

L

## LIFESTYLE

**M**OST OF US begin our day with a cup of tea and an expert suggests replacing the commonly consumed black tea with green tea.

Anil Bansal, chief cardiologist, Columbia Asia Hospital, Gurgaon, shares the benefits of green tea for the heart:

- The antioxidants in green tea help burn fat. The fat accumulation leads to blockage of heart. If we drink green tea at least once a day we can reduce the risk of heart ailments.
- It is also recommended for those who have suffered from heart ailment as green tea can make the heart strong.
- Green tea increases the good cholesterol and reduces the bad cholesterol in one's body.

**Work it out**

In addition to these, do the following to keep the heart pumping strongly:

- **Ask your doctor** for a cholesterol blood test
- **Lose weight** if you are overweight
- **Exercise**
- **Quit** smoking
- **Cut down** on carbohydrates
- **Add fibre** to your diet.

# Cup of life

*Drink green tea for healthy heart*



## ALIGN YOUR LIFE

## Keep It Alive

**A**nimals have always played a very important role in the science of Feng Shui. This unique Chinese science takes into consideration the twelve zodiac animals from Chinese astrology and their impact on five elements (water, wood, fire, earth, metal) that create energies within a property. There are four main celestial animals in Feng Shui - Phoenix, Turtle, Dragon and Tiger. These animal shapes are used in form school Feng Shui to identify favourable surroundings to build your home or place a grave. However these animals have no particular significance once you focus on the interiors of your home.

Animals represent fire energy. Adding fire energy to your life will make you more passionate about life.

What is important in your home is the energy of your pets and how it impacts your immediate surroundings. Pets generate vibrant, positive form of energy as they are constantly in motion. The best way to harness this energy is to observe your pets. Animals are very intuitive and they are likely to pick a spot that is full of positive energy. Animals prefer to rest and relax in an area that is calming and makes them feel good. Therefore it is important to keep these areas devoid of clutter and garbage.

If you have a cat, place the litter box away from the wealth or relationship areas. Dogs also tend to pick vibrant and positive spots to rest. Therefore keep those areas clean at all times. Using an aquarium to activate the wealth corner is the most common cure used by Feng Shui practitioners. Goldfish are thought to bring good luck, because their movements resemble the movement of healthy energy.

Besides, goldfish look like gold and are believed to represent wealth. The number nine is the number for prosperity, which symbolises your wealth and longevity. The best combination of nine fish in an aquarium is eight goldfish or Arrowana fish - often referred to as a dragon fish and one black fish. These nine fish symbolise prosperity, energy and good fortune. The number eight is the major prosperity number for Feng Shui practices until the year 2024. The one black goldfish is added to the fish tank to absorb negative energy and harmonise the environment. Therefore the black fish becomes a symbol of protection.

In addition to the above, many people like to have turtles as pets. The turtle is one of the four celestial animals in Feng Shui and is highly regarded as a Feng Shui cure for stability and protection.

Rather than placing artificial items in your home to activate good energy, why not adopt pets or display an aquarium to keep the energy alive.

*Shivani Adalja is an Abu Dhabi-based well-being expert. She runs the Alignment Insitute which offers effective solutions to stress management and overall wellbeing. Email align@shivaniadalja.com*



Photos: Getty, File

## Cine magic

*New study explains feel-good movie syndrome*

**EVER WONDERED WHY a movie might leave you with a little spring in your step afterwards? Inspiring stories of people beating the odds could boost confidence in audiences, a new study has found.**

Despite the wealth of emotionally evocative content that the entertainment industry produces, relatively little scientific attention has been paid to the subject of media creating positive emotions, specifically, hope, the study says.

In a recent article entitled, 'The Pursuit of Hopefulness: Operationalising Hope in Entertainment Media Narrative', published in Routledge journal *Media Psychology*, author Abby Prestin presents the findings of research into the effects on audiences of underdog characters in the entertainment media.

Feelings of hope are associated with benefits



for psychological and physical well-being, and efforts to increase or sustain hopeful feelings are increasingly incorporated into wellness interventions, reports *Science Daily*.

Recent research points to media as uplifting and elevating viewers, and could be a powerful means of generating hope.

Prestin's research has a number of potentially important results.

Exposure to different types of positive

entertainment media, led to positive emotional responses. The results of this study also suggest that underdog narratives not only provide viewers with models of hard work and determination, but that inducing hope may increase the likelihood that viewers will pursue their own goals. **IANS**