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TRENDDING JEWELLERY



BLUE

Electric colours like blue stones are quite common this summer. This can be paired with both formal and informal looks.



VINTAGE

Old is new again.. Vintage looks with precious and semi precious stones are currently a common wedding trend.

COLOURFUL

Fun multicolour chains go with any dress. It provides an unique look with a saree or a solid top.



PRINTED

The printed casual looks are great for everyday wear. Printed Kaftans are not just beautiful, it is also extremely comfortable.



REGIONAL PRINTS

Kalamkari prints are in right now. Be it tops, dresses, sarees and even masks have Kalamkari prints. As a formal wear, this gives a very elegant look.



FASHION TRENDS

LOUNGE WEAR

Comfort is the ultimate goal this month. Loose fitting tops and dresses are designed for comfort.



EMBELLISHED

The glitter look in various shades is in this summer. This is an ideal look for those who want to party. Can be paired with jeans.



VARIETIES OF INSTANT IDLIES

OATS IDLI

INGREDIENTS

1. Roasted Oats - 2 cups
2. Sooji - 1 cup

3. Curd - 1 cup

4. Grated Carrot - 1/2 cup

5. Green Chilli - 2 nos

6. Corriander leaves - 3 tsp

7. Salt - to taste

8. Water - as required

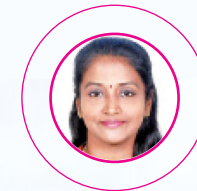
For Seasoning :

11. Oil - 1 tsp

12. Mustard seeds - 1/2 tsp

13. Urad dal - 1 tsp

14. Cumin seeds - 1/2 tsp



V. GOMATHY
Dietitian

METHOD

1. Take a bowl, add sooji, oats, curd, water, carrots, green chillies, corriander leaves, salt and water.
2. Mix well to a thick batter.
3. Heat oil and add all seasoning ingredients.
4. Once done, mix them to idli batter and mix well.
5. Grease an idli plate with oil, pour the batter in each mould and steam it for 8 to 10 minutes.
6. Serve with chutney.



RAGI IDLI

INGREDIENTS

1. Oil - 2 tbsp
2. Mustard seeds - 1 tsp
3. Urad dal - 1 tsp
4. Channa dal - 1 tsp
5. Cumin - 1/2 tsp
6. Broken cashews - 2 tbsp
7. Grated carrot - 1/4 cup
8. Green chilli - 3 nos
9. White rava - 1 cup
10. Ragi flour - 1 cup
11. Curd - 1 cup
12. Salt - to taste

METHOD

1. Keep a deep bottom pan, pour oil.
2. Add mustard seeds, cumin seeds, urad dal, channa dal and cashew nuts.
Roast until golden brown.
3. Now add rava, and mix well and roast it.
4. Once done add ragi flour and mix well.
5. Switch off and allow it to cool.
6. Now add salt, curd and required amount of water. Batter is ready.
7. Grease the idli plates with oil, pour required idlis and steam it for 8-10 minures.
8. Once cooked, serve hot with chutney or sambar.



RAVA IDLI

INGREDIENTS

1. Rava - 1 cup
2. Curd - 1 cup
3. Ghee - 2 tbsp
4. Cashewnuts - 10 nos
5. Mustard - 1/2 tsp
6. Channa dal - 1 tsp
7. Urad dal - 1 tsp
8. Cumin - 1/4 tsp
9. Curry leaves - few leaves
10. Salt - to taste
11. Green chilli - 2 nos
12. Grated ginger - 2 tsp

METHOD

1. In a pan heat 2 tsp ghee and roast till golden brown and keep aside.
2. In the same pan add mustard, urad dal, chana dal, cumin and curry leaves.
3. Add chillis and grated ginger, and add rava and saute till get nice aroma.
4. Cool completely add curd, water and salt.
5. Now place the cashews in a greased idli plate and pour the batter.
6. Steam it for 8-10 minutes.
7. Serve hot with chutney.

SOYA GRAVY

INGREDIENTS

FOR MARINATION

Soya:
100 gms

Curd:
½ cup

Turmeric :
½ tsp

Chili powder:
1/2 tsp

Garam masala powder:
½ tsp

Salt :
as per taste

FOR GRAVY

Onion:
2 nos

Tomato
4 nos

Garam masala:
1/2 tsp

Ginger garlic paste:
1 tsp

Chilli powder:
1/2 cup

Coriander powder :
½ tsp

Turmeric powder:
1/4 tsp

Cumin powder:
½ tsp

Kasturi methi:
1 tsp

Oil

Salt :
as per taste

METHOD

MARINATION METHOD

■ Take soya in a bowl and rinse well in water, clean and squeeze off the water well

■ Cut into small pieces.

■ Deep fry the soya chunks in the oil, till golden brown.

■ In a bowl add all the ingredients and fried soya together

■ Mix well and marinate for 30 minutes.

■ Keep a frying pan, pour little oil and fry tomato and onion and once cool make it a smooth paste.

■ Keep a deep bottom pan

■ Add little oil, add the onion, tomato paste

■ Now add all dry ingredients.

■ Add marinated soya

■ Add water as required

■ Cover with lid for 10 min

■ Serve hot



COVER STORY



GEETHA
GANGADARAN

THE RELEVANCE OF THE OXFORD ENGLISH DICTIONARY (OED)

The Dictionary which was so relevant in a child's academic carrier is now slowly getting obsolete. Its existence as a book is slowly fading away. Every school child in the 50's 60's and probably till 80's was always gifted a pocket Oxford Dictionary (OED) when he entered the primary school. How to find a word meaning how to pronounce were acquired skills from browsing a Dictionary. But in today's world with the Google available Synonyms, antonyms are now available at the touch of a button. So why a dictionary?. No child takes resort to a dictionary in the form of a book. Let us see the origin of the Oxford English Dictionary.

The Oxford Dictionary (OED) has been the last word on the English language for over a century, yet we count on its wisdom and authority without necessarily considering how it came to be.

In 1857 a proposal was put before the philological society a London based organization devoted to the scholarly study of language. The proposal addressed the deficiency of existing English language dictionaries and called for the



competition of a new English Dictionary spearheaded by Richard Chenevix Trench, Herbert Coleridge and Fredrick Furnivall- This was to see a complete reexamination of the English language from Anglo Saxon times onward.

The Dictionary was to be based on actual evidence of words in use, taken from printed sources dating from all periods of the languages history. A group of volunteer's readers were amazed to scour English literature and extract quotations to illustrate the usage of words. These quotations were sent in on small piece of paper collectively known as slips.

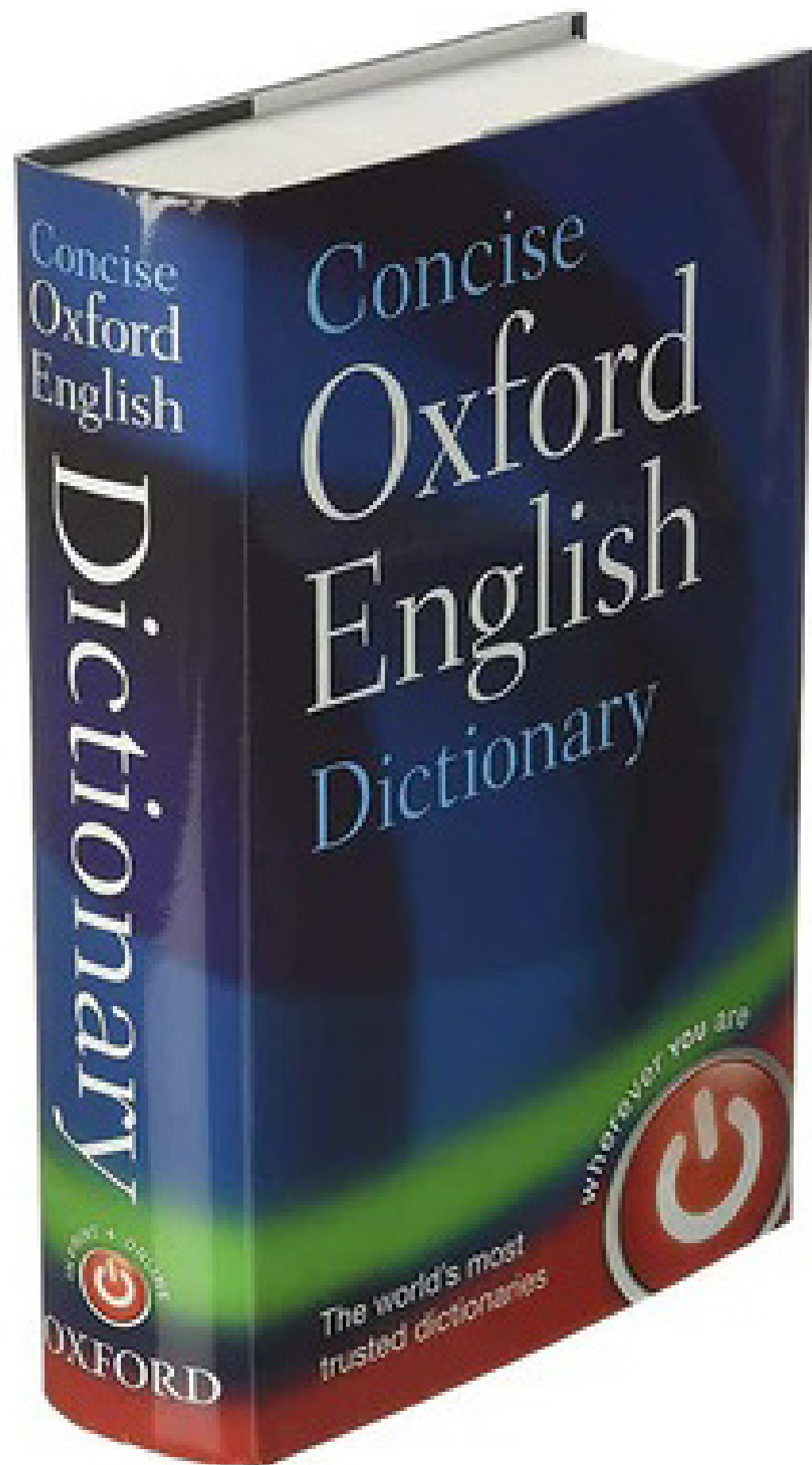
James Murray took upon himself to complete the task of compilation Dictionary work relied on so much correspondence that a post box was installed right outside Murray's Oxford home, where it stands today.

Instead of 6, 4000 pages in four volumes as originally planned the Dictionary culminated in ten volumes containing 2, 50,000 main entries and almost 2 million quotations. It was published under the imposing name "A New English Dictionary" a Historical principles although it had also come to be known as the Oxford English Dictionary.

An exhilarating aspect of a living language is that it continually changes. This means that no dictionary is ever really finished. As soon as the original ten volumes were completed a supplement to the Dictionary was published.

In 1980 the press began to consider how to bring this monumental dictionary into modern age. It was clear that the traditional method of Dictionary compilation were no longer suitable.





A decision was taken to combine the first edition and supplements before embarking on any revision of the text. This required the data to be converted to electronics form, upon which the texts could be amalgamated and edited all with the help of external providers. Project managers and systems engineers would now be required along side. Lexicographers and the press duly set about this with the formation of the new Oxford Dictionary in 1984.

Coeditors John Simpson and Edmund Weiner oversaw a core group of lexicographers in Oxford who reviewed, corrected and edited the new electronic text as well as adding 5000 new words and senses.

The existence of an electronic version of the Dictionary made other publishing formats possible. In 1987 a CD Rom of the first edition was produced in 1992 the second edition was published on a single compact disc – a great contrast to the hefty twenty volume work that took up four feet of shelf space and weighed 150 pounds.

In 2000 the OED online was launched making the Dictionary more accessible than ever before. Regular three month updates are still published on the online OED. The OED is still relevant as it was in the past always developing and it is certain to continue in this role as we move forward in the digital world.

Sadly its twilight time for printed Dictionaries whose word filled bulk weighed down desks and by turns inspired and intimidated writers searching for the perfect word.

Lexicography the making of Dictionaries has gone digital. Though a few are still published the dictionaries time as printed, bounded document is almost up.

APRICOT: WONDER FRUIT

Prunus armeniaca or the apricot plant is filled with nutritious goodness. The fruit has a yellow and orange flesh. It is considered the healthiest fruit in the world.

The plant in Hindi is called Khumani or Khubani. Turkey is the largest exporter of Apricots. It is dried and consumed all over the world. The Apricots contain high levels of Vitamin C and Vitamin A. Vitamin C is essential for immunity and Vitamin A is essential for good vision.

Apricots contains potassium, this helps reduce the risk the risk of heart disease. It has been proved that Apricots contain retinol , that helps reduce the chances of any age related blindness. It is also a high source of fibre for the body.

It has been proven that Apricots can be consumed for those who have digestion problems. Research continuous into the use of apricots for those suffering from diabetes as well.

For those who are dieting, Apricot may be the solution. The fruit contains very little fat. It also contains flavonoids namely catechin, quercetin,

and chlorogenic acids. It has been proved that the fruit helps with gut health as well.

Vitamin C and Vitamin A in the fruit also help with skin health. It contains antioxidants like Vitamin E , which helps protect the skin from harmful UV rays. They also help hydrate the skin. They are also used to treat ageing skin, as it helps boost the collagen levels in the body. It is usually used as a scrub, to gently exfoliate the skin.

A SPIRITUAL EXPERIENCE !!!!!

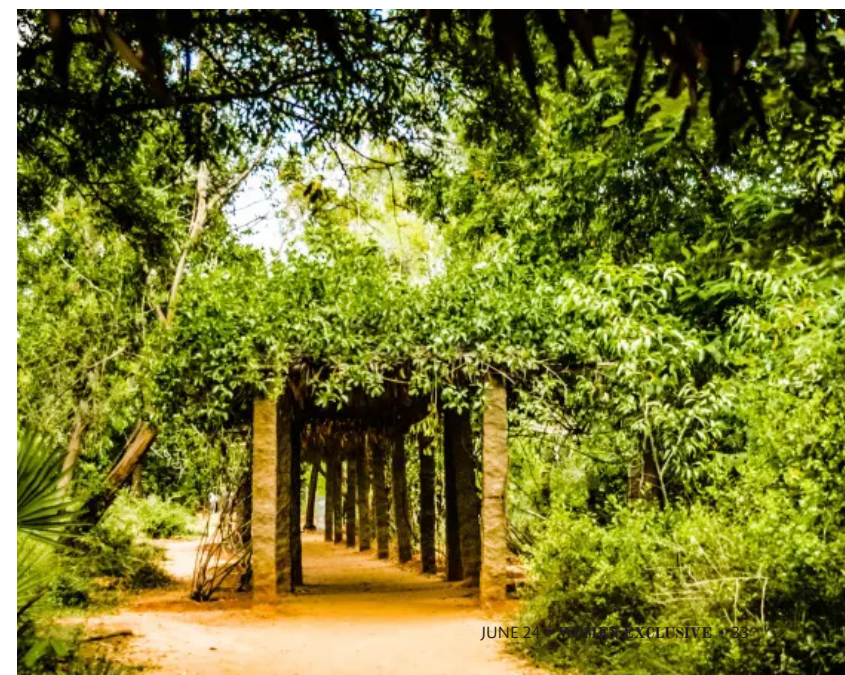


It was a hot day and here we were travelling towards Pondicherry . Needing a well deserved break, we made an impromptu decision to go on a small vacation. With SPB songs belting out from the speakers, we started on this one day mini trip.

Pondicherry , a French colony, that retains its old western type buildings mixed in with Indian architecture. Its indeed a unique place to visit.

The highlight I would say ,at Pondicherry is without doubt Auroville. This was our first stop. Despite struggling to walk all the way upto the golden dome, it was a beautiful sight. The light breeze cooling us as we stood gazing at its splendour. This being my first time, I was curious as to its history. Auroville was founded by Mirra Alfassa, a disciple





of Aurobindo. Affectionately called 'Mother', she was instrumental in constructing a an area where people can be at peace.. The idea was to construct a Universal Town, where people of all faiths can come, to find that inner peace.

Our next stop was the Ashram. The Aurobindo Ashram is the final resting place and once the main residence of Sri Aurobindo and the Mother. The silence combined with the intoxicating smell from the beautiful garden , helped instantly clam the mind.

Our last stop for the day was the Arulmigu Manakula Vinayagar Temple. It is said that this temple has been in existence even before 1666. The beautiful idols were breathtaking. The highlight of the temple was however the enormous elephant , that blessed the devotees.

One thing that we can never forget about Pondicherry is the shopping. From roadside candle shops to selling wooden toys, this is perhaps the best place to shop. " Shop till you Drop" goes the saying and that's probably what we did.

Our last stop of the day was the beach. After a hot day of going one place to another, the beach was cool. Fresh sea breeze and the beautiful ocean, is a sight to behold. We stayed quite a while looking at the waves crashing on the black rocks. I forgot about work, and just gazed and gazed , knowing I will never forget it.



LET'S PATCH- UP OUR LIVES, DEAR PATCH

It was the early morning, a day before my online book launch, I had too much on my mind. Having to plan, making sure I didn't miss sending the invite to my near and dear ones and the ones who are passionate about books and such events I regret that I may still have missed many, despite my planning.

Bella, our 11-year-old Labrador, silently bid goodbye to her earthly existence to seek renewed adventures in the cosmic universe. She was buried in our backyard and given a quiet farewell with love and prayer. She had not been eating well for quite some time and become sedentary for over a week. Her partner

Bingo, the Rottweiler, watched her helplessly, all the time combating his own ailments—a persistent tumour growing in the mouth even after repeated, treatments by the vet. Both around the same age, only six months apart, had lived in harmonious companionship. It was Bella who always ended up being a glutton, eating her bowl of food like there was no tomorrow. She was always heading to compete and complete whatever was left on Bingo's as well.

Bella was overweight all her life, looking like a polar bear with her gait, endearingly clownish.

I would give her less food, but the rest at home

would compensate her for her loss, feeling she is being deprived of something she enjoyed most. I couldn't do much against each one's varying perceptions of care and affection. The thin line between the right thing and its forgiving alternates is the conflicting in our mind, that we often brush aside to live our precarious lives; moving on to focus on our pending tasks seamlessly presented to us. (As a side note, I am happy to recall that my first article in WE magazine, years ago, was titled 'Unconditional Love', and it was about Bingo and Bella!)

A week after Bella's demise, little Patch enters our lives. Picked up one evening from the streets of Thirumudivakkam in Chennai. The frail, young, vagabond puppy got placed in our car inside a cardboard box

on at a whim by my husband. He rode silently for the first half, primarily out of shock and then raised measured wails to express his fears of an unknown future that he could not foresee.

Only a while ago, I had asked our office security about his mother's whereabouts. He pointed to a famished-looking mom with a brownish-black coat who was hopping away in the opposite direction with an injured leg, seemingly aimless(?).

I had only a fleeting glimpse of her as our car had whizzed past to head home by then. My husband kept the cute little estranged one in his view and tried to shower all his reassurances.

After reaching home, he was kept in an independent territory so as to allow him to sniff his new big boss Bingo through the gaps in his gated enclosure first to socialise, and then hopefully soon, befriend him. But much sooner than imagined, he squeezed his slim body out of the gaps and pranced around in the common

territory free of worries! However, when we moved in close with excitement, he trembled in fear and ran metres ahead, finding himself sequestered nooks for protection. Placing trust in humans needed time unlike his own species was evident and understandable. We hope Bingo will do the needful by reaching out to him, giving his endorsement that we are good people!

The following day, he was bathed and vaccinated, his body trembling continuously all the while. It made us worry. Was the best thing to give him shelter in our home? By the way, Patch's name came from my daughter—studying away from home—after seeing his pictures of a white underbody with cute brown patches on the back and his face, all around the eyes and the forehead.

I was particular about one thing at home. If ever, the next pet should arrive into the family, it should be a country dog from the streets and not a pedigreed breed. I wish to presume

it was probably on that cue Patch was picked up by my husband the other evening. However, this poor little terrified guy reminds me of a famous line in a Bollywood movie paraphrased "thappad se dar nahi lagta...pyar se..." meaning not afraid of violence but afraid of love! Is there a similarity, in his case as well?, that the trauma he might have endured makes him more accustomed to violence than love? The latter, ironically, he seems to withhold and also desist from accepting?

Day seven, and he is still sprinting away from us, including kids. Thankfully he is wiping his bowl of milk clean when we leave the scene! We hope he builds his trust soon and begins to enjoy the gift of life with us, patching up the stressful gaps in our lives, too, with his unconditional love and antics.



SUMITRA
KUMAR



VEDARANYAM TEMPLE AT THE LAND'S END



The word “Kodikkarai “in Tamizh, literally means the Land’s end .and just a few kilometers from here is the temple town of Vedaranyam.

Situated about 50 kms from Nagapattinam in Tamil Nadu, on the shores of the Bay of Bengal is this cosy little town of Vedaranyam, which houses the imposing temple of Lord Shiva .The name given to Him here is Vedaranyeswarar. In chaste Tamizh, the town is called Thirumaraikadu and the Deity is Thirumaraikkaadar.(Marai in Tamil denotes the Vedas). The 4 vedas are supposed to have worshipped Shiva in the form of trees in the jungles here and hence the name Vedaranyam (Aaranyam is the Sanskrit for jungle)

This temple and its legends are as ancient as its amazing architectural beauty. It was here that Lord Siva & Goddess Parvati,the Jagath Pithatha & Jaganmatha showed an “action replay “of their Divine Wedding for the benefit of the great sage Agastya . It was here under the sthala vruksham “Vanni“(the tree dedicated to this temple) that Sage Vishwamitra got the title “Brahma Rishi “from Sage Vashishta .

It is said that the land of Kodikkarai, a few kms from here is known as “Adi Sethu “because Sri Rama tried to build the bridge to Sri Lanka from this point first ;but later gave up at the request of Sri Shiva lest Vedaranyeswarar temple be drowned .

This is again the place where Rama got rid of the blemishes of “Brahma hathi



RAJEE MANI
Journalist and
Columnist in
Tamil and English

“and “Veere hathi”for having killed Ravana, a Brahmin and a valiant soldier .

The interesting legend goes that a rat which ,by chance kindled the wick of a dying lamp at the Sanctum Sanctorum in this temple. had been blessed by Lord Shiva to be born as Mahabali Chakravarthy,the Asura Emperor who stole the unparalleled honour of giving the 3 worlds and himself in charity to Lord Mahavishnu in the Vamana Avatara .

The Thirumaraikadu is important as one of the seven important temples of Lord Shiva in His Cosmic dance form ,called the “Saptha Vidanga kshetras “ .The dancing form of Shiva here is called “Bhuana Vidangar” and the Linga associated with it, is in precious emerald (maragatha lingam in Tamil).

Other than the legends in the puranas , an interesting story connected with the Kshethra relates to Thirugnana Sambandar and Thirunavukkarasar,two of the three Tamizh Saint poets who are revered and worshipped as much for their beautiful poetry in Tamizh as for their unflinching Bhakthi for Shiva. It seems that the four sacred Sanskrit Vedas , decided to use their power and closed the main door leading to the Sannathi of Vedaranyeswarar.When once Thirugnanasambandar and Thirunavukkarasar were coming to this temple in



pilgrimage, they felt unhappy that the main entry stayed locked ; young Thirugnanasambandar sang a soul stirring hymn in Tamil), the power laden poetry of which is said to have thrown open the locks of the closed entry!!!! It was Thirunavukkarasar poetry that had the magic of again locking the doors !! [These hymns are categorized under the Saivite hymns Thevarams]This legendary door was later covered with 52 kgs of silver foil thus enriching the existing doors.

Besides all these, Vedaranyam has a very important place in the freedom struggle of our country. Mahatma Gandhi ji performed the Dandi March in the North against the British and walked with the freedom fighters to the seashore to pick up a hand full of “Desi “salt. Sri Rajagopalachari, a giant amongst freedom fighters of the south , decided to enact the same rebellious act in this part of the country. He along with his team of loyalists , walked to this Vedaranyam,picked up that “fistful “of Salt from the sea waters here & created HISTORY!



The temple Deities and structure

As told earlier. Vedaranyeswarar or Thirumaraikkaadar is the main deity Linga Swarooma and His consort is “Yazhai Pazhutha Mozhi Ammai “in chaste Tamil.The sannadhis of Kasi viswanathar, Visalakshi, veera hathi Vinayakar, Subramanya, Durga, a unique saraswathi without Her usual Veena, a 4 feet majestic sculpture of Shiva with His right hand on the Rishaba and His left hand stylishly held on His thigh , an unusual array of the navagrahas all in a row, lined to witness the marriage of Loka Maatha and Loka Pithaa are only some of the many attractions on the outer prakaram of this humongous temple .An Artha Mandapam, a 4 pillared mandapam, a 16 pillared mandapam. A Nandi mandapam. a Rajanarayana

mandapam, other than the towering raja gopurams are witnesses to the amazing architectural achievements of the philanthropic kings of the south.



Theertha Vishesham

Surrounded on one side by the mighty ocean, Vedaranyam abounds in namely sacred waterways and tanks which are considered integral parts of a Hindu pilgrim centre. That part of the Bay of Bengal ,half a km away is called "Veda Theertha"

and attracts thousands of pilgrims to have a holy dip on auspicious full moon days and new moon days .The huge tank inside the temple complex is the "Manikarnika Theertha". A few kilometer away southwards is the famous Kodikkarai which houses the "Kodi Theertham" .The puranas cite 96 theerthams in in

and around this mind boggling divine edifice which sure will stand through eternity, on the shores of the mighty ocean .l

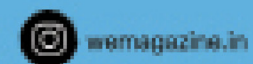
All festivals related to Saivism are celebrated here on a grand scale & witnessed by thousands of devotees.

Yes! you have to see it to believe it !!!!!

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UNTWISTING TEETH



Crooked Teeth may refer to: Malocclusion, a misalignment or incorrect relation between teeth

Do you ever look at people with perfectly straight teeth and wonder how lucky does one have to be to have a straight, Hollywood-like smile?

Well, we understand. Our smile is a significant part of our personality, and having twisted, overlapping, or crooked teeth can

immensely affect our confidence. The good news is that luck doesn't have anything to do with the appearance of your teeth; there are a few logical reasons why teeth grow in crooked.

Another good news is that you can fix crooked teeth through orthodontic treatment and cosmetic dentistry. Before we get into how you can go about to get straighter teeth, let's understand the causes of the crooked teeth problems and the impact they can have on us.



DR. K R ANANTHI

Dentist and cosmetologist. Ananthi's dental & cosmetic solution Adyar

WHY STRAIGHTEN CROOKED TEETH

Patients with crooked teeth may experience an increased risk of developing tooth decay, periodontal disease, tooth damage, and even tooth loss. Crooked teeth are harder to clean which may result in advanced dental issues. Straightening crooked teeth not only improves the overall appearance of your smile but the overall oral health as well.

Patients with crooked teeth may experience:

- Chronic headaches and migraines
- Poor oral hygiene
- Discomfort in the jaw
- Difficulty chewing
- TMJ

Crooked teeth are straightened by the use of special devices and techniques [orthodontics].

Essentially there are two kinds of brace:

Fixed braces – these are individually fixed to the teeth with a special glue and therefore,

cannot be removed by the patient. This type of brace is used when the teeth are very crooked. It offers the best results. Some patients (especially children) like to choose different colours on the brace to make them more trendy – e.g. the colours of their favourite football team. Adults may wish to choose clear or 'invisible' braces.

Removable braces – are very useful at moving either individual or groups of teeth, for

example for correcting a deep bite or widening a narrow upper jaw. As such they can be used at an earlier age than the fixed brace. This type of treatment usually precedes fixed brace treatment. The big advantage of removable braces is

take up to 18 months and removable brace treatment, from 6-9 months.

STRAIGHTEN CROOKED TEETH WITHOUT TRADITIONAL BRACES

Dental Bonding: Dental bonding is a quick, cost-effective solution to address crooked teeth. The bonding material can be shaped, molded, and color matched to transform the appearance of a crooked or misaligned smile. Dental bonding is typically used to address minor orthodontic concerns.

Invisible Braces: Invisible braces are a clear, removable aligner system that gradually straightens crooked teeth.



Dentistry by Nicole Armour, DM.

that they are easily cleaned.

The time needed to affect the necessary corrections very much depends on:

How crooked they teeth are.

The more complicated the problem, the longer the treatment is likely to take; e.g. teeth that

have failed to grow into the mouth properly can take up to two years to straighten.

The type of brace.

Fixed brace treatment on average will

Invisible braces can effectively and discreetly straighten crooked teeth, making it an ideal treatment for teens and adults with minor to moderate orthodontic concerns. Invisible braces provide the added benefit of no dietary restrictions or oral hygiene restrictions.

Dental Veneers: Porcelain veneers are considered a permanent restoration. Porcelain veneers are created using professional grade porcelain ceramic that is custom designed to achieve natural looking, beautiful results. Porcelain veneers can be used to completely transform a crooked or misaligned smile.

SUMMER

THE IDEAL SEASON FOR WEIGHT LOSS



SHINY SURENDRAN

Sports dietitian, preventive health nutritionist Chennai .

Instagram : @shinysurendran

Trying to kick start your weight loss journey? Stop procrastinating and get on it immediately . Summer is the best season for weight loss!. Most people find it easier to lose weight during summers because of the heat of summer decreases appetite and thus you end up eating lesser than you would normally / when you are in a colder environment. The body's metabolism rate generally increases during hot conditions burning calories at a faster rate thus resulting in an added advantage for those trying to lose weight. If you notice, many people prefer lighter foods or more fluid based options during summers. Besides , the increased sensation of thirst during summer months might aid weight loss as drinking more water leads to increased satiety and eventually reduces our food consumption. So keeping these reasons in mind, below are some guidelines that you could follow.

Start the day off with water – As soon as you wake up, drink a tall glass of water to kick start your digestion and metabolism. If possible, a pinch of organic turmeric and cinnamon powder as it helps boost immunity too. Throughout the day, instead of consuming chilled carbonated drinks / packaged juices, opt for thin buttermilk, tender coconut water, lemon water aam apaana or paanagam as they are nutritionally beneficial thirst quenchers. Adding a teaspoon of soaked chia seeds or sabja seeds to the liquids before consumption aids better satiety levels.

Load up on seasonal vegetables and fruits – During summer, there's an abundance of water vegetables .Make use of these low calories vegetables to speed up your weight loss. Bottle gourd, white pumpkin, cucumbers, zucchini, lettuce, radish and brinjals

are some of the great options. Besides these, consume green leafy vegetables at least three times a week since greens are harder to get during the rainy season. Greens have high fiber and antioxidant properties that is beneficial not only for weight loss but overall health.

Summer fruits such as watermelon, cantaloupe, mangoes, grapes and pineapples are beneficial for weight loss. Trust me, mangoes do not make you fat. It is rich in vitamins and fiber and tastes great so enjoy it in moderate amounts. Treating yourself to these naturally sweet fruits help reduce the consumption of sugary and high calorie desserts. Another tip will be to try grilling fruits like banana, peaches or pineapple to enhance its natural sweetness.

Pack in the probiotics – Having more of curd, lassis, raita, fermented rice water and buttermilk is a great way to promote digestive health as digestion tends to get troubled during summers which may hinder weight loss. Other good sources of probiotics include fermented foods such as kombucha and kimchi.

Increase your step count – Don't we all feel sad when we get cooped up at home during rainy season because it is such a hassle to go out and about in the rain? So, make use of summer and head out as much as possible preferably by walk or on a bicycle. Find ways to increase your NEAT (Non Exercise Activity Thermogenesis). NEAT is important because it boosts your basal metabolic rate and helps the body to burn

more calories while doing daily activities. Exercising for 1 -2 hours per day is definitely beneficial for the body but what you do for the remaining 22 hours also matters. Sitting down in front of a laptop or being stationary for too long decreases metabolic rate. Hence, from now aim to walk at least 30 to 60 minute per day. Use the staircase instead of a lift or walk to

the nearby shop and skip taking the auto. It's the small habits that we build yield big results overtime.

So before the rainy season starts, make use of this summer season and embark on your weight loss journey and have some fun while doing it. Remember, fitness is a journey and not a destination. So enjoy the process!



ARTICLE ON PCOS



sugary delights or high carb meal because of the same, leading to array of health problems. In certain cases, there is a spike in blood pressure, cholesterol and inflammatory markers like C-Reactive protein. Here is how you cut down the sneaky sugars,

Make it a practice to read the food label of the products you buy. Avoid products that contain high fructose corn syrup, sugar content of more than 5g, molasses, honey, invert sugar, malt sugar and any sugary syrups.

Your body craves for sugar after meal and your mind calls for sugary drinks, sodas, and desserts. This is the right time to avoid all the bad signals from the brain and make wise choices like fruits, plant-based milks, coconut sugar or fresh coconut pieces, 1 or 2 dried fruits, yoghurt, nuts and seed mixture to soothe the hormonal play.

The other trick is to have protein in every meal, it makes you feel full and boosts your metabolism work efficiently by stimulating insulin.

This minor switch in your diet fixes 99% of the problem. And for brownie points you will lose the extra pounds.

Play the seed game

Flax, pumpkin, sunflower, and sesame seeds are believed to mimic hormones and help maintain a hormonal balance. This practice is known as seed cycling or seed rotation in naturotherapy. It's like a magical potion - stimulating estrogen first, then progesterone later! This is said to regulate periods, alleviate menstrual cramping, reduce acne and thereby serves as a wonder medicine for PCOS.

Day 1 (of the periods) to Day 13: Flaxseed - 1 tsp + pumpkin seeds - 1 tsp

Day 14 to Day 28: Sunflower seeds - 1 tsp + Sesame seeds - 1 tsp

Take note of these foods below

Inclusion of non-starchy vegetables in your meal is a real game changer. The soluble fibre swoops in to calm your intestines, kick out those toxins, and pack your body with all the key vitamins and minerals to battle against PCOS!

Omega 3 fatty acids present in fishes, nuts, seeds, eggs etc., is the killer nutrient to fight against

The irregularities in periods and ovarian cysts occur due to the imbalance between androgens and luteinizing hormone. For some insulin resistance, a spike of the insulin hormone is seen. Some individuals may experience weight gain and the growth of male-pattern hair. There is scepticism about the possibility of pregnancy due to irregular periods. However, it is indeed possible to conceive and have a safe delivery. Therefore, the key lies in controlling these hormones through diet and lifestyle modifications.

So, what to avoid?

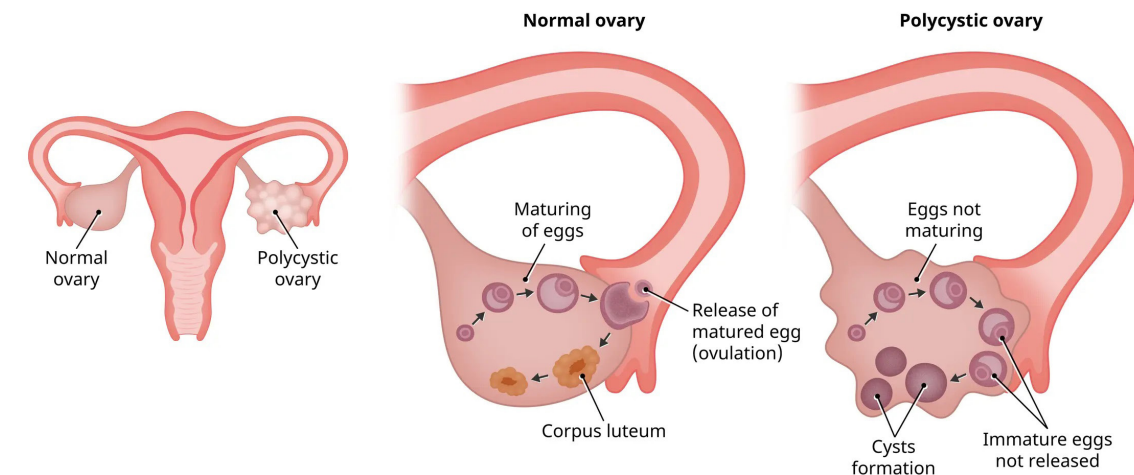
Sneaky sugars – The hormone insulin acts weird for women with PCOS in presence of carbohydrates especially simple sugars. We tend to indulge in

Polycystic ovary syndrome is a hormonal disorder that can lead to the development of numerous ovarian cysts, abnormal hair growth, body inflammation, and various other symptoms. Over years of practice, I have seen many young women suffering from this condition. Numerous women encounter discouraging weight gain and skin issues, leading to feelings of judgment. Will I ever regain fitness? Is there a solution to eliminate facial hair permanently? Can my menstrual cycle be regulated? These are common concerns among affected women. The good news is, yes! PCOS can symptomatically be managed.

Understanding PCOS

PCOS is a wild game between endocrine hormones.

Polycystic Ovary Syndrome (PCOS)



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inflammation. It also helps to eliminate bad fat accumulated in the body.

Sprinkle some cinnamon and turmeric, the dynamic duo fighting inflammation and insulin resistance! A dash of these spices can work miracles.

Probiotics are like the cool crowd of good bacteria hanging out in curd, buttermilk, fermented rice kanji, kombucha, kimchi, and more. It is said that these microorganisms procreate a separate eco system in the gut and involve in regulating androgens and estrogen.

Did you know that zinc plays a crucial role in promoting healthy hair growth? By incorporating zinc-rich foods like red meat, beans, and seafood into your diet, you are providing your body with essential nutrients that can help combat hair loss and support the growth of strong and dense hair. Additionally, it helps to remove unwanted hair

Few PCOS warriors go through a tough time controlling their cortisol levels. Jumping in to save the day are trusty herbs like tulsi and ashwagandha, here to restore peace in the cortisol levels!

It is evident that Vitamin D gets low during PCOS,

make sure you get enough sunlight to pump up enough Vitamin D in the blood.

Move your Body

Exercise is an absolute essential to maintain the weight. Low impact exercises, yoga, walking, jogging, high intensity exercises or just get on the dancing floor and show your wild moves to improve the symptoms of PCOS.

Practice sleep hygiene

Disturbed sleep or inadequate sleep interfere with fat cell deposition in the body leading to demotivating weight gain. Its crucial to keep sleep hormones like cortisol and melatonin on track to manage PCOS.

Put away those devices and aim for 8-10 hours of sleep.

All the young ladies out there take up the baton and elevate your standards of health by eating nutritious food, getting plenty of sleep, being exposed to sunlight, and exercising can all work together to counteract the negative effects of PCOS.

LOOKING FORWARD JUNE 2024



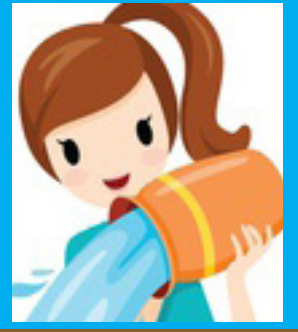
LIBRA

This month will see you getting into a new relationships. Those who are single will find their true love this month. This month will see you getting a new job through your friends. This may be your dream job. You may face some health issues this month.



SCORPIO

You will meet some old friends this month. You will spend some quality time with your significant other. You will have opportunities to travel this month. You will see some unexpected money coming in. Invest them carefully.



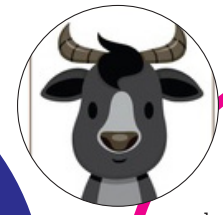
AQUARIUS

You will see a marked improvement in your finance. You will see yourself working hard to achieve air goals. You will see some fresh challenges, however you will be easily be able to solve any problems. This will be a very rewarding month relationship wise. There are chances of your loved one proposing marriage this month.



ARIES

This month will see you having a good month professionally. You will find your dream job this month. This will be a good month to plan for a professional trip. Just make sure to keep your cool at work. Relationship wise this will be a good month. There may be some ups and downs in the beginning of the month, this will get sorted out by the middle of the month.



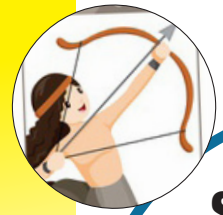
GEMINI

There may be some financial issues this month, so take care before investing. Professionally this will be a good month. You will see an increase in revenue at work and a long awaited promotion will be in the cards. Relationship wise, this month will see minor disagreements with family and friends, however you will spend some quality time with your significant other.



LEO

This month will see you buying property. This will be a good investment, however read the documents carefully before signing. This month will see you spending some quality time with your friends and family.



SAGITTARIUS

This is the best time for love. You will spend a romantic time with your love. This is a good time to go on a romantic getaway. This month will see you having some unexpected expenses, despite a good inflow of money. Keep to your budget this month.



PISCES

You will get carried away with fun and party this month. So take the time to have a quiet day with the family as well. Stick to your budget this month. You will end up spending frivolously. This is a good month relationship wise, take care to be patient with your extended family.



TAURUS

This will be a good month professionally. However there may be some unexpected expenses, so stick to your budget this month. This month will see you having success relationship wise. Those who are single may find their one true love this week.



CANCER

Professionally, this month will see some advancements in your career. There will be some scope of a better paying jobs. This month will however see some minor health issues, so take care and get some rest. Relationship wise, this will be quite normal, so spend some quality time with your loved ones.



VIRGO

This month will see you working very hard. You will see the fruits of your labour in the upcoming months. The biggest problem you will face is remaining patient at work. Don't lose your cool and you will be rewarded for it. Relationship wise, this month will see some hot tempers on both sides, remain calm and this will be sorted out.



CAPRICORN:

This will be a good month for those who are single. This will be a good time with your family as well. There may be small disagreements. This will be a good month show off your talents at work. If you are an entrepreneur, don't take any major decisions. Look at the pros and cons before taking any decisions.