

How Can I Slow Down Aging?

如何减缓衰老?



Every birthday is a glorious and happy occasion celebrating the birth of that person. However, it also marks an advancement of age that is inevitable. With age comes aging.

Aging is a continuous, gradual process of changes in our bodies that begin when we become adults. As we become older, many bodily functions gradually begin to decline. The likelihood of developing a health problem also increases as we age.

In fact, it is health problems, rather than the chronological age itself, that accelerate aging and the decline in bodily functions. If we can focus on preventing health problems, we can slow down the aging process and live well to advanced years.

Take the following steps now to prevent health problems and slow down the aging process:

1. Eat an Anti-inflammatory Diet and Supplements

A diet high in inflammatory foods contributes to premature aging of the cells in our body.

What foods increase inflammation? The following are a few examples:

- Added sugar, particularly high-fructose corn syrup that is commonly found in beverages, pastries and desserts.
- Trans fats in donuts, margarine, fried and processed foods.
- Processed meats, like bologna, sausage and salami.
- Refined carbohydrates, like white rice, cereals, bread and crackers made from white flour.
- Excess amounts of omega-6 fatty acids in mayonnaise, salad dressings and vegetable oils, like corn, safflower and soybean.

On the other hand, foods that reduce inflammation include:

- Fresh fruits.
- Green leafy vegetables.
- Extra virgin coconut oil and flaxseed oil.
- Wild caught fish that contains omega-3 fatty acids.
- Nuts.

每一次的生日，都是为一个人的诞生而欢庆，这是一个开心且幸福的时刻。然而，这也意味着不可避免的年龄增长。年纪越大，衰老也随之而来。

衰老是在我们成年后，一个持续、渐进的身体变化。随着年龄的增长，许多身体机能会开始逐渐衰退，出现健康状况的机率也会因此而增加。

事实上，加速衰老和身体机能衰退的，并不是生理年龄本身，而是健康问题。如果我们能专注于预防健康问题，我们就能减缓衰老进程，并能健康长寿。

现在就采取以下步骤来预防健康问题和减缓衰老过程：

1. 吃抗炎的饮食和补充剂

饮食中含有大量会引起炎症的食物，会导致我们体内细胞的过早衰老。

什么食物会引发炎症？以下是一些例子：

- 添加糖，特别是在饮料、糕点和甜点中常见的高果糖玉米糖浆。
- 油炸圈饼、人造黄油、油炸和加工食品中的反式脂肪。
- 加工肉类，如大腊肠、香肠和意大利腊肠。
- 精制碳水化合物，如白米饭、即时谷物、白面粉制成的面包和饼干。
- 蛋黄酱、沙拉酱和植物油（如玉米、红花油和大豆）中含有过量的奥美加-6脂肪酸。

另一方面，减轻炎症的食物包括：

- 新鲜水果
- 绿叶蔬菜
- 特级初榨椰子油和亚麻籽油
- 野生捕捞的含有奥美加-3脂肪酸的鱼类
- 坚果

In addition, the following are 3 supplements that will not only provide nutrients for your body but also help slow down the aging process.

此外，以下三种补充剂不仅可以为您的身体提供营养，还可以帮助减缓衰老过程。

Niacin

Most people know that **Niacin** or Vitamin B3 helps to promote blood circulation and reduce inflammation. The reduction of inflammation on its own is crucial in reducing the negative effects of aging. However, few people know that this very affordable vitamin also has another very important anti-aging function.

Niacin is made up of 3 chemical forms called nicotinic acid, nicotinamide and nicotinamide riboside. Interestingly, these 3 chemicals are building blocks of NAD (Nicotinamide Adenine Dinucleotide) which is important in cell regeneration. Although our body creates NAD, that ability depletes as we age. Therefore, taking **Niacin** regularly as you get older is important to maintain healthy cell regeneration.

烟碱酸

大多数人都知道**烟碱酸**或维生素B3有助于促进血液循环和减少炎症。减少炎症本身对于减少衰老的负面影响至关重要。然而，很少有人知道这种非常实惠的维生素还有另一个非常重要的抗衰老功能。

烟碱酸由三种化学形式构成，分别为烟酸、烟酰胺和烟酰胺核糖。有趣的是，这三种化学物质是烟酰胺腺嘌呤二核苷酸(NAD)的组成部分，它在细胞再生中很重要。虽然我们的身体会产生NAD，但这种能力会随着年龄的增长而减少。因此，随着年龄的增长，定期服用**烟碱酸**(如新生命血液循环补充丸)对维持健康的细胞再生非常重要。

ColostrumX

ColostrumX contains colostrum, low-fat milk powder, DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). In addition to being highly nutritious, it has anti-aging qualities as follows:

- Lactoferrin (found in colostrum), EPA, and DHA have anti-inflammatory properties.
- Lactoferrin acts as a prebiotic and stimulates the growth of good bacteria in the intestines such as lactobacillus and bifidobacterium. It also supports the health of the GI tract by promoting cell growth in the intestines. This can help soothe inflammation and heal a damaged gut.
- Studies show that regular consumption of Colostrum, DHA, and EPA can reduce oxidative stress and overall damage to muscles after exercise, making this an ideal supplement to support people who exercise regularly.
- DHA is important for brain function, and regular intake of this nutrient may prevent or slow down the development of Alzheimer's.

新生命初乳奶粉

新生命初乳奶粉含有初乳，低脂奶粉，DHA和EPA。除了营养丰富之外，它还有以下抗衰老的功效：

- 初乳中的乳铁蛋白，二十碳五烯酸(EPA)和二十二碳六烯酸(DHA)具有抗炎特性。
- 乳铁蛋白作为一种益生元，刺激肠道中有益细菌的生长，如乳酸菌和双歧杆菌。它还通过促进肠道细胞生长来支持胃肠道的健康。这可以帮助缓解炎症，治愈受损的肠道。
- 研究表明，经常食用初乳、DHA和EPA可以减少运动后肌肉的氧化应激和整体损伤，使之成为支持经常运动的人的理想补充剂。
- DHA对大脑功能很重要，经常摄入这种营养物质可以防止或减缓阿尔茨海默症的发展。



Collasta

Collasta contains hydrolyzed marine collagen from France and a blend of antioxidants including astaxanthin from Japan, grape seed extract, green tea extract, pycnogenol, lycopene and mangosteen extract.

Collagen is the most abundant protein in the body making up 1/3 of the total protein count. When we are younger, our body naturally produces collagen in order to maintain the structure of our tissues and organs. However, as we age, the collagen produced in our body starts to reduce in quality. Bad lifestyle factors like smoking, an unhealthy diet, and stress can increase the speed of collagen breakdown. How do you know if the collagen in your body is breaking down? Simple... just look at your skin! Dryness, wrinkles, fine lines, and loss of elasticity are big hints.

Antioxidants support our health at the cellular level. Multiple studies support the effectiveness of antioxidant supplementation for preventing age-related damage to organs such as the heart, brain, joints, eyes and skin.

Combining collagen and powerful antioxidants, **Collasta** helps:

- Provide support against the effects of aging.
- Boost younger, firmer and suppler skin.
- Prevent bone loss and relieve joint pain.
- Support eye health.
- Promote weight loss.
- Lower blood pressure and improve glycemic control.
- Enhance immunity and intercellular communication.
- Repair DNA damage, detoxify carcinogens and alter estrogen metabolism.
- Provide powerful antioxidant, antitumoral, anti-allergic, anti-inflammatory, antibacterial, antimicrobial and antiviral activities—reduce free radical damage and inflammation and fight diseases.



新生命康丽达胶原红藻

新生命康丽达胶原红藻含有来自法国的水解海洋胶原蛋白以及超级抗氧化剂混合物包括来自日本的虾青素、葡萄籽提取物、绿茶提取物、柏松素、番茄红素和山竹果提取物。

胶原蛋白是人体中含量最多的蛋白质，占蛋白质总数的1/3。当我们年轻的时候，我们的身体自然产生胶原蛋白，以维持我们组织和器官的结构。然而，随着我们年龄的增长，我们体内产生的胶原蛋白的质量开始下降。不良的生活方式因素，如吸烟、不健康的饮食和压力会加速胶原蛋白的分解。怎么知道体内的胶原蛋白是否正在分解？很简单，看看皮肤就知道了！干燥、皱纹、细纹和失去弹性都是明显的迹象。

抗氧化剂在细胞水平上支持我们的健康。多项研究支持了抗氧化补充剂对预防与年龄相关的器官损伤的有效性，如心脏、大脑、关节、眼睛和皮肤。

将胶原蛋白和这些强大的抗氧化剂结合起来，**新生命康丽达胶原红藻**可以帮助：

- 提供抗衰老的效用。
- 促进年轻、紧致和柔软的皮肤。
- 防止骨质流失，减轻关节疼痛。
- 促进眼睛健康。
- 减肥。
- 降低血压，改善血糖控制。
- 增强免疫力及细胞间通讯。
- 修复脱氧核糖核酸损伤，解毒致癌物质，改变雌激素代谢。
- 提供强大的抗氧化，抗肿瘤，抗过敏，抗炎，抗菌，抗菌和抗病毒活性—减少自由基损害和炎症，对抗疾病。



Vitamin C

Vitamin C is another powerful antioxidant. It is proven to help neutralize the free radicals in our body that lead to oxidative stress. Thus, it helps to prevent premature aging and delay the visible signs of biological skin aging. Vitamin C is also essential in the production of collagen in skin cells, helping to support skin structure.

NewLife™ C Complex is enriched with bioflavonoids to enhance the effects of vitamin C and is sustained released—providing 40% more utilization compared to other vitamin C supplements.

维生素C

维生素C是另一种强大的抗氧化剂。它被证明有助于中和体内导致氧化应激的自由基。因此，它有助于防止过早衰老和延迟可见的生物皮肤老化迹象。维生素C对皮肤细胞中胶原蛋白的生成也是必不可少的，有助于维持皮肤结构。

新生命维他命C缓释综合丸富含生物类黄酮，以增强维生素C的作用，并可持续释放。与其他维生素C补充剂相比，提供40%以上的利用率。

2. Avoiding Excessive Alcohol Use

Excessive drinking leads to accelerated aging and increases the risk of dementia. In addition, the health risk of alcohol consumption also includes high blood pressure, heart disease, stroke, liver disease, depression, anxiety, cancer and a weakened immune system.

2. 避免过量饮酒

过度饮酒会加速衰老，增加患痴呆症的风险。此外，饮酒还会导致高血压、心脏病、中风、肝病、抑郁、焦虑、癌症和免疫系统衰弱。



3. Exercising Regularly

Regular exercise is one of the best ways to delay aging. "Exercise is the best defense and repair strategy that we have to counter different drivers of aging," says aging researcher Nathan LeBrasseur, professor of physical medicine and rehabilitation at the Mayo Clinic in Rochester, Minnesota. "It can't reverse aging, per se," he says, "but there's clear evidence that exercise can activate the machinery necessary for DNA repair."

Here are some additional ways which research has shown how regular activity benefits our health:

- It builds muscle strength. As people age, they lose muscle mass and strength. Resistance training is one of the best ways to help slow this down. Researchers at the University of Alabama found that resistance training is safe and effective for older adults.
- It improves bone density. To keep bones strong, the body breaks down old bone and replaces it with new ones—however, bone mass slows down increasing at around the age of 30. After the ages of 40s and 50s, the body starts losing more bone than is being made. Exercise can help increase bone density and stave off osteoporosis, a health condition that weakens bones and increases the risk of breaks as one ages.
- It can improve cognition. The ability to shift quickly between tasks and plan an activity are signs of good cognitive function, according to the National Institute on Aging. Physical activity is now seen as a promising method for improving cognition throughout life. Studies also show that more physical activity is linked to a reduced risk of dementia.

3. 定期运动

有规律的运动是延缓衰老的最好方法之一。明尼苏达州罗切斯特市梅奥诊所 (Mayo Clinic) 研究衰老问题的物理医学和康复学教授内森·勒布拉瑟尔说：「运动是我们应对各种衰老因素的最佳防御和修复策略。」他提醒说，「运动本身并不能逆转衰老，但有明确证据表明，运动可以激活脱氧核糖核酸 (DNA) 修复所需的机制。」

以下是研究显示定期运动如何有益健康的其他一些方面：

- 锻炼肌肉力量。随着年龄的增长，人们会失去肌肉和力量。阻力训练是帮助减缓这种情况的最好方法之一。阿拉巴马大学的研究人员发现，阻力训练对老年人是安全有效的。
- 提高骨密度。为了保持骨骼强壮，身体会分解旧骨，用新骨取而代之——然而，在30岁左右，骨量的增长放缓。在40岁和50岁之后，身体失去的骨头开始多于生成的骨头。运动有助于增加骨密度，防止骨质疏松症。骨质疏松症是一种健康疾病，会削弱骨骼，并随着年龄的增长增加骨折的风险。
- 它可以提高认知能力。根据美国国家衰老研究所 (National Institute on Aging) 的说法，能够在不同任务之间快速转换并计划一项活动是良好认知功能的标志。体力活动现在被认为是终生提高认知能力的一种有希望的方法。研究还表明，更多的体育活动与降低患痴呆症的风险有关。

The sooner you develop these habits, the better. Start today instead of waiting till tomorrow!

越早养成上述习惯越好。今天就开始行动，不要拖到明天！