



Presented by

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Tips for long life



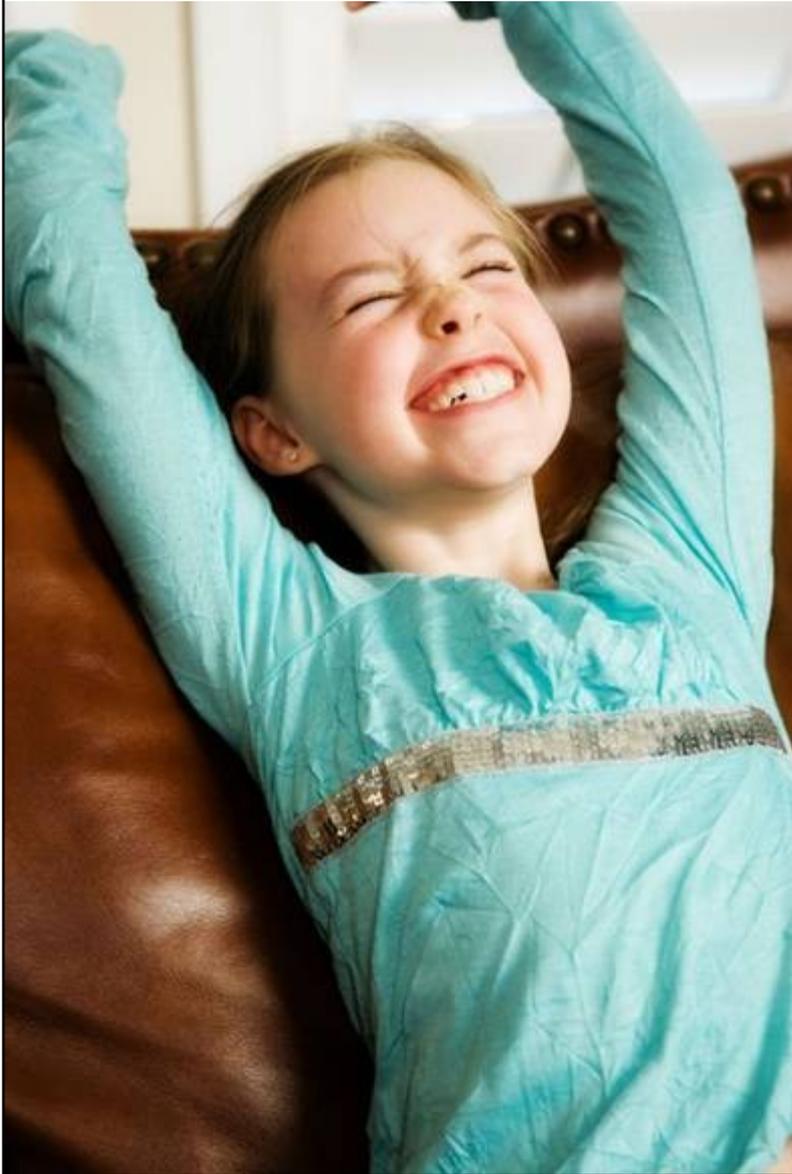
**HEALTH
Tips**

Early to bed

A study done by the Archives of General Psychiatry revealed that people live longer when they got only 6 to 7 hours sleep.



Laugh often



A reputed cardiologist says Laughing at 100 to 200 times can be the same as rowing or jogging for ten minutes. Research shows the level of stress hormones reducing while heightening the antibodies and killer cells' activity in our bodies.

A happy married life

Men and woman who are happily married for a long time can have a greater life expectancy.



Walking, Running and jumping is good



Living the Country life

People who live in green and open spaces, although living in cities are prone to live longer than those living with the concrete surrounding them.



Body weight matters

One of the main causes that increase the risk of stroke and heart disease, speeding the ageing process, also cancers in the womb, colon, breast, gall bladder and ovaries is over eating. If you can reduce your body's weight by 10 pounds, you can reduce your risk of heart disease.



More children

A study done in the psychology of aging revealed that women who have more children, have an extended life expectancy. The reason for this could be that they get more contact and support from their children and grandchildren as they grow older.



Smoking: An enemy of longevity

If you want to live a long, healthy life, make sure you're among the nonsmokers. Smoking contributes to heart disease, osteoporosis, emphysema and other chronic lung problems, and stroke.



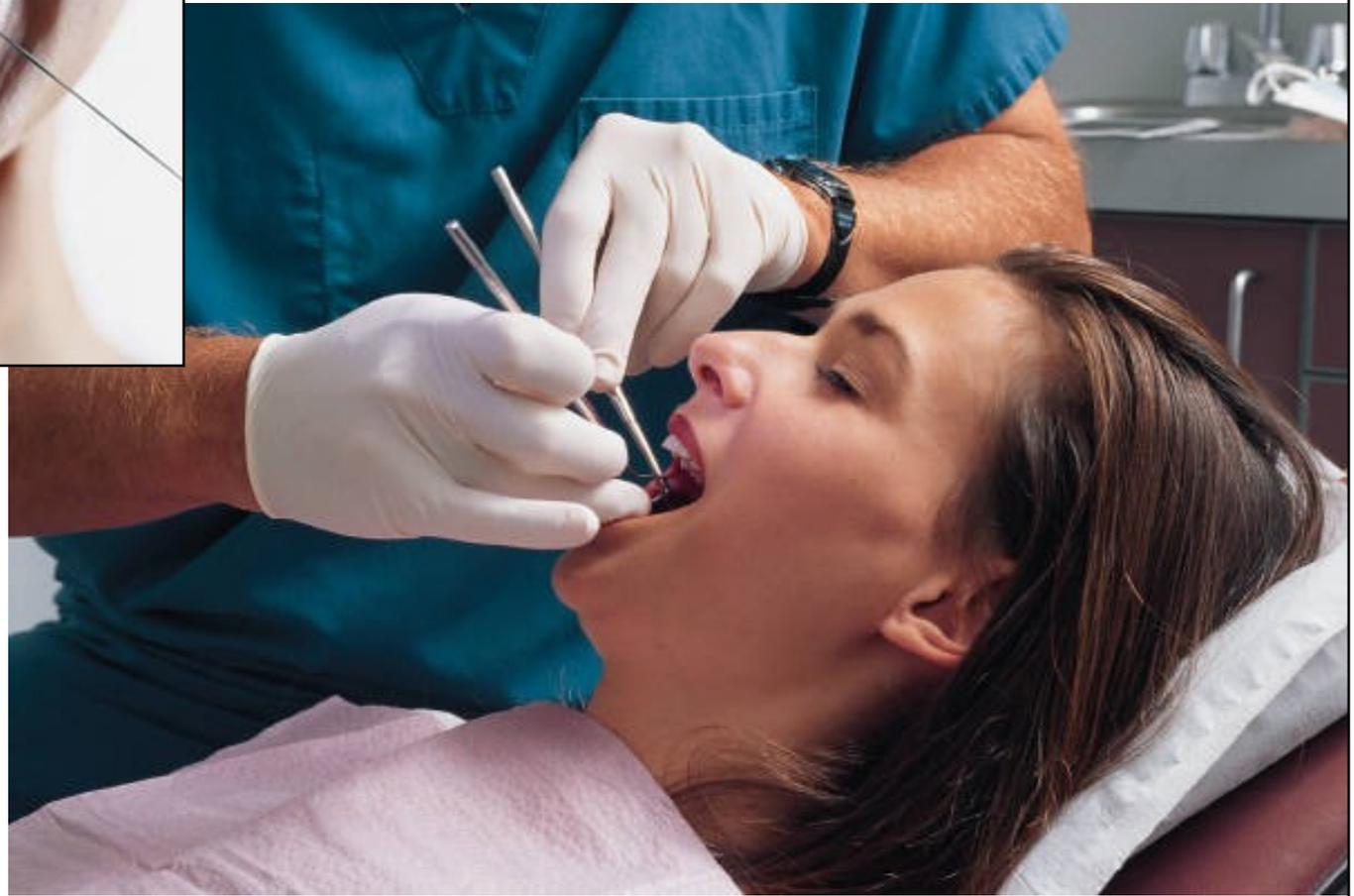
Keep learning and trying new activities.



Build a strong social network



Floss, brush, and see a dentist regularly.



Enjoy physical and mental activities every day



Eat a healthy diet

Eat a healthy diet rich in whole grains, vegetables, and fruits, and substitute healthier monounsaturated and polyunsaturated fats for unhealthy saturated fats and trans fats.



Intake of green leafy vegetables

Daily intake of green leafy vegetables in large quantity eliminates the wrinkles on face. There are instances of people having improved their eyesight by eating these only.



Totally avoid Tea and coffee

Totally avoid Tea and coffee - They contain toxic substances, which damage the liver in the long run. Tea takes approximately 6 hours to digest and plays havoc with the metabolism of the body. Continuous consumption of tea or coffee is said to result in damage to modular oblongata, which links up all body nerves with the brain, and therefore, controls all body functions.



Avoid Sugar as far as possible

Avoid Sugar as far as possible, it brings Aging, Cataract and Acidity



Keep fast at least for one day in a week
taking only fruits.



Keep fast at least for 24 hour in a fortnight taking only water.



Don't take salt in excess

Use as little salt as possible. Just observe that any food provided by nature is never salty in taste, it is always plain, sour or sweet. Excessive salt corrodes our body like sea water, which is never allowed to be drunk even if a person is thirsty.



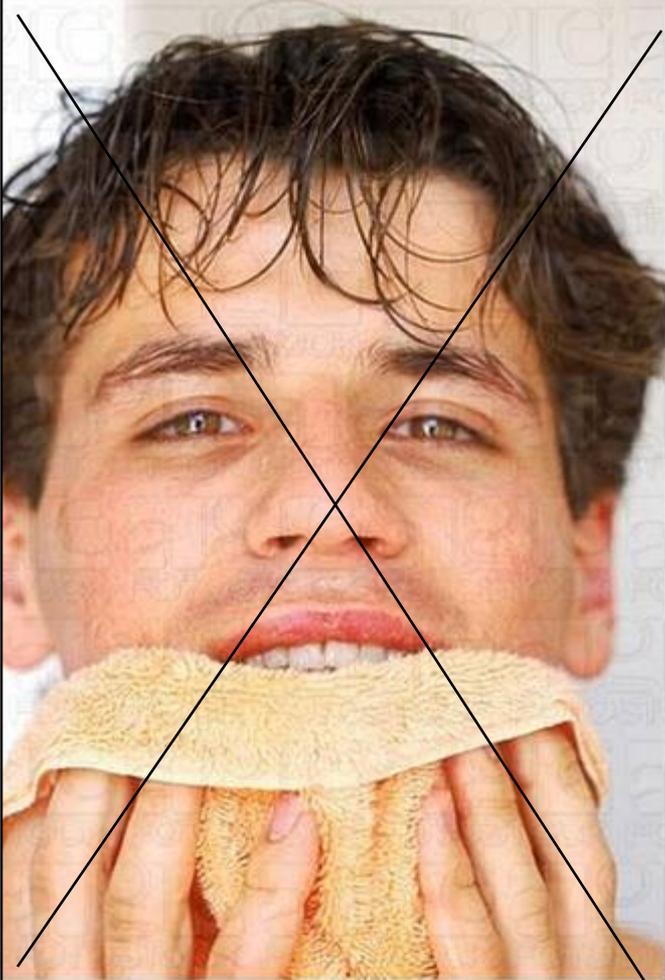
Take Sun bath

Sun light is a big source of Vitamin D, which plays an important role to the human health. It is also important to avoid the harmful rays of sun by Sun Block creams.



- Brisk walking is the best exercise
- Keep your posture erect
- Take hot water after every meals
- Early in the morning, without cleaning your teeth of mouth drink a glass of water so that all the accumulated saliva in your mouth goes back to your stomach.

After washing your face with water don't wipe it off. Let it dry itself on the face. It keeps the face skin young and healthy.



Take shower daily

If possible take shower with fresh water coz it is friendly to your skin and does not let it dry.



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