

Assessing and treating gait abnormalities

IF you notice your child developing an unusual walking pattern, you need not worry. Gait abnormalities are a normal part of a child's physical development and many children often grow out of their abnormal gait without medical treatment. However it is best to consult a paediatrician for confirmation and peace of mind. Should the abnormal gait be left untreated, it may severely affect these children later in life.

What to look for?

Diving deeper into the condition of abnormal gait among children, Dr Roshan Gunalan, consultant orthopaedic and paediatric orthopaedic surgeon at Subang Jaya Medical Centre (SJMC) shares, "When it comes to gait and how children walk, there is a huge variation, and it always depends on their age. A one-year-old is more likely to stumble and walk a little wobbly while an older child may be steadier. Hence, what we look for is the alignment of the limb (If they're bow legged or knock kneed), if they have a limp and the shape of the feet itself."

Dr Roshan notes that certain types of pathology and abnormal gait-causing diseases tend to happen at specific ages. He says, "Based on the patient's age, you would be able to identify where the problem would be because there are common conditions occurring at certain ages."

Besides that, he says abnormal gaits are often linked to a physiological or pathological issue which would affect the diagnosis and treatment. "It's very difficult, if you're not trained, to identify what the problem is in a child. So, one of the easiest ways to approach a patient who comes is to ask if it's a painful or painless condition."

"The pathology is different when it comes to painful conditions, such as through a fall, trauma, injury or even something as simple as stepping on a needle. That can



Dr Roshan Gunalan.

cause an abnormal gait which is painful and tend to occur more suddenly. Should there be some possible history, you could probably get the required information from the parents or the patients themselves.

"When it's a painless gait, then it's a little more difficult to approach as it may be an ongoing or chronic problem – they may have been walking unusually since the day they started walking or it could be something they developed over time. In that sense, you have to identify the origin of the problem that may occur anywhere along the body, from the spine to the lower limbs," he says.

How are cases treated?

Abnormal gait can be treated using a variety of treatments such as strength training, rehabilitation, orthotic aids and in severe cases, surgery may be the only option in resolving the disorder. The treatment that is prescribed depends on the type of abnormal gait the child is diagnosed with along with the severity of the condition.

Dr Mohana Vale Saki Tazan, consultant rehabilitation medicine physician, also at SJMC, says, "Before we prescribe any form of



Dr Mohana Vale Saki Tazan.

treatment, we address the parents' concerns along with a proper assessment of the child."

The assessment includes a detailed history check on the child, including information of the child even during the prenatal period, as well as a physical observation that may reveal injuries that could have led to the child developing the abnormal gait. Assessing a child thoroughly is an important aspect in diagnosing and treating the disorder. Video recordings and special gait analysis may need to be performed.

He adds that gait disorders are abnormal movements and postures of the lower limbs. Some common examples are in-toeing, out-toeing, tiptoeing, bow legs, knock knees, flat feet and limping. The ideal outcome of training and rehabilitating a child with gait abnormality is to have them walk, run, and move at a normal pace. A series of exercises are specifically planned out for the type of gait that targets the muscles that are affected by the condition.

"Gait rehab involves exercises to strengthen the weakened muscles, stretching, core stability training, coordination and balance exercises, as well as gait retraining," shares Dr Mohana.

In some cases, certain conditions

require the use of orthotics such as splints, braces, casts, or special shoes that can help with pain or difficulty with movement. Dr Mohana adds that both training and orthotics help smoothen the movements while supporting the weakened muscles and deformities. A child may be prescribed with either or both forms of treatment depending on the severity of the condition.

Orthotics also enhances comfort and slows down the progressive deformities that occur in the muscles and bones. Dr Mohana continues, "Physical modalities such as hot packs or cold therapy, also known as cryotherapy, may be suggested to ease symptoms that accompany the condition such as inflammation and pain."

Rehabilitation is required too after correctional surgical procedures, if any.

Underestimating the effects

Gait left untreated can result in concerning issues as the child gets older. This is largely down to the level of movement the child may perform due to the increased pain.

Children who suffer from gait abnormalities can also develop other concerning disorders such as osteoarthritis caused by the wear and tear of the joints.

"Abnormal gait can cause sprains on the muscles and abnormal strains on bones and joints. The ongoing strains can later cause pain that will only further aggravate the condition. Untreated gait also causes reduced functional abilities such as running and playing, leaving the child unable to participate in school activities and having difficulties playing with friends. Children diagnosed with gait abnormalities tend to have trouble with movement and when the condition is not treated, the child may be

more prone to falls and injuries, premature wear and tear conditions of the musculo-skeletal system as well as body image concerns later in life," explains Dr Mohana.

Surgery becomes the recommended option when the disorder is diagnosed to be severe. In such situations, Dr Roshan elaborates there are still additional considerations that have to be made. "Firstly, you have to approach it at the correct age. If surgery is done at the wrong age, it will be a big problem and the issue may get worse because children are dynamic and are growing."

Dr Roshan notes the four types of surgery; soft tissue surgery (muscle lengthening), bone procedures (where the doctor divides and realigns the bones to make them straight), growth modulation treatment/growth guidance surgery (where a specialised implant is used within the bone to help guide the child's bone growth into the correct direction) and deformity or alignment correction using specialised external fixator devices, commonly known as hexapods.

Alternative treatments such as acupuncture and Ayurveda have become popular in treating gait, however, it is important to consult a medical professional to assess and treat your child's condition.

A proper medical assessment can diagnose neurological deformities, prenatal disorders and other complications that may be linked to your child's abnormal gait. Dr Roshan and Dr Mohana urge parents to seek medical treatment if they notice signs of gait in their children. Early treatment can prevent further complications as well as the need for drastic measures.

■ For more information, call 03-5639 1212.



If you notice signs of an abnormal gait in your child, contact your paediatrician because early treatment can prevent further complications as well as the need for surgery.

When does a baby start to walk?

An abnormal gait is an unusual walking pattern in children. Many babies and toddlers develop an abnormal gait as they grow and learn to walk.

Before considering an abnormal gait in a child, it's important to understand the typical milestones of a child. The following are the average ranges of developmental milestones in a child, although some children may reach these milestones either a little earlier or later.

Developmental milestones of a child:

- **Six months** – Most babies are able to sit with support and roll over
- **Nine months** – By now, most babies start to crawl
- **Nine to 12 months** – Most babies learn to pull themselves up into a standing position by holding onto furniture. At this stage, babies tend to be able to walk with support but are unable to walk on their own.

- **11 to 16 months** – Most babies tend to walk without support

- **24 months** – By now, most toddlers would be able to climb the stairs one step at a time and jump in place

- **36 months/three years** – By now, most children can climb stairs reciprocally and balance on one foot

- **48 months/ four years** – By now, children are able to hop on one foot

- **Five years** – By now, most children are able to skip

- **Six years** – By now, most children are able to balance on one foot for about 20 seconds or more

If you are concerned about your child's physical development, you should contact your paediatrician or paediatric orthopaedic surgeon, as abnormal gait is difficult to diagnose to an individual who isn't specialised in this field.

Maintaining cholesterol the natural way

IN recent years, the incidences of non-communicable diseases (NCDs) such as heart disease have been on the rise in Malaysia, according to the *2019 National Health and Morbidity Survey* by the Ministry of Health Malaysia. NCDs are diet-related chronic diseases and the dominant risk factors are a high blood cholesterol level, diabetes, hypertension and obesity. This and the corresponding *Survey: 1.7 million Malaysians Risk Three Chronic Conditions* by CodeBlue noted that eight million Malaysians have a high cholesterol level, 3.9 million Malaysians have diabetes, 6.4 million Malaysians are afflicted with hypertension and 3.7 million Malaysians are obese.

It is estimated that the prevalence of these NCD risk factors will continue to increase and is indeed a worrying trend for the country because many seem to be oblivious to the truth and continue to indulge in unhealthy lifestyles.

Much research has proven that a slight modification in our daily diet with the inclusion of high fibre foods such as oat bran – which contains the cholesterol-lowering substance called oat beta-glucan – is one of the most natural ways of managing a high blood cholesterol level.

Oat beta-glucan is a soluble form of dietary fibre that produces a cholesterol-lowering effect due to its high viscosity. It dissolves inside the digestive tract where it forms a thick gel in the small intestine. This viscous “net” traps cholesterol and cholesterol-related particles (bile acids) and prevents them from being absorbed into the bloodstream. They are then passed, harmlessly, out of the body. When the liver subsequently has to produce more bile acids – which are needed by the body for fat absorption – it uses

cholesterol in the bloodstream to do so. This results in a reduction of one's low-density lipoprotein cholesterol (bad cholesterol) level.

The health claims for oat beta-glucan that are approved by the European Food Safety Authority and the Ministry of Health Malaysia are as follows:

- 3g of oat beta-glucan daily aids in lowering cholesterol
- Oat soluble fibre (beta-glucan) helps to decrease the rise of blood glucose, provided that it is not consumed together with other food
- Consumption of beta-glucan from oats

contributes to a reduction of the glucose rise after a meal

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- Lower in calories,

higher in total fibre and lactose-free

- Contains no added sugar, artificial additives or preservatives

Biogrow Oat BG22 is one of the trusted brands in Malaysia that provides clinically proven effects on blood cholesterol reduction and blood glucose management. It provides an absolutely natural and easy way to obtain the highly bioactive oat beta-glucan from our daily diet.

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Keep clean effectively at all times

GERMS are invisible and harmful. As some types of germs can live on our hands for up to 24 hours, it is important to establish a good personal hygiene in the house, workplace and school to prevent germs from making you or your loved ones ill.

Pureen Antibacterial Wipes are specially formulated with proven antibacterial ingredients to kill 99.9% of germs. Did you know that these are the few common objects where germs may thrive?

- Mobile phones

- Remote controls
- Switches
- Doorknobs
- Computer/laptop keyboards
- Shopping trolleys

Exposure to germs is unavoidable and it is easy for germs on your hands to end up in your body. Therefore, make sure you sanitise your hands with Pureen Antibacterial Wipes to stay protected.

The wipes are also great to be used before preparing food, before and after eating, after using the toilet, changing a diaper, handling animals, touching the dustbin or any dirty surface.

Young children's immature immune system makes them more susceptible to diseases than adults. Cold, the flu, hand, foot and mouth disease and diarrhoea are common contagious infections

among children.

Unseen germs can easily spread through unsanitised hands.

Therefore, educate your children to cover their mouth and nose with a tissue when they cough or sneeze and sanitise their hands using Pureen Antibacterial Wipes to reduce the risk of spreading germs to others.

Keep your children's hands clean with Pureen Antibacterial Wipes when they're off playing sports or any other outdoor activities.

Pureen Antibacterial Wipes are made of soft, thick and moisturised cottony material that cleans your skin gently.

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ACEROLA (malpighia emarginata) is rich in vitamin C (ascorbic acid) and contains a plethora of antioxidants such as anthocyanins, carotenoids, and flavonoids. In *Acerola, an untapped functional superfruit: a review on latest frontiers* published in *Journal of Food Science and Technology*, the study concludes that the fruit contains high amounts of vitamin C in the range of 1500-4500mg/100g, which is around 50-100 times more than in an orange or lemon. Having such high amounts of vitamin C, it is only comparable to camu-camu (myrciaria dubia), which contains 800-6100mg/100g of vitamin C. Other than vitamin C, camu-camu is also well known for its level of anthocyanins and carotenoids, types of antioxidants.

Natural antioxidants are valued for the ability to neutralise free radicals and reduce oxidative stress in the body. Free radicals are unstable molecules in the body that can cause a variety of diseases. A condition where the amount of free radicals outweigh the amount of antioxidants is referred to as oxidative stress.

Consumption of foods that are rich in antioxidants (usually from fruits and vegetables) can help in stabilising free radicals and lowering the risk of developing a variety of diseases including chronic and debilitating diseases such as diabetes and cardiovascular diseases.

Apart from this, they also have anti-inflammatory properties that can have an antigenotoxic effect and delay ageing.

Supplementation of acerola and camu-camu

The effect of camu-camu and acerola consumption to health was studied in both humans and animal subjects.

The properties of the camu-camu fruit are also documented in *Nutritional compositions and health promoting phytochemicals of camu-camu (myrciaria dubia) fruit: A review*, published in *Food Research International*.

Several small-scale studies on human subjects found that camu-camu and acerola can potentially help with reducing blood pressure levels and improve in vasodilation response. The use of camu-camu fruit among smokers is also noted to reduce oxidative stress in the body.

Consumption of acerola and camu-camu fruits also show significant reduction in glycaemia, total cholesterol level and LDL cholesterol level (bad cholesterol).

Studies using rats found that camu-camu reduces fat liver deposition, improves lipid profile, decreases body mass index (BMI), and produces improvement in immune response postulated due to high vitamin C content.

It has also been reported that the vitamin C in acerola is better absorbed by human beings than synthetic ascorbic acid.

However, it also must be noted that vitamin C is readily absorbed when the intake is up to 100mg per day. At 500mg per day, the efficiency of absorption swiftly declines.

Thus, when it comes to vitamin C supplementation consumption, it must be carefully selected, not only in terms of synthetic or natural ingredients but also based on the recommended dosage.

Talk to your healthcare professionals to know more about a vitamin C that is suitable for your daily consumption.

This health article is brought to you by MegaLive.

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Camu-camu (left) and acerola (right).

A conversation about nicotine addiction with a smoker is always difficult, let alone trying to persuade the smoker to quit. The topic rarely attracts attention despite it being the most abused, yet legal and addictive substance. The social normalisation of tobacco usage has certainly contributed to the popularity of nicotine products despite abundant evidence on its negative consequences.

Early documentation suggests that tobacco has been in use for more than 8,000 years, including the cultivation of tobacco in 5000 BC in central Mexico.

Tobacco was originally used among the Native Americans for religious and medical purposes such as painkillers. Owing to its "miracle" property, it was regarded as a valuable item and was used as gifts.

In the late 15th century, Christopher Columbus sailed tobacco across the Atlantic Ocean and soon after, it gained instant popularity in Europe.

In 1760, Pierre Lorillard established the first company in the US that processed tobacco to make cigars and snuff. In less than two centuries later, more and more tobacco companies were established, creating a lucrative industry.

Over the past 20 years, tobacco products have changed in many ways, both in terms of its content and presentation.

This is an effort by the tobacco industry to target new and diverse populations, including children.

Various research have reported the medically disastrous nature of newer generations of tobacco-derived products. This is the result of the fortification of ingredients when modifying and creating new flavours or to change the nature of the tobacco, such as from leaves to juice form to be used in vapes.

The benefits of quitting tobacco use

Here are some major reasons smokers should quit:

● **To break the cycle of addiction** – As the dramatist Oscar Wilde once wrote, "A cigarette is the perfect type of a perfect

End nicotine dependence

pleasure. It is exquisite and it leaves one unsatisfied. What more can one want?"

Leaving one unsatisfied portrays the addictive nature of nicotine. Extensive nicotine use leads to dependency – the need to have more to recreate the same effects and to counter the withdrawal symptoms such as the development of the peculiar edgy feeling upon cessation. It illustrates a continuous cycle which in time will become harder to break.

● **To reduce the risk of getting cardiovascular diseases** – The main causes of death among the Malaysian population are cardiovascular diseases, namely coronary heart disease and stroke – with smoking being a major modifiable risk factor.

Once a person stops smoking, the benefits start almost immediately. The risk level of getting heart attacks and stroke is lowered to that of non-smokers after 15 years of cessation. It would also reduce blood pressure, which is another important risk factor for cardiovascular disease.

● **To improve the function of the lungs** – Tobacco use affects the lungs directly during inhalation and indirectly when circulating toxins in the blood. Tobacco use is well known to cause lung damage and cancer. Quitting tobacco usage has shown to improve the function of the lungs and reduce the risk of getting lung cancer.

● **To improve the immune system** – Our immune system protects us from getting infections. It is activated when our body is invaded by virus and bacteria. The immune system is impaired by the toxins in cigarette products, hence making us susceptible to infection. An optimum immune system also plays a significant role in protecting us against cancer.

● **To reduce the aging process** – Ageing is an inevitable natural process. However,



Dr Faridah Mohd Zain.

dependency on tobacco products speeds up the ageing process mainly due to the sub-optimum ability of the cells to regenerate with the presence of toxins from tobacco. Thus, stopping the exposure to tobacco would allow our body to recover better and improve its vitality.

● **Join the "new norm"** – Community studies have shown an increasing trend among smokers who are wanting to quit. Considerations for one's own health remains the most popular reason, followed by the health of significant others and other sociodemographic factors.

Hence, deciding to quit tobacco product use is a norm whereby smokers should be comfortable with.

MSU Medical Centre consultant family medicine and lifestyle medicine physician

"The "cold turkey" method remains the most popular way smokers choose to quit using tobacco products. However, this method has also shown to have the highest failure rate both in the short and long term."

and a smoking cessation practitioner Dr Faridah Mohd Zain explains that the "cold turkey" method remains the most popular way smokers choose to quit tobacco products.

However, this method has also shown to have the highest failure rate both in the short and long term, primarily due to the unpleasant experience of withdrawal symptoms.

This is as opposed to gradually easing into the process over a period of time or by using replacement medication.

Scientifically proven replacement medications are safe and effective if used under supervision by certified professionals. Although the decision to continue smoking depends entirely on the individual, the right for clean air remains the right of everyone.



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References:

1. EFSA Journal 2010; 8(12): 1885;
2. Diets that are of low in GI and high in dietary fiber are protective – WHO Europe Diabetes

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DEPRESSION is one of the most common psychiatric illnesses and it can affect the way people feel, think and act. Besides the psychological, emotional and behavioural effects, depression can also have a physical toll.

People will consequently feel ill, resulting

Individuals who are suffering from depression are also more susceptible to infection and disease. Depression is more than just a case of the blues and thus requires medical attention.

People who suffer from depression usually are unable to have proper sleep. As a result, they experience headaches and fatigue. These three attributes combined put people at risk of developing heart diseases, heart failure, having heart attacks, and diabetes. The lack of sleep can also have an effect on a person's sexual drive while insomnia and fatigue slow down a person's metabolism.

Depression can also cause a decrease in appetite, which can result in unintentional weight loss. Not only are those affected eating less, they are also more likely to make poor dietary choices.

Malnutrition is a dire possibility as the body is not supplied with the sufficient nutrients, forcing it to burn available fat and protein in order to keep itself functioning properly.

Chronic pain happens when the victim suffering from depression develops hypersensitivity to pain. As depression causes the body to become weak, it also affects the mind, forcing it to react with an increased sensitivity to pain as a defence mechanism. This hypersensitivity affects victims in their daily lives, causing them to feel constantly uneasy or stressed. The intense pain can also affect the quality of



People who suffer from depression usually are unable to have proper sleep. As a result, they experience headaches and fatigue.

sleep, which in turn means reduced sleeping hours and a weaker body.

Issues regarding cardiovascular and immune systems arise when depression puts the victim's body in a state of stress, causing an increased heart rate, leading to heart attacks. This happens when the victim feels helpless when reacting to select situations, putting the mind on high alert. The body reacts by pumping more blood to the heart.

The frequency of unnecessary stress on the heart can slowly lead to people having heart failure at an earlier stage in life.

Depression is a serious mental health issue that many people often overlook because they do not understand the implications and the consequences that can arise. The thing

about depression is that it can happen to anyone at any time. It is possible for people to feel down and depressed even without obvious triggers such as a negative experience or event.

In other instances, victims of depression often do not share their problems because the people around them take it lightly and think that depression can be cured through willpower alone. If one continues to suffer depression, it will not only affect them psychologically, but also their physical health.

If you know anyone who is currently living with depression or suspect someone affected, your companionship and support can be crucial to his recovery. Begin by learning everything you can about depression and how to best discuss it with a friend or family member so you can take care of your loved ones mentally and physically.



Victims of depression often do not share their problems because the people around them take it lightly and think that it can be cured through willpower alone.



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Reference :

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



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MAINTAINING strong mental health during this pandemic can be challenging for anyone. With that said, a good massage can be helpful in relieving fatigue and stress. One affordable solution to accessing a good massage is with the S5 SuperChAiR – Gintell’s latest addition to the ‘S’ series that provides the best massage experience you can enjoy in your own home.

The S5 SuperChAiR is equipped with AI-R Massage Hand, the most advanced mechanism in Gintell’s Airbag Rollerball Technology. The massage ball can protrude at three different levels (12cm at its highest), ensuring a satisfying massage on deep muscles and acupuncture points.

Not only that, the Gintell S5 SuperChAiR also features the most advanced and intelligent voice control function, dubbed the AI Vi-Tec Massage Hand.

Take full advantage of the voice control feature and feel the S5 change its massage pattern according to your commands and physical needs.

In addition, the S5 boasts an exclusive V-Memory Program that memorises your favourite massage settings and intelligently stores your preferences in its built-in system. Conveniently save up to three fully customisable, tailor-made massage preferences into the system. You can activate these settings easily, enhancing your massage experience.

The Gintell S5 also features the Shiatsu Stretching function, the latest stretching program endorsed by Datuk Seri Master Chris Leong. Specially developed to focus on the entire body and knee traction, the S5 is designed to relieve neck, shoulder and back pain.

It also helps to promote blood circulation and relieve pain in your leg muscles and knees.

The Thai Rolling Traction function works to improve joint flexibility and relieve tension in the knees while strengthening the surrounding muscles as well.

A special feature of the S5 massage chair is the 135cm XV-track that allows for an enjoyable massage from your shoulder and neck to the tail vertebra, buttocks and thighs,

Have a personalised massage in your home

helping to relieve pain in your lower disc muscles, especially sore and tight muscles around the waist.

If the above features are not enough, the S5 massage chair has a 4D Foot Guasa Massage function that targets the calves to the soles of the foot, working to stimulate blood flow as well as provide comfort and relaxation to your legs and ankles.

With up to 15 built-in massage programs on the S5, users will easily find a massage program that is suitable for them. This massage chair is also equipped with 3D surround sound, so you can listen to your

favourite music while enjoying a relaxing massage.

The Gintell S5 SuperChAiR features a unique design, built-in advanced AI technology and excellent pre-set massage programs which will bring joy to you and your family. Gintell S5 SuperChAiR is your best health partner. Bring health and wellness home now.

In conjunction with the soft launch of the S5, Gintell is offering up to 55% on rebates to its customers. This is definitely of great value for a massage chair of this class. Wait no more and experience the brilliance of

wellness with Gintell. Terms and conditions apply.

Gintell was established in 1996 and has expanded its business and distribution network to more than 100 outlets throughout the country. Gintell is also awarded the title of Largest Health Care Products Chain Outlets by *The Malaysia Book of Records*. All electronic products under the Gintell brand are Sirim-certified.

■ For more information, visit the nearest Gintell showroom, call 03-6277 9333 or visit www.gintell.com



The Gintell S5 SuperChAiR features a unique design, advanced AI technology and pre-set massage programs that will bring joy to you and your family.

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The One You Can Trust to Care for Those You Love including Yourself.

MSU Medical Centre (MSUMC) is a private specialist hospital located in the heart of Shah Alam, a cosmopolitan city located on the outskirts of Kuala Lumpur. An extension of Management and Science University (MSU) in a combined effort providing transformative medical education and services, it stays true to a motto of Caring, Healing, Educating. Catering to local, international, individual, and corporate healthcare needs, the 250-bed hospital offers both general and comprehensive medical and clinical services.

MSUMC facilities include 6 operation theatres, 6 ICUs, 6 labour rooms, 24 specialist clinics, and 900 parking bays. Complementing the services are expert consultants and professional staff ensuring the best healthcare experience for all our patients.

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- Services :**
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KKLIU: 1699/2020

For healthy blood circulation

YOU probably already know that it is important to keep your cholesterol, blood glucose and blood pressure at healthy levels. However, are you aware that maintaining 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, such as to the 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, 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 the body is reduced or blocked, the supply of oxygen and nutrients to the organ tissues will be insufficient and can subsequently lead to several health complications, including:

● **Numbness and tingling sensations in hands and feet** – When 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 of the skin and nerve endings of the hands and feet.

● **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 on the 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 cramping in that particular area when walking or exercising.

Poor blood circulation can adversely affect health, emotional status and overall quality of life. There are several factors that can cause poor blood circulation, including age, overweight or obesity, poor eating habits, alcohol consumption, smoking, sedentary lifestyles and certain medical conditions such as high cholesterol 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 is clinically tested to improve blood circulation, according to a July 2010 article titled *Scientific Opinion on the modification of the authorisation of a health claim related to water-soluble tomato concentrate and helps to maintain a healthy blood flow and benefits circulation pursuant to Article 13(5) of Regulation (EC) No 1924/2006 following a request in accordance with Article 19 of the Regulation (EC) No 1924/2006* published in *EFSA Journal*.

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,



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

according to the same *EFSA Journal* scientific article. 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 (above 40 years old) and individuals who want to improve or maintain blood circulation, have poor blood circulation, lead a hectic or unhealthy lifestyle and consume unhealthy diets.

Take one capsule daily after meals for 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, call 03-7956 2220 (Mondays to Fridays, 9am to 5pm), or visit www.biogrow.com.my. Like the Facebook page at www.facebook.com/BiogrowMY

This is a traditional product advertisement.

KKLIU No.1500/2020

Not feeling well? Try Vitamin C to strengthen your body!

BIOGROW-CITRUS contains RE-NATURED® Vitamin C with Rutin & Bioflavonoids where the RE-NATURED® Vitamin C is molecularly bonded into a concentrated food complex (comprised of proteins, fats & carbohydrates) – **just as they are found in natural foods** for well

RE-NATURED®
patented technology from
Grow Company Inc. USA

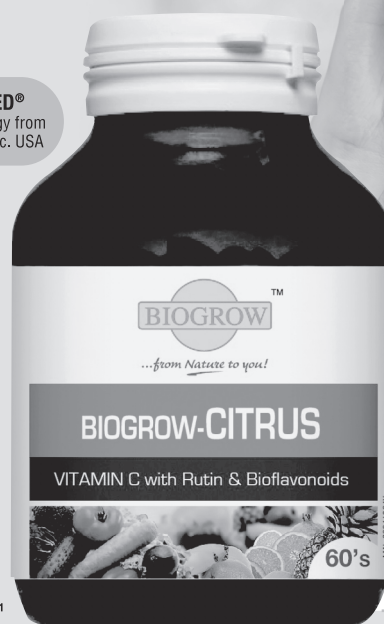
Absorption

Retention

Utilization

Benefits of RE-NATURED® nutrients:

- ✓ High bioavailability of vitamins and minerals
- ✓ Well distribution of nutrients in the body
- ✓ Can be taken anytime convenient (before/after meal)



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BIOGROW-CITRUS (RE-NATURED® Vitamin C with Rutin & Bioflavonoids)

Vitamin C is a **strong antioxidant** that

- ✓ Can protect cells from free radical damage
- ✓ Is essential for healthy bones, teeth & gums
- ✓ Helps in the formation of collagen in the body
- ✓ Supports general health maintenance
- ✓ Strengthens the body

Rutin & Bioflavonoids facilitate the absorption and utilization of Vitamin C

Other range of **BIOGROW® RE-NATURED®** supplements:



**BIOGROW-VITE
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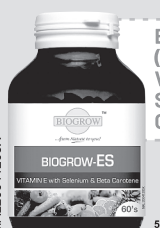
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