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LIFESTYLE

Save your skin

Natural tips to prevent sagging

HAS YOUR SKIN begun to age with fine lines appearing near the eyes? Is your sagging skin making you look haggard and old? Here are some simple home-made solutions suggested by dermatologist Navin Taneja, director of National Skin Centre that will act a saviour.

Strawberries: Strawberries work like astringents on the skin and they are 100 percent natural. Make a face mask of freshly-crushed strawberries and apply on the skin.

Cucumber and Avocado: A combination of cucumber and avocado is very good to prevent skin from sagging. Alternatively, grate a cucumber and apply it on your entire face to get rid of loose and sagging skin.

Yogurt and Egg White: Whisk two eggs until you get a foamy mixture and apply it to your neck and face surface. Add a table spoon of yogurt and should be whipped properly. Apply it for 20-30 minutes.

The Earthiness of Cin-



namon: Prepare a scrub using cinnamon powder, turmeric powder, sugar and olive oil to moisturise your skin.

Rice Powder: Rice powder has anti-ageing properties. Mix

two tablespoons of rice flour, two tablespoons of rose water or green tea and apply to the skin; then rinse with cool water.

Papaya: Papaya contains rich anti-oxidants which, besides en-

hancing dead skin, also remove dead cells from the skin. Mash papaya with rice flour and honey spread and apply on the face. Rinse with lukewarm water after 20 minutes. *IANS*

It's a funny story *We are better at detecting laughter than words*



WHETHER THEY ARE growls of anger, the laughter of happiness or cries of sadness, humans pay more attention when an emotion is expressed through vocalisations than we do when the same emotion is expressed in speech.

It takes just one-tenth of a second for our brains to begin to recognise emotions conveyed by vocalisations, a study said. The researchers believe that the speed with which the brain 'tags' these vocalisations and the preference given to them compared to language, is due to the potentially crucial role that decoding vocal sounds has played in human survival.

"The identification of emotional vocalizations depends on systems in the brain that are older in evolutionary terms," said lead study author Marc Pell from McGill University in Montreal, Canada. "Understanding emotions expressed in spoken language, on the other hand, involves more recent brain

systems that have evolved as human language developed," Pell explained.

The findings were published in the journal *Biological Psychology*. The researchers were interested in finding out whether the brain responded differently when emotions were expressed through vocalisations (sounds such as growls, laughter or sobbing, where no words are used) or through language.

They focused on three basic emotions - anger, sadness and happiness - and tested 24 participants by playing a random mix of vocalisations and speech. The researchers found that the participants were able to detect laughter more quickly than vocal sounds conveying either anger or sadness. But, interestingly, they found that angry sounds and angry speech both produced ongoing brain activity that lasted longer than either of the other emotions, suggesting that the brain pays special attention to the importance of anger signals. *IANS*

ALIGN YOUR LIFE

The Inner Balance

How often have you felt stifled? How often have you not been to say how you feel? Everyday at work and at home we tend to keep our true thoughts and feelings inside, not wanting to either hurt people or to simply stay out of unwanted controversy. Our emotions, feelings, unsaid words are all hidden deep down. Many have active dreams due to this habit, as the mind remains active all night long. Some people start venting their frustration and anger by talking to themselves in the mirror. Some often fall sick due to accumulated internal stress. Headaches and body pain are one of the most common symptoms of internal stress.

Keeping things buried inside have many disadvantages. Some of the feelings and emotions are negative and they remain deep rooted for years causing unnecessary health problems. It has been proved scientifically that your thoughts and emotions affect your body more than you think. The mind-body connection is deep rooted.

So what can be done to neutralise these emotions?

The answer is simple - express more and hold back less. It's not as easy as it sounds. There are people with whom you can't really share your true feelings. Or sometimes you don't want to hurt people you love. But you must learn to externalise those feelings one way or another.

Journal writing helps in letting go and moving on. Pour out your feelings as much as you can. Write random things or anything specific. The choice is yours. As long as you let it go, it's fine.

Learn distress techniques. Meditation helps in calming your mind and letting go of thoughts. Practice short meditations at home or take up a class. De-stress your mind and body. It might be initially difficult but over a period of time your mind will learn to let go and switch off.

Practice breathing exercises. Pranayama is a strong tool in yoga to combat stress and tension. Join a yoga class to learn how to breathe in deeply and freely.

Last but not the least; learn to let go. We tend to hold onto our emotions for years without realising the consequences. Learning to forgive and moving on are the most important aspects of finding inner peace and balance.

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