

Set the Turkey

We love the festive seasons as they are also the "All Food" seasons. Besides the planning of gatherings and gifts, many of us may also be tasked with dining menus. Roasted turkey has become one of the widely popularised must-haves during the Thanksgiving season along with other smoked, barbecued, baked and grilled food. Although turkey may be one of the healthier choices among the meats, it is inevitable that your healthy choices may end up the opposite if you do not observe the preparation method and your eating habits.

Unhealthy well-done or charred meat on the grill

Meats that are barbecued or cooked at high and dry heat produce chemicals known as heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). HCAs are created by cooking meat at high temperature and PAHs are found in charred parts of meat which is grilled over open flame.

These chemicals are free radicals with unpaired electrons that try to steal electrons from other molecules in a process called oxidation. The oxidation process damages cell membranes, DNA, fatty acids and other body structures. Overloading of these chemicals has been linked to increased risk of degenerative diseases which include cancer of various forms.

Heating cooking oils beyond their smoking point is highly toxic

The use of polyunsaturated vegetable oils such as sunflower seed oil, canola oil, corn oil, soybean oil, peanut oil and others either as a coat for barbecuing, roasting or grilling meat, as well as for frying, can be dangerous. Heating oil above 160°C produces toxins that are detrimental to your health.

Partial digestion and assimilation of meat

Meat consumption may create problems such as bacterial putrefaction on meat residues due to partial digestion of meat. Unlike carnivores, humans have a relatively longer intestinal tract. Thus, meat consumed is unable to pass through and get out of the digestive tract rapidly. This long transit time allows bad bacteria to putrefy the meat while it is still in our digestive tract. This process generates carcinogens that have been linked to increased risk of various digestive disorders including colon cancer. Common ailments such as bloated stomach are attributed to improper digestion of food in the intestines and more often, as a consequence of intestinal bacteria putrefaction of undigested food residues.

Consuming too much saturated fats may spike your cholesterol

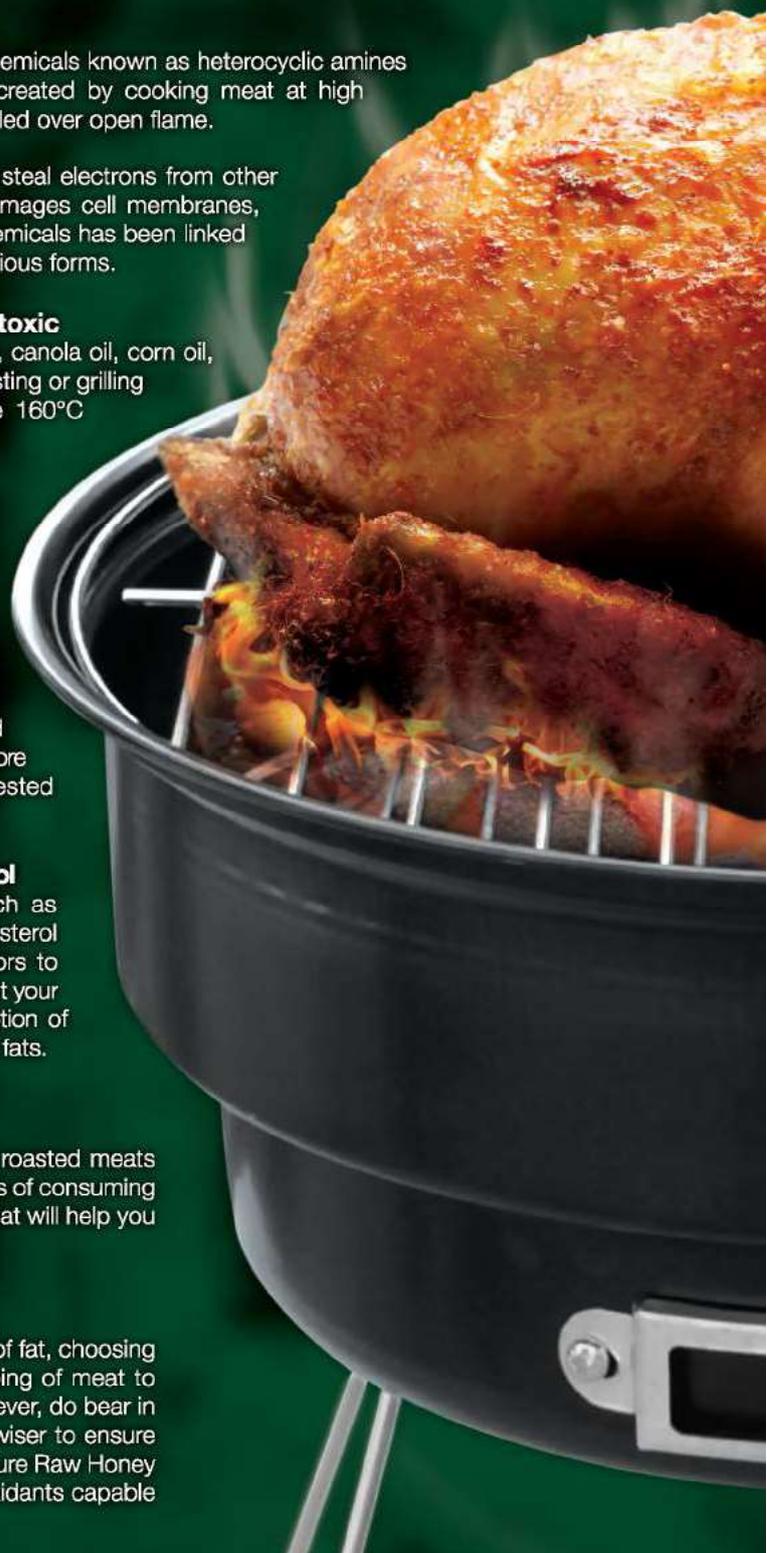
High cholesterol has been linked to various health problems such as atherosclerosis, which is the narrowing of arteries caused by cholesterol deposits on the internal arterial walls – one of the contributing factors to heart attack or stroke. While the festive and holiday seasons may tempt your palates, be mindful of raising your cholesterol level from overconsumption of fatty foods, especially animal protein high in cholesterol and saturated fats.

Enjoy Your Festive Meals with Wisdom

The Good News is – if you only live by barbecued, grilled, fried and roasted meats occasionally, you need not worry much about the adverse health effects of consuming these foods if you learn how to strike a balance. Here are some tips that will help you enjoy festive foods without compromising your health:

1. Natural ways to reduce carcinogens

Natural ways to reduce the ingestion of carcinogens include trimming of fat, choosing lean cuts of meat, cooking at lower temperatures and frequent flipping of meat to avoid charring. You can scrape off charred parts to limit PAHs. However, do bear in mind that HCAs are found mainly inside the meat. Hence, it will be wiser to ensure your food is not overly "well done". Marinate meats using NewLife™ Pure Raw Honey before grilling. Honey not only tenderises meat, but it contains antioxidants capable of reducing carcinogens.



烧烤旺季 Key on FIRE

by Melissa Teoh, Nutritionist 张碧莲, 营养师

我们喜欢节庆日，因这意味着“任意吃”的季节。除了筹划聚会和准备礼物，我们还会准备餐饮的菜单。烤火鸡已成为感恩节必备的感恩美食，桌上还有其他又熏又烧烤的美食。尽管烤火鸡是众多肉类中，其中一个健康的选择。但如果你不注意食物的制取及饮食习惯，最终所谓的健康选择都会物极必反！

全熟或在烤架上烧焦不健康的肉

烧烤或使用高温火烤方式料理的肉，会产生杂环胺类化合物（Heterocyclic amines, HCAs）及多环芳香烃化合物（polycyclic aromatic hydrocarbons, PAHs）。HCAs是在高温火烤料理产生，而PAHs是在开放环境下火烤时，烤焦的肉上找得到。

这些化学物质是由不成对电子的自由基，想在氧化过程中从其他分子中抢取电子。这个氧化过程损害细胞膜、DNA、脂肪酸和其他身体结构。如果这些化学物质超标，会增加患上退化性疾病，包括各种各样癌症的几率。

食油加热超出烟点是剧毒

使用多不饱和脂肪的植物油，如葵花籽油、油菜籽油、玉米油、大豆油、花生油来作烧烤、烤烤或火烤肉的“表层”，甚至用此油煎炸是有害的。食油超过摄氏160°，会产生有害健康的毒素。

部分被消化和吸收的肉类

吃肉可能会产生如肉类残留的腐败细菌，一切皆有肉类部分消化所造成。

人类不像肉食动物，人类有较长的肠道。因此，肉是无法迅速通过肠道消化。在这漫长的“运输”时间里，不好的细菌会令还在我们肠道内的肉类腐坏。这个过程会产生致癌物质，也会增加患上各种消化系统疾病，如结肠癌的风险。腹胀是因食物在肠道没正常被消化，也是由未消化的食物残渣经过细菌的发酵和腐败作用所引起的常见疾病。

摄取过多的饱和脂肪可使您的胆固醇飙升

胆固醇过高会导致各种健康问题，如动脉粥样硬化，这是动脉壁内部的胆固醇沉积所造成的动脉管径狭窄，是心脏病发作或中风的因素之一。当节庆或假日令你胃口大开时，也要注意胆固醇水平，尽量别摄取过多脂肪的食物，尤其是含有高脂肪及饱和脂肪的动物蛋白。

睿智地享受您的佳节大餐

好消息！如果您只是偶尔才享受烧烤、火烤、油炸肉类等食物，如果你懂得学会均衡，就不必担心这些食物会对健康产生不良影响。以下有些小贴士，可帮助您无忧无虑地享受佳节大餐：

1. 自然减少致癌物质

最自然减少致癌物质的方式，包括撇掉脂肪、选吃瘦肉、低温烹煮及反复翻转食物避免烧焦。您可以刮去产生PAHs的烧焦部分。但是，记住HCAs通常躲在肉类里面。因此，要聪明地确保您的食物不要过分熟透。烧烤前，可用新生命纯天然蜂蜜来腌肉，蜂蜜不但能使肉质嫩化，它还含有能减少致癌物质的抗氧化剂。



2. Eat colourful fruits and vegetables

Remember to include more fruits and vegetables in your diet as these natural foods contain antioxidants that have the ability to scavenge potentially harmful free radicals before they damage your health. Take NewLife™ Honegar at least four times a day if your meals contain meat. Add one sachet of NewLife™ Super Green Food Plus into every glass of juice or Honegar drink. It can help to neutralise acidity caused by consumption of meat and maintain a healthy PH level.

3. Antioxidant-rich supplements as a backup

For those who find it difficult to stick to a daily recommendation of at least five servings of fruits and vegetables a day, you can reap the benefits of antioxidants by taking antioxidant-rich food and supplements such as NewLife™ Collasta, Nature's Gift CoQ10 Plus and Nature's Gift Vitamin C Complex that are enriched with bioflavonoids. These multiple and diverse antioxidants will help to control the damaging effects of free radicals in the body.

4. Go for heat-stable cooking oil

Opt to cook with healthy oil such as NewLife™ Extra Virgin Coconut Oil when frying and roasting as the medium-chain saturated fatty acids found in Extra Virgin Coconut Oil are more stable and suitable for high-temperature cooking due to a higher smoke point compared to regular oils. Besides providing a safer and healthier alternative in cooking, it also enhances the taste of the food while providing you a wide array of properties that is beneficial to your health.

2. 多吃五颜六色的水果蔬菜

记得在您的饮食中包括更多水果和蔬菜，这些天然食品中含有抗氧化剂，可以清除潜在有害自由基，在它们要危害您健康前。如果您有吃肉，一天内饮用新生命的蜜糖醋至少四次。再加一包新生命特超绿食品在果汁或蜜糖醋中，可帮助中和肉类的酸性，以及保持健康的pH值。

3. 摄取富有抗氧化剂的营养品

对于那些很难每天至少摄取五种蔬果的人，建议您多摄取富有抗氧化剂的营养品，如新生命康利达胶原红藻、生物吸收性COQ10及富含生物类黄酮的维他命C综合丸。这些不同的抗氧化剂有助于保护身体不被自由基破坏。

4. 选择热稳定性较好的食油

在油炸和烘烤时，选择健康的食用油，如新生命有机特级初榨纯鲜椰子油，它含有稳定的中链饱和脂肪酸，相比其他普通食油，它高的冒烟点使它更适合用于高温烹煮。除了更安全及更健康，它也令食物更美味，且为您提供广泛有益健康的性质。

DO YOU KNOW? 您知道吗?

**Recent research has shown that taking Extra Virgin Coconut Oil may prevent Dementia.
最新研究证明，食用有机特级初榨纯鲜椰子油可预防老年痴呆症。**

5. Cleanse with fibre

The natural fibres and herbs in Herbal Klenz Powder facilitate the absorption of soluble waste and form bulk to prevent constipation and cleanse the colon of toxic residues. Acting like an "intestinal broom", it helps to loosen and remove encrusted food residues and speed up their passage through the digestive tract. If you are worried about excess saturated fats and cholesterol intake in your diet, take Herbal Klenz Powder as a healthy starter before meals. Psyllium husk and apple pectin found in Herbal Klenz Powder can absorb fat and block cholesterol absorption.

6. Take your enzymes

n.zimes™ PA Plus helps to improve digestion. This plant-based enzyme supplement contains a formulation that provides a huge spectrum of digestive enzymes. It aids digestion of all four major food groups – carbohydrates, proteins, fats and fibre, before they reach the large intestine. n.zimes™ PA Plus may also help prevent other effects of indigestion such as burping, bloatedness and acid reflux.

7. Friendly bacteria

NewLife™ ImmuFlora helps to replenish friendly bacteria in your intestinal tract. Probiotics can help establish a balanced intestinal microflora, inhibit the growth of harmful bacteria and promote good digestion. Furthermore, ImmuFlora's formulation comes with prebiotics; making it more powerful and effective.

8. Take more good fats

Optimising your intake of fatty acids helps you keep bad cholesterol in check and helps to counter the effects of a diet high in harmful saturated fats and fried food. Good fats also help to decrease cravings while increasing your body's metabolic rate and energy levels. Improve your health and take a step towards a lighter, brighter you by supplementing your diet with Omega-3, Omega-6 and healthy saturated fats such as NewLife™ Extra Virgin Coconut Oil. NewLife™ Omega Gold Flax Seed Oil, made with the highest grade of flax seeds, is a great source of Omega-3 and Omega-6. It is cold-pressed and shipped chilled to preserve nutrients and prevent oxidation, assuring you a superior source of essential fatty acids.

5. 纤维排毒

天然净化粉中的天然纤维及草药，可促进可溶性废料吸取、防止便秘及清洗结肠的毒素残留物。它担任着“肠道扫帚”的角色，帮助弄松及清除食物残渣，令其加快速度通过消化肠道。如果您担心饮食时摄取过量的饱和脂肪和胆固醇，就在餐前饮用天然净化粉。天然净化粉中的洋车前子和苹果果胶成分，能吸收脂肪和阻止胆固醇的吸收。

6. 饮用胰酶

胰酶（植物）添加素能帮助改善消化功能，这植物基胰酶营养品含有能提供大量消化酶的配方。它主要帮助消化四个食物组群—碳水化合物、蛋白质、脂肪和纤维，在它们抵达大肠之前。另外，胰酶（植物）添加素也帮助防止消化不良的症状，如打嗝、腹胀及胃酸返流。

7. 益生菌

新生命免疫激菌植帮助补充肠道内的益生菌。益生菌可以帮助建立平衡的肠道菌群，除了抑制有害细菌的生长，也会促进良好的消化。此外，免疫激菌植的成分有益生元，能使之发挥更大的成效。

8. 摄取好的脂肪

选择摄取最佳的脂肪酸，能帮助阻止坏胆固醇，以及抵消饮食中饱和脂肪及油炸食品对健康的负面影响。另外，好的脂肪能减少食欲，同时提高身体的代谢率和体能水平。改善健康之余，通过摄取奥美加3及6等好脂肪酸，例如新生命特级初榨纯鲜椰子油。新生命奥美加金牌亚麻籽油是由上等亚麻种子制成，经过冷压及冷藏运输保存，能锁住营养及防止氧化，保证您摄取优越的必需脂肪酸。