

# Health Newsletter

-Generali China Life

2025 June



Previous  
Health Newsletter

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# C o n t e n t s

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**P3**

Preface

**P4**

Food Hygiene and Food  
Poisoning Prevention in  
Summer

**P8**

Anti-Mold and Anti-  
Allergy Guide for Plum  
Rain Season



**P11**

Exercise Snacks: Making  
Health Accessible



**P15**

Weight Loss And Your  
Mental Health

**P18**

A Technique to Enhance  
Self-Control





# Preface

June is the season of wild, vibrant growth. As summer heat brushes past our windows and our bags brim with anticipation, every family journey becomes more than a change of scenery—it's a quiet act of protection. In modern parenting, delight often walks with hidden anxieties. New environments spark curiosity, but also bring unfamiliar risks. The chirp of insects, a fleeting figure at a street corner, a dish on an unfamiliar table—each can be a child's milestone, or a hidden hazard.

True protection isn't isolation—it's empowerment. It's giving children the tools to stand tall after every stumble, and the calm to explore with confidence.

Preparedness is the root of safety. When a medicine list becomes an expression of care, and first-aid know-how lives in your hands, fear transforms into shared courage. Just as a seedling needs both wind and nurture, children need both freedom and clear, caring boundaries.

This month, we're honored to welcome Dr. Chen Jiao, Associate Director of the International Department at Beijing Jingdu Children's Hospital, for a special livestream on "Travel Safety with Children." From first-aid for bites and allergic reactions to packing a smart travel kit, her pediatric expertise will help ease parents' minds for the journeys ahead. Scan the QR code to rewatch the session and bring professional calm into your summer plans.

Let this summer be one of mindful adventure. Whether it's a name tag fastened in the early morning, or a late-night read on burn treatment—each act is a gentle promise of care. May every family trip this season offer not only new sights, but peace of mind—because the real destination is a fearless, joy-filled childhood.



Food  
Hygiene  
and Food  
Poisoning  
Prevention  
in Summer



As the temperature rises, it is again the peak season for food safety incidents. High temperatures provide with ideal conditions for the proliferation of bacteria and viruses. Recently, the media reported several food-related poisoning cases, such as Hundreds of people were hospitalized after eating tiramisu and An elderly person unfortunately died of a fever after eating a piece of Swiss roll from the fridge. These incidents serve as a wake-up call for us, reminding us to pay special attention to food hygiene and safety in our daily lives to prevent food poisoning.





## The main causes of food safety issues and food poisoning in summer include:

**Common bacteria proliferation:** Pathogenic bacteria such as *Listeria*, *Escherichia coli*, and *Salmonella* reproduce rapidly at high temperatures. If food is not stored properly, it is easily contaminated by these bacteria.

**Unreliable food procurement channels:** Foods of unknown origin or those not inspected may carry pathogenic bacteria.

**Improper food storage:** Mixing raw and cooked food or failing to meet storage temperature standards can lead to food deterioration.

**Unclean food:** Cross-contamination during food processing and kitchen hygiene issues can also cause poisoning.

Common symptoms of food poisoning include vomiting, diarrhea, abdominal pain, and in severe cases, it can lead to toxic shock, kidney failure, and other complications, potentially endangering life.



## **Pay attention to food hygiene to prevent food poisoning:**

### **Choose legitimate channels to purchase food**

When purchasing food, choose reputable and legitimate merchants, such as large supermarkets. Ensure that the food has complete production dates, shelf lives, and relevant inspection certification. If ordering takeout food or buying cooked food, it is advisable to choose vendors with a food hygiene license to ensure traceability of the food source.

### **When carrying food outdoors, pay attention to keeping it fresh**

When taking food outside, try to use thermal bags, ice packs, and other preservation tools to maintain a suitable temperature for the food. Especially for perishable items such as meats and dairy products, it is best to keep them below 4°C and consume them as quickly as possible to avoid prolonged exposure to high temperatures.

### **Store food properly**

Raw and cooked foods should be stored separately to avoid cross-contamination. Raw foods should be kept on the lower shelves of the refrigerator, while cooked foods should be kept on the upper shelves, maintaining the refrigerator temperature below 4°C. The temperature of the refrigerator should be checked regularly to ensure it is stable. Avoid leaving food at room temperature for more than 2 hours, especially perishable items such as seafood, meat, and dairy products.



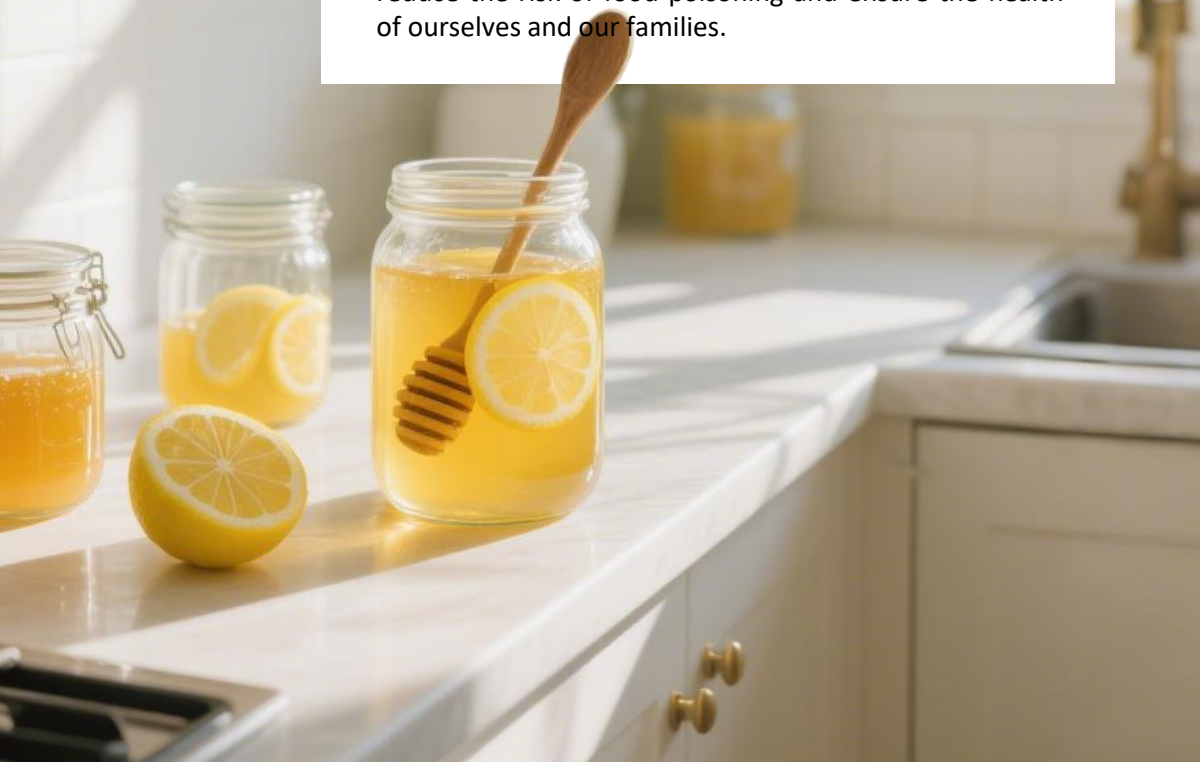
### Handle leftovers correctly

Leftovers are one of the hidden dangers of food poisoning. Try to control the portion size of meals, and it is best to avoid eating leftovers. If it is unavoidable, refrigerate the leftovers in a timely manner and consume them as soon as possible. When reheating leftovers, ensure they are heated thoroughly to above 75°C to avoid bacterial growth. For some perishable foods, such as chicken and fish, it is best to avoid long-term storage and to consume them fresh.

### Pay attention to the food expiration date

Do not consume expired or spoiled food, especially canned goods and instant meals that have been stored for too long. Even if the food looks normal, there is still a risk of poisoning from eating expired food. In particular, some foods that have been improperly stored at high temperatures may be contaminated with bacteria, making food poisoning more likely after consumption.

Food safety is an important issue that cannot be ignored in daily life. Especially during the high temperatures of summer, bacteria can easily reproduce, so we should be more vigilant to prevent food poisoning. By correctly selecting, carrying, and storing food, we can effectively reduce the risk of food poisoning and ensure the health of ourselves and our families.





The background of the image is a dimly lit library. On the left and right sides, there are tall bookshelves filled with books. In the center, there is a wooden desk with a brass desk lamp on the left, a pen in the middle, and a stack of books on the right. A green upholstered chair is partially visible on the left. A large window in the background shows a rainy day outside. A semi-transparent light blue rounded rectangle is overlaid on the center of the image, containing the title and a paragraph of text.

# 'Anti - Mold / 'anti - Allergy, 'Guide for Plum 'Rain Season,'

From June to July each year, the Yangtze River Basin and southern regions of China enter the plum rain season, with continuous rainfall and air humidity often exceeding 80%, creating a natural "humid greenhouse." Approximately 30% of the global population suffers from allergies, and humid environments are a key trigger. Mold spores multiply rapidly in moist air, forming an "allergy trio" with dust mites and pollen, leading to a high incidence of allergic rhinitis, asthma, eczema, and other diseases.

## Scientific Mold Prevention Methods: Physical and Chemical Methods

### Physical Mold Prevention: Create a Dry Environment

Use dehumidifiers or air conditioners in dehumidification mode to maintain indoor humidity at 50%-60%;

Ventilate properly: Close windows during rain to prevent moisture intrusion, and open windows for at least 2 times a day, 30 minutes each time, on sunny days;

Use moisture-absorbing materials: Place activated carbon bags or silica gel desiccants in wardrobes and drawers and replace them regularly.

Store clothes in sealed plastic bags or vacuum-compressed bags to avoid direct contact with walls;

Keep food in airtight containers in cool, dry places, and consume opened packages promptly;

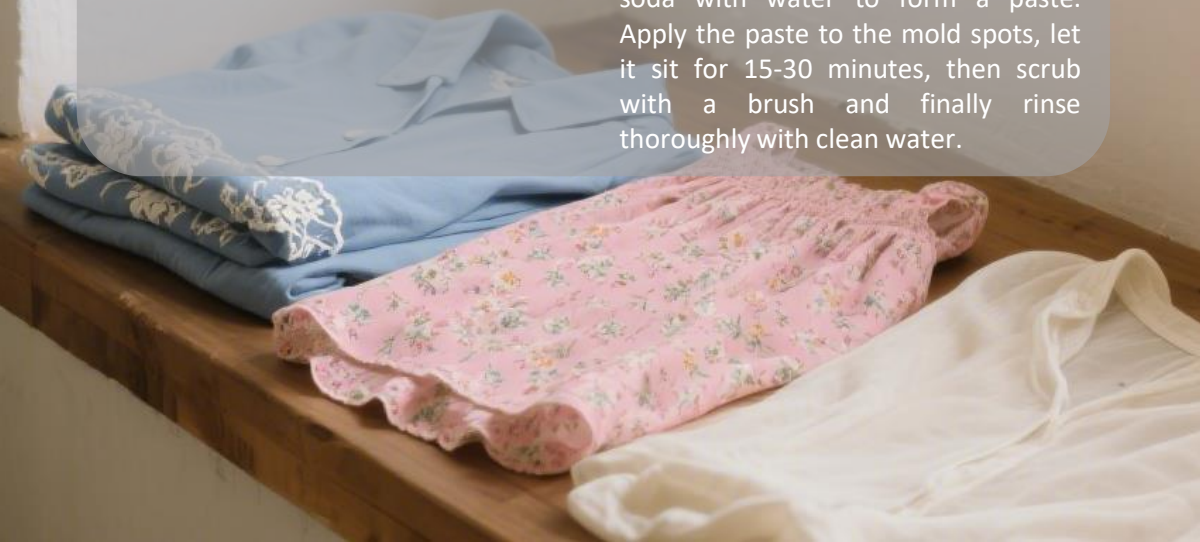
Repair leaky pipes and wall cracks to prevent water accumulation and mold growth.

### Chemical Mold Prevention: Active Mold Elimination

For walls/floors: You can use 75% medical alcohol or a mixture of white vinegar and water in a 1:1 ratio. Spray it on the moldy areas of walls or floors, let it sit for 15 minutes, and then wipe it off with a cloth. Alternatively, you can use a tea tree oil solution (1 part tea tree oil to 100 parts water) to wipe the moldy areas. Let it sit for 30 minutes before rinsing with clean water.

For clothes/fabrics: Using tea tree oil-based anti-mold spray and spray the internal walls of the wardrobe once a month can prevent mold growth. Alternatively, you can place bamboo charcoal bags or silica gel desiccants in the wardrobe. These can effectively absorb moisture and prevent clothes from mildewing.

Bathroom, Kitchen: For mold spots on the edges of bathroom mirrors or in the grout of tiles, you can mix baking soda with water to form a paste. Apply the paste to the mold spots, let it sit for 15-30 minutes, then scrub with a brush and finally rinse thoroughly with clean water.



## Allergy Prevention and Management: Comprehensive Protection from Environment to Body

### Environmental Control: Reduce Allergen Exposure

**Air Purification:** Use air purifiers with HEPA filters, operating 4-6 hours daily to filter mold spores and dust mites

**Bedding Management:** Wash bed sheets and pillowcases weekly in hot water (above 55°C), and use dust mite-proof covers to reduce mite and mold growth;

**Pet Management:** Keep pets out of bedrooms, bathe and groom them regularly to minimize dander allergens.

### Personal Protection: Block Allergy Pathways

**Outdoor Protection:** Wear N95 masks (to filter mold spores) and goggles during rainy days to reduce inhalation and contact with allergens;

**Nasal Care:** Irrigate the nasal cavity daily with saline (using a neti pot) to flush out attached allergens and reduce rhinitis risk

**Skin Care:** Avoid wearing damp clothes, change promptly after sweating, and apply ceramide-rich moisturizers for eczema patients to repair the skin barrier.





## Medical Intervention: Rational Use of Allergy Medications

Mild allergies: Oral second-generation antihistamines (e.g., loratadine, cetirizine) to relieve nasal itching and sneezing

Moderate-severe allergies: Combine nasal corticosteroid sprays or seek medical advice for allergen-specific immunotherapy;

Emergency situations: For severe allergic reactions like difficulty breathing or laryngeal edema, call emergency services immediately and use an adrenaline auto-injector if available.

The plum rain season can be challenging, but with proper precautions, you can minimize the risk of mold and allergies. By maintaining a clean and dry environment and taking care of your health, you can enjoy a more comfortable and healthy life during this damp period.





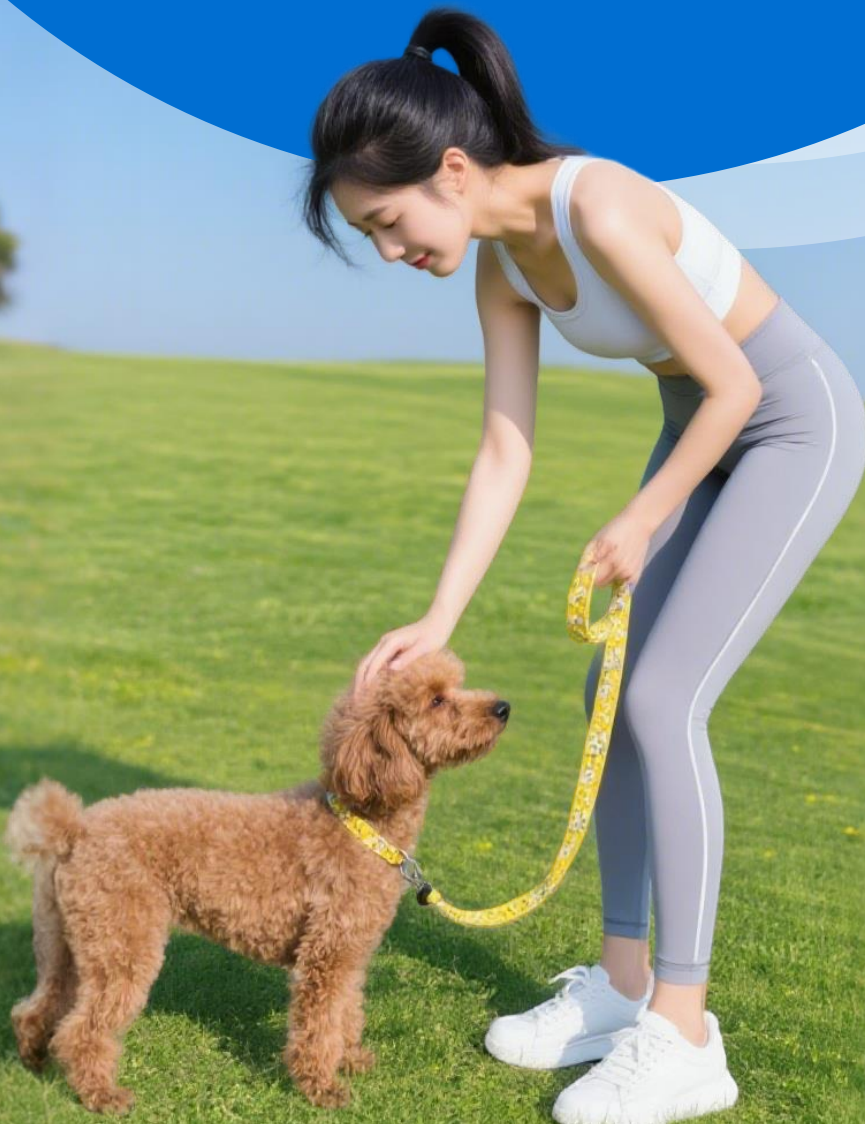
# Exercise Snacks: Making Health Accessible



In modern society, people are often bound by the fast-paced rhythm of work and life, making it difficult to carve out large blocks of time for traditional exercise. Prolonged sitting and lack of physical activity have become common issues, negatively impacting health. However, many individuals find it challenging to initiate and maintain an exercise routine due to the lack of continuous, uninterrupted time to complete their planned daily exercise intensity and duration, often leading to abandonment..

### **Exercise Snacks: An Innovative Solution**

Exercise Snacks (ES), also known as "Fragmented workout," is a fitness approach that involves breaking down high-intensity exercise into multiple short sessions throughout the day. This concept is inspired by the idea of "accumulated exercise," which splits a single continuous exercise session into several brief bursts distributed throughout the day. Research has shown that exercise snacks can effectively improve cardiopulmonary function and metabolic health and significantly reduce the risk of all-cause mortality and cardiovascular disease.





## Practical Suggestions for Exercise Snacks

- **Choose Suitable Exercises:** Stair climbing, short sprints, push-ups, and squats are all suitable for exercise snacks.
- **Plan Your Time Wisely:** Incorporate exercise snacks into your daily routine, such as during work breaks, before or after meals, for 1-2 minutes each time.
- **Start Gradually:** Beginners should start with low-intensity exercises and gradually increase the intensity and frequency.
- **Integrate with Daily Activities:** For example, use the stairs instead of the elevator during your commute or perform simple stretching exercises at the office.
- **Leverage technological tools:** Utilize wearable devices or fitness monitoring apps, such as smart wristbands and exercise apps, to real-time track workout data including exercise duration, step count, heart rate, and calorie consumption.
- **Pay attention to exercise safety:** When performing fragmented exercises, be mindful of exercise intensity and the correctness of movements to avoid overexertion or sports injuries caused by incorrect postures. Always warm up before exercising.



## Example of a Fragmented Exercise Plan for Beginners

- For those who are just starting to try fragmented exercise, the following plan is simple and easy to operate:
- Morning Wake - up: After getting up, spend 5 minutes doing a set of full - body stretching exercises, moving the neck, waist, and limbs to wake up the sleeping body.
- Commute Exercise: Choose to walk or cycle part of the way, or get off the public transportation a few stops early and walk to the destination at a faster pace, lasting 10 - 15 minutes each time.
- Work Breaks: Every hour of work, stand up and do 3 - 5 minutes of simple exercises, such as wall - sitting, squats, planks, or relaxation movements like eye rotations and shoulder circles.
- Evening Relaxation: 10 minutes before going to bed, practice meditation or relaxing yoga poses, such as Child's Pose and Supine Twist, to relieve the fatigue of the day and relax the body and mind.

The fragmented exercise method opens a new door to health for busy modern people. Although it is not a panacea, as long as it is planned and implemented scientifically, exercise can become an easy and sustainable part of daily life. From now on, seize every fragmented moment and start a healthy and energetic lifestyle!





# Weight Loss And Your Mental Health

There are many reasons to want to lose weight: to lower stress levels, sleep better, have more energy and prevent or reduce the risk of disease. But it may come as a surprise that losing weight can affect your mind just as much as your body.

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# Mood Changes

Research has shown there' s a complex relationship between mental health and obesity. Studies have found that depression is a risk factor for obesity, and obesity is a risk factor for depression. The changes that come along with weight loss, like following new eating and exercise patterns, can also impact your mental health. It' s important to introduce new health patterns slowly to allow your body and brain a chance to get used to them. Drastic changes, such as restricting entire food groups (like carbohydrates), can cause nutrient deficiencies.



## Self-worth can take a hit

Self-esteem and body image may improve with weight loss, but that's not always the case. On a weight loss journey, you're likely to hit some roadblocks along the way. Self-esteem can be affected when we struggle to hit weight goals. It's important to remember that your value is not dependent on the size of your body. As you navigate the changes that come along with weight loss, your body and its cues may feel a little foreign at times. Practicing mindfulness can help you stay calm and connected. Mindfulness helps you:

- Reduce feelings of stress, which may help with emotional eating
- Gain a sense of clarity, which helps with awareness of the choices you make
- Slow down and focus on hunger cues and how you are feeling in the moment



# Disordered eating

Dieting can spark an unhealthy obsession with food and weight. This can lead to disordered eating patterns. Disordered eating is a term used to describe “a range of irregular eating behaviors that put people at risk for serious physical and mental health problems, including clinical eating disorders.” Symptoms of disordered eating include:

- Restrictive and/or inflexible eating patterns
- A preoccupation with body image, weight or food
- Rigid food and/or exercise routines or rituals
- Feeling a loss of control around food
- Feeling guilt or shame associated with eating

Disordered eating patterns can lead to nutrition imbalance and increased feelings of anxiety or depression. Staying on top of how you feel is essential when you're losing weight. Any concerns you may have regarding your eating patterns are important and deserve attention. Reach out to a friend, family member or professional to receive the help and support you deserve.

There is a lot that can be done to support a healthier mindset around weight loss:

- Make lifestyle changes rather than focusing on losing pounds. Support both weight loss and good mental health by managing stress, staying hydrated and getting ample sleep.
- Eat well to have more energy. Fresh, whole foods provide nourishment. Pay attention to how different foods make you feel.
- Exercise for joy, not weight loss. While you may not be excited to work out every day, take notice if you're consistently dreading it. Going for a long run is only sustainable if you actually enjoy running. If you don't, find a form of movement that you'll look forward to.
- Respect your body. Appreciate your body and what it can do, even as it changes along your journey.
- Surround yourself with support. Reach out to family, friends and coworkers for encouragement and motivation. A therapist can help you learn simple behaviors that soon become habits.





# A Technique to Enhance Self-Control

When people hear the term "self-control," they often imagine scenes like gritting their teeth to resist cake, staying up late to finish mountains of work, or suppressing the urge to click "buy now" in front of a shopping cart. It's as if self-control is a brutal battle against desire, where victory depends solely on willpower. This "ascetic-style" mindset is actually one of the most common misconceptions in the realm of self-control.



## Three Major Misconceptions about Self-Control

### 1. Self-control is an unlimited resource.

Classic theories suggest that self-control is like a muscle that fatigues with overuse. However, recent research reveals that self-control is not a finite resource but depends on how cognitive resources are allocated.

When we fixate on "resisting desires," we amplify mental exhaustion. For example, dieters who obsess over "not eating chocolate" end up intensifying their cravings, often leading to binge eating.

### 2. Self-control equals suppressing desires

Traditional views equate self-control with "delayed gratification," but neuroscience shows that long-term suppression of desires disrupts the dopamine system, ultimately reducing goal-oriented behavior. Those who claim to "quit social media entirely" often spiral into deeper chaos after a breakdown.

### 3. Self-control is an innate trait that cannot be changed.

The belief that "I'm just bad at self-control" is a form of self-sabotage. In reality, self-control is a skill that can be honed with strategies. The core technique revealed in this article breaks the mindset of "relying on sheer willpower."



## Dimensions of Self-Control

To truly improve self-control, we must understand its multidimensional essence. Modern psychology breaks self-control into four core dimensions:

### Cognitive Control

This is the prefrontal cortex's primary function, responsible for making rational choices between impulses and goals.

For example, when tempted to scroll through your phone while working, cognitive control helps you prioritize long-term goals over immediate distractions.

### Emotional Regulation

Self-control isn't cold rationality—it's about mastering emotions. Stress-eating or angry outbursts occur when emotions hijack behavior.

Those with strong self-control use techniques like deep breathing or cognitive reframing to stabilize emotional fluctuations.

### Impulse Inhibition

When faced with temptation, the brain's reward system (e.g., the nucleus accumbens) releases dopamine, triggering a craving for instant gratification.

People with high self-control activate the dorsolateral prefrontal cortex to suppress these primal urges.

### Goal Management

Self-control isn't an isolated act but a systematic process centered on goals. Breaking big goals into actionable steps (e.g., "exercise 20 minutes daily") and tracking progress (e.g., habit-tracking apps) significantly reduces decision fatigue.

These dimensions are interconnected, but traditional self-control methods (e.g., meditation, to-do lists) often target only one dimension. The truly groundbreaking strategy lies in restructuring your environment to minimize the drain on self-control.





## A Method to Significantly Improve Self-Control

Self-control is most depleted in scenarios requiring "constant trade-offs." Every decision consumes cognitive resources. The most effective strategy is to redesign your environment so that goal-oriented behaviors happen automatically.

### Physical Isolation: Make Temptations "Disappear"

- Spatial Isolation: Want to focus? Leave your phone in another room—not on your desk. Stanford studies show that merely seeing a phone distracts attention.
- Temporal Isolation: Designate "no-distraction zones" (e.g., 2 hours every morning) to create a space for deep work.
- Visual Isolation: Hide snacks in opaque containers at the back of a cupboard. Visual cues constantly trigger cravings.

### Behavioral Presets: Make the Right Choice Effortless

- Simplify Options: Want to read more? Place a book on your pillow and charge your phone in another room.
- Leverage Momentum: Go straight to the gym after work (instead of going home first) to reduce decision points.
- Commitment Devices: Enroll in a paid course (e.g., a 21-day writing challenge) to use sunk costs as motivation.

### Cognitive Reframing: Redefine "Temptations"

- Semantic Shifts: Replace "I can't eat cake" with "I don't need cake" to weaken the power of cravings through language.
- Value Anchoring: Link goals to core values (e.g., "Exercise makes me more resilient") to boost intrinsic motivation.
- The 10-Minute Rule: When impulses strike, wait 10 minutes. Most urges fade naturally with delay.



# Why "Avoidance" is More Effective than "Resistance"

## Dopamine Threshold Theory

Prolonged exposure to temptations raises the brain's reward threshold, requiring stronger stimuli for satisfaction. Avoiding temptations resets dopamine sensitivity.

## Self-Licensing Effect

Each successful resistance to temptation releases a "reward" signal in the brain, weakening long-term self-control. Physical isolation avoids this "moral licensing" trap.

## Embodied Cognition Theory

The environment not only influences behavior but also shapes thinking. A tidy desk enhances focus, while a cluttered space induces procrastination.

Self-control is not a battle against desires but a wise design of the environment. When you stop relying on "gritting your teeth" and instead make the right choice the default path, true self-control takes root.

**Remember:** The most powerful self-control often manifests in how you arrange the distance between your sofa and refrigerator, not in how you confront a cake.





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