

11.

HEALTH IMPORTANT NOTICE

Reduce the amount of tea you consume.

Drink more water in the morning, less at night.

Do not drink coffee twice a day.

Reduce the amount of oily food you consume.

Best sleeping time is from 10pm at night to 6am in the morning.

Do not have HUGE meals after 5pm.

Do not take alcohol more than one glass/cup/serving a day.

Do not take pills with cool water.

Do not lie down immediately after taking medicine before sleeping.

Getting less than 8 hours of sleep affects your health.

People used to napping will not get old easily.

If you can't get to do early morning runs, 5pm-8pm in the afternoon is a great time for jogging.

Keep your distance from hand phone chargers.

When battery is down to the last grid/bar, do not answer the phone because radiation is 1000 times

Answer the phone by left ear otherwise It'll spoil your brain directly by using right ear.

Do not use headphones/earphone for extended periods of time.

Rest your ear awhile after 1 hour.

Forward this to friends whom you care.