



## Tips Of Heart-Healthy Life



In conjunction with the World Heart Day which is celebrated on 29th September every year, I will take this opportunity to remind all **K-LINK** members on the importance of heart protection. Our heart is the size of our fist and it works like a pump which pumps blood throughout the body. Without the heart, we cannot survive. As shown in statistics, heart disease is the world's most common cause of death claiming over 17.5 million lives each year.

Warning signs of heart attacks varied according to individuals. Some heart attacks are sudden and intense but most heart attacks start slowly, such as shortness of breath, mild pain and upper body discomfort. In fact, deaths caused by heart attacks are mostly avoidable since most of its risk factors such as diet, physical activity, tobacco use and so on can be controlled.

### Here are a few tips on how to control the risk factors and protect your heart:

1. Get active. E.g. maintain 150 minutes of exercise per week.
2. Eat healthily E.g. Follow a balanced daily diet by eating 5 servings of vegetables and 2 serving of fruits every day, moderately taking white meat (fish, chicken) instead of red meat (beef, lamb), limit processed food, limit sugary/salty/fried food, and drink lots of water.
3. Supplement yourself with high quality products such as fiber food K-BioGreen for better bowel movement, K-Liquid Chlorophyll for nourishment, K-Cenzyme Plus for better digestion when you cannot follow a balanced daily diet.
4. Maintain a healthy weight. To lose weight, you can follow a special diet with protein food K-Nutramix and fiber food K-BioGreen.
5. Stop smoking and distance yourself from tobacco products.
6. Have enough rest.
7. Regularly keep track of your blood pressure, blood sugar and blood cholesterol level.
8. Supplement yourself with Omega 3 supplements such as Osaji and K-OmegaSqua where Omega 3 is shown in lots of research papers which indicate that it may decrease triglycerides, lower blood pressure slightly, reduce clotting, and decrease the risk of stroke and heart attack.



**K-OmegaSqua** is a supplement consists of Omega 3 from Norwegian salmon, Squalene from shark's liver oil that live in the Pacific Ocean and natural Vitamin E to improve the health of our body.

**Osaji** consists of Omega 3 from Sea Buckthorn which is one of the oldest plants found on earth. The fruits of Sea Buckthorn are rich with various nutrients. Modern research shows that Sea Buckthorn carries functions which help to improve health.



Last but not least, I wish that every **K-LINK** member is taking serious actions to live better, longer and heart-healthy lives.



### 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)
- 10 years of experience in conducting health talks and providing consultation on health products for **K-LINK International**

