

## LOOKING INTO LIFESTYLE



### Gwyneth swears by omega oil

Ever wonder where Gwyneth Paltrow gets that glow from? "I use omega-3 oil. I love light oil on my skin. It's one of my favorite feelings in the world", she says.

Even if you are all decked up as a bride, your personal style should always shine through. It's not about doing an over-the-top look anymore."

DESIGNER ANITA DONGRE

## MY BYTE



# Cycling may cut Type 2 diabetes risk

**C**YCLING, OFTEN MARKED as a recreational activity, can significantly reduce the risk of developing Type 2 diabetes (T2D), if used as a means of transport to work daily, suggests a research. The findings showed that people who took up habitual cycling were at 20 per cent lower risk for T2D than non-cyclists.

"Because cycling can be included in everyday activities, it may be appealing to a large part of the population. This includes people who due to lack of time, would not otherwise have the resources to engage in physical activity," said Martin Rasmussen from the University of Southern Denmark. Further, cycling can lower the risk of various chronic diseases not only in



young people but also people who are in their middle age or are entering old age, the researcher said.

"We find it especially interesting that those who started cycling had a lower risk of Type 2 diabetes, given that the study population were men and women of middle and old age," Rasmussen added. In addition, the risk of developing T2D

appeared to decrease with the time spent in cycling per week.

For the study, the team included 24,623 men and 27,890 women from Denmark, between the ages of 50 and 65, and compared the association between self-reported recreational and commuter cycling habits with T2D incidence measured in the Danish National Diabetes Registry. *IANS*

### Cycle to health

It is beneficial to encourage adults of middle and old age to engage in commuter and recreational cycling to prevent the development of T2D in late adulthood.

## ALIGN YOUR LIFE Feng Shui & Vaastu

**M**any clients often ask if I practice Vaastu along with Feng Shui. For those who don't know what Vaastu is; it is a Hindu system of architecture that was developed between 6000 to 3000 BCE. Predominantly used in India, Vaastu is considered the Indian counterpart of Feng Shui. But in reality are they really synonymous? Lets have a look.

Vaastu has many sub texts or shastras, which provide guidelines on building temples, townships and cities.

One such Vastu Shastra is by Thakkura Pheru, describing where and how temples should be built. By 6th century AD, Sanskrit manuals for constructing palatial temples were in circulation in India. Vaastu-Sashtra manuals included chapters on home construction, town planning, and how efficient villages, towns and kingdoms integrated temples, water bodies and gardens within them to achieve harmony with nature. While it is unclear, as to whether these temple and town planning texts were theoretical studies and if or when they were properly implemented in practice, the manuals suggest that town planning and temples were conceived as ideals of art and integral part of social and spiritual life.

On the other hand Feng Shui originated in China around 6000 BC. It is a Chinese metaphysical system of harmonising everyone with the surrounding environment. It is closely linked to Daoism. The term Feng Shui literally translates as "wind-water" in English. It first appeared in the book by Kwok Po known as *The Book Of The Burial*. In ancient China, Feng Shui was first used to locate the most auspicious sites to bury ancestors and to find the most favourable places to build palaces, monuments and government buildings. The Chinese focused on the invisible influences of energy because they felt their lives were closely linked to their environment. They identified ways in which the natural energy around them behaved and how it affected them. They experimented and found that there were favourable locations to build homes where health and luck was on their side. The Chinese concluded that if a person shifted and balanced the energy in their surroundings, it would lead to a vital, prosperous and harmonious life. Historically, Feng Shui was widely used to orient buildings, often spiritually significant structures such as tombs, but also dwellings and other structures in an auspicious manner. Depending on the particular style of Feng Shui being used, an auspicious site could be determined by reference to local features such as bodies of water, natural landscape, stars, or a compass.

Though Vaastu and Feng Shui look similar on the surface, they are different in their application. We will look at what those are in the next article.

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

## Water might be the new secret to weight loss

**WATER CAN BE** the potential secret weapon in the fight against the ever-burgeoning waistline, finds a study. According to researchers, drinking water which contains no carbohydrates, fat or protein - key factors for obesity - may help avoid overeating and thus lead to a healthier weight.

"Staying hydrated is good for you no matter what, and our study suggests it may also be linked to maintaining a healthy weight," said lead author Tammy Chang, Assistant Professor at University of Michigan, in the US.

"Our findings suggest that hydration may deserve more attention when thinking about addressing obesity on a population level," Chang added. The findings showed that people who are obese and have a higher body mass index (BMI) are more



likely to be inadequately hydrated.

On the other, people with inadequately water content are also likely to be obese and have a higher BMI. Staying hydrated by drinking water and eating more water-loaded fruits and vegetables can help with weight management, specially in obese individuals.

However, "the link between hydration and weight is not clear. Our study further explains this relationship on a population level using an objective measure of hydration," Chang noted. In addition, people with higher BMIs, who are expected to have higher water needs might also demonstrate behaviours that lead to inadequate hydration, the researchers said. *IANS*

Fresh fruits and vegetables are packed with water. A cup of sliced radishes has half a cup of water, while a 2-cup serving of watermelon - also a single cucumber - both have more than a cup of water.