

# family

a world where we live, learn and love



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## 7 SIGNS YOUR BODY'S IMMUNITY IS WEAKENING

A robust immune system is pivotal in safeguarding you against exposure to perilous bacterial and viral diseases. However, immunity can wane over time. What indicators should you watch out for?

### 1 Easily Fatigued

Do you frequently experience exhaustion and depleted energy levels despite having adequate sleep? This symptom might signal a declining immune system, which could lead to illness. Furthermore, a compromised immune system may result in decreased energy levels, as your body endeavors to rejuvenate the immune response against disease-causing viruses and bacteria.



**2**

## Frequent Colds or Coughs

If you catch a cold or cough that persists beyond a few days, it might point to a weakening immune system, particularly if you endure colds or coughs more than three times annually.

**3**

## Sudden Fever

Pathogenic infections often induce elevated fevers, an integral part of the immune response. Experiencing this should prompt you to take steps to boost your immune system.

**4**

## Digestive Disturbances

Nearly 70% of your immune system resides in your digestive tract. Thus, recurring digestive issues such as bloating, diarrhea, or constipation could be indicative of a weakened immune system. Healthy gut microorganisms help regulate the immune system, maintaining equilibrium and shielding the intestines from infections.



**5**

## Delayed Wound Healing

The immune system plays a pivotal role in skin wound healing, relying on immune cells and mediator cells. Disruption to this process can impede wound healing, slowing it down due to the skin's inability to regenerate or form new tissue.

**6**

## Frequent Infections

Have you found yourself grappling with multiple infections within a year or making frequent visits to the doctor due to recurrent illnesses? This might signify that your immune system is struggling to effectively counter microorganism attacks that cause sickness. Another symptom could involve experiencing more than four instances of ear infections or chronic sinusitis annually.

**7**

## Skin Problems

The skin functions as the body's outermost shield against infections and forms part of the immune system. A weakened immune system may become apparent through skin issues like recurring infections, dryness, inflammation, cracking, or rashes. This can create a gateway for disease-causing fungi or bacteria to enter the skin.



## So, Prioritize Your Immunity!

Initiate by adopting a healthy lifestyle encompassing a balanced diet, regular exercise, stress management, and sufficient rest. Complement these practices with natural supplements like HDI Propoelix™ to sustain a robust immune system and maintain optimal fitness. Clinically verified to enhance the immune system, HDI Propoelix™ is safe for all ages, making it a suitable choice for the entire family.



## HOW DOES HDI PRODUCT HELP?

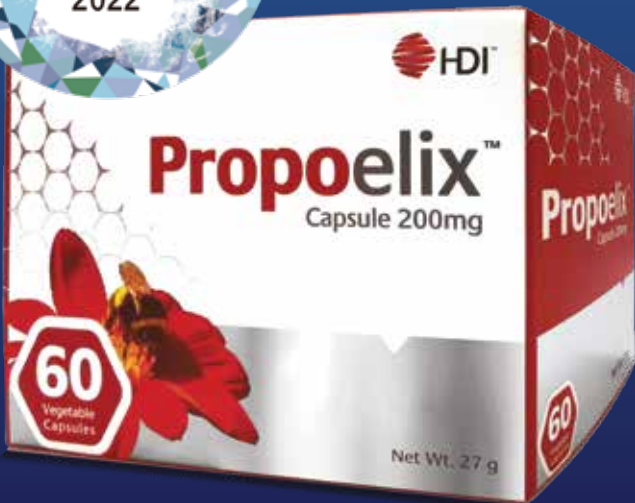
The antioxidant content in HDI Propoelix™ exceeds that of oranges by 913 times. The Polyphenol value, representing a group of natural compounds found in plants, has escalated from 8% (2010) to 34.51% (2022). These Polyphenols function as antioxidants, aiding in mitigating the risk of numerous diseases.

### Sources

<https://www.halodoc.com/artikel/waspada-ini-6-gejala-sistem-imun-tubuh-yang-melemah>

<https://health.kompas.com/read/2022/08/01/193000968/10-tanda-tanda-sistem-imun-lemah-yang-perlu-diperhatikan-?page=all> Sumber

**Propoelix**<sup>™</sup>  
for immunity



Always boost up your  
immune system!

Viruses can still be around  
and closer than you think.

#immunesystemboostersupplement



## HEALTH BEGINS AT HOME

**Beyond being a mere shelter for families, a home assumes multiple roles, particularly in nurturing habits that promote good health.**

External conditions may not always match the comfort of indoors. Nonetheless, within the confines of your home, you can cultivate a variety of positive habits, especially those related to health. Let's delve into some tips below to maintain your own and your family's well-being.

### **Add Color to Your Plate**

To ensure that you and your family meet your daily nutritional needs, consider adorning your plates with an array of healthful "colors" sourced from diverse vegetables and fruits. Ideally, a plate should encompass 2/3 carbohydrates (staple foods), 1/3



protein (both animal and plant-based), 2/3 vegetables, and 1/3 fruits. Additionally, don't overlook the importance of staying hydrated by consuming an ample amount of water. Cultivating this healthy habit from an early age can yield numerous benefits for the entire family.



### Reduce Salt and Sugar

When cooking or consuming food and beverages, it's imperative to exercise prudence in your utilization of salt and sugar. Excessive consumption of these elements can heighten the risk of ailments like diabetes, high blood pressure, obesity, and heart problems.



### Don't Skip Breakfast

Prior to embarking on various activities, ensure that you and your family partake in a nutritious breakfast to ignite energy and enthusiasm. Breakfast not only enhances concentration and memory but also bolsters overall well-being. Opt for whole some and nourishing breakfast choices.



### Let's Get Moving

Motivate all family members to embrace physical activities instead of prolonged couch-bound gadget usage. Opt for enjoyable physical pursuits or light exercises that can be undertaken collectively with children. Beyond promoting health, such activities cultivate happiness and forge stronger familial bonds. Commit to making these activities a regular part of your routine.



## Say No to Late Nights

The practice of staying awake late into the night or even all-nighters should be avoided, as it can lead to health issues such as impaired memory, weight gain, heart disease, and diabetes. Endeavor to establish a consistent sleep schedule, maintaining regular sleep and wake times. This routine revitalizes your body and primes you for daily engagements.



## Clean Body, Healthy Body

Brush your teeth twice daily, maintain regular showering, change into fresh attire after physical activities, diligently wash your hands, and trim your nails – these are a few routine practices essential for upholding bodily cleanliness and hygiene.



## Maintain Clean Home Environment

Regularly sweep, mop, tidy the kitchen, dust furniture, and clean household items. Additionally, periodically assess unused items that could be discarded to avert dust accumulation and germ proliferation.

Boost your defense with HDI. Enhance protection for both you and your family by embracing the EASI Starter 4 Star Set, offering a plethora of body benefits, aiding in nutritional fulfillment, and fortifying immune system resilience. cleanliness and hygiene.



## HOW DOES HDI PRODUCT HELP?

The HDI Four Star collection showcases four leading products crafted from natural ingredients, devoid of preservatives.

Processed using cutting-edge technology, this range safeguards against pollution exposure, facilitating optimal absorption of each product's contents by the body.

Sources

<https://www.alodokter.com/5-cara-menjaga-kesehatan-keluarga>  
<https://www.parenting.co.id/keluarga/10-kebiasaan-sehat-keluarga-masa-kini>

# Keep your immune system optimal with

## EASi Starter Set

4 STAR PACK

FREE  
Honeybee  
Pollens



PROPOELIX™  
POWER PACK



FREE  
Pollenergy 520



# SURPRISINGLY, THESE 5 FOODS & DRINKS CAN CONTAIN HIGH SUGAR LEVELS

Consuming foods or drinks with high sugar content can pose a risk of various health issues. While we're aware that many foods contain sugar, there are some with 'hidden' sugars.



Chocolates, ice creams, cakes, and other sugary treats are well-known for their high sugar content. Regular and excessive consumption of these items can lead to weight gain and health problems. However, besides these commonly recognized culprits, there are other items with significant sugar content that deserve attention. Here's a list of a few of them:

## **Barbecue (BBQ) Sauce**

Behind the delightful taste of barbecue sauce hides a potential sugar content of up to 9 grams in just two tablespoons (28 grams) of sauce. It's wise to scrutinize packaging labels and opt for options with minimal added sugar.

## Low-Fat Yogurt

A single cup (245 grams) of low-fat yogurt can contain around 45 grams of sugar, equivalent to approximately 11 teaspoons. Despite their low fat content, some yogurts or low-fat products may still have added sugars. Therefore, look for options with the least sugar and without added fruit. Adding your own fruits can help you control sugar intake and boost nutritional value.



## Fruit Juice

Choose packaging labeled as 100% fruit juice. Sweetened fruit juices might carry a significant amount of sugar and limited fiber.



## Spaghetti Sauce

Even foods that don't taste sweet, like spaghetti sauce, can have added sugar. While it includes natural sugars from tomatoes, some sauces contain extra sugars. To minimize this, consider making your own spaghetti sauce. When buying pre-made sauce, look for options without added sugar, or where sugar is listed towards the end of the ingredient list, indicating it's not a primary ingredient.



## Canned Fruits

Certain canned fruits are peeled and preserved in sugary syrup. However, this process removes fruit fiber, adds unnecessary sugar, and reduces heat-sensitive vitamin C, although other nutrients are retained. Opt for whole, fresh fruits whenever possible. If choosing canned fruits, opt for those with slightly lower sugar content.



The American Heart Association (AHA) advises women to limit added sugar intake to six teaspoons (25 grams) per day, and men to nine teaspoons (37.5 grams) per day. Therefore, it's crucial to control consumption of foods and beverages containing added sugars. Natural sugars or safe sugar substitutes, such as honey, are recommended. When using honey, select varieties that haven't undergone high-temperature processes, preserving their enzymatic content, like **HDI Naturals™ Clover Honey**.

The fructose (36.6%) to glucose (31.5%) ratio in **HDI Naturals™ Clover Honey** is  $> 1$ , specifically 1.16. This indicates higher fructose content than

glucose. Fructose can be converted into energy without insulin, making it less impactful on blood sugar levels in individuals with diabetes. The elevated fructose content makes this product suitable for those with diabetes.



## HOW DOES HDI PRODUCT HELP?

HDI Naturals™ Clover Honey has been tested by the Sydney University Glycemic Index Research Service (SUGiRS) and boasts a low glycemic index (GI) value of 53 and a low insulin index (II) value of 49. This qualifies it for safe, long-term consumption for individuals with diabetes and the entire family, provided it's consumed according to recommended guidelines.

Sources  
<https://www.healthline.com/nutrition/18-surprising-foods-high-in-sugar>  
<https://www.webmd.com/diet/ss/hidden-sugar-slideshow>



## 5 PROPER WAYS TO CLEANSER YOUR FACE

**The first step in caring for your skin is to ensure the cleanliness of your face. Healthy skin starts with clean skin.**

A face free from makeup, dirt, and a buildup of dead skin cells enhances the absorption of skincare products and reduces the risk of acne. It's recommended to cleanse your face regularly in the morning and evening before bedtime. In addition to frequency, ensure you're cleansing your face correctly.

Despite sounding trivial, some people still make mistakes when cleansing their faces. Mistakes like using a harsh cleanser or rinsing with hot water can result in dryness and irritation. Prevent skin problems with these five face-cleansing tips:



1

### Start with Clean Hands

Wash your hands before cleansing your face to prevent transferring bacteria or dirt to your face. Thoroughly wash your hands with soap, including between your fingers and under your nails, to eliminate bacteria and dirt.



2

### Choose the Right Cleansers

Select a cleanser that effectively removes makeup, lifts dirt, and exfoliates dead skin cells while maintaining your skin's moisture.

If your face feels tight after cleansing, your cleanser might be too harsh. Harsh cleansers can damage your skin's barrier. Opt for a natural cleanser that's gentle on your skin and safe for long-term use.



3

### Take Your Time

After applying the cleanser, gently massage it in an upward motion, starting from the chin, moving to the cheeks, nose, and forehead. Facial massage is relaxing, especially before bed time.





4

### Rinse with Lukewarm Water

Avoid using hot water, which can strip away moisture and cause dryness and irritation. This is especially important if you have sensitive skin. According to Healthline, extreme water temperatures can cause irritation. Opt for lukewarm water to rinse your face.



5

### Use a Separate Towel for Your Face

To prevent transferring bacteria from your body to your face, use a separate towel for your face. Additionally, products applied to your body, like skincare items and perfume, can transfer to your face and clog pores, leading to acne. After washing your face, gently pat it with a towel. Rubbing your face can cause irritation. When your skin is slightly damp, apply skincare products for optimal absorption.



### HOW DOES BSKIN PRODUCT HELP?

BSKIN's cleanser contains natural honey ingredients that moisturize the skin. Without harmful chemicals, BSKIN's cleanser helps maintain the skin's barrier.

V Line Soft Bead Cleanser  
W Line Rich Bubble Cleanser

Sources

<https://www.healthline.com/health/beauty-skin-care/face-washing-how-to#pat-dry>

<https://www.allure.com/story/do-you-need-face-towel>

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



# 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 antiibiotic 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



## W LINE

### 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 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.

