



From creamy lattes to milk teas and that picture-perfect slice of cake behind the glass, low-glycaemic (GI) living often feels like swimming against a tide of temptation. One moment you're riding a sugar high; the next, you crash—foggy, irritable and craving more. But you don't need to stress over every carb. With a few practical low-glycaemic strategies, you can enjoy steady energy and better focus without feeling deprived.

从浓郁的拿铁咖啡到奶茶，再到玻璃柜里那块让人难以抗拒的蛋糕，低血糖生成指数的生活常常感觉像是在逆浪而行。前一刻还沉浸在糖分带来的兴奋中，下一刻就可能陷入昏昏沉沉、烦躁易怒的状态，渴望再来点甜食。但您不需要对每一克碳水都紧张兮兮，只需掌握几个实用的低血糖生成指数策略，就能享受持久的能量供应和更佳专注力，同时又不会感到被剥夺了享受美食的乐趣。

Why Low-Glycaemic Eating Matters

The glycaemic index (GI) measures how quickly food raises blood sugar. High-GI foods like white bread, white rice, soda and sugary cereals spike glucose fast, then drop it hard—triggering fatigue, hunger and more cravings. Over time, this rollercoaster can lead to insulin resistance, weight gain and metabolic issues. In contrast, low-GI foods digest slower, helping keep blood sugar stable and hunger in check throughout the day.

为什么低血糖生成指数饮食很重要？

血糖生成指数衡量食物升高血糖的速度。像白面包、白米饭、汽水和含糖麦片这类高升糖指数食物会使血糖迅速升高，然后急剧下降，引发疲劳、饥饿和更多欲望。长期如此，这种过山车般的血糖波动会导致胰岛素抵抗、体重增加和代谢问题。相比之下，低升糖指数食物消化更慢，有助于全天保持血糖稳定，控制饥饿感。

Putting It into Practice

Understanding GI is a start but real change comes from daily habits. These seven strategies help manage your blood sugar, boost energy and reduce cravings without feeling restrictive.

实践指南

了解升糖指数只是第一步，真正的改变是来自日常习惯。以下七个策略能帮您管理血糖、提升能量并减少食欲，同时不让您感到饮食受限。

1 Balance Meals with Protein, Fibre & Fat

Pairing carbs with these slows digestion and steadies blood sugar:

- Protein: eggs, tofu, chicken
- Healthy fats: avocado, nuts, flaxseed oil, coconut oil
- Fibre: leafy greens, lentils, chia seeds

Swap toast and jam for whole-grain toast with nut butter and eggs—you'll stay full longer and skip the crash.

通过蛋白质、纤维和脂肪平衡膳食结构

将碳水化合物与以下食物搭配可减缓消化速度并稳定血糖：

- 蛋白质：鸡蛋、豆腐、鸡肉
- 健康脂肪：牛油果、坚果、亚麻籽油、椰子油
- 纤维：绿叶蔬菜、扁豆、奇亚籽

例如，将果酱配白面包替换为全麦面包搭配坚果酱与鸡蛋，有助于延长饱腹感，避免能量波动。

Rethink Carbs—Don't Eliminate Them

Carbs aren't the enemy but quality matters. Avoid refined carbs like white rice, instant cereals, noodles or sugary snacks—especially when eaten on their own. Choose:

- Whole carbs (e.g., sweet potatoes, quinoa, brown rice, lentils)
- Low-GI fruits (e.g., berries, guava, citrus, green apples)
- Minimally processed grains (e.g., oats, barley, sprouted grains)

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合理看待碳水化合物——不必完全戒除

碳水不是敌人，关键是选择高质量来源。避免精制碳水如白饭、速溶麦片、面条、含糖零食——尤其是空腹食用。可选择：

- 全谷物碳水化合物（如番薯、藜麦、糙米、扁豆）
- 低升糖指数水果（如莓类、番石榴、柑橘、青苹果）
- 粗加工谷物，如燕麦、大麦或发芽谷物

Eat in the Right Order

What you eat matters—but so does when and how. Eating fibre and protein before carbs can reduce glucose spikes.

Start with veggies or salad, then protein, and finish with grains. This simple change boosts metabolism without changing what's on your plate.

调整进食顺序以优化代谢反应

吃什么固然重要，但吃的顺序也有影响。在吃碳水之前先吃纤维和蛋白质，这有助于降低血糖波动。

建议先食用蔬菜或沙拉，随后摄入蛋白质，最后再进食碳水化合物。这种简单的改变可以提升代谢效果，而无需改变盘中食物。

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Move After Meals

A 10 to 15-minute walk after eating helps muscles absorb glucose more efficiently. Think of it as a “glucose sponge”. It also aids digestion and prevents that sluggish “food coma” feeling.

餐后适度活动

餐后进行10至15分钟的轻度散步，有助于肌肉更高效地吸收葡萄糖，起到类似“葡萄糖海绵”的作用。此外，还可促进消化，缓解饭后昏昏欲睡的困倦感。

Watch the Liquid Sugar

Drinks like milk tea, soda, and even smoothies can spike blood sugar fast. Liquids digest faster than solid so they hit harder. Stick to water, herbal teas or honey. When juicing, use low-sugar fruits and vegetables—go for leafy greens, choose green apples over red, and skip beetroot. To slow sugar absorption, add fat and fibre to your smoothies—think avocado, chia seeds, flaxseed oil or coconut oil.

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注意液体糖分

奶茶、汽水，甚至是果昔这类饮品都能迅速提高血糖。这是因为液体消化比固体快，所以影响更大。建议多喝白开水、花草茶或蜂蜜醋。若制作果汁，应优先选用低糖水果与蔬菜，如绿叶蔬菜、青苹果而非红苹果，并避免使用甜菜根。为减缓糖分吸收，可在奶昔中添加牛油果、奇亚籽、亚麻籽油或椰子油等富含脂肪与纤维的成分。

Mind the Morning

Your body's more insulin-resistant in the morning, so avoid sweet or high-carb breakfasts. Start your day with a low-GI, protein-rich meal with healthy fats to stay full longer, maintain energy and curb carb cravings. Try options like:

- Eggs with avocado and greens
- Yoghurt or overnight oats with berries, nuts, seeds, flaxseed oil and coconut oil
- Chia pudding with almond butter and cinnamon

Bonus tip:

Planning to eat high-GI foods like white rice or noodles? Take Herbal Matrix Powder / Herbal Klenz 15 minutes before meal. Formulated with psyllium husk, apple pectin, butcher's broom, slippery elm, fennel seed and inulin, it helps slow glucose absorption, promotes steady energy, and supports overall digestive health and gut balance.

关注清晨时段的饮食选择

由于早晨人体对胰岛素的敏感性较低，早餐应避免高糖与高碳水化合物食物。推荐选择低升糖指数、高蛋白质并含健康脂肪的食物组合，以延长饱腹感、维持能量水平、抑制碳水渴望。以下为几种推荐选项：

- 鸡蛋搭配牛油果与绿叶蔬菜
- 酸奶或隔夜燕麦搭配浆果、坚果、籽类、亚麻籽油与椰子油
- 奇亚籽布丁搭配杏仁酱与肉桂

附加建议：

若想食用像白米饭或面条这类高血糖生成指数的食物，可在用餐前15分钟服用天然净化粉。此配方含有洋车前子壳、苹果果胶、山楂树皮、滑榆树皮、茴香籽及菊粉，有助于延缓葡萄糖吸收，促进能量平稳释放，并有益于整体消化系统健康与肠道菌群平衡。

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Don't Overlook Sleep, Stress & Timing

Poor sleep, chronic stress and late-night meals can all disrupt blood sugar by raising cortisol or impairing glucose control. Try these habits to support better balance:

- Get 7-8 hours of quality sleep
- Manage stress with techniques like breathwork, walking, journaling, or other activities that work for you
- Avoid eating 2-3 hours before bed

别忽视睡眠、压力与时间安排

睡眠不足、长期压力和宵夜都可能扰乱血糖控制，因为它们会提高皮质醇或影响葡萄糖代谢。以下习惯有助于改善血糖平衡：

- 保持每晚7-8小时高质量睡眠
- 透过呼吸练习、散步、写日记等方法管理压力
- 避免临睡前2-3小时进食

It's About Consistency Not Perfection

关键在于持之以恒，而非尽善尽美

Low-GI living isn't about getting it perfect. It's about building steady habits, choosing nourishing foods, and listening to your body.

低升糖指数生活并非追求绝对完美，而是建立可持续的健康习惯，选择营养价值高的食物，并根据自身需求做出合理调整。

Extra Support for Low-GI Living

低升糖指数生活的辅助支持

While whole foods and healthy habits are vital, supplements can give extra support—especially during stress, hormonal shifts or low energy. Nutrients like chromium picolinate, CoQ10, B complex, niacin, coconut oil and flaxseed oil may help with blood sugar, energy and inflammation. Remember, supplements aren't a fix-all, but a helpful boost when your body needs it.

尽管天然食物与健康生活习惯是基础，但在特定情况下（如压力较大、激素水平变化或精力不足时），适当补充某些营养素可提供额外支持。吡啶甲酸铬、辅酶Q10、复合维生素B、烟酸、椰子油及亚麻籽油等营养成分对调节血糖、能量代谢及炎症反应具有一定积极作用。请记住，补充剂并非万能药，而是在身体需要时提供辅助支持。

BALANCE ^{Is} the New Wellness Standard: CHROMIUM PICOLINATE

Supporting Glucose Metabolism, Energy and Hormonal Stability

平衡是新的健康标准：吡啶甲酸铬

支持葡萄糖代谢、能量代谢与激素稳态

In today's health landscape, wellness is no longer just about strength, flexibility or aesthetics. The new frontier is balance—specifically, metabolic balance. At the centre of this balance lies one critical factor: blood sugar regulation. From mental clarity to physical endurance, from weight management to hormonal function, stable glucose levels shape how we feel, perform and age.

One micronutrient stands out in this equation: chromium, particularly in its bioavailable form—chromium picolinate. This trace mineral plays an essential role in regulating insulin sensitivity, improving glucose uptake into cells, and optimizing energy metabolism. Backed by decades of research, chromium picolinate is now recognized as a foundational nutrient for metabolic resilience and long-term vitality.

在当代健康领域，健康的定义已不再局限于力量、柔韧性和外貌，而是拓展至更深层次的生理平衡，特别是代谢平衡。这一平衡的核心在于血糖调节能力。从认知功能到身体耐力，从体重管理到激素调节，稳定的血糖水平深刻影响着我们的生理状态、表现水平以及衰老过程。

在这一代谢调控体系中，一种关键的微量营养素日益受到关注——铬，特别是其生物利用度较高的形式——吡啶甲酸铬。作为一种必需微量元素，吡啶甲酸铬在增强胰岛素敏感性、促进葡萄糖进入细胞以及优化能量代谢方面发挥着重要作用。经过数十年的研究积累，吡啶甲酸铬已被广泛认可为支持代谢适应力和长期健康活力的重要营养素。

Metabolic Importance of Glucose Control

葡萄糖调控的代谢重要性

Every time we eat—especially carbohydrates—our body releases insulin, a hormone that helps move glucose from the bloodstream into cells to be used for energy. This glucose-insulin response is meant to be quick, efficient and balanced. However, this finely tuned system can be disrupted by high-glycaemic diets, sedentary lifestyles, stress, poor sleep, and even age-related insulin resistance.

When this happens, the result is often blood sugar imbalances, which can show up as energy crashes, brain fog, sugar cravings, mood swings, weight gain, elevated triglycerides, and—over time—insulin resistance and metabolic syndrome.

每当我们进食，尤其是摄入碳水化合物后，我们的身体便会分泌胰岛素。胰岛素是一种促进葡萄糖从血液转运至细胞内部并用于能量代谢的重要激素。正常的血糖-胰岛素调节机制通常具有快速、高效和自我平衡的特点。然而，这一精密的生理调节系统可能受到高升糖指数饮食、缺乏运动、心理压力、睡眠质量不佳以及与年龄相关的胰岛素敏感性下降等因素的干扰。

上述干扰可能导致血糖水平失衡，临床表现包括能量水平骤降、注意力难以集中、对糖类食物的强烈渴望、情绪不稳定、体重增加、血清甘油三酯升高，并可能逐步发展为胰岛素抵抗及代谢综合征。

Addressing this imbalance doesn't require extreme diets or aggressive medications. It begins with restoring the body's natural sensitivity to insulin—and this is where chromium picolinate enters the picture.

纠正这种失衡并不依赖极端饮食或强效药物，而是应从恢复胰岛素的自然敏感性入手——吡啶甲酸铬正是实现这一目标的重要营养素。



What Is Chromium Picolinate?

Chromium is an essential trace element involved in carbohydrate, fat and protein metabolism. While found in small amounts in foods such as broccoli, whole grains and nuts, absorption is typically low. Chromium picolinate is a superior supplemental form—where chromium is bound to picolinic acid, enhancing its bioavailability and uptake into cells.

Research indicates that chromium picolinate:

- Improves insulin receptor activity
- Enhances glucose transport into muscle and fat cells
- Reduces post-meal glucose spikes
- May support lipid metabolism
- Promotes stable energy levels and reduces cravings

These effects make it particularly useful for individuals managing blood sugar swings, carbohydrate cravings and metabolic stress.

什么是吡啶甲酸铬?

铬是一种参与碳水化合物、脂肪和蛋白质代谢的必需微量元素。虽然存在于西兰花、全谷物和坚果等食物中，但含量少，且吸收率通常很低。吡啶甲酸铬是一种经过优化的补充形式，其中铬与吡啶甲酸结合，显著提高了其生物利用度及细胞摄取效率。

研究表明，吡啶甲酸铬具有以下作用：

- 增强胰岛素受体活性
- 促进葡萄糖向肌肉和脂肪细胞的转运
- 减少餐后血糖波动
- 支持脂质代谢调节
- 维持稳定的能量水平并减少对碳水化合物的渴望

这些作用使其成为管理血糖波动、碳水化合物依赖及代谢压力的理想营养素。

The Benefits of Chromium Picolinate

1. Boosts Energy & Reduces Fatigue

Supports steady energy by improving glucose use, helping to avoid blood sugar crashes.

2. Supports Weight Management

Enhances insulin sensitivity, promoting fat burning and helping preserve lean muscle during weight loss.

3. Improves Mood & Focus

Stable glucose levels support mood, mental clarity, and neurotransmitter balance (like serotonin and dopamine).

4. Promotes Heart Health

May help lower triglycerides, total cholesterol, and LDL, supporting cardiovascular health in those with metabolic concerns.

5. Curbs Sugar & Carb Cravings

Balances blood sugar, reducing appetite, emotional eating and cravings—especially in those with insulin resistance or stress eating.

吡啶甲酸铬的主要健康益处

1. 稳定能量代谢并缓解疲劳

通过促进葡萄糖的有效利用，吡啶甲酸铬有助于维持全天能量稳定，减少血糖波动。

2. 支持健康体重管理

有助于增强胰岛素敏感性，促进脂肪燃烧，并在减重期间有助于保持肌肉量。

3. 改善情绪与认知功能

稳定的血糖水平有助于维持神经递质（如血清素和多巴胺）的平衡，从而提升情绪稳定性和认知清晰度。

4. 促进心血管健康

可能有助于降低甘油三酯、总胆固醇及低密度脂蛋白胆固醇水平，为代谢综合征患者提供额外的心血管保护。

5. 减少糖分与碳水化合物的渴望

可平稳血糖水平、降低食欲、减少情绪性进食及为对甜食的渴望，尤其适用于胰岛素抵抗或压力性进食人群。



How to Use 使用建议

Take one tablet daily, preferably with a meal containing complex carbohydrates. Consistency is key—chromium works best when taken regularly over weeks to restore insulin sensitivity and cellular glucose uptake.

每日服用一粒，最好与含复合碳水化合物的餐食同服。持续服用数周后效果更为显著，有助于逐步恢复胰岛素敏感性和细胞对葡萄糖的摄取能力。



Who Can Benefit from Chromium Picolinate? 谁能从新生命有机铬中受益?



Individuals looking to support healthy blood sugar levels and metabolic function

想要维持健康血糖水平及正常代谢功能的人群



Those experiencing sugar cravings or carb dependency

经常渴望甜食或依赖碳水化合物的人群



Adults managing weight, prediabetes or insulin resistance

正在管理体重、处于糖尿病前期或存在胰岛素抵抗的成年人



Athletes and active individuals seeking stable energy

需要稳定能量供应的运动员及活跃人群



Those on high-carb diets

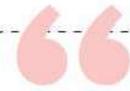
高碳水化合物饮食人群

Chromium Picolinate doesn't promise instant results or dramatic spikes. Instead, it works subtly and consistently, restoring sensitivity where it's been dulled and supporting stable energy where it's been lost.

In doing so, it supports not only blood sugar, but the broader pillars of health: mental focus, weight control, hormonal stability and cardiovascular integrity.

有机铬不会带来立竿见影的效果或剧烈的变化，而是通过温和而持久的作用，帮助恢复受损的代谢调节机制，并在能量失衡时提供支持。

通过这种方式，它不仅有助于血糖调控，更在更广泛的层面上支持健康的核心要素：认知功能、体重管理、激素稳态以及心血管健康。



My Go-To Support for Cravings and Carb Control

我控制食欲和减少碳水化合物摄入的重要辅助产品

I take NewLife™ Chromium Picolinate to support my blood sugar levels, especially since I often consume sweet drinks and a high-carb diet. It has helped curb my cravings and made me feel more in control of my appetite. Since adding it to my daily routine, I've noticed a real improvement in my overall health and energy.

由于我经常喝甜饮料，而且饮食偏高碳水化合物，因此我选择服用新生命有机铬，以帮助维持正常的血糖水平。它在一定程度上帮助我抑制食欲，让我感觉更能控制自己的食量。自从服用它以来，我明显感觉到整体健康状况和精力都有了改善。它现在已经成为我日常生活的一部分。

Lim Pei Kuan, Johor
林佩均, 柔佛

Conclusion: Chromium and the Future of Metabolic Health

结语：铬与代谢健康的未来

In the pursuit of holistic health, the body rewards balance above all. Chromium picolinate stands as a reliable, science-backed tool in the quest to stabilize energy, reduce cravings and enhance metabolic function.

As we redefine wellness not by extremes but by equilibrium, nutrients like chromium picolinate remind us that small compounds can create profound shifts. When taken consistently, with lifestyle alignment and whole-food support, it contributes meaningfully to a life of resilience, clarity and control.

Because in today's world, balance isn't just wellness—it's power.

在追求全面健康的过程中，身体最需要的是平衡。吡啶甲酸铬作为一种具有科学依据的营养补充成分，已被证实有助于调节能量代谢、缓解食欲波动，并促进代谢功能的正常运作。

当我们不再以极端标准来定义健康，而是转向追求平衡时，像吡啶甲酸铬这样的微量营养素提醒我们，即便是微小的营养化合物，也可能对整体健康产生深远影响。在坚持服用的基础上，结合健康的生活方式与全天然食物的营养支持，它能有效帮助我们提升适应力、认知清晰度以及整体活力方面发挥积极作用。

因为在当今社会，平衡不仅关乎生理健康，更是维持身心力量的关键所在。