

SICKY SYNDROME!

Ainee Nizami takes a quick look at three of the strangest and rare syndromes present today



We have all at one point heard or read about incidents of rare diseases and disorders and are horrified and feel compassionate for anyone who has the misfortune to actually suffer from them. However some conditions seem particularly bizarre and which thankfully are pretty rare. The following represents just some of these strange afflictions:

Alice in Wonderland Syndrome

Alice in Wonderland syndrome or Micropsia causes individuals to have a malfunction in the way their brain processes visual information. There is nothing wrong with their eyes, and this perception persists even when the sufferer has their eyes closed. Object, humans, animals etc. are perceived by the sufferer as being much smaller than what they actually are. For example imagine looking at your pet dog and seeing it as

the size of a mouse, or looking at another human being who may be six feet tall but who looks much smaller than that. Some scholars believe that Lewis Carroll (who wrote Alice in Wonderland) may have suffered from this condition himself.

Walking Corpse Syndrome

Cotard's Syndrome or Walking Corpse syndrome leads to the sufferer into believing that they have lost a part of their body or even their soul. Some might go as far as to really believe that they are already dead and are indeed a walking corpse, even maintaining that they can smell their own rotting flesh and can feel the worms eating at them..

Alien Hand Syndrome

This unusual disorder is where one hand appears to take on a personality all of its own and acts in such a way that is com-

pletely out of control in relation to what the person wants to do. For example the alien hand may unbutton shirts or remove clothing whilst the other hand is trying to button up or get dressed. Sufferers will often attach a personality to their alien hand and will try to punish it for disobedience.

It's okay to be fascinated by strange or rare diseases. If you're curious about them, you'll end up learning a lot about how your body works. If you're too curious, however, you could make yourself a hypochondriac. So, go ahead, explore strange diseases, but keep a level head, don't let them get to you, lest you contract them!

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Face Off... **Funny faces are always not meant to make you smile. They serve a different purpose...Iona Chatterjee tells you to check out**



Make a pout, take it to your right...stretch and then try taking it to your left. Well, we are definitely not teaching you how to make funny faces but indulge in facial training exercises to tone up your smile or even better your face. Facial exercises sound a little unusual, in fact most of us don't even know about them. Every month we are ready to shell out a huge sum on beauty salons and get the desired look. This winter let's begin a regular facial training habit to look healthy and beautiful from within.

Asha Bachnani, aesthetic consultant has started this unique but impressive training program, she calls as Face Gym. At her residence in Khar, she has been training people in facial exercises according to their requirements. Asha dismisses the belief that facial training is required only after a certain age. "Facial exer-

cises can be performed at all ages and do not require any specific time to begin with. We all join gyms to keep our body fit, so why not start exercising our faces to avoid any future problems?" believes Asha. Cosmetic surgeries have definitely gained popularity as one of the simplest means to get rid of facial problems. However religiously practiced exercises on the other hand help you avoid the operation table.

We are all jealous of Shilpa Shetty. Her beautiful body and looks have made her popular in the film industry. Needless to say that even Shilpa has been practicing facial exercises. "I started Face Gym four years back and Shilpa was my first client!" says the former television actress Asha. Several youngsters come to her yearning for those sculpted cheeks; similarly middle aged women have complaints of sagging cheeks, frown lines and double chin. "A

very good exercise for crow's feet is that you need to place both your middle fingers at the corner of your eyes and stretch, closing your eyes tightly," advises Asha.

Though such exercises bring effective results, even if one discontinues after the program, it does not lead to reoccurrence of the problem. Based on a combination of yoga and Japanese shiatsu, the training facilitates healthy looking and facial rejuvenation.

So it's time we say a big NO to Botox and follow the safe way. The next time you decide to visit a parlour or a cosmetic surgeon, try thinking over about facial exercise as an alternative.

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