



Maintain Immunity After Vaccination

Vaccination is currently one of the preventive measures to avoid the corona virus. However, even after getting vaccinated, the body's immunity must be maintained.

Singapore has the highest rate of complete Covid-19 vaccination globally. So far, 87% of the population has been fully vaccinated against Covid-19, and 88 per cent has received at least one dose. As of 25 Dec, 96% of the eligible population (aged 12 years and above) have completed their full regime, or received two doses of Covid-19 vaccines. Meanwhile, 34% of Singapore's population have received boosters. With new Covid-19 variants such as Omicron surfacing, full vaccination will have to include booster shots as well.

Vaccination can help the body become immune or protected from disease, so that if later infected, you will not get sick or you will only get mild illness. Therefore, even though we have been vaccinated, it does not mean that our bodies are completely immune from the corona virus. The possibility of contracting is still there - it's just that getting vaccinated can help reduce the impact.

Therefore, even though you have been vaccinated, it is still recommended that you carry out health protocols to prevent transmission of the corona virus by wearing a mask, washing your hands with soap in running water, and maintaining a distance if you have to move outside the home.

In addition, after undergoing vaccination, maintaining immunity is also important during this pandemic. The following actions can help maintain the body's immunity:

Paying Attention to Food Intake

To maintain the immune system and help the immune

response when the vaccine is given, it is important to maintain healthy food intake. Therefore, consume nutritious foods that contain protein, vitamins, antioxidants, and minerals such as those found in vegetables, fruits, nuts, seeds, and natural spices.

Managing Stress

When sleeping, the body detoxifies, regenerates cells, and many important processes in the body occur. A lack of sleep can affect stress levels, which will also have a bad impact on the body's immunity. Therefore, do not overlook the importance of sleep. Not just sleep, but also quality or uninterrupted sleep (at least 7-8 hours a day) to help strengthen the immune system.

Avoiding Alcohol Consumption

In addition to having a bad effect on liver function, alcohol consumption also has an impact on the body's immunity. Some studies say that, alcohol can make it difficult for the immune system to defend against germs or infections.

Exercising

In general, regular exercise can help maintain a healthy body. After undergoing vaccination, regular exercise can help encourage the immune response and helps the vaccine to work efficiently. You can exercise 20-30 minutes daily, 3-5 times per week.

Consuming Supplements

Taking supplements can also be a way to maintain the body's immunity, including those who have been vaccinated, to help provide protection from exposure to viruses. This is especially true for those elderly people who tend to have weaker immune system compared to young adults.

How HDI helps?

Choose supplements made from natural ingredients to help maintain the body's immunity, for example, HDI Propoelix™. This supplement is made of natural ingredients containing 200 mg of propolis extract has the main benefit of helping to increase immunity. A recent study of 112 healthy people who took Propoelix™ for 30 days showed an increase in CD4, CD8 white blood cells, and NK cells (an important component in the body's immunity). This shows that HDI Propoelix™ is not only efficacious in helping the recovery process of those who are sick, but also help those with good health to maintain their immunity.

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.



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接种疫苗后必须保持充分的免疫力

接种疫苗是目前避免冠状病毒的预防措施之一。然而，即使接种了疫苗也必须保持身体有充分的免疫力。

新加坡是全球新冠肺炎疫苗接种率最高的国家。到目前为止，87%的人口已完全接种新冠肺炎疫苗，88%的人口至少接种了一剂。截至12月25日，符合条件的人群（12岁及以上）中有96%已完成完整接种方案，或接种了两剂新冠肺炎疫苗。与此同时，新加坡34%的人口接受了加强剂。随着冠状病毒出现了变种和突变，例如最近的Omicron病毒，全面疫苗接种必须包括加强剂的注射。

接种疫苗可以帮助身体获得免疫力或免受疾病的侵害，如果不幸被感染，您可避免患上新冠肺炎重症的风险。因此，即使我们接种了疫苗，并不意味着我们的身体就对冠状病毒完全免疫。感染的可能性仍然存在，只是接种疫苗可以帮助降低感染的风险。因此，我们仍然建议您继续遵守健康作业程序。例如戴上口罩，勤洗手以及保持社交距离以防止冠状病毒的传播。

此外，接种疫苗后，在此次新冠肺炎疫情期间保持免疫力也很重要。您可以通过以下一些方法来帮助维持身体的免疫力：

注意饮食

为了维持免疫系统并在接种疫苗时帮助免疫反

应，保持健康的食物摄入量很重要。因此，食用含有蛋白质、维生素、抗氧化剂和矿物质的营养食品。这些营养素可在蔬菜、水果、坚果、种子和天然香料中获得。

压力管理

睡眠时，身体会排毒，使细胞再生，身体内的器官都会进行着不同的工作。如果一个人睡眠不足，它会影响压力水平，这也会对身体的免疫力产生不良影响。因此，不要忽视睡眠的重要性。每天至少7-8小时的优质或不间断睡眠可以帮助增强免疫系统。

避免饮酒

饮酒除了对肝功能有不良影响外，对人体的免疫力也有影响。一些研究表明，酒精会使免疫系统难以抵御细菌或感染。

运动

一般来说，经常运动有助于保持健康的身体。同时，接种疫苗后，经常运动也有助于促进免疫反应，使疫苗有效发挥作用。您可以每天运动20-30分钟，每周3-5次。

服食保健品

服用保健品也可以是维持身体免疫力的一种方式，包括那些接种过疫苗的人，以帮助防止感染病毒。尤其是那些与年轻人相比免疫系统往往较弱的老年人。

HDI如何帮助？

选择由天然成分制成的保健品，以帮助提升和保持身体的免疫力，例如 HDI Propoelix™。此保健品由含有200毫克蜂胶提取物的天然成分制成，其主要功效是帮助提高免疫力。在我们最近的一项研究显示，112名健康人士服用了 Propoelix™ 30天后，他们的CD4、CD8 白细胞和NK细胞（人体免疫力的重要组成部分）明显地增加了。这说明HDI Propoelix™ 不仅能有效帮助生病人士康复过程，还能帮助身体健康的人提升和保持免疫力。

除此之外，HDI首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，它还是糖尿病患者的健康糖替代品。



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TESTIMONY | 见证

HDI natural bee products help speed up COVID-19 recovery

Due to job requirement, my husband need to meet with lots of people every day. One day he was having fever, painful joints and throat pain. The next day he went for a swab test and the result was Positive. The chest X-ray showed pneumonia and low oxygen saturation.

Both my son and I also did the swab test and the result was Positive. The doctor suggested a chest X-ray, but I just remembered that my period was late. So, I did a pregnancy test and found out I am pregnant! I was so worried. To help accelerate our recovery, we regularly consume HDI Pollenergy 520, Royale Jelly Liquid, Propoelix™ and Clover Honey. On the 5th day, my sense of smell gradually returned. My husband who had severe cough did not experience shortness of breath anymore and my son did not show any symptoms. After 2 weeks, our swab test results were negative and we were discharged from the hospital.

HDI天然蜂产品帮助加速新冠肺炎的康复

由于工作需要，我丈夫每天需要见很多人。有一天，他突然身体发热，关节疼痛，喉咙开始疼痛。第二天他去做拭子测试，结果是阳性。胸部X光片显示他有肺炎和低氧饱和度。

我和儿子也同时做了拭子测试，结果是阳性。医生建议我拍胸X光片，但我想起我的月经来晚了，验孕结果显示我怀孕了，这让我更加担心。为了帮助加速康复，我们不断服用 HDI 520 活力花粉、液状蜂皇乳、Propoelix™ 和苜蓿蜂蜜。在第5天，我的嗅觉慢慢恢复了，之前咳嗽得很厉害的丈夫也不再呼吸急促，我的儿子也没有任何症状。两周后，我们的拭子检测结果均为阴性，我们终于可以出院了。

Lidya Chandra Dewi
33 years old



TESTIMONY | 见证

Overcoming COVID-19 with HDI Natural Bee Products

I was admitted to hospital due to COVID-19 while having another medical condition - comorbid post chemotherapy breast cancer. During hospitalization, in order to speed up my recovery, I regularly took HDI Clover Honey and Propoelix™. On the 3rd day, the swab test result was still Positive, but my condition became stable, no fever, nausea, dizziness or shortness of breath. Moreover, I lost my sense of smell for only 2 days and back to normal on the 3rd day. During this time, I continuously consume Clover Honey in order to soothe my coughing. On the 5th day, I was able to do some light exercises. On the 9th day, the swab test result was Negative. My blood count was back to normal and my X-ray result showed I was free of Bronchopneumonia. I was discharged and returned home on the 10th day.

HDI 的天然蜂产品帮助克服新冠肺炎

由于感染了新冠肺炎，再加上我患有化疗后乳腺癌，所以我必须入院。在住院期间，为了加速我的康复，我不断服用 HDI 苜蓿蜂蜜和 Propoelix™。在第三天，拭子检测结果仍为阳性，但我的情况稳定了，没有发烧、恶心、头晕或呼吸急促。此外，我只失去了两天的嗅觉，第三天已恢复正常。在此期间，我继续服食苜蓿蜂蜜以缓解咳嗽。在第五天，我可以做一些轻微的运动。在第九天，拭子测试结果显示阴性，我的血细胞计数恢复正常，X光结果显示我没有支气管肺炎。在第十天，我终于可以出院。

Ni Wayan Wiati, A. Md. Keb
50 years old



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