

HEALTH



HEARTBURN: A BURNING WORRY

Affecting one in three adults, heartburn is common. Thankfully, most of the time that horrid burning sensation under the breastbone - sometimes accompanied by a nasty taste, stinging in the throat or chest - caused by acid rising into the oesophagus, is very temporary.

Knowing what's safe to eat can become a worry, and this - along with the symptoms - can affect people's social lives and stop them from participating in hobbies and sports. Though heartburn isn't serious, there are exceptions, and if in doubt, get things checked - sooner rather than later.

Top tips for extinguishing heartburn

- 1. Keep a food diary:** Triggers vary from person to person, but common ones include citrus drinks, fatty foods and chocolate. Monitor symptoms and try to spot patterns. Jotting down everything you eat and drink can be an extremely useful tool.
- 2. Prop yourself to sleep:** Heartburn is often much worse at night, because when we're lying down it's easier for acid to travel into the oesophagus. Let gravity give you a helping hand and avoid sleeping in a completely flat position. Stacking up some pillows or buying a wedge pillow may help.
- 3. Don't go to bed on a full stomach:** Don't eat your dinner too close to bedtime. If symptoms are troublesome at night-time, you may find it helpful to have your bigger meal at lunchtime and a lighter evening meal.
- 4. Avoid stress:** Prioritising rest, relaxation and exercise, getting enough sleep and addressing circumstances that may be causing distress can help you keep feel tip-top and reduce the impact of symptoms.
- 5. Sit up straight:** Avoid eating in front of the TV over a coffee table as it's easier for acid to rise over the oesophagus when you are hunched over.

FASHION:

Superheroes come to live on tees

Superheroes Iron Man, Captain America, Thor and The Hulk come to life on tees in Giordano's Age of Sport Chic line which has hit stores ahead of the movie *Avengers: Age of Ultron* which releases in UAE theatres this month. World Without Strangers members will get a free movie ticket on a minimum purchase.



WATCH:
Racing look

Check out this premium chronograph from BMW's sports collection. The coated leather strap in team blue with M red underside and team blue face and red hands give it a stunning look. The watch comes in a matt stainless steel case and has three chrono and steel displays. And yes, it can withstand pressure in water depths of up to 100 metres.



JEWELLERY:
Funky collection

Pure Gold Jewellers has come up with a trendy collection for the youth. The Fareeha Gold collection features funky earrings, necklaces and bracelets in 18k gold. Handmade in Italy, the collection is available in heart-shaped and butterfly inspired designs. **Price: Dh3,999 onwards**



COSMETICS:
Black rage

European brand Paese Cosmetics' Blacker than Black mascara promises to give you the thick voluminous lashes you have always dreamt of. The best thing about it is that it doesn't smudge or dry out, making it perfect for evening wear. **Price: Dh99**



FRAGRANCE:
Musk magic

Following the success of the W-Series, Ajmal Perfumes has launched its second signature collection called M-Series. Made from the finest musk, the range consists of three fragrances - floral Amber Musc, ethereal Violet Musc and leathery Cuir Musc. **Price: Dh350 (100ml)**

GADGET:
All that bling

Transform the smartphone experience to one of opulence and status with the gold-plated Samsung Galaxy S6 and Samsung Galaxy S6 Edge from select axiom stores. **Price: Samsung Galaxy S6: Dh5,499, S6 Edge: Dh5,999**



ACCESSORY:
Butterfly effect

Butterfly wings are hand-picked and adopted by British luxury brand Tateossian to revive their beauty. The limited edition cufflinks made from different butterfly species carry a precious style for spring. Available at Bloomingdales and Saks Fifth Avenue. **Price: Dh552**