

Handbook 2009

Health:

- ☞ Drink plenty of water.
- ☞ Eat breakfast like a king, lunch like a prince and dinner like a beggar
- ☞ Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
- ☞ Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
- ☞ Make time to practice meditation, yoga, and prayer.
- ☞ Play more games.
- ☞ Read more books than you did in 2008.
- ☞ Sit in silence for at least 10 minutes each day.
- ☞ Sleep for 7 hours.
- ☞ Take a 10-30 minutes walk every day. And while you walk, smile.

Personality:

- ☞ Don't compare your life to others! You have no idea what their journey is all about.
- ☞ Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
- ☞ Don't over do. Keep your limits.
- ☞ Don't take yourself so seriously. No one else does.
- ☞ Don't waste your precious energy on gossip.
- ☞ Dream more while you are awake.
- ☞ Envy is a waste of time. You already have all you need.
- ☞ Forget issues of the past. Don't remind your partner with his/her mistakes of the past. That will ruin your present happiness.
- ☞ Life is too short to waste time hating anyone. Don't hate others.
- ☞ Make peace with your past so it won't spoil the present.
- ☞ No one is in charge of your happiness except you.
- ☞ Realize that life is a school and you are here to learn.
- ☞ Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
- ☞ Smile and laugh more.
- ☞ You don't have to win every argument. Agree to disagree.

Society:

- ☞ Call your family often.
- ☞ Each day give something good to others.
- ☞ Forgive everyone for everything.
- ☞ Spend time with people over the age of 70 & under the age of 6.
- ☞ Try to make at least three people smile each day.
- ☞ What other people think of you is none of your business.
- ☞ Your job won't take care of you when you are sick. Your friends will. Stay in touch.

Life:

- ☞ Do the right thing!
- ☞ Get rid of anything that isn't useful, beautiful or joyful.
- ☞ GOD heals everything.
- ☞ However good or bad a situation is, it will change.
- ☞ No matter how you feel, get up, dress up and show up.
- ☞ The best is yet to come.
- ☞ When you awake alive in the morning, thank GOD for it.
- ☞ Your Inner most is always happy. So, be happy.

Miss Salsabeel Baddar
PR & Marketing Supervisor

Benefits of Strawberry

Strawberry is one of the fruits that almost everybody loves. First grown in Europe in the early 18th century, the fruit is today cultivated in almost all the cold countries of the world. Strawberries are used as one of the major ingredients in a number of food items, like ice creams, milkshakes, smoothies, pies, yogurts, and so on. The fruit not only tastes extremely delicious, it also packs a lot of nutritional value within itself, according to the consumers a large number of health benefits. The only problem with strawberries is that they perish pretty quickly and easily

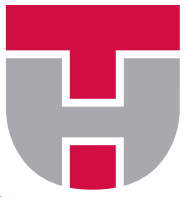
Nutritional Value of Strawberry:

One cup (around 145-150 gm) of strawberry comprises of the following nutrients:

- | | |
|---------------|-------------|
| ☞ Protein | ☞ Zinc |
| ☞ Fiber | ☞ Iron |
| ☞ Vitamin A | ☞ Sodium |
| ☞ Vitamin C | ☞ Calcium |
| ☞ Vitamin B6 | ☞ Potassium |
| ☞ Vitamin B12 | ☞ Magnesium |
| ☞ Folic Acid | |

Health and Nutrition Benefits of Eating Strawberries:

- ☞ Rubbing a cut strawberry on teeth and gums helps remove tartar, apart from strengthening and healing the gums.
- ☞ Since strawberries are rich in fiber, they help the body in absorbing nutrients.
- ☞ Strawberries are good for diabetics, as they help stabilize the level of blood glucose.
- ☞ Strawberries are said to help in regulating blood pressure and thus, diminishing the risk of heart disease.
- ☞ Strawberries have been associated with inhibiting the production of cholesterol in the liver.
- ☞ Strawberries have been known to help the body in getting rid of harmful toxins.
- ☞ The high antioxidant levels in strawberries can help the body neutralize the destructive effects of free radicals.
- ☞ The potassium in strawberries helps regulate the electrolytes in the body, in turn lowering the risk of stroke.



Happy Birthday

Ambily Sugathan
 Aldwin Paul
 Roni Jacob
 Nageswaran Thandavan
 Aklas Miah
 Josephine Aratan
 Marwan Youssef
 Suja Vincent
 Shindu Kuriakose
 Ibtisam Salameh
 Julie Varghese
 Shan Zainalabdeen
 Annama Xavier
 Loyal Ktaych
 Harun Sarder
 Renu Rachel
 Sini Paulos
 Mini Varghese
 Archana Raviyappen
 Dr. Hicham Ahmed
 Dr. Alaa Radwan
 Sheena Varghese
 Ali Kuriakose
 Dr. Laila Hegazy
 Sosamma Mathai
 Sunitha Varghese
 Asha Jose
 Achan Kanjo
 Julie Titus
 Suzan Fawaz
 Ahmed Omar
 Biji Thomas
 Sindhu Alexander
 Elizabeth Donaire
 Walaa Shaaban
 Sheeja Samuel
 Abdallah Hamza
 Baraya Shandra
 Sony Alex
 Sini Ebrahim
 Sheeba Mathew
 Noorudhin Abou Baker
 Bindhu Kuriakose
 Naif Lafi
 Bini Jose
 Nour Al-Shemali
 Shaikha Al-Enezi



	Vineesh Vincent	29/05
	Lissa Ebrahim	29/05
01/05	Sminu Baby	30/05
03/05	Sina Varghese	30/05
03/05	Irshad Kuppachankanady	31/05
04/05	Preetha Vinod	31/05
05/05	Rangith Kurinjlpuzhu	31/05
05/05	Reny Kanyam	31/05
05/05	Sonal Babu	31/05
06/05	Kunjan Sheelakalayil	31/05

Happy New Year,,,,

Welcome Aboard

10/05	Dr. Rehab Elsayed (OBGYN Department - Fintas)
10/05	Dr. Soheir Ahmed (OBGYN Department)
10/05	Dr. Mona Abdel Maksoud (OBGYN Department - Fintas)
12/05	Dr. Yasser Mansour (ER Department - Fintas)
13/05	Mrs. Omneia Saber (Reception)
14/05	Mrs. Sara Ahmed (Reception)
15/05	Mrs. Randa Othman (Reception)
15/05	Mrs. Rana Khaled (Reception)
15/05	Mr. Islam Mohammed (Reception)
15/05	Mr. Reda Helal (Pharmacy)

Welcome your new colleagues to Taiba Hospital
Wishes them the best of luck.

Congratulations to

20/05	Mrs. Mini Varghese (Nursing Dept) for having a baby girl.
20/05	Mrs. Jinu Thomas (Nursing Dept) for having a baby boy.

Wish you lots of happy moments with your newborn

Quote

Life is short , Break the rules
 forgive quickly , love truly
 no matter how strange life is , laugh constantly , and never
 stop smiling
 remeber that life is not always the party we expected to be
 but as long as we are here, we should smile and be grateful.

Dr. Samah El Eassawy
Pharmacy

Solution to Games in previous issue:

The number is 4

If you have any questions or suggestions please contact:

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28/05