

Health Tips - Super Fruits

Kiwi: Tiny but mighty

This is a good source of potassium, magnesium, Vitamin E & fibre. It's Vitamin C content is twice that of an orange.

Apple: An apple a day keeps the doctor away?

Although an apple has a low Vitamin C content, it has antioxidants & flavonoids which enhances the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

Strawberry: Protective Fruit

Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer causing, blood vessels clogging free radicals.

Orange: Sweetest medicine

Taking 2 -4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessen the risk of colon cancer.

Watermelon: Coolest Thirst Quencher

Composed of 92% water, it is also packed with a giant dose of glutathione which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are Vitamin C & Potassium.

Guava & Papaya: Top awards for Vitamin C

They are the clear winners for their high Vitamin C content. Guava is also rich in fibre which helps prevent constipation. Papaya is rich in carotene, this is good for your eyes.

Tips of how to stay young..... .

Research has found that people who generally live longer do so partly because of good habits. Here, Dr Vernon Coleman and others provide some of the following good habits for longevity.

- 1) Laugh & fun, don't be gloomy
- 2) Let bygones be bygones. Dwelling on the past inflicts unnecessary stress.
- 3) Early to bed, early to rise, is healthy & wise
- 4) Stay lean, being just 30% overweight is bad.
- 5) Keep learning, reading & socializing-an alert & active mind keeps brain cells healthy.
- 6) Keep working, doing something you like. Don't retire, it slows down your body.
- 7) Be the boss of your own life. Letting others push you around produces stress.
- 8) Too many pills ruin your body, take just what you need.
- 9) Constantly alternating between weight gain & loss is bad
- 10) Exercise, quit smoking and eat less fatty foods
- 11) Do not worry about health & death, just get on with your life and enjoy it.

Vegetables – Nature's Therapy / How it combats cancer

BROCCOLI: Research has revealed that a chemical component called indole-3-carbinol can combat breast cancer by converting a cancer-promoting estrogen into a more protective riety. The phytochemical sulforaphane raises the levels of certain cancer-

fighting enzymes that defend the body from cigarette smoke, fumes, pesticides & other known carcinogens. Broccoli leaves actually contain more beta-carotene (i.e. pre-Vitamin A) than the florets - use leaves in purees, soups, stir-fries. To preserve broccoli's valuable nutrients, steam or microwave, being careful not to overcook. Avoid garnishing broccoli with fatty cheeses and creams instead, squeeze on some lemon juice or sprinkle with toasted bread crumbs.

PAPAYA: Its plentiful store of vitamin C works as an antioxidant and may also reduce absorption of cancer-causing nitrosamines from the soil or processed foods. Papaya contains folacin (also known as folic acid), which has been shown to minimize cervical dysplasia and certain cancers. Choose papayas that are at least half yellow in the store - fully green ones were probably picked too soon and won't ripen properly. You can serve papaya in fruit salad, add it to a garlic-and-spinach pasta mixture, or just eat it on its own, letting the juice dribble down your arm.

GARLIC: Garlic's immune-enhancing allium compounds block carcinogens from entering cells and slow tumor development. Diallyl sulfide, a component of garlic oil, has also been shown to render carcinogens in the liver inactive. Studies have linked garlic - as well as onions, leeks, and chives - to lower risk of stomach and colon cancer. Add raw garlic to salads, use it fresh in marinades and sauces; rub freshly cut garlic around the insides of salad bowls and over chicken and fish fillets. Avoid dried or powdered garlic, which is less concentrated - and less effective

KALE: Research has shown that indoles, nitrogen compounds found in kale and other leafy greens, may help stop the conversion of certain lesions to cancerous cells in estrogen-sensitive tissues. In addition, isothiocyanates, phytochemicals found in kale, are thought to suppress tumor growth and block cancer-causing substances from reaching their targets. A cruciferous vegetable, kale requires quick cooking - blanching or steaming - to preserve its nutrients. When you're done, save the nutrient-rich cooking liquid for soups or sauces. You can also use whole large leaves to wrap fillings or to layer in lasagna.

SWEET POTATO: This nutrient-dense food contains many anticancer properties. It's loaded with beta-carotene, which may protect DNA in the cell nucleus from cancer-causing chemicals outside the nuclear membrane. Go for freshness when picking potatoes - canned varieties contain less beta-carotene and vitamins C and B. Naturally sweet and creamy, mashed sweet potatoes can be enhanced with a little apple juice. Or whip the cooked tubers with orange zest or orange juice and season with cinnamon, nutmeg, and ginger.

GRAPEFRUIT: Grapefruits, like oranges and other citrus fruits, contain monoterpenes, believed to help prevent cancer by sweeping carcinogens out of the body. Some studies show that grapefruit can inhibit the proliferation of breast-cancer cells in vitro. It also contains vitamin C, beta-carotene, and folic acid. Grapefruit can be sweetened with brown sugar or a drizzle of maple syrup or honey; vanilla extract, fresh mint, and almonds also accent the fruit's flavor. Grapefruit juice will give you the antioxidants and phytochemicals that fight cancer, but it's missing the fiber that fresh, whole grapefruit offers.

AVOCADO: Avocados are rich in glutathione, a powerful antioxidant that attacks free radicals in the body by blocking intestinal absorption of certain fats. Ounce for ounce,

avocados also supply 60 percent more potassium than bananas and are a strong source of beta-carotene. Store avocados at room temperature until they soften. If you don't eat the fruit immediately after cutting, sprinkle on some lemon or lime juice to keep it from darkening. Add chunks or slices to salads and sandwiches or spread mashed avocado on bread.

SEAWEED: Seaweed and other sea vegetables contain beta-carotene, protein, vitamin B12, fiber, and chlorophyll, as well as chlorophyllones - important fatty acids that may help in the fight against breast cancer. Also, many sea vegetables have high concentrations of the minerals potassium, calcium, magnesium, iron, and iodine. Sea vegetables come fresh, dried, or powdered. Both the Japanese & the Irish regularly use them as flavorings for broths & soups, stir-fried over rice, or as a wrap for fish and other seafood. Varieties such as dulce, wakame, kombu, and hijiki even appear in pancakes, salads, puddings, and sandwiches.

TOFU: Soy contains several types of phytoestrogens -weak, nonsteroidal estrogens that could help prevent both breast and prostate cancer by blocking and suppressing cancerous changes. Genistein, one type of phytoestrogen, also lowers breast-cancer risk by inhibiting the growth of epithelial cells & new blood vessels that tumors require to flourish. Tofu is made by coagulating the protein in soybeans - much the way cheese is produced. While bland on its own, tofu absorbs other flavors when cooked, making it perfect for stir-fries, dips, spreads, shakes, even cheesecake. It's also a good high-protein substitute for meat, whole milk & mayonnaise.

CAUSES OF CANCER

The number ONE killer in Singapore is cancer (followed by Heart Disease & Stroke). Not all cancers are the same. 1/3 is curable. 1/3 is preventable. 2 factors of cancer that cannot be controlled are AGE & FAMILY HISTORY.

Causes of cancer:-

1. Smoking is very often the main cause of cancer. It kills us silently and drains money from us quietly. There're 4,000 harmful chemicals (though in diluted form) in one stick of cigarette. Taking one puff is 600 times worst than inhaling the exhaust fumes from vehicles.

2. Some food that cause cancer are:

2.1 Barbecued Food

2.2 Deep Fried Food

2.3 Overheating Meat

2.4 Food that is high in fat causes our bile to secrete acid that contains a chemical which is a promoter of cancer cells.

2.5 Food that contains preservatives, too much salt or nitrates (e.g. Canned food, Salted egg & veggies, sausages, etc.)

2.6 Overnight Rice (where Aflatoxin is accumulated)

2.7 Food that is low in fibre: Our body needs 25 gm of both soluble & insoluble fibre daily. We must drink at least 1.5 litres of plain water a day.

2.8 Contaminated Food (e.g. moulded bread causes our body to secrete toxins that may eventually lead to liver cancer in the long run. Never eat bread that is kept in room temperature for more than 2 days especially in a humid weather like Singapore's.

3. Types of fat and which is the best?

3.1 Highly Recommended for Health:-

- i. Olive Oil - The best of all oils. It does not absorb in our body.
- ii. Fish Oil - Omega 3 (contained in NI's Circulytes) has poly-unsaturated fat. It's good for our brain cells.
- iii. Peanut Oil - It contains Vitamin E. A small dosage is recommended only.

3.2 Not Recommended for Health

- i Vegetable Fat - Palm oil is worst than coconut oil. It is high in cholesterol and highly unsaturated.
- ii Coconut Oil - It has saturated fat.

4. Specific Food & Beverages

- 4.1 Egg when eaten too much can cause High Colon Cancer. Risk Ovary Cancer, Prostate Cancer.
- 4.2 Cabbage is highly recommended for health reason.
- 4.3 Tomato is best eaten raw with a bit of olive oil for better absorption. Other alternative is to take tomato sauce.
- 4.4 Coffee is good because it contains 2 anti-oxidants. Inhaling the coffee aroma for half each day is equivalent to eating two oranges a day. However, the residue of over-burned coffee is extremely bad for health. It can cause cancer.
- 4.5 Tea, as long as it is in its original tea leaves and not processed into BOH or Lipton packets, it is good for health. Tea contains 30 anti-oxidants. Recommended dosage is 4 cups a day.

[Exercise and be fit: Have a balanced lifestyle. Exercise regularly.](#)

F - Frequency: 3 to 5 times a week.

I - Intensity: Exercise till we sweat and breathe deeply.

T - Types of exercises: Find one that suits our age, lifestyle, etc.

[Have regular check-up](#)

Once we reach the age of 45 & above, it is recommended that we go for regular comprehensive health examination. Early detection may save lives.

SALT THE CURE OF PAIN

Most of moms always tell you to drink a glass of salt water/rinse your mouth with salt water if you have a sore throat because salt can reduce inflammation.

This method has actually been proven (medically) to be really effective and it really can help to reduce inflammation.

They have also tested on other medical values of salt and found out that:

If you have pain in your joints/spine/ body, you can simply try out this method which can help to relieve the pain (especially for old people who have rheumatism). Simply fry the salt let it settle down for a while before applying on affected areas. And if you have a problem of Hair Loss, you can simply prepare a pail of salt water and rinse your scalp/hair with it (it takes about 2 weeks to a month). It will not help in growing of new hair but can prevent. After tedious/strenuous exercise, soaking your feet with salt water can help to prevent cramps and pain., and also prevent from skin irritation. Hope it will be of help to you.

HONEY & CINNAMON

It is found that mixture of Honey and Cinnamon cures most of the diseases. Honey is produced in most of the countries of the world. Ayurvedic as well as Yunani medicine have been using honey as a vital medicine for centuries. Scientists of today also accept honey as a Ram Ban (very effective) medicine for all kinds of diseases. Honey can be used without any side effects for any kind of diseases. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients also. A famous magazine named Weekly World News published in Canada dated 17 January, 95 has given a list of diseases that can be cured by Honey and Cinnamon as researched by western scientists.

The list is show below:

No.	Disease	Curing way
1.	ARTHRITIS:	Take one part honey to two parts of luke warm water and add a small teaspoon of cinnamon powder, make a paste and massage it on the itching part of the body slowly. It is noticed that the pain recedes within a minute or two. Or arthritis patients may daily, morning and night take one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If drunk regularly even chronic arthritis can be cured. In a recent research done at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon cinnamon powder before breakfast. They found that within a week out of the 200 people so treated practically 73 patients were totally relieved of pain and within a month. Mostly all the patients who could not walk or move around because of arthritis started walking without pain.
2.	HAIR LOSS:	Those suffering from hair loss or baldness, may apply a paste of hot olive oil, one tablespoon of honey, one teaspoon of cinnamon powder before bath and keep it for approx. 15 min. and then wash the hair. It was found very effective if kept for 5 mins. also.
3.	BLADDER INFECTIONS:	Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of luke warm water and drink it. It destroys the germs of the bladder.

4.	TOOTHACHE:	Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply on the aching tooth. This may be done 3 times a day daily till such time that the tooth has stopped aching.
4.	CHOLESTEROL:	Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, if given to a cholesterol patient, it reduces the level of cholesterol in the blood by 10% within 2 hours. As mentioned for arthritic patients, if taken 3 times a day any chronic cholesterol is cured. As per the information received in the said journal, pure honey taken with food daily relieves complains of cholesterol.
5.	COLDS:	Those suffering from common or severe colds should take one tablespoon luke warm honey with 1/4 teaspoon cinnamon powder daily for 3 days. This process will cure most chronic cough, cold and clear the sinuses.
6.	INFERTILITY:	Yunani and Ayurvedic have been using honey for years in medicine to strengthen the semen of men. If impotent men regularly take two tablespoon of honey before sleeping, their problem will be solved. In China, Japan and Far-East countries, women who do not conceive and to strengthen the uterus have been taking cinnamon powder for centuries. Women who cannot conceive may take a pinch of cinnamon powder in half teaspoon of honey and apply it on the gums frequently throughout the day, so that it slowly mixes with the saliva and enters the body. A couple in Maryland, America had no children for 14 years and had left hope of having a child of their own. When told about this process husband and wife started taking honey and cinnamon as stated above, the wife conceived after a few months and had twins at full term.
7.	UPSET STOMACH:	Honey taken with cinnamon powder cures stomachache and also clears stomach ulcers from the root.
8.	GAS:	According to the studies done in India & Japan, it is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.
9.	HEART DISEASES:	Make a paste of honey and cinnamon powder, apply on bread or chappati instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who have already had an attack, if they do this process daily, are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully and have found that due to the increasing age the arteries and veins, which lose their flexibility and get clogged, are revitalized.
10.	IMMUNE SYSTEM:	Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.

11.	INDIGESTION:	Cinnamon powder sprinkled on two tablespoons of honey taken before food, relieves acidity and digests the heaviest of meals.
12.	INFLUENZA	A scientist in Spain has proved that honey contains a natural ingredient, which kills the influenza germs and saves the patient from flu.
13.	LONGEVITY:	Tea made with honey and cinnamon powder, when taken regularly arrests the ravages of old age. Take 4 spoons of honey, 1 spoon of cinnamon powder and 3 cups of water and boil to make like tea. Drink 1/4 cup, 3 to 4 times a day. It keeps the skin fresh and soft and arrests old age. Life span also increases and even if a person is 100 years old, starts performing the chores of a 20 year old.
14.	PIMPLES:	Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.
15.	SKIN INFECTIONS:	Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.
16.	WEIGHT LOSS:	Daily in the morning, 1/2 hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one cup water. If taken regularly it reduces the weight of even the most obese person. Also drinking of this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.
17.	CANCER:	Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month 3 times a day.
18.	FATIGUE:	Recent studies have shown that the sugar content of honey is more helpful than detrimental to the body strength. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr. Milton who has done research says that half tablespoon honey taken in one glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3.00 p.m. when the vitality of the body starts decreasing, increases the vitality of the body within a week.
19.	BAD BREATH:	People of South America, first thing in the morning gargle with one teaspoon of honey and cinnamon powder mixed in hot water. So their breath stays fresh throughout the day.
20.	SINUS & HEADACHES:	Drink mix up with honey & lemon juice helps sinus headaches.

7) DANGER OF COKE & PEPSI (SOFT DRINKS)

AND WE DRINK THIS STUFF! Coke & Pepsi ALARMING FACTS!!!

The average pH of soft drinks, e.g. Coke, Pepsi is pH 3.4. This acidity is strong enough to dissolve teeth and bones! Our human body stops building bones at around the age of 30. After that it'll be dissolving about 8-18% of the bones each year through the urine, depending on the acidity of the food intake (acidity does not depend on the taste of the food, but on the ratio of potassium / calcium / magnesium / etc. to phosphorus).

All the dissolved calcium compounds accumulate in the arteries, veins, skin tissue, and organs. This affects the functioning of the kidney (kidney stones). Soft drinks do not have any nutritional value (in terms of vitamins and minerals). They have higher sugar content, higher acidity, and more additives such as preservatives and colourings.

Some people like to take cold soft drinks after each meal, guess what's the impact? Our body has an optimum temperature of 37 degrees for the functioning of digestive enzymes. The temperature of cold soft drinks is much less than 37, sometimes quite close to 0. This will lower the effectiveness of the enzymes and put stress on the digestive system, digesting less food. In fact the food gets fermented. The fermented food produce bad smelling gases, decays and forms toxins, which are absorbed in the intestines, get circulated in the blood and is delivered to the whole body. This spread of toxins can lead to the development of various diseases. Think before you drink Coke or Pepsi or any another soft drink.

Have you ever thought what you drink when you drink an aerated drink? You gulp down carbon dioxide, something that no sane person in the world would advise you to do. Few months ago, there was a competition in Delhi University "Who can drink the most Coke?". The winner drank 8 bottles and died on the spot because too much carbon dioxide in the blood and not enough oxygen. From then on, the principal banned all soft drinks from the university canteen.

Someone put a broken tooth in a bottle of Pepsi and in 10 days it is dissolved! Teeth and bones are the only human organs that stay intact for years after death. Imagine what the drink must be doing to your delicate soft intestines and stomach lining! To all COKE / PEPSI LOVERS, think again the next time before you say " CHUP ".