

Corporate Message

In 2008, we celebrated our 5th anniversary. HQ is now at 61A Cantonment Road, Singapore 089757.

Just started this year of ox; we wish all readers and members Happy Chinese Lunar new year & good health!

Quarter's Pick

HealthGuard T18 "2+1" Special:
Buy 2 treatments at standard value, gets the 3rd treatment **50% off.**

Save SGD 310.00!

Inquiry: +65 6223 8622 or email us.



Health Updates

Dengue fever

More than 100 countries in Africa, the Americas, the Eastern Mediterranean, Southeast Asia and the Western Pacific got affected. Dengue fever is still endemic in Southeast Asia and cases in Malaysia have surged since 2003. An estimated 500,000 people with DHF require hospitalization each year, a large proportion are children. Without proper treatment, DHF fatality rates can exceed 20%. **Community support:** residents keep their environment clean and remove rubbish and pots that collect water where mosquitoes can breed. Stay alert when travel to tropical parts. Understand the symptoms and visit physicians if necessary.

Menopause or mental disorder turns to depression?

Recent report from the Hong Kong Adventist Hospital mentioned that there is possibility the root problem occurs in **Parathyroid glands**. Medical side estimated hyper-parathyroidism patients:

- * 78% appears to have mental illness.
- * 85% has gland enlargement and tumour found. Others are related to genetic inheritance.
- * 1% has hyper-parathyroidism est. 60,000-70,000 patients in Hong Kong. That is, 1 in every 100 adults may get the disease.
- * Risk would be doubled from age over 55.
- * Female is 2 to 3 times higher than male.



Source: HK headline news daily 081229

Health Knowledge

Coriolus Versicolor PSP - Proven track record



Coriolus Versicolor PSP 雲芝糖肽膠囊 was invented by the renowned Professor Q.Y. Yang of Shanghai Normal University in 1982. **PSP** stands for Polysaccharide Peptide, a protein-bound polysaccharide extracted from deep-layer-cultivated mycelia of the COV-1 strain of Coriolus Versicolor, commonly known as Yunzhi.

Yunzhi PSP improves the detoxifying ability of liver, effectively enhance immunity, strengthen the spleen, respiratory system and promote longevity. It helps to relieve the side effects caused by chemotherapy and helps to fight against cancer cells. PSP first in the market since 1987, available today is in higher PSP concentration and water-soluble in Vcaps® for readily best body absorption.

With GMP SGS standard Available now in Conrad Health-Guard.

YEAR	CLINICAL STUDIES & THE USE	CONCLUSION
1982	Random double blind clinical trials for PSP were conducted in 8 and 14 hospitals respectively with 485 and 650 patients in different (cancer) control groups in Shanghai.	PSP helps patients/individuals to improve or maintain their immune status while decreasing the severity of the side effects associated with chemotherapy and radiation.
1989	The Chinese University of Hong Kong conducted a Yunzhi PSP on Peripheral Blood Counts during Chemotherapy to 11 breast cancer patients. 9 PSP capsules/day were given prior to and after chemotherapy.	No significant drop in the WBC counts and platelet counts. No severe weight loss. No other reported toxicity while on PSP. Enhanced patients' immunological response while liver and renal function tests were consistently normal,
1992	Yunzhi PSP efficacy is proven and no side effect reported long after the decade long 3-pharse clinical trial - from Shanghai Public Health Bureau.	Yunzhi PSP is an ideal agent for chemoprevention in patients with high risk of developing cancer or relapse of the disease.
2002	The University of Hong Kong, Queen Mary Hospital did clinical trials on PSP regarding lung cancer.	Positive results obtained that slow progression of advanced non-small cell lung cancer and reported to have anti-tumour effects.

Health Trend

Simple Reminder - Internet connected pill caps



GlowCaps Connect reminds patients to take long-term medication punctually especially for high blood pressure, high cholesterol. In the correct times everyday, the GlowCaps act as Personal Reminder, flash and play a melody, optionally even can set to call your home phone **(1)**. Create a Social Network Support by sending a weekly update to a caregiver of yours if you wish **(2)**. Be your Refill Coordination that GlowCaps count your pills and remind you to refill **(3)**. Doctor Accountability at each month, GlowCaps mail you and your doctor a report with incentives if you exceed your adherence goal **(4)**. Overall, GlowCaps™ now distributed mainly in USA and online, certainly improves medication compliance, health, and peace of mind.

Source: The Boston Globe 17 Nov, 2008

DIY Vaccination? Needle-free vaccines



A needle-free vaccination method is being developed by Intercell USA, final approach FDA approval this year. Developer's expects the first patch vaccine to target traveller's diarrhea, secondly for pandemic flu, even hopes the technology will be used for vaccination campaigns, with kits simply posted for self-application. The new vaccination system, which uses a patch, the technique is to trigger an immune response from the Langerhans cells, for vaccine delivery. The device equipped with a strip of fine sandpaper **(1)**. By pressing it onto the skin and pulling a tab with a motion **(2)**, the sandpaper "rubs the skin at the right speed and the right pressure," but the scratch is invisible, the device leaves an ink mark to orient the placement of the vaccine patch **(3)**.

Source: Fast Company: Tim McKeough, dated Oct 30, 2008

Apollo Life Sciences (ASX: AOP) once suggested the introduction of needle-less vaccines would significantly reduce the risk to health care workers due to estimate 5 in every 100 injections worldwide result in a needlestick accident.

Corporate News



**T&C apply*

Enjoy financial flexibility with S'pore HSBC's Instalment Payment Plan for HealthGuard T18 12-treatment plan*. This entitles one free selective thyroid health-screening offer. 6-treatment is now acceptable for instalment*.



Goiplas Capsules

The extended series of HealthGuard T18 treatment. This is freshly made and targeted for thyroid goiter and nodule cases. GCapsules can be taken together with HealthGuard T18 for faster improvement rate.



Join membership

Name: _____
 Address: _____
 Country: _____
 Gender: _____
 Tel: _____
 Email: _____
 Birthday: _____
 Occupation: _____
 Got thyroid problem? _____

Thank you



(In alphabetical order) To:
 Ms. Cheng, Mr.&Mrs. Chia,
 Ms. Darni, Mr. Yeo

Thank you for your support!

Your Feedback

Note: After fill in member form and feedback, please fax to +65 6223 8621 or email us to qna@health-guard.net. Thank you very much.