



## Is it True that your Blood Type can be Linked to Disease Risk?

Each blood type is associated with health risks that may be experienced by the owner of that blood group. A blood type categorizes blood based on what it is made up of, namely, antigens (a type of protein in red blood cells), including the rhesus (Rh) factor.

According to the type of antigen, there are four categories of blood: A, B, AB, and O. However, if one comes into contact with a foreign substance that the body does not recognize, such as certain bacteria, the antigen can trigger an immune system response.

The Rh factor is also a substance in red blood cells and is indicated by a positive (+) or negative (-) next to the blood group. Blood types that contain the Rh factor are Rh-positive (+), while those that do not are marked Rh-negative (-).

Knowing your and others' blood types makes it safer when donating or receiving blood, and can also reveal health risks one might be susceptible to. Several studies have shown a relationship between each blood type and the risk of certain diseases. Below are the different blood types, and some of the risks of they include:

### Type A

Those with blood type A are said to be twenty percent more likely to develop stomach cancer. According to researchers, this may be due to infection with the *H. pylori* bacteria that causes stomach cancer. Bacteria usually present in the stomach react more sensitively to the immune system in someone with blood type A. To reduce the risk of this disease, reduce consumption of processed meats such as sausages, nuggets, and food high in nitrates. In addition, this blood type is also susceptible to pancreatic cancer and type 2 diabetes. Cortisol (the stress hormone) tends to be more present in blood type A and can make it difficult for them to cope with stress.

### Type B

Some diseases are also at high risk for those with type B blood, namely, type 2 diabetes, high blood pressure, heart disease, stomach cancer, and pancreatic cancer. These can be prevented by living a healthy lifestyle with a balanced nutritious diet and regular physical activity. Blood clots in deep veins are also susceptible to those with type B blood. This risk can also be experienced by blood types A and AB.

### Type O

Peptic ulcer disease is a higher risk for those with blood type O. Therefore, it is important to pay attention to what food is consumed, smoking habits, maintain a healthy weight, and have an improved lifestyle. Compared to other blood types, women with blood type O have a lower number of healthy eggs. On the other hand, it is known that this blood group has a twenty-three percent lower risk of coronary heart disease. According to experts, this may be because other blood types tend to have higher amounts of protein and cholesterol associated with blood clotting.

### Type AB

Cognitive disorders are eighty-two percent more likely to be experienced by those with blood type AB. It is usually associated with learning and memory problems. Related to blood clots that are prone to occur, strokes are also a risk for this blood type if blood flow to the brain is disrupted. Reduce the risk by avoiding stress, diligently exercising, and increasing physical activity, so that blood circulation is smooth. It is also imperative to consume food that is good for the brain. Learning a foreign language or playing brain teasers are great activities for continuing to train the brain to think and work.

Although each blood type is said to have a high risk of certain health conditions, other factors still determine this risk. To reduce this risk, you can adopt a healthy lifestyle, eat nutritiously and regularly, and have regular health check-ups. Additionally, you should head for an immediate consultation with a doctor if you experience symptoms of any disease.

Complete your healthy lifestyle by consuming the Bee Power Pack, which has many benefits to help meet the nutritional intake needed by the body, increase immunity, and maintain the health of you and your family.

### HOW DOES HDI HELP?

The superior products in the Bee Power Pack are made of natural beekeeping ingredients, without preservatives, and processed with the latest technology to avoid exposure to pollution so that the body can optimally absorb the content of each product.

#### Sources/References:

<https://www.webmd.com/a-to-z-guides/ss/slideshow-how-your-blood-type-affects-your-health>  
<https://www.pennmedicine.org/updates/blogs/health-and-wellness/2019/april/blood-types>  
<https://www.halodoc.com/artikel/ketahui-risiko-penyakit-berdasarkan-golongan-darah>  
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### BEE POWER PACK





## 血型与疾病风险有关，这是真的吗？

每种血型都与健康风险有着密切的关系，所以人人皆有可能经历这些风险。血型是一种根据血液中的成分对血液进行分类的方法，即抗原体（红细胞中的一种蛋白质），包括恒河猴（Rh）因子。

根据抗原体的种类，血液有四大类，即A、B、AB和O。但是，如果接触到身体不能识别的异物，比如某些细菌，抗原体就会触发免疫系统反应。

Rh因子也是红细胞中的一种物质，在血型旁边用正(+)和负(-)表示。含有Rh因子的血型为Rh阳性(+)，而不含Rh因子的血型为Rh阴性(-)。

除了能知道对方的血型，让捐血者或血液接受者更安全之外，也能让我们查出每个血型的健康风险。几项研究表明，每种血型与易受疾病影响的疾病风险之间存在关系。这些疾病的一些风险包括：

### A型血

据说A型血的人患胃癌的可能性要高出20%。据研究人员称，这可能是由于感染了导致胃癌的幽门螺杆菌。通常存在于胃中的细菌确实对A型血的人的免疫系统反应更敏感。为了降低这种疾病的风险，尽量少吃加工肉类食品，如香肠、炸鸡块和其他硝酸盐含量高的肉类。此外，这种血型还易患胰腺癌和2型糖尿病。皮质醇（压力荷尔蒙）往往更多地存在于A型血中，也会使他们难以应对压力。

### B型血

B型血的一些疾病也有很高的风险，即2型糖尿病、高血压、心脏病、胃癌和胰腺癌。通过健康的生活方式、均衡的营养饮食和经常运动来预防它。不仅如此，深静脉中的血栓也容易受到B型血的影响，例如腿部。A和AB型血也会有这种风险。

### O型血

O型血的人有消化性溃疡病的风险。因此，重要的是要注意饮食，不要吸烟，保持健康的体重和改善生活方式。与其他血型相比，O型血女性的健康卵子数量较少。然而，另一方面，这种血型的人患冠心病的风险低至23%。专家认为，这可能是因为他们往往含有较高的蛋白质和胆固醇，这与血液凝固有关。

### AB型血

AB型血的人患认知障碍的可能性要高出82%。它通常与学习和记忆问题有关。与容易发生的血栓有关，如果流向大脑的血流中断，中风也是这类人的风险。通过减轻压力，勤奋锻炼和增加体能活动以使血液循环通畅以及食用对大脑有益的食物来降低风险。学习外语或玩脑筋急转弯游戏也可持续训练大脑思考和工作。

虽说每种血型都有极高的健康风险或感染疾病，但仍有其他造成的因素。为了降低这种风险，采取预防措施还是必须的，例如养成健康和有规律的生活方式，健康和富含营养的饮食，以及定期进行健康检查或在出现某些疾病症状时立即咨询医生。

此外，通过服食拥有多项益处的蜜蜂四宝产品来满足您的健康生活方式，此配套产品能够提供身体所需的营养摄入，增强免疫力，并保持您和家人的健康免受各种疾病的侵害。

### HDI如何帮助您？

HDI蜜蜂四宝产品配套中的优质产品皆由天然养蜂成分制成，不含防腐剂，并采用先进技术进行加工以避免被污染，也让身体能够以最佳状态来吸收每种产品里的营养。

来源/参考：

<https://www.webmd.com/a-to-z-guides/ss/slideshow-how-your-blood-type-affects-your-health>  
<https://www.pennmedicine.org/updates/blogs/health-and-wellness/2019/april/blood-types>  
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### 蜜蜂四宝配套



## TESTIMONY | 见证 | TESTIMONI

### Bee products improved my health after surgery

After retiring at the age of 57, I discovered one side of my breast has thickened though there was no pain. I went for a medical check-up and was diagnosed with Stage 3 breast cancer, had to go for an immediate surgery.

Before the surgery, I continued taking HDI products, Propoelix™, Clover Honey, Pollenergy 520, Bee Propolis Tablet and Royale Jelly Liquid.

After the surgery, I did not stop taking HDI products. I went for a PA (anatomical pathology) examination and the result showed that I was free of malignancy or metastases (spread). Until today, I am still consuming HDI products and getting healthier.

### HDI产品让我在手术后更健康

在57岁退休后，我发现乳房侧边组织变得很厚，但没有疼痛。经过体检，被诊断出患有第3期乳癌而且必须马上动手术。

手术前我继续服食HDI产品，Propoelix™，苜蓿蜂蜜，520活力花粉，蜂胶片和液状蜂皇乳。

手术后，我还是继续服食HDI产品。做了PA（解剖病理学）检查后，恶性肿瘤完全清除了而且也没有转移（扩散）的迹象。现在的我任然继续服食HDI产品而且变得更健康。

Rachel Anggunita Mowisu  
63 years old



# TESTIMONY | 见证 | TESTIMONI

## HDI bee products help to heal my accident wound

I had a motorcycle accident which resulted in a blood clot in my brain and I had to undergo surgery. I went for a second surgery due to an infection. After 8 months, I had to undergo another surgery due to recurring infection. Before the surgery, I had dizziness, nausea and fatigue. So, a friend recommended me to try HDI products. After consuming HDI Royal Jelly Liquid, Bee Propolis, Pollenergy 520, Clover Honey and applied Bee BotaniCS™ Aloe Propolis Cream on the wound for 3 days, my wound started to heal and I no longer needed a third surgery. Within a month, my condition improved tremendously.

## HDI 蜂产品帮助愈合意外事故伤口感染

我在一次摩托车意外事故中导致头部出现血块，所以我不得不接受手术。由于感染，我进行了第二次手术。8个月后，由于再次感染，我必需再次接受手术。手术前，我感觉头晕、恶心和疲劳。所以，一位朋友推荐我尝试HDI产品。服用HDI液状蜂皇乳、蜂胶、520活力花粉、苜蓿蜂蜜。并在伤口上涂抹Bee BotaniCS™芦荟蜂蜜蜂胶软膏。3天后，我的伤口开始愈合，不再需要进行第三次手术。一个月后，我的病情得到了很大的改善。

**Riski Kinanti**  
19 years old



# JUNE & JULY PROMOTIONS

1 June - 31 July 2022

Purchase minimum 84 BV of any products in a single receipt  
凡凭单张收据购买价值84 BV的任何产品

**Free / 免费**

**Option (1)**

**Bee Botanicals™ Aloe Propolis Cream with Honey Extract**  
芦荟蜂蜜蜂胶软膏

**Option (2)**

**Bee Botanicals™ Propolis Hygiene Wash**  
蜂胶私密护理洁净露



Purchase minimum 168 BV of any products in a single receipt  
凡凭单张收据购买价值168 BV的任何产品

**Free / 免费**

**Option (1)**

**Bee Botanicals™ Aloe Propolis Cream with Honey Extract +  
Propolis Hygiene Wash**  
芦荟蜂蜜蜂胶软膏+蜂胶私密护理洁净露

**Option (2)**

**Bee Botanicals™ Aloe Propolis Cream with Honey Extract +  
Hand & Body Lotion**  
芦荟蜂蜜蜂胶软膏+蜂胶绿茶润肤乳

#### Terms & conditions

- All purchases must be in a single receipt
- Promotion period is from 1st June to 31st July 2022
- Purchase is entitled to 10% voucher
- No BV for free item(s)
- While stock lasts

#### 条规

- 所有购买必须以单张收据为凭
- 促销期为2022年6月1日至7月31日
- 此促销购买可获得10%折扣券
- 免费产品无BV
- 存货送完即止

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