



HEALTH TIPS

Beetroot is a rich source of folate which is important for a healthy heart and for women trying to conceive



The typical person gains an extra five pounds every year simply by not getting enough sleep



Pull the flush

After Diwali gorging, it's time to cleanse your system. Experts share their most effective toxin-flushing tips

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The festive season is a time when it's unfair to deny your body treats. But once life rolls back to normal, experts suggest you purge your body.

Detoxification refers to a process during which the body

flushes out toxins (which can range from excess fats, free radicals, cholesterol, and biological waste) that may have accumulated due to excessive intake. A gradual build up can lead to anything from constipation and bloating to body odour.

The human body has an in-built detox system. Organs like

the liver, lungs, kidneys and colon are key players in ejecting waste from the body. A build up of toxins means these organs are put under tremendous pressure, often leading to severe health complications.

Mirror gets five experts who know all about detox to tell you how to do it:

SHONALI SABHERWAL,
Macrobiotic nutritionist

'DETOX RESTORES THE BODY'S PH BALANCE'

Detox is the 'quiet phase' in nutrition, so it must be adopted when you don't have running around to do. New energies are introduced in the body as old foods are cleansed out of the system. When toxins build up, the body loses its pH balance, and tilts towards acidic rather than alkaline. It's best if you avoid sugar, black tea, coffee, refined flour, dairy products, desserts, and meats. Stick to vegetarian foods. The body needs to assimilate foods better during this phase, and have a lower toxic build-up. The above list adds to the acidic element in your body.

Sometimes, a detox can throw up what we call 'discharge' — headache, cold, fever, or looser bowel movements. This is only a sign of your body correcting itself. They disappear after a day or two.



DR ABHIJIT A REDIJ,
Ayurveda & yoga consultant

'FOR SOME, FASTING WORKS'

Ayurveda believes that agni-mandya (loss of appetite) is the root cause of most diseases. In such conditions, undigested or partially undigested remains of food that hang in the system can lead to toxin build up.

Before detoxifying, ask yourself three questions: How is my appetite? Am I able to digest whatever I eat? Am I constipated? For some, fasting works. It allows the body to take rest and recuperate. For others, the formula that works best is a castor oil dose over the weekend to flush out waste from the digestive tract. Or try triphala choorna. The amla in triphala has anti-oxidant properties. Cleansing of the system must be followed by the re-establishment of its normal functioning (else you might fall into the cleansing-constipating-cleansing trap).

ABHISHEK SHARMA,
Celebrity fitness trainer

'SWEATING VIA EXERCISE FLUSHES OUT TOXINS'

First, stop abusing the body further. Stay off or minimise your intake of alcohol, cigarettes, refined sugar, saturated fats and processed foods. Switch to light meals — curd rice or khichdi, coconut water, nimbu paani and green tea work wonders. Include fresh fruits and vegetables in your diet, and start drinking at least eight glasses of water a day. Do cardio exercises like running or brisk walking as they get your heart racing and increase blood circulation. Exercise helps our lymphatic system get rid of toxins. Besides, you sweat, and that's the easiest way to rid your body of toxins.

Deep breathing exercises done in an atmosphere of fresh air cleans the lungs and energises the body. Meditation helps restore the body's internal balance.



JANE SCRIVNER, Detox expert

'KICK SUGAR OUT'

Detoxing, according to me, is about indulging your body with foods that are pure nutrition, and delicious to eat. Don't skip meals. Eat small, frequent portions. Cut out 'empty' foods and replace them with pure foods. Detoxing will help you sleep well, make your skin glow, and keep your joints and bones healthy. Make sure you cut out sugar from your diet. It's what makes us oscillate between highs and lows of energy, develop mood swings and put on weight. Fish is permitted as are all vegetables, spices and fruits. Hydration is key, too — drink plenty of water to flush out waste.



JACQUELINE FERNANDEZ, Actor

'I STICK TO RAW FOODS'

I go on a detox every couple of months depending on my assignments. A short programme can last a couple of days. The longest session I've tried lasted 10 days. I tend to stick to raw foods — mainly vegetables, fruits and juices. I drink five kinds of juices a day for five days and eat lots of super foods and a healthy dose of probiotics. For breakfast, I have a bowl of cut fruit. Lunch is steamed vegetables and raw salads. Dinner is more or less the same. I'm off dairy products, sweets, salt and non-vegetarian fare. After seven days, I gradually introduce simple, regular meals, so as to break into a normal routine.

You'll notice visible changes post-detox. Your skin will glow, and you'll feel more energetic. I'd suggest you indulge in a detox twice a year. I prefer taking one on just before a shoot so that I have plenty of energy to get through it.

ASK THE SEXPERT

DR MAHINDER WATSA



1 I am a 21-year-old male, and my weight is 80 kg. I am 5'7". My penis is very small — just 2.5 inches when erect. Whenever I perform oral sex on my girlfriend, my penis gets stiff in a jiffy, and I ejaculate within seconds. This upsets her. I don't want to lose her. I masturbate thrice a week. Is there something wrong with me?

You suffer from premature ejaculation because of lack of control. A sexpert can help you. Meanwhile, buy a tube of Lox 2% gel, apply it 10 minutes before sex, and wipe the excess off the glans penis. Slip back your foreskin before application.

2 I am married with two children. How often can a man have sex in a day? Is it possible

to have sex thrice in two hours? My husband refuses to have sex more than once a day with me, saying he is tired. It can be done as many times as the couple is comfortable doing it.

3 I am 27 years old. What are the symptoms of AIDS? Whenever I have sex, I ejaculate quickly. The second attempt

lasts longer. I have tried the stop-start method but in vain. Satisfy your curiosity by visiting Wikipedia. For premature ejaculation, consult a sexologist.

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