



LIFESTYLE



**THE APPETITE CENTRES** of children's brains light up when they are shown advertising images such as the McDonald's logo, a study reveals.

Researchers revealed that the same areas do not respond to well-known logos that are not to do with food, *The Independent* reported on Sunday.

It suggests that fast-food firms are tapping into the reward areas of the brain, and that these develop before the regions that provide self-

## FAST-FOOD LOGOS LIGHT UP KIDS' BRAINS

control, leading to unhealthy choices. "Research has shown that children are more likely to choose those foods with familiar logos," said lead researcher

Amanda Bruce.

"That is concerning because the majority of foods marketed to children are unhealthy, calorifically-dense foods high

in sugars, fat, and sodium,"

said the study conducted at the University of Missouri-Kansas City and the University of Kansas Medical Center. *IANS*



## Chakrasana (Wheel Pose)

YOGA

**IN SANSKRIT, THE word Chakra means wheel. This asana is named Chakrasana because the entire body is shaped like a wheel while practicing it. It is also known as Urdhva Dhanur asana where Urdhva stands for "upright" or "elevated" while Dhanur means "bow". That is why it is also known as "Raised Bow Pose". Wheel Pose is one of the best asanas to reduce weight. Here we showcase how to do Chakrasana and enumerate its benefits.**

### TECHNIQUE

- First of all lie down comfortably on your back in Shavasana Pose.
- Now bend your knees completely until your feet touch your buttocks.
- Now bend your arms with elbows over the head and place palms just under the shoulders on floor such that fingers are pointing towards your back.
- While inhaling gradually raise your hands, chest, stomach, and waist by arching the spine.
- Continue pressing the



ground with feet and hands. Then try to raise your body as high as possible.

- If you feel comfortable with this pose then try to bring your hands and feet as close as possible to make a wheel type shape.
- After completion of the entire process reverse the process for getting back to normal

Shavasana posture.

### BENEFITS

- Chakrasana makes the spinal cord flexible, strengthening stomach and intestines.
- It is a very useful asana for those who are suffering from eye problems, waist pain, headache and spondylosis.
- It makes hands, thigh and leg

muscles strong and tough.

- It is very helpful for women who are suffering from menstrual disorders and problems related to uterus.
- This pose is specifically beneficial for people who are exposed to computers for a long time as they always sit at one place and work. In the pose as we bend backward, so tension and stress in the body will be relieved and help in decreasing ailments arising out of them.

### CAUTION

- Don't do the asana with much force as this may lead to pain in shoulders and neck.
  - If there is not much spine flexibility in the beginning, one should not force or push the body into doing the pose.
  - Because of the deep arch to the spine, it is best to do a counter pose such as Matsyasana (Fish Pose) after practicing Chakrasana, to relieve any strain from the spine.
  - Beginners should spread their feet to build stability in the pose, and gradually place the feet together.
- Sumit Manav, Lifestyle Yoga (info@lifestyleyoga.ae)*

## ALIGN YOUR LIFE

### Symbols of Feng Shui

**VERY OFTEN WHEN** I visit a client's home or office for feng shui assessment, I am surprised to find their property turned into a replica of a Chinese bazar from Hong Kong. I see big laughing Buddhas placed by the door to attract wealth, golden frogs positioned by the windows to bring in opportunities or dangling metal windchimes to create good energy. One client had gone through a lot of trouble to decorate his entire house in the colour red, giving an impression that it was on fire.

Many people in a bid to find harmony and better opportunities get carried away and purchase feng shui items worth tens and thousands of dollars. However very few are able to turn their life around. Most of the items used in feng shui have a lot to do with Chinese culture and its interpretation of symbols. That is one of the main reasons why people are not able to relate to frogs or turtles as good luck symbols. But to be able to understand the significance of symbols in feng shui, one must dwell deep enough to know its core belief. Feng Shui is a science about harnessing good energy and deflecting bad energy. Many items have been designed based on Chinese culture keeping their beliefs in mind. But in my opinion some of the symbols used in feng shui have more psychological impact due to its cultural interpretation. For example, many people hang Pakua mirrors outside the main door to ward off bad spirits or energy. The image of Pakua symbolizes harmony among heaven and earth, there by protecting the residents. However here in the Middle East, people prefer to hang a symbol of the evil eye at the main door for exactly the same purpose. So does it mean Pakua is more effective than the evil eye? I believe not. And this is where the ability to cross cultural barriers helps in harnessing good energy in any property across the globe. One must understand the origin or cultural significance of a particular item and see how can it be adapted to ones living and working environment at this point of time. Use items that resonate with your culture, beliefs and understanding. Following feng shui principles blindly will be heavier on your wallet, but not necessarily very effective. So next time you want to dabble into feng shui, look around your house and gather all the displayed items to analyse their significance. Before investing in statues of Buddhas and turtles, ask yourself, "What do these mean to me?" And that should be the first step towards getting your feng shui right!

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