

Official Newsletter of Total Health Concept Sdn. Bhd.

# 2019 Year-End Edition



## Sugar & Diabetes, both kill.

**In every 8 seconds, one person dies  
from diabetes.**

Many people are relying heavily on instant and processed food, and people are getting addicted to it. Why? Well, it tastes good and our brain is hooked to it!

However, what we did not realise is the damage it is doing to our body.

Sugary drinks like juices, sweet tea and sweetened malt beverages are often loaded with sugar to enhance its taste. The problem with sugary drinks is that it does not stop your craving towards it, but makes you desire it more. This results in over-consumption of sugar and may cause a variety of health issues such as heart diseases, weight gain and diabetes.



## Your Blood sugar

Blood sugar, also known as blood glucose, is one of the common basic key indicators for professionals to check whether the sugar in your blood is at a healthy level. Regular monitoring of the blood glucose level is important to keep track of your health status as well as your risk for diabetes.

## Doctors do check on your HbA1c value, what is it?

Doctors prefer to test your HbA1c value over general blood glucose value test. This is because HbA1c indicates your average blood glucose level over a period of 2-3 months! This means that doctor's are still able to check whether you are over-consuming sugar in the past 90 days, regardless if you consume low amount of sugar for the past one week. The lower the HbA1c value, the lower an individual's chances of getting diabetes and vice versa.

<b>Normal range for the HbA1c level</b>	4% - 5.6%
<b>Higher than normal (increase risk of diabetes)</b>	5.7% - 6.4%
<b>Diabetics</b>	6.5% or higher

If you have a high level of blood glucose level, you can practice some ways as shown below to lower your blood glucose levels. Noted that these are just general guidelines for you, if you have a constant moderate to high level of blood glucose and wish to reduce it, always seek consultation and advice from your doctors or professionals.

- Limit your carbohydrates intake
- Increase water intake
- Increase fibre intake
- Limit sugar intake
- Engage in physical activities
- Select low GI index food

### Some lifestyle tips for you...

1. Drink black coffee with milk or natural sweetener instead of buying those 3-in-1 coffee.
2. Replace your processed fruit juice with freshly-squeezed fruit juice.
3. Add fruits or honey into your plain Greek yogurt for the sweetness instead of buying those flavoured yogurt loaded with sugar.
4. Replace sweet snack with dark chocolate, fruits and nuts.
5. Always read the label to know the amount of sugar and whether it contains any added sugar.

## Want to stop aging? Stop consuming sugar first.

Studies showed that taking a high level of sugar and refined carbohydrates will increase the production of a compound that will accelerate your aging process. The compound is formed via the interaction between sugar and protein.

### What does this compound do?

This compound is known as advanced glycation end products (AGEs) (sounds complicated!). Well, as complicated as it sounds, it can also do great damage to the collagen and elastin under your skin! Therefore, your skin may lose its firmness and begins to sag over time.

### It doesn't stop there!

A study has also shown that consuming high level of sugar speed up your cellular aging, this results in your overall body function to age and degrade much quicker compared to those with a low-sugar diet.

Excessive intake of sugar is unhealthy and can result in long-term damage to your body causing a series of chronic diseases, especially disease like type-2 diabetes. These diseases impact your life negatively, as well as to those around you. It is important to keep a healthy lifestyle and monitor your diet constantly.

If you are in a higher risk of getting diabetes, you should always monitor your blood glucose level, be stricter on your daily food intake, stay active and seek consultation from doctors or professionals.



**Note:** LACTO-5 GOLD is a diabetic-friendly drink containing 10 billion CFU of **locally-derived probiotics**, **tagatose prebiotics** from Korea and **Ohtaka Superfood** sourced from Japan that contains phytonutrients from 50 types of fermented fruits and vegetables. It is known as the **Complete Gut Nutrition!** Diabetics or non-diabetics, it is an amazing blend for a healthier gut!



## Christmas Specials: Get EXTRA 25 points!\*

\*Key in valid loyalty code within the promotion period:

18<sup>th</sup> Dec 2019 - 1<sup>st</sup> Jan 2020

\*The extra 25 points will ONLY be awarded up to 5 codes per member.

\*T&C apply





**IT'S NEARLY THE END OF YEAR 2019!**

**WE WOULD LIKE TO THANK YOU FOR YOUR SUPPORT!**



On behalf of everyone at Total Health Concept, we would like to thank you for being our valued customer. We greatly value your trust and confidence and sincerely appreciate your loyalty to our products.

We wish you the best of health, happiness and prosperous new year 2020.

**Wishes from our CEO, Dato' Dr. Rajen M.**



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*Wishing you all the best in all ways and always. Happy New Year and Merry Christmas.*



# Here are some Christmas or New Year recipes you can try on that are healthy & diabetic-friendly!



## Diabetic-friendly recipe

### Rosemary Turkey Roast with Vegetables



#### INGREDIENTS:

- 1 teaspoon dried rosemary, crushed
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon dried thyme, crushed
- ¼ teaspoon ground pepper
- 1 (1 to 1.5 kg) turkey breast half with bone, skinned
- 1 tablespoon coconut oil
- 500 grams potatoes, halved
- 8 medium carrots, peeled and cut into 2- to 3-inch-long pieces
- 1 large onion, cut into ½-inch wedges
- ¼ cup reduced-sodium chicken broth
- ¼ cup all-purpose flour
- Ground pepper



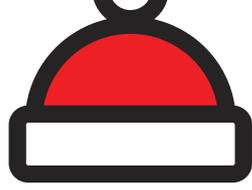
\*For vegetarian, replace the turkey with vegetarian meat substitute and replace chicken broth with vegetables broth

#### PREPARATION

Prep: 30 minutes      Ready in: 5 hours      Serving Pax: 8

1. Combine rosemary, salt, garlic powder, thyme and pepper in a small bowl. Rub over turkey breast. Brown turkey breast on all sides in a very large skillet in hot oil over medium heat. Lightly coat the inside of a 6-quart slow cooker with cooking spray. Place potatoes, carrots, onion and ¼ cup broth in prepared cooker. Top with turkey.
2. Cover; cook on Low for 9 hours or on High 4½ hours.
3. Remove turkey and place on cutting board. Cover turkey loosely with foil and let stand for 15 minutes. Meanwhile, using a slotted spoon, transfer vegetables to a serving platter; keep warm.
4. For gravy, strain cooking liquid into a 2-cup measure. Add enough additional broth to equal 1¾ cups. Whisk together ¼ cup cold broth and the flour in a medium saucepan until smooth; whisk in remaining broth mixture. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more. Season to taste with pepper.
5. Cut turkey meat off the bone. Slice turkey and serve with vegetables and gravy.





# DIABETIC-FRIENDLY DESSERT

## HIGH-PROTEIN RASPBERRY & BANANA MOUSSE



**SERVING PAX: 1**

**PREP TIME: 5 MIN**

### Ingredients:

- 2 egg whites (90 g liquid egg white)
- \*pasteurized eggs are recommended\*
- 1 tbsp. Stevia
- 2 oz. (60 g) frozen banana
- 1 ¾ oz. (45 g) frozen raspberry
- Fresh berries (optional)



### INSTRUCTIONS:

1. Blend the egg whites and Stevia until the egg whites are firm (1-2 minutes). You should be able to hold the blender upside down without the egg whites falling out.
2. When the egg whites are firm, add the banana and berries and blend until the consistency is smooth and everything is pink.
3. Serve in a bowl with a few fresh berries or use as a side for pancakes or cakes.

