

THE STAR, 2 MARCH 2021

# StarSpecial

BODY, MIND & SOUL



## Stay happy and healthy

Keep your health in tip-top shape by exercising and eating right.



# Solution to back problems

SINCE young, we were taught the basic skills to take care of our health. We have learnt the importance of brushing our teeth, exercising and consuming our daily fruits and vegetables.

Poor lifestyle habits such as improper body posture, lack of exercise and smoking can lead to backache problems.

Shine Elgucare is a natural supplement formulated with traditional Chinese medicine ingredients such as Red Sage (Radix Salvia Miltiorrhizae), Chinese Licorice (Radix Glycyrrhiza) and Chinese Date (Fructus Ziziphi Jujubae).

These ingredients have been traditionally used for many years to relieve pain as well as strengthening our body's health.

Shine Elgucare combines these essential Chinese medicine ingredients to traditionally relieve backache and improve overall health.

Recommended for senior citizens and individuals with sports injury, Shine Elgucare offers an alternative to everyone suffering from backache to have better improvement.

For better result, complement your intake with daily exercise that is good for health such as swimming.

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

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

Purchase Shine Elgucare now from [www.shine.com.my](http://www.shine.com.my) using the promo code: YSPESTS0121 to enjoy RM10 discount.

This is a traditional product advertisement.

KKLIU No.0007/2021  
KKLIU Expiry Date: Dec 31, 2023



Shine Elgucare is a natural supplement formulated with traditional Chinese medicine ingredients.

# Getting rid of dark under-eye circles

WHEN you look in the mirror, do you see circles and bags under-neath your eyes? Studies show that lots of contributing factors.

First, circles can be due to lack of sleep. Also, if you're pale, then naturally darker skin can stand out more. Clearly, the fix is getting more sleep.

Second, rubbing your eyes frequently can contribute to bags because the friction damages the skin. So try to break that habit.

Third, water retention sometimes shows around the eyes. You have to make sure you're properly hydrated but do watch your salt intake.

Fourth, if you've not had enough sleep or you have irritated eyes that you want to rub, try this quick safe home-made cold compress.

Place a bag of frozen peas or sweetcorn in a clean soft cloth and place on your eyes. Lean back and rest for five minutes.

Fifth, try not to sleep facing downwards as this can compress the skin and cause small lines. Sleep on your side or your back.

Sixth, be careful when reading western information sources.

Studies show that Asians and other people of colour are more prone to pigmentation irregularities which can lead specifically to dark circles.

Seventh, the sun contributes to dark skin and also to changes in pigmentation.

Sometimes a sunburn can result in permanent darkening of skin, not just under your eyes but on other parts of your body too.

So be careful and wear lots of protection when you go outside.

Eighth, usually dark circles and puffiness is a natural part of ageing – when you're not a kid anymore, it shows.

However, if your eyes suddenly look bad, do see your family doctor or visit a dermatologist to ask about prescription creams and other treatments.

# Tips for great skin

YOUR face is exposed to the elements all day long. This means sun, dirt and other hazards that cause wrinkles and pimples. For wonderful smooth skin, follow these simple tips.

**Don't exfoliate too often**

When you've been stuck in a traffic jam and you're feeling a bit grubby, it's a natural thing to reach for that lovely creamy wash with the cleaning grains.

However, if you do this every day you will run the risk of irritating your skin. Keep the grains to once or twice a week, and use a gentler cleanser the rest of the week.

**Moisturise in the morning and at night**

Stress, pollution and other factors dry out the skin.

Just after you've had your

morning and evening shower is a perfect time to slap on moisturiser.

Put some on your face, and while it's soaking in, do the rest of your body. Pay special attention to your neck, elbows and ankles as these exposed parts are the first to become scaly.

**Include fish in your diet**

Fish, especially tuna, contains essential fatty acids, which are good in reducing inflammation that spurs fine lines and redness.

Avoid soaking your tuna in mayo. A good mix is lots of lettuce, fresh tomato, bell pepper, crunchy onion and a drizzle of sun-dried tomato dressing – or raspberry vinaigrette if you're in the mood for something sweet.

**Start and end the day by chugging water**

As more than half of our bodies



Coffee and tea contain water but they are not the same as plain water. Make sure your system is properly lubricated by starting and ending every day with a glass of water.

are made up of water, the whole of our body system begins to falter when we become dehydrated. Coffee and tea contain water but they are not the same as plain water.

Make sure your system is properly lubricated by starting and ending every day with a long drink of water. Warm or cold does not really matter – just drink it down.

The advertisement for Total Image Whita Glo features a woman with long blonde hair, wearing a white tank top, standing outdoors and looking up towards the sun with a joyful expression. To her left is a box and a bottle of 'TOTAL IMAGE whita glo L-Glutathione 400mg Capsules'. The box is white with a geometric pattern and includes a circular logo that says 'L-Glutathione from Japan'. The bottle is white with a black cap and also has the 'L-Glutathione from Japan' logo. Below the product images, the text reads 'MAL 13115067N Suitable for Men & Women 1 month supply'. At the bottom left, there is a small text: 'KKLIU 0205/2019 This is a supplement product advertisement.'

## TOTAL IMAGE®

— creating wellness since 1984 —

# Embrace the Sunshine with L-Glutathione 400mg

## Flaunt radiant & luminous skin with confidence

Total Image Regional (M) Sdn Bhd (191089U)

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



# Flaunt radiant-looking skin

IT'S never a good idea to take a girl to the park on a date.

Living in an equatorial country with a sunny climate, high exposure to ultraviolet rays from the sun stimulates melanin production, which causes darker and tanned skin with the appearance of dark spots and uneven skin tone.

## Melanin gives your skin colour

A person's skin colour is determined genetically by a pigment called melanin.

People with melanin of larger size and quantity are generally darker and vice versa.

Asians tend to have genes with yellowish or darker skin traits while Caucasians tend to have whiter or fairer skin.

External factors such as UV rays, stressful lifestyles and poor dietary habits always trigger more melanin being produced, resulting in dark spots, freckles and an uneven skin tone that affects the complexion.

Beauty is always associated with fair, radiant and flawless skin.

Are you trying hard to stay indoors, apply sunscreen, carry an umbrella or wear long sleeves to avoid the sunlight?

This isn't a comprehensive solution – in fact you might suffer from vitamin D deficiency.

Think again, how do we gain luminous and snow-like skin the natural way?



Keep your skin youthful-looking with Total Image's Whita Glo L-Glutathione 400mg.

## Embrace the sunshine with L-Glutathione 400mg

L-Glutathione is an antioxidant found naturally in our body that helps preserve youthfulness and vitality. It protects us against free radical damage.

Depletion of glutathione in the body accelerates the ageing process.

Take L-Glutathione to get rid of skin dullness. It works by

preventing melanin production.

Over time, as skin is being renewed, older skin with more melanin is sloughed off while newer skin with less melanin will be brought to the skin surface.

Skin becomes radiant and luminous with a healthier glow – just like snow.

Total Image Whita Glo L-Glutathione 400mg is made of natural, high-quality and pure Opatac L-Glutathione by a

proprietary fermenting process from Japan.

It provides a daily dose of 400mg L-Glutathione and retails at only RM128 for 30 capsules (one-month supply).

Just take one capsule a day after a meal and the average period where a user can see visible changes in the skin is about one to three months.

It uses vegetarian capsules and no raw animal materials are used, making it suitable for vegetarians.

Less exposure to sunlight is also important for more visible results as harmful UV rays stimulate the production of melanin.

As levels of glutathione in the human body declines with age, it is recommended to start taking L-Glutathione as early as 20 years old to keep the skin youthful with a glowing radiance.

Total Image Whita Glo L-Glutathione 400mg is registered and approved by the Health Ministry to be safe for consumption and certified halal by Jakim.

This product is available at Guardian, Watsons, Caring and all leading pharmacies nationwide and is suitable for both men and women.

■ For more details, call 03-2276 1366 or email [info@totalimage.com.my](mailto:info@totalimage.com.my)

This is a supplement product advertisement.

KKLIU No.0204/2019

# Cutting down on sugar

SUGAR is lovely. It gives you an instant rush, causing your insulin level to soar, but then there's the crash that leaves you craving for more.

It's a never-ending cycle that leaves you overdoing the sugar and suffering consequences that include obesity, diabetes, tooth decay and more.

The easy answer is to cut back on sugar and you can cut sugar drastically with just a few simple steps.

## Ditch teh tarik and carbonated drinks

An average teh tarik contains six teaspoons of sugar and a can of soft drink contains around eight teaspoons of sugar. As the World Health Organization recommends no more than six teaspoons a day, you'd sink your recommended daily intake in one drink.

## Substitute juice with fresh fruit

Most drinks on the shelf are made from pulp and added sugar, so by substituting fresh fruit you still get sugar, but it's less likely to contain as much sugar as a processed product. Also, fresh fruit comes with lots of fibre. A single pear will give you roughly 20% of your daily fibre needs, never mind the extra vitamins it contains.

# Basic self-care steps to strengthen your nails

WEAK fingernails can often be strengthened with some basic self-care steps.

If you try these techniques and don't see any improvement after about a month, consider talking to your doctor or seeing a dermatologist.

Your nails are part of your skin. They are made up of layers of the protein keratin and grow from the area at the base of the nail under your cuticle.

As new cells grow, older cells become hard and compacted and are eventually pushed out toward your fingertips.

Healthy nails are smooth, without ridges, grooves, spots or discolouration.

Fingernails may become weak or brittle due to harsh conditions. For example, regular use of nail polish remover that contains acetone can wear nails down over time.

Repeated exposure to very hot or very cold temperatures can also be hard on your nails. Frequent contact with chemicals, such as those in many cleaning products, may weaken nails.

If your nails are immersed in water for long periods of time, that can make them more prone to splitting. To help make your nails stronger, be as gentle as possible with them. Wear gloves when you wash dishes or handle cleaning products.

If you use nail polish remover, choose one that is acetone-free. Use a daily moisturiser on your nails and cuticles.

Applying a product designed to harden nails can also help them resist tearing and splitting, and may make them stronger.

Weak nails can sometimes be the result of an infection. To prevent bacteria from growing under your fingernails, keep them clean and dry.

Don't bite your fingernails or pick at your cuticles. These habits can injure the nail bed, allowing bacteria or fungi to enter and cause an infection.

Keep your fingernails neatly trimmed and



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round the tips in a gentle curve.

Don't have your cuticles removed during a manicure. That can lead to a nail infection.

Also, make sure your nail technician properly sterilises all tools used during your manicure to prevent the spread of infection.

If your efforts to strengthen your fingernails don't help, or if nail problems seem to be associated with other symptoms, see your doctor or a dermatologist.

They may recommend the nutritional supplement biotin.

Depending on your medical history and overall health, among other factors, your doctor may also conduct a more comprehensive evaluation to see if weak nails could be related to another underlying problem. — Mayo Clinic News Network/Tribune News Service

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