

PATTAYA TODAY

Volume 13, Issue 18

1 - 15 June 2014

30 BAHT

What's Inside: *Life & Leisure* LIVING IN STYLE *Property & Business*

Time... is the most important element.

ACT FAST at the First Sign of **STROKE**



- Facial Muscle Weakness
- Arm and Leg Weakness
- Impaired Speech
- See a doctor immediately

Stroke Pathway treatment

can reduce the risk of death and handicap.

Consult the Neuroscience Center



BRITISH EXPATS AWAIT HEALTH DECISION



Norfolk and Norwich University Hospital, an academic teaching NHS Foundation Trust which operates hospitals in Norfolk, England

British passport holders residing in Thailand and some other countries are holding their breath to see if they can use the National Health Service (NHS) if they return to UK. At the moment, they lose the right to free healthcare even if they have paid national insurance contributions all their working life.

But a government-sponsored public inquiry last year came up with the recommendation that expats should be able to take advantage of NHS facilities, long or short term, provided they paid at least seven years national insurance during their working life. According to Tax-News, an online forum, the basic

recommendation has been accepted by the government, but the minimum number of contributions has not yet been determined. Final details are expected later this year.

The new discretion seems to fly in the face of other developments which have worsened the plight of expats. In Thailand and most other countries,

the British old age pension is frozen and not increased in line with UK inflation. It was even mooted last month that expats might even lose the personal allowance to reduce their UK tax payments – though the government stressed this was no more than a suggestion at present.

► Continued on page 4

Captain's Cove
Magical ambience
Open
Tuesdays - Sundays
4 pm - 11 pm
Quality European & Thai Cuisine
www.captains-cove.net
www.facebook.com/captainscove.pattaya
Tel 084 784 6639
BANGKOK - SUKHUMVIT ROAD - BAYDONG
Thaprasit Soi 11
Thaprasit Soi 13 Alley

A-ONE
BANGKOK • PATTAYA
Reservation
+(66)2 718 1030(Auto)
www.a-onehotel.com
FIVE STAR VISA RUNS
WOW!
NOW BOOK ONLINE
www.FIVESTARVISARUNS.com
or call:
038 416 088

Dental Smile
PATTAYA THIRD ROAD
Dental cosmetic makeover & restoration experts.
All-on-4 one trip implant. Free Consult! Best Rate!
Laser Whitening 5500 B.
at Corner 3rd Rd. and South Pattaya Rd. 038-723460 DentalSmilePattaya.com

EasyKart.net
Pattaya Ball Hai Pier
Only 200 m. from Walking Street
info center. 086 0280880
www.easykart.net / info@easykart.net
Open Daily
10 am - 01 am Night

GRANDE CARIBBEAN
CONDO RESORT PATTAYA
Grande Caribbean Condo Resort is a themed living experience featuring four eight-storey buildings and a striking thirty-storey tower. This unique development features lush tropical gardens, expansive pools, and interactive pirate ships.
Starting from 1.89 M Baht!
Visit our on-site Show Suites today.
038 364 621 facebook.com/CaribbeanCondoPattaya
PROJECT OWNER & DEVELOPER HEAD OFFICE: Blue sky Developer Co., Ltd. No 12, Sukhumvit soi 2, Sukhumvit Rd., Kwaeng Klongtoey, Khet Klongtoey Bangkok 10110 Thailand. TOTAL INVESTMENT VALUE: Over 2 Billion Baht SALES OFFICE & SHOW ROOMS: Construction Site Thapraya road. Construction Begins in 3rd Quarter 2013 and will be complete December 2015.
www.GrandeCaribbeanPattaya.com
WHERE HOLIDAYS BECOME HOMES
EIA APPROVED

A healthy diet for seniors

by Pensiri Panyarachun, Absolute Living Thailand

A healthy diet helps maintain or improve general health. Food provides the body with essential nutrients and supports energy needs. Eating well is important for everyone at all ages. As we age, we might need less energy but still need just as many nutrients--which can be challenging. This article aims to provide tips on nutrition and diet to ensure healthy eating for seniors. Here are some important nutrients to keep in mind when planning a healthy diet for the elderly.

Calcium and Vitamin D are important for all ages. However, calcium seems to be more important as we age. Lack of calcium has been shown to increase the risk of brittle bones and fractures. Calcium-rich foods include low-fat and fat-free dairy products such as milk and yogurt, fortified cereals and fruit juices, dark green leafy vegetables, and canned fish with soft bones. Seniors need three servings of calcium and vitamin D every day. If you take a calcium supplement or multivitamin, be sure it contains vitamin D.

Vitamin B12 is important for creating red blood cells and DNA, and for maintaining healthy nerve function. The richest sources of B12 include fish, meat, poultry, eggs, milk, and milk products. Consult your doctor before taking a B12 supplement.

Vitamin C deficiency in the elderly may lead to iron deficiency. Vitamin C helps in the absorption of iron from foods derived from plants. It also helps to heal wounds. Some foods rich in vitamin C include papaya, guava, bell pepper, spinach, strawberries and broccoli.

Vitamin A is essential for the eyes and helps form and maintain soft tissue. Sources of vitamin A include carrots, spinach, squash and sweet potato plants.

Vitamin E is an antioxidant that helps prevent cell destruction. Vitamin E is found in almonds, sunflower seeds, peanut butter and ketchup.

Fiber allows the bowels to function normally and is good for the heart. If you need to lose weight, fiber keeps you feeling full longer. Seniors older than 50 need 30 grams of fiber a



day. Fiber is found in fruits, vegetables, beans, nuts, seeds, and whole grains. Eating more fiber helps prevent digestive problems like constipation. It also helps lower cholesterol and blood sugar.

Potassium: Increasing potassium intake along with decreasing sodium (salt) may lower your risk of high blood pressure. Good sources of potassium include fruits, vegetables and low-fat or fat-free milk and yogurt. Choose low-sodium foods and replace salt with other herbs and spices to reduce your sodium intake.

Healthy fats provide energy and help your body use certain vitamins, but it is high in calories. Here are some tips to help reduce fat in your diet:

- Choose lean cuts of meat, fish, or skinless poultry with less fat.
- Trim excess fat before cooking.
- Use low-fat or no-fat dairy products and salad dressings.
- Use non-stick pots and pans, and cook without using fat.
- Choose an unsaturated vegetable oil for cooking—check the label.
- Don't fry foods. Instead, broil, roast, bake, stir-fry, steam, microwave, or boil them.

For weight control and overall health, limit fat calories to 20 percent to 35 percent of your diet. Most fats you consume should come from heart-healthy unsaturated fats. Try extra-virgin olive oil, canola oil, walnuts, almonds and avocados.



ABSOLUTE
LIVING Thailand

A perfect "Home"
for your retirement



Absolute Living Thailand introduces you "Long Lake Hillside Resort", an ideal lifestyle concept of retirement resort located at Banglamung, Pattaya. We combine resort-style living with special care and emphasize on quality of life for seniors.

Retirement Living at **Long Lake Hillside Resort** makes you feel right at home from the very first day you move in.

Up to 40%
Special Discount
for Early Bird

Contact us now at 092 265 1145
www.absolutelivingthailand.com

Water: As you age, you may lose some sense of thirst. Drink plenty of liquids like water, juice, milk, and soup. Don't wait until you feel thirsty. Have liquids throughout the day.

Why do most seniors not get sufficient nutrients? Apart from weakened senses like taste and smell, medications often leave a bitter taste in the mouth. Eat with the eyes by preparing and serving seniors a visually appealing meal. Make use of herbs and spices to compensate for unhealthy ingredients like salt.

Whatever your age, your daily food choices can make an important difference in your health and in how you look and feel.

OCEAN MARINA PATTAYA BOAT SHOW

27 - 30 NOVEMBER 2014
AT OCEAN MARINA YACHT CLUB

TOP BRAND YACHTS - SUPER BIKES & CARS - WATER SPORTS
LIFESTYLE PRODUCTS & SERVICES. FREE TRIAL YACHTING
BEER FEST BY THE MARINA. GAMES STATIONS. AND MANY MORE

BOOTH & SPACE AVAILABLE NOW

E. INFO@OCEANMARINAPATTAYABOATSHOW.COM

M: +66(0) 84 385 9026 (K.NARUMOL)

WWW.OCEANMARINAPATTAYABOATSHOW.COM



OCEAN MARINA
PATTAYA BOAT SHOW

ORGANISER

VENUE

SUPPORTING-AUTHORITIES

CO-SPONSOR

MARKETING SUPPORT

OFFICIAL PR

MEDIA PARTNER

MEDIA PARTNER

MEDIA PARTNER

OCEAN
PROPERTY

OCEAN MARINA
YACHT CLUB



amazing
THAILAND
It Begins with the People...

THE SPONSORSHIP EXPERTS
WWW.PAULPOOLE.CO.TH

INFINITY
PR AND MARKETING COMMUNICATIONS AGENCY

HELM
Superyacht Asia Pacific

PATTAYA TODAY

PROPERTYREPORT
The Leading Magazine for Luxury Real Estate Investors