

# Obesity:

Who's to blame?



Should You Lose  
Weight Or Fat?

Thin Is  
Healthy?



# OBESITY:

## *Who's to blame?*

By: **Dr Chai Lay Ching**

(Wellous Food & Microbiology Advisor)



"Hey... Look at this fat guy! Why is he still eating, given how clumsy he is?!"

"You've gained weight; you should eat less!"

"People who are slim are healthier than people who are fat."

Is this something you've heard before? We live in a world where slender silhouettes are admired; the slimmer the better. Fat shaming is common in many regions of the world, especially Asia, where overweight and obese people are often viewed as unintelligent, lazy, sloppy, and unhealthy. While obesity and overweight are linked to a variety of health problems such as type 2 diabetes and heart disease, this does not necessarily imply that persons who are thinner are healthier.





## Thin is healthy?

Before we could answer this question, we must first define what is overweight and obesity. Overweight and obesity as described by the World Health Organization (WHO) is the abnormal or excessive fat accumulation that may affect one's health and are classified using the Body Mass Index (BMI).

$$BMI = \frac{\text{weight (kg)}}{\text{height(m}^2\text{)}}$$

Adults are considered overweight if their BMI is more than 25, and obese if their BMI is greater than 30. Both genders and all ages of adults are measured using the same BMI index. While it is a universally accepted measurement of overweight and obesity, it should only be used as a reference because body fat is not factored into the BMI index calculation. As a result, BMI may not reflect the amount of fat buildup in the body.

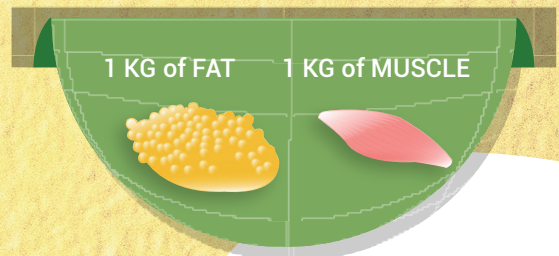
With a perfectly normal BMI, some people may appear small and thin, yet they have a lot of visceral fat in their bodies. "Skinny fat" refers to those who have a high body fat percentage but low muscular mass and a normal BMI. They, like the obese and overweight, are at a higher risk of developing health problems like insulin resistance, high cholesterol, type 2 diabetes, and heart disease.

## Should you lose

## weight or fat?

When embarking on a weight-loss programme, we must not only focus only on our decreasing weight, but instead we have to pay attention to losing body fat and visceral fat, which is the primary cause of obesity-related health problems. Because fat is less dense than muscle, losing 1kg of fat can make you appear slimmer than losing 1kg of muscular mass.

As men and women differ in their body composition, especially in terms of body fat, hence the healthy body fat range for men and women are different too. The recommended body fat percentage for men and women is to be kept below 26% and 32% respectively.





# I gain weight by just breathing! Why?

Many people attribute obesity to greed and a lack of self-control over their eating habits. Many people believe that poor dietary habits (e.g. overeating, consumption of fatty, sugary, and processed foods) and inactivity are the main causes of obesity. Science has demonstrated, however, that this is not always the case. While poor eating habits and inactivity are likely to be the primary causes of overweight and obesity in many people, other variables beyond their control also play a role.

## 1 Genetics

Studies have shown that children with obese parents and grandparents are far more likely to be obese than children with normal weight parents and grandparents. Furthermore, the sensitivity to weight gain may be determined by the genes one acquires from their parents. Though genetics is not solely to blame for obesity, it does play a role in predisposing people to gain weight.

## 2



## Birth delivery method

Studies have shown that children born via C-section appear to be more prone to obesity later in life. Similar observation was also seen in formula-fed new-borns, who are often heavier than breastfed babies. While the observation may not be fully understood, a growing body of evidence suggests that the gut microbiome, which influences fat accumulation, may be involved.





## 3 Childhood obesity

Research has also shown that the bulk of obesity in adulthood has its origins in childhood, in which more than one-third of overweight children will continue to be overweight during their teenage years, while more than two-third of obese teenagers will remain obese far into adulthood. Therefore, prevention of obesity in children is important.



## 4



## Medical conditions

Many drugs, including anti-diabetic drugs, antidepressants, and antipsychotics will cause weight gain as a side effect because it increases appetite and decreases metabolism. Furthermore, a number of common medical disorders can also cause weight gain such as hypothyroidism and Polycystic ovary syndrome (PCOS).

## 5 Gut microbiota

Many studies have shown that gut microbiota is extremely beneficial to our health. Research has found that obese people have different gut microbes than persons of normal weight. Scientists believe that obese individual may have bacteria in their stomach that are more efficient at extracting energy from food, hence the increase in the total caloric value of their diet.



In conclusion, obesity results from a complex interaction of genetic, physiological, behavioral and environmental factors which causes an imbalance between energy intake and energy expenditure. Although most of the intrinsic factors of obesity (genetic, medical conditions etc.) are unpreventable, we can still reduce the chance of being overweight and obesity by modifying our dietary and lifestyle habits.



# Healthy Dieting & Eating Disorders

Nowadays, dieting is very common and normalised in our daily life. At the same time, there is also an increased number of eating disorders cases in society, which studies reveal that a majority of them begin with dieting. So, how can we tell if we are practising healthy dieting or developing the symptoms of eating disorders?

Healthy dieting refers to the restriction of food intake to achieve targeted weight and body shape. The restriction of food intake comes in the form of controlling the food amount taken (eat less during each meal or skip 1 meal per day), avoiding certain foods (oily, sugary, and starchy foods) or shortening the time window of eating (intermittent fasting). By restricting one's food intake, their calorie intake can be reduced to achieve calorie deficit, in which the body can get into the condition to lose weight. Besides, it is always recommended to incorporate exercise into your dieting regime to achieve better results of weight loss and prevent weight rebound. This is because exercise can help us boost metabolism, burn fat and build muscle.



## Types Of Eating Disorders

### Anorexia Nervosa



Having an unrealistic idea about body image and an intense fear of gaining weight.

### Binge Eating



Consume a large amount of food in a short period of time.

### Bulimia Nervosa



Binge eating followed by purging or self-induced vomiting.

### Laxatives Misuse



Attempt to eliminate unwanted calories through frequent use of laxatives.



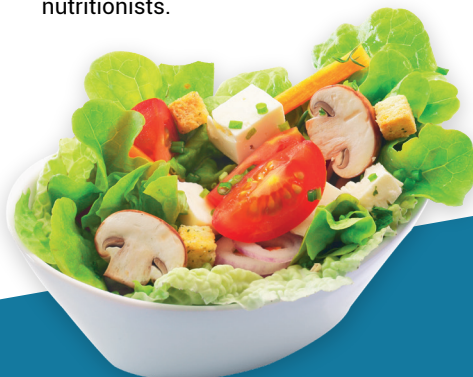


On the other hand, eating disorders are a range of psychological conditions that cause unhealthy eating habits to develop. The most common types of eating disorders are anorexia nervosa and bulimia nervosa. Restrictive eating, compulsive exercise, binge eating, self-induced vomiting and laxative misuse are among the behaviours associated with eating disorders. People with anorexia nervosa and bulimia nervosa behave differently, but they all share the common fear of gaining weight and have a distorted view towards their own body image. In severe cases, eating disorders can cause serious health consequences and may even result in death if left untreated.

In fact, dieting may not be the cause of eating disorders, but it is often a precursor. A person who practices a healthy diet usually has a reasonable and clear weight goal. Generally, the amount of weight reduced in a healthy weight management process is around 0.5kg to 2kg per week depending on the gender, initial weight, body composition, intensity of physical activities etc.

In contrast, the weight goals for a person with eating disorders is usually unreasonable. What's worse is that people with eating disorders do not stop dieting when they reach their 'ideal' weight because they will always set a lower weight goal for themselves.

In conclusion, not everyone who practices dieting develops an eating disorder, but research does show that most cases of eating disorder start from unhealthy and extreme dieting. Hence, it is important to have the awareness that while a healthy diet that contains sufficient calories and nutrients can help you achieve ideal weight and body figure, long term extreme dieting can eventually harm the body instead. If you suspect that you or your friends are developing eating disorders, you should seek consultation from medical doctors, mental health professionals or nutritionists.





## Natural foods that help in weight loss



### Garcinia Cambogia

Garcinia cambogia or Malabar tamarind is a famous weight loss fruit. Originating from Southeast Asia and India, it is traditionally used in weight loss treatment as a weight controlling agent.

Garcinia contains a type of active ingredient called hydroxycitric acid (HCA) that contributes towards weight loss by helping in blocking fat accumulation.

HCA inhibits an enzyme called adenosine triphosphate citrate lyase, which plays an important role in fat production. It prevents excess calories from being stored as fats, allows fats to be converted into glycogen, which will then be used up as energy by our body, making it effective in facilitating the reduction of belly fat.

As people might seek comfort through overeating when they are feeling down or depressed, Garcinia can also aid in suppressing our appetite through increasing the serotonin levels in our body. Apart from being an appetite suppressant, serotonin also acts as a mood regulator to reduce depression, which will nip the cause of overeating in its bud.



### White Kidney Bean

*Phaseolus vulgaris*, also known as the white kidney bean, is well known as the 'starch blocker'. White kidney beans are originally produced in Mexico and Argentina. Its weight loss properties come from its ability to block the absorption of dietary carbohydrates. By inhibiting the digestive enzyme, amylase, from breaking down starch into simple sugars, these beans prevent the digestion and absorption of carbohydrates.

Other than that, white kidney bean also contain phytohemagglutinin which help in suppressing appetite.



### Green Tea

Green tea is well known as one of the healthiest beverages. Most of us know green tea as one of the ingredients that is loaded with antioxidants that provides powerful antioxidative effects. Little do we know, it also contains other active ingredients that aid in weight loss as well.



For starters, it contains caffeine, whereby it is also known as a stimulant and component that aids in fat burning, especially during exercise.

Secondly, green tea contains epigallocatechin gallate (EGCG), a type of flavonoid that can boost one's metabolism. EGCG can prevent the breakdown of the fat burning hormone, norepinephrine. By keeping the norepinephrine levels in our body high, our body will be able to continuously use fat as energy.



## Juniper Berries

The juniper tree, *Juniperus communis*, produces berries that are commonly used by the early Romans, Greeks and Egyptians as herb and spices for treatment.

As Juniper berries are natural diuretics, it helps to flush out the excess water in our body that can cause edema and contribute to weight gain. We can get rid of that bloated look just by eliminating excess water in the body.

Furthermore, Juniper berries can help to promote urination by increasing the urine output without depleting the body's electrolytes. This can prevent temporary weight gain caused by fluid retention in our body.



## Konjac

Konjac, also known as elephant yam, is a popular ingredient that is used to make other low calorie foods.

The konjac plant has a starchy root filled with a type of dietary fiber called glucomannan. Glucomannan can absorb water and turn into a gel-like compound, making it a versatile ingredient in making rice, noodles, jelly and so on. Due to the fact that glucomannan is a type of dietary fiber, it can help to prevent constipation, promote bowel movement and prevent the accumulation of waste in our body.

Moreover, konjac is low in calories because of its high dietary fiber content. Dietary fiber has the effect of making one feel fuller for longer periods of time as it slows down the rate of our stomach emptying, provides the sensation of satiety, and suppresses appetite so that we are less likely to overeat. Even when we eat a little more of these konjac-derived foods, it is less likely to cause weight gain due to its low-calorie nature.







## Tips for preventing rebound of weight (yoyo effect) after losing weight

Losing weight is not only the main goal, but to maintain your hard-won weight loss is important as well. Keeping the extra weight off takes a lot of commitment and effort, just as losing weight does. Unfortunately, a lot of people find it difficult to commit and find themselves gaining weight or experiencing a yo-yo effect after completing a diet journey.

So, how to prevent weight rebound after struggling to lose weight? Let's check it out!

1



### Control carbohydrate intake

Eating too many refined carbohydrates like white bread, pasta, and fruit juice can be harmful to your weight maintenance goals as all of these foods are low in fiber which are often associated with weight gain and obesity. Therefore, limiting your overall carb intake may help maintain your weight loss. Moreover, you are less likely to eat more calories than you burn when you practise a low-carb diet.

### Eat breakfast

When you skip breakfast, you might feel starving and be tempted to reach for a quick fix such as unhealthy snacks, coffee, or sweets. Therefore, eating a healthy breakfast can make it less likely that you will overeat during the day as it helps reduce your hunger later in the day. Besides, eating breakfast can give you more energy as it helps refuel your body and top up the glycogen stores that supply your muscles with immediate energy. So, you can start your day feeling energetic!

2



3



### Eat plenty of vegetables

Vegetables are the opposite of empty calories, meaning you can eat large portions of vegetables without putting on weight, yet still getting an impressive amount of nutrients. Furthermore, vegetables are high in fiber which will then increase your feeling of fullness and as a result, suppress your appetite and avoid overeating. Thus, vegetables make you feel good and look good, but not with additional dressings or sauces! Ready made sauces may be a hidden source of added sugars or fats that can contribute to weight gain.

### Exercise regularly

There is no doubt that exercise plays a significant role in maintaining your weight. Why? Exercising for at least 30 minutes per day will help promote weight maintenance as it aids in increasing your metabolism and burning extra calories. Thus, you will burn the same number of calories that you consume or we call it energy balance. Subsequently, your weight is more likely to remain the same.



5



### Stay hydrated

Hydration plays a major role in controlling your appetite although drinking water itself won't cause weight loss. However, water helps to fill your stomach and previous studies also show that drinking a large glass of water before eating can help reduce overall calorie intake. Therefore, try to consider making it a habit!



## Presented to you by Wellous, the Trendiest Chinese New Year Song Ever!

2nd January 2022

### News & Events

To elevate the festive mood of Chinese New Year, Wellous has collaborated with the Malaysian famous duo PongPong (Gaston Pong and Jeii Pong) to present a song titled [HooHooHuaHee]. The pronunciation of HooHooHuaHee is very similar to "every family is happy" in Chinese, conveying a message that the families who were forced to split apart can finally reunite after a few rounds of lockdown and movement controls in the past two years.



The song was written and composed by Gaston Pong, the brother of the sibling duo, and it gathered much attention when it was first released. The meaning behind the song is brought out through the trendy and funky rhythm, making it a very unique and outstanding Chinese New Year song.

## Luckiest Winner of Wellous 5th Anniversary Giveaway!

15th January 2022

In the final round of the <Wellous 5th Anniversary: Fight for Your Luck> contest, we gave away the grand prize - Mercedes A-class to the luckiest winner from Cameron Highlands! As the final round of the contest was also a Chinese New Year party, the audience who stayed with us throughout the Facebook LIVE were entitled to join our contest and win prizes and cash prizes worth RM28,888!

The just ended 4-month campaign had successfully given out a total of 350 prizes to our loyal customers from Malaysia, Singapore, Hong Kong, Taiwan, Indonesia, Macau, and Brunei! Once again, congratulations to all winners and stay tuned for more exciting campaigns to come!





# 唯樂 5週年慶 幸運敢敢拼 虎虎歡喜



## Limited Exquisite Chinese New Year Gift Box!

20th January 2022

What's better than sending out healthy vibes during the festive season? Along with our theme for Chinese New Year this year, Wellous has introduced the HooHooHuaHee gift box that features one of our best-selling products Tigrox Tiger Milk King! The throat refreshing and lung nourishing product is indeed a sincere and thoughtful gift to be given and shared with our family members during the pandemic, not to mention the exquisite design of the gift box makes it the most perfect CNY gift ever!

On the other hand, the Wellous team has also sent out exclusive jukeboxes to individuals and parties who had given us immense support during the past year. Like an actual jukebox, it sings!



The jukebox plays two different songs when the upper drawer is pulled, which are either HooHooHuaHee by PongPong or Tigrox's theme song by Tigrox's ambassador Jack Lim. The jukebox also contains loose sachets of Tiger Milk King, puzzles, and Wellous's exclusive red envelopes. To share the joy with our customers, we have also given away these limited jukeboxes to 10 lucky loyal customers!





## Wellous, We Care: Another Wonderful Moment to Share

3rd March 2022

Through the release of our charity short film "The Moments" last December, we had initiated a "1 share = RM1 donation" campaign, in which Wellous would provide financial help to the needy based on the total number of shares on Facebook. This had drawn attention very quickly, users showed their tremendous support by sharing this meaningful short film that promotes family love on their social media.

When the campaign ended, Wellous had also topped up a sum of money in addition to the total amount of money accumulated through the shares on Facebook. The money had been channeled to 4 public charities: Life Line Association Malaysia, Xiao Xin Serdang Old Folks Home, Women's Aid Organisation (WAO), and Home for the Elderly Pertubuhan Kebajikan Orang Tua Wen Xin. The Wellous team also paid visits to these charity homes to understand their current situation and the difficulties they are facing.





## SAM OOI

Senior Research and Development Executive

Tapping into the overseas markets is unquestionably within the business expansion plan for fast-growing companies with a solid foundation. To achieve the next level of growth, Wellous has been eyeing the global market for the past 2 years. This has also brought along plenty of developmental opportunities for their employees including Sam.

The senior research and development executive who had just returned from overseas said that he always pays close attention to the dynamic development of domestic and foreign laws & regulations in order to better interpret these product-related policies. Sam further elaborated: "Not only can trademark registration provide protection to a product's intellectual property rights, it is also an essential asset that can help a business and brand boost consumer confidence, which then brings an impact on sales too."

Sam is always generous about sharing his knowledge and experiences. He emphasised that knowledge exchange is one of the effective ways for self-improvement, and it can also help to create a healthy and friendly workplace environment.

"It is important for us to help each other because we will achieve success through helping others succeed. Our journey in Wellous can be best described using the growth process of a tree trunk. The inner rings define the experience and wisdom we gained over time, which will envelope our personal goals, making it even more substantial and robust. I believe that by taking one step at a time, we can surely conquer the international market together for sure!"





“When there's a problem, be creative, for there is always a solution.”

## SEAN LIEW

Senior Motion  
Designer Executive

If it is about creativity in the visual arts regardless of digital or print mediums, Sean Liew is definitely one of the people behind this whole scene. Bearing the responsibility to bring the company's identity and image on par with listed companies in the country, it is unquestionably one of the crucial projects that Sean and his team has on their hands.

“Since we started from zero, I really did enjoy achieving different milestones for the past years working with Wellous. From rebranding our mascot Hedy, to creating a different set of colours and themes for each product, I can say that we now have a stronger corporate identity and branding that stands out and is instantly recognizable to our customers. Working on this was one of the things I feel most satisfied with,” shared Sean when asked about his biggest achievement ever since joining this company.

Experiencing it first hand on his efforts being recognised and appreciated somehow made

Sean very impressed with this company culture. Besides the culture of appreciation in Wellous, he really feels that the people itself in the company is another rather remarkable sight.

“I've met so many of my colleagues who are very open to talk about everything from their work to their personal life. Everyone is so supportive of one another and it amazes me to see the different sides of them especially when we are working on events together, as that is the only time we get to see other colleagues from other departments,”

“Another thing that I appreciate the most is how the company acknowledges our strengths and weaknesses and puts their trust in us to do the things that we feel most confident with. With the trust and support that they have given to us, I am looking forward to more opportunities in creating an impactful brand impression to show Wellous to the world.”

JAN-MAR 2022

