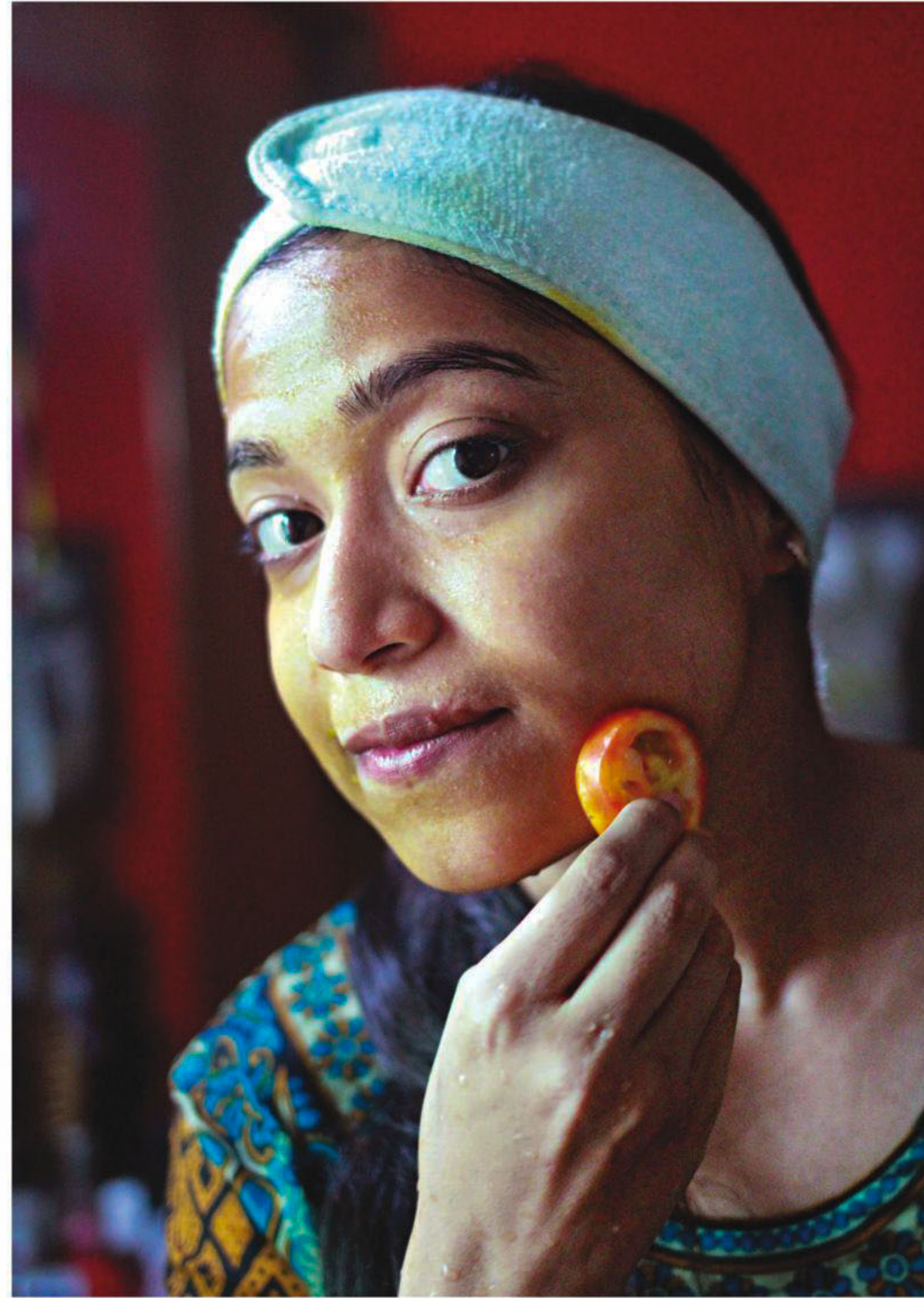




AN APPLE A DAY!



# HOW TO AGE GRACEFULLY

FAHMIDA HASHEM

PHOTOS: KAZI TAHSIN AGAZ APURBO

Human skin, especially facial skin, is one of the most important factors in attractiveness. Skin acts as a barrier between the internal and external environments, protecting the body from mechanical damage, toxic substances, and radiation. In recent years it has become clear that the skin is an essential part of the immune system. Modern nutritional science is developing new insights into the relation between food intake and health, and effects of food ingredients may prove to be biologically relevant for optimal skin condition. Nutrition is one of the most important parameters that is involved in modulating skin health and condition. This is evidenced by the development of skin lesions in response to nutritional deficiencies. Dietary supplementation with the deficient vitamins, minerals, or essential fatty acids improves skin conditions in these situation.



Macronutrients (carbohydrates, proteins, and lipids) and micronutrients (vitamins and nutritionally essential minerals) work together to maintain the barrier functions of skin in the face of everyday challenges. Omega-3 & 6 fatty acids help keep the top outer layer of the skin strong and intact so that external toxins and pollutants are kept out. Also it can help keep our skin smoother and younger-looking. They found in cooking oils, poultry, grains, sea fish, flaxseed, and pumpkin seeds.

Eating plenty of fruits and vegetables rich in antioxidants is good for skin. Antioxidants such as beta-carotene and vitamins C, E, and A can curb the damage caused by unstable molecules known as free radicals which can harm skin cells

and cause signs of aging. Vitamins, minerals, and other nutrients can give our skin the youthful glow of good health. The excitement is focused not only on creams and lotions we put on our skin but what food we put into our body as well.

Vitamins A, C, E, K and B complex can all help improve skin health. Vitamins C and E Among the most important new dermatologic discoveries is the power of vitamins to counter the effects of sun exposure. Make sure our diet includes plenty of vitamin C & E such as citrus fruit, broccoli, cauliflower, and leafy greens, vegetable oils, nuts, seeds, olives, spinach. Vitamin E can soothe dry, rough skin, reduce photo damage, wrinkles and

improve skin texture. Vitamin A is necessary for the maintenance and repair of skin tissue. Colorful Fruits and vegetables are loaded with vitamin A. Vitamin B Complex Specially biotin & niacin are nutrient that forms the basis of skin, without adequate amounts, we may end up with dermatitis (an itchy, scaly skin reaction). It's found in many foods including bananas, eggs, oatmeal, and whole grain. These vitamin rich creams can help give skin an almost instant healthy glow and it can also work as a lightening agent to even out blotchy skin tone & help our complexion look plumper and younger.

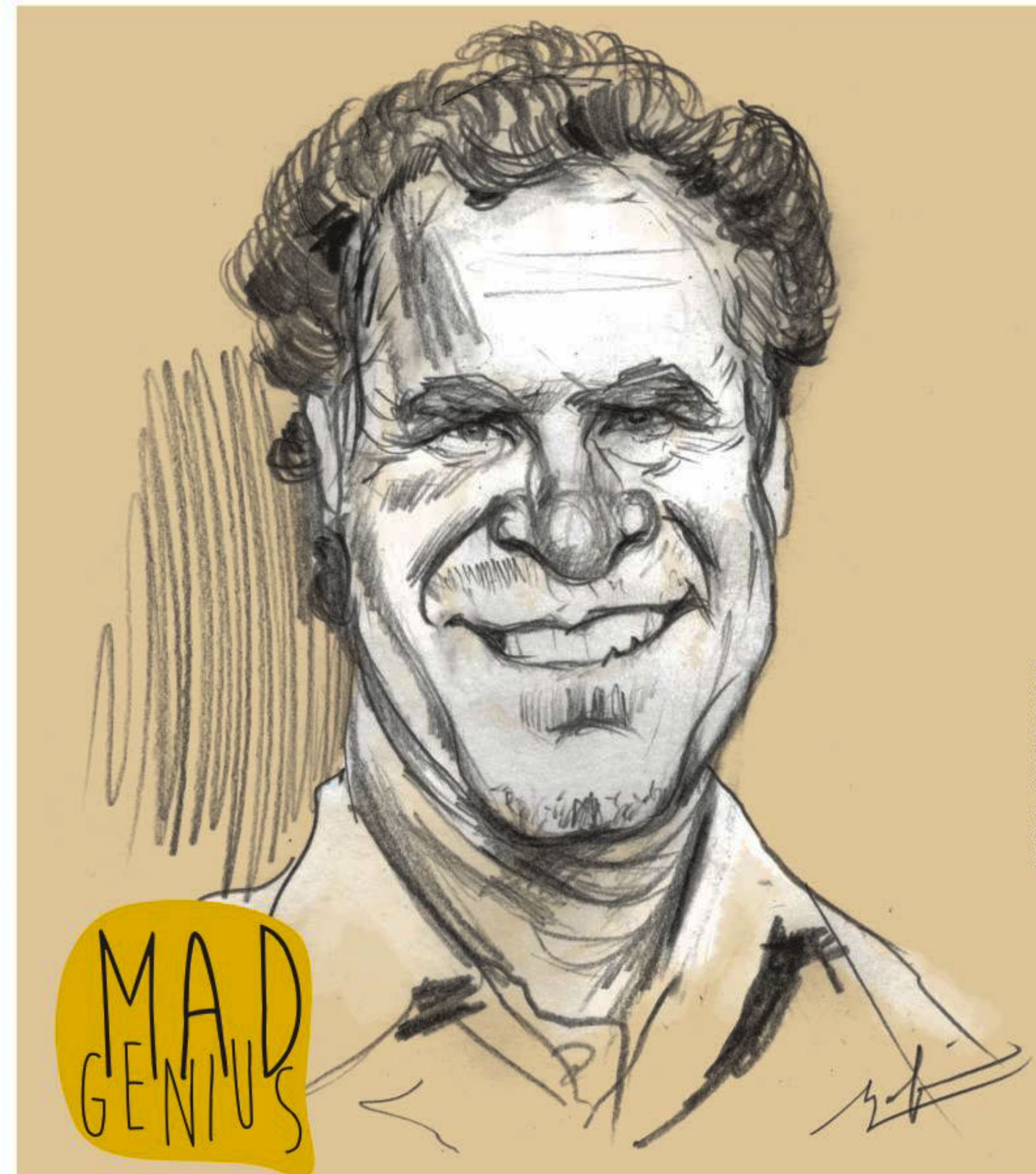
A number of scientists believe this mineral plays a key role in skin cancer prevention. If we do spend any time in the sun, selenium could help reduce our chance of burning. The best dietary sources of selenium include whole-grain cereals, seafood, garlic, and eggs. Still another important mineral is copper. Together with vitamin C and the mineral zinc, copper helps to develop elastin, the fibers that support skin structure from underneath. The third skin-friendly mineral is zinc, important if we have acne. Zinc works to clear skin by taming oil production and may be effective in controlling the formation of acne lesions. Food sources of zinc include oysters, lean meat, and poultry.

Now which foods we should avoid for better skin? White flour, sugar and other foods with a high glycemic index, this can lead to increased sebum (oil) production, slower exfoliation of dead skin cells and more breakouts. Salt encourages water retention and can make us look puffy. Fried foods are loaded with fatty acids that encourage free radical production in our skin. Too much alcohol can dehydrate our skin, leaving our complexion looking sallow and dry.

Professionals suggest taking an over-the-counter daily multivitamin with minerals to boost our nutrient intake if we're not eating a balanced diet. As important as it is to eat a healthy diet, our skin also needs not to smoke, get enough sleep, exercise regularly, and drink enough water.

Now a day's skin care is a multi-business money industry. There are products that claim they will clean, smooth, tighten, lighten, moisturise and reduce acne, aging, swelling, itchy and chapped skin. These products all have a vital purpose and uses, but nutrition is the basic foundation to skin care. Skin is the fingerprint of what is going on inside our body & if we feed our skin from the inside out then we will get attractive result. So remember, skin care starts with better nutrition.

The writer is Nutritionist, Protishabha Communication.



## JOHN WILLIAM "WILL" FERRELL

(born July 16, 1967)

John William "Will" Ferrell, popularly known as Will Ferrell, is an American actor, comedian, producer, and writer. He is known as a member of the "Frat Pack" a generation leading Hollywood comic actors who emerged in the late 1990s and the 2000s along with Jack Black, Ben Stiller, Steve Carell, Vince Vaughn, and brothers Owen and Luke Wilson. In the mid-1990s, he started his career as a cast member on the NBC sketch comedy show Saturday Night Live. Through out his career he has starred in a number of comedy films such as Anchorman, The Legend of Ron Burgundy (2004), Talladega Nights (2006), Step Brothers (2008), The Other Guys (2010). With his comedy partner Adam McKay he founded the comedy website Funny or Die in 2007. Other films roles include Elf, Old School (both 2003), Blades of Glory (2007), Megamind (2010) and The Lego Movie (2014).

“I guess ultimately a lot of comedians just wanna be taken seriously.

There is always going to be someone as funny as you or funnier.

All you have in comedy is general is just going with your instincts. You can only hope that other people think that what you think funny is funny. I don't have an answer but I just try to plough straight ahead.

I was never a class clown or anything like that, but I do remember being in the first grade and my teacher, Mr Chad, told the class one day that we were going to do some exercises. He meant math exercises, but I stood up and started doing jumping jacks. To this day I don't know what possessed me to do that, but all my friends cracked up.”

SOURCE: WIKIPEDIA AND BRAINY QUOTES

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## NOT GUILTY

While chatting with my some of my classmates the other day, one of them asked me if I needed a "short suggestion" on my subjects for my final exams. It took me a while to understand what she really meant. "Short suggestion" actually translates to "question paper". She was waiting for my response, as I could see that she wanted to understand whether I was honest and diligent about my education or was ready to take the dishonest way. But I still considered her question. I remembered the long nights that I would spend studying for exams, and realised that all my hard work would go in vain if I were to accept this offer. More importantly, I would never be able to look at myself in the mirror, remaining disappointed with myself throughout my life. Why suffer in the long run for the sake of a few minutes of fake pleasure of getting good grades in my exams? I said no to her offer confidently and therefore, was found not guilty of being a lazy cheater.

Shamima Tasnim  
Kakrail, Dhaka



## HOOD OVER MY HEAD?

Yesterday while coming back home from my college, I pulled down the rickshaw hood over my head. The weather was really nice. I wanted to enjoy the wind and my ride. Suddenly I heard a guy screaming from another rickshaw that why a girl should never travel on the roads with the rickshaw hoods down. I was so mad at them, but could not say anything. Every time when I go out my parents would inevitably tell me to pull up the hood and hide myself from the rest of the world. I don't get it. If my brother can enjoy his rickshaw rides with the hoods down, why cant I? The ability to gape and gawk at a woman shamelessly is something most Bangladeshi men have mastered and it transcends all socio economic groups and ages. Be it a posh restaurant, a busy road, inside your car or a crowded bus – there is no escaping the roving eye!

Sanjana Tabassum  
Mohakhali, Dhaka