

LET'S GET HIGH!



Don't worry, we're not recommending anything that will land you in trouble! There are several ways to feel euphoric naturally. **Rhea Dhanbhoora** tells you how to get a healthy high

>> The next time you feel low, go for a bar of dark chocolate to release happy endorphins

The reason some of us crave certain substances is because of the feeling we're left with immediately after. They enhance or block some effects in your brain, shifting around your brain chemicals and enhancing emotions such as elation, or in some unfortunate cases, even paranoia and sadness. But, all these substances will have terrible effects on your health, so we suggest staying far, far away from them — even the ones that aren't illegal! You can still have enhanced feelings of elation, bursts of energy, happiness and a more relaxed disposition without using them. Take a look at some healthy, fun ways to get high.

RUN HIGHER

It's sometimes called a runner's high, but you could just take your exercise routine up a notch higher too. All forms of exercise help release endorphins, endocannabinoids, serotonin, dopamine and other chemicals that react the same way as opiate drugs — without all the health problems and addiction. The act will make you feel happier and more relaxed.

CRANK UP THE TUNES

You know that feeling when you hear a song on the radio that you haven't heard in years? All music may not get you high, but when something strikes a chord, either because of a memory associated with it or just because it's your favourite song of the week, your dopamine levels shoot up, causing you to experience a happy high. So, next time you need a boost, play your favourite

song and notice how drastically your mood improves.

HOP IN THE SACK

The naturally produced chemicals, endorphins, are most active after an orgasm. So, if exercise isn't exactly your idea of enjoying your night... you know how to get your high for the day!

INDULGE

Eat chocolate, especially the dark kind, but don't overdo it. We're sure it doesn't come as a shock to you, but chocolate also triggers endorphins, releasing them in higher proportions and triggering a wave of happy feelings. So, the next time you need a little pick-me-up, skip the bar and head over to the fridge instead.

GET RID OF YOUR DIET

You know that feeling when you're on a diet and you're always grumpy and annoyed? It's because your body is starved of the carbohydrates that are essential to bring tryptophan into your brain. Why is this important? Well, this amino acid is responsible for making up serotonin, which as you might be aware, helps you feel happy.

BE GENEROUS

It's the season for giving, but that's not the only reason you should be doing it, or the only season in which you should be doing it! Charity work makes you feel good about

yourself. It also helps you feel happy because you're not associating spending the money or time with anything that's a 'waste' — making you feel less guilty and more fulfilled. So, give a little of your time and money to someone who needs it, so you can get a natural high. Showing gratitude can also lift your spirits, so be a kinder, soft-hearted person and you'll actually be happier.

GET A MASSAGE

There has never been a tip we've been tempted to follow as regularly as this one. Since massages boost the secretion of endorphins in your system, we're happy to suggest you get one as often as you like.

A LITTLE TOUCHING

We don't mean this in a shady way, don't worry. All you need is a hug, a little arm squeeze or even a cuddle from your pet and you'll feel much better. Why? Well, human (or animal) touch enables oxytocin to flow easier. This is a chemical that makes you feel loved and cared for and lowers cortisol (the stress hormone).

PLAY A GAME

Surprisingly, computer games have also been found to give the same high as other substances. They're as addictive though, so be careful not to go overboard when playing them. The risk and reward factor in challenging games gives your dopamine levels a super boost, making you feel as happy and high — in a safer way.

« KNOW MORE: EYE SCREENING CAMP FOR CHILDREN

Last week, the Bhojraj Chanrai Sankara Eye Care Hospital conducted a free eye screening camp for children. **Dev Goswami** finds out more about the camp and brings forth a few statistics

Bhojraj Chanrai Sankara Eye Care Hospital, which was founded in 1977, conducted a four-day free eye screening camp last week for more than 1,000 school-going children. The camp, which was conducted at JP School in Malad (W), not only ensured healthy eyes for children but also attempted to find out the status of eye health in the younger generation. All the 1,324 children who participated in the camp, were between the ages of 6 to 16 years.

THE STATISTICS

As we mentioned earlier, apart from providing children with free eye checkups, the camp also attempted to gauge the state of eye health in children. Statistics from the camp revealed that 152 students were diagnosed with refractive errors, eight students suffered from squint evaluation while 11 students had other eye related concerns such as headaches and allergies. Overall, 13% of the 1,324 children who participated in the camp were recommended for a thorough evaluation at the hospital. These kids were given free consultation and advice on precautions related to eye care.

EXPERT SPEAK

Speaking about the camp and what the statistics revealed, Dr. Riddhi Shah, a specialist in pediatric ophthalmology from Sankara Hospital, says, "The common disorders in children are refractive errors, amblyopia, squint, vitamin A deficiency, ocular injuries, allergic conjunctivitis and less congenital cataract, glaucoma, cornea."

Telling us about what children should be doing to ensure that their eyesight stays healthy, she added, "Children should be encouraged to supplement their diet with all green vegetables and yellow and red fruits as they are a rich source of vitamin A. Such foods include spinach, carrots, eggs, milk and milk products and fresh fruits such as papaya and mango."

The best part about this screening camp was that it gives children exactly what they need — a chance at early diagnosis of eye conditions. Eye problems can take an ugly turn later in life. If ignored for long, they can even lead to blindness. Statistics from Sankara Hospital show that vision problems affect one in every four school going children, something that adequate screening can help manage.