

PATH TO GOLDEN LIVING

PASSAGE

THE PREMIER MAGAZINE FOR SENIORS VOL. 4: 2011



TAN SRI MAHADEVAN
THE MAN FOR ALL SEASONS

WEIGHT WORRY
LOSE IT OUT!

AMAZING WORLD
ENCHANTING LUCERNE

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AGING GRACEFULLY WITH Zazen FIR



Sitting in the Zazen FIR cabin is the best way to exercise passively. The gentle, massaging heat from the Far Infrared Rays (FIR) helps your blood vessels to dilate and break down stored toxins in the body seven times more effectively than many other methods. By spending 20 minutes a day in the cabin you can eliminate stored chemicals and pollutants in the easiest way – sweat it out at home.

It has the ability to penetrate, refract, radiate and reflect.

of Zazen Health Solution, Yasotha Krishna, whose company in Kota Damansara promotes the FIR Thermal System, said: “When FIR penetrates the skin to the subcutaneous tissues, it transforms from light energy into heat energy.”

“The thermal effect within deep layers of the tissues causes blood vessels and capillaries to dilate promoting better blood circulation and help get rid of body toxins and metabolic waste through sweating,” added Yasotha whose company won the **Best Wellness Equipment** in Malaysia Spa & Wellness Awards 2009 for the Zazen FIR Thermal System.

Research shows that FIR warms the body in the same manner as natural sunlight. It has the ability to **penetrate, refract, radiate and reflect**. This type of energy travels two to three inches deep into the body and is thought by some to increase circulation and nourish damaged tissue. FIR heat therapy has some distinct advantages over the traditional steam heat sauna as direct light conversion warms only the object, and does not raise the temperature of the surrounding air.

Recently, famous talk show host, Oprah Winfrey, featured the FIR Thermal System in her show as a hi-tech **life extension device**. The presentation was led by Dr. Oz, who explained that FIR Thermal System can help burn up to 700 calories in an hour. The high temperature also helps lower blood pressure, increase circulation and remove toxins through the skin. CEO

SPEEDY RECOVERY FROM INJURIES

For injuries, FIR-generated heat stimulates vasodilation of peripheral blood vessels, bringing oxygen to joints and extremities, speeding the healing of sprains and strains, thus **relieving pain** and reducing the time it takes the human body to recover from an injury.

WEIGHT LOSS

FIR Thermal System heat therapy can aid in weight loss by speeding up the metabolic process of vital organs and endocrine glands resulting in **substantial caloric loss** in a sauna heat session.

DETOXIFICATION

The quicker metabolism rate causes extra toxic waste products to be purged from the body through the skin during perspiration. The skin is often referred to as the third kidney because it is believed to be responsible for **eliminating 30 percent of the body's waste**.

SKIN BEAUTIFICATION



For that much sought-after healthy glow, FIR Sauna heat therapy allows **increased blood circulation** to carry great amounts of nutrients to the skin, thus promoting healthy tone and texture. FIR Thermal System heat bath also provides a mild cleansing of the skin.

BETTER CIRCULATION & INCREASED ENERGY

The sauna emits FIR energy that is absorbed by human cells, causing a physical phenomenon called ‘resonance’. Thus, cellular activities are **instantly invigorated**, resulting in better blood circulation and an overall improved metabolism.



CARDIOVASCULAR HEALTH

The **FIR Thermal System increases the heart rate** and blood circulation, which is crucial to maintaining one's health. The heart rate increases as more blood flow is diverted from the inner organs towards the extremities of the skin without heightening blood pressure.

STRESS REDUCTION AND RELAXATION



FIR Thermal System heat treatment before a massage helps to prepare a client by creating an overall relaxing effect. It **loosens the muscle tissue** so the therapist can provide a thorough and effective massage.



FEEL GOOD & FEEL REFRESHED WITH ZAZEN HEALTH SOLUTIONS

Make room for Zazen Far Infrared Thermal System & Zazen Scalar Generator in your home today and choose health for you and your family.

Special discount available exclusively for **PASSAGE** Magazine Readers.

Privilege for **PASSAGE Readers**

Free ZAZEN FIR Session available once a week at participating outlets.

To find out more on this privilege, Please contact Ms. Yasotha at 016-3013002

*Terms & Conditions apply.




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KEEPING OUR BONES HEALTHY

WHY IS IT IMPORTANT FOR US TO HAVE HEALTHY BONES?

Dr. Emily Goh

WHAT IS OSTEOPOROSIS ?

Osteoporosis is a condition when the bone becomes porous. It is a condition when we gradually lose bone material so that our bones become fragile and are likely to break. As osteoporosis progresses, there is not only loss of bone material but also loss of bone structure that leads to increased fragility. This is a silent epidemic, and in Malaysia over one million women may be at risk. There may not be any symptoms from osteoporosis. Often the first symptom of osteoporosis is that of a broken or fractured bone in the wrist, hip or spine after a minor fall. It is estimated that 1 in 3 women and 1 in 5 men may be at risk of osteoporosis.

In women over the age of 50, osteoporosis accounts for more days spent in hospital than many other diseases including diabetes, myocardial infarction and breast cancer.



The consequences of a broken bone can really affect our lives. It can cause disability, pain and loss of independence. It can be harder to do daily activities without help, such as walking, and can impair our social lives. It can also cause severe back pain, loss of height and deformity. In extreme cases, the classical “dowager’s hump” appears. As the spine becomes much curved, it can become difficult to breathe. In extreme cases, in elderly people following a hip fracture, 50 percent of people can no longer live independently and 20 percent can die within the first six months.

ARE WE AT RISK OF DEVELOPING OSTEOPOROSIS?

All of us are at risk of developing osteoporosis as we get older, but some people are more at risk than others. The risk factors include:

● ESTROGEN DEFICIENCY

Women who have an early menopause (before age 45) or have had their ovaries removed are at risk.

● LACK OF EXERCISE

Exercise is essential to keep the bones strong, both as they are developing and through adulthood.

● POOR DIET

A diet lacking in calcium is a contributing factor.

● HEAVY SMOKING

Tobacco lowers the estrogen level in women.

● HEAVY ALCOHOL

A high alcohol intake reduces the bone mass and increases the risk of osteoporosis.

● STEROIDS (PREDNISOLONE)

People taking steroid medication for a prolonged period may be at risk.

● FAMILY HISTORY

Osteoporosis can run in families.

● PREVIOUS LOW TRAUMA

People who have had one previous fracture are at a higher risk of developing another one.

HOW CAN OSTEOPOROSIS BE DETECTED?

The first sign may be a low trauma fracture. A doctor may order a bone density scan to detect osteoporosis. These scanning machines are now available in most hospitals in Malaysia including the government hospitals. For this test, one has to lie fully clothed on a couch while the body is X-rayed. The dose of radiation is very low, and is only 1 percent of a chest X-ray. This is called a DXA scan. Others such as the ultrasound of the heel are recommended as screening tests only.

Source: *The Arthritis Foundation of Malaysia*

RESTRICTING YOUR DIET

This is one of the most popular methods employed by the self-taught masses or people who have been misled by their health-care practitioner. Eating less and skipping meals are one of the surest ways of putting on extra weight. Yes, it's true that you might lose weight initially but in the long term, the lost weight might make a comeback and keep piling up till there is no end.

Here is what happens when you restrict your diet or reduce the intake of food. Our brain and heart require glucose to function. Glucose refers to sugar that has been derived from the carbohydrates we eat in our food like rice, vegetables and fruits. That is the primary source of fuel (glucose) our brain and heart need. It's like your car that can only run on petrol and you can't simply substitute it with any other fuel unless you do some major modification to your car. That means, when you restrict your diet or when you are not eating, there is no production of glucose and your body will start to burn your "stored glucose" called glyco-

gen and fatty acids found in your liver and kidney to feed your brain and heart to keep them going with glucose.

However, there is only a limited amount of stored glucose or glycogen in your body. On an average, about 500 g of glycogen is stored in a normal adult. Your body will start using up the stored glucose until it's almost depleted. To elucidate further, it's like you've suddenly decided to retire but you only have RM500 in your bank account. I doubt the RM500 can last very long. The 500g stored glucose can't too. They both can exhaust without regular replenishment. There is only a limit to the amount of sugar in the blood otherwise the blood becomes thicker that can cause it to clot and cause other complications. To prevent this, the stored glucose is converted into fat. When fats are broken down for energy, chemicals called ketones appear in the blood and urine. Ketones are part alcohol and too much of ketones can keep your brain foggy and make you feel lethargic all the time.

The survival of your brain is the most important and the body has to be creative in helping you to survive. If you are craving for sweet things, it is the brain's way of telling you that it needs real sugar, not alcohol from your kidney, liver or muscle. On top of that, too much ketones in your system will make your body extremely acidic and your blood pH will be very low – which is not a good sign for a healthy body. Is it really bad? Yes, extremely bad. Cancer patients have a very low blood pH. Hope I made my point.

By the way, did you notice that I didn't mention anything about excess body fat? Fatty acid is not your excess body fat. Yes, the body hasn't burnt any excess fat yet. The excess fat in your body is still there even though you have almost starved your body to death. What your body has done thus far is to use up its own stored glucose, fatty acid and muscle. Actually, there is a good reason why your excess body fat stays on. I will explain that in my next article.

Coming back to skipping meals and eating less to lose weight-it will not work in the long term. If you keep on skipping meals and eating less, your body will be conditioned to use less fuel and once you are off the wagon or start to eat normally, you pile on more weight simply because the excess calories that your body had was not used up and will be stored as body fat. It's like your bank account that can hold only a minimum of RM300 instead of the usual RM500. The extra RM200 will be stored as fixed deposit. The same applies to your body which means that there will be extra body fat accumulated in your body.

“Eating less and skipping meals are one of the SUREST ways of putting on extra weight. You might lose weight initially but in the long term, the lost weight might make a comeback and keep piling up till there is no end.”