

# Healthy life style

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No smoking



cigarettes contain: nicotine (--> coronary artery disease), tar (carcinogenic), carbon monoxide (=poisonous gas --> ischemia)  
Each cigarette --> lessens 5 min lifetime

No alcohol abuse



alcohol abuse harms the liver, pancreas and heart.  
And induces nervousness, cancer, brain disorders etc.

No drug abuse



avoid drug abuse, environmental poisons such as lead, passive smoking, radiation, microwave etc.

Avoid night life.  
Early wake-up and bed time.



autonomic disturbance

Regular exercise



promote hypertension, blood sugar, blood lipids.  
increase bone density, cardiopulmonary function,  
physical fitness, immunity.  
prevent aging, cancer etc.

Ample leisure.  
Avoid overworking



regulate nervous, endocrine, cardiovascular and gastrointestinal functions.  
lessen stress and tension.

Ample sleeping



- sleep 6-8 hours. no more or no less
- afternoon napping 15-30 min. Too much will affect evening bedtime
- do not nap 4 hours before bedtime (--> or else insomnia at night)
- ample sleeping promotes brain function, immunity, relaxation and antiaging

Healthy = body health + mental health + social environmental health  
Healthy life style = improve diet, clothing, housing, transportation, education, leisure etc.  
And avoid social, economic, emotion, cultural instability.

Regular defecation.  
Do not abstain from voiding.



promote excretion

Ample meat, egg, fat and fruits  
(balanced diet)



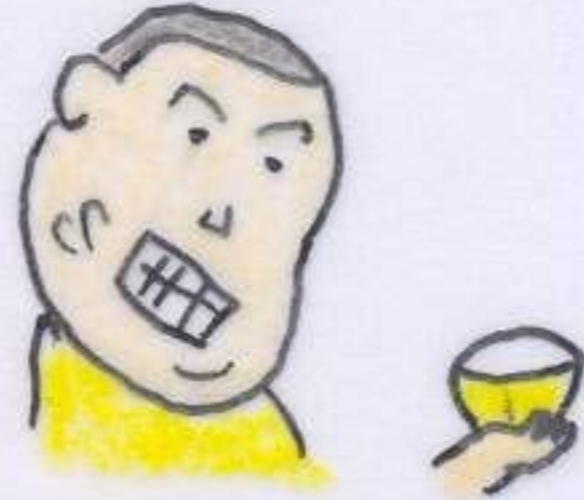
Meat contains high quality amino acids which can promote immunity, skeletal and muscular system. Egg contains high quality amino acids, DHEA, lecithin, minerals which can promote skeletal, brain, muscular and internal organs. Fat is component of hormones and cell membranes, therefore needed in body. Too much fruits --> high blood sugar --> high blood lipids

Do not eat too much,  
especially at bedtime.  
Avoid snack.



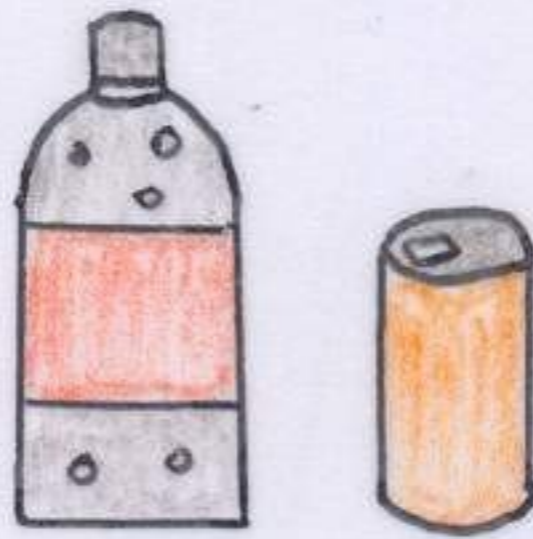
lower blood sugar.  
improve obesity

Chewing thoroughly  
before swallowing.



promote digestion and absorption. prevent dental caries and periodontitis, atherosclerosis, obesity, dementia, aging and cancers.

Not too much drinks



Drinks contain sugar and salt --> hypertension, atherosclerosis, obesity, diabetes, impaired immunity.

Be confident, enthusiastic,  
joyful and passionate



improve stress, endocrine, autonomic, immunity, blood sugar etc.

Good personality, social activity,  
incentive, ability and adaptability.  
Avoid stress, depression,  
emotional upset.



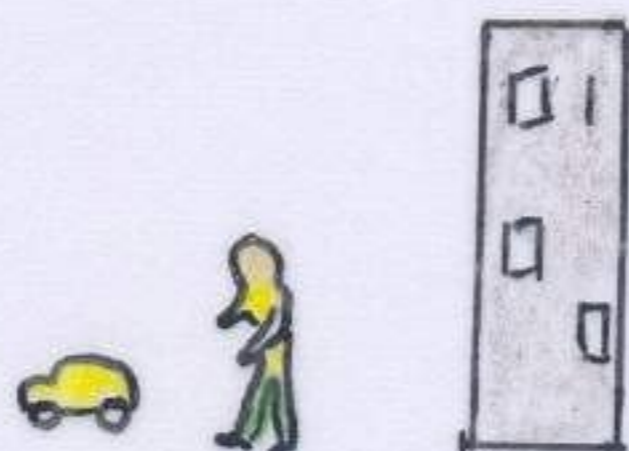
mentally unhealthy = important risk factor for disease

Good environment and hygiene



sunny, fresh air, clean water, silence and hygienic environment

Good social environment



economic, cultural, educational, living, working and family environment etc.