

# MEDITIN

## NEW YEAR'S RESOLUTION IDEAS

### 1. Spend More Time In Nature

Spending time in nature makes you happier, it boosts your immune system, and it even makes you more creative.



### 2. Become more active

All you need is to find ways of moving around more throughout the day instead of staying hunched over the computer. It's even more fun if you share your activity with friends and family.



### 3. Get more quality sleep

You should be gunning for at least 8 hours of sleep a night, and there are fairly simple ways to achieve this number if you make use of science and everyday hacks.



### 4. Give up cigarettes

A bit of bad habit that a lot of people don't know how to kick, smoking will not only endanger your health, but can burn a hole in your wallet as well. Just be prepared to dedicate a lot of will power to giving up cigarettes once and for all.

### 5. Pick up useful skills or fun hobbies

Just sitting around all day won't get you anywhere. It is much better to use your free time in a constructive manner and pick up new skills while having fun at the same time.



## Health Facts you've been told all your life that are totally "WRONG"

### MYTH 1: Eating Chocolate gives you acne

This is false. For one month, scientists fed dozens of people candy bars containing 10 times the usual amount of chocolate and dozens of others fake chocolate bars. When they counted the zits before and after the diet, there was "no difference" between the two groups. Neither the chocolate eaters nor the fake chocolate eaters had any more acne.



### MYTH 2: Your microwave can give you cancer

Microwave radiation won't cause cancer, it just heats food up.

Only a few types of radiation cause cancer. Yes, that's true and these depend on the dose. For example: radiation from the sun can cause skin cancer but just enough helps your body make vitamin D



- Can we speak in a language we don't know in our dreams?  
Yes, we can. But actually, we don't speak a language we don't know, we just pretend to talk.
- Why do food and drinks taste bad after brushing teeth?  
A substance found in toothpaste inhibits the sweet receptors on the tongue, while triggering the hot, spicy receptors.
- Why do we feel hungry when we wake up even if we're slept on an empty stomach?  
While we're sleeping the liver produces glycose. Also, the hormones that effect hunger increase during sleep.

## STRANGEST NEW YEAR'S EVE TRADITIONS

**Siberia:** In Siberia and Russia it is a tradition to dive into a frozen lake whilst holding a tree trunk, which is placed underneath the ice.



**Germany:** Many Germans will welcome in the new year by eating a donut filled with jam or liquor. However, as a practical joke some donuts are given a different filling, such as mustard- if you eat one of these it is seen as bad luck.

**Denmark:** Dane's like nothing more than seeing in the new year buy smashing plates on their neighbour's doorstep. The more broken crockery at your door, the better your luck will be for the coming year. Wishing you a year that's promising, exciting, inspiring and full of fun! Happy New Year everyone!

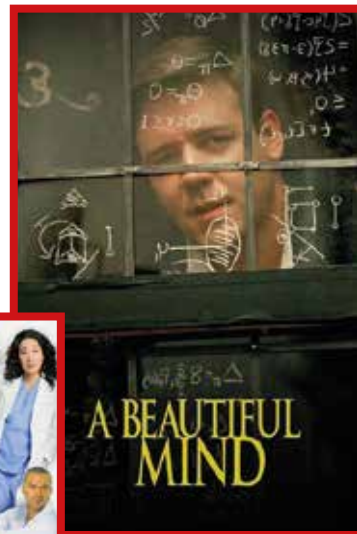
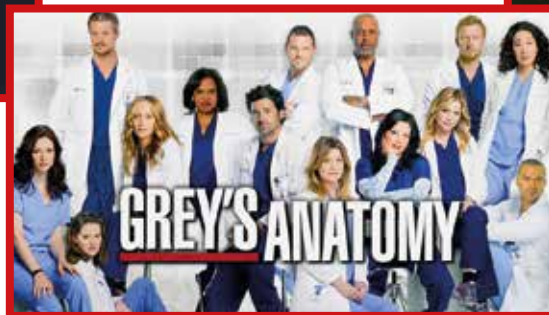
### DID YOU KNOW...

Alfred Nobel , a famous chemist who invented TNT decided to give all his wealth to dedication of mankind. He gave his all wealth as his last will for series of prizes meant to be given who achieved exceptional works of science. His father and later Alfred as the son owned a gunpowder factory. They were the first founders of a gun powder factory. At first they actually contributed to a lot of wars. Because of this, some prize winners reject the prize. After his death (1895) the Nobel Foundation decided to give Nobel prizes. They still give prizes to the scientists who deserve. There are 4 categories to win any nobel prize: physics, chemistry, medicine and peace.



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