



THREE-DAY DETOX MENU

Day one

Breakfast Coconut smoothie, with fresh coconut water and pulp, with added strawberries

Snack Almonds and goji berries

Lunch Spinach and avocado salad with parsley, celery, sugar snap peas and peppers, drizzled with olive oil and lemon juice

Snack Raisins and pumpkin seeds

Dinner Vegetable chilli with quinoa

Day two

Breakfast Fresh raspberries, blueberries and pomegranate salad with sunflower seeds, chopped banana and honey

Snack Walnuts and dried apricots

Lunch Roca leaf salad with mint, parsley and hummus and raw carrots, cucumber and broccoli with olives

Snack Organic peanut butter (no added salt or sugar) on Ryvitas

Dinner Vegetable stir fry with fresh ginger, lime and coriander (include veggies like cabbage, bean sprouts, asparagus, broccoli, carrots, beans)

Day three

Breakfast Strawberry and avocado smoothie

Snack Brazil nuts with dried figs

Lunch Mixed bean salad with a shredded cabbage, sultana and pine nut raw slaw (kind of like coleslaw but no mayo)

Snack Goji berries and pumpkin seeds

Dinner Vegetable Thai green curry

ALIGN YOUR LIFE

Is your dull office space getting you down at work? Forget forking out on flash furniture or moving to new premises, perhaps you need to try the ancient Chinese art of feng shui, says expert **Shivani Adalja**

Feng shui is about creating balance between the five fundamental elements: fire, earth, metal, water and wood. Fire when burned creates earth, earth gives birth to metal, metal when corroded produces water, water nourishes wood, and wood when burned creates fire. This cycle can bring about harmony and growth. There are many conflicting schools of feng shui, so it is very important to implement changes only after employing a good feng shui consultant.

The direction of the room is as important as the direction of the building. As your office or room is part of the building, it is very important to first assess the energies of the building and then locate your office within that energy grid of the building. Once you have identified which sector of the building your office is located in, we can then focus on enhancing the energies within the office. We also need to find out if the room is getting enough chi (movable life force energy) and how can we balance and enhance it.

An office environment must be peaceful and conducive to good work. Feng shui can bring about wonderful positive changes if implemented correctly. It helps everyone be at peace and able to work as a team. It will create a sense of harmony, leading to growth and stability. Many establishments who have implemented feng shui successfully notice that employees are not reporting sick so often, productivity has improved and inter-office politics diminish.

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When designing an office space, be mindful of the harmony and balance. Water is for movement and prosperity, wood depicts growth and earth denotes stability. However, these elements must be placed in the right corners of the office to bring about balance.

Seating arrangements for all employees must be based on the dates of births and kua number (a calculation based on date of birth and gender). The hierarchy in the office plays an important role. The most important person in the office has to sit in the most remote corner. Which will allow them to focus on important tasks.

The Alignment Institute, Abu Dhabi. Tel: (050) 6811728. E-mail: align@shivaniadalja.com shivaniadalja.com

FENG SHUI QUICK TIPS

Shivani's cut-out-and-keep guide to office alignment...

1. The desk should never be placed opposite the door of the office, as the chi will hit you hard.
2. There should be enough natural light in the office for chi to rotate.
3. The colours in the office should be yin (light) colours to help you focus with mental work. However, if the person working in the office is in sales and marketing, and will need to get out of the office often, then the office can be coloured in yang (bright) colours.
4. The office should not have any thorny plants. Bamboo or money plants are recommended in the lit corners of the office.

