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LIFESTYLE

Yoga for good health

Study finds yoga a potential therapy for cardiovascular disease

A SYSTEMATIC REVIEW and meta-analysis of randomised controlled trials has concluded that the popular mind-body practice of yoga can be a potential therapy for cardiovascular disease and metabolic syndrome.

Out of 1,404 records, 37 randomised controlled trials were included in the systematic review and 32 in the meta-analysis.

Compared to non-exercise participants, yoga showed significant improvement for body mass index, systolic blood pressure, low-density lipoprotein cholesterol, and high-density lipoprotein cholesterol.

Significant changes were seen in body weight, diastolic blood pressure, total cholesterol, triglycerides and heart rate but not fasting blood glucose.

“This review helps strengthen the evidence base for yoga as a potentially effective therapy for such conditions. The results support earlier reviews on the positive benefits of yoga for cardiovascular disease prevention,” the authors noted.

However, no significant difference was found between yoga and exercise.

One study found an impact on smoking abstinence.

The team concluded that there is promising evidence of yoga on improving cardio-metabolic health.

The study titled ‘The effectiveness of yoga in modifying risk factors for cardiovascular disease and metabolic syndrome: A systematic review and meta-analysis of randomised controlled trials’ appeared in the *European Journal of Preventive Cardiology*. IANS



ALIGN YOUR LIFE

Welcome the new year

IT'S NOW TIME to embrace 2015 with enthusiasm and passion. It is finally time to let go of the old way of life and welcome the new.

You need to take stock and realign your goals. Each of the mentioned activities will not only create a suitable energy within your surroundings, but also help you to balance your inner turmoil.

- 1. Clear the clutter.** If you don't fit into your clothes or shoes, it is best to give them away.
- 2. Emotional cleansing** is the way to go. So say goodbye to someone who is not good enough for you or forgive the person who wronged you in the past.
- 3. Say goodbye to stress.** Take up a hobby, go for swimming or take a nap. Do what you need to do to tackle stress.
- 4. Learn to meditate.** Meditation helps in managing stress, and stabilises blood sugar.
- 5. Balance your chakras.** Regular practice of chakra balancing meditations will help in eliminating potential blockages from your energy body.
- 6. Create your vision-board for 2015.** Fill up a medium sized cardboard by placing images of your goals and hang the board in a place where you see it often.
- 7. Implement feng shui in your home.** Hire a certified feng shui consultant and balance the energy in your home.
- 8. Try a hypnotherapy session.** Let go of your addiction to smoking or loose weight through hypnotherapy.
- 9. Yoga all the way.** Daily practice of yoga helps with weight loss, managing stress and improving focus.
- 10. Journal writing is good for health.** Jotting down your thoughts can help you to remain focused and grounded.
- 11. Try shirodhara for better sleep.** Ayurvedic treatment of shirodhara is mainly used for sleep problems and migraines.
- 12. Don't use technology for a day.** Dedicate one day every week to outdoor activities and switch off your phone and laptop.
- 13. Let go of a painful memory.** Say goodbye to a painful memory by burning old pictures and throwing away old items.
- 14. Take deep breaths.** Breathe at the count of 8 and breathe out at the count of 16. This simple technique will not only control anger but also stabilise your moods.
- 15. Clean your aura regularly.** Having a salt-water bath or going for a swim in the ocean helps in cleaning the aura.

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Download good habits

Three apps will help you keep New Year resolutions

DO YOU FIND keeping New Year's resolutions a Herculean task? Download these apps.

A trio of apps called Lift, Workflow and Hours will help you keep your resolutions, the *Washington Post* reported.

The Lift app offers a menu of self-improvement, which helps to set priorities for each day.

Lift will also guide you through one-on-one chats with a personal coach at the cost of \$15 a week.

Available for Android and iOS devices, the app also breaks your goals down into doable steps so that you can start to build healthier habits.

Another app Workflow helps you save a lot of time if you find

yourself multi-tasking on your smartphone.

It automates tasks across different apps, streamlining what would normally take a lot of swiping, to a few taps.

You can create shortcuts for Instagram and Twitter with the help of this app. The app is available for iOS.

The third app called Hours helps you find out how much time you actually spend working toward your goals.

When you move onto a new task, launch the app and tap the name of the project.

Hours makes it easy to find out the cumulative time you spend on each, and a timeline gives you a good sense of how you have spent your day. The app is also available for iOS. IANS

