

# Cut Down the Salt!

## 少吃盐，保健康！



Salt is made of sodium (40% by weight) and chloride (60% by weight). Sodium is an essential mineral that our bodies need to perform a variety of functions. It helps maintain the balance of water in and around our cells and maintain stable blood pressure levels. It is also important for proper muscle and nerve function. However, the amount of sodium most adults need to function properly is very low, less than 500 milligrams per day (that's a mere dash, less than 1/4 teaspoon of salt).

The problem is that most people today are eating way too much salt. The average intake of sodium is about 3400 milligrams per day (or 1.5 teaspoon or 8.5 grams of salt), most of it coming from processed foods.

High-sodium (high-salt) intake can adversely affect the kidneys, arteries, heart and brain. This can lead to heart attacks, strokes, dementia and kidney disease.

### Kidneys

Our kidneys filter our blood and remove unwanted fluids. Any extra fluid is transferred into our bladder to be removed as urine. This process requires a delicate balance of sodium and potassium to pull the water across a wall of cells from the bloodstream into a collecting channel that leads to the bladder.

Eating food high in salt raises the amount of sodium in our bloodstream and disrupts the delicate balance, reducing the ability of our kidneys to remove the excess water. The result is a higher blood pressure due to the extra fluid and extra strain on the delicate blood vessels leading to the kidneys. Over time, this extra strain can damage the kidneys leading to kidney disease. It reduces the kidneys' ability to filter out unwanted and toxic waste products and the body slowly becomes self-poisoned.

A high salt diet can also cause existing kidney disease to progress faster.

### Arteries

The extra blood pressure caused by eating too much salt puts additional strain on the insides of our arteries. To cope with the extra strain, the tiny muscles in the artery walls become thicker. This only makes the space inside the arteries smaller and raises your blood pressure.

This vicious cycle which occurs slowly, over a number of years can ultimately lead to the arteries bursting or becoming so narrow that they then clog up entirely.

When this happens, the organs of the body that were receiving the blood from the arteries become starved of the oxygen and nutrients they need. This can result in the organs being damaged and can be fatal.

按重量计算，盐是由40%的钠和60%的氯化物两种物质组成。钠是一种重要矿物质，是身体进行各种功能所需。它有助于维持细胞内和周围的水分平衡及保持稳定的血压水平。它对促进肌肉和神经正常功能也扮演着重要的角色。但其实要维持身体正常功能，大多数成人所需的钠含量是非常低的，每日所需量少过500毫克（即少过1/4茶匙的盐）。

问题是，现今大部分的人都摄入过量的盐。他们每天平均摄取的钠量大约是3400毫克（约1.5茶匙或8.5克的盐），其中大部分来自加工食品。

高钠/高盐的饮食可损坏肾脏、动脉血管、心脏和大脑功能。这会导致日后罹患心脏病、中风、痴呆症和肾脏病等的风险。

### 肾脏

肾脏具有过滤血液和排除身体多余水分的功能。任何多余的水分将会转移到膀胱，当作尿液排出体外。这个过程需要依靠钠钾平衡作用抽取血液中的水分，穿透细胞壁进入一个收集管道，再输送至膀胱。

摄取太咸的食物会增加血液中的钠含量，进而扰乱了钠钾的平衡和降低肾脏排除多余水分的能力。身体内多余的水分和压力会增加肾脏微血管的负担，造成高血压。

这些额外的负担随着时间将会进一步损坏肾脏功能，最终导致肾脏疾病的发生。它也减弱了肾脏过滤有害和有毒废物的能力，结果身体开始慢慢自体中毒。

高盐饮食也会造成现有的肾脏疾病快速恶化。

### 动脉

摄取太多的盐而造成血压升高的情况会增加体内动脉的额外负担。为了应付额外的压力，动脉壁中的微小肌肉会开始变厚，导致动脉内部的空间变得更狭小，结果血压更高。

这种恶性循环虽然是缓慢发生，但经过数年，也会导致动脉爆裂或变得狭窄至最终发生完全被堵塞的状况。

一旦这情况发生，所有通过动脉接收血液的身体器官就会开始缺氧，也无法获取所需营养。这可导致身体器官功能逐渐受损衰竭，最终可能有致命的危险。

## Heart

The raised blood pressure caused by eating too much salt may damage the arteries leading to the heart.

At first, it may cause a slight reduction in the amount of blood reaching the heart. This may lead to angina (sharp pains in the chest when being active).

With this condition the cells in the heart don't work as well as they should because they are not receiving enough oxygen and nutrients. However, lowering blood pressure may help to alleviate some of the problems and reduce the risk of greater damage.

If we continue to eat too much salt, over time, the damage caused by the extra blood pressure may become so severe that the arteries burst or become completely clogged. If this happens, then the part of the heart that was receiving the blood no longer gets the oxygen and nutrients it needs and dies. The result is a heart attack.

The best way to prevent a heart attack is to stop the arteries becoming damaged, and one of the best ways of doing this is to keep your blood pressure down by eating less salt.

## Brain

Just like our hearts, our brains depend on a nourishing blood supply to work properly and survive. But the raised blood pressure caused by eating too much salt may damage the arteries leading to the brain.

At first, this may cause a slight reduction in the amount of blood reaching the brain. With this condition, the cells in the brain don't work as well as they should because they are not receiving enough oxygen and nutrients. This may lead to dementia (known as vascular dementia), a brain disease resulting in problems with thinking, speaking, reasoning, memory, vision and movement.

If no steps are being taken to control the high blood pressure, the damage may become so severe that a blood vessel leading to the brain becomes narrow, ruptures or leaks. Or it can also cause blood clots to form and block the blood flow to the brain. The result is a stroke, a leading cause of severe adult disability.

Suffering from a stroke is not an inevitable part of aging and can be prevented by keeping blood pressure under control, through salt reduction, exercise and healthy eating.

There is also increasing evidence that excess sodium causes osteoporosis, water retention, weight gain and depletion of cellular potassium which in turn may result in mucus formation and encourage the growth of cancerous cells.

## Osteoporosis

A high-salt diet can cause calcium to be leached out of our bones and excreted in the urine, making bones brittle and prone to breaking—a bone-thinning disease known as osteoporosis.

## Water retention

High salt intake may also cause cells to retain excess water, up to 1.5 litres of it, until balance can be restored to cellular fluid levels. Thus, this is why after consuming a large amount of sodium, the face puffs up, the rings on our fingers are tighter, the ankles and feet swell, etc. These are symptoms of water retention (also known as oedema). People who suffer from bloating may see a benefit from salt reduction.

## Depletion of cellular potassium

Potassium plays a vital role in regulating the water and acid-base balance within the cells of the body. Sodium sucks water into cells, whilst potassium pumps it out.

## 心脏

摄取太多的盐而引起的高血压可损害心脏动脉的功能。

起初它可能只会造成心脏的血流量稍微减少。这将逐渐衍生成心绞痛的问题（活动时胸部发生剧烈疼痛）。

这种情况的发生会让心脏细胞因无法获得足够的氧气和营养物质而不能正常地运作。相反地，降低血压可有助于缓解这些问题，并降低更严重的损害风险。

如果继续摄取太多的盐，久而久之，血压升高所造成的心脏损害可能严重导致动脉爆裂或被全堵塞的情况。这将造成接受血液进入心脏的部分不再获得所需的氧气和营养，最终导致衰竭而死亡。可怕的后果就是心脏病病发。

因此，预防心脏病病发的最好方法就是防止动脉受损，那就是必须先减少吃盐开始，以保持正常的血压。

## 大脑

就像心脏一样，大脑也是依靠血液运输养分来维持正常的工作与生存。不过摄取太多盐会造成高血压，可能损害大脑动脉功能。

起初它可能会造成大脑的血流量稍微减少。这种情况的发生会让大脑细胞因无法获得足够的氧气和营养物质而不能正常地运作。这可导致痴呆症的问题（也称为血管性痴呆）。它是一种脑部疾病，即思维、言语、推理、记忆、视觉和行动等方面出现障碍的现象。

如果没有采取措施来控制血压，大脑的损害可会变得更加严重，最终导致脑血管狭窄、爆裂或渗漏。它也可能造成血液凝块而阻碍血液流向大脑，最终导致中风，是成人残疾的主因。

中风并不是老化的必然现象，只要通过减少吃盐、定期运动和健康饮食来控制血压就可预防中风的发生。

也有越来越多的研究证实摄取过多的钠会造成骨质疏松症、水肿、体重增加和细胞钾缺乏，进而导致粘液分泌物增多，及有利癌细胞的生长。

## 骨质疏松症

高盐饮食可导致钙质从骨骼中流失，随尿液排出体外，造成骨质变得脆弱，容易发生骨折，这就是骨质疏松症。

## 水滞

高盐饮食会引起细胞水分滞留，可高达1.5公升。只有在身体可以平衡恢复到细胞液正常水平，水肿情况才会消退。因此，这就是为什么吃了大量的钠后，脸部会出现水肿虚胖、手指上佩戴的戒指变紧了、脚踝和脚也出现水肿等等的问题发生。这一些都是体内水分滞留的症状（也称为水肿）。此外，经常胀气的人士在减少吃盐后也有改善的效果。

## 细胞钾缺乏

钾在调节身体细胞内的水分和酸碱平衡中起着非常重要的作用。钠吸收水分进入细胞，而钾则负责将多余的水输出细胞外。

A healthy body will naturally balance the potassium levels. Excess sodium depletes potassium. Potassium depletion can cause problems within our bodies and lead to:

- Fatigue
- Dry skin
- Muscle weakness
- Slow reflexes
- Mucus formation
- Encouraged growth of cancerous cells.

## Weight Gain

Too much sodium increases water retention, which can trigger water weight gain and bloating. An order of large fries at a fast food restaurant has about 400 milligrams of sodium, enough to trigger almost 4 cups of water retention.

Salt makes us thirsty, causing us to drink more fluids. If the fluids are sugary drinks, they also contribute to weight gain because they are high in calories. This is a major problem for children and teenagers as a third of the fluids they drink tend to be sugary soft drinks.

While salt itself won't make us gain body fat, salty foods definitely can. This is because almost all salty foods are also loaded with calories and fat. A double cheeseburger and fries contains 1,500 milligrams of sodium with a whopping 865 calories. Eating one double cheeseburger and fries in addition to our regular diet once a week, is enough extra calories to gain almost 6 kilograms of fat over the course of a year. And unlike water weight, which will go away quickly when we adjust our salt intake, 6 kilograms of fat will take weeks, or even months, to lose — or it could stay with us forever.

So, being aware of these risks, it is important to watch your salt intake and keep it low.

## How much is too much?

Major health organizations recommend that we should aim for less than 1500 milligrams of sodium per day, and definitely not more than 2300 milligrams — that's about 1 teaspoon or 6 grams of salt. The latter is an upper safe limit, not a recommended daily allowance. Even active people who lose lots of sodium through sweating require no more than 1500 milligrams of sodium per day (that's  $\frac{3}{4}$  teaspoon or 3.75 grams of salt). This includes the salt that's contained in the food itself, as well as the salt added during cooking and at the table.

For most people, that's quite a big chunk to cut down from an average sodium intake of about 3400 milligrams per day (1.5 teaspoon or 8.5 grams of salt).

Children should eat less salt than adults, according to their age.

AGE	MAX. SALT PER DAY	MAX. SODIUM PER DAY
1-3Y	2g	0.8g
4-6Y	3g	1.2g
7-10Y	5g	2g
11Y & older	6g	2.3g

## Hidden salt

Many natural foods contain sodium organically, however, in much lower amounts in comparison to processed foods. Processed and restaurant foods are the culprits for the high level of sodium in today's diet. Around three quarters of the salt we eat has already been added to our food before we buy it.

Not only crisps or dry roasted nuts are high in salt, foods like canned soups, tinned food, packet sauces and ready-made meals, every day foods like bread and breakfast cereals, even baby food often have added salt too. Because we eat these foods so often, the amount of salt can really add up.

一个健康的身体会自然平衡体内的钾含量。钠过量会减少体内钾含量。钾缺乏可导致体内发生一些问题，并导致：

- 疲劳
- 皮肤干燥
- 肌肉乏力
- 反应迟钝
- 粘液分泌量增多
- 促进癌细胞的生长

## 体重增加

摄取过多的钠会增加体内水分滞留，这会引发水肿而导致体重上升和腹胀的问题。快餐店售卖的大包装薯条含有大约400毫克的钠，这已足以造成将近四杯量的水分滞留问题。

盐会让我们感到口渴。如果喝的全是含糖饮料，所摄入的高卡路里肯定会使体重增加。这就是为什么越来越多的儿童和青少年面临肥胖问题，因为他们所摄取的液体，其中三分之一都是高糖汽水。

虽然盐本身不会致肥，但咸的食物绝对会。这是因为几乎所有咸食都含有很高的卡路里和脂肪。比如一个双层芝士汉堡和炸薯条就含有1500毫克的钠和高达865的卡路里。一个星期只要吃一次双层芝士汉堡和炸薯条，就足以让身体在一年内额外增加卡路里及6公斤的脂肪。6公斤的脂肪不像水分，只要调整盐的摄入量就会消失不见，脂肪需要好几个星期或甚至几个月的时间来消除，也或者可能一辈子也甩不掉。

因此，了解了这些风险后，大家应该更明白保持低钠饮食的重要性。

## 多少盐才算是过量？

主要的健康组织建议每个人每天应摄取少于1500毫克的钠，最高限量不可超过2300毫克，即是约1茶匙或6公克的盐。后者是安全上限建议量，而不是每日所应摄取的建议量。即使那些活动量较大的人士因流很多汗而流失了大量的钠，他们每日所需的钠含量也不超过1500毫克（那就是 $\frac{3}{4}$ 茶匙或3.75公克的盐）。这不仅食物本身所含的盐份，也包括在烹饪过程中或在餐桌上另外所添加的盐。

对于许多人来说，从每日平均摄取3400毫克的钠（1.5茶匙或8.5公克的盐）减至每日的建议量是十分不简单的挑战。

儿童应比成年人摄入更少的盐，安全量根据他们的年龄而定：

年龄	每日摄取盐量的最高限	每日摄取钠量的最高限
1-3岁	2公克	0.8公克
4-6岁	3公克	1.2公克
7-10岁	5公克	2公克
1岁或以上	6公克	2.3公克

## 隐藏的盐分

许多天然食物中都含有有机钠，但其含量要远远低于加工食品。加工食品和餐馆的食物是现代饮食高钠的罪魁祸首。单单这些加工食品所含的盐份，已是我们一天摄取量的四分之三了。

不单只有薯片或干烤坚果是属于高盐食品，其他食物像是罐头汤、罐头食品、酱料包和即食餐、或每天摄取的食物如面包、早餐谷类食品、甚至婴儿副食品也已经添加了盐。由于经常吃这些食物，因此加加起来，盐的总摄入量非常惊人。

To work out how much salt is in a food, read the nutrition labels on the food packaging and multiply the sodium figure by 2.5. For example, if a food has one gram of sodium per 100 grams – that means it has 2.5 grams of salt per 100 grams. Remember, you should aim to eat less than 4 grams of salt a day.

## Tips to cut down on salt:

### Shop smart. Buy packaged foods that specify lower sodium content.

Cutting back on added salt is only a small part of the solution. To really cut down, we need to become aware of the salt that is already in the everyday foods we buy, and choose lower-salt options.

When shopping for food, we can take steps to cut our salt intake:

- Cured or smoked meats and fish can be very high in salt, so avoid these or only eat them on rare occasions.
- Watch out for the salt content in ready-made pasta sauces, pizza, stock etc.
- Some food companies are developing products with less sodium, so keep an eye out for sodium listed on food labels.
- Buying and eating mostly natural, whole foods will help keep levels of sodium down while providing more nutrients for the body.
- Go easy on soy sauce, mustard, pickles, mayonnaise and other table sauces, as these are usually high in salt.

### Cook at home with less (or no) salt.

Cook at home as much as possible. We can control how much salt we use when we cook and eat meals at home. Many people add salt to food when they're cooking, but there are lots of ways to add flavour to our cooking without using any salt.

Check out these healthier alternatives:

- Use black pepper as seasoning instead of salt. Try it on pasta, scrambled egg, pizza, fish or soup.
- Add fresh herbs and spices to pasta dishes, vegetables and meat. Try garlic, ginger, chilli and onion in stir fries. Freshly squeezed lemon and lime juice can also enhance the flavour of food.
- Make your own stock and gravy instead of using cubes or granules.
- Try baking or roasting vegetables such as red peppers, tomatoes, parsnips and squash to bring out their flavour.
- Make sauces using ripe tomatoes and garlic.

### Eating out tips:

When eating in a restaurant or cafe, or ordering a takeaway, we can still eat less salt by making smart choices of lower-salt foods.

**Pizza:** choose vegetable or chicken toppings instead of pepperoni, bacon or extra cheese.

**Pasta:** choose a tomato sauce base with vegetables or chicken, rather than bacon, cheese or sausage.

**Sandwiches:** instead of ham or cheddar cheese, go for fillings such as chicken, egg, mozzarella, or vegetables like avocado or roasted peppers.

**Breakfast:** instead of a full English breakfast, go for a poached egg on toast with mushrooms and grilled tomatoes.

**Salad:** ask for dressings on the side, and only use what is needed. Or ask for lemon/lime juice to sprinkle over the salad instead.

要计算出食物中含有多少的盐，可以阅读食品包装上的营养标签，将钠含量乘以2.5。例如，如果一样食物每100公克含有1公克的钠，那就是它每100公克含有2.5公克的盐。必须记住，我们每天所摄入的盐量必须少于4公克。

## 减少吃盐的小贴士：

### 聪明购物。购买低钠含量的指定包装食品。

减少在烹煮或进食时添加盐只是解决方案的一小部分。如果真要减少盐的摄入量，就必须了解每日购买食物中的盐含量，并选择低盐份的食物。

购买食物时，可采取一些减少盐摄入量的方法：

- 腌制或烟熏的肉类和鱼类都含有很高的盐份，因此应避免摄取这类食物或只偶尔享用就好。
- 注意即食意大利面酱汁、比萨以及高汤中的含盐量。
- 有些食品公司正在研发低钠食品，可多留意包装上的特别标签。
- 多多选购和食用天然食品，它们不但提供身体更多的营养物质，也有助保持体内钠的正常水平。
- 减少摄取酱油、芥末、腌菜、蛋黄酱和其他酱料，因为这些通常都含有很高的盐份。

### 在家煮，少放盐或不用盐！

如果可以，尽量在家烹煮。这样一来在烹煮或享用餐点时就能好好控制盐的摄入量。许多人在烹饪的时候都习惯在食物中撒上盐巴以增添食物风味。但其实也有很多其他的方法来增加食物的味道，这样的话就可完全不用添加任何的盐了。

尝试这些更健康的选择：

- 使用黑胡椒取代盐作调味。意大利面、炒蛋、比萨、鱼肉或汤汁里都适合。
- 可在面食类、蔬菜和肉类中添加新鲜的香草和香料。炒菜时可尝试添加蒜、生姜、辣椒和洋葱。鲜榨的柠檬汁和酸柑汁也可添加食物的风味。
- 自制高汤和酱汁，避免使用调味精块或精粒。
- 尝试烘烤或烧烤蔬菜，如灯笼椒、番茄、白萝卜和南瓜，以带出蔬菜的原汁原味。
- 使用熟番茄和蒜头自制酱料。

### 外出用餐：减盐的小技巧

当在餐厅或咖啡馆用餐或选择外卖时，可以通过选择低盐食物来减少盐的摄入量。

**比萨：**选择以蔬菜或鸡肉为配料的比萨，来取代意大利辣肉、培根或额外乳酪。

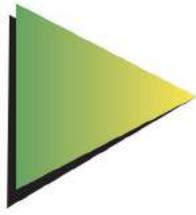
**意大利面：**选择以番茄酱为底的意大利面；还有选择蔬菜或鸡肉而不是培根、乳酪或香肠。

**三明治：**选择以鸡肉、鸡蛋、意大利干酪或蔬菜，如牛油果或烤青椒的馅料来取代火腿或切达奶酪。

**早餐：**以烤面包搭配水煮荷包蛋、蘑菇和烤番茄来取代全套英式早餐。

**沙拉：**请服务员将沙拉酱另外放在一盘，这样您就可以谨慎使用不会太咸。或者以鲜榨柠檬/酸柑汁淋洒在沙拉上。





# Potassium

## Essential Nutrient for Healthy Cells

**钾** - 维持健康细胞的必要营养素



Potassium, one of the most important minerals and electrolytes, is essential for our cells, tissues, and organs to function properly. The importance of potassium to the cells and tissues is comparable to the importance of calcium to the bones. Being indispensable in tissue protein synthesis and enzymatic processes, potassium also helps maintain intracellular pH and regulate kidney function. It plays a vital role in heart, digestive, and muscular function, bone health, and more.

Our bodies need potassium to regenerate and maintain youthful, healthy tissues. Without sufficient potassium in the body, premature aging sets in, causing our skin and muscle tones to go downhill, while wrinkles and fine lines fill our faces and necks. An adequate intake of potassium is essential for growth, building muscles, and a healthy nervous system and heart. Deficiency may result in fatigue, muscle cramps, muscle weakness, acne, dry skin, mood swings, and irregular heartbeat. Low potassium is also associated with risks of high blood pressure, heart disease, stroke, arthritis, cancer, digestive disorders, and infertility.

钾是促进人体细胞、组织和器官正常功能最重要的矿物质和电解质之一。钾对细胞和组织的重要性犹如钙对骨骼一样重大。钾除了对组织蛋白的合成和酶化过程有非常重大的影响外，也有助维持细胞内的酸碱度和调节肾脏的功能。它在维持心脏、消化、肌肉功能及骨骼健康等也扮演着重要的角色。

人体需要钾来促进细胞再生和维持年轻健康的组织。一旦缺乏钾，身体就会出现过早老化的问题，导致皮肤素质和肌肉张力走下坡，脸部和颈项也出现很多的皱纹和细纹。摄取足够的钾对成长、组建肌肉和维持神经系统和心脏健康都是非常重要的。缺乏钾可导致疲劳、肌肉抽筋、肌力低下、暗疮、皮肤干燥、情绪波动以及心律不整的问题。钾质偏低也与高血压、心脏病、中风、关节炎、癌症、消化系统疾病和不育症有关。

Potassium is predominantly within the cell, whereas sodium is predominantly outside. Interestingly, a reciprocal relationship exists between potassium and sodium, so that a substantial intake of one causes a corresponding decrease in the other. Did you know? Cancer cells thrive in a high-sodium environment but die in a high-potassium environment.

## Potassium and our diet

Unfortunately, the modern diet overloads the body with sodium, thus depleting potassium over time, causing tissue oedema, opening the door to further negative metabolic disturbances and eventually acute and chronic diseases. To reconstruct healthy cells, we must replenish potassium levels in the body.

Health experts recommend an intake of at least 5 times more potassium than sodium. All fruits and vegetables already contain the right balance of potassium and sodium. However, there are 2 fruits that contain the highest amount of potassium - apples and bananas. The amount of sodium and potassium required by our bodies is already well balanced in the natural food, fruits, vegetables, and naturally raised poultry and livestock. Adding salt and seasonings (which are usually high in sodium) in food, tips the balance, causing excess sodium and depletion of potassium. Also, cooking food by boiling or frying can deplete potassium found naturally in them, which is why it is so important to take as much raw fruits and vegetables as possible to consciously improve our potassium levels.

Alternatively, the perfect antidote for poor health / electrolyte imbalance is supplementing with natural, specially formulated potassium such as K-Salt. Two milligrams of K-Salt provide the amount of potassium equivalent to 30 bananas. K-Salt has been tried and proven through the years in natural healing and disease prevention. With consistent supplementation of K-Salt, you can anticipate an improvement in overall health. K-Salt helps to:

- remove excess sodium from cells and tissues
- build and strengthen at the cellular level
- counteract water retention
- replace and balance electrolytes
- regulate kidney function
- prevent coughs and colds
- reduce chest congestion
- strengthen immunity

## Who will benefit from NewLife™'s K-Salt?

It is a must for those who have conditions such as high blood pressure, obesity, chestiness, frequent coughs and flu.

Those who are prone to potassium deficiency, for example, those on daily medication, athletes who sweat a lot, people with eating disorders, heavy smokers, and drinkers, will all benefit from supplementation of K-Salt.

K-Salt is suitable for both adults and children, and is an essential daily supplement for improving general health and vitality.

钾主要分布在细胞内，而钠则主要在细胞外。有趣的是，钾和钠之间存在相互的关系，如果只大量摄入其中一个则会导致另一个相应的减少。您知道吗？高钠环境有利癌细胞的生长，癌细胞也十分活跃；相反的，高钾环境则不利癌细胞，可抑制癌细胞成长。

## 钾与饮食

不幸的是，现代饮食习惯都是偏向高钠饮食，导致体内钾含量减少，造成组织水肿，扰乱代谢功能，最终导致急性和慢性疾病的持续发生。若要重建健康的细胞，首先必须要做的就是给身体补充钾。

健康专家建议钾与钠的摄入量至少要是五对一的比例。所有水果和蔬菜都含有理想的钾与钠比例。其中两种含有最高钾的水果分别是苹果和香蕉。天然食物如水果、蔬菜或天然饲养的家禽牲畜所提供的钾钠含量是人体所需的比例。若在食物中添加盐和调味料（通常含有较高的钠），就会扰乱了这个理想比例，因此造成身体含有过多的钠和过少的钾。此外，不管是水煮或油炸的烹煮过程也会减少食物中的自然钾含量。这就是为什么要多生吃蔬菜水果，以提高身体的钾含量。

另一个完善的选择就是摄取天然独特配方的钾补充品——新生命钾质，有助改善健康或调节电解质失衡的状况。两毫克的新生命钾质提供相当于30根香蕉的钾含量。新生命钾质的自然疗愈和疾病预防功效多年来已被测试和验证。长期定期服用钾质，可改善整体的健康。新生命钾质有助：

- 去除细胞和组织中多余的钠
- 组建和提升细胞中的钾质水平
- 对抗体内滞水问题
- 更换和平衡电解质
- 调节肾脏功能
- 预防咳嗽和感冒
- 减少胸闷
- 增强免疫力

## 适宜人群

那些患有高血压、肥胖症、胸闷、经常咳嗽和感冒的人士，必须服用。

那些患有钾缺乏症的人士，例如经常服药者、大量出汗的运动员、饮食紊乱患者、重烟瘾和酗酒者，都可从服用钾质补充品获得健康效益。

新生命钾质是适合成年人和儿童服用的每日必需营养补充品，可改善整体健康和增强体能。

