At least half of your daily liquids should come from water. About one-third (or three to four cups) can come from coffee or tea -but with no sugar. Low-fat milk can make up another 20 per cent. If you drink less milk, just try to get your calcium from another type of food or drink, for example, green vegetables. You can have one small glass of fruit juice a day, and no more than one to two alcoholic drinks for men or one for women. However, some doctors now think that it's a good idea to have several alcohol-free days a week. Diet drinks which use artificial sweeteners are not good for you, but up to one to two glasses a day is OK. But try not to have any drinks with a lot of sugar, for example, sweet fizzy drinks.

Presenter: Today's topic is 'positive thinking'. We all know that people who are positive enjoy life more than people who are negative and pessimistic. But scientific studies show that positive people are also healthier. They get better more quickly when they are ill, and they live longer. A recent study has shown that people who are optimistic and think positively live, on average, nine years longer than pessimistic people. So, let's hear what you, the listeners, think. Do you have any ideas to help us be more positive in our lives?

Presenter: Our first caller this evening is Andy. Hi, Andy. What's your tip for being positive?

Andy: Hello. Well, I think it's very important to live in the present, not in the past. Don't think about mistakes you made in the past-you can't change things now. The important thing is to think about how you can do things better now and in the future.

Presenter: Thank you, Andy. And now we have another caller. What's your name, please?

Julie: Hi, my name's Julie. My tip is think positive thoughts, not negative ones. We all have negative thoughts sometimes, but when we start having them we need to stop and try to change them into positive ones. Like, if you have an exam tomorrow and you start thinking 'I'm sure I'll fail', then you'll fail the exam. So, you need to change that negative thought to a positive thought. Just think to yourself 'I'll pass that exam'. I do this and it usually works.

Presenter: Thank you, Julie. And our next caller is Martin. Hi, Martin.

Martin: Hi. My tip is don't spend a lot of time following the news online or on TV. It's always bad news and it just makes you feel depressed. Read a book or listen to your favourite music instead, and you won't feel so bad.

Presenter: Thanks, Martin. Good tip! And our next caller is Miriam. Miriam?

Miriam: Hi.

Presenter: Hi, Miriam. What's your tip?

Miriam: Every week, make a list of all the good things that happened to you, on your phone or on a piece of paper. Then if you're feeling a bit sad or depressed, read the list and it'll make you feel better.

Presenter: Thanks, Miriam. And our last call is from Michael. Hi, Michael. We're listening.

Michael: Hi. I think it's good to try to use positive language when you speak to other people. You know, if your friend has a problem, don't say 'I'm sorry' or 'Oh, poor you', say something positive like, 'Don't worry! Everything'll be OK.' That way you'll make the other person think more positively about their problem.

Presenter: Thank you, Michael. Well, that's all we've got time for. A big thank you to all our callers.

Patient: So what does it mean, Doctor?

Doctor: Well, first the party. A party is a group of people. This means that you're going to meet a lot of people. I think you're going to be very busy.

Patient: At work?

Doctor: Yes, at work... you work in an office, I think?

Patient: Yes, that's right.

Doctor: I think the party means you're going to have a lot of meetings.

Patient: What about the champagne?

Doctor: Let me look at my notes again. Ah yes, you were drinking champagne. Champagne means a celebration. It's a symbol of success. So, we have a meeting or meetings and then a celebration. Maybe in the future you'll have a meeting with your boss, about a possible promotion?

Patient: Well, it's possible. I hope so... What about the garden and the flowers? Do they mean anything?

Doctor: Yes. Flowers are a positive symbol. So, the flowers mean that you are feeling positive about the future. So perhaps you already knew about this possible promotion?

Patient: No, I didn't. But it's true, I am very happy at work and I feel very positive about my future. That's not where my problems are. My problems are with my love life. Does my dream tell you anything about that?

Doctor: Mmm, yes it does. You're single, aren't you?

Patient: Yes, well, divorced.

Doctor: Because the violin music tells me you want some romance in your life -you're looking for a partner perhaps?

Patient: Yes, yes, I am. In fact I met a woman last month -I really like her ... l think I'm in love with her. I'm meeting her tonight.

Doctor: In your dream you saw an owl in a tree?

Patient: Yes, an owl… a big owl.

Doctor: The owl represents an older person. I think you'll need to ask this older person for help. Maybe this 'older person' is me? Maybe you need my help?

Patient: Well, yes, what I really want to know is does this person, this woman... love me?