

6 ENTERTAINMENT

Chocolate on her mind

Third generation chocolatier, Zeba Kohli on her new cookbook and TV show



Shades of brown: Zeba Kohli (below) launched a cookbook of 32 recipes

PHORUM DALAL

Growing up, chocolate was that surprise that moms rewarded kids with in their school tiffin. "The chasni (sugar syrup) in a rasgulla or gulab jamun would spill," Zeba Kohli, chocolatier and entrepreneur at Fantasie Fine Chocolates tells us.

Last week, Kohli launched a cookbook of 32 recipes for simple home cooking, titled *Chocolate*. "When I joined the business, I revisited recipes of my grandparents that they had developed from their international travels - fondants to marzipans. During the time, I also started doing de-

mos and classes, and started documenting my recipes." The book aims to teach you how to use chocolate as an ingredient and create muffins, French toast, pies and of course, cake. Look out for the recipes for white chocolate pistachio penne, hot fudge sauce, mint chocolate shake, and hot chocolate beverages and gluten-free cake.

Kohli's book also coincides with her weekly chat show on the television channel, Living Foodz called *Gimme Chocolate*. The first episode featured Sonakshi Sinha and Diana Penry. "Every episode has duo celebs. We've shot with musicians Ash King and Jonita Gandhi, Ranjit Barot and AD Singh, Ash Chandler and Mansi Scott and music directors Salim Suleiman." Divided into three segments, the first show delves into

celeb talk, followed by games revolving around chocolate.

Indians and the bean

According to the third-generation chocolatier, who took over her grandfather's company at the age of 18, it's taken time for Indians to recognise the cacao bean as an ingredient. "The fact of life is chocolate continues to reign as something sweet. There is a lot of awareness, and Indians are [now] ready to explore and experiment," says Kohli, who two decades ago create hand-rolled champagne chocolates for food writer Karan Anand's wedding. Having always pushed the creative envelope, she had presented a wasabi-centred ganache chocolate for a Japanese event in late 90s. At the time, people [asked] me why there the chocolates so

dusty?" she laughs. In 2006 she went on to do a fashion show around chocolate and even collaborating with artists to create chocolate sculptures. "While everybody cared for the drama, they couldn't savour the offbeat flavours," she shares.

That Kohli is passionate about chocolate is evident, "I love chocolate because you can pair your savouries with it - think pizza and dark chocolate, mole sauce and cocoa powder," she says admitting to getting bored easily. "We are all millennials in a way. We get bored easily, we are curious and are always inquisitive for newness. It warms my heart that India is enjoying this moment of explosion of myriad of flavours, restaurants, cuisines," she signs off.



HealthCare World Cancer Day Feb. 4th

A revival of hope

Breast cancer is the most common malignancy among women worldwide. In India, it has trumped cervical cancer as the most prevalent cancer among women, especially among urban populace.

As per World Health Organisation, about 1.5 lac cases of breast cancer are being diagnosed per year in India with 70,000 women succumbing to illness every year.

The overall mortality figure due to breast cancer is double in India compared to Western countries.

The incidence is further projected to increase from 0.15 million currently to 0.23 million per year by 2026, ballooning into a major health care problem.

The oncogenic trigger targets the epithelial cells lining the 'milk ducts', which behaves errantly due to mutation.

Either there is loss of checkpoint to combat uninterrupted proliferation or up-regulation of genes which regulate cell turnover.

Breast cancer happens to be a compilation of multifaceted illness assorted under one canopy with varied clinical presentation, behaviour and outcomes.

Lots of key factor affect the prognosis including age, menopausal status, stage, hormonal stage and treatment.

Lesser median age and higher stage at presentation partially due to lack of awareness, meagre resource and aggressive biology mars the ultimate outcome of women with breast cancer in India.

Due to novel discovery in molecular genetics, every patient can be assigned to a special discrete group which makes her assessable to receive maximum benefit to a selected combination of therapy.

Such approach of individualised tailored therapy improves the probability of cure while minimising adverse effects and futile costs.

Screening general population helps in prompt detection of early pre symptomatic stage breast cancer and reduces mortality.

For women with average risk, monthly breast self examination (BSE) along with 3 yearly clinical breast examination (CBE) after 25 years and annual CBE with mammography yearly after the age of 40 years is recommended.

Women with increased risk determined with risk prediction model require early and more vigilant screening with six monthly CBE beginning at 30 years of age. Select group of women with familial pedigree suggestive of higher risk or genetic predisposition can undergo risk reduction bilateral mastectomy with bilateral oophorectomy or follow up closely with tamoxifen use.

These screening protocols should be aided with

mass breast cancer awareness programme to augment the impact of benefit achieved.

Any diagnosed breast cancer merit systematic examination and pertinent investigations to determine the stage, grade and hormonal status of the tumour.

This is to be followed by meticulous individualised planning by multidisciplinary team of doctors comprising surgical, medical and radiation oncologists. Majority of early breast cancer patients can preserve the affected breast after undergoing breast conservation surgery provided they agree to receive subsequent radiotherapy.

The sequencing of therapy proceeds from surgery to chemotherapy followed by radiotherapy. Patients also receive adjuvant hormonal therapy if deemed necessary for a period ranging from 5 to 10 years.

For locally advanced tumours, doctor could suggest chemotherapy before surgery to make tumour optimally resectable.

Patients presenting with metastasis unfortunately could not be cured, however meaningful symptomatic palliation and prolonged survival could be achieved with hormonal and chemotherapy in considerable number of patients.

Remarkable improvement in survival in localised and locally advanced breast cancer over past two decades has been achieved.

Credit for this feat is shared equitably between effective population based screening strategies and individualised therapeutic options including modern chemotherapeutic agents with customised radiotherapy.

Even in patients with metastatic disease, novel drugs such as trastuzumab, everolimus, fulvestrant and lapatinib in selected cohorts of patients have prolonged survival effectively.

Breast cancer continues to be a major health care problem with deepening crisis due to projected rise in incidence. Modifiable risk factors can be overcome by adopting well balanced diet, adequate exercise to achieve optimum Body Mass Index (BMI) with encouragement to breast feeding practices.

Mass breast cancer awareness programme with early detection and prompt referral can save many lives. Effective early individualised therapy guided by trained multidisciplinary specialists can go a long way in reducing the burden of this 'Emperor of all Maladies'.

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UNDERSTANDING LIVER CANCER

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Liver is the major organ in the human body. It plays a vital role in all the metabolic activities. The important functions of liver are synthesis of proteins, helping in digestion and detoxification. It supports storage of glycogen, secretion of hormones etc. Such an important organ can be affected by various ailments of which most important one is Liver cancer.

not become apparent until the disease has progressed to a late stage. Patient may suffer from upper abdominal pain. Also loss in weight, loss in appetite and severe weakness may be noticed. Discolouration of body and eyes, which is caused by jaundice, is also identified. Abdominal swelling due to enlargement of liver may be noticed. Once a cancer is suspected,

National Institute of Gastroenterology Doctors are internationally trained surgeons and the place has well equipped high end facilities like state-of-the-art operation theatres and other infra structure to cure problems of the digestive system. It has eminent man power to handle these kind of cases. Quality medical care is available here.

Chronic infection with hepatitis viruses increases the risk of developing liver cancer. HBV and HCV viruses can be spread from person to person through blood or other body fluids. These viruses damage the liver cells and the scar tissue replaces the healthy tissue in the liver, which is known as Cirrhosis. Cirrhosis of the liver predisposes to liver cancer. Additions like excessive alcohol consumption, may also lead to liver cancer. Some times cancer in the other body parts, may spread to liver and cause secondary liver cancer. Even if cirrhosis does not develop as a result of the infection, there is still an increased risk of liver cancer. However not all liver tumours are cancerous. Sometimes tumours like haemangioma, adenoma, FNH look like cancer, but are benign in nature. Unfortunately, the signs and symptoms of liver cancer do

further studies can be done to find out how much of the liver is involved. The most common radiological tests used are CT scans, ultrasound scan and MRI. Other, more specialized tests are sometimes needed, such as an angiogram or laparoscopy. Certain blood tests like serum AFP (alfa feto protein) estimation can confirm the existence of cancer. Rarely a biopsy test may be required to confirm cancer in liver. Once cancer is confirmed different types of treatments are available to cure cancer. A primary liver tumor, usually remains confined to the liver for a considerable time and removing the tumor surgically by a procedure called hepatectomy, may be possible and is usually curative. If complete removal of the tumor is not possible, Heating of cancer cells (RFA), micro wave ablation or freezing of cancer

cells (Cryo) will be used in different stages of cancer. Sometimes injection of drugs into the liver tissue, known as chemo embolisation can halt cancer progression. chemotherapy (anticancer drugs) can also help the patient to survive longer. When the liver cancer is a secondary tumor, chemotherapy (anticancer drugs) will usually improve the patient's quality of life and prolong survival. Limited secondary tumors in the liver may be surgically removed by hepatectomy. Liver cancer can be prevented with avoidance of alcohol and Hepatitis B vaccination in some patients. But with understanding of the risk factors involved, it might be easier to detect it in its early stages and cure it completely with various surgical and non surgical methods.

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Masters Homeopathy

The only treatment for Hepatitis and Herpes

Hepatitis
Everyone is fearing about this virus in these days. Doctors find this Hepatitis with their examinations when the patients come to visit the doctors for other diseases. With that, they come to a decision that they are going to die. They think that the virus will not come out of the body due to which there are chances of liver damage for a long time. But truly there are medicines in home to control hepatitis. The patients will lead a happy and healthy life when they get homeo treatment without fear after the confirmation of Hepatitis. There are symptoms like hungeriness, vomiting, body pains, yellowness in urine, jaundice, her pes on skin and also uneasiness in stomach, pain in abdomen. However, it can be controlled totally after taking full time medicines by experienced homeo doctors.

Herpes simplex
You will find some water pocks like sweat pocks on penis. With this the people will neglect that they are normal pocks. Later the pocks will become boil. Women too will witness the same kind of boils on vaginal parts with severe pain. If they ignore, it will lead to some more problems. Due to this, they will not be happy during sex and the couple gets embarrassed. Homeo treatment will show wonderful results for herpes problems. The people will suffer a lot when they take other medical treatments but with homeo treatments they will lead a happy and healthy life.

"Sciatica is treated Successfully"
A middle-aged man came once to my clinic and asked «doctor, please give good treatment for my back pain as I have been suffering for long time. I will pay the bill whatever it is. I will be in debt to you." I asked the man to tell the details with patience. Then he told doctor, I am Narayana and native of Kurnool. I am working in a private company. Since one year I have been suffering with back pain which is gradually increasing. Now,

After treatment I gave him medicines after observing symptoms, psychological points. There is best treatment with homeo medicines for sciatica problems. Back pain can be cured completely with homeo medicines. By avoiding changes that will take place in back bone, there will be good results by giving treatment to strengthen the muscles. I advised him to visit after using medicines for one month. Then after a month, he came very happy and his face is looking joyous without pain. And he said that numbness in legs is cured. I advised him to continue full course not to discontinue medicines. After six months sciatica problem was solved. As usual he is attending work. I gave some precautionary measures not to go on bike and not to sit long time.

You can survive even if you have HIV

This is a case from karimnagar Branch. He is about 30 years. He is trembling. When I asked about this problem, he said, «doctor, I belong to Jammikunta. Four years back, I had sex with a girl. I didn't expect that she has some disease. Since two months, I am suffering with fever, cough and loose motions. When I consulted doctor, he said that I have HIV. And I lost weight. There is no hope of survival. Please let me live." I said not to worry about life and took some de tails.

After treatment: During some weather changes, we can see the symptoms like cold, fever, TB in fection, loose motions in some persons infected by HIV. That means if disease control system weakens, diseases can be infected. If you are strong HIV can not harm you. Homeo treatment will focus on disease control system. When he was examined it was found that the number of CD cells is 320. So, I said not to worry about and said I would start treatment. I gave him prescription and asked him to come after one month. After one month I saw a lot of change in him. He said that he was so hungry, and free from tired ness. He said he has some hopes of life. I advised him to continue medicines for one more month. Later after Examining second time, CD4 count is 710. Now he is leading a happy and normal life.

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kind Integrative Medicine practice in India. The Centre takes a unique approach to clinical medicine. We treat our patients according their individual needs, instead of giving them "cookie cutter" treatments for their ailments. Doctors in conventional medicine have given up on most of the patients that we see at our centre, but the word "incurable" doesn't daunt us. We aren't discouraged when some say, "No one has ever gotten well from this disease." Our patients routinely recover from life-threatening or supposedly incurable diseases.

Nobody wants to visit a clinic and see a doctor. Unquestionably, who likes to fall sick? Then there is another factor - the huge cost of medicare. However, hospitals are packed to the brim and doctors are making great business. Simply because there is illness and disease everywhere, all the time. Moreover, conventional scientific medicine is so sharply focused on

'treating illness.'
What if we challenge this traditional view and re-define 'healthcare' as what it should be - care for the entire body and quality of life? That is precisely what Dr. Praveen Saxena, practicing Environmental Medicine apart from his expertise in interventional radiologist based at Hyderabad did about a decade back by establishing the first of its

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