

#HEALTH & FITNESS

Here's why watermelons are good for you

Watermelons are not merely a symbol of summer refreshment. They are an excellent source of hydration and nutrition. Beyond its irresistible watery sweetness, the fruit is preferred for its ability to sustain good health and invigorate the body.

Instant hydration

Watermelons are nature's hydration specialists, boasting an impressive 92 per cent water content. So, the next time you reach for a slice, remember you are not just treating your taste buds to a burst of natural sugariness — you're also giving your body a revitalising boost from nature's one of the best water sources.

Good for your skin

Packed with the goodness of vitamin A and vitamin C, watermelons can become your skin's best friend.

Vitamin A also steps in as a skin rejuvenator. It boosts collagen production, smoothens out fine lines and revives tired skin cells. Vitamin C, a powerful antioxidant, shields your complexion from the onslaught of pollutants. It enables your skin to abbreviate wrinkles, fend off acne, and lighten dark spots for a relatively flawless finish.

Lycopene is another strong antioxidant found in watermelons. By minimising oxidative stress, it can help prevent early ageing. Other health benefits include

sustaining skin elasticity and maintaining a youthful glow.

Now, the skin benefits of watermelons are not limited to oral consumption. Some dermatologists suggest that applying watermelons on the skin can be equally rewarding. So, for those having with acne and dark spots, watermelons can be a possible solution.

Watermelon as your heart's companion

Watermelon's impact on cardiac health is often overlooked. As it contains lycopene, various studies have suggested it can greatly benefit heart health.

Researchers have found out that lycopene can help lower cholesterol and

blood pressure, both of which have a positive impact on your heart's overall condition. The wonders of watermelons do not end there. It's also filled with citrulline, potassium, magnesium, and vitamins A, B6, and C — all of which are healthy ingredients for your heart. These nutrients team up to keep your heart beating happily and your body feeling energised. Enjoy a slice or two every day and give your heart a little extra love this season!

Watermelons can easily turn into your summer snack of choice. It's a delicious way to keep hydrated and load up on those important nutrients.

By Pratno Rahman

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Restrictions will be difficult for you to bear. Look for creative ways to make money. Make any changes you feel is necessary. Your lucky day this week will be Thursday.



TAURUS (APR. 21-MAY 21)

Your determination to do your own thing will succeed. You will have trouble saving money. Make an effort to be pleasant. Your lucky day this week will be Tuesday.



GEMINI (MAY 22-JUN. 21)

Your concern for others will add to your charm. Your partner will be difficult this week. Don't jump into relationships. Your lucky day this week will be Tuesday.



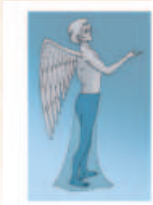
CANCER (JUN. 22-JUL. 22)

Go for some shopping. Make use of your creative flair. Stick to deadlines to avoid trouble. Your lucky day this week will be Friday.



LEO (JUL. 23-AUG. 22)

Don't let anyone treat you poorly. Sort your personal issues yourself. Avoid getting involved with married individuals. Your lucky day this week will be Thursday.



VIRGO (AUG. 23-SEP. 23)

Plan your course of action carefully. You will be indecisive. Hidden assets can be doubled if you make the right moves. Your lucky day this week will be Tuesday.



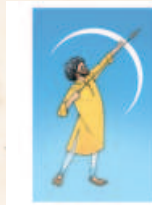
LIBRA (SEP. 24-OCT. 23)

Take action. Social functions will new romantic opportunities. Major job opportunities are apparent. Your lucky day this week will be Saturday.



SCORPIO (OCT. 24-NOV. 21)

You can gain invaluable knowledge if you listen. Get some rest. Don't waste time daydreaming. Your lucky day this week will be Sunday.



SAGITTARIUS (NOV. 22-DEC. 21)

Your plans might cost more than expected. Think twice before volunteering information. Heart to heart talks will clear up misunderstandings. Your lucky day this week will be Wednesday.



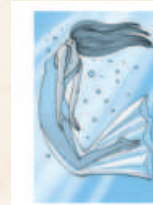
CAPRICORN (DEC. 22-JAN. 20)

Think twice before signing up for costly ventures. Seek support from loved ones. Now is not the time to be overly generous. Your lucky day this week will be Sunday.



AQUARIUS (JAN. 21-FEB. 19)

Make plans to meet with friends. Visit someone who is ill. Don't rely on advice from false information. Your lucky day this week will be Monday.



PISCES (FEB. 20-MAR. 20)

Things may not be as they appear. Your new ideas will bring about extra money. Spend time with people who can help with your situation. Your lucky day this week will be Friday.

এখন প্রতিটি **বিডিটিনা** হেয়ার অয়েল
২০০ মি.লি. এর সাথে **৫০ গ্রাম**
ম্যান্ডারিনা লোশ **ফ্রী**

বিডিটিনা

হেয়ার অয়েল

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BENEFITS

- চুল পড়া নিয়ন্ত্রন করে।
- চুলের গোড়ায় অতিরিক্ত পুষ্টি যোগায়।
- চুলকে করে খুশকিমুক্ত।
- চুলকে করে হালকা ও নরম।
- চুলকে করে উজ্জ্বল ও ঝলমলে।

ফ্রী

Complete Hair Therapy...

KOHINOOR CHEMICAL