

ANTI-INFLAMMATORY

DIET 抗炎饮食

Inflammation is often characterized by redness, warmth, swelling, and sometimes pain and some immobility. It is part of our immune system's natural response to heal an injury or fight an infection. It should stop after the healing process is complete. For example, when you sprain your ankle, your ankle will start to throb and swell, the body will release proteins called cytokines as "emergency signals" that bring in your body's immune cells, hormones and nutrients to fix the problem.

However, when inflammation persists or serves no purpose, it damages the body and causes illness. This is called chronic inflammation, the root cause of many chronic illnesses.

Stress, lack of exercise and exposure to toxins can all contribute to such chronic inflammation, but diet plays a big role as well. By learning how specific foods promote anti-inflammatory action and restore health at a cellular level, you can begin to repair the body without any drastic measures.

Let's take a look at 10 of the best anti-inflammatory foods you can add to your diet.

炎症通常伴有发红、温热、肿胀及偶尔出现疼痛或行动不便的症状。这是当我们身体受伤或受到感染的时候，身体免疫系统的自然反应以帮助身体修复。这些症状一般在身体修复完成后就会消散。例如，当您扭伤脚踝的时候，脚踝会开始抽痛和肿胀，此时身体会释放出一种称为细胞激素的蛋白质，作为“紧急讯号”，通知免疫细胞、荷尔蒙和营养素聚集到受伤部位，以解决问题。

然而，当发炎反应持续或不起任何作用时，它就会损害身体，进而导致疾病发生。这称为慢性炎症，亦是引发许多慢性疾病的根本因素。

压力、缺乏运动和暴露于毒素都能导致慢性炎症发生，但饮食也扮演了重要的角色。通过了解哪些食物能够促进抗炎，及恢复细胞健康，您就可开始在没有任何极端措施的情况下修复身体了。

看看以下十种最好的抗炎食物吧！

1 Green Leafy Vegetables

Dark leafy greens such as kale, spinach, collard greens and Swiss chard are rich in antioxidants that restore cellular health, as well as anti-inflammatory flavonoids. If you struggle to consume whole portions of green leafy vegetables, simply juice them with **NewLife™'s Alpha Juicer**. They can be juiced with fresh fruit such as oranges or pineapples to make them more palatable.

Alternatively, **NewLife™'s Super Green Food Plus** and **Spirulina** are excellent supplements to get more greens into your diet. They are concentrated sources of vitamins, minerals, amino acids, enzymes, chlorophyll and powerful antioxidants.

深绿叶蔬菜

深绿叶蔬菜如芥蓝、菠菜、羽衣甘蓝和瑞士甜菜皆富含有助恢复细胞健康的抗氧化剂，及具抗炎功效的类黄酮。如果您无法摄取完一天所需的绿叶蔬菜，那么就可以把这些绿叶蔬菜通过**新生命奥发绿汁机**榨取成新鲜的蔬菜汁。可加入些水果如鲜橙、凤梨等配蔬菜一起榨汁，蔬果菜汁会更加美味。

又或者，服食**新生命特超绿食品**和**螺旋藻**也是一种很好的替代补充品，可增加您饮食中的绿色元素。它们包含丰富的维生素、矿物质、氨基酸、酶、叶绿素和强效抗氧化剂。



2 Potassium Rich Food

Balance is the key to a healthy body free of inflammation. A good example of mineral balance tied to inflammation is the proper mix of sodium-rich foods and potassium-rich foods. Sodium brings in fluid and nutrients, while potassium flushes toxins. A high sodium (high salt) diet can tip this delicate balance. Without this balance, toxins can build up in the body and promote inflammation.

Health experts recommend an intake of at least 5 times more potassium than sodium. To reconstruct healthy cells, we must replenish potassium levels in the body. Besides, cutting down salt intake and taking more high potassium food, supplementing with natural, specially formulated potassium such as **NewLife™'s K-Salt** is the perfect antidote for poor health.

高钾食物

平衡是远离炎症、保持健康的主要关键。矿物质平衡与炎症的关联是其中一个例子，例如钠钾摄取比例必须平衡。钠将水分和营养素引进细胞，而钾则会从细胞内清除毒素。高钠（高盐分）饮食可轻易扰乱这钠钾平衡。如果身体失去了这微妙平衡，毒素将会堆积在体内，从而促进炎症发生。

健康专家建议钾的摄取量比钠摄取量应至少多五倍。为了重建健康的细胞，必须提高体内的钾含量。除了减少对钠的摄取，我们也必须增加摄取高钾食物及服用专门配制的天然钾补充剂，如**新生命的钾质**，即是一个可完整改善健康的最佳良方。





3 Broccoli
 Broccoli is high in both potassium and magnesium, and it is an antioxidant powerhouse, containing key vitamins, flavonoids and carotenoids. These work together to lower oxidative stress in the body and help battle both chronic inflammation and the risk of developing cancer.

花椰菜
 花椰菜富含钾和镁，是一种强效抗氧化剂，蕴含重要维生素、类黄酮和类胡萝卜素。这些成分协同作用可降低体内的氧化应激，进而有助于对抗慢性炎症和减低罹患癌症的风险。

5 Food with Deep Colours
 A marker that a food is chock-full of antioxidants is their deep colour. These foods are rich in antioxidants and provide a convenient source of nutrients that fight to repair the cell damage caused by inflammation. Dragon-fruit, beet root, blueberries are prime examples.

Antioxidants help to reduce and control inflammation in the body, which in the long run, contribute to disease prevention, better health, and increased well-being.

Another source of super antioxidants is Astaxanthin. It has antioxidant capacity up to 550 times stronger than vitamin E and 40 times stronger than beta-carotene. **NewLife™'s Collasta** contains a generous amount of astaxanthin extracted from red algae and other ingredients such as hydrolysed marine collagen, grapeseed extract, green tea extract, pine bark extract, lycopene and mangosteen extract.

深色食物
 一般来说，食物颜色越深，代表其所含的抗氧化剂也越丰富。火龙果、甜菜根、蓝莓等都是很好的例子。这些含有丰富抗氧化剂的食物，可提供大量营养素，有助修补因炎症被损伤的细胞。抗氧化剂有助减少和控制体内的发炎反应，并可长期预防疾病，促进身体的健康。

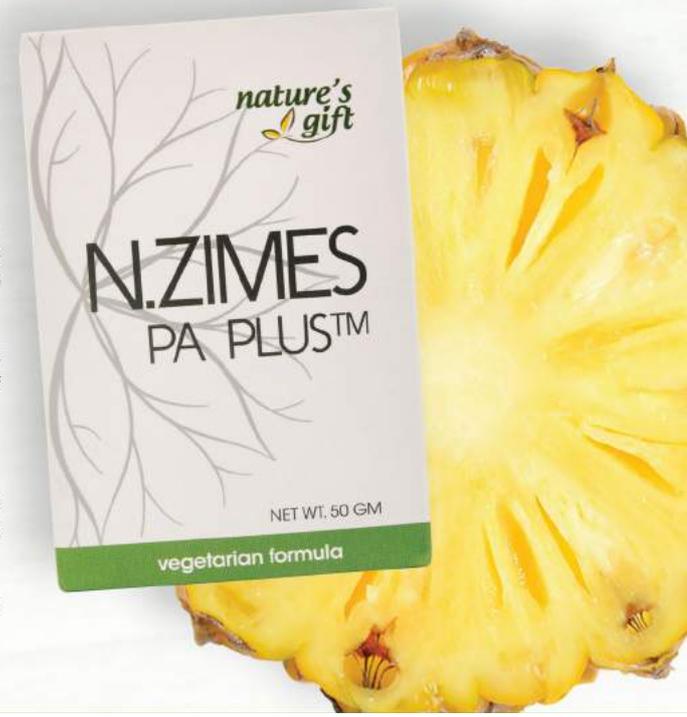
虾红素是另一个超级抗氧化剂的来源。它的抗氧化功能是维生素E的550倍和β-胡萝卜素的40倍。**新生命康丽达胶原红藻**含有大量萃取自红藻的虾红素，加上其他食材，如水解海洋胶原蛋白、葡萄籽提取物、绿茶提取物、松树皮提取物、茄红素及山竹提取物。

4 Pineapple
 Pineapple is filled with phytonutrients – high in vitamin C, vitamin B1, potassium, manganese and many other antioxidants. It also contains bromelain, a powerful digestive enzyme that helps regulate immune response and prevent unwanted inflammation.

Another key supplement to controlling inflammation is **NewLife™'s N. Zimes PA Plus™**, which contains a complete spectrum of enzymes including bromelain.

凤梨
 凤梨富含植物营养素，含大量的维生素C、维生素B1、钾、锰及许多其他的抗氧化剂。它也含有一种强大的消化酶——凤梨酵素，有助调节免疫反应，防止不必要的炎症发生。

另一种控制炎症的主要营养补充品是**新生命胰酶（植物）添加素**。它含有一系列完整的酶，包括凤梨酵素。





7 Coconut Oil

In many recent studies, the lauric acid in virgin coconut oil was found to reduce inflammation in cells. It worked as both an analgesic and anti-inflammatory.

One to two-spoonful of virgin coconut oil a day goes a long way. **NewLife™s Extra Virgin Coconut Oil** is cold pressed and naturally processed, from freshly harvested organic mature coconut.

椰子油

近期许多研究中发现，初榨椰子油所含的月桂酸可减少细胞的炎症发生。它既可止痛，又可消炎。

每日摄取一至两汤匙的初榨椰子油可提供长期的保健功效。**新生命特级初榨纯鲜椰子油**萃取自新鲜有机的成熟椰子，经冷榨和天然加工制成。

6 Omega-3 Fatty Acids

While the human body needs only about 2 to 4 times more Omega-6 than Omega-3 fatty acids, our daily diet tends to contain an excessive amount of Omega-6 fatty acids from all the vegetable oils that are commonly used for cooking or found in processed food – about 14 to 25 times more! In other words, our body is oversupplied with Omega-6 and deficient in Omega-3. Health experts believe that this imbalance has contributed to the rising rate of inflammatory disorders and other related health conditions. To correct this imbalance, we need to consume more Omega-3 while reducing Omega-6.

Low Omega-3 level reduces cell membrane permeability, causing inefficient transport of oxygen and nutrients to the cells, which consequently leads to degeneration of cells and health problems. Omega-3 is essential for maintaining healthy heart function, immune function, brain function, and nervous system.

Flax seed oil is one of the best sources of natural Omega-3. Most people suffer from a deficiency of the Essential Fatty Acids (EFAs) contained in flax seed oil. EFAs are necessary fats that humans cannot synthesize, and must be obtained through diet. EFAs support the cardiovascular, reproductive, immune, and nervous systems.

NewLife™s Omega Gold Flax Seed Oil assures the highest quality oil, which is extracted from organically grown golden flax seeds using a cold-pressing process, which eliminates the damaging effects of light, oxygen, and heat.

奥美加-3脂肪酸

人体对奥美加-6的需要只是奥美加-3的2至4倍。然而我们的日常饮食中往往因为植物油而摄入过量的奥美加-6脂肪酸。这些植物油通常用于烹饪或在加工食品中找到，一般导致身体对奥美加-6的摄入量比奥美加-3高出14至25倍！换句话说，我们的身体过量摄入奥美加-6，同时缺乏奥美加-3。健康专家认为，这种脂肪酸-3与-6不对比的现象导致了发炎性疾病和其他相关健康问题攀升。为了纠正这种不平衡，我们必须减少奥美加-6的摄入，同时增加奥美加-3的摄取。

低奥美加-3水平可降低细胞膜的穿透性，造成氧气和营养素无法有效地达到细胞内，最终导致细胞退化和造成健康问题。奥美加-3是维持心脏、免疫、大脑及神经系统健康的重要营养物质。

亚麻籽油是天然奥美加-3的最佳来源。大多数人的身体都缺乏亚麻籽油所含的必需脂肪酸。必需脂肪酸是人体无法自行制造的必需脂肪，因此必须从饮食中摄取。必需脂肪酸可维持心血管、生育功能、免疫及神经系统的健康。

新生命奥美加金牌亚麻籽油保证高质量的油脂，取自有机种植的黄金亚麻籽，通过冷压过程榨取，以防止被光线、氧气和热量所破坏。



8 Garlic & Onion

These pungent vegetables are considered anti-inflammatory superstars. Organosulfur compounds derived from garlic may lower the production of substances in the blood that boost inflammation. Quercetin, a flavonoid in onions, helps inhibit inflammation-causing agents at play in arthritis.

For the greatest benefits, eat garlic raw. Opt for red or yellow onions or shallots instead of white or sweet varieties. If eating garlic raw is not your thing, take **NewLife™s Garlic & Parsley** as a daily supplement and immune booster instead!

大蒜与洋葱

这些辛香刺激性的植物被认为是抗发炎的明星食物。存在于大蒜中的有机硫化物可降低血液中促进炎症的物质产生。存在于洋葱中的槲皮素是一种黄酮类化合物，有助抑制引起关节炎的发炎物质的产生。

若想要获得最大的健康效益，可建议生吃大蒜。还有选择黄色葱头或红葱头，而不是白色或带甜的种类。如果不喜欢生吃蒜头，那就选择**新生命的蒜与欧芹油**作为每日的营养补充品，以提高免疫力！



9 Raw Honey

For centuries, man has turned to raw honey to promote energy and healing. Multiple studies have found honey to be effective in alleviating symptoms of inflammatory diseases, such as Irritable Bowel Syndrome. Honey is full of anti-inflammatory polyphenols, carotenoids, antioxidants, and vitamins.

But only unpasteurised, unprocessed and unheated raw honey provides all of the God-given health benefits as the process of pasteurising destroys the enzymes and the nutrients in the honey.

NewLife™'s Pure Raw Honey is produced from hives located in the lush pastures and leatherwood rainforests of New Zealand, in areas that are entirely free from insecticides and pesticides!

纯天然蜂蜜

几个世纪以来，人类都依赖纯天然生蜂蜜以强健体能和促进愈合。多项研究证实，蜂蜜可有效缓解发炎性疾病的症状，如肠躁症。蜂蜜富含抗炎多酚、类胡萝卜素、抗氧化剂及维生素。

不过只有未经巴氏杀菌、加工和加热的纯天然原蜂蜜才能真正提供所有上帝赋予的健康效益，这是因为巴氏杀菌的过程会破坏蜂蜜中的酶和营养物质。

新生命纯天然蜂蜜是采摘自新西兰郁葱草地和革木树林里的蜂巢。这地区完全没有喷射杀虫剂和农药！

10 Coenzyme Q10

CoQ10 (short for Coenzyme Q10), though the name may not sound very natural, is in fact an antioxidant that your body produces naturally. Your cells use CoQ10 for growth, healing, and the production of energy. Clinical evidence has suggested that CoQ10 has potent effects on inflammatory markers.



CoQ10 is found in meat, fish and whole grains. However, the amount of CoQ10 found in these dietary sources is not sufficient to significantly increase CoQ10 levels in your body. Besides, levels of CoQ10 in your body also decrease as you age.

Hence, taking a CoQ10 supplement is essential.

NewLife™'s CoQ10 Plus is an advanced formula, synergistically blended with essential fatty acids

found in flaxseed concentrate to enhance bioavailability.

辅酶Q10

CoQ10 (辅酶Q10的缩写)。虽然这个名称听起来很人工，但实际上辅酶Q10是一种身体可自然产生的抗氧化剂。体内细胞利用辅酶Q10促进生长、愈合和产生能量。临床实验证明，辅酶Q10对炎症标志物有显著的影响。

辅酶Q10存在于肉类、鱼肉和全谷类。然而，这些膳食来源的辅酶Q10含量不足以显著增加身体辅酶Q10的水平。此外，人体自体生产辅酶Q10的水平也会随着年龄增长而降低。

因此，服用辅酶Q10补充品是必要的。**新生命生物吸收性CoQ10**是一种先进配方，与亚麻籽中的必需脂肪酸协同混合，以提高生物利用度。

Inflammation-Causing Offenders

Once you find foods that heal your body and satisfy your palate, you can then remove those inflammation-causing offenders without feeling deprived.

Below are the common culprits that raise inflammation. If you're constantly chomping on these items, your body will gradually transition into a state of chronic inflammation. So watch out and stay away from:

- fried foods
- refined flours
- refined sugars
- hormone- and antibiotic-laden animal products
- synthetic sweeteners
- artificial food additives
- oxidized cholesterol (cholesterol that has gone rancid, such as that from overcooked food)
- foods cooked at high temperature, especially if cooked with vegetable oil (such as peanut, corn and soy)
- trans fat: margarine, vegetable shortening, and all products listing them as ingredients or made with partially hydrogenated oils of any kind.

In a nutshell, some foods can drive inflammation and raise your risk of chronic disease, while some foods reduce inflammation and heal your body. Every bit counts. Start moving towards an anti-inflammatory diet today!

导致炎症的罪魁祸首

一旦您找到既可疗愈身体又能满足味蕾的食物，就可轻松排除引起炎症的问题食物，与此同时也不觉得好像被剥削限制。

以下是一般引起炎症的食物。要是您经常都摄取这类食物，身体将会慢慢出现慢性炎症。因此，必须注意和远离这类食物：

- 煎炸食物
- 精制面粉
- 精制糖
- 含激素和抗生素的动物食品
- 合成甜味剂
- 人工食物添加剂
- 氧化胆固醇（已变质的胆固醇，如来自烹煮过度的食物胆固醇）
- 食物经高温烹调，特别是使用植物油（如花生油、玉米油和大豆油）
- 反式脂肪：黄油、植物酥油及所有采用氢化油制成的食物

简言之，一些食物可导致炎症发生，增加慢性疾病的风险，而一些食物则会减少发炎反应和治愈身体。要记住进入身体的每一口食物都会对健康造成影响。今天就开始实施抗炎饮食吧！