



# habits

Wellness

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Water is the base of life. Living things cannot survive without water and humans are no exception. The human body is primarily made of water, where infants are made up of 70 percent water, adults males are 60% and females are 55%. Water provides the medium to make your blood, helps move food through your digestive tract and removes waste from every cell in your body. However, the specific water needs should take into account the body's physical activity level and the geographic region in which a person lives.



## A PERSON HAS TO DRINK A MINIMUM OF 1.5 - 1.8 LITERS ON AVERAGE A DAY. WHY?

There are many reasons why WATER is very vital and important in our lives. Since water constitutes different percentages in all body organs, it safeguards your life, where it decreases the chance of getting a heart attack as well as reduces the chance of developing colon, bladder and even breast cancer. Water also boosts your metabolism and your brain,

prevents headaches, and keeps you alert at work. Moreover, water plays the role of a regulator. It helps the body carry in nutrients and carry out waste as well as regulates body temperature through sweating when we overheat. Not to forget that water is a major part of our body secretion, such as tears, saliva, pancreatic enzymes, mucus, hormones, etc...



HABITS believes in the life style journey, wellness, challenges, partnership, sharing, educating, learning, empowering, love, simplicity, resilience, compassion, understanding, peace, respect, teamwork, ...

HABITS was created to unify the three dimensions of a human being: \\ BODY, MIND & SOUL \\



BE A NEW YOU!!

# pH



## IMPORTANCE OF pH IN DRINKING WATER

### What is pH?

pH stands for "potential of hydrogen," referring to the amount of hydrogen found in a substance (in this case, water). The pH level of drinking water reflects how acidic or alkaline it is. pH is measured on a scale that runs from 0 to 14, where 7 is considered neutral, meaning there is a balance between acid and alkalinity. A measurement below 7 means acid is present and a measurement above 7 is basic (or alkaline).

Acidic water can leach metals from pipes and fixtures, such as copper, lead and zinc. It can also damage metal pipes and cause aesthetic problems, such as a metallic or sour taste, laundry staining or blue-green stains in sinks and drains. It may also contain metals in addition to the before-mentioned copper, lead and zinc. On the other hand, Alkaline rich water helps balance the body's pH,

The highly acidic diets that the majority of people eat, can cause a pH imbalance. Thus, the systems that support the immune system become weakened by the suffocation of the functioning cells. Higher alkaline water stabilizes the body pH and enhances the immune system.

HABITS Team has conducted a market survey, where we analyzed the nutrition label on some of the most popular bottled water in the Lebanese market, and these are their relevant pH, Sodium and Calcium contents. (Bottles' sizes varied between 0.5 liter and 1 Liter).

which tends to be acidic because of our high acid food diet, stress and exposure to environmental toxins such as smog. Alkalize your body pH from acidic to alkaline pH, because cancer and many other illnesses cannot live in alkaline environments.

Alkaline Water detoxifies your body through allowing it to remove or neutralize the acidity that builds up in the body and wash acid waste products from cells and tissues. It also filters forms your water into micro clusters that are more easily absorbed at the cellular levels. Thus, "super-hydrating" your body hus, leaving only the vital minerals, such as calcium and magnesium.

Higher alkaline pH water acts as an antioxidant, because it has the ability to give up electrons and can effectively neutralize and block free-radical damage to the body.



Name	Origin	pH	Calcium	Sodium	Magnesium
Acqua Panna	Italy	8	32mg/l	6.4 mg/l	6.2 mg/l
Tannourine	Lebanon	7.9	50 mg/l	4 mg/l	13 mg/l
Sohat	Lebanon	7.9	31.3 mg/l	3.5 mg/l	5.2 mg/l
Rim	Lebanon	7.8	33 mg/l	1.8 mg/l	11.7 mg/l
Aquafina	Lebanon	7.8	0 mg/l	0.18 mg/l	1.17 mg/l
Nestle	Lebanon	7.5	13 mg/l	5.2 mg/l	1 mg/l
Evian	France	7.2	80 mg/l	12.6 mg/l	26 mg/l
Sannine	Lebanon	7.1	50 mg/l	10 mg/l	12 mg/l
Volvic	France	7	12 mg/l	12 mg/l	8 mg/l

# NUTRITION



## A PALETTE FOR A HEALTHY LIFE

Just like an artist who needs a variety of colours for his masterpiece artistic painting, the human body needs a variety of coloured produce to maintain its health.

Nature has offered a Palette of colours. Think of optimal health as the finest masterpiece you can paint. In order to create it, you will need to consume foods of many different colours. The colour a fruit or vegetable has, can tell you a lot about what micronutrients it will deliver.



The colour of the skin is determined by the specific plant compounds it contains, and those in the same color family will deliver similar nutrients and health benefits. Your job is to add a bit of each color to your daily dietary color palette so that you can obtain an ideal range of micronutrients every day and paint your way to optimal health.

## HERE ARE SOME FOOD COLOURS AND THEIR BENEFITS!

**RED** colour derivatives are mainly rich in two antioxidants, lycopene and anthocyanin. Lycopene, is a powerful antioxidant associated with reduced incidence of cancer, cardiovascular disease, and macular degeneration. It is also said to lower LDL (the so-called bad cholesterol), enhance the body's immunity, and protect enzymes, DNA, and cellular fats from free radical damage. It also helps with shortness of breath and exercise-induced asthma. Anthocyanin, which is richly concentrated in the pigments of berries, has been shown to possibly aid in the relief of pain, depression, and anxiety.

**YELLOW** colour foods are touted for their high levels of beta-kryptoxanthin, a brain-booster. Eat and get smarter with yellow squash, yellow bell pepper, pineapples, grapefruits, and yellow sweet corn.

**ORANGE** colour foods have high levels of beta-carotene, which is also known as pro-vitamin A, because it can convert to vitamin A (retinal) once inside your body. So, if you are looking for the cancer-fighting, anti-viral, eyesight-improving benefits of vitamin A, you will want to eat a lot of beta-carotene!

**GREEN** colour plants and vegetables get their green colour from a substance called chlorophyll. Chlorophyll is proved to be antibacterial, stimulate growth, and maintain lean muscle tissue. Green foods are also the richest source of dynamic duo zeaxanthin and lutein, which have been shown in many studies to reduce the risk of chronic eye diseases, including cataracts and age-related macular degeneration (AMD).

**PURPLE & BLUE** colour tones in your produce are courtesy of some pretty special flavonoids called anthocyanins. They are powerful antioxidants that protect your cells from damage. They may reduce cancer and stroke risks, improve memory, and even aid in longevity. You won't have anything to be blue about when your health is improved from enjoying these bold-coloured beauties, including plums, grapes, berries, and eggplant.

**WHITE** flesh of fruits and vegetables that brings them to our white painter's palette, have a set of superstars that can reduce stroke risk by 52%! A recent ten-year study concluded that these white-fleshed fruits and vegetables, rich in the flavonoid quercetin, were better than green, orange, yellow, red, or blue/purple fruits and vegetables at reducing the risk of strokes. That apple a day may just keep the doctor away after all!

**It is worth mentioning, again, that water constitutes 55 – 70% of your body, so whatever your food intake is, water is the major element that you must have in any food diet you choose.**

## TIPS FOR YOU!

The Summer is only 1 season away, and it is time to shed off the calories you have put on during winter... Here are some tips to help you get back in shape in no time.

- Add a "DRINK WATER" reminder to your cellphone to maximize your daily water intake.
- Start having healthier snacks and healthier food intake... A dietitian can help you make a wide selection of healthy and yummy food for you to indulge in and enjoy.
- Workout with a professional Personal Trainer who will know all the how-to shed off added calories and the best exercises to shake them off.
- Have some relaxing massage sessions. This will definitely enhance your blood circulation and put you in a relaxing and happy mood.
- You have probably run and carried out lots of errands that made your muscles and joints feel very fatigue. Consult a physiotherapist to put your posture back in shape and prevent any future injury that might cause pain.
- Keep the "together" spirit through sharing Pilates, Yoga or Personal Training sessions with your family members or friends.
- You can always enjoy all of the above through calling HABITS Office and everything will be delivered to your home.

HABITS  
HEALTHY  
KITCHEN



PARMESAN  
CHICKEN  
BREASTS

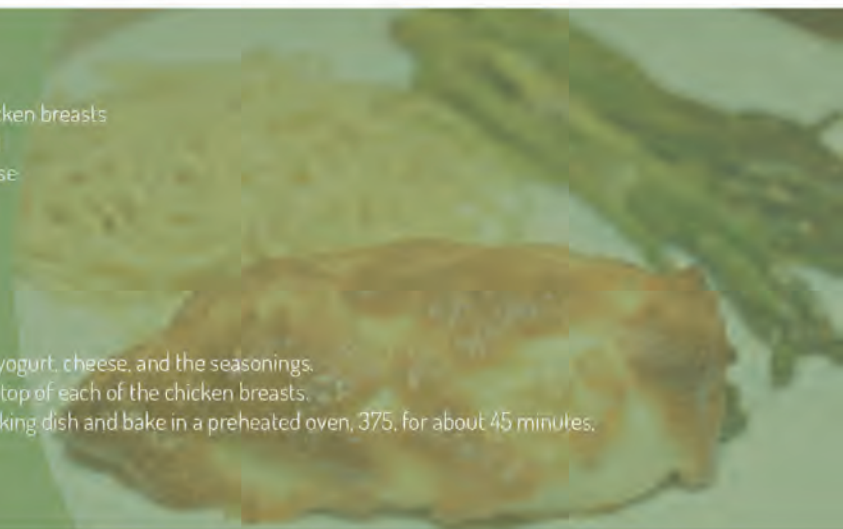
Yields: 4 servings  
Calories/serving: ~114Kcal

### INGREDIENTS:

- 4 boneless, skinless chicken breasts
- 1 cup plain Greek yogurt
- 1/2 cup Parmesan cheese
- 1 tsp seasoning salt
- 1/2 tsp black pepper
- 1 tsp garlic powder

### DIRECTIONS:

1. In a bowl, combine the yogurt, cheese, and the seasonings.
2. Spread the mixture on top of each of the chicken breasts.
3. Place chicken into a baking dish and bake in a preheated oven, 375, for about 45 minutes, or until cooked through.
4. Serve warm!!



**CALL OUR OFFICES NOW TO BOOK YOUR SESSIONS AND SAVE THE HEALTH OF YOUR LOVED ONES !**

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