



B **EING IN LOVE** IS the most wonderful thing that can happen to someone, but a new survey says that being in a relationship is the main cause for weight gain.

The survey reveals that a relationship superseded the more traditional reasons for putting on weight such as comfort eating, indulging during holidays or lack of exercise, reports femalefirst.co.uk.

The majority of people polled, admitted to gaining up to one stone since being in a relationship, and just under three quarters of those surveyed, believe that their partner has put on up to one stone as well, leading researchers to suggest that the 'Passion Pounds' are sadly not just a myth, with two thirds of the couples surveyed stating that they have put on weight together.

Izzy Cameron, nutrition and weight management specialist at Diet Chef, who commissioned the research, said: "The survey has re-



Love handles

Relationships cause weight gain, says research

vealed some very interesting results, and it's surprising to see how complacent people can be when they are in a relationship.

"It's widely known that people tend to put on a little bit of weight once they have found love, but what we didn't expect to find was that the weight gain is on average a stone, if not more," added Cameron.

When questioned about the portion size, over half of the women admitted to regularly matching what their male partner eats.

For the majority of these women, this often results in much larger portions than what they would normally eat, especially when compared to eating on their own, indicating that when eating as a couple there is no understanding of

the correct size portions for men and women.

With the majority of couples questioned living together, those surveyed have found that their main activities undertaken as a couple, consist of 'staying in and watching TV', 'eating in together' and 'eating out together', revealing that food forms an important part of most modern day relationships. *IANS*

BEING BULLIED IN childhood can have a lasting negative impact such as poor social relationships, inability to keep a job and illnesses, among others, say scientists.

It has long been acknowledged that bullying at a young age presents a problem for schools, parents and public policy-makers alike.

Though children spend more time with their peers than their parents, there is relatively little work done on understanding the impact of these interactions on their life beyond school, reports *Science Daily*.

The results of this research, published in *Psychological Science*, highlight the extent of which the risk of health, wealth and social problems is heightened by exposure to bullying; and in doing so is the first study to look into the effects beyond just health.

Dieter Wolke of the Univer-



Photos: Getty

BULLY TROUBLE

Bullying in childhood can have negative impact in adulthood

sity of Warwick and William E. Copeland of Duke University Medical Center led the team that looked beyond the study of victims and investigated the impact on all those affected - the victims, the bullies themselves, and those who fall into both categories ie. 'bully-victims'.

Wolke said: "We cannot continue to dismiss bullying as a harmless, almost inevitable, part of growing up. We need to change this mindset and acknowledge this as a serious problem for both the individual and the country as a whole; the effects are long-lasting and significant."

The 'bully-victims' presented the most significant health risk for adulthood, being over six times more likely to be diagnosed with a serious illness, smoke regularly or develop a psychiatric disorder. *IANS*

ALIGN YOUR LIFE

The Perfect Shop

THERE WAS A shopping mall close to my house in Mumbai. The mall in general was doing good business, but there was one shop in particular that seemed to be very unlucky. Every few months a new business was opened in that shop and in no time they would go bankrupt and close down. As a result, many people lost money and no business ever prospered from that location. Many years later when I became proficient in the science of Feng Shui, I decided to visit the shop to assess the energy flow.

What I discovered was very interesting. The shop had some bad stars at the entrance and these stars were part of the Natal Chart so they were never going to change. However it was possible to find suitable cures for these ill-placed stars and neutralise them. I suggested a few changes to the owner of the shop which were implemented with a lot of scepticism. But since then the shop is gradually doing well and so far they have not gone out of business.

So if you are in the process of renovating your shop, the following tips should help you in attracting good energy and bring in new business. The location of the shop is the key. If the shop is facing a busy road it is considered to be good Feng Shui only if the traffic is able to stop outside your shop. There should also be a walkway for people to walk in and bring energy inside the shop. Avoid buying a shop opposite a garbage disposal area or hospitals. When securing a shop in a mall, pick a location opposite the escalators or near the elevators as the energy movement is likely to be high around these areas. The entrance of the shop also plays a very important role in Feng Shui.

It is of vital importance that the Flying Stars Natal Chart for the shop has good numbers at the entrance. In other words, there should be good energy at the entrance of the shop. Keep the entrance open so that the energy can rotate and blend in. The entrance should be well lit and must have bright colours to enhance good energy. The window display must have strong lighting to create active energy flow. Mirrors should always be hung opposite the shop entrance to attract more energy inside the shop. Ensure that the lighting inside the shop is bright and powerful, helping you to create a high-energy environment for successful business. Last but not least, place your cash counter away from the main door, in a suitable corner of the shop. By doing so, your finances will not leak and expenses would be low. The key to designing the perfect shop is to create a suitable environment for business to flow and create a unique shopping experience for all your customers!

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