

UPDATE BULLETIN

OCTOBER 2023



The Importance of Investing in Women's and Children's Health

Long-term health investment plays a crucial role in attaining overall wellness and good health, particularly for women and children.

Investing for the future isn't solely about financial matters; it also involves caring for your health, and it's best to start as early as possible. It's not just about addressing diseases; health investment is also about wellness, which contributes to achieving holistic well-being. Some of us may be familiar with the term 'wellness,' which signifies an overall optimal and balanced state, encompassing physical, mental, and social aspects. The concept of wellness can apply to anyone, regardless of age or gender. However, concerning women's wellness and children's wellness specifically, we can observe how both are equally crucial components in achieving holistic balance within a family.

Women's Wellness

Key aspects of women's wellness encompass a focus on health factors such as reproductive and hormonal issues, including those arising during puberty, pregnancy, and menopause, as well as bone health and susceptibility to inflammatory digestive system disorders. These issues can significantly affect the quality of life and overall well-being of women. Furthermore, women are susceptible to depression and anxiety. Some may experience symptoms of mental disorders during pregnancy, within the year following childbirth, and during the menopausal transition. Therefore, it's essential to recognize that women's mental health is a crucial component of overall wellness.

Kids' Wellness

Wellness for children encompasses comprehensive care across various aspects of a child's life, including physical health, development, intellectual growth, mental and emotional well-being, social development, and the surrounding environment. Here's how to apply it to children.

Intellectual Wellness

Promote intellectual growth by introducing new and innovative learning experiences to children, such as taking them to parks, zoos, museums, or libraries.

Emotional Wellness

Teaching children how to solve problems, cope with changes, and handle challenging situations both cognitively and behaviorally during their early years can help reduce fear and anxiety in adulthood.

Social Wellness

Engaging with other children and participating in activities can enhance cognitive development, boost a child's self-esteem, and build their self-confidence. Social interactions also teach children manners, conflict resolution, and the importance of listening.

Physical Wellness

Enhancing a child's physical health can be achieved through proper nutrition and regular physical activity.

HOW DO HDI PRODUCTS HELP?

To achieve wellness, it must be pursued consciously and developed as it involves the lifestyle you choose. This includes consuming nutritious food, engaging in regular exercise, and ensuring adequate rest. Moreover, you can enhance your wellness journey by incorporating supplements made from natural ingredients, as exemplified by HDI products. For instance, many women have experienced the benefits of HDI Origins™ Royal Jelly Liquid and Royal Jelly Tablet, which aids in reducing the risk of premature aging, boosting collagen levels in the skin, improving the reproductive system, alleviating menstrual discomfort, and maintaining reproductive health post-menopause. Additionally, consider incorporating HDI Origins™ Pollenergy 520 into your routine as a vital source of nutrients to enhance stamina, along with HDI Naturals™ Clover Honey to support digestive health. These additions make daily activities more comfortable, whether you're at home, traveling, or enjoying the holiday season.

When it comes to the little ones, remember to provide them with HDI Propoelix™ and HDI KIDS™ HoneyBee PollenS and Kids 3. These supplements help boost their immunity and increase energy levels. Especially in recent times, the number of influenza cases has been on the rise, with numerous cases being reported and many individuals requiring hospitalization. Additionally, these supplements provide essential nutrients for their growth and development. With the help of these supplements, children can grow up healthy, strong, and cheerful.

Reference:

<https://nationalwellness.org/resources/six-dimensions-of-wellness/>
<https://www.globalwellnessday.org/about/what-is-wellness/>
<https://optimists.in/health-hub/importance-of-womens-wellness/>
<https://www.starhealth.in/blog/the-4-types-of-wellness-for-children>

UPDATE BULLETIN

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妇女和儿童健康投资的重要性

长期健康投资对于实现整体健康和身体健康发挥着至关重要的作用，特别是对于妇女和儿童而言。

为未来投资不仅仅涉及财务问题；它还涉及到您的健康照顾，所以最好尽早开始。这不仅仅是解决疾病问题；健康投资还涉及到促进整体福祉，有助于实现全面的健康。我们中的一些人可能熟悉“健康”一词，它表示一种整体最佳和平衡的状态，包括身体、心理和社交方面。健康的概念适用于任何人，无论年龄或性别。然而，具体到妇女和儿童的健康，我们可以观察到两者对于实现家庭内部的整体平衡同样重要。

妇女的健康

女性健康的关键方面包括关注健康因素，例如生殖和荷尔蒙问题，包括青春期、怀孕和更年期期间出现的问题，以及骨骼健康和易患炎症性消化系统疾病。这些问题会严重影响女性的生活质量和整体福祉。此外，女性容易患抑郁症和焦虑症。有些人可能会在怀孕期间、分娩后一年内以及绝经过渡期间出现心理疾病的症状。因此，必须认识到女性的心理健康是整体健康的重要组成部分。

儿童的健康

儿童健康包括儿童关怀和生活各个方面的全面护理，包括身体健康、发育、智力成长、心理和情感健康、社会发展以及周围环境。以下是如何将其应用于儿童的方法。

智力健康

通过向儿童介绍创新和创意的学习体验来促进智力成长，例如带他们去公园、动物园、博物馆或图书馆以促进智力增长。

情绪健康

在孩子的早年教育中教导他们如何解决问题、应对变化以及在认知和行为上处理具有挑战性的情况，有助于减少成年期的恐惧和焦虑。

社交健康

与其他孩子互动并参与活动可以增强认知发展，提高孩子的自尊心，培养他们的自信心。社交互动还教导孩子礼貌、解决冲突以及倾听的重要性。

身体健康

通过适当的营养和定期的身体活动可以增强孩子的身体健康。

HDI产品有何益处？

为了实现健康，必须有意识地追求并将其发展起来，因为它涉及到您选择的生活方式。这包括摄入营养丰富的食物、定期运动和确保充足的休息。此外，您还可以通过由天然成分制成的保养品（例如HDI产品）来增强您的健康之旅。例如，许多妇女已经见证了HDI Origins™ 液状蜂皇乳和蜂皇乳片的好处，这些产品有助于减少皮肤的早衰风险，提高胶原蛋白水平，改善生殖系统，缓解月经不适症，并在更年期后维护生殖健康。此外，考虑在您的日常生活中加入HDI Origins™ 520活力花粉，作为增强体力的重要营养来源，以及HDI Naturals™ 苜蓿蜂蜜，以增强消化健康。这些保养品使日常活动更加舒适，无论您是在家里、旅行还是享受假期。

对于孩子们，不妨为他们提供HDI Propoelix™和HDI KIDS™ 蜂蜜花粉和儿童3合1。这些保养品有助于增强他们的免疫力并增加能量水平。特别是近来，流感病例的数量不断上升，报告病例众多，许多人需要住院治疗。此外，这些保养品为他们的生长和发展提供了必要的营养。借助这些保养品的帮助，孩子们可以健康、茁壮和开心地成长。

来源/参考

<https://nationalwellness.org/resources/six-dimensions-of-wellness/>

<https://www.globalwellnessday.org/about/what-is-wellness/>

<https://optimists.in/health-hub/importance-of-womens-wellness/>

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TESTIMONY | 见证



Enhancing the immune system and maintaining health

I had been aware of HDI products for approximately 12 years, but I only began using them when my daughter Khaira developed a fever. I administered HDI Clover Honey and Honeybee PollenS to her. Thanks to these products, Khaira recovered from her fever more quickly than usual. After her recovery, I continued to provide her with these products to boost her immune system and maintain her health. I observed remarkable changes in Khaira; she became more energetic and more confident. Now, she rarely falls ill and consistently excels in her studies, consistently ranking either 1st or 2nd in her class from Grade 1 to Grade 3. Thank you, HDI!

增强免疫系统并保持健康

我认识HDI的产品约12年，但我真正开始服食HDI的产品是在我女儿Khaira发烧的当时。我给了她HDI苜蓿蜂蜜和儿童蜂蜜花粉。多亏了这些产品，Khaira的烧很快就消退了。在她康复后，我继续给她服食HDI产品以提高她的免疫系统，并保持她的健康。我注意到Khaira有着很大的变化，她变得更有活力和自信。现在她很少生病，学习成绩也很好，从一年级到三年级，在班上总是排在第一或二位。谢谢 HDI!

Khaira Khailani
8 years old





Ensuring a smooth pregnancy and delivery

To maintain the well-being of both myself and my unborn baby, I began regularly consuming HDI Pollenergy 520, Propoelix™, Royal Jelly Liquid, and Clover Honey from the early stages of my fourth pregnancy.

According to ultrasound results, both my health and the fetus remained consistently healthy throughout the pregnancy. Despite being pregnant, I managed to sustain my stamina and actively engage in my HDI business, often traveling by motorbike to different places.

Due to a history of two previous caesarean sections, I opted for another caesarean delivery. When my son was born, he weighed only 2.4 kg; however, he was in excellent health and spent only one day in the incubator. After a two-day hospital stay, I was discharged as my surgical wound had healed.

顺利怀孕和分娩

为了让我和肚中的宝宝能够保持最佳的状态，从我第四次怀孕开始，我就经常服用 HDI 520 活力花粉、HDI Propoelix™、液状蜂皇乳和苜蓿蜂蜜。

从超声波结果来看，我和胎儿的状况一直都很健康。在我怀孕期间，我保持了 my 耐力，并积极致力于经营 HDI 业务，还经常骑摩托车出城。

因为我之前有两次剖腹产的历史，所以我选择了再次剖腹分娩。当我儿子出生时，他只有 2.4 公斤重；但他非常健康，只在保温箱里呆了一天。住院两天后，由于我的手术伤口已经痊愈，所以我被允许出院了。

Mariani
41 years old

