

Bean there

Why you should love coffee

DID YOU KNOW that the ubiquitous coffee is also a good antioxidant that kills damaging free radicals in our body? Researchers from Monash University in Australia, in collaboration with Italian coffee roasting company Illycaffè, have conducted a comprehensive study on how free radicals and antioxidants behave during every stage of the coffee-brewing process, from intact bean to coffee brew.

“Our research studied both the Arabica coffee bean itself and what happens to its stable free radical and antioxidant properties during the brewing process,” said lead researcher Gordon Troup from Monash University.

“The findings provide a better understanding of the potential health benefits of coffee,

as well as a deeper knowledge of the roasting process - ultimately leading to the highest quality cup of coffee,” Troup added.

The team observed the behaviour of free radicals - unstable molecules that seek electrons for stability and are known to cause cellular and DNA damage in the human body - in the coffee brewing process.

Troup was one of the first scientists to discover free radicals in coffee in 1988.

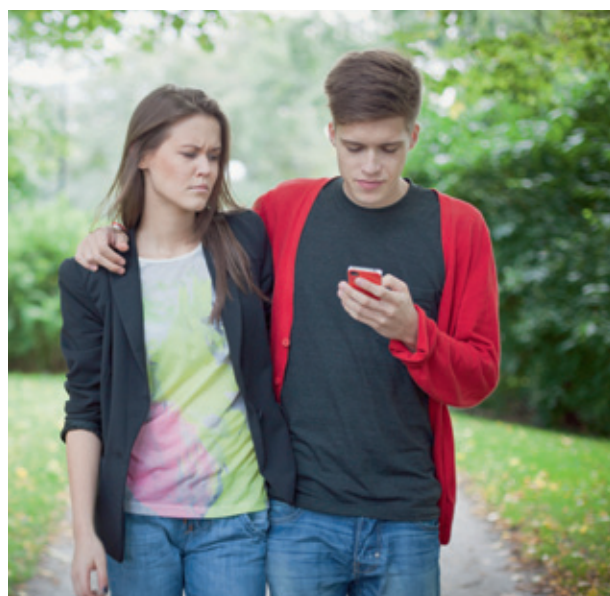
“The most important aim of this research was to better understand the development of stable free radicals during the roasting process. We also wanted to evidence possible coffee constituents as a source of antioxidant activity,” said chief chemist of Illycaffè, Luciano Navarini.

The findings were published in *PLOS ONE*. IANS



Ditch Facebook, save your marriage

Excessive time spent on social media can lead to divorce, study says



ONE IN SEVEN Britons have contemplated divorce because their partners spend too much time on various social media platforms, a top British legal firm has revealed.

The study by Slater and Gordon Lawyers found that social networking site Facebook was considered the “most dangerous” place for ruining relationships.

“Five years ago, Facebook was rarely mentioned in the context of a marriage ending but now it has become commonplace for clients to cite social media use or something they discovered on social media, as a reason for divorce,” Andrew Newbury, head of family law at Slater and Gordon, said in an online statement.

“We are finding that social media is the new marriage minefield,” he added.

According to the findings, while almost half of people

secretly check their partner’s Facebook account, one in five also indulge in brawls related to Facebook with their partner.

Nearly 25 per cent of married couples said they “had at least one argument a week” because of social media use. Nearly 17 per cent said they fight daily over something they find online about their partner, GeekWire.com reported.

Over 58 per cent of the people know their partner’s log-in details. The most common reasons for checking their partner’s social media accounts was to find out who their partner was talking to and find out if they were telling the truth about their social life.

According to Newbury, pictures and posts on Facebook are now being routinely raised in the course of divorce proceedings. IANS

ALIGN YOUR LIFE

The Myth of Space Clearing

Space clearing is in vogue around the world. New types of incense are created, scented candles are produced, and expensive herbs are dried and then tied in a bunch for burning. It’s a whole new dimension. People spend loads of money buying these so called expensive space clearing tools in a bid to clean the energy in their homes. Nowadays singing bowls are used to ward off any bad energy. These bowls were originally used in Tibet to create sound waves to move the energy around. Many musical instruments are also used in different cultures to practice space clearing.



But the main question is, can space clearing be classified as Feng Shui? As much as I would like to believe that, the answer is No. Feng Shui is a science of energy management that helps in balancing your immediate environment by opening and closing areas within your home. The five items - water, wood, fire, earth and metal form the basis of Feng Shui. The interaction between these elements will define the energy within your home. Sometimes simple items such as water fountain and wind chimes are used to reduce or enhance an element. The Flying Star Feng Shui calculations mainly rely on how the energy resides and moves within a structure based on the compass direction and the year of construction. It is a scientific way to tackling the dynamic energy that affects all of us. But in-depth study of this branch of Feng Shui will reveal that there is no importance given to space clearing.

However space clearing can be used as an additional tool to simply clear the energy and help lift up the mood in the room. It will help in creating a fragrant atmosphere to help you relax and feel calm. Welcoming smells can train your brain to switch off after a long day at work. But this does not mean it is part of Feng Shui. Space clearing can be used alongside Feng Shui; it can be used to enhance the feeling of wellbeing in a home. But to give it more importance is simply ignorance.

Having said that space clearing can be used to enhance the atmosphere at home. Lighting particular fragrances can create particular moods. For example sandalwood incense can create a mood for meditation, while lemongrass will help you relax. Rose and lavender incense can help you sleep while orange and lemon will make you active.

Use space clearing to enhance your mood and the energy in your home. But remember, Feng Shui is a science that can’t be blended into anything.

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MORE THAN COFFEE MORNINGS

The Nescafe Red Mug #IWAKEUPFOR campaign has gone viral with over 6.5 million video views and 29 million social media impressions, inspiring people in the region to find and share what they wake up for. ‘What Do You Wake Up For?’, documentary campaign featuring six Okinawans, was brought to the Middle East region with the inspiring message that people around the world are fundamentally equal when it comes to working towards their dreams and ambitions. It transcended culture, age and language to bring a simple message to the Middle East; if you know your reasons for waking up in the morning, getting out of bed will be a more positive experience.

We Hear!

