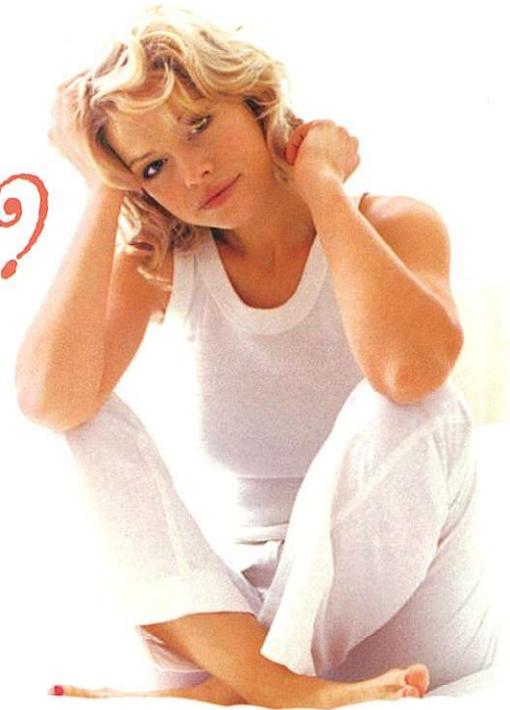


# What's with Your Skin?

## 认识您的皮肤

Leon Tan, B. Sc. (Nutrition) U.S.A.  
陈健良, 美国营养学科学学士



Our skin is the largest organ in our body and comprises of 3 layers. The outer of the three skin layers, the epidermis, comprises the skin surface of dead "horny" cells, and underlying "prickle" cells, which move upward to replace them as they are shed. The epidermis also contains melanocytes, cells that secrete melanin, the pigment responsible for varying skin colour.

Under the epidermis is the middle layer, or dermis, a bulky fibrous and protein layer containing hair follicles, sweat, and sebaceous (oil-producing) glands, and specialized sensory receptors for conveying information about touch, temperature, and pain. Mast cells in the dermis respond to physical or chemical damage by releasing histamine, a substance leading to allergic responses.

Your hair follicles rely on your sebaceous glands to bring on the shine. Connected to each follicle in the dermis layer is a tiny sebaceous gland that releases sebum onto the hair. This lightly coats the hair with oil, giving it some shine and a little waterproofing.

Finally there is a layer of subcutaneous fatty tissue that gives the skin its feeling of softness and plumpness and acts as insulation against the cold. The blood vessels supplying nourishment to the outer skin layers are carried in this layer.

Our skin forms a remarkable protective barrier against the outside world, helping to regulate our temperature and fluid balance, keeping out harmful germs and chemicals, and offers natural protection against the sun. It has the ability to grow hair, sweat, produce oil for self-lubrication, and give an accurate perception of touch, heat, cold, and pain.

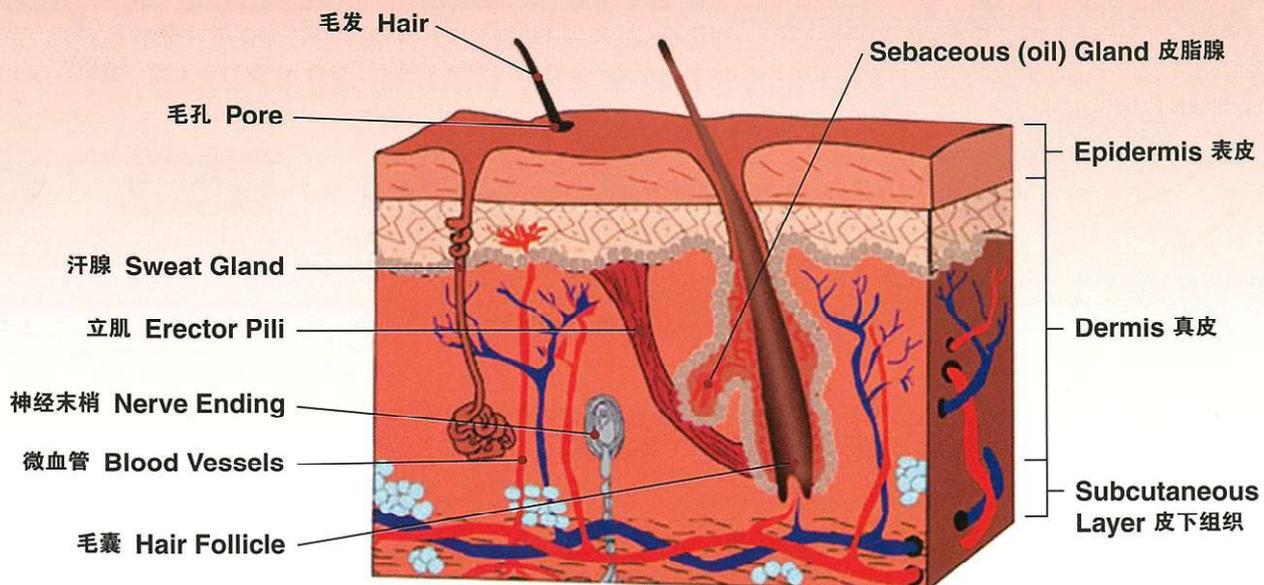
**皮**肤是人体最大器官，它可分三层。最外一层是：表皮。包括皮肤表面死的角质层细胞，及下层的“刺”细胞慢慢地向外推进移动替换脱落的表皮。表皮里还有黑色素细胞，能产生黑色素。这色素决定皮肤的颜色。

表皮下是真皮，皮肤的中间层。这层即结实富弹性蛋白质的皮囊里，有毛囊、汗腺、脂肪腺（分泌油脂），及知觉受纳器（负责对触觉、温度及痛觉的感受体）。真皮里的柱状细胞在受物理反应或化学伤害时会释放组织胺，一种导致过敏反应的物质。

毛囊依靠皮脂腺才有光泽。真皮层里的毛囊与皮脂腺联结，将皮脂腺分泌的油脂带到每一根毛发。这薄薄的一层油脂能使毛发有光泽，并有轻度防水作用。

最里面一层就是皮下组织，含有脂肪组织让皮肤柔软及饱满，是保持体温的绝热体。输送营养给外皮层的微血管也处在这皮下组织里。

皮肤是一道卓越的防线，帮助我们调控体温及防止水分散失，防御并阻止外界的有害毒菌、化学物、并提供皮肤天然保护阻挡阳光。它能生长毛发，排汗，分泌油脂并保湿，并对触觉、热、冷及痛觉传达准确的信号。



## Common Causes of Skin Problems

Skin problems come in various forms, from very mild to very serious. Not only does it affect a person physically but it also can have emotional and psychological ramifications. The following are some examples of skin problems: acne, athlete's foot, boils, dandruff, eczema, hives, psoriasis and rashes.

Now what causes skin problems? The following are the most common causes of skin problems:

1. Food allergies (acne, eczema, hives, rashes)
2. Depressed immune function (psoriasis, boils, rashes)
3. Nutritional deficiencies (dandruff, acne, psoriasis)
4. Exposure to allergens (hives, eczema, rashes)
5. Poor hygiene (athlete's foot, acne)
6. Stress (acne, eczema, psoriasis)
7. Combination of one or more of the above.

I will cover the top 3 causes of skin problems in this article.

## Food allergies

Food allergies occur when a person's immune system generates an antibody response to the ingested food. Almost any food can cause an allergic reaction in someone especially when the person has poor immune functions or nutritional deficiency. When someone has a food allergy, the immune system responds inappropriately. First, an antibody called immunoglobulin E (or IgE) is produced that circulates in the blood. During digestion of the problem food, tiny protein fragments prompt certain cells to produce that specific IgE against that food. The IgE then circulates and attaches to the surface of the mast cells. Mast cells are found in all body tissue especially the skin. The next time that food is eaten, the protein reacts with the specific IgE on the mast cells to trigger the release of chemicals, such as histamine. Activated mast cells in the skin can produce hives, or eczema.

It is not easy to find out to which food you may be allergic. The food allergy test done at a Doctor's clinic not only is expensive but the results tend to be either inconclusive or not 100% accurate.

Also, the root cause of food allergies may be due to the inability to digest certain types of food, e.g. dairy, gluten etc. This is normally due to having either a small amount or the complete lack of the appropriate digestive enzymes meant to break down that particular food type.

Several years ago, my youngest brother Daniel had eczema on his leg behind his right knee. We tried to identify to which food he was allergic by eliminating the types of food that were known allergens. However, his skin problem did not improve. During that period of time, we brought in n.Zimes PA Plus and he began taking it. Within a few weeks, his skin condition improved and completely disappeared.

Mdm. Goh's son also was afflicted with skin problems which went away when he started drinking fresh juices made from the Alpha Juicer. So his skin problem could have been due to either the lack of beneficial enzymes or phytonutrients in his body (or both).

## Depressed Immune Function & Nutritional Deficiencies

The immune system is designed to shelter you from disease. It will protect you, if you keep it in top shape. The immune system is equipped with glands, cells, organs, and proteins to fight off flu, colds, even cancer. With all of the diseases in the world ready to invade your body, your immune system must be prepared to battle these scourges.

How kind are you to your immune system? Do you make it work twice as hard by eating devitalized, junk foods? The poor immune system has to then extract small amounts of nutrients from these foods and limp along, disposing of the non-nutrients anywhere it can. These foods usually end up as fat around the stomach, thighs, and etc...as an advertisement of the quality of our diet.

If an unhealthy diet continues, nutritional deficiencies will occur. Toxins and poisons will afflict the blood via the colon, which is clogged. The kidneys will try to filter out the impurities, and when they can't handle all of the responsibility, the bloodstream carries the waste to the lungs, which try to eliminate it in the form of mucus. However, the lungs can only deal with a certain amount of congestion and the blood stream tries one last frantic effort to get rid of the poisons via the pores of the skin. The skin is the largest eliminating organ there is. Poisons in the blood stream will then manifest themselves as pimples, rashes, psoriasis, and assorted other skin problems.

## 常见的皮肤病起因

皮肤病有各式各样，可轻微也可以很严重。它不仅影响一个人的外表，也可能对情绪及心理上带来极大的负面影响。以下是皮肤病的一些例子：粉刺、香港脚、脓肿、头皮屑、湿疹、荨麻疹、牛皮癣及皮疹。

到底什么原因促成皮肤问题呢？下列是导致皮肤病的常见原因：

1. 食物过敏（粉刺、湿疹、荨麻疹，皮疹）
2. 免疫系统退化（牛皮癣、脓肿，皮疹）
3. 营养不良（头皮屑、粉刺，牛皮癣）
4. 接触过敏原（荨麻疹、湿疹，皮疹）
5. 卫生低劣（香港脚，粉刺）
6. 压力（粉刺、湿疹，牛皮癣）
7. 或以上多种联合。

在这里我将讨论皮肤问题的首三大起因。

## 食物过敏

食物过敏是指食物中的某些物质进入体内，被免疫系统当成入侵的病原，发生免疫反应。这尤其发生在免疫力差或营养不足的人士。首先，身体产生免疫球蛋白E（或IgE）抗体在血液里循环。在消化过敏的食物时，微小的蛋白质碎屑会刺激细胞生产那种食物特定的IgE抗体。然后IgE循环并附上柱状细胞的表面，全身都有柱状细胞布满尤其是皮肤。当下次吃那食物时，蛋白质与柱状细胞上特定的IgE便会起反应，并释放化学分泌物如组织胺。被刺激的柱状细胞便在皮肤上反应造成荨麻疹或湿疹。

要知道自己对哪些食物过敏并不简单。到医生诊所进行食物过敏测试不仅收费昂贵，也可能没有结果或并不是100%准确。

并且，食物过敏的起因也许是无法消化某些特定的食物，如牛奶，面筋等。这可能是体内只有少量或完全缺乏适当的消化酶来分解那特定的食物。

几年前，我的弟弟陈健义在右膝后长了湿疹。我们试图用过敏原删减法来辨认他对哪种食物过敏。然而，他的皮肤问题并没有改善。那时候，我们刚进口了胰酶（植物）添加素，便让他开始服用。在短短几星期后，他的皮肤病有了改善并完全痊愈。

许太的儿子也被皮肤问题所困扰，后来他开始喝以奥发绿汁机做的新鲜蔬果汁便痊愈了。因此他的皮肤病的起因可能是因为体内酵素不足或是缺乏植物营养素（或两个合因）。

## 免疫系统退化及营养不良

免疫系统让您免于疾病。若您维持其最佳状况，它将保护您。免疫系统里包括腺、细胞、器官及蛋白质来抵抗伤风、感冒、甚至癌症。要防御并阻止外界那么多可侵略您身体的疾病，您的免疫系统必须随时处在顶峰状态准备作战。

您可善待自己的免疫系统？您是否乱吃垃圾食物令它元气大伤、要它双倍工作？衰弱的免疫系统只能依赖这些空洞食物里中所提供的极少营养素，挣扎地运作，尽快尽可能地处理掉这些没有营养价值的废物。最后这些食物囤积在肚皮、大腿等部分形成难看的脂肪……做我们不良饮食习惯的证据。

若不健康的饮食习惯继续持续，便会造成营养不良。毒素渗透阻塞的肠道进入血液。肾脏将设法过滤掉杂质，当它们无法承担所有责任时，血液将废物带到肺部。肺就会尝试通过痰液及鼻涕排掉废物。然而肺部只可能应付少数的堵塞，血液只好作出最后的努力透过皮肤的毛孔排出毒素。的确皮肤是人体最大的排毒器官。血液里的毒素就会在皮肤上表露成暗疮、皮疹、牛皮癣、等其他皮肤问题。

## Two Paths to Take

When skin problems occur, you have two paths that you can take to handle the problem. You can choose to take the medical path or the natural healing path. Most people will choose to take the medical path by using drugs like steroids, antibiotics and anti-histamine to control/suppress their conditions. This path is a 'convenient' and 'easy' way to handle the problem. However, drugs usually bring temporary relief and not permanent cure. In other words, you will have to keep on taking the drugs to suppress the symptoms. This path will not lead to a complete recovery of the condition.

The natural healing path is a narrow and tougher path to take. The brave ones who embarked on this path not only found permanent recovery from their conditions but also found that their overall health improved. The body is wonderfully created in such a way that it can self-heal, self-rejuvenate and self-repair if it is provided with the right essentials. We, at NewLife™, designed a nutritional programme to do just that.

This nutritional programme has helped countless of people over the years. However, this programme is only for someone who has the self-discipline and determination to stay on it until his/her condition improves.

How long does it take to stay on the programme until one sees improvements? The short answer to this question would be: It depends...But I am sure after reading this article to this point you wouldn't be satisfied with a short answer. So here is the long answer:

It all depends on the ability of the body to rebuild itself. For example, Mr. Lim took 1 week for his itchiness and rashes to go away. Mrs. Tan followed 2 weeks of the NewLife™ Detoxification & Rejuvenation Programme (DRP) for her dermatitis around her eye area to disappear. Another gentleman took 2 years for his very serious Psoriasis to heal. Sunny had bad acne on his face for many years. After 1 week of the DRP, his acne disappeared permanently. On the other hand, we also know of several persons who gave up halfway and continued to depend on their medications.

There are 2 functions of the nutritional programme: (1) Detoxification and (2) Health Building. To begin the nutritional programme, one goes through the Detoxification & Rejuvenation Programme (DRP) for 2 weeks. If no improvements occurred during this period, then it is a sign that the body still needs more time to rebuild itself. We would then recommend that NewLife™ Health Building Programme (NHBP – Page 24 of the DRP Booklet) be followed for at least 3 to 6 months.

While on the nutritional programme, healing reactions might occur. In other words, the skin problems might become worse before it improves. Healing reactions are positive signs that poisons are being removed from the body. It is only temporary, paving the way to better health.

We have seen that healing reactions were even more severe if medications were taken to suppress the symptoms. This goes to show that medications do not remove the skin problems away from the body but suppresses the symptoms within the body.

The following are the list of recommended supplements that may be taken in conjunction with the ones found in the DRP and NHBP:

## 有两条路走

当发生皮肤问题时，您有两条路可走。您可以选择依靠药物治疗或自然疗法。多数人会选择使用药物，如类固醇、控制或压制皮肤问题的抗生素及抗组胺。这是‘方便’及‘容易’的选择。然而，药物通常带来暂时缓解而不能根治。换句话说，您必须继续服药来压制皮肤症状。这个选择不会给您带来真正的痊愈。

自然疗法是条不容易走的路。勇敢做出这选择的人不仅能永久痊愈，而且整体的健康也会有所改善。身体的创造是非常奇妙的，若提供它正确的需要，它便能自行愈合、自我修复。新生命所设计的营养健康计划就是为了达到这目的。

这个营养健康计划多年来帮助了不计其数的人。然而，进行这计划必须有自律与决心直到完全康复。

计划需要进行多长时间才能看到改善？简单的回答是：不一定……但我肯定您已读到这部分，应该不会满意如此简短的答案。好吧！以下是详细的解答：

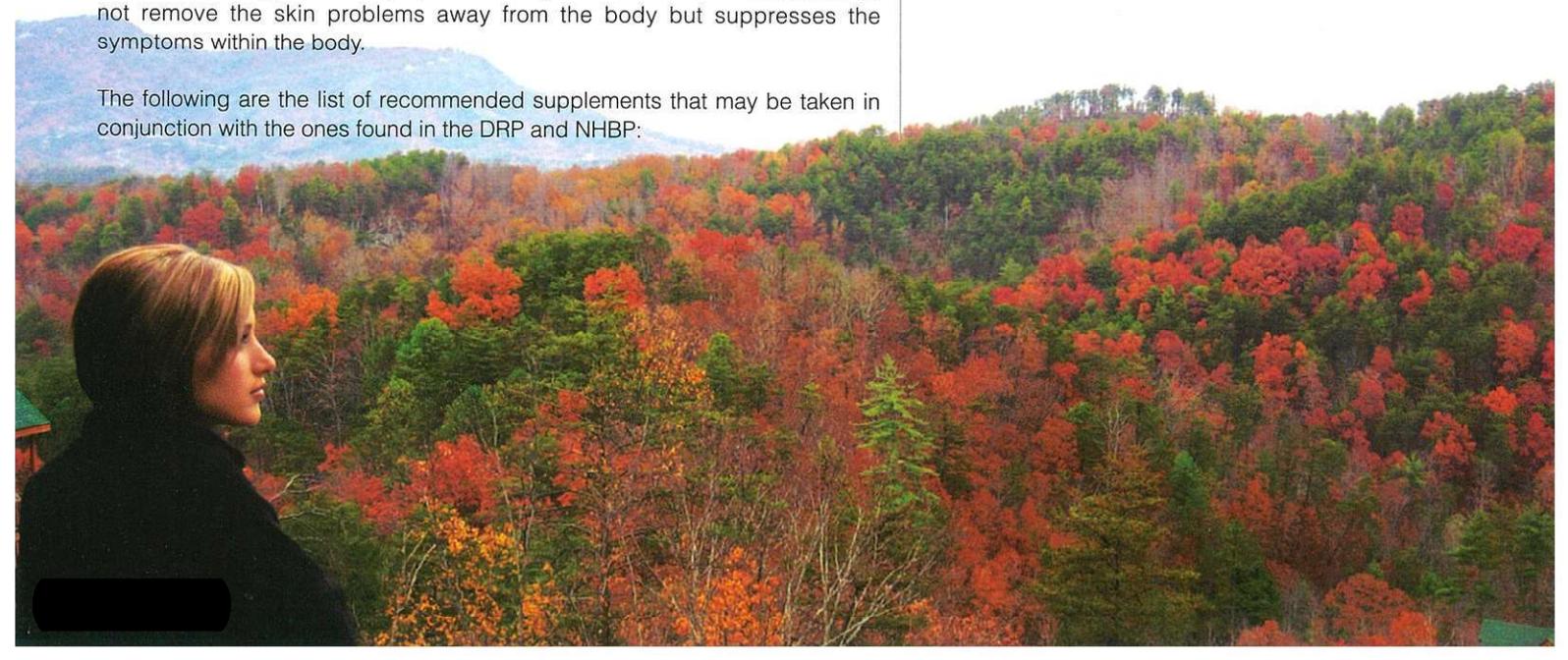
那完全要取决于身体的自动重建能力。例如林先生只需一个星期皮肤就不再痕痒，皮肤疹也消退了。陈太太则进行了两个星期的新生命排毒与复健计划 (DRP)，她眼睛部位的皮肤炎才消退。另一个先生有非常严重的牛皮癣，他花了两年的时间才康复。桑尼多年来有粉刺，在进行DRP一个星期后，他的粉刺就永久消失了。另一方面，我们知道也有些人半途而废，走回旧路，继续依赖药物。

此健康营养程序要达到的目的有二：（1）排毒及（2）建立健康。此程序的开始是要先进行为期两周的排毒与复健计划 (DRP)。在这期间，若发现没有改善，就表示身体需要更多时间来重建。我们会推荐进行另外三到六个月的新生命建立健康程序 (NHBP - DRP小册子的第24页)。

在进行这健康营养程序时，您也许会经历一些医疗反应。换句话说，在完全痊愈之前，您的皮肤问题可能会变得更糟糕。医疗反应是显示身体在经历排毒的好现象。这经历是暂时性的，坚持下去就能逐步地改善健康。

根据我们的临床经验，我们发现那些曾经使用药物来控制病情的患者，在进行自然疗法程序时，其医疗反应会更加严重。这证明了药物只是压制皮肤问题。

我们推荐在进行排毒与复健计划 (DRP) 及新生命建立健康程序 (NHBP) 时，一起采用以下补助品做配合与辅助：



Supplement 补品	Dosage & Comments	剂量及注释
 <p><b>Niacin</b> 血液循环补充丸</p>	<p>50 mg 4 X daily. Promotes circulation &amp; necessary for healing. (Contraindications: Patients presenting with hepatic insufficiency, hepatitis, or hepatic cirrhosis should receive a maximum of 100 - 150 mg daily. Patients with a history of bleeding ulcers, or gastritis, and patients concurrently receiving prednisone, other steroids, or anticoagulants like coumadin should not take Niacin. Not to be taken during menses or bleeding.)</p>	<p>每日四次，每次50毫克。 促进血液循环及愈合。(禁忌：肝机能不良、肝炎或肝病患者每天最多只能摄取100-150毫克。出血性溃疡、胃炎、或近期内服用皮质酮、其他类固醇或者抗凝剂如苯丙酮香豆素钠的病人不可服用此补充剂。还有月经及出血时也忌服。)</p>
 <p><b>Dr. Bruschi's Essiac Tea</b> 布鲁士医生草药茶</p>	<p>3 oz. 2 X daily on empty stomach. A necessary detoxifying tea.</p>	<p>每日空腹服用两次。每次3盎司。 排毒所必备的草本草药。</p>
<p><b>Vitamin C Complex</b> 维他命C综合丸</p> 	<p>5 tablets daily in divided dosage. Enhances immune function.</p>	<p>每日5丸，分开服用。 提升免疫力。</p>
 <p><b>Vitamin B Complex</b> 维他命B综合丸</p>	<p>1 tablet 3 X daily. An important anti-stress supplement.</p>	<p>每日三次，每次1丸。 重要的抗压补品。</p>
<p><b>N.zimes™ PA Plus</b> 胰酶(植物)添加素</p> 	<p>2 teaspoons with each meal and before sleep. Aids digestion and also as systemic enzymes.</p>	<p>每顿膳食2茶匙。还有在睡前服用服用。 促进消化，调节酵素系统。</p>
 <p><b>Kelp</b> 海藻宝</p>	<p>5 tablets daily. Supplies balanced minerals. Needed for good skin tone.</p>	<p>每日5片。 提供平衡矿物质。让您拥有好肤色。</p>
 <p><b>Rebound Exercise</b> 弹跳运动</p>	<p>10 minutes daily or few minutes several times a day. Promote lymph flow and improve immunity.</p>	<p>每天十分钟，或一天多次几分钟。 促进淋巴流程并提升免疫力。</p>
<p><b>Castor Oil Pack</b> 纯天然蓖麻油</p> 	<p>1 hour at right abdomen area daily. Removes toxins from Lymphatic system; reduces inflammation.</p>	<p>每天一小时在右腹部。 为淋巴系统排毒；减少炎症。</p>
<p><b>NewLife™ Shower System</b> 新生命花洒系统</p> 	<p>To ensure the shower water is free from toxic contaminants like Chlorine, Lead, Chlorine by-products, and etc.</p>	<p>以确保淋浴水是无毒的，有效去除毒性污染物，比如氯、铅、氯副产物等。</p>
 <p><b>Apple Cider Vinegar (ACV) Rinse</b> 苹果醋冲洗</p>	<p>Rinse the body after shower with 2 tablespoon of ACV in 1 liter of distilled water. Provides the right environment for healthy skin cells. Relieves inflammation almost immediately.</p>	<p>在淋浴后以两大汤匙苹果醋加入一公升蒸馏水冲洗身体。 为健康皮肤细胞提供良好环境。能有效即刻解除炎症。</p>
<p><i>Topical Application:</i> 局部外敷:</p>  <p><b>Dr. Bruschi's Essiac Tea</b> 布鲁士医生草药茶</p>	<p>Apply on affected area. A necessary detoxifying tea.</p>	<p>在受影响的部位。 排毒所必备的草本草药。</p>

**Disclaimer:** The cases mentioned above are actual true cases. However, different bodies will respond to the nutritional programme differently. The information presented here is purely for education purpose. 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 condition.

**声明:** 以上所提的个案属实。然而，因体质而异，对营养健康计划会有不同的反应。这里所表达的信息纯属教育目的。这不是为自我诊断或自我治疗的处方。请向医生咨询参考以上一切关于您的症状或健康状况的观点和所推荐的。



# WARNINGS 警告:

## SIDE EFFECTS OF COMMONLY USED DRUGS FOR SKIN PROBLEMS

### 常用的有关皮肤问题药物与它们的副作用

**STEROID:** Oral steroids and topical steroids are commonly prescribed to treat skin problem. They are used to relieve swelling, itching and inflammation, such as dermatitis, eczema, psoriasis, and severe allergic reactions. Even for topical steroid cream, steroid can be absorbed into the body through the skin. The risk of their side effects depends on the strength of the steroid, the length of application, the site treated, and the nature of the skin problem. The most common side effects reported with the short-term (days to weeks) use of steroids include a bigger appetite, weight gain, upset stomach, headache, mood changes, and trouble sleeping. Some people may also have upswings in blood sugar and blood pressure. Side effects associated with long-term (months to years) use of steroid therapy include weakening of the immune system, elevations in cholesterol levels, and weight gain. Long-term use may also cause brittle bones, fat deposits on the face and back, thinning of the skin, and cataracts in the eyes. In children, long-term use of oral steroids may cause stunted growth.<sup>1</sup>

**ANTIBIOTIC:** A drug used to treat infections caused by bacteria and other micro-organisms. Common side effects include nausea, diarrhoea, and stomach pains. However, as antibiotics destroy both the bad and the good bacteria (which help prevent overgrowth of any bad organism), antibiotics are a common cause of yeast infection (fungal infections of the mouth, digestive tract and vagina). Also if you take antibiotics when you do not need them, some bacteria that the medicine cannot kill will mutate and become harder to kill. These tougher bacteria are called antibiotic-resistant bacteria, and they can cause longer and more serious infections. To treat them you may be prescribed with a different, stronger antibiotic that costs more. A stronger antibiotic may have more side effects than the first medicine. The wide spread use of antibiotics is considered one of the main causes of immune system disorder. If antibiotic use is not curtailed, we may soon approach the day when untreatable infections are rampant.<sup>2</sup>

**ANTIHISTAMINE:** Antihistamines are drugs that neutralise the effects of histamine, a product released in the body tissues during allergic reactions. Antihistamines have many side-effects such as drowsiness, congestion of the bronchial tubes, abnormal nasal secretions, nausea, vomiting, diarrhoea, constipation, dizziness, elation or depression, loss of appetite, irritability and difficulty in urinating.<sup>3</sup>

**类固醇:** 口服类固醇和外敷类固醇是针对皮肤问题所配给的常用药物。它们用于消肿, 止痒及消炎, 如皮肤发炎、湿疹、牛皮癣及严重的皮肤过敏。即使是外用的类固醇膏, 类固醇也可以透过皮肤被身体吸收。副作用的风险要看类固醇的强度、服用时间长短、及皮肤问题的本质。短期(数天到数星期)使用类固醇最常见的副作用包括——胃口变大、体重增加、肠胃不适、头疼、情绪化及失眠。有些人还会血糖及血压高。长期(几个月到几年)使用类固醇疗法的副作用包括免疫系统减弱、高胆固醇、及体重增加。长期使用可导致骨质疏松症、脸肿及背部脂肪囤积、皮肤变薄、及白内障。对于儿童, 长期使用口服类固醇可能导致成长障碍。<sup>1</sup>

**抗生素:** 此药物经常用来对付细菌和其他微生物所造成的传染。常见的副作用包括恶心、腹泻及胃痛。然而, 抗生素消灭坏菌的同时也破坏了好菌(帮助防止坏菌的繁衍)。抗生素是导致真菌传染(口、消化道及阴道真菌感染)的常见起因。您若在不需时服用抗生素, 有些不能被抗生素所消灭的细菌就会变异, 成为更不容易被消灭、更顽强的细菌, 称为抗消炎药变异细菌, 可能导致更长及更严重的传染。要控制它们您可得使用不一样或更强的抗生素。越强的抗生素也就有更多的副作用。抗生素的宽泛使用可能是免疫系统失常的主要起因。若不减少抗生素的使用, 很快的我们就无法抵抗蔓延的传染病。<sup>2</sup>

**抗组胺剂:** 抗组胺剂是中和组织胺的药物。当身体产生过敏反应时就会自动释放组织胺。抗组胺剂有许多副作用如嗜睡、支气管壅塞、异常鼻分泌、恶心、呕吐、腹泻、便秘、头晕、过度兴奋或忧郁症、没有胃口、小便痛楚及困难。<sup>3</sup>

#### References 参考:

1. 'Side Effects of This Medicine' section of <http://www.drugs.com/cons/corticosteroids.html>
2. 'The Immune System' and 'Candida Albicans', both by Louise Tenney M.H., the 'Side Effects of Antibiotic' section of <http://www.emedicinehealth.com/antibiotics>, and the 'Using Antibiotics Wisely' of <http://www.webmd.com/a-to-z-guides/using-antibiotics-wisely-topic-overview>.
3. Utusan Konsumer Nov-Dec 2007

# 酵素 Enzymes

## —THEIR RELATIONSHIP TO SKIN PROBLEMS & OTHER DISEASES

## —与皮肤病及其他疾病

### What are enzymes? What do they do?

According to the late enzyme research pioneer, Dr. Edward Howell M.D., there are three different types of enzymes:

- ✓ those that occur in our food;
- ✓ those that are made in the body for the digestion of food, and;
- ✓ the metabolic enzymes produced by the body that are made to run the biochemical reactions occurring in the body: all our organs, tissues, and cells.

Food enzymes are destroyed when the food is cooked (destroyed in the temperature 48°C, similar to the temperature of warm water). Canning, pasteurizing, microwaving, or genetically engineered for a longer shelf-life, also destroy enzymes in food. To replace enzymes that are lost in the cooked and processed food, your body needs to create more digestive enzymes to break down the foods into usable molecules. Decreased enzyme levels in the body are found in a number of chronic ailments, such as allergies, skin disease, and even more serious diseases like diabetes and cancer. For example, as far back as in 1934, an Austrian researcher, Dr. E. Freund, found that cancer patients did not have the "solubilizing" tumour-destroying enzymes in their blood that normal healthy people have.

### What is Pancreatic Insufficiency?

The pancreas secretes lipases, proteases, and amylases which are enzymes responsible for the breakdown of food in normal digestion. Enzymes are very specific to what they will break down or digest. For example, protease—the enzyme that breaks down protein—will only work on protein, not carbohydrate.

Insufficient secretion of these enzymes results in poorly or partially digested foods. These undigested foods began to ferment and putrefy, throwing back into the body toxins and gas. These toxins compromise the integrity of the gut causing intestinal permeability, adding to food sensitivity problems, and allowing the undigested foods (toxic by-products) to cross the intestinal wall into the body. When absorbed into the bloodstream, some of these large food molecules (undigested food) are seen by the body's immune system as foreign, and an immune response is triggered, causing hosts of problems to our body:

### 什么是酵素？它们有什么功效？

根据已故的酵素研究先驱，爱德华·赫威医生，酵素(学名“酶”)可分为三种类型：

- ✓ 食物里含有的酵素；
- ✓ 由身体所分泌为消化食物的酵素，及；
- ✓ 由身体生产的新陈代谢酵素，来维持身体所有器官、组织及细胞的平衡性和稳定性。

然而食物里的酵素常因烹煮而被破坏(其实只在温度摄氏48度(如温水)酵素就开始被破坏)。罐装、高温杀菌、微波、或改变基因来增加贮藏期也会毁坏酵素。为了替代煮熟及处理食物失去的酵素，您的身体需要制造更多消化酶来划分食物使之成为有用的分子。体内酵素水平的减少会导致慢性疾病，例如过敏症、皮肤病、甚至更严重的疾病如糖尿病及癌症。早在1934年，奥地利研究员，伊·费勒恩博士，发现癌症患者的血液里缺乏在正常健康人体内所含有的“可溶解”破坏肿瘤的酵素。

### 什么是胰酶素不足？

胰脏分泌脂肪酶、蛋白酶、及淀粉酶分解素，在正常消化时负责把食物分解。一般上酵素的功能都是特定的，比如蛋白酶只能消化蛋白质，而无法消化碳水化合物。

胰酶素若分泌不足将造成食物消化不良。这些没有被消化的食物开始发酵及腐化，造成体内毒素及肠胃气。这些毒素减弱肠道健康、造成肠渗透性、加重食物敏感问题、并允许未被消化的食物(毒性副产物)渗透肠壁进入身体。当这些毒素进入血液时，我们的免疫系统把这些大分子(未被消化的食物)视为外来异常物，并启动免疫反应，对我们身体造成问题：

#### SKIN DISEASES

- Psoriasis
- Eczema
- Dermatitis
- Hives
- Skin rash

#### & OTHER DEGENERATIVE DISEASES

- Autism
- Asthma
- Chronic bloating
- Chronic fatigue
- Excessive mood swings
- Irritable bowel syndrome
- Autoimmune disease, such as lupus, rheumatoid arthritis, AIDS, multiple sclerosis, cancer etc.
- Attention Deficit Syndrome
- Bed wetting
- Chronic diarrhoea
- Chronic swollen glands
- Puffiness under the eyes
- Dark circles under the eyes (allergic shiners)

#### 皮肤病

- 牛皮癣
- 湿疹
- 皮肤炎
- 荨麻疹
- 皮疹

#### 及其他退化疾病

- 孤僻症
- 哮喘
- 长期腹胀
- 长期疲劳
- 过度情绪化
- 肠易急综合症
- 无法集中注意力综合症
- 尿床
- 长期腹泻
- 长期腺肿胀
- 眼袋浮肿
- 黑眼圈(过敏导致青肿)
- 自体免疫病，如狼疮，风湿性关节炎，爱滋病，多种硬化症，癌症等。

### How would enzyme supplement help?

Enzyme supplements can give the body the digestive support it needs to make up for the lack of enzymes in the cooked and processed food. They spare exhausting the enzyme pool in our body and thus lessen the work the body has to do. Enzymes absorbed into the bloodstream help to break up immune complexes, expose tumours to immune attack, and assist in cell differentiation.

### 酵素补充剂能如何提供帮助？

酵素补充剂可补充那些煮熟及被处理的食物所缺乏的酵素以帮助消化。它们增加我们体内的酵素储备，减轻身体负担。酵素进入血液里，帮助破坏免疫复合物，攻击肿瘤，将之消灭分化。

# What is so special about NewLife™ n.zimes PA Plus? 新生命胰酶(植物)添加素有什么特别?



n. zimes PA PLUS is specially formulated to provide digestive support throughout a broad range of conditions. A proprietary blend unique only to NewLife™ is the result of eight decades of research and expertise in the study and safe handling of enzymes founded by Dr. Edward Howell.

As the name denotes, n. zimes **PA** is a **Pancreatin Alternative**; **PLUS** means together with pancreatin alternative, it **comes with other important broad spectrum enzymes** necessary for digesting a broad range of foods, namely Protease 3.0, Protease 6.0, Peptidase, Bromelain, Glucoamylase, Invertase, Alpha-Galactosidase, Malt Diastase, Lactase, Cellulase, Hermicellulase, Phytase, and Pectinase.

Also, the advantage of n. zimes PA Plus over our body's own pancreatic enzymes is because the enzymes in n. zimes PA Plus can work in a broader pH range (3.5 to 8) both acidic and alkaline, whereas pancreatic enzymes only work best in the alkaline environment found in the small intestines (pH range of 7.5 to 8.5). Enzymes in the n.zimes PA Plus start digesting food in the stomach (acidic) and continue the process as the foods enter the small intestines (alkaline), ensuring complete digestion of the foods. Thus the body has less work to do, secreting smaller amount of enzymes. This is a relief to the whole body.

胰酶(植物)添加素是特别设计用来帮助各类消化。这经安全处理的酵素配方属新生命专有, 由爱德华·赫威医生所始创, 是经过八十多年的研究成果。

顾名思义, 胰酶(植物)添加素是**胰酶替代体**; **添加素**意味着除了替代胰酶素, 它还**含有其他各类重要的酵素**来帮助消化, 如蛋白酶3.0, 蛋白酶6.0, 肽酶、菠萝蛋白酶、葡糖淀粉酶、转化酶、阿尔法半乳糖苷酶、麦芽淀粉酶、乳糖酶、纤维素酶、半纤维素酶、肌醇六磷酸酶及果胶酶。

此外, 胰酶(植物)添加素的好处是因为它能在酸性、碱性和中性环境中产生作用(3.5到8), 而胰脏分泌的酵素却只适合在小肠的碱性环境里(酸碱值7.5到8.5)发挥作用。胰酶(植物)添加素的酵素能在胃(酸性环境)开始帮助消化食物, 一直持续到食物进入小肠(碱性环境), 确保食物完全被消化。因此减轻身体的负担, 减少身体酶素的消耗。这对全身是一种解救。

You can eat a diet that has no enzymes and still live for many years, even to ripe old age, but through each generation you would produce inferior offspring (it seems that we inherit a certain enzyme potential at birth). Would it not be better to save your own enzymes for cellular work when you can afford to supplement them?

即使饮食欠缺酵素, 您也许仍能活许多年, 甚至活到年老, 但一代传一代, 以后的子孙可能将先天酵素不足(我们似乎继承一定的酵素)。若能够通过酵素补充剂增加身体的酵素, 确保细胞机能得以平衡改善, 不是更好吗?

## FREQUENTLY ASKED QUESTIONS

### Most of us eat lots of cooked foods everyday. Can we make up for this enzyme loss by eating raw foods in addition?

No. Cooked foods are such a large drain on our enzyme supply that you can't make it up by eating raw foods in addition. Although there are enzymes in raw foods, there is only enough to break down and digest that particular raw food.

### Would I benefit from taking n.zimes PA Plus if I don't have any of the problems mentioned above or if I eat mainly raw foods?

Yes you would still benefit from taking enzymes. Our bodies use up enzymes in so many ways that it pays to maintain your enzyme bank, regardless of what you eat. Keep in mind that the more we store up our enzyme reserve, the healthier we will be. As we become enzyme deficient, we age faster. In fact, low enzyme levels are associated with old age and chronic disease. Therefore any enzymes that are taken are not wasted.

### How long will it take for me to notice results if I have skin problem?

As you are a unique individual, results will vary from what others may experience. You will probably see a faster results if the n.zimes PA Plus is taken as part of the holistic approach as outlined in our Health Corner (page 17).

### If I take enzymes, will my body stop producing enzymes?

No. By supplementing with food enzymes, you are helping to replace enzymes that are lost by the cooking or processing of food. This relieves the body of its burden to create more digestive enzymes. The body then is able to produce the required enzymes for other vital bodily functions.

## 常见问题

### 我们大多数每天都吃熟食。我们是否能另外吃些新鲜生食来补偿酵素的损失?

否。煮熟的食物让我们消耗大量酶素, 因此即使补吃新鲜生食也无法弥补我们失去的酶素。这是因为新鲜生食本身所含的酶素, 仅够用来做自身的分解消化。

### 如果我没有以上提到的任何问题, 或说我主要都吃新鲜生食, 采用胰酶(植物)添加素还会为我带来任何好处吗?

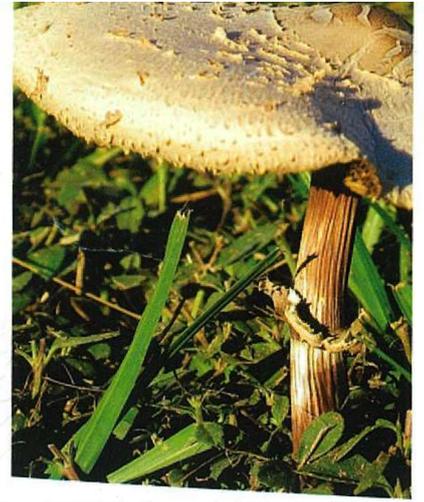
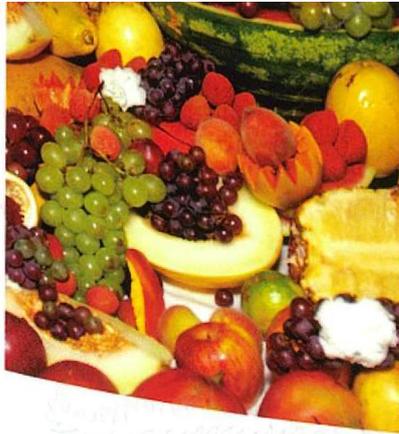
是的。采取酶素仍能为您带来许多益处。无论我们吃什么, 维持身体各方面的运作须要消耗身体酶素存库里的大量酶素。因此酶素储备越多, 我们就可以越健康。若缺乏酶素, 就会很快老化。事实上, 酶素水平低与年老及慢性病有密切的联系。所以任何补充的酶素都不会浪费。

### 如果我有皮肤病, 采用多久的酶素补充品才可见效?

因为个人体质不同, 效果也会随着不一样。若能以胰酶(植物)添加素, 一起配合健康角落所述的整全健康营养程序(第17页), 您可以更快看到成效。

### 如果我采取酶素补充品, 我的身体是否将停止生产酶素?

否。通过食物酶素补充品, 您帮助替代经过烹调或处理的食物所失去的酶素。这能减轻身体制造消化酶的负担。身体就能集中生产维持其他重要功能的必需酶素。



**n. zimes PA PLUS**  
胰酶(植物)添加素

- Plant based. (Note: some other enzyme supplements in the market may contain extracts from the pancreas of animals.)
- Suitable for vegetarians.
- Free of Genetically Modified Organism (GMO).
- Contains a complete spectrum of enzymes:
  - ✓ Proteolytic enzymes: break down proteins
  - ✓ Carbohydrolytic enzymes: digest various form of carbohydrates
  - ✓ Lactase: digest lactose found in dairy products
  - ✓ Lipase: break down oils and fats
  - ✓ Fiber-hydrolyzing enzymes: break down the fibrous cell walls present in grains, fruits and vegetables. Help to release the nutrients within, and enable the absorption of the resulting smaller molecules. Also help to prevent gas formation in the intestines.
- 植物草本。(注：市场上其他品牌酵素补充剂可能包含动物胰腺提取物。)
- 适合素食者。
- 不含经改造基因的生物(GMO)。
- 包含各类酵素：
  - ✓ 蛋白分解酶：分解蛋白质
  - ✓ 醣类分解酵素：消化各类碳水化合物
  - ✓ 乳糖酶：消化乳制品的乳糖
  - ✓ 脂肪分解素：分解油和脂肪
  - ✓ 纤维水解的酵素：分解纤维状细胞壁，如五谷类、水果及蔬菜。帮助分解含有的营养素，使之变成更小更容易被身体吸收的分子并促进吸收。也能防止产生胃气。