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StarSpecial

BMS WELLNESS



Take good care of yourself

Don't let stress eat you up. Take a breather to relax and recharge every now and then.

Fighting a berry good fight

COLDS and the flu are both viral respiratory illnesses but are caused by different viruses, which are easily transmitted through respiratory droplets by infected people. As the flu virus can generally survive on hard surfaces for up to eight hours, people can also be infected by touching a surface or object with the flu virus on it and then touching their own mouth or nose.

The flu is mild in most cases, but there are chances it may lead to other serious health complications. Younger children, the elderly and those with weakened immune systems are especially susceptible to the flu and other upper respiratory infections.

What puts you at risk for colds and flu?

The immune system defends your body against diseases caused by infectious bacteria, viruses, parasites and fungi. As you age, the immune system begins to decline. Your immune responses can also be weakened by various external influences.

We tend to overlook stress, but it may have a major influence on the



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immune system. Modern lifestyle habits such as a sedentary lifestyle and lack of sleep can make you more prone to infections. Excessive consumption of highly processed foods and alcohol, cigarette smoking, medications and exposure to radiation can impede the functioning of immune cells. Lack of proper hygiene habits exposes your body

to more germs, leading to poor immune systems.

Remember, antibiotics treat bacterial infections, but do not work on viruses – you should take preventive measures against viral infections. Look out for natural herbs such as elderberry, reishi mushroom and astragalus to help support the immune functions.

It is crucial to get enough sleep and rest to allow the body to de-stress and rejuvenate. Drink plenty of water to keep the body hydrated and establish a regular exercise regimen to build a stronger body. Practise a healthy lifestyle with a balanced diet that includes plenty of fruits and vegetables.

Fight with elderberry

With a long history of medicinal use, elderberry has earned its reputation as a powerful herb that supports the immune system. Of all the different varieties, Sambucus nigra is one of the most popular species, packing a healthy punch of anthocyanins, which are shown to support immune functions.

Elderberry has five times more anthocyanins than blueberries. It is

thought to have a more potent antiviral activity than echinacea and contains an antiviral compound.

Reishi mushroom

Reishi mushroom, commonly known as lingzhi, is a fungus that has been cherished for over 4,000 years as a longevity-promoting tonic. Researchers have identified the polysaccharides in reishi mushroom to have potent immune-modulating effects. It has been used as a traditional Chinese medicine to restore Qi (life energy).

Astragalus

Astragalus has also long been used to support the body's natural defence. It is thought to possess antiviral activity and help with the prevention of colds and flu. Unlike echinacea, astragalus can be taken daily. It is effective at protecting the body against colds, the flu and upper respiratory infections.

This informational article is brought to you by VitaHealth.

■ For queries, contact 1800 183 288.

How to make the most of your eyes

THE eyes are the window to the soul, and when we want to know what someone's really feeling, that's when we gaze at them.

When you want to make a good impression for that first eye-meet, a little help goes a long way.

Here are some tips on how to make the most of your eyes with just plain old liner and mascara.

The first rule is to understand what you're about.

When you look at a bare face with no make-up, the eyes and nose do stand out but not too much. But draw a single tiny line around your eyes and they'll pop right up. This is the key to good makeup – contrast.

Given that, you might think that drawing a big fat line around your eyes will draw tonnes of attention. And so it will, but it might also make you look a bit too much like a panda.

The trick to opening up your eyes and making them look bigger is to use your makeup to draw attention but to leave the lines open ended.

So start in the middle of the upper lid and draw down to the outside of your eye. Go a little bit past it.

Do the same on the bottom of your eye. Start in the middle and draw out to the outside. Now check in the mirror: the line will draw attention to your eyes and then out to your cheeks.

In tune with contrast, look at your skin tone. Take a pencil that's a shade lighter than your skin tone. Smudge a little in the corner of your eye. By making this area slightly lighter, you open up your eyes a little further.

Now add mascara, putting on one layer, letting it dry and adding another. This will further frame your eyes, adding depth and lustre.

Don't forget to brush your eyebrows. Brushing them up, and maybe adding a little colour for emphasis, will help showcase your eyes.

Achieve optimum health and energy

ARE you starting to experience a hard time in maintaining your balance while walking or standing?

With age, you will find that seemingly simple daily activities can no longer be carried out as easily as when you were younger.

Do take note that you may be suffering from a condition called sarcopenia.

Sarcopenia has long been associated with older people, but the development of sarcopenia is now recognised to begin earlier in life.

After the age of 30, muscle mass decreases as much as three to five per cent each decade and escalates at the age of 65.

Also, the process could be accelerated by not getting enough calories or protein in your diet and

decrease in the ability to utilise protein.

One of the best ways to potentially prevent, delay and reduce the consequences and the toll sarcopenia could take on our lives is through balanced nutrition.

FontActiv Complete is a formula dietary food developed to help individuals achieve optimum health and energy.

It contains prebiotics (FOS), omega-3 (DHA), 28 vitamins and minerals. The Protein+ system, based on highly digestible proteins (100% whey protein), helps to maintain muscle mass.

If you are suffering from lack of energy, loss of appetite or having chewing and digestive disorders that may limit food intake,



FontActiv Complete is a formula dietary food developed to help individuals achieve optimum health and energy.

FontActiv could be a good choice as an oral nutritional supplement, meal replacement or a source of nutrition.

FontActiv Complete ensures good nutritional status and will help one to stay strong and active. If you have other medical conditions, consult your doctor or dietitian before consuming this 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).

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Staying fresh all day long

BROUGHT to you by Total Image, Smelly No More is a deodorant product range that has been trusted for more than 20 years in banishing body odour naturally. It comes in two forms – crystal roll-on deodorant stick and deodorant spray. Both are derived from pure and natural mineral salts that banish body odour naturally yet effectively by inhibiting the growth of odour-causing bacteria.

With no harmful chemical content especially Aluminium Chlorohydrate, the products are safe and hypo-allergenic hence suitable for all skin types of both adults and children. It also does not darken skin nor stain your clothing.

Made from natural mineral salts, Total Image Smelly No More is non-oily, non-sticky and does not contain any alcohol or fragrance.

Total Image Smelly No More deodorant product range can be used on odour-problematic areas such as underarms, neck, behind the knees, sweaty palms and feet (especially athlete's foot or Hong Kong feet). It is recommended for individuals who sweat frequently or are always exposed to vigorous outdoor activities such as athletes.



The Total Image Smelly No More deodorant product range comes in two forms – crystal roll-on deodorant stick and deodorant spray.

Crystal roll-on deodorant stick or deodorant spray?

Total Image Smelly No More crystal roll-on deodorant stick comes in 60g and 120g packs, both recommended for long-lasting usage. The 60g pack can last up to three months while the 120g pack can last up to six months.

To use, just clean the affected areas in the shower. Then wet the top surface of the crystal stone and apply it onto areas that need protection. Lastly, rinse the crystal stone again after use and leave to dry. It is suggested to replace a new one after three or six months for hygiene purposes.

If you are looking for convenience and

portability, the small and lightweight Total Image Smelly No More deodorant spray 75ml is your choice.

Just spray it on odour-prone areas after cleaning to banish odour naturally.

Besides that, it also overcomes the limitation of crystal roll-on deodorant stick where it can also be sprayed before and after on odour-prone apparels such as socks, clothes, inside the shoes and head scarfs.

With a natural and water-based formulation, it also helps to soothe and moisturise cracked heels due to dryness or bacterial infection.

Whether crystal roll-on deodorant stick or deodorant spray, both are suitable for all

ages. As these products are derived from natural, mineral salts with no alcohol content, they are also safe for usage by Muslims.

What's more, Total Image Smelly No More Deodorant Spray is now certified halal by Jakim.

The Smelly No More product range is available at Guardian, Watsons, Caring and all major independent pharmacies nationwide retailing at RM16.90 (60g), RM24.90 (120g) and RM27.90 (spray).

■ For more information, call 03-2276 1366 or visit www.totalimage.com.my. Find them on [Facebook/TotalImageMalaysia](https://www.facebook.com/TotalImageMalaysia) and [Instagram/totalimagemy](https://www.instagram.com/totalimagemy) for more updates.

Perfect foundation, every time

DO you get those irritating little streaks of foundation at the edge of your nose or chin where your skin is dampest? Living in a tropical moist climate as we do makes perfect makeup a challenge. Here are some tips on how to get your foundation perfect, every time.

Type

Mineral-based powders are smooth, easy, don't clog and absorb oil too. However, they don't provide as much cover as liquids and creams.

Liquids and creams help fill tiny lines and give a super smooth effect. The downside is that you need to match your skin tone closely or it looks painted on. Also, some products don't go well with oily skin.

Prepping your skin

Clean skin isn't enough. Most of us have combination skin with dry and oily areas.

When you just apply foundation, those changes in surface conditions make it hard to put on smoothly. Therefore, start by cleansing and moisturising.

Conceal problems

If you have pimples or blemishes, use a little concealer. Dab and go lightly, making sure you don't build up too much product.

Apply cover

Start in the middle and blend out. Apply foundation on and around your nose and then blend outwards. It doesn't matter whether you use a little sponge or a brush, the main thing is to sweep away from the centre lightly. This prevents clumps around bones and your hairline.



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