

L LIFESTYLE

Drink up

Milk is just what your brain ordered

MILK IS NOT just good for babies, but for adults as well - at least their brains. New research at the University of Kansas Medical Center has found a correlation between milk consumption and the levels of the naturally-occurring antioxidant glutathione in the brain in older, healthy adults.

The research findings, published in *The American Journal of Clinical Nutrition*, suggest a new way that drinking milk could benefit the body.

In-Young Choi, Ph.D., an associate professor of neurology at KU Medical Center, and Debra Sullivan, Ph.D., professor and chair of dietetics and nutrition at KU Medical Center, worked together on the project.

"We have long thought of milk as being very important for your bones and very important for your muscles," says co-author Debra Sullivan, professor and chair of dietetics and nutrition at KU Medical

Center. This study suggests that it could be important for your brain as well."

Co-author In-Young Choi asked the 60 participants in the study about their diets in the days leading up to brain scans, which they used to monitor levels of glutathione - a powerful antioxidant - in the brain.

The researchers found that participants who had indicated they had drunk milk recently had higher levels of glutathione in their brains.

This is important, the researchers said, because glutathione could help stave off oxidative stress and the resulting damage caused by reactive chemical compounds produced during the normal metabolic process in the brain.

Oxidative stress is known to be associated with a number of different diseases and conditions, including Alzheimer's, Parkinson's and many other conditions, Choi says.

"You can basically think of this damage like the buildup of rust on your car,"



Sullivan says. "If left alone for a long time, the build-up increases and it can cause damaging effects."

The recommended daily intake is three dairy servings - or cups - per day, Sullivan says. The new study showed that the closer older adults came to those servings, the higher their levels of glutathione were.

"If we can find a way to fight

this by instituting lifestyle changes including diet and exercise, it could have major implications for brain health," Choi says.

An editorial in the *American Journal of Clinical Nutrition* said the study presented "a provocative new benefit of the consumption of milk in older individuals", and served as a starting point for further study of the issue. *IANS*

A shoe thing

Running barefoot may increase injury risk in experienced athletes



RUNNING BAREFOOT

MAY increase injury risk in older, more experienced athletes, finds a study. In recent years, there has been an explosion in barefoot running as well as the use of "minimalist" running shoes that more closely resemble barefoot running by encouraging the balls of the feet - between the arch and toes - to hit the pavement first.

"Our study indicates that older runners (age 30 and older) are not able to adapt as quickly to running barefoot," said orthopaedic surgeon Scott Mullen from University of Kansas and lead author of the study.

"The inability to adapt the foot strike to the change in shoe type may put these runners at increased risk of injury. Older runners should be cautious when transitioning to a more minimalist type of shoe," Mullen added.

The findings, presented at the 2015 annual meeting of the American Academy of Or-

thopaedic Surgeons (AAOS), found that a significant number of experienced runners maintained a heel-first running pattern - which naturally occurs when wearing a shoe with an elevated heel - when running without shoes.

In this study, the team measured the heel-to-toe drop of 26 runners, all age 30 or older with at least 10 years of running experience, when each ran in a traditional running shoe, and again when barefoot.

A motion capture system was used to analyse foot strikes. Running barefoot resulted in a significant drop in per cent heel strike at all speeds. However, 40 per cent of the men and 20 per cent of the women persisted with consistent strike patterns across all speeds with and without shoes.

Maintaining a heel-toe pattern while running barefoot or in a minimalist shoe may lead to more frequent injuries, the authors concluded. *IANS*

ALIGN YOUR LIFE

Focus On Yourself

We women tend to neglect ourselves. Our family, home, children, and parents - everyone is above us. Only then do we look at our needs and most of the time they are not met.

I know so many women who have put other people ahead of them for years. Somewhere along the way while creating a beautiful and comfortable life for others we have lost our way. Working, cooking, cleaning, managing, caring finally takes its toll. Some of us develop headaches and body pain, while some have skin issues or some are simply tired. And yet we are all stuck in that cycle, unable to break free and look after our needs. Days turn into weeks and weeks into months and then years... we just keep going without complaining or resentment. Until finally our bodies break down or we start having emotional problems.

Don't you think its time to make small changes in our lives, so that we can learn to balance this act of life?

First and foremost, if you are feeling tired all the time and having mood swings get a medical check up done. Chances are there is a physical cause for these symptoms. Thyroid disorder and hormonal imbalance can cause havoc with energy levels.

Focus on your breathing. Stress accelerates your breathing and leads to imbalance in your mind and body. Start practicing Pranayamas for a few minutes every day. It will help you to keep calm and remain focused all day long.

Take up a hobby. Join a yoga class, or learn to swim or simply join a library. Setting aside some 'me' time will release stress and ease the pressure of responsibilities.

Learn to prioritise. Rome was not built in a day. Focus on the most urgent task at hand and work on one thing at a time. Taking on too much can also cause havoc with your blood pressure. Therefore slow down your pace to bring about stability.

Eat the right food. High fiber and protein based diet can improve mood swings and balance blood sugar. Carry a small bag of mixed nuts for those rushed hours where you don't get time to eat. Make small changes in your diet that will help you to balance blood sugar.

And last but not the least; enjoy your time with family. Laugh, share and enjoy the small moments that bring joy to your life. It is time now to focus on yourself and live the life that you were meant to lead.

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