

DE-STRESS WITH K-LINK HEALTH FOOD

We all have stress, but how we handle it can make all the difference. If left unattended, stress often amplifies itself all day long which can impact our mental and emotional states, our relationships, as well as our health. When we are suffering from excess stress, many systems in the body can be negatively affected, these include the digestive system, the cardiovascular system, the musculoskeletal system, the nervous system, the reproductive system, and the immune system. Stress tends to wear us down on a systemic level. The bottom line is that, if you know that you're stressed, even occasionally, making some supportive adjustments could benefit you instantly.

There are many ways to overcome stress, and one of them includes what you eat. There are some health foods that are believed to help tame stress. First, foods that have a calming effect on the body are foods that are high in carbohydrates (e.g. rice, noodles, bread, fruits etc). This is because all carbohydrates prompt the brain to make more serotonin, a feel good chemical. However, for a steady supply of serotonin, it's best to eat complex carbohydrates with high fiber which take longer time to digest. K-BioGreen is one of the good choices of high fiber health food. It raises the levels of serotonin, and hence will have a calming effect on the mind and body. Besides, its complex carbohydrate can also help balance your stress by stabilizing blood sugar levels.

Second, berries are one of the best de-stress food. Berries are packed with nutrients and contain a giant portion of phytochemicals which show a positive effect on brain functions. Its anti-oxidants help destroy free radicals that consume cell oxygen, and damage the cells which ultimately can wear away your memory. These antioxidants that found in berries can reverse age-related declines in brain function,

namely the cognitive and motor deficits associated with Alzheimer's and Parkinson's disease. You can get your berries supply from one of the K-LINK health drinks, namely K-MultiBerry Juice.

Third, many studies have shown that taking a high quality fish oil supplement such as K-OmegaSqua containing both the potent omega-3 fatty acids EPA and DHA can help the symptoms of depression and anxiety. This fish oil is believed to prevent spikes in stress hormones and protect against heart disease and other chronic inflammatory diseases too.

Forth, milk is known as a soothing food and a remedy for sleeplessness based on its high content of tryptophan. Tryptophan is a type of amino acid which will be metabolized and then converted into mood-boosting serotonin. Among all types of milk, soy milk with fortified nutrients is highly recommended. One of the good choices of high calcium soy milk with seaweed content is K-OsteoCal. Its calcium, magnesium and potassium from the sources of seaweed may help keep blood pressure down too.

Lastly, the best defense against stress is keeping it from becoming chronic. Everyone should imply a complete healthy diet and lifestyle to counter the impact of our daily stress. Hence, to keep stress in check, you may follow 'K-LINK De-stress Nutritional Supplement Plan'. Start your day with K-BioGreen which is mixed with K-MultiBerry Juice, while taking a capsule of K-OmegaSqua after lunch and sip on K-OsteoCal before sleep. Chillax and happy stress-free day to all!



Ms. Yeoh Bee Lian

Senior Nutritionist & Product Manager of K-LINK International

- Registered member of Nutrition Society of Malaysia (NSM)
- Bachelor of Science (Nutrition & Community Health) from Faculty of Medicine & Health, Universiti Putra Malaysia (UPM)
- 8 years of experience in conducting health talks and providing consultation on health products for K-LINK International