

Food & fitness

Tempting moments...!

Dhara Salla visits two famous cake shops, Brownie point and Croissants located in Bandra to find out their specialities

Wrapped in chocolate sauce, with nuts sprinkled generously and a dash of vanilla ice-cream, Coffees and conversations go incomplete without this speciality we all love to call 'Cakes'. Yummy is the only word that comes to mind when we talk about cakes and chocolates. A cake is for every occasion be it birthday, marriage, anniversary, party or any celebration. Here's a quick look at a few tempting, delicious and irresistible options.

Belgium mousse at Brownie point tops the list. It has chocolate mousse as a base, coated with a thick layer of chocolate and garnished with chocolate chips. It is available at Rs.45.

The second on the list is Black Magic, a combo



Photo Courtesy: Friday team

of bitter chocolate, cream and sponge cake. It is sprinkled with chocolate chips and it is available at Rs. 50. The sizes of these pastries is considerably big. "I am sure if one tries any of these cakes the taste is unforgettable. We believe in the best quality, big size of pastries at the lowest possible price," says Kapil Khanna, Co-owner, Brownie Point.

Moving on to Croissants cake shop it is their Dutch Truffle pastry which is the highest on demand. This is one cake where bitter tastes sweet. It is made with bitter chocolate and a chocolate sponge cake as a base. This cake also has a thick layer of chocolate and choco chips topping. Dutch Truffle, is priced at



Rs. 50

Rich Dutch Truffle is also an interesting try. If you are a coffee lover, do not miss this. It has a rich taste of chocolate and coffee, mixed together, with walnuts and a cherry on top.

This rich pastry will make you shell out Rs 60 for a mouthful.

The last on the list is a little expensive. It is the Chocolate Vienna, priced at Rs 65. 'Money hai toh honey hai' goes perfectly with this cake as it is made with honey. It also has a slight bitter chocolate in it. The Vienna pastry has a fencing of chocolate sticks all over which tempts to no end. "We offer high quality, using proper fresh cream and pure dark chocolate" said the floor manager at Croissants, Bandra

dhara.salla@gmail.com



Photo Courtesy: google images

Fat Free...

Forget mind annoying diets and sprinting on the treadmill all day long to shed weight; "Liposuction" is a new way of load-shedding, finds Prathamesh Jadhav



Courtesy: Google Images

One are the days when one would run a mile a day to shed those extra pounds garnered around the waistline. Treadmill is in vogue but running on it and sweating it out is not an 'in thing' anymore. After all nobody has the time and enough patience to take care of unnoticed and ignored beefy bodies. Anything that can work instantly, like magic wand is what populace gets attracted to. Though there is a new wave of fitness everyone wants to ride, but there are unfortunate folk, who despite practicing stern and strict diet and in spite of maintaining a strict work-out regimen do not lose even a pound. "There are people who are genetically obese and have very low metabolic rate, so even if they fast, their bodies do not show the effect and they continue to weigh the same," says Dr. Omkar Churi of Sion hospital.

With the advent of cosmetology, liposuction has come to rescue those who work hard but don't shed an iota of weight. It helps especially the old who cannot maintain a gym-hitting regimen due to their weight or feeble bones. Liposuction is a technique which is used for instant removal of the unwanted fat and cellulite deposited around arms, tummy, buttocks, thighs, chest and the neckline. "A certain amount of fat deposits are removed from the body of a patient, depending on the body structure and the body mass. Cannula or a hollow tube which is disposable or sterilized is used with an aspirator to suction out the excessive lipid out of the body," informs Dr. Churi. The treatment last for 2-4 hours and the patient is treated under the influence of anaesthesia. Many who are treated with liposuction show rapid recovery

and can resume their daily routine within few days. "Though liposuction is the fastest and easiest method of getting rid of the cellulite, people often show signs of fatigue, nausea for some days after having undergone the treatment," cautions Dr. Churi. In other cases some minor complaints like scars, swelling, liquid imbalance is also observed. So patient needs to follow certain lifestyle. "After liposuction is carried out patients are advised to take rest for few days to few weeks and they are counselled for healthy diet and some daily exercises to keep the unwanted fat at bay," adds Dr. Churi. Liposuction after all is a treatment and not prevention. A healthy diet and daily exercise is better than opting for the suction device. Prevention is indeed better than cure.

pratham.r.jadhav@gmail.com