

Scribbles

Bringing colour to your lives

Volume No. 13

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Issue No. 2

From the Editor's desk...

Dear colleagues,

Story:

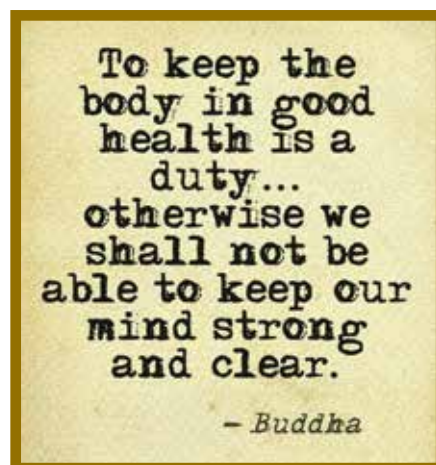
Once upon a time, there lived a generous and kind-hearted king. But the people weren't happy with their king because the king was very lazy and would not do anything other than eating and sleeping. The king became a couch potato and the people started worrying about the king.

One day, the king realised that he couldn't move his body, not even his foot. He had become very fat and his enemies made fun of him, calling him 'fatty king', 'bulky king' etc.

The king invited expert doctors from various parts of his country and offered them generous rewards to make him fit. Unfortunately, none could help the king gain his health and fitness. Money could not get him back his health!

One fine morning, a holy man visited the country. He had heard about the king's ill-health, and informed the minister at the palace that he could easily cure the king. Hearing these promising words, the minister informed the king and requested the holy man to come to the palace to meet the king, since the king could not move his body. The holy man refused and said that the king had to go to him, in order to get cured.

After strenuous efforts, the king met the holy man at the latter's residence. The holy man complimented the king saying that he was a good ruler, and said that he would soon regain his health. He asked the king to come for treatment the next day. He told the king also that the king





would be treated only if he came on foot to the holy man's residence.

The king was unable to walk even a few steps on the road, but aided by his followers, he reached the holy man's place. Unfortunately, the holy man was not available there and his devotee requested the king to come and meet him the next day for treatment. This was repeated for two weeks and the king never met the holy man, and never had any treatment.

Gradually, the king realised that he felt a lot lighter, lost a considerable amount of weight

and felt more active than before. He realised the reason why the holy man asked him to reach his place walking.

Very soon, the king regained his health, and the people were very happy in his kingdom.

Thoughts

A simple story. Does it not sound familiar? We may not be in a bad shape similar to the king, but how many of us can admit, at least to ourselves, that we have not taken enough care of our health.

During the pandemic I noticed two different impacts on people – not of COVID, but on general health. One group put on weight, lost energy, a bit of mobility etc. There was another group which used the extra time available to them (due to lock down, work at home etc.) to concentrate on getting their health back on track.

Good health is of prime importance to be happy! Many a time, due to commitments today, people do not spend adequate time in taking care of themselves and like the king in this story, later on, struggle to get their health under control. I think the older we get, the more difficult it is to shed weight. If we have certain life style diseases like diabetes, hypertension etc., and do not quickly bring it under control, the more difficult it is to do so as years pass by.

I would strongly advocate that adults and children have an exercise regime that works for them early in their lives and follow it religiously. It does help to maintain good health. I would urge people who believe that modern medicines would resolve all problems that it is not as easy as one thinks!

Sometimes late actions are ineffective – some issues have a lifelong impact and some are kept under control with medication / support etc.

This issue...

We decided to focus on this important subject and bring to the forefront several aspects that need to be understood by each of us, to help us in being healthy. These are not quick fix solutions, not fads, but real life experiences and thoughts being shared. The entire issue has been put together through contributions, by our colleagues, including doctors who work with the Group!

We hope that you find the issue useful for yourselves and your families.

Wishing you a Healthy Life. Continue to Stay Safe and Stay Positive!

Laxeda Jagan

**A HEALTHY
OUTSIDE
STARTS FROM
THE INSIDE**

- Robert Urich



**Food
and
eating habits**

A resolution towards healthy life

She did not have access to any gyms or any celebrity trainers – and she said 80 is the new 25!

In the days before the lockdown, one December evening, I chanced to see a small note in The Hindu (I still belong to the generation that prefers to read the paper edition of the news) on “Bharatanatyam recital by Vyjayanthimala Bali”, I was curious – an octogenarian and a full-fledged recital. So, I went to Vani Mahal – the program started at 7 – and for the next 1 hour and 45 min, Srimathi Bali kept me spellbound.

At 83, Vyjayanthimala is enviably fit. Her big, beautiful, expressive eyes radiate an indescribable inner joy. And her smile is electric. An awesome dancer and an avid golfer. Where does all this energy come from? “From simply being happy,” she beams. Dancer, teacher, researcher and performer, she dons all these hats with ease.

A balanced diet, disciplined lifestyle, keeping the mind and body healthy is the secret to Srimathi Bali’s energy.

“The hours are long and balancing home and work is a challenge”, “We are constantly juggling our time”, “There is no time for exercise or gym” these are all excuses that all of us make. But ultimately should we not devote at least an hour a day to the most important thing in our life? Our health? An hour a day for 5 days a week is all it takes and a walking/exercise buddy helps enormously. There is an overload of information on “10 min exercises” “change the way you look at exercises” – whatever we choose, it is important to be consistent. Please choose whatever suits you, but, be regular.

If you’ve been trying to lose weight for a while (that is something I am constantly battling with), you may be considering one of many fad diets that promise quick results. From Keto to Atkins to intermittent fasting and juice cleanses, celebrities



seem to have found success. But before you commit, take some time to dig beneath the surface. Don’t start something which makes you tired and is impractical. I have heard that Almond milk is a better option than regular milk – but is it feasible? It is very expensive! Do we have someone who will give us our “juice cleanses” every one hour like the way celebrities have?

We need to integrate healthy eating into our normal lives. Cut the oil, carbs & sugar, and eat healthy. As one of the diet gurus said, “eat what our grandmothers ate”!

व्यायामात् लभते स्वास्थ्यं दीर्घायुष्यं बलं सुखं।
आरोग्यं परमं भाग्यं स्वास्थ्यं सर्वार्थसाधनम्॥

Exercise results in good health, long life, strength and happiness. Good health is the greatest blessing. Health means everything.

So, here’s to a resolution to being healthy and happy!

P.S. - Like every year, I made the mandatory New Year resolution, this year also to eat healthily and exercise regularly.

Lavanya Venkatesh, Directors’ Office, Corporate, Head Office.



- Every one of your muscle fibres is thinner than a human hair strand, yet can hold up to 1,000 times its own weight
- The amount of carbon in the human body is enough to fill about 9,000 lead pencils

5 Amazing benefits of drinking lemon water

Lemon is a rich source of vitamin C. Apart from this, it contains a variety of other nutrients like flavonoids, B-complex vitamins, calcium, copper, iron, magnesium, potassium, and fibre. Celebrities never start their day without guzzling a glass of lemon water. It's so simple and easy to make and the benefits are just too good to ignore.

Helps in digestion

All you need is just half of a lemon to kick start your digestive system. Lemon water reacts with other enzymes and acids to easily stimulate the secretion of gastric juice and digestion. It helps to relieve symptoms of indigestion such as heartburn, burping and bloating. Thus, it allows you to digest food easily and helps prevent the build-up of toxins.

Supports weight loss

When you're trying to lose weight, adding more water to your diet may be beneficial.

Adding lemon to water, may encourage you to drink more and get the weight-loss benefits. Lemons are high in pectin fibre, which helps fight hunger cravings and boost metabolism too. It also reduces bloating and thus helps people lose weight.

Drinking lemon water by itself isn't going to be a miracle weight loss solution until and unless you adopt healthy eating habits and replace your sugary drinks like colas and canned juices with this calorie-free beverage.

Boosts immune system

The high amounts of Vitamin C, potassium and folate will boost your immune system and keep your body healthy. Not only does it boost your immunity and prevent cold and cough but also, helps in fighting various diseases like cancer, diabetes and high blood pressure.

Maintains skin glow

Lemon is one of the best sources of powerful antioxidant vitamin C which helps to form collagen in the body and make your skin wrinkle-free. Being antibacterial, it can help treat acne too. Drinking a glass of lemon water daily refreshes your skin from within and ensures a glowing and radiant look.



Freshens your breath

If you want to avoid bad breath caused by eating foods with strong smells like garlic, onions, or fish then you should start drinking a glass of lemon water after meals and first thing in the morning. The citrus in lemon is thought to stimulate saliva, and water helps prevent a dry mouth, which leads to bad breath caused by excess bacteria growth.

G Harisha, *Human Resources,*
Custom Manufactured Chemicals, Berigai.

TAKE A BREAK



Q: When does a doctor get mad?

A: When he runs out of patients!

Intermittent Fasting

Fasting is the world's most ancient and natural healing mechanism. Benjamin Franklin, once said, "The best of all medicines is resting and fasting." Christians fast by abstinence from meat and alcohol, for 40 days before Easter, while Muslims observe an exacting fast during Ramzan. The Hindus observe different fasts based on personal beliefs and local customs. So, fasting is an age-old concept.

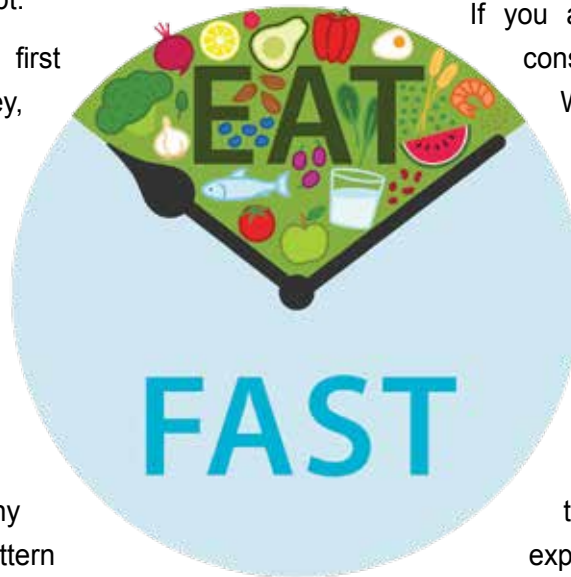
Intermittent fasting was first introduced by Michael Mosley, in the UK but later, it was popularised by Jason Fung, MD, who is a Toronto-based Nephrologist. Jason Fung is also known as the "guru" of Intermittent fasting and author of the famous book "The Obesity Code".

Intermittent fasting is not any strict diet plan but an eating pattern where you divide your day into two parts: Eating and Fasting. It is not about which food to eat but, when to eat them. Most of us already "fast" every day, while we sleep. Intermittent fasting can be as simple as extending that fast a little longer. You can do this by skipping breakfast, eating your first meal at noon, and your last meal at 8 pm.

Then you're technically fasting for 16 hours every day and restricting to an 8-hour eating window. This is the most popular form of intermittent fasting, known as the 16/8 method. You can drink water, coffee, tea, and other non-caloric beverages during the fast except food.

It is very important to know how to break fast. Don't break your fast with a heavy breakfast or a heavy meal. The best option is to start with light food like

soaked almonds/wall-nuts or sprouts or fruits. You can lose weight by following low carb diet. Stop consuming sugar, salt – which are considered to be white poisons. Intermittent fasting is not any quick fix mechanism but, it is a lifestyle change. All our diseases start with a bad lifestyle, and intermittent fasting is the first step in rectifying it.



If you are constantly eating, you are constantly raising your insulin levels.

When you fast, it allows your body a chance to stabilise its insulin levels, which gives your pancreas rest from producing insulin. If you follow an intermittent fasting (IF) lifestyle, you can promote healthier insulin levels.

Dr Yoshinori Ohsumi received the Nobel Prize for Medicine by explaining a very interesting body science called Autophagy, which is a clean-up of waste in our body at the cellular level, that is removing cellular waste. Although autophagy occurs constantly within our body, there are several ways to speed up the process, like intermittent fasting. Intermittent fasting might help your body to perform its repairs and recoveries, with a careful approach.

The benefits of intermittent fasting include not just weight loss but also, an improvement in several health indicators such as blood sugar, lipid profile, oxidative stress, blood pressure, and the presence of growth hormones in the body. By giving your body enough rest (during fasting), the enzymes get enough time to pick up the waste matter, which is then flushed out.

Amitava Bandyopadhyay,
Regional Sales, Flowserve Sanmar, Kolkata.



DID YOU KNOW?

- Women have a keener sense of smell than men
- 20% of all airline passengers catch a cold after a two-hour flight!
- Apples, not caffeine, are more efficient at waking you up in the morning

How to eat fruits

We all think that eating fruits simply means buying, cutting and just popping them into our mouths. But we will be more benefited if we know how to eat them.

- Fruits should be taken on an empty stomach, not as a dessert, as is often done. If we eat fruits on an empty stomach, it will also serve a major role to detoxify our system, supplying us with a great deal of energy, for weight loss and other life activities.
- Fruits when eaten on an empty stomach, will not bloat the stomach or upset our stomach.
- Eating fruits, the right way will help you get rid of greying hair, balding nervous outburst, and dark circles under the eyes.



- A 3-day “fruit fast” is a very simple and very effective way to cleanse and detoxify your body. Just eat fruits and drink fruit juices throughout the 3 days and you will be surprised when your friends tell you how radiant you look! During the “fruit fast” you can eat different types of fruits at different times, although occasionally mixed fruit salad would also be permissible and interesting.

If you have mastered the correct way of eating fruits, you have the secret of beauty, longevity, health, energy, happiness and normal weight.

K Ramkumar, Production, PVC, Karaikal.

- It is incorrectly presumed that some fruits like orange and lemon are acidic and will enhance acidity in the stomach. Research however shows that all fruits become alkaline in our body.
- When you need to drink fruit juice, drink only fresh fruit juice, avoid canned ones.
- Don't drink juice that has been heated up. Don't eat cooked fruits, as they lose all the nutrients in them. Cooking fruits destroys all the vitamins.
- Eating the fruit is more beneficial than drinking its juice, as you eat the fibre which helps with the digestion.
- If you drink fruit juice drink a mouthful at a time, let it mix with your saliva before swallowing it.



R Karthik, Environment, PVC, Karaikal.

Food as Medicine

Our ancestors used to keep a spice box (anjarai petti) in the kitchen where they would store key ingredients, in small quantities, for day-to-day cooking. The ingredients include cardamom, dried ginger, fenugreek, turmeric, pepper, cumin, saunf and asafoetida. These items are used in the right proportions at the right time in cooking, thereby ensuring that the overall taste of the food does not get altered. These ingredients apart from adding flavour to our food are mainly medicinal in nature, at the same time they also boost immunity. Though nowadays the powdered ingredients are mixed and doled out as masala/powder, etc., one is not sure of the proportion in which these items are mixed and if so, whether the ingredients are of good quality. It is here we use the homemade mix to retain the medicinal value, which is euphemistically referred to in Tamil as உணவே மருந்து, (*food is medicine*).

Sage Thiruvalluvar in one of his verses indicates that “we need to eat our next meal after ensuring that the previous meal has been digested and if this is followed, no medicine would be required”.

Whether it is a spicy item or a millet variety or kashayam mix or greens, our ancestors have established what are the ingredients to be mixed for a particular ailment. For instance,

- For knee problem – Mudakathan green
- For deep sleep – Ashwagantha
- For bile-related headache – Dried ginger kashayam
- For strong Bones – Ragi millet
- To improve eyesight and fight other eye-related issues – Thinai millet

Our food requires to have all six tastes (like sweet, sour, bitter, spicy, abrasion, salty) to make it a wholesome diet. If only we follow the diet discipline



laid out by our ancestors, we can lead a very healthy life.

Chitra Rajesh, W/o Rajesh Jagan,
Strategic Sourcing, Chemicals Common, Head Office.

TAKE A BREAK



Q: Why did the doctor tell the nurse to walk past the pill cupboard quietly?

A: So she wouldn't wake the sleeping pills.



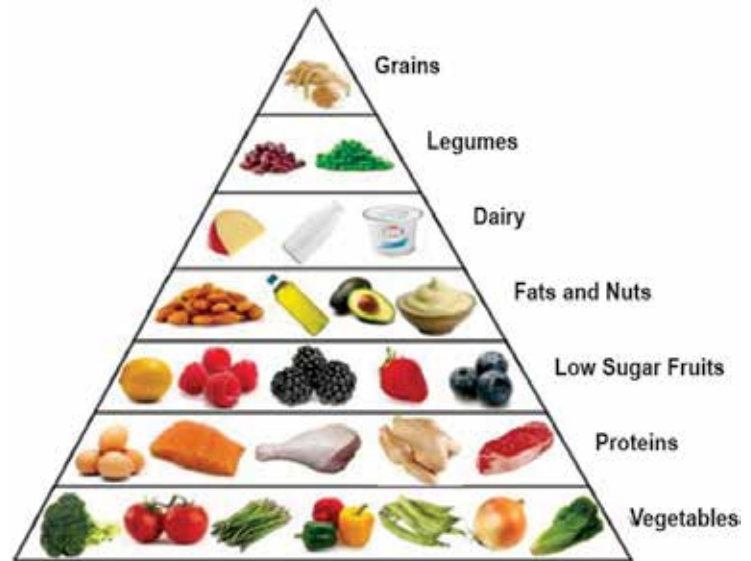
- Human teeth are almost as hard as rocks!
- Our shoulder blades are connected to our body by 15 different muscles and not a single bone

Low-carb diet: fads in dieting

Indian food is high in carbohydrates and is protein deficient. Our current food plan is moving away from the traditional foods like ghee and spices, towards processed food and refined seed oils – causing a rapid increase and inflammation in our bodies, leading to poor cardiovascular health and lifestyle diseases.

A low-carbohydrate diet is the treatment of choice for such lifestyle diseases. There are various types of low-carbohydrate diets, ranging from extreme carbohydrate reduction (<30 gm carbs) to moderate carbohydrate reduction (<130 gm carbs) used according to the severity of the condition. Only protein and fats are the essential macronutrients needed by the human body since our body cannot produce them by itself. Amino acids are the building blocks of our body and are derived, from food-based protein.

The body can convert protein into carbohydrates, which are used for energy. Low-carbohydrate diets do not recommend eating surplus amounts of fat. A high amount of fat with a reduction in protein can



be used in some conditions. Intermittent fasting with no snacking can also be associated with such diet plans. This also helps in calorie restriction and weight loss by preventing insulin spikes.

A low-carb diet could include vegetables like cauliflower, leafy greens, capsicum, and good quality protein like eggs, milk, paneer or tofu cooked in ghee. Our Indian meal plan can be tweaked, to optimise such diets including almond or coconut flour. The addition of virgin coconut oil helps in satiety, healing inflammation in the body and leaky gut. Low-carb diets suit children and encourage lean muscle and brain development without increasing body fat. By incorporating moderate exercise, a low-carb meal plan could prevent the loss of muscle tone and increase productivity and wellness.

S Kalaivanan, *Development, Sand Foundry, Viralimalai.*

TAKE A BREAK



Woman: My husband swallowed an Aspirin by mistake, what shall I do?

Doc for: Give him a headache now, what else!



Ayurveda

Ayurvedic medicine is one of the world's oldest holistic healing systems. It was developed more than 3,000 years ago in India, it believes that health and wellness depend on a delicate balance between the mind, body, and spirit. Ayurveda's goal is to promote good health, not fight disease. But, treatments may be geared toward specific health problems.

Ayurveda and your life energy

If your mind, body, and spirit are in harmony with the universe, you have good health. When something disrupts this balance, you get sick. Among the things that can upset this balance are genetic or birth defects, injuries, climate and seasonal change, age, and emotions.

Those who practice Ayurveda believe every person is made of five basic elements found in the universe: space, air, fire, water, and earth. These combine in a human body to form three life forces or energies, called doshas. They control how your body works. They are Vata dosha (space and air); Pitta dosha (fire and water); and Kapha dosha (water and earth).

Everyone inherits a unique mix of the three doshas. But, one is usually stronger than the others. Each one controls a different body function. It's believed that your chances of getting sick -- and the health issues you develop -- are linked to the balance of your doshas.

Ayurvedic treatment

Ayurvedic treatments are tailor-made. They'll consider your unique physical and emotional makeup, your primary life force, and the balance between all three elements. The goal of treatment is to cleanse your body of undigested food, which can stay in your body and lead to illness. The cleansing process—called "panchakarma"—is designed to reduce your symptoms and restore harmony and balance.

Ayurveda relieves chronic pain

Ongoing chronic pain impacts every aspect of your life. Chronic pain can also create and aggravate anxiety, anger and depression. Ayurveda takes a different approach to heal chronic pain: balancing Vata dosha!

Herbal oils

Ayurveda also has many oils which could treat different health problems. Ayurvedic herbal oils are commonly made from a base of sesame and coconut and to a lesser degree sometimes castor or mustard oil. Some oils may also have ghee and cow's milk.

Healthy lungs with Ayurveda

Ayurveda recommends Rasayana Chikitsa, which is rejuvenation therapy. Ayurveda has a collection of classical preparations known as lehyams or electuaries. Lehyams are formulated to build strength, stamina, and immunity.

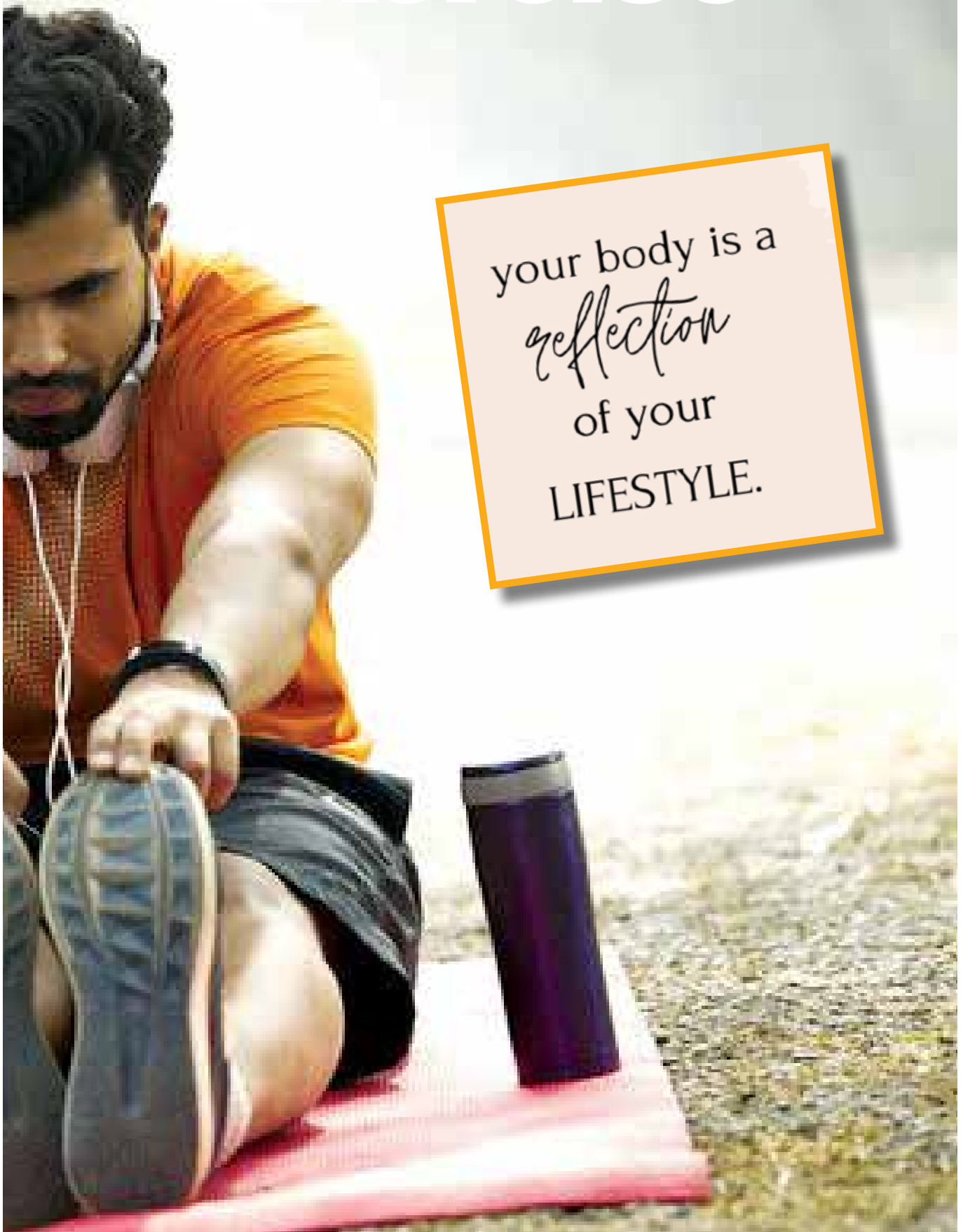
Ayurveda is Indian herbal medicine, and it would rightly suit us Indians, especially at times of pandemic and unknown diseases, it is best to be Indian and buy Indian.

C Sridhar, Quality, Chemplast Cuddalore Vinyls, Cuddalore.



- In one square inch of our hand, we have nine feet of blood vessels, 600 pain sensors, 9000 nerve endings, 36 heat sensors and 75 pressure sensors
- Our nose is our personal air-conditioning system: it warms cold air, cools hot air and filters impurities

Exercise



your body is a
reflection
of your
LIFESTYLE.

Walking and its benefits

Heart Disease is one of the most common diseases afflicting today's working-class caused

Sedentary life, Smoking, High Calorie diet, Stress, Alcohol

High Cholesterol, High Blood Pressure, Over Weight

Blockage in Coronary Arteries, OR
Clot in Coronary Arteries
OR
Constriction of Coronary Arteries

Angina, Heart Attack, Cardiac Arrest, Heart Failure

by excessive stress, smoking, high-calorie diet, sedentary lifestyle, it is the number one killer.

To avoid such health complications in life, it's only we as an individual who has to take a step towards better health. Take a brisk walk for 30 minutes per day, every day. For over 40 years now, studies have shown walking to be the best exercise that people of all ages can do.

after tension and stress have drained them of power and energy.

- **Walking and fitness** - Regular brisk walking improves muscle tone, makes your heart stronger and gives you that bit of fitness. Do it regularly for 30 minutes every day and enjoy that feeling of fitness from within.

In total, walking helps reduce stress, quit smoking, strengthens heart, massages legs, strengthens muscles, reduces cholesterol and improves blood circulation.

K Ramkumar, Production, PVC, Karaikal.

- **Walking and cholesterol** – Regular walking can increase the levels of good cholesterol.
- **Walking and smoking** – Regular walking is a positive habit to replace smoking.
- **Walking and blood pressure** - Regular walking makes the heart work more efficiently and improves blood circulation. Blood vessels become more elastic and the amount of oxygen delivered to the tissues increases.
- **Walking and stress** - Walking is one easy way to deal with tension, anxiety and stress. Studies show that people who exercise regularly can cope better with the stresses of life. Researchers in the USA found a 14% average drop in anxiety levels in regular brisk walkers. Walking recharges our batteries



- Good posture when sitting increases your self-confidence — try it!
- All the blood in our body passes 400 times through each kidney each day

My physical fitness

My biological age is 63+ years, but always feels that I am in my 40s. How is this possible?

It all started in 1995, when I was around 35 years. When annual health check-up was introduced in the Company for Senior Executives in 1995, I first attended my annual health check-up at "Osler Diagnostics". Two days later when I went to meet the Doctor, he was inviting me "AM I STILL ALIVE?". I was horrified. Then he explained me that I have two killer diseases – Diabetes & Hypertension and advised me to change my life style, if I want to be alive. My physical fitness "Walking" started from that day. It is 27 years now and I walk every day 4.5 km on the beach side starting at 6.00 a.m. I walk almost 350 days out of 365 days in a year. Even when it rains, I take umbrella and walk, but never miss my walking.

What does this "Walking" exercise give me?

- I am energetic throughout the day and never feel tired

- Fresh air that I inhale every day morning during walk gives freshness in me all through the day
- I get excellent sleep at night so that the next day, I am able to keep my mental ability sharp & focussed
- My diabetes and hypertension are under control all through these years
- I enjoy Mother Nature's beauty every day morning – Beautiful rising sun, chirping of birds leaving their nests, calm & roaring sea waves, beautiful smell of blossoming flowers and so on
- All the above gives me a positive mind to enjoy my day

I would like to encourage all the readers to try out walking and make it your way of life.

K Balasubramanian, SRS Training Institute, Corporate, Karapakkam.



My way of keeping fit

Let us chill on a sofa and binge-watch one of the series like a couch potato, the favourite routine of the majority of our youth these days, during weekends. These OTT platforms have paralysed our bodies, nothing wrong with OTT platforms but don't you miss the good old childhood days? Going out along with parents for a walk in the garden, enjoying fresh air, socialising, engage in fun activities and snacking just outside the garden. Of course, we are now too old for such activities, so what should we opt for?

Well, I chose cycle. The same old way, going out to the nearby national park, breathing fresh air, while I cycle. Morning sun-rays show the path like a ray of hope in our lives, taking a break nearby a river and sipping some sugarcane juice or tender coconut water to cool down my body whilst feeling satisfied and rejuvenated.



Mitul Girdharbhai Gevaria, Sales, Flowserve Sanmar, Mumbai.

Kickboxing: A true part of myself



I can say kickboxing has had a positive impact on my life. It has taught me to be dedicated, concentrate and focus, additionally keeps me physically fit, and active enough to carry my workload easily. Most importantly it taught me failure is the key to opening the door to success. No doubt kickboxing came into my life as a hobby but, now it's part of me and my life.

Ronit Manjhi, Customer Service, Flowserve Sanmar, Kolkata.



- Chewing a stick of sugarless gum for a few minutes a day can actually stimulate your saliva secretion and help clean your teeth
- Each human ear has more than 25,000 tiny hair cells to help us hear every sound

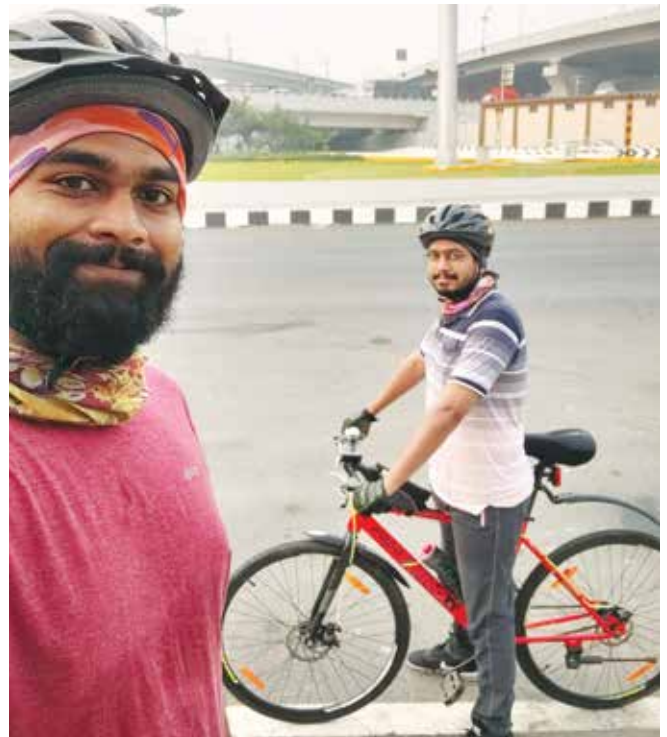
A recent passion - two wheels

It's hard to ignore that our sedentary lifestyle is making us prone to sickness more than ever before. Things are easier and a click away. However, we must take care of our temple (body), and grow every day. I am, generally, a health-conscious person. I try to eat well, sleep well and work out. However, I have my quirks too. I started going for walks and runs last year. This was my idea of essential exercises. However, I suffered an injury in my right ankle.

I was disappointed that I couldn't walk, let alone run. It hit my health badly. After consultation with peers and doctor, I decided to buy a bicycle and start cycling. I did my research and ended up buying a hybrid bicycle. For people who don't know, bicycles are broadly classified as mountain bike (MTB), road bike and hybrid bike categories. They are classified based on their application, geometry, tyres and suspension. I started cycling from Republic Day this year.

There are few things which I want to write about in particular.

1. I found a community of like-minded people who share passion of cycling. People organise group rides and anyone can join them, irrespective of cycle type or experience. You have a sense of belonging. And, you get to meet and travel with people from different backgrounds.
2. I have started waking up early in the mornings, as most group rides start around 5.30am. Early



morning is suitable for cycling as you begin your day with exercise and can watch sunrise. Later, the whole day is available to you. Also, my sleep cycle has got better.

3. On bicycle, I have explored more of Chennai in the last month than what I knew the last 5 years. We go past places like Marina Beach and Mount Road, which are iconic and beautiful, sans traffic. I am happy that I can exercise and feel better about myself.

R Santosh Raja, Sales, AGC Sanmar, Chennai.

Gardening a great exercise

Growing plants and working in our garden, harvesting the fruits of our hard work, gives me a great satisfaction. Working in our garden is good for our mental and physical health and gives peace of mind. The kind of physical work in maintaining this garden has helped me with a healthier life.

The vegetable and fruits that we require for our day to day use is available in our small kitchen garden; it is organic, free of pesticides. Hence, we live a healthy life compared to others. It also helps a lot in keeping our environment clean. Gardening is also a great stress buster. My home garden not

only provides me with the necessary produce but also, gives a beautiful appearance to my house.

C Govindaraj, Mechanical Maintenance, Power Plant, Mettur.



The Art of Endurance Cycling

I have had a passion for cycling right from the age of 6. It was an on-off relationship till I hit 26. Almost a year and a half ago, I became depressed and I knew I should somehow get myself out of that phase. I tried to focus on a lot of things but, nothing helped. Then I realised that I needed a purpose, a goal in my life. That's when I took my first step towards endurance cycling.



I bought an entry-level endurance bike to test the waters and started testing my capacity for long-distance cycle rides. Gradually (in between lockdowns and travel restrictions), over 6 months, 50 km became 100 km and then into 150 km.

I started going on bike-packing trips on this cycle for dual purpose - for endurance and for exploring places, including climbing a hill (Kolli Hills, TN) with an 1100 m elevation gain. This made me feel confident about my ability to go on longer rides involving good elevation gains.

In between all these testing the water phase, I registered myself into AIR (Audax India Randonneurs). I met many like-minded people who motivated me. I got addicted to cycle riding events and completed 600 km events in a short span to become the first Super Randonneur in South India this season. Also, I finished a half-everlasting where

we have to climb an elevation of 4,424 metres (half the height of Mt. Everest) on a single ride.

These events don't come without rules, participants must be self-sufficient and manage their bikes. Most of the rides would move us out of our comfort zone. Each ride is different in its ways and tests our physical and mental endurance. We can learn a lot from mistakes and we learn to adapt to different conditions. While riding in groups I learned to build my management and leadership skills in handling the dynamics of a group.

Furthermore, rides that extend days and nights demand discipline in terms of diet, fitness, training and time management. All these propel us in the right direction and there would be a notable positive shift in our lifestyle.

To sum up, endurance cycling itself is an art that can carve the best out of you in terms of positivity of mind and lifestyle. It builds a community, brings together people, brings out a purpose and a lifestyle change, toughens up the body and mind, and enhances time management and leadership skills. Cycling is a low impact (less strain and injuries than most forms of exercise) good muscle workout for developing strength, stamina and aerobic fitness. It's a fun way to stay fit.

I highly recommend you to get a cycle or dust out your old one that's spending its last days in the garage or attic, and start riding. Doesn't matter what cycle you have as long as you keep riding. It can bring out a good positive shift in your lives.

As I write, I'm getting ready for a 1200 km event scheduled on 25 Feb '22 involving a total elevation gain of 9,111 m.

S Shreyas, *Application Engineering, Xomox Sanmar, Viralimalai.*



- The egg is the largest human cell, and once it's fertilised, all other cells begin to form
- Our lungs are light enough to float on water
- It takes only about 23 seconds for blood to circulate throughout the body

My experiments with walking

When the topic of fitness was announced for *Scribbles*, I wondered how many of us are bothered about our fitness? Especially, after the pandemic, most of us have only added more flab and not shed them down (giving more business to plus size dressmakers). Sitting at home, watching all the web series, binge eating, fear of stepping out of our house, all clubbed together extra love handles.

According to me, there are 3 kinds of people that I have observed, as far as fitness is concerned,

1. I am not bothered by anything, it is my body and I carry my body weight, so I don't bother anyone, as a result, not exercising nor dieting,
2. The procrastination type, yeah! I know I have to reduce my weight, my doctor has already warned me, but, yeah will start soon,
3. The next fitness freaks, are regular gym-goers, and have toned muscles Blah! Blah!

Here I would like to write about the 2nd type of people, my type of people.

As a homemaker, the kitchen was always at my disposal, keep eating and eating, with a twin to take care of and motherhood to blame for all the extra pounds life was very easy. Until, one day, when I went to a cloth store and there were no dresses which, could fit my size. But, yeah, we are procrastinators, I know, I have to reduce weight to get good dresses until then we have other brands like 'ALL' and 'Gia Curves', which will have plenty



of plus-sized clothes. Days went by and I got back to my career saddle, even when women of my age looked at me like an aunty, while the real older ones felt comfort in hiding behind me saying, I am better than her. Well, that also didn't ring the bell.

Like most of us, doctors come like Yama's messengers, one day he visited me, in the form of a blood test. Trust me none of my values was A+ I failed miserably. The doctor warned me that Yamaloka is not far away. Then struck the bell, here I can say death knell. This fear can do anything to us, so the Hamlet in me fled and I chose to be active. Bought a fitness band, of course, now a days we can get a decent one for 3k max. It remained as another accessory, I hardly made 1000 steps. I told myself that it was ok, I made 1000 steps, later got to know from people that 10,000 steps a day are the minimum, a person has to make a day.

The doors of Yamaloka threatened me more and more, and so I decided that I will somehow try and make at least 8000 steps. Started walking whenever possible, even after lunch at work. Heard many a sarcastic comment, 'silly lady walking in this sunny weather, 'walking in the car park area, how silly', 'arrey! she doesn't spare even the work area, walks'. I just shut my ears and walked, cause as a woman I know if I go back home, cooking, kids' homework, studies would eat away my time.

Initially, started with hitting 8000 steps and slowly, making 4000 steps at work and the rest 6000 at home after I completed my regular chores. Trust me the day I made 10,000 steps I felt as if 1000 elephants stamped me, so exhausted, and aching legs, but the sense of achieving it overpowered it all.

Once you have a taste of how it feels to reduce weight and be healthy, you will never quit. So, 1 month and still counting. Even if 1 person who belongs to the 2nd category changes and becomes active, it would fulfil the motive of sharing my experience.

Leena Bose, *Corporate Communications, Corporate, Head Office.*

Walking – Best fitness exercise

For me, walking has become more of a daily routine nowadays. Here is my experience which, I would like to share with others to inculcate this habit.

It all started with my father as an inspiration. He used to say, that in his younger days, he walked at least 10 km a day to reach his school. Even at the age of 70, he used to walk 7 km every day, covering all the nearby temples in my home town.



When I was young, we used to cross the banks of river Cauvery with family and friends to attend temple festivals, walking in the sand which was a great experience. While you are young you can even climb 1000 steps without feeling tired. But when your age catches up, your energy comes down. I enrolled in a gym just to improve my physical appearance and to concentrate on weight lifting to strengthen my muscles.

Once I started working, my body weight increased because of irregular food habits and no physical activities. At one stage I weighed 105 kgs which was out of range on the BMI.

Of course, the side effect of my increasing weight, I had intolerable back pain. So, I realised the importance of physical activity and started walking. Slowly my back pain reduced and I was happy that without consulting a physician, I could heal my pain.

From then on, I never turned back, as walking helped me relieve the back pain and also helped in reducing my weight by more than 20 kgs without dieting. I have never avoided any food which I liked. Mind you dieting reduces energy but walking recharges.

I have participated in most of the Marathons that happened in Chennai and run along with all age groups which gives me immense confidence it satisfies me, that I had enough energy to cover the distance.

I set a goal at the beginning of the year and run towards that and try to overachieve. In today's world, where we have various applications handy on mobile phones, I compete with unknown people who live in different parts of the world.

I recommend walking to the people and motivating them whenever possible. After joining Sanmar, I came to know there is a walkers group called 'KARAPAKKAM RUNNERS' wherein our staff members are participants, and I am proud to say I have my fair share in the group contributing 26,000 kms.

Then I joined an app where you can simply walk and convert those steps into money for charity. Many companies sponsor your steps through CSR. You sweat out for a good cause. I have walked and contributed INR 40,000 for various causes in the past two years. I have recommended this application to a few of our colleagues here and notice the happiness in their faces when they say they have contributed so many steps and donated for a cause.

Just Walk. Be Happy!!!!

R Rajesh, Corporate Affairs, Corporate, Head Office.



- Humans have an entirely new skeleton every 12 years due to the body's continual replacement of its bone cells
- The sound of a snore can reach 69 decibels
- Exercise, walking, can reduce breast cancer by 25%

Trekking: My way to spirituality and fitness

Trekking my way to a healthy lifestyle. I am 63, hale and healthy, as I trek whenever time permits me.

Recently I visited Agasthiyar Malai through Bonacaud Forest Trekking camp from Thiruvananthapuram, Kerala, a distance of 43 km. The trek, up and down the hill was through a deep and dense forest.

Agasthiyar Malai is also called as Pothigai Malai. I feel trekking ensures good blood circulation and normal blood pressure range, increases breathing capacity of our lungs, moderates diabetic levels, relieves from all body pain due to proper circulation of blood and our body is released from all stress and it feels like floating in the air.

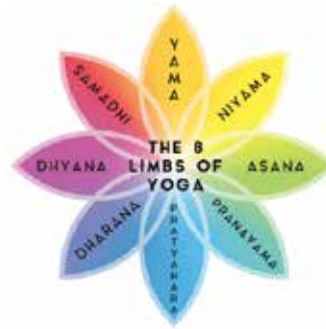
My trekking experience has helped me connect with spirituality. Before Pandemic I used to trek to the Sadhuragiri Periya Mahalingam Malli Darshan at Sundara Mahalingam, Santhana Mahalingam, once a year Velliangiri Malai.

These adventurous trips give me both spiritual satisfaction and the required exercise to keep me fit.

K Veerangan, *Training Officer, Plant II, Mettur.*



Yoga: the natural way to exercise



YOGA is one of the best ways to exercise at ease. Yoga is perfect harmony between mind and body, man & nature. It's a physical and mental exercise. It gives happiness to body and mind. Yoga tones our body and gives flexibility. Yoga is self-realisation to overcome all kinds of health issues.

Eight Limbs of Yoga for Self-Study, Discipline, Dedication are:

1. **YAMA** - *Spiritual Conduct* - Self-restraints - you have control on your self
2. **NIYAMA** - *Contentment* - Coming to terms with your self
3. **ASANA** - *Control of Body* - Postures and Movement - Surya Namaskar and other Yogasanas
4. **PRANAYAMA** - *Control of Breath / Lifetime* - breathing techniques
5. **PRATYAHARA** - *Control of Senses* - Detachment from the world, sitting quietly aware of breath.
6. **DHARANA** - *Concentration* – Studying the mind.
7. **DHYANA** - *Meditation* - Contemplation and mindless attention - Meditation
8. **SAMADHI** - *Contemplation* - Bliss which defies description.

Jayshree Subramanian, *W/o V Subramanian, Finance, SETL-Products Common, Head Office.*



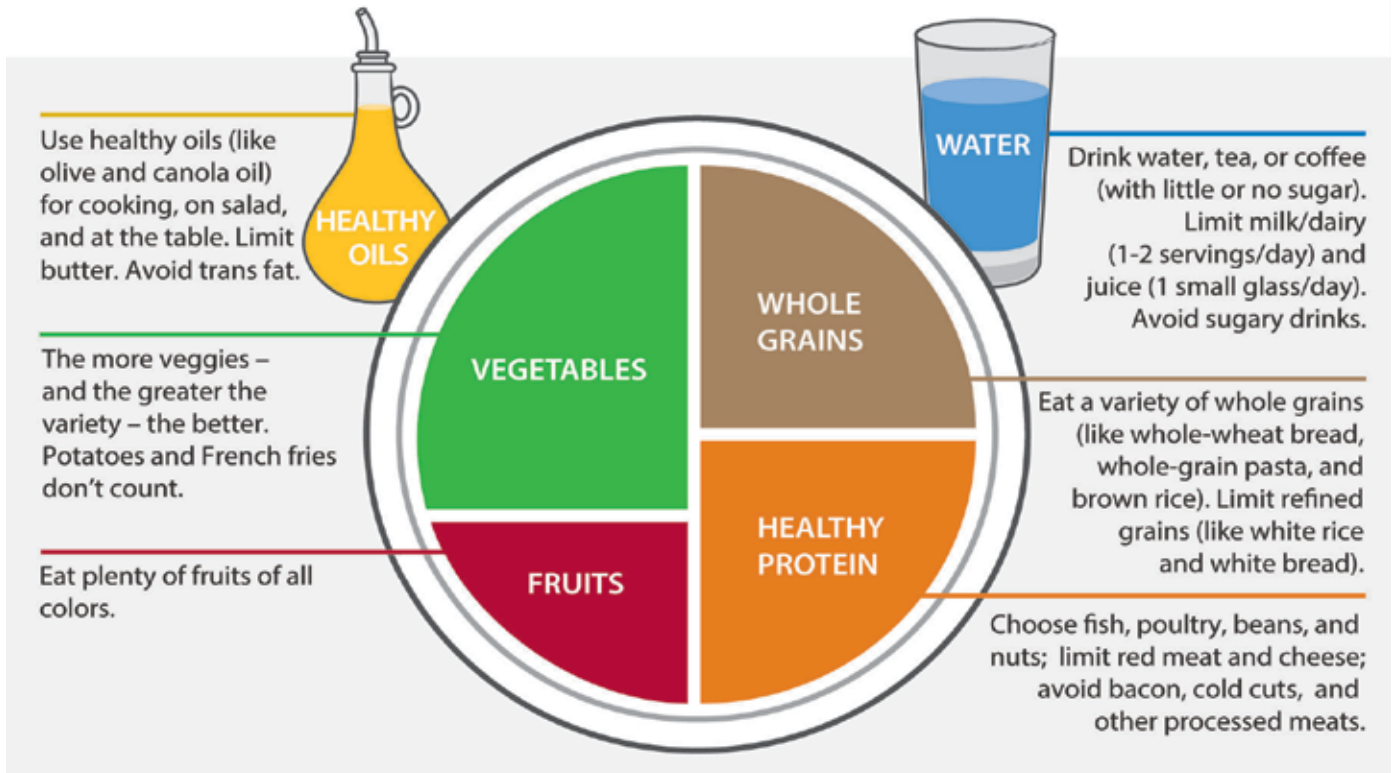


**MEDICINES CURE
DISEASES, BUT
ONLY DOCTORS CAN
CURE PATIENTS**

CARL JUNG

Doctors opine

HEALTHY EATING PLATE



Build a Healthy Meal

7 Practices of Mindful Eating

HONOUR THE FOOD

Acknowledge where the food was grown and who prepared the meal. Eat without distractions to help deepen the eating experience.

ENGAGE ALL SENSES

Notice the sounds, colors, smells, tastes, and textures of the food and how you feel when eating.

SERVE IN MODEST PORTIONS

This can help avoid overeating and food waste. Use a dinner plate no larger than 9 inches across and fill it only once.



SAVOUR SMALL BITES, AND CHEW THOROUGHLY

These practices can help slow down the meal and fully experience the food's flavors.

EAT SLOWLY TO AVOID OVERTHEATING

If you eat slowly, you are more likely to recognise when you are feeling satisfied, or when you are about 80% full, and can stop eating.

DON'T SKIP MEALS

Going too long without eating increases the risk of strong hunger, which may lead to the quickest and easiest food choice, not always a healthful one.

EAT A PLANT-BASED DIET, FOR YOUR HEALTH AND THE PLANET'S HEALTH

Production of animal-based foods like meat and dairy takes a heavier toll on our environment than plant-based foods.

Dr B Senthil Kumar, Medical Services, PVC, Karaikal.

Health is more than wealth

Health is a precious gift whose value we realise when it is lost. Therefore maintaining proper health and fitness is the smartest investment. As mental health is directly proportionate to physical health and vice versa, it is our chief duty, to keep both of them in place to lead a successful and productive life. It will reflect a positive impression on our family, colleagues, and society. Therefore, a continuous effort towards proper health and fitness is something that we will never regret in the future.

As a medical practitioner, my advice is “neither take it easy on any chronic symptoms nor stress on acute physiological conditions, as they are natural parts of the human condition. Get medical advice in both situations, seek proper healthcare, and be reassured respectively to proceed healthily.”

Staying fit and healthy is important as wearing masks and sanitising hands during this pandemic so that our immune system functions efficiently, to be safe not only from COVID-19 infection but also from all other opportunistic infections. Non-communicable diseases have drastically reduced among the population who follow a healthy lifestyle and monitor fitness regularly.

To conclude health is more than just wealth.

Dr Inaamal Hasan, *Medical Services, Viralmalai.*



Happiness

We have always heard the word ‘health’ and ‘fitness’. We use it ourselves when we say phrases like ‘health is wealth’ and ‘fitness is the key’. What does the word health mean? It implies the idea of ‘being well’. We call a person healthy and fit when he/she functions well physically as well as mentally.

Health and fitness

Good health and fitness are not something which one can achieve entirely on our own. It depends on their physical environment and the quality of food intake. We live in villages, towns, and cities.

In such places, even our physical environment affects our health. Our day-to-day habits also determine our fitness level. The quality of food, air, and water helps in building our fitness level.

Role of nutritious diet on our health and fitness

The first thing about where fitness starts is food. We should take nutritious food. Food rich in protein,



is directly proportionate to health

vitamins, minerals, and carbohydrates is very essential. Protein is necessary for body growth. Carbohydrates provide the required energy in performing various tasks. Vitamins and minerals help in building bones and boosting our immune system.

However, taking food in uneven quantity is not good for the body. Taking essential nutrients in adequate amount is called a balanced diet. Taking a balanced diet keeps body and mind strong and healthy. Good food helps in better sleep, proper brain functioning and healthy body weight.

Include vegetables, fruits, and pulses in daily diet. One must have a three-course meal. Having roughage helps in cleaning inner body organs. Healthy food habit prevents various diseases. Reducing the amount of fat in the diet prevents cholesterol and heart diseases.

Impact of exercise on our health

Routine exercise helps improve our muscle power. Exercise helps in good oxygen supply and blood flow throughout the body. Heart and lungs work efficiently. Our bones get strong and joints have pain free movement.

We should daily spend at least twenty minutes in our exercise. Daily morning walk improves our fitness level. We should avoid strenuous Gym activities. Exercise burns our fat and controls the cholesterol level in the body. Various outdoor games like cricket, football, volleyball, etc keeps

our body fit. Regular exercise maintains our body shape.

Meditation, yoga, and health

Meditation and yoga are part of our lives from time immemorial. They not only make us physically fit but mentally strong as well. Meditation improves our concentration level. Our mind gets relaxed and thinking becomes positive.

A healthy mind is a key for a healthy body. Yoga makes us stress-free and improves the endurance power of the mind. Yoga controls our blood pressure. With yoga, a strong bond with nature is established. Meditation is considered the best way to fight depression.

A person stays happier when he/she is fit and healthy. A fit and healthy person is less prone to chronic diseases. The healthy mind reacts better in a pressure situation. The self-confidence of a person is increased. Risk of heart failure is reduced drastically. With the increased immunity power body could fight cancerous cells. The intensity of the fracture is decreased with regular exercise. Hence, we stay fit and healthy to stay happier.

**‘உடம்பார் அழியில் உயிரார் அழிவர்
திடம்பு மெய்க்கூனம் சேரவும் மாட்டார்
உடம்பை வளர்க்கும் உபாயம் அறிந்தே
உடம்பை வளர்த்தேன், உயிர் வளர்த்தேனே...’**
- திருமந்திரம்

Dr D Merun, Medical Services, Caustic Chlor, Mettur.



- We blink about 20,000 times a day!
- The purpose of goosebumps is to raise your body's temperature
- The average human takes 600 million breaths over a lifetime!

Health and Fitness

What is health? Health is a state of complete physical, mental and social wellbeing & not merely the absence of a disease or infirmity - (W.H.O). In the past 2 years, we would have heard or discussed many times about the importance of staying fit and healthy. Which includes both our physical and mental health.

How to balance our physical and mental health?

1. Eat – Precise Nutrition
2. Move – Staying Active
3. Sleep – Adequate rest

Eat (Nutrition)

Food is the main reason for one's fitness and health. The Tamil saying "Unave marundhu, marundhe unavu" (*food is medicine, medicine is food*) says how it plays a vital part in our immune system.

Mindful eating has to be practiced always, which is to feel and concentrate on the meal and understand what the food does to our body. A balanced diet can include,

1. Whole grains like oats, brown rice, whole grain wheat bread, etc.
2. Plenty of vegetables and fruits should be taken since they are easy to digest and help in promoting a good medium for gut bacteria as a probiotic.
3. Proteins are building blocks of our body and fuel source. Proteins are rich in soy, egg whites, lentils, beans, fish and meat.
4. Fats need to be taken in moderation in our diet. (olive oil/ nuts / ghee)
5. Plenty of water and fluids are to be taken to keep our body hydrated and refreshed.

Move (Staying active)

Sedentary life is the root cause of most chronic illnesses like diabetes and hypertension. During the pandemic and post-Covid, we all have either limited or discontinued our physical activities.

All exercises offer some health benefits. Move frequently throughout the day whenever possible and sit less. Avoid lifts and use stairs as much as possible. Make a habit of brisk walking/ cycling/ jogging as



an everyday routine. Regular exercise can help in lowering blood pressure, lowering insulin resistance, weight loss and relaxing muscle at sleep. Practicing yoga regularly will keep your physical and mental well-being in order. Yoga increases our focus, muscle flexibility, reduces stress and increases happiness.

Sleep (Rest)

Sleep is an essential part to keep our body healthy. The benefits of good sleep include maintaining our body's circadian cycle. Circadian rhythm is important for hormone production, cell regeneration and to maintain sleep patterns etc. How much sleep do we need? Adults need about 7-8 hours' sleep in a day. It lowers the risk of cardiovascular disease, obesity and diabetes.

Tips for good sleep

- Try going to bed at night and wake up in the morning at the same time daily even on weekends; this helps regulate body's sleep cycles and circadian rhythm
- Stop using electronic devices after going to bed.
- Power naps can be taken for 10-20 minutes during the day to reduce fatigue and increase alertness
- Avoid caffeine 4-6 hours before bedtime.

Be Active, Be healthy and Be happy.

Dr N Raja, Medical Services, Head Office.



DID YOU KNOW?

- The human brain takes up about 2% of our total body weight, but uses 20% of our body's energy
- The average human heart beats about 3 billion times over a lifetime

Alternative Methods of Healing



Pranic healing is a distance therapy and can be used to heal worldwide, age, time, location no bar.

Hypnotherapy is another fantastic method where we can train our minds and cleanse any negative imprints or beliefs and recreate a new life. What happens when we think of happy things and good thoughts? Our body naturally creates good enzymes which heal and nurture it. If in the mind we think 'I am healing', we accelerate the healing process. Whereas if we think, 'I am falling sick', we expedite the falling sick process! So, mindfulness about what we think is important. Hence the Famous Quote by Henry Ford – "If You think you can, or you think you can't – You are Right!"

Anything in our life can be healed with the right energy, right thought and right environment. A very good way to heal ourselves is to have a saltwater bath. Salt is a good aura cleanser and is used in various healing practices worldwide. This is the reason people go to hot water springs to get relief from skin and other health issues. Similarly, the Dead Sea is famous for various healing, thanks to the content of salt in the water. Nature is a big healer if only we know what, when and how to utilise its power.

Stay blessed and have a healthy, happy, and an enriching life.

Deepa W/o Mohith Balakrishnan,
*Human Resources, SETL & SMML Common,
Head Office.*

TAKE A BREAK



"We're figuring out how to bottle yoga and overcharge for it."



Changing your diet could save your life.



- Enamel, found on our teeth, is the hardest substance in the human body
- Humans are the only species who cry for emotional reasons
- All babies are colour blind at birth, seeing only in black & white.

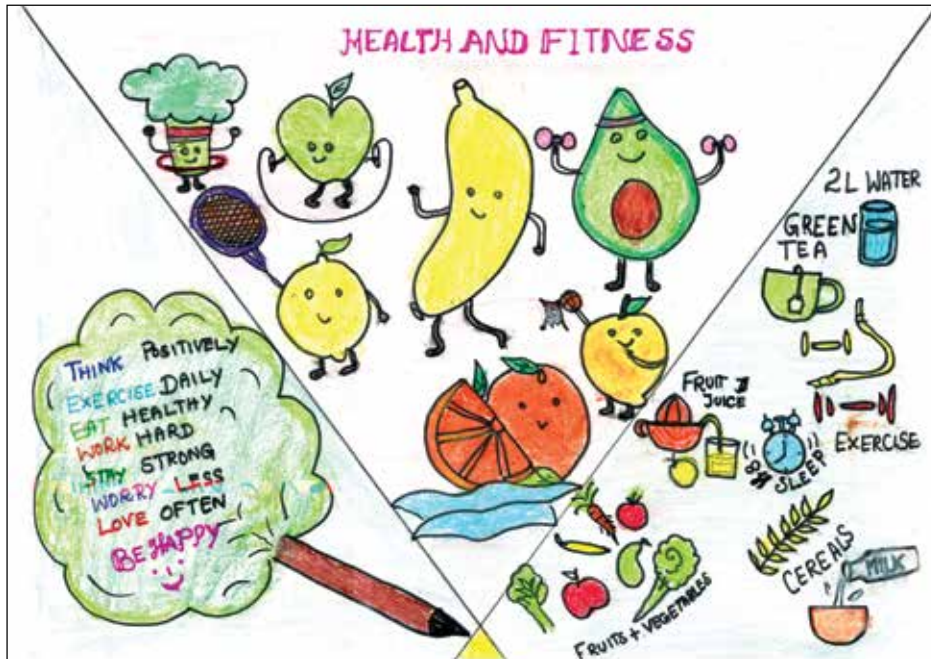
Quiz on health

- What is the most prevalent noncontagious disease in the world?
a. Obesity b. Heart disease c. Tooth Decay
d. the common cold
- Who developed a vaccine against polio?
a. Marco Polo b. Jonas Salk
c. Alexander Fleming d. Everette Koop
- What causes the skin disease called shingles?
a. Dryness b. Bacteria c. Scratching
d. Viruses
- What causes the skin malady known as acne?
a. Bad manners
b. Chocolates c. Sweats
d. Extra oil production
- Physical health is...
a. How fit you are and how healthy your body is.
b. The pH in your body which ties into your emotions.
c. How focused you are on other people's bodies.
d. None of the Above
- Many children with asthma experience more severe reactions when they breathe _____
a. Secondhand smoke b. Carbon dioxide
c. Sulphur
- A thick, oily, dark, liquid that forms when tobacco burns is _____.
a. Tar b. Nicotine c. Carbon
- Food nutrients help your body to grow and to repair itself. These types of foods are needed every day.
a. Proteins b. Carbohydrates c. Fats
- Your immune system produces chemicals called _____ specifically to fight a particular invading substance.
a. Antibodies b. T cells c. Blood cells
- Food which contains sugar and starch. Most of your energy comes from this kind of food. Foods with natural sugar or starch in them are the best source of this kind of food.
a. Cookies b. Starch c. Carbohydrates
- The parts of the body that work together to change food into a form the body can use.
a. Digestive system b. Digestives juices
c. Esophagus
- How many chambers are in the heart?
a. 2 b. 3 c. 4
- Nutrients from the soil that are found in foods.
a. Minerals b. Vitamins c. Vegetables
- Like a fingerprint, every person has a unique _____ print.
a. Toe b. Tongue c. Nose d. Elbow
- The _____ lobe is the area of the brain that allows humans to hear and understand people speaking.
a. Frontal b. Parietal c. Temporal
d. Occipital

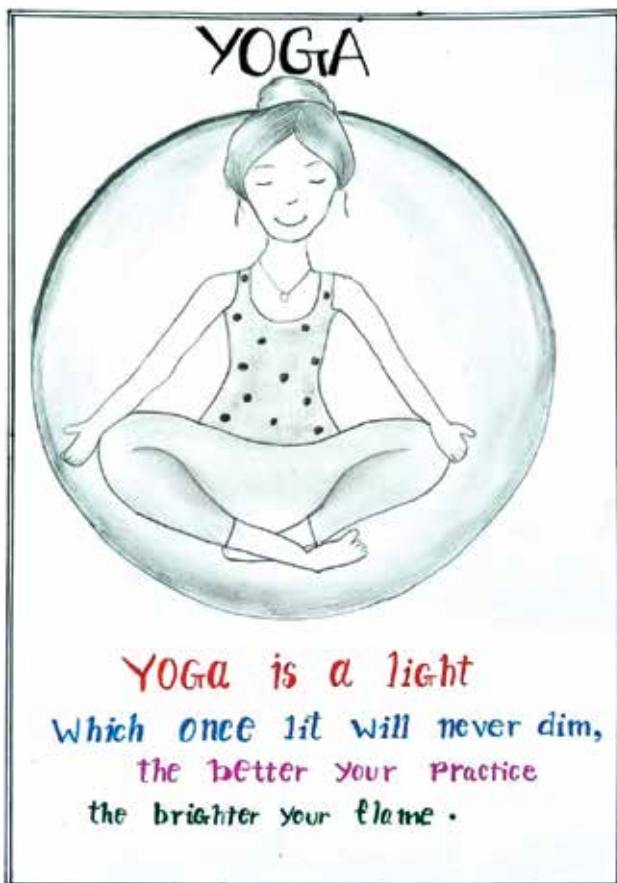
Answers:

- c. Tooth Decay
- b. Jonas Salk
- d. Viruses
- d. Extra oil production
- a. How fit you are and how healthy your body is.
- a. Secondhand smoke
- a. Tar
- b. Carbohydrates
- a. Antibodies
- c. Carbohydrates
- a. Digestive system
- c. 4
- a. Minerals
- b. Tongue
- c. Temporal

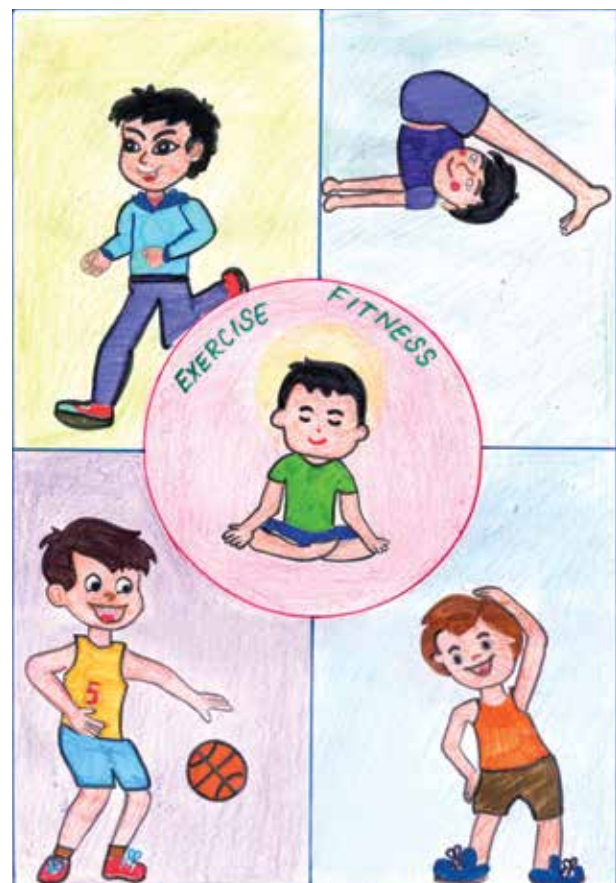
From our Artists



S A Saitharun,
S/o N Selvaraj, Plant
Services, Power Plant,
Mettur.



R Umasankar, Plant Services,
Custom Manufactured Chemicals, Berigai..



M Deepakkumar, S/o. G M Mahendran,
Quality Control, Caustic Chlor, Mettur.



- Every day your heart creates enough energy to drive a truck for 20 miles
- Our heart will pump nearly 1.5 million barrels of blood during your lifetime
- Dimples are caused by the attachment of human skin to muscles

Sudoku

								2
						9	4	
		3						5
	9	2	3		5		7	4
8	4							
	6	7		9	8			
			7		6			
			9					2
4		8	5			3	6	

Health and Wellness Word find

E	O	V	D	N	W	N	T	L	E	B	T	A	E	S	H	T	M
Z	V	O	Q	G	O	T	P	P	B	A	R	L	P	L	I	G	M
R	X	T	I	Q	C	R	E	U	U	O	T	R	G	S	S	H	C
G	J	C	R	C	A	M	H	E	R	E	D	I	T	Y	M	Q	L
L	P	T	H	T	L	A	E	H	L	L	A	R	E	V	O	X	V
P	I	Y	Q	D	H	P	L	N	K	E	W	O	F	G	K	O	N
C	H	F	Y	V	Z	N	B	I	T	A	S	O	G	J	I	X	F
H	T	T	E	S	K	Z	V	X	T	A	Y	I	L	U	N	W	H
E	I	L	L	E	I	G	U	E	W	Y	L	D	C	I	G	V	F
B	R	S	S	A	X	C	R	Y	V	B	O	H	Z	R	J	I	P
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F	U	I	P	R	L	J	J	O	A	C	N	L	O	C	E	G	N
Z	A	Q	E	R	F	A	D	K	X	E	O	C	T	R	G	W	D
D	R	U	G	S	T	E	I	D	Q	J	H	T	Y	H	B	Q	M

Dr. Yoshinori Ohsumi

Born in 1945 in Fukuoka, Japan, he spent three years at Rockefeller University in New York before returning to the University of Tokyo (where he previously received a PhD) to establish his research group.



He is currently a professor at the Tokyo Institute of Technology. He's the fourth Japanese scientist to have won a Nobel Prize for medicine. He's the first scientist to define cell recycling. His focus of research could help explain a number of diseases. His research on autophagy, led to the famous Intermittent fasting diet. Currently, he is head of the Cell Biology Research Unit, Institute of Innovative Research, Tokyo Institute of Technology.

- Heredity
- Water
- Broccoli
- Life expectancy
- Weight
- Culture
- Media
- Diet
- Mental health
- Drugs
- Overall health
- Exercise
- Seatbelt
- Health
- Smoking
- Alcohol

4	7	8	5	2	1	3	6	9
5	1	6	9	8	3	4	2	7
2	3	9	7	4	6	5	1	8
3	6	7	4	9	8	2	5	1
8	4	5	2	1	7	6	9	3
1	9	2	3	6	5	8	7	4
9	2	3	6	7	4	1	8	5
7	5	1	8	3	2	9	4	6
6	8	4	1	5	9	7	3	2

D	R	U	G	S	T	E	I	D	Q	J	H	T	Y	H	B	Q	M
Z	A	Q	E	R	F	A	D	K	X	E	O	C	T	R	G	W	D
F	U	I	P	R	L	J	J	O	A	C	N	L	O	C	E	G	N
H	T	T	E	S	K	Z	V	X	T	A	Y	I	L	U	N	W	H
L	P	T	H	T	L	A	E	H	L	L	A	R	E	V	O	X	V
C	H	F	Y	V	Z	N	B	I	T	A	S	O	G	J	I	X	F
T	H	H	N	L	M	H	L	C	H	O	H	H	T	I	L	Q	E
B	R	S	S	A	X	C	R	Y	V	B	O	H	Z	R	J	I	P
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E	I	L	L	E	I	G	U	E	W	Y	L	D	C	I	G	V	F
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P	I	Y	Q	D	H	P	L	N	K	E	W	O	F	G	K	O	N
T	H	H	N	L	M	H	L	C	H	O	H	H	T	I	L	Q	E
L	P	T	H	T	L	A	E	H	L	L	A	R	E	V	O	X	V
D	R	U	G	S	T	E	I	D	Q	J	H	T	Y	H	B	Q	M

