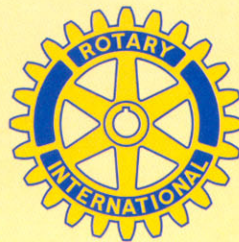


BERITA PUDU

(For members only)

www.rotarypudu.org.my

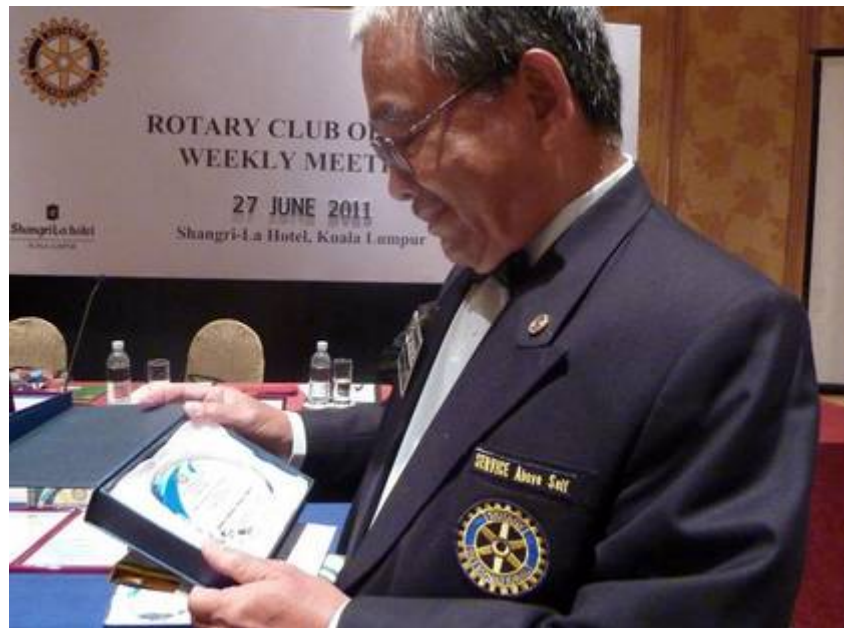
**The Weekly Bulletin of
The Rotary Club of Pudu**



Reach Within to Embrace Humanity

BOD RC Pudu RY2011-12





This website won the
District 3300
“Best Website” award for
RY 2010-11
for clubs with more than
25 members

webmaster: datomus.ayob@gmail.com

Enjoy your **Berita** **PUDU**

21th November 2011

Issue No : **18**/2011-12

Programme Today

Speaker : Dr. Hartini Zainudin &
Ms. Wong Su Zane
Subject : Human Trafficking

ON DUTY

Duty Table : Rtn Daisy Chiu
Fellowship : Rtn. George Heng
Finemaster : PP Choo Jee Sam
Introduce : PP Chow Tain
Thanking : PP Dato N K Jasani

Programme Next Week

Speaker :
Subject : NO MEETING

ON DUTY

Duty Table : Rtn K A Kumar
Fellowship : Rtn. Lawrence Annies
Finemaster : PP K U Rajah
Introduce : Rtn. Tenny Lee
Thanking : PDG K B Lee

Happy Birthday!

PP Albert Lim (22nd. Nov); Rtn. Sarky (28th. Nov)

Spouse's Birthday!

Ann Pearl (22nd. Nov); Ann Elaine (23rd. Nov);
Ann Lilian (29th. Nov)

Happy Anniversary!

Rtn. Dr. C C Wong and Ann Pearl (23rd. Nov)

FUTURE ROTARY EVENTS

Prc 45th. Club Anniversary Celebrations
Sun. 27.11.11 at 7.30 pm Rtn. Tenny Lee's Residence
Zone Bali Institute 2-4 Dec 2011
District Conference on 9-11 Dec 2011 in Seremban
RI Assembly San Diego 15-21 Jan 2012
Pre PETS Klang 10-12 Feb 2012
District Assembly Ipoh 23-25 March 2012
RI Convention, Bangkok, 6-9 May 2012
District Conference @ Subang 7-9 Dec 2012

Rotary Club Diary 21st November - 11th December 2011

Date	Time	Programme	Venue
November Mon 21	12.30 pm	Luncheon Meeting	Shangri-La Hotel, KL
Wed 23	7.00 pm	Service Com Meeting	Rest. Uncle Chilli Amp. Corp Mall
Thu 24	6.30 pm	Board Meeting	Pre Steven's Residence
		New Gen. Meeting	
Fri 25	3.00 pm	Interact Club ICC Meeting	SMKMBSKL
		AG Meeting G11	
Sun 27	7.00 pm	45th Anniversary Dinner.	Rtn Tenny Lee's Residence
Mon 28		NO MEETING	
December Sat 3	4.30 pm	Rotaract Meeting	Carmen Rest. Foo Yong
		Spouses Night	
Mon 5	12.30 pm	Luncheon Meeting	Shangri-La Hotel, KL
Wed 7	7.00 pm	Club Admin Meeting	719, 7th Floor Block A, Lobby B Kelana Centre Point
Thu 8	6.30 pm	Membership Com. Meeting	Loong Foong Res.
9-11		77th District Conf.	Kelana Resort, Seremban

SECRET SUCCESS

Very soon we will be celebrating another anniversary. The Rotary Club of Pudu is already into the 45th year of charter and very soon it will be 46. For a service club to last so long is a wonder and for it to be so successful is unbelievable. When we say “success” what do we really mean as there are many ways to judge success.

For one, to be able to exist so long is already a success. Then, we are able to justify our existence according to our constitution for we are doing things according to the stated objectives.

Besides that, we can maintain our numbers of 60 members although at one stage we managed to hit 70. Besides numbers we have always maintain quality and as a result each year we are able to have a continuation of leadership. To be able to claim success, truly we must have continuity and be successful in putting up candidates to run and lead the club.

With good leadership we are able to churn out meaningful and innovative projects which served the community comprising of the young, the old, the infirmed, the underprivileged and many other segments of the community. Not only that we are able to identify issues and be involved in them eg like helping single mothers, granting scholarships to the deserving, creating awareness to the youth to avoid criminal behaviour, etc.

We can claim that our club is a school to train leaders in management (managing the club) and giving opportunities for members to practice their public speaking. We can claim to have successfully carried out projects to assist the youths in our ILTS programmes as well as the training we provide to the Rotaractors.

Success also depends on how others look at us. Other Rotary clubs in the district have always look at us as a leading club and they can see the dynamism in our activities when they see us winning district awards for innovative projects. Not only that. Our club has been providing leadership in the district as well and so far has contributed 3 district governors and yearly numerous district officers. We had helped to charter a few other Rotary clubs.

We have above all these remained humble. It is hoped that the new generation of Pudu Rotarians will continue the good work and next year we can report “we had a good year”!!!

It's been a good break over the last two weeks with the Hari Raya Haji Holiday. I wish to extend a belated Selamat Hari Raya Haji greetings to all our Muslim friends. I went on a trip to Myanmar with a group of Rotarians and it was certainly an eye opener for me to see the development of the country which is part of our ASEAN region. The country has gone through war and conflicts under the military rule but signs are there that development is steadily coming in for the good of the people. Many of their citizens have chosen Malaysia as a place to seek employment; it is certainly good for us to understand their culture and also norms adopted in their daily life.

Myanmar has suffered from flooding in recent years and now its neighbours are badly affected by the flood from the worst monsoon season in the last 70 years, Thailand being the worst affected. The economic losses are estimated to run into billions of dollars. Although we cannot predict accurately or to a certain extent prevent the rainfall but we can learn from the current flood event in Thailand and implement future policies and mitigation programs at national level to reduce the impact of flooding in our country.

Malaysia can take measures to reduce the impact of floods through a complete and co-ordinated program of education, public awareness campaign, national waste management policy, local town planning, national flood mitigation program, agricultural protection plan and authority enforcement. The younger generation should be educated of the causes of floods and how they can take part as citizens to ensure that the floods can be reduced by their daily activities. Public awareness campaign should be conducted to reach out to the general public on the dos and don'ts to help reduce the impact of flood. The local authority should look into better town planning and be sensitive to developments that creates negative environmental impacts and put in place measures and penalties to be enforced to assist in creating better new township. The national policy on flood mitigation should be current and ahead of time in terms of planning and execution, being a country that is not spared with lots of rainfall from seasonal monsoon activities. Even Singapore which has good planning is not spared with flash floods in the city center, creating disruption and loss of business.

....continue on page 7

Pudu News

Record of Meeting on 14th November 2011

Guest Speaker : MR. MOHSEN SOLHDOOST
Subject : Root Causes of Violent Conflict with an Emphasis on Exploitation of Natural Resources

VISITING ROTARIANS

<u>Name</u>	<u>Club</u>
nil	

GUESTS

<u>Name</u>	<u>Host</u>
Mohsen Solhdoost	Club
Jaleh Samadian	Club
Philip Aru	PP Gary Lim
Veronique Peurnoy	PDG K B Lee
Dana Aru	PP Gary Lim

STATISTICS

Visiting Rotarians	:	-
Guests	:	5
Club Members	:	26
Total Present	:	31

COLLECTIONS

Birthdays / Anniversaries / Fines	:	RM 135.00
Paying Diners	:	RM 60.00
Raffles & Others	:	RM 32.00
Total	:	RM 227.00

Club Proceedings

Acting SAA Rtn. Jonathan Avinash called the meeting to order at 1.15 pm on behalf of President Steven Oon. He introduced all the visiting Rotarians and guests. He later led in the singing of the National Anthem and later proposed the loyal toast.

The finemaster for the day was PP Ng Sim Bee. Acting SAA was fined RM1 being his maiden fine. Regular acting SAA Rtn. Lawrence was not spared and was fined RM1 as well. First he fined all the members for having the privilege of not having to attend the regular luncheon meeting for the last two weeks, every member was fined RM2 each.

All those who went to Myanmar for the holidays were each fined RM2.

All those not attending the spouses' nite were each fined RM2 each.

Rtn. George Heng, Mok Sin and Joanne Ting were each fined RM1 for being late for the meeting.

All those not attending the club's 45th. Anniversary were each fined RM1.

Birthday boys included President Steven Oon and Robert Tan and each paid RM10 and a birthday song was sung for them.

President's Announcement

The following activities were carried out last week:

1. Last 2 weeks ago from 30 October to 6 November 2011 a group of Pudu Rotarians travelled to Yangon, Myanmar. Thank you PDG Dr Paul Lee for organising this lovely trip. Those who were there were, PDG Dr Paul Lee & Ann Lilian, PP Choo Jee Sam & Ann Suit Yong, PP Richard Liew & Ann Angeline, PP Gary Lim & Ann Rowena, PP Quah Sek Cheng & Ann Lin, Rtn MC Loo and Ann Eelian, IPDG Lim Kok Beng, my Ann Boon Kee and my self.
2. Last Monday, 2 Nov 2011 the Club admin committee meeting was chaired by Rtn Lawrence Annes met at 6pm, Lobby B Kelana Centre Point, Kelana Jaya.
3. A gentle reminder, the 77th District 3300 Conference will be held from the 9 – 12 December 2011 at the Klana Resort Seremban. The registration fee is RM 450 per Rotarian and RM375 for spouse. The fee including fellowship dinner and governor's banquet. For those who are interested to attend, kindly sign up the registration form and all enquires to : PP Jerome Selva Retnam, HP No: 012 330 8071

Secretary's Announcement

Highlights of the upcoming Club events:-

1. The Service committee meeting will be held on Wednesday, 23 November 2011, 6.30 pm at Just Dessert Café, Lower Ground Level, The Curve.
2. The Board of Directors meeting will be held on Thursday, 24 November 2011, 6.30pm at President Steven's residence.

3. RC Pudu's 45th Anniversary Dinner will be held on Sunday, 27 November 2011, 7.30pm at Residence of Rtn Tenny Lee, No. 2 Jalan Puncak Setiawangsa 10, Taman Setiawangsa, Kuala Lumpur.

Introduction of Speaker

PP Ken Ong introduced the guest speaker for the day who was none other than Mr. Mohsen Solhdoost who spoke on the topic of Root Causes of Violent Conflict with an Emphasis on Exploitation of Natural Resources.

Speaker's CV

I was born in Iran in 1981. Having graduated with a Bachelors degree in English Translation I was hired by the United Nations High Commissioner for Refugees at the peak of the Repatriation Operation of Afghan refugees in 2004. Right after a couple of months my duty station was changed and I moved to the western borders of Iran to deal with Iraqi refugees. After a major earthquake in the central city of Bam in Iran, I was recruited by UNICEF for its humanitarian relief operations in the quake-stricken areas. Once again I returned to UNHCR following its Resettlement program for Afghan refugees in 2006. I continued my working in the United Nations in the position of Finance and Admin for the Global Fund to Fight HIV/AIDS in Iran. In 2007, I moved to Malaysia to start my Masters degree in English Literature, however, I went back to Iran in 2008 to take up the new position of Liaison Officer for UNHCR so that I'll be able to earn enough money to complete my studies. In addition to my Masters studies, I was also granted full fellowship by the United Nations University to attend its International Courses in Japan in 2008. Later I was also granted full scholarship by the Austrian government to attend Program Management, and Peace and Conflict Resolution courses in Austria in 2009. My application for scholarships to take part in a Diploma program in International Humanitarian Assistance offered by the United Nations and Fordham University in the United States was also successful in 2010 and I was consequently also awarded full scholarship to participate in a Conflict Resolution course in Switzerland.

Speaker's Text

Peace & Conflict Resolution

Rotary Peace Fellow
Mohsen Solhdoost
University of Queensland 2012

Armed Conflicts

The Arms Trade is BIG business.

\$1,630,000,000,000
Stockholm International Peace Research Institute (www.sipri.org)

"Middle East may start Arms Race if Iran gets nukes!"

Hillary Clinton 2009

UNITED NATIONS

The Security Council

- Conflict Prevention
- Peacebuilding
- Peacekeeping

United States	40%
Russia	18%
France	8%
United Kingdom	7%
China	3% +
Germany	5%
	85%

Foreign Military Sales to Developing Countries:

72.8% of all such agreements !!!

Military Industrial Complex



+

Natural Resources



Country

Soviet Union

Support to Iraq

Air warfare, Land warfare, Naval warfare

Support to Iran

Air warfare

Country

United States

Support to Iraq

Chemical & Biological Diplomatic support

Country

Israel

Support to Iran

\$500 Million Arms

Country

Singapore

Support to Iraq

Mines & Chemical warfare

Country
Italy
Support to Iraq
\$5 Billion + Land warfare, Air warfare

Country
United Kingdom
Support to Iraq
1 Billion pounds Arms per year

Country
France
Support to Iraq
Air warfare, Land warfare

Country
North Korea
Support to Iran
Land warfare, Air warfare, Naval warfare

“The intervention by the U.S. in the internal affairs of Iran was a setback for democratic government. The coup d’état was “a critical event in post-war world history” that destroyed Iran’s secular parliamentary democracy, by re-installing the monarchy of the Shah, Mohammad Reza Pahlavi, as an authoritarian ruler.”



Madeleine Albright, U.S. Secretary of State, 2002

Cyrus the Great Cylinder (539BC)

The first charter of Human Rights.

Abolished forced labour, prohibited oppression and terror, and guaranteed freedom of settlement and religion.

Thanking of Guest Speaker

PP Michael Yeow on behalf of the Club, thanked the guest speaker Mr. Mohsen Solhdoost by presenting to him the Club’s certificate of appreciation for her wonderful presentation.

President’s Message(continue from page 2)

We as a nation can learn from the water related disaster of Katrina in New Orleans; how the emergency personnel and various government departments can co-ordinate to better serve the people in the disaster area. The people of Thailand have shown resilient in facing the prolong floods which should be applauded, but the slow respond of their government agencies are certainly not helping the victims to adapt. It is certainly good news to know that our disaster relief centers for this years flood season is ready to accommodate the victims.

We can do our part to ensure less flooding incidents by initiating “Gotong Royong” at the community level, which we dwell in to ensure clear and clean drainage. The simple task of cleaning the drains will ensure that the debris will not flow to a cumulative point that will clog the drainage system creating flash floods. We must also educate the community that we live in that their waste disposal habits will go a long way to help alleviate flash floods. Construction and development companies should put more emphasis on Environmental Health & Safety (EHS) programs to help reduce land erosion and debris being washed into the drainage and river.

The seasonal flood from the monsoon seasons and the flash floods that occur through out the country can be better managed and we can do our part to help mitigate the problem. As a nation, we should lead the younger generation in the battle to reform their mindset and habits to make our cities less prone to disruption. It is certainly my wish that as a responsible club that we are, we as the members should initiate some programs with the objectives of assisting the community achieve better living standards. Let us all be the solution and contribute less or no problems towards the issues of flooding.

Steven Oon
President RY2011-2012

WEEKLY MEETING ON 14TH NOVEMBER 2011 @ SHANGRILA HOTEL



Sergeant at Arms, New Rotarian Jonathan announcing the guests and visitors.



President Steven addressing the members.



Rtn Laura Lee giving her talk on Rotary Information.



The Speaker – Mr Mohsen Solhdoost giving his talk with topic "Root Causes of Violent Conflict with an Emphasis on Exploitation of Natural Resources".



PP Michael Yeow thanked the Speaker Mr. Mohsen Solhdoost for his most interesting talk and taking time to attend our meeting.



Members and visitors enjoying their lunch



Happy Birthday! President Steven & Rtn Robert Tan cuts the birthday cake.



Mr Mohsen – Speaker and Guest of the club presenting the gift to PP Richard Liew.

INTERNATIONAL SERVICE

The development of understanding and goodwill among Rotarians and among the people at large is the specific task of International Service in Rotary.

Policy of International Service

The aim of International Service in Rotary is expressed in the fourth Object of Rotary; namely, to encourage and foster the advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Freedom, justice, truth, sanctity of the pledged word, and respect for human rights are inherent in Rotary principles and are also vital to the maintenance of international peace and order and to human progress.

In concept, International Service can be broken down into these four general areas:

- 1) World Community Service programs
- 2) International educational and cultural exchange activities
- 3) Special international observances and events
- 4) International meetings

5 SURPRISING SIG.NS OF AN UNHEALTHY HEART

We've all read the signs of a heart attack listed on posters in the hospital waiting room. But what if there were other, earlier signs that could alert you ahead of time that your heart was in trouble?



It turns out there are. Researchers have done a lot of work in recent years looking at the signs and symptoms patients experienced in the months or even years leading up to a heart attack. "The heart, together with the arteries that feed

it, is one big muscle, and when it starts to fail the symptoms can show up in many parts of the body," says cardiologist Jonathan Goldstein of St. Michael's Medical Center in Newark, New Jersey. Here are five surprising clues that your heart needs checking out. Any of these signs -- and particularly two or more

together -- is reason to call your doctor for a workup, says Goldstein.

1. Neck Pain



Feel like you pulled a muscle in the side of your neck? Think again, especially if it doesn't go away. Post-heart attack, some patients remember noticing that their

neck hurt and felt tight, a symptom they attributed at the time to muscle strain. People commonly miss this symptom because they expect the more dramatic acute pain and numbness in the chest, shoulder, and arm. Women in particular are less likely to experience heart pain that way, and more likely to feel twinges of pain and a sensation of tightness running along the shoulder and down the neck, says Margie Latrella, an advanced practice nurse in the Women's Cardiology Center in New Jersey and coauthor of *Take Charge: A Woman's Guide to a Healthier Heart* (Dog Ear, 2009). The pain might also extend down the left side of the body, into the left shoulder and arm.

Why it happens:

Nerves from damaged heart tissue send pain signals up and down the spinal cord to junctures with nerves that extend out into the neck and shoulder.

What distinguishes it:

The pain feels like it's radiating out in a line, rather than located in one very specific spot. And it doesn't go away with ice, heat, or muscle massage.

2. Sexual problems



Having trouble achieving or keeping erections is common in men with coronary artery disease, but they may not make the connection. One survey of European

men being treated for cardiovascular disease found that two out of three had suffered from erectile dysfunction for months or years before they were diagnosed with heart trouble. Recent studies on the connection between ED and cardiovascular disease have been so convincing that doctors now consider it the standard of care to do a full cardiovascular workup when a man comes in complaining of ED, according to cardiologist Goldstein says. "In recent years there's

been pretty clear evidence that there's a substantially increased risk of heart attack and death in patients with erectile dysfunction," Goldstein says.

Why it happens:

Just as arteries around the heart can narrow and harden, so can those that supply the penis. And because those arteries are smaller, they tend to show damage much sooner -- as much as three to four years before the disease would otherwise be detected.

What distinguishes it:

In this case, the cause isn't going to be immediately distinguishable. If you or your partner has problems getting or maintaining an erection, that's reason enough to visit your doctor to investigate cardiovascular disease as an underlying cause. "Today, any patient who comes in with ED is considered a cardiovascular patient until proven otherwise," says Goldstein.

3. Dizziness, faintness, or shortness of breath.

More than 40 percent of women in one study published in *Circulation: Journal of the American Heart Association*, reported having experienced shortness of breath in the days before a heart attack. You might feel like you can't breathe, or you might feel dizzy or faint, as you would at high altitude. If you can't catch your breath while walking upstairs, vacuuming, weeding the garden, or doing other activities that previously caused you no trouble, this is a reason to be on the alert.



Why it happens:

Not enough blood is getting through the arteries to carry sufficient oxygen to the heart. The heart muscle pain of angina may also make it hurt to draw a deep breath. Coronary artery disease (CAD), in which plaque builds up and blocks the arteries that feed the heart, prevents the heart from getting enough oxygen. The sudden sensation of not being able to take a deep breath is often the first sign of angina, a type of heart muscle pain.

What distinguishes it:

If shortness of breath is caused by lung disease, it usually comes on gradually as lung tissue is damaged by smoking or environmental factors.

If heart or cardiovascular disease is the cause, the shortness of breath may come on much more suddenly with exertion and will go away when you rest.

4. Indigestion, nausea, or heartburn



Although most of us expect pain from any condition related to the heart to occur in the chest, it may actually occur in the abdomen instead. Some people, particularly women, experience the pain as heartburn or a

sensation of over-fullness and choking. A bout of severe indigestion and nausea can be an early sign of heart attack, or myocardial infarction, particularly in women. In one study, women were more than twice as likely as men to experience vomiting, nausea, and indigestion for several months leading up to a heart attack.

Why it happens:

Blockages of fatty deposits in an artery can reduce or cut off the blood supply to the heart, causing what feels like tightness, squeezing, or pain -- most typically in the chest but sometimes in the abdomen instead. Depending on which part of your heart is affected, it sends pain signals lower into the body. Nausea and light-headedness can also be signs that a heart attack is in progress, so call your doctor right away if the feeling persists.

What distinguishes it:

Like all types of angina, the abdominal pain associated with a heart problem is likely to worsen with exertion and get better with rest. Also, you're likely to experience repeated episodes, rather than one prolonged episode as you would with normal indigestion or food poisoning.

5. Jaw and ear pain

Ongoing jaw pain is one of those mysterious and nagging symptoms that can have several causes but can sometimes be a clue to coronary artery disease (CAD) and impending heart attack. The pain may travel along the jaw all the way to the ear, and it can be hard to determine which it's coming from, says cardiovascular nurse Margie



Latrella. This is a symptom doctors have only recently begun to focus on, because many patients surveyed post-heart attack report that this is one of the only symptoms they noticed in the days and weeks leading up to the attack.

Why it happens:

Damaged heart tissue sends pain signals up and down the spinal cord to junctures with nerves that radiate from the cervical vertebrae out along the jaw and up to the ear.

What distinguishes it:

Unlike the jaw pain caused by temporomandibular joint disorder (TMJ), tooth pain, or ear infection, the pain doesn't feel like it's in one isolated spot but rather like it's radiating outward in a line. The pain may extend down to the shoulder and arm -- particularly on the left side, and treatments such as massage, ice, and heat don't affect it.

Lady's Finger

Benefit of eating Okra (Lady's Finger)

A guy has been suffering from constipation for the past 20 years and recently from acid reflux. He didn't realize that the treatment could be so simple –

OKRA! (or Lady's Finger). He started eating okra within the last 2 months and since then have never taken medication again. All he did was consume 6 pieces of OKRA everyday.

He's now regular and his blood sugar has dropped from 135 to 98, with his cholesterol and acid reflux also under control. Here are some facts on okra (from the research of Ms. Sylvia Zook, PH.D nutrition), University of Illinois.

“Okra is a powerhouse of valuable nutrients, nearly half of which is soluble fiber in the form of gums and pectins. Soluble fiber helps to lower serum cholesterol, reducing the risk of heart disease. The other half is insoluble fiber which helps to keep the intestinal tract healthy, decreasing the risk of some forms of cancer, especially colorectal cancer.

Nearly 10% of the recommended levels of vitamin B6 and folic acid are also present in a half cup of cooked okra. Okra is a rich source of many nutrients, including fiber, vitamin B6 and folic acid. He got the following numbers from the University of Illinois Extension Okra Page Please check there for more details. Okra Nutrition (half-cup cooked okra)

- Calories = 25
- Dietary Fiber = 2 grams
- Protein = 1.5 grams
- Carbohydrates = 5.8 grams
- Vitamin A = 460 IU
- Vitamin C = 13 mg
- Folic acid = 36.5 micrograms
- Calcium = 50 mg
- Iron = 0.4 mg
- Potassium = 256 mg
- Magnesium = 46 mg

These numbers should be used as a guideline only, and if you are on a medically-restricted diet please consult your physician and/or dietician. Ms Sylvia W. Zook, Ph.D. (nutritionist) has very kindly provided the following thought-provoking comments on the many benefits of this versatile vegetable They are well worth reading

1. The superior fiber found in okra helps to stabilize blood sugar as it curbs the rate at which sugar is absorbed from the intestinal tract.
2. Okra's mucilage not only binds cholesterol but bile acid carrying toxins dumped into it by the filtering liver. But it doesn't stop there...
3. Many alternative health practitioners believe all diseases begin in the colon. The okra fiber, absorbing water and ensuring bulk in stools, helps prevent constipation. Fiber in general is helpful for this but okra is one of the best, along with ground flax seed and psyllium. Unlike harsh wheat bran, which can irritate or injure the intestinal tract, okra's mucilage soothes, and okra facilitates elimination more comfortably by its slippery characteristic many people abhor. In other words, this incredibly valuable vegetable not only binds excess cholesterol and toxins (in bile acids) which cause numerous health problems, if not evacuated, but also assures their easy passage from the body. The veggie is completely non-toxic, non-habit forming (except for the many who greatly enjoy eating it), has no adverse side effects, is full of nutrients, and is economically within reach of most.
4. Further contributing to the health of the intestinal tract, okra fiber (as well as flax and psyllium) has no equal among fibers for feeding the good bacteria (probiotics).

5. To retain most of okra's nutrients and self-digesting enzymes, it should be cooked as little as possible, e.g. with low heat or lightly steamed. Some eat it raw.

Some important benefits of consuming okra:

- Stabilises blood sugar level.
- Lowers serum cholesterol level.
- Prevents constipation.
- Keeps intestinal tract healthy.
- Feeds good bacteria residing in us all.

Benefits of drinking coffee

Coffee: Drink to Your Health

A cuppa coffee is good for more than a quick pick-me-up.

Move over, green tea? Recent studies indicate that coffee drinkers are less likely to develop Alzheimer's, colon cancer, and diabetes compared to non-drinkers, and they're also less apt to die from heart disease. To be sure, coffee isn't for everyone: It can cause insomnia, anxiety, and irregular heartbeat in some people, and too much caffeine during pregnancy can increase miscarriage risk. Plus, specialty coffee drinks (like Starbucks Frappuccinos) can be high in calories. But if coffee's your drink of choice, let's look at the many ways that coffee can boost your health:

Avoid Alzheimer's

A 2009 study found that people who drank three to five cups of coffee a day at midlife were 65 percent less likely to develop Alzheimer's in their later years, compared to those who drank little or no coffee. Other research suggests that the caffeine in coffee may reduce production of the protein beta-amyloid, deposits of which often form in the brains of Alzheimer's patients

Curb Cancer Risk

The antioxidant compounds in coffee may help prevent several types of cancer. In a Japanese study, women who drank three or more cups of coffee a day had half the risk of developing colon cancer, compared to those who didn't drink coffee. An analysis of 10 studies showed that coffee drinkers have a 41 percent lower risk of liver cancer than coffee abstainers. Other studies have linked coffee consumption with a reduced risk of endometrial, kidney, and oral cancers

Defend Against Diabetes

Drinking coffee lowered the risk of developing type 2 diabetes by up to 60 percent in a 2006 study that included people at high risk for the disease. Even former coffee drinkers were less likely to develop

the disease than those who never drank it. The antioxidants, minerals, and caffeine in coffee may help keep diabetes at bay by improving glucose metabolism and insulin sensitivity.

Reduce Workout Pain

Consuming caffeinated coffee an hour before vigorous exercise may help prevent pain while you're working out, suggests a 2009 study of young men. An earlier study of young women found that using caffeine before exercise can cut post-workout pain by nearly 50 percent. The caffeine in coffee may help by blocking the activity of a chemical called adenosine that activates pain receptors in cells.

Guard Against Gout

Two studies from 2007 suggest that drinking coffee is protective against gout, a painful, arthritic condition of the joints (most commonly, the big toes). In one study, middle-aged and older men who drank four to five cups of coffee a day were 40 percent less likely to develop gout than those who abstained from the beverage. Decaf also was associated with a modest reduction in risk, suggesting that something other than caffeine is responsible for the beneficial effect. Another study, involving both men and women, found that coffee consumption may lower blood levels of uric acid, a substance linked to gout.

Deter Death from Heart Disease

A number of recent studies indicate that coffee drinkers have lower odds of dying from heart disease. For instance, a 2008 study concluded that women who drank two to three cups of coffee per day had a 25 percent lower risk of death from heart disease than those drinking less than a cup a month. The antioxidants in coffee may have several heart-healthy effects, including improving blood vessel function, reducing inflammation, and protecting LDL ("bad") cholesterol from oxidation

Preserve Your Memory

Coffee may help to keep memory sharp, according to a pair of studies from 2007. In one study, older women who drank more than three cups of coffee a day experienced less decline over time on memory tests than those who drank one cup or less a day. Tea drinkers enjoyed similar benefits, so caffeine may be the beneficial component. Another study found that older men who consumed three cups of coffee a day had a slower rate of cognitive decline than those who drank either more or less than this amount.

Protect Against Parkinson's

Several studies have linked coffee drinking with a lower risk of Parkinson's disease. For instance, a 2007

study revealed that people who drank one to four cups of coffee a day cut their chances of developing the neurodegenerative disorder by nearly 50 percent. Scientists believe the caffeine in coffee may help defend against Parkinson's by boosting levels of the brain chemical dopamine

Sidestep Stones

Coffee appears to reduce the risk of both gallstones and kidney stones. In a 2002 study, women who drank at least four cups of coffee a day were 25 percent less likely to need surgery for gallstones than nondrinkers were, and an earlier study showed that coffee drinking lowered gallstone risk in men. The caffeine in coffee may discourage gallstone formation by triggering gallbladder contractions and increasing the flow of bile. As for kidney stones, both regular and decaf coffee have been linked to risk reduction, perhaps simply by increasing urine output.

Say No to Stroke

In a 2009 study, women who drank four or more cups of coffee a day had a 20 percent lower risk of stroke, compared to those who had less than one cup a month. Coffee's protective effect was even more pronounced among nonsmokers: For women who had never smoked or had kicked the habit, drinking at least four cups of coffee daily was linked to a 43 percent reduced risk of stroke. As with heart disease, the antioxidants in coffee may offer protection by improving blood.

Female Logic

A married couple is driving along a highway doing a steady forty miles per hour. The wife is behind the wheel. Her husband suddenly looks across at her and speaks in a clear voice.

"Darling," he says. "I know we've been married for twenty years, but I want a divorce.

The wife says nothing, keeps looking at the road ahead but slowly increases her speed to 45 mph.

The husband speaks again. "I don't want you to try and talk me out of it," he says, "because I've been having an affair with your best friend, and she's a far better lover than you are."

Again the wife stays quiet, but grips the steering wheel more tightly and slowly increases the speed to 55.

He pushes his luck. "I want the house," he says insistently.

Up to 60 mph.

"I want the car, too," he continues.

65 mph.

"And," he says, "I'll have the bank accounts, all the credit cards and the boat."

The car slowly starts veering towards a massive concrete bridge.

This makes him a wee bit nervous, so he asks her: "Isn't there anything you want?"

The wife at last replies - in a quiet and controlled voice. "No, I've got everything I need." she says.

"Oh, really?" he inquires, "so what have you got?" Just before they slam into the wall at 75 mph, the wife turns to him and smiles. "The airbag."

Never underestimate how a woman thinks.

Moral of the story don't buy Toyota VIOS E as it has only one airbag.

The husband sure to die lah and wife gets everything.

Cholesterol

Try 3 tea spoon of oat (require cooking not instant type, preferably organic and need to cook type) and dissolve with drinkable room temperature water and soak overnight. (you could do it before you go to bed)

Drink them all the next morning before your breakfast. It's quite nice to drink as already soft.

Try everyday for 3 months and check your cholesterol, it should come down significantly.

I have tried and many had tried and found it works and cost effective with no side effect,.

If you are taking statin drug you can also try but don't drop drug until you achieved good result and doctor say so.

Cooked oats especially instant are very slow to reduce cholesterol, eating raw is better absorption n more effective.

REDEFINING A RULING

This is the best lawyer story of the year, decade and probably the century.

A Charlotte, NC, lawyer purchased a box of very rare and expensive cigars, and then insured them against fire among other things. Within a month having smoked his entire stockpile of these great cigars and

without yet having made even his first premium payment on the policy, the lawyer filed a claim against the insurance company.

In his claim, the lawyer stated the cigars were lost “in a series of small fires.”

The insurance company refused to pay, citing the obvious reason: that the man had consumed the cigars in the normal fashion.

The lawyer sued ... and won!

In delivering the ruling the judge agreed with the insurance company that the claim was frivolous. The Judge stated nevertheless, that the lawyer held a policy from the company in which it had warranted that the cigars were insurable and also guaranteed that

it would insure them against fire, without defining what is considered to be unacceptable fire, and was obligated to pay the claim.

Rather than endure a lengthy and costly appeal process, the insurance company accepted the ruling and paid \$15,000.00 to the lawyer for his loss of the rare cigars lost in the “fires.”

NOW FOR THE BEST PART... After the lawyer cashed the check, the insurance company had him arrested on 24 counts of ARSON!!!!

With his own insurance claim and testimony from the previous case being used against him, the lawyer was convicted of intentionally burning his insured property and was sentenced to 24 months in jail and a \$24,000.00 fine.

NEW LOCATION MAP OF TENNY LEE'S HOUSE

for more information, please call 011 1224 1812

