

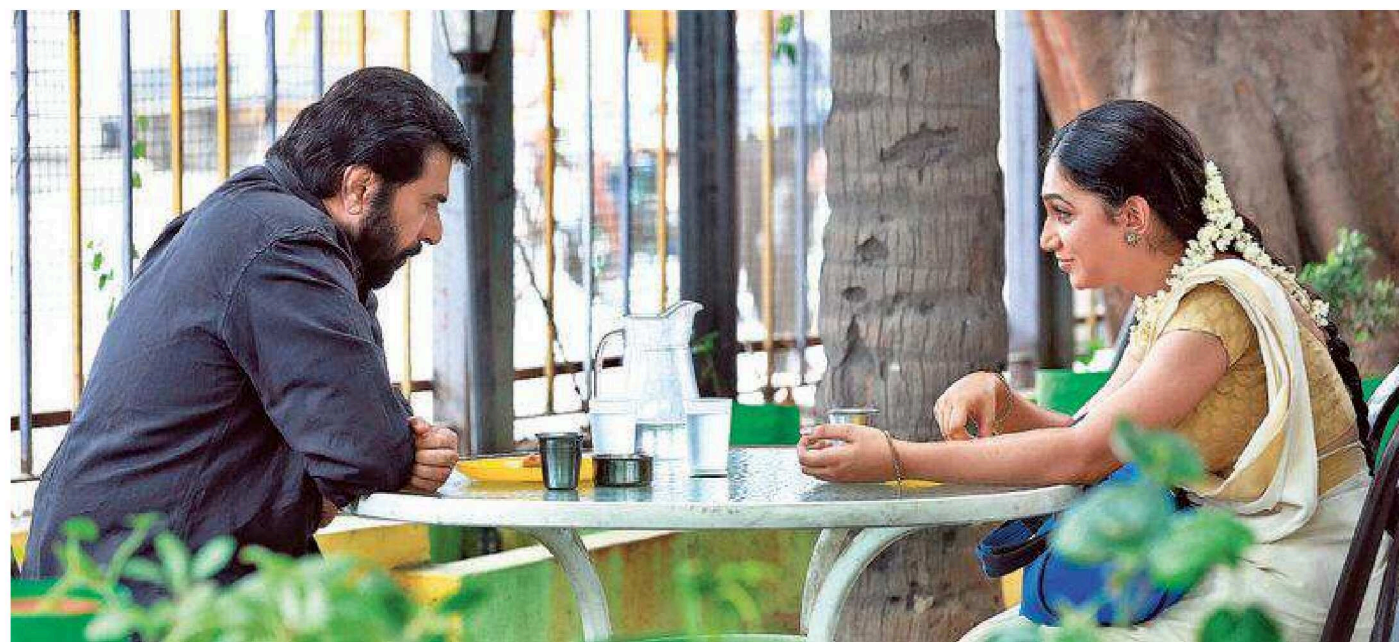
Transcending hate

Trans woman actor Anjali Ameer on her role in 'Peranbu' and how the film erases prejudices about the trans community

By HARIKUMAR JS

More than the appreciation that came her way, what makes model-turned-actor Anjali Ameer happier is how *Peranbu* (Tamil) successfully upends certain prejudices about the trans community. "Transgenders, transsexuals, transvestites etc. are in fact different from each other. Many do not realise that," she says over phone from Kozhikode where she currently resides.

Anjali plays Meera, a trans woman, in the Ram-directed Mammootty-starrer that has been winning plaudits. What made Meera connect with the audience is probably the message that *peranbu* (great love) also resides in hearts we fail to see. "I received a lot of congratulatory messages. But what was more uplifting was that many who had previously shown antipathy towards me as a trans person expressed a change of heart. They acknowledged that



In the limelight Anjali Ameer; (top) a still from 'Peranbu' •SPECIAL ARRANGEMENT

they could see the transgender community in a new light through Meera," says Anjali. Born as Jamsheer in Thamarassery, the 28-year-old entered the film industry after walking the ramp for several years. The BSW graduate officially changed her name in 2014. "Anjali, it's a name I love. I don't really know why the fascination. May be because it's the name of a character in a Hindi serial I used to follow when I was young," she says with a laugh.

Anjali says Mammootty himself recommended her name to direc-

WARDROBE PICK

Anjali says she would pick a sari over other sartorial options any day. "I'm comfortable with make-up and can drape a sari perfectly. Oh, I like wearing jasmine flowers too," she says

So when Ram sir called me, it was a huge surprise," she says. Though the film's shooting was completed in 2016, it had a long festival run before its theatrical release earlier this month.

Realistic portrayal

She credits director Ram for his "realistic" filmmaking, especially in etching Meera on the screen, claiming that it clears some misunderstandings about the community. "Usually in films, trans persons are portrayed in a negative vein, either as economically

exploitative or as grotesque or comic figures. But *Peranbu* highlights that we too have natural feelings of love, wishes and ambitions, the desire to lead a better life when given the right circumstances and that we too want to lead a peaceful marital life," explains Anjali, who had undergone a sex-change surgery in 2015.

Most of the scenes featuring Meera was set and shot in Chennai, a place not

completely new to Anjali. "I had left home when I was 15 due to certain differences with my family and ended up being a part of a Malayali transgender family in Chennai. But I never picked up any Tamil as I was there only for a brief period and also we conversed only in Malayalam," she says. But Anjali enjoyed the process of dubbing for *Peranbu*, asking with a giggle to double check: "don't you think I got the inflections correct?"

Anjali made a brief appearance in *Suvarna Purushan* released last year, before making a wild card entry in *Bigg Boss Malayalam*. "There was a Tamil movie I was doing but, unfortunately, the project was scrapped midway," she says. However, *Pe-*

ranbu has catapulted her into the spotlight and Anjali is excited about her upcoming projects in Malayalam, Tamil and Telugu where she will be seen essaying female leads. So, when not walking the ramp or facing the camera, what does she like to do? "Travelling helps me unwind. Not days-long journeys or adventure trips but I prefer short jaunts, especially to the hills," says Anjali, determined to scale greater heights.



Though I liked acting, I had never given it a serious thought to take it to the next level

ROLE PLAY
In 1993 movie 'Mrs Doubtfire', Robin Williams dresses up as a female housekeeper to stay close to his children. It was remade in Tamil as *Avvai Shanmugi* with Kamal Haasan in the lead

HealthCare

- A Space Marketing Feature

Stop making cancer

CANCER has always been an extremely rare illness, except in industrialized nations during the past 40-50 years. Human genes have not significantly changed for thousands of years. Why would they change so drastically now, and suddenly decide to kill scores of people?

At first glance the causes of cancer seem daunting. It appears that cancer can be caused by an almost unlimited number of carcinogens (cancer causing substances) in the environment as well as genetic predispositions (weaknesses). These carcinogens can range from viruses to chemicals in the water, wall paint, smoke, petroleum products, insecticides, radiation and a whole host of other sources. In fact, it takes volumes of books to list them all.

Quite the contrary! If someone has a newly diagnosed cancer, clearly whatever was keeping them from developing cancer previously, has now obviously failed. What changed? Why is it that, "Somebody a chain smoker has no tell tale evidence of cancer, while when some else who is passive smoker has cancer lung?"

What is it that defines cancer? What is it that is the same in all cancer cells?

Cancer is usually defined as an abnormal growth of cells which tend to proliferate (increase in number) in an uncontrolled way until they invade nearby tissues and, in some cases metastasize (spread) to distant organs. Cancer cells also avoid natural cell death (apoptosis) and hence the tumor (bundle of cells) continues growing indefinitely until it prevents the normal functioning of the organ involved.

Clearly, with all these changes in the structure of cancer cells, they are no longer able to function like a normal breast cell or a

normal prostate cell or a normal pancreatic cell, and so on.

As a matter of fact, cancer cells are metabolically primitive. They are no longer capable of using oxygen like all other cells in the human body when they burn glucose (sugar) for energy and are therefore greatly handicapped.

This is not new information. The discovery that cancer metabolizes anaerobically (in the absence of oxygen) earned Otto Warburg the Nobel Prize in Medicine 1931. When a cell is deprived of 35% of its oxygen for 48 hours, it will likely become cancerous. Cancer cells have many other metabolic deficiencies including the lack of or great deficiencies of certain critical enzymes, such as catalase.

We think of three stages of cancer: Initiation, Promotion and Progression.

Initiation can be thought of as planting of seeds. Promotion can be thought of as watering and fertilizing the seeds. Progression can be thought of as a continuation or non-stop proliferation (growth) of the same process transforming or destroying everything with which it comes into contact.

At any stage, the process can be halted and reversed by doing only two things:

Clean out the toxins. Stop watering and fertilizing.

Do you have toxins all over the body that are just sitting there sluggishly running through your system? That creates inflammation. Is your circulation poor? Well, if your circulation is poor then you are going to have stagnant blood and it's not going to be flowing and so that means it can't detoxify and get rid of the unwanted material that's in your body.

Well, what happens to decreased oxygenation? Well, as we all know, cancer lives on an anaerobic, sugary,

acidic environment. Otto Warburg, in 1931, discovered that cancer cells eat sugar. It's not theory! It's a fact! And we know, lots of studies published in very respective journals, have said that, for example; if you drink two sugary soft

drinks per day you increase your risk of pancreatic cancer 90 percent. If people eat most of their diet, high carbohydrate, high sugar, you increase your rate of cancer 54 percent.

What is it about cancer that enables it to survive despite surgery to excise it, radiation to burn it, and chemotherapy to poison it?

We have only recently

begun to grasp the nature of this disease. Cancer is not an isolated group of errant cells waiting passively to be annihilated by a wonder drug. Instead, it is caused by a cascade of genetic and molecular glitches. That's why cancer does not present a single target for a magic bullet; a tumor is merely the most obvious symptom of an altered, unbalanced system. And

that's why both the new targeted therapies and the older weapons of surgery, radiation, and chemotherapy so often fail to prevent the spread or recurrence of the disease: they neither pick up renegade cancer cells, strengthen the body's biological balance, nor reach all of the underlying molecular accidents that initiated cancer in the first place. As a result, even if the original

tumor is gone, this biological 'imbalance creates an environment for cancer to recur: tumor cells use the body's own healthy resources to grow and multiply. This means that cancer is a systemic disruption and perversion of the body's resources and mechanisms. Because cancer will try to use every bit of your body's biochemistry to proliferate, you must strengthen every

biochemical defense possible to defeat it.

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Hepatitis
Everyone is fearing about this virus in these days. Doctors find this Hepatitis with their examinations when the patients come to visit the doctors for other diseases. With that, they come to a decision that they are going to die. They think that the virus will not come out of the body due to which there are chances of liver damage for a long time. But truly there are medicines in home to control hepatitis. The patients will lead a happy and healthy life when they get homeo treatment without fear after the confirmation of Hepatitis. There are symptoms like hungeriness, vomiting, body pains, yellowness in urine, jaundice, her pes on skin and also uneasiness in stomach, pain in abdomen. However, it can be controlled totally after taking full time medicines by experienced homeo doctors.

Herpes simplex
You will find some water pocks like sweat pocks on penis. With this the people will neglect that they are normal pocks. Later the pocks will become boil. Women too will witness the same kind of boils on vaginal parts with severe pain. If they ignore, it will lead to some more problems. Due to this, they will not be happy during sex and the couple gets embarrassed. Homeo treatment will show wonderful results for herpes problems. The people will suffer a lot when they take other medical treatments but with homeo treatments they will lead a happy and healthy life.

"Sciatica is treated Successfully"
A middle-aged man came once to my clinic and asked "doctor, please give good treatment for my back pain as I have been suffering for long time. I will pay the bill whatever it is. I will be in debt to you." I asked the man to tell the details will patience. Then he told doctor, I am Narayana and native of Kurmool. I am working in a private company. Since one year I have been suffering with back pain which is gradually increasing. Now,

After treatment
I gave him medicines after observing symptoms, psychological points. There is best treatment with homeo medicines for sciatica problems. Back pain can be cured completely with homeo medicines. By avoiding changes that will take place in back bone, there will be good results by giving treatment to strengthen the muscles. I advised him to visit after using medicines for one month. Then after a month, he came very happy and his face is looking joyous without pain. And he said that numbness in legs is cured. I advised him to continue full course not to discontinue medicines. After six months sciatica problem was solved. As usual he is attending work. I gave some precautionary measures not to go on bike and not to sit long time.

You can survive even if you have HIV
This is a case from karimnagar Branch. He is about 30 years. He is trembling. When I asked about this problem, he said, "doctor, I belong to Jammikunta. Four years back, I had sex with a girl. I didn't expect that she has some disease. Since two months, I am suffering with fever, cough and loose motions. When I consulted doctor, he said that I have HIV. And I lost weight. There is no hope of survival. Please let me live." I said not to worry about life and took some de tails.

After treatment:
During some weather changes, we can see the symptoms like cold, fever, TB Infection, loose motions in some persons infected by HIV. That means if disease control system weakens, diseases can be infected. If you are strong HIV can not harm you. Homeo treatment will focus on disease control system. When he was examined it was found that the number of CD cells is 320. So, I said not to worry about and said I would start treatment. I gave him prescription and asked him to come after one month. After one month I saw a lot of change in him. He said that he was so hungry, and free from tiredness. He said he has some hopes of life. I advised him to continue medicines for one more month. Later after Examining second time, CD4 count is 710. Now he is leading a happy and normal life.

Watch Doctors live programme in
V6 on every Tuesday @ 2.30 PM,
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Advertorial

Preimplantation Genetic Testing: A New frontier to combat infertility

Pre-implantation genetic testing (PGT) is a procedure used in IVF prior to implantation to help identify genetic defects within embryos. This helps to prevent certain genetic disorders or chromosomal abnormalities from being passed on to the child. It is known that 50% of the naturally conceived or IVF generated embryos carry chromosomal abnormalities leading to poor success and increased miscarriages. PGT consists of PGD & PGS.

PGS: Pre-implantation genetic screening is a technique used to identify embryos with abnormal chromosomal pattern in normal genetic parents to improve birth of healthy child. It is mainly indicated in couples with

1. Advanced maternal age
2. Recurrent miscarriages
3. Recurrent IVF failures
4. Severe male factor infertility

PGD: Pre-implantation genetic diagnosis is basically done in couples when one or both genetic parents have known genetic abnormality and embryos are tested to determine if they also carry that genetic abnormality. PGD can be performed for different genetic conditions eg: Thalassemia, sickle cell disease, Duchenne muscular dystrophy etc.

Steps of the procedure:

1. Evaluation of the couple
2. Stimulation of the ovaries and collection of eggs.
3. Fertilization with intracytoplasmic sperm injection (ICSI)
4. Culture of the embryos up to blastocyst stage (day 5)
5. Few cells are micro surgically removed from the embryos - Trophoctoderm biopsy. Cells are transferred to the genetic laboratory.
6. Embryos are immediately frozen which remain stored till the results are ready.
7. Various tests are available to perform the embryo testing in the laboratory. NGS (next generation sequencing) is the most accurate of all.

8. Once the results are ready, genetically normal embryos are used for frozen-thaw embryo transfer and abnormal ones are discarded

Benefits of PGT

1. It can be used for testing more than 100 different genetic conditions
2. The procedure is performed before implantation thus preventing delivery of abnormal children and prevent multiple miscarriages.
3. The procedure enables couples to pursue biological children who might not have done so otherwise.

Concerns of PGT

1. Sometimes the embryos may get arrested before blastocyst stage, having no embryos for biopsy and testing.
2. There is a possibility that all embryos are detected with abnormality having none for the transfer.
3. While PGT helps reduce the chances of conceiving a child with genetic disorder, it cannot eliminate the risk. Hence, prenatal testing should still be offered during pregnancy.

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