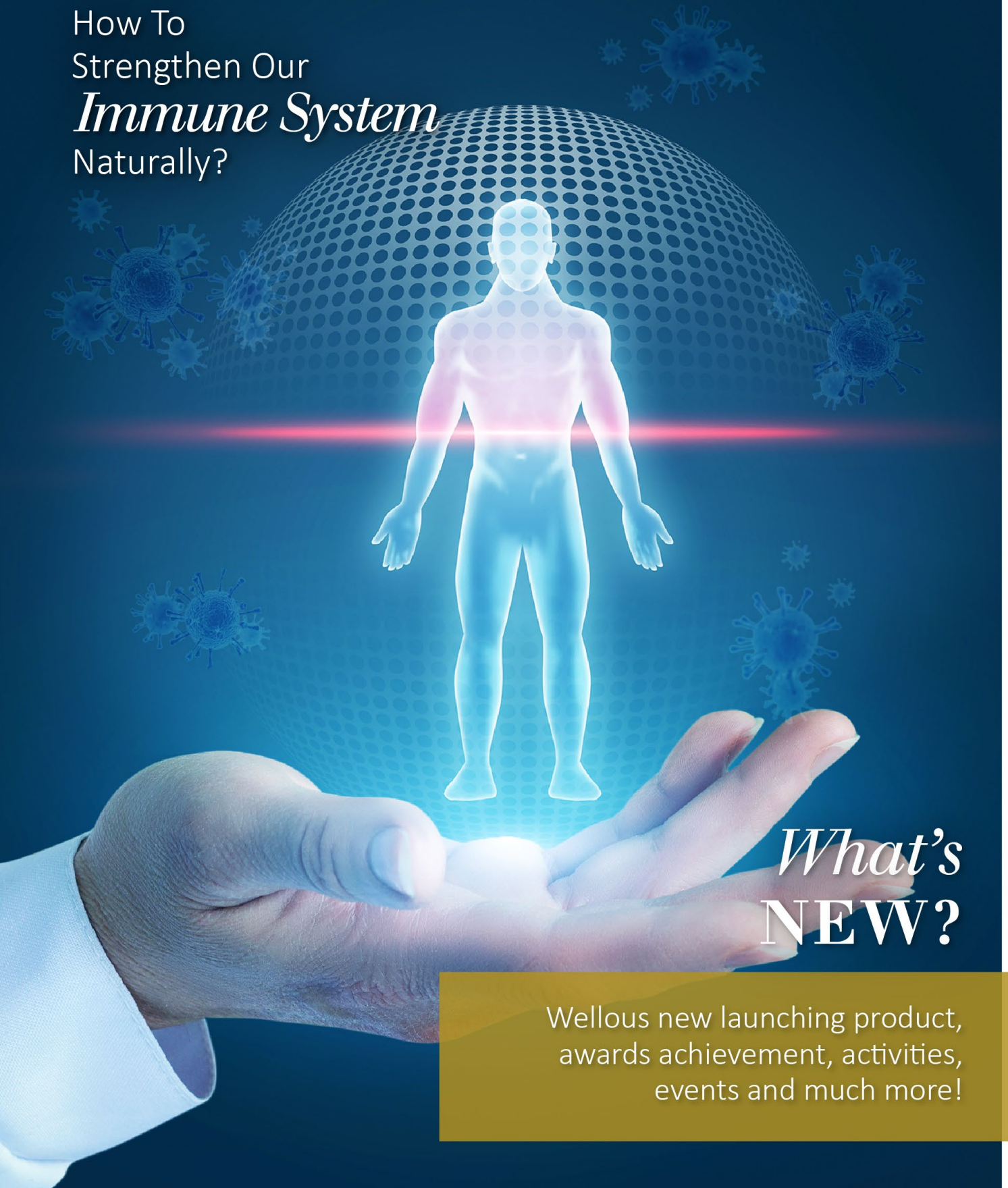


How To
Strengthen Our
Immune System
Naturally?



What's
NEW?

Wellous new launching product,
awards achievement, activities,
events and much more!

WHY IS *Immune System* SO IMPORTANT?

Bacteria is all around us and most of the bacteria are harmful to us. Little that we know, our daily usage keyboard is way dirtier than we know, on average, it is around 20,000 times more bacteria than a toilet seat. These bacteria can easily bring sickness to us if our immune system is weak, this can get even worse if we do not practice a good personal hygiene.

Immune system is our body's defence line against invaders or pathogens, such as bacteria, viruses, fungi and parasites. These pathogens are harmful substances that can cause diseases such as, common cold, infection and so on. **When antigens enter our body, our antibodies will work effectively and eliminate these harmful substances, hence preventing us from falling sick.** White blood cells, also known as leukocytes, circulate in our blood and lymphatic vessels, eliminate pathogens in our body and prevent us from falling sick.

'An apple a day keeps the doctor away' is an English proverb that explains **taking sufficient and nutritious food can make us healthier.** In short, these nutritious food can strengthen our body and boost our ultimate defence system, IMMUNITY!



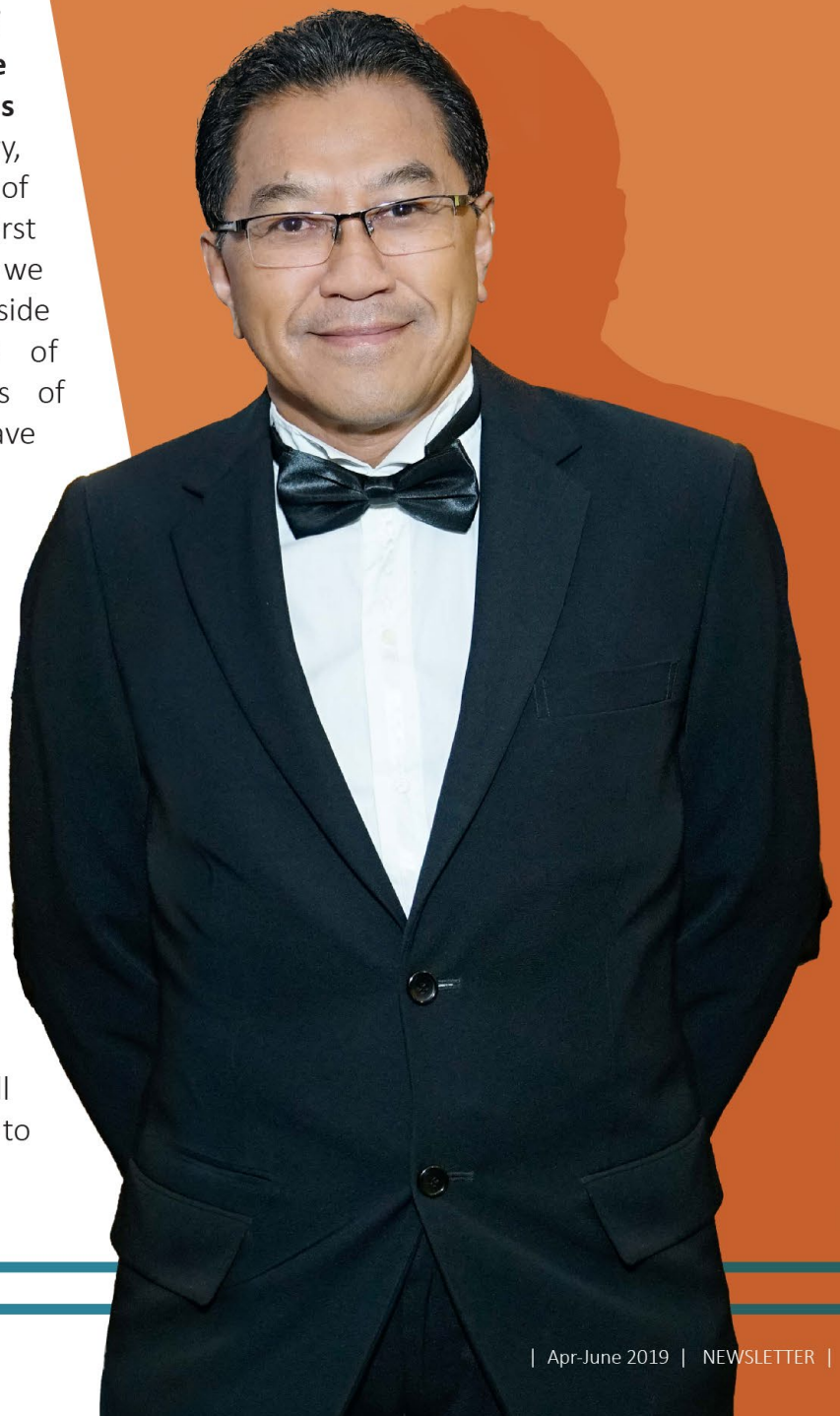
DO YOU NEED *Antibiotics?* IS IT A THREAT?

DR AMIR FARID ISAHAK

One of the most important milestones in modern history is the discovery of penicillin in 1928. That began the era of antibiotics and millions of people have been saved from infections since then. Until early 20th century, infection was the leading cause of death. Although bacteria were first discovered about 250 years earlier, we did not know how to kill them (inside the body) until the discovery of penicillin. Since then thousands of natural and synthetic antibiotics have been discovered or manufactured.

While the availability of antibiotics gave hope to overcome the hundreds of different infectious diseases, and plagues and epidemics become less frequent, another problem arose that dashed our hope for an infection-free world. This is the problem of **ANTIBIOTIC RESISTANCE**.

Antibiotic resistance happens when bacteria develop the ability to defeat the drugs designed to kill them, allowing them to continue to grow and multiply.




ANTIBIOTICS

usually refer to anti-bacterial drugs. There are also anti-viral, anti-fungal, and anti-parasite drugs. Collectively they are called antimicrobials and all can also suffer from resistance.


Infections caused by antibiotic-resistant bacteria are difficult, and sometimes impossible to treat. In most cases, antibiotic-resistant infections require extended treatment with several different antibiotics, which may be costly. Often the patients have to be hospitalised for intensive treatment, and sometimes the patients die.

Antibiotic resistance was first noted in 1940 (against penicillin), and since then the problem has become a major issue in healthcare. The rate of the development of antibiotic resistance has outpaced that of the development of new antibiotics such that health experts are really worried. Even now we do not have antibiotics to fight many bacterial infections.

The main causes of antibiotic resistance are overuse and incorrect use of antibiotics. Bacteria grow and multiply rapidly, which means they can mutate to adapt to survival challenges quickly, and the bacteria that become resistant against the antibiotics will then grow unhindered. **If antibiotics are prescribed when they are actually not necessary, or when they are taken only for several days instead of one whole week (to make sure all the bacteria are killed), then the likelihood of the bacteria becoming antibiotic-resistant is high.** Unfortunately, the abuse, overuse and incorrect use of antibiotics have been so rampant throughout the world for many decades. Even animal-feed is loaded with antibiotics, and many farmed animals are injected with antibiotics.



Antibiotic resistance does not mean the body has become resistant to the antibiotics; it is the bacteria that have become resistant to the antibiotics designed to kill them.





DO YOU NEED ANTIBIOTICS

The overuse of antibiotics is not only a threat to your health, but also a threat to the survival of the human race. **SUPERBUGS** (bacteria that are resistant to all known antibiotics) have already killed many people (about 25,000 yearly in USA) and this problem is getting worse.

So do you need antibiotics? The answer is – only rarely.

Most of our infections are transient and are caused by viruses which our body can quickly fight off in a few days, especially with adequate rest, plenty of fluids and a nutritious diet.



The best is to do a bacterial culture of the throat swab or phlegm (if any) to confirm if it is indeed a bacterial infection.

Unfortunately, many patients demand to have antibiotics early and unwise doctors just oblige.



Our immune system is equipped with the ability to recognise germs and fight them directly with special immune cells or with antibodies.

So the next time you have a cough-and-cold, do not take antibiotics unless the problem gets worse despite adequate rest, fluids and nutritious food. Even then, get yourself checked by a doctor or health professional first. It still does not mean that you have a bacterial infection that requires antibiotics.

HOW TO STRENGTHEN YOUR *Immune System* NATURALLY?

Your natural defence against infections can be greatly enhanced by leading a healthy lifestyle, which includes adequate sleep, managing stress, not smoking, not drinking alcohol, adequate exercise and eating a nutrient-dense plant-based diet which provides plenty of immune-boosting nutrients like antioxidants, vitamins, minerals and phytochemicals.



BOOST YOUR IMMUNITY

You can boost your immunity even further by taking herbs or their extracts in supplement form. While there are many herbs that can enhance the immune system, lingzhi mushroom (*Ganoderma lucidum*) is especially famous for boosting our immunity.

Lingzhi has been used in traditional Chinese medicine for over 2000 years, and much knowledge and experience have been gathered. It is traditionally used to replenish qi (life force) to enhance health and vitality, improve circulation, improve immunity, improve memory and promote longevity. It is also used to relieve coughs and cold, asthma, insomnia, dizziness and many other health problems.

Now scientific research has confirmed many of these claims, and revealed that it contains many powerful active ingredients that can explain the wide variety of health benefits.

The active components include germanium, polysaccharides, alkaloids and triterpenes, which **make lingzhi able to improve the immune system, fight cancer, increase good cholesterol**

Lingzhi

(HDL-cholesterol), improve cardiovascular health, improve liver detoxification and have anti-ageing effects (slows down ageing and promotes longevity). Studies also show lingzhi may improve blood sugar control, and has antioxidant, anti-inflammatory, antibacterial and antiviral properties. It may also protect the liver and kidneys against damage and disease.



Our immune system is made up of specialised cells, each empowered to fight different types of invaders (viruses, bacteria, other microbes) and cancer cells. Studies have shown that **lingzhi can enhance the proliferation, maturation and function of these immune cells.**



If you enhance your immunity by taking lingzhi supplements, you need not worry about side effects as it is not a drug. Instead, you will get so many other benefits as listed above.

You can expect to get coughs and colds and other infections less often. And if you still get frequent infections

despite taking it regularly, then most probably the dose is not enough for your requirements.

So instead of taking antibiotics when you have infections, why not enhance your immunity and overall health by taking immune-boosting herbal supplements like lingzhi?

But you need to start taking it when you are still healthy, and continue long-term. If you only start during an infection episode, you may require higher doses.



TIPS TO BOOST OUR IMMUNE SYSTEM



Exercise

The recommended level of physical activity for all healthy adults are 150 minutes of moderate intensity of aerobic physical activity. You may spread it throughout the week by going for a 30 minutes physical activities for 5 times a week. Exercise helps white blood cells to be more active and circulate better in the body.

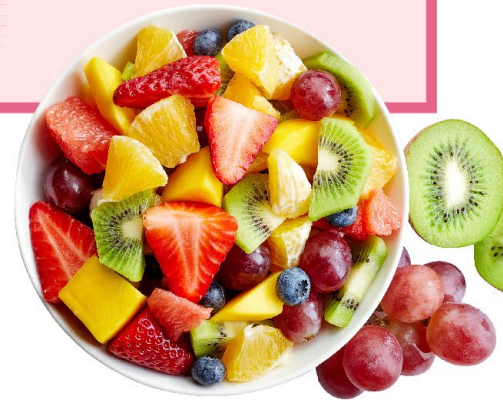


Enough sleep

- * Having a good quality of sleep can help in boosting immune system. An adult will need 7 to 9 hours of sleep to maintain a healthy body.
- * Sleep has the potential to improve the function of T

cell. Having a poor quality of sleep may inhibit T cells to function effectively.

- * T cells are important to enhance human's immune system.



Stress Management

- * Our immune system is weaker when we are under stress.
- * Stress can affect our hormonal levels. Stress hormone known as Corticosteroid can suppress the effectiveness of immune system by lowering the number of lymphocytes.
- * Hence it is best to destress and stay positive all the time. This can stimulate our 'Happy' hormone and activate our T cells.

Sufficient nutrients

- * Getting enough vitamins and minerals are crucial in maintaining a healthy and strong body. These 2 micronutrients can help in enzyme activities and whole body functioning.
- * Antioxidants, phytonutrients, organic acids etc are also important and can benefit a person's overall health.

Keeping clean

- * Keeping a good personal hygiene can prevent from

sickness effectively.

- * Bacteria and viruses are found in every place and this can easily cause diseases.
- * Hence, practice some hygiene habits, such as: keeping nails short, washing hand after using the toilet and brushing teeth twice a day can reduce the risk of falling sick.

Food

THAT BOOST IMMUNE SYSTEM

Green Tea

It contains a type of polyphenol called catechins. This is a type of antioxidant that can help in fighting infection. Moreover, green tea was found to increase production of T cells which play an important role in enhancing immune system.

Garlic

Garlic is well known in fighting cold and flu as it contains allicin which can boost disease fighting response of white blood cells. White blood cells are essential when it comes to fighting viruses and strengthen one's immunity.

Ginger

Ginger is famous due to its pungent smell. The pungent smell is contributed by the active ingredient gingerol. Moreover, ginger also contains shogaol and these 2 components can provide antioxidant, antimicrobial and anti-inflammatory effects to the central nervous system.

Food

THAT BOOST IMMUNE SYSTEM



Berries

There are lots of berries and most of them contain high amount of antioxidants such as Vitamin C, phytochemicals, bioflavonoids and anthocyanins. Hence, all these antioxidants function to enhance a person's immunity and prevent from sickness.

Citrus Fruit

Citrus fruit contains high amount of Vitamin C and it can act as a strong antioxidant to help fight against free radicals. It is also essential in helping to boost immune system. There are lots of citrus fruits that can boost up one's immunity, such as oranges, lemons, grapefruits and so on.



Yogurt

Yogurt contains high amount of probiotics, and famous in improving human digestive system. Other than that, it can help stimulate our immune system. It contains 2 types of probiotics, Lactobacillus and Bifidobacterium which can help in gut health and boosting immune system.





Lingzhi also known as reishi mushroom and with the scientific name *Ganoderma lucidum*. It had been recognised and used in traditional Chinese medicine (TCM) for over 2000 years during the Han dynasty. Lingzhi is used as a medical mushroom. It is so valuable, whereby it is reserved only for the nobles and priests.

LINGZHI: Elixir of Life

KING of
Mushrooms



Shen Nong Ben Cao Jing (神农本草经), which is also known as the Classic of the Materia Medica, pharmacopoeia in China, is the first book wholly describe the medicinal values of herbs and Traditional Chinese Medicine. Lingzhi has a long history of supporting well-being and promoting longevity in China, Japan and other Asian countries. This medicinal mushroom also possesses antioxidant, anti-inflammatory, anti-cancer and liver protection properties, earning the nickname “King of Mushrooms”.

Is Lingzhi a type of fungus? Is it harmful to us?

Lingzhi is a type of fungus, it is an edible medicinal fungus and had been used for a long time, hence it is safe to be used and will not cause harm.

What are the functions and benefits of Lingzhi?

Lingzhi mainly enhance the immunity of a person, it acts as a regulator and activator of immunity. Other than that, it can also help in liver detoxification, anti-inflammatory and reduce risk of chronic diseases.





LINGZHI: *Elixir of Life*

How can Lingzhi help to boost our immune system?

Lingzhi can promote the production of antibodies and immune cells, modulate the function of T cells, enhance phagocytes and natural killer cells.

What are the active ingredients in Lingzhi mushroom?

Lingzhi mushroom contains active ingredients that include polysaccharides, triterpene and germanium that provide the beneficial health effects.

How can Polysaccharide in Lingzhi benefit us?

Beta-glucan is a type of polysaccharide, which can help to regulate body immune system, strengthen immunity against pathogen infection, and protect the liver.

“ FUN FACT

Reishi is a Japanese word that translates as **supernatural mushroom.**

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How can Germanium in Lingzhi benefit us?

Germanium in Lingzhi helps in increasing circulation of blood to our brain, supporting immune system and act as an antioxidant.

Do I still need to take Lingzhi supplement if I am healthy?

Yes, you can and you should take it as it will enhance your immune system to prevent from sickness.

How can Triterpene in Lingzhi benefit us?

Triterpene in Lingzhi can help reduce low density lipoprotein cholesterol, improve blood pressure, prevent heart disease and fight against cancer.

EVENT AND NEWS

World Health Day

12th April 2019

April 7 of every year marks the celebration of World Health Day.

In Wellous, we care about good health and would like to share and spread health tips to people to achieve a healthier body, hence, we invited our Medical Advisor Dr Amir Farid Isahak to give a health talk entitled 'Eat Like A Spaceman'.

He shared the importance of having a healthy diet and how to get enough nutrients, not only macronutrients but micronutrients as well.

“ We invited our Medical Advisor Dr Amir Farid Isahak to give a health talk entitled 'Eat Like A Spaceman'. ”



Charity visit to Rumah Kita

20th April 2019

Wellous believes that Charity is a blessing to all of us.

Wellous had organised a charity visit to Rumah Kita.

All the staff of Wellous went for a visit to Rumah Kita, bonding with the babies there and help to take care of the babies. It reminds us to cherish and appreciate what we have.



Launching of New Product

22nd April 2019

In the second quarter of 2019, Wellous launched a new product!

Introducing BIO-LINGZHI – The Master of Defence Longevity Support of Healthy Life

Lingzhi is known as the magical herb in China, it is widely used in enhancing a person's immune system.

Global Business Leadership Awards 2019 - Excellent in Healthcare Industry

25th April 2019

Wellous proudly received Global Leadership Award in Healthcare Sector.

This award reflects the outstanding leader of Wellous in Healthcare sector, positive financial results, good managements skills of the organisation, good corporate governance, demonstrated innovation, best business practices and accountability, together with intangible qualities such as high integrity and being far sighted in business.

Wellous appreciate and is thankful to all the supports. Wellous will strive for a better result in the future.



Happy Mother's Day!

12th May 2019

'Mom is a title just above Queen'. Mom is someone who sacrifice in silence and give more than receive.

In conjunction to celebrate Mother's Day, Wellous launched a 'Health and Loving Giftbox' containing Wellous products for a limited time as an appreciation to all the Marvellous Mom.



Happy Father's Day!

16th June 2019

'The quality of a father can be seen in the goals, dreams and aspirations he sets not only for himself, but for his family.'

A father is a Hero to all his children. In conjunction to celebrate Father's Day, Wellous prepared a Grateful Gift containing Wellous products for a limited time as an appreciation to all the Daring Dad.

