



LONG LIVE A HEALTHY DIET

NATUROPATH CHUA KAY TSE SHARES HOW EATING WELL AND AGEING WELL GO HAND IN HAND.

BY PEARLYN THAM

As we age, staying healthy and active becomes crucial. With one in four Singaporeans expected to be 65 or older by 2030, there's also growing awareness of how diets can impact our long-term health and well-being.

At the natural wellness consultancy founded by her husband, Desmond Sim, naturopath Chua Kay Tse offers personalised diet plans to her client. She believes eating fresh, unprocessed foods that are rich in antioxidants can help reduce the risk of chronic diseases.

Kay Tse explains that naturopathy uses natural remedies, such as

dietary changes and nutritional and herbal supplements, to boost the body's ability to heal.

"This encompasses dietary and complementary medicine interventions, physical activity, and nutritional guidance," she says.

A BALANCED PATH TO WELLNESS

In Singapore, naturopathy is considered complementary medicine, used alongside conventional medical treatments rather than as a replacement.

Naturopaths like Kay Tse stress the importance of integrating naturopathic practices with



WHAT IS NATUROPATHY?

Naturopathy is a holistic approach that complements conventional medicine by using non-invasive techniques, such as **diet and exercise**, to support the body's natural healing processes and promote long-term well-being.

conventional care to get the best outcomes.

"(Naturopaths) are not Western doctors or traditional Chinese medicine practitioners," Kay Tse says. "We consistently emphasise

RIGHT: Chua Kay Tse and Desmond Sim at their consultancy, where they advocate for holistic wellness through naturopathy and practical advice.



TIP
ACCORDING TO HEALTHHUB, THE RECIPE FOR HEALTHY AGEING STARTS FROM YOUR PLATE:

- HALF: FRUIT AND VEGETABLES
- ONE QUARTER: WHOLEGRAINS
- ONE QUARTER: MEAT OR OTHER PROTEIN

the importance of disease prevention, seeking appropriate medical care, prioritising Western medicine treatment when unwell and taking ownership of one's health."

Kay Tse and Desmond believe a balanced diet helps meet the body's needs as it ages, and their naturopathic health book offers practical, healthy options for daily life.

"In general, most people with chronic health issues will benefit from reducing their intake of fried, salty and sugary foods," Kay Tse says. "Instead, focus on consuming vegetables, lean meats, omega-3 rich fatty acids, and spices."



EAT WELL TO LIVE WELL: THE OKINAWAN DIET

Naturopathy values whole, natural foods for long-term health. The Okinawan diet, from the Japanese island of Okinawa, is a notable example. There, nearly twice as many people live past 100, compared to the rest of Japan. Nutrition scientists attribute this longevity in part to the island's healthy diet, which includes:



TOFU

Rich in vegetable protein

TRY THIS:

Fortune Silken Tofu – Japanese



KELP OR SEAWEED

Used in salads or soup stock for their high antioxidant content

TRY THIS:

Taekyoung Natural Seaweed Suitable For Making Sushi



BITTERGOURD

An affordable way to get one's vitamin C, iron and potassium

TRY THIS:

Simply Finest Baby Bittergourd

Products are available at selected FairPrice stores only.



HOW DESMOND SIM'S MOTHER INSPIRED HIS WORK

When Desmond Sim's late mother was going through treatment for serious health issues 40 years ago, he looked for ways to help her feel more comfortable.

A former TV actor, Desmond turned to reflex-therapy, a practice he continues today at his wellness consultancy. He also took special care in preparing his mother's meals, opting for less oil, salt and sugar, and fewer refined carbohydrates during and after her recovery.

In 2022, Desmond and Kay Tse released a naturopathic health book together. Titled *Living a LIFE*, it includes 40 recipes that aim to support overall wellness. These include dishes like Kelp Chinese Yam Clams Soup and Seafood Spinach Oatmeal.

As Kay Tse notes: "Age-related health conditions can't be entirely prevented but can be slowed with a display of self-love and self-responsibility."

PROFILE PHOTOS: AIK CHEN STOCK IMAGES: GETTY IMAGE