



- Graduated from Department of Medical Technology, Taipei Medical University
- Specialized in: Immunology, Microbiology, Haematology
- Taiwan Qualified Medical Device Examiner License
- Former: - Taiwan Shawhan Biomedical Co.'s Director of Associate Business Department of Level 3 Medical Device Division, which is responsible for orthopaedics/rehabilitation/sports medicine/medical beauty products
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**Lew Wai Nan**

AmLife Product Director

## IMPROVE HEALTH THROUGH QUALITY SLEEP

As a medical technologist, AmLife Product Director Lew Wai Nan shared that through electrocardiogram, a normal resting cardiac muscle cell shows a 70mV cell membrane potential. From this, we can safely deduce that everyone carries electric potential in them. An aging body is a body with high blood viscosity, which is caused by external factors (such as acidity and oxidation pressure). Under normal circumstance, our blood cells would repulse against one another as each of them carries negative charge, but as the ratio of negative charge falls, viscosity of blood would rise, and this highlights the close association between negative charge and aging.

Electric potential treatment appliances are categorized tier-two medical equipment under the physical medicine equipment category by Taiwan's Ministry of Health and Welfare. Electric potential treatment appliances promote metabolism and rejuvenation of cells by promoting the ion exchange among cells and achieving a balance distribution between positive and negative ions. Therefore, by using electric potential treatment appliance when we sleep at night can improve our overall health while improving our quality of sleep. Furthermore, the quality of

our blood is determined by the quality of our sleep. Our bone marrow can only produce red blood cells when our body gets plenty of rest, which means only when our body is fully relax we can make quality blood cells.

Thermotherapy is another function of these electric potential treatment appliances amplifies this relaxation effect. Thermotherapy helps our body maintain relatively higher temperature and thus stronger immune system. Those with lower body temperature usually suffer from irregular autonomic nervous system and chronic diseases. When we are asleep, our body temperature normally falls and blood circulation slows down, and this is even more severe during cold winter night and hence increases the risk of cardiovascular diseases. Thermotherapy keeps the body warm and helps maintain normal blood circulation, which lower the risk of nocturnal death.

AmLife mattress incorporates Japanese electric potential thermotherapy technology and offers comprehensive healthcare benefits. In the future, AmLife will launch more sleep related products to meet the needs of different types of sleep disorders.