

Hydro-Care

With unimaginable number of beauty products available in the market to provide us with the perfect look, **Ainee Nizami** finds out that the best solution available is absolutely FREE!



Sleepless nights, too much partying or hogging on junk food, the effects always tend to show on your skin. With so many products available in the market promising us with the best solution possible, water is one alternative which is free, easily available and the best part, it actually works!

who practices in Santa Cruz.

Drinking water in adequate amounts is necessary to flush out toxins out of the body. If you do not drink the needed amount of water, these toxins can build up in the body and escape through skin pores. This contributes to acne. Therefore, by flushing the body internally with water, acne breakouts are less likely to occur. A regular intake of water is enough to hydrate, revitalize, detoxify and oxygenate your skin. Though there is no substitute for water, you can also include water rich fruits like water melons to your diet. While 8 glasses of water a day is a safe bet, your body might actually require less than that. The best thing to do here is to be reasonable. Be aware of what your body is telling you and respond to it.

Drinking up to 8 glasses of water daily helps you to moisturize your skin and to clean it up. Water is important to keep your skin smooth and delicate. Proper hydration will also help you to eliminate sunken eyes and circles under the eyes. "People often report a healthy glow after drinking water. It will not happen overnight, of course, but just a week of drinking a healthy amount of water can have good effects on your skin," explains dermatologist Anjali Mukherjee

Apart from acquiring great skin, water also helps you to lose those extra pounds. We often tend to confuse thirst signal with hunger pangs. So the next time you feel the urge to eat, try drinking a glass of water instead and see whether that helps in curbing you appetite.

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Cheeni Kum



Chef Kaviraj provides some low calorie sweets for calorie conscious people which can be prepared easily with ingredients usually available in your kitchen, notes **Kranti Khandekar**

Diwali is a festival not just for lights, lamps and firecrackers, but for mouth-watering sweets as well. But with the increasing health and fitness awareness, some people cannot give to the temptation of gorging on high calories' sweets and cuisines made specifically in this festival. So, for those calorie conscious people, we have collected low calorie and healthy recipes for sweets from Chef Kaviraj Khialani, a gold medalist in creative cookery.

Recipe- 1] Besan ki burfi

Ingredients: 2 cups gram flour (besan), 1 1/2 cup sugar or use 2-3 tsp of an artificial sweetener of your choice, 1/4 cup ghee or oil can also be used to reduce calories, 1 tsp each almonds, pistachios, cashew nuts (chopped).

Method:

- In a kadhai mix gram flour/besan and ghee over a low heat.
- Keep constantly stirring to avoid lumps.
- When it releases an appetizing smell, it is ready.
- Remove from the heat and allow it to cool.
- Add sugar and nuts to the gram flour and mix thoroughly.
- Now remove and put it on oiled thali and allow being cool.
- Cut into squares or triangles, garnish with nuts and serve warm.

USING ARTIFICIAL SWEETENERS:

There are 3 general reasons for using artificial sweeteners; one is weight loss, second dental hygiene, and last but not the least for diabetics. Like almost everything in life used in moderation, there seems to be few health effects.

The reduction in calories comes from the lower quantity needed to add the sweet taste. Wanting something sweet is a natural reaction we are born with. Remember that sugar is a natural product that our body is able to metabolize from birth.

From a health standpoint, it is advisable by Chef Kaviraj to use small amounts of sugar than manmade sweeteners. Even as many doctors agreed, wean yourself totally off of sweets. The more natural ingredients in our body, the easier it is for our body to properly metabolize them. But if you are sweet freak then you can use artificial sweetener of your choice.

Recipe- 2] Badaam ka Sheera

Ingredients: One cup of coarse wheat flour, 1-1/2 cup of blanched almonds, 1 teaspoon of cardamom powder, 1/4 teaspoon of crushed saffron strands, 1 table-spoon of warm milk, 8-10 blanched almonds finely chopped in to silvers, 1/4 cup of ghee or oil can be used to reduce calories, 3 cup of water, 1 cup of sugar or use 3-4 tsp of artificial sweetener of your choice.

Method:

- Firstly the crushed saffron and dissolved in the warm milk. Keep this saffron milk aside.
- Dry and powder the blanched almonds. Keep aside 10 almonds for garnishing.
- Melt ghee in a large and heavy pan and add some flour to it. Stir and fry this mixture for about 2-3 minutes. Then add some almond powder to the mixture and again stir and fry the mixture till it becomes golden and give a nice aroma. The mixture has to be continuously stirred. Add some water and again stir and cook it. Add some sugar to it.
- When the ghee exudes, add cardamom and saffron to the mixture.
- Then stir and place the dish prepared in to a serving dish and garnish with the chopped almonds.

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