





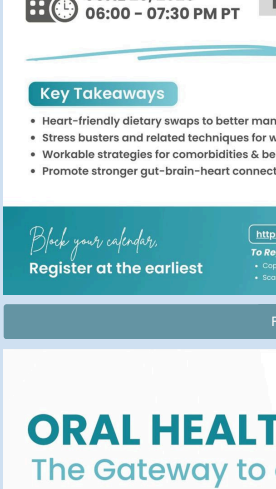
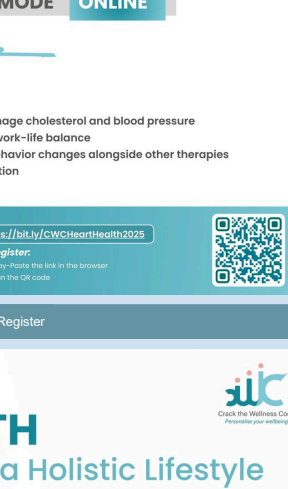


In this Issue

-  **Upcoming Events:** Heart (Online) & Dental Clinic (Onsite)
-  **Video:** Dream Big with Optimal Sleep (Youth Track)
-  **Wellness Tips - Effective Dietary Practices** for Sugar Control
-  **Wellness Quiz:** Beyond the Brush – Dental Wellness Trivia
-  **Marketplace Vendor Spotlight:** Checkout 19 Products & Services
-  **Blog:** Interview on Cancer (Dr. Jincy Clement & Dr. Padma Srinivasan)


Upcoming Events





MANAGING HYPERTENSION FOR A HEALTHY HEART: PRACTICES & TRENDS

Cardiologists, Practitioners & Health Heroes share insights & take-home practices plus answer questions during & prior to the event.


 **JUNE 26, 2025**
06:00 – 07:30 PM PT

MODE **ONLINE**


Block your calendar.
Register at the earliest

<https://bit.ly/CWCHeartHealth2025>
To Register:

- Copy-Paste the link in the browser
- Scan the QR code



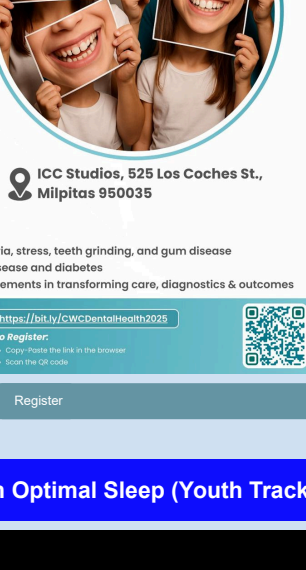
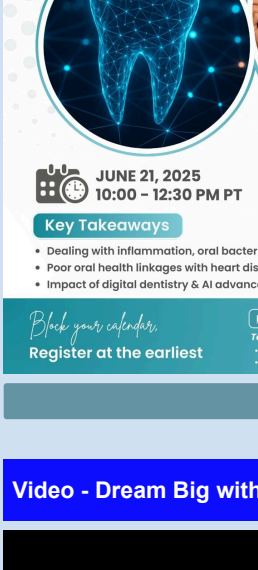
Register





ORAL HEALTH

The Gateway to a Holistic Lifestyle

Oral health is surely more than just teeth and gums – impacting digestion, respiratory health, and even cognitive function. Healthy mouth supports proper nutrition, clear speech, and a strong Immune system.




 **JUNE 21, 2025**
10:00 – 12:30 PM PT

 **ICC Studios, 525 Los Coches St.,**
Milpitas 950035

Block your calendar.
Register at the earliest


<https://bit.ly/CWCDentalHealth2025>
To Register:

- Copy-Paste the link in the browser
- Scan the QR code



Register


Video - Dream Big with Optimal Sleep (Youth Track)

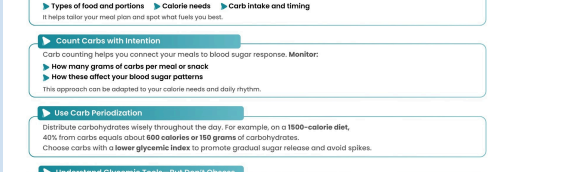


DREAM BIG WITH OPTIMAL SLEEP

Highlights of CWC Youth Track

April 24, 2025





Wellness Tips

Effective Dietary Practices for Sugar Control

Life sometimes feels like constantly playing ketchup, but sugar control doesn't have to be a chase. Calorie needs versus food intake can affect how your body processes sugar. Added sugars, for instance, contribute extra daily calories—about **330 for men and 240 for women**. The good news? Small, consistent dietary habits can lower blood sugar and A1C effectively. **Here's how:**

Choose Smart Meal Replacements

If you're opting for a meal-replacement drink, bar, or frozen entrée use this rough guide for balance:

150–300 calories **3–10 grams of fat** **10–20 grams of protein** **10–45 grams of carbohydrates**

Most are fortified with essential vitamins and minerals, offering a practical way to manage blood sugar on busy days.

Eat Slowly—Give Your Brain Time

Your stomach signals fullness to the brain in about 20 minutes. Eating slowly helps avoid overeating. Chew each bite thoroughly, pause between mouthfuls, put down your fork often, and sip water between bites. A mindful pace helps both digestion and satiety.

Try the DASH Diet Approach

Whether you prefer Mediterranean, vegetarian, or low-carb, the DASH (Dietary Approaches to Stop Hypertension) plan is a flexible framework for blood sugar and heart health. It's:

- Low in saturated fat, sodium, and added sugar
- Rich in fiber, protein, and minerals
- Bonus: It supports weight management and overall metabolic wellness.

Prioritize Whole Foods Over Processed

Favor minimally processed foods like fresh vegetables, legumes, whole grains, and lean proteins. These help regulate blood sugar better than refined or ultra-processed alternatives.

Keep a Food Diary (Just for a While)

Tracking what you eat—even for two weeks—can offer surprising insights. Note:

- Types of food and portions
- Calorie needs
- Carb intake and timing

It helps tailor your meal plan and spot what fuels you best.

Count Carbs with Intention

Carb counting helps you connect your meals to blood sugar response. Monitor:

- How many grams of carbs per meal or snack
- How these affect your blood sugar patterns

This approach can be adapted to your calorie needs and daily rhythm.

Use Carb Periodization

Distribute carbohydrates wisely throughout the day. For example, on a 1800-calorie diet, 40% from carbs equals about 800 calories or 150 grams of carbohydrates. Choose carbs with a **lower glycemic index** to promote gradual sugar release and avoid spikes.

Understand Glycemic Tools—But Don't Obsess

The **glycemic index (GI)** and **glycemic load (GL)** can help guide food choices, but don't get bogged down. Studies suggest these measures may not significantly affect HbA1C levels. Instead, focus on eating balanced, whole-food meals consistently.

Fill Half Your Plate with Non-Starchy Veggies

Boost your intake of low-carb, high-fiber vegetables like:

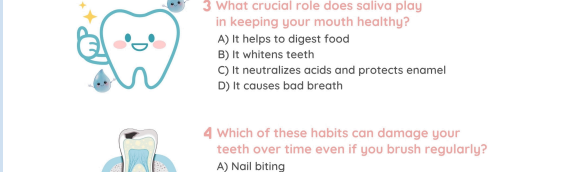
- Leafy greens
- Bell peppers
- Zucchini

They help stabilize blood sugar and provide essential nutrients. Round out your plate with lean protein and whole grains.

Skip Late-Night Caffeine


Caffeine can interfere with glucose metabolism, especially in people with Type 2 Diabetes. It may raise post-meal blood sugar levels. Choose herbal teas or warm water in the evening for better overnight control.

Disclaimer: These tips are general and not a substitute for personalized medical advice. Always consult your healthcare provider or dietitian for guidance tailored to your needs.
Sources: <https://www.health.harvard.edu> <https://www.eatright.org>




Wellness Quiz

BEYOND THE BRUSH DENTAL WELLNESS TRIVIA




1 What is the most effective way to avoid plaque from between your teeth?

A) Mouthwash
B) Toothpick
C) Floss
D) Chewing gum



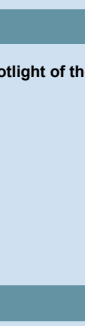
2 Which of these foods can help strengthen your tooth enamel?

A) Oranges
B) Cheese
C) Bread
D) Chocolate




3 What crucial role does saliva play in keeping your mouth healthy?

A) It helps to digest food
B) It whitens teeth
C) It neutralizes acids and protects enamel
D) It causes bad breath



4 Which of these habits can damage your teeth over time even if you brush regularly?

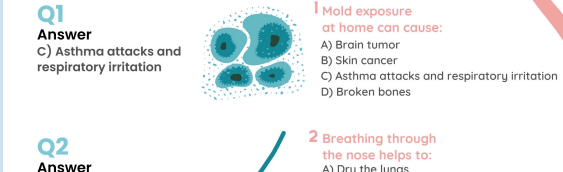
A) Nail biting
B) Drinking water
C) Chewing sugar-free gum
D) Smiling a lot



5 What's the key benefit of using a tongue scraper?


A) Whitens teeth
B) Stimulates gum growth
C) Reduces bacteria and bad breath
D) Strengthens jaw muscles

Keep an eye for the answers in our June Edition !



Wellness Trivia– Answers (April'25 edition)


Q1
Answer
C) Asthma attacks and respiratory irritation



1 Mold exposure at home can cause:

A) Brain tumor
B) Skin cancer
C) Asthma attacks and respiratory irritation
D) Broken bones


Q2
Answer
B) Filter and warm the air



2 Breathing through the nose helps to:

A) Dry the lungs
B) Filter and warm the air
C) Increase toxins
D) Stop oxygen flow

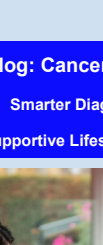
Q3
Answer
C) Serious respiratory condition



3 Shortness of breath during rest could indicate:

A) Panic attack only
B) Normal fatigue
C) Serious respiratory condition
D) Hunger


Q4
Answer
B) Aerobic exercise (e.g., walking, swimming)



4 What type of exercise is most beneficial for lung health?

A) Weight lifting
B) Aerobic exercise (e.g., walking, swimming)
C) Yoga only
D) None of the above

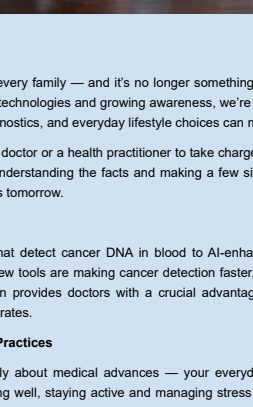
Q5
Answer
A) Aloe Vera



5 Which indoor plant helps improve air quality?

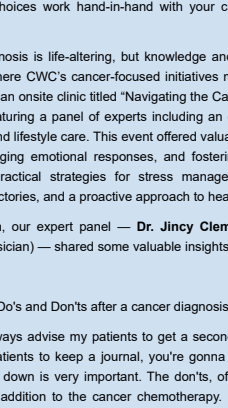
A) Aloe Vera
B) Cactus
C) Orchid
D) Rose

Marketplace Vendors



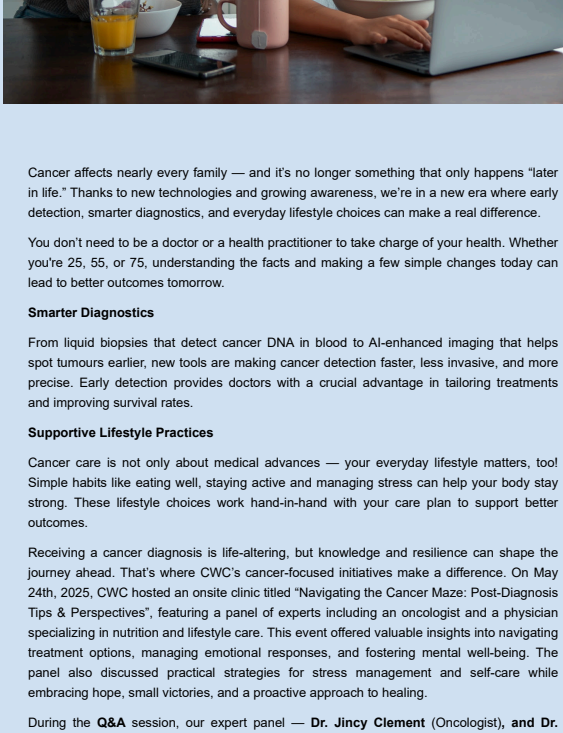
Checkout Here

Spotlight of the Month: Laughter Yoga (by the Global Guru)



Watch Video

Blog: Cancer Insights



Cancer affects nearly every family — and it's no longer something that only happens "later in life." Thanks to new technologies and growing awareness, we're in a new era where early detection, smarter diagnostics, and everyday lifestyle choices can make a real difference.

You don't need to be a doctor or a health practitioner to take charge of your health. Whether you're 25, 55, or 75, understanding the facts and making a few simple changes today can lead to better outcomes tomorrow.

Smarter Diagnostics

From liquid biopsies that detect cancer DNA in blood to AI-enhanced imaging that helps spot tumours earlier, new tools are making cancer detection faster, less invasive, and more precise. Early detection provides doctors with a crucial advantage in tailoring treatments and improving survival rates.

Supportive Lifestyle Practices

Cancer care is not only about medical advances — your everyday lifestyle matters, too! Simple habits like eating well, staying active and managing stress can help your body stay strong. These lifestyle choices work hand-in-hand with your care plan to support better outcomes.

Receiving a cancer diagnosis is life-altering, but knowledge and resilience can shape the journey ahead. That's where CWC's cancer-focused initiatives make a difference. On May 24th, 2025, CWC hosted an onsite clinic titled "Navigating the Cancer Maze: Post-Diagnosis Tips & Perspectives", featuring a panel of experts including an oncologist and a physician specializing in nutrition and lifestyle care. This event offered valuable insights into navigating treatment options, managing emotional responses, and fostering mental well-being. The panel also discussed practical strategies for stress management and self-care while embracing hope, small victories, and a proactive approach to healing.

During the **Q&A** session, our expert panel — **Dr. Jincy Clement** (Oncologist), and **Dr. Padma Srinivasan** (Physician) — shared some valuable insights:

Question: What are the Do's and Don'ts after a cancer diagnosis?

Dr. Jincy Clement: I always advise my patients to get a second opinion. Another thing, I always encourage my patients to keep a journal, you're gonna forget what happened. So having a timeline written down is very important. The don'ts, of course, don't panic. Don't rush into treatment in addition to the cancer chemotherapy. Don't start taking anything unless you talk to your doctor, because you might not know what medication can cause, what side effects.

Question: Why is exercising crucial during Cancer treatment?

Dr. Padma Srinivasan: You need to have your stamina because you need to go through, maybe surgery, chemotherapy. Exercise promotes immunity, causes release of natural killer cells and other T cells in the marrow that go and attack the cancer. So exercise does many things.




Question: Please share some examples of dietary practices for cancer prevention.

Dr. Padma Srinivasan: The American Institute of Cancer Research (AICR) says, the best diet for cancer prevention is plant-based. Plant-based foods give you polyphenols, plant-based foods give you fibre. You'll never get there eating anything else.

The Power of Community: CWC

Cancer Warriors, Caregivers, Health Heroes, and the Community come together with guidance, clarity, and courage. The platform offers a safe space to talk, learn, and grow. Community members become a part of the conversation and help to strengthen, support, and inspire one other.

We are pleased to share that CWC's Cancer Health Clinic 'Navigating the Cancer Maze: Post-Diagnosis Tips & Perspectives', took place successfully on May 24, 2025. If you missed it, please email at events@mycwc.org for free access to the full event video.



Enquiries: info@mycwc.org

CRACK THE WELLNESS CODE, Cupertino, CA, 95014, USA

Visit CWC Website | Download CWC Khushi App

You are receiving this email as a registrant of our recent session or any of our past sessions or as a Wellness Champion.