

What You Eat Affects Your Immunity

您的饮食会影响您的 免疫力



“You Are What You Eat” is a phrase that most of us would have heard before.

Interestingly enough, this phrase was first used 195 years ago by French author Anthelme Brillat-Savarin when he coined the phrase: “Tell me what you eat and I will tell you what you are” in his book *Physiologie du gout, ou, Méditations de gastronomie transcendante...*

In a literal sense, it is quite true that ‘you are what you eat’ because the food that we eat does play a pivotal role in our health and affects our immune system especially.

The Immune System—Protector of the Body

The immune system's role is to identify and destroy foreign or otherwise harmful material within the body. The immune system is unlike other bodily systems in that it is not a group of physical structures but a system of complex interactions involving many different organs, structures, and substances. Ideally, all of these components work together to protect the body against infection and disease.

All of the viruses and bacteria that infect the body are handled by the immune system, so to protect ourselves, especially during the current pandemic, it is crucial to have a strong immune system.

Amazing as it is, the immune system can work as it should, only if cared for properly. This means getting all of the right nutrients, providing the right environment, and avoiding things that tend to lower immunity.

Many elements of the environment we live in today compromise our immune systems' defensive capabilities. The chemicals in the household cleaners we use; the overuse of antibiotics and other drugs; the antibiotics, pesticides, and additives present in the foods we eat; and the exposure to environmental pollutants, all place a strain on the immune system.

Another factor that adversely affects the immune system is stress. Stress results in a sequence of events that suppresses the normal activity of white blood cells, places undue demands on the endocrine system, and depletes the body of needed nutrients. The result is impaired healing ability and lowered defence against infection.

Does Diet Affect the Immune System?

The dietary choices that we make can directly influence our immune system for better or worse. Unhealthy eating patterns have links to increased risks of disease, allergies, and impaired immunity.

An unhealthy diet consists of heavily processed foods that are high in calories and low in nutrients. This diet is often low in protective foods such as vegetables and fruits and thus has strong links to an increased risk of diseases. Additionally, a deficiency of nutrients can also affect immunity. Nutrient deficiencies are more common in those consuming heavily processed diets low in nutrients dense foods.

大多数人都应该听过“人如其食”这句话吧！

有趣的是，这句话最早出自于195年前一名法国作家——布里亚·萨瓦兰在其著作《味觉生理学》中写出的“告诉我您吃什么，我就会告诉您您是什么”。

从字面意义上来看，“人如其食”这句话确实很有道理。我们所摄取的食物对我们的健康起着很重要的作用，尤其是对我们免疫系统的影响。

免疫系统—身体的保护者

免疫系统的作用主要是识别与摧毁体内的外来异物或其他有害物质。免疫系统不像其他体内系统，它不是一组物理结构；而是一个涉及许多不同器官、结构和物质相互联系，复杂的系统。理论上，这些组织相互作用，保护身体免受感染和疾病。

所有入侵人体的病毒和细菌都由免疫系统处理。因此，为了保护我们自己，尤其是在当前的疫情期间，拥有一个强大的免疫系统是非常重要的。

令人惊讶的是，免疫系统只有在被照顾周全时，才能有效正常地工作。这意味着我们应该摄取正确的营养、提供适宜的环境，并避免一切将造成免疫力降低的事物。

然而，我们现今生活环境中的许多事物都能损害我们免疫系统的防御能力。家用清洁剂内的化学物质；滥用抗生素和一些药物；吃的食物中所含的防腐剂、杀虫剂和添加剂；暴露在环境污染物中——通通都会对免疫系统造成压力和损伤。

此外，另一个会对免疫系统产生负面影响的因素就是精神压力。紧张压力往往会抑制白血球的正常运作、使内分泌系统失调及消耗身体所需的营养，最后导致愈合能力受损，降低身体对抗感染的防御能力。

饮食会对免疫系统造成影响吗？

我们所做的饮食选择可以直接影响我们的免疫系统的好坏。不健康的饮食模式会增加我们患上疾病、过敏或是免疫力受损的风险。

含高卡路里且低营养的重加工食品通通都属于不健康饮食。这些食物之所以与患病风险的增加有很强的联系，是因为它们通常都缺乏保护性食品如蔬菜和水果。不仅如此，营养不足还会影响我们的免疫力。那些营养不良的人通常都习惯食用重加工食品，而这些食物通常营养含量很低。

In contrast, a healthy diet that is rich in whole foods, such as vegetables, fruit, nuts, legumes, and seafood, and low in heavily processed foods can reduce disease risk and promote immunity. Consuming whole foods will provide the body with the appropriate amounts of nutrients.

The interaction between diet and immunity is highly complex, and scientists are still learning how the food we eat impacts the immune system.

Reducing the Body's Inflammatory Response

The way an unhealthy diet can negatively affect immunity is by promoting inflammatory responses of the immune system. These inflammatory responses, caused by unhealthy foods or foods that you are even mildly intolerant or allergic to, weaken the immune system by taking up resources that should be used for defending the body against pathogens. Over time, they can also cause additional allergic reactions or even autoimmune problems where the immune system is hyperactive and triggered for the wrong reasons, attacking the body's own cells, resulting in more inflammation.

Hence, the decisions that we make in our food choices should aim towards reducing inflammatory response.

Below are the common culprits that raise inflammation. If we consume these regularly, our body will gradually transition into a state of chronic inflammation. So, try your best to avoid these foods:

- 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, and soy)
- trans fat: margarine, vegetable shortening, and all products listing them as ingredients or made with partially hydrogenated oils of any kind.

Simple Tips to Improve Your Immune System

Eat healthy:

A healthy diet is important for maintaining a strong immune system. Fruit and vegetables should comprise 50% of our daily diet while avoiding or limiting the foods mentioned in the above section as much as possible.

Drink water:

Staying hydrated has positive effects on our immune system. Distilled water, fresh fruit and vegetable juice made using the **Alpha Juicer**, and herbal teas like **VitaTea** are just a few suggestions.

Overhaul your body with Dr. Lynn's Detoxification & Rejuvenation Programme (DRP):

The DRP is designed to detoxify and rebuild cells in order to improve immunity.

Kick the butt and bottle:

Avoid smoking and alcohol will go a long way in maintaining a healthy immune system, as they are both sources of toxins and inflammation.



相比之下,一个富含全天然食品(如蔬菜、水果、坚果、豆类、海鲜),低重加工食品的健康饮食可以帮助提升免疫力,并降低患上疾病的风险。此外,食用全天然食物会为身体提供足够的营养。

饮食和免疫力之间的相互作用极其复杂。科学家至今仍在研究我们所吃的食物是如何影响我们的免疫系统。

减少身体的炎症反应

不健康饮食通过引发免疫系统的炎症反应对我们的免疫力造成负面的影响。这些由不健康食品或一些您轻度不耐受或过敏的食物所造成的炎症反应,将占用身体原本应该消耗用于抵抗病原体的资源,导致您的免疫系统削弱。长期下来,这些炎症反应也可造成更严重的过敏反应或是自身免疫问题,进而导致免疫系统过度活跃,并因错误原因被触发,攻击身体自身细胞,最后引发更多的炎症。

因此,我们在选择食物时,应该以降低炎症反应为目标。

以下是引起炎症的常见罪魁祸首。如果我们经常食用这些食物,我们的身体将逐渐转变成慢性炎症的状态。所以,尽量避免这些食物:

- 油炸食品
- 精制面粉
- 精制糖
- 富含激素和抗生素的动物产品
- 合成甜味剂
- 人工食品添加剂
- 氧化胆固醇(变臭的胆固醇,如来自过度烹饪的食物的胆固醇)
- 在高温下烹调的食物,尤其是用了植物油(如花生,玉米,还有大豆)
- 反式脂肪:人造黄油,蔬菜起酥油和所有用部分氢化油制成的产品。

改善免疫系统的简单方法

健康饮食:

健康的饮食对保持强大的免疫系统很重要。水果和蔬菜应占日常饮食的50%,同时尽量避免或限制上述食物。

多喝水:

保持水分对我们的免疫系统有积极的影响。多喝蒸馏水、用**奥发绿汁机**榨取的新鲜果菜汁,以及像**维达健康茶**这一类的花草茶。

进行陈林希珠博士的在排毒与复健程序(DRP)大修身体:

DRP旨在排毒和重建细胞,以提高免疫力。

戒掉烟酒:

避免吸烟和饮酒对保持健康的免疫系统大有帮助,因为它们都是毒素和炎症的来源。

Supplements to boost your immunity:

- **NewLife™ Super Green Food ++** and **Spirulina** are concentrated sources of vitamins, minerals, amino acids, enzymes, chlorophyll, and powerful antioxidants that help to reduce inflammation and strengthen immunity.

A sign that a food is rich in antioxidants is its colour. Deep coloured foods are rich in antioxidants and provide a convenient source of nutrients that fight to repair cells damaged by inflammation. Dragonfruit, beetroot, and blueberries are prime examples.

- **NewLife™ Collasta** contains a generous amount of astaxanthin, a super antioxidant extracted from red algae, and other ingredients such as hydrolysed marine collagen, grapeseed extract, green tea extract, pine bark extract, lycopene, and mangosteen extract. Astaxanthin has an antioxidant capacity up to 550 times stronger than vitamin E and 40 times stronger than beta-carotene.

Antioxidants help to reduce and control inflammation in the body, which in the long run contributes to disease prevention, better health, and increased well-being.

- **NewLife™ N.Zimes PA Plus™**, which contains a complete spectrum of enzymes including bromelain. Bromelain is a powerful digestive enzyme that helps regulate the immune response and prevent unwanted inflammation.
- **NewLife™ Extra Virgin Coconut Oil** is cold-pressed and naturally processed from freshly harvested organic mature coconut. In many recent studies, the lauric acid in virgin coconut oil reduces inflammation in cells. One to two spoonfuls of virgin coconut oil a day goes a long way.
- **NewLife™ Omega Gold Flaxseed Oil** assures the highest quality oil extracted from organically grown flax seeds using a cold-press process that eliminates the damaging effects of light, oxygen, and heat.

Flaxseed 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 flaxseed 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™ Garlic & Parsley**
Garlic is considered as an anti-inflammatory superstar. Organosulfur compounds derived from garlic may lower the production of substances in the blood that boost inflammation. Regular intake of garlic may help promote healthy digestion as well.
- **NewLife™ C Complex**
Vitamin C is popularly known as an antioxidant that is beneficial to the immune system. This essential vitamin also aids in digestion by supporting healthy teeth and gums and helps the body absorb iron.

可以提高免疫力的保健品:

- **新生命超级绿食品和螺旋藻**是维生素、矿物质、氨基酸、酶、叶绿素和强大的抗氧化剂的浓缩来源，有助于减少炎症和增强免疫力。

食物富含抗氧化剂的一种标志是它的颜色。深色食物富含抗氧化剂，提供了一种方便的营养来源，可以修复被炎症破坏的细胞。火龙果、甜菜根和蓝莓就是最好的例子。

- **新生命康丽达胶原红藻**含有丰富的虾青素，一种从红藻中提取的超级抗氧化剂，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。虾青素的抗氧化能力比维生素E强550倍，比β-胡萝卜素强40倍。

抗氧化剂有助于减少和控制体内的炎症，从长远来看有助于预防疾病、促进健康，从而提高整体良好感觉。

- **新生命胰酶（植物）添加素**含有广泛的微生物酶，其中包括菠萝蛋白酶。菠萝蛋白酶是一种强大的消化酶，有助于调节免疫反应，防止不必要的炎症。

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

- **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金亚麻籽中萃取的，绝对是最高质量的亚麻籽油。

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。但是人体无法合成必需脂肪酸，必须通过饮食获取。

- **新生命蒜与欧芹油**
大蒜被认为是抗炎的超级明星。从大蒜中提取的有机硫化化合物可降低血液中促进炎症的物质的产生。经常摄入大蒜也有助于促进健康的消化。

- **新生命维他命C缓释综合丸**
维生素C是一种抗氧化剂，对免疫系统有益。这种必要的维生素还有助于消化，支持健康的牙齿和牙龈，并帮助身体吸收铁元素。

In a nutshell, some foods can trigger inflammation and raise your risk of chronic disease, while some foods can reduce inflammation and heal your body—every bite counts. Start moving towards a healthier diet and stronger immune system today!

简而言之，一些食物会引发炎症并增加患慢性疾病的风险，而一些食物可以减少炎症并治愈身体，每一口都很重要。从今天开始养成健康的饮食习惯吧！

