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LIFESTYLE

# Water watch

*Busting myths about hydration for healthy body*

**D**O YOU NEED to drink eight glasses of water per day to avoid being dehydrated or is it really true that one can't get dehydrated in winter? Well think again as there are certain myths that Sodastream have cleared about human body.

The drinkmaker device has come up with certain facts about human body that needs attention, reports femalefirst.co.uk.

**Myth:** *Everyone should drink eight glasses of water a day.* Although it's nice to drink more the truth is that not everyone requires eight glasses of water a day to maintain adequate hydration. The amount of fluids that each person needs varies and is based on activity level, gender and body size.

Other sources of fluids that contribute to hydration include carbonated drinks, juice, milk, coffee, tea, fruits, vegetables and other foods with higher water content.

**Myth:** *Only water really hydrates you.* Not true. Many beverages



with high water content contribute to the body's hydration status, including carbonated soft drinks, juices, tea and even coffee to a certain extent. In addition, 20 per cent of hydration regularly comes from the food you eat.

**Myth:** *You can't really get dehydrated in winter.*

Not true. Both heat and air conditioning lower indoor humidity which means the humidity from our skin and

breath is lost to the dry air thereby creating a dehydrating effect for the body. Chapped lips, dry eyes and irritated skin are all signs of dehydration. So whether working indoors or engaged in outdoor winter sports, be sure to drink plenty of water in the wintertime too to avoid the effects of dehydration.

**Myth:** *Thirst is a good indicator that I need to drink.* Many people can use thirst

as an indicator to rehydrate, but that may not always be reliable. As many of us know, thirst signals are easily ignored when it's inconvenient to drink, and we do this regularly, so it's tough to rely on thirst as a signal to drink. In addition, physical activity, high temperatures, stress and fatigue may increase water loss making it necessary to consume more than you usually need. IANS

## ALIGN YOUR LIFE

### The Mind-Body Connection

**S**ULTAN DECIDED TO pay me a visit because his wife had nagged him. He had no faith in any holistic methods and was sceptical. His main complaint was severe back and shoulder pain. He had tried medication, and physiotherapy but nothing worked. Every few weeks the pain returned with a vengeance and he didn't know why. I had him fill out a simple questionnaire to get more information and something caught my eye. Sultan was facing problems at work for the past three years and was in financial trouble. It was around the same time that his back problems began. This was of no surprise to me, as I could understand the deeper connection between the mind and the body.

As we all know there are seven energy centres hidden in our body. These centres, also known as chakras govern our mental, physical, spiritual and emotional wellbeing. Each chakra represents an aspect of life, controls a gland and relates to a body part. When a particular area of life is out of balance, the chakra corresponding to it is affected resulting in physical discomfort in a particular area of your body.

First chakra known as the root chakra represents the foundation and security within a person. It corresponds to materialistic world. The dominant element for this chakra is earth. The gland associated with first chakra is the adrenal gland and sense of smell dominates this chakra. The release of adrenaline activates the fight/flight syndrome, which prepares us to "fight or flight." Therefore, our emotions can activate a release of adrenaline when we feel extreme fear. The first chakra is the "survival chakra," and the fight/flight syndrome is vital for our survival. When any aspect of your life related to the materialist world or your survival is threatened, your back and shoulders are likely to be affected.

Something similar was happening to Sultan. Once his professional life got out of balance, he developed chronic back problems and was under severe stress.

Any imbalance in chakras can be resolved through regular practice of yoga and meditation. By creating a feeling of being more grounded, the first chakra can be aligned over a period of time. The yoga postures that strengthen the first chakra are Warrior One pose and Mountain pose. These can be easily picked up in a yoga class and then practiced at home. Secondly, a grounding meditation can be learnt and practiced daily to strengthen the first chakra. These meditations can easily be learnt in any wellbeing center or downloaded from the Internet.

Instead of looking at discomfort on the physical level alone, why not go deeper and discover the mind-body connection that will help you in aligning your life.

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Photos: Getty

## Choose citrus

*An orange a day can keep cancer away*

**ON REVIEWING AVAILABLE** research on cancer prevention and the benefits of orange, scientists say orange could prove to be crucial in the prevention of cancer.

In a forthcoming review article from *Nutrition and Cancer: An International Journal*, a publication of Routledge, researchers reviewed available evidence that links orange juice with cancer chemoprevention, reports *Science Daily*.

The review article, 'Orange Juice and Cancer Chemoprevention' discusses the putative mechanisms involved in the process



and the available data in terms of evidence-based medicine. Despite its potential toxicity

(if taken in excess), orange juice has many potential positive effects when it comes to cancer, particularly because it is high in anti-oxidants.

Evidence from previous studies has indicated that orange juice can reduce the risk of leukemia in children, as well as aid in chemoprevention against mammary, hepatic, and colon cancers.

"Orange juice could contribute to chemoprevention at every stage of cancer initiation and progression," the researchers explained. IANS