

Nutrition Newsletter



KASIGA SCHOOL
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Nutrition Guidelines for Autumn Season

1. **Avoid cold, raw and dry foods as they tend to bring about imbalances in the body**

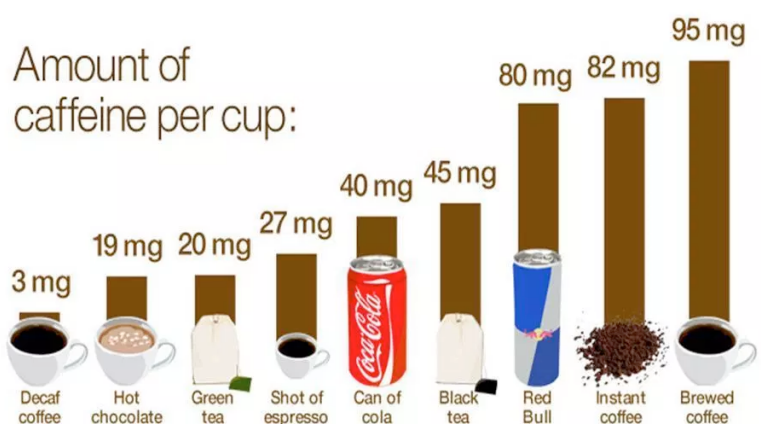
2. **Include grains like oats, basmati rice, whole wheat, moong dal khichdi and steamed vegetables. Salads are not recommended at night. Mushy, soft soups and stews are good with one teaspoon ghee.**

3. **Don't drink black tea or coffee. Try some herbal tea, such as cumin-coriander-fennel tea (equal proportions), or ginger-cinnamon-clove tea.**

4. **Drinking a cup of warm milk at bedtime is good in the autumn season. It induces sound, natural sleep.**

5. **Practice basic yoga postures every morning. The best asanas for this season include the Lotus pose, Forward Bend, Backward Bend, Vajrasana (Sitting on the Heels), Spinal Twist, Camel pose and Cobra pose.**

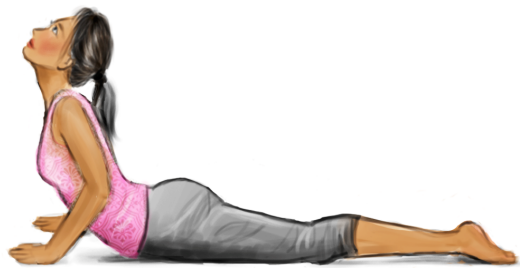
Caffeine: Alertness Enhancer or Psychoactive Drug?



Coffee is the most popular beverage after water and is consumed worldwide in daily amounts of approximately 1.6 billion cups. From morning coffee to evening tea, there is an undoubtedly high presence of caffeine in our daily routine. Not only is it commonly found in tea, coffee and aerated drinks, it is also added to chocolates, gums and a number of other substances in the market to increase alertness and provide a temporary energy boost.

According to the Food and Drug Administration (FDA) in the US, caffeine is considered a drug and an additive. It further recommends no more than 400 milligrams of caffeine consumption per day for an adult which on average equals to 4 cups of coffee or tea. Consumption of even 100 mg caffeine can lead to its dependency. Teenagers should limit it to less than 100 mg (1 cup coffee/tea). Around the world, millions of people use caffeine to increase concentration, reduce fatigue and enhance alertness and physical performance.

Exercise of the month : Bhujangasana (Cobra Pose)



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- Lie down on the stomach.
- Place the palms on the floor fingers pointing forward, under the shoulders and elbows close to the torso.
- Take a deep breath and lift the chest off the floor and support the upper body with the arms till the body rests on the pelvic bone.
- Tilt the head upwards and hold the asana for about 15 to 30 seconds while breathing normally.
- Exhale and bring the head forward , lower the chest and rest the forehead on the floor. Relax.

Benefits:

- It is a deep backbend that makes the spine stronger and more flexible.
- It also tones the organs that lie in the lower abdomen.
- It helps regulate metabolism, thus balancing the weight.
- It gives the lungs, shoulders, chest and abdomen a good stretch.
- It relieves sciatica and asthma.

*Avoid during pregnancy and hernia

Once a person consumes a caffeinated beverage, caffeine enters our blood and quickly reaches our brain. It then blocks adenosine receptors in our brain, stimulates our central nervous system and prevents our body from slowing down. Adenosine is a substance present in our brains which make us sluggish and eventually causes sleepiness. Since adenosine and caffeine have similar structures, caffeine easily tricks our brains and doesn't allow adenosine to slow down the neurons in our body. Instead, caffeine triggers the release of adrenaline, the fight or flight hormone in our bodies and therefore, these neurons start working actively and give us the much-needed energy boosts.

While people see the benefits of caffeine, they often overlook the side-effects of it. Regular caffeine consumption causes anxiety, nervousness and jitters. Additionally, its intake leads to muscle tremors, insomnia, migraines amongst a range of the other lethal consequences. If caffeine is consumed in high dosages for prolonged periods, our brain develops new adenosine receptors. Subsequently, even the presence of caffeine in our body doesn't prevent the adenosine molecules from signalling our brain to sleep. This is why the need to consume coffee increases with time. Sudden withdrawal of caffeine also causes sleepiness and depression but these last only for a short time after which, extra adenosine receptors disappear bringing our body back to the normal condition. So if you want to cut out the unpleasant effects of caffeine withdrawal, it is best to do it gradually rather than doing it abruptly. So keep in mind that while moderate amounts of caffeine consumption doesn't pose any harm, it is important for you to understand when to curtail your intake of caffeine.

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