

Balance Your Life by Balancing Your Metabolic Rate

平衡新陈代谢，维持健康生活

Have you tried but still find it hard to lose weight due to a low metabolic rate? Do you often experience unexplained fatigue, weakness, or muscle aches? Are you suffering from hair loss or dry hair? These are some of the common symptoms of hypothyroidism. On the flip side, if your metabolic rate is excessively high, if you suffer from heart palpitations, or if you sweat excessively, you might be suffering from hyperthyroidism.

The thyroid gland produces hormones that regulate your body's metabolism - everything from heart rate, to blood lipid levels, to glucose consumption, and even body temperature. Sadly, there is currently a global epidemic where up to 74% of people worldwide suffer from some degree of thyroid deficiency.

The solution is to supplement your diet with a natural form of iodine. Iodine, a relatively rare element, is essential for the healthy function of the thyroid gland. Not only does iodine help balance the thyroid's function, it has also been studied for its role in maintaining breast health in women and preventing breast cancer. Iodine deficiency has also been linked to weight gain, depression, cardiovascular disease, stomach and other cancers, and cognitive decline.

NewLife™'s Kelp is a rich source of natural iodine and also contains other minerals such as calcium, phosphorus, iron, copper, potassium, manganese and sulphur - totalling 22 known minerals in all. The iodine in **Kelp** is in the same form of amino acids as it occurs in the thyroid gland. **Kelp** offers the following benefits:

- Contains amino acids and vitamins.
- Super source of organic iodine required for the proper functioning of the thyroid gland.
- Increases energy, builds endurance and enhances metabolism.
- Improves circulation particularly to the brain.
- Increases supply of nourishment to the brain membranes and tissues.
- Enhances mental faculty.
- Helps in relieving nervous tension and stress.
- Promotes healthy growth in children.

尝试瘦身，但因新陈代谢缓慢而使得减肥困难重重？经常感到原因不明的疲惫、虚弱或肌肉酸痛？有脱发或头发干燥的烦恼？这些都是甲状腺功能减退的常见症状。另一方面，若您的新陈代谢率太快、出现心悸或大量流汗，那么极可能是因为您患上了甲状腺功能亢进症。

甲状腺产生的荷尔蒙可调节全身的新陈代谢，像是心率、血脂水平或葡萄糖消耗，甚至体温。不过不幸地是，全球大概有74%的人患有轻微或严重的甲状腺激素不足症。

最有效的天然解决方式就是在每日饮食上摄取天然碘。碘是一种较为罕见的营养矿物质，但对人类甲状腺的健康功能起着重要角色。碘不仅有助平衡甲状腺功能，也有研究显示它有维持女性乳腺健康和预防乳癌的作用。而碘缺乏则与体重增加、忧郁、心血管疾病、胃癌和其他癌症以及认知能力下降有关。

新生命海藻宝是天然碘的丰富来源，并含有其他矿物质如钙、磷、铁、铜、钾、锰和硫——共蕴含22种矿物质。**海藻宝**中的碘的氨基酸形式与甲状腺分泌的氨基酸相同，身体可快速吸收。**海藻宝**提供以下多种健康效益：

- 蕴含多种氨基酸和维生素。
- 有机碘的超级食物来源，是促进甲状腺正常功能的必需矿物质。
- 增加身体能量和耐力以及加速新陈代谢。
- 改善血液循环，特别是朝往大脑。
- 增加脑细胞膜和组织的营养供给。
- 提升智能。
- 有助缓解神经紧绷和压力。
- 促进孩童健康成长。

