



Sunandaji is the daughter-disciple of the internationally eminent philosopher Swami Parthasarathy, who wrote *The Vedanta Treatise*. She explains the difference between fleeting love and unconditional love...

In the West, everyone wants to fall madly in love but so many relationships are short-lived and there's lots of heartache. Divorce and separation affect one in three. There are so many breakups because many relationships are solely built on 'falling in love' without really getting to know the other person first. Those with a self-centred attitude towards love gravitate towards someone they think can satisfy all their needs. Once your partner stops catering to you, you begin to feel agitated. This is because your ego is damaged and instead of trying to be self-sufficient and develop an unselfish love, you look for someone else who caters to your long list of needs and so the pattern begins.

If you're after a long-term relationship, then you need to analyse whether you're really compatible with someone – you can't just rely on your emotions. You can't co-exist if you don't have a strong foundation of similar values in life. He might have the right smile and throw gifts at you but that's not a foundation for lasting love. You should also analyse yourself – what sort of personality are you? Work out how emotional, intellectual, material, sensual and spiritual you are. If you're really intellectual and spiritual while your potential husband is emotional and sensual, it won't work. You'll have a burning desire to find the intellectual truths of life while he is led by pleasurable desires. There's already a conflict. Real love is an emotion where you identify with the other person. Try to put yourself in the other person's shoes and let go of your own desires. Real, lasting love is unconditional. You might not want to hear it but true love doesn't expect anything in return.

For more information call 055 756 7727 or go to vedantaworld.org

WORDS BY SARAH BLADEN, IMAGES BY PHOTOS.COM AND SUPPLIED

Happy Foods

CELEBRITY CHEF AND HOLLYWOOD NUTRITIONIST **CHRISTINE AVANTI** EXPLAINS HOW SNACKING ON MOOD-BOOSTING FOOD CAN HELP DE-STRESS YOU...



TREAT OF THE WEEK

GLAMGLOW MINI FACIAL

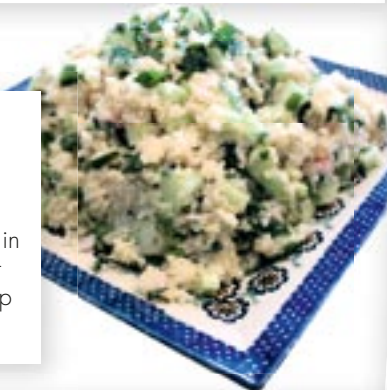
1 **WHAT:** Smoked salmon on rye crackers
WHY: Salmon is rich in vitamin D which helps increase serotonin levels; a brain chemical that enhances your mood.



2 **WHAT:** Oatmeal with blueberries, crushed walnuts and a splash of coconut milk
WHY: Oatmeal is rich in fibre and helps regulate blood sugar levels. If you wake up one morning feeling like a grumpy goat, fibre helps you feel less cranky.



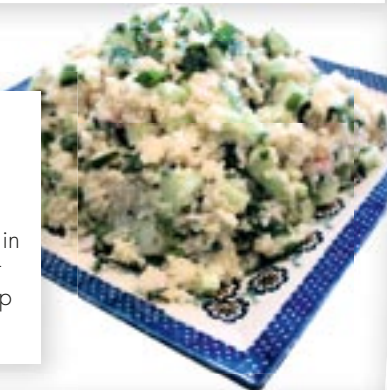
6 **WHAT:** Greek yoghurt with pumpkin seeds
WHY: Natural yoghurt is packed with calcium, which essentially tells your body to go ahead and release feel-good neurotransmitters. According to researchers disturbances in calcium levels can cause stress, anxiety, and lack of concentration. So you are destined for sadness if you don't consume enough calcium rich foods!



3 **WHAT:** Asparagus spears with beef bacon.
WHY: Asparagus is one of the best plant-based sources of tryptophane. Tryptophane is quite fabulous as it helps produce mood boosting neurotransmitters. Asparagus is also high in the 'happy camper' vitamin, foliate. Researchers have noted that over 50 per cent of people with depression suffer from low foliate levels.



7 **WHAT:** Quinoa salad with cucumber, mint and feta
WHY: Quinoa is a complex carbohydrate that helps increase serotonin levels. This grain is also high in fibre and protein, two key nutrients that help stabilise blood sugar levels to keep you feeling alert and happy throughout the day.



4 **WHAT:** Poached organic eggs
WHY: Organic eggs are high in omega-3 fatty acids which have been shown to reduce depression and boost your mood.



5 **WHAT:** Cherry tomato salad with sliced avocado
WHY: Tomatoes are an excellent source of an antioxidant called lycopene, that helps protect fatty tissues in the brain. Lycopene also helps reduce inflammation linked to depression. Lycopene is found in tomato skins, thus your best bet is to munch on cherry tomatoes.



8 **WHAT:** Raw oysters with lemon juice
WHY: Oysters are a special gift from the sea because they are loaded with zinc and chromium, two important minerals that produce a calming effect according to researchers. Chromium is also vital in regulating blood sugar levels, which is essential for controlling mood swings.



9 **WHAT:** Avocados with oil and vinegar
WHY: Avocados are packed with essential nutrients for the brain and they promote serotonin production.



10 **WHAT:** Strawberries with fresh mint
WHY: Strawberries are loaded with vitamin C, an important nutrient. Researchers found that those who suffer from depression have lower levels of vitamin C, so it's important to get your daily dose.



WHAT IS IT?

Designed for the Hollywood elite, GlamGlow Mini Facial is the latest beauty must-have treatment. Essentially the mud mask is packed full of minerals and super antioxidants, blended with ancient volcanic pumice rock and sea clay sourced from the south of France – this miracle facial will ensure an A-list glow.

WHAT ARE THE HIGHLIGHTS?

The product, which is suitable for all skin types, feels refreshing when it's applied, resulting in a tingling and tightening sensation. Even after the first use you can see the difference with softer toned-looking skin.

ANY DOWNSIDES?

Don't be put off by the look of the product with its earthy muddy appearance – the mask is full of natural ingredients.

HOW MUCH IS IT?

Dhs80. You can also purchase a jar of GlamGlow to take home for Dhs320.

WHERE CAN I TRY IT?

Tips & Toes. Call 04 399 0550 for your nearest branch.



Review by Glaiza Segua

For more info go to christineavanti.com