Preface

We live in complex environment with the cosmopolitan people dynamically changes due to industrialization, urbanization and technology advancement move according to global market demand that influence the socio-economic, environment and peoples attributes. Nowadays, success is defined by the economic stability and prosperity while quite often overlook the healthy living, social need and environment sustainability. Majority of population

suffers from pollution, ecosystem imbalance and extreme conditions. As consequence effect, the emergence of new diseases spread in certain areas cause health threats to people. Added more stress to the public besides the current challenge. Personal health care sometimes is forgotten due to high demanding tasks. The personal health care is inculcates through daily

practice. Simple health practices and body fitness techniques to enhance health and beauty is described in this book. Healthy body is developed by taking a balance nutrient. The intake of food rich in antioxidant together with regular exercises will help you maintain your fitness. Your good habits will be fruitful at the ends of day which will greatly improve your body’s

mind and spirit. This will shape the inner shine natural beauty from a healthy body. It is individual preference for taking cares of your own asset, but with essential knowledge of real practice and awareness, it can motivate you in developing a balance and harmony life. This book is dedicated for all who is looking for guidance in coping with complex life and busy days while maintaining healthy living. It is compilation of life experience and healthcare gathered by different aspect and angle from inherited believes blend with science fact and figures. The balance of all facet of life is considered to bring the optimum healthy living of human being physically and mentally. From inside soul to the outside of human body fitness and find the

best matches in all that can save your journey from harmful life interferences.