

Fit and alert

Exercise can reduce risk of dementia

A LOWER INTELLIGENT QUOTIENT (IQ) and poor cardiovascular fitness in teenage years may increase the risk of developing dementia before age 60, a study shows. Previous studies have shown the correlation between cardiovascular fitness and the risk of dementia in old age. To prove their point, researchers studied data from 1.1 million young Swedish men. The study shows that men who then had poorer cardiovascular fitness were 2.5 times more likely to develop early-onset dementia later in life.

A lower IQ entailed a four times greater risk, and a combination of both poor cardiovascular fitness and low IQ entailed a seven times greater risk of early-onset dementia. The increased risk remained even when controlled for other risk factors, such as heredity, medical history and social-economic circumstances.

"We already knew that physical and cognitive exercise reduces the risk of neurological disease. In other words, good cardiovascular fitness makes the brain more resistant to damage and disease," explained senior author professor Georg Kuhn.

People who develop early-onset dementia are often of working age and can have children still living at home, which means the consequences for both the sufferers and their families are even more serious. "Exercising can be used both as a prophylactic and a treatment for those in the risk zone for early-onset dementia," Nyberg noted in an article published in the scientific journal *Brain*. IANS



Tall stories

Height matters for women while choosing a partner

A MAJORITY OF women are most comfortable in relationships where the man is taller, according to a new study.

About 70 percent of women respondents surveyed by the firm Lovehoney, said they preferred taller men. Almost one in five women said men who are between four and six inches taller are the best match, reports dailystar.co.uk.

The poll also shows that just a quarter of women and 35 percent of men said height was irrelevant when seeking a partner.

At 6 ft 3 in, Prince William, 31, is 5 inches taller than wife Kate, 32.

Other couples that come close to the ideal difference include Hollywood actor Brad Pitt, 50, and Angelina Jolie, 38, and Daniel Craig, 46, and Rachel Weisz, 44 - both with gaps of four inches.

"The long and short of it is that size does matter to a lot of couples. And the height of romance appears to be when the man is five inches taller than the woman, just like William and Kate," said a spokesman of Lovehoney. IANS

ALIGN YOUR LIFE

The Truth about Cravings

MANY OF YOU have uncontrollable cravings for sugar. Every few hours you must have something sweet or your mood drops, making you feel depressed. You have tried everything to quit sugar - diets, counselling, support groups; but nothing has worked long term. In a few days you are back to munching on chocolates and baklavas. Deep down you know you have a problem, but what can you do? Many of you are closet sugar eaters. You only eat when no one is around. That way you feel less guilty.

I get visits from many clients who want to quit their addiction to sugar but don't know how. In most cases I find a pattern that helps me to understand the cravings and the need for eating sweet food items. To understand any kind of food cravings we must first understand how does it start and what inner void the food is trying to fill.

To understand these cravings, we need to go deep down at the energy level and know what triggers the bingeing. In the chakra system, the second chakra controls some very important aspects of life and is the seat of self-identity, emotions, and expectations. Just above the second chakra is the third or the naval chakra that controls the thought process and the intellect. When these two chakras are out of alignment, you are likely to develop cravings and eat unhealthy foods.

Second chakra develops blockages when there is emotional turbulence in your life. Events such as divorce, physical abuse, emotional trauma and feelings of loneliness throw this chakra out of balance and lead to unusual cravings.

On the other hand, any kind of mental stress and inability to cope emotionally and mentally creates stagnant energy in the third chakra. Both these chakras are located in lower and upper abdomen, in the middle of the digestive system. Therefore any kind of disturbance in these two chakras directly affects the eating habits and the digestion. This could eventually lead to weight gain.

The best way to control sugar cravings is by balancing the second and the third chakra. This can be done in a variety of ways - through hypnosis, specific meditations focused on two chakras and through the daily practice of yoga. Getting rid of unwanted emotional feelings and moving on in life also helps with eliminating unusual food cravings. Emotional cleansing also works wonders for getting rid of the need to eat sugar constantly.

So next time you are craving a cookie or a piece of cake, ask yourself, "Am I craving sugar because I am hungry or because I am upset?"

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