

# How To Stay Safe This Holiday Season

**December  
2021**

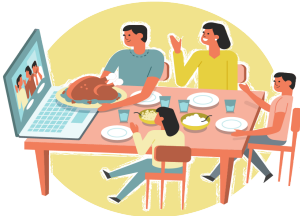


The holiday season is upon us and we feel the need to be close to family, but gathering with people increases the chance of spreading or catching the coronavirus. Precautions should be taken for family members and friends who may be vulnerable.

The pandemic is now part of our everyday life, meaning that normal things like knocking on a bunch of strangers' doors to get candy or simply gathering in a big group may not be possible. (At best, these traditions aren't encouraged.) If you're still feeling the holiday spirit, you can make this time of year just as special even while safely distanced.

*Here are five steps to help keep your holiday celebrations a little safer:*

## One: Celebrate at home



The safest way to celebrate is at home with your immediate household. The nation's leading infectious disease expert, has expressed concern that holiday celebrations could further increase transmission rates of the coronavirus. There are several options for you to connect with family for a virtual holiday dinner. Experts suggest using Zoom, Skype, Teams or Google Meet to stay connected.

## Two: Keep gatherings small

For those who want the traditional holiday dinner with friends or family, it's best to keep the gathering small. In a recent study, researchers found homes are now the main source for COVID-19 transmissions. Invite only those who you know in your social bubble, those who share similar pandemic-related safety behaviors. And ask if anyone has had any recent health issues before they come over. Some states have restricted the number of people who can gather in one place. Family members might assume that their loved ones are not infected simply because they know them well.



## Three: Mask, 6-feet and hand hygiene



If people outside your immediate family are visiting, remember these three things: Wear a mask, social distance and wash your hands. People without symptoms of COVID-19 may be able to spread the disease. "We have to sustain this level of vigilance at this time, and it's very hard over the holidays, think about not seeing family, and friends it's really hard.

## Four: Limit people in the kitchen

Reduce the number of people preparing the holiday foods in the kitchen. Those with unwashed hands, which may contaminate surfaces, should be kept out of the kitchen. Limit food servers to one or two people and have them wear masks when handing out food. Try single-use items for salt and pepper, butter or dressings. And make sure your guests wash their hands before dinner.



## Five: Shorten the visit



To reduce the amount of time people may be exposed to a possible infected person, it's best to keep your visit short.

# December 2021

Holiday gift shopping doesn't have to be stressful specially this pandemic. This season, give the gift of health to yourself, friends, and family with our **2021 Holiday Gift Guide**, featuring ideas for everyone. If you know someone struggling with their wellness, giving them the essentials for starting out on the Blood Type Diet can be life-changing.

## Promotion: For All Blood Type Supplements



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### Terms & Conditions

- 1) The promotion item is while stock last and **available for blood type O,A,B,AB** , prices are subject to change at management's discretion
- 2) The Company reserves the right to amend, add or delete these terms and conditions without prior notice.
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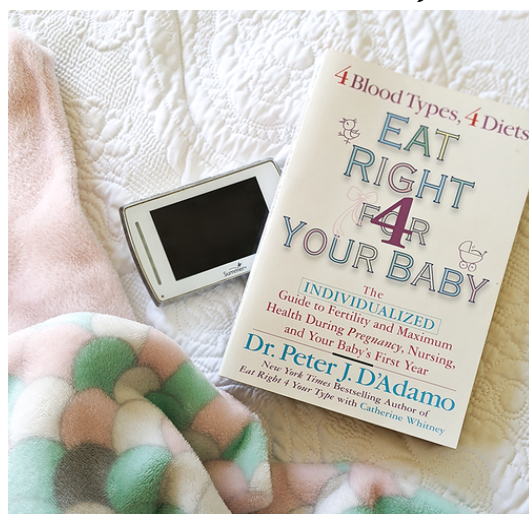
*Give the gift of health.*



**ARA 6** Fiber-rich powder from the western larch tree designed to improve digestive health and support a strong immune system, a light, easily blended and fiber-rich powder derived from the western larch tree and is formulated for all blood types. The primary component of ARA 6 is Arabinogalactan, a high-molecular-weight polysaccharide (long chain of linked sugars) capable of up-regulating critical aspects of the immune system.

In addition to its immune-enhancing effects ARA 6:

- Is a natural source of soluble fiber for healthy colon health
- Acts as a prebiotic food supply for gut microfloral balance
- Has adaptogenic properties to promote a balanced immune response
- Enhances natural liver detoxification
- Mixes easily in liquids, which makes it ideal for children or those who have problems swallowing pills



## **Eat Right For Your Baby**

Personalized guide for healthy fertility, pregnancy and childbirth. It's never too early to start a healthy blood type diet lifestyle. This softcover book outlines a program designed to provide optimal conditions for fertility as well as for pregnancy and childbirth.

The book is divided into sections for the 4 blood types providing nutritional strategies, recipes and detailed advice on what foods to consume, avoid, and how frequently to eat and exercises for before and after birth. This is a complete, easy-to-use guide that every health conscious parent-to-be should have.



Following The Blood Type Diet has never been easier with our delicious, **Blood-Type-Specific Recipes**. Our official cookbooks are designed to meet your unique nutritional needs, providing you with easy-to-prepare recipes that maximize flavor and minimize prep time. The book simplifies living and eating right for your type with step-by-step how-to's, pantry stocking tips, and ingredient substitutions that make following the Blood Type Diet even easier.

Whether you're just starting to eat right for your type or have been successfully following the program and are interested in adding to your repertoire of recipes, the **Eat Right for Your Type Personalized Cookbook for Blood Type O, A, B & AB** is your guide to healthy living.



## Ways Acupuncture Can Help During the Holidays

How many times has the holiday season caught you off guard? If you're anything like the average person, you probably like to focus on the positive things, like the time you get to spend with loved ones, the good food you get to eat, or the fun you'll have giving and receiving gifts. Somehow we always manage to forget how physically and emotionally draining the holidays can be.

The mental and physical stress is enough to throw anyone's Qi out of whack. Acupuncture is a simple, yet effective treatment that can restore you to your best self, giving you the strength and energy you need to enjoy the holidays.

At Harvest TCM, we want to help you feel your best so that you can enjoy what you have planned this holiday season.

*Here are ways that acupuncture can help you during the holiday season:*

### **Preparing for the Holidays by Finding Balance**

One way to mitigate the effects of the emotional and physical holiday season is to get your body balanced before the stress begins. Acupuncture restores the flow of energy along the meridians to its proper measure so that we can feel at peace and healthy before the times of stress. Treating your body and mind before problems arise is the best way to prepare for the holidays.

### **Pain Relief**

Nothing can stop the holiday spirit in its tracks like pain. Activities of the season, like shopping, can aggravate pain. Acupuncture is a non-invasive, drug-free way to deal with any pain issues that may arise, including sciatica, osteoarthritis, and migraines.

### **Healthy Eating**

Let's return for a moment to the family holiday scene above. One of the cousins is droning on about how such-and-such policy is ruining the economy. Meanwhile, one of the kids has spilled punch all over the white carpet, and someone let the dog into the kitchen where he is now up on the counter about to steal a turkey leg. Your stress levels have risen so high that your diet goes out the window. Heck with the moderation, you say, a drink is what you need right now. Overeating during the holidays is common and can lead to feeling poorly, weight gain, and energy imbalances. Luckily, even if you slip up during the holidays, acupuncture can help you get back on track to eating healthy and avoiding addictive behavior. By curbing cravings for food and addictive substances, acupuncture helps you maintain healthy habits. It can even motivate you to exercise regularly.

### **Energy Replenishment**

Your family has finally gone home. You've cleaned up all the wrapping paper and washed all the dishes. It's time to get things back to normal. Booking an acupuncture appointment is a great way to rejuvenate your body and mind and help you get back to your routine.

**To learn more our TCM service please call +65 63395570.**