

TOTAL HEALTH NEWSLETTER

FIGHTING AGAINST THE COVID-19 TOGETHER!

Having healthy immunity is of paramount importance for us to fight against COVID-19. Diet and nutrients play a crucial role in building a strong immune system. The table below shows some important nutrients and food sources that help us boost our immune system:



FOOD/NUTRIENT THAT BOOSTS YOUR IMMUNITY SYSTEM

RATIONALE

SOURCES (PLANT-BASED)

VITAMIN A / BETA-CAROTENE	Keep the mucous membrane healthy, strengthen the antibody response, encourage white blood cell production	Carrot, pumpkin, sweet potato, dark green leafy vegetables
VITAMIN B (B6, FOLATE)	Vitamin B6 supports biochemical reactions in the immune system Folate helps body produce DNA and RNA which are essential for the growth and production of white blood cells	B6: Banana, sweet potato, potato, avocado Folate: Leafy green vegetables, citrus fruits, beans
VITAMIN C	Stimulate the production and function of white blood cells, it also helps the body to produce antibodies	Citrus fruits, bell peppers, kiwi, strawberries, guavas
VITAMIN D	Strengthen innate immune system and initiate key peptides in the immune system that trigger a strong anti-microbial response	Sunlight, vitamin D-fortified food or supplement
VITAMIN E	Regulate host immune functions and it is a potent antioxidant	Sunflower seeds, almonds, wheat germ oil
ZINC	Deficiency affects the production of T helper cells	Whole grains, tofu, tempeh, legumes, nuts and seeds
SELENIUM	For the proper functioning of neutrophils, macrophages, natural killer cells and T lymphocytes	Brazil nuts, sunflower seeds, mushrooms, beans and lentils
PROBIOTICS	Promote the production of natural antibodies and boost immune cells	Miso, natto, tempeh, soy yogurt, sauerkraut and fermented food
GARLIC	Boost the disease-fighting response of some types of white blood cells	<ul style="list-style-type: none"> - Garlic contains alliin - When garlic is crushed, alliin turns into allicin - Allicin has antiviral, antifungal and antibacterial properties - After crushing garlic, let it stand for 10 minutes to increase the formation of allicin



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Dr. Mia Holm obtained her PhD in Public Health with specialization in Community Health Education. Prior to returning to HKAH—SR, Dr. Holm held teaching and management positions at the School of Public Health, HKU and CUHK, respectively.

In addition to nutrition and diet, lifestyle management is another vital factor that helps us build strong immunity. There are some lifestyle habits that will weaken our immunity, as mentioned in the table below:

LIFESTYLE THAT WEAKENS YOUR IMMUNITY SYSTEM	RATIONALE
SMOKING AND DRINKING	Reduce the number and function of immune cells
NOT GETTING ENOUGH SLEEP	Suppress immune function
LACK OF EXERCISE	Slower circulation of white blood cells and antibodies
DIET HIGH IN REFINED SUGAR	Excessive refined sugar drops the ability of white blood cells to engulf bacteria / virus
STRESS	The stress hormone corticosteroid can suppress the effectiveness of the immune system by lowering the number of lymphocytes
ISOLATION AND LONELINESS	Feeling lonely seems to increase inflammation and lower levels of antiviral compounds in the body; but in the case of COVID-19 outbreak, it's best to minimize social activities to slow down the spread of the virus



1 Day Strengthens Immune System Menu

Breakfast

- Oats & Carrot Congee
- Fruits

Lunch

- Stir-fried Broccoli with Bell Pepper & Nuts
- Roasted Pumpkin with Garlic, Spinach & Tomato
- Red Rice

Snacks

- Muesli with Nuts and Seeds

Dinner

- Corn, Carrot & Tofu Soup with Flaxseed
- Stir-fried Leek, Onion, Fresh Tofu Sheet with Bitter Melon
- Stir-fried Peas with Mushrooms (Chickpea, Red Kidneys Beans, Green Pea)
- Red Rice

MR. WONG CHI WING

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Recipe 1

Stir-fried BROCCOLI with Bell Pepper & Nuts

INGREDIENTS:

Garlic, Nuts, Bell Peppers, Broccoli, Onion, Dried Tofu, Assorted Mushrooms, Olive Oil, Spring Onion

COOKING METHODS:

1. Steamed mushrooms and broccoli to partially cooked
2. Stir-fried garlic, onion, spring onion and the rest of ingredients. Then season them with salt, pepper and soya sauce
3. Sprinkle nuts over the top

Recipe 2

Roasted PUMPKIN with Garlic, Spinach & Tomato

INGREDIENTS:

Garlic, Spinach, Cherry Tomatoes, Pumpkin, Sunflower Seeds, Pine Nuts, Olive Oil, Chili, Basil, Scallion, Spring Onion

COOKING METHODS:

1. Roast cherry tomato and pumpkin
2. Stir-fried garlic, scallion, spring onion, basil and chili with olive oil, add roasted cherry tomato & pumpkin. Then season them with salt, pepper and vegetarian oyster sauce
3. Sprinkle pine nuts over the top

A VERY IMPORTANT LINK: **GOOD MENTAL HEALTH** AND HIGH IMMUNITY

A very long time ago, a wise man said that “a cheerful heart is good medicine, but a crushed spirit dries up the bones”. While he may have been ahead of his time, the current world situation tells us that his words are now truer than ever. Despite the fact that there is no universal or comprehensive definition of mental health, people in the health sciences and other helping professions seem to agree that mental health is a positive state in which one is accountable or responsible, displays self-awareness, is self-directive, is reasonably worry free, and can cope with the usual daily challenges. Such individuals function well in society, are accepted within a group, and are generally satisfied with their lives (Shives, 2005).

Studies over the last few decades have provided sufficient evidence that mental health influences our immune system. For instance, Dr. Solveig Klaebo Reitan, an associate professor at the Norwegian University of Science and Technology has been involved in a research project that addresses the connection between psychoses and the immune system. “We know that people with mental disorders are also more susceptible to various inflammations in the body and to immune system disorders. This indicates that an interaction exists,” says Dr. Klaebo Reitan (Norwegian SciTech News, 2019). The opposite applies too, of course. We also know that people who have been subjected to neglect or childhood abuse are more susceptible to various diseases of the immune system.

Prof. Fulvio D’Acquaito, a renowned researcher at University of Roehampton in London, England, claims that “If immune cells have different “personalities” just like human beings do, one might wonder



if there is a correlation between psychological and immunological personality. A recent meta-analysis investigated whether the five basic personality traits—often referred to as the “Big 5” personality traits (openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism)—have specific immunological features or defined susceptibility to immune disorders (D’Acquisto, 2017).

Knowing the essential importance of physical health, we should all make sure that we also look after our mental health. Here are some simple steps we can all take to ensure good mental health:

- A. BE OPEN TO TALK ABOUT OUR FEELINGS**
- B. KEEPING ACTIVE, LEARNING, STUDYING, ART...**
- C. KEEPING IN TOUCH WITH THOSE WE LOVE**
- D. PROPER EATING**
- E. ASKING FOR HELP WHEN WE FEEL THAT WE CAN'T GO ON**

God, in his wonderful love for us reminds of the following: “Dear children, I pray that you may enjoy good health, and that all may go well with you, even as your soul is getting along well.” (3 John 1:2)

Reference:

1. D’Acquisto, F. (2017). Affective immunology: where emotions and the immune response converge. *Dialogues in clinical neuroscience*, 19(1), 9.
2. Norwegian SciTech News. (2019). Immune system and mental health are connected. Retrieved from <https://norwegiansciotechnews.com/2019/08/immune-system-and-mental-health-are-connected/>
3. Shives, L. R. (2005). *Basic concepts of psychiatric-mental health nursing*. Lippincott Williams & Wilkins.

OUR **PRAYER ROOM** AND **WORSHIP SERVICE**



Caring for the whole person—body, mind and spirit — is an integral part of our hospital’s approach to health care. Hong Kong Adventist Hospital takes every effort to look after your spiritual and emotional needs.

We have a prayer room which is located on the ground floor opposite to the entrance. It is opened to people of all faiths.

Our clinically trained chaplains are available 24-hours a day, seven days a week to offer guidance and counseling. For those who request, prayers are offered for the patients and their families. Regardless of religious affiliation or the lack thereof, our chaplains are ready to offer spiritual and emotional support during your stay at the hospital.

A short inspiring morning message is offered every weekday from 9am to 9:30am in La Rue Building 7B. All patients are welcome to attend.

Please feel free to call upon our chaplains for emotional and spiritual support or to just have a listening ear.

May God bless you. **From the Chaplain’s Office**

TAIKOO PLACE

will be in service in the 2nd quarter of this year



In 2014, the first Adventist Medical Center commenced service in Causeway Bay. In order to uphold the mission of "Extending the healing ministry of Christ", we are proud to announce that the second Adventist Medical Center is expected to open at Oxford House, Taikoo Place in Quarry Bay in the second quarter of this year.

Occupying approximately 11,300 square feet, the Center will provide one-stop professional medical services including general practice, specialist outpatient, day surgeries, diagnostic screenings, health assessments, rehabilitation, health education and more. We aim to attend to the different needs of patients in a holistic manner, providing more convenient quality medical services to all.

Offers Procedures in Hospital-Standard Operation Rooms

In addition to the usual out-patient consultations and one-stop bookings, AMC – Taikoo Place offers safe and fast surgeries that do not require hospitalization. Both our operation theaters are on par with hospital standards, and are capable of carrying out high-quality procedures such as colonoscopy, gastroscopy, and haemorrhoid procedures.

With a compassionate team of specialists to offer attentive care, comfortable lounges to rest pre and post-surgery, and comprehensive services to boost recovery, we are confident AMC will be a convenient choice.



Lifestyle Management Center (LMC) is a crucial component of Hong Kong Adventist Hospital, articulating its mission, aiming to provide health education to both our patients and the general public regarding the benefits of 'Total Health'.

Through services and programs such as the Lifestyle Medicine Clinic, comprehensive lifestyle assessment, health screenings, delicious vegan cooking demonstration, fitness club and interactive educational programs, participants can begin to restore their own health through lifestyle modification.

Our success depends largely on your participation and support. Let us strive together to promote better holistic health in our society.

DONATE TODAY



Your benevolence not only makes a significant difference to our beneficiaries but also opens doors that they never imagined possible!

WEBSITE:

www.hkahf.org.hk

DONATE FOR A BRIGHT FUTURE



Your generosity will contribute to the healthy lifestyle education to the general public through Lifestyle Management Center. It will help our center run health seminars, cooking and fitness classes and health programs in order to educate the public on how to prevent, improve and even reverse chronic diseases.

TEL: (852) 2835 0555

