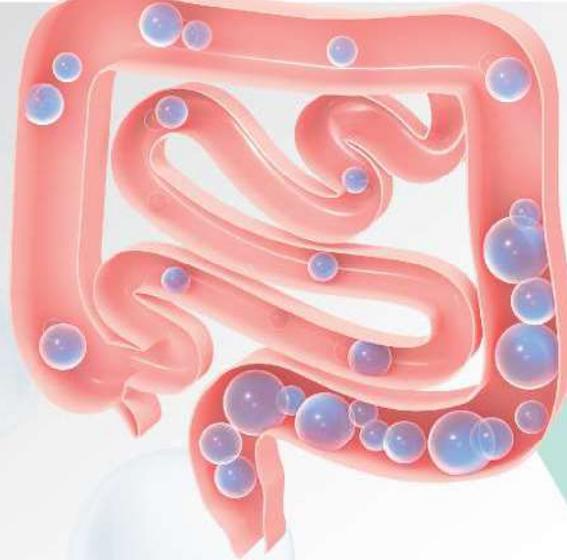


THE BEST REMEDIES FOR BETTER DIGESTION

促进消化的最佳家居疗法

Are you experiencing gas, pain or discomfort after meals? Instead of relying on antacids, try using these remedies to improve your digestion.

饭后感到胀气、疼痛或不适？不要依赖抗酸剂，试试使用自然疗法来改善消化。



GINGER

Ginger is famous for settling stomach upset and improving digestion. Adding ginger to your cooking, juices or drinking it as a tea may help.

生姜

众所周知，生姜可以缓解胃不适和消化不良。在烹饪时或榨汁时用姜，或喝姜茶会有帮助。



CHAMOMILE

Chamomile is an age-old home remedy for indigestion. It calms the stomach, soothes spasms in the intestinal tract and promotes sleep. This is due to an antioxidant known as apigenin. Therefore, the ideal time to have a cup of chamomile tea is in the evening (but not right after dinner).

洋甘菊

洋甘菊是一种有助缓解消化不良的悠久家居疗法。它能镇静胃，缓解肠道痉挛，促进睡眠。这是由于它包含一种叫做芹菜素的抗氧化剂。饮用甘菊茶的理想时间是在晚上，但避免在晚餐后立即饮用。



ENZYMES

We need enzymes to digest and unlock nutrients from the food that we eat. With modern day diets of mostly highly processed and cooked food, some of us end up with the impaired ability to produce the digestive enzymes needed by the body.

Many people have pancreatic insufficiency without knowing it. People with pancreatic insufficiency do not produce enough digestive enzymes. Eventually this leads to malnutrition, indigestion, eczema and many other diseases.

N.ZIMES PA PLUS™ is a proprietary blend specially formulated for digestive support.

The name "PA" denotes "pancreatin alternative". In other words, it replaces the missing/lacking digestive enzymes made by the pancreas. **N.ZIMES PA PLUS™** consists of 5 types of enzymes that are required to digest and break down proteins, carbohydrates, lactose, fat/oils and fibre. **N.ZIMES PA PLUS™** is 100% plant based; suitable for vegetarians. It is sourced from the highest quality ingredients and is guaranteed free of GMO.

酶

我们需要酶来消化食物和吸收营养。由于现代饮食大多是高度加工和煮熟的食物，在我们当中，许多人没有能力产生身体所需要的消化酶。

很多人患有胰腺功能不全却不自知。胰腺功能不全的人不能产生足够的消化酶。最终导致营养不良、消化不良、湿疹和许多其他疾病。

胰酶(植物)添加素是一个专为消化支持而配制的专利配方，它是一种另类胰酶替代物。换句话说，它填补代替了原本应该由胰腺制造的消化酶的缺失。本产品经过特别配制，可提供消化道广泛的支持功能。**胰酶(植物)添加素**含有五种酶，是消化和分解蛋白质、碳水化合物、乳糖、脂肪或油脂和纤维所必需的。**胰酶(植物)添加素**是100%植物性；适合素食者食用。取自最高质量的成分，保证不含转基因物质。





PROBIOTICS

There are up to 1,000 species of bacteria in the human gut microbiome, and each of them plays a different role in your body. Most of them are extremely important for your health, while others may cause disease. The good bacteria, also known as probiotics, are needed to maintain the balance of good and bad bacteria.

An imbalance of unhealthy and healthy microbes in the intestines may contribute to weight gain, high blood sugar, high cholesterol and other disorders.

In addition to that, probiotics also help in the digestion of food and help protect the walls of the intestines to prevent bad bacteria from being absorbed in the blood.

Probiotics can be found in food like yoghurt, cottage cheese, kombucha, tempeh, fermented sauerkraut, kimchi or miso. However, please be careful with sauerkraut, kimchi or miso if you are on a salt/sodium-restricted diet.

Taking **IMMUFLORA**® on a daily basis is another way to balance the amount of probiotics that the body requires. In addition to probiotics, **IMMUFLORA**® also contains prebiotics. Prebiotics are fuel for good bacteria to multiply and grow in our digestive system.

益生菌

人类肠道微生物群中有多达1000种细菌，每一种都在人体中发挥着不同的作用。其中大多数对我们的健康非常重要，而其他可能会导致疾病。友好细菌，也被称为益生菌，是维持有益菌和有害菌平衡所必需的。

肠道内不健康和健康微生物的不平衡可能会导致体重增加、高血糖、高胆固醇和其他疾病。

除此之外，益生菌还有助于食物的消化，帮助保护肠壁，防止坏细菌被血液吸收。

益生菌可以在酸奶、白干酪、康普茶、豆豉、德国泡菜、韩国泡菜或味噌等食物中找到。但是，如果需要限制盐或钠的摄入，请小心德国泡菜、韩国泡菜或味噌。

每天服用**免疫激菌植**是另一种补充身体每天需要的益生菌量的方式。除了益生菌，**免疫激菌植**还含有益生元。益生元是有益细菌在我们消化系统中繁殖和生长的燃料。

PEPPERMINT

Treat yourself to a few cups of peppermint tea between meals. It soothes intestinal muscle spasms and helps relieve nausea.

薄荷

在两餐之间喝几杯薄荷茶，能帮助缓解肠道肌肉痉挛，减轻恶心。

APPLE CIDER VINEGAR

Try drinking a teaspoon of apple cider vinegar mixed with a half-cup of water. It will help you digest the food if you don't have enough acid in your stomach. You can add a little honey to sweeten the taste. This works well after a large meal but wait at least after half an hour.

苹果醋

将一茶匙苹果醋和半杯水混合喝下。如果没有足够的胃酸，苹果醋可以帮助消化。可以加点蜂蜜来增加甜味。在一顿大餐后喝苹果醋很有效，但要在饭后至少等半个小时。



MANUKA HONEY

Manuka Honey contains several enzymes which aid in faster digestion and take the strain off the digestive system. These enzymes help in enhancing the digestion of carbohydrates and sugars. It also contains prebiotics which are food for friendly bacteria.

马努加蜂蜜

马努加蜂蜜含几种酶，有助于加快消化，减轻消化系统的压力。这些酶有助于促进碳水化合物和糖的消化。马努加蜂蜜还含有益生元，这是有益细菌的食物。

SUMMARY 总结

Healthy digestion is vital to our overall health and is linked to our immune system, mood, mental health, autoimmune diseases, endocrine diseases, skin conditions, and cancer among other things.

Give your digestive system the support it needs now.

健康的消化对我们的整体健康至关重要，与我们的免疫系统、情绪、心理健康、自身免疫疾病、内分泌疾病、皮肤状况和癌症等都紧密相关。

尽早好好照顾您的消化系统。