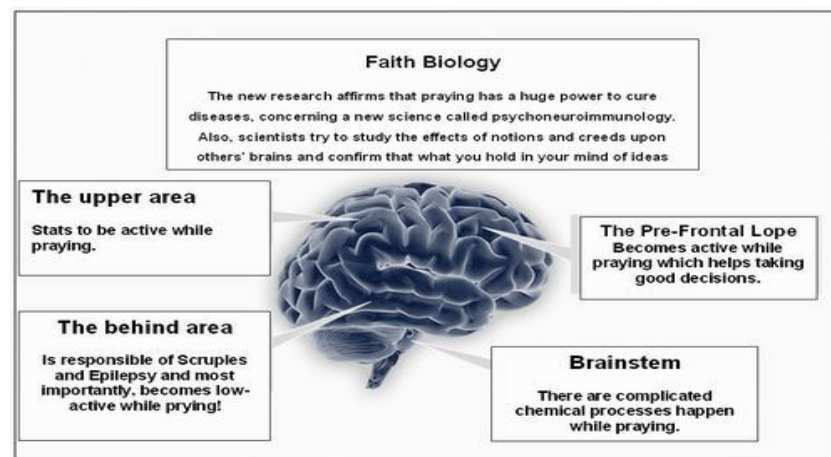
increases and man becomes closer to God by realizing his own weakness.

According to Islam, it is believed that without true faith/belief, neither our prayer, nor charity, nor fasting nor pilgrimage will be accepted. The essence of belief is to rid ourselves of all false gods around us, or within us, and to worship no one except God alone.

Salat (Prayer): Praying Salat has greatly been considered as the way of getting physical and mental medicinal benefits. Every Muslim accepts this salat as their fundamental belief. But it is a matter of fact that some treats it as skeptic and claiming that it is nothing but just surrender, humiliation and seizing of freedom. As a part of this dispute, a research study was successfully conducted by one of the Western scholars about the impact of only praying, not Islamic praying, on the brain's and health and if it was made on Muslims, then results would be breathtaking.

So, praying five times Salat in a day helps the human body to move in a proper way which has beautifully been conglomerated with the spiritual exercise which results from many surprising health and medicinal benefits. Salat has strongly been recommended by Allah for the humankind for they better health and fitness which naturally keeps our body and mind ethically fit. As a result, anybody can get their desired benefits from prayer only when they perform Salat accordingly ordered by Allah and our Prophet Muhammad (PBUH). Prayer (Salat) should be performed in a tranquil mind or remaining cool, calm, religious and spiritual to get maximum physical and

spiritual benefits and as a result, general Muslims get highest opportunity to lead their life more convenient way than the others. According to new research conducted by the American Researcher, Dr. Newberg, *"activity increase in the frontal lobe which is the front of the brain, a region that becomes active in [any] human being when one wants to focus on a particular activity"*, while the Parietal lobe, which is the back of the brain, showed a significant decrease in activity of the Parietal lobe and it is responsible for one's sense of place. This confirms the saying that meditation leads to losing the sense of place. Dr. Newberg commitment: *"During meditation, people lose their feelings of themselves and really feel losing the sense of place and time, and this was exactly what we saw"*.



<http://kaheel7.com/eng/index.php/secrets-of-quran-a-sunnah/282-american-researcher-has-discovered-that-while-praying-the-brain-re-programs-itself>

Relation between Salat and Yoga: There is a strong inter-relation between Salat and Yoga. Along with Salat, yoga revitalizes the

human organs naturally both physically and mentally. Yoga, a state of Self-Realization, is a process of refreshing self-indulgence spiritual matter as well as a cost-effective solution; try to find out the very root cause of diseases. It helps to restore harmony among various components of lifestyle of physical, social, emotional, spiritual, mental and psychological. The fundamental concept of Yoga helps everybody to enjoy and cherish the life with enlivening thrill. The system provides psychological and emotional well-being. Being drugless therapies, it enhances sustainable and functional ability of the body. The same case is also with Salat. Yoga and Salat is certainly a substitute for stress and disease free personality.

2.2.3 Salat as Meditation: Salat is the best form of meditation according to the Yogic point of view. It is an ideal way to show devotion and a unilaterally surrender to Allah. When a Muslim perform Salat Meditation is defined as the uninterrupted flow of mind towards a particular object. Salat is one of the best stress buster and tension reliever modules. Salat (Sala'at) is the perfect example of meditation where the performer thinks only and only about Allah. Thus, Salat provides the ultimate satisfaction and peace to the mind thus save you from many diseases and disorders. It enhances your concentration and reduces the level of depression. Salat helps to develop positive milieu around the Salati.

Salat and Physical Health Benefits: Salat has multiple many health and fitness benefits. Some of the important physical health benefits are as follow:

- Salat is one of the important means for health, happiness and harmony.
- Offering regular Salat keeps one fit and healthy by burning extra calories thereby losing weight.
- Salat is one of the effective ways for weight loss as well as to control obesity.
- Salat stretches your muscles and helps to provide tone body.
- It is good to overcome arthritis as Salat is good to enhance flexibility of the body and reduces stiffness.
- Salat is a good source to balance Anabolic and Catabolic bio-chemical process of the body.
- Salat is good for heart, brain, above all for the entire body.
- Standing posture in Salat (Qiya'm) ensures proper blood flow from the lower portion of the body. It is also good in strengthening the leg muscles.

Health Benefits of Ruk'u: The forward bending position of Salat (Ruk'u) is good for your lower vertebral column. It helps to ease your back pain as per Yogic philosophy. Doing Ruku properly helps to control a backache and vertebral column related diseases. Salat Ruku is effective in developing the flexibility to shoulder, elbow wrist, knees and ankle regions. While Ruku in a Salat, it creates

abdominal pressure that eases constipation and peristaltic movements. In this way, Ruku can help to keep human kidney better than others.

Health Benefits of Sajdah: Sajdah or prostration is the only position in the regular prayers of the Muslim. The aim of the obligatory prayers for the Muslim is not only to provide exercise, it also increase plenty of medical advantages for the human body. However, Sajdah, a special way of prostration, helps us in many ways such as:

- It strengthen the thigh and calf muscles
- It is good for digestion
- It keeps your spine firm and erect
- It gives proper functioning of brain, lungs, body muscles, joints and entire vertebral column
- It helps to maintain smooth blood to the brain region
- It stimulates the master gland pituitary gland and the pineal gland
- It reduces the chances of brain hemorrhage and headache due to smooth blood flow to the head region

There are a lot of hadith on the health benefits and blessings of performing Sajdah. While performing Sajdah, the toes are experiencing acupressure which is good for better health of the body, especially for body pains. The Prophet (S) reminded us that the slave

of Allah is closest to Him when the person is in a state of Sajdah. That, therefore, is an excellent opportunity to make a lot of Dua to Allah. According to the Hadith, he said:

“The nearest a slave of Allah is to his Rabb (Lord) is in the state of Sujood (Prostration) so increase the Dua (that you make to Allah).” (Sahih Muslim)

Health Benefits of Sala'm: Salam is the last proceeding of Salat which has already been proved as an excellent form of exercise for neck and upper vertebra. It is also an excellent way of loosening the neck joints and helps to provide relaxation of the shoulder and upper back muscles. Moreover, Salam refreshes human nerves system passing through the neck which helps to relieve headache and contend migraine.

There are also two health aspects of Salat:

Ablution or Wudu: Washing all the required areas of the body, hand, feet, face, mouth, and nostrils etc. five times a day is a healthy preventive procedure which is also called the process of ablution or wudu.

Health Benefits of Ablution or wudu: Every Muslim mandatorily performs ablution or wudu before five times prayers in a day. There is a specific obligatory pattern of doing ablution or wudu. As Allah said, O you, who have believed, when you rise to [perform] prayer, wash your faces and your forearms to the elbows and wipe over your heads and wash your feet to the ankles. (Al-Maidah)

The scientists have recently proved that performing ablution five times a day before saying prayers have amazing scientific health benefits which are still unknown to the many Muslims. The medical benefits of ablution are:

- It prevents germs from the body and promotes good health
- It stimulates biological active spots similar to Chinese Reflexo-Therapy
- It helps to relax the nervous system and eases tension, stress, and anxiety
- Hand washing is an efficient way to prevent the spread of germs
- Gargling during ablution (Wudu) helps to remove germs, allergens and dust particles
- Gargling reduces the chances of common cold
- Gargling also reduces viral respiratory infections
- Gargling ensures the reduction in bad breath
- Nasal cleansing removes bags of dust, allergens and contaminated matter
- Nasal cleaning minimizes the infections such as flu, sinusitis, cold and chest infections
- Nasal cleaning overcomes nasal congestion and clear sticky matter in the nose
- Nasal cleaning helps to treat allergic rhinitis, good for nasal dryness and improves breathing
- Face washing is beneficial for refreshing and improving the facial complexion

- Face washing reduces the impact of oily skin and retarded the growth of acne, pimples, wrinkles, and other facial spots.
- Ears cleaning are quite effective to prevent wax accumulation
- Cleaning ear is good to remove dust and germs from the outer region of the ears
- Washing feet clean dirt's and fungus
- It also acts like as acupressure while fingers are passing through the bottom area of the toes
- Rubbing the toes with fingers is also good in case of diabetes and removing pain from the body
- It also cures pain like back pain, arthritis, joints pain, etc

Recitation from the Holy Quran: Reciting from the Holy Quran has great medicinal benefits which indirectly effects on the body, mind and heart. While uttering the Arabic alphabet, it effects on the sound and the meaning such as the letter Alif resounds unto the echoes to heart and the letter YA resound unto echoes to the pineal gland in the brain.

"O Mankind: There has come to you a direction from your Lord and a healing for the (disease) in your hearts - and for those who believe a guidance and mercy!" (Quran 10:57).

"And We sent down in the Quran that which is healing and a mercy to those who believe: to the unjust it causes nothing but loss after loss". (Quran 17:82).

Zakat (Charity): Zakat is one of the five fundamental beliefs of Islam. The literal meaning of Zakat is purification and growth in Islam. Almighty Allah gives us an obligatory system of turning our wealth into halal by performing Zakat on a regular basis. So, we can say it the purification of legitimately earned wealth. It is seen that money-related crimes are committed for the extreme love of money and this creates violence in the society. In this regard, if the Muslim *performs* this accordingly, this violence may be eradicated. *As a result, a life becomes systematic and people may live without any hustle.*

"And he is violent in his love of wealth"(Quran 100:8).

According to the Muslim faith, Allah is the owner of all wealth and human are the disposers of that trust. However, this very concept of giving Zakat surely establishes peace at heart and our behavior in the loss of money or unusual gain.

Sawm (fasting): Islamic fasting is prescribed as the way of training of our mind, and body in self-restraint.

"O, you! who believe fasting is prescribed to you, as it was prescribed to those before you so that you can learn self-restraint." (Quran 2:183).

In Islam, fasting is a must for the Muslims as it brings about a complete physiological as well as habitual change. It also helps to

our digestive and the central nervous system. According to process performing Sawm, there is no complexity but we make the trouble. After fasting while we sit for Iftar, we take more than expected foods at a time. Iftar is no longer confined in a glass of water and some dates; rather we take unusual foods including fried snacks, cooked meats and juices of the most exotic fruits. As a result, the health benefit of Iftar which also diminishes the rule is simplicity and moderation.

Therefore, during the period of fast one may not only get rid of nibbling food, coffee, and smoking but also of anger and excessive sexual passion. In fact, the fast not only gives rest to the stomach but also stabilizes the secretion of hormones which control our behavior. This may help to remain a life more live.

Hajj (Pilgrimage to Makkah): The moral of the Hajj is to submission and absolute surrender to God's will, the opportunity for repentance, and the social and political gathering of the Ummah depicting brotherhood and equality. However, this can be used for programming and be testing us for physical endurance, a requirement for all able men and women. The long walks, the heat, the sun, the thirst, the physical exercise, etc. is to remind us of the Day of Judgment.

We should perform Hajj when we are young and physically well rather than wait for old age. We should keep ourselves in good shape before and after the Hajj.

Kaffara: According to Islam, when Muslim attacked by any harmful diseases, he/she can give Kaffara as a will of God to remove his/her sin with a view to remove the affliction.

*"And if God touches thee with affliction, none can remove it but He: if He touches thee with happiness He has power over all things."
(Quran 6:17)*

As usually, ill people must go to seek early treatment but many of us are careless about this matter, it is a clear contrary to the Prophet's practice and teaching of Islam. In Christianity, there is a sect believing in faith healing that has let their members die rather than go to the physician. Usamah Bin Shareek reports that *"I was with the Prophet and some Arabs came to him asking "O Messenger of Allah, do we take medicine for any disease."*

He also said, *"Yes, O, You servants of Allah take medicine as Allah have not created a disease without creating a cure except for one. They asked which one, he replied old age".*

So, we should increase our medicinal knowledge of health and disease, of medications and its side effects. Doctors can prescribe according to their knowledge and expertise but if Muslims lead their lives according to the mandate prescribed in the Holy Quran, they can lead a very healthy life and living.

In a nutshell, physical and mental health is an extreme blessing of Allah and we are the only trustees. So, we should not misuse it by doing wrongdoing or through the violation of the will of Allah. And if we do so, Allah may bestow upon us a healthy young life.

Food and Nutrition According to Quran: As the best creation of Allah, the human being has been provided a lot of amenities in life as the blessing. There is nothing compare to those blessing on this earth as Allah loves us creations so much. He knows everything even with what we eat and put in our body or even what we are thinking. Every moment we are surrounded by the blessing and as part of His blessing, He gives us healthy muscles, bones, lungs, liver, brain and secretions. Those parts are made from the raw product and it is our duty to keep them healthy. So, we have to feed these organs with healthy foods and nutrition and if we do so, we will get expected healthy bones, strong muscles, good pump (heart) and clean pipes (vessels) which surely keep our body and mind fit even in our old age. Allah says, "O mankind: Eat of what is lawful and good on earth" (Quran 2: 168).

In Islam, Allah recommends some halal foods which are good for the health and forbidden some foods which contain harmful elements. It is a clear indication that harmful foods must be avoided though some people take those items as food. As instances, dead meat contains full of germs and harmful elements like antibodies where pork meat contains high cholesterol, salt, and worms. Many people take alcohol

and other intoxicating foods which damage our normal capacity of judging good and bad. Therefore, a person influenced by alcohol may be violent and abusive without even knowing what he is doing.

It is also recommended that over eating can be causes of many problems. In Islam, Allah advises us to take sufficient or moderate quantity of foods. If we take more foods than usual, it may cause obesity which is a major American tragedy, a form of malnutrition, affecting millions of people, of all age. Allah says, *"Eat of the good things we have provided for your sustenance, but commit no excess therein, lest my wrath should justly descend on you, and those on whom descends my wrath do perish indeed"* (Quran 20:81).

According to Hadith, it is said recommended that we are advised to leave one-third of our stomach empty after finishing the meal. This indicates to have sufficient foods and drinks or balanced diet. It helps our digestion system well and keeps our body fit. As a result, we will have a sound body and mind. Certain types of foods and fruits are especially emphasized in Quran (36:57, 43:73, 16:67).

"And from the fruits of date palm and grapes you get wholesome drink and nutrition: Behold in this is a sign for those who are wise" (Quran 16:67).

Fruits contain low in calorie, high in vitamins and minerals, and fiber and sugar is fructose and not sucrose. In a recent study by Dr.

Anderson fructose has been shown to cause no rise in blood sugar and even lowers the high blood sugar of diabetics. Honey is fructose.

Cleanliness: *"Cleanliness is next to godliness."* Allah is pure and likes purity. He is clean and likes cleanliness. Therefore, cleanliness of body and mind is stressed in Quran (4:43). Wearing clean dress and decent dress makes a man more confident. Allah loves those who keep themselves clean. Allah suggests us to keep everything clean as required. It is a most important part in a life. Miswak or brushing teeth, a part of our everyday life, is not a new invention of last 200 years. He also advised us on flossing (Khilal) as is now being advised by the dentist. In fact, he is known to have said that if it was not a hardship for Muslims, he would have advised using Miswak before each prayer i.e. five times a day. Cleanliness of our mind is prerequisite for total cleanliness (body and mind). And this will certainly help to remain healthy or young in our old age.

Above all, in every religion, people want to lead a better life. The main aim of any religion is to establish peace in the society. So, everybody should maintain the norms and regulations according to their own religious direction. And if we can lead our life following the dictation, it is for sure that we will get a hassle free life and it will directly affect on our lives and we will remain healthy even in our old age.

<http://www.soundvision.com/article/health-guidelines-from-quran-and-sunnah>

<http://www.gyanunlimited.com/health/22-amazing-health-benefits-of-Salat-salat-Salat-e-tawbah/9161/>

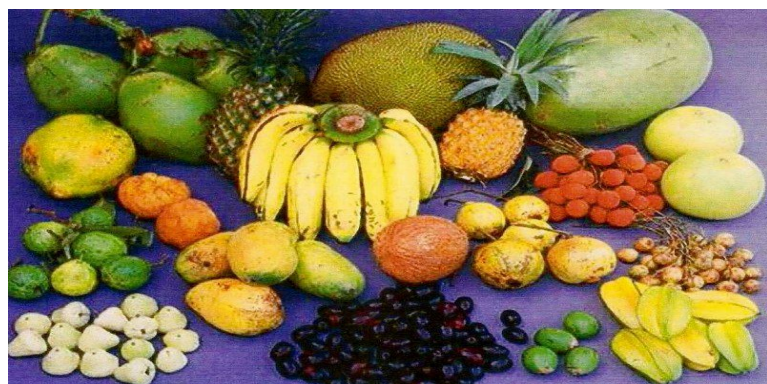
<http://www.gyanunlimited.com/health/22-amazing-health-benefits-of-Salat-salat-Salat-e-tawbah/9161/>

Chapter Three: Seasonal Fruits Keep us Remain Young

Using lots of fresh foods, fruits and vegetables, helps to keep the menu buoyant - I don't know if that's the right word, but it keeps a balance of freshness and health - Sally Schneider

It is our inborn thirst to remain young forever. No one can be found who doesn't expect this in life. Naturally, every human becomes old and after a certain time they will die. But, during this short span of life, everybody wants to lead a happy and healthy life. And if anybody leads their life accordingly, they will get this privilege to lead a young life. In this regard, seasonal fruits can be the determinant of being healthy. Fruits are the source of all nutrition which has significant roles to remain young forever. In Bangladesh, we have some seasonal foods which are full of food values and contain high nutrition. If we eat these seasonal fruits accordingly, it is sure that disease will be far away. However, in this chapter, I have discussed about different Bangladeshi seasonal fruits and their nutritional values which will help us to remain healthy both mentally and physically.

Being most of the people are living on hand to month, it is difficult to maintain a fruit chart in their regular menu. But it is mentionable that some seasonal fruits become so cheaper that anybody can have the chance to buy and can add into their daily food chart. So, there is a huge possibility for us to take those fruits easily and becomes physically fit. It is suggested by many nutritionists that if anybody take those seasonal fruits timely, they will remain utterly healthy in their life.



Bangladesh is a country of immense aesthetic beauties which has a lot of divine gifts. We are blessed with six seasons and each season has multi-dimensional natural gift especially flowers, fruits and other natural elements. In this chapter, I will discuss about the Seasonal Fruits and their contribution to our health.

Fruits are very important to be a healthy one. Natural and seasonal fruits are always good for our health. If we take those foods

regularly, it will truly help us to remain young even in the old age. There are some foods which significantly affect in our daily life.

Mango (May-Sept)

Bengali Name : Aam
English Name : Mango
Scientific Name : *Mangifera indica*

One cup of diced mango contains:

100 calories, 1 gram protein, 0.5 grams fat, 25 grams of carbohydrate (24 grams of sugar and 3 grams of fiber), 100 percent of the daily need for vitamin C, 35 percent of vitamin A, 20 percent of folate, 10 percent of vitamin B-6, 8 percent of vitamin K and potassium

Mangoes '*the kings of fruits*' contain an abundance of vitamins, minerals and antioxidants that assure your optimum health. Health Benefits of Mangoes are:

- It has antioxidant compounds which fight against colon, breast, leukemia and prostate cancers.
- The high levels of fiber, pectin and vitamin C help to lower serum cholesterol levels, specifically Low-Density Lipoprotein (the bad stuff).
- Mangoes help clear clogged pores and eliminate pimples.

- One cup of sliced mangoes supplies 25% of the needed daily value of vitamin A, which promotes good eyesight and prevents night blindness and dry eyes.
- Its tartaric acid, malic acid, and a trace of citric acid help to maintain the alkali reserve of the body.
- Mango leaves help normalize insulin levels in the blood.
- Mangoes are a great source of vitamin E and it promotes Healthy Sex.
- The fiber in mangoes also helps digestion and elimination.
- Juicing from green mango and mixing with water and a sweetener helps to cool down the body and prevent harm from overheating.
- The generous amounts of vitamin C and vitamin A in mangos, plus 25 different kinds of carotenoids keep your immune system healthy and strong.

<https://guardian.ng/life/wellness/10-health-benefits-of-mangoes/>

Jackfruits (Apr– Oct)

Bengali Name : Kathal
 English Name : Jackfruit
 Scientific Name : *Artocarpus heterophyllus*

One cup of sliced fruit provides the following nutrients such as:

Calories: 155, Carbs: 40 grams, Fiber: 3 grams, Protein: 3 grams, Vitamin A: 10% of the **RDI, Vitamin C: 18% of the RDI, Riboflavin: 11% of the RDI, Magnesium: 15% of the RDI, Potassium: 14% of the RDI, Copper: 15% of the RDI, and Manganese: 16% of the RDI

*** The Reference Daily Intake (RDI)*

Health Benefits of Jackfruits:

- Jackfruit is rich in dietary fiber, which makes it a good bulk laxative. The fiber content helps protect the colon mucous membrane by binding to and eliminating cancer-causing chemicals from the colon.
- The fresh fruit has small but significant amounts of vitamin-A, and flavonoid pigments such as *carotene-β*, *xanthin*, *lutein*, and *cryptoxanthin-β*. Together, these compounds play vital roles in antioxidant and vision functions. Vitamin-A also required for maintaining the integrity of mucosa and skin. Consumption of natural fruits rich in vitamin-A and carotenes has been found to protect from lung and oral cavity cancers.
- Jackfruit is a good source of antioxidant vitamin-C, provides about 13.7 mg or 23% of RDA. Consumption of foods rich in vitamin-C helps the body develop resistance against infectious agents and scavenge harmful free radicals.

- It is one of the rare fruits that is rich in a B-complex group of vitamins. It contains outstanding amounts of vitamin B-6 (pyridoxine), niacin, riboflavin, and folic acid.
- Further, fresh fruit is a good source of potassium, magnesium, manganese, and iron. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure.

<https://www.nutrition-and-you.com/jackfruit.html>

Litchis or Lychee or Litchee (June – July)

Bengali Name : Litchu
 English Name : Litchi
 Scientific Name : *Litchi chinensis*

Litchis have the following health benefits:

A cup of Lychee is a good source of vitamin C, vitamin B2 (riboflavin), potassium and copper. Ten fresh lychees have around 69 mg of vitamin C, which is equivalent to a medium orange!

Lychees also have antioxidant, anti-cancer, anti-inflammatory, anti-microbial, anti-viral, anti-diabetic, anti-obesity, liver-protective and immune-boosting benefits. Lychees are especially rich in polyphenols (plant-based antioxidants), including proanthocyanidins,

which may help prevent serious heart problems, cancer and other diseases. Its anti-diabetic activities are particularly interesting.

A 2013 review published in *Evidence-Based Complementary and Alternative Medicine* highlighted lychees' blood glucose-lowering abilities. Lychee seed extract helps reduce insulin resistance, and the polyphenol oligonol found in the lychee fruit may help with diabetes-related vascular problems. The fruit also may help fight inflammation and oxidative stress associated with diabetes and obesity. However, they do have quite a bit of sugar -- 29 g in a cup. So moderation is the key. Diabetics interested in lychee and lychee extracts should consult with a qualified healthcare provider.

<http://phlabs.com/lychee-the-dangerous-fruit-with-amazing-health-benefits>

Ata or Cherimoya (March-May)

Bengali Name : Ata
 English Name : Cherimoya
 Scientific Name : *Annona cherimolia*



Health Benefits of Ata (Cherimoya):

A single, medium-sized cherimoya fruit contains 30 milligrams of Vitamin C, providing about 35% of the daily recommended intake. Vitamin C in cherimoya is required for the healing of wounds and formation of cartilage, tendons and ligaments. Consumption of one cup of cherimoya daily develops resistance against infectious agents and scavenges harmful free radicals from the body.

Banana – All Season

Bengali Name : Kola
 English Name : Banana
 Scientific Name : *Musa sapientum*

Bananas provide a variety of vitamins and minerals:

Vitamin B6 - 0.5 mg, Manganese - 0.3 mg, Vitamin C - 9 mg, Potassium - 450 mg, Dietary Fiber - 3g, Protein - 1 g, Magnesium - 34 mg, Folate - 25.0 mcg, Riboflavin - 0.1 mg, Niacin - 0.8 mg, Vitamin A - 81 IU, Iron - 0.3 mg

The recommended intake of potassium for adults is 4,700 milligrams per day.

Bananas Contain Many Important Nutrients

Bananas are among the most popular fruits on earth. Native to Southeast Asia, they are now grown in many warmer parts of the world.

- Bananas contain a fair amount of fiber, as well as several antioxidants.

Bananas are rich in fiber, antioxidants and several nutrients. A medium-sized banana contains about 105 calories.

- Bananas contain nutrients that can help moderate blood sugar levels after meals. They may also reduce appetite by slowing stomach emptying.
- A medium-sized banana contains about 3 grams of fiber, making bananas a fairly good fiber source.

Bananas contain mainly two types of fiber:

- Pectin: Decreases as the banana ripens.
- Resistant starch: Found in unripe bananas.

Bananas are fairly rich in fiber and resistant starch, which may feed the friendly gut bacteria and help protect against colon cancer.

- Bananas may help with weight loss. They are low in calories, high in nutrients and fiber, and may have appetite-reducing effects.
- Bananas are a good dietary source of potassium and magnesium, two nutrients that are essential for heart health.
- Bananas are high in several antioxidants, which may help reduce damage from free radicals and lower the risk of some diseases.
- Bananas contain high amounts of resistant starch or pectin, depending on ripeness. Both may reduce appetite and help keep you full.
- Unripe bananas are a good source of resistant starch, which may improve insulin sensitivity. However, more research is needed.
- Eating a banana several times a week may reduce the risk of kidney disease by up to 50%.
- Bananas may help relieve muscle cramps caused by exercise. They also provide excellent fuel for endurance exercise.
- Bananas make a great addition to your breakfast yogurt, cereal or smoothie. You can even use them instead of sugar in your baking and cooking.

Furthermore, bananas rarely contain any pesticides or pollutants, due to their thick protective peel.

<https://www.healthline.com/nutrition/11-proven-benefits-of-bananas>

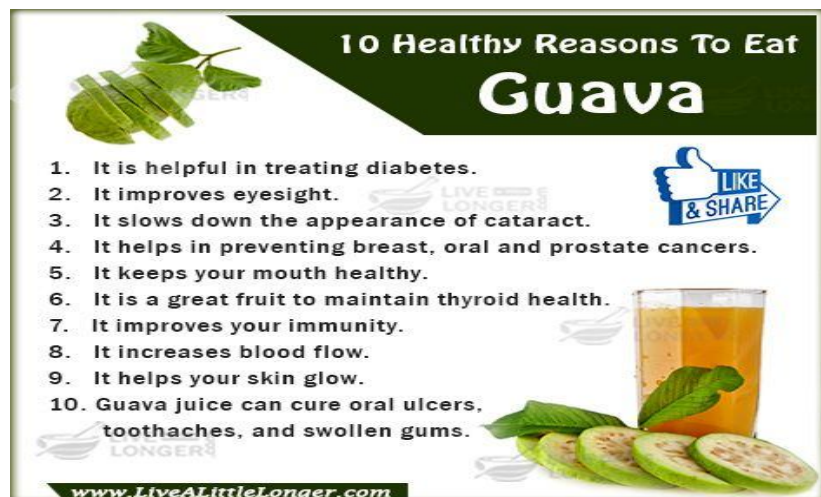
Peara or Gauva – All season

Bengali Name : Payara
English Name : Guava
Scientific Name : *Psidium sativum*

Guavas are nutritionally rich with multiple benefits for people suffering from various diseases. The regular consumption of this fruit can prevent chronic diseases such as cancer and diabetes; the best way is to eat one with every meal and keep the body healthy.

Nutrition Chart Of Guava (100 Grams)			
Energy	68 Kcal	Electrolytes	
Carbohydrates	14.3 g	Sodium	2 mg
Protein	2.55 g	Potassium	417 mg
Total Fat	0.95 g	Minerals	
Cholesterol	0 mg	Calcium	18 mg
Dietary Fiber	5.4 g	Copper	0.230 mg
Vitamins		Iron	0.26 mg
Folates	49 µg	Magnesium	22 mg
Niacin	1.084 mg	Manganese	0.150 mg
Pantothenic acid	0.451 mg	Phosphorus	11 mg
Pyridoxine	0.110 mg	Selenium	0.6 mcg
Riboflavin	0.040 mg	Zinc	0.23 mg
Thiamin	0.067 mg	Phyto-nutrients	
Vitamin A	624 IU	Carotene-β	374 µg
Vitamin C	228 mg	Crypto-xanthin-β	0 µg
Vitamin E	0.73 mg	Lycopene	5204 µg
Vitamin K	2.6 µg		

Health Benefits of Guava for Health:



Amra or Golden Apple – April-October

Bengali Name : Amra
 English Name : Golden Apple
 Scientific Name : *Spondias dulcis*

Nutritional Fact of Amra or Golden Apple

Nutrition Facts	
Serving Size: 1 piece (5g)	
Amount per serving	
Calories 66	Calories from Fat 0.9
% Daily Values*	
Total Fat 0.1g	0%
Saturated Fat-	
Cholesterol-	
Sodium-	
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars-	
Protein 1.1g	
Vitamin A-	Vitamin C-
Calcium-	Iron-
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Nutrition summary:

Calories 66	Fat 0.1 g	Carbs 15g	Protein 1.1g
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There are 66 calories in a 1 piece serving of kedondongamra.
 Calorie breakdown: 1% fat, 92% carbs, 7% protein.

<https://www.ayurtimes.com/nutrition-facts-analysis-of-amla-amalaki-indian-gooseberry-emblica-officinalis-phyllanthus-emblica/>

The health Benefits of Amra:

- Amra contains two times more vitamin C than oranges
- It is rich with antioxidant properties which help to prevent various types of cancer

- It helps to scavenge our body toxins and prevent toxicity of blood and make it pure
- It helps to prevent premature aging.
- It gives healthy skin, prevents sun burn and manages hair fall problem
- It prevents bleeding gums and makes teeth strong.
- It prevents different skin infections of rainy seasons like acne, rashes etc.
- It helps to absorb iron in body.
- It helps to improve digestion system
- It helps to improve the immune system

<http://forum.daffodilvarsity.edu.bd/index.php?topic=10029.0>

Jambura or Pummelo (April-October)

Bengali Name : Jambura
 English Name : Pummelo
 Scientific Name : *Citrus maxima*

Pomelo or Jambura are rich in Vitamin-C like all citrus fruits and also in Vitamin B. It contains a high amount of beta-carotene and folic acid and is very beneficial for pregnant women. Pomelo also contains a good amount of potassium, which keeps our heart healthy. It also contains Vitamin A, Vitamin B1, B2 and C, bioflavonoid, healthy fats, protein, fiber, antioxidants, and enzymes.

Benefits for Health:

- Pomelo helps to fight urinary tract infection; a painful bacterial infection of the urinary system.
- It helps to clear arterial deposits in the body, thereby reducing the risk of stroke and heart attack.
- It stimulates the antibodies and immune cells to guard the body from bacteria that cause cold, flu, asthma and allergies.
- The skin of the Pomelo fruit is rich in bioflavonoids, an antioxidant that prevents intestinal, pancreatic and breast cancer.
- Regular consumption of Pomelo increases the deposition of collagen and slows the breakdown of collagen and elastin, helping the skin look young and healthy.
- The enzyme found in Pomelo fortifies the skin and initiates wound recovery, helping the skin to repair itself.
- Eating Pomelo decreases sebum production in the skin to reduce acne and pimples.
- Pomelo is rich in antioxidants, which helps to slow the rate of free radical damage. Pomelo can also help reverse the signs of ageing.
- It contains minerals like sulphur, calcium, iron, zinc and calcium, which are needed for hair growth.

- Vitamin C in Pomelo fights bacteria and soothes the skin of the scalp to ward off dandruff.
- Free radicals can damage the hair follicles by making them weak, thin and brittle.
- Pomelo juice improves blood circulation and strengthens hair capillaries. This promotes strong and thick hair.
- Pomelo helps to reverse Adrenal fatigue, a condition which causes severe hair loss in women.

<https://www.healthbeckon.com/pomelo-fruit-benefits/>

Water Melon (April – May)

Bengali Name : Tarmuj
 English Name : Watermelon
 Scientific Name : *Citrullis lanatus*

One cup of diced watermelon (152 grams) contains:

- 43 calories
- 0 grams of fat
- 2 milligrams of sodium
- 11 grams of carbohydrate (including 9 grams of sugar)
- 1 gram of fiber

One cup of watermelon will provide the following percentage of daily vitamins:

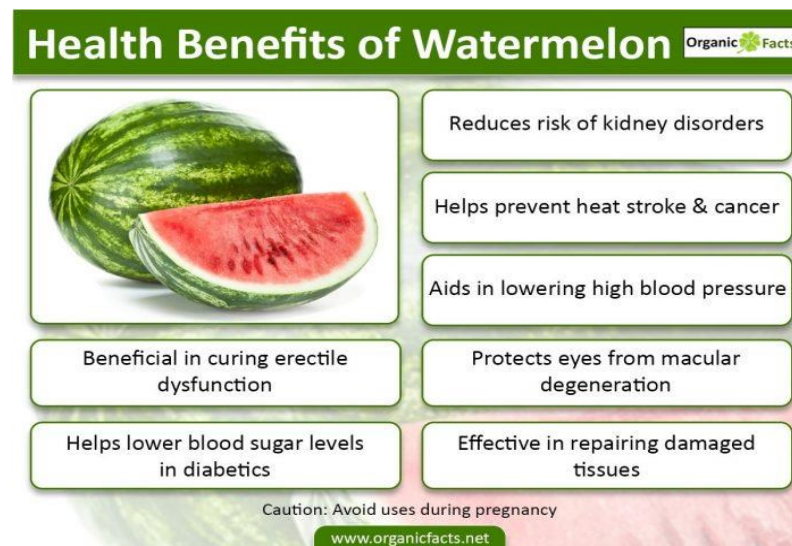
- 17 percent of vitamin A
- 21 percent of vitamin C

- 2 percent of iron
- 1 percent of calcium

Watermelon also contains thiamine, riboflavin, niacin, vitamin B-6, folate, pantothenic acid, magnesium, phosphorus, potassium, zinc, copper, manganese, selenium, choline, lycopene, and betaine. According to the National Watermelon Promotion Board, watermelon contains more lycopene than any other fruits or vegetables.

<https://www.medicalnewstoday.com/articles/266886.php>

The Wonders of Watermelon are:



Despite the popular belief that watermelon is just water and sugar, watermelon is actually a nutrient dense food. It provides high levels

of vitamins, minerals, and antioxidants and just a small number of calories.

Amloki or Embica (July-October)

Bengali Name : Amloki
 English Name : Embica
 Scientific Name : *Phyllanthus emblica*

Major Nutrients

Major Nutrient	Values per 100 g	% of RDA
Total Calories	48	2.4%
Total Fat	0.5 g	0.5%
Protein	1 g	—
Total Carbohydrate	10 g	3%
Water	86 g	—
Phenolic Compounds Gallic Acid	3012.5 mg	NA

Source: <https://www.ayurtimes.com/nutrition-facts-analysis-of-amlamalakian-indian-gooseberry-emblica-officinalis-phyllanthus-emblica/>

Benefits of Amloki or Amla:

- Supports healthy metabolism, digestion and elimination
- Promotes anti-inflammatory properties that cool, tone, and nourish tissues and organs
- Nourishes the heart and respiratory system

- Assists natural internal cleansing and maintains regularity
- Natural antioxidant
- Promotes healthy eyes, hair, nails, and skin
- Balances agni (digestive fire)
- Builds ojas to support a healthy immune response and youthfulness

<https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/herbs/amalaki-amlam/>

Lebu or Lemon (April-October)

Bengali Name : Lebu
 English Name : Lemon
 Scientific Name : *Citrus limon*



LEMON Calories

Nutrition Facts

Lemon(small) 13 calories
 Lemon(medium) 17 calories
 Lemon(large) 22 calories
 Large Lemon without Peel 24 calories
 Equal sized Lemon with peel 28-30 calories
 One quarter of a small lemon 3 calories
 Thick lemon slice without peel(1/4 inch) 4 calories
 Grated Lemon Peel(1 table spoon) 3 calories
 Lemon with Peel(each ounce) 6 calories
 Lemon without Peel(each ounce) 8 calories
 Lemon Juice(1 cup) 61-65 calories

Peeled Lemon

Carbohydrates 5.41g	Sodium 1mg
Sugar 1.45g	Dietary Fiber 1.6g
Potassium 80mg	

UnPeeled Lemon

Carbohydrates 11.56g	Sodium 3mg
Potassium 157mg	Dietary Fiber 5.1g

**Based on a 2000 calorie diet*

Health Benefits of Nimbu or Lemon:

- Lemon juice contains properties that help in alleviating indigestion symptoms like heartburn, bloating and belching.
- Lemon in water is a wonderful remedy for people with heart problems owing to its high potassium content. In addition, it is known to reduce mental stress and depression.
- Amongst other health benefits, lemonade (lemon pulp mixed in water) boasts of providing a quick solution to weight loss.
- Applying fresh lemon juice on the areas of toothache provides relief. Massaging it on the gums stops bleeding and removes bad odor.
- The juice from lemon acts as a cooling agent and is thus used to reduce any burning sensations on the skin. Any hardened surface on the skin can be dissolved or softened by applying the liquid on it.
- Respiratory and breathing problems are also cured with lemon juice. Being a rich source of vitamin C, it helps in dealing with asthma.
- Due to its aromatic and antibacterial properties, lemon juice is extremely useful for foot relaxation.
- It is an excellent fruit for fighting throat infections and tonsillitis owing to its healing nature.

- Being a natural antiseptic, lemons are proven to eliminate skin problems such as wrinkles and blackheads, thereby rejuvenating the skin and enhancing the glow on the skin.
- Daily consumption of lemon water acts as an anti-ageing remedy.
- People suffering from frequent nasal bleeding can apply lemon juice on a cotton swab to minimize blood flow.
- Lemon is also recommended to patients with a high amount of uric acid, urinary tract infections and other kidney related ailments due to their diuretic property.

<http://nutrition.indobase.com/articles/lemons-nutrition.php>

Papayas – All time

Bengali Name : Pepe
 English Name : Papaya
 Scientific Name : *Carica papaya*

Nutrition

Papayas are an excellent source of vitamin C, and one single medium fruit provides 224 percent of recommended daily intake.

One medium papaya has approximately:

- 120 calories
- 30 grams of carbohydrate - including 5 grams of fiber and 18 grams of sugar
- 2 grams of protein

Papayas are also a good source of:

- folate
- vitamin A
- magnesium
- copper
- pantothenic acid
- fiber

They also have B vitamins, alpha and beta-carotene, lutein and zeaxanthin, vitamin E, calcium, potassium, vitamin K, and lycopene, the powerful antioxidant most commonly associated with tomatoes.

Health Benefits of Papayas

- Papaya is rich in fibre, Vitamin C and antioxidants which prevent cholesterol build up in your arteries.
- Those looking to lose weight must include papaya in their diet as it is very low in calories.
- A single papaya contains more than 200% of your daily requirement of Vitamin C, making it great for your immunity.
- Papaya is an excellent food option for diabetics as it has low-sugar content even though it is sweet to taste.
- Also, people who don't have diabetes can eat papaya to prevent it from happening.
- Papaya is rich in Vitamin A which helps protect your vision from degenerating.

- Eating papayas are good for your bones as they have anti-inflammatory properties along with Vitamin C which helps in keeping various forms of arthritis at bay.
- Eating a papaya daily can make up for such occasional mistakes, as it has a digestive enzyme known as papain along with fibre which helps improve your digestive health.
- Women who are experiencing menstrual pain should help themselves to several servings of papaya, as an enzyme called papain helps in regulating and easing flow during menstrual periods.
- Papaya is rich in Vitamin C, Vitamin E and antioxidants like beta-carotene which helps prevent your skin from free radical damage keeping wrinkles and other signs of ageing at bay.
- Papaya is a rich source of antioxidants, phytonutrients and flavonoids that prevent your cells from undergoing free radical damage.
- Papaya reduces risk of colon and prostate cancer.
- The wonder fruit is rich in several nutrients like Vitamin C which can keep you free from stress.

<https://www.msn.com/en-in/health/nutrition/11-health-benefits-of-papayas/ar-AA2bCze>

Jamrul or Rose Apple (April – October)


Bengali Name : Jamrul
 English Name : Rose Apple
 Scientific Name : *Syzygium aqueum*

Nutritional value


Rose Apple possess rich amount of iron, calcium, fiber, Vitamin C, protein and Vitamin A. 100 gm of Rose Apple contains calcium (29 mg), potassium (123 mg), sulphur (13 mg). The same amount of Rose Apple provides Vitamin C (24.78%), Total fat (0.86%), Iron (0.88%) and Phosphorus (1.14%).

Health Benefits of Rose Apple:

BENEFITS OF ROSE APPLE



- * Helps to detoxify body and boosts overall health
- * Reduces risk of prostate and breast cancer
- * Aids in preventing diarrhea and dysentery
- * Strengthens immune system
- * Helps in managing diabetes
- * Protects skin against infections and diseases
- * Prevents cardiovascular disorders like heart attacks



www.organicfacts.net

<https://www.organicfacts.net/health-benefits/fruit/rose-apples.html>

Pineapple

Bengali Name : Anaras
 English Name : Pineapple
 Scientific Name : *Ananus comosus*

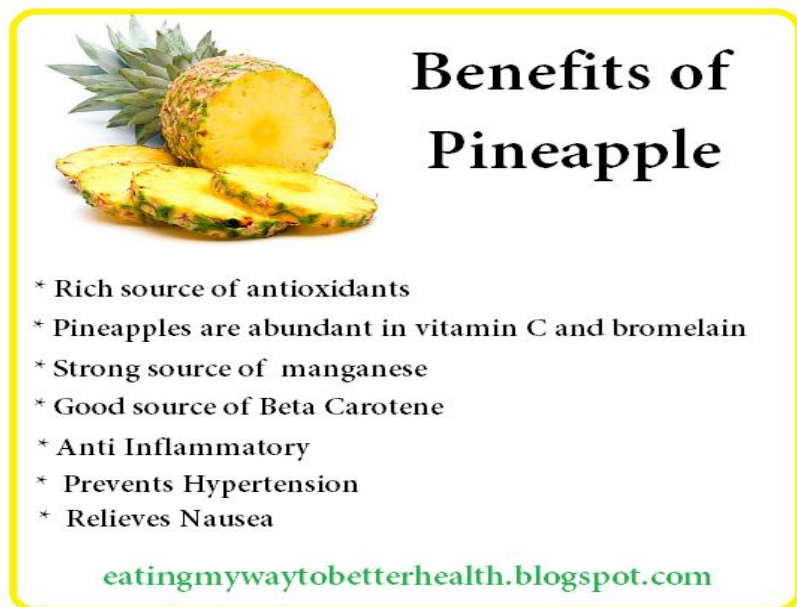
One cup (5.8 ounces or 165 grams) of pineapple chunks contains the following:

- Calories: 82.5
- Fat: 1.7 grams
- Protein: 1 gram
- Carbs: 21.6 grams
- Fiber: 2.3 grams
- Vitamin C: 131% of the RDI
- Manganese: 76% of the RDI
- Vitamin B6: 9% of the RDI
- Copper: 9% of the RDI
- Thiamin: 9% of the RDI
- Folate: 7% of the RDI
- Potassium: 5% of the RDI
- Magnesium: 5% of the RDI
- Niacin: 4% of the RDI
- Pantothenic acid: 4% of the RDI
- Riboflavin: 3% of the RDI
- Iron: 3% of the RDI

Pineapples also contain trace amounts of vitamins A and K, phosphorus, zinc and calcium.

They are especially rich in vitamin C and manganese, providing 131% and 76% of the daily recommendations, respectively.

Health Benefits of Pineapple:



Vitamin C is essential for growth and development, a healthy immune system and aiding the absorption of iron from the diet. Meanwhile, manganese is a naturally occurring mineral that aids growth, maintains a healthy metabolism and has antioxidant properties.

<http://eatingmywaytobetterhealth.blogspot.com/2014/11/benefits-of-pineapple.html>

Kul or Boroj or Plum or Jujubi (Nov-Feb)

Bengali Name : Kul
 English Name : Jujube
 Scientific Name : *Ziziphus mauritiana*

Nutritional Value

Jujube is a good source of nutrients, vitamins and minerals. Consuming 100 gram of jujube offers 69 mg of Vitamin C, 20.23 g of Carbohydrate, 0.073 mg of Copper, 0.081 mg of Vitamin B6, 0.48 mg of Iron, 0.9 mg of Vitamin B3, 250 mg of Potassium and 0.084 mg of Manganese.

Health Benefits of Jujube Fruit

- A scientific study showed jujube's impressive ability to kill off tumor cells, making jujube fruit a potential cancer-fighting food.
- Jujubes and their seeds are commonly used in Chinese medicine to treat common sleep troubles like insomnia.
- Studies have shown that its jujube's high saponin content that gives it the ability to act as a natural sedative and have a soothing effect on the entire nervous system.
- One study out of China found that the saponin in jujubes demonstrated an effective sedative and hypnotic function, which can be used to help sleep.

- A cup of jujube tea before bed might be just the ticket to a restful night's sleep and help treat insomnia without drugs.
- Jujube fruit has traditionally been used as a puree, paste, tea or soup to improve digestion.
- A specific gastrointestinal benefit of jujube is relief from the common and very unwanted health problem of chronic constipation, working as a natural constipation remedy.
- The seeds of the jujube fruit have been specifically implicated in reducing anxiety in animal subjects.
- As both a high-antioxidant food and vitamin C food, jujube consumption is an excellent way to increase your intake of key nutrients.
- Antioxidants are nutrients that block damage caused by free radicals.
- Having just under a half cup of fresh jujubes fulfills over 100 percent of your daily vitamin C requirement.
- Vitamin C is also key to healthy skin and hair, while helping heal wounds and injuries to the body more quickly.
- A cup of fresh jujubes has around 15 percent of your daily potassium needs. Jujube's potassium is helpful for keeping the blood vessels relaxed. When blood vessels are relaxed, blood flow and pressure is much better.

If you notice any high blood pressure symptoms creep up, jujubes may be helpful to get your blood pressure back in check.

<https://draxe.com/jujube-fruit/>

Kamranga or Carambola (Apr-Oct)

Bengali Name	: Kamranga
English Name	: Carambola
Scientific Name	: <i>Averrhoa carambola</i>

Star Fruit Nutrition Facts

This is the nutrient content of a single medium-sized (91 gram) star fruit:

- Fiber: 3 grams
- Protein: 1 gram
- Vitamin C: 52% of the RDI
- Vitamin B5: 4% of the RDI
- Folate: 3% of the RDI
- Copper: 6% of the RDI
- Potassium: 3% of the RDI
- Magnesium: 2% of the RDI

This may not seem like much, but keep in mind that this serving only has 28 calories and 6 grams of carbs. This means that star fruit is very nutritious. The star fruit is a decent source of several nutrients, especially fiber and vitamin C.

<https://www.healthline.com/nutrition/star-fruit-101#section1>

Health benefits of star fruit:**Carambola Fruit / Star Fruit: Health Benefits**

www.diarystore.com

Medicinal Uses

Star fruit and its juice are often recommended in many folk medicines in Brazil as a diuretic (to increase urine output), expectorant, and to suppress a cough.

<https://www.nutrition-and-you.com/star-fruit.html>

Latka or Longan (Apr-Oct)

Bengali Name : Latkan
 English Name : Longan
 Scientific Name : *Dimocarpus longan*

Nutrition in Longan Fruit

Longan fruit contains rich amount of Vitamin C that is equal to 80% of daily requirement. It also contains minerals like iron, phosphorus, magnesium and potassium. It is also rich in Vitamin A and essential in anti-oxidants.

Health Benefits of Longan fruit

- Longan does miracles to nerve problems and is highly recommended as an anti-depressant.
- They give a relaxing effect to the nerves and are proven to enhance the nerve function, lower irritability and reduce fatigue.
- Longans treat neurasthenic neurosis and insomnia and are also capable to deal with neurasthenic and sleeping disorder.
- Longans improve wound healing capability and increases longevity.
- Together with polyphenols, it helps to combat the free radicals within the body and prevents cells damage.
- It also helps to reduce the risk of developing certain types of cancer.

- Longons improve blood circulation and increases the iron assimilation in human body. This in turn prevents the occurrence of anaemia.
- Being a Qi tonic, it can be used to alleviate sleeplessness, lapse of memory and also anxiousness which are the outcome of blood and Qi deficiency.
- This fruit is low in fats and calories; it is a healthy option for those who want to cut down fats from their body.
- Longans also contain complex carbohydrates which raise energy, enhance stamina and reduce food cravings.
- A half cup of longan contains only 35 calories making it a healthy addition to a low calorie diet.
- Longans contain a high amount of Vitamin C which is useful in safeguarding the body from cold and flu and improves the defense mechanism.
- It benefits the heart condition by cutting down stress and fatigue.
- It effectively stimulates spleen and heart conditions, rejuvenates blood circulation and provides a soothing effect on nervous system.
- It reduces the risk of cardiac arrest and strokes.

- This fruit is particularly beneficial for the delicate skin near the eyes, minimizing peeling and cracking of the skin and improves the skin tone.
- It keeps the teeth and gums in a good condition.
- The seeds of Longans are known to counteract heavy sweating, the pulverized kernel which contains saponin, tannin and fat that serve as a substance that draws the tissue together thereby constricting the tissue and effectively stops blood and other secretion.
- The seeds of longans are proven to treat snake bites. Pressing the eye of the seed against the snakebite area absorbs the venom and cures the bite.
- The seeds also contain saponin that works wonders for hair and can be used as an important ingredient in the shampoo.

Hope you liked this post on longan benefits. Will you try this amazing longan fruit? How did it work for you? Let me know how it goes, and any questions you have below!

<http://www.stylecraze.com/articles/top-10-amazing-health-benefits-of-longan/>

Bael or Wood Apple

Bengali Name : Beal
 English Name : Wood apple
 Scientific Name : *Aegle marmelos*

Nutritional Account of Bael or Wood Apple

Bael is an Ayurvedic medicinal fruits which contains useful nutrients along with antioxidants, vitamins, minerals and other ingredients. The valuable nutrients of Bael are - Carbohydrate, Fat, Proteins, Vitamin A, Vitamin C, Vitamin B1, Vitamin B2, Thiamine, Niacin, Riboflavin, Chromium, Carotene, Phosphorous, Calcium, Magnesium, Potassium, Manganese, Zinc, Iron, and Fiber

Medicinal & Health benefits of Bael

There are so many medicinal and health of Wood Apple or Bael fruits. Some of the major benefits are:

- It treats different sexual diseases like impotence, early ejaculation, and spermatorrhea.
- Bael's is good for Diabetes patients.
- It cures scorpion sting.
- It is a great source of Iron which can treat Anemia and it can increase hemoglobin in the blood.
- It helps to cure Tuberculosis problem.
- It antioxidant, referred to as vitamin C improves the immunity system.
- It is greatly used to get rid of different respiratory and breathing troubles just like a common cold, asthma etc.
- Its fibers are effective in treating constipation and increase appetite.

- It takes care of dysentery, diarrhoea, cholera, stomachache, bloating, Crohn's disease, colitis, acidity, oral ulcers, ulcerative colitis, piles/hemorrhoid, intestinal, worms, indigestion, heartburn, gas problems, peptic ulcer, duodenal ulcer, gastric ulcer, intestinal worms, irritable bowel syndrome etc.
- It offers potential body energy and boosts the body function.
- Bael purifies blood and can prevent Breast Cancer.
- It is used to control cholesterol and treat heart diseases.
- An anti-inflammatory quality can alleviate arthritis or gout associated pain.
- Bael fruit can fight against different kinds of infection including bacteria, virus, and fungus as well.

Apart from these as mentioned above, bael can be used in the conditions of menstrual issues, weight problem, headaches, vertigo, Morning Sickness During Pregnancy, hyperthyroidism, eye disorder, used to treat fractures, side effects of Radiotherapy, skin diseases (vitiligo/leucoderma, skin rashes, itching, redness, swelling, pimples/acne), epilepsy, urinary diseases and many others.

<http://allhealthclue.blogspot.com/2018/05/bael-wood-apple-health-benefits.html>

Pomegranate

Bengali Name : Dalim
 English Name : Pomegranate
 Scientific Name : *Punica granatum*

Nutritional Values of one cup of arils (174 grams) are:

- Fiber: 7 grams
- Protein: 3 grams.
- Vitamin C: 30% of the RDA.
- Vitamin K: 36% of the RDA.
- Folate: 16% of the RDA.
- Potassium: 12% of the RDA.

The pomegranate arils (seeds) are also very sweet, with one cup containing 24 grams of sugar, and 144 calories.

Health Benefits of Pomegranate



Rich in Vitamins, Minerals	Improves Memory
Weight Loss	Prevents Anemia
Lowers Blood Pressure	Increase Appetite
Stomach Disorders	Prevents Hair Loss
Prevents Cancer	Reduce Inflammation
Cures Diabetes	Reduce Stress Levels
Improve Bone Quality	Lowers stress levels
Soothes the Stomach	Good in Pregnancy
Improves Immunity	Anti-Aging Properties
Protect Cardiovascular Health	Prevents Plaque Formation

<http://steadyrun.com/health-tips/fruits/health-benefits-of-pomegranate/>

Blackberries

Bengali Name : Kalo Jam
 English Name : Blackberry
 Scientific Name : *Belamcanda chinensis*

Blackberries - Nutritional Fact per 100 g

Nutrients mg Percentage

Folates	25 µg	6%
Niacin	0.646 mg	4%
Pantothenic acid	0.276 mg	5.5%
Pyridoxine	0.030 mg	2%
Thiamin	0.020 IU	2%
Vitamin A	214 IU	7%
Vitamin C	21 mg	35%
Vitamin E	1.17 mg	8%
Vitamin K	19.8 µg	16.5%
Sodium	1 mg	0%
Potassium	162 mg	3%
Calcium	29 mg	3%
Copper	165 µg	18%
Iron	0.62 mg	8%
Magnesium	20 mg	5%
Manganese	0.646 mg	3%
Selenium	0.4 µg	1%
Zinc	0.53 mg	5%



<https://www.natureword.com/properties-and-benefits-of-blackberries/>

Benefits of Blackberries:

- The collagen-forming Vitamin C and Vitamin A make it only more appropriate for skin.

- The regular consumption of blackberries protects the skin against the damaging UVA and UVB rays and aids in skin cell renewal.
- The consumption of blackberries detoxifies the body and maintains the elasticity of the skin.
- Vitamins A, C and K in blackberries are excellent for skin rejuvenation. Their omega-3 and omega-6 fatty acids-rich seeds are vital for healthy skin.
- Blackberries are great for cleansing and detoxification of oily skin too.
- Blackberry leaves contain tannins with brilliant astringent qualities. These prevent the formation of blood clots.
- Vitamin C, found in blackberries, is largely responsible for collagen production and contributes to strong hair.
- The leaves and bark of the blackberry plant are used to treat mild gum inflammation and bleeding gums too.
- Consuming blackberry leaves helps get relief from excessive bleeding during menses.
- Blackberry leaves and fruit can help treat diarrhea. To use,
- The high potassium content of blackberries helps reduce insulin.

<http://www.stylecraze.com/articles/benefits-of-blackberries-for-skin-hair-and-health/>

Coconut and its Water

Bengali Name : Narkel
 English Name : Coconut
 Scientific Name : *Cocos nucifera*

Health Benefits of Coconut Water are:



Coconut Water Nutrition Facts

The primary nutrient in coconut water is potassium which contains approximately 600 milligrams (12 percent daily value), making it a high electrolyte beverage. A cup of coconut water contains approximately 46 calories, 10 grams of natural sugar, with little protein and zero fat, a small amount of sodium, about 40 milligrams and up to 10 percent of your daily calcium and magnesium needs. It

contains multiple vitamins, minerals and phytochemicals that are ideal for human health.

Electrolytes are critical to maintain blood volume, heart health, as well as to prevent dehydration. Maintaining electrolyte levels can help reduce fatigue, stress and help maintain muscle relaxation.

<https://draxe.com/is-coconut-water-good-for-you/>

The coconut's water is a caffeinated drink which is very beneficial for human health. It contains anti-microbial properties which boost our memory and immunity system, relieves stress, cures insomnia and it treats gallstones, fights with depression, reduces fever, and cures cholera. This drink is good for the pregnant and breastfeeding women, eye health, helps battle free radical damage, reverses chemotherapy damage, treats constipation, cures crohn's diseases, alleviates ulcerative colitis, heals leaky guts, cuts toxin activity in the liver cures eczema, reduces signs of aging, cures acid reflux, GERD, and gastritis, helps reduce acne and heals skin infections.

There are also a lot of health benefits of coconut water such as: it is beneficial for postmenopausal symptoms, removes sun tan, it stimulates hair growth, adds shine, increases libido, alleviate glaucoma, treats hypothyroidism, moisturizes skin, helps reduce pigmentation, treats skin infections, and it works as a natural cleanser and toner.

<http://www.stylecraze.com/articles/amazing-benefits-of-coconut-water-for-skin-hair-and-health/>

There are also a lot of fruits like apple, orange, grapes etc. which may not be considered as our seasonal fruits in our country though these fruits are also store house of different nutrients which have extreme beneficial impacts on our health. Many nutritionist suggest that if anybody takes those seasonal fruits regularly, the rate of sickness will gradually been reduced.

Table-01: Daily Vegetable Table

DAILY FRUITS TABLE		
CHILDREN	2-3 years old	1 cup
	4-8 years old	1 to 1 ½ cups
GIRLS	9-13 years old	1 ½ cups
	14-18 years old	1 ½ cups
BOYS	9-13 years old	1 ½ cups
	14-18 years old	2 cups
WOMEN	19-30 years old	2 cups
	31-50 years old	1 ½ cups
	51+ years old	1 ½ cups
MEN	19-30 years old	2 cups
	31-50 years old	2 cups
	51+ years old	2 cups

Source: <https://www.choosemyplate.gov/fruit>

These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

Conclusion

Fruits can be the great supplementary foods for us. Bangladeshi seasonal fruits such as mango, jackfruit, banana, guava, pineapple, pomegranate, litchi, cherimoya, langan, star fruit, blackberries etc. are full of food values and nutrition. These nutritious and delicious fruits contain different tests and also have medicinal benefits. We have six seasons and each season has seasonal fruits which are very available and very tasty. As fruits are easier to digest, they are also full of numerous vitamins which help accelerate the recovery process of any patient. Nutritionists say, fruits like pineapple, lemon are highly effective to remove weakness due to fever. Especially green coconut water fills up dehydration in the body.

Dr. ABM Abdullah, Professor of Medicine at Bangabandhu Sheikh Mujib Medical University said, *“Human body gets weak in fever and during this time, eating fresh fruits will play an effective role in quick recovery. In this case, Vitamin C-rich fruits, especially banana, jackfruit, orange heals fever. However, these fruits must be free of formalin”*.

Khaleda Islam, Professor of Nutrition and Food Science Institute at Dhaka University, said *“if one has fever, he/she do not has taste in mouth and cannot eat properly. As a result, body becomes weak. Drinking plenty of water and consuming seasonal fruits can be effective to recover”*.

She also said, *“Seasonal fruits do not prevent diseases in a direct manner. But these reduce the subsequent weakness due to the disease. The patient can eat fruits as much as possible”*.

Seasonal fruits are the storehouse of all nutrition which increases resistance level of human body. Consuming these fruits, capacity system of disease prevention of human body will increase along with increasing calories that will reduce physical vulnerabilities but the fruits must be free from formalin and chemical. We should remember that anything excessive is bad for health. So, we must be aware of having fruits in a sufficient way.

Chapter Four: Vegetables and their Health Benefits

*Try to keep your soul young and quivering right up to old age
- George Sand*

Naturally, all vegetables have satisfactory been associated with a reduced risk of chronic diseases and body weight management but we do not know the exact mechanism of vegetable intake. A related record of the World Health Organization (WHO) and Food and Agriculture of the United Nation recommends us that an adult needs to consume at least five servings of fruits and vegetables excluding starchy vegetables in a day. This chapter focuses on the importance of vegetables as well as the health benefits which can help us to remain young. Approximately all vegetables are rich enough and comparatively a great cheaper source of vitamins, minerals, protein, carbohydrate etc. Consumption of these vegetables effectively provides different tastes, palatability, increases appetite and also provides fiber for digestion and to prevent constipation.



<https://www.amazon.com/Food-Chemistry-Sensory-Analysis-Mechanisms/dp/1682860876>

Vegetables also provide medicinal benefits and play the key role in neutralizing the acids produced during digestion. As per dietician, daily requirement of vegetables is 75 - 125 gm of green leafy vegetables, 85 gm of other vegetables and 85 gm of roots and tubers with other food. If we sufficiently take these vegetables regularly, it is for sure, we will get sound physical and mental health which is the prerequisite for us to remain young. There are a lot of vegetables grown in our country which are popularly known as main foods and supplementary foods in our daily food chart. Benefits of vegetables are:

Pumpkin (Misti Kumra)

Bengali Name	: Misti Kumra
English Name	: Pumpkin
Scientific Name	: <i>Cucurbita maxima</i>

Nutritional breakdown of Pumpkin

According to the *USDA National Nutrient Database*, one cup of cooked, boiled, or drained pumpkin without salt contains:

- 1.76 g of protein
- 2.7 g of fiber
- 49 calories
- 0.17 g of fat
- 0 g of cholesterol
- 12.01 g of carbohydrate

This amount of pumpkin also provides:

- more than 200 percent of the recommended daily allowance (RDA) of vitamin A
- nineteen percent of the RDA of vitamin C
- ten percent or more of the RDA of vitamin E, riboflavin, potassium, copper, and manganese
- at least 5 percent of thiamin, B-6, folate, pantothenic acid, niacin, iron, magnesium, and phosphorus

Preparing fresh pumpkin at home will deliver the most benefits for your health, but canned pumpkin is also a great choice. Pumpkin retains many of its health benefits in the canning process.

<https://www.medicalnewstoday.com/articles/279610.php>

Pumpkin is a highly nutrient-dense food. It is rich in vitamins and minerals but low in calories. Pumpkin seeds, leaves, and juices all pack a powerful nutritional punch. There are many ways pumpkin

can be incorporated into desserts, soups, salads, preserves, and even as a substitute for butter. It keeps eyesight sharp, helps lose weight, reduces LDL or “bad” cholesterol and reduces the risk of cancer. Pumpkin also helps to protect our skin and boost our immune system. Its seeds can boost our mood.

Pumpkin seeds also contain 30% unsaturated fixed oil (which includes linoleic and oleic fatty acids). Pumpkin Seeds contain cucurbitacins, vitamins, and Minerals, notably zinc, iron, B vitamins, and trace minerals.

https://www.huffingtonpost.com/2014/09/04/pumpkin-health-benefits_n_1936919.html

Potatoes (Alu)

Bengali Name	: Alu
English Name	: Potatoes
Scientific Name	: <i>Solanum tuberosum</i>

One medium-sized (5.3oz) skin-on-potato has:

- Just 110 calories
- No fat, sodium or cholesterol
- Nearly half your daily value of vitamin C
- More potassium than a banana
- A good source of vitamin B6
- Fiber, magnesium and antioxidants
- Resistant starch

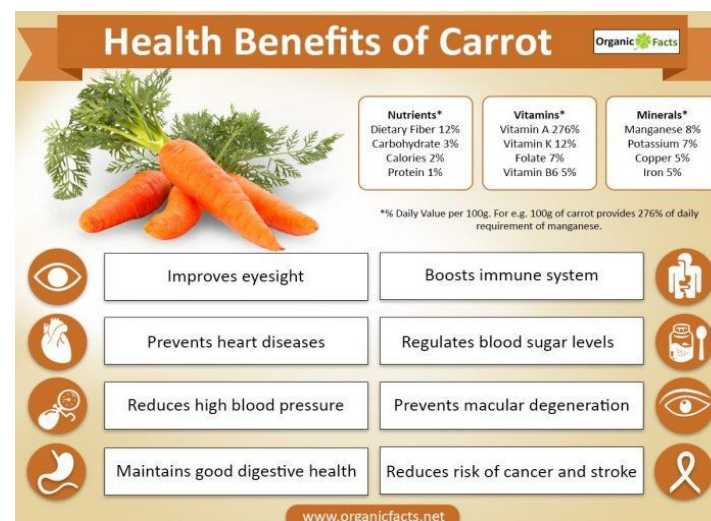
Potatoes are one of the most common and important food sources on the planet, and they contain a wealth of health benefits that make them all the more essential as a staple dietary item for much of the world's population. Potatoes are a very popular food source. Unfortunately, most people eat potatoes in the form of greasy French fries or potato chips, and even baked potatoes are typically loaded down with fats such as butter, sour cream, and melted cheese and bacon bits. Such treatment can make even baked potatoes a potential contributor to a heart attack. But take away the extra fat and deep frying, and a baked potato is an exceptionally healthful low calorie, high fiber food that offers significant protection against cardiovascular disease and cancer.

Potatoes are full of vitamin C, vitamin B6, copper, potassium, manganese, and dietary fiber and it contains a variety of phytonutrients that have antioxidant activity. The potato skin is a concentrated source of dietary fiber, so, to get the most nutritional value from this vegetable, do not peel it and consume both the flesh and the skin. Just scrub the potato under cold running water right before cooking and then remove any deep eyes or bruises with a paring knife. If we peel it, do so carefully with a vegetable peeler, only removing a thin layer of the skin and therefore retaining the nutrients that lie just below the skin. Raw potato juice taken 1 or 2 teaspoon before meals relieves the pain caused due to rheumatism, in stomach and intestinal disorders. Its raw juice is applied externally to cure skin blemishes.

<https://m.tarladalal.com/glossary-potatoes-710i>

Carrots (Gazor)

Bengali Name : Gazor
English Name : Carrots
Scientific Name : *Daucus carota*



Carrots can be used as salads, juice and a supplementary food item in our daily food habit. Carrots have many health benefits that help us lead a healthy life. It boosts our cardiovascular health and controls diabetes. This vegetable is very good for our teeth and eyes. It also has anti-cancerous effects.

Cabbage (Fulkopi)

Bengali Name : Fulkopi
English Name : Cabbage
Scientific Name : *Brassica oleracea*

In fact, just 1 cup (89 grams) of raw green cabbage contains:

- Calories: 22
- Protein: 1 gram
- Fiber: 2 grams
- Vitamin K: 85% of the RDI
- Vitamin C: 54% of the RDI
- Folate: 10% of the RDI
- Manganese: 7% of the RDI
- Vitamin B6: 6% of the RDI
- Calcium: 4% of the RDI
- Potassium: 4% of the RDI
- Magnesium: 3% of the RDI

Cabbage also contains small amounts of other micronutrients, including vitamin A, iron and riboflavin.

<https://www.healthline.com/nutrition/benefits-of-cabbage>

Cabbage is a most demanding vegetable that has various health benefits. Cabbage can be of different colors such as green cabbage, red cabbage, savoy cabbage, Chinese cabbage etc. among them, green cabbage is commonly used. Cabbage has many medicinal benefits such as it boosts our digestive system and soothes inflammation. It also lowers the high blood pressure, detoxifies our internal system and promotes weight loss.

Beans (Shim)

Bengali Name : Shim

English Name : Beans

Scientific Name : *Phaseolus vulgaris*



Beans are the major source of protein, dietary fiber, minerals and vitamins for many individuals. It has potential to meet 10-20% of the recommended daily amount of certain nutrients for adults. The chemical composition of bean cultivars varies widely at 15-30% protein, 60-70% carbohydrates, and 0.7 to 2% lipids. However, beans are one of the most commonly used vegetable which are full of health benefits. It is full of protein and other antioxidants which can help us to remain healthy. It protects our liver from different unexpected problems. It also improves our gut health, prevents scurvy, treats jaundice and it is good for our brain.

Radish (Mula)

Bengali Name	: Mula
English Name	: Radish
Scientific Name	: <i>Raphanus raphanistrum</i>

Radishes are a very good source of vitamin C which helps us to fight disease and rescue healthy cells from an onslaught of destructive free radicals. This is done through electrolytes and natural antioxidant action of this one vitamin, increasing immunity of the body and helping fight all kinds of diseases including high blood pressure and gout attacks. Folate, fiber, riboflavin and potassium, as well as good amounts of copper, vitamin B6, magnesium, manganese and calcium are less prominent nutrients that support the healthy properties of radishes.

It is no surprise that radishes contain fiber which keeps your system flushed and functioning with regularity and aids in maintaining a healthy weight. Ironically, these naturally heated veggies may help put an end to any burning sensation experienced during urination. That may be because radishes are a natural diuretic, purifying the kidney and urinary systems and relieving inflammation. Eating radishes can help in the removal of bilirubin, a condition evidenced by a yellow tinge in the skin, mucous membranes, or eyes, often present in newborns. This type of jaundice occurs when bilirubin builds up in bile faster than the liver can break it down and excrete from our body.

<https://foodfacts.mercola.com/radish.html>

Bitter Gourd (Karela)

Bengali Name	: Karela
English Name	: Bitter Gourd
Scientific Name	: <i>Momordica charantia</i>

Karela is an excellent source of all essential nutrients. The amazing health benefits of karela are all attributed by its excellent nutrient content. Be it the vitamins or the minerals, karela has it all. Regular consumption of karela juice fulfills the deficiency of major nutrients that we require on a daily basis. It is a rich store of all water-soluble vitamins like vitamin C, B1, B2, and B3. It also contains minerals like zinc, alkaloids, manganese, and folic acid. The vitamins and minerals in bitter guard are much higher when compared to other green vegetables that are popularly available.

Karela or bitter gourd may taste bitter but its health benefits cannot be underestimated. The presence of vitamins and several antioxidants makes it one of the healthiest vegetables and its inclusion in our food chart is a must. It eliminates respiratory disorder, prevents diabetes and purifies blood. It is a great source of energy booster.

<https://www.healthbeckon.com/karela-juice-benefits/>

Eggplant (Begun)

Bengali Name	: Begun
English Name	: Eggplant
Scientific Name	: <i>Solanum melongena</i>

Health Benefits of Eggplant

For Healthy Heart

Low in Calories

Improves Digestion

Weight loss

Protects from Various Diseases

Cognitive function



Eggplants also contain anthocyanins which are water-soluble pigments that have many health benefits. They also help give the eggplant its well-known, dark purple color. The skin of the eggplant is rich in antioxidants, fiber, potassium, and magnesium. One cup of cooked eggplant, weighing around 99 grams (g) contains 35 calories, 0.82 g of protein, 8.64 g of carbohydrate, of which 3.17 g is sugars, 0.23 g of fat, 2.5 g of dietary fiber, 188 milligrams (mg) of potassium, 6 mg of calcium, 1 mg of sodium, 0.12 mg of zinc, 1.3 mg of vitamin C, 0.25 mg of iron, 11 mg of magnesium, 15 mg of phosphorus, 14 micrograms (mcg) of folate, 85 mcg of vitamin B6 and 2.9 mcg of vitamin K.

Eggplant contains fiber and potassium and is a common food item in every household. It controls high cholesterol levels, prevents anemia and protects from birth defect prevention. It is also good for throat problems and cures stomach problems.

<https://www.medicalnewstoday.com/articles/279359.php>

Cauliflower (Badha Kopi)

Bengali Name : Badha Kopi

English Name : Cauliflower

Scientific Name : *Brassica oleracea*

Here is an overview of the nutrients found in 1 cup, or 128 grams, of raw cauliflower:

- Calories: 25
- Fiber: 3 grams
- Vitamin C: 77% of the RDI
- Vitamin K: 20% of the RDI
- Vitamin B6: 11% of the RDI
- Folate: 14% of the RDI
- Pantothenic acid: 7% of the RDI
- Potassium: 9% of the RDI
- Manganese: 8% of the RDI
- Magnesium: 4% of the RDI
- Phosphorus: 4% of the RDI

<https://www.healthline.com/nutrition/benefits-of-cauliflower>

Cauliflower is an excellent source of vitamin C, vitamin K, folate, pantothenic acid, and vitamin B6. It is a very good source of choline, dietary fiber, omega-3 fatty acids, manganese, phosphorus, and biotin. Additionally, it is a good source of vitamin B1, B2, and B3, the minerals potassium and magnesium and protein.

Cauliflower is a great source of natural antioxidants which contain huge amounts of phytochemicals, vitamins, fiber, carotenoids etc. It treats nervous disorders, balances hormones, prevents stroke. It also heals colitis and reduces hypertension.

Spinach (Palong Shaak)

Bengali Name : Palong Shaak
 English Name : Spinach
 Scientific Name : *Spinacia oleracea*



<https://www.organicfacts.net/health-benefits/vegetable/health-benefits-of-spinach.html>

Herb is gently laxative and used as an emollient, demulcent, diuretic and astringent; useful in fevers, scalding urine, joint pain, inflammations of the lungs and bowels. This fresh plant is prescribed for urinary calculi. Its juice is used as a gargle in sore throat. Seeds

are very laxative and cooling which are extensively used in difficult breathing, inflammation of the liver and in jaundice.

Spinach or Palong Shaak is very rich in mucilage, fat, sugar, oxalic acid, iodine, lecithin, chlorophyll and carotene. Its leaves are also full of stigmasterol, stigmastanol, α -spinasterol, patuletin, spinacetin, saponins, fatty acids and hexadecenic acid. Spinacosides C and D have been isolated from the fresh aerial parts. Germinating seeds contain a number of enzymes. Spinasaponins A and B have been isolated from roots. Plant also contains spilanthol (Ghani, 2003; Chopra et al., 1992; Rastogi & Mehrotra, 1990 & 93).

<http://www.mpbid.info/plants/spinacea-oleracea.php>

Age is an issue of mind over matter. If you don't mind, it doesn't matter - Mark Twain

Broccoli (Sobuj Fulkopi)

Bengali Name : Sobuj Fulkopi
 English Name : Broccoli
 Scientific Name : *Brassica oleracea*

According to the USDA National Nutrient Database, one cup of chopped raw broccoli (approximately 91 grams) contains 31 calories, 0 grams of fat, 6 grams of carbohydrate (including 2 grams of sugar and 2 grams of fiber) and 3 grams of protein. Just one cup of broccoli provides over 100 percent of your daily need for vitamin C and

vitamin K and is also a good source of vitamin A, folate, and potassium.

Broccoli ranks among the top 20 foods in regards to the ANDI score (Aggregate Nutrient Density Index), which measures vitamin, mineral, and phytonutrient content in relation to caloric content.

Broccoli belongs to the cabbage family. It becomes a very popular food item nowadays that we cannot afford to miss. It can be eaten raw, steamed or boiled to get its medicinal benefits. It is good for our bones, cures allergies and improves eyesight. It is also good for diabetes and for our heart.

<https://www.medicalnewstoday.com/articles/266765.php>

Squash (Butternut Squash)

Bengali Name : Butternut Squash
English Name : Squash
Scientific Name : *Cucurbita moschata*

Nutrition Profile of Squash

It is a storehouse of nutrients; it contains organically occurring vitamins and minerals. It contains vitamins such as vitamin C, vitamin E, vitamin B6 and minerals and health components such as niacin, thiamine, folate, pantothenic acid, calcium, and iron. Minerals are also abundant in squashes, such as copper, magnesium, and potassium. Squash is overall an excellent way of getting a dose of antioxidants, carotenoids and anti-inflammatory agents.

<https://www.naturalfoodseries.com/11-health-benefits-squash/>



<https://www.vegansociety.com/whats-new/blog/10-cheapest-vegan-meals>

This fleshy vegetable belongs to the “*cucurbitaceae*” family and is highly nutritious. Many of us consider this item as a fruit due to its seeds in them. We can also use this squash as a vegetable with botanical point of view. It takes care of our colon and maintains prostate health. It reduces PMS symptoms and asthma problems. It also improves muscle contraction and stimulates our nerve impulses.

Sweet potato (Misti Alu)

Bengali Name : Misti Alu
English Name : Sweet Potato
Scientific Name : *Ipomoea batatas*

Nutritional Profile

The orange-flesh sweet potatoes are exceedingly rich in beta-carotene. The purple-flesh varieties are outstanding sources of anthocyanins, especially peonidins and cyanidins. Both types of

sweet potatoes are rich in unique phytonutrients, including polysaccharide-related molecules called batatins and batatosides. Sweet potatoes also include storage proteins called sporamins that have unique antioxidant properties. Sweet potatoes are an excellent source of vitamin A (in the form of beta-carotene). They are also a very good source of vitamin C, manganese, copper, pantothenic acid and vitamin B6. Additionally, they are a good source of potassium, dietary fiber, niacin, vitamin B1, vitamin B2 and phosphorus.

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=64>



Sweet potato is also known as yummy tuberous crop with lobed or heart shaped leaves. Sweet potato can be of different colors such as red, purple, pale yellow, white, sweet potato which are highly nutritious and have many health benefits.

Kale (Lai Shaak)

Bengali Name : Lai Shaak

English Name : Kale
Scientific Name : *Brassica oleracea Acephala*

A single cup of raw kale (about 67 grams or 2.4 ounces) contains:

- Vitamin A: 206% of the DV (from beta-carotene)
- Vitamin K: 684% of the DV
- Vitamin C: 134% of the DV
- Vitamin B6: 9% of the DV
- Manganese: 26% of the DV
- Calcium: 9% of the DV
- Copper: 10% of the DV
- Potassium: 9% of the DV
- Magnesium: 6% of the DV

It also contains 3% or more of the DV for vitamin B1 (thiamin), vitamin B2 (riboflavin), vitamin B3 (niacin), iron and phosphorus

This is coming with a total of 33 calories, 6 grams of carbs (2 of which are fiber) and 3 grams of protein.

<https://www.healthline.com/nutrition/10-proven-benefits-of-kale#section1>

The nutrients in kale can help boost wellbeing and prevent a range of health problems. It contains fiber, antioxidants, calcium, and vitamin K, among others. Even the chlorophyll in kale may have health benefits. It is also a good source of vitamin C and iron.

This highly nutritious vegetable has lot of health benefits and must be consumed in adequate amounts. It possesses anti-cancerous elements and reduces depression. It is good for our heart and brain development. It also strengthens our immune system as well.

Lettuce (Topa Pana)

Bengali Name : Topa Pana
 English Name : Lettuce
 Scientific Name : *Pistia stratiotes*



<https://www.organicfacts.net/health-benefits/vegetable/health-benefits-of-lettuce.html>

Lettuce Nutrition Facts

Lettuce is full of calcium, iron, magnesium, vitamins, dietary fiber etc. which are extremely beneficial for human body. Therefore, lettuce has many health benefits. It protects neuronal cells and

improves body metabolism. It treats insomnia and controls anxiety. It also reduces the risk of breast cancer.

Peas (Motorshuti)

Bengali Name : Motorshuti
 English Name : Peas
 Scientific Name : *Pisum sativum*

A 1/2-cup (170-gram) serving of peas provides the following nutrients (1):

- Calories: 62
- Carbs: 11 grams
- Fiber: 4 grams
- Protein: 4 grams
- Vitamin A: 34% of the RDI
- Vitamin K: 24% of the RDI
- Vitamin C: 13% of the RDI
- Thiamine: 15% of the RDI
- Folate: 12% of the RDI
- Manganese: 11% of the RDI
- Iron: 7% of the RDI
- Phosphorus: 6% of the RDI

What makes peas unique from other vegetables is their high protein content. For example, a 1/2 cup (170 grams) of cooked carrots has only 1 gram of protein, while 1/2 cup (170 grams) of peas contains four times that amount.

These sweet starchy tiny green balls are very popular food item as it enhances any recipe more attractive but not just the taste; peas are very well-known for their health benefits. It is very helpful in repairing the broken tissues, improving vision and preventing Alzheimer. It also treats celiac disease and fight with aging process.

<https://www.healthline.com/nutrition/green-peas-are-healthy#section2>

Beet (Beet Palong)

Bengali Name : Beet Palong
English Name : Beet
Scientific Name : *Beta vulgaris*

Beets Nutrition

Beets are highly nutritious root vegetables that are a great source of vitamins and minerals such as folate, manganese, iron, vitamin C, vitamin B-complex, copper, and potassium. Rich in antioxidants, beets get their deep color from the betalain pigment, which has potent anti-inflammatory properties. They are also abundant in phytochemical compounds such as anthocyanins, carotenoids, lutein/zeaxanthin, glycine, and betaine. A great source of dietary fiber, they are low in fat, cholesterol, and calories; 1 cup (136 g) of raw beetroots contains 59 calories. However, beets have the highest sugar content of all vegetables and are relatively high in carbohydrates.

<https://www.organicfacts.net/health-benefits/vegetable/beets.html>

Health Benefits of Beets:

This root vegetable is extremely healthy and belongs to the “*chenopodiaceae*” family. It is rich in vitamins, iron, fiber, copper, phosphorous etc. that resolves many health issues faced by an individual. Beet helps to control high blood pressure, fights inflammation and boosts your energy levels and improves performance. It also treats gallbladder disorders and prevents cataract.

Brussels Sprouts (Biliti Bandhakopi)

Bengali Name : Biliti Badhakopi)
English Name : Brussels Sprouts
Scientific Name : *Brassica oleracea*

Brussels sprouts are the healthiest foods in our daily dishes. Being rich in iron, protein and potassium, it is very beneficial for our health. It prevents anemia and protects our DNA. It protects us from common cold and flu and heals wounds, cuts and injuries fast. It is also good for our bones.

Ladies Finger (Dheros)

Bengali Name : Dheros
English Name : Ladies Finger
Scientific Name : *Abelmoschus esculentus*

Health Benefits of Lady Finger (OKRA)

1. Controls Diabetes
2. Relieves Constipation
3. Prevents Anemia
4. Weight Loss
5. Lowers High Blood Cholesterol
6. Improve Immune System
7. Improves Eyesight



According to the University of Illinois Extension, a half-cup serving of sliced, cooked ladies finger without any additions has 25 calories, 2 g dietary fiber, about 6 g carbohydrates, 1.5 g protein and healthy amounts of vitamin A, vitamin C, folic acid, calcium, potassium and magnesium. As with most vegetables, okra is free of fat, cholesterol and sodium and contains a negligible amount of sugar, making it an ideal diet food.

Ladies finger is a high fiber vegetable widely used in various recipes. This vegetable is highly nutritious and comes with several health benefits. It boosts your digestive system, prevents sunstroke and prevents kidney disorders. It reduces fatigue and prevents gastritis.

<https://www.livestrong.com/article/460285-how-to-cook-lady-peas/>

Bottle Gourd (Lao)

Bengali Name : Lao
English Name : Bottle Gourd
Scientific Name : *Lagenaria siceraria*

100 g of bottle gourd contains 15 calories. 100 g for edible portion contains 1 g fat. It is low in saturated fat, cholesterol, high in dietary fibre, Vitamin C, riboflavin, zinc, thiamine, iron, magnesium and manganese. Bottle gourd is a common vegetable that is used in almost all households. Apart from adding a unique flavor the food, bottle gourd has some medicinal benefits. It cools your immune system and reduces stress. It also treats sleep disorders, promotes healthy weight loss and treats urinary disorders.

Turnip (Shalgome)

Bengali Name : Shalgome
English Name : Turnip
Scientific Name : *Brassica rapa*

Turnip root is a great source of minerals, antioxidants and dietary fiber. It is also a low-calorie vegetable a 100-gram serving has only 28 calories. Surprisingly, it's also loaded with immune-boosting vitamin C, with 21 milligrams per 100-gram serving. Vitamin C is essential to your body for collagen synthesis, as well as for scavenging free radicals, which may cause cancer and inflammation-related diseases. Turnips are the starchy vegetables belonging to the "brassicaceae" family. It has many health benefits and can solve many of our health issues. It is good for our lungs and prevents atherosclerosis. It cures asthma and makes bones strong and improves blood circulation.

<https://foodfacts.mercola.com/turnip.html>

Celery (Pathuni Shaak)

Bengali Name : Pathuni Shaak
 English Name : Celery
 Scientific Name : *Apium graveolens*

This vegetable belongs to the family of “*Apiaceae*”. Most people love the crunchy stalks and eat it as a low calorie snack. One stalk of celery contains only about 10 calories, while a cup of chopped celery contains about 16. It also contains dietary fiber (1.6 grams per cup), which helps curb cravings because it absorbs water in the digestive tract, making you feel fuller longer. A recent study published in Annals of Internal Medicine suggests that simply adding more fiber to one’s diet can be a critical component of weight loss.

<https://www.livescience.com/50640-celery-nutrition.html>

Tomatoes (Tomaato)

Bengali Name : Tomaato
 English Name : Tomato
 Scientific Name : *Solanum lycopersicum*

Health Benefits of Tomato

- Aids in digestion
- Improves vision
- Prevents gallstones
- Lowers hypertension
- Good source of antioxidants
- Prevents urinary tract infections
- Reduces cholesterol & protects heart
- Counters bad effects of cigarette smoke
- Reduces oxidative stress of type 2 diabetes



Tomatoes are loaded with many, many health benefits. In fact, they are incredibly versatile and can be prepared in a seemingly endless number of dishes, as well as being great to eat alone. Keep reading to find out why we need to stop neglecting tomatoes as a part of your regular balanced diet. It is good for skin, heart, hair, kidneys, eyes and prevents several types of cancer. It helps maintain strong bones, repair damage caused by smoking, provides essential antioxidants

<https://www.floridatomatoes.org/news-events/10-reasons-why-you-should-be-eating-more-tomatoes/>

In the central place of every heart, there is a recording chamber; so long as it receives messages of beauty, hope, cheer and courage, you are young - Samuel Ullman

Shiitake Mushrooms

Bengali Name : Mushroom
 English Name : Shiitake Mushroom
 Scientific Name : *Lentinula edodes*

Nutrition Profile of Shiitake Mushrooms

Shiitakes are low in calories. They also offer good amounts of fiber, as well as B vitamins and some minerals. Here are the nutrients you get in four dried shiitakes (15 grams):

- Calories: 44
- Carbs: 11 grams
- Fiber: 2 grams
- Protein: 1 gram
- Riboflavin: 11% of the RDI
- Niacin: 11% of the RDI
- Copper: 39% of the RDI
- Vitamin B5: 33% of the RDI
- Selenium: 10% of the RDI
- Manganese: 9% of the RDI
- Zinc: 8% of the RDI
- Vitamin B6: 7% of the RDI
- Folate: 6% of the RDI
- Vitamin D: 6% of the RDI

<https://www.healthline.com/nutrition/shiitake-mushrooms#section2>

Shiitake mushrooms are widely used as medicine to treat diseases from a depressed immune function like AIDS, various types of cancers and allergies to infections and inflammations, heart disease, hyperlipidemia (including high blood cholesterol), hypertension, diabetes, and hepatitis. It is also found to be very effective in regulating urinary incontinence. It lowers cholesterol, fights obesity, supports immune function, destroys cancer cells, and supports cardiovascular health. It is also antimicrobial in Nature and good source of Vitamin D.

<https://www.curejoy.com/content/health-benefits-of-shiitake-mushrooms/>

Avocados

Bengali Name : Avocados
 English Name : Avocados
 Scientific Name : *Persea Americana*

Here are some of the most abundant nutrients, in a single 3.5-ounce (100-gram) serving:

- Vitamin K: 26% of the daily value (DV)
- Folate: 20% of the DV
- Vitamin C: 17% of the DV
- Potassium: 14% of the DV
- Vitamin B5: 14% of the DV
- Vitamin B6: 13% of the DV
- Vitamin E: 10% of the DV

It also contains small amounts of magnesium, manganese, copper, iron, zinc, phosphorous and vitamins A, B1 (thiamine), B2 (riboflavin) and B3 (niacin).

This is coming with 160 calories, 2 grams of protein and 15 grams of healthy fats. Although it contains 9 grams of carbs, 7 of those are fiber, so there are only 2 "net" carbs, making this a low-carb friendly plant food.

<https://www.healthline.com/nutrition/12-proven-benefits-of-avocado#section1>

According to the USDA Nutrient Database, there are 322 calories in a slightly larger (201 gram) avocado. The bigger fruit provides about 30 grams of fat, 4.2 grams of saturated fat, almost 20 grams of monounsaturated fat, 3.6 grams of polyunsaturated fat and 13.5 grams of fiber. The avocado is high in healthy fats. Different studies prove that it has powerful beneficial effects on health. Avocado is incredibly nutritious and it contains potassium. It is loaded with heart-healthy monounsaturated fatty acids fiber powerful antioxidants that can protect the eyes. Eating avocados can lower cholesterol and triglyceride levels lose weight and it may help prevent cancer. Avocado extract may help relieve symptoms of arthritis.

<https://www.healthline.com/nutrition/12-proven-benefits-of-avocado>

Cucumbers (Shawsha)

Bengali Name : Shawsha
English Name : Cucumbers
Scientific Name : *Cucumis sativus*



Cucumbers contain multiple B vitamins, including vitamin B1, vitamin B5, and vitamin B7 (biotin). B vitamins are known to help ease feelings of anxiety and buffer some of the damaging effects of stress. Cucumbers are rich in two of the most basic elements needed for healthy digestion: water and fiber. It protects our brain from harm, reduces our risk of cancer, fights inflammation and it has high antioxidant properties. It freshen our breath, manage stress, and support our digestive health. It also maintains a healthy weight and supports heart health.

<https://articles.mercola.com/sites/articles/archive/2014/08/23/health-benefits-cucumbers.aspx>

Asparagus (Shotomul)

Bengali Name : Shotomul
English Name : Asparagus
Scientific Name : *Asparagus officinalis*

Half a cup (90 grams) of cooked asparagus contains:

- Calories: 20
- Protein: 2.2 grams
- Fat: 0.2 grams
- Fiber: 1.8 grams
- Vitamin C: 12% of the RDI
- Vitamin A: 18% of the RDI
- Vitamin K: 57% of the RDI
- Folate: 34% of the RDI
- Potassium: 6% of the RDI
- Phosphorous: 5% of the RDI
- Vitamin E: 7% of the RDI

<https://www.healthline.com/nutrition/asparagus-benefits>

Asparagus is a popular edible plant with high vitamins and minerals which help to fight cancer and produce amino acids. It is also well-known plants of anti-aging. It can alleviate the aftereffects of taking alcohol and protect hard-working liver cells. It is a very good source of vitamin k, vitamin b1 thiamine and it contains anti-inflammatory and antioxidant properties. It serves as a natural diuretic, nourishes the digestive tract and fight cancer. It also helps with a healthy pregnancy.

<https://draxe.com/asparagus-nutrition/>

Black Cumin (Kalo Zira)

Bengali Name : Kalo Zera
 English Name : Black Cumin
 Scientific Name : *Nigella sativa*

Apart from their taste like a combination of onions, black pepper and oregano, black cumin is a good source of nutrients and minerals. Consuming 100 gram of black cumin offers 8.53 mg of Manganese, 2.6 mg of Copper, 9.7 mg of Iron, 31.16 g of Total Fat, 543 mg of Phosphorus, 265 mg of Magnesium, 570 mg of Calcium and 6.23 mg of Zinc. *Nigella sativa*, commonly known as Black Cumin, Black Seed, or Black Cumin Seed is native to south Asia. It has been used in Middle Eastern folk medicine as a natural remedy for various diseases for over 2000 years. Due to its amazing power of healing, Black Cumin has got the place among the top ranked evidence based herbal medicines.

Black cumin is a "*miracle herb*," and its name in old Latin, "*Panacea*," means "*cure all*." Traditionally, it is used for immune-system support, well-being, digestive health, respiratory issues, kidney and liver support, and heart health. In Asia and the Middle East, black cumin seeds are widely used to treat asthma, bronchitis, rheumatism and other inflammatory diseases. Black Cumin works against the cancer, diabetes, heart Health, obesity and respiratory health.

<https://articles.mercola.com/sites/articles/archive/2016/01/25/black-cumin-seed-benefits.aspx>

Capsicum

Bengali Name : Capsicum
 English Name : Capsicum
 Scientific Name : *Capsicum annuum*

Along with its flavor and attractiveness, capsicums are full of nutrition like vitamins A, C and K, carotenoids and dietary fiber which makes it immensely beneficial for the our overall good health. Bell peppers also have vitamin B6 and folate that help to lower homocysteine levels, thus reducing the risk of heart disease. It is good for eyes, burns more calories and supports the immune system. It has cardiovascular benefits and a great source of Vitamin B6 and Magnesium. It cures iron deficiency which supports hair and nail to be healthy. It is very good for our skin and a good food for anti-aging. It also clears skin blemishes and rashes.

There are also a lot of vegetables that we take in our daily food menu. I have tried to describe most of the vegetables and their food and nutritional values based on different websites and different nutritionists. During writing this chapter, I have found some amazing information about vegetables intake which I can never even think. Every day, I take vegetables without knowing their medicinal values and I believe, after reading this chapter, people will be benefitted more and as its circumstance people will be healthy and remain young even in their old age.

Ideal Dietary Food Habit

Sound human health largely depends on diet and nutrition. Dietary food habit and nutrition are closely associated with four of the top-five burdens of disease such as high blood pressure, high cholesterol, obesity and low fruit and vegetable consumption. If anybody wants

to be healthy and to be remaining young in their old age, they must need to follow a dietary chart prescribed by nutritionists.

Vegetables may be consumed as raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. There are lots of colorful vegetables and based on their nutritional values, they are organized into five sub-categories such as:

- Dark-green vegetables
- Red and orange vegetables
- Beans and peas
- Starchy vegetables and
- Other vegetables

We need to maintain a required amount of vegetables everyday depending on age, sex, and level of physical activity. The following two charts show the required daily amounts of vegetables:

Table-01: Daily Vegetable Table

DAILY VEGETABLE TABLE		
CHILDREN	2-3 years old	1 cup
	4-8 years old	1 ½ cups
GIRLS	9-13 years old	2 cups
	14-18 years old	2 ½ cups
BOYS	9-13 years old	2 ½ cups
	14-18 years old	3 cups

WOMEN	19-30 years old	2 ½ cups
	31-50 years old	2 ½ cups
MEN	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	2 ½ cups

Source: <https://www.choosemyplate.gov/vegetables>

These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

Table-02: Cup of Vegetable Table

CUP OF VEGETABLE TABLE			
		Amount That Counts As 1 Cup Of Vegetable	Amount That Counts As 1/2 Cup Of Vegetables
DARK GREEN VEGETABLES	Broccoli	1 cup, chopped or florets 3 spears 5" long raw or cooked	
	Greens (collards, mustard greens, turnip)	1 cup, cooked	

	greens, kale)		
	Spinach	1 cup, cooked 2 cups, raw	1 cup, raw
	Raw leafy greens: Spinach, romaine, watercress, dark green leafy lettuce, endive, escarole	2 cups, raw	1 cup, raw
RED AND ORANGE VEGETABLES	Carrots	1 cup, strips, slices, or chopped, raw or cooked 2 medium 1 cup baby carrots (about 12)	1 medium carrot About 6 baby carrots
	Pumpkin	1 cup, mashed, cooked	
	Red peppers	1 cup, chopped, raw, or cooked 1 large pepper (3" diameter, 3 3/4" long)	1 small pepper
	Tomatoes	1 large raw whole (3")	1 small raw whole (2 1/4")

		1 cup, chopped or sliced, raw, canned, or cooked	diameter) 1 medium canned
	Tomato juice	1 cup	½ cup
	Sweet potato	1 large baked (2 ¼" or more diameter) 1 cup, sliced or mashed, cooked	
	Winter squash (acorn, butternut, hubbard)	1 cup, cubed, cooked	½ acorn squash, baked = ¾ cup
BEANS AND PEAS	Dry beans and peas (such as black, garbanzo, kidney, pinto, or soy beans, or black-eyed peas or split peas)	1 cup, whole or mashed, cooked	
STARCHY VEGETABLES	Corn, yellow or white	1 cup 1 large ear (8" to 9" long)	1 small ear (about 6" long)
	Green peas	1 cup	

	White potatoes	1 cup, diced, mashed 1 medium boiled or baked potato (2 ½" to 3" diameter)	
OTHER VEGETABLES	Bean sprouts	1 cup, cooked	
	Cabbage, green	1 cup, chopped or shredded raw or cooked	
	Cauliflower	1 cup, pieces or florets raw or cooked	
	Celery	1 cup, diced or sliced, raw or cooked 2 large stalks (11" to 12" long)	1 large stalk (11" to 12" long)

Source: <https://www.choosemyplate.gov/vegetables>

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group. The table below lists specific amounts that count as 1 cup of vegetables (in some cases equivalents for ½ cup are also shown) towards your recommended intake.

Reference Intakes (RI) of Vegetables

The RIs are benchmarks for the amount of energy (kilocalories), fat, saturated fat, carbohydrate, sugar, protein and salt that an average, moderately active adult should consume each day. The RIs for fat, saturated fat, sugar and salt are maximum daily amounts. There is no RI for fiber, although health experts suggest we have 30g a day. Don't forget that we are all different with varying needs for energy and nutrients so this information is for guidance only:

Reference intakes (RI)

	Men	Women
Energy (kcal)	2500	2000
Protein (g)	55	50
Carbohydrates (g)	300	260
Sugar (g)	120	90
Fat (g)	95	70
Saturates (g)	30	20
Salt (g)	6	6

Source: <https://www.bbcgoodfood.com/howto/guide/balanced-diet-vegetarian>

Conclusion

We are very much fond of delicious foods which may not contain nutrition. While eating vegetables, we know its benefits but we may not know what health benefits are waiting for us. Each vegetable contains different types of medicinal benefits which can help us to remain fresh even in the old age. Vegetables are the natural source of

energy and give our body many nutrients we need to keep going. Green vegetables are the ones which provide our body with the most essential elements. So, we should eat something which is healthy and keeps us healthy always as this is what nurtures our body and soul and makes us feel lively.

<http://agriinfo.in/default.aspx?page=topic&superid=2&topicid=849>

Chapter Five: Facts of Remaining Young

“To a young heart, everything is fun.”
– Charles Dickens

Feeling young depends on psychological soundness. It is a mental state. So, forget the wrinkle cream and throw the pills and powders away. Staying young does not require any budget and it certainly does not have to leave the pillowcase greasy. To regain youth or even turn back the clock, we can have fun without spending a lot of time, energy and money. Staying young requires a strong interconnection among body, mind and spirit. What good is a ‘young’ 90-year-old body if your mind and spirit have grown old? Or, how would you feel if your mind was sharp, but physically and spiritually you were not at your peak? You get the idea. Without the balance of all three including staying young would not be worthwhile. So, how do we do this? How do we stay young in body, mind, and spirit? What steps do we take?

The following are some simple guidelines which can be easily incorporated into our busy, everyday lives. All of them have been proven to help us lead longer, happier, and healthier lives. When practiced consistently, these steps will bring results almost immediately. Just remember to have fun with them. Staying young

should not be a task. It does not need to be serious and it certainly is not complicated. If we enjoy the process, we are more than halfway there!

Young Body

“Science tells us there is no reason the physical body should not live a minimum of 120 years”

Health Benefits of Gentle Smiling: Gentle smiling face is a sign of one’s inner peace. It creates an emotional state which relieves stress and lifts our mood. “There’s nothing more beautiful and young looking than a face with a smile”. Gentle smile may help us to remain young because gentle smile can do us some favors such as it lowers the heart rate, reduces stress, increases productivity, increases attention and increases longevity etc. It will also boost our immune system and helps to earn ultimate success in life.

Good Laughter: *“Laughter is timeless. Imagination has no age. And dreams are forever.”* – Walt Disney

According to Walt Disney laughter, imagination and dreams all are indirect and perfect ingredient to remain young. All those things help us to remain mentally sound. It is said that laughter is the best medicine of human heart. It has many abstract benefits but results are seen in reality through the appearance or outlook. The people who love to laugh will be benefitted personally. The benefits of good laughing are wide - ranging which can protect us from mental agony,

depression and improve the health of our heart. People who like laughing also feel less lonely and more positive about them because it fights to decrease stress. According to a study, good laugh will keep a doctor away. Laughter has commonly been used as complementary therapies among the cancer patients, who find that one of the benefits of laughter is an improved quality of life. Some research shows that through laughter, there is an increase in oxygen-rich blood flow in our body, possibly due to the release of endorphins which create a chemical rush that counters negative feelings and stress.

*A young man without ambition is an old man waiting
to be - Steven Brust*

Deep Breathe: While hyperventilate we do not give the body long enough to retain carbon dioxide and so the body cannot use the oxygen it has. This gives a feeling that there is not enough air in the body, even though there is too much. Then we are in the cycle of a chemical imbalance which can cause a lot of nasty symptoms. The problem is the shortage of carbon dioxide that causes many problems. Even though carbon dioxide is a wasted gas we do need it in certain parts of the body, especially the brain. Although this chemical imbalance can be extremely unpleasant it will not harm anyone and the breathing technique will help restore the correct balance and give a person control over anxiety.

Health Benefits to Deep Breathing: Toxic CO₂ waste is eliminated directly through your breath, and your skin (the largest organ your body has) benefits with improved blood flow and oxygenation. The action of our diaphragm helps push the lymph throughout the body, which helps to eliminate toxic waste and strengthen the immune system.

- The body is designed to release 70% of its toxins through breath.
- When you are tensed, angry, scared, stressed, frustrated, etc. then your muscles get tight and your breathing becomes shallow.
- Clarity and Healthy Brain Function
- Clearing Emotional Baggage
- When you anticipate pain it is likely that you hold your breath. Studies show that breathing reduces pain.
- Breathing Messages Your Organs: Wow! You can get an internal message for FREE! Or automatically
- Build Muscle
- Strengthen/Build Immune System
- Improve Posture
- Improve Quality of Blood
- Increase Digestion
- Improves Nervous System
- Strengthens Lungs
- Makes Heart Stronger
- Weight Control
- Boost Energy and Improves Stamina

- Improves Cellular Regeneration

Eat Fresh & Eat Sufficient and be Healthy: Though we have ample opportunities to have different foods, it will not be good for our health. Unfortunately, what seems smart for our wallets is not necessarily smart for our bodies. It is better to eat fresh and eat sufficiently. The best idea for getting around the jumbo-sized meals will be eating more fruits and vegetables daily. Junk foods and overeating is nothing but taking poison which could even be a matter of extreme sickness. So, we should try to have big green vegetables and fruits in a proportionate way. Fresh fruits and vegetables are full of vibrant energy – a perfect recipe for staying young.

Take a Walk: Walking is a good exercise. *"Walking is a man's best medicine"*, said Hippocrates over 2,000 years ago – and a growing body of scientific evidence suggests he wasn't wrong. According to one study of 334,000 people by researchers at the University of Cambridge, just 20 minutes a day cuts your risk of premature death by almost a third. Walking may help to slow down the aging process and it does not require how old you are. Walking also keeps our heading in the direction of a young and healthy body.

Study author Sanjay Sharma, professor of inherited cardiac diseases in sports cardiology at St. George's University Hospitals NHS Foundation Trust in London, told The Independent:

"We may never avoid becoming completely old, but we may delay the time we become old. We may look younger when we're 70 and

may live into our nineties. Exercise buys you three to seven additional years of life. It is an antidepressant, it improves cognitive function, and there is now evidence that it may retard the onset of dementia."

<https://smallseotools.com/plagiarism-checker/>

Young Mind

"Attend to keeping your mind fresh and youthful, and you will keep your body fresh and youthful."

Social Connection: Social connection can provide a number of benefits to our physical and mental health. Connecting with friends may also boost our brain health and lower our risk of dementia. If you need reasons to help justify spending extra time lingering over coffee with a friend or setting aside time in your busy schedule to connect with family, read on. Research shows that these main benefits of having an active social life are:

- We may live longer
- We will enjoy better physical health
- We will enjoy better mental health
- We may even lower your risk of dementia.

Regardless of how we go about connecting with others, remember that it should be in a way that is enjoyable to us, so that we will be sure to do it often.

Discipline in a Life: Discipline is prerequisite for better health and leading better life. Self-discipline is one of the most important and useful skills everyone should possess. This skill is essential in every area of life and though most people acknowledge its importance, very few do something to strengthen it.

Contrary to common belief, self-discipline does not mean being harsh toward living a limited, restrictive lifestyle. Self discipline means self control which is a sign of inner strength and control of our actions, and our reactions.

Self discipline gives us the power to stick to our decisions and follow them through, without changing our mind and is, therefore, one of the important requirements for achieving goals.

The possession of this skill enables us to persevere with our decisions and plans until our accomplish them. It also manifests as inner strength, helping you to overcome addictions, procrastination and laziness, and to follow through with whatever you do.

A disciplined life can help us to bring mental peace which is also helps us to remain healthy.

Educate Ourselves: Different social interacting programs such as workshops, seminars and symposium can be an ideal source of educating ourselves. Moreover, through reading, listening to tapes, and attending different cultural programs are also the ways by which we can educate ourselves. Spending times in libraries, theatres and seeing documentary films can also enrich your education level into a

standard level. Through those continuing learning process, anybody can be rich enough by getting different informative knowledge which can also help to remain evergreen in life. Remember that we are always young enough to learn something new.

Puzzles: Most daily newspapers have a crossword puzzle and at least one or two-word games. Even if you can't finish them, spend some time with a pencil and an open mind. These puzzles stimulate different thought processes which keep us on our toes. Some local newsstands carry books of puzzles for relatively little money; just one book can provide endless hours of amusement. A young mind is a nimble mind, and puzzles are a great way to achieve that.

Feel Young: Forget about your age. Whether you've been on this planet 30 years or 60 is irrelevant to staying young. You can be ageless. Think young thoughts. Leave words like "old" and "decrepit" out of your vocabulary. Staying young starts with the thought that you want to stay young, and you can generate more young and ageless thoughts every day. If you think you can stay young, then you can stay young.

The power of youth is the common wealth for the entire world. The faces of young people are the faces of our past, our present and our future. No segment in the society can match with the power, idealism, enthusiasm and courage of the young people - Kailash Satyarthi

Young Spirit

“Once you are expressing your inner light, age becomes irrelevant.”

Try looking at the world through a vision of gratitude for a moment. What are the things you are thankful for? Who or what is in your life right now that makes you happy? Gratitude journals have become popular lately, and for good reason. With newspaper and television bombarding us with all the “problems” we face, focusing on gratitude can be very grounding. Living our lives with an attitude of gratitude helps us to stay young in spirit.

Forgiveness is a Great Virtue: Forgiveness and say sorry is not the same; it is the mental, emotional and spiritual process of ceasing to feel resentment, indignation or anger against another person for a perceived offence, difference or mistake or ceasing to demand punishment or restitution. The process of shedding our karmas really begins by asking for forgiveness with true feelings and to vow not to repeat mistakes. Letting go of grudges and bitterness can make way for improved health and peace of mind. Forgiveness can lead to:

- i. Healthier relationships
- ii. Improved mental health
- iii. Less anxiety, stress and hostility
- iv. Lower blood pressure
- v. Fewer symptoms of depression
- vi. A stronger immune system
- vii. Improved heart health

viii. Improved self-esteem

Meditation is a Mental Food: Meditation is a great food of our mind. A good form of meditation accelerates our daily activities. It not only lowers our blood pressure but also increases our immune system although the mechanism is not clear while improving our ability to concentrate. It is the great way to restore the mental soundness which is an ideal source of increasing productivity. The health benefits of meditation are:

- It reduces mental stress
- It controls anxiety and depress
- It promotes our emotional health
- It enhances our self-awareness
- It lengthens attention span
- It may reduce age-related memory loss
- It can generate kindness
- It may help fight addictions
- It improves sleep
- It helps control pain
- It can decrease blood pressure

<https://www.healthline.com/nutrition/12-benefits-of-meditation>

Celebrate Achievements: When we were kids and earned a good grade in school, we got a star on top of the page. It was then proudly displayed on the refrigerator. As adults we rarely allow ourselves to bask in the moment of an achievement. Keep your spirit young and vibrant by giving yourself a gold star. Permit yourself to feel good

about something that you achieved. Recognizing even the smallest step in what discussion as above can help you stay young in spirit.

Live on Purpose: Find something that we are good at, something that we enjoy tremendously, and then do it. It does not have to be a full-time job (although that is great if it is). Even if it is a hobby or something that you do on weekends, that is okay. If you feel that you don't have any skills, then you can always volunteer some time at a local hospital or nursing home. Finding a purpose keeps us youthful in spirit, and it is also a great way to have some fun as a complementary factor.

Source: Staying Young: A Matter of Body, Mind and Spirit by Katrina Mayer on October 13, 2007 in Health & Lifestyle

There are some other ways to remain young

Sound Sleep

Sound sleep is very important for our health and well-being in our lives. Having sound sleep at right can help protect our mental health and physical health, quality of life and safety. The way we feel while we are awake partly depends on what happens while we are sleeping. During sleep time, our body is working to support healthy brain function and maintain our physical health. In children and teens, sleep also helps support growth and health development.

Uninterrupted sleep will definitely keep us away from depression and mental disorder. Ultimately, it helps us to change over the course of our lives although it varies from person to person due to difference in their personal characteristics. The below table shows that the general recommendation for sleeping for different age groups which reflects recent American Academy of Sleep Medicine (AASM) recommendations that the American Academy of Pediatrics (AAP) has endorsed.

Table: 03: Recommended Amount of Sleep per Day

Age	Recommended Amount of Sleep
Infants aged 4-12 months	12-16 hours a day (including naps)
Children aged 1-2 years	11-14 hours a day (including naps)
Children aged 3-5 years	10-13 hours a day (including naps)
Children aged 6-12 years	9-12 hours a day
Teens aged 13-18 years	8-10 hours a day
Adults aged 18 years or older	7-8 hours a day

<https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency>

Do not Skimp on Sleep: Within the last year, researchers have uncovered multiple bodies of evidence that sleep (both the quality and quantity of it) is imperative to multiple aspects of your health.

“While you sleep, your body enters a sort of ‘repair mode,’ repairing damage from the day and preparing your body to handle whatever comes next,” Landa says.

Not getting enough sleep can also lead to chronic adult-onset illnesses that can shorten lifespan like type 2 Diabetes. *“Researchers found that low-quality sleep increases insulin resistance by as much as 82 percent. Another study found that lack of sleep (less than 7.5 hours a night) exacerbates genetic influences linked to weight gain and obesity. Ideally, you should achieve seven to nine hours of sleep each night—and that’s actual time sleeping, not just lying in the bed.”*

Even more motivation to move up our bedtime: *“Without high quality and quantity of sleep, your metabolism can slow to a crawl. It can also increase storage of deadly visceral fat around your organs,”* Landa says.

<http://www.mirror.co.uk/lifestyle/health/how-keep-your-skin-looking-4185058>

Getting up Early in the Morning: *“The early morning has gold in its mouth,” said Benjamin Franklin.* Benefits of waking up early in the morning are significantly beneficial for our mental health. It can be a good starter for a working day. The great outputs will be expected from those who get up early in the morning. This habit can help to reduce the stress in our life by eliminating the need to rush in the morning and it will add an incredible amount of positivity to our life and we will start to notice a change in our attitude.

A lot of research studies have been conducted on it and most of the research proved that “morning people” are often more positive, more

optimistic and more likely to experience satisfaction in their lives. While several night owls are known for their creativity, they can also pay the price by becoming more likely to succumb to depression and other psychological problems.

<https://www.healthambition.com/benefits-of-waking-up-early/>

Think Positive: *“Youthfulness is about how you live not when you were born.” — Karl Lagerfeld* Our feeling or emotion indirectly affects us physically and mentally and this relationship is called *“mind or body connection.”* Negative emotions such as stress, hostility or pessimism will cause chest pain, an upset stomach, palpitations or headaches. Emotion is a common part of our life, the fact is that negative emotion can lead us to an increased risk of many disease processes and can even shorten our life. Contrary to that according to some recent studies, being optimistic or being positive can decrease our risk of heart attacks and increase longevity in almost everything.

<https://www.everydayhealth.com/columns/grossman-a-healthy-longevity/positive-thinking-can-increase-your-longevity/>

Make Love Helps to Remain Young: It is our common observation that making love is a recognized form of physical enjoyment and a great source of having a healthy relationship. If anybody does this in a regular fashion, it will establish a strong interconnection between them. More specifically, it helps to make somebody mentally satisfied and physically healthier. Decent sexual

activity actually provides us many health benefits such as boosting heart health and immunity and lowering blood pressure. It is considered as a good physical exercise. It also keeps us young, and helps us live longer and much more.

“Women who enjoy sex live longer”, says Mehmet Oz, MD, Professor and Vice Chairman of Surgery at New York-Presbyterian Columbia University and co-author of “YOU: Being Beautiful”. “It is assumed that doubling your amount of satisfying sex can add up to three years to your life”, he says.

Apart from giving ultimate pleasure, an active romantic life makes couples live a happy and long life. Studies suggest that regular lovemaking allows the release of endorphins and boosts the skin's production of vitamin D, which in turn makes one look and feel younger. Also, people who remain active in bed, have 50% lower chances of dying for any medical reason.

<http://www.navacenter.com/community/blogs/12-health-benefits-of-love-making>

Lose the Muffin Top: Fat belly may be source of ill thought. Those who possess fat belly feel uneasy among the friends and it may hamper the normal activities. A study conducted in 2009, researchers selected 6,583 people that having fat belly in their midlife can nearly triples their risk of dementia. A muffin top and large belly not only affect our wardrobe choices but it is dangerous for our health as well as deleterious to our appearance. Only a

comprehensive exercise plan and a sensible low-calorie diet can help us slim this area. These strategies take time but make it more likely we will get lasting results.

<http://www.health.com/health/gallery/0,,20356118,00.html>

Staying Stress Less: Relentless stress can psychologically damage normal activities. It can be a vital weapon in the fight against aging. If we allow this to run uncontrolled through our lives, it can damage our telomeres and accelerate aging. So, we need to stay stress less which can be an ideal source of remain young in life. Health benefits of stress less are:

- i. It helps to lose weight
- ii. It increases happiness
- iii. It protects us from cancer
- iv. It ensures sound sleep
- v. It helps to get longer life
- vi. It helps to establish better relationships
- vii. It makes our heart healthy
- viii. It reliefs from aches and pains
- ix. It increases our memory
- x. It helps to create a better outlook

<http://www.thementalfitnesscenter.com/blog/10-benefits-of-reducing-stress/>

Take a Nap in Working Hour: Take a nap during the work time will increase working stamina both in home and office. Relentless

work can hamper our normal productivity. A study shows that relentless work can cause the physical change in the body which accelerates the aging process by surging the hormones adrenaline and cortisol that cause blood pressure. *"Sixty to Ninety percent of all doctors' visits each year are related to anxiety, depression, obsessive anger and hostility, insomnia, high blood pressure, heart attacks - all problems caused by stress,"* says Herbert Benson, MD, author of the landmark book *The Relaxation Response* and a founder and director emeritus of the Benson-Henry Institute for Mind Body Medicine in Boston.

It is required to take at least 10 to 20 minutes to sit in a quiet place with closed eyes, relax our muscles, roll our head, neck, and shoulders, and breathe deeply. On each exhale, repeat your mantra. If other thoughts try to invade, says Dr. Benson, tell yourself, *"Oh, well,"* and return to your word or phrase. When it is done, keep the eyes closed for an extra minute; slowly allow everyday thoughts to flow back into mind.

Consume More Fat: "Omega-3 fatty acids of salmon, walnuts, and seeds help to calm our mood, maintain bone strength and help prevent visible signs of aging by reducing inflammation in the body", says Nicholas Perricone, MD, a leading anti-aging expert and author of *7 Secrets to Beauty, Health, and Longevity*. He also says- *"Omega-3s also boost the ability of the body's enzymes to pull fat out of storage — from your hips, say — and use it as energy," "Omega-3s keep you healthy and your skin radiant."*

"Virtually every expert agrees that you need two grams of omega-3 fatty acids a day," says Michael Roizen, MD, chair of the division of anesthesiology at the Cleveland Clinic in Ohio and co-author of *You on a Diet*.

Be in Love: Falling in love has many health benefits and the obvious advantage of this special connection is proven. Love can keep us healthy mentally, physically, socially and spiritually. *"It's the central motivation of all human activity,"* says Gail Sheehy in her new book, *"Sex and the Seasoned Woman"*. It increases the ability to embrace life boosts self-esteem, fuels the immune system, and improves cardiovascular health. *"Loving touches release hormones, including oxytocin that reduces stress and anxiety,"* says Mehmet Oz, MD, professor of surgery and vice chairman of cardiovascular services at New York-Presbyterian/Columbia University, as well as the co-author of *You on a Diet*. *"If sex is a purely hedonistic process, it won't have the same results."*

Health benefits of love are:

- i. Love may make us live longer
- ii. Love can help combat diseases
- iii. Love boosts our immune system
- iv. Love helps us look younger
- v. Love can keep us slim
- vi. Love improves our mental wellbeing
- vii. Love improves self-confidence

<https://www.goodhousekeeping.co.za/health/the-health-benefits-of-being-in-love/>

Do Mental Aerobics: According to a study published in the *“Journal of the American Medical Association”* normally, our brain exercise can prevent the cognitive decline. Dr. Small, a researcher found that a two-week program of mental training can actually rewire the brain. *“We’ve seen evidence on brain scans that memory improves,”* he says.

Our brain can be shuffled by doing crossword puzzles, Sudoku, or Brain Games, a handheld electronic game developed by Dr. Small that uses numbers, sequences, and word play to condition the left and right spheres of the brain.

<http://www.fitnessmagazine.com/mind-body/feeling/10-all-natural-ways-to-stay-young/>

Growth Hormone and Aging

Hormone is closely related to aging factor as it is associated with a significant decline in secretion of growth hormone. This, in turn, leads to reduces circulating IGF-I and changes in IGF-binding proteins. Growth hormone replacement to growth hormone-deficient individuals has been shown to improve quality of life, enhance bone and muscle mass, and reduce cardiovascular risk. However, studies with growth hormone therapy in the elderly have been somewhat disappointing with minimal changes in lean body mass, musculoskeletal function and overall quality of life. Moreover,

recent evidence suggests that high normal serum IGF-I levels may be associated with a greater risk of several neoplastic disorders. Hence, there is less enthusiasm for reversing the changes of the “somatopause” with recombinant growth factors.

Hormones are best controller of our body function even it helps to control everything acting as the body's chemical messengers to ensure optimal functioning. For example, low testosterone can tank your libido while low levels of progesterone are linked to insomnia and other sleep disturbances, Landa says. As previously mentioned, too much cortisol can cause foggy thinking and undesirable weight gain. The chronological aging process is unstoppable, but the way we look and feel over the course of a lifetime is heavily linked to hormone balance and lifestyle choices.

Clifford J. Rosen, Growth hormone and aging, Endocrine, April 2000, Volume 12, Issue 2, pp 197–201

Feeling Young in Mind

Two researchers at University College London looked at the responses of about 6,500 men and women who answered the question, *“How old do you feel you are?”* The respondents were age 52 and older, with an average age of 65. Their answers:

- i. about 70% felt three or more years younger than their actual age
- ii. 25% felt close to their actual age
- iii. 5% felt more than one year older than their actual age

What came next was the really interesting part: Eight years after study participants answered the age question, researchers determined which ones were still alive:

- 75% of those who felt older than their age
- 82% of those who felt their actual age
- 86% of those who felt younger than their actual age.

<https://www.health.harvard.edu/blog/feeling-young-heart-may-help-live-longer-201412177598>

“And in the end it’s not the years in your life that count. It’s the life in your years,” as the quote attributed to Abraham Lincoln goes. Day by day, people are getting so much conscious about their health. Lots of initiatives are being taken to reduce the anility problem time-to-time but still these are not yet solved permanently. There are a lot of ways and means have been introduced and implemented regarding how remain young in the old age. Many research works proved that there are different ways to remain young but psychological factors play the most important role. If these above mentioned points can be implemented in our daily life, our life will be smooth and stress less which is helpful to be remain young. If those have been done appropriately, our cell will be active even in the old age and we will feel young mentally and look young physically.

Lifestyle Makes to Stay Younger

Whilst a nutritious diet and the supplements mentioned above may confer great benefits, one cannot ignore the impact of lifestyle strategies which help to prevent telomere shortening and hence protect us against premature ageing and age-related diseases. These include exercise and calorie reduction.

There is a direct correlation between high intensity exercise and reduced telomere shortening and this all-natural approach will help to slow down the ageing process. High intensity exercises that may be of great benefit include sprinting at the maximum effort for 20 to 30 seconds, resting for a couple of minutes and then repeating this ten times. This type of exercise has the benefit of enhancing the production of Human Growth Hormone (HGH). There is a direct correlation between low HGH levels and increased fat deposition, decreased muscle mass, decreased energy levels, decreased immune function and declining hormone levels.

Calorie reduction extends lifespan and this remains a fact. Increased calories result in increased free radicals and toxins which age the body. What has to be achieved is calorie reduction without nutritional deficiencies and ensuring that the calorie reduction is geared toward carbohydrate reduction. Research shows that reducing carbohydrate intake activates the genes for longevity.

You are as young as your self-confidence, as old as your fears; as young as your hope, as old as your despair -

Samuel Ullman

Try to Avoid Meat

Eating meat is almost a ritual, so, a lot of people would have a hard time eating less of it. I'm not saying you have to give these things up. But you can make a point of eating a whole lot of other plant-based foods at these times as well. For example, have your meat on the BBQ but then have a couple of different salad options so the majority of your plate is filled up with plants.

You can also create new, fun rituals like "*Meatless Mondays*" and involve your family in choosing recipes and cooking different foods.

Maintain the Right Balance

There are some people who take plant-eating to the extremes but as I've said multiple times throughout this article I'm not advocating for completely cutting out animal products. Animal products like meat and eggs provide iron, zinc and vitamin B12, and fish provides omega-3s. The stricter you get in limiting animal products, the more you are going to have to supplement to make up short falls. If you run low in any of these, you'll feel pretty rotten which defeats the purpose of following a plant-based diet.

I think the Blue Zones provide inspiration for what a balanced approach looks like: heavy on the plants, light on the animal

products. They live to 100 and have way less diseases of aging than we do, so they are on to something good.

I'm still a plant-based newbie but I can definitely say that eating this way has made a huge difference to my own health and, based on everything I've learned so far, I truly believe it will make a difference to yours as well.

The Way of Staying Young

It is generally believed that aging is must or inevitable fact of human life and staying young even in the old age is completely impossible. Some people believed that aging system can only be slow down by taking some precautionary actions. Nowadays, many research activities are conducted time-to-time and it is proved that the science of aging is continually advancing and we are gradually learning what can be done to stay young—or at least a little younger—forever. It is human habit that can be a great determinant for staying young in the old age. So, if we can take these following actions into our consideration, it will be more beneficial for us to stay young.

Say Good bye to Smoking

Smoking causes a great danger to human health. It increases free radicals which lead to cell death, it wrecks your lungs so we cannot exercise and it affects our social life. It also damages the immune system and causes a lot of fatal diseases like Colorectal Cancer, Rheumatoid Arthritis, Erectile Dysfunction, Type 2 Diabetes etc. Cigarette smoking can also lead to various health problems which

are Lung Cancer, Emphysema, Heart Disease, Chronic Obstructive Pulmonary Disease and Stroke. According to Islam, it is prohibited for the Muslim because it can destroy lives. So, to get a healthy life, say farewell to smoking and stay young in the old age.

Fish is Good Source of Fatty Acid

The American Heart Association recommends you eat fish twice a week to get enough omega-3, omega-6 and DHA into the body. It helps cells be flexible and permeable and has been shown to be an important part of the cells of the nervous system, blood vessels and skin. That means they help with the wrinkles and the brains, isn't that perfect? Oily fish is the best, but not because it's deep fried with chips.

Maintain a Healthy Weight

Overweight is hard on the joints and it's hard on the heart that has to work overtime to carry the extra weight. Not only that, but fat can sit in nasty places like artery walls where it stops blood from getting where it needs to go. Heart attacks are not very youthful. Underweight isn't much better. Bones and muscles get robbed of building material to give the rest of the body energy. It wrecks your kidneys and can lead to early menopause and osteoporosis.

Include lots of colorful vegetables in your diet, especially orange and yellow ones, which are a high source of beta-carotene. Beta-carotene is an antioxidant which means it can fight free radicals in the body. It

helps the body's cells stay on a normal healthy path rather than wander off and die or become cancerous. Beta carotene also is converted into vitamin A, which helps keep your skin young and your eyes working.

Work from Heart

Cardiovascular exercise, also known as aerobic exercise is a workout that makes your heart muscle pump a little harder for a period of time. By keeping the heart muscle in shape, it is less likely to deteriorate. By keeping the heart muscle strong and pumping, blood pressure is lowered and blood flows to more places in the body. Blood flow to the skin, the brain and the digestive system, are healthy, youthful body attributes.

Stay Strong

Do weight training at least twice a week. Strong muscles lead to strong bones, which don't break as easily. Broken hips make you feel old. Strong muscles give you independence to do simple things like open jars and chop wood.

Keep Cells Healthy

Every day in your body 432 billion cells die and are replaced with new cells. This is the key to regenerating your body and staying young. Because of this you *could* have a better functioning body next year if you want, skinnier, with less pains and more energy if you take the right steps.

The 432 billion numbers is just a scientific estimate. Cells are so small and there are so many in your body (somewhere between 60 - 100 trillion) that no one could ever count them individually. This is also why you don't notice your body renewing itself all the time, but it is!

Examples of a New Body

- Cells in our digestive system, from the stomach to the large bowel are replaced every five minutes.
- The liver is replaced every five months.
- A new covering of skin happens every four weeks.
- Our heart is replaced every six to nine months.
- Your liver is capable of renewing and repairing from as little as 25% of its tissue.
- New studies are indicating that even *brain cells may regenerate*.

That process makes me highly optimistic that you could have a better functioning body next year if you want, with less pain and more energy if you take the right steps.

Chapter Six: Food Habit Helps to Remain Young

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of the people you love. When you learn to tap this source, you will truly have defeated age - Sophia Loren

With the passage of time, a life cycle can be affected in different ways. A lot of changes are seen in a life time including our personal interests, priorities and eating habits. A particular stage of time requires a particular food habit. Nutritional benefits are considered as the most dominating thing to maintain sound health. The core principle of a healthy diet remains the same at the age of 20 or 60. So, we need a balance of different nourishing foods to enable us to look and feel our best however our bodies do require specific nutrients as we go through different life stages.

Food habit is very important for keeping body fit for the future. As Bangladeshi, we take a lot of foods as our breakfast menu such as Parata (a kind thick pancake) and Ruti (flat bread) with Sabji (mix of

overcooked vegetables that is often cold) including egg, various kind of meat and a hot cup of tea at last of breakfast and Dahl (lentil sauce that also is often cold). In the lunch, Bangladeshi people take plain rice with fishes, dal (pulse) and sometimes meat along with traditional vorta and bhaji (saluted or fried vegetables with green or fried chilly and other spices) are very popular. In the dinner, there is a little difference in the food menu. Almost same menu for the lunch has usually been provided for the dinner. Additionally, dudvat (milk and rice) is very common as the last item of dinner. This is eaten with seasonal fruits like mango, banana or jackfruit or just with Gur (country sugar). However, this food habit has a great impact in our daily life. If our food habit becomes balanced or according to a nutritionist, it will be beneficial for our health and to remain young in the old age. Let's discuss about food habit of different ages below:

Busiest Time: 20s and 30s

During 20s to 30s is called the busiest time in a life. In this period, we need special caring and sharing about our food habit and nutrition. As it is the busiest time, healthy eating is often way down the list of priorities.

According to a survey by The National Diet and Nutrition, a high percentage of women in this mentioned age band failed to meet the recommended daily food intake for several key nutrients such as calcium, folic acid and iron - and only 4% of women aged 19-24 consumed their five-a-day target for fruit and vegetables.

In this certain age, bone density is very important which can be ensured with a good supply of calcium and vitamin D. At this age, nutrition for bone health is also important to lower the risk of osteoporosis later in life. Moreover, dairy products, green leafy vegetables, egg yolks and salmon can be a great source of calcium, vitamins K and D which play a significant role to keep our body physically and mentally sound.

Taking timely foods is a good habit. It is not wise to skip breakfast and relying on quick, convenience foods high in salt and sugar which may result in low fibre intake. In this age, the recommended daily amount of fibre is 30g per day though we take only 12g as the average food intake. Food contained with the low fibre, high sugar and high salt may cause huge problem in digestive system such as constipation and an increased risk of diverticular disease and high blood pressure in old age. Here, some particular food habits are mentioned below for getting a clear concept on taking food in this 20s and 30s:

Calcium-rich Foods: Calcium is an important nutrient for the human body which helps us to remain physically fit even in the old age. It contains sufficient mineral in the body with 99% found in teeth and bone where serum contains only 1% calcium. The serum calcium level is closely monitored to remain within the normal range by a complex metabolic process. Calcium metabolism involves other nutrients including protein, vitamin D, and phosphorus. Bone formation and maintenance is a lifelong process. Early attention to

strong bones in childhood and adulthood will provide more stable bone mass during the aging years. Research has shown that adequate calcium intake can reduce the risk of fractures, osteoporosis, and diabetes in some populations. The dietary requirements of calcium and other collaborative nutrients may vary slightly around the world. Lactose intolerance due to lactase deficiency is a common cause of low calcium intake. Strategies will be discussed for addressing this potential barrier to an adequate intake.

Taking 200ml milk and one small pot yogurt, 30g cheese will be required to meet up the required amount of calcium in an adult body. A large portion of required calcium may be met up from unpasteurized milk, soft cheeses and soft blue cheese - this includes products made from unpasteurized goat and sheep's milk. But a pregnant woman should avoid those dairy foods as the source of calcium rather they must try to absorb calcium-rich plant products such as kale, broccoli, spinach, beans and fortified soy products such as tofu. Canned fish with bones, such as salmon and sardines can be a great source of calcium and all of which help us to be fit physically.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4337919/>

Whole Grains: Growing older is a natural process for every living object in this world and it is inevitable in life. This natural process will be obstructed due to taking right foods timely. So, start taking breakfast timely and try to maintain it whole day long. It will be better to make a daily food chart and try to follow it regularly. Also

try to take fortified wholegrain cereals or porridge oats with the chopped fruits or a handful of nuts and seeds like flaxseeds daily. A proper breakfast will provide fibre and several key vitamins which may help us to remain physically fit.

The good news is that working the healthiest grains in our daily dietary chart can help prevent many critical and fatal health hazards. In this circumstance, having whole-grain as foods made from cereal grains like whole kernel can also help protect us from ticker trouble, diabetes, colon cancer, and possibly asthma and Alzheimer's disease. Some useful whole grains can be saved permanently into our daily cart such as:

- Whole-wheat
- Whole Oats
- Brown Rice
- Whole Rye
- Freekeh
- Whole-Grain Barley
- Buckwheat
- Bulgur
- Quinoa
- Whole-wheat Couscous
- Corn

The waistlines of middle-aged people who ate white bread and other white carbohydrates expanded three times more than those of

antioxidant-rich fruits and veggies will help stave off those wrinkles which will also help us in looking young at the old age.

Low Salt: According to a study on health, there is an internal link between sodium or salt and high blood pressure, heart attacks and strokes. According to the *Lancet* paper, people who take both high sodium *and* low sodium diets may likely to suffer from cardiovascular disease and death. This study also suggests that taking intake of 4-5 grams of sodium in a regular basis is the best amount of taking salt. To maintain this ratio balanced, the Food and Drug Administration (FDA) has set an upper limit of 2.3 grams (2,300 mg) daily for most Americans while the American Heart Association recommends even less, limiting sodium to 1.5 grams (1,500 mg) daily for most people. Official guidelines suggest that adults should consume no more than 6g salt per day.

Folate-rich Foods: Dr. Michael Roizen, MD, Internal Medicine said, “By consistently taking 800 micrograms (mcg) of folate a day, you can make your Real Age (physiologic age) 1.2 years younger in just three months, and probably 3.7 years younger in three years. (Although most individuals really need 400 to 800 mcg for the anti-aging effect in the arteries, you need 800 mcg for the anticancer effect, so I have simplified the information by just using 800 mcg throughout. We know of no toxicity at any dose of folate, so, taking 800 mcg appears to be very safe.) If you already have elevated levels of homocysteine (an amino acid by-product of the metabolism of protein), you can make your Real Age three or more years younger

in just three months. (Other names for folate are folicin, folic acid and vitamin B9.)”

He also said, “Elevated homocysteine levels double the risk of heart attack, stroke, peripheral vascular disease, and impotence. More than 42% of people with cerebral vascular disease, 30% of those with cardiovascular disease, and 28% of those with peripheral vascular disease have homocysteine levels that are too high. And even levels above 12 seem to increase inflammation in your blood vessels. Taking 800 micrograms (mcg) of folate a day in supplements, or 1,400 mcg through your diet, can reduce homocysteine levels dramatically, essentially removing any excess homocysteine from your bloodstream and stopping the aging effects. It's a quick, easy, and painless way to make your arteries younger”.

<https://www.sharecare.com/health/vitamin-b9/how-folate-stay-young>

Middle age 30s to 50s

There is a little difference in the diet plan for the young aged between 20 to 30 years and the people of 30 to 50 years. However, a diet designed specifically for the people of 40 years and over must take into account the medical status, the caloric requirements and the specific nutrient needs. At this busy stage in our life, using an easy, flexible diet will help us taking care of both our family obligations.

During this age, most of the people like to take healthy eating for good health and exercise are often put on the back burner. By the

passage of time, we grow old and we need good nutrition. Though physical exercise become inevitable to maintain mental and physical health fit, we reluctant to take exercise regularly. In this case, a diet rich in antioxidants will help protect against problems like heart disease, Alzheimer's, cataracts and certain types of cancer.

As a gradual process, after the age of 40, the metabolic rate becomes decreasing but this decreasing rate is very modest. The main reason behind this process is that many people, in this age, start to suffer due to a change in hormone levels and poor dietary choices, combined with a lack of exercise. Moreover, excessive weight, particularly around the 'middle' age is a risk factor for heart disease, diabetes and osteoarthritis.

“Youth is impulsive. When our young men grow angry at some real or imaginary wrong, and disfigure their faces with black paint, it denotes that their hearts are black, and that they are often cruel and relentless, and our old men and old women are unable to restrain them. Thus, it has ever been” – Chief Seattle

One in four women in their 40s has low iron stores. Keeping our body well supplied with iron provides vitality, helps our immune system function at its best and gives our mind an edge.

It is suggested that we may keep alcohol intake to guideline amounts - no more than 14 units per week. Drinking responsibly affords us all the health benefits we read about such as reducing heart disease,

however, it is a good idea to have one or two alcohol free days during the week and to spread our weekly allowance out evenly throughout the week.

Antioxidant-rich Food: As aging is inevitable, one can only slow down the aging process or the premature aging. We can rejuvenate our dull, wrinkle and lifeless skin by feeding our body with supplements and a healthy, nutritious diet. Those foods can boost our cell growth and provide you a glowing skin. While it may be difficult to turn back the clock once the damage has been done, it becomes crucial to inculcate good eating habits from a young age. Drinking efficiently large quantities of water has the potential to help us to attain flawless skin which remains a dream for most of us. Consciously making an effort to drink water irrespective of thirst is deemed to have a positive influence on the skin.

More specifically, bright colored fruits and vegetables are the best source of antioxidants. So, we should make sure while eating at least five portions a day and include a wide variety of different produce.

<https://food.ndtv.com/beauty/6-anti-aging-foods-that-could-keep-you-young-and-beautiful-1656902>

Iron-rich Food: Liver and lean red meat are the best and most easily absorbed forms of iron (haem iron). So, we should try to eat not more than 100g red meat approximately twice a week while the vegetarians can eat fortified breakfast cereal, lentils and plenty of green leafy vegetables such as chard, spinach, green beans,

asparagus and broccoli. Enjoy these plant foods with foods rich in vitamin C to aid absorption such as spinach and orange salad.

Iron is a trace mineral found in every living cell in our bodies. It is a primary component of two proteins such as hemoglobin and myoglobin. Hemoglobin is the part of the red blood cell that carries oxygen to the body's tissues. Myoglobin is the part of the muscle cells that hold oxygen. According to the Centers for Disease Control and Prevention, iron deficiency is the most common known form of nutritional deficiency. The best way to make sure we are not lacking in this key nutrient is to eat adequate amounts of iron-rich foods each and every day. I am about to reveal my top healthy iron-rich foods, including meat, fish, beans, nuts, vegetables and even some fruit.

<https://draxe.com/top-10-iron-rich-foods/>

Matured 50s to 60s Years of Age

Health problems, such as raised cholesterol, high blood pressure and type 2 diabetes are more common in this age group. A low-fat, low-GI diet which includes plenty of fruit and vegetables, is the best way to prevent and treat these problems.

As women enter the menopause, they are affected in different ways. Consequences such as a decline in libido, osteoporosis and heart disease are all linked to the decline in oestrogen levels that accompany this stage of your life. These hormone changes accelerate the loss of calcium from bone, which increases the risk of

osteoporosis or brittle bones. To counteract this, it's important to eat at least three servings of low-fat, calcium-rich foods each day.



There seems to be an absence of menopausal symptoms, in countries in the Far East where diets are naturally rich in phytoestrogens - plant compounds that mimic the effects of oestrogen. Genetics and environmental factors play a huge part in how our bodies react to certain foods, so as yet we cannot say whether a diet rich in phytoestrogenic foods is beneficial to women, although they may be worth a try if we are really struggling. Foods that contain phytoestrogens include soy, flaxseeds, chickpeas, beans and peas.

Smoking and being inactive can severely harm our bones, and it is particularly important on the exercise side to include some weight bearing exercise such as brisk walking, yoga, jogging or aerobics. Aim for a combination of weight-bearing exercise and aerobic activity to help keep bones and joints strong. Toning and muscle development can increase metabolic rate, as increased muscle mass helps to keep our weight constant.

Continue to drink 6-8 glasses of water or herbal teas every day and watch caffeine consumption. Caffeine can interfere with the amount of calcium we absorb. If we do not eat at least one serving of oil-rich fish each week, we should also think about taking an omega-3 supplement.

Best Suited Mediterranean Diet: A Mediterranean diet mainly contains lots of color fresh fruits and vegetables of all most all types which provide different heart-friendly vitamins and minerals. The other health-friendly foods are whole-grains, lean meats and fish as well as heart-friendly fats such as olive oil. So, we should try to check the cholesterol level and blood pressure regularly and control it if we have high cholesterol. Moreover, we may consider trying products with highly rich in plants stanols or sterols which can help lower cholesterol levels and blood pressure.

In the 2015 study, a higher consumption of fish was associated with keeping our brain young. But if you don't really like fish, scientists at Harvard and Rush University in Chicago created the MIND diet, a combination of the Mediterranean and DASH diets that may be a little bit easier to follow, as it requires you to eat less fish and fruit.

People who ate a diet close to the MIND diet saw a 53% lower risk of developing Alzheimer's. Even people who ate the MIND diet "most" (as opposed to "all") of the time saw a 35% reduced chance of developing the disease. This is considered a significant result. This latest Mediterranean diet research builds on other evidence that the diet is likely the way to go. It has also been shown as a key to

helping us to live longer. It also helps us to manage our weight better and can lower our risk for cancer and cardiovascular diseases.

Above all, we will likely be physically and mentally healthier long into old age if we stick with this diet.

<https://edition.cnn.com/2015/10/21/health/mediterranean-diet-healthier-brain/index.html>

Get Away from Saturated Fat: As we age, our body's energy requirement decreases. Body fat gets deposited when we take in too much calories and do not burn enough in our everyday life. Include monounsaturated and polyunsaturated fats from nuts, seeds and their oils instead of too much saturated fat in animal products.

Phytoestrogens: Soya based foods such as tofu, miso and tempeh may help reduce some of the unpleasant symptoms associated with the menopause. Eating 15-25g of soya protein a day may help reduce blood cholesterol levels. Use tofu instead of beef in stir-fries and pour calcium-enriched soya milk on our cereal. If soya is not your thing, other sources of phytoestrogens include lentils, beansprouts, peanuts, linseeds and sweet potatoes.

Omega-3 fats: Aim to eat three portions of omega-3 rich foods a week as these can help to keep bones and heart healthy. Remember canned fish such as salmon, sardines and mackerel offer value for money and are omega-3 rich (but not canned tuna). Other sources include omega-3 enriched eggs, nuts and seeds like chia and flaxseed.

Experienced 60s and the Over

As we grow older, various physiological and psychological changes occur which have a direct effect on nutritional requirements. The body becomes less efficient at absorbing and using many vitamins and minerals. Long-term use of prescription drugs can reduce the absorption of certain nutrients. At the same time, many people find that as they get older their appetite decreases. Since the need for vitamins and minerals stays the same or in some cases increases, it becomes even more important that the food we eat is healthy and nutritious.

Digestive problems, like constipation, piles and diverticular disease, are common as we age and become less active. Ensure we keep our fluid intake up by drinking lots of water. Being active helps the gut function appropriately, even walking or yoga can help reduce stress and anxiety levels which can contribute to constipation.

Our sense of smell and taste becomes less acute as we get older, but do not fall into the trap of adding extra salt to our food - use herbs, spices and other flavorings such as garlic, lemon juice, flavored vinegars or mustard.

As levels of stomach acid fall with age, the absorption of iron, calcium and the vitamins B6, B12 and folate are reduced. Decreased secretion of gastric intrinsic factor, the protein required for vitamin B12 absorption further decreases your levels of vitamin B12. As a

result symptoms of fatigue, weakness and impaired concentration may ensue.

The risk of heart attack and stroke also rises steadily with age. The major contributing factors – nutritional deficiencies, too much saturated fat, alcohol, smoking and a lack of exercise are factors which can all be addressed.

As we get older, our body tends to become less efficient at absorbing or manufacturing vitamin D. The body can make vitamin D by the action of sunlight on the skin, but as people get older they tend to spend less time outside, so make sure your diet contains vitamin D rich foods like eggs and oily fish. Over 65s are also advised to take a supplement of 10 micrograms of vitamin D daily.

Fibre: We should make sure that our diet includes lots of fibre-rich foods such as whole grains, oats, fruits, vegetables, beans and lentils. A small glass of prune juice in the morning may alleviate constipation.

Vitamin B12: We must ensure that we include plenty of foods rich in B12 such as meat, fish, eggs, dairy products and fortified breakfast cereals all contain vitamin B12. We should also check with your GP if you are concerned about vitamin B12 levels.

Vitamin D: Small amounts of vitamin D are found in eggs and oil-rich fish as well as fortified foods such as spreads. Vitamin D can also be made by the action of sunlight on the skin so when the

weather is warm, expose our arms and face to the sun for at least 20 minutes a day.

Plants Help to Increase Longevity

Some of the healthiest and longest-lived populations in the world are plant-based. These areas of the world are known as Blue Zones. Two well-known examples of the Blue Zones are Okinawa, Japan and Sardinia, Italy. One of the main characteristics of these areas is that they have more centenarians (people who live to 100+) than other populations. Not only do people in the Blue Zones live longer but they also suffer less from heart attacks, strokes, diabetes, dementia and cancer.



People in the Blue Zones follow a predominately plant-based diet, supplemented by animal products, and diet is one of the reasons they are healthier and live longer than the rest of us. For example, the Okinawan traditional diet is based on sweet potatoes, soybeans, and plenty of vegetables. Meat and dairy only accounts for about 3

percent of their daily calories according to Dan Buettner who wrote *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*. The traditional Sardinian diet is also plant-based, accented by meat. Their diet includes wholegrain bread, beans, vegetables, fruits, and milk and cheese from goats and sheep. Finally, studies have shown that the Seventh Day Adventists in Loma Linda, California who mostly follow a vegetarian diet tend to live a decade longer than everyone else in the United States.

<http://femalefitnesssystems.com/plant-based-diet/>

Benefits of a Plant-based Diet

Some of the benefits associated with a plant-based diet include:

- increased longevity
- less risk of coronary artery disease and stroke
- improved blood pressure
- lower risk of cancer and nutritional treatment of cancer
- prevention and reversing of diabetes
- prevention of osteoporosis
- weight loss and reduced obesity
- less joint pain and reduction of arthritis symptoms
- less period pain
- less cognitive decline and dementia
- improved skin and less acne
- better digestion

So, why are plant-based diets so powerful? One of the biggest benefits of plant-based eating is that it lowers inflammation.

Inflammation is a common denominator in most of the problems listed above.

The benefits also arise from higher intakes of vitamins, minerals, fiber, antioxidants and phytonutrients. Phytonutrients are beneficial compounds produced by plants that serve many important functions to keep us healthy and aging well. For example, anthocyanins found most abundantly in purple and red foods like blueberries, cranberries, bilberries, blackberries, grapes and purple sweet potatoes are responsible for many of the health benefits of these foods. Another well-known example of phytonutrients is green tea. The phytonutrients in green tea are the reason it is so good for you (ie. It is rich in flavonoids and catechins which have many health benefits and may even protect against cancer). The more colourful your diet, the more powerful phytonutrients we will be consuming.

Health Benefits of Green Tea: Green tea is a great drink for human health. It has many health benefits such as having a cup of green tea in a day will help us to keep the doctor away. Green tea is good for the heart and it promotes weight loss. Green tea is made from the buds or leaves of the *Camellia Sinensis* plant (herbal teas are made from herbs). However, while making this tea, the leaves of the plant are minimally processed and are not fermented as they are in most other varieties. So, they retain more beneficial properties than other forms of tea. These benefits include higher levels of antioxidants (which help fight cancer, heart disease and possibly

even the aging process itself), and this variety of tea is thought to help ward off obesity and lower cholesterol.



Having Green Tea reduces the mortality rate due to all causes, including heart disease. The holistic benefits to green tea consumption also include the following:

Heart Health: Green tea improves both blood flow and the ability of our arteries to relax. A research suggests that taking a few cups of green tea each day may be helpful for the prevention of arteriosclerosis, cerebral thrombus, heart attack, and stroke.

Type 2 Diabetes: According to a study, people who consume 6 or more cups of green tea daily had a 33 percent lower risk of developing type 2 diabetes than those who consumed less than 1 cup per week.

Weight Loss: It has been proved that those people, who take green tea daily, can lose weight as usually. Green tea is very beneficial to

burning fat and may work with other chemicals to increase levels of fat oxidation and thermogenesis.

Bone Health: Osteoporosis is one of the main health problems for the aged people. Epidemiological evidence has shown the relationship between green tea consumption and the prevention of bone loss. Regular ingestion of green tea will certainly be beneficial for reducing the rate of bone loss for the elderly people and decreasing the risk of osteoporotic fractures. And all these things are very important to feel young in the old age.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3123403/>

Good for Eye Health: Green tea contains approximately 26 catechins which help us to fight against glaucoma and other eye diseases such as cataracts, age-related macular degeneration. Its antioxidants also help fight against age-related eye health issues and against harmful blue light.

Fight Against Cancer: Green tea components have been shown to down regulate the expression of proteins involved in inflammation, cell signalization, cell motility and angiogenesis while an association between green tea intake and decreased risk of cancers (including ovarian and breast) has been reported.

<https://www.serenityteasips.com/post/The-Health-Benefits-of-Green-Tea/21>

Helpful Plant-based Diet to Remain Young

"For heart health protection, your diet needs to focus on the quality of plant foods, and it's possible to benefit by reducing your consumption of animal foods without completely eliminating them from your diet," says Dr. Ambika Satija of the Department of Nutrition at the Harvard T.H. Chan School of Public Health.



<https://www.health.harvard.edu/staying-healthy/the-right-plant-based-diet-for-you>

Benefit of an Ideal Breakfast

Very beginning of the day or in the breakfast, we need a healthy menu which will provide you energy for the rest of the time of that day. If we take a complete breakfast, it may lower the risk for atherosclerosis, the hardening and narrowing of the arteries caused by plaque buildup, says a study in the Oct. 10, 2017, *Journal of the American College of Cardiology*.

According to Herbert Medical School, more than 4,000 adults who were free from cardiovascular disease or chronic kidney disease were classified into three groups:

- those who consumed less than 5% of their total energy intake in the morning (they either skipped breakfast or had only coffee or juice);
- those who consumed more than 20% (high-energy-breakfast consumers who ate complete meals with more whole grains and fruit); and
- those who consumed between 5% and 20% (low-energy-breakfast consumers who had meals like toast or pastries and coffee)

Nearly, 28% people took a high-energy breakfast, while almost 70% had a low-energy breakfast, and 3% skipped breakfast. Breakfast skippers were between 1.5 to 2.5 times more likely to have atherosclerosis compared with high-energy breakfast eaters while low-energy breakfast eaters were about 1.15 times more likely.

<https://www.health.harvard.edu/staying-healthy/the-right-plant-based-diet-for-you>

Ideal and Energetic Lunch

We like to take different types of food intake for our daily lunch which may or may not be good for our health. Oprah's fitness trainer and nutrition expert, Bob Greene, author of *The Best Life Diet*, says—go with a high-fiber meal like his favorite chicken salad (about a

cup-and-a-half) on whole-wheat crackers. The combination of protein and fiber will keep your energy up and your tummy satisfied. But be careful not all chicken salads are created equal. Many are loaded with fat, “which can really weigh you down,” Greene says. An ideal lunch may look like a grilled chicken salad with an oil-based dressing (500 calories), or a Mexican salad bowl with beans, salsa, corn and avocado (600 to 700 calories). If we go for a sandwich, skip the foot-long with mixed cold cuts, mayonnaise and avocado (1,500 calories) and go for a six-inch sandwich with turkey breast and mustard (200 to 300 calories). “Whole grain bread has more nutrients, but it doesn’t always make a huge difference in calories,” Tong says.

Health Boosting Dinner

After a long hectic day, we should take a healthy dinner by which our energy will be restored. As usually, we take same all most same menu for our lunch and dinner. In this regard, we can add omega-3-rich ingredients such as oily fish into our diet as well as iron-rich foods, such as beans, and water-rich foods such as leafy salad greens can support healthy cognitive function.

Regardless of what we are eating, Tong says, “you always want to include protein in your meal. If you don’t want to cook, consider picking up a rotisserie chicken and adding the meat to your meals over a couple of days”.

<http://www.eatingwell.com/recipes/22231/mealtimes/dinner/brain-boosting/slideshow/brain-boosting-dinner-recipes/>

Eating Plant-based Foods out of Home

While eating out side of home, some common questions may arise. It is always considered as a challenge to take any food. It is a matter of thinking that what types of food we are going to eat or where. When eating at a restaurant, try to order plant-based dish with lots of vegetables. Definitely, these types of foods will boost up our immune system and in our digestion. As a result, some basic diseases by which we may easily get affected will be far away. It is obvious that we like to enjoy delicious foods without knowing the nutritional values but it should be wise to take nutritional foods instead of delicious foods. Or, we should enjoy delicious foods with nutritional values which will boost up our mental and physical health and will help us to live lively at the old age. So, be aware about taking any meal or snacks during outside of home.

Eating at someone's house is even more challenging than eating in a restaurant because we do not have any choice to choose foods. So, we should be careful while taking any food from other's home.

Bite into a Super Fruit: *"Current studies show that they are more beneficial than other fruits,"* says Dr. Oz. There are a lot of fruits which are full of nutrition. Pomegranate juice helps us to get lower cholesterol and reduce blood pressure. This juice possibly delays the onset of atherosclerosis and potentially which helps reduce the risk

of Alzheimer's disease. According to a study published last March, Pomegranates can also protect the skin from damage caused by UV rays. Researchers also believe that it may also help prevent some forms of cancer from starting or progressing.

To remain young, one must change. The perpetual campus hero is not a young man but an old boy.
Alexander Chase

Superfruit juices may be good sources of antioxidants compared to spaghetti or a cheeseburger; but if we want antioxidants, we will get far more of them for about 1/100th the price by simply eating common fruit from the supermarket.

Even so, there is a whole crop of new superfruits that are getting ready for their close-up. They are all attempting to break through and be the next superstar superfruit are - Maqui berry, Lulo fruit, Mamey fruit, Cupuacu, Baobab, Yumberry, Kiwiberry, Yacon root, Fejoia, Gac, Indian gooseberry or Amia, Guarana, Acerola, Aronia, Pomelo, Uchuva etc.

<https://www.nutritionunplugged.com/2009/10/food-trend-update-next-generation-of-superfruits/>

Anti-Aging Diet

There are lots of things involved in how long we will live in this world. Man is mortal but by maintaining a healthy lifestyle, staying active and eating a nutrient-packed diet, the aging process can be interrupted and perhaps even stave off age-related diseases such as

osteoporosis, diabetes and heart disease. So, we may include the following antioxidant-rich foods to our diet to get a healthy life:

Magical Olive Oil: Four decades ago, According to a study conducted by researchers from Seven Countries, it is concluded that the mono-unsaturated fats in olive oil were largely responsible for the low rates of heart disease and cancer. Olive oil is one of the most effective ingredients to keep our skin young and healthy. Olive oil can greatly be used in many homemade natural beauty products. It has an anti-wrinkle effect, moisturizes, and gives velvety softness to our skin. It never causes any allergies. So, we can use it to look younger at our old age.

Super Food Yogurt: Yogurt contains high rate of calcium which helps stave off osteoporosis and contains *"good bacteria"*. It also helps to solve gut related problems and diminish the rate of age-related intestinal illness. As it comes from milk, we will get a certain amount of animal protein (about 9 grams per 6-ounce serving), with several other nutrition found in dairy products like calcium, vitamin B-2, vitamin B-12, potassium and magnesium.

Fish is good for Heart: Fish is a great source of protein intake which has a sufficient amount of food values. People, who like to eat fish in their daily food chart, will get more benefits than others in terms of their longevity and healthy life. For an instance, the native

Inuit of Alaska was amazingly free of heart disease. What was the reason behind their extraordinary longevity? A research study was conducted to find out the mystery of their life and it is found that the native Inuit of Alaska consumed a huge amount of fishes. As fish contains a huge number of omega-3 fats, it prevents cholesterol buildup in arteries and protects against abnormal heart rhythms.

Dark Chocolate: A clinical trial was run over the people aged between 50 to 60 years who ate a piece of chocolate a day over three to four weeks, helped to blood circulation in the skin and reduce inflammation. *"In terms of skin biomarkers, we found it had brought skin back to the levels of a 20 or 30-year-old"*. Some other research studies indicated that chocolate may be good for our heart because it contains sweet ingredients which can keep us away from heart attacks and strokes.

The Kuna people of the San Blas Islands, off the coast of Panama, have a rate of heart disease that is nine times less than that of mainland Panamanians. The Kuna drink plenty of a beverage made with generous proportions of cocoa, which is unusually rich in flavones that help preserve the healthy fun.

<https://www.healthambition.com/can-chocolate-make-look-younger/>

Amazing Nuts: A research study conducted by the Seventh-Day Adventists (a religious denomination that emphasizes healthy living

and a vegetarian diet) shows that eating nuts is good for human health and it, on an average, surprisingly adds healthiest two and half years to our life. Nuts naturally contain higher amount of unsaturated fats which have same benefits similar to those associated with olive oil. Nuts are also great sources of vitamins, minerals and other phytochemicals, including antioxidants.

Healthy Diet Wine: Wine has commonly been treated as harmful drinks in our country but drinking wine in a prescribed way will be beneficial for our health. It may help us to protect against heart disease, diabetes and age-related memory loss. Taking wine moderately, it is beneficial but taking it excessively can cause huge damage to the body and mind. Apparently, every product containing alcohol provides benefits but taking red wine provides much benefits according to a research because red wine contains resveratrol, a compound that likely contributes to its benefits—and, according to animal studies, may activate genes that slow cellular aging.

http://www.eatingwell.com/nutrition_health/healthy_aging/7_anti_aging_superfoods

Degenerating or Regenerating Foods

There are lots of foods that contain anti-aging ingredients which slows down the normal aging process. Along with those foods, human characteristics or human habit will also drastically speed up the aging process. If someone becomes addicted to smoking, alcohol, and eating too much food which contains excessive sodium, sugar,

and Trans fats, will surely be a great threat to our life. On the other hand, the habit of taking foods contain with a high rate of phytonutrients like flavonoids and carotenoids (antioxidants found in a number of fruits and vegetables), can help with anti-aging and keep us feeling energetic and healthy.

Every day, we are slowly getting new cells in our body. It is a matter of thought that whether our new cells will be healthier or less healthy. The quality of those newborn cells is dependent on the raw material, the food that was available when the replacement cells were being formed. If we can ensure the required food and nutrition properly, the newborn cells become stronger and healthier than the old cells. This process is called regeneration. If we feed the body poorly, the quality of the cells will be inferior and this is called degeneration.

Degenerating Foods: Let's see the following foods which are responsible for creating damage or weak cells which intensify the degenerating process:

Processed or Canned Foods: Canned or processed foods are very convenient to store for long time and easy to transfer from one place to another. These foods have food values but lacks nutrition. There are drawbacks to relying on a lot of heavily processed foods or canned foods where frozen vegetables without any sauce are not harmful for our health. Some canned foods such as fruits, fish and

meat are also used widely as a part of our own convenience. An unhealthy diet high in fat, added sugar and salt, such as one containing a lot of highly-processed foods, can increase the risk for cancer, Type 2 diabetes and heart disease, according to the World Health Organization.

Processed foods may contain calories but amount of nutrients is almost zero. Consuming these types of foods full of chemical may help us to remove hunger only. It lacks enzymes which accelerate for our digestive system. Research by the London University College team, suggests that a diet high in processed food increases the risk of depression. So, we should avoid as much as possible to be remain healthy as well as young even to the last day of life.

White Death Sugar: Sugar is a popular supplementary food in our country. It is famous for its sweet taste and appealing outlooks. It has been used in making different types of cakes, pitha, payes and the related others which are very delicious. Apparently, it is very important that without it, many foods cannot be made. However, the fact is that it is known as the '*white death*' for many reasons. It is alarming that consuming excessive added sugar can cause many negative health effects among them weight gain, blood sugar problems and heart disease are terrifying. As it does not contain any vitamins and minerals, it is bad for its fat-building calories. Only one teaspoon of sugar may destroy the immune system

for two hours. It also depletes calcium and we wonder why there is so much osteoporosis! When we take high amount of sugar, it causes high pressure and when blood sugars are low then we are totally run down and exhausted. It is also highly addictive too.

Excessive Use of Alcohol: Taking excessive alcohol causes a lot of health-related problems such as depletes B Vitamins, depresses the nervous system and inhibits our bone marrow's job of regenerating blood cells. It also creates problem in the digestive system, diabetes and dental health.

Alcohol affects the nerve connections between brain-cells which restrain the communication signals and slowing down the mental processing. The National Institute on Alcohol Abuse and Alcoholism (NIAAA) revealed: "*Two studies compared brain shrinkage in alcoholic men and women and reported that male and female alcoholics both showed significantly greater brain shrinkage than control subjects. Studies also showed that both men and women have similar learning and memory problems as a result of heavy drinking.*" So, don't need to have alcohol to have fun and be silly.

Caffeine: Some common foods and drinks which contain caffeine include tea, chocolate, soft drinks, coffee and ice cream which are highly addictive. Though these foods and drinks are delicious and in some cases beneficial for our health, these things negatively affect the nerve system, causing emotional fatigue and puts stress on the

adrenal glands. As caffeine is diuretic, by eating too much, it causes dehydration and depletes calcium, magnesium, and phosphorous. It is also responsible for blood pressure. It is estimated that one can of Coke contains nearly 35 mg of caffeine where other soft drinks have from 35 to 50 mg of caffeine, and they are full of sugar. So, stop taking caffeine too much to remain healthy and young at the old age.

Dangerous Rancid Fats and Oils: Rancid fats and oil accelerate aging process, raise cholesterol levels, obesity and weight gain. Frequent uses of it increases the risk of degenerating diseases such as cancer; diabetes; Alzheimer's disease; and atherosclerosis, a condition in which artery walls thicken due to a buildup of fatty materials. According to a study from the University of Basque Country, the breakdown rate and total formation of toxic compounds depends on the type of oil and temperature. Initially, the oil decomposes into hydroperoxids, then into aldehydes.

These types of foods also create free radicals which injure cell membranes, enzymes and DNA. They stress the digestive system and the liver while raising cholesterol levels. Fats and oils also contain 120 calories per tablespoon.

<https://healthyliving.azcentral.com/what-are-the-dangers-of-rancid-oil-12533524.html>

Regenerating Foods

Every day, according to a scientific estimation, about 432 billion cells die and are replaced with new cells in human body. This is the process of regenerating our body and staying young. This regenerating process is invisible as a result we cannot notice the process of renewing our body. Cells are very small in size and there are uncountable numbers of cells in our body (somewhere between 60 -100 trillion).

Fresh Vegetables: Fresh vegetables like spinach, lettuce, asparagus cabbage and carrots are the great source of vitamins and minerals, photochemical that protect the body from disease and aging. They are the '*heavy weights*' in regeneration.

Fresh Fruits: Fresh Fruits like lemons, apples, bananas, mangos and watermelon are filled with vitamins, minerals and photochemical that protects our body from aging. Each of these fruits has a host of health benefits.

Whole Grains: Whole grains like brown rice, oats, buckwheat, barley, millet, and quinoa are a great source of vitamins, minerals, fiber, and some protein.

Drink Lots of Pure Water: Water is needed for digestion, circulation of body fluids and joint lubrication.

Conclusion

Having too much or less than enough foods must hamper our normal mode of health. Without foods, human existence cannot be possible. So, while taking foods, we should be aware enough about the food whether it is safe for our health or not. Most of us unconsciously consume less than enough vegetables, fruits, healthy fats and recommended amount of water while 86.5% eat more than the recommended limit of sweets and fatty foods which contains preservative and artificial color. If we can consume right foods timely, our health will be fit for the future service.

Food habit has both advantages and disadvantages. Consuming natural and nutritional foods with required amount will be beneficial on the other hand, taking the same foods more than required amount will be harmful. So, while taking foods, just concentrate on food values and nutrition and, amount.



Let's think which way will be a best choice!!

Chapter Seven: The Health Secrets of the Hunza People



The Hunza people or the Botraj (Local Name) have been living in the areas of Hunza, Nagar, Chitral and in some valleys of Gilgit-Baltistan in northern Pakistan as well as in the Jammu and Kashmir in India. They are purely Muslims and try to preserve and nurture their ethnic cultures and traditions with high care and they are successful. Their language is Burushaski which has been recognized as an isolated language. Although their origins are unknown, it is likely that the Hunza people "were indigenous to northwestern India (current day Pakistan) and were pushed into their present homeland

by the movements of the Indo-Aryans," who migrated to the subcontinent in 1800 B.C.

Smiling, cheerfulness, healthy and vigorous life introduces the Hunza People as the people of another world. It is a province of Pakistan. It seems heaven comes down to earth. Their smiling face is the source of their inner strength and is the secret to their long-lasting longevity. The impact of the geographical environment also intensifies their longevity as well. Their eating habit and the way of leading life has added extra benefits to be healthy. It is surprising that the average longevity of the people of Hunza (also known as Burusho people) is 120 years. The woman can easily conceive even after 60 years and it is very rare for them to get tumors. The main theme of this chapter is to introduce the people of Hunza and the secrecy of their longevity. The average life expectancy of the Pakistani is 67 years while Hunza people do not consider 100 years as elderly person. Even at 100, they are surprisingly strong and sturdy.

https://en.wikipedia.org/wiki/Burusho_people

Exceptional Longevity of Hunzas

It is surprisingly stated that the average longevity of the Pakistani people life expectancy of the average Hunza falls onto a different scale altogether. Hunza people are able to reach both physical and intellectual maturity at the venerable age of one hundred. This fact emphasizes the relative nature of what we refer to as normal. At one

hundred years, a Hunza is considered neither old nor even elderly. The extraordinary fact about the Hunzas remains surprisingly youthful in all ways, no matter what their chronological age is. According to a survey, it is seen that the Hunza men of 90-year-old have that capability to be the father. On the other hand, Hunza women of 80 or more look so younger than the western woman of 40- and not only any woman but one who is in excellent shape.



It is very interesting that the Hunza women have that ability to conceive even between the ages of 60s and 90s. What is the secret behind their amazing capacity of remaining young? The answer is their exceptional diet and regular physical activities. Usually, the Hunza people always keep them free from tension, anxiety, mental stress and conflicting thoughts rather they like to keep smiling all the time in their face and they are friendly and frank to each other. As a result, they are completely free of stress-related diseases as they have made themselves fully immune to self-doubt and failures. It will not

be wrong to say that they lead their lives like children. They are very much content with they have and live in their moment.

Exceptional Food Habit

Is there any secret allows these Hunza people to live so long and to stay young? The answer is yes, there are so many secrets to be young than others. The most important secret among the other secrets is nutritional food intake. It is surprising that Hippocrates, father of modern medicine, who lived over 2000 years ago in ancient Greece, found the resemblance of the life of Hunza people and their secrets of remaining young. The fundamental precept of their common notion of what constitutes a proper diet is simple: the food you eat is your best medicine. There is a modern saying, coined in the sixties: *'You are what you eat'* which is the secret behind their youth and high longevity. Commonly, we, the average people, live to eat but the Hunza people eat to live and they believe it in mind. It is their common tendency to have natural and chemical free food products such as fruits, vegetables, grains, milk and cheese.

Hunza people are very fond of fruits which have a huge amount of rich medicinal properties such as Amygdalin or vitamin B-17. Fruits are widely known for its anticancer properties. Hunza people eat only two meals a day - the first meal is served at twelve noon, though they get up very early in the morning. It is surprising that most nutrition experts of the west give emphasize on the importance of a hearty breakfast, even though, our average lifestyle is relatively

inactive compared to that of the Hunza people, who have engaged themselves in demanding physical labor all morning long on an empty stomach.

Drinking and bathing in the glacier water is the secret to their gorgeous skin!

Unlike most of the Westerners, Hunza people like to eat nutritious foods rather than delicious foods for the establishment and maintenance of health although they are very careful in preparing and cooking their foods which become delicious at the end. Additionally, Hunza people always like to consume completely natural foods which are free of chemical additives. These foods are as fresh as theses can possibly be, and in its original unsalted state. Some foods which can be used for long times or if they want to store for future uses, they dry and baked these foods like in the sun. They dry milk in the sun to make butter and cheese out of milk.

They work in their gardens and they do not use pesticides, chemicals and artificial fertilizers in their gardens because they want to cultivate fresh and hygienic fruits which are very good for their health. In fact, using chemicals, pesticides and artificial fertilizers are against the law of Hunza. Renee Taylor, in her book Hunza health secrets (Prentice-Hall 1964) says, *"The Mir, or ruler of Hunza, was recently instructed by Pakistani authorities to spray the orchards of Hunza with pesticide, to protect them from an expected invasion of insects. But the Hunza would have none of it. They refused to use the toxic pesticide, and instead sprayed their trees with a mixture of*

water and ashes, which adequately protected the trees without poisoning the fruit and the entire environment. In a word, the Hunzas eat as they live – organically”.

The following recipe makes a huge batch of approximately 60 (sixty) two-inch squares, high in protein, vitamins, and minerals. It keeps weeks at room temperature, even longer in the fridge, and indefinitely in the freezer. It's a great survival food to take camping and hiking. The recipe for this wonderful bread is as follows:

- 4 cups of water
- 3.5 (three & one-half) to 4 pounds of buckwheat or millet flour
- 1.5 (one & one-half) cups of coconut oil or canola oil
- 1.5 (one & one-half) cups of natural unrefined sugar
- 16 ounces of honey
- 16 ounces of molasses
- 4 ounces of powdered whey or soya milk (one-half cup)
- 1 teaspoon sea salt
- 1 teaspoon cinnamon
- 1 teaspoon ground nutmeg
- 2 teaspoons baking powder (non-aluminium)

While Hunza Diet Bread has a taste that is very satisfying and chewy all on its own, apricots, raisins, chopped walnuts, almonds, or sliced dates can also be added.

http://thepdi.com/hunza_health_secrets.htm

Hunza people always maintain a diet chart based on grains such as barley, millet, buckwheat, and wheat. Along with it, they also eat fruits, vegetables such as potatoes, string beans, peas, carrots, turnip, squash, spinach, lettuce, apples, pears, peaches, apricots, cherries, and blackberries although some vegetables are cooked for a short time. They also have a particular fondness for apricot pits. (You can get apricot seeds in your health food store; get only the dried ones which don't have all the important enzymes killed off). Almonds are eaten whole or used to make oil through a process that has been transmitted from generation to generation.



They are usually very much fond of milk and cheese which are a great source of mineral, calcium, vitamin A, protein and phosphorus where meat is consumed only very rarely, reserved for special occasions like marriages or festivals but very small in amount. On the other hand, chicken is their most common source of animal protein and food intake. Yogurt replenishes intestinal flora which greatly enriched human health in many ways. In addition, walnuts,

hazelnuts, almonds and beechnuts are also the important part of the Hunza diet. Along with fruits, or mixed into salads, nuts often constitute an entire meal. Undoubtedly, these are all the most effective reasons behind Hunzas healthy digestive systems which help them to remain young.

It is believed that *Chapatti*, made from wheat, millet, buckwheat or barley flour, contains all essential elements by which 90-year-old Hunza men can give birth child which is very rare in the west. It is very interesting that the barley flour is not refined or it has not had its germ removed.

It is very unfortunate that the westerners like to eat white flour as they believe that the whiteness is the symbol of purity which is completely a false idea. In addition, leaving the germ intact makes storing flour-based products more difficult which is a problem for the food industry. They prefer using refined white flour even though it has been stripped of most of its nutrients. The germ of grains has astonishing nutritive properties like Vitamin E which plays an important role in maintaining sexual functions in both humans and animals. It is suggested that sexual activity, related to the proper functioning of the hormonal system, is very important for human health which is also very beneficial for us to get a happy, stronger and young life.

Their Healthy Life Style

For two to four months, they don't consume anything except for juice extracted from dried apricots

Hunza people love to engage themselves on move. They do not remain idle even in their old age. From dawn to dusk, the villagers prefer to work hard rather than watching movies and going on long drives. Walking and engaged them in sporty activities are their favorite habit. They love to laugh and make fun with each other. They love to keep them stress free and share their emotions. Moreover, their most famous drink herbal tea '*not-so-secret*' made from boiled glacier water and herb broadly is known as Tumuru which helps to glow their skin even in the old age.



According to exaggerated reports on healthy Hunza lifestyle published during 1960s and 1970s, the Hunzakuts live upto 150 or 160 years of age but these overvalued reports were disregarded. This news de-motivated the researchers to research on the beautiful valley of Hunza but still nobody can deny the fact that the valley of Hunza

is certainly a hot spot for the Life Longevity where people like to lead a healthy life. Hunza people become practically stronger that helps to fight with chronic diseases and the people remain active and vibrant until very old age.

Hunza people like to lead a very peaceful life as a part of their habit. It is very possible to remain calm and cool as this place is blessed with zero crime rate and mental illness. Even they don't need police in their areas for safety and amazingly, there is no hospital in the area, barring one medical center which usually remains empty. Long days ago, the Western physicians visited Hunza and they found there were zero chances of having cancer of Hunza people.

According to a research conducted on heart diseases in Hunzakut men in 1964 by the American cardiologists Dr. Paul Dudley White and Dr. Edward G Toomey that out of 25 men between 90 and 110 years old, none of them exhibited a single sign of coronary heart disease, high cholesterol or high blood pressure. On average, the Hunzakuts live until their 80s if not until their 90s or 100s that too without needing to visit any doctor.

<https://www.parhlo.com/lifestyle-how-people-of-hunza-are-leading-healthy-lifestyles-is-simply-genius/>

Secrets that Keeps the Hunzas Young

A Natural Anti-Aging Mindset: The Hunzas are very confident about their extraordinary mindset. It is their belief that they can

never be growing old and no life risk diseases will affect them. The Hunza people naturally remain extraordinarily youthful because of their advanced chronological age. In this circumstance, the Hunza men have that ability to become a father at the age 90, and Hunza women at the age of 80 where average people or the Western women can give birth at the age of 40. In this regard, undoubtedly, the Hunza people have secret weapons to fight against aging process and illness. According to Dr. McCarrison, the secrets are:

Eat Sufficient: The first and most critical secret of Hunza longevity and youthfulness is diet. Aside from apricot seeds, the basic components of the Hunza diet are:

Fruits and vegetables (mostly raw): They like to consume potatoes, string beans, peas, carrots, turnips, squash, spinach, lettuce, apples, pears, peaches, apricots, cherries, and blackberries as part of their daily food chart.

Nuts: The Hunza people take different types of nuts such as walnuts, hazelnuts, and beechnuts along with plenty of almonds which are also very beneficial to keep them fit.

Animal Protein: As a part of their health secrecy, Hunza people like to consume milk, cheese, and chicken. Though they are not strictly vegetarian, they consume very little meat.

Yogurt: Yogurt has some crucial health benefits of intestinal flora which is also much beneficial for their health.

Grains: Grains especially barley, millet, buckwheat, and wheat, as a form bread called chapatti, which is greatly enjoyed by the Hunzas in their every meal.

Less is More: Average people like to eat more until their stomach full. Apparently, this tendency of having too much food may be good for health but in the long run this may be a cause of serious health hazards after a certain period of time. In this regard, the Hunza people get extra stamina by eating less. As an instance, Hunzas eat just 2 meals a day despite their active lifestyle filled with demanding physical labor. Their bountiful energy and endurance is likely related as much to what they don't eat as to what they do eat. Comparatively, the average American consumes about 3,300 calories each day (100 grams of protein, 157 grams of fat, and 380 grams of carbohydrates) where the average Hunza adult consumes about 1,900 calories daily (50 grams of protein, 36 grams of fat, and 354 grams of carbohydrates).

More Secrets for a Healthier Life

Fasting: Fasting extremely helps revitalize their entire body. In every Spring, the Hunza people like to fasting for some days which makes their bodies strong and fit and they get extra energy. Many health practitioners advise starting fasting slowly (trying one day per week) and starting with juice instead of water only.

Fresh Food: Eating raw vegetables or very lightly steamed vegetables are a great supplement of their daily food charts. In this way, all the vitamins remain all most same which keeps their body fit. So, they always try to keep brown flour with whole grains in their daily menu instead of meat intake.

Walking: As walking is the best exercise, try to walk regularly. The distance of 10 to 15 miles is a commonplace for the Hunza people because they believe walking is the simplest, least costly, and most accessible form of exercise. So, the Hunza people like to walk for an hour each day.

Relax and Live in the Present: One of the secret behind their youthful life is to feeling relax and living in the present. In this regard, they practice certain yoga techniques, most notably yogic breathing (slow, deep, and rhythmic) and relaxation. They also practice short meditation sessions several times daily, and go through life with a focus on the present, with little thought of the past or future.

Usually, Hunza people like to work whole day long as expected each day but they always maintain and follow the art of relaxation and energy management. They are very well organized while doing any work. They try to work at a slow steady pace instead of in frenetic bursts. As a result, they can save both time and energy over the long run, and allows them to accomplish more than they would by overextending themselves, and then becoming exhausted. It is their

belief that if they want to work long hour, they must not be tensed because this may result in a considerable waste of energy.

Above all, we may follow the Hunza people by adopting their lifestyle. In this way, we may not only be amazed by the significant improvements of our physical health but also get new found serenity, peace of mind, and complete well being.

<http://undergroundhealthreporter.com/hunza-diet-health-weight-loss/>

It is noteworthy to mention that geographical effect is a major concern. Though it is not possible to get such longevity like Hunza people, we can follow their lifestyle. Their eating habit, way of behaving, working style and the related others may be a great source of motivation for us including the western people. It is our dream to get a life of 100 years where the Hunza people remain young at the age of 120 years. It may be a part of research that how they remain young at the age of 120.

Amazingly, the Hunza people are not anxious about their future life. They are also dam care about the past. They live in the present moment. And it is only in the present that eternity exists. Additionally, self doubt and the fear of failure, which tend to undermine the well-being of so many people, are unknown to the Hunzas. That's why they are happy and remain young until their death.