

SPECIAL FEATURE

Let the festivities begin

As we close in on the final issue of March, Star Lifestyle is delighted to initiate its Pohela Boishakh extravaganza for 2015. A little earlier than usual? Perhaps. But what better festival to celebrate for 3 weeks across 3 issues than the one that unites us across class, creed and religion?

On our centre page this week, we take a look at the changing traditions surrounding Pohela Boishakh, from the new lease of celebrations of the youth to the time-tested legacies followed by their elders. We retrace a typical new year's day in one household, examining the shifting preferences of modernity as it reshapes and

redefines our heritage.

On pages 6 and 7 we celebrate the heritage weaves that have made Bengal the mecca of materials for centuries. From a fresh lens, we bring to you our take on how to revise the use of fabrics such as jute, muslin, katan and cotton, rebranding our deshi looms to cater to current trends.

And finally, for the food enthusiast in you and in every Bengali, we zero in on our love for all things fish! From mechho Bangali by choice to mechho Bangali by circumstance, there's something for everyone in our ode to fish on pages 12 and 13.

PHOTO: **SHAHREAR KABIR HEEMEL**
 MODEL: **RIBA**
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Living in Dhaka, one of the most polluted city of the world, we expose ourselves to thousands of toxins through food, water, air and substandard life style. It contributes to the functional decline of life. Moreover, lack of sleep, disturbed circadian rhythm, depression, under-nutrition, over-nutrition, less physical activities are giving ourselves nothing but excessive oxidative stress that produces more free radicals & ROS (Reactive oxygen species) significantly damaging the cell structures like DNA, RNA and amino acids.

SHOULDN'T
 WE SEEK FOR A
SOLUTION?

Advanced Solution for **DETOX**
EBOO THERAPY



EBOO Therapy or Extracorporeal Blood Oxygenation and Ozonation is a unique hemofiltration-like procedure using medical grade ozone at a controlled level. It has a highly reactive form of pure oxygen which

creates a curative response in the body. The body has the potential to renew and regenerate itself. When it becomes sick it is because this potential has been blocked. The reactive properties of ozone stimulate the body to remove many of these impediments thus allowing the body to do what it does best – heal itself.

EBOO has been found useful in various diseases as it-

- activates the immune system in infectious diseases.
- improves the cellular utilization of oxygen that reduces ischemia in cardiovascular diseases, and in many of the infirmities of aging e.g chronic fatigue, insomnia, less sex drive, poor concentration etc
- causes the release of growth factors that stimulate damaged joints and degenerative discs to regenerate.
- can dramatically reduce or even eliminate many cases of chronic pain through its action on pain receptors.

EBOO therapy has been and continues to be used in European clinics and hospitals for over fifty years and was introduced into the US in the early 80's and has been increasingly used in recent decades. In Bangladesh, we are successfully doing EBOO for the last 2 years in Laser Medical Center.



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