



Summer is the warmest of the three temperate seasons, falling between winter and monsoon. The days are longest and the nights are shortest. As the hot summer sun intensifies, it's time to shed the old heavy layers of winter and spring in favor of comfort and a cool, breezy look. Summer has its beauty as well as it comes with difficult situations too.

Heat stroke: The human body absorbs more heat than it can dissipate.

Remedy: It is important to lower the temperature of the body, hence take a cold shower.

Heat Cramps: Muscle pains or spasms usually occur in the abdomen, arms or legs.

Remedy: Rest in a cool place. Drink clear juice or electrolyte-enriched drinks.

Sunburn: The ultra violet radiation burns the skin when you spend long hours under direct sun. Sunburn symptoms are patches of darkened skin peeling away.

Remedy: It is recommended to stay indoors during 10am to 4pm when the sun light is at its peak. Apply a sunscreen before you leave home.

Prickly heat: It is a result of sweat and humidity that causes bacterial infection.

Remedy: Having cold showers, wearing loose clothes, putting talcum powder after a bath, applying calamine lotion on the rashes. Apply medicated talcum powder. Keep the area dry and clean.

Foot Infection: Sweating and humidity can increase the chances of infection.

Remedy: Sprinkle anti-bacterial powders and scrub thoroughly to wash off the bacteria.

Dandruff: Is aggravated during summer heat and sweat causing hair loss.

Remedy: Keep hair clean by washing it 2 - 3 times a week and keep it dry.

Summer diet: One must eat cold foods such as watermelon, yogurt, berries and the likes. Such foods are low in calories and additionally require very little energy for digestion, eating such chilled low calorie foods feels good in the summer months, include a variety of foods in your diet. Choose Fat food carefully, drinking very chilled liquids is not advisable. Maintain good food-hygiene levels.

Clothes: Cotton, silk and other natural fabrics are best for summer. Tight-fitting clothes that cling to the body and don't allow your skin to breathe can make you miserable in intense summer heat. A looser fit allows air to circulate between the fabric and your body. Sleeveless and short sleeves are the best options for summer. Lighter colors reflect light and heat,

Footwear: Strappy sandals with fabric or leather soles are great. Darker socks breed bacteria, so white cotton socks are ideal for working out because they wick moisture and prevent heat-related rashes. A change of shoes can give the feet a much-needed break when the temperature drops or rises.

On the head: A great way to protect your hair and skin is by wearing wide-brimmed hats or carrying an umbrella.



The views expressed in this newsletter are suggestions and opinions and are not binding.

