

I drink warm lemon water

I start my day with two glasses of water mixed with lemon juice. This helps me cleanse my digestive system and helps me control constipation. It also acts as a great weight loss remedy and cures common colds.

Fruits

For breakfast, I prefer eating fruits especially apples, watermelon and pineapple. I have realised that watermelon helps me to stay hydrated in case I do not carry enough water. I have also realised that I normally do not get urinary tract infections because watermelon causes me to urinate frequently. Since they are also rich in fibre, they help me to beat bloating.

Foods

I eat a lot of vegetables such as *katunkuma*, *jjoby*. Bitter foods help in the proper functioning of the liver, they purify blood, cleanse the body system and eliminate stomach gas. They have also aided my weight loss journey thereby keeping my blood pressure in check.

I eat meat once a week which is normally boiled and the rest of the days I eat beans, peas and groundnuts. I do not eat junk food. I eat supper at 7pm and at 10pm I drink a cup of tea before going to bed.

Medication

I swallow two cloves of garlic every day and this helps me to control infections. I am not a gym person but this does not stop me from working out. Every morning and evening I skip the rope 150 times and then do 20 to 25 sit-ups.