



WEBSITE CONTENT

Theme : Dating / Love / Marriage

PARTNER SHOPPING

On a dating spree? A checklist for you, before you step out.

Dating is a buzzword in today's world with the younger generation. Those killer looks, sexy dress or the dudes with "raised-hair", stunning body and bike really set your adrenaline high. You are dazed and dumbfounded.

Know your goal before you are on a dating bash

Deciding what you really want out of dating will set you on the right track from the beginning. Are you just for some momentary fun or on a lookout for a partner in life? You need to ensure this first because your further steps will be counted on this.

Searching for a soul mate, not foul mate is the basic funda of dating

If this is your target then you surely need to do some homework first before setting out for a mate-shopping. Your shopping prowess will exactly fit into your dating emprise.

But, if you are looking for some time-pass or short fun, you can accelerate to any direction, the onus of the risk of accidents and injury lying solely upon you. Don't repent later.

Dating is like shopping. Don't get fooled by the packaging outside however attractive

If you like someone, give time.

Make a list, don't hesitate to jot them down in your diary, the qualities you desire to seek in your 'would be'. Round off the traits, you cannot compromise on.

For example being respectful towards you, trust etc. Look or even attire, like whether he or she wears branded clothes or just picked up from Fashion Street, can be compromised but not the characters you feel important to you.



Looks can kill but can't revive you

When you reach out for a health drink or health food, in a shopping mall, you just do not observe the packaging. You see the ingredients, the company, the packaging date, and of course the price.

You surely will not buy a product exclusively packed but date expired, however cheap it is. Because what you want is the matter inside and not the container or even the brand.

Whether it will keep you healthy and fit is your sole concern. The same rule follows here. ***You opt for the 'person'. Packaging is a secondary concern.***

Check on the expiry date of love

Is it true love or just an infatuation going to expire in the next month? You will need to give time on this. Only time can tell the depth of feeling. Don't go ga-ga with a few "I love ya" notes or SMS or emails. Facebook checkups can reveal a few things, like his or her friend circle. Check on, if possible with a few acquaintances, colleagues about your 'would be' - tactfully.

Added flavors, and Colors, how much you can go for

A health food with too much-added colours and flavours may neutralise its good effect altogether. In India, we have too many customs, taboos and superstitions - social, cultural, religious, regional, and what not. Even if we realise many of them are baseless and unscientific, yet we keep on carrying the baggage because we are used to doing it since childhood. These are rooted in our upbringing and not very easy to overcome always. Both you and your 'would be' will have plenty of them. You need to discuss openly on these issues and your tolerance limits so that these do not become a bone of contention in future.

Eating not allowed inside can be synchronal to the burning question – Have Sex during a date?

A healthful and straightforward answer would be 'No'.

You will have your whole life for that intimacy. The first experience of it you will never forget.

You keep your best attire and accessories for the grandest party and will not wear them while going shopping, right? The same thing follows here.

Celebrate the grandeur of the biggest moment of your life with glory and elegance on your wedding day. Till such time, know about it, get scientific information about it, have a healthy and a graceful discussion about it.

Any question? We will be happy to hear from you!



WEBSITE CONTENT

Theme : Health & Fitness

Unveiling Coenzyme Q10: OUR ENERGY SUPPLIER

Thinking of adding some supplements to your diet ? Just take a quick glance at this...

Recently there has been a splurge of taking dietary supplements throughout the world. CoQ10 or as it is also known as Coenzyme Q10/ Coenzyme Q /Ubiquinone is one which is gaining fast popularity.

It is a biological molecule, a vitamin-like substance (but not a vitamin) and is made naturally within our body. Let us know about it in a little detail before including in our diet.

This wonderful substance is synthesised naturally in our body cell, especially in some cells which are called mitochondria or the 'powerhouses' that manufacture energy. The Coenzyme Q10 helps in the process of generating energy by breaking down the food (carbohydrate,fat) that we eat to give us the energy or power to live and function around.

Many organs like brain, heart, and kidney need a lot of energy to work on. Malfunctioning of these organs starts happening when they fail to get sufficient energy. Researches have shown that heart disease, kidney disease or patients suffering from Parkinson's, Angina, Diabetes, Cancer, HIV have a lower level of Coenzyme Q10. Along with age, the CoQ10 level goes down in our body, and we feel less agile, more tired. CoQ10 deficiency also occurs due to severe metabolic or cellular disorder.

Therefore, one thing is very apparent that we need this magic compound to live normally, healthily and energetically.

Where do we find it?

So long as we are young, our body produces it in sufficient amount. It also occurs in meat (liver, heart, and kidney), sea fish (Sardine, Mackerel), soybean oil, nuts. Less quantity of CoQ10 is found in vegetables, cereals, fruits. Those of us who are healthy, get enough supply of this wonderful substance through diet as well as natural synthesis within our body.

Problem arises when we are sick or suffering from any serious disease or ageing up and the body is not able to get the needed energy to sustain. In the present days of stressful life often we feel tired and need more energy.

Many of us are engaged in sports that need more physical energy, (irrespective of whether enrolled in a college team or aiming at Asian Games or Olympics). Under all such circumstances, energy-failure happens because the master energy producer CoQ10 is in short supply. It then becomes vital to have an additional supply to bridge the demand-supply gap, through a dietary supplement.



Shall we take a glance at the beneficial effects of CoQ10?

There are plenty! Ongoing researches have shown patients suffering from congestive heart disease; high blood pressure, kidney problem, and diabetes have been remarkably helped by this coenzyme supplement. The coenzyme has proved to slow down degenerative neural diseases like Parkinson's disease, Alzheimer's and Huntington's disease.

CoQ10 is immensely helpful to improve the immune system of our body which helps us to fight against any disease. Athletes are benefited by taking CoQ10 as a dietary supplement as it provides them with the additional oxygen and energy they need. Some individuals suffering from a Migraine headache have been helped by taking CoQ10, though it is not reportedly proven to have a major effect in Migraine.

CoQ10 helps in reducing weight and improve your gum health. It also prevents cholesterol oxidation (since the compound is anti-oxidant) which chokes up the arteries. It helps to keep the blood sugar level down.

The coenzyme has a mild positive effect in cancer treatment and those suffering from fatigue and ageing side effects. For elderly people, a dietary supplement of CoQ10 is a good source of energy since its natural level in body depletes with age.

You must be wondering what will be the possible side effects of the product?

Well, it can cause insomnia, rashes, nausea, irritability, abdominal pain. People undergoing any medical treatment should always consult a doctor before taking it as a dietary supplement.

Overall there is green a signal for CoQ10. However, always consult your doctor even if you are healthy and thinking of going for it, and understand the correct dose to be taken. Also, since CoQ10 is fat soluble, it is advisable to take it during your full meal which contains oil or fat.

Eat healthy, live well and enjoy better. Wish you healthy health!



WEBSITE CONTENT

Theme : Health & Fitness

Beware Of These Sex Taxes! They Can Make Your Health And Relationship Really Taxing!

Even sex is not tax free. If not played safe one may have to pay a high price of health deterioration and even death. These taxes are Sexually transmitted diseases (STDs), also called sexually transmitted infections (STIs). These are a burning problem in today's world advanced and developing countries alike. The problem is more serious with the younger generation who start having sex from an early age as well as those who have multiple sex partners.

Intimacy has a Price Tag. Sexually transmitted diseases are the infections that spread from one affected person to another through close body contact as well as sex.

What's in a Name? Professionals prefer to call STDs as STIs or Sexually Transmitted Infections because not all such diseases create any discomfort, pain or manifestation (for example Chlamydia, a most common sexually transmitted disease where mostly the affected people do not show any symptom. Often people do not even know that they have any such disease until they get tested positive.

Availability in Retail? There are various types of sexually transmitted diseases, other than our very well known AIDs. The infections vectors can be virus, bacteria, mites, parasites, and protozoa.

Bacterial

- Chancroid
- Chlamydia
- Gonorrhea commonly called "the clap"
- Granuloma Inguinale
- Syphilis

Fungal

- Candidiasis (yeast infection)

Viral

- Viral hepatitis (Hepatitis B virus)—saliva, venereal fluids.
- Herpes transmitted through skin and mucus with or without visible blisters
- HIV (Human Immunodeficiency Virus) —vaginal fluid, semen, breast milk, blood
- HPV (Human Papillomavirus) - transmitted through skin and mucus 'High risk' types of HPV cause almost all cervical cancers and some anal, penile, and vulvar cancers as well. Some other types of HPV cause genital warts.
- Molluscum contagiosum -close body contact



Parasites

- Crab louse, colloquially known as "crabs" or "pubic lice"
- Scabies

Protozoal

- Trichomoniasis commonly called "trich"

Treatment preferred to Embarrassment. STDs or STIs can cause a serious health problem, infertility and if not treated at the earliest can even cause death. Therefore, they are not to be ignored or concealed for the sake of shame. In fact, to be on the safer side, those who have started their sexual journey should make it a habit to go for frequent or regular checkups.

The only way to prevent STD / STI is total abstinence from sex which may not be a too practical solution. The second safest way is to use a condom at all times and during all forms of sexes whether oral, vaginal or anal. Unprotected sex is one of the root causes behind the most dangerous STD what we fearfully call AIDS, which has no cure and death is the outcome if not treated very early. Personal cleanliness, frequent washing, bathing preferably with medicated soap, keeping the bedroom and the sheets clean, surely will keep many of the STIs at bay.

Myths Busted. Let us be very much cautious of some MYTHS related to STD / STI. There is not an iota of truth behind these myths.

Myth

Fact

# Only shoddy / dirty or unclean people get STDs.	# Even the cleanest and the richest of us can have it
# Mostly women stand the risk of getting an infection. Men are on the safer side.	# STDs do not believe in gender bias.
# If your partner has STD you will see it and know it.	# Many of the STDs do not have a visible symptom. You and I can have one without even knowing it, unless get detected by tests.
# If you have had an STD, you do not risk the chance of getting it again	# STDs do not maintain any record or databank. You can have the same or contract a new one.

Myth	Fact
# If you test negative in STD test, it means your partner too is clean and does not need to go for a test.	# Your partner may have one without even knowing it. Assumption is not a risk-free game.
# Pregnant women do not carry the risk of contracting STD.	# Pregnancy is not a condom. A woman who has conceived can very well get an STD.
# STDs only spread through an actual sexual act.	# STD can spread through close physical contact or skin contact
# Only people with multiple sex partners stand the risk of getting STDs.	Partner loyalty does help to prevent STD in a major way, but even they can get infected.
# Young people do not have the danger of getting STIs because their immunity system is good	# Unfortunately STIs do not discriminate age. In fact, young people who start sex life very early are at a major risk of getting them because they are not always aware of the STIs and their dangers and often do not know or follow the preventive measures during sex.

Therefore, keep clean, use protection every time during sex or intimacy and have regular check-ups and remain loyal to your partner. Happy alliance!







