

# DIGESTIVE HEALTH

## 找回消化系统健康



### Why Is Digestive Health Important?

Each day, we consume thousands of calories in order to keep the body fuelled. Along with these calories we also consume nutrients that are necessary for the cells in our bodies to function. No matter in what form these calories and nutrients are delivered, they all have to pass through the digestive system.

The digestive system is the second largest system in the body. It consists of organs that are responsible for the digestion of food, the absorption of nutrients that power the rest of the body, and also the elimination of waste from the body. Health experts say that over 80% of chronic diseases are caused by poor digestive health – often due to poor function in either one of two areas: **(1) the absorption of nutrients**, or **(2) the elimination of toxic wastes from the body**.

### Symptoms of Poor Digestive Health

Very often, people struggle with digestive health issues for many years without doing anything about it. As not all of them cause pain or discomfort, some people may become accustomed to having such “small” health challenges, without realizing that the root causes of these issues may have far reaching consequences. Some of the most common digestive health problems are: constipation, reflux, irritable bowel syndrome (IBS), gastritis, chronic diarrhoea, and inflammatory bowel disease (IBD). While medical intervention can be used to treat the symptoms of some of these conditions, or to manage pain or discomfort, long-term treatment will often require lifestyle adjustments coupled with therapeutic nutritional programmes.

### Maintaining a Healthy Environment in the Digestive System

While the body has its own checks and balances for maintaining a healthy gastrointestinal environment, our diets are generally not kind to the digestive tract, and even minor digestive disorders such as constipation are a warning sign. There are a few key dietary areas that are essential for maintaining a healthy digestive system, which are within our control based on the choices that we make each day.

**Enzymes** – the body manufactures enzymes to facilitate millions of different processes within the body which include the digestion of food and even brain function. Fruits and vegetables are rich in live enzymes; however, these enzymes are killed by high temperature during the cooking process. As a result, most people suffer from an enzyme deficiency as the body's supply is depleted over the years, leading to poor digestion and absorption of nutrients.

**Friendly Bacteria** – probiotics have long been established as important pillars for maintaining a healthy gastrointestinal environment. Lifestyle factors such as an unhealthy diet, smoking, alcohol consumption, and the ingestion of antibiotics through prescription medication or commercial meats can all lead to a depletion of probiotics in the body.

### 为什么消化系统健康如此重要?

我们每一天都会通过饮食摄取几千大卡的热量以维持身体机能的日常运作。除了热量，我们也摄取了身体细胞运作所需的各种营养素。这些热量和营养素无论透过何种形式传递，它们都必须通过消化系统这个过程才能被身体吸收。

消化系统是人体第二大系统，由好几个器官构成，主要负责消化分解食物、吸收身体所需的营养素及清除体内的废物。根据许多健康专家的研究，超过80%的慢性疾病是由于不健康的消化系统所引起的，这通常是由于**营养素吸收**或**身体排毒工作**其中一方面功能不良所造成的。

### 消化系统不良的症状

许多人常被消化不良的问题困扰很多年但却始终不去面对或调理。再加上不是全部问题都会引起疼痛或产生不适症状，所以有些人可能会将这些“小”问题当作习以为常，没有意识到这些问题的根源可能会带来严重的危害。一些最常见的消化健康问题包括：便秘、胃酸倒流、肠躁症 (IBS)、胃炎、慢性腹泻及炎症肠病 (IBD)。虽然医疗措施可用来应对其中一些症状，或控制疼痛及不适症状，如果要长期治疗还是必须靠调整生活方式和营养疗程，双管齐下才能恢复消化系统的健康。

### 维持消化系统的健康

基本上身体都具有制衡机制来维持胃肠道的健康，但我们的饮食习惯往往却对消化系统造成负担，任何轻微消化紊乱症状如便秘都是一个健康警告信号。以下是维持消化系统健康的几个主要营养素，是在我们可控制之中通过日常饮食中摄取到的。

**酶**—身体会制造酶来促进身体多种的生理机能，包括促进食物的消化或激发大脑的功能。水果和蔬菜含有丰富的活酶，不幸的是，这些活酶在烹饪过程中容易被高温杀死。再加上，身体供给酶会随着年龄增长而减低，因此会出现供给酶不足的情况，结果很多人会因为缺乏酶而面对消化和营养吸收不良的问题。

**益生菌**—益生菌一直都被公认为是维持胃肠道健康的重要支柱。然而各种因素如饮食不当、吸烟、饮酒及通过处方药或肉类中所摄入的抗生素等，都会大大减少体内益生菌的数量。

**Fibre** – most of the carbohydrates that we consume are processed to remove the fibre content. This makes white flour or rice last longer and taste better, however it also means our diets have insufficient fibre. Fibre is important as it forms bulk in the colon and helps to promote healthy bowel movement. Fibre deficiency can lead to the accumulation of encrustations in the colon, which leads to poor digestive health and “auto-intoxication”.

**Vitamin C** – collagen needs vitamin C in order to function in the body. They work together to preserve the integrity of tissue cells. Vitamin C helps to promote digestive health by keeping the intestinal walls healthy and lowering inflammation in the digestive tract with its antioxidant effects.

Another important step would be to avoid foods or eating habits that aggravate or irritate the digestive system. Some of these are:

1. Avoid spicy, fatty or fried foods.
2. Alcohol and coffee are also known to cause digestive discomfort for those who have gastritis.
3. Smoking, over eating, and being overweight can also cause digestive problems.
4. Certain medications such as aspirin, non-steroidal anti-inflammatory drugs (NSAIDs) like Ponstan, antibiotics, or diabetic medications may irritate the digestive system. Only take prescription medications when absolutely necessary and under the guidance of an experienced doctor.
5. Stress and anxiety can also cause digestive problems such as IBS.
6. A lack of dietary fibre is another very common, but somehow largely overlooked cause of digestive problems such as constipation.
7. Other nutritional deficiencies such as low levels of digestive enzymes or friendly bacteria in the gut can result in poor digestion or digestive problems, so supplementation may be necessary in order to improve digestive health in the long run.

### Foods that Are Friendly to Your Digestive Tract

Here is a list of “digestion-friendly-foods” that you should look into including in your daily diet. They help to contribute towards a healthy digestive system while supplying the body with essential nutrients:

1. **Yoghurt** – contains friendly bacteria and is easy to digest unlike other dairy products.
2. **Apples** – a rich source of pectin, which is a soluble fibre that relieves constipation and reduces inflammation in the colon.
3. **Chia seeds** – an excellent source of fibre and works as a prebiotic to promote the growth of friendly bacteria.
4. **Papaya** – rich in the digestive enzyme papain.
5. **Whole grains** – rich in fibre, promotes healthy bowel movement.

**纤维**—我们所摄取的大部分碳水化合物都已经过处理去除了纤维。这作法是为了延长白面粉或大米的保质期及增加口感，但与此同时却大量减少了我们饮食中的纤维。膳食纤维非常重要，因为它可增加结肠中粪便的体积，帮助肠道蠕动。缺乏纤维可造成大肠内的宿便累聚，进而导致消化不良或引发“自体中毒症”。

**维生素C**—胶原蛋白需要维生素C才能在体内发挥作用。它们会进行协同作用以保持组织细胞的完整性。维生素C具有抗氧化功能，可保持肠壁的健康、减轻消化道的发炎，同时促进消化系统的健康。

另外维持胃肠道的健康还需包括避免会加重或刺激消化系统的食物及不良的饮食习惯，比如：

1. 避免摄取辛辣、油腻或煎炸的食物。
2. 酒精和咖啡也会引起胃炎患者的消化不良。
3. 吸烟、暴饮暴食和体重过重也会导致消化的问题。
4. 某些药物如阿司匹林、非类固醇抗炎药 (NSAIDs) 如博疏痛 (Ponstan)、抗生素或糖尿病药物都可能刺激消化系统。因此，只有在绝对必要的情况，在有经验医生的指导下，才能服用处方药。
5. 压力和焦虑也会导致消化问题，比如肠躁症。
6. 缺乏膳食纤维是一个非常普遍又常被忽视的问题，它会造成消化问题，如便秘。
7. 其他营养素缺乏，如肠道内消化酶或肠道益生菌摄取不足，都可导致消化不良或不适的症状，因此，从长远来说，补充营养保健品以改善消化系统的健康是有必要的。

### 对消化道健康有益的食物

以下让我们来看看哪些食物除了提供人体重要的营养素，也对消化系统非常有益：

1. **酸乳酪**—含益生菌，它不像其他乳制品。酸乳酪容易被消化，帮助人体更好地吸收营养成分。
2. **苹果**—富含果胶，一种可溶性纤维、有助缓解便秘及减低结肠内的发炎。
3. **奇亚籽**—含丰富的纤维，能发挥益生元功效促进肠内益生菌的生长。
4. **木瓜**—富含木瓜酶，一种蛋白水解酶。
5. **粗粮**—高纤、促进排便。



6. **Beet root** – rich in fibre.
  7. **Ginger** – accelerates gastric emptying by moving food to your small intestine quicker, thus reducing your risk of heartburn, nausea and discomfort.
  8. **Kimchi** – rich in fibre and friendly bacteria.
  9. **Dark green vegetables** – an excellent source of insoluble fibre. Adds bulk to stool and quickens its pace through the digestive tract.
  10. **Peppermint** – eases symptoms of IBS, bloating, and digestive discomfort.
6. **甜菜根**—含丰富纤维。
  7. **姜**—加速胃排空、促进食物更快入小肠，从而减少胃灼热、恶心反胃与不适等状况。
  8. **韩国泡菜**—富含纤维和益生菌。
  9. **深绿色蔬菜**—是不溶性纤维的极佳来源。能增加肠内粪便的体积，加速排便。
  10. **薄荷**—有助缓解有关肠躁症、腹胀、消化不良等症状。

## Essential Health Foods / Supplements for Healthy Digestion

### 有益消化系统健康的保健品

#### 1. Immuflora®

A proprietary product found only at NewLife™, each sachet of Immuflora® contains 10 billion Bifidobacterium longum, 1 billion Lactobacillus acidophilus and 200mg Fructo-Oligosaccharides (FOS). Made in Japan with breakthrough technology that allows it to pass through the stomach unharmed to emerge intact in the intestines.

#### 2. Herbal Klenz Powder

Contains premium dietary fibre along with detoxifying herbs that help to promote healthy bowel movement and digestive health. Regular use relieves constipation, reduces inflammation in the colon, and helps to detoxify the body.

#### 3. N.Zimes PA Plus™

N.Zimes PA Plus™, a proprietary blend unique only to NewLife™, is the result of eight decades of research and expertise in the study and safe handling of enzymes. This product is specially formulated to provide digestive support throughout a broad range of conditions. It is composed of a comprehensive blend of microbial enzymes.

#### 4. C Complex

In addition to its well-known antioxidant and immune-boosting effects on the body, vitamin C is also an essential nutrient for digestive health. It has an osmotic effect in the digestive tract, which pulls water into the intestines, helping to soften stool and promote healthy bowel movement.

#### 5. Apple Cider Vinegar

Helps to improve digestive health and treat conditions such as gassiness or constipation. Apple Cider Vinegar is rich in enzymes and electrolytes, and also stimulates digestive juices that help your body to break down food.

#### 6. Pure Raw Honey

In the digestive tract, components in honey act as prebiotics that help to promote the growth of friendly bacteria. Honey also helps to neutralize gas and soothe the digestive system.

#### 1. 免疫激菌植

新生命专利品。每一包含有100亿的长双歧杆菌、10亿的嗜酸乳杆菌和200毫克的低聚果糖。在日本生产、采用突破性技术研制，确保菌株能抵抗胃酸、完好无损地抵达肠胃内。

#### 2. 净化粉

含优质膳食纤维与具有排毒功效的草药。有助排便、改善消化系统健康。经常服用可缓解便秘、减低结肠内的发炎与促进排毒。

#### 3. 胰酶 (植物) 添加剂

新生命的一个专利配方，在安全处理酶的方面累积了80年的研究与经验特别配制。为消化系统提供广泛的帮助，含有全面的微生物酶。

#### 4. 维他命C综合丸

不单是一种强效的抗氧化剂、免疫增强剂，维生素C也是促进消化系统健康的重要营养素。它在肠道内可发挥渗透作用，将水份吸入肠内、有助软化粪便、达到润肠通便的功效。

#### 5. 苹果醋

有助改善消化健康、缓解胀气、便秘等状况。富含酶和电解质、刺激消化液的分泌，帮助分解食物。

#### 6. 纯天然生蜂蜜

蜂蜜是一种非常好的益生元，可刺激消化道内良菌的生长。蜂蜜也能消除肠内多余的气体、安抚消化系统。

