

IF YOU WANT REAL PEACE DON'T TALK TO YOUR FRIENDS, TALK WITH YOUR ENEMIES... MOTHER THERESA

## New Customers List

|              |                    |                      |                           |
|--------------|--------------------|----------------------|---------------------------|
| Wheelz       | Ajay Motors        | Ziac Cash            | S.M.Enterprises           |
|              | Balaji Motors      |                      |                           |
|              | AM Motors          |                      |                           |
|              | S A Motors         | Ziac Mobile          | Manjunatha Communications |
|              | Galaxy Motors      |                      | Dhanya Agencies           |
|              | Nehala Automobiles | Ziac Total inventory | Prime Labels              |
|              | Ratheesh Motors    |                      |                           |
| Anjan Motors | HMSI Software      | Century Motors       |                           |
| ABC FSN      | Jaydev Motors      |                      |                           |

### Did You Know

**Alt + Ctrl + 2**

ApplyHeading2

Applies Heading 2 style to the selected text

**Alt + Ctrl + 3**

ApplyHeading3

Applies Heading 3 style to the selected text

### Fresh new jobs, NO EXPERIENCE REQUIRED

Openings are in Marketing, Customer Support, Admin & Development department.

**Hurry Up, Call 9972595464**

### Here are few strange interesting facts !!!!!!!!!!!

1. A sneeze can exceed the speed of 100 mph.
2. Crocodile is the only animal & reptile that sheds tears while eating.
3. Leonardo da Vinci could write with one hand and draw with the other at the same time.
4. Brains are more active sleeping than watching TV.
5. There are more chickens than people in the world.
6. Intelligent people have more zinc and copper in their hair.
7. Our eyes remain the same size from birth onward, but our noses and ears never stop growing.
8. You burn more calories sleeping than you do watching TV.
9. "Dreamt" is the only word in the English language that ends in "mt".
10. Coca-Cola was originally green.

### FASTING IS A WAY OF KNOWING YOUR BODY

The two important pillars of health are good nutrition and moderate exercise. The most important factor, however, is your mind. Diet control has a lot to do with mind control. Which is why fasting is prescribed in many religions as a way of self-discipline.

Fasting is one of the time-tested and proven methods that helps you understand your hunger and has been used by almost all religions of the world. The best way to begin is to go on an 'only water' diet for as long as you can do it conveniently depending upon your health. It may range between 10 hours and



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24 hours unless you have some medical problem. The purpose is to focus on your hunger and understand how it feels to be hungry increases its intensity.

When the body gives you a signal that it is hungry and needs food, then try to witness the sensation and understand how it feels. Drink water and the signal would fade away. Next time it would give you a stronger signal. You need to understand these signals before you respond to the same. When you feel that you are very hungry then you drink some fresh fruit juice and watch how a signal of satisfaction is generated. Try fresh fruits, milk and cereals later but always keep the focus on your hunger and satiety signals of the body. The objective is to know the dynamics of your body which is unique for everybody.