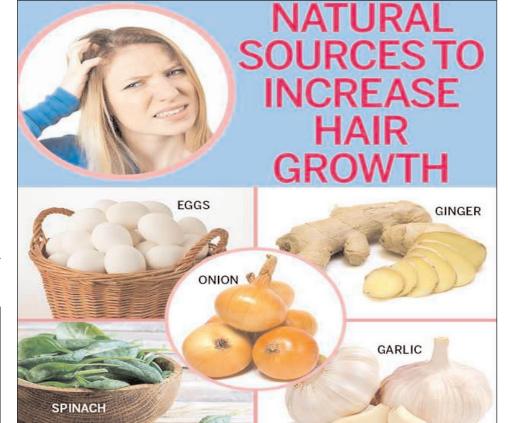
How To Increase Hair Growth? Foods For Healthy Growth

There is no denying that all women desire healthy, luscious locks, but our rigorous schedules don't allow us to pamper them as often as they deserve. Now, the obvious question is, how does one go about ensuring healthy hair growth, without having to compromise on the fastpaced routine? Fret not, below, we have listed various ways which tell you how to increase hair growth using humble ingre-

Eggs- Eggs are a great source of protein and biotin, which strengthen hair, and accelerate its growth. Biotin is vital for the production of a hair protein called keratin, which is why biotin supplements are often prescribed to patients suffering from hair loss as well.

Spinach- This vegetable is loaded with folate, iron, and vitamins A and C, all of which are key to promote hair growth and overall health. A cup (30 grams) of spinach





provides 50 per cent of your daily vitamin

Fatty Fish- Salmon, herring and mackerel are rich in phosphorus and zinc (excellent sources of omega-3 fatty acids),

Avocados - Avocados are a great example of healthy fats, and an excellent source of vitamin E, known to aid hair growth. Reports suggest that one medium avocado has about 200 grams and provides around 21 per cent of your daily vitamin E require-

Seeds- Seeds have natural oils, which help the scalp maintain the right Ph level. 28 grams of sunflower seeds provides nearly 50 per cent of your daily vitamin E needs. Flax seeds and chia seeds too should be included in the diet.

Berries- Berries are loaded with beneficial compounds and vitamins including Vitamin Ĉ that accelerate hair growth. Vitamin C has strong antioxidant properties, which protect hair follicles against damage from harmful molecules called free radicals.

Onion Juice- Onions are rich in sulphur, the element found within amino acids, which are components of protein. Keratin, a form of a protein is needed for strong hair. When applied to the scalp, onion juice provides extra sulphur, thus supporting hair growth. Sulphur also promotes collagen production, which boosts the production of healthy skin cells. Reports also suggest that onion juice could increase blood supply to hair follicles.

You can also use onion juice with a variety of ingredients to further nourish your hair. For instance, mix a quarter cup of onion juice and a tbsp. of honey. Apply this to the hair roots and wash with a mild shampoo after 30 minutes. Another option is to use onion juice with curry leaves. For this, blend curry leaves until you get a paste-like consistency. Add two tbsp. of onion juice and stir until the two combine well. Apply this hair mask, and wash off with mild shampoo after an hour.

Aloe Vera Gel- This green-cactus-looking plant that is found in most gardens at home has multiple benefits for skin, hair and weight loss.

Aloe vera contains proteolytic enzymes that help repair dead skin cells on the scalp. It also acts as a great conditioner and leaves hair smooth and shiny. Diane Gage, author of Aloe Vera: Nature's Soothing Healer says, "Keratin, the primary protein of hair, consists of amino acids, oxygen, carbon, and small amounts of hydrogen, nitrogen, and sulphur. Aloe vera has a chemical makeup similar to that of keratin and it rejuvenates the hair with its own nutrients, giving it more elasticity and preventing breakage.'

Green Tea- Who knew that a humble ingredient could be all you need for great hair? Green tea contains antioxidants that



have proved to stimulate hair follicles. You simply need to soak 2-3 green tea bags in 2 cups of hot water for 7-8 minutes. Then, apply these bags on the scalp, and leave it for an hour. Rinse with cold water.

Ginger- Ginger can help increase Hair Growth., Ginger is known to increase blood circulation in the scalp. Ginger also contains the antioxidant gingerol, which helps fight free radicals. These radicals can damage hair cells, and cause hair thinning and hair loss.

Too Lazy To Exercise? Here Are Ways To Overcome

If you are one of those who say I'll start tomorrow, promise! Then we know and you know it too that it's never going to happen! The mere idea of exercise can be dreadful and you tend to avoid it altogether. However, you need to overcome laziness and create a positive attitude towards exercising. Trust us, we are not pushing you to directly start doing push-ups. We know it's hard. And we are here to help you out! Here are some strategies to help you get out of bed every morning and make exercise a better experience

Identify Your Why- Why do you want to exercise? Whether it's improving your health, boosting your mood, or achieving specific fitness goals, having a clear and compelling why can serve as powerful motivation. Write down your reasons and revisit them whenever you feel tempted to skip a workout.

One Step At A Time- Instead of overwhelming yourself with intense workouts, begin with small, manageable activities. Whether it's a short walk, a brief home workout, or a quick yoga session, taking small steps allows you to build a positive association with exercise without feeling burdened.

Find What You Like- Exercise doesn't have to mean gruelling sessions at the gym. Discover activities that



you genuinely enjoy. Whether it's dancing, hiking, swimming, or playing a sport, incorporating activities you love into your routine can make the entire process more enjoyable.

Create a Routine-TBH, it can't be like one of your New Year's resolutions. You cannot just have a great

start, you need to keep it consistent. Establishing a regular exercise routine helps turn physical activity into a habit. Schedule specific times for workouts, making them a non-negotiable part of your day. Over time, your body and mind will adapt to this routine, making it easier to overcome laziness and prioritise

Workout with a Friend- Everything is better with friends, isn't it? Enlist the support of your buddies. If they are a workout freak, nothing better than that! Knowing that someone is counting on you can be a powerful motivator to get moving, even on days when

Set Realistic Goals- Don't expect too much! If you are aiming for 50 reps of pushups for a start, it's not how you go about it. Establish achievable and realistic fitness goals. Whether completing a certain number of workouts per week, reaching a specific step count, or gradually improving your endurance, you need to set attainable goals. They'll allow you to track your progress and celebrate your achievements.

Change Your Perspective- Shift your mindset about exercise from being a chore to being a form of self-care. Recognize the positive impact that physical activity can have on your mental and physical well-



being. Instead of focusing on the effort required, concentrate on the benefits you'll gain.

Reward Yourself- Treat yourself after completing a workout. And by that, we do not mean a cheat meal but a healthy snack, a relaxing bath, or some time with your favourite book or movie. Even a cheat meal will do once in a while if you are consistent enough! Having a reward waiting at the end can make the effort feel more worthwhile.

Things to Consider When **Adopting A Senior Pet**



Adopting a pet is a significant decision that brings joy and companionship into your life. While many people gravitate towards adopting puppies and kittens, there is an often-overlooked population of animals in shelters: senior pets. Senior pets, typically defined as those over the age of seven, have a lot of love to give and make wonderful companions for individuals and

families alike. "While adopting a furry friend of a certain age, there are some specific considerations and some responsibilities which one should be aware," suggests Sushen Roy, Business Head, Zigly who share key pointers to consider before you head down to your nearby local shelter for a smooth transition for both you and your senior companion:

Lifestyle Compatibility

While considering a senior pet in your life, it is important to change a bit of your lifestyle and align with the needs of an older animal. Some senior animals typically require less exercise and prefer a calm and peaceful environment. If you lead a busy life or a hectic schedule, a senior pet might be a preferred option for you as they generally require less attention compared to

Veterinary Care

Senior pets often have some pre-medical condition that requires attention and additional expenses. Before adopting them, it is also necessary to familiarize yourself with health issues that commonly affect older pets. Often particular breeds have hereditary health issues. Consider the cost of regular check-ups and specialized diets. Also, they often require more medical care than younger ones, thus providing proper healthcare can improve their quality of life.

Training With Patience

Comparatively senior pets usually come with some training but still require a certain period to adjust to their new environment. They also require some gentle training to learn household or in overcoming behavioural issues. Older pets can learn new routines faster and become cherished members of the family

Emotional Fulfilment

Senior pets can melt your heart! They've got years of love and loyalty waiting to be showered on you. Unlike the youngsters, they often appreciate a good cuddle and become true companions.

Golden Years Care

No one likes to think about saying goodbye but planning for your senior pet's golden years can bring peace of mind. If you're adopting a senior pet with some persistent health issue, talk with your vet for pain management or in-home care, which can help your furry friend stay comfortable for as long as possible. This way, when the time comes, you'll be prepared to make the kindest decisions for your

By considering these factors, you can make an informed decision about adopting a senior pet and ensure a happy and fulfilling life for both of you.

Why Ovarian Cancer Is Detected So Late?



Ovarian cancer is the third most common gynaecological cancer worldwide after cervical and endometrial cancer. About 20,000 women per year are newly diagnosed with ovarian cancer worldwide, and about 12,000 women every year die due to ovarian cancer worldwide making it the most common killer of gynaecological cancer. This brings us to the question why ovarian cancer is such a dreaded disease? Is it incurable? Actually, no. In very early stages ovarian cancers are 100% curable, but seldom a patient presents in such early stages.

Ovarian cancers are of two types: one arising from covering over the ovary and others from the ovary itself. The one arising from covering is called Ovarian epithelial cancer, it's commonly seen after 60 years of age and is more common, but in those having genetic mutations it may occur at an earlier age. Epithelial cancer spreads along the walls of the abdomen called peritoneum, thus to cure this the whole wall needs to be scrapped which is technically difficult and even in expert hands is never 100% assured. If a patient comes for treatment before the cancer has encroached upon the walls of abdomen, chances of cure is high as treatment required is removal of the ovaries. But in such early stages, patients are completely asymptomatic.

Common ovarian cancer symptoms or complaints include abdominal fullness brought on by water retention or a mass that is felt in the lower part of the abdomen. The tumour may also be compressing the rectum, where stools are stored, causing constipation, as well as the urinary bladder, causing urinary urgency. These symptoms could be a sign of an advanced illness. Rarely is an ovarian mass unintentionally discovered in a woman receiving an imaging test like an ultrasound or CT scan for any unrelated reason. Ovarian cancer this tiny can be entirely cured. But

unfortunately, it's a rare occurrence.

Overall 5 years survival in ovarian cancer is 45%, i.e, out of 100 women treated for ovarian cancer only 45 remain alive at the end of 5 years despite best treatment. In contrast, for early stage ovarian cancers, 5 Years survival rate is 75%. Coming to the question why patients present at a late stage? Firstly, patients are not detected at early stage as in early stage this cancer is silent and by the time it becomes symptomatic the disease has reached to advanced stages. Secondly, due to the absence of an effective screening program for early detection of ovarian cancer.

It was initially proposed to screen for ovarian cancer using routine ultrasound (abdominal and transvaginal) and a blood test called CA-125. But later this recommendation was withdrawn by US-FDA (Food & Drug Administration) as ultrasound is an operator dependent investigation, where a good radiologist may give very meticulous reports while an inexperienced one missing the diseases and alarming physiological variations of ovary. It is common in young women to have fluid filled cysts in the ovary during various phases of the menstrual cycle, thus routine use of ultrasound for screening led to a high number of false positive reports. Similarly, the blood test CA-125 can be raised in many non-cancerous conditions like infections, pregnancy etc., and may not rise in some variants of cancer like mucinous epithelial cancers. Thus, routine screening of the normal population is no longer recommended, however high-risk populations like those who have first degree relatives (mother or siblings)/second degree relatives (aunt or grandmother) with history of ovarian cancer. Usually these people have a genetic mutation like BRCA or mismatch repair gene defect.

For ovarian cancer prevention, oral contraceptive pills are one of known medical therapies. Among surgical therapy, risk-reducing surgery, i.e., removal of both tubes along with removal of fallopian tubes are done once childbearing is complete. Currently all risk reducing manoeuvres are recommended for high risk populations like those carrying genetic mutations associated with ovarian can-

So, in absence of effective screening methods and less morbid risk reducing interventions for general populations rely only on presenting to oncologists on getting symptoms, by that time it may have reached an advanced stage thus making chances of cure slim. Although still treatment with modern surgical techniques and chemotherapies can very well treat these patients.

Currently a new method of chemotherapy delivery called HIPEC (Hyperthermic Intra peritoneal Chemotherapy) has revolutionised ovarian cancer treatment, where chemotherapy is instilled in the abdomen soon after