

family

a world where we live, learn and love



**SIX TIPS TO KEEP HEALTHY
IN EXTREME WEATHER**

Page 3

**GETTING TO KNOW
MEASLES AND
HOW TO PREVENT IT**

Page 6

**5 CHARACTERISTICS OF
HIGH CHOLESTEROL**

Page 9

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

CONTENTS

- 03** Health:
Six tips to keep healthy in extreme weather
-
- 06** Health:
Getting to know measles and how to prevent it
-
- 09** Health:
5 characteristics of high cholesterol
-
- 12** Treatment:
Has your skin suddenly become dry? Here are the causes
-
- 16** Clover Honey Creative Recipe:
Coconut Lychee Honey
-

SIX TIPS TO KEEP HEALTHY IN EXTREME WEATHER

Extreme weather can have an impact on your health. To avoid getting sick easily, knowing what should be done is important.

In recent years, we may be quite familiar with the term 'extreme weather'. As written by Kompas.com, the occurrence of weather that is unnatural and can cause major losses to safety of lives

and property is known as extreme weather.

What are the signs of extreme weather?

1. Scorching hot air from the break of dawn and cumulus clouds (thick clouds) can be seen.
2. A formation of cumulonimbus clouds (can cause heavy rain)
3. Air that feels suddenly colder
4. Sudden heavy rain

Extreme weather is known to increase the risk of disease. So, what should we do to deal with extreme weather?

1. Maintain Food Intake

Ensure you maintain your food intake with a healthy and nutritionally balanced diet so your body remains energised in all weather. Expand the consumption of vegetables and various fruits, especially those containing antioxidants, to help the body's resistance to harmful substances or viral diseases. Animal proteins, such as fish, chicken, eggs, milk, or meat, are also good for helping the body's immune system work efficiently.



2. Drink Sufficient Water

Body temperature can change rapidly during extreme weather, so it's important to stay hydrated by drinking enough water. In general, we are advised to drink six to eight glasses of water every day.



4. Get Enough Rest and Sleep

Rest when you feel tired; don't force yourself to keep doing activities. Ensure you get enough sleep each day to help your immune system deal with health problems. Rest also promotes the further production of antibodies.



3. Exercise Regularly

A healthy body can be obtained from regular exercise. In addition to reducing the risk of disease, it also helps bones and muscles become stronger. During extreme weather, you can choose to do indoor sports, such as yoga, or other light sports that don't require a lot of equipment or outdoor activity. Try to exercise regularly two to three times a week for at least thirty minutes.



5. Control Stress

Stress can affect the immune system and make it weak, which also has an impact on being susceptible to disease. Therefore, it is important to be able to control stress.

6. Pay Attention to the Clothes You Wear

Adjust the clothes you use to ensure they're suitable for the weather, especially when leaving the house. If the sun is hot, choose clothes that absorb sweat easily, and wear long-sleeved or thick clothes when it rains frequently. In case of unpredictable weather, you can prepare hats, jackets, umbrellas, raincoats, or spare clothes that can be used whenever needed.

Extreme weather can weaken the immune system, increasing the risk of disease. Therefore, it is important to maintain the immune system as one of the steps to deal with changes in the weather.



HOW DOES HDI HELP?

Aside from the methods above, you can also consume HDI Propoelix™, sourced from natural ingredients and propolis extract, to help boost your immune system. This anti oxidant-rich supplement is known to have many health benefits and can be consumed by the whole family.

HDI Propoelix™ contains eight bioactive compounds, namely, Galangin, Chrysin, Pinocembrin, Naringenin, CAPE (Caffeic Acid Phenethyl Ester), Cinnamic acid, Apigenin, and Rutin, which have antibacterial, anti-inflammatory, anti oxidant, anticancer, antidiabetic, antiviral, and antifungal properties.



Sources

<https://www.halodoc.com/artikel/cara-menjaga-kesehatan-tubuh-saat-cuaca-ekstrem>

<https://www.liputan6.com/citizen6/read/5165925/6-cara-menjaga-kesehatan-di-tengah-cuaca-ekstrem>

<https://regional.kompas.com/read/2022/07/19/200540078/apa-itu-cuaca-ekstrem-ini-penyebab-tanda-tanda-dan-dampaknya?page=all>

GETTING TO KNOW MEASLES AND HOW TO PREVENT IT

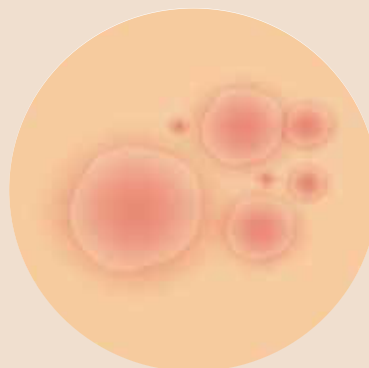
Measles, also known as rubeola, is caused by a virus from the paramyxovirus family. This disease that infects the respiratory tract is known to be transmitted through the saliva of an infected person when sneezing and coughing.

If you inhale splashes of saliva or touch objects that have been contaminated with the measles virus, then the risk of contracting it is also big. Those who are deficient in vitamin A intake are also at risk of getting quite severe symptoms and complications of measles.

Although anyone can be exposed, it is known that children under five years old are most commonly affected by this disease.

WHAT ARE THE SYMPTOMS?

Once infected, it is usually marked by skin rashes all over the body. Other early symptoms include sore throat, cough with phlegm, runny nose, high fever and red eyes. In children, there may be small red spots with a blue-white center in the mouth before the appearance of the rash. Other symptoms:



- ◆ Weak and tired
- ◆ Diarrhea
- ◆ Sore
- ◆ Pain
- ◆ Unmotivated and lost of appetite

Good immune system can help people with measles recover without treatment or get better on their own. The following ways can be done to relieve the symptoms that appear.

- ◆ Prevent dehydration by drinking lots of water
- ◆ Get plenty of rest and if your eyes are still sensitive to light, you should avoid sunlight
- ◆ Take fever-reducing medication and pain relievers
- ◆ Meet your intake of vitamin A supplements, according to doctor's advice

HOW TO PREVENT IT?

You can prevent this disease with the MMR vaccine, which is a combination of measles, mumps and German measles. It is given when children are 15 months old and 5-6 years old.

Meanwhile, people with measles and those who care for them are advised not to share cutlery, to wash their hands frequently with soap and running water, and to clean household furniture with disinfectant.

To maintain the immune system from viral disease attacks, don't forget to consume 1-2 vegecaps of HDI Propoelix™ every day, while for children you can give 1 - 2 times half a capsule every day to help maintain immunity.

HOW DOES HDI PRODUCT HELP?

HDI Propoelix™ has been identified by Intertek Food Services GmbH, Germany to have 8 bioactive components: CAPE (Caffeic Acid Phenethyl Ester), Naringenin, Chrysin, Galangin, Cinnamic Acid, Pinocembrin, Apigenin and Rutin.

The content of these bioactive compounds strengthens the health benefits of HDI Propoelix™ as an immunomodulator for preventing and healing various diseases. It is also known to have antiviral, antibacterial, anti-inflammatory, antioxidant, anticancer, antidiabetic and antifungal properties. HDI Propoelix™ is also safe for consumption by children and adults.

It has been proven that HDI Propoelix™ help boost the immune system but also helps speed up recovery from illness.



Sources

<https://www.halodoc.com/kesehatan/campak>

<https://www.alodokter.com/campak>

<https://sehatnegeriku.kemkes.go.id/baca/rilis-media/20230120/1642247/waspada-campak-jadi-komplikasi-sebabkan-penyakit-berat/>

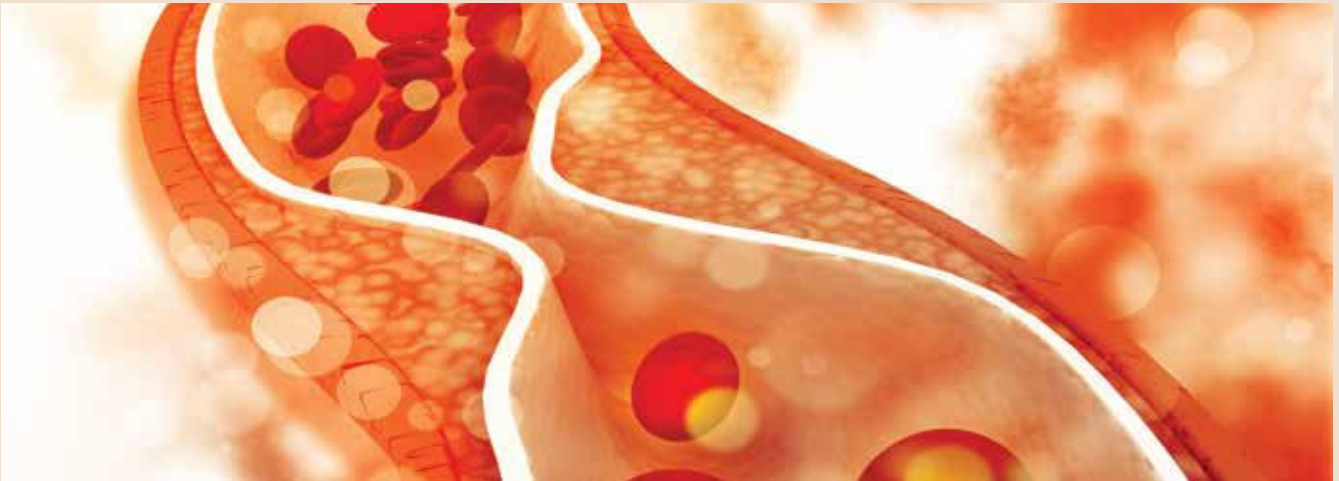
Propoelix™
for immunity



**Always boost up your
immune system!**

**Viruses can still be around
and closer than you think.**

#immunesystemboostersupplement



5 CHARACTERISTICS OF HIGH CHOLESTEROL

The body needs cholesterol to build healthy cells, but high levels of bad cholesterol can actually harm the body. What are the characteristics of having high cholesterol?

High cholesterol can develop into a pile of fat in the blood vessels, which hinders the smooth flow of blood to all the body's organs over time. In fact, sometimes the deposits can break apart suddenly to form clots that can cause a heart attack or stroke.

Although generally there aren't specific symptoms, you should still be aware of some of the conditions that may be experienced due to high cholesterol, such as the following:

1. PAIN IN THE FEET, NECK, AND CHEST

Plaque that builds up in blood vessels due to high cholesterol levels blocks blood flow to the legs, brain, and heart arteries, causing pain or tenderness.



2. EXPERIENCING A PAINFUL JAW

One of the symptoms of a heart attack caused by high cholesterol is characterised by pain in the jaw due to a blockage of blood flow to the heart or brain. Be alert and see a doctor if jaw pain appears for no apparent reason.



3. TINGLING IN HANDS AND FEET

High cholesterol also triggers a thickening of blood flow, impacting the normal blood flow to the nerves. This can trigger blood flow disturbances in several parts of the body, including the hands and feet, causing a tingling sensation.



4. BECOMING TIRED QUICKLY AND OFTEN DROWSY

Reduced blood flow to body tissues resulting from plaque in the blood vessels due to high cholesterol triggers the body to tire quickly and makes you feel sleepy often.



5. XANTHOMATA

Yellowish lumps or lumps of various sizes that appear under the skin are caused by high cholesterol. Usually, lumps in the form of fatty growths often occur in the eyelid area, but other locations can be the hands, feet, or joints.



High cholesterol is known to be inherited but can also be caused by an unhealthy lifestyle, which can be prevented and treated. You can do this with a healthy diet, regular exercise, enough rest, and routine cholesterol checks if you have a history of high cholesterol.



HOW DOES HDI HELP?

To help maintain normal cholesterol levels and keep your body healthy, you can also consume beekeeping products such as HDI Naturals™ Clover Honey, HDI Propoelix™, HDI Origins™ Pollenergy 520, and HDI Trimee, all in a selection of Easi Starter products. HDI beekeeping products come from a pollution-free environment, are made without preservatives, are guaranteed safe, and are processed using the latest technology.

Sources

<https://health.kompas.com/read/2020/07/31/120000768/8-tanda-kolesterol-tinggi-yang-sering-tak-disadari?page=all>

<https://www.halodoc.com/artikel/inilah-gejala-kolesterol-tinggi-yang-perlu-diwaspadai>

<https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/symptoms-causes/syc-20350800>

<https://www.halodoc.com/artikel/mengenal-xanthoma-kelainan-kulit-akibat-kolesterol>

*Boost up your
immunity with*

EASI STARTER

Propoelix™ POWER PACK





HAS YOUR SKIN SUDDENLY BECOME DRY? HERE ARE THE CAUSES!

Several conditions are known to cause dry skin. Treatment for dry skin is also important to maintain healthy skin.

Those of you who have dry skin may be familiar with skin conditions that are itchy, scaly, or peeling. However, dry skin can also be experienced by oily skin types. One of the reasons is the age factor.

Skin moisture is related to the production of sebum, the skin's natural oil. Too little sebum production can cause dry skin. As we age, the skin also produces less sebum, so it tends to dry out. In addition to age, the following factors can also cause dry skin:

1. WASHING YOUR FACE TOO OFTEN



Skin that feels stretched or sensitive and may appear red, can indicate washing your face too often. Just wash your face a maximum of twice a day - in the morning and at night. Ensure you

wash your face with warm water because hot water can remove the skin's natural oils that trigger irritation. When cleaning your face, wipe and gently massage your face. Avoid washing your face for too long and scrubbing your face because it can damage the skin layer.

2. USING HARSH CLEANSER



Those of you who have oily skin might like a cleanser that has a tightening effect because it feels cleaner - the oil on the skin is lifted, and your face doesn't look shiny. However, skin that feels tight, as though it is being pulled, indicates that the skin has lost moisture. Choose a mild cleanser that effectively cleanses your face while keeping your skin soft, supple, and moisturised.

HOW DOES BSKIN HELP?

BSKIN has a series of **V Line** and **W Line** products, which consist of cleanser, essence, serum, day cream, and night cream to moisturize the skin. After using day cream, rely on SS Cream SPF 50+/ PA+++ which protects the skin from UV exposure, moisturizes, and provides a photo filter effect on your appearance.

3. UV EXPOSURE



Exposure to UV rays can make the skin drier. The water content in the skin will decrease and risk damaging the skin barrier; as a result, the skin becomes drier. Excessive UV exposure also breaks down collagen faster than ageing. Not only that, UV radiation is one of the main builders of free radicals.

In addition to preventing some of the habits above, make sure you regularly moisturise. Apply moisturiser to slightly damp skin or immediately after showering. Moisturiser works better when applied to damp skin because it increases hydration or locks in water levels in the skin.

Sources

<https://www.allure.com/story/over-washing-your-face-symptoms>

<https://www.vogue.in/beauty/content/how-sun-damage-affects-dry-oily-and-sensitive-skin-types>

<https://www.healthline.com/health/beauty-skin-care/damp-skin#damp-skin-benefits>

B S K I N
SMART SKIN SCIENCE

Glow On PROMO

1 Jan - 30 June 2023



T&Cs apply



225 BV/300 BP

Free SS Cream 15g



450 BV/600 BP

Free Royale Jelly Plus Liquid



675 BV/900 BP

Free Eye Care Multi-Tasking Power Serum



COCONUT LYCHEE HONEY

INGREDIENTS:

- Lychees
- Young coconut flesh
- Basil seeds
- HDI Naturals™ Clover Honey
- Coconut water
- Ice cubes

INSTRUCTIONS:

1. Prepare a glass.
2. Add lychees, young coconut flesh, basil seeds and Clover Honey.
3. Mix it well with coconut water.
4. Serve with ice cubes.



SPECIAL ANNIVERSARY PROMOTIONS 2023

1

SPECIAL LOYALTY

Maintain minimum 225BV(300BP) monthly personal purchase for 3 consecutive months within promo period to receive a FREE box of Propoelix™ 60 caps!

Promo period: January - December 2023



2

3x27.5% NEW DOWNLINE OVERRIDE COMMISSION

Enjoy commissions on your new downline purchase for 3 consecutive months.

Promo period: 1st February - 31st July 2023



3

SPECIAL CASH AWARD

Win the highest Cash Award you have ever won, again!

Promo period: January - December 2023



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.



Aloe Propolis Cream with Honey Extract

A natural antiseptic cream that helps fasten wound healing process



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,



VLINE

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 pG 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.

V-LINE TRAVEL KIT



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.

