

family

a world where we live, learn and love



December 2023 Malaysia issue - HDI magazine - for internal circulation only.



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WHY ARE INDIVIDUALS WITH OBESITY PRONE TO KNEE PROBLEMS?

Apparently, knee problems are more likely to be experienced by individuals who are obese. The heavier the body, the greater the burden on the joints. Why is that?

Accumulated body fat can lead to obesity, typically caused by an unhealthy lifestyle and a family history of obesity. Individuals with obesity have an increased risk of developing diseases such as chronic conditions and knee problems like osteoarthritis. Knee joints, in particular, are more susceptible to pain and issues as they bear the body's weight. Obesity exerts excessive pressure on the knees; for instance, every half-kilogram of body weight burdens the knees with an additional 2.2 kilograms. In those with obesity, the workload on the bone cushions in the joints also becomes heavier. People with obesity are prone to

diabetes, especially type two, and diabetes can contribute to joint pain. Furthermore, uncontrolled diabetes can affect the skeletal and muscular systems, resulting in nerve damage, joint pain, and other issues.



TIPS TO AVOID OBESITY AND JOINT PAIN

Healthy Eating Habits



Maintaining a balanced and nutritious diet is essential through portion control and regular meals. Avoid foods containing harmful fats and high salt content. Pay attention to food preparation methods, such as using minimal oil and avoiding overcooking vegetables. Increase the intake of healthy foods, including a variety of vegetables, fruits, grains, nuts, eggs, fish, as well as lean beef and chicken.

Regular Exercise

Regular exercise helps burn calories, preventing obesity due to excess fat accumulation. Various exercises can reduce the risk of joint pain and address obesity, including walking, running, aerobics, yoga, and cycling. Additionally, aim to be more physically active, for example, take a short walk about five minutes after meals, use stairs instead of elevators or escalators, or a combination of both.



Maintain Weight



Be aware of your ideal weight and monitor it regularly to prevent excess weight that may lead to health problems later on.

Avoid Sleeping After Eating



Sleeping right after eating not only disrupts the digestive system but can also trigger weight gain. This is because unused calories are maximally converted into accumulated fat in the body. Therefore, it is advisable to engage in other activities at least three hours after eating before bedtime.

Avoid Artificial Sweeteners

Foods containing artificial sweeteners or high sugar content can trigger obesity and diabetes. Therefore, it is advisable to avoid them. Instead, use natural sweeteners that are safe to consume, such as honey. Choose high-quality honey that has not undergone high-temperature heating processes to preserve its enzyme content, like HDI Naturals™ Clover Honey. Additionally, the fructose (36.6%) to glucose (31.5%) ratio in HDI Naturals™ Clover Honey is > 1 , specifically 1.16, meaning the fructose content is greater than glucose. Fructose can be converted into energy without requiring insulin, thus not affecting blood sugar levels in individuals with diabetes. The higher fructose content makes this product safe for consumption by those with diabetes.



HOW DOES HDI PRODUCT HELP?

HDI Naturals™ Clover Honey serves as an energy source and a safe sugar substitute, aiding in improving and protecting the digestive system.

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EASI STARTER SET

4 STAR PACK



Clover Honey 1kg
Royale Jelly Liquid 150g
Bee Propolis Tablet (60 tab)
Pollenergy 520 (90 tab)

West Malaysia

RM412

East Malaysia
(Sabah & Sarawak)

RM445

BV: 258.00 | BP: 343.99

PROPOELIX POWER PACK



Clover Honey 1kg
Royale Jelly Liquid 150g
Propoelix (60cap)

West Malaysia

RM477

East Malaysia
(Sabah & Sarawak)

RM520

BV: 282.00 | BP: 375.99



BE CAUTIOUS! NOT DRINKING ENOUGH CAN WEAKEN THE IMMUNE SYSTEM

The role of water in the body is so significant that it can impact health, including the immune system, when there is insufficient intake.

Approximately 50-70% of an adult human body is water, while in children, it's around 65%. Every day, our bodies can lose fluids due to various activities. Water plays a crucial role in many bodily functions and can lead to health problems if there is insufficient

intake. Therefore, it is important to stay hydrated with adequate fluid intake. It is essential to ensure that the body receives sufficient daily fluid intake, necessary for various functions, including:

1. Assisting the body's metabolic processes.
2. Maintaining the proper functioning of organs such as the heart, kidneys, brain, liver, and others.
3. Delivering the nutritional content from food intake throughout the body.

One consequence of inadequate body fluid is dehydration. The signs include not only a feeling of thirst but also rapid fatigue, dry mouth, and dark yellow urine. Blood flow and oxygen to the brain can be disrupted as well. Additionally, what are the other impacts of insufficient fluid in our body?

1. Weakens the Immune System

One function of water is to moisturize waste in the body, including urine. If there is a lack of urine, it can lead to the buildup of waste in the body, disturbing the immune system and making it easier to be exposed to diseases.

2. Kidney Stone Issues

The risk of kidney stones and urinary tract infections can increase if we don't drink enough water and other fluids. This is because the body struggles to eliminate bacteria causing urinary tract infections, and minerals that form stones, typically flushed out by drinking water, may accumulate in the kidneys.

3. Constipation

Digestion can be disrupted if we don't drink enough water, leading to issues like constipation. Adequate fluid intake helps in the smooth functioning of the digestive system. Water also assists the large intestine in digesting food.

4. Impact on Muscles and Joints

Insufficient body fluid can disrupt muscle strength. Water lubricates joints for smooth body movements, preventing stiffness, and delivers oxygen to the muscles, especially during exercise. Failure to drink enough during physical activity or after exercising can result in muscle cramps.



5. Lack of Energy

Disruption in the body's fluid balance can decrease energy levels, leading to fatigue and a lack of vitality.

Everyone has different fluid needs. Generally, adults are advised to drink about eight glasses of water a day or two liters.

Foods with high water content, such as watermelon and spinach, can contribute about 20% of the required fluid intake. Remember to drink whenever you feel thirsty. Meeting fluid needs contributes to overall health. Additionally, to maintain a strong immune system and avoid getting sick easily, ensure a balanced nutritious diet, engage in regular exercise, and get sufficient rest.

You can also supplement your diet. Choose supplements made from natural ingredients, such as HDI Propoelix™, derived from natural propolis extract. This antioxidant-rich supplement is known to have various health benefits and can be consumed by the whole family.



HOW DOES HDI PRODUCT HELP?

HDI Propoelix™ is among the supplements with the world's highest polyphenol content, specifically 34.51%. Polyphenols are antioxidants known to help reduce the risk of various diseases.

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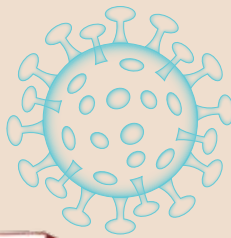
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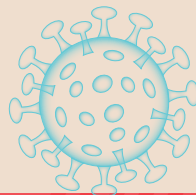
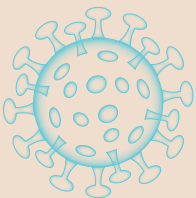
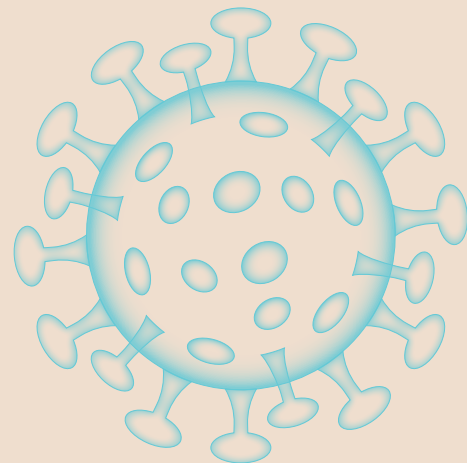
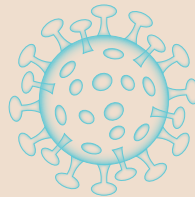
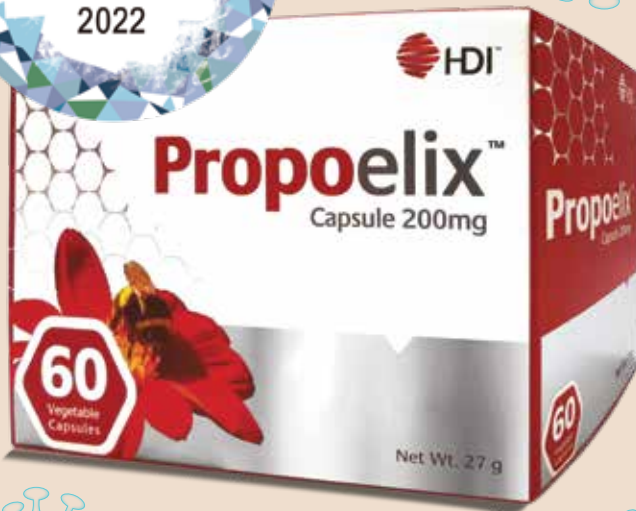
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Propoelix™
for immunity



Always boost up your immune system!

Viruses can still be around and closer than you think.





KNOW THE MYTHS AND FACTS ABOUT CHOLESTEROL

Throughout this time, we may have heard various information about cholesterol. However, not everything is factual; there are also myths. Let's explore the facts.

When we hear the word cholesterol, harmful fats in the body might come to mind. However, that's not always the case; cholesterol plays an important role in our body's health. Moreover, several myths are related to cholesterol. What are they? And what are the facts? Here are some:

1. **Myth:** All cholesterol is bad

Fact: There are two types of cholesterol: Low-Density Lipoprotein (LDL), the main component in total cholesterol. LDL can form plaques that adhere to blood vessel walls, increasing the risk of stroke and heart

disease. There is also High-Density Lipoprotein (HDL) or good cholesterol. High-Density Lipoprotein (HDL) plays a crucial role in eliminating bad cholesterol. HDL absorbs excess cholesterol and transports it back to the heart for removal from the body. If HDL levels are high, the risk of heart disease and stroke decreases.

2. **Myth: There is no cholesterol in thin people**

Fact: Body weight does not affect high cholesterol. The likelihood is indeed higher with excess weight, but being thin does not auto-matically protect against the possibility of cholesterol.

Eating habits, genetics, age, physical activity, rest time, and medication are factors that affect cholesterol potential.



Therefore, it is recommended to regularly check cholesterol levels.

3. **Myth: Symptoms appear when cholesterol is high**

Fact: High cholesterol may go unnoticed as it cannot be self-diagnosed, and not everyone experiences symptoms. Typically, there are no apparent symptoms until later, during a stroke or heart attack.

4. **Myth: No need to worry about children getting cholesterol**

Fact: Parents with high cholesterol levels can pass it on to their children, putting them at a high risk of early heart attacks or strokes. Research has also found that fatty plaques accumulating in blood vessels can start as early as the age of 8. Parents are advised to monitor their children's diet from a young age, encouraging the consumption of vegetables, fruits, and regular exercise.

4. **Myth: No need for medication if you have high cholesterol**

Fact: Some people may require medication to help lower their bad cholesterol or stabilize it, while others can achieve lower bad cholesterol

levels by adjusting their diet and exercising regularly. Those who may need medication typically have high cholesterol levels, cardiovascular disease, and type 2 diabetes.

Several ways can be followed for those who want to lower bad cholesterol:

- ✔ Manage your diet with a balanced, nutritious, and healthy diet
- ✔ Exercise regularly
- ✔ Quit smoking and limit alcohol consumption
- ✔ Regularly check your cholesterol levels
- ✔ Take prescribed cholesterol-lowering medication as advised by the doctor

To help maintain cholesterol levels and keep the body healthy, you can complement your routine with additional supplements like HDI Trimee, which contains Chitosan and vitamin C, known to



be effective in addressing cholesterol issues. HDI Trimee is also beneficial in helping to lower blood cholesterol levels, reduce weight, and bind fat molecules in food, thereby reducing fat absorption by the body. You can consume two tablets per day with meals, but it is not recommended for pregnant and breastfeeding women.



HOW DOES HDI PRODUCT HELP?

HDI Trimee can help cleanse the digestive tract by removing toxins within it.

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WHY SHOULD WE USE SUNSCREEN EVERY DAY?

Sunscreen is one of the most essential skincare products but is often overlooked. Check out some reasons why sunscreen should be worn every day.

Have you applied sunscreen today? Regardless of your skin type and condition, sunscreen is a crucial product that should always be part of your routine, even when you're on the go. Why? Read some facts below!

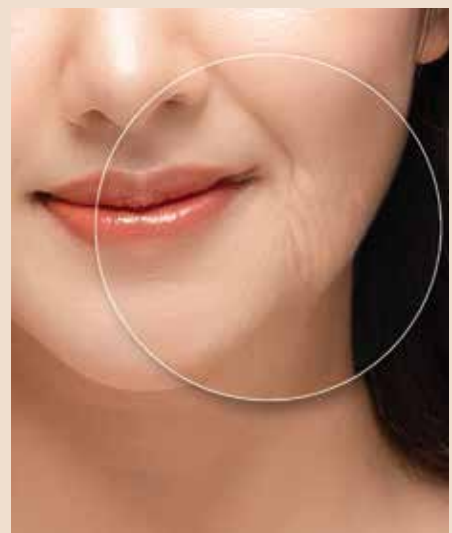


Sunlight Can Penetrate Clouds and Glass

Don't skip sunscreen just because you're indoors or the weather is cloudy. UVA rays can penetrate clouds and glass, causing the skin to darken and experience premature aging. While the highest levels of UV are present when the sky is clear, thin clouds provide minimal protection. According to Medical News Today, over 90% of UV rays can penetrate thin clouds, leading to sunburn. The same applies when you're indoors near windows. UV rays that penetrate glass and reach the skin can cause unnoticed damage.

Preventing Premature Aging

Approximately 90% of visible skin changes, including wrinkles, are caused by sun exposure. UV radiation breaks down collagen faster than normal aging factors, as cited by Verywell Health. Consequently, premature wrinkles appear, and the skin becomes more prone to sagging. UV radiation is also a major trigger for free radicals. Besides producing enzymes that break down collagen, free radicals also increase the risk of cancer.





Reducing the Risk of Hyperpigmentation

Changes in skin color, such as darkening or the emergence of hyperpigmentation like melasma and solar lentigo, are clear examples of skin exposed to UV rays. Moreover, the skin becomes drier, rougher, and dull when frequently exposed to sunlight. Dry skin can cause itching and discomfort. Fine lines and wrinkles are more visible on dry skin, giving the impression of an older-looking face.

All risks of skin damage due to UV rays can be prevented with sunscreen. As quoted from Healthline, sunscreen helps reduce signs of aging such as wrinkles and prevents changes in skin color. It is advisable to choose sunscreen with a high SPF, at least

SPF 30, and a PA rating with a higher number of + signs. Sun Protection Factor (SPF) is an indicator of protection against UVB rays, while the Protection Grade of UVA (PA) is an indicator of protection against UVA rays.



HOW DOES BSKIN PRODUCT HELP?

SS Cream SPF 50+/PA+++ is a multifunctional cream that serves as sunscreen, foundation, primer, and moisturizer. Enriched with natural beeswax, this versatile cream can be applied after using a day cream and completed with translucent powder for a flawless appearance.

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B SKIN
SMART SKIN SCIENCE

Glow On *Promo*

1 Jan - 31 Dec 2023



225 BV/300 BP

Free SS Cream 15g



450 BV/600 BP

Free Eye Care
Multi-Tasking
Power Serum



675 BV/900 BP

Free Royale Jelly
Plus Liquid



GLOSSARY



Pollenergy 520

Contains important nutrients a body needs to raise stamina and energy.



Bee Propolis Chewable Tablet

Has 400 times higher antioxidant compares to 1 gram of orange to raise body's immune system



Bee Propolis Complex Capsule

Natural anti-biotic with no side effects.



Royale Jelly Plus Liquid

Supplement to delay the ageing process and maintain the elasticity and youthful skin



Royal Jelly Plus Tablet

3-in-1 combination of royal jelly, bee pollen and propolis.



Dynamic 3

The combination of royal jelly, bee propolis and bee pollen to add concentration for active people.



Clover Honey

Premium honey that is rich in nutrition and enzyme to resolve, accelerate and maintain digestive system



HoneyBee PollenS

It's a chewable tablet to increase your little one's body immunity



Propoelix™

Maximize immunity, especially for Dengue Fever sufferers and can help overcome degenerative diseases.



Propolis Hand & Body Lotion

Contains unique blend of Propoelix™, green tea extract and multi-vitamins to give your skin the care and protection it needs.



Propolis Facial Wash Gel

Effectively cleanse pores and inhibits bacterial growth, helps to prevent and reduce acne.



Strengthening Shampoo with Royal Jelly

Natural formula of the main ingredients that can repair and strengthen your hair.



Propolis Toothpaste

Combining the beneficial properties of Propoelix™ tea tree oil, green tea extract and peppermint for complete care of your teeth and gums.



Trimee

Contains chitosan that significantly reduce fat absorption in the body



WLINE

WHITE GLOW

W1 Rich Bubble Cleanser

A gentle rich bubble foam cleanser without any harsh chemical ingredients.

W2 Even Tone Essence

Maintain the pH of the skin to keep it balanced.

W3 Enriched Brightening Serum

Replenish moisture, inhibit melanin production and reduce pigmentation.

W4 Illuminating Day Cream

Day cream that can increase the brightness of skin with Arbutin content.

W5 Refining Night Cream

Designed to work while you sleep to repair, soothe and refine your skin.

SS CREAM SPF50+/PA+++

SMART SKIN CREAM

A combination of skin care and cosmetic, able to enhance skin function. SS Cream acts as a skincare, make-up base and sunscreen.



FLAWLESS FINISH

PERFECTING LOOSE POWDER

A refined powder containing royal jelly and honey to treat skin while giving it a flawless finish, With its fine textured powder and universal shade ensure it is suitable for all skin types and tones,

V LINE

VITA ADVANCED

V1 Soft Bead Cleanser

Enriched with micro-beads that removes dirt from the pores.

V2 Natural Balance Essence

Instantly hydrates and restores the skin's natural pH balance.

V3 Intense PAF Concentrate

Contains 20% high concentration of Vitamin C, which can rejuvenate, tighten and brighten the skin.

V4 Active Day Cream

Quick-absorption and acts as a barrier to shield the skin from UV exposure.

V5 Regenerative Night Cream

Provides rich nourishment to accelerate the skin's natural regenerative.



ELVi PRO

The ELVi Pro combines gentle heat, LED light therapy (red, green & blue), multi-dimensional micro-vibration and iontophoresis (concentrated micro-currents), to effectively recharge your skin, awaken sluggish skin cells, rejuvenate your complexion and diminish facial puffiness in just 6 minutes.

ANTI ACNE

3C CREAM

The all-in-one solution for acne problems with 3 simple steps of Clear, Calm and Care.

