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We've all heard it times and again that sitting all day long at the desk is not really good for the health. Sadly, there aren't any feasible alternatives to this mode of working. While you can't just leave your job, you can surely do something which is beneficial for your health. Eating the right kind of fruits can help you overcome the negative effects of sitting like a robot all day.

Here are five power foods you can enjoy while sitting at your desk. They can work wonders for your heart, blood pressure, and can even improve your memory and concentration.



Walnuts

Some new researches have pointed out that walnuts have more (and better quality) antioxidants than almonds, peanuts, pistachios and many other nuts. All nuts have been found to improve lipids and can reduce the risk of heart diseases. Walnuts have also been found to enhance cognitive and motor function in animals with Alzheimer's. Experts recommend seven walnuts a day.



Cup of Green Tea

Polyphenols, one of the major ingredients of green tea, is known to help repair the damaged DNA and stimulate the immune system. Besides, research shows that green tea also helps in reducing the risk of cancers, including skin cancer and prostate cancer.



Popcorn

If there ever was a list of healthy snacks, this is definitely going to be on the list. In fact, many say that popcorn is the healthiest snack available. It is 100 percent whole grain and is big on fiber and antioxidants. If you can air-pop your popcorn and add a minimal quantity of salt, you'd have the best popcorn, say experts. If your office has a microwave, just make sure you bring a pack of low sodium popcorn to work.



Dark Chocolate

This, too, contains those powerful antioxidants called Polyphenols which combat the risk factors (like oxidation of LDL cholesterol) for heart diseases and also inhibit clotting. Studies have also indicated that consuming a small bar of dark chocolate daily can reduce blood pressure in people with mild hypertension. Caffeine, another active ingredient of dark chocolate, can give you that much-required kick and a boost in concentration levels.



Fruits

Not only they help you conquer that “false hunger”, they are also brimming with nutrients which are needed to keep you going all day. You can choose between apples, bananas, mangoes, oranges, papayas etc. but make sure you carry some fruits to the office on a daily basis.

Natural Remedies to Battle Common Cold

The common cold is a viral infectious disease of the upper respiratory system. While it gives you ailments like cough, sore throat, runny nose, and fever, it can also lead to breathing problems as there are good chances of the nasal passage getting congested.

We can understand what a horrible experience it is to have a stuffed nose and keep gasping for breath every other minute. You can easily pick up cold by inhaling somebody else's germs or touching someone who has a virus and then touching your eyes and nose, thereby allowing the germs to enter your body. Once the virus has invaded, it opens its account in your throat and starts producing baby viruses by hundreds. These viruses then traverse all around your body and trigger those hateful symptoms like: a stuffy/drippy nose, sore throat, aches, breathing problems and cough.



These are some of the detestable symptoms of cold:

Runny nose, Cough, Nasal congestion, Sore or itchy throat, Sneezing, Watery eyes, Mild headache, Mild fatigue or body aches, Fever less than 102 degrees

It is said that time is the sure-shot cure for cold. It is a viral infection and may last for 7 to 10 days. There are medications available to treat cold but they do no magic. The medicines curb the symptoms and may help you recover quickly. For prevention and treatment of cold, natural remedies should be preferred over pharma drugs as the latter have been found to create several adverse effects in the body.

Let's take a look at some of the natural remedies for cold:



Using Lemon

Vitamin C-rich lemon juice is known to amplify body resistance, decrease toxicity and reduce the duration of illness. Take a lemon and squeeze it into a glass of water. Add a teaspoon of honey. This should be taken once or twice daily.

Using Garlic

Garlic Soup is time-tested remedy to battle cold. The soup can be easily prepared by boiling three or four cloves of chopped garlic in a cup of water. In soup form, it flushes out all toxins from the system and thus helps bring down fever. This soup should be taken once a day.

The oil which resides inside garlic helps open the clogged respiratory passages. Five spoons of garlic oil should be mixed with a teaspoon of onion juice and then diluted in a cup of water. The resulting mixture can be taken two or three times a day.

Using Turmeric

Apart from cold, Ginger also works wonders for throat irritations. Half a teaspoon of turmeric powder mixed in 30 ml of warm milk can be taken 1-2 times daily. Turmeric powder should be put into a hot ladle (the spoon used for pouring soup). Milk should then be poured in it and boiled over a slow fire. In case you have a running nose, smoke from burning turmeric can provide quick relief.



Using Bitter Gourd

Many would be sulking as they read this but bitter gourd is not as bitter when it comes to treatment of cold. You would need the roots of bitter gourd to prepare this remedy. A teaspoon of root paste, mixed with an equal quantity of honey or holy basil leaf juice can be taken once every night. This will help you get rid of the cold soon and will keep the symptoms at bay.



Using Honey

Honey is a popular home remedy for cold and cough in many cultures. It is believed that honey works by soothing and coating an irritated throat; not to forget its antioxidant-ial and antibacterial effects.

Try these to deal with the symptoms of cold:

Nurture your Throat: Suck the over-the-counter lozenges (Vicks, Honitus, Strepsils etc.) to soothe that wounded throat. You can also go for a medicated spray.

More and More Zinc: Studies in the US have indicated that zinc tablets can cut the duration of a cold by 42 percent. Zinc may also inhibit virus replication and reduce inflammation. But seek medical advice before taking any sorts of zinc supplements.

Steam your Nose: Sip soups or take a steamy shower. This will help dilate the mucus in your nose and upper throat to help make breathing easier. You can also use over-the-counter decongestant sprays and inhalers.



Apart from this try drinking a good quantity of water and take adequate rest. Vitamin C may help but only to an extent. Don't expect it to do magic.