Go stylish with NEON

Healthy Eating For Teens

Parenting Tips

Recycling Old Clothes

Hit the Zit
Introducing Olivia's new range of Hair Remover in 3 exciting variants
Sandal with Sandal Oil, Strawberry with Jojoba Oil & Vitamin E,
Herbal with Aloe Vera & Lemon

Available in 30g, 60g & 100g Tube & 40g Jar

For more information,
Contact: Giza Marketing Pvt. Ltd. Tel: +91-22-6140 5300 Email: giza@oliviaindia.com
From the Editor’s Desk

Dear Readers,

We have immense pleasure in presenting our third issue based on beauty, health, lifestyle and living.

Perfect look is Blossom Publications’ third issue, which is thankful to our readers for positive response. We received good feedbacks from our readers through SMS, email, Facebook, and phone calls. Our readers appreciated us about our quality and articles. Our team will try and enhance better quality for our readers.

Today people largely spend most of their time online and thus we have arranged the magazine online at www.eperfectlook.com. In case of any queries and suggestions, we request you to send the same at editor@perfectlook.com.

Warm Regards,

editor@perfectlook.com
4 Yoga - the key to peaceful and long life

6 Hit the Zit

9 Big fat food about low fat food

11 13 secrets to long thick shiny hair

14 Perfection makes you beautiful
14 herbs in your kitchen

19 Go stylish with neon colours

20 Some positive parenting tips

23 Nail art

25 recycle old clothes

29 Healthy eating for teens
It's a piece of advice yogis have given for thousands of years: take a deep breath and relax. Watch the tension melt from your muscles and all your niggling worries vanish. Somehow we all know that relaxation is good for us.

Now the hard science has caught up: a comprehensive scientific study showing that deep relaxation changes our bodies on a genetic level has just been published. What researchers at Harvard Medical School discovered is that, in long-term practitioners of relaxation methods such as yoga and meditation, far more “disease-fighting genes” were active, compared to those who practised no form of relaxation.

1. INCREASED IMMUNITY

Relaxation appears to boost immunity in recovering cancer patients. A study at the Ohio State University found that progressive muscular relaxation, when practised daily, reduced the risk of breast cancer recurrence. In another study at Ohio State, a month of relaxation exercises boosted natural killer cells in the elderly, giving them a greater resistance to tumors and to viruses.

2. EMOTIONAL BALANCE

Emotional balance, means to be free of all the neurotic behavior that results from the existence of a tortured and traumatized ego. This is very hard to achieve fully, but meditation certainly is the way to cure such neurosis and unhealthy emotional states. As one’s consciousness is cleansed of emotionally soaked memories, not only does great freedom abound, but also great balance. As one’s responses then are not colored by the burdens one carries, but are instead true, direct and appropriate.

3. INCREASED FERTILITY

A study at the University of Western Australia found that women are more likely to conceive during periods when they are relaxed rather than stressed. A study at Trakya University, in Turkey, also found that stress reduces sperm count and motility, suggesting relaxation may also boost male fertility.

4. RELIEVES IRRITABLE BOWEL SYNDROME

When patients suffering from irritable bowel syndrome began practising a relaxation meditation twice daily, their symptoms of bloating, diarrhoea and constipation improved significantly. The meditation was so effective the researchers at the State University of New York recommended it as an effective treatment.
5. LOWERS BLOOD PRESSURE

A study at Harvard Medical School found that meditation lowered blood pressure by making the body less responsive to stress hormones, in a similar way to blood pressure-lowering medication. Meanwhile a British Medical Journal report found that patients trained how to relax had significantly lower blood pressure.

6. ANTI-INFLAMMATORY

Stress leads to inflammation, a state linked to heart disease, arthritis, asthma and skin conditions such as psoriasis, say researchers at Emory University in the US. Relaxation can help prevent and treat such symptoms by switching off the stress response. In this way, one study at McGill University in Canada found that meditation clinically improved the symptoms of psoriasis.

7. CALMNESS

The simple difference between those who meditate and those who do not, is that for a meditative mind the thought occurs but is witnessed, while for an ordinary mind, the thought occurs and is the boss. So in both minds, an upsetting thought can occur, but for those who meditate it is just another thought, which is seen as such and is allowed to blossom and die, while in the ordinary mind the thought instigates a storm which rages on and on.
HIT the ZIT

Wash your face twice a day with water and a mild soap or facewash made especially for acne. Don't scrub to avoid the skin getting irritated. After cleansing, apply the recommended cream or ointment prescribed by your dermatologist. This will decrease the oil and bacteria.
Why does acne occur?

Oils: In India, use of vegetable oils, coconut oil, almond oil, olive oil, and rye oil is popular. Such oils are traditionally used as moisturizers and revitalizers (as body rubs), and for hair dressing. Oils in any form can cause comedogenesis and aggravation of acne in the acne prone areas.

Facials (facial massage): Facials are popular and are regularly undertaken by women in urban areas for a feeling of freshness, rejuvenation, suppleness of skin, tightening of skin, and for delaying the onset of wrinkles. Facials were observed to have caused acne like eruptions.

Cooking: While Indian food, rich in spices and oils, may not directly cause acne, the repeated exposure to oil vapors during cooking may do so, akin to McDonald’s acne.

Cosmetics: Many cosmetics including some sunscreens are comedogenic (acne cosmetica/acne venenata). Some well-known comedogenic cosmetic ingredients are: isopropyl myristate, cocoa butter, lanolin, butyl stearate, stearyl alcohol, and oleic acid. Sweating in a hot humid environment causes deterioration in 15% of acne patients.

Menstruation and acne: Premenstrual flare of acne reportedly occurs in 70% of female acne patients.

Stress: Stress is frequently implicated in aggravation of acne while acne itself induces stress.

Sunlight: Sunlight is generally beneficial to acne

Diet: Some recent literature has suggested links between acne and diet. It was hypothesized that milk and dairy products and oily food carry hormones and bioactive molecules that have the potential to aggravate acne.

Hormones: Polycystic ovary syndrome (PCOS) is the most common endocrine disorder in reproductive aged women. It is typically characterized by hyperandrogenism chronic anovulation, and polycystic ovaries. Hyperandrogenism causes many dermatological manifestations in women with PCOS, including hirsutism (increased facial hair), acne vulgaris, and hair fall.
Does acne cause depression and other psychological disorders in adolescents?

There is no single disease which causes more psychic trauma, more maladjustment between parent and children, more general insecurity and feeling of inferiority and greater sums of psychic suffering than does acne vulgaris.. “Acne ruins beauty and, in some, it scars for life. Acne impacts profoundly on the quality of life, on psychosocial development, and on career prospects.

Care of acne:

1. Wash your face twice a day with water and a mild soap or facewash made especially for acne. Don’t scrub to avoid the skin getting irritated. After cleansing, apply the recommended cream or ointment prescribed by your dermatologist. This will decrease the oil and bacteria.
2. Don’t pinch or pop your pimple. It can lead to further swelling, redness and scarring.
3. Avoid touching your face with your fingers or leaning your face on objects that collect sebum and skin residue like your phone. To keep bacteria at bay, wash your hands before applying anything to your face.
4. If you wear sunglasses, make sure you clean them frequently to keep oil from clogging the pores around eyes and nose. If you get acne on your body, try not to wear tight clothes. Scarves, headbands and caps can also collect dirt and oil.
5. Remove make up before you go to sleep. Keep your hair away from your face.

We have never been better placed to treat acne as we are today. There is scarcely a case that cannot be treated well. If you are concerned about your acne, talk to a dermatologist. Dermatologists offer a range of treatment that help to prevent and treat acne. A dermatologist can help you find the treatment method that’s best for you and can also give you lots of useful tips for dealing with acne and caring for your skin. Numerous topical and systemic drugs have been developed in the past 25 years and most, if not all, are available in India, and typically in an economic price-band that is commensurate with our general economic status, with fair affordability all around. Our challenge is to meet the rising expectations of the youth of India, who make up the bulk of acne population, many of whom are netizens and therefore well aware, who will not be hoodwinked or shortchanged, and will demand the best.

Dr. Rashmi Mittal
While taking a walk down any aisle in your local supermarket you will see a range of calorie-counted ready meals, low-fat biscuits, fat free desserts and many more. But while our shopping trolleys are bursting with these guilt-free foods our waist-lines yet keep getting bigger. For years now those of us watching our weight, managing our cholesterol levels or eating for a healthy heart have opted for the low-fat option. But are these low-fat foods really as good for us as we originally thought?

Since quite some time now there has been a boom in low-fat products as the message got out that to improve our health, especially heart health, we needed to reduce the amount of saturated fat in our diets. This means cutting back on full fat dairy foods, red meat and certain processed foods. It’s true that fat supplies more than twice the calories per gram of carbohydrates, and saturated fat is the type of fat primarily responsible for clogging our arteries and increasing cholesterol levels. But the food industry started replacing the animal fats in their products with unsaturated vegetable oils. To do this the structure of the vegetable oil was being altered so that it could be used in the place of solid fats. This employed the use of a process called hydrogenation which created a solid or semi-solid fat thought to be more appropriate for their food processing needs.

Unfortunately, hydrogenated fats increase levels of dangerous trans-fats which are both bad for the heart and our cholesterol. Although trans-fats can be found at low levels in some natural foods these processed versions could mean eating more of them.
Bitter sweet

'Low-fat' or 'fat-free' doesn't necessarily mean low calorie or calorie-free. Check the calorie content of foods, especially cakes, biscuits, ice creams and ready meals. Extra sugars and thickeners are often added to boost flavour and texture, so calorie content may be only a bit less, or similar to standard products. In fact when we eat foods high in carbs especially white refined ones, our bodies digest them more quickly. This can lead to blood sugar swings and cravings making it more difficult to control our overall calorie intake - which means that second or third 'low fat' biscuit starts to look very tempting! A diet too high in these refined carbs and sugars can be as unhealthy as a high-fat diet because it increases the risk of diabetes, heart disease and causes high cholesterol levels.

Watching the quantity is equally important. People tend to have low fat spread but then use twice as much. Another example; like a fruit based dessert may be low in fat, but is high in sugar which turns to fat. With low fat foods, look to see where else the calories might come from.

Good fats and bad fats

We all need some fat in our diet, not because it makes our food more palatable and tasty. Nutritionally, they do definitely provide double the amount of calories as compared to carbohydrate or proteins. But certain fats, like those in nuts, seeds and oily varieties of fish provide essential fatty acids (including the omega-3 variety). These essential fats are important for maintaining healthy blood vessels, making hormones and for the correct functioning of our nervous system. The fat in our diet also helps us absorb certain vitamins, the fat-soluble ones, which include A, D, E and K. Following a very low-fat diet makes you more likely to be low in these vitamins and that can impact your immunity, limit the body’s ability to heal itself and have an influence on bone health. It’s better to focus your diet on the heal thier unsaturated fats by including more fish, nuts, seeds and vegetable oils including avocado and olive and reduce your intake of saturated fats.

Minimise the saturated fat in your diet by:

- Replacing fats like butter and margarine with unsaturated oils like Rice-bran or Olive Oil.
- Eating more fish, nuts and seeds - for example choose salmon instead of prawns / beef/ pork; snack on unsalted nuts rather than chips.
- Removing the skin from poultry and trimming visible fat from other cuts of meat.
- Checking labels on food products.
- Using hung curds or plain yoghurt (add a squeeze of lime juice and some mixed herbs) for salads, dips and sandwich spreads instead of mayonnaise.
- Avoid frying instead steam, bake, or grill.
- Make chips by baking potato wedges with a tsp of safflower or olive oil sprinkle some paprika.

Khushboo Sahijwani
Diet & Nutrition Consultant
Contact: 9819711702
We all want a mane of soft, silky, touchable locks. But the reality is that hair grows only about a half inch per month. Want to jump-start the process? Read on for insider tips to stop hair’s biggest enemy—breakage—and keep strands strong.
Go sulfate free. Overwashing can dry out your hair, so the less you shampoo, the more hydrated it will be and the longer it will grow without breaking. When you do shampoo, consider a sulfate-free formula; they often contain less harsh detergents, or none at all, and therefore help preserve your hair’s natural oils. We like L’Oréal Paris EverPure Moisture Shampoo ($6.99). While lathering, remember that “shampoo is meant to remove product buildup and oil from the scalp, not the hair fiber,” says Paradi Mirmirani, faculty member of the American Academy of Dermatology. Between washes, try Oribe Hair Care Dry Texturizing Spray ($39) to absorb oil at your roots and keep locks looking clean.

Stimulate your scalp. When you massage your scalp with shampoos containing peppermint or eucalyptus oil, you’ll feel a tingling sensation. This helps increase circulation and blood flow to your follicles, boosting growth. Try John Frieda Root Awakening Strength Restoring Shampoo ($6.49) and Malin + Goetz Peppermint Hair Shampoo ($20). “Prior to washing, massage your scalp for 30 seconds,” says New York and London trichologist Philip Kingsley. In one year, your hair can grow an extra inch, he says. Another option is a botanical leave-in treatment like Leonor Greyl Complexe Energisant ($54), which claims to stimulate hair growth when applied to clean roots two to three times per week.

Flatten out. To maximize your length quickly, eliminate volume at the roots, advises hairstylist Harry Josh. You want your hair to be as straight and flat as possible. “with a sleek Gwyneth Paltrow-type blow-dry.” Use Blow Ready, Set, Blow Express Blow Dry Lotion ($21) before drying.

Choose products wisely. Smoothing out your frizz makes your hair look longer. Try Living Proof Straight Making No Frizz Styling Cream ($24) on wet hair. And, for a glossy effect, apply Avon Daily Shine Smooth & Shine Capsules ($8). The night before shampooing, try Michael Van Clarke 3 More Inches Pre-wash Treatment ($38) to help your hair retain moisture during and after your shower.

Clip it in. If you’re into extensions, both Josh and Oribe recommend the clip-in kind. “Ken Paves’s are the best. They’re affordable and available across the country,” says Josh. To keep them looking natural, “choose ones that really match your hair texture,” suggests Oribe, and don’t add more than three to four inches.

Brushers beware. If you’re not careful, your hairbrush can actually do more harm than good. Ripping through wet tangles creates split ends, so try gently running a wide-tooth plastic comb like the version from Sephora ($4) from roots to ends. “When blow-drying with a round brush,” says Kingsley, “don’t pull too hard or you can break and pull out your hair.” When you’re not styling, avoid a brush altogether. “Brushing 100 strokes a day is completely old-fashioned and not a good idea,” he adds.
Stop sizzling. Applying hot tools directly to your hair can fry the cuticle, so coat wet locks with a creamy moisturizing product for protection. We like Tresseme Anti-Frizz Secret Smoothing Crème. The best tools to prevent heat damage are ionic dryers and ceramic irons with uniformly heated plates (so you don't have to go over the same section more than once). Try the Sultra Laser Straight & Smooth one-inch iron. For waves, hot rollers can be gentler than curling irons.

Check your meds. Did you know that some birth-control pills can cause hair thinning? Although it's typically not a direct cause and effect, "any changes in a woman's hormonal situation can yield hair loss," says Hirsch. Check with your doctor if you're concerned.

Steer clear of scissors. Contrary to what some stylists say, haircuts don't stimulate growth. "If you're trying to grow your hair, do not cut the length, no matter how fried it is," says Josh. Instead, ask for your ends to be trimmed. For a style change, "short, blunt bangs will make your hair look longer, because the jump is so dramatic."

Restore with keratin. Go for a keratin treatment every eight weeks while growing out your hair, says Oribe. It smooths out the texture so there's less need for hot tools or dryers. Also, by coating hair with a protective layer, the treatments help protect colored or chemically straightened hair from further damage. For at-home keratin products, try Paul Mitchell's Awapuhi Wild Ginger line.

Condition, condition, condition. When your hair is well hydrated, it is less likely to dry out and split, so use a conditioner even on the days when you skip shampoo. Your hair should be treated gently, like a delicate fabric, but it also needs to be regularly nourished, says hairstylist Oribe of the Oribe Salon in Miami Beach. Boston dermatologist Ranella Hirsch recommends applying a deep-conditioning product at least once a week. We suggest Kérastase Nutritive Masque Nutri-Thermique ($60).
There's nothing worse than getting advice from older people, we know, but the truth is some advice is worth taking and keeping, especially when it comes to fun beauty tips. I've been reading fashion magazines and testing beauty products for years. In this time, I've read 1000s of beauty tips, tried 1000s of products, but only a few are worth keeping around. So, here I share with you the 20 things I wish I knew when I was a teenager.

Watch the foundation
In high school I wore a full face of Cover Girl liquid foundation every day despite the fact that I had pretty nice skin for a 16-year-old. I was a victim of "cake face," that matte look that screams to the world, "I wear lots of makeup." I had no idea then that heavy foundations are not meant to cover the entire face, they should be used judiciously to cover up only the uneven spots like the cheeks, around the nose and maybe the chin. Once the foundation is in place, you can then dot concealer on any ruddy or pimply spots the foundation doesn't cover.

Play up your lips or your eyes, never both
If you wear a smokey eye, go for nude lips with just a bit of gloss. Prefer the drama of dark lipstick? Keep face light (stay away from heavy blush) and wear only mascara on your eyes and a light eyeshadow. Don't heavily line your eyes. Play up both and you'll look like a clown. And never, ever line lips in a darker color than your gloss or lipstick.

Vaseline is your best friend
I actually knew this tip as a teen that's actually where I learned it. Vaseline is a great product to have on hand for 2 reasons: it's a great eye makeup remover in a pinch and used with a toothbrush, it's the best lip exfoliator ever. Here's how it works. Slather on a bunch of Vaseline, then use a toothbrush to massage lips. Wipe the excess off on a tissue. Your lips will be smooth and soft.
Acne? Get thee to a dermatologist
Biggest mistake people with acne make? Not going to a dermatologist. Forget those $150 jeans you covet. Getting rid of those pimples will be the best investment you’ll ever make. And the only guaranteed way to do it is with a dermatologist.

You can never go wrong with layers
Long layers are great for any hair type: Super curly, straight or wavy. It makes thin hair appear thicker, curly hair appear manageable and wavy hair appear just got back from the beach sexy. Just make sure you don’t get too many layers cut in. Short, spiky layers and hair that’s short on top and long on bottom can be dated.

Less is more during the day
Ever notice how some of your friends look their best with no makeup at all? No matter your age, there is such as thing as too much makeup. If you wear foundation, powder, blush, liner, mascara, eyeshadow, lip liner and gloss on an everyday basis, then you’re probably overdoing it. Leave the heavier makeup to the evening and formal occasions and tone it down during the day. All you really need is a great mascara, concealer for blemishes and gloss. Add a pop of blush in winter.

Oily hair? Baby powder to the rescue
I have to wash my hair every day or it will look greasy. But the truth is, I hate washing my hair every day. I get by on the days in between using baby powder that I apply at my crown and roots and brush through. It soaks up excess oils like nothing else. I find it works better than dry shampoo, but that’s just my opinion. Baby powder works best on blonde or girls with light brown hair. If you have dark hair, you might be better off with a dry shampoo crafted especially for your hair color.

Bye-bye bad hair color
Ever see those girls with naturally dark hair and super blonde highlights the width of spaghetti? It’s as if someone painted little lines in their hair (which is actually what they did). Not attractive. The secret to great hair color is hair that looks like you didn’t pay to have it done. That said, some of the best hair color is so obviously not natural but is so cool that everyone will want it. Either leave people guessing or leave them dying to ask where you get your hair done.
Healthy herbs have long held an important place in our wellness. Prized since ancient times, and today we even more depend on them to purify our body, mind, and soul! Of course, we all use herbal parts in our daily lives, one way or the other, whether for their fragrance, for their healing power, or in lovely recipes. Herbs are a great addition to food, not just because, they add special flavor and spicy taste to our food, but they also contain unique antioxidants, essential oils, vitamins, phyto-sterols and many other plants derived nutrient substances, which help equip our body to fight against germs, toxins and to boost immunity level.
Basil, a popular herb with a mild and sweet flavour that has a name which means 'king' in Greek language. And it is rightly called so because many culinary experts consider it a royal herb. Used primarily for its aroma, basil is used a lot in Indian as well as international cuisines. While freshly plucked basil adds much needed fragrance to the dish, dried basil leaves mostly contribute to the taste.

**Health benefits of Basil**
- It helps control blood pressure
- It is a rich source of powerful antioxidants
- Basil leaves contain much health benefiting essential oils. These compounds are known to have anti-inflammatory, anti-bacterial, anti-viral properties.
- Basil tea (basil water-brewed) helps relieve nausea and is thought to have mild anti-septic functions.
- It has been used in digestive disorders and is being studied for its anti-cancer properties.

**Preparation and serving methods**
In order to keep the fragrance and flavor intact, it is generally added at the last moment in the cooking recipes, since prolonged cooking results in evaporation of its essential oils.

Basil leaves are used to flavor any vegetable, poultry, or meat dish. The herb is also used in tomato and egg dishes, stews, soups, and salads. Basil herb is one of the main ingredients in 'pesto', a green sauce that is added to soups, vegetables, fish, and pasta dishes in Mediterranean cooking.

Parsley

Yet another herb that derives its name from Greek language, Parsley is mostly used for garnishing than flavouring. Dark green in colour with stubby stems, when sprinkled over dishes minutes before serving, the aromatic herb plays its role in tempting the taste buds. Dried parsley has little or no fragrance at all.

**Health benefits of Parsley**
- The essential oil, Eugenol, present in this herb has been in therapeutic use in dentistry as a local anesthetic and anti-septic agent for teeth and gum diseases. Eugenol has also been found to reduce blood sugar levels in diabetics; however, further detailed studies required to establish its role.
- Aids in digestion and boosts immunity against infections and common cold
- Helps improve delayed menstrual cycles

**Preparation and serving methods**
In order to keep the fragrance and aromatic flavor intact, it is generally added at the end of the recipes as garnishing. It is being used as flavoring agent in the preparation of vegetable, chicken, fish, meat dishes and in salad. It is one of the common ingredients in famous Mediterranean green sauce, "salsa verde."

Thyme

Thyme herb is packed with numerous health benefiting phyto-nutrients, minerals and vitamins that are essential for wellness. One of the popular among culinary herb plants, thyme originally is native to southern Europe and Mediterranean regions.

**Health benefits of Thyme**
- Thyme herb contains thymol, one of the important essential oils which has been found to have antioxidant, anti-septic, anti-fungal characteristics.
- Thyme is antiseptic in nature and when boiled with water, it helps treat throat infections, sore throat and dry coughs.
- In the pharmacy, thyme based formulations has been used as an anti-septic mouthwash in the treatment of caries and gingivitis.
- Thyme tea can also be taken internally during illness to speed recovery.

**Preparation and serving methods**
Thyme herb imparts intense flavor to the recipes and should be added sparingly. In order to keep the fragrance and flavor intact, thyme herb is generally added at the last moment in the cooking recipes. This is because, prolonged cooking results in evaporation of its essential oils.

Thyme herb tea is a popular health drink. The herb is widely used in dishes that involve tossing, sauteing and stewing such as scrambled eggs, salads, sauces and soups. Thyme, along with other spicy items, has been used to marinate and stuffing to chicken, fish and meat recipes. Sprinkle thyme on salmon or chicken that’s headed for the grill.

Rosemary

The firm, woody herb with fragrant, needle-like leaves is Rosemary. Bittersweet and lemony in taste, rosemary herb is the perfect potherb to have in your kitchen garden. The plant is one of the recognized herbs for its note-worthy health benefiting phyto-nutrients, anti-oxidants, and essential acids.

**Health benefits of Rosemary**
- Its soothing aroma is a great mood elevator
- A natural remedy for migraine
- Rosmarinic acid, a natural polyphenolic antioxidant found in rosemary, has been found to have anti-bacterial, anti-inflammatory, and anti-oxidant functions.
Research shows it may have benefits in cancer treatment.

- Its herbal oil is also being used externally to soothe painful ailments in gout, rheumatism and neuralgic conditions.
- Rosemary herb extractions when applied over the scalp known to stimulate the hair-bulbs and help prevent premature baldness. It forms an effectual remedy for the prevention dandruff.

**Preparation and serving methods**

In order to keep the fragrance and flavor intact, the herb is generally added to cooking recipes at the last moments, since prolonged cooking would result in the evaporation of its essential oils.

The herb is used to flavor in salads, soups, baked vegetables, and meat dishes. Rosemary goes well with tomatoes, potato, zucchinis. Finely chopped fresh leaves are used in the preparation of delicious sautéed rosemary potatoes.

Rosemary tea is a popular flavor drink in Mediterranean region.

**Sage**

Sharply flavored, sage herb or garden sage is one of the popular pot herbs known since ancient Roman times. This legendary herb with numerous virtues, long held to be the guardian over all other herbs, has been in use in various traditional European and Chinese medicines for its health promoting and disease preventing properties.

**Health benefits of Sage**

- Aids in digestion
- Highly recommended to treat inflammatory conditions such as rheumatic arthritis and bronchial asthma
- The essential oil obtained from sage has been found to improve concentration and may play a role in the treatment methods for memory loss associated with the disease like Alzheimer’s.
- Sage herb oil is also being used externally to soothe painful ailments like muscle stiffness, rheumatism, and neuralgic conditions.
- Further, its oil is used as blended massage oil and in the aromatic therapy. It helps to relieve nervousness, anxiety, headaches, stress, and fatigue.

**Preparation and serving methods**

Fresh leaves can be used in stuffing in season sausages, poultry and fish. The herb is also used in many vegetable dishes, especially with beans. It is also used as a garnish in herb salads. Roast pork and mushrooms with sage, marjoram and celery leaves. Besides this it also compliments stuffed foods such as risotto, tomato sauces, potatoes and beans. Sage plays the role of a seasoning ingredient for fatty meats such as poultry and pork, which is during the early phase of cooking.

**Peppermint**

Peppermint has been one of the popular herbs known since antiquity for its distinctive aroma and medicinal value. The herb has a characteristic refreshing cool breeze sensation on taste buds, palate and throat when eaten; and on nasal olfaction glands when inhaled. This unique quality of mint is due to the presence of menthol, an essential oil in its fresh leaves and stem.

**Health benefits of Mint**

- It acts as an anti-spasmodic agent in the treatment of “irritable bowel syndrome” (IBS) and other colic pain disorders.
- It is a soothing agent and is used to cure stomach aches
- Chewing mint leaves whitens teeth and combats bad breath.

Mint can be applicable in the preparation of cough/cold reliving remedies like syrups, lozenges and nose inhaler.

- Peppermint oil has analgesic, local anesthetic and counter-irritant properties and has been used in the preparation of topical muscle relaxants and analgesics.
- It is also being used in oral hygiene products and bad-breath remedies like mouthwash, toothpaste, mouth and tongue-spray, and more generally as a food flavor agent; e.g. in chewing-gum, candy.
- It has traditionally been used to calm digestive troubles and alleviate nausea.

**Preparation and serving methods**

The most flexible flavouring agents among all herbs, mint leaves are used from the beginning of the meal until the very end - appetizers, main course, desserts and beverages! So you can add them to soups, salads, lemonades, cocktails, candies, chocolates, teas and more. Not to mention, as a garnish it is by far the prettiest of the lot too. Mint leaves used extensively in the preparation of herbal tea. Along with parsley, mint is being used as a garnish. Mint has also been used in the preparation of soups, and sauces. Freshly chopped mint leaves can be a great addition to green salad. Mint chutney, Mint Pesto. Among drinks and desserts, Mojito, Chocolate Mint Mousse and are most popular.

Mitali Doshi
Go Stylish

This 2013 neon color will rock lips, shoes, bags, nails everything that is bright is a trend. Inject a cool vibe, add an instant glam boost to various ensembles. Neon colors is not for everyone it seems a little scary to wear. You have to choose the color that looks good on you and style them properly. Less is more, you don’t have to wear all neon.
Match your neons. Neons with neons can look great if you do it right. But green should not go with purple.

Avoid using opposite colors together. Red and blue may go together because when together, they make purple and can almost perform an optical illusion.

Avoid doing all neons. Black goes great with neon because it gives a good background for the neon.

Wear some neon colored shirts with black pants, or vice versa.

Purchase neon accessories. Match your neon orange nail polish to your neon orange tank top.

Get some neon purses, shoes with some bright stripes on them, and even some neon tights.

Feel neon. Neon means fluorescent, bright and happy.

If you are going to wear neon, feel energetic and bright and happy, and match your clothes.

Be confident and smile.
After the marriage unification, comes the most beautiful gift of life bestowed to have children, yes, to be parents that completes the life cycle. But with children coming in your life comes lot of responsibilities to be shouldered on both by mother and father. Parents need to bear these new onuses with love, dedication and communication, and this comes under the roof of Positive parenting. When couple enters the parenthood journey from marriage a transformation occurs deep down in their life. Positive parenting here is very important in the long run life for their children, as it includes love, respect, disciplined communication and understanding everything in a proportionate ratio.

Whenever parents get little amount of time they should try to spend that time with their children, talk to them, play with them, solve their queries, ask them whether everything is good and happy in their life, if you detect that your children are in some problems which though they might have not shared with you till now ask them politely to share lend an ear for their grief, sorrows and tensions, reveal your love for them by your gestures and words. Remember communication is a healing drug, like by giving them a hug or by laying your hand on their head. Never neglects their talks and never ignore them, whenever your child needs your support give them open heartedly but for correct and appropriate things. Make your child always feel important by frequently asking them their views, perception, ask them their choices and preferences before going for a final decision, never always put your sole decision on their head. Even if you are busy do not turned your children out when they approach you remember that whatever you are neglecting today may be an issue of concern in the long life.

If they fail in any exam in life do not make them feel low, disheartened and insecure, tell them that they have to work hard explain them the importance of education in their life. Give them the surviving spirit. These Positive parenting tips are hard core lines make you always have better relationship with your children, this will make them feel yours such an important role in shaping up their life. From the onset of phenomena of understanding children find their first friend in their parents. And if taken proper care and nourishment this friendship can become strong and concrete with every passing time and circumstances.
Discipline is also equally significant in the parenting role. For example, if you have to go out for a party and you are telling and yelling your child to complete home-work of the school and he is not bothered to do it even after your saying that he cannot accompany you for the party if he does not finishes his homework, then be strict and stick to your words and sometimes do this leaving your children with grandparents. When your children ask you to help you in some household work or for accompanying you to the super market, giving you medicines, putting water in the plants or whatsoever try to allow them though at present they may not do the work perfectly. Let them reveal their love for you this may be their way of expressing their love and concern and it is also not harming anything.

Try not to enter in the debate and any sort of conflicts with your children otherwise they can develop an aggressive temperament with anger voicing their words. Always not fulfilled the non-justified demands of your child for example, always buying candies, ice-creams, toys for your child whenever you are going out, as it will spoil their habit and can culminate stubbornness in them. It is necessary to make them disciplined and well behaved. Never be harsh in your tone for any wrong deed of your child, do not spank the child every time and also not in front of anyone it damages their self esteem. Neither made them felt powerless, nor attribute them with the more power than required.

Positive parenting can make your relationship healthy, builds the concreteness and fills the communication gap. It can help in calming down the stressful and stretching situations. So think on to apply these tips and skill yourself in handling difficult situations.
Nail art reaches new heights in fashion and popular culture

The meaning of the manicure has been transformed in the last few years. Until recently, painted nails were a symbol of classic, grown-up elegance. Traditional shades with timeless names – pillarbox red, or ballet-slipper pink – dominated the market. But the boom in nail art and the trend for eyebrow-raising colours – like steel grey, neon tangerine and moss green – have turned the rules upside down. Nails have never been so high profile in fashion and in popular culture and a new generation of young women are using nail polish to express their individuality, their fashion savvy, creativity and even their humour.

Nail art – the painstaking business of painting and gluing designs and tiny jewels onto nails often lengthened with extensions to create a larger canvas – has its roots in small local salons, but has rapidly become big business and a favourite of female celebrities from the world of music, sport and fashion. Last year, the American singer Katy Perry attended the MTV awards with a custom-painted manicure in which the names of each single from her most recent album were represented on different nails. Rihanna has been photographed with hundreds of different eye-catching manicures, from Acid House smiley faces to sharpened metallic talons. Fresh from the manicurist, many Instagram their new looks around the world.
At the 2012 Olympics, patriotic nail art was the trend to sweep the park, with Rebecca Adlington’s union flag nails competing for attention with US swimmer Missy Franklin’s stars and stripes. The Olympics became a showcase for the wholesome, family-friendly face of nail art – a stark contrast with 2010, when the troubled actress Lindsay Lohan famously painted “fuck U” on the fingernail of her middle finger for a court appearance.

That the nail art phenomenon took off at the Olympics reflects the fact that London has long been the engine room of the trend. The young entrepreneur Shamadean Reid, a pioneer when she founded WAH nails in Dalston in 2008, has been key in pushing the boundaries of painted nails, as has Vogue-endorsed nail technician Sophy Robson – who has been responsible for some eye-catching magazine manicures.

Beauty bloggers are currently tipping the half-moon manicure – an updated version of the traditional French, in which the half-moon at the base is painted a contrasting colour to the rest of the nail, as the coming trend. Lake Bell, the writer, director and star of hotly tipped new comedy In A World, sported the look in navy and gold at the Sundance Film Festival this year.
Getting tired of wearing the same old thing or looking like everyone else? You don't have to spend a ton of money or shop for hours to get a new wardrobe. Instead of getting new clothes or throwing out your old ones, use these suggestions and tips to recycle them.
Set aside clothes that need work. Go through your closet and/or dresser and pick out anything you are tired of, hate, or don’t wear because it’s too worn out. Put these clothes into a pile and put the rest of your clothes back.

Go through your pile. Looking through them one at a time, find at least one thing you like about each item. One may have awesome fabric, another, a great print, and another, a unique flair. Maybe your favorite tee is in great shape except for a ripped sleeve, or maybe you have a skirt that’s a hard-to-find color but is two sizes too big. Don’t count something out just because it’s plain or boring; this might make a great base for one of your designs. However, if you really can’t find anything redeeming about an item, put it aside for now and move on to something else.

Don’t automatically throw out clothes that are too small. Jeans that are too short can be cut them into shorts for summer. If a top that’s too small and shows off a little bit of your belly can be cut into a belly top.

Start with an item that speaks to you. Decide if you can embellish it in some way to spice it up or deconstruct it into something else. Hold it up next to other items from your collection and see if you can make any interesting matches.

Think of design ideas that don’t require sewing. For example, consider adding fabric paint or beads, slashing it for peek-a-boo effect, shortening it, dying it, cutting off the sleeves, ironing on a transfer that you printed from your computer, or, for a punk look, attaching other pieces of fabric to it with safety pins.

Sew your more complicated design ideas. If you know how to sew, (or have a friend or relative who might help), consider reworking or even combining different items from your wardrobe. For example, you might: swap the sleeves of two different long-sleeved shirts to create a two-color effect; cut off and sew the collar of a collared shirt into the collar of a closed-neck shirt to fake a layered look; cut and sew a shirt with a torn armpit into a vest; invert a cheap hoodie and turn it into fuzzy mittens; cut out a long strip of an interesting fabric to make a belt, hip sash, or scarf; etc.

Give away or sell the items that don’t speak to you. Donate them to a thrift shop or sell them to a second-hand store. Usually second-hand stores give you the option of receiving cash or in-store credit for your items that sell. You will receive more in credit than you would in cash, and then when you come back to the store in a month or two, you can use your credit to get clothes you do like. If you bring in clothes to consign every time you visit the store, you will most likely have credit the next time you come in, and can establish a monthly or bi-monthly wardrobe rotation without spending any money.

Search magazines and the web for inspiration. Useful search terms include "deconstructed clothing" and "DIY" (do-it-yourself). Great sites are listed below, too, but don’t forget to look on your own - there are lots of ideas out there!
Tips
- Focusing on one item at a time helps you to actually complete what you start and doesn’t make you feel overwhelmed.
- Start out with easy projects and work your way up to more complex ones if you are not confident at first.
- If you don’t like what you did or think it isn’t good enough, first check to make sure you aren’t being too hard on yourself and then try to figure out what you could have done differently to make it better. If you still don’t like it, maybe you can fix it or even recycle it further.
- Before you start, sketch what you want. Then look for pieces you have which can be used for the item you want. Then go to a craft or fabric store to buy embellishments if you need them. You can also get fabric cheap in remnant bins at places like department stores, fabric stores, and clothes you from thrift stores or garage/yard/ rummage/car boot sales.
- Try to tailor things before recycling them. You are more likely to wear something when it fits.
- If you are not sure you will like the result, practice on something else so you don’t regret it.
- Can’t think of what to do? Host a clothes swap with your friends! Sharing clothes with friends could double your wardrobe.
- Don’t do too much to an item. Less is usually more and making things too short or with too many holes is not in good taste.
- Buy books made for DIY projects. You can get lots of inspiration from this! Generation T is a great reference.
- You don’t want to do too much, although you may think you’re changing it for the better, but just remember a little goes a long way.

Warnings
- Use protective equipment when using tools or machinery and obey safety rules (goggles when hammering in grommets for example).
- This can be addictive (but it’s fun and not too expensive), so always be on the lookout for new clothes to recycle!
- Watch out for your friends because 9 times out of 10, they are going to love what you made or did and will want you to do it for them! Better to show them how to do it themselves (give them the link to this article) than to spend all your time on their clothes when you could be doing your own!

Things You’ll Need
- Clothes
- Optional: sewing machine or needle and thread, scissors, beads, paint, iron on transfer paper for your printer, beads, dye, fabric paint, and anything else you want to make your clothes look amazing.
Rejuvenate yourself at Radha Cottage
a paradise set amidst the beautiful greenzone of Matheran hill station...

Here’s Radha Cottage......
A haven of peace and tranquility
set against the ambience of natural
beauty of lush green forests
for those who wish
to relax, restore and recharge
the mind and spirit.
And old British colonial retreat,
Radha Cottage is a holiday resort
waiting to be discovered
and
rediscovered...

Radha Cottage
Pandey Road,
Matheran Hill Station,
Matheran
Tel: 02148-202220
Mob: 99422431723 / 9833385209
Email: radhacottage@gmail.com
Healthy eating for TEENS

A healthy diet can help you look and feel great. Don't follow the latest food fad: find out the truth about eating well. Your body needs energy and nutrients from food to grow and work properly. If you don't eat a healthy, balanced diet, you could be putting your health and growth at risk.

A healthy diet also gives you the energy you need and can help you look and feel great. But eating well doesn't have to mean giving up all your favourite foods. A healthy diet means eating a wide range of foods so that you get all the nutrients you need, and eating the right number of calories for how active you are. Beware of fad diets: they’re rarely the best way to reach a healthy weight. Instead, use our tips to help you eat more healthily.

1. Don’t skip breakfast.
   Some people skip breakfast because they think it will help them lose weight. But skipping meals doesn't help you lose weight and is not good for you, because you can miss out on essential nutrients. Research shows that eating breakfast can actually help people control their weight. In addition, a healthy breakfast is an important part of a balanced diet and provides some of the vitamins and minerals we need for good health. Whole grain cereal with fruit sliced over the top is a tasty and healthy start to the day.

2. Aim to eat at least five portions of a variety of fruits and vegetables a day. They are good sources of many of the vitamins and minerals your body needs. It's not as hard as it might sound: fresh, frozen, tinned, dried and juiced fruit and vegetables all count towards your total. So fruit juice, smoothies and vegetables baked into dishes such as stews all count.

3. At snack time, swap foods that are high in saturated fat or sugars for healthier choices. Foods high in saturated fat include pies, processed meats such as sausages and bacon, biscuits and crisps. Foods high in added sugars include cakes and pastries, sweets, and chocolate. Both saturated fat and sugar are high in calories, so if you eat these foods often you’re more likely to become overweight. Too much saturated fat can also cause high cholesterol.

4. If you are overweight, you may be eating too much. Foods high in fat and sugar are high in calories, and eating too many calories can lead to weight gain. Try to eat fewer foods that are high in fat and sugar, such as swapping to low- or no-sugar fizzy drinks. A healthy balanced diet will provide you with all the nutrients your body needs. Your body mass index (BMI) can tell you whether you are a healthy weight – check yours with our BMI healthy weight calculator.

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” – that’s a very famous quote made by the president of United States of America John F. Kennedy and holds significance when discussing about the advantages of healthy diet for teens. The key to teenage diet plan is to supply vital nutrients so that the body grows in a phenomenal rate during the growth rates. Food with high proteins, minerals and vitamins with lesser amount of carbohydrates should be included in a healthy diet for teenagers. The key is to include enzymes from fresh fruit and vegetables that play an essential role in the growth years of a teen age girl or boy.
Fruits are an important part of a healthy diet. They are naturally low in calories, fat, sodium, and cholesterol. Fruits play an important role in keeping the body healthy and have many benefits including:

Fruits Lower Risk of Illness and Disease. Fruits contain many vitamins and nutrients that may reduce risk for many illnesses

5 Don’t follow fad diets. If you have an overweight BMI, aim to lose weight to bring your BMI into the healthy range. If you want to lose weight, it’s important to choose your diet plan carefully. It can be tempting to follow the latest fad diet, but these are often not nutritionally balanced and don’t work in the long term: once you stop, the weight is likely to come back. Diets based on only one or two foods may be successful in the short term, but can be dull and hard to stick to and deficient in a range of nutrients. The healthier, long-term way to lose weight is by combining long-term changes towards a healthy, balanced diet with more physical activity. If you’re concerned about your weight, your GP can help.

6 If you are underweight, you may not be eating enough. Restricting foods (or food groups) or not eating a balanced diet can stop you getting enough of the calories and other important nutrients your body needs. This can lead to weight loss. Being underweight can cause health problems, so if you’re underweight it’s important to gain weight in a healthy way. Your GP can help with this.

7 Watch out for “low-carb” diets, or any eating plans that advise you to cut out whole food groups. This can be unhealthy, because you may miss out on nutrients from that food group. Low-carb diets can be high in saturated fat. Eating too much saturated fat can cause high cholesterol, which can lead to an increased risk of developing heart disease. Other diets may involve cutting out dairy foods such as milk, yoghurt and cheese. These foods are high in calcium, which you need to ensure your bones grow properly. Choose lower fat dairy foods when you can – semi-skimmed, 1% fat or skimmed milk contain all the important nutritional benefits of whole milk, with less fat.
Vaastu Shastra: The Bridge Between Man and Nature

Vaastu is the bridge between man and nature. Everything is made up of basic five elements – Akash (sky), Prithvi (earth), Paani (water), Agni (fire), and Vayu (wind). All these elements are only found on earth that is why it is the only planet that supports life and nature.

- Your drawing room must always face the northern direction. Also, the furniture must be placed along the southern and western walls. This will ensure that you sit facing north and East which is very good for a healthy mind.

- The kitchen must always be in the South-eastern corner. It should never be placed in either below or above the Pooja room, bedroom, or the toilet. It must also never be next to or in front of the toilets.

- Pooja room has to face the east or north-east direction.

- Vaastu for study room suggests that this room must be in the East, North or Northeast direction. The bathrooms of the house should face the east direction.

- Toilet is considered to be the most important part in vaastu. Toilets should be in the North-West or West of the house/building. If it is an attached toilet, it should preferably be to the North-West side of the room. If the West and North-West corners are not available, the next best option is the South-East of the building or room. Avoid constructing a toilet in the center of the building and in the North-East corners.

The selection of a site is very important since the site represents a fixed form, that will radiate positive as well as negative energies depending on its location, orientation, shape, slope and soil quality. While selecting a site these five major points are to be kept in mind.

Payal Tiwari, Vastu Consultant
Ph : 9920782362
Email : digitalvastu@yahoo.com
Just like any other teenager I didn’t know what I wanted to do in my life. During my graduation days in Sydenham College, I won the title of inter-college Diva: D Dimension 2007-08 after which my life took a turn for the better.

My first modelling assignment was with Sony Digital for their new product launch. I had also done a couple of photoshoots for upcoming fashion designers like Rakhi and Swapnil and many more. I am face of a shoe brand Bitch! Collection 2013.

I am passionate about dance and music. I am also a trained bharatnatyam and western dancer with Terrance Lewis Dance Academy. I am also a fashion stylist and like to keep myself updated with latest trends in fashion.

My family and best friend Humaira has been my strong support system and it’s because of them I am living my dream.

Shruti Parashar.
shrutibaby144@gmail.com
A healthy pH helps to regulate normal cell production and healthy tissue throughout your body. Our cells are surrounded by proteins that help to regulate their growth and speed, and when the pH balance between our bodies and these cells is compromised, cell production and normal body function can slow down throughout our systems. The slower that cells travel and function, the slower we receive the nutrients we need. The entire metabolic process depends on a balanced internal alkaline environment of our body.

Common problems associated with lifestyle and aging, such as hypertension and osteoporosis, headaches and digestive problems, are attributed by some scientists to be the result of excess acidity in our system i.e when the blood’s pH falls below 6.35.
Very few people actually have an in-depth knowledge of just what pH is? Essentially, pH is a measurement of the concentration of hydrogen ions in solutions. pH is an abbreviation of is the phrase "potential of Hydrogen. However, in laymen's terms, what pH is meant to measure is simply the acidity or alkalinity of a substance. The acid/alkaline continuum ranges from 0 - 14 with 7 as neutral. The lower end of the scale (below 7) is acid and above 7 is alkaline.

Your body's pH plays a huge role in the proper functioning of cells and organs. Normal human body pH is slightly alkaline at between 7.35 and 7.45 on a scale of 0-14. When the blood has an alkaline pH, it will have a positive effect on how every bodily system functions. The brain, circulatory system, nerves, muscles, respiratory system, digestive system, and reproductive system can all benefit from a proper pH level. On the other hand, when the pH of the body is too acidic, it is susceptible to many diseases and problems. Weight gain, heart disease, premature aging, fatigue, nerve problems, allergies, muscle disease and cancer are all more prevalent when the body's pH is not optimal.

A healthy pH helps to regulate normal cell production and healthy tissue throughout your body. Our cells are surrounded by proteins that help to regulate their growth and speed, and when the pH balance between our bodies and these cells is compromised, cell production and normal body function can slow down throughout our systems. The slower that cells travel and function, the slower we receive the nutrients we need. The entire metabolic process depends on a balanced internal alkaline environment of our body.

The acids deposited in our blood are often stored by the body in forms of cholesterol, fatty acid, uric acid, and other villains that cause havoc in our system. When the blood's pH falls below 6.35 (too acidic) the hemoglobin in the blood deteriorates hampering the red blood cells from carrying adequate oxygen to the tissues. When the muscles and the connective tissues are too acidic, acidosis is experienced.

The smoothness of our body’s blood flow is determined by the electrical charge that is coated on each individual red blood cell. Each red blood cell is assigned a negative charge so that they will not attract each other, similar to what two magnets with similar poles do when you put them together. When your blood's pH level goes down, it means your blood has become acidic. What acidity does to your red blood cells is that it strips off that charge in each red blood cell; making the individual red blood cell stick together, forming clumps that make blood flow slower. Slower blood flow means lesser oxygen going to your body, dropping your performance.

When you have an acidic pH reading, your body tries to return to a normal level of alkalinity. In order to get the base, calcium in your bone will be extracted into blood stream causing demineralization, eventually affecting the skeleton.
and teeth. Bones lose their calcium, and along with it their resistance and flexibility, to the point where they break far too easily (for example, spontaneous hip fractures), lose their density (osteoporosis), become inflamed at the joints (rheumatism), wear away the intervertebral disks (sciatica), and so forth. Teeth can also become more brittle because of mineral loss. They can chip, become oversensitive to hot and cold foods, or become more susceptible to cavities.

The brittleness caused by demineralization also weakens hair, which loses its shine and resilience and starts falling out in greater quantity. Fingernails split and break under the slightest impact; skin dries and cracks or wrinkles; the gums become deformed and oversensitive and bleed easily.

Similarly a chronically over-acidic pH corrodes body tissue, slowly eating into the more than 60,000 miles of veins and arteries like acid eating into marble. If left unchecked, it will interrupt all cellular activities and functions. An acidic balance will decrease the body’s ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease it’s ability to repair damaged cells, decrease it’s ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness.

Balancing the pH is a major step toward well-being and greater health. Acidosis is the primary indicator of Calcium Deficiency Disease. Scientists have discovered that the body fluids of healthy people are alkaline, whereas the body fluids of sick people are acidic.

According to Dr. Robert O. Young’s book, sick and Tired, the New Biology, most simply stated, is the over-acidification of the body and this is the single underlying cause of all disease. Dr. Young has found that when the body is in healthy alkaline balance, germs are unable to get a foothold.

Acidic pH is believed to cause Degenerative Diseases such as:

- Cardiovascular disease: arteriosclerosis, Heart Attacks, Stroke, high Cholesterol, and high blood Pressure
- All forms of cancer
- Type 2 Diabetes, Insulin sensitivity, Obesity
- Neurological Diseases MS< MD< ALS and Parkinson’s disease
- Liver & Kidney Disease
- Senility Dementia, Alzheimer’s
- Immune Deficiencies
- Osteoporosis, Osteoarthritis & Tooth Loss
- Hormonal Imbalances
- Premature Aging

- Male Prostate Problems
- Things that can improve your pH

while meat and processed foods are acidic. A healthy diet will consist of 80% alkaline foods and around 20% acidic foods.

b) Gulping food or washing it down with liquids increases acidity. Chewing mixes alkaline producing saliva with food particles to prepare it for digestion.

c) Exercise reduces acid load on the body system. Go for a brisk walk or some other exercise. Exercise helps move acidic waste products so your body can better eliminate them.

d) Get rid of stress and anger. Being upset while eating increases acidity. Never eat when angry or upset. Similarly negative emotions (fear, sadness, depression, anger) create more acids in your body then any food or chemical. Avoid negative people, negative environment, negative movies and TV shows.

e) Learn to breathe correctly. Breathe deeply and exhale properly (until there is no air left in your lungs) to oxygenate your whole body. Shallow breathing allows carbon dioxide, which is acidic, to build up in your body. Learn how to breathe properly in yoga lessons as it helps to lower stress & anxiety. Run and swim to make your breath deeper, go to the nature as often as you can - to breathe fresh and clean air.

f) Far infrared therapy devices can be used to eliminate excess acids. The far infrared resonance heats up the internal temperature of the body, increasing circulation, thus enabling the blood to melt out the acidic toxins that have been deposited for years in one’s arteries.

g) Pulsed Electromagnetic field therapy (PEMF) devices helps enhance cell membrane permeability & cell membrane potential leading to body fluids pH to go more alkaline which in turns results better oxygen uptake for the body.

In essence we must pay attention to balance our body pH for a better life.
Mr. Iqbal is the chairman & MD of Jafs Resources & Solution Pvt. Ltd. & is the driving force behind the success of real estate. He hold a degree in civil engineering from the university of Delhi and is involved in the business development & corporate relationship functions. He has over 25 years of experience from 1982 to 1996 in Pegal Arabia Construction Pvt. Ltd. worked as project manager from 1996 to 2005 worked in team engineering Ltd. in Sharjah as General Manager. His Vision is team leading Skills, foresight and providing high quality solution to it Clients.

Mr. Iqbal Hussain  
(Chairman/Managing Director)  
JAFS Resources & Solution Pvt. Ltd.

Mr. Faisal Hussain  
(Managing Director)  
JAFS Resources & Solution Pvt. Ltd.

Mr. Manohar Iyer is a MBA qualified having vast experience in real estate business with the vision to develop a self contained township in the country side, whereas todays life trends says ; people from countryside to cities for livelihood as a trend setter, he took the challenging project to reserve the entire scenario of livelihood, whereas the cities creme crowd can participate to the leisure holiday and farming with the help of this it will create lot of employment opportunities in the rural sector.

Mr. MANOHAR IYER  
(Chairman / Managing Directors)  
Green Acres Infrabuild Pvt. Ltd.
Turn your investment into big assets

PROJECT DEVELOPED BY:
GREEN ACRES INFRABUILD PVT LTD

GreenAcres
Presents

Hill City

WE ARE HAPPY
to present Green Acres
Hill City, Jambhur

WHAT ABOUT YOU?
- Mr. Navjot Kapoor & family

"Jawhar is an ideal destination for holiday homes and weekend getaways. Our location is well-connected to the city with excellent road connectivity. It's a great place to live in a completely green environment. We are completely satisfied with our investment in Green Acres.

Mr. SHYAM IYER & Family
V.P. Head - Tata Power SED

Tunring your Dreams into an Address
- J & N SHANGOD

N.A. Plots Project
Just 3 Hrs Pleasant drive from MUMBAI
Rajewadi-Jawhar

₹ 599/-
Per sqft
with registration

OTHER ATTRACTIONS
- Jawhar is declared as Hill Station by MTDC
- Club House of 10 Acres
- Bollywood Tourism Park of 50 Acres
- Organic Farms of 25 Acres
- Residential School of 10 Acres

Office No.4, Juhu Shopping Center, JVPD Scheme,
Andheri (W), Mumbai-400049

For more details call on:
022-65564442 / 9029080900 / 9029080100 / 9004521421
www.greenacres-hillcity.com | www.jafsgroup.com
E-mail: sonamdutt15@gmail.com

LUXURIOUS BUNGALOW
3 BHK
20 Lacs onwards

ACTUAL SITE & SITE OFFICE PICTURE.

SITE DEVELOPMENT WORK IS IN FULL SWING

Book Today &
Get FREE
Lifetime Club Membership

JAFS GROUP
YOU DESERVE TO SAVE
Vastu consultant and Numerologist

Sandhiya Mehhta guides you through the universal powers

Sandhiya Mehhta, a renowned vastu and numerologist expert based in Mumbai, is well-known for her healing powers through vastu and numerology. Over the years, she has counselled and helped many people attain success, fame and contentment, through her special powers.

number wise
Her healing process in numerology includes considering a number that is relevant to the client and their space, studying it in detail and then advising him/her accordingly on how to deal with a specific problem/situation. The numbers, 4 and 8 are very powerful but giving delays hurdles and problems.

vastu way
Sandhiya also takes a look at the vastu of the client’s home. She believes that the location and the entrance of a premise are absolutely vital as they influence various aspects of our lives. According to her, each house has a specific set of rules.

in order for an individual to prosper in that space, an energy is required, and this energy is obtained by combining various logical and scientific methods of vastu and the laws of physics. These energies can help develop health, wealth and harmony to optimum levels.

making a difference
Sandhiya maintains that she has obtained positive results in various projects that she has undertaken and has been able to help all her clients. Her work in vastu ranges from households to international factories and hotels. According to Sandhiya, vastu is a universal power and its laws do not change with religion or space. She uses her insight into the flow of universal energy to encourage people and help them lead a much better life than they have dreamt of.

• Born on dates 4 and 8 come and meet immediately for solutions.
• Born on dates 1, 3 and 5 not getting success contact immediately.

For any further assistance or query and appointment, kindly contact on the following: Nos.
+ 91- 9819921673, + 91- 9769071673,
+ 91- 9654483695
E-Mail: sandhiya.mehta@live.in

Watch Sandhya Mehta’s show on Soham Channel every day at 7am