



River pollution

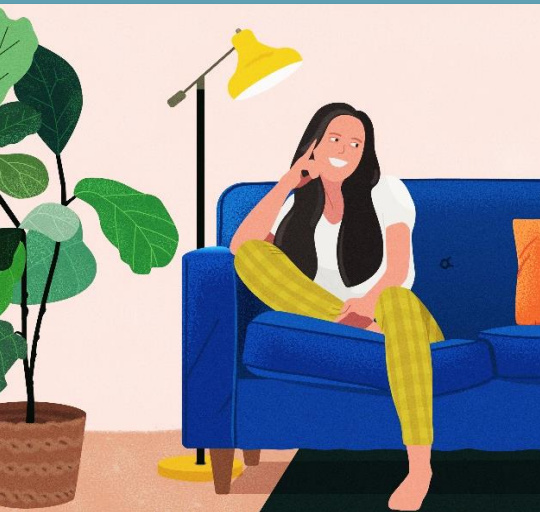
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Niksen Is the Dutch
Lifestyle Concept of
'Doing Nothing'

COCONUT Water

River pollution traced to Indah Water plant in Rawang

Free Malaysia Today Ho Kit Yen -November 10, 2020



The state government will be lodging a police report over the latest odour pollution detected in Sungai Selangor today.

Exco member in charge of the environment Hee Loy Sian (PH-Kajang) said Air Selangor, Selangor Water Management Authority (LUAS) and other agencies had traced the source of pollution in Sungai Selangor to an Indah Water Konsortium (IWK) sewerage plant in Taman Velox, Rawang.

“What has happened was that the oil or solvent was disposed of into the manhole and straight into IWK,” he told the state assembly.

Hee suspected sabotage as this pollution case had occurred just 24 hours after the state passed amendments to the LUAS enactment, which contains stiff penalties for polluters, including a mandatory jail sentence and fines of up to RM1 million.

Answering a question from Elizabeth Wong (PH-Bukit Lanjan), Hee said LUAS and Air Selangor had conducted tests on the water early this morning but did not find any chemical contents in the river.

“We suspect there was an act of sabotage between 7am and 10am. We will find out who is behind it through this police report,” he said.

Earlier, Air Selangor had said the Rantau Panjang, SSP1, SSP2 and SSP3 water treatment plants were forced to stop operations in stages from noon after a solvent-like odour was detected.

7 health benefits of COCONUT water

Source : Medical News

Natural sports drink

Made without added sugar, food coloring, or artificial sweeteners, many people reach for coconut water as a more natural performance drink.

Low in calories

Coconut water has less sugar and carbohydrates than most juices

Potassium

Potassium helps keep fluid and electrolyte balance in the body, especially during exercise.

Calcium and magnesium

While coconut water contains more calcium and magnesium than other sports drinks or fruit juices, it is not a concentrated source of either mineral. Coconut water contains less than 5 percent of your recommended amount of both calcium and magnesium.

Antioxidants

In addition to all of its hydrating benefits, coconut water contains antioxidants that help to neutralize oxidative stress and free radicals created by exercise.

Amino acids

It's a major source of arginine, an amino acid that helps your body respond to stress (like the stress caused by a difficult workout). Arginine may also help keep the heart healthy.

Cytokinin

These compounds are believed to have antiaging and cancer-fighting properties. However, to date no major studies have shown that coconut water wards off cancer.

“Talent wins games, but teamwork and intelligence win championships”

Michael Jordan

What is niksens?

Niksens “literally means to do nothing, to be idle or doing something without any use,” says Carolien Hamming, managing director of CSR Centrum, a coaching center in the Netherlands that helps clients manage stress and recover from burnout. Practicing niksens could be as simple as just hanging around, looking at your surroundings or listening to music — “as long as it’s without purpose,” she says, and not done in order to achieve something or be productive.

Think “simply sitting in a chair or looking out of the window,” says Ruut Veenhoven, a sociologist and professor at Erasmus University Rotterdam in the Netherlands who studies happiness.

Whereas mindfulness is about being present in the moment, niksens is more about carving out time to just *be*, even letting your mind wander rather than focusing on the details of an action.

“We should have moments of relaxation, and relaxation can be combined with easy, semi-automatic activity, such as knitting,” Veenhoven says. “One aspect of the ‘art of living’ is to find out what ways of relaxing fit you best.” There’s not necessarily a one-size-fits-all approach; rather, you’ll discover which behaviors are most effective for you through trial and error, he adds.

Potential benefits of niksens?

- doing nothing is increasingly being framed as a positive, stress-fighting tactic.
- Another benefit of niksens is that it can help people come up with new ideas
- processing power to solve pending problems
- boost one’s creativity
- foster creative problem solving, even improving your ability to work through a problem you might have been stuck on earlier.

NIKSEN

You're About to
See It Everywhere

Source : TIME.com

