



HEALTH TIPS
Carrots contain a lot of beta-carotene which helps to slow down the aging of cells



Peanuts are packed with the B-complex group of vitamins that contribute to brain health

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Pomegranates are rich in potassium, a nutrient necessary for energy production and keeping blood pressure in check



Raisins have anti-bacterial properties and have been found to lower fever

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ASK THE EXPERT

DR MAHINDER WATSA



1 We were blessed with a baby boy two weeks ago. This morning, while we were in bed, I couldn't control myself and started kissing my wife's breasts. In the process, I drank her milk. The taste was very different from cow's milk. Many times she gets wet with excess milk. Is it okay for me to drain it off by sucking? The baby comes first, not you. You may try it once in a while.

2 Is it okay for a man to get sexually excited at the age of 72? I suffer from diabetes and my penis is so soft that it cannot enter the vagina. My wife is 69 and does not seem interested in sex. However, she does not refuse when I initiate sex. But I am unable to satisfy her. We indulge in foreplay for satisfaction, but I prefer intercourse. How can I get a strong erection? Sexual desire will accompany you till your last breath, but whether you can fulfil it, depends on your attitude. In your case, foreplay plays a primary role in gaining satisfaction. For intercourse, you may have to take some medication and see a doctor. Try taking one tablet of Vigomax Forte (charak) in the morning and evening. Consume it half an hour before meals, for a month.

3 I am 24 years old and my husband is 25. We got married one year ago and have been trying for a baby for six months. However, I am unable to conceive because my husband's erection is not hard enough to penetrate me. He ejaculates within two or three strokes on top of my vagina. Please advise. Ask him to try NEO tablets (Charak). Take one tablet every day, half an hour before eating food, for six weeks. He can also try applying Xylocaine Gel 2% on the head of the penis just before starting intercourse. He could also see a sexpert.

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

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The clock is ticking and signalling the end of a year. But you just finished Christmas shopping and partying that has left you parched and goggly-eyed the next day. Suddenly New Year's Eve is this weekend. The frenzy of the past few weeks and general excitement of the season has taken its toll on you. You are just a little shy of fitting into that dress perfectly and look just a little too haggard to find yourself an interesting date. So we have made your life a little easier by providing some last minute guidelines for you to get in shape, spruce your wardrobe and of course, grab a date.

FOOTLOOSE NO MORE

Don't worry if you still haven't found a date and your friends have already hooked up for New Year's Eve. While not having a date isn't what you would call a catastrophe, it is nice to not be the odd one out. If you're scrambling for a last minute partner for the evening, here are a few tricks:

GET FIXED UP BY A FRIEND

Ask your friends to hook you up. If you have friends with charitable spirit and are the type who want to spread the good cheer, they will introduce you to a couple of potential dates. Your goal is simply to have a fun date for new year's eve, so approach the idea with an open mind.

MINGLE

The best way to meet new people is to divert from the usual places where you have been hanging out at. Explore places you have never been before, such as an art gallery at a location away from your home, a new book store, restaurants, pubs and discotheques. Also meet a different set of friends, who will hopefully be there with their single friends and introduce them to you. Dress spiffy, be confident and enjoy the high of meeting new people.

SOCIAL NETWORKING

While your social networking page may boast of 500-odd friends, it's time to connect with someone you may not have been in touch with for a while or on a regular basis. Poke them, send a message, chat



with them or drop in a light phone call just to connect. The first message should never suggest that you're fishing for a date, but build up to it nicely and you just may have one.

USE ICEBREAKERS

When you meet someone new at a coffee shop, book store, a mall or a pub, try talking your way through it by using causal one liners. For instance, you could start a conversation at a book store by asking someone "What book is that?" If you happen to have knowledge about the book, you can get lucky easily. If nothing comes to your mind, you could simply ask for the time. At a pub, you could say, "Your cocktail looks interesting" and then try to keep the conversation going. Often it isn't as tough as it looks and it's a question of being able to talk your way into charming someone. Don't come on too strong, approach the person with respect and don't harbour notions about getting laid. There are enough single people in the city and if you can solely focus on having an enjoyable evening, your date is waiting for you.

TONE DOWN

Unbalanced diet, pollution and environmental changes, bad sleeping habits and alcohol, all add up to increasing toxin levels in the body leading to skin eruptions, water retention (edema), nausea, dizziness and dullness. Our expert, nutritionist Nupur Krishnan, shares her last minute tips to get fit and glowing, just in time.

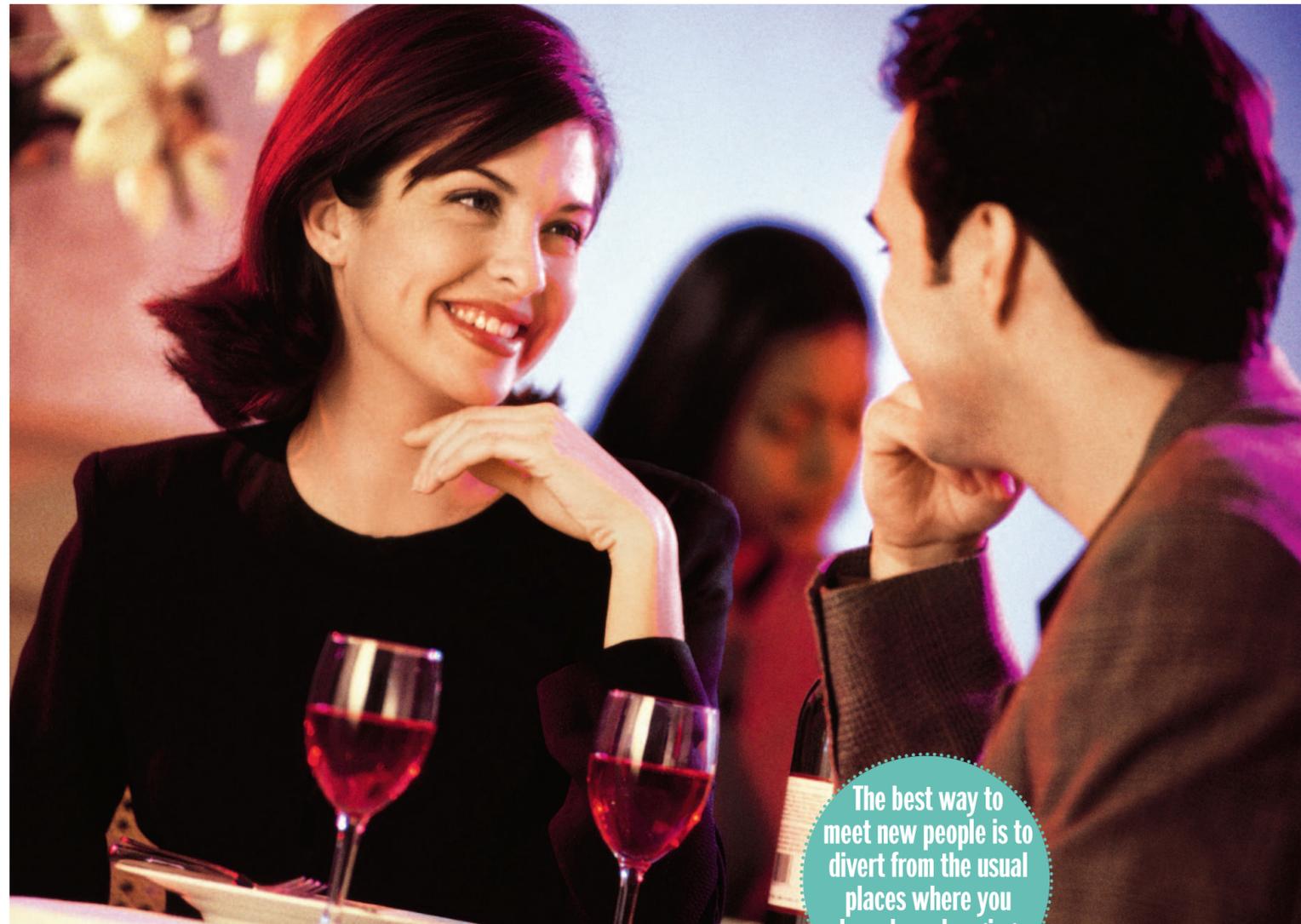


A QUICK FIX DETOX PLAN

Your detox plan should contain 70 per cent liquids and 30 per cent solids. Include foods that offer enough phyto-chemicals and traditional nutrients and enzymes. For instance, pineapple contains bromelain, an enzyme that helps in digestion; papaya contains papain, a great colon cleanser; broccoli helps control blood pressure (not applicable for hypothyroid patients); and onion and garlic contain sulphur compounds that strengthen the process of detox. Add more fruits to your breakfast cereal and lettuce, cucumber, tomato, spinach, onion to sandwiches. Have soups and salads rich in fresh fruits and vegetables.

Eleventh hour mantra

With New Year's Eve looming close, here is a last minute guide to hooking up, getting fit and dressing smart



The best way to meet new people is to divert from the usual places where you have been hanging out

Combine your detox with the right exercise such as walking, jogging, skipping, dancing and swimming. As you sweat and breathe heavily, it facilitates the expulsion of toxins through skin and lungs. Hydrate your body. Drink lots of water in the form of fresh seasonal fruit juices such as watermelon, strawberries, cucumber and orange. Stay away from sodium (salt) as much as possible. It is the key culprit in water retention. Herbal and green teas work wonders for a detox diet. Those under medical supervision, elderly people, pregnant and lactating women and people with thyroid problems should consult their doctor before taking on a detox diet.

LOSE THE KILOS

Here are a few basics to help you shed your weight pronto: Stay off white carbs as much as possible. That includes white bread, rice, pasta etc.



Drink at least four litres of water during the day. Post meals, stay away from caffeine. However, have a cup of milky coffee an hour before gym to boost your body into working harder.

Do any cardio-related exercise that can amp up your heart rate and burn calories. Consider spinning, cardio kickboxing or running and jogging with free weights to tone up the body. Sleep a minimum of seven hours at night to let your body regain and restore its systems. You'll be amazed at the effect it has on your strength. Sex in the woman-on-top position is also a great calorie buster, if you have the dedication for it.

PREVENT BLOATING

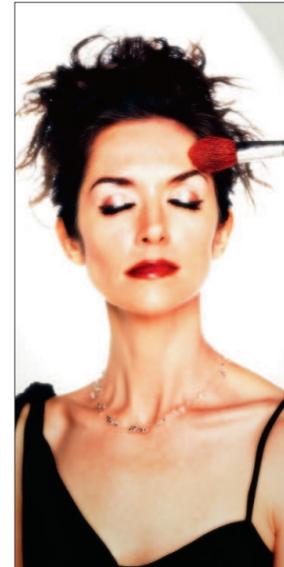
Avoid aerated and soft drinks at all costs. Alcohol and coffee can also cause intestinal irritation and swelling. Water remains your best bet when thirsty. Certain vegetables such as cabbage, kidney beans and peppers are top examples of healthy foods that contain difficult-to-digest carbohydrates, which can cause gas. Limit servings to a half cup at a time. High fat and fried food takes a longer time to digest, making you feel bloated and heavy. Try nuts, seeds, fish instead. Avoid chewing gum — it promotes intake of air into the digestive tract. Lactose intolerance can also cause bloating.

DRESS UP

They are throwing a party for the receding year and you've been invited. Problem is, Cinderella (or Cinderella), you've got nothing to wear. Worry not; we've got several fairy godmothers on speed-dial. Hair and make-up artist Ishita Khanna tells you what to do:

FIX YOUR HAIR

If you have long hair, try this: Bring all the hair to one side and make a pony tail behind your ear. Divide your hair into small sections. Twirl each of them up, bunch around to make small buns and fasten them with diamante pins or U-pins with small fresh flowers. Leave some tendrils around to make it a messy up-do. For shoulder-level, curly hair, work in some mousse. Divide your hair into two sections by drawing a line from ear to ear. Bring all the hair in the front to one side and pin it over the ear. Draw all the hair at the back to the other side and pin that up, using three flowers in a row or a line of sparkly pins. If you have short hair, back-comb it at the front and pin it at the crown. Gel back the rest of the hair, or comb it towards the centre to make a pointy mohawk. Boys, get your hands on your sister's hair iron and try straightening the front to get a different look. Otherwise, work in some wax or gel and make your hair stand to bring out the peaks.



FIX YOUR FACE

If there is just one product must have for the season, it's a bright lipstick. It's not a matter of suiting your skin tone, because the point is to make it clash. Orange, fuchsia, bubble-gum pink or magenta are the colours to get. Don't forget to blot your lips matte. Then, just flick on some mascara and head out the door. If you are not a lipstick person, hunt for some translucent glitter. Apply kajal and smudge it along the line to get a smoky eye. Then dab the glitter under your brow. Lip balm, mascara and off to the ball!



WHAT TO BUY

Boys, if you can buy only one thing, choose between ankle-top sports shoes or an evening blazer. Either will make an impression — let the shoes be colourful and the blazer, navy blue or black. Both can be found in shops that sell export surplus goods such as H2O and Fendi in Bandra; and Clothes Rack and Apparel outlets across the city. Girls, head out to Le Bijoux on Hill Road to get a pair of patterned stockings. Pick black, grey or nude ones with flowers, lace or quirky polka dots to update an old outfit. Clothes Rack in Irla has a sparkly champagne coloured mini skirt you could get your hands on and wear it with a sweater or a tee and heels. Stall numbers 182 and 66 in Fashion Street and For Ever on Hill Road, Bandra have hidden treasures of sample pieces made in silk and beads. Visit them to find a one-off outfit that nobody else has. Luckily, block heels are in fashion and they let you dance all night long. You don't want to bring in the new year with a pitiful whimper. Bata has some great block heels at affordable prices. If you can't spare the time, log on bestylish.com and mynta.com for quick service.