

# TOTAL HEALTH NEWSLETTER



**DR. MIA HOLM**  
Manager,  
Lifestyle Management Center

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.



## Beat *LONG COVID* with Food

Researchers have found that many COVID-19 patients developed long COVID symptoms such as difficulty in sleeping, fatigue, hair loss and chest pain after the infection has gone. They found links between long COVID and gut dysbiosis. Dysbiosis is the imbalance of gut microbiome, meaning there are less good bacteria and more bad bacteria in the gut.



### Good gut health is **EXTREMELY IMPORTANT!**

Instead of taking daily probiotic supplement, it is more effective to eat prebiotics which are like fertilizers that stimulate the growth of the good bacteria in our gut.

There are three types of prebiotics:

#### FIBER

Sources: whole grains, legumes, fruits and vegetables, nuts and seeds, tubers

#### RESISTANT STARCHES

Starches lose their original structure due to cooking. A new structure is formed if the starches are later cooled, and the new structure is resistant to digestion, and therefore provides excellent fuel for the gut microbiome. Examples of resistant starch: Oats, barley, beans and legumes, cooked and cooled rice/potato/pasta, green plantain/banana. Reheating will not remove resistant starches.

#### POLYPHENOLS

Polyphenols are compounds that come from plants only. Foods that are high in polyphenols include: spices and dried herbs, dark coloured berries, black currants, plums, hazelnuts, pecans, flaxseeds, olives and artichokes. Cocoa contains polyphenols but it also contains caffeine and theobromine, which are stimulants and diuretics.

The diversity of plant food we eat leads to an increase in bio-diversity of our gut microbiome. Other than food, healthy lifestyle such as regular exercise and adequate sleep can increase diversity as well. Try to aim for eating more than 30 types of whole plant food a week in order to add diversity to gut microbiome.



# PREBIOTIC SUPERFOOD STEW

## for better gut health

### INGREDIENTS:

- 3 cloves of garlic
- 600g sweet potato
- 400g leeks
- 1 can of (400ml) coconut milk, or substitute with other plant milk of your choice mixing with ½ teaspoon of ground flaxseed as thickener
- 1 can of (400g) diced tomatoes, or 2 cups of fresh chopped tomatoes, peeled
- 250g precooked brown rice
- 1 can of (400g) cooked red kidney beans, or chickpeas
- 1 can of (400g) cooked lentils
- 1 lemon

Reference: <https://thehappypear.ie/prebiotic-superfood-stew/>

### INSTRUCTIONS:

1. Chop leeks, sweet potato into similar sized pieces. Peel and finely dice the garlic. Give the leeks a good wash as there is often sediment hidden in the green of the leeks. Drain and rinse the beans and lentils.
2. Heat a wide bottom non-stick pan and sauté chopped leeks with water or vegetable broth for 2-3 minutes. Add the garlic and sweet potatoes with a good pinch of salt. Mix well and cook for another 1 minute. Add 50ml of water and put the lid on, leaving to steam for 7 minutes and stirring occasionally to avoid sticking – if it starts to stick, add another 2 tablespoons of water and mix well.
3. Once the sweet potatoes are soft and cooked, add in cooked lentils and beans and mix well.
4. Add in the chopped tomatoes, plant milk and brown rice along with the zest of half the lemon and the juice of ½ the lemon.
5. Taste and adjust the seasoning to your liking by adding more salt, tamari or soy sauce.

## Other Foods with a High Prebiotic Content

### Vegetables

1. Garlic
2. Onions
3. Asparagus

### Legumes

1. Chickpeas
2. Lentils
3. Red kidney beans & baked beans

### Fruits

1. Bananas
2. Apples

### Cereal grains

1. Whole oats
2. Barley

### Nuts and Seeds

1. Almonds
2. Flaxseeds



References:  
<https://www.webmd.com/diet/foods-high-in-prebiotic#2>  
<https://www.healthline.com/nutrition/19-best-prebiotic-foods>  
<https://www.medicalnewstoday.com/articles/323214>



# *The Silent,* **Invisible Addiction**

What comes to your mind when you think of the word addiction? Most people will immediately think of drugs, alcohol or some other substance. An addiction is a chronic dysfunction of the brain system that involves reward, motivation, and memory. It is about the way your body craves a substance or behavior, especially if it causes a compulsive or obsessive pursuit of “reward” and lack of concern over consequences. A person who has become addicted to something will most likely:

- be unable to stay away from the substance or stop the addictive behavior
- display a lack of self-control
- have an increased desire for the substance or behavior
- dismiss how their behavior may be causing problems
- lack an emotional response

References:

<https://pubmed.ncbi.nlm.nih.gov/1763149/>

<https://www.healthline.com/health/addiction>

<https://www.psychologytoday.com/us/blog/inviting-monkey-tea/201904/negative-thinking-dangerous-addiction>

<https://sobercollege.com/addiction-blog/addiction-to-negativity/#:~:text=Sometimes%20referred%20to%20as%20%E2%80%9Cnegaholism,and%20for%20a%20righteous%20reason>

Matthew 11:28

Isaiah 26:3

One addiction that is not widely reported, but that is equally harmful, is an addiction to a negative attitude and negative thinking. Sometimes referred to as “negaholism”, addiction to negativity is a psychological addiction that can impact a person’s overall quality of life. In many cases, negaholism is masked by the perception that a person is acting nobly for a righteous reason. People exposed to intense negativity during early life may develop an addiction to negative experiences as adolescents and adults, and this may constitute a central organizing feature of their personalities. Statistics show that 80 percent of our thoughts are negative, and 95 percent of those are repetitive. Strangely, the more negative an experience is, the more we return to it. Like vultures to a carcass, we are drawn to what hurts. As the Buddhist saying goes, we want happiness, and yet we chase our suffering. Why? What is at the root of our mind’s addiction to suffering; why do we compulsively cling to our pain, and how can we shift this unwise and unhelpful habit of ours?

The key to breaking any habit is awareness. Start noticing those moments when you are actively choosing to revisit your pain, to literally direct your attention back to what could bother you. Become conscious of your tendency to insert moments of peace with morsels of suffering. Notice that you are doing this to yourself. Most importantly, turning to God can ease your negative addiction. He has promised to give you rest and peace: “You will keep in perfect peace those whose minds are steadfast, because they trust in you”. Further to that promise, God has assured rest to those who come to him: “Come to me, all you who are weary and burdened, and I will give you rest.” You can be free from a negative attitude addiction, do not be afraid to seek help; your healing can begin today.

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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**





**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.

**TEL: (852) 2835 0555**

