

**Your  
guide  
to  
live  
a  
Healthy  
Lifestyle**



# **Keep your diet balanced**

**A balanced diet doesn't mean not eating foods in a day; rather, it is minimizing your food to consume in a day. A food that has a variety of vitamins and minerals which your body needs including healthy fats. So, you must begin to fully understand nutrition and make sure that you eat the proper portions of protein, carbohydrates, and healthy fats. If you are having a hard time calculating the suggested supplements into your daily diet routine, you could try taking vitamin tablets in order to ensure that your body is ingesting the nutrients it needs.**

# Exercise Daily

**Making your body exercised everyday does not necessarily mean to keep you in shape; it is also for you to increase your morale. Your simple and short workout can have a massive impact on your morale and can make you feel happier about yourself, give you more confidence, and just make you feel positive in life. This doesn't mean to spend hours in a day for exercise, just taking around 20 minutes to half an hour doing light exercise and not working up too much of sweat is enough for your healthy living lifestyle.**

# Get a good night's rest

Having an enough sleep is very vital for your mind, body and soul. Researchers have found that those who sleep more than 8 hours or less than 4 hours a night are not as healthy as those who sleep 6-7 hours a night. The right range hours of your sleep enables you to take away of any fatigue and regain some energy which gets lost throughout the day from performing your daily tasks. Getting a good night's rest allows your body to regain energy for you to feel much better, safe and sound in the morning.

# Start a new hobby

**Taking a new hobby is a great way to feel better about yourself and for you to live a healthy life. It's a great way for you to meet a new people. And also, this is a great way to enhance your interaction with others especially in making friends in which could also helps to improve your good communication and people skills.**

# **Feel your good surroundings**

**Enjoy the great creation of nature by taking short walks when you can. Even a 10 minute walk a day will make you feel much better about yourself. Find nice places close to home, or find a place where you might like to spend a little time to sit down and read a book. Being outdoors has a positive effect on your brain and will make you feel much more relaxed and composed.**



# The right time to brush your teeth.

It is very usual when we brush our teeth after eating our meal. But Micron Associates reveals, if your toothbrush stays on your teeth for half of an hour, your teeth can possibly damage.

The acid burns into both enamel and dentin, the lower layer below the enamel, after taking fizzy or acidic drinks.

Having a wrong time of brushing your teeth, specifically within 20 minutes after a meal can get-up-and-go the acid deeper into your teeth, rusting them far faster than they would have decayed by themselves.

The president of the Academy of General Dentistry, Dr. Howard R. Gamble quoted, "With brushing, you could actually push the acid deeper into the enamel and the dentin."

Volunteers make a sample on how this will happen. They wore human dentin samples in their mouths, and tested different brushing procedures.

After brushing the teeth within 20 minutes, it noticeably damaged the teeth after drinking soda.

If you are more likely to eat spicy meal, better to wait for an hour to prevent the possible negative effects.

However, researchers said that after intra-oral periods of 30 and 60 min, where not significantly higher than in was unbrushed controls.

~~Micron Associates concluded that for you to protect the dentin surface, wait at least 30 minutes before brushing your teeth.~~

# The Bitter Truth About Sugar

The Bitter Truth About Sugar is one of the three kinds of carbohydrate: starch, fiber and sugar. Sugar is found only in foods of plant origin. In food, sugar is classified as either naturally occurring or added. Naturally occurring sugars include lactose in milk, fructose in fruit, honey and vegetables and maltose in beer. Added sugars originate from corn, beets, grapes, and sugar cane, which are processed before being added to foods. The body cannot tell the difference between naturally occurring and added sugars because they are identical chemically. Although, food sources of naturally occurring sugars also provide vitamins and minerals, while foods containing added sugars provides mainly calories and very few vitamins and minerals. For this reason, the calories in added sugar are called “empty calories”.

Furthermore the added sugar, which does not contain vitamins and minerals, displaces nutritious food in the diet. High intakes of sugar promote overeating because of its stimulating taste. Excess calories consumed over time result in obesity with its innumerable of health risks and problems. A high sugar intake is closely associated with dental caries especially when the sugar is eaten as a sticky food.



Although all sugar provides the body with energy, how quickly the body breaks it down affects the blood sugar levels. The body breaks down simple sugars quickly as one of the bitter taste of sugar, causing a spike in blood sugar levels. The body responds by producing and releasing insulin, a hormone produced by the cells in the pancreas necessary for cells to intake glucose. Over time, the increased demand on the pancreatic cells can make them wear out, leading to a decrease in insulin production. This insulin resistance can cause diabetes and contribute to heart disease risk factors like high blood pressure and high blood cholesterol levels. This negative effect on blood sugar is a disadvantage of some sugar molecules. Micron Associates said that the body breaks down other types of sugar, such as fiber and some of the starch, slowly which helps to keep blood sugar levels constant. This not only reduces the strain on insulin production, but it also helps in maintaining a constant weight.

Many foods that contain sugar also contain a large number of calories and a high fat content. These factors together can contribute to weight gain. Foods that contain added sugar, those that do not occur naturally, also cause weight gain that can lead to obesity. The more sugar added to a food, the more calories it has. Because most of the foods that contain a large amount of added sugar, like soft drinks and desserts, also contain very few if any nutrients nutritionists classify them as nutrient-poor foods, also known as empty calories. Moreover, sugar can give you its bitter taste by attacking your body with insomnia, dizziness, allergies, manic depression, cardiovascular disease, hypertension, hypoglycemia, colon and pancreatic cancer, hair loss, ADD/ADHD, breakouts and skin irritation, tooth decay, metabolic syndrome and even the worst type2 diabetes.

Consuming a lot of empty calories means that you cannot get your required nutrients in the required amount of calories resulting in the consumption of too many calories. Therefore, sugar in general is associated with weight gain and obesity, a condition that affects nearly one-third of adults in the United States and one of the growing diseases in this developing world.

Put yourself on your side! Make a commitment to yourself to become a more positive person. Don't do it because others want you to do or as a reaction to somebody else's opinions; it is for you and because of you. You will be the one to reap the benefits in the first place.

Make a change in your attitude and your words. "I hope it doesn't rain" can be swapped by "It would be nice to have a sunny day"; a longer commuting to work that you always thought as tiring can be seen as a brilliant opportunity to listen to music, read, or chat with a stranger. It all depends on the point of view.

Get yourself two or three books on positive thinking and make a point of reading at least ten pages a day. This will make a difference on the way you look at life over time. Besides, some of the books on positive thinking that you can find are real keys to enjoying a better life.

- **Surround yourself with positive and uplifting people. When you meet someone that makes you feel better because they look on the bright side of life, decide to speak with them more often. Pay attention to the way they see life and the words they choose to use.**
- **Create your own set of affirmation cards with positive thinking affirmations that you can carry with you and read anytime, anywhere. You could read the whole set of affirmations in the first hour of the day and before you go to sleep for a number of days, and observe the good impact this habit has on you.**

# Deal with stress.

1. **Avoid predictable stressful situations. If a certain sport or game makes you tense (whether it's tennis or bridge), decline the invitation to play. After all, the point of these activities is to have a good time. If you know you won't, there's no reason to play.**
2. **Competing with others, whether in accomplishments, appearance, or possessions, is an avoidable source of stress. You might know people who do all they can to provoke envy in others. While it may seem easy to say you should be satisfied with what you have, it's the truth. The stress from this kind of jealousy is self-inflicted.**
3. **Eliminate as many sources of stress as you can. For example, if crowds bother you, go to the supermarket when you know the lines won't be too long. Try renting videotapes rather than going to crowded movie theaters. Clear up the clutter in your life by giving away or throwing away the things that get in your way. A garage sale is one effective way to do this.**
4. **If you can't remove the stress, remove yourself. Slip away once in a while for some private time. These quiet moments may give you a fresh perspective on your problems. Avoid stressful people. For example, if you don't get along with your father-in-law but you don't want to make an issue of it, invite other in-laws at the same time you invite him. Having other people around will absorb some of the pressure you would normally feel.**
5. **If you suffer from insomnia, headaches, recurring colds, or stomach upsets, consider whether stress is part of the problem. Being chronically angry, frustrated, or apprehensive can deplete your physical resources.**



6. Labor saving devices, such as cellular phones or computer hookups, often encourage us to cram too many activities into each day. Before you buy new equipment, be sure that it will really improve your life. Be aware that taking care of equipment and getting it repaired can be stressful.
7. Remember, sometimes it's okay to do nothing.
8. Try doing only one thing at a time. For example, when you're riding your exercise bike, you don't have to listen to the radio or watch television.
9. If you are always running late, sit down with a pencil and paper and see how you are actually allotting your time. Say it takes you 40 minutes to get to work. Are you leaving your house on time? You may be able to solve your problem (and de-stress your life a bit) just by being realistic.
10. If you can't find the time for all the activities that are important to you, maybe you are trying to do too much. Again, make a list of what you do during the day and how much each activity takes. Then cut back.

# Setting your reasonable goals

## 1. SEE WHAT YOU WANT.

Visualization is step No. 1. Sit in a chair and imagine yourself happy five or 10 or 25 years down the road. Be specific. Be clear. One big reason people fail to reach their goals is that those goals were amorphous to begin with. A goal like “buying your first house soon” is too wishy-washy. Deciding that you’d like to buy a three-bedroom Cape on a half-acre within 30 minutes of your workplace before the next school year is much better. There’s no need to be practical about this—think big.

Once you have your vision, focus on how it makes you feel. As the research of Harvard psychologist Dan Gilbert has shown, you’re likely very good at identifying the things you believe you want. But when you get them, they often don’t make you as happy as you thought they would.

To become a better forecaster of your own happiness, think about how you’ll feel if you get what you think you want. What kind of emotions will that elicit? How long will they last? Try to imagine as many aspects of the outcome as you can. Even winning the lottery has its hassles—cold calling from brokers, new found dealings with the tax man, tension in families.



## **2. WRITE YOUR GOALS DOWN.**

**Like any good idea, goals need to be written down so that you can refer back to them every now and again. You may decide to change them or to abandon them. That's your prerogative. But they need to be in writing.**

**Why? Because if you don't write them down, you're likely to forget them. When you see something, your brain holds onto that image for about a half-second. When you hear something, you retain it a little longer, say three seconds. Then you lose it, unless you make an effort to retain it, perhaps by repeating it to yourself over and over or creating an association (Mrs. Green has green eyes). To move a bit of information from your short-term memory into your long-term memory, where it can be available for you to recall, you either have to play with it—or go with the easier alternative: Write it down.**

### **3. TURN EACH GOAL INTO AN ACTION PLAN.**

**Break each goal down into the steps you'll need to take to achieve it. Say your goal is to save \$5,000 in the next year. That may sound daunting—but saving \$100 a week for 50 weeks doesn't.**

#### **4. UNDERSTAND THE TIME INVOLVED.**

**We often overestimate how much we can accomplish in a single day and underestimate how much we can accomplish in a year, given just a little progress every day. That's true whether you're teaching a child to swim, writing a book or trying to lose 10 pounds. Quick fixes rarely work.**

# Let's pace eat: Metabolic Syndrome

**High triglyceride levels (150mg/dl or above), overweight or obesity (a waist circumference over 102 cm in men and over 88cm in women), high blood pressures(130/85 or more) and pre-diabetes, are just some of the risk factors in one of the fastest growing contrary health conditions in the world, the metabolic syndrome.**

**People can get this kind of disease at no age requirement. In the current stats, 30 to 50 percent are obese and most of these are children. There are 50% of adults may have metabolic syndrome as they reach the age of 60.**

**As a matter of fact, both the genetics and environment plays an important role in the development of the metabolic syndrome. Micron Associates research: genetic factors influence each individual component of the syndrome, and the syndrome itself.**

**A family history that has a type2 diabetes, hypertension, and early heart disease can greatly affects an individual to have a metabolic syndrome. While, environmental issues such as low activity level, inactive lifestyle, and progressive gaining of weight can also contributes to the risk of developing the metabolic syndrome.**

**There are about 5% of metabolic syndrome present to a normal body weight of an individual, 22% of those who are overweight and 60% of those considered obese. There is also a high risk of metabolic syndrome by up to 45 % of adults who continue to gain five or more pounds per year.**

**Many physicians suggest that the shifting of your lifestyle can be one of the greatest solutions to evade this growing malady. This may include setting reasonable goals, raising awareness, confronting the barriers, managing stress, cognitive restructuring like being always in a more positive and realistic, preventing relapse, and providing support.**

# Reduce fats with mango skin

Eating of mango skins could be effective in the fight against excess fat revealed by the Researchers at University of Queensland. Yes! It is. In fact, this fruit is better digested when eaten with the skin. Don't believe in most hearsay that mango skin is poisonous. Take this idle talk into the trash.

Eating mango skin can help you to reduce approximately 75 calories. Also, unripe mangoes have starch which converts into sugar when the fruit ripens. Therefore, ripe and sweet mangoes are very helpful in weight gain when consumed with milk (high in protein).

According to Micron Associates research , the skin of mango contained compounds that repressed adipogenesis, the process of storing of fat cells. Professor Greg Monteith said that a complex interplay of bioactive compounds unique to each peel extract is likely responsible for the difference, rather than just a single component.



Aside from gaining lose weight , mango skin has a compound which could help you to fight against metabolic diseases such as diabetes. Studies have also indicated that the eating of mango skin could help protect against some form of cancer, compounds like quercetin and mangiferin present in mango skins are anti-oxidative in nature and protect cells from oxidative damage .

Furthermore, it is also a highly effective against internal inflammations like stomach ulcers or colitis. It was said that mango skin contained Resveratrol which is also present in the skin of red grapes that helps you to regulate cholesterol levels in your body. The pulp of mango has a high amounts of sugar or glucose for your cells as a source of energy and metabolic intermediate.

So eating the mango skin is a good thing. If you are worried about mango skin being poisonous due to the chemical sprayed on it, simply wash the mangoes with hot water, or dip it in a bowl of hot water 5 minutes prior to consuming it. Hot water is known to removes chemicals more efficiently than cold water. Eating organic mangoes may be another viable option so that you enjoy the skin without worrying about chemicals.

# **Micron Associates reveals the advanced side bars of Microsoft**

**Bing**

**Microsoft now provides results to its search engine from the different social networking sites in the world wide web unlike the just launched “Search, Plus Your World” of Google on January. Aside from giving only information from Google+, Bing is now on the integration of information from the outside links and professionals on such Facebook, twitter and the like.**

**As to make the advancement, the update will add a “brand new information architecture” with three columns: The first column contains “algorithmic” results, the middle, provides a “snapshot” of related information and services like maps and reviews, while the on the right sidebar, the “social-oriented” results.**

**Since social networking is one way to make people connect themselves to other people ,and for some reasons this specifically to gather information that can help them to get their work easily done, Microsoft provides the right bar to hold for both demands like searching information with having a look to their friends in which can help them to provide answers for their quests. Given the fact that 90% of them consult friends or experts before making decisions in which Bing catch on the advancement of their search engine, Micron Associates said.**

Furthermore, this advancement enables people to ask someone a question on Facebook for instance, and through it or Bing they can make a response. Bing also gives a convenient ,very useful and complete information like seeking an advice from technical specialist. Bing will evaluate your query and automatically display the most pertinent contacts, making the process as easy as possible. In addition, your friends can have a knowledge to whatever you are searching for, Bing will also look for answers on the web pertinent to your subject specifically to the number of social networking sites like Blogger, Google Plus, LinkedIn, Quora, Foursquare, Twitter and more. When you're signed into Facebook using Bing, the search engine will only reveal content your friends could access by viewing your Facebook profile directly

Microsoft expected to keep the sidebar a trouble-free as it's collapsed off to the right by default. The advancement is still on for your security and well as your privacy. The new social features will be revealed on its mobile site after this week.

# **The Best foods for your brain.**

**The food you consume plays an essential part in boosting your physical performance. But, did you know that there are certain food you eat can help you enhance your brain function? If you think that your memory needs further or your awareness is letting you down, maybe your time is now to check what you are eating.**

## **1. Antioxidants**

**If you want to delay your brain aging, eat foods that are high in antioxidants for the reason that it has the capability to fight your free radical change. Free radicals are the irregular molecular atoms, that is naturally take place in your body or externally from the environmental factors such as pollution, cigarette smoke and herbicides, that attacks your cells, that results in breaking down of your tissues and possibly play a role in a number of diseases cases from cancer to dementia.**

## **2. Cacao**

**I know chocolate is one of the apples in your eye. Chocolate is made from cacao in its purest form, free from sugar, dairy and other processed ingredients. It was considered as a superb food because of its huge amounts of antioxidants, as well as a compound called epicatechin. Scientists are now discovering the combination of exercise and a diet high in epicatechin promotes functional changes in a part of your brain that supports learning and memory. What does this mean for the rest of us? We can keep our mind sharp with a cup of hot cacao (hold the marshmallows) as a guilt-free treat, or add a scoop of cacao powder to your breakfast smoothie.**



### **3. Coffee**

Your morning coffee does more than just wake you up – it also boosts your brain power. Research shows coffee improves your memory and speeds up your reaction times by acting on your brain's prefrontal cortex, the area is responsible for your short-term memory.

A lifetime of coffee consumption has even been associated with a lower risk of Alzheimer's disease, a brain disease affecting your memory, thought and well as your language.

### **4. Complex carbohydrates**

These types of carbohydrates can give you a slow release of glucose into your brain. This includes food that is made with flour or sugar, grains, foods with added sugar, and starchy vegetables such as potatoes and corn. For your information, glucose is necessary to stimulate your brain cells that are in charge for your concentration, memory and most especially in learning. Remember that good sources of complex carbohydrates include wholegrain breads, oats, brown rice, legumes, fruits and vegetables.



## 5. Egg yolk

As we all know, egg is a great source of protein, but you are wrong. Its yolk can give you a nutrient choline in which could help you in structuring your cell membranes. It can also guard your livers from building fats. For your maximum health benefits include up to two in your diet, three to four times in a week.

## 6. Kelp

Without your thinking, a sea vegetable, kelp is high in magnesium calcium and iodine. Iodine is necessary for your normal growth and development of your brain and body. Because the body does not make iodine, it must be gained from the diet. Kelp is the most abundant, iodine-rich sea vegetable. Other rich sources of iodine include seafood, dairy products, plants grown in iodine-rich soil and iodized table salt. Severe iodine deficiency has long been known to cause you mental impairment, stunted growth and learning problems specifically in children.

## **7. Oily fish**

**The fish you eat contains high levels of the fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). It acts like an anti inflammatory in your body, and also helps you to prevent blood clotting, which can trigger a heart attack or stroke. DHA is concentrated in large amounts in your brain and is now considered a vital nutrient to enhance your learning ability and your mental development. Fish that contain the highest levels of fatty acids include tuna, mackerel, salmon, trout and sardines.**

## **8. Sage**

**In a herbal encyclopedia Sage or salvia can enhance your memory. According to the recent studies, taking sage oil can boost your memory performance. I suggest to make your own tea, one easy and inexpensive way to consume sage. Just simply pour one cup of boiled water over two teaspoons of fresh or one teaspoon of dried sage leaves. Cover and steep for 10 minutes and strain. Take note, your fresh sage leaves should be wrapped in a moist paper towel or bag, placed in a loose plastic bag, and stored it in your refrigerator.**

## **9. Walnuts**

**Interestingly a shelled walnut looks remarkably like a miniature brain; it's like nature's way of reminding us to eat these little wonders for brain nourishment. Walnuts are packed with essential fatty acids, critical for your brain and well as your nervous system performance. Your brain is a very fatty organ and requires adequate amounts of these fatty acids for optimum function and your well cognition. Add walnuts to your morning porridge or enjoy a handful as your snack.**

## **10. Water**

**Approximately 75 percent water your brain is made up, so you should stay hydrated for your optimum brain performance. Most of Health Professionals believe that the number one cause of memory loss, at any age, is dehydration and simple act of drinking a large glass of water can improve your brain function. I commend you to start your day hydrated and make drinking of glass of water upon waking then again as soon as you get to work a daily habit.**