



# Trans Fats in the Modern Diet

## 反式脂肪 — 暗藏的地雷

Hydrogenated oil is the biggest source of trans fats. They are cheap, have a long shelf life and help increase flavour stability of foods. For these reasons, they are found in all sorts of processed food.

Hydrogenation is a process in which a liquid vegetable oil is turned into a solid fat by adding hydrogen molecules. During this processing, a type of fat called "trans fat" is made.

### Why are trans fats bad?

The hydrogenation process changes the fat into trans fat, and the lipase enzymes in our body are not able to break down trans fats effectively. Although not all trans fats stay forever in the body (that being said, most of them do stay forever), the ill effects they cause leave a lasting impact.

氢化油是反式脂肪的主要来源。它们价格便宜，可延长食物保质期及增加口感的稳定和一致。因此，在各种加工食品中都能找到它们。

氢化过程是一种通过添加氢原子，将液态的植物油转化为固体脂肪的过程。这个过程改变了植物油的天然化学结构并产生了一种脂肪，称为“反式脂肪”。

### 为什么反式脂肪很可怕？

氢化过程将脂肪转化成反式脂肪，但这人为的反式脂肪不能被我们体内的脂肪酶有效地分解消化。虽然不是100%的反式脂肪都会永久存在体内（话虽如此，大多数的反式脂肪都会跟着您一辈子），但它们对健康所造成的伤害与破坏则是长久性的。



Trans fats raise Low Density Lipoprotein (LDL or bad cholesterol) levels, which increases our risk of heart disease. Trans fats also lower High Density Lipoprotein (HDL or good cholesterol) levels. HDL helps remove cholesterol from the blood vessels, helping to reduce the risk of heart disease. This coupled effect on cholesterol levels makes trans fat double trouble when it comes to the health of our heart.

According to the Harvard School of Public Health, consuming trans fat can cause inflammation in the body, which may increase your risk of many conditions such as premature aging, autoimmune conditions, insulin resistance and Type 2 diabetes.

Additionally, trans fats sabotage the body's natural cleansing and detoxifying processes.

## Where are trans fats found?

Trans fats are everywhere, unfortunately. Here are the top three areas:

**The pastry:** bread, cookies, crackers, pies, pancakes and waffle mixes, cake mixes, sweet rolls. A majority of them are made with partially hydrogenated vegetable shortening, which have a longer shelf life and flavour stability.

**The creamy:** do you take your coffee with artificial creamer? Ever decorated a cake with packaged icing? What about the ice-cream that you purchase at the supermarket? Most of these items use partially hydrogenated oils to help enhance the "creaminess" of the product.

**The crunchy:** some of the tastiest snack foods are foods that we should just avoid entirely, items such as microwavable popcorn, frozen fried foods and almost all of the most popular cookies and crackers contain trans fats.

Although many of us check food labels for trans fats, we may not realize that even if the label reads, "Trans fats 0 gram per serving," that does not necessarily mean zero. By regulation, manufacturing companies that produce foods containing less than 0.5 grams of trans fats per serving can round that number down to zero. So, we might actually be getting 0.4 grams of trans fats per serving, even though the label reads 0 gram. Half a gram doesn't sound like much, but it adds up fast—especially for young children or those who consume multiple servings at a time.

In short, read the ingredients list even when the label reads "Trans fats 0 gram per serving". Look for the warning terms such as "hydrogenated oils" or "partially hydrogenated oils". If a food contains hydrogenated oil or partially hydrogenated oils, it contains trans fats.

In order to really avoid trans fats, the best thing you can do is to eliminate processed foods from your diet. Choose real butter instead of margarine; use coconut oil in cooking and baking; stick to fresh, whole foods and bring home foods that are as close to their original state as possible; make time for home-cooked meals prepared from scratch, like how your grandparents would have done.

## How to get rid of the trans fats in the body?

- You need to cleanse and detoxify your body to begin the process of eliminating trans fats from your body.
- Restructure your diet to increase intake of fibre and enzyme-rich juices.
- For a healthy body, between 20 and 35 percent of your total daily calories should come from fat. Choose healthy fats by introducing cold pressed flax seed oil and extra virgin coconut oil into your daily diet.

反式脂肪会增加低密度脂蛋白（有害的胆固醇）水平，从而增加患上心脏疾病的风险。另一方面，反式脂肪又会减少高密度脂蛋白（良好胆固醇）水平。高密度脂蛋白有助于从血管中去除胆固醇，帮助降低心脏病的风险。因此，这种对胆固醇水平所造成的双重冲击，使反式脂肪在心脏健康方面的危害变得更可怕。

根据哈佛大学公共卫生学院的研究显示，摄取反式脂肪会引起发炎，这可能会增加许多疾病的风险，如过早老化、自体免疫状况、胰岛素抵抗和2型糖尿病。

此外，反式脂肪也会捣乱妨碍人体的自然净化和排毒过程。

## 反式脂肪藏在哪里？

不幸的是几乎所有的加工食品里都可以找到反式脂肪。以下是三大陷阱：

**糕饼类：**面包、饼干、酥饼、馅饼、煎饼、松饼、蛋糕和薄卷饼。这些大多数都是由部分氢化的植物起酥油制成，一般保质期较长和风味稳定。

**细滑奶油味：**喝咖啡时有添加人造奶精吗？是否曾使用包装型的糖霜来装饰蛋糕？是否想过超市售卖的雪糕是用纯鲜奶及纯奶油制成的吗？其实这些食品大多数都使用部分氢化的植物油来帮助提升食品似“奶油”般的质感。

**酥脆爽口的：**好些零食是应该完全避免的，吃一点都嫌多！比如微波爆米花、冷冻油炸食品以及几乎所有很受大家欢迎的饼干和酥饼，都含有反式脂肪。

尽管大多数人都会查阅食品标签上的反式脂肪含量，不过许多人往往都不知道，即使标签上写着“每份含零反式脂肪”，也不一定意味该食品是完全不含反式脂肪的。根据规定，如果每100克的份量含有少于0.5克的反式脂肪，那么生产厂商便可不进位成零，并标签不含反式脂肪。因此，即使标签上显示为零，当我们摄取一些食品时，每份量都可能摄入了0.4克的反式脂肪。半公克听起来似乎不多，但累积的速度可以很快，尤其是对儿童或那些一次摄取多份食物的人士。

简而言之，即使标签上写着“每份含零反式脂肪”，但还是得仔细查看成分表。注意一些警告词，如“氢化植物油”或“部分氢化植物油”等。如果食物含有氢化或部分氢化植物油，就表示该产品含有反式脂肪。

为了确保避免反式脂肪，首先必须从饮食中完全淘汰加工食品。选择真正的牛油取代人造黄油；在烹调和烘烤时使用椰子油；坚持选购新鲜天然食品，尽可能把最原始的食物购买回家；腾出时间亲手准备家常菜，就像祖父母那一代一样。

## 排除体内累积的反式脂肪的方法

- 首先，您必须进行身体排毒和净化过程，以消除体内累积的反式脂肪。
- 重新规划饮食计划，增加摄取高纤食物和含高酵素的果汁。
- 要保持一个健康的身体，您每日摄入的总热量中的20%至35%应该来自脂肪。您可在每日的饮食中加入冷榨亚麻籽油和特级初榨椰子油，以提供身体健康脂肪。





# NewLife™ Extra Virgin Coconut Oil

## Coconut oil at its best

- Cold pressed and naturally processed, under strict hygienic conditions set by international standards (ISO 22000 and ISO 9000), from freshly harvested organic mature coconuts.
- It has a light, delicate flavour and aroma, and can be taken directly by the spoonful.
- Certified organic, certified Halal and Kosher.
- No chemicals and preservatives are added.

## How to use coconut oil?

- **In health and fitness:** coconut oil is a rich source of fibre, minerals and vitamins. It contains natural antioxidant properties of Vitamin E, fatty acids and enzymes, high in lauric acid and medium chain fatty acids (MCFAs). Unlike saturated fats from animal sources, MCFAs are easily digested and converted into energy. A spoonful a day goes a long way in boosting the immune system, strengthening thyroid functions, improving blood cholesterol profile, protecting the heart, and contributing to better nutrient absorption. It also helps the body to stay slim by increasing metabolic rate and burning fat. Take a spoonful before your workout for an extra boost of energy and better stamina.
- **In cooking:** with its high smoking point, coconut oil does not form harmful by-products when heated. It is a better and safer alternative to vegetable and olive oils.
- **In beauty:** coconut oil is an effective anti-aging ingredient. It can be used from head to toe. With its powerful moisturizing, anti-fungal, and antibacterial properties, coconut oil is widely used to treat skin problems such as dermatitis, eczema, and stretch marks, while keeping skin healthy and moisturized.
- **Detoxification:** coconut oil pulling is highly recommended for detoxifying the body and improving health. Take 1 tablespoon of extra virgin coconut oil in the mouth before breakfast. Move the oil slowly around the mouth through swishing and by pulling it through the teeth. Move around the mouth for 15-20 minutes or until the oil turns white. Keeping the oil moving for several minutes is important because it is the prolonged swishing that gives the oil enough time to react with the saliva so that its enzymes are released to pull or draw toxins from the body. Once the oil is expelled from the mouth, brush your teeth well to eliminate bacteria and other impurities from the body.

# 新生命特级初榨纯鲜椰子油

## 最佳椰子油

- 按照国际标准所制定的严格卫生条件（ISO22000和ISO9000），以冷压和天然方式处理新鲜采摘的有机成熟椰子，提炼出椰子油。
- 带有一种清淡细腻的风味和香味，可直接食用。
- 获得有机、清真和犹太洁食认证。
- 不含化学物质和防腐剂。

## 椰子油的使用方式

- **保健与瘦身：**椰子油富含纤维、矿物质和维生素。它含有天然抗氧化剂，如维生素E、脂肪酸和酶，也高含月桂酸和中链脂肪酸（MCFAs）。它不像源自动物性的饱和脂肪，MCFAs较容易被消化和转化成能量。每天摄取一汤匙，有助增强免疫系统、强化甲状腺功能、改善血液胆固醇、保护心脏以及促进营养吸收等功效。它也可通过增加代谢率和燃烧脂肪，帮助瘦身纤体。在运动健身前摄取一汤匙的椰子油，可额外增强体力和精力。
- **烹饪煮食：**椰子油有着较高的发烟点，因此在加热过程中不会产生有害的副产物。它比植物油或橄榄油更安全更健康。
- **美容：**椰子油是一种有效的抗衰老成分。用途广泛，从头到脚都可使用。由于椰子油保湿、抗真菌和抗细菌的功效显著，因此已被广泛用来治疗皮炎、湿疹、妊娠纹等皮肤问题，同时也可滋润肌肤，保持肌肤健康。
- **排毒：**椰子油拔油法非常适合用来进行身体排毒和改善健康。早餐前将一汤匙的特级初榨椰子油含在口中，齿缝间推出、拉进，如此进行约15至20分钟，或直到椰子油变成奶白色为止。椰子油含在口中抽拔拉动几分钟非常重要，只有这样才能让椰子油有足够的时间与唾液反应，产生酶来进行排毒。最后吐出椰子油，再刷牙，以清除残留嘴里的体内细菌和其他杂质。





## NewLife™ Omega Gold Flax Seed Oil

NewLife™'s Omega Gold Flax Seed Oil is derived from organically grown seeds of the flax plant. It is produced using a cold-pressing method to eliminate the damaging effects of light, oxygen, and heat. Only high-quality golden flax seeds are selected for the production of this oil, providing the highest quality of oil possible.

Flax seed oil is a rich source of omega-3, an essential fatty acid that has been associated with brain, heart, skin and hair health. It contains up to double the amount of omega-3 compared to standard fish oils, and is one of the best plant sources of omega-3, making it a great choice for vegans or vegetarians. Let's take a look at some of the notable health benefits of flax seed oil.

### Health benefits of flax seed oil

#### 1. Cancer prevention

Studies show that flax seed oil may help in the prevention of tumour growth. Alpha-linolenic acids (ALA) found in flax seed oil have shown significant effects in reducing growth of breast cancer cells.

#### 2. Healthy hair & skin

Flax seed oil benefits the skin and hair by providing the essential fats as well as vitamins needed in reducing dryness and flakiness. Besides, it can also improve the symptoms of acne, eczema, and skin allergies.

#### 3. Boost heart health

The omega-3 in flax seed oil helps to keep blood vessel walls in good condition by preventing build-up of fatty plaques. Flax seed oil benefits the heart by lowering cholesterol levels and blood pressure.

#### 4. Regulate irregular periods

Flax seed oil contains lignans which have shown benefits in maintaining cycle regularity. It can also be used as an alternative to hormone replacement therapy to ease menopausal symptoms.

#### 5. Improve joint conditions

Omega-3 in flax seed oil is used by the body to produce anti-inflammatory components, which help to reduce stiffness and pain associated with certain joint conditions.

### Who will benefit from flax seed oil?

The benefits of flax seed oil are extensive. It has been widely used for both health and beauty. It is suitable for children, adults and the elderly, especially for those who are suffering from the following symptoms:

1. Irregular periods
2. Premenstrual symptoms
3. Constipation or diarrhoea
4. Dry skin or flaky hair
5. Poor memory
6. Brittle nails
7. Joint stiffness
8. High cholesterol or heart diseases
9. Weakened immunity

### Add flax seed oil into your daily diet

Flax seed oil can be added to salad dressings, smoothies, steamed vegetables, potatoes, and rice. You can also add it into oatmeal to increase your intake of omega-3. One of the best ways to consume flax seed oil is to mix it into plain yoghurt. The combination of flax seed oil and plain yoghurt helps to emulsify the oil, improving digestion and metabolism. Never use flax seed oil for cooking, as heat destroys its nutritional benefits.

## 新生命 Ω 奥美加金牌亚麻籽油

新生命 Ω 奥美加金牌亚麻籽油取自有机亚麻籽。它采用冷压生产，以完全排除光线、氧气和温度的破坏。我们只甄选高级优质的黄金亚麻籽来提炼亚麻籽油，以提供最佳质量的亚麻籽油。

亚麻籽油富含奥美加-3脂肪酸，一种与大脑、心脏、皮肤和头发健康有关的必需脂肪酸。相比一般普通的鱼油，它含有多两倍的奥美加-3，也是奥美加-3的最佳植物来源，非常适合素食者食用。以下为亚麻籽油对健康的显著效益。

### 亚麻籽油的健康效益

#### 1. 预防癌症

研究显示亚麻籽油有助预防肿瘤生长。亚麻籽油中的α-亚麻酸（ALA）对降低乳腺癌细胞的生长有显著效果。

#### 2. 促进头发和皮肤健康

亚麻籽油可提供皮肤和头发所需的必需脂肪和维生素，以减少皮肤干燥和头发脆弱的问题。此外，它也可改善暗疮、湿疹以及皮肤过敏的症状。

#### 3. 促进心脏健康

亚麻籽油含有的奥美加-3脂肪酸有助通过预防脂肪斑块的形成，保持血管壁的良好状态。亚麻籽油也可透过降低胆固醇和血压来促进心脏的健康。

#### 4. 调节月经不规律

亚麻籽油含有的木质素，已证实可维持月经周期规律。它也可取代荷尔蒙替代疗法来缓解更年期的症状。

#### 5. 改善关节健康

亚麻籽油中的奥美加-3脂肪酸可被人体利用来产生抗炎物质，有助减轻某些关节状况有关的僵硬和疼痛问题。

### 适宜人群

亚麻籽油具有非常多的健康效益。它已被广泛用于促进健康和美容保养的功能。它适合各年龄阶层包括儿童、成人和老年人食用，特别是患有列症状的人士：

1. 月经不规律
2. 经前症状
3. 便秘或腹泻
4. 皮肤干燥和头发脆弱
5. 记忆力衰退
6. 指甲容易断裂
7. 关节僵硬
8. 高胆固醇或心脏疾病
9. 免疫力下降

### 每日饮食中加入亚麻籽油

亚麻籽油可添加在沙拉酱、冰沙、清蒸蔬菜、马铃薯和米饭。您也可添加在麦片以增加奥美加-3的摄入量。还有一个食用亚麻籽油的最好方法之一就是将它加入原味酸乳酪中，这样不但有助乳化油脂，还可改善消化和代谢功能。千万不可用亚麻籽油来烹调，这是因为热度会破坏油脂的营养价值。