

HOROSCOPE



ARIES
(MAR. 21-APRIL 20)

Don't get involved in expensive entertainment. Sign up for tours or courses. Socialise with friends. Your lucky day this week will be Tuesday.



TAURUS
(APR. 21-MAY 21)

Do something special with children. Opportunities for romance are present. Don't be too quick to sign documents. Your lucky day this week will be Friday.



GEMINI
(MAY 22-JUNE 21)

Get into moneymaking ventures. Stop telling others about your problems. Do whatever your mate wants. Your lucky day this week will be Saturday.



CANCER
(JUNE 22-JULY 22)

Look into your options. Hard work will pay off. You can make gains if you work in conjunction with others. Your lucky day this week will be Monday.



LEO
(JULY 23-AUG 22)

Don't be too trusting. Use your creative talent to accomplish your goals. Changes in your home are apparent. Your lucky day this week will be Monday.



VIRGO
(AUG. 23-SEPT. 23)

Try not to get into disputes. Get involved in fitness programs. Present your ideas this week. Your lucky day this week will be Friday.



LIBRA
(SEPT. 24-OCT. 23)

Problems at home can be disconcerting. Take care in any home improvement project. This is not the week to be extravagant. Your lucky day this week will be Tuesday.



SCORPIO
(OCT. 24-NOV. 21)

Discuss work matters privately. Your professional attitude will not go unnoticed. Only bite off what you can chew. Your lucky day this week will be Monday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Health problems may arise if not treated early. Family responsibilities are mounting. Try not to lend or borrow. Your lucky day this week will be Saturday.



CAPRICORN
(DEC. 22-JAN. 20)

Enlist help from loved ones. Think twice before you take on new projects. Difficulties with mates are likely. Your lucky day this week will be Friday.



AQUARIUS
(JAN. 21-FEB. 19)

Do your own thing. Try not to be too aloof regarding work. Sign up for mentally stimulating courses. Your lucky day this week will be Monday.



PISCES
(FEB. 20-MARCH. 20)

Don't let personal problems interfere with work. Changes are likely in your friend circle. Redecorate your home. Your lucky day this week will be Sunday.

SKIP THE GYM...GET FIT
BY KARIM WAHEED



Carbohydrates seem to have a bad rep. By eating more processed, less filling carbs, we're consuming way more calories than we need – calories we don't burn. That second helping of rice, those French fries bathed in mayo, that irresistible cupcake with frosting, a large soft drink...all the "good stuff."

Are ALL carbs evil? When trying to lose weight/get in good shape, should we sacrifice carbs? To get to the answer, first let's consider what "low-carb" diets do in terms of muscle growth and fat loss.

MUSCLE GROWTH

Low carb diets are not optimal for building muscle. It's not just a problem with the energy source; it's due to the glycogen stores in your muscles. Glycogen is the storage form of carbohydrates in your muscles. When your muscles have a limited storage of glycogen, they have less energy and less ability to stop protein breakdown. Some sources claim that fat is an adequate energy source for building muscle, but there is no actual data to back that up. Fat isn't stored in the muscles as an energy reserve in the way that carbs are, and your body won't be able to make

You don't have to give up Carbs



use of it the same way.

FAT LOSS

Fat loss is where low-carb diets work. Switching to a low-carb diet means that you're necessarily consuming fewer calories. Fewer calories equate to weight loss. Foods like rice, bread, pastries are easy to make, cheap and convenient. Folks don't seem to eat them in moderation, or burn off the extra calories. This lifestyle contributes to fat gain and the difficulty in losing it. One of the main allegations against carbs are, when consumed in excess, they will be stored as fat. Lowering your intake of refined carbs is not only healthy, but is also one of the quickest and most dependable ways to cut calories and lose weight.

SO WHAT SHOULD YOU DO?

Here's the thing: Carbs, single-handedly, don't increase your weight, excess calories do. If you're not that active but would like to lose weight, cut back on white rice, white flour, refined sugar. This doesn't mean you have to give up simple carbs altogether. Every now and then a scoop of ice-cream, a bag of chips is okay. You're not a zombie, and don't have to live like one.

GOOD COMPLEX CARBS	BAD SIMPLE CARBS
HIGH IN FIBER METABOLISM BOOSTER FEEL FULLER, LONGER	LOW IN FIBER/NUTRIENTS EMPTY CALS TURN TO FAT FEEL TIRED
FOOD EXAMPLES	FOOD EXAMPLES
WHOLE GRAIN BREAD BROWN RICE QUINOA BEANS NUTS / SEEDS OATMEAL FRUITS SWEET POTATO VEGETABLES	WHITE BREAD SUGAR, BROWN/WHITE FRUIT JUICES WHITE RICE MUFFINS CANDY COOKIES PRETZELS/CHIPS SUGARY CEREALS

INTERPRETER OF MALADIES
BY NIGHAT ARA

Psychiatrist, Counsellor,
and Therapist



As a young parent, I see a lot of youngsters suffering from various mental illnesses. How should parents deal with these issues and guide their children for the future that lies ahead? How should we, as parents, handle children's academia when there are such ailments present in our wards?

And lastly, many upscale schools now have academic counsellors who help children prepare for their future. How necessary is it for counsellors to have knowledge on psychology?

- Troubled

DEAR TROUBLED,

Rise of mental health disorders among transitional aged youths (16-24 years) is quite alarming for families and societies across the globe.

Mental illness often interferes with academic achievements and contributes to maladaptive behaviours. Beginning in adolescence, there is dramatic increase in the occurrence of depression, anxiety, eating disorders, borderline personality disorder, etc. Risk taking, non-suicidal self-injury, drinking, drug abuse and criminal behaviour increase significantly. Each of these conditions is related to emotional dysregulations and demands a timely intervention in this target population.

Unrealistic ambition or setting unrealistic goals are often signs of low self-esteem. Mental health issues can create restlessness and a desire for geographic cure. Lack of understanding or denial of

mental health issues also contributes to the belief that the cure is outside them.

Environment often does play a role in precipitating mental illnesses but it is actually the interaction between nature (genes, temperamental difference, developmental problem, etc.) and nurture (parenting, home, social environment, etc.) that lead to its manifestation.

Parents who are in denial of their children's mental health issues, or are completely ignorant about mental health sign/symptoms, may inadvertently push their children beyond their capacity. This would make things even worse.

Egoistic parents unconsciously smash youngster's unique and spontaneous potential by imposing their choices on the child and by ignoring the problem behaviour which is a cry for help.

Sometimes an irrational or disproportionate fear of the consequence of mental illness on the whole family system leads parents to cope with it by a hiding policy like 'out of sight, out of mind!'

Unattended mental health problems can grow bigger with time to burden families even more and rob the joy of living together out of them. Timely interventions, reaching out for help, and compassion rather than punishment are better ways of dealing with it. Support from community, government and society as a whole are essential components of effective mental health service.

Counselling profession has many

branches like career counselling, couples counselling, addiction counselling, etc. Counsellors who are trained to do one kind of counselling may not have adequate skill set to address other types of issues.

It is like branches of medicine - psychiatrists do not have expertise like cardiologists to deal with heart issues and vice versa. Besides, all branches of psychology do not deal with pathology like clinical psychology does!

Consequently a background in psychology does not necessarily equip a counsellor to deal with mental health issues. In addition, counsellors with a background of social work could also be quite appropriate for schools and colleges.

However, counselling profession is about helping people to reach their goals, identifying the barriers is an integral part of the process.

It is expected that career counsellors would have the ability to identify mental health symptoms as a barrier to achieving goals and refer the case to an appropriate mental health worker. Counsellors should be aware of community resources and should be willing to do the necessary liaison work.

I believe long or short term training on mental health symptoms would be enough to qualify the counsellors from diverse backgrounds to identify mental health symptoms and do the appropriate referrals.