

# L LIFESTYLE

## Be cool | Shun anger to cut heart attack risks

**A** NEPISODE OF intense anger could lead to an eight-fold increase in the risk of heart attack. A high level of anxiety also increases the risk by about nine times, says new research.

“The increased risk of heart attack following intense anger or anxiety is most likely the result of increased heart rate and blood pressure, tightening of blood vessels and increased clotting, all associated with triggering of heart attacks”, explained Thomas Buckley, senior lecturer at the University of Sydney, Australia.

The study was an investigation of patients suspected of myocardial infarction (MI, heart attack) and admitted for primary angioplasty at the Royal North Shore Hospital in Sydney, Australia, between 2006 and 2012. It involved 687 participants.

Based on the participants’ usual frequency of anger, the risk of heart attack was found to be 8.5 times higher in the



two hours following an acute episode of anger than during the “usual frequency” patterns of anger.

Anger, as evident over the 48 hours preceding the onset of symptoms, was self-assessed by a questionnaire based on a seven-point scale. For study purposes, the threshold of acute anger was defined by level five - “very

angry, body tense, maybe fists clenched and ready to burst”.

However, high levels of anxiety (greater than the 90th percentile on a validated anxiety scale) were associated with a 9.5-fold increased risk of triggering MI in the two hours after the anxiety episode when compared with anxiety levels the previous day.

The researchers advised that propensity to anger or anxiety should be assessed when managing an individual with heart disease or preventing heart disease in others.

“It should be part of helping individuals to take care of themselves,” Buckley noted. The study appeared in the *European Heart Journal; Acute Cardiovascular Care*. IANS

## Get some sunshine

*Vitamin D deficiency can cause diabetes*



**PEOPLE WHO HAVE** low levels of vitamin D are more likely to have diabetes, regardless of how much they weigh, says a new study. The findings suggest that besides maintaining a healthy diet, people can reduce their risk of diabetes and other metabolic disorders by spending some time on outdoor activities.

Vitamin D helps the body absorb calcium and maintain bone and muscle health. The skin naturally produces this vitamin after exposure to sunlight. People also absorb smaller amounts of the vitamin through foods, such as milk fortified with vitamin D.

“Our findings indicate that vitamin D is associated more closely with glucose metabolism than obesity,” said one of the study authors, Manuel Macas-Gonzalez from the University of Malaga in Spain.

Earlier studies had found that people who have low levels of vitamin D are more

likely to be obese. The current study found that vitamin D levels were directly correlated with glucose levels, but not with Body Mass Index (BMI).

The researchers compared vitamin D biomarkers in 148 participants. All participants were classified by their BMI as well as whether they had diabetes, pre-diabetes or no glycemic disorders.

Researchers measured levels of vitamin D in the participants’ blood streams and vitamin D receptor gene expression in adipose tissue. The analysis found that obese participants who did not have glucose metabolism disorders had higher levels of vitamin D than diabetic participants.

Likewise, lean subjects with diabetes or another glucose metabolism disorder were more likely to have low levels of vitamin D. The study appeared in the *Journal of Clinical Endocrinology & Metabolism*. IANS

## ALIGN YOUR LIFE

### Location, location, location

**B**uying or renting a new home holds a lot of importance for everyone. Home is where you grow roots. In this chaotic city, your home acts as an anchor for you in many ways. Therefore it is important to pick an appropriate location, so that the energy flow is smooth and favourable. Ever so often clients ask me, are there any places that need to be avoided as per Feng Shui while buying or renting a home. There are so many superstitions floating around, that people are confused as to what to follow and what to discard. However there are some basic or general rules that can be applied to any property before renting or purchasing.

To begin with, purchasing or picking a home very close to a place of worship is not advisable. A place of worship tends to attract and accumulate a lot of positive energy. However in doing so, it also depletes the energy from the surround atmosphere. Therefore it is likely to reduce the pool of good energy flow from your home as well.

Secondly avoid living around a graveyard. Such places have yin energy or slow energy, which is not healthy for living an active and prosperous life. Psychologically it has a deep impact on your mind and it is best to stay away from such areas. In many countries graveyards are outside the city limits, so it does not pose any threat to its residents.

Stay away from garbage dumping sites or garbage recycling units. These areas contain old and stagnant energy, which is not considered healthy or beneficial.

Picking a home at the T-junction is also not considered to be auspicious. The energy at T-junction is very strong and active. This kind of energy disrupts peace and quiet at home. Therefore selecting something at the end of a quiet street is always recommended.

Living near an airport is also not Feng Shui friendly. The airplanes constantly make noise and create harsh energy, which can filter into your home and life.

Last but not the least; do not pick a place in the middle of traffic congested areas. Constantly moving traffic creates yang or active energy, which will make the energy in your home overtly active and aggressive. For a quiet and peaceful environment at home, stay away from all of the above and enjoy a balanced and peaceful life.

**Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Insitute which offers effective solutions that focus on stress management and overall wellbeing. Email [align@shivaniadalja.com](mailto:align@shivaniadalja.com)**

