

SUNDAY

Your Companion for a Funday

Is the Universe calling to you? Know what these signs mean

No matter who you are and what you do and not do, the Universe is always active and looking out for you. It does not matter if you are spiritual or not, or if you are religious or not, there are always signs that the Universe is looking out for you. And these signs come in many ways. It could be through repeating dreams, or through certain sounds and conversations.

Here we list 6 ways in which the Universe tries to communicate with people:

You see angel numbers

Angel numbers are sequences of numbers that you might repeatedly see. It could be through phones, laptops, the clock, or just painted somewhere out of the blue. Numbers such as 1111, 222, or 888 are believed to carry specific messages from the universe.

So, if you see numbers like these repeatedly then the Universe might be sending positive messages towards you. For example, 1111 is a number linked to a sign that you are on the right path and encourages you to focus on your intentions and desires. And then the number 222 is said to be a sign of balance and harmony. It often appears when you need to trust that everything is going as it should.

Meeting or seeing your spirit animals

Dreams are one of the most powerful and common ways in which the Universe gives people signs. And so, if you see or meet an animal in your dream, and it has been happening consistently, then this might be a particular sign from the Universe. For example, it is said that you see Owls in your dreams and in real life, this is a sign that you need more wisdom for a certain task or act. Then, if you see a wolf in your dreams, it could be a sign of loyalty of someone towards you. And the most common one is seeing a butterfly repeatedly. Butterflies are signs of change, and the Universe might be nudging you to make a shift.

You hear familiar and relevant conversation

Often, while you are walking on the road or sitting in the metro, you might hear something that sounds very relevant to the conversation you were having in your head.

For example, suppose you are having trouble deciding if you should move abroad and your train of thought is interrupted by someone talking about an excellent study



abroad agency, this might be a sign that you should make the shift.

A song that sounds like you

Another way the Universe might be communicating with you is through music. Songs, tunes, music, etc are related to emotions and thoughts and thus become a source of communication. So, if at times you hear a song that describes what you are feeling or gives an answer to your moral dilemma, this might have come from the Universe.

For example, lets say you are confused if you should move out of your home or stay and travel long hours to work, and then suddenly in the background you hear a song about starting afresh and moving away, this might be a sign that it's time to move out.

You 'feel' supported

Life is complicated and hard and at times it is difficult to find support. There are just some things that cant be shared with parents and friends, and you are then stuck because you don't know what to do! And then, in times like these, if you feel a certain 'support' or 'inspiration' from the inside, almost as if your intuition and inner power is telling you to keep going, this might be the Universe talking to you and supporting you. There are moments when you suddenly feel a surge of inspiration or an overwhelming sense of support.

A hint of approval

There are some specific sounds that are linked to certain emotions. For example, the ringing of the temple bell is like the Universe says yes and the loud fire alarm or car horn is like a symbol of danger.

So, if at certain moments, you hear sounds like these, know that they are not coincidences.

For example, you think that although it has been a long day, you should tread through and complete a few more calls before hitting the bed. And then suddenly you hear the loud horn of a car going off. This might be an indication that you should keep that at hold and hit the bed as soon as possible.

These signs are like confirmations or nudges and can help you make decisions during times of dilemmas.

Returning to work post maternity leave? Ways to juggle between motherhood and work life like a pro

Before bouncing back to your job following maternity leave, it's typical to have some apprehension. After all, balancing parenthood and work can be difficult. With some planning and preparation, you can make the transition back to the job much simpler. Here are some suggestions to help you.

Don't rush: Before you come back from your maternity leave, the first thing you should be aware of is that you'll probably be worn out. You may have grown accustomed to rising early to care for your infant, but now you'll also need to get to work on time. Give yourself time to acclimatize and gradually get back into a regular sleep schedule.

Smooth transition to work: Discuss your intended return date with your employer in advance to see what accommodations might be made for a simpler return to work. Can you start with a part-time schedule and gradually expand your hours, for instance? Think about scheduling a few of your workdays from home each week to allow you to balance working and spending time with your child.

Ask help if you're an emotional mess: Returning to work after having a baby might be terrifying. Resuming work can be challenging due to hormonal fluctuations, sleep deprivation, and feeling out of control. Recognizing your emotions and obtaining the assistance you require to deal with them is a crucial component of making the move back to work. It can be scary to leave your infant with a stranger.

Once you return to work, scheduling routine check-ins with your nanny can help reduce anxiety during the day. Deep breathing might assist calm negative thoughts and emotions while you're on the phone. Ask for assistance and advice from other mothers who have gone back to work after maternity leave.

Resume and reset at work: Be ready for some adjustments at work. Being adaptable and flexible is crucial because things might have evolved while you were away. The new realities of your life and how they affect your career need to be discussed with your manager in an open and sincere manner.

So that others don't assume, come prepared with a clear concept of your timetable and plans. Although starting out in full force could be more difficult, there is an advantage in not "setting the bar differently" after you have a baby.

Organize your house: To balance your responsibilities as a parent and a worker more effectively, one needs to arrange everything at the home. This could entail planning meals ahead of time, hiring a babysitter, calling a buddy or your family to assist you clean. Hire a service to clean things down if you can. Roles and responsibilities can be considerably more difficult now that you're back at work.



5 effective remedies to reduce uric acid levels

Uric acid is a natural waste product formed by the breakdown of foods containing purines. While it's essential for the body to regulate this acid, excessive buildup can lead to health issues like gout and kidney stones. Maintaining optimal uric acid levels is crucial for overall well-being. Here are 5 effective home remedies to help you reduce uric acid levels naturally.

What is uric acid and its role in the human body?

Uric acid is a byproduct of the digestion of purine-rich foods. Purines are naturally occurring substances found in certain foods and are also formed and broken down within the body. Normally, the body filters out uric acid through the kidneys, excreting it in urine. However, when there's an excess of purine intake or if the body is unable to eliminate uric acid efficiently, it can accumulate in the blood, leading to various health problems. The normal range of uric acid is 3.4 to 7 milligrams per decilitre (mg/dL) for men and 2.4 to 6 mg/dL for women as per National Library of Medicine, although it can range between 3.5 to 7.2 mg/dL.

Here are some remedies that will you maintain the levels of uric acid:

Consume low-purine foods

Foods high in purines can exacerbate uric acid levels. Going for a low-purine diet can significantly help in reducing uric acid levels in the body. Here are some low-purine foods to include in your diet:

- Fruits: Most fruits are low in purines and can be consumed freely.
- Vegetables: Include plenty of vegetables such as bell peppers, cucumbers, carrots, and leafy greens in your diet.
- Low-fat dairy: Go for low-fat dairy products like milk, curd and cheese.

Avoid sugary drinks

Sugary drinks, including soda and fruit juices, can contribute to increased uric acid levels in the body. High-fructose corn syrup, a common sweetener in many sugary beverages, has been linked to elevated uric acid levels. Instead, hydrate yourself with water, herbal teas, and fresh fruit juices to help lower uric acid levels.

Maintain a healthy weight

Excess weight can lead to higher uric acid levels in the body. Fat cells produce more uric acid compared to muscle cells. Being overweight makes it harder for the kidneys to filter out



uric acid efficiently. Losing weight can significantly reduce uric acid levels. Consult a nutritionist to create a healthy weight loss plan tailored to your body's needs. They can help you set realistic weight loss goals and provide dietary recommendations to lower uric acid levels.

Increase dietary fiber intake

Consuming a diet high in dietary fiber is beneficial for individuals with high uric acid levels. Fiber helps absorb and eliminate excess uric acid from the bloodstream. Here's how you can increase your dietary fiber intake:

- Eat plenty of fruits and vegetables: Include a variety of fruits and vegetables in your daily meals.
- Choose whole grains: Go for whole grains such as brown rice, whole wheat bread, and barley.
- Legumes: Add legumes like lentils, beans, and chickpeas into your diet.
- Nuts and seeds: Snack on nuts and seeds like almonds, chia seeds, and flaxseeds for an extra fiber boost.

Balance insulin levels

High insulin levels in the body can lead to increased uric acid

production. It's essential to have your insulin levels checked by a doctor. If your insulin levels are high, your doctor can recommend lifestyle changes and medications to help balance them. Maintaining healthy insulin levels can aid in reducing uric acid levels and preventing related health complications.

What happens when our body has increased uric acid?

When the level of uric acid in the body becomes elevated, a condition called hyperuricemia occurs, leading to various health problems. High uric acid levels can cause the formation of urate crystals in the joints, resulting in the painful condition known as gout. Hyperuricemia is associated with an increased risk of kidney stones, kidney disease, hypertension, cardiovascular disease, metabolic syndrome, and certain inflammatory conditions like psoriasis.

What are the symptoms of increased Uric acid in body?

Increased uric acid levels in the body can lead to symptoms such as sudden and severe joint pain, typically in the big toe, as well as swelling, redness, and warmth in the affected joint. Other symptoms may include joint stiffness, limited range of motion, and discomfort. In some cases, uric acid buildup can

also cause kidney stones, which may result in pain in the back or abdomen, along with painful urination and blood in the urine.

How to maintain uric acid level in body?

To maintain healthy uric acid levels in the body, you can follow these tips:

1. Stay hydrated by drinking plenty of water throughout the day.
2. Limit alcohol consumption, especially beer and liquor.
3. Avoid high-purine foods such as organ meats, shellfish, and certain types of fish like sardines and anchovies.
4. Eat a balanced diet rich in fruits, vegetables, whole grains, and low-fat dairy products.
5. Maintain a healthy weight and exercise regularly to help control uric acid levels.
6. Limit sugary foods and beverages, as they may contribute to higher uric acid levels.
7. Talk to your doctor about medications that can help lower uric acid levels if necessary.

How does uric acid help our body?

Uric acid, a waste product formed during the breakdown of purines, serves several important functions in the body. It acts as a potent antioxidant, protecting cells from oxidative damage and reducing inflammation. Uric acid may have neuroprotective effects, aiding in the prevention of neurodegenerative diseases. It also plays a role in wound healing and has antimicrobial properties, helping the body fight off infections. While uric acid is beneficial in these ways, maintaining healthy levels is essential to prevent health problems such as gout and kidney stones, which can arise from excessive uric acid buildup.

Who are at risk of increase in uric acid?

People at risk of increased uric acid levels include those with a diet high in purine-rich foods such as red meat, organ meats, shellfish, and certain types of fish. Being overweight or obese, having a family history of gout or high uric acid levels, and certain medical conditions such as kidney disease, high blood pressure, diabetes, and hypothyroidism can increase the risk. Medications like diuretics, aspirin, and drugs used to treat high blood pressure and cholesterol, as well as excessive alcohol consumption and dehydration, can also contribute to higher uric acid levels. Managing these risk factors through dietary and lifestyle changes can help prevent high uric acid levels and related health problems like gout and kidney stones.

