



# Eat your broccoli

The vegetable could help prevent osteoarthritis, research says

**A COMPOUND FOUND IN** broccoli could be key to preventing or slowing the progress of the most common form of arthritis, according to new research.

Results from laboratory studies showed that sulforaphane could slow down the destruction of cartilage in joints associated with painful and debilitating osteoarthritis, a new research published in the *Arthritis & Rheumatism*

journal said.

In the research, mice fed with a diet rich in the compound had significantly less cartilage damage and osteoarthritis than those that were not, *Xinhua* reported.

According to researchers, sulforaphane is released when eating cruciferous vegetables such as Brussels sprouts and cabbage, but particularly broccoli.

Previous research suggest-

ed that sulforaphane has anti-cancer and anti-inflammatory properties.

The researchers discovered that sulforaphane blocks the enzymes that cause joint destruction by stopping a key molecule known to cause inflammation.

The study involved researchers from University of East Anglia, along with the University of Oxford and Norfolk and Norwich Univer-

sity Hospital.

"As well as treating those who already have the condition, you need to be able to tell healthy people how to protect their joints in future," said Ian Clark, the lead researcher.

"There is currently no way in to the disease pharmaceutically and you cannot give healthy people drugs unnecessarily, so this is where (the) diet could be a safe alternative," he added. *IANS*



## ALIGN YOUR LIFE

### Tricking The Mind

**PEOPLE HAVE STRUGGLED** for years with weight loss. Some go on raw vegetable diet, while some experiment with extreme detox. People visit different countries in the hope of finding a solution, join gyms they never visit, and pay for fitness lessons they never attend. The list is endless.

The reality is that weight gain is all about emotional eating and letting yourself go. Most people start adding on pounds after going through trauma or a negative life-changing event. There are also hidden dynamics at play. People also tend to add on weight when their chakras are out of alignment. Chakras are the energy centers hidden within your energy body, which surrounds the physical body. These energy centers are responsible for your emotional, physical and mental wellbeing. When a negative life changing event occurs, these chakras are likely to be affected. The second chakra is located in your abdomen and is responsible for emotional wellbeing and self esteem.

When any kind of negative event occurs, this chakra is likely to affect your digestive system leading to erratic eating patterns and sudden weight gain. Once emotional cleansing happens through specific meditations and hypnotherapy, the chakra returns to its normal function. As a result you will start losing weight much faster. After the second chakra is balanced, you then need to focus on controlling the mind and guide it in the right direction to stay focused to maintain good health.

One of the latest techniques in the field of hypnotherapy is that of Hypnoband. During the session a client is led to believe that he has undergone a gastric bypass and that his stomach size has been reduced. Once this suggestion is planted in the mind, it is endorsed time and again through follow up sessions. Over a period of time this belief helps the client to lose weight as he starts feeling full with smaller meals leading to considerable weight loss.

At first this concept sounded very alien to me. After all how is it possible to make your subconscious mind believe that you had a surgery, but in reality it was just hypnosis? And so I have been experimenting this unique approach on myself for the last few weeks and guess what? I am down a few kilos. Of course I watch what I am eating and I try to stay fit. But the fact of the matter is I am feeling full eating smaller portions and that in turn is helping me lose weight.

Who would have thought that tricking your mind can help you lose weight. But sometimes all you need is the courage to try something new to rediscover yourself.

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## On a high

**WOMEN WHO TEND** to splurge on shopping should wear high heels to curb the habit of overspending, says a study.

A study by the Brigham Young University has found that consumers experiencing a heightened sense of balance are more likely to weigh the options and go with a product that falls in the middle of the high-end, low-end scale.

"If you're someone who tends to overspend, or you're kind of an extreme person, then maybe you ought to consider shopping in high heels," said study author Jeffrey Larson, a marketing professor at the university.

Larson and co-author Darron Billeter discovered that anything that forces your mind to focus on balance affects your shopping choices as well, *Science Daily* reported.

The results of the study show that influential cognitive processes are at play as people stumble through life, regardless of whether those stumblings are literal or metaphorical, the authors said. *IANS*



## Use smartphones to lose weight

**NEW RESEARCH SHOWS THAT** smartphones play a big role in getting into shape.

According to a new study by mobilephonechecker.co.uk, an online platform that offers the best mobile phone deals, as many as one-third of Britishers are now turning to their smartphones when dieting in a bid to help them reach their weight goals.

According to study, 39 per cent of people rely heavily on dieting and weight loss phone and tablet application in order to make informed decisions about their food choices.

Also, 81 per cent had seen more successful weight loss results through using dieting applications than they did before using them, reports femalefirst.co.uk.

"I think it is an absolutely fantastic sign that so many people are using their mobile phones to help aid them with weight loss, and seeing effective results from it. It must be hard to try and stick to a diet or low calorie menu when on the go or out at a restaurant, so being

able to track food intake in situations like this on a mobile device must be a godsend to some," said Adam Cable, director of mobilephonechecker.co.uk.

### Some of the reasons for using dieting apps included:

- ▶ Easier to track calories and food intake at the push of a button
- ▶ Can check calorie content of items before deciding to eat them
- ▶ Helpful for planning healthy and nutritious meals in advance
- ▶ Cheaper and easier alternative to diet books and magazines