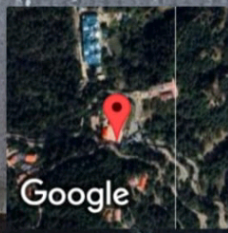


### Lifestyle modification

- ↪ Exercise: Five times a week, 1 hour per day.
- ↪ Sleep: Six to eight hours, try to sleep close to 10 pm.
- ↪ Diet: Healthy balanced diet, avoid packed and processed food.



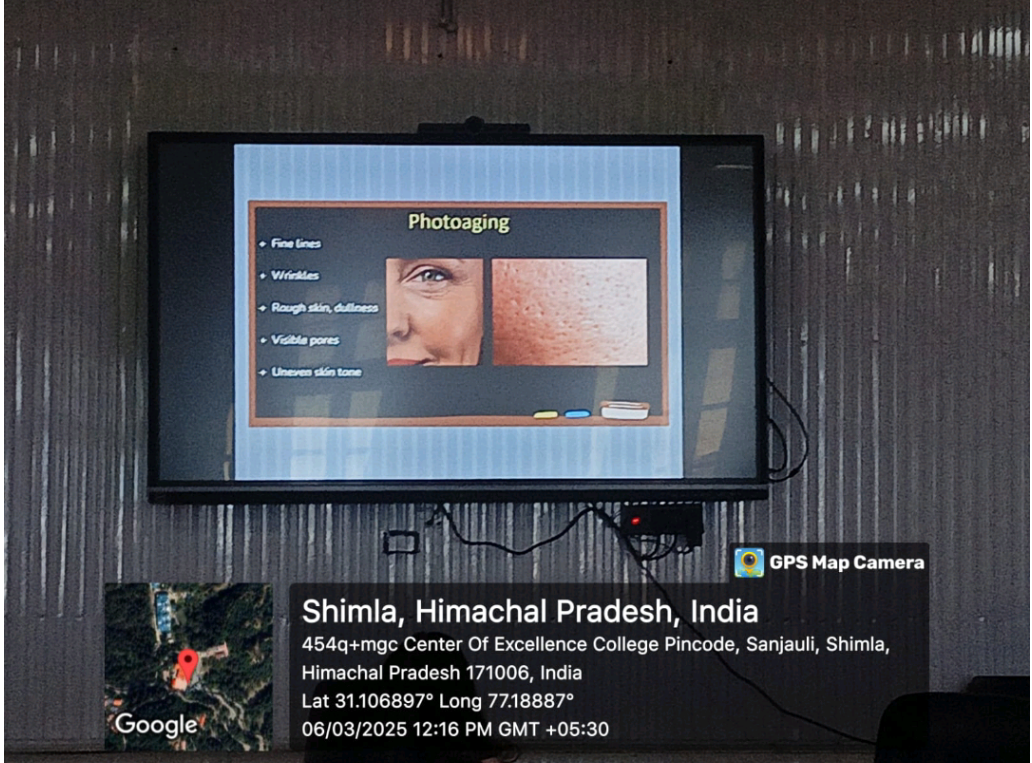
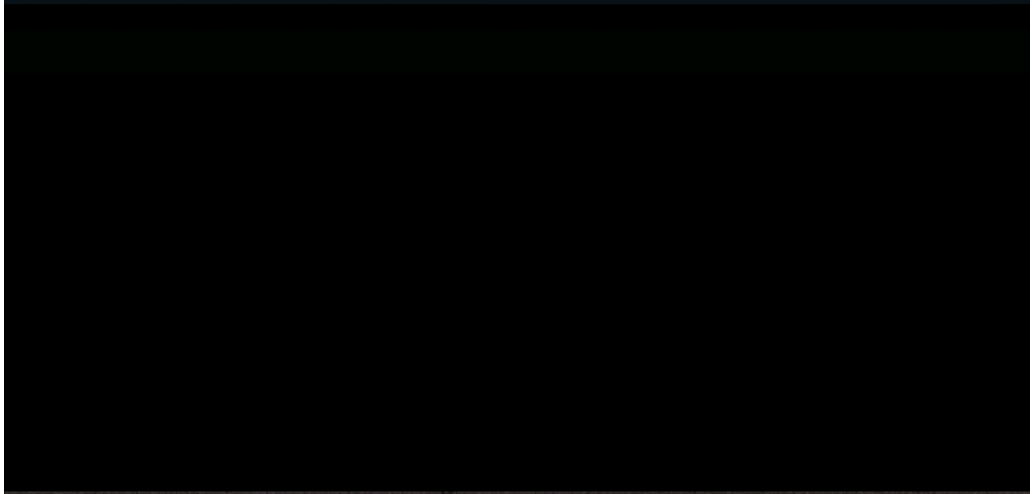
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