

# ENHANCE YOUR HEALTH & LIFESTYLE WITH **TARGETED NUTRITION**

## 通过针对性的营养方案改善您的健康与生活方式



With the wealth of information on the internet and the wide variety of nutritional supplements available for us to buy, do you sometimes wonder how to prioritize your nutritional needs so that you can make sure that you are taking products that have the greatest impact on your health? All of us go through this! Also, as we go through life, our nutritional needs change over time, so it is helpful to learn about nutritional targeting and how to apply it to your daily routine.

In this article, we will cover a few of our nutritional supplements that are excellent at targeting specific needs depending on your health needs or medical condition. As always, please feel free to consult with our team of nutritionists if you need additional advice.

### **SLEEP & STRESS**

While playing a vital role in many functions such as energy production and the formation of red blood cells, B complex and niacin can be used to support specific areas in our health, namely stress management and sleep quality. Stress and sleep are also very closely related. Chronic stress can reduce the quality of sleep, and poor sleep quality can cause more stress during your day—leading to a vicious cycle.

Research has shown that maintaining sufficient levels of B vitamins help the body to regulate tryptophan levels. Tryptophan is an important amino acid that helps to maintain healthy sleep. Vitamin B6, in particular, supports the production of the hormones: serotonin and melatonin, which are both important for restful sleep. Also, deficiency of these hormones may cause insomnia or depressive moods. Higher intake of Vitamin B6 has been connected to a lower risk of depression.

In addition to supporting the production of calming hormones, studies have shown that B vitamins are helpful for preserving brain and nervous system health in the absence of a healthy diet. Participants in one study reported significant improvements in general health, vigour, and stress levels while taking a combination of B vitamins.

随着互联网上丰富的信息和各种各样的营养补充剂可供我们购买，您是否有时想知道如何优先考虑您的营养需求，以确保您服用的营养补充品足够有效地改善健康？我们一定都拥有过这样的疑惑！此外，我们的营养需求会随着年纪而变化，所以了解营养目标以及如何将其应用到日常生活中是很有帮助的。

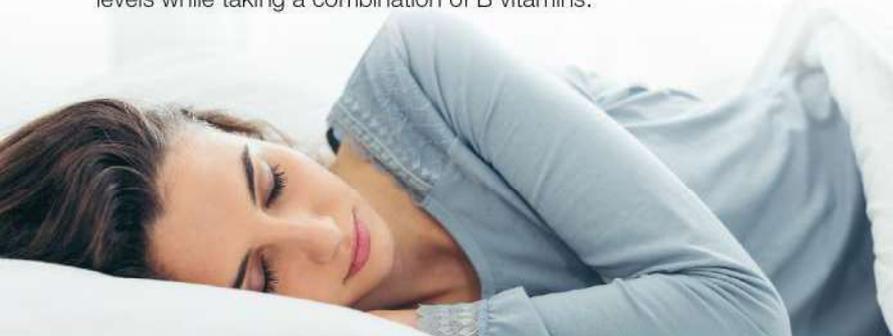
在这篇文章里，我们将会概述一些能有效针对您在健康和医疗状况方面特定需求的营养补充品。与往常一样，如果您需要更多的个人帮助和建议，您可以随时向我们的营养师团队咨询。

### **睡眠与压力**

除了帮助产生能量和制造红血球，复合维生素B和烟酸也有助于缓解我们的压力和改善我们的睡眠质量。压力和睡眠是紧密相连的。长期累积下来的压力会对我们的睡眠质量造成负面的影响，而不优质的睡眠又会在隔一天带来更大的压力——这可是一个恶性循环。

研究显示，维持足够的维生素B摄取量能帮助身体调节色氨酸水平。色氨酸是一种帮助维持健康睡眠的重要氨基酸。其中维生素B6尤其能促进血清素和褪黑激素的产生，这两个激素都对安稳的睡眠有很大的帮助。此外，缺乏这类激素也可能造成失眠或情绪低落。摄取足够的维生素B6能有效减少患抑郁症的机率。

除了支持镇静激素的产生，研究表明，在缺乏健康饮食的情况下，B族维生素有助于保持大脑和神经系统的健康。在一项研究中，参与者报告说，在服用复合维生素B后，他们的整体健康、精神和压力水平都有显著改善。



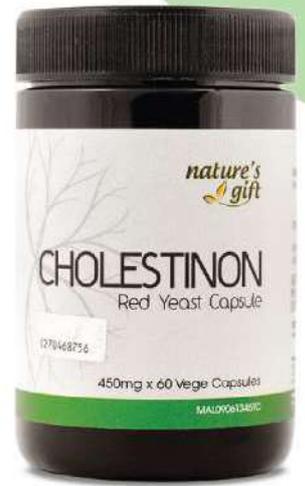
## HIGH CHOLESTEROL

Before we dive into this, if you would like to know more about cholesterol and cardiovascular disease, make sure to grab a copy of **Dr. Lynn's** book "**Cholesterol: Guilty or Innocent?**". It combines her years of research and decades of experience to provide a new perspective on how we can live healthier lives and prevent cardiovascular diseases.

Red yeast rice extract is a traditional Chinese medicine that helps to lower LDL and total cholesterol levels. Red yeast rice naturally contains a compound similar to lovastatin called monacolin K. It also contains sterols, isoflavones, and monounsaturated fatty acids that all help to reduce unhealthy cholesterol levels.

**NewLife™ Cholestinon** is a dietary supplement developed to enable people whose cholesterol levels are currently not at risk but still on the high side (between 5 to 6 mg/dL).

**Cholestinon** is a scientifically processed, all-natural form of *Monascus Purpureus* Red Went yeast that is fermented on premium rice. It is prepared by a proprietary process to guarantee the quality and consistency of the product without the addition of additives, preservatives, or foreign ingredients. **Cholestinon** has been rigorously evaluated in terms of its pharmacology, long-term toxicity & in clinical studies to confirm its safety and efficacy. Each capsule contains several bioactive ingredients, including naturally occurring HMGCoA reductase inhibitors (Monacolin K and hydroxyl-acid) and fatty acids.



## 高胆固醇

在我们深入探讨这个话题之前，如果您想要了解更多有关胆固醇和心血管疾病的知识，请买一本陈林希珠博士所著的《胆固醇：有罪还是无辜？》这本书。它结合了陈林希珠博士多年的研究成果以及数十年积累下来的经验，为更健康的生活及心血管疾病的预防提供了新的观点。

红麴米提取物是有助于降低低密度脂蛋白和胆固醇总水平的一种传统中药。天然红麴米内含有一种类似于洛伐他汀，称为红麴菌素K的天然化合物。此外，它也含有固醇、异黄酮和单不饱和脂肪酸，这些都有助于降低不健康的胆固醇水平。

**新生命减固醇**是一种膳食补充剂，专为那些胆固醇水平偏高（5-6 毫克/分升），但仍未达到危险水平的人而研发的。

**减固醇**是一种在优质大米上发酵，并经过科学加工而成的纯天然红麴酵母。为了确保产品的质量和一致性，它是通过一项专利技术制造而成的，毫无添加任何添加剂、防腐剂或外来成分。**减固醇**已通过药理、长期毒性以及临床试验等各方面的严格评估，以确保其安全性及有效性。每个胶囊都含有多种生物活性成分，其中包括天然的羟甲基戊二酸单酰辅酶A还原酶抑制剂（红麴菌素K和羟基酸）以及脂肪酸。

## IMMUNE SYSTEM

Living through the current pandemic has made it more critical than ever for all of us to maintain a robust immune system. The immune system is our body's line of defence against pathogens, bacteria, and viruses. It is a complex network involving many organs and cells that play specific roles in protecting the body.

A healthy diet, sunshine, sleep, stress management, and exercise are all critical for maintaining a healthy immune system. There are also specific supplements that are very helpful for boosting the immune system. Our most potent combination here at **NewLife™** is **C Complex (1000mg) Sustained Release** and **Garlic & Parsley**. They should be taken every day and especially when feeling unwell.

Vitamin C supports the production of white blood cells, which are "warrior cells" that kill invading pathogens. Garlic oil has natural antibiotic properties, and parsley oil is rich in a flavonoid called luteolin, which has both antioxidant and anti-inflammatory properties.

A double-blind, placebo-controlled survey found that administration of a garlic supplement over a period of 12-weeks recorded fewer incidents of common colds, infections, and symptoms compared to individuals without garlic supplementation who were more likely to get a cold and recovered more slowly.

## 免疫系统

身处当前大流行的我们，保持强大的免疫系统比以往任何时候都更加重要。免疫系统是我们身体防御病原体、细菌和病毒的一道防线。它是一个涉及多个器官和细胞的复杂网络，在预防疾病上发挥着特定的作用。

对于维持健康的免疫系统，健康的饮食、充足的阳光、优质的睡眠、压力管理和身体锻炼都是必不可少的。此外，还有一些特定的营养补充品也对增强免疫系统非常有帮助。而我们**新生命**最有潜力的配搭就是**维他命C缓释综合丸（1000毫克）**和**蒜与欧芹油**。我们应该养成每日服用的习惯，尤其是在身体不适时。

维他命C有助于白细胞的生产，即是对抗入侵病原体的“战士细胞”。大蒜精油具有天然的抗生素特性，而欧芹精油富含一种名为木犀草素的黄酮类化合物，具有抗氧化和抗炎的特性。

一项双盲、安慰剂对照调查发现，与不服用大蒜补充剂的人相比，服用大蒜补充剂12周记录的人患上普通感冒、感染和症状的发生率更低；而不服用大蒜补充剂的人则更容易感冒，恢复也更慢。



## HYPOTHYROIDISM (UNDERACTIVE THYROID)

Hypothyroidism is a disorder in which the thyroid gland does not produce enough thyroid hormone. Its most common symptoms include feelings of tiredness, constipation, slow heart rate, weight gain or inability to lose weight, depression, and poor ability to tolerate cold. Hypothyroidism is so common that it affects up to 5% of the general population, with a further estimate of 5% going undiagnosed. It is particularly common in women over the age of 60, affecting 15-18%.

Iodine is an essential mineral that helps the thyroid make hormones, and iodine deficiency is one of the key causes of hypothyroidism and one of the most common nutritional deficiencies. In fact, it is so common that it is estimated that about one billion people worldwide have iodine deficiency. This is why since the 1920s, health authorities began adding iodine to table salt!

The best way to prevent iodine deficiency is to take kelp every day. Kelp is one of the best natural, healthy sources of iodine and is also rich in vitamins (K1, A, B5 a.k.a. pantothenic acid), minerals (folate, magnesium, iron, calcium), and other trace elements. It helps to support thyroid health, healthy metabolism, energy levels and brain function.



### 甲状腺机能低下症 (甲状腺功能退化)

甲状腺机能低下症是一个由甲状腺激素分泌不足所引起的内分泌失调。常见的症状包括疲累、便秘、心率缓慢、体重增加或无法减肥、情绪低落、和怕冷。甲状腺机能低下症是个很普遍的疾病，它影响了高达5%的普通人群，且进一步估计有5%的人未被诊断出来。这个疾病在60岁左右的女性中极为普遍，影响了15-18%的人。

碘是一种帮助甲状腺产生激素的必要矿物质。碘不足就是其中一个造成甲状腺机能低下症的主要原因，也是最常见的营养不足之一。事实上，碘不足十分普遍，估计全球大约有10亿人都患有碘不足的问题。这就是为什么自从1920年开始，卫生当局就开始在食盐中添加碘！

而预防碘不足，最好的方法就是每日摄取海藻。海藻是摄入碘最好、天然的资源之一。同时，它还富含了维他命 (K1、A1、B5又名泛酸)、矿物质 (叶酸、镁、铁、钙)、和其他微量元素。此外，它也有助于维持甲状腺健康、良好的新陈代谢、能量水平以及大脑功能。

## INSULIN RESISTANCE/DIABETES

Diabetes has emerged as a global epidemic, climbing from 108 million in 1980 to 422 million in 2014, according to the WHO. It is a significant cause of heart attacks, stroke, kidney failure, blindness, and lower limb amputation.

Insulin resistance, which is the leading cause of type-2 diabetes, is widespread in our region due to the high daily intake of refined carbohydrates in the Asian diet. Insulin resistance is a common denominator for a variety of chronic conditions, including diabetes, cardiovascular disease and obesity.

For those of us concerned about this condition, in addition to reducing our intake of sugar and carbohydrates, Chromium is an essential nutrient that we should be taking daily.

Chromium is vital for enhancing insulin activity in the body. Chromium picolinate, in particular, has been shown to improve insulin sensitivity and reduce the risk of type-2 diabetes and cardiovascular diseases. Studies have found it helpful for improving blood glucose control. **NewLife™ Chromium Picolinate** is an excellent source form of chromium supplementation.

### 胰岛素抵抗/糖尿病

根据世界卫生组织报导，糖尿病已日渐成为一种全球性流行病，从1980年的1.08亿病例攀升至2014年的4.22亿病例。它是导致心脏病、中风、肾衰竭、失明以及下肢截肢的重要因素。

胰岛素抵抗是导致第2型糖尿病的主要原因。它在我们的地区甚为普遍，这是由于亚洲人每天摄入大量的精制碳水化合物。胰岛素抵抗是多种慢性疾病的共同特征，当中包括糖尿病、心血管疾病和肥胖症。

对于关心胰岛素抵抗的人来说，除了减少糖和碳水化合物的摄取，铬也是我们每天应该摄入的必要营养物质。

铬是增强体内胰岛素活性的重要因素。尤其是吡啶甲酸铬，它已被证实可以降低胰岛素抵抗以及帮助降低患上第2型糖尿病和心血管疾病的风险。研究也发现，它有助于提升体内血糖的调节。**新生命有机铬**就是一个补充铬摄取的极好资源。

**Disclaimer:** The contents of this article are not to be substituted for medical advice or diagnosis. The information presented here is purely for educational purposes. This is not a prescription for self-diagnosis or self-medication. Consult your own physician regarding the application of any opinions and recommendations with respect to your symptoms or medical conditions.

**免责声明:** 本文内容不能代替医疗建议或诊断。这里提供的信息纯粹是为了教育目的。这不是自我诊断或自我用药的处方。就有关您的症状或健康状况的任何意见和建议的应用，请咨询您的医生。