

L LIFESTYLE



HAIR TO STAY

Looking for the perfect blowdry? Hot on the heels of its Arabian Ranches opening, hair salon Marquee has opened up their Blow Dry bar in The Lakes. For a flat rate of Dhs130, you can now get sensational styles in just 35 minutes. Perfect for ladies who live life in the fast lane.



Eat right

What to give up, what to adopt

GET YOUR DIET chart right for a healthier and happier you. Faith Too-good, a nutritionist working with Spire Bristol Hospital in London, has suggested tips on foods that can help boost healthy living, reports femalefirst.co.uk.

Five foods to give up:

• **Sugar:** The sweet stuff is enemy number one when it comes to losing weight. Recent studies have suggested that our excessive consumption of sugar is contributing to the obesity epidemic - on average we're eating about twice as much sugar as we should be. Try to opt for low sugar alternatives and get in the habit of reading the labels of the foods you buy - and if sugar is listed in the first three ingredients then don't buy it.

• **Trans-fats:** A trans-fat is a form of unsaturated fat which behaves like a saturated fat because of its chemical structure. It should be avoided as trans-fats increase the levels of 'bad' cholesterol in your blood, while also lowering the amount of 'good' cholesterol in the blood.

• **Processed meats:** A processed meat isn't just spam, which is what initially springs to mind. The definition includes any meat that has had something done to it to make it last longer (through salting, curing, smoking or using chemical preservatives) which includes lunch meats as well.

• **Ready meals:** They've been

on the bad list for a while, but ready meals are often laden with a large amount of salt and sugar and are highly processed. Popular choices such as lasagne, moussaka and curry are some of the worst culprits as they can contain large amounts of saturated fat.

Five easy-to-find foods to boost your health:

• **Nuts:** Nuts are packed with protein, fibre and essential fats, which makes them a very healthy snack. Just a handful of nuts contain a variety of vitamins and minerals - from vitamin E to help your skin to zinc which aids fertility.

• **Oats:** Oats have long been associated with a healthy lifestyle and for good reason. Wholegrain oats are a good source of carbohydrate, magnesium and have a low glycemic index, which means they release energy into the blood stream slowly.

• **Kale:** This leafy green has enjoyed a resurgence in popularity and rightly so. It's extremely nutritious, widely available and cheap so there's no excuse not to give it a try. Kale is very low fat and low in calories and it's also a good source of dietary fibre, iron and calcium.

• **Oily fish:** There is some

evidence that oily fish such as salmon, mackerel and sardines help protect against cardiovascular disease, prostate cancer, age-related vision loss and dementia. Eating two portions of fish a week, with at least one of these being an oily fish, can help maintain a healthy blood pressure and reduce risk of heart disease.

• **Pulses and beans:** Pulses include foods such as beans, lentils and chickpeas - they're a great low-fat source of protein, fibre, vitamins and minerals such as iron which makes them an excellent addition to a healthy diet. *IANS*



ALIGN YOUR LIFE

Listen To Yourself

Many clients confide in me about how they sense certain events before they happen. They tend to feel events before they actually occur. Many of them dream about future events on a regular basis. And yet they are not able to find any scientific explanation for this phenomenon.

In the ancient Eastern system of chakras, the third eye is considered to be the seat of vision and intuition. This chakra, when developed, helps in enhancing the sixth sense or intuition. The power of the third eye lies in the fact that you can access the hidden dimension, which means that you can feel and sense things quicker than others. Many clients in the corporate world also use the third eye to access information, however they don't refer to the feeling as intuition but call it a gut instinct. However the result is the same. For example, a client who worked as a recruitment agent once confided in me that whenever he was conducting a job interview, he would get a gut feeling about the candidate and he always hired based on what he felt and not what he saw in front of him. On one occasion when he did not listen to himself, he ended up hiring the wrong person. As a result, he started relying more and more on his gut feeling and realised he was never wrong when he listened to himself.

This feeling of what we need to do or act upon comes up in all of us, but only a few of us listen to it. It is the silent voice in our heads that always tells us what to do and that inner voice is known as intuition. Daily practice of meditation and yoga can help open up your third eye chakra and develop your intuition further. Maintaining a daily journal of how you feel about things is also recommended. This ritual will help you to reflect on past events and how you felt about those events before they occurred. If you wish to decode your dreams and what messages they are trying to convey, you need to maintain a dream journal. There are many books available in the market that can help you in interpreting dreams. However I feel it is best to write down your feelings about the dream rather than what an object or a person meant in the dream.

The bottom line is, whatever you may choose to do, learn to listen to yourself and you will never go wrong.

Shivani Adalja is a Dubai-based well-being expert. She runs the Alignment Insitute which offers effective solutions that focus on stress management and overall wellbeing. Email align@shivaniadalja.com

