



LAUGHTER IS THE BEST MEDICINE

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Have you laughed lately?

If not, get out of your serious self and loosen up.

Laughter is a powerful tool for combating stress and conflict. It can dissipate anger, sadness and other negative emotions. In addition to making you feel good, laughter can improve your health and make your relationships with others closer and stronger. There are a wide variety of benefits to be gained by making daily laughter a priority.

Many studies have shown that laughter can boost your energy level and reduce stress. These are just a few of the ways that laughter can improve your health:

- Laughter is relaxing. A good session of laughing can relieve muscle tension and make you feel more relaxed. This in turn can calm you and bring a general sense of well being.
- Laughter can boost your immune system. Infection-fighting antibodies are released when you laugh. Stress hormones are decreased as laughter reduces stress.
- Laughter can reduce chronic pain. Medical studies have shown that 10 minutes of laughter can diminish chronic pain for up to 2 hours.
- Laughter can improve your creativity. You can face challenges with more perspective with a good sense of humor. This leads to more creative problem solving.

The physical benefits of laughter can lead to an improved outlook on life.

Laughter can bring optimism and a more positive attitude. It can also bring resiliency that will help you bounce back from disappointments and survive tough times. Laughter will leave you feeling energized and renewed, ready to face life's daily stresses without being overwhelmed.

Laughter is a contagious social activity.

When people are in a group and they hear someone laughing, they often join in spontaneously. Laughing with other people helps us to make a connection with them, opening the door to communication and creating a bond. When two people in a relationship share a common sense of humor, it can reduce stress between them and defuse conflict. By introducing more humor and playfulness into your relationships, you can strengthen them and make them more satisfying.

How can laughter help a relationship?

People who incorporate humor and playfulness into their relationships are able to drop some of their inhibitions and defensiveness. This allows them to enjoy more spontaneity and a deeper emotional connection. When laughter and humor are used to defuse conflict, negative emotions like resentment and anger don't get

a chance to build up. In fact, laughter and a shared sense of humor are nothing less than essential for strong and healthy relationships.

Children laugh hundreds of times per day, but as adults we can sometimes go through an entire day without sharing a heartfelt laugh. Maybe you've started taking life very seriously as you've gotten older, or maybe anxiety and stress have taken their toll on your ability to appreciate humor. Or maybe you grew up in a household where humor and laughter weren't encouraged. This doesn't mean that you can't start now and learn how to make laughter an important part of your life.

Like all of life's most important skills, humor can be learned and rediscovered. I'm not suggesting that you start to act like a child again, but you can learn something about laughter and humor by setting aside time to develop your playful side.



"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not."

~ Mark Twain



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5 TIPS for MEN'S SKIN CARE

CLEANSE

If you do nothing else, cleansing is the single most important thing you can do for your face. It should be the basis of your skin care regimen, but that doesn't mean reaching for a simple bar of soap (which can overcompensate and leave your skin dryer than a desert). Men's skin typically has large pores and very active sebaceous glands. While these glands are critical for keeping the skin naturally moist, they can often produce too much sebum, leaving your skin feeling greasier than an oil slick. Neglecting to wash away the excess oil and dirt can clog pores, which leaves the skin prone to breakouts. A basic gel works just fine, but not all facial cleansers are created equal. Look for one that is strong enough to cut through the grease and yet gentle and affordable enough to be used at least once a day.

EXFOLIATE

Sometimes cleaning the skin with a simple face wash just isn't enough. A cleanser washes away oil and dirt on the surface, but what about all that nasty stuff deep down in your pores? Even religious use of a face wash will still leave the most men's skin feeling like a bumpy mess. That's where exfoliation should make an appearance in your skin routine (just two to three times a week). It helps dislodge debris that normal washing can't touch. A good scrub should have granules to help smooth the skin and eliminate the dullness that results from normal pore clogging and dirt build-up. Exfoliation also softens hair follicles for a closer, less-irritating shave and allows the skin to better absorb moisturizers.

MOISTURISE

Skin care for most men starts and stops with a basic bar of soap or cleanser. But washing is the absolute least you can do to prevent your face from turning into a big blackhead. Even if you happen to live in a sauna, skin can get dry after showering and, over time, that godforsaken process known as aging makes it lose elasticity. Add all that to the horror of placing a sharp blade next to your face everyday to appease rigid HR standards for clean-cut wholesomeness, and you have a recipe for irritated skin that's parched and taut. Showering and shaving open up pores and allow precious water to escape, but a light moisturizer can fix everything. It replen-

ishes the skin's moisture content and prevents razor burn. A moisturizer with SPF will also provide a critical shield against the sun. Harsh UVB rays cause the skin to burn, but it's the UVA rays that lead to long-term damage like deep lines and skin cancer. A moisturizer with multispectrum defense takes care of it all.

PROTECT YOUR EYES

There is one place on the face that men almost never touch: the eyes. But the skin around the eyes is the only area that actually deserves special attention, because men don't age the same way that women do. Instead of a slow progression of fine lines and wrinkles, men's aging occurs in quantum leaps, and one of the first visible signs of aging comes from the skin around the eyes. The soft, thin layer of skin that surrounds the eye is especially prone to developing creases and crinkles long before other parts of the body begin to show their age. All of this can be prevented with regular use of an eye cream. It smooths and protects the skin, but requires serious commitment and proper usage. Applying eye cream once in a blue moon does nothing, and against all common sense, it shouldn't be put on the soft skin underneath the eye. Instead, eye cream needs to be dabbed gently on the edge of the bone around the eye to maximize effectiveness and prevent irritation. It will slowly absorb and spread to the fragile areas that need it most.

PROTECT YOUR LIPS

A close second in fickleness to the skin around the eyes are the lips. The skin here is incredibly thin and prone to severe dryness, cracking, bleeding, and burning from exposure to the elements. That's because the lips lack both oil glands to keep them naturally moist and melanin to provide protection against harmful UV rays. A little dryness and flaking every now and then sounds like no big deal, but over time the combination of sun exposure, stress and a small cut can lead to nasty cold sores. Herpes simplex, anyone? Forget first base. You can't even leave the dugout with contagious crap like that on your face. Regular application of lip balm with a hint of SPF once a day can help you avoid a life of being benched.

DID YOU KNOW?

- Peanuts contain over 25% protein and are rich in heart-healthy monounsaturated fat, making them a perfect snack.
- Whey protein is actually a by-product of the cheese-making process, so the taste can vary slightly from batch to batch, depending on what type of cheese is being processed.
- Direct exposure to sunlight increases the vitamin C content in fruit. Therefore, fruit exposed to more sunlight at the growing stage will have a higher vitamin C level than fruit exposed to less sunlight.
- Dark chocolate possesses antioxidant properties not found in the more popular milk chocolate or white chocolate.



“cleansing is the single most important thing you can do for your face...”



OUR SERVICES

SECOND MEDICAL OPINION

We provide a second medical opinion service from independent consultants on our empanelled list of qualified doctors. They provide an unbiased opinion of your current medical condition with treatments that are required to cure the illness. We request you to raise a query with us & upload/ attach your current medical diagnosis for us to get back to you with an opinion & the treatment required. Further, if the patient seeking opinion opts to go for a treatment in our network hospitals, other details can be provided.

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ELECTRONIC MEDICAL RECORD MANAGEMENT

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1. Unlimited Medical Record Storage of all types whether it be prescriptions, discharge summaries, digital scan images, imaging reports, or any pathological investigation report.
2. Digitization of Medical Records. The system picks out data from your scanned medical records & digitizes it so as to process your raw information to give you useful information.
3. Customized Reporting. All the reports submitted by users are processed & a summary/detailed report is generated as per the user's needs.
4. Intelligent Alerts. Once you upload the data, the system processes it using our algorithms & generates alerts, reminders, warnings, etc to assist your healthcare needs through a very user friendly interface. For example, the CareAsia EMRM system immediately updates your records to show the reports that are out of bounds & what are the parameters that are off limits or it could update the user about a lab report that might be very old & would recommend a retest for the same

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**Do write to us with
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