

L LIFESTYLE

Change your lifestyle

20 minutes of exercise can keep Alzheimer's at bay

A BRITISH STUDY HAS suggested that just 20 minutes of exercising, thrice a week, could drastically reduce the risk of Alzheimer's. Even getting off the bus one stop early and walking the rest of the way could help in preventing the debilitating illness.

A third of all cases are due to lifestyle reasons including inactivity, obesity, smoking, high blood pressure and having a poor education, according to Cambridge researchers. But of these, a lack of exercise was found to be the single most important cause, *Daily Mail* reported.

Researchers believe regular physical activity ensures there is a steady flow of oxygen-rich blood to the brain. This is thought to prevent the build-up of plaques "deposits of protein in the brain" which cause Alzheimer's.

Researchers say adults can drastically lower their risk even by just walking to work.

Carol Brayne, from Cambridge University's Institute of Public Health, said: "The



important message is that there are aspects of healthy life which reduce risk.

"This doesn't say we can prevent dementia and Alzheimer's altogether. But there is a proportion which is preventable. Even just having a vigorous walk a few times a week.

"It's really difficult for many people to exercise. If nothing else is possible, even a walk will help. That's what evidence suggests. "So 20 minutes to half an hour, three times a week. I would say to just fit something into life in the best possible way. This might be getting off the

bus stop the next stop up, and walk the last bit."

A total of 850,000 Britons have been diagnosed with dementia "including Alzheimer's" although this will more than double by 2050. The study was published in *Lancet Neurology* journal. IANS

ALIGN YOUR LIFE

Learning To Express

Many children are down with cough and cold constantly. They have either sore throats or runny noses. Some even develop asthma and sinus and combat minor illnesses throughout their childhood. The same applies to many grown-ups, who also suffer from the same fate. Constant runny nose and watery eyes are synonymous with sinusitis for many. Some clients claim to have suffered from cough and cold their entire life, with no relief in sight. A client of mine, who has been the victim of a recurring cold, has not tasted ice cream or eaten anything cold in 32 years for the fear of worsening his cold. So what triggers this kind of problems and can anything be done to control it?

Your neck is the seat of the throat chakra and between your eyebrows in the location of the third eye chakra. The throat chakra controls the throat area, while the third eye chakra controls the face. When these two chakras are out of balance, it is likely create throat related problems and aggravate your sinus. On a deeper level, let's understand what these two chakras stand for. The throat chakra is the seat for communication, creativity and expression, while the third eye represents vision and intuition. It is often affected when you are not allowed to or able to speak up. It also develops blocked energy when your creativity is stifled. Many parents tend to curb the voice of their children unknowingly. Many children are told on a regular basis that they are not good enough, they can't speak up or simply they have no say. This could affect throat chakra from an early age. Some children are also forced to give up creative activities or not encouraged to take up something creative. In such cases, the energy in the throat and third eye chakra is blocked from a young age.

To avoid congestion of energy in these two chakras, allow your children to express freely from a young age. Get them to take up creative activities such as painting, drama or music. Adults who are not keen to take up creative activities, can also do journal writing for self-expression. The more you express, the more you strengthen your throat and third eye chakra.

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Photos: Getty

How stress leads to weight gain

THE NEXT TIME you order a pizza topped with extra cheese to bust your stress, think again.

Eating a single high-fat meal a day after experiencing one or more stressful events can slow the body's metabolism, potentially contributing to weight gain, almost five kilos a year, says a study.

"We know from other data that we are more likely to eat the wrong foods when we are stressed, and our data say that when we eat the wrong foods, weight gain becomes more likely because we are burning fewer calories," said Jan Kiecolt-Glaser, professor of psychiatry and psychology at The Ohio State University in the US.

"This means that, over time,



stressors could lead to weight gain," Kiecolt-Glaser added.

For the study, researchers questioned study participants about the previous day's stressors before giving them a meal consisting of 930 calories and 60 grammes of fat.

On an average, the women in the study who reported one or more stressors during the first 24 hours burned 104 fewer calories than nonstressed women in the seven hours after eating the high-fat meal - a difference that could result in weight gain of almost 4.98 kg in one year.

The study was conducted on 58 women with an average age 53.

The stressed women also had higher levels of insulin, which contributes to the storage of fat, and less fat oxidation - the conversion of large fat molecules into smaller molecules that can be used as fuel. Fat that is not burned is stored.

The research was published in the journal *Biological Psychiatry*. IANS