



Newsletter

May 2025

Bright & Cheerful Homes at SQ Rés

Cancer and Lifestyle

Is it true that lifestyle changes can help prevent cancer? The SQ Rés x Era Graha seminar, themed “Cancer and Lifestyle”, offers insights into how cancer develops in the human body and how a healthy lifestyle can minimize the risk of cancer. The seminar held on Thursday, May 8th, 2025, from 11:00 AM to 1:00 PM WIB at the Function Room, Ground Floor, SQ Rés.

Era Graha invited Ms. Aya Misawa, PhD, who graduated from University of Tokyo specializing in Cancer and Immunology Research. She stated cancer tends to develop more rapidly when the body has an excess calorie intake. Therefore, this intake should be reduced by 20–40%. With fewer calories, cancer in the human body can shrink on its own.



A healthy lifestyle has a major impact on the body. People should adopt the habit of eating only until they are 80% full (a Japanese concept known as Hara Hachi Bu) to avoid overeating. There are several types of foods that can help reduce cancer cells, such as various berries, grape, tomato, lemon, green tea, olive oil, and others.

This kind of information can be obtained through educational activities, one of which is a seminar organized by SQ Rés x Era Graha that allows you to enhance your understanding and better insight.

By leasing an apartment unit at SQ Rés, you can easily access information and other events that discuss healthy living. Stay tuned for the next exciting events. Contact us now and choose your dream unit!

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