

"Oh my God, I ate way too much this Eid."

"You think you ate too much? I can still taste the chicken biryani in my belches!"

Every post-Eid conversation moves along these lines in which food, overeating, nausea and gastric are all discussed. Probably with more unwanted information than expected, the three days of Eid, as much as it is a festive occasion, are described with the guilt of gluttony and the aftermath. But you can actually cut the conversation short. Not by interrupting rudely, or changing a topic- but by giving solutions to the problem. And one very helpful solution, believe it or not, is sour yogurt.

SAY YES TO YOGURT

NOW FOR EVERYONE'S FAVOURITE ACT OF THE YOGURT- WEIGHT LOSS! TRY CONSUMING 18 OUNCES A DAY, AND YOU CAN BE SURE TO LOSE A WHOLE PANT-SIZE. YOGURT CAN ACTUALLY HELP ONE LOSE WEIGHT FASTER THAN SKIPPING ENTIRE MEALS!

Firstly, let's not forget that yogurt is a dairy product, and hence, comes from milk. So yogurt-eaters get a dose of animal protein (about 9 grams per 6-ounce serving), plus several other nutrients that are available in dairy foods- like calcium, vitamin B-2, vitamin B-12, potassium, and magnesium.

Yogurt can very easily help cure your tummy-troubles. When "live and active cultures" is written on the container, it means that your yogurt has probiotics (good bacteria) that live in your digestive tract and discard harmful micro-organisms that can cause intestinal infections. Many yogurts now also contain special strains of probiotics that are meant to help control your digestion or build up your immune system. The research on this topic is still on-going and yet to be conclusive. If you suffer from a particular health problem, like bloating or diarrhea, both of which

are so very prevalent after Eid, it's worth trying one of these products.

Now for everyone's favourite act of the yogurt- weight loss! Try consuming 18 ounces a day, and you can be sure to lose a whole pant-size. Yogurt can actually help one lose weight faster than skipping entire meals! It can also help you maintain your weight loss. Fat around your waist produces the hormone cortisol, which tells your body to gather more belly fat. When you eat yogurt, the calcium signals your

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PHOTO: KAZI TAHSIN AGAZ APURBO

fat cells to pump out less cortisol, making it easier for you to lose weight, while the amino acids help burn fat.

Along with all this, we must also remember that the special proteins in dairy, that is all available in yogurt, can help regulate blood pressure, and high levels of calcium, magnesium, and potassium contribute to the blood pressure-lowering effect.

No one is advising you to gulp down cans of yogurt every minute. But one meal in a day with yogurt involved, maybe a salad, with some deshi cereal (cheera), or even on its own straight from the can, can help cool down your stomach almost instantly. And making it a habit is one of the best things you can do for your own well-being.

The inclusion of yogurt in your diet will now actually help you and your loved ones enjoy Eid a little better. At least knowing that you have something to help you from feeling nauseated and overstuffed can put your mind at ease. So instead of having hour-long bloated discussions about it, mix some yogurt into the conversation!

Information source: fitnessmagazine.com



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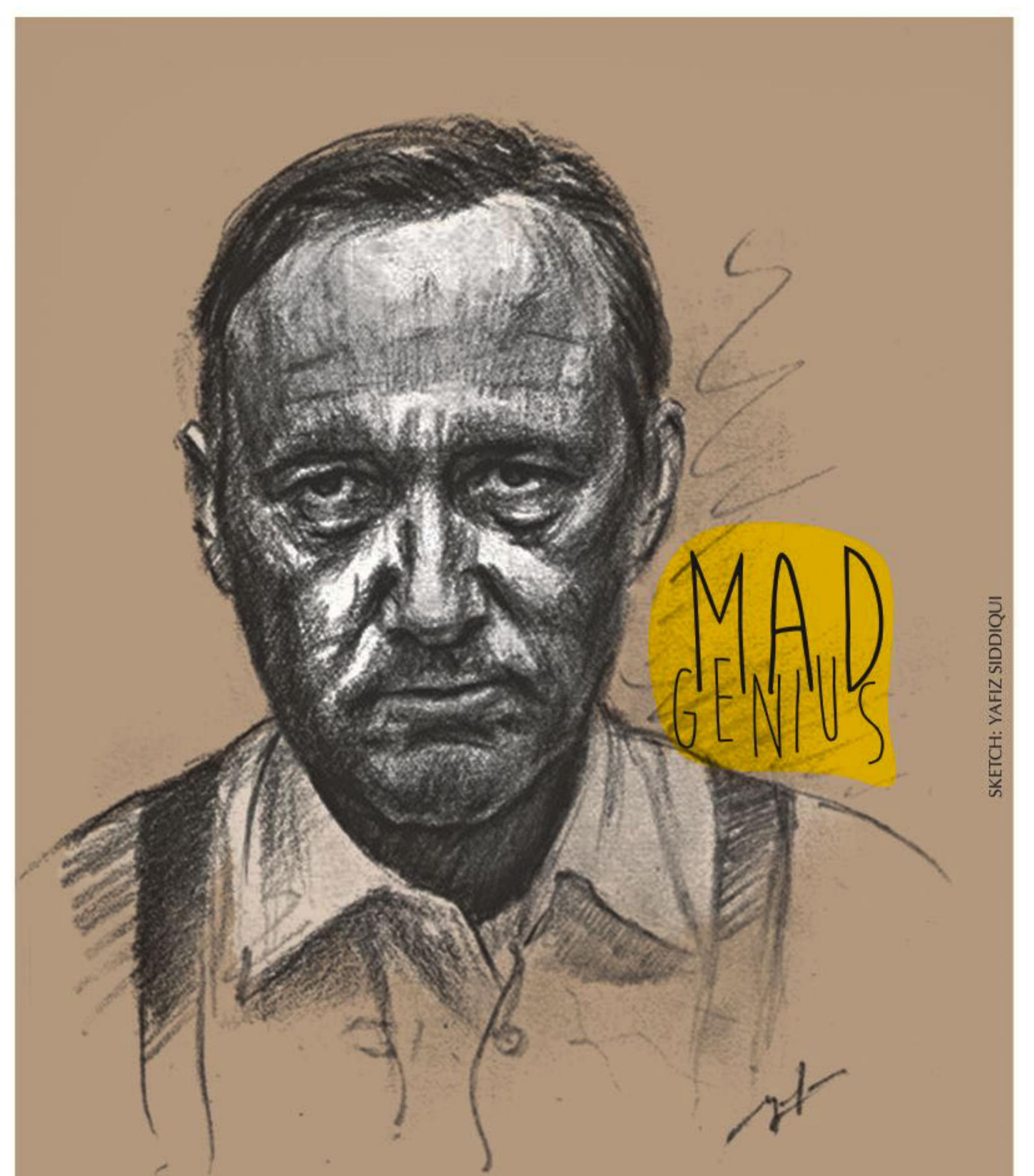
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DIRECTING A FILM WAS SOMETHING I WAS YEARNING TO DO. I ALWAYS WANTED TO SEE IF I HAD THE CAPACITY TO BE A GOOD STORYTELLER. **“**



KEVIN SPACEY FOWLER

July 26, 1959

Kevin Spacey Fowler popularly known as Kevin Spacey is an American actor, film director, writer, producer, and comedian. He began his career as a stage actor during the 1980s, before being cast in supporting roles in film and television. He gained critical acclaim in the early 1990s, culminating in his first Academy Award for Best Supporting Actor for the neo-noir crime thriller *The Usual Suspects* (1995), followed by an Academy Award for Best Actor for midlife crisis-themed drama *American Beauty* (1999).

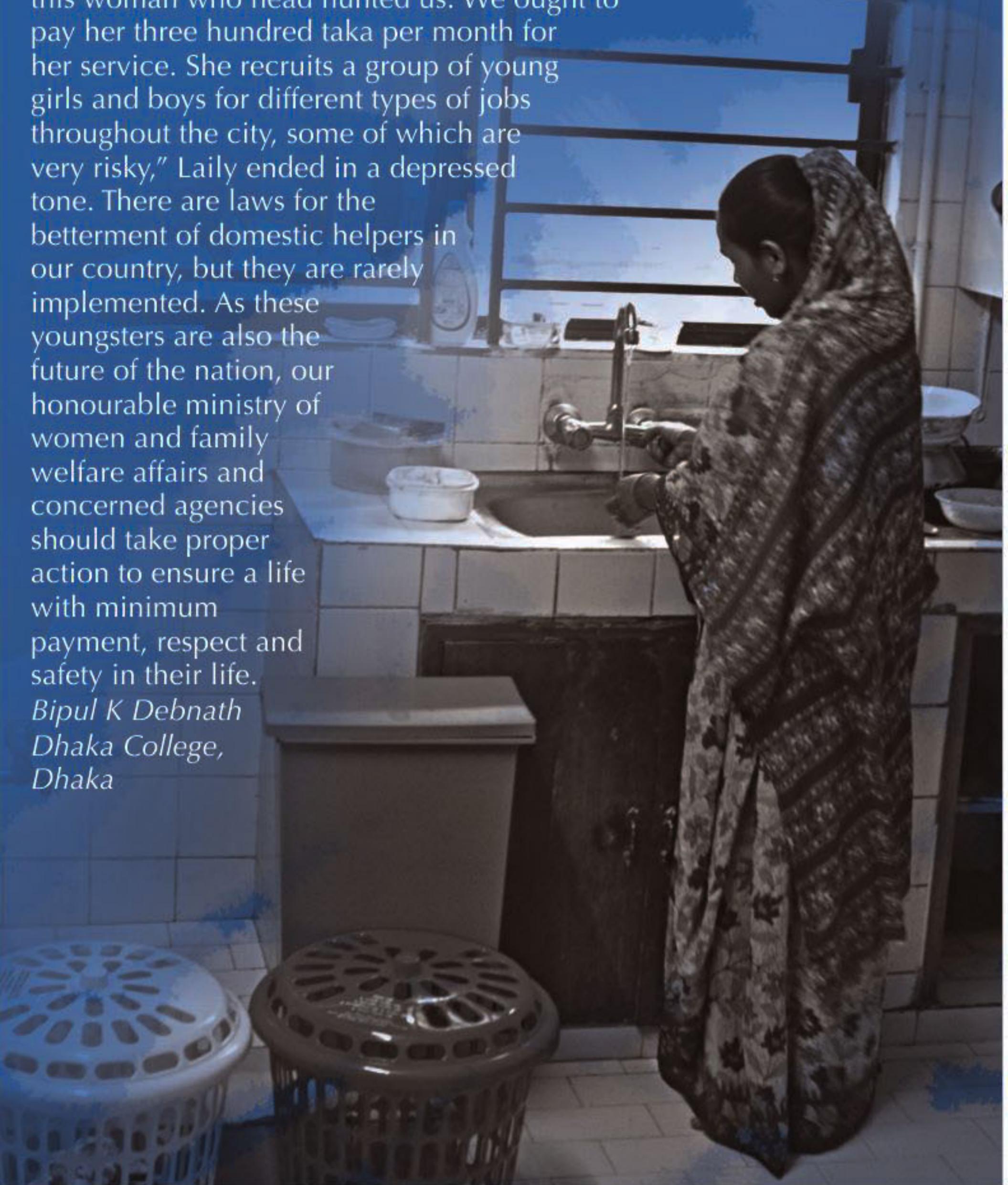
“ SOMETIMES THE PERSON WHO IS THE MOST LOGICAL IS THE PERSON WHOM WE CALL INSANE.

NO MATTER HOW GOOD YOU MIGHT BE IN A MOVIE, YOU'LL NEVER BE ANY BETTER. BUT IN A PLAY, I CAN BE BETTER NEXT TUESDAY. THAT'S THE THRILL OF IT.

THE PLIGHT OF A DOMESTIC WORKER

Lately, a ten- year-old girl was sharing something with her younger sister Moina near Malibag intersection last evening while I was passing by them. Suddenly Moina started crying, but Laily remained silent. When I took a close look at them, I found a middle aged woman hitting Moina demanding her money back. Once the woman left, I decided to go to them and ask their whereabouts. What I discovered from our conversation surprised me. "I work as a domestic worker and have to do many chores like washing clothes, cleaning dishes, arranging the house, taking care of children, wiping the floor and so on," Laily said. "I do all of these works for one thousand taka only. When I requested them to increase my salary, they told me that they could not pay me any more as they had to spend money for my food and clothing as well. Here is my younger sister who has been working as a domestic helper for eight months. But she is not getting paid either," she continued. "We have to share whatever we earn with this woman who head hunted us. We ought to pay her three hundred taka per month for her service. She recruits a group of young girls and boys for different types of jobs throughout the city, some of which are very risky," Laily ended in a depressed tone. There are laws for the betterment of domestic helpers in our country, but they are rarely implemented. As these youngsters are also the future of the nation, our honourable ministry of women and family welfare affairs and concerned agencies should take proper action to ensure a life with minimum payment, respect and safety in their life.

*Bipul K Debnath
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AN UNFAIR WORLD

This happened when I was on a public bus. It was during rush hour when my bus started going past the airport signal as the green light turned on. All of a sudden, a posh private car coming from the Link Road hit my bus severely. We felt a huge shake. In no time, a suit-draped, seemingly rich man came out of the car and stopped the bus subsequently. A big dent was found above the car headlight. All the passengers evacuated hurriedly and mentioned that it was the private car driver's fault. Then the man hit the ceiling and made the bus pull over. After a brief argument, the man started hitting the bus driver. A short while later, some traffic police came over and held the bus driver responsible, whereas it was obviously the other man's fault. The man held the bus back and, maybe, later on he took money from the bus owner. I had to take another bus as I was running out of time.

The man should have eaten a humble pie and let the bus go. There is no shame in admitting guilt for something he actually did. I hope he shaped himself up after getting hit by self-conscience.

*Samul Raijul
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