

Effective ELIMINATION for Optimal Health

有效排泄 就拥有最佳健康

Like a busy factory, our body produces a lot of waste and excess water that must be eliminated. How the body eliminates them depends on the nature of the waste. Most body wastes are in the form of solids, gases or liquid. The process of removing these unwanted materials is called excretion or elimination.

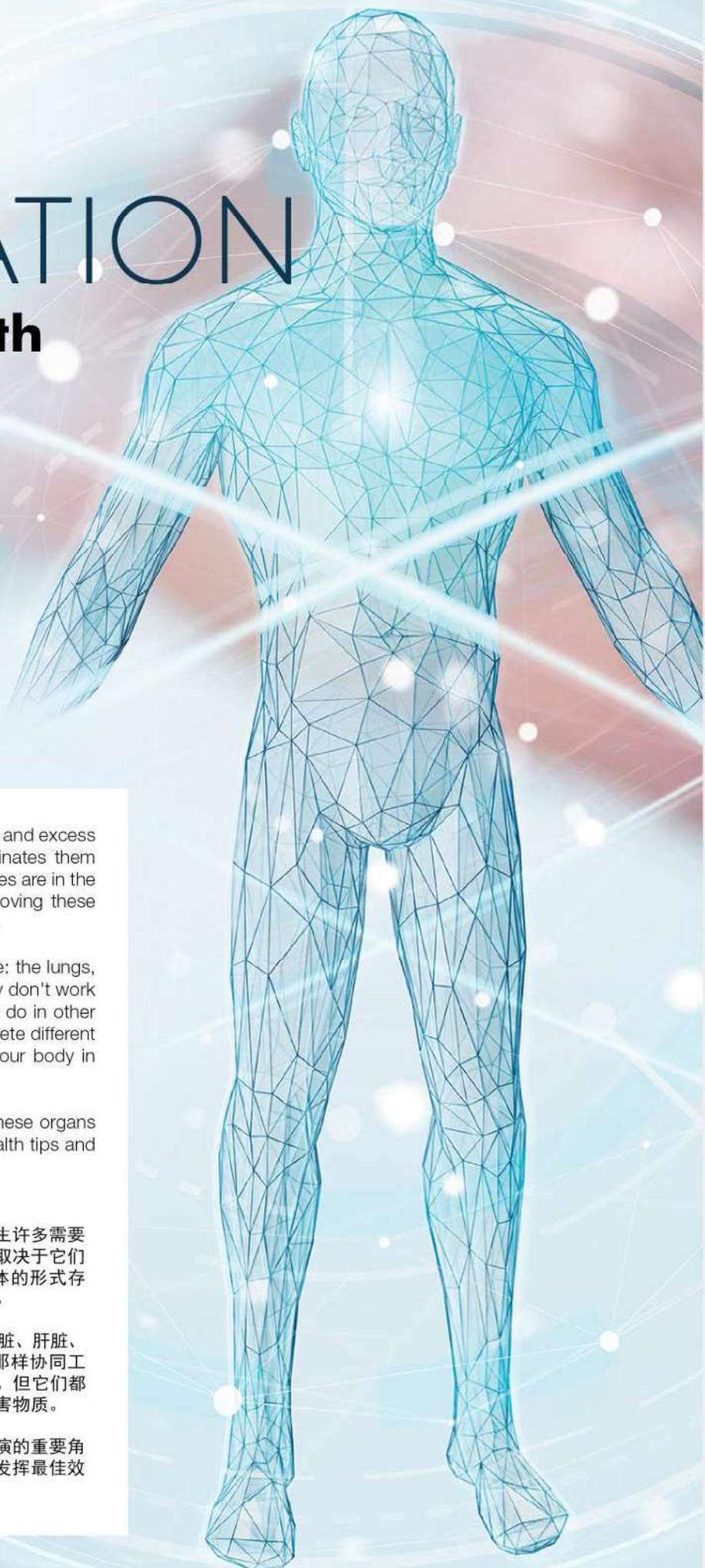
There are six organs in the body that eliminate waste: the lungs, skin, kidneys, liver, colon and lymphatic system. They don't work synergistically together in the same way that organs do in other body systems. They function independently and excrete different forms of waste but they are all necessary to keep our body in optimal health and free from harmful substances.

In this article, we will discuss the role that each of these organs plays in the elimination of waste as well as some health tips and advice to help them function optimally.

我们的身体就犹如一个繁忙的工厂一样，每天都会产生许多需要被排除的废物与过多的水分。身体如何排出这些废物取决于它们的性质。大多数身体废物都是以固体、气体或是液体的形式存在。而排出这些不需要物质的过程就称为排泄或消除。

人体内有六大主要负责排除废物的器官：肺、皮肤、肾脏、肝脏、结肠和淋巴系统。它们不像其他身体系统中的器官那样协同工作；它们通常都是各自运作，并排出不同形式的废物。但它们都是必要的，以保持我们身体在最佳健康状态和远离有害物质。

在这篇文章里，我们会对于这些器官在排除废物中扮演的重要角色进行探讨，并给予您们一些健康提示和如何使它们发挥最佳效用的建议。



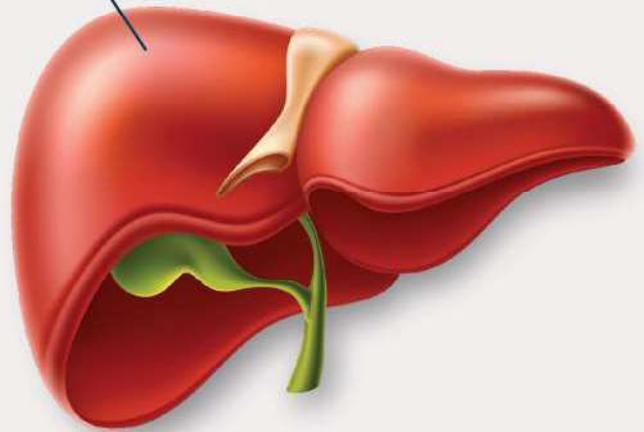
LIVER 肝脏

The liver is the second largest organ in the body. It sits under the lower ribcage on the right side. The liver filters chemicals like alcohol and drugs from the blood; manages your hormones and blood sugar levels; stores energy from the nutrients you take in; and makes blood proteins, bile and several enzymes that the body requires.

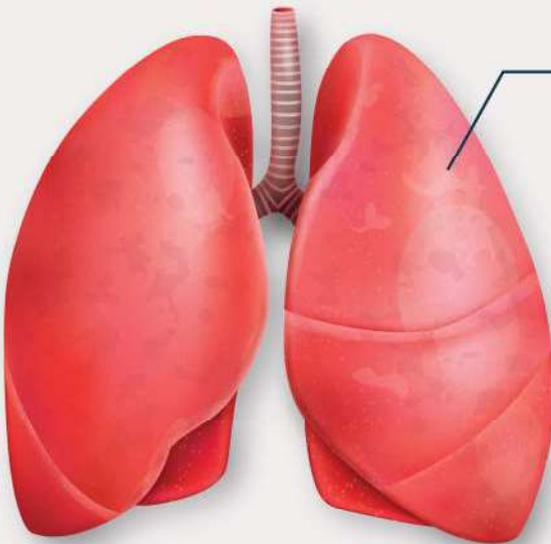
In addition to all these functions, the liver is a very important organ of elimination. It breaks down many substances in the blood, including toxins. The liver converts ammonia into urea, which is filtered from the blood by the kidneys and eliminated in urine. It also excretes in its bile the protein bilirubin, which travels to the small intestines and is eliminated in faeces by the large intestines.

肝脏是人体内第二大器官。它位于右侧下胸腔下方。肝脏主要负责过滤血液中如酒精及毒品的化学物质；维持您的荷尔蒙及血糖水平；从您所摄取的营养物质中储存能量；以及为身体制造所需的血红蛋白、胆汁和一些酶。

此外，肝脏也是一个重要的排泄器官。它帮助分解许多血液内的杂质包括毒素。肝脏将氨转化为尿素，尿素由肾脏从血液中过滤出来，通过尿液排出体外。它也会在胆汁内排出蛋白质胆红素，胆红素会被运输至小肠，并随着粪便通过大肠排出体外。



LUNG 肺



The lungs are not only a part of the respiratory system but are also important organs of elimination. They are responsible for eliminating gas waste from the body. The main gas eliminated by the lungs is carbon dioxide. Trace levels of other waste gases are eliminated as well.

In addition to eliminating gas wastes, the lungs contain tiny hair-like structures called cilia that move mucus, microbes (viruses and bacteria), and debris out of the airways. They move back and forth like a broom.

肺不仅仅是呼吸系统的一部分，更是排泄作用的重要器官。它们负责将废气排出体外，而主要的废气就包括二氧化碳。同时，其他微量的废气也会被排除。

除了排出废气外，肺也含有称为纤毛的微小毛发状结构，它们能像扫把一样前后移动，将粘液、微生物（病毒和细菌）及碎屑排出道。

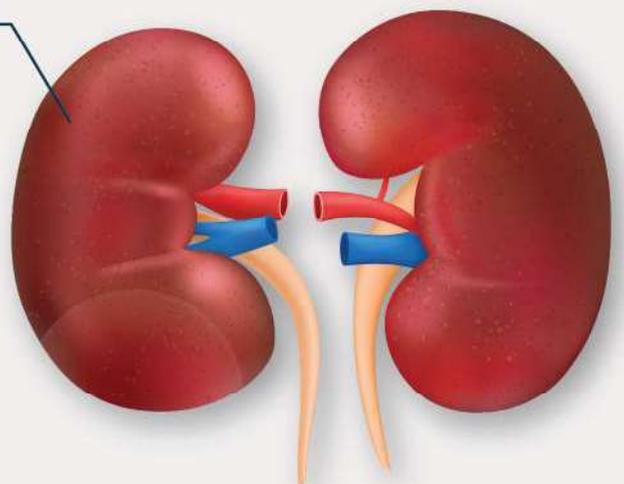
KIDNEY 肾脏

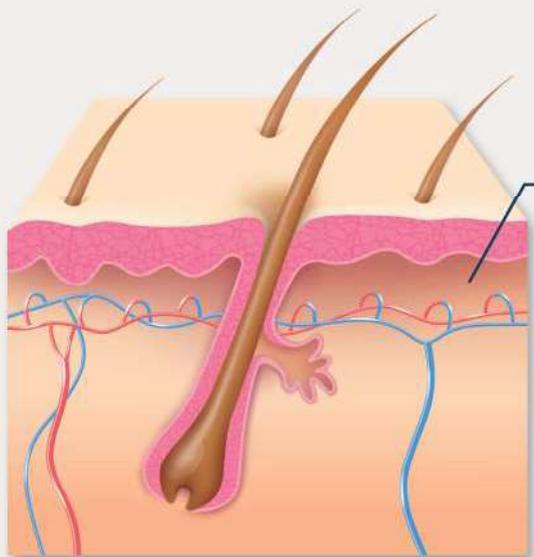
The main function of the kidneys is the elimination of water and wastes from the blood through urine. Nephrons are the main structure found in the kidneys that act as filters; filtering out materials from the blood, returning what is needed back to the blood, and eliminating the rest as urine.

By producing and eliminating urine, they maintain the correct volume of extracellular fluid (fluids found inside the body but outside the cells). They also maintain the correct balance of salt and pH.

肾脏的主要功能就是通过尿液排出血液中多余的水分及废物。肾元是肾脏的主要结构，起着过滤器的作用；负责从血液中滤出物质，将需要的物质返回到血液中，并将其余物质通过尿液排出体外。

通过产生及排出尿液，肾脏保持适当的细胞外液量（存在体内但在细胞外的液体）。它们也帮助维持盐和酸碱质的正确平衡。





SKIN 皮肤

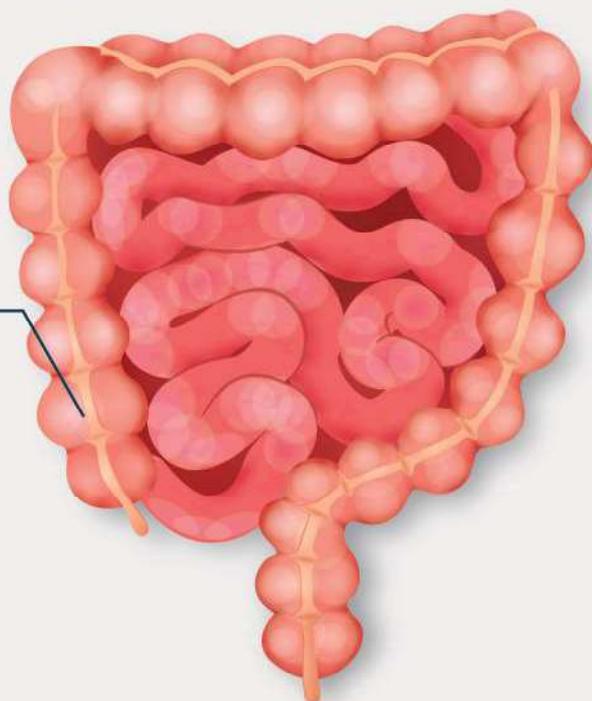
The skin is the largest organ of elimination in our body. It plays a role in elimination through the production of sweat by the sweat glands. Besides cooling down the body, sweating also eliminates excess water, salts and other impurities.

皮肤是我们身体的最大排泄器官。它通过汗腺排出汗液进行排泄。除了调节人体体温外，流汗也能帮助排出体内过多的水分、盐分及其他杂质。

LARGE INTESTINE 大肠

The large intestine is an important part of the digestive system. As an organ of elimination, its main function is to eliminate solid wastes that remain after the digestion of food and the extraction of water from food waste. The large intestine also collects wastes from other parts of the body. For example, bile is secreted into the large intestine containing the waste product bilirubin. The brown pigment found in bilirubin gives the brown colour to human faeces.

大肠是消化系统中十分重要的一部分。此外，作为一个排泄器官，其主要功能就是从食物残渣内抽取水分，并将这些残留物以固体的状态排出体外。大肠也会从身体的其他部分收集废物。例如，含有废物胆红素的胆汁被分泌至大肠中。胆红素中的棕色色素使人类粪便呈现棕色。



LYMPH 淋巴

The lymphatic system comprises lymph fluid, lymph vessels and lymph nodes. The lymph fluid flows through a network of lymph vessels. These vessels are connected to lymph nodes. The nodes act as filters, trapping or destroying anything harmful that the body does not need.

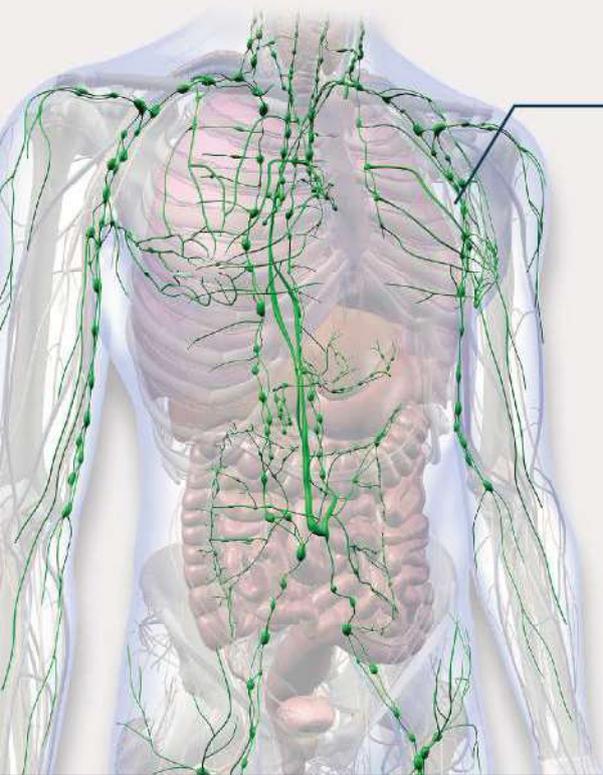
Within the lymph nodes are white blood cells called lymphocytes. Lymphocytes attack and break down bacteria, viruses, and damaged or cancer cells.

The lymph fluid carries the waste products back into the bloodstream. The liver or kidneys then remove these from the blood, eventually passing them out with other body wastes through bowel movement or urine.

淋巴系统包括淋巴液、淋巴管和淋巴结。淋巴液流经淋巴管网络。这些淋巴管连接至淋巴结。淋巴结起着过滤器的作用，捕捉或摧毁任何对身体有害的不需要物质。

淋巴结内的白血球称为淋巴细胞，负责攻击及分解细菌、病毒、受损细胞及癌细胞。

淋巴液将废物带回血液中，并由肝脏或肾脏将它们从血液中抽出，最终通过排便或尿液将它们与其他身体废物一起排出体外。



Keeping the Organs of Elimination Strong and Healthy

Maintaining the health of each organ involved in the elimination of waste is extremely important. If any of them underperforms, the waste materials that they are responsible to eliminate will start to accumulate inside the body. This can lead to auto-intoxication, organ failure and other chronic health issues.

Here are some health recommendations that will enhance the elimination process:

- 1. Keep your body hydrated** by drinking enough fluids. Most people should try to drink at least 2 litres of fluid daily. Distilled water is the best water for hydration. Extra fluid intake may come in the form of cold press juices or Honegar (honey and apple cider vinegar diluted in water).
- At least half of your daily meal should contain **high fibre foods** like whole grains, vegetables and fruit. Alternatively, taking **Herbal Klenz Powder** and **ImmuFlora®** daily will help improve your intestinal health and bowel movement.
- 3. Exercise regularly.** Not only does regular physical exercise helps in maintaining a healthy weight, it also helps strengthen the lungs, prevents bladder problems and constipation, burns triglycerides for fuel and reduces liver fat.
- 4. Bounce on the Rebounder** at least 10-15 minutes daily to stimulate your lymphatic system. Those who live a sedentary lifestyle and do not exercise regularly tend to have poor lymph flow. When the lymphatic flow is poor, toxins will accumulate in the body thus making them more prone to illness.
- 5. Get enough sleep.** Experts recommend between 7-9 hours of sleep daily. Drinking a cup of **Chamomile Tea** before sleep can help promote deeper sleep.
- Spend time doing **stress-reducing activities** like reading or walking outdoors. Stress can harm your skin and the other organs of elimination.
- 7. Scrub regularly.** The skin is covered with dead skin cells that stay on the surface. These cells can cause problems like clogged pores, calluses, hair loss, breakouts, corns and more. This is why it is important to scrub the skin regularly to remove dead skin cells and improve blood circulation in the body.

NewLife™ Face & Body Scrub is very effective in removing dead skin cells and promoting detoxification through the skin. Please turn to page 10 for more details.

- 8. Eat supplements rich in antioxidants** as they help to reduce inflammation in the body and support the healthy functions of all the eliminatory organs.

Vitamin C Complex, CoQ10 Plus, Collasta, Super Green Food ++, and **Spirulina** contain antioxidants that are able to meet the daily needs of the body.

- 9. Strengthen the liver** by doing the following:

a) Administer **Coffee Enemas** regularly. **Coffee Enemas** play an important role in the detoxification of the liver and blood. When coffee enters the liver via the large intestine, it causes a dilation of the bile duct, which enables the draining of toxins from the liver. It also increases the production of Glutathione S. Transferase (GST) by 600-700%. GST is an enzyme that helps to remove free radicals and other toxins from the blood.

b) Take **Liverin** daily. **Liverin** contains a synergistic blend of herbs at the right potencies that work together to combat free radicals and oxidative stress that the liver is exposed to daily.

保持排泄器官的强壮与健康

维持每个与排泄有关的器官健康是极其重要的。如果其中一个操作不正常，那么原本它们负责的排泄物就会开始逐渐在体内堆积。这可能会导致自体中毒、器官衰竭以及其他慢性疾病。

这里是一些有关加强排泄过程的健康建议：

- 1. 通过摄取足够的水分来维持体内的液体。**我们每日需尽量尝试摄取至少2公升的液体。蒸馏水是最好的饮用水。额外的液体摄取可以通过其他形式，例如冷榨果汁或是蜂蜜醋（蜂蜜与苹果醋的稀释饮料）。
- 每天的膳食至少要有**一半是高纤维食物**，如全谷物、蔬菜及水果。或者，每天服用天然净化物和免疫激活菌，有助改善肠道健康与排便。
- 3. 定期运动。**有规律的运动除了有助于保持健康的体重外，也有助于增强肺部功能、预防膀胱及便秘问题、燃烧甘油三酯作为燃料，以及减少肝脏脂肪。
- 每日在**弹跳床上跳跃**至少10至15分钟，以刺激淋巴系统。那些过着久坐不动的生活方式又不经常运动的人，往往都有淋巴流动不良的问题。当淋巴流动不畅时，毒素就会在体内逐渐积累，从而使他们更容易生病。
- 5. 充足的睡眠。**专家建议每日需拥有7至9小时的睡眠。睡前喝杯**洋甘菊茶**有助于促进深层睡眠。
- 花时间做一些**减压活动**，比如阅读或到户外散步。压力会伤害您的皮肤及其他排泄器官。
- 7. 定期擦洗去角质。**皮肤表面覆盖着许多死皮细胞。这些死皮细胞可导致毛孔堵塞、起茧、脱发、长痘痘、及鸡眼等问题。这就是为什么定期擦洗皮肤去角质，去除死皮细胞，促进体内血液循环是很重要的。

新生命面部和身体磨砂膏能有效的去除死皮，和通过皮肤促进排毒。详情请翻阅第十页。

- 8. 吃富含抗氧化剂的补品**，因为它们有助于减少体内的炎症，并支持所有清除废物的器官的健康功能。

维他命C综合丸、生物吸收性CoQ10、康丽达胶原红藻、特超绿食品和**螺旋藻**都含有抗氧化剂，能够满足身体每日的需求。

- 通过以下方式**强化肝脏**：

a) 定期进行**咖啡灌肠**。**咖啡灌肠**在肝脏及血液排毒方面发挥着重要的作用。当咖啡通过大肠进入肝脏时，它会导致胆管扩张，从而排出肝脏中的毒素。同时，它还能使谷胱甘肽S-转移酶（GST）的产量提高600至700%。GST是一种酶，可以帮助清除血液中的自由基和其他毒素。

b) 每日服用**肝脏宝**。**肝脏宝**将草药以适当的效价强度混合在一起，取得协同作用，来对抗肝脏每日接触的自由基及氧化应激。

