

EATING FRUIT...

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

What is the correct way of eating fruits?

IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! * FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD. Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.

In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil...

So please eat your fruits on an empty stomach or before your meals! You have heard people complaining - every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet, etc - actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

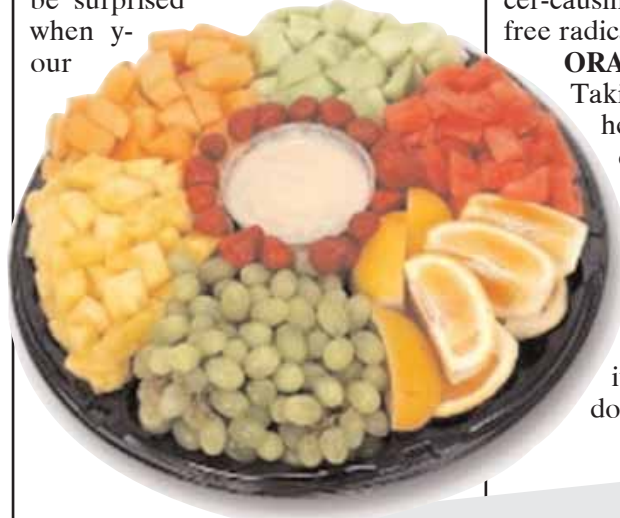
Graying hair, balding, nervous outburst, and dark circles under the eyes - all these will NOT happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day

fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your



A serious note about heart attacks **HEART ATTACK PROCEDURE**: (THIS IS NOT A JOKE!) Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. Sixty percent of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

friends tell you how radiant you look!

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

STRAWBERRY: Protective Fruit.

Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

ORANGE : Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content.. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

Don't Drink Cold water after a

meal. Can u believe this? For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.



TICK TOCK TIME TO CHANGE THE CLOCK

As the weather starts warming up for summer, NSW residents are being reminded to set their clocks forward this weekend for the start of daylight savings. Daylight Saving will commence this Sunday, 3 October 2010 at 2:00am, when clocks will be put forward one hour.

"Daylight Saving gives NSW residents a chance to exercise and spend quality time with their families outdoors at the end of the day," Attorney General John Hatzistergos said.

"With many people working long hours, this extra period of daylight in the afternoon can make a big difference to our family lives and general wellbeing."

"With the October long weekend coming up and the big weekend of football, people should take a moment to remember to put their clocks forward one hour on Saturday night before they go to bed."

Since 2008, NSW Daylight Saving has been synchronised with all south-eastern states in Australia, including Victoria, the ACT, South Australia and Tasmania.

"The synchronisation of Daylight Saving makes it easier to do business across state lines and is less confusing for tourists," Mr Hatzistergos said. Daylight Saving is not observed in Western Australia, Queensland and the Northern Territory.

Daylight Saving operated nationally during part of World War I and World War II, but it was not observed again in NSW until October 1971, when it became a permanent fixture on the state's calendars.

The latest Daylight Saving period will conclude on Sunday, 3 April 2011 at 3:00am, when clocks will be put back an hour. A 24 hour recorded information message about daylight saving is available by calling call (02) 8688 7966 or for further information visit www.lawlink.nsw.gov.au/cru

Greek Traditional music at the Olympic Games of 2012 in London

Could you believe that an orchestra with the traditional Greek instrument bouzouki, could be presented at the Olympic Games of 2012 in London and perform songs of Mikis Theodorakis, Hatzidakis, Tsitsanis and the song "Zeimpekiko tis Evdokias" of Manos Loizos? Why not? That was the dream of the well known composer Giannis Polykandriotis which finally came true. The School of Traditional and Folk Music, String Instruments founded by Mr. Polykandriotis was chosen to participate in the Olympic Games taking place in London by the committee of the organization of the Olympics, among several music groups in the auditions which have been made at the Cultural Olympic celebrations 2012, September 12th in Cedar Park Cheshunt. The affirmative was announced via a formal letter received by Mr. Polykandriotis a few days ago.

The Greek orchestra consisting of 35 music instruments, boys and girls from 9 to 32 years was deified by 5,000 people who attended the event at Cedar Park Cheshunt, showing once more that good traditional Greek music can be loved by foreigners. Our joy is indescribable, as we were marked with the highest grade" Mr. Polykandriotis stated. They told us that except from the Olympic stadium we will perform in many sport centers and soon we will be invited to more festivals. These young people who give their best all these years, have every right to celebrate. Personally, I feel our representation in the Olympic games as a vindication of my decision to create the School in 2002 targeted on the advertisement of Greek Traditional music. Songs like "Children of Piraeus", "Vraxo vraxo ton kaimo mou", "Delfini Delfinaki", "Deka palikaria", "Zeimpekiko tis Evdokias" were performed at Cedar Park Cheshunt. On the first row of the orchestra were sitting proudly next to their teacher, Pilvakis sisters, 13 and 16 years old and the 9 year old Panagis. They were accompanied by the bouzouki expert George Poxes who came from Greece to perform to the festival. He also had performed in the opening of the Olympic games of 2004 in Athens with Thanasi Polikandriotis' music group "Oi Epomenoi" ("The Next"). The orchestra's presentation came with the dance group of Dora Konstantinidis existing in the Greek Community Center in London.