

Transform Your GUT HEALTH

Solutions for Common Digestive Issues

改善肠道健康 解决常见消化问题

Gut health is the foundation of overall health, as our digestive system is responsible for absorbing nutrients and eliminating waste. It is a complex system involving various organs, and if any part is out of balance, it affects the rest of the body. Poor gut health can lead to issues like fatigue, inflammation, migraines, and even mood disorders—alongside more immediate symptoms like constipation, heartburn and indigestion.

Here are four common signs of poor gut health. If any of these sound familiar, consider taking steps to support your digestive health.

肠道健康是整体健康的基础，因为我们的消化系统负责吸收营养和排除废物。它是一个复杂的系统，涉及多种器官，如果其中任何一部分失衡，都会影响身体的其他部分。肠道健康不佳可能引发诸如疲劳、炎症、偏头痛等问题，乃至更直接的症状，如便秘、胃灼热以及消化不良。

以下是四种常见的肠道健康不佳的迹象。如果其中任何一种听起来似曾相识，不妨考虑采取措施以支持自身的消化健康。



1 IRREGULAR BOWEL MOVEMENTS (CONSTIPATION) 排便不规律(便秘)

Constipation, or irregular bowel movements, is characterised by difficulty passing stools. Straining during bowel movement or going less frequently than once a day may indicate constipation, a condition that affects millions worldwide.

Constipation results in a retention of waste matter in your colon, which becomes more and more difficult to pass over time. It can cause a variety of digestive issues such as haemorrhoids, an increase of bad bacteria in your colon, and other health issues. It can also increase your risk of colon cancer.

To prevent constipation, start with the basics: water and fibre. Staying well-hydrated and eating high-fibre foods—like fruits, vegetables and whole grains—promote regular bowel movements. Friendly bacteria, through probiotic supplements or fermented foods, can also help regulate gut health. For additional support, digestive enzyme supplements may aid in breaking down food, reducing the likelihood of constipation.

便秘，或排便不规律，其特征为排便困难。如果排便时需要用力，或排便频次低于每日一次，或许便表明存在便秘状况。便秘是一个全球性的常见问题。

便秘会导致粪便在结肠内积聚，随着时间的推移越来越难以排出。这可能引发多种消化问题，例如痔疮、结肠中有害细菌增加，以及其他健康隐患，甚至增加患结肠癌的风险。

预防便秘，需从基础着手：多喝水，多吃富含纤维的食物。保持水分充足，食用高纤维食物（如水果、蔬菜和全谷物）有助于促进规律的排便。通过益生菌补充剂或发酵食品补充有益菌群，也能帮助调节肠道健康。此外，消化酶补充剂可能有助于分解食物，降低便秘的可能性。

2 HEARTBURN 胃灼热

Heartburn is a burning sensation in the chest, often moving up to the throat, caused by stomach acid flowing back into the esophagus. This occurs when the lower esophageal sphincter (LES), a muscle that usually keeps stomach acid from rising, weakens or relaxes at the wrong time. Common triggers include large meals, acidic foods, caffeine, alcohol and stress.

To manage heartburn, start by avoiding trigger foods and eating smaller meals more frequently. Stay upright after meals to prevent acid reflux. If you're prone to nighttime heartburn, avoid eating 2-3 hours before bed. Elevating the head while you sleep might also help provide relief.

胃灼热是一种在胸腔中出现的灼烧感，通常会向上延伸至喉咙，是由胃酸反流到食道引起的。当通常会阻止胃酸上升的下食管括约肌（LES）这一肌肉在不当之时变弱或松弛时，便会引发此状况。常见的诱因包括过量进食、酸性食物、咖啡因、酒精以及压力等。

为了缓解胃灼热，首先应避免食用引发症状的食物，并少吃多餐。饭后保持直立状态有助于防止胃酸反流。如果您容易在夜间出现胃灼热症状，则应避免在睡前2-3小时内进食。睡觉时抬高头部也可能有助于缓解症状。



HAEMORRHOIDS 痔疮

Described as swollen blood vessels in the lower rectum, haemorrhoids can cause bleeding and discomfort. They are very common in both men and women, and around 50% of adults over the age of 50 have haemorrhoids.

They commonly result from straining during bowel movements, often due to constipation. Diarrhoea can also lead to haemorrhoids due to repeated strain on the rectum.

Prevent haemorrhoids by managing constipation with a high-fibre diet and adequate hydration. Fibre-rich foods help make stools softer and easier to pass, reducing the need to strain. Water intake and probiotic supplementation supports regular bowel movements, and regular physical activity can help prevent constipation.

痔疮是指直肠下部的血管肿胀，可导致出血与不适。这种情况在男性和女性中都很常见，50岁以上的成年人中约有一半患有痔疮。

痔疮通常是由于排便时用力所致，常与便秘有关。腹泻也可能导致痔疮，因为反复对直肠施加压力。

通过食用高纤维食物和充足的水分摄入来控制便秘，可以预防痔疮。富含纤维的食物有助于使粪便变软且更易排出，从而减少用力的需要。适量饮水和益生菌补充剂有助于保持规律的排便习惯，定期进行锻炼可以预防便秘。



INDIGESTION OR DIGESTIVE DISCOMFORT 消化不良或消化不适

Indigestion refers to discomfort in the upper abdomen, often triggered by overeating, eating too quickly, spicy or fatty foods, or stress. Common symptoms include early fullness, persistent bloating, nausea, a burning sensation, and flatulence. While usually harmless, frequent indigestion may indicate a more serious digestive issue.

To prevent indigestion, try eating slowly and chewing thoroughly to help break down food. Avoid high-fat and fried foods, as they're harder to digest. Do not drink with meals as the fluid will dilute digestive enzymes. Enzyme supplements are recommended if your body struggles with digestion.

Flatulence may also be caused by unhealthy bacteria in the colon, and may be helped by an intake of probiotics.

消化不良是指上腹部的不适，通常由暴饮暴食、进食过快、辛辣或高脂肪食物或压力所引起。常见症状包括过早饱胀、持续性腹胀、恶心、烧灼感和胀气。虽然通常无害，但频繁的消化不良可能表明有更严重的消化问题。

为了防止消化不良，试着细嚼慢咽来帮助分解食物。避免高脂肪和油炸食品，因为它们更难消化。吃饭时不要喝水，因为液体会稀释消化酶。如果您的身体在消化方面有困难，建议服用酶补充剂。

肠胃胀气也可能是由结肠中的不健康细菌引起的，摄入益生菌可能会有所帮助。

Digestive Support Products 消化辅助产品

Herbal Klenz 天然净化粉

- Gentle daily fibre supplement
- No laxative effect
- Contains detoxifying herbs
- Supports digestion and bowel movement
- 温和的每日纤维补充剂
- 无泻药作用
- 含有排毒草药
- 支持消化和排便



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Apple Cider Vinegar & Pure Raw Honey 苹果醋与纯天然生蜂蜜

- Promotes the growth of beneficial bacteria in the gut when taken together
- Provides enzymes that support digestion
- They're a great alternative to sugary or carbonated drinks, which may aggravate digestive issues
- 一起服用时，有助于促进肠道有益细菌的生长
- 提供有助于消化的酶
- 它们是糖分高或含碳酸饮料的绝佳替代品，这些饮料可能会加重消化问题



4/5

Daily intake of these supplements is recommended for everyone, especially those that have any kind of digestive issues!
建议每天摄入这些补充剂，尤其是那些有任何消化问题的人！

Vitamin C Complex 1000mg Sustained Release

维生素C复合物 1000毫克缓释型

- Enhanced with bioflavonoids
- Aids in lowering inflammation throughout the body
- Promotes collagen formation, which supports healthy stomach and intestinal lining.
- Sustained release formula provides up to 40% better utilization.
- 添加生物类黄酮
- 有助于降低全身炎症
- 促进胶原蛋白形成，有助于维持健康的胃和肠内壁
- 缓释配方可提供高达40%的更有效利用



2/5

Immuflo[®] Probiotic 免疫激菌植

- Probiotic and prebiotic blend
- Contains Bifidobacterium Longum and Lactobacillus Acidophilus
- Comes with Fructo-oligosaccharides which feed the beneficial bacteria
- Helps relieve and prevent diarrhoea and constipation
- Maintains a healthy gastrointestinal environment

- 益生菌与益生元的混合物
- 含有长双歧杆菌和乳酸杆菌
- 含有果聚糖，为有益细菌提供营养
- 有助于缓解和预防腹泻和便秘
- 维持健康的胃肠道环境



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N. Zimes PA Plus[™] 胰酶(植物)添加素

- Proprietary enzyme supplement developed from over eight decades of research
- Contains a broad spectrum of microbial enzymes, including:
 1. Proteolytic enzymes: Break down proteins across a wide pH range (2.5–10), aiding digestion in both the stomach and small intestines
 2. Carbohydrolytic enzymes: Digest carbohydrates like maltose, sucrose, glucose, fructose and complex sugars in vegetables, grains and legumes
 3. Lactase: Breaks down lactose in dairy products
 4. Lipase: Breaks down oils and fats
 5. Fibre-hydrolysing enzymes: Break down fibrous cell walls in grains, fruits and vegetables
- 经过80多年的研究开发的专有酶补充剂
- 含有广泛的微生物酶，包括：
 1. 蛋白水解酶：在宽pH范围内（2.5–10）分解蛋白质，支持蛋白质从胃到小肠的消化
 2. 碳水化合物酶：消化碳水化合物，如麦芽糖、蔗糖、葡萄糖、果糖和蔬菜、谷物和豆类中的复合糖
 3. 乳糖酶：分解乳制品中的乳糖
 4. 脂肪酶：分解油脂
 5. 纤维水解酶：分解谷物、水果和蔬菜中的纤维细胞壁



5/5

Building a Healthier Gut 打造更健康的肠道

Taking steps to improve gut health can have far-reaching benefits. From drinking more water and eating more fibre to identifying and avoiding trigger foods, small changes can significantly improve digestion. Listen to your body's signals, and consider integrating supportive supplements as needed to maintain a balanced and resilient digestive system.

采取措施改善肠道健康可以带来深远的好处。从多喝水、多吃纤维到识别并避免引发食物过敏的食物，小小的改变可以显著改善消化。聆听身体发出的信号，必要时考虑补充一些有益的营养素，以维持一个平衡和有弹性的消化系统。