

# Temptation point

*Why it's hard to resist certain unhealthy food items*

**W**E GENERALLY GET tempted by frequently advertised food items high in ingredients such as sugar, fat and salt.

Huffingtonpost.com shares a list of addictive unhealthy food items:

- **Processed baked goods:** Eating just one Oreo seems like it is just not an option. Studies show an ingredient in many baked goods - high-fructose corn syrup, can actually cause reactions similar to those made by drug abuse.
- **Soda with caffeine:** Soda's combination of sugar or high-fructose corn syrup, with caffeine, is the perfect addictive recipe.
- **Potato chips:** Potato chips are high in salt and fat. When we bite into a greasy, fatty potato chip, our nerve endings send signals, which travel up to the pleasure center of our brains. We eventually overload the pleasure center, and crash. Then, we want more, more, more.
- **French fries:** The salt in those fried potato sticks is precisely what keeps us hooked, and always wanting more.
- **Ice cream:** It is also full of fat, calories, sugar, and often the addictive high-fructose corn syrup. IANS



Photos: Getty



## Don't save for future?

*You may also be ignoring your health, says study*

**IF YOU ARE** not inclined to save for the future, you may also have a tendency to ignore your health as researchers have found that poor physical health and financial health are driven by the same underlying psychological factors.

The decision to contribute to a retirement plan predicted whether or not an individual will act to correct poor physical health indicators, the findings showed.

Insufficient retirement

funds and chronic health problems are at least partially driven by the same time discounting preferences, the researchers showed.

"We find that existing retirement contribution patterns and future health improvements are highly correlated," said Lamar Pierce, associate professor of strategy at Washington University in St. Louis in the US.

The study appeared in the journal *Psychological Science*. IANS

## ALIGN YOUR LIFE

### *The Holistic Approach*

**I**f you are falling sick often and feeling drained, it's a sign that your chakras are not aligned. We tend to absorb a lot of stress from our everyday lives. As the stress keeps piling up, the aura keeps getting heavier, until it reaches the saturation point. At this point sickness seeps in and you start feeling low and lethargic. This happens to people of all ages, including children. So what can one do in everyday life to keep chakras balanced and the aura clean?

One aspect that affects lower chakras is emotional imbalance. If you are going through financial problems, high amount of stress at work, or difficult relationships, then this is likely to affect your first and second chakras. The first chakra represents the materialistic aspects of life, while the second chakra is the seat of emotions. When these two chakras are affected, you are likely to develop headaches, backache, or become emotionally unstable. In extreme cases people also develop eating disorders. To balance the first chakra, take up swimming or any physical activity. The practice of yoga also helps in strengthening the first chakra. Any type of emotional cleansing helps in balancing the second chakra. You can start writing a journal to pour your emotions out or simply sort out your personal relationships. The breathing techniques of yoga help in balancing the second chakra as well.

Constant headaches, sinus, thyroid disorder and breathing problems indicate that throat and third eye chakras are out of balance. Throat chakra is the seat of creativity and expression. Therefore finding an outlet for your emotions and creativity can help you to open the throat chakra. Learning to do Bhamri pranayama (a breathing technique practiced in yoga) can help in balancing the thyroid gland and throat chakra. The third eye can be relaxed through the Ayurvedic treatment of Shirodhara, where combination of oils are dropped on your forehead at a regular consistency. This treatment is highly recommended for people who suffer from regular stress related migraines.

Stress can manifest in your body in many ways. But the idea is to combat it with a holistic approach, rather than popping a pill.

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