



## Body with Soul Monthly Newsletter (Men's Health)

Body with Soul is a new concept in total healthcare in Singapore. We have brought together an international team of talented and established healthcare professionals housed in heritage buildings in a gorgeous tropical setting. By achieving this, we are able to provide a comprehensive solution for the health and wellbeing of your whole family. We offer up-to-date, evidence based treatments and health programs. Together we will optimise your health for you to live your life to the full!

### LATEST NEWS



#### Workshops

Variety of group workshops are available now!

[Find out more >>](#)



#### New Doctor @ CHI

Dr. Sundus Hussain-Morgan has joined the team at CHI!

[Find out more about Sundus >>](#)



#### The Foot Clinic

Full range of Podiatry services available at Body with Soul

[Find out more >>](#)



#### First Aid Courses @ CHI

Classes available for helpers & parents plus American Red Cross Certification courses  
Bookings being taken for Dec, Jan and Feb

For more information please email us at:  
[enquiries@bodywithsoul.com](mailto:enquiries@bodywithsoul.com)

Or call us at:  
**+65 6779 0660**

### DECEMBER

#### Health Screening for Men – What & When?



The health of the males in the family is not only a concern for the men themselves, but it is also a concern for women who care about the health of their fathers, husbands, sons and brothers

While the life-expectancy gap between men and women has decreased, men should not let their guard down when it comes to paying more attention to their bodies. Several things work against men. They tend to smoke and drink more than women...

[Find out more >>](#)

#### Are you Nutrition Fit?

##### On reaching your 40<sup>th</sup> milestone what's next?

Looking after your health is a good place to start. There are numerous conditions which can be prevented by re-visiting some basic nutrition rules.

Following a well balanced Low Glycaemic Index eating plan whilst also adopting healthy lifestyle practices is relatively simple, however, for many, putting this into practice is easier said than done...

[Find out more >>](#)

#### Snoring – The Silent Killer

##### Sleep Physiology

Sleep is a basic fundamental process that humans need.

The average human spends between 6 to 8 hours per day or about one third of their lifetime sleeping. Sleep is defined as transient state of altered consciousness with perceptual disengagement from one's environment...

[Learn more >>](#)



#### The Hunter Gatherer

The human body can deal with huge amounts of stress and strain, hence the ability to push our bodies to the limit, whether it is to conquer Everest or train for that 10km run we have always wanted to do.

Whatever you're sporting ambition it is important to remember that although the body is generally robust, it needs time to adapt to a different state of fitness. Increasing exercise too quickly, training too hard too soon, or not allowing for sufficient rest...

[More details here >>](#)