

## **Introduction**

G : hi! Im Gwynneth

A : I'm Amelia

T: and together with our team from Malaysian Medics International Malaysia, we proudly present to you our brand new podcast series, MMI Podcast: Medicine & Wellness!

G : Through this podcast series, you will be able to get further insights regarding food and its role in wellness when it comes to preventing and treating diseases.

A : We hope to raise awareness among medical students regarding healthy lifestyle measures. With these, we hope that they would be confident in giving lifestyle management advice to patients, while holding true to the principles of holistic medicine.

G : So please stay tuned to our podcast series for more interesting episodes! Feel free to drop us a message or feedback in MMI fb or Instagram, or you can always refer to the MMI Official website for more information.

A : Thank you and we look forward to seeing you in our first episode!