

#TRENDING

Does rubbing Magnesium oil on your feet help you sleep better?

Magnesium is an important mineral that is required to keep a lot of things in our bodies in check. From muscle function, mood regulation, bone health to the nervous system, insulin regulation to heart health, magnesium plays a role in everything.



Wellness influencers on the Internet have a new obsession, rubbing magnesium oil on their feet before sleeping. They are doing so to sleep better, reduce stress and relieve pain. Sounds like a

ure-all, for sure! But does rubbing Magnesium oil on feet work for real or is it yet another baseless claim being used to create viral reels? This trend, let us tell you, has popped up on social media feeds amid the skyrocketing popularity of magnesium supplements.

Why Magnesium is important?

Magnesium is an important mineral that is required to keep a lot of things in our bodies in check. From muscle function, mood regulation, bone health to the nervous system, insulin regulation to heart health, magnesium plays a role in everything. We primarily get magnesium through our diet. Foods like green leafy vegetables, wheat, lentils, chickpeas, milk and nuts are rich in magnesium. Yet, magnesium deficiency among adults is quite common. Some of the signs of magnesium deficiency are:

- Frequent headaches
- Fatigue
- Muscle cramps and spasms
- Loss of appetite
- Sleep issues
- Mood swings
- Constipation
- Nervousness

Here's how taking magnesium supplements helps!

- Promotes heart health.
- Muscle function and recovery.
- Regulates blood sugar levels.
- Supports bone health.
- Calms the nervous system, thereby reducing stress.



Magnesium oil - Does it help?

The popularity of the direct application of magnesium oil, surpassing oral supplements, is based on bypassing the digestive system so that the mineral can directly enter the bloodstream. However, magnesium's absorption through the skin is quite questionable and not well researched yet. Though many people benefit from magnesium oil application on their feet, there is not much scientific proof suggesting so. The effectiveness of oral magnesium supplementation, on the other hand, for the treatment of magnesium deficiency, has been studied in detail. Yet, doctors say that it is safe to rub magnesium oil on your feet to avail its potential health benefits. Many people

look for natural ways to improve sleep and manage stress. Rubbing magnesium oil on your feet might help some people due to the potential relaxing effects of magnesium on muscles and the nervous system, anyway. Some people, who have been using and felt a positive difference, can use it as per their experiences. Health experts, however, recommend using it in moderation and consulting a healthcare professional, if necessary. There are several products like sprays, creams and oils for the topical application of magnesium. But for magnesium oil, which is trending at the moment, one can also take the 'DIY' route. One needs to mix magnesium chloride flakes with water, and that is it!

Things to Remember

- Though using magnesium oil is generally safe, it is important to keep in mind a few things.
 - Consult a doctor to discuss the usage.
 - Start with a little dose.
 - Avoid it, if you have kidney issues.
 - Don't apply on broken skin.
 - Do a patch test before to check for skin sensitivity.
 - Discontinue use, if you experience irritation or symptoms of excess magnesium.
- Too much magnesium in the body, a condition known as hypermagnesaemia, can be harmful.

Saand Ki Aankh...



Anjali Sharma
Senior Journalist & Wildlife Enthusiast

With her 10 m air pistol bronze, Bhaker becomes first Indian woman shooter to win an Olympic medal.

Haryana women have done it again. This time, again on an international platform. The Sports editorial staff on my desk were jubilant, as is expected, and turned to me, "Kya khaani hai tumhare yahan ki auraten?" (I belong to Haryana and Jhajjar). On July 27, Manu Bhaker rewrote history for India. She had qualified for the final of her event with a score of 580 points, finishing third out of 45 competitors, with the top-eight going through to Sunday's final. The 22-year-old became the first Indian to do so, at the 2024 Olympics. This is the fifth shooting medal for India, rather India's first medal. Earlier, Rajyavardhan Singh Rathore (silver in Athens Olympics, 2004), Bindra (gold, Beijing 2008), Gagan Narang (bronze, London 2012) and Vijay Kumar (silver, London) have brought glory to the country in shooting. She was in excellent form prior to the Paris Olympics 2024. The 22-year-old Bhaker, who hails from

Jhajjar in Haryana, fought hard to get the bronze with a score of 221.7. Korea's Kim Yeji claimed the silver with a total of 241.3 while her compatriot Jin Ye Oh bagged the gold with a Games record of 243.2. While World Championships produce the highest of high scores, the Olympics usually give way to slightly reduced points. The pressure is at its greatest and world-class levels usually get shredded. Yesterday, at the Paris Games' first shooting medal on the line, almost all teams faded at some point or the other but the Chinese duo of Huang Yuting and Sheng Lihao, who finished with a score of 632.2.

The Indian shooting contingent has come into the Paris Olympics on the back of eight years of no shooting medals across two different Olympics. This contingent has had to go through the pressure of domestic trials, held over a month, with quota winners getting no love for their past performances and only this one-month test mattering. It led to a 10 M Air Rifle team, that looks different on paper, to what many considered to be India's top rifle shooters. If selectors had their way, Rudrancksh Patil, Divyansh Singh Panwar, Mehuli Ghosh and Tilottama Sen would have been the rifle team for the individual and mixed events. Instead, the trials threw its own curveball and India landed on Ramita-Arjun and Sandeep-Elavenil. Out of those four, only Elavenil had the experience of having been to an Olympics before.

Bhaker was competing in her second Olympics, after drawing a blank in the previous edition.



Took long time to overcome Tokyo disappointment

"After Tokyo, I was very disappointed and it took me a very long time to overcome that. Frankly speaking, I really can't explain how good I am feeling today," Bhaker, whose Tokyo campaign had ended in tears after her pistol malfunctioned, during the qualification of the same event, said with a wide smile on her face. "I was fighting with all the energy I have. Really grateful that I could win the bronze. I read Bhagavad Gita and always tried to do what I am supposed to do, left

everything else to god." "We can't fight destiny," added the world champion in 25 m pistol event. "So, really grateful that I could win bronze, maybe (it will be) better next time," she added. "I feel great. This medal was long due for India. It feels surreal." The triumph opened the country's account in the Paris Games and ended a 12-year wait for its much-hyped shooters. But, over the past two days, she has put up an effort, that is expected of an athlete, who has won many medals on the international stage.

Mental Toughness

"India deserves many more medals. As many as possible. The feeling is really surreal. It takes a lot of effort," she said. It was a close final and she was also in with a chance to win silver at one stage. "In the last shot, I was fighting with all the energy I had. Maybe, I can get better in the next (event)." Mental toughness is one area where Bhaker has worked a lot over the years, with plenty of help also coming from her coach, Jaspal Rana. "I read a lot of Bhagavad Gita, and tried to do just what I am supposed to do, and left everything else to God. We can't fight destiny, you can't control the outcome. You can only keep trying and keep giving your best," Bhaker said, when asked about how she coped with the disappointment in Tokyo.

About the biggest win of her magnificent career, the nine-time World Cup medalist added, "I really can't explain how good I am feeling."

How Manu Bhaker became Teenage Sensation

While 2018 was Manu Bhaker's breakthrough year as a shooter, she had already given glimpses of her calibre a year earlier. At the 2017 National Shooting Championships, Manu Bhaker stunned Olympian and former world No. 1, Heena Sidhu. Manu Bhaker shot a record score of 242.3 to erase Sidhu's mark to win the 10 m Air Pistol final. A year later, Manu Bhaker became a teenage sensation by bagging a gold medal at the Commonwealth Games, just at the age of 16. In the 2018 International Shooting Sport Federation World Cup, held at Guadalajara, Mexico, Manu

Bhaker won the gold medal in the Women's 10-metre air pistol, defeating Mexico's Alejandra Zavala, a two-time champion. Manu Bhaker also sealed an Olympics quota place with a fourth-place finish at the 2019 Munich ISSF World Cup. Manu Bhaker was born in a Jat family in Gorla village of Jhajjar district in Haryana. Her father, Ram Kishan Bhaker, works as a chief engineer in the Merchant Navy. Until the age of 14, she excelled in other sports like Huyen Langlon, a Manipuri martial art, as well as boxing, tennis and skating, winning medals at the national games in these events.

Share a Hug Day

There's something amazing about a hug that just makes the day so much better. Maybe, it's the warmth of someone you care about being close to you, maybe, it's the feeling of security and solidarity that happens when you're surrounded by the arms of others, maybe, it's the fact that you can't give one without getting one back. Whatever it is, there's never a bad time to share a hug with someone who's willing to give or receive one. Share a Hug Day is your opportunity to politely offer someone else a hug when they look like they're feeling down!



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#OLYMPICS

Career



With an investment of 1.50,000 by her father, Bhaker decided to take up competitive shooting. She first tasted success at the international level when she won the silver medal at the 2017 Asian Junior Championships. In the 2017 National games held at Kerala, Bhaker won nine gold medals and defeated multiple World Cup medalists, Heena Sidhu, and broke Sidhu's record of 240.8 points, scoring 242.3 points in the final.

In the 2018 International Shooting Sport Federation World Cup, held at Guadalajara, Mexico, Bhaker won the gold medal in the Women's 10-metre air pistol, defeating Mexico's Alejandra Zavala, a two-time champion. Bhaker scored 237.5 in the final match against Zavala, who scored 237.1. By winning the gold medal at age 16, Bhaker became the youngest Indian to win a gold medal at the World Cup. Bhaker won her second gold medal at the World Cup in the 10-meter Air Pistol mixed team event. She was paired with fellow countryman, Om Prakash Mitharval. The pair shot a score of 476.1 points, defeating Sandra Reitz and Christian Reitz, who scored 475.2. Bhaker scored 388/400 points at 2018 Commonwealth Games in women's 10 m air pistol qualifying round and qualified for the finals. In the final round of the women's 10

m air pistol event during the Gold Coast Commonwealth Games, she secured the gold medal with setting a new Commonwealth Games record of 240.9 points. In 2019 Asian Games, she scored a game's record score of 593 in the qualification round of 25 m Air pistol event. But she failed to win a medal there, as she finished 6th in the final. Eventually, her compatriot, Rahi Sarnobat, clinched the Gold in this event. At the Youth Olympics 2018, Manu Bhaker shot 236.5 to stand at the top of the points table, in the women's 10 m air pistol event. The

Indian flag bearer at the opening ceremony of the Youth Olympics is also the World Cup and Commonwealth Games gold medalist. The 16-year-old Manu became the first shooter from India and the first female athlete from India to grab a gold medal at the Youth Olympic Games. In February 2019, she won the gold medal in the 10 m air pistol mixed team event at 2019 ISSF World Cup in Delhi. In May 2019, she qualified for the 2020 Tokyo Olympics in the 10 m pistol event via a fourth place finish at the Munich ISSF World Cup. This came days after her pistol jammed in the finals of the 25 m pistol event, when she was leading, eventually forcing her to forfeit due to her gun not being able to fire. In all the four Pistol and Rifle ISSF World Cups in 2019, she won the gold medal in the 10 m air pistol mixed event with Saurabh Chaudhary as her partner, making the pair a strong contender for the 2020 Tokyo Olympics.

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Morini's 'Unconditional Apology'

The cocking lever of Bhaker's pistol broke after the 18th shot in the qualifications and in getting it fixed, the 19-year-old shooter lost more than 15 minutes, which affected her rhythm when she resumed shooting. Swiss gun manufacturer, Morini has tendered an 'unconditional apology' to National Rifle Association of India. When she resumed shooting, at that point, she had another 44 shots left to take in the next 55 minutes. But the forced break due to the repair work meant she'd have to complete the qualification round in 36 minutes. Francesco Repich, owner of the gun manufacturing company, said that his repair outfit was located close by, but still no one approached him from the Indian camp for help. The series of social media posts, that he put up, did not go down well with the NRAI, which had sent him a legal notice, the result of which was the apology. "I wish to submit an unconditional apology for posting an insensitive comment on my Facebook page. I am extremely sorry for hurting your sentiments. I understand and acknowledge that I should have expressed myself in a more responsible and discreet manner," Repich said, in a mail addressed to NRAI Secretary General, D. V. Seetharama Rao.

He said that his comments were prompted by shooters, he is fond of, Bhaker being one of them, not able to perform at the level they are capable of. "However, I would like to clarify here that the sentiment and intention behind my comment was not at all influenced by any kind of interest or racism (as apparently interpreted by your kind self), rather it was just a heartfelt expression of an ardent shooting professional. Just like you and many others, even I had high hopes from the capable and potential Indian shooting team..." These remarks forced the NRAI to demand an apology from the gun maker. Bhaker



me or my business. I am proud of my association with the Indian Shooting industry and I assure you that nothing of this sort will happen in future again." "The problem is that many coaches think that they are technicians too. When you do mistake, it is always easy to give to others, instead of taking responsibility of what you do," wrote Repich. In Facebook, Indian Pistol coach, Ronak Pandit, stressed that Repich's office was situated far away from the spot where Manu was shooting, and that it wouldn't have been prudent on their part to go all the way there for repairing the gun. "The cocking lever of the weapon broke after 16 shots. We had to get it changed. She (Manu) had 44 shots remaining in 56 mins, and then when we started, it was 44 shots in 38 mins," Pandit said. "To change the lever, the grip and the trigger circuit have to be removed. They were put back but then, the circuit would not work, so we had to change that again. She was placed fourth when all this happened and by the time she resumed, others were in their fourth series while she was still on her second. No extra time is allowed according to the rules and the pressure at the end was too much."

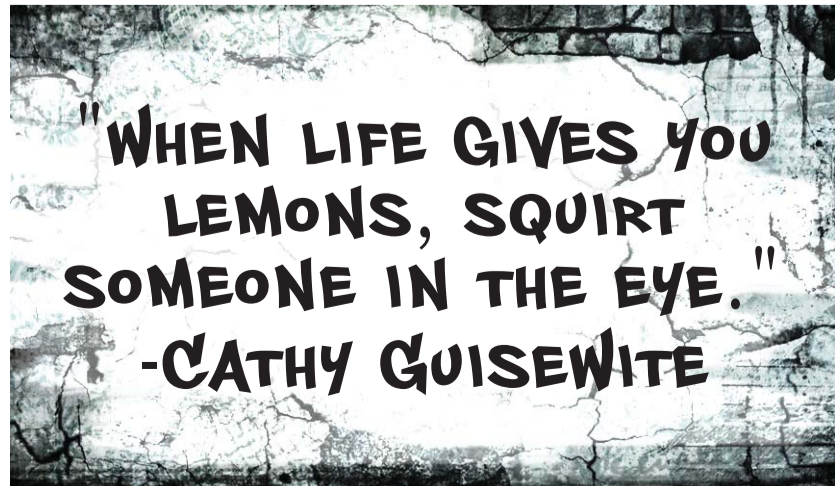


BABY BLUES

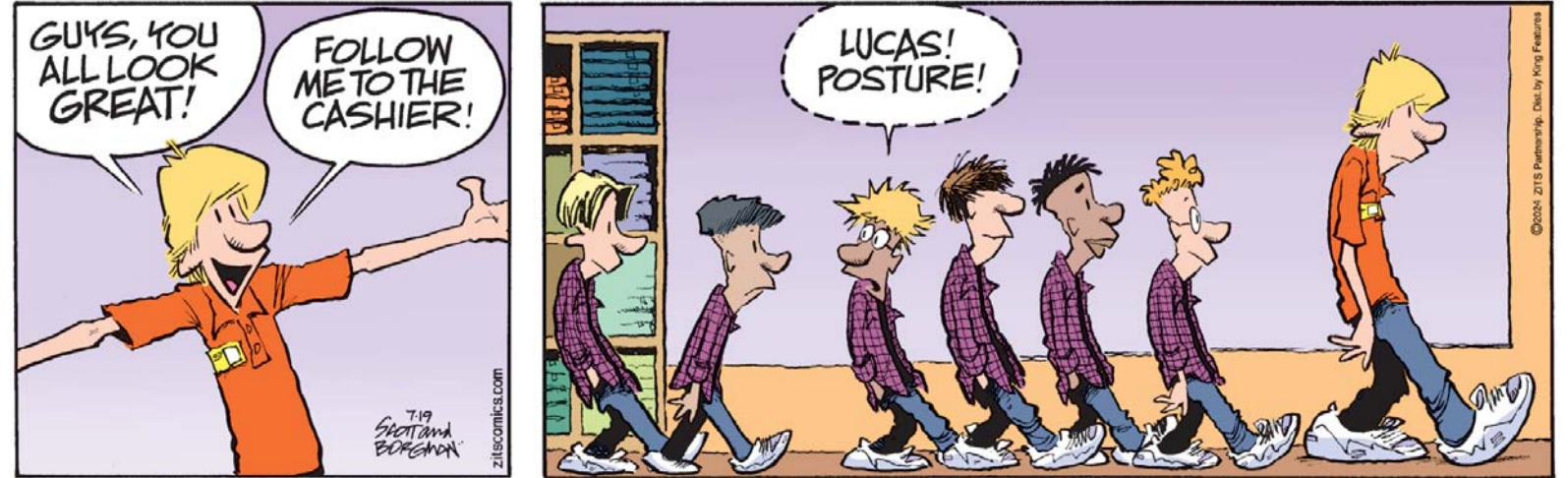


By Rick Kirkman & Jerry Scott

THE WALL



ZITS



By Jerry Scott & Jim Borgman