

# Cold Alert

*Fight cold by eating citrus fruits, spices*

**YOU CAN TRY** your best to keep the flu away, but you end up with a runny nose anyway. With the onset of flu season, it's time to stock up on food and drinks that can keep you healthy.

Here are some of the best immunity-boosting food items, reports huffington-post.com:

**\* Broth-based soup:**

Chicken noodle soup can actually help soothe a cold. The chicken contains an amino acid called cysteine, which helps thin mucus in the lungs, and the hot broth helps to keep nasal passages moist, prevent dehydration and fight inflammation in the throat.

**\* Hot tea:** Warm liquids can soothe a sore throat and alleviate congestion, so drinks like freshly-brewed green tea, which is rich in infection-fighting antioxidants



and supports the immune system, or hot water with lemon are ideal for staying hydrated while helping out that stuffy nose.

**\* Citrus fruits:** Citrus fruits might not cure you complete-

ly, but the soft white layer of skin found on oranges, lemons, grapefruits and limes does contain flavonoids, which can help boost the immune system and are great for speeding recovery.

**\* Spicy food items:** They can make our noses runny and eyes watery, but they're also effective natural decongestants. Eating chili peppers or horseradish can help relieve the symptoms of congestion. *IANS*

## Grapes of glory

*Fruit helps alleviate acne and skin dryness*



**WITH TIME, SKIN** begins to lose its elasticity and moisture. Prepare packs made of grapes to combat skin problems, says an expert.

Navin Taneja, director of the National Skin Centre, New Delhi, India, shares the benefits of the fruit:

As normal skin care treatment, grapes are good to reduce acne. The fruit's seeds help to strengthen blood vessels and enhance skin elasticity. Grape seed oil is rich in moisturising content and also provides Vitamin C and E to the skin.

**How to prepare face packs:**

\* Grapes can be mashed and applied as a facial mask, which helps peel off the dead skin cells. Leave it on for 10 to 15 minutes before washing it off.  
\* People with oily skin should mash black grapes with some oil absorbent like multani mitti (Fuller's earth). To make it in paste form, mix it well with a few drops of rose water. Apply on face and leave for 15 minutes before you rinse it off.  
\* People with dry skin can take mashed black grapes, avocado pulp and mix them with two teaspoons of honey and rose water. Apply on face and rinse after 15 minutes.

## ALIGN YOUR LIFE

### Living In The Moment

**A** big corporate house recently contacted me to hold a seminar on mindfulness. I was surprised at their request, as not many companies in this region are focused on the mental well being of their employees. However the company that had hired me, confided why they needed me to conduct the seminar. Their employee turn over was at an all time high. People were calling in sick often and the interpersonal relationships within the company were rocky. The CEO of the company decided to bring about some positive changes and one of them was to create a more positive mindset among all the employees. Needless to say the workshop was a huge success and now I conduct monthly session for all employees.

So what exactly is mindfulness and how does it work? In simple words, mindfulness means awareness. It implies restoring balance, remaining focused and living in the present moment. We often associate mindfulness with meditation and yoga. However it is more powerful than meditation if it becomes a habit and remains constant in your life. Let me explain how it works.

Everyone is living in the fast lane these days. You drive to work while talking on the phone and making mental notes. Or you are cooking a dish while loading the washing machine and are on the phone while keeping an eye on your toddler. Multi tasking has become a way of life. While planning your day or week, do you focus on yourself? Are you connected to yourself and realise what you are feeling this very moment? Mindfulness is an act of training your mind to focus on every breath you take and enjoy this present moment. However it is not that simple as it sounds. Our mind is so full of junk that it keeps interfering with the process.

So how does one train the mind? The first step to mindfulness is incorporating practice of meditation in everyday life. The simple technique to follow is to focus on your breath and chant a 'mantra' or one word silently. Let your thoughts come and go but try and bring your focus back to breathing and chanting silently. Secondly focus on your body. Are you feeling any sensations in your body? Do you feel hot or cold? Is your skin itchy? After the inner focus its time to expand your awareness and let your senses relax. Go through all your senses and one by one let them be. Its time now to name your emotions and what you are feeling at this moment and then one by one let it all go. Focus on any cravings that you may feel and instead of pushing it away be sure that it will subside and that you need to remain focused.

The above can be practiced regularly until you have regained your focus and are living in the present moment. Over a period of time you will realise that mindfulness has become a way of life and it is restoring the much needed balance and calm in your hectic life.

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Photos: Getty, AFP

**We Hear!**

### HAIR AND THERE

Victoria Beckham has admitted she never shaves her legs using razor. The 39-year-old says that she abandoned tiresome shaving for a more hi-tech method of hair removal, laser treatment. Now if only we all could afford it...

