

L

LIFESTYLE

Pet confidant

A SURVEY HAS suggested that most females consider their pets to be better listeners than their partners.

Galaxy Research survey, conducted for Woolworths Pet Insurance, found that 63 per cent female pet owners rated their dog or cat as better listeners than their partner, reports news.com.au.

The research also found that 43 per cent of women wanted to cuddle their pet before greeting anyone else in their house. *IANS*



Paint with care

Expired make-up poses risk

WOMEN WHO USE make-up products beyond their expiry dates are putting their health at risk, a poll suggests.

Carried out by Debenhams, the poll discovered that 57.7 per cent of women's make-up bags consist of expired cosmetics and they don't throw it away as they it's a waste.

But what they don't know is that it causes health risks that can lead to problems like breakouts, eye infections and skin rashes.

"It's worrying to find that so many women are putting their health at risk by keeping hold of make-up for too long," femalefirst.co.uk quoted

Lisa Brett, spokesperson for Debenhams, as saying.

"It's important to check the recommended use-by date on a product, and don't be tempted to hang onto it even if it's been discontinued! An out-of-date product will not give you the results it once could, and it may leave you with problems," she added.

The poll revealed that 73 per cent of women are not even aware of the expiry date of their make-up products.

One-third were found to use eyeliner that is over an year old, which could lead to serious eye infections, 22 per cent were said to keep foundation well over a year - leading to a bad skin complexion and breakouts - and seven per cent

of women admitted to keep eye shadows for over six years, which is way over its one-year recommendation.

Brett said: "If your make-up is past its best, it's false economy to keep using it until it's all gone - it's not worth the issues it could cause. Now spring's here, what better opportunity to give your makeup bag a good clear out?"

"Aside from health benefits of replacing your old cosmetics with new, the work of make-up will have moved on leaps and bounds if it's been a few years since you explored it! With new formulations and colours hitting the shelves all the time, there's really no need to hang on to old makeup," she added. *IANS*

DIETING OR SKIPPING meals never helps an individual to lose weight. Instead, one should eat food items that help lose weight and increase metabolism.

Experts say one should eat a healthy meal prepared with ingredients like ginger, salmon and olive oil.

One must note, ginger helps in digestion, salmon is high in proteins, and olive oil helps reduce appetite.

Femalefirst.co.uk has listed ingredients that help reduce weight and boost metabolism:

Chillies: Experts say eating chillies can help burn energy, hours after a meal.

Eat healthy

Don't skip meals if you want to stay fit

It's also been suggested eating spicy food may temporarily suppress the appetite. Add jalapenos or red and green chilli to the dishes to give them a fat burning boost.

Almonds: Dry fruits contain proteins, fats and fibre - a combination which helps reduce hunger. Nuts make a great alternative to fried

snacks. One can add it in the salad also to improve taste.

Olive oil: Olive oil contains a compound called oleic acid that is used by the body to create oleoylethanolamide, which helps in weight loss and reduces appetite. It's always recommended to prepare delicacies using olive oil. One can use it to dress

salads also.

Salmon: It is high in protein and packed with Omega 3 that controls the production of the hormone, leptin, which regulates appetite. High leptin levels are linked to insulin resistance and obesity, so aim for at least two servings of oily fish a week to keep levels low.

Ginger: It helps in digestion, but it also has a thermic effect by raising the body's internal temperature, meaning it expends more energy. Ginger also has cholesterol lowering properties, so can help to improve cardiovascular health, as well as speeding up the metabolism. *IANS*

ALIGN YOUR LIFE

Lift Up Your Mood

SAMEER WAS TIRED of fighting with his wife Tanya. Though they had been together for many years, she seemed like a different person these days. She stopped going out, started adding on weight and slept all day in a dark room. At first he thought it was just a phase. But it continued for months and he realised it was serious. Tanya finally went to see a psychiatrist and was prescribed anti depressants. However the medication only made her feel numb and she was not the same again. The story of Tanya is story of thousands of people across the globe that suffers from depression.

The normal ups and downs of life mean that everyone feels sad or has "the blues" from time to time. But if emptiness and despair have taken hold of your life and won't go away, you may have depression. Depression makes it tough to function and enjoy life like you once did. Just getting through the day can be overwhelming. But no matter how hopeless you feel, you can get better. Depression cases have doubled globally in the last decade. According to the World Health Organisation, depression affects more than 350 million people of all ages worldwide, and by 2020, it will be the second leading cause of disability throughout the world after cardiovascular disease.

Many of us suffer from depression at some point of time in our lives. However our mind has the ability to bounce back to normal life in no time. But some people are just not able to bounce back and sink deeper into the web of depression. The most common symptoms are depressed mood during most of the day - particularly in the morning, fatigue or loss of energy almost every day, feeling worthless or guilty constantly, sleeping too much or too little, and significant weight loss or weight gain. There are many types of depression and in most cases; the best approach involves a combination of social support, lifestyle changes, emotional skills building, and professional help. Lifestyle changes are not always easy to make, but they can have a big impact on depression.

Getting regular exercise and sleep helps boost positive mood and releases feel good hormones in the body. Eating the right kind of food will also help in balancing the moods. Eat breakfast and eat regularly. This will help in balancing blood sugar and help stabilise the mood. Eat food rich in antioxidants and protein such as broccoli, carrots, apricots, beans, lean meats, tofu, and yoghurt. Last but not the least meditation helps in calming the mind and balancing the moods. Just 15 minutes of breathing exercises and yoga will also eliminate fluctuations of the mind helping you to live a stress free and healthy life.

Shivani Adalja is an Abu Dhabi-based well-being expert. She runs the Alignment Insitute which offers effective solutions that focus on stress management and overall wellbeing



Photos: AFP, AP, Getty