



Am I Losing Muscles? - The Truth About Sarcopenia

我的肌肉在萎缩吗？ ——肌少症的真相

Maintaining muscle mass and strength is vital for overall health and well-being. As we age, the risk of muscle loss, known as sarcopenia, becomes a concern. However, there is good news! By understanding the factors influencing sarcopenia and adopting a positive and proactive approach, we can take steps to preserve our muscles. In this article, we will explore the causes, prevention and practical strategies to defy sarcopenia and promote muscle health.

The term "sarcopenia" stems from the Greek words "sarx" meaning flesh and "penia" meaning loss. It is characterised by the gradual decline in muscle mass, strength and functionality. Sarcopenia can have significant consequences on an individual's health and well-being. Muscle loss leads to decreased strength, mobility and balance, thus increasing the risk of falls, fractures and loss of independence. It can also affect metabolism, insulin sensitivity and overall vitality.

Sarcopenia is influenced by a combination of factors. While aging is a significant contributor, it is not the sole cause. Sedentary lifestyles, poor nutrition, chronic inflammation, hormonal changes and certain medical conditions can all play a role.

As we age, our bodies undergo several changes that can contribute to muscle loss. These include a decline in anabolic hormones like testosterone and growth hormone, reduced muscle protein synthesis, increased levels of inflammation and a decrease in physical activity levels.

Certain medications and medical treatments can contribute to muscle loss. Examples include long-term use of corticosteroids, which can lead to muscle protein breakdown, and chemotherapy treatments for cancer, which may cause muscle wasting as a side effect. It is essential to discuss potential muscle-related side effects with healthcare providers and explore strategies to mitigate muscle loss when undergoing such treatments.

Symptoms of sarcopenia may include gradual muscle weakness, reduced stamina, difficulties with daily activities, unintentional weight loss, and changes in body composition. However, these symptoms can vary in severity among individuals.

保持肌肉质量和力量对整体健康至关重要。随着年龄的增长，肌肉流失的风险也就是所谓的肌少症，成为一个令人担忧的问题。然而，有一个好消息！通过了解影响肌肉减少症的因素并采取积极主动的方法，我们可以采取措施来保护我们的肌肉。在本文中，我们将探讨肌少症的原因，预防和实用的策略，以抵抗肌少症，促进肌肉健康。

“肌肉减少症”一词源于希腊语“sarx”，意思是肉，“penia”意思是损失。其特征是肌肉质量、力量和功能逐渐下降。肌少症会对个人的健康产生重大影响。肌肉流失会导致力量、灵活性和平衡能力下降，增加跌倒、骨折和丧失独立性的风险。它还会影响新陈代谢、胰岛素敏感性和整体活力。

肌少症受多种因素的影响。虽然年龄是一个重要的因素，但它不是唯一的原因。久坐不动的生活方式、营养不良、慢性炎症、荷尔蒙变化和某些医疗条件都可能起作用。

随着年龄的增长，我们的身体会经历一些变化，这些变化会导致肌肉流失。这其中包括睾酮和生长激素等合成代谢激素的下降，肌肉蛋白质合成减少，炎症水平增加以及体力活动水平降低。

某些药物和医学治疗会导致肌肉流失。例如，长期使用皮质类固醇可能导致肌肉蛋白质分解，以及癌症化疗可能会导致肌肉萎缩的副作用。在接受这些治疗时，有必要与医疗保健提供者讨论潜在的肌肉相关的副作用，并探索减轻肌肉损失的策略。

肌少症的症状可能包括逐渐的肌肉无力、耐力下降、日常活动困难、体重意外减轻和身体成分的改变。然而，这些症状的严重程度因人而异。

While sarcopenia is most commonly associated with older adults, it can also affect younger individuals. In younger individuals, sarcopenia can be influenced by factors such as sedentary lifestyles, poor nutrition, chronic illnesses or hormonal imbalances.

During the COVID-19 pandemic and the associated lockdown measures, sarcopenia, or muscle loss, has become a growing concern for people of all ages. Several factors contribute to the increased prevalence of sarcopenia during this period:

1. Sedentary lifestyle: Lockdowns and stay-at-home orders often resulted in reduced physical activity levels. With limited access to gyms, sports facilities and outdoor spaces, many individuals experienced a decrease in exercise and overall movement. Prolonged periods of inactivity can lead to muscle wasting and accelerated muscle loss.

2. Reduced exercise opportunities: Closure of fitness centres, cancellation of sports events and restrictions on outdoor activities significantly limited exercise opportunities. This disruption in regular exercise routines, especially resistance training, contributes to muscle loss and weakened muscle strength.

3. Nutritional challenges: During the lockdown, access to fresh foods was restricted. Some studies also reported an increased intake of comfort foods such as sweets, fried food, snack foods and processed foods as well as alcohol consumption. Increased reliance on processed foods has an impact on nutrition. Inadequate protein intake, essential for muscle maintenance and repair, can exacerbate muscle loss during periods of reduced physical activity.

4. Psychological stress: The pandemic brought about heightened stress levels for many individuals due to factors such as health concerns, financial pressures, uncertain future and social isolation. Chronic stress can trigger hormonal changes that can contribute to muscle wasting and loss of muscle mass.

5. Impact on older adults: Older adults, who are already more susceptible to sarcopenia, faced additional challenges during lockdowns. They often experienced reduced opportunities for social engagement, limited access to healthcare services, and decreased mobility—all of which contribute to accelerated muscle loss and functional decline.

6. Disruption of healthcare services: Routine medical check-ups, physical therapy sessions, and access to specialized care for chronic conditions were affected by the strain on healthcare systems during the pandemic. Delayed or limited access to healthcare services may have hindered early detection and management of sarcopenia, exacerbating its progression.

It is important to note that the impact of lockdown measures on sarcopenia varied among individuals, and some may have found creative ways to stay active and maintain healthy habits even within the constraints of the pandemic. However, the overall disruption to daily routines, limited access to exercise facilities, and potential nutritional challenges contributed to an increased risk of sarcopenia during this time.

Although lockdowns have already ended, their impact on health does not switch off instantly.

虽然肌少症通常与老年人有关，但它也可能影响年轻人。久坐的生活方式、营养不良、慢性疾病或激素失衡都可能导致年轻人患上肌少症。

在2019冠状病毒病大流行和相关的封锁措施期间，肌少症或肌肉损失已成为各个年龄段人群关注的问题。在此期间，有几个因素导致肌少症患病率的增加：

1. 久坐不动的生活方式: 封锁和居家令通常会导导致身体活动水平降低。由于进入健身房、体育设施和户外空间的机会有限，许多人的锻炼和整体运动量都减少了。长时间的不活动会导致肌肉萎缩和加速肌肉损失。

2. 运动机会减少: 健身中心关闭、体育活动取消和户外活动限制大大限制了运动机会。这种常规运动的中断，特别是阻力训练，会导致肌肉流失和肌肉力量减弱。

3. 营养方面的挑战: 在封锁期间，获取新鲜食品受到限制。一些研究还报告说，包括甜食、油炸食品、零食和加工食品在内的安慰食品以及酒精的消费量也在增加。对加工食品的依赖增加对营养有影响。蛋白质对肌肉维持和修复至关重要，如果摄入不足，在活动减少期间这可能加剧肌肉流失。

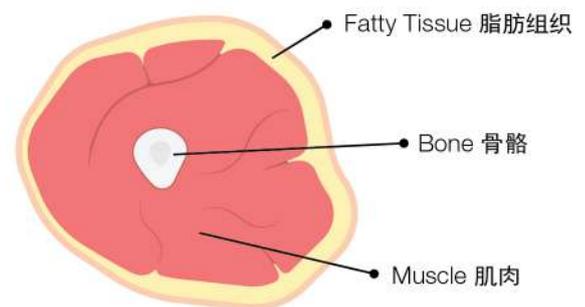
4. 心理压力: 由于健康担忧、经济压力、未来不确定和社会孤立等因素，这场大流行给许多人带来了更高的压力水平。长期的压力会引发荷尔蒙的变化，从而导致肌肉萎缩和肌肉量的减少。

5. 对老年人的影响: 老年人本来就更容易患肌少症，在封锁期间面临额外的挑战。他们参与社会交流的机会减少，获得医疗服务的机会有限，行动能力下降，这些都会导致肌肉加速损失和功能衰退。

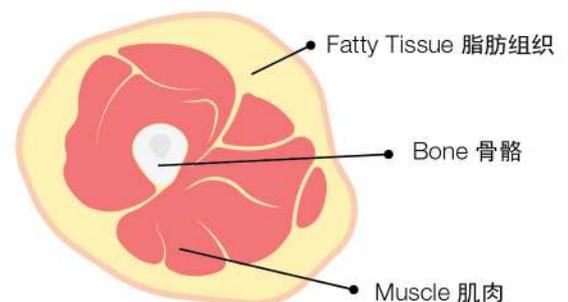
6. 卫生保健服务中断: 大流行期间卫生保健系统承受的压力影响了常规医疗检查、物理治疗和慢性病专科护理。延迟或限制获得保健服务可能妨碍了对肌少症的早期发现和治疗，加剧了其进展。

值得注意的是，封锁措施对肌少症的影响因人而异。有些人可能有足够的创意，即使在大流行的限制下，也能找到保持活跃和保持健康习惯的方法。然而，日常生活受到的整体干扰、使用运动设施的限制以及潜在的营养挑战，所有这些都导致了这段时间内肌少症风险的增加。

虽然封锁已经结束，但它对健康的影响不会立即消失。



Healthy Muscle Mass 健康肌肉质量



Muscle Loss Due to Sarcopenia 肌少症引起的肌肉流失



Here are several preventative measures that you can take to reduce your risk of sarcopenia:

A. Engage in regular physical activity, including both aerobic exercises and resistance training, to promote muscle strength and function.

Focus should be placed on exercises that target major muscle groups, such as squats, lunges, chest presses, and rows. Resistance training programmes should include both moderate-intensity exercises for muscle endurance and higher-intensity exercises for muscle strength. It is important to start at an appropriate level of intensity and gradually progress under the guidance of a qualified fitness professional.

Rebound exercise can be a beneficial form of exercise for individuals with sarcopenia. Here's how it can help in the prevention and management of sarcopenia:

Muscle Activation:

Rebound exercise involves repetitive jumping or bouncing movements on a rebounder. This activity engages major muscle groups throughout the body, including the legs, core and upper body. The rhythmic bouncing motion stimulates muscle contractions, helping to strengthen and tone muscles.

肌肉激活: 弹跳练习包括重复的弹跳或反弹动作。这项活动涉及全身的主要肌肉群,包括腿部、核心和上半身。有节奏的弹跳动作刺激肌肉收缩,帮助加强和增强肌肉。

Resistance Training:

The act of jumping or bouncing on a rebounder provides a unique form of resistance training. With each bounce, the muscles are subjected to gravitational forces that create resistance, which helps to build muscular strength and endurance. This resistance promotes muscle growth and can counteract the muscle loss associated with sarcopenia.

阻力训练: 跳跃或弹跳的动作提供了一种独特的阻力训练形式。每次反弹,肌肉受到引力的影响,产生阻力,这有助于增强肌肉力量和耐力。这种阻力促进肌肉生长,可以抵消与肌少症相关的肌肉损失。

Low-Impact Nature:

Rebound exercise is a low-impact activity, meaning it puts less stress on the joints compared to activities like running or jogging. This makes it suitable for individuals with joint issues or those who may be more susceptible to injuries. The low-impact nature of rebound exercise allows individuals with sarcopenia to engage in physical activity without putting excessive strain on their joints and muscles.

以下是您可以采取的几种预防措施,以降低患肌少症的风险:

A. 定期进行体育锻炼,包括有氧运动和阻力训练,以增强肌肉力量和功能。

重点应该放在针对主要肌肉群的锻炼上,比如深蹲、弓步、胸部按压和划船。抗阻训练计划应该包括中等强度的肌肉耐力训练和高强度的肌肉力量训练。重要的是要从适当的强度水平开始,并在合格的健身专业人员的指导下逐渐进步。

对于那些喜欢在舒适的家里锻炼的人,他们可以考虑弹跳运动。对肌少症患者来说,弹跳运动是一种有益的运动形式。以下是弹跳运动如何帮助预防和控制肌少症:

Balance and Coordination:

Sarcopenia can impact balance and coordination, increasing the risk of falls and injuries. Rebound exercise requires maintaining stability and balance while jumping on the rebounder surface. By regularly practising rebound exercise, individuals can improve their balance and coordination, reducing the risk of falls and improving overall functional mobility.

平衡和协调: 肌少症会影响平衡和协调,增加跌倒和受伤的风险。在弹跳床上弹跳需要保持稳定和平衡。通过定期练习弹跳,可以改善平衡和协调,减少跌倒的风险,提高整体功能的灵活性。

Cardiovascular Fitness:

Rebound exercise is a form of aerobic exercise that can provide cardiovascular benefits. Jumping on a rebounder increases heart rate, improves blood circulation, and enhances cardiovascular fitness. Improved cardiovascular health supports overall physical well-being and can complement the efforts to manage sarcopenia.

心血管健康: 弹跳运动是一种有氧运动,可以提供心血管益处。在弹跳床上弹跳可以提高心率,改善血液循环,增强心血管健康。改善心血管健康可支持整体健康,并可以补充管理肌少症的努力。

低冲击性: 弹跳运动是一种低冲击活动,这意味着与跑步或慢跑等活动相比,它对关节的压力更小。因此,弹跳运动适合有关节问题的人或那些可能更容易受伤的人。弹跳运动的低冲击特性使肌少症患者在进行体力活动时不会对关节和肌肉造成过度的压力。



B. Consume a balanced diet rich in high-quality proteins, fruits, vegetables, and whole grains to provide the necessary nutrients for muscle health.

- **Protein:** Lean meats, poultry, fish, eggs, dairy products such as yoghurt and **ColostrumX**, legumes, and plant-based protein sources like **Spirulina** are excellent choices. Aim to include these in your meals to provide the essential building blocks for muscle growth and repair.
- **The Rainbow Diet:** A colourful array of fruits and vegetables is packed with antioxidants, vitamins, and minerals that support muscle health. Include a variety of produce such as berries, leafy greens, bell peppers, and citrus fruits in your diet.
- **Omega-3 Fatty Acids:** Foods rich in omega-3 fatty acids, like fatty fish (wild caught salmon, etc.) and walnuts, possess anti-inflammatory properties that can help reduce muscle damage and support recovery. **Omega Gold Flaxseed oil** is also a good source of omega-3 fatty acids.
- **Vitamin D:** This “sunshine vitamin” plays a crucial role in muscle health. Ensure sufficient exposure to sunlight or consider a vitamin D supplement under the guidance of a healthcare professional.
- **Calcium Complex with Boron:** Calcium Complex with Boron can play a vital role in addressing sarcopenia. This supplement contains a potent blend of calcium, magnesium and boron, which are essential for maintaining muscle health and strength. Calcium is crucial for muscle contraction and contributes to muscle function, while magnesium aids in muscle relaxation and energy production. Additionally, boron plays a role in calcium metabolism and supports joint health. By incorporating Calcium Complex with Boron into your daily routine, you provide your body with the necessary nutrients to support muscle health and combat the effects of sarcopenia. Regular use of this supplement can help promote muscle strength, mobility, and overall physical performance, enabling you to maintain an active and independent lifestyle as you age.
- **Kelp:** Rich in nutrients such as iron, vitamin K, iodine, calcium and magnesium, Kelp directly helps to support healthy bones and muscles. It is also rich in antioxidants that slow the aging process and help prevent age-related conditions such as sarcopenia.

C. Maintain a healthy weight and body composition, as excessive body fat can contribute to muscle loss.

D. Avoid or limit behaviours that can accelerate muscle loss, such as smoking and excessive alcohol consumption.

E. Manage any chronic conditions effectively, as proper management can help minimize the impact of certain diseases on muscle health.

In our journey to defy sarcopenia, we hold the power to nourish and strengthen our muscles. By embracing an active lifestyle, incorporating tissue-building foods and considering targeted supplements, we can promote muscle health and vitality at any age. Let's embark on this empowering path and experience the joy of a strong and resilient body. Remember, it's never too late to start building strength and embracing a life of muscle wellness.



B. 均衡饮食，包括优质蛋白质、水果、蔬菜、全谷物，为肌肉健康提供必要的营养。

- **蛋白质:** 瘦肉、家禽、鱼、蛋、乳制品如酸乳酪和初乳奶粉等、豆类 and 螺旋藻等植物性蛋白质来源都是很好的选择。致力在饮食中加入这些食物，为肌肉生长和修复提供必要的物质。
- **彩虹饮食:** 色彩鲜艳的水果和蔬菜富含抗氧化剂、维生素和矿物质，有助于肌肉健康。在饮食中包括各种各样的农产品，如浆果、绿叶蔬菜、甜椒和柑橘类水果。
- **奥美加3脂肪酸:** 富含奥美加3脂肪酸的食物，如多脂鱼（野生鲑鱼等）和核桃，具有抗炎特性，可以帮助减少肌肉损伤，促进恢复。**奥美加黄金亚麻籽油**也是奥美加3脂肪酸的良好来源。
- **维生素D:** 这种“阳光维生素”对肌肉健康起着至关重要的作用。确保充足的阳光照射，或在医疗专业人员的指导下考虑补充维生素D。
- **钙合剂加硼:** 钙合剂加硼在解决肌少症方面起着重要的作用。这种补充剂含有有效的钙，镁和硼的混合，这是维持肌肉健康和力量的必要条件。钙对肌肉收缩至关重要，有助于肌肉功能，而镁有助于肌肉放松和能量产生。此外，硼在钙代谢中起作用，支持关节健康。添加钙合剂加硼到您的日常生活中，为您的身提供必要的营养来支持肌肉健康和对抗肌少症的影响。经常使用这种补充剂可以帮助促进肌肉力量，灵活性和整体身体表现，使您在年老时可以保持积极和独立的生活方式。
- **海藻宝:** 海藻宝富含铁、维生素K、碘、钙和镁等营养成分，直接有助于支持健康的骨骼和肌肉。它还富含抗氧化剂，可减缓衰老过程，并有助于预防与年龄相关的疾病，如肌少症。

C. 保持健康的体重和身体组成，因为过多的身体脂肪会导致肌肉流失。

D. 避免或限制会加速肌肉流失的行为，如吸烟和过度饮酒。

E. 有效管理任何慢性疾病，因为适当的管理可以最大限度地帮助减少某些疾病对肌肉健康的影响。

在对抗肌少症的旅程中，我们拥有滋养和增强肌肉的行动力量。通过拥抱积极的生活方式，食用组织构建食物并考虑有针对性的补充剂，我们可以在任何年龄促进肌肉健康和活力。让我们踏上这条赋权之路，体验强壮有弹性的体魄。请记住，任何时候开始锻炼力量追求健康肌肉都不会太晚。