

The Best HOME REMEDIES for INDIGESTION 缓解消化不良的最佳家庭疗法

Indigestion, often caused by gas, bloating, or discomfort after meals, is common, especially during festive seasons with rich foods. Instead of relying on antacids, consider natural remedies to support digestive health.

饭后出现腹胀、打嗝或不适等症是很常见的，尤其是在节日期间，聚会频繁且大吃大喝的情况较多。与其服用抗酸剂，不妨考虑使用天然疗法来缓解消化不良，并维护肠道健康。

1 DIGESTIVE ENZYMES 消化酶

Digestive enzymes are crucial for breaking down food and absorbing nutrients. Modern diets, high in processed foods, can reduce the body's ability to produce digestive enzymes for optimal digestion. Over time, this can lead to malnutrition, indigestion, skin conditions like eczema and other health issues. Foods like pineapple, papaya and bananas contain natural enzymes, but for added support, digestive enzyme supplements can be an effective solution.

Try NewLife™ N.Zimes PA Plus™. This plant-based enzyme supplement is a proprietary blend of five pancreatic enzymes designed to support the digestion of proteins, carbohydrates, lactose, fats and fibre. These enzymes begin working in the stomach and continue through to the intestines.

消化酶对分解食物和吸收营养至关重要。现代饮食中加工食品含量高，会降低人体产生消化酶的能力。久而久之，这会导致营养不良、消化不良、湿疹等皮肤问题和其他健康问题。某些食物，例如凤梨、木瓜和香蕉，含有能够辅助消化的天然酶。但对于许多人而言，可能需要额外的补充。消化酶补充剂或许是一种有效的解决办法。

新生命胰酶（植物）添加素，是一种独特的混合物，含五种胰酶，旨在支持蛋白质、碳水化合物、乳糖、脂肪和纤维的消化。这些酶在胃中开始发挥作用，并持续作用至肠道。



2 APPLE CIDER VINEGAR 苹果醋

Low stomach acid can hinder digestion. Mixing one teaspoon of NewLife™ Apple Cider Vinegar with water can stimulate stomach acid production and improve digestion. For best results, drink 30 minutes after a meal.

胃酸过低会阻碍消化。将一茶匙新生命苹果醋与水混合，可以刺激胃酸的产生，改善消化。为了达到最佳效果，饭后30分钟再喝。

3 PEPPERMINT 薄荷

Peppermint tea relieves muscle spasms in the intestines and alleviates bloating and nausea. A few cups between meals may help maintain digestive comfort.

薄荷茶可以缓解肠道肌肉痉挛，减轻腹胀和恶心。两餐之间喝几杯有助于保持消化系统的舒适。





4 PROBIOTICS 益生菌

A healthy gut microbiome is essential for digestion and preventing harmful bacteria. An imbalance in the gut microbiome can contribute to weight gain, high blood sugar, high cholesterol and other health issues. Probiotics, found in foods like yoghurt, kefir, miso and kimchi, promote gut health. However, if you are on a sodium-restricted diet, be cautious with fermented foods like sauerkraut and miso.

ImmuFlora® is a premium supplement that supports digestion, relieves discomfort, and strengthens immunity with 10 billion Bifidobacterium longum, 1 billion Lactobacillus acidophilus, and 200 mg Fructo-Oligosaccharides (a prebiotic that encourages the growth of good bacteria).

健康的肠道微生物群对消化和防止有害细菌至关重要。肠道微生物群失衡会导致体重增加、高血糖、高胆固醇和其他健康问题。酸奶、开菲尔、味噌和泡菜等食物中的益生菌可以促进肠道健康。然而，如果您正在限制钠的摄入，对于诸如酸菜和味噌之类的发酵食品应谨慎食用。

新生命免疫菌植是一种支持消化，缓解不适，增强免疫力的优质补充剂，含有100亿长双歧杆菌，10亿嗜酸乳杆菌和200毫克低聚果糖（一种促进有益细菌生长的益生元）。



5 CHAMOMILE 洋甘菊

Chamomile tea is known for its soothing effects on the stomach and intestines. It helps reduce digestive spasms and promotes restful sleep, making it an ideal remedy for evening discomfort.

洋甘菊茶以其舒缓肠胃的功效而闻名。它有助于减少消化痉挛，促进安稳睡眠，使其成为夜间不适的理想补救措施。

6 MANUKA HONEY 马努加蜂蜜

Manuka honey contains enzymes that aid digestion and fight Helicobacter pylori (H. pylori). It also nourishes gut bacteria with its prebiotic properties, supporting overall digestive health. A spoonful of NewLife™ Manuka Honey can provide soothing relief.

马努加蜂蜜含有帮助消化和对抗幽门螺杆菌的酶。它还包含益生元，能够滋养有益的肠道细菌，从而支持整体消化系统健康。在饮食中添加一汤匙新生命马努加蜂蜜，可以缓解消化不良，有益健康。

Good digestion is foundational to overall health and well-being. It is closely linked to the immune system, mental health, mood, and even the prevention of chronic conditions such as autoimmune diseases, skin disorders and cancer. Supporting your digestive system with natural remedies can help improve not just digestion, but your overall quality of life.

良好的消化功能是整体健康的基础，影响免疫功能、精神健康和慢性疾病的预防。通过天然疗法来支持消化系统，不仅能够改善消化状况，还能提升整体生活质量。