

Lisa Ng : Gaining the Best from your Body

Revelation: we are over fed and under nourished

I CAN see why now PDG Dr Paul Lee left his lunch halfway and stopped eating. PDG Pls don waste food.

From this interesting talk, we found out that robin has a special diet. But he did not tell Lisa it is BKT.

While Miss Lisa was talking I crossed examined Robin
I asked him how he fulfills the 5 pillars of life:

Exercise

Sleep and Relax

Balanced Diet

Being Happy

Nutritional Supplements

Exercise: very very Vigorous exercise for 5 minutes a day

Sleep and Relax: No need to explain this to Rotarians

Balanced Diet: BKT and Chinese Tea

Being Happy: after the BKT Robin is very happy

For Supplements: we need Salainium which is a natural from plants. For Robin, he gets it from the Malt.

So the best supplements: Gold Label single malt.

PP Chow Tain, if you dont take Supplements, Gold Label is the answer.

