

# Healthy Gut, Healthy Digestion, Healthy You!

## 健康的肠道，健康的消化，健康的您！

Did you know that there is a difference between “gut health” and “digestive health”? Although they are related, the impact of gut health is significantly broader than just how well you digest food.

In this article, we hope to give you some helpful insights on how gut health is different from digestive health and how you can improve your gut health.

### An Overview of Digestive Health

First, let us start with understanding how digestion works.

When we eat, our teeth tear up and mash the food. Then our saliva starts to break down the food. This is the first critical step in digestion and the reason why you have often been told to chew your food thoroughly.

The esophagus carries food from the mouth to the stomach where acid and enzymes digest the food. From the stomach, food enters the small intestine where it is further broken down by digestive enzymes produced by the pancreas and bile acids released from the gallbladder. The small intestine absorbs the digested nutrients and passes the undigested food to the colon for further digestion primarily by bacteria. Finally, the waste is expelled from the body.

As a broad rule, moving the bowels three times a day to three times a week is considered normal. Faeces should be well-formed, not watery, and should not include bits of undigested food.

Unfortunately, at some point, most of us have experienced digestive problems like the ones below:

- Constipation
- Diarrhoea
- Excessive gas
- Excessive bloating
- General discomfort

When these symptoms persist, they may be a sign of an underlying problem that needs medical attention. If left unattended, they can lead to more chronic, debilitating digestive diseases and disorders down the road such as:

- Celiac disease
- Crohn's disease
- Ulcerative colitis
- Diverticulitis
- Irritable bowel disease
- Gallstones
- Irritable bowel syndrome
- Gastroesophageal reflux
- Food sensitivities or allergies

Healthy digestion is important! There are many foods and remedies that can help to improve digestion and minimize potential digestive problems. Please turn to page 4 for more information on this topic.



您知道肠道健康和消化健康是有区别的吗？虽然它们是相关的，但肠道健康的影响力要比您消化食物的能力更广泛而深远得多。

在这篇文章中，我们希望能给您解释一下，肠道健康与消化健康如何不同，以及如何改善您的肠道健康。

### 消化系统健康概述

首先，让我们来了解消化系统是如何运作的。

当我们进食时，我们的牙齿会撕裂并咬碎食物。接着，我们的唾液便会开始分解食物。这是消化过程最关键的第一步，也就是为什么您经常被劝知要彻底咀嚼食物的原因。

食物从口腔通过食道进入胃后，胃酸和酶就会开始分解食物。接着食物会进入小肠，由胰腺和胆囊释出的消化酶与胆汁将会对食物进一步分解。小肠吸收分解出来的养分后，便会将其余还没被分解的食物输送到结肠，主要由细菌再进一步分解。最后，废物将被排出体外。

一般来说，一天三次到一周三次的排便频次算是正常的。粪便的成形应该是完整的，不是水状的，不应该还有未消化的食物。

不幸的是，我们大多数人在某些时候都经历过一些消化问题如下：

- 便秘
- 腹泻
- 消化道里有过多的气体
- 过度胃胀
- 全身不适

当这些症状持续存在时，这可能是一个需要医疗关注的潜在问题的迹象。如果不加以照顾，它们可能会导致更慢性的、使人衰弱的消化系统疾病和疾病，例如：

- 乳糜泻
- 克罗恩氏症(节段性回肠炎)
- 溃疡性结肠炎
- 憩室炎
- 肠易激疾病
- 胆结石
- 肠易激综合征
- 胃食管反流
- 食物敏感或过敏

健康的消化是非常重要的！有很多食物和家庭疗法可以帮助改善消化，预防消化问题。请翻到第四页来了解更多关于这个主题的信息。

## How Digestive Health Is Impacted by Gut Health

The large intestine (a.k.a. the colon or simply called the 'gut') is the last stop of the digestion train and has an enormous impact on digestive health.

When the large intestine receives food from the small intestine, the food has been liquified by the digestive process and most of the nutrients have been absorbed. The colon's job is to dehydrate what is left of the food and form it into stool. It does this by slowly absorbing water and electrolytes as its muscle system moves the waste along. Meanwhile, the bacteria living in the colon feed on the waste and break it down further, completing the chemical part of the digestive process.

These gut microbiotas are also equipped with enzymes to break down specific food ingredients like the prebiotic fibres that bypasses digestion in the stomach and the small intestine. These prebiotic fibres are fuel to the gut microbiotas and make them grow stronger. During this process, gut microbiotas ferment and change prebiotics into metabolites, such as short-chain fatty acids, which are important to bowel health and may protect against cancer. These fatty acids are also absorbed into the bloodstream and may play a role in lowering blood cholesterol levels.

Through this digestive process, these beneficial bacteria also help regulate bowel movement and produce antibiotics to fight off bad bacteria. They also strengthen the gut walls, which support healthy digestion and protect the rest of the body from potential pathogens.

The gut microbiome comprises many species of bacteria. Most of which are helpful to our digestion and our general health, but there are also bad bacteria found in the gut that can cause harm.

When the "good" bacteria are flourishing, they eradicate the "bad" ones that can wreak havoc on your digestion. However, when the good bacteria are not strong enough, the bad bacteria are left unchecked. When this happens, the bad bacteria in the gut can use your nutrients to feed themselves and grow stronger. This can leave you more prone to a host of health conditions including allergies and food sensitivities; disruption to your digestive system such as small intestine bacterial overgrowth; and in serious cases, autoimmune conditions such as leaky gut, Crohn's disease, irritable bowel syndrome (IBS), ulcerative colitis and celiac disease.

## Gut Health Is WAY Broader than Just "Good Digestion"

Ultimately, gut health encompasses digestive health. Keeping your digestive process operating smoothly is just the initial, localized effect of a healthy gut. The full impact of a strong gut microbiome extends far beyond digestion.

Based on recent advancements in science, technology, and research, we now know that the gut determines the health of just about every other part of our body. Its strength is critical for preventing diseases and promoting overall well-being.

When we possess good gut health, we experience:

- good digestion
- effective absorption of nutrients
- a wide range of flourishing gut microbiota
- a robust immune system
- lowered levels of inflammation
- improved heart health
- steady blood sugar levels
- steady weight control

That is why we emphasize on keeping our gut microbiome populated and balanced with the most beneficial bacteria (probiotics) and promoting their growth with prebiotics.

## 肠道健康如何影响消化健康

大肠(又称结肠)是消化过程的最后一站,对消化健康有着巨大的影响。

当大肠从小肠接收食物时,食物已经被消化过程液化,大部分营养物质已经被吸收。结肠的工作是将食物中剩余的水分脱水,并在其肌肉系统将废物移动的同时,通过缓慢吸收水分和电解质将其形成粪便。与此同时,活在结肠中的细菌以这些废物为食,并将其进一步分解,完成消化过程的化学部分。

这些肠道菌群还具有分解特定食物成分的酶,比如绕过胃和小肠尚未被消化的益生元纤维。这些益生元纤维是肠道菌群的燃料,使它们生长得更强壮。在这一过程中,肠道微生物发酵并将益生元转化为代谢产物,如短链脂肪酸,这对肠道健康很重要,可能有助于预防癌症。这些脂肪酸也会被血液吸收,并可能在降低血液胆固醇水平方面发挥作用。

通过这一消化过程,这些有益细菌也有助于调节肠道运动,并产生抗生素来对抗有害细菌。它们还能加强肠壁,帮助健康消化,保护身体其他部位免受潜在病原体的侵害。

肠道微生物群由多种细菌组成。其中大部分对我们的消化和我们的一般健康都是有益的,但也有一些有害的细菌存在于肠道中,可以造成伤害。

当“好”细菌大量繁殖时,它们就会消灭那些对您的消化系统造成严重破坏的“坏”细菌。然而,当好细菌不够强大时,坏细菌就无法得到控制。当这种情况发生时,肠道中的坏细菌会利用您的营养来养活自己,变得更强大。这会让您更容易患上一系列健康问题,包括过敏和食物过敏;消化系统紊乱,如小肠细菌过度生长;严重的是自身免疫疾病,如肠漏、克罗恩氏症、肠易激综合症、溃疡性结肠炎和乳糜泻。

## 肠道健康不仅仅是一个“好的消化过程”

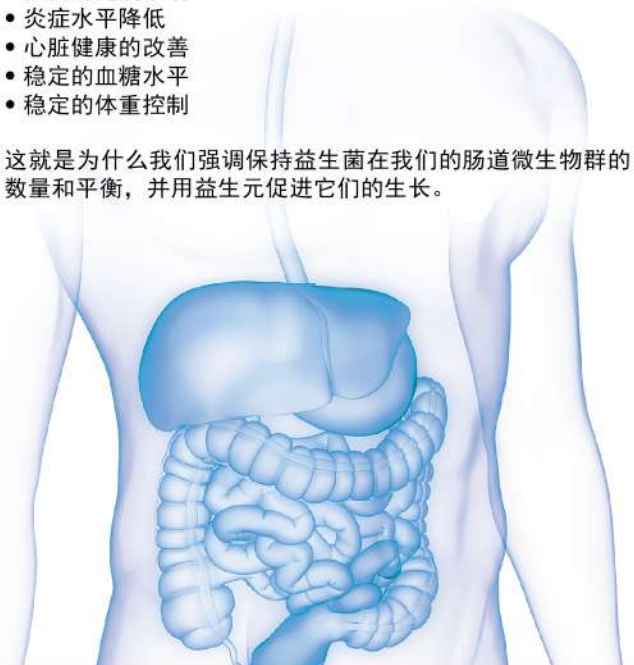
总之,肠道健康就包括了消化健康。保持消化过程的顺利运行仅仅只是健康的肠道最基本且局部的效应。强大的肠道微生物群的全面影响远远大于一个消化过程。

根据近来科学、科技及研究的最新报导,我们现在已可以很好的了解肠道几乎影响着我们身体其他部位的健康。它的强度对于预防疾病及提升全身健康程度至关重要。

当我们拥有良好的肠道健康时,我们就能体验到:

- 良好的消化
- 有效的营养吸收
- 旺盛的肠道微生物群
- 强健的免疫系统
- 炎症水平降低
- 心脏健康的改善
- 稳定的血糖水平
- 稳定的体重控制

这就是为什么我们强调保持益生菌在我们的肠道微生物群的数量和平衡,并用益生元促进它们的生长。



Some foods and supplements with probiotic cultures, which are intended to be "helpful" in improving digestive health, are ineffective and unable to make much of a difference. This is because digestive enzymes and acids in our digestive process break down most probiotic food and supplements before they can even reach the gut.

It's important to do your research and look out for probiotic solutions that can make it to the gut where they can make a difference in your digestive health and overall gut health. Here are two of our SUPERSTAR products that give you the solution:

- **NewLife™ Immuflo®** is specially formulated to be able to reach your gut intact so that it can increase the good bacteria in your gut and at the same time provide prebiotics for the good bacteria to repopulate.
- **NewLife™ Herbal Klenz** not only contains natural fibre that promotes healthy bowel movement but also prebiotic fibre that is important for a healthy, thriving gut microbiome.

一些含有所谓“有助于”改善肠道健康的益生菌培养物的食物和补充剂，实际上并毫无效用，不能造成多大的改善。这是因为大多数的益生菌食物与补充剂，在进入我们的结肠前，就已被我们的消化酶和胃酸在消化过程中分解了。

重要的是要做研究，寻找能完好无损到达肠道的益生菌解决方案，它们才能对您的消化系统健康和整体肠道健康产生影响。以下是我们的两个超级产品，可以为您提供全面解决方案：

- **新生命免疫激菌植**经过特殊配制，能够完整无损地进入您的肠道，从而增加肠道中的有益细菌。同时，也提供益生元，作为有益细菌的食物，让它们茁壮成长。
- **新生命天然净化粉**不仅含有能促进肠道蠕动的天然纤维，也含有对促进健康、旺盛的肠道菌群极为重要的益生元纤维。



When the good bacteria in your gut are thriving, you will feel a difference in your health right away. Besides taking **NewLife™ Immuflo®** and **Herbal Klenz** daily, there are other simple steps that you can take to keep your gut healthy and happy:

当肠道内的有益菌大量繁殖时，您就能马上感觉到健康状况的改善。除了每天服用**新生命免疫激菌植**和**天然净化粉**，您还可以采取其他简单的步骤来保持肠道健康：

## 01

### Eat More Fibre | 多吃纤维

Fibre helps keep the colon healthy by speeding up the transit time through the body. A faster transit time means any toxins taken in spend less time in the body. Fibre also helps remove the bad bacteria and toxins from the colon.

Make sure you include a variety of:

- Soluble fibre (such as beans, lentils, peas, fruits, and veggies), which absorbs toxins and unneeded cholesterol;
- Insoluble fibre (such as nuts, seeds, whole grains, fruit skins, green veggies), which speeds up elimination, and;
- Prebiotic fibre (such as brown rice, seeds, leeks, asparagus, onions, garlic, bananas, artichokes, chicory root, yacon root, citrus, berries, plums, apples), which pass through the GI tract undigested and stimulate the growth and activity of certain good bacteria in the large intestine.

纤维有助于保持结肠健康，加快在体内的传输时间。更快的传输时间意味着任何被吸收的毒素在体内停留的时间更短。纤维还有助于清除结肠中的有害细菌和毒素。

请确保摄入这些健康的纤维：

- 可溶性纤维(如豆类、扁豆、豌豆、水果和蔬菜)，它们能吸收毒素和不必要的胆固醇；
- 不溶性纤维(如坚果、种子、全谷物、果皮、绿色蔬菜)，可以加速排泄；
- 益生元纤维(如糙米、种子、韭菜、芦笋、洋葱、大蒜、香蕉、洋葱、菊苣根、雪梨根、柑橘、浆果、李子、苹果)，它们经过消化系统时没被消化酶分解吸收，完整到达大肠道，为益生菌提供燃料，刺激它们的生长和活动。



02



## Drink More Water | 多喝水

Always be sure to increase your water intake along with your fibre. Water helps fibre move through your digestive tract and can prevent the initial onset of symptoms that can result from adding more fibre to your diet such as gas, bloating, or abdominal cramping.

Practically speaking, when adding fibre to your diet, drink two glasses of water first thing in the morning instead of one. Also, add an extra glass of water in the afternoon and another before you go to bed.

However, there is one type of water you should avoid—alkaline water, which may neutralise the hydrochloric acid in the stomach and end up reducing the strength of stomach acid present in the stomach. This may cause heartburn, gas and bloating.

Drinking distilled water is what we recommend as it provides the purest form of water available for the purpose of hydrating the body.

在增加纤维的同时，一定也要确保增加水分的摄入。水可以帮助纤维顺通消化道，并可以防止由于增加饮食纤维而可能引起的症状，如胀气、腹胀或腹部绞痛。

最实际的方法是，当增加饮食纤维时，早上第一件事就是要喝两杯水而不是一杯。另外，下午多喝一杯水，睡觉前再喝一杯。

但是，有一种水您应该避免喝，那就是碱性水。因为碱性水会中和胃里的盐酸，降低胃酸的强度。这可能会导致胃灼热、胀气和腹胀。

我们建议饮用蒸馏水，因为它可以为身体提供最纯净的水。

## Manage Your Stress | 管理压力

Too much stress can take a mental and physical toll on your body—causing problems in your gut. The effect that stress has on your gut depends on the length of time you are experiencing stress and your body's resilience to stress:

- Short-term stress can cause you to lose your appetite and your digestion to slow down.
- Long-term stress can trigger gastrointestinal (GI) issues, like constipation, diarrhoea, indigestion, or an upset stomach.
- Chronic stress may lead to more serious issues, like irritable bowel syndrome and other GI disorders.

Take time out for yourself to de-stress and relax.

太多的压力会带来精神和身体上的伤害，包括肠道问题。压力对肠道的影晌取决于您经历压力的时间长短和身体对压力的适应能力：

- 短期的压力会导致您失去胃口，消化速度减慢。
- 长期的压力会引发胃肠道问题，如便秘、腹泻、消化不良或胃不舒服。
- 慢性压力可能会导致更严重的问题，如肠易激综合症和其他胃肠道紊乱。

花点时间给自己减压和放松。

03



04



## Exercise | 运动

Yes, exercise is good for just about everything, including gut health! Having strong muscle tone around the abdomen helps move food through the digestive tract. Regular exercise can improve digestion, even if you do not change what you eat! Make sure to add 30-40 minutes of moderate exercise into each day such as brisk walking, running, swimming, resistance exercises or rebounding.

是的，运动对一切都有好处，包括肠道健康！腹部周围强健的肌肉有助于食物以适当的速度通过消化道。即使您不改变饮食，有规律的锻炼在很大程度上也可以改善消化！确保自己每天有30-40分钟的适度运动，如快走，跑步，游泳，阻力练习或弹跳。