



Diet goes best with exercise

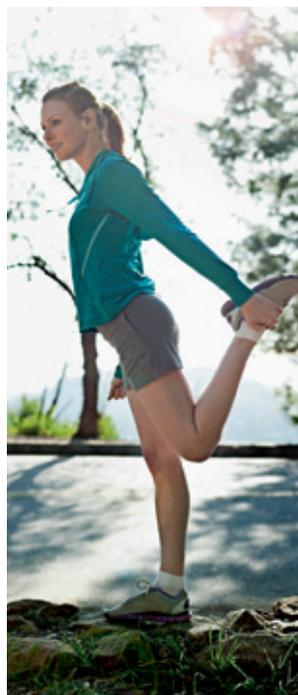
A COMBO OF exercise and healthy eating reduces body fat and preserves muscle in adults better than diet alone, says a study conducted by the US-based National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

NIDDK senior investigator Kevin Hall analysed the individual effects of daily strenuous exercise and a restricted diet by examining data from participants from the reality television programme *The Biggest Loser*. The programme shows obese adults losing large amounts of weight over several months. Participants were

initially isolated on a ranch followed by an extended period at home, the journal *Obesity* reports.

“By including the show’s contestants as voluntary study participants, this research took advantage of a cost-efficient opportunity to study a small group of obese individuals already engaged in an intensive lifestyle intervention,” said Hall.

Researchers measured body fat, total energy expenditure and resting metabolic rate - the energy burned during inactivity - three times: at the start of the programme, at week six and at week 30, which was at least 17 weeks after participants returned home. Participation in the programme led to an average weight loss of 128 pounds, with about 82 percent of that coming from body fat,



and the rest from lean tissue like muscle. Preserving lean tissue, even during rapid and substantial weight loss, helps maintain strength and mobility and reduces risk of injury, among other benefits.

Hall used a math computer model of human metabolism - currently intended for research conducted by scientists and health professionals - to calculate the diet and exercise changes underlying the observed body weight loss. The simulations also suggest that the participants could sustain their weight loss and avoid weight regain by adopting more moderate lifestyle changes - like 20 minutes of daily vigorous exercise and a 20 percent calorie restriction - than those demonstrated on the television programme. *IANS*



Lotus Peacock Pose (Padammayurasana)

THIS POSTURE WILL help you to fire up your digestive track and give you enough strength in your arm and core muscle.

It is said to invigorate and tone the digestive system as well as help flush out toxins from the body.

TECHNIQUE

- Sit on the floor in Padmasana.
- Shift forward onto the hands and knees.
- Place the hands on the floor three centimetres apart, directly below the navel, fingers pointing back.
- Bend the elbows and lean forward until the elbows support either side of the abdomen.
- Lean forward until the knees start to raise off the floor.
- Keep balance and raise the legs until the head, back and folded legs form a straight line.
- Remain in the pose for 20 - 30 seconds or as long as possible.
- Slowly lower the knees back



to the mat, and slowly return to seated Padmasana.

BENEFITS

- Anatomical - Strengthens the arms, shoulders, back, abdomen and legs. Improves balance.
- Digestive System - Massages and stimulates the digestive organs increasing metabolism and eliminating toxins.
- The pose counteracts the effects of overeating and

consumption of rich, greasy foods.

- Fights problems related to constipation, piles, diabetes, and indigestion.
- If practiced in the morning, it helps reduce acidity.

CAUTION

- Avoid this pose in case of any elbow, shoulder or wrist injury.
- Avoid pose during pregnancy and menstruation.

- Avoid this pose in some medical conditions like hernia, ulcers, heart disease, high blood pressure, brain tumours, complicated intestinal problems, and eye, ear or nose infections.
- It detoxifies and releases toxins so decrease the time and repetitions of the pose, in case you feel unwell.

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ALIGN YOUR LIFE

Schools of Feng Shui

THERE ARE MANY different types of Feng Shui schools out there, all with different viewpoints. However the main question is which Feng Shui school to follow. To be able to answer that question, let me first explain types of Feng Shui schools we have and how effective they are.

Feng Shui is mainly divided into two schools - modern and classical. Modern school of Feng Shui is very popular in the Western world and started getting a foothold in the early 1960s. However there is no strong scientific basis to this school and it is mainly based on general rules. Modern Feng Shui methods are based on the layout of a space such as house or office and the arrangement of the furnishings and decorative objects to maximise the flow of energy within that space. Modern school is further subdivided into various branches; Black hat Feng Shui based on Tibetan Buddhism, Intuitive Feng Shui based on intuition and Ba Gua school based on eight directions. However none of these branches can produce effective results, as they do not take into consideration the element of changing time and are loosely based on some of the original principles of Feng Shui. On the other hand Classical school of Feng Shui has two main branches; Form school and Compass school. Form school Feng Shui focuses on the landscape forms, along with the shapes of hills and watercourses. It focuses on locating auspicious sites for buildings and burials. It can be called the ancient Chinese version of surveying a site. The aim of form school Feng Shui is to find favourable landforms, and benefit from the energy generated by these landforms. This school is effective for external structure only and does not really help much with the interior layout. On the other hand the second branch, which is known as Compass school of Feng Shui, is the most powerful and effective branch. The compass school uses tools including the lou pan or Chinese Feng Shui compass, the lo shu square and the ba-gua all combined.

This type of Feng Shui further divides into several schools. Eight Mansions is a type of school that focuses mainly on directions of a person based on the date of birth. While Flying Stars feng shui, is considered to be the highest form of Feng Shui and the most effective as it is based on detailed formulas and takes into consideration the element of time. It is therefore highly recommended to follow this school due to its accuracy and reliability.

To implement Feng Shui it is of vital importance that you choose a practitioner who follows the right school. These days people across the globe are dabbling in Feng Shui but many are following superstitious beliefs rather than actual science. So look carefully before you leap and you will surely be rewarded.

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