

A silver stethoscope is positioned on the left side of the image, with its chest piece at the bottom and its ear piece at the top. The background is a solid light blue.

# WELCOME

**Coaches and  
Players**



## WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

### ICU INTENSIVIST & NUTRITION COUNSELOR

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY

**Dr. Priyanka Bhosle**

Bachelor In Ayurveda

**Date: 04<sup>th</sup> November 2020**

**Time: 6 to 7 pm**

**Coaching Program Controller**

**Mr. Kartik Dakua, Chief Coach - WAKO India**

**Mr. Nilesh Shelar, Coach - WAKO India**





# ***It's All About Immunity***



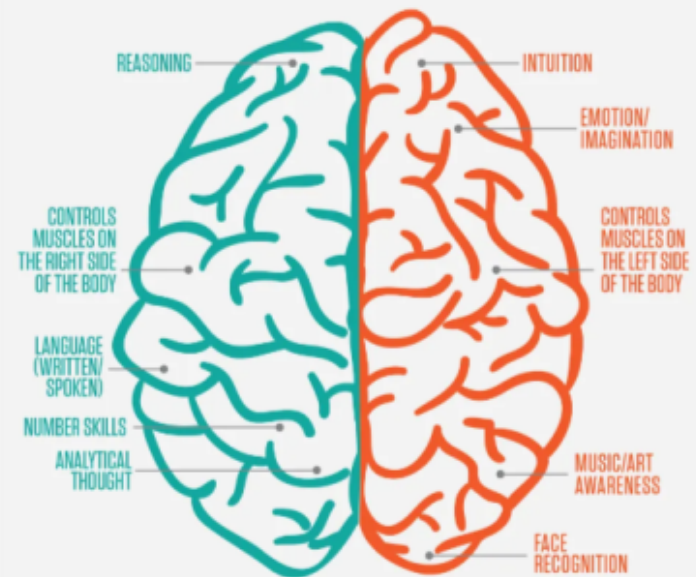
**BY**  
**DR. PRIYANKA BHOSALE**



# INTRODUCTION

# Brain

Human Brain is  
Central Organ of  
Human Nervous  
System.



Both sides of the brain communicate with each other through a thick layer between left and right brain known as the corpus callosum.

## BrainFACTS



86 billion neurons



1300g average weight



60% fat



20% of body's energy consumed by the brain



2% of total body weight

# Functional areas of the brain

## Frontal lobe

- Movement
- Problem-solving
- Concentrating, thinking
- Behaviour, personality and mood
- Control of voluntary muscles

## Temporal lobe

- Hearing
- Language
- Memory
- Smell
- High-level visual processing (faces & scenes)

Sources: Nature Neuroscience;  
Patrick Lynch; The Economist



## Parietal lobe

- Sensations
- Language
- Perception
- Body awareness
- Attention

## Occipital lobe

- Vision
- Perception
- Dreams

## Cerebellum

- Posture
- Balance
- Co-ordination of movement
- Fear and pleasure

## Brain stem

- Consciousness
- Breathing
- Heart rate



## Important Brain Chemical's

Serotonin

Dopamine

Glutamate

Norepinephrine



**Serotonin**

**Oxytocine**

**Dopamine**

**Endorphins**

**That promote positive feelings like pleasure, happiness and love.**

**In fact conc. of other hormones like estrogen ,progesterone can be higher in the brain than in bloodstream so not surprisingly then an importance of hormones drastically affect the brains chemistry & communication between brain cells.**



# **Tips to Boost Your Brain Chemical's Naturally**

# HEALTHY HABITS

*Distract your self from  
Negative emotions*

*Rediscover your  
Hobbies*

*Eat well & Drink plenty  
of Fluid's*

*Be Physically active*

*Do simple indoor  
exercises*

*Sharing is caring*

*Some Relaxation Techniques*

❖ *Deep breathing*

❖ *Meditation*

❖ *Yoga*

To take care of yourself and manage your stress by  
Eat ing healthy meals  
Get enough sleep  
Physical activity  
Avoid Spending too much time on social media  
Do activity you enjoy

# Healthy Diet for Brain

Oily Fish

Omega 3

Peanuts

Dark Chocolate

B Vitamin

Coffee

Berries

Eggs

Nuts and seeds

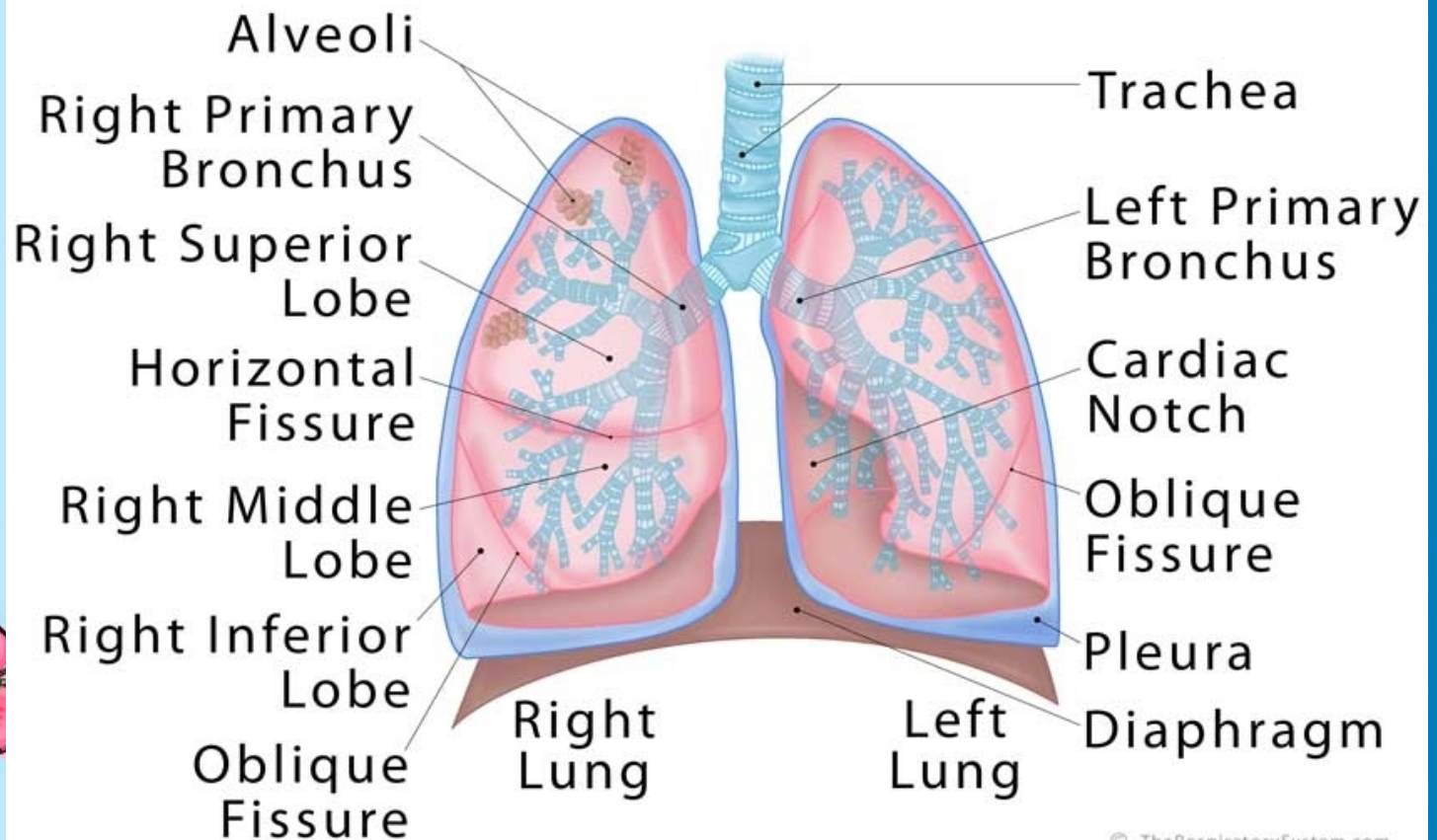
Soya Products

Whole Grain

Broccoli

# Lung's & Heart

## Lungs



## **O<sub>2</sub> – CO<sub>2</sub> Mechanism**

### **Lung's Respiratory System**

**The process of gas exchange from incoming or enters into blood & CO<sub>2</sub> a waste gas from the metabolism leaves the blood.**

**Every cell of the body needs cO<sub>2</sub> to stay alive & healthy.**

**Your body also needs to get rid of CO<sub>2</sub>.**



## How to clean Lung's

**Stem therapy - drain mucus from lung's.**

**Aerobic activities- walking ,running etc.**

**Anti- I flammatory foods- banana, tomatoes, nuts, veggies, nuts**

## Antioxidant Rich food for Lung's

**Apples- higher antioxidant, pineapple- reduces swelling, vegetables, tomatoes, turmeric ,ginger and vitamin E etc.**



# Worst food's for Lung's

**Acidic foods & drinks, dairy products, excessive salt- salt retain water so instead of using salt try herbs and spices, fried foods**

## Preventions

**Don't smoke, avoid exposure to pollutant's, prevent infections, breath deeply, exercise to harder.**



# Healthy Habits

**Stay hydrated**

**Drink herbal tea**

**Eat spoon of honey**

**Steam hot shower**

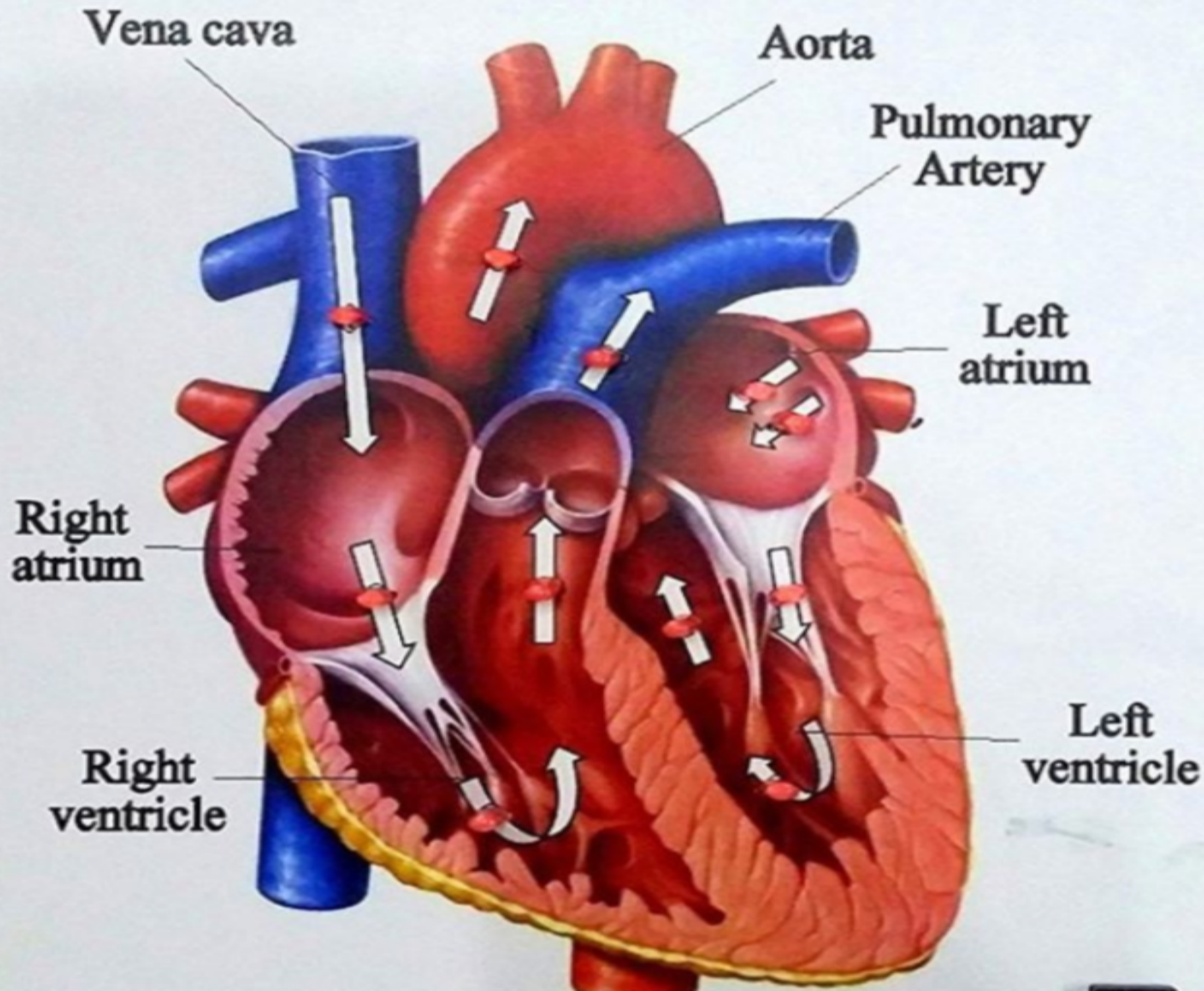
**Salt water gargle**

**Ghee- Ghee is rich antioxidants & useful in absorption of vitamins & minerals from other foods**

**Cardio exercise**

# HUMAN HEART

*(WORKING MODEL)*





## **Heart and Brain Connection**

**Heart Communicates to the Brain in four ways.**

- 1. Neurological**
- 2. Biochemically**
- 3. Biophysically**
- 4. Energetically**



## **Heart Function**

**Pumping oxygenated blood to the other body parts.**

**Receiving deoxygenated blood and carrying metabolic waste products from the body and pumping it to the lungs for oxygenation.**

**Maintaining blood pressure.**

**Pumping hormones and other vital substances to different parts of the body.**



# **What is a Heart Attack ?**

**A Heart attack happens when something blocks the blood flow to your heart so it can't get the oxygen it needs .**

**Heart attacks are also called myocardial infarctions(MI)**

**Myo= muscle**

**Cardial= heart, and**

**“infarction” means death of tissue because of a lack of blood supply. This tissue death can cause lasting damage to your heart muscle.**

**An athlete's resting HR may be considered low when compared to the general population .**

**A young, healthy athlete may have a heart rate of 30 to 40 bpm.**

**That's likely because exercise strengthens the heart muscle. It allows it to pump a greater amount of blood with each heartbeat.**

### **Physiology during exercise**

**The heart muscle becomes stronger and able to pump more blood with each contraction, which results in a lower heart rate. Lung capacity and oxygen transfer also increase. Blood vessels become wider and more elastic.**

# Symptoms

Chest pain, tightness, anxiety, fatigue, choking

Shortness of breath

Cold sweat , abdominal pain,  
Nausea

# Risk Factors

**Age.**

**Tobacco.**

**High bloodpressure – Damage arteries it occurs obesity, high cholesterol.**

**High blood cholesterol or triglyceride levels- A high levels of low-density lipoprotein(LDL) cholesterol (“bad” cholesterol) is most likely to narrow arteries. A high level of triglycerides, a type of blood fat related to your diet, also increases your risk of a heart attack.**

**Foods- cheese, fried foods, fast foods, desserts etc.**

**Obesity**

**Family history of  
heart attacks**

**Diabetes**

**Lack of physical  
activity**

**Metabolic  
Syndrome**

**Stress**

# **Healthy Ways to Lower Your Cholesterol**

**Eat more fiber – fruits, oats, beans, pop-corn, dark chocolates, apples bananas, strawberries, pears etc.**

**Increase physical activity**

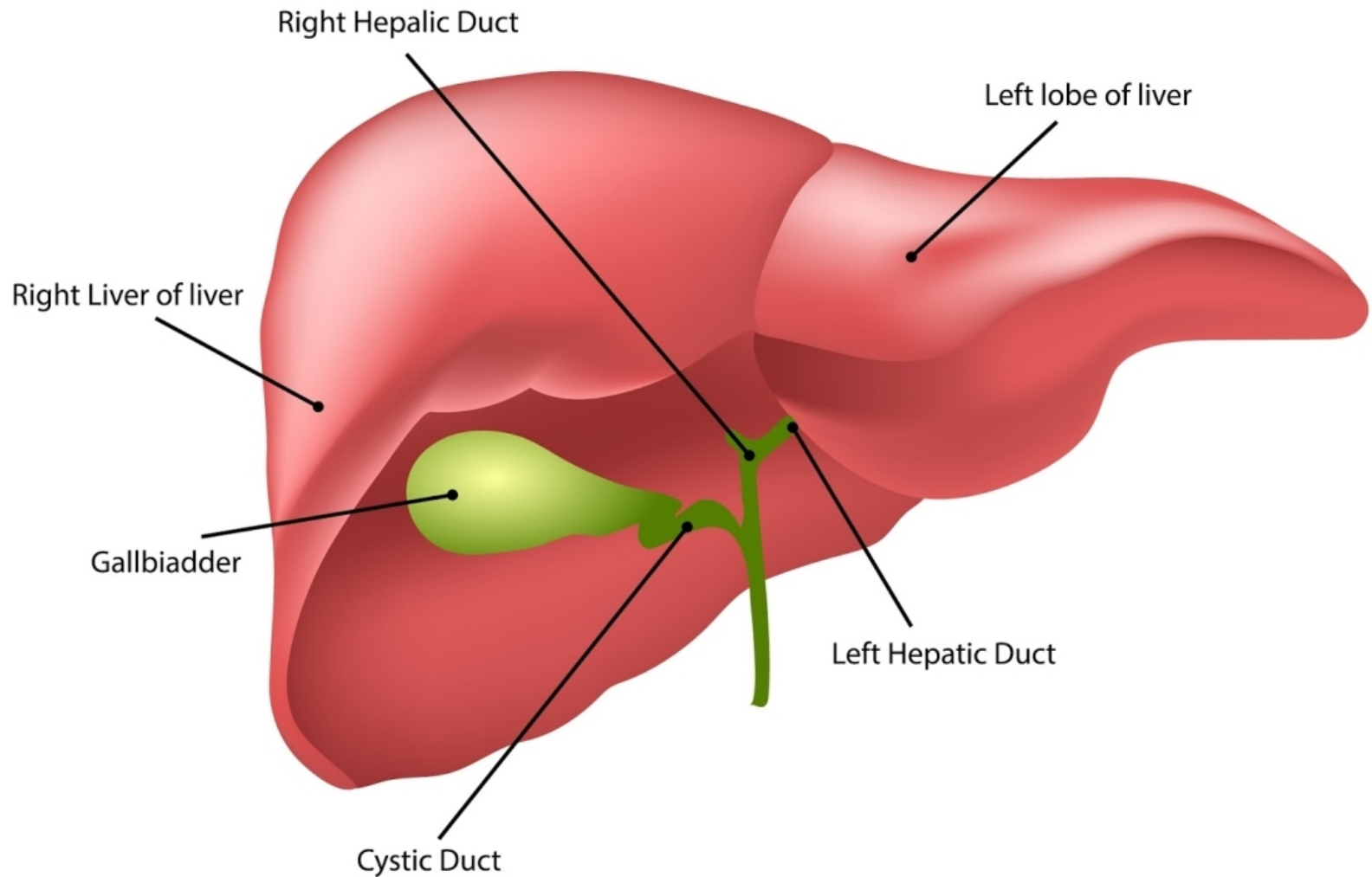
**Lose Weight**

**Cut back on unhealthy habits**

**Increase dietary omega – 3s – fish oil pills.**

**Eat more fruits and vegetables**

# THE MEDICAL STRUCTURE OF THE LIVER



# Functions Of Liver



**Blood Purification** – Before its journey throughout the human body, blood from the stomach and intestines is filtered by the liver. The liver removes a plethora of toxic waste from our circulation, such as - bacteria, viruses, chemicals etc.

**Processing** – The liver process almost everything we ingest via our mouth, breathe into our lungs or absorb through our skin. Consider to be the biochemical factory of the body.

**Detoxification** – Housing an ingenious cleaning system, the liver detoxifies infectious organisms, alcohol, heavy metals, chemicals, other poisons from the blood.

**Manufacturing**- The liver manufactures a variety of important proteins, including hormones, blood proteins. The liver also produces cholesterol, which carries energy-supplying fats around the body .

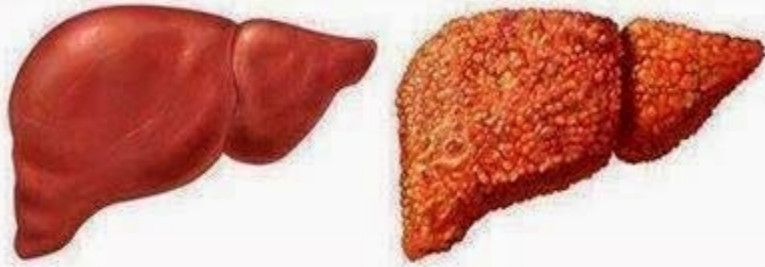
**Digestion** – The liver produces bile, a substance needed to digest and absorbs fats. Absorb fat certain vitamins, including vitamins A, D, E and K.

**Storage** – The cells of the liver also act as a storage facility to house many crucial substances, such as iron, certain vitamins, minerals .

# Liver Damaging Habits

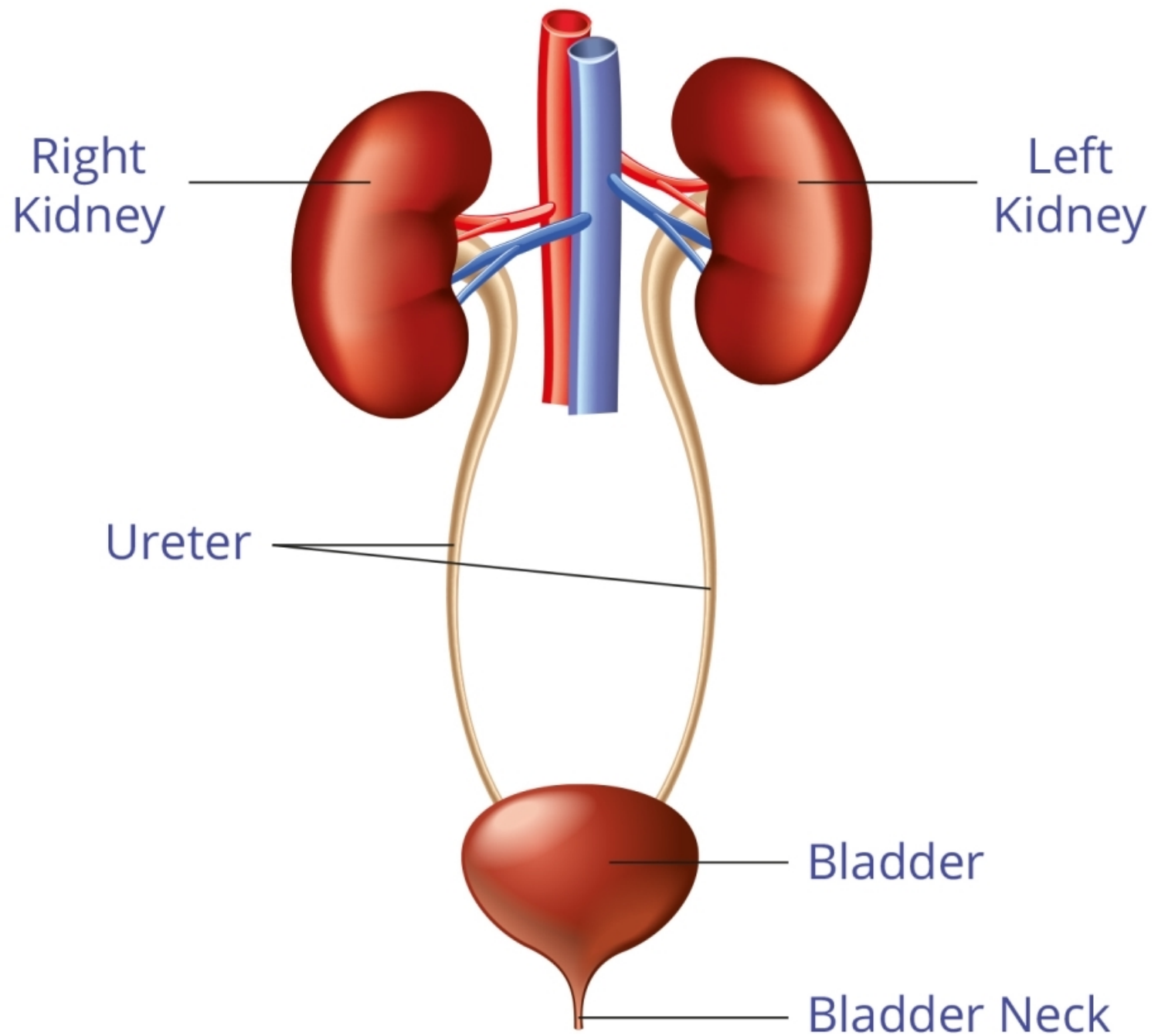
Normal Liver

Liver with Cirrhosis



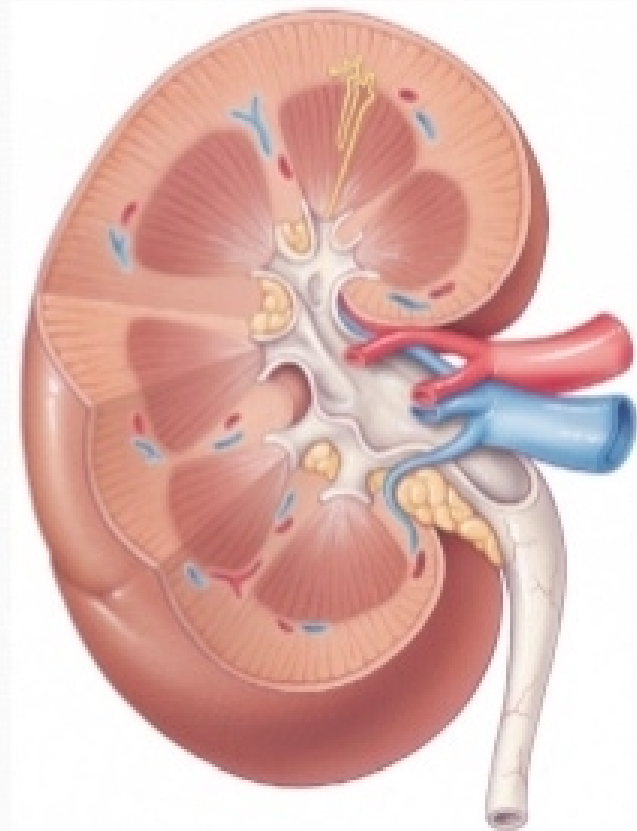
1. Sleeping too late and waking up too late are main cause.
2. Not urinating in the morning.
3. Too much eating.
4. Skipping breakfast.
5. Consuming too much medication.
6. Consuming too much preservatives, additives, food coloring, and artificial sweetener.





# FUNCTIONS OF KIDNEY

- **Regulation of ions in blood**
  - Sodium- $\text{Na}^+$ , potassium- $\text{K}^+$ , calcium- $\text{Ca}^{2+}$   $\text{Cl}^-$ , phosphate  $\text{HPO}_4^{2-}$
- **Regulation of blood volume**
  - adjust the volume of blood or eliminating it in the urine
- **Regulation of blood pH**
  - Regulate by excrete a variable amount of  $\text{H}^+$  in the urine, conserve bicarbonate  $\text{HCO}_3^-$
- **Production of hormones**
  - Calcitriol- calcium homeostasis
  - Erythropoietin- production of RBC
- **Excretion of waste**
  - Ammonia and urea- amino acid
  - Creatinine- creatinine phosphate
  - Drugs ect



# Healthy Habits Of Kidney and Liver



1. Limit your alcohol intake and drink in moderation.

2. Regular exercise and have an active lifestyle.

3. Maintain a healthy weight

4. Eat a balanced diet

5. Exercise regularly

6. Avoid toxins

7. Use alcohol responsibly

8. Stay hydrated

# Conclusion

**Listen to your body parts.**

**“Healthy “ is not a number on the scale it’s how you look & feel.**

**Some losses bring smiles .**

## **Health Checkup**

**Don’t abuse our body by**

- 1. Stress**
- 2. Depression**
- 3. Addictions**
- 4. Social media**
- 5. Over thinking**
- 6. Casual approach**

**Nutritional value- Content’s of food and the impact of constituent’s of body.**

# Conclusion

**Regular physical activity.**

**Risk of wrong way exercise and time.**

**Most important self analysis, self control and acceptance.**

**Regular meditation and sleep.**

**Go Natural.**





**Thank you so much  
Wako India Kickboxing Federation And  
Wako India President Santosh  
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Wako India Chief Coach Kartik Dakua  
sir  
Wako India Coach Nilesh Shelar sir  
thank you for this opportunity.**