

# FOOD-PROOF YOUR FESTIVE SEASON

## 让美味健康的食品点缀您的欢乐佳节吧

Making sure nothing takes you down as you celebrate life at its best!  
没什么能阻挡您以欢快的心情度过这美好的节日！

### FOOD FOR THOUGHT

In another one and a half months, the festive season will be in full swing again. We've just come off our Christmas parties and New Year indulgences. We've just made a whole bunch of New Year Resolutions that we still intend to keep. We're making plans for a bigger and better year than ever before – and YES! Chinese New Year is just around the corner.

Chinese New Year is a season filled with many family and social gatherings that's full of fun, food, and drinks – a fantastic time to overindulge. It also happens to be the time of the year when we slack the most in our health and fitness regimes.

We definitely believe in having a great festive season, but here are some things to keep in mind as you gorge through those once-a-year delicacies, family eating sessions, and nights of revelry. With a little knowledge and the right tools, you can shield yourself from various problems such as indigestion, constipation, dehydration, and many other issues that could keep you from enjoying not just the following week, but possibly the rest of the year.

### START RIGHT

You've got the whole 15 days to indulge, so it's important to start each day with the right kind of food, more precisely, fruit. FRUIT IS ONE OF THE MOST IMPORTANT FOODS. When you eat fruit on an empty stomach, it plays a major role in detoxifying your system and supplying you with a great deal of nutrients that are important for cellular health and life activities. Fresh juices are also an excellent source of natural vitamins, minerals, and nutrients that are essential to our body for its normal function. There is no better way to start your day! Grab some whole fruit, have a fruit salad, or gulp down some fresh juice before you head out for your all-day-meal – it could be your only nutrient source for the entire day!

### SUPERCHARGE YOUR DAY

How about sacrificing that extra hour of sleep for a little morning exercise? Although you might have to literally drag yourself out of bed in the morning, the energy you create by exercising in the morning will sustain you through your day. Not only that! It also gives you the licence to indulge guilt-free for the rest of the day, as your charged-up metabolism continues to burn additional calories as you go from open house to open house. You're also more likely to make better choices with your foods after spending your first waking hour sweating it out.

### SALT AND OIL

Asian cooking, especially Chinese food, is usually laden with salt and oil. Why? Because that's what makes it so delicious! Some say that it's only a "once a year" thing, but we need to keep in mind that processed oils can remain in our body for a long period of time. Trans-fat, a by-product of hydrogenation, takes up to 51 days to metabolize up to 50% of its stored amount. This means that the other half could still be in your body for another 51 days at least!



### 为您献上春节的祝福

圣诞聚会及新年狂欢会刚结束，我们也刚做出了一大堆的新年决议，还有许多大计划希望新的一年过得更精彩——不过没错！再多一个半月，农历新年又要来临了。

农历新年是与家人朋友相聚的好时光。在这充满欢乐、美食及关爱的季节里，也正是我们最容易忽略健康的时候。

尽情欢度喜庆佳节是美好的，但当您享用着那一年仅此一回的美味糕饼，一顿顿的团员聚餐以及彻夜狂欢的同时，请多加注意您的身体健康。只需一些正确的健康意识和观念，您就能避免各种健康问题，如消化不良、便秘或身体缺水等，这都将对您未来一周或一年的生活造成重要影响。

### 正确的开始

在十五天的新春佳节里，您或许会纵容自己享受美食，因此以正确的饮食方法开始新一天的生活是极其重要的。水果是生活中最重要的食物之一，当您在空肚的情况下吃水果，将协助您排毒并提供您活力以及许多保持细胞健康的营养素。鲜榨果汁也是维持身体基本功能运作所需的天然维生素、矿物质及营养素的优质来源。每天早上进食前，先吃粒水果，水果沙拉或喝下一大杯的新鲜果汁，这有可能是您一整天的营养来源！

### 充满活力的一天

是否想过牺牲点睡眠时间来进行晨运？虽然起床时会有些挣扎，但晨运所带来的能量会让您一整天精力充沛。不仅如此！运动将帮助您燃烧更多卡路里并提高新陈代谢，让您充满活力地四处探访亲朋好友。在进行晨运排汗以后，您将更留意选择食物。

### 油盐

亚洲人尤其是华人的食物一般都以大量油和盐烹煮，因为这将使食物更美味可口！某些人认为这是“一年一次”而已，但请记住这些经处理加工的食用油将长期滞留于体内。这些吃进肚里的油脂（反式脂肪、氢化副产物），将耗时五十一天来完成代谢，意即另一半的油脂又将滞留在体内五十一天。

An increase in sodium intake elevates the blood pressure. Did you know that hypertension causes 64% of strokes and 49% of coronary heart diseases? The prevalence of hypertension among those aged 30 years and above has increased significantly from 32.9% in 1996 to 40.5% in 2004. There is no doubt at all that salt and processed oils are two silent killers of the 21st Century.

## INDIGESTION AND HEARTBURN

Gatherings with family and friends, festive parties, rich foods and "yum sengs" – these things not only signify the festive celebrations, they also ignite the flames of heartburn. Along with the stress and lack of exercise, it's no wonder that incidences of heartburn are much higher during this period – a time when you really don't want to endure the discomfort of heartburn or indigestion! There's a saying that the "Chinese cook their food to death", killing all live enzymes completely! A lack of live enzymes not only causes indigestion, it also causes poor absorption and assimilation of nutrients.



## WATER

This time of the year is usually associated with dry and hot weather, and as hectic as daily life gets, it can be really hard to avoid dehydration if we're not making a conscious effort to drink enough water. Good food, processed snacks, and soft drinks also sap water from our system.

Always try to have a minimum intake of 40 mls of water per kg of body weight eg. if you weigh 70kg, your water intake should be 2.8 litres daily – and this is separate from herbal teas, juices and other drinks. Thirst is a sign that we are already hyperthermic and dehydrated. Make it a point to drink between 8 to 12 glasses of pure distilled water each day even if you don't feel thirsty! You'll definitely feel better, look better, and enjoy each day more.

Do not wait for the first sign of thirst! Get some pure, distilled H<sub>2</sub>O right now!

## RECOVERY FOR ANOTHER GREAT YEAR

A brilliant plan for March is a total body detoxification programme. Do not hold back any longer! A comprehensive and complete detoxification programme, which stimulates the metabolism, eliminates toxins, and restores waste removal functions of the liver and kidneys, can be found in Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP). Its aim is to provide high quality nutrients which will rejuvenate the whole body's cell functions, improve detoxification processes, and rebuild one's suppressed or weakened immune system. It will restore your body to a healthier state and reverse the effects of toxemia and pre-mature aging!

Now, please go out there and have a fantastic holiday. Just remember that when you've had your fun and your body has endured the celebrations, take good care of it with a total detox, proper supplementation, and a healthier lifestyle!

Here's to another great year of total health and wealth!

Have a Happy, Prosperous and A Blessed Chinese New Year!

还有盐份摄取量过高会造成高血压疾病。您是否了解高血压是导致64%的中风及49%的冠状心脏病的起源呢? 三十岁及以上人士患高血压疾病的问题, 由1996年的32.9%, 明显增至2004年的40.5%。无可置疑, 盐和经处理加工的食油是两种二十一世纪的无形杀手。

## 消化不良及胃灼热

亲朋好友欢聚一堂, 免不了丰富的食物和美酒, 在吃喝玩乐以后, 若不稍加留意的话, 将可能导致胃灼热。随着生活压力的积累及缺乏运动, 您将极大可能在这美好的佳节里遭受各种疾病缠身。还有, 华人习惯于过度烹煮食物, 使活性酵素流失。缺乏活性酵素将导致消化不良和营养素吸收不良。

## 饮水

年初的气候通常是较干燥炎热的, 在忙碌的日常生活中, 若我们不自觉性地摄取足够的水份, 身体难免就会缺水。美食佳肴、经加工的点心糕饼及饮料, 也会从身体系统中吸取水份。

我们应尽可能按照健康法则的比率, 配合每公斤体重就喝四十毫升的水。若您的体重是七十公斤, 您应该每天喝二点八公升的水, 这不包括凉茶、果汁或其他饮料。若感到口渴, 那就可能是体温过高及身体脱水。即使不觉得口渴, 也请您每天喝上八到十二杯的纯净蒸馏水, 您必定会感觉更舒畅, 气色更美好, 从而使您享受每一天。

别等至口渴才喝水! 现在就饮用纯净蒸馏水吧!

## 给身体做一年一次的大扫除

在三月最精采的节目就是进行整全的排毒计划。陈林希珠博士的排毒与复健计划 (DRP) 是一个综合性的全身排毒计划, 能促进新陈代谢、去除毒素、并恢复肝脏及肾脏的排毒功能。DRP的目的是提供高质量营养素, 使全身细胞充满活力、促进排毒过程、并重建免疫系统。它将使您的身体恢复更健康的状态, 并扭转毒症、及避免过早老化!

尽情享受您的美好假期吧! 但请记得在吃喝玩乐以后, 身体也承受了不少负担, 于是, 也就需要适当的保健品、综合性的身体排毒及更健康的生活方式以保持身体的健康!

愿大家在崭新的一年拥有整全的健康及财富!

祝您佳节愉快、健康富足、事事顺利!

