

Raising a Healthy Next Generation

养育健康的 下一代



As parents, what can we do to safeguard the health of our precious children growing up in our world today? There are many challenges that range from too much time indoors and heavy reliance on electronics with reduced amounts of physical activity, convenient access to calorie-rich, nutrient-deficient foods, to mental and emotional health issues that affect children all over the world.

Here are some tips that may be helpful as we guide our children through these challenges with the goal of raising healthy, balanced young people who can positively impact the world.

1. Set a Good Example

The best place to start is with ourselves as parents. Children will always do as we do more than as we say, and so the foundation for raising healthy children is for parents to show an example of a healthy lifestyle and demonstrate how to prioritize health on a daily basis.

This is one of the best gifts we can pass on to our children. Health always starts with our mindset and our habits. Unless we can impart the right concepts towards food, eating habits and exercise, other efforts may prove futile.

2. Involve Them in the Process

One of the best ways to help children understand food and how it affects our health is by involving them in the process of preparing meals, buying produce, reading the ingredients on labels or even ordering food when eating out. This will provide us with many opportunities to share on how different foods affect our health.

Cultivating an appreciation for good food that you can prepare yourself will also help to influence them away from packaged/processed foods, which are usually not as healthy.

身为父母，我们能做些什么来保护我们成长在当今世界的宝贝孩子的健康？我们今天面临许多挑战——从在室内呆的时间太多，到过度依赖电子产品减少了体力活动，很容易取得卡路里高、缺乏营养的食物，再加上精神与情绪上的健康问题。

以下是一些建议，有助于父母指导孩子们克服这些挑战，培育他们成为健康、平衡，能对世界产生积极影响的青年。

1. 设立一个好榜样

身为父母，我们就是孩子们最好的导师。比起我们嘴上说的道理，孩子们复制我们的行为会更快。因此，想要孩子们健康地成长，首先我们自己必须先拥有一个健康的生活方式，言行一致地表现给孩子们看日常生活中我们应该把健康排在第一位。

这就是我们能给孩子们最好的礼物之一。健康总是从我们的心态和习惯开始。除非我们能传授正确的饮食观念、饮食习惯与运动，否则其他的努力都只是徒劳的。

2. 让孩子们参与

让孩子们参与做饭、购买生鲜食品、阅读标签上的成分，甚至是外出就餐时点菜过程，这些都是帮助他们更好地了解食物如何影响他们的健康最好的方法之一。这些过程将会为您提供很多机会来和孩子们分享“不同食物如何影响我们的健康”。

培养孩子们欣赏自己准备的健康食物，也能帮助他们远离不健康的包装或加工食品。

3. Swap out Sugar

Sugar or sugary foods, while well-loved in general by children, are particularly dangerous for the young. Research has shown that excessive intake of sugar can promote unhealthy cravings in children as they grow, which increases the risk of developing obesity, high blood pressure and type 2 diabetes later in life.

At home, sugar can be replaced by raw honey for use as a sweetener, and we would advise to avoid packaged, sugary snacks as much as possible. Normal breakfast cereals also tend to be high in sugar. Instead, you could opt for healthier options such as dried or fresh fruit and granola. Healthier “ice creams” can also be made by freezing fruit juice or homemade yoghurt with fruit or fruit juice into popsicles.

4. Gluten, Lactose & Allergies

Wheat and milk-based products (except for yoghurt) may promote negative reactions in some children. It is important to take note if your child is having inflammatory symptoms such as skin breakouts or cough and phlegm. These may be linked to your child not being able to properly digest the gluten in wheat or the lactose in dairy. Gluten or lactose intolerances are very common and even those that are tolerant are only tolerant up to a certain point.

If left unchecked, these maladaptive reactions can lead to more chronic conditions as your child grows. If you suspect that your child is intolerant to any kind of food, the best way to know for sure is to eliminate the food from your child's diet totally for 2 weeks and see if symptoms disappear. After 2 weeks, you can try re-introducing the food again and watch out for symptoms.

Sometimes, children can “grow out of” certain food intolerances, however this is not always the case.

5. Physical Activity

Exercise and an active lifestyle are important for a child's physical, mental and emotional well-being. In fact, health experts say that physical activity should be prioritized as much as, if not more than, academic activity in the lives of children as they grow.

Studies show that sports and exercise help to develop vital connections in the brain, improving concentration and thinking skills. Physical activity in children also helps to develop healthy bones, muscles, joints, heart and lungs, while promoting better posture and body composition. It is one of the pillars for raising strong, confident and balanced children.

Aside from enlisting your children in sports training or programmes, you could make it a point to engage in physical activity as a family by going on walks/hikes or doing chores together around the house.

Rebounding is an easily-accessible exercise option that your children can do at home. It builds strong muscles, bones and joints while burning calories and improving cardiovascular health!

3. 换除不健康糖类

孩子们都喜爱糖果或糖类食品，但这些都对他们的健康不利。研究发现，摄取过多的糖类会提高孩子们对不健康饮食的渴望。这将增加他们日后患上肥胖症、高血压和第二型糖尿病的风险。

在家里，尽可能避免摄取包装糖类零食。我们建议用生蜂蜜代替糖作甜味剂。普通的商业早餐麦片含有很高的糖分，您可以选择用干果或新鲜水果和格兰诺拉麦片等更健康的食物来代替。此外，我们也可用冷冻果汁或加入了水果或果汁的自制酸乳酪做成冰棒，享受和品味更健康的冰淇淋。

4. 麸质、乳糖和过敏

麦类和乳制品（酸乳酪除外）可能会让一些孩子出现过敏反应。您必须注意您的孩子摄入了这类食品后是否会出现炎症反应如皮肤出现红肿、咳嗽或是生痰。这些可能与您的孩子不能消化麦类中的麸质或是乳制品中的乳糖有关。麸质或乳糖不耐症是很常见的，即便是没出现炎症反应的人，也只是在一定程度上耐受。

如果放任不管，这些过敏反应可能会随着孩子的成长演变成慢性疾病。如果您怀疑孩子对某种食物不耐受，最好确认的方式就是两个星期内完全不让孩子摄取这类食物，然后观察过敏反应是否消失。两个星期后，您可尝试重新让孩子摄取这些食物，并注意孩子是否再次出现过敏反应。

有时，孩子们长大后不会再对某种食物不耐受。但是情况并非总是如此。

5. 体力活动

体育锻炼和活跃的生活方式对孩子的身体、精神和情感健康很重要。事实上，健康专家说，在孩子成长过程中，体育活动应该和学术活动同等重要，甚至更重要。

研究表明，运动和锻炼有助于发展大脑中的重要连接，提高注意力和思考技能。体育活动也有助于儿童骨骼、肌肉、关节、心脏和肺部的健康发育，同时促进更好的姿势和身体组成。体力活动是培养坚强、自信和平衡的孩子的支柱之一。

除了让孩子参加体育训练或项目，也可以全家人一起活动，例如一起散步、远足或在家做家务。

弹跳是一种简单易行的运动选择，可让孩子在家做。它能强健肌肉、骨骼和关节，同时燃烧卡路里，改善心血管健康。



6. Nutritional Support for Children

At NewLife™, we have many health products and nutritional supplements that will help to support healthy growth in your children and ensure that there are no nutritional gaps in their diet.

Here are a few that we would consider as essential for children:



Honegar (Apple Cider Vinegar with Pure Raw Honey)

蜜醋 (苹果醋和纯天然生蜂蜜)

A healthy alternative to soft drinks or cordials:

- 100% organic apples in unpasteurised, unheated pure raw honey.
- Highly nutritious with loads of vitamins, minerals, enzymes and electrolytes.
- Keeps cough, colds and sore throats away; removes phlegm.
- Promotes a healthy digestive tract and prevents constipation.

是汽水或甜果汁饮料的健康替代品:

- 100%有机苹果和未经高温消毒, 未经加热的纯原蜂蜜。
- 富含维生素、矿物质、酶和电解质。
- 祛除咳嗽、感冒和喉咙痛;去痰。
- 促进消化道健康, 防止便秘。

6. 为儿童提供营养支持

在新生命, 我们有许多健康产品和营养补充品, 有助支持您的孩子的健康成长, 确保他们的饮食营养没有缺漏。

这里有一些我们认为对孩子来说是必不可少的:

Extra Virgin Coconut Oil

特级初榨椰子油

- Increases energy level.
- Helps to boost the immune system.
- Promotes better nutrient absorption.
- Rich in medium-chain fatty acids, which have powerful antibacterial, antifungal and antiviral properties.

- 可以增加能量。
- 有助于增强免疫系统。
- 促进更好的营养吸收。
- 富含中链脂肪酸, 具有强大的抗菌、抗真菌和抗病毒特性。



Spirulina 螺旋藻

- Super source of nutrients—rich in vitamins A, C and E, which are important for healthy development in children.
- High in protein.
- Strengthens the immune system.
- Rich in minerals and antioxidants.
- Promotes healthy growth and development.

- 含丰富的维生素A、C和E, 对儿童的健康发育很重要。
- 高蛋白质。
- 增强免疫系统。
- 富含矿物质和抗氧化剂。
- 促进健康成长和发育。





ImmuFlora® 免疫激菌植

- Complete probiotic and prebiotic blend.
- Promotes a healthy digestive system and a strong immune system.
- Guards against infections and food poisoning.
- Prevents both diarrhoea and constipation.
- Delicious and well-loved by children.
- 益生菌和益生元混合物。
- 促进健康的肠胃及免疫系统。
- 防止感染和食物中毒。
- 预防腹泻及便秘。
- 可口，深受孩子们喜爱。

Flax Seed Oil 亚麻籽油

- Rich in Omega 3.
- Helps to strengthen the immune system, lungs, heart and blood vessels.
- Supports healthy development of brain cells.
- Promotes healthy hair and skin.
- Best taken with yoghurt.
- 富含奥美加3。
- 有助于增强免疫系统、肺、心脏和血管。
- 支持脑细胞的健康发育。
- 促进头发和皮肤的健康。
- 最好和酸乳酪一起吃。



Propol-Plus 蜂胶

- Antiseptic, anti-inflammatory, antioxidant, antibacterial, antifungal and antiulcer properties.
- Natural immunity booster for children.
- Contains bee propolis and bee pollen.
- Studies have found propolis helpful for those with asthma as it helps to improve ventilatory function.
- 具有抗菌、抗炎、抗氧化、抗菌、抗真菌和抗溃疡的特性。
- 儿童免疫天然助推器。
- 含蜂胶及蜂花粉。
- 研究发现蜂胶对哮喘患者有帮助，因为它有助于改善呼吸功能。

Kids Klenz 孩童净化粉

- A natural blend of plant fibre formulated to promote healthy bowel movement.
- Supports a good bacterial environment in the gastrointestinal tract.
- Helps to stabilize blood sugar levels.
- Strengthens the immune system.
- 100% natural with a delicious orange flavour.
- 天然植物纤维配方，促进正常排便。
- 为胃肠道提供良好的细菌环境。
- 有助于稳定血糖水平。
- 增强免疫系统。
- 100%纯天然，美味的鲜橙味。



Please turn to back cover for a special offer on **Kids Klenz**.
请翻到封底了解更多有关孩童净化粉的特别优惠。