



Beat the cold

Eat right and light this winter

IT'S BENEFICIAL IN the colder months to indulge in Vitamin C rich food items and eat light, as the tendency to eat more rears its head during these months.

Femalefirst.co.uk shares tips on how to beat winter gloom:

Consume recommended Vitamin C levels daily: It is important to help

support your immune system not only in winter, but all year long. It may also help contribute to the reduction of tiredness and fatigue.

Go grill: Grilling is a healthy way to cook food, whatever time of year. Bring that summery barbecue feeling into your kitchen and onto your dining table.

Make meals lighter: We tend to eat more

in the colder months, particularly more carbohydrates. Our calorie intake also increases, making us more prone to weight gain. In cold weather, many of us fill up on carb-loaded comfort foods, whereas in the summer we're far more likely to eat salads and fruit! Eating more like you would in the warmer weather will help to bring back that summer feeling. *IANS*



Exercise pointless: Lagerfeld

DESIGNER KARL LAGERFELD hates to exercise and he finds it easier to stay slim by cutting fat out of his diet.

He lost oodles of weight ten years ago after switching to a strict diet of steamed vegetables and Diet Coke and had said he would not go back to being on the heavier side.

"No cheese, no butter, nothing. But I'm perfectly happy with that. My chefs are great, so it tastes beautiful," he told instyle.com.

"People who are obsessed with exercise, they are brain-washed. It is a bore. People exercise because they eat a lot. I don't eat that much so I don't have a lot to get rid of," Lagerfeld said.

When it comes to relaxing, he does not like to travel. "It is not an adventure anymore. Everything is made to the taste of the tourist. I am not a holiday person. I prepare the collections; I read. I am not on a boat in the sun," he said. *IANS*

ALIGN YOUR LIFE

Anything Is Possible

It is never easy to go back to school after a break of many years. Once you are immersed in life, taking time out to study can be challenging. With changing times, many people change careers or decide to choose a new path. However taking time out to prepare for the new opportunity or fitting evening school in your tight schedule can be challenging. I know many clients who have taken the plunge to upgrade their CV and get a higher degree or enroll in an evening course. The question is how do you manage your life while being in the fast lane and can Feng Shui help?

The practice of Feng Shui brings about balance and harmony in your life, there by inviting new opportunities. If your goal is to continue working while studying, Feng Shui can surely help in creating a more favourable environment that will allow you to focus on what is important. By balancing your study area and your home, you will be able to achieve your goals with ease.

One of the most important aspects of Feng Shui is to be able to access the study direction. This direction can be obtained by calculating your kua number, based on your date of birth. It is ideal to face this direction while studying, so that you are not distracted. Secondly dedicate a special quiet corner in your home for studying. Ideally this corner needs to be in favourable area where good Flying Star Feng Shui formulae stars are placed. Enhance your study corner by placing crystals or displaying earthen pots. Having more earth energy in your study corner, can help bring stability and grounding. Surround yourself with supportive friends and family. Create a vision board of your final goal of achieving a higher degree and display it opposite your study desk. It will be a visual anchor for your sub conscious mind and will not let you deviate from your goals. Perform regular space clearing around your study desk by using incense or bakhour. This will help in clearing out stagnant energy.

Last but not the least, the practice of meditation will help you to sharpen your mind and enhance your focus. Ten minutes of simple mind calming exercises can help you remain on the path of your dreams. If you don't know how to meditate, then simply play soothing music, switch off your phone and lie down or sit in a comfortable position. Train your mind to switch off from time to time to release stress.

Going back to studies after a long gap is never easy. However by following the above-mentioned simple steps, you will turn your dreams into reality and realise anything is possible.

Shivani Adalja is a Dubai-based well-being expert. She runs the Alignment Institute which offers effective solutions that focus on stress management and overall wellbeing. Email align@shivaniadalja.com

