

## LOOKING INTO LIFESTYLE

# What energy drinks could do to your heart

**T**he high levels of caffeine in energy drinks may lead to cardiac complications, suggests a case report. The case, reported in the *Journal of Addiction Medicine*, the official journal of the American Society of Addiction Medicine (ASAM), adds to previous reports of adverse cardiovascular events related to consuming energy drinks, including abnormal heart rhythms (arrhythmias) or improper beating of the heart, whether irregular, too fast or too slow.

The patient was a 28-year-old man seen in the emergency department after developing vomiting with blood. On examination, the only abnormality (other than obesity) was a very fast heart rate - about 130 beats per minute.

An electrocardiogram revealed an abnormal heart rhythm called atrial fibrillation: a common type of arrhythmia that can lead to serious complications if sustained. Further tests showed no other heart problems. The patient said he



routinely drank two cans of energy drinks per day - for a total caffeine content of 320 milligrams - along with two or three alcoholic beverages. No other common causes of his heart rhythm abnormality were apparent.

Although several factors might have contributed to the patient's atrial fibrillation, the researchers said, "We believe that energy drink consumption played a key role."

A review of the medical

**Energy drinks have become increasingly popular in recent years, especially among adolescents and young adults. Marketed as "nutritional supplements," these beverages are not subject to the caffeine limits on soft drinks, or to the safety testing and labeling required for medications.**

research identified at least eight cases of cardiovascular events linked to energy drinks. The researchers discussed several mechanisms by which the high caffeine content of these products might lead to cardiovascular events.

These include other ingredients, such as taurine, that might heighten the effects of caffeine; using energy drinks along with alcohol or illicit drugs; or high stress levels. IANS

## Excess of red meat, eggs may up mortality risk

**A higher intake** of proteins from animal sources, like processed and unprocessed red meats, eggs can lead to an increase in mortality rate in people living an unhealthy lifestyle and are obese or underweight, says a study.

The findings showed that higher consumption breads, cereals, pasta, beans, nuts and legumes - the protein from plant sources can lower the mortality rate.

Conversely, a high consumption of protein from animal sources like any types of meat, eggs or dairy lead to an increase in the death rate.

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**A study**

outcomes," said Mingyang Song, research student in the Massachusetts General Hospital (MGH).

"Our findings also have public health implications and can help refine current dietary recommendations about protein intake, in light of the fact that it is not only the amount of protein but the specific food sources that is critical for long-term health," Song added.

"Our findings suggest that people should consider eating more plant proteins than animal proteins, and when they do choose among sources of animal protein, fish and chicken are probably better choices than red meat," Song suggested. IANS

## ALIGN YOUR LIFE

# Feng Shui & Vaastu

**I**n the last three articles we looked at basic differences between Feng Shui and Vaastu. We also looked at some general rules followed while implementing Vaastu. In this column we will look at some of the rules followed in Feng Shui and how they are different from Vaastu.

Flying Star school of Feng Shui places great emphasis on three aspects; one is the changing aspect of time, second is the facing of the property and exact compass degree, the third is the year of construction of the property. These three factors will help you decide if the property still has good energy, can this energy be enhanced or rectified and if one can prosper from this property.

Lets look at some general rules followed by Feng Shui experts across the globe.

The shape of the property needs to be complete, that is either square or rectangular. However odd shaped properties can also be rectified without a problem in Feng Shui.

Flying Star school of Feng Shui mainly focuses on two types of energies within the environment - moving and static. Moving energy is associated with prosperity and financial gain; while static energy is associated with stability, relationships and good health. Feng Shui focuses on identifying these two types of energies within your property and then enhancing it. It also helps in identifying outdated energy and with the help of cures one can reduce the negative effect of these energies.

Secondly Flying Star school of Feng Shui has no fixed rules. For example, there is no fixed direction to place a water body or fish aquarium to activate water energy. All locations are derived after detailed calculations based on the facing of the property, year of construction and accurate compass degree. In this regards we can easily say that Feng Shui is tailor-made for every resident, as there are no general rules involved.

Last but not the least Feng Shui takes into consideration the dates of births of all individuals residing in a property and matches it with their rooms and sleeping and working directions.

Therefore we can confidently say that Feng Shui stays away from general rules and focuses on specifics rather than applying same rule for everyone. Feng Shui also revolves around the changing time and takes into consideration changing energies within a property and deals with it accordingly. And this probably is the biggest difference between the two sciences.

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