

Youth fest

For youthful skin, eat healthy

BEAUTIFUL, RADIANT AND glowing skin is every girl's dream. Doctor Stefanie Williams shares simple changes to your nutrition intake that will greatly impact your skin, reports femalefirst.co.uk.

Cut out the sugar: The less sugar we eat, the better it is. Many natural sweeteners like honey and agave syrup are high in fructose and should also be avoided as should sugary fruits (tropical fruits are the worst), fruit juice and dried fruit. Artificial sweeteners such as aspartame should be strictly avoided.

Eat more healthy fat: One of the crucial things our body and our skin needs for long-term health is fat. Studies have shown that eating more fat makes our skin more elastic and less wrinkly. The increase in fat consumption has to be done in conjunction with sugar and grain reduction. Monounsaturated fats such as olive oil, avocado and macadamia nut oil are well-known to be good for us.

Greatly reduce your grain and starch intake: Most



people believe that a diet rich in grains is good for health; whole grains in particular are touted as especially healthy. But starches, the carbohydrates in grains, are simply long strings of sugar molecules and eating them will still make our skin and body age prematurely.

Eat lots of vegetables: Vegetables will also provide you with plenty of fibre and antioxidants. However, make sure to cut down on starchy vegetables, as they can have

a surprisingly strong effect on our blood sugar level. For example roast parsnips can bring up our blood sugar more than pure table sugar. Good fruit options are berries, as they are relatively low in sugar and high in antioxidants.

Don't forget your daily protein: Protein provides important building blocks for our entire body. However, our body has little capacity to store protein. So, to supply our body and skin with all it

needs, we have to provide it with sufficient amounts of protein on a daily basis.

Spice up your life: Herbs and spices including rosemary, garlic, curcumin and cinnamon are a great addition to any skin health and longevity eating plan. Not only do spices greatly add flavour and variety to our food, but they also contain bioactive substances with positive effects on general health, skin and life span. IANS

What makes you beautiful

Men and women differ greatly on female beauty

MEN HAVE AN entirely different take on what makes a woman beautiful, according to a new survey.

Men prefer blonde hair, full lips, and strong cheekbones, but also a petite nose, less prominent forehead and finer eyebrows. Women on the other hand, find raven hair, a stronger nose and forehead profile, strong brows and narrower bone structure as the epitome of beauty.

There were only two

things they could agree on: green eyes and a small chin, reports femalefirst.co.uk. In the survey, conducted by beauty retailer escentual.com, men and women were asked to build their perfect face from the features of some of the most beautiful women in the world.

The most popular features that men picked were Shakira's blonde hair, Miranda Kerr's button nose, the forehead of

Jennifer Aniston, Kate Middleton's eyebrows and Angelina Jolie's cheekbones as well as her lips.

In a stark contrast, women's selections for the perfect female face comprise Freida Pinto's glossy black mane, Keira Knightley's cheekbones, Cara Delevingne's bushy brows, Natalie Portman's imposing forehead, Blake Lively's strong nose and Scarlett Johansson's pout. IANS



ALIGN YOUR LIFE

Cutting The Cord

VERY OFTEN, I come across clients who have difficulty in letting their children go. Sujata was one such client who had approached me with a dilemma. She had dedicated her life for

the upbringing of her three beautiful children. However the older two were off to university abroad and the youngest one had decided to go to a boarding school. Suddenly there was a vacuum in her life and she had no idea what to do. Sujata spent many days in bed crying and even lost her appetite. As a last resort she came to visit me. It soon became clear to me that she was slipping into mild depression and if something was not done soon, she could get worse.

All of us have a tendency to hold onto people we love. But when the time comes, it is essential to cut the cord and move on. No matter which part of the world children end up going, the emotional bond always remains. And so the question is how does one cut the emotional cord?

Acceptance is the key to letting things go. So embrace the fact that your children have stepped into a new world and will need their wings to fly. Instead of clipping the wings, why not facilitate flying? Secondly, focus your energy into learning meditation, so that you are able to deal with stress in a positive way. There are many special meditations that focus on second and third chakras that will help you in letting go. Second chakra is the seat of the emotions and third chakra is the one connected to the navel and the umbilical cord. Working on these two chakras through yoga and breath meditation will help you get much-needed balance in your life.

One of the most powerful meditations that can help you to stabilise and detach from negative emotions involve visualising an umbilical cord connected to your navel area. The other end of the cord is connected to a person or an issue that has been bothering you. The focus of the meditation is to visualise yourself cutting the cord and letting the other end of the cord go. By practicing this simple meditation everyday for a few minutes, you will eventually have the emotional discipline to detach from many aspects of life.

Letting go is never easy. Most of the time it is painful. However the only way to live a fulfilling life is to move on by cutting the cord and learning to fly solo.

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