

Wellous NEWSLETTER®

APR-JUN 2024

Wellness Wonders

Prevent, Protect, Immunize:
Viral Hepatitis

Food & Nutrition

Reverse Fatty Liver:
Foods to Eat and Avoid
Liver-Protecting Herb

Healthy Funhub

Digital
Detox

Product Spotlight

UNLOCKING THE MYSTERIES OF *Liver Disease*

English Version
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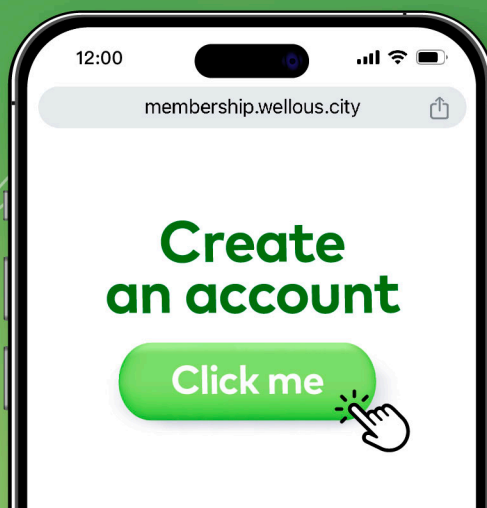


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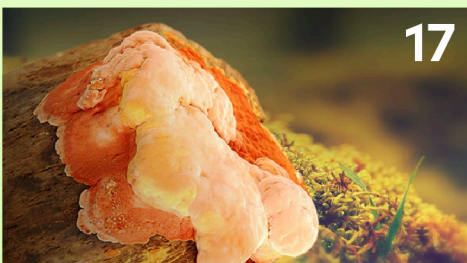
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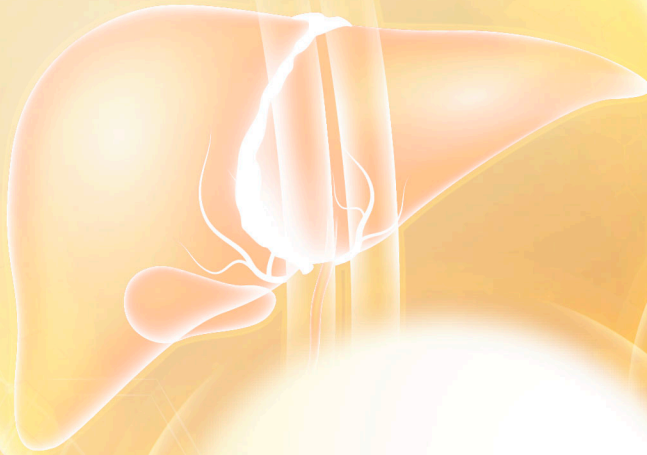
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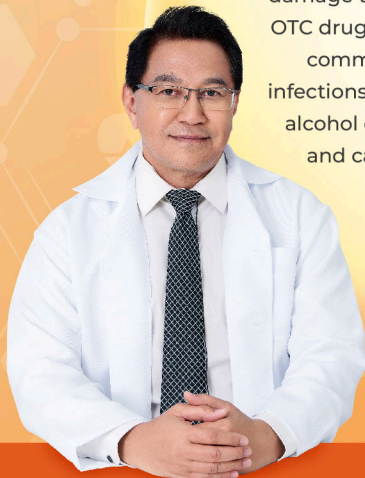
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UNLOCKING THE MYSTERIES OF

Liver Disease



Liver diseases can be inherited (genetic) or caused by a variety of factors that damage the liver, such as prescription and OTC drugs (excess paracetamol intake is a common cause), herbal medicines, infections (viruses, bacteria, and parasites), alcohol consumption, smoking, obesity and cancer (primary or secondary).



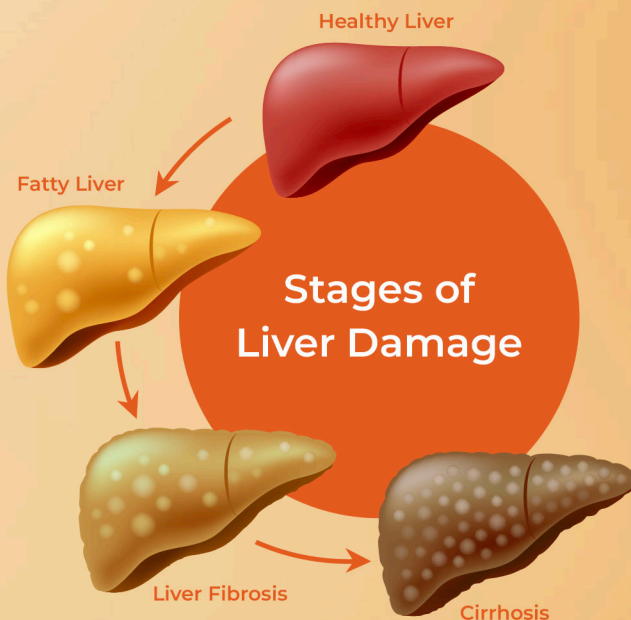
By **Dr Amir Farid bin Che Isahak**
Wellous Medical Advisor



What are the Common Liver Diseases in Malaysia?

In Malaysia, the most common liver disease is NAFLD (non-alcoholic fatty liver disease), also known as MAFLD (metabolic-associated fatty liver disease). It affects almost 40% of adult Malaysians. As the name implies, it is the accumulation of fat in the liver. The most common cause is obesity.

NAFLD is often accompanied by dyslipidemia (unhealthy lipid levels), hypertension and insulin resistance (or overt diabetes), leading to more serious complications. NAFLD may progress to NASH (non-alcoholic steatohepatitis) once inflammation sets in, and further on to fibrosis. Liver cirrhosis is when the liver is permanently scarred (fibrosis), hardened and poorly functioning. Cirrhosis is a precancerous condition.



The next two most common liver diseases are viral Hepatitis B (HBV) and Hepatitis C (HCV). Alarmingly, 90% of those with HCV are unaware they have the disease (ie. undiagnosed)!



Can Liver Damage be Reversed?

The liver has many important functions essential for life. Severe liver disease can therefore be fatal. Fortunately, many types of liver disease are reversible, provided the causes are removed and the disease has not progressed too far, and fibrosis or scarring has not replaced the damaged part.

One common cause of liver damage is paracetamol overdose or poisoning. Sometimes, up to half of the liver may be destroyed. Prompt treatment will start the repair process and it is possible to completely heal and regenerate the liver within one month.

However, if appropriate treatment is not given or the causative agent is not removed, the damage continues. Once scarring occurs, healing, recovery, or regeneration cannot happen anymore.

Scarring may progress to cirrhosis. Mild liver diseases or dysfunction may even be reversed with tonics, herbs, or supplements that improve liver health.



What are the Early Signs of Liver Disease?

The liver has a large reserve capacity, meaning it can work much more than normally required in a healthy person. Because of this, symptoms do not appear until after the liver stress is prolonged or severe. So, if we wait until symptoms appear, it may be too late.



The signs and symptoms of a stressed, overworked, or diseased liver are related to its major functions. These may include:



Generally feeling unwell and tired all the time



Feeling sick (nausea) and vomiting



Disturbed sleep patterns



Loss of weight and muscle wasting



Blotchy red palms



Loss of appetite



Tenderness / pain in the liver area



Spider-like small blood capillaries on the skin above waist level (spider angiomas)

If the disease is allowed to progress, then these late signs and symptoms may appear:



Abdominal pain



Intense itching



Persistent or recurring yellowing of the skin and eyes (jaundice)



Easy bleeding or bruising



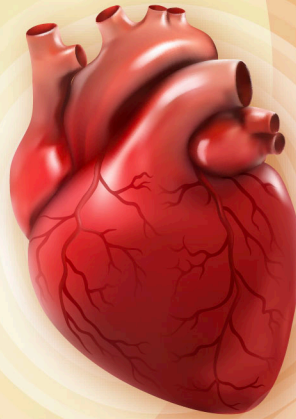
Swelling due to fluid build-up in the abdomen and legs



Problems with concentration and memory, and even disorientation

Liver Disease Impacts Your Heart Too!

Many organs in the body do not work alone; their health and functions are affected by the health of one or more other organs. The heart and the liver have a very strong connection in terms of health and disease.



Recent studies have revealed that some of the risk factors for NAFLD (smoking, dyslipidemia, diabetes mellitus, and obesity) are the same as for atherosclerotic cardiovascular disease (ASCVD), and NAFLD itself is a factor for ASCVD. NAFLD is associated with oxidative stress (excess free radicals), chronic inflammation and coagulation disorders which add to the risk of cardiovascular disease.

Both liver disease and heart disease are locked in a vicious cycle. Liver fibrosis in NAFLD worsens heart failure, and heart failure, in turn, causes the worsening of liver fibrosis. This cycle repeats when liver cirrhosis impairs sodium excretion by the kidneys and exacerbates heart failure. Heart failure causes liver congestion, leading to liver damage, fibrosis, and cirrhosis.



What Screenings or Tests are used to Assess Liver Health?

The basic blood test for assessing liver function is the “Liver Function Tests” (LFT) panel, which usually consists of the protein levels, four enzymes and bilirubin.



Those with known liver disease may be recommended to undergo an ultrasound scan, CT scan or MRI. Liver hardness can be measured with shear wave elastography (using ultrasound) to evaluate liver fibrosis non-invasively. Finally, a liver biopsy may be required to confirm the diagnosis in some cases.

This panel test should be done annually after age 40, or anytime when a liver problem is suspected (e.g. dengue infection, NAFLD). A more complete panel would also include Prothrombin Time (PT), Lactate Dehydrogenase (LDH), conjugated and unconjugated bilirubin levels. Other tests (e.g. hepatitis virus antigen and antibody tests) are done when required.

In addition, because NAFLD is very common, some labs provide the fibrosis-4 index (FIB-4) to help estimate the probability of liver fibrosis and its risk on cardiovascular disease. In confirmed NAFLD cases, other indices may be calculated to give a better estimation, such as the NAFLD fibrosis score (NFS).



A Quick Guide to Understanding LFT Panel Reports

● Alanine Transaminase (ALT) & Aspartate Transaminase (AST)

are enzymes found within liver cells (hepatocytes). Raised ALT or AST levels are a marker of hepatocellular stress or injury. The AST:ALT ratio may further help determine the etiology of hepatocellular injury.

● Alkaline Phosphatase (ALP)

is produced by biliary epithelial cells (cells lining the biliary tract) and bones. Raised ALP levels can therefore be caused by cholestasis or bone disease. Cholestasis is an interruption of bile flow which is mostly caused by gallstone disease.

● Gamma-Glutamyl Transferase (GGT)

helps to exclude bone disease. These are only raised in liver disease, but not in bone disease. ALP and GGT are interpreted together to help identify the source: high ALP with normal GGT suggests bone disease, high ALP with high GGT suggests cholestasis and, high GGT with normal ALP is usually associated with excess alcohol consumption.

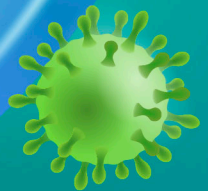
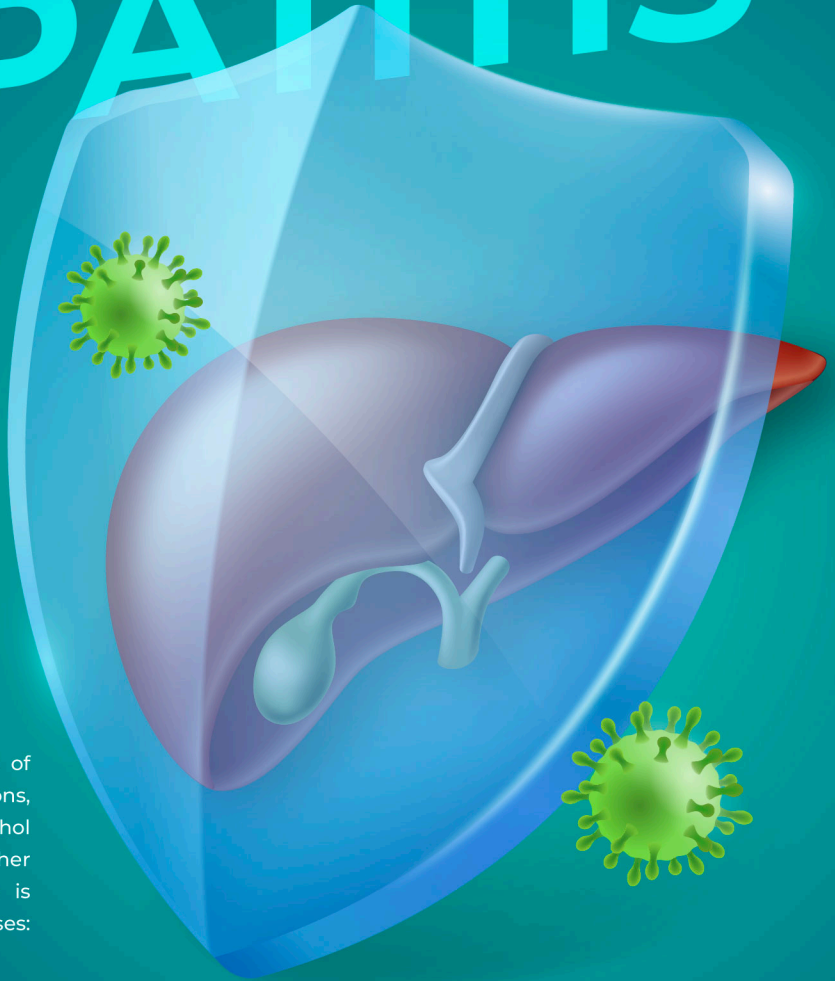
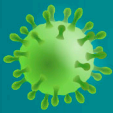
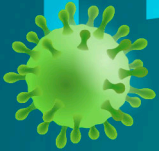
If all four enzymes are raised, then there is mixed or combined injury of both hepatocellular and hepatobiliary components of the liver. However, it is quite common to have temporary mild (less than 2X) elevation of the enzymes while the liver works to heal itself from the underlying cause.

Most such cases resolve within one month, but it is important to monitor the enzyme levels. If the levels are higher or persist longer, then a doctor or health practitioner should be consulted for advice.



Prevent,
Protect,
Immunize













VIRAL HEPATITIS



Hepatitis is the inflammation of the liver, often caused by viral infections, but it can also result from toxins, alcohol use, certain medications, and other medical conditions. Viral hepatitis is primarily caused by five distinct viruses: Hepatitis A, B, C, D, and E.

These viruses target the liver, leading to symptoms ranging from mild illness to severe liver damage, chronic disease, and even liver cancer. The most common types are Hepatitis A (HAV), Hepatitis B (HBV), and Hepatitis C (HCV).

What are the differences between HAV, HBV, and HCV?

	HAV	HBV	HCV
Cause	Hepatitis A Virus 	Hepatitis B Virus 	Hepatitis C Virus 
Transmission	<ul style="list-style-type: none"> Fecal-oral Contaminated food / water 	<ul style="list-style-type: none"> Mother-to-child Contact with infectious body fluids (blood, semen, vaginal fluids) Sexual contact 	<ul style="list-style-type: none"> Blood-to-blood Mother-to-child (less common) 
Duration	Few weeks to several months	Few weeks to life-long	Few weeks to life-long
Severity	<ul style="list-style-type: none"> Most recover with no lasting liver damage 	<ul style="list-style-type: none"> Can be acute or chronic (> 6 months) Chronic HBV can lead to serious liver complications 	<ul style="list-style-type: none"> Always chronic Can lead to serious liver complications 
Treatment	<ul style="list-style-type: none"> Rest, oral rehydration & treatment of symptoms In most cases, recovery is complete within 6 months 	<div>Acute</div> <ul style="list-style-type: none"> Rest, oral rehydration & treatment of symptoms Injection of immunoglobulin (an antibody) within 24 hours of exposure to the virus may help protect from getting sick Rarely need antiviral drug <div>Chronic</div> <ul style="list-style-type: none"> Depends on whether dormant or active infection Antiviral drugs 	<ul style="list-style-type: none"> New treatments are available, and it is a curable disease New "direct antiviral agents" (DAA) can cure over 95% of people, including those living with HIV, with just 8-12 weeks of oral therapy 

What is a Hepatitis Carrier?

Hepatitis carriers are people who have hepatitis virus but do not show symptoms of the infection. This status is particularly relevant for HBV and HCV infections. Although carriers appear healthy, the virus remains dormant in their body and may be transmitted to others.

Besides, they may develop a resurgence of the virus later in life. This can lead to various liver complications such as liver damage, liver cancer, and liver failure. Hence, their viral load and liver function need to be monitored through regular blood tests.



How to Prevent Viral Hepatitis?

Vaccination

The most effective way to prevent hepatitis infection is vaccination. In Malaysia, the National Immunization Programme includes the Hepatitis B vaccine for all newborns. It is also recommended for unvaccinated adults, especially those who are at high risk, such as healthcare workers, people with multiple sex partners, individuals with chronic liver disease, and household contacts of known infected individuals.

Hepatitis A vaccination is recommended for travelers and high-risk groups. Currently, there is no vaccine available for Hepatitis C.



Screening

Since infected individuals may not display any symptoms upon infection, confirmation of hepatitis infection relies upon laboratory testing. Generally, HAV screening is not necessary for the general population as it is usually self-limiting (self-recovery).

For Hepatitis B and C, routine blood tests are important to detect infection. Key tests for HBV include HBsAg, Anti-HBc, and HBV DNA to determine the presence and activity of the virus. Meanwhile, blood tests such as Anti-HCV and HCV RNA confirm the presence and activity of HCV.



Practice good hygiene

Regular handwashing, especially after using the bathroom and before eating, helps to prevent Hepatitis A. Covering any open wounds and avoiding sharing personal items are preventive measures for Hepatitis B and C.

4

Engage in safe sexual practices

Adopting protective measures reduces the risk of HBV and HCV transmission during sexual activity.



5

Ensure food safety

When traveling, especially to areas with poor sanitation, drink bottled water and avoid consuming raw or undercooked food.





Foods to Eat & Avoid

Fatty liver is a liver disease characterized by fat accumulation within the liver. There are two types of fatty liver diseases: Alcoholic Fatty Liver Disease (AFLD) and Non-alcoholic Fatty Liver Disease (NAFLD). NAFLD occurs in people who drink little or no alcohol. It's often associated with obesity, insulin resistance, and metabolic syndrome. If left untreated, it can progress to liver inflammation and eventually lead to cirrhosis or liver failure.

Unfortunately, no medication is currently available to reverse the fat buildup in the liver. In some cases, the liver damage stops or even reverses itself, but in others, the disease continues to progress. It is important to control any conditions that may contribute to fatty liver disease. Hence, lifestyle modification through diet and exercise must be the first-line therapy of any treatment plan.

Dietary Do's & Don'ts

to Reverse Fatty Liver

Do's

• Fruits and vegetables

Consume 3 servings of vegetables + 2 servings of fresh fruits per day.



• Whole Grains

Ensure at least 50% of carbohydrates come from whole grains such as brown rice, rolled oats, and whole grain breads.



• Healthy fats

Include foods high in Omega 3 fatty acids (EPA + DHA) such as fatty fish, nuts and seeds.



• Lean protein

Choose legumes, eggs, seafood and poultry over red meat.



• Vitamins and antioxidants

Incorporate vitamin E, vitamin D and antioxidant supplements such as turmeric.



Dont's

• Saturated and trans fats

Avoid deep-fried foods, fast food, pastries, coconut oil and chips.



• Refined carbohydrate

Reduce consumption of white rice, white bread and sugary cereals.



• Added sugar

Minimize sugary drinks and baked goods.



• High-fructose corn syrup

Steer clear of drinks with added high-fructose corn syrup.



• Alcohol

Refrain from consuming alcohol.



Key Approaches to Reverse Fatty Liver



Weight Loss

Weight loss is a very effective way to improve NAFLD. Obesity itself is a chronic inflammatory condition resulting from the failure of normal homeostatic regulation of energy intake, storage, and utilization. This often leads to an increase in visceral fat, particularly around the abdomen. Weight loss can reduce this fat and improve NAFLD. A reduction of 5% to 10% of body weight may have significant beneficial effects.

Physical Activity

Physical activity can help to maintain weight loss and improve insulin resistance. Improvement in insulin sensitivity has been shown to correlate with a reduction in total body fat, especially in visceral adiposity, which in turn contributes to the fatty acid delivery to the liver. As a result, it may decrease the disease progression in NAFLD. Include both aerobic exercise and resistance training.



ANTRODIA CINNAMOMEA

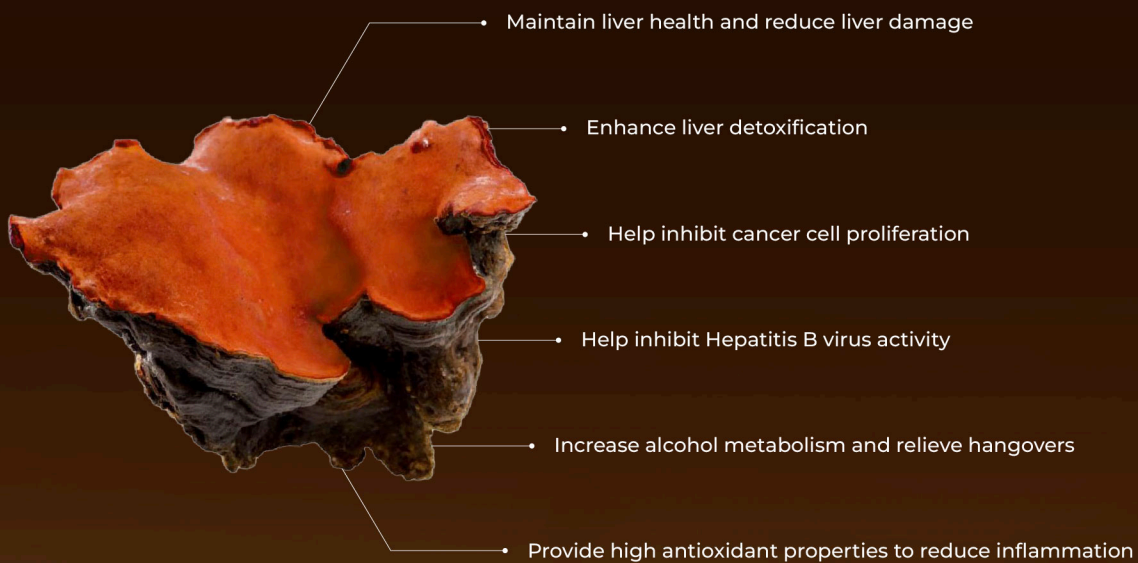
THE LIVER-PROTECTING HERB



Antrodia cinnamomea is a unique fungus found only in Taiwan's high mountains, with a fragrant smell and bitter taste. In earlier times, aboriginal Taiwanese used Antrodia cinnamomea to get rid of hangovers, and some even recovered from serious diseases after taking it. As a result, the miraculous efficacy of Antrodia cinnamomea became well known in Taiwan, earning it the title "King of Ganoderma". Due to its ruby-like color, Antrodia cinnamomea is also known as **"Taiwan Ruby"**.

BENEFITS

Triterpenoids are the core functional substances of fungi, and Antrodia cinnamomea's unique triterpenoids possess strong biological activities:



Protect Your Heart & Liver

tigrox™



LIVETAL



4 MAJOR BENEFICIAL INGREDIENTS

- Antromax® Antrodia Cinnamomea Mycelium
- Astragalus Membranaceus Root Extract
- Radix Bupleuri Root Extract
- Turmeric Extract

2 MAIN BENEFITS

- Detoxification: Reduces toxins stored in the liver, reduces fat accumulation in the liver, breaks down alcohol and relieves hangovers
- Nourishment: Protects liver health, enhances antioxidants to reduce inflammation, eliminates fatigue and restores energy

3 MAJOR BENEFICIAL INGREDIENTS

- Omegavie™ Fish oil Omega-3 (EPA + DHA)
- MenaquinGold™ Vitamin K2
- Vitamin D3

6 MAIN BENEFITS

- Regulates lipids (LDL, HDL and triglycerides)
- Prevents the formation of blood clot
- Maintains the elasticity of blood vessels
- Prevents blood vessel calcification
- Prevents arterial stiffness
- Promotes blood flow





DISCONNECT TO RECONNECT

REDISCOVERING LIFE BEYOND SCREENS



IN today's hyper-connected world, digital addiction is a growing concern. Smartphones, laptops, and other devices have become integral to our lives, leading to a dependency driven by various roots of digital addiction:



Fear of Missing Out (FOMO)

The anxiety about missing rewarding experiences that compels individuals to stay constantly connected, frequently checking social media updates and notifications.

Instant Gratification

Platforms like Facebook, Instagram, etc. offer instant satisfaction through likes, comments, and shares, fostering a cycle of continuous engagement.

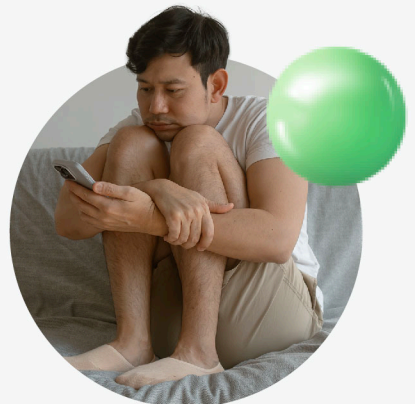


Online Gaming

Immersive experiences and social elements in games make it easy to lose track of time, as they are designed to be addictive.

Digital Escapism

Digital devices often serve as a quick escape from boredom or stress, becoming a default activity, filling idle moments and providing a temporary distraction from real-life problems.



Introducing Digital Detox

A digital detox involves taking a deliberate break from digital devices to focus on real-life interactions and activities. The benefits include improved mental health, enhanced productivity, better sleep, and strengthened relationships.



Embrace the Digital Detox Challenge

Make your digital detox journey engaging and fun with these six exciting steps:



Digital addiction is a pervasive issue, but a digital detox can help reclaim control over your life. By embracing the Digital Detox Challenge and breaking down the process into manageable, engaging steps, you can reduce your reliance on digital devices and enjoy a more balanced, fulfilling life. Take the challenge and experience the benefits of a digital detox today!

NEWS & EVENTS

20-30
MAR APR 2024

A Recap of Celebration & Collaboration in ZENSO Cafe Campaign

ZENSO Cafe, nestled in the heart of One Utama, recently concluded a month-long celebration that left patrons and participants alike buzzing with excitement. The event marked a significant milestone for ZENSO in the first quarter of 2024.

Diana Danielle Joins as ZENSO Friend

The event kicked off with great excitement as Diana Danielle, a beloved figure in Malaysia's entertainment industry, was unveiled as the newest addition to the ZENSO Family. Her presence added a touch of glamor and charisma to the occasion, signaling a promising collaboration between ZENSO and the esteemed actress.

Unveiling Kuro Daitto Matcha by Niko Neko

Accompanying Diana's introduction was the much-anticipated launch of ZENSO's latest flavor sensation, the Kuro Daitto Matcha, featuring premium matcha from Niko Neko. This fusion of culinary excellence delighted taste buds and showcased ZENSO's commitment to offering innovative and indulgent experiences to its patrons.



MATCHA 抹茶

Made using
NIKO
NEKO

ZEN-SO's Lucky Spin Winners & Interactive Activities

The excitement continued with the ZEN-SO Lucky Spin, adding an element of thrill to the festivities. Lucky winners walked away with coveted prizes, including branded vial perfumes, Dyson hair dryers, iPads, and exclusive ZENSO sets. Additionally, attendees engaged in interactive activities such as high-tea session, workshops and insightful sessions led by ZENSO's Research and Development (R&D) team and nutritionists, providing valuable insights into the science behind ZENSO's products and efficacy.



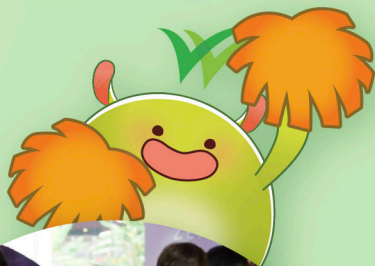
Celebrating Achievements & ZENSO's Community

The event also served as a platform to celebrate the achievements of individuals who have embraced wellness journeys through initiatives like 'Lose 2 Win 2.0'. This annual contest, now in its second year, celebrates those who have achieved their desired weights while staying healthy with ZENSO. Champions were recognized for their dedication and perseverance, underscoring ZENSO's commitment to fostering holistic wellness within its community. Moreover, the recognition of Best Weight Management Coaches highlighted the invaluable contributions of individuals who have played pivotal roles in guiding others towards their wellness goals.

As the curtains closed on this chapter of ZENSO's journey, heartfelt gratitude was extended to all who contributed to its success. From media partners, influencers, and supporters, each played a vital role in shaping ZENSO's story's success. With a promise of continued confidence and empowerment, ZENSO looks forward to embarking on new adventures with its community.

In conclusion, ZENSO Cafe's recent event captured the spirit of celebration, collaboration, and community. Through exciting partnerships, innovative offerings, and meaningful connections, ZENSO reaffirmed its commitment to providing better experiences that inspire wellness and joy.

Until the next chapter unfolds, let's continue to embrace confidence and vitality with ZENSO by our side. See you soon and Let's ZEN-SO Confident with Us!



20 & 26 2024
APR APR

Self-Love Retreats Journey to Creativity, Connection, & Empowerment



In a bid to promote self-care and empowerment amongst women, Femoire by Wellous organized vibrant "Feel More Self-love Retreats" over two consecutive weekends in Bukit Jalil, Kuala Lumpur and Johor Bahru.

These retreats offered invited guests with opportunities to engage in activities aimed at nurturing personal growth and self-discovery, in which they explored the art of cakesicle decoration and aroma candle-making, immersing themselves in creativity and relaxation. Additionally, heartfelt sharing sessions formed a core part of the retreats, where attendees openly shared the challenges they faced and how they overcame them. These sessions fostered a profound sense of connection and mutual support among the participants.

The days were filled with creativity, laughter, and bonding, offering everyone the chance to create something beautiful while building meaningful relationships. By gathering empowered women from diverse industries, Femoire aims to create a supportive space where individuals can listen to one another and help each other discover their true selves.





We are delighted to announce that Wellous has been honored with *the Most Preferred Brand Award* at The BrandLaureate's inaugural Fast Moving Growing, Sustainable Business & Brands Awards 2024 (FMGS2024)!

Wellous is honored to be among the first recipients of this award, which recognizes excellence in brand building for fast-growing businesses committed to sustainability. Wellous's win highlights its ability to achieve impressive growth while cultivating a strong and enduring brand that consumers trust.

This recognition also signifies that Wellous is delivering products and experiences that resonate with its customers.

Thank you again for choosing Wellous! Stay tuned for more exciting news and developments.

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MAY
2024

Wellous Wins Most Preferred Brand Award at The BrandLaureate Awards 2024



05²⁰²⁴
JUN⁴

Discovering Your True Self Through Sound Healing Session with Immority

To embrace self-awareness and mindfulness, Immority, an inner-health focused brand, hosted a sound healing therapy event at Kuala Lumpur, encouraging participants to find their inner peace while caring for their physical well-being.

Additionally, the attendance of Immority's MOVEON joint-care ambassador, Goh Liu Ying has graced the occasion. As the event fostered mental wellness through guided meditation, this sound therapy aimed to restore balance and clarity in daily life. By confronting their own inner voices, participants had the opportunity to experience the transformative power of sound therapy, healing the deepest wounds of their souls and awakening their inner vitality and youthfulness.

Extending heartfelt gratitude for the support towards the community, Immority looks forward to embarking on another journey of self-discovery and inner peace with you!



6-7
JUN 2024

*Immerse in the
Floral Universe*

Femoire Day & Night Soft Launch



Femoire, a leading beauty and wellness brand, recently unveiled its groundbreaking oral skincare bundle, "Day & Night," during an eagerly anticipated soft launch event. This innovative vegan-friendly bundle, designed for both day and night use, aims to revolutionize skincare routines with its advanced formulations.

The event not only introduced the "Day & Night" bundle but also enlightened consumers on skincare and personalized routines. Femoire went the extra mile by inviting an esteemed aesthetic doctor to deliver a talk on common skin problems and solutions, providing attendees with valuable insights into maintaining healthy, radiant skin.

In addition, Femoire enlisted the expertise of an in-house nutritionist to explain the technology and benefits behind the new products. Through informative sessions, attendees gained a deeper understanding of the science behind skincare and how the "Day & Night" bundle can cater to their specific skincare needs.

The event ambiance was enhanced by a picturesque rose garden-themed decor, immersing guests in a sensory experience. Furthermore, participants were encouraged to undergo a skin test to assess their skin condition, emphasizing the importance of skincare awareness.

With the introduction of the "Day & Night" bundle and expert talks by skincare professionals, Femoire reaffirmed its commitment to empowering individuals to achieve healthier, glowing skin. This event marked the beginning of Femoire's journey into the skincare market, promising innovative solutions and expert guidance to consumers.



Wellous is thrilled to announce that we have been awarded the prestigious *Corporate Excellence Award* at the Asia Pacific Enterprise Awards (APEA) 2024 Malaysia. This honor was accepted by our Co-Founder and CEO, Mr. Andy Tan, from Tan Sri Datuk Seri Panglima Bernard Dompok, Chairman of SME Corp Malaysia.

In his acceptance speech, Andy Tan expressed heartfelt gratitude to the stakeholders, partners, customers, and team for their steadfast support and belief in Wellous over the years.

Organized by regional NGO Enterprise Asia, The APEA 2024 celebrates exceptional leadership, innovation, and sustainable business practices across various industries. Being named the winner is a testament to our dedication and passion for operational excellence, innovative strategies, and our inclusive corporate culture.

Thank you to everyone at Wellous and to our loyal customers for your continued support. We look forward to sharing more exciting news and developments soon.



Wellous Honored with Corporate Excellence Award at APEA 2024 Malaysia

09 JUN 2024





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