

4 Common DIGESTIVE HEALTH Problems

... and what you can do about them!

四种常见的 消化系统 健康问题... 您能做些什么呢?



Gut health is the foundation of our body's overall health. Why? Because our gastrointestinal tract is responsible for absorbing nutrients from the food that we eat and also eliminating wastes from our body. It is a complex system involving many different organs and if any part is not functioning well, it will affect the health of the rest of the body.

Many people struggle with conditions such as fatigue, chronic inflammation, migraines, depression... not to mention digestive issues such as constipation, flatulence, leaky gut and more, which can all be traced to poor gut health.

Here are 5 signs that you may have poor gut health. If you have one or more of these signs, you should start working on building a healthy gut!

1. Irregular Bowel Movement

Also known as "constipation", irregular bowel movement is characterised by having inconsistency or difficulty in passing out stool. If you have to strain when moving your bowels or if you are moving your bowels less than once per day, you are most likely constipated! In fact, studies show that constipation affects millions of people worldwide.

Constipation results in a retention of waste matter in your colon, which becomes more and more difficult to pass over time. It can cause a variety of digestive issues such as haemorrhoids, an increase of bad bacteria in your colon and other health issues. It can also increase your risk of colon cancer.

What's the fix?

Water and fibre! Ensuring that you have sufficient intake of water and fibre every day is one of the best ways to prevent constipation. In addition, an intake of friendly bacteria and digestive enzymes (in the form of supplements or enzyme-rich foods) are also helpful for preventing or treating constipation.

肠道健康是整体健康的基础。为什么呢？因为肠胃负责从我们所吃的食物中吸收营养，同时也负责排除体内的废物。消化系统涉及到许多器官，非常复杂。只要其中一个部分功能不佳，它将会影响身体其他部位的健康。

许多人都患有疲劳、慢性炎症、偏头痛、抑郁等症状，更别说是便秘、肠胃气胀、肠漏症等消化问题了，这些都归咎于肠胃健康状况不佳。

以下是肠道健康不佳的五个迹象。如果您有其中一个或多个的症状，这表明您应该开始照顾好自己的肠道了！

1. 排便不规律

又称“便秘”，不规律或不顺畅的排便都被视为便秘的现象。如果您排便时需用力或是没有每天排便，那您就是便秘了！研究发现，全球数百万人都有便秘问题。

便秘会造成废物滞留在结肠，随着时间推移，情况会日益严重，进而引起各种消化问题。例如，痔疮、结肠不良细菌增加及其它健康问题，而且还会增加您患上结肠癌的风险。

那么，我们要如何补救呢？

那就是白开水和纤维！每日确保摄取足够的水分和纤维就是预防便秘最好的方法之一。此外，摄入有益菌和消化酶（以补充品或富含酶的食物形式）也能对预防或治疗便秘有很大的帮助。

2. Irritable Bowel Syndrome (IBS)

IBS is another common digestive disorder. Symptoms include pain and cramping, diarrhoea, constipation, a combination of both diarrhoea and constipation, gas or bloating and food intolerances. For many people, IBS is caused by a combination of stress, diet and poor sleep.

If you have IBS, it is important to eat a healthy diet, avoid foods that you know will irritate your digestive system, and manage your stress and sleep as best you can. Taking daily probiotic and enzyme supplements may also be helpful for reducing symptoms.

Some studies have also found a link between mucosal inflammation and IBS. A great way to help your body to combat inflammation and also deal with stress better is to supplement daily with vitamin C and vitamin B.

3. Haemorrhoids

Described as swollen blood vessels in the lower rectum, haemorrhoids can cause bleeding and discomfort. They are very common in both men and women, and around 50% of adults over the age of 50 have haemorrhoids.

Haemorrhoids are caused by straining during bowel movement, which causes high pressure in the blood vessels around the anus. It can be caused by either diarrhoea or constipation.

Haemorrhoids usually go away on their own, but are likely to return if the root causes are not addressed. In order to prevent haemorrhoids, one should eat high-fibre foods such as fruits, vegetables and whole grains, while ensuring to drink enough water throughout the day.

4. Indigestion or Digestive Discomfort

Conditions such as indigestion, reflux, belching and flatulence, heart-burn and gastric (an inflammation, irritation, or erosion of the lining of the stomach) can cause discomfort or interfere with your daily activities. While they may not cause any damage, they are also not the signs of a healthy digestive system.

What should you do if you struggle with indigestion? The first thing would be to identify the foods that are particularly aggravating. While you may enjoy the occasional pizza dinner as much as anyone else, however you also know that if you eat more than 2-3 slices of pizza, you would not be comfortable for the next few hours. This is a sign that your body struggles to digest the food you have eaten.

Eating foods that you are even mildly intolerant to, or have trouble digesting, can cause a lot of stress on the body and also maladaptive reactions including chronic inflammation.

In addition to avoiding foods that you struggle to digest, taking an enzyme supplement before or after your meal can go a long way towards helping you to digest and absorb nutrients from the food you have eaten.

Flatulence may also be caused by unhealthy bacteria in the colon, and may be helped by an intake of probiotics.

2. 肠易激综合征 (IBS)

IBS是另一种常见的消化系统疾病。症状包括腹痛和痉挛、腹泻、便秘、胀气及食物不耐症等。IBS大多由压力、不良饮食与睡眠不足所造成的。

如果您患有IBS，最重要的是要吃健康的饮食、避免那些会刺激您消化系统的食物、尽量缓解压力及提高睡眠质量。每天摄取益生菌及酶保健品也有助于缓解症状。

一些研究已经发现粘膜炎症与IBS之间是有关联的。帮助身体战胜炎症和缓解压力的最好方法就是每天摄取维生素C和维生素B。

3. 痔疮

痔疮即是下直肠血管肿胀，会导致出血及不适。痔疮在男性和女性中都很常见。50岁以上的成人中约有50%都患有痔疮问题。

长期排便时紧张出力，导致肛门周围血管承受高压是引发痔疮的主要原因。另外，腹泻或便秘也可能导致痔疮。

痔疮通常都会自行消失，但是也可能因为没有解决根源问题而复发。要有效预防痔疮，应该每天多喝水和多吃高纤维食物如水果、蔬菜和全谷类。

4. 消化不良或肠胃不适

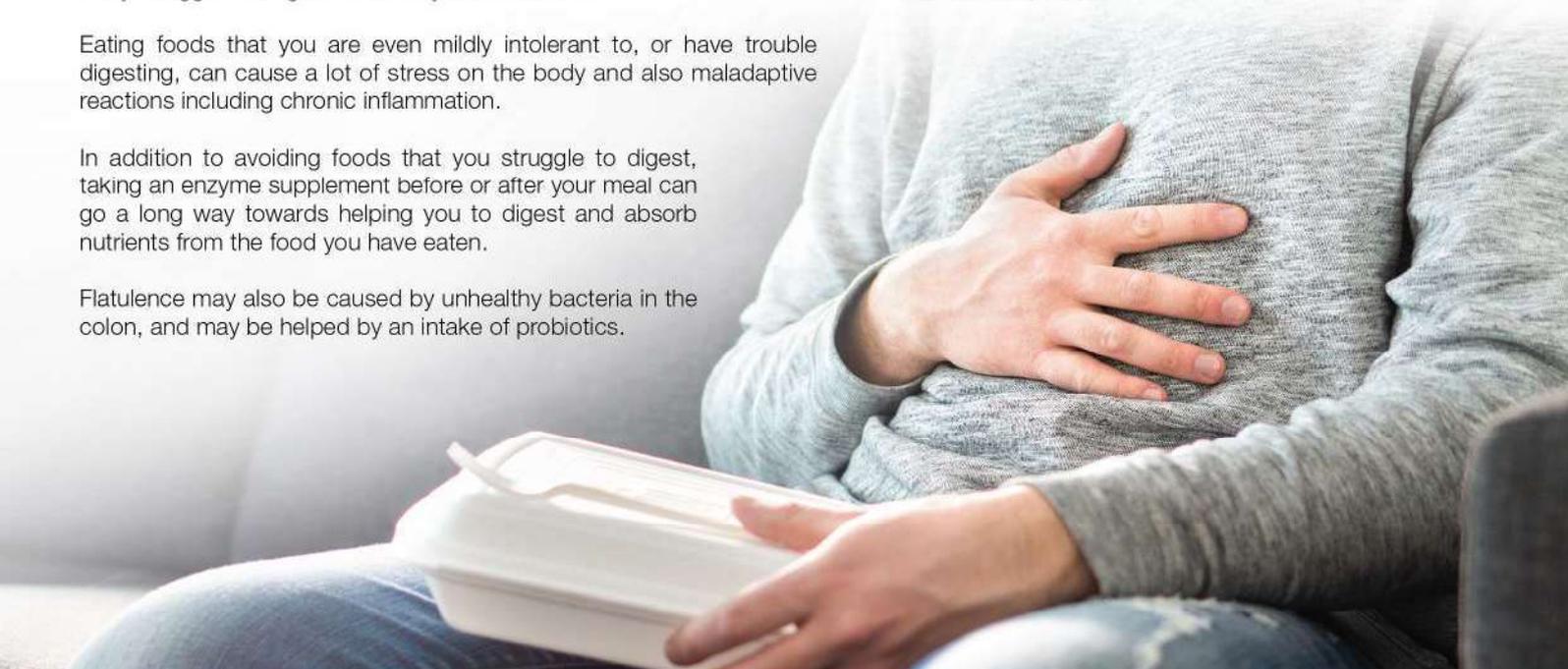
消化不良、胃酸逆流、打嗝和胃气胀、胃灼热及胃炎（胃壁发炎、刺痛或胃黏膜侵蚀），都会造成不适，影响日常工作。这些症状或许不会造成严重伤害，但它们也绝对不是健康消化系统的迹象。

如果您正被消化不良问题所困扰，您能怎么做呢？首件要做的事就是找出让您消化不良的食物。就好比您也和其他人一样偶尔喜欢披萨大餐，但只要您吃超过2-3片后，在接下来的几个小时您就会感觉不适。这就表明了您的身体无法有效消化您摄取的食物。

无论是吃了轻度不耐受的食物，还是难以消化的食物，它们都会给身体带来很大的压力，还会导致慢性炎症等不适反应。

除了避免那些问题食物之外，在饭前或饭后服用一些酶补充品，有助于您消化及吸收您所吃的食物中的营养。

肠胃气胀也可能是由结肠内不良细菌所引起的，摄取益生菌能有助缓解改善情况。



NewLife™'s Digestive Support Pack: GI HEALTH PLUS + N.ZIMES PA PLUS™

新生命支持消化程序: 肠胃保健配套+胰酶 (植物) 添加素

Provides complete and comprehensive digestive support for a wide range of conditions. Daily intake of these supplements is recommended for everyone, especially those that have any kind of digestive issue!

为多种情况提供完整和全面的消化支持。推荐给所有人，特别是那些有任何消化问题的人！

Immuflo®

免疫激菌植

- Probiotic and prebiotic blend.
- Contains 10 billion Bifidobacterium longum and 1 billion Lactobacillus acidophilus per sachet.
- Comes with 200mg Fructooligosaccharides, which acts as food for the friendly bacteria, promoting their growth in the digestive tract.
- Helps to relieve and prevent diarrhoea and constipation.
- Promotes a healthy gastrointestinal environment.
- 益生菌和益生元混合物。
- 每袋含长双歧杆菌100亿，嗜酸乳杆菌10亿。
- 含有200毫克低聚果糖，可以作为友好细菌的食物，促进它们在消化道的生长。
- 有助纾缓及预防腹泻及便秘。
- 促进健康的肠胃环境。



Herbal Klenz Powder

天然净化物

- Daily fibre supplement.
- No laxative effect.
- Contains detoxifying herbs.
- Promotes digestion and bowel movement.
- 每日纤维补充剂。
- 没有缓泻效应。
- 包含排毒草药。
- 促进消化和排便。

Apple Cider Vinegar & Pure Raw Honey

苹果醋和纯天然生蜂蜜

- One of the best digestive health tonics when taken together.
- Promotes the growth of friendly bacteria in the gut.
- Rich in enzymes that help to promote healthy digestion.
- A great alternative to sugary or carbonated drinks, which may aggravate the digestive system.
- 结合起来一起服用，它们是一种最好的消化补品。
- 促进肠道中有益细菌的生长。
- 富含酶，有助于促进消化。
- 代替可能使消化系统恶化的含糖或碳酸饮料。



Vitamin C Complex (1000mg) Sustained Release 新生命维他命C缓释综合丸(1000毫克)

- Enhanced with bioflavonoids.
- Helps lower inflammation throughout the body and in the gut.
- Fights free-radical damage.
- Crucial for the formation of collagen. Collagen has been found to regulate the secretion of gastric juices by ensuring enough acid for proper digestion while preventing an excess of gastric juices, which can lead to heartburn, stomach ulcers and other painful digestive problems caused from an overly acidic environment. Collagen is also a key component for repair and healing in the intestinal and stomach linings.
- Sustained release formula provides up to 40% better utilization.
- 含生物类黄酮
- 有助于降低全身和肠道的炎症。
- 对抗自由基损伤。
- 对胶原蛋白的形成至关重要。胶原蛋白可以调节胃液的分泌，确保有足够的酸来进行适当的消化，同时防止胃液过多，因为胃液过多会导致胃灼热、胃溃疡和其他因过酸环境而引起的痛苦的消化问题。胶原蛋白也是修复肠道和胃黏膜的关键成分。
- 持续释放配方，比其他维他命C补充剂的利用率高出40%。



N.Zimes PA Plus™ 胰酶（植物）添加素

- Proprietary enzyme supplement that is the result of over eight decades of research in the study of enzymes.
- Contains a broad spectrum of microbial enzymes from the major groups:
 - ✓ **Proteolytic enzymes**, which help to break down proteins at a broad range of pH between 2.5 to 10. This enables protein digestion to begin higher in the upper stomach where the pH is lower and to continue in the higher pH environment of the small intestines.
 - ✓ **Carbohydrolytic enzymes**, which help to digest various forms of carbohydrates like maltose, sucrose, glucose, fructose and complex sugars found in vegetables, grains as well as legumes.
 - ✓ **Lactase**, which helps to digest lactose found in dairy products.
 - ✓ **Lipase**, which helps to break down oils and fats.
 - ✓ **Fibre-hydrolysing enzymes** that help to break down the fibrous cell walls in grains, fruits and vegetables.
- 新生命专利的酶补充品，是经过80多年对酶的研究的结晶品。
- 含有广泛的微生物酶，主要来自：
 - ✓ **蛋白水解酶**，它能在酸碱值为2.5到10的大范围内帮助分解蛋白质。这使得蛋白质消化在酸碱值较低的胃上部就开始进行，一直继续到较高酸碱值环境的小肠中。
 - ✓ **碳水化合物分解酶**，有助消化各种形式的碳水化合物，如存在于蔬菜、谷类以及豆类中的麦芽糖、蔗糖、葡萄糖、果糖和糖类复合物等。
 - ✓ **乳糖酶**有助消化乳制品中的乳糖。
 - ✓ **脂解酶**有助分解油脂。
 - ✓ **多种纤维水解酶**，有助分解谷类、水果和蔬菜中的纤维细胞壁。

