



Tips for Happy Life and Healthy Liver

Diet - must be balanced one, all food groups to be included but it should be less of fat and carbohydrates. Hence a balance of grains, protein, dairy products, fruits, vegetables and fibres needed :-

- Include green leafy vegetables, Cabbage, Broccoli, and Cauliflower, carrot, apple and walnut.
- Lot of fibres such as fresh fruits and vegetables, whole grain breads, rice and cereals needed.
- Prefer cooking food in mustard or olive oil, eat garlic and use turmeric in food.
- Take lemon, lime juice and green tea (coffee is also good for fatty liver).

Exercise and healthy life style

- ❖ Daily exercise preferable aerobics (running, jugging is enough), Yoga and meditation are also good.
- ❖ Avoid over weight (weight roughly you can calculate i.e. the ideal body weight in kg should be your height in cm-100. For example a person with 5 feet 6 inches height i.e. 165 cm should have a weight of $165-100 = 65$ kg).
- ❖ Adequate sleep i.e. 6-8 hours of sleep needed, Avoid daytime sleep unless you are sick, elderly, pregnant or kid.
- ❖ Holistic approach through healthy eating, exercise and stress relieving techniques such as yoga and pranayama is also good.
- ❖ Practice safe sex and use condoms.
- ❖ Regular Health Check-up - at least yearly above 35 years age is the easiest and apparently best way to detect early and take necessary steps. We all should follow and practice "**Prevention is better than cure**".

Prevent injury to liver

- Say NO to Alcohol, Smoking and Drugs: Alcohol, Smoking and Drugs can damage or destroy liver cells. Even don't be target of passive smoking.

- Consult your doctor before starting any medication. Avoid Over the Counter Medicines. Only take medication that is prescribed by a physician. There could be a possibility that the over the counter medicines or an inappropriate dose can harm the liver.
- Get vaccinated. Get vaccinated against hepatitis. There are vaccines for hepatitis A and hepatitis B.
- Ensure safe injection practice-say no to second use of syringes.
- Avoid Contact with the Infected Blood -as this can result in spreading the hepatitis virus. Avoid sharing razors, razor blades, toothbrushes etc.
- If you want to get inked by some fancy tattoos or do body piercings, be sure that it is done with complete hygiene and safety.
- Avoid unhealthy, roadside vendor food and prefer clean or boiled water as much possible.