

## Boosting children's gut health

THE human gut consists of a complex community of microorganisms known as the gut microbiota.

A kid's gut microbiota is more susceptible compared to adults as kids are born with sterile intestinal tracts and the gut microbiota will only start to develop after birth through environmental interaction.

This early establishment of gut microbiota may be easily disrupted by factors such as formula feeding, use of antibiotics, environmental cleanliness, etc.

When the balance is disrupted, it can cause digestive disorders to arise.

Probiotics are live microorganisms which when administered in adequate amounts confer a health benefit on the host.

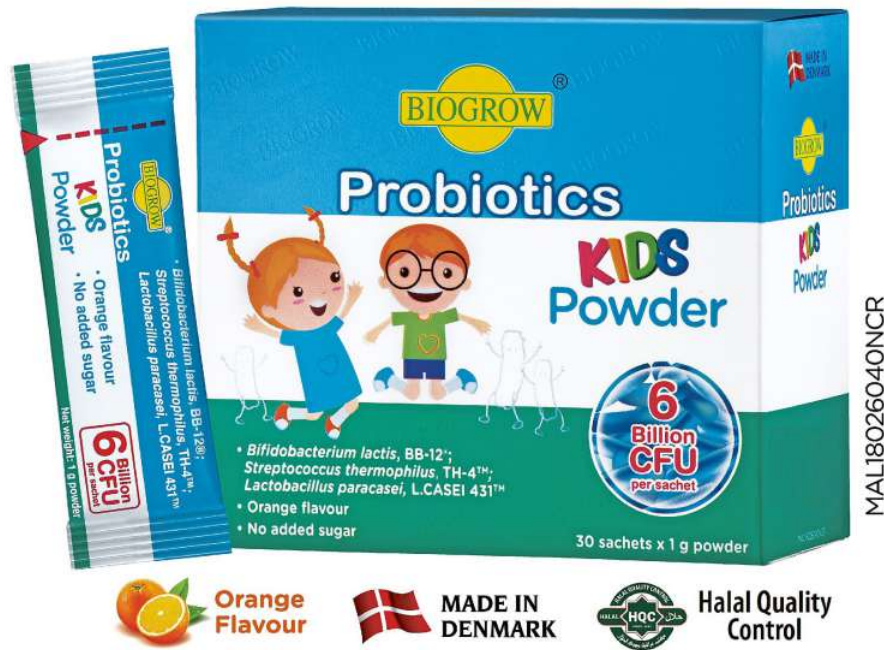
Clinical studies have shown that introducing probiotics to growing kids can help to improve their bowel movement and restore the balance of gut microbiota.

### Specially formulated for growing kids

Biogrow Probiotics KIDS Powder is specially formulated for growing kids particularly with poor bowel movement, poor digestion and kids who aim to improve overall health.

It is made in Denmark, containing six billion CFU per 1g sachet with three clinically tested probiotics strains.

The three probiotics strains have been



Biogrow Probiotics KIDS Powder is specially formulated for growing kids particularly with poor bowel movement.

clinically tested to promote the growth of beneficial gut bacteria, improve bowel movement as well as the digestive and gut

health of children.

Biogrow Probiotics KIDS Powder is suitable for all kids above one year old. Just take

one sachet orally or mix the powder with a small amount of room temperature water or milk to get the clinically tested gut health benefits for your kids.

### Healthy guts for healthy kids

- One sachet daily to restore the balance of kid's gut microbiota
- Six billion CFU per 1 g sachet
- Three clinically tested probiotics strains: Bifidobacterium lactis, BB-12; Streptococcus thermophilus, TH-4 and Lactobacillus paracasei, L. CASEI 431
- Contains 500mg of inulin (prebiotic) to support the growth of probiotics in the gut
- With orange flavour
- No added sugar
- No refrigeration is required
- Certified halal by Halal Quality Control

■ For more enquiries, call 03-7956 2220 (Mondays to Fridays, 9am to 5pm), email [info@biogrow.com.my](mailto:info@biogrow.com.my) or visit the official Facebook page at [www.facebook.com/BiogrowKIDS/](https://www.facebook.com/BiogrowKIDS/)

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KKLIU EXP: 31/12/2023



A way to tell if your child has an ear infection is if they have symptoms such as pain in the ear, especially while lying down; pulling or tugging the ear; difficulty sleeping; difficulty hearing or responding to sounds; and fever or headache.

## Dealing with ear infections

MANY parents bring their children with ear infections to express care, urgent care, and even, the emergency department to request antibiotics.

"An ear infection is a bacterial or viral infection that affects the ear. It becomes painful when build-ups of fluid and inflammation occur in the air-filled space behind the eardrum," says Mayo Clinic Health System nurse practitioner Leanna Munoz.

Munoz says a way to tell if your child has an ear infection is if they start showing the following symptoms: pain in the ear, especially while lying down; pulling or tugging the ear; difficulty sleeping; difficulty hearing or responding to sounds; and fever or headache.

Generally, an ear infection will improve within the first couple of days and clear up within one to two weeks without any treatment. It is recommended to use the wait-and-see approach for:

– Children ages six to 23 months with mild inner-ear pain in one ear for less than 48 hours and a temperature less than 39°C.

– Children ages two and older with mild inner-ear pain in one or both ears for less than 48 hours and a temperature less than 39°C.

Munoz says: "Home remedies can help manage your child's pain."

"Try placing a warm, damp washcloth over the affected ear. Most providers recommend over-the-counter medication, such as ibuprofen or acetaminophen, to relieve pain. Use these medications as directed on the label," she adds.

Your medical provider can suggest the best treatment for your child. Antibiotics may be beneficial for certain children with ear infections.

Your provider can explain the potential side effects and concerns about antibiotics creating strains of resistant disease.

If antibiotics are prescribed, be sure to use the entire antibiotic as directed.

Failing to do so can result in recurring infection and resistance of bacteria to antibiotic medication. — Mayo Clinic News Network/Tribune News Service

## Pureen\* Antibacterial WIPES

### Protecting You & Your Family from GERMS

- Kills **99.9%** of Germs
- Hypoallergenic and Dermatologically Tested
- Free of Fragrance, Parabens and Alcohol
- Fortified with Natural Aloe Vera and Cucumber Extracts
- Extra Moist

COMMON GERMY OBJECTS THAT YOU TOUCH

Digital Devices	Remote Control	Light Switch Doorknob	Shopping Trolley	Stroller Highchair
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# Clean and protect against germs



Pureen Antibacterial Wipes are enriched with soothing natural aloe vera and cucumber extracts that protect and care for your skin. They are also specially formulated with proven antibacterial ingredients to kill 99.9% of germs.

GERMS are invisible and harmful, and can live on our hands even up to 24 hours depending on the type.

Therefore, it is important to establish good personal hygiene in the house, working place 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 that can cause illness.

Did you know that these are the few common objects on which germs may thrive?

- Mobile phones
- Remote controls
- Switches
- Door knobs
- Computer/laptop keyboards

– Shopping trolleys

Exposure to germs is unavoidable and it is easy for germs on your hands to transmit into 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 animal or animal waste, touching the dustbin or any dirty surface.

Young children's immature immune system makes them more susceptible to diseases than adults.

Cold and flu, Hand, Foot and Mouth Disease and diarrhoea are the common contagious infections among children.

Unseen germs are 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.

When your children go for sports, camping, to the playground and other outdoor activities, just take Pureen Antibacterial Wipes along to keep their hands clean.

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

The wipes are formulated with mild ingredients and are free of alcohol, paraben and fragrance.

Pureen Antibacterial Wipes are also hypoallergenic and dermatologically tested, and

proven not to induce skin irritation and allergic reaction when used on sensitive skin.

Besides that, Pureen Antibacterial Wipes are enriched with soothing natural aloe vera and cucumber extracts that protect and care for your skin.

The product leaves the skin smooth, moisturised and fresh after each use.

With Pureen Antibacterial Wipes' reliable protection to kill 99.9% of germs, it keeps you and your loved ones clean and healthy.

Look out for Pureen Antibacterial Wipes in the leading hypermarkets, supermarkets, departmental stores, medical halls and pharmacies.

■ For more details, log on to [www.pureen.com.my](http://www.pureen.com.my)

## How to help children overcome thunderphobia

VIOLENT storms – often accompanied by lightning, thunder, heavy rain and powerful winds – can be stressful for anyone, but severe weather can trigger much more severe anxiety, especially among children. Here are some tips when talking to kids about weather-related anxiety:

### Be calm and supportive

Explain to children that storms are a normal part of nature.

### Look up facts about storm

Talk about storms in a matter-of-factly way. Some kids may seem afraid of storms, but are really interested in learning more about them.

### Tackle the fear directly

Help children face their fear of storms by reading about them, or watching videos of tornadoes, hurricanes and other big storms.

If the anxiety still does not diminish, or begins to create greater stress for the child or the parent, it is advisable to get the assistance of a mental health professional.

The important thing for parents is to remember to be warm and supportive of their children. If you get anxious or frustrated or upset, that's just going to make things worse. — HealthNewsDigest.com



## Poor bowel movement? Poor digestion? Aim to improve overall health?

**BIOGROW<sup>®</sup>**  
Probiotics  
**KIDS**  
Powder

### Benefits of Biogrow Probiotics KIDS Powder

  
Promote growth of  
beneficial gut bacteria

  
Improve bowel  
movement

  
Improve digestive  
and gut health

### Healthy Guts for Healthy Kids!


  
**ONE sachet daily to  
restore the balance  
of kid's gut microbiota**

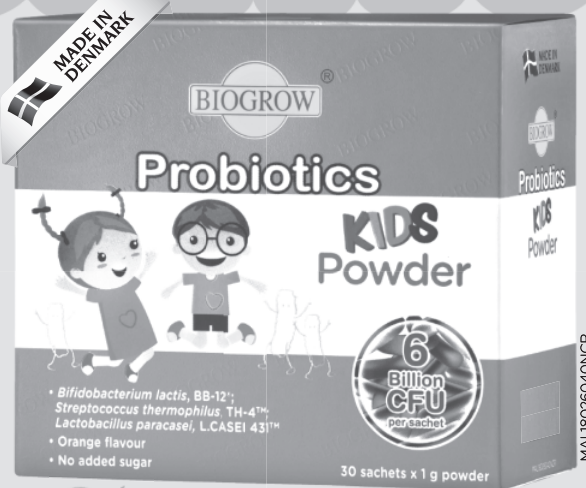
**6 Billion  
CFU**  
6 Billion CFU  
per sachet (1g)  
formulated specially  
for growing kids

  
**CLINICALLY  
TESTED**  
3 clinically tested  
probiotics strains

  
Contains  
500mg of inulin  
(prebiotic)

  
**No added  
Sugar**

  
**No refrigeration  
is required**



  
**Orange  
Flavour**  
  
**Halal Quality  
Control**  
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