



### MASTER OR SLAVE OF THE APPS

The temptation we feel to immediately answer an email or a call on any of the platforms of social network is very common. Beware! Because very often they are distractions, that make us loose productivity at work, waste time or maybe abandon an intelligent and beneficial, spiritual discipline.

The solution is to implement your good will and organize your time better. Administrative time and spaces of electronic device by disactivating the non-essential notifications in order to reduce the constant interruptions. Never let the apps compete for your attention and make you addicted to them

### HUMAN ECOLOGY: HEALING THE HUMAN BEING IS HEALING THE PLANET

The human being has to question his or her system of development, which is directed towards the destruction of the planet, vassalage of the other species and even of his or her own. Finding the roots of the global issue leads us to think as the human species and consequently take responsibility in our interaction with the environment.

To emancipate the human being is to determine, that he or she does not contaminate his or her blood, which is equivalent to the rivers of the planetary body, and it will be a step in our human regeneration, and thus detain the consumption of products that contaminate the human being and his or her environment. The change begins with me and favors the planet.

+57 312 3583749  @renaseren.kelinhar

 +57 322 6375025  @renaserenkelinhar

 renaserenkelinhar@gmail.com

 [www.renaserenkelinhar.org](http://www.renaserenkelinhar.org)

TAOIST COMMUNITY



For more information

A healthy lifestyle.  
**Renaser**  
enKelinhar



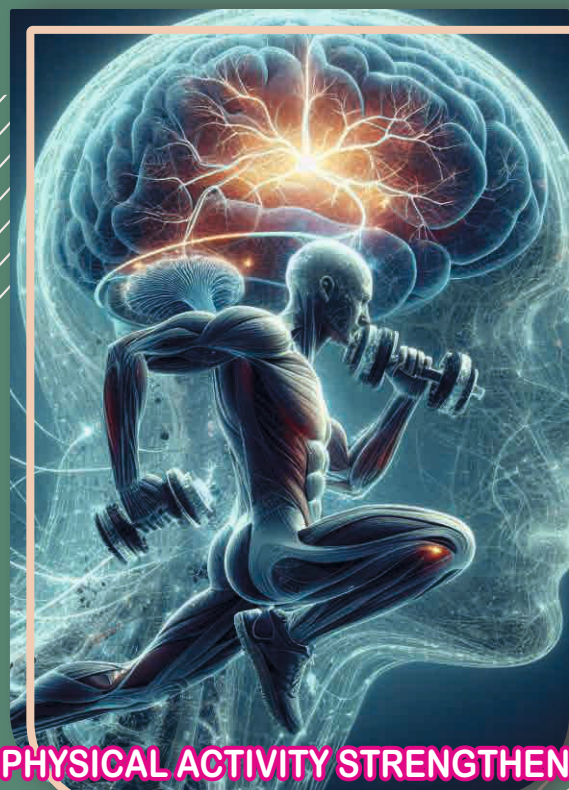
*Healthy living*

**4<sup>st</sup> Edition**

HEALTH  
FOOD - EXERCISE - TIPS

## HYGIENE IS ALSO AN ACT OF CONSCIOUSNESS

Our society has advanced a lot in the concept of hygiene and personal care, making us question our bad habits often practiced. At present in our homes implements such as bath towel, comb and blanket among others are of “personal use”. Comparatively we would not lend away our tooth brush to be used by others and in all places, then why do we take spoons, that have gone from other mouths to our mouth in restaurants? Since it is a fact, that there are germs, that are not destroyed by common disinfectants? The invitation then is to recognize, that there are certain implements, that are of personal use.



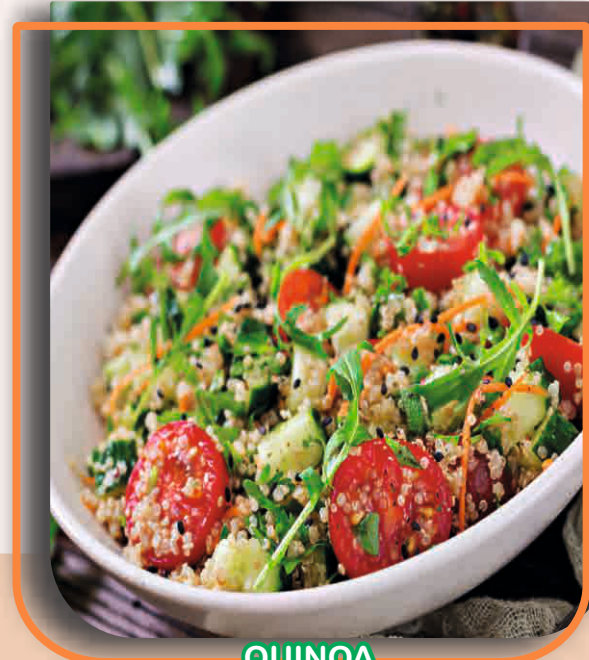
## PHYSICAL ACTIVITY STRENGTHENS

### MEMORY

¿Did you know that physical activity is a great ally for improving memory and strengthening the hippocampus? This region is the key to learning and retention of information.

When we exercise, the blood flow to the brain increases, supplying oxygen and the necessary nutrients for its good functioning. The production of a protein known as BDNF, brain-derived neurotrophic factor, which boosts the growth of new neurons and the connectivity of nerve cells

of the hippocampus and of the whole brain. In addition regular physical activity helps reduce stress and improves sleep; plus points for strengthening memory and the cognitive functions.



### QUINOA

## A VERSATILE CEREAL IN THE KITCHEN

Quinoa is a highly nutritious food, that has gained popularity around the world in recent years, due to its nutritional value and versatility in the kitchen.

### We present an exquisite salad:

- ½ cup of uncooked quinoa
- ¼ cup of corn on the cob
- ¼ cup of carrot
- 12 cherry tomatoes
- ½ pound of spinach
- 1 avocado
- 7-10 green olives
- Olive oil

### Preparation:

Wash the quinoa well and cook it in 1 cup of water, until it is soft. Mix the quinoa in a bowl with the rest of the ingredients cut into small squares. Add olive oil, salt to taste and ready! Enjoy!