

## LOOKING INTO LIFESTYLE

# Beware of binge-watching



**WATCH-ING A LOT** of television every

day may increase the risk of dying from a blood clot in the lungs, according to new research.

A lung blood clot, medically known as a pulmonary embolism, usually begins as a clot in the leg or pelvis as a result of inactivity and slowed blood flow.

If the clot breaks free, it can travel to the lungs and become lodged in a small blood vessel.

The researchers asked 86,024 participants, aged between 40 to 79 years on how many hours they spent on watching television.

It was found that deaths from a pulmonary embolism increased by 70 per cent among those who watched television from 2.5 to 4.9 hours daily. Forty per cent

deaths were recorded for each additional two hours of daily television watching and two and a half times among those who watched it for five or more hours.

“Deaths from pulmonary embolism are believed to be under reported because diagnosis is difficult. The most common symptoms of pulmonary embolism - chest pain and shortness of breath - are the same as other life-threatening conditions, and diagnosis requires imaging that many hospitals are not equipped to provide with,” said Hiroyasu Iso, Professor, Osaka University Graduate School of Medicine.

The researchers accounted for several factors that might have influenced findings, including obesity, diabetes, cigarette smoking and hypertension. *IANS*

### SHUT OFF THE TELLY

“Nowadays, with online video streaming, the term ‘binge-watching’ to describe viewing multiple episodes of television programs in one sitting has become popular. This popularity may reflect a rapidly growing habit,” said Toru Shirakawa, Researcher, Osaka University Graduate School of Medicine.

## Poor sleep linked to depression in kids

**CHILDREN WHO EXPERIENCE** inadequate or disrupted sleep are more likely to develop depression and anxiety disorders later in life, suggests new research.

“Healthy sleep is critical for children’s psychological well-being,” said principal investigator of the study Candice Alfano, Associate Psychology Professor at the University of Houston in the US.

“Continually experiencing inadequate sleep can eventually lead to depression, anxiety and other types of emotional problems,” Alfano noted.

The findings are based on temporary sleep restrictions in 50 pre-adolescent children between the ages of seven to 11.

Inadequate sleep impacts

children’s emotional health not only by creating more negative emotions, but also by altering positive emotional experiences, the results showed.

For example, after just two nights of poor sleep, children derive less pleasure from positive things, are less reactive to them and less likely to recall details about these positive experiences later.

“If your child has problems waking up in the morning or is sleepy during the day, then their nighttime sleep is probably inadequate. This can result for several reasons, such as a bedtime that is too late, non-restful sleep during the night or an inconsistent sleep schedule,” Alfano pointed out. *IANS*



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## ALIGN YOUR LIFE

### Feng Shui and Vaastu

**S**o far we have looked at Vaastu and Feng Shui and the main differences that set them apart.

Vaastu originated in ancient India while Feng Shui is from China.

The last two columns focused on fundamental differences that set them apart.

In this column we will look at Vaastu and some general rules followed by this science to give you a better understanding.

Balancing of the primary elements of space, water, earth, fire and wind, is the basis of Vaastu. It is believed that these elements govern all the energies and need to be balanced within a home/space to achieve harmony and balance.

Secondly it is always recommended to orient the structure to the four cardinal directions i.e. North, South, West or East.

In some cases the direction is chosen based on astrological sign of the resident.

One other rule is to always have a compound wall on all the four sides of the house to protect the energy within.

It is also recommended to create a depression all along the boundary wall within the site by creating a green belt or flower path.

Another common rule is to elevate the building to three feet above road level.

East is considered to be the most auspicious entrance for a Vaastu friendly home as it is the direction of the rising Sun that brings along life and prosperity.

The alternate direction that can be used is North-East. Square and rectangular shapes are ideal in a Vaastu friendly property and all other shapes are not given that much importance.

In addition to these there are many fixed rules that need to be applied.

One is that kitchen should be in the South-East and one must face East while cooking.

Another rule is that the head of the family should sleep in South-West. Children should always face East while studying. And basements are not recommended while building a new home.

After having carefully studied some of the general recurring rules in Vaastu, one thing that stands out is that Vaastu follows fixed rules.

These rules are set and can never be altered. Secondly Vaastu does not take into consideration the aspect of changing time. This poses a bit of problem, as we all know that energies around us change from time to time.

Therefore what is auspicious or acceptable today might not be the same after a few years.

Thirdly Vaastu is applied better when building a home or a temple. In already constructed properties it is not possible to apply fixed rules.

In the next column we will look at some general rules of Feng Shui that will help you decide which of these two sciences is good for you and is more effective.

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