

# For tea and coffee lovers

No one quite understands the saying 'Old habits die hard' as much as tea or coffee addicts during Ramadan. Not only are they fighting their pangs of hunger, but also keeping a watch over their cravings!

For many, tea or coffee is the ultimate way to kick-start mundane mornings, and upon the arrival of Ramadan, the sudden break in the routine can leave one exhausted, even frustrated.

Now, exactly how do you stop your morning yearnings for the magic drink? You could cut down on the beverage a few weeks prior to Ramadan to let your body adjust smoothly, but with the weeks already gone, it is definitely too late to try that this year.

Luckily, there are still a few hacks, to navigate through, and still remain just as proactive as your regular coffee/tea-induced days.

## THINK POSITIVE

Instead of groaning at the idea of missing out on your favourite drink, why not think positively and consider this month a stepping stone. Sleep an hour early and make it a point to have a productive day. That way, you will keep your mind off caffeine. Or, start the day by admiring the beautiful daybreak. In fact, you could enjoy your cup of tea right after sehri for that extra boost. However, it is best to avoid coffee at that hour, as it can have dehydrating effects.

## MOVE IT

A sedentary city life can often be a reason for the extra need for a stimulant. So throughout the day, keep moving every now and then. Spend a few minutes per hour taking a walk through the office or stretching at home. This will increase

circulation so that you are more alert.

## CHANGE YOUR DRINK TIMING

There are always other times of the day (well, night to be exact!) when you can have your favourite drink. Avoid breaking your fast with coffee, since caffeine would lead to the release of gastric juices on an empty stomach. Instead, opt for that cup two hours after your iftar. This way, you would have allowed plenty of time for your body to adjust its blood glucose level with a balanced iftar.

You could also try a decaffeinated cup right before you sleep. This would still have the beneficial antioxidants you need to keep yourself going.

## CUT DOWN ON SUGAR

One of the major causes of body imbalance is sugar. While sugar does contain a lot of energy, it can often cause a sugar-induced high where one becomes more fidgety. Once the sugar rush is gone, it can increase your urge for caffeinated drinks. So, this Ramadan, it might be wise for you to not take that extra jilapi for your own greater good!

## TRY REFLEXOLOGY

Reflexology is a natural therapy, which can be quite an effective way to reduce cravings. If you stimulate the right reflexology points, it can indeed relax you. You could try reflexology at home too. All you need to do is follow YouTube videos, while books on the topic are widely available. While getting it right may take time, you could still be benefitted even without focusing on specific points. To target tea or coffee addictions specifically, you could stimulate the organ points on the foot or hands that are most fidgety.

By Adiba Mahbub Prama

# ENHANCE YOUR CURVES

## AT THE RIGHT PLACES



Voluptuous curves can give you a feminine look that doesn't come along with a too straight or plump figures. As a woman, one of our most natural physical gifts is having curves, and there are some amazing ways to enhance your curves you may not know about, or might like to know. I am talking about the French technology

ULTRACONTOUR. The non-invasive option for trimming your abs, love handles, hips and thighs and enhancing curves. Do you know that the fat cells are



limited in number. They swell up when we gain weight and shrinks when we lose. The goal of

ULTRACONTOUR is to reduce the number of fat cells without surgery or pain with better shape than Liposuction or other surgical option and makes it easy for you to maintain the curves with even



weight gain. You may have tried diet or exercise which may help you to burn calories and lose overall body weight but most women have fitness goals beyond just slimming down. Since a slimmer waist is key to having captivating curves, you may find ULTRACONTOUR worth doing.



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