



Say yes to fish

Research suggests link to longer life and less risk of heart disease

PEOPLE AGE 65 and older who eat fish may live an average of two years longer than people who do not consume the omega-3 fatty acids found mainly in seafood, a US study suggested.

People with higher levels of omega-3 fatty acids also had an overall risk of dying that was 27 per cent lower, and a risk of dying from heart disease that was 35 per cent lower than counterparts who had lower blood levels, said the study.

The research was led by scientists at the Harvard School of Public Health and was published in the *Annals of Internal Medicine*.

While other studies have demonstrated a link between omega-3 fatty acids and lower risk of heart disease, this



Photos: Getty

research examined records of older people to determine any link between fish-eating and death risk.

“Our findings support the importance of adequate blood omega-3 levels for cardio-

vascular health, and suggest that later in life these benefits could actually extend the years of remaining life,” said lead author Dariush Mozaffarian, associate professor in the Department of Epidemiology

at Harvard School of Public Health.

“The biggest bang-for-your-buck is for going from no intake to modest intake, or about two servings of fatty fish per week,” said Mozaffarian. *AFP*

US SMARTPHONE OWNERS tend to be connected from the instant they rise until they fall asleep and revel in every minute of it, a Facebook-sponsored study showed.

“Smartphones, coupled with rich applications and mobile data services, allow us to connect with our family, friends and community from the moment we wake up until the end of our day,” IDC researchers said in the report.

“Rather than feeling overwhelmed by it, we enjoy and value this increased social connectedness.”

About half the US population uses smartphones, with the number of people expected to reach 181.4 million this year and climb to 222.4 million in the coming four years, according to IDC.

A week-long IDC survey of more than 7,000 people ranging in age from 18 to 44 years old with iPhones or Android-powered smartphones showed that four out of five check their handsets within 15 minutes of waking.

The top three applications used were for messaging; Web

Smartphones are Americans' new best friend: study



browsing, and Facebook, in that order, according to IDC.

“People have a universal need to connect with others, especially those they care deeply about,” IDC researchers said.

“This coupled with mass market adoption of smart-

phones means that social engagement via phones has become mainstream.”

About 84 per cent of the time spent communicating with smartphones involved email, text messages, or social networks while only 16 per

cent relied on voice calls, the survey indicated.

“This increased sense of connectedness is the primary reason we use these technologies with the frequency and duration that we do,” IDC researchers concluded. *AFP*

ALIGN YOUR LIFE

Constructing With Feng Shui

THE SCIENCE OF Feng Shui is dynamic and adaptable. It can be applied in readymade properties as well as under construction properties. The advantage of applying Feng Shui in under construction properties is that one can apply all major principles of Flying Star School and Form School Feng Shui. All aspects of building a home can be designed to enhance the Feng Shui and bring in positive energy.

Form School Feng Shui helps in identifying that perfect piece of land that you can buy and then build your home. Before purchasing the plot of land, there are many factors to take into consideration – is the plot facing the main road? Is there fast moving traffic close to the plot? Is the plot close to electrical poles and garbage collection centers? If your answer is yes to any of the above, then it is recommended you look elsewhere. Ideally the plot of land should be away from a T-junction and tucked away in a corner away from fast moving traffic or an active main road. Avoid buying close to electrical poles or construction sites as it causes harsh energy and will cause health problems in the long run.

When constructing your house, pick a Feng Shui friendly design by keeping the layout of the house square or rectangle. Having proportionate rooms will help you in balancing energy within the house. Keep the kitchen away from the main door and a living room should be as close to the main door as possible. Make provision for a water feature in your garden. The drainage locations should be based on Flying Star School of Feng Shui to avoid leaking of wealth. Add windows in all sections of the house to reflect natural light. Avoid having exposed pillars or beams in your design. However if they can't be avoided, then cover them with mirrors to make them disappear symbolically. If your house has more than one floor, then ensure that the steps going to first floor are not opposite the main door, as this will cause harsh energy to affect your bedrooms leading to sleep disturbances.

Applying simple Feng Shui rules can make your home a calm oasis that will help you to lead a happy, healthy and a well-balanced life. Just remember to apply principles of Form School and Flying Star School of Feng Shui, to create a perfect harmonious haven for your family.

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