

Disclaimer:

The following are just suggestions and not based on any proven medical facts:

Important Tips

Answer the phone by **LEFT** ear.

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

Do not take pills with **COLD** 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 cellphones, wifis & phone **CHARGERS**.

Do not use headphones/earphones for a **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 more.

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 gourd + Apple + Raw 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 + Raw Milk - Rich in vitamin C + Vitamin B2 that increase cell activity and strengthen body immunity.



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

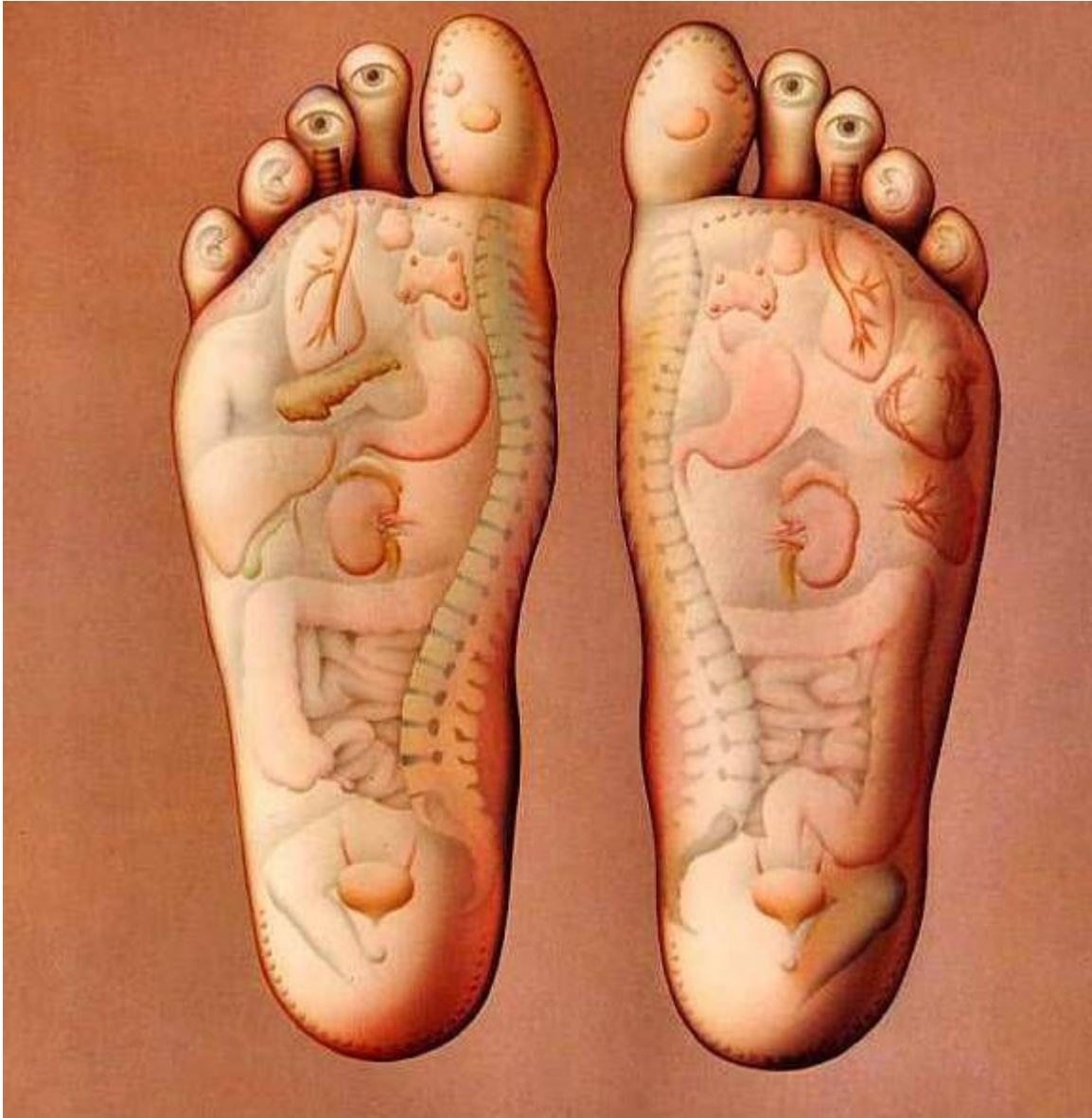


Banana + Pineapple + Raw Milk - Rich in vitamin with nutritious and prevent constipation

Quite interesting! **Keep Walking.....**

Just to check this out.....

The Organs of your body have their sensory touches at the bottom of your foot, if you massage these points you will find relief from aches and pains as you can see the heart is on the left foot.



Typically they are shown as points and arrows to show which organ it connects to.

It is indeed correct since the nerves connected to these organs terminate here.

This is covered in great details in Acupressure studies or textbooks.

God created our body so well that he thought of even this. He made us walk so that we will always be pressing these pressure points and thus keeping these organs activated at all times. So, keep walking...





















SHIATSU SELF MASSAGE



The coloured dots indicate the approximate positions of specific pressure points. Each colour refers to the following meridians:

- Bladder Meridian
- Heart Governor
- Liver Meridian
- Lung Meridian
- S. Intestine M.
- Spleen M.
- Kidney Meridian
- Triple Heater
- Gall Bladder M.
- Large Intestine M.
- Stomach M.
- Heart M.

CONCENTRATION	DECISION MAKING	CLEAR THINKING
 <p>1. Push gently upward. 2. Hold for a 3 count. 3. Push downward. 4. Repeat x 3.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">clear thinking, intellectual focus</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>	 <p>1. 4 fingers on temple. 2. Thumbs to side of jaw. 3. Gentle pressure to temple areas. Repeat x 3.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">clarity, resolve, action</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>	 <p>1. Use thumb & index fingers. 2. Pinch bridge of nose. 3. Hold, let go. Repeat x 3.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">concentration, creative ideas, intellectual focus</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>
DISCRIMINATION	CREATIVE THINKING	TOLERANCE
 <p>1. Massage sides of nose with index fingers. 2. Increase pressure. Slowly. Repeat x 24.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">balance, clarity, focus</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>	 <p>1. Press with both hands against cheekbones. 2. Increase pressure. Hold, let go, repeat</p> <p style="background-color: #483D8B; color: white; padding: 2px;">intellectual focus, sharp mind</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>	 <p>1. Use thumbs & index fingers of both hands. 2. Slide up & down. Use even pressure.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">memory, relationships, feeling</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>
FRESH ENERGY	HEADACHES	FRIENDSHIP
 <p>1. Use all fingers. 2. Thumbs behind ears. 3. Slide outward. Use light pressure.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">eases pain, headaches, fresh energy</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>	 <p>1. Hold sides of head in palms. 2. Push in. 3. Shift fingers across skull. Press, repeat.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">eases pain, headaches, fresh energy</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>	 <p>1. Place ear between index & middle finger. 2. Press against head. Rub up and down.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">emotional interaction, tolerance</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>
MEMORY	METABOLISM	VITALITY
 <p>1. Use fingers to press against shoulder blade. 2. Push elbow into palm of 2nd hand.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">releases emotions, helps blood circulation</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>	 <p>1. Hold arm between thumb and fingers. 2. Apply pressure. Move up & down.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">balance of metabolism, awareness</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>	 <p>1. Hold arm between thumb and fingers. 2. Apply pressure. Move up & down.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">nourishment of entire body</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>
VITALITY	CIRCULATION	CREATIVITY
 <p>1. Hold hand between thumb and fingers. 2. Apply pressure. Hold and shift.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">distribution of energy through body</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>	 <p>1. Interlock fingers. 2. Push inwards, hold. 3. Pull outward, hold. 4. Fold outward.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">energies relaxes, eases</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>	 <p>1. Hold finger between index and middle finger. 3. Pull outward, hold. 4. Apply pressure.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">mental energy, balance, ideas</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>
CONCENTRATION	MEMORY	ENERGY FLOW
 <p>1. Push elbow gently against upper leg. 2. Shift position up & down. Repeat.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">strengthens thoughts & focus</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>	 <p>1. Hold thigh between hands. 2. Push thumbs down. Apply pressure. Move up & down.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">strengthens resolve & memory</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>	 <p>1. Hold leg between fingers & thumbs. 2. Apply pressure. Move up & down.</p> <p style="background-color: #483D8B; color: white; padding: 2px;">helps energy to flow from head to feet</p> <p style="text-align: right; font-size: small; font-weight: bold;">EFFECT</p>