



LIFESTYLE

# AT A GLANCE

**Women can tell a cheating man just by looking at him**



**WOMEN CAN TELL** with some accuracy whether an unfamiliar male is faithful simply by looking at his face, but men seem to lack the same ability when checking out women, according to an Australian study.

In a paper that appeared in the journal *Biology Letters*, the researchers found that women tended to make that judgement based on how masculine-looking the man was.

"Women's ratings of unfaithfulness showed small-moderate, significant correlations with measures of actual infidelity," wrote the team, led by Gillian Rhodes at the ARC Centre of Excellence in Cognition and its Disorders at the University of Western Australia in Perth.

"More masculine-looking men (were) rated as more probable to be unfaithful and having a history of being

more unfaithful."

Attractiveness was not a factor in the women making the link.

In the study, 34 men and 34 women were shown colour photographs of 189 Caucasian adult faces and asked to rate them for faithfulness.

The researchers compared their answers to the self-reported intimate histories of the 189 individuals and found that the

women participants were better able to tell who was faithful and who was not.

"We provide the first evidence that faithfulness judgements, based solely on facial appearance, have a kernel of truth," they wrote in the paper.

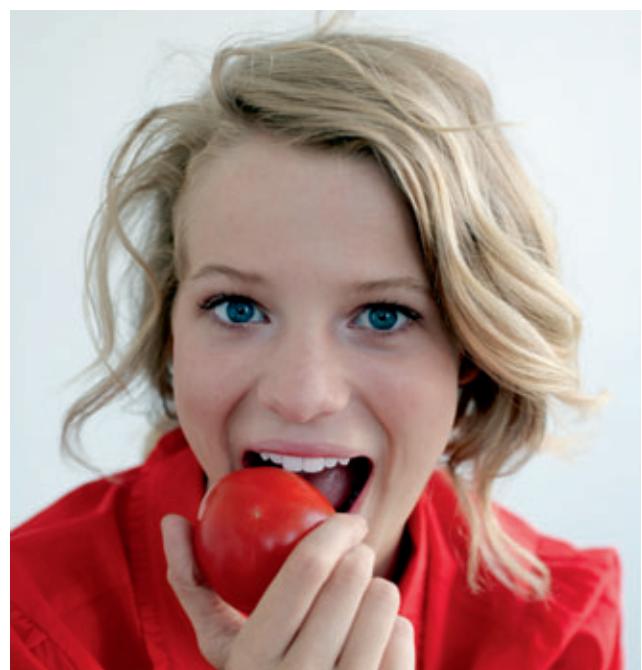
Men, on the other hand, seemed to have no clue. They tended to perceive attractive, feminine women to be unfaithful, when there was no

evidence that they were, the scientists noted.

Faithfulness is seen as important in the context of intimate relationships and mate choice, the scientists wrote in the paper. Men with unfaithful partners risk raising another man's child, while women with unfaithful partners risk losing some, or even all, parental and other resources to competitors. *Reuters*

# Tomatoes to the rescue

**Research finds eating tomatoes can help ward off depression**



**IF YOU HAVE** been feeling downcast and gloomy, then the best thing to do overcome this state of mind is to eat tomatoes a few times a week, say researchers.

Researchers analysed the mental health records and diet habits of just under 1,000 men and women aged 70 years or over.

They found those eating tomatoes two to six times a week were 46 per cent less likely to suffer the blues than those eating the red fruit less than once a week.

A team from China and Japan, led by Kaijun Niu from China's Tianjin Medical University, wanted to investigate preliminary reports that lycopene might also promote psychological and well as physical health by reducing

oxidative stress, or damage to healthy brain cells, the *Journal of Affective Disorders* reported.

But other fruits and vegetables do not have the same benefits, the study found.

Eating cabbage, carrots, onions and pumpkins appeared to have little or no effect on psychological well-being, according to the *Daily Mail*.

Up to 20 per cent of people suffer depression at some point in their lives, with women affected more than men. The elderly are at high risk because of the effect on mood from declining health, bereavements and loneliness.

Tomatoes are rich in antioxidants, particularly lycopene, that gives them their deep red colour and has been linked with reducing the risk of prostate cancer and heart attacks. *IANS*

# ALIGN YOUR LIFE

## Your Life Map

**A FEW YEARS** ago the book *The Secret* gained a lot of popularity globally. Every person I met was raving about discovering this new secret to a successful life. Books got sold, DVD sales soared and many lives changed for the better. But my question is - was it really a secret or were some facts just rediscovered?

For centuries all cultures and ancient texts have pointed towards power of positive thinking. Many ancient civilisations had rituals to strengthen positive thoughts and intentions. For example, in Buddhism monks improved their focus or intention through the practice of meditation, while some Asian cultures have rituals in place to invite good energy and positive thoughts in your life. The so-called secret was being practiced for thousands of years, however it was packaged differently this time around to widen its appeal.

The best tool in my opinion to unlock your hidden potential is to practice positive thinking through creative visualisation. And this theory also has a scientific basis. If your subconscious mind is surrounded by positive visuals and thoughts all day long, it is likely to respond and attract those situations in your life. The positive thoughts eventually become part of your belief system. And so the first step to manifesting your dreams is to create your own life map based on your goals. This can be achieved in a few simple steps.

Take a few moments out of your busy schedule to sit in a quiet corner and write down your goals and dreams. Then find relevant pictures, visuals and motifs that represent those dreams. Create a beautiful collage by compiling all the visuals and place this collage opposite your bed or work desk. It should be the first visual you see every morning and the last visual you see at night before you sleep. Over a period of time, these dreams and goals will become part of your existence and belief system. As a direct result of which, you will tend to attract similar situations in your life and will remain focused on what you want to achieve at all times. The visual anchor will help you steer in the right direction and avoid any diversions that may present themselves.

So take stock of your life, reevaluate your goals, set timelines, dream big, seek change, create a plan for your life that you want and you will soon realise that the collage you created, will become your life map in no time.

**Shivani Adalja** is an Abu Dhabi-based well-being expert. She runs the Alignment Institute which offers unique and effective solutions that focus on stress management and overall well-being

