Why POTASSIUM MATTERS More Than You Think

为何钾的重要性超乎想象

In 1998, headlines proclaimed: "Bananas Help Prevent Strokes!" That attention-grabbing claim was based on studies showing how potassium-rich foods, like bananas, help lower blood pressure and reduce the risk of strokes.

But potassium's value goes far beyond bananas or blood pressure. In the years since, research has confirmed what many natural health practitioners have long understood: potassium is critical for nearly every cell function—and most people aren't getting enough.

Today, poor potassium-sodium balance is silently contributing to a wide range of modern health issues, from fatigue and fluid retention to heart disease, inflammation, and even chronic respiratory symptoms in children.

1998年，多家主流媒体曾报道："香蕉有助于预防中风！"这一引人关注的说法源于多项研究，表明富含钾的食物，如香蕉，有助于降低血压，从而减少中风风险。

然而，钾的作用远不止于香蕉或血压调节。近年来的研究进一步证实了自然健康领域专家长期以来的认知：钾是维持几乎所有细胞功能的关键矿物质，而大多数人的日常摄入量明显不足。

当前，钾与钠之间的失衡已成为多种现代健康问题的潜在诱因，包括疲劳、水肿、心血管疾病、炎症反应，甚至儿童的慢性呼吸道症状。

The Mineral That Powers Your Cells

Potassium is a vital mineral that plays a key role in nearly every cellular function. It helps your body:

- Regulate blood pressure and heartbeat
- Activate enzymes and support detoxification pathways
- Balance fluid levels and promote healthy kidney function
- Transmit nerve signals and initiate muscle contractions
- Fuel cellular energy by supporting ATP production

Yet despite its critical role, most people don't get enough potassium each day—often without knowing it.

细胞的能量来源

钾是一种关键的矿物质，在几乎所有细胞功能中均发挥着核心作用。它有助于：

- 调节血压与心律
- 激活酶系统并支持体内解毒代谢途径
- 维持体液平衡，促进肾脏正常功能
- 传导神经信号并触发肌肉收缩
- 支持三磷酸腺苷的生成，为细胞提供能量

尽管钾在生理功能中具有不可替代的地位，但多数人每日摄入的钾含量仍远低于推荐标准，且往往未意识到这一营养缺口。

> *Potassium* is to your cells what calcium is to your bones—essential for structure, function and vitality.
>
> 钾对于细胞的重要性，可类比于钙对骨骼的作用——是维持细胞结构、功能和活力所不可或缺的元素。

Dr. Costa Deir
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Potassium vs. Sodium: A Hidden Tug-of-War

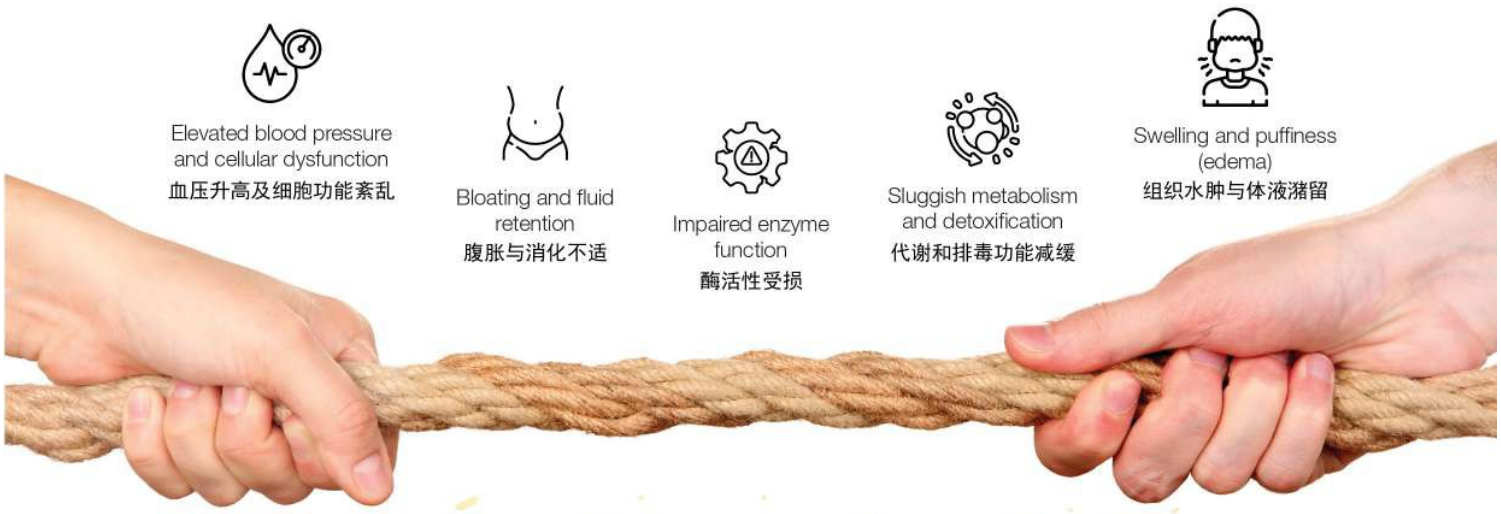
Inside your body, potassium and sodium play opposite but complementary roles. Potassium belongs inside your cells, while sodium is meant to stay mostly outside—in your blood plasma and lymph.

But in today's sodium-heavy diets, this balance is often disrupted. Excess sodium pushes its way into cells, displacing potassium and triggering a chain reaction. To protect themselves, your cells hold on to water, diluting the sodium—but at a cost:

钾与钠：一场隐秘的拔河

在人体内，钾和钠发挥着相反但又互补的作用。钾主要存在于细胞内液中，而钠则主要分布于细胞外液（如血浆和淋巴液）中。

然而，现代高钠饮食模式常常打破这一平衡。当钠摄入过量时，钠离子会挤入细胞，挤走钾，从而引发一系列连锁反应。为了稀释细胞内钠的浓度，细胞会保留水分，导致以下不良后果：



Dr. Max Gerson, a pioneer in nutritional therapy, observed that the loss of potassium and buildup of sodium within cells was the ***earliest stage of chronic illness.***

营养疗法先驱马克斯·格森博士曾指出，细胞内钾的流失与钠的积累是慢性疾病的最初阶段。

Potassium and Fluid Retention: It's Not Always Fat

Have you ever gained half a kilo or more after a salty meal? That sudden weight gain usually isn't fat—it's fluid retention.

Here's what's happening inside your cells:
- Excess sodium enters and pushes potassium out
- Water follows the sodium to dilute its irritating effects
- Cells swell, causing bloating and puffiness
- The scale goes up—but it's not true weight gain

This fluid shift isn't just cosmetic. It reflects deeper cellular imbalance and inflammation.

When you restore potassium levels, the body naturally flushes out excess sodium and water, relieving bloating and restoring balance. This is why increasing potassium intake often leads to noticeable lightness, reduced puffiness, and a clearer sense of well-being.

钾与水肿：脂肪并非体重增加的唯一原因

您是否曾在一顿高盐餐后体重增加半公斤或更多？这种突然的体重增加通常不是脂肪而是水肿。

以下是细胞内部发生的情况：
- 过量钠进入细胞，将钾挤出去
- 水分随钠离子移动，以稀释其刺激性
- 细胞膨胀，导致身体浮肿与肿胀
- 体重上升，但并非脂肪质量增加

这种体液转移不只是外表上的变化。它反映了更深层次的细胞失衡和炎症状态。

当体内钾水平恢复正常时，身体会自然排出多余的钠和水，缓解腹胀，恢复生理平衡。这就是为什么增加钾的摄入量通常可显著改善身体轻盈感、减少浮肿，并提升整体健康状态。

Slimness isn't just about burning fat—it's also about ***releasing trapped fluid and inflammation*** held in your tissues.

健康的体重管理不仅涉及脂肪代谢，也包括释放组织中滞留的水分与炎症产物。

What the Research Shows (2011–2025)

Recent studies reinforce the critical importance of potassium:

- A 2011 meta-analysis found that a 1.64 g/day increase in potassium intake was associated with a 21% lower risk of stroke, with a trend toward lower risk of coronary heart disease and total cardiovascular disease (CVD).
- A 2024 review was published in the Journal of Human Hypertension, which analyzed the Salt Substitute and Stroke Study (SSaSS) and emphasized potassium's role in blood pressure reduction.
- Dietary surveys across 52 countries revealed that over 86% of adults consistently fall below recommended potassium intake.

研究证据（2011–2025）

近年来的研究进一步验证了钾在维持健康中的关键作用：

- 2011年的一项荟萃分析显示，每日增加1.64克钾摄入量可使中风风险降低21%，并显示出降低冠心病和总体心血管疾病风险的趋势。
- 2024年发表于《人类高血压杂志》的一篇综述分析了盐替代品与中风研究，进一步强调了钾在降低血压方面的显著作用。
- 来自52个国家的膳食调查显示，超过86%的成年人日常钾摄入量持续低于推荐水平。

Not Just Adults—Children Are Affected Too

The sodium-potassium imbalance isn't just a problem for adults—it quietly affects children, often showing up in ways many parents don't expect.

In growing bodies, this imbalance can:

- Disrupt hormone signaling
- Interfere with enzyme activity
- Weaken immune defences

And it often manifests as:

- Persistent cough or excessive mucus
- Bronchitis or reactive airway issues
- Asthma-like symptoms
- Slow recovery from colds and respiratory infections

Many parents notice real improvements in their children's health after reducing mucus-forming foods (like dairy and refined sugar) and boosting potassium intake through fruits, vegetables and mineral-rich broths. This isn't just about future wellness—it's about breathing easier, sleeping better, and getting sick less often.

儿童亦受影响

钾钠失衡不仅影响成年人群，也对儿童健康构成潜在威胁，其表现形式往往超出家长预期。

在儿童成长发育过程中，钾钠失衡可能：

- 扰乱激素信号传导
- 抑制关键酶的活性
- 削弱免疫防御

其常见临床表现包括：

- 持续性咳嗽或黏液分泌过多
- 支气管炎或气道高反应性
- 类似哮喘的症状
- 感冒和呼吸道感染后恢复缓慢

多项观察表明，当家长减少易生成黏液的食物（如乳制品和精制糖）的摄入，并通过水果、蔬菜及富含矿物质的汤品增加钾的摄入后，儿童的健康状况常有明显改善。这种调整不仅有助于长期健康，也有助于改善呼吸功能、睡眠质量，并减少感染频率。

Modern Diets Strip Potassium Away

Nature gave us the blueprint: fresh fruits and vegetables are high in potassium and low in sodium. Unfortunately, most people eat the opposite.

Modern potassium drainers include:

- Salt, soy sauce, seasoning powders
- Processed and packaged foods
- Overcooked or canned vegetables
- Mucus-forming foods like cow's milk and refined sugar

Even vegetables lose potassium through boiling and processing:

现代饮食对钾的消耗

大自然为我们提供了蓝图，天然食物如新鲜水果和蔬菜通常富含钾而低钠。然而，现代饮食结构往往与此相反。

以下因素会导致钾的流失或摄入不足：

- 高盐调味品（如食盐、酱油、调味粉）
- 加工食品与包装食品
- 过度烹饪或罐装蔬菜
- 黏液生成性食物，如牛奶和精制糖

此外，蔬菜在煮沸或加工过程中也会显著流失钾元素。

Type of Peas 豌豆种类 (per 每100 g/克)	Sodium (mg) 钠含量(毫克)	Potassium (mg) 钾含量(毫克)
Fresh (raw) peas 新鲜（生）豌豆	~ 31.8 mg/毫克	~ 271 mg/毫克
Frozen peas 冷冻豌豆	~ 149 mg/毫克	~ 145 mg/毫克
Canned peas 罐装豌豆	~ 252–273 mg/毫克	~ 173 mg/毫克

Peas are just one example—the same pattern holds true for many other foods. For instance, navy beans lose up to 64% of their potassium when cooked, and spinach loses 56% when blanched.

Over time, this quiet mineral erosion contributes to a widespread sodium-potassium imbalance in modern diets.

豌豆只是众多受加工方式影响而出现矿物质含量变化的其中一个典型例子，许多其他食物也存在同样的情况。例如，煮熟的海军豆其钾含量可减少多达64%；焯水后的菠菜钾含量也会下降约56%。

长此以往，这种悄然发生的矿物质流失导致现代饮食中普遍存在钠钾失衡。

Practical Potassium: Real Food, Real Solutions

1. Whole Food Sources

Eat more potassium-rich foods:

- Bananas, avocados, oranges, coconut water
- Leafy greens, sweet potatoes, squash, tomatoes
- Lentils, beets, beans, kiwifruit

Tip: Steam or roast your vegetables to preserve potassium. If you boil them, be sure to drink the cooking water or soup, as potassium is water-soluble and leaches out during cooking.

2. Raw Apple Cider Vinegar: A Simple Daily Support

Raw, unfiltered apple cider vinegar (ACV) contains potassium and natural enzymes that support digestion, detox and mineral balance.

NewLife™ Organic Apple Cider Vinegar

- Made from organic New Zealand apples
- Raw, unfiltered and unpasteurized
- Contains the natural "mother" of vinegar for added enzymes
- Supports potassium levels, detox and fluid balance.

How to use:

Mix 1 teaspoon of ACV with 1-2 teaspoons of NewLife™ Pure Raw Honey in a glass of water. Drink once or twice daily before meals. Feel the difference in bloating, energy and digestion.

3. NewLife™ K-Salt: Therapeutic Support for Cellular Balance

Food is foundational—but when inflammation is chronic, stress is high, or diets are depleted, targeted potassium supplementation can offer deeper support.

That's where NewLife™ K-Salt comes in.

This therapeutic mineral blend, originally developed by Dr. Max Gerson after 400+ clinical experiments, combines potassium gluconate, potassium acetate and mono-potassium phosphate to:

- Replenish intracellular potassium
- Displace excess sodium
- Support enzyme activity and detox pathways
- Promote healing at the metabolic level

How to use:

Mix ¼ teaspoon into a glass of water or juice. Take once or twice daily, preferably between meals.

If you are on medication or have kidney-related conditions, please consult your healthcare provider or our inhouse nutritionists before using potassium supplements.

实用钾：真实食物，真实解决方案

1.全食物来源的钾摄入

建议日常饮食中多吃富含钾的天然食物，例如：

- 水果类：香蕉、牛油果、橙子、椰子水
- 蔬菜类：绿叶蔬菜、红薯、南瓜、西红柿
- 豆类及其它：赤豆、甜菜、各类豆类、猕猴桃

烹饪建议：蒸煮或烘烤蔬菜有助于更好地保留钾元素。若采用水煮方式，建议饮用煮菜的汤汁或水，因钾为水溶性矿物质，在烹饪过程中易流失。

2.天然苹果醋：每日简单保健

天然未过滤的苹果醋富含钾元素及多种天然酶类，有助于促进消化、支持排毒及维持体内矿物质平衡。

新生命有机苹果醋特点：

- 采用新西兰有机苹果酿造
- 未经高温杀菌、未过滤处理，保留天然营养成分
- 含"醋母" 成分，富含天然酶
- 有助于维持体内钾水平、促进排毒及体液平衡

推荐用法：将1茶匙苹果醋与一杯水混合，并加入1-2茶匙新生命纯天然生蜂蜜。建议每日饭前饮用1-2次，有助于改善腹胀、提升精力及改善消化功能。

3.新生命钾质：细胞平衡的辅助支持

虽然膳食是获取钾的主要来源，但在长期炎症、压力过大或饮食营养不足的情况下，适当补充钾元素可提供更深层次的健康支持。

这就是新生命钾质发挥作用的地方。

新生命钾质是一种治疗性矿物质复合配方，最初由马克斯·格森博士在400多项临床试验基础上研发而成，其成分为葡萄糖酸钾、乙酸钾及磷酸二氢钾，具有以下功能：

- 补充细胞内钾水平
- 排除多余钠离子
- 支持酶活性及排毒代谢途径
- 在细胞层面促进整体健康恢复

推荐用法：每日1 - 2次，每次将¼茶匙新生命钾质溶解于水或果汁中，建议在两餐之间服用。

注意：若您正在服用药物或患有肾脏相关疾病，请在使用任何钾补充剂前咨询医疗保健专业人士或我们的营养顾问。

Final Takeaway: Balance Restored, Health Reclaimed

总结：恢复钠钾平衡，重拾健康状态

Potassium is more than a mineral—it's a master regulator of energy, circulation and cellular health. When you restore a healthy balance—ideally thrice as much potassium as sodium—your body naturally releases excess fluid, improves immunity and blood pressure, boosts detoxification, and regains clarity and vitality. Support this balance and your body will take care of the rest.

钾不仅是一种基本矿物质，更是调节能量代谢、血液循环及细胞功能的关键元素。当恢复健康的钠钾平衡（理想比例为钾摄入量约为钠的三倍）时，身体将自然排出多余体液，增强免疫力、改善血压状况、促进排毒，并提升认知功能与精力水平。保持这一平衡，有助于身体实现自我调节与修复。