

The LycoRed Herald

Your mirror to the emerging world of 'Wellness'



New Delhi

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Editorial

Is your life enjoyable?

Can you honestly admit that you are relaxed and enjoying your life, with all its ifs and buts?

No? Rest assured, you are not alone.

Focusing on desires, material things or activities that are out of reach is often a way that we deny ourselves the possibility of pleasure today. It's this absorption - the living in the moment - that frees our minds of anxiety, restores energy and makes us more productive as well as creative.

While simple pleasures can certainly involve others, some of the most satisfying pleasures are those we can do alone.

Do you really wish to experience the pleasures of life? Think back to things you enjoyed as a child.

Recall some cherished memories from your childhood, which can help rekindle your desire for pleasure today.

Allow yourself time to enjoy, then build leisure into your schedule, the way you would plan for other activities.

Realize that most free time comes in bits. Set aside 30 minutes for yourself, every day, doing what you like most.

Avoid the 'all or nothing' approach. Part of appreciating simple pleasures is appreciating the expression 'one step at a time'

Take pleasure in anticipating pleasure. After all, anticipation is half the fun!

While the search for happiness has its roots in our mythology and epics, trust the developed nations to commercialize it.

There is 'Happiness Institute' in Sydney, Australia, where couples are paying hundreds of dollars to search for happiness.

One interesting finding at the institute is that only about 15% of happiness comes from income and other financial factors.

As much as 90% comes from attitude, control over your life and relationships.

Surprisingly, it was learnt that once the basic needs of food and shelter are met, additional wealth adds very little to happiness.

"The difference in the happiness between someone earning \$30,000 a year and someone on \$300,000 is actually very little".

Happy soul searching!

Dr. Deepika Chhabra
(Chief Editor)

LycoRed Bulletin Board

A high price for mobility?

New research suggests that radiation given out by mobile phones can reduce the sperm count by as much as 30%.

Many of the sperm that did survive, showed abnormal movements, further reducing fertility.

The Hungarian study suggested that men who carry the phone in a belt holster or trouser pocket are believed to be at the highest risk.

This made front-page news in the national daily 'The Times of India', of June 28, 2004:



Even in stand-by mode, mobile phones are a risky proposition, as they make regular transmissions to maintain contact with the nearest radio mast.

Our Comment: While researchers give their final word on the issue, male mobile users will do well to sustain their count with LycoRed, taken in a once-daily dose.

The Ten Commandments to Healthy Living

In our modern way of living, health becomes the first casualty.

Just as we need everything instantly, we somehow desire instant solutions to healthy living, as well.



While we know that living healthy will not come in an instant, here are the Ten Commandments to follow:

Do not skip breakfast



It has been shown that eating breakfast does a number of things - it helps to kick start your metabolism so that you burn calories effectively throughout the day.

Sleep

Making sure you get 6-7 hours of unbroken sleep a night keeps your immune system strong and healthy, helps cells to regenerate and refreshes your brain.

Exercise



Doing any regular aerobic exercise for 20 minutes, thrice a week, keeps your cardiovascular system healthy.

Eat oily fish



Oily fish contain omega-3 fatty acids, which are essential to keep your heart healthy, your joints supple, your cholesterol low, your skin healthy and may even help fight depression.

Meditate



Studies have shown that regular meditators have lower stress levels, and lower blood pressure than control groups.

Brush your teeth

It has been shown that the bacteria that cause gum disease increase risk of heart disease as they increase inflammation of arteries and veins.

Laugh



You might think this is superficial but actually really good laughter releases feel-good chemicals endorphins and helps relieve anxiety (*production of stress hormones*), stress and tension.

Eat lycopene rich foods



Tomatoes contain lycopene - an antioxidant that helps reduce the risk of developing breast, colon, stomach and lung cancers.

Drink 1 unit of alcohol daily

But no more! Preferably red wine, which contains substances, called flavonoids. These are antioxidants, which may prevent cancer.

Drink tea



This good old British habit is actually good for you. Tea contains polyphenols that have been shown to protect against digestive cancers and heart disease.



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

Old-fashioned sweating is still the best exercise

For the cynical, this is not welcome news.

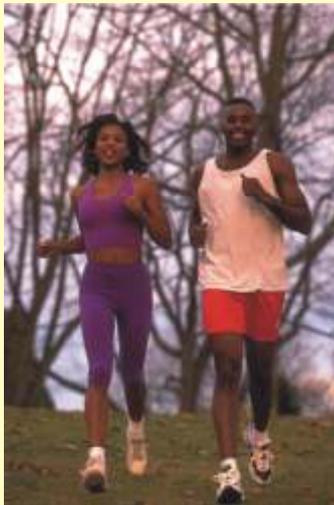
A new study has shown that removing fat surgically does not mean healthier body chemistry.

So even though instant flat abdomen is just a few tucks away, fat-linked health problems like diabetes or heart trouble disappear only when you exercise the old-fashioned way.

Even liposuction removes superficial belly fat, leaving untouched a deeper layer of visceral fat - *the real culprit*.

Conversely, even a bit of weight loss through a diet-'n-exercise regime improves your health.

Besides reducing fat cells and toxic metabolic by-products, workouts give a more toned silhouette.



So forget the scalpel, strap on the gym gear!

The worst fat

Monounsaturated? **Good**
Saturated? **Bad**
Trans? **Ugly**

Trans fat is used in many packaged foods, from biscuits to salad dressing.



The fat, which is often man-made, is used to enhance texture and extend shelf life. It's just as bad - if not worse - as saturated fat, since it boosts heart disease risk by raising bad cholesterol (LDL).

Until food manufacturers list the amount of trans fat on labels, check the ingredients' list for the words 'hydrogenated' or 'partially hydrogenated' vegetable oil.

Or, if the label lists the amount of saturated, mono- and polyunsaturated fats, add them up. If these don't equal the number for total fat, the rest is probably trans fat, says Cindy Moore, of the American Dietetic Association. The American Heart Association says, for a 2000-calorie diet, stick to less than 22 grams of trans and saturated fat combined.

Nuke your veggies! It's the best way to heat them

The best way to cook vegetables, while preserving their nutritional status, is in the microwave.

Some interesting work in this direction was done at the Institute of Food Technologists, Washington State University.

The spokesperson for the institute, Barry Swanson, said that the more time and water you use in cooking vegetables, the more the nutrients are destroyed or leak into the water.



By this logic, microwave cooking appears to be better than the conventional methods, as both time and water used is minimal.

Even while thawing frozen foodstuff, microwave scores over conventional methods.



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How high do you tip the scales?



This is the third in the series of living healthy. Having addressed the basics of the how's and why's of obesity, we go on.

Apple vs. Pear

As important as total weight is *where* the fat tends to settle on your body.

While fat in the hips, thighs and buttocks is mainly stored just under the skin, fat in the midsection is stored deeper in the body.



It has now been well-established that having an 'apple shape' in which fat collects around the midsection, is more dangerous than having a 'pear shape' in which excess fat gravitates to the hips and thighs.

Experts theorize that abdominal fat releases more fatty acids, leading to a rise in blood cholesterol and triglyceride levels.

While this can be a serious health problem by itself, it also may interfere with the action of insulin in the body, thus increasing the risk of diabetes.

Some researchers also believe that 'apple shape' obesity may increase the availability and activity of estrogen, leading to an elevated risk of breast cancer.

The good news is that, to some degree, you can modify your shape, whether apple or pear, through exercise and diet modification.

People with apple-shaped figures (*heavy around the abdomen*) have a higher risk for cardiovascular disease than do pear-shaped people (*heavy around the hips and thighs*).

Finding your waist-to-hip ratio

Use a tape measure to find the circumference of your waist at its narrowest point when your stomach is relaxed.

Measure the circumference of your hips at their widest (where your buttocks protrude the most).

Divide your waist measurement by your hip measurement to arrive at your waist-to-hip ratio. Now compare your figure against the standard guide.

Men: A waist-to-hip ratio of less than 0.95 to 1.0 is recommended.

Women: The figure should be at 0.8 or less.

The higher the ratio, the more apple-shaped a person is and greater is the risk of disease.

Generally speaking, obesity is caused by an intake of food in excess of the physiological requirements.

Imagine, just one extra slice of bread (representing 48 kcals) per day, will lead to a weight increase of 2 kgs in a year!

Although obesity can occur at any age and in either sex, it is more common in women after puberty than in men and especially after pregnancy and at menopause.

Endocrine disturbances are often blamed for obesity, but clinical and experimental evidence rarely supports the same.

In most cases, ignorance, coupled with an increasingly sedentary lifestyle, is to blame.

It is of paramount importance that concern with the welfare of your patients is extended to advocating a healthy way of living.

Every small step taken in this direction, with every single individual, is sure to save lives, reduce morbidity and mortality.

Let us spread the good word on 'Initiative Wellness'.



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Continuing our series on living healthier

Take our word and retain the earlier 2 parts of this article also

You may be saving or revolutionizing a few lives - for all you know!

Treatment of obesity

The treatment of obesity, commonly known as 'slimming', is not as easy as is often made out to be.

The most important reason is the unwillingness of the patient to accept the discipline slimming requires.

Many people attempt to slim under their own initiative, but it is important for them to seek professional help, whenever possible.

Step I: Realization

At the outset, the patient should be made to understand the dangers and complications of obesity, in order to realize why weight reduction is advisable.

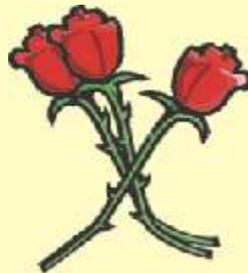
You could, *perhaps*, start by instilling the fear of morbidity and mortality.



Bringing in the realization and motivation for the patient to undertake this arduous but fruitful journey is perhaps the single most important beginning.

Please remember that you will need to go back to the reasons for having initiated this arduous journey, with the patient, one or several times during the process of eliminating obesity.

You will, at the end of this, have a satisfied and happy family, thanking you profusely for the support and guidance.



Step II: Defining realistic targets

It is very important to define realistic goals of weight loss, say *in steps of 5 kgs at a time*, to keep the positive sense of achievement intensely active.



Almost all obese persons have faulty eating habits, without realizing the same.

This error needs to be corrected, not only for the initial weight loss *in the defined time frame*, but also to ensure maintenance of the lower weight, once the dietary restrictions are relaxed.

Step III: Clearing the fundas

Almost everybody knows, peripherally, the equation of:

$$\text{Calorie intake} > \text{Calorie burnout} = \text{Weight gain}$$

It is only when you, as their mentor, emphasize upon this, that the message goes home and remains in active memory.

Elementary principles concerning appetite, exercise and energy expenditure need to be explained and understood.

If required, advise the obese patient to take notes, in his or her hand, to stimulate recall.

A silly mistake, often indulged in by persons wanting to lose weight, is of *fasting*.

You need to explain that by skipping meals, one is only lowering the Basic Metabolic Rate (BMR). This means that the lesser a person eats, the slower is the burnout rate, leading to actual weight gain, over a period of time.

This un-required weight gain, *despite the perceived discipline*, frustrates the obese person further and thwarts subsequent attempts at weight loss.



We will continue with this series in the forthcoming issues.

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Encourages esteemed medical practitioners from all South-East Asian nations to share their success stories on spreading the message of *Initiative Wellness*, through the platform of 'The LycoRed Herald'. We shall be pleased to publish such initiatives. Please write to:

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"I have been using LycoRed in cases of IUGR. Results are very positive. LycoRed also increases patients' immunity, in debilitating conditions"

Dr. Navjot Sidhu
MBBS, MD
Patiala (Pun)



"Very good results with LycoRed in cases of infertility, especially due to oligospermia"

Dr. Manju Shukla
MBBS, MS
Assoc. Prof., KGMC, Lucknow (UP)



"LycoRed has given excellent results in infertility cases, both male & female"

Dr. Deepa Goyal
MD, MRCOG
Patiala (Pun)



"LycoRed has proven to be beneficial in male infertility cases, as well as in post-menopausal osteoporosis"

Dr. Jyotsna Chadha
MBBS, DGO
New Delhi



"I really like LycoRed."

Most of my female patients having blemishes on the face, respond very well to LycoRed and I get cheerful thanks from them"

Dr. Sunita Garg
MBBS, DGO
Nabha (Pun)



"Till date, I have used LycoRed in more than 50 patients of male infertility, due to asthenospermia, oligospermia. Satisfactory results"

Dr. S Gogoi
MBBS, DGO, MS
Tezpur (Assam)



"Very satisfied with LycoRed in the treatment of submucosal fibrosis and aphthous ulcers"

Dr. Sujoy Datta
BDS, FAGE
Kolkata (WB)



"Very good results with LycoRed in infertility of unknown cause in both male and female partners."

There is distinct improvement in the sperm count and morphology"

Dr. Meera Rastogi
MBBS, DGO, MD
Patna (Bih)



"I am using LycoRed in cases of oral leukoplakia, in a dose of 2 b.d. Appreciable results"

Dr. P K Das
MD, DBMS, FAMS, FICA
Kolkata (WB)



"Encouraging results with LycoRed given to male partner in cases of infertility"

Dr. Sangeeta Mehrotra
MBBS, MS
Lucknow (UP)



"I am using LycoRed in both male and female infertility, with promising results."

Patients on LycoRed conceive much earlier than others"

Dr. Sulekha Mishra
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"Getting excellent results with LycoRed in submucosal fibrosis"

Dr. Kamal Dalmia
MDS
Sambalpur (Ori)



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the
Protective power
of
LycoRed
to**



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couples**

Males: 2 bd daily
Females: 1 bd daily

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Dr. Mukesh Sharma
MD, DNB, MNANS
Asstt. Prof., SMS Med Coll., Jaipur (Raj)



"In oncological practice, LycoRed benefits patients of oral pre-malignant lesions, as well as those having prostate malignancy"

Dr. M S Ganesh
MS, MCh
New Delhi



"LycoRed is very effective in oral leukoplakia in b.d. dosage.

Long term therapy with LycoRed has benefited a number of patients, with complete disappearance of lesions"

Dr. Fakruddin
MD
Prof., SG Cancer Hosp., Indore (MP)



"LycoRed gives very good results in cases of pre-eclampsia and infertility"

Dr. Meenu Nigam
MBBS
Ujjain (MP)



"I recommend LycoRed in cases of poor sperm motility as well as in abnormal sperm morphology.

5 cases of severe oligoasthenospermia have shown good improvement"

Dr. Jignesh M Pandya
MS
Savli (Guj)



"I have noticed good improvement in motility and sperm count, in oligoasthenospermia cases, with LycoRed therapy"

Dr. Prakash Korwar
MD
Bidar (Kar)



"My heartiest congratulations for introducing a wonderful product - LycoRed. Pregnancy is confirmed in the first cycle itself in primary & secondary infertility cases"

Dr. G Maru
MBBS
Vijayawada (AP)



"7 out of 10 patients of IUGR showed satisfactory improvement after LycoRed therapy"

Dr. B Sudhakar
MD, DGO
Nalukody (Ker)



"For the last 3 years, I have been getting excellent results with LycoRed in my patients of CAD.

Another group of 100 patients of CAD received LycoRed therapy in RML hospital, with clinically encouraging results"

Dr. N C Krishnamani
MD, DM
New Delhi



"I have used LycoRed in idiopathic infertility, as well as in polycystic ovarian infertility cases.

Out of 5 idiopathic infertility cases, 2 conceived in 3 months and 1 conceived after 6 months"

Dr. D Shantha Prem Narayan
MBBS, DGO
Secunderabad (AP)



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the
Protective power
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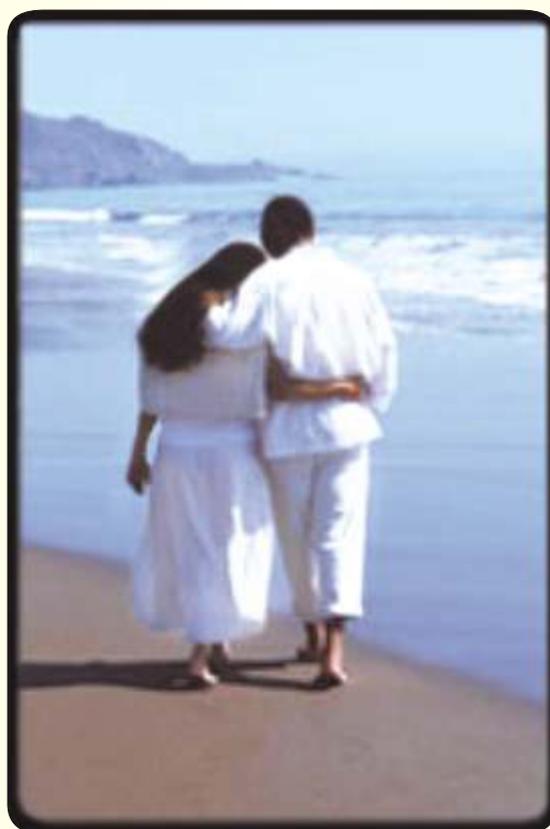
Infertile couples

Males: 2bd daily
Females: 1bd daily

LycoRed softgels

The second revolution

Jagsonpal proudly launches
'Initiative *Infertility*'



All infertile couples in your care need the *proven*

Protective Power of LycoRed

Dosage

Males: 2 bd daily
Females: 1 bd daily

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