

LIFESTYLE



Yoga for asthma relief?

If you have asthma, yoga may offer some relief from the chronic disease. Researchers found moderate evidence from five studies that yoga exercise reduces the impact of asthma on people's quality of life.

I've always wanted to be in the health and wellness business. I try to encourage people to live a healthy lifestyle."

MARK WAHLBERG

MY BYTE



Curb your enthusiasm

Check your fridge before shopping to avoid wastage of food

IF YOU WANT to contribute towards curbing food waste, something as simple as checking the fridge prior to shopping can have a large impact, suggests a Danish expert on the food sector.

Overall, one third of the world's food is lost or wasted, and this has serious environmental implications while contributing directly to global warming, Jessica Aschemann-Witzel from Aarhus University in Denmark pointed out in an article published in the journal Science.

"We know more or less the extent of the problem, and what are the causes of food waste - the next step is action, and here research is needed to help identify what is most effective, so that policy makers know what to focus on," Aschemann-Witzel said.

But food waste has different causes in different parts of the world. In relatively poor countries, it is an upstream problem, and most waste takes place in the production phase due to, for example, sub-optimal methods of harvesting and transportation. The solution in these cases includes building better infrastructure through transfer of knowledge and technology.

In the developed countries, downstream factors are more relevant, and consumer choices are much more important. Up to 30 percent of household food ends in the bin, often due to factors such as cultural norms that prescribe offering plenty of food to guests, wrong perceptions about food safety and exaggerated disgust.

At the same time, however, there is a widespread feeling that throwing away food is wrong, giving cause for hope. "The fact that consumers and stakeholders alike perceive



food waste as obviously unethical makes it a good starting point for individual consumers to become engaged in sustainability," Aschemann-Witzel said.

There is no single solution to the problem of food waste, but a variety of practically feasible steps at the micro-level can go a long way towards ensuring greater sustainability. For example,

something as simple as checking the fridge prior to shopping can have a large impact in the aggregate, she noted. In addition, governments can contribute by changing overly strict food safety laws, while producers can introduce innovative packaging solutions that allow the withdrawal of small amounts of food while the rest remains fresh, Asche-

mann-Witzel noted.

Changes designed for the developed world are likely to have an even bigger impact in future, as countries such as Brazil, India and China become more urbanised and dietary preferences change. In such countries, Aschemann-Witzel argued, food waste volumes are likely to increasingly shift to the consumption stage. *IANS*

ALIGN YOUR LIFE

How Much Is Too Much?

How much is too much? How many things can you hold onto? If you were to empty your home today, what all will you find? Unwanted clothes, books, DVDs, CDs, old batteries, broken remotes and many electronic items which may not be in working condition at all. I know many people who hold onto things for sentimental reasons.

I once had a client who was not willing to throw out a suitcase full of twenty-year-old clothes because the clothes were worn when she was dating her husband in university. She had put on weight, the clothes didn't fit her now but she was not willing to let go of that memory.

Another client had a habit of keeping all the books that he had ever bought. His home had no space to walk as the floor, empty spaces and even kitchen was full of books. When I enquired about why he was collecting books, I was told that he was bought up believing that giving away books was bad and so he never gave them away.

There are many such cases around and people tend to hold onto things. But if you look deep within, it is not things that they are holding onto. Most people are holding onto their past; it can be an incident, a memory, or just a feeling. The mind believes that by holding onto things, that part of your life will never leave you. Over the years many such memories are created and stored in the form of things. And before you know it, your home is full of things and your mind is super crowded.

So how does one let go? When is the right time to say goodbye to your past? The answer is simple - NOW! Every experience that you go through in life leaves its positive or negative imprints. If the experience is positive then we hang onto the physical things to remind us of the experience. And if it was negative we hold onto the emotion and continue to feel bad. But by holding on physically and emotionally you will not have space for new experiences and memories. For anything new to happen, you first must let go of the old. So go though all your things and your memories and ask yourself, how much is too much?

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