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LIFESTYLE

Health begins at home

Home cooked food is the ideal recipe for a healthy diet

PEOPLE WHO FREQUENTLY cook meals at home eat healthier and consume fewer calories than those who cook less, says a study. Those who frequently cooked at home - six-to-seven nights a week - also consumed fewer calories on the occasions when they ate out, the findings showed.

"When people cook most of their meals at home, they consume fewer carbohydrates, less sugar and less fat than those who cook less or not at all - even if they are not trying to lose weight," said study author Julia Wolfson from the Johns Hopkins University in the US.

The researchers analysed data from the 2007-2010 National Health and Nutrition Examination Survey from more than 9,000

participants aged 20 and older. The researchers found that eight per cent of adults cooked dinner once or less a week and this group consumed, on an average day, 2,301 total calories, 84 grams of fat and 135 grams of sugar.

Forty-eight per cent of participants cooked dinner six to seven times a week and they consumed 2,164 calories, 81 grams of fat and 119 grams of sugar on an average day. The researchers also found that those who cook at home rely less frequently on frozen foods and are also less likely to choose fast foods on the occasions when they eat out.

"The evidence shows people who cook at home eat a more healthy diet," Wolfson added. The study will be published online in the journal *Public Health Nutrition*. IANS



On the job

A work version of Facebook may soon be launched

IN A BID to become an integral part of office life, the social networking site Facebook is reportedly working on a new version of its service to make your working hours more productive. The new service called 'Facebook at Work' will allow employees to have work-friendly chats, connect with business partners, document collaboration and increase storage facilities.

It will look like Facebook

with news feeds but will offer work and personal pages, the *Financial Times* reported.

The enterprise-friendly version of its service will take on Google, Microsoft and LinkedIn, it added. It is not known when the professional site will launch, but it will reportedly be free initially.

Workers at Facebook have already been using the work-focused site for a while, the report said. IANS

ALIGN YOUR LIFE

Know Your Aura

Life is full of colours. So is our imagination. Therefore it should not come as a surprise to you that even the energy that surrounds all living beings, is full of colours. Aura is the illuminating energy field that surrounds all living beings. So where do these colours come from?

The colours of the aura emerge from a subtle energy body that houses seven major chakras. Chakras are wheels of light and correspond to seven areas of our lives. Each wheel emanates a different colour from the spectrum and these colours form our aura. The aura, especially around and above the head have very special meanings. The colours of the aura can be bright or dull depending on the journey of your life.

Happy and positive people will have bright and lively colours around them. While people who are ill or sad, will have dark and muddy colours around them. The key is to always be aware of our thoughts and actions at all times, as it affects our aura and eventually our health.

Is it really possible to see the aura colours? Of course it is. Children see the aura and all the colours around them. That is one of the reasons why a painting done by children will have unique colours for objects and people. It is because they see things in colours. But as children grow up, due to mental conditioning at school and by their parents, they slowly lose the ability to see colours.

The key to understanding aura colours is intuition and feeling. If you dislike a person, it is because your aura colours are completely different. We always tend to attract people with similar colours in our lives. That creates a feeling of déjà vu and instantly helps us in getting closer to that person. The colours of our aura affect the quality of the life we lead. As bright colours translate into happiness and good health, the key is to cleanse your aura and maintain good colours.

The easiest way to cleanse your aura is to practice some form of relaxation and meditation on a regular basis. Swimming in salt water also helps in eliminating unwanted energy from your aura.

Remember, the key to leading a happy and healthy life is to cleanse your aura on a regular basis.

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