

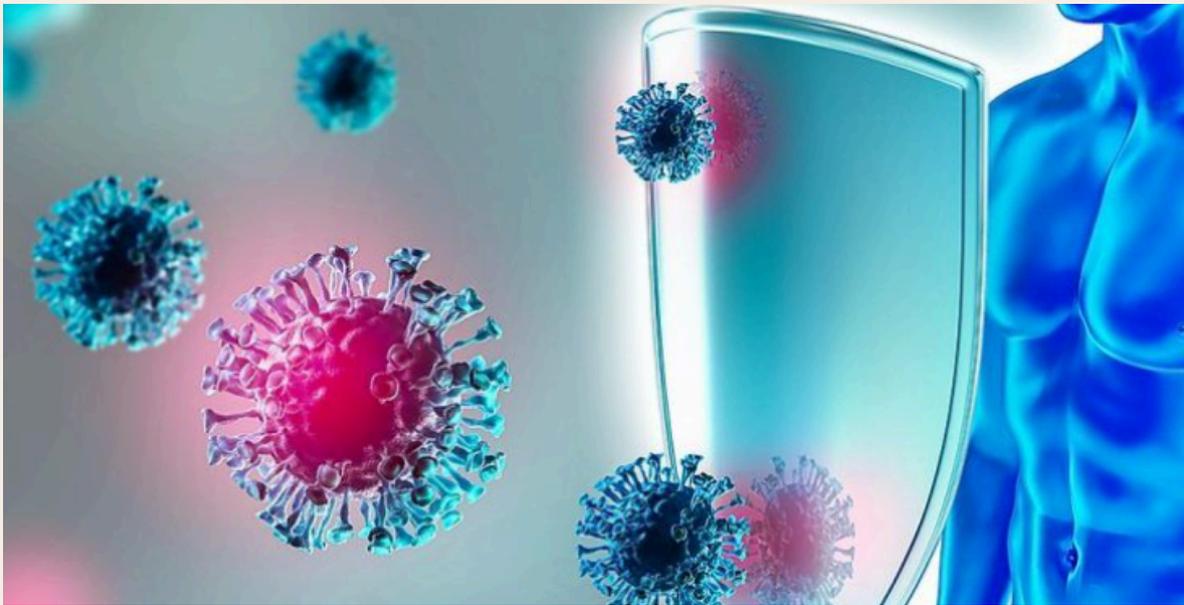
# BENGALURU ALLERGY FOUNDATION



## NEWSLETTER

for the month of March

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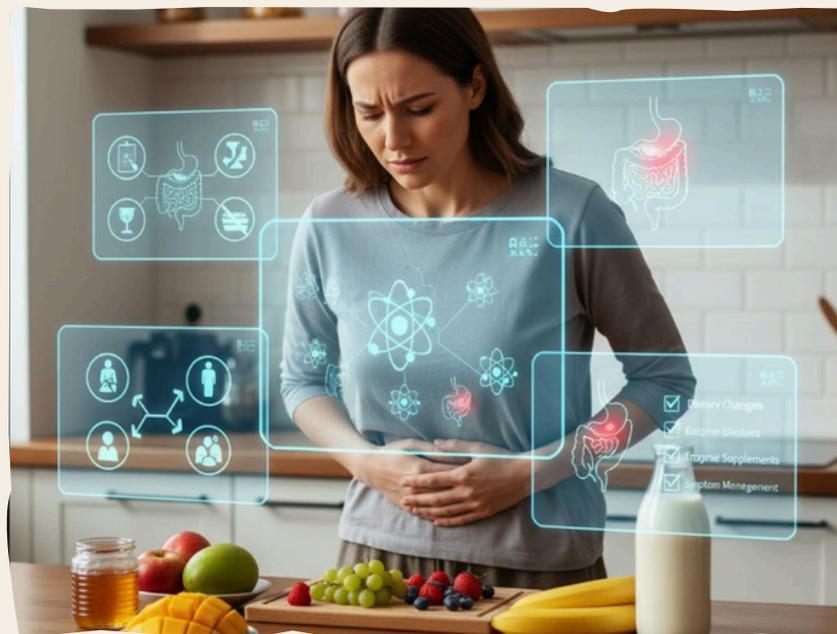


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WHY THE DIFFERENCE MATTERS.**
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THROUGH NUTRITION**



# FOOD INTOLERANCE: THE DIGESTIVE STRUGGLE

A food intolerance happens when your body lacks the specific enzyme needed to break down a certain food, or when your gut is sensitive to certain chemicals.



- The Reaction: Usually gradual and limited to the digestive system.
- Common Symptoms: Bloating, gas, stomach pain, diarrhea, or "brain fog."
- The Danger: Generally not life-threatening, but can cause significant discomfort and long-term gut inflammation.
- Common Culprits: Lactose (dairy), gluten, fructose, and food additives like sulfites.

# SIMPLE CHAIR EXERCISES FOR LUNG HEALTH

Boost your Breathing and Mobility



Staying active is vital for maintaining mobility and improving breathing, even if you are managing a lung condition. These four "seated" exercises are designed to be low-impact, safe, and effective for boosting your circulation and lung capacity from the comfort of a sturdy chair.

## SEATED MARCHING

Lift your knees up and down alternately as if walking in place.

### **BENEFIT**

Increases heart rate and improves lower body circulation.

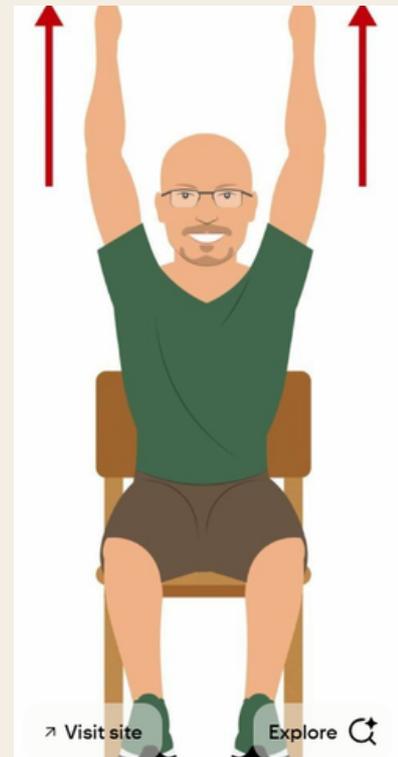


## ARM RAISES

Slowly lift both arms straight up overhead, then lower them.

### Benefit

Opens the chest cavity to allow for deeper, fuller breaths



## LEG EXTENSIONS

Straighten one leg out in front of you, hold for a second, and switch.

### Benefit

Strengthens the core and quadriceps without straining joints.

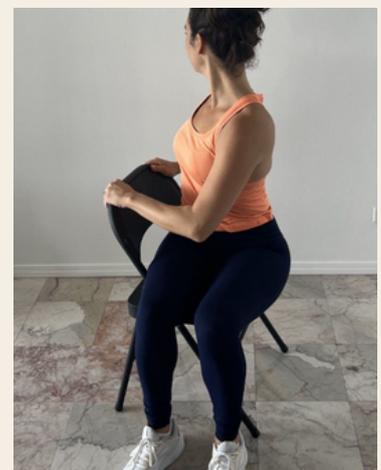


## TORSO TWISTS

Gently twist your upper body from side to side using the chair for support.

### Benefit

Improves spinal flexibility and expands the ribcage. Benefit



# HOW TO BOOST YOUR IMMUNE SYSTEM THROUGH NUTRITION

Maintaining a strong immune system starts in the kitchen. By focusing on these four key nutritional pillars, you can provide your body with the fuel it needs to stay resilient.

## 1. INCLUDE PROTEIN



Protein is the building block of the body's immune cells. Ensure you are getting enough by incorporating sources like:

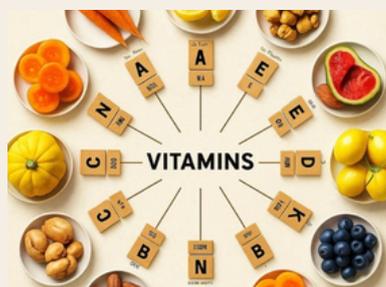
Poultry (Chicken or Turkey)

Eggs

Dairy (Cheese)

## 2. ADD VITAMINS AND PHYTONUTRIENTS

Colorful fruits and vegetables are packed with essential vitamins and phytonutrients that help protect your cells. Action Tip: Aim for a "rainbow" on your plate with a variety of fresh fruit salads and vegetable dishes.



### 3. FOCUS ON PROBIOTICS AND PREBIOTICS

A healthy gut is a major component of a healthy immune system.

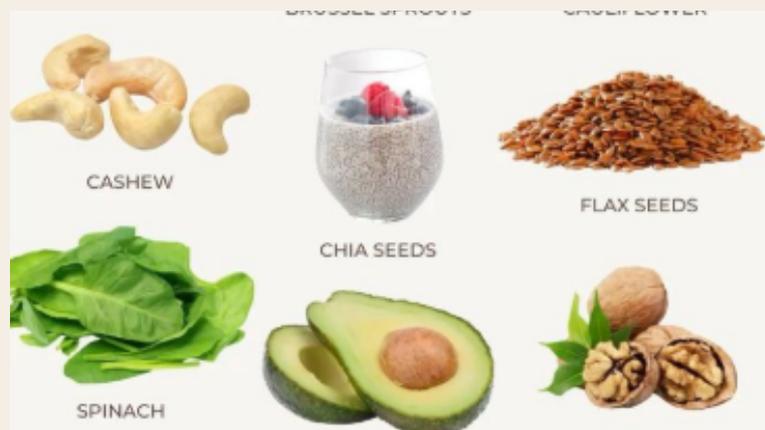
Action Tip: Look for foods or high-quality supplements that support digestive balance to keep your microbiome thriving.



### 4. INCREASE OMEGA-3 FATTY ACIDS

Healthy fats are essential for managing inflammation and supporting overall heart and immune health.

Key Sources: Incorporate a variety of nuts, such as walnuts, cashews, and almonds.



# ABOUT BAF

BENGALURU ALLERGY FOUNDATION (BAF) IS A CHARITABLE TRUST TO ENHANCE QUALITY OF LIFE IN PEOPLE WITH ALLERGY! IT WAS SET UP IN THE YEAR 2017, AS AN OFF SHOOT OF BANGALORE ALLERGY CENTRE IN A BID TO GIVE BACK TO THE SOCIETY IN WHATEVER WAY POSSIBLE.

## VISION

**TO SERVE HUMANITY FOR ENHANCING QUALITY OF LIFE (QOL) BY MEANS OF ALLERGY AWARENESS PROGRAMS GLOBALLY.**

## MISSION

**TO ENHANCE THE QUALITY OF LIFE FOR PEOPLE WITH ALLERGIC DISEASES THROUGH EDUCATION, ADVOCACY AND RESEARCH.**

BAF organizes various public welfare activities, to name a few: Asthma camps, Patient Support Group Meetings, Counselling to Allergy patients, Inhaler Bank, Award ceremonies to recognize the professionals for their scientific and clinical contributions in the field of Allergy.

# TRUSTEES



**DR NAGENDRA PRASAD KOMARLA**  
CONSULTANT ALLERGIST,  
BENGALURU ALLERGY CENTRE



**DR PARANJOTHY KANNI**  
HE SERVES AS RESEARCH  
DIRECTOR AT BAF  
ACADEMY, BENGALURU.  
PRINCIPAL SCIENTIST &  
SENIOR PHARMACIST, BAC  
PHARMACY



**DR. PUNEET K NAGENDRA**  
ASSOCIATE PROFESSOR,  
RESPIRATORY MEDICINE,  
CDSIMER



**MRS. SUDHA NAGENDRA**  
SENIOR COUNSELLOR &  
PSYCHOTHERAPIST.  
SHE IS ASSOCIATED WITH SUGAMYA  
ACADEMY FOR COUNSELLING, BENGALURU.  
SHE IS ALSO PRESIDENT FOR THE SWAMI  
VIVEKANANDA SHAKSHANIKA SAMSTHE,  
BENGALURU.



**MR. GOPINATH M S**  
DEPUTY GENERAL MANAGER AT HCL  
TECH (BANGALORE), LEADING  
TELECOM BSS DELIVERY IN THE ASIA  
PACIFIC REGION, WITH OVER 30  
YEARS OF IT EXPERIENCE AND  
EDUCATION INCLUDING AN MS AND  
IIM CERTIFICATE.



**MR. SATYANARAYANA KASSI:**  
SEASONED BANKER MR.  
SATYANARAYANA (ARSIKERE,  
KARNATAKA) SERVED VIJAYA  
BANK FOR OVER FOUR DECADES,  
LEADING OPERATIONS AND  
TECHNOLOGY, AND HOLDS  
CREDENTIALS FROM ICAI AND  
CAIIB.



# **BENGALURU ALLERGY FOUNDATION**

- **ADVOCACY**
- **PATIENT EDUCATION**
- **INHALER BANKS**
- **AIT AID FOR POOR**
- **ALLERGY CAMPS**
- **RECOGNIZE CONTRIBUTORS  
IN ALLERGY**
- **FREE TREATMENT FOR BPL  
PATIENTS**
- **HEALTH**
- **PROFESSIONAL TRAINING**

**THANK YOU**

**[WWW.BAFACADEMY.COM](http://WWW.BAFACADEMY.COM)**

**LATEST PROJECTS, WORKSHOPS, FREE RESOURCES, AND MORE. KEEP READING**