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Declares war on flab

Health check

Top tips to keep your spine in great shape

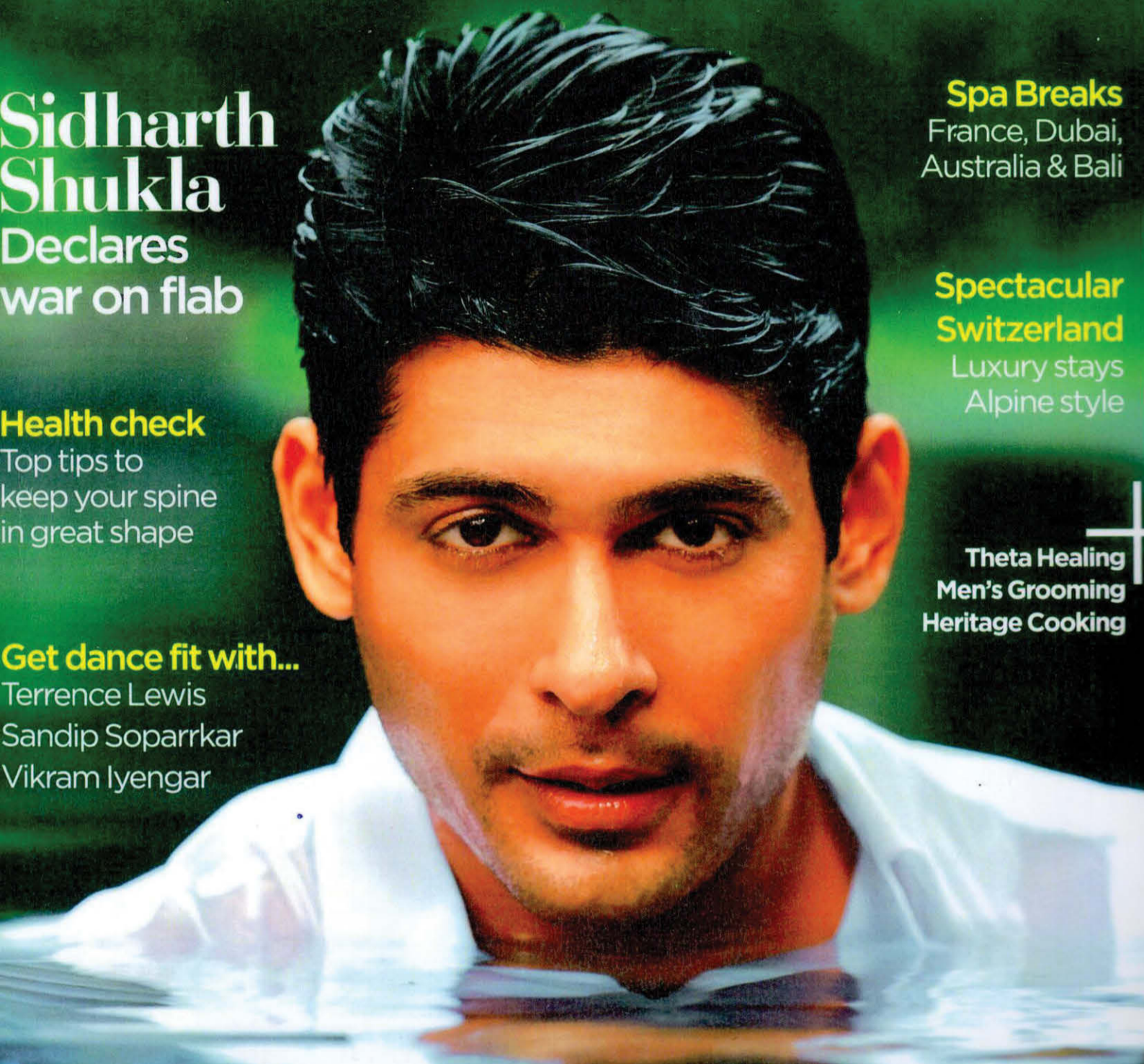
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NATURE'S TONIC

the wows of walnuts

Known to be the nuts eaten by the Gods themselves, walnuts are the oldest tree food known to mankind, dating back to 7000 B.C. Grab some of these healthful nuts and pause the process of ageing, once and for all

By Rama Ahuja

Originating in the land of Persia, the prized walnut was traded along the Silk Road route between Asia and the Middle East. Beautiful caravans carried it to the far off lands spreading its popularity across the world. The English merchant marines transported it to ports around the world and soon the nuts were christened as 'English Walnuts.' Although England never grew walnuts commercially, the name stayed on. Bestowed with hard shells, walnuts were well protected from light, heat, moisture, and water and could last for months before rotting, making them the perfect food for a long journey across many oceans.

Powerhouse of health

Naturally containing huge amounts of fatty acid nutrients, anti-oxidants and vitamins, walnuts are considered as a super food.

Dr Mohan Thomas, Cosmetic Surgeon, Cosmetic Surgery Institute & Breach Candy Hospital, explains, "Walnuts are endowed with high quantities of omega-3 fatty acids that lower the risk of heart problems. It also has anti-inflammatory properties that help battle against skin diseases such as psoriasis and eczema. The several essential amino acids in walnuts efficiently nourish the skin and improve its texture."

Interestingly, walnuts are one of the best things you can consume to have strong and lustrous hair. Dr Apratim Goel, Dermatologist & Laser Surgeon, Cutis, Mumbai, reveals, "Walnuts contain powerful antioxidants, one of which is vitamin E that protects the hair from side-effects of colouring and other chemical damages. It also acts as a natural antimicrobial and antibacterial agent, as opposed to harmful chemicals such as parabens."