

PROMOTE HEALTHY JOINTS & MOBILITY

NOVEMBER 2021

Joints are the places where bones connect, allowing our bodies to move. In healthy joints, there's a firm rubbery coating called cartilage at the end of the bones to act as a cushion. The body is designed so that there's enough "empty space" around joints to allow the bones to move freely. If the tissues around the joint become inflamed, that space is made smaller. Movement hurts when bones are pushing up against tissue instead of moving freely.

Persistent inflammation can lead to chronic health challenges, and any health conditions that end in "itis," involve inflammation in the body. Osteoarthritis is when cartilage in one or more joints breaks down over time, causing bones to rub together and causing pain, inflammation, and stiffness. Bone rubbing against bone, without cartilage to cushion them, causes pain. Rheumatoid arthritis occurs when the body's immune system attacks the membrane surrounding the joints. This can cause the flesh around the joints to swell up, making the space smaller. Over time, the autoimmune response can damage cartilage as well.

Injuries can also cause joint pain and swelling. This usually goes away when the injury heals, but the site of the injury is more prone to developing osteoarthritis later. For life-long healthy joints, it's important to use appropriate protective gear in sports and learn the right techniques to minimize the risk of injury as well as to eat right to support your body, incorporating as many beneficial foods into your weekly meal plans as well as avoiding harmful dietary lectins which cause inflammatory responses in the body.

As a quick refresher, lectins are proteins found in many foods. They often react chemically with blood type antigens; the molecules found on the outside of red blood cells. Many lectins are harmful for one blood type while being neutral or helpful for another. Other lectins are harmful for all types, or don't cause reactions in the body at all.

When following the Blood Type Diet, you're limiting the harmful lectins in your diet, while increasing the helpful ones. Eating and exercising right for your type can also promote healthy joints and mobility, optimal weight maintenance and overall vitality.

Regular exercise, including both aerobic exercise and weight training, is essential for healthy joints. **Blood Type O** benefits tremendously from brisk exercise that taxes the cardiovascular and musculoskeletal systems. In general, Os don't benefit as much from gentler exercises such as yoga or Tai Chi, but individuals with arthritis or chronic illnesses will benefit from ANY amount of regular movement, even the exercises generally recommended for other types.

Blood Type A should focus on calming exercises such as yoga and tai chi, and light aerobic exercises such as walking. For **Blood Types B and AB**, stress regulation and overall fitness are achieved with a balance of moderate aerobic activity and mentally soothing, stress reducing exercises.

If you are not accustomed to exercising or your condition is severe, start slowly and do as much as you can, striving to increase your time and endurance as you gain flexibility and strength.

NOVEMBER 2021 Special

DR. D'ADAMO'S FAVORITES FOR: **BONE & JOINT HEALTH PACK**

FEATURED PRODUCTS



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& Fillers:

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Bromelain:

Bromelain is a natural enzyme found in the pineapple plant, known widely as a digestive enzyme. Numerous European studies have shown Bromelain to be an effective anti-inflammatory in helping to accelerate recovery from the temporary pain and swelling that sometimes occurs after exercise and sports activities. Bromelain is an effective aid in maintaining tissue health.

Connectivar:

Dr. D'Adamo has designed Connectivar using a combination of two well-researched herbs, a bioflavonoid complex and one mineral. The mineral manganese helps to support ligament strength and helps to maintain joint stability. The result is a well-designed formula to help maintain blood vessel, capillary, and ligament strength for men and women of all blood types. Connectivar also contains Rutin-Hesperidin Complex, which seems to relieve occasional venous insufficiency, including pain, heaviness, leg cramps, itching, and swelling. Hesperidin, a bioflavonoid, appears to work by improving venous tone and helping maintain normal capillary permeability, and evidence suggests that Gotu Kola may enhance collagen synthesis.

Phloxicin:

Dr. D'Adamo has designed Phloxicin to help maintain joint health and flexibility using one amino acid with a combination of herbal ingredients. L-Histidine is an amino acid that may be beneficial to relieve pain associated with chronic arthritis, and Polygonum Cuspidatum, a member of the buckwheat family, contains resveratrol, which has been shown to demonstrate antioxidant and anti-inflammatory activity when associated with the occasional joint pain and stiffness resulting from normal wear and tear on joints. Woven into the total formula, all of these synergistic ingredients help to support joint health and flexibility for men and women of all blood types.

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My Type Store, 1 Pemimpin Drive, #06-08 One Pemimpin Singapore 576151 Tel: (65) 6339 5570

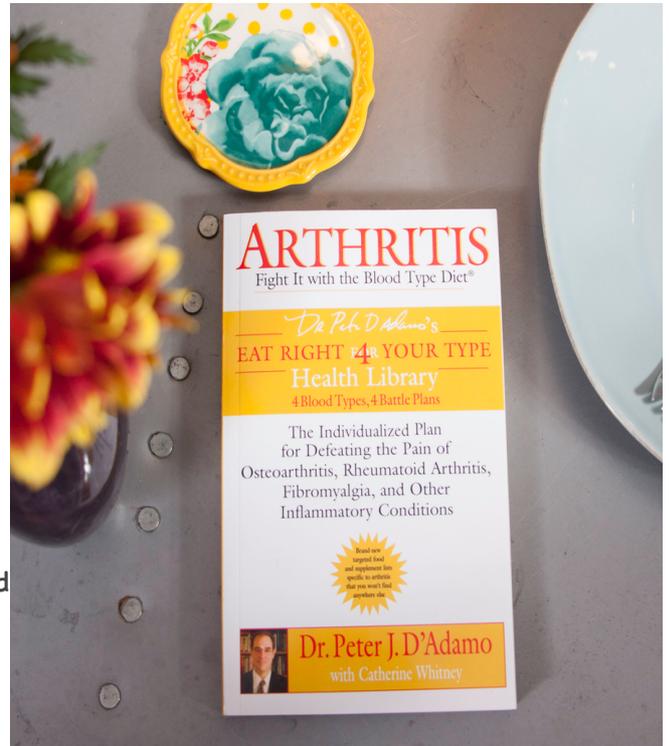
Arthritis: Fight It With The Blood Type Diet

Dr. Peter J. D'Adamo, the author of the Eat Right 4 (for) Your Blood Type, has now created a targeted plan for fighting arthritis: Arthritis: Fight it With The Blood Type Diet

Those with arthritis can now read how a blood type specific plan of food choices, exercise and lifestyle changes can make a battle plan for lessening the pain of these debilitating disease.

In Arthritis: Fight it With The Blood Type Diet you'll find individualized plans for counterbalancing the painful effects of osteoarthritis, rheumatoid arthritis, fibromyalgia, and other inflammatory conditions. Learn how a diet, tailored to your blood type, may help you manage, prevent or treat the symptoms. Find out how blood-type specific foods, vitamins, supplements, herbs and exercise become an important part of a comprehensive four-week plan to help you feel your best.

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BLOOD TYPE DIET FOR HEALTHY BONE JOINTS AND MOBILITY

Type O	Type A	Type B	Type AB
<p>+</p> <p>Top 5 BENEFICIAL foods:</p> <ul style="list-style-type: none"> Seaweed Red Meat Oily Cold Water Fish Spinach Kale 	<p>+</p> <p>Top 5 BENEFICIAL foods:</p> <ul style="list-style-type: none"> Cultured Soy Products Pineapple Olive Oil Onions Broccoli 	<p>+</p> <p>Top 5 BENEFICIAL foods:</p> <ul style="list-style-type: none"> Red Meat Broccoli Cultured Dairy Products Onions Pineapple 	<p>+</p> <p>Top 5 BENEFICIAL foods:</p> <ul style="list-style-type: none"> Tofu Cultured Dairy Products Broccoli Walnuts Cauliflower
<p>-</p> <p>Top 5 foods to AVOID:</p> <ul style="list-style-type: none"> Wheat Corn Kidney Beans Navy Beans White Potatoes 	<p>-</p> <p>Top 5 foods to AVOID:</p> <ul style="list-style-type: none"> Red Meat Milk Lima Beans White Potatoes Oranges 	<p>-</p> <p>Top 5 foods to AVOID:</p> <ul style="list-style-type: none"> Chicken Corn Peanuts Lentils Buckwheat 	<p>-</p> <p>Top 5 foods to AVOID:</p> <ul style="list-style-type: none"> Chicken Corn Buckwheat Lima Beans Kidney Beans

NOVEMBER 2021

MOXIBUSTION THERAPY: THE USES & BENEFITS



What is Moxibustion?

Moxibustion is a TCM technique that involves burning of mugwort (*Artemisia Vulgaris*), a small spongy herb, on particular acupoints on the body to facilitate healing. Moxibustion "heat" therapy mainly helps to warm the meridians, improve blood circulation, dispel cold and dampness, and strengthen the immune system. Scientific reviews have reported an increase in red blood cells, white blood cells and platelets around the area of treatment,



To learn more our
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effectively improving oxygen uptake by the cells of the body and driving the targeted systemic functions. Many patients report a warm, soothing sensation during and after a session of moxibustion.



What conditions is it catered for?

It is usually used on people who have cold or stagnant conditions, such as:

- Joint pain, arthritic conditions
- Women's health: infertility, menstrual cramps, ovarian cysts, breech births
- Deficiencies in energy: low immunity, sluggish digestion, fluid retention

Why is it important to let a registered TCM physician administer it?

There are two types of moxibustion. For direct moxibustion, mugwort cones are ignited after they are placed on the skin. They are removed before they burn down to the skin. Indirect moxibustion is more commonly used as it has a much lower risk of burning. The moxa stick is kept about 3-4 centimetres away from the skin. The moxa stick is placed above the area of treatment for several minutes until the area turns red. A licensed TCM physician would be able to observe the heating of the moxa stick and gauge the time and distance of the treatment.

What are the precautions of Moxibustion?

- It should not be used on anyone diagnosed with excess "heat".
- Women on period should not undergo moxibustion.
- Drink sufficient water after each treatment session.

How many sessions are required?

Typically, one course of treatment comprises of 12 sessions (20-30 minutes per session). The physician will advise according to each individual's needs.