

Your Sleep, Your Health



K-LINK members, do you sleep well? Good sleep rejuvenates the body, mind and soul. The body cell is repaired rapidly especially during the first three hours of sleep. On the other hand, bad sleep harms us. It would not only make us moody, affect daytime concentration, but also in the long term, cause stress on the immune system and damage organs which lead to chronic diseases such as high blood pressure, diabetes and so on. So, it is important to obtain good sleep every day.

However, almost half of the world population is having sleeping problems such as the difficulty of falling asleep or staying asleep through the night. There are even more people simply not getting enough of sleep due to their overwhelming daily activities. How can we cope with all these sleeping problems?

First of all, we need to identify the reasons behind your sleeping problems. It could be caused by various reasons such as psychological factors, environmental factors, medical conditions or other factors. Sleeping quality can also be affected by your diet too.

A lack of the minerals such as calcium (Ca) and magnesium (Mg) can trigger sleep problems as minerals work together to calm the body and help relax nerves and muscles. Make sure you are eating plenty of mineral rich food such as green vegetables or supplement yourself with high magnesium alfalfa green drink - K-Liquid Chlorophyll and high calcium drink - K-OsteoCal. Besides that, adequate amount of B6 and tryptophan are especially needed for you to feel sleepy. You can get these by drinking a glass of K-OsteoCal before bed.

Lastly, a good sleep regime is also necessary to promote good sleep. Sleep regimes such as keep the bedroom quiet, dark and at suitable temperature, wear comfortable clothing, avoid having a big meal in the evening, avoid coffee and alcohol at least three hours before bed, and exercise regularly will definitely promote good sleep. You are encouraged to find ways of relaxing and de-stressing in the evening too.

As a conclusion, if you are having problems getting to sleep, staying asleep, or getting enough sleep, try taking K-OsteoCal before bed and K-Liquid Chlorophyll during the day along with proper sleep regimes to improve your sleep life which lead to good health.



K-Liquid Chlorophyll

Extracted from alfalfa, known for its highly valued nutrients. Alfalfa, also known as the "father of food" in Arabic due to its powerful healing properties is a natural source of nutrients that is used to cleanse, nourish and rejuvenate the body.



K-OsteoCal

Contains a unique blend of organic calcium, marine collagen, multi-vitamins and multi-minerals. It is formulated as a readily available and well assimilated calcium and collagen source. In addition, this unique product also contains health-promoting ingredients that contribute to boosting your immune system and is particularly useful for bone-related problems.



Ms. Yeoh Bee Lian

Senior Product Manager of K-LINK International

- Registered member of Nutrition Society of Malaysia (NSM)
- Bachelor of Science (Nutrition & Community Health) from Faculty of Medicine & Health, Universiti Putra Malaysia (UPM)
- 9 years of experience in conducting health talks and providing consultation on health products for K-LINK International