



## Taiba Hospital's Open Day

Taiba Hospital celebrated the festivals of Kuwait national day and liberation day and organized an open day for the staff and their families at Alwafra area.

Salsabeel Bader / PR and Marketing Supervisor said that the hospital has to create an atmosphere of joy and pleasure in such a happy occasion so as to achieve harmony between the staff and strengthen the bonds of relationship between them and relieve to the pressure of daily work.

She added: that such activities are in line with Taiba strategy based on its utmost interest of keeping the atmosphere of trust, cooperation and love between staff, is also to strengthen relations between staff to work towards achieving the noble humanitarian goal of providing better services to the hospital patients.

Many institutions have kindly sponsored the event: A.T.C company – Electeozan - AlHadaf Magazine- Awan Newspaper and sultan travel agency, who presented several valuable gifts, adding a pleasant impression among the attendants, our sincere appreciation for their support and contribution for the success of the event, which was clearly derived from the feedback of all participants who had expressed their gladness during that day, where they experienced a joyful family environment that last for the entire day. The festival witnessed several activities in the form of competitions, awards, entertainment shows, face paintings and several other childrens' activities, which added further pleasant and gladness to participants who then expressed their sincere wishes of peace and love for Kuwait and its people.



## Drink Water On Empty Stomach

It becomes a custom nowadays in Japan that people drink water immediately after waking up on daily basis. The adopted scientific tests proved the effectiveness of water for the treatment of chronic and serious diseases as well as for modern ones as a hundred percent effective medication for:

Headache, body ache, heart system, arthritis, fast heart beat, epilepsy, excess fatness, bronchitis asthma, TB, meningitis, kidney and urine diseases, vomiting, gastritis, diarrhea, piles, diabetes, constipation, all eye diseases, womb, cancer and menstrual disorders, ear nose and throat diseases.

### Method of Treatment

- ☞ Immediately as you wake up in the morning, and before brushing your teeth, drink four glasses of water, each of 160 milliliter.
- ☞ Brush your teeth and clean your mouth but do not eat or drink anything for 45 minute
- ☞ After 45 minutes, you may eat and drink as normal.
- ☞ After 15 minutes of breakfast, lunch and dinner do not eat or drink anything for 2 hours
- ☞ Those who are aged or ill-health who are unable to drink those 4 glasses of water at the start; they may drink little of water and gradually increase it to 4 glasses per day.

The above mentioned method of treatment will cure those with such diseases, while others can enjoy a healthy and hale life.

The following list gives the number of days of treatment required to cure/control/reduce main diseases:

- ☞ High Blood Pressure (30 days)
- ☞ Gastric (10 days)
- ☞ Diabetes (30 days)
- ☞ Constipation (10 days)
- ☞ Cancer (180 days)
- ☞ TB (90 days)
- ☞ Arthritis patients should follow the above treatment only for three days in the first week, and on daily basis starting from the second week and onward.

This treatment method has no side effects, however at the commencement of treatment you may have to urinate sometimes, it is recommended to persist and adopt this behavior as a daily practice in our life. Drink water, and stay better to continue this and make this procedure as a routine work in our life. Drink Water and Stay healthy and Active.

The Chinese and Japanese drink hot tea with their meals. Maybe it is time for us to adopt their drinking habit while eating!!! Nothing to lose, you will not lose anything, just try it!!!

For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just cared. It will slow down the digestion. Once this "sludge" reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

## Beautiful Wisdom of Happiness

- ☞ Mistakes are painful when they occur, but years after, you will be holding accumulation of experience which leads to success.
- ☞ If a problem can be solved, no need to worry about it. If a problem cannot be solved what is the use of worry?
- ☞ It is easy to judge others' mistakes, but it is difficult to confess our own mistakes
- ☞ It is easier to protect your feet with slippers than to cover the floor with carpet
- ☞ No one will produce a lock without a key; similarly God won't give problems without solutions
- ☞ Life laughs at you when you are unhappy, it smiles at you when you are happy and salutes you when you make others happy
- ☞ Be brave when you lose and calm when you win
- ☞ If you miss an opportunity don't fill your eyes with tears, it will impede your insight for the coming opportunities.
- ☞ No one can change the past, but we can change our present-day for a better future.
- ☞ Never compare yourself with others, as such you will be insulting yourself
- ☞ Every successful person has a painful story; every painful story has a successful ending
- ☞ Accept the pain and get ready for success
- ☞ Changing the face can change nothing but facing the change can change everything
- ☞ Don't complain about other, change yourself if you want the peace

