

Eight glasses of water is a myth

While eight glasses of water daily can be the right amount for some people, it may be too little or too much for others. Your hydration needs depend on activity levels, body weight, and temperature.

- *The first step to knowing how much water to drink everyday is to know your weight*
- *the more someone weighs the more water they need to drink*
- *Averagely a healthy human body comprises of water to about 60%, which translates into 2/3 of the total body weight, this therefore means for every 1kgs of body weight you need to drink 0.043466 liters of water*
- ✓ *50 Kgs = 2.1733 Liters or simply 2 Liters*
- ✓ *60 kgs = 2.60796 Liters or Simply 2 and a half Liters*
- ✓ *70 Kgs = 3.04262 liters or Simply 3 Liters*
- ✓ *80 Kgs = 3.47728 Liters or Simply 3 and a half Liters*
- ✓ *90 Kgs = 3.91194 Liters or simply 4 liters*
- ✓ *100 Kgs = 4.3466 Liters or simply 4 and a quarter Liters*

Lemons are one of the world's healthiest foods.

- *lemons provide almost 20% of the daily intake of nutrients per 100 grams ingested, which is a significant contribution to a balanced daily diet.*
- *lemon's antioxidant power is unquestionable- they are one of the very best antioxidants*
- *Lemons are only acidic outside the body, when ingested and digested, the product after metabolism is alkaline and healthy for the body, since the body needs a normal PH that's slightly alkaline.*
- *Taking Lemons or Drinking pure lemon juice helps reduce Kidney stones formation as citrate, a salt found in citric acid in lemons, binds to calcium and thus helping in avoidance to formation of urinary stones.*
- *Anything consumed in excess can have a negative impact on your health- too much lemons can irritate your mouth and cause sores, its therefore good not to exceed 2 lemons a day.*

Adequate sleep reduces your risk of many diseases.

- Lack of sleep is associated with many negative health effects
- you should get between 7 and 9 hours of sleep in every 24 hours
- Prolonged or long-term sleep deprivation could result to
 - Negatively impact to memory
 - Troubled thinking and concentration
 - Negatively affect mood changes
 - Weakened immunity
 - Risk for conditions such as obesity, low sex drive, heart diseases, diabetes and body balance/stamina.

There are no effective weight loss drugs.

The only way to lose weight is to get less energy than you consume and this can only be achieved by

- *well-balanced diet, and*
- *appropriate exercises*

Good Companionship is good for the heart

- *Having quality connections and social supports can increase happiness and longevity.*
- *Companionship can help lower your risk of developing dementia*
- *Lower Risk of developing depression*

- ***A painless lump on your body is more dangerous than a painful one-if you find any unexplained and unexpected, painless lumps, you need to get to a hospital right away.***
- ***Don't feed your baby with honey –honey is susceptible to botulism poisoning that could cause botulinum poisoning in infants***
- ***A typical human mouth contains billions of bacteria, and if you haven't brushed your teeth lately, you might have more bacteria in your mouth right now than there are people living on planet Earth!***

- High heels over 1.5 inches could lead to broken and twisted ankles as well as knee and back strain.
- *There is no greater extreme physical or mental suffering than bearing an untold story inside of you. - Talk about whatever it is that you are going through to someone who understands you, it doesn't need to be whom you have known for long time.*
- *The female ovaries contain nearly half-a-million egg cells, yet only 400 or so will ever get the opportunity to create a new life, additionally, did you know that only 1 sperm fertilizes the egg out of about 300 million sperms that compete to fertilize the egg.*

- *Immediately after a dog bite or cat bite, the first thing you do is wash the wound thoroughly with soap and running water for about 10 to 15 minutes, this itself washes out 99% of the rabies virus-next go to doctor for rabies shots*
- **Cholesterol Isn't the Enemy**-*Both LDL and HDL that is low density lipoproteins (LDL) and High density lipoproteins(HDL) are all good Cholesterol and none is bad, there is no bad cholesterol, The truth is, cholesterol is not the enemy, The main determinant for heart related disease risk is the type of lipoproteins that carry cholesterol around and not the cholesterol, cholesterol has little to no effect on the type and densities of the lipoproteins.*

- **Completely Avoid Some Vegetable Oils-** *Avoid oils like sunflower oils, soybean and corn oils, various studies have shown this oils to negatively effect health such as they may contain high omega 6 which increases oxidative stress in some people thereby increasing risks to heart related diseases*

- *did you also know that **Extra Virgin Olive oil** is one of the healthiest cooking oils, other healthy oils are cold processed **Avocado oils**, **safflower oils**, and **coconut oil**,*
 - ***Too much of something is not good and thus In all types of cooking oils, ensure to use in moderation especially if using coconut oil.***

- **Never Trust Health Claims on Packaging-** *Majority of times, this are normally just a food traps to make you purchase.*

- **Zinc(Zn) is an Essential Element for Male Fertility-** *zinc is one of the most important elements in male Fertility, among other important elements are Selenium, Vitamin E and Vitamin C are also essential in male fertility – so taking pumpkin seeds, eggs , avocados, whole grains and other foods rich in zinc is essential*
 - *It has been demonstrated that Zn plays a significant role in reproductive functions in both male and females, zinc preserves the prostate health, zinc facilitates better testosterone health, Zn helps in sperm membrane stabilization, Zn helps in sperm capacitation and also helps in acrosome reaction of sperm that's an incredibly important stage to help sperm fertilize an ovum, Zn is essential for conception and embryonic implantation, Zn also assist in DNA synthesis, cell division and gene expression, photochemical processes of vision, wound healing, ossification, and augmenting the immune system of the body.*
 - **Zn nutrition and supplementation is an important factor that helps in low quality of sperm and idiopathic male infertility.**

