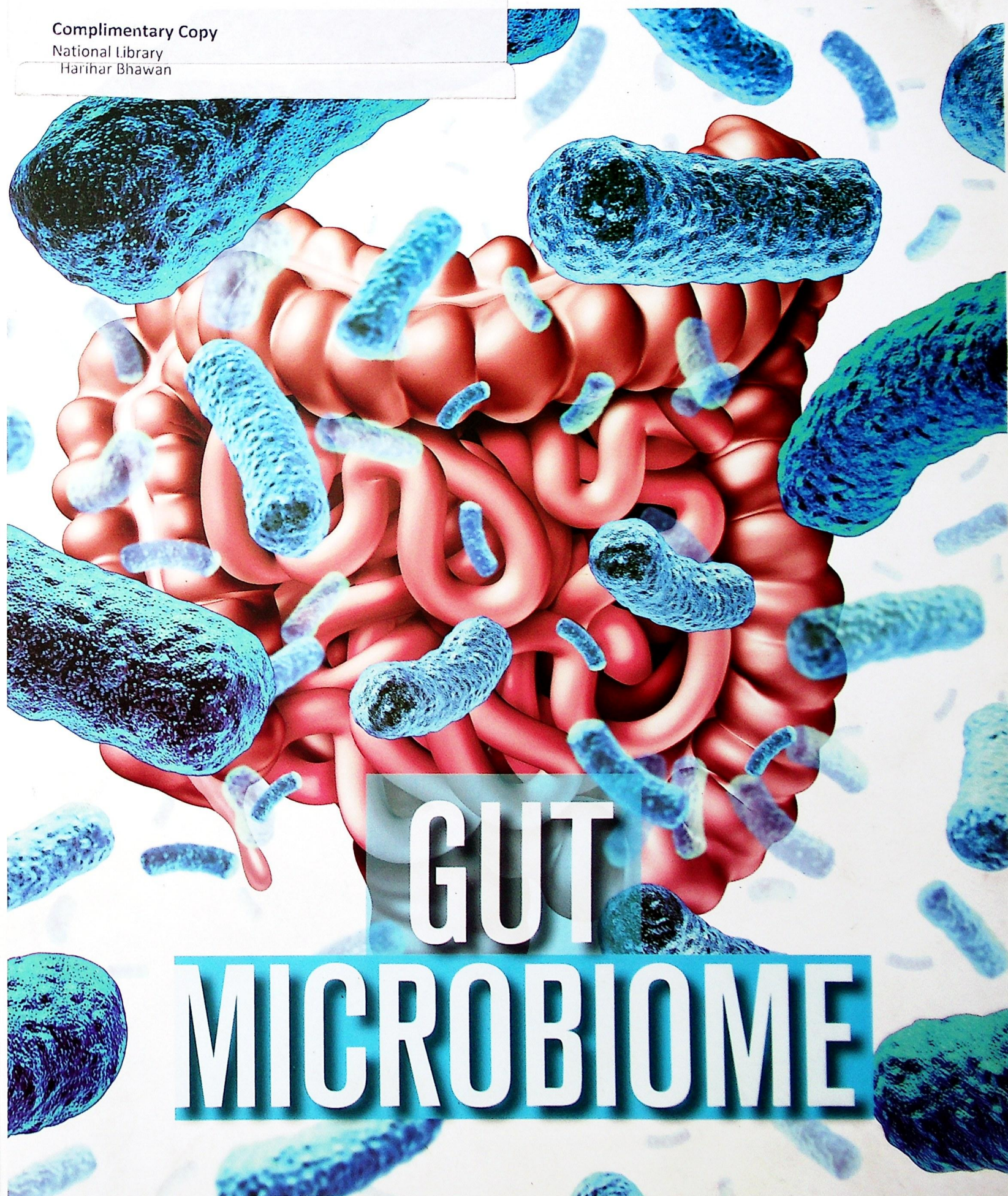


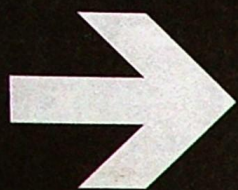
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GUT MICROBIOME



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You Are What You Eat The Best Diet Plans

Words by Anur B. Ghoshal

It is common sense that what we eat regularly is very important to our general well-being. Among the vast plethora of different diets, aside from them being different names, some are more healthy and as such, there are also many planned diets that are practiced globally based on both proven and not so proven scientific facts. Some diets are on track, nothing more than half-diet that people practice on the hope of losing weight and being more fit. **Dr. Anur B. Ghoshal** is a physician about whom you'll know more that have a wealth of scientific evidence behind them, and these are the best overall diets according to US News & World Report.



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Newer Strains of Corona Virus

By Dr. Anur B. Ghoshal

The Corona virus has been spreading rapidly since its discovery in late 2019. It has caused a global pandemic and has affected millions of people. The virus is highly contagious and can spread from person to person, as well as from animals to humans. The World Health Organization (WHO) has declared it a global health emergency.

There are several newer strains of the Corona virus that have emerged in recent months. These strains are more contagious and can cause more severe illness than the original strain. The WHO is closely monitoring the situation and has issued guidelines for how to prevent the spread of the virus.



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Importance of Physiotherapy in Covid-19

