

LIFESTYLE

MY BYTE



Go fresh with farmers' markets
Shailene Woodley is inspiring us to eat healthy. "I try to shop farmers' markets. It's obviously the most fresh, and you get to communicate with the people who are planting the seeds and harvesting it themselves."

My body is like breakfast, lunch, and dinner. I don't think about it, I just have it."
ARNOLD SCHWARZENEGGER



Don't stop that workout

Exercise at any age could keep Alzheimer's away

REGULAR EXERCISE AT any age could keep the mind young and help you stave off Alzheimer's disease and other dementias. People with dementia may experience memory loss and difficulties with thinking, problem-solving or language.

In this study, the researchers discovered a positive correlation between fitness and blood flow to areas of the brain where the hallmark tangles and plaques of Alzheimer's disease pathology are usually first detected. "This is an important first step towards demonstrating that being physically active improves blood flow to the brain and confers some protection from dementia," said lead researcher Nathan Johnson from the University of Kentucky College of Health Sciences in the US. Conversely, the findings

suggest that people who live sedentary lifestyles, especially those who are genetically predisposed to Alzheimer's, might be more susceptible.

For the study, thirty men and women aged 59-69 were put through treadmill fitness assessments and ultrasounds of the heart. Then they received brain scans to look for blood flow to certain areas of the brain.

"We set out to characterise the relationship between heart function, fitness, and cerebral blood flow, which no other study had explored to date," Johnson said.

"In other words, if you're in good physical shape, does that improve blood flow to critical areas of the brain? And does that improved blood flow provide some form of protection from dementia?" Johnson noted.

The results showed blood flow to critical areas of the



brain - and so the supply of oxygen and vital nutrients - was higher in those who were more physically fit. This study demonstrates that regular exercise at any age could keep the mind young, Johnson said. *IANS*

Since people who exercise frequently often have reduced arterial stiffness, the researchers believe that regular physical activity - regardless of age - maintains the integrity of the "pipes" that carry blood to the brain. The findings were published in the journal *NeuroImage*.

ALIGN YOUR LIFE

Significance Of Directions

Directions are very important in Feng Shui. Based on what the compass indicates, and after calculating the energies, you are supposed to implement suggested changes. But many people have started to follow certain rules without understanding the origin and significance. Let's look at four compass and understand why certain beliefs are attached to them.

North is associated with career. To the ancient Chinese North was the cold icy land where Manchu warriors resided. Anything could happen in this direction due to constant movement. Poor could become rich overnight by doing business with warriors. However this has no significance now.

Northeast was where Kublai Khan established his courts. Anyone who wanted a job in the royal services had to go there and pass an exam. Thus came the belief that knowledge and education can be attained in the Northeast. This belief has not much use these days.

East is the direction of rising sun and was always associated with springtime and renewal. The elders of the family woke up early to work on the farms and looked after the household. Therefore East was associated with elders and family.

Southeast of China was Hong Kong and other tiger economies. Therefore a lot of money came from these regions enriching the life of farmers. Southeast became the money area. In present times this is more a myth than a Feng Shui rule. We will look at the myths attached to the other four directions in the next column. Until then look around your home and see if you have been following any of the above rules. And if you are, then are these rules or beliefs benefiting you?

Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Insitute which offers effective solutions that focus on stress management and overall well-being. Email align@shivaniadalja.com



Does your kid snore? This could be the reason...

IS YOUR CHILD performing poorly at school? If yes, please check if he or she is sleeping well because researchers have found that snoring can adversely affect children's thinking abilities.

While periodic snoring is usual in children, persistent snoring can lead to a disorder called sleep apnea that affects the quality of sleep, which in turn, can be linked with concentration and learning difficulties, the findings suggest.

The most common reason for snoring are enlarged tonsils or adenoids, that can often be cured or reduced with surgery.

In the study, school children, comprising snorers and non-snorers were



assigned to one of four groups based on severity of sleep apnea.

After comparing measures of cognitive functioning across the four groups, the researchers found that even snoring alone has a negative effect on children's thinking abilities.

"Our findings provide further justification for exploration and develop-

ment of simple cognitive batteries that can be coupled to the current clinical evaluation of children with habitual snoring such as to better guide the decision-making process," said Leila Gozal from University of Chicago in the US. *IANS*

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. You may have sleep apnea if you snore loudly, and you feel tired even after a full night's sleep.