

Healthy eating tips during Ramadan from the specialist

Referring to the importance of adequate and balanced nutrition, Expert Dietitian Ayşe Huri Özkarabulut emphasized that the immune system should be kept strong against the coronavirus outbreak. Özkarabulut, who recommended that iftar and sahur dishes be made up of foods that will protect the body resistance, said: “Do not make doughy desserts, pilaf and stuffed mushrooms in iftar. Also, stay away from ready-made foods.”

Ayşe Huri Özkarabulut, Specialist Dietitian from Istanbul Gelisim University, who said that it is necessary to include dry legumes, white meat, and occasionally red meat in the tables to meet the protein needs, gave tips for proper and healthy nutrition during Ramadan.

“PUT SOME VINEGAR TO SALADS”

Özkarabulut, stating that vegetable dishes and salads should not be neglected, said: “For those who cannot consume fish during Ramadan, it will be good to take Omega-3 fish oil in order to strengthen their immune systems. Vegetables and salads should not be neglected. Salads should be put in vinegar and extra virgin olive oil, and must be found at every table. Yogurt, especially home yogurt, kefir is very important in this period, as they are probiotics. After meals, fruits containing vitamin C and oilseeds with antioxidant properties should be used instead of desserts. Almond, walnut, hazelnut are good options for defense system without exaggerating. Occasionally, tahini molasses can be recommended for people who do not have weight gain problems.”

“DO NOT EAT THE FOOD FAST, DO NOT TIRE THE STOMACH”

Özkarabulut, who warned that people with reflux should not go to bed immediately after eating, added: “It is very important not to eat fast after long hunger, to open the iftar with olives, dates after the need for fluid, and to have the soup, then 20 minutes of prayer, not to tire the stomach, to create insulin resistance, and not to force the heart. Physical activity should not be neglected on the condition of not being on a full stomach, it should not be laid immediately after eating in order not to trigger the reflux”

“CONSUME BREAKFAST IN SAHUR”

Dietitian Ayşe Huri Özkarabulut, who says that breakfast should always be consumed on the sahur, said: “Eggs are the most important food here. Cheese, milk or yoghurt must also be in sahur in terms of keeping full. In addition to whole wheat bread, tarhana soup, dried fruits such as oatmeal, apricots to be consumed by putting in yogurt or their low sugar compotes are recommended in order to prevent constipation in Ramadan.”

“HAVE THE LIGHT TEA INSTEAD OF DARK”

Özkarabulut, who recommends drinking 8 glasses of water to meet the fluid need of the body, made the following statements: “Instead of multi-brewed teas, light tea or even herbal teas such as lime with ginger, turmeric and black pepper added are a good option with the addition of a slice of lemon. It reinforces the need for liquid, but it is not a substitute for water, 8 glasses of water should be consumed in the sum of sahur and iftar. If too salty foods are consumed, the body retains water and edema occurs. Therefore, pickled, canned, processed meats and packaged products should be avoided. These types of foods are unhealthy as they contain additives as well as salt contents. It is important to eat as naturally as possible, to choose vegetables and fruits suitable for the season.”

Underlining the compliance with the hygiene rules, Özkarabulut said that the food must be washed and stored very well.

Özkarabulut emphasized the importance of consulting a doctor, stating that people with low body resistance, diabetes, hypertension and heart disease should be very careful while fasting.

Digital April 2020 report announced: We are addicted to technology

Evaluating the "Digital 2020 April Report", which reveals the effects of the coronavirus outbreak, the relationship with technology, Mehmet Başçillar said: "It seems that the risk of technology addiction is higher than ever. Increasing the employment of social workers who will conduct psychosocial studies in the field of Internet addiction will be appropriate."

Effective measures for the corona virus epidemic, which emerged at the end of 2019 and subsequently affected the whole world, are stated as housekeeping and physical isolation. While leading home, education and business life to be carried to the internet environment, it completely changes daily routines.

Mehmet Başçillar, Lecturer at Istanbul Gelisim University Social Service Department, said: "Current reports say that the time spent by individuals on social media, the Internet, online TV platforms and computer games has increased at a record level. It seems that the risk of technology addiction is higher than ever during this period."

The "Digital 2020 April Report", which reveals the effects of the coronavirus outbreak on technology, has been published recently. The report states that the use of the internet has increased significantly in countries where curfews apply. Speaking about the research, Başçillar said: "With the coronavirus epidemic, 76 percent of the participants stated that they increased their use of smartphones, 45 percent of laptops, and 34 percent of smart TVs. In the research conducted worldwide, 57 percent of the participants state that they spend much more time in the epidemic of online TV platforms, 47 percent on social media and 35 percent on computer games. The highest increase in the use of social media in this period is observed in individuals between the ages of 16-24 with 58 percent and 25-34 with 50 percent."

Lecturer Mehmet Başçillar said, "Technology addiction or another concept used instead of internet addiction can be expressed as the individual's inability to fully control his smartphone, social media, internet or computer games. We spend most of our life in front of the screens during the epidemic process. The use of technology actually involves the risk of addiction. In addition, bringing education and business life online makes the risk of technology addiction inevitable."

WHAT DOES SCIENTIFIC RESEARCH STATE?

Stating that psychosocial problems caused by internet addiction are also reflected in the results of scientific research, Başçillar said: "In a study conducted with 1787 participants in the USA, anxiety and depression were higher in individuals using more than two social media platforms. In another study conducted with 2293 participants in Taiwan, attention disorder, social phobia, low self-confidence and aggressive behaviors were found as the results of internet addiction."

WHAT SHOULD BE DONE?

Stating that internet addiction threatens the well-being of individuals, groups, families and societies, Başçillar said, "In this direction, the Ministry of Family Affairs and Social Services has important

responsibilities. During the epidemic, large segments of the society should be reached for public addiction through public spots. Undoubtedly, there is a need to create the infrastructure and provide consultancy services that will enable all professionals currently serving in the psychosocial field to serve in a digital environment. Increasing the employment of social workers who will conduct psychosocial studies in the field of Internet addiction will be appropriate.”

Interpreted the effect of the pandemic on the global financial markets

Noting that unless the coronavirus (Covid-19) pandemic, which strongly damages the economy of the countries, is taken under control, the risk of causing serious problems in the world economies will continue, Asst. Prof. Dr. Emrah Doğan said: “The Covid-19 outbreak showed its effects on the financial markets with the collapse of all world stock markets in March 2020.”

Istanbul Gelisim University (IGU) Asst. Prof. Dr. Emrah Doğan commented on the coronavirus effect on world financial markets. Stating that coronavirus pandemic has caused large contraction in production and fluctuations in stock markets and foreign exchange markets, Asst. Prof. Dr. Emrah Doğan spoke: “The problems in the financial markets caused by the pandemic, which affects the whole world, have a potential disruptive effect on the real economy. This has increased the possibility of creating a new global crisis by causing disruption and instability of macroeconomic systems in all economies.”

Emphasizing that the Covid-19 pandemic showed its effects on financial markets with the collapse of all the world stock markets in March 2020, Doğan spoke: “For example, the Dow Jones Index dropped its lowest point of all-time decline on March 16, 2020, with a decrease of 2977 points in one day. The environment of uncertainty created by the COVID-19 pandemic on investors, especially the USA, England (37 percent fall), Germany (33 percent fall), Brazil (48 percent fall), Poland (38 percent fall)) and Turkey (15 percent decline) has led to huge losses in the stock market value. These global losses have been tried to be balanced with the practices of central banks, especially the US Central Bank, to provide liquidity. However, it can be said that the stock markets will not reach their pre-pandemic levels for a while due to the fact that investors remain uncertain about the future.”

“THE RISK OF ECONOMIC COLLAPSE IN THE WORLD WILL LAST”

The outbreak also manifested itself in oil markets, Doğan said as follows:

“In early March 2020, while oil prices were around \$50, oil prices fell to \$20 as a result of low demand brought about by the pandemic. Low oil prices have made the economies of OPEC countries such as especially Russia, whose economy is mainly made up of oil, and Qatar, Azerbaijan and Saudi Arabia fragile. In this context, the fact that this process, which started with the COVID-19 outbreak, is not known when it will be controlled, means that the risk of an economic collapse based on oil prices will continue in these countries.”

“IT HAS POTENTIAL TO BECOME AN ECONOMIC PANDEMIC”

Noting that the coronavirus pandemic also has the potential to become an economic pandemic, Doğan said: “Therefore, as a result of all the developments, countries should mitigate the effect of the COVID-19 pandemic with the measures they will take with the help of monetary and financial policies.” And added: “When the course of the pandemic is taken under control, it is very important for the countries to target a stable, sustainable recovery process by taking lessons from the

pandemic. However, in such a situation, it seems possible to overcome the “economic pandemic” and prevent a new global crisis.”

The biggest economies are the most affected by the virus

The global pandemic created by the coronavirus has also profoundly affected the economies. As countries continue to deal with the health aspect of the pandemic, experts also put forward an idea about its economic effects and how it will change the world.

Mentioning that the world's largest economies are among the countries most affected by coronavirus, Asst. Prof. Dr. Ebru Gül Yılmaz said: “The highest number of cases in 9 countries, which are America, Spain, Italy, France, Germany, England, Turkey, Iran and China, accounted for 74 percent of the total number of cases in the world. The share of these countries in the global gross domestic product is 56 percent. In other words, the largest economies of the world are among the countries most affected by the coronavirus.”

Saying that the economic effects of the coronavirus are at the global level is quite natural, Asst. Prof. Dr. Ebru Gül Yılmaz said: “We know that there is an economic slowdown in the world before coronavirus due to the trade wars and the general demand level contraction. Global trade, which grew by 3.4 percent in 2018, shrank by 4 per thousand in 2019.”

CHINA CARRIES 16 PERCENT OF WORLD PRODUCTION

Reminding that China realized 4% of world production during the pandemic caused by SARS virus in 2003, today this rate has increased to 16%, Asst. Prof. Dr. Ebru Gül Yılmaz from Istanbul Gelisim University articulated: “All these data indicate that the economic effects of coronavirus will be global and at a high level. The main measures taken against the virus at the global level are the restrictions and prohibitions in city and country border crossings, import and export restrictions and prohibitions in foreign trade goods. Examining some data that is thought to be important from the Chinese economy, where the virus was first encountered and the period of regression was affected by the measures, may be useful in creating a prediction: In China, we see that the capacity utilization rate, which was 77.5 percent in the last quarter of 2019 and 75.9 percent in March 2019, dropped to 67.3 percent in March 2020. The Purchasing Managers Index (PMI) data, with an average of 51.07 in 2020, has recovered in March after reaching the lowest level in the last 10 years with 27.50 in February 2020, and reached 46.7. The Chinese economy, which has been giving foreign trade surplus for a long time, gave a deficit of 7,1 billion dollars in February and gave a surplus of 19.9 billion dollars in March. The export figure, which was 292.4 billion dollars in February, decreased to 185.1 billion dollars in March, and the import figure which was 299.5 billion dollars in March decreased to 165.2 billion dollars. This corresponds to a 69 percent contraction in total foreign trade volume from February to March. It is highly probable that the reason for this contraction was due to foreign trade restrictions, which were increased by the spread of the virus worldwide in March. Because, with the data of 2018, China is a country that dominates the world foreign trade with 10 percent. The country, which is called as the factory of the world and has a high volume in total, has a high impact on the global order.”

TO IMPACT TOURISM REVENUES

Yılmaz also mentioned the aviation industry and said: “On the other hand, it is obvious that the possible negative effect of the virus on tourism revenues will be undeniable considering the available

data. According to the data, we see that the number of daily flights fell from 190 thousand to 58 thousand from January 2020 to March, which is the process of spreading coronavirus worldwide.”

Stating that after the COVID-19, the global economy cannot return to its old dynamics for at least a certain period, Yilmaz said: “However, it is also worth mentioning the positive impact of production, which is included in the concept defined as negative externalities in the economy, on the issues such as environmental pollution and global warming. According to the preliminary calculations of Climate and Policy website CarbonBrief, there was an 18 percent decrease in carbon dioxide emissions from the beginning of February to mid-March due to the drop in coal consumption in China. This decrease means a reduction of 250 million metric tons of carbon pollution, which corresponds to half the UK's annual carbon emissions. However, the decline in demand and the resulting decrease in production can lead to a decrease of about 400 million mt in carbon emissions, a figure representing approximately 9 percent of the European Union's cumulative 2020 emission target according to preliminary estimates published last week in the European Union.”

Yilmaz ended her speech as follows: “According to the research conducted by KPMG, the effects of coronavirus, which can last between 3 months and 12 months, will have a slowing effect on economic globalization, however, it is another option that is expected to continue to produce and consume all around the world by protecting nature and distributing resources more fairly, together with the lessons that we hope that humanity will have taken in this process created by the virus.”

Health benefits of fasting

Providing information on the health benefits of fasting, Quality Life Specialist Asst. Prof. Dr. Haluk Saçaklı said: “A program to remove unnecessary particles in weak and diseased cells when the human body gets hungry has been discovered. After 3 days of fasting, the body's immune mechanism triggers the formation of white blood cells. Our body renews our entire immune system.”

Asst. Prof. Dr. Haluk Saçaklı from Istanbul Gelisim University gave information about the benefits of healthy fasting and how to keep healthy fasting. Saying that the diet changes completely during Ramadan, Saçaklı said: “Fasting, which takes 14-16 hours, negatively affects metabolism. Fasting may cause job performance to drop due to loss of attention in the afternoon. Foods that must be eaten at sahur should be consumed to minimize the decrease in performance. Since blood sugar drop in the morning is less than in the afternoon, busy and demanding work should be shifted to the morning hours. Sufficient food, liquid and salt should be taken between iftar and sahur so that weakness, fatigue, forgetfulness, pensiveness, tendency to sleep, bad temper, indigestion, swelling, acid reflux and hypotension do not happen during fasting.”

Stating that every healthy person can fast, Saçaklı said: “However, people who do not have good health for fasting should be more sensitive about this issue. Patients suffering from cardiovascular, kidney disease, diabetes, stomach disease, high blood pressure, liver failure, fever with severe infection, gallstones, muscle pain, anemia, cancer are required to use drugs at certain intervals. Such people need to apply therapeutic diet. In addition, it is dangerous for pregnant women, children of development age and excessive elderly to fast.”

Stating that body movements slow down and metabolic rate decreases while fasting, Quality Life Specialist Asst. Prof. Dr. Haluk Saçaklı spoke: “Some people have severe headaches in the first days of Ramadan. Headache is more likely to be caused by nicotine and caffeine deficiency than starvation. People who get used to smoking cigarettes and drinking coffee in the morning feel more severe

headaches. To prevent this, we should reduce smoking and caffeinated beverages a few weeks before Ramadan and prepare our body for fasting.”

Asst. Prof. Dr. Haluk Saçaklı explained the fasting's benefits to health as follows:

“A program to remove unnecessary particles in weak and diseased cells when the human body gets hungry has been discovered. After 3 days of fasting, the body's immune mechanism triggers the formation of white blood cells. Our body renews our entire immune system. Fasting appears as completely a regeneration program. When the body is under stress, fasting or starvation, there are a lot of AUTOPHAGIA (self-eating of the cells). The cell tries to produce energy by using its own internal facilities. First, it starts cleaning by digesting its toxins and pathogenic bacteria. Thus, early aging is prevented.”