

# WELCOME MESSAGE



Let me see... Why would someone like me who has not been on a regimented health program for the last 12 years want to host a 12-series programme on Mind, Body and Spirit?

At 40, I have found much greater purpose in life serving my Dharma career – publications of modern, edgy spiritual books from teachings by my honoured Guru, His Eminence Tsem Tulku Rinpoche. Bear in mind the key words here are “much greater purpose”. I had purpose all my life but it was rather small and mundane, now that I have learnt and become wiser of the bigger scope of life in its universal magnitude.

So, I do not wish to just drop dead one day because I did not look after my health - mental, physical and spiritual - and only my wealth! I am very sure many of you share this with me. With our hectic, crazy lifestyles, we often forget that we need balance in our lives – so why not get together every second Saturday of the month and see what we can do to live longer and beautifully!

Last but not least, let's live with Happiness Within and Without – my motto in life!

Make a date with KMP! I will see you!

Best to Health,

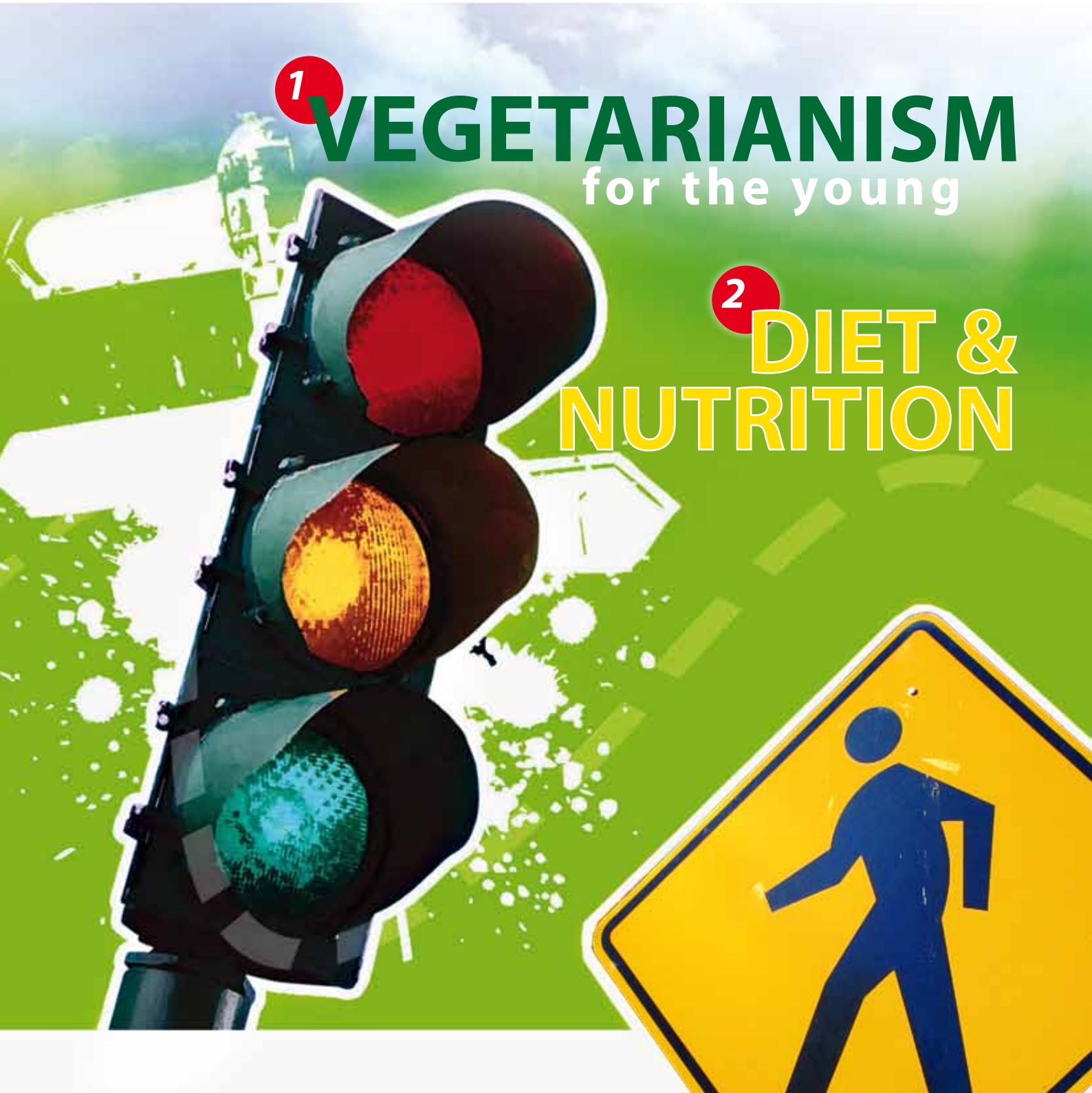
A handwritten signature in black ink, appearing to read 'Phng Li Kim'.

PHNG LI KIM

CEO, Kechara Media & Publications

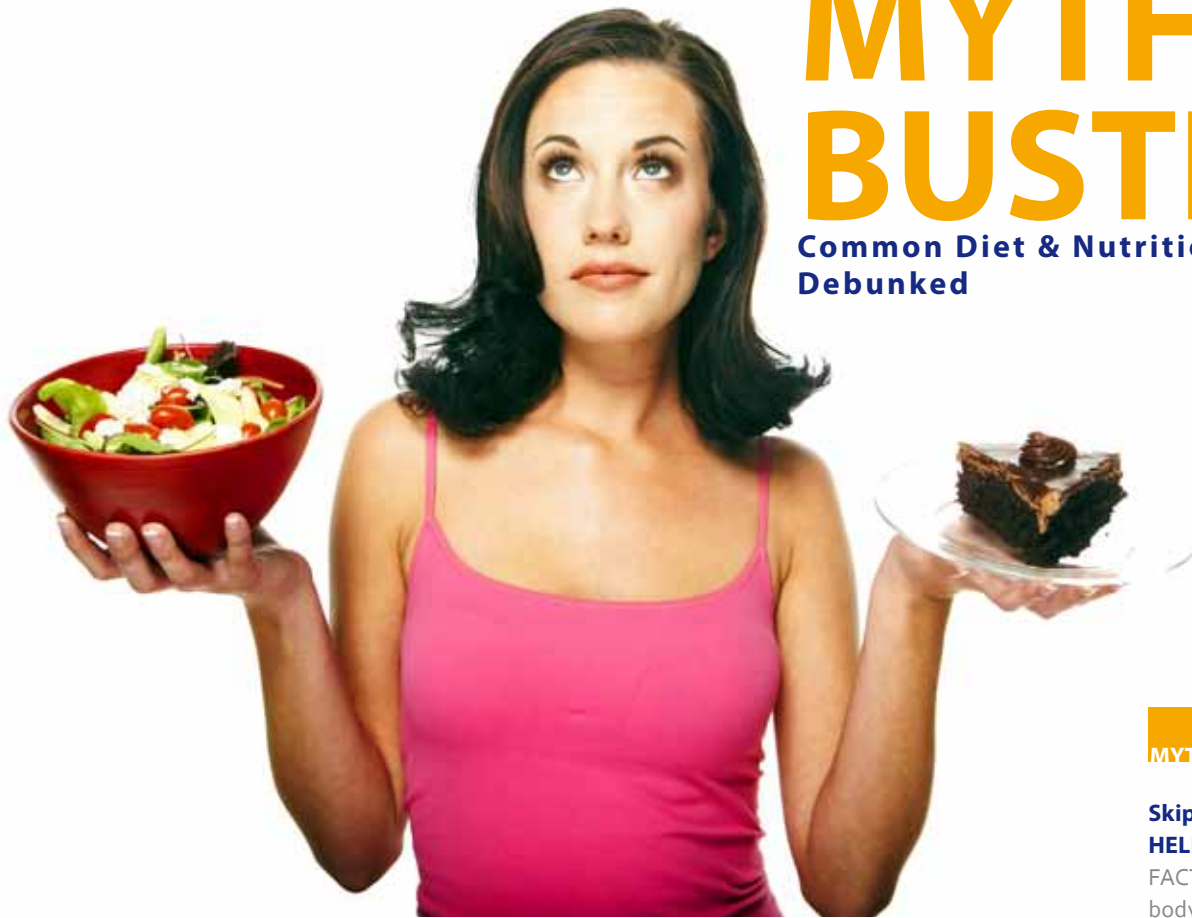
## 1 VEGETARIANISM for the young

## 2 DIET & NUTRITION



# MYTH BUSTERS

Common Diet & Nutrition Myths Debunked



## # 01 MYTH

### All FATS are bad

FACT: It's a long-held nutrition myth that all fats are bad. Fats aid nutrient absorption and nerve transmission - to name just a few of their useful purposes. Not all fats are created equal. Some fats can actually help promote good health, while others increase the risk of heart attack. The key is to replace bad fats (saturated fats and trans fats) with good fats (monounsaturated fats and polyunsaturated fats).

## # 02 MYTH

### Nuts are FATTENING – avoid them

FACT: Yes, it's true that nuts are quite calorically dense. Fifteen cashews, for instance, deliver 180 kcal! On top of that, it is very tough not to overeat these tasty snacks. But if you can restrain yourself from overeating them, nuts can be a part of a healthy diet. It's a nutrition myth that nuts should be avoided. In fact, nuts are high in monounsaturated and polyunsaturated fats as well as plant sterols, all of which have been shown to lower LDL cholesterol.

## # 03 MYTH

### Skipping meals can HELP lose weight

FACT: If you skip a meal, your body will think that you are in starvation mode and therefore slow down the metabolism to compensate. You then tend to overeat at the next meal. Often, skipping a meal and then eating too much at the next one means that you have a higher total caloric intake than if you just ate more frequently throughout the day.





# STAYING HEALTHY ON THE ROAD

- Best Diet Tips For Business Travellers



From pizza delivery to room service to 24-hour eateries, business travellers face a lot of unhealthy temptations on the road. These foods are almost always full of bad fats, loads of calories and not much valuable nutrition. Plus, eating bad food for a couple of days can leave you feeling fatigued and may even leave you with a stomachache! Learn how to avoid bad food and maintain healthier choices with these easy tips.

### 1. Prepare Your Own Snacks

Eating small frequent meals helps to maintain energy levels. If you are flying, don't rely on the snacks given to you on planes as the snack boxes aren't exactly healthy. Instead of going for the salt and fat-laden peanuts, bring along a few breakfast or protein bars or pack some boxed raisins or dried fruits (not chocolate coated ones!). Other things like nuts such as almonds, walnuts and sunflower seeds contain polyunsaturated fats and are great on plane trips. You may also want to consider baked whole grain crackers for the added fiber and nutrients.



If you are driving, you can opt for some home-made choices which are quick, easy and healthy. Load up on freshly-cut vegetables or fruits and place them in a sandwich bag. You may also want to bring along a small cooler with ice packs to keep your snacks fresh. You can also pack sandwiches made with whole grain bread and peanut butter. Keep them in the cooler and eat them cold



### 2. Entertain Wisely

If you can choose where to eat, steer your dinner party toward Japanese over Chinese. Most Japanese food is fine as long as you stay away from the tempuras. At western restaurants, salads might seem like an obvious choice, but fat-laden dressings and toppings can pack on the calories, so be sure to choose light dressings (on the side!), and go for filling ingredients like beans and avocado. Opt for the plainest dishes on the menu, avoid buttery sauces, and ask for extra broccoli or veggie medley instead of fries or a potato.



### 3. Eat Breakfast

Whether at home or in the hotel, try to make time for breakfast every day. You'll be less inclined to hit the packet of potato chips from 7-Eleven or overeat at lunch if you've started your day out with a healthy meal. If you are dining at the hotel, try to eat fruit and non-sugared cereal. Oats are great! Opt for toast with a half boiled egg. Carb and fat laden breakfasts, such as fried mee hoon or nasi lemak, while tasty, aren't your friend. If you need something sweet, go for wholemeal toast with jam instead of the pancakes with heavy syrup. You will start the day feeling fresh.

### 4. Take Away With Caution

It's hard to avoid the drive-thru on the road, but you can find healthy options amid the burgers and fried nuggets. Look for baked potatoes or salads, but avoid fatty toppings like cheese and cream sauce.

If you are taking away from local stalls, ensure that it is clean. Check out the cook and if he is handling food sloppily, you may want to consider other options. It is highly recommended that you avoid the roadside eateries especially when you travel. One food poisoning episode can ruin your entire trip

### 5. Do Your Own Cooking

If you are on an extended stay in the hotel, you'll most likely have a small cooktop and microwave. Avoid eating out and hit the local grocery store for some fresh fruit, vegetables or porridge. Alternatively, prepare your own healthy sandwich with wholemeal bread and fresh tomatoes.



**Follow these easy tips for better nutrition on the road, and have a safe and healthy road trip!**



# TOP 3 SUPERFOODS

## TO BOOST YOUR MIND

More and more research shows that what you eat affects how you feel (which anyone who has rolled onto the couch in misery after a heavy curry dinner already knew). More specifically, your diet can alter your metabolism and brain chemistry, ultimately affecting your energy level and mood. New research indicates that processed food can lead to depression, adding even more evidence to the case for whole foods. Here are some ideas on what to add to your diet for more feel good, taste great potential.



### CHOCOLATE

Research has shown cocoa beans to be rich in a variety of mood-lifting ingredients. These chemicals are most concentrated in dark chocolate, which is why it is recommended over the milk or white varieties. Dark chocolate is high in polyphenols, which are shown to improve cognitive function. Chocolate also contains phenylethylamines, a neurotransmitter that, in low levels, is associated with depression and in high levels can be associated with schizophrenia. Phenylethylamines work by releasing endorphins in the brain and promote feelings of attraction and giddiness.



### WALNUTS

In addition to being a boon for heart health, brain function and cancer prevention, some studies show that omega-3 from walnuts can help with depression. Some steer clear of nuts because of their caloric punch, but a little goes a long way: just a handful can stave off the afternoon munchies. Just make sure you do not go for the sweetened or salted kind. Natural is best.



### YOGURT

Vitamin D has been the talk of the town recently because doctors have discovered that the previously recommended intake is woefully inadequate and deficiency is linked to a whole host of health concerns including osteoporosis, heart disease, cancer, diabetes and depression. Yogurts are a good source of Vitamin D, so get some and make sure you're getting your fill. Go for the low sugar type if possible.

### IS HIGH FAT FOOD BAD FOR ROMANCE?

Food can definitely change your mood. Emotions are just chemical reactions. Therefore whatever can affect these reactions can affect your mood. Food can boost your brain chemistry and so affect your emotions in turn, knowing what food regulates your mood could help you in living a happier and better life. A study from the University of Utah School of Medicine found that testosterone levels in men plunged 50 percent after they drank a rich milk shake containing 57 percent fat calories. That is bad news, especially for those with romance on their mind! If you want your romantic mood to be in top form, opt for a light meal instead of a fat-laden one.



article by: **DAVID LAI**  
Writer, Kechara Media & Publications

David brings you the "mind & spirit" element of this MindBodySpirit newsletter. As one of the writers of Kechara Media & Publications, the organiser of this MBS programme, David authored 2 books - *There's No Way But Up* and *Vajrayogini and Other Sacred Power Places in Nepal*. As a Liaison under the spiritual guidance of H.E.

Tsem Tulku Rinpoche and the Kechara organisation, David is passionate about sharing these years of knowledge with others.

[kechara.com/kmp](http://kechara.com/kmp)

Vegetarianism is quickly becoming a popular choice for many. However, many parents wonder if a vegetarian diet for their kids would provide the essential nutrition for growing up. Fortunately, nutritionists say that a well-planned vegetarian diet can cover all the basic nutrients for growing up and staying healthy.

# VEGETARIANISM FOR KIDS

## Vegetarian Diets

Before starting your kid on a vegetarian diet, it is important to note that there are various vegetarian diets and here are some of the major types:-

**ovo-vegetarian:**

include eggs with no dairy.

**lacto-ovo vegetarian:**

include dairy and egg products.

**lacto-vegetarian:**

include dairy products without eggs.

**vegan:**

include food only from plant sources.



## Reasons for a Vegetarian Diet

Kids or whole families may choose to follow a vegetarian diet for health, cultural, religious, and ethical or any other reasons. In some cases, your kids may decide to become vegetarian due to a growing concern for animal welfare, the environment or even for his or her own health. If your kid decides to go vegetarian, do not be alarmed. Just discuss with your child on how to make the transition to this diet and ensure that the child's food choices would always be complete and nutritious.

## Nutrition for All Ages

A proper vegetarian diet can be planned and monitored with the help of a professional dietitian. The diet should provide a growing child with a variety of food types that would give them the energy to sustain them and also to grow healthily.

A well-planned vegetarian diet will not only meet with the nutritional needs of a growing child but also provide additional health benefits. An example of a diet that is healthy has lots of vegetables and fruits which would provide a lot of dietary fiber. It would be low in fat which also takes care of their heart by lowering cholesterol and keeps their weight in check. However, growing kids would need more nutrients than that.

Here are nutrients that a growing child should get and some of their best food sources:

**Vitamin B12** eggs, dairy products and vitamin-fortified foods like cereals, breads, soy and rice drinks.

**Vitamin D** milk, fortified orange juice, and fortified food products.

**Calcium** dairy products, dark green leafy vegetables, broccoli, beans, calcium-fortified orange juice, soy and rice drinks, and cereals.

**Protein** dairy products, eggs, tofu and other soy products, beans and nuts.

**Iron** eggs, beans, fruits, whole grains, leafy green vegetables, and iron-fortified cereals and bread.

**Zinc** wheat germ, nuts, fortified cereal, beans and pumpkin seeds.

Therefore, parents should be careful to ensure important nutrients are provided when a child goes on a vegetarian diet. Varying vegetarian diets provide different nutrients and generally the less restrictive vegetarian diets would be able to cover all the nutritional needs of the child. In cases of more restrictive vegetarian diets, it would be good for the child to take fortified foods or supplements to ensure a nutritionally complete diet.

# SCHEDULE *for* MIND, BODY & SPIRIT PROGRAM

by **KECHARA**

**S P E A K E R**

**WONGYU JIN**

Wellness Coach and International Speaker

Wong Yu Jin is a wellness coach and international speaker. He has transformed thousands of lives with his exciting yet practical wellness programs. He is a qualified nutritionist, an internationally certified fitness coach and an accredited hypnotherapist. More information about Yu Jin can be found at

[www.wongyujin.com](http://www.wongyujin.com)



## DATE TOPICS

**2011**

13 Aug	The Diet & Detox Plan Made Easy
10 Sep	The ABCs of Fitness
8 Oct	Stress Management Secrets
12 Nov	Vegetarianism for the Young
10 Dec	The Balance of Eating & Socializing

**2012**

14 Jan	Weight Loss That Works
11 Feb	Getting Energized Everyday
10 Mar	Smart Supermarket Shopper
14 Apr	Better Life With Better Exercise
12 May	Empowering Emotional Wellbeing
9 Jun	Quicker, Faster and Better Results
14 Jul	Anger Management & Resolution

All talks of the Mind, Body & Spirit Programme are at 3 - 5pm @  
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SunwayMas Commercial Centre,  
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