

A NOTE ON NUTRITION

CHOWDHURY TASNEEM HASIN
Chief Dietician, United Hospital Ltd.
Organizational and Press Secretary,
Association of Nutritionist and
Dieticians (AND)



About against the common cold

As the temperature continues to drop, it becomes increasingly challenging to maintain a healthy body, although we can easily steer clear with minor changes in our diet, using only some fresh ingredients found in abundance during winter.

Steamy soup speeds up the movement of mucus and thins it out through the nose. It also raises the temperature around the nose and the throat, creating an inhospitable environment for germs. And the chicken, usually the meat of choice, provides protein to help restore and strengthen the immune system by inhibiting white blood cells called neutrophils that are released in huge numbers when we have a cold.

Vitamin C — the powerhouse nutrient, most commonly found in citrus fruits, is an antioxidant that can reduce cold symptoms. About 1 to 8 grams of the vitamin is sufficient to meet the body's demand, which can easily be obtained by consuming citrus fruits, red bell peppers, broccolis, Brussels sprouts, papayas, sweet potatoes, and tomatoes. True, high amounts of vitamin C can cause digestive problems, but such instances are very rare.

The other essential nutrient needed to fight against a cold is vitamin A. It, among other important functions, is responsible for maintaining the membranes' mucus that line our nose and throat.

Orange coloured fruits, and vegetables such as carrots and sweet potatoes, are rich in beta-carotene, essential for maintaining a strong immune system.

Warm tea can help with decongestion. All tea contains a group of antioxidants known as catechins, which may have flu-fighting properties. Oily sea fish are rich in omega-3 fatty acids — compounds that help reduce harmful inflammation in the body.

Once turned chronic, inflammations prevent our immune system from working properly, and can contribute to colds and flu.

The pungent garlic cloves, when eaten raw, can have

myriad benefits. It contains allicin, a potent antimicrobial that can fend off bacteria, viruses, and fungi. Garlic packs the biggest antioxidant punch when eaten raw. If we chop garlic first and let it stand for 10 to 15 minutes before cooking, its therapeutic compounds have a chance to form.

Ginger is a natural solution to reducing pain and fever, and is also a mild sedative. As it coats our throat, it's great at relieving sore-throats, and its antioxidant and antimicrobial properties help fight infections from viruses, bacteria, and fungi. Cinnamon, coriander, and ginger promote sweating, and are often used to help break a fever.

Yoghurt — eating probiotic foods, such as yoghurt, is a good way to replenish beneficial strains of bacteria, which promote digestive health. Whether in food or supplemental form — it also lowers the risk of upper respiratory tract infections. Lower vitamin D levels are associated with a greater risk of upper respiratory infections.

Germs responsible for cold and flues thrive in dried-out throats and nasal passages, but drinking plenty of water throughout the day can help keep the mucous membranes moist so that they are more able at trapping unwanted organisms in the area.

Hot water with a bit of honey (to coat your throat) and lemon (to shrink swollen throat tissues and help kill off virus cells), or adding honey and lemon to tea is helpful.

Sunflower seeds are the best natural sources of vitamin E, an antioxidant that protects cell walls from damage; a single one-ounce serving contains 30 percent of your recommended daily intake, which is especially important for the health of our lungs.

Oats contain a type of fibre called beta-glucan, known for its cholesterol-lowering and immune-boosting properties. It can also help prevent upper respiratory tract infection.

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GHULAM SUMDANY DON
Professional corporate trainer and
Chief Inspirational Officer at Don
Sumdany Facilitation & Consultancy



Questions you need to ask yourself before switching jobs

Changing jobs can lead to a lot of good outcomes. Better pay, title, convenient job location etc. However, frequently changing jobs is not a good addition to your resume.

It can make you look disloyal, or not worth the time and money to hire you. If you are wondering about when is the right time to switch jobs, then here are some basic questions that you need to answer before you consider switching your current job.

1. HAVE YOU JUST STARTED YOUR CAREER?

When someone has built a career for over five years, and now wants to reach new heights, switching jobs is an ideal option for them. But if you are a fresh graduate, and you have been working for less than six months, it is advised to avoid switching jobs at this point. Try to build a career first, then consider searching for a new job.

2. DOES YOUR CURRENT JOB FALL UNDER YOUR INTEREST OR PASSION?

There are very few people who are lucky enough to pur-

sue a career which they are truly passionate about. Even if you are not working with something you are keen on, it should at least fall under your area of interest. So if the answer to this question is 'No', consider it as a sign to switch your job.

3. DO YOU HAVE ANY MAJOR LIFE CHANGES IN THE NEAR FUTURE?

Sometimes, the personal changes in your life directly affect your career decisions. Moving abroad, pursuing higher education, and planning to grow your family are all life changes that can influence your decision of staying at your current job.

4. PAY OR PATHWAY?

Money is a big motivation for everyone, but that cannot be the only motivation for you to switch jobs. A key point of consideration will always be whether the switch will add value to your career or not. You might be offered a better pay from another organisation, but whether that job will also create a career pathway for you is something to keep in mind.

Switching jobs is a very important decision in everyone's life. Making this decision without thoroughly analysing your current and future aspects would be a very bad idea. So if you think you are ready to move on and see if the grass really is greener on the other side, then make sure you have honestly answered all these questions.

Dr. Jhumu Khan's Laser Medical

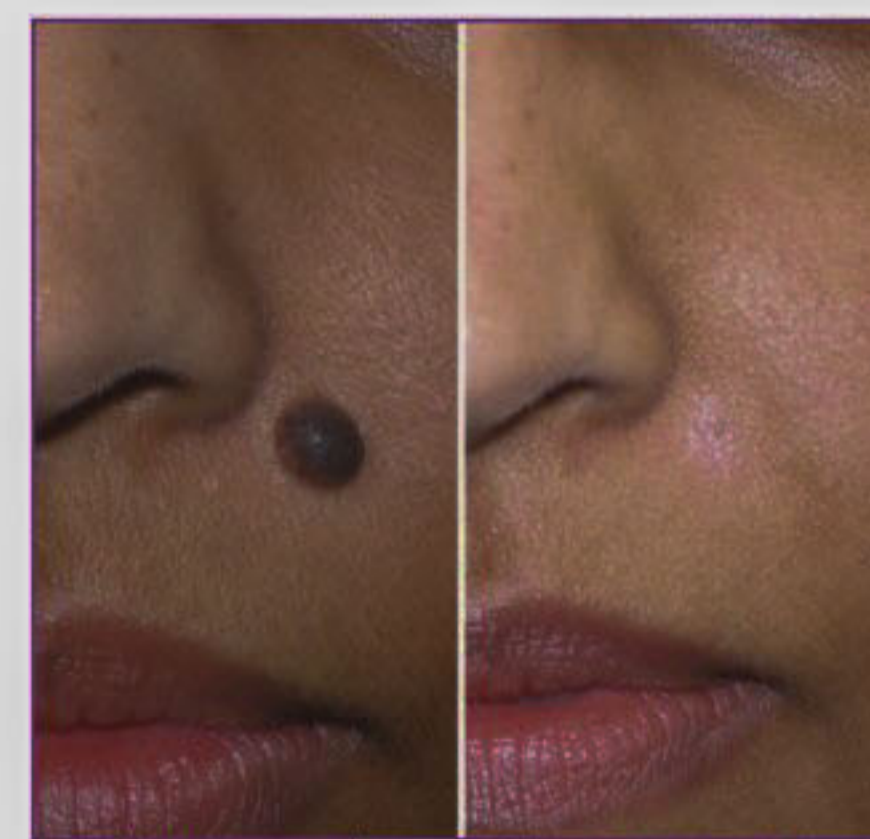
UNDESIRE MOLE LASER CAN BE THE SMARTEST OPTION



In the twentieth century Marilyn Monroe's beauty mark generated a new vogue. Fashion model Cindy Crawford's prominent mole helped revive the fashion. But not all moles are beauty spots. When a person has multiple moles on his/her face or if one of them is too big, it doesn't look appealing or nice. Moreover, too many moles or some large and irregular moles on face or body are at greater risk of melanoma or skin cancer.

Now a days, moles are removed via two main methods: Laser or surgical excision. With advancement of time, Laser mole removal has become more popular. The

quickest laser treatment possible within 15 minutes is mole removal which is done by erbium YAG laser in Laser Medical Center. It gives the finest finishing in raised moles. For flat moles we use Q switch, CO2 or Erbium YAG Laser as required.



BEFORE

AFTER

Advantages :

- ◆can be done quickly and safely. ◆usually there is no visible scar after removal, sometimes scab remains for 3-7 days. ◆no cutting or burning of the skin, the risk of infection is significantly reduced. ◆multiple moles can be treated during one session. ◆able to reach areas of the body such as the face or nose that may be difficult to treat using other methods.



Dr. Jhumu Khan

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

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Gulshan
01711660938

Dhanmondi
01727001199

Uttara
01954333888

f/lasermedicalcenter, lasermedicalbd.com