

Dr. Simon Hsia's interview by Taiwan magazine EXCELLENCE -
Do your homework before taking nutritional supplements

Focus on Nutraceutical Research New Health Wishes Everyone Good Health!



Dr. Simon Hsia, the CEO of New Health hopes the idea of Nutraceutical could be popularized in people's life.

Stress, worry, anxiety, busy lifestyles and malnutrition as a result of an unbalanced diet generate the risk factors for both chronic and acute disease. This is due in large part to a compromised immune and metabolic system. Many people now recognize the necessity of compensating for nutritional deficiencies and now take dietary supplements in an attempt to prevent disease.

Clinical research has indeed confirmed that many diseases are highly related to nutrient deficiency. The promotion of the Nutraceutical approach provides hope for preventing the disease by improving nutritional status, reducing disease discomfort and medicinal side effects.

Professional Nutritionist Consultation Personalized Nutritional Supplementation

The vast diversity of dietary supplements in the marketplace greatly complicates the choice of appropriate products. According to Dr. Simon Hsia, the CEO of New Health and the Pioneer of Taiwan Nutraceutical, "nutritional knowledge is critical for making the best choices about nutritional supplements". Dr. Hsia has dedicated his life to helping people attain optimal health through Nutraceuticals in order to make the saying "prevention is more important than treatment" come true and thus help reduce personal medical expenses.

Dr. Hsia has experienced firsthand in his family the pain of being sick and has made it his life's work to fight chronic disease. He established New Health to excel in the research and development of nutritional supplements based on the Nutraceutical concept. He adheres to the idea that health is a

critical pillar in ensuring quality of life. Dr. Hsia said that the quality and quantity of nutrition is highly correlated to individual health. Our nutritional requirements are unique and diverse and vary with our genetic background, our environment, our lifestyle, and our dietary intake. In order to understand the complexity of nutrition and proper supplementation in this age of processed foods, stressful lifestyles, and rampant degenerative diseases, the best way is to consult with professional nutritionists.

The New Health (NH) professional nutritionist group possesses the latest Nutraceutical knowledge based on research and clinical experience and are recognized as world experts in the study of the relationship between nutrients and diseases. The NH Nutritional Group provides nutritional consultation and education free of charge. Nutritional education empowers individuals to make wise choices through understanding the principles of nutrition based on the latest research and experience. (. . . to be continued next month)