

LOOKING INTO LIFESTYLE

High BP? Listen to Mozart to reduce hypertension

LISTENING TO MUSIC legend Mozart can not only soothe your mood but also help lower blood pressure as well as stabilise the heart rate, new research has found. The findings showed that listening to classical music maestros Wolfgang Mozart and Johann Strauss the younger for 25 minutes could lower blood lipid concentrations and heart rate.

The study analysed 60 participants who were exposed to 25 minutes of music by Mozart, Strauss or ABBA - a Swedish pop group formed in Stockholm in 1972. Another group of 60 participants were allocated to a control group that spent their time in silence.

Mozart lowered the systolic (upper reading) BP - the pressure in blood vessels when the heart beats - by 4.7 mm Hg, Strauss by 3.7 mm Hg, whereas no substantial effect was seen for the songs of ABBA. Diastolic (lower reading) blood pressure -

when the heart rests between beats - also fell by 2.1 mm Hg for Mozart and 2.9 mm Hg for Strauss.

"It has been known for centuries that music has an effect on human beings. In our study, listening to classical music resulted in lowered blood pressure and heart rate. These drops in blood pressure were clearly expressed for the music of Mozart and Strauss," said Hans-Joachim Trappe und Gabriele Volt of Ruhr University Bochum in Germany.

"But Mozart's music had the strongest effect," he added. IANS



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Resting in a supine position also resulted in blood pressure lowering, but the effect was far less pronounced than for exposure to the music of Mozart or Strauss. In addition, after exposure to the music of Mozart and Strauss cortisol levels were found dropped more in men than in women. Quiet music of a slow tempo, long legato phrases and unchanging dynamics are regarded as beneficial for the cardiocirculatory system, said a paper published in the journal *Deutsches Arzteblatt International*.

Do you know blueberries can improve vision and memory?

WHILE AWARENESS ABOUT the benefits of blueberries in warding off cancer and lowering the risk of heart disease is widespread, very few people are aware of its advantages of reverting ageing, improving vision and memory, new research has found.

The researchers wanted to determine how much consumers know about blueberry health benefits and see if there is a knowledge gap with blueberry health benefits among demographic groups. They surveyed more than 2,000 people in 31 US states to see what they know about the health benefits of blueberries. The researchers found that most people were aware of the benefits of blueberries in cancer prevention and lowering the risk of heart disease but they are less aware of the advantages of reverting aging, improving vision and memory.

"People being more familiar with blueberries as deterrents

for cancer and heart disease may be related to the high general awareness of these two diseases," said lead researcher Shuyang Qu, doctoral student in agricultural education and communication at University of Florida Institute of Food and Agricultural Sciences, in a statement.

"The fact that cancer and heart diseases are the leading causes of death in America may have led to more personal research related to preventing the diseases, leading to the respondents being exposed to these findings more than other benefits," Qu noted.

The study also found that low-income populations tend to know less about blueberry health benefits. IANS



Many studies have suggested that increasing consumption of plant foods like blueberries decreases the risk of obesity, diabetes, heart disease and overall mortality while promoting a healthy complexion and hair, increased energy, and overall lower weight. (*medicalnewstoday.com*)

ALIGN YOUR LIFE

Balance the Star

IN FLYING STAR School of Feng Shui there are two main energies that affect the environment - Mountain Star or static energy and Water Star or moving energy. The main aim of this school of Feng Shui is to identify where these two energies reside, so they can be balanced and enhanced.

Ideally it is preferred that the main entrance or windows fall into the Water Star, as it requires movement and activity. And Mountain Star is better located around the bedroom or study area where the energy is stagnant and there is no movement.

The locations of these energies are derived after detailed calculations and taking into consideration the external factors and the compass direction. But once these areas are identified, it is best to go ahead and balance them for optimum results.

A Mountain Star is best left quiet. This Star or energy is good for relationships and needs to be in an area where there is no activity or movement. Mountain Star represents stability and strong relationships. Therefore it is ideal if this Star is in the bedroom or a study room. However if this Star is located at the entrance or by a window it will cause havoc in your relationships and may lead to instability.

On the other hand the Water Star is all about movement. This energy is ideal for prosperity, money and advancing career. This Star should be ideally located in the most active parts of the house such as entrance or window for good energy movement. There are many ways that one can activate a Water Star. The most auspicious and the best way is by placing a large aquarium in that area. Live fish create live energy and that is the reason most Chinese restaurants around the world will have an aquarium to boost business. However the size of the aquarium is vital. So bigger the property; bigger the aquarium.

The next best item that can be used to activate Water Star is a water fountain. The size of the water fountain should be proportionate to the size of the house. Metal fountains are very popular all over Asia to enhance the Water Star. You can use television or music system to also enhance the Water Star.

But if you are in an office then item used for enhancing also needs to be something that will blend in with your office décor. So you can use a photocopy machine or a coffee machine in that location.

Balancing and enhancing Mountain and Water Star can bring about a lot of positive changes in your surroundings and your life.

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