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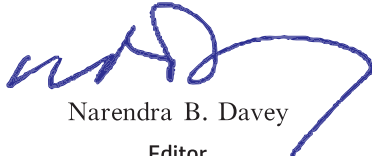
This palatial world has not only taught women things but also has help women make their mark along with beautiful and alluring memories. One thing women definitely learnt from having so many opportunities in this revolutionized society is concept of “work-life” balance and that no one is superior or inferior. Women play an important role in today's society, despite the hurdles women achievers have motivated other women to get back on their feet with a smile on our faces. One thing women who struggled for equality in a male chauvinistic society have learnt and would like to preach is that “never be afraid to face hurdles even if you get hurt, always remember that scars are a symbol of survival rather than a reminder of pain.”

Over the years, the society has started accepting and appreciating the fact that more women are open to working and are inspiring other women to work and be independent. They have always believed in a phrase

“She, identity first, pronoun next” has never made more sense. Women at work seem to have become a paragon and is anything but malleable. That is a win for women who weren't given the same treatment as they are given today. Today, we see many women who are scintillating in their field of expertise. It gives a sense of euphoria that the working environment today is not xenophobic and does not ostracise anyone but is rather equal and fair in its treatment towards all. This definitely has to be considered a blessing considering that this might not be the same today if not for those hard-working women who went through so much just so that we will have our rights today. We at Health and Fashion magazine would like to wish all the beautiful women out there a happy women's day.

This edition of Health and Fashion magazine focuses on the importance of vaccination. This march marks one year since we started the battle with the COVID 19, the government is taking maximum measures to canvas the importance of taking vaccine, hence we too wanted to contribute towards the same. Vaccination is a way to prevention and thus should not be taken for granted, after vaccination please ensure you wear masks, sanitise or wash your hands as necessary. Always remember that prevention is better than cure!

Mask up and get vaccinated!



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Dealing with impaired cognitive
function with yoga, meditation
and mindfulness

Dealing with impaired cognitive function with yoga, meditation and mindfulness

By. Namita Piparaiya, Yoga and Ayurveda Lifestyle Specialist, Founder- Yoganama

Our brain responds to aging much the same way as our body. Physically we may notice a decline in our energy levels, stamina, or strength of our joints. Mentally we may find ourselves being more forgetful or have a more challenging time learning something new. However, there's no fixed date or age at which these issues may start. In fact, with a wholesome diet, regular exercise, and following a healthy and stimulating lifestyle, we can slow down the process of aging both physically and mentally.

Yoga, in particular, is beneficial in cognitive impairment as it addresses the problem from multiple directions. Let's look at a few ways that yoga can help us stay mentally sharp:

Hatha Yoga

Staying physically active is essential to keep the brain sharp across all ages. Students need to move to learn better, adults need to move so they can be more alert and productive, and seniors need to move so they don't forget! The more diverse and multi-dimensional our movements, the stronger their impact. And that's what we do in Hatha Yoga - a wide variety of postures are practiced moving the body in all directions and planes of motions. In a typical class, you would cover standing poses, seated poses, inversions, twists, side bends, backbends, forward bends, and restorative prone or supine positions. These have a stimulating effect on the brain, preventing dullness (tamas) from setting in.

Pranayama

Asana practices help warm-up the body, release stiffness from the joints, improve

circulation, and prepare us to breathe better. Back and side bending poses, in particular, help us breathe better as they stretch the accessory breathing muscles. Now, we're ready to use the breath to bring the mind into a more relaxed and calm state. For this purpose, Equal Breathing is beneficial. In this method, we bring our awareness to equalizing the length of our inhalation and exhalation. When that becomes comfortable, we increase the length of our exhalation until it becomes double the length of our exhalation. Exhalation activates the relaxation state of our nervous system. Think of it like a switch that turns off stress and turns on recovery mode!

Meditation

Mindfulness-based meditation practices are very popular, well researched, and an excellent way to start your meditation journey. In this method, the goal is to bring our awareness or attention to the present moment. This means neither thinking about the past nor the future but just observing the present moment. One way to do that is by following the breath. By choosing to pay attention to the process of breathing, we withdraw the mind from other thoughts and distractions. And this simple act incredibly creates changes in the very shape of our brain. From strengthening the memory center to making us more rational and less impulsive.

Yoga Nidra

Yoga Nidra is a form of guided meditation in which you maintain your awareness at the point of 'just falling asleep.' Therefore, Yoga Nidra is like sleeping with just a pinch of awareness. You're neither fully awake nor fully

asleep. It is a meditative practice that improves sleep quality, reduces stress levels, and even pain management. Sleep is the underrated hero of cognitive health. Yoga Nidra can help us recover our sleep, which suffers from our modern-day lifestyle, use of screens, artificial light, and high-stress levels!

Yoga Asanas give us a way to be physically active, as we can modify them to suit all age groups. Pranayama helps with stress management and protects us from the ill-effects of stress and anxiety. Meditation increases mindfulness, which strengthens our memory and even improves our grey matter. And methods like Yoga Nidra can help us sleep better, which increases our cognitive health as the brain gets an opportunity to consolidate and organize our memories.

So, to get the most out of your yoga practice, ensure that you cover a wide variety of movements and also include Pranayama and Meditation in your daily routine.

*"Staying
physically active
is essential to keep
the brain
sharp across
all ages"*



The ultimate guide to preventing wrinkles for all the millennials out there

By: Dr. Kiran Lohia
Isya Aesthetics

When you're in your '20s and '30s, you can easily get away with one mimosa too many at brunch or four hours of sleep without it showing up on your skin. Although it might not be explicitly out there, but it doesn't mean that the binge-drinking/ low sleep nights are not taking a toll on your skin. Your lifestyle in your peak youth years certainly makes you more susceptible to the signs of ageing and poor skin health in the long run. Prevention is better than cure, so here's everything you can do to keep your skin in prime condition for the years to come.

Do not break your skincare rules

No matter how tired you are after that long day of work and cocktails with friends, never break the supreme skincare rule; Always take off your make-up before and cleanse, tone and moisturize your skin before hitting the sack.

Go easy on anti-ageing products

Yes, it might sound counterintuitive to the problem, but many anti-ageing products have potent ingredients in them that increase the metabolism of skin cells and may be too active for younger skin. In your '20s, your skin is already metabolically active and slathering on these products can actually increase your risk of acne breakouts. Instead, streamline your routine to a few skincare products such as a gentle cleanser, moisturizer and protective sunscreen.

Book a facial Deep pore cleansing facials are a must in your '20s and '30s. They not only clean out the grime in your pores and prevent acne, but also

work hard to prevent premature ageing of your skin. We get it's not easy on your credit card to schedule one on a monthly basis, so try ringing in a session at least four times a year when the season changes.

Make eye cream your best friend

The eyes are the first place where the signs of ageing begin to show up. Make sure you're using a well-formulated anti-ageing eye cream that's gentle on the skin to prevent wrinkles in this area. My favourite is the C Eye Serum Advance by is Clinical.

Try an in-clinic treatment

At Isya Aesthetics, we needling treatments promote collagen wrinkles. For can also try our anti-exfoliating/infusing

Follow a healthy diet

Like the old adage shows up on your that are high in sugar accelerate the ageing hand, foods that are leafy green avocados, berries and ageing inside out and also minimize cell damage.

Stay hydrated

Not to sound like a broken record, but hydration is key to solving almost every skin issue. If you're bad at drinking from the bottle, download of the many apps that recommend the right amount of water for your body weight and remind you to drink it on an hourly basis.

Never skip on sunscreen

Sunscreen is actually number one way of preventing ageing of young skin. You must use sunscreen every single day of the year, not just when it's sunny. Find the right one for your skin type and slather on when you leave the house. If you err on the side of lazy, you can also try SPF-infused mineral powders or foundations that you'll be using in your make-up routine anyway.

Fix your sleep cycle

Beauty sleep is a real thing. Sleep is that time of the day where your body and all its cells, including skin cells, repair themselves from all the damage they go through in the day. Lack of sleep can aggravate all skin conditions like acne, eczema and obviously, the process of ageing.

“No matter how tired you are after that long day of work and cocktails with friends, never break the supreme skincare rule”

also have micro-like Good Genes that production to fight something simpler, you ageing peels and gentle facials like SilkLove.

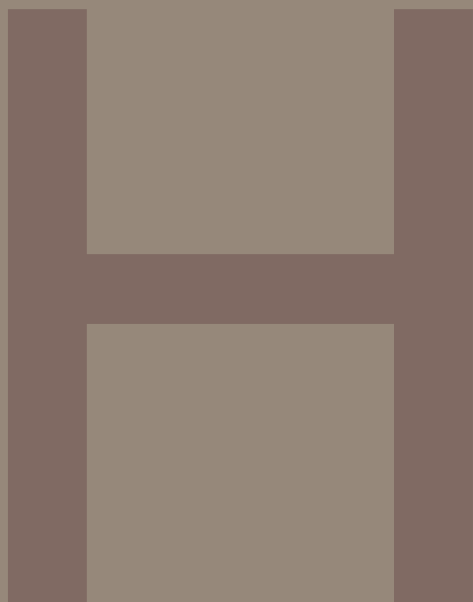
goes: what you eat face. Unhealthy diets and junk will naturally process. On the other rich in antioxidants like vegetables, fruits, salmon that fight



Dr. Kiran Lohia

What are foot balms, why are they important & what initiated their discovery?

by: Preeti Chadha, Founder of IREMIA



Heel fissures are fractures that cut the heels through the skin, these are often an awkward annoyance because they induce the build-up of dense layers of dead skin cells. They can be possible causes for painful, harmful infections and skin injury at other times.

Foot balms, developed with this thought of sensitive skin, harness the hydration strength of the industry's leading emollients and moisturizers to replenish moisture and avoid further loss of permanent smoothness and hydration. It is advised to look for formulations that are fortified with shea butter, vitamin E when choosing the right foot creams for dry feet and cracking heels to have a profoundly hydrating and restorative experience. Formulas containing peppermint oil, tea tree oil, lavender, and other antibacterial additives for badly cracked skin can not only soothe the weakened skin but also guarantee that it is on the road to proper healing.

Why are they important:

Feet are important and essential and will be taken care of a little like the other part of your body daily. Many individuals, though, focus and look at different areas of the body and forget that they have to pay complete attention to any single aspect of the body.

Since we expose our feet to dust and germs every day, we need to think about our feet. They are also vulnerable to infections because they are always kept in our shoes, so by using moisturizing foot cream, we regularly deprive them of oxygen and moisture. This may be very dangerous at the end of the day, but the everyday practice of foot care is incredibly necessary and will hopefully lead to a happier life. Using the right Foot Care Cream helps to keep our feet soft and avoid bruises, dry skin, red spots, and calluses.

If you're trying to get better feet, so you want to start taking care of them, either by adding foot cream or massaging or a foot salt bath to get the utmost advantages of foot cream, you'll want to pamper your feet a little. The ingredients found inside the foot balms help to clear the order of the foot from its base, often mostly because they keep the feet fresh for a long time, avoiding the attack of fungi and bacteria on the feet. Ultimately, this lets you stop wasting too much time and money on medications and use them in other, healthier ways instead.

Applying the best-cracked heel balms to make the skin feel light since these natural product balms are readily absorbed and therefore leaving little space on the feet for greasy feeling. This feeling is invaluable, relaxed, and amazing and will leave you fulfilled and pleased.

Oils are used in the balms fighting to swell, scratching, and redness that often hit cracks, bunions, and calluses in most situations.



Photo by Min An

Health and Fashion

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Feb-Mar, 2021

Mindfulness: A Glimmer of Hope in the Gloom



*Dr. Divyani Sharma (RCI Registered Clinical Psychologist) MD and
Co-Founder at The Catalyst Group, Jaipur, India*

During these changing times, people seem to be moving towards what we call the new normal, looking at both facets of their wellbeing – emotional as well as physical health. When we think about emotional wellbeing, our psychological management is imperative. But there is also a dire need to increase higher awareness on accessing authentic healing methods that are often used as a support to greater emotional and physical wellbeing.

Mindfulness as we know, is the practice of becoming more fully aware of the present moment rather than dwelling in the past, what's going on around us, or projecting into the future. Sure, Mindfulness is a buzz word today, but there's definitely a reason for the hype. Research shows that mindfulness can help to improve the childbirth experience, reduce stress and increase empathy, and promote healthier eating habits.

How does mindfulness work?

Some experts believe that mindfulness works, in part, by helping people to accept their experiences—including painful emotions—rather than react to them with aversion and avoidance. It generally involves a heightened awareness of sensory stimuli such as our breathing and being “in the now.” Practicing mindfulness involves breathing methods, guided imagery,

and other practices to relax the body and mind and help reduce stress.

Mindfulness is a rare pandemic silver lining

A global pandemic is in full effect. With the averted risks around health and economic constraints, chances of feeling overwhelmed, stressed, and afraid is heightened. The survival part of our brain (mainly the amygdala) kicks in when we perceive a threat and causes our focus to narrow. This is helpful when we face an immediate threat, but it also means our thinking can follow unproductive patterns: We are more likely to engage in worst-case scenario thinking or, alternatively, deny the threat; we have less access to the creative and analytical parts of our brain; and we are impaired in our ability to empathize, listen, and relate to others.

Unfortunately, those are the exact skills we need in times of crisis. We need the full capacity of our brain to weigh best possible options, question our assumptions, come up with new and creative ways of doing things, and remain calm in order to reassure others while listening and taking their concerns seriously. Practicing mindfulness can be of tremendous help during times like this. It has been shown to reduce anxiety, calm the amygdala, increase our ability to think

creatively and empathetically take other people's perspective.

Mindfulness is not (necessarily) meditation

Mindfulness and meditation are not one and the same. Meditation is an activity, something you do. There are many forms of meditation—some involve focusing on our breath, some involve imagining a calming scene, some involving repeating a mantra.

Mindfulness, however, is more of a philosophy than an activity. It's an idea: to simply be here and now, without judgment. One doesn't need to be secluded or follow a ritual during a specific time to practice mindfulness. You could be washing your car, having a snack, jogging around the park, playing with your dog, singing in the shower... all of these activities can be done in a mindful way by being fully present in the moment.

Of course, you can definitely practice mindfulness using meditation. But not all meditation is mindful. For example, some meditations guide your imagination through a relaxing scene. But mentally traveling to a different place instead of being here and now is the opposite of being mindful. If we think mindfulness always looks like sitting cross-legged and humming a mantra, then we're less likely to give it a try or to cultivate it long-term, so it's an



Photo by Nandhu Kumar

important difference to understand.

Mindfulness is not a cure-all

Mindfulness has been incorporated into all sorts of psychotherapies, and sometimes even into performance-boosting programs. Lots of headlines make it seem like mindfulness is the miracle elixir for all of our ills, from low motivation to anxiety to insomnia. But mindfulness is not a cure-all.

Most of the clinical trials that show mindfulness as improving symptoms included other psychotherapy “ingredients” like working through unhelpful thoughts or increasing activity level. Mindfulness practice plus setting goals and talking to a therapist about your thoughts is helpful for decreasing stress. Less catchy, but more of the whole picture.

Mindfulness is about paying attention

To sum up, mindfulness is powerful. It can serve as a solid foundation for self-awareness and well-being. But it won't solve all your problems and it's a philosophy to be cultivated.

When we boil it down to the basics, being mindful really just means paying attention to reality through our senses. It means watching the leaves and flowers when we run through the park instead of going on autopilot. It means letting yourself feel discomfort fully instead of trying to ignore it. It means really tasting the food you're eating, instead of inhaling your soup while working at your desk.

Health and Fashion

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WHAT IS CHILD PSYCHOLOGY AND WHY IS IT IMPORTANT

Saru Mukherjee, Mom Blogger, Diaper & Lipsticks



Children and adults think differently! Children pass through distinct stages of mental and emotional development, that help them garner their thought process, behavior, emotions, and mental state of being. And so it is very important to distinguish between adult psychology and child psychology for your child's all-round development.

Child psychology is a specialized branch of developmental psychology that emphasizes the diagnosis and resolving of issues that could have an emotional or mental effect on children. Saru Mukherjee, a celebrated mom blogger of India famous for her Instagram Handle @diaper_and_lipsticks guides us on how child psychology is important for your child's healthy mental and emotional development.

What is Child Psychology?

Child Psychology is the understanding of the subconscious and conscious childhood development. Here child psychologists assist parents in observing the physical, mental, and emotional development of the child and resolve issues that might come in the optimum development of the child.

Why is Child Psychology important?

For parents to best connect with their child, communicate, teach them coping mechanisms, and help them progress – it is essential to dig into the thought process that the child functions on. From the time the baby is born, parents indulge in understanding the normal and abnormal psychological patterns of their child. But as the kids turn into toddlers and start speaking, the attention often starts going away. Child Psychology helps understand the roots of abnormal behavior issues, depression, childhood trauma, or physical issues early on thereby helping raise our kids better.

Physical Development

Every child undergoes a series of predictable physical growth events that act as milestones during their growth years. Rolling on the bed, crawling, walking, running - a child's physical development happens over time. Child psychology helps you



understand any developmental irregularities or abnormalities to reveal the underlying conditions and treat them early on. So if your child is 2 years old and if they aren't walking by now – a child psychologist can assist you in understanding the reason behind it and help the child cope with the concerns.

Cognitive Development

How your child imagines, learns, makes decisions, or solves problems has a definitive reflection of how sound their mind is. Cognitive child development has become an important thing in the education system and the mental well-being of growing children. While these skills are largely influenced by genetics and environment, digging deep into your child's psychology can help you enhance their problem-solving skills, boost creativity, and improve basic reasoning to help them grow better.

Emotional and Social Development

Happy, Sad, Angry, Proud – like adults, your child's them all too! But how your child copes with these emotions, what triggers them, and the intensity of these emotions are often intertwined with the environment they are surrounded by and the impact of certain events in their life. How your child deals with these emotions now defines how their future emotional development will be like. Through child psychology, you can regulate these emotions in them, help them express, release negative emotions, and attain balance. It helps boost emotional and mental balance in the child for their healthy emotional and social development.

Understanding child psychology gives parents a chance to nurture their child's emotional and mental development during the growing years of their life. It helps them dig deeper into the mental health of the child and help them with the challenges they might be facing emotionally. Indeed, with a step taken at the right time, parents can help their children grow bright and happy.

SUPPLEMENTATION IS THE ROAD TO LONG LASTING HEALTH

Typically, a balanced diet is capable of providing sufficient nutrition but in order to enhance your nutrient density, it is recommended that you practice supplementation. Supplements often cater to many deficiencies and medical conditions and so, regular intake of supplements can significantly improve your health and immune system.

When deciding on a supplement, it is important to consult with your doctor or dietician as they will be able to provide valuable information on the subject, thereby allowing you to make an informed decision.

Supplements must be taken in moderation as they often have very specific benefits and are targeted to a particular aspect of health. However, there also many supplements that aim at improving your overall health. Hence, supplementation should consist of a subtle mixture.

Omega-3s -

Omega-3s are crucial for keeping the heart healthy as they reduce inflammation, regulate blood pressure and prevent blood clotting, thereby minimising the risk of heart disease as well as Alzheimer's disease. While omega-3 fatty acids are found in chia seeds, flaxseed or soybean oil and in fish such as salmon or mackerel, fish oil is preferred and is also recommended to be taken daily as, it happens to be the richest source. These fatty acids are also present in the form of several multivitamins and dietary supplements.

Magnesium -

The regular intake of magnesium supplements and magnesium-rich foods, such as whole grains and legumes, can be very beneficial to a person's overall health. One of the main benefits of magnesium supplements is that is an essential part of cardiovascular health. The mineral is capable of resisting type 2 diabetes as it helps in the regulation of blood sugar and blood pressure levels. Magnesium also promotes bone health by administering the intake of calcium and vitamin D.

Vitamin A -

This vitamin is necessary for the growth and repair of all cells and tissues. Consequently, vitamin A is highly beneficial to hair growth as it improves damaged hair and minimises hair loss. It also prevents several of skin-related issues such as acne and inflammation. Some natural sources of vitamin A include broccoli, carrots, milk and cod liver oil.

Vitamin D and calcium -

According to a study, around 1 billion people suffer from vitamin D deficiency related illnesses. Since the vitamin aids the absorption of calcium, which is essential for bone formation and maintenance, a lack of vitamin D or calcium can lead to poor skeletal health and may cause fractures or diseases. In order to combat this, it is recommended that people consume calcium-rich foods such as dairy products, tofu and leafy vegetables.

Vitamin B12 -

Vitamin B12 play a vital role in the metabolism and energy expenditure of your body as it helps in the production of DNA and red blood cells. Since B12 is predominantly found in foods like eggs, poultry and fish, plant-based eaters are more likely to develop a deficiency of this vitamin and this may lead to a type of anaemia known as megaloblastic anaemia. Thus, those who fail to acquire this vitamin from their food are advised to opt for multivitamins and dietary supplements containing B12.

Probiotics -

Probiotics refer to bacteria that line the digestive tract and keep the digestive system functioning properly by assisting in the absorption of nutrients and treatment of infections. These also improve certain mental health issues as the regulate hormone levels. Due to their wide range of benefits, it is recommended that you take probiotics daily and this can be done through fermented foods such as yoghurt and kombucha.

Despite numerous benefits, supplementation can also be harmful if not practised with care. Thus, it is important to consume supplements only when they are required and in adequate proportions. Only with sufficient information about your needs and options, should you proceed to introduce supplements into your daily routine. This will allow you to improve your overall health while preventing several illnesses, thereby guaranteeing a healthy future.



How to be better on Social Media

(Excerpts from Malini's TEDx)

When I started writing this piece I thought maybe I'd give you my "tips and tricks" to improving your social media game. Upping your likes and growing your followers; using the right hashtags and riding the algorithm. But then I thought about it. What does it really mean to be "better on social media"? Maybe it's not about the best things to do, maybe it's just about being a better you.

Honestly, have you ever wondered what the purpose of social media is, why it was created at all? I mean we spend almost 24 hours a week absorbed by this virtual universe and I worry that we're morphing into a version of ourselves that we would never be in "real life".

I mean what is social media? It is a tool to amplify your ability to connect with people on a scale that is not otherwise humanly possible. I can have 5000 friends on Facebook and connect with them at different times on different things, but I could never keep that number up in real life. Social media was meant to be my free ride around the world. To fulfill my childhood ambition of meeting everyone on the planet! So how did it become such a lonely place?

There's a quote from a movie called Shall We Dance - average movie but epic quote. It says "there are 6 billion <well technically now 7!> people on the planet, what does one life really mean? In marriage or friendship you're saying I'm going to be there for the good, the bad, the mundane, your life will not go unnoticed because I will notice it, your life will not go unwitnessed because I will be your witness."

And what else is social media but a witness? A like, a share a double tap on Instagram, it's somebody acknowledging your existence, being your witness...

But have you ever wondered what you're making them witness?

I started my social media journey over a decade ago, and if I knew then, what I know now, I would probably have thought very differently about what I posted. So here it is, my guide to being better on social media. It may not come naturally (understandably so), since we've become accustomed to having our guard up and assuming the worst. I blame that partly on the tendency for emotions being "lost in translation" on text. I mean one change in punctuation or an ill-timed emoji can change everything, right?

I saw this quote the other day and it really struck a chord, "relationships are harder now because conversations become texting, arguments become phone calls and feelings become status updates." (I'd go as far as to say arguments are now typically flame wars in the comments section!)



I was replying to a really mean comment the other day and I asked genuinely, "why did you need to be so mean about it?" and the response I got was, "what do you expect, this is the internet" and that's when it hit me. We need to unlearn THIS version of the Internet. Where we have lost all empathy and kindness. We must REBOOT.

Don't get me wrong, I love social media, I really do. I just realized maybe it's time to do it a little differently.

We all think of ourselves as "good people", but does your social media reflect that for you? Have all the comments you've made on social media indicate that? Or are you an accidental troll sometimes?

I'm as guilty as the next person of getting this wrong by the way.

When I started my "Bollywood blog" I realized I started going to events feeling wary of running into certain celebrities because of what we had written. And that's when it dawned on me, that the virtual world had given me this "free pass" to behave in a way I would NEVER have done in real life. I was suddenly hurting people I didn't even know for a few clicks. Trying to raise my social clout with the number of followers or likes I had... Who had I become? And why? Was it just greed for social currency?

So I asked myself this, If there were no likes and a public display of my followers, would I still use social media the same way? And what does that say about me?

We really are in the Matrix in a sense. The future we keep talking about is NOW. We're here. We're in it. Maybe we just don't know how to live there yet.

But what if I told you that the new currency of the Internet is positivity, how much are you worth? The good news is it's not too late to change your social media strategy. Here are a few simple rules to follow and I promise you will find what you put out into the virtual universe will come back at you 10-fold.

- ▶ Don't post anything about someone you wouldn't say to their face.
- ▶ Stop treating social media as a dumping ground for your negative emotions.
- ▶ Spark joy with what you post; share happy videos, pictures and quotes that will spread love and positivity.
- ▶ Use the like button more often; appreciate more than you criticize.
- ▶ Stop judging and comparing, it's only going to make you bitter and unhappy. (Remember everyone's Instagram feed is simply a curation of their best moments, it isn't a complete reflection of their lives.)
- ▶ Use social media to connect with family and friends separated by distance or busy schedules, and not to disrupt these very relationships.
- ▶ Create posts that you think will benefit people and use social media to begin conversations on topics that really matter to you.
- ▶ Un-friend or hide posts from people who routinely write about the bad stuff; the constant negativity will only drag you down.
- ▶ Boost your own social media with happiness and witness how contagious it is.
- ▶ And most of all, remember that followers are people too.

When people choose to follow you, they are choosing to witness your lives, experience your thoughts and being effected by what you post. What are you making them feel? I believe we would care more if we unsee the numbers and see the people.

Really think about the fact that if you

swapped virtual reality with "reality" reality what kind of a person would you be? Would you really behave the same way? What would you change?

Your social media is a digital representation of who you are and it's leaving an everlasting imprint. Make it a good one.

Try it. Give someone a compliment and see what happens. They feel good, you feel good, everybody wins!

Start today, start now, take out your phones and put some love into the universe.

If you want to use a filter - filter out the negativity! When you declutter your social media you will declutter your mind, when you surround yourself with endless optimism you will attract positivity - if we all make our mission the pursuit of happiness we won't have time for trolls or to become them. If there is one thing I want you to take away from this piece it is this:

if you don't like what's on social media today I challenge you to change what you put on it. It's time to take charge of your social media legacy.

Come join Malini's Girl Tribe on Facebook and join the conversation to make a better, safer more productive Internet for women

Malini Agarwal, Founder & Creative Director - MissMalini Entertainment

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@malinisingltribe



Health and Fashion



*If Iffah was originally thought visiting and experiencing as possible within the reach of alongside providing their reviewing places as they went solely through the passion for same passion but also have successful .Iffah is an **Rana** is pursuing medicine. As unfortunate turn with respect 19 gave Iffah and Rana a new most importantly, their drawn to their personal shear desire of having watering food around them, of developing their review food page where they began recipes for all the types of foods they were longing for and missing out on, but couldn't get their hands on due to global circumstances. They were on a completely different and new journey now from the one they had embarked on, but all for the good, as they are now providing us with beautiful and tasty food treats on their growing page. These two are definitely onto something "sweet" and maybe even "spicy" but you have to check them out to know it best yourselves. So what are you waiting for, follow them now!*



out for the purpose of many restaurants, cafes as handlers Iffah and Rana; honest opinions and along their journey filled food. Both sisters have the their priorities in becoming aspiring law student while the world took an to human livelihood, Covid-perspective of many things, passion for food. They felt kitchen space and through delicious and mouth-they were driven by the idea page further into an exciting sharing their scrumptious

Brown butter chocolate chip cookies are thick, chewy, and unlike any other chocolate chip cookie. There's as much flavour in one of these brown butter chocolate chip cookies as there is in an entire batch of classic chocolate chip cookies! A heaven for the cookie lovers!

Ingredients:

- 1 cup unsalted butter (230g)
- ½ cup granulated sugar (100g)
- 1 cup light or dark brown sugar (200g)
- 1 large egg + 1 egg yolk (at room temperature)
- 2 teaspoons pure vanilla extract
- 2 and ½ cups all-purpose flour (312g)
- 1 teaspoon corn starch
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 tablespoons milk (30ml)
- 1 and ½ cups semi-sweet chocolate chips (270g)

Method:

1. Brown the butter: slice the butter into pieces and place in a light-coloured skillet. Melt the butter over medium heat and stir or whisk continuously. Once melted, the butter will begin to foam. Keep stirring. After 5-7 minutes, the butter will begin browning and you will notice lightly browned specks begin to form at the bottom of the pan. It will have a nutty aroma. Once browned, remove from heat immediately and pour into dish. Cover tightly, place in the refrigerator, and chill until solid, about 2-3 hours. A large flat dish, as opposed to a bowl, helps the butter solidify quicker.
2. Remove solid brown butter from the refrigerator and spoon into a large bowl. Using a hand-held mixer or stand mixer fitted with a paddle attachment, beat the chilled brown butter for 1 minute on medium speed until completely smooth and creamy. Add the granulated sugar and brown sugar and beat on medium high speed until light in colour and combined, about 2 minutes. Beat in egg, egg yolk, and vanilla extract on high speed.
3. In a separate bowl, whisk the flour, corn starch, baking soda and salt together until combined. On low speed, slowly mix into the wet ingredients until combined, then beat in the milk on medium speed. The cookie dough will be thick. Add the chocolate chips and mix on low for about 5-10 seconds until combined. Cover the dough tightly with a

BROWN BUTTER CHOCOLATE CHIP COOKIES

plastic wrap and chill for at least 2-3 hours and up to 3 days. Chilling is mandatory or the cookies will over spread.

4. Remove the cookie dough from the refrigerator and allow to sit at room temperature for 10 minutes as you preheat the oven. This makes the cookie dough easier to scoop and roll. (If the cookie dough is chilled for more than 3 hours, let it sit at room temperature for 30 minutes.)

5. Preheat oven to 177 degree Celsius. Line two large baking sheets with parchment paper or silicone baking mats. Set aside.

6. Scoop and roll dough, about 1.5 Tablespoons of dough each, into balls.

7. Bake the cookies for 11-13 minutes until slightly golden brown around the edges. The baked cookies will look soft in the centres when you remove them from the oven. Allow to cool for 5 minutes on the cookie sheet and serve warm with a sprinkle of sea salt!



Raw mango fish curry

This recipe has been handed over to us from our ancestors from our homeland and hence holds a very special place in our hearts. The taste of Malabari spices seeped into juicy fish pieces, Kerala Raw Mango fish curry is a delectable option to prepare for a lunch party or regular meal, paired with steamed rice.

Ingredients:

Onion- 1 (thinly sliced)
Ginger- 1 inch (thinly sliced)
Curry leaves
Green chilli- 2 or 3 (sliced)
Turmeric powder – ½ Tablespoon
Chilli powder – 2 Tablespoons
Coriander powder- 1 ½ Tablespoons
Salt- to taste
Coconut oil- 2 Tablespoons
Vinegar- 1 Tablespoon

Coconut milk (2nd extract) – 1 ½ cups (thin coconut milk)

Coconut milk (1st extract)- ¾ cup (thicker coconut milk)

Spanish mackerel – 500g

Peeled Raw Mango -500g

For tempering:

Coconut oil

Fenugreek seeds

Curry leaves

Dried red chilli

Shallots

Method:

1. Add onions, ginger, green chillies, curry leaves, salt to taste, coriander powder, chilli powder, turmeric powder, coconut oil, vinegar and mix it all well using a wooden spatula in a clay curry pot.

2. Add the 2nd extracted coconut milk (thin coconut milk) and mix well using the spatula.

3. place the clay curry pot on the stove with a closed lid until the curry boils. Once the curry starts boiling, add the raw mango and the fish. Close the lid and leave the fish to cook. Make sure you keep stirring the curry at intervals to prevent it from burning at the bottom.

4. once the fish is cooked, immediately add the 1st extracted coconut milk (thick coconut milk) and remove the curry from the heat once it boils.

5. for the tempering : saute the fenugreek seeds, curry leaves, dried red chilli, shallots and turmeric powder in coconut oil and pour this over the curry. Serve hot with white rice and cracker of your choice!



BITTER MELON EXTRACT MAY HELP FIGHT CANCER

Bitter melon, or bitter gourd, has served as a traditional Indian remedy for centuries. Recently, bitter melon extract supplements have been gaining popularity as an alternative medication for diabetes. Now, new research in mice seems to suggest that bitter melon extract may help fight cancer.

Bitter melon (*Momordica charantia*), also known as bitter gourd, is a "relative" of both cucumber and zucchini. It originated in the South Indian state of Kerala.

It later became more widespread, with China first importing the fruit in the 14th century. It then spread to regions of Africa and to the Caribbean.

Traditionally, bitter melon has helped treat many health concerns, and it has recently gained some popularity as a natural remedy against diabetes.

The fruit is also a staple of certain Asian cuisines, adding to local dishes' unique flavor through its specific bitterness.

Recently, Prof. Ratna Ray — from Saint Louis University in Missouri — and her colleagues made an intriguing find. In experiments using mouse models, bitter melon extract appeared to be effective in preventing cancer tumors from growing and spreading.

The researchers report their findings in a study paper that now appears in the journal *Cell Communication and Signaling*.

Bringing back to life an ancient remedy

Prof. Ray grew up in India, so she was familiar not just with the culinary qualities of bitter melon, but also with its alleged medicinal properties.

This made her curious as to whether or not the plant also harbored properties that would make it an effective aid to anticancer treatments.

She and her colleagues decided to put this to the test in a preliminary study by using bitter melon extract on various types of cancer cells — including breast, prostate, and head and neck cancer cells.

Laboratory tests showed that the extract stopped those cells from replicating, suggesting that it might be effective in preventing the spread of cancer.

In further experiments using mouse models, the researchers found that the plant extract was able to reduce the incidence of tongue cancer.

So, in their new study, Prof. Ray and team tried to find out what might give bitter melon compounds an edge against cancer cells.

This time, they used mouse models to study the mechanism through which bitter melon extract interacted with tumors of cancer of the mouth and tongue.

They saw that the extract interacted with molecules that allow glucose (simple sugar) and fat to travel around the body, in some cases "feeding" cancer cells and allowing them to thrive.

By interfering with those pathways, the bitter melon extract essentially stopped cancer tumors from growing, and it even led to the death of some of the cancer cells.

"All animal model studies that we've conducted are giving us similar results, an approximately 50% reduction in tumor growth," says Prof. Ray.

It remains unclear whether or not bitter melon would have the same effect in humans, but Prof. Ray and colleagues explain that, going forward, this is what they are aiming to find out.

"Our next step is to conduct a pilot study in [people with cancer] to see if bitter melon has clinical benefits and is a promising additional therapy to current treatments," she notes.

Prof. Ray seems convinced that the plant is, if nothing else, at least a positive contributor to personal health.

"Some people take an apple a day, and I'd eat a bitter melon a day. I enjoy the taste," she says.

"Natural products play a critical role in the discovery and development of numerous drugs for the treatment of various types of deadly diseases, including cancer. Therefore, the use of natural products as preventive medicine is becoming increasingly important."

Photo by Charlotte May





Dr. Prashant C Dheerendra

Can Working Out Too Much Affect Your Kidneys?

By : Dr. Prashant C Dheerendra,
Consultant Nephrologist, Apollo Dialysis Clinics

As it is said, too much of anything can be bad. Likewise even though working out is a healthy habit but excessive workout can lead to some unforeseen repercussions. One such repercussion is it can have a harmful effect on our kidneys.

When we workout after a long gap, our body goes through a lot of wear and tear. Therefore starting with few warm-up exercises and light weight training can be beneficial. Excessive workouts can lower the sodium levels in one's body, which can negatively affect our health. Strenuous exercise without practice can lead to breakdown of muscle tissue which in turn leads to kidney failure.

Over exercising can be detrimental to our health especially if we are not supplementing the calories we have burned with additional calorie intake. A human body needs enough nutrients, minerals and vitamins to perform well. However, if not consumed in our diet it may impact our kidneys too. They help us to cleanse toxins from the body, and maintain water balance.

Here are a few guidelines that need to be followed while working out to keep our kidneys healthy:

Structure your own workout regimen: It is very important for all of us to understand and set our goals as per our body type. Each body reacts differently to different workout regimen therefore it is extremely essential to follow a routine as instructed by professionals.

Do not strain your body: It is always advisable to exert less pressure on our body and let the muscles breathe. We can start with slow warm-up exercises or light yoga rather than plunging directly into heavy exercises for the day. Avoid performing aggressive workout steps which can result in muscle protein breakdown.

Follow a healthy diet & stay hydrated: Workout and a healthy diet plan go hand in hand. If a proper diet chart is not in place, then the workout performed will go waste. We should always take an adequate amount of water in-between our exercises to stay hydrated throughout the day. On the other hand avoiding overhydration is also important. Avoiding extremes is the key. Also, take the right nutrients and proteins essential for the body which can keep our body stress-free. Alongside, rest well after every workout session. It brings down the risks significantly.

Consider low intensity workouts: This helps to build endurance by increasing glycogen stores. It also helps in improving circulation and can help with muscle recovery after a tough workout.

Consult a gym professional: It is always advisable to consult a proper gym trainer and take a note of the important details delivered by them. Only a gym trainer would know what kind of workout plan is best suited for the body along with the required diet chart.

VARIETY OF CARROTS AVAILABLE AND THEIR HEALTH BENEFITS

Dr. Shika

It is quite easy to take carrots for granted. You all know that carrots are good for your health the carrot is amongst the most popular vegetable in the modern world, and it definitely does deserve a place in your daily cuisine. This article will show why.

Carrots are found in the orange, yellow, purple, white and red varieties, all with good health benefits. The original orange colored carrots, having their sweet, earthy flavor, are believed to have come out of The Netherlands during the 16th century. Let's see the health benefits of the carrots.

Vitamin A and Beta Carotene

A single medium-sized carrot nearly 75 grams is known to give a whopping 210% of your daily recommended intake of vitamin A. Vitamin A is essential for immune function, vision, reproduction, skin health, and cellular communication. In the plant kingdom, carrots come next only to sweet potatoes for their incredible vitamin A content. Carrots are a great source of pro vitamin A, having the precursor to vitamin A in the form of carotenoids. The major pro vitamin A carotenoid, is beta-carotene, though alpha-carotene and beta-cryptoxanthin also, play critical roles. The body converts those elements into vitamin A, which is then metabolized into retinal and retinoic acid, the active forms of vitamin A to assist the vitamin's vital biological functions.

Rich In Antioxidant

Antioxidants prevent cell damage from oxidative stress on your body. Carrots (all varieties) contain quite

helpful levels of antioxidants, each having their own unique protective function. Beta-carotene is the most common, making a particularly abundant appearance in orange carrots. You will also find antioxidants like alpha-carotene, lutein, caffeic acid, coumaric acid, ferulic acid and anthocyanins in several admirable quantities in various varieties of carrots. What this impressive line-up of antioxidants really means, is that whichever variety of carrots you opt for, you are giving yourself a top-level protective, antioxidant boost.

Can Lower Risk of Cancer

Antioxidants have been known to fight off harmful free radicals inside your body, and that can help you make less likely to have cancer. The two major types of antioxidants in carrots are carotenoids and anthocyanins as already stated above. Carotenoids give carrots their orange and yellow colors, while anthocyanins are responsible for red and purple coloring.

Boost Immune System

The vitamin C available in carrots assists your body build antibodies that protect your immune system. Vitamin C also assists your body take in and use iron and prevent infections.

Protects Your Teeth

You will eventually smile a bit brighter thanks to the carrots. Long regarded as a cavity-fighting vegetable, chewing a raw carrot works as a natural toothbrush. Carrots are also rich in plaque-fighting keratin and vitamin A, which supports strengthen delicate tooth enamel.

Protects Skin From The Sun

Carrots can protect your skin from the rays of the sun. The beta carotene inside the carrots is a skin-friendly nutrient that gets converted into vitamin A inside your body. It assists repair skin tissues while also protecting your skin from the harmful radiation.

Reduces The Oiliness Of The Skin

If you are suffering from oily skin, you might have noticed that your skincare products contain vitamin A in the form of retinoids and tretinoin. Carrots also provide a ton a Vitamin A, so consuming carrots will help lower oily skin from the inside out.

Lowers Cholesterol Levels

Carrot consumption helps in the reduction of cholesterol absorption and enhances the antioxidant status of your body. These effects will also promote cardiovascular health. Raw carrots are also high in a fiber called pectin that assists in lowering cholesterol.

Expectation VS Inner Economy

(Inner Wellbeing)

by: Isha Lall
Lifestyle and Wellness Coach
Master Reiki Healer
Certified Yogi

We all are familiar with the word 'Expectation' and there are so many quotes around 'Expectation' too. Quoting the most famous one here, "If you expect nothing from anybody, you're never disappointed." – Sylvia Plath. I wish it was as easy as it sounds. We humans do expect things of ourselves and others.

What is Expectation?

As per the definition 'In case of uncertainty, expectation is event that is considered the most likely to happen. An expectation is a belief that is centred on the future, may or may not be realistic.' But do we ever realise how much importance we start giving to this belief that is based on uncertainty, how much pressure we put on ourselves or others just because of this word that has seemingly come to play a vital role in everyone's lives. From the minutest of the things in a relationship to the biggest at work, we are either trying to fulfil someone else's expectations or desperately hoping others to live up ours.

Now, the real question comes, 'Should we have Expectations?'

The fact is we need basic expectations to function and operate, not just in society, but primarily within ourselves.

If you have reasonable expectation with yourself, it allows a certain discipline in life and makes the goals and growth path easier.

Expectations, I like to call them as my LIFE ECONOMY. How? For an economy to run and progress there should be a reasonable demand of a commodity and sufficient supply, making sure there's no deficit. That's how demand and supply chain is maintained. But most times high demand leads to high pressure and we succumb ourselves to pressure, be it internal or external and that's where we fail, because we do not set our limits.

How and where do we fail?

1. We go beyond our comfort edge to meet those demands.
2. We don't know when to STOP
3. We fail to reason with ourselves let alone others.
4. We all would have opinions about how others should operate but are clueless of our own self.

What happens with wrong expectations and not setting the limits?

We suffer, we are miserable, we try to play blame games or surrender ourselves to guilt because under pressure demand is not able to meet the supply. And now, we are finding faults and reasons most times in others and at times in ourselves for that unfulfilled demand. We have created our own deficit, our own crisis situation. We forget, we are only humans, and not rockets that we will launch under high pressure. We will crash, in body and in mind too. Period.

Practically and spiritually speaking, we have put the ECONOMY of our OWN SELF at stake. We created the demand within or with others without SELF INTROSPECTION and REASONING. When that demand isn't met, it leads to instant dissatisfaction and sometimes long periods of unrest and misery.

What must one do to avoid failed expectations?

We need to understand our economy wisely. We also need to understand that GDP of our life with ourselves and others cannot increase overnight. Right SELF INVESTMENT is all that we need first. The real world, the real economy is YOU, knowing SELF. Once that economy is running smoothly, everything else also becomes a smooth sailing.



THE 3 C'S IN OUR NEW NORMAL - CODING, COOKING & COLOURING

By Ms. Fatema Agarkar, Educationist and Founder of ACE

Taking stock of the year gone by and reflecting on all the learnings, the emerging trends for Coding, Cooking techniques as important skills to be nurtured dominate house-hold conversations. While the first half of the pandemic saw citizens (young and old) world over optimise and experiment with their culinary expertise (social media bears evidence of this growing popularity), Coding emerged a hot favourite (and one has to admit the kind of aggressive advertising on display added to this growing awareness). The more 'traditional' colouring and drawing skills seemed to be reserved for 'academic' milestones. The latter, it seemed was always the 'go-to' option but the more 'popular' game-changers seemed to be the other two 'Cs'.

So as adults, be it educators or parents, which one is more pertinent for your child?

Well, if the pandemic has taught us one thing, it is that the world of today and tomorrow will not operate in compartments alone. The integration of many skills and disciplines will be the new normal which simply means, there will not be a 'black' or 'white', and one skill will not be more important than the other. It will be variety, diversity, integration, and collaboration making every skill useful and required at some point. Kind of like an all-rounder in cricket - helps to be able to bowl, bat, field well and throw in a bit of wicket-keeping to give your team a chance to play an extra bowler or batsman at least in the shorter version of the game! These 'all-rounder' skills as opposed to being a specialist give one an advantage for sure.

This combination of skills therefore makes the future citizen of tomorrow, students that are currently in virtual classrooms more life-ready and adaptable to face situations as they may arise. The variables changing at an alarming rate is simply

what is to be expected. We used it to call this the VUCA world in educational circles pre-pandemic and now we are living it, and will continue to be this in a bubble for years to come!

There is no doubt in anyone's mind that the world of tomorrow will require a tech quotient (TQ as I like to call it) apart from IQ, EQ and there is no escaping this reality. Anything that can be duplicated, will be automated and therefore coders and those familiar with computational thinking will lead the way. It's the new normal for students and our National Education Policy 2020 recognises this as well. So, yes coding as part of the school curriculum as envisioned by the policy makers makes sense but not because the outcome is to become some entrepreneur or get a valuation. The idea and intent is to build on logic, critical thinking skills, creativity which also aid the learning process in other disciplines for students. The rationale for coding is simply to hone important 'learning' skills of cause and effect, probability and logic! The gloss and glamour attached to coding today by advertisers is diverting the attention to 'monetization' and this continues to be a worrying part. As a country obsessed with achievements and 'performance' often we tend to forget the rationale, and the rationale is a larger goal of skill development.

So yes, coding is a skill that will add value when introduced and taught with the true spirit of the subject orientation!

Survival skills include cooking in its portfolio, and perhaps we must be thankful to one dreadful C - Corona Virus to help the world put a price to this important life skill - Cooking. It is just as important as coding for it is not only therapeutic for many, leads to the creation of so many career options but also healthy eating habits. Keeping the world of tomorrow become fitter, and in a position to cope with virus mutations as they emerge. In traditional schools, needle-work, carpentry, learning basic electrical solutions and cooking were key components of being that all-rounder that helped students cope with life beyond schooling. This is a must and needs to be encouraged. Not everyone

will go on to be a Chef in a Michelin star restaurant but understanding the use of ingredients and managing with the 'bare minimum' at times (and this we all know in the initial period) will be a handy skill to have at all times. It creates independence and confidence, so yes, it is also pertinent for your child. Educators have creatively used Math and Science concept building through kitchen activities including cooking - it is all there and making learning so much fun simply because solid carbon dioxide explained as dry ice to create smoke or transport something 'cold' now makes more sense than learning it as a definition!!! Hands-on exposure to measurements, estimation, probability and proportion comes alive, and therefore this skill is a complete package.

And for all the educators out there that value the role of drawing and colouring not just for the fine motor development in early years but also honing of key skills of spatial awareness, imagination and creativity as students experiment. This 'academic' skill will provide career opportunities in more ways than can be imagined in the future and also help coders visualize when they need to bring alive their back-end planning! Through the pandemic, this has proved to be therapeutic for many, created business opportunities and allowed citizens that creativity that kept the engine chugging. The theory of left-right brain development is put into the application when one combines exposure and expertise to Coding and Colouring simultaneously!

This all-round development where every skill plays its part in the future will be the one big game-changer as we craft strategies for students in our classrooms and at home. We must therefore appreciate and value each one, encourage and create pathways to nurture and most importantly, focus on the process and the rationale and not simply making them career choices. That in itself would be limiting and damaging.

The combination of these 3 Cs can simply be translated as creating new avenues and confidence!

CAUTION! ARE YOU OVER ACCESSORIZED?

by: Rushika Kothari - Head of Digital & Brand - TALISMAN

When it comes to jewelry, a few generations ago, we were limited to what was given us to by our mothers and grandmothers.

Today, things have changed with accessories such as personalized charm bracelets and everyday earrings. We have collections that are fun, flamboyant and full of color.

From celebrities at red-carpet events to influencers on Instagram, this is now a go-to-trend where we're seeing a range of accessories such as bracelets, pendants and rings going together with any garment.

Stacking, layering, whatever you want to call it, the trend of mixing, matching and piling up accessories has been quickly gaining traction over the last decade. There was a time when it was looked down upon as 'hippy-style' but has slowly evolved to gain appreciation.

So, when the question arises that is there something such as 'over-accessorized', I'm tempted to say NO. I look back at some of my favorite looks at the recent Met Gala event and almost all of them aced the art of mixing jewelry and none of them took away from the beauty of the outfit but rather created a grand effect. And, therein lies the appeal of jewelry.

The beauty of accessories is that you can mix and match depending on your mood and imagination. When it comes to accessories, there are no rules. The main purpose is to enjoy composing multitude variations and having fun with your jewelry.

Having said that, there are some best practices that you can consider when accessorizing.

★ For instance, when it comes to your bracelets, mix you are fine skinny bracelet chains with chunky bangle bracelets to compliment your look.

★ Make sure to mix your golds and silver with a splash of color with natural semi-precious stones. Some of the summer favorites are Blue Topaz and Amethyst.

★ If you are someone that is a bit bolder, alternate the suppleness of your little black dress with the shine of Sterling Silver pendants, rings and earrings.

★ Drop earrings are no longer reserved for occasions like a dinner date or wedding party, don't be afraid to wear them to work or a girl's night out. If you would like to tone down your look, choose colorless options such as plain silver studs or White Topaz Earrings.

★ For those that like to dress in bold outfits, opt for accessories in a more restrained color palette such as garnets and black spinels.

Finally, when it comes to accessories, remember that this is one area that gives you a chance to throw out the traditional rule book and experiment new styles. So, define your own rules and don't curb your imagination!

Cholesterol levels to predict heart disease risk

A recent study investigates the relationship between cholesterol levels in young adulthood and cardiovascular risk in later life — with interesting recommendations for further research and at the long term impact of high cholesterol levels.

Research has already well documented that high cholesterol levels can lead to heart disease, the leading cause of death in the United States, and stroke, the fifth leading cause of death.

Cholesterol is a fatty substance that the liver and foods we eat, such as eggs, cheese, and certain meat products produce.

Cholesterol is necessary for the body to function. However, too much "bad" cholesterol, which is also called low-density lipoprotein (LDL), can clog the arteries with a fatty buildup, increasing the risk of heart attack, stroke, or peripheral artery disease.

Scientists have also linked high total cholesterol to overweight, lack of exercise, smoking, and alcohol consumption.

More than 12% of adults in the U.S. aged 20 years and over have total cholesterol levels above 240 milligrams per deciliter (mg/dl), which doctors consider high. Of children and adolescents aged 6–19 years, some 7% have high total cholesterol.

High-density lipoprotein (HDL) is "good" cholesterol and helps to sweep LDL from the arteries back to the liver, which removes it from the body.

A long look at lipids

A new, comprehensive study, appearing in *The Lancet*, follows almost 400,000 people in 19 countries for up to 43.5 years (1970–2013). The findings shine a spotlight on the link between bad cholesterol (non-HDL) levels in people under 45 years of age and the long-term risk of heart disease and stroke.

Set apart from previous studies, this observational and modeling study, which looked at individual level data, suggests that elevated non-HDL cholesterol levels at a younger age can predict cardiovascular risk at 75 years of age.

The study used data from 38 studies carried out in the U.S., Europe, and Australia.

Of the nearly 400,000 individuals that the study followed, none had cardiovascular disease at the start. The scientists tracked the participants over decades and took details of any heart disease event, fatal or otherwise, or stroke.

In total, there were 54,542 incidents of heart disease, fatal or non-fatal, and stroke.

When researchers analyzed the data for all age groups and both sexes, they saw that the risk of heart disease or stroke dropped continuously as non-HDL levels dropped. In fact, those with the lowest non-HDL levels, — which the scientists defined as 2.6 millimoles (mmol) non-HDL cholesterol per liter — had the least risk.

The highest long-term risks of heart and artery disease were in those younger than 45 years old.

"This increased risk in younger people could be due to the longer exposure to harmful lipids in the blood," says Prof. Barbara Thorand, of the German Research Center for Environmental Health in Neuherberg.

Study suggests early intervention vital

The study confirmed that the level of non-HDL and HDL cholesterol in the blood played a significant part in predicting the risk of cardiovascular disease over time.

Researchers used data to create a model for people aged 35–70 years that could estimate the chances of a heart event by age 75 years. It factored in sex, age, non-HDL levels, and cardiovascular risk factors, such as blood pressure, BMI, diabetes, and smoking status.

It also examined how much one could lower risk if non-HDL cholesterol levels were a hypothetical 50% lower. Using this approach, the researchers saw the most significant reduction in risk in the youngest age group.

As an example, a male under 45 years of age has starting levels of non-HDL

cholesterol of between 3.7–4.8 mmol per liter and at least two risk factors for cardiovascular disease; if the individual was to halve their levels of non-HDL cholesterol, they could reduce the risk from 16% to 4%.

A female with the same factors could reduce their risk from around 29% to 6%.

Using the same levels of non-HDL cholesterol in individuals of 60 years or more, males could reduce risk from 21% to 10%, and females from 12% to 6%.

The researchers suggest that intensive efforts to lower non-HDL cholesterol levels could reverse early signs of blocked arteries, which is known as atherosclerosis.

However, there was no clarity on how much slightly increased or seemingly normal cholesterol levels affected cardiovascular risk over a person's lifetime or at what level treatment recommendations should occur, especially in younger adults.

"Our estimates suggest that halving non-HDL cholesterol levels may be associated with reduced risk of cardiovascular events by the age of 75 years and that this reduction in risk is larger the sooner cholesterol levels are reduced." Co-author Prof. Stefan Blankenberg

"The risk scores currently used in the clinic to decide whether a person should have lipid-lowering treatment only assess the risk of cardiovascular disease over 10 years, and so may underestimate lifetime risk particularly in young people," notes the study's co-author, Prof. Stefan Blankenberg.

The authors say future research is needed to understand whether early intervention in younger people with low 10-year risk but high lifetime risk would have more benefits than later intervention.

A limitation of the study is that it may not apply to all regions or ethnic groups because its focus was on high income countries.

High cholesterol has no symptoms, and many people are unaware that they have high levels; however, doctors can check levels with a simple blood test.

Ensuring infection proof homes for your little ones

When a new baby comes home, all the family members are filled with joy and want to pick the little angel in their arms and hug them. However, we all understand that babies are considerably more susceptible to infections from unfamiliar germs as their immune system is still developing.

And especially in today's times, when there is an unprecedented rise in infections & air borne diseases, we need to ensure that the environment we provide them at home is safe and hygienic. Therefore, parents need to be extra careful while handling their little bundle of joy, should keep the house clean and keep their baby away from anyone who is obviously sick.

More so, young babies who are a few months old are on an exploration journey figuring out the things around them, and hence - be it crawling on the floor, touching surfaces, babies tend to pick and put anything and everything in their mouth which may contain harmful germs resulting in an infection/illness.

Therefore, in order to ensure complete protection for their little ones, here are some tips that new parents should practice in order to keep the baby healthy & protected against harmful household germs:

Make hand washing / hand sanitizing a regular practice -

Washing / sanitizing your hands regularly is one of the best ways to stop the spread of germs and infections. Parents must ensure that everyone at home washes or sanitizes their hands: before touching the baby, before and after preparing or eating food, after using the bathroom or changing a diaper, after coming in from outside, after playing with or caring for pets, while caring for someone who is sick at home, cleaning around the house and so on. Make sure soap, hand

sanitizer and clean towels are always available. While wiping baby's hands, make sure to use mild wipes or soft cotton to avoid any kind of harshness on the skin.

Choose a Disinfectant specially meant for sanitizing baby products as well as fruits & vegetables -

In the hustle bustle of keeping up with the child, parents might miss sanitizing baby's utilities such as feeding bottles, teethingers, soothers, toys, their utensils. These things are part of the baby's little environment and require thorough cleaning and disinfection. Therefore, parents must thoroughly wash and disinfect baby feeding utilities such as feeding bottles, teats, spoons, dishes etc. after almost every use to avoid any microbial decontamination. Parents must look out for a disinfectant that is perfect for microbial disinfection of everything that comes in contact with baby's mouth such as plastic and metal feeding utilities as well as fruits and vegetables. Hence, a disinfectant with anti-bacterial and anti-fungal properties is the best choice during this time and parents need to make it a part of their daily routine.

Keep your baby's environment clean-

One of the most important practices is to always make sure that the environment around your baby remains clean and safe. All the objects that a child comes in contact with such as toys, highchair, changing mats, and surfaces must be thoroughly cleansed with soap and water. You should try using a multi-surface cleaner spray with anti-bacterial properties & is dermatologically tested as it will help to prevent the spread of germs and thereby infections. Since the baby spends most of the night in bed or in the crib, therefore new parents must wash baby's sheets two times a week in hot water with a laundry detergent specially formulated to wash baby clothes. Crib sheets need more frequent changing since they're prone

to be covered with all kinds of leaks, spills & drool.

Keep a Humidifier at home in the room where baby sleeps or plays to improve the air quality indoors -

Dry air is the major cause for so many health problems in babies - from nasal infection to sore throat which they can't even let you know, and from dry skin and cracked lips to breathing issues in some cases. To take care of these concerns, an environment with the right humidity level is very important as it helps to maintain the natural protective functions of the nasal and respiratory tract. A humidifier adds the much-needed moisture to the air and creates favorable conditions for baby's health & well-being, allowing the baby to breathe and sleep comfortably and relieve him from symptoms such as cough and cold.

Giving baby's clothes a thorough and hygienic wash with specially formulated laundry detergent -

As we all know that babies are vulnerable and can catch common infections most easily from nearly everything they touch and play with. First and foremost, parents need to look out for a laundry detergent formulated to effectively clean baby's clothes and removes 99% of germs i.e. commonly found bacteria and fungi. Given that these days, clothes are being washed repeatedly, the baby laundry detergent should be dermatologically tested and free from Phosphorous, Fluorescence, Colorants and Brighteners so that it's gentle and delicate on baby's skin, thereby causing no irritation or discomfort.

Avoid large gatherings and crowded places: With a small baby, parents should avoid large gatherings and crowded places because babies are more prone to catch infections than adults.

Get rid of dust in the house - Keeping on top of the dust in your home is a great habit to get into. Dust and



allergies go hand-in-hand, so it's important to keep the home as clean as possible. A longer duster will assist you to get into those hard-to-reach corners, while a small cloth is perfect for keeping surfaces dust-free.

Proper Ventilation - Keeping your room well ventilated can help to improve the air quality — which is especially important with a new baby around. While your home may look clean, the air may not feel fresh until air from outside has been circulating through it. Opening bedroom windows in the morning will help to ventilate and refresh the space.



Photo by Andrea Piacquadio

THE DETOX MANTRA

by : SAMYUKTHA SRIKANTH

It is indeed difficult to find the right way to lose weight and if there's a shortcut why not make use of it?

Festive season means foods, colours, friends, cousins, dress and much more. After spending almost a year at home, meeting your loved ones and spending time with them is like a recharge. This recharge session includes lots of fun and good food. Noting to regret. But, now that the festive season is over and it time to get back to reality. Reality hits us in the form of weight gain, fatigue, bloating. We know, it hard to keep track of what we eat when we are happy. But, got to shed that love handles and belly fat as soon as possible. Festive binges usually result in weight gain and dull skin.

Fresh face, healthy body and younger feels? Sounds great after a post festive binge. To all the foodies out there, we know it's hard to stick to a diet plan, and it's even harder to give up on food. It is important to lose weight, but in a healthy way without starving yourself.

No need to crash diet, or hit the gym. So we suggest you try the "DETOX DIET". This is not like any other diet that aims at focusing on removing body fat, but rather focuses on removing the toxics from the body due to the binges. Detox diet is usually short term and follows a strict diet, vegetables, fruits and other health supplements. This diet not only eliminates toxins from your body but also cleanses your blood. Detox diets usually help with obesity, immune disorders, inflammation, bloating and chronic fatigue. Detox diets may seem similar to intermittent fasting. The detox diet helps reduce weight in a more gentle way. The most common

ways to detox:

Fasting (highly not recommended)

Lemon detox juice

No salt diet for 3 days

No carb diet for 3 days

Eliminating caffeine, sugar, alcohol and smoking.

Why you must do a post festive detox:

To get back in shape

To remove the toxins from your body.

To remove excess sugar in your body.

Restore your body's balance/

Yet, there are many things you need to keep in mind for a healthy diet and to get the results at the end of your diet.

DO's:

Eat fresh foods.

Drink green tea to increase metabolism.

Eat bananas to boost sugar-release.

Start your morning with a glass of lemon water.

Switch to Soy milk.

Workout regularly

Reduce the intake of water during meals to prevent bloating.

Have small healthy snacks regularly.

Consult a physician to get you personalised diet.

DON'T'S:

Do not eat pre-packed / preserved foods.

Skip coffee

Give up on cow milk to reduce lactose content.

Give up on alcohol.

Don't drink copious amount of water during meals.

Don't binge on chips and biscuits for snacks.

Don't starve yourself.

Don't feel guilty about having a small piece of cake.

Do not excessively cut back on calories.





RSV- WHEN IT'S MORE THAN A COLD

by: Atish Laddad, Founder & Director at Docterz



Photo by Gustavo Fring

All babies contract cold and cough, but when you notice the runny noses and constant coughs turn into laboured breathing patterns, the condition could indicate RSV or respiratory syncytial virus. RSV is known to hit the youngest the hardest, often leading to grave issues like pneumonia or bronchiolitis in toddlers belonging to the age group of 2 or even younger. It has been researched that about 20 or 30 percent of those who suffer from upper respiratory tract infections due to RSV have a possibility of developing lower respiratory tract infections. In fact, RSV is characteristically one of the most common reasons children see a doctor during the cold winter months.

While preliminary indications look much like those of any other cold, children who have fallen trap to RSV may start inhaling at a much faster rate or wheezing 3 to 5 days after coming down with the cold. At times, the appetite of the child drops, the child may become irritable or sluggish, and may also run a temperature. When respiration snags start, parents or

guardians should take the child to the doctor where a sampling of nasal discharges can test for the germ. The infection can cause a lot of problems for infants who are just a few weeks old through about 6 months of age owing to the fact that their airways are much smaller. When the airways become swollen and emissions of mucus start increasing, the child may find himself struggling to respire. RSV will not impact the adults to the degree it does to children. This is because as adults our airways are much larger and it does not tend to upset the lower respiratory tract or lungs. Some children are more prone to contracting RSV and infections like bronchiolitis or pneumonia as compared to others. These encompass infants who have been prematurely born in the first year or two of life with long-lasting lung ailments and babies with certain types of congenital heart illness. Parents of these children need to be closely in touch with their health-care provider.

Signs and symptoms of RSV:

The signs and symptoms of RSV resemble that of a common cold like coughing, sneezing, stuffy or runny nose, fever and tender throat. If not received timely treatment, RSV can get serious very quickly. Hence parents must seek medical intervention if your child has been suffering from constant cold and is less than six months of age, has been complaining of any breathing difficulties, has been constantly wheezing or coughing, displays rapid breathing, has chest pain, there is thick mucus from the nose or mouth that is green, grey or yellow and if the babies skin has turned blue or grey in colour. Even if the child seems to be sick and is refusing to eat and drink and has disturbed sleeping patterns, immediate medical attention is required.

Analysis and treatment for RSV:

The child health-care expert will conduct an examination on your baby and may get a chest X-ray or other tests done along with a swab test of your baby's nose to check if he has RSV. Your baby will perhaps end up feeling better

in a few days. Although with medical help RSV will vanish on its own, but it may take a week or two for your baby to get totally well.

Averting the transmission of RSV:

- Adults can also get RSV. If you are suffering from a cold, you must be very careful while dealing with your baby.

- Always ensure you are sneezing or coughing into a tissue and you are at a distance from infants and children. Also, safeguard that other family members suffering from cold are also away from your baby.

- Before touching the baby or prior to feeding the baby guardians must properly wash their hands.

- Ensure you clean your hands post sneezing or coughing, touching pets or post the diaper changing sessions. Also, ensure others also follow the same hygiene patterns.

- Wash and clean your baby's toys and clothes properly to avoid any spread of germs.
- Stay away from sharing towels, pacifiers, drinking glasses, cups, forks or spoons.
- Adults must strictly avert smoking when around your baby.

Along with making all efforts to avoid the child falling prey to RSV, there are certain things you can do to ensure your baby feels more at ease:

- Make use of a cool-mist vaporizer. The humid air may help in making breathing easier and will condense coughing.
- In case your child is older than six months, you can consider giving him or her plenty of liquids like fruit juice and water that will ensure the child stays hydrated.
- Babies younger than six months should not be fed with fruit juice or water. Instead mothers should try and breast-feed or bottle-feed small amounts on a time-to-time basis.
- To allow the child to get relief from a stuffy nose, you can make use of saltwater or nasal drops suggested by your pediatrician.

Though there is no medical treatment for dealing with RSV, some toddlers who are detected with it may require to be hospitalized so they can receive supportive care such as oxygen treatment and suction of the upper airways. The additional resistance offered by breast milk can facilitate some young children ward off the infection, but the best prevention would be the same as with any common cold which is maintaining good hygiene levels, coupled with hand washing and sneezing into an elbow.

THE SUGAR RUSH

It's all fun being sugar high jumping and running around until it hits you.

After a whole day of being hyper and when the sugar rush runs out is when reality hits you in the form of fatigue, dizziness, and headache.

Sugar rush refers to the sudden boost of energy and consuming large amount of carbohydrates from your favourite pasta, pizzas or even sugar overloaded desserts.

This unwanted sugar rush can actually ruin your day's productivity.

Yes, human body requires sugar, but anything in excess can result in something undesirable.

When there is excess sugar in the body it results in the production of insulin to keep the levels consistent.

People with diabetes are more prone to this as they may experience more severe symptoms such as coma or seizures.

Ways to avoid it:

1) Eat variety:

Do not just stick to sugar if you have a sweet tooth. Try balancing out that sugar with other food items as well.

2) Frequent limited consumption:

Do not binge eat. Instead eat small

quantities at regular intervals.

3) Do not starve:

Consume all kinds of foods. But be sure to take it in the right proportion.

4) Diet plan:

Have your diet customized by your physician and make sure to stick to it.

5) Intermittent fasting:

This helps cut back on unwanted calories and removes toxic substances from the body.

Sugar rush might also be due to protein malnutrition.

People who lack in some of the vital nutrients required by the body tend to binge on it when they start craving.

It is advisable to not starve yourself to the point it becomes a binge and leads to more complications.

Hence consume all kinds of foods in moderate proportions.

It is also advised to work out to reduce the sugar rush.

Tiring your body out to the max might help wear out the rush.

It's human nature to want dessert after a good meal. When not able to control

dessert cravings why not want a healthier version of it?

Healthy substitutes:

Yogurt over ice-cream

Nuts over chips

Digestive/wheat biscuits over cookies

Fruits and milk over cheese and wine.

Cucumber with hummus over nachos with cheese.

These healthy versions of your favourite foods will not only reduce sugar rush but also improve metabolism that promotes fat burning.

The intake of sugar through drinks has increased to 135% from 1970 - 2000.

The highest contributor of diabetes has been found out to be soft drinks with their high sugar and preservatives content.

Individuals with mood disorders are also found to be sensitive to carbohydrates and sugar rush.

However, there is a myth that sugar rush leads to low brain function which results in low productivity.

But researchers have claimed that intake of sugar certainly has its own benefits by boosting up the mood, and energy.

However it is advised to take it in limited proportions.

Eating more to lose weight?

We all grew up listening to older people telling us to eat less to lose weight. Well that isn't the case. Starving to lose weight is a myth and more of a false belief. Yes, eating less of fatty items helps you lose weight but that doesn't mean you should cut back on the healthy stuff as well. Actually consuming more healthy fats helps you lose weight. Eating at regular intervals rather than bingeing has also proved to be effective.

Increasing calorie intake might sound scary to some, while in reality it is the solution for your ever-starved stomach to reduce weight.

Here are some tips to lose weight by eating more:

1. Shift to low fat dairy products instead of full fat ones.
2. Eat plenty of fruits and vegetables to leave you stuffed through the day.
3. Feel like munching on something? Go for popcorn.
4. Try cucumber and hummus and instead of nachos and cheese.
5. Cut back on energy drinks and drink fruit juices instead.

Losing fat and losing weight are 2 different things. Eating more can seem terrifying, but eating the right amount and healthy alternatives can actually improve metabolism which in turn will promote weight loss. Some of might not be satisfied with eating more and might start to feel guilty about our intake and prefer to eat less. But there are certain signs that are indications from your body that you need to eat more.

SIGNS:

1. Fatigue
2. Dizziness
3. Stomach ache
4. Irregular periods
5. Mood swings
6. Recurring infections

7. Poor athletic performance.

8. Lack of concentration.

If you have been experiencing any of these symptoms it is better to consult a doctor and get your diet approved/changed. Restricting on calories too much might either leave you to become anorexic or weight gain due to binge eating.

When you start loading up your plate with veggies and fruits instead of crisps you have already taken the first step towards weight loss, what's left is your determination to continue it and regular workouts before you see epic results. Your main concern towards weight loss should be how much of what is on my plate and not what's on my plate. You can even have your favourite Chinese take out for dinner provided you keep an eye on the quantity you consume.

Some of the main ways to improve metabolism are

1. Eat breakfast
2. Eat fruits rather than fruit juices.
3. Go for a walk after a meal.
4. It's ok to eat chips.
5. Consume more calcium.
6. Try yogurt instead of ice cream
7. Eat your pasta loaded with veggies.
8. Dark chocolate.

You are burning calories without even knowing it in the form of walking, simple household chores, studying, even bodily functions use up calories hence it is mandatory to eat the prescribed amount of calories every day. Eating more of quality foods over processed foods will help you lose weight.


Too much of super low calorie diets will help you lose weight, but at the end you will have to eat even less to lose more weight.

Eating enough calories is an assurance to your body that there is enough food for the body and will not store up on fat.

So if you want to lose weight do it the correct way.

Stay fit, Stay healthy!

by -SAMYUKTHA SRIKANTH



Obesity and Health- How it affects your body

Each part of a human body is linked to one another, thigh bone to the knee bone, knee bone to leg bone and so on. But there is one body part- weight that is connected to all the body parts. A healthy weight determines the strength and wellbeing of bones, muscles, heart and others organs efficiently. Obesity is a common cause of a number of minor and chronic health conditions but people tend to take this condition very lightly. When you take in extra calories and not burn through the regular exercise, these excess calories convert into fat causing obesity. Obesity increases the risk of some of the harmful diseases, including diabetes, some cancers, reproductive issues and heart problems. The consequences of obesity are majorly divided into hormonal issues and problems related to metabolism along with organ diseases. Some of the most common health conditions that are triggered by obesity are the following:

Diabetes- With increasing weight a person tends to develop high risk of

insulin resistance and this eventually leads to type-2 diabetes. Diabetes is often linked with obesity as twin diseases and they are together known as 'diabesity'. Indians are prone to diabetes as their body fat percentage is genetically high and this increases the risk of diabetes even with a small increase in the weight.

High Cholesterol- Obesity also causes issues related to cholesterol and blood pressure. All these diseases put together are known as 'metabolic syndrome'.

PCOS- Another major health condition caused by obesity in young women is PCOS or polycystic ovarian syndrome. If PCOS is not treated well it will eventually lead to problems in the menstrual cycles and cause infertility.

Comorbidities in specific organs- As mentioned earlier obesity tends to affect every organ in the human body directly or indirectly. Non-alcoholic fatty liver disease (NAFLD) is commonly caused due to obesity.

Today, it has taken over alcoholism as the most common cause for cirrhosis of liver. People who are obese also suffer from breathing issues. Obese people are likely to develop obstructive sleep apnoea. One of the major issues experienced because of obesity are heart diseases and stroke.

Biomechanical comorbidities- Mobility is one of the crucial problems faced by individuals who are obese. Due to the increased body weight people experience pressure on the weight bearing joints and that's one reason Knee transplant has become very common at an early age.

Social problems and mental problems- Obesity can also be related to body image issues in younger patients causing depression and other psychological problems. Usually, depression and obesity are bidirectional as being overweight makes people prone to developing social anxiety and the anti-anxiety medication will increase the risk of weight gain.



Care with Ayurveda

When it comes to care, the first thing which crosses our mind is skin care on the face followed by hair and then other body parts like, nails. When we shop for skincare, we look out for Ayurvedic infused products or with ingredients like, papaya, aloe Vera, turmeric and oils like coconut oil, vitamin-E oil, sweet almond oil etc. And upon seeing all of these ingredients, they get them purses and wallets to spend on these products. But when these products are purchased, there need to be a few parameters which need to be bared in mind.

1. What are your skin issues and skin type
2. What are the ingredients which can heal/ irritate your skin
3. What is the frequency and quantity in which the product is recommended to be used in
4. When and how it needs to be applied

If the above parameters are kept at focus, the products which are Ayurvedic in nature, will slowly but surely help in healing the skin. Inspite of these Ayurvedic skin care cosmetics available in plenty in the market, there are several things which can be done in each step of your DIY glowing skin at home for results like no other.

Exfoliate

Exfoliating is a crucial process after a good steam which helps in opening pores, and exfoliating the skin helps in getting rid of all those dirt particles under the skin, which can be in the form of dead skin, black heads, clogged pores and pimples. A gentle but the correct exfoliator can work wonders for your skin if done 2- 3 times a week.

Sugar and Rock salt

Sugar and Rock Salt are such common kitchen ingredients and if rubbed against the skin in circular motions will un-clog your pores, help in minimizing the appearance of pores and will help in the removal of tan and acts as the natural bleach. For any skin type, it can be used with a carrier oil to prevent further dryness of the skin.

NOTE: Do not bring any of these ingredients in contact with your eyes.

Coffee

Coffee powder along with carrier oil can work wonders in removing dead skin from your face and your body. It just not exfoliates but also gives a natural polished look to the skin, along with softness. It can be applied throughout your body, and all you need to do is cleanse it with a light glycerin based soap. It can also help in the clearing of cellulite formation.

Use of essential oils

Essential oils (of any kind) are such an important inclusion in a skin care routine, especially for people with dry skin. Essential oils add a much needed boost to the skin, for it to be externally providing the ingredients we aren't able to consume in our food. Usage of oils like, Kunkumadi oil (Oil of Saffron) adds an inner glow and results in nourishment and for the people who suffer from fungal infections like psoriasis, which leads to dandruff and then hairfall, Winsoria oil can be a great inclusion.

Food

Consumption and exclusion of some types of food can work wonders as it is rightfully said 'the face is the mirror of your mind.' Inclusion of foods like, Fish, Avocado, walnuts, tomatoes and consumption of enough water with keeping your health parameters at a check, could be the external factors of the issues caused, after which you can achieve your desired goals in terms of your face and body.

Maintain your routines

When it comes to skin care, 'consistency is the key' whether it is a night routine or day time routine, whether it is cosmetic or not, if there is no proper consistency, it will not show the desired results in its fullest potential. And as Ayurvedic products sold in the market claim to be chemical free, it can take quite a while to reach the goals.

Care of the skin can be a little time- consuming, when it comes to Ayurveda as it doesn't claim to be as fast as other products but what it does claim is, if there is proper consistency and patience with the product, it can give you concrete results. So for that flawless, glowing skin, opt for brands like, Kama Ayurveda, Forrest essentials who have a variety of products which can come of great help.

Foods to eat when you are in a Bad Mood

By: Prathiksha V

Dark When you are feeling low or down, food is the only thing that will cheer you up and that's why people say to eat something and sleep when someone faces a problem, this is because food and sleep can make one to forget his or her own problem. That is how food acts as your "best bud" when it comes to bad moods. But one should know as to what type of food he or she should eat while they are in a bad mood. This is because eating sugary or high calorie foods may conclude in negative consequences, so therefore, you may be thinking as to what healthy food can cheer your mood while you are in a bad mood. But, moods can be influenced by many factors such as stress, lack of sleep, genetics and surroundings etc... so it was difficult to come to an conclusion whether food can actually cheer your mood. Here, certain foods have shown overall well being and reduced certain types of moods.

Here, preferring healthy foods is not certainly necessary, there's nothing wrong in eating mac and cheese that you used to eat as a kid or chocolates. But, you should just keep in mind that whatever you eat will have an direct connection to your brain in spite of whether it is healthy or not. Because food always has an connection to our mental and emotional health.

Here are top 7 food which will cheer you up in bad mood:

Dark chocolate:

Consuming dark chocolates while you are in bad mood helps you in a better way (i.e) the silky melty chocolate and the bitter chocolaty taste will give you a pinch of betterment from the mood. Sugar from dark chocolates may improve moods because the sugar is a quick source to your brain (i.e) it is like a route to your brain. The caffeine and sugar in the chocolates can make one feel good. But, there are some experts who still debate regarding this whether these compounds creates a psychological compounds. Dark chocolates are high in health-promoting flavours which has shown a increase in blood flow to the brain. Dark chocolates are rich in compounds, therefore, it increases a feel-good sense in brain.

Bananas:

Bananas is always like a kick-start for the day. There are some people who

tend to get sad when they are hungry, that's where banana is to the rescue. Not only when hungry, banana can make a frown turn upside down. One large banana contains 16 grams sugar and 3 to 4 grams of fiber. These bananas are rich in vitamin B6 which makes one or brings feel-good mood to a person. Therefore, bananas are of natural sugar content, vitamin B6 and also contains rich fiber which helps to keep your blood sugar level and mood stable.

Spinach salad:

Spinach is very good for health, there's so much goodness in these leafy vegetables contains protein and also serotonin which floats in the brain which makes one happy. Eat spinach like "popeye the sailor man", be happy and healthy like him.

Berries:

In the same routine (i.e) waking up in the morning, working for full day then sleep, without any enjoyment people tend to get worn down and inflamed. When there's high level of inflammation people tend to depress, berries contains polyphenols which contains high-inflammatory effects which would help to recover a person from depression.

Oats:

Oats wholegrain will make your morning better and cheer you up, oats can be enjoyed in many forms such as oatmeal, museli etc... oats are known for its fiber and also an amazing source providing 8 grams in single raw cup. This fiber helps you to slow the digestion of carbs allows

sugar to get released in blood which keeps energy level stable. People who eat 2 to 6 grams of fiber as breakfast and this has reported better mood and energy. Therefore, oats provides the fiber which will be able to stabilise the blood sugar level and boost his or her mood for the day. These oats are also high rich in iron which may improve the moods of a person.

Coffee:

Being one of the world's most popular, coffee makes people happier. Having one cup of coffee early in the morning or having a cup of coffee during work to get relieved from tension is all a person will be needing. The aroma of coffee can change one's mood instantly and that is why coffee is one of the best drinks in the world. Caffeine provides a natural compound which increases alertness and attention. The smell of coffee itself can make happy moods and smiley faces instantly.

Nuts & seeds:

Firstly, nuts and seeds are plant based proteins and fiber. They both comes under the category of healthy fat. The latter produces amino acid which is used to cheer up and boost mood, almonds, cashews and walnuts etc... nuts and seeds like these are an excellent source of amino acid. Nuts and seeds are also a part of diet and they promote fresh and whole foods which will ultimately limit the intake of processed food. Certain nuts and seeds are rich in amino acid which may help to support brain functions and cheer up happy moods.

These foods and drinks will be able to bring happy moods but there are certain foods like mac and cheese, soda, packed or processed foods can make one put in bad mood. Therefore, avoiding foods that put you in bad mood is always better. There will be times where you will not be able to control and want to eat everything that you have in your house when you are depressed or in bad mood, that's not at all a problem because that's all instinct, but, you should know that there are possibilities that these junk or processed foods can also trigger your bad mood. Eat healthy, stay healthy is always should be one's motto.





Photo by Christiann Koepke



Effects of hormonal changes in women after 40

All the women out there, if you have reached the age of 40 then congrats! It is a beautiful milestone in your life. Now you are the best versions of yourselves. However, it is also the time when women start facing hormonal imbalances. The hormonal flow starts to decrease with the passing years. It is at its peak during the 20s. After 40, women start to proceed towards menopause and the body suddenly faces its side effects. One of the reasons behind this is also a lack of awareness among women about maintaining a healthy hormonal flow. There is a list of health hazards; women after 40 have to face:

Excessive mood swings: Estrogen directly influences neurotransmitters like dopamine, norepinephrine, serotonin, etc. Therefore, a lower level of estrogen affects the emotions of middle-aged women. They start to suffer from frequent mood swings, anger, depression, or anxiety. Having adequate calcium through food or supplements

By: Pooja Banga, Dietitian and Nutritionist

and a disrupted sleep cycle help to deal with this problem to an extent. Women after 40 have to be cautious about sugar, caffeine, and alcohol intake because they play a vital role in a disturbed sleep cycle.

Brain fog: Women both in the pre and post-menstrual phase, reportedly face brain fog. A decrease in estrogen level is the reason behind it. Brain fog can cause insufficient sleep, sudden hot flashes, and depression. To know the root cause, it is better to visit the doctor. By doing proper hormonal therapy, you can get rid of this problem.

Irritability and fatigue: A decreased level of progesterone and thyroid hormones can cause irritability and fatigue in mid-aged women. In such cases, the sleep cycle gets disrupted. The gynecologists can help with proper medication to repair the sleep cycle. You can also try to do so by controlling sugar, caffeine, and alcohol intake and sleeping at the same time every day.

Gastrointestinal disorders: Both estrogen and progesterone play a vital role in maintaining the cell lining of the gastrointestinal tract. Therefore, a decrease in the flow rate of these two hormones after 40, causes several gastrointestinal problems to women such as vomiting, bloating, constipation, abdominal pain, diarrhea, nausea, etc. The overall health starts to deteriorate if it goes for a longer period.

Dryness in the vagina: Life after 40 can be painful to women because of the problem of dry vagina. It makes the sexual life nightmare for maximum women. It happens because of the decreased estrogen level. A hormone treatment under medical guidance can be proved to be fruitful in this case. Bio-identical or synthetic hormones are prescribed depending on the body type. In order to avoid the side-effects of hormonal treatment, it is advisable to take both progesterone and estrogen together.

Headache: Women face chronic headaches due to the lower level of estrogen. If it happens frequently, then the doctor can help you by prescribing birth control pills. It will help to maintain the estrogen balance in the body. There are also other medications like triptan which can help to reduce the frequency. Medication is only advisable in adverse cases. Sound sleep with a stress-free lifestyle can be extremely beneficial in managing headaches.

Obesity: Women after crossing 40 tend to indulge in overeating to feel good. They find their temporary pleasure in junk foods packed with calories, fat, sugar, and salt. The reason behind it is the falling level of estrogen. It deliberately spikes up the hunger pangs. As a result, women start to put on weight

and also get bloated. Obesity leads to many more severe health hazards like heart blockage, stroke, high blood pressure, etc. Therefore, it is better to stick to a healthy diet that includes lots of fresh vegetables, fruits, healthy fats, whole grains, and complex carbs. Regular exercise is also a must for mid-aged women.

Low Sexual drive: During the post-menopausal phase, women suffer from low sex drive. The reason behind it is a lower testosterone level. By taking 250-300 microgram testosterone through a supplement, women can enjoy a higher sex drive and pleasurable intercourse. However, before taking any hormonal pill, it is better to take medical guidance because they come alongside effects like extra hair growth, blood clots, etc.

Conclusion

Both men and women have to undergo hormonal changes at different points in their lives. For women, it is majorly faced twice- at the time of menstruation and during menopause. Though you cannot avoid this natural change but can definitely reduce the amount of suffering by taking some precautions beforehand. By cutting down sugar completely, doing regular exercises, adding protein, healthy fats, and antioxidants to your diet, you can keep a healthy hormonal flow for another few years. Due to a lack of awareness, women forget to concentrate on themselves after 40. You should be aware of the changes your body is going through and should also take the hormonal pills under medical guidance if required.

Hair Care ingredients from your kitchen

By Ms. Pooja Nagdev
Co - Founder , INATUR

Just like our face and body, the hair also need care and attention. There are several ingredients found in our kitchen that are excellent for our hair and scalp preparations. These preparations are wonderful for hair as they are right from the source and are free from chemicals and preservatives.

1) Cold Pressed Vegetable Oils

Cold pressed vegetable oils such as Olive Oil, Mustard Oil, Sesame Oil, Coconut Oil, Blackseed Oil are commonly found in our household and are excellent for nourishing our hair and scalp.

Coconut oil is well known for benefits to hair and scalp.

These oils can be used alone or as a blend also. You can add essential oils also to these. For example

Hair Oil Blend:

Olive Oil: 30ml

Sesame Oil: 30ml



Coconut: 30ml

Lavender Oil: 1ml

Rosemary Oil: 1ml

2) Grapefruit & Lemon

Grapefruit and Lemon Juice which have been strained may be used in preparations for oily hair. The juice can be applied to the roots or added to the oil for a head massage. It helps to remove scalp infections.

3) Avocado

Avocado is a rich conditioning oil. Ripe Avocado flesh mashed into a smooth creamy paste makes a wonderful hair conditioning mask. Leave it for 30 minutes and then Shampoo.

4) Eggs

Eggs are wonderful in giving hair extra protein. They give volume, soften and smoothen the hair. The yolk of an egg is best used for dry hair and the white for oily hair. Eggs can also be combined with oils to be applied to the hair. The only drawback is the smell which can put off many.

5) Bananas

Bananas are excellent for hair and scalp. It is most simple hair mask to make. Simply peel a banana and mash it well to form a paste. Add a few drops of milk to increase the spreading. They are rich in potassium, natural oils, carbohydrates and vitamins, which help soften the hair and protect the hair's natural elasticity, preventing split ends and breakage.

6) Henna

In India Henna plant is found abundantly. Using fresh henna leaves and grinding them to form a paste is best for our hair and scalp. Henna not only imparts colour to the hair but also cools scalp and brings volume to hair.

7) Herbs and Vinegar

Herbal extracts, including infusions, vinegars and oils are wonderful preparations to improve the condition of hair and scalp. These are especially beneficial for dandruff control. The herbal vinegars not only re-establish the acid pH of your scalp and hair but also infuse the beneficial therapeutic properties of the herbs in the vinegar. Herbal vinegars can be used regularly after shampooing and conditioning. They also help minimize the build-up of hair products in the hair.

These are the most common ingredients that are found in our kitchen that work miraculously on conditioning the hair.

Five

REASONS WHY WINTERS IS THE BEST TIME TO SCHEDULE SURGERIES

By: Dr. Manas Ranjan Tripathy,
Laparoscopic Surgeon and General Surgeon

Scheduling a surgical procedure is no easy task, when one decides to schedule the same, it is important to consider the consequences of the post-surgical period and the ideal conditions that would help the wounds recover fast. The effects of weather on surgical wounds, overall health, and considering how the human body will respond to the various change in temperatures are a few notable factors that need to be kept in mind while scheduling a surgery.

Winters can be very harsh on our skin as the climate tends to be very dry but it can also be considered as a great time to schedule any surgical procedure because of the various benefits it comes with. Metropolitan cities like Bangalore can be an ideal place to schedule any surgery because the winter months like December, January, and February have a moderate temperature.

Here are few reasons why Bangalore winter is the most ideal time to schedule surgeries:

- 1. Surgical scars and wounds tend to heal more quickly during the winter months** - During summers the surgical wounds are more likely to heal slower as compared to winters because when exposed to the sun rays, it affects the healing rate of the surgical wounds and the surgical sites.
- 2. Better protection provided to the post-surgical scars** - In winters, we tend to keep our bodies warm by adding multiple layers of clothing. Similarly, this also works well for surgical wounds. The dressing done for the wounds acts as insulation during winters without feeling hot, thus providing better protection to the post-surgical scars.
- 3. Reduction in disease-carrying organisms** - Disease carrying organisms like mosquitos and flies can often breed on open surgical wounds, which may further lead to other health complications such as malaria, trypanosomiasis and bilharzia. In winters, these organisms tend to disappear due to cold winds. The weather hinders their breeding process as well.
- 4. Lesser chances of infection** - Summers have a hot and humid climate which increases the chances of getting an infection at the surgical site. Heavy sweating causes sogging of the wounds which result in serious skin infections. There are several drugs prescribed for post-surgical care, but it produces hot flashes and is not suitable to be used during the summer months. Therefore winters help in reducing surgical complications and provide fast recovery.
- 5. Less inflammation** - Winter months acts as a catalyst in providing a speedy recovery to the surgical repairs as it reduces the swelling and the bruising. It also helps in relieving the discomfort. Hence, winter is an ideal season to reduce inflammation along with proper medical care.

What exactly is Telogen Effluvium?

How can it be treated?

Telogen Effluvium is an extremely common form of temporary hair loss in women. It is characterised by thinning and shedding of hair from the scalp. It appears as a diffuse hair loss mainly after the body has undergone severe stress and is often a temporary hair problem. While there is shedding & thinning of hair, the follicles are still intact and can start producing hair again (i.e. regrowth). It is thus a reversible condition, with due intervention. The time it takes to be reversed would depend on the severity of the condition. Such hair loss that happens when the hair is in the Telogen phase for a prolonged duration is referred to as Telogen Effluvium.

Some of the most common causes of Telogen Effluvium are as below:

- Physiological stress
- Emotional stress
- Medical conditions such as thyroid disorder, PCOD, renal failure...
- Dietary imbalances, sudden excessive diet plan
- Hormonal changes – pregnancy, difficult labour, postpartum, menopause
- Drugs that can cause temporary hair loss as a side effect
- Excessive heat styling and over-styling

The prominent symptoms of Telogen Effluvium are multiple. Shedding of hair is the most common sign of Telogen Effluvium, however, the scalp remains healthy. You will notice a fair amount of hair loss on your pillow, during your shower and while combing.

One tell-tale sign is that you will notice the hair shedding along with a white bulb at its root. This is how hair that's in the Telogen phase looks like when pulled out. There is also overall dullness and, in many cases, there is a change in hair colour from dark brown or red, or brown to blond. Telogen Effluvium does not cause bald patches on the scalp the way we see in male and female pattern

hair thinning. However, it results in an overall thinning of hair and diffuse hair loss.

Dr. Apoorva Shah, Founder of RichFeel and Pioneer of Trichology in India shares some advice on how Telogen Effluvium be prevented

A consultation with a Trichologist can throw light on the root trigger point. Establishing the root cause helps address the condition right. By adopting the right treatment, the hair cycle can be normalised and hair will begin to grow back.

The treatment plan for TE includes,

- Reworking on (under physician guidance) catagen-inducing medication like beta-blockers, anticoagulants, or antithyroid agents
 - Treatment of the underlying metabolic or hormonal disorder
 - Supplements with iron, zinc, proteins, vitamins
 - Diet rich in Hair foods that have ample iron, proteins, vitamins and minerals to support healthy hair growth.
 - Topical application of minoxidil to promote hair growth is commonly advised. However, it has to be noted that this may cause an increased bout of hair shedding after stopping the application.
- Telogen Effluvium resolves on its own after a period of time and the hair slowly starts growing in about 6 to 8 months. With the correction of underlying causes, reduction of stress, a healthy diet, the condition can be resolved.
- As regards the prevention of Telogen Effluvium many of the causes are life events that we go

Dr.Sonal Shah



Dr. Apoorva Shah

through and some are caused due to a multitude of other factors that may even be beyond our control.

What would help is to generally attempt to have healthy hair. This would include having a regular proper hair care regime and ensuring a healthy diet. To list it out:

- Eating a healthy and balanced diet
- Drinking ample water
- Managing stress
- Getting enough sleep
- Change medication that cause hair loss with the help of Trichologist
- Reducing the intake of unhealthy food that increases body toxins
- Following a regular hair care regimen of oiling, shampooing, washing and conditioning
- Avoiding styling equipment and chemical hair products as much as possible.

Consult a professional Trichologist in fixed intervals. This will help you spot any irregular signs and intervene appropriately when needed. Reversible hair loss can become irreversible when not addressed in a timely manner.

The Trichologist will guide you through the right diet and lifestyle that is best for you, suitable treatments, ensuring that you avoid concerns of hair loss.

Trichologists perform a thorough study of your medical history, conduct a physical examination of your hair & scalp, diagnose through hair analysis using various methods and tech such as the FCT, capilloscopy, trichogram, hair pull test etc. and examine the hair shaft, growth window and many more such key metrics. Periodic check-ups help keep a tab on your hair's health and well-being.

RE'EQUIL LAUNCHES SHEER ZINC TINTED SUNSCREEN THE DELIVERS ULTIMATE PROTECTION AND COVERAGE



Re'Equil, a skin and hair care brand, recently launched their first range of products. Following the success of their first launch, the brand has now released their new Sheer Zinc Tinted Sunscreen.

It is a dermatologically approved, 100% mineral product that possesses a 25% zinc content, which acts as the primary sunscreen filter.

Developed to act as an effective barrier against harmful sunrays, as well as to provide further protection from UVA, UVB and IR, this product is the ultimate sunblock.

The brand has been praised for its inclusivity as its latest addition has been carefully designed with a universal tint that has no white cast when applying and is suitable for all skin-tones. With Zinc acting as the only sunscreen filter, those with varying skin types can also use this product.

It provides a full coverage finish to your skin but is also lightweight and easy to blend. Thus, this sunscreen can be worn under layers of products such as moisturizer or foundation, without causing your skin to appear cakey or to feel heavy.

An additional benefit of this sunscreen, which can be attributed to its lack of added fragrance, would be its ability to protect your skin from oxidative free radicals.

With its unique formula and convenient nature, Re'Equil's Sheer Zinc Sunscreen has been all the rage within the beauty and self-care industry.

Conscious Beauty- Vanity Wagon

By : Naina Ruhail
(Co-Founder & Curator at Vanity Wagon)

It may take you various sundry days and tons of articles to understand the ideology behind clean beauty. Perhaps, there's only one thing which is being pushed in a loop - skincare in harmony with nature. A decade back, we were unconsciously purchasing things for our beauty arsenal.

With an added phantasm, that they would make our skin look flawless and rejuvenated like never before!

Undeniably it did, but temporarily! Permanently, bequeathed us with dark & dull skin, pigmentation, rough patches, and the list goes on! In other unfortunate cases, it even resulted in cancers and other skin diseases. But what made this happen? Certainly not sparing time to contemplate the ingredients, mentioned at the back of the pack. Undecipherable names behind the packs & low technology would be one of the reasons for many. Frankly, they were! While I too remember my mother slathering on skincare products abundantly, back then. And all these gave her extra-large pores and frequent glamorous coloring- white hair. But now she regrets doing all this and suggests others as well, to not do so.

Interestingly the beauty(cosmetics & skincare) world has taken a big leap. With the technology up-gradation & growing environmental concerns, it has to take a U-turn. Again, but why? During various researches, it was proved that these skincare & cosmetic products contained - CECs (chemicals

of emerging concern).

CECs include- polydimethylsiloxane, butylated hydroxyanisole (BHA), butylated hydroxytoluene, triclosan, nano titanium dioxide, nano zinc oxide, butylparaben, methoxycinnamate, and benzophenone, that leads to environmental pollution.

Leading the pollution race are cosmetic products like perfumes, body & face creams, shampoos, soaps, shower gels, and tubes of toothpaste. They are continuously being released into the aquatic environment. Their ecological and environmental impact is extensive because they can bioaccumulate(non-biodegradable).

The sewage treatment plants were and now as well, are inefficient to remove these chemicals, therefore they land up in oceans and rivers.

Capping the world with exfoliation, microbeads in scrubs has done more bad than good. Made with polyethylene and also used in anti-wrinkle creams to fill in our fine-lines. Estimates suggest that one tube contains around 370,000 beads. These beads not only pollute our water pathways but are also eaten by aquatic organisms - harming & clogging their digestive tracts. If this wasn't enough, before bumping into the markets, the animal testing procedure is followed. In this procedure, cosmetic or skincare products in their final form or any concerning ingredients are applied to the skin, eyes, or other body parts of

the animals. For decades various companies have been following this procedure to understand the efficacy, side effects & reactions from the products.

Concerning human health and effects on the skin, these chemicals lead to acne, disrupted thyroid function, hormonal disruptions, cancer of various kinds, discoloration of lips & skin, etc.

Due to this scenario, many brands used organic, natural & ayurvedic formulations for the betterment of nature & human society. Thereafter, beauty watchdogs like ECOCERT, USDA & COSMOS came into being. They developed various guidelines for the certification of organic, natural & ayurvedic beauty products. Adapting to this wave, many brands like Ruby's Organics, Ohria Ayurveda, Bhumi Ayurveda, Mama Earth, etc, came up with similar certifications, providing safe cosmetics & skincare alternatives to the people. While Vanity Wagon recommends a monthly dose of clean beauty products with Belle Box. This sustainable clean beauty consists of products that will quench your desire for organic & clean beauty products.

We at Vanity Wagon make sure that our customers are well informed about the benefits of switching to organics. The USP of Vanity Wagon is that we are the only trending market place for clean beauty products.





By: Preeti Tyagi,
Lead Health Coach, Nutritionist, and
Founder of My22BMI

A wise move of menus for working people

Are you so loaded with your work that you often need to skip cooking and order food from outside? Does not your work let you eat on time? Along with lengthy meetings and customer calls, do you ever miss your meals? Because of your job, do you travel often and rely on hotel food while traveling?

If the answers to all the above questions are "yes" then you need to start meal planning smartly so that even when you are loaded with work, you can take care of yourself!

Meal planning is nothing but planning the meals and snacks of the entire family ahead of time.

The majority of working people spend 8-10 hours in the office, or the first half of the day. This is very important for 8-10 hours because the metabolic rate of the body remains extremely high in the morning. Skipping meals or maintaining a long gap between meals can slow down the metabolic process and can lead to distinct gastrointestinal discomfort as well. That is where the planning of meals comes into the picture.

While planning the meal, you can keep the key points mentioned below in mind.

Never Skip Breakfast

Being the first meal of the day, breakfast sets up our metabolic process on the right path. A good breakfast can help maintain the level of energy throughout the day while skipping breakfast can make the day slow and sluggish. Within 1-1.5 hours of waking up, try having a full breakfast. Ensure that you get a good amount of carbohydrates, protein, and fiber from

your breakfast. Some ideal combos that can be selected as breakfast are Idli sambar- parantha curd- vegetable poha- veggie sprouts upma-cheela curd-chapatti sabji, etc. If you can't prepare any of these for your morning rush, then you can grab a bowl of milk cereal with nuts or fruit yogurt parfait on the go!

Do Not Keep Your Stomach Empty For Long

No matter how long you attend meetings daily, you don't have to keep your stomach empty for a long time. Try to keep some buttermilk in a bottle near you or some fresh fruit juice, which you can sip during meetings. You can grab some fresh whole or cut fruits or some nuts as your mid-morning snack if you spend your morning hours at your desk.

Pack a Smart Lunch

You need to take care of the combination of the food you are carrying if you are carrying your lunch from home. As a major meal of the day, lunch is expected to satisfy 30 percent of our daily energy needs, which can be destroyed by a poor combination of food. Carry some balanced combo meals such as paneer pulao with kheera raita, palak roti with chana curry, chicken curry herb rice, roasted gobi parantha with curd, fish, and vegetable curry steamed rice, etc.

Ditch The Oily Canteen Food

If you are the one in the office canteen who eats lunch, then you must watch out for the oily and spicy dishes and make sure they are avoided. The combo you can safely opt for could be roti-dal-less oily sabzi-salad-curd-roasted papad. At lunch, try not to eat bhatura-pasta-poverty-pizza-burger, etc.!

Say "NO" to Caffeine

As long as you do not turn it into a coffee break, taking breaks during work is fine. It can interfere with food absorption by drinking coffee more than two times a day. It can also lead to serious dehydration. Pick your drink wisely; a glass of fresh juice, green tea, buttermilk, or lemon honey water can always be a savior.

Evening Snacks are Must

Since there is a long gap between lunch and dinner, in the evening, the metabolic rate can drop drastically. A healthy protein-rich evening snack can help to sustain the usual metabolic rate in certain circumstances. Some of the items you can opt for in the evening include an omelet-grilled paneer-thick chicken soup-grilled chicken-mixed nuts. Say 'no' to conversations, panipuri, burgers, cold drinks, ice cream, etc., and save your health!

Apart from these six golden rules, the following must be taken care of.

- Whenever you feel low on energy, keep those nuts/fiber cookies ready at your desk to munch on.
- Hold the water bottle full and the simple one in front of you. Whenever you see the glass, take a drink.
- Do not sit steadily for a long time. Take a little rest, get up, go for a walk, go down the stairs, do some yoga, and get back to your desk.
- Try not to have a full stomach to prevent a hunger coma. Take the small post-lunch stroll.

You can do the meal prep with ease only by having these things in mind.

Stay energetic! Stay focused! Just stay safe!

THERE IS NO EXCUSE FOR FLAWLESS SKIN

Beau mark's 'Maskne Gentle Cleanser,' The Perfect Solution to Fight Acne Caused by Face Masks

Tired of acne breakouts caused due to masks?

Well it's nothing new that acne is irritating as such and it's pretty normal that one wants it gone from their face without a trace. And the first step we resort to is to treat it naturally, because beauty products are either very expensive or they have too many chemicals that might have side-effects. Want to have acnes removed with products at affordable costs? Don't worry we've got your back.

Introducing Beau mark, a home-grown clean beauty start up brand that just be the perfect solution for you. Formulated with sustainably sourced ingredients, Beau mark's Maskne Gentle Cleanser is a revolutionary product that helps you get rid of acne, leaving you with healthy and glowing skin!

Maskne, also known as mask acne, involves acne breakouts from wearing a face mask. This occurs when sweat, oil, and bacteria are trapped on your skin while wearing a mask, creating the perfect breeding ground for breakouts. Infused with salicylic acid, citric acid, and tea tree oil, Beau mark's Maskne Gentle Cleanser fights acne by reducing oil, bacteria, and dead skin on your face.

This parable and sulphate-free cleanser is made from ingredients that are locally sourced and manufactured in India. Key ingredients include Salicylic Acid that reduces acne and keeps pores clean; Citric acid with antioxidant properties that exfoliates your skin; Tea tree oil that reduces skin dryness and Frankincense that reduces the appearance of wrinkles and acne scars.

With the launch of Maskne Gentle Cleanser, Beau mark aims to revolutionize the beauty industry norms with their campaign #skinloveisselflove. Its mission is to empower women to feel comfortable and beautiful in their own skin.

Commenting on the launch of Maskne Gentle Cleanser, Shikha, founder of Beau mark, said, "I wanted a brand that would provide a simple and safe solution to my skin concerns. Instead of putting thousands of chemicals on my face that wouldn't end up working, I thought why not just create a one stop solution! As a millennial, I also longed for a beauty brand to break the standards of beauty rather than to set them. So, I created my brand as an innovative and forward-thinking platform"

With its extremely skin friendly products at reasonable prices, it is one among the fast-selling beauty product brand in India. What are you waiting for, go grab your favourite product at their website for a flawless skin.





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Clean Beauty Revolution!

Naina Ruhail (Co-Founder & Curator at Vanity Wagon)

One are the times when mindless and unconscious purchase decisions were taken. As far as our memory goes, humans can point out countless activities that have caused harm to their and the planet's health. Everything that urges and ensures the betterment of the planet and upcycling of the human lifestyle is marked as a revolution and one such revolution that is bringing about major changes is the concept of Clean Beauty.

Consumers have been restlessly shopping for cosmetics and beauty products without paying attention to the ingredients, and regardless of what could their long-term usage lead to. It has become important for everyone to learn that the everyday essentials that they pick up without giving a conscious thought are loaded with toxins and harmful chemicals that are potential of causing mild to severe skin and health ailments; and some even life-threatening.

Now, as a certified and reliable institutes study the repercussions of the ingredients, society is left with no power but only the option to change for good. Though late, the change is here! The term 'clean beauty' is doing rounds as its the trigger and change that people must abide by. Clean beauty is a concept of

using products that are made with only safe and non-toxic ingredients.

It's time we stop lathering our skin with harmful chemicals and switch to safer and equally effective alternatives. Here are some harmful inclusions that everyone must avoid:

Lead- Used as a pigment in the lipsticks and to enhance its color texture. Regular use of lipsticks containing lead can cause discoloration of lips, making them look darker and dry.

Aluminum - Used as a pigment and thickener, which when absorbed in the bloodstream causes hormonal disruptions due to its ability to mimic estrogen. Aluminum is found in almost all personal care products, especially in lipsticks and deodorants.

Parabens (Methyl, Butyl, Ethyl, Propyl) - Used as a preservative in almost all skincare and beauty products, this ingredient has been linked with cancer.

Triclosan - It works as an antibacterial agent that prevents fungus and bacterial growth in skin care products like shampoos. This ingredient may disrupt thyroid function & can degrade into dioxin form which when absorbed into the body can cause cancer of various kinds.

Synthetic Fragrances – Synthetic perfumes/fragrances are not a safe ingredient to be used and it is evidently present in most personal care products.

Sodium lauryl sulfate (SLS) & its derivatives - Used to form foam, bubbles, and lather. SLS is found in around 95% of personal care products such as shampoo, body wash, face cleansers et cetera.



Siloxanes - Ingredients ending with methicone, siloxane, et cetera not only clog your pores and cause severe acne but are also potential reproductive disruptors. Not only to humans, but this ingredient is also harmful to wildlife.

These ingredients are just a drop in the ocean and the only way to stay safe is by learning and choosing wisely. It has become vital to raise questions and be attentive. Generating and gaining knowledge about clean ingredients and products is the only path that can help one achieve optimum wellness.

Clean beauty products are not just safe and equally effective but they also deliver long-lasting results and do not make the human body dependent, unlike the chemical counterparts. These products are made with gentle and result-driven ingredients that solve the majority of skin and hair problems. Rising to the need of the hour, the young minds of today have come up with personal care, skincare, and beauty brands that revolve around the mantra of clean beauty. These brands offer a multitude of safe products to ensure that all the health, wellness, and mindful goals are met while we, as a society, restore the practice of sustainable living.

The buyer today is well-versed and active enough to hunt down new, budding and established clean brands but it is always easier to have a one-stop destination that caters to all such exclusive needs. Vanity Wagon is just that platform. It is a clean beauty marketplace that offers amazing formulas from 40+ upmarket brands. From top to newly-launched formulas, they've got it all. With clean, organic, natural and vegan options, they spoil the buyer for choice without having them make any compromise on their health. So, switch to clean, organic, natural & vegan products as it is the smartest move to make in 2021.

A PHENOMENAL CHANGE IN MEN'S GROOMING INDUSTRY IN INDIA

By: Mayank Arya, Co-founder of Yes Madam

The male grooming industry is riding a fascinating pattern which has been supporting itself for some time in metropolitan India. The pattern isn't simply of a wearing whiskers or thick facial hair it additionally implies taking great consideration of their skin and ensuring they have a skin as immaculate as young ladies nowadays! This has been intriguing period for the male prepping industry, as it was handling this adjustment in purchaser patterns, effect of demonetization and the changing serious scene.

Indians who abide in metropolitan urban communities do a wide range of significant errands during their every day long drives. Make presentations in cars. Complete rushed skincare schedules like applying a Tea Tree and aloe-implanted hydration face cover in a taxi trapped in rush hour gridlock. Presently, because of entrenched sexual orientation generalizations, one may quickly picture a lady doing the remainder of these exercises.

Indian men are at long last shedding a portion of the lost disgrace related with individual prepping, skincare and magnificence. All things considered, it's not out of the question that men too will be in any way exquisite. Furthermore, given the way that daily routine today is progressively experienced and experienced on the web, frequently through rose-colored channels, ladies and men are feeling the strain to be selfie-prepared all day, every day.

As indicated by a statistical surveying, 177 new male prepping brands or variations were dispatched in the most recent year. The size of the marked male prepping portion has crossed the Rs 5,000 crore-mark in metropolitan India. While shaving and face care items keep on representing more than 50% of the male prepping pie, new classes, for example, body care and hair care are likewise fuelling the development.

The market has seen some fascinating patterns with regards to men's skincare

schedules. For example, the organization dispatched a sunscreen exceptionally made for Indian men who care about appearance and sun harm, and the Green Tea range is one of the most mainstream among the brand's male client base as they need gentler items. Beforehand the main decision men had was to utilize what organizations were pitching explicitly to ladies or utilize that one-in-all salve for all skin types, body parts and seasons.

Prior, the normal Indian man was more than content with the absolute minimum as far as self-preparing. There used to be one plain-cruising cream for the look and middle close by some standard hair oil brand that you would have found in most working class family units. Presently, the representation has verily been upset as we have grappled with this intense change of sorts. The current wrath in the men's preparing industry is only a re-emphasis of the unrest in ladies' restorative and health industry that happened back two or thirty years.

The unassuming hair salon under the rambling shade of the Neem tree doesn't appear to possess all the necessary qualities any more. Men need to test, surpass the individual remaining close to them and all in all they are not prepared to agree to that plain spotless slice that used to be the acknowledged standard.

Today, every Indian man has his own understandings of style and individual preparing. Heap on top of that the impact that the moving symbols of today, for example, a Ranveer Singh or a Virat Kohli or any such character hold over the young. The more youthful age broadly tries to repeat the enchanting looks of their #1 icons.

Men's prepping routine is additionally affected by style patterns. A plenty of whiskers styles from the bristly beggar look to the etched stubble look, or the exemplary French cut, there is a great deal going on. Add to that the inborn inclination of the advanced man to enjoy an assortment of preparing and self-care items directly from shampoos to conditioners to confront washes





and reasonableness creams. One can even guarantee that we have before us an age where men rival each other regarding showing up great and wouldn't fret going through six hours in a beauty parlor for that ideal look.

It has gotten basic to look demure and appropriate as well as all around prepped too keeping with the most recent vogues of an ever-evolving design. The sex details of prepping and health that were up to this point connected distinctly to ladies are currently being appropriated to men too. In spite of the fact that the men's prepping area is an undiscovered market, there are numerous difficulties and concerns. A significant number of the brands that are accessible in the market just appear to depend on the antiquated and old develops of male excellence by likening it with reasonableness and the capacity to attract the other gender.



Would you try the slush facial?



Dr Priyanka Reddy

With certain international celebrities endorsing it, slush facial has become quite the rage these days. But is it really worth the hype? And is it a suitable treatment for your skin type? Before you decide to try the slush facial, let's understand the procedure in detail. Slush facials gets its name because dry ice is dipped in acetone which creates a slushy texture. The treatment involves exfoliating the surface of the skin with dry ice wrapped in a gauze and dipped in acetone. This combination helps in exfoliating and removing built up dirt and oil when applied to the skin. It is also said to decrease skin bacteria and can help calm the inflammation caused due to acne.

So, how do these two ingredients work?

• Dry ice

Using dry ice to treat acne and acne scars isn't something new. It can help in reducing the appearance of acne scars by shrinking the pores of the skin. Dry ice is known to improve the overall appearance, health and condition of the skin.

• Acetone

This is the volatile, toxic and flammable solvent that you use to remove nail polish. Acetone is a drying agent that can remove oil from the skin surface and unclog pores which helps in the reduction of acne breakouts.

But how safe is the procedure? The slush facial treatment may work well on oily skin, but it is a big no-no for dry and sensitive skin type. Acetone is an extremely drying agent and people with dry or sensitive skin would get side effects that may include even drier skin or redness. The treatment is also not suitable for people with darker skin tone as it can lead to hyperpigmentation. The procedure should only be done by an experienced dermatologist and should never be tried at home.

There are many safer and more effective alternatives to the slush facial which can be done based on the skin type. At DNA Skin Clinic, treatment for acne includes oral medications, topical applications and safe procedures such as chemical peels and laser treatments. Some popular procedures of acne treatment include

• Medi-facials

Facials that are done under the supervision of a dermatologist and involve the use of chemical peels and laser machines. There are different types of medi-facials based on the skin condition and client requirement. The use of science-based ingredients helps in removing dirt and oil from the skin, making it look more radiant.

• Microdermabrasion

This is a non-invasive procedure that involves exfoliating and removing the superficial layer of dry, dead skin cells. This is also effective in reducing the appearance of acne scars.

While procedures like the slush facial may provide some relief to people with oily skin type, the key to reducing the appearance of acne is by controlling the sebum content of skin by keeping it clean. Discuss your skin issues with a dermatologist you trust and understand the best treatments available for your skin type.

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