



GASTROCON 2017 (

ACTION TIMES

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Action Cancer Hospital

World-class Care

GASTROCON 2017

Action Institute of Liver and Digestive Diseases

Action Institute of Liver and Digestive Diseases Of Sri Balaji Action Hospital was organized Gastrocon-2017 at Hotel Crown Plaza, Rohini, on 9th april. The Conference was inaugurated by Respected members of Board of Management Sh. N. K.Agarwal, Sh Raj Kumar Gupta and Dr Deepika Singhal with Medical Director Anand Bansal, Dr Monika Jain and Dr G S Lamba. It was a conclave where more than 500 medical practioners came together for learning and to discuss the chronic diseases caused in stomach and liver . It was organised under the guidance of Dr. Monika Jain and Dr. G.S.Lamba, the discussions benefitted the practioners who are not specialist but are general physicians. Very Eminent consultants in the field of gastroentrology delivered their talk, and shared the experience on treating liver, stomach disease and the new medical inventions used to cure the diseases. This conference was widely covered by regional













CURRENT CONCEPTS IN VULVAL DISORDERS Organized by: **GYNAE ONCOLOGY**



















Department of Gynae oncology, Action Cancer hospital, Paschim Vihar, Delhi, organised a CME on a very Intense and fervent subject "Current Concepts in Vulval Disorders" on 15 April 2017,. The conference received a overwhelming attendance of approximately 120 gynecologists from various parts of Delhi. The CME was inaugurated by Medical Superintendents of Action Cancer Hospital and Sri Balaji Action Hospital Dr. Asha Aggarwal and Dr Pinky Yadav respectively with Dr Shruti Bhatia, and Dr Renuka. This exclusive CME was embellished by eminent professors and doctors from various hospitals and leading medical colleges of Delhi. There were four scientific sessions which were compiled for the interest of gynecologists and dermatologists by the organizing Committee under the direction of Dr Shruiti Bhatia. The lectures included various topics i.e: management and detection of benign vulval disorders, pre-malignant lesions, role of Colposcopy and vulval malignancy. The CME was also accreditated by DMC.



All kids need is a **little help**, a little hope and someone WHO BELIEVES IN THEM.

Sri Balaji Action Medical Institute & Action Cancer Hospital

I am frequently asked this question by most parents, hope my child will get normal soon....and I ask them what their definition of "normal" is. After listening to theirs, I tell mine..... Normal is an approximate average child who is functional in this complex world, confident and has good social relations. So does my definition include academically good, excellent in sports, perfectly behaving child? (A child who does not howl or lie down when his demands are not met with, obeys all parents commands in one go). NO.Behaviour is not perfect, it is communication.

In my practice, I see children who deviate from the normal: may have slower achievement of milestones, may not be behaving appropriately, may not be connecting with the family, may not be performing in school or are born with some condition hampering to achieve their maximum potential. So, my work involves a lot of challenge, I just don't deal with the child's problems but his parents and sometimes extended family members as well.

Our treatment is a transdisciplinary approach, a team work with the family, time taking process, patience testing mechanism for both the family and the therapists. Various modules of Therapeutic approaches, Sensory Integration, Neurodevelopmental Therapy, Reflex Integration Therapy, Brain Gym, Handwriting Without Tears, Play Therapy and so on are our tools of treating the child and we as expert chefs of fine child raising choose the best ingredients to come up with that "normal" child. Phew!!!

When I discuss the child's difficulties with my team, I don't just discuss his diagnosis, but also the dynamics of the family and specially the type of parents. Parents have different personalities, and different coping mechanisms, affecting the child's treatment. And I often tell parents....don't worry that the child doesn't listen to you, worry that they are always watching you. And of course a diagnosis will not define the extraordinary love for your child.

It is important for parents to embrace the unique way their child is blooming, even if it's not in the garden they imagined, yet showing children they are worth holding close to their heart.

Gosh!! Is this easy? I bet not. But I love what I do, because the child's smile and the smallest achievement is my biggest motivation. When a mother comes to say that he has started sitting or smiling or walking, sometimes writing and of course behaving well.....it's a sigh of relief and contentment, of a peaceful night to sleep. Voilà!!

Did you still get who I am? I am an Occupational Therapist, I am sometimes the only person who is able to hear and feel the child's pain and limitations and that is sacred to me.

So, if you see a child who is "just a little" out of sync or a "lot" different, do tell the parent to see an Occupational Therapist at the earliest, because we join science, art and creativity to change lives.

Richa Kapoor Consultant Occupational Therapist

CONFERENCE



COLPOSCOPY WORKSHOP

Department of Gynae Oncology Organised Colposcopy workshop, under the aegis of ISCCP, on 26 April 2017 at Action Cancer Hospital. It was attended by 20 doctors from various parts of Delhi, India and abroad. The programme was followed by case demonstration and lectures. Our Gynae Onco consultants- Dr. S. K. Das, Dr. Shruti Bhatia and Dr. Renuka Gupta conducted the whole programme.

TIMES EVENTS



April 1: 139 Patients attend the Pain Checkup camp at Sri Balaji Action eMdical Institute on 1 & 2 April 2017.



April 7: 139 Patients attended the general health checkup camp on the occasion of World Health Day in association with NSS Unit of Bharti Vidyapeeth College of Engineering at Nuna majra village, Bhadurgarh.



April 15: Workshop on Jolly Phonics at Sri Balaji Action Medical Institute conference hall by Dr. Richa Kapoor.



April 22: 121 Patients attended the general health checkup camp in association with LUMEX Industries Ltd. at Gurgaon.



April 23: Participated in Annual day of IMA Outer West branch at Raddison Blu.

Upcoming Birthday's

Consultant Name	Designation	Department	D.O.B		
Dr. Pradeep Nehra	SR. CONSULTANT	RADIOLOGY	01-May		
Dr. Rajat Gupta	HON.SR.CONSULTANT	CRITICAL CARE & EMERGENCY MEDICINE	04-May		
Dr. Mohit Luthra	HON. ASSOCIATE CONSULTANT (Non-Invasive Cardiology)	CARDIOLOGY	07-May		
Dr. Nishant Verma	HON. ASSOCIATE CONSULTANT	CARDIOLOGY	07-May		
Dr. Amita Garg	HON.CONSULTANT (Non-Invasive Cardiology)	CARDIOLOGY	14-May		
Dr. Meenakshi Bansal	HON. ASSOCIATE CONSULTANT	OBS. & GYNAE	15-May		
Dr. Gyandeep Mangal	HON.SR.CONSULTANT	RESPIRATORY MEDICINE	15-May		
Dr. Rajat Malhotra	CLINICAL ASSOCIATE	RADIOLOGY	18-May		
Dr. Priyanka Kharbanda	HON.SR.CONSULTANT	RHEUMATOLOGY	28-May		



मोसम K तेज किरणों से आंखों और सिर की सुरक्षा के लिए सनग्लासेज और सिर पर कैप का इस्तेमाल जरूर करें।

गर्मी को मात देने के लिए

तेज किरणें सूर्य की तेज धूप से बचाव करें। तेज धूप सेहत के लिए

नुकसानदायक होती है।

भायुर्वेद में गर्मियों को आयुवद म गामया का पित्त बढ़ाने का प्रमुख मौसम माना जाता है।

ऐसे में पाचनक्रिया को शांत रखने के लिए

दिनभर में कम से कम 6-7 गिलास पानी

बेहद जरूरी

ज्ञ मीं शुरू हो चुकी है। तापमान बढ़ते ही गर्म हवाओं और तिपश से सबसे ज्यादा त्वचा प्रभावित होती है। त्वचा पर फंसियां, पसीना और बार-बार प्यास लगना अाम बात है। ऐसे में खानपान और तरल पदार्थों का ध्यान रखना बेहद जरूरी है ताकि गर्मी के असर को कम किया जा सके। जानें किन बातों का रखें ध्यान-

ऐसा हो डाइट प्लान

श्री बालाजी एक्शन मेडिकल इंस्टीट्यूट के सीनियर कंसल्टेंट डॉ. अरविंद अग्रवाल का कहना है कि गर्मी से बचने के लिए अल्कोहल, धूम्रपान, तला-भुना भोजन और मसालेदार फूड से दूरी बनाएं। डाइट में ऐसे फलों को शामिल करें जो पानी की आपूर्ति

करते हैं। जैसे तरबूज, स्ट्रॉबेरी, अनानास, खीरा, ककड़ी आदि। इसके अलावा नींबू पानी, नारियल, दही व छाछ जरूर लें। साफ-सफाई का खास ध्यान रखें वरना डायरिया और पीलिया की समस्या हो सकती डायारया आर पालिया का समस्या हा सकत है। जंकफूड से परहेज करें। प्रतिदिन 10-12 गिलास पानी जरूर पीएं।

दोपहर में बाह्य निकलने से बचें

पीएसआरआई हॉस्पिटल के सीनियर कंसल्टेंट डॉ. चंदन केदावत के अनुसार दोपहर के समय घर से निकलने से बचें। सुबह या शाम को निकलें। सूर्य की तेज किरणों से अपनी आंखों और सिर की सुरक्षा के लिए सनग्लासेज और सिर पर कैप का क तिए सनरासज और सिर पर कप का इस्तेमाल जरूर करों इस मौसम में पसीना आने के कारण शरीर में तेजी से पानी की कमी होती है ऐसे में जूस, छाछ और पानी से इसकी कमी पूरी करें ताकि डिहाइड्रेशन की स्थिति न बने।

कूलिंग एक्सरसाइज

ग्रीष्म ऋतु में शरीर को स्वस्थ रखने के लिए स्वीमिंग सबसे बेहतरीन व्यायाम है। इससे ना केवल शरीर को ठंड़क और राहत मिलती है बल्कि यह हमारे शरीर में रंगत लाने और ह बाल्क यह हमार शरार में रगत लान ओर मांसपेशियों को मजबूत बनाने में भी मदद करता है। इस मौसम में सुबह-शाम की सैर भी सेहत के लिए काफी फायदेमंद है। आयुर्वेद में बॉडी और माइंड को ठंडा रखने, त्राचुयद्द न बांब जार नाइड फा ठडा रखन, तेज बनाने और शांत रखने के लिए शीतली प्राणायाम करने की सलाह दी जाती है।

लाइफस्टाइल का रखें ध्यान

इस मौसम में तनाव होने और अधिक काम इस नासन में तिनाज होने जार आवफ फान करने के कारण गर्मी से संबंधित परेशानियां ज्यादा तंग करती हैं। ऐसे में काम को ऐसे प्लान करें ताकि ये समय से खत्म हो

ा कर ताक प समय स खर्म हो और तनाव की स्थिति न बने। इसके लिए परिवार और दोस्तों के संग वीकएंड पर फुर्सत के पलों का आनंद लें। किसी ठंडे हिल स्टेशन पर छुट्टी बिताने का प्लान बनाएं। दिमाग को राहत देने और तनाव को दूर रखने के लिए मेडिटेशन करें।

ित्कन का खास खयाल

र्विचार्य डॉ. प्रताप चौहान का कहना है कि गर्मी में धूप और शरीर में पानी की कमी होने से रिकन पर लॉल चकते, त्वचा का झुलसना, फुंसी, डायरिया, जलन जैसी समस्याएं ज्यादा देखने को मिलती हैं। ऐसे में कुछ आयुर्वेदिक नुस्खे राहत पहुंचाते हैं-

कूलबाध

दिन की शुरुआत ठंडे पानी से नहाकर करें। इसके लिए पुदीना की ताजा या सूखी पतियां लेकर उन्हें आधे घंटे तक पानी में उबालें। जब यह पेस्ट बनकर तैयार हो जाए तो इसे छानकर ठंडा करें। नहाने के बाद इस पेस्ट को झरीर पर लगाएं। खासकर झरीर के उन हिस्सों पर जहां सबसे ज्यादा पसीना आता है। इससे त्वचा को ठंडक एवं नाजगी मिलेगी। साथ ही दिमाग को भी राहत मिलेगी।

रोजबाध

विकल्प के तौर पर आप गुलाब के फूल या फिर गुलाब एसेंस ऑयल से स्नान कर सकते हैं। इसके लिए रातभर इन फूलों को पानी या नहाने के टब में भिगो दें। सुबह इस पानी से नहाएं। यह अरीर और दिमाग दोनों को तरोताजा और ठंडा रखता है। साथ ही यह सूर्य की किरणों से बचाने के साथ रिक्न को मुलायम

आम और अंगूर लाभवायक हैं। सिब्जयों में ब्रोकली, तुरई और शतावरी शीतलता प्रदान करते हैं। सलाद में खीरा ज्यादा लें। खदटी चीजों से परहेज करें। गर्म तासीर वाली चीजें जैसे टमाटर, काली मिर्च, मूली, प्याज, लहसुन से दूरी बनाएं।

आयुर्वेद के मुताबिक ठंडे आहार के तौर पर ऐसे फल व सिब्जयां खाएं जो मीठे, रसदार और प्राकृतिक रूप से सौंदर्य उत्पादक हों। जैसे तरबूज, नाशपाती, चेरी,

Healthcare in India now focusing on wellness

AJITA SINGH

The state of the s

pated.

According to Dr Anand Bansal, Medical Director at Sri Balaji Action Medical Institute, "The current situation of healthcare in India is improving day by day as of late people are getting more conscious about their health and fitner."

ly a positive indication that people are getting awar abouttheir disease, sympton

out the defense and health elfare, many hospitals organe free OPDs, health check-p camps with an aim to

cept of wellness as it is always better to try to keep any dis-ease at bay than it is to cure through a treatment once it has happened."

Dr Ashwani Singh, senior

Dr Ashwani Singh, senior consultant with a hospital of repute, however, said: "Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life."

Though more popular in American system of medicine.

American system of medicine, it is gaining ground in India too, he added.

Many other countries are sing on primary health-and then secondary fol-ed by tertiary, said Dr

better us. fect saying to ant of wellr

nsai. "In India we still need to engthen our hold on pre-ntive measures or prima-healthcare as it aims to luce the incidence of dis-se, instead of treating the

the disease burden from India," he added. "In the last 30 years Indi-an Healthcare has seen pos-itive progress," said Dr (Col) R K Sharma, Medical Super-intendent at PSRI Hospital. There has been a decline in Infant and maternal mortal-

There are more than 5 crore diabetic patients and 42 lakh cancer patients in India, "he said.

For wellness and healthy being, Dr Sharma advised certain changes to lifestyle, like at least 45 minutes of exercise and a nutritive diet daily. This will help prevent various lifestyle diseases such as sugar, high blood pressure, arthritis, etc., and improve immunity and protect people.

"Health and wellness are crucial to any country espe-cially a young demography like India, where 47% comprises people below the age of 25. As this population enters the workforce, their wellness

Nadda unveile al Health Poli

The 2017 policy includes re for major non-commusequence. This wo achieved by increasing

y, Nadda said som time back while making i policystatementin Parliament The new policy aims at reducing Under-Five Mor-tality to 23 by 2025 and Mater-nal Mortality Rate to 100 by 2020. It targets at reducing infantmortality rate to 28 by 2019 and neo-natal morta-ity to 16 and earl.

the minister said.

The National Health Policy 2017 is a huge milestone in the history of health sector in the country. After a gap of 15 years, it is here to address the current and emerging challenges necessitated by the changing socioeconomic, technological landscape. The last national policy was framed in 2002. ter said. ational Health Pol-

Quote by Dr. Arvind Agarwal, Senior Consultant, Psychologist



खाह पदार्थी को देर तक न प्रकार । इससे उनके पोषक तत्व नष्ट हो जाते हैं और उनका रंग और टेक्सचर भी बदल जाता है।

बंधि नह है। जाते हैं। बाना बनाने के तिए स्टेनलेस स्टील या एल्युमिनियम के बतेनों का ही प्रयोग करें। कॉयर के बतेने में पळाने से विटामिन खी, ई और फॉलिक एसिड नह हो जाते हैं। सर्कियों को ढककर पकार। इससे पीषक तत्व सुरक्षित रहेंगे।

ऐसे दें गर्मियों को मात

Quote by Dr. Anand Bansal, Medical Director

कारण जानने से बचाव आसान

जिंदगी

तत्वा लेने से बर्चे ।
जीवक मीठी चीनें खाने से परक्रेन करें ।
अधिक मीठी चीनें खाने से परक्रेन करें ।
इसकी बज्रव जगर की येव पदार्थों का

उपचार है संभव

एक-एक चम्प-फर्ने के साथ अवश्य करें। • गेहूं को रोटी,फस्ता,पूरे चावल इत्यादि का सेवन करना दूध से तैकर पनार और दर्श नित्रया जा सकता है।

Quote by Dr. Nishant Ravjada , Endocrinologist

3 जिल्हों दुनिया में कृषेषण के शिकार फेवल मरीम तबके है लोग नहीं हैं, चल्कि वे लोग भी हैं, जो अंतर्राष्ट्रीय ब्रांट्स के फास्ट फुड खाड़े हैं। इससे पेट तो पर जाता है, लेकिन सभी और समितक को उदित प्रेण नहीं मिल पाता समय के साथ पोषक तत्त्वों की कृती गंभीर सारिस्क और यानसिक रोगों क संतलित भोजन

अकसर संतुलित भोजन की बातें तो की जाती हैं, लेकिन ज्यादातर लोग नहीं जानते कि यह होता क्या है। दरअसल ऐसा भोजन संतुलित होता है, जिसमें शामिल हों-७ फल, सक्जियों, साबृत अनाज और कम बसा बाला दूध ब टभा उत्पाद

के पिता, पारणना, पान्ना, पान्ना, पान्ना, पान्ना, पारणना, पान्ना, पान्

डाइटिंग बना सकती है डिपेशन का शिकार

शारींक और मानीसक रवास्त्र्य बनाए रहाने हैं लिए। उन्हेंस में अधिक होना चारिए, में का पर होना, दिन्हें पूर्वियों बूद को अध्यक्ष होना की व्यक्ति है। इससे उन्होंना हुए को उपरां की हो अध्यक्ति है। इससे उनाम रहाने तर है। इससे उनाम रहाने तर हुए तह एक्ष्मीय होना है। अपने का अध्यक्ति का कार्यों होता है। उन्होंने को आधीर कार्यों प्रोप्ता के अधिक होता है। अपने होता है। उन्होंने के अध्यक्ति की अध्यक्ति होता है। उन्होंने कार्यों प्रोप्ता के अध्यक्ति कार्यों होता है। उन्होंने होता होता होता है। उन्होंने होता होता है। उन्होंने होता होता होता होता है। उन्होंने होता होता होता होता है। उन्होंने होता है। इन्होंने होता है।

माइक्रोन्यटिएंट भी हैं जरूरी

Quote by Dr. Priya Verma, Cheif Nutritionist

माङकोन्यटिएंट-विटामिन एवं मिनरल

भूकत के लिए बहुत जरूरी होते हैं। इनकी कम् श्य समस्याण् होती हैं। इन्हें माइक्रोन्बुट्रिएं हाता है कि हमारे शरीर को इनकी आवश्यकर मात्रा में होती है। अपने भोजन से पर्याण



मरिताक को भी चाहिए पोषण

पकाएं और पोषक तत्व भी बचाएं

हम क्या खाते हैं, उससे ज्यादा महत्वपूर्ण यह है कि उसे कैसे पकाते और खाते हैं। खादा पदायों को दो रूप में खाया जाता है- कच्चा या पकाकर। कई सब्लियां और फल कच्चे खाना स्वास्थ्य के लिए बहुत लामदायक है, लेकिन हर चीन को



Quote by Dr. Prashant Goyal, Psychological

Quote by Dr. Arvind Agarwal, Senior Consultant, Internal Medicine

All consultants are requested to kindly update Medical Director about the advanced and complicated surgeries performed so that same can be provided to PR Agency for publicity



Yoga For Better Bone Density

yoga poses that strengthen the areas most likely to suffer-the hips, spine, and wrists-can help maintain bone density, she says. Poses that focus on the spine can also help improve posture, preventing the hunched back that is typical in older osteoporosis sufferers. Women who have small frames or family histories of osteoporosis are more prone to the disease—so if your mother or grandmother has been diagnosed, be doubly sure to add these poses from Rubenstein to your repertoire. Although the disease is most often diagnosed after menopause, women can start losing bone density as early as their 30s.

Chair Pose

This pose strengthens the muscles around the hip, one of the most common sites for osteoporosis. It also improves your balance, which will help decrease your chances of falling and fracturing a bone when you get older and your bones are weaker.



Sri Balaji Action Medical Institute & Action Cancer Hospital

Cobra Pose

Osteoporosis patients often suffer thoracic spine compression fractures, which happen when the front part of the vertebrae compresses down, causing a person's



posture to look bent forward. This pose strengthens the upper back muscles and the spine, which help maintain proper posture and may help prevent a compression fracture from occurring. Cobra is also a perfect pose to combat computer hunch.

3 Anti-Cancer Health Benefits of Green Tea

Green Tea Antioxidants

Green tea leaves contain so-called 'bioactive' compounds, including green tea antioxidants, which act on our body in multiple beneficial ways. Specifically, green tea polyphenols known as catechins are believed to be responsible for many of the health benefits of green tea.

Epigallocatechin-3-gallate (EGCG) is the most abundant catechin in green tea and accounts for 50-75% of its total catechin content. EGCG is also the most effective green tea antioxidant as far as its health benefits are concerned – and it has been tested extensively over the past few years to better understand its potential cancer-fighting abilities.

The results of these studies clearly show that EGCG and other green tea antioxidants are toxic to cancer cells in laboratory experiments and indicate why health experts are so optimistic about their use in cancer therapies in the near future.

EGCG Stops Cancer Cells from Growing

Cancer cells are formed when our body's cells break free of the normal cycle of growth and death and begin to grow uncontrollably, giving rise to harmful, even life-threatening tumors in different parts of the body. EGCG and other green tea antioxidants act in very specific ways to prevent cancer cells from growing – and are very likely responsible for at least some of the anticancer health benefits of green tea.

These antioxidants have been shown to prevent cancer cells from growing in multiple ways:

BREWING A PERFECT CUP OF GREEN TEA Use 2 gram of loose green tea eaves for every 6 ounces Heat water to 160°-180°F or just until short of boiling. Pour the water over the Place the lid on the teapot and let steep for 1-3min.

They lower cellular levels of a protein known as cyclin D1 that is needed by cancer cells to grow properly. EGCG also blocks enzymes that help to maintain cancer cells in the so-called 'cell cycle', which allows them to keep growing. Because of these actions, EGCG forces cancer cells to go into 'growth arrest' – meaning they stop growing, usually permanently. EGCG also increases the levels of other important cellular proteins that make it very difficult for cancer cells to grow.

Asthma is the seventh-ranked chronic health condition in the United States and the leading chronic illness of children. It is a chronic inflammatory disease that makes airways (bronchial tubes) particularly sensitive to irritants. It is currently estimated that as many as 300 million people world wide suffer from asthma, and that number continues to rise. Asthma is a disorder of the lungs that causes intermittent symptoms. In the airways there is:

- Swelling or inflammation, specifically in the airway linings
- Production of large amounts of mucus that is thicker than normal
- Narrowing because of muscle contractions surrounding the airways
- The symptoms of asthma include: Feeling short of breath:
- Frequent coughing, especially at night
- Wheezing (a whistling noise during breathing)
- Difficulty breathing
- Chest tightness

Fruits To Eat In Summers for Good Health

Melons: Watermelon, as the name indicates, has high water content, which will keep you hydrated and refreshed in summer. Watermelons also protect the skin against sun damage. Muskmelon or Cantaloupe is another great and healthy summer choice. The fruit is rich in vitamin A, vitamin C, potassium and zinc, and helps improve immunity. While selecting a muskmelon, make sure you pick one that smells sweet and musky.

Oranges: This fruit contains all varieties of vitamins found in other fruits with vitamin K being the only exception. Oranges can be an outstanding source of vitamin C, thiamin and folate for you which provides you natural UV protection, brings down stress levels and enhance the production of red blood cells in your body. Oranges are also loaded with beta-carotene, cryptoxanthin and lutein. These protect the eyes from macular degeneration and help keep away infections and cancers. They also replenish the potassium lost through perspiration and provide relief in muscular cramps.

Papaya: This is a delicious tropical fruit that can be eaten raw or cooked. Its numerous health benefits have made it popular in all parts of the world.

Guava: This one is a sodium-free fruit with low fat and low calories. Like several fruits mentioned above, it contains vitamin C and prevents cough, cold, diarrhea and dysentery - common summer health problems.

- Pineapples are refreshing, have anti-inflammatory properties, and help digest both proteins and fats. Chilled slices of pineapple also make for excellent dessert.
- Tender coconut will not just quench your thirst. It is a superb source of vitamins, minerals and electrolytes that will keep you hydrated and revitalized.
- Plums are juicy and just right for the summers. They are also rich in dietary fiber and vitamin C.
- Strawberries make for mouth-watering dessert, especially when served with some ice-cream.
- They are also extremely rich in vitamin C and nutrients that help combat cancer and UTI infections.
- Peaches are rich in vitamins and antioxidants and have amazing skin benefits.