

INTERMITTENT FASTING

间歇性断食疗法



What is fasting? It is the voluntary abstinence or reduction from some or all food, drink, or both, for a period of time. Fasting is normally done for religious reasons or when one is required to undergo a medical procedure or check-up, such as a colonoscopy or surgery.

There are many different types of fasts ranging from the extreme (Absolute Fast/Dry Fasting) to the mild (Daniel Fast). People who fast regularly will do so for many different reasons.

Besides building character qualities like self-control and determination, fasting is an effective and safe method of helping the body to detoxify itself. In fact, fasting is recommended for any illness, as it gives the body the rest it needs to recover. Colon disorders, allergies, and respiratory diseases are most responsive to fasting. By relieving the body of the work required to digest food, fasting allows the body to heal and rid itself of toxins.

During a fast, the following happen:

- The natural process of toxin excretion continues, while the influx of new toxins is reduced. This results in a reduction of total body toxicity.
- The energy usually used for digestion is redirected to immune function, cell growth and eliminatory processes.
- The immune system's workload is greatly reduced, and the digestive tract is spared any inflammation due to allergic reactions to food.
- Due to a lowering of serum fats that thin the blood, tissue oxygenation is increased and white blood cells are moved more efficiently.
- Physical awareness and sensitivity to diet and surroundings are increased.

A fast can help you heal with greater speed; cleanses your liver, kidneys, and colon; purifies your blood, lowers blood pressure, reduces inflammation in the body, reduces excess weight and water, flushes out toxins, clears the eyes and tongue, and cleanses the breath.

In recent years a new method of fasting has emerged, one that has gotten major attention in the fitness and health industry. It is known as "Intermittent Fasting".

什么是断食？它是在一段时间内对部分或全部食物、饮料或两者兼而有之的自愿节制或减少的进食型态。一般上都是基于宗教原因，或者需要进行医疗程序或检查，如结肠镜检查或手术才会断食。

断食种类很多，有非常严格的“完全断食法”，也有较温和的“但以理禁食”。那些定期断食的人都会因许多不同的原因而禁食。

除了考验自制力和意志力外，断食也是清理身体内部最有效、最安全的天然方法。事实上，任何疾病的患者都应考虑采用断食疗法，以让身体得到休养，进行修复。断食在治疗结肠疾病、过敏、呼吸系统疾病来说尤其有效。停止食物进入身体，那么身体就不用花精力去消化，因此就有机会自动清洁自己，排除代谢废物和毒素。

以下是身体在断食期间所会发生的情况：

- 断食时，身体继续毒素排泄过程，在另一方面流入体内的新毒素则减少，这大大减轻了全身毒性。
- 平时用来消化的能量被转移并发挥在免疫功能、细胞生长和排毒的过程中。
- 断食期间，消化道不会因食物过敏而引起炎症问题，因此免疫系统的工作量也大大被减少。
- 血清脂肪的降低促使血液不浓稠，增加组织氧合和白血球也变得更活跃。
- 身体意识和对饮食与周围环境的敏感性随之提升增进。

断食可帮助您以更快的速度痊愈；清洁肝脏、肾脏和结肠，净化血液，降低血压，减少体内炎症，减轻体重和消除水肿，排除毒素，清洁眼睛和舌苔及消除口臭。

近年来一种新的断食法在健身界很受欢迎。那就是“间歇性断食法”。

There are 6 popular methods of intermittent fasting currently being practised throughout the world. Let us look at what they are:

1. The 5:2 Diet: Eat normally for 5 days, limit your calorie intake to between 500-600 calories during the remaining 2 days.
2. Eat-Stop-Eat: Fast for 24 hours, once or twice a week.
3. Alternate-Day Fasting: Fast every other day.
4. The Warrior Diet: Fast during the day, eat a huge meal at night.
5. Spontaneous Meal Skipping: Skip meals when convenient.
6. The 16:8 Method: Consists of a 16-hour fast (usually overnight) and an 8-hour "eating window" during the day.



Based on our experience, the 16:8 Method is the most manageable, realistic and therapeutic way to gain the benefits of intermittent fasting for the following reasons:

1. It is not based on deprivation as meals are being consumed daily.
2. There is no need to count calories (within reason), so there is no regret or guilt associated.
3. It is sustainable as it is something people can stick with easily: a daily fixed eating and fasting schedule.
4. Flexible enough to be overlapped with any other diets of your choice.

目前全球最流行的间歇性断食方法有六种，它们是：

1. 5:2饮食法：即五天正常饮食，之后两天将卡路里摄入量限制在500-600大卡之间。
2. 吃吃停停：断食24小时，每周进行一次或两次。
3. 隔天断食：每隔一天进行断食。
4. 勇士断食法：白天断食，然后每晚吃一顿大餐。
5. 自发性断食：方便时就禁食。
6. 16:8断食法：16小时不吃东西（通常到隔天），8小时进食。

根据我们的经验，16:8断食法是最容易把握、最实际和最有效的间歇性断食法。原因是：

1. 不用挨饿，没有剥夺感，因为每天仍有进食。
2. 在合理范围内，没有必要计算卡路里，因此不会有后悔或愧疚感。
3. 每天有固定的进食和断食时间表，因此非常容易持续。
4. 很有弹性，可配合任何其他饮食计划。

What are the health benefits of the 16:8 Intermittent Fasting?

1. **It is an effective way to lose weight and lower blood pressure.** In this study¹, 23 obese adults averaging 45 years old participated. The study went on for 12 weeks and their dieting results were compared with those of a previous study that used the "alternate day fasting" method.

On average, those on the 16:8 diet consumed fewer calories and lost more weight and had lower blood pressure than the study that used the "alternate day fasting" method. One of the reasons for this was because the 16:8 diet is much easier for people to maintain over a longer period of time.

¹(<https://content.iospress.com/articles/nutrition-and-healthy-aging/nha170036#ref010>)

2. **Reduces oxidative stress and inflammation in asthma patients.** This research² was led by James Johnson from Louisiana State University. They examined the effects of intermittent fasting on patients with asthma.

This was the result: after only two weeks, not only did the patients experience weight loss but they also showed improved symptoms. In addition to that, there was a decrease in cholesterol and triglycerides and reduction in markers of oxidative stress.

²(<https://www.ncbi.nlm.nih.gov/pubmed/17291990>)



16:8间歇性断食法的健康效益：

1. **它能有效地减肥和降低血压。**23名年龄平均为45岁的肥胖成人参与了这项研究¹。研究持续进行了12周，并将试验者的16:8断食结果与之前采纳“隔天断食法”的研究结果进行比较。

平均而言，与“隔天断食法”的研究结果相比，16:8断食法所摄入的热量更少，体重减得更多，血压也更低。这是因为16:8断食法较简单方便，可让人持续进行较长一段时间。

¹(<https://content.iospress.com/articles/nutrition-and-healthy-aging/nha170036#ref010>)

2. **减轻哮喘患者的氧化应激和炎症。**这项研究²由路易斯安那州立大学的詹姆斯约翰逊带领。他们针对间歇性断食对哮喘病患者的影响进行了研究。

研究结果：仅仅两周后，患者不单只是体重减轻，连症状也有所改善。此外，胆固醇和三酸甘油酯的水平降低，氧化应激的指标也减少了。

²(<https://www.ncbi.nlm.nih.gov/pubmed/17291990>)



3. **Exercise combined with the 16:8 Method helps protect lean body mass**³. After an 8-week duration, 34 adult men experienced reduction in fat mass without the destruction of lean mass. The researchers also observed improved muscle endurance and a decrease in inflammatory markers.

³(<https://translational-medicine.biomedcentral.com/articles/10.1186/s12967-016-1044-0>)

4. This study⁴ suggests that short term daily intermittent fasting may **help improve blood sugar levels in people with type 2 Diabetes**.

⁴(<https://www.ncbi.nlm.nih.gov/pubmed/28465792>)



3. **16:8断食法结合运动有助维持瘦体重**³。在八周的时间里，34名成年男性的脂肪量减少了，而瘦体重却没有减少。研究人员还观察到肌肉耐力增强及炎症指标减少了。

³(<https://translational-medicine.biomedcentral.com/articles/10.1186/s12967-016-1044-0>)



4. 这项研究显示⁴，短期内每天进行间歇性断食可**有助改善2型糖尿病患者的血糖水平**。

⁴(<https://www.ncbi.nlm.nih.gov/pubmed/28465792>)

Here are a few tips to help you if you want to give 16:8 Intermittent Fasting a try:

1. **Drink NewLife™ Herbal Teas and Distilled Water.**

During your 16 hours of fasting, you are allowed to drink unsweetened NewLife™ Herbal Teas (Chamomile, Peppermint, Zinger and MorLife Tea) and distilled water.

2. **Fast overnight.**

If you end your dinner at 7pm. Your next meal will be at 11am (the following day). Starting your fast at 7pm will allow you to use up part of the 16 hours by sleeping.

3. **Keep busy.**

Keep yourself busy during the first part of the morning so that your mind is occupied and not thinking about food.

4. **Make wise food choices.**

Although you can eat whatever you want during the eight-hour feeding window, we strongly recommend eating whole, nutritious foods to make the most of your meals. You would want to go easy on carbohydrates and avoid processed, fried or sugar-heavy foods. Take beneficial health foods and supplements to detoxify, nourish and protect your body while you fast.

If you have not done any fasting before, please seek advice from experienced health professionals, NewLife™ Nutritionist, or NewLife™ Holistic Health Coach before you embark on any kind of fasting.

以下一些贴士可帮助您轻松进行16:8间歇性断食法:

1. **喝新生命草药茶和蒸馏水。**

在16个小时的断食期间，您可以喝不含糖分的新生命草药茶（洋甘菊花茶、薄荷茶、甘草绿薄荷草药茶和增寿草药茶）及蒸馏水。

2. **隔夜断食。**

如果您在晚上7点结束晚餐，那您进食下一餐的时间是隔天上午11点。从晚上7点开始禁食的好处是它可让您将断食的16个小时里的大部分时间。

3. **保持忙碌。**

在早上的时段让自己保持忙碌，这样您就不会想着要吃东西。

4. **明智选择食物。**

虽然理论上您可以在8小时的进食时间里任吃任喝，但我们强烈建议您吃完整、营养丰富的食物。少碰碳水化合物，避免吃加工、油炸或含糖较多的食物。多吃有益健康的食物和摄取营养补充剂，以让身体在进行排毒的同时能够滋补和保养身体。

如果您之前没有进行过任何断食法，请在开始任何断食法前找专业、有经验的健康专家、新生命营养师或整全健康教练求教协助。

DETOXIFY

Herbal Klenz Powder: fibre

Herbal Klenz Powder is a convenient way to ensure that you get enough fibre every day. It contains both soluble and insoluble fibres.

Many of our customers take 1 teaspoon of Herbal Klenz Powder mixed in a glass of Apple Cider Vinegar & Pure Raw Honey twice a day, and report that it is remarkably effective in promoting healthy, regular bowel movement. It does not have a laxative effect.

Herbal Klenz Powder not only contains fibre from psyllium husks and cellulose, it also contains apple pectin, Butcher's broom, and Bentonite, which help to eliminate heavy metal toxicity, improve gastrointestinal health, as well as detoxify bacteria, viruses, and parasites from the body.



排毒

净化粉：纤维

净化粉方便您每日都摄取到足够的纤维。它含有可溶性和不溶性纤维。

许多顾客每天都将1茶匙的净化粉添加入一杯混合苹果醋与纯天然蜂蜜的饮料，一天饮用两次。这对促进健康和正常排便非常有效，完全没有腹泻的情况。

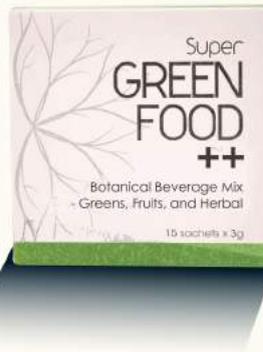
净化粉不仅含有源自洋车前子和纤维素，也含有苹果胶、金雀花和膨润土，有助消除重金属毒素，改善肠胃健康，以及排除人体中的细菌、病毒和寄生虫。

NOURISH

Super Green Food ++: phytonutrients

Super Green Food ++ offers a high-quality, convenient nutritional solution to help in the prevention of nutritional deficiency, which we know as one of the root causes of all degenerative diseases.

Super Green Food ++ is 100% natural and organic, and does not contain any artificial preservatives, additives, or flavours. It has a pleasant taste and is naturally sweetened using stevia. Super Green Food ++ is a newly upgraded proprietary complex and is now fortified with a super-antioxidant blend for additional health benefits. Inflammation is a natural process that occurs when the body detects a harmful stimulus. Chronic inflammation can lead to a number of health problems if it is left unchecked. Antioxidants help to reduce and control inflammation in the body, which in the long run contributes to disease prevention, better health, and increased well-being.



特超绿食品：植物营养素

特超绿食品提供高品质的完整营养，实用便利；有助预防营养缺乏和退化性疾病。

特超绿食品是100%纯天然有机，不含任何人工防腐剂、添加剂或香精。它可口怡人，所含有的甜度天然来自甜菊糖。特超绿食品经过改良，含有顶级的专利复合物和强化的超抗氧化剂，以增加健康效益。炎症是一种当人体感应到有害刺激物时而引发发炎的自然过程。慢性发炎如果不加以控制，将会导致许多健康问题。抗氧化剂有助减少和控制体内的发炎反应，长期下来，可帮助预防疾病产生，同时促进整体的健康。

Flax Seed Oil: essential fatty acids

It is crucial that you incorporate healthy fats into your diet. Omega-3 fatty acids and monounsaturated fats are examples of good healthy fats. Healthy fats help reduce inflammation, improve insulin sensitivity, and are essential for maintaining healthy heart function, immune function, brain function, metabolic function and a healthy nervous system.

Flaxseed oil is a rich source of Omega-3. It contains Essential Fatty Acids (EFAs) which are necessary fats that humans cannot synthesize and must be obtained through diet. One or two teaspoons per day of NewLife™'s Omega Gold Flax Seed Oil provides building blocks for all cell structures, including neurons in the brain, smooth skin, and healthy hair. NewLife™'s Omega Gold Flax Seed Oil assures the highest quality oil, which is stable against rancidity. The oil is extracted from organically grown golden flax seeds using a special cold-pressing process, which eliminates the damaging effect of light, oxygen, and heat.



亚麻籽油：必需脂肪酸

饮食中摄取健康脂肪是非常重要的，像是奥美加-3脂肪酸和单不饱和脂肪就是有益的健康脂肪。健康脂肪有助减少炎症，提高胰岛素敏感性，并对维持心脏功能、免疫功能、大脑功能、代谢功能和健康神经系统扮演了重要角色。

亚麻籽油是天然奥美加-3的最佳食品来源之一。它含有人体不能合成的必需脂肪酸（EFAs），必须通过饮食获得。每天摄取一或两茶匙的新生命奥美加金牌亚麻籽油可提供所有细胞结构的构成要素（包括大脑中的神经元）、促使皮肤光滑和头发健康。新生命奥美加金牌亚麻籽油确保您最高质量的亚麻籽油，稳定且不易酸败。它仅选用有机黄金亚麻籽，通过冷压过程提炼萃取，不受到光线、氧气和高温的破坏。

K-Salt: potassium

Potassium is one of the most important minerals in the human body. It is indispensable in tissue protein synthesis and enzymatic processes, helps to maintain intracellular pH and to regulate kidney functions. An adequate intake of potassium is essential for growth, healthy nervous system, regulating the heart, building muscles, as well as regenerating and maintaining youthful, healthy tissues. Without sufficient potassium in the body, premature ageing sets in, causing your skin and muscle tone to go downhill, while wrinkles and fine lines fill your face and neck. A deficiency may also result in fatigue, leg cramps, muscles weakness, acne, 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.

2mg of K-Salt provides 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 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



钾质：提供钾

钾是人体最重要的矿物质之一，它在组织蛋白合成和酶反应的过程中扮演重要角色，有助维持细胞内的酸碱度和调节肾功能。摄取足够的钾对于身体发育、维持神经系统的健康、调节心脏、组建肌肉以及促进再生和维持组织年轻健康是非常重要的。如果身体缺乏钾，就会引发过早老化问题，最终导致皮肤和肌肉张力下降，形成皱纹和细纹，特别是在脸部和颈项。钾缺乏也可导致疲劳、腿部抽经、肌肉无力、生暗疮、情绪不稳和心律不整。此外，低钾症也与患上高血压、心脏病、中风、关节炎、癌症、消化疾病和不育症等风险息息相关。

摄取2毫克的钾质提供的钾含量相当于摄取30根香蕉所提供的。多年来，钾质在治疗和预防疾病方面得到了验证。长期摄取钾质，可有效改善整体的健康。钾质有助于：

- 去除细胞和组织中过多的钠
- 组建和强化细胞
- 抵消水肿
- 更换和平衡电解质
- 调节肾功能
- 预防咳嗽和感冒
- 减轻肿胀问题
- 增强免疫力

PROTECT

ImmuFlora®: protect your gut

NewLife™'s ImmuFlora® is produced using breakthrough technology where the strains are able to withstand stomach acid and emerge intact in the intestines. ImmuFlora® helps to support a healthy gastrointestinal tract and optimum immune function. When taken regularly, ImmuFlora could:

- re-establish intestinal microflora to ensure that the friendly bacteria outweigh the bad bacteria
- maintain a healthy intestinal environment to prevent over-growth of pathogenic bacteria and parasites
- give the immune system a boost
- stimulate self-repair and self-rejuvenation of cells within the body
- improve nutrient assimilation and absorption
- cleanse and detoxify the intestinal tract.



保护

免疫激菌植：保护肠道

新生命免疫激菌植是采用突破性技术而研制的，其菌株能够抵抗胃酸，完好无损的流入肠道。免疫激菌植有助于维持胃肠道的健康和增强免疫功能。定期摄取免疫激菌植可：

- 重建肠道菌群，以确保有益菌的数量超过有害菌
- 维持肠道环境的健康，防止致病菌和寄生虫的过度生长
- 强化免疫系统
- 刺激身体细胞自行愈合和修复的功能
- 改善身体对营养的吸收
- 净化肠道

Liverin: your liver tonic

In addition to all the goodness from the 5 products above, the 6th Essential has one very important benefit - the protection of the liver.

The liver is one of the most important organs in the body. It performs more than 500 functions. Just to name a few: it filters all the harmful substances from what we consume (including medicine), inhale, and even what we apply on our skin; fights infections and filters out bad bacteria in the blood; manages our hormones and blood sugar; stores energy from the nutrients we take in; and makes blood proteins, bile, and several enzymes that the body requires. In short, an unhealthy liver means an unhealthy body.

NewLife™'s Liverin contains 5 powerful herbs which are used as remedies for the liver: Milk thistle (seed) extract (with 80% silimarin), Dandelion (root), Artichoke (leaf) extract, Burdock root, and Celery seed extract. It is a unique formula, made specifically to help cleanse, rebuild, and protect the liver.

Benefits:

- rebuilds liver cells and removes toxins
- provides powerful anti-oxidant and anti-inflammatory effects
- reverses liver damage caused by medicines, excessive alcohol consumption as well as the effects of pollutants found in the environment
- stimulates the liver to increase bile flow, which carries away waste and breaks down fats during digestion

It is suitable for vegans. It contains no synthetic ingredients, no animal ingredients, and is all-natural and chemical-free.



肝脏宝：强化您的肝脏

除了以上5种产品所提供的健康效益外，另外一个非常重要的保健环节就是肝脏保健。

肝脏是人体最重要的器官之一。它执行超过500种功能，例如：过滤所有我们摄入（包括药物）、吸入或涂抹在皮肤上的有害物质；对抗感染和过滤血液中的有害菌；调节荷尔蒙和血糖功能；储存通过我们摄入的营养所制造的能量；制造血蛋白、胆汁和身体所需的几种酶。简而言之，肝脏不健康，身体就不健康。

新生命肝脏宝含有五种滋养肝脏的珍贵草药，如乳蓟籽提取物（含有80%的硅酮）、蒲公英根、洋蓟（叶子）提取物、牛蒡根和芹菜籽提取物。此独特配方，专门用于净化、重建和保护肝脏。

健康效益：

- 重建肝脏细胞和清除毒素
- 提供强效抗氧化剂和抗炎效果
- 逆转因药物、过量饮酒以及环境污染对肝脏造成的损害
- 刺激肝脏分泌胆汁流量，有助于消化过程中带走废物和分解脂肪

它适合纯素食者。纯天然，不含合成成分、动物成分和化学物质。

Try Intermittent Fasting Today!

By incorporating the 16:8 principle into your lifestyle, you will tap into the many clinically validated benefits of intermittent fasting such as reduced inflammation, better insulin control, increased energy, lower blood pressure, and weight loss. To make the best of your fast, nourish your body with the right food and supplements.

今天就尝试间歇性禁食！

采用16:8断食法可让您获取许多经临床验证的健康效益，如减少炎症、控制胰岛素、增加能量、降低血压和减轻体重。为了在断食期间取得最佳效益，您必须摄取正确的食物和营养补充剂以滋补身体。