

Helping people hear again

HEARING Centre 20dB Hearing is excited to turn 19 as this marks another milestone in its journey since its first hearing centre opened in Kuala Lumpur in 2002.

With the support extended to the company 20dB Hearing has now gradually evolved into a hearing industry leader with a network of 25 outlets across Malaysia with over 50 qualified audiologists.

20dB Hearing is an expert in treating hearing loss and customises personalised hearing solutions for adults and children. To date, more than 50,000 people have improved their hearing.



20dB Hearing has aided the journey of some 50,000 people.

Own your hearing aid now

Though Covid-19 has put a dampener on the anniversary celebration, this pandemic isn't going to stop 20dB Hearing from showing its appreciation. To mark this special occasion, it will be having a massive anniversary mega-deal where you can get a free TV connector, a 20dB Perfect DryLux hearing aid dehumidifier together with hearing aid protection plan and up to three years' international warranty upon purchase of a pair of Moxi Blu hearing aids.

Unitron Moxi Blu hearing aid, powered by the Sonova PRISM (Processing Real-Time Intelligent Sound Management) chip, has been redesigned with a new, slimmer look to meet your lifestyle and connectivity needs to the digital world. Moxi Blu is also recognised

by Red Dot Design Award 2021.

HEAR For You

In its mission to enrich lives, 20dB Hearing aims to serve you in the long-term throughout your hearing journey with the company.

"Hearing screening is as important as an annual health screening. This is the best chance as we are now offering free hearing screening to citizens aged 60 years old and above and take-home hearing aid trial up to 20 days," said Mok Yong Yaw, 20dB Hearing founder and chief executive officer.

20dB Hearing is the first and only hearing centre with ISO 9001:2015 certification in Malaysia.

Mok added that 20dB Hearing also offers a

30-day money back guarantee on hearing aid without any obligation and the company is able to provide nationwide support for your aural needs.

Start your hearing journey now

Embark on your new hearing experience with 20dB Hearing to stand a chance to win lucky draw prizes up to RM19,000. Terms and conditions apply. In conjunction with its 19th anniversary, there are several giveaway contests on the 20dB Hearing Facebook and Instagram pages as a way to say thank you.

■ Call now at its toll-free hotline 1800 882 032 or WhatsApp 012-942 7729 to find out more. Sign up online to register for a free take-home hearing aid trial today.

Use olive oil for shiny hair and nails

OLIVE oil has been used as a beauty product since ancient times. As it contains antioxidants, olive oil is good for the hair and nails.

Olive oil for dry hair

If you have rough hair, split ends and need a good deep condition, spritz some olive oil on the ends of your hair. Massage in very gently, then comb through the rest of your tresses. Wrap your hair in a warm towel and wait 20 minutes, then shampoo out. If you have dandruff, put your hair in a shower cap and sleep overnight. The olive oil will moisturise your scalp and help you deal with those little flakes.

Olive oil for hands, cuticles and nails

Olive oil softens and moisturises. At the end of the day, take a tiny dash of oil and rub it gently into your hands, taking care to massage nails and cuticles. Leave for 15 minutes, then gently push up your cuticles with an orange stick. Pat your hands dry and buff your nails with a chamois cloth.

Olive oil intensive moisturise

Do you have dry elbows or heels? Mash a ripe avocado with a tablespoon of olive oil. Rub into the dry area and let it sit for 20 minutes. Wash off with lukewarm water. If you want to moisturise your neck, you can take a damp cotton square, add a little olive oil and wipe all over your skin.

Looking out for inflammation in the heart

AT the beginning of the pandemic, Covid-19 was largely thought of as a respiratory illness. However, there is a growing concern now that one serious complication of Covid-19 in some of those affected is myocarditis, or inflammation of the heart muscle, caused by the body's immune response to infection.

Myocarditis is most frequently diagnosed in younger adults infected with Covid-19, between the ages of 20 and 40 years. Men are generally more frequently affected than women, possibly due to the effects of testosterone on the immune reaction to infection.

There are several other ways the heart can be affected by Covid-19 – it can also cause inflammation in the lining of the blood vessels that transport blood and nutrients throughout the body.

This can ultimately lead to increased blood clot formation and a greater likelihood for these clots to stick to the walls of blood vessels, further increasing the risk of heart attack or stroke and potentially causing low blood oxygen levels.

What we don't yet know is whether this mild, asymptomatic myocarditis in people who have recovered from severe Covid-19 will have any long-term consequences.

Therefore, exploring the repurposing of natural supplements with proven ability of anti-inflammatory effects and antioxidants may provide alternatives in managing and minimising the effects of myocarditis.

Two clinically proven supplements, Coenzyme Q10 (CoQ10) and fish oil (Omega 3) are well-known nutrients beneficial to the heart and circulatory system. CoQ10 is found in the mitochondria ("powerhouse") of the cells and supports healthy energy production, transportation of electrons, and utilisation of nutrients from the foods.

Research found that the inflammatory process induced by the virus was suppressed by CoQ10's antioxidant ability. Therefore, pre-treatment with CoQ10 may reduce the severity of viral myocarditis by decreasing oxidative stress in the condition.

Omega-3 is approved by FDA as a "Heart Health" food. Its benefits have been well documented and reported in several studies. Notably, omega-3 fatty acids can reduce the



Myocarditis is most frequently diagnosed in younger adults infected with Covid-19.

production of molecules and substances linked to inflammation. Omega-3 can also reduce the risk of blood clots by preventing blood platelets from clumping together.

Research shows that when CoQ10 and omega-3 are taken together, inflammatory markers are reduced further.

CoQ10, which is naturally fermented and consists of 100% natural bioactive isomer identical to the body's own CoQ10 has superior effectiveness.

The raw material also needs to be completely free of dangerous impurities, which often can be found in cheap synthetic CoQ10 raw materials of low quality.

A good fish oil supplement needs to have a high potency of EPA/DHA in an optimal 2:1 ratio. It also has to be of pharmaceutical-grade and extracted from a safe and pure source and molecularly distilled to be rid of any heavy metals or toxins. Formulas with enhanced absorption are also preferred as both CoQ10 and omega-3 are not water-soluble vitamins.

While information involving Covid-19 is still evolving, understanding the potential mechanisms by which vitamins and supplements work may be beneficial in reducing the risk and minimising the effect of the virus.

This article is brought to you by Caring Pharmacy.

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The importance of oxygen

OXYGEN is essential in the current pandemic state, but with ICU wards becoming limited and, by extension, medical oxygen tanks and ventilators, some doctors are saying that oxygen concentrators may help save hospital beds for those who need it.

Owgers oxygen concentrator uses the latest German technology and top-notch quality compressor and sieves to deliver high-purity level oxygen.

Pro Health Medics is Owgers' exclusive partner in Malaysia and has obtained official certification by Malaysia's Medical Device Authority (MDA).

You are advised to refrain from buying medical devices not certified by MDA or from disreputable sellers and shops online

as an oxygen concentrator is a medical device and requires certification by the MDA.

Additionally, Pro Health Medics also imports and distributes the ECP (External Counter Pulsation) medical device – a revolutionary non-invasive, non-drug and non-radiation approach to heart health.

As your health is a primary concern, Pro Health Medics only provides the best you deserve – quality certified medical devices and premium supplements range, and of course, device servicing and maintenance by its professional team.

■ For more information, WhatsApp 017-677 2328 or email ecp.phm@gmail.com



Owgers oxygen concentrator uses the latest German technology.

How to stay calm during panic attacks

DO you get that tight panicky feeling all the time, like you can't breathe? Anxiety is quite a common problem, although many of us don't like to talk about it.

When you're an adult, admitting to feelings of near panic over seemingly ordinary things like meeting strangers, talking to the boss or dealing with a problem, can be quite difficult. However, you are not alone. Anxiety is a widely under-reported issue.

When you're uptight, the best thing to do is to speak to your doctor or a qualified mental health professional. (You can find proper people in public hospitals or through government agencies)

There are also some common strategies that you can apply by yourself straight away.

Try 4-7-8 breathing

One of the first things that hit you when you're anxious is

shortness of breath.

By forcing yourself to breathe well, you can often control your anxiety too.

The trick is to breathe in for 4 seconds, hold it for 7 seconds, and breath out for 8 seconds. If this is too long, try 4-6-4.

Get a check-up

If you think you're having a heart attack or some other health issue, see your family doctor.

Find your triggers

Very often, there are specific things that set off anxiety attacks.

It may be a specific situation, or it can come from a combination of lack of sleep and improper diet.

Whatever it is for you, figure it out.

Of course that means you can try and avoid these triggers but if you are caught short, you can remind yourself where it's coming from when you do feel that tightness.

"When you're uptight, the best thing to do is to speak to your doctor or a qualified mental health professional."

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- 🎁 **Free hearing screening** for 60 years old and above
- 🎁 **Lucky draw prize** worth up to **RM19000**

*Terms and conditions apply

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*Promotion until 31st December 2021. While stock last.

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For healthy blood circulation

YOU probably already know that it's important to keep your cholesterol, blood glucose and blood pressure at a healthy level. However, are you aware that maintaining a healthy blood flow is just as important, especially once you are aged 40 and above?

Blood circulation is a significant body function as it circulates blood throughout the body: heart, brain and upper and lower limbs to supply oxygen and nutrients and remove carbon dioxide and other waste products from the bloodstream.

As we age, our blood is prone to be thicker (or more viscous) than usual which can interrupt blood flow. When the blood flow through the blood vessels to a specific part of our body is reduced or blocked, the supply of oxygen and nutrients to the organ tissues will be insufficient and subsequently can lead to several health complications including:

Numbness and tingling sensation in hands and feet: When the blood flow is restricted, blood cannot reach the extremities (hands and feet) sufficiently which can result in numbness and tingling sensation.

Cold hands and feet: Normal body temperature depends on a consistent supply of blood for thermoregulation, as blood absorbs and distributes heat throughout the body. When blood flow is restricted, it can lead to temperature fluctuations in skin and nerve endings of hands and feet.

"Keeping our blood circulating efficiently is essential to overall physical well-being."

Fatigue: Inadequate delivery of oxygen and nutrients to the organs and muscle tissues can lead to an overwhelming feeling of fatigue. Poor blood circulation can also increase the burden of our heart as it needs to pump harder which can lead to further fatigue.

Joint and muscle cramps: Inadequate oxygen to the muscle and joint tissues can cause severe pain and cramps in that particular area when walking or exercising.

Poor blood circulation can adversely affect our health, emotional status and overall quality of life.

There are several factors that can cause poor blood circulation including age, overweight/obesity, poor eating habits, alcohol consumption, smoking, sedentary lifestyle and certain medical conditions such as high cholesterol level and high blood pressure.

Therefore, keeping our blood circulating efficiently is essential to

overall physical well-being.

Discovering the goodness of natural water-soluble tomato extract

Tomato is a nutrient-dense food that offers numerous benefits to our health due to its high antioxidant and anti-inflammatory properties.

Emerging research has also shown that the natural water-soluble tomato extract found in the jelly around the seeds of sun-ripened tomatoes is highly concentrated with bioactive compounds such as nucleosides, polyphenols and flavonoids and it is clinically tested to improve blood circulation. ⁽¹⁾

Biogrow SmoFlo Capsule – The natural solution for healthy blood circulation

Biogrow SmoFlo Capsule contains 150mg of Fruitflow natural water-soluble tomato extract (imported from France) which is clinically tested to improve blood circulation. ⁽¹⁾

The Fruitflow natural water-soluble tomato extract is rich in bioactive compounds such as nucleosides, polyphenols and flavonoids.

It is recommended for middle aged to older adults (aged >40), individuals aiming to improve/maintain blood circulation, individuals with poor blood circulation, individuals who lead a hectic or unhealthy lifestyle and individuals practising an unhealthy diet.

Just take one capsule daily after



MAL16030042TC

Just take one capsule daily after meal for a healthy and smooth blood flow.

meal for a healthy and smooth blood flow.

Biogrow SmoFlo Capsule is available in major pharmacies.

This article is brought to you by Legosan (Malaysia) Sdn Bhd.

■ For more information, visit www.biogrow.com.my, or call 03-7956 2220 (Monday to Friday; 9am to 5pm). Like their official Facebook page at <https://www.facebook.com/BiogrowMY/>

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This is a traditional product advertisement.

Reference
⁽¹⁾ *EFSA Journal* 2010; 8(7) 1689.

EVERY GUT MATTERS

Our gut consists of a community of bacteria called the gut microbiota.

Keeping a healthy balanced gut microbiota is the key to maintaining a healthy digestive system and overall well-being!



3 Clinically Tested Microencapsulated Probiotics Strains Imported From Canada

- ✓ Restore the balance of gut microbiota
- ✓ Improve bowel function
- ✓ Promote digestion and nutrient absorption
- ✓ Improve general health condition



Enhance probiotics survivability in your gut with **Patented PROBIOCAP® Microencapsulation Technology** from Institut Rosell-Lallemand, Canada



Gastric acid resistance



Better survival rate



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Friendly bacteria for the gut

PROBIOTICS, as defined by the United Nations of Food and Agriculture (FAO) and the World Health Organization (WHO), are the live microorganisms which, when administered in adequate amounts, confer a health benefit on the host.

The interest in probiotics has been growing in these past few years due to its potential health benefits on human.

Various studies have demonstrated that probiotics may restore the balance of gut microbiota, promote digestion and absorption of nutrients, and improve bowel function and gut health.

Choosing the right probiotics

Nowadays, it is so easy for consumers to get probiotics supplement from pharmacies. However, how do we know if we are taking the right probiotics that truly benefit our guts? According to the Expert Panel of the United Nations and World Health Organization (WHO), a probiotic should meet the criteria below in order to be truly termed as “probiotic”.

These criteria include: ⁽¹⁾

- Clinically identified strains (Eg. L. acidophilus Rosell-52)
- Safety assessment
- Clinical efficacy evidence
- Shelf stable formulation

Determination and confirmation of strain identity is the key. Many consumers may not be aware that the benefits and properties of certain probiotics are strain-specific. ⁽²⁾ For example, general L. acidophilus may not work the same as L. acidophilus Rosell-52.

Therefore, a clinically identified probiotic strain is a must because this assures consumers on the safety and quality of this particular strain of probiotics.



Biogrow Probiotics provides highly stable microencapsulated strains made from patented Probiocap Microencapsulation Technology from Institute Rosell-Lallemand, Canada.

patented Probiocap Microencapsulation Technology from Institute Rosell-Lallemand, Canada that ensures the probiotics are resistant to gastric acid and bile acid as well as of higher survival rate.

It consists of three different strains (L. acidophilus Rosell-52, L. rhamnosus Rosell-11 and B. longum Rosell-175); each strain is supported by scientific studies to ensure consumers get the right probiotics that is truly safe and beneficial to the gut health.

Get Biogrow Probiotics now for better gut health. It is available at all leading pharmacies.

■ For more information, call 03-7628 8831/ 03-7956 2220 (Monday to Friday: 9am to 5pm) or visit www.biogrow.com.my

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Are your probiotics getting through?

Besides probiotic strains, it is also crucial to choose probiotics that are able to withstand gastric acid, bile acid and attach strongly to your intestinal lining in order to exert beneficial effects.

However, it would be difficult for certain probiotics to get through these “harsh environment” without proper technology.

Hence, the experts have provided us the solution – Probiocap Microencapsulation Technology.

This technology protects probiotics in harsh conditions such as gastric acidity, bile acidity and compression, thus ensuring

better survival rate of probiotics during the intestinal transit and its quality.

According to a scientific study, microencapsulated probiotics are highly beneficial in terms of gut colonisation and amount of bacteria detected in faeces. ⁽³⁾

The survival of probiotics is of utmost importance because only live probiotics confer health benefits to us, not the dead ones.

Biogrow Probiotics – Your choice of probiotics

Biogrow Probiotics provides highly stable microencapsulated strains made from

Reference

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The Natural Solution for Healthy Blood Circulation

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Natural Water-Soluble Tomato Extract is:



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CLINICALLY TESTED to improve blood circulation¹



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Suitable for vegetarians



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Who are recommended to take Biogrow[®] SmoFlo[®] Capsule?



Middle-aged to older adults (aged >40)



Individuals aiming to improve/maintain blood circulation



Individuals who lead a hectic or unhealthy lifestyle



Individuals with poor blood circulation



Individuals practicing unhealthy diet

Reference :

1. EFSA Journal 2010, 8(7) 1689.

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