

INSIGHT

WTC COMMUNITY WEEKLY

Cleansing

This is the week where you are forgiven for eating like there's no tomorrow.

Eid al-Fitr is here and whether you personally celebrate it or not, chances are, you'll come across the Lebaran specials of *ketupat*, *opor ayam*, and *rendang*. Basically everything that screams out oil, fat, sugar, and cholesterol.

Worry not though, for there are 9 cleansing ways to detoxify:

1. Stay hydrated, drink lots of water
2. Limit daily calories intake
3. Opt for a healthy breakfast
4. Eat and drink green!
5. Consume high protein foods
6. Snack responsibly
7. Avoid foods with artificial sugar, flour, fat and soda
8. Keep moving to stay in shape
9. Two small portions of whole grain per day



helloglow.co

DIY DETOX WATER

Infuse 5 cups of water with either sliced lemon and mint, cucumber, apple and cinnamon, grapefruit, or orange to burn extra fat

Yours trully,
the community editor