

**- Health self-care****LISTEN TO YOUR BODY**

Which our body tries to There are several small and big ways in communicate what it needs. Are you paying attention?

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HT Cafe · 31 Mar 2022 · 04 · HTC

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Your body hears everything your mind says, goes a quote. But what about the opposite? Truth is, most of us ignore what our body is telling us. We only see the inches lost or gained on our waist, muscle definition, the number on the weighing scale. But to truly gauge our inner health, we need to learn to listen to our body.

An eye twitch, a stomach growl, a sneeze. And another. And then another. Do you think these are things that your body does just to get attention? Absolutely. But do we give it the attention it needs? Your body speaks to you, in a language only you can tune into. A zit, a grey hair, love handles — while these just work as the book cover you quickly judge yourself by, what you really need to be doing is reading in between the lines, paying attention to the fine print.

Here's what we found when we decided to tune into our body.

Our sky-rocketing stress levels (thank you work-from-home) could be effectively reduced with a good dose of sleep.

The weight that just doesn't wait to grow after indulgence could be regulated with portion control and exercise.

Dry skin and hairfall could be a sign of poor hydration or poor nutrient absorption.

All of these are whispers, requests and sometimes, yells, for you to tune into your inner self. Your body wants you to be more aware of it and give your inner health as much attention as you do your outer health.

One way you can let your body know you are listening is by adding the goodness of Tetley Green Tea fortified with immunity-boosting vitamin C to your daily health regimen.

Vitamin C to the body, is like chlorophyll to a plant, which helps a plant absorb sunlight, adds a flush of colour, produces absorbable nutrients, and thereby boosts growth and wellbeing. In our body, vitamin C helps absorb iron and essential nutrients from what we consume, gives the skin a healthy flush and our hair a healthy shine. It is a micro-nutrient that aids in the production of antibodies, thereby boosting your immunity.

In addition to that, the antioxidants in Tetley Green Tea go a long way to help detoxify and heal you from within. It's your step forward to ensure your body is strong on the inside, ready to fight whatever life throws your way. So go on, take that fresh, steaming sip of Tetley Green Tea's goodness and let your body know that you're listening. And listening close.