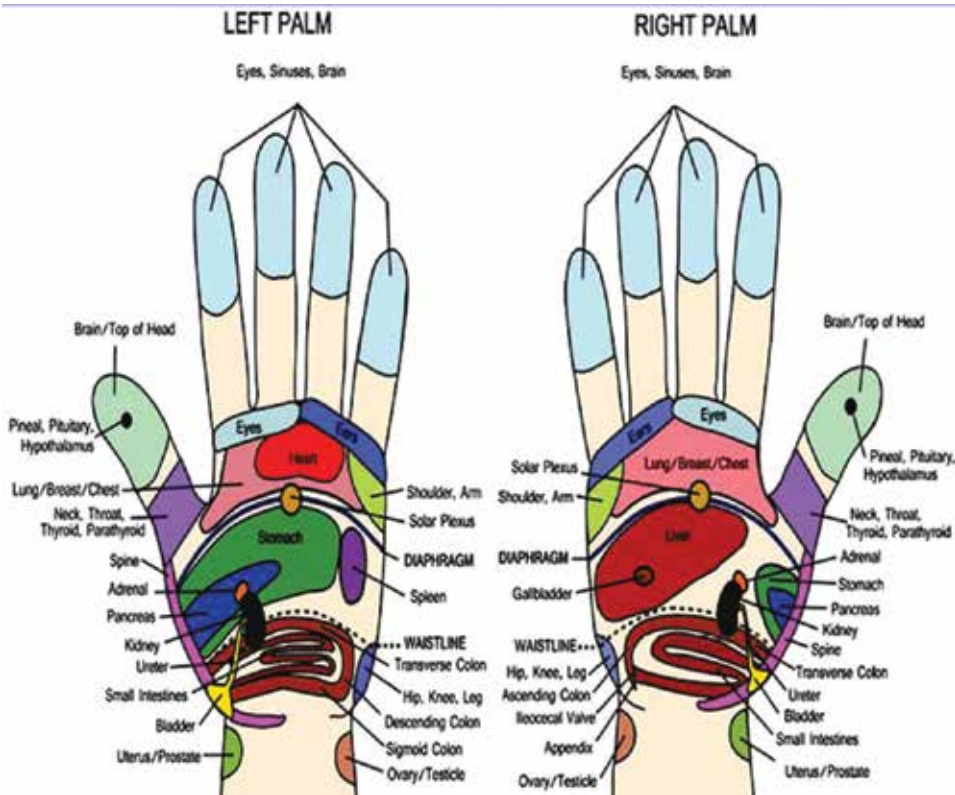




Health is in our Hand

Good evening to all. We have already discussed about remedies for certain diseases. Today we will discuss how to easily identify and prevent the disease by our hand and fingers. We can touch and realize our external organs of our body but we will not be in a position to touch and realize our internal organs. Reflex points for all our internal organs are in our Hands, Leg and Ear. These reflex points represent the organ's nature and it is very sensitive to that part. Today we will discuss about Hand Reflex points.

- Reflex points are shown in the picture, reflects the respective organs which are connected to them.



- If there are any diseases in the particular organ reflex points will show the symptoms.
- Daily morning and evening we should give pressure (pressing) for 5 minutes in our fingers and hand by our thumb.
- If we suffer any disease, we should give medium pressure by our thumb in the particular reflex points in the hand for extra 20 seconds.
- Depends upon severity of disease once in 4 hours we should give pressure in the particular reflex points. We will get relief from the concerned disease.



Ten Steps Hand Reflexology

The above picture shows Ten step Hand Reflexology technique. As shown in the picture if we give pressure in the finger and hand, daily morning and evening, we will enjoy good health and active life.

- In addition of giving pressure in fingers and palms , we should maintain good diet habit.
- We should minimize salt and sugar in our daily food.
 - Consume more vegetables, fruits.
 - Drink 2-3 liters water daily. If anybody suffered by Kidney disease consumption of water should be as per Doctor's instruction.
 - Avoid cool drinks and add garlic, ginger and spinach in our daily diet.
 - Consume more fiber foods to avoid constipation.

As mentioned above if we give regular thumb pressure, in our finger and hand and with good diet management, we will get relief from disease and no disease will affect us. Health is in our Hand. Enjoy good health.

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Avoiding long hours sitting is good for heart

Sitting for long hours everyday is associated with increased coronary artery calcification that can increase the risk of a heart attack, new research says. The results suggest that exercise may not entirely counteract the negative effects of a mostly sedentary lifestyle on coronary artery calcium. "It's clear that exercise is important to reduce your cardiovascular risk and improve your fitness level," said study's lead author Jacquelyn Kulinski. "But this study suggests that reducing how much you sit every day may represent a more novel, companion strategy (in addition to exercise) to help reduce your cardiovascular risk," Kulinski, an assistant professor of

cardiovascular medicine at the Medical College of Wisconsin, US, added. This study offers a unique perspective on the effects of sedentary behaviour because it links sitting with an early marker for heart disease risk. Coronary artery calcification, measured through a non-invasive CT heart scan, indicates the amount of calcium contained in plaques within the heart's arteries. Analysing heart scans and physical activity records of more than 2,000 adults living in Dallas, the researchers found each hour of sedentary time per day on average was associated with a 14 per cent increase in coronary artery calcification burden. The



association was independent of exercise activity and other traditional heart disease risk factors. "I think the study offers a promising message. Reducing the amount of time you sit by even an hour or two a day could have a significant

and positive impact on your future cardiovascular health," said Kulinski. The research is scheduled for presentation at the American College of Cardiology's 64th Annual Scientific Session from March 14 to 16 in San Diego.

IMA, TRIMED to focus on women's health

Chennai, Mar 11: The venue was one of Chennai's bastions of culture and etiquette, an elegant club hall. The gathering, a large group of practising doctors in Chennai, affiliated with the Indian Medical Association- Academy of Medical Specialties and Poonamalee High Road branch. Under discussion were best practice models in primary care with special reference to women's health, and holistic health for the 21st Century woman. Dr. Murali Raman, MD MRCGP (UK), introduced several best practice models in primary care to the audience, practised in the National Health Service. Focussing on consultation models, the first part of his lecture proposed the ICE protocol for clinical consultations "Ideas, Concerns & Expectations". He underlined the importance of the "golden minute" in the consultation, when the

patient first underlined her/his concerns to the doctor and the importance of the bio-psycho-social approach. The importance of safety-netting the consultation, the need for "summary points" and the need for a common doctor-patient "agenda" were highlighted by him. Dr. Murali went on to discuss the challenges in women's health, the problem of domestic abuse, the need for practitioner skills in debriefing abuse, the importance of gender sensitivity, social skills and knowledge of legislation in dealing with these complex issues in primary care. He concluded by discussing the importance of doctors being able to break "bad news" to families, supporting them through times of difficulty. Dr. Rema Raghu, Clinical Director, presented the holistic approach to women's health in TRIMED- Dr. ESK's Centre for Integrative Medical Specialties Pvt. Ltd.

India's first Integrative Medical Therapy concept, TRIMED has four day hospitals in Chennai, Anna Nagar, Teynampet, Thiruvannmiyur & Velachery. Dr. Rema highlighted the need for women, both homemakers and those who are working, to focus on their own health and not neglect the same in their busy schedule, toiling for the family. Pointing out that Diabetes had become a national scourge and began early, she also highlighted the rising incidence of hypertension, coronary heart disease and chronic kidney disease across age groups including young women. Dr. Rema's lecture focussed on Thyroid, endocrine and metabolic disorders; menstrual disorders; disorders of bone and joint & mood and anxiety disorders in women. She unveiled a range of integrative medical therapies for pain & stress using Ayurveda, Naturotherapy (the five elements),

physical & psychological therapy, nutrition, and their holistic integration for women's health. Her lecture was peppered with humorous anecdotes. Dr. AJ Premkumar Sathya, Chairman of the IMA-Academy of Medical Specialties presided over the function, and presented a painting (from a selection developed for Sambodhayathi, TRIMED's social program for the disabled) to Dr. Murali Raman. Dr. Ennapadam S. Krishnamoorthy, Founder & MD of TRIMED introduced "SHAKTI" which is TRIMED's new paradigm for preventive health among women. He pointed out that 60% of TRIMED doctors and therapists were women and "SHAKTI" was therefore "by, for & of" women. A number of doctors, both men and women, enthusiastically took part in the deliberations ranging from health to family & social factors including the abuse of women in society.

Sapiens to host street play on Kidney health awareness

Chennai, Mar 11: On the eve of World Kidney Day 2015, Sapiens Health Foundation to host street plays to create awareness on Kidney protection from March 11. Dr. Rajan Ramachandran, Chairman, Sapiens Foundation said, "The theme for the World Kidney day 2015 is "Kidney health for all". This would mean that it is essential to prevent honey disease



in the underprivileged population. Sapiens Health Foundation which has

been championing the cause of kidney failure patients for the last 18 years is planning to enact street plays all over Tamil Nadu in a phased manner starting on March 11. The play would be a one hour programme build on a small story with some humor and would convey several tips to the audience to protect their kidneys. These plays would be enacted in various slums and housing board areas.

Nalamdana, a NGO would enact these skirts directed by Jeeva. The tips would include checking blood pressure regularly, reducing salt in diet, drink plenty of water, avoid on term drugs specially over the counter, avoid smoking, eat a balanced diet do regular exercise, check urine for albumin etc. The Kidney day message would also be probagated community radios.

SBI Pinkathon gets women to run for health

Chennai, Mar 11: SBI Pinkathon, empowering Indian Women, India's biggest women's run is coming to Chennai for the second consecutive year on Sunday, April 12, 2015 at the Island Ground. Online registrations are open at www.pinkathon.in for the 3km, 5km & 10km multi-category run. United Sisters Foundation & Maximus Events along with super model, actor, fitness enthusiast, avid barefoot runner and Pinkathon founder Milind Soman formally announced the launch of this year's SBI Chennai Pinkathon 2015 at a press conference in Amethyst Cafe, Chennai. Present at the conference were eminent dignitaries like well-known actress & danseuse Shobana Chandrakumar, India's First Female Biker Alisha Abdullah and Mariazeena Johnson who have wholeheartedly supported the noble cause of SBI Pinkathon. Announcing the launch of the 2nd edition of SBI Chennai Pinkathon, Milind Soman said, "Pinkathon is more than a Marathon. It is the seed of change. It is

the beginning of a movement carried forward by a growing community of empowered women across India, who share a belief that a healthy family, a healthy nation and a healthy world begins with empowered women. The first step in empowerment is taking control of your own health, respecting yourself and understanding and celebrating the value you bring to your family and society. Empowerment is not a gift of society; it is a gift you give yourself." The focus of the India's biggest women's only running event is to encourage an active lifestyle and overall fitness amongst women, create much needed awareness about breast cancer and encourage thousands of new or first-timer women into running. Pinkathon Ambassador Giridhar Kamath would be running from Bangalore to Chennai to covering a total of 400 kms to promote the SBI Pinkathon Chennai 2015. Chennai is gearing up for the 2nd edition of the run and has stepped out in full vigour in the past to support and participate

in the cause. The Chennai Runners community is growing at a rapid pace and through Pinkathon, more and more women have gotten into running

thus changing the running scene in Chennai. As they set precedence, the numbers will grow steadily and more runners will join the journey.

PUBLIC NOTICE

My client Wison Thomas son of T.C. Thomas residing at No. 30,0 -Block, Anna Nagar East, Chennai - 600 102 is the absolute owner of the property bearing Plot No.1/16, M.I.G., Mugappair East, Mugappair, Chennai, land measuring 2400 Sq. Ft. along with superstructure thereon, land comprised in Survey No. 298, land situated at Mugappair Village, Ambattur Taluk, Tiruvallur District and the same having been purchased by my client and my client's mother Susy Thomas by a registered Sale Deed bearing Document No. 2444 of 1993 dated 12.04.1993, executed in the office of SRO Ambattur and my client and my client's mother each one of them had 1/2th undivided share, right and interest in the said property and thereafter my client's mother Susy Thomas expired on 02.03.2001 leaving behind her husband T.C.Thomas, her elder daughter Rachal Jose, her two sons Chako Thomas and my client and her younger daughter Biji Thomas as her only legal heirs to succeed to her share 1/2th undivided share, right and interest in the said property and each one them were entitled to an 4/5th undivided share, right and interest in an 1/2th undivided share, right and interest in the said property and thereafter said T .C. Thomas, Rachal Jose, Chako Thomas and Biji Thomas released and relinquished their 4/5th undivided share, right and interest in an 1/2th undivided share, right and interest in the said property in favour of my client by a registered Release Deed bearing Document No. 121 of 2005 dated 12.01.2005 executed in the office of SRO Konnur. My client states that on 03.03.2015 when he took the original Deed Of General Power Of Attorney dated 04.12.2004 bearing Adjudication No. 13 of 2005 dated 10.01.2005, adjudicated in the office of District Registrar North Chennai for making a Xerox copy near Avadi Tank Factory, Chennai he lost / misplaced the same. Any body fmding the same may return the same or to my client or anybody having any claim in this regard may do so within FIFTEEN DAYS from the date of publication of this notice and failing which it would be construed that the same has been lost and no one is having any sort of claim / interest / right in the property.

K.SENTHIL,
ADVOCATE & NOTARY PUBLIC,
AJ -51, 9th MAIN ROAD, ANNA NAGAR,
CHENNAI -600 040
Ph: 26262526, 9444032526.