

## L

## LIFESTYLE

## 1

**Start the day with a good breakfast**

It's here where a proper nutritional boost is most needed. Energy available to your hair follicles is lowest first thing in the morning so incorporate a mixture of proteins (at least 120gms) with any form of complex carbohydrate.

**Top Breakfast Picks:**

- > Scrambled eggs on whole-wheat toast with sautéed spinach.
- > Fresh berries with honey and a pot of low fat cottage cheese.
- > Smoked salmon and sliced tomatoes on a seeded bagel.

Don't have time for these culinary delights? Prepare some hard-boiled eggs before going to bed to take to work with you. If you have a fridge at your office, keep a stash of breakfast foods to have along with your morning coffee.

## 2

**Steaky Saturday**

This is a prime opportunity to embrace Sunday roasts and summer barbecues. Red meats are your bodies' best source of iron - a mineral essential for healthy hair growth, and it's important that you incorporate it into your diet at least once a week to keep your levels sustained. Low iron, or ferritin (stored iron) levels can cause increased hair shedding - and can also make your hair fall out before it reaches its optimum length. If you are a vegan or vegetarian, nutritional supplements are often needed to maintain healthy iron levels. While iron is present in certain vegetables and dark, leafy greens, it is not as easily absorbed or found in the same amount.



# Stay glossy

*Mike Ryan, trichologist and brand expert at Clear Arabia, offers his nutritional tips for healthy hair*



## 3

**Snack Healthy**

Energy to form hair cells drops four hours after eating a meal. Snack on a complex carbohydrate, such as whole meal crackers, fresh fruits, dried apricots, or a fresh fruit/vegetable smoothie, to keep your follicles nourished.

## 5

**Don't Skip Meals**

As well as being bad for your general health, skipping meals can be especially bad news for your hair. As your hair is not a vital tissue, your body will never prioritise its nutritional needs. Think of it this way - if your essential organs aren't getting the energy they need to function properly, or are receiving the minimum amount of nutrients, your hair cells certainly won't be.

## 4

**Stay Hydrated**

Drink approximately 1.5 to 2 litres of water a day depending on your activity level and climate. Your scalp, just like your skin, can become dehydrated.

**ALIGN YOUR LIFE***Turn It Around*

**O**ur career is the most important aspect of our lives. We go through years of education and training before embarking on a professional path. However how many of us are happy with what we have achieved? With recession setting in and new types of businesses booming; many people are looking at a shift in their career and want to try their hand at something new. I know of many clients who are looking for a professional change or seeking opportunities that they are passionate about. Gone are the days when people would be in the same job for decades. These days, people are looking to grow and explore new possibilities.

It is a well known fact that Feng Shui helps in enhancing the office environment and can be used to reorganise your office desk. However many people are unaware that Feng Shui can be implemented to boost a change of career and attract unique opportunities. I myself have benefited by implementing Feng Shui in my life when I wanted to change my career path. I successfully stepped out of a management job to set up my well-being institute. Some of the suggested changes are simple yet powerful. Feng Shui has the power to change your career path - my question is, are you ready?

To begin with, clear out all the clutter and remove old papers and files that can cause stagnating energy. Open the space in your office and your home for the new energy and opportunities to arrive. Choose a career path that you are passionate about and surround yourself with people who will encourage the change and motivate you to achieve your goals. Start working and sleeping in your favourable directions based on your Kua number. By doing so you will be tapping into the positive energy that will help you to make the switch. Display an active water feature in the living room or entrance of your home to boost movement of energy.

Along with implementing Feng Shui, meditate everyday by focusing on the career path you wish to take. Remember, energy follows thought. So think positive and eliminate self-doubt. Another effective way to attract a desired opportunity is by creating a vision board that reflects images and quotes for your new career path. Display this vision board in multiple locations in your home, so that you see it often and remain focused on your goals at all times.

Last but not the least, be passionate about the new path and the desired changes. Your passion and focus will be the key that will ultimately turn your career around.

**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 wellbeing. Email [align@shivaniadalja.com](mailto:align@shivaniadalja.com)**

