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A NEW WORLD ARISES

Talk on the new Kartal district of Istanbul



FREE
DO NOT LITTER. DUBAI METRO (DH200 FINE)

PIKNIK

ELECTRONIK

The fourth and final episode of this season's electronic party ended with a blast.

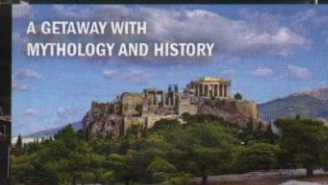


RESTAURANT OF THE WEEK

Our speggtacular verdict on the quaint restaurant at The Beach on JBR: Eggspectations



A GETAWAY WITH MYTHOLOGY AND HISTORY



STINGRAY

A sneak peek into Chevrolet's Corvette Stingray for 2016.



STAY FIT IN THE SUMMER HEAT

Just because it's summer doesn't mean that it's time to join a gym to avoid the heat outside. All you need to do are these steps to ensure that you keep yourself safe while doing your regular exercise routine this summer season.



Mind the time - It's no secret that you should avoid the hottest time during the day, which is essentially between 10a.m to 3.p.m. Early mornings are the best time to work out during summer, you can enjoy the early morning fresh cool air and who knows maybe even the sunrise.



Keep your cool - Black absorbs more heat, why? It's time for a little Science101, since light is an energy,

the more light an object absorbs, the more it can generate heat. In colours, black absorbs more heat as it does not reflect light at all. So take note that the lighter the colour, the more it will help reflect off heat. Wear loose cotton-made materials or the 'hi-tech' sportswear that are made from materials to keep you cool.

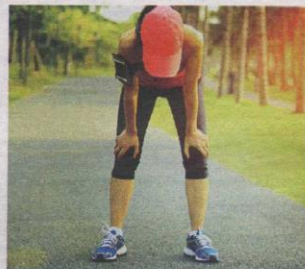


Apply and protect - Did you know that even on a cloudy day you can get sunburned? So never EVER forget to apply sunscreen before heading outside. Use one that has SPF45 and above to be sure.

Stay hydrated - Before you go out, drink a glass or two of water. Carry a bottle of water when you're out for your exercise routine. Take a sip -not big gulps- every 15 minutes,



even when you're not thirsty. When you're done with your workout, have a few more glasses of water.



Listen to your body - This is the most important one of all. Stop immediately if you're feeling dizzy, faint or nauseous. Never ignore these signs that your body is giving you.

AVOCADO CHICKPEA SALAD SANDWICHES



Recipe by Jen Nikolaus
www.yummyhealthyeasy.com

Ingredients

- 1 cup cooked chickpeas
- ½ avocado
- 1 Tbsp. non-fat plain Greek yogurt
- ½ tsp fresh lime juice
- 1 green onion, chopped
- 1 Tbsp. cilantro, chopped
- ¼ tsp. salt, or more for taste
- ¼ tsp. pepper
- 4 slices whole wheat bread

Instructions

1. In a bowl, smash together the chickpeas and avocado with the back of a fork until you get the texture that you desire.
2. Mix in the Greek yogurt, lime juice, green onion, cilantro, salt and pepper.
3. Spread onto two slices of bread and top each with another slice of bread. Serve and enjoy!

ALL ABOUT HYPERTENSION



Dr. Patrick Noel
Laparoscopic and
Bariatric Surgeon, The
American Surgeon

Hypertension is a major health challenge in the UAE. What is the best way to treat hypertension? You can take effective steps to lower your blood pressure with simple lifestyle changes like eating a healthy diet and being physically active. These will help you lose weight, which is important in controlling hypertension. Unfortunately there are people who do not respond to these lifestyle modifications; they keep the weight on and high-risk hypertension remains. At this point, bariatric surgery can be considered as the best and healthiest treatment option for weight loss and managing hypertension.

Please tell us more about bariatric surgery and how it helps treat hypertension.

Bariatric surgery is an effective treatment to combat severe obesity and achieve sustained weight loss, thus helping improve or resolve hypertension and other obesity-related conditions.

Two ways bariatric surgery can contribute to weight loss: First is by restriction - surgery is used to physically limit the amount of food the stomach can hold, thus limiting the number of calories that go into your body. Second is by malabsorption - surgery is used to shorten or bypass part of the small intestine, therefore reducing the amount of calories and nutrients the body absorbs.

Gastric sleeve and gastric bypass surgery are the most common weight loss operations. The surgeon decides which surgery is best for the patient based on several factors such as age, medical history, diet history, and previous surgeries.

Can anyone be a candidate for bariatric surgery? How effective is it as a cure for hypertension?

You need to meet a set of criteria to qualify for surgery, most important of which are: a BMI of 40 or higher; weighing at least 60 pounds more than your ideal weight; and, age is above 18 years, although there are exceptions in extreme cases. A hypertensive patient could qualify if BMI is at 35 and above.

I would like to emphasize that bariatric surgery is not a quick fix option. It is an effective tool for you to lose a substantial amount of weight, but you need to adhere to a rigorous and lifelong diet and exercise plan for sustained weight loss and maximum health benefits.