



BE HAPPY, STAY HEALTHY

Positive outlook linked to healthier cholesterol levels

ALWAYS LOOK ON the bright side of life - it may even help your cholesterol.

U.S. researchers writing in *The American Journal of Cardiology* have found better levels of "good cholesterol" and other markers of heart health in the blood of middle-aged study subjects with a sunny outlook on life.

At least some of the connection between optimism and blood lipids in the new study appeared to result from the optimists' tendency to have a healthy body weight and a "prudent" diet, according to researchers.

"It is one additional piece of evidence suggesting that our psychological health and physical health are intertwined, and that viewing the world optimistically may have some tangible benefits for our health," said lead author Julia Boehm, a research fellow at the Harvard School of Public Health.

Previous research by Boehm and her colleagues had shown a link between optimism and lowered heart attack risk, so they decided to look at whether there was an independent connection between optimistic or pessimis-



tic outlooks and cholesterol, which is known to play a role in heart attack risk.

The group analysed data which included phone interviews and lab tests for 990 people aged 40 to 70.

Based on the interviews, participants' levels of optimism were rated on a scale from 6 to 30 depending on their agreement or disagreement with statements like "in uncertain times I usually

expect the best."

People with higher optimism scores also had more high-density lipoprotein (HDL), the desirable form of cholesterol that is believed to protect against heart disease. They also had lower levels of triglycerides, the fatty molecules involved in hardening of the arteries.

There was no connection between optimism and total cholesterol levels, or to low-

density lipoproteins (LDL), the "bad" cholesterol.

For every increase of 5 points on the optimism scale, however, HDL in the blood increased by 1 milligram per deciliter.

That same HDL increase would translate to a three per cent reduction in the risk for heart disease, experts said.

For comparison, regular exercise can decrease heart disease risk by six per cent. *Reuters*

ALIGN YOUR LIFE

Feng Shui For Logo Design

WHEN YOU ARE doing business with a company, what do you notice about them? Is it their office? Or their website? Or you tend to form an opinion about the company by their branding and logo? The logo gives you an idea about what the company is all about and the type of business activity they undertake. The logo is a reflection of the company's vision and goals. Of course many companies take months to develop that perfect logo and hire branding companies to help them achieve this ardent task.

However, a perfect logo goes beyond design and text; it is based on a combination of auspicious colours to attract positivity and enhance business. So how does one pick the right element and perfect colour scheme for their logo? Of course, to be able to do that one must follow the principles of Feng Shui. The ancient science of Feng Shui has been used for thousands of years to improve business and attract prosperity. In addition to contributing to the design element, Feng Shui can also be used in various other aspects of business such as logo design.

The Feng Shui principles for designing an effective logo are based on the basic theory of five elements and how these elements interact with each other. Every element has a designated shape and colour assigned to it. Based on the type of business activity, a certain element can be chosen to best represent the business and then the corresponding shape and colour can be used in the logo design. Based on the nature of the business or the profile of the company, a logo can be designed to reflect the right image and attract good energy.

Therefore accurate rules need to be followed in order to design a Feng Shui friendly logo that supports business and growth. When there is harmony among the chosen elements, the company is likely to have a positive impact and attract favourable business opportunities. Businesses related to stock market are considered to be of fire element. Therefore fire colours such as shades of red and orange will enhance the fire energy and a triangular shaped logo is ideal.

The travel industry is ruled by the water element and selecting watercolours will benefit the business and the logo design. These are some of the examples of the logo selection process. However for a more accurate analysis and design solution one must seek the help of a professional Feng Shui consultant. Whatever may be your business, a Feng Shui friendly logo will steer you in the right direction and attract positive energy to boost growth.

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Childhood ADHD may lead to trouble later



NEARLY A THIRD of people diagnosed as children with attention deficit hyperactivity disorder (ADHD) still have the condition in adulthood, according to a U.S. study of thousands.

The researchers, whose findings appeared in *Pediatrics*, also found that these people were more likely to develop other mental disorders, such as anxiety or depression, and commit suicide.

Lead by William Barbaresi from Boston Children's Hospital, they found that about 29 per cent of participants in the study who were diagnosed with ADHD as children ended up carrying that diagnosis over into their late twenties.

"They still clearly had symptoms that continued to be consistent with that diagnosis," said Barbaresi. "But that in itself has been an area of difficulty and controversy."

ADHD, the most common neuro-developmental condition, affects between 3 per cent and 7 per cent of U.S. school children, according to the U.S. Centers for Disease Control and Prevention (CDC). It's more common in boys than in girls.

The CDC says children with ADHD tend to have a hard time paying attention, to be forgetful, fidget and be easily distracted, to the point that it creates problems at school, home and with their friends. *Reuters*

