



Men's Immunity is Lower Than Women's; Is This True?

During the pandemic, our immune systems are one of the main keys to not being easily exposed to viral diseases. However, some studies say that there are different effects between men and women in terms of body immunity.

A well-maintained immune system can help a person avoid viral diseases. Therefore, in addition to implementing health protocols during this pandemic, there are also many recommendations to increase body immunity. However, research conducted at the University of Washington in the United States shows that the male immune system is slower to respond to the virus, which is why when exposed to COVID-19, the risk of death is higher for men.

Unlike the immune systems of women under the age of 60, they are more likely to immediately respond when the coronavirus enters the body, preventing and attacking the virus. The male immune system takes three days to produce T cells which are derived from white blood cells to destroy viruses and bacteria in the body.

Added from Healthline, men and women are equally potentially infected with the new coronavirus, but some studies show that more men die from COVID-19 than women. Part of the reason is that women's immune systems are stronger than men's. With two X chromosomes, women have a stronger immune response to infection. Moreover, oestrogen, progesterone, and testosterone hormones also play a role in building the immune system in a woman's body, as well as reducing inflammation.

Other risk factors for men are also cited as the cause of their lower immunity compared to women; including not implementing health protocols such as not wearing masks, not keeping a distance, and not being as responsive when feeling symptoms of COVID-19. There is also the habit of smoking which has an impact on

lung health, and it can exacerbate the effects caused when exposed to the coronavirus. Plus, the older you get, the lower your immune system will become.

Other things can be caused by a lack of physical activities, an unbalanced diet, and medical conditions such as chronic disease so that the body's immune system does not work optimally to prevent other diseases. To maintain immunity, you can start by applying a healthy lifestyle such as:

- Apply the habit of eating healthy foods such as vegetables, various fruits, whole grains, high fibre foods, and lean protein sources. Also limit the consumption of foods that are high in saturated fat and trans-fat, as well as foods with added sugar and sodium.
- Do not smoke and avoid exposure to cigarette smoke and air pollution.
- Being active or exercising can affect your immune system and help you maintain a healthy weight. This habit can also protect the body from the risk of heart disease and stroke. Do exercise that you enjoy at least 20-30 minutes per day.
- If you feel tired, ensure you rest and at night try to get enough sleep to help the body's immune system become stronger.
- When stressed or depressed, illness can strike more easily. Therefore, it is important to manage stress. Anxiety or stress that is continuous can interfere with a person's lifestyle, and will also have an impact on the immune system. If you feel this way, manage your stress in a healthy way, and don't hesitate to ask the experts.
- Take supplements to help increase immunity and stamina.

How HDI helps?

The combination of propolis extract (Propoelix™), bee pollen and royal jelly can help to increase immunity and stamina.



References/Sources:

- <https://www.klikdokter.com/info-sehat/read/3643912/jumlah-sel-imun-pria-lebih-sedikit-dari-wanita-untuk-hadapi-covid-19>
- <https://medicine.yale.edu/news-article/the-coronavirus-affects-women-and-men-differently-learning-how-may-help-stop-the-pandemic/>
- <https://www.healthline.com/health-news/men-more-susceptible-to-serious-covid-19-illnesses>
- <https://www.mayoclinic.org/healthy-lifestyle/mens-health/in-depth/mens-health/art-20047764>



男性免疫力低于女性；这是真的吗？

在疫情期间，能帮助我们减少暴露于病毒性疾病，我们的免疫系统扮演着重要的角色。然而，也有研究称，在身体免疫力方面，男性和女性存在着不同的影响。

维持良好的免疫系统可以帮助人们避免病毒性疾病的侵害。因此，此次疫情期间，除了遵守健康作业程序以外，还有许多提高身体免疫力的建议。然而，美国华盛顿大学进行的研究显示，男性免疫系统对病毒的反应较慢，这就是为什么当暴露于冠状病毒时，男性的死亡风险更高。

相较于60岁以下女性的免疫系统，当冠状病毒进入体内时，她们的身体一般上能立即释放出反应，从而预防和攻击病毒。男性免疫系统则需要三天时间才能产生源自白血球的T细胞，以摧毁体内的病毒和细菌。

根据Healthline报道，男性和女性感染新型冠状病毒的可能性相同，但一些研究显示，死于冠状病毒的男性多于女性。部分原因是女性的免疫系统比男性强。拥有两条X染色体，女性对于感染后有更强的免疫反应。此外，雌激素、黄体酮和睾酮激素还能在女性体内建立免疫系统以及减少炎症方面发挥作用。

男性的其他风险因素也被认为是导致其免疫力低于女性的原因；包括不遵守健康作业程序，例如不戴口罩、不保持社交距离以及在感受到冠状病毒症状时不那么敏感。还有吸烟的习惯会影响肺部健康，并且会加剧接触冠状病毒时造成的影响。此外，年龄越大，您的免疫系统功能就越低。

其他原因可能是缺乏运动、饮食不均衡以及慢性疾病等医疗状况，从而使身体的免疫系统无法以最佳方式预防其他疾病。为了保持免疫力，您可以从健康的生活方式开始，例如：

- 养成食用健康食物的习惯，例如蔬菜、各种水果、全谷物、高纤维食物和瘦肉蛋白质来源。还要限制食用饱和脂肪和反式脂肪含量高的食物，以及添加糖和钠的食物。
- 不要吸烟以避免暴露于二手烟和空气污染。
- 经常运动会帮助改善您的免疫系统并帮助您拥有健康的体重。这种习惯还可以保护身体减少心脏病和中风的风险。每天至少做20-30分钟的运动。
- 当您感到疲倦时，请确保您有足够的休息并尝试在晚上获得充足的睡眠以帮助身体的免疫系统变得更强。
- 压力大或情绪低落时，更容易生病。因此，管理压力很重要。持续的焦虑或压力会干扰一个人的生活方式，也会对免疫系统产生影响。如果您有这种感觉，请以健康的方式管理您的压力，并积极咨询专家。
- 服用保健品以帮助提升免疫力和体力。

HDI如何帮助？

蜂胶萃取 (Propoelix™)，蜂花粉和蜂皇乳的组合，有助于提升免疫力和体力。



参考/来源:

- <https://www.klikdokter.com/info-sehat/read/3643912/jumlah-sel-imun-pria-lebih-sedikit-dari-wanita-untuk-hadapi-covid-19>
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HDI Propoelix™ helped my speedy recovery from Covid-19

After having cough, fever, shortness of breath with no appetite and fatigue for 2 days, I was advised to have a swab test and it confirmed I was Covid-19 Positive. When I was hospitalized, it was discovered that I have diabetes with blood glucose level at 11.3mmol/l. It made me even more worried.

I was recommended by my son to take HDI Propoelix™, Clover Honey and Pollenergy 520. After consuming the products, my fever subsided after 2 days, breathing problem gone after the 3rd day and cough went away after a week. I was allowed by my doctor to undergo self-quarantine at home after my rapid recovery. Since then, I am symptom-free and my condition has normalized. I was retested and it confirmed I have fully recovered from covid. I was re-tested and it confirmed I have fully recovered.

HDI Propoelix™ 让我的新冠肺炎完全康复了

我经历了两天的咳嗽，发烧，呼吸急促，没有食欲和疲劳。由于我的症状比较严重，我被建议去做拭子测试，最后测试结果呈阳性。当我住院时，我发现我的糖尿病水平HBA1c是11.3mmol/l，这让我更加担忧。

我的儿子介绍我服食HDI Propoelix™，苜蓿蜂蜜和520活力花粉。服食了两天后我的烧退了，在第三天我也不再呼吸急促了，一个星期后，咳嗽也没有了。我的医生也因为我恢复得快，所以让我回家进行自我隔离。自从那天后，我再也没有难受的症状，而且我的情况也稳定了很多。我再次进行测试，结果证实我已完全康复了。

Jefry Belaongan
71 years old



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HDI Propoelix™ helped to speed up my recovery from Covid-19

I have been working as an infection supervisor in a hospital for Covid-19 cases. On April 2020, one of our teammates was tested reactive in the rapid test, so all of us were advised to take an RT-PCR swab test and the results showed that I was positive for Covid-19. We were put in self-quarantine with medical treatment and was recommended to consume HDI products especially HDI Propoelix™

After taking it for 2 weeks, I felt better, less tired and my appetite improved. HDI Propoelix™ helped to speed up my healing process and improved my immunity. I went for 2 more RT-PCR swab test and results were negative. I was then allowed to go home and back to work.

HDI Propoelix™ 帮助加快我的康复过程

我在一家医院担任新冠肺炎感染病例的主管。在2020年4月，我的一位同事在快速检测中具有反应，因此我们所有人被建议进行RT-PCR拭子检测，我的结果显示阳性。于是我们即刻被隔离且接受药物治疗，同时也被建议服食HDI产品，特别是HDI Propoelix™。

服用两周后，我感觉良好，不觉得累，食欲也恢复了。HDI Propoelix™ 帮助加快我的康复过程，并提高了我的免疫力。我又进行了两次RT-PCR拭子检测，结果均为阴性。我被允许回家并开始上班。

Tuan J
32 years old

** At the request of the testimonial provider, the name will remain confidential.

** 应见证者的要求，名字将会保密



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ANNOUNCEMENT

HDI CLOVER HONEY JAR LIDS

Here in HDI we are constantly making our products better.

Because of our commitment to deliver a perfect product to you and your customers every single time, we have worked together with our supplier to do a trial batch of the honey jars with a new lid.

The result is a newly designed lid that contains the safety tamper seal inside the lid. Hence, this will remove the need to rip off the safety tamper seal off before consuming the honey content. So if you happen to receive the new honey jars and open it up to find that there is no additional safety seal you need to remove, don't be alarmed.

We will be reverting to the old lids (with the induction seal) after this trial stock depletes off totally.

苜蓿蜂蜜罐盖

在HDI, 我们不断改善与提升我们的产品。

由于我们承诺每次都为您和您的客户提供完美的产品，因此我们与供应商合作试制一批不同以往的蜂蜜罐盖。

这是一个新设计的盖子，盖子内部包含密封且安全的防拆封。因此，这将省略在食用蜂蜜之前撕掉防拆封条的需要。如果您碰巧收到新的蜂蜜罐并打开它发现没有额外的安全封条需要撕掉，请不要惊慌。

当这批新罐盖的苜蓿蜂蜜试用完毕后，我们将恢复使用旧款盖子（带有感应密封）。