

Empowering You to Healthy Living

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www.healthtoday.net

# HealthToday

RM6.50 / S\$3.50

**REAL-LIFE STORY:**

"I Was Reluctant to Start  
**Insulin**, but I'm Glad  
I Did. It Gives Me A  
Better Quality of Life"

## POLE DANCING FOR FITNESS

### ENDOCRINOLOGISTS DISCUSS

- Importance of Getting to Goal, Quickly & Safely
- Overview of the Sweet Issue
- Little Known Facts About Diabetes
- How Kidneys Are Affected

DENTIST TALKS ABOUT GOOD ORAL CARE FOR DIABETICS

**INSULIN** -  
TYPES & HOW TO INJECT  
THE HbA<sub>1c</sub> TEST

20-PAGE REPORT ON

# DIABETES: GET TO GOAL!

## SAW PALMETTO

FOR URINARY PROBLEMS

GERD:  
More than Heartburn

'I WANT TO GAIN WEIGHT!' LEARN HOW  
PEOPLE CAN  
**THIN** BULK UP  
HEALTHILY

**Chelsia Ng**  
Successes,  
Struggles,  
Aspirations

FOOD SAFETY FOR  
YOUR CHILDREN

NOT ALL SWEETENERS  
ARE SUGARS!



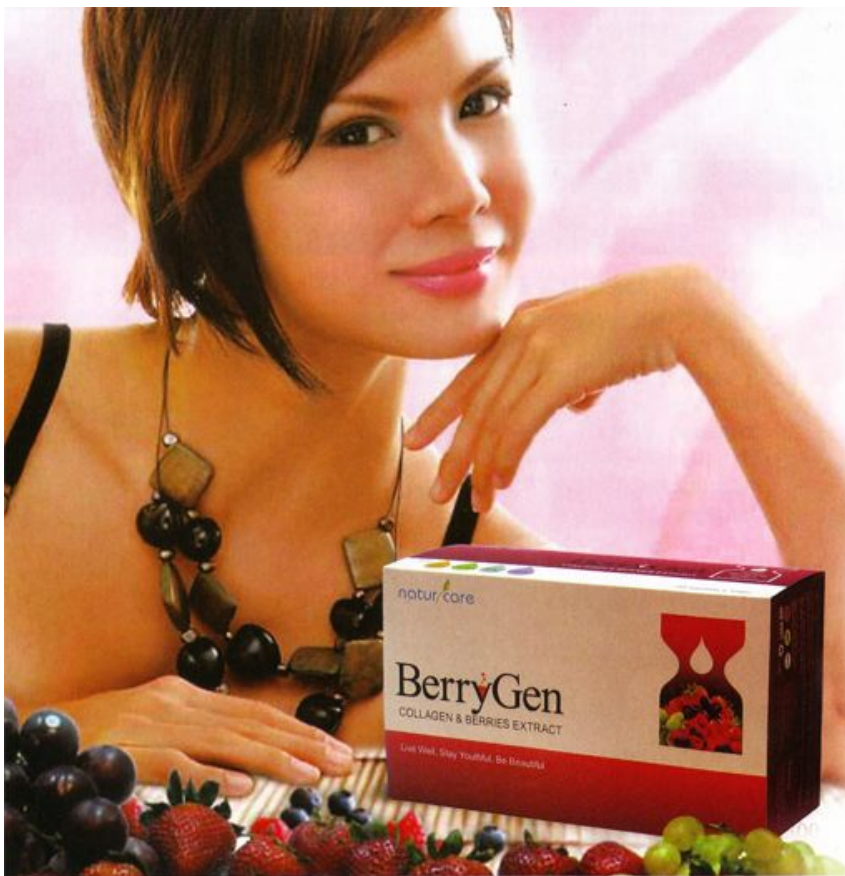
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naturcare™  
**BerryGen**  
 COLLAGEN & BERRIES EXTRACT

*Live Well,  
 Stay Youthful,  
 Be Beautiful.*



*Just one sachet a day contains all of nature's essentials to renew, rejuvenate and protect... so you can live life in good health, feeling young and your natural beauty shining through.*

**BEAUTY THROUGH GOOD HEALTH !**

A natural and potent blend of collagen and extracts from multi-berries, added with vitamin and essential nutrients to renew, rejuvenate and protect... for a healthier, younger you.

**ADVANCED FORMULATION**

A French formulation of collagen plus multi-berries extract with added amino-acids. All the essential nutrients for good health.

**98% ABSORPTION RATE**

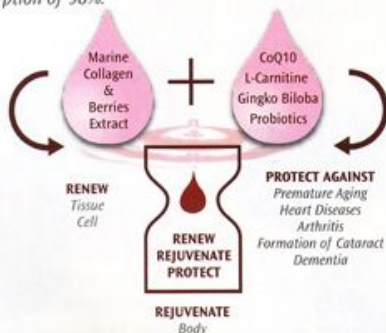
Using the bio-enzymatic hydrolysis technology to extract collagen in finer molecular structure, allowing a maximum absorption of 98%.

**17 TYPES OF AMINO-ACIDS**

A mix of 17 amino-acids giving multiple health benefits. Also has 10% hydroxyproline, an essential amino-acid that effects the firmness and elasticity of skin.

**SAFE & NATURAL**

A natural food source, free from chemical additives, preservatives, coloring and flavoring. Also fat-free and cholesterol free.



**NATURCARE BERRYGEN IS EFFECTIVE !**

**COLLAGEN**

As we age, our collagen level decreases, resulting in facial lines, wrinkles and poor complexion.



**ANTI-OXIDANTS**

The extract of premium berries, rich in vitamins B & C, are known to potent anti-oxidants that help fight against free radicals. It also helps protect against the risk of auto-immune diseases like cancer.



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