

## **HEALTHCARE CONSCIOUSNESS WITH SUPERFOODS Eat Every Day O. S. Verma**

Food eaten should have atleast one of the six Tastes: Sweet, Sour, Salty, Bitter, Pungent, and Astringent. Right kind of foods promote purity, detox the body, and rejuvenate it leading to overall increase immunity, physical & mental health, and digestion. In order accomplish these properties, Ashmita Nayar (2018) says that we should eat 7 superfoods every day. These are: Ginger, Ashwagandha Root, Amla, Turmeric, Ghee, Tulsi, and Brahmi. Similarly, Mensxp.com (2018) reported that we must also include 7 foods in our daily meals that burn fat and torch the calories. These are: Eggs, Fish, Green Tea, Oatmeal, Dairy Products, Berries, and Green Vegetables. In addition, take one shot of Wheatgrass Juice best when you wake up. There are 7 benefits of this power food: (1) Boost immunity, detoxify liver, and bust fatigue, (2) Purifiers Blood: A single glass of wheat grass juice has 70 per cent Chlorophyll that purifies blood, increases count of redblood cells, removes toxins, and cancer causing Agents, (3) Gives Energy: A rich source of proteins and enzymes increase energy level. It also has Vitamin A, B, C, E, and amino acids. A small shot of wheatgrass is said to contain 300 per cent Recommended Daily Allowance (RDA), (4) Reduces Cholesterol: It lowers the bad Cholesterol levels which lead to decrease the risk of heart disease, (5) Boosts Appearance: It helps to treat several skin conditions such as rashes, itching, dry eczema, bruises, psoriasis, and lighter the blemishes. Add a glass of wheatgrass juice to your bath water to boost appearance, (6) Stimulates Thyroid: This green herb also stimulates metabolism and thyroid function, (7) keeps hunger at Bay: Due to high content of fibre, it alleviates hunger, craving for sweets, and unhealthy foods. Wheatgrass also reduces Acidity in the body. Verma (2013) added that we must live healthy the herbal-way: These plants are not only just for aroma and flavour but also for healing and medicinal properties. Therefore, bring herbs to your home to make a significant difference in your home-made dishes.

### **REFERENCES :**

1. Ashmita Nayar (2018). Superfoods You Eat Every-Day. Times of India, dated 15.10.2018.
2. Mensxp.com (2019). Seven Foods That Burn Fat. Times of India, dated 26.02.2019.
3. Verma, O. S. (2013). Healthcare Consciousness with Herbs. Journal of Extension Systems, No. 2, Vol-29 (2013), pp 85-96.



## THE RESULTS

### NEARLY HALF OF INDIANS WOULD RETURN A WALLET WITH MONEY

Global average for reporting a lost wallet and country-wise breakdown

● No money ● Money

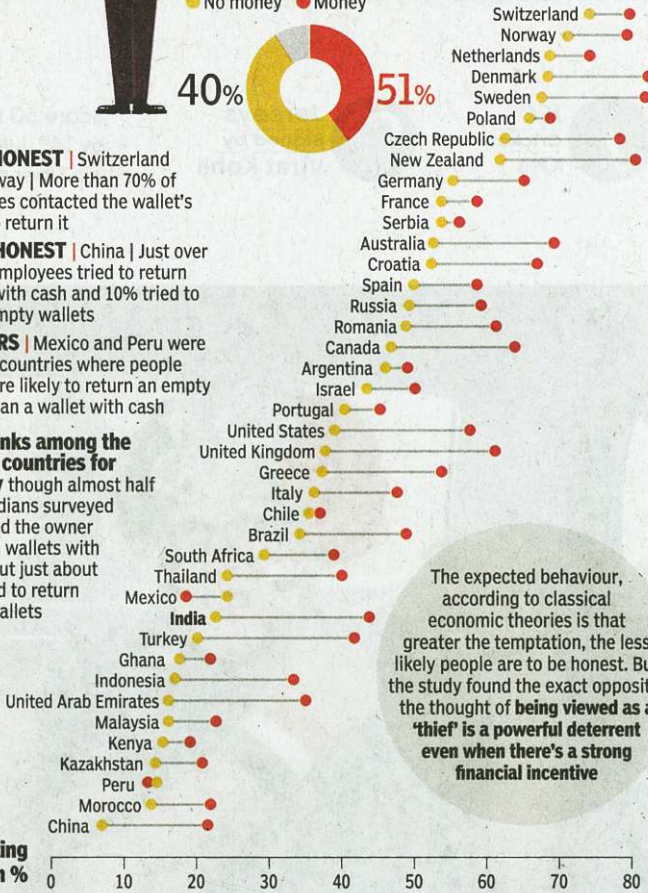


**MOST HONEST** | Switzerland and Norway | More than 70% of employees contacted the wallet's owner to return it

**LEAST HONEST** | China | Just over 20% of employees tried to return wallets with cash and 10% tried to return empty wallets

**OUTLIERS** | Mexico and Peru were the only countries where people were more likely to return an empty wallet than a wallet with cash

**India ranks among the bottom countries for honesty** though almost half of the Indians surveyed contacted the owner to return wallets with money but just about 20% tried to return empty wallets



The expected behaviour, according to classical economic theories is that greater the temptation, the less likely people are to be honest. But the study found the exact opposite: the thought of being viewed as a 'thief' is a powerful deterrent even when there's a strong financial incentive