

LS PICK

# SLURP! SLURP!



**T**HE spell of Boishakh is up on us; Kalboishakh's raging havoc, only to signal for the coming of a blazing summer. But do not let the bright, yellow sun dampen your enthusiasm. Just keep a few things in mind and you are all set to hop soirees, attend events and have elaborate dinners on Pohela Boishakh.

One thing that needs to be addressed, do not forget to keep yourself hydrated during the day. Drink plenty of fluids so that the water lost from your body during the course of the day does not leave you dehydrated.

You may feel inclined to take that bottle of soda, but it will only satiate your thirst. Although one may argue that the dehydrating effect of sodas is a popular myth, other state

facts that sweetened, carbonated drinks are not the best summer drink, to say the least.

Opt for unsweetened fruit juices. Summer in Bangladesh produces a wide range of fruits that makes excellent source for hydration and also replenishing the lost electrolytes from the body. Watermelons can do wonders, so can a glass of sherbet made from wood-apple. The humble coconut water can do marvel to your tired body on a summer day. Coconut water is a natural isotonic drink that provides many of the same benefits as formulated sports drinks, including the electrolytes calcium, magnesium, phosphorus, sodium and potassium, but in their natural form.

And then there is the ubiquitous lemon-

ade. But do not indulge on a sugar rush because the body needs time and energy to process the sugar, which may further contribute to the water lost. Keep the sugar to the bare minimum and carry this refreshing drink with you.

A fruit slush is another good alternative. The chilled juice can work wonders and provide a remedy for fatigue. If you are planning to host a luncheon or dinner, keep a note to prepare a punch. It will add to the menu and also provide a cool respite from the summer heat.

Enjoy Pohela Boishakh in all its summery glory and of course keep yourself hydrated.

– LS Desk

Photo: LS Archive/Sazzad Ibne Sayed

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কেউ অরেঞ্জ কেউবা ম্যাংগো

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