



Stop It before It Stops You

保骨固关节 未雨绸缪

Bones and joints constitute the skeletal system. Bones provide structure, protect organs, anchor muscles and store calcium. Joints are where two bones meet. They make the skeleton flexible — without them, movement would be impossible.

骨骼系统是由骨骼和关节构成的，其中功能包括支撑躯体、保护体内重要器官、供肌肉附着和储存钙质。关节是骨与骨之间连接的部位。关节让骨骼灵活，使身体能够作出动作杠杆等作用。没有关节，身体就动不了。

Why is bone health important?

Our bones are continuously changing — new bones are made and old bones are broken down. When we are young, our body makes new bones faster than it breaks down old bones and our bone mass increases over time. Most people reach their peak bone mass around age 30. After that, bone remodeling continues, but we lose slightly more bone mass than we gain. As we age, our bones lose their density and become thinner, this is known as osteopenia, which can lead to osteoporosis. Osteoporosis causes bones to become weak and brittle — so brittle that a fall or even mild stresses such as bending over or coughing can cause a fracture. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine.

How likely we are to develop osteoporosis depends on how much bone mass we attain by the time we reach age 30 and how rapidly we lose it after that. The higher our peak bone mass, the more bone we have "in the bank" and the less likely we are to develop osteoporosis as we age.

Why is joint health important?

Our joints are the pulleys and levers that power the many complex movements that the body goes through every waking moment. Healthy joints allow us to move and go about simple tasks without pain and stiffness.

On the other hand, if one has stiff and achy joints, those first few steps after getting out of bed in the morning can be challenging. That pain sometimes evolves into more serious medical conditions such as arthritis, gout and fibromyalgia. The most common form of arthritis here in Malaysia and Singapore is osteoarthritis — the wear and tear of cartilage. When osteoarthritis hits, even simple, everyday movements can hurt. Taking the stairs can be excruciatingly painful. Walking a few steps, picking up objects, typing on a keyboard, or even sitting down can be hard.

为什么骨骼健康非常重要？

我们的骨骼一直不断地进化——新骨头被制造出来替代旧骨头。年轻的时候，新骨头的增长速度比旧骨头的分解快，因此随着年龄增长，骨质量也会随之增加。大多数的人在30岁左右会达到骨质量的最高峰期。之后骨骼仍会继续重建，不同之处在于骨质流失开始比骨质新生来得快。随着年龄的增长，我们的骨骼密度会开始流失变薄，这就是所谓的骨质减乏症，最后可导致骨质疏松症。骨质疏松症会造成骨头变得脆弱、易碎，像是跌倒或只是轻微压力，如弯腰或咳嗽都可能造成骨折。骨质疏松相关的骨折最常发生在臀部、手腕或脊椎。

我们是否会患上骨质疏松症的可能性取决于我们在30岁前所达到的骨质量及之后所流失的速度。高峰时期的骨质量越高，就表示骨质库存越多，日后患上骨质疏松症的风险也就相对地减小。

为什么关节健康如此重要？

关节就像一个滑轮与杠杆，身体作出的每一个动作都须靠它。健康的关节可让我们在没有疼痛和僵硬的情况下自如地活动。

相反地，当一个人有关节疼痛和僵硬问题时，刚睡醒下床时的头几步也可以很吃力、很考验。这些疼痛有时会逐步发展成更严重的疾病，如关节炎、痛风和纤维肌痛。在马来西亚和新加坡最常见的关节炎就是骨关节炎（有时称为退化性关节炎），是一种关节软骨和周围组织慢性损害的疾病。当骨关节炎发作时，即使是简单的日常作息也可令患者苦不堪言。上下楼梯很痛苦。甚至连走路、捡东西、在键盘上打字或坐下来都会有困难。

What can we do to keep our bones and joints healthy?

A weak skeletal system can cause on-going pain, stiffness, and discomfort, increase the risk of incapacitating injuries, and hamper our ability to enjoy an active lifestyle. While some factors that put us at risk – like age, gender, and genetics – are beyond our control, we can take proactive steps to keep our bones and joints healthy.

Stay active

- Exercise regularly.
- To boost bone strength, try exercises that “load” or compress the bones, like weight bearing exercises, repetitive stair climbing, dancing, tennis and basketball.
- If you have joint pain, go for gentle, low impact exercises like swimming, Tai Chi, walking, using an elliptical machine, or rebound exercise.
- Stretch the legs, back and arms muscles.
- Do cool-down exercises after each workout to improve joint strength and flexibility.
- Vary your routine to avoid overuse injuries, which can lead to joint pain.

Avoid inflammatory foods

Some foods seem to increase systemic inflammation levels, which can in turn increase cartilage degeneration. Everyone should be either limiting or altogether avoiding foods containing:

- Sugar and refined carbohydrates
- Trans fats
- Omega-6 fatty acids – most are consumed in the diet from vegetable oils
- Gluten and MSG
- Aspartame

Eat right

- Taking omega-3 fatty acids found in foods such as wild-caught fish, nuts and flaxseed will reduce inflammation throughout your body, including around your joints. They may also have a positive effect on bone metabolism, which means that eating a diet high in omega-3 fatty acids will give you stronger, healthier bones. **NewLife™'s Omega Gold Flax Seed Oil** is one of the best sources of omega-3 fatty acids. It is extracted from organic golden flax seeds using a cold press process, which prevents the destructive effect of heat, light, and oxygen, thus preserving the nutrients.
- Bones need calcium to stay strong. Eat foods rich in calcium, such as edamame, dark leafy greens, milk and yoghurt.
- Eat more foods that contain natural compounds that help reduce inflammation. For example, cruciferous, sulfur-containing vegetables such as broccoli, cabbage, brussels sprouts and allium vegetables especially garlic, onions and leeks.
- Vitamin D helps your bones absorb calcium. Consume Vitamin D rich foods such as fatty fish and egg yolks.



如何保护骨骼和关节的健康?

脆弱的骨骼系统会持续导致疼痛、僵硬和不适等问题，增加肢体损伤的风险及阻碍日常作息的能力。虽然有些风险因素是无法避免的，比如年龄、性别和家族遗传，但只要积极采取正确的措施未雨绸缪，也能保持及延长骨骼和关节的健康。

保持活跃

- 定期运动。
- 选择那些“承重”运动，例如举重、爬楼梯、跳舞、打网球、篮球。因为当您进行这些运动时，您的骨骼承受了压力，身体会受到一个需要增强骨骼的信号，并开始制造新细胞以强壮骨骼。
- 但是如果关节有问题，则应当选择温和、低冲力的运动，如游泳、打太极、散步，使用滑步机或进行弹跳运动。
- 伸展拉伸腿部、背部和手臂肌肉。
- 每次运动后必须做足缓和运动拉伸，提高关节的强度和灵活性。
- 变换日常运动例程，避免同部位因过度运动而受伤，导致关节疼痛。

避免食用可引起炎症的食物

有些食物会增加发炎反应，从而加速软骨退化。每个人都应节制或最好完全避免食用以下的食物：

- 糖和精制碳水化合物
- 反式脂肪
- 奥美加-6脂肪酸 - 主要因植物油的使用
- 面筋和味精
- 阿斯巴甜人造甜味剂

吃对营养

- 深海鱼、坚果和亚麻籽等食物中所含的奥美加-3脂肪酸可减轻全身发炎的症状，包括关节周围。它们对骨骼代谢也有正面的影响，这意味着摄取富含奥美加-3脂肪酸会让骨骼变得更强壮、更健康。新生命奥美加金牌亚麻籽油是奥美加-3脂肪酸的最佳来源之一。仅采用有机金牌亚麻籽，经过冷压萃取，以防止遭受热度、光线和氧的破坏，从而高度保留亚麻籽含有的营养物质。
- 骨骼需要钙才能保持强壮。多吃高钙食物，如毛豆、深色绿叶蔬菜、牛奶和酸乳酪。
 - 多吃含有天然合成物的食物有助减少炎症发生。像是含硫的十字花科蔬菜，如花椰菜、包菜、球芽甘蓝及葱属植物，特别是大蒜、洋葱和韭菜。
 - 维生素D有助骨骼吸收钙。多吃富含维生素D的食物，如多脂鱼和蛋黄。

Keep your weight down

- Being overweight or obese puts extra stress on your joints.
- A recent study showed that losing one pound (450g) of extra weight removes four pounds (1.8kg) of pressure on your joints. A moderate weight loss of ten pounds (4.5kg) would remove forty pounds (18kg) of pressure from your knees, easing joint pain and inflammation.

Develop healthy habits

- Practise good posture.
- Ensure to distribute weight evenly.
- Straighten your spine.
- Do not drink alcohol excessively. Alcohol affects calcium absorption. Heavy alcohol use, especially during adolescence and young adult years, can dramatically affect bone health and increase the risk of osteoporosis later in life.
- Stop smoking. Nicotine and other chemicals in cigarette smoke cause bone damage. Smoking reduces the blood supply to bones, slows the production of bone-forming cells and decreases the absorption of calcium from your diet. It also breaks down estrogen, which is essential for building and maintaining strong bones in both men and women.

Take calcium supplements

Research has shown that calcium supplements may be helpful for improving joint and bone health, whether you are looking to prevent osteoporosis or trying to maintain healthy cartilage in your joints. The U.S. recommended daily allowance for calcium is 1000mg a day during your 20s-40s. However, your need increases as you age. Also your body is only able to absorb up to 500mg of calcium at a time, so spread out your consumption over the course of the day.

NewLife™'s Nature's Gift Calcium Complex with Boron is an excellent choice for anyone concerned with maintaining peak calcium levels for total protection. It is a special blend of calcium and boron along with vitamin A, vitamin C, vitamin D, vitamin B12, magnesium, phosphorus, zinc and vitamin B6. These ingredients work synergistically to enhance bone strength and provide maximum absorption of calcium into the bones.

Boost collagen intake

Many of us may not be aware that collagen is not just for beautiful skin. Its rich amino acids play a vital role in the building of connective tissue, such as cartilage, bones, tendons and ligaments. Clinical trials have shown that daily supplementation with collagen can reduce joint pain, stiffness, and inflammation, improve mobility and flexibility, build bone matrix and speed recovery from injury. Start boosting your collagen intake by adding **NewLife™'s Collasta** into your daily supplement regime.

Prevention is better than cure

By establishing the right habits to support bone and joint health earlier in life, we can potentially prevent painful conditions that may affect our comfort and mobility as we age. We are only granted one set of bones and joints to serve us for life, so let us take good care of them while we can!



保持适中体重

- 超重或肥胖会增加关节的负担。
- 近期一项研究显示，减掉一磅（450克）的体重可减轻关节承担4磅重（1.8公斤）的压力。适度减去10磅（4.5公斤）的体重就可减轻膝盖承担40磅重（18公斤）的压力，进而减轻关节疼痛及炎症。

培养健康习惯

- 保持良好姿势。
- 尽量均匀地分配重量提高平衡。
- 挺直脊椎。
- 不要过度饮酒。酒精会影响钙的吸收。大量饮酒，尤其在青少年或青年时期，将会极大影响骨骼的健康，增加日后患上骨质疏松症的风险。
- 马上戒烟。香烟中的尼古丁和其他化学物质会损伤骨骼。吸烟会减少骨骼中的血液供应，因而减缓骨骼形成的细胞生产及减少饮食中的钙吸收。它也会减少雌激素，即女性建立和保持骨骼强壮的重要激素。

服用钙补充剂

研究显示，钙补充剂有助改善关节和骨骼的健康。无论您是预防骨质疏松症还是为了保持关节软骨的健康，美国推荐日摄入量建议20至40岁的人每天应摄取1000毫克的钙。然而，随着年龄的增长，身体对钙的需求量也会增加。不过，由于身体一次只能吸收500毫克的钙，因此应分散摄取一天所需的剂量。

新生命钙合成剂加硼是所有想维持高钙水平人士的最佳补充剂选择。它是由钙、硼和维生素A、C、D、B12、镁、磷、锌及维生素B6等物质混合组成。这些成分可发挥协同效应，增强骨骼强度及促进骨骼大量吸收钙的功能。

增加胶原蛋白的摄入

许多人都以为胶原蛋白的作用就是美肌养颜。其实其丰富的氨基酸在结缔组织的构建中，如软骨、骨骼、肌腱和韧带，也扮演了重要角色。临床试验显示，每日补充胶原蛋白可减少关节疼痛、僵硬和发炎症状，从而改善骨骼移动性和灵活性、建立骨基质和加速损伤骨骼的复原能力。在日常营养补充计划中添加新生命康丽达胶原红藻，以增加胶原蛋白的摄入。

预防胜于治疗

趁早培养正确的生活方式来保护骨骼和关节，以便减缓年老时骨骼和关节退化，有助预防骨骼和关节疾病引发更多健康问题，造成行动不便。我们每个人只有一副骨头和关节，让我们在力所能及的时候好好照顾它们吧！