



HEALTH TIPS

For a flat belly ensure that at least a quarter of your day's calories come from protein



If you are prone to heartburn, abdominal crunches may not be a suitable exercise for you as they thrust stomach acids into the food pipe

ASK THE SEXPERT

DR MAHINDER WATSA



1 I am a 32-year-old married man. While I want to have sex for a prolonged period, I am not able to since I ejaculate within a second. This leaves me unsatisfied. This has been happening ever since I got married. I didn't get myself checked because I thought my condition would improve within a few months, which hasn't happened.

You can be helped. Read up on the latest treatment for premature ejaculation on Wikipedia and then consult a sexpert who will advise you.

2 I am 26 years old. I have a query. Can women get pregnant if sperm, preserved in a plastic bottle, is poured into their vagina? Please do reply. It is important.

Important? What's the reason? No pregnancy will occur with such a method.

3 I'm 24 years old and single. I wanted to know about Fleshlight. What are the dos and don'ts of using it. Is it good? Will it give the pleasure that having sex does? How much does it cost? Are there any side effects and will it affect my future sex life? Also, does it really boost one's sexual stamina?

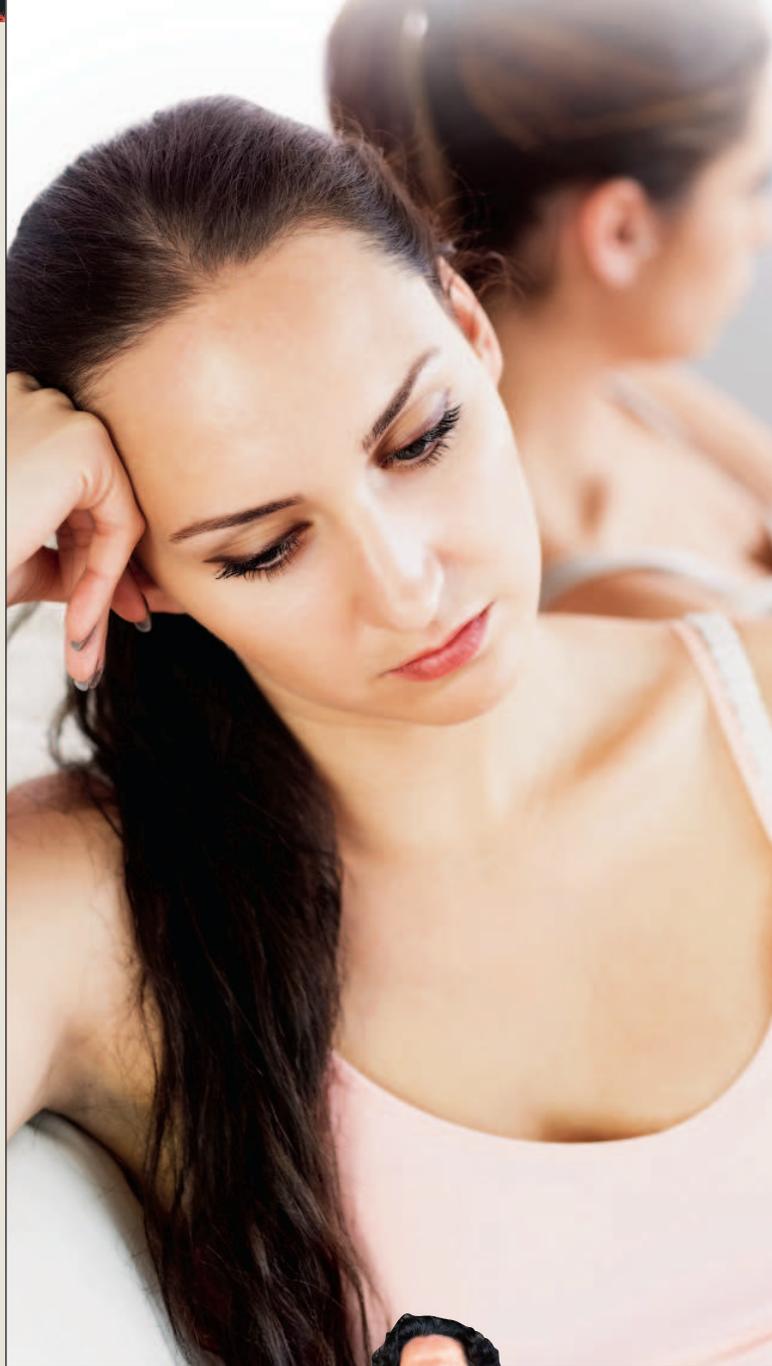
Sorry I cannot help you. Why not think of some other known method?

4 I am a 29-year-old man. I have been using Minoxidil for the last three years for hair growth. Does the use of Minoxidil reduce sperm count? I have been reading on the Internet that it has some side effects, including reduction in sperm count. I am deeply depressed since I'm to marry soon.

Solve the problem by visiting a pathology laboratory and getting a sperm fluid examination done. Minoxidil, if applied on your penis, may give you an erection.

SEND YOUR QUERIES TO: Ask the Sexpert, Mumbai Mirror, Times Of India Building, Dr D N Road, Mumbai 400001 or email at drwatsa@timesgroup.com. Contact Dr Watsa, send an email to mcwatsa@hotmail.com

BATTLING BETRAYAL



Let down by a friend? Experts tell you how to stop it from affecting group dynamics

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When Vineeta Nair's mother was diagnosed with cancer, the first person she informed was Sheetal Karnik (names changed), her best friend since kindergarten. The two were in college and still in touch with each other. A few years later when they had moved on in their lives, busy with their separate careers, Nair made another call to Karnik. Her mother's condition was worsening and she needed her close friend by her side. Karnik, busy with projects at work was unable to return the call and drop everything to be by Nair's side. When the latter's mother passed away a few days after the phone call, the loss of a parent was made worse by the vacuum left by a friend who hadn't been by her side at her time of need. It's been three decades since then, but the wedge that was driven into their friendship has still not been repaired.

THE EMOTIONAL BETRAYAL

While showing interest in a romantic partner, sharing with a third person confidences meant only for a friend's ear, feature in the top slot for what accounts for betrayal among friends Dr Jan Yager, the US-based author of *When Friendship Hurts*, says the most common kinds of betrayals are the little disappointments and misunderstandings, usually the result of not being there for

Don't indulge the two friends. Allow them to communicate with each other and not via you

PRIYA KUMAR,
CORPORATE



someone emotionally.

WHOSE SIDE ARE YOU ON?

When two kids in a larger group fight, the ensuing conversation between friends usually goes like this: "whose side are you on?"

If you believed that these awkward questions are limited only to children and playground politics, think again. Corporate trainer Priya Kumar agreed that often a sense of betrayal between two close friends ends up souring the friendship of the group as a whole.

"The natural instinct of both friends is to create a divide within the group itself and get as many people to agree with their version of what is right," Kumar says, adding that often to get more support for themselves, the individuals exaggerate the truth, sometimes even inventing lies about the other person in order to gain sympathy. Often, the person who has been accused of the betrayal ends up dropping out of the group, leaving the group's friendship strained.

STAGING AN INTERVENTION

The best thing to do when two friends are upset is to let them be. "Any intervention on your part will be construed as biased and would add fuel to the fire. Change the topic, don't indulge the two friends. Allow them to communicate with each other and not via you," advises Kumar, adding that the lesser you intervene, more are the chances that the two resolve their issues. Until then, keep your comments and opinions to yourself.

THE GROUP GUILT

Dr Yager says it's impossible to give a general rule for how people should act when dealing with two estranged friends. "It depends on many factors, such as how one or both parties are able to handle being around the other friend/ex-friend as well as how comfortable the group is having this potentially complicated and uncomfortable relationship in their worlds as well," she says. If the situation requires interacting and one or both friends — or the group — are uncomfortable about it, she adds, they could consider working with a relationship or friendship coach or even a therapist or mediator to work things out.

Or you could keep your distance. "For example, if the group wants to have a party, they could have two parties instead, rather than inviting them both to the same party," Dr Yager adds.

GIVINGGYAN

BACHI KARKARIA



THERE ARE AGONY AUNTS, AND THEN THERE IS BACHI... SHE'LL SORT YOU OUT

You can write to Bachi Karkaria at givinggyan@timesgroup.com

Dear Bachi, My 20-year-old brother keeps telling me that for some reason he ends up liking girls who are highly educated and well read, but when he meets them, he can't seem to communicate with them thinking they know more about the world than him. Even though he is trying his best by reading and gaining knowledge about politics, science, sports, the girls he likes are impressed with his friends who

can talk about anything under the sun and not him. He feels that others are more knowledgeable than he is and he wants to improve himself so that he can be more confident when he speaks in public. As a sister, I am worried about him. Please help.

— Worried Sis

Dear Worried Sis, The good news is that your brother likes the right kind of girls, smart, sassy and with a certifiable mind. We should all be

grateful that he isn't the pompous, chauvinist pig who thinks all women are dumb or, worse, should be. What he — and you — think is the bad news, isn't. If failing to impress them adequately is goading him to work more at improving his skills, that is actually a plus point, working in his favour. It will help him in matters far longer-lasting than being Mr Popularity. Let me remind both of you of one of the most successful ads. Avis was the second runner to Hertz in the hired-car market. Instead of trying to cover up this fact, it turned

threat into opportunity. Its tag-line was 'We're No. 2. We try harder'. The extra effort-maker was a sure winner with customers in a service industry.

All that pyare bhaiyya needs is a shot of self-confidence, and who best than behna dearest to give it to him? So, I suggest that both of you forget the smart-assed, silver-tongued friends. The right kind of girls will recognise his determined efforts at improvement, and reward him with their friendship.