

## #FLAVONOIDS

### Skip Bananas In Your Smoothie

Ottaviani says that people who are trying to consume flavanols should consider preparing smoothies by combining flavanol-rich fruits like berries with other ingredients that also have a low PPO activity like pineapple, oranges, mango, or yogurt. People who want to consume smoothies with bananas, or other high PPO activity fruits and vegetables such as beet greens, Ottaviani's suggestion is to not combine them with flavanol-rich fruits such as berries, grapes, and cocoa.



Certain combinations of ingredients can reduce the amount of flavanols in a smoothie, a study shows.

The study, published in the journal *Food and Function*, used smoothies to test how various levels of polyphenol oxidase (PPO), an enzyme in many fruits and vegetables, affect the levels of flavanols in food that the body absorbs. Flavanols are a group of bioactive compounds that are good for your heart and cognitive health and are naturally found in apples, pears, blueberries, blackberries, grapes, and cocoa-common smoothie ingredients.

"We sought to understand, on a very practical level, how a common food and food preparation like a banana-based smoothie could affect the availability of flavanols to be absorbed after intake," says lead author Javier Ottaviani, director of the Core Laboratory of Mars Edge, which is part of Mars, Inc., and an adjunct researcher with the University of California, Davis department of nutrition.

The researchers had participants drink a smoothie made with banana, which has high PPO activity, and a smoothie made with mixed berries, which have low PPO activity. Participants also took a flavanol capsule as a control. The researchers analysed blood and urine samples to measure how much flavanols were present in the body after ingesting the smoothie samples and capsule. Participants who drank the banana smoothie had 84% lower levels of flavanols in their body compared to the control.

"We were really surprised to see how quickly adding a single banana decreased the level of flavanols in the smoothie and the levels of flavanol absorbed in the body," Ottaviani says. "This highlights how food preparation and combinations can affect the absorption of dietary

# Swedish Death Cleaning Away with the clutter

So let's dump it all! We then made the cardinal mistake. We opened the cartons and trunks and tried to see what was useful and to whom. The principle that nothing should go waste was important. The decision to pass on was in place- but to whom? Again a division was required. Let us give the clothing to staff and other needy people in our surroundings. The selection was to be made according to size. It could not have been a bigger mistake. Hours were spent in creating separate bundles. The rest was to be packaged and sent away. To where? The orphanage we gave to before had closed down and the new one did not want clothes. We found an NGO who were willing to use our clothes. But there were conditions. They should be well sorted out, complete and properly ironed. They should then be delivered to a specific place about 20 km from home and that too between 2:00 and 4:00 pm. Finally, I presume, they will end up with the Missions of Charity people who never say no and do their own sorting.



Dr Goutam Sen  
CTVS Surgeon  
Traveller  
Story teller

I have lived in an ancestral home for most of my life. Like many others I can therefore talk at length about the advantages of living in one. Being born and bred in the house we are familiar with every nook and cranny. There are incidents related to each which would regale an interested audience for many an evening. I am not going to delve there. Today I am going to tell you about a myth related to our homes. It is called 'space'.

When our bungalow was built in the 1940's special attention was made so that open spaces had been reduced to improve movement as well as avoid the dust and heat. The other modification made was to have space for every purpose. That meant that rooms were created for every known purpose of living in style. Besides the three bedrooms (Which fell short very soon), Living/drawing room, dining room, consultation room and



More Shelves

library were included in the plan. The Kitchen was a complex- an actual cooking area with multiple shelves for cooking utensils, crockery and cutlery. It also had its own 'store'. It was common practice to get gunny bagful of grain, sugar and other condiments during the right season. Oil was bought when it was freshly pressed. Rice was procured from the new crop with the intention of using after three years of maturing. The wheat was checked for its whiteness but red ones were also bought for their so called sweetness. Sugar and Jaggery too came in large sacks. All spices had to be bought whole. Grinding was done at home in a mortar and pestle; I still remember the large sized cast iron one which echoed everywhere in the house. It was quite heavy to lift. There was also a grinding stone with a separate flat stone. This was periodically roughened by itinerant professional who was a sight to watch. He had these two small sharp pointed pickaxes with which he would pockmark the surface of the grinding stone. What I really mean is that the kitchen store had to be large.

If the kitchen needed so much space imagine how much space the other things required. Another 'Store room' of larger proportions with thick stone slab shelves were designed for the pur-

## #SEVERANCE



Cabin trunk

pose. Initially it was where all those steel trunks were kept. You know- those ones that contained the woollies during summer, the bed linen and other household linen which had been bought in bulk from time to time needed trunks too. Being a well-travelled family we had those beautiful 'Cabin Trunks' with a leather exterior and huge shiny brass clasps and locks. They took up a humungous space. Later as the members of the family increased in number, the trunks also did the same. This huge aluminium trunk stored all the quilts and blankets. From the earliest Lalimli ones to the new synthetic Spanish one required a lot of space. As if that was not enough, cans of kerosene oil, white petrol (For removing stains) and all sorts of garden utensils were stored. My father had at one time bought some World War II disposal items. Space had to be found for a full four person canvas tent, poles and ropes and a deflated two seater rubber boat in the store. As time passed, when the nursing home closed down, all the surgical instruments, drums and sterilizers were also stored. That large store started looking small. So why not create another room for extra stuff? All the school trophies won by the boys and all the mementos from the conferences soon lost their lustre and were moved from the display area to trunks and cartons. Then came the time when the laws moved in with us. They

brought a whole container full of stuff which too was stored. Very little was used and none were given away. This sequence of acquisition and storing has been going on for more than five decades.

One day Nirmal and I looked at all this and said that we had two choices. One was the easy way- ignore it and let the next generation, which had lesser attachment, take care of it after we had passed away. The other was to grit our teeth and make an attempt to dispose away the stuff. We were well aware that there was little chance that more than half of the stuff in the two stores were likely to be used again.

So let's dump it all! We then made the cardinal mistake. We opened the cartons and trunks and tried to see what was useful and to whom. The principle that nothing should go waste was important. The decision to pass on was in place- but to whom? Again a division was required. Let us give the clothing to staff and other needy people in our surroundings. The selection was to be made according to size. It could not have been a bigger mistake. Hours were spent in creating separate bundles. The rest was to be packaged and sent away. To where? The orphanage we gave to before had closed down and the new one did not want clothes. We found an NGO who were willing to use our clothes. But there were conditions. They should be well sorted out,

Being a well-travelled family we had those beautiful 'Cabin Trunks' with a leather exterior and huge shiny brass clasps and locks. They took up a humungous space. Later as the members of the family increased in number, the trunks also did the same. This huge aluminium trunk stored all the quilts and blankets. From the earliest Lalimli ones to the new synthetic Spanish one required a lot of space. As if that was not enough, cans of kerosene oil, white petrol and all sorts of garden utensils were stored.

complete and properly ironed. They should then be delivered to a specific place about 20 km from home and that too between 2:00 and 4:00 pm. Finally, I presume, they will end up with the Missions of Charity people who never say no and do their own sorting.

This morning the LOH (lady of the house) woke up with a determination to do more. So she entered the supplementary store room and jumped back in horror. The white ants had decided to invade the room. The wall and many of the paper cartons were streaked with thick earthy white-ant ridden stripes. Disposal became a far thought. Urgent evacuation of all the stuff was done. The room thoroughly washed, cleaned and treated with pesticide. The time had now come to determine what to do with the stuff inside.

### The short list follows.

My mother in law's 70 years old electric Singer sewing machine-non-functional. No parts and repairing impossible.

Four type writers. All in order but have become undesirable after the word processor. Two in English and one in Hindi require new ribbons and carbon papers to refurbish. The electric one brought from Dubai is defunct because neither the 'Golf ball' nor the carton of very expensive magnetic tape is now manufactured.

All sorts of film cameras from the earliest Kodak box camera to the newer Yashika Rolleiflex and

## 13.5 Billion Years Old Hydrogen

Hydrogen was the first chemical element that appeared at the beginning of the universe's existence. All the hydrogen in the world has existed since that time, and new hydrogen has not appeared. This means that the age of every atom of hydrogen in the world, including those in the human body, is around 13.5 billion years old. A little later, as a result of nuclear synthesis some hydrogen atoms became atoms of helium, carbon and so on. But around 75% of the mass of the visible universe still consists of hydrogen.



Surgical Equipment

even newer Olympus OM-1 SLR are unusable because no film is available. The inherited 8mm movie camera is also a part of the pile. For that matter, who would lug these when the mobile camera with much better features are currently available?

Finally the heart breaking item! The old hand winding HMV gramophone cannot be used because the spring is broken and pins are not available for love and money. So the hundred or more vinyl 78RPM records in Bengali and Hindi lying dumbly waiting to be heard once again. Where do these go?

And I forgot to mention all those electrical gadgets which are now out of order for want of parts- two Microwaves, Geysers and room heaters and few table fans.

'You know they are good stuff. All they need is the right man and parts'. Have you heard that sentence before?

I just cannot imagine all these being handed over to the 'Raddiwala'. Although they are silent they just cannot be allowed to go unheated.

Recently I came upon a book - 'The gentle art of Swedish death Cleaning' by Margreta Magnusson. It was a gold mine of suggestion of debulking a space. I am told there is an ongoing TV shows which demonstrates this.

Swedish death cleaning isn't

about clearing out closets. It is about rethinking our relationship with things. Making do with less. Decades of research has shown that we accept our possessions as a physical part of ourselves and parting is like an amputation of a limb.

### The tricks are quite unique.

- Give away one item every day.
- Think before you buy. Do you really need this? Anything that looks pretty today is jaded after a small period.
- Give away something to the next generation, which you would do anyhow, before you die. Enjoy their pleasure.
- Start with the easy stuff. Clothes and other apparel are the easiest. Photographs, personal papers or letters are the hardest to clear out.
- Don't rush but do something every day.
- Keep the things that make you happy.
- Finally a smart move! Pack things you think you do not need in cartons and put a date on them. If you have not opened the package in a year discard it UNOPENED!

If you can live with a cluttered brain why not do the same about your home until it bursts its seams! Easy peasy!

rajeshsharma1049@gmail.com

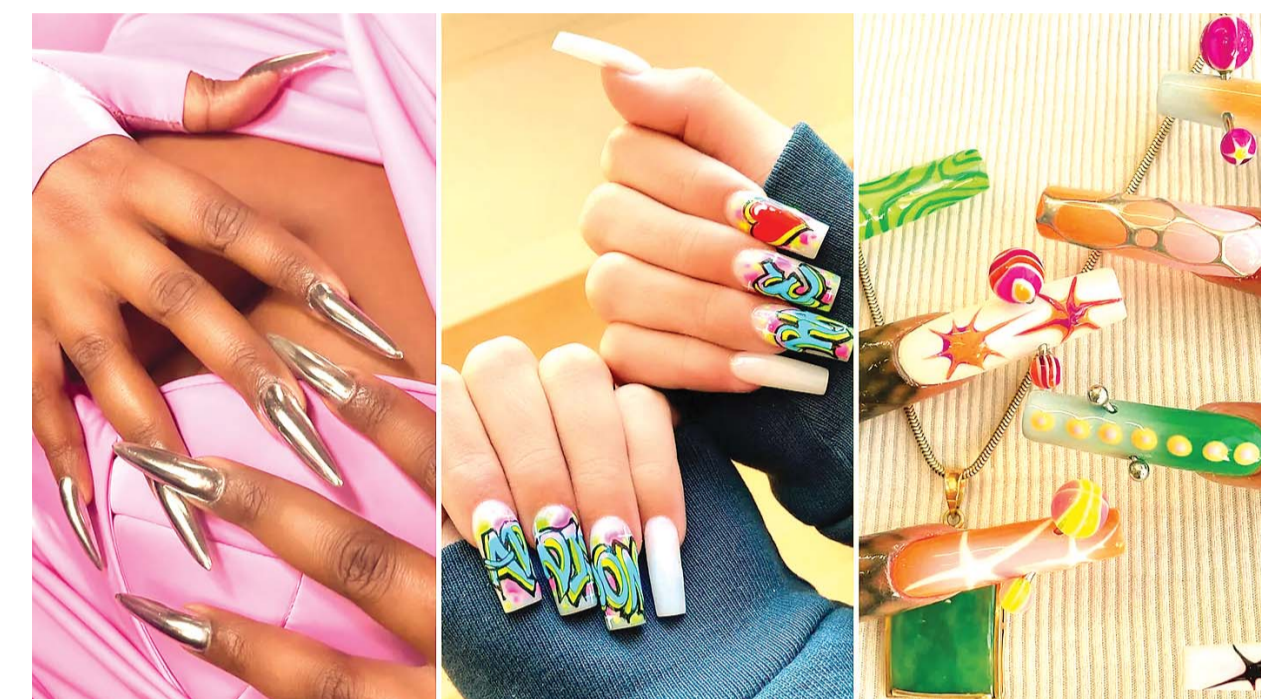


Store Room

## #J'ADORE

# Nailing The Art Right!

The best looks at the tips of your fingers.



A woman's hands are the ultimate form of self-expression (even more so if you're a hand talker). From nail shape to hygiene to design of choice, the truth is you can tell a lot about a person based on their hands.

It's also one of the easiest ways to experiment with your look by

playing with colours, textures, designs, and shapes—and unlike switching up your hair colour or hairstyle, it doesn't have to be too committal.

The good thing about nail trends is that it's fairly non-judgmental—there's no colour or design that's ever deemed "out of style" because nail aesthetic is so subjective.

However, #nailartinspo is easily spreadable thanks to the plethora of hand selfies on social media, sparking trends that nail artists get more requests to fulfill.

From classic nail colours to more daring nail designs, we rounded up a slew of nail looks that are predicted to be extra trendy—and sure to spark inspiration for your next mani.

### Mermaid Nails

Want a mani that can make a splash? We love the mermaidcore theme we've spotted emerging amongst mani trends, whether it's pearlescent shell-like finishes, fish-scale chrome details, ocean blues and greens or 3D wet-look droplets and gems. Count us in.

### Glazed Lemonade Nails

Heading into the warmer weather, brighter glazed neons like these lemonade nails will trend. Chromes have been around for a while but they're definitely going anywhere with more and more detail paints and colours becoming available.

### Barbiecore Nails



The Barbiecore movement is already in motion and we've seen an explosion of pink nails across social media and on the nails of some of our favourite manicurists and influencers. But there's still plenty of room for personalisation. We've seen all-over hot pinks, glazed pinks, two-tone pinks, gradient pinks and pink French tips, or even a mash-up of more than one.



### Swirl Nails

Fun, fresh and colourful, we keep spotting swirl and wave nails everywhere. They're cute, funky and a good-time vibe.

### Colourful Chrome

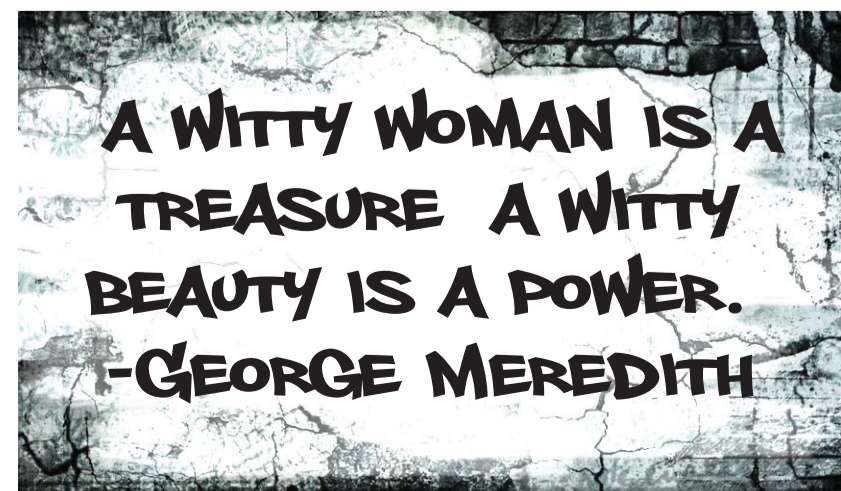
Glazed nails are going nowhere, but one way to bring the summer vibes is to make it colourful. We love this rainbow sorbet mish-mash of shades.



### Nail Jewellery

Another nienties/noughties throw-back, nail piercings and jewellery are making a return, so prepare to see little studs and dangly jewellery dripping from nail tips.

## THE WALL



## BABY BLUES



## ZITS

