

Kelp

Iodine Rich Superfood

高碘超级食物——海藻

Growing in giant underwater forests up to heights of 175 feet, kelp is a large brown algae seaweed and a superfood rich in vitamins, minerals, and amino acids. Kelp is best-known for being one of the richest natural sources of an essential mineral—iodine.

It is recommended that most adults should be taking 150mcg of iodine per day. The Linus Pauling Institute has published that adults aged 19 and over can take up to 1,100mcg of iodine per day with no negative effects. Iodine deficiency is a common problem in most people; according to research, it affects up to 1/3 of people worldwide.

Iodine and the Thyroid Gland

The thyroid gland, located at the base of the neck, is responsible for regulating the production of thyroid hormones. Thyroid hormones act on nearly every cell in the body. They regulate the body's metabolism, affect protein synthesis, control heart, muscle and digestive function, brain development and bone maintenance and influence body temperature. During infancy and childhood, adequate thyroid hormone is crucial for brain development.

The thyroid needs iodine to produce thyroid hormones. Its ability to function well depends on a good supply of iodine from the diet. When iodine requirements are not met, our body cannot make enough thyroid hormones. This is a condition called hypothyroidism (underactive thyroid).

海藻是一种属于褐藻科的大型海藻，生长在巨大的海底中，能长到175英尺高。海藻是一种富含维生素、矿物质和氨基酸的超级食物。它也是天然矿物质碘最丰富的重要来源之一。

大多数成年人应该每天摄入150微克碘。莱纳斯鲍林研究所发表的一篇文章指出，19岁及以上的成年人每天可以摄入1100微克碘，不会产生任何负面影响。碘缺乏是大多数人共同的问题，根据研究，全世界有三分之一的人患有碘缺乏症。

碘与甲状腺

甲状腺位于颈部的下方，负责调节甲状腺激素的产生。甲状腺激素作用于人体几乎全部细胞。甲状腺激素在新陈代谢，蛋白质合成，控制心脏、肌肉和消化功能、大脑发育和骨骼维护，体温调节等方面均发挥着重要的作用。在婴儿期和儿童期，充足的甲状腺激素对大脑发育尤其至关重要。

甲状腺需要碘来产生甲状腺激素。它的正常运作取决于饮食中碘的充足供应。当碘的需求不能满足时，我们的身体就不能产生足够的甲状腺激素。这是一种叫做甲状腺功能减退的疾病。



Iodine Deficiency

Iodine deficiency is one of the biggest worldwide public health problems of today. Not only does it lead to poor thyroid function as explained earlier, it has even more profound hidden effects on the following groups:

Children

If children do not get enough iodine in their diets, they might develop iodine deficiency, resulting in stunted growth, intellectual impairment and a lower level of intelligence measured by IQ.

Women with Heavy or Irregular Menstrual Bleeding

Heavy or irregular menstrual bleeding can also be caused by iodine deficiency. This is also related to thyroid hormones. Studies show that 68% of women with iodine deficiency experience irregular cycles, compared with just 12% of healthy women.

Pregnant and Breastfeeding Mothers

During pregnancy, a woman's thyroid gland has to work extra hard. This is because the hormones she produces help the growth of her unborn baby's brain and nervous system. Since a pregnant woman's thyroid gland is working harder, she needs extra iodine so that she does not become iodine deficient. Severe iodine deficiency in a pregnant woman might lead to miscarriage, stillbirth or intellectual disability in her baby. After birth, breastfed babies depend on breastmilk as a source of iodine, which keeps their brains and nervous systems developing. This means that iodine deficiency in breastfeeding mothers can also be a risk for their babies.

Note: Do ensure to consult with your healthcare professional before consuming any supplements during pregnancy.

Solution—Kelp

Fortunately, iodine deficiency is easy to prevent by adding good sources of iodine in our diet.

Kelp is one of the best natural food sources of organic iodine. Not only that, it is also a natural source of vitamins A, B1, B2, C, D and E, as well as minerals including zinc, iodine, magnesium, iron, potassium, copper and calcium. In fact, it contains the highest natural concentration of calcium in any food—10 times more than milk. The vitamins and trace minerals of this brown algae help us maintain healthy hair and beautiful skin. That is one of the reasons why we often find algae in cosmetic products. In addition, kelp is extremely rich in dietary fibre and therefore supports healthy digestion.

NewLife™ Nature's Gift KELP

Do you have growing children, elderly who struggle with weak appetite and poor absorption, pregnant women or breastfeeding mothers at home?

Do you want a healthy thyroid and to keep your hormones balanced?

Iodine is crucial and Kelp is the best source of organic iodine!

Please turn to page 13 for a special offer on **NewLife™ Kelp**.

新生命大自然恩赐海藻宝

家里是否有正在成长的孩子、食欲不振或吸收不良的老人、孕妇或哺乳母亲？

想要确保甲状腺功能健康和激素平衡？

那么碘是至关重要不可缺乏的，而海藻则是有机碘的最佳来源！

请参阅第13页以获取更多有关新生命大自然恩赐海藻宝的特别优惠。

碘缺乏

碘缺乏是当今世界最大的公共卫生问题之一。它不仅会导致之前所述的甲状腺功能不良，而且还会对以下人群产生更深层次的隐性影响：

儿童

如果儿童在饮食中得不到足够的碘，他们可能会出现碘缺乏，从而导致发育迟缓、智力障碍和智商水平较低。

大量或不规则月经出血的妇女

大量或不规则月经出血也可能是碘缺乏引起的。这也与甲状腺激素有关。研究表明，68%的缺碘妇女有月经周期不规则的问题，而健康妇女只有12%。

孕妇和哺乳期母亲

怀孕期间，孕妇的甲状腺必须加倍工作。这是因为她分泌的荷尔蒙有助于胎儿大脑和神经系统的发育。由于孕妇的甲状腺工作量增加，她需要额外增加碘的摄入量，这样她才不会缺碘。孕妇严重缺碘可能导致流产、死产或婴儿智力障碍。在出生后，母乳喂养的婴儿依赖母乳作为碘的来源，以保持他们的大脑和神经系统的发展。这意味着，哺乳期母亲假如缺乏碘也可能对其婴儿构成风险。

注：在怀孕期间服用任何补充剂之前，一定要咨询您的医疗专业人员。

解决方案—海藻

幸运的是，通过在我们的饮食中添加良好的碘源，碘缺乏是很容易预防的。

海藻是有机碘的最佳天然食物来源之一。不仅如此，它还包含维生素A、B1、B2、C、D和E，以及锌、碘、镁、铁、钾、铜和钙等等的矿物质。事实上，它是所有食物中钙含量最高的一比牛奶高出10倍。这种褐藻中的维生素和微量矿物质帮助我们保持健康的头发和美丽的皮肤。这就是为什么我们经常发现藻类的原因之一。此外，海藻富含膳食纤维，因此有助消化。

