

Summer Tips



Drink plenty of water, lemon water, curd water, stone apple (bael) juice, sugarcane juice, coconut water, glucose etc. Avoid soft drinks.

Eat lots of fruits like banana, orange, water melon, bael (stone apple), papaya etc, we can have mango as it is a seasonal fruit but in a limit because it makes our body warm and causes acidity related problems.



Eat vegetables like onion and cucumber as much as possible.

Don't let the stomach get empty; avoid oily, non-vegetarian and spicy food.



Carry an umbrella and a bottle of water anywhere and everywhere with you.

Wear hats and sunglasses. Apply sun protection creams to prevent your skin from tanning.



If possible avoid drinking water from refrigerators, Get cold water from mud pots instead.

Take bath in the early morning and evening only, don't take bath at late afternoons, it might be fatal, wash your eyes and face as many times as possible.



Change your clothes regularly in order to prevent infections, don't use others towel or handkerchief, apply antiseptic talcum powder in your body

Plant shady trees near your home and office .If possible place water pots or tanks near your home and office for people as well as animals.

