

# UPDATE BULLETIN

## MAY 2023



### 5 Tips To Protect The Kidneys

The kidneys are essential organs that must be protected because they are prone to various health problems.

These organs, located under the ribs on both sides of the spine, are each about the size of a fist and have various functions in the body. Their role is not only to filter impurities in the blood and dispose of them through urine, but also to maintain and regulate pH, salt and potassium levels in the body. The kidneys also regulate blood pressure and red blood cell production, activating a form of vitamin D that helps the body absorb calcium to build bones and regulate muscle function.

Here are some tips for keeping your kidneys healthy:

#### 1. CONSUME HEALTHY NUTRITIONAL FOOD AND CONTROL YOUR WEIGHT

Reduce foods high in fat, salt, and sugar to help control weight, so you can avoid diseases that risk causing health conditions that can damage the kidneys. Expand vegetables, fruits, and whole grains, so the body receives the vitamins and minerals it needs.

#### 2. FULFILL YOUR BODY'S WATER NEEDS

Keeping your body hydrated can help kidney health. Unfulfilled water needs can stop the tiny filters in the kidneys from working and make you susceptible to infection. Generally, adults need to drink approximately two litres per day. It is also important to know that excessive drinking can interfere with the kidneys because it makes the kidneys work harder in having to filter excess fluid.

#### 3. EXERCISE AND MOVE ACTIVELY

A lack of active movement can impact on the kidneys; for example, sitting for too long or a

lack of exercise. Try to be active, such as opting to take the stairs instead of the elevator, as well as light exercises, such as cycling, walking, or jogging regularly for at least thirty minutes, five days a week.

#### 4. STOP SMOKING AND AVOID ALCOHOL

Smoking can damage blood vessels and slows down blood flow, and negatively affects kidney performance. Meanwhile, alcohol can cause dehydration and increase the risk of liver disease and other diseases related to the kidneys.

#### 5. DO NOT CONSUME EXCESSIVE MEDICINE

Certain types of medicine can increase the risk of developing chronic kidney disease if taken too often or in high amounts, such as fever, headache, or pain medications that contain ibuprofen. In addition, frequent consumption of antibiotics can also damage the kidneys. If you feel sick, you should first consult a doctor to get the right medicine.

In addition to the methods above, you can protect your health by consuming natural beekeeping products from HDI, such as HDI Propoelix™, which helps maintain the body's immunity from various diseases. HDI Naturals™ Clover Honey contains bee pollen and is rich in nutrients, enzymes, vitamins, and minerals that are important for the body.

### WHAT ARE THE BENEFITS OF HDI PRODUCT?

**HDI Propoelix™** has been identified by Intertek Food Services GmbH, Germany to have 7 bioactive components: CAPE (Caffeic Acid Phenethyl Ester), Naringenin, Chrysin, Galangin, Cinnamic Acid, Pinocembrin and Apigenin. These 7 components confirm HDI Propoelix™ health benefits for various diseases since these bio-active components have high antioxidant, anti-cancer properties, hepatoprotection, anti-microbial, anti-inflammatory, anti-fungal, cardioprotective effect and anti-viral. With these beneficial properties HDI Propoelix™ is effective as an immunomodulator for both prevention and curative for various diseases.

**HDI Clover Honey** contains high antioxidants properties and give your great source of energy. Not only that, it's a healthy sugar substitute for diabetic patient. It has been tested by Sydney University Glycemic Index Research Service (SUGIRS) facility and certified to have a low glycemic index (GI-53) and insulin index (II-49). Low-GI diets can reduce the risk of diseases such as heart disease, certain cancers, improve blood glucose control and insulin sensitivity in people with diabetes, reduce high blood fat levels, and can be useful for weight control.

#### Sources/References:

- <https://health.kompas.com/read/2019/12/12/180000068/8-cara-mudah-menjaga-ginjal-tetap-sehat?page=all>
- <https://www.halodoc.com/artikel/cari-tahu-cara-menjaga-kesehatan-ginjal>
- <https://www.webmd.com/a-to-z-guides/ss/slideshow-keep-kidneys-healthy>

# UPDATE BULLETIN

## 2023年5月份



### 保护肾脏的 5 个秘诀

肾脏作为一个重要的器官，很容易出现各种健康问题，所以需要好好保护。

这个器官位于脊柱两侧肋骨下方，约有拳头大小，在体内具有多种功能。它的作用不仅是过滤血液中的杂质并通过尿液排出，还可以维持和调节体内的酸碱度、盐分和钾含量。肾脏还调节血压和红细胞生成，激活一种维生素 D，帮助身体吸收钙以构建骨骼，并调节肌肉功能。

以下是保持肾脏健康的一些提示：

#### 1. 食用健康富含营养的食物并控制体重

减少高脂肪、高盐和高糖的食物以帮助控制体重，这样您就可以避免可能导致损害肾脏的健康状况的疾病。多吃蔬菜、水果、全麦，让身体获得所需的维生素和矿物质。

#### 2. 满足您身体对水的需求

保持身体水分充足可以帮助肾脏健康。不足的饮水需求会阻止肾脏中的微小过滤器正常运作，导致感染。一般来说，成年人每天需要喝大约两公升水。另外的重要须知，过度饮酒会干扰肾脏，使肾脏因需过滤多余液体而操作过劳。

#### 3. 积极锻炼和运动

缺乏活动会影响肾脏功能。例如久坐、缺乏运动等。尽量保持一定的活动量，例如不乘

电梯，改爬楼梯，以及进行轻度运动，例如骑自行车、步行或慢跑，持续每周五天，每次30分钟。

#### 4. 停止吸烟与避免过量饮酒

吸烟会损害血管，从而减慢血液流动，使肾脏功能无法达到最佳状态。同时，酒精会导致脱水，增加患肝病和其他与肾脏有关的疾病的风险。

#### 5. 不要过量服用药物

某些类型的药物如果服用过于频繁或大量服用会增加患慢性肾病的风险，例如发烧、头痛或含有布洛芬的止痛药。此外，经常服用抗生素也会损害肾脏。如果您感到不适，应先咨询医生以对症下药。

除了上述方法外，也可以通过服食HDI的天然养蜂产品来保护您的健康，例如HDI Propoelix™有助于保持身体的免疫力以免受各种疾病的侵害，以及HDI Naturals™苜蓿蜂蜜，含有蜂花粉并富含对身体很重要的营养素、酶、维生素和矿物质。

### HDI产品有何益处？

HDI Propoelix™ 已被世界知名Intertek公司认定富含7种生物活性成分：CAPE(Caffeic Acid Phenethyl Ester- 咖啡酸苯乙酯)、柚皮素、白杨素、高良姜素、咖啡酸、皮诺霉素和芹菜素。这7个成分证实了HDI Propoelix™ 对各种疾病的保健益处，因为这些生物活性成分具有高抗氧化、抗癌、抗肝保肝、抗微生物、抗炎、抗真菌、保护心脏和抗病毒功能。凭借这些有益的特性，HDI Propoelix™ 作为预防和治疗各种疾病的免疫调节剂肯定有效。

HDI Naturals™苜蓿蜂蜜含有高抗氧化特性，为您提供重要的能量来源。不仅如此，它还是糖尿病患者健康糖替代品。它已通过悉尼大学血糖指数研究中心(SUGIRS)的测试，被证实具有低血糖指数 (GI-53) 和胰岛素指数 (II-49)。低血糖指数饮食可以降低一些疾病的风险例如心脏病和某些癌症，改善糖尿病患者的血糖控制和胰岛素敏感性，降低高血脂水平，并可控制体重。

来源/参考：

- <https://health.kompas.com/read/2019/12/12/180000068/8-cara-mudah-menjaga-ginjal-tetap-sehat?page=all>
- <https://www.halodoc.com/artikel/cari-tahu-cara-menjaga-kesehatan-ginjal>
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# TESTIMONY | 见证



## Pain is gone

The sudden excruciating pain started in my waist area and I didn't know the cause of it. So I consulted a doctor and had ultrasound on my abdomen area. I was diagnosed with kidney stones and they were large in size.

The doctor gave me some painkillers and advised me to have them surgically removed. Although I was afraid, I decided to have the surgery. After the surgery, my stone and pain disappeared. However after a short period, the pain reoccurred but this time my wife recommended me to take HDI Royale Jelly Liquid, Pollenergy 520 and Bee Propolis Tablet. After taking the products regularly, the pain subsided and two weeks later, the kidney stones were passed out from my body.

## 疼痛消失了

有一天我的腰部突然开始出现剧烈的疼痛，我不知道是什么原因。因此，我咨询了医生，并对腹部进行了超声波检查。结果我被诊断出患有肾结石，而且结石蛮大。

医生给了我一些止痛药，并建议我做手术切除它们。尽管我很害怕，但我还是决定进行手术。手术后，我的肾结石和疼痛消失了。但是不久之后，疼痛再次出现，这次我妻子建议我服用HDI液状蜂皇乳，520活力花粉和蜂胶片。定期服用产品后，腰痛减轻了，两周后，结石从我体内排出了。

Supriyadi  
40 years old



## TESTIMONY | 见证



### HDI products helped improving my health

In 2018, I was diagnosed with kidney stones and kidney failure. I went for medical treatments regularly. While being hospitalized, I was recommended to take HDI products by one of the nurses. After 1 week of consuming HDI Clover Honey, Pollenergy 520, Bee Propolis Tablet and Royale Jelly Liquid, I felt much better and started recovering. I continued taking the products and went for my treatments regularly, the lab results showed an improvement. The result of my previous creatinine level which was as high as 14 was reduced to 3.81 rapidly at the end of September. My creatinine level dropped again to 2.3 in November. I will continue taking HDI products to maintain my health and regulate my creatinine level.

### HDI 产品帮助提升我的健康

2018年，我被诊断出患有肾结石和肾衰竭。我定期去接受医疗。在住院期间，一位护士建议我服食HDI产品，HDI苜蓿蜂蜜，520活力花粉，蜂胶片 and 液状蜂皇乳。服食一周后，我感觉好多了，开始渐渐康复。我继续服食产品，并定期接受治疗，检验结果显示病情有所改善。我以前的肌酐水平高达14，结果在9月底迅速降至3.81。我的肌酐水平在11月份再次下降至2.3。我将继续服食HDI产品，以持续保持健康并控制肌酐水平。

Sulistya  
45 years old

