

SUMMER IS HERE

We have to take care of our health and protect us from the heat. It is necessary to maintain the body temperature cool. Here are few tips...

- 1. Drink plenty of water.** Drink plenty of water and natural juices, even if you don't feel thirsty. When heat in summer is high, your body can quickly become dehydrated. Having Lime Juice regularly will boost up your energy. Try to avoid carbonated drinks.
- 2.** As the temperature rises your body works overtime to make it cool. **Any outdoor activity** in high heat is physically stressful and can lead to heat exhaustion or even **heat stroke**.
- 3. Wear** light, loose fitting clothing of pure **cotton or cotton mixed fabric**.
- 4.** Try to **avoid dark colour clothing**, as this absorbs more heat than light coloured ones.
- 5.** Sweating causes you to lose precious minerals, so to keep your electrolytes in balance get plenty of minerals from **fresh fruit, vegetables** etc.
- 6. Eat small meals** and eat more often. Avoid foods that are high in protein, which increase metabolic heat. **Cucumber or salads quenches your thirst** while keeping you in good appetite.
- 7.** Try to **avoid going into the sun** in the middle of the day (**between 11am – 3pm**). If you must, **use sunscreen** and wear a **wide-brimmed hat**.