

# TOTAL HEALTH NEWSLETTER



## Gut Microbiome and COVID-19 Vaccine



The gut microbiome plays an important role in health, not only by facilitating digestion, but also boosting immune system and many other aspects of health. Although SARS-CoV-2 (the virus that causes COVID-19) mainly causes lung infection, it was also reported that SARS-CoV-2 RNA was found in faeces of infected patients, showing the role of gut microbiome in influencing lung diseases. Recent studies conducted by The Faculty of Medicine at The Chinese University of Hong Kong have shown that imbalances in types and volume of bacteria in the gut is linked to increased severity and persistent symptoms of COVID-19, while improving gut microbiome is effective in reducing inflammation and elevating antibody level, enhancing the efficacy and reducing the side effects of COVID-19 vaccine.



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## Your diet affects your gut microbiome -

### Here are a few dietary suggestions to improve your gut bacteria:

#### 1. Increase dietary fibre intakes by eating:

- Lots of vegetables and fruits
- Seeds, nuts and legumes
- Whole grains instead of refined grains

#### 2. Increase raw food and fermented food consumption such as:

- Salads
- Vegan Kimchi
- Sauerkraut
- Natto
- Tempeh
- Miso
- Soy yogurt

#### 3. Avoid artificial sweeteners, sugar, processed food, animal protein and fried food

#### 4. Eat foods rich in polyphenols, including:

- Grapes with skin
- Almonds
- Onion
- Blueberries
- Broccoli

#### 5. Focus on a whole food plant-based diet

#### 6. Avoid eating foods containing antibiotics, and taking non-prescribed antibiotics



Reference:

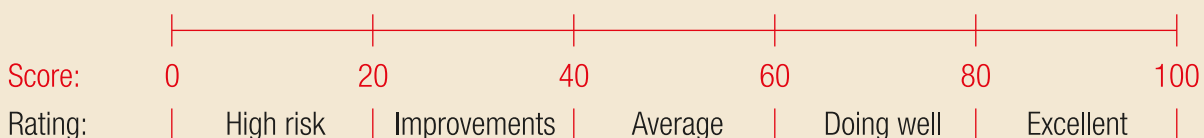
- <https://pubmed.ncbi.nlm.nih.gov/32430279/>
- <https://www.med.cuhk.edu.hk/press-releases/cu-medicine-study-shows-modulation-of-gut-microbiota-helps-enhance-safety-and-efficacy-of-covid-19-vaccine>
- <https://www.healthline.com/nutrition/improve-gut-bacteria>

# How Healthy is *Your Lifestyle?*

**Instructions:** For each health indicator, check the box in the column that best describes you.

Health Indicators	Column A	Column B	Column C	Score
<b>1. Body Weight</b> Your body mass index (BMI) value	0 <input type="checkbox"/> BMI 25+	4 <input type="checkbox"/> BMI 23-25	8 <input type="checkbox"/> BMI <23	
<b>2. Physical Activity</b> Number of days you get 30+mins of moderately to vigorous physical activity?	0 <input type="checkbox"/> No regular physical activity	5 <input type="checkbox"/> 2-3 days per week	8 <input type="checkbox"/> 4-7 days per week	
<b>3. Smoking Status</b> Indicate your present status	0 <input type="checkbox"/> Currently smoking	5 <input type="checkbox"/> Ex-smoker	8 <input type="checkbox"/> Nonsmoker	
<b>4. Alcohol Intake</b> Amount of alcohol consumption per week (1 serving = 12oz beer/ 3.5oz wine)	0 <input type="checkbox"/> 3-5 times/week or more	4 <input type="checkbox"/> 1-2 times/week	8 <input type="checkbox"/> Never	
<b>5. Diet-Red Meat Intake</b> How often do you eat red meat? (Includes beef, pork and lamb)	0 <input type="checkbox"/> Every week	4 <input type="checkbox"/> 1-3 times/month	8 <input type="checkbox"/> Never	
<b>6. Whole Grains</b> Number of servings/day (1 serving = 1 slice whole wheat bread, 1/2C brown rice or oatmeal, 2/3C dry cereal)	0 <input type="checkbox"/> <1/day	4 <input type="checkbox"/> 1-2 serving/day	8 <input type="checkbox"/> 3+ serving/day	
<b>7. Fruits &amp; Vegetables</b> Number of servings/day (1 serving = 1 med. fruit, 1C fresh, 1/2C cooked veg, 6oz juice)	0 <input type="checkbox"/> 0-2 serving/day	5 <input type="checkbox"/> 3-4 serving/day	7 <input type="checkbox"/> 5-9+ serving/day	
<b>8. Nuts/ Seeds</b> Number of servings / week (1 serving = 1 oz. nuts or 23 pieces of almonds, 2 tbsp nut butter)	0 <input type="checkbox"/> 0-2 serving/week	5 <input type="checkbox"/> 3-4 serving/week	7 <input type="checkbox"/> 5+ serving/week	
<b>9. Happiness</b> All in all, how happy are you?	0 <input type="checkbox"/> Not too happy, often feel sad	5 <input type="checkbox"/> Pretty happy	8 <input type="checkbox"/> Very happy and satisfied	
<b>10. Sleep</b> How often do you get at least 7-8 hours of sleep daily?	0 <input type="checkbox"/> Seldom, less than 3 days/week	4 <input type="checkbox"/> Occasionally, 3-4 days/week	6 <input type="checkbox"/> Most of the time, 5-7days/week	
<b>11. Social Support</b> How many of these criteria do you meet? 1) Married or have a significant other. 2) Make frequent contact with family/friends. 3) Regularly participate in a faith group or a social club.	0 <input type="checkbox"/> Meet 0-1 of these social criteria	5 <input type="checkbox"/> Meet 2 of these social criteria	8 <input type="checkbox"/> Meet all three of these social criteria	
<b>12. Blood Pressure</b> What is your blood pressure number?	0 <input type="checkbox"/> 140/90+	5 <input type="checkbox"/> 120/80 to 139/89	8 <input type="checkbox"/> Under 120/80	
<b>13. Blood Cholesterol</b> What is your blood cholesterol number?	0 <input type="checkbox"/> Total Chol 6.2+	5 <input type="checkbox"/> T.Chol 5.2-6.2	8 <input type="checkbox"/> T.Chol < 5.2	

Evaluation: Mark your lifestyle score as 'X' on the line below. Your Lifestyle Score (sum of above) \_\_\_\_\_



# When I am *Not In Love Anymore*

Learning to speak a second language opens a world of possibilities for a person. When you are bilingual, you have the opportunity to not only be able to compare languages, but also to gain a deeper insight about cultures and ways of thinking. As a fully bilingual person (English and Spanish), I find myself constantly comparing and contrasting the two languages. One specific linguistic difference between English and Spanish is how the two languages explain how two people come to love each other. In Spanish, you say enamorarse (from the word, Amor, meaning: love). In English, you say that people fell in love. I have always felt that was a funny way of expressing such action, especially, since the word falling or fallen can have a negative connotation to it. If you fell in love, does that mean that eventually you have to get up from it? Linguistic conundrums aside, the truth is, that many people who used to profess profound love for each other, can no longer stand to be in the same room. So, what do you do when you do not love your husband or your wife anymore? Do you run to a divorce lawyer and quickly become a statistic? Do you remain married and then settle for a life of unhappiness? Do you become dysfunctional roommates? Or do you take a proactive approach to fix your marriage? While you may completely disagree with me, I will invite you to consider that love is not a Disney-like, gooey feeling that comes and goes, but rather a choice that one makes. In most cases, you can choose to love again. While society may tell you otherwise, love is a choice. There is no doubt you will experience deep-hearted feelings and emotions from that choice, but remember, when you don't feel it anymore; you can choose to love again. Although not easy, if you chose to, most broken marriages can be repaired. It takes a strong commitment and determination, but it is fully doable. If you are still thinking that it is not worth to try, I would like to remind you that marital discord can negatively affect your physical health. In the words of Bob and Cheryl Moeller, "marriage is for better, for worse, for keeps".

Yes, you can love your husband or your wife again.



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## 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 8:40am to 9:00am 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**



# World Plant Milk Day & "Nice" Cream

22 August marks the annual World Plant Milk Day which celebrates plant-based alternatives to dairy milk. Research has shown a shift to a whole food plant-based diet - including plant milk - is good for your health and can help prevent obesity, diabetes, heart disease and certain types of cancer. Besides drinking plant milk, you can also use it with other plant-based ingredients to make a sugar-free and dairy-free alternative to ice cream - "Nice" Cream - as a healthy summer treat.

## Mango Nice Cream

### Ingredients:

- 2-3 medium sized fresh mangoes, peeled, pitted, and cut into 1/2-inch pieces
- 1 medium banana, cut into 1/2-inch-thick rounds
- 1/8 teaspoon kosher salt
- 2/3 cup unsweetened nut milk or other plant milk

### Instructions

1. Arrange the mango and banana on baking sheet with parchment paper in a single layer. Freeze until solid.
2. Transfer the fruit to a food processor. Add the salt. Process until the fruit is crumbly. Pour in the milk and blend for 1 minute. Stop the processor, scrape down the sides, and stir. Process until smooth and creamy.
3. Serve immediately, or transfer to a lidded airtight container - It can be stored in the freezer for up to 2 weeks.



Reference: <https://www.thekitchn.com/recipe-3-ingredient-mango-nice-cream-258324>



**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](http://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.

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