

## LIFE STYLE

## Summer hair care is a breeze

**Drink plenty** of fluids, eat right and use a conditioner. This is what an expert advises to keep your tresses looking cool

**W**ITH HEAT, HUMIDITY and dust playing spoilsport to the hair during summers, they require that extra dose of nourishment. To help solve the problem, conditioning is important to avoid dull and dry tresses, experts say.

Thirumal Raj, a beauty and cosmetics expert, summed up a few tips stressing the importance of conditioning to avoid dull, dry hair. Besides, drinking lots of water and eating the right food is crucial to promoting hair growth, he points out.



## HANDY TIPS TO FOLLOW:

- **Wash hair regularly:** Pollution and dust combined with sweat tend to accumulate on the scalp, which results in hair fall. Choose a shampoo that removes the right amount of oil from your scalp. Wash hair frequently with a mild shampoo and a good conditioner to stop your hair from splitting and drying out.
- **Need for conditioning:** Summer heat can wreak havoc with your hair and can leave it dull and dry. Conditioning becomes imperative in this scenario. Oil your hair regularly to revitalise dull and dry strands of hair. A little oil on the scalp helps stimulate blood flow and relieves stress. You can also apply some Shea butter on the strands for a lustrous post-wash look. An easy hack for making an effective conditioner at home is rinsing your hair with diluted apple cider.
- **Eat and drink right:** It is advisable to consume healthy foods such as green leafy vegetables, salads and fresh fruits to improve hair condition during summer. Low water consumption results in dehydration. It can also damage skin and lead to hair loss and dry scalp. Drink plenty of water and eat the right food to promote hair growth.
- **Use a scarf outdoors:** It is essential to cover your head with a cotton scarf or hat, to protect your hair from the scorching heat. This will safeguard your hair from dust, pollution and wind.
- **Go for a trim cut or keep it short:** To avoid any damage that can be caused by heat and humidity, keep your hair short or trimmed. Ideally, go for a trim once a month to remove any dry or split ends. Cutting tresses short means low maintenance, and it will also make hair thicker and fuller. *IANS*

## Diluted apple juice ideal for treating kids' dehydration

It works better than electrolyte drinks, study says

**AS THE SUMMER** picks up heat, children suffering from mild gastroenteritis and dehydration should be given diluted apple juice instead of electrolyte drinks to replace fluid losses from diarrhea and vomiting, researchers say.

The results showed that 17 per cent of children who were administered diluted apple juice experienced less treatment failure compared to 25 per cent given electrolyte drinks.

"The use of dilute apple juice and preferred fluids may be an appropriate alternative to electrolyte maintenance fluids in children with mild gastroenteritis and minimal dehydration," said Stephen B.

Freedman from University of Calgary in Canada.

In the study, published in the journal *JAMA*, children from age six months to five years, suffering gastroenteritis and minimal dehydration, were given diluted apple juice or apple-flavoured electrolyte maintenance solution.

Among 647 randomised children, 644 completed the follow-up inspections and only 2.5 per cent children who drank apple juice or preferred fluids received intravenous rehydration.

"The findings may more accurately reflect the effect rehydration fluid choice has on unscheduled medical visits," Freedman stated. *IANS*



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## ALIGN YOUR LIFE

Achieve your goals

**E**very now and then I tend to reassess my goals and adjust the finishing line. It helps me stay focused and allows me some time to retrospect as to where I went wrong and how I could do better. Taking stock from time to time is a good thing. Where we came from, how we plan and how live in the now will pretty much determine what we will become. So, every few months, I set aside an hour to go over what I have wanted to achieve during that time, and whether I have accomplished it.

Everybody has goals. They may be big or small. Some people set goals related to health and weight issues. While others focus on long-term goals such as buying a home or moving to a new country. Whatever they may be, it's our goals that drive us.

So what do we do to accomplish them?

I use Kaizen principles to accomplish difficult goals in my personal life. Kaizen, in Japanese, means improvement or change for the better. It refers to a philosophy that focuses on continuous improvement of processes in manufacturing, engineering, game development, and business management. However, this philosophy can be applied in your life too, and many goals can be achieved by following it.

The Kaizen philosophy involves a steady and gradual approach to achieving goals. This is done by creating new habits that support your goals and help take you closer to what you want to achieve. It is important to remember that you might fail or go back to your old ways. But by making small changes and taking baby steps helps you create new habits and thought processes. In short, Kaizen promotes small changes.

Big and extreme changes can sometimes throw you off guard. Therefore it is best to make small changes that eventually lead to a bigger change.

I have seen many clients use this principle successfully to change a habit or develop a new habit. For example, one of my clients Ahmed had decided to shed extra weight. His target was 50kg and it was a huge task. However, instead of thinking how difficult it would be to it, he simply decided to take up walking everyday for 30 minutes. No matter what happened he never missed his walk. It was a small commitment that eventually helped him to lose weight. After few months of walking, he changed the half hour to one hour and then two hours. The change was gradual and one year down the line, Ahmed is down to 30kg.

This is what Kaizen is all about. A small change that will eventually lead to a huge transformation and help you achieve your goals.



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