



FYI

Summer's gift — fruits

Endless long summer days and the never-ending heat can only mean one thing — it's time to load up on summer fruits to survive and thrive!

Here's our pick of favourite summer kinds that not only provide energy and nutrients, but also keep that body cool, hydrated and undefeated against that battle with the sun.

WATERMELONS

Summer means heat, which means sweating, thus loss of water from the body. The high-water content in watermelons (more than 90 percent) means it keeps you hydrated and full for longer.

GRAPES

They are loaded with antioxidants that help with maintaining your heart and skin problems.

LYCHEE

Rich in Vitamin C, copper and phosphorus, lychees prevent signs of aging of the skin, reduce sunburns, promote hair growth and shine, and is a great boost of energy, when needed.

MANGOES

A good source of immune boosting nutrients, mangoes also contain dietary fibre promoting digestive health.

PINEAPPLES

They are packed with an assortment of minerals and vitamins, especially Vitamin C and manganese that reduce the probabilities of heart disease and diabetes.

PAPAYA

It has a rich fibre content, which is why papayas aid with digestion and give a beautiful glow to the skin.

BLACK PLUM (JAAM)

They are a good option as a healthy snack as these are low in calories and help with the reduction of sugar levels.

GUAVA

Many are unaware that guavas contain high levels of Vitamin C making it a very powerful antioxidant. Guavas

also help regulate not only blood pressure, but also reduce chances of developing heart disease, and lower cholesterol levels.

STAR FRUIT (KAMRANGA)

It contains fibre, full of antioxidants and flavonoids that keep the body's metabolism steady. Star fruit aids in lowering cholesterol levels and regulates healthy bowel movements.

JACKFRUIT

With high amounts of Vitamin C and antioxidants in it, jackfruits boost not only the immune system, but also provide energy when consumed, and are full of good carbohydrates too.

BANANAS

They contain a significant amount of potassium and iron that help regulate blood pressure and are great for those diagnosed with anaemia, respectively.

SAPODILLA (SOFEDA)

It consists of Vitamin A, B and C that all contribute to healthy vision, skin and mucus membrane, is high in fibre content and aids with digestion.

HOG PLUM (AAMRA)

A good source of iron, Vitamin C and K that contribute to the production of haemoglobin and help maintain healthy bones and teeth accordingly.

GREEN COCONUT

This is a natural source of electrolytes that replenishes the electrolyte loss a body may experience through excessive sweating, vomiting, or diarrhoea. The soft meat or flesh inside green coconuts is a great source of healthy fats, proteins and various vitamins and minerals.

By Supriti Sarkar

Photo: LS Archive/Sazzad Ibne Sayed

TREATING ACNE SCARS



Acne is not life-threatening but can cause long term physical and emotional scarring. Scars from acne can seem like double punishment — first you had to deal with the pimples, now you have marks as a reminder.

Nearly half of all adult experience mild to moderate acne. Acne lesions or pimples happen when the hair follicles or pores on the skin become plugged with oil and dead skin cells. A plugged follicle is the perfect

place for bacteria to grow and create the red bumps and pus-filled red bumps known as pimples. These may or may not contribute visible scarring.



Most serious scarring is caused by the more severe forms of acne, with nodules more likely to leave permanent scars than other types.

The best approach is to get treatment for acne soon after it appears to prevent further severe acne and more scarring. Specially if you have nodules, it is better to consult dermatologist as soon as possible for treatment.

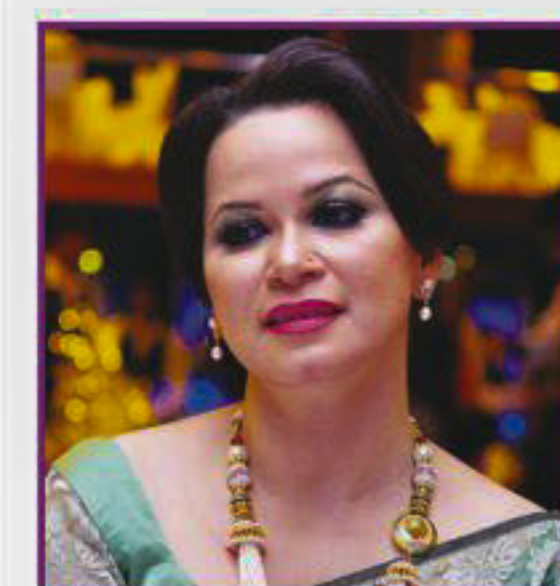
TREATMENT OPTIONS FOR ACNE SCARS MILD VS. SEVERE SCARRING

Treatments depend on how severe the scars are. With advancement of medical science, a Chemical peel or LASER or Microdermabrasion is more suggested by the Dermatologists to help improve the appearance of scarred areas. These milder treatments can be done right in the clinic. If the scarring is difficult and too old with punched out appearance, the following advanced treatment may give better result:



- Fractional Laser Resurfacing
- PRP : Platelet rich plasma
- Fillers
- Surgical Scar Revision

One thing you shouldn't do to deal with acne scars is load up your face with masks or fancy lotions — these doesn't help. If you are really bothered, better to consult a Dermatologist who practices medical grade aesthetic treatments.



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