

# Think pink

*Ways to wear October's signature colour*

**O**CTOBER IS BREAST Cancer Awareness Month when women are encouraged to wear pink. So, get into your pink outfit, but be careful about choosing the right shade. "This autumn every woman should have some pink in their wardrobe, whether it's head-to-toe, a dressing gown, some underwear or a pashmina.

"Whatever your colouring, you will be able to mix your pink with the other big colour this season - any grey," said Veronique Henderson, creative director at Colour Me Beautiful.

If you are someone who has light colouring that means a fair hair, light blue eyes and light skin then mixing your dusty rose pink with your greys and blues will be a flattering look, reports femalefirst.co.uk.

If you match your skin tone with Catherine Zeta Jones, then you will need a strong rich pink. It can be worn as sports wear to more formal attire, if solid pink is not for you, then incorporate it as part of a print on a top.

If you have auburn, chestnut or warm highlighted hair together with green eyes, then

your best pinks will be corals and salmon pinks. Wear these with grey, but also with golden browns and moss greens for great effect.

If your hair is salt and pepper, silver or white (natural or not) then hot, rose and fuchsia pinks are must-haves in your wardrobe. This season wear them with your greys but also with those lovely navy blues we are seeing around. Pink will give you that boost of energy that you deserve.

If like the Duchess of Cambridge you have dark hair and bright eyes then you should wear the brightest shades of pink available, and you can wear them to contrast with other colours. Think cyclamen, rose or blush worn on their own, or again with greys, navies and black.

If your overall look is soft and muted then make your pink soft and muted too. The best shades of pink for you are salmon and powder pinks. Just make sure they blend nicely with what you are wearing.

Whatever pink you wear make sure that your lipstick matches the hue and intensity for an elegant look. *IANS*



## Avoid insomnia

*Energy drinks may ruin your sleep*



**ALTHOUGH ENERGY DRINKS** may enhance athlete's performance, they also cause insomnia and nervousness, a study said. The study carried out by experts from the Camilo Jose Cela University (UCJC), Spain evaluated the positive and negative effects of energy drinks on athletes.

"Athletes felt they had more strength, power and resistance with the energy drink than with the placebo drink," said Juan Del Coso Garrigas, in-charge of the Exercise Physiology Laboratory at UCJC.

"However, the energy drinks increased the frequency of insomnia, nervousness and the level of stimulation in the hours following the competition," Juan Del Coso added. For the study, sportsmen (football, basketball, rugby, volleyball, tennis and hockey players) took the equivalent of three cans of energy drink or an energy drink placebo

before a sports competition.

Athletes increased their sporting performance by between three to seven percent but at the same time, the consumption also led to side effects typically found with other caffeinated drinks, the findings showed.

The concentration of caffeine (32 mg/100 ml of product) present in energy drinks provides a total of 80 mg of caffeine per 250 ml can, the authors noted. Energy drinks mainly contain carbohydrates, caffeine, taurine and B vitamins, with little difference in ingredients amongst the main energy drink brands, the researchers explained.

Energy drinks do not provide more energy than other soft drinks, but they do have an "energising" effect related to the stimulation provided by caffeine, the authors concluded. The study appeared in the *British Journal of Nutrition*. *IANS*

## ALIGN YOUR LIFE

*Love Yourself*

**E**VERYONE WANTS TO be loved, whether it's plants, animals or humans. We spend our lives looking for love, and seeking approval from others. Somehow love seems to be more important than any materialistic things. Some of us are lucky and some are not. And yet the quest to find love continues. Don't get me wrong; looking for love is just not limited to looking for a partner. We seek love from family, friends, colleagues, pets... the list is endless. So as long as you feel loved and cherished by people in your life, you feel content.

But is this the only love that you need in your life? What about loving yourself? What about your relationship with yourself? Confused? Let me explain.

Before you can even form relationships with others, the first relationship you form is with yourself. How do you feel about and see yourself? And most importantly do you accept yourself the way you are?

This is where most people fumble. You are so focused on looking for love outside that you forget the most important thing - to love yourself. This is the hardest thing to do. You are focused on your physical body, how you look, and what you wear that you completely ignore to nourish your soul. You keep telling yourself all the wrong things, "I am fat, I am ugly, I am not good enough, and no one will ever love me!" The list is endless. When you don't love yourself, how can you expect others to love you? Before seeking love outside, why not look within and embrace who you really are. However that is easier said than done.

Since you were young, you have been taught not to love yourself. You absorb many negative messages from your teachers, friends and family. Some of the messages are so subtle that you don't even realise that they are damaging. When you hear over and over again that you are not smart or not beautiful or not thin - your mind absorbs these messages and starts believing in them. Over a period of time it becomes part of your belief system and hampers the way you look at yourself.

So before you look for love outside, how about loving yourself? Why not change the way you think about yourself and work on your self-esteem and confidence first. Because when you love yourself, it is easy for someone else to love you.

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