

# SIFB Info

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## Message from the Editorial Committee

Dear Colleagues the newsletter this time covers mostly the health topics. Being healthy is one of our priorities. Lots of people today have restrained themselves from sugar intakes due to its allegedly negative effects on health and as such have turned towards sucralose which has bred ground for controversies. But thanks to European Food Safety Authority all doubts have been dissipated.

The human body is between 60 to 75 % water. It helps blood carry nutrients from the stomach to all parts of the body to keep it alive. Drinking 2 litres to 3 litres of water also keeps a doctor away. Moreover, the implementation of water therapy in one's life has proved to be very beneficial.

To maintain a good health, balanced diet is not enough. Some people have recourse to music which has lots of attributes. It is used for curing autism, to heal patients from emotional illness and relieving people from stress. Music is a magical wand. Very often when negative thoughts pop up in one's life and drag one's down, hold one's back from taking action, music helps one to get back into moving forward and taking action. Music is also a language that touches our heart; it has its own magical way to deal with each individual.

For the first time the SIFB organized a 'blood donation day' in joint collaboration with SIFB Staff Club. It has to be said that it was indeed, a success. For this benevolent act, special thanks are addressed to our CEO, Dr R Jugurnath for his support and guidance, the Board for sponsoring the event, the SIFB Staff club and volunteers for their cooperation to make it happen and the staff who donated their blood cheerfully.

Family holds a special place in our life. It is imperative that we make the most of our time in the company of our beloved ones by preparing excellent lunch and dinner, going out for movies and to any outdoor recreation than stay in our comfy couch when it is still time.

Hope you will enjoy reading this newsletter and we would also like to receive your comments for improving our future newsletter.

## SUCRALOSE IS SAFE AND DOES NOT CAUSE CANCER

Scientific evaluations of sucralose, conducted by the European Food Safety Authority (EFSA), **find no link between the sweetener and cancer.**

Published in the EFSA Journal, the findings are a direct response to allegations made by Italian researcher Morando Soffritti of the Ramazzini Institute.

The Institute's **trials** with mice were suggestive of sucralose's harmful effects but its results were largely dismissed by the **food industry**, critical of its study design and methodology.

EFSA concluded that *"the available data did not support the conclusions of the authors,"* agreeing that the researchers used an unconventional design in inconclusive unreliable data.

The panel also noted the lack of a mode of action and failure to meet considerations for a cause-effect relationship between sucralose intake and tumour development.

Moreover, there was no reliable evidence of in vivo genotoxicity.

### ISA response

The International Sweeteners Association's (ISA) chairman Robert Peterson welcomed the findings commenting that *"this scientific opinion from EFSA is entirely consistent with the glob-*

*al scientific and regulatory consensus that sucralose is safe."*

The association added that sucralose can be a useful tool, when used in place of sugar and as part of a balanced diet, in helping reduce overall sugar and calorie intake, as well as manage blood glucose levels.

*"Low calorie sweeteners are also non-cariogenic, which means that they do not contribute to tooth decay."*

Scrutiny of sucralose stretches back to 1989, when EFSA (known as Scientific Committee on Food (SCF) first conducted a safety assessment of the sweetener.

This was followed up in 2000, where an acceptable daily intake (ADI) of 15 milligrams per kilogram of body weight mg/kg was set.

Fast forward to the end of 2015, where EFSA decided to expand the sweetener's use in foods for special medical purposes for children.

Sucralose, listed as E955 in Europe, is around 600 times sweeter than sugar that is used in over 4,500 food, beverages and pharmaceutical products around the world.

In 2011, sucralose accounted for 27.9% of the global sweetener market worth €1.015 (\$1.146 bn), according to Leatherhead Food Research.

**Source: EFSA Journal**

## FREE - HEALTH FOR ALL MIRACLES OF WATER THERAPY

Several diseases can be cured by a simple method called **WATER THERAPY**. An article published by Japan's Sickness Association tells us how the system has to be followed for quick results. Before giving the details of this therapy, one might be interested to know some of the diseases which can be cured under this therapy. They are **HEADACHE, HYPERTENSION, ANEMIA, RHEUMATISM, GENERAL PARALYSIS, OBESITY, ARTHRITIS, SINUSITIS, TACHYCARDIA, ANESTHESIA, COUGH, ASTHMA, BRONCHITIS, PULMONARY TUBERCULOSIS, RECTAL PROLAPSE, MENINGITIS, HEPATIC, UROGENITAL DISEASES, HYPERACIDITY, DYSENTRY, CONSTIPATION, DIABETES, EYE TROUBLES, OPHTHALMIC HAEMORRAGE, UTERINE CANCER, CANCER OF THE MAMMARY GLANDS, RHINITIS and PHARYNGITIS.**

and by the action of the mucosal folds, they are turned into fresh blood. This blood is all important in curing ailments and restoring health, and for this, water should be consumed in a regular pattern.

It might sound incredible, but facts cannot be denied. As said by **Confucius** early 2500 years back, the health of an organism is tempered wholly by the mechanics of the stomach. As a modern Saint, **Paramhansa Yogananda** analyses that it is **OVEREATING ON ALL THE 365 DAYS OF A YEAR** that leads to and complicates diseases.

Consuming ordinary drinking water by the right method purifies the human body. It renders the colon more effective in forming new fresh blood, known in medical terms as "haemotopalses". That the mucosal folds of colon and intestines are activated by this method is an undisputed fact. Just as the theory that new fresh blood is produced by the absorption of the nutrients of the food by the function of the mucosal. If the colon is cleaned then the nutrients of the food taken several times in a day will be absorbed

one week and thereafter once a day. While following this therapy, one should drink water 2 hours after a meal. One should not consume soft drinks containing poison or snacks or fast food before going to bed. **WATER THERAPY** is very simple, inexpensive and miraculous in its effects.

## Method to practice water therapy

Every morning, as soon as one gets up, he should drink 1.26 Kg (1260 cc) of water at a stretch, without washing teeth, mouth, face or even eyes. **This is very important.** For the next 45 minutes, one **should not take any beverages. After the night dinner (before going to bed) one should not eat or drink stimulating beverages or soft drinks.** A youngster who followed this therapy sums up his experience this way: "After taking water, I urinated three times in one hour and the breakfast later tasted wonderful. The next day too I drank water and felt that my bowels became free. In three months, I put on weight. Ever since I took to water therapy, I never felt sick nor was affected by cold or cough." Where water contains impurities, it should be boiled in the night to be used in the morning.

Now all this triggers the inevitable question: "Can sickly person drink 1260cc (about 4 steel glasses of 320cc or 2 bottles of syrup) of water at a stretch? Perhaps no. After drinking maximum quantity of water one should do **"SPOTWALKING"** SLY FOR ONE MINUTE AND THEN DRINK THE REMAINING WATER. Those who are weak to walk should practice abdominal breathing in a sitting or standing posture and drink the rest of the water. During the first one or two days, one may urinate three or four times within one hour of water intake. However everything will be normal within 3 or 4 days. Persons suffering from **ARTHRITIS** and **RHEUMATISM** should practice **WATER THERAPY** three times a day for

Experience has shown that following diseases were cured by water therapy within the time shown:

1. HYPERTENSION (1 month)
2. CONSTIPATION (1/2 day)
3. DIABETES (1/2 weeks)
4. CANCER (1 month),
5. PULMONARY TUBERCULOSIS (3/4 months).

## MUSIC DAY CELEBRATED ON 21ST JUNE EVERY YEAR

### Scientists Find 15 Amazing Benefits Of Listening To Music

Recent research shows that listening to music improves our mental well-being and boosts our physical health in surprising and astonishing ways. If we take a music lesson or two, that musical training can help raise our IQs and even keep us sharp in old age. Here are 15 amazing scientifically-proven benefits of being hooked on music.

#### 1. Music Makes You Happier

“I don’t sing because I’m happy; I’m happy because I sing.” – William James

Research proves that when you listen to music you like, your brain *releases dopamine*, a “feel-good” neurotransmitter. Valorie Salimpoor, a neuroscientist at McGill University, injected eight music-lovers with a radioactive substance that binds to dopamine receptors after they listened to their favorite music. A PET scan showed that large amounts of dopamine were released, which biologically caused the participants to feel emotions like happiness, excitement, and joy.

So the next time you need an emotional boost, listen to your favorite tunes for 15 minutes. That’s all it takes to get a natural high!

#### 2. Music Enhances Running Performance

“If people take anything from my music, it should be motivation to know that anything is

possible as long as you keep working at it and don’t back down.” – Eminem

Marcelo Bigliassi and his colleagues found that runners who listened to *fast or slow motivational music* completed the first 800 meters of their run faster than runners who listened to calm music or ran without music. If you want to take your running up a notch, listen to songs that inspire you.

#### 3. Music Lowers Stress and Improves Health

“I think music in itself is healing. It’s an explosive expression of humanity. It’s something we are all touched by. No matter what culture we’re from.” – Billy Joel

Listening to music you enjoy decreases levels of the *stress hormone cortisol* in your body, which counteracts the effects of chronic stress. This is an important finding since *stress causes 60% of all our illnesses and disease*. One study showed that if people actively participated in making music by playing various percussion instruments and singing, their immune system was boosted even more than if they passively listened.

To stay calm and healthy during a stressful day, turn on the radio. Be sure to sing along and tap your feet to the beat to get the maximum healing benefit.

#### 4. Music Helps You Sleep Better

“Music washes away from the soul the dust of everyday life.” – Berthold Auerbach

Over 30% of Americans suffer from insomnia. A study showed that students who listened to relaxing classical music for 45 minutes before turning in slept significantly better than students who listened to an audiobook or did nothing different from their normal routine. If you're having trouble sleeping, try listening to a little Bach or Mozart before bedtime to catch some Zs.

## 5. Music Reduces Depression

"Music was my refuge. I could crawl into the space between the notes and curl my back to loneliness." – Maya Angelou

More than 350 million people suffer from depression around the world. A whopping 90% of them also experience insomnia. The sleep research above found that symptoms of depression decreased significantly in the group that listened to classical music before bedtime, but not in the other two groups. Another study by Hans Joachim Trappe in Germany also demonstrated that music can benefit patients with depressive symptoms, depending on the type of music. Meditative sounds and classical music lifted people up, but techno and heavy metal brought people down even more.

The next time you feel low, put on some classical or meditative music to lift your spirits.

## 6. Music Helps You Eat Less

"There's a friendly tie of some sort between music and eating." – Thomas Hardy

Research at Georgia Tech University showed that softening the lighting and music while people ate led them to consume fewer calories and

enjoy their meals more. If you're looking for ways to curb your appetite, try dimming the lights and listening to soft music the next time you sit down for a meal.

## 7. Music Elevates Your Mood While Driving

"That's what I love. Not being interrupted, sitting in the car by myself listening to music in the rain. There are so many great songs yet to sing." – Alison Kraus

A study in the Netherlands found that listening to music can positively impact your mood while driving, which can lead to safer behaviour than not listening to music. The next time you feel frustrated in traffic, turn up the tunes to improve your state of mind. It won't hurt your driving performance – it may even help you drive more safely.

## 8. Music Strengthens Learning and Memory

"Music is the language of memory." – Jodi Picoult

Researchers discovered that music can help you learn and recall information better, but it depends on how much you like the music and whether or not you're a musician. Subjects memorized Japanese characters while listening to music that either seemed positive or neutral to them. The results showed that participants who were musicians learned better with neutral music but tested better when pleasurable music was playing. Non-musicians, on the other hand, learned better with positive music but tested better with neutral music.

Memorize these results. You now have a strategy to study more effectively for your next test.

## 9. Music Relaxes Patients Before/ After Surgery

“He who sings scares away his woes.” – Miguel de Cervantes

Researchers found that listening to relaxing music before surgery decreases anxiety. In fact it’s even more effective than being orally administered Midazolam, a medication often used to help pre-op patients feel sleepy that also has gnarly side effects such as coughing and vomiting. Other studies showed that listening to soothing music while resting in bed after open heart surgery increases relaxation.

Globally, 234 million major surgeries are performed each year. If you or someone you know is going into surgery, be sure to bring some soothing tunes to ease anxiety. It may work better, and will certainly have fewer adverse side effects, than the meds they dispense.

## 10. Music Reduces Pain

“One good thing about music, when it hits you, you feel no pain.” – Bob Marely

Research at Drexel University in Philadelphia found that music therapy and pre-recorded music reduced pain more than standard treatments in cancer patients. Other research showed that music can decrease pain in intensive care patients and geriatric care patients, but the selection needed to be either classical pieces, meditative music, or songs of the patient’s choosing.

Bob Marely was right about this one – listen to music you love to take your pain away.

## 11. Music Helps Alzheimer’s Patients Remember

“The past, which is not recoverable in any other way, is embedded, as if in amber, in the music, and people can regain a sense of identity.” – Oliver Sacks, M.D.

A non-profit organization called Music & Memory helps people with Alzheimer’s Disease and other age-related dementias remember who they are by having them listen to their dearest songs. The awakening is often dramatic. For example, after Henry listens to music from his era, this wheelchair-bound dementia sufferer who can barely speak sings Cab Calloway songs and happily reminisces about his life .

Dr. Laura Mosqueda, Director of Geriatrics at the University of California at the Irvine School of Medicine, explains that because music affects so many areas of the brain, it stimulates pathways that may still be healthy.

One in three seniors die with Alzheimer’s Disease or another dementia, so odds are you know someone who has it. To connect with loved ones who suffer from age-related dementia, try playing some of their best-loved music.

## 12. Music Improves Recovery in Stroke Patients

“I know why the caged bird sings.” – Maya Angelou

Research at the University of Helsinki showed that stroke patients who listened to music they

chose themselves for two hours a day had significantly improved recovery of cognitive function compared to those who listened to audio books or were given no listening material. Most of the music contained lyrics, which suggests that it's the combination of music and voice that bolstered the patients' auditory and verbal memory.

Stroke is the *number 5 cause of death* in the United States. If you know someone who has suffered a stroke, bring their favorite songs as soon as you can. Listening to them can significantly ramp up their recuperation.

### 13. Music Increases Verbal Intelligence

"Music is to the soul what words are to the mind." – Modest Mouse

After only one month of music lessons (in rhythm, pitch, melody and voice), a study at York University showed that 90% of children between the ages of 4 and 6 had a significant increase in verbal intelligence. Researcher Sylvain Moreno suggests that the music training had a "transfer effect" which enhanced the children's ability to understand words and explain their meaning. Other research found that musically trained adult women and musically trained children outperformed those without music training on verbal memory tests.

No matter whether you're an adult or a child, if you want to boost your verbal skills, try taking music lessons!

### 14. Music Raises IQ and Academic Performance

"Music can change the world because it can change people." – Bono

Research shows that taking music lessons predicts higher academic performance and IQ in young children. In one study, 6-year-olds who took keyboard or singing lessons in small groups for 36 weeks had significantly larger increases in IQ and standardized educational test results than children who took either drama lessons or no lessons. The singing group did the best.

To help your children achieve academic excellence, encourage them to sing or learn to play an instrument.

### 15. Music Keeps Your Brain Healthy in Old Age

"Music is the true breath of life. We eat so we won't starve to death. We sing so we can hear ourselves live." – Yasmina Khadra

A study with healthy older adults found that those with ten or more years of musical experience scored higher on cognitive tests than musicians with one to nine years of musical study. The non-musicians scored the lowest. "Since studying an instrument requires years of practice and learning, it may create alternate connections in the brain that could compensate for cognitive declines as we get older," says lead researcher Brenda Hanna-Pladdy.

Business magnate Warren Buffet stays sharp at age 84 by playing ukulele. It's never too late to play an instrument to keep you on top of your game.

Plato had it right when he said, "Music and rhythm find their way into the secret places of the soul." No matter whether you're young or old, healthy or sick, happy or sad, music can improve the quality of your life in numerous ways. It reduces stress and anxiety, lifts your mood, boosts your health, helps you sleep better, takes away your pain, and even makes you smarter.

New research shows that music "can communicate basic human feelings

regardless of the listener's cultural and ethnic background." We've only just begun to understand all the ways this universal language can profit the world. Rather than cut funds for music and art programs in schools, why not invest in exploring all the secret places that music reaches so that we may continue to reap its amazing benefits?

*Submitted by MRS N. Soobrayen*

## A VERY TOUCHING MESSAGE

There were days when my home used to be filled with laughter, arguments, fights, jokes and loads of mischief.

Books used to be strewn all over the show.

Pens and books are all over, and clothes messing the rooms, thrown on the beds.

I used to shout at them to tidy up their mess.

In the morning:

One will wake up and say:

Mama I can't find a certain book

And the other will say: I can't find my perfume,

And one will say: Mama where's my homework.

And another: Mama I forgot to complete my homework.

Everyone used to ask about their lost possessions. And I will say, but take care of your stuff, be responsible, you have to grow up.

And today I stand at the doorway of the room. The beds are empty. All the cupboards have only a few pieces of clothes in them. And what remains is the smell of perfume that lingers in the air.

Everyone had a special smell. So I take in the smell of their perfume for maybe it will fill the empty ache in my heart.

All I have now is the memory of their laughs and their mischief and their warm hugs.

Today my house is clean and organized and everything is in its place, and it is calm and peaceful. But it is like a desert with no life in it. Do not become angry with your kids about the mess.

Every time they come to visit and they spend time with us, when they are ready to leave.

They pull their bags and it is as if they tug my heart along with it.

They close the door behind them and then I stand still and think of the many times I shouted them to close the doors.

Here I am today, closing my own doors. Nobody opens it besides me. Each one has gone to a different city or a different country. All left to find their own path in life.

They have grown up and I wished that they could stay with me forever.

Oh! God..... Take care of them & all other children wherever they may be, for you are their guide and their protector ...and always keep them happy.

If your children are still in the stage that you need to talk and talk before they could get things done in the house, please cherish and endure it with joy, don't nag, they will soon leave your home for you; remember they were not there at the beginning of your marriage. Now that they are around, make them happy.

## DADDY FELL INTO THE POND

Everyone grumbled, the sky was grey  
We had nothing to do and nothing to say.  
We were nearing the end of a dismal day,  
and there seemed to be nothing beyond,

### THEN

Daddy fell into the pond!  
And everyone's face grew merry and bright,  
And Timothy danced for sheer delight.  
"Give me the camera, quick, oh quick!  
He's crawling out of the duckweed." Click!  
Then the gardener suddenly slapped his knee,  
And doubled up, shaking silently,  
And the ducks all quacked as if they were daft.  
And it sounded as if the old drake laughed.  
O, there wasn't a thing that didn't respond

### WHEN

Daddy fell into the pond!

## BLOOD DONATION

The first Blood Donation and free medical checkup organised by SIFB Staff Club will be held on 23 June 2017 at the Esplanade Emmanuel Anquetil (Registrar Building) from 9 a.m. to 4 p.m.



## CONCLUSION

It is truly said that Health is wealth, Water is life, Music is just phenomenal, Blood donation is a good deed as it saves a life and it is very important to maintain unity in family through love and care. The message received from the articles will indeed cause awareness in our life.