

# HOROSCOPE



## ARIES (MAR. 21- APRIL 20)

Don't spend more than is necessary on travel or friends. You may soon need to make a difficult choice. Your lucky day this week will be Monday.



## TAURUS (APR. 21-MAY 21)

Arguments may lead to a split in the family. Be cautious of making any residential changes this time of year. Your lucky day this week will be Thursday.



## GEMINI (MAY 22-JUNE 21)

This will be a good week for research and for sitting down with some good, informative reading material. Your lucky day this week will be Sunday.



## CANCER (JUNE 22-JULY 22)

You'll be surprised how much you can accomplish. Your anger may be impossible to contain if you get into debates. Your lucky day this week will be Friday.



## LEO (JULY 23-AUG 22)

Entertainment could be pleasing if it is of an energetic nature. Make creative changes to your residence. Your lucky day this week will be Wednesday.



## VIRGO (AUG. 23-SEPT. 23)

Real estate investments could be to your advantage. Put your efforts into making changes to your domestic scene. Your lucky day this week will be Tuesday.



## LIBRA (SEPT. 24-OCT. 23)

Take a trip with your mate. Don't let someone you work with put words in your mouth. Your lucky day this week will be Sunday.



## SCORPIO (OCT. 24-NOV. 21)

Your imagination will help you in coming up with ideas. Sudden romantic connections may be short-lived. Your lucky day this week will be Monday.



## SAGITTARIUS (NOV. 22-DEC. 21)

Be cautious when dealing with foreigners. Get thinking about prolonging longevity. Abrupt action will cause difficulties. Your lucky day this week will be Friday.



## CAPRICORN (DEC. 22-JAN. 20)

Advancement can be yours if you put your efforts. Use your judgment before you sign up for anything. Your lucky day this week will be Wednesday.



## AQUARIUS (JAN. 21-FEB. 19)

You can make new friends if you are travelling. You can ask for favours but don't take them for granted. Your lucky day this week will be Saturday.



## PISCES (FEB. 20-MARCH. 20)

You will learn a lot if you go somewhere secluded. You can win points if you present your ideas. Your lucky day this week will be Thursday.

### FYI

## Natural healers

"Every illness has a cure, and when the proper cure is applied to the disease, it ends it, Allah willing."

This one quote delivers an important message - all our illnesses, big and small, can be cured without the use of harsh medicines. We and our complex bodies suffer from many ailments and according to the Holy Prophet Muhammad (pbuh), the lesser we consume, the healthier we stay, and this applies to both food and medicine. The key is to fight illness with nourishment and diet whenever medicines can be avoided.

The key to good health is a rested stomach, for which the whole digestive system has to be running smoothly - clear from mouth to the intestines. Vinegar is a good disinfectant, and when used in water to gargle with, it destroys all the germs in the mouth.

Other than that, olives are known to have properties that expel intestinal parasites and regulate the digestive process; along with onions which strengthen and cleanse the stomach for rested bowels.

The key to keeping your heart healthy and running along with you is minimum

cholesterol and unclogged blood vessels. Honey and cinnamon powder together helps fight clogged blood vessels when consumed regularly and will reduce the cholesterol levels in the arteries and may even save one from a heart attack. Maintaining this regularly will strengthen ones heartbeat and breathing rates.

Other than that, dates are also helpful for weak hearts. Taking raw or soaked dates twice a week will strengthen one's heart and protect from heart attacks.

In order to live and breathe properly we must take proper care of our lungs and respiratory systems to ensure clean breath and life.

Basil, an herb full of rich fragrance, opens up our respiratory passages when inhaled and helps our spirit soar. The plant also has antimicrobial and antifungal properties which help clear pathogens and excess dampness from the lungs. Basil can be consumed in the form of capsules, added to tea or drinks, or spread round the house for inhaling.

In our busy schedules, only a lucky few do not suffer from frequent headaches or mild fevers. Applying cold pads soaked in

vinegar and water together helps relieve both headaches and fever. Onion extracts when administered through the nose also help with headaches and relieve nausea that tags along with it. An ointment of aloe blended with rose oils on the forehead and the cheeks helps too.

The black cumin, also known as Islam's miracle cure seed in the Muslim world is more than an occasional remedy but a staple family medicine. The Prophet Muhammad (pbuh) said: "In the black seed is healing for every disease except death".

There are many ways to incorporate black cumin into our daily lives. Consuming black seed mixed with honey, boiled in water and strained, heated in milk, etc. can both cure and prevent ailments.

For over a thousand years people have used these remedies to cure ailments and prevent diseases. And even in this age of medical miracles these time tested remedies still work the same.

**By Anisha Hassan**

**Source: Healing with the Medicine of the Prophet by Imam Ibn Qayyim Al-Jauziyah.**

### CHECK IT OUT

## Eid offers at Le Méridien Dhaka

Bolstered by the rave reviews from guests received both on social media and in person, Le Méridien Dhaka has already prepared another transforming celebration for Eid-ul-Fitr.

To begin with, the hotel is inviting city guests to take advantage of the long weekends and the holiday mood to enjoy quality family time at Le Méridien Dhaka and experience the celebration by staying in its holistic comfort and making use of the uncompromising service it has to offer. A family of four (two adults and two children) may enjoy one night accommodation any weekend between 30 June and 31 July with complimentary buffet break-

fast/buffet sehri (if staying during Ramadan) at only Tk 11,900 (inclusive of service charge and VAT). The package also includes welcome drinks and chocolates in the room upon arrival, use of the Fitness Centre and Skyline Infinity Pool, and uninterrupted high speed internet access throughout the hotel, as well as complimentary 30-minute Thai massage for two adults. Guests may also enjoy 20 percent discount on food and 15 percent discount on beverage consumption during their stay. Offer is valid for locals and expatriates with valid work permits.

To revive the popular Le Méridien BBQ hosted every Thursday and Friday, the

hotel is also offering an Eid BBQ on its rooftop-terrace restaurant Olea at Tk 3600 per person. Discount offers from 15 percent up to 50 percent are available with various banks and telecommunications partners.

With lunch being back at full steam, the hotel is also offering its impressive buffet lunch in the day-dining restaurant, Latest Recipe, at a specially discounted rate of Tk 1999 per person from Eid-ul-Fitr till 31 July. With such bounty of delicious offers, this Eid holiday is bound to be exciting for the guests of Le Méridien Dhaka.

For more information, please call 01990900900.

### CHECK IT OUT

## Amari's Amaya Food offers buffet

Amari Dhaka's Amaya Food Gallery recently announced their new iftar and sehri buffet offers. Customers will be able to enjoy a scrumptious buffet at iftar and sehri at Tk 2500 and Tk 2000 respectively. What's more, Amaya Food Gallery is offering a 'buy 1 get 1 free' offer if you pay with credit cards from some of the top banks in Dhaka, including Standard Chartered, BRAC Bank, Dutch-Bangla Bank and many more.

For reservations, please call 01878422222 or visit [www.amari.com/Dhaka](http://www.amari.com/Dhaka).



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HotLine:  
01739110892



House 8, Road 27, Block K, Banani Model Town, Dhaka