

StarSpecial

THE STAR, TUESDAY 6 APRIL 2021

BODY, MIND & SOUL



Striking a balance

With the many changes in the world these days, it is crucial for us to find a productive work-life harmony.

Knead your aches and stress away

MOST of us like window shopping because it offers the benefits of escape, socialisation and simple fun. However, taking our time in shops will be difficult in a post-Covid-19 world.

Gintell caters to all needs and believes that everyone in our life deserve proper care and love.

We all need some pampering time to release all the tension in our daily life.

As we deal with deadlines, failures and more, we are all at the receiving end of things we would rather not deal with. However, a massage can be the valve that eases the pressure.

Massage therapy is useful for many conditions, in addition to relaxation and stress relief.

Gintell is proud to introduce to you the latest Gintell "S" series massage chair – Gintell S7 SuperChAiR.

A brand-new, cool first supercar design series, comes with high emphasis on massage performances. Gintell aspires to convey the brilliance of wellness with the emphasis on innovation and extraordinary artificial intelligence technology for both comfort and experience.

Among all, Gintell S7 is definitely the first of its kind; an AI SuperChAiR that comes with up to 875 combinations of massage techniques, catering to different needs for

"The Gintell S7 is powered by AI-Senses with the first Voice Intelligence Technology (ViTec) that ensures endless comfort on a massage chair."

individual comfort experience.

It is powered by AI-Senses with the first Voice Intelligence Technology (ViTec) that ensures endless comfort on a massage chair.

By using just voice control, it is able to initiate a human-like massage by listening, reading and understanding individual body needs and conditions, possibly the greatest revolution to traditional massage chairs yet.

Not only that, the Gintell S7 is also a leap of advancement in the massage chair industry. Like the modern supercar that comes with a memory seat, the Gintell S7 is equipped with the first Vi-Memory programme feature that allows you to customise



The Gintell S7 SuperChAiR features up to 875 combinations of massage techniques, catering to different needs for individual comfort experience.

your favourite massage programme, save it and by just using voice, you can enjoy your personalised massage session anytime.

Without touching, you can enjoy up to 10 slots of customised Vi-Memory massage programme by voice. How convenient is that?

Nothing is better than having a "real" master massage technique built-in right inside your massage chair.

Gintell S7 massage chair has the Master Stretch 230° that is recommended by sifu Datuk Seri Chris Leong, one of the best stretching techniques that help in so many areas such as relieving neck to shoulder as well as back pain.

The Master Stretch 230°, is a great body stretching angle that helps to promote blood circulation and reprogramming your muscle,

as recommended by Leong.

If you are having some neck and shoulder stiffness, waist pain and back muscle pain, the Master Stretch 230°, one of the main programmes in Gintell S7 massage chair, is definitely a programme you do not want to miss.

Promotion and availability

In conjunction with its soft launch campaign, Gintell is offering customers a special promotion that is not to be missed.

So wait no more and grab this Gintell SuperChAiR today.

■ For more information, visit any Gintell outlets nearby, log on to www.gintell.com or contact customer service at 03-6277 9333.



ECP is a revolutionary non-invasive, non-drug and non-radiation approach to heart health.

Non-invasive approach to heart health

EXTERNAL Counter Pulsation or ECP is a revolutionary non-invasive, non-drug and non-radiation approach to heart health that is gaining popularity worldwide.

Increasingly more doctors recommend this treatment upon discovering further benefits that this therapy potentially offers.

Pro Health Medics (PHM) has obtained MDA Medical Device Authority certifications for the ECP device and has also formed an exclusive partnership with Omay Med Technologies Co Ltd – a pioneer in the field of ECP and a leading manufacturer with years of expertise.

Omay Med Technologies Co Ltd is the leading manufacturer, which is dedicated to

the research, development, manufacture and distribution of medical equipment with a special focus on the External Counter Pulsation (ECP).

This device is widely distributed and used in many countries such as Malaysia, India, Indonesia, Pakistan, Australia, Kuwait, France, Spain, the UK and more.

PHM aims to provide you the best service inclusive of financing plans, ECP device servicing and maintenance by its professional team.

What are you waiting for?

☒ For more information, call 03-8023 3770 or drop an email at ecp.phm@gmail.com

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WAKING up groaning, creaking and struggling to get out of bed because of how stiff you're feeling? Is there a crackling or popping sound when you bend your knees?

Not only that, does it take an hour or two for the joints to "warm up" before you can kick-start your day? If you are facing similar problems, it is a sign of ageing joints.

Staying active requires healthy, flexible and strong joints. Yet adults of all ages deal with joint pain, especially at the knees, hands, elbows, shoulders and hips.

Joint pain can be uncomfortable at best, and debilitating at its worst. It can literally rob you of your freedom and take the joy out of living, eventually impairing your overall quality of life.

Why let joint pain ruin your life when you can fix it for good?

"Move freely and live a fulfilling life without pain with Shine J-Care Duo and J-Care 7."

Shine J-Care Duo is a dual approach to optimal joint health. It is well formulated with patented avian sternal type II collagen and natural herbal extracts (curcuminoids, bio AKBA, beta caryophyllene and alpinia galangal), which are proven beneficial to individuals suffering from degenerative joint diseases.

It serves as step one in joint care, which helps to reduce joint

pain and repair joint cartilage.

More specifically, it contains a perfect blend of hyaluronic acid, chondroitin sulphate and collagen type II protein, proven effective by a 30-day clinical human trial. Meanwhile, Shine J-Care 7 serves as step two in rebuilding healthy joints.

It contains UC-II and ginger juice that tackle the root cause of joint pain and exhibits immune modulation and inflammation deactivation properties to ease joint pain.

Get relief, move freely and live a fulfilling life without pain with Shine J-Care Duo and J-Care 7.

Enjoy RM10 off with the purchase of one box (30 sachets) Shine J Care Duo or J Care 7 via bit.ly/contactshine.

■ For details, look out for the advertisement in this *StarSpecial*.



Shine J-Care Duo is a dual approach to optimal joint health.



Be responsible for what you put in your mouth.

Keeping up your energy level

ARE you too tired in the afternoon sometimes? Collapsing into bed, totally exhausted by the end of every day?

If you're doing too much, then you have to examine your routine again.

But if you're tired without any good reason, and every day is a struggle, then check out these tips and put some energy back into your day.

Work your body

Being physically fit means that your body can stream oxygen and nutrients to your brain – the less fit you are, the less efficient your body-brain system will be.

Make time every day for a brisk 15-minute walk (make sure it's brisk and not loitering) or do something fun at least three times a week, such as tennis or paintball.

Understand your brain on sugar

Our brains run on glucose but our bodies can't store it.

If you don't eat often enough, your glucose or blood sugar levels drop, and your brain drops out of gear, too.

But if you overeat, the body can't cope and the excess sugar is stored as fat. So the trick to keeping your brain fuelled is to make sure that you have a constant flow of blood sugar.

"Make time every day for a brisk 15-minute walk or do something fun at least three times a week, such as tennis or paintball."

Do this by eating four or five small meals throughout the day rather than a few snacks and one big meal.

Watch your mouth

Junk and processed food are usually loaded with saturated fat, salt and sugar that bloat your body and low on vitamins and micronutrients that you need for good brain function.

Be responsible for what you put in your mouth.

Buy a bag of mixed salad leaves, add some tomatoes, cucumbers and capsicums, toss in a splash low-fat salad dressing and enjoy.

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Let your skin glow naturally

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?

Embrace the sunshine with L-Glutathione 400mg

L-Glutathione is an antioxidant

Total Image Whita Glo L-Glutathione 400mg is made of natural, high-quality and pure OPITAC L-Glutathione by a proprietary fermenting process from Japan.

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's 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 Opitac L-Glutathione by a proprietary fermenting process from Japan.



MAL 13115067N

It provides a daily dose of 400mg L-Glutathione and retails at 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.

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KKLIU No.0204/2019

Loading up on lean protein

PROTEINS are the body's main building blocks, building and maintaining muscles, organs, skin, enzymes and hormones.

Good sources of protein include meat, poultry, seafood, beans, eggs, soy products, nuts and seeds.

We need about 45g and 55g of protein a day, depending on how active we are. And most of us eat enough protein but we're eating too much of the fatty stuff.

This is why going for lean protein is a healthier choice.

Mega chicken salad

One hundred grams of chicken from fast food typically runs at 60% of your daily allowance.

Chop the meat into small cubes and serve on top of a humongous salad made of lettuce leaves, baby tomato, slivers of red cabbage, strips of green pepper and spring onion. Drizzle with French or Italian dressing.

Liver fry-up

About 100g of chicken, beef and pork liver typically runs at 50% of your daily allowance.

For a fresh take on liver, slice it finely, and for every cup of meat, prepare one cup of fresh apple, one of dark leafy greens, one of shiitake and enoki mushrooms and half a cup of minced purple onion.

Cook on high heat with a splash of sesame seed oil. Season with pepper and salt.

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