



## Jump-start to better health

It's never too late to leap at the opportunity to make changes towards a healthier lifestyle.



# A healthier gut for a healthier you

ABDOMINAL pain, bloating, constipation, diarrhoea, heartburn, nausea are often indicators of compromised gut health.

The gut plays an important role not only in supporting gastrointestinal health, but in the health and well-being of the entire body.

If you want to fix your health, start with your gut.

A healthy gut microbiota refers to the balance of micro-organisms that live in the gastrointestinal tract.

Poor diet, illnesses, stress or use of antibiotics could disrupt and cause an imbalance of gut flora.

Fortunately, restoring a balanced and healthy gut flora does not

require great effort.

You could supplement your diet with Shine Efiedo Probiotics Powder to help populate the gut with good bacteria and give the body a healthy boost.

Shine Efiedo Probiotics Powder contains *Lactobacillus rhamnosus* (LGG) and *B. animalis* subsp. *lactis* (BB-12) in a powder form.

Each serving of Shine Efiedo Probiotics Powder delivers at least 12 billion CFU of live bacteria to support gastrointestinal health.

For specific advice on obtaining probiotic supplements for your own specific health needs, especially gastrointestinal issues, consult your doctor before consuming the product.

This article is brought to you by Y.S.P Industries (M) Sdn Bhd.

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

LGG and BB-12 are registered trademarks of Chr. Hansen A/S. Enter promo code YEPTS21 to get RM5 off with the purchase of one box (30 sachets) Shine Efiedo Probiotics Powder via [bit.ly/contactshine](http://bit.ly/contactshine)

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Give your body a healthy boost with the Shine Efiedo Probiotics Powder.

## Sunshine is good for you

WE are often told about the sun damaging the skin, causing wrinkles and giving you a tan, that it's sometimes easy to forget that the sun also provides health benefits.

In fact, most life forms are sensitive to light. Trees and plants grow towards sunlight, and a significant part of animal behaviour is often strongly linked to the cycle of day and night.

Scientists call these circadian rhythms, and note that while humans are less susceptible, being able to work at night, for example, light does influence our moods.

Current research suggests that our brains secrete certain chemicals when stimulated by sunlight and that interfering with this natural cycle makes us feel low.

Most importantly, sunlight helps the body create vitamin D, a vitamin and a hormone that is important for healthy teeth and bones.

New research suggests that this vitamin may also help protect against certain types of cancer and autoimmune diseases.

Vitamin D deficiency is now becoming a serious problem in



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some Western countries, due to there being little sun in winter.

For us in Malaysia, it might seem less likely, but if you are indoors all day, and drive everywhere instead of walking, you may be short on vitamin D, too.

Doctors argue over how many minutes are optimum, as light

quality varies according to pollution, time of day and other factors.

As such, if your family has a history of bone disease, or you think you're feeling down from not getting enough natural light, consult your doctor and figure out what's best for you.

## How to get firm, supple skin naturally

EATING too much sugar certainly isn't wise for your waistline, but overindulging in dessert can also add years to your face.

Conversely, foods with little to no nutritional benefits, such as sugar-packed doughnuts, can actually damage collagen and elastin.

These ageing effects start at the age of 35 and increase rapidly after that, according to a study published in the *British Journal Of Dermatology*. Follow any of these tips to attain better-looking skin.

**Don't overdo dessert**

The breakdown of sugars, called glycation, damages the collagen that keeps skin smooth and firm.

To prevent this, stick to low-glycaemic carbs like whole grains; they are naturally low in sugar, and the body processes them slowly to limit the loss of collagen.

**Exercise your stress away**

Taking your work angst out on the bike or treadmill might make you feel better for a little while, but

incorporating yoga into your fitness routine regularly may help you look younger while whittling away stress.

**Get a lift**

Following a regular strength-training routine that creates better, more supportive muscle tone will help you firm sagging skin from the neck down.

**Eat alkaline-forming food**

Eat more alkaline-forming foods, such as parsley, almonds, kale, pears, lemons, and apples, to make the skin and hair look better.

**Take a breather**

When your exercise routine is so intense that you're tired all the time but can't sleep at night, you're setting yourself up for overuse injuries – not to mention dark circles and bags under your eyes from those sleepless nights. You should plan your rest well. — Prevention magazine/ Tribune News Service

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KKLIU 0383/2019  
This is a traditional formula. This should be taken with a balanced diet and regular exercise. This is a traditional product advertisement.

**HOTLINE: 03-2276 1366** [info@totalimage.com.my](mailto:info@totalimage.com.my) Available at and all leading pharmacies nationwide

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# Customise your weight loss

IT is important for each of us to be fit and healthy with a normal body weight and healthy body shape. However, it is tougher nowadays to achieve this due to a poor diet, sedentary lifestyle and burgeoning exposure to toxins.

Total Image understands the need for a healthy body and body shape – it is one of the first few companies to pioneer in the creation of natural and high-performance slimming products.

## Puri Cleanx: Cleanse first to maximise slimming efforts

With Total Image's range of slimming products, one can start by eliminating built-up toxins in the body through detox products such as Puri Cleanx.

Total Image Puri Cleanx is formulated with natural ingredients including Garcinia Cambogia extract, which helps maximise weight loss efforts by improving metabolism and reducing body weight through detoxification.

Those seeking to achieve slender, slimmer and healthier body shape can continue with Total Image's slimming products such as S Body and S Tummy.

## S Body: Achieve an ideal S bodyline

Feeling fatigued and weak during your current weight loss programme? Try Total Image S Body. It provides a holistic



Total Image's range of slimming products are registered and approved by the Health Ministry to be safe for consumption and certified halal by Jakim to be safe for consumption by Muslims.

approach to slimming at stubborn fat areas and is formulated to reduce weight while nourishing the body, making it safe for consumption.

## S Tummy: Reduce the waistline and a bulging tummy naturally

Total Image S Tummy is specially formulated to reduce the waistline and a bulging tummy.

S Tummy contains five natural herbal ingredients that work synergistically to achieve inch loss by helping relieve gas accumulation, promote bowel movement, block formation of fat cells and inhibit lipid accumulation.

## Beauty Dutox Tea: Start spring-cleaning and end food

## guilt with refreshing tea

Sip a cup of delicious, freshly brewed Beauty Dutox Tea daily after a meal to spring clean your body.

Beauty Dutox Tea comes in individual sachets for easy brewing and is convenient to bring along anywhere. This is an alternative form for those who dislike the capsule/tablet form for detoxification.

This five-in-one natural herbal formulation refreshing tea is definitely your choice after a heavy meal intake.

Total Image's range of slimming products is registered and approved by the Health Ministry to be safe for consumption and certified halal by Jakim.

These products are suitable for men and women and are available at all leading pharmacies

nationwide. Consume daily according to recommended dosage at least three months to further enhance the benefits of the products.

As the products are safe to be taken on a long-term basis, one may consume them continuously as maintenance after the three-month course.

For more information, call Total Image's customer hotline at 03-2276 1366 or email [info@totalimage.com.my](mailto:info@totalimage.com.my)

Note: This is a traditional formula and should be taken with a balanced diet and regular exercise.

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# Walking for better health

GETTING out and about is excellent for your overall health as it gets your body moving, helping boost proper digestion and encouraging proper breathing.

However, there are different kinds of walking, so if you're looking for something different, check out these ideas.

An average stroll is light exercise but when you're living in an area without pavements or good surfaces, it's very hard to actually relax and enjoy yourself.

Shopping malls are ideal because they offer beautiful surfaces and there's plenty to look at too.

For the best experience, go early and go to a quiet floor.

Power walking is a super-fast walk that isn't quite a jog. It's good exercise but you must wear good shoes to protect your feet and knees from impact.

Scrambling is where you take your walk up hills and mountains.

It can be a simple stroll where you have to circumvent some rough spots in the path here and there all the way up to a form of rock climbing where you use ropes and need special boots.

Visit a local tourist spot and try it out.

In all kinds of activities, remember this: if you're starting a new regime, be safe and talk to your family doctor first.

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# Pamper yourself at the comfort of your own home

TREATING yourself to a session at the spa or hair salon is a great way to relax, and keep yourself looking and feeling good.

But going for such sessions frequently can be expensive, so, here are some simple steps for you to do a facial at home and on a budget.

But before you start, gather the things you need and have them within reach.

## Cleansing

Remove all traces of make-up. Next, clean your face with your usual facial cleanser, massaging the cleanser in an outward and upward direction. Rinse off with warm water.

## Toning

You can use a toner formulated for your skin type in between every step of the facial to rebalance your skin's pH.

## Exfoliating

Use a facial scrub that's suitable for your skin type to exfoliate your skin.

Apply the scrub gently, moving your fingers in a circular motion. Avoid the eye area. Rinse with warm water.

## Steaming

Steaming opens up the pores for deeper cleansing.

If you don't have a facial steamer, improvise by filling a bowl or sink with hot water and placing your face over the water.

Cover your head and the bowl/sink with a towel to prevent the steam from escaping. Don't exceed five minutes for this step.

## Extraction

After steaming your face, you can try to remove blackheads: cover your fingertips with tissue paper, and press blackheads out gently with your fingertips.



Choose a facial mask which is suitable for your skin.

Don't use force and never squeeze pimples. Doing so might just leave you with scars on your face.

## Masking

Choose a facial mask to suit your skin. Apply an adequate amount, avoiding the eye area and leave it on for 15 to 20 minutes.

Wash off with warm water and pat your face dry.

## Moisturising

Finish off with moisturiser or facial oil to keep your skin hydrated. — Singapore Straits Times / Asia News Network