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LIFESTYLE

Caffeine boon

Three to five coffee cups a day may cut heart disease risk

DRINKING **THREE TO** five cups of coffee per day could cut an individual's cardiovascular disease (CVD) mortality risk by up to 21 percent, says new research.

"It is important to acknowledge factors which might have a protective effect against CVD mortality. Moderate coffee consumption could play a significant role in reducing CVD mortality risk, which would impact health outcomes and healthcare spending across Europe," said professor Doutor AntAnio Vaz Carneiro da Faculdade de Medicina da Universidade de Lisboa, Portugal.

The report published by the Institute for Scientific Information on Coffee (ISIC) highlights the role of lifestyle factors in CVD mortality risk reduction,

the epidemiological evidence on coffee and CVD mortality.

The lowest CVD mortality risk is seen at an intake of approximately three cups of coffee per day, with a percentage risk reduction of up to 21 percent.

Drinking three to four cups of coffee per day is linked with an approximate 25 percent lower risk of developing type 2 diabetes compared to consuming none or less than two cups per day. People with diabetes typically have a higher CVD mortality risk, therefore this association may be linked to a decreased CVD risk.

Half of CVD cases in women could be avoided by modifying lifestyle choices, as approximately 73 percent of coronary heart disease (CHD) cases and 46 percent of clinical CVD are attributable to an unhealthy lifestyle. *IANS*



Tips for the summer



Five ways to reverse sun-damaged skin

INDULGE IN HEALTH diet, don't forget to apply sunscreen and try face repair masks to keep skin in the pink of health. Sangeeta Velaskar, vice president and Head, Medical Services and R&D, Kaya Skin Clinic, recommends a few tips to reverse the damage:

- **Sunscreen:** The end of summer does not mean the end of your sunscreen routine. Up to 80 percent of UV radiation can penetrate light cloud cover which is why applying sunscreen is essential even during monsoon season. This will help prevent further damage to the skin.
- **Diet:** A diet rich in anti-oxidants help reverse sun damage by fighting against the free radicals that cause damage to the skin cells. Ingredients such as berries, citrus fruits and vegetables protect the skin against sun induced allergies and damages. Also, the consumption of green tea helps neutralise free radicals and can even help in preventing wrinkles.
- **Face repair masks:** Indulge in face repair masks containing ingredients such as Arbutin which

relieves the skin of the damage, vitamin C extracts that help in even skin tone. Argan oil is also a beneficial ingredient that reduces the appearance of wrinkles.

- **Skin care regime:** Besides the regular cleansing-toning-moisturising (CTM) ritual, exfoliation helps in smoothening the skin. Exfoliants remove old, dry, dead skin cells, toxins and other deposits and allow new skin cells to surface. For regular use, rely on exfoliators with botanical extracts. Additionally, incorporating a night cream will enhance the damage reversal process by healing damaged skin. Look out for products containing multi-vitamins, azelaic acid and imperata cylindrica.

- **Choice of skin care products:** Depending on the damage induced by the sun, choose skin care products that effectively tackle the issues. Use a water-based moisturiser to ensure a soothing effect on your skin. If you have sensitive skin, then rely on hypoallergenic products that are alcohol and paraben free. *IANS*

ALIGN YOUR LIFE

Live Light

We all have lost something precious in our lives and been through sorrow and grief. The lives we lead are vastly different and yet we are all connected through our journeys and similar experiences. Some of you may have lost a loved one, while some are struggling with health. Some are constantly searching for love or mental peace. The quest is endless and yet we are all on the same path, living the same life. For some, the pain is unbearable while some find ways to cope – either through food, smoking, drinking or simply falling into the endless pit called depression. So where does this journey finally end? Is there any happy ending?

Having been through such a journey myself, I can surely tell you that yes, there is a possibility for a happy ending and things can turn around anytime you want. Sounds easy? I can confidently tell you that it is indeed very easy. No matter what your sorrow, problem or grief is, there is always a way out.

The first step to freedom is learning to choose a right thought. If you are constantly self-doubting and get bogged down easily by negative thoughts, simply choose a positive thought pattern. Choosing happy and positive thoughts sets you in the right frame of mind to face the challenges ahead.

Positive self talk is a big step towards the recovery. Many people are not even aware that they discourage themselves all the time. Don't believe me? How often have you looked in the mirror and told yourself, "I am fat, I am good for nothing, I hate myself." This talk when repeated on daily basis becomes part of your belief system and seeps into your subconscious mind. It's now time to say motivating things to yourself, "I am happy, I am working towards improving my health, I am safe and secure." Repeating these on daily basis will help you to replace the old thoughts with the new ones and before you know it, they will be part of your belief system.

Forgive yourself. We all make mistakes. We all stumble and fall. It's what life is all about. Holding a grudge towards yourself is more harmful than gulping down a bottle of poison. You won't be able to move on until your mind, body and soul are integrated into oneness. So take the first step and learn to get over your mistakes.

And last but not the least, let all the excess baggage fall off. Old relationships, painful memories or an unpleasant past has no place in your life. So throw it out of your life. It could be breaking off relationships, throwing away old things or simply disconnecting mentally from your past.

Once you learn the art of living light, life won't seem like a burden anymore!

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