



Takeaways

A newsletter by RICE



TW: We're already in July

How are your wellness resolutions coming along? Did you lose that 5kg you said you would? Have you managed to stick to going for spin classes once a week, or has that been on pause since your Chinese New Year “break”? What about that paleo diet that you said you were so totally going to try?

We'll confess first: Nothing has changed since December 31, 2023. Is anyone even surprised?

Be it fad diets or drastic lifestyle changes, the lofty goals we set for ourselves at the beginning of the year tend to fail the hardest when they're not sustainable. Pipe dreams, we all have them. Perhaps the solution is to stick to what you know and love—ordering two *cai* with one meat, no rice.

P.S. We've also learnt some of you found your way here through your friends. If you haven't already, [subscribe](#) to our weekly newsletter today!

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Wellness industry be wildin’



The benefits of modern wellness products are sometimes just too good to be true. If you told us that you could looksmax by biting down on a silicone ball, maybe Gen Alphas wouldn't have invented mewing.

The modern wellness industry is a lawless place with no regulations or restrictions, how then, can consumers learn to differentiate between facts and fads?

Who Can Singaporeans Trust in the Wild Wild West of Wellness?

Where them wings?



Singaporeans have a chronic addiction to three things: Credits, Complaining and Caffeine. Especially the last one.

Everyone is boarding the caffeine train—millennials made it their personality, Gen Zs are smashing it, and Gen Alphas are microdosing it in the back of classrooms when no one's looking. Has our obsession with boundless energy gone too far?

**How to Solve Singapore's Energy
(Drink) Crisis**

**Ancient wisdom, modern
medicine**



Despite what iPhone diehards may tell you, new isn't always better. When it comes to health, sometimes what we need is a blast from the past.

Take a look at how this woman-led health and wellness company combines ancient wisdom and modern medicine to revitalise the industry.

**Modern female wellness needs
transparency. And a dose of
ancient alternative medicine**

Auntie, less rice please



As healthy eating grows increasingly unaffordable and time-consuming, RICE explores if it's possible to survive—and thrive—on cai fan alone.

How Healthy Is the Cai Fan Diet?

Herbal essences, and essentials



Drink some tea to boost those gains? Sounds too good to be true. But these traditional Chinese herbs are backed up by scientific studies—and you don't have

to go scavenging for them.

Eating is Healing: Food For Gym Rats, Constant Farters, And More

Short Grains, or *piping-hot topics by the spoonful.*

- It's official, Uniqlo has fully embraced their branding as the uniform of Singaporean men by releasing three local-exclusive colours. (via *Straits Times*)
- After being dubbed “cheap-looking” and “ugly”, Malaysia unveiled a new design for its official Olympics attire. You can decide if it looks better.
- Almost a decade after the first movie, Inside Out 2 is back with a bang as it becomes the fastest animated film to hit US\$1 billion at the global box office. (via *Straits Times*)
- Thanks to everyone who's travelled lately, the CEO of Singapore Airlines saw a salary increase of 20% to \$8.1 million. (via *AsiaOne*)
- Why did the duck cross the road? To be the perfect wingman to this Filipino Grab delivery driver doing his job. (via *Straits Times*)



We're Singaporean, of course we love to eat... Wait, what do you mean by no food for 15 days?

I Survived Without Food For 15 Days

We like to go out! We also hate our weather.

But as much as our team is full of contradictions, we simply can't go by our weekend without checking out some things. If you're still deciding on where to go, let us highlight some unmissable events for you:

- The hit Netflix Musical [TICK, TICK...BOOM!](#) is coming to the live stage in Singapore! A celebration of self-discovery, tackling the anxieties of adulthood, and highlighting the importance of mental wellness and resilience—don't miss out on this unforgettable performance!
- Don't miss [Future Sundays: Ann Siang Hill Block Party](#) this Sunday! Enjoy food by chef Andrei Soen, drinks from Maxi Coffee Bar and Boujee Botanicals, and live music by DJ Vanam M and Inch Chua. For more updates—check out [Bunker Bunker's Instagram!](#)
- It's a party on Changi Beach from noon till late! Celebrate Little Island Brewing Co.'s 9th Anniversary at the [Beer and Music Festival](#) happening this Saturday! Enjoy \$12 self-pour craft beers, all-day Happy Hour cocktails, sourdough pizzas, and charcoal-grilled dishes starting at \$6.
- From aromatherapy to holistic journaling to zumba classes, there's so much to do at the [Sentosa Festive Market](#) this weekend.
- Celebrating over 130 talented illustrators from across Asia and Australia, the [Illustration Arts Festival 2024](#) returns for its fifth edition.

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