

Issue 7
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ARIANA

Magazine

**Aryana Sayeed
opens clothing
store to give
women hope in
Afghanistan**

INCLUDED:

THE KABUL BEAUTY SCHOOL

AFGHAN CIRCUS BUILDING HOPE

ANONYMOUS AFGHAN SINGER- NASHENAS

JOKES WITH MULLAH NASRUDEEN

PHOTOS OF AFGHANISTAN

POETRY

AND MUCH MORE

**BREAKING
MENTAL
HEALTH
TABOOS**

ARIANAMAGAZINE.COM

Photo credits:
Model: Aryana Sayeed
Photo credits: Hasib Sayeed

"I pray and hope for peace to finally return to our Motherland bakhair. I also urge our people worldwide to please become united and join hands so together we can rebuild our country and our community."



Photo credits:
Vision Photography Studio
Edris Salehi



Sameer Tahir is a final year medical student looking to graduate in 2021, his special interests include cardiology and surgery. He is looking forward to working in the NHS and benefiting the Afghan community with his training and knowledge.

@tsam.md

KEEPING HEALTHY

Afghan cuisine with its world-renowned taste and sought out delicacy can come at a high cost of harming health when moderation in diet and exercise is not embedded alongside our appetite. Within the Afghan community, and Asians in general, due to poor diet and bad habits, there is an increased risk of diabetes, high cholesterol, and high blood pressure, these inadvertently lead to heart disease. Whilst taking medication can temporarily tackle the symptoms at hand but to truly cure or to reach a near to normal condition, a balanced diet is vital alongside exercise. The misconception of eating what you want plus a tablet is a practise that is unfortunately common amongst the Asian community and it is these subtle habits that paint a greater picture of poor health.

How to maintain a healthy lifestyle and diet?

Weight loss is one of the most important factors when it comes to maintaining a healthy lifestyle. The risks for heart disease, high cholesterol, high blood pressure, and early death are significantly decreased with weight loss.

Eat when you are hungry. This allows us to follow our natural biological signs of hunger and avoids the overconsumption of foods. A healthy diet should consist of at least three nutritionally balanced meals a day, anything less can have negative effects on the body.

Having a meal plan will make a great difference as it will save time, money, and allows for portion control. Food wastage is reduced and unhealthy options are avoided

The plate method is a great technique used to divide the plate into three segments. Half of the plate is filled with non-starchy vegetables such as salads, beans, and broccoli. One quarter is filled with proteins such as turkey or chicken, and the remaining quarter with carbohydrates such as brown rice. This technique controls the portion size without excluding important nutrients.

Counting calories is the best-proven method to losing weight. Consuming fewer calories and burning more through physical activity has been shown to prevent obesity. Maintaining a safe weight, reduces the risks of high blood pressure, high cholesterol, heart disease, and stroke.

Increase your green food intake, as they are low in calories but rich in fibre, minerals, and vitamins. They strengthen the immune system and helps to restore normal bowel movements.

Drink plenty of water. Staying hydrated aids in digestion improves kidney function, helps with weight loss, and is essential for the normal function of the brain.

Decrease sugary drinks, as they contain simple carbohydrates which are easily broken down and rapidly increases blood sugar levels. The health risks include obesity, diabetes, tooth decay, and heart disease.

Decrease your salt intake. Salt is essential for the body but too much of it can cause high blood pressure, which can increase your risk of heart disease and stroke.

Break unhealthy habits such as smoking, drinking, physical inactivity, and insufficient sleep.

Increase your physical activity. Aim for at least thirty minutes of physical activity every day, these can include simple house chores, walking up the stairs, or a walk in the park. Exercise has been known to help improve sleep and mood, in weight reduction, and decreasing the risk of heart disease and diabetes.

Stress Management. Stress can have serious effects on health, it has been known to increase the risk of heart disease, stroke, and high blood pressure. Some of the practical ways to reduce stress include





Photo credits: Varial Studio

WAKHAN ANOTHER AFGHANISTAN

DOCUMENTARY QUEST

Embedded in many worlds, cultures, and traditions, Varial is naturally driven and attracted to extreme journeys, remote places, tribes, and threatened cultures, obsessed by untold realities, rare captured moments, simple but singular realities, and striving for the sublime.

Varial's personal photography and film works, humbly document transitions, major transitions: from "uncontacted tribes" to "contacted tribes" in Ecuador, from surviving to disappearing in Afghanistan and Borneo, from illiteracy to literacy in rural India.



WAKHAN CORRIDOR

VIDEO ON DEMAND

<https://vimeo.com/ondemand/wakhan>

Wakhan, a cinematic poem, sketches two tribes: the Wakhis and the Kyrgyz. Filmed in the furthest reaches of this mythical, Hindu-Kush plateau, and far removed from the Taliban, it's an exploration in the pursuit of pure, non-verbal sensations. This journey through the Wakhan Corridor connects with the daily lives of these reclusive peoples living at altitudes of 4,000 m. Artistic, experiential and impressionistic, Wakhan, a documentary, peers into this mysterious Afghan reality.



afghan
EXCHANGE

صرافی افغان

Afghan Exchange and Travel provides different kinds of money transfer and exchange services to their clients, from cash on the counter, account credit and online money transfer. Send money at the real rate with no hidden fees. Afghan exchange provides a cheaper and faster way to send money to Afghanistan.

معاملات مطمئن، سریعترین زمان، بهترین قیمت

