

**TIPS**

**FOR**

**AWESOME HEALTH**

**(SHORT PREVIEW)**

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## 1) Few Breakfast Mistakes:

To start your day in a right way it is important to make sure you have the right energy. There are certain foods you should 'not' be eating in the morning for the best results.

Do you ever find that eating breakfast makes you hungry soon thereafter? If so, you're likely eating the wrong kind of breakfast. Breakfast is the most important meal of the day but what people do not know about this meal is that if they skip this meal, it could have an adverse effect on their weight.

Let's decode some myths associated with breakfast, so that you enjoy the most important meal of the day in a healthy way.

### ➤ **Juicing your fruit:**

- When you start your blunder to juice oranges, remember that this process causes the fruit to lose most of its vitamins, minerals and fibre.
- Instead, replace your juice with a glass of water and a whole fruit.
- It will save you some extra calories.

### ➤ **Eating a baby size breakfast:**

- Eating whatever you want cannot help you escape from those extra calories.
- It is a common myth that eating whatever you wish after a long gap of fasting will not make you gain weight.
- Oily parathas, waffles, leftover dinner can lead to extra calorie consumption.

### ➤ **Beware of your breakfast treats:**

- The tempting doughnuts and muffins can cause as much as an entire meal's caloric consumption.
- When placed in front of you, take a deep breath and realize that you have set healthy lifestyle changes and politely decline.

### ➤ **Monitor Caffeine intake:**

- One cup of coffee or tea could help boost your mood and metabolism but avoid drinking multiple cups of coffee.
- This can cause sleep deprivation and coffee add-ons can reflect on your body in a bad way.

### ➤ **Avoiding unhealthy breakfast:**

- Eat a fist full of nuts, a bowl of cereal and a whole fruit instead of chocolate pancakes, muffins and mayo sandwiches.

- High calorie and high fat items can cause a sugar spike and recurring spikes could cause health issues.
- **Thinking breakfast is not important:**
  - Even if you feel full from the previous day's dinner or are in a rush, make sure you eat a quick breakfast.
  - Skipping breakfast slows down our metabolism and makes us feel lethargic.
  - A slice of whole-wheat toast, a fruit or a fist full of sprouts can do the trick.
- **Avoid breakfast buffets:**
  - Buffets and large breakfast spreads could make you eat more than you need.
  - Do not stuff yourself silly by opting for sugar coated cereals, doughnuts and fruit cocktails.
  - Instead, choose egg preparations, oats, wheat flakes and milk.
- **Gorging on food early in the morning:**
  - Have a glass of lukewarm water, first thing in the morning.
  - It helps to keep you hydrated, aids digestion, cures gastric ailments and gives you a feeling of fullness.
- **Not eating a healthy breakfast:**
  - Try and eat a healthy breakfast like green tea with a lemon wedge, oats with half a banana or an egg preparation with an orange and whole wheat toast.

## 2) Exercises for better eyesight:

You don't need spectacles, lenses and even surgery. Easy exercises done daily can smarten up your eyesight, says a vision trainer. Of all the muscles present in your body, those that control your eyes are the most hardworking.

It is very easy to destroy or compromise your eyesight simple being careless about eye strain and good healthy eye habits.

**So here are some exercises especially for your eyes.**

- **Sun swinging:**

Swing your body from side to side with your eyes shut in front of a light source or under the sun. Do this for 5 minutes.

  - **Benefits:** It massages the eye ball.

- **Snellen's Chart:**  
Read an alphabet chart, tracing a path across it.
  - **Benefits:** Improves central fixation at distant objects.
  
- **Eye wash:**  
Place an eye cup filled with water, over your eyes and blink 10 times.
  - **Benefits:** It tones voluntary and involuntary muscles.
  
- **Swing Focus:**  
Focus on a ball that's being pulled towards you and pushed away.
  - **Benefits:** It strengthens eye muscles.
  
- **Pendulum exercise:**  
Make the eye focus shift from side to side, trailing a moving object like a pendant on a chain.
  - **Benefits:** It works the oblique muscles and helps the lens focus.

### 3) The 7-Day Detox Plan:

**A detox diet allows you to abstain from certain foods you overload your body with. It gives you plenty of nutrients to speed up the elimination of old toxins and promote cell renewal.**

Detoxing can do more than make your eyes sparkle and your skin glow – it can boost energy levels, improve digestion and help shift a few unwanted kilos too.

**Here is a 7 days detox plan for you:**

#### 1. Morning Lemon Juice:

This is an oldie but a goodie to kick start the digestion and cleanse the system. Squeeze the juice of half a lemon in a cup of hot water. Drink first thing in the morning before breakfast.

#### 2. Exercise:

During detox aim to exercise for one hour daily. And not just any exercise – something that makes you pant and puff and raise a sweat like a spin class, jog along the beach, walking uphill, hot yoga or boxing. Vigorous exercise increase lymph flow and circulation to help sweat out toxins.

#### 3. Raw Foods:

Aim to cut out the cooking process and eat mainly raw foods. Raw foods contain more nutrients and enzymes. Try adding fresh sprouts to a salad daily.

**4. Detox the mind:**

While you're detoxing the body, it's good to clear the clutter from the mind too. Aim for 15 minutes of meditation per day. If you don't know how to meditate, try belly breathing. Start by placing hands palm down on your lower belly. Breathe in through your nose, counting slowly to 3 or 4 counts. Feel your tummy rise with the breath. Breathe out just as slowly, allowing the belly to drop. Do this for 15 minutes daily.

**5. Drink:**

Aim to drink three liters of fluid daily. This will help move the lymph and support kidney detoxification. Choose from pure spring water, fresh vegetable juice and herbal detox teas. Or make your own brew by mixing one or a combination of Dandelion root and nettle, cleavers, calendula, burdock and red clover. Add one teaspoon of the dried herbs to a cup of boiling water. Leave to steep for five minutes, strain and drink.

**6. Body brushing:**

Doing this daily will support circulation and increase skin detoxification. Using a loofah or natural fiber body brush, brush the skin with firm circular strokes before you step into the shower. Start from the feet and hands, moving up the legs and towards the arms, avoiding the delicate area of throat and face, and any rash or sore spots.

Then jump in the shower. Finish your shower with a one-minute burst cold water which brings the blood circulation to the skin.

**7. Chew:**

Aim to chew each mouthful of food 10 to 12 times before swallowing. Bringing mindfulness to mealtimes improves digestion, allowing you to feel a sense of fullness without a need to overeat.

**4) Know about the natural remedies for bad breath:**

**Don't suffer socially with bad breath. Find natural ways to avoid unpleasant odor:**

Bad breath or halitosis is not only embarrassing socially; it is a sign that all is not well, health wise. A little detective work is required to find the cause and treatment.

➤ **Look at the diet:**

- Certain foods are best avoided before important meetings, a hot date or when working closely with others.
- Foods high on the Pong-O-Meter include blue and creamy cheeses, garlic, meats and coffee.
- Some foods act as short-term remedies by freshening breath try chewing on dried fennel seeds or, if you like spice, nibble on a dried clove.

➤ **Oral Hygiene:**

- Keep flossing, brush regularly and avoid sugar.
- An absolutely brilliant remedy for gingivitis is co-enzyme.
- Each day, after brushing and flossing, squeeze open the contents of a 100mg coQ10 capsule and massage into the gums.
- Additionally, vitamin C and the bioflavonoid quercetin helps to strengthen gum tissue.

➤ **Sinus:**

- Mucus dripping down the back of the throat is called post-nasal drip and is another cause of bad breath.
- Treat the sinuses, treat the drip and get rid of bad breath.
- A neti pot or saline nasal rinse is good for reducing mucus build-up in nasal passages and sinuses.

➤ **Digestion:**

- Poor digestion and constipation can also be culprits.
- If you bloat after eating, chew more thoroughly and take a digestive enzyme with each meal.
- If constipation is a problem, drink sufficient fluids, eat plenty of fibre-rich foods and exercise regularly.
- Another digestive cause of bad breath may be dysbiosis, where the microflora population is in disarray. Probiotics may help.

**5) Increase your Stamina:**

**Stamina of your body can be defined as the amount of work your body can do without you getting tired. Here are some exercises that will help you build stamina and endurance.**

Stamina is equally important as strength. So while exercising, focus in improving the stamina as well. If you start huffing after climbing a few stairs, then you must know that you have very little stamina and that you need to work out to improve this.

➤ **Hybrid Exercises:**

- The exercises if combined two at a time will provide double results.
- So to increase the stamina, you must definitely try the hybrid exercises.
- Hybrid exercises are performed by combining more than just a single pattern of muscle movement.
- Examples of hybrid exercises are squat with shoulder press, power-lifting lunge and shoulder press.

- **Fast-Paced lifting:**
  - According to physicists and sports coaches, if weight lifting is done at a faster pace and with high intensity, then it will increase the endurance and stamina of a person and not just the strength.
  
- **Team Sports:**
  - Playing sports is always a good choice to increase stamina because it helps your body along with your brain.
  - Specially, team sports help you to build your stamina along with having real fun.
  - If you play for 5 minutes or more without any break, that helps you to increase the stamina.
  - Some examples of such team sports are volleyball, football, soccer, Frisbee and basketball.
  
- **Yoga:**
  - Yoga is mostly about holding the posture for a long time.
  - Various postures have various roles in strengthening various muscles and increasing stamina by various factors.
  - As yoga improves the breathing capability as well as muscle intensity, many use yoga as an exercise for increasing the stamina of an individual.
  
- **Stair climbing:**
  - Stair climbing is a unique exercise type.
  - Increase the number of up-down cycles over a few and follow this stair climbing.