



L
LIFESTYLE

FOREVER YOUNG

Go make-up free once a week to delay ageing

MOST WOMEN CAN'T imagine stepping out of the house without make-up, but avoiding it one day a week, can help in delaying the ageing process, suggests a skincare expert.

Rita Strazinska, founder of Bio2You Organic Seabuckthorn skincare,

has urged women to go make-up free one day a week, for a minimum of 24 hours, to help protect the skin and allow it to rejuvenate without being weighed down by cosmetics, reports femalefirst.co.uk.

“By opting to give skin a breather once a week, accompanied by a good skincare routine, women may find

their self-confidence levels actually increase as they notice the condition of their skin improving, whilst the world has chance to appreciate their natural beauty,” said Strazinska.

Following are the key reasons behind her tip:

A clearer complexion: No make-up can help in reduction of spots, blemishes

and acne.

Chemical free: Most cosmetics have harmful chemicals like parabens, so it is wise to give skin a rest at times.

More time: The average woman spends 20 minutes putting on makeup. Going make-up free means more time to sleep or eat breakfast! IANS

Did you know that while you sleep, there are genes in the brain that are actually turned on? Scientists now say that these genes are vital for the repair and growth of brain cells.

Scientists in the US have now established that adequate sleep boosts the production of specific brain cells, called oligodendrocytes, that produce the protective layer around the organ.

Oligodendrocytes make myelin (the protective layer) in the healthy brain and in response to injury. Much like the insulation around an electrical wire, myelin allows electrical impulses to move rapidly from one cell to the next.

According to an animal study published in the September 4 issue of *The Journal of Neuroscience*, these findings could one day



Sleep deep

Get some proper shut-eye to boost brain function

lead scientists to new insights about the role sleep plays in brain repair and growth, reports *Science Daily*.

Scientists have known for years that many genes are turned on during sleep and off during periods of wake-

fulness.

In the current study, Chiara Cirelli, MD, PhD, and colleagues at the University of Wisconsin, Madison, measured gene activity in oligodendrocytes from mice that slept or were forced to stay awake.

The group found that genes promoting myelin formation were turned on during sleep. In contrast, the genes implicated in cell death and cellular stress response were turned on when the animals stayed awake.

“These findings hint at how sleep or lack of sleep might repair or damage the brain,” said Mehdi Tafti, PhD, who studies sleep at the University of Lausanne in Switzerland. Tafti, however, was not involved in the study reported in the September 4 issue of the *Journal of Neuroscience*. IANS

ALIGN YOUR LIFE

The Story of your Feet

MANY PEOPLE COMPLAIN of feet problems - cracked heels, calcium spurs, heel pain, difficulty in walking and many similar issues. Expensive lotions are bought, pedicures are done, medication is taken but somehow the problem keeps coming back. In many cases people suffer from heel pain all their lives without a cure.

And yet no one seems to know the reason for problematic feet. I have also suffered from severe heel pain years ago and had tried everything in the book, until I tumbled upon Louise Hey's *Heal Your Body*. For the first time in my life I focused on my thoughts, the choices I was making and how it was impacting my health. During those days I had lost direction in my life. As a result my feet were affected because I was not sure which path to choose.

Once I understood the mind - body connection, I immediately started to rectify my thought patterns by positive affirmations and soon my pain disappeared and I was able to walk without discomfort. Any pain that manifests in your body is likely to arise from imbalance in your life. You will develop aches and pains in stressful situations, specially feet and hands as an indication that something is wrong at the energy level.

So how do you decode your life looking at your feet? Its very simple if you are observant. Your feet will tell you your life story. Any kind of right or wrong decision will always impact your feet, as it affects your ability to move forward. Feet, which are changing shape over a period of time, represent inability to cope with sudden changes in your life. Feet changing shape also depict ability to adapt to diverse circumstances. Whenever your life path changes; so will the shape of your feet. Cracked heels represent hardships and obstacles.

Once you are on your way to leading a well balanced and happy life, your cracked heels are likely to disappear. Shapes of your toes are also impacted by your life path and are likely to be straight or curved depending on your personality. Toes curved inwards towards the soles of your feet depict an introvert person; while open long toes represent a happy person. Each toe is represented by one element - The Big Toe is represented by the element of Ether, while rest of the Toes represents Air, Fire, Water, and Earth respectively. As Ether represents the vastness of life, it is always connected to the Big Toe. That's why newborn babies always have well formed toes depicting limitless possibilities of life.

Air is the element of the second toe - next to the Big Toe representing the mind. Fire is the dominant element of the third toe; representing career and growth. Water element dominates the fourth toe and is related to emotions and matters of the heart. The last small toe is influenced by the Earth element and it relates to confidence and self esteem.

So look at your feet now. Do they look different? Is the big toe curved inwards or outwards? Are your feet trying to tell you a story?

Shivani Adalja is an Abu Dhabi-based well-being expert. She runs the Alignment Institute which offers effective solutions that focus on stress management and overall well-being. Email align@shivaniadalja.com

