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Wellness Tips to thrive as an Elder

✓ Explore Bamboo Shoots for Silica

- Bamboo shoots are a rich source of silica, which enhances calcium absorption and bone density.
- Integrate them into soups or stir-fries for a unique dietary boost to strengthen bones naturally.

✓ Sesame and Fennel Seed Blend

- Mix sesame seeds (rich in calcium) and fennel seeds (an anti-inflammatory) into a powdered blend.
- Consume a teaspoon daily for an easy, bone-nourishing boost.

✓ Vitamin K-Rich Greens Beyond Kale

- Introduce less common greens like collard greens or mustard greens, which are rich in Vitamin K2 which in turn helps direct calcium to bones and away from arteries, reducing the risk of calcification.

✓ Infrared Sauna for Bone Regeneration

- Infrared saunas help reduce inflammation and stimulate collagen production, which supports the bone matrix.

✓ Monitor Gut Health for Better Calcium Absorption

- Encourage probiotic-rich foods like kimchi, miso or kefir to improve calcium and magnesium absorption.
- Good gut health is essential for optimal bone health.

✓ Incorporate Purple Foods

- Foods like purple sweet potatoes, eggplants, and blackberries contain anthocyanins which reduce oxidative stress and inflammation, indirectly supporting bone health.

✓ Anti-Gravity Exercises

- Use anti-gravity treadmills or water-based walking to engage in bone-strengthening exercises without risking joint strain.
- These are ideal for seniors with arthritis or limited mobility.

✓ Focus on Omega-3 Fats

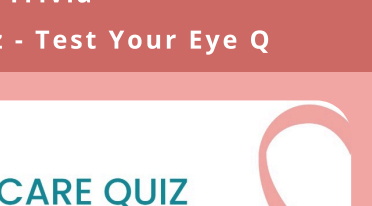
- Increase omega-3 intake through chia seeds, flaxseeds, or walnuts, which reduce inflammation and promote better bone health.

Disclaimer: Information provided here is general and suggestive, not meant to be prescriptive. You are advised to check your personal needs and check with practitioners as applicable.

Sources: <https://www.verywellhealth.com/> / <https://www.medicalnewstoday.com/> <https://www.health.harvard.edu/> <https://www.seniorhelpers.com/>

2024's Most Engaging Podcast & Video

You Can't Miss!!

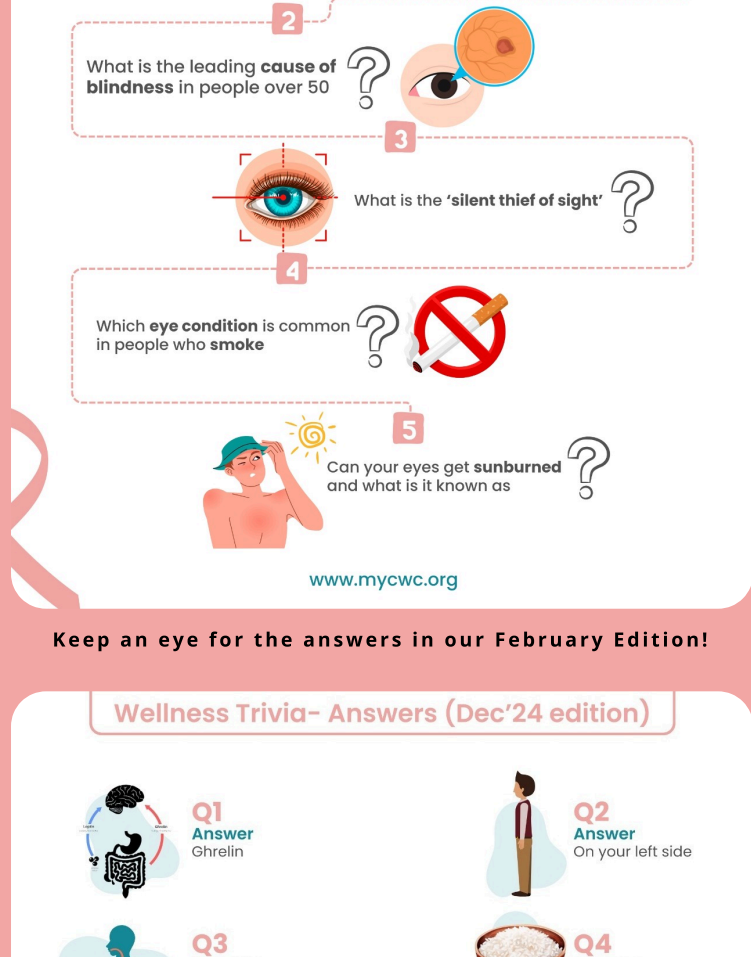


Watch Full Video

Listen to Full Podcast

Wellness Trivia

Preventive Care Quiz - Test Your Eye Q



PREVENTIVE CARE QUIZ
TEST YOUR EYE -Q
(Keep an eye for the answers in our February Edition!)

1. What is the **20-20-20** rule for eye health?

2. What is the leading **cause of blindness** in people over 50?

3. What is the **'silent thief of sight'**?

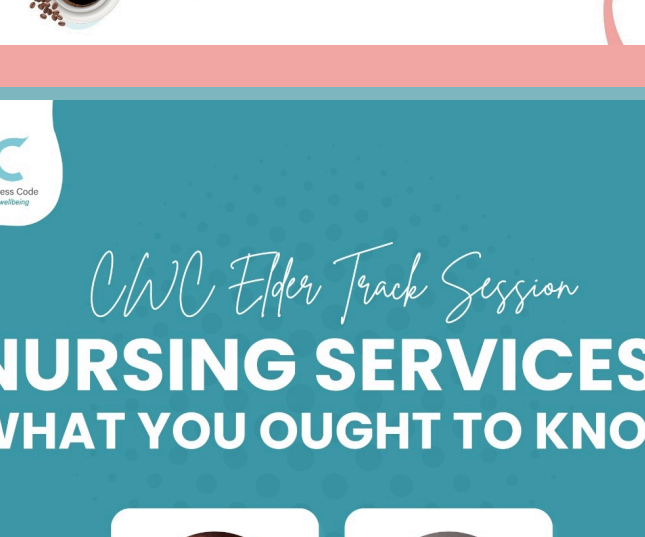
4. Which **eye condition** is common in people who **smoke**?

5. Can your eyes get **sunburned** and what is it known as?

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Keep an eye for the answers in our February Edition!

Wellness Trivia- Answers (Dec'24 edition)



Q1 Answer
Ghrelin

Q2 Answer
On your left side

Q3 Answer
Reduces bloating, Improves digestion and nutrient absorption, Prevents infections

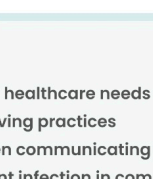
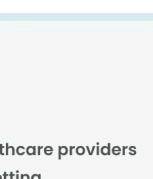
Q4 Answer
White rice

Q5 Answer
Black coffee

CWC Elder Track Session

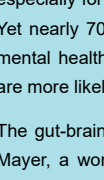
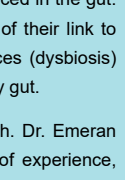
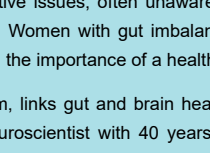
NURSING SERVICES-
WHAT YOU OUGHT TO KNOW**FEB
20**

Mode- Online

**Dr. Sejal Naik**DNP, RN, MHA, CIC, FAIPC
Co-Chair - BAINA**Dr. Veena Vangari**DNP, MBA, MA, PGDHM, RN, CRRN,
GRCP, HACCP-CMS, CPHQ
Executive Vice President-BAINA**6:00
7:30
PM PT**

Key Highlights

- Early recognition of healthcare needs
- Adopting healthy living practices
- Self-advocacy when communicating with healthcare providers
- Strategies to prevent infection in community setting

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or Click Here to Register

How Gut Health Impacts Women's Mental Wellness

Why It Matters:

The connection between gut health and mental wellness is deeper than many realize, especially for women. Over 90% of serotonin, the "happiness hormone," is produced in the gut. Yet nearly 70% of women globally experience digestive issues, often unaware of their link to mental health disorders like anxiety and depression. Women with gut imbalances (dysbiosis) are more likely to report mood disorders, emphasizing the importance of a healthy gut.

The gut-brain axis, a two-way communication system, links gut and brain health. Dr. Emeran Mayer, a world-renowned gastroenterologist and neuroscientist with 40 years of experience, explains, "The gut-brain connection is no joke; it can link anxiety to stomach problems and vice versa." A study published in Parade shows that balanced gut microbiomes support mood and resilience, as gut bacteria regulate key neurotransmitters like serotonin and dopamine.

The Problem and Its Impact:

Gut dysbiosis leads to bloating, inflammation, and poor digestion, which disrupt neurotransmitter production. This contributes to higher rates of depression, anxiety, and brain fog. Studies estimate that 1 in 3 women with digestive symptoms also experience psychological distress.

Clinical Solutions

1. Probiotics and Prebiotics

Insight: Gut dysbiosis contributes to depression.

Solution: Incorporate probiotics and prebiotic-rich foods like whole grains and certain low fructose fruits to enhance gut health.

2. Dietary Modifications

Insight: Plant-based foods support gut health.

Solution: Adopt a diet rich in fruits, vegetables, legumes, and whole grains.

3. Stress Management

Insight: Stress negatively impacts gut health and mental well-being.

Solution: Practice mindfulness, yoga, or deep breathing exercises to reduce stress levels.

4. Physical Activity

Insight: Exercise supports gut and mental health.

Solution: Engage in moderate physical activities like walking or swimming or Pilates.

5. Hydration

Insight: Proper hydration is vital for digestion.

Solution: Ensure adequate water intake daily to support digestive health.

Best Practices

- Eat mindfully by chewing thoroughly and avoiding distractions.
- Limit processed foods and additives that harm gut bacteria. Avoid artificial sweeteners and emulsifiers, as they can harm beneficial gut bacteria.
- Maintain sleep hygiene with consistent patterns and 7-8 hours of rest.
- Consult healthcare providers for microbiome testing to tailor dietary and probiotic interventions.

Conclusion

A healthy gut is essential for women's mental well-being. Proactively nurturing gut health can improve digestion and emotional balance. Start small today—your mind and body will thank you.

Sources: Blog References: <https://www.health.harvard.edu>, <https://parade.com>, <https://www.heallo.com>, <https://drhyman.com>

With more than 1200 videos and 200 podcasts, CWC caters to a wide range of community tracks, with Women's track being a prominent one. Explore expert insights on topics like gut health and women's mental wellness. Download the Khushi App, become a member and gain instant access to your preferred wellness content.

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