



HEALTH TIPS

Acne is often the fault of a liver overrun by toxins. Since amla helps detoxify the liver and aids digestion, having it regularly helps clear the skin



Green tea contains flavonoids, tannins and catechins which are known to stave off flu

ASK THE SEXPERT

DR MAHINDER WATSA



1 I have observed that in the last eight months the colour of my semen has changed. From a white viscous fluid, it has turned a dirty brown. An Internet search didn't reveal anything. My family physician says it's nothing to worry about, but the colour keeps getting darker.

Send a sample to a pathology laboratory, then take the results to a urologist/andrologist. Any change must be investigated.

2 I'm curious. How do holy men and women function? Isn't sexual instinct a natural biological urge? Is it possible to turn your natural urges on and off? Some yogis have been known to control their body functions including the heart's. The semen ejaculation can be controlled, but it will occur: What they won't indulge in is the pleasure.

3 Is the drug Nanoleo freely available at a pharmacy and is it similar to Viagra? I had an angioplasty four years ago and a stent was installed in one of my arteries. Will it be safe for me to take such medication?

The drug is available, but whether you can take it or not will depend on your doctor. Please, do not self medicate.

4 I'm a 23-year-old man. I don't enjoy sex while wearing a condom. Is there another way to be safe? Are there condoms that are thinner so that one can feel the pleasure while using protection?

Try abstinence or get your partner to pick a contraceptive. Stick with the condom. There are different varieties available. Google for brands and varieties.

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

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For all those teens who've been told by sceptics, "Nothing will help you at the nth hour", here's some good news. What you put into your mouth in fact, can. Experts trained in nutrition and memory enhancement vouch for the connection between diet and brain performance. *Mirror* gets those in the know to tell you how to go from 'sailing through' to 'maxing' by making gentle changes in what you eat.

'EAT EGGS, COTTAGE CHEESE FOR CHOLINE'



SAYS DR SHIKHA SHARMA, NUTRITIONIST

Eggs, beans, seeds and nuts are protein-rich foods that your body uses to manufacture amino acids. Amino acids are precursors to neurotransmitters (specialized brain cells) that help you maintain mental acuity and motivation.

Eat at regular intervals to keep nutrient and energy levels stable. Fruits and vegetables help rehydrate and replenish the body, thus ensuring that you don't feel sleepy after a meal.

Never go for an exam on an empty stomach. Quench your thirst with water, coconut water, fresh fruit juices, milk and anti-oxidant-rich green tea. Avoid caffeine and sugar. Before and during exams, make breakfast your most important meal of the day. Energy-giving oats, cottage cheese, brown rice poha, eggs etc. make perfect breakfast eats because they contain a nutrient called choline, which helps cognitive performance and improves memory.

For lunch have foods with a low glycemic index — steamed green moong sprouts, namkeen oats with vegetables, chicken soup, curd, multigrain chapatis (soya flour, chana flour, oats, barley and normal atta) or brown rice pulao.

For a healthy evening snack, have a bowl of fruit chaat, murmura chaat, roasted chana, roasted moong, almonds and walnuts with two dried figs. Avoid starchy vegetables (potatoes, yam) because they'll make you lethargic and cause bloating. Your best options are bottle gourd, carrots or methi with chapati. Vegetable/fruit raita gives you calcium, water and protein.

FOOD FOR SCORES

What you eat goes a long way in maximizing your exam performance say our experts



'SIP LIME JUICE TO KEEP NEURONS RUNNING'



SAYS RYAN FERNANDO, FOUNDER OF A NUTRITION CENTRE

When studying, the brain craves high fat and high sugar foods, which is why when stressed, students tend to eat processed snacks. They must make an effort to structure what they eat. Complex carbs like ragi, brown rice, whole wheat should become part of lunch and dinner. Glucose is the main fuel of the brain. But providing it slowly into the bloodstream through complex carbs is key. You can also try sipping on a tall glass of lime juice with 1 tbsp (no more) of glucose and a pinch of salt every three hours. This hydrates the brain and keeps your neurons running. Eat a fruit every four hours (pomegranate, sweet lime, guava, watermelon and banana). I'd also recommend two cups of mild green tea with honey (11 am and 4 pm) because it increases alpha wave thinking and calms stressed nerves. Milk (or curd) for its calcium content is a must-include. The best in-between study snack is five almonds, five pistas and five raisins, had every two hours.

'USE PICTURISATION WHILE MEMORISING'



SAYS MEMORY COACH SUSHANT MYSOREKAR

There exists a strong relationship between nutrient intake and mental state. Good nutrition ensures efficient functioning of the nervous system, leading to sharp brain function, so eat foods that give you energy. My second advice is choose the right method to remember. The more senses you use while learning something, the more your brain is likely to retain that information.

So, use creativity, imagination, visualisation and picturisation while memorising facts. Widen the brain regions involved in learning by reading aloud, drawing a picture of a biology concept you are trying to figure, or writing down the information (even if you never look back at your notes).

Drawing and writing forces you to make the information more precise. Or use a mnemonic device (a technique that helps you remember a list of unrelated items in order). It can, for instance, take the form of an acronym. Eg: 'Every Good Boy Does Fine,' is a good way to remember musical notes E, G, B, D, and F.

COOLHUNTER

MITALI PAREKH



STREET-WISE, FASHION-FORWARD AND POCKET-HAPPY

You can write to Mitali Parekh at mirrorfeedback@timesgroup.com



QUEEN OF HEARTS

There's still time to go grab this for the evening.

PRICE RS 200

WHERE: STALL NO 66, FASHION STREET

RED LETTER DAY

Introduce to a navy blue shirt with a tiny heart (print).

WHERE: STALL NO D1, FASHION STREET



PRICE RS 550



QUICKIE BAG

Valentine's Day is an overrated commercial enterprise. This beaded batwa is not.

PRICE RS 50

WHERE: STALL NO 66, FASHION STREET

TEE FOR TEA

Wear at 4 pm for a date with khaari biscuit.



PRICE RS 250

WHERE: STALL OUTSIDE CLARKS, COLABA CAUSEWAY