



Caidr[®] Wellness Guide

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86 steps to better health

Written by pharmacists, doctors, nutritionists & athletes

side





Tips to improve your sleep quality

Keep a regular 'sleep-wake cycle'

01. Stick to a sleep-wake schedule

Try to go to sleep and get up at the same time every day, as this helps to regulate your body's internal clock and optimise your sleep quality. Even at weekends, resist the temptation to sleep in! Sooner or later, you won't even need an alarm to wake up any more.

02. Resist post-meal drowsiness

You may feel sleepy after a big meal, but don't give in to a nap! Instead, try to distract yourself from feeling sleepy, perhaps by going for a walk, otherwise you may find it difficult to fall asleep later on.

03. Set a 'bedtime alarm'

If you find it difficult to go to bed early, set an alarm to remind yourself to go to sleep.

Control your light exposure

04. Get more sun exposure during the day

Our brains secrete the hormone melatonin, which helps to regulate our sleep-wake cycle. More melatonin is secreted when we are in the dark - making us sleepy - and less in the light, making us feel more awake.

Expose yourself to as much sunlight as possible in the morning and spend more time outdoors during the day. Even at work, open the blinds or curtains fully to let more sunlight through the windows.

05. Restrict exposure to light at night

Don't watch TV late at night, as not only does the light reduce melatonin production, the programme itself is also stimulating, making you more likely to feel awake.

Avoid using bright screens within an hour or two before bedtime, as the blue light from our phones, TVs and laptops is rather disruptive to our sleep. Turn the brightness level down or just don't use it at all!

06. Create your ideal bedroom temperature

Having an ideal bedroom temperature (normally between 19-21 °C) can help you fall asleep more quickly!

Feeling either too hot or too cold can interfere with your sleep quality. Test this out using a single bed sheet instead of a duvet.

07. Keep the room humid

The right level of humidity can eliminate sinus problems during travelling and helps reduce facial wrinkles.

08. Free your room from noise

Use earplugs if necessary, or mask any noises with a sound which is familiar or pleasant to you e.g. radio or music.

09. Keep the room dark

Again, this encourages the production of melatonin, which makes you feel sleepy. Having a dark room is also less stimulating and creates a calming effect.

Be smart about food intake...

10. Say no to big, rich, fatty meals at night

Have a light dinner: avoid having big, fatty meals less than 2 hours before bed, as spicy or acidic food may cause discomfort and heartburn. Meals rich in protein are also hard to digest!

11. Avoid caffeine intake after 3pm

Its effect stays in your body's system for much longer than you think!

12. Don't drink too much fluid before bed

You'll be less likely to get up to use the toilet!

Sleep hygiene

13. Exercise before sleep

The more effortful the training session, the faster you'll fall asleep.

14. Stretch before sleep

15. Take a warm bath one hour before bed

16. Slip on some socks

Having warm hands and feet seems to help many people fall asleep faster.

17. 'Half military crawl position' – Last resort

Lie on your chest with your head on a pillow and turned to the right. Straighten both of your arms by your sides, palms facing upwards. Bend the right elbow up until it reaches a 90-degree angle, with the palm on the bed close to your head, as if pushing the bed away from you.

Alternatively, put the right arm under the pillow, bringing the right knee sideways until it is bent at around 90 degrees.



Diets



Good eating habits for optimum nutrition

Eat the right food

18. Cut back on starches and sugars

Carbohydrates (e.g. potatoes and pasta) contain high amounts of starch, which stimulates the secretion of insulin and encourages your body to store fat. Limit them!

19. Avoid ‘white’ carbs

White bread, rice, commercial cereals, potatoes, pasta and fried food with breadcrumbs should be avoided because of chlorine dioxide, a chemical used to bleach flour. Chlorine dioxide combines with residual proteins to form alloxan, which has been shown to induce diabetes in lab rats.

20. Eat a high-protein breakfast

A high-protein breakfast can help reduce cravings – and calorie intake – for the rest of the day.

21. Avoid milk products

Milk products like ice cream and whipped cream typically elevate the concentration of insulin by 3 to 6 times, so even a little reduction in dairy can dramatically speed up fat loss.

22. Stir-frying is ideal, but say no to deep-frying

23. Don't eat too many nuts

Nuts are easy to nibble on and they're definitely a nutritious snack. However, go easy - nuts like peanuts and almonds contain more calories per serving than a Burger King Whopper!

24. Cook using spices and herbs

Spices and herbs are a great way to add flavour while cooking without adding to the calorie count.

Eat the right food

25. Eat soluble fibre

Foods high in soluble fibre such as vegetables, nuts, beans, lentils, peas and fruits can help reduce fat. This especially helps with flattening your belly, and may also reduce the risk of heart disease.

26. Limit your fruit intake

Fruits contain lots of fructose, which is converted to glycerol phosphate more efficiently than other carbohydrates. The liver then converts this into a triglyceride, which is eventually stored as fat.

So, while a small serving of fruit each day is good – and definitely better than sweets and biscuits – don't overdo it.

27. Superfood: avocados

Avocados are loaded with nutritious fats. They're particularly high in (monounsaturated) oleic acid, which is also found in olive oil. The fats in avocados can help you absorb 2.6-15 times the amount of nutrients like potassium and fibre in accompanying foods.

28. Consider supplements

Potassium, zinc, magnesium and calcium are important nutrients. Dieting might lead to loss of electrolytes and excess water, so it's essential to replace them. Potassium can be obtained from avocados, which contain 60% more potassium and 75% more insoluble fibre than bananas. Key nutrients can also be topped up by supplements like Magastic® tablets.

Drink smart

29. Keep hydrated

Always keep hydrated, but drink more water on any diet 'cheat day' as excess carb intake can dehydrate you more quickly. Adding ORS tablets to water is also a great way to boost your hydration. Each O.R.S Hydration Tablet has less

sugar than a biscuit, less salt than a slice of bread and is ideal for travel, sport, hot climates and wellness.

30. Don't drink your calories

Water, unsweetened tea or coffee, or other no- or low-calorie drinks are fine. Try to avoid soy milk, soft drinks or fruit juice because of their high calorie content.

Improve your eating habits

31. Eat breakfast - critical!

Skipping breakfast is closely related to overeating in the evening. Get into the habit of having a nutritious breakfast and drinking plenty of water.

32. Eat small amounts, more frequently

As long as you eat healthily, eating more than 4 times a day keeps the resting metabolic rate going, and also staves off hunger pangs!

33. Eat within one hour of waking

30 minutes is even better!

Keep the meal simple, small and protein-rich.

34. Get at least 20g of protein per meal

Make sure that your breakfast is at least 40% protein as this will reduce carb cravings.

35. Have a ‘cheat day’ once a week and go crazy!

Give yourself a break with a cheat day! Dramatically spiking calorie intake once a week can actually promote fat loss by ensuring that your metabolic rate doesn’t fall.

36. Replace snacks with activity

If you have eaten enough, you shouldn’t feel hungry. If you feel full but have a snack craving, it is likely to be psychological. Drinking water can help with this, or distract yourself with an activity.

37. Use a small plate

Psychologically, eating from a small plate could trick you into eating less!

38. Eat slowly

Eating slowly will make you eat less, feel more full and trigger weight-reducing hormones, compared to fast eaters who are more likely to gain weight.

Exercice

3



Build muscle, get stronger, and fine-tune your workout

Before exercising

39. Always warm up

Warm ups are the least intense part of your workout. Studies have shown that while stretching doesn't help with performance, warm ups stimulate and engage the muscles in preparation for exercise.

40. Consult your doctor

It's always a good idea to check with your doctor before starting any new exercise regime, particularly if you have any underlying health conditions.

41. Understand the workout

Fully understanding the stages of your workout and their aims can improve efficiency and results. If you use machines, familiarise yourself with the instructions to avoid any injuries.

42. Adjust seat settings

Always adjust and standardise the seat settings on machine exercises as this affects strength gain or loss, especially with pressing movements.

43. Do some interval training

Interval training - carrying out a set of exercises with resting and repeating - increases the time you spend at your optimum, improving overall effectiveness.

44. Do some resistance training

Resistance training such as weight lifting will help burn calories and maintain metabolism. It is especially good if you are on a low-carb diet to gain muscle while losing body fat.

45. Increase recovery time along with your size

You need fewer gym sessions once you are getting bigger and stronger. Muscle mass can increase 100% before reaching a genetic ceiling, while your recovering abilities might only improve 20–30%. Take at least 5 days off from any exercise which could potentially cause damage.

Tips on muscle gain

46. Split the workout if gain is slow

If you are gaining muscle too slowly with only one session per week, split the routine into two shorter sessions per week.

Try this for 10–14 days to increase strength.

47. Exercise before and after you eat

To gain more muscle than fat, do 60–90 seconds of quick exercise a few minutes before your meal, and again 90 minutes afterwards. This helps to open the ‘gates’ (transporters) in muscle cells to promote calorie influx before they reach the fat cell transporters.

48. Don’t overdo it

Muscle gain is good, but limit your gym time to 12 hours a week. More than that might lead to overeating and increased consumption of high-sugar sports drinks, damaging your progress.

Tips on lifting weights

49. Lift heavy but don't compromise form

50. Lift 3 times a week and have a consistent training time

Also, practise your usual sport 6 days a week.

51. Do 10 reps per lift per workout but focus on sets of 2 or 3 reps

Ideal example: 3 sets of 3, 5 sets of 2 etc. with focus on 2 reps.

52. Rest for a few minutes between sets

53. Remember to breathe while lifting

Inhale deeply before the movement, tightening all the hip and torso muscles to steady the abdomen. 'Hiss' to force air out between your clenched teeth and use the remaining air on the return until the weight stack comes to rest.

Take 2 normal breaths while resting the weight stack, then start the next cycle.

54. Never train to the point of tiredness

Don't over train: you should feel stronger after your lifting session rather than worn out.

After exercising

55. Post-workout stretch

Always stretch after your workout as it can reduce muscle fatigue, promote recovery and help prevent soreness.

56. Eat nutrient-dense animal foods & fat-soluble vitamins

Nutrient-dense animal-based foods with enough of the fat-soluble vitamins A, D, E and K can help restore inflamed tissues after a workout.

57. Keep active if injured

Don't stay bed-bound if you are injured. Keep yourself as active as possible but always follow your doctor's advice on moving around.

Work





Some ideas to help you excel at work...

Be punctual

58. Prepare everything you need the night before

Pack your bag and pick your work outfit. Prepare what you need for the next day so you have time to make yourself breakfast and get ready for work properly

59. Always keep your essentials in the same place

Have designated spots for your essentials. This will save you a lot of time and stress in the morning as you will know exactly where your keys are!

60. Be prepared for delays

Check traffic, weather and transport options beforehand so you aren't caught out. Always allow yourself some extra time to alter your travel plans if necessary.

61. Be 15 minutes early for everything

Get into the habit of showing up at work or an appointment at least 15 minutes early. This way, you'll always be on time even if there are unexpected interruptions.

Stay awake

62. Stretch and move around

Stand up and move around for 5 minutes every hour to get your blood circulating.

63. Get some fresh air

Have a walk outside if possible, as fresh air and sunlight are energising. Otherwise, open windows or blinds, or turn on some lights to tell your brain to wake up!

64. Alertness tablets

Try an alertness tablet such as WAYK®, which contains all the key nutrients to help you reduce tiredness, improve your concentration, and help you stay awake.

65. Cold temperatures keep you alert

A warm, stuffy room is more likely to send you to sleep. Increase your alertness by setting the air conditioning to a lower temperature, turning on a fan, or opening a window.

66. Stay hydrated

Dehydration can upset the body's salt and sugar balance and reduce blood volume, all of which can cause sleepiness. In order to work efficiently, staying hydrated is key.

You can boost your hydration by using **ORS® Hydration Tablets** in water.

67. Move to another task

Try switching to another task to refresh your mind for a while.

Be intentional

68. Set a goal and work towards it

The first step towards excellence is knowing what you want to achieve. Set a goal and work towards it.

Defining objectives and reasons will clarify your purpose and strengthen your drive.

Ask yourself several questions:

What is my intention now?

Why do I want to do this?

Why should I do this?

From this moment onwards, you will be more intentional about your work goals as you will have a clearer purpose and stronger drive for success.

69. Plan your day, week and month

Make an hour-by-hour day plan, and make sure you complete your 3 most important tasks every day. At the end of the week, review your achievements and set objectives for the coming week.

For monthly planning, focus on major events, habits or routines to give yourself direction and elevate your goals.

70. Look 3 years ahead

Where do you want to be in 3 years' time?

Take actions now that will lead you towards that position and vision.

71. Take notes

List your goals in a journal. Be specific e.g. complete 3 reports within 2 days. Review, revise and update your goals regularly.

Be optimistic

72. Stay positive

Positivity leads to productivity. Difficulties and failures at work are inevitable, but try not to dwell on mistakes as over time, negativity will have a major impact on your behaviour and performance. Find the lesson to find the positive!

73. Focus on resolution

Is there a solution to your challenge? If not, accept it, move on and reflect on how you can do better in the future. If yes, take whatever action is required, pick yourself back up, and make the change happen.

74. Surround yourself with positivity

Positive influences bring out positivity inside you. Make an effort to block out negative influences that will bring you down.

Look after your body

75. Eat well

Our bodies are powerful machines which need to be taken care of in order to perform at their optimum level. Cut down on ready meals and focus on nutrient intake. Try to make small changes each week and work your way up!

76. Stay active

Joining a gym is not mandatory. Make your lifestyle as active as possible by cycling or walking to work and playing sports at weekends. Strike a play hard/work hard balance!

77. Get enough sleep

While we believe we can function on 6-7 hours a night, most healthy adults need 7-9 hours to perform at their best. In the long term, insufficient sleep can lead to drowsiness, poor judgment, impaired coordination and slower reflex times.

Hygiene



Ideas for hygiene and freshness

Keep clean

78. Shower daily

Showering is the best way to remove germs, sweat and dirt from the day, helping prevent disease and boost the immune system. A warm shower also reduces muscle tension and relieves stress levels.

79. Brush, floss & use mouthwash

Brush your teeth with fluoride toothpaste multiple times a day to help prevent gum disease and tooth decay. Daily flossing will also help combat cavities and bad breath.

Use mouthwash after brushing and even after meals to ward against bacterial infection and minimise the possibility of cavities. Use a fresh mint digestion aid after meals, such as **Magastic**[®] chewable tablets, which support dental hygiene.

80. Good facial cleansing

Wash your face every morning and night to get rid of dirt, oil and impurities. This will prevent acne and give you a brighter, fresher look. Check with your doctor or dermatologist before using any new cleanser.

Personal grooming

81. Keep your hair clean and combed

Regular shampooing is essential to prevent the excess dandruff and fungus which can cause an itchy, scaly scalp. Combing helps remove knots, distributes natural oils and stimulates the scalp, promoting hair growth. Good hair care also boosts your appearance and overall health!

82. Maintain a tidy beard

A tidy beard gives a neat and professional appearance, especially on the neck and the area under the chin.

83. Trim your fingernails

Clean, neat nails gives the impression of good hygiene and maturity. It also reduces the chance of getting fungal infections from any dirt trapped underneath.

84. Moisturise

Moisturise your body and face after washing to avoid dryness and irritation.

Smell fresh

85. Change and wash your clothes

Change your underwear and socks every day, though many other items of clothing can be worn a few times before washing. Your gym kit should be washed after every wear, and you should always wash new clothes before wearing them for the first time.

86. Antiperspirants and perfume

Antiperspirants help control perspiration and prevent 'sweat patches' on your clothing. The fragrance will also neutralise any unpleasant odour. If you choose not to use antiperspirants, consider rinsing your underarm with soap and water throughout the day, and change your clothes regularly to remove odour.

You can also apply perfume or cologne to mask any unpleasant smell, but don't overdo it!

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Published by Clinova Ltd.
2 Sycamore Street
London | EC1Y 0SF

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