

Corporate Message

Success in Fair! We would like to thank you for your support and visit during the International Conference & Exhibition of the Modernization of Chinese Medicine & Health Products 2009 in Hong Kong. Thanks for your great response!

Happy Fasting & Hari Raya Aidilfitri to all Muslims.

Quarter's Pick

HG T18 Valued Offer:

Buy 1 treatment at standard price, and get another 2 treatments at the price of **S\$930 Only** within **1** month from the date of purchase. (50% discount for 3rd treatment)



Health Updates

Cancer Stats: Rise & Battle Against Cancer

Deaths from cancer worldwide are projected to continue rising, with an estimated 12 million deaths in 2030.

Lung	Stomach	Colorectal	Liver	Breast
1.3M	803 000	639 000	610 000	519 000

Lung, stomach, liver, colorectal, oesophagus and prostate cancer are more common among men, whereas for women, breast, lung, stomach, colorectal and cervical cancer is more common.

Causes of cancer:

- 1) Ageing is a fundamental factor for the development of cancer. The overall risk accumulation is combined with the tendency for cellular repair mechanisms to be less effective as a person grows older.
- 2) In some countries, tobacco use, alcohol use, and being overweight or obese are major risk factors for cancer.

Risk Factor: Tobacco use, Obesity, Low fruit and vegetable intake, Physical inactivity, Alcohol use, Sexually transmitted HPV-infection, Urban air pollution, Indoor smoke from household use of solid fuels.

Prevention strategies: Increase avoidance of the risk factors, Vaccinate against (HPV) and hepatitis B virus, Control occupational hazards and reduce exposure to sunlight.

Source: WHO

World Impact from Pandemic (H1N1) Influenza

Total number of Pandemic (H1N1) Influenza as of August 13 2009- Over 182166 cases and 1799 deaths cases in total.

Do you know?

Economic:

Pandemic such as the current H1N1 Influenza have cause economic hardship in the form of absenteeism, lost business opportunities, and damage to travel-reliant industries such as tourism. Some infected areas such as offices/buildings/shops have to be closed down too in order to control situation from worsening. Countries have been spending high sum of money for their citizens whom have been infected and carried out preventive ways. (USA medical costs averaging \$10.4 billion annually, and projected lost earnings due to illness and loss of life of \$16.3 billion annually)

Travelling:

Limiting travel and imposing travel restriction would be highly disruptive to the global community. It's more vital to focus on minimizing the impact of the virus and providing patients with appropriate medical care.

Advice:

People who are ill should delay travel plans. Returning travellers who become ill should contact their health care provider. Travellers can protect themselves and others by following simple prevention practices that apply while travelling and in daily life.

Health Knowledge

Coriolus Versicolor PSP - Proven track record



PSP Essence

PSP Regular

Coriolus Versicolor PSP 雲芝糖肽膠囊 (保健裝/精華裝)

Double Blind Randomized Controlled Clinical Test done and proven effective.
1982 invented and patented.

Function:

100% Water-soluble Coriolus Versicolor extracts in Vcaps. Best Functional food for Liver and Spleen, immunity booster, improve appetite, sleeping quality, as well as the general quality of life. Cancer prevention, block malignant cell growth, and complement treatment during/after radiotherapy and chemotherapy.

Improve symptoms of weakness, tiredness, poor appetite, pain, anxiety, nausea, vomiting, spontaneous and night sweat and etc.

Usage:

PSP Essence: 3 capsules each time, 3 times daily after treatment.
PSP Regular: 2 capsules each time, 3 times daily for wellness,

Available online:

http://www.health-guard.net/eng/psp_coriolus_versicolor.php

Health Trend

Aqua Pulse – Heart Rate Monitor



People who enjoy water sports or like to swim have difficulty measuring their stamina and pulse during their workout in the water. However, FINIS, the worldwide leader in Technical Swimming Development has just released their latest invention, the “Aqua Pulse” rate monitor. This unique workout accessory is stated to be developed especially for those people who are on the look for enhancing their swimming workout through heart rate training.

The Aqua Pulse sensor, then apparently gauges the light pulses from the capillary blood flow in the skin, which in turn leads to the measurement of the number of beats/minute (b/m) of the body. It is further stated that with the help of an in-built computer within the Aqua Pulse, the heart rate is then communicated to the user. This communication is supposedly done audibly with the help of the Bone-conduction Technology, which communicates sound vibrations to the inner ear through the temple bone

Source: Health Jockey, dated May 2009

Diabetes Epidemic – Insulin Chewing Gum



Finding simpler ways to deliver insulin into the blood stream for tackling the diabetes epidemic that is sweeping the developed world. Before, the preferred option for many patients would be an insulin pill taken orally. But studies have long shown that insulin is easily broken down by the digestive system and that any surviving hormone is not easily absorbed into the bloodstream from the gut.

Using chewing gum would be a better delivery method in humans. Chewing would ensure a plentiful supply of saliva, providing the protein needed for the insulin to make its way into the bloodstream.

Source: New scientist tech, Justin Mullins, dated January 14, 2009

Corporate News



PSP Regular Convenient Travel pack (10 caps): special for every new purchase now, please contact us to order.
\$S16 per box
Limited packs available only



IT Acupuncdur - DIY Massager and Acupuncture. Traditional Chinese medicine attached on patch

- Low frequency high efficacy
- 180 times re-use
- Preventing bones problem, help w/ inflammation
- Sooth shoulder and muscles pain
- **\$S78 per set now!**

Events

End: ICMCM 2009 Hong Kong CEC



Join membership

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

Thank you



(In alphabetical order) To:
Ms. Chan, Mrs. Lo

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.