

THE 7 PILLARS OF THE HEALTH & SANITY

An Insightful View from Philosopher, Educationist and Entrepreneur
Jimmy Teo

Rest & sleep adequately
Replenishing the body
Resting the mind;
Repairing both.

Drink plenty of plain warm water
Hydrating the body
Flushing away toxins;
Enabling the body system to be disease free

Exercise daily
Letting the sunshine to caress the skin
Generating the energies & discipline;
For better appetite, alacrity & mental clarity.

Eat right
More vegetables, less meat
In moderation
With fun & passion.

Think & speak kindly
Never allowing wrongful thoughts
Always praying for the best for others
And doing the best by example.

Have good & sincere friends
Meeting often to sing, share or even cry
On life's wonders & sorrows
And visiting those that 'went by', their wakes.

Worship & thank the Creator
At all times for His goodness & mercies
Especially with our progenies
Wishing them all success, health & prosperity.

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