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LIFESTYLE

# The drawbacks of flying

*Frequent flyers lose health, family love too*

**A**RE YOU A frequent traveller? By striving to travel far, wide and frequently, you are not only damaging your health but also spoiling relationships with loved ones, an interesting study has revealed. The appealing images of a traveller portrayed in the media do not take into account the damaging side effects such as jet-lag, deep vein thrombosis, radiation exposure, stress, loneliness and distance from community and family networks.

You must have seen a man in a sharp suit, reclining in a leather chair, laptop open in front of him, a smiley stewardess serving a beverage and soda. "This is often the image of travel, particularly business travel portrayed in TV ads and glossy magazines. But there is a dark side to this glamorised 'hypermobile' lifestyle that the media and society ignores," explained Dr Scott Cohen from University of Surrey in Britain in a statement.

The researchers from University of Surrey and Lund University in Sweden found that those with "hypermobile" lifestyles were often seen as having a higher social status.



By assessing how first-class flights, "must-see" destinations and frequent-flyer programmes are represented, the study shows how the "dark side" of travel is ignored.

"The level of physiological, physical and societal stress that frequent travels places upon individuals has potentially serious and long-term negative effects that range from the breaking down of family relationships, to changes in our genes due to lack of sleep," Dr

Cohen noted.

It is not only traditional media that perpetuates this image.

"Social media encourages competition between travellers to 'check-in' and share content from far-flung destinations," the authors noted.

The reality is that most people who are required to engage in frequent travel suffer high levels of stress, loneliness and long-term health problems.

"There are also wider

implications for the environment and sustainability. In this context, hypermobility seems far from glamorous," they added.

The researchers call for more discussion on the adverse effects of hypermobility, to realistically reflect the negative impact of frequent and long-haul travel.

"Society needs to recognise that the jet-set lifestyle is not all it's made out to be," Dr Cohen concluded. *IANS*

## ALIGN YOUR LIFE

### Focus On Yourself

**R**ECENTLY I SPENT extended period of time in the Maldives. Partly for work and the rest of the time I was on my own. There was no Wi-Fi, no laptop, no phone, no TV – in short it was a no technology trip. Many people I knew were aghast. It was beyond their understanding. How can one survive without technology? What can one do in a situation like this?

My answer is simple. Nothing!

It was the most cherished time that I had spent in a long time. I had a lot of time to sleep, read, walk on the beach, soak in some sun and basically enjoy my own company. My question is – when was the last time you did that? You don't need to get away on a remote island or travel to exotic destination. You don't need to stay in expensive resorts or splurge on expensive flights. All you need is some time on your own and switching off from the world around you.

It can be done on a metro ride back from work, or lying in the sand on Jumeirah beach or while sipping coffee. The key is to stay in the moment and enjoy the time. It sounds very simple but it's quite hard to achieve. Our brain has now been wired to think about future or constantly worry about the present or keep looking at the past. But what we need to develop is our ability to live in the now!

Living in a fast paced city like Dubai, we all get drowned in the chaos. Work, traffic, expenses, driving – it takes a massive toll on your mental health. Your breathing gets shallow, anger surfaces often and you begin to lose grip on your life. Before you know it – you are ill, complaining of headaches, can't sleep at night and adding on weight. The pace gets faster and faster and you get more and more tired.

For once step away from your comfort zone and daily routine just for a short period of time. You will be amazed as to how much chaos will be eliminated from your life. You will be able to think clearly, breathe deeply and most importantly you will be able to hear your own self.

It is good to be active and busy. But it is equally important sometimes to do nothing and take a step back once in a while. Connecting with your inner self can help you relax and put things in perspective. It can help you to stay focused on yourself!

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## Eat right

**DIG INTO SPROUTS**, kiwi, yogurt and other nutritious food items for a radiant skin, says an expert. Here are some of the beauty essentials suggested by dermatologist Navin Taneja:

\* Protein repairs damaged tissue. Eatables like eggs, yogurt and beans offer a good dose of protein.

\* Eat foods high in antioxidants that help protect your skin from damage. Cherries, blueberries and other deeply coloured berries are best source of antioxidant. They help you in fighting off blemishes.

\* Essential fatty acids help to retain

### Food essentials for lustrous skin

the elasticity of the skin. Walnut is the type of nut that contains significant amount of omega-3 fatty acid.

\* Vitamins help to keep the skin hydrated and make it glow. Food such as papaya, strawberries, kiwi, orange, guava, sprouts and green leafy vegetables help to enhance the radiance of the skin.

\* Essential minerals like zinc and sulphur are a must in one's diet to prevent acne and skin related issues. Minerals are also responsible for rebuilding keratin and collagen that are important ingredients for glowing skin and shiny hair. *IANS*

