

## Health - Very Very Important Tips

Answer the phone by **LEFT** ear.

Do not drink coffee **TWICE** a day.

Do not take pills with **COOL** water.

Do not have **HUGE** meals after 5pm.

**Reduce the amount of OILY food you consume.**

Drink more **WATER** in the morning, less at night.

Keep your distance from hand phone **CHARGERS**.

Do not use headphones/earphone for **LONG** period of time.

Best sleeping time is from **10pm** at night to **6am** in the morning.

Do not lie down immediately after taking **medicine** before sleeping.

When battery is down to the **LAST** grid/bar, do not answer the phone as the radiation is 1000 times.

*Forward this to those whom you **CARE** about!* Here are some healthy tip for your smartness & physical fitness.

**Prevention is better than cure.**

### HEALTHY JUICES



Carrot + Ginger + Apple - Boost and cleanse our system.



Apple + Cucumber + Celery - Prevent cancer, reduce cholesterol, and eliminate stomach upset and headache.



**Tomato + Carrot + Apple - Improve skin complexion and eliminate bad breath.**



**Bitter melon + Apple + Milk - Avoid bad breath and reduce internal body heat.**



**Orange + Ginger + Cucumber - Improve Skin texture and moisture and reduce body heat.**



**Pineapple + Apple + Watermelon - To dispel excess salts, nourishes the bladder and kidney.**



**Apple + Cucumber + Kiwi - To improve skin complexion.**



**Pear & Banana - regulates sugar content.**

**Carrot + Apple + Pear + Mango - Clear body heat, counteracts toxicity, decreased blood pressure and fight oxidization .**



**Honeydew + Grape + Watermelon + Milk - Rich in vitamin C + Vitamin B2 that increase cell activity and strengthen body immunity.**



**Papaya + Pineapple + Milk** - Rich in vitamin C, E, Iron. Improve skin complexion and metabolism.



**Banana + Pineapple + Milk** - Rich in vitamin with nutritious and prevent constipation **Carrot + Apple + Pear + Mango** - Clear body heat, counteracts toxicity, decreased blood pressure and fight oxidization .



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