



# Detox with care

Detox diets are a new trend, but need supervision says expert

**DETOX DIET PLANS** are gradually becoming a trend among diet freaks and health conscious citizens, says an expert but cautions that such regimes should be undertaken only under the supervision of dietitians.

A detox diet is basically an intake plan to cleanse the system by giving the stomach a break from excess which has accumulated and the toxins that are in the body.

"Around 65 to 70 per cent of my clients want to opt for a detox diet. But we talk to them to understand the requirement and recommend it if only it is required," says Namita Jain, a dietician and clinical wellness specialist associated with the Bombay Hospital in Mumbai.

"But it has to be done under the supervision of a dietician and it has to be done in a scientific way. A lot of people do it on their own," Jain said.

"They will starve one day and next day eat and binge, and that really takes a toll on their health," Jain said on the sidelines of the inauguration of the first Diet Mantra Clinic, a wellness clinic in Kolkata.

"These are special diet plans to clean the system, when you have eaten too much... It is not at all



recommended for children or youngsters and only if a dietician suggests one should start it," she said.

According to Jain, there are one, three, five and seven-day plans for detox diets.

"It has become a recent trend in India but it existed since long all over the world.

Spas the world over have had such diet plans to get rid of all the toxins in one's body."

Detox diets may involve consuming extremely limited quantity and type of foods like only water or juice, or eliminating certain foods like fats or processed foods from the diet, according to experts.

Jain said dieting and exercising together are the mantra for keeping one fit. "The trick to getting into shape is 80 per cent diet and 20 per cent exercise. We also advocate walking and bringing in at least one hour of exercise daily to lose weight," Jain said.



## Laziness linked to genes

**GENES MAY BE** responsible for laziness, says an American study.

New research from the University of Missouri suggests certain genetic traits may predispose people to being more or less motivated to exercise and remain active.

Frank Booth, a professor in the MU College of Veterinary Medicine, along with his post-doctoral fellow Michael Roberts, were able to selectively breed rats that exhibited traits of either extreme activity or extreme laziness.

Studies show 97 per cent of American adults get less than 30 minutes of exercise a day, which is the minimum recommended amount based on federal guidelines, reports *Science Daily*.

They say, in a study published in the *American Journal of Physiology: Regulatory, Integrative and Comparative Physiology*, these rats indicate that genetics could play a role in exercise motivation, even in humans.

"We have shown that it is possible to be genetically predisposed to being lazy," Booth said.

"This could be an important step in identifying additional causes for obesity in humans, especially considering dramatic increases in childhood obesity in the United States. It would be very useful to know if a person is genetically predisposed to having a lack of motivation to exercise, because that could potentially make them more likely to grow obese." *IANS*

## ALIGN YOUR LIFE

### Energising Your New Home

**MANY YEARS AGO**, Cathy in New York approached me for implementing Feng Shui in her newly acquired home. From what she had told me, it was a charming little home with an amazing view and a small garden. When I visited her house, all looked perfect on paper. The location was perfect, the layout was practical and the price she had paid seemed very low. However from the moment I stepped into the house, I felt strange. I could not feel any energy movement and felt that this home was not right for her. Upon compass reading I found out that the Flying Star chart was good for prosperity but not suitable for relationships.

I mentioned my gut feeling to Cathy, who laughed it off. I had a strong feeling that the previous owners had relationship issues and as a result had to sell the house. I managed to convince Cathy to dig deeper about the previous owners and revert to me. What she discovered only renewed my faith in my instincts and practice of Feng Shui. The previous owners had indeed divorced while residing in this house and they had to sell the house to pay off their debts before they parted ways. All their anguish, and dissatisfaction was trapped in this house and in addition to that the Flying Star chart did not support interpersonal relationships. Cathy was now in a fix. She did not want to sell the house, but instead wanted me to amend the Feng Shui to improve relationships. After suggesting some structural changes and designing appropriate layouts, Cathy is happily married and continues to live in that house. Needless to say it was one of my most successful projects to date.

Just like Cathy, we all have a dream of owning a perfect home. A place where we can grow roots, prosper and create a lifetime of happy memories. But when you buy a property owned by someone previously, you must be aware that your new home carries energy of the previous owners. Before you move in, you must clean out the old energy and create a suitable environment for yourself. There are many rituals in different cultures to clean out energy. However the most effective ritual in my experience is simple and cost effective. This ritual can be performed once you have painted the house and are ready to move in. What you will need is a few kilos of salt and a bundle of good quality incense. Clean the floor of the house with salt water and then mop the floor with normal water. Salt is a cleansing agent and will absorb all the negative energy from the previous residents. Once the floor is washed and dry, light incense in every corner of the house and leave the windows open for the light to disperse. Incense will create good energy and your home will feel brand new in no time. This ritual will help you in energising your new home and create a clean slate for you to write your own story.

**Shivani Adalja is an Abu Dhabi-based well-being expert. She runs the Alignment Institute which offers effective solutions that focus on stress management and overall wellbeing. Email [align@shivaniadalja.com](mailto:align@shivaniadalja.com)**

