



New Year Resolution — You Are What You Sip!

Year after year, most of us make resolution to exercise regularly, eat well, give up smoking and other bad habits. However, most of us fail to keep our promises to ourselves. The reason of people fail is having unrealistic expectation. They decide this is the year that they are going to completely change everything about their diet, but this just too hard to do. On the other hand, we should realize that those that are simple to incorporate into our lives are the ones we are most likely to stick with. Consequently, instead of making bunches of drastic changes in New Year, let us start from something simpler, let us start from sipping on healthier daily beverages.

You are not only what you eat but also what you sip. According to Beverage Guidance Panel, less than 10 percent of our daily calories should come from beverages.

First, water should be the beverage you turn to most of the time. Water provides everything that the body needs. Furthermore, it has zero calories. Water is the perfect beverage for our wellbeing, but that does not mean that water is the only beverage that is good for your health, or that everyone needs to drink eight glasses of water a day. Part of your daily fluid can come from other health beverages too.

After water, tea and coffee are the two most commonly consumed beverages on the planet. Tea, which is especially drunk plain, is calorie-free beverages packed with antioxidants, flavonoids, and other biologically active substances that may be good for health. About one-third of your daily fluid can come from unsweetened coffee or tea. Here, I would suggest an unsweetened tea which is not only beneficial to health, but also amazing in taste and aroma. It is called the SOD Rooibos Tea which is made of a plant from South Africa that does not contain caffeine. SOD Rooibos tea was known for its potential to protect against chronic diseases. Hence, in this New Year, start sipping on K-LINK SOD Rooibos tea. It is one of the most simple and inexpensive way to maintain your good health.

Next, to drink coffee or not, is still remain as a never-ending debate. However, there are many studies showing the health benefits of drinking coffee and vice versa. Anyway, people like to drink coffee to relieve mental and physical fatigue and to increase mental alertness. Please bear in mind that caffeine and sugar content are the factors that limit coffee consumption; the amount is up to 400 mg of caffeine per day and up to 25 gram of sugar per day. So, the key to drink coffee is the quality and quantity. I would suggest not more than a cup or two of coffee everyday. Here, I suggest a good quality coffee, K-LINK Arabica Coffee 5 in 1 which is made from a unique blend of high quality Arabica coffee beans, Ginseng extract and Ganoderma extract. You will feel alert, energetic and revitalized after sipping on K-LINK Arabica Coffee 5-1 with its wonderful refreshing aroma.

Lately, juicing fruits and vegetables becomes more popular than ever. Each has its own pluses and minuses. Nevertheless, a small glass of juice is always recommended for extra vitamins, minerals and phytonutrients. To avoid the excess sugar intake, expenses, inconvenience and messiness of owning a juicer, here, I suggest a small glass of K-MultiBerry Juice which contains exotic berries such as Maqui, Acai, Goji, Hawthorn as well as the widely popular blueberry and cranberry, each with own unique goodness to promote better health. Besides that, alkaline green drink use for detoxification is popular too. Here, I suggest K-Liquid Chlorophyll, a time-tested low calorie green drink which you can sip on throughout the day with no guilt.

Lastly, a New Year resolution for our health will be perfect if you can take a pass on soft drinks and alcoholic beverages. Let us start sipping on healthier daily beverages for your wellbeing. I wish a happy healthy New Year 2016 to you and all of our K-LINK members.



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