

VITALITY OF BEVERAGES IN SUMMERS

The long days of summer bring us warm, sunny days, vacations, and loads of different fruits and vegetables. Plenty of fluids, fresh fruits and vegetables along with some simple rules can easily help you beat the heat, stay cool and fit while the temperatures soar!!

Beverages are essential to stay hydrated in the summer heat. Whether they are part of a meal or in between, a refreshing drink can help you rejuvenate just when you begin to wilt with soaring temperatures. Just like choosing your food, the choice of your drinks can make the difference between how you feel and how it affects your body's water balance.

Some herbs are known to be 'pick-me-ups', others



and electrolytes with few calories from sugar and no preservatives, chemicals and preferably organic.

Many of us are unsure as to whether it's fine to drink beverages with meals.

The truth is that there is no need to separate beverages from solid foods, rather, sip in moderation. It is not advisable to drink copious amounts of water or cold drinks along with meals as it has been shown to suppress gastric secretion and impair digestion. A plain glass of room temperature water or some green tea or



like coffee and alcohol may be dehydrating. The ideal drink is either pure drinking water or those that provide health benefits and replace minerals



soup are fine with meals-better still a squeeze of lime or lemon can enhance iron and calcium uptake from food, besides adding vitamin C.

Another eternal debate is how much one should drink? As per recommendations many would be guilty of not drinking enough. It is true that an adult body requires an average of about 2 – 2.5 litres (8-10 glasses) of fluid daily to make adequate urine and stay in balance. This includes beverages, soups, milk and daals.



Thirst may not be a reliable indicator of your fluid needs. Inadequate fluid intake could lead to dehydration. Some of its early signs are poor concentration, lethargy, fatigue and dry mouth. Chronic fluid insufficiency can lead to hyperfiltration in the kidneys leading to renal disease or stones. Severe dehydration can be dangerous with serious health consequences like nausea, vomiting, loss of consciousness and can even be fatal. Sportsmen or those exposed to high temperatures and children easily are prone to dehydration. They must ensure adequate fluid intake before and during exposure. Women following weight loss diets may need extra servings of low calorie fluids. However, those suffering from renal disease or heart failure must strictly regulate their fluid intake and thereby their beverages. While, it is vital to remain well-hydrated and hot dry days may increase needs. Summer beverages may be a good way to meet your extra needs.

Vegetable juices traditional sattuos, chaach, coconut or lime water and herbal teas are loaded with electrolytes, minerals and antioxidants which help to fight diseases. They have healing and restorative properties and make simple natural ways to enhance health and vitality. Bael and rose



sherbet, lemonade, mintade, aam panna, barley or chana sattu, zeera-hing lassi, smoothies, cocum water, thandai, litchi juice, jamun juice, cucumber and mint soup, camomile tea, are great summer coolers.

When calorie counting, go sugar free and use alternative sweeteners which taste just as good! Green tea and zeera dhania paani are specially

useful in weight loss. Boost your immunity with the green power in cabbage, spinach, lemon, coriander, lauki and garlic cocktail. These go well beyond hydration to immune boosting, detoxifying and cleansing tonics.



Types Of Pollution

Different Kinds Of Pollution

Air Pollution



A disturbance in the composition of the compounds which make up the atmosphere is called air pollution. The imbalance can occur due to the excessive emission of gases or vapors into the atmosphere, saturation of the chemical compounds or particulate matters or atmospheric chemical reactions of various reactive and non-biodegradable compounds. Few commonly seen effects of air pollution are global warming, acid rain, smog and ozone depletion. Major activities which lead to contamination of atmospheric air include motor vehicle exhausts, fertilizer plants, industrial processes, automobile manufacturing, demolition of buildings, construction of roadways, disposal of solid waste, volcanic eruption, manufacturing of electrical components, extraction of metals, forest fires and numerous other activities.

Water Pollution



When the original quality of water deteriorates due to the contamination by foreign matter, it is called water pollution. This form of pollution can occur due to release of toxic substances, pathogenic germs, substances which require a large quantity of oxygen to decompose, or radioactive substances which tend to accumulate and interfere with the aquatic ecosystem. For instance, when a water body is enriched with nutrients, it leads to an excessive growth of algae, which, in turn, leads to lack of oxygen in the water body. This condition is called eutrophication. The major sources which lead to water pollution are petroleum products, synthetic agricultural chemicals, heavy metals, hazardous wastes, excess organic matter, sediment and infectious organisms. Even, air, thermal and soil pollution lead to water pollution as well.

Soil Pollution



Any form of alteration in the soil chemical composition leads to soil pollution. This form of pollution occurs due to deposition of solid waste in the soil, accumulation of non-biodegradable substances or toxification of chemicals into poisons. Not following proper soil management methods, excessive tillage of soil resulting in the deterioration of soil structure, improper irrigation practices, no proper supply of organic matter in the soil or poorly drained soil can lead to soil pollution. Few major sources of this category of pollution include agriculture, mining and quarrying, demolitions and construction activities, sewage sludge and industrial wastes.

Radioactive Pollution



Although nuclear energy is said to be a clean form of energy because it does not release pollutants such as carbon dioxide, the waste resulted from a nuclear reaction leads to a form of pollution known as radioactive pollution. When a radioactive element becomes unstable and begins to decay in order to regain molecular stability, the process is known as radioactivity. There are three types of radiation: alpha rays, beta rays and gamma rays. While alpha radiation can be blocked by a piece of paper as well as human skin, beta particles can penetrate through the skin but can be blocked by a piece of glass or metal. Gamma rays, in turn, penetrate through the human skin and damage cells on its way. They can be only blocked by a massive piece of concrete. Major sources which can cause radioactive pollution are nuclear power plants, nuclear weapons, improper disposal of nuclear waste and uranium mining.

Noise Pollution

The amount of noise pollution is synonymous to the standard of living of a particular country. This form of pollution is caused when a particular sound reaches an unfavorably high intensity and in turn causes adverse effects



on our daily mechanisms. The intensity of noise is measured in decibels and the scale by which it is measured is logarithmic. This implies that a 10 decibel increase in noise results in the doubling of loudness. While noises above 45 decibels can disturb a person's sleep, noises above 120 decibels can cause hearing impairment.