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Date: Tue, 15 Jan 2008 11:04:54 +0530

Subject: [bcscpe] Fw: Regular health mistakes

REGARDS,

CA. JAYESH SHETH

### **Regular Health Mistakes**

All of us make little health mistakes that cause damage to our bodies in the long run - simply because we are unaware we are doing something wrong. Here are some of the most common mistakes made by many of us.

#### **Crossing our legs**

Do you cross your legs at your knees when sitting? Although we may believe that this is the lady-like elegant way to sit, sitting this way cuts down circulation to your legs. If you don't want varicose veins to mar the beauty of your legs and compromise your health, uncross your legs every time you realize you have one knee on top of the other. The best way to sit is to simply place both legs together on the floor, balancing your weight equally.

If you feel like changing position, instead of crossing your legs, simply move both legs together to one side. As an alternative, you could also consider crossing your legs loosely at the ankles. This is a classically elegant way to sit, and is far better for your legs and your

health than sitting with your legs crossed at your knees.

#### **Not changing our toothbrush**

How often do you change your toothbrush? Most of us wait until most of the bristles have either fallen off, or are in such bad shape that we'd be embarrassed to pull out our brush in public. However, since not many of us need to pull out our

brush in public, we carry on with our frayed one until we lose it. Replace your toothbrush often. Damaged bristles can harm the enamel, and don't massage your gums well. If you find brushing your teeth a pain like I do, but know you must do it, you might as well be doing it right. Imagine going through the annoyance of brushing your teeth twice a day only to find out that you're damaging your enamel every time you clean your teeth. Also, use a brush with soft bristles unless your dentist has advised otherwise.

### **Eating out often**

There are oils that are high in cholesterol, and oils that cause little harm and are better for your heart. However, no matter how light the oil is, it is never a good idea to eat too much of it. Avoid fried foods. Remember that in all probability your favorite Indian food restaurant throws a huge, HUGE chunk of butter in a tiny bowl of dal. Rita, who worked in the kitchen of a 5 star hotel, was shocked when she saw the cook chop a 500gm butter slab in half, and throw half into a Paneer Makhani dish. No wonder the customers left licking their fingers. And no wonder they felt so stuffed and heavy afterwards. Limit outdoor eating unless you know that you're getting served light and healthy food.

### **Skipping breakfast**

Never, ever skip breakfast. Remember, when you wake up in the morning it's been around 10-12 hours since your last meal. Your body needs food now, more than at any other time. Eat a heavy breakfast. You will then be busy through the day, and the calories will get expended quickly. If you are trying to diet, eat a light dinner.

Here are some more

common health mistakes we make. Being informed and making a few changes can help make us feel a whole lot better.

### **High heels**

High heels sure look great, but they're murder for your back. This however doesn't mean you should steer clear of stilettos. Wear them, but not when you know you will be walking around a lot. Wear them when going out for lunch or dinner - when the only walking you will be doing is to your car, to the table, and back. Avoid high heels when you are going somewhere on foot. If you are constantly

tempted to wear your heels, take a good look at your flats. Is there something about them you dislike? Invest in a new pair of beautiful flats or shoes with a low heel. Buy something you love, that you will enjoy wearing. If possible, get a matching bag. You will then enjoy your flats as much as you do your heels.

### **Sleeping on a soft bed**

You don't have to sleep on the floor be kind to your back, but do make sure you have a firm mattress. Although a mattress on springs is soft and lovely to sink into, it's bad for your back. If you already have an old bed with springs, you don't need to invest in a new one - simply get a thick wooden plank put over the springs, and place the mattress on the plank. Similarly, if your mattress is old and lumpy, throw it out and get a new one. Your neck and your back will thank you. The same rule applies to sofas. If you will be spending hours on a sofa, get a firm yet comfortable one. Sofas you completely sink into are not the best idea.

### **Pillows**

No matter how comfortable sleeping with ten cushions is, have pity on your neck and resist. Sleep with one pillow, and make sure it is not too thick. If your pillow gets lumpy, discard it and go for a new one. Get a thin pillow if you sleep on your stomach and something a little thicker if you sleep on your back, to give your neck adequate support

### **Not exercising**

So all of us know we should exercise more, but many of us don't. This is a health mistake we consciously make! And why is that? Simply because we refuse to admit the damage we are causing to our bodies by not working out. A number of people only start working out once they've experienced a warning signal. Don't wait for a heart attack to strike before you decide to opt for a lifestyle change. Make the change now. You don't need to train for the marathon to be in top shape. Half an hour of brisk walking three to four times a week will make a world of difference to your health. You could then increase this to forty minutes, four times a week - and you're all set. If you haven't exercised for a week, you're making a mistake.

