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LIFESTYLE

# Troubled tresses

*Learn what your hair says about your health*

**D**RY OR THIN or any other hair problem - all are connected to health. Tress issues might be signs of diseases you are unaware of. Huffington-post.com shares a list of health conditions linked to hair problems:

**\*If you once** had thick and lustrous hair that turned fine and limp, check how you've been treating your hair. Swimming in chlorinated water and using hair colour are some of the causes of hair shine loss. But limp, dry hair may also be a sign of hypothyroidism, or an underactive thyroid, in which your thyroid gland doesn't produce enough hormones, causing your metabolism to slow down.

**\*Dandruff is a** common problem that can be easily treated with an anti-dandruff shampoo. But if your dandruff is starting to turn into thick scaly patches, it could be a sign that you have psoriasis. It is a long-term skin problem that causes skin cells to grow rapidly that leads to thick, white, silvery, or red patches of skin.

**\*The average person** loses about 100 strands a day and it is considered to be normal as the hair volume is unaffected. But if your hair starts to feel markedly thinner, it may be a sign of hypothyroidism or a sign of a hormonal imbalance relating to polycystic ovarian syndrome.

**\*Another sign of** a more serious problem could be dry and brittle hair that breaks easily. Your hair is made up of a protein called keratin, and if you're not getting enough protein in your diet, it could weaken your hair. This could also be another sign of a thyroid issue, so be sure to check with your doctor if this is the case. *IANS*



## ALIGN YOUR LIFE

### Step Out Of The Bubble

**I** HAVE BEEN living in a bubble for the last few years. It was my defence mechanism after experiencing some unpleasant events in my life. In my mind - what I don't see does not affect me. I was not accepting of any other way to live but my way and it worked out well until recently.

I have never been an animal lover. Growing up in a small apartment in Mumbai and then living my life in a matchbox in Hong Kong, there was never room for a pet. But a few years ago I decided to open the doors to my heart and let down my defences for a lovely abandoned cat. Since then it's been a beautiful journey of self-discovery and learning. A few months ago we adopted another cat that had suffered abuse and was locked up in a cage. I looked at his picture and fell in love with him. We named him Pasha. Once I got him home I realised he was struggling with physical illness and was deep into depression. For the first time in my life I had to step out of my comfort zone and pause my life. To be able to help him recover I connected with other animal lovers and in the bargain formed amazing friendships and learned to break the biggest barrier of my life. There is no bigger joy than loving someone more than you love yourself - I know that now. Once I discovered this new world, I came across some wonderful people working with animals who have made my journey so much more joyful.

As I am sitting down to write this week's column today, I am asking myself - What if I had not decided to let my defenses down and learn to love a pet? What if I had continued to live with my limitations? I would have missed out on so much love and joy. If only I had the courage to break my barriers earlier...

All we need to do is look around us. There is chaos, war, abuse, and bloodshed everywhere. Many lives are displaced on a daily basis in different continents. Sometimes all they need is someone to lean on.

So step out of the bubble and extend your hand to someone who has fallen down, share your love by adopting an abandoned pet or simply work with a group that will help you reach out to people in need.

That will be the beginning of a new life, a life that is meant to be shared and celebrated with the world around you.

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## When Gwyneth wanted Mercy



**GWYNETH PALTROW HAS** revealed that she fortifies herself with a special vitamin cocktail against getting a hangover.

"I have a few. When I remember, before I go out, I drink this pre-drinking vitamin drink called Mercy. You drink it before and it minimises the hangover," showbizspy.com quoted Paltrow as saying.

The 41-year-old mentioned that if she forgets the cocktail, she indulges in "greasy" food to help herself feel better.

"But if I forget (Mercy), then something greasy, like a cheeseburger and fries," she added. *IANS*