

# Eat little, but often

*Celebrities like Jennifer Aniston have endorsed this weight loss strategy*

**E**ATING LITTLE COULD help those on a diet aimed at healthy weight loss - but it can invite health hazards too. Eating six times a day is best, according to new research. Nutrition experts say eating small amounts of food frequently is better for your health rather than three bigger portions, reports [mirror.co.uk](http://mirror.co.uk).

The researchers said eating little and often may hold the key to healthy weight loss.

Celebrities such as Hollywood actress Jennifer Aniston, 46, attribute their slim figure to eating small portions regularly during the day, rather than larger meals at traditional times. She also said she survives on five meals a day.

The study, published in the science journal *Nutrition Research*, says that establishing a healthy and sustainable eating pattern is a challenge

with which many dieters struggle. The researchers compared two eating regimes over two weeks - in the first participants ate two meals per day, while the second involved six meals a day.

In both regimes, the total calorie intake remained the same and the dieters lost weight but those in the six-meal group preserved a healthier body composition and lost less 'fat-free' body mass.

Those who ate six meals a day had healthier levels of glucose, insulin and cholesterol. The authors, from universities in California and New Mexico, said: "Increased meal frequency - such as six meals a day - did appear to favourably preserve fat-free mass during weight loss. In conclusion, caloric restriction was effective in reducing body mass and attenuating fat-free mass changes in body composition." *IANS*



## Hear natural *Sound masking system can boost productivity in office*

**PLAYING NATURAL SOUNDS** such as flowing water in offices could lift workers' moods and enhance productivity, a new study says. An increasing number of modern open-plan offices employ sound masking systems that raise the background sound

of a room so that speech is rendered unintelligible beyond a certain distance and distractions are less annoying.

"If you are close to someone, you can understand them. But once you move farther away, their speech is obscured by the mask-

ing signal," explained Jonas Braasch, acoustician and musicologist at the Rensselaer Polytechnic Institute in New York.

The sound masking system also improves cognitive abilities in addition to providing speech privacy. The natural sound used in the experiment was designed to mimic the sound of flowing water in a mountain stream.

"The mountain stream sound possessed enough randomness that it did not become a distraction. This is a key attribute of a successful masking signal," added co-author Alana DeLoach.

Sound masking systems are custom designed for each office space by consultants and are typically installed as speaker arrays discretely

tucked away in the ceiling. For the past 40 years, the standard masking signal employed is random, steady-state electronic noise - also known as "white noise".

Using natural sounds as a masking signal could have benefits beyond the office environment. The workers, who are listening to natural sounds are more productive and overall in better moods than the workers exposed to traditional masking signals.

"You could also use it to improve the moods of hospital patients, who are stuck in their rooms for days or weeks on end," Braasch noted. The authors were scheduled to present their findings at the 169th meeting of the Acoustical Society of America in Pittsburgh. *IANS*

## ALIGN YOUR LIFE

### *Plants and Feng Shui*

**E**very object and structure around us impacts us. The position of the house, garden, buildings, cars - it's all important. Some are more significant than others but everything impacts us. Things displayed within our immediate surroundings have more impact on us. However if you have a damaging structure outside your home or building, then it will also have an adverse effect on your wellbeing. Some clients wonder what impact plants within their homes have on them and if it has any significance in Feng Shui.

Plants are a combination of two types of Feng Shui elements - wood and earth. However they are predominantly wood. Depending in which sector of the house you want to use the plants, it can be seen as wood or earth. However certain plants are more wood than earth and vice versa.

Plants in general are considered auspicious in Feng Shui, as they are a form of live energy. They need water, sunlight and a good orientation to thrive. However not all plants are used in Feng Shui. For indoor plants preference is always given to slim, and less bushy plants that grow upwards and don't have leaves falling on the side towards the ground. Feng Shui believes in movement of energy and plants that are not bushy allow the energy to flow through freely. This is the reason why bamboo sticks are usually displayed within a home. Bamboo is considered an auspicious plant in Chinese culture as it depicts growth, prosperity and good health. The advantage of using bamboo sticks is that you can choose the correct number of sticks and they can be displayed in water as well as soil. Placing three bamboo sticks is considered good, as number three represents wood element in Feng Shui. Bamboo sticks score over other indoor plants as they enhance the wood element.

For outdoor plants, cactus is considered good for displaying near your main door. Though there is no real significance for this belief, it is suggested that cactus wards off negative intentions of the person entering your home. Therefore placing two small cactus plants outside your home on each side of the door is considered good.

The key to using plants in Feng Shui is choosing the right plant in the appropriate sector. And above all, choosing bamboo to enhance prosperity and luck within your home is a good idea.



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