

Joint 关节 Happiness 的幸福

Drink your water

Dehydration causes inflammation in your joints, so make sure you have enough liquids. Drink half your body weight in ounces. If you are 140 pounds (or 64kgs), drink 70 ounces (or 2 litres) of water a day.

多喝水

脱水会导致关节发炎，因此要确保体内有足够的水份。你必须至少喝下体重一半以上的水。如果你的体重是140磅（或64kg），就必须在一天内饮用七十盎司（或2公升）的水。

Eating well

A healthy and balanced diet can help you build stronger bones that keeps you on your feet and helps you heal faster when you fall. Get plenty of calcium every day by eating yoghurt, broccoli and figs.

饮食要均衡

健康、均衡的饮食习惯能令您的骨骼更强壮。强壮的骨骼能让您站得更稳，跌倒时也可更快痊愈。只要每天吃酸乳酪、花椰菜及无花果，身体就会获得足够的钙质！

Get up and start moving

If you spend hours in front of a computer at work or on a couch watching Korean soaps at home, chances are you're not moving enough. Leading a sedentary lifestyle can increase your risk of getting joint pain. Less movement means more stiffness in your joints. So exercise regularly, take short breaks at work and do some stretches. Better yet, go for short walks in the evening.

起身动一动

如果你长时间在在电脑前工作、或窝在家里的沙发上看韩国剧，证明您运动不足。坐太久会增加关节疼痛的风险，少运动会导致关节僵硬。所以，勤力运动、在忙碌的工作中偷闲做一些伸展运动，最好能在傍晚时分出去散步吧。

Joint boosters

Add these to your diet!

- **Omega Gold Flax Seed Oil:** Contains the fatty acid Omega-3 that has anti-inflammatory properties which helps to reduce swelling after an injury. Omega-3 also lubricates dry and worn out joints, thereby reducing stiffness and other movement aches and pains.
- **ColostrumX:** Contains Lactoferrin, a type of protein with powerful antibacterial, antiviral and antifungal goodness. It also has an anti-inflammatory compound that can relieve the symptoms of arthritis.
- **Collasta:** Contains collagen and astaxanthin. These powerful antioxidants with anti-inflammatory properties promote collagen synthesis that is essential for healthy joints.
- **Vitamin C Complex:** Contains 1000mg of Vitamin C with mega-potencies of bioflavonoids. The 100% natural vegetable micro-gel sustained-release system allows for 40% better utilisation rate. Vitamin C supports the absorption of collagen which helps maintain your joints and prevent free radical damage to your skin at the same time.
- **Calcium Complex:** Contains a special blend of calcium, boron with other vitamins and minerals that maximises the absorption of calcium giving you stronger and healthier bones. This means your bones will be able to support your bodyweight and keep joint damage away.

关节辅助品

让骨骼及关节从饮食习惯中摄取正确的营养。

- **奥美加金牌亚麻籽油:** 含脂肪酸奥美加3中抗炎的特性，它能让受伤后的肿胀情况减轻。奥美加-3还能润滑及舒缓紧绷的关节，从而减轻关节硬化及运动造成的疼痛。
- **初乳奶粉:** 含有乳铁蛋白，具有强大的抗菌功效，可以抵抗病毒、以及是优良的抗菌物。它还具有消炎的功效，可以减轻关节炎的症状。
- **康丽达胶原红藻:** 含有胶原蛋白和虾青素，也具有抗炎和抗氧化的特性，能促进关节健康及胶原蛋白合成。
- **维他命C综合丸:** 含有1000毫克的维他命C综合丸具有生物类黄酮。它是100%天然植物微粒凝胶，可以缓释40%的系统使用率。维他命C还有助于胶原蛋白的吸收，能令那您的关节及皮肤防止自由基的破坏。
- **钙合剂:** 含有钙的特殊的混合物、硼及其他维生素和矿物质，它能让钙发挥最大的效用，让身体更健康及骨骼更强壮，让您的骨骼能够支持体重，并保护关节免受损伤。

Build support

Exercising builds muscles. This is where the right kind of workout is crucial for both your health and your joints. Rebounding is an exercise that can boost muscular strength and build skeletal support. It's even used in remedial exercises to heal joint and soft tissues injuries.

建立支柱

运动能够练增肌肉，这对您的健康及关节是极其重要。弹跳运动是一种可增强肌肉、建立骨骼的运动。它也能医治关节及软组织的损伤。

Straighten up!

Posture is everything. Sitting up correctly and knowing how to lift and carry heavy loads the right way is important. When lifting something, use your leg muscles, not your joints. Here's a simple way to remember, "bend at the knees, lift with ease!"

挺起腰杆!

姿势很重要。坐姿正确、还有使用正确的方法来举起重物是非常重要的。当您把物件举起时，使用腿部肌肉，而不是您的关节。这里教你一个简单的方法：只要蹲下就能轻松举起！

Watch your weight

Keeping yourself trim is not just about vanity any more. Excessive weight can cause problems for your joints such as your knees, hips and back. All these parts support your body so it makes sense to lighten the load. Studies show that a loss of just 5kgs can greatly benefit your body and lessen any joint pains.

注意体重

爱美已经不是一种虚荣了。体重超标会导致您的膝盖、臀部和背部面临关节问题。这些都是支持身体的重要部分。研究显示，减重5公斤能对您的身体有益无害，还能减少关节疼痛。