

SAFE GUARDING

Your Loved Ones'

Memories

Understanding Dementia
and Alzheimer's

守护您所爱之人的记忆

了解痴呆症与阿尔茨海默病



Our memories shape who we are. They hold our stories, family traditions, and the moments that connect generations. As our parents grow older, protecting their health includes caring for something just as precious as their physical well-being: **their memories.**

Occasional forgetfulness—misplacing keys or forgetting a name from time to time—is normal. However, dementia and Alzheimer’s disease involve progressive changes that affect memory, thinking and daily functioning. Understanding early signs and supporting healthy lifestyle habits help families care for their parents more proactively and compassionately.

我们的记忆塑造了我们。它们承载着我们的故事、家庭传统以及连接几代人的时刻。随着我们的父母逐渐年迈，保护他们不仅包括关注他们的身体健康，还包括呵护同样珍贵的记忆。

偶尔忘记东西，比如放错钥匙或偶尔忘记名字是正常的。然而，痴呆症和阿尔茨海默病则涉及影响记忆、思维和日常功能的渐进性变化。了解早期迹象并支持健康的生活方式习惯有助于家庭更积极、更富有同情心地照顾父母。

Dementia vs Alzheimer’s: What’s the Difference?

痴呆症与阿尔茨海默病： 有何区别？

Dementia 痴呆症

is a general term describing conditions that affect memory, thinking and behaviour strongly enough to interfere with daily life. Most forms of dementia tend to progress over time, though the rate and pattern can vary depending on the underlying cause.

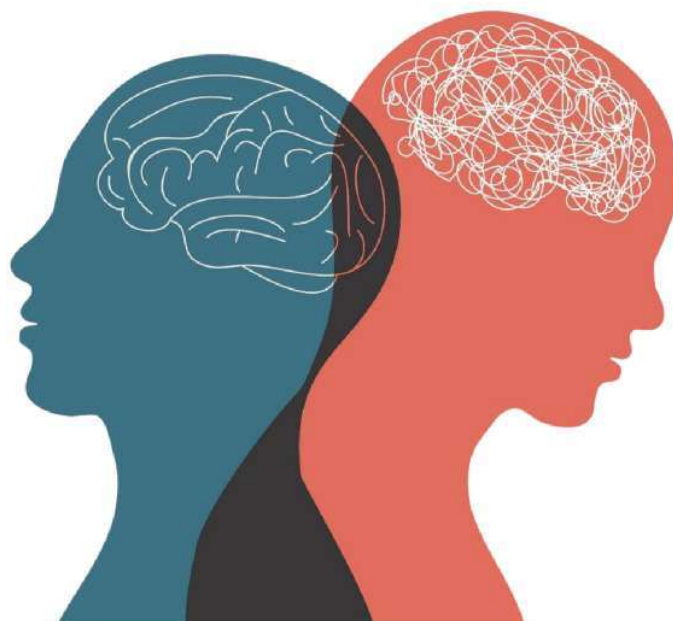
是一个通用术语，描述的是影响记忆、思维和行为的状况，严重到足以干扰日常生活。大多数形式的痴呆症会随着时间的推移而逐渐恶化，尽管其速度和模式可能因潜在原因而异。

Alzheimer’s disease 阿尔茨海默病

is the most common form of dementia. Most people with Alzheimer’s are aged 65 and older, but the disease is not a normal part of aging.

About 5% of people develop early-onset Alzheimer’s, with symptoms beginning in their 40s or 50s. Alzheimer’s is always progressive. Early memory loss may be mild, but later stages can impair conversation and response to the environment.

是最常见的痴呆症类型。大多数阿尔茨海默病患者年龄在65岁及以上，但该病并非正常衰老的一部分。约5%的人会患上早发性阿尔茨海默病，其症状在40多岁或50多岁时开始出现。阿尔茨海默病总是会逐渐恶化。早期的记忆丧失可能较轻微，但到了后期阶段，可能会损害患者的交流能力和对环境的反应能力。



Early Signs Families Should Watch For 家人应留意的早期迹象

Early symptoms can be subtle, and family members are often the first to notice changes. Common warning signs include:

早期症状可能很细微，家人往往是最早注意到变化的人。常见的警示信号包括：



Difficulty completing familiar tasks
完成熟悉的任务有困难



Frequently forgetting recent conversations or events
经常忘记最近的对话或事件



Trouble finding the right words during conversations
在交谈中难以找到恰当的词语



Changes in mood, personality, or judgement
情绪、性格或判断力发生变化



Getting lost in familiar places
在熟悉的地方迷路

Factors That May Increase Risk 可能增加患病风险的因素

Age is the biggest risk factor for dementia and Alzheimer's disease. Research also shows that overall lifestyle and health play an important role in long-term brain function. Factors associated with higher risk include:

- High blood pressure
- High cholesterol
- Diabetes
- Smoking
- Lack of physical activity
- Poor sleep
- Social isolation

The encouraging news is that many of these factors are manageable. Supporting cardiovascular, metabolic and emotional health can also benefit the brain.

年龄是痴呆症和阿尔茨海默病的最大风险因素。研究还表明，整体生活方式和健康状况对长期脑功能起着重要作用。与较高风险相关的因素包括：

- 高血压
- 高胆固醇
- 糖尿病
- 吸烟
- 缺乏体育活动
- 睡眠质量差
- 社交孤立

令人鼓舞的消息是，许多这些因素都是可以控制的。支持心血管、代谢和情绪健康也有助于大脑健康。

Supporting Brain Health Through Food and Nutrition 通过食物和营养支持大脑健康

Nutrition plays a critical role in maintaining long-term brain function. A balanced, nutrient-rich diet supports circulation, reduces inflammation, and provides essential nutrients for brain cells. Brain-supportive foods include:

- Omega-3 rich foods such as flaxseed oil and fatty fish
- Leafy green vegetables like spinach and kale
- Berries, provide antioxidants
- Nuts and seeds, rich in healthy fats and vitamin E
- Whole grains, for steady energy and blood sugar levels
- Healthy oils such as extra virgin coconut oil and olive oil

Eating a variety of whole foods provides the strongest foundation for long-term brain health.

营养在维持长期脑功能方面发挥着关键作用。均衡且富含营养的饮食有助于促进血液循环、减少炎症，并为脑细胞提供必需的营养。有益大脑的食物包括：

- 富含奥美加-3的食物，如亚麻籽油和多脂鱼类
- 绿叶蔬菜，如菠菜和羽衣甘蓝
- 浆果类，富含抗氧化物
- 坚果和种子，含有健康脂肪和维生素E
- 全谷物，有助于提供稳定能量并维持血糖水平
- 健康油脂，如特级初榨纯椰子油和橄榄油

多样化摄取天然食物，是维持长期脑健康最稳固的基础。

When Nutritional Support May Be Helpful 何时需要营养补充支持

Even with a healthy diet, it can be challenging to get all nutrients consistently, especially as nutritional needs change with age. Carefully selected supplements can help support overall wellness and healthy aging when used alongside a balanced diet and lifestyle.

NewLife™ offers a range of supplements designed to complement daily nutrition and support brain, metabolic and cellular health:

即使饮食健康，随着年龄增长，持续获取全面营养仍可能具有挑战。经过谨慎选择的营养补充品，在配合均衡饮食与健康生活方式时，有助于支持整体健康与健康老龄化。

新生命提供一系列补充品，旨在补充日常营养，支持大脑、代谢及细胞健康：

B-Complex vitamins 综合维生素B

Support nerve function and healthy brain activity. Adequate intake of B3, B6 and B12 has been linked to better cognitive health. **NewLife™ B Complex provides balanced B vitamins for daily support.**



支持神经功能与健康的脑部活动。充足摄取维生素B3、B6和B12与更佳的认识健康相关。**新生命维他命B综合丸提供均衡的维他命B，为日常健康提供支持。**

Healthy brain energy from coconut oil 提供脑部能量的椰子油

Medium Chain Triglycerides (MCT) found in coconut oil are converted into ketones, an alternative energy source for brain cells. **NewLife™ Organic Extra Virgin Coconut Oil (EVCO) is naturally rich in MCT.**



椰子油中的中链甘油三酯（MCT）可转化为酮体，为脑细胞提供替代能量来源。**新生命特级初榨纯椰子油天然富含MCT。**

Plant-based nutrition 植物性营养

Plant nutrients support overall metabolic health. **NewLife™ Super Green Food ++ offers concentrated plant nutrition.**



植物营养素有助于整体代谢健康。**新生命特超绿食品++提供浓缩植物营养。**

Digestive health and fibre support 消化与膳食纤维支持

Healthy digestion aids nutrient absorption. **NewLife™ Herbal Matrix Powder / Herbal Klenz** provide plant-based fibre.

健康的消化系统有助于营养吸收。新生命天然净化粉提供植物性膳食纤维。



Colostrum for cellular support 初乳细胞支持

Contains growth factors and immune-supporting compounds that contribute to cellular repair and resilience. **NewLife™ ColostrumX** supports overall vitality and healthy aging.

含有生长因子及免疫支持成分，有助于细胞修复与增强抵抗力。新生命初乳奶粉支持整体活力与健康老化。



Antioxidant nutrients 抗氧化营养素

Oxidative stress can damage brain cells. Vitamin C and astaxanthin help protect cells from free radical damage.

NewLife™ C Complex and Collasta+ provide antioxidant support.

氧化压力可能损害脑细胞。维他命C和虾青素有助于抵御自由基损伤。新生命维他命C综合丸和康丽达胶原红藻+提供抗氧化支持。



Omega fatty acids 奥美加脂肪酸

Support brain cell structure and communication between neurons.

NewLife™ Organic Omega Gold Flaxseed Oil (FSO) provides a plant-based source of omega fatty acids.

有助于脑细胞结构的形成以及神经元之间的信息传递。新生命奥美加黄金亚麻籽油提供植物来源的奥美加脂肪酸。



Gut microbiome support (Probiotics & Prebiotics)

肠道微生物群支持
(益生菌和益生元)

A healthy gut microbiome plays an important role in digestion, immune balance and is increasingly linked to brain health through the gut-brain connection. Supporting both beneficial bacteria (probiotics) and the nutrients that feed them (prebiotics) helps maintain a balanced internal environment.

NewLife™ ImmuFlora® provides a synergistic blend of probiotics and prebiotics for daily gut and overall wellness.

健康的肠道微生态在消化与免疫平衡中扮演重要角色，并且通过肠道—大脑连接与大脑健康之间的联系日益紧密。益生菌以及为它们提供养分的益生元，有助于维持体内平衡。

新生命免疫菌植提供了益生菌和益生元的协同混合物，有助于日常肠道健康和整体健康。



Because cardiovascular and metabolic health are closely linked to brain function, some natural supplements may also help support healthy levels of:

- **Blood pressure: potassium-based mineral support such as K-Salt**
- **Cholesterol: plant-based compounds like red yeast rice (Cholestin)**
- **Blood sugar: nutrients such as Chromium Picolinate**

By combining a nutrient-rich diet, mindful supplementation and healthy lifestyle habits, families can support long-term brain health safely and effectively.

由于心血管与代谢健康与脑功能密切相关，一些天然补充品也可能有助维持以下指标的健康水平：

- **血压：钾基矿物质补充剂，如钾质**
- **胆固醇：植物性化合物，如减固醇**
- **血糖：营养素，如有机铬**

通过结合营养丰富的饮食、合理的营养补充以及健康的生活方式，您和家人可以安全有效地支持长期脑部健康。



Supporting Brain Health Every Day

用心守护每一天的大脑健康

Beyond nutrition, daily habits play an important role in maintaining cognitive function: 除了均衡营养，日常习惯在维持认知功能方面也起着重要作用：



Regular physical activity

定期进行身体活动

Supports healthy blood circulation to the brain and overall vitality. Low-impact activities such as stretching or gentle rebounding on NewLife™ Rebounder can be easier on the joints while still promoting movement and balance.

规律的运动，不仅让血液更顺畅地滋养大脑，也为我们带来由内而外的活力。像伸展运动或在新生命弹跳床上进行轻柔的弹跳这类低冲击活动，对关节更友好，同时能唤醒身体的协调与平衡感。

Limiting exposure to harmful substances

减少有害物质的接触

Reducing alcohol, tobacco smoke, highly processed foods and environmental toxins, including heavy metals, helps protect long-term brain health.

减少酒精、远离烟雾、减少高度加工食品和环境中的潜在毒素（如重金属），有助于保护长期的大脑健康。



Smoking and Dementia Risk 吸烟与痴呆风险

Smoking more than doubles the risk of developing dementia and Alzheimer's disease, according to research published in *The Lancet*.

《柳叶刀》权威研究指出：长期吸烟者罹患痴呆症与阿尔茨海默病的风险，是不吸烟者的两倍以上。



Managing chronic conditions

管理慢性疾病

Proper management of conditions such as hypertension or diabetes supports both cardiovascular and cognitive health.

妥善管理高血压或糖尿病等慢性疾病，这不仅是对心脏的呵护，更有助维持大脑长久清明。



Balanced nutrition and hydration

均衡的营养和充足的水分

Consistent intake of nutrient-rich foods and adequate fluids supports overall body and brain function.

一日三餐营养丰富和充足的水分有助于整体的身体和大脑功能。



Good quality sleep

良好的睡眠质量

Restful sleep is essential for memory consolidation and brain repair. Establishing calming evening routines—such as reducing screen time, creating a quiet environment, or enjoying a warm cup of NewLife™ Organic Chamomile Herbal Tea—can help promote relaxation and better rest.

深度睡眠，是记忆沉淀、神经清理、细胞修复的黄金时段。不妨试着在傍晚放慢节奏：调暗灯光、放下手机、泡一杯温热的新生命有机洋甘菊花茶，让身心自然沉入安稳与放松。



Sleep and Brain Health 睡眠与大脑健康

Deep sleep plays a vital role in memory formation. Chronic sleep deprivation may increase the risk of cognitive decline and Alzheimer's symptoms. Start tonight by turning off the lights just 15 minutes earlier.

深度睡眠在记忆形成过程中起着至关重要的作用。长期缺觉或睡眠质量差，可能悄然增加认知退化和阿尔茨海默病症状的风险。今晚，就从一次早15分钟的关灯开始吧。

Mental stimulation

保持好奇心，继续学习

Activities such as reading, puzzles or learning new skills help keep the mind active and engaged.

阅读、解谜或学习新技能等活动有助于保持大脑活跃和专注。

Strong social connections

强健社会联系

Regular interactions with family and friends support emotional well-being and cognitive resilience.

与家人和朋友的定期互动有助于保持情绪健康和认知韧性。

Even small, consistent habits contribute to healthier aging.

健康的老去，并非遥不可及的目标，而是藏在日复一日微小且持续的习惯里。



Brain-Healthy Habits After 50

50岁以后保持大脑健康的生活习惯

- Stay physically active
- Eat a nutrient-rich diet
- Keep the mind engaged with constant learning and hobbies
- Maintain social connections
- Prioritise good sleep
- Manage blood pressure, cholesterol and blood sugar
- 保持身体活跃
- 饮食营养丰富
- 通过不断学习和培养爱好保持大脑活跃
- 维持社交联系
- 保证良好睡眠
- 控制血压、胆固醇和血糖水平

Small daily choices today can help protect precious memories for years to come.

今天日常生活中的一些小选择，能够在未来多年里帮助保护珍贵的记忆。

Supporting Parents with

Compassion

用理解与爱，陪伴父母

If families notice memory changes in their parents, patience and understanding are essential:

- Be patient and supportive in conversations
- Keep communication simple and reassuring
- Help maintain familiar routines and environments

Protecting our parents' memories begins with awareness, understanding and compassion. Through nutrition, lifestyle habits and emotional support, we can help safeguard the memories that connect generations and enrich our lives.

当您察觉父母的记忆有些悄然变化，请记得：他们最需要的，不是纠正，而是被看见、被理解、被接纳。

- 说话时，多一分停顿，少一分催促；多一分微笑，少一分焦虑
- 表达尽量简洁清晰，语气温和而坚定，让他们感到安心与被尊重
- 尽量保留熟悉的家居布置、作息节奏和生活仪式。

守护父母的记忆始于意识、理解和同情。透过营养支持、生活关怀与情感温度，我们所守护的，不只是记忆本身，更是那些连接世代、丰富我们生命的记忆。