

# Looking good, naturally

Popular TV host gives her take on staying happy and kicking a bad habit

Nothing comes between Quan Yifeng and her spaghetti vongole, it seems. The popular MediaCorp television host tells REETA RAMAN in an email interview that she has loved Italian food since she was a little girl.

When she is not wolfing down her spaghetti, Yifeng can be seen engaging in witty repartee with her counterparts on television shows such as *Love Bites* and anchoring shows such as the *Ren Ci* charity show.

During this interview though, the affable host displayed less of her trademark acerbic wit and became serious as she talked about what is most important to her, and the reason why she is less moody now.

**It is often said that health is wealth. What do you think?**

Definitely. Even if I have all the money in the world but if I don't have good health, there is no way that I will be able to enjoy the good things in life. So health is very important to me.

**Being in the entertainment business means looking good is important. How do you ensure that you are at the top of your game?** I think the most important thing to looking good is to stay happy.

Though technology is really advanced these days, and can "repair" whatever that needs to be fixed, I think most the most important thing is to stay happy.

For myself, I stay happy by doing the things I enjoy. For example, I love going to the beach, so I try to go there as often as I can.

I also try to stay away from the things or places I dislike.

I don't like crowded places, so I avoid these.



**QUIT SMOKING FOR GOOD:** Quan Yifeng (above), together with Christopher Lee and Ng Hui, are part of the "Kick It, Beat It" 30-Day Quit Smoking challenge.

**What about physical activities? How often do you exercise?**

I tend to be very energetic in whatever I do in my daily life, be it walking around, carrying things, or even brushing my teeth! So, that in a way is exercise to me. I also enjoy swimming.

**You have lost quite a lot of weight. What is your philosophy on diets and dieting?**

Go to *Cenosis*! (She is the spokesperson for slimming centre *Cenosis*). But seriously, I think dieting needs both strategy and discipline.

I am against anyone who tries to diet by relying on his or her own means. I think in order to diet effectively, a person needs to seek the advice of nutrition experts.

Otherwise, there may be a risk of malnutrition.

**Do you have any vices that you would like to quit?**

I've tried quitting smoking four to five times in the past, relying solely on my will-power. But I was unsuccessful. My pharmacist advised me to use the Nicotine Replacement Therapy (NRT) 16-hour patch.

The patch is very convenient. I just stick it on and allow the low doses of nicotine to relieve the withdrawal symptoms I would feel from not smoking. I am also using the NRT inhaler and gum to help curb my cravings. So far, it's been great.

Now, I experience less cravings and my hubby has even commented that I am not as moody as before.

## Prickly pineapples are good

DON'T be fooled by their spikes: Pineapples are good for your health.

The stem of the tropical fruit, for instance, contains bromelain, an enzyme that digests proteins.

Bromelain helps in the healing of sprains and strains by reducing swelling and pain.

In this respect, rheumatoid arthritis sufferers can seek some relief from the fruit's anti-inflammatory property.

The enzyme is also said to prevent the swelling of soft-tissue, so it may be a good choice of fruit after one sustains an injury or undergoes surgery.

As with all fruits and vegetables, fresh pineapples also contain modest amounts of vitamins A and C.

Vitamin A is essential for healthy skin and hair and

strong bones and teeth.

Vitamin C is an antioxidant that strengthens our body's immune system, promotes the healing of wounds and reduces the risk of gum diseases.

If you are allergic to the fruit or bee stings, or have a history of heart palpitations, eat pineapples in moderation.

Bromelain is also said to have blood-thinning properties and thus should not be consumed by those who are already taking blood thinners.

But do not reach for your can opener yet. Canned pineapples retain little of their natural goodness following the canning process.

A leisurely way of reaping the fruit's benefits is to visit Hawaii, where fresh pineapples abound. *Aloha!*

— JANICE GOH

## New programme to benefit dyslexics

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What's interesting about TTRS is that it seems to be effective not only for students with learning disabilities, such as those with dyslexia, but also for "normal" students who are weak in spelling, writing or vocabulary-building.

Take, for example, the case of 12-year-old Sylvester Tay, who sat for his PSLE this year.

The Greenwood Primary School student was weak in spelling. Since using the TTRS programme at a five-day, June- holiday workshop, he has improved, according to his mother.

However, the TTRS should not be mistaken for a quick-fix for learning difficulties.

This is because there is no quick cure-all, say Assoc Prof Fung and Mr Mosley.

"Kids with dyslexia typically cannot read well. So whatever method that can compensate for this, such as the TTRS, is good to try.

"But employing these methods has to be part of a long-term process," said Assoc Prof Fung.

*The Dyslexia Association of Singapore (6451 5582) will be conducting a TTRS workshop from Nov 28 to Dec 2.*

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