

Official Newsletter of Total Health Concept Sdn. Bhd.

恭喜发财，年年有余！
Gong Xi Fa Cai,
wishing you
abundance of
prosperity!



Interesting fact: Do you know that according to Feng Shui, a fish represents wealth and prosperity because the actual word in Chinese for fish, in Pinyin is yú, or 魚, also translated to “abundance”. That is why fish is always the significant symbol and a signature dish for the Chinese during Chinese New Year.

Fish – one of the healthiest meats ever

Fish is rich in protein and omega-3 fatty acids that provide a range of health benefits. Omega-3 fatty acids are highly anti-inflammatory and greatly beneficial for our heart health! The problems are these days the ocean is polluted and the fishes you are taking might be contaminated with all different kinds of heavy metals and toxin. Therefore, we want to extract only the goodness out from the fishes and remove all forms of heavy metals and toxins from them. We are also making it 6x better omega-3 absorption in your body – **PRISTIN MOPL**, the 3rd generation Omega-3s - Nature's most advanced fish oil.



Why is it called the 3rd generation Omega-3?

3rd generation omega-3 fish oil is **NOT THE SAME** compared to our conventional fish oil. 3rd generation fish oils are uniquely locked within a phospholipids structure. The conventional fish oil is ONLY fat-soluble, but **PRISTIN MOPL** is both fat- and water-soluble. Therefore, it becomes more stable, more easily absorbed and more readily incorporated directly into our bodies, especially to our key organs such as our brain, eyes and skin.

Phospholipids

Phospholipids (PLs) are important structural components that make up the outer layer of our cells. Imagine that! The omega-3 in **PRISTIN MOPL** is bound to this 'component' that is similar to our cell membrane. It makes uptake of omega-3 so much easier and effective! That is also why it is 6x better absorbed into our body and it helps double your conventional omega-3 absorption when taken together with **PRISTIN MOPL**.

Nature

Phospholipids formed of omega-3 are a gift from the nature and it is only found in where life begins. **PRISTIN MOPL** is naturally extracted from Herring Caviar, from the Herring fishes that are swimming freely in the ocean of Norway. The DHA and EPA ratio found in Herring Caviar is also same as mother's milk. Therefore, it is highly suitable and highly recommended for pregnant and nursing women.

Chinese Almond Cookies

Nutty almond cookies—along with sesame cookies and walnut cookies—are a popular treat at Chinese bakeries, but it's also possible to make these classic Chinese treats at home.

Ingredients

2 cups flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/8 teaspoon salt
1/2 cup butter
1/2 cup shortening
3/4 cup white sugar
1 egg
2 1/2 teaspoons almond extract
30 whole almonds (blanched)
1 egg (lightly beaten)



Steps to Make It

- ◆ Gather the ingredients and preheat oven to 325 F/162.5 C.
- ◆ In a large bowl, sift the flour, baking powder, baking soda, and salt.
- ◆ In a medium bowl, use an electric mixer to beat together the butter and shortening, and sugar.
- ◆ Add the egg and almond extract and beat until well blended.
- ◆ Add to the flour mixture and mix well. Note: The dough will be crumbly at this point.
- ◆ Use your fingers to form the mixture into a dough, and then form the dough into 2 rolls or logs that are 10 to 12 inches long.
- ◆ Wrap and refrigerate for 2 hours (this will make it easier to shape the dough into circles).
- ◆ Take a log and lightly score the dough at 3/4-inch intervals so that you have 15 pieces and cut the dough.
- ◆ Roll each piece into a ball and place on a lightly-greased cookie tray, approximately 1 1/2-inches apart.
- ◆ Add an almond in the center of each cookie and press down lightly. Repeat with the remaining dough.
- ◆ Brush each cookie lightly with a beaten egg.
- ◆ Bake for 15 minutes to 18 minutes, until golden brown.
- ◆ Cool and enjoy or store in a sealed container.



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

**Happy
Chinese New Year
Wish you good health always!**



Chinese New Year Special



Get EXTRA 80 points* now!

In conjunction with Chinese New Year, starting from 25th January 2020 to 15th February 2020, valid loyalty code key-in within this period will be rewarded with additional 80 points*

*The additional 80 Points will be awarded to **ONLY** once per member. T&C apply.