

## Caring for your liver

THE liver is an organ located in the upper right part of the abdomen. It is beneath the diaphragm and above the stomach, right kidney and intestines. The liver has three vital functions divided into three main categories. These are detoxifying unwanted substances from the bloodstream, ensuring metabolism through synthesis, and storing vitamins, iron and glycogen.

A blood test called a liver function test (LFT) is routinely performed to measure the levels of various substances in your blood, such as proteins, liver enzymes and bilirubin. Measuring these levels can help assess liver function and detect any early signs of inflammation or liver injury.

According to MSU Medical Centre consultant physician and endocrinologist Dr Rohaya Abdul Razak, there are several things you can do to ensure a healthy liver:

● **Maintain a healthy body weight:** Obesity, particularly, abdominal or central obesity, is a major risk factor for developing fatty liver disease. Together with a balanced diet and regular exercise, a healthy weight can be achieved and maintained. Aim for the ideal body mass index (BMI) target. The healthy cut-off values recommended are between 18.5 and 24.5 kg/m<sup>2</sup>.

● **Have a balanced and healthy diet:** High levels of fat in the blood (hyperlipidaemia) and high levels of cholesterol (hypercholesterolaemia) are common causes of fatty liver disease. To reduce your risk, limit saturated fats, trans fats, and hydrogenated fats in your diet. Saturated fats are found in deep-fried foods, red meats and dairy products. Trans and hydrogenated fats are found in processed foods. The liver stores excess dietary fat and fat build-up can eventually cause fatty liver disease. Eat more high-fibre foods such as fruits and

vegetables and whole grains. For proteins, choose more fish, white meat, beans and nuts and cut down on red meat.

● **Maintain an active lifestyle:** Exercise decreases stress on the liver, increases energy levels and helps to prevent obesity. Aim for a total of 150 minutes of exercise per week, such as brisk walking or swimming

● **Be careful with traditional medicine and remedies:** Some over-the-counter traditional medicines or remedies contain heavy metals or unknown toxins. They can result in liver toxicity or affect the regular functioning of your liver. Overuse of these supplements may cause liver inflammation and could result in irreversible liver damage or even liver failure. If in doubt, consult a liver specialist before consumption.

● **Control your diabetes, hypertension or high cholesterol:** Diabetes, high blood pressure and high cholesterol form a metabolic syndrome with obesity, posing major risks for fatty liver disease. Keeping them under good control with diet, exercise and medications can help limit and prevent liver damage.

● **Cut down or stop smoking:** There are some studies that link cigarette smoking with the development of liver cancer. Smoking can also enhance the toxic effects that some medications (such as paracetamol) have on the liver.

● **Be careful of weight loss pills or fad diets:** Over-the-counter weight loss pills which are available without a prescription may contain toxins and ingredients that can be harmful to the liver such as ephedra (ma huang in Chinese), kombucha, pennyroyal, skullcap, cascara, chaparral, comfrey and kava. Fad diets that cause rapid weight fluctuations place excessive stress on the liver. These diets are usually lacking in essential nutrients and are harmful to your liver. Be cautious with liver cleansing and detox diets. Contrary to popular belief, no particular diet is proven to be liver cleansing. Consult a doctor or dietitian to help you create a healthy diet.

● **Limit alcohol intake:** The liver can only process or break

down a small amount of alcohol every hour. Beyond this, it can damage the liver cells and lead to inflammation and scarring (cirrhosis). For this reason, men should limit their alcohol intake to two standard drinks a day while women should only have one.

● **Protect against Hepatitis B or C:** Currently there is no available vaccine for Hepatitis C. It can be transmitted

sexually or through blood-to-blood contact. Practice safe sex and avoid unnecessary sharing of toothbrushes, razors, needles and other personal care items as these can also transmit hepatitis B or C. If you are a Hepatitis B or C carrier, consult your doctor for a screening programme to detect problems early. If your parents are carriers and you are unsure, get a Hepatitis screening.

● **Get vaccinated:** Get

vaccinated against Hepatitis A and B as they are both viral liver infections. Hepatitis A is contracted from contaminated food and water – avoid raw or contaminated seafood or shellfish. Hepatitis B can be contracted through sexual contact, vaccinated contaminated blood and needles. If you choose not to get vaccinated against Hepatitis B, practise safe sex. Consult a doctor about these vaccinations.

Dr Rohaya Abdul Razak.



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IN our busy daily lives, it's easy to overlook the importance of liver health—especially when faced with stress, irregular meals and sedentary routines. The liver plays a crucial role in detoxifying the body, processing nutrients and supporting overall wellness. Incorporating simple self-care practices, like regular use of a massage chair, can help promote better circulation and relaxation, indirectly supporting liver function. Whether you're looking to unwind after a long day or simply enhance your well-being, a massage chair can be a valuable addition to a healthy lifestyle.

Gintell has introduced the Marvel Series Massage Chairs, featuring the Spider-Man Massage Chair, Black Panther Wellness Chair, and Iron Man Wellness Chair, combining advanced massage technology with the power of superhero-inspired design. As Malaysia continues to prioritise healthcare and wellness, Gintell's innovative massage solutions align with the nation's growing focus on preventive healthcare, offering Malaysians a convenient way to reduce stress, improve circulation and enhance recovery—all from the comfort of their homes.

Inspired by the iconic Marvel superheroes, the massage chairs combine advanced technology with stylish design, making it a standout collection addition to any home. They are built with 2nd Gen. 8-D Twin Rollers, where the massage rollers are segmented into two parts that allow users to choose their preferred massage techniques simultaneously to massage the upper and lower back. It provides an overall deeper, more precise and more intelligent massage on the shoulder, upper back, lower back, waist and buttocks.

The AI Fatigue Bio-Scan System is designed with your well-being in mind. Just place your finger on the biometric scanner for 30 seconds for it to measure and scan your heart rate, blood oxygen

# Unwind for wellness

and fatigue index which enables a personalised massage programme that is suitable to your current index.

Moreover, it features Malaysia's first 178° L-Flex Track, with "L" representing lumbar support. This unique dual massage track adjusts to fit body curves, targeting the upper and lower back at various angles for a precise, intense massage. Unlike fixed-angle chairs, it reclines up to 178°, effectively relieving lower back tension and promoting proper posture for a refreshed feeling.

Your body needs daily stretching, like a massage. That's why the built-in 230° Thai Massage full body stretching programme is beneficial for you. This programme is also intensified by the 178° L-Flex Track and 2nd Gen. 8-D Twin Rollers that recline at a 230° angle, which helps stretch out your body from neck to foot. Overall, it enhances your joint flexibility and mobility. This programme is fully endorsed and consulted by renowned titar master (bone setting specialist) Datuk Seri master Chris Leong.

Aside from the usual AI Voice Control or touch screen controller, users can now seamlessly connect and control the massage chair via their smartphones through Bluetooth connectivity via the Gintell Super App OS application, which can be downloaded from Google Play Store and App Store.

The 360° Heat Spa Therapy is a warm compression of the airbags specifically placed on the back, waist, and feet. It also has a cross-body strap specifically designed for the abdomen. Heat spa therapy works wonders in relieving overall muscle tension and specifically targets the abdominal muscles, providing much-needed relief from muscle spasms

or menstrual cramps.

To elevate the quality of your sleep, you may activate the three auto-programmes from the Brain Relief Therapy session in the Gintell Marvel Series massage chair. These three programmes are Total Relax, Mental Care and 230° Thai Massage, guaranteed to gently calm and relax your nerves whilst soft, soothing background music is played throughout the massage session.

Overall, the Gintell Marvel Series massage chair offers 20 automatic programmes, 11 unique massage techniques, adjustable massage speed and 4D intensity up to five levels, a wireless charging port with a USB connector, a VI Memory programme and the relaxing Zen Light, which enhances the user's mood and surrounding ambience.

Gintell is currently offering the Marvel Series massage chair with limited stocks available across South-East Asia. As an exclusive token of appreciation to all their customers, Gintell is offering the luxury of the A-Pro Massage Chair at an all-time low price of RM1,988. This limited-time offer provides an opportunity to own a premium massage chair equipped with advanced features, ensuring ultimate comfort and relaxation. With only 100,000 units available, this offer is valid while stocks last.

■ For further enquiry or pre-order, call 016-750 0998, visit [www.gintell.com](http://www.gintell.com) or visit your nearest Gintell showroom to experience the Gintell massage chair firsthand.



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\*Complicated cases and additional procedures can incur additional cost on top of package price