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## LIFESTYLE

## EAT SMART

## SALMAN KHAN

**WAS** cute when he did it in *Hum Dil De Chuke Sanam* and Omi Vaidya's "Silencer" got all the laughs when he let it off in *3 Idiots* but flatulence, as millions who suffer from it will tell you, is not funny, just embarrassing.

It's abdominal bloating, that most experience and few talk about openly.

Caused by reasons such as overeating, consumption of difficult to digest foods like milk and rajma and other health problems, the audible discharge of intestinal gas is annoying to say the least.

According to dietician Anushree Sinha, avoid any food item that "belongs to the legumes plants family", whose characteristic fruit is a seed pod. Black chickpeas, peas and the like "contain trisaccharide (a carbohydrate) like stachyoses and raffinoses that are not easily broken by intestine, hence not easily digested and as a result leads to gas formation", Sinha said.

Daily exercise and the consumption of at least eight glasses of water on a regular basis help in food digestion and prevents abdominal bloating.

Said dietician Niharica Singh Tomar: "Food items like soy milk, dried fruits, beans, tofu, legumes, broccoli, cabbage and onions cause gas problems."

Working out daily helps the digestive system work more efficiently. Don't sit or sleep immediately after eating," she added. *IANS*



## D-force

Vitamin D from sun may treat asthma, says study

**T**IME SPENT BY asthma patients soaking up the sun may help in the treatment of the illness, a research has said.

A team of scientists at King's College London said vitamin D, which is made by the body in sunlight, calms an "over-active" part of the immune system in asthma, BBC reported.

However, treating patients with vitamin D has not yet been tested.

People with asthma find it hard to breathe when their airways become inflamed, swollen and narrowed.

Most people are treated

with steroids, but the drugs do not work for everyone.

"We know people with high levels of vitamin D are better able to control their asthma - that connection is quite striking," researcher Catherine Hawrylowicz told BBC.

The group investigated the impact of the vitamin on a chemical in the body, interleukin-17.

The chemical is a vital part of the immune system and helps to fight off infections.

However, it can cause problems when levels get too high and has been strongly implicated in asthma.

In the study published in the *Journal of Allergy and Clinical*

Immunology, vitamin D was able to lower levels of interleukin-17 when it was added to blood samples taken from 28 patients.

The team is now conducting clinical trials to see if giving the sunshine vitamin to patients could ease their symptoms.

They are looking at patients who do not respond to steroids as they produce seven times more interleukin-17 than other patients.

Catherine Hawrylowicz said a culture of covering up in the sun and using sunscreen may have increased asthma rates, but also said that "too much sun is bad for you". *IANS*



Photos: AFP, AP, Getty

## Shop alone, spend less

**NEW RESEARCH INDICATES** that shopping with female friends can dent your bank balance, and that it is best to shop alone.

Experts have found that 62 per cent of women who go shopping with a female friend will spend more money than those who venture to the high street on their own, reports femelfirst.co.uk.

In fact, girls tend to spend 37.25 pounds more each time they go out with their friends than when they are unaccompanied.

A spokeswoman for Liverpool ONE, which

commissioned the study of 2,000 women, said: "Shopping with friends, while sometimes a more costly experience, can often be far more enjoyable than going to the high street alone.

"When shopping alone, it is easy to decide not to bother buying anything if you're not sure whether outfits are complementary, and if your guilty conscience wins.

"Girly shopping trips aren't just about the purchases either, they often include lunch, coffee, catching up on the gossip - they're a fun day out, and worth a little extra cash," she added. *IANS*

## ALIGN YOUR LIFE

## Go Green!

**ON MY FIRST** trip to Alaska in the 90's, I almost starved. Being a pure vegetarian, I had difficulty finding food without meat. I ate rice and tomato ketchup on many occasions to survive. The awareness about vegetarianism was very limited back then and it was almost impossible to find vegetarian food in many countries. However times have changed. The new age wave has prompted many to give up meat and turn towards healthier eating. Many fine dining restaurants across the globe offer vegetarian options, as more and more people are becoming vegetarians. Vegetarian food has been part of Asian diet for centuries. There are records indicating that many in Ancient Greece followed vegetarian diet. In the Asian instance the diet was closely connected with the idea of nonviolence towards animals (called *ahimsa* in India) and was promoted by religious groups and philosophers.

The Academy of Nutrition and Dietetics and Dietitians of Canada have stated that at all stages of life, a properly planned vegetarian diet is "healthful, nutritionally adequate, and provides health benefits in the prevention and treatment of certain diseases". Large-scale studies have shown that mortality from heart disease was 30% lower among vegetarian men and 20% lower among vegetarian women than in nonvegetarians. Vegetarian diets offer lower levels of saturated fat, cholesterol and animal protein, and higher levels of carbohydrates, fibre, magnesium, and potassium. But these are not the only benefits of the vegetarian diet. Many scientific research centers and universities are regularly conducting detailed research to find out more about the positive influence of vegetarian diet.

Eliminating animal protein from your diet will help in reducing your chances of developing kidney stones. Reducing animal fat from your diet will help in reducing cholesterol and the risk of cardiovascular disease. Many research have indicated that eliminating meat from your diet will improve moods and restore good health. Skin conditions are known to improve once the person changes the dietary habits. I have many clients who have given up meat to improve health and lower cholesterol. The first question many clients ask is - "how will I get my protein if I become a vegetarian?" The answer is simple; from beans, cheese and tofu. These three ingredients are not only packed with protein but also give the sense of being full. A fresh dose of green vegetables, variety of fruits and nuts also help in creating a balanced diet. Before you decide to embrace vegetarianism, try it for a few days and feel your energy levels surge and your mood improve.

Once you have experienced the benefits of going green, there will be no looking back.

**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**

