

Inflammation is often described as the body's built-in defence system but when that response stays switched on, it can quietly erode health over time. Many people live with ongoing fatigue, body aches, brain fog, or bloating without realising these may be signs of persistent, low-grade inflammation.

At the center of this hidden process are two powerful yet easily overlooked organs: the liver and the kidneys. Working silently in the background, they help regulate inflammation, clear waste, and keep the body's internal environment in balance.

炎症是机体固有的免疫防御机制，具有保护性生理功能；然而，当其持续处于激活状态时，则可引发进行性组织损伤与系统性功能紊乱。临床实践中，诸多非特异性症状，如持续性疲劳、躯体疼痛、认知功能下降（即脑雾）及胃肠道胀气等常被忽视，实则可能为低度慢性炎症的早期临床迹象。

在这一病理生理过程中，肝脏与肾脏作为两大关键代谢与排泄器官，虽不直接隶属免疫系统，却通过多重机制深度参与炎症反应的启动、放大与消退调控，共同维系内环境稳态。二者协同构成机体抗炎防御体系的重要功能性支柱。

The Inflammation Connection:

How Your Liver and Kidneys Shape Your Health

炎症与肝肾功能的关联：

系统性炎症调控中的核心器官作用

The Hidden Fire Within 体内的隐秘之火

Inflammation appears in two main forms:

- **Acute inflammation** is short-term and protective. It helps repair injuries and fight infections, like when a cut becomes red and swollen as it heals.
- **Chronic inflammation** is slow, persistent and often subtle. It can smolder for years, contributing to metabolic issues, joint pain, cardiovascular strain and reduced vitality.

Because chronic inflammation does not always cause sharp or obvious pain, it often goes unnoticed until health problems become more pronounced. This is where the liver and kidneys play an especially crucial role in keeping that “hidden fire” under control.

炎症依其病程与功能特征可分为两类：

- **急性炎症**：属生理性、短暂性免疫应答。它有助于修复损伤和对抗感染，比如伤口愈合时出现的红肿。
- **慢性炎症**：为病理性、持续性低强度免疫激活状态，常无典型临床症状，但可经年累月驱动胰岛素抵抗、内皮功能障碍、关节软骨降解及氧化应激增强等过程，进而促进代谢综合征、心血管疾病、神经退行性疾病及早衰等多系统病变的发生发展。

鉴于慢性炎症缺乏特异性警示信号，其早期识别高度依赖对潜在器官功能储备状态的评估，其中肝脏与肾脏的功能完整性尤为关键。

How Inflammation Disrupts the Body 炎症如何扰乱身体机能

Inflammation becomes harmful when the body's regulatory systems are overloaded and can no longer restore balance efficiently. Common drivers of this overload include:

- Diets high in sugar, refined carbohydrates and ultra-processed foods
- Chronic psychological stress and unresolved emotional strain
- Environmental toxins, pollutants and chemical exposures
- Dehydration and irregular fluid intake
- Poor-quality or insufficient sleep and sedentary habits.

Over time, these factors can keep inflammatory pathways chronically activated, leading to symptoms such as:

- Persistent fatigue or low energy
- Joint or muscle aches
- Brain fog or difficulty concentrating
- Digestive discomfort, bloating or irregular bowel habits
- Puffiness, fluid retention or subtle swelling

These signals often reflect how well—or how poorly—the liver and kidneys are coping with the daily workload placed on them.

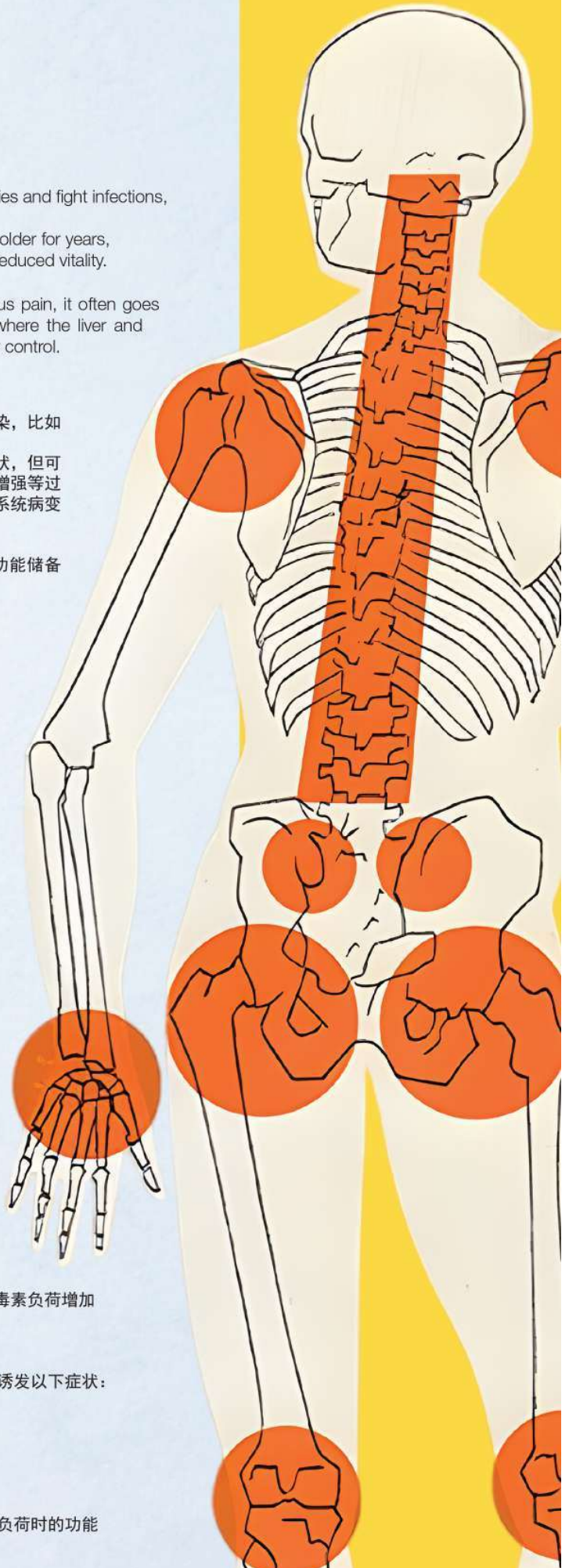
当机体炎症调控网络长期超负荷运转，稳态恢复能力显著下降时，即发生炎症失衡。主要诱因包括：

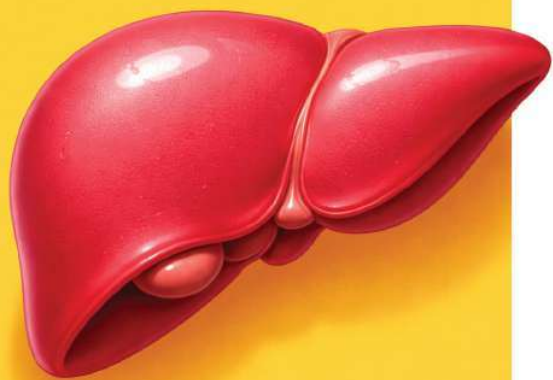
- 高糖、精制碳水化合物和超加工食品的饮食
- 长期未缓解的心理压力及情绪调节障碍
- 环境暴露：空气污染物、重金属、内分泌干扰物及农药残留等外源性毒素负荷增加
- 慢性轻度脱水及饮水节律紊乱
- 睡眠剥夺（尤其慢波睡眠不足）、昼夜节律失调及体力活动严重缺乏

随着时间的推移，这些因素可能会使炎症通路长期处于激活状态，继而诱发以下症状：

- 持续疲劳或精力不足
- 非创伤性关节僵硬、肌肉酸痛或晨僵
- 注意力维持困难、记忆减退及执行功能延迟
- 功能性消化不良、腹胀或排便习惯不规律
- 外周性水肿、体液滞留或轻微浮肿

此类表型变化在很大程度上反映肝肾两脏器在应对内源性 & 外源性炎症负荷时的功能代偿状态。





The Liver: Your Internal Inflammation Manager

肝脏：系统性炎症的 关键调控枢纽

The liver is one of the body's most metabolically active and versatile organs. It is deeply involved in detoxification, nutrient processing, hormone balance, cholesterol and fat metabolism, and blood sugar regulation. Just as importantly, it helps neutralise and clear inflammatory by-products and toxins from circulation.

When the liver becomes overloaded—by excess sugar, alcohol, processed foods, medications, or chronic stress—it may not perform these tasks as efficiently. As a result, inflammatory compounds can accumulate, contributing to systemic inflammation and symptoms such as sluggishness, headaches, hormonal fluctuations or digestive discomfort.

Supporting a resilient liver is therefore a key step in calming inflammation at its source rather than only treating symptoms on the surface.

肝脏是人体代谢最活跃、功能最多样化的器官之一。它深度参与解毒、营养物质处理、激素平衡、胆固醇和脂肪代谢以及血糖调节。同样重要的是，它有助于中和并清除循环中的炎症副产物和毒素。

当肝脏因过量的糖分、酒精、加工食品、药物或长期压力而负担过重时，其执行这些任务的效率可能会降低。结果，炎症化合物可能会积聚，最终加剧系统性炎症负荷，并表现为疲倦乏力、头痛、激素波动或消化不良等状况。

因此，支持肝脏的强健功能是消除炎症根源的关键步骤，而不仅仅是治疗表面症状。



The Liver-Kidney Partnership

肝肾协同： 炎症调控的 整合性生理轴

The liver and kidneys operate as a tightly connected team.

The liver transforms toxins and metabolic waste into forms the body can safely remove, while the kidneys filter and excrete much of this processed waste through urine.

If one organ becomes overloaded, the other often has to compensate, creating a ripple effect throughout the body. This partnership explains why chronic inflammation usually reflects systemic imbalance rather than a single isolated issue.

Toxin buildup can trigger inflammation, inflammation can impair organ function, and impaired function can further fuel inflammation—creating a self-perpetuating cycle.

肝脏与肾脏构成“肝肾轴”，形成闭环式代谢排泄耦联系统：肝脏将脂溶性毒素转化为身体能够安全排出的水溶性结合物，肾脏则通过尿液过滤并排出大部分经过处理的废物。

如果其中一个器官负担过重，另一个通常需要代偿，从而在全身产生连锁反应。这种合作关系解释了什么慢性炎症通常反映的是全身性失衡，而非单一孤立的问题。毒素堆积会引发炎症，炎症会损害器官功能，而功能受损又会进一步加剧炎症——形成一个自我延续的循环。



The Kidneys: Filtering Inflammation Away

肾脏：炎症代谢废物的 终末清除器官

The kidneys function as the body's fine-tuned filtration system. They remove waste products, excess fluids and metabolic by-products from the blood while regulating electrolytes and helping control blood pressure—factors that strongly influence inflammatory balance.

When kidney function is strained or impaired, inflammatory waste can linger longer in the bloodstream. Dehydration, high salt intake, excess sugar, unmanaged blood pressure, and certain medications can all increase the workload on the kidneys and raise inflammatory burden.

Early signs that the kidneys may be under stress can include:

- Fluid retention or swelling, especially around the ankles, hands or under the eyes
- Frequent fatigue or reduced stamina
- Changes in urination patterns, such as frequency, colour or foaming

Caring for the kidneys supports the body's ability to continuously “rinse away” inflammatory by-products before they accumulate.

肾脏是人体内精密的过滤系统。它们从血液中清除废物、多余液体和代谢副产物，同时调节电解质并帮助控制血压，这些因素对炎症平衡有着重大影响。当肾功能受到压力或损害时，炎症废物会在血液中停留更长时间。脱水、高盐摄入、过量糖分、未控制的血压以及某些药物都会增加肾脏的工作负担，并加重炎症负担。

肾脏可能处于压力状态的早期迹象可能包括：

- 水肿或肿胀，尤其是在脚踝、手部或眼周
- 经常感到疲劳或耐力下降
- 排尿模式的变化，如尿频、尿色或尿液起泡沫

因此，保障肾脏灌注充足、电解质平衡稳定及血压达标，是维持其炎症清除效能的基础前提。





Everyday Habits That Fuel Inflammation

助长炎症的日常习惯

Modern lifestyles can unintentionally “feed” the flames of chronic inflammation. Common contributors include:

- Diets rich in ultra-processed foods, refined sugars and unhealthy fats
- Chronic mental stress with little time for recovery
- Sedentary routines and poor blood circulation
- Excess alcohol, frequent medication use and exposure to smoke or pollutants
- Irregular sleep patterns and insufficient rest

Over time, these patterns place sustained pressure on both the liver and kidneys, gradually weakening the body’s ability to regulate inflammation efficiently.

现代生活方式可能会无意中“助长”慢性炎症的“火势”。常见的诱因包括：

- 营养结构失衡：超加工食品、精制糖和不健康脂肪占比过高；
- 心理弹性缺失：长期精神压力且缺乏恢复时间
- 缺乏运动的生活方式和血液循环不良
- 过量饮酒、频繁用药以及接触烟雾或污染物
- 不规律的睡眠模式和休息不足

长此以往，这些习惯会对肝脏和肾脏造成持续的压力，逐渐削弱身体有效调节炎症的能力。

Supporting Liver and Kidney Health

支持肝脏和肾脏健康

The encouraging news is that small, consistent lifestyle choices can significantly lighten the inflammatory load on these organs. Helpful strategies include: 令人欣慰的是，一些小而持续的生活方式选择可以显著减轻这些器官的炎症负担。有益的策略包括：



Hydration 补充水分

Regular, adequate distilled water intake supports kidney filtration, urine production, and the removal of metabolic waste. Aim for steady sipping throughout the day rather than large amounts all at once.

定期摄入充足的蒸馏水有助于肾脏过滤、尿液生成以及代谢废物的排出。建议全天少量多次饮用，而非一次性大量饮用。

Anti-inflammatory eating 抗炎饮食

Build meals around colourful vegetables and fruits, whole grains, legumes, nuts, seeds and omega-3-rich healthy fats (such as flaxseed oil), while minimizing ultra-processed and added-sugar foods.

以色彩丰富的蔬菜、水果、全谷物、豆类、坚果、种子以及富含奥美加3健康脂肪的新生命黄金亚麻籽油为中心安排膳食，同时限制超加工食品和含糖食品的摄入。



Regular movement 定期运动

Walking, stretching, light strength training, or low-impact exercise enhances circulation, supports metabolic balance, and can help lower inflammatory markers over time.

散步、拉伸、轻度力量训练或低冲击运动能促进血液循环，维持代谢平衡，并有助于长期降低炎症标志物。



Daily Coffee Enemas 每日咖啡灌肠

The Coffee Enema has super anti-inflammatory properties and is an effective way to remove toxins from the liver and the blood. The workload on the liver and kidneys are reduced when the above happens.

咖啡灌肠具有超强的抗炎特性，是清除肝脏和血液中毒素的有效方法。当毒素被清除时，肝脏和肾脏的工作负担也会减轻。



Rest and stress management 睡眠卫生与压力调节

Prioritising quality sleep, deep breathing, prayer or mindfulness, and relaxation practices gives the body time to repair and regulate inflammatory responses.

保障优质睡眠、深呼吸、祈祷或冥想以及放松练习，这能让身体有时间修复并调节炎症反应。



Liverin 肝脏宝

A herbal blend with milk thistle (80% silymarin), dandelion root, artichoke extract, burdock root, and celery seed extract is a recognised liver tonic. It rebuilds liver cells, removes toxins, promotes bile flow, and provides antioxidant effects to repair damage from alcohol, medications, or pollutants. Suitable for those with fatigue, digestive issues, liver concerns, or inflammatory issues. Take 3 capsules daily.

一种由奶蓟草（含80%水飞蓟素）、蒲公英根、洋蓟提取物、牛蒡根和芹菜籽提取物组成的草本混合物，是一种公认的护肝良方。它能修复肝细胞、清除毒素、促进胆汁流动，并提供抗氧化作用，以修复酒精、药物或污染物造成的损伤。适合疲劳、消化不良、肝脏问题或炎症问题的人群。每日服用3粒胶囊。

These simple, sustainable practices work together to support detoxification, restore balance and keep inflammation in check.

这些简单且可持续的做法共同发挥作用，支持排毒、恢复平衡并控制炎症。

Signs Inflammation Is Settling Down

炎症减轻的迹象

As liver and kidney function improves and the inflammatory burden decreases, many people begin to notice gradual but meaningful changes:

随着肝脏和肾脏功能的改善以及炎症负担的减轻，许多人会逐渐注意到有意义的变化：



01

More stable, lasting energy and better mental clarity
更稳定持久的能量和更好的精神清晰度

02

More balanced mood and fewer frequent minor illnesses
情绪更稳定，小病减少

03

Smoother digestion with less bloating or discomfort
更顺畅的消化，减少腹胀或不适

04

Reduced joint stiffness, puffiness, or swelling
外周关节晨僵持续时间缩短，肢体水肿或局部软组织肿胀减轻

These shifts rarely happen overnight, which is why consistency in daily habits matters more than quick fixes or extreme “detox” approaches.

上述改善通常呈现渐进性特征，故强调行为干预的依从性与长期坚持，而非追求短期效果。

small CHANGES, BIG IMPACT

小改变，大影响

Consistent everyday choices—adequate hydration, nourishing foods, regular movement and restorative sleep—create powerful cumulative benefits.

By paying attention to early signals from the body and addressing imbalances sooner rather than later, it is often possible to prevent chronic inflammation from becoming a long-term health burden.

日常持续的选择：充足的水分摄入、营养丰富的食物、规律的运动和恢复性的睡眠，会随着时间的推移产生强大的累积效益。

通过关注身体发出的早期信号，并尽早解决失衡问题，通常可以防止慢性炎症成为长期的健康负担。

Restoring Balance From the Inside Out

由内而外恢复平衡

Inflammation itself is not the enemy; it is a message from the body that something needs attention. By caring for the liver and kidneys, the body’s quiet workhorses of detoxification and filtration, the internal environment becomes more stable, adaptive and resilient.

When these silent organs are supported, the body is better equipped to heal, recover, and thrive—steadily and quietly, just as nature designed it to do.

炎症本身并非敌人；它是身体发出的一种信号，表明某些地方需要关注，其本质为一种精密调控的防御机制。肝脏与肾脏作为核心代谢与排泄器官，其功能完整性直接决定炎症介质的合成、转化与清除效率。

因此，以循证为基础的生活方式优化，实为维护内环境稳态、提升生理韧性及延缓炎症相关慢性疾病进展的根本路径。所有干预措施均应立足于个体化评估、多维度协同及长期可持续性原则。