

# How You Can Stay Healthy With What You Eat, Drink, Breathe and Wear

**Presented by Jenny Lim**  
**HealthyLifestyleSingapore.com**

**Mobile: (65) 8182 3325**  
**Email: HealthyLifestyleSingapore@gmail.com**

**All Rights Reserved**

This document is geared towards providing exact and reliable information with regards to the topic and issues covered. The publication is presented with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.



## 1. Introduction

As we approach the new century, people are getting more stressful even though we have technology to aid us. We have to worry about intense competition from peers of all walks, where one can get rich and insanely famous just with the click of the mouse. When all these immense stress builds up, we cannot help but fall sick and experience extreme fatigue.

And the old saying goes “good health equals wealth” (“Health is Wealth”). Without a good healthy body, a person is unable to work hard to get wealthy. Hence, as we get richer, there are more and more health conscious people as we work hard towards a healthy and wealthy body. There are many factors affecting our health. Bad habits such as drinking excessively, smoking, our diet which consists of much processed fast food and unhealthy soda drinks and not eating fruits and veggies to support our fibre intake can all drive us to early aging and bad health issues.

Fortunately, just by making a few changes in our lifestyle can help us to stay healthy. These few changes are simple and effortless to upkeep. Remember, small changes can help to make big changes in your body health. We delve into the things you eat, drink, breathe and wear to help you get back that healthy body. No stress no hassle!

It is a four-step method that you would definitely remember. Just like what the title of this book suggests, just by paying attention and doing some tweaks to the food you eat, what you drink on a daily basis, what you breathe in and what types of clothing you wear, you can easily get that amazing good health back in no time!

## **2. Healthy Food**

It is definitely easier than you think to start with a change of your current diet. Little small steps each day for tweaking your diet to help improve your nutrition and allow your body mechanism to build up to a stronger you.

Get a food diary to help you track all that food you consumed for each day so that you can be sure that you are eating the right proportion of food that your body requires you to stay fit. If you are too lazy to bother yourself with a food diary, then remember this keyword “balanced” in your mind when you go for your next meal. A balanced diet is made up of the five food groups. We have the carbohydrates which usually consist of rice, noodles, pasta, bread, etc. Next is the proteins group where we can easily get our dosage from eggs, fish and seafood, etc. Then we have the milk and dairy section where you can get them from milk and cheese. Fruits and vegetables are a necessity in a balanced diet as we want to have enough fibre and minerals in our body to cleanse up the organs. Lastly, for the fats and sugars group, it is something we need to upkeep a healthy body but not the most needed one. Just a subtle bit of fats and sugars is needed. Too much of it costs health issues which we want to avoid.



Like I mention, we need a balanced diet which consists food from all the main food groups in the right amounts to build a good body. You can easily mix and match the foods from the 5 main food groups to come up a good meal. When you have a balanced diet, your body gets optimum nutrition and allows your organs and tissues to work efficiently and effectively. You will realise that you are not so prone to illness or fatigue as a result of changing your meal to one that is balanced. There are case studies which show that children with poor diet risks getting growth and developmental issues coupled with poor academic performance. You will want to make sure that you start adopting a healthy diet especially if you have children.

## 2.1 Tips for a healthier meal

You can try out the following tips below for a healthier meal:

**Decorate your meal with fruits and vegetables:** Make an effort to include dark-green leafy vegetables like spinach, broccoli, along with other vitamin inducing vegetables for your meals. Add fruit to your meals as a side dish or dessert. If you want to go for a fruit detox day, then have fruits to fully replace your normal meals. Your body can get in a lot of vitamins and fibres just by adding vegetables and minerals to your daily meals. I understand that some children and adults dislike the taste of vegetables. In this case, you may want to mince or blend up the vegetables to become juice for them to drink so that they do not miss out on the healthy benefits of vegetables. In the worst case scenario, having them on vegetable supplements help them to gain the vitamins and minerals they will miss out by not eating vegetables.

**Switch to whole grains:** Westerners cannot live without bread and pasta while Asians are totally into rice and noodles. As this is a staple food, dismissing it from our diet is almost impossible. However, there are alternatives solutions. Instead of eating white bread or white rice, go for

healthier choices such as whole grained food. Time for you to switch to whole wheat grain, brown rice, quinoa which will give your body better health boost. There are now more and more shops which have recognised the increasing trend of healthy food eating and has come up with numerous tasty recipes to cater to whole-grained consumers.

**Reduce salt and sugar intake in foods:** Salt and sugar is used often in foods to enhance the flavour and taste. However too much of them costs serious issues with our health. Check out the ingredients on the Nutrition Facts label to and try to choose those that come with lower sodium and sugar. Try to refrain from adding too much salt or sugar in your daily cooking. A little helps to enhance the food flavour but too much of it may lead to kidney issues. Just by sprinkling a bit of salt on your food to increase the natural flavour is more than enough to produce a wonderful meal. Taking too much sugar also increases the chance of obesity. Besides sugar is known to make your body more tired. So cut that down if you want to regain that vitality in you. Totally avoiding them in your meals is also a no-no as we do need some salt and sugar in our body system. You do not want to cause a disruption in the body functioning.

**Eat meat in small quantities:** The human body cannot really digest meat such as steak well. Eating too much meat can harm our body instead of helping us as eating red and processed meats increases the risk of cancer and even colic disease. Hence try to eat these meat sparingly.

**Consume fish:** Fish (such as salmon, tuna, and trout) are known to contain protein, minerals, and omega-3 fatty acids which are good for the heart and brain. Include fish in your meals to enjoy the benefits.

**Say no to processed foods:** Avoid eating those processed meals or foods that does nothing to your health except harm. We are swamped by all the sausages, pizza, hamburgers which are convenient to eat. Processed food clog our arteries and burden us with unnecessary health issues. Viral marketing on these processed foods does not help as we are attracted to try them out. Stay away from them and only consume real proper food.

**Say yes to healthy snacks:** It is hard to control not having snacks. Sometimes, we feel like getting a little bite in between work or when we are watching TV. Well, there is always a better way. Replace your chips and sweets with healthier snack choices such as fruits and vegetables. Slices of banana or cucumber or carrot definitely beat those high sodium chips.

**No binge eating:** Yes, we know how busy it is every single day. But look at it, I am pretty sure you can set aside a regular time table to eat your meals. If not split your three main meals into 6 small little meals to keep your heart pumping and your metabolism hard. Try to avoid the temptation to eat excessively or irregularly. Eating too much hurts your stomach, makes you feel bloated in the stomach and makes your brain work slower. Irregular meal times also shuts down your body metabolism which explains why you keep on putting on weight as you age.

**Cook the healthy way:** If times allows, it is better to cook for yourself than eating out. You never know how much salt or msg or sugar the cook uses to enhance their cooking. If you cook yourself, you can easily control the quality of the food. Do choose grilled or baking to retain the natural benefits from the good food. Avoid frying your food as the excessive oil does not help your

body a single bit.

We have now cleared the food that we should aim to eat on a daily basis. Let's go to the next topic – the type of drinks we should be having every day.

### **3. Healthy water**

Fact: 50-60% of an average adult human body consists of water. What better way to boost our body system other than drinking water? We tend to have water retention when we drink too much or too little water. We should always bear in mind to drink at least two litres of water every day. For people who are very involved in sports, you need to consume more quantities of water. Stay hydrated is of utmost importance. The problem is with our busy working schedule, etc many people do not realise that they are just not downing enough water. It is the easiest way yet most under looked method to get that good health. You can also cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets. This is totally harmful to our bodies and we should totally avoid them if not cut down massively on them. Try adding a slice of lemon, lime, or watermelon or a splash of 100% juice to your glass of water if you want some flavour.

And while we are on the topic of water, do you know that the water we consumed on a daily basis may tend to be too acidic and dirty? The water pipes may have rust as it is never changed for a long time and this causes the pH of water to change. Too much of acidic water and metallic chemicals in the body will destroy the immunity of our body. Water purifiers that help to filtrate and change the water to be more alkaline are getting increasingly popular. These water purifiers help to clean up the metallic chemicals or any dirty residues that is carried along with the water pipes to your water flask.

#### **3.1 What is Alkaline Water?**

Alkaline water is different from tap water because it is less acidic. It has a pH over seven, simply meaning that it has a lower concentration of hydrogen ions, "All liquids have a measure of acidity, which is determined on the pH scale. The pH measures the concentration of hydrogen ions in the liquid, which is expressed on a scale of 0-14. 7 is considered neutral, while anything under seven (for example black coffee, orange juice, and vinegar) is acidic, and pH above seven (like alkaline water and baking soda) is alkaline. There have been many claims that alkaline water can help to neutralise the acid in the bloodstream. By doing so it increases oxygen levels and thus improves the energy of metabolism of an individual. Long term drinking of alkaline water also helps to cleanse the colon and rejuvenates the skin. Overall, when the acidity in a body is reduced, body fat and fatigues is further eliminated from the body and the immunity system of the body does not break down as often, thus better health is achieved.

Alkaline water can be obtained from many sources, including special filters, faucet attachments,

or anion sticks that raise the pH. One of the most common and convenient ways though is through the use of anion sticks which you place it in your water bottle to let it change the pH of the water. It can be used over and over again for more than 1000 times and is pretty much more affordable than installing the water filtration system in your house.

So you want to get better health? Down that bottle of water, even better drink alkaline water which has many health benefits.



### **Fruit juice alternative**

If you totally dislike water, you can have the option of fruit juices as an alternative. A fast and convenient method will be to buy that fruit juice daily, but that will be uneconomical in the long run and you do not know whether the fruit juice you are getting is pure or there is sugar being added to it.

Investing in a cold pressed fruit blender gives you economical savings in the long run. A cold pressed blender helps to retain the goodness of the fruit itself while ensuring you get the maximum optimal nutrients. A good blender helps you save time as you can store the fruit juice and consume it throughout the day without worry that the fruit juice will be spoilt.

### **Drink a small glass of wine daily**

Though wine comes with a few extra calories, many studies have shown the benefits of drinking wine. It has proven health benefits, which is believed to come from high concentrations of antioxidants. Studies have shown that the antioxidant may be able to reduce bad cholesterol while at the same time boosting the good cholesterol. It can also help to reduce cancer, depression and even diabetes. Do take note of the quantity of the wine that you consumed. A small glass daily



helps your body but drinking excessively will lead to serious health issues and alcoholism.

Next, we shall embark on the topic of the air we breathe in. Humans breathe every single second of our lives and this air we breathe in is transmitted into our blood stream. Hence the quality of air is very important.

#### **4. Breathing in Fresh Air**

As population grows, industrial pollution is on the up rise. Our surroundings are often undergoing massive construction of roads, expressways and buildings. All these affect the air quality. We have many news reports where certain developed countries have the worst air pollution. Imagine breathing in polluted air every single day. That will cause long term strain to our lungs. As many as seven million people have died as a result of severe air pollution (cited from Wikipedia). And as the country becomes more developed, it is also becoming impossible for us to move to the countryside or mountains where we can get those doses of fresh air. Not everyone is contented to become a farmer or shift to the countryside.



As such, manufacturers have come up with ingenious methods to bring to consumers fresh air. They develop special negative ionisers machines which charges the surrounding air particles to become negative ions.

##### **4.1 What Are Negative Ions?**

What are negative ions? Negative ions are oxygen atoms charged with an extra electron. They are created by nature with the effects of water, air, sunlight and the Earth's inherent radiation. Negatively charged ions are most prevalent in natural places such as the forests, around moving water like the waterfalls or after a thunderstorm. That particular taste in the air

and feeling you get at the beach, near a waterfall or after a storm is the symptoms showing our



body being saturated in the benefits of negative ions.

Negative ions, in high concentrations, help clear the air of mould, spores, pollen, odours, cigarette smoke, bacteria, viruses, dust and other hazardous airborne particles. They do this by attaching to these positively charged particles in large numbers. This causes the germs, mould, pollen and other allergens to become too heavy to stay airborne. At this point of time they will drop to the floor or attach to a nearby surface. This removes them from the air you breathe in and prevents them from causing respiratory problems and other health issues.

Unfortunately, most of our homes and workplaces are usually sealed off from the natural benefits of negative ions. That is because we usually close our windows. However, even if you do keep your windows open, aside from the bad air pollution, you will realise that the concentration of negative ions in the air may only be less than 1/5 of that found in the rural areas if you live in a busy town. The air pollution is usually too overwhelming. On top on that, the electrical and home appliances such as air conditioners, televisions and even dryers further reduced negative ions as they are actively producing positive ions.

However, you do have one negative ion generator in your home even though you may not realise it. Your daily shower, with its stream of hot water and steam, is a good producer of negative ions. That's most likely part of the reason why so many people need a shower to wake up in the morning. This is not too useful if you are looking at surrounding yourself with negative ions throughout the day whether be it at your home or at your work place. Fortunately, like I mention, scientists have come up with another more effective way to create these negatively charged ions and receive their health benefits in whatever room you spend time in — negative ionisers machines.

Modern ionisers machines work by using a method called ‘corona discharge’, which is actually modelled on the way lightning occurs. A tiny stream current of electrons flow down a needle to its point. The nearer the electrons come to the needlepoint, the closer they are forced together. As electrons naturally repel each other, they are forced off by the nearest air molecule when they reach the tip of the needed and become a negative ion. Negative ions repel each other as well, so as more and more are produced as this procedure goes on. With this technique, they are emitted further and further out into the room they are in. The more powerful the ioniser machine, the more beneficial negative ions they can produce and the larger their range.

How does these negative ions benefit your health? First of all, negative ions increases our general mood and increase our sense of well-bring by removing the harmful positive ions in our surroundings. They are also known to be a natural anti-depressant. It is also proven that negative ions clear the dust, pollen, odour and other potential allergens in our environment, thus we can be assured that our lungs is not subjected to bad air pollution. Having negative ions also help to significantly decrease airborne viruses and bacteria in your home and work place. It improves the function of the cilia in your respiratory tract that protect your lungs from irritation and inflammation, thus leading to less instances of respiratory illnesses like colds and flu and asthma. Negative ion also have a relaxing effect on your body and has been reported to normalise your breathing rate, decrease blood pressure and relieve tension. It helps to improve energy level and focus and also allow better sleep. This is due to the normalising of serotonin production in the brain. Negative ions also increase the flow of oxygen to the brain which leads to higher alertness and less drowsiness. This greatly helps in one’s work performance and mental focus.

As having fresh air is of utmost importance to us, it is best to have an ioniser machine at home and even in the work place. The long term benefits can be easily felt in the long run. Lastly, we have come to the last part of the 4 key things you should look into for good health. Yes, and that is the clothes we wear.

## **5. What We Wear**

Whenever we get new clothes from the departmental store or even from the online shops, most of us may miss out on this critical step in between buying and wearing — washing our new clothes. Despite being totally new, these clothes contain toxic chemicals such as synthetic dyes and formaldehyde resin, which can lead to skin allergic reactions and illnesses, if not washed before use.

New clothes contain material that is made, dyed, and stitched in different countries. Control over such usage of dyes differ as each different country passed different laws with regards to the acceptable levels of chemical use. Dye and formaldehyde resin, two common chemicals found in most clothing, can cause slightly inflamed, dry, itchy patches and rashes to a severe skin reaction. Such rashes have a tendency to form near the areas where there is friction or sweating, like the

waist, neck, and thighs and around the armpits. For those who have severe skin allergies, it is highly recommended to avoid such dyes totally.

There is still no fool-proof way to totally avoid such chemicals from infiltrating our clothes. It is known that exposure to these chemicals increases not only the risk of allergic dermatitis but also may bring about more severe health effect on the human bodies as well as the environment. High concentrations of chemicals were found in polyester. Cotton contained high concentrations of Benzothiazole, even clothes made from organic cotton. Though by washing the clothing few times, the chemicals should be washed off, there is no concrete evidence to show that the chemicals are totally cleared from the clothing. It is still difficult to ascertain the extent to how our bodies will be harmed if the levels of these harmful chemicals are not removed by each wash.

Some manufacturers have hence come up with the use of negative ion clothing to combat this. They believe that the chemical dyes in the clothing we wear on a daily basis may be the reason for skin allergy or even poor health. The chemicals may be passed through our



skin through osmosis. Hence using this theory, they manufacture negative ion clothing to be worn on a daily basis. Since negative ions have so many benefits to the human body, wearing them and keeping them in long term contact with the skin should bring about the optimal benefits. You may want to consider this type of clothing if you worry about the dyes in the mass market cloth-wear. If not make sure you always wash your new clothes thoroughly, maybe a 2-3 times wash before you start wearing them.

We have now come to the end of the book. I hope you have found this book useful and start by taking control of your health today by looking at the 4 ways we have gone through!

Thank you again for downloading this book!

I hope this book was able to help you achieve great health with just simple changes to your daily lifestyle.

If you like this ebook, subscribe to our newsfeed to keep yourself updated with the latest health news.