

HOW TO BECOME HEALTHIER AND HAPPIER IN UNHAPPY WORLD

MINORU KAMATA (MEDICAL DOCTOR FROM JAPAN)

Today, I'm going to talk about how to become healthier and happier in unhappy world. Everyone says they want to be healthy and happy. But how could that be possible? If you follow what I tell you, you can be much healthier and happier. Trust me now because I have made many, many people happy.

I have 5 points to make. First, cut your salt intake. Too much salt is not good for you. If you have too much salt, your blood pressure goes up. Then you will have more risk to get a stroke or heart attack.

Next, eat a lot of vegetables. Vegetables are your good friends. Eating enough vegetables makes you less fat and you will have less risk to get cancer. Generally Japanese people have longer life expectancy because we eat a lot of vegetables and fish.

Third, take a walk for at least 15 minutes a day. You may think I'm crazy because you already walked a long way from your hometown to here. Should we start walking again? Well, it's not walking away from IS. But it's walking for a healthy and happy life. Taking a walk lowers your blood pressure. Trust me, I'm a doctor.

Then, next two points are SUPER important! Always remember "KIZUNA". KIZUNA means human ties in Japanese. Just say hello to each other. Help somebody in trouble. I will introduce the famous Roseto story. They are connected with strong ties.

Finally, find a reason for living. It doesn't have to be a big fancy reason. Just a small reason is OK. Going back to your hometown someday can be a good reason.

Well, I have introduced 5 points for your healthy and happy life. They are all important. You can start.