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LIFESTYLE

Control those cravings

Daily habits that make cravings worse

ARE YOUR SERVINGS big? Or you're pairing the food you crave with something unhealthy? There are some mistakes that can make cravings more intense and frequent.

Here's a list of mistakes that make cravings even worse, reports huffingtonpost.com:

*** Your serving is too big:**

You've got a craving for brownies, you're going to have some, and you're okay with that. So you take three. But you probably only needed half, suggests a study from Cornell University. So, take a small serving, eat it and enjoy, and then wait 15 minutes until the yearning for more subsides.

*** You don't know why you are craving something:** You can't get your hand out of the bag of cheesy crackers. If you don't understand why, you can't do anything about it, says Christine Palumbo, a faculty member of Benedictine University in Lisle, Illinois. She recommends keeping a cravings journal. You can just jot down a few notes on your phone. When a craving hits, log your emotions like you're tired, anxious, stressed or bored. Eventually, you'll pick out common patterns, and you can deal with the causes head on, rather than trying to eat as a solution.

*** You don't pair the food you crave with something healthy:** You can satisfy your yearning while still eating healthy by pairing a larger portion of healthy foods with a small amount of what you think you want. It works because it makes meals more fun and tasty, but still gives your body the nutrition it needs to function at its best, suggests a Vanderbilt University study. You can order salad and grilled salmon with a side of fries or get a piece of grilled chicken and veggies with a



small bowl of mac and cheese.

*** You keep temptation around:** The mental battle between you and the box of cookies in the pantry does not have to be fought every day. Out of sight, out of mind works in this case. If it's 10pm and you want a cookie, you're probably not

going to go out and get some. On the other hand, if they're staring you in the face every time you open the pantry, it's all too easy to grab one.

*** You use Instagram or Pinterest:** A fudge-topped sundae or pizza. Food photos are fun to look at, but don't be

shocked when suddenly you're struck with a desire to run to the nearest restaurant. In a small preliminary study from the University of Southern California, researchers found that images of high-calorie foods spark more activity in the reward areas of the brain than photos of low-calorie fare. IANS

ALIGN YOUR LIFE

The Feel Good Factor

EVERY SO OFTEN I come across clients who will go to great lengths to implement feng shui. Not only that, they tend to go overboard with the decoration. For example, I had instructed my client Dan to display some metal statues or objects at the entrance of his home and in his bedroom to reduce earth energy. My suggestion was to move all metallic items on display – such as bells, frames and statues – and display them in these two areas. However when I visited Dan's home after a few months to review all the changes, I was in a state of shock. He had converted the entire entrance into a metallic dome. There were sheets of metal pasted on the walls. The beautiful arch at the entrance was covered with a hideous metal dome that looked straight out of a horror movie. Table made out of dark steel replaced the beautiful carved wooden table at the entrance. His bedroom had also been transformed into a metal box and his lovely antique bed had been replaced with a dark metal bed frame. Dan was proud of his achievements and took me through all the changes made around his home. His wife Sara remained quiet and obviously didn't seem very pleased. She had argued with Dan and even tried to stop him from turning their home into a metal museum, but Dan was on a mission. He wanted to implement feng shui the right way and so he decided to go overboard. Needless to say it took a lot of convincing to get him to change some of the implemented changes.

So my question is, how much is too much? Or does feng shui recommend that you over do things? My answer is simple. The main aim of feng shui is to balance and harness the good energy in your immediate surroundings. This is achieved through the use of elements such as colours, moving water, metal wind chimes or bells and plants. But these things need to blend into your environment so that you don't resent them mentally and embrace the changes. They also need to look pretty and be easy on the eye. By overdoing them, you are only creating eyesores and not helping much. Also remember feng shui is about the feel good factor. If your home does not seem peaceful and relaxing, there is no point implementing a variety of changes. By cluttering your home with too many feng shui items you are going against the very principle of feng shui; that is to get rid of the clutter and live with what is needed. Even the suggested changes need to be implemented with balance and moderation. By placing multiple water fountains or creating big ponds, you are not likely to become rich overnight!

So instead of cluttering your home with too many feng shui items, why not focus on the feel good factor and enjoy the benefits of feng shui.

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