

HOROSCOPE



ARIES (MAR 21-APR 20)

Make an effort to be noticed at work. You can get ahead if you play your cards right. Be wary of co-workers. Your lucky day this week is Wednesday.



TAURUS (APR 21-MAY 21)

Be cautious handling dangerous objects. Avoid unpleasant situations. Handle the workload on your own. Your lucky day this week is Friday.



GEMINI (MAY 22-JUN 21)

Your partner may feel rejected. Make travel plans. Don't overspend to impress others. Keep your emotions in check. Your lucky day this week is Saturday.



CANCER (JUN 22-JUL 22)

You can accomplish a great deal. Renovate your home. Financial deals will bring you extra cash. Your lucky day this week is Sunday.



LEO (JUL 23-AUG 22)

You may find yourself interested in more than one person. Spend wisely on romantic endeavours. Travel will be favorable. Your lucky day this week is Saturday.



VIRGO (AUG 23-SEP 23)

Keep your expenses in check. Take a look at your legal position. Spend time with old friends. Your lucky day this week is Wednesday.



LIBRA (SEP 24-OCT 23)

Concentrate on work. Do not lend anyone money. Plan a day of enjoyment with them. Your lucky day this week is Thursday.



SCORPIO (OCT 24-NOV 21)

Believe in yourself and so will those who count. Don't blow situations out of proportion. Join humanitarian groups. Your lucky day this week is Friday.



SAGITTARIUS (NOV 22-DEC 21)

Don't hold back. Take advantage of opportunities at hand. Be careful when making travel plans. Your lucky day this week is Sunday.



CAPRICORN (DEC 22-JAN 20)

You can anger others quickly. Avoid overspending on items for your home. Spend more time with children. Your lucky day this week is Monday.



AQUARIUS (JAN 21-FEB 19)

Try not to gossip. Practice good judgment regarding financial matters. Do not allow colleagues to hinder your ambitions. Your lucky day this week is Thursday.



PISCES (FEB 20-MAR 20)

You may have to explain your actions. Resist overspending on luxury items. Get involved in creative projects. Your lucky day this week is Wednesday.

BEAUTY DISSECTED

BY DR FIRDOS QUADER
MINU
M.B.B.S, D.L.O ENT, Head-Nurse
Cosmetic Surgeon, Phone: 0171-1245533



The most important factor to keep in mind on these long, hot, humid days is to stay well hydrated. We lose a lot of water and electrolytes as we sweat. Also, as some of us use air conditioners a lot, there will also be dryness of skin.

Due to the long fasting hours, we are not able to replenish our fluid needs constantly, so there is excess loss from the reserve that we have, and in some cases, we may develop dehydration.

To avoid this, we have to make sure that we take in adequate amounts of fluids after we break the fast, and keep drinking during the period we are not fasting. That way, our body can recover the fluids lost during the day, and be ready for the next day.

It has to be emphasised that only drinking plain water will not be adequate for proper rehydration. The best choice is fresh fruit juices, as they contain water, minerals, sugar and fibres.

Coconut water is a very good choice, as is lassi. All these drinks are rehydrating, as well as nutritious.

Reminiscing life

Because of the summer heat, mixing some crushed ice with drinks is a good idea, but not too much, as the body's immunity is down, and so, extremely cold fluids or food may cause sore throat, runny nose, and even bring about a fever. So it's best to have it in moderation.

Also, care has to be taken as to who the drink is for. If the person fasting is diabetic, make sure that it is sugar free. In case of fresh juice, do not add any sweetener, and water it down a bit, as fruits have natural sugars in them.

If the patient has kidney problems, it is best to stick to fruits with low phosphate levels. Hypertensive patients, and patients with high cholesterol should avoid added salts and drinks which may contain milk products. Having these drinks once in a while is ok, but taking it daily will cause blood pressure and cholesterol to rise.

People who suffer from hyperacidity should avoid fruit drinks on an empty stomach, and instead, drink normal water, and then, maybe have juice once they have had solid food. So, whatever the drink is, the main goal is rehydration, so keep drinking the whole time you are awake and not fasting.

Besides correction of dehydration, we also have to have enough nutrition to sustain 14 hours of fasting. That does not mean that we load ourselves with heavy food like meat, paratha, and biryani and other fried foods.

As the days are long, it is best to break fast with simple, non-spicy food that will be gentle to our stomach. 'Chira' —flat rice —mixed with yoghurt, oat based meals, and

plain soft rice are good choices to break the fast. Then, you can move on to fruits, and our all-time favourite iftar items like piaju, chola, halim, etc. in moderation, of course.

It's best not to have a heavy iftar. After waiting for 2/3 hours, you can have a light dinner. I know some people who skip sehri, but that is not a good idea, as the stomach will be empty for more than 20 hours.

Make sure to have a square sehri with plenty of fluids in-between.

People who take regular medications for chronic illness should adjust their medication with the diet schedule.

Skipping medications for fasting is not recommended for diseases like diabetes, hypertension etc. Diabetic patients should monitor their sugar at least once or twice a day so they can adjust the insulin and oral medications.

It is very important to try to maintain diabetic diet as much as possible. Being diabetic does not mean you cannot fast, you just have to monitor blood sugar levels and adjust the medication accordingly.

Iftar can be treated as breakfast and sehri as dinner. The same rule applies for hypertensive patients. If anyone needs to take antibiotics, which are eight or twelve hours apart, please ask your doctor if one daily dose is applicable, and switch. If not, then you must finish the antibiotic dose, and then start fasting.

Ramadan is the time of the year when we should sit and think of what we have done all year and maybe do a bit more to help those less fortunate than us. Be kind to others and take care of yourself to pass this glorious month and have a wonderful Eid.

Chef Austen's Master Class

As I browsed through the Internet, running through some last minute background info on Austen Douglas Reid, I came across some food bloggers raving about his Tuna Nicoise. Now, mind you, I am not a fan of seafood, but details about the dish rattled my taste buds.

"There's no harm in trying out a tad bit," I tried convincing myself.

You might say that it was sheer imagination from the food-bloggers' end to have been able to describe his dish with such finesse; I on the other hand, believe that true talent lies with the chef to have been able to prepare the dish with brilliance. Had he not done so, his concoction would not be glorified to the extent it was.

Walking through the kitchen towards Austen's office, one thing I took particular note of was hygiene.

It is not easy to manage a kitchen as mammoth as Le Meridien's, that too with such a big and diverse team of chefs, yet Austen has left no stone unturned in maintaining cleanliness.

His efforts are praiseworthy for his team is disciplined and his kitchen is heaven for people who obsess over cleanliness.

Chef Austen reaches out his hands enthusiastically upon meeting me, and right away, begins to converse with me in his soft Scottish tone, as

though I have known him for years. Early on, I got a hint of his sense of humour as it allows people around him to ease in and feel at home.

"While I was in high school, I worked during the weekends at my uncle's restaurant," recalled Austen.

"At a very early age of 15, I got a good idea of working in the industry; it demands a lot of sacrifices, a lot of



long hours," he further added.

Austen studied Hospitality Management in college, before joining various establishments, and it was not until 2004 that he moved to Burj Al Arab, in Dubai, to work as a junior sous chef.

During his four-year tenure at Oman's InterContinental Hotel, he was first promoted to the ranks of executive chef. His cooking journey has seen him travel across the globe, spending a big chunk of his life in the Middle East.

The very experienced chef took over Le Meridien's kitchen January last year, puts in long hours behind the counter, working tirelessly week in week out, pushing his creativity to the limit every time — in pursuit of doing himself one better.

He hardly ever rests, but when he does, it is mostly during his time stuck in traffic, when he utilises it to catch up with friends and family, or pamper himself to a podcast.

His time in Le Meridien has seen Latest Recipe pay particular attention to theme nights. His skills and knowledge have brought immense diversity and creativity in the Mediterranean, Mexican and Asian Nights.

To add a punch of excitement to the 'food-ing' experience in Le Meridien, The Great British Food Festival has allowed Austen Reid to help us enjoy and celebrate British culture through his beautifully curated array of delicacies.

"This has been an educational week for me. I have taken this opportunity to engage with our customers and give them an insight on the food we are serving. This has allowed them to enjoy a 360-degree experience in dining with us," said Austen.

By Ali Sakhi Khan
Photo courtesy: Le Meridien Dhaka

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Dr. Jhumu Khan

MBBS (DMC), DCD (Cardiff University, UK)
MSc (Dresden International University, Germany)
Board Member WOCPM, Diplomate (WOSAAM) Dermatologist
Anti Aging & Regenerative Medicine Specialist

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