

LIFESTYLE

Get some shut eye

Why good sleep is essential for both body and mind

WHEND ONE third of our life sleeping. There must be a good reason why nature makes us sleep for this long. Large number of studies all over the world has shown the beneficial effects of good sleep.

Sleep deprivation, on the other hand, results in impairment of judgement, depression, heart problems, obesity and drastic reduction in general well-being of an individual. How lack of sleep produces ill health has remained a mystery. Now, slowly, scientific investigations are solving this puzzle.

One of the accepted theories so far has been that sleep helps in both consolidation and removal of memories. We perceive the world during the day through our senses and it results in memory formation both shallow and deep. Sleep, it seems, helps in consolidating and removing some of these memories uncluttering the brain.

Another recent, but fascinating, theory (backed with experiments) has shown that sleep helps in flushing out toxic protein waste and biological



debris from the brain, formed during waking hours. It seems that during sleep the relaxation of brain helps in opening up the channels through which the debris flows into the blood streams and is removed from it.

Studies have also shown that sleep helps flush out harmful protein plaque (beta amyloid) which is responsible for neurodegenerative diseases like Alzheimer's and dementia.

The build-up of toxins in the brain due to inadequate sleep also

affects the body. Just like deep sleep, meditation also enables dissolution of memories. In fact, deep sleep and meditation have similar characteristics and it is quite possible that during meditation the flushing of toxins from the brain may also take place.

A possible mechanism could be that since meditation results in the relaxation of brain, it may help in opening up the channels for flushing off the chemical debris.

How can we induce good

sleep? Generally when the body is healthy and the person follows a good exercise regime, then this helps to produce deep sleep. Production of deep sleep can also be helped by meditation.

A good meditation practice to follow for quickly falling asleep is to close the eyes and focus attention onto the center of your forehead. This can be done just before going to sleep and also when one wakes up at night and has difficulty in falling asleep again. IANS

Veggie protection

Potatoes, tomatoes are among the items that help in keeping sweat at bay



WITH SUMMER AROUND the corner, sweat is a major problem and it is just no fun. Though it is a natural phenomenon, it can be quite embarrassing and problematic.

Rahul Aggarwal, CEO, Organic Harvest, an organic beauty care range company, has shared some easy tips on how to keep sweat at bay this summer season.

• **Coconut oil:** Infuse about 10 grams of camphor in a bowl of coconut oil and apply on the sweat prone areas after bath. Leave it on for 45-60 minutes. Wash it off with clean water to give you desired results.

• **Salt:** To cure excessive sweating this summer, mix a tablespoon of salt with lime juice. Massaging your hands with this mix will decelerate the activities of sweat glands.

• **Tea tree oil:** Tea tree oil can be applied to the high perspiring areas. Desired results can be seen if regularly used. It is also excellent for oily skin.

• **Potato:** These will help in get-

ting rid of sweat. Simply cut slices of potato and rub them under your arms and the areas prone to sweat. Allow the slices to dry before wearing your clothes.

• **Tomato juice:** Drink a glass of tomato juice every day.

• **Grapes:** A natural anti-oxidant, grapes help you balance the temperature of the body. So eating grapes daily can help you soothe out the problem of this excessive sweating.

• **Vinegar:** Intake of two teaspoons of natural vinegar and one teaspoon of apple cider vinegar is an excellent remedy to cure the excessive sweating. Take this mixture thrice a day on an empty stomach half an hour before or after meals.

• **Cornstarch and baking soda:** If you sweat profusely, applying the mixture of cornstarch and baking soda under the arms will help you get rid of this problem. After applying the mixture let it stay for half an hour till it dries up and later wash it off with clean water. IANS

ALIGN YOUR LIFE

The Key

Everyone leaves behind so much to be here. To live this sought after life in the city of gold. Homes left. Relationships forgotten. Families waiting. Just to live this beautiful life here and make something of yourself. Day in and day out, through the traffic and the sandstorm in search of a ladder that can take you even higher than you are. Running after a better house, another promotion, perfect relationship, luxury cars... the list never ends and the thirst never quenches!

You never look back. All the details about your past remain buried deep inside the sand. No one can find it. Only you know it's there. Old relationships, childhood memories, school friends, and pranks you played in the university - it's all buried. And you move on living your life in the fast lane so you don't miss out on anything, no one surpasses you and you finally get to win this race.

And one day when you look back and try tracing your steps it's a bit too late in the day. Your friends have moved on. Your family does not care if you show up for Eid or Christmas holidays. Your old colleagues and friends stop inviting you for reunions. And before you know it, you have been uprooted.

To be able to know where you are going, you must remember from where you came from. Your roots, your childhood and your upbringing hold the key to what will become of you in the future. The beliefs, which are formed in childhood are the strongest, most deep-rooted and impact you the most. The way you handle relationships, your dealings with money and how you spend all depends on your beliefs that have formed since you were just a baby. And so if you really want to succeed at what you do and understand yourself, look at your past. Don't bury it. Don't hide it. If anything, learn from it.

If you want to know why you are not able to find a perfect partner, analyse your past relationships to see what mistakes you are repeating in your relationships. What role models did you have in regards to relationships while growing up? What image comes to your mind when you think of love? The key is in your past. If you want to know why certain events keep repeating in your life, look at the events of the past. You will soon realise that your past is connected to your present and will define your future. Sometimes what is hidden or forgotten has a big impact on what is yet to form.

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Photos: Getty

COVER

It's a Barbie World

What's behind the plastic? Barbie was in Dubai to meet some of her fans last week and we wanted to learn more about this fashion icon

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IF YOU WERE a little girl (or maybe a little boy) Barbie has played a pivotal role in your childhood. The hair, the fashion, the dream home... Barbie would have been the centre of your world, igniting your imagination and encouraging you to follow your dreams.

"You can be anything!" Barbie herself said when she made an appearance at the Dubai Mall last Tuesday for Babyshop's fashion show. She strutted her stuff for her legions of fans and then whisked five little winners for a trip up the Burj Khalifa.

"I'm just so happy that I can inspire so many young girls to follow their dreams," Barbie said addressing the crowd, "You can be anything you want to be. If that means being driven around a limousine or getting pampered all day long."

Hang on a minute. Are these the only two options that the next generation of girls have to aspire for? We took a moment to look up the history of Barbie and everything she stands for and found that despite what Barbie (well, the actress playing her) had to say at the Dubai Mall, the real Barbie's interesting (and funny) history should be inspiring to the millions of girls who adore her.

- 1 Barbie was created by Ruth Handler who was inspired by a German doll called Build Lilly. She saw the potential in the doll and when Toy manufacturing company Mattel acquired the rights to Build Lilly, Barbie was born. Ruth must have been one visionary business woman in the 50's.
- 2 Barbie debuted in 1959, which makes her almost 60! Obviously plastic doesn't age.
- 3 The girl likes to work! Barbie has had around 150 careers from an astronaut to a doctor to a business executive. Barbie has even run for president and is in the military. From the air force, navy and the marine core, Mattel actually has the pentagon approve Barbie's military outfits. Basically, don't mess with Barbie.
- 4 Barbie's full name is Barbara Millicent Roberts. She and Ken were named after real people, Ruth's children, Barbara and Kenith, which makes the most famous couple of all time named for real life siblings. Weird.
- 5 Many actresses and famous personas have been immortalised as Barbies including, Marilyn Monroe, Beyonce, the cast of Mad Men, Jennifer Lopez, Robert Pattinson and Kristen Stewart and even J.K. Rowling.

6 Co-designed by an engineer and professional missile designer Jack Ryan who was also married to the super famous Zsa Zsa Gabor, could Barbie have been modelled after the Hungarian-born American actress and socialite?

7 Like most boys, Ken was a little late on the scene. He emerged in the market two years after Barbie, in 1961.

8 Speaking of which not everything was plastic perfect with the glamorous couple. In 2004 it was announced that Barbie and Ken had broken up and that Barbie had started dating an Australian surfer named Blain. The couple reconciled in 2011 when Ken grew more muscles. Phew!

9 Watch out Kim Kardashian. Barbie is all about getting with the times, she's one digital savvy girl. She vlogs on YouTube, is super active on Instagram, Twitter and Facebook and even has her own reality show. 'Barbie's life in the Dream House' centers round Barbie and her friends going through her closet and talking about fashion.

10 Basically Barbie is queen of everything. There are around 50 nationalities of Barbie around the world. Also, two and half times more Barbies are sold every year than babies are born in the United States. In fact one Barbie is sold every 3 seconds!



Photos: Dines Handumun. Getty