

Empowering You to Healthy Living

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www.healthtoday.net

HealthToday

RM6.50 / S\$3.50

DANGEROUS PREGNANCY

4 CHRONIC ILLNESSES & HPV

BIPOLAR DISORDER

INFLUENZA:
WHY VACCINATE
YOUR CHILDREN?

WORLD DIGESTIVE HEALTH DAY

EVERYTHING YOU MUST KNOW ABOUT
NUTRITION AND DIGESTIVE HEALTH.
DON'T MISS IT!

HOW TO DEAL WITH
UNSIGHTLY SCARS

WHAT TO EAT BEFORE
AND AFTER SURGERY

Health
in the City ²⁰¹⁰

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MICHELLE YEOH dishes out her health plan



Look 15 years younger with Artistry!

Want to look up to 15 years younger? That's the promise from ARTISTRY with the introduction of Crème L/X. This skin moisturiser and protector is the first in the Artistry line that tackles both extrinsic and intrinsic causes of aging. Experience for yourself the increased hydration, improved elasticity and overall reduction in fine lines.

Available at RM1,025 (45 ml) from authorised Amway distributors nationwide and eight Amway shops. For more information, log on to www.amway2u.com or call (03) 7946 2288.



An *eXtra* twist to sweetened creamer

If sweetened creamer is a staple when it comes to your favourite beverage, you are in for a treat! F&N Sweetened Condensed Milk recently introduced F&N *eXtra*, a creamer with two new ingredients – tongkat ali and ginseng. Try it with coffee, tea or even chocolate drinks!

Available at major retail outlets at the recommended price of RM3.30 (WM) and RM3.40 (EM).



A clearer view with ACUVUE!



When it comes to choosing contact lenses, most wearers believe that eye health is the primary deciding factor. Thus, contact lenses should not cause tiredness, dryness and redness of eyes. The 1-Day ACUVUE TruEye is the latest product that covers these important facets of eye health, making it comfortable for all-day wear. TruEye is made from oxygen-permeable silicon hydrogel.

Available at optical outlets at RM130 (box of 30 lenses).

Boost your skin's moisture levels with Neutrogena

The new Hydro Boost range from Neutrogena contains purified hyaluronic acid to improve the suppleness and elasticity of skin. Other ingredients, like olive oil extract, protect skin's moisture level by minimising water loss. This 5-product range is equipped with a Progressive Release System that hydrates skin for up to 12 hours.



Available at major pharmacies from RM13.90 onwards.

Colostrum + DHA Chews from Tupperware

Colostrum is rich in carotenoids, essential proteins, antibodies, vitamins and minerals, while docosahexaenoic acid (DHA) is an omega-3 fatty acid. Your child can now enjoy the benefits of this combination with NaturCare's Colostrum + DHA Chews from Tupperware.

Available at the following prices:
15's : RM20 (WM)/ RM23 (EM)
120's: RM139 (WM)/ RM149 (EM)

Available at Tupperware Brands business centres. For more information, call 1-300-88-5500.

