

Vanik Voice



LIVE AND HELP TO LIVE

Issue 34 ~ September 2009

- Page 1 Contents
- Page 2 Your committee
- Page 2 News from the NYA
- Page 3 Security in Nairobi
- Page 3 Canada! Can you have this on your conscience?
- Page 4 Are there links between Soya and Breast cancer?
- Page 5 The best thing you can do for a child is encourage them to be independent
- Page 6 Crabs Sense and Remember Pain. Duh!
- Page 6 How are Jains in Manchester have linked to the RSPCA?
- Page 6 Events
- Page 7 How to choose a charity to donate to that fits in with your values
- Page 7 Conduct and method has changed in the Navnat Vanik Association (NVA)
- Page 8 How to Communicate With Deaf People
- Page 9 Making sure you know what you NEED to know
- Page 9 – 10 Healthy drinks featuring Kewal Shah's opinion. He is a dentist
- Page 10 All about asbestos

Disclaimer

Disclaimer notice: ~ Articles and statements in this Newsletter are written in good faith and with utmost care but no responsibility can be accepted by the authors, National Council of Vanik Associations (NCVA) or the publishers for their accuracy or completeness. Opinions expressed in this issue should not be regarded as the official view of NCVA, except where stated

How you can contact or find out more about the NCVA

www.vaniks.co.uk

www.ncva.co.uk

VanikVoice@googlemail.com

This committee was elected on 12 August 2007

Chairman

Mr. Manharlal L. Mehta
37 Howberry Road
Edgware
Middlesex
HA8 6SS
Tel: 020 8952 1165

E-mail:
chairman@ncva.co.uk

Regional Vice Chairmen

North:
Piyush Mehta

Midlands:
Gajendra Chhatrishia

London:
Dhiru Galani

South:
Harkishan Mehta

General Secretary

Paresh Gandhi
secretary@ncva.co.uk

Joint Secretary

Ramesh Shah

Editor

Mrs. Heena R. Modi
vanikvoice@vaniks.co.uk

Treasurer

Avanti Jasani
treasurer@ncva.co.uk

Executive Committee Members

Bina Holden
Dr Jagdish Shah
Bharat Parekh
Dr Natubhai Shah
Vijay Sheth
Saroj Varia
Bharat Varia
Jayman Mehta

News from the NYA

Dear all,

As you may be aware on the 2nd August 2009 NYA held their Annual General Meeting. Following heavy advertising in good time using all our advertising methods available, NYA tried to ensure we got the best attendance we could to welcome our members and any others who wanted to see what NYA was about or wish to join. I am pleased to say this year we had an attendance that was mainly dedicated to a whole new crowd of youth, with not only some teenagers on board to put across their views and get involved but also some new faces who had heard about what we do and wanted to take part! Always a good sign if you wish to continue the cycle!

At this year's AGM I decided to step down as President of the Navnat Youth Association. I began working on the NYA as secretary in 2007-2008, to be followed by the honour of leading the committee this last year. It has been an incredible experience, challenging yet purposeful and I have had the pleasure of working with some very talented and dedicated individuals. My father and so many of our elders, have shown just how much our community needs us in their dedication to Navnat over so many years, I hope that I also have been able to give back to the community and its members.

However my desire to embark on further studies and other projects sadly means I cannot offer the same commitment and dedication to the committee, that I provided in my time of service to date. Despite the kind support and request of so many of you for me to continue in this role I am afraid with my commitments it is something I don't think would be fair on the committee or our membership. I will however not be a stranger to Navnat Youth by any means. I am pleased to announce Roopal Mehta, previous Vice - President on the committee has decided to take up the position, and I will be serving as a Trustee for this years committee.

I hope to offer them the guidance and support they need from my experiences, and also to continue the good work that has been done over the years. I would urge you all to support the new committee and their efforts. Navnat Youth has worked hard this year to deliver alot of services further to our usual, we have tried to further work with our affiliate bodies, work with the younger generations and deliver more events for them and overall try and provide a more consistent and structured body moving forward for all future generations. I ask you to therefore take the time to look at the presentation presented at our AGM which should shortly be available on the web. I also ask you to take a look at my article in the August Focus edition which gives an account of what NYA really was about this year and our plans moving forward!

I would like to thank all those who have been such a huge support to our committee and my leadership. I will by no means be a stranger so please do feel free to get in touch with me concerning anything related to Navnat Youth, however I have all the confidence that Roopal and her team will be more than successful in their efforts to take NYA to the next level. This is at the end of the day a purely voluntary role we all do, so I hope we will continue to co-exist and work together to further ease the process and produce the events and value to our community that is truly deserved. I wish you all great success this year, and if at any point I have caused any offence please do accept my sincere apologies.

Details of the new committee will be posted shortly on Navnat.com and in the October edition of Focus.

Jai Jinendra & Jai Shree Krishna

Komal Bakhai
NYA President 2008 - 2009

Groups affiliated to the NCVA

Aden Vanik Association UK

Digamber Jain Visa

Mevada Association UK

Jain Association of UK

Jain Samaj Europe

Jain Samaj Manchester

Jain Sangh Birmingham

Jain Sangh of Europe

Mahavir Foundation

Navnat Vanik Association UK

Navnat Youth Association

Oshwal Association of UK

Shree Jain Sangh East London & Essex

Shree Navyug Jain Pragati Mandal,

Shree Sidhpuria Vanik Samaj

Shrimali Soni Mandal London

Vanik Association UK

Vanik Samaj Leicester

Vanik Samaj Coventry

Vanik Samaj of UK Brighton

Vanik Samaj Southampton

Veerayatan UK

Young Jains

Groups Established by NCVA

Vanik Professional Group
Vanik Business Group

Security in Nairobi

Dear All,

As we all know, the crime rate in Kenya and especially in Nairobi has increased drastically and escalating for the last 3 months. We have seen a spate of Carjacking, Armed Robbery, Mugging, Kidnappings, Break-ins, Murder and Looting. This has made the lives of Nairobians insecure. Please find below the precautions we need to take in order to prevent crime and not become victims.

This timely advice was received from a Security Colleague in the Private Sector, a Kenya citizen employed as a Security Manager in a large commercial enterprise in Nairobi. He has agreed that I can pass this along as we believe that the more information is available, the better people can prepare for life here in Nairobi and in Kenya as a whole.

In discussions with the DPU, crime is increasing and is not necessarily localized nor is it aimed at any one group, in other words they are crimes of opportunity, not targeting.

Crime at night especially is on the increase. Please do be cautious and try to follow the suggestions provided below.

'A group of thugs has been operating in various areas and these thugs are targeting residential areas, motor vehicles and business premises.

School going kids are also being abducted and held for ransom. A number of other school kids have gone missing as per media reports.

Everyday something new seems to be emerging in terms of trends and patterns of crime. As Security Personnel, we face a challenging job ahead, but precautions mentioned below are necessary.'

We therefore request you to practice the following precautions:

1. Avoid traveling alone, if you have to, inform someone of your location and whereabouts
2. Do not travel with expensive jewellery especially in public transport and public places
3. If you are driving and a vehicle is following you, drive to the nearest Police Station or Petrol Station
4. Avoid traveling during the night, car jacking are on the rise.
5. When socializing, frequenting restaurants, casinos, at night, try to go in a group and more than one vehicle
6. Have a family member drop your kids to school/tuitions/practice and pick them on daily basis.(Many reputed schools have now made this mandatory)
7. Kids love to play, send an adult to accompany them to the playing fields and back.
8. Train your kids not to accept any sweets or anything else from strangers
9. In supermarkets, keep your young ones within your sight at all times. Accompany them to the wash rooms.
10. When driving in the night, keep safe distance from the car in front, in an event they slam the brakes, you have space to overtake and drive to safety.
11. If bumped from behind when driving a vehicle, be cautious as this method of causing the driver to alight from the vehicle is being employed to rob, mug or abduct victims. Keep moving.
12. During night, if one sees an obstruction on the road ahead, turn around, seek another route. The obstruction could be thieves blocking the road.
13. Don't offer lifts to any one on the road. Even if it is some one you know. It could be a trap.
14. The thugs also trick you to stop your vehicle by pulling up next to your car and telling you that number plate has fallen off. DON'T get down to check. You can replace the number place but not your life!!!

Jack Klassen, UN Police Liaison Office, Diplomatic Police Unit, Gigiri, Nairobi

Email: jack.klassen@unon.org

Canada!

Can you have this on your conscience?

Every year, the Canadian government allows sealers to beat, skin, and kill hundreds of thousands of baby seals for their fur. Did you know that your choice of syrup may help stop this?

Yes, you can help end Canada's annual war on seals by boycotting a product that is vital to the country's economy: maple syrup! Learn more about the slaughter by clicking on the link below and pledge to boycott Canadian maple syrup until Canada stops killing seals.

To take action on this issue, click on the link below:

https://secure.peta.org/site/Advocacy?s_oo=F57zycA62nKKUPGapfbSGw..&id=2209

Are there links between Soya and Breast cancer?

Although a vegan diet does not necessarily need to have soy in it, most of them do, but rejection of soy does not necessarily mean that veganism is a bad thing....

Anyway, I found that these two websites were useful in gathering thoughts....

1) Cancer Research - <http://www.cancerhelp.org.uk/help/default.asp?page=4126>

2) <http://www.bryannaclarkgrogan.com/page/page/3476771.htm#should>

Here are my thoughts / observations from what I have read:

1) Soya is said to have isoflavones which are said to be phyto-oestrogens - they are plant chemicals that mimic human oestrogens.

2) The impact of soya on oestrogen levels is unclear - some say it increases oestrogen levels, others say it reduces them because oestrogen receptors in the body detect them and stop producing the human hormone.

3) The research done seems to indicate that soya may be beneficial in reducing cancer. Studies have found that women with soya in their diet have longer menstrual cycles (fewer cycles over their life) which is linked to lower cancer rates, and some studies have found soya linking to lower cancer rates. However, some studies have also found negative effects. In general the samples are small, and there have not been that many so the results are mainly inconclusive.

4) Breast cancer treatment often works by reducing oestrogen in the body (oestrogen fuels cancer growth), and so it is advised that women with breast cancer should not take soya products (because of their phyto-oestrogens and their unknown interaction with human oestrogen). This fact may be the think that creates people think that the link between soya and cancer is so strong.

5a) However, this does not mean that soya contributes to the development of the cancer in the first place. My intuition tells me that most of the time, cancer or whatever disease or problem is probably going to develop anyway, it's just that a diet may help advance it or hold it back. Healthy people with great diets have cancer, as do people with unhealthy diets...

5b) It's important to bear in mind that many scare stories about cancer are about individuals. The evidence is anecdotal at best. It's best to rely on studies with larger sample sizes, but unfortunately not that much research has been done.

6a) I think it is worthwhile noting that many other food products contain phyto-oestrogens, and given that cows typically eat a lot of soy, and milk comes from the cows udders (lots of hormones going on to produce it), cow milk probably contains lots of phyto-oestrogens and mammal oestrogens too. So if oestrogens are the link, I'm not sure so much stick should be given to soya.

6b) Regardless of what the studies say, I think I have too much soya in my diet. And, in general, I'd say having too much of something probably isn't too good for you. Personally, I would rather use another alternative to cow milk, but soya is just so cheap and so widely available.

7) That is not to say that we do not have too much of other things. I personally think I eat too much wheat compared to other grains like quinoa, oats, corn, rice, millet, spelt, barley and rye. I think the general population probably has too much wheat, and too much fat, but because lots of people have it, it doesn't seem that bad and as alarming! I'm not sure if you drink (I do) but I know there are lots of links between drinking and cancer - but I don't see people sending out these e-mails saying don't drink because it causes cancer, because in general because so many people drink it is seen as socially acceptable, even if people know it is bad.

8) There is a lot of anti-soya propaganda out there - either from dairy industry people who see it as a threat, or otherwise [In India I came across anti-soy from the Indian government because it saw it as a Chinese product that was a threat to the Indian dairy industry). It's hard to know whether these stories are coming from propaganda or not.

9) If people are on special diets, if something goes wrong, the diet will get blamed, even if what goes wrong was going to happen anyway.

Michami Dukkadam

I seek forgiveness if I have caused offence

Sagar K Shah

The best thing you can do for a child is encourage them to be independent.

Does this title make you think of many other things you can do for a child that are more important? You are right! It goes without saying that they need to be fed, loved, given shelter etc. However, after all that, the adults in the child's life would do them a great service if they helped them become independent. It takes time and effort but the benefits will last a lifetime!

How?

What do I mean?

What does it look like?

Here are some ideas...

- Let them carry their own things to school. Why? They will forever expect others to carry their things for them.
- Teach them to do their coat up and give them opportunities to practise this skill. Why? They'll spend their playtime putting it on while their friends have got their coat, hat and scarf on and have started playing. It can't be nice to watch your friends do all this and be outside while you still struggle to do it. There aren't enough adults in class to help all the children get ready for play so they have to wait. The answer isn't more adults. The solution lies in empowering your child to do it themselves.
- Allow them to make a mess. This will give them the opportunity to clear up. At school, the children are expected to clear up after themselves. This is another life skill which they will need more and more as they get older.
- Independent eating! Let them start to feed themselves before they start school. We see so many children who cannot use cutlery, which is not bad. However, it is a shame when children are so used to being fed that they won't even pick up the food with their hands. They sit and wait for someone to come and do it for them. At lunchtime there aren't enough members of staff to do this. Should there be?
- Encourage them to get the things that they need. You'll be surprised to hear that some children sit waiting for a pencil because there aren't enough on his/her table. Wouldn't you think it was logical to get up and get one? This applies to other things that they need too. The adults may not realise that they need something unless the child asks or uses their initiative to resolve the issue themselves. It can very frustrating when you go to see a child's work and find that they haven't even started it because they didn't have a pencil, rubber or that there wasn't enough paper on their table.
- Hygiene. Help them take care of themselves so they know how to clean up when they have finished in the toilet. They need to know how to wipe, where to dispose of the tissue and how to wash their hands properly. This is for their benefit and for the children and staff who are around them.
- Ask them questions so that they can put their thoughts together like a jigsaw puzzle. Encourage them to make links between feelings and reactions. This will empower them to manage themselves.
- Talk to them about things that have a 'set' pattern or those that happen at a certain time. Some children don't realise that they need to go to the toilet or they don't ask if they can go and they'll feel ill or do what they need to do in their clothes. We'll discover it when we detect a smell and investigate further. Of course, if this happens, the child will need to be washed and they'll need to change their clothes. If some of it came out of their clothes, the furniture and floor will need to be cordoned off and cleaned. Schools have a role to play in education but we are not the beginning and end of it. Children need to be supported by other adults at home before, after and during their school years. This does not mean tutoring. Education is a lot more than the academic. Children grasp a lot more when they are younger. Thus it shouldn't be that hard if you start early. Alternatively if you try and tell a 10 year old that they need to be responsible for their belongings when you've never expected them to before, they'll find it very difficult to accept. Wouldn't you?



Heena Modi

Source - <http://is.gd/oUgX>

Crabs Sense and Remember Pain. Duh!

Sorry to break the news, but Disney was lying when it told you that crabs could sing and dance. However, it turns out that your childhood friend Sebastian definitely had reason to fear being hurt by Ursula, because ... drum roll, please ... crabs "sense and remember pain."

That's right, a recent study by Queen's University is making headlines by declaring (once and for all, we hope) that crabs and other crustaceans experience pain and react to it in a way that anyone can relate to. They quickly get away from what's causing the pain and then try to avoid it in the future. Makes sense. If you were to, say, touch a hot stove even though your mother told you not to, you probably wouldn't do it again. Same goes for the crab.

The only questions that remain are: How much did it pain Sebastian to be exploited by Disney for the awful (unfortunately I know this from firsthand experience) straight-to-DVD flicks *The Little Mermaid II: Return to the Sea* and *The Little Mermaid: Ariel's Beginning*, and how long will he remember it?

P.S. Not surprised by this news? Well maybe that's because you're already a hermit-crab expert. Take the PETA Kids Hermit Crab Quiz to test your crabbtelligence.

Posted by Shawna Flavell

Source - <http://is.gd/13x4H>

How are Jains in Manchester have linked to the RSPCA?

The Jain community in Manchester had a wonderful day full of different events which raised more than £11, 000 for RSPCA on Saturday 12th September 2009.

Jainism is an ancient Indian religion. Jains emphasize the importance of not injuring living beings and their code of ethics is based on sympathy and compassion for all forms of life.

The day started with a 5 mile walk where more than 50 people participated, other activities which included were cultural dancing, games like Deal or no Deal, Bingo, Raffle and Auctioning items.

The main attraction of the event was the Fire walk and Glass walk where more than 30 people participated and raised money for this good cause.

The day ended with delicious dinner. The whole event was organised by Jain volunteers.

We would like to thank all the participants and the volunteers for their invaluable support. Our motto is LIVE AND LET LIVE.

Vijay Patel



Events

Navnat Bridge Club's Annual Dinner and Mehfil Evening is on Sunday 11th October 2009 (5 pm to 11:30 pm) at RnB Club, 3661 Stag Lane, Kingsbury, London NW9 9AA. Please contact Chetan Parekh Tel: 07956 536 116 or chetan@chjaccountants.co.uk for more info.

Leicester Vegan Fair on Saturday the 10th of October from 10:30am – 3:30pm at Christchurch Hall, 105a Clarendon Park Road, Leicester, LE2 3AH

Stalls from animal and green groups, ethical businesses, organic fruit and veg, free food samples, free recipes, talks, children's activities, all vegan café, raffle and more.

www.leicesterveganfair.co.uk

How to choose a charity to donate to that fits in with your values

This is something I'd thought about before but I've heard other views recently which have made me think further. I've always wanted to give a charity that won't blow the money on red tape as this won't benefit the people who need it.

I understand the idea of helping the people who are in need 'save face', take responsibility, be independent, self-sufficient and so on even though they are going through hardships.

Some people feel that this can be done by selling things to them, rather than, giving items away. However, I'm not sure that I agree with that! When a natural disaster strikes do you agree with charities sending clothes that we have donated on the basis that those in need buy them?

My friend, Sagar sent an email to the Jain Vegans group asking how he could choose a charity whose work did not result in or create harm to animals. Here's what he wrote: -

Although I do give money to charity regularly, it's so hard to tell how effectively charities use their money. A great new charity ([New Philanthropy Capital](#)) has been started to assess how well charities achieve their objectives (i.e. how many lives you will save with £1).... Spending £1 there may be the best place to ensure that other people get the most of their donations...

Peter replied with: -

Hi

I believe that if you donate money to OXFAM you can specify where it should go, i.e. not to a 'send a cow to Africa scheme'. [RSPCA](#) and [PETA](#) have been criticised for basically approving of 'better' conditions for what is still animal exploitation.

[Vegfam](#) is run by vegans and only works to give aid for non-animal projects and certainly does much good work.

There is no doubt that 'happy meats' are muddying the water regarding true compassion.

I have to give a plug of course for [Vegan - Organic Network](#), the only charity that exists to promote vegan-organic growing worldwide. Vegan organics is the means by which food can be grown without farm animal exploitation - an absolute necessity for many reasons.

If you give to charitable causes, what are the values that they need to fit it with? Do you have a view on this?

Compiled by Heena Modi

Conduct and method has changed in the Navnat Vanik Association (NVA)

I attended some events during Paryushana this year and I was really impressed with the few changes that I saw or had heard about

Some of these changes include: -

The Aarti was set at £101 & the Mangal Divo at £151. Thus avoiding the auction process. The NVA have probably lost some money by doing this because bidding meant people sometimes paid near one thousand for the Aarti on one day but a couple of hundred on another. However, it means more time to do more important things. Less time wasting. It seems a fairer system and best of all, it's selfless!

In terms of the Aarti itself, they only allowed four family members per Aarti or Mangal Divo. Thus it was safer, less of a hullabaloo, it's more intimate and probably feels better and calmer for those involved.

Tej uncle praised Dhuru uncle for managing the speaker system. He said he could speak quietly, avoid straining his throat and still be heard at the back of the hall.

Heena Modi

Here's a message from Yesha: -

Dear NVA,

What can I say.... Well done to all the committee members who went to extreme measures to ensure everything started and finished on time...a very well organised service.

I am initially from South London where a small Jain community get together to perform Paryushan. Recently, I married into a family living in Harrow and thought to myself that Paryushan will be same as every year. Nothing new. However, I was stunned by the way Paryushan was co-ordinated in Navnat this year. I always thought Paryushan in India is the best, because of the people and atmosphere, but I can tell you that you guys have done a fantastic job.it made Paryushan like it would be in India. I was so happy, that I called most of my South London community and told them to attend and experience themselves.

Please keep up the good work - well done & Michhami Dukkadam

Yesha Goverdandas (Udani)

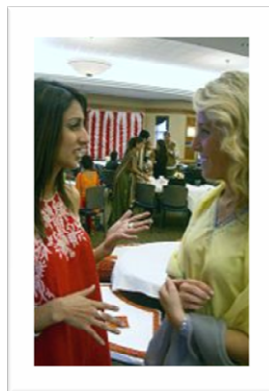
How to Communicate With Deaf People

Deaf individuals communicate visually and physically rather than audibly. There are varying degrees of deafness: hard of hearing, "profoundly" deaf, and completely deaf. You can often recognize the hard of hearing by their hearing aids (although of course many people refuse to wear them, or are unable to). The deaf or profoundly Deaf may wear no hearing aid at all. Some will be able to lip read and understand you nearly perfectly, however, many will communicate with gestures (sign language) rather than with words. This visual way of communicating can be intimidating and seem strange at first, but these guidelines will help.

1. **Get their attention before attempting to talk or communicate.** Make sure you have the listener's attention before you start speaking.
2. **Stay in their field of vision.** Try to keep your eyes at the same level as their eyes (sit down if she's sitting, stand up if he's standing, compensate for a big difference in height, etc) and you should be a little further away than normal speaking distance. This helps to make sure they'll see all of your gestures. If you're indoors, make sure there's enough light for them to see you clearly. If you're outside, face the sun so that there isn't a shadow cast in your face and the sun doesn't glare in theirs.
3. **Speak your greeting in a normal voice and tone.** If you whisper or shout, your lip movements are distorted, making it difficult for a deaf person to follow your words. (Most deaf can lip read, but not all can.) If you are exaggerating your mouth movements, you will be harder to understand than if you speak normally. Increasing the volume (of your voice, the TV, etc.) only helps if the person is hard of hearing. If they do not seem to be able to lip read, you may need to communicate with a notepad and pen. Write your name, greeting, and introduction.
 - o If you have facial hair, it may be harder for a deaf person to lip read.
 - o Many hard of hearing people who can understand you perfectly in a quiet room will be unable to do so in, say, a noisy restaurant or wherever the background noise is high.
 - o Don't place anything in or around your mouth (chewing gum, your hands, etc).
4. **Establish the gist of what you are going to talk about.** Once they know the general topic, it is easier for them to follow your conversation. Since even the best lip readers can probably only understand 45% of what you are saying and must guess the rest in the context of the topic, don't change the subject suddenly. Pause often and ask them if they are following you.
5. **Make eye contact.** You probably don't realize how much you communicate through your eyes and facial expressions. If you have sunglasses on, take them off. If you can add facial expressions to emphasize a point (smiling, rolling your eyes, raising your eyebrows) do so.
6. **Use gestures and visual cues.** Point to or hold up any items that you're talking about, and wait until they're looking at you again before you resume speaking. You can also mimic actions, like drinking or jumping or eating, to illustrate your words. Hold up fingers to indicate numbers, scribble in the air to show you're writing a letter, and similar.
7. **Be polite.** If there is an interruption that the deaf person may not notice, such as the phone ringing or a knock on the door, explain why you are stepping away. Don't make jokes about their hearing (or lack thereof). Don't suddenly refuse to communicate (such as saying "never mind") after you find out that they are deaf. Don't express your irritation when there is a need to repeat yourself. Allow for differences of opinion, just as you would with a hearing friend. Just as there are good and bad hearing people, there are also good and bad deaf people. Treat them courteously, and you'll be on a decent footing.

Tips

- Exchange email address, mobile text message or chat room identity. Most deaf individuals use that to communicate just as hearing people call on the phone to chat.
- It takes time to get to know the new friend, as with every new friendship. The deaf are no different. Take your time and don't presume too much too soon. Patience is the most important thing in the world if you want to build strong relationships.



Making sure you know what you NEED to know

Web Update

We now have just under 800 Registered Users.

The Navnat Website is attracting a lot of users. However, if you want to be up to date and receive the electronic Newsletter, you need to register on our Navnat Website. So please inform your fellow family members and relatives to register and receive these regular updates at [Register Now](#). The above information is collectively compiled from many of our volunteers and without their support, this job would be difficult.

Nemish K Mehta
Webmaster

Healthy drinks

I have personally seen many parents running around behind their children with a glass of milk every morning. More often than not, that glass of milk also contains one of the many malt powders that make drinking 'milk' more enjoyable for the children.

Not only children, a cold winter night or a painfully hot summer evening, tempts many of us to abide by the old-fashioned comfort of a bedtime drink to help us nod off. Here too, the obvious choice is one of the many malted drinks now available as they are touted to be wholesome, especially those with added nutritious vitamins and minerals or those that claim to help you sleep better, think better and live better.

They are **not** as healthy as you might think, and are high in calories, saturated fats, salt and sugar — some contain as much as five teaspoons in a mug!

Although we assume these drinks, especially malted drinks, help us sleep better, it is a **myth**. Let us take a look at how some of the most commonly consumed malt drinks could cause some harm to general health without intending to:

Horlicks

Claim: the great family nourisher. Taller. Stronger. Sharper.

Ingredients: wheat flour, malt extract, malted barley, milk solids, sugar, minerals, salt, vitamins, protein isolate.

Bournvita

Claim: helps build stamina and concentration, hence giving the confidence to take on challenges of life.

Ingredients: malt extract, sugar, cocoa solids, milk solids, caramel, liquid glucose, emulsifier, vitamins, minerals, raising agent, salt.

Contains artificial flavouring substances.

Milo

Claim: delicious. Nutritious. Energizing.

Ingredients: malt extracts (barley), sucrose, milk solids, cocoa powder, palmolein oil, minerals, vitamins and antioxidants.

Complan

Claim: complete planned food in a drink.

Ingredients: milk solids, sugar, edible vegetable oil, malt dextrin, minerals (potassium, phosphate, sodium chloride, ferrous sulphate, calcium phosphate, zinc sulphate), vitamins (c, e, a, b, b6, b2, folic acid, k, d, b12), antioxidants.

Boost

Claim: unleash the powerhouse in you.

Ingredients: malt extract, wheat flour, milk solids, malted barley, sugar, minerals, colour, glucose, salt, cocoa powder, acidity regulator (potassium bicarbonate), vitamins, nature identical flavouring substances, protein isolate.

Drinking chocolate

Claim: enjoy the wholesome goodness of this product.

Ingredients: sugar, cocoa solids, contains artificial flavouring products.

Side effects

Malt extracts (barley)

Although it promotes bowel regularity and probably reduces the chance of heart disease and certain cancers, beware of the side effects:

- The major side effect of all the soluble fibers, including barley malt extract, is the development of intestinal gas or flatus. It is the beneficial bacteria in the colon that create intestinal gases from certain food sources such as soluble fiber
- Unfortunately barley malt extract requires plenty of water. Insufficient fluid may cause the fiber to swell and cause choking or even rupture of the esophagus. Do not use barley malt extract if you have difficulty swallowing
- In some cases it can cause severe abdominal pain and vomiting
- In minor cases it can cause nausea, mild abdominal cramps, bloating and diarrhoea.

Continued below

Healthy drinks continued

White sugar: Is empty calories, a stress food, it affects the heart, depletes energy, causes calcium loss from the body leading to bone density, causes diabetes, tooth decay, increases triglycerides level, increases constipation, hinders digestion, increases uric acid.

Salt: It is a stress food, causes water retention, leeches calcium from the body making it weak, causes uric acid, excess intake puts pressure on kidneys.

Artificial flavourings and emulsifier: Causes headaches, insomnia, and hyperactivity, known to cause allergies, asthma and eczema.

Raising agents: Headaches, nausea, irritability, muscle weakness, high blood pressure.

Liquid glucose: It is the most concentrated form of sugar.

Potassium bicarbonate: Causes allergies, unusual fatigue, weakness or cramps.

Verdict

It is the psychological effect of a 'health drink' that gives us the 'feel good' factor. Any other drink that calms you down could have just as good an effect.

It is best to have your milk without any artificial flavourings. Addition of the vitamins and minerals are useful only for those who actually have a vitamin or mineral deficiency. Why add so many artificial vitamins and minerals when you can procure it in the natural form.

Alternatives:

- Natural vanilla essence
- Fresh fruit
- Saffron with cardamom
- Organic natural honey

Source unknown

Opinion from Kewal Shah. Kewal is a dentist.

In regards to your email about healthy drinks, I totally agree that these drinks are not healthy especially with regards to oral cavities.

All the drinks mentioned in the article, contain sugar which lead to decalcification of the teeth and eventual caries / decay of the teeth.

Any drink, even milk, is not advisable before one goes to bed because the when asleep the amount of saliva production is significantly reduced. This prevents the buffering action of the alkaline saliva against the acid produced by the bacteria on the teeth surface, which in turn causes decalcification / decay of the teeth.

Therefore even milk is not recommended before bedtime as it contains lactose which is a type of sugar that bacteria can metabolise.

These drinks can be consumed during the day. However, they are best drunk at meal times as there is plenty of saliva whilst eating. This can counter-act the acid produced by the plaque or bacteria in the oral cavity.

Kewal Shah

All about asbestos

A distinction which is never made in waste disposal is between asbestos fibre used as insulation, which can readily give off asbestos dust and presents a serious hazard to those handling it; and asbestos cement sheets and pipes, where the asbestos is intimately bound with cement and can only be liberated into the air by seriously irresponsible handling (such as a powered circular saw, which has long been recognised as bad practice).

Asbestos cement, despite the asbestos it contains, is benign and needs no special precautions to handle it safely – ironing boards 20 years or more old have a piece of asbestos cement as the stand for the iron – these remain in good condition and confirm that the material is stable.

Asbestolux insulation board was manufactured up to 1970, and is more friable than asbestos cement and presents an intermediate level of hazard.

If these distinctions were recognised, it would reduce both the cost of removing asbestos from buildings and industrial plant, and disposal.

Asbestos cement is an inert waste – the history of its use and satisfactory service in underground pipes shows this – it is capable of being sent to landfill without special precautions, including after 2015, or could be considered as a construction waste.

Mick Oliver