

# UPDATE BULLETIN

## AUGUST 2024



### Taking Care of Your Bones and Joints

Our bones and joints play a crucial role in keeping our bodies strong and mobile. From walking to playing sports, they support us in everything we do.

#### What Are Bones and Joints?

Bones are like the framework of our bodies. They give us structure and protect our organs. But bones are not just hard and lifeless; they are living tissues made up of minerals like calcium and phosphorus. They are constantly renewing themselves, forming new bone tissue and breaking down old bone tissue throughout our lives.

Joints, on the other hand, are where two or more bones meet. They allow us to move our bodies in different ways. Joints are cushioned by cartilage and surrounded by a membrane filled with synovial fluid, which helps reduce friction and allows smooth movement.

#### Why Bone and Joint Health Matters?

Maintaining good bone and joint health is crucial for overall well-being. Strong bones and flexible joints enable us to stay active and independent as we age. They also protect us from injuries and conditions like osteoporosis and arthritis, which can affect our quality of life.

#### Tips for Healthy Bones and Joints

**Eat a Balanced Diet:** Foods rich in calcium, like dairy products, leafy greens (like spinach and kale), and fortified cereals, help build strong bones. Vitamin D, found in sunlight and some foods like fatty fish and fortified products, helps our bodies absorb calcium.

**Stay Active:** Regular exercise helps keep bones strong and joints flexible. Weight-bearing activities like walking, dancing, and strength training are especially good for bones. Activities like yoga and swimming can improve joint flexibility and strength.

**Maintain a Healthy Weight:** Being overweight can put extra stress on your joints, especially those in your knees, hips, and spine. Maintaining a healthy weight can reduce this strain.

**Avoid Smoking and Limit Alcohol** Smoking can weaken bones, while excessive alcohol consumption can affect bone density and increase the risk of fractures.

**Protect Yourself from Injury:** Wear protective gear during sports or activities that could lead to joint injuries. Use proper techniques when lifting heavy objects to avoid straining your back and joints.

### HOW DOES HDI PRODUCT HELP?

**HDI Bone & Joint Health**, a groundbreaking addition to the health supplement category. It is a unique fusion of Glucosamine from corn, Royal Jelly, Propolis Extract, Calcium from Algae, Vitamin D3, Vitamin K2, Magnesium Bisglycinate and Rosehips extract. cover by veggie-capsules to make sure its suitability of vegetarian.

#### This powerful combination is designed to:

**Relieve Joint Pain:** The natural and effective formulation targets joint discomfort, providing effective relief for those experiencing pain.

**Inflammation reduction:** Active ingredients work synergistically to reduce inflammation, addressing a common concern for individuals with joint-related issues.

**Enhanced Mobility:** Experience enhanced joint mobility, enabling a more active and fulfilling lifestyle.

**Supports Overall Joint Health:** HDI Bone & Joint Health takes a holistic approach, nurturing your joints for long-term well-being.



# Testimony / 个人经历



## Improved Mobility When Going Up and Down the Stairs

Overall, I no longer experience any pain in my ankle while going up and down the stairs. Pain only starts to occur after more than 10 repetitions. Once it becomes painful, the discomfort usually improves within two days, whereas it used to take one to several months to heal.

## 上下楼梯时活动能力改善

整体来说，我在上下楼梯时不会感到脚踝疼痛。只有在超过10次后，才会开始出现疼痛。一旦出现疼痛，通常在两天内就会有所改善，而以前则需要一到几个月才能恢复。

Dr. Victoria



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### 护理您的骨骼与关节

我们的骨骼与关节在保持身体强壮和灵活方面起着至关重要的作用。从行走到参与运动，它们支撑着我们做任何事情。

#### 什么是骨骼与关节？

骨骼就像我们身体的框架。它们赋予我们结构并保护我们的器官。但是骨骼并非僵硬无生命，它们是由钙和磷等矿物质组成的活体组织。它们不断更新自己，通过在我们一生中形成新的骨组织和分解旧的骨组织。

另一方面，关节是两个或更多骨头相遇的地方。它们使我们能以不同的方式移动身体。关节由软骨缓冲，并被填充有滑液的膜所包围，这有助于减少摩擦并保持平稳的运动。

保持良好的骨骼与关节健康对整体健康至关重要。强壮的骨骼和灵活的关节使我们能够在老年时保持活跃和独立。它们还保护我们免受损伤和诸如骨质疏松症和关节炎等影响生活质量的疾病的侵害。

#### 保持骨骼与关节健康的建议

**保持均衡饮食：**富含钙的食物，如乳制品、绿叶蔬菜（如菠菜和羽衣甘蓝）和强化谷物，有助于建立强壮的骨骼。维生素D，阳光和一些食物如脂肪鱼和强化产品中含有的成分，有助于我们的身体吸收钙。

**保持活动：**定期锻炼有助于保持骨骼强壮和关节灵活。像步行、跳舞和力量训练这样的负重活动对骨骼特别有益。瑜伽和游泳等活动可以改善关节的灵活性和力量。

**保持健康体重：**超重会给您的关节，特别是膝盖、髋部和脊柱中的关节增加额外的压力。保持健康的体重可以减少这种压力。

**避免吸烟和限制酒精：**吸烟会使骨骼变脆，而过量饮酒会影响骨密度，并增加骨折的风险。

**保护自己免受伤害：**在可能导致关节受伤的运动或活动中穿戴防护装备。使用正确的技术搬运重物，以避免对背部和关节造成过度压力。

#### HDI产品如何帮助？

HDI Bone and Joint Health 一项开创性产品。它独特地结合了玉米提取的氨基葡萄糖、蜂王浆、蜂胶提取物、海藻中的钙、维生素D3、维生素K2、甘氨酸螯合镁和野玫瑰提取物，采用素食胶囊包装，确保适合素食者。

这种强效组合旨在：

**缓解关节疼痛：**这种天然有效的配方针对关节不适，为感受疼痛的人提供有效的缓解。

**减少炎症：**活性成分协同作用，减少炎症，解决关节相关问题的常见问题。

**增强活动能力：**体验增强的关节活动能力，实现更加积极、充实的生活方式。

**支持整体关节健康**



# Testimony / 个人经历



## My fingers can bend without pain!

After using HDI Bone and Joint Health for 7 days, my fingers can bend without pain. The movement in my hand joints is smooth and flexible, enabling me to perform activities without any discomfort.

## 我的手指可以无痛弯曲

使用HDI Bone and Joint Health 7天后，我的手指可以无痛弯曲。手关节的活动顺畅而灵活，使我能够毫无不适地进行各种活动

**Heru Partu**  
(Age/年龄: 70)

