

# How to get fit

*Tips for healthy mind, body and heart for women on the go*

**I**N THE PROCESS of taking care of their home and career, it gets difficult for women to take care of their mind, body and heart. Mind, body and soul expert Madhu Kotiya lists five effective and easy tips for happiness and good health:

**\* Deep breathing for five minutes:** It's the basic pranayam. You can do this while driving a car or traveling by public transport. Try to breathe in fresh air rather than sitting in office and doing it. This will energise your aura and make you feel energetic while taking off the negativity from your mind.

**\* Use lavender at night:** If you are having trouble sleeping and feel restless at night, put some drops of lavender essential oil on your pillow. The fragrance of lavender will help you relax.

**\* Place amethyst ball on table:** Semi precious crystal amethyst has positive vibrations to create balance and harmony. Place an amethyst ball on your work table for



smooth and balanced work.

**\* Mudra to regain energy:** A shortcut to solve the low energy issue is an easy hand mudra which will help you regain energy. Touch both your hands' middle fingers with your thumbs,

keep your eyes closed and breathe deeply for three to five minutes.

**\* Cinnamon for weight loss:** If you are upset about excess weight and not finding time for workouts or yoga, cinnamon can help you. Keep

some pieces of cinnamon in your bag, and chew them four to five times a day. It will take care of your false hunger pangs and sugar craving. *IANS*

## Kitchen cures for acne

*Use these common ingredients to help clear your face*

**PEEP INTO YOUR** kitchen to vanquish acne, says an expert. Navin Taneja, director of The National Skin Center, shares home remedies to cure acne:

**\* Lemon juice:** Take a slice of lemon, rub it on the face and leave it for a few hours. Then rinse your face.

**\* Aloe vera juice:** The medicinal properties of aloe vera can treat acne. Apply aloe vera juice on affected area twice daily.

**\* Neem:** Neem has fungicidal properties, hence it is very effective in treating acne. Make a paste of neem leaves by adding small amount of water. Apply it on the affected area.

**\* Honey:** Honey has both antiseptic and mois-



turising properties. Apply honey on the affected skin for half an hour. Then try to first rinse the honey off with warm water, followed by cold water so that the pores get closed.

**\* Orange peel:** Vitamin C in orange is good for treating acne. Take orange peel and allow it to dry under sun, then grind it into powder form. Add water to the

powder, mixing it into a paste. Apply it on the face and leave it on for 10 to 15 minutes, and then wash it off.

**\* Grapes:** Take fresh chilled grapes, cut in half and then rub it on your skin, and leave it for 10 to 15 minutes then wash your face. *IANS*

## ALIGN YOUR LIFE

### Rise & Shine

*The best way to start your day is bright and early*

**W**hen I lived in Rishikesh for a few years, the rule was simple. We all had to wake up at 4am for the first session of meditation. Being a morning person it was never an issue with me. However some friends struggled with this rule. But over a period of time their mind and body automatically started waking up a little before 4am. The first meditation was always very deep and relaxing. Somehow after that session the feeling of calm prevailed throughout the day. My thoughts remained stable and I was not provoked easily.

If you look at all the religious or spiritual practices across the world, there is a great emphasis on waking up at the crack of dawn for prayer or meditation. In Islam you have Fajr prayer, while the Christians have the first mass very early. Hindus tend to offer the first prayer before dawn, and Buddhism focuses on early morning chanting and meditation.

Have you ever wondered why early morning? What is so special about that early morning hour that all cultures, religions and spiritual practices focus on it?

Early morning our mind is not tainted with thoughts. This is the time when there is maximum peace in the air and environment. It is the most fresh and pure time of the day.

So what can you do to make early morning hour more beneficial?

In yoga it is recommended to practice pranayama early morning. These different breathing exercises help keep your mind focused and still. Suryanamaskar or sun salutation is another exercise recommended in yoga to welcome the day.

In Ayurveda using sesame oil in the morning to gently massage your scalp, temples and forehead helps in releasing stress and clears the mind. Drinking a glass of warm water on empty stomach stabilises the digestion system and helps in clearing the stomach.

Last but not least, practicing walking meditation in the morning helps in absorbing positive chi or energy from your environment, keeping you relaxed all day long.

