

R HealthBeat

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The Duality of Life

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The Truth About
Microwaving Your Food**

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**Are artificial sweeteners
safe or sketchy?**

**Opposites Attract:
The Curious Chemistry
of Connection**

.....
**The Yin & Yang
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Dear Readers,

Warm greetings, and welcome to the 43rd edition of Health Beat, your trusted companion in the journey towards better health and well-being.

Have you ever paused to ask yourself: Am I truly living in balance? In the rush of daily life – deadlines, digital distractions, and constant responsibilities – it's easy to lose sight of what our minds and bodies truly need. The ancient philosophy of Yin and Yang reminds us that wellness is not found in extremes, but in harmony.

Yin represents rest, reflection, and renewal. Yang stands for energy, ambition, and action. These forces are not opposites in conflict, but partners in balance. When we learn to harmonise them, we unlock a more sustainable, fulfilling way of living.

In this edition, we explore how this timeless wisdom can be applied to our modern lives. In our **Workplace Wellness** feature, we ask: What does a truly healthy work culture look like? Is it just about productivity, or is it also about empathy, emotional intelligence, and space to recharge? Organisations that embrace both performance and well-being build teams that are not only efficient but also resilient.

In our **Parenting** section, we explore a question many families face: Does my child need vitamins or supplements? With expert insights, we guide parents towards informed decisions that support balanced growth and long-term health. In **Food and Nutrition**, we ask: Does microwave cooking compromise the nutritional value of our meals? With science-backed clarity, we help readers make informed choices that balance convenience with nourishment.

In **Tea Tales**, we spotlight Kombucha – a fermented tea that blends tradition with modern wellness. Its growing popularity reminds us that ancient practices still have a place in our contemporary routines.

Our **Relationships** feature invites reflection: Do differences strengthen or strain our connections? While opposites may attract, it is understanding and empathy that truly

deepen emotional bonds. We explore how embracing emotional diversity can lead to more meaningful relationships.

Ayurveda, India's ancient system of medicine, teaches us that opposites are essential to health. In our **Did You Know** section, we explore the "10 Opposites" that shape our physical and emotional well-being, reinforcing the importance of personalised care.

As we close this edition, consider this: What does balance look like for you today? Are you giving yourself permission to pause, reflect, and restore? Life is constantly shifting through stress, ageing, relationships, and environment. The goal isn't perfection, but awareness. By tuning into our needs and responding with intention, we build resilience and vitality.

Let us move forward with a renewed commitment to wellness – not just as individuals, but as communities and organisations. Together, we can shape a future where health is holistic, and life is lived with purpose and presence.

Wishing you the best of health, always!

Best regards,



Rakesh Jain
CEO.

What are the 10 Opposites that are Critical to Good Health?



Ever wonder why sipping hot tea feels so comforting on a chilly day, or why a cool breeze instantly soothes you when it's sweltering outside? That's your body instinctively seeking balance, and Ayurveda, India's ancient system of medicine, is built on this very principle.

Ayurveda teaches that health is all about harmony. It's not just what you eat or how you move, it's how your body responds to the qualities of those choices. One of its most powerful tools? The ten pairs of opposites. These pairs, like hot and cold, heavy and light, exist in everything: food, activities, even emotions. When one quality dominates, it can throw your system off. But by introducing its opposite, you can bring yourself back into equilibrium.

Let's explore how these opposites work and how you can use them to feel better every day.

- **HOT & COLD** is the most intuitive pair. If you're feeling cold, whether it's the weather or a Vata imbalance, your body craves warmth. Think ginger tea, hearty soups, and cosy layers. On the flip side, if you're overheated or dealing with a Pitta imbalance, cooling foods like cucumber, coconut water, and mint, along with calming activities like moonlight walks or restorative yoga, can help you cool down and feel more centred.

- **HEAVY & LIGHT** qualities affect your energy and digestion. Feeling sluggish or weighed down? Lighten up with leafy greens, herbal teas, and movement like brisk walking or dancing. But if you're feeling scattered or anxious, grounding foods like root vegetables, stews, and slow, mindful practices can help you feel more stable and secure.

- **OILY & DRY** qualities influence hydration and skin health. Dryness, whether it's flaky skin or constipation, calls for healthy fats like ghee, olive oil, and avocado. Warm sesame oil massages are especially soothing for Vata types. If you're feeling oily or congested, dry grains like barley and millet and lighter oils like mustard or safflower can help restore balance.

- **SMOOTH & ROUGH** textures affect digestion and sensory experience. When life feels rough, literally or emotionally, smooth foods like soups and porridges, soft fabrics, and calming colours can bring comfort. If you're feeling sluggish or dull, roughage from raw veggies and whole grains, or practices like dry brushing, can stimulate circulation and energy.

- **DENSE & LIQUID** qualities help balance nutrition and hydration. If you're feeling bloated or heavy, lighten up with broths, herbal teas, and hydrating foods. But if you're feeling depleted or dry, nourishing solids like cooked grains and lentils can help rebuild strength and vitality. It's all about finding the right mix of solids and liquids for your body's needs.



- **SOFT & HARD** qualities influence digestion and physical support. Soft foods and environments, like steamed veggies, cushioned seating, and gentle yoga, promote ease and relaxation. Hard textures and foods, like crunchy carrots or firm mattresses, can stimulate and strengthen when you need a little more structure or resilience.

- **STATIC & MOBILE** qualities are all about movement and stillness. If you're feeling stuck or lethargic, get moving with yoga, walking, or dancing. But if you're constantly on the go and feeling scattered, slow down with meditation, journaling, or deep breathing. Your body thrives on rhythm, so balance activity with rest.

- **GROSS & SUBTLE** qualities connect the physical and emotional. Gross experiences, like enjoying nature, music, or comforting rituals, help ground you. Subtle practices like meditation, breathwork, and tuning into your intuition help you connect with your inner self. Don't ignore the subtle signs, your emotions and energy levels are clues to what you need.

- **CLOUDY & CLEAR** qualities affect mental clarity. If your mind feels foggy, declutter your space, reduce screen time, and eat brain-friendly foods like walnuts and blueberries. If you're overstimulated or too sharp, slow down with calming routines and grounding foods. A clear mind starts with a clear space and a calm routine.

- **SLOW & FAST** qualities help balance your pace. If you're feeling sluggish, energise with spicy foods, upbeat music, and goal-setting. If you're feeling rushed or anxious, slow down with grounding meals, deep rest, and restorative practices like yoga nidra. Productivity is great, but so is rest. Find your rhythm and honour it.

In Ayurveda, healing begins with awareness. When something feels off, too hot, too dry, too heavy, ask yourself: What's the opposite of this feeling? That's your path to wellness. By tuning into these natural forces and adjusting your lifestyle accordingly, you'll find that balance isn't just possible, it's intuitive.



The Sweet Truth: Exploring Non-Nutritive Sweeteners in Modern Nutrition

Let's face it, sweetness is a universal craving. Whether it's the comfort of a warm cup of tea, the indulgence of a dessert, or the fizz of a soft drink, sugar has long been a beloved part of our diets. But as health awareness grows, sugar is increasingly seen as a culprit behind obesity, diabetes, and heart disease. So, how do we satisfy our sweet tooth without compromising our health? Enter non-nutritive sweeteners (NNS), the modern solution to age-old cravings.

What Are Non-Nutritive Sweeteners

Non-nutritive sweeteners, also known as artificial or high-intensity sweeteners, are compounds that provide a sweet taste with little to no calories. Unlike natural sugars like sucrose or fructose, which contain 4 calories per gram, NNS are hundreds to thousands of times sweeter, meaning only a tiny amount is needed to achieve the same sweetness. These sweeteners are found in a wide range of products: diet sodas, chewing gum, baked goods, toothpaste, and even medicines. The FDA has approved several NNS for use, including:

- Saccharin • Aspartame • Sucralose
- Acesulfame-K • Stevia • Neotame
- Advantame • Monk Fruit Extract

(Luo Han Guo)

Meet the Sweeteners: A Closer Look

• SACCHARIN:

The oldest artificial sweetener, 200 to 700 times sweeter than sugar. It's calorie-free and safe for diabetics, though it may cause allergic reactions in sensitive individuals.

• ASPARTAME:

About 200 times sweeter than sugar. Not heat-stable and unsuitable for people with phenylketonuria (PKU).

• SUCRALOSE:

A chlorinated sugar, 600 times sweeter than sucrose. It's heat-stable and widely used in baking and beverages.

• ACESULFAME-K:

Often blended with other sweeteners. Heat-stable and used in frozen desserts and candies.

• NEOTAME & ADVANTAME:

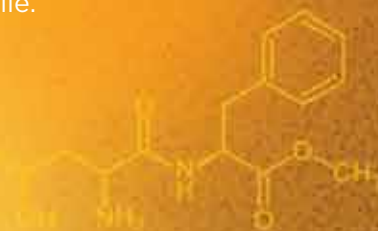
New-generation sweeteners, up to 13,000 and 20,000 times sweeter than sugar respectively. Both are heat-stable and safe for people with PKU.

• STEVIA:

A plant-based sweetener, 200 to 400 times sweeter than sugar. Known for its health benefits, including blood sugar regulation and antibacterial properties.

• MONK FRUIT:

A natural sweetener from China, 100 to 250 times sweeter than sugar. Popular for its clean taste and safety profile.



Clearing the Air: Common Myths vs. Facts

Non-nutritive sweeteners (NNS) are everywhere, yet they're often misunderstood. Many believe they cause weight gain, but studies show they can actually help manage weight when used properly. Concerns about blood sugar are also common, but research confirms NNS don't affect glucose or insulin levels, making them safe for diabetics. Some worry about safety, but global health authorities have thoroughly tested these sweeteners and set safe daily limits. While animal studies suggest possible effects on gut health, human research shows minimal impact. Overall, NNS are considered safe when consumed in moderation.

Health Benefits: Sweetness with Purpose

• WEIGHT MANAGEMENT:

NNS can help reduce calorie intake. Replacing sugar may cut up to 360 calories a day, potentially leading to a pound of weight loss every 10 days. However, results vary depending on overall diet and lifestyle.

• DIABETES CONTROL:

NNS don't spike blood sugar. Stevia may even help reactivate insulin-producing cells. Sucralose and saccharin are also safe options.

• DENTAL HEALTH:

Unlike sugar, NNS don't feed oral bacteria or produce acid, reducing the risk of cavities. Xylitol, a sugar alcohol, is especially effective and found in many oral care products.

• METABOLIC SYNDROME:

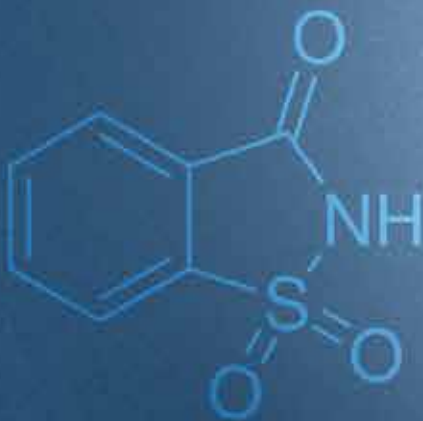
Some studies suggest NNS may affect metabolism via gut microbiota or taste receptors, but more research is needed.

Potential Risks: What to Watch For

Although non-nutritive sweeteners (NNS) offer several health benefits, they've also sparked debate. Some studies suggest that certain sweeteners, like *aspartame*, may trigger headaches or migraines in sensitive individuals. Others have linked NNS to mood changes such as irritability or low mood. Concerns about cancer have been raised, though most evidence comes from animal studies and remains inconclusive. During pregnancy, high intake of NNS has been associated with risks like preterm birth and increased chances of childhood obesity. Additionally, some research points to possible digestive issues, including irritable bowel syndrome (IBS) and Crohn's disease, due to changes in gut bacteria. While these effects aren't confirmed for everyone, it's wise to use NNS in moderation and stay informed.

Final Thoughts: Balance Is Key

Non-nutritive sweeteners are a powerful tool in modern nutrition. They offer a way to enjoy sweetness without the sugar spike, making them valuable for those managing weight, diabetes, or dental health. But like all dietary choices, moderation and awareness are essential. So, the next time you reach for a sugar-free treat, remember: it's not just about cutting calories, it's about making informed choices that support your long-term health.



Yin & Yang: Ancient Wisdom for Modern Wellness

Have you ever felt like your life is a constant tug-of-war, between rest and hustle, calm and chaos, stillness and movement? If so, you're not alone. In fact, this very tension is at the heart of one of the world's oldest philosophies: Yin & Yang. Originating from ancient Chinese philosophy, Yin & Yang represent the dual forces that shape everything in the universe. They're not just abstract ideas, they're practical tools that can help us live healthier, more balanced lives. Let's explore how this timeless wisdom can guide us in today's fast-paced world.

Understanding Yin and Yang

At its core, Yin and Yang is about balance.

- Yin is the cool, calm, and quiet energy, think moonlight, deep rest, and introspection.
- Yang is its vibrant counterpart, warm, active, and bold, like sunshine, movement, and motivation.

These energies are not in conflict; they're complementary. Just as night follows day, Yin and Yang are constantly shifting and supporting one another. When they're in harmony, we feel grounded, energized, and emotionally aligned. When they're out of sync, we may feel overwhelmed, fatigued, or disconnected.



Dr. Kiran Dontha
Head - Health Claims
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Company Limited

Recognizing Yin and Yang in Your Life

You don't need to be a philosopher to spot Yin and Yang in action. Ever notice how winter invites you to slow down and reflect (Yin), while summer energizes you to socialise and explore (Yang)? Or how a quiet evening at home can restore you after a busy day? The key is awareness. When you feel off-balance, ask yourself: Am I leaning too far into one energy? What can I do to restore harmony?

Bringing Balance to Your Daily Routine

• EAT WITH ENERGY IN MIND:

In traditional Chinese medicine, food is more than fuel, it's energy. Foods are categorised as Yin (cooling and hydrating) or Yang (warming and stimulating). Yin foods include cucumber, watermelon, tofu, and leafy greens. Yang foods include ginger, meat, eggs, and spices. To create balance, pair these foods thoughtfully. A salad (Yin) with grilled chicken (Yang) or oatmeal (Yin) topped with bananas and nuts (Yang) is a great start. Even cooking methods matter, steaming is Yin, while roasting or frying is Yang.

• MOVE WITH PURPOSE:

Exercise is a powerful way to balance your internal energy. Yin workouts like yoga, tai chi, and stretching promote relaxation and flexibility. Yang workouts, running, strength training, or high-intensity interval training (HIIT), build stamina and fire up your system. A balanced fitness routine might include a calming yoga session in the morning and a brisk walk or cardio workout later in the day. Pay attention to how your body feels, if you're drained, lean into Yin. If you're sluggish, energise with Yang.



• **EMOTIONAL AWARENESS: YIN** emotions are gentle, nurturing, and reflective. **Yang** emotions are passionate, expressive, and assertive.

Both are essential for **emotional health**.

Feeling overwhelmed? **Embrace Yin:** meditate, journal, or take a quiet moment. Feeling stuck or uninspired? **Activate your Yang:** dance, speak up, or tackle a new challenge.

Designing a Balanced Environment

Your surroundings influence your energy more than you might think. A Yin-Yang balanced space blends soft, calming elements with vibrant, energising ones.

Use cool tones and soft lighting (Yin) alongside bold colours and natural light (Yang).

During the day, open your windows and let the sunshine in. At night, dim the lights and create a cosy, restful atmosphere. Add plants, natural textures, and open space to keep energy flowing freely.

Relationships: The Yin and Yang of Connection

In relationships, Yin is empathy, listening, and emotional support. Yang is passion, initiative, and action. A healthy relationship needs both. Practice open communication, but also value silence. Give love, but be open to receiving it. Be strong, but stay soft. When both partners honour the flow of Yin and Yang, relationships become more resilient and fulfilling.

Seasonal Shifts & Self-Care

Yin & Yang energies shift with the seasons. Winter is Yin, slow, quiet, and inward. It's a time for warming foods, cosy routines, and gentle movement. Summer is Yang, bright, active, and outward. It calls for fresh meals, outdoor adventures, and social connection. Start your day with mindfulness, just a few minutes of deep breathing or quiet reflection can help you tune into what your body and mind truly need. Self-care isn't indulgent; it's how you restore Yin and prepare for the demands of Yang.

The Takeaway: Harmony Over Hustle

Yin & Yang aren't about choosing one over the other. They're about rhythm, knowing when to push and when to pause, when to speak and when to listen, when to energise and when to restore.

So, the next time life feels out of balance, ask yourself: Do I need more Yin or more Yang? The answer might be simpler than you think. Balance isn't a final destination, it's a daily practice. And with Yin and Yang as your compass, you're already on the path to a more vibrant, harmonious life.



Opposites Attract: The Curious Chemistry of Connection

We've all heard it, "**opposites attract.**" It's one of those phrases that pops up in rom-coms, pop songs, and maybe even your own love story. But is there any truth to it? Can two people who are completely different really make it work, and even thrive together? Let's take a closer look at this intriguing idea and explore why, sometimes, being different might be exactly what brings us together.

What Does It Really Mean?

When people say "**opposites attract,**" they're usually talking about personality differences, like the quiet introvert falling for the life-of-the-party extrovert. But it's not just about surface-level quirks.

Psychologists suggest that we're often drawn to people who complement us in deeper ways. Think of it like this: if you're someone who's super organised and detail-oriented, you might find yourself attracted to someone spontaneous and carefree. They bring a sense of adventure to your life, while you offer structure to theirs. It's a balancing act, each person filling in the gaps for the other.

The Psychology of Attraction

One theory that supports this idea is called the **complementary needs theory**, introduced by psychologist Robert Winch. It suggests that we're naturally drawn to people who possess qualities we lack. It's not about fixing each other, it's about growing together.

Another psychological concept, the **social compensation hypothesis**, says we unconsciously seek partners who can help us compensate for our weaknesses. For example, someone who struggles with decision-making might be drawn to a partner who's confident and assertive.

But here's the twist: while differences can be exciting, shared values are still key. Studies show that couples with similar beliefs, such as honesty, kindness, or family priorities, tend to have stronger, longer-lasting relationships.



Biology Has a Say Too

A fascinating study by Claus Wedekind found that women were more attracted to men whose immune system genes were different from their own. Why? Because genetic diversity can lead to healthier offspring. And then there's the brain's love for novelty. Anthropologist Helen Fisher suggests that our attraction to opposites might be linked to dopamine-driven novelty-seeking behaviour. In other words, our brains get a little thrill from someone who's different, it's exciting, fresh, and unpredictable.

Real-Life Examples That Make You Think

This idea isn't just theoretical, it shows up everywhere. Magnets, for instance, literally attract their opposite poles. In nature, bees and flowers form a perfect partnership despite being completely different species. And in relationships, introverts and extroverts often find harmony in their contrasting energies. Even in food, opposites can be magical. Ever tried sweet and salty combos like chocolate-covered pretzels or peanut butter and pickles? Strange, yes, but surprisingly delicious.

Pop Culture Loves It Too

From *Pride and Prejudice* to *The Proposal*, the "opposites attract" trope is a favourite in books and movies. Mr Darcy and Elizabeth Bennet couldn't be more different, yet their love story is iconic. And who didn't root for Ross and Rachel in *Friends*, despite their constant ups and downs? These stories resonate because they reflect a truth we all feel: sometimes, it's our differences that make a relationship exciting.

But It's Not Always Smooth Sailing

Of course, not all opposites attract harmoniously. Differences in communication styles, values, or habits can lead to misunderstandings. A study from Wellesley College found that couples with similar attitudes were more likely to stay together long-term. So, while opposites might spark initial attraction, shared values and mutual respect are what keep the flame alive.

Finding the Sweet Spot

At the heart of it all, the charm of "opposites attract" lies in finding balance, not in seeking someone who's your complete opposite, but in discovering a person whose differences inspire growth, offer new perspectives, and complement your strengths.

So, the next time you find yourself intrigued by someone who's nothing like you, whether they're the yin to your yang or just a refreshing change of pace, don't be too quick to dismiss it. Sometimes, those very differences help us grow, challenge our perspectives, and bring unexpected joy into our lives. After all, in the beautiful chaos of human connection, it's not about being the same, it's about learning to dance to each other's rhythm.



The Wonders of Kombucha Tea

Ever heard of a tea that is fizzy, fermented, and comes with a rubbery disc floating in it? Meet **kombucha**, a centuries-old drink making a modern-day comeback in kitchens and cafés alike. Originating in ancient China around 212 BC and later travelling through Japan, India, and Russia, kombucha has long been celebrated for its supposed health benefits, from aiding digestion to boosting immunity.

So, what exactly is it? Kombucha is made by fermenting black or green tea with sugar and a SCOBY (Symbiotic Culture of Bacteria and Yeast). This jelly-like culture kick-starts the fermentation process, turning sweet tea into a tangy, slightly fizzy beverage packed with probiotics. Think of it as yogurt's cool, tea-based cousin.

Brewing it at home is surprisingly simple. All you need is brewed tea, sugar, a SCOBY, and a little kombucha from a previous batch.

Let it sit for 7 to 14 days, and voila, your own gut-friendly tonic. Just remember, real sugar is essential, and the longer it ferments, the more sour it becomes.

Now, does it truly work wonders? While scientific evidence is limited, some studies suggest kombucha may assist with detoxification and immune support. However, it is not suitable for everyone. People with stomach ulcers, gastritis, acidosis, or SIBO should avoid it, and it is best skipped during pregnancy or breastfeeding due to trace alcohol content.

Whether you are sipping it for health or simply enjoy the tangy fizz, kombucha is a fascinating blend of tradition, science, and DIY wellness. Curious to try it?



Do Kids Really Need Vitamin Supplements?

Walk down any supermarket aisle and you'll find shelves of brightly packaged vitamin supplements for kids, promising stronger immunity, sharper brains, and better growth. For parents, especially those dealing with picky eaters, these products can seem like a quick fix. But are they really necessary?

Most healthy children get the nutrients they need from food.

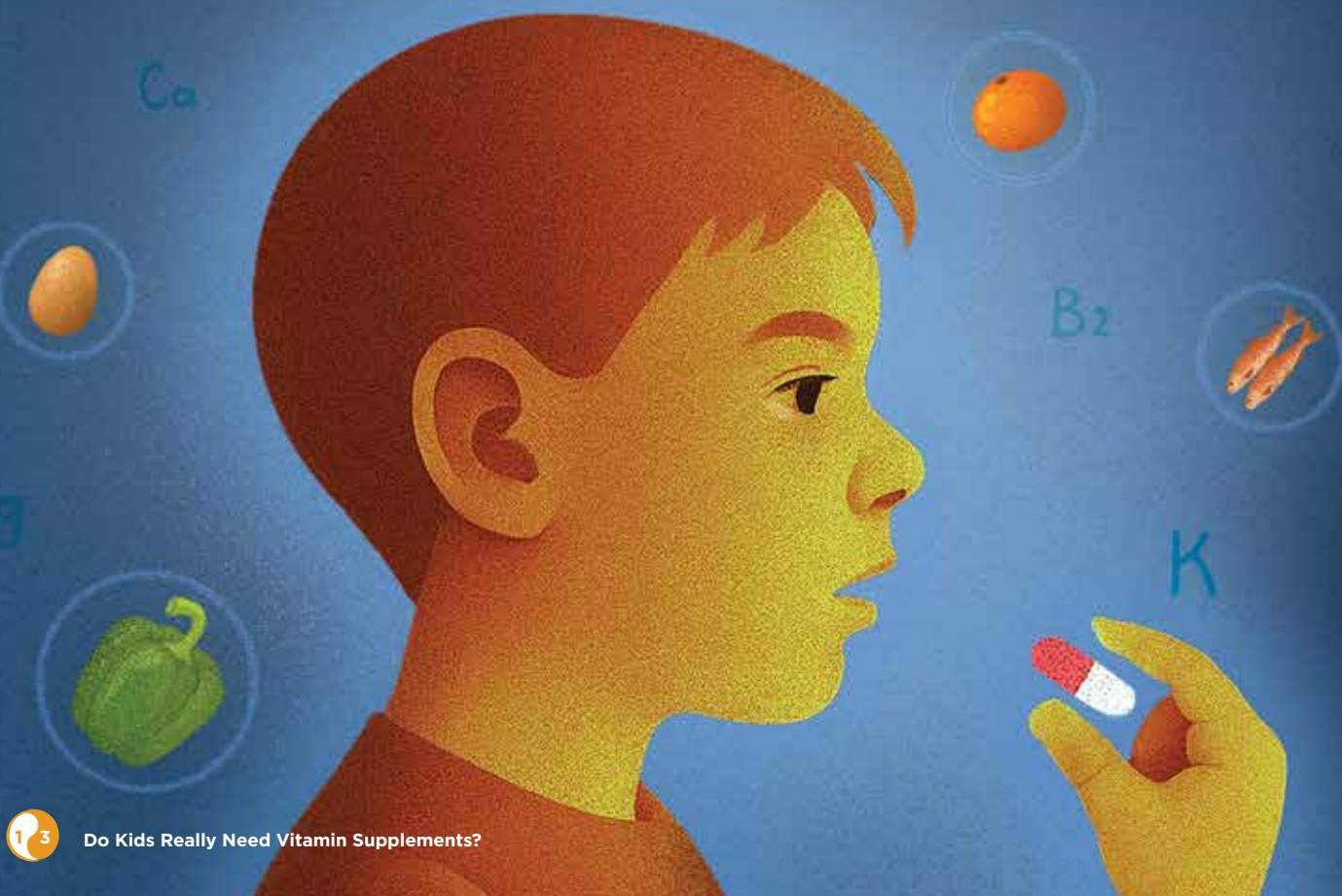
Vitamins A, B, C, D, E, and K, along with minerals like calcium, iron, and zinc, are essential for development, but they're readily available in everyday meals. Fortified foods like cereals, milk, and bread often contain added nutrients, making supplements redundant for most kids.

Scientific research consistently shows that whole foods are superior to supplements. Foods offer not just vitamins and minerals, but also fibre, enzymes, and healthy fats that aid absorption and overall health — benefits isolated pills can't match.

Supplements also carry risks. Fat-soluble vitamins (A, D, E, K) can build up in the body and become toxic. Even water-soluble ones, like vitamin C, can cause side effects in high doses. Plus, many kids' supplements contain added sugars and artificial flavours, which may undermine healthy eating habits.

Instead of relying on pills, parents can encourage **better nutrition** through small changes, like mixing whole grains into meals or pairing new veggies with familiar favourites.

Unless a child has a diagnosed deficiency or medical condition, supplements aren't usually needed. When in doubt, consult a paediatrician or dietitian. For most kids, real food is the best medicine.



The Yin and Yang of Work-Life Balance: A Fresh Perspective



In today's fast-paced world, the phrase **"work-life balance"** often feels more like a corporate slogan than a lived reality. It's tossed around in wellness seminars, HR policies, and social media posts, but for many professionals, it remains elusive. Rather than striving for a perfect 50/50 split between work and personal life, some thought leaders suggest a more fluid approach. Jeff Bezos, for instance, prefers the term **"work-life harmony."** Others advocate for integration, where work and life are not opposing forces but interconnected parts of a whole.

A Balanced Lens

Inspired by ancient Chinese philosophy, the concept of Yin and Yang offers a refreshing way to view work-life balance. Yin stands for rest, reflection, and restoration; Yang represents energy, ambition, and action. These forces aren't opposites; they're complementary. A typical workday might be filled with meetings and deadlines (Yang), followed by a quiet dinner or evening walk (Yin). True balance isn't about equal hours, it's about knowing when to lean into each energy.

Burnout as a Turning Point

One executive's experience illustrates the cost of ignoring that balance. After a day packed with meetings and skipped meals, she found herself staring blankly at her laptop late into the evening, unable to recall what she'd accomplished. Stepping out onto her balcony with a cup of tea, she sat in silence, no phone, no agenda. In that stillness, clarity returned. Her story prompts a powerful question: When was the last time you paused long enough to truly hear your own thoughts?

Micro-Shifts That Matter

Achieving work-life balance doesn't always require sweeping changes. Often, it's the small, consistent shifts that quietly reshape how professionals feel, function, and flourish.

• INPUT FUELS OUTPUT:

Instead of jumping straight into emails, a marketing strategist begins her mornings with 15 minutes of reading, industry news, thought pieces, or even poetry. This ritual helps her shift from reactive to creative thinking, setting a thoughtful tone for the day.

• BREAKS THAT RESET:

An HR manager discovered the power of "tea walks," short strolls with her cup between meetings. These micro-breaks aren't just physical resets; they help her mentally transition between tasks, reducing stress and improving focus.



- **INTENTIONAL STARTS:**

Before launching into a new project, a team lead pauses to ask, "What's the real goal here?" This habit prevents her from getting lost in busywork and keeps her aligned with purpose.

- **RECOGNISING THE SIGNALS:**

A finance analyst noticed she became snappy and forgetful during long stretches of uninterrupted work. Now, she treats those signs, mental fog and irritability, as cues to pause, breathe, and recalibrate.

- **ADAPTING TO LIFE'S SEASONS:**

A young professional once thrived on 12-hour workdays. But after becoming a parent, she shifted her rhythm, working smarter, not longer. She now embraces the ebb and flow of life, adjusting her priorities without guilt.

- **CONTRAST SPARKS CREATIVITY:**

A creative director found her best ideas not in brainstorming sessions, but while cooking or walking her dog. She now schedules "non-work" time intentionally, knowing that creativity often blooms in contrast.

- **MINDFULNESS OVER MULTITASKING:**

One consultant made a simple change: no emails during family time. The result? Less stress, more joy, and sharper focus when she's back at work.

- **SELF-CARE AS STRATEGY:**

An executive who used to skip lunch now treats it as sacred. She noticed her energy and mood improved dramatically when she prioritised nourishment. Her takeaway: self-care isn't indulgent, it's essential.

- **RELATIONSHIPS MATTER:**

A senior leader makes it a point to call one friend each week. "Success feels hollow," she says, "if you have no-one to share it with." Whether it's a coffee catch-up or a heartfelt check-in, these moments ground her.

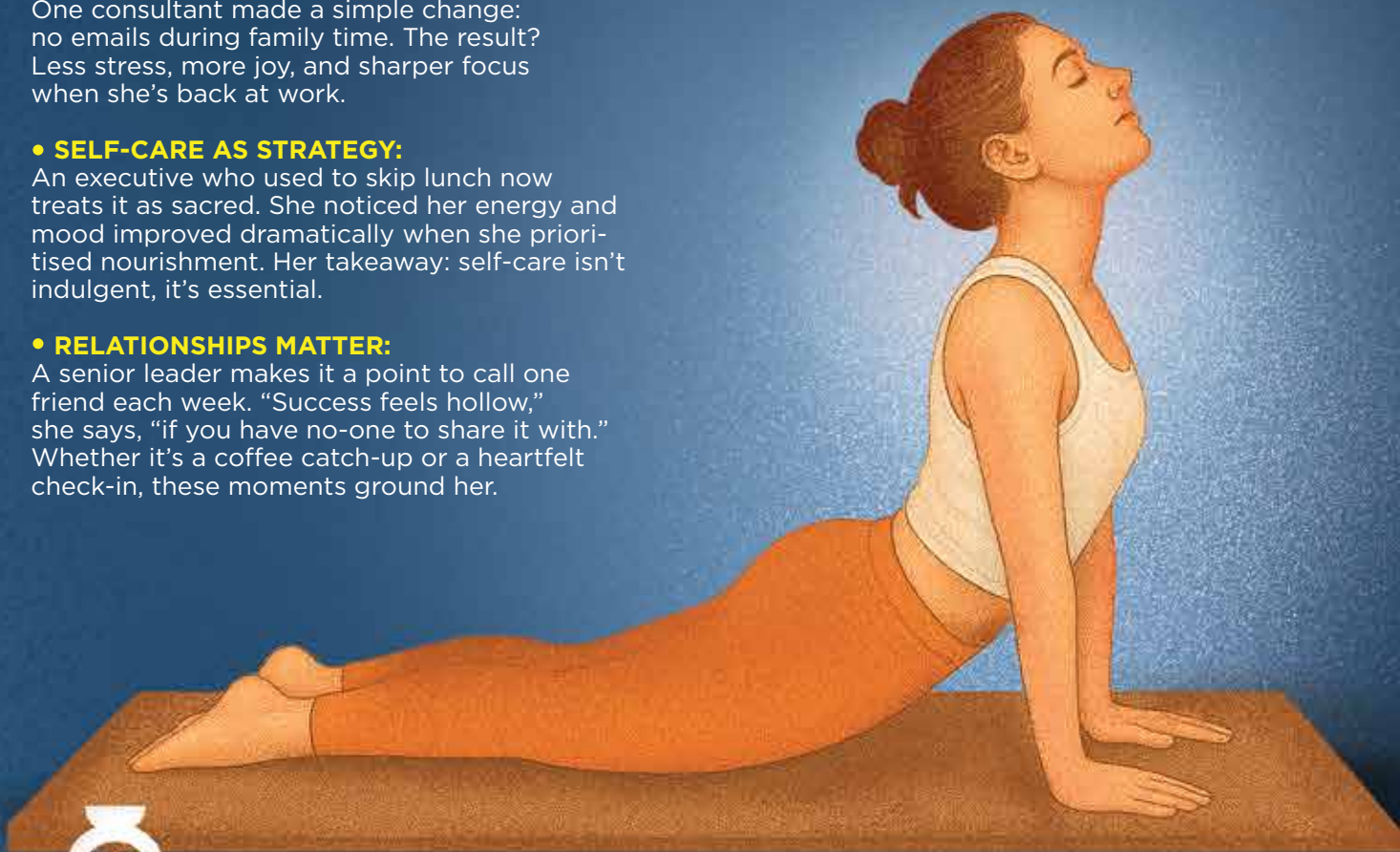
- **FLEXIBILITY WITH BOUNDARIES:**

After her child fell ill, a parent replaced her rigid schedule with a more flexible one, buffer time, clear boundaries, and room for the unexpected. She now feels more in control, not less.

- **BALANCE IS PERSONAL:**

There's no universal formula. For some, balance means quiet mornings. For others, it's unplugging on weekends. The key is to listen, adjust, and honour what feels right, because balance is not a destination, but a dynamic practice.

Work-life balance isn't about perfection. It's about presence, rhythm, and flow. When viewed through the lens of Yin and Yang, work and life become partners in a shared journey, one that leads to clarity, creativity, and well-being.



Cold Plunge Therapy: Chill your Way to Better Health

Ever wondered why people willingly jump into freezing water and call it **“therapy”**? Welcome to the world of **cold plunges**, where icy discomfort meets surprising health benefits. From elite athletes to wellness junkies, everyone’s talking about it. But what’s the real deal behind this chilly craze?

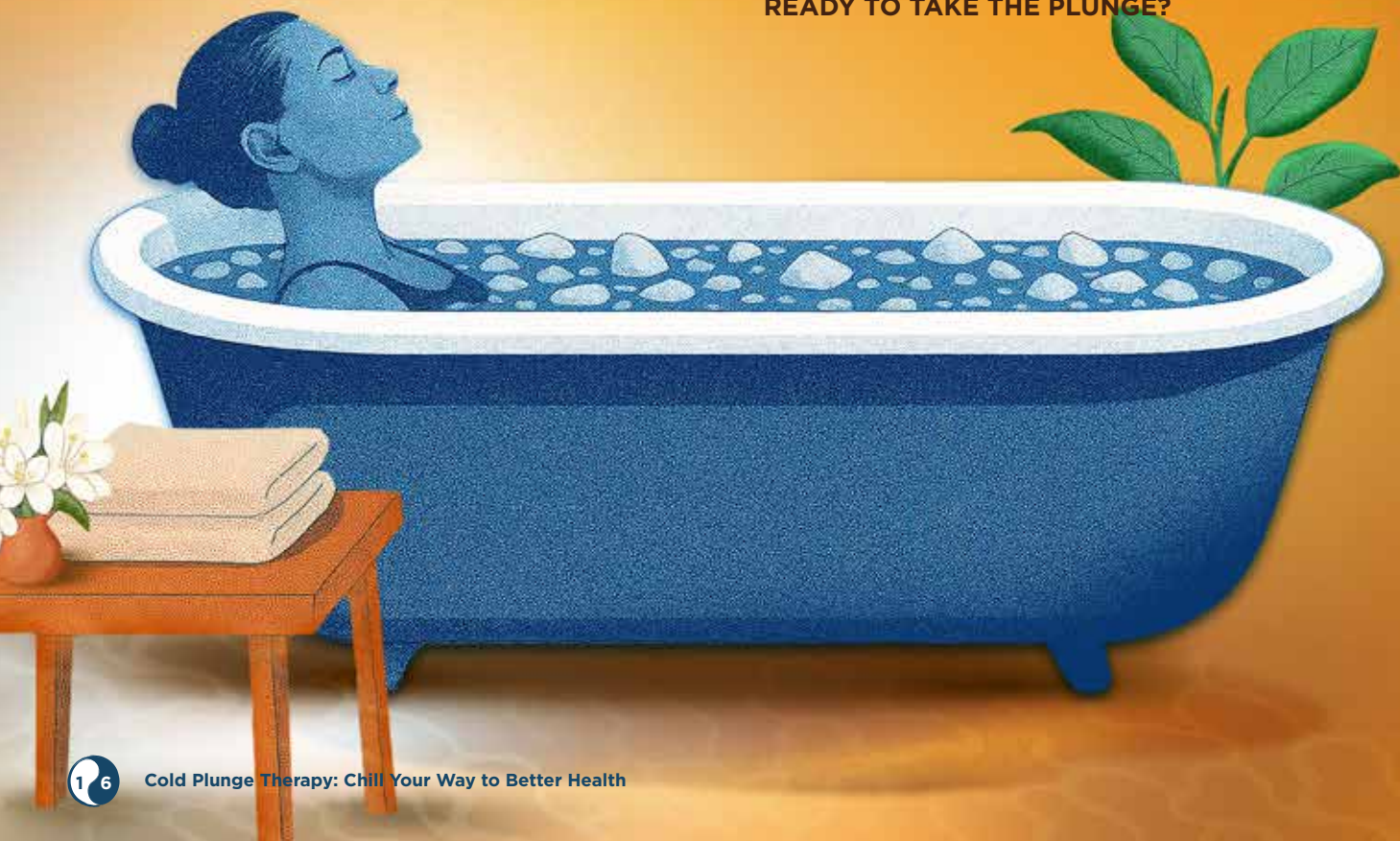
When you take the plunge, your body goes into full alert mode: heart racing, breath quickening, blood vessels tightening. It’s called the **cold shock response**, and while it sounds intense, it’s actually your body’s way of protecting itself. Over time, this response can lead to better circulation, reduced inflammation, and even a metabolism boost (yes, cold burns calories!).

Athletes love cold plunges for faster recovery and less muscle soreness. But it’s not just physical. Cold exposure triggers a rush of **dopamine and adrenaline**, giving you a natural mood lift and mental clarity. Some studies even suggest it strengthens your immune system and activates brown fat, which helps burn energy.

But before you cannonball into an ice bath, know the **risks**. Cold plunges can be tough on the heart, especially for those with cardiovascular issues. Stay in too long and you risk hypothermia or nerve damage. The key is to start slow, stay safe, and listen to your body.

So, is cold plunge therapy worth the chill? If done right, absolutely. It’s invigorating, empowering, and surprisingly addictive. Whether you’re chasing recovery, resilience, or just a bold new wellness ritual, this might be the coolest thing you try all year.

READY TO TAKE THE PLUNGE?



Zap or Nourish? the Truth About Microwaving your Food

Let's face it, microwaves are lifesavers on busy days. But have you ever wondered if that quick zap is secretly robbing your food of its nutrients? It is a common concern, and surprisingly, the truth is more reassuring than you might think.

Microwave ovens work by sending out energy waves that excite water molecules in your food, heating it from the inside out. Sounds high-tech, right? But here is the twist: because microwaves cook food faster and with less water, they actually help preserve nutrients better than traditional methods like boiling or frying.

Take **vitamin C**, for example. It is heat-sensitive and breaks down easily. However, shorter cooking times in the microwave mean more of it stays intact. And when it comes to vegetables like broccoli, boiling can leach out powerful compounds such as glucosinolates, known for their cancer-fighting potential. Microwave steaming, on the other hand, keeps those nutrients locked in.

So, is microwave cooking bad for your health?
Not at all. In fact, it ticks all the boxes for nutrient retention: quick cooking, minimal water, and gentle heat. It is practically a nutrition-friendly powerhouse.

Of course, the bigger picture matters too. Vegetables are good for you, period. And if microwaving helps you eat more of them, that is a win. So the next time you are reheating leftovers or steaming greens, do not worry about the microwave stealing your nutrients. It might just be your healthiest kitchen companion.



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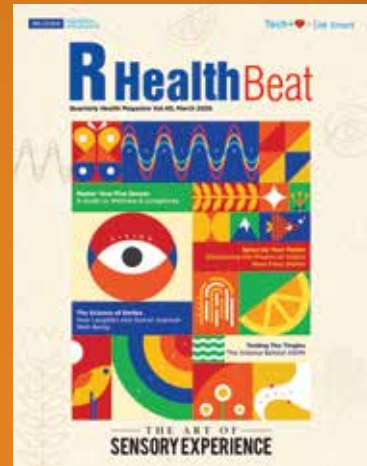
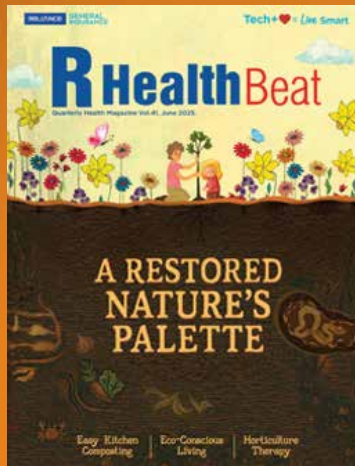
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