



**I**N A STUDY linking sleep with obesity, researchers have found that teenagers who get adequate sleep make more healthy food choices than youngsters who aren't well-rested.

The study was led by Lauren Hale, associate professor of Preventive Medicine at Stony Brook University School of Medicine. The finding, presented at SLEEP 2013, the annual meeting of the Associated Professional Sleep Societies, may be key to understanding the link between sleep and obesity, reports *Science Daily*.

"Not only do sleepy teens on average eat more food that's bad for them, they also eat less food that is good for them," said Hale, speaking about the study results.

"While we already know that sleep duration is associated with a range of health consequences, this study speaks to some of the mechanisms,



## Get some shut-eye

Well-rested teens make healthier food choices

i.e. nutrition and decision making, through which health outcomes are affected."

The study, which was supported by the National Institute of Diabetes and Di-

gestive and Kidney Diseases, examined the association between sleep duration and food choices in a national representative sample of 13,284 teenagers in the second wave

of the National Longitudinal Study of Adolescent Health. The data were collected in 1996 when the interview subjects had a mean age of 16 years. *IANS*



## Fresh as a lemonade

**IF YOU'VE NEVER** tasted fresh lemonade, you don't know what you're missing. It's just so much more vivid than the supermarket stuff, much more about the lemon and

less about the sugar.

True, juicing the lemons can be a pain, but the process becomes very near painless if you start by softening the lemons in the microwave for

30 seconds. Then all you have to do is add sugar syrup — a mixture of sugar and water, heated until the sugar is dissolved — and some cold water. Done.

In short, it's hard to top fresh lemonade all by itself. Still, for those so inclined, there are plenty of ways to gild this lily. You can infuse the sugar syrup with fresh herbs. You can add seltzer. You can combine it with other fruit juices, including cranberry, apple and pomegranate. Or you can glorify it with flavour-packed ice cubes.

Our favourite ice cubes for lemonade (or iced tea) are pureed fruit cubes. Almost any fruit will work. Just puree it, pour the puree into ice cube trays and freeze them. The right tool for this job is a blender, which purees the fruit more completely than a food processor or an immersion blender. Of course, you can still use those other tools if they're the only ones you have at hand.

By the way, if you want to get all fancy, you're welcome to strain the puree before you freeze it, though the gain in smoothness will also mean a loss in fibre. *AP*

## ALIGN YOUR LIFE

Let your walls talk

**MANY YEARS AGO**, Mr. Kothari approached me to review the Feng Shui of his new office in London. He was a well-known personality who dealt in diamond trading. His dream was to build a state of the art showroom for high-end diamond jewellery. He employed the services of one of the most sought after interior designers of Europe to achieve his dream. However once the project was complete, he soon realised that something was wrong. He started having headaches, fought with his brothers and business partners, and most importantly employee turnover was very high. He had no idea what was happening.

As a last resort he had approached me. Upon visiting his showroom, something caught my eye immediately. The ceiling of the showroom as well as offices were covered in hundreds of knives hanging upside down, as decorative items. The walls had large canvases on display of antique knives and guns. The showroom looked more like a war zone than a jewellery showroom. No wonder that people suffered from headaches, fights and disagreement. It took a lot of convincing on my part, but eventually the knives and paintings were replaced by more pleasant items and since then it has been smooth sailing for the business.

Many clients make the same mistake that Mr. Kothari made — they are so focused on the furniture and layout of the property, that they completely ignore what is hung on the walls and how it can impact the environment. The simple rule is never display any artwork that depicts conflict or sorrow. In case of Mr. Kothari, the knives created harsh energy leading to resignations and fights.

I have visited many homes where women of the household have confided in me that they feel alone and left out of all big decisions. When I look around these houses, I normally tend to see paintings and artwork of lonely women. These images create the feelings of being forgotten and the women feel alone in their own homes. The simple rule is — the artwork you display has a lot to do with what kind of energy you are likely to create. Always display happy and colourful paintings. Avoid displaying pictures of battlefields or ammunition.

Your bedroom should have family photos or calming scenery to help you relax after a long day. Family and dining rooms must have pictures that depict happiness and family relationships. It could even be abstract art — as long as it does not create a heavy atmosphere or make you feel sad. You can even display paintings made by your children in their bedroom to encourage them. The artwork in your home should reflect happiness, togetherness and bonding.

On the other hand office space can have paintings of moving water depicting growth and prosperity. If you have a spare wall in your cabin, it is ideal to hang a picture of a mountain as it helps in creating stability in your work environment.

Remember — you can create the mood that you like by simply choosing the right image and colours.

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