

DROP THE MYTHS LOSE THE WEIGHT

RAHBAR AL HAQ



TARGET THE "TROUBLE SPOTS"

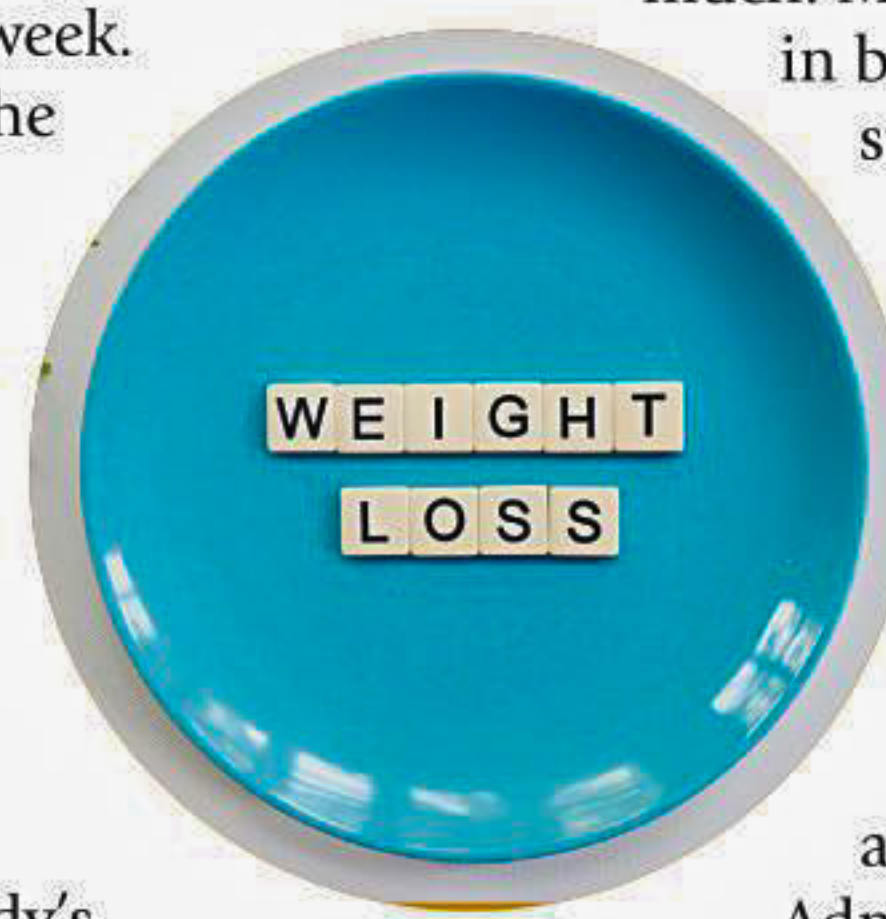
A common weight loss myth is that people can lose weight by simply exercising the most fat-filled parts of their body, namely belly, thighs and hips. The problem with this method is, instead of burning the fat, it simply moves it around. For example, if you do a lot of crunches, your belly will look visibly flatter, but in reality the fat will simply migrate to other fatty body parts. To actually lose weight, one needs to also incorporate cardio, so that the stored energy actually gets spent.

WEIGHT LOSS IS A LINEAR PROCESS

Another common myth is that weight loss is gradual, and you will consistently see weight loss every week. Unfortunately, human biology disagrees. The human body weight is not all fat; there is also water, muscle, undigested food, etc. The mass of these items constantly changes due to environment and tissue rebuilding. Finally, fat is nothing but stored energy and the body will use them based on its need. So, sometimes there will be virtually no change in weight after exercise while on other times there will be a dramatic drop, all depending on your body's need to run its internal functions.

EATING FAT MAKES YOU FAT

Some misleading research around 1970, propelled by the sugar industry, firmly planted the myth that saturated fat is the enemy of weight loss. Based on simple math, this argument makes sense. Fat has 9 calories per gram,



while carbohydrates and protein have 4. Thus eating low-fat foods should allow you to eat more without gaining weight. In reality however, fat is more satiating. This means, when people eat high-fat foods, their body tells them to stop sooner, and they don't want as much. Moreover, medium-chain triglycerides found in butter and coconut oil activate appetite-suppressing hormones. Thus, you naturally eat less when you are eating high-fat food, which in turn means you intake less calories and thus gain less weight. **SUPPLEMENTS ARE EFFECTIVE** Supplement makers love to advertise their products as the panacea for weight gain, but in reality, most of them are as medicinal as unicorn flatulence. They are not regulated by US Food and Drug Administration or most other regulating medical bodies, which means they have little medical credence. In fact, there have been instances where fat-burners had been removed from market because their use led to high blood pressure, strokes, seizures, and even death. So if you are looking for a miracle to your fat problem, fat burners are most likely not it.

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EMBRACING DIFFERENCES THROUGH TRAVELLING

ZARIF FAIAZ

Some travel to escape the drabness of routine mediocrities. For some, it's a call that can hardly be ignored. Even before the age of discovery, travelers like Faxian and Ibn Battuta travelled around the world with a single goal - to learn. No matter what category we fall under as a traveller, adventure lover or leisure seeker, we all agree that to travel is to discover.

Travelling exposes us to difference - different habitats, different people and different cultures. Every exposure to difference helps us learn. Travelling deeper, living with locals, eating like them, blending with them, allows you to learn about human civilisation and



I cannot wait until I have saved up enough to travel the world. I want to see everything that's out there," she added.

Indeed, travelling is like peeking into a different world altogether. Getting intimate with a different culture will never disappoint you. From the expensive and almost futuristic lifestyle of Singaporeans, to the nomadic but ever so gentle livelihood of the tribes of Nagaland, from the snowy white mountains of the Himalayan range, to the scorching heat and burning sands of Rajasthan - travelling will expose you to a range of

experiences that may change how you see life forever.

Get out there. Don't go to Bangkok and search for Bangali restaurants. Don't go to Nepal and spend your days in insobriety in your hotel room. Embrace the differences. Travel in a tuk-tuk. Live in a hostel with other travelers. Eat that Thukpa and find out if you hate it. Expose yourself to cultural difference and diversity. And most importantly, travel as much as you can and as far as you can. There's an entire world out there waiting for you.

diversity. It broadens your mind and helps you see things from a different perspective; to some, it can be a life-changing phenomenon.

"I started travelling during my second year at university. I went to Meghalaya, camped near a river for the night, ate with the local villagers and travelled as they do. It was like peeking into a different world. It was like coming out of a shell and seeing the world for the first time all over again," said Nadia, a student at the University of Dhaka. "To be honest,



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