

# NUTRITION

## CARE



## It's the FOOD you CHOOSE

Access to good food as preventive medicine is proven. What we eat affect our moods and how we feel.

Understanding why you eat may help you to make better food choices. If your goal is to provide the healthiest fuel for your body, it is important to pay attention to your food selection.

## Food choices can become more complicated since certain food may worsen symptoms of diseases

When you are first diagnosed with disease there are many choices you will need to make including your medicine, changing lifestyle and not to forget the diet wise. For many people, the simple act of eating can no longer be taken for granted.

We are what we eat, digest and assimilate. It is important to learn how to make a healthy food choice replace nutritional deficiencies and maintain a well balanced nutrient rich diet.

Get in contact with our dietitian to learn on what suit your tummy best.

## NUTRITION ADVICE

You may seek nutrition advice for :

1

### Casein Free Gluten Free Diet (CFGF)

Casein is found in dairy products & gluten is found in wheat and other grains. Eating foods containing them can affect our body's physical and cognitive functions. In sensitive individual, casein & gluten may cause brain fog, weight gain and inflamed body.

2

### Anti Candida Diet

Yeast infection is messy and painful. This diet eliminates food that feed on the yeast and restores the gut flora.

3

### Autoimmune Diet Protocol (AIP)

AIP diet is geared towards healing the intestinal mucosa and supporting low inflammation in the body. Thus, such diet prevents autoimmune flare-up.

4

### Low Stomach Acid Diet

Stomach acid promotes digestion & absorption of nutrients. People with allergy, indigestion issues will gain benefit from this diet.

5

### Diet Protocol for Children with Special Attention

Dietary and lifestyle advice for ADHD, autistic and hyperactive children. Proper diet helps overcome nutrient deficiency, inflammation of gut, yeast overgrowth and proper detoxification. This results in children with better health.

6

### Insulin Resistance Syndrome Diet

Take control over your sugar level via diet therapy and lifestyle modification.

### FOOD FACT 1

Casein may cause inflammation of gut lining!

Casein free milk such as RICE MILK or ALMOND MILK are good alternatives for individual who has sensitivity towards casein.



### FOOD FACT 2

Fat makes you full. Carbohydrate makes you fat!

Take two tablespoons of coconut oil before your meals. Try avocado smoothie. It's rich in good fat.



# 1 Programme

## HCG-FOREVER WEIGHT LOSS PROGRAMME

The HCG-Forever Weight Loss programme has been developed with careful planning and study. In fact, it is proven to help shed off 300-500g within a day.

The key to the HCG-Forever Weight Loss programme is to burn the unhealthy fat reserves that are typically only released during pregnancy or starvation. This fat is often stored around the waist and hips. The HCG diet works at metabolic level to discharge these fat stores into the bloodstream so that they can be used as fuel.

Overall, this weight loss programme consists of 3 phases. In Phase 1, you will be put on a very low calorie diet of 500 kcal per day with low dose of HCG to help you melt the fat. In Phase 2, you will gradually increase your daily calorie intake to 1000 kcal. Finally, in the last phase, you will move on with your new healthy post-HCG diet lifestyle in your smaller clothes.

Throughout all the phases, you will be closely monitored by professional at regular intervals.



# 2 Programme

## NUTRI-HEALTH PLAN

If you wish to know where you stand in terms of your health status, we can use several non-invasive health assessment tools to benchmark your wellness.

Nutri health plan complete assessment includes:

- \* Bio-impedence analysis
- \* Food diary analysis
- \* Nutrient analysis
- \* Summary of dietary recommendation and print out dietary plan
- \* Supplementation advice or if further test is required



# 3 Programme

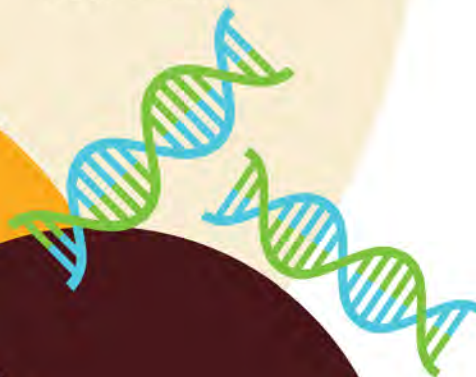
## NUTRIGENOMIC

When it comes to your diet, one size fits all approaches may not lead to optimal health. Research has shown that personalized dietary advice based on your DNA is more valuable than general population based recommendations.

A simple DNA test will get you started to eat according to your genes. DNA sample is collected from your saliva and send for lab testing. The result will enable dietitian to develop a dietary plan that is tailored to your unique genetic profile.

Learn how your genes respond to:

- \* Caffeine and risk of heart disease
- \* Toxic detoxification and risk of cancer
- \* Grains and risk of type 2 diabetes
- \* Omega 3 fat and risk of elevated triglyceride level



### COMMUNITY OUT-REACH PROGRAMME

Join our **NUTRI-TALK** for exciting & informative knowledge sharing

Write in **ASK OUR DIETITIAN** column in our website for dietary Q&A

## SETTING UP AN APPOINTMENT

For personal nutritional plan that's right for you, kindly call our Healthy Living center for appointment booking

Dietitian is available on :  
Tuesday - Friday : 9.00 am - 4.30 pm  
Saturday : 8.00 am - 4.30 pm

## FOR MORE INFORMATION

Visit Healthy Living website at [www.healthyliving.my](http://www.healthyliving.my)

Like us on Facebook at [www.facebook.com/healthyliving.my](https://www.facebook.com/healthyliving.my)

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