Govt Supports 'Sector With Tax Reductions, Incentives For Freelancers'

Syndy Collaborates With Dr. Mowadat Rana For Mental Health Advocacy

Pakistan Aims To Join China-LED International Lunar Research Station

Pakistan's Wheat Production Exceeds Estimates, Reaches 28 Mln Tons

SOYBEAN/Soybeans are highly nutritious legumes that offer wide range of benefits. Here is the nutritional value and some key benefits of consuming soybeans

Curcuma Longa: A Holistic, Ayurvedic Based Medicine With Modern Applications

Intersex (Khwajaghasira) By Choice Or Chance?

Pakistan has lowest regional ranking in terms of funding for education, with its public expenditure on education as a percentage of GDP estimated at 1.7 percent for the fiscal year 2022-23.

The minister suggested that individuals no longer need to file a salestax return in order to take advantage of the 0.25 percent concessional rate. The minister maintained that individuals no longer need to file a salestax return in order to take advantage of the 0.25 percent concessional rate.

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Curcuma Longa: Ancient Plant-Based Medicine With Modern Applications

In traditional Chinese medicine, tumeric was used as a treatment for digestive diseases, rheumatism, pain, and the healing of wounds. It is also known as a natural occurrence caused by mutations.

Turmeric has been used for thousands of years. It is a natural antiseptic and a general poison antidote and a general poison antidote and a general. Turmeric has been used in ancient Indian medicine as well as in modern medicines, demonstrating its effectiveness and safety in a wide range of applications.

The Khawaja-Sira community has faced discrimination and marginalization, which has resulted in significant challenges for them. As a result, people have relied on plant-based medicines, such as turmeric, as a treatment for a variety of conditions.

The Khawaja-Sira community is a group of people who have been excluded from society due to their gender identity. They were and are still being persecuted and discriminated against by the larger society. The Khawaja-Sira community is one of the oldest communities in Asia, with a history dating back to ancient times.

Turmeric's properties include being a natural anti-inflammatory and an anti-oxidant. It is also known to have anti-bacterial and anti-fungal properties, as well as being useful in wound healing and immune system support.

Turmeric is also known to have anti-cancer properties, and it is being studied for its potential role in the treatment of various diseases, including cancer. Turmeric is a natural anti-oxidant and anti-inflammatory agent, which makes it a popular choice for those looking for natural remedies. Turmeric is also known to have anti-inflammatory properties, which can be beneficial in the treatment of a variety of conditions, including arthritis.

In conclusion, the Khawaja-Sira community is one of the oldest and most marginalized communities in Asia. They are still facing discrimination and marginalization, which has resulted in significant challenges for them. However, it is important to recognize that their contributions to society and the world are invaluable. The Khawaja-Sira community has a rich cultural heritage and a long history that should be respected and celebrated. Turmeric is just one of the many examples of the contributions they have made to the world of medicine and healthcare.
Nutritional value and Benefits of Soybeans

Soybeans are a member of the legume family and offer a variety of benefits. Here's a look at the nutritional value and some key benefits of consuming soybeans:

### Nutritional Value of Soybeans

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>173</td>
</tr>
<tr>
<td>Protein</td>
<td>16.6 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>9.9 g</td>
</tr>
<tr>
<td>Fat</td>
<td>9 g</td>
</tr>
<tr>
<td>Fiber</td>
<td>5.5 g</td>
</tr>
<tr>
<td>Iron</td>
<td>3.55 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>1238 IU</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>47 mcg</td>
</tr>
<tr>
<td>Calcium</td>
<td>52 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>73 mg</td>
</tr>
<tr>
<td>Total fat</td>
<td>9 g</td>
</tr>
<tr>
<td>Total carbohydrate</td>
<td>9.9 g</td>
</tr>
<tr>
<td>Total fiber</td>
<td>5.5 g</td>
</tr>
</tbody>
</table>

### Benefits of Soybeans

- **Protein**: A good source of plant protein, essential for building and repairing body tissues.
- **Calcium**: Important for bone health, especially in postmenopausal women.
- **Vitamin B complex**: Necessary for energy production, mood regulation, and cell function.
- **Fiber**: Helps in maintaining healthy bowel function and reduces the risk of heart disease.
- **Vitamins and Minerals**: Provides various vitamins and minerals that support overall health.
- **Heart Health**: Soybeans contain isoflavones that may help lower cholesterol levels and reduce the risk of heart disease.

### Isoflavones

Isoflavones are plant estrogens found in soybeans and other legumes. They are beneficial because they can help reduce symptoms of menopause and are also considered beneficial for heart health, reducing the risk of heart disease and stroke.

### Hormonal Balance

Isoflavones in soybeans may help balance hormones and reduce the risk of hormone-related illnesses like breast cancer. They may also have benefits for other hormone-related conditions.

### Bone Health

Soybeans are a good source of calcium, which is essential for strong bones. They can help improve bone density and reduce the risk of bone fractures.

### Diabetes Management

Soybeans contain a variety of nutrients that can help manage blood sugar levels. They contain fiber, which helps slow down the absorption of sugar into the bloodstream, and isoflavones that may help improve insulin sensitivity.

### Other Benefits

- **Nanolec acid**: It helps in reducing blood pressure.
- **Soy protein concentrate**: Helps improve bone density.
- **Soy milk**: Helps in maintaining healthy bones.

### Conclusion

Soybeans offer a number of nutritional and health benefits. They can be incorporated into various dishes, including salads, soups, stews, and stir-fries, to add flavor and nutrients. Including soybeans in your diet can contribute to heart health, weight management, and overall health.

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**Nutritional Value of Amla**

**Vitamin C**: 477 mg
**Iron**: 7.5 mg
**Calcium**: 180 mg
**Phosphorus**: 104 mg

Amla, also known as the Indian gooseberry, is a rich source of vitamin C, which is important for immune system function and wound healing. It also contains antioxidants that can help protect against cell damage.

**Amla Paste**

Amla paste is used in Ayurvedic medicine and is believed to have numerous health benefits. It is used in various dishes to add flavor and nutritional value.

**Hormonal Balance**

Amla is rich in phytochemicals that can help balance hormones and reduce the risk of hormone-related illnesses.

**Bone Health**

Amla is a good source of calcium, which is essential for strong bones.

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**Nutritional Value of Fennel**

**Calcium**: 78 mg
**Iron**: 2.5 mg
**Phosphorus**: 8 mg
**Sodium**: 2 mg

Fennel is a natural digestive aid and is often used in Ayurvedic medicine to treat stomach ailments. It is also rich in vitamins A and C and vitamin K.

**Bone Health**

Fennel is a good source of calcium and can help strengthen bones.

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**Nutritional Value of Cumin**

**Calcium**: 10 mg
**Iron**: 0.3 mg
**Phosphorus**: 5 mg

Cumin is commonly used in Ayurvedic medicine to treat digestive problems and to improve digestion. It is also rich in nutrients like calcium and iron.

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**Nutritional Value of Barley**

**Calcium**: 3 mg
**Iron**: 1 mg
**Phosphorus**: 3 mg

Barley is a whole grain that is rich in nutrients like fiber, protein, and B vitamins. It is also a good source of antioxidants.

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**Nutritional Value of Chipotle Peppers**

**Calcium**: 1 mg
**Iron**: 0.3 mg
**Phosphorus**: 5 mg

Chipotle peppers are a type of dried chili pepper that is used as a condiment in various dishes. They are rich in nutrients like calcium and iron.

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**Nutritional Value of Turmeric**

**Calcium**: 5 mg
**Iron**: 0.2 mg
**Phosphorus**: 3 mg

Turmeric is a popular spice that is rich in anti-inflammatory compounds. It is also a good source of antioxidants.

---

**Nutritional Value of Garlic**

**Calcium**: 2 mg
**Iron**: 0.2 mg
**Phosphorus**: 2 mg

Garlic is a pungent vegetable that is rich in anti-inflammatory compounds. It is also a good source of antioxidants.

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**Nutritional Value of Ginger**

**Calcium**: 2 mg
**Iron**: 0.2 mg
**Phosphorus**: 2 mg

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The country of Canada is preparing for what it says is its worst wildfire season on record. 2,104 fires have already broken out this year, consuming an area roughly equal to Belgium’s size. The fires have burned 99,778 hectares and may have an impact on at least 200,000 people.

Hackers Cracked i2VPN’s Admin Credentials, Accessing Main Dashboard

Hackers claimed to have gained access to i2VPN’s main admin dashboard using admin credentials of about 12,000 users after one or another was cracking the admin credentials.

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The best-performing tech stocks. Althea Tech, Pliant Therapeutics, BioTime, and investors are frequently willing to pay a premium for the promise of future growth.

Science Advisory Council established on June 8. It claims that the International Seabed Authority (ISA)’s capacity to comprehensively and accurately evaluate the impact of what constitutes serious harm ma rine ecosystems has not yet started, and that the ISA lacks a scientific definition of what constitutes serious harm.

Numerous European countries and businesses currently hold permits to search for resources on the global seabed, through the ISA. While a ban on deep-sea mining has not yet started, numerous European countries and businesses currently hold permits to search for resources on the global seabed, through the ISA. But according to the ISA, the ban on deep-sea mining has not yet started.

Scientists argue that 2°C is high based on current science of the earth’s climate but that it is a benchmark that can be achieved through international cooperation and the Paris Climate Agreement.

Canada Faces Record Wildfire Season

The correlation between each market’s performance and its intrinsic value, typically thought are undervalued compared to one or more key benchmarks. Momentum among the top tech stocks. Althea Tech, Pliant Therapeutics, BioTime, and investors are frequently willing to pay a premium for the promise of future growth.

Awards for Technical and Scientific Excellence

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Gordon Wins 2023 Princess of Asturias Award For Microbiome Research

The 2023 Princess of Asturias Award for Technical and Scientific Research has been given to Jeffrey Gordon, a professor at Washington University School of Medicine.

The human microbiome is a collection of microorganisms living inside and on the body and play a fundamental role in health maintenance, being recognized for the discovery of which constitutes serious harm.

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