



永燕 | 燕訊

E. EXCEL'S WORLD



January – March 2023

A Dreamer Who Takes Action

Diamond Masters Liu Shu-Ling and Wang Chen-Hsu



Liu Shu-Ling and Wang Chen-Hsu

From: Taiwan

Strengths and Hobbies: DIY

Dream: To explore the world and live their desired life

Traveled with E. Excel to: India, Sanya

On Liu Shu-Ling's social media page, her profile reads, "Love climbing mountains and cycling. A life enthusiast who likes to play the piano in the morning. I impact lives with knowledge and explore the infinite possibilities. I want to take charge of my life, have the ability to take care of my family, and start a beautiful life..." Scrolling down the page, you will see awesome everyday life photos of Shu-Ling and her husband Wang Chen-Hsu living the E. Excellers' way of life—everything that they would like to try, they are doing it!

"If you want to do something, do it now, and don't wait till retirement! Only E. Excel can provide such a flexible life." It is impressive how Shu-Ling and Chen-Hsu, who are both millennials, already have such a profound understanding as they talk about their life philosophy after joining E. Excel! Shu-Ling spoke candidly, "When I first stepped into society, I worked as an accountant after graduation as I majored in accounting. But because the job was boring and repetitive and limited by the fixed time of tax filing, I couldn't take leave any time I preferred. Doing that job for only three years already made me doubt if I had a life. In contrast, after devoting myself to the E. Excel career, I gained control over my time again, and I could live my life and work on my own terms. The rewards are a direct reflection of the effort I put in. Now, no matter how late I go to bed the previous night, I still wake up naturally before the alarm clock rings the next morning because there're too many things on my dream list to fulfill every day. This is how I really feel! It resonates with the old saying, 'People with dreams have difficulty falling asleep while people without dreams have difficulty waking up.'"

Speaking of the first time she encountered E. Excel, Shu-Ling said with a smile that it was indeed an experience different from that of many E. Excellers; while most E. Excellers got to know of E. Excel because of their personal health issues or that of their families, she encountered E. Excel due to fluffy dogs! "I met a stranger who was also a dog lover. The topic of health came up during our chit-chat, and that led to my connection with E. Excel, my interest in Dr. Jau-Fei Chen's lectures, a fresh knowledge of the immune system and plant-based nutrition, and my passion for Nutritional Immunology."

With this new discovery of health and career, Shu-Ling and Chen-Hsu devoted themselves to the E. Excel career and started their married life at the same time. Shu-Ling, who originally worked in Taichung City, moved to Shengang Township, Changhua County, after marrying. Despite living in this small town, she and Chen-Hsu did not face the hardship of finding a job like many people would. On the contrary, they can live their lives here to the fullest—carefree lives without crowds and traffic jams, thanks to the flexible nature of their work. Shu-Ling said confidently, "One of the strengths of the E. Excel career is that you can work anywhere. It's a people-oriented career; wherever there're people, there're opportunities."



Shu-Ling enjoys reading every day; she often brews a pot of *Triflora* in the morning and starts the day by exploring the world of words in a happy and relaxed mood. "To manage the E. Excel career, we need to constantly communicate with people. Reading provides 'nourishment' that enriches our inner world and professional knowledge. In our team, we have a weekly book club meeting. Be it books on Nutritional Immunology, other good books, or the articles in *E. Excel's World* magazine, all of our team members are encouraged to learn and share through the book club. In this way, day by day, they achieve personal growth without even realizing it." Shu-ling further shared, "I once read in a book—'All happy people have one thing in common: They engage in lifelong learning, whether through reading, traveling, or learning new knowledge.' I suddenly realized that it's no wonder E. Excellers are so happy!"

When asked how to overcome setbacks when managing the E. Excel career, Shu-Ling shared her experience, "For me, as long as I don't give up, all the setbacks I've encountered are not setbacks. They're merely processes. I either overcome a challenge or I learn from it. I may meet people who cannot accept or understand me, but I'll only pay attention to those who need me. Dr. Jau-Fei Chen once said that we must understand that everyone sees the world differently. I found this insight really useful.

"Being advocates of Nutritional Immunology is like carrying a bright torch. When someone out there needs us, we can be of help. Be it health-wise or career-wise, we can always provide one extra option for those who seek our assistance. Whenever I'm able to offer different opinions and strength to others, I feel so happy as an E. Exceller."

Although it has only been a few years since Shu-Ling and Chen-Hsu joined E. Excel, they are already living a life that others admire. They are most grateful to their family and fellow E. Excellers who have supported them along the way. "The most heartwarming thing about becoming a part of the big E. Excel family is having a group of fellow E. Excellers who work hard shoulder to shoulder with you. They are like your closest family members, except they aren't in your household registration book. When you feel blue, there's someone who is willing to listen to you; when you feel happy, there's someone who feels happy for you. I'd like to thank Dr. Jau-Fei Chen even more for giving ordinary people the opportunity to rewrite their futures."

What is her dream for the future? Shu-Ling replied without hesitation, "I want financial freedom and good health to experience life and explore the world freely. Share Nutritional Immunology to help more people prevent disease and share the E. Excel career to let more people gain happiness." So it seems that Shu-Ling and Chen-Hsu have already embarked on the path to achieving their dreams a long time ago.

Life Motto—"Be a person who takes action."

E. Excel—A Regretless Choice

Diamond Masters Lu Chih-Hua and Chien Ping-Chuan



**Lu Chih-Hua and
Chien Ping-Chuan**

From: Taiwan

Strengths and Hobbies:

Cooking and learning

Dream: To travel the world with family and teammates

Traveled with E. Excel to:

Bintan Island, Malaysia, South Korea, Hong Kong, Macau, Nagoya, Royal Caribbean Cruise, Vietnam

"I'm very grateful to my sister Chih-Li. I was the first person she thought of when she heard about the goodness of Nutritional Immunology. She helped me attain good health and a career. Without her, I would've missed out on the opportunity that changed my future." Lu Chih-Hua might be an introvert, but she shared eloquently about how she first came into contact with E. Excel. Her immense gratitude towards her sister was undeniable.

Remembering the surge of excitement she felt in her heart, Chih-Hua shared, "Because Chih-Li is my dearest sister, I joined her in attending one of Dr. Jau-Fei Chen's lectures without hesitation. To my surprise, it changed my life forever! Since then, even my children have become familiar with 'the doctor in our body'—our immune system. Both my husband Ping-Chuan and I agree with the concepts advocated by E. Excel, and we're also keen to learn at E. Excel and share with all of our hearts.

"My children and I used to have poor health and suffer from various conditions. Taking them to see a doctor had become part of our everyday lives. Every year before the Spring Festival, while everyone else was preparing delicious New Year's foods, I was always anxiously preparing medicine because I was afraid that someone in my family might get sick, such as catching a cold. It was a stressful time because the hospitals and clinics were closed for the holiday. I certainly agree with the saying that one can only enjoy life freely when one is in good health." Chih-Hua continued, "Now all of my children have grown up. When they need to travel, be it for vacation or study, they'll take along E. Excel's products. They believe that good nutrition can help them take good care of their immune system army. As they know how to look after themselves when they're away from home, I don't feel worried about them exploring the world."

Chih-Hua was originally a housewife. Although she humbly thinks she is less capable than her sister, who was promoted to Diamond Master a long time ago, she quickly obtained the ranks of Jade Master and Diamond Master within a year. Talking about the key to success, Chih-Hua said with a smile, "Opportunities are only for those who are prepared! Take me, for example. Success results from daily, consistent practice and the accumulation of experience. I've transformed from a shy introvert to a person who proactively shares and voluntarily helps those in need. I motivated myself to learn Nutritional Immunology thoroughly. I took a leaf out of Dr. Jau-Fei Chen's book and constantly listened to and learned new knowledge, hoping that I'll be able to provide proper guidance to people immediately when needed. In E. Excel, there's nothing that can't be learned as long as you're willing to learn it.



“Over the past two years, the COVID-19 pandemic has severely affected people’s health and income. It has scared everyone and prompted them to pay great attention to their health and look for careers that allow them to work remotely from home. In fact, these are the E. Excel career’s most attractive features—placing a high value on health and a flexible work schedule.” Chih-Hua spoke humorously, “Many of my friends are getting more curious and confident about the E. Excel career, probably because they’ve seen how an ordinary person like me could progress even amid the financial storm caused by COVID-19. After all, E. Excel is a place where ordinary people can become extraordinary!”

Chih-Hua further shared, “I’m fortunate to have my sister’s guidance, a group of teammates working alongside me, and their constant encouragement. So I rest easy knowing that even if I had progressed slowly in the beginning, as long as I remained on the right track and kept working hard, my continuous effort would eventually pay off. Oftentimes, it’s not that success comes too late; it’s just that we give up too soon.”

Chih-Hua is deeply impressed by Dr. Jau-Fei Chen’s great effort for and contribution to the health of humankind. She has also gained a clearer understanding of the wonderful vision of the E. Excel career. “The E. Excel career is not only characterized by having unique products, but Dr. Jau-Fei Chen’s mission of creating a world without disease has also helped me build self-worth in a way that’s beyond money. There’s a saying—if you want to be happy for an hour, take a nap; if you want to be happy the whole day, go fishing; if you want to be happy for a month, get married; if you want to be happy throughout your life, help others. You’ll be happy for life with the E. Excel career because it empowers you to help people gain health, wealth, and wisdom.”

Finally, Chih-Hua reminisced sentimentally, “Dr. Jau-Fei Chen once said to all E. Excellers, ‘Thank you for sharing Nutritional Immunology alongside me. I’ll accompany you till we grow old and hope you tell me then that you don’t regret following me.’ It has been 36 years since E. Excel was established, and Dr. Jau-Fei Chen is still working hard together with us. I’d like to say that it’s our great honor to work with Dr. Jau-Fei Chen in the journey of sharing Nutritional Immunology, and following her, we won’t regret any step we make.”

Life Motto—“Overcoming setbacks successfully is the greatest honor.”

Enjoy Work and Live an Excellent Life

E. Exceller Lai Li-Ling



Lai Li-Ling

From: Taiwan

Strengths and Hobbies:

Nutritional Immunology, traveling, exercising, mountain climbing, reading, English

Dream: To share Nutritional Immunology throughout life

Traveled with E. Excel to:

Japan, South Korea, Canada, Malaysia, Singapore, USA, the United Kingdom, France, the Czech Republic, Germany, Spain, Hawaii, Sanya, Egypt, Turkey, Austria, India, Shanghai, Hong Kong, Thailand, Vietnam, Dubai, Royal Caribbean Cruise, etc.

“Being a mother makes a woman stronger than before.” We see in Lai Li-Ling the tough side of women. Her husband’s business failed not long after they married and burdened them with debts. Li-Ling happened to be pregnant, and in order for their child to not live in an environment without dignity due to lack of money, she resolutely quit her nine-to-five job and stepped out of her comfort zone. She decided to follow in her sister Li-Man’s footsteps and pursue the E. Excel career.

“When I was young, I never thought I’d have my own career. Realizing that I wasn’t as eloquent and talented in leadership as my sister, I started learning everything from scratch. I reached out to successful people, regarded them as my role models, and learned from them. E. Excel’s environment of positivity has made me who I’m today. Looking back, it was my child who gave me the courage to change and bravely forge ahead all the time. I’m persistent and passionate about Nutritional Immunology: I’ve been with E. Excel for over 20 years.”

In the eyes of Li-Ling, a senior member of E. Excel, the E. Excel career is a business at the forefront of the market—it is backed by the true health concept of Nutritional Immunology; it gives one the autonomy to decide one’s income and work schedule; it has products that attract repeat purchases; and there is no risk or pressure regarding inventory. There are endless advantages. Li-Ling further said, “Global health awareness is rising, and the health industry pie is infinitely large. Making friends is very easy when health is the topic of the conversation. Moreover, in today’s modern society, as long as people agree with Nutritional Immunology, they’re willing to invest in themselves and their own health. And through technology and the Internet, the E. Excel career can be extended far and wide.”

Being focused and setting goals are the secrets to Li-Ling’s success. “Setting goals is very important. A life without goals often makes one feel lost and lazy. Once you’ve clear goals, focus your time and energy on achieving those goals. Of course, when you complete the goals, you must reward yourself. That way, you motivate yourself to reach your next goal.” Li-Ling sets monthly goals for herself. One of her biggest sources of motivation is the yearly E. Excel incentive trip. She has traveled all over the world—a dream many people wish to achieve—by winning the E. Excel incentive trip challenges.

More than 20 years is not a short period of time. How does Li-Ling maintain her enthusiasm for the E. Excel career? “I enjoy my work. I’ve already internalized Nutritional Immunology in my heart and put the essence of Nutritional Immunology into practice. I seldom have a conversation without talking about Nutritional Immunology. I benefit from a plant-based diet and walk 10,000 steps daily. I hope I’m the best practitioner of Nutritional Immunology.



"As a working woman, if you want to perform well in traditional industries, you often have to choose career over family. This is what I don't like the most. The E. Excel career gives me time freedom, enabling me to care for both my career and my family. It also gives me financial independence, which boosts my confidence and helps me win my family's respect. Bringing the E. Excel's spirit of positivity into my family also makes my family more united and harmonious."

Li-Ling added, "Self-discipline and time management are also vital. Every day, I divide my time into five main parts—learning to recharge, exercising, making friends, assisting teammates, and enjoying family time. I feel busy but fulfilled and happy. As a leader, one should lead by example, walk the talk, and be vibrant with positive energy. After all, people wouldn't want to follow a pessimistic leader, would they?"

With the increasing number of women entering the job market, dual-income households have become mainstream. Women make up a certain proportion of Li-Ling's team. Li-Ling emphasized, "Women are naturally thoughtful, patient, and tenacious. Women and men can complement each other. When the two forces co-operate and make full use of each other's potential and perspectives, the team becomes more efficient."

"Don't forget the source when you drink water, and be grateful for everything you have." These words reflect Li-Ling's current mood. "I don't dare to say that I've achieved great accomplishments, but I'm comforted knowing I've done enough to help others change their lives. Whenever I see a fellow E. Exceller who just joined, I feel like I'm looking at myself back when I just joined. Even if we aren't eloquent and don't have strong backgrounds, that's fine. As long as we're willing to learn diligently, and we help and support one another, we all can become prosperous and great. Now I've become a person who loves to help, share, and learn. I gain from E. Excel, and I give back to E. Excel. I love that I'm useful to others."

"Life is like cooking. Every life has its own flavor—sour, sweet, bitter or spicy. From preparing the ingredients to choosing the cooking method, as long as you pay close attention to every detail, put your heart into the preparation, and elevate the taste with love, you'll make heartwarming and delicious dishes over time. As the saying goes, 'Storms are inevitable in life. If you want to see the rainbow, you have to weather the storm. If you want to taste the sweetness of success, you have to endure the pain of failure.' These are the words I'd like to encourage fellow E. Excellers with." From being in debt to living a life free from poverty, Li-Ling has carved out an extraordinary life for herself by working hard. To fellow E. Excellers who are still fighting hard, do not feel discouraged and keep on fighting to create your own outstanding life."

Life Motto—"Only by becoming strong can you be truly safe."

Caffeine



Do you “come alive” only after a whiff and sip of your favorite coffee or tea—your jolt of caffeine? Read on for some fun facts about caffeine!

And if you have concerns about caffeine, we hope to address them.

“Caffeine? No, no, no?”

Avoid caffeine like the plague?

Here is a fun fact: Plenty of foods and drinks contain caffeine, some of which might surprise you. This may include chocolate, ice cream (coffee and mocha flavored), cereal (cocoa flavored), cookies, hot chocolate powder, cocoa powder, energy drinks, and sodas.

Even if you choose decaffeinated coffee and decaffeinated tea, take note that they may still contain caffeine but in very small quantities.

The takeaway? Shunning all foods and drinks that contain caffeine may be a bit misguided. Instead of judging food by one component, we need to look at it as a whole.

Health Benefits of Coffee and Tea

If you can tolerate or enjoy the effects of caffeine, then there is no need to avoid it! In fact, drinks such as coffee and tea not only taste great, they can benefit your health too! Coffee and tea both bring tons of health benefits, so there is no need to avoid them just because of caffeine.

Green tea has many health benefits

Green tea, in particular, is chock-full of benefits. Catechin compounds in green tea have various protective effects on neurons and can lower the risk of dementia. Furthermore, antioxidant compounds in green tea reduce the risk factors for heart disease, such as helping to lower cholesterol levels. Studies show that green tea drinkers may have a 31% lower risk of dying from heart disease.

In addition to being a great way to hydrate, green tea can help prevent painful kidney stones. Unhealthy drinks, such as soda, are associated with a 23% increased risk of kidney stones. Green tea helps prevent kidney stones not only because it hydrates the body but also by helping directly inhibit calcium oxalate stone formation.

Green tea may improve insulin sensitivity, reduce blood sugar levels, and lower the risk of type 2 diabetes. Studies showed that green tea significantly lowered fasting glucose concentrations and HbA1c. HbA1c measures how much sugar is attached to hemoglobin, a part of red blood cells, and reflects the body's blood glucose levels over the past two to three months. The higher the HbA1c, the higher the risk of diabetes complications. Green tea also lowered fasting insulin concentrations.

Tea and coffee may help reduce cancer risks

Multiple studies have shown that coffee is associated with a lower risk of dying from all causes of death, including different types of cancers, such as head and neck, breast, endometrial, liver, and colorectal cancers. There are hundreds of compounds found in coffee, such as caffeine, flavonoids, and other polyphenols, all of which can contribute to good health. Coffee can inhibit cellular damage and regulate genes involved in DNA repair. It also has anti-inflammatory effects that fight cancer.

Tea contains many bioactive compounds that protect our health. Studies have linked tea consumption to reduced risk of various cancers, such as colon, breast, ovarian, prostate, and lung cancers. Most of the benefits have been attributed to a compound called epigallocatechin gallate (EGCG). EGCG neutralizes reactive oxygen species, and thus helps limit DNA damage. It also helps starve cancer cells and stops them from proliferating. Green tea contains a much higher concentration of EGCG than it does caffeine.



The Bright Side of Caffeine

Stunned by how caffeine seems to be everywhere? Look on the bright side: Caffeine can benefit your health.

May prevent neurological disorders

The Cardiovascular Risk Factors, Aging and Dementia (CAIDE) study investigated the lifestyle and cardiovascular risk factors for dementia, Alzheimer's disease, and brain changes for almost 30 years. Data from the study showed that drinking three to five cups of coffee a day is associated with a decreased risk of dementia and Alzheimer's disease by about 65% in later life.

Caffeine may also protect against Parkinson's disease. Research published in the *New England Journal of Medicine* showed that in animal models, caffeine could protect the brain against deterioration. Other scientists have shown a strong association between a higher caffeine intake and a lower risk of Parkinson's disease.

Boosts the brain

Caffeine may enhance long-term memory, according to research from Johns Hopkins University. Researchers showed participants images to memorize. Then, they asked the participants to pick out the images from a group of images that included new additions and ones that were similar but not the same (a trickier-than-standard memory task). Compared to those who did not have caffeine, the participants who had 200 mg of caffeine (about two cups of coffee) were better at choosing the right images and recognizing the similar images. This indicates a deeper level of memory retention.

Caffeine helps increase alertness and vigilance in people who are well-rested as well as people who are sleep-deprived. Studies have shown that caffeine can jumpstart short-term memory and reaction times—great news for students cramming for exams! Many students drink coffee in the morning to feel more alert, and research shows that it also helps them better prepare for their classes. Students who drank coffee before their morning classes could better recall the information learned later that day.



Improves physical performance

Caffeine has ergogenic (enhances physical performance) properties that impact many different types of physical performance. Caffeine may have positive effects on muscle strength, muscle endurance, and high-intensity exercises that test speed, power, and agility. Many study participants reported needing less effort during exercise and feeling less pain after consuming caffeine. Fun fact—caffeine was on the list of banned substances in the Olympics until 2004. Now athletes are in the clear to have all the coffee and tea they want.

Reduces the risk of heart disease

Just because caffeine makes the heart race does not mean that it is bad for the heart! Caffeine helps lower levels of PCSK9 (a protein developed in the liver), which, in turn, lowers “bad” cholesterol, thus reducing the risk of heart disease. Furthermore, research shows that coffee drinkers have a lower long-term risk of heart failure than people who do not drink coffee. People who drink two cups of coffee a day have a 30% lower risk of heart failure.

The Dose Is the Key

The amount of caffeine in coffee and tea varies, depending on the variety of the coffee beans and tea leaves and the roasting or brewing method. For most healthy adults, up to 400 mg of caffeine a day is the recommended safe dose. That is about three to five cups of coffee a day or 10 cans of cola. This is just a guideline.



There are some unhealthy sources of caffeine, such as soft drinks. Other sources can contain dangerous amounts of caffeine, such as some natural weight-loss supplements and energy-boosting supplements. These products claim that they use natural ingredients, but just because something is natural does not mean that it is safe! Concentrating caffeine-containing plants, such as tea extract, guarana, yerba maté, and guayusa, can lead to high doses of caffeine that cause negative side effects. For example, the guarana plant has a very high concentration of caffeine, much higher than coffee. It can contain up to 5.8% caffeine by weight, while coffee has only up to 2%. Additionally, there is insufficient evidence to show that caffeine is effective for weight loss, so those weight-loss supplements might not even work!

Foods and Beverages	Approximate Caffeine Content
Coffee (1 cup)	95 mg
Decaffeinated coffee (1 cup)	4 mg
Espresso (1 shot)	65 mg
Black tea (1 cup)	47 mg
Green tea (1 cup)	28 mg
Cola (1 can)	40 mg
Milk chocolate (50 grams)	10 mg
Dark chocolate (50 grams)	19 mg
Guarana (1 gram)	47 mg
Energy drink (1 can)	As much as 200 mg



Side effects of too much caffeine

Some signs you are getting too much caffeine include:

- headache
- insomnia
- jitters
- nervousness/irritability
- frequent urination
- fast heartbeat

Each person reacts to caffeine differently. Those who do not regularly consume caffeine tend to be more sensitive to it.

Children should avoid caffeine. Pregnant women are advised to limit their caffeine intake to less than 200 mg a day (about 1.5 cups of coffee or seven cups of green tea).

Caffeine Facts

Caffeine is not addictive

While caffeine can cause a physical dependence, it is not addictive. If you stop taking caffeine abruptly, you might have some side effects from withdrawal, but these side effects are mild and subside after a few days. Caffeine does not cause the same severe side effects or seeking behavior that you might see with drugs and alcohol, and thus, experts do not consider caffeine addictive.

You can drink coffee and tea and still sleep well

Caffeine does not stick around in the body for that long, so having a cup of coffee or tea in the morning does not interfere with sleep at night. However, drinking coffee later in the day may interfere with sleep. Of course, that depends on the individual, such as how tolerant one is to caffeine and how fast one's body gets rid of it.

Tea contains L-theanine. This unique compound helps promote relaxation, enabling people to fall asleep faster and sleep better. This is why some people feel relaxed after drinking tea and why, despite the caffeine content, tea can be enjoyed at night before sleeping.



Caffeine is not dehydrating

While caffeine is a diuretic and will make someone go to the toilet more often, the liquid in the drink usually offsets whatever is lost. It is not enough to cause dehydration.

Caffeine will not help you sober up

Some people mix alcohol and caffeine, such as mixing alcohol with energy drinks, because they feel it offsets the effects of alcohol. Caffeine only makes them *think* they are okay and sober but in reality, they are not. Their reaction time and judgment are still impaired. Caffeine has absolutely no effect on blood alcohol concentration.

Caffeine does not increase the risk of osteoporosis

Caffeine only increases the loss of calcium in urine when consumed at very high levels of more than 744 mg/day. That is nearly double the maximum recommended intake of caffeine. However, if this does happen, it is easy to offset the calcium lost through a change in diet.

Caffeine does not increase the risk of heart disease

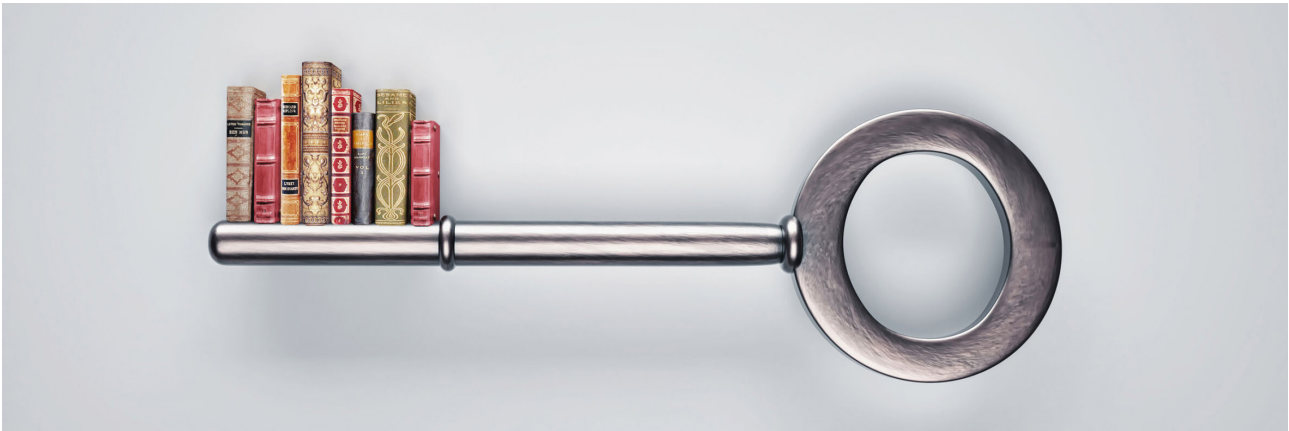
Caffeine can make your heart feel like it is going to jump out of your chest, but it is not going to hurt it. A slight temporary rise in heart rate and blood pressure might be seen in those who are sensitive to caffeine, but studies do not link caffeine to a higher risk of cholesterol, irregular heartbeats, or other types of heart disease.

Coffee and tea both bring tons of health benefits, so there is no need to avoid them just because of caffeine. Instead, control the dose of caffeine to balance the health benefits with the side effects.



The Lifelong Learning article is contributed by Dr. EE Zhang, MBChB.

Education Saves Lives



Education Is Key

When improving our quality of life, we tend to focus on the material. We want a higher salary, a bigger house, and a better car. We want the newest phone model, a flat-screen TV, and an upgraded gaming console. We want nice clothes, Michelin-starred meals, and first-class seats.

When improving our health, we still tend to focus on the material. We want bigger and better hospitals, famous doctors, and more private care. We want the newest drugs, the newest machines, and the newest techniques.

However, the key to improving both health and quality of life is not how much money is spent or how advanced the technology is. The key is education. Education can combat life-threatening diseases by teaching people how to avoid them. Many of us take this for granted. Children grow up learning basic hygiene practices to avoid diseases and how to avoid contracting diseases from contaminated food and water. Even regarding infections such as AIDS, education plays a significant role in prevention.



Education Stops the Spread of Diseases

Although AIDS first arrived in the United States in the 1970s, it did not come to the public's attention until 1981. By 1999, AIDS was the fourth biggest cause of death in the world. Now it is not even in the top 10. We can thank education for that. In all cases where AIDS epidemics have been reversed, behavioral changes were the key to success. Education teaches us how AIDS spreads and how to minimize the risk of infection.

History has taught us again and again that the best way to eradicate a pandemic is to first teach the population how to avoid becoming infected; then to systematically vaccinate the population; and finally, to continue to educate people about improving immune function. Unfortunately, we have proven to have a poor track record when it comes to learning from past mistakes. History repeats itself with the COVID-19 pandemic. Something as simple as educating the public about the right information has turned into misinformation spreading like wildfire, fueling baseless finger-pointing.

There are thousands of diseases out there that are deadly and nearly impossible to prevent. But there are even deadlier diseases that we do know how to prevent, yet we still manage to let them kill millions of people a year. These include cancer, cardiovascular disease (conditions affecting the heart and blood vessels), and diabetes. The public requires constant education to prevent disease. Merely treating a disease is not enough. The knowledge and education to help people change their lifestyles and prevent them from getting diseases will save far more lives than mere treatment by hospitals.

Many Diseases Can Be Prevented

An estimated 80% of cardiovascular disease (CVD) is preventable, yet it is the number one cause of death globally, killing 17.9 million people in 2019. Avoiding CVD is simple, and it is something that everyone can achieve. There are seven main points for avoiding CVD: do not smoke, engage in moderate exercise daily, eat more plant foods and fewer animal products, maintain a healthy weight, get good quality sleep, manage stress levels, and be on top of tracking health. In fact, this basic advice tackles a wide variety of health problems, including diabetes.



The World Health Organization (WHO) estimates that in 2019, diabetes caused about 1.5 million deaths. In addition, the number of people with diabetes is increasing. Although type 2 diabetes is hard to treat, it can be entirely prevented if people exercise regularly, eat more dietary fiber, and make healthier food choices. Research shows that people who lose a modest amount of weight and exercise regularly reduce the risk of developing diabetes by nearly 60%.

Even if someone is diagnosed with prediabetes, it is still not too late—all it takes is straightforward lifestyle changes within everyone’s control. The United States Centers for Disease Control and Prevention (CDC) advises losing 5% to 7% of body weight, getting at least 150 minutes of physical activity every week, and adopting a healthy diet full of fruits, vegetables, and whole grains.

Unfortunately, many patients believe that having diabetes is not a big deal because they assume that all they have to do is take their medications and the wonders of modern medicine will save them. Many patients’ biggest complaint is the inconvenience of changing their diet. They do not seem to care about the significant damage diabetes does to the body.



Diabetes can lead to several health problems, ranging from heart attacks, strokes, nerve damage, blindness, kidney failure to severe infections that result in amputations. Even with medication and tight control of their blood sugar levels, people with diabetes are at risk of these health problems. Often, people are unaware of what damage diabetes causes; they do not worry about it until it is too late. Despite medical advancements, people with type 2 diabetes, on average, have a lifespan reduced by up to 10 years. Prevention is always better.



Everyone Can Benefit From More Health Knowledge

Doctors are cogs in the hospital machine. Some doctors look at hundreds of patients a day. A doctor can only dedicate so much time to a patient before they move on to the next one; otherwise, some patients will never be seen at all. Unfortunately, this means that medical care has become paternalistic, with doctors telling patients what to do without proper explanation while expecting obedience because they “know better.” Many doctors do not take the time or do not have the time to educate patients about their medical

conditions. They do not treat the patient like an equal or partner in managing their health because the patients lack the required knowledge. It becomes a painful process of patients just taking the medications prescribed by their doctor. However, most medications are not a cure—they only suppress symptoms. Patients do not know how to fully manage their current health problems or prevent future health problems, so they rely on the medications and ignore the root problem. Because they are not doing anything to prevent or manage the original problem, they end up returning to the doctor again. And again. And again.

This is where Nutritional Immunology shines. Nutritional Immunology focuses on prevention and educating people about health. While wealth, when given away, can help some people, it lasts only until the money runs out. On the other hand, knowledge can be shared and spread to thousands and millions. The more money is spread around, the less impact it has. The more knowledge is spread around, the more power it gains, and the more people it can help.

Most diseases can be prevented and avoided entirely if people only knew how. Education is more important than wealth when it comes to health. In developed countries, diseases such as diabetes and cardiovascular disease, often caused by a person’s lifestyle choices, are the primary limitations of lifespan, not infectious diseases. Preventing these conditions through education with appropriate and adequate knowledge will save more lives than slow and incremental improvements in medical technology. It is not a matter of finding the right doctor, hospital or drug. It is a matter of never having that disease to begin with. Researchers have found that eight times as many deaths could be avoided if those with inadequate education had better access to education and knowledge.

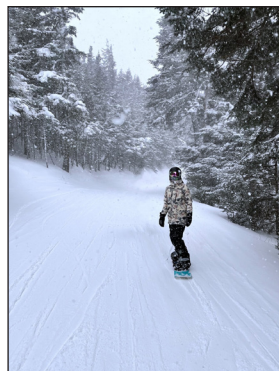


Everyone Can Save Lives

Nutritional Immunology teaches us about the importance of the immune system. It is a guideline on how to nourish our body and how to achieve and maintain health. Nutritional Immunology is a type of science that does not get much limelight. Preventing disease and stopping people from getting sick is not as glamorous as swooping in and curing diseases, but it is often more important and more effective. For example, patients often thank the doctor for improving their symptoms. However, if the doctor were to tell them to stop eating unhealthy foods and exercise more, they would treat those words as an inconvenience, even if lifestyle changes might have better results than medication.

At E. Excel, sharing knowledge on how to prevent and avoid disease is the ultimate mission. Sharing this knowledge is something that the everyday people can do, and it is the most impactful gift they can give. In this way, we can make a profound impact on the lives of others by helping them learn accurate health information.

By spreading correct health knowledge, an ordinary person can save more lives than a doctor ever could.



The Professional Development article is contributed by Elei Zhang, JD.

Knowledge is power. Knowledge is instrumental to value-creation and is a critical asset in life. It is in many ways the primary instrument of progress and innovation. However, knowledge can be messy, particularly when false. Today, information spreads rapidly and comprehensively, and websites and social media outlets are easy access points for false information.

We're here to help discern fact from fiction. Knowledge becomes powerful in the right culture—collectively sharing in the truth and continually seeking progress and ideas. Building the right knowledge base is neither a short-term effort nor a one-off project. It is a lifelong process of discovery.

Pouring Cold Water on Water Myths

In many cultures, there are persistent myths about cold water being bad for you. We are here to clear up the muddied waters. Let us dive in!



Myth: Drinking Cold Water Can Cause a Heart Attack

As with many myths, there is a splash of truth in them. Cold temperatures can cause blood vessels to constrict, restricting blood flow. This means that the heart has to work much harder to pump blood through narrower vessels.

Those with underlying heart disease may wish to avoid consuming cold liquids to avoid triggering cardiac arrhythmia (abnormal heart rate or rhythm).

For a healthy person, there is no scientific evidence that drinking cold water will cause a heart attack.

Myth: Drinking Cold Water Is Bad for Digestion

There are claims that cold water will “freeze” fat into a lump in the stomach and interfere with digestion. If you put fatty foods in the fridge, after a while, you will probably find that the fat has congealed into solid chunks.

Newsflash! The human stomach is not a fridge. It does not have an internal temperature of between 1°C – 4°C, which is the recommended temperature for a fridge. Even if you swallow chunks of ice, the ice will melt and equalize with your body's internal temperature. Not to mention, there are digestive juices and enzymes that will keep the fat dissolved. It is just not possible for cold water to solidify fat inside the human digestive system.



Drinking cold water does not hinder digestion. The gastrointestinal tract is very efficient at digesting food. Water, regardless of its temperature, can help the digestive system and prevent constipation.

Myth: Drinking Cold Water Can Cause Fatty Liver Disease

This belief lies in the misunderstanding that cold water can solidify fat in the liver. It cannot.

The temperature of our internal organs, barring extreme circumstances, will never drop to temperatures low enough to solidify fats, regardless of how much cold water we drink. Cold water is not going to give anyone fatty liver disease. It has no effect at all on the fat in the liver.

The risk factors for fatty liver disease include diabetes, obesity, high blood pressure, and high cholesterol levels. Water temperature is not one of them.

The key to avoiding fatty liver disease is to lose weight and to stop eating too much fatty foods, not stop drinking cold water.

Myth: Avoid Drinking Cold Water During Menstruation

The digestive system and reproductive system are entirely different systems in the body. Drinking cold water will not stop menstruation. When it comes to menstrual cramps, it depends on the individual. Some women can eat an entire tub of ice cream and have no menstrual cramps. Others prefer warm foods and hot water bottles. Whatever suits the individual.



Myth: Drinking Cold Water Affects Fertility

Drinking cold water or eating cold foods has no effect on fertility for both men and women. Drinking cold water is perfectly safe during pregnancy. It will not have any effect on the fetus. There are also no issues with drinking cold water or eating cold foods right after childbirth. In the United States, it is common for women to have ice chips before, during, and after labor. There are no issues at all.

Myth: Drinking Cold Water After Exercise or in Hot Weather Is Harmful

Drinking cold water after exercise or during hot days will not cause someone to pass out. Some people might feel lightheaded in warm temperatures due to overheating or dehydration, and not because they drank cold water. The treatment for heat exhaustion or other heat-related illnesses is actually to rapidly cool the person down so cold water is the remedy.

Next time, if you are feeling hot, just drink ice-cold water. It will feel great and it does not cause any harm. In fact, if someone has heatstroke, you can go ahead and dunk the person into ice-cold water and save the person's life.



Truth: Drinking Very Hot Water May Raise Cancer Risk

We have all been there. We take a gulp of steaming hot tea or coffee and feel it burn all the way down. There may be a link between drinking hot beverages and esophageal cancer. Very hot liquids or food can irritate or damage the lining of the esophagus. In the long term, it may cause chronic inflammation, which increases the risk of cancer cells forming.

The danger zone seems to be above 65°C. So let your hot drinks cool down a bit first!

It All Boils Down to This

When it comes to water, the most important thing is to drink enough of it. If you like cold water, go ahead and drink cold water to your heart's content. If you prefer your water warm, go ahead! Just make sure it is not too hot. So long as you are not scalding yourself, the temperature of your drinking water does not matter.

There are treasure troves of mysteries in nature waiting to be discovered and explored. Countless scientists have devoted themselves to unraveling them in the hopes of improving human health and wellbeing. Their work is vital to understanding and treating disease.

We bring you their research findings in our goal to enrich and expand public knowledge.

Damask Rose (*Rosa damascena*)



Damask Rose Extract Has Anti-aging Effects

Research shows that damask rose (*Rosa damascena*) extract scavenges free radicals, thus hindering the aging process. A study has found that *R. damascena* extract shows antioxidant activity by inhibiting the production of active oxygen species, which can damage cells. *R. damascena* extract prevented 10% of the cell death caused by stress in human hair follicles and showed an anti-wrinkle effect by protecting against ultraviolet-induced photoaging in the skin. Therefore, it has the potential to be used as an anti-aging cosmetic agent.

Han JH, Song JH, Kim YE, Lee YH, Lee JM, Lee JE. Anti-aging effects of *Rosa damascena* extract containing low molecular glycoprotein. *J Soc. Cosmet. Sci. Korea*. 2018;44(1):49–57. Accessed October 27, 2022. doi.org/10.15230/SCSK.2018.44.1.49

Damask Rose Extract May Help Delay the Signs of Aging

The regulation of protein within a cell is a vital part of the cell's normal function. This is controlled by the proteostasis network. Decline of this network is a common feature of aging. Activation of the proteostasis network seems to improve health and lifespan and protect against age-related diseases.

Researchers have found that a *R. damascena* extract has strong antioxidant activities and can activate proteostatic modules in human fibroblasts—cells that contribute to the formation of connective tissue throughout the body, especially in the skin. In experimental models, researchers have found that an enriched polyphenolic extract from *R. damascena* delayed the onset of aging and the signs of aging.

Dina E, Sklirou AD, Chatzigeorgiou S, et al. An enriched polyphenolic extract obtained from the by-product of *Rosa damascena* hydrodistillation activates antioxidant and proteostatic modules. *Phytomedicine*. 2021;93:153757. Accessed October 27, 2022. doi.org/10.1016/j.phymed.2021.153757

Damask Rose Extract Can Defend Against Infections

Extracts from *R. damascena* petals showed antimicrobial activity against various types of bacteria, such as methicillin-resistant *S. aureus*, *S. typhimurium*, *B. cereus*, and *C. albicans*. The antimicrobial effect of rose extracts is likely due to the activity of components such as geraniol, citronellol, and nerol. The synergy among citronellol, geraniol, and nerol may also exert antimicrobial effects against both gram-negative and gram-positive bacteria.

Rose petal extracts may also have antiviral activity. They have been shown to have some activities against HIV infections, herpes simplex virus type 1 (HSV-1), and *Haemophilus parainfluenzae* type 3.



Mahboubi M. *Rosa damascena* as holy ancient herb with novel applications. *J Tradit Complement Med*. 2015;6(1):10–16. Accessed October 27, 2022. doi.org/10.1016/j.jtcme.2015.09.005

Mahmood N, Piacente S, Pizza C, Burke A, Khan AI, Hay AJ. The anti-HIV activity and mechanisms of action of pure compounds isolated from *Rosa damascena*. *Biochem Biophys Res Commun*. 1996;229(1):73–79. Accessed October 27, 2022. doi.org/10.1006/bbrc.1996.1759

özkan G, Sagdiç O, Baydar NG, Baydar H. Note: antioxidant and antibacterial activities of *Rosa damascena* flower extracts. *Food Sci Technol Int*. 2004;10(4):277–281. Accessed October 27, 2022. doi.org/10.1177/1082013204045882

Chroho M, Bouymajane A, Oulad El Majdoub Y, et al. Phenolic composition, antioxidant and antibacterial activities of extract from flowers of *Rosa damascena* from Morocco. *Separations*. 2022;9(9):247. Accessed October 27, 2022. doi.org/10.3390/separations9090247

Damask Rose Extract May Induce Apoptosis in Cancer Cells

R. damascena components may help prevent cancer in various ways. As the main compound of *R. damascena*, geraniol may induce apoptosis in cancer cells, reduce CDK2 activity, arrest the cell growth phase of the cell cycle, and inhibit HMG-CoA reductase and ornithine decarboxylase activity. This can cause the death of cancer cells. Other studies using the HeLa cell line found that *R. damascena* decreased cell viability in cancer cells in a concentration- and time-dependent manner.



Mahboubi M. *Rosa damascena* as holy ancient herb with novel applications. *J Tradit Complement Med*. 2016;6(1):10–16. Accessed October 27, 2022. doi.org/10.1016/j.jtcme.2015.09.005

Darwish H, Alharthi S, Mehanna RA, et al. Evaluation of the anti-cancer potential of *Rosa damascena* Mill. callus extracts against the human colorectal adenocarcinoma cell line. *Molecules*. 2022;27(19):6241. Accessed October 27, 2022. doi.org/10.3390/molecules27196241

Zamiri-Akhlaghi A, Rakhshandeh H, Tayarani-Najaran Z, Mousavi SH. Study of cytotoxic properties of *Rosa damascena* extract in human cervix carcinoma cell line. *Avicenna J. Phytomedicine*. 2011;1(2):74–77. Accessed October 27, 2022. http://www.nativerose.cl/papers/cervixrosa.pdf

Damask Rose Has Strong Antioxidant Activity

The antioxidant activity of *R. damascena* is due to the high levels of phenolic and flavonol contents. This includes quercetin, which acts as a free radical scavenger; and kaempferol and its glycosides, which have antioxidant activity and can reduce the generation of free radicals.

Mahboubi M. *Rosa damascena* as holy ancient herb with novel applications. *J Tradit Complement Med*. 2016;6(1):10–16. Accessed October 27, 2022. doi.org/10.1016/j.jtcme.2015.09.005

Liu WY, Chen LY, Huang YY, et al. Antioxidation and active constituents analysis of flower residue of *Rosa damascena*. *Chin Herb Med*. 2020;12(3):336–341. Accessed October 27, 2022. doi.org/10.1016/j.chmed.2020.05.005

Chroho M, Bouymajane A, Oulad El Majdoub Y, et al. Phenolic composition, antioxidant and antibacterial activities of extract from flowers of *Rosa damascena* from Morocco. *Separations*. 2022;9(9):247. Accessed October 27, 2022. doi.org/10.3390/separations9090247

Boskabady MH, Shafei MN, Saberi Z, Amini S. Pharmacological effects of *Rosa damascena*. *Iran J Basic Med Sci*. 2011;14(4): 295–307. Accessed October 27, 2022. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3586833/pdf/IJBMS-14-295.pdf>

Antioxidants in Damask Rose May Help Extend Lifespan

Studies using fruit flies as experimental models have found that *R. damascena* extract resulted in a statistically significant decrease in mortality rate. Researchers further discovered that *R. damascena* extract did not affect fecundity or metabolic rate, meaning that it may extend lifespan without affecting other physiological mechanisms. This effect may be due to the antioxidant properties of *R. damascena*.

Boskabady MH, Shafei MN, Saberi Z, Amini S. Pharmacological effects of *Rosa damascena*. *Iran J Basic Med Sci*. 2011;14(4): 295–307. Accessed October 27, 2022. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3586833/pdf/IJBMS-14-295.pdf>

Damask Rose Exhibits Anti-inflammatory Effects

R. damascena extracts have exhibited anti-inflammatory effects in animal models. When rat paw edema was treated with *R. damascena* extracts, the edema was significantly reduced. This is likely due to the inhibition of mediators of acute inflammation. The anti-inflammatory effects in *R. damascena* are partly due to the presence of antioxidants. Quercetin and other flavonoids are antioxidants found in *R. damascena* and can prevent the release of pro-inflammatory mediators.

In another study using animal models, scientists induced sepsis. The rats treated with *R. damascena* compounds had diminished levels of biochemical parameters indicative of inflammation. Upon examination of the lung tissue damage, they found that it was improved in rats treated with *R. damascena* compounds.

Boskabady MH, Shafei MN, Saberi Z, Amini S. Pharmacological effects of *Rosa damascena*. *Iran J Basic Med Sci*. 2011;14(4): 295–307. Accessed October 27, 2022. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3586833/pdf/IJBMS-14-295.pdf>

Hajhashemi V, Ghannadi A, Hajiloo M. Analgesic and anti-inflammatory effects of *Rosa damascena* hydroalcoholic extract and its essential oil in animal models. *Iran J Pharm Res*. 2010;9(2):163–168. Accessed October 27, 2022. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3862064/pdf/ijpr-09-163.pdf>



Dadkhah A, Fatemi F, Mohammadi Malayeri MR, et al. The anti-inflammatory and antioxidant effects of *Rosa damascena* Mill. essential oil on the lung injury in the CLP model. *J. Med. Plants*. 2020;19 (74):277–294. Accessed October 27, 2022. doi.org/10.29252/jmp.19.74.277

Damask Rose May Exhibit Antidiabetic Effects

R. damascena may exert an antidiabetic effect. Extracts from *R. damascena* may inhibit α -glucosidase enzyme. This enzyme breaks down starch into glucose for intestinal absorption. By inhibiting this enzyme, postprandial glucose levels may be reduced.

In animal studies, *R. damascena* was shown to significantly decrease blood glucose after maltose loading in both normal and diabetic rats.

Boskabady MH, Shafei MN, Saberi Z, Amini S. Pharmacological effects of *Rosa damascena*. *Iran J Basic Med Sci*. 2011;14(4): 295–307. Accessed October 27, 2022. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3586833/pdf/IJBMS-14-295.pdf>



Here's another Research Findings article. Enjoy!



Cranberries (*Vaccinium oxycoccos*)

Cranberries May Extend Lifespan

Using experimental models, researchers have discovered that cranberries may increase lifespan. Their results showed that cranberry anthocyanins significantly prolonged the mean lifespan of their experimental models by 10%. Researchers believed that this effect was achieved by modulating certain genes and signaling pathways, such as downregulating insulin receptor (InR) and target of rapamycin (TOR) signaling pathways. Inhibition of InR and TOR has been associated with a healthy lifespan as well as delaying age-related diseases such as cancer and heart disease.

Another reason for cranberries' ability to increase lifespan could be due to their antioxidant activity. A study showed that cranberry anthocyanins reduced the mortality rate induced by hydrogen peroxide.



Wang L, Li YM, Lei L, et al. Cranberry anthocyanin extract prolongs lifespan of fruit flies. *Exp Gerontol.* 2015;69:189–195. Accessed November 1, 2022. doi.org/10.1016/j.exger.2015.06.021

Cranberries Can Have Positive Effects on Lifespan at All Stages of Life

Studies have found that cranberries could extend the lifespan of their experimental models in all three life stages—the equivalent of young adulthood, middle age, and old age in humans. This means that cranberries can help prolong lifespan when consumed during any life stage and are a potential option for longevity interventions in people of different ages.

Sun Y, Yolitz J, Alberico T, Sun X, Zou S. Lifespan extension by cranberry supplementation partially requires SOD2 and is life stage independent. *Exp Gerontol.* 2014;50:57–63. Accessed November 1, 2022. doi.org/10.1016/j.exger.2013.11.020



Cranberries Are a Major Source of Antioxidants

Cranberries contain a wide variety of antioxidants, such as polyphenols (flavonoids, anthocyanins), ascorbic acid, and triterpene compounds. Antioxidants scavenge free radicals and help remove reactive oxygen species that cause oxidative stress by damaging cells and DNA. Oxidative stress is linked to aging and many diseases and conditions, such as heart disease, diabetes, cancer, and inflammation. Antioxidants are critical to helping prevent these degenerative conditions by reducing oxidative stress.

In human trials, cranberry juice was shown to increase the antioxidant capacity of blood plasma while also reducing lipid oxidation in women with health problems. Cranberries are effective against inflammatory processes, thus helping to protect against a wide range of diseases.

Nemzer BV, Al-Taher F, Yashin A, Revelsky I, Yashin Y. Cranberry: chemical composition, antioxidant activity and impact on human health: overview. *Molecules.* 2022;27(5):1503. Accessed November 1, 2022. doi.org/10.3390/molecules27051503

Cranberries May Help Heart Health

Cranberries are rich in unique proanthocyanidins and can improve blood vessel function just hours after being consumed. They can increase compounds such as polyphenols and metabolites in the blood. These compounds can help prevent blood clots, reduce blood sugar, and reduce the risk of heart disease. Cranberries may also lower cholesterol levels while boosting the levels of high-density lipoproteins (HDL), also known as “good” cholesterol.

Nemzer BV, Al-Taher F, Yashin A, Revelsky I, Yashin Y. Cranberry: chemical composition, antioxidant activity and impact on human health: overview. *Molecules.* 2022;27(5):1503. Accessed November 1, 2022. doi.org/10.3390/molecules27051503

Blumberg JB, Camesano TA, Cassidy A, et al. Cranberries and their bioactive constituents in human health. *Adv Nutr*. 2013;4(6):618–632. Accessed November 25, 2022. doi.org/10.3945/an.113.004473

Zare Javid A, Maghsoumi-Norouzabad L, Ashrafzadeh E, et al. Impact of cranberry juice enriched with omega-3 fatty acids adjunct with nonsurgical periodontal treatment on metabolic control and periodontal status in type 2 patients with diabetes with periodontal disease. *J Am Coll Nutr*. 2018;37(1):71–79. Accessed November 1, 2022. doi.org/10.1080/07315724.2017.1357509

Including Cranberries in the Diet May Improve Memory and Brain Function

The antioxidant and anti-inflammatory activities of cranberries may have neuroprotective potential. In a study looking at how cranberries could help age-related neurodegeneration, researchers found that participants who consumed cranberry powder showed significantly improved episodic memory performance. Researchers believe that this is due to the combination of nutrients in cranberries and improved blood flow in the brain.

Flanagan E, Cameron D, Sobhan R, et al. Chronic consumption of cranberries (*Vaccinium macrocarpon*) for 12 weeks improves episodic memory and regional brain perfusion in healthy older adults: a randomised, placebo-controlled, parallel-groups feasibility study. *Front Nutr*. 2022;9:849902. Accessed November 1, 2022. doi.org/10.3389/fnut.2022.849902



Cranberries May Help Prevent Urinary Tract Infections

Cranberries are a classic home remedy for urinary tract infections and they actually do work! The American Urological Association’s guidelines for recurrent urinary tract infections in women state that clinicians can offer cranberry for prevention. Research published in *The Journal of Urology* states that cranberries have potential to reduce the incidence of urinary tract infections, especially in patients with recurrent urinary tract infections.

Anger J, Lee U, Ackerman AL, et al. Recurrent uncomplicated urinary tract infections in women: AUA/CUA/SUFU Guideline (2022). American Urological Association. 2019. Accessed November 1, 2022. <https://www.auanet.org/guidelines-and-quality/guidelines/recurrent-uti#x14425>

Luís Â, Domingues F, Pereira L. Can cranberries contribute to reduce the incidence of urinary tract infections? A systematic review with meta-analysis and trial sequential analysis of clinical trials. *J Urol*. 2017;198(3):614–621. Accessed November 1, 2022. doi.org/10.1016/j.juro.2017.03.078

Scientific research requires judgments based on professional knowledge and rigorous implementation processes. These processes consist of complex methods, any small change in which can affect the results drastically. We have provided you short summations of the research for ease of understanding. Do not use this as a basis for self-diagnosis or self-treatment.



E. EXCEL INTERNATIONAL GROUP
丞燕国际机构

The information contained within this publication is included for reference and educational purposes only. It is not intended as a substitute for the advice of a qualified medical professional. E. Excel's products are herbal food supplements designed to help nourish the body through regular use. E. Excel's products are not for the treatment or cure of any diseases, illnesses or ailments. E. Excel does not condone or advocate self-diagnosis or self-medication in any way. If you have a condition that requires medical diagnosis and treatment, it is important that you visit a licensed health professional.

This publication may also contain references to scientific research that has been performed regarding one or more herbs used in E. Excel's products. These articles have been referenced in order to demonstrate that the scientific community is documenting and verifying the amazing and wonderful powers of specific herbs, but under the specific circumstances and uses described in the referenced studies. Because E. Excel's product formulations contain different combinations of herbs, different amounts of herbs, and may use the herbs differently than those described in any referenced articles or studies, the use of E. Excel's products will not achieve the same specific results described in any of these cited articles. No claim is made by E. Excel that since its products contain herbs described in these studies, that the regular use of its products will achieve the specific results described in these studies. Any such claim made by any person is specifically disavowed and disclaimed by the Company.

For any discrepancies between the English and Chinese text, please refer to the English text as the most correct source of information.