

MUSING

EGGING YOU ON!



I always make it a point to never extol the virtues of consuming eggs before ensuring that my egg is either poached or boiled. This is because eggs provide us with so many benefits that listing them all, while trying to defend why one eats eggs, will eventually result in the egg hatching. Since I have no taste for literal chicks, I'd rather savour my goopy goodness before having to explain why a breakfast without eggs is like butter without milk. It doesn't make any sense.

Before jumping right onto why you should be eating eggs, why don't we get the little issue of why you don't eat eggs out of the way? One reason people are quick to point is all the goddamn cholesterol. Now, a quick Google search will show you that while eggs are indeed high in cholesterol, the presence of the element in your diet isn't the same as having it in your blood. Apparently your liver, an organ most wish they could rip out for its sheer nuisance-like attributes, also produces cholesterol and unlike the other things it does to kill you, this one doesn't really harm much. So right off the bat, you need to stop with your cholesterol argument.

A second reason people come up with is that they are not in the business of eating babies. Well, neither are we. Thinking that eating eggs is like eating a baby is not only the stupidest thing anyone can ever say or think, it has no logical basis whatsoever. The baby hasn't formed and you'll have to sit on it for quite a while before it even comes to hatching. It's like saying you aren't going to eat seeds or eat a cow because it probably does have an egg

in there somewhere. Also, veal is pretty delish and so are baby unhatched, unformed chickens. It's not like we are eating balut, a delicacy which is basically a boiled half-formed duck embryo.

Some swear that eggs leave them with bad breath. Newsflash dullards; food leaves you with bad breath eventually and it's time you start blaming yourself for not brushing your teeth or gargling after meals and stop blaming the eggs that you hardly ever eat. Most delicious

things come packed with a pungent punch and eggs are no exception in this particular regard.

While these are some of the more normal complaints, they take a backseat to what eggs really bring to the table. They are the most nutritious of meals.

Remember, a whole egg contains enough nutrients to turn a single cell into a baby animal. It contains a ton of vitamins and in terms of nutrients it is hands down the perfect food. They also further help your eyesight, provide amino acids, and the biggest myth-buster, they do not raise heart disease risks and rather reduces the chances of suffering from a stroke.

An apple a day may keep the doctor but an egg a day just tastes so much better. It can also be made in so many delicious, entertaining ways from the classic scrambled eggs, the favourite Humpty Dumpty egg to the innovative hole-in-the-bread method. If you had reasons to not eat eggs before, drop them now. Indulge in the best meal possible!

By Osama Rahman

Photo: Lifestyle Archive



FaceLift without Surgery: SygmaLift



Europe Award
Winning Technology
in Bangladesh

SygmaLift



As we age, the changes in our skin, specially on face and neck becomes noticeable as it loses the plumpness and healthy look. It happens due to the thinning of epidermis. Moreover, the skin begins to sag and look more aged or wrinkled due to irregular fat distribution. The sebaceous glands produce less oil making the skin drier and more prone to wrinkles. This aging of skin can be **chronological** (age of a person measured in years, months, and days from the date the person was born) or **biological** (measure of how well or poorly your body is functioning relative to your actual calendar age).

Can we prevent the aging look ?

If you are thinking about preventing the aged look or concern about the double chin or the laxity you already have over your face or neck, you can think about



SygmaLift. One of the advantages of the SygmaLift is its versatility, performing facial remodeling as well as rejuvenation irrespective of clients age.

It performs excellent on :

- ◆ Double chin / Jaw line Reshaping
- ◆ Eye Contour/ Eye Brow lifting
- ◆ Skin glow, Tightening and rejuvenation
- ◆ Sagging cheeks
- ◆ Facial volume reduction

Providing faster treatment, greater precision and unique solution for sub mental fat, facial lifting and rejuvenation. SygmaLift© transforms the traditional view of a face lift no Surgery, no Injection, no Incision just great results with no downtime.



Dr. Jhumu Khan

MBBS (DMC), DCD (UK),
MSc(Germany) Board Member WOCPM,
Diplomat (WOSAAM) Dermatologist, Anti aging
& Regenerative Medicine Specialist

**Dr. Jhumu Khan's
Laser Medical**

NEW LOOK NEW LIFE

Gulshan: 01711660938 | Dhanmondi: 01727001199

f/lasermedicalcenter