

## #OCTOBERISPINK

To combat breast cancer, October had been declared as 'Breast Cancer Awareness Month' since 1985. The main objective of dedicating an entire month to breast cancer was, and still is, to make ordinary people as aware as possible and to educate people about the early signs of breast cancer, how it can be detected at home, and what should be done to reduce the chances of acquiring this disease.

Many organisations arrange for events, and the money they receive from these are given as funds to help patients, and also to research institutions to encourage further research into breast cancer, to find out better solutions to it, and if possible, a cure.

Breast tumour can be easily detected in its early stage, and can be prevented from turning into cancer.

All we need is to know and understand the early signs and symptoms.

- Swelling of all, or part of the breast
- Skin irritation or dimpling
- Breast pain
- Nipple pain, or the nipple turning inward
- Redness, scaliness, or thickening of the nipple or breast skin
- Nipple discharge other than breast milk
- Lump in the underarm area

If you spot any of the above symptoms, consult a doctor as soon as possible.

As we know, prevention is always better than cure. There are some food items that help to reduce the chances of getting breast cancer.

Add these to your regular diet, and you are less likely to be affected by breast cancer.

· Fruits and vegetables: The flavonoids and carotenoids in fruits and vegetables are strongly associated in preventing breast cancer. Scientists speculate that this may be because they interfere with the growth process of cancer cells. Dark, green, leafy vegetables like broccoli, cabbage and kale, and fruits like berries and peaches are your strongest weapons against cancer.

· Foods rich in fibre: The hormone estrogen is often associated with leading to breast cancer. Eating a high-fibre diet eliminates excess estrogen from the body. Adding food such as whole grains, beans, and legumes into the diet is therefore, extremely beneficial.

· Omega-3 fat: Salmon, mackerel, trout, flaxseeds, soybean oil, cod liver oil, are all rich in omega-3. The health benefits of omega-3 fatty acids include their ability to reduce inflammation, which may be a contributing factor for breast cancer.

· Spices: Adding spices to your diet is a good idea, as they have anti-inflammatory properties.

· Vitamin D: Vitamin D from food in your diet, and exposure to sunlight could help against breast cancer. Include food items such as cheese, egg yolk, salmon, mackerel, beef liver, dairy products, which are extremely rich in Vitamin D

Maintaining a healthy lifestyle in general, with a good BMI, lots of physical exercise, with no smoking and drinking, can help in preventing breast cancer.

It is a good idea to go for a regular check-up of your breasts to a gynaecologist every three months, especially if you have reached your 40s.

By Faiza Khondokar

# Interview of a Yogi: Gillian Breetzke

## KUNDALINI RISING

BY SHAZIA OMAR  
Writer, activist and yogini  
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**1. How did you get interested in yoga?**  
I have always been interested in spirituality, and wanted to understand more about life and our existence here on earth. My own journey on the mat began when I was teaching in a Primary School in Ireland, when I was invited to join a 6 week Ashtanga. From that first class, the practice really resonated with me and I was hooked. It offered such a wonderful space for quiet reflection and personal growth.

**2. Where did you learn yoga? What kind of yoga do you teach and where?**  
After a couple of shorter courses, I discovered Ashtanga Yoga Dublin, a wonderful studio in Ireland, and with David Collins and Paula Herbert, my practice truly began to grow and flourish under their sincere, supportive guidance. This is where I met Paul Dallaghan, the owner of Samahita Retreat in Thailand, where I am now based. Ashtanga has formed the base of my practice, and now, I teach a variety of styles of yoga at Samahita Retreat. I've been teaching for ten years. At Samahita, we teach the dynamic core vinyasa, which incorporates many elements of the ashtanga practice, and really brings in the elements of breath and teaches people to move safely with awareness. I also teach restorative yoga, meditation, and pranayama.

**3. In what ways has yoga benefited you?**  
There are so many small ways that it has shaped my life, and continue to do so each day. Consistent, sincere, and dedicated practice has taught me so much about myself, and has allowed me to really breathe and move through all the joys and trials that life has brought me. I feel like I can see more clearly now. I have a greater sense of awareness of my own body and of my surroundings. There have also been so many physical benefits, which I am so grateful for every day, simply being able to breathe completely, moving with awareness.



**4. Describe a typical day in your life.**  
I wake up before sunrise to practice, always just before my alarm, which is a blessing in itself (this was definitely not always the case). Doing my own practice is such an essential part of sharing these practices with others. Most days, after practice, I come to Samahita to teach. The rest of the day is spent with various tasks around the centre, and interacting with our wonderful

guests. Each day is different. There are many advantages to working in such a stunning location, right on the beach, and days often end with an essential beach walk — clean air and space.

**5. What advice do you have for someone who has never tried yoga?**

Give it a go! You've got nothing to lose. Small steps can lead to something greater than you ever imagined. Often, the first steps are the hardest to take. I meet many people at Samahita who have never done yoga before, and come for a full immersion. It's a beautiful experience, watching how mesmerised they get. Often, in our minds, we make things seem so complicated, but once we allow ourselves to take the leap and move into a new space, it's incredible what unfolds.

**6. What advice do you have for yoga practitioners?**

Practice consistently, and with sincerity.

**7. What are some of the things you do to take care of the world or yourself that you have learned along your journey?**

It's the small things; being aware of the food I'm eating, trying to eat local, organic produce. Looking after my immediate environment through recycling, consciously making decisions to reduce my own carbon footprint wherever I can.

I always try to be aware, supportive, and compassionate to those around me in whatever way I can. I feel really blessed to be in an environment where these opportunities arise every day.

Photo: Shazia Omar

## আপনার বাসার ইন্টরিয়র সাজিয়ে দেবে বার্জার!

চার দেয়ালের নিজের একটা বাসা, যা সবদিক থেকে আলাদা! এর প্রতিটি কোণায় ছড়িয়ে থাকে অজস্র সুখ, মিশে থাকে কত যত্নের পরশ। আপনার প্রিয় সেই বাসা এবার সাজিয়ে দেব আমরা।

### আবেদন করতে প্রয়োজনীয় বিষয়াদি:

- নতুন করে বাসা সাজাতে চাওয়ার কারণ লিখে পাঠান (৩০০ শব্দের মধ্যে)
- আবেদনকারীর নাম
- মোবাইল নম্বর
- ই-মেইল (যদি থাকে)
- বাড়ির পূর্ণ ঠিকানা
- বাসার মাস্টার বেড রুম, ড্রইং রুম আর ডাইনিং রুমের ৩ কপি ছবি ও বাসার বাইরের ১ কপি ছবিসহ ৪টি ছবি

### \* বার্জার হ্যাপি হোম-এ আবেদন করার শর্তাবলী:

- বাড়ি বা ফ্ল্যাট আবেদনকারীর নিজের মালিকানাধীন হতে হবে।
- বাড়ি বা ফ্ল্যাটের সাইজ ৮০০-১২০০ স্কয়ার ফিটের মধ্যে হতে হবে।
- বার্জার হ্যাপি হোম-এর সাথে সংশ্লিষ্ট সকল প্রতিষ্ঠানের কর্মকর্তা/কর্মচারীবৃন্দ এবং তাদের আত্মীয় স্বজন অংশগ্রহণ করতে পারবেন না।

\*\* উল্লিখিত শর্তাবলী কর্তৃপক্ষ যেকোনো সময় পরিবর্তন করার ক্ষমতা সংরক্ষণ করে।

"বার্জার হ্যাপি হোম" এর জন্য আবেদন করতে উল্লিখিত তথ্যসমূহ খামের ভেতর রেখে খামের উপরে "Berger Happy Home" লিখে পাঠিয়ে দিন ৩১ অক্টোবর, ২০১৯ এর মধ্যে।  
এই ঠিকানা: বাড়ি# ০৮, রোড# ২৩/সি, গুলশান-১, ঢাকা-১২১২  
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