

Achieve optimum health

ARE you beginning to have a hard time maintaining your balance while walking or standing?

With age, you will find those seemingly simple daily activities can no longer be carried out easily as when you were younger.

Do take note that you may be suffering from a condition called sarcopenia.

Sarcopenia has long been associated with older people, but the development of sarcopenia is now recognised to begin earlier in life.

After the age of 30, muscle mass decreases as much as 3-5% each decade and escalates at the age of 65. Also, the process could be accelerated by not getting enough calories or protein in the diet and the decrease in the ability to utilise protein.

One of the best ways to potentially prevent, delay and reduce the consequences and the toll sarcopenia could take on our lives is through balanced nutrition.

FontActiv Complete is a formula dietary food developed to help individuals achieve optimum health and energy.

It contains prebiotics (FOS), omega-3 (DHA), 28 vitamins and minerals.

The Protein+ system, based on highly digestible proteins (100% whey protein) helps maintain muscle mass.

If you are suffering from lack of energy, loss of appetite or having chewing and digestive disorders that may limit food



FontActiv Complete is a formula dietary food developed to help individuals achieve optimum health and energy.

intake, FontActiv could be a good choice as an oral nutritional supplement, meal replacement or sole source of nutrition.

FontActiv Complete ensures a good nutritional status and will help one to stay strong and active.

If you have other special medical conditions, consult your doctor or dietitian

before consuming the product.

This article is brought to you by YSP Industries (M) Sdn Bhd.

■ For more details about the product, call the customer hotline at 1800 883 679 (Monday to Friday).

Well-shaped eyebrows

FACE masks may have taken away the ability to communicate emotions through smiles or frowns, but they've also put an emphasis on the role of our eyes – and eyebrows – in non-verbal communication.

Now, more than ever, well-shaped eyebrows can make a big statement.

For a long time, the rule was the thinner the eyebrow, the more fashionable.

Think of all the plucking that took place in the 2000s to create the small, worm-like shape that was considered en vogue.

Eventually, they were replaced by wild, bushy eyebrows, but now even the days of the untamed brow are over, at least according to beauty expert Ricarda Zill.

Full eyebrows are still trendy, she says, but they are becoming more defined.

The expert from the German Cosmetic, Toiletry, Perfumery and Detergent Association says that anyone who wants perfectly groomed brows needs just two products: an eyebrow pencil and eyebrow mascara.

First, fill in the gaps in your brows with an eyebrow pencil, she says.

"Use many small strokes and little pressure," advises Zill.

And second, use the mascara to arrange your brows in the right shape and make sure they stay that way.

"To make sure it looks natural ... you should always go a shade lighter than your natural eyebrow colour," she advises. — dpa

Perfect hearing for a perfect celebration

CELEBRATING Raya as a time of joy and happiness is always a wonderful moment.

However, it is even more important to continue emphasising hearing awareness beyond this celebration.

Perfect hearing offers us a powerful means of communication, enabling us to experience the world around us.

Celebrate Eid together with 20dB Hearing

Many of us today have no clue who and where to look for audiologists for our hearing concerns.

With a mission to be a blessing and preferred choice for people who require healthcare in hearing rehabilitation, speech, mental and related services, 20dB Hearing is making hearing care accessible to Malaysians – establishing a nationwide network of 28 hearing healthcare centres with more than 60 qualified audiologists and related professionals.

Its pioneer hearing care centres are ISO 9001:2015-certified in Malaysia.

Enjoy free screening and a free hearing aid trial for up to 20 days this Eid.

Immerse yourself in a natural listening experience despite any hearing issues.

20dB Hearing celebrates SOBA Award

"20dB Hearing is proud to announce that we have won The Best in Customer Service in the Star Outstanding Business Awards 2021 for providing our customers top-notch customer service practices," said Mok Yong Yaw, the founder and chief executive officer of 20dB Hearing.



Perfect hearing offers us a powerful means of communication, enabling us to experience the world around us.

He added that to thank and reward its customers for this historic win, 20dB Hearing will be giving out free Crescendo earplugs for every hearing aid purchase (terms and conditions apply).

Alone we can do so little, together we can do so much

In conjunction with 20dB's 20th anniversary and to celebrate its win in SOBA 2021, 20dB Hearing is giving out 20 units of hearing aids to help you.

20dB Hearing also welcomes NGOs to join the company in making a difference for a healthier hearing world.

Interested NGOs may email 20dB at marketing@20dbhearing.com

■ Reach 20dB now at its toll-free hotline 1800 882 032 or WhatsApp 012-942 7729. Follow 20dB Hearing on social media for more updates.

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Shine Elgucare is a natural supplement formulated with traditional Chinese medicine ingredients.

Solution to your back problem

SINCE young, we were taught the basic skills to take care of our health.

We have learnt the importance of brushing our teeth, exercising and consuming our daily fruits and vegetables.

Poor lifestyle habits such as improper body posture, lack of exercise and smoking can lead to backache problems.

Shine Elgucare is a natural supplement formulated with traditional Chinese medicine ingredients such as Red Sage (Radix Salvia Miltiorrhizae), Chinese Licorice (Radix Glycyrrhiza) and Chinese Date (Fructus Ziziphi Jujubae).

These ingredients have been traditionally used for many years to relieve pain as well as to strengthening our body's health.

Shine Elgucare combines these essential Chinese medicine ingredients to traditionally

relieve backache and improve overall health.

Recommended for senior citizens and individuals with sports injuries, Shine Elgucare offers an alternative for everyone suffering from backache to have better improvement. For better results, complement your intake with daily exercise that is good for health such as swimming.

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On hot days, it is advisable to drink more than the recommended minimum of 1.5 litres of water daily.

Are you drinking enough water?

PEOPLE who work or exercise outside when it's hot and humid are at increased risk of dehydration, so it's important that they drink plenty of fluids.

But how much is plenty? One way to check whether you're dehydrated is a quick skin-pinch test.

Pinch the skin over the back of a hand. Skin with normal turgor, or elasticity, will rapidly spring back to its usual position when released.

Mild dehydration will cause the skin to be slightly slow in its return to normal. Time to drink some fluids, in other words.

But there are other indicators that your body needs water.

"I'd sooner link (dehydration) to physical symptoms such as listlessness, headache or a dry mouth," says dermatologist Dr Christoph Liebich.

The reason, he explains, is that skin doesn't react promptly to fluid depletion.

"Being a dermatologist, I may of course see that the skin lacks its customary sheen and moistness," he says.

"But this is hard for a layperson to judge."

On hot days, Dr Liebich advises drinking more than the recommended minimum of 1.5 litres of water daily.

Water is also his preferred method of cooling down. He lets cold tap water run over his hands and lower two-thirds of his forearms.

"That's the most pleasant way," he says.

When you're outside on hot and sunny days, Dr Liebich says it's best to stay in the shade from 11am to 4pm.

Exposing your skin to sunlight before and after – even if you've applied sunscreen – will help your body produce sufficient vitamin D and boost levels of "happiness hormones," he notes. — dpa

Tips on applying rouge

WHETHER it's a dot on the cheeks or some brushstrokes for contouring – rouge is a popular part of many makeup palettes.

But many forget the most important thing about applying rouge: You need to smile while putting it on. That's because when we smile, our facial features are distorted in such a way that the areas that are decisive for makeup are more clearly visible.

The blusher brush is best applied to the highest point of the cheekbone, which is below

the middle of the eye. Then brush the powder inwards to the temples.

Rouge is meant to emphasise facial features and can also be used to suggest a different facial shape, cosmetics expert Birgit Huber says.

Rouge is mainly applied to the cheeks. Apply a small swab of rouge to the tip of the chin or forehead to give the face a fresh appearance. A little blusher directly under the eyebrows makes the eyes appear bigger and brighter. — dpa

How sleep affects your mind

SLEEP is so important not only for your body development and recovery, it also plays a major role in your mental health.

It is an essential function for your body and mind to recharge, leaving you refreshed and stay energized the next day when you wake up.

Sleep is also essential for reducing stress, and keeping your mind healthy.

Sleep and mental health are closely associated with each other.

Those with mental health issues are also likely to have insomnia or other sleep problems.

The signs and symptoms of sleep problems include excessive daytime sleepiness, irregular breathing or increased movement during sleep.

Moreover, snoring, sleepwalking, and talking in your sleep among others are examples of sleep disorders.

Sleep problems are indeed particularly common in patients with anxiety as well as depression.

Mental health and sleep can be related according to the sleep circle, the REM sleep and non-REM sleep.

Our brain becomes active differently when we sleep, in our different stages of the sleep cycle.

Besides that, understanding the sleep circle more can give you better sleep, leading you to deep sleep as well as a healthy mind.

Each stage plays a role in our brain health and the brain activity during sleep possesses great effects on our emotional as well as mental well-being.

This to be said as a good night's sleep especially in stage four of the REM sleep eases the brain to process emotional information.



Getha aims to maximise your sleep experience and environment, enabling you to get your best sleep ritual down.

When we sleep, particularly in stage four, our brain will work to evaluate and remember thoughts and memories.

Poor sleep is especially harmful to the consolidation of positive emotional content. Therefore, poor sleep can affect one's mood and emotional reactivity, tied to mental health disorders and their severity.

So, it is clear that sleep and mental health have a bidirectional relationship with each other and this means that treatment for both issues can go hand-in-hand.

Getha sleep specialists and consultants have been in the field for several decades.

It aims to maximise your sleep experience and environment,

“Getha has various innovative sleep technologies such as the anti-static protection (ASP) which will enable you and your loved ones to sleep peacefully all night long.”

enabling you to get your best sleep ritual down.

You can improve your sleep environment and sleep routines with the best mattress, and pillows among others and Getha is touted to be famous for having high comfort as well as high support in these items.

Furthermore, eye masks, essential oil, earplugs, comfortable sleep temperature and dim lights are items you can find and obtain in Getha – taking care of your five senses and improving your quality of life.

Getha has various innovative sleep technologies like the anti-static protection (ASP) which

will enable you and your loved ones to sleep peacefully all night long.

Getha's ASP can prevent the buildup and accumulation of static electricity in your surroundings, also discharging them away from your body.

Apart from that, Getha has a massage chair that is definitely another great idea for your ultimate relaxation.

It fully relaxes your muscles and keeps your feet warm too.

Getha's Biocare radiation protection is a super relaxed mattress that can prevent the EMF radiations in your daily life and reduces them in your living surroundings.

It has been tested and is able to block the radiation with 98.5% effectiveness, together with its nano technologic yarns.

The nano silver technology has antibacterial and antiviral properties which can also protect you against bacteria and viruses.

■ Getha can provide you with tailored care. For free gifts and more information, log on to www.getha.com.my or contact the Getha team today.

Reference

(1) https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health

(2) <https://www.sleepfoundation.org/mental-health>

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