

Take radical action against free radicals

Free radicals are highly reactive molecules that have unpaired electrons. In the body, they can be formed through various processes, and their presence can be harmful due to their ability to damage cells and biological molecules.

Free radicals formation

Free radicals form during normal cellular processes, such as metabolism, as the body produces free radicals as byproducts. External factors such as exposure to pollutants, radiation, tobacco smoke, and certain chemicals can also contribute to the production of free radicals.

The danger of free radicals

Free radicals are highly reactive because they have unpaired electrons, and they seek to stabilise themselves by taking electrons from other molecules. In the process, they can

damage cellular components like proteins, lipids, and DNA.

Overall damage caused by free radicals is known as oxidative stress. When the balance between the production of free radicals and the body's ability to neutralise them is disrupted, it can lead to oxidative stress. This can result in cellular dysfunction and contribute to various diseases, including cancer, cardiovascular diseases, and neurodegenerative disorders.

Free radicals also trigger inflammatory responses in the body. Chronic inflammation, in turn, is associated with several health issues and contributes to the progression of various diseases.

Defense mechanisms

Antioxidants are substances that can donate electrons to stabilize free radicals without becoming reactive themselves. Antioxidants

can be obtained through a balanced diet, including fruits, vegetables, and other sources rich in vitamins (like vitamins C and E), minerals, and phytochemicals.

Green tea is also a rich source of antioxidants that help neutralise free radicals in the body, protecting cells from damage and reducing oxidative stress.

Yoga is a valuable tool for reducing oxidative stress in the body by promoting relaxation, improving circulation, and enhancing overall well-being. Learning to still the mind, to draw inwards, to relax and to surrender, has profound benefits. A consistent yoga practice incorporates relaxation, deep breathing, and gentle stretches that can help combat oxidative stress.

Deep breathing, known as pranayama, can reduce stress and promote better

oxygenation of the body, reducing oxidative stress.

Mindfulness meditation can help reduce stress and promote mental clarity, indirectly benefiting overall well-being.

In summary, free radicals are dangerous in the body because of their ability to cause cellular damage, oxidative stress, and inflammation, and potentially contribute to the development of various diseases. A balanced lifestyle, including a healthy diet rich in antioxidants, yoga, proper hydration and adequate sleep can help mitigate the impact of free radicals.

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◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

You could have big problems with your partner. Get into self-improvement projects. You will do well with creative workloads. Your lucky day this week will be Thursday.



TAURUS (APR. 21-MAY 21)

Sudden changes from colleagues can surprise you. Entertainment will be costly. Lay all your cards on the table. Your lucky day this week will be Thursday.



GEMINI (MAY 22-JUN. 21)

Go with the flow. Chances for romance will appear. Reflect on past experiences. Your lucky day this week will be Wednesday.



CANCER (JUN. 22-JUL. 22)

Don't get backed into corners. Spend time with youngsters this week. Your co-workers will admire your diplomatic approach. Your lucky day this week will be Sunday.



LEO (JUL. 23-AUG. 22)

Don't spill any secrets. Make a serious attempt at quitting your bad habits. An open mind will lead to unbelievable opportunities. Your lucky day this week will be Tuesday.



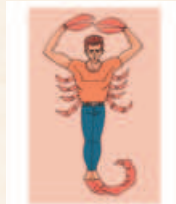
VIRGO (AUG. 23-SEP. 23)

Sudden changes in friendships is likely. Don't be overly sensitive. Romantic opportunities will arise if you travel. Your lucky day this week will be Friday.



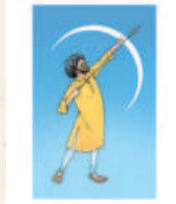
LIBRA (SEP. 24-OCT. 23)

Someone may not have your best interest. You will make big financial gains this week. Listen to the advice given by others. Your lucky day this week will be Thursday.



SCORPIO (OCT. 24-NOV. 21)

Your personal problems could interfere with your work. Acting on anger can destroy a relationship. Be careful with investments. Your lucky day this week will be Thursday.



SAGITTARIUS (NOV. 22-DEC. 21)

Get to doing your home improvement projects. Make plans with your friends. Be prepared to face oppositions. Your lucky day this week will be Friday.



CAPRICORN (DEC. 22-JAN. 20)

Keep your cash safe. Problems with in-laws may cause friction. Avoid any hassles. Your lucky day this week will be Sunday.



AQUARIUS (JAN. 21-FEB. 19)

Talk to your partner about your intentions. Don't take on additional responsibilities. Consider changing up your appearance. Your lucky day this week will be Thursday.



PISCES (FEB. 20-MAR. 20)

You will accomplish everything you set out to do. Finish any pending work. Don't let your partner put demands on you. Your lucky day this week will be



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প্রথম ওয়াশেই কাপড়ের কঠিন থেকে
কঠিনতম দাগ দূর করে।

টাইফুন... লাগে কম, তাই সশ্রয় বেশী।



