

StarSpecial

THE STAR, TUESDAY 4 JANUARY 2022

BMS CONNECT



Create your own sunshine

As the new year begins, brighten it up by
searching for your own ray of sunshine.
Be the joy you need in your life.

Start the New Year on a healthy note

NEW Year is when people the world over begin making New Year resolutions and preparations.

This year, do bear in mind that the body houses the soul – keeping the body in good health is important to keep the mind strong and clear.

Gintell caters to all needs with the belief that everyone in our lives deserves care and love.

In this busy modern society, everyone is so busy that they neglect their own health.

If the body fails to get enough rest, then how could it carry you through life?

An affordable and effective solution, the Gintell S5 SuperChAiR, brand new “S” series massage chair provides the best massage experience even at home.

The S5 SuperChAiR Massage is equipped with “AI-R Roller Balls” – the most advanced airbag roller-ball technology. The massage ball can stretch forward (3D) up to 12cm.

There are also three levels of protrusion adjustment (three forward stretch ranges), ensuring deep massage of your deep muscles and acupuncture points with more comfortable and flexible massage touches.

The “Shiatsu Stretching” function (full body + knee traction) – the latest stretching programme recommended by Datuk Seri Master Chris Leong, can effectively help relieve neck, shoulder and back pain and assist to promote blood circulation and relieve leg muscle as well as knee pain.



An affordable and effective solution, the Gintell S5 SuperChAiR, brand new ‘S’ series massage chair provides a relaxing massage experience.

There is also the Additional Traction function (Thai Rolling) to improve joint flexibility, relieve knee tension and strengthen the muscle.

The S5 massage chair also has a 135cm XV-track, which is able to massage your shoulder and neck to the tail bone vertebra and even buttocks and thighs, helping relieve your lower disc muscles, especially the sore and tight muscles of the waist.

The Gintell S5 SuperChAiR is also

built-in with the most advanced intelligent voice control intelligent function – AI Vi-Tec Massage Hand.

Through voice control, the S5 can listen, read and understand your physical needs to provide comfort and a humanised massage experience. Moreover, with S5’s exclusive V-Memory Programs, it is able to memorise and store your favourite massage techniques intelligently.

It also conveniently stores up to

three customised favourite programmes – an easy and friendly technology for an enhanced massage experience.

In addition, the S5 massage chair features 4D Foot Guasa Massage function, covering from the calf to the sole of the foot, which can stimulate blood flow, and provide comfort and relaxation to the legs and ankles.

The S5 also has up to 15 healthy massage programmes. This massage chair is also equipped with

3D-surrounded sound, so you can relax by listening to your favourite music while enjoying the massage.

The Gintell S5 SuperChAiR has a unique fashion design, built-in advanced AI intelligent technology and excellent health programmes, which will bring more benefits to you and your family.

Gintell S5 SuperChAiR is definitely your best health partner.

With Chinese New Year around the corner, Gintell is offering a Chinese New Year promotion with up to 55% rebate for the S5 SuperChAiR.

A free gift worth RM2,288 is now waiting for you too – definitely great value in its class.

Wait no more and experience the Brilliance of Wellness at Gintell.

Also, bring home the SmarTrek Pro treadmill to stay fit this coming Chinese New Year with a rebate of up to 50%.

Terms and conditions apply. Gintell was established in 1996 and has expanded its business and distribution network with over 100 outlets throughout the country.

Gintell was also named in *The Malaysia Book of Records* for the title of The Largest Healthcare Products Chain outlets.

The company also offers in Sirim-certified electronic products.

■ For details, visit your nearest Gintell showroom or browse www.gintell.com or contact customer service at 03-6277 9333.

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Good breakfast options include wholegrain cereals or bread, bananas and yoghurt.

Nutrition tips to maximise your workouts

DID you know when and what you eat can have an impact on your workout? Eating and exercise are connected.

Eat a healthy breakfast

If you exercise in the morning, get up early enough to finish breakfast at least one hour before your workout. This will give you energy and raise your blood sugar.

If you don't eat, you might feel sluggish or light-headed when you exercise.

Good breakfast options include wholegrain cereals or bread, bananas and yoghurt.

Size matters

You want to be careful not to overeat before exercise. Eat large meals at least three to four hours before exercising.

Small meals should be eaten two to three hours before exercising. You can have small snacks an hour before exercising.

Snack well

Most people can eat small snacks right before and during exercise.

It's important to do what feels best for you. Snacks shortly before exercising probably

won't give you an energy boost, but they can help maintain blood sugar levels and prevent distracting hunger pains.

Good snack options include energy bars, yoghurt and low-fat granola bars.

Eat after you exercise

Eating after you exercise will help your muscles recover.

If possible, within two hours, you'll want to eat a meal that contains protein and carbohydrates.

Good post-workout food choices include yoghurt and fruit, peanut butter sandwiches, pasta with meatballs, and chicken with brown rice.

Drink up

Remember to drink fluids. You need fluids before, during and after exercise to prevent dehydration.

The American College of Sports Medicine recommends you drink two to three cups of water before your workout, half to one cup of water every 15 to 20 minutes during your workout, and two to three cups after your workout. — Mayo Clinic News Network/Tribune News Service

Tips to reduce snoring

AS many as half of adults some-times snore. Snoring occurs when air flows past relaxed tissues in the throat, causing the tissues to vibrate as you breathe, which creates those irritating sounds.

Sometimes snoring may indicate a serious health condition.

In addition, snoring can be a nuisance to your partner.

Lifestyle changes such as losing weight, avoiding alcohol close to bedtime or sleeping on your side can help stop snoring.

Snoring is often associated with a sleep disorder called obstructive sleep apnoea (OSA).

Not all snorers have OSA, but if snoring is accompanied by any of the following symptoms, it may be an indication to see a doctor for further evaluation for OSA:

- Noise during sleep
- Excessive daytime sleepiness
- Difficulty concentrating



Lifestyle changes such as losing weight, avoiding alcohol close to bedtime or sleeping on your side can help to stop snoring.

- Morning headaches
- Sore throat
- Restless sleep
- Gasping or choking at night
- High blood pressure
- Chest pain at night

To prevent snoring, try these tips:

- If you're overweight, lose weight. People who are overweight may have extra tissues in the throat that contribute to snoring.
- Sleep on your side. Lying on your back allows your tongue to fall backward into your throat, narrowing your airway and partially obstructing airflow.
- Nasal strips or an external nasal dilator. Adhesive strips applied to the bridge of the nose help many people increase the area of their nasal passage, enhancing their breathing.
- Treat nasal congestion or obstruction. Having allergies or a deviated septum can limit airflow through your nose.

This forces you to breathe through your mouth, increasing the likelihood of snoring. — Mayo Clinic News Network/Tribune News Service

Treating dry knees and elbows

ARE your elbows and knees dry and rough? Here are some tips to make them softer and smoother.

Elbows and knees tend to have thicker skin than other parts of the body as well as more skin folds to help the joints to be protected and move easily. However, these areas do not have oil glands, so the skin is quite dry.

To maintain youthful skin, incorporate a coconut oil wash into your routine thrice a week.

Coconut oil is rich in vitamin E that keeps skin soft and supple. Just have your shower, and then rub in the oil. Let yourself air dry.

As skin is thicker around the joints, and drier, it may also be darker. If you want to lighten it, then you must apply sunscreen every day before you go out.

You can also try and lighten the skin by exfoliating the area and using a good moisturiser after.

Heart issues affecting younger people

MANY of the heart disease risk factors are the same for everyone.

Lifestyle choices, such as lack of exercise, obesity, smoking and drinking alcohol excessively, are risk factors that affect many adults.

But Dr Regis Fernandes, a Mayo Clinic cardiologist in the United States, says such behaviours seem to be more prevalent in younger people now than in the past.

What are the factors millennials – people born between 1982 and 1994 – may be at higher risk for developing heart disease at a younger age than previous generations?

“Lack of exercise, drinking too much alcohol, smoking and things like that (are risk factors),” says Dr Fernandes.

Dr Fernandes says another big reason is stress.

“That’s a problem that they’re going to carry through their lifetime,” he says.

“And we’re seeing this nowadays. This

will eventually translate into heart disease at a younger age.”

He advise young people to eat more fruits and vegetables and avoid foods that are high in sugar and flour.

“Those behaviours actually help to reduce your blood pressure, reduce your sodium intake and your sugar intake. And they actually help to reduce your stress level.” — Mayo Clinic News Network/Tribune News Service



One of the reasons why young people are getting heart problems is due to stress.



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The importance of a healthy liver

PERHAPS, you are unknowingly making your liver work too hard. It can be an unhealthy diet, a sedentary lifestyle, binge eating, overconsumption of alcohol, smoking, or not having enough rest.

Sadly, many of us are neglecting the importance of liver health.

Our liver is the largest internal organ that takes on more than 500 roles to keep us healthy.

These roles include processing nutrients and filtering toxins, producing body chemicals, and storing extra energy fuel, vitamins and minerals.

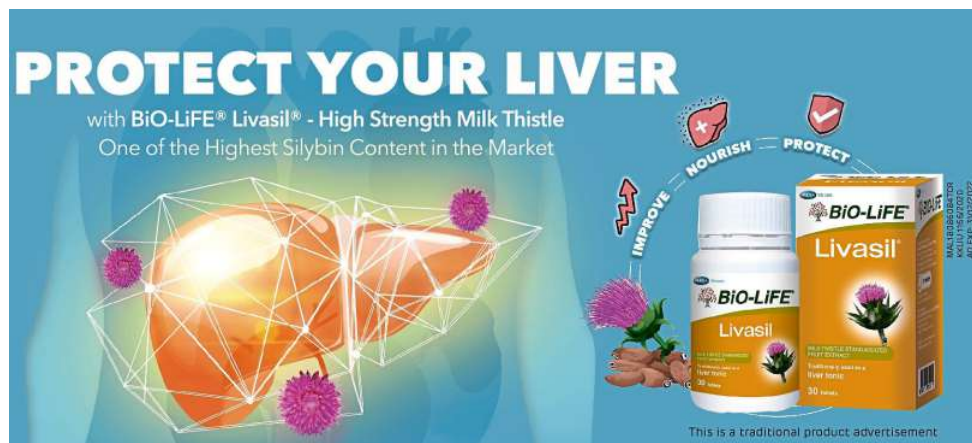
Although liver disease symptoms might not be very noticeable, there are some telling signs you should recognise:

Excessive, persistent fatigue

You are feeling lethargic and fatigued during the day, which affects your cognitive performance and productivity.

Skin issues

Sudden skin itching, allergy or sensitivity, rashes, pimples or acne outbreak, might be



BiO-LiFE Livasil provides you with the high strength of milk thistle extract.

due to overloaded toxin that is eliminated via the skin when it is unable to be processed and excreted through urine or stool.

Digestive issues

You may have digestive discomfort, such

as reduced appetite, heartburn, bloated stomach, nausea or even vomiting.

Experience the benefits of plant extract – Milk Thistle

Milk thistle is an ancient, well-known

flowering herb. Its extract, called silymarin, is one of the ingredients used in liver tonic.

Some undergo a further separation process to get Silybin, the main active component of silymarin, that becomes the main focus of many clinical studies on liver health.

BiO-LiFE Livasil provides you with the high strength of milk thistle extract (500mg), which gives 80% silybin.

High Silybin content

BiO-LiFE Livasil has one of the highest Silybin content in the market, with a convenient once-a-day dosage to serve as your daily liver tonic.

Get more information on this product from nearby pharmacy stores for your liver health.

■ This article is brought to you by BiO-LiFE Marketing Sdn Bhd.

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Tiger milk mushroom, cordyceps sinensis, and andrographis paniculata offer various health benefits.

Health benefits of natural remedies

SINCE ancient times, indigenous communities in Malaysia have been using natural remedies to relieve symptoms such as the flu, phlegm and cough.

Due to the advancement of technology, scientific studies have discovered the benefits of natural ingredients for respiratory health.

In a study titled Cordyceps as a herbal drug published in *Herbal Medicine: Biomolecular and Clinical Aspects, Second Edition*, it was found that oral administration of cordyceps in mice for four weeks significantly prolonged the swimming time of mice by about 20 to 24 minutes.

This finding also suggests that the consumption of cordyceps helps reduce the effects of fatigue.

Apart from this, the administration of cordyceps decreased the airway inflammation in induced-asthmatic mice, thus suggesting the possibility to ease breathing for individuals with cough and the cold as well.

A common symptom among asthmatic individuals is bronchoconstriction, where the airway becomes narrower.

In a study published in *Phytomedicine* titled *Bronchodilator effects of Lignosus rhinocerotis extract on rat isolated airways is linked to the blockage of calcium entry*, tiger milk mushroom (cendawan susu harimau) is found to have bronchodilator properties

(properties that help with the dilation of the bronchus inside the lungs).

This further supports the belief that the ingredient is helpful in reducing phlegm and relieving cough and the cold. Andrographis paniculata extract is believed to have a preventive effect from the occurrence of the common cold.

There is also a research published in *Phytomedicine* titled Prevention of common colds with Andrographis paniculate dried extract.

A pilot double-blind trial, a study among students in Chile during the winter season revealed that the occurrence of the common cold among those who consumed andrographis paniculata was only at 30% as compared to placebos which stood at 62%.

In conclusion, tiger milk mushroom, cordyceps sinensis, and andrographis paniculata are found to give various health benefits to respiratory health and the overall human body.

However, consumption of such ingredients must go hand in hand with a healthy lifestyle such as not smoking, avoiding polluted areas or wearing necessary protective equipment when exposed to polluted areas and exercising.

This article is brought to you by MegaLive.

■ For more information, call 04-491 8168



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