



FOOD IS THE BASIS OF GOOD HEALTH

Kusum Budlakoti

We normally tend to make some mistakes in cooking or develop wrong eating habits, which have a negative impact on our health. This leads to different diseases. It is necessary to understand that several ingredients do not have compatibility and such food items are consumed in combination they cause reaction and the diseases enter our body very easily.

It is true that a patient should follow strict diet and regimen along with medication. Therefore a balanced diet is extremely important in order to maintain good health and prevent diseases. The food items that are harmful for our body should be avoided. Some important information pertaining to this is being mentioned in this article, which will give us the information as to which foods should not be consumed in combination.

First of all it is necessary to know that water should not be taken along with food. Generally people drink water along with meals. This is wrong practice. It is ideal to drink glassful water half an hour before meals or after one hour of meals.

Food should be taken at regular time. Irregular timings makes the body unhealthy. In case of restlessness or loss of appetite light food should be taken. Besides, soups, curd or buttermilk is beneficial. Do not take lemon water along with food and avoid fast food as much as possible. Remember that it is better to speak less while eating food. This will help in concentrating on food that we eat. Try to include seasonal vegetables in daily diet.

Do not eat food in haste or when having some mental worries. Eat sprouts and salad before meals, as this is beneficial for health. Eat a small piece of jaggery after meals. This prevents gas formation and helps in digestion.

Hot spicy, fried and roasted food, sweets or very salty food should not be eaten. Take less protein diet and light food at night that is easily digestible.

Now you will learn about some wrong combinations, which should be avoided at any cost.

Do not eat grapes with honey as it could cause stomachache. Do not drink milk after eating food containing garlic and onion. Tamarind should not be used after eating curd or food containing curd. If such wrong combinations are used then it could lead to several problems.

If you are habituated to drinking tea or milk then there is no harm but remember not to drink cold water or cold buttermilk immediately after drinking milk or tea. Reduce the consumption of tea at the time of fasting. Take water, soups and juices as much as possible.

You will be surprised to know that mixing milk and liquor could be fatal. Do not eat cucumber at the time of eating kichdi. If you do then you could suffer from stomachache.

Do not mix vinegar and rice. This could increase the risk of stomach problems. Muskmelon and honey are enemies. Therefore they should not be eaten together.

Never mix clarified butter and honey in equal quan-

tities as they become poison and could cause paralysis.

Eating muskmelon and curd together could cause stomachache. Therefore this should be avoided. Do not drink milk after eating Arhar dal because it could cause stomach problems.

Do not take dry mango powder or any sour item before drinking diluted curd and squash. This could cause many diseases and you could suffer from ill health.

People fond of fish should keep one thing in mind that they should not eat curd, honey or sugar cane juice after eating fish. If they do this, there are all chances of developing leprosy or skin disease.

Consuming curd and cottage cheese together could cause colic pain, therefore this should be avoided at

any cost. Banana should not be taken with curd or diluted curd otherwise you could suffer from cholera.

Do not mix oil and clarified butter. Meat and radish is also a bad combination, therefore do not eat it together.

Sour taste should not be mixed with milk because this could cause indigestion. Many wrong combination foods have been mentioned in this article, which should be avoided in order to maintain good health. Besides, we have also mentioned such ingredients, which should not be mixed together. Therefore we sincerely advice you to avoid such food habits and beware towards it. Slightest carelessness could lead to serious health problems. Remember health is wealth.

INTERNAL BEAUTY IS IMPORTANT

Rekha Varma.

Usually people who are beautiful and handsome have a feeling that to look smart they do not have to bother much. But that is not the case. Beauty and smartness are two different sides of the same coin. And it is not necessary that one who is beautiful should also be smart. And in the same way it is not compulsory that for smartness beauty is important. Smartness is one of the qualities of a good personality, which can be developed with little practice. If you are not handsome there is no need to be unhappy, you can improve your personality and become the center of attraction. You will have to change your way of talking, way of behaviour and way of dressing.

How and which way you are considered great also matters. Polite nature is a permanent quality even if you meet your enemies with politeness they will be ready to do anything for you. And if you have a smile on your face then that will add to your personality. Smile improves your face value and adds to your personality. But it should not be artificial. If you have a smile and if some one does not want to work for;

smile will make him think twice before saying 'no'. When you are entering in some ones chamber then smile will give a special effect. Be polite while starting any conversation. Do not be polite when not required. Balanced behaviour is an art, which is difficult to develop. One who has achieved it will be good at public dealing.

Dressing and make up are also important. You should be aware of dressing at particular occasions. Very few people have the sense of dressing. Formal wear should be maintained at formal meetings. The outfit should be complete which gives a good impression.

Delicacy plays a main role. One thing is important, act as per the situation. It should not look crazy. If you are not beautiful then practice and inculcate the quality of pleasing others and attract others towards you. Internal beauty is also as important as external beauty. If you are beautiful by heart then Yog practice can increase your external beauty and keep you disease free.