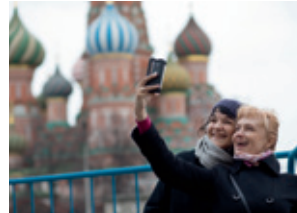


L LIFESTYLE



THE SELFIE THAT MAKES IT ONLINE

A survey has found that women tend to hit the delete button five times before selecting a selfie, which is good enough to post online. Men on the other hand are usually happy with their fourth try. Talk about searching for perfection in a mirror image...



Broccoli to the rescue

Study finds vegetable extract helpful in preventing oral cancer

A NEW THERAPY containing broccoli sprout extract has been found to protect not only mice against oral cancer but also tolerable in a small group of healthy human volunteers, says a new study.

"People who are cured of head and neck cancer are still at very high risk for a second cancer in their mouth or throat, and, unfortunately, these second cancers are commonly fatal," explained lead author Julie Bauman from University of Pittsburgh Cancer Institute in the US.

"So we are developing a safe, natural molecule found in cruciferous vegetables to protect the oral lining, where these

cancers form," Bauman noted.

Previous studies have shown that cruciferous vegetables such as broccoli, cabbage and garden cress - which have a high concentration of sulforaphane - help mitigate the effects of environmental carcinogens.

The researchers now plan to conduct a clinical trial that will recruit 40 volunteers, who have been curatively treated for head and neck cancer.

The participants will regularly take capsules containing broccoli seed powder to determine if they can tolerate the regimen and whether it has enough of an impact on their oral lining to prevent cancer. From there, larger clinical trials could be warranted, the researchers noted. *IANS*



Fast unto good health

Night time fasting could help reduce breast cancer risk

OVERNIGHT FASTING MAY reduce the risk of breast cancer among women, says a study.

A decrease in the amount of time spent eating and an increase in overnight fasting reduces glucose levels and consequently may reduce the risk of breast cancer.

"Increasing the duration of overnight fasting could be a novel strategy to reduce the risk of developing breast cancer," said first author Catherine Marinac from University of California, San Diego.

"This is a simple dietary change that, we believe, most women can understand and adopt. It may have a big impact on public health without requiring complicated counting of calories or nutrients," Marinac added.

Women who fasted for longer periods of time overnight had significantly better control over blood glucose concentrations.

The data showed that each three hour increase in night time fasting was associated with a four per cent lower postprandial glucose level, regardless of how much women ate.

"The dietary advice for cancer prevention usually focuses on limiting consumption of red meat, alcohol and refined grains while increasing plant-based foods," said co-author Ruth Patterson, also from UC San Diego.

"New evidence suggests that when and how often people eat can also play a role in cancer risk," Patterson said.

Women in the study reported eating five times per day with a mean night time fast-

ing of 12 hours.

Those who reported longer fast durations also indicated they consumed fewer calories per day, ate fewer calories after 10 pm and had fewer eating episodes.

One maximal aspect of night-time fasting could mean that you didn't let anything cross your lips from 5pm to 9am, but ate anything you wanted for eight hours a day.

The period of night-time fasting could be reduced but studies have found that fasting brings benefits such as increased insulin sensitivity, improved cholesterol profiles, better cognitive function and, of course, weight loss.

The study appeared in the journal *Cancer Epidemiology, Biomarkers & Prevention*. *IANS*

ALIGN YOUR LIFE

The Holistic Path

The new age wave has spread all over the world. Most people these days are aware of the mind-body connection and have dabbled into at least one holistic activity. Reiki, Pranic healing, Chakra healing and many such holistic practices have become important and thousands have experienced at least one of the above.

Along with this newfound awareness, there are also some superstitions that have come into practice. There seems to be a notion among many that if you are ill or are suffering from an illness, it is not required to take medication but simply do Reiki or some kind of healing to get back to normal. As much as I would like to believe this, I have come to accept that it is simply not true.

I do believe that your thoughts and fears impact your energy. In many cases prolonged period of stress triggers an illness. Fearful thinking leads to palpitation and may eventually lead to blood pressure or migraines. However once the illness has manifested and has taken over your life, it is best to control the situation with medication first to get back on your feet. Once you are better, you can then chalk out a holistic path to follow that will help you maintain your balance and improve health.

Not very long ago Ayesha was diagnosed with high blood pressure. However she felt that instead of consuming the medication she would practice meditation to balance her pressure. Many months passed and her condition worsened, until one day she simply collapsed at home and had to be rushed to the emergency room. As Ayesha's blood pressure was sky high, she had to consume a high dosage of medication to get back on track. However having learnt the hard way, she is now regular with her medication. She has started doing yoga, has lost weight and is practicing meditation everyday to keep calm. These activities have boosted her immune system and restored harmony. As a result, she now takes the minimum dose to maintain her blood pressure and is on her way to chalking out a balanced and harmonious life.

There are many people around the world who have managed to heal themselves from grave illnesses without the help of traditional medication. However this percentage is small and many people battled illness under medical supervision while adapting a holistic approach to life.

Sometimes to be healed you might need to adopt a traditional approach, while exploring the holistic practices. The combination will help you achieve your goal and eventually wean you off the medication while you continue walking the holistic path.

Shivani Adalja is a Dubai-based well-being expert. She runs the Alignment Institute which offers solutions that focus on stress management and overall wellbeing. Email align@shivaniadalja.com

