

Empowering You to Healthy Living

AUGUST 2008
www.healthtoday.net

HealthToday

RM6.50 / S\$3.50

Learn about
**Vulnerable
Vaginitis**

Beat that
MIGRAINE!

ouch!
What Can
I Do For My
Back Pain?

The Wonders
of Neem

**CHILDREN
& KIDNEY
DISEASES**

EXCLUSIVE
Lea Salonga, aka
'MISS SAIGON',
and her little star

**ALL EYES
ON WRINKLES**



24-PAGE SPECIAL ON BREASTFEEDING

WHY BREASTFEED? * BREASTFEED
CORRECTLY & COMFORTABLY * CHALLENGES
* MYTHS & MISCONCEPTIONS * POWER-UP
IMMUNITY * GET FIT AGAIN! * MAMA GOES SHOPPING * WHAT
ROLE FOR DADDY? * POST-PARTUM SYMPTOMS * BREASTFEEDING Q&A



CONTENTS

august2008

August Special 'My Mummy Breastfeeds, What About Yours?'

Nutri-Wise

60 How Do I Get My Children to Eat More Greens?

Feature

62 The Wonders of Neem

Herbal Therapy

Body's Best

64 Intimate Moments

Vaginitis

65 Skin Affair

All Eyes on Wrinkles

66 Fitness Files

Ouch! What Can I Do For My Back Pain?

Family First

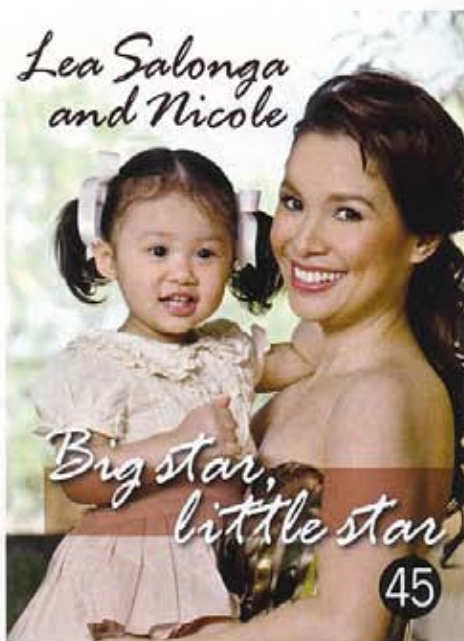
68 Beat the Migraine

Feature

70 Emergencies

Seizures: What Do You Do?

Lea Salonga and Nicole



45

HOW DO I GET MY CHILDREN TO EAT MORE GREENS?

60



Regulars

- 10 Editor's Note
- 12 Letters to the Editor
- 14 Health in the City
- 16 Health Watchers
- 18 Nutri-Search
- 20 Sex & Health
- 72 Doctor's Orders
- 74 News & Chronicles
- 78 ShopTalk



80

Sign up for *HealthToday* now and WIN a Naturcare Organic Lacto-Fibre food supplement worth RM171!



68

Beat that Migraine!



66

OUCH! WHAT CAN I DO FOR MY BACK PAIN?

naturcare™

ORGANIC LACTO-FIBER

59 Carefully Selected Ingredients
from Nature for a Healthier Lifestyle



Malaysia:
Dart Far East Sdn. Bhd.
No. 6, Jalan SS 13/4, Section 13, Subang Jaya,
Industrial Estate, 47500, Selangor Darul Ehsan, Malaysia
Tel: 603 5636 5500 Fax: 603 5631 1842 www.tupperware.com.my

Singapore:
Tupperware Singapore Pte. Ltd.
No. 85, Delu Lane 10, #01-00,
539218 Singapore.
Tel: 02 6285 3988 Fax: 02 6383 1137 www.tupperware.com.sg

Another quality product by **Tupperware**
Brands

IMPROVE YOUR HEALTH WITH ORGANIC LACTO FIBER

1. Balanced Nutrients and Organic Wholemeal Diet

It contains an abundant supply of nutrients such as vitamins, minerals, unsaturated fatty acids, enzymes and plant protein from organic sources that help replenish loss of nutrients in the body.

2. Restores Body Function

It contains anti-oxidant properties that helps combat free radicals.

3. Cleanses Toxins from the Body

Dietary Fiber helps cleanse the intestine walls, increase bowel movement and reduce the risk of toxin build up. It also helps mop up toxin circulating in the blood stream, bind fats and oils and flush them out of the system.

4. Protects The Body by Strengthening the Immune System

Its unique formulation enriched with Probiotic, Prebiotic and Enzymes builds and strengthens the Immune System for healthier living.

DO YOU HAVE ANY OF THESE SYMPTOMS?

- Irregular bowel movement
- Have gastric / flatulence constantly
- Often feel numb on hands or feet
- Feels tired easily
- Have bad breath
- Catch a cold easily

If you ✓ one or more of the above boxes, consider taking NaturCare™ Organic Lacto-Fiber. It can help to relieve all the above.

**MAKE Lacto-Fiber part of
your daily diet now!**

For more information on the
product and where to get
hold of NaturCare Organic
LactoFiber call our

CUSTOMER CARE LINE

MALAYSIA ☎ 1300 88 5500

SINGAPORE ☎ 800 601 1345

✉ mscustomer@tupperware.com



Subscription Promo

Subscribe to *Health Today* and win!

How healthy are you?

I often

- Have irregular bowel movement.
- Have gastric/ flatulence.
- Feel numb on hands or feet.
- Feel tired easily.
- Have bad breath.
- Catch a cold easily.

If you tick one or more of the above boxes, it's high time that you start taking charge of your health today!

This is a not-to-be-missed opportunity to own a copy of Malaysia's most informative health magazine, delivered right to your doorstep.

With *HealthToday*, you are assured of:

- * Reliable and credible articles.
- * Health issues explained in an easy-to-understand style.
- * Up-to-date reports from international and local medical conferences and symposiums.
- * Features and tips on illnesses, nutrition, fitness, beauty, sex, relationships, parenting and many more.
- * A magazine published by an authoritative and medically qualified team.

Plus, if you are among the first 30 subscribers, you can win a set of Naturcare Organic Lacto-Fibre food supplement worth RM171! Lacto-Fibre contains 59 carefully selected ingredients to improve your overall health. It is packed with nutrients and organic wholemeal diet – plus loads of antioxidants, dietary fibres, prebiotics, probiotics and enzymes!

So, what are you waiting for? **Sign up now!**

- * Photo is for illustration purposes only.
- * Promotion ends 31 August 2008.
- * Subscribers who are eligible for the gift will need to collect it from the publisher's office.



Sign up for *HealthToday* now and win a Naturcare Organic Lacto-Fibre food supplement worth RM171!

12 Issues
RM78

Personal details

Mr./Mrs./Mdm/Ms _____

Address _____

Tel No _____ (H/HP) _____ (O)

E-mail _____

New I/C No _____

I hereby enclose RM _____

Cheque/MO/PO No _____

being made payable to **United Medica Sdn Bhd.**

Payment by credit card

Please charge RM _____

to my credit card Visa Mastercard

Cardholder's Name _____

Card No _____

Expiry Date _____

Cardholder's Signature _____

Mail/fax this form to:
United Medica Sdn Bhd
5F, Tower 2, Wisma MCIS Zurich, Jalan Barat, 46200 Petaling Jaya, Selangor, Malaysia.
Tel: 03-7954 2910 Fax: 03-7958 7853 Email: enquiry.my@asia.cmpmedica.com

Terms and conditions: • This subscription offer is open to residents of Malaysia only. • All payments must be made in Malaysian Ringgit. • Please allow 2-4 weeks for your order to be processed. • Payment is not refundable. • Overseas subscription rate are available upon request. • Overseas subscribers are not eligible for gifts. • Gifts mentioned in this promotion are applicable only while stocks last. • Subscribers from Singapore are requested to get in touch with Belinda Leong at Tel No. 02-4223 3788.