

Health 10 Golden Rules to Manage Weight and Stay Young Forever

By: Savneet Singh

Weight management is on everyone's mind. Every time you turn on the television, you are bombarded with stories about the growing obesity rate or the latest Hollywood diet. You have seen the commercials and you may own one or more of the widely marketed ab roll thinners, butt tuckers, tummy suckers and electronic fat removers. You may have also tried an Assortment of firming cream and burning pills. People are on a relentless search for the answers to weight loss, physical fitness and to look younger and beautiful. Often people go to any extent to look younger on the outside. They buy the best clothes and cosmetics that money can buy but looking young is not only about what you wear and how you apply make-up. What you put inside your body by maintaining a high quality natural food diet, has the best effect on how we look and feel. There are some basic facts which can be helpful in achieving your goals faster than you have ever thought. Here is the list of some of the things that can help you own an enviable toned body and stay in top shape for years to come.

1) Eat "Fit Foods" - your choice in a high quality natural diet plays a significant role in the way to look and feel. A diet containing balanced amount of complex *carbohydrates, protein and fats* is the key. Complex carbohydrates intake through brown rice, whole wheat pasta, salads, potatoes, unprocessed cereals etc. have proved to be very effective in losing weight because complex carbohydrates not only control hunger but also provide energy as our body burns them more efficiently as compared to unprocessed food.

Similarly, *fiber* (contained in fruits, vegetables and whole grains) helps get rid of unwanted and toxic substances present in your intestine and colon, accelerates weight loss and keeps the skin glowing. High quality, easily digestible *protein* can be derived by consuming chicken, turkey, egg whites, fish, low-fat dairy and certain lean cuts of red meat. Protein present in these food sources is easy to digest and helps increase the muscle tissue rather than fat tissues.

2) Eat at least three meals per day - Our body needs to have 3 balanced meals per day which includes a *heavy breakfast* in the morning containing fruits, cereals, grain bread, eggs, along with a healthy drink. Research has shown that people who skip breakfast, find it harder to lose weight. Your body needs energy to get you through the day and that energy is supplied only through a proper breakfast, so if you are not a "breakfast person" start by eating at least a piece of fruit on your way to work.

3) Drink plenty of water- Water plays a key role in the prevention of diseases, reduction of weight, toxins and chances of cancer; absorption and digestion of food, regulation of body temperature, removal of waste and toxins from the body and maintaining glow of the skin. Water helps the body to *metabolize stored fat and acts as appetite suppressant*, and thus, leads to weight loss. Whenever you feel hungry, drink a pint of water, it will curb your appetite.

4) Eliminate soft drinks, fruit juices and processed foods - Avoid carbonated beverages and fruit juices even if they are naturally sweetened. Processed food, refined food and pre-packaged food are loaded with sugars and preservatives. You can replace soft drinks

and juices with *natural water, herbal tea and caffeine free coffee*.

5) Fast once a week- I strongly recommend fasting for everyone. It is something which everyone needs to do and please bear in mind that this has nothing to do with religious beliefs. If you abstain from meals, you are giving your body a chance to rest. In USA, we incessantly



santly eat endless calories with every meal. The body never gets a chance to get rest, repair and restore itself. Our digestive system works round the clock even when we are sleeping. When we eat, it takes that meal three to four hours to travel through the stomach, another five hours for the food to be processed in the small intestine and an additional 12 to 36 hours for the food to go through the large intestine. If you fast one day in a week, you are giving your body a chance to rid itself of abnormal cells, toxins, heavy metals and chemicals that you have ingested.

6) Don't eat 2 hours before you go for sleep: People generally make the mistake of not eating much during the day and then eating a big dinner before they go to bed. It becomes difficult for the body to burn the extra calories while you are sleeping because your energy levels plummet while sleeping. Therefore, try to eat earlier in the day and keep dinners as simple and light as possible.

7) Exercise to stay fit and young- We all have excuses and explanations for not exercising, like, lack of time, odd working hours, home, kids etc. Good eating and drinking habits and exercise keep

Are you a friend “GOOD” friend?

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Results

If your score is 30 or above you're a good friend: You are a good friend because you genuinely care for other people. You will go out of your way for a friend, and you are always there in your friends' time of need. "You are a good friend when you support people in their happiness, success, abundance, life purpose, love and overall authentic goals," says Dawn T. Clare, a life/relationship coach, and president of a company, SPISE BLISS that sells products and services, which expedite bliss, love, wealth and well-being.

If you've scored 20 to 29 you may be on your way to becoming a good friend- but you're not quite there yet. "You're what I call a 'mid-grade friend' when you expect your good deed to be repaid at some later date," explains says Joshua Estrin, a life coach, and author of *Shut Up! And Listen to Yourself* (Angel Mind Publishing, 2006). "This is when you think to yourself 'I'm here for you and I know I can count on you to be there for me,' A real friend is there for you simply because you need them. In addition, you can consider yourself a "sometimes" friend because you're only there when it's

convenient for you. "You may initially show concern when you are down, and need a friend, but shortly after he/she describes what's going on, you'll turn your support into a play for attention," says Annie Fox, author of several books, including *Real Friends vs. The Other Kind* (Free Spirit Publishing, Inc., 2009), an educator and online advisor (www.anniefox.com).

If your score is 19 or below you're not a good friend. "You're not a good friend when you put your needs ahead of your friends, often manipulating to make it appear as though you have your friend's best interest in mind," says Ian Coburn, author of *God is a Woman: Dating Disasters* (Firefly Glow Publishing, 2007). You're also not a good friend if you are critical, and judgmental of their efforts. "A person who isn't a good friend criticizes you, and what you do in public. This person betrays your trust by telling a secret you shared with them," says Dr. Terri Orbuch, aka The Love Doctor, psychologist, Oakland University professor, and research professor at the University of Michigan. If this sounds familiar, you may need to work harder on your friendship skills if you desire to retain the friends you have.



“Desi Style Dating”

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rather, it is revolutionizing cinema, television, music, and literature.

It is only through communication, knowledge, and understanding that the concept of dating can depart from its derogative social connotation (not to mention its dreamy connection with love) to a simple and realistic definition: finding companionship. There is no benefit to gain from hushing this forbidden subject. It is a practical reality of society today (whether we like it or not). Understanding what the single person wants is the question that is hard to answer and easier to avoid. Perhaps the most important aspect to it, however, is to avoid hoping for a cinematic world of love and measure your own values, morals, and aspirations to figure out the medium through which you want to find companionship and ultimately, love. Literature, cinema, and even editorials such as these can only give advice, insight, and example of what love and dating can be. It is each person's job to assess for themselves based on what you value (morals,

parental/elderly advice, religion, etc.): 1) what you want (love? companionship? friendship?) and, 2) how you want to get it (online dating? Meeting people and dating? Arranged marriage?)

Love changes its definition, person to person, book to book, movie to movie, yet one definition matters the most: your own. In finding love, South Asian society today is resorting to "dating". However, this change provokes exploration of the hardest questions in the Desi community including: What is dating? How do you reconcile it with traditional notions of arranged marriage? Distinguish it from mere friendship? ... Questions left unanswered because these are the answers sought from you, the reader.

All comments on this article are duly appreciated. Honest responses to the above article are appreciated and anonymity will be maintained for all responses. Please direct all dating questions via email to: datingguru@citymasala.com



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you fit for your entire life. Exercise and workout will not only keep you healthy, increase longevity but will also give you mental peace because "A healthy body has a healthy mind". Any anaerobic exercise like stationary cycling, walking, jogging, swimming, yoga etc. four times a week yields good results. If possible, go for a brisk walk of 10 to 15 minute at lunch or in the evening to boost your metabolism even more. Don't forget to tone your muscles with weight training three days per week.

8) Mediation and deep breathing- Meditation helps develop a stronger body and mind connection. This connection is vital for feeling younger and healthier. Breathing is one of the important and the oldest weapon to fight toxicity in the body. Breathing is an effective way to remove toxins as well as to cleanse and purify the body. When we exhale, we take out carbon dioxide and the toxins which

are deadly poisonous for the body. The body has a great tendency and capacity for oxygen. If our body lacks oxygen, we feel tired and have headaches. A few deep breaths not only relieves us from the anxiety and ease digestion but also helps with waking up and going to sleep.

9) Stop smoking and drinking alcohol- Smoking and alcohol consumption have negative effects on your body. Alcohol depresses your metabolism and stimulates your appetite and thus affects your eating habits.

10) Live with a positive attitude-

The way to a healthy life begins with a healthy mind. How we think determines everything in our life. We should choose the habits that make us feel younger and live longer with a healthy body and mind.

