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## LIFESTYLE

Top Pick

## A BOTANICAL APPROACH TO HAIR CARE

Hair problems? Try a hair care product from PHYTO, a brand which is passionate about its research, using almost 500 active ingredients throughout its products. The range has products available for every hair type and a specific solution for each one. PHYTO offers everything from beauty essentials to daily hair care, deep hair care, styling products, hair treatments, scalp treatments, colour treatments and sun care, and guarantees the very best botanical power for the benefit of your hair.



# Move those feet

*Twenty-minute walk cuts heart failure risk*

**M**ODERATE AMOUNT OF physical activity, particularly walking and bicycling, can significantly lower the risk of heart failure, says a study.

The participants who had the lowest levels of physical activity had a 47 percent higher risk of heart failure while those with highest levels had 51 percent higher risk than men with a median level.

When analysing the different types of physical activity, the study found that walking or bicycling for 20 minutes per day was associated with the largest risk reduction.

"We found that recent activity may be more important for heart failure protection than past physical activity levels. The first incidence of heart failure in men was also later for those who actively



walked or bicycled 20 minutes each day," said study co-author Andrea Bellavia from the Karolinska Institutet in Stockholm.

When enrolling in the study, participants from two counties in Sweden completed a questionnaire about their

level of activity at work, home, walking or bicycling, and exercise in the year prior at an average of 60 years old and retrospectively at 30 years old.

Researchers assigned each type of physical activity an intensity score and determined walking or bicycling just 20

minutes per day was associated with a 21 percent lower risk of heart failure.

They found that men who were active at 30 years old but were inactive at the time of study enrollment did not have a decreased risk of heart failure. *IANS*

## Violent video games trigger aggression

**PLAYING VIOLENT VIDEO** games is linked to increased aggression in players though it is not certain if the link extends to criminal violence too, according to a latest American Psychological Association (APA) report.

"Scientists have investigated the use of violent video games for more than two decades but to date, there is very limited research addressing whether violent video games cause people to commit acts of criminal violence," said study leader Mark Appelbaum.

The study showed a consistent relation between violent video game use and an increase in aggressive behaviour and aggressive cognitions and a decline in pro-social behaviour

and empathy.

"No single risk factor consistently leads a person to act aggressively or violently. Rather, it is the accumulation of risk factors that tends to lead to aggressive or violent behaviour," the report said. "The research reviewed here demonstrates that violent video game use is one such risk factor."

In light of the task force's conclusions, APA has called on the industry to design video games that include increased parental control over the amount of violence the games contain.

In addition, it has urged the developers to design games that are appropriate to users' age and psychological development. *IANS*



## ALIGN YOUR LIFE

*The Story of Clocks*

**E**very now and then I get asked if displaying wall clocks have any kind of impact in Feng Shui. Does it affect the energy or is it merely a piece of decoration? Some clients use very extensively decorated clocks in their design and it's an integral part of their home look.

However a simple wall clock does not impact Feng Shui in any way. All it does is tell you the time and nothing more. The colour or the materials used also have no impact on Feng Shui. Even displaying it anywhere around the house is not a problem.

But when it comes to pendulum or cuckoo clocks it's a different ball game all together. These clocks have a lot of moving energy associated with them due to pendulum movement and the sound element. These clocks in particular create moving energy. The area around where the clock is displayed becomes active and thereby creating a gentle waves that eventually open up energy.

So can these clocks be used for Feng Shui as a Feng Shui cure?

Absolutely yes!

However one must be careful as to where to display these clocks. As per Flying Star School of Feng Shui, it is best to look at the house chart and identify the water star location within your home or office. This can be obtained after running formulas using the compass direction for the facing of the house and the year of the construction. Once these areas have been located, you can then decide how you want to activate the energy. The water star energy is connected with career, money and attracting new opportunities. Feng Shui consultants use fish aquariums, water fountains or water ponds to activate this energy. Some even use bright lights and music to enhance this energy.

However what people overlook is that pendulum and cuckoo clocks also create movement and sound waves. Therefore these can be easily used to activate the water star with the same result.

The only thing that you need to remember is that bigger the house, bigger the clock. Display it in the right location and let your water star take over your career!

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