

5种欺骗的方法 ways to CHEAT

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Urban lifestyle provides us with luxurious spreads of tasty and rich food. However, at times the guilt factors from these gorgeous foods may put us in a dilemma. We call these foods, "Frenemy" – friendly to our taste bud but enemy to our health. How can we beat these alluring Frenemies and win the battle of healthiness? Here are the ways to create a balance when taking these foods :

现代生活给予我们美味且丰富的食物。但这些美味的食物往往会让我们吃了后存有罪恶感, 进而处于两难的状况。我们称这些为“食物损友”——意思就是对我们味蕾好, 却对身体不好的食物。我们要如何打赢这场仗? 以下有些小贴士来让我们恢复衡量。

#1: Get Oily 摄取油性

After a hearty deep fried, fatty or oily food, be sure to take in a table spoon of Omega Gold Flaxseed Oil when you reach home. Use the goodness of Essential Fatty Acid to push out the bad cholesterol. Add on Herbal Klenz prior to dining to help absorb excess oil.

吃过一顿丰富的油炸食物后, 服用一汤匙的奥美加金牌亚麻籽油。让良好的必需脂肪酸把坏胆固醇赶走。吃饭前再加入天然净化粉, 可帮助吸收多余的油。



#2: It's just Saucier! 这只是酱汁!

Avoid some of the sauces especially those filled with layers of oil. Though sauces may contain some nutrients due to the leeching effects, they can also contain lots of salt and other seasoning that may be bad for health. Be sure to have your NewLife™ Honegar and K-salt drink to balance the high sodium diet.

避免食用有油层的酱汁。或许有人认为当中会有营养成分, 为了让食物呈现出美味的效果, 他们还会加入大量的盐和其他调味料, 这可是会对健康有害! 新生命蜂蜜苹果醋和钾质可有效平衡高钠的饮食习惯。



#3: Bottoms Up 干杯

If you are having any water or juices, be sure to have it before food. Liquids that are alkaline may neutralise your stomach acid and may result in indigestion. Hence, before your next meal, remember to bottom up your drink.

在吃饭前先喝水或果汁。碱性液体可中和引起消化不良的胃酸。因此, 您的下一顿饭之前, 记得先喝一杯。



#4: It doesn't Hurt to Bite 咀嚼并不会伤害您

Chew your food thoroughly whenever possible. Chewing helps speed up and provides effective digestions. Furthermore, it exercises your face muscle helping you to tone and firm up your skin. 尽可能彻底地咀嚼您的食物。咀嚼有助于加速消化过程, 并令其有更显著的效果。此外, 咀嚼的动作还可以让您运动脸部肌肉及使皮肤更靓丽。

#5: The Good, the Bad & the Ugly 好的、坏的及丑的

Always begin your meal with fruits and vegetables, followed by Proteins, Carbohydrates and Fats. In this way, you get most of the good, add on a little bad and minimize what is ugly and unhealthy - FATS.

记得在餐前吃水果和蔬菜, 之后才顺序吃下蛋白质、碳水化合物和脂肪。这个方法, 您会得到最多好的, 最少坏的及少量不健康的成分 - 脂肪。



#6: Get Naked 赤裸裸地吃

Though animal skins may contain collagen, they too contain fats that we should avoid. They can be tasty especially when it is fried - crispy! Strip the meat down to skinless and enjoy the naked flesh. In that way, you will not feel the guilt of having too much fat.

虽然动物的皮含有胶原蛋白，但也含有我们应该避免的脂肪。烹炸的动物皮真的很美味，但在享用时尽可能先把皮去掉，这样您就不会因摄取过多脂肪而感到愧疚了。



#7: Coffee, Tea or...? 咖啡，茶或...?

Many enjoy a fine cup of coffee or tea after meal. However the sugar content in those beverages may spike your glycemic index. For your well-being, enjoy a good aromatic beverage at least an hour after food and substitute sugar with NewLife™ Pure Raw Honey or have them plain to appreciate the original essence of the beverage.

很多人都习惯在饭后喝一杯咖啡或茶。然而，这些饮料的糖分可秒杀您的血糖指数。为了您的健康，请在饭后至少一小时享用饮料吧，以及用新生命的纯天然蜂蜜代替糖或直接饮用以获得饮料中的精华。

#8: All You Can Eat 让您吃到饱

We just cannot avoid a sumptuous and great buffet meal especially when the varieties are vast and each dish is so appealing. A tablespoon of NewLife™ Extra Virgin Coconut Oil and a couple tablets of Kelp should keep you from overeating. While N.Zimes P.A. Plus helps digest that heavy meal, coffee enema provides an ease to your greediness.

我们对丰盛的自助餐无法抗拒，尤其是看到各种各类的美食佳肴，每道菜都让我们垂涎三尺。一汤匙的新生命有机特级初榨纯椰子油及几片海藻宝，可避免您暴饮暴食。胰酶（植物）添加素能帮助消化大餐，咖啡灌肠也会缓解您的食欲。

#9: Get A Little Exquisite 来点佳肴吧

We were taught not to be picky with our food when we were young. However, at this juncture of healthiness, we need be a little picky and exquisite with our food choices. Minimize the bad effects between the junk food, e.g. a Hot Dog versus a Hamburger – generally both are bad, but while hot dog is packed with fewer calories, it has more fats and salt content than a hamburger.

从小我们就被灌输不可挑食的观念。无论如何，为了健康着想，有时我们必需这样做。尽量少吃较无益的垃圾食物，例如一个热狗与汉堡包，热狗含有更少的热量，但却比汉堡包含有更多的脂肪和盐分。



#10: A Little Won't Hurt 一点点不怕

If you are having an alcoholic drink, choose to have wine. Wine is a milder natural tranquilizer that can serve to reduce anxiety and tension. It can provide the body with energy, and aid digestion, supplementing small amount of minerals and vitamins. Hence, a little dose of wine will not hurt and it will stimulate your appetite too. **A NOTE OF CAUTION: DON'T DRINK AND DRIVE!**

如果您想喝酒，就选择葡萄酒吧。葡萄酒是一个温和的天然镇静剂，可帮助减少焦虑和紧张。它也可以提供身体能量、刺激食欲、帮助消化和补充少量的矿物质和维生素。但是，千万别过量饮用，还有最重要的是不要酒后开车。



#11: Skinny Deep 选择瘦肉

It is inevitable that at times there were cravings for a fat piece of steak. It is a tough call to omit the delicious fats, however choosing leaner meat will give you a better edge in health. Be sure to slice off those fats! If it is unavoidable and you fall for the temptation, Omega Gold Flaxseed Oil and CoQ10 will be your best aid for those moments.

当我们很渴望吃一片肥嫩多汁的牛扒时，我们经常很难忽略那美味的肥肉。可是选吃瘦肉部分，会让您增强健康。如果您真的无法避免，就服用奥美加金牌亚麻籽油及生物吸收性CoQ10。

#12: Mashy Mashy 泥状食品

Compared to French Fries, mashed potatoes will be a healthier choice. However, be watchful of the amount of sodium, fats placed in the mashed potatoes. It is good to control the delicious gravy on the mashed potatoes. Remember to have your K-salt and burn off the extra calories by exercising on the rebounder for 5 – 10 minutes.

跟薯条相比，马铃薯泥是更健康的选择。然而您需注意薯泥中的钠和脂肪。少用一点肉汁，还有记得放一些钾质。要燃烧掉多余的热量，就锻炼5至10分钟弹跳。



#14 : Top Up & Fill Up 装满及填补

Good and rich food are never meant to be missed. The worst scenario is when we begin eating only at our most hungry moments. A quick tip is to top and fill up your tummy with a good amount of nutritious food such as fruits and salads before you go feasting on the junkies. This way, you will be sure that you will not be overeating.

我们不可缺乏好及丰富的食物。最坏的情况就是当我们感到饥饿时才用餐。我们应该在享用大餐前先吃有营养的食物例如水果和沙拉。这样，您就不会暴饮暴食了。



#15: Woo...Sweets 哇...好甜

We simply love the desserts - the fresh cream, moist cakes, savoury sweet jams and chocolates. A good cheat for desserts is to choose the desserts with most fruits and the least in everything else. There is no hard and fast rule to balance the extra sugar intake. You will be better off working extra 10 mins on the Rebounder and replace sugar with NewLife™ Pure Raw Honey for the next few days.

我们都喜欢甜品，如新鲜的奶油，松软的蛋糕、香香甜甜的果酱和巧克力。一个健康的甜品应要含有很多水果及少量的其它东西。其实没有硬性规定来平衡糖的额外摄取，接下来的几天，您最好在弹跳上多花10分钟以及用新生命纯天然蜂蜜来代替糖。



#13: Unleash the Carnivore in You “释放”您的食肉欲望

If you are a meat lover, be sure to drink more NewLife™ Honegar to prevent gout. Use N.Zimes P.A. Plus to digest the extra protein, add Herbal Klenz for the fibres, and take more juices as well as Super Green Food Plus to help ensure a well balanced diet.

如果你是食肉爱好者，记得要多喝新生命的蜂蜜苹果醋，以防止痛风的症状。食用胰酶（植物）添加剂以消化多余的蛋白质，加入天然净化粉增加体内纤维、多喝果汁以及特超绿食品可帮助确保良好的均衡饮食。