

长新健康饮料—柳橙口味

产品特点

纤维是一种天然的“清洁剂”，经常饮用，有助于降低脂肪的吸收，可以使身材苗条；食用大量纤维，还能帮助清除体内毒素，维持肠道清洁，使皮肤自然光鲜亮丽。

人体的消化道不能接受过量的同一种纤维，但是长新（柳橙口味）的独特点在于，成分均是天然的纤维，均衡地含有水溶性纤维和非水溶性纤维，各年龄层都可以放心使用。

使用方法

- 一天中任何时间饮用皆宜。以温水或冷水冲泡并马上饮用。
- 如果想要有纤体的效果，建议于三餐前半小时饮用一包长新（柳橙口味）。



EverNew Orange BEVERAGE

Fiber fills you up quickly and curbs appetite, helping you to control weight. Consuming large quantities of fiber can help purge toxins in the body, maintain cleanliness of the intestinal tract and give your skin a youthful glow.

The digestive tract cannot accept excessive amounts of one type of dietary fiber. EverNew Orange contains a balanced mix of soluble and insoluble natural fiber and is suitable for all ages.

- Take one package anytime in the day with warm or cold water, prepared as a drink.
- To aid in weight management, consume a package of EverNew Orange half an hour before each meal.



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FIBER

for good digestive health

纤维

促进良好消化系统

什么是纤维？

膳食纤维包含植物性食物中所有人体无法吸收或消化的部分。

有趣的是，只有植物性食物如水果、蔬菜、坚果及谷类，才含有丰富的膳食纤维。

纤维可分为两种：水溶性纤维只有部分能溶于水；非水溶性纤维则不能溶于水。

专家建议每天最好能摄取30克的纤维。想要达到这目标就需要靠均衡的植物性膳食。

What is fiber?

Dietary fiber includes all parts of plant foods that the human body cannot digest or absorb.

Interestingly, dietary fiber is found only in plant foods: fruits, vegetables, nuts and grains.

There are two types of fiber. Soluble fiber partially dissolves in water. Insoluble fiber does not dissolve in water.

Experts recommend eating at least 30 grams of fiber daily. Reaching this goal requires a balanced, plant-based diet.

纤维有助于:

保护心脏 某些水溶性纤维能阻碍脂肪与胆固醇的吸收,降低血胆固醇并且保护心脏。

控制血糖指数 某些水溶性纤维能帮助降低血糖值及有助于提升人体对胰岛素的敏感性。

抵御某些癌症 纤维能保护直肠内壁,并能有效地预防癌细胞的生长。

控制体重 纤维本身不含任何卡路里,却能吸收水分,因而容易产生饱足感。

维护结肠内的益生菌 肠内益生菌能帮助结肠内的营养吸收及抗癌类酸性物质的形成。同时能排出有害物体及产生维生素B群及维生素K。

促进定期的肠胃蠕动 纤维能增加粪便的体积。粪便的体积越大就越容易在直肠道通行,因此在排便时也无需太大的压力便能将粪便排出。

预防其他健康问题 摄取足够的纤维能预防憩室炎、痔疮及静脉曲张。

Fiber helps:

Protect Our Heart Some soluble fibers interfere with fat and cholesterol absorption, lowering blood cholesterol and protecting the heart.

Regulate Blood Sugar Levels Certain soluble fibers help lower blood sugar levels and may aid insulin sensitivity.

Protect Against Certain Cancers Fiber protects the lining of the colon and seems to prevent development of cancerous cells.

Control Weight Fiber itself has no calories, yet produces a "full" feeling because it absorbs water.

Maintain Good Bacteria In The Intestines Good intestinal bacteria aid nutrient absorption and formation of cancer-resistant acids in the colon. They also detoxify harmful compounds and produce vitamins B and K.

Promote Regular Bowel Movement Fiber adds bulk to the stool. A larger, bulkier stool passes through the colon more easily and requires less pressure (and straining) to be expelled during defecation.

Prevent Other Health Conditions Sufficient fiber intake prevents diverticulosis, hemorrhoids and varicose veins.

纤维美的食物



柳橙

柳橙含有原果胶——纤维素和胶质的结合物,它能够降低人体胆固醇指数。纤维素能吸收肠道内的流质,推动肠道内的食物;而胶质像是为肠道提供润滑油,让食物能够更顺畅地通过消化系统。

香蕉

香蕉所含的胶质能让消化道内的消化动作变得更顺畅。香蕉也有助于缓和胆固醇指数,增加粪便的体积。香蕉富含钾、维生素B6、镁以及色氨酸,能够舒缓焦虑,改善情绪,预防高血压、心脏病以及增龄性黄斑变性等疾病。

燕麦

燕麦中含有的β-葡聚糖和油性物质能降低胆固醇指数和心血管疾病的罹患率,增强免疫系统功能,稳定血糖。此外,燕麦中的硒能减轻哮喘症状,降低患癌机率,同时有助于心血管和生殖系统的健康。燕麦含有的其他营养包括维生素B群、镁,以及能对抗癌症的植物营养素。

洋车前子

洋车前子能增加粪便的水分和体积,促进肠胃蠕动。它还能降低结肠癌和肠道疾病的罹患率,缓解血液中胆固醇指数,控制血糖升高,预防心脏疾病和糖尿病。



Fiberlicious Foods



ORANGE

Orange contains protopectin, a combination of cellulose and pectin, which lowers cholesterol. Cellulose absorbs fluid from the intestines and pushes the contents in the intestinal tract, while pectin provides lubrication and ensures smooth passage for food.



BANANA

Banana's pectin eases movement through the digestive tract. Banana helps moderate cholesterol levels and makes stools bulkier. Banana's potassium, vitamin B6, magnesium and tryptophan content can relieve anxiety, improve mood, and prevent high blood pressure, heart disease and age-related macular degeneration.



OATS

Beta-glucan and oil in oats lower cholesterol levels and the risk of cardiovascular disease, enhance the immune system, and stabilize blood sugar. Selenium decreases asthma symptoms and the risk of cancer while contributing to the health of the cardiovascular and reproductive systems. Other nutrients in oats include B vitamins, magnesium and phytochemicals that can protect against cancers.



PSYLLIUM HUSK

Psyllium husk adds water and volume to feces, promoting bowel movement. It lowers the risk of colon cancer and intestinal diseases, reduces blood cholesterol levels, controls the rise of blood sugar levels and prevents heart disease and diabetes.

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for good digestive health

纤维摄取量低将导致以下疾病:

便秘 一星期的排便次数少过3次,通常与饮食中缺乏纤维有关。

结肠直肠癌 研究显示饮食以水果、蔬菜、全谷类食品、豆类、家禽类及鱼类为主的人罹患结肠直肠癌的机率比摄取大量精加工的谷类、加工过的红肉、糖果与甜品的人低。

肥胖 若饮食中的纤维含量低,那么意味着您会摄取较多的食物以达到饱足。摄取过多的卡路里会导致体重上升,迈出了趋向超重及肥胖的第一步。

心血管疾病 根据世界心脏联盟估计全世界20%的心血管疾病是因为水果蔬菜的摄取量低而引起的。

痔疮 痔疮的主要原因是粪便干硬,所以排便时太过使劲所导致。

憩室炎 便秘会使肌肉更需要使劲地将干硬的粪便排泄出去,造成憩室炎(小膨胀囊)在结肠内形成。若支囊中存有粪便或细菌,那将造成憩室炎。严重的憩室炎可能需要进行开刀手术。

Low fiber intake is linked to:

Constipation Having fewer than three bowel movements a week is commonly associated with a lack of fiber in the diet.

Colorectal Cancer Studies show that people who consume more fruits, vegetables, wholegrains, legumes and fish are less likely to develop colorectal cancer, compared to those who eat more refined grains, processed and red meats, sweets and desserts.

Obesity With a low-fiber diet, you eat more to feel full. Consuming more calories than required brings about weight gain, the precursor to overweight and obesity.

Cardiovascular Disease Low fruit and vegetable intake accounts for about 20% of cardiovascular disease worldwide, according to the World Heart Federation.

Hemorrhoids Excessive straining during bowel movements due to hard stools is a common cause of hemorrhoids.

Diverticulitis Constipation makes the muscles strain to move hard stool, causing diverticula (small, bulging pouches) to form in the colon. If stool or bacteria get caught in the pouches, diverticulitis can occur. Severe diverticulitis may require surgery.