

THE BRIEF: MALAYSIA'S OBSESSION WITH SUPPLEMENTS



Recently, I had the incredible opportunity to be a guest on the esteemed online news programme "The Brief" by Bernama TV. The topic of discussion revolved around Malaysia's burgeoning obsession with supplements. As a passionate researcher in the area, it was an honour to share my insights during this captivating interview. During the interview, we delved deep into the reasons behind Malaysia's growing fascination with supplements. We explored various aspects, including misconceptions about supplements and the influence of the media on consumer behaviour. I had the opportunity to discuss the potential benefits and risks associated with overconsumption of supplements and the importance of informed decision-making. During the interview, I highlighted the positive impact that supplements can have when they are used appropriately. I also emphasised the importance of consulting healthcare professionals before incorporating any supplements into one's routine. One of the key aspects of the interview was debunking common misconceptions surrounding supplements. We discussed the importance of understanding that supplements are not a substitute for a healthy diet and lifestyle or for evidence-based conventional treatment. By shedding light on this misconception, we aimed to empower viewers to make informed decisions and prioritise their overall well-being. Throughout the interview, I sought to provide practical advice to viewers who might be considering incorporating supplements into their lives. I emphasised the significance of understanding one's individual needs and consulting healthcare professionals. By doing so, I hoped to guide viewers towards making educated choices and avoiding potential pitfalls.

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