



## Protect Your Little One's Immune System

Various germs and viruses can be a source of disease if the immune system is weak. Children are vulnerable to this because their immune system is still developing.

Children's health is an important thing to consider in their growth and development. This is because their immune system is not as strong as adults, so they are vulnerable to diseases such as coughs, colds, and other contagious diseases. Therefore, it is essential to keep your child's immune system in good condition. Personal hygiene and the environment around the child must be considered, especially when they start school and meet many new people. Here are some ways to maintain a child's immune system.

### Consume Nutritious Food

Encourage children to eat a variety of nutritious foods such as colourful fruits and vegetables, nuts, seeds, and healthy fats. For example, strawberries, carrots, green beans, berries, bell peppers, and broccoli are rich in antioxidants to help boost your child's immunity. Avoid eating processed foods, which are preserved and contain added sugars and unhealthy fats.

### Pay Attention to Intestinal Health

For a good digestive system, it is important to pay attention to intestinal health to avoid infections or diseases. Give your little one probiotic-rich foods, such as yoghurt, to strengthen the intestinal tract and help the growth of good bacteria.

### Get Immunised

Immunisation can help protect children from various diseases. Therefore, it is important to give children vaccinations on schedule, especially for children who have chronic illnesses.

### The Importance of Sleep

A lack of sleep can make the body susceptible to disease.

Children mostly need 10-14 hours of sleep. Enough rest and an energised body can help children avoid infectious diseases.

### Actively Move

Children should remain active for at least one hour a day, not always through exercise, but through playing or taking a leisurely walk. In order for children to get used to maintaining fitness, parents can invite children to exercise together in activities such as cycling or swimming. Regular exercise can help the body stay healthy, thereby reducing the risk of exposure to disease. Taking your little one out of the house can also help them get fresh air and vitamin D, which is needed to build immunity.

### Teach Them to Stay Clean

Maintaining cleanliness can help children avoid germs, viruses, or infectious diseases. Teach children to make cleanliness a habit, especially during high-risk times or areas. Teach the importance of washing hands with soap after playing, before and after eating, and after using the toilet. In addition, tell them how to cover coughs and sneezes with their elbows, wear a mask, and keep their distance, especially if someone is sick and in a public place.

### HOW DOES HDI HELP?

In addition to the six ways above, parents can give their little ones HDI Propoelix™, which benefits by helping to maintain the immune system. Sourced from natural ingredients containing 200 mg of propolis extract, HDI Propoelix™ is safe to be consumed by children. Just give them 1 capsule every day to help maintain the child's immune system. Research from the Intertek Food Services GmbH-Germany Lab in January 2022 showed HDI Propoelix™ is one of the supplements with the highest polyphenol content worldwide, at 34.51%.

As a group of natural compounds in plants, the role of polyphenols as one type of antioxidant can help reduce the body's risk of various diseases. Some studies say polyphenols can improve the immune system and prevent damage to body cells due to harmful free radicals. Polyphenols are also thought to reduce inflammation, the origin of chronic diseases.



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## 保护您孩子的免疫系统

如果免疫系统薄弱，各种细菌和病毒都可能成为疾病的来源。儿童很容易受到这种影响，因为他们的免疫系统仍在发育。

儿童的健康是他们成长和发展中需要考虑的重要事项。这是因为他们的免疫系统不如成年人强，所以他们容易感染疾病如咳嗽、感冒和其他传染病等。因此，保持孩子的免疫系统处于良好状态至关重要。必须考虑孩子周围的个人卫生和环境，尤其是当他们开始上学并结识许多新朋友时。以下是一些维持儿童免疫系统的方法。

### 食用营养丰富的食物

鼓励孩子吃各种营养丰富的食物，如五颜六色的水果和蔬菜、坚果、籽和健康脂肪。例如，草莓、胡萝卜、青豆、浆果、甜椒和西兰花富含抗氧化剂，有助于提高孩子的免疫力。避免食用加工食品，这些食品经过保存并含有添加糖和不健康的脂肪。

### 注意肠道健康

拥有良好的消化系统，肠道健康的重视是非常重要的，以避免感染疾病。给你的小孩服食富含益生菌的食物，如酸奶，以强化肠道并帮助有益细菌的生长。

### 获得免疫

免疫接种有助于保护儿童免受各种疾病的侵害。

因此，按时给孩子接种疫苗很重要，尤其是对于患有慢性病的孩子。

### 睡眠的重要性

睡眠不足会使身体容易生病。儿童大多需要10-14小时的睡眠。充足的休息和充满活力的身体可以帮助孩子避免感染传染性疾病。

### 充满活力

孩子们应该每天至少保持一小时的活跃，不总是通过锻炼，而是通过玩耍或悠闲地散步。为了让孩子习惯保持健身，家长可以邀请孩子一起参加骑自行车或游泳等活动。经常锻炼可以帮助身体保持健康，从而降低患病风险。带您的孩子出门还可以帮助他们呼吸新鲜空气和维生素 D，这是增强免疫力所必需的。

### 教导孩子们保持卫生

保持清洁可以帮助儿童避免细菌、病毒或传染病。教导孩子养成清洁习惯，尤其是在高风险时期或地区。教导玩耍后、饭前饭后和如厕后用肥皂洗手的重要性。此外，告诉他们如何用肘部遮住咳嗽和打喷嚏，戴口罩并保持距离，尤其是当有人生病和在公共场所时。

### HDI如何帮助您？

除了上述六种方法外，父母还可以给孩子使用 HDI Propoelix™，这有助于维持免疫系统，HDI Propoelix™ 源自含有 200 毫克蜂胶萃取的天然成分，儿童可以安全食用。每天只需给他们 1 粒胶囊，以帮助维持孩子的免疫系统。Intertek Food Services GmbH - 德国实验室于 2022 年 1 月进行的研究显示，HDI Propoelix™ 是全球多酚含量最高的补品之一，为 34.51%。

作为植物中的一组天然化合物，多酚作为一种抗氧化剂的作用可以帮助降低人体患各种疾病的风险。一些研究显示，多酚可以改善免疫系统，防止有害自由基对身体细胞造成损害。多酚也被认为可以减少炎症，这是慢性疾病的起源。



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## TESTIMONY | 见证

### **Platelet count normalized quickly after consuming HDI Products**

My son Raffa had fever on 8 Sep 2021. We took him to the clinic the next day for a Dengue Virus Antigen Detection (NS1) test. Result confirmed that he had Dengue Hemorrhagic Fever. He was then admitted for further examination. His platelet count was 170,000. On the 3rd day, Raffa's platelet count dropped drastically to 65,000 and 2 days later further dropped to 27,000. During the hospitalization, I regularly gave him HDI Propoelix™, Clover Honey and Royale Jelly Liquid. The following day his platelet count increased to 29,000 and continually increased until it normalized. Finally, he was able to go home on the 5th day.

### **服用HDI产品后血小板指数迅速恢复正常**

在2021年9月8日，我的儿子Raffa发烧了，于是我们带他去做登革热病毒抗原检测(NS1)。检测结果显示他得了登革热出血症。后来他立即入院接受进一步检查。他当时的血小板指数下降到170,000。在第三天，Raffa的血小板指数急剧下降到65,000，两天后甚至下降到27,000。住院期间，我不断让他服食HDI Propoelix™、苜蓿蜂蜜和液状蜂皇乳。第二天，Raffa的血小板指数提升至29,000，并持续提升直至恢复正常。终于在第五天，他可以出院回家了。

**M. Raffa Raditya**  
11 years old





## TESTIMONY | 见证

### Thyphus, Meningitis and Tuberculosis

Two years ago, Insan had a high fever at 40°C and was treated at the hospital for Typhus. The Neurologist told us his diagnosis was not good as Insan was suffering from meningitis, tuberculosis and malnutrition. Insan's body weight was below normal and he had poor speech response, he only used eyes signals to communicate. He was very weak, bedridden as he could not sit upright and was fed through NGT tube, he could not chew or swallow his food.

After giving him HDI products, HDI Clover Honey, Liquid Royale Jelly, Kids 3 and Propoelix™ for 6 months, we could see good improvement in his motor skills. We stopped feeding him through the tube as he is now able to chew and consume soft food. After that, he is able to walk without aid. In less than a year, amazingly Insan can go to school and play with his friends.

### 斑疹伤寒，脑膜炎，肺结核

两年前，Insan高烧40°C，并在医院接受斑疹伤寒的治疗。神经科医生告诉我们，他的情况不乐观因为患有脑膜炎，肺结核和营养不良。Insan的体重低于正常体重，而且说话时反应较慢，他仅能用眼神进行交流。他非常虚弱，卧床不起，无法直立坐着也无法咀嚼或吞咽食物，只能透过鼻胃管进食。

自从Insan服食HDI产品-苜蓿蜂蜜，液状蜂皇乳，儿童三合一和Propoelix™ 6个月后，我们看到了Insan的运动神经有所改善。我们停止通过鼻胃管喂食因为他已能咀嚼和吞咽软食物了。之后他也能开始步行走动了。不到一年，Insan可以上学也可以和朋友们一起玩耍了。

Ahmad Insan Muttaqin  
5 years old

