

Summer diet

Indulge in fruits, veggies to stay active

S **SOARING TEMPERATURES MAKE** people lazy, so it's time to make some dietary changes to stay fit during summer. Experts suggest that adding selective fruits and vegetables to your everyday diet can produce great results. Laurence Beeken, food information executive at Weight Loss Resources, enlists some seasonal superfoods that can do wonders if taken religiously throughout spring and summer, reports femalefirst.co.uk.

• **Strawberries:** Strawberries are full of health benefits. Compared to other fruits such as apples and bananas, strawberries have more nutrients, and are known to burn stored fat (the anthocyanins stimulate the burning of stored fat), and are good for weight loss.

• **Spring onions:** Spring onions contain allicin, which may keep you from overeating by stimulating satiety in the brain. Spring onion has a milder, sweeter taste than the dried white bulbs you buy later in the season. Enjoy it diced on a salad for a fat-fighting side or lunch.

• **Asparagus:** One of the first foods that signals the start of spring is the appearance of fresh asparagus at local farmers' markets. Asparagus is a good

source of fibre and protein, both essential for good digestion and immunity. It also contains a unique carb called inulin, which remains undigested until it reaches the large intestine, where it helps to absorb nutrients better.

• **Fennel:** Most often associated with Italian cooking, be sure to add fennel to your selection of fresh vegetables in early spring when it is readily available and at its best. Just an ounce of the bulb in your salads adds a gram of fibre for only nine calories. Fennel bulb is also a very good source of vitamin C, folate and potassium.

• **Lettuce:** Lettuce has been called 'the perfect weight loss food' because it contains fibre and cellulose. Besides filling you up, fibre improves digestion. Improving your digestion is important for long-term weight control. Fibre also helps remove bile salts from the body. When the body replaces these salts it breaks down cholesterol to do so.

• **Broccoli:** Love it or hate it, broccoli is great for you. It is known as a smart carb and is high in fibre, which aids digestion, prevents constipation, maintains low blood sugar, and curbs overeating. Furthermore, a cup of broccoli has as much protein as a cup of rice or corn with half the calories. *IANS*



Fit and fab

Timeless beauty tips to follow

CLEANSING TWICE A day, getting good sleep and drinking water are some of the beauty tips that stand the test of time.

Jill Zander of the Jill Zander Skin Rejuvenation Clinic shares timeless beauty tips, reports femalefirst.co.uk:

- Cleanse regularly two times per day and use a SPF.
- Use the best cosmeceutical products you can afford.
- Good sleep is vital to any beauty regime.

- Inflammation and dehydration accelerate ageing - so always use an antioxidant to fight free radicals first before you apply your moisturiser and sun block.
- Drink one and a half litres of water a day.
- Walk briskly for 30 minutes every day - yoga and Pilates are good too.
- Keep your mind focused and energised by reading up on your favourite topics or authors. *IANS*

ALIGN YOUR LIFE

The Perfect Apartment

Have you noticed that when you move into a new apartment, your life changes suddenly? Sometimes it's for the better and sometimes it's the exact opposite. Every apartment has its own footprint of energy. Therefore when you move in, you will erase some of that energy and bring in your own. However, if the apartment is not suitably located, designed or carries bad energy, your life is likely to take a turn for the worse. Bad dreams, inability to relax, increased arguments and lack of focus are some of the common complaints I hear from clients when they move into a new apartment. That is one of the main reasons why many clients contact me prior to buying or renting an apartment to analyse the Feng Shui.

So how can you pick an apartment that is Feng Shui friendly? Firstly look at the shape of the building. Is it an odd shape? Are you likely to have too many pillars and beams in your apartment? Will you have many odd shaped corners all over the house? If the answer is yes, then avoid renting and buying in such buildings. Secondly, look at your surroundings. Are you near a big construction site? Is there a busy traffic junction right outside the building entrance? Does the building get enough sunlight? It is ideal to find a building that is in a quiet location with abundant sunlight. Next, look at the view. Does your apartment overlook something pleasant or does it have a view of garbage bins? A good view will enhance good energy. It's now time to look at the interiors. It is always better to live in an evenly shaped apartment. It helps in circulation of energy and is easy to design. If you have any beams or protruding corners, build a false ceiling to hide them away. Ensure that the apartment you choose has windows and the main door in proportion to the size of the apartment. A small size main door and compact windows will not attract large amounts of energy and hamper the energy flow all around the house. Last but not the least, the main door of the apartment should not face a window, as the energy will enter through the main door and exit through the window.

Finding the right apartment to live in can be tedious. But if you are able to follow the rules mentioned above, then half the battle is won.

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