

# 3 Ways to Keep Your Lungs Healthy & Strong

## 保持肺部健康强壮的3种方法



The lungs are the third most vital organ in the body, after the brain and the heart.

The lungs are responsible for absorbing the oxygen in the air that we breathe into the bloodstream and for expelling the waste gas (carbon dioxide) produced in every cell in the body. This vital process is called gas exchange, which is critical for the survival and healthy function of our body. In addition to gas exchange, the lungs also perform the following important functions:

**pH Balance:** If our lungs detect a rise in acidity, they increase the rate of ventilation to expel more carbon dioxide. This process causes the body to become less acidic.

**Filtering:** Our lungs filter small blood clots and they are able to remove small air bubbles, known as air embolisms, if they occur.

**Protective:** Our lungs act as a shock absorber for our heart in certain types of collisions.

**Protection from Infection:** Certain membranes within our lungs secrete immunoglobulin A, which protects our body against some infections.

**Mucociliary Escalator:** The mucus that lines the respiratory passages traps dust particles and bacteria. Tiny, hair-like projections, known as cilia, move these particles upward like an escalator to a position where they can be coughed out or swallowed and destroyed by the digestive system.

**Blood Reservoir:** The amount of blood the lungs can contain varies from 500 to 1,000 millilitres (ml). This function can be useful, for example, during exercise. The lungs interact with the heart to accommodate sudden increases in blood flow and this can help the heart to function more efficiently.

**Speech:** Proper airflow is required when we speak.

排在大脑和心脏之后，肺是人体内第三重要的器官。

肺负责吸收我们呼进血管内空气中的氧气，并排出由体细胞产生的二氧化碳。这个过程对我们的生存与健康非常重要，称之为“气体交换”。除了气体交换外，肺也起着其他重要的作用，包括：

**酸碱平衡：**当肺感应到体内酸度提高时，它们会增加呼吸率，以排出更多二氧化碳，从而降低体内的酸度。

**过滤：**我们的肺能过滤掉细小的血块，也能去除导致空气栓塞的小气泡。

**保护：**我们的肺可以作为心脏遭受撞击时的减震器。

**预防感染：**我们肺内的某些皮膜会分泌免疫球蛋白A，保护我们避免受到某些感染。

**黏液纤毛自动扶梯：**呼吸道内的粘液能吸附灰尘及细菌，纤小的毛发突出物（即纤毛），像自动扶梯一样将这些物质往上推移到一个能被咳出的位置，或是吞下让消化系统消灭这些灰尘及细菌。

**血库：**肺可容纳的血液量从500毫升至1000毫升不等，这功能对于运动是很有帮助的。肺能够与心脏相互作用以承受血流量的突升，还可以使心脏更有效地运作。

**说话：**我们说话时需要很有规律的气流。

# Going Back to Basics | 回到基本

Our lungs, just like our heart, joints and other body parts, age with time. They can become less flexible and lose their strength, which can make it more difficult to breathe. However, by adopting certain healthy habits, we can better maintain the health of our lungs and keep them working optimally even into our senior years.

Maintaining the health of our lungs can be broken into 3 practical steps, which we should all incorporate into our daily lives:

## 1. Anti-inflammatory Diet

Inflammation is often characterised by redness, warmth, swelling, and sometimes pain and some immobility. It is part of our immune system's natural response to heal an injury or fight an infection. It should stop after the healing process is complete.

However, when inflammation persists or serves no purpose, it damages the body and causes illness. This is called chronic inflammation, which is the root cause of many chronic diseases, including respiratory illnesses such as asthma and bronchitis.

Stress, lack of exercise and exposure to toxins can all contribute to such chronic inflammation, but diet plays a big role as well.

Some foods can trigger inflammation which can negatively affect the health of our lungs, while some foods reduce inflammation and promote healing in the body.

By learning how specific foods and supplements promote anti-inflammatory action and restore health at a cellular level, you can begin to rejuvenate and strengthen your lungs (and the rest of your organs).

### • Fruit & Vegetables

Fruit and dark leafy greens are rich in antioxidants as well as anti-inflammatory flavonoids that restore cellular health. They protect the lungs from free radical damage that causes inflammation.

If you struggle to consume whole portions of green leafy vegetables, simply juice them with **NewLife™ Alpha Juicer**. They can be juiced with fresh fruit such as oranges or pineapples to make them more palatable.

Alternatively, **NewLife™ Super Green Food ++** and **Spirulina** are excellent supplements to get more greens into your diet. They are concentrated sources of vitamins, minerals, phytonutrients, amino acids, enzymes, chlorophyll and powerful antioxidants.

如同我们的心脏、关节及身体的其他部位，我们的肺也会随着时间逐渐老化。它们会慢慢地失去弹性及力量，导致我们需要花费更多力气去呼吸。话虽如此，我们可以通过日常的健康习惯，更好地维护我们的肺部。那么，当我们年老时，我们的肺就能继续以最佳状态工作。

保持肺部健康可分为三个实际步骤，我们都应该将它们融入我们的日常生活中：

## 1. 抗炎饮食

炎症的特征通常包括发红、发热、肿胀、疼痛、甚至有时无法动弹的情况。这些都是我们身体免疫系统在修复伤口或抵抗感染时的自然反应，它们应该会在修复过程结束后就完全停止。

但是，如果炎症依然持续或毫无作用时，这将会对身体造成伤害或导致疾病——这就是所谓的慢性炎症。慢性炎症是许多慢性疾病的根源，包括呼吸道疾病如哮喘和支气管炎。

虽然压力、缺乏运动及接触毒素都可导致慢性炎症，饮食也起着关键作用。

一些食物可激发炎症，对我们肺的健康产生负面的影响；另一方面，某些食物则减少炎症及促进身体的修复工作。

只要掌握了如何从食物和保健品着手以促进抗炎及修复细胞，您的肺（与其他器官）也会随着开始恢复及变得强壮。

### • 水果和蔬菜

水果及深色绿叶蔬菜含有丰富的抗氧化剂和抗炎类黄酮，可有效地修复身体细胞的健康，也能保护肺免受可导致炎症的自由基伤害。

如果您很难吃下整份的蔬菜，您可尝试使用**新生命奥发绿汁机**将蔬菜榨成汁，也可加入新鲜水果如橙或黄梨一起榨，会更加美味。

另外，**新生命的特超绿食品**和**螺旋藻**，也可以是很好的补充来增加您饮食中的绿色食品。它们含有丰富的维生素、矿物质、植物营养素、氨基酸、酶、叶绿素及强大的抗氧化剂。





### • Coenzyme Q10

Coenzyme Q10, or CoQ10 for short, is a vitamin-like compound that is produced by the body. It is stored in the mitochondria of cells and is responsible for energy production at the cellular level as well as protecting cells from bacteria, viruses and oxidative stress (free radical damage). Clinical evidence suggests that CoQ10 has potent effects on inflammatory markers.

CoQ10 is found in meat, fish and whole grains. However, the amount of CoQ10 found in these dietary sources is not sufficient to significantly increase CoQ10 levels in the body. Besides, CoQ10 levels in the body also decrease as we age.

Hence, taking a CoQ10 supplement is essential. **NewLife™ CoQ10 Plus** is an advanced formula, synergistically blended with essential fatty acids found in flax seed concentrate to enhance bioavailability.

### • 辅酶Q10

辅酶Q10是我们身体自行产生的类维生素的化合物，储存在细胞的线粒体，负责提供细胞能量，保护细胞免受细菌、病毒及氧化应激（自由基损伤）。临床实验已证明辅酶Q10对炎症标志物有重大的影响。

辅酶Q10能在肉类、鱼类及全谷物中找到。但是，这些膳食来源中的辅酶Q10含量完全不足以显著提高人体内的辅酶Q10水平。此外，体内辅酶Q10水平也会随着年龄的增长而逐年递减。

因此，服用辅酶Q10保健品是必要的。**新生命生物吸收性CoQ10**是一种先进配方，与亚麻籽浓缩物中的必需脂肪酸协同混合，以提高生物利用率。

### • Astaxanthin

This is the most powerful antioxidant in the world. While other antioxidants can only handle one free radical at a time, astaxanthin forms an electron cloud around itself, which sucks in free radicals and can neutralize up to 19 free radicals at one time.

You can get astaxanthin by eating pink sea creatures that feed on algae. Sockeye salmon is by far the richest source. Just make sure that it is wild-caught.

You can also take astaxanthin supplements, at least 10 mg per day. Take it with a meal containing healthy fats like butter, coconut oil or eggs. The fat will help your body to absorb the astaxanthin.

**NewLife™ Collasta** contains a generous amount of astaxanthin extracted from red algae as well as other ingredients such as hydrolysed marine collagen, grapeseed extract, green tea extract, pine bark extract, lycopene and mangosteen extract.

### • 虾青素

虾青素是世上最强的抗氧化剂。它能在自身周围形成电子云，吸取自由基，并能同时一次性中和多达19种自由基；而其他抗氧化剂一次只能处理一种自由基。

您能通过食用以藻类为食的粉红色海洋生物来获得虾青素。到目前为止，野生红鲑鱼是虾青素最丰富的来源。

当然，您也可通过保健品来获取虾青素。每天至少10毫克，与含有健康脂肪的食物一起食用如牛油、椰子油或鸡蛋。脂肪能帮助您的身体更有效地吸收虾青素。

**新生命康丽达胶原红藻**含有丰富的红藻提取虾青素及其他成分，例如水解海洋胶原蛋白、葡萄籽精华、绿茶精华、松树皮精华、番茄红素及山竹果精华等。



### • Garlic

This pungent vegetable is considered as one of the anti-inflammatory superstars. Organosulfur compounds derived from garlic may lower the production of substances in the blood that cause inflammation. In fact, a 7-year study conducted by the Jiangsu Provincial Center for Disease Control and Prevention in China found that people who ate raw garlic at least twice a week had 44% lower risk of developing lung cancer. If eating raw garlic is not your thing, take **NewLife™ Garlic & Parsley** as a daily supplement and immune booster instead!

### • 蒜

此辛辣蔬菜被认为是消炎的超级明星。大蒜内的有机硫化物能降低血液内可引发炎症的物质的产生。事实上，江苏省疾病预防控制中心进行的一项为期7年的研究发现，每周至少吃两次生大蒜的人患肺癌的风险降低了44%。但如果您无法接受生吃大蒜，那就服用**新生命的蒜与欧芹油**作为每日补充以增强免疫。

### • Omega-3 Fatty Acids

While the human body needs only about 2 to 4 times more Omega-6 (pro-inflammatory) than Omega-3 (anti-inflammatory) fatty acids, our daily diet tends to contain an excessive amount of Omega-6 fatty acids from all the vegetable oils that are commonly used for cooking or found in processed foods – about 14 to 25 times more! In other words, our body is oversupplied with Omega-6 and deficient in Omega-3. Health experts believe that this imbalance has contributed to the rising rate of inflammatory disorders and other related health conditions. To correct this imbalance, we need to consume more Omega-3 while reducing Omega-6.

Low Omega-3 level reduces cell membrane permeability, causing inefficient transport of oxygen and nutrients to the cells, which consequently leads to the degeneration of cells and other health problems. Omega-3 is essential for maintaining healthy heart function, immune function, brain function and the nervous system.



Flax seed oil is one of the best sources of natural Omega-3. Most people suffer from a deficiency of the Essential Fatty Acids (EFAs) contained in flax seed oil. EFAs are necessary fats that humans cannot synthesize, and must be obtained through diet. EFAs support the cardiovascular, reproductive, immune and nervous systems.

**NewLife™ Omega Gold Flax Seed Oil** assures the highest quality oil, which is extracted from organically grown golden flax seeds, using a cold-press process which eliminates the damaging effects of light, oxygen and heat.

### • 奥美加3脂肪酸

人体需要的奥美加6（促炎）脂肪酸比奥美加3（消炎）脂肪酸只需多出2至4倍。但是我们日常饮食中往往含有过量的奥美加6脂肪酸，就好比常用于烹饪的植物油或加工食品就含有高出大约14至25倍的奥美加6脂肪酸。换言之，我们的身体有过量的奥美加6；却缺乏奥美加3。健康专家相信，这个失衡状态会提高发炎症状及其他相关健康状况的风险。因此，我们必须摄取更多的奥美加3，同时减少奥美加6的摄取，以调节此失衡状态。

奥美加3对于维持健康的的心脏、免疫、大脑和神经系统功能起着非常重要的角色。缺乏奥美加3会使细胞膜的渗透力降低，造成氧气和营养物质无法有效地运输到各个细胞，最终导致细胞退化和其他健康问题。

亚麻籽油是最好的天然奥美加3的来源之一。大多数人缺乏亚麻籽中所含的必需脂肪酸。脂肪酸支持人们的心血管、生殖、免疫及神经系统。再加上，人体无法合成必需脂肪酸，必须通过饮食获取。

**新生命奥美加黄金亚麻籽油**是在无光、无氧、不加热，没有破坏性的影响下，通过冷榨技术，从天然有机黄金亚麻籽中萃取的，绝对是最高质量的亚麻籽油。

### • Coconut Oil

In many recent studies, the lauric acid in virgin coconut oil was found to reduce inflammation in cells. It works both as an analgesic and an anti-inflammatory.

One to two spoonfuls of extra virgin coconut oil a day goes a long way. **NewLife™ Extra Virgin Coconut Oil** is certified organic, cold pressed and naturally extracted from freshly harvested mature coconuts.

### • 椰子油

近来，许多研究都显示，初榨椰子油中的月桂酸能作为镇痛剂与消炎剂，减少细胞中的炎症。

**新生命特级初榨纯鲜椰子油**经有机认证，从新鲜采摘的成熟椰子中冷榨提取。每天饮用一到两汤匙，受益无穷。



### • Reduce Salt (Sodium) Intake

Balance is the key to a healthy body free of inflammation. A good example of mineral balance tied to inflammation is the proper mix of sodium-rich foods and potassium-rich foods. Sodium brings in fluid and nutrients, while potassium flushes toxins. A high sodium (high salt) diet can tip this delicate balance. Without this balance, toxins can build up in the body and promote inflammation.

Health experts recommend an intake of at least 5 times more potassium than sodium. To reconstruct healthy cells, we must replenish potassium levels in the body. Besides cutting down salt intake and taking more high potassium foods, supplementing with natural, special formulated potassium such as **NewLife™ K-Salt** is the perfect antidote for poor health. **K-Salt** is also particularly helpful for those with cough and phlegm, which can cause discomfort or strain the lungs in some cases.

### • 减少盐（钠）的摄取

矿物质平衡与炎症有关的一个很好的例子就是：富钠食物与富钾食物的适当配合。钠将液体和营养物质带入身体；而钾则将毒素排出。高钠（高盐）饮食则会捣乱这个微妙的平衡。当这种平衡被捣乱时，毒素就会在体内堆积，引发炎症。

要重建健康的细胞，我们必须提高体内的钾含量。营养师建议钾的摄入量至少要是钠的五倍。除了减少盐的摄入，多吃含高钾的食物，还可以通过服用天然的钾保健品，如**新生命钾质**，来改善健康。钾质对咳嗽多痰的人也特别有帮助，咳嗽和痰在某些情况下会导致肺部不适或拉紧。



## Inflammation-causing Offenders

Once you find foods that heal your body and satisfy your palate, you can then remove those inflammation-causing offenders without feeling deprived.

Below are some of the common culprits that raise inflammation. If you are constantly consuming these foods, your body will gradually transition into a state of chronic inflammation. So, watch out and stay away from:

- fried foods
- refined flours
- refined sugars
- hormone- and antibiotic-laden animal products
- synthetic sweeteners
- artificial food additives
- oxidized cholesterol (cholesterol that has gone rancid, such as that from overcooked food)
- foods cooked at high temperatures, especially if cooked with vegetable oil (such as peanut, corn or soy)
- trans fat: margarine, vegetable shortening and all products listing them as ingredients or made with partially hydrogenated oils of any kind.

In a nutshell, every bite counts. Start moving towards an anti-inflammatory diet today!

## 引发炎症的食物

一旦您找到即能修复您的身体，又能满足您的味蕾的食物，您就可以毫无留恋地戒掉那些引发炎症的食物了。

以下是一些能引发炎症的常见“元凶”。如果您常常吃这些食物，您的身体就会逐渐进入慢性炎症的状态。因此，尽可能远离：

- 煎炸食物
- 精制面粉
- 精制糖
- 富含激素及抗生素的动物产品
- 人造甜味剂
- 人造食品添加剂
- 氧化胆固醇（已变质的胆固醇，如煮过头的食物中的胆固醇）
- 高温烹煮的食物，尤其是使用植物油烹饪的（如花生油、玉米油或黄豆油）
- 反式脂肪：人造牛油、蔬菜起酥油以及其他含有部分氢化油或任何由部分氢化油制成的产品。

综合以上所叙述的，入口的每一样食物，都对您的健康有影响。从今天开始，就开始抗炎饮食的旅途吧！



## 2. Breathe in, Breathe out

Lung exercises provide ways to help your lungs become more efficient at managing airflow and oxygen levels.

Pursed-lip breathing forces the airways to stay open longer when you exhale so stale air can be expelled and more fresh air can be absorbed.

Pursed-lip breathing lung exercises are easy to do and can be done anywhere at any time. The exercise involves inhaling, slowly, through the nose and exhaling through pursed lips. The goal is to take twice as long breathing out as breathing in, so if you inhale for five seconds, you will want to exhale for 10 seconds while doing this exercise.

It may take some time before the technique feels natural, but with regular practice, it can become comfortable. Even a 5 to 10 minutes' practice every day can be beneficial.

## 2. 吸气，吐气

肺运动可以帮助您的肺更有效地管理气流和氧气水平。

当您呼气时，撅嘴呼吸迫使气道保持打开的时间更长，如此一来就可以排出浑浊不通的空气，吸收更多的新鲜空气。

撅嘴呼吸肺练习很容易做，可以在任何时间任何地点做。这个练习包括用鼻子慢慢地吸气，然后撅起嘴唇呼气。我们的目标是用两倍于吸气的时间来呼气，所以在做这个练习时，如果吸气5秒，就要呼气10秒。

这可能需要一段时间才会感觉自然，但通过定期练习，就可以变得舒畅。即使每天练习5到10分钟也可以受益。

### 3. Walking on Sunshine

Several studies have shown that vitamin D levels in the blood significantly impact lung health. It also plays a key role in balancing the immune system, reducing chronic inflammation, and supporting muscle health—all of which support respiratory health.

The cheapest and best source of vitamin D is sunshine. We are extremely fortunate to live in tropical countries in South East Asia where we have access to the sun almost every day of the year.

When your skin is exposed to sunlight, the sun's ultraviolet B (UVB) rays hit cholesterol in the skin cells, providing the energy for vitamin D synthesis to occur.

It is important to note that the sun's UVB rays cannot penetrate through windows. Hence the ONLY way to obtain enough UVB is to spend time outdoors when the sun is shining.

In most situations, approximately 30 minutes of skin exposure (without sunscreen) of the arms and face to sunlight can provide all the daily vitamin D that the body requires.

### 3. 走在阳光里

几项研究表明，血液中的维生素D水平对肺部健康有显著影响。它在平衡免疫系统、减少慢性炎症、维持肌肉健康等方面也起着关键作用，而这些都有助于支持呼吸系统的健康。

阳光是维生素D最便宜也是最好的来源。我们非常幸运地生活在东南亚的热带国家，在这里我们几乎一年中的每一天都能接触到阳光。

当您的皮肤暴露在阳光下时，太阳紫外线B (UVB) 射在皮肤细胞中的胆固醇，为维生素D的合成过程提供能量。

值得注意的是，太阳的UVB射线不能穿透窗户。因此，获得足够UVB的唯一方法是在阳光灿烂的时候花时间在户外。

在大多数情况下，把胳膊和脸（不涂防晒霜）暴露在阳光下大约30分钟就可以提供人体每天所需的维生素D。

We may not think about the importance of lung health until we experience a breathing problem. When our lung health is affected, it can impact the quality of everyday life and can prematurely shorten our lifespan. Take care of them starting today!

很多人都是等到出现呼吸问题后才意识到肺部健康的重要性。当我们的肺部健康受到损害时，它会影响日常生活的质量，甚至可能过早地缩短寿命。从今天开始，让我们好好地来照顾我们的肺吧！