

## All about skin, health care during winter

Experts reveal what to eat and what to apply to keep the body fit



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As winter settles down in the city, we need to modify our diet and skincare to remain fit and free of diseases through the season.

Winter weather is colder, windier and drier and your skin will need some extra help and protection from the environment. During winter, the day begins early and the night is longer, so one feels the need to have breakfast early in the morning.

Milk and milk products, dry fruits can be consumed for breakfast. As the climate is dry, one should increase the consumption of sweet, sour, fat

(ghee/oil)-based food items. This takes care of dry skin, joint pains, body aches that happen in winter.

"We experience increased appetite during winter and thus one needs to be careful with the diet one consumes. Eating a complete balanced diet is the key to fitness during winter," said Kiran Mudal, a fitness trainer from Thane. One should avoid cold food items and should drink boiled warm water with a pinch of soonth (dried ginger powder) mixed in it. This helps people suffering from gastric problems. If you are a non-vegetarian, you can eat mutton, chicken, fish, lob-

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sters, crabs prepared in spices like cloves, coconut and sesame. Fruits available during the season should be consumed. Also leafy vegetables, tomato, potato, carrots, pulses should be consumed in right proportion.

While taking a head bath, one should avoid very hot water because it dries out hair. Apply oil to the body before bath. One should also maintain a balance between diet and exercise so that the calories are burnt in right amount. Walking, jogging, yoga could be a pleasant and refreshing exercise, especially during winters.

Take care of your skin using mild soaps with minimal fragrance. Dr Mohan Thomas, cosmetic surgeon from the city, said, "People should dry their body well and use a good moisturiser. Since lips get easily chapped during winter, use a lip balm and prevent them from drying out. And the three essential qualities of a good lip balm are it must provide good moisturisation, create a barrier between the lips and dry weather and contain vitamin E to give the lips good elasticity."