

CARDIOVASCULAR DISEASE

Atherosclerosis and what we can do to prevent it

心血管疾病

动脉粥样硬化以及我们能做些什么来预防它

According to the World Health Organization, cardiovascular diseases (CVDs) are the number 1 cause of death globally, taking an estimated 17.9 million lives each year. Four out of five CVD deaths are due to heart attacks and strokes, and one-third of these deaths occur prematurely in people under 70 years of age.

Individuals at risk of CVD may demonstrate elevated blood pressure, glucose and lipids.

The Primary Cause of CVD — Atherosclerosis

It is commonly known that atherosclerosis is one of the primary causes of CVDs. Atherosclerosis begins in the innermost layer of many medium-sized and large arteries, especially where the vessels divide. Plaques build up over time, causing the narrowing of the arteries. When this happens, blood flow becomes more difficult, which can result in a shortage of blood and oxygen in various parts of the body. The main factor that causes atherosclerosis in the body is chronic inflammation and oxidative stress.

What most people do not know about atherosclerosis is that it can begin in childhood and progress as a person ages. Children as young as 10 have shown early stages of this disease. Most people with this disease will not face issues until they are in their 50s or 60s.

Reversing the damage of atherosclerosis is possible through the following steps.

4 Steps to Prevent Atherosclerosis

1. Reduce oxidative stress through healthy weight management and regular exercise

Oxidative stress can cause atherosclerosis. Two crucial lifestyle choices that can reduce oxidative stress are healthy weight management and regular exercise. If you are overweight, it is important to implement healthy weight management into your diet and lifestyle.

Rebound exercise is the best form of cellular exercise that can be done in the comfort of your home. Rebounding causes all the cells in the body to move up and down at the same time. This stress of gravity and G-Force strengthens the cells, which increases their energy and function. Healthy cells are crucial to our total health.

根据世界卫生组织报导，心血管疾病(CVD)每年平均夺走了近1千7百90万人命，是全球导致最多死亡案例的疾病。五分之四的CVD死因都是心脏病和中风，而70岁以下的患者就占据了死亡病例中的三分之一。

血压、葡萄糖及脂质的增高皆为CVD的征兆。

CVD的主要病因——动脉粥样硬化

众所周知，动脉粥样硬化是CVD的主要病因之一。动脉粥样硬化大多发生在中型动脉和大动脉的内皮层，尤其是血管分支的部位。血小板在动脉内壁日渐堆积，造成血管变窄，进而导致血流不畅通。这将会带来身体不同部位缺血及缺氧的后果，而造成动脉粥样硬化的主要原因就是慢性炎症和氧化应激。

对于动脉粥样硬化，大多数人都不知道动脉血管可能从我们年幼的时候就开始硬化，随着岁月的增长日益严重。有些小孩甚至10岁就已经有迹象显示出这种疾病的早期阶段。然而，大多数人都是等到五、六十岁时才会面临问题。

以下的步骤有助于改善动脉粥样硬化。

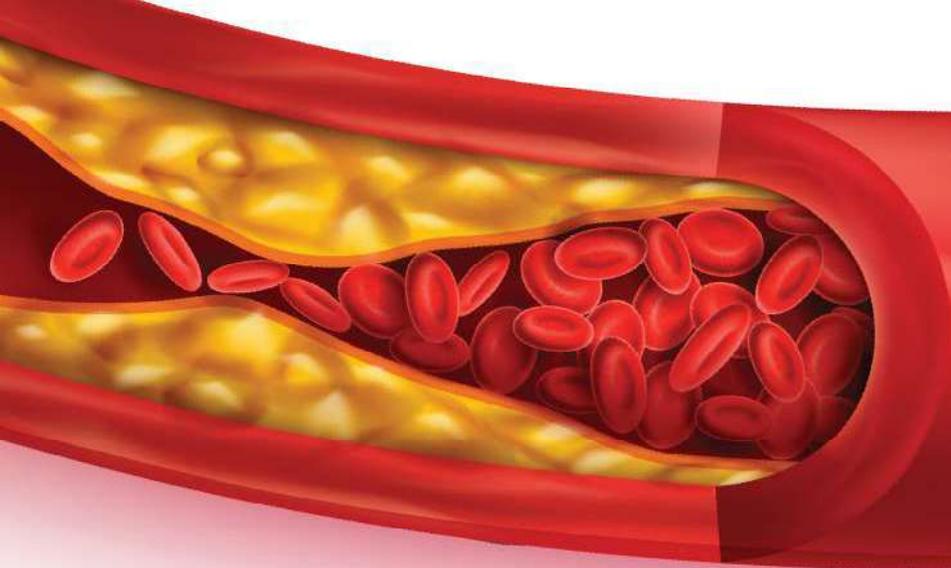
4个预防动脉粥样硬化的步骤

1. 通过健康体重管理和有规律的运动减少氧化应激

氧化应激是导致动脉粥样硬化的原因之一。健康体重管理和有规律的运动是两个可以减少氧化应激的重要生活习惯。如果您正经历体重超标的情况，在您的饮食与生活方式中实施健康体重管理是很重要的。

弹跳运动是我们能在家完成的一项最好的细胞运动。弹跳使我们体内的细胞能在同一时间内上下活动。地心引力和重力能够很好的强化我们的细胞组织，提升它们的能量和功用。健康的细胞对我们整体健康是非常重要的。





2. Get enough sleep

Research has found that sleep deprivation affects our health negatively.

While sleep requirements differ from person to person, most adults need between 7 to 9 hours of sleep every night to feel energetic and alert the following day.

The best way to find out if you are getting enough sleep is to evaluate how you feel as you go through the day. If you are getting enough sleep, you will feel alert and energetic all day long.

3. Protect your cells through a healthy diet

Here at NewLife™, we recommend a predominantly plant-based diet, ensuring that half of every meal is comprised of vegetables and other anti-inflammatory foods, which include:

- Green leafy vegetables
- Fruit and vegetables with rich colours
- Broccoli
- Pineapple
- Coconut oil
- Garlic and onions
- Raw honey



4. Consume beneficial supplements

• Vitamin C Complex

As a powerful antioxidant, vitamin C protects us from the build-up of inflammation-causing free radicals. When free radicals accumulate, they can put the body in a state of oxidative stress, which has been linked to chronic diseases and a weakened immune system.

• Vitamin B Complex

Vitamin B Complex provides a wide spectrum of B vitamins which fill the nutritional gaps in our daily diet. It offers a quick and convenient way to help meet the body's demands, such as maintaining a healthy heart and digestive system, powering up the immune system and energy level, as well as supporting the nervous system and brain health. **NewLife™'s Vitamin B Complex** is uniquely formulated with the addition of Choline, Inositol, and PABA, to provide a wider array of health benefits.

2. 拥有充足的睡眠

研究显示，睡眠不足会对我们的健康造成负面影响。

每个人对睡眠时间的需求都有所不同，但是大多数成年人都需要7-9个小时的睡眠时间，才能在第二天保持精力充沛和机敏。

要知道自己是否拥有足够睡眠最好的方法就是通过评估我们一整天的精神状态。如果我们可以一整天都充满活力及保持警觉，那就代表我们有足够的睡眠。

3. 通过健康的饮食保护您的细胞

新生命推荐以植物为主的饮食，每一餐要至少一半是蔬菜和其他抗炎食物，包括：

- 绿叶蔬菜
- 颜色鲜艳的蔬菜水果
- 花椰菜
- 黄梨
- 椰子油
- 大蒜与洋葱

4. 补充有益的营养品

• 维生素C复合物

作为一种强大的抗氧化剂，维生素C保护我们免受引起炎症的自由基的堆积。当自由基积累时，它们会使身体处于氧化应激状态，这与慢性疾病和免疫系统减弱有关。

• 维生素B复合物

复合维生素B提供广泛的B族维生素，填补了我们日常饮食中的营养缺口。它能快速、方便地满足身体的需求，如保持健康的心脏和消化系统，增强免疫系统和能量水平，以及支持神经系统和大脑健康。**新生命维他命B综合丸**是独特的配方，添加了胆碱肌醇和对氨基苯甲酸，可以提供更广泛的健康效益。

- **Niacin**

Since the 1950s, Niacin has been used to treat high cholesterol. It does this by reducing inflammation in the body. As a result of the reduction in inflammation, people with cholesterol problems experience an increase in HDL levels and a reduction in LDL and triglyceride levels.

Note: Within 20-30 minutes of taking Niacin, the blood vessels dilate, and a warm sensation spreads across the body. This sensation is commonly known as the 'niacin flush' and is similar to the feeling you get after a vigorous workout at the gym. When you feel this, it is a sign that Niacin is working.

- **N.Zimes PA Plus™**

The enzymes found in **N.Zimes PA Plus™** help to provide protection against inflammation in the body.

- **ImmuFlora®**

Contains 10 billion Bifidobacterium longum and 1 billion Lactobacillus acidophilus, which are probiotics, and 200g Fructo-oligosaccharides (FOS), a prebiotic. They work together to improve gut health by promoting a healthy bacterial environment. In addition, a study in 2015 concluded that probiotic supplements containing Lactobacillus acidophilus effectively lower high cholesterol, particularly LDL cholesterol levels.

- **Omega-3 Fatty Acids**

NewLife™'s Omega Gold Flaxseed Oil contains Omega-3 fatty acids, which help slow down the build-up of atherosclerosis and lower triglyceride levels in the blood. It also has potent anti-inflammatory properties in addition to many other health benefits.

- **Coenzyme Q10**

NewLife™'s CoQ10 Plus functions as an antioxidant and is important for healthy heart function. CoQ10 deficiency is commonly found in the heart tissue of people who have suffered from fatal heart attacks. There is also evidence suggesting that CoQ10 may help reduce the adverse side effects of taking statins, such as muscle pain.

To find out more about cardiovascular health, make sure to get a copy of **Cholesterol: Guilty or Innocent?** by Dr. Lynn Tan. This book dives deep into decades of research to provide you with a new perspective on how to take care of your health!

Now available at www.newlife.my

想要了解更多关于心血管健康的信息，一定要买一本《**胆固醇：有罪还是无辜？**》这本书是根据陈林希珠博士几十年的研究写成的，为您提供新观点如何照顾您的健康！

现在可以在www.newlife.my网上订购！

- **烟酸**

自50年代以来，烟酸一直被用于治疗高胆固醇。它通过减少体内的炎症来做到这一点。炎症减少的结果是，有胆固醇问题的人的高密度脂蛋白水平增加，另一方面低密度脂蛋白和甘油三酯水平则降低了。

注：在服用烟酸20-30分钟内，血管扩张，温暖的感觉遍布全身。这种感觉通常被称为烟酸潮红，类似于健身房剧烈运动后的感觉。当您有这种感觉时，说明烟酸正在起作用。

- **胰酶（植物）添加素**

在胰酶（植物）添加素中的酶有助于防止体内炎症。

- **免疫细菌植**

含100亿长双歧杆菌和10亿嗜酸乳杆菌（益生菌）和200克低聚果糖（益生元）。它们共同提供一个健康的细菌环境来改善肠道健康。此外，2015年的一项研究得出结论，含有嗜酸乳杆菌的益生菌补充剂能有效降低高胆固醇，特别是低密度脂蛋白胆固醇水平。

- **奥美加-3脂肪酸**

新生命奥美加黄金亚麻籽油含有奥美加-3脂肪酸，有助于减缓动脉粥样硬化的形成和降低血液中的甘油三酯水平。它还具有强大的抗炎特性，以及许多其他健康益处。

- **辅酶Q10**

新生命生物吸收性辅酶Q10是一种抗氧化剂，对心脏健康很重要。据观察，有致命心脏病的患者的心脏组织中通常缺乏辅酶Q10。也有证据表明，辅酶Q10可能有助于减少服用他汀类药物的副作用，如肌肉疼痛。

CHOLESTEROL

GUILTY OR INNOCENT?

The most misunderstood nutrient & how it affects your health



DR. LYNN TAN (ND)