

# Ways To Get Your Health Back On Track After A Festive Season



This is the time again when many people start regretting the amount of food taken during the Hari Raya festival. This does not only happen during Hari Raya Aidilfitri. The same situation takes place during every festival such as Chinese New Year, Deepavali and Christmas.

If you are worried about gaining weight during these periods, you are not alone. Research showed that the average weight gained during any festival is between 3 to 5 kilograms. It is also common for blood pressure, blood glucose and cholesterol levels to spin out of control. This is due to dietary changes which are high in bad fat, salt and sugar, disruptions to exercise habit and sleep patterns, and neglect in taking regular medications.

To get your health back on track after a festive season does not require you to follow a strict diet. Findings showed that a strict diet can make people feel low and irritable thus people tend to give up easily. Therefore, instead of strict diet, you should eat a balanced meal that contains fiber, protein, and healthy fat every day.

Let us fine tune your post-festival body with fiber. Fiber is widely available in fruits and vegetables. It binds with the body's waste products and moves them out from the body. For an example, fiber binds with cholesterol particles in your digestive system and moving them out of the body before they are absorbed. Thus, the absorption of cholesterol into your bloodstream is reduced. Besides, fiber can keep you feeling fuller so you will eat less of other unhealthy foods. Studies showed that an average adult only eats 15 grams of fiber per day. Women need 25 grams per day

while men need 38 grams per day, according to the Institute of Medicine. Consequently, I recommend you to increase your fiber intake by taking K-BioGreen before your daily meals.

Next, protein is important because it is needed to repair the structure, function and regulation of the body's cells, including muscles, skin, hair, nails, hormones, enzymes and antibodies. On the other hand, protein will help to keep your blood sugar levels stable so you are less likely to get hungry and overeat. You are recommended to take **K-LINK** protein drink; named K-NutraMix to complement your daily meals. Having adequate protein fuels fat burning while preserving calorie-burning lean muscle.

Lastly, healthy fat is necessary to keep your healthy blood lipid profile in check. Most of us obtain plenty of omega 6 from festival food, so we need to increase our intake of omega 3 to maintain a healthy ratio of 6 to 3. Not only does omega 3 pose strong anti-inflammatory properties, it also protects against heart disease, diabetes, obesity, depression etc. Fish oil such as K-OmegaSqua and sea buckthorn berry oil such as Osaji are good sources of Omega 3. They are believed to show quicker fat burning process if taken along with medium chain fatty acids from virgin coconut oil; K-Sauda VCO.

After all, simply eating balanced nutritious foods, exercise and cutting out the junk food will get your health back on track. These benefits can add up to not just better heart health, but a happier life.



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