



HEALTH TIPS

Cuddling, especially for an extended time lifts serotonin levels in the body, thus elevating your mood



Eating up to an ounce (28 gm) of nuts and dark chocolate a day can help sharpen your brain without making you pile on kilos

DEEPAK TURBHEKAR

ASK THE SEXPERT

DR MAHINDER WATSA



1 I have been disturbed ever since I caught my father masturbating in the bathroom. I understand it is normal and I do it too. But I can't get the image out of my head, and as a result I'm unable to pleasure myself. Will I ever get back to normal?

Every person has the right to privacy. What were you doing snooping on him? It is entirely up to you to realise that your life is separate from his and both have the right to their own space. In time, sense will prevail.

2 I am 37 years old, and my wife is 32. We enjoy sex twice a week, but I'm not satisfied with the frequency. I'm also addicted to pornography. Is my behaviour normal or is it wrong to watch more sex?

No addiction is normal. Perhaps if you paid more attention to your wife than to pornography, you'd be on the same page.

3 I am a 28-year-old man. I suffer from diabetes and have been celibate (by choice) for the past one year. Recently, I got engaged to a 25-year-old woman. Will my health problem and abstinence affect my future sex life?

Not your celibacy, but diabetes, specially uncontrolled, is a contributor to erectile dysfunction. If a problem arises, visit a sexologist. In fact, take pre-marital advice.

4 In your column, you always reiterate that it is the art of love-making that matters, and not the shapes and sizes of different body parts, be it the woman's breasts or the man's penis. So honestly, does the penis size not contribute at all to satisfying a woman? What is the ideal size of penis to derive maximum pleasure?

The average length, which is four to six inches; a diameter of one inch can satisfy. You certainly don't need the giant proportions people imagine.

SEND IN YOUR QUERIES TO: Ask the Sexpert, Pune Mirror, Times House, 577, F.C. Road, Pune 411004 or e-mail us at mahinder.watsa@gmail.com. You can contact Dr Watsa for an appointment on mcwatsa@hotmail.com



I feel like a college girl

An accounts professor gambled with stem cell therapy to battle diabetes. But experts say it's too soon to sing hallelujah

Jyoti.Shelar
@timesgroup.com
Tweets @jyotishelar

Miserable' is the word Poonam Jaggi uses to describe how she felt a year ago. After the 50-year-old accounts professor at Grant Road's Akbar Peerbhoy College was diagnosed with Type 1 diabetes in 2007, she began experiencing the usual symptoms associated with the metabolic disorder in which the pancreas fail to produce insulin, a crucial hormone that removes excess glucose from the blood.

Over time, she was battling hairfall and failing vision, the latter, a result of glucose absorption in the lens of the eye leading to shape change and vision deterioration. Eventually, she suffered from peripheral neuropathy, a nerve disease common among diabetics that makes it tough for them to walk or stand for longer than five minutes.

Diabetes made sure the Thane resident gave up three of her favourite indulgences — teach-

ing, driving and writing.

"I was unable to do anything at all," remembers Jaggi, whose sugar levels fluctuated between 350 and 450. It's not as if she hadn't made efforts to alter her lifestyle. She had scaled down her weight from 89 kg to 78 kg and took regular insulin jabs of 30 units in addition to three tablets a day to facilitate insulin production.

STEM THE PROBLEM

Her 23-year-old son, while spending hours researching treatments online, stumbled on stem cell therapy — a controversial and under-researched form of regenerative medicine that claims to offer miraculous results.

To put it simply, stem cells are the body's raw materials — cells from which all other cells with specialised functions are generated. They are found in various tissues of the human body — brain, bone marrow, blood vessels, skeletal muscles, skin and liver — and even embryos that are three to five days old. These cells can be 'activated' into becoming spe-

cific cells that can then be used to regenerate and repair diseased or damaged tissue in humans.

Within weeks of her first session in October 2012 at Navi Mumbai-based Dr Mahajan Trauma Centre, Jaggi began noticing a change.

She spotted fresh hair growth, her vision improved gradually, and she discontinued wearing the spectacles she had been given by the optometrist in 2006.

The second session, in February 2013, she claims, made her skin — left dry and pale by diabetes — softer and smoother. The fact that the pain in her limbs has reduced means she can drive around the city like before.

But Jaggi's biggest relief is that she is almost off medication. The insulin jabs have been discontinued, and the medicine dosage is down to half because her sugar levels are within the normal 80-110 limit during fasting, and 140 post lunch.

TAKING A CHANCE

Jaggi, who admits, "I was so desperate to get well, I didn't bother checking on results with other

Within weeks of her first stem cell session, 50-year-old professor Poonam Jaggi claims she noticed a drop in sugar levels and improvement in her eyesight

K C SINGH



Panvel-based private detective Vishnu Gawli says stem cell therapy got him walking again after a paralytic attack in October 2012

For the few who show improvement, there are lakhs who don't.. and there's no clarity on chances of a relapse

DR GEETA JOTWANI, ICMR

The response depends on the state and immunity of the patient. But my diabetes patients are either off insulin or on reduced dosage

DR PRAVIN MAHAJAN, STEM CELL RESEARCHER

