



Glow from within

Want to improve your complexion and reduce the appearance of fine lines and wrinkles? Then skip the over-priced department store and head straight to the supermarket! Cleansers and moisturisers are definitely important tools in any skincare regimen. But you probably already have some of the ingredients you need to fight aging and protect your skin from sun damage – right inside your refrigerator.

It may sound pretty incredible, but the foods that you eat can actually help improve your skin health as much as the “miracle” creams and goos that the experts swear by.

Here’s the skinny on five common – not to mention, delicious! – foods that will help you put your best face (and neck, and arm...) forward. They’re all part of a healthy, balanced diet, and they cost a heck of a lot less than any jar cream!

Oranges
You’ve probably heard about the immunity-boosting power of oranges. But did you know that this sweet and juicy citrus fruit also has a positive impact on your skin? That’s because oranges are packed with vitamin C.

Vitamin C is an ingredient in many pricey skin creams, and for good reason. It is a powerful “antioxidant,” or substance that helps reduce the damage to skin caused by “free radicals.”

According to eDiets Director of Nutrition Pamela Ofstein, “free radicals break down the collagen and elastin in the skin to cause wrinkles and advance the aging process.”

“Citrus fruits, like oranges, are full of vitamin C,” she says. “By including vitamin C rich foods in your diet, you can combat free radicals and have smooth, taut skin.”

Vitamin C can also help reduce inflammation and promote wound healing. Don’t care too much for oranges? Opt for other citrus fruits rich in this vitamin, such as grapefruit.

Nuts
Everyone knows that nuts are an excellent source of protein. That’s why they’re a staple in so many diet plans.

But are you aware that a handful of tasty nuts each day can actually help combat the effects of the sun’s harsh rays?

“Eating nuts and other vitamin E rich foods can help you reduce the effects of the sun,” says Pam.

Like vitamin C, the vitamin E found in nuts is a powerful antioxidant. It can also help skin retain its moisture, which results in a more youthful appearance.

There are many different types of nuts to choose from, but almonds, hazelnuts and walnuts are great choices.

If you’re not nuts about nuts, vegetable oils are another good source of vitamin E, according to Pam.

Carrots
You’ve probably heard that carrots are good for your vision, but did you know that their health benefits actually extend beyond your peepers?

“Carrots contain vitamin A, which is necessary for skin tissue repair,” says Pam. “If you lack vitamin A in your diet, you may notice some skin changes.”

Such changes may include dryness and roughness, both of which make skin (and you!) appear older. So, take a hint from Bugs Bunny and add some chopped carrots to your salad or dip crunchy carrot sticks into ranch dressing for a low-cal, skin-friendly snack.

Not a fan of this popular root vegetable? Other fruits and vegetables rich in vitamin A include spinach and red peppers.

Eggs
Eggs provide a number of health benefits and are a common ingredient in many diet plans. But it’s a little known fact that they also contribute to skin health. That’s because they contain selenium, a mineral with powerful antioxidant properties.

“Foods rich in selenium can help protect the skin from the sun,” says Pam.

In addition, selenium can delay aging by protecting your skin quality and elasticity. Selenium is most effective when it comes from your diet, rather than a supplement. So, feel free to eat eggs for breakfast or any time of day – your skin will thank you!

Can’t stand eggs? Other good selenium sources include whole wheat and garlic.

Seafood
You’ve probably heard that seafood is good for your health. After all, it’s at the core of many healthy eating plans, including the Mediterranean Diet. But did you know that consuming fish and other seafood can also improve your complexion?

“Fish and other seafood are packed with omega 3s and oils. These essential fatty acids are important to the production of the skin’s oil barrier,” says Pam. “If you lack some of these EFAs, the skin’s natural behaviour is to produce more oil, resulting in possible skin problems.”

In addition, a diet rich in omega 3s can help reduce inflammation (a cause of premature aging) and stave off inflammation disorders of the skin, such as eczema and psoriasis.

Seafood is also rich in zinc, a known acne-fighter. So, eat fish a few times a week to achieve a clear complexion and healthy glow.

Not a seafood lover? Give fish oil supplements a try instead. Just be sure to talk to your doctor before introducing any supplement into your diet.



Melissa Neiman

Strange, indeed, are the workings of the human mind. You don’t have to be Franz Kafka to figure that out. Nor do you have to help yourself to some hallucinogenic stuff on the sly and float to an astral plane. Because, to rephrase my first sentence, strange are the workings of the female mind. And where else do I find a laboratory to put this premise to test? My own mind, silly.

But let us not confuse between mind and brains here. There is no grandstanding on my part on the issue that I have a first rate brain. The absence of the aforesaid brain on certain occasions is what unites three generations of males in my family – father, spouse and sons and gives rise to their unseemly hilarity and tedious retelling of anecdotes (how I forget who someone was, the misplaced spectacles which were actually perched on my nose during the whole frantic search, you get the drift). This embarrassing specimen of a brain mysteriously absents itself when I am confronted with bills, tax forms and bank statements. It is frozen with shock by numbers and its fading memory increases my panic over my advancing years... With such an inconvenience of a brain, it is no wonder, I never made it to NASA. It is enough for me to know what NASA is. By this time next year, I’m not sure I’ll remember...

Anyway, to cut a long story short, (I’ve got to be kidding, what kind of woman cuts a long story short?) now that my modesty regarding those few grey cells in my uncertain possession has been established, I want to get working on the mind. Ah, that’s a different kettle of fish altogether. One of my favourite quotes is by Albert Einstein (he of the lovely white halo of hair and theory of relativity, don’t ask me anything else). Einstein said that knowledge is limited, but imagination embraces infinity. Sure, men have knowledge. They know how to build bridges, argue cases in court, put a new heart into an old bloke. They know how to make piles of money and thwack a ball with a bat wearing gaudy jerseys with company logos. But imagination? That is a realm that women stride with assurance. They are all spirit, all intuition. They have a heightened awareness of things, a knowledge of subtleties about which the other gender is totally in the dark.

For the male segment of my readers, I am compelled, out of the goodness of my heart, to break down this premise to easy to digest, bite sized portions. Okay, here is the



Interpreting Eve

scenario. My superior imagination, thanks to my life-long membership of the female sorority, can already hear your low growl as you read these lines. You think – here goes another home-grown feminist using the cover of humour for a sneak attack on the male. Let me hasten to add that it is never my intention to belittle the male imagination. But, it is limited to the material world – the car, the duplex, the piece of real estate, the iPod. The woman refuses to be so limited. Her imagination is so powerful, at such a high pitch, that she imagines what has not happened, thus always existing in an alternate reality. She looks at the mirror, and sees herself fatter than she really is. She sees wrinkles where there are none. She actually thinks she hears women laughing behind her back because her Hide-sign bag is fake. She is a mind-reader who knows the exact sequence of thoughts running through her man’s mind as yet another pretty woman crosses his line of vision. The minute she is out of the kitchen, she will smell something burning. If her kid is late from school, she can almost see the ransom note in the mailbox. She knows her man is only pretending to love her cheese-cake, and is secretly remembering his mother’s version. When they are out on a drive, she sees imaginary pedestrians making a dash in front of the car. Her alarmed screams help

her man control his urge to hit the accelerator. That actually keeps our roads safe, now that you think of it. She imagines herself growing old, being unloved, not having nice clothes to wear, her body drooping as much as her spirits. This ability to dream up worst case scenarios helps her to work harder at preserving herself, to look thirty when she is fifty. This, of course, leaves her with no time to worry about multi-

3rd eye

Indrani Raimedhi

crore scams or why England messed up big time at the World Cup and the fuel revision roster or all that talk of state fiscal stimuli in the G20 Summit.

But, this doesn’t faze her one bit. Those who are secure and confident have no need to play games of power and domination. As men are dragged into the rough and tumble of politics, sports or commerce, she is secure in her world where the only quest is for a wrinkle-free, sun-blocked existence. Her refusal to be drawn to the heat and dust of the arena is not to be construed as a sign of cowardice. Far from it. She knows her place in this world. Besides, of course, the rigours of making a home, rais-

ing kids and these days, also earning a living, she is a creature of myth and poetry, whose fragrant, jewelled persona exists to brighten this planet and wreak havoc on the pulse and heartbeat of any male within sight. She has no higher purpose than to inspire the artist, the musician, the wordsmith, the lensman into creating their best works. She is here to remind all that God must have a great sense of humour, for He made her so full of contradictions and pookishly avoided giving her any sense of direction, any ability to change a tyre or encounter a mouse without screaming blue murder. Her infinite vanity ensures that millions of home fires keep burning due to her manic need for clothes, shoes, bags, cosmetics, jewellery, cutlery, perfumes and anything that is on Spring sale. Her anxiety about not having anything to wear, even when her closet is bursting, ensures that a nation’s economy is always healthy. The fact that she can’t make up her mind about any item, and ends up buying a variety of them, also helps. Her long shopping lists compel her man to put in long hours on the job, leading to increased productivity, though there is the very real danger of him drowning his sorrows in drink.

There is a general tendency among men to joke that women cannot be friends with women be-

cause they have a built-in radar that sees each other as rivals. So, all that cosy fraternising, the girly talk over mojitos, the exchange of secrets and recipes, that gripping over men’s boorishness is just a put on. Scratch the surface and you are face to face with deadly adversaries who expect and give no quarter, can kill with looks because daggers aren’t nearby, and are quick to use every trick in the book to stay one step ahead. They not only compete with each other in looks and ensemble, in the flatness of their abdomens and the bounce of their tresses, but the rivalry extends to every area of their lives – their front lawns, their homes, their dinner parties, guest-lists, floral arrangements. It covers their children’s marksheets, husband’s promotions, holiday destination choices, club memberships, you name it.

But, if you think this obsessive rivalry is petty and juvenile, you are sadly mistaken. Civilisation has moved forward because of this feminine combativeness, this prickly refusal to be second best. I can almost hear a cave woman gloating: “My man killed a five hundred pound wild boar today. I saw yours come back with a rabbit.” I can see the long march of history, men being prodded to win empires, invent machines, pen masterpieces by tenacious women used to having their way. Of course, sometimes women can be given credit in a roundabout way. Think of Socrates. His virago of a wife, Xanthippe made life so miserable for him at home that he stood in the street-corner and turned a philosopher. A shrew has her uses. And I like to think that remembering this nag took away the bitterness of his poison.

Women have always laid more importance on beauty than brains. Don’t we talk more about Marilyn Monroe than Simone de Beauvoir or Ayn Rand? Why do you think this is so? It’s because we know men see better than they think. And women throw up their hands, flutter their eyelashes, and look up in adorable helplessness not because they are in any need of assistance, but because they are wired to make the man feel special, and thus get more entangled in her net. That dumb act is just another dazzling example of her histrionic skills and boy, she capitalises on it from the age of six to seventy.

So, in the end, I guess all of you gentlemen have figured out that women are a force of Nature. Just make sure she is on your side. Or else...

email: indrani.raimedhi@gmail.com
website: www.iraimeidhi.com

Get Him To The Greek

Cast: Jonah Hill, Russel Brand, Rose Byrne.

Director: Nicholas Stoller.

Get Him to the Greek reunites Jonah Hill and Russell Brand with *Forgetting Sarah Marshall* director Nicholas Stoller in the story of a record company intern with two days to drag an uncooperative rock legend to Hollywood for a comeback concert. The comedy is the latest film from producer Judd Apatow (*The 40-Year-Old Virgin*, *Knocked Up*, *Funny People*). Aaron Greenberg (Hill) gets things done. The ambitious 23-year-old has exaggerated his way into a dream job just in time for a career-making assignment. His mission: Fly to London and escort a rock god to L.A.’s Greek Theatre for the first-stop on a \$100-million tour. His warning: Turn your back on him at your own peril. British rocker Aldous Snow (Brand) is both a brilliant musician and a walking sex god. Weary of yes men and piles of money, the former front man is searching for the meaning of life. But that doesn’t mean he can’t have a few orgies while he finds it. When he learns his true love is in California, Aldous makes it his quest to win her back...right before kick-starting his world domination.

As the countdown to the concert begins, one intern must navigate a minefield of London drug smugglers, New York City brawls and Vegas lap dances to deliver his charge safe and, sort of, sound. He may have to coax, lie to, enable and party with Aldous, but Aaron will get him to the Greek.



Grown Ups

Cast: Adam Sandler, Kevin James, Chris Rock.

Director: Dennis Dugan.

Grown Ups, starring Adam Sandler, Kevin James, Chris Rock, Rob Schneider, and David Spade, is a comedy about five friends and former teammates who reunite years later to honour the passing of their childhood basketball coach. With their wives (Salma Hayek, Maria Bello, Maya Rudolph) and kids in tow, they spend the Fourth of July holiday weekend together at the lake house where they celebrated their championship years earlier.

Picking up where they left off, they discover why growing older doesn’t mean growing up.



FORECAST

JULY 5 - 11, 2010

- ARIES (MAR 21-APR 19)**
You won’t win any races at the beginning of the week. It’s good to exercise patience, and there’s a kind of quiet force that comes along with not rushing anyone. That said, by Wednesday, you’ll be rushing all around. Friends or coworkers who want an in-depth discussion of the details on Thursday will have to wait for a better day. Friday finds you flirting with you-know-who, but nothing heavy. Parents and relatives are a prominent part of your weekend – or they’re on your mind.
- TAURUS (APR 20-May 20)**
Energy levels are high on Monday, and you and your friends are tighter than ever. You’ve been longing for romance lately, and on Tuesday, you’re going to be treated to some. The second half of the week finds you distracted and feeling out of character. Someone’s on you to sign a legal document on Thursday. Don’t. Friday is a good day to communicate with someone on an emotional level, and some great food is in your future this weekend.
- GEMINI (MAY 21-JUN 21)**
The obstacle that plops down in your path on Monday may shake you up a bit, but stay on course. Tuesday surrounds you with talkative people, but all you feel like doing is standing back and listening. By Wednesday, though, you’re ready to join in on the conversations. Thursday and Friday find you feeling better and more ready for the future than you’ve been in a while. This weekend, be thrifty.
- CANCER (JUN 22-JUL 22)**
A big lunch on Monday fills your belly and puts a huge smile on your face. You are delightfully happy around other people these days. A social dinner on Tuesday is not a bad idea. Wednesday and Thursday, you have your sights set on wilder, more ambitious ways of spending your time. Don’t resist this positive

- impulse – it’s about time you came out of your shell! This weekend is about new beginnings.
- LEO (JUL 23-AUG 22)**
Monday is all about work: your career, your standing – stuff like that. Your reputation is on the up-and-up, in fact, and on Tuesday you feel like something of a celebrity. Creative brainstorming figures into your day on Wednesday, and there’s plenty of time for socialising on Thursday and Friday. This weekend has you feeling sensitive and being particularly honest.
- VIRGO (AUG 23-SEPT 22)**
Your head opens up on Monday, and you have visions of far-off lands. On Tuesday, these impulses graduate into outright soul-searching. Research and analysis suddenly seem fun to you on Wednesday. Thursday and Friday have the potential to be either stellar or stifling, depending on how you play your hand. (Go for stellar. It’s an attitudinal thing.) This weekend, you’re energised by being around other people.
- LIBRA (SEPT 23-OCT 22)**
Beauty hits you over the head on Monday – it’s everywhere. Tuesday is like a duet between you and you-know-who, and Wednesday is suited for deep communication. Try to go out and experience what the world has to offer you and your special someone on Thursday and Friday. Newness is good. Harmony is in the air. This weekend, take long walks through local parks. Look at the plants. Look at the sky.
- SCORPIO (OCT 23-NOV 21)**
An opponent may be a stronger force than you on Monday, but this is not an arm-wrestling competition. Boldness and bravery are key on Tuesday as well. But in all your valiance, don’t ignore the fine print this week, on Wednesday and Thursday especially. Being yourself this weekend will pay off though – in ways you’d never imagined.

- SAGITTARIUS (NOV 22-DEC 21)**
Communication is key. Thursday is not a boring day, and neither is Friday. In fact, what with everything going on, there’s a chance you’ll lose sight of the bigger picture. And what is the bigger picture? Where are you headed? That’s a question for the weekend.
- CAPRICORN (DEC 22-JAN 19)**
On Monday, you’re dreaming of the woods: camping, trees, a crackling fire. You may not be able to dart off into a forest any time soon, but do your best to spend some time in an environment that in some way relaxes you. By Wednesday, you will likely feel the opposite of relaxed as flighty people zip all around you. Anyone who makes you nervous doesn’t deserve a lot of attention, so be short and sweet on Thursday. Cut to the chase on Friday as well. This weekend, you’ll be able to dole on one special person, and nothing makes you happier on Sunday than giving someone else a back rub.
- AQUARIUS (JAN 20-FEB 18)**
You are not one to spend a lot of time looking back, but at the start of the week, your head is in the history books. Something tells you there are relevant lessons for you somewhere in the past – and you’re right. Someone who shares your interest in history might turn into a romantic interest overnight (on Wednesday or Thursday), and Friday will be romantic as well. Small projects around the house will occupy your weekend.
- PISCES (FEB 19-MARCH 20)**
Love and beauty abound at the beginning of the week. If you’re single, this energy may manifest itself in a few days of incredible creativity. Creativity will carry you through the week, actually, although Wednesday and Thursday are days of business and mutability. Don’t be too specific in your hopes for Friday, and you won’t be disappointed by what comes your way. This weekend will be barrels of fun.