



OBESITY EPIDEMIC 过胖症流行病

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The obesity epidemic is sweeping over the entire world at an alarming rate. The scariest thing is that most people don't realize why or how this is happening – and many aren't aware that it is happening at all.

Body Mass Index (BMI) is a measurement which compares weight and height (kg/m^2), and defines people as overweight (pre-obese) when their BMI is between $25\text{kg}/\text{m}^2$ and $30\text{kg}/\text{m}^2$, and obese when it is greater than $30\text{kg}/\text{m}^2$. Statistics from the World Health Organization show rising levels of overweight and obesity cases in countries across the globe. In fact, obesity has reached epidemic proportions globally, with more than 1 billion adults overweight - at least 300 million of them clinically obese. This phenomenon is not just in developed countries, but in developing and emerging nations at a much faster, more alarming rate.

Childhood obesity is already epidemic in some areas and on the rise in others. An estimated 22 million children under five are overweight worldwide. In fact, the fastest growing age group for obesity today is in children under 2 years of age. Do you know that the number of fat cells in your body is determined during childhood and remains the same for the rest of your life? They only shrink or expand when weight is lost or gained during adulthood. Research has shown that those who develop obesity at such young ages find it extremely difficult to lose weight later in life, as their body might have developed as much as 3 times the normal amount of fat cells found in the body.

Let's look at some statistics closer to home. Studies have shown that Singaporeans and Malaysians have 5-6% more body fat than European Caucasians of the same age and same BMI.

过胖症流行的趋势遍布全球并已达警戒水平。更令人担忧的是大多数人都不清楚它的起因，还有许多人甚至没意识到此趋势的存在。

身高体重指数或身体质量指数 (BMI) 是一种衡量身体质量的标准，计算公式为：体重 (kg) / 身高平方 (m^2)。若 BMI 在 $25\text{kg}/\text{m}^2$ 和 $30\text{kg}/\text{m}^2$ 之间，就被定义为超重。若是超过 $30\text{kg}/\text{m}^2$ ，就被列为过胖。世界卫生组织的统计数据 displays，全世界超重和过胖的案例不断上升。事实上，过胖症已成为全球普遍疾病。超过十亿成人超重，至少三亿人被诊断罹患过胖症。此现象不只存在于先进国家，即使在发展中国家有更快发展和恶化的倾向。

儿童过胖问题在某些区域已成现象，在其他区域则有攀升趋势。全球约 2200 万名五岁以下小孩超重。实际上，今天过胖问题增长最快的年龄组别正是 0 至 2 岁的小孩。您是否知道人体内的脂肪细胞在孩童时期就开始确定下来并在一生中保持原数量，唯只是在成年时当体重上升或下降时相对收缩或膨胀。研究显示在孩童时期开始面对过胖问题将难以在日后减轻体重，因他们体内脂肪细胞大可能已形成比正常水平多了 3 倍。

让我们仔细看一看本地的情况。研究显示新加坡人与马来西亚人比同岁数及同体重指数的欧洲白种人拥有 5 至 6% 更高脂肪。

"We noticed that although Singaporeans are less obese compared to people of (other) developed countries, our heart disease trend is similar to theirs," says Mabel Yap, head of research and information at the Singapore government's Health Promotion Board.

This is alarming that we Asians could possibly suffer the bad health effects of obesity even at lower body weight or BMI levels.

Obesity, or the state of being overweight, is a disease. But one that is much overlooked and disregarded. It's almost as if society isn't willing to acknowledge its presence or the many harms it can and has been proven to cause. Maybe this is because there is absolutely NO medical cure for obesity.

Some of the health risks associated with obesity include:

- Increased risk of premature death
- Heart Disease
- Stroke
- Type 2 Diabetes
- Certain Cancers
- Fatty Liver Disease
- Chronic Venous Insufficiency (lack of blood flow to the extremities)
- Breathing Problems
- Arthritis
- Deep Vein Thrombosis and Pulmonary Embolism

So what causes obesity? Many people have the misconception that obesity is caused by the amount of "fat" you eat. This is partly true, but does not provide a full picture.

There are 2 main lifestyle factors that contribute to weight gain – (1) excessive caloric intake and (2) a lack of physical activity. It's really that simple. We are putting on weight because we're eating too much (of everything, not just "fats") and not getting enough physical exercise. Simple as it seems, these 2 issues are not easy to fix. Factors such as the lack of time, work and family commitments, social pressures, etc. all get in the way of our path to lose weight.

What's even worse, is that high-caloric, low-nutrient foods are so easily accessible everywhere we go. When we get hungry and have a high-caloric, low-nutrient meal, it satiates our hunger and appetite. But after a while, the body realizes that it has been "cheated" with foods lacking in nutrients. The starving cells then "cries out" for more food.

This is a vicious cycle that is found in almost every single person's diet and lifestyle today, and is often referred to as "carbohydrate addiction". Simple carbohydrates such as white flour, white rice, and sugary foods are the main culprits for the obesity epidemic. One could totally avoid fats in one's diet and yet still put on weight due to an over-consumption of simple carbohydrates.

Simple carbohydrates are harmful because they are digested very quickly by the body and metabolized into sugar. Unless one is very active physically and able to "burn off" all this sugar, the sugar is stored in the form of fat. What makes things worse is that simple carbohydrates are depleted of nutrients, fibre, and all natural good stuffs, leaving you full for the moment and hungry soon after.

Fried foods, processed snacks, canned drinks, fast food all contribute to weight gain, but none as subtle and harmful as the simple carbohydrates that have become a staple in almost every Asian's normal diet.

Metabolic Syndrome (MS)

What is Metabolic Syndrome? Metabolic Syndrome is defined as a combination of medical disorders that increase the risk of developing cardiovascular disease and diabetes. It affects 1 in 5 people, and prevalence increases with age.

「我们留意到虽然新加坡人过胖问题比其他先进国家的人民低，但我们的心脏疾病倾向与它们相似」，新加坡政府健康促进理事会研究与讯息部主任叶美宝说道。

这令人十分担忧，因为它意即虽然亚洲人的体重或身体质量指数较低，他们仍有可能面对过胖症所带来的负面健康影响。

过胖症或超重是一种疾病，但却易于被忽视。现今社会似乎都不愿承认过胖症的存在，也不理会过胖症将带来的许多负面影响。这也许是因为没有真正治疗过胖症的方法。

过胖症所导致的一些健康风险包括：

- 提高早死风险
- 心脏疾病
- 中风
- 第二型糖尿病
- 某些特定癌症
- 脂肪肝
- 慢性多血脉性的不足（四肢血液循环不顺畅）
- 呼吸问题
- 关节炎
- 深层静脉栓塞和肺栓塞

什么原因导致过胖症？许多人都误以为过胖症是因为过度食用“脂肪”而促成。这说法只对了一半。

有两种生活因素将造成体重增加——（一）过度摄取卡路里，（二）缺少活动。我们的体重会增加，正是因为我们吃得过多（不只是脂肪），同时又缺少运动。问题看起来很简单，但这两项因素却不容易处理。许多原因如没有时间、工作需求和家庭义务、社交压力等等都可能阻碍我们达到瘦身的目标。

更糟的是，高卡路里和低营养食品无处不在。当我们饿时吃下了高卡路里及低营养食物，它将暂时地满足我们的饥饿感和食欲。很快地身体会自觉这些食物没有营养，因此“饥饿”的细胞就会发出信号要求更多的食物。

今天几乎每个人的日常饮食和生活习惯里都反映了以上描述的恶性循环，也经常被称之为“碳水化合物瘾”。

简性碳水化合物如白面粉、白米和甜食，是促成过胖症的主因。我们即使在饮食中完全回避脂肪但仍会因食入过多简性碳水化合物而增加体重。

简性碳水化合物对人体有害，因为它快速被身体消化和代谢为糖份。除非您非常活跃和能将所有糖份“燃烧”，否则糖份将以脂肪形式贮存在体内。更严重的是简性碳水化合物缺乏营养、纤维和所有天然成分，使您短暂性感到饱足，然后很快又觉得饿了。

煎炸食物、经加工零食、罐头食品和快餐都容易致肥，但没有一样比简性碳水化合物更不显眼但更有害。它已在不知不觉中成为每个亚洲人日常饮食中的必需品。

代谢症候群

什么是新陈代谢综合症？新陈代谢综合症的定义为综合了数种健康问题的病症，增加患上心血管疾病和糖尿病的风险。每五个人当中就有一人受影响，一般上风险随年龄而增加。

So why is Metabolic Syndrome (MS) so dangerous? First, let's take a look at how it works. MS is caused primarily by a high amount of visceral fat in the body. Visceral fat is fat that is stored in and around the organs in the abdominal cavity. Most people are unaware that visceral fats are not simple fat cells, they are actually active glands that secrete inflammatory chemicals, cytokines, which damage the small arteries and the endothelial lining of blood vessels. It leads to complications that involve multi-organs including the heart, kidneys, brain, eyes, nerve trunks, peripheral vessels, and etc.

Visceral fat has also shown to be one of the causes of insulin resistance in the body, a condition in which body cells become less sensitive to the glucose-lowering effects of the hormone insulin. It reduces glucose uptake in muscle and fat cells, and when in liver cells, results in reduced glycogen synthesis and storage and a failure to suppress glucose production and release into the blood.

If insulin resistance exists, more insulin needs to be secreted by the pancreas. If this compensatory release does not occur, blood glucose concentrations increase and type 2 diabetes occurs.

Signs and Symptoms of Insulin Resistance (IR) include:

- Fatigue.
- Brain fogging and inability to focus. Sometimes the fatigue is physical, but often it is mental.
- High blood sugar.
- Intestinal bloating. Most intestinal gas is produced from carbohydrates in the diet, mostly those that humans cannot digest and absorb.
- Sleepiness. Many people with insulin resistance get sleepy immediately after eating a meal.
- Weight gain, fat storage, difficulty in losing weight. For most people, too much weight is due to high amounts of fat storage. The fat in IR is generally stored in and around abdominal organs in both male and female. It is currently suspected that hormone productions in these fats are precipitating causes of insulin resistance.
- Increased blood triglyceride levels.
- Increased blood pressure. Many people with hypertension are either diabetic or pre-diabetic and have elevated insulin levels due to insulin resistance. One of insulin's effect is to control arterial wall tension throughout the body.
- Depression. Because of the deranged metabolism resulting from insulin resistance, psychological effects are not uncommon, including depression.

为何说它危险呢？首先，我们看看它是如何引发的。形成主因是人体内脏脂肪过高。内脏脂肪是主要分布在腹腔内脏如肝、胰、胃、肠道等器官内部及周围的脂肪。许多人不了解内脏脂肪并非一般脂肪细胞。实际上，它们是活跃腺体，分泌带发炎反应的细胞激素，破坏动脉和血管内壁。这将影响许多器官的运作，包括心脏、肾脏、脑部、眼睛、神经系统和周边血管等等。

内脏脂肪也是其中一个导致胰岛素抗性的主因。内脏脂肪降低人体细胞利用胰岛素的能力，肌肉细胞和脂肪细胞因此无法从血液中获得葡萄糖并将它转化成能量。在肝细胞里，它将减少糖原生成与贮存，无法吸收葡萄糖而造成血糖增加。

胰岛素抗性导致胰脏必须分泌更多胰岛素。如果没有此补偿性释放，血糖将集中增加进而衍生成第二型糖尿病。

胰岛素抗性的征兆和症状包括：

- 疲劳
- 头脑不清醒和无法集中，有时是身体疲劳，但一般是精神疲劳。
- 高血糖
- 肠道肿胀，许多肠气源自饮食中的碳水化合物，通常是那些无法被人体消化和吸收的。
- 昏昏欲睡，许多的胰岛素抗性患者在餐后很快就感到想睡觉。
- 体重增加、脂肪贮存、减重困难。许多人都因过多脂肪贮存而超重。胰岛素抗性里的脂肪一般上分布在男性和女性的腹腔内脏内部和周围。当今有质疑认为这些脂肪释放的荷尔蒙是加速促成胰岛素抗性的原因。
- 提高血液内的甘油三酸酯水平
- 增加高血压。许多面对高血压的人都面对糖尿病或前期糖尿病问题，胰岛素水平因胰岛素抗性而提高。胰岛素的作用之一是控制全身动脉壁的压力。
- 忧郁症。胰岛素抗性促成代谢紊乱，普遍影响心理状态，可导致忧郁症。



NewLife™ Holistic Solutions

An approach that combines both nutritional and lifestyle solutions can offer a glimmer of hope to our increasingly overweight society – whether the goals are for immediate healthy weight loss or for long-term weight management. The ultimate goal should not focus on aesthetics, but rather on achieving and maintaining a healthy body composition level. Many people can shed a few pounds in the short term but sustained weight management involves more than just diet alone. Drugs used for weight control carry undesirable side effects whereas NewLife™'s holistic approach to weight loss is safe, non-intrusive, and cost effective.

新生命整全性体重管理计划

一种结合了营养和生活习惯的方案，为面对日益超重的社会人士带来些微的希望，不论是想快速瘦身或长期体重控制都绝对有效。其实，最终的目标不应只着重于外在的美丑，而应是达到和保持健康身体的组成。许多人能在短期内减去几磅，但维持体重调理不能单靠饮食控制。若是通过药物控制体重又将带来不良的副作用。新生命的整全性体重管理计划安全、不具侵略性又实惠有效。

Step 1 – Detoxification

Without detoxification and a nutrient dense diet that nourishes and assists the body in the elimination of toxins, our body loses its strength and vitality. Chemicals and toxins that accumulate over time cause the liver and kidneys to become overworked and severely weakened. This causes the immune system to become suppressed, contributing to the rise of degenerative diseases. Getting rid of these toxins while boosting your natural detoxification system is essential to achieving long-term weight management and healthy metabolism.

- ✓ **Get started immediately on Dr. Lynn Tan's 7 Days Detoxification and Rejuvenation Programme**

Step 2 – Stress Management

Research has shown that stress causes the adrenal glands to release excessive cortisol, a stress hormone that triggers cravings and causes over indulgence in simple carbohydrates such as candy, pastries, chocolates, ice cream, and etc, even when one is not hungry. Besides, excessive cortisol contributes to hormonal imbalances, giving way to a host of other degenerative diseases. Stress, anxiety, and depression are modern-day plagues. It removes the joy from our lives!

Studies have shown that people who are prone to stress and depression have lower levels of essential fatty acids, and that supplementation is important.

- ✓ **Omega Gold Flax Seed Oil**
- ✓ **Chamomile Tea**
- ✓ **Vitamin B Complex**

Step 3 – Eat Quality, Not Quantity

The secret to fat loss is simple. It's called "caloric deficit." Losing weight is made possible through a simple equation. The calories you burn must be greater than the calories you eat. (calories burned > calories eaten). When you are on a diet or lifestyle that follows this equation, you will lose weight.

While creating a calorie deficit, further fat loss can also be achieved by making dietary adjustments and eating higher-quality foods! You will be surprised that by grazing the whole day, you not only beat hunger pangs, but speed up your metabolism at the same time.

Eat 3 hearty meals (breakfast, lunch & dinner) that consist of complex carbohydrates, high quality protein, and low in fats daily.

Snack in between meals with nuts, seeds, fruits, juices, or yoghurt.

Adequate protein consumption actually promotes the release of glucagon, a natural fat burning hormone secreted by the pancreas. Besides, the body burns two times the calories digesting protein compared to fats and carbohydrates. Fresh, organic, low-fat yoghurt is an excellent source of protein. It is easy to digest, contributes to colon health, boosts immunity, and contains around 10 to 14 grams of protein per 8 ounces, which amounts to 20% of the daily protein requirement for most persons.

Essential fats are also instrumental for any weight-loss diet plan. You should aim to consume roughly 25-30% of your food from protein, 25% from dietary (good) fat, and the rest from carbohydrates. Eating quality foods and reducing your portion sizes are sure-fire ways to drop kilograms!

- ✓ **Spirulina**
- ✓ **ColostrumX**
- ✓ **Low Fat Yoghurt (homemade using Organic Low Fat Milk Powder)**
- ✓ **Virgin Coconut Oil**

步骤一 – 排毒

没有进行排毒又缺乏滋养身体有助排毒的营养，我们的身体将失去元气与活力。长期积累的化学物质和毒素将促使肝和肾超负荷和严重衰弱。这将阻碍免疫系统，衍生各种退化性疾病。清除这些毒素并加强天然排毒系统对达到长期良好体重调理和新陈代谢非常重要。

- ✓ **即刻开始陈林希珠博士的7天排毒与复健计划**

步骤二 – 压力管理

研究显示压力促使肾上腺腺体释放考迪索，一种压力荷尔蒙，即使在不饿的情况下也会促发对简性碳水化合物如糖果、甜点、巧克力和冰淇淋等食物的渴望与放纵。此外，过多考迪索将导致荷尔蒙失调，进而造成增高罹患退化性疾病的风险。压力、忧虑和沮丧都是现代社会人士的困扰，它夺走了生命中应有的喜悦和乐趣！

研究显示，有忧郁倾向和面对高压力的人士通常都有较低的脂肪酸水平，因此摄取辅助品就显得格外重要。

- ✓ **奥美加金牌亚麻籽油**
- ✓ **洋甘菊茶**
- ✓ **维他命B综合丸**

步骤三 – 进食守则-重质非重量

瘦身的方程式非常简单，即取得“负卡路里”。通过此简单的方程式，减重变得有可能。燃烧的卡路里必须超过您食入的卡路里（燃烧卡路里>食入卡路里）。只要遵照此方程式来控制饮食和生活习惯，您一定能成功减去体重。

在经营“负卡路里”时，可通过调整饮食和食用高素食物减去更多脂肪。您将惊喜地发现，即使是吃一整天，不但不需忍受挨饿折磨，还可同时提高新陈代谢。

每天切记要吃好三餐，每餐都包含了碳水化合物、高质蛋白和低脂肪食物。

在正餐之间可吃些坚果、种子、水果、果汁和酸乳酪。

食用足够的蛋白质能促进胰高血糖激素(由胰脏所分泌的荷尔蒙)的释放，有助燃烧脂肪。此外，当身体消化蛋白质时，将比消化脂肪和碳水化合物燃烧多两倍的卡路里。新鲜、有机和低脂的酸乳酪是其中一种优质蛋白质的来源，它易于被消化、对结肠健康有益、可增强免疫系统。每盎司可提供8至14克蛋白质，相当于多数人每天所需要的20%蛋白质。

主要脂肪酸对减轻体重也有帮助，您应设下目标每天的饮食结构为25-30%的蛋白质，25%的良性脂肪和余下的份额则是複合性碳水化合物。食用高质食物对减去体重起着积极作用！

- ✓ **螺旋藻**
- ✓ **新生命初乳奶粉**
- ✓ **低脂酸乳酪饮品（采用低脂奶粉制成）**
- ✓ **初榨纯鲜椰子油**

Step 4 – Hydration

Keeping the body hydrated is essential for weight loss as it helps increase your metabolic rate. You should drink a total of at least 2.5 litres of pure, clean water daily. Adequate amount of water enhances mental alertness and improves toxin elimination. It also keeps the urinary tract and kidney healthy.

- ✓ Distilled Water

Step 5 – Micro Nutrition

Supplementation is the only sure way to get sufficient nutrient intake. With over-harvesting and crop rotation, soils are now void of essential nutrients and minerals. With the right and adequate amount of nutrients, weight loss can be achieved in a natural way. Each of the micronutrients promotes essential wellbeing of the body, from the nervous system to the digestion system, from the hormonal system to the elimination organs and many others. **NewLife™ Weight Loss Pack** gives you all the essential nutrients to help the body properly metabolize fat:

- ✓ N. Zimes P.A. Plus
- ✓ Kelp
- ✓ Herbal Klenz
- ✓ K-Salt
- ✓ Chromium Picolinate
- ✓ Immufloa

Step 6 - Exercise

According to WebMD, "Every pound of muscle uses about six calories a day just to sustain itself, while each pound of fat burns only two calories daily." The more muscle (or lean body mass) a person has, the more calories one's body will burn throughout the day – even when resting or sleeping.

Exercise promotes fat-loss and muscle building. It also helps to strengthen and increase bones mass.

Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed than you were before you worked out. It promotes sound sleep too, and a good night's sleep can improve your concentration, productivity and mood.

- ✓ Rebounder

Step 7 – Be committed to all the 6 steps above

Even the very best of diet plans would be of no use if it is without the commitment to succeed. Therefore, it is important to set realistic goals by writing down and keeping a record of your daily life. Monitor your weight and body fat level as you make dietary and lifestyle changes. Each day will bring you closer to a longer, healthier, and fitter life.

步骤四 – 补足水分

保持体内的水分对减轻体重很重要，它能增加代谢率。您应每天喝至少2.5公升纯净水。饮用足够的水将让您保持头脑清醒，帮助排除毒素，也能保持膀胱和肾脏的健康。

- ✓ 蒸馏水

步骤五 – 微量营养素

食用营养辅助品是唯一能让您摄取足够营养的方法，因为过度收成和密集耕作早已使土壤营养和矿物质流失。摄取足够的营养有助自然减肥。从神经系统到消化系统，从荷尔蒙系统到排毒器官及其他等等，每种微量营养素都能促进身体健康。**新生命瘦身配套**提供您所有重要营养，帮助身体彻底代谢脂肪：

- ✓ 胰酶（植物）添加素
- ✓ 海藻宝
- ✓ 天然净化粉
- ✓ 钾质
- ✓ 有机铬
- ✓ 免疫激菌植

步骤六 – 运动

根据WebMD资料显示，「每磅肌肉每天需要六卡路里来维持自身运作，而每磅脂肪只燃烧两个卡路里。」当一个人拥有越多肌肉（净体重），他的身体将一整天燃烧更多脂肪，甚至是休息和睡觉时也一样。

运动促进减重和肌肉增长，也能增强和提升骨质。

运动刺激释放使您感觉愉快放松的脑部化学成分，还有助提高睡眠质量。好的睡眠有助提高集中力、生产率和改善心情。

- ✓ 弹跳床

步骤七 – 致力做好以上六步骤

即使拥有最好的饮食计划，却没有大志目标的毅力，一切都变得徒劳。因此，您应设下实际目标，记下日常生活。在进行饮食和生活习惯变化的同时监控您的体重和脂肪水平。预先恭喜您一天比一天更接近致长期健康和美妙人生的目标。

