

TOTAL HEALTH NEWSLETTER



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Establishing a Foundation for Health in 2026

As we commence 2026, our primary clinical focus for the first quarter is Strengthening Foundational Wellness. The start of the year offers a strategic opportunity to reassess lifestyle factors and implement evidence-based practices that mitigate chronic disease risk. In the coming months, I strongly advise prioritizing four pillars of preventative health: physical activity, nutritional biochemistry, metabolic stability, and psychological resilience.

1. Optimizing Physical Activity & Cardiovascular Function

Regular physical exertion is clinically proven to reduce all-cause mortality. Current guidelines recommend a minimum of 150 minutes of moderate-intensity aerobic activity per week.

Physiologically, consistent movement stimulates the production of nitric oxide in the endothelium (the lining of your blood vessels), which promotes vasodilation and lowers systemic vascular resistance. Furthermore, skeletal muscle contraction acts as a "glucose sink," engaging GLUT4 transporters to pull sugar from the bloodstream without the need for insulin, thereby improving glycemic control. Even incremental increases in activity—such as taking the stairs—can yield significant improvements in these mechanisms.

2. Prioritizing Nutritional Biochemistry & Gut Health

Diet is not merely fuel; it is biological information that dictates gene expression and hormonal balance. A diet high in ultra-processed foods and refined sugars triggers systemic low-grade inflammation (meta-inflammation) by increasing oxidative stress and disrupting the gut microbiome.

To counter this, we recommend a nutrient-dense approach rich in fiber and polyphenols. Fiber is critical because it is fermented by colonic bacteria into Short-Chain Fatty Acids (SCFAs) like butyrate. Butyrate serves as the primary energy source for colonocytes and helps maintain the integrity of the intestinal barrier, preventing endotoxins from entering the bloodstream. Focusing on whole foods—vegetables, plant proteins, and healthy fats—stabilizes postprandial blood glucose and ensures adequate micronutrient intake for enzymatic function.

3. Monitoring Metabolic Health

Metabolic syndrome remains a significant concern in primary care. If it has been more than 12 months since your last comprehensive

metabolic panel, I recommend scheduling a follow-up to assess your biomarkers.

We specifically need to monitor three key areas:

- **Hypertension (Blood Pressure):** Chronic high pressure causes microvascular damage to the kidneys and retina, and increases arterial stiffness.
- **Lipid Profile (Cholesterol):** We look specifically at the ratio of LDL (Low-Density Lipoprotein) to HDL to assess plaque formation risks in the coronary arteries.
- **HbA1c/Fasting Glucose:** This measures your average blood sugar over the last 3 months. Elevated levels indicate insulin resistance—a state where your cells stop responding efficiently to insulin, forcing the pancreas to overwork.

Early detection allows us to intervene before these metabolic dysregulations lead to end-organ damage.

4. Cultivating Mental Resilience & Autonomic Balance

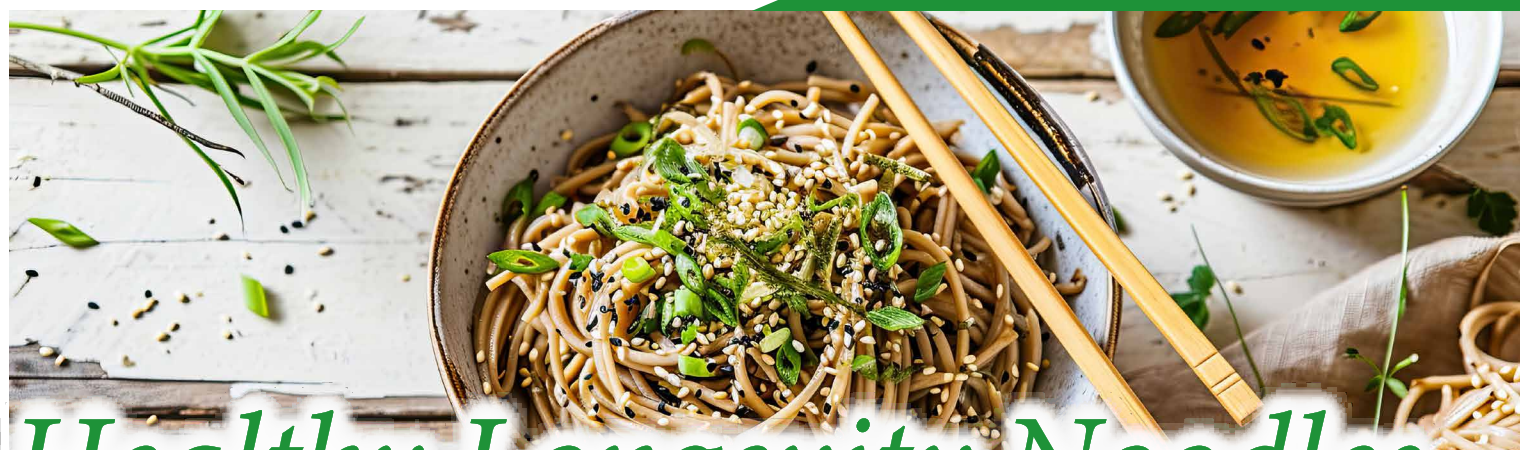
Mental health is inextricably linked to physical outcomes via the hypothalamic-pituitary-adrenal (HPA) axis. Chronic stress leads to sustained cortisol elevation, which can suppress immune function and promote visceral fat storage.

To mitigate this, I recommend integrating "restorative intervals" into your schedule to activate the parasympathetic nervous system (the "rest and digest" state). Evidence supports practices such as diaphragmatic breathing and rigorous sleep hygiene. Specifically, limiting blue light exposure prior to sleep is crucial, as blue light suppresses melatonin secretion, disrupting the circadian rhythm necessary for cellular repair and memory consolidation.

Moving Forward

The most effective health interventions are those that are sustainable. Avoid radical, restrictive changes in favor of gradual adjustments that your physiology can adapt to over time.

If you require guidance on interpreting your risk factors or wish to develop a personalized care plan for 2026, please schedule a consultation. We are here to support your journey toward optimal health.



Healthy Longevity Noodles

For the Noodles & Protein:

- 6 oz (170g) Buckwheat Noodles (Soba)
- 2-3 Dried Tofu Sticks (Yuba/Tofu Skin): Soaked in warm water for 20-30 minutes, then sliced.
- 7 oz (200g) Firm or Extra-Firm Tofu: Pressed and cut into cubes.
- 1 tbsp Sesame or Neutral Oil
- 2 cloves Garlic: Minced
- 1 tsp Ginger: Freshly grated
- 1 Carrot: Julienned
- 1 Red Bell Pepper: Thinly sliced
- 4-5 Shiitake Mushrooms: Sliced
- 2 heads Baby Bok Choy: Halved
- Garnish: Sliced green onions and toasted sesame seeds.

For the Lemony Sauce:

- 3 tbsp Soy Sauce or Tamari
- 1 tbsp Fresh Lemon Juice
- 1 tsp Toasted Sesame Oil
- 1 tsp Cornstarch
- 2 tbsp Water

Ingredients (2 servings)

Instructions

- **Prep:** Cook noodles per package directions; rinse, drain, and set aside. Whisk all sauce ingredients in a small bowl.
- **Stir-fry:** In a large skillet, pan-fry firm tofu cubes until golden; set aside. Sauté garlic and ginger for 30 seconds. Add carrots, peppers, mushrooms, and sliced dried tofu; stir-fry for 3-4 minutes until tender-crisp.
- **Combine:** Add bok choy and cook for 1 minute to wilt. Return firm tofu to the skillet along with the cooked noodles. Pour in the sauce and toss for 1-2 minutes until thickened and everything is coated.
- **Serve:** Garnish with green onions and sesame seeds.

Nutritional Benefits

This is a balanced meal rich in plant-based protein from tofu and quality complex carbs and fiber from buckwheat noodles. The zesty lemon sauce and colorful vegetables provide a boost of essential vitamins and antioxidants.

This recipe has been adapted from <https://avegtastefromatoz.com/vegan-longevity-noodles/>.

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.

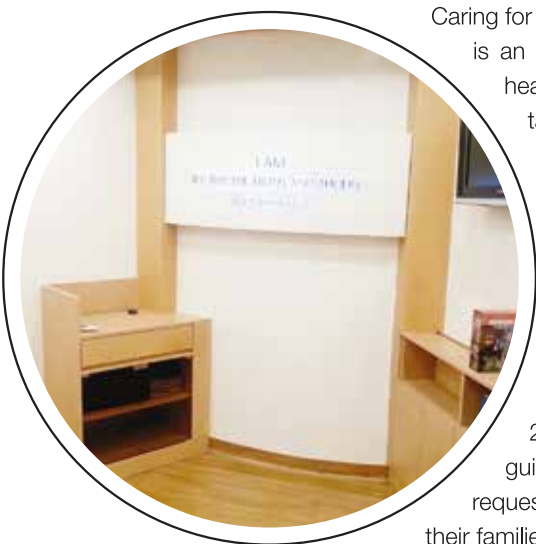
Regardless of religious affiliation or the lack thereof, our chaplains are ready to offer spiritual and emotional support during your stay at the hospital.

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





Spiritual and Emotional Goals for the Year Ahead

As chaplains, we walk with people at every stage of life—births, deaths, crises, quiet mornings in hospital rooms, and late-night questions in the chapel. One thing we notice again and again: people don't need more rules. They need gentle, realistic ways to move toward the life they sense God is calling them into.

Research in the psychology of religion and positive psychology offers encouragement here. When spiritual goals are personally meaningful, emotionally honest, and small enough to practice regularly, they tend to produce lasting change rather than quick burnout.

Here are five goal patterns that show up consistently in studies—and in the lives of people we serve:

1. Rest in God's Love First Instead of "I will pray more," try: "When I feel worthless or afraid, I will pause for 60 seconds and remember that I am already loved by God." Self-compassion practices rooted in divine love are linked to lower anxiety and greater spiritual well-being.
2. Name the Pain, Then Name the Gift Spend 5–10 minutes twice a week writing honestly to God about what hurts or angers you. Then write three specific things you're thankful for in the same season. This lament-gratitude pairing

strengthens emotional resilience and spiritual connection more than gratitude alone.

3. Protect One Sacred Window Each Week Set aside 3–4 hours weekly for unhurried time—time with Scripture, silence, loved ones, or simple joy. Intentional Sabbath-like rest is associated with reduced stress and increased spiritual vitality among religious individuals.
4. One Honest Moment a Month Choose one trusted person and share one true feeling or question. No grand vulnerability plan—just one real conversation. Small, repaired moments of openness predict stronger relationships and deeper trust in God.
5. Become, Don't Just Do Frame goals around identity: "I am learning to be a person who returns to God's mercy when I fail" rather than "I will stop failing." Identity-focused intentions show greater persistence over time.

You don't have to do all five. Pick one that feels both possible and holy. Let it be an invitation, not a demand.

May the God who knows every hidden corner of your heart guide you into goals that heal and form you in 2026.



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.

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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

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Healthy Lifestyle Fund

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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