



Long COVID Needs More Attention

Long COVID—or post-COVID conditions—is a wide range of new, returning, or ongoing health problems people may experience more than four weeks after being first infected with SARS-CoV-2. According to the Centers for Disease Control and Prevention (CDC), even people who did not have any previous symptoms can experience long COVID, which can present itself as different types and combinations of health problems and can range in lengths of time.

Two years into the pandemic, long COVID remains one of the biggest threats. Early estimates suggest that anywhere from ten to fifty percent of unvaccinated people infected with the virus develop long-term symptoms. Vaccines may reduce the risk by as much as fifty percent.

Yet, long COVID was rarely discussed in public health messages during the Delta and Omicron waves; officials focused on acute severe disease and death and largely ignored the debilitating and life-altering long-term effects the virus has on so many people.

This lack of concern is even more surprising considering that we still understand little about the condition, including what causes it. Some theories suggest that the virus triggers rampant inflammation or autoimmune disease, others that the virus itself may persist in tissues in the body. We know that millions of people are seeking care for a staggering array of symptoms that include fatigue, brain fog, racing hearts, breathlessness, pain and more.

There are three types of long COVID

Long COVID can be broken down into three categories. The first category is that people with COVID-19 do not completely recover and have ongoing symptoms because of direct cell damage from the virus.

The second category of long COVID is when a person's symptoms are related to chronic hospitalisation. This is when a person is in the hospital's ICU, bed-bound for weeks. Symptoms like muscle weakness, cognitive brain dysfunction, and psychosocial stress causing a post-traumatic stress disorder-like syndrome are considered as post-ICU care syndrome.

In the third category are those cases in which symptoms appear after recovery. There are various patient factors at play, reflecting the interplay with the immune system and the impact that both those things have on the body. These lingering symptoms are produced after the recovery because of this interplay between inflammatory markers and the immune system.

Healthy lifestyle and diet that can help to prevent these long COVID symptoms

Fatigue

Besides following a regular sleep pattern, as aiming to rise and go to bed at the same time each day helps reduce fatigue, a healthy diet is also a key factor.

Opt for carbohydrate sources with a low glycemic index (GI), as these are digested relatively slowly and help prevent sugar swings. Good choices include beans, lentils, wholegrain cereals such as oats, wholemeal pasta and brown rice, plus fruit and vegetables.

How can HDI products help?

Another option would be honey. **HDI Clover Honey** is a healthy sugar substitute safe for diabetics. Compared to table sugar (sucrose), honey has been found to give lower blood sugar readings, which causes lesser glucose intolerance. **HDI Clover Honey** has been tested by Sydney University Glycemic Index Research Service (SUGIRS) facility and is certified to have a low glycemic index (GI).

Headache

A headache is one of the most common symptoms experienced by a group known as COVID-19 long hauliers, or those with lingering issues related to the coronavirus. Ensure you drink sufficient fluids, as even mild dehydration can contribute to headaches.

How can HDI products help?

HDI Clover Honey is also a great thirst-quenching drink that can prevent dehydration. It contains high anti-oxidant properties and is an excellent source of energy.

Brain fog

Aim to eat at least two portions of fish per week, one of which is oily. These provide omega 3 fats, which are essential for brain health. Ensure you get sufficient sleep. Regular exercise is also important to boost circulation to the brain and help memories stick.

How can HDI products help?

Royal jelly is a superfood packed with vitamins, minerals, amino acids, and hormone-balancing properties. **HDI Royale Jelly Plus Liquid** helps to improve memory and brain function.

Joint and muscle aches

While joint and muscle problems can occur anywhere in the body during or after COVID-19, it is important to remain mobile even when fatigued and experiencing muscle aches and pains. Active rest, such as slow walking, low-level cardio or gentle swimming, can also aid recovery.

How can HDI products help?

Many natural products have been used as anti-inflammatory and healing agents, with propolis being a remarkable option. In addition, data from reviewed studies denote varying positive effects of bee products (bee pollen, royal jelly, and bee propolis) on muscle mass, strength, and function. Thus, **HDI Bee Propolis**, **Pollenergy 520**, **Propoelix™** and **Royale Jelly Plus Liquid** would be better options.

Sources/References:

- <https://www.scientificamerican.com/article/covid-long-haulers-are-calling-attention-to-chronic-illnesses/>
- <https://www.ama-assn.org/delivering-care/public-health/what-doctors-wish-patients-knew-about-long-covid>
- <https://www.healthspan.co.uk/advice/long-covid-diet-and-lifestyle-changes-that-can-help>



新冠长期症状需要更多关注

新冠长期症状(或新冠后症)是人们在首次感染冠状病毒后可能会遇到的一系列新的、复发的或持续的健康问题。根据疾病控制和预防中心(CDC)的说法,即使是没有任何症状的人也可能以不同类型和组合的健康问题经历长时间或短时间的新冠症状。

经历了两年的疫情后,新冠长期症状仍然对人们构成最大的威胁。早期估计显示,感染该病毒的未接种疫苗者中有10%到50%会出现长期症状。疫苗可将风险降低多达50%。

然而,在Delta和Omicron病毒浪潮期间,公共卫生信息中很少讨论新冠长期症状;官员们把注意力集中在急性重症和死亡上,而在很大程度上忽略了这种病毒对这么多人造成的衰弱和改变生活的长期影响。

考虑到我们对这种情况仍然知之甚少,包括导致这种情况的原因,这种缺乏关注更加令人惊讶。一些理论认为该病毒会引发猖獗的炎症或自身免疫性疾病,另一些理论则认为该病毒本身可能会持续存在于体内的组织中。我们所知道的是,数百万人正在寻求一系列令人震惊的症状的护理,包括疲劳、脑雾、心跳加速、呼吸困难、疼痛等等。

三种新冠长期症状

新冠长期症状可分为三种。第一种是新冠患者由于病毒直接损伤细胞而无法完全康复并出现持续症状。

第二种新冠长期症状是当一个人的症状与长期住院有关。长期住院、重症监护室或卧床数周会导致创伤后应激障碍样综合征的肌肉无力、认知功能障碍和心理社会压力等症状,这些都被认为是重症后护理综合征。

第三种是康复后出现症状的病例。各种患者所引起的因素,反映了与一个人的免疫系统的相互作用,以及这两种因素对身体的影响。由于炎症标志物和免疫系统之间的相互作用,这些持续存在的症状是在康复后产生的。

健康的生活方式和饮食有助于预防这些新冠长期症状

疲劳

除了遵循规律的睡眠模式,每天在同一时间起床和睡觉以帮助减轻疲劳,健康的饮食也是一个关键因素的免疫力。

选择血糖指数(GI)低的碳水化合物来源,因为这些碳水化合物的消化速度相对较慢,有助于防止糖分波动。不妨选择豆类、扁豆、燕麦等全麦谷物、全麦面食和糙米以及水果和蔬菜。

HDI如何帮助您?

除了碳水化合物来源,另外可选择蜂蜜。HDI首蓿蜂蜜是一种健康的糖替代品,对糖尿病患者安全。与食糖(蔗糖)相比,蜂蜜可降低血糖指数,从而减少葡萄糖耐受不良。HDI首蓿蜂蜜已通过悉尼大学血糖指数研究服务(SUGIRS)的测试,并被证明具有低血糖指数(GI)。

头痛

头痛是新冠长期症患者或一群经历了不能摆脱此病毒的人,最为最常见症状之一。确保您喝足够的水,因为即使是轻微的脱水也会导致头痛。

HDI如何帮助您?

HDI首蓿蜂蜜是可以防止脱水的解渴饮料的绝佳选择。它含有高抗氧化特性,并为您提供强大的能量来源。

脑雾

每周定下目标至少吃两份鱼,其中一份是油性的。鱼类提供Omega-3脂肪,这对大脑健康很重要。另外确保您有充足的睡眠。经常运动对于促进大脑循环和帮助维持记忆也很重要。

HDI如何帮助您?

蜂皇乳是一种超级食物,富含维生素、矿物质、氨基酸和荷尔蒙平衡特性。HDI液状蜂皇乳有助于改善记忆力和大脑功能。

关节和肌肉疼痛

在新冠疫情患病期间或康复后,身体的任何部位都可能出现关节和肌肉问题。即使您感到疲倦和肌肉酸痛,保持灵活性也很重要。充足的休闲,例如慢走、低强度的有氧运动或温和的游泳,也可以帮助康复。

HDI如何帮助您?

许多不同的天然产品已被用作抗炎和愈合剂,蜂胶是一个卓越的选择。此外,一些评论的研究数据显示蜂产品(蜂花粉、蜂皇乳和蜂胶)对肌肉质量、力量和功能有着正面的影响。因此,HDI蜂胶,520活力花粉,Propoelix™和液状蜂皇乳会是最佳的选择。

参考

- <https://www.scientificamerican.com/article/covid-long-haulers-are-calling-attention-to-chronic-illnesses/>
- <https://www.ama-assn.org/delivering-care/public-health/what-doctors-wish-patients-knew-about-long-covid>
- <https://www.healthspan.co.uk/advice/long-covid-diet-and-lifestyle-changes-that-can-help>

TESTIMONY | 见证

Thanks to HDI bee products for helping COVID-19 recovery

As a general practitioner(GP) at a public health center, I have to deal with many patients with various ailments. On January 2022, some of my colleagues were confirmed COVID-19 positive. When I checked my antigen swab test on 27 January, my result was Reactive. 3 days later, I tested again and the result was positive.

During my quarantine period, I regularly consumed HDI Clover Honey, HDI Royal Jelly and Pollenergy 520. Due to the consumption of HDI products, my symptoms became mild. Finally, I did my PCR swab test on 4 February and the result is negative.

感恩HDI蜂产品帮助新冠肺炎的康复

作为一名在大众保健中心的普通科医生，我必须接触许多患有各种疾病的患者。在2022年1月，我的一些同事被确诊新冠肺炎。当我在1月27日检查我的抗原拭子测试时，我的结果是有反应的。三天后，我再次做PCR测试，结果是阳性。

在隔离期间，我经常服食HDI苜蓿蜂蜜、HDI蜂皇乳和520活力花粉。多亏服食了HDI产品，我的症状变得轻微。最后，我在2月4日进行了PCR拭子测试，结果为阴性。

Dr Ni Made Kencanawati
46 years old



TESTIMONY | 见证

HDI Propoelix™ keeps my family healthy

I got to know about HDI products from a doctor who is now my upline. We were recommended to take HDI Propoelix™ as a supplement to increase our body's immune system during COVID-19 pandemic. After taking the product, my husband noticed his smoking habit was no longer enjoyable and it helped improving his constipation.

One day, my son who is 15 years old suddenly had a swollen and painful rash about 5cm on his left cheek, later diagnosed as thrush. I immediately gave him HDI Propoelix™ and within 3 days, the swelling subsided and on the 5th day, the thrush was gone.

HDI Propoelix™ 让我的家人保持健康

通过一位医生（现今已是我的上线）我认识了HDI产品。 我们被建议在新冠肺炎期间服用 HDI Propoelix™ 来作为提升身体免疫力的保健品。 服用该产品后，我丈夫意识到他不太喜欢吸烟了，除此之外也改善了他的便秘问题。

有一天，我15岁的儿子突然左脸颊长了5厘米左右的肿痛皮疹，后来被诊断为鹅口疮。 我立即给他服用 HDI Propoelix™，3天后肿胀便消退了，到了第5天鹅口疮也消失了。

Santi Dewi
42 years old



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- Purchase of multiple sets allowed
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- Purchase of multiple sets allowed
- Does not include new HDI SG membership fee

For more details, please contact HDI SG:

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New Zealand Honeybee Care Code™ Supporting bee welfare

Honeybees depend on beekeepers for their survival in the face of pests and diseases. In turn, bees provide pollination for many of our most valuable crops and yield up their own resources as honey and other products. Managing bees is demanding, complex work, with a lot of competing demands, which change constantly with weather conditions. Taking care of bees is important for beekeepers, whose livelihood as well as professional fulfilment is derived from healthy, vigorous bee colonies.

Bees do not fit the current New Zealand Animal welfare framework - they live in colonies and are not contained within specific areas like fences for animals. But we are using the established animal welfare frameworks for simplicity and comparability.

This code sets out a similar framework to shape and assess bee welfare. Many beekeepers will already meet and exceed these elements. As research and beekeeping practices develop, so too will this Code and its provisions change.

What is the purpose of New Zealand Bee Care Code?

The domains of bee welfare set out in this code specify practices of care that ensure bees are treated humanely with their physical, health and behavioural needs taken into account in the course of beekeeping operations. The life experience of bees is important as it matters to us as a society, how honeybees are treated.

All beekeepers should have an appropriate level of understanding of the measures, as set out below, that help guarantee bee welfare and also of the practices that would put bee welfare at risk.

Domains of Bee Care

1) Nutrition

Beekeepers endeavour to ensure their hives have adequate food stores and provide appropriate supplementary feed as required, to maintain colony survival.

Indicators of achievement:

- Hives are sited taking into account requirements for access to water and floral resources.
- Hives have adequate stores to sustain the colony - this may include honey, pollen and supplementary feed.
- Bees are foraging purposefully during suitable weather conditions where nectar and pollen sources are available to them.

2) Physical Environment

- Beekeepers endeavour to have hives placed to capture sunlight/warmth and sited to avoid permanently shaded or damp locations.
- Beekeepers provide measures to protect hives from stock damage when necessary
- Beekeepers provide for the expansion of the colony when necessary, providing space/ventilation to minimise swarming behaviour.
- During and after natural disasters, safety first, and as soon as safely possible check bee welfare.

Indicators of achievement:

- Hives are accessible
- Healthy, thriving hives

3) Health

- Undertake appropriate monitoring for the control of known pests and diseases. Conduct pest and disease prevention activities and act on any manifestation of disease with appropriate treatment where practical.
- Have the knowledge* necessary to identify and manage known bee pests and diseases so that adverse effects on bee health are minimised.

Indicators of achievement:

- Be compliant with the American Foulbrood Pest Management Plan.
- Control measures are employed to protect bees from wasps, parasites, and diseases

4) Behavioural Interactions and Management

- Provide good practice hive management to ensure bees have sufficient opportunities to exhibit normal patterns of behaviour.
- Adopt practices that minimise stress to the bees.
- Transport hives so that loss of bees during transportation is minimal.
- Where depopulation of hives is necessary, this should be carried out as quickly and humanely as possible.

Indicators of achievement:

- Visually healthy bees, and brood. Appropriate amount of bees to cover and nurse the brood relative to the season.
- Bees orientate quickly to new environment following transportation and begin foraging in suitable conditions where nectar or pollen is available.
- Hives moved an appropriate distance when shifted, to avoid field bees returning to the original location and perishing

5) Comfort and wellbeing

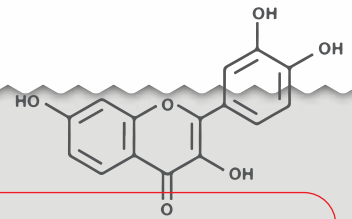
Adopt hive husbandry practices to ensure any treatment of bees avoids unnecessary harm and suffering to bees.

Indicators of achievement:

Bees are healthy, vigorous and engaging in normal behaviours that result in the production of quality beehives, bee products and /or pollination services.

Propoelix™

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in the World



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The latest research from the Intertek Food Services GmbH-Germany Lab in January 2022 showed that HDI Propoelix™ is a supplement with the highest polyphenol content worldwide, at 34.51%.

What are Polyphenols?

Polyphenols are a group of natural compounds in plants with many health benefits. In several studies, the active compounds in polyphenols act as antioxidants that can reduce the risk of you and your family getting various diseases.

Based on this research, the following are the bioactive compounds contained in HDI Propoelix™



- ✓ Galangin: Natural Antibiotic / Antibacterial
- ✓ Chrysin: Hepatoprotector, Nephroprotector, and Anti-cancerous
- ✓ Pinocembrin: Anti-inflammatory and Antioxidant
- ✓ Naringenin: Antidiabetic, Antiatherogenic, Anti-tumorous, and Immunomodulator
- ✓ CAPE (Caffeic Acid Phenethyl Ester): Anti-cancerous, Anti-inflammatory, Neuroprotective, and Cardioprotective
- ✓ Cinnamic Acid: Antioxidant, Anti-cancerous, Anticonvulsant, Antidiabetic, and Anticholesterolemic
- ✓ Apigenin: Antifungal, Antivirus, Anti-tumorous, and Hepatoprotector
- ✓ Rutin: Antioxidant, Neuroprotective, Cardioprotective, Nephroprotective, and Hematoprotective

The content of these eight bioactive compounds strengthens the health benefits of HDI Propoelix™ as an immunomodulator for preventing and healing various diseases. HDI Propoelix™ is also safe for consumption by children and adults.

It has been proven by our customers that HDI Propoelix™ is not only able to maintain their health and help boost their immune system but also helps speed up recovery from illness. In addition, our products have gone through various clinical trials, including DHF and HIV / AIDS, and the results have been published in medical journals.

With this, we ensure that many people and families worldwide can benefit and boost their immune systems by consuming HDI Propoelix™ regularly.