

Summer dangers

Holidays could promote obesity in kids, says study

CHILDREN ON SUMMER breaks consume more sugar, watch more television, and eat fewer vegetables than during the rest of the year, says a study. "The school environment remains essential for shaping healthy eating and active living behaviours, and schools can play a leadership role in fostering a healthy transition from the school year to summer breaks," said one of the researchers Y. Claire Wang, associate professor at Columbia University's Mailman School of Public Health in the US.

"We see a need for school-based obesity prevention efforts to go beyond the school day and the school year," Wang said.

The research published online in the *Journal of School Health* was based on data from US children in grades one-12 in the National Health and Nutrition Examination Survey 2003-2008.

The sample consisted of 6,453 children and adolescents, some surveyed during



the school year and others during a school break.

The researchers selected three main dietary measures: total calories consumed per day, number of cups of vegetables consumed, and teaspoons of added sugar, to estimate consumption of calories.

They also compared student exercise patterns and screen time and any changes over the summer vacation.

They found that in the summer, youth watched an average 20 minutes more television a day and consumed an average three ounces more sugar-

sweetened beverages during summer break than during the school year.

Overall, exercise was basically unchanged: students were physically active five minutes more on average than they were in school, the study found. *IANS*

DIGNITY IN DEATH

Fulfilling end-of-life wishes gives peace



ASKING FOR AND honouring last wishes helps to bring peace to critically ill patients and their families, says a new study.

The study is part of an ongoing project that involved a researcher or patient's clinician sensitively eliciting three wishes to best honour the dying person from the patient, the family or other clinicians caring for the patient, and then finding a way to honour them.

"We developed this project to try to bring peace to the final days of critically ill patients and to ease the grieving process," said lead author Deborah Cook, professor at McMaster University in Canada. "For the patients, we wanted to dignify their deaths and celebrate their lives; for family members, to

humanise the dying experience and create positive memories; and for clinicians, to foster patient and family-centred care," Cook added.

The research was published in the journal *Annals of Internal Medicine*. Participants in the study included 40 dying patients, at least one family member per patient, and three clinicians per patient.

Cook's research team interviewed families and clinicians to assess the programme and found that 97.5 per cent of the requested wishes were implemented, at a cost ranging from \$0 to \$200 per patient.

End-of-life care was rated high by family members and post-mortem interviews with 160 family members and clinicians gave overwhelmingly positive feedback. *IANS*

ALIGN YOUR LIFE

Feng Shui & Pregnancy

Ever so often, clients who want to conceive approach me. Some have been trying for years, while some have tried all other options. So the question is: can Feng Shui help in conceiving? Is it a myth or is there any truth to it?

Flying Star school of Feng Shui taps into the energy within your home and balances it. This school also suggests simple cures for outdated or negative energy. Once you balance the energy within your home, many things in your life will fall into place. I once had a client named Joy who had tried to get pregnant for years. However, she finally gave up and decided to try an alternative approach to the situation. So she went on an Ayurvedic diet and started eliminating foods that did not suit her body type. She had acupuncture, started practicing yoga, attended hypnotherapy sessions to reduce stress and implemented Feng Shui in her home. Within months Joy was pregnant.

All I can say is that Joy started balancing the energies within her body and in her environment simultaneously. As a result many aspects of her life changed. This could be a coincidence or a simple case of restored harmony.

However this does not mean that you stop consulting your doctor. In fact, Feng Shui or other holistic therapies can very much be implemented or practiced along with your treatment. They do not harm in any way and complement the process.

If you are trying to get pregnant, then use your kua number and sleep and work in your health direction. This will help you to remain focused on your health and remain stress free. Relocate in your mountain direction in your home. This direction can be obtained via applying Flying Star Feng Shui formulas to a floor plan. Get rid of clutter and open up space in your home. Practice yoga to stabilise inner energy and improve health.

Last but not the least; have a positive frame of mind. Because without it, even Feng Shui will not be able to help you!

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