

SUPER FOOD



Sweet Potato

Sometimes used for dessert like pies, and other times as a savoury ingredient, sweet potatoes are just the right amount of both, with the creamy and delightful texture. But that is not all that a sweet potato possesses. In between all that creamy goodness, this root stores lots of vitamins, minerals and much more, which secures its spot on the list of "super foods."

NUTRIENT FACTS

Sweet potatoes contain lots of vitamins, namely vitamin A, B5, B6, and thiamin, riboflavin and niacin. Because of their orange colour, they also contain carotenoids. Overall, they contain little to zero fat and have lower calories compared to a white potato. They also have low levels of sodium.

HEALTHY DIGESTION

Our digestive tract needs to be squeaky clean in order to avoid constipation. And with the immense amounts of dietary fibre present in sweet potatoes, it manages to do the right job in cleaning our digestive tracts for a smooth and healthy digestion.

REDUCES STRESS

Magnesium is known as the "go-to" mineral when it comes to reducing stress. It helps promote calmness and relaxation and aids in creating a good mood. Sweet potatoes contain high levels of magnesium, and hence helps reduce stress.

REGULATES BLOOD SUGAR

According to the Linus Pauling Institute at Oregon State University in the United States, sweet potatoes have lots of manganese, which helps the body metabolise carbohydrates and in turn helps us to maintain healthy blood sugar levels.

STRONGER IMMUNE SYSTEM

Our body requires lots of the mineral iron to function properly, and this sweet superfood contains a lot of it as well. The iron helps provide energy, produces red and white blood cells which strengthen the immune system, and metabolises proteins as well.

The presence of beta carotene, magnesium and vitamin C in sweet potatoes helps treat inflammations both inside and outside the body.

The ability of sweet potatoes warming up the body has an effect on bronchitis and helps calm it.

Sweet potatoes can be enjoyed in numerous ways, these are just a few you can get started with to begin

your sweet potato journey.

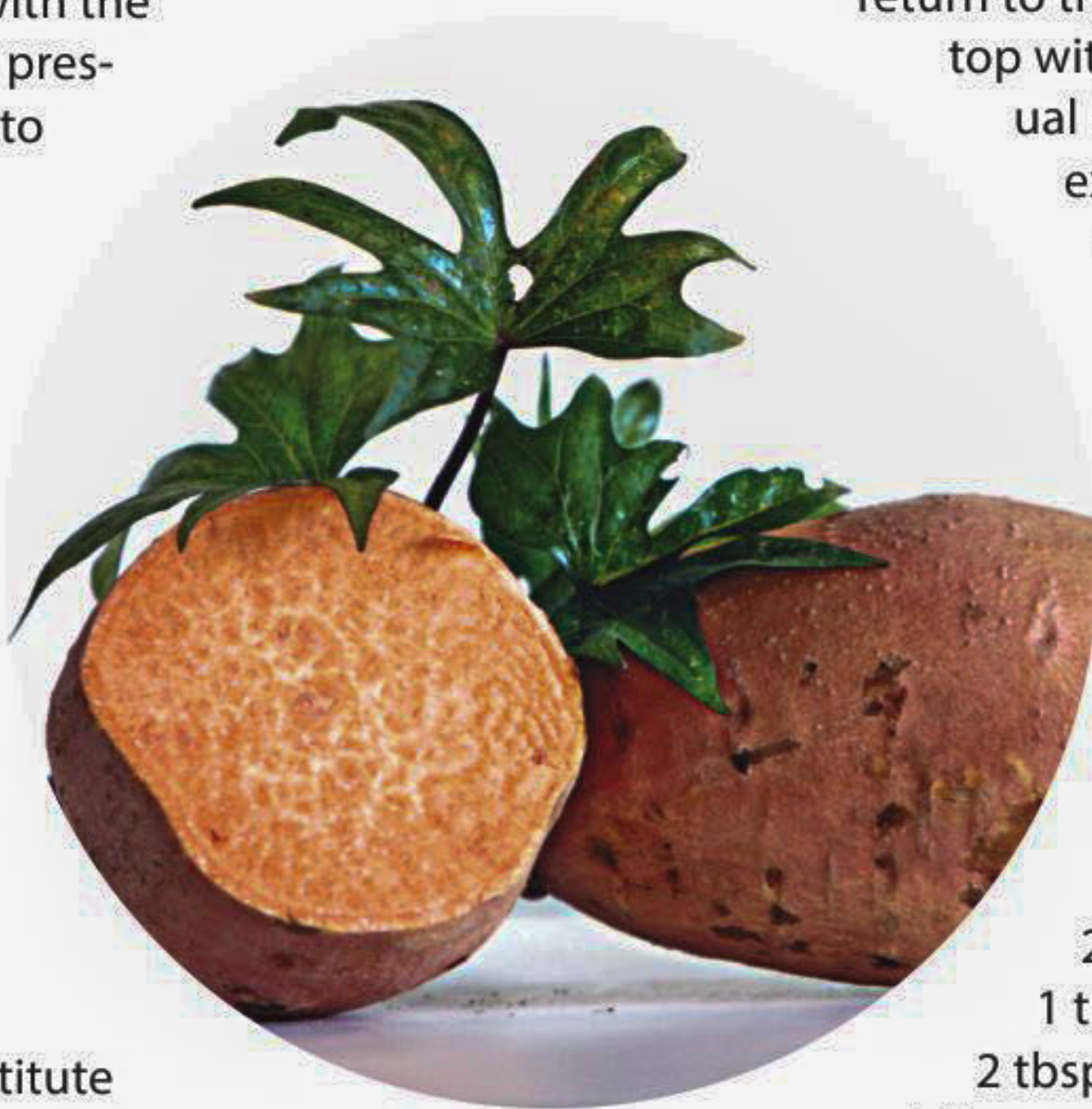
PERFECT MASHED SWEET POTATOES

Ingredients

2 pounds sweet potatoes, peeled and cut into 2-inch pieces
1 tbsp salted butter or coconut oil
1/4 to 1/3 cup whole milk or unsweetened almond milk
1/4 tsp salt
1/4 tsp ground cinnamon
1/4 tsp ground ginger
Nutmeg, a pinch

Method

Put the sweet potatoes in a large pot and add just enough cold water to cover them. Bring to a boil and cook until fork-tender, about 15 minutes. Drain and return to the potatoes to the pot on the stove top with the burner turned off. The residual heat from the pot will help any excess water burn off. Add the remaining ingredients, using only 1/4 cup liquid to start and adding more if needed, and mash until smooth and well-combined. Serve immediately.



BAKED PARMESAN SWEET POTATOES

Ingredients

2 sweet potatoes (peeled and cubed)
2 tsp minced garlic
1 tbsp olive oil
2 tbsp butter (melted)
4 tbsp grated Parmesan Cheese
1/2 tsp garlic salt

1/2 tsp Italian Seasoning
Dried parsley

Method

Preheat oven to 400 degrees. Peel and cube sweet potatoes into 1 inch pieces. Place garlic, oil, butter, salt, Parmesan cheese and Italian seasoning in a plastic bag and mix well. Throw in the sweet potatoes and shake until well coated. Place aluminum foil on a cookie/baking sheet and lightly spray with oil. Place coated sweet potatoes onto the sheet and spread out evenly. Bake for 18-22 minutes. Serve warm and sprinkle with dried parsley if desired.

Photo and recipes are collected.
By Anisha Hassan

Dr. Jhumu Khan's Laser Medical

DEFY YOUR Age

Aging is inevitable and usually the effects of gravity become more noticeable on our face as

the supporting tissue of the cheeks weakens, facial fat is lost, the jawline that used to be firm and tight forms jowls, the edges of the mouth drift down towards the chin, and the lower face and neck sags. Power Thread Lift can help you enhance your

FACE LIFT WITHOUT SURGERY

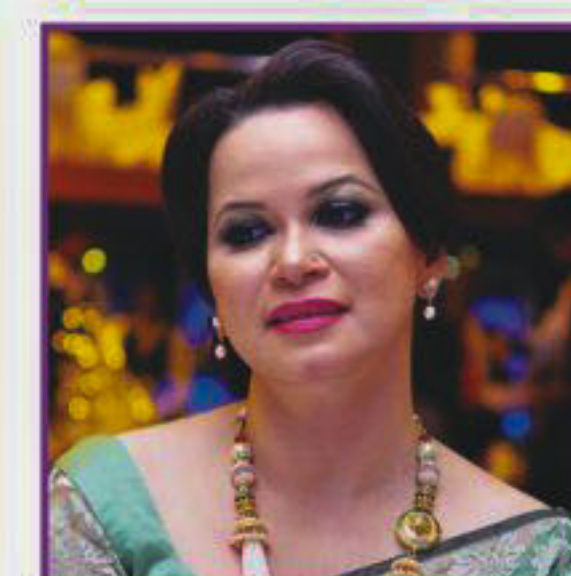
confidence and give you a naturally beautiful appearance that is true to who you are.

POWER CELL | THREAD LIFT

◆ Lifting ◆ Contouring ◆ Volumizing ◆ Stimulating Collagen Production

"Power lifting threads" is the newest innovation of skin rejuvenation, firming and tightening, wrinkle reduction and non-surgical minimal invasive face lift. Suitable candidates for a thread lift procedure are those who are in their mid-thirties to fifties and experiencing mild to moderate sagging of facial tissues. It is done by PDO thread, a bio-absorbable suture, which gradually stimulate collagen and elastin production until it is completely absorbed by your body within 6 months.

This space age technology is successfully done in Laser Medical Center in Bangladesh.



Dr. Jhumu Khan

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

NEW LOOK NEW LIFE

Gulshan
01711660938

Dhanmondi
01727001199

Uttara
01954333888

f /lasermedicalcenter | lasermedicalbd.com