

# Honey, warm water - tips to keep Tg Piai by-election candidates healthy

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By Nor Baizura Basri

PONTIAN, Nov 13 -- As the Tanjung Piai by-election enters its 12th day of campaign, many are asking how are all the candidates able to keep themselves fit and healthy despite the punishing pace of campaigning day and night.

For Pakatan Harapan (PH) candidate, Karmaine Sardini, 66, ensures he gets sufficient sleep while drinking honey and taking habbatus sauda (black cumin) supplement to keep up his energy level.

Despite being the oldest candidate among the six aspirants, he did not want age to be an excuse and he also drew his inspiration by emulating Prime Minister Tun Dr Mahathir Mohamad, 94, who is still active despite a packed schedule. "We have to eat as well...really lack sleep now, it can affect our health. So its better to return home for a good sleep. I also practise drinking honey every morning," he told Bernama recently.

Meanwhile Barisan Nasional (BN) candidate Datuk Seri Dr Wee Jeck Seng, 55, who described himself as a villager who is used to the busy routine and does not have any secret health tips.

For Gerakan candidate, Wendy Subramaniam practises drinking at least three litres of warm water daily to maintain her health.

The 38-year-old candidate who is the youngest, wakes up at 5 am to start campaigning until 12 midnight also ensures she has a good breakfast to keep her alert all day long.

Meanwhile, Parti Barisan Jemaah Islamiah (Berjasa) candidate, Datuk Dr Badhrulhisham Abdul Aziz, 56, stressed on keep in touch with his love ones.

"My wife follows the campaign to give me moral support. My children also keep in touch with one or two motivating messages which are important to keep my physical, mental and spiritual well-being," added Badhrulhisham.

Apart from that, he also prayed to Allah for blessings and good health during the campaign.

For independent candidate, Faridah Aryani Abdul Ghaffar, warm water is the best to keep her in good health.

"I am quite simple. Just a bit of food for breakfast, lunch, tea break and dinner. I do not take any supplements and I do not take sugary drinks," said the 45-year-old woman representing Gabungan Teksi SeMalaysia (GTSM).

The Tanjung Piai parliamentary by-election this Saturday is a six-cornered fight included

another independent candidate Dr Ang Chuan Lock.

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