

# *SPECIAL EDITION NEWSLETTER*

## *THE RISING FORCE*

of Doctors and  
Professionals



**MEDICAL AND RESEARCH  
BOARD OF ADVISORS**

The unparalleled collaboration with doctors and professionals from different fields of expertise, ready to set a new trend in health industry!

## “HEALTH, IS THE REAL WEALTH”

**Joining Wellous  
since 2018 as a  
Wellous Medical  
Advisor**

Dr. Amir Farid Che Isahak has always been admired by many, not only because of his persistency in finding the true value within natural remedies, but also his lovable, charming and humble character.

Here's a little introduction about Dr. Amir before we go in-depth about his journey to become a doctor and the memorable experience he acquired in the past as a gynaecologist. Dr. Amir obtained his Medical Degree from the University of Queensland (Australia), and his specialist qualifications from National University of Singapore and the Royal College of Obstetricians & Gynaecologists (London). He has been serving as a senior medical consultant with over 35 years of practice.



**DR. AMIR FARID ISAHAK**

Wellous Medical Advisor



## Being A Doctor Was Not My Lifelong Ambition

When Dr. Amir was asked about what inspired him to become a doctor, he said his childhood ambition was to become a bus driver, but obviously the “dream” did not come true. As he graduated from high school, Dr. Amir was offered an engineering scholarship to further his studies in Australia. Because of the offered scholarship, he always thought that he would eventually become an engineer, but it seemed that God had a better plan for his career path.

One day by coincidence, he saw a newspaper cutting entitled ‘In 4 years’ time, Malaysia will have an excess of engineers’, the young Dr. Amir was a little stunned, and he thought ‘Am I graduating with the future of being unemployed?’. The incident was the turning point that triggered him to switch to study medicine after he completed his matriculation, and he was glad that the news came out at the right time.

## Every Doctor Has His Own Stories, And This Is What I Am Always Happy To Share

Talking about Dr. Amir’s most memorable experience serving as a gynaecologist, he recalled this bittersweet memory of a lady who lost her babies twice due to her health condition, but finally delivered a beautiful baby. According to him, the lady not to get pregnant anymore if she wished to stay alive, because both of her previous pregnancies brought her into coma, and the babies died prematurely before delivery.

However, she came back to Dr. Amir years later, telling him that she was pregnant again as she obtained the answer from God through supplication in the holiest place for Muslims, Makkah, asking to be gifted with a baby. Seeing the determination of this 40 years old mother, Dr. Amir was touched, but also admitted her into the hospital immediately to receive proper pregnancy care until she delivered the baby. She was then hospitalised for 7 months.

It is a story with a happy ending, followed by a complication in pregnancy as the baby stopped growing in the 32nd week and an emergency surgery was done to save the baby. The baby was then kept in an incubator. This incident happened 24 years ago, and the baby has now grown up healthily to become a doctor too.

On a special note, the baby shares the same birthday as Dr. Amir, that also means, Dr. Amir performed a C-section surgery for the lady on his birthday. Since then, Dr. Amir received a birthday cake from the family every year, and they even celebrated their birthday together sometimes.







## I Am A Medical Specialist, But I Look For Any Solution That Is Beneficial To The Patient

**6 years ago, Dr. Amir switched his practice to Holistic Integrated Medicine, which combines modern medicine, nutritional therapy, alternative treatments and basically anything that can benefit the patients, because he believes that every aspect including spiritual, social and mental can affect our health, even the economic stress these days.**

Based on his observation, people are dying prematurely today. They may classify themselves being health conscious, but they do not take any action to improve their health. Being truly health conscious is that we understand and take necessary actions including practice healthy lifestyle and healthy diet and go for body check-up and monitor health condition regularly.

Dr. Amir shared that people who always take care of their health mostly get to enjoy a life that's full of energy when they grow old. However, those who did not usually end up paying big sums of money for treatments and drugs, running from one hospital to another. Dr. Amir saw a lot of real-life cases that happened around him, and this is why he is now giving talks regularly to raise public awareness regarding health.





## Drugs may improve the readings, but to completely heal, it relies on your lifestyle and diet

As a medical specialist, Dr. Amir has always been mistakenly thought as an alternative practitioner as he highly advocates natural remedies and functional foods. Dr. Amir emphasised that despite himself being a doctor, he is actually reluctant to use drugs. He would initially go for natural remedies including improving patients' lifestyle, maintaining their healthy weight, and advising them to exercise often.

If these do not significantly improve their health condition, Dr. Amir will then provide a nutritional or herbal medicine which can help with their condition in order to achieve long-term and on-going effects instead of merely using drugs to adjust the readings.

Dr. Amir also explained that functional foods refer to foods that are backed by scientific evidence and consist of nutrients that have shown the ability to improve certain organs' functions and even to reverse diseases. "Functional foods can be known as foods that can function like medicine," said Dr. Amir.



## Wellous Is A Heavily Science-based Company, Always Serious About Their Products

Dr. Amir emphasised that every member of the Medical and Research Board of Advisors (MRBA) plays an important role in the team, and having a complete and structured team of professionals, it definitely reflects Wellous' seriousness towards the products' development including the quality.

Being a doctor himself, associating with any company literally means that he is putting his own reputation at stake too, but after much observation and interactions, Dr. Amir concluded that he made the right decision to join Wellous as an advisor. After joining Wellous, Dr. Amir received many calls from friends and relatives enquiring about the products. That alone indicated how popular Wellous products are.

"My role is to oversee, make sure we do not overclaim, and ensure every ingredient is science-based."



# THE THIRD GENERATION OF TCM PRACTITIONER IN THE FAMILY

**Mr Kelvin Yap, who is currently a consultant of Wellous Traditional Chinese Medicine (TCM) Advisor, graduated from Shanghai University of Traditional Chinese Medicine, China, specialising in Chinese Medicine. He grew up in a family background of traditional Chinese medicine, with both his great-grandfather and grandfather as orthopaedic physicians.**

By his father's generation, the family switched to the TCM industry and his uncle used to work as an orthopaedic physician in Taiwan, which thereby inspired Kelvin to inherit his family expertise and become a TCM Practitioner. Another incident which led him to the career path of TCM practitioner is that he had a severe fever when he was a child, however, after seeing many doctors and consumed various types of western medicine, his condition did not improve.

His father who knew a lot about Chinese medicine, tried to treat him with Chinese medicine and surprisingly he recovered quickly after taking it. Kelvin could not understand why Chinese medicine worked well on him at that time. Since then, he developed a keen interest in medicinal herbs.



**MR KELVIN YAP**

Wellous Traditional Chinese Medicine Advisor



Later in high school, Kelvin started to learn about orthopaedic from his grandfather, first ever he felt like giving up with his idea of becoming a TCM practitioner as he hardly grasped most of the orthopaedic knowledge taught by his grandfather.

However, it did not truly kill his interest in Chinese medicine, he put lots of effort by reading the ancient books of Chinese medicine and hands-on practice using Chinese medicine, then he found that orthopaedic and Chinese medicine theory and knowledge are completely different, and he was more in favour with Chinese medicine, thus resolutely applied for the Chinese medicine course and started his studies and career in traditional Chinese medicine.



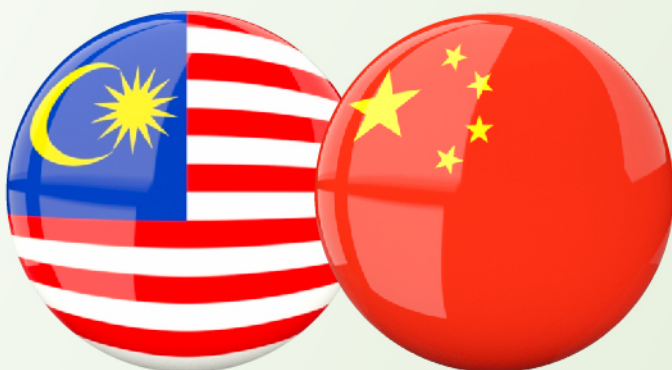
## Great Differences In Tcm Between China And Malaysia

After graduated from university, Kelvin worked as an intern doctor for two years in Shanghai Shuguang Hospital and supervised more than 500 cases. He returned to Malaysia after he finished internship as he decided to serve in his motherland.

When asked about the difference between serving as a TCM practitioner in China and Malaysia, he frankly said that in China, TCM practitioner works just as a civil servant, with a fixed salary and fixed working hours,

but requires to hit a target of 200 medical consultations daily. The medical judgment has to be done immediately, hence risking the inaccuracy in diagnosis which can then lead to unpleasant doctor-patient relationship.

In Malaysia, there are only a few hospitals with Chinese medicine department, most of the TCM practitioners serve at their own private Chinese medicine clinics. Working hours are relatively flexible which allow them to control the consultation period, hence they will have sufficient time to consult patients and diagnose their symptoms. In fact, the diagnosis accuracy is higher, and the stress level is relatively low.





According to Kelvin, there is also an association of TCM practitioners in Malaysia to help protect the benefits of TCM practitioners and Chinese medicine. Before Malaysian TCM practitioners are listed to practice medicine, they are required to join this association to obtain the approval and obtain the licence prior to becoming a TCM practitioner.

Simultaneously, the association will launch Chinese medicine and herbs related courses from time to time for TCM practitioners or public. Kelvin indicated that he would also discuss patients' condition with other TCM practitioners from the association or communicate with his friends who are also TCM practitioners to discuss matters related to patients, diseases as well as the treatment methods.

## ‘Modernisation Of Chinese Medicine’ Is Trendy And Widespread In China

Chinese medicine is inseparable from TCM practitioner. Kelvin believes that every Chinese medicine has its medicinal properties, but there is no single Chinese medicine that is perfectly formulated for all people, because body condition is different for each individual.

Like the well-known chrysanthemum he suggested, the coolness of chrysanthemum helps to cool down the heatiness, hence people with hot or warm physique can take it well. On the contrary, people with cold body may have adverse effects when taking it. “There are neither good nor bad Chinese medicine, the most important thing is to prescribe the right medicine according to the individual’s physique,” explained Kelvin.

Most people have rigid mindset about Chinese medicine and think that Chinese medicine is very troublesome, but in fact it is actually an outdated concept passed down from the old generation. Kelvin mentioned that the current Chinese medicine is very advanced as many prescriptions have been made into pills, powders or syrups form.

Pills and syrups can be consumed directly, while the powders only need to be brewed with water, which has already discarded all the complicated procedures. “The modernisation of traditional Chinese medicine has been a trend in recent years, and it is even more common in China,” he said.



## Functional Food Brings Convenience, But The Salesperson Shall Have Relevant Knowledge

In fact, modern Chinese medicine is very much similar to functional foods. The benefits of functional foods are that they provide 'convenience' for doctors and the general public according to Kelvin. For this reason, many users have begun to take up the role of doctors and diagnose themselves what they should consume.

With insufficient knowledge and understanding, people tend to take it randomly, and therefore it is easy to get side effects that they should not have. When there is any bad reaction after taking it or the expected result is not achieved, the product will be blamed for its ineffectiveness. To tell the truth, this is due to the wrong thinking and direction, not the product.

In this regard, Kelvin encourages the public to consult medical professionals first and prescribe the right medicine. On the other hand, he believes that functional food salespersons should attend formal training and have certain relevant knowledge, otherwise they will be constantly providing misleading information.

He cites that many people have been madly spreading that certain Chinese medicines can prevent COVID-19, thence many people swarmed to make a mad purchase, but this is actually an exaggeration by some unscrupulous merchants for profit. He then urged the public not to be influenced by the rumours but consult with professionals or doctors if they don't have relevant knowledge.



### A Self-breakthrough By Collaborating With Wellous

Kelvin who has been collaborating with Wellous for a year said that he initially hesitated before joining Wellous as it was still a newly established company. However, through the observation for a period of time, his perception towards Wellous has changed. He is of the opinion that if a company is unsuccessful, it will not stay in the market for a long time, and Wellous have a very systematic structure on its health care business, constantly launching suitable products according to the market demand.

The most important thing is that Wellous does not only introduce health products to the public but also emphasise on the mission of enhancing the health awareness of public, so that the public can adopt the concept of 'prevention is better than cure'.

He then explained that the principal of TCM practitioner is to 'cure the disease before the disease happens'. As the name suggests, prevention is better than cure. He believes that his own philosophy is aligned with Wellous' mission, hence agreed to collaborate in hopes to provide the public with more professional Chinese medicine knowledge.

Among all Wellous' products, Kelvin personally recommends Tiger Milk King. He bluntly said that Tiger Milk Mushroom has the effect of protecting the lungs, and strong lungs can help prevent some minor diseases, indirectly help strengthen the body and avoid major illnesses. In addition, the Tiger Milk King is very convenient to take and tastes good, easily accepted by the public.



## Chinese Medicine Breakthrough, Combination Of Chinese And Western Is The Future

Western medicine currently accounts for a large part of Malaysia, and that Chinese medicine is considered the 'vulnerable group' as explained by Kelvin. Therefore, everyone has a vague idea that western medicine is faster than traditional Chinese medicine.

Kelvin also said that the combination of Chinese and Western medicine has been common now in China, nonetheless in Malaysia, people still hold on to the belief that TCM practitioner does not have the knowledge of Western medicine. The truth is most of the TCM practitioners are proficient in both Chinese and Western medicine knowledge.

He hopes that the public will have a deeper understanding and knowledge of Chinese medicine and will no longer hold the ancient idea towards Chinese medicine. He also hopes that with the efforts from TCM practitioners, they can make Chinese medicine healthcare more recognised by the public, and people will more likely choose to take Chinese medicine as their preferred method to maintain their health.

"I hope that Chinese medicine will be like Western medicine in the future. People will choose to take Chinese medicine when they are sick or even for a precaution purpose," he said. He also created a Facebook page of his Chinese Medicine Institute, wrote plenty of articles to share about the knowledge of Chinese medicine, and organised numerous medical volunteer programs to help the needy as a gesture of returning to the society.



# CONQUERING FEAR AND STAND BRAVE AGAINST ALL ODDS FOR A GOOD CAUSE

**“Knowing that fact many people including relatives and friends were shunned from getting treatment due to high cost or undesirable side effects has given me a notion to formulate drugs that can improve patients, clinical experiences and reduce medicine cost. That being the main reason why I ventured into Pharmaceutical Technology studies,”** said Dr Sandy Ong Gim Ming who obtained her Doctoral Degree (PhD) from Universiti Sains Malaysia (USM).

It was particularly her interest to explore the course which is technically related to pharmacy industry as she wants to improve the bioavailability of drugs. “With improved bioavailability, we will be able to reduce the dose and it then eventually lowers the cost of medicines. In addition, novel drug delivery systems can be utilised to reduce or eliminate the side effects and improve the patients’ compliance,” she said firmly as she believes it could benefit the society.



**DR SANDY ONG**  
Wellous Product Development Specialist

## It's Normal To Have Pets At Home, But Very Seldom People Have Rats As Pets

It is well-informed that PhD is a tough journey with roller-coaster rides. Dr Sandy too had a fair share of bitter-sweet memories during her postgraduate studies. "A part of my research involved studies with live animals. The first challenge was to overcome my fear of holding rats. Even though they are not wild rats but they can get aggressive at times.



"I remembered once I panicked and screamed out my lungs when I saw the rats had escaped from the cage! After various attempts, I braved myself to hold the rats. Of course, it took a lot of courage to do this as a person who is afraid of rats. If you're faint-hearted, you might face a huge trouble ahead."

Apart from overcoming the fear, she has grasped the right techniques and procedures to perform various route of drug administration, blood collection and lymphatic cannulation on rats. "When administering drugs to rats via oral gavage, one has to insert a gavage needle into the esophagus until it reaches the stomach so that the rats does not spit out the formulation.

"It is compulsory to acquire a proper set of techniques to ensure the animals are not hurt," she explained.

## The Idea Of Maintaining A Healthy Lifestyle And Nutritious Diet Is Well Incorporated In The Minds Of Most Malaysians

When asked about the awareness of functional food among Malaysians, Dr Sandy is positive that the foundation for health and wellness is established among Malaysians. "Most of us have some knowledge of traditional wellness and herbal medicines that are usually passed down through generations.

Besides that, Malaysians overall have experience traditional functional foods in some period of their lives. Nowadays, advanced information technology has transformed Malaysians to be better informed about health risks and ways to avoid them. As a result, Malaysians became the driver of the increased purchase of functional foods and nutraceuticals."





With a wide range of functional foods available in the market, she stressed that consumers should pay attention to the ingredients used. "A high-quality functional food product should contain health promoting ingredients that are backed by scientific researches and are bioavailable after consumption into the body. Besides that, it should be free of any kind of contaminants and safe for consumption."



## Functional Food Contains Bioactive Components That Go Beyond Basic Nutrition

She also described the differences between functional food and medicine. "Functional food is any kind of food product containing bioactive components or ingredients that may provide desirable healthy benefits beyond our basic nutrition. It might play a role in the prevention of lifestyle related disease. In contrast, medicine is a prescription of drug that is prepared to treat certain diseases."

According to the Wellous product development specialist, addressing the quality and stability of the product are the biggest challenge for her team to tackle, "Producing functional food entails the use of phytochemicals, bioactive agents from natural ingredients into the formulation. Thus, we must have a deep knowledge and understanding of the complex physicochemical processes that occur within the food and after the food is consumed.

"In addition, we have to devise effective strategies to design foods that can increase the bioavailability of valuable bioactive ingredients and perform processing steps to minimise degradation to maintain the efficacy of the ingredients in the product," she explained.

## Functional Food Products Should Be Certified By Relevant Regulatory Bodies

Choosing the right functional food products could be tricky as not all claims are correct, and some are even overclaimed with ridiculous health benefits. Therefore, she shared some tips to consumers in choosing the right and safe supplements. "Firstly, we need to understand our own body. For example, our lifestyle and what we eat so that we will understand what components we need.

"Before making any purchase, it is our responsibility to choose a product that is certified and approved by relevant regulatory bodies to confirm its quality and safety. Last but not least, one should learn that the ingredients used are backed up by science and contain the recommended dosage of the ingredients."

## DOCTOR OF MEDICINE WITH 17 PATENTS

**Professor Kim Kah Hwi obtained his Doctoral Degree (PhD) in Neurophysiology, Medicine at Gifu Medical University in Japan. He then returned to Malaysia to work at the University of Malaya (UM) after receiving his doctorate for 30**

**years.** He mainly teaches students at the Faculty of Medicine, Pharmacy, Dentistry, Biomedicine, Bioengineering and Radiology at the said university.

With over 30 years of teaching experience at UM, Professor Kim is also the researcher behind 17 patented products. He participated in numerous invention exhibitions in Taiwan, Bangkok, South Korea, the United Kingdom, Geneva and many other countries. He is also an award winner for invention exhibition, to date he was awarded with over 93 awards and achieved numerous honour of 'Best Invention Award' and Grand award.



**PROFESSOR KIM KAH HWI**

Wellous Biomedicine Advisor



## The Entering Of Herbal Medicine Studies Is To Give 'Hope'

Most of his patented products are related to herbal ingredients. It all began with his daughter who suffered leukaemia and passed away in 2005. He was powerfully confident of the western medicine. Unfortunately, things were not as magical because his daughter did not survive even underwent a chemotherapy.

The departure of his daughter greatly affected his confidence in conventional medicine which led him to explore herbal medicine. The herbalist he knew recommended an herbal medicine that can treat leukaemia. He then conducted a thorough research and experiment on the treatment of leukaemia and thereby found an herb that possesses the ability to kill the AML cancerous cell without putting other normal cells at stake.

Professor Kim holds no belief in oral or circulated validity. According to his principle, unless the mechanism of action, dosage and effects are proven to him, otherwise the effectiveness of



herbal medicine may be due to placebo, or else in his opinion everything is just a rumour. In order to allow more people to gain the benefits of herbal medicine for treating leukaemia, he devoted himself to studying the toxicity of herbal medicine in addition to its efficacy.

Professor Kim's research commenced as aligned with his vision 'giving people hope'. His persistence in research allowed him to help patients who suffer from leukaemia and establish his own reputation through the treatment of leukaemia. It all successfully caught the attention of mainstream media. Today, the herbal medicine of his for leukaemia has been medically used in the Leukaemia Centre of Ampang Hospital and Subang Jaya Medical Centre.





## Insisting On The Authenticity Of Research Regardless Of The Negative Or Positive Outcome

Behind the surface of success lies multiple failures and perseverance. Professor Kim admitted that he engaged in no fewer than 70 herbal researches, of which only 16 obtained the effective results. He accepted all the research outcomes as in his opinion, even if the results are not as expected, they are considered as research outcome while 16 effective herbal medicines are all the products of his blood and swear. Hence, Professor Kim attaches great significance on the authenticity of the research, and he does not allow students to tamper with the results in order to gain a good impression.

On top of that, Professor Kim acquires no worries that he would not be able to persuade the reviewers at the invention exhibition, because he has a great confidence in his research. This is also one of the reasons why he could win a medal in every invention exhibition he participated. As a scientist, he is of the opinion that one must accept all kinds of result regardless positive or negative, accept it evenly as negative results and learn from the mistakes to make up for the improvement.







## Research Outcome Brings Self-satisfaction, While Students' Achievement Brings Motivation

Less than one-third of his studies have obtained patent recognition, but the outcome of each study is his painstaking efforts, as he claimed. Whereas, the greatest satisfaction that he gained is his increasing reputation as a scientist.

His achievements are widely reported by major media, thus building a stronger pool of trust and confidence among the public with his herbal medicine. By that, he will be able to help the needy. On the other hand, witnessing live achievements of his students plays an important as a source of motivation for him to do research and teaching, as he claimed that he feels proud to have seen how the students reached greater heights.

As a physiology professor, he often reminds his students that as a medical student, they must be willing to work harder as they will be at the frontline in the future and people's lives fall on their hands. So, they must guard against making mistakes.

Professor Kim also said that human beings are called high intelligence creatures because they can learn, so he advises his students to learn from the mistakes and experience of others so that they can avoid making mistakes as much as possible.



## Know Your Body To Maintain Your Health

Professor Kim who specialises in neurophysiology believes that physiology is the principle that allows people to better understand the functions of body organs. This is not only the basis and foundation of understanding in the medical field.

If the public can absorb any relevant knowledge, they will be able to better understand their own body functions and better protect their own health. Diseases can be prevented, but prevention methods must first be understood as how one's body works, in a case where choosing the correct functional foods that can help improve physical conditions.

He said frankly that in today's era, longevity is no longer a problem. However, the key lies in healthy ageing. Conventional medicine is a direct remedy for the symptom and disease, and it is undoubtedly fast and accurate.

Meanwhile, nutrients in food and functional foods cannot be used for treatment. But on the other hand, they can make your body stronger, which indirectly prevent diseases and reduce the chance of diseases. He hopes that through the collaboration with Wellous, he can help raise public awareness regarding health, while at the same time use his expertise to develop more effective natural herbal products to bring forward a healthy life to the public.























































