



FYI

Natural air cleaners

You know that cool breeze you feel outside surrounded by greenery, where the wind feels invigorating, and the air fresh as ever?

Unfortunately we miss that and a lot more since we as humans have to live indoors! However, one way to feel the green at home is to bring it inside.

Plants are a great way to refresh your home, not only as tasteful décor

emits tons of oxygen which naturally makes the air cool and breezy.

Snake Plant - This is an ideal indoor plant usually placed in the corners of a room to keep the air cool during the night as, unlike most plants, it releases oxygen even at night, resulting in better sleep for the human 'roommates'. This plant also filters some common household

fresh breath of air.

Spider Plant - Easy maintenance, easy availability and air purification are just some of the benefits that a spider plant offers for the little care that you show it. What else can one look for in a plant?

Areca Palm Tree: Although this is larger than other regular house plants, with a little room this plant can thrive. It also happens to be one of the best air cleaners and humidifiers in plant form out there. You might just forget about that air conditioner of yours.

Money Plant: Also known as Devil's Ivy, this common and low maintenance climber excels in removing formaldehyde from the air while supplying it with extra oxygen. Also, it is a very hardy plant and does not die easily.

Many homes are more toxic than they look. These toxins are hiding away in plain sight in the form of furnishings, adhesives, paints, cleaning supplies and even printer inks. Even one single indoor plant can make a difference in your home's air quality by a large margin.

However there are certain things to look out for. If you decide to keep indoor plants make sure to check them thoroughly for suitability. Also, if there are infants or pets inside the house, check for allergies. The indoor environment must be well lighted and should have proper humidity for the plant to grow, and if you are unsure, seek help from the pros at a nearby nursery. Lastly, planters do matter. Plant in well ventilated planters made of ceramic or terra cotta instead of plastics which will derive the soil of air.

By Anisha Hassan
Photo: Collected



and a pleasure to the eye, but also to clean the air, absorb heat and release oxygen, making it cooler and more pleasant. Although all plants more or less are air coolants, there are a few in particular which are amazingly good at their job and easy to keep inside your house. **Aloe Vera** - This plant, along with numerous other properties, cleans the air in a jiffy. It also

toxins like formaldehyde and trichloroethylene, giving us perfectly breathable air.

Rubber Plant - Even the tiniest rubber plant sitting on a desk can significantly increase the levels of oxygen.

Ficus - More than just beautiful decorations, these plants help condition and clean your atmosphere for a

Get rid off your stubborn fat :

GET A HEALTHIER YOU !!!

Men and women are different and will store fats in different parts of their body due to evolutionary reasons. Women have wider hips and pelvis but men on the other hand are predisposed to store fat in the belly and neck area while women are likelier to store in their hips, arms and thighs. Another thing you need to realize before you start Weight Reduction plan is that **there's no such thing as spot reduction**. You can't just burn fat from one part of your body to get your desired result. Believe me, regardless of your gender or body type you can get rid of these deposits of fat pockets without resorting to invasive methods like liposuction or tummy tuck. **Remember, getting healthier is a lifestyle, not a weekly or monthly affair.**



The benefits of our Weight Reduction & Shaping Program :

- ◆ Body Shaping & Weight Loss
- ◆ Cellulite Reduction
- ◆ Hormone Balance
- ◆ Toxin Removal
- ◆ Pain Release
- ◆ Improve Lymphatic Drainage
- ◆ Improve Varicose Veins



... and remember :
"Healthy **eating** + less **stress** + adequate **sleep** + right **workout** = keeps a **'healthier you'**."



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