



Heart ailments are on the rise,  
not sparing even the younger  
generation. **Double Helical** spoke  
to eminent doctors to know the  
lifestyle changes we can bring  
about for a healthier heart

mainly due to unhealthy eating habits, lack of physical activity and stress.”

Food, however, is one of the main reasons why people develop heart problems. Foods that cause digestion problems should be avoided. There are people who frequently overeat, this doesn't only develop obesity in them, but also causes heart problems in the long run. The easy availability of junk food is making people lazy, and taking them towards heart diseases. One must always try to find the healthier alternative to junk food for a healthier heart. Here are some healthy tips.

**YOU MUST AVOID:**

- Fried Food
- Milk Products
- Acidic Foods
- Cold/Frozen Food
- White Flour
- Red Meat

**YOU MUST EAT:**

- Seasonal fruits and vegetables
- Whole meal bread
- Salad
- Sprouts
- Buttermilk
- Cottage Cheese
- Indian Gooseberry or Amla

Another major reason behind cardiac diseases is stress. Stress can have a direct and significant effect on the heart and can cause severe heart diseases in the long run. It is one of the most common causes, and one should indulge into some activity or the other to control stress. The busy life schedules of the people have brought them close to unnecessary stress, some start considering smoking to let out stress, some using pills to relax or consuming alcohol but instead of reducing stress, these silently affect their body adversely.

**Dr. Viveka Kumar, Sr. Consultant**