

Encouraging Heart Health is a Great Way of Showing Love to Our Elders



Louis Ignarro, Ph.D., is a member of the Herbalife Nutrition Advisory Board.

Ignarro has made exceptional contributions to science. His efforts were recognized as a Nobel* Laureate in Physiology or Medicine in 1998 for his discovery of nitric oxide's range of benefits to the human body. His work has since led to additional research by scientists around the globe. He worked with Herbalife to develop Niteworks®, a dietary supplement designed to support the body's own production of nitric oxide.

Ignarro has published numerous articles on his research. He received the Basic Research Prize of the American Heart Association in 1998 for his outstanding contributions to the advancement of cardiovascular science. That same year, he was inducted into the National Academy of Sciences and the following year, into the American Academy of Arts and Sciences.

Ignarro is the founder of the Nitric Oxide Society, and founder and editor-in-chief of "Nitric Oxide Biology and Chemistry." He holds a B.S. in pharmacology, Columbia University, 1962, and a Ph.D. in pharmacology, University of Minnesota, 1966. He also received a postdoctoral fellowship in chemical pharmacology from the National Institutes of Health in 1968.

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Louis Ignarro, Ph.D.

Nobel Laureate in Medicine*

The National Day for the Elderly is celebrated yearly on April 13 in all parts of Thailand. On this special day, we pay tribute to our parents, grandparents, aunts, uncles and friends and honor the hard work and sacrifices they have made on behalf of their families. It is a day when we acknowledge and give thanks for their contributions to both society and home. For all of us, it is a good reminder to stress to our older relatives and friends the importance of good health in general, and a healthy heart in particular.

Heart disease is one of the major causes of death among Thais. According to the Ministry of Health, between 2012 and 2015, cardiovascular mortality rose, with a death rate of 22.88 per 100,000 population in 2015. There was 18,922 people averaged 2 people per hour. Furthermore, the number of elderly citizens is expected to increase continuously, from 13.2% in 2010 to 32.1 percent in 2040, as reported by the Foundation For Older Persons' Development.

Here are four heart tips from Dr. Louis Ignarro, a research pharmacologist and Nobel Laureate who is also a member of both the Editorial and Nutrition Advisory Boards of the Herbalife Nutrition Institute. Senior citizens in Thailand and their families who live with them at home can learn from his years of experience and intensive research. By keeping these four essential "healthy heart choices" in mind, seniors can stay physically and emotionally active for a long time.

1. Exercise regularly

Exercise like walking or water aerobics can help blood vessels relax and widen, or dilate. When blood vessels are relaxed, blood is allowed to flow efficiently and nourish the heart, which stimulates the production of Nitric Oxide in the body, which is necessary for controlling, regulating and

protecting the cardiovascular system. The result is clear: more exercise equals more Nitric Oxide, which results in a healthier heart.

2. Eat a balanced diet – especially one rich in omega-3s

A healthy diet is as good for your heart as it is for your taste buds. Fresh fruits, vegetables, proteins, and whole grains give your body the energy and nutrients it needs to maintain overall health. Foods like fatty fish (salmon, mackerel, and tuna), flaxseeds, walnuts, pumpkin seeds and soybeans are jam-packed with omega-3 fatty acids that help support a healthy cardiovascular system by maintaining cholesterol and triglyceride levels within the normal range. Fish is a great substitute for foods like beef, which is high in saturated fats.

3. Lower your stress

Doing stress-relieving activities like yoga, meditation, and deep breathing can do more for your body than you might think. A recent study found that chronic stress is linked to coronary heart disease and that stress management is an important part of heart health.

Many researchers believe that increased stress levels can worsen other states in the body. For example, if you have high blood pressure or cholesterol, stress can cause these levels to rise even further. Stress may also impact the way blood clots, which may increase the risk of a heart attack. People with lower stress levels may be more likely to exercise and eat well, both of which are important for a healthy heart. So, lowering stress not only helps you feel better, it also keeps your body balanced and supports healthy blood pressure and cholesterol levels.

4. Lose weight to improve blood circulation

Did you know that even moderate weight loss can have a huge impact on the health of your heart? A healthy weight lowers the risk of heart disease, stroke, high blood pressure, and diabetes. While there are lots of benefits of weight loss, it especially impacts blood circulation. One study found that when body weight—especially belly fat—is within healthy range, arteries are better able to expand, which results in better blood flow.

During the National Day of the Elderly we can honor seniors in our family and among our friends by encouraging these healthy heart habits. We can't always see the results of the hard work, but we know the impact that heart-smart decisions have on the cardiovascular system. So help your elders make healthy choices, and remember that each good decision made takes us all one step closer to a healthier heart.

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About Herbalife Ltd.

Herbalife is a global nutrition company that has been changing people's lives with great products since 1980. Our nutrition, weight-management, energy and fitness and personal care products are available exclusively to and through dedicated Independent Herbalife Members in more than 90 countries. We are committed to addressing the global obesity epidemic by offering high-quality products, one-on-one coaching with a Herbalife Member and a community that inspires customers to live a healthy, active life.

We support the Herbalife Family Foundation (HFF) and its Casa Herbalife programs to help bring good nutrition to children in need. We also sponsor more than 190 world-class athletes, teams and events around the globe, including Cristiano Ronaldo, the LA Galaxy and champions in many other sports.

The company has over 8,000 employees worldwide, and its shares are traded on the New York Stock Exchange (NYSE: HLF) with net sales of US\$4.5 billion in 2015. The Herbalife website contains a significant amount of financial and other information about the company at <http://ir.Herbalife.com>.

The company encourages investors to visit its website from time to time, as information is updated and new information is posted. To learn more, visit Herbalife.co.th or IAmHerbalife.com.

For more information, please contact:

Khun Wandee Lerdsupongkit/ Khun Tanyaporn Chalao

Herbalife Press Information Center

Tel: 02 0233 4329/30 Email: pr@francomasia.com