



# HEALTH



with

# Dr. A. Kumar

# Happiness & Health

Charlie Chaplin once said, "The day that is gone wasted is the day when you haven't smiled." Living a life is simple. But it is not all about living just for the sake of living it, what really is significant is how content and happy we are in our life.

We all know that jealousy, sadness, un-fulfillment, anger, lack of confidence, rivalry, unreal aspirations, and the dream of building Rome in a day, are our worst enemies, makes us sick and finally may reduce the span of our life.

Always keep in mind one thing that 'Life is not a bed of Roses. Living a meaningful life with our own efforts in this competitive world is essential for good health. Not only this, but the contentment acquired from the love, compassion and service we offer to others, is of paramount importance. Some simple points are appended below which if followed, happiness is bound to come :

**1. Be disciplined.** Keep the body healthy by taking a balanced diet and regular exercise.

**2. Remain stress free.** Life is simple. Go straight. Don't believe in short-cuts leading to complications. Remain within own means. Maintain positive attitude, cool and calm. Never run from life. Be courageous to face its challenges.

**3. Love your family.** Taking care of your wife, husband and children helps relish the best of life. Teach children to be respectful and loving, not to emulate

others especially the filthy rich, work hard and remain optimistic.

**4. Be loyal to your employer.** Very important aspect of health and happiness. This sincerity helps maintain cordial relationships with the seniors and colleagues which cultivates into healthy friendships leading to a quality social life.

**5. Body postures.** A number of health problems depend upon how you stand, sit or walk. Always keep your posture straight, walk tall, sit on chairs instead of sofas and have noble thoughts.

**6. Environmental protection.** Know your body, save it from strong rays of the sun, changing weather, rains, colds, pollen etc. Also take care of oral hygiene, vision, as these play a great part in making the life healthy and happy.

**7. Positive and pure thoughts.** For happiness, the thoughts must be pure and invigorating. The moment thoughts

become positive, the ugly emotions like anger, jealousy, hate and lust etc. disappear effortlessly. A cheerful attitude to life helps keep control over the self and happiness follows

naturally.

**8. Meditation and Yoga :** Both these things have proved their effectiveness today. These cleanse the mind and body, improve concentration, minimize physical problems and have a great effect not only on the body but also on the mind.

**9. Sound sleep:** Six - eight hours sleep is enough, which actually depends upon an individual's re-

quirement, job-type, genes, mental conditions, surroundings etc. However, it must be regular and at a calm and quite place. The room should be comfortable and well ventilated.

**10. Physical fitness.** One of the most important facts related to a happy and healthy life, is to keep fit. Regular physi-

cal exercise keeps mind and body fit, makes one disciplined, presentable, confident, positive and finally a successful person.

The prospects for good health and long life also depends upon mental habits learned in childhood. These attitudes are in fact responsible for emotional reactions which strongly affect our immune and circulatory system, even our day to day actions. It is, therefore, imperative that we identify and leave bad mental habits and acquire healthy ones to improve our health, happiness as well as our prospects for long life. The German doctor Grossarth Maticcek has worked a lot in this direction.

We constantly find our self cursing the self when we are unhappy. We try to recall and rewind everything that might have gone wrong and when we finally realize we are caught in the midst of clouds, we think 'why had we ever done that'.

The best motto is, 'move on and simply move on'. Time never stops. No use crying over the spilt milk. You still have the world to

conquer.

Never ever compare anything with others. Everybody is different in all respects. We make friends just because we find something in common. There could be some other reasons also for attractions but never ever go comparing anything with others; not even health, wealth, height, looks, home, nothing. This creates jealousy which might affect your health and happiness flies away from our hands.

Actually, happiness is an attitude of mind. And as explained above, a large number of factors affect us, sometimes making us cheerful, sometimes nervous and worried. It is for an individual to adopt to a life style suiting to one's habits, nature, circumstances, health and mental makeup so that one can lead a happy and a healthy life.

The above tips if followed in letter and spirit, certainly will make a difference in life, bring happiness and a relationship with health be formed forever.

Contact Dr. Kumar for any free advice through the Asian World email.

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## SCIENTISTS USE DIABETES DRUG IN DOUBLE HIT TO STARVE CANCER CELLS

CANCER RESEARCH UK scientists have discovered how blocking a key controller of energy production in cancer cells and treating them with a diabetes drug, metformin, effectively starves cancer cells. The research was published earlier this month in 'Nature Cell Biology'.

One of the key characteristics of cancer cells is their ability to divide and grow quickly. To do this they need to switch to a method of producing energy rapidly, which breaks down glucose in a process called glycolysis. By doing this they generate the energy and raw materials needed to create new

cells.

The researchers found that this switching is controlled by a protein complex called NF-kB, which controls the balance between different types of energy generation. When glucose supplies run short, NF-kB moves energy generation to an alternative process that doesn't rely on glucose. But blocking NF-kB in cancer cells leaves them unable to make this switch and so they ultimately die.

By targeting this protein complex, the researchers showed they could kill bowel cancer cells in the lab. To mimic the effect of glucose starvation, the researchers

first treated the cancer cells with a molecule that blocks NF-kB, though by itself it has no effect on survival. But when combined with the diabetes drug metformin, which blocks alternative methods of energy production, they effectively besiege the cancer cells so that they starve and die.

Professor Guido Franzoso, lead researcher based at Imperial College London, said: "This is the first time that NF-Kb has been shown to control how cells generate energy. We already knew that NF-kB plays a role in cancer. It is part of a family of regulators that control the immune and inflammation

responses and have been shown to promote the disease.

"Inhibitors of NF-kB are currently used in the clinic to treat cancer patients but have had limited success, due to their side effects. We hope that we can now start exploring the possibility of combining them with metformin as a double hit to increase their effectiveness against cancer."

Dr Julie Sharp, senior science information manager at Cancer Research

supporting

CANCER RESEARCH UK

