

Health Benefits Of Drinking Aloe Vera Juice



This humble plant found in every household is packed with goodness. It not only works wonders for your skin and hair, but its juice is also loaded with benefits which help promote good health. We list a few reasons why aloe vera juice is a must in your routine.

Maintains pH Balance
The natural state of the human body is

alkaline. However, sometimes, owing to several factors like the food we eat to the lifestyle we lead, the pH balance in the body is disrupted and it tends from alkaline to acidic state. Bad bacteria tend to thrive in an acidic environment leading to a number of illnesses. This is where aloe vera juice comes in. It not only helps balance the pH levels but also eliminates

acidity in the body.

Hydration
The juice is rich in vitamins, enzymes, minerals, and nutrients and helps keep the body hydrated. This, in turn, helps the body detox by flushing out impurities. In addition, the juice optimises the body's organ output and keeps the liver and kidneys functioning properly.

Liver Function
A sluggish liver can lead to constipation which can eventually result in a host of issues including bloating, gas, pain and bad breath. Aloe vera juice is rich in phytonutrients and provides the body with adequate hydration and nourishment. This helps the liver to function at its optimum.

Say No To Constipation
Reports suggest that the juice can have a soothing effect on the intestines. In fact, the liquid with aloe latex—which contains anthraquinones or natural laxatives—aid the process. It is said that the high water content in the juice increases the amount of water in your intestines. When that happens, it clears your bowel movements.

Nutrition All The Way
The juice is packed with vitamins and minerals like Vitamins B, C, E, and folic



acid and also small amounts of calcium, copper, chromium, sodium, selenium, magnesium, potassium, manganese and zinc. Vitamin B helps maintain brain health, Vitamin C keeps the immune system and also lowers the risks of cardiovascular diseases, Vitamin E guards the body against cancer while folic acid reduces the risk of heart disease and stroke.

Relieves Heartburn
"Those with heartburn can benefit from aloe vera juice due to its alkaline properties. It can help neutralise the acid in the stomach," dietitian Melissa Rifkin, RD, told a portal. The compounds present in aloe vera juice help control the secretion of acid

in your stomach. It also helps in combatting gastric ulcers and keeps them from getting larger.

Helps Digestion
If you are someone who suffers from acid reflux and irritable bowel syndrome, aloe vera juice might be the solution for you. The digestive system must work properly for the body to be able to absorb nutrients from the food. Aloe vera comprises enzymes that help break down sugars and fats, and keep the digestive system running smoothly.

Aids Weight Loss
Reports suggest that aloe vera's anti-inflammatory properties have a positive impact on the gastrointestinal system thus promoting metabolism. A higher metabolism means that you will be able to burn calories faster. The Vitamin B present in the juice/plant prevents fat build-up and curbs appetite. Furthermore, as mentioned above, the juice helps improve digestion and a healthy stomach, free of toxins is necessary for maintaining an ideal weight. Here's how you can make your own aloe vera juice.

Boosts Immunity
Aloe vera juice is a good source of antioxidants that help cut out free radicals from the body. It also helps cleanse the liver, kidneys, bladder and spleen and boosts your immunity. A strong immune system means you can fight diseases and weather fluctuations more effectively.

Provides Energy
In current times, everyone leads a hectic lifestyle which leads to exhaustion. Including aloe vera juice in your diet will in muscle development and also fulfil protein requirements to an extent. One glass of juice diluted with water will boost your energy levels and get you through the day.

Is It Narcissistic Abuse? Telltale Signs You Shouldn't Ignore



Ever felt like you're in a one-sided relationship where everything revolves around the other person? Welcome to the world of narcissistic abuse. But fear not, dear reader, for you're not alone in this bewildering theatre of manipulation and deceit. Navigating a relationship with someone exhibiting narcissistic tendencies or traits of

narcissistic personality disorder can be immensely challenging and emotionally draining. It's worth noting that some individuals may exhibit these behaviours unknowingly. Before jumping to conclusions, open communication is key. However, it's essential to be vigilant for these eight common signs indicating you may be experiencing narcissis-

tic abuse:

Gaslighting: It is a form of manipulation where someone tries to make another person doubt their own thoughts, feelings, or perceptions. For example, imagine a situation where someone constantly tells you that something you remember happening never actually occurred. Over time, you might start to question your memory and wonder if you're mistaken, even though you originally felt sure about what happened.

Projection: It is a defence mechanism where they attribute their own undesirable thoughts, feelings, or motives onto another person. For example, a person who is dishonest may accuse others of being untrustworthy. This helps them to avoid facing their own flaws by projecting them onto someone else.

Lack Of Empathy: They show little empathy or understanding of your emotions, often dismissing them.

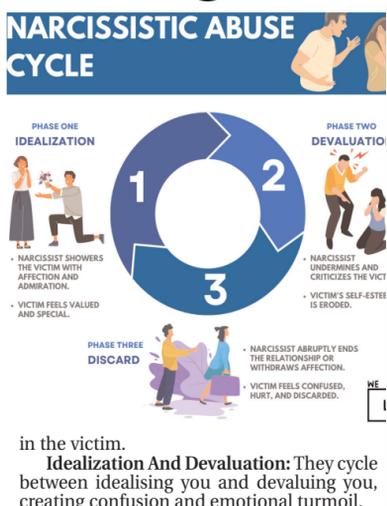
Emotional Manipulation: This happens when someone uses deceptive or sneaky tactics to control or influence another person's feelings or behaviour. This can include

things like guilt-tripping, gaslighting, or playing mind games. The goal is often to make the other person feel confused, guilty, or obligated to do what the manipulator wants.

Constant Criticism: They criticise you constantly, often using insults and belittling language.

Control And Domination: This refers to the exertion of power over another person or group, often in a way that limits their freedom or autonomy. This can manifest in various forms, such as imposing one's will, making decisions without considering others' input, or using intimidation tactics to maintain authority. In relationships, control and domination can be harmful, leading to feelings of powerlessness and low self-esteem in the person being controlled.

Isolation: They isolate you from friends and family, making you dependent on them for validation and support. This can make the victim more dependent on the abuser and less likely to seek help or leave the abusive situation. Isolation can contribute to feelings of loneliness, helplessness, and fear



'Let's learn to communicate'



Whether it is in listening to the rhythm of the falling rain, feeling the cool of a winter breeze, watching the snowflakes fall and glisten on the trees, or in witnessing the grain sprout, all the time we are experiencing god who speaks to us through every experience and event in our lives. All our sensory experiences find their origin in him. Why then do we find it so hard to communicate with him?

God is only a breath, a simple prayer or hello away. Yet, we struggle as if communication with him is an onerous task. We have strong expectations of such a god. We make a list of demands and requests that we expect him to accede to. When that does not happen, we are disappointed and unhappy.

Even if god does not give us everything we want, he is speaking to us at every moment through the day-to-day experiences and the events that punctuate our lives. He answers prayers in his own way and in his time.

Daily events may pose new challenges to us. To some, especially the old, it may be loss of mobility or an increasing disorientation from reality. To the young, it may mean a daily struggle with finances, the inability to land a steady job, a sudden accident that may be disempowering. And now we have the new pandemic that is sweeping across the world in the form of COVID-19. These daily challenges make us wonder if god exists.

In such situations, we begin to pray in a different way. All our prayers may not be answered and god may not speak to us in spectacular

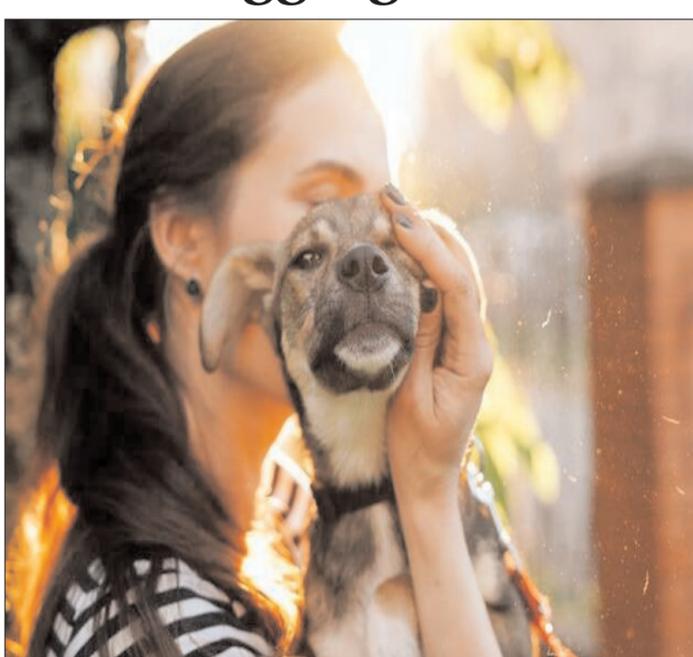
ways. But, if only we listen, we find that he has opened up new channels of communication, such as genuine intense prayer, more effective action and a positive attitude, which bring us both strength and peace of mind, less anxiety and better health.

We hear him, we listen to him, when we are able to accept daily realities that may be painful to experience and see his presence even in the worst of circumstances. To find meaning in circumstances that test us — as the present pandemic is doing — is to open a fresh channel of grace that god reserves and pours upon the unfortunate and the afflicted. Maybe, we do not listen to him because we are too busy and do not take the time to listen.

If we are too caught up with ourselves, we may ignore the still, small voice. We may expect him to reveal himself in dramatic ways but that is often not the case. It is even more difficult for us to experience God in big tragedies that strike our lives. But, he has a message for us even in tragedies. Some call this surrendering to the will of god in our daily lives. Surrender may sound passive and defeatist but really it is a quiet acceptance of reality while keeping hope and optimism alive.

Some listen to god in the beauty of nature, others by meditating and focussing on him. Most are able to experience his closeness in the daily happenings of their lives. If we really listen, we will find that god is present and gives meaning and hope to each and every circumstance of our lives.

How To Keep Our Community Pets' Tails Wagging And Their Hearts Full



Have you ever come across dogs and cats that live on the streets, yet exude friendliness and warmth? They coexist harmoniously, finding happiness and contentment in one daily meal and a few belly rubs and pats. These endearing creatures, whether cats or dogs, bring a sense of joy and togetherness.

You don't need to be a pet parent to brighten the lives of these strays. It simply requires a bit of love and time that you can invest in caring for your community pets.

Dr Shivangi Product Executive Manager, Drools suggest following

ways to care for these animals that are homeless:

Fresh Water, Always: Just like us, our four-legged friends need a constant supply of fresh water. Make sure you leave out a bowl that's easily accessible and refill it regularly.

Wholesome Food Choices: Treat your community pets to nutritious food that suits their dietary needs. While sharing your leftovers might seem tempting, it's best to stick to pet-approved meals to ensure their health and safety.

Tasty Treats: Who doesn't love a treat now and then? Consider offering occasional pet-friendly

snacks like small bits of cooked meat or specially formulated treats. But remember, moderation is key!

Shelter And Safety: If your community has outdoor pets, providing a little shelter can go a long way. A makeshift doghouse or a cozy nook for cats can protect them from harsh weather.

Spread The Love: Community pets thrive on human interaction. Spend a few minutes petting, playing, or just talking to them. Your attention can make a world of difference in their day.

Health Matters: Keep an eye out for signs of illness or distress. If you notice any unusual behavior or visible health issues, it might be time to reach out to a local animal shelter or vet for assistance.

Steer Clear Of Harmful Foods: While sharing is caring, not all human food is safe for pets. Say no to chocolate, onions, grapes, and anything that might harm their tummy.

Tidbits For Felines: If you're catering to community cats, remember that they're more independent. Offering dry cat food can be a convenient option, but wet food can be a tasty treat on special occasions.

Pup-Friendly Picks: Dogs are generally more social, so they might appreciate a mixture of dry kibble and some cooked meat or vegetables. Just ensure that what you're sharing is dog friendly.

Blanket Of Kindness: Ultimately, your care and consideration mean the world to these community pets. Your warmth, both in companionship and cuisine, can create a better world for them and a stronger sense of unity within the community.