

Nature's nectar for health

THE benefits of honey have been well-established across the spectrum of all nature's superfoods throughout the course of history. Since ancient times, honey has been revered for its powerful healing qualities, including its role in spiritual ceremonies. In present times, honey is regarded as a healthier alternative to sugar that lends a wonderful robust sweetness to a range of foods and beverages without the adverse health problems associated with excess sugar.

ETERNALLY PERFECT

Nevertheless, there is more to honey than merely being a healthy alternative to sugar. Unlike other foods, honey does not go bad, even after centuries. Evidence of honey's eternal shelf-life comes courtesy of archaeologists who, upon exploring the

tomb of the great Egyptian pharaoh Tutankhamen, found centuries-old jars of honey in pristine condition.

Crystallisation is a natural and spontaneous phenomenon whereby liquid honey takes on a semi-solid appearance. Crystallisation occurs when glucose, one of the three main sugars in honey, loses moisture and takes on the form of crystals. Raw and unheated liquid honey naturally crystallises over time, but instead of indicating spoilage, it marks transformation into premium quality honey.

In fact, the process of crystallisation is what helps preserve the flavour and quality of liquid honey. However, bear in mind that honey that is exposed to heat is at risk of becoming a breeding ground for fungi and yeast.

To make crystallised honey revert to its natural liquid state, just heat a saucepan of water, take the lid off your jar of honey and immerse the jar in the now-warm water for 20 to 30 minutes.

After this short time, the heat would have dissolved the glucose crystals to transform back into liquid form once again. But if all this seems like too much work, just store your honey at room temperature in a tightly-closed container instead. Avoid storing honey in the refrigerator as cold temperatures accelerate the crystallisation process.



A PURE TREAT

When it comes to nature's best, Country Farm Organics Rainforest Acacia Mangium Honey offers a strong, distinctive taste and a lusciously creamy texture with

unparalleled quality. Harvested from bees that feast on the sugar secretions from the first five leaf buds of the Acacia Mangium trees in the unpolluted rainforests of Borneo, CFO's Acacia Mangium Honey contains zero artificial contaminants and instead, is abundant in vitamins, minerals, amino acids, antioxidants and enzymes as compared to other conventional honeys. So for the sweetest gift of health, make honey a nutritional must today.

Insights on cataract

CATARACT is due to the natural crystalline lens in our eyes becoming cloudy and causing blurring of vision. It is commonly age-related even though other causes can occur. The most common symptom is reduced vision but some may experience faded colour perception, glaring and frequent changes in glasses prescription.

The only way to treat the cataract is to have it removed and replaced with an artificial lens. The method of removing the cataract is by using ultrasound technology known as phacoemulsification. This involves a very small incision hence fast recovery. The choice of artificial lens can be monofocal or multifocal and with or without astigmatism

correction depending on our eye. In short, this is a procedure that removes the cataractous lens and corrects any refractive power at the same time.

The timing for surgery is dependant on each individual with the absolute indication being when the cataract is severe enough to affect your daily activity. There are also certain conditions that may indicate that you need the treatment early, so get your eyes checked and discuss with your eye consultant. Generally it is a safe procedure and risk of permanent damage causing loss of sight is only one in 1,000.

For more information, contact KPJ Centre for Sight.



Figure 1. Left: Moderate Cataract



Figure 2. Right: Mature Cataract (white pupil)



Figure 3. Cataract Removal with Phacoemulsification



Figure 4. Implantation of Artificial Lens After Cataract Removal

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Tiger Balm medicated plasters

TIGER Balm has been a trusted brand for generations in relieving a range of aches and pains. Over the years, the special formula has been reworked and remodelled to offer a wide range of revolutionary products that include medicated oils, cream, gels and such. The brand today incorporates medicated plasters in its portfolio of products. These come in two variants, which are warm and cool.

TIGER BALM PLASTER - WARM

Contains ingredients such as menthol, mentha oil, eucalyptus oil and capsicum extract. These help alleviate muscular fatigue and pain, stiff shoulders, contusions, sprains, backaches and arthritic pains. It is quick permeating and its warm action provides speedy relief that provides comfort for hours.

TIGER BALM PLASTER - COOL

Made from ingredients like menthol, mentha oil and eucalyptus oil which provide long-lasting relief from pain, from stiff neck and shoulders, muscle aches, arthritic and back pains, contusions and sprains. Similarly, it provides fast relief and cooling comfort for hours.

Tiger Balm Plasters are an analgesic (painkiller). They are also a mild anti-inflammatory product. Once applied, its ingredients are quickly absorbed into the skin to stimulate blood circulation which helps to expedite the healing process.

The special features of Tiger Balm Plasters include:

- ▶ Non-woven material: Allows ventilation and is stretchable. Is gentle to the skin and can be peeled off easily.
- ▶ Hydrogel pack: Contains Tiger Balm special formulation and provides lasting relief for hours.
- ▶ Strong adhesive: For extra stronghold at knee cap, elbow and joint areas.

To apply, first clean and dry the affected area. Then peel off the protective film and apply the plaster, changing it once or twice a day, depending on one's condition. Take note that one should apply the plaster half an hour after bathing and remove the plaster an hour before bath.

Tiger Balm Plasters are available in two different sizes, small or large, to suit specific needs. They are sold in packs of two and are available at all major retailers, supermarkets and pharmacies.

