

phhp world

P'Health

新一年新力量，带给您全心感受

健康早餐

—DIY—

简单搞定不忙碌!

+ 身体
酸碱性
知多少

How Much Do You
Know About

pH LEVEL



增强

免疫力的法则

ENHANCE IMMUNE SYSTEM
FOR HEALTHY LIFESTYLE



为您打造浪漫告白! ❤️

Valentine's Day Promotion

情人节优惠配套

Term & Condition Applied
附带条件

详情请游览
For more detail please view

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02 FEB 2017

PEOPLE HAPPILY HELPING PEOPLE. TOGETHER WE SHARE PEACE, HARMONY, HEALTH & PROSPERITY.® PP-13206/04/2013 (029399) NCI(P)083/06/2015

02.2017 Content

04-05

Editor's Note
编辑寄语
佳节后“身体大扫除”
Spring Clean Your Body



佳节后 SPRING CLEAN YOUR BODY “身体大扫除”

06-07

家居环境
打造优异生活
Be the Guardian of Your Family



家居环境 打造优异生活

Be the Guardian of Your Family
家居清洁，人人有责！

要保持居住环境清洁整齐，勤劳打扫是不二法门。对于忙碌的上班族、家庭主妇在家居清洁时，总是做到一头烟。其实只要使用一些小妙招，就可以轻松应付，生活无忧！

长春环保型多功能清洁剂集环保、安全、浓缩等多

08-09

保健天天做，小病远离我
Prevention is the key to Good Health



保小

流行性感冒常见急性呼吸道传染病。因起病急、传播快、发病率高，症状较为严重，类似 腺的感冒如流鼻涕及鼻塞外，会伴有发烧之症状全身酸痛、咽喉肿痛、倦怠、乏力、嗜睡现象也可能并发病菌感染、肺炎、鼻窦炎等，稍不小心照顾则会致命。

腺病毒，流感主要是以咳嗽、喷嚏、说话等飞沫直接由空气传播，进入呼吸引起感染。建议少去人群密集的公共场所，平日多喝水并开水，多吃清淡食物。保持个人与居住环境卫生也能降低流感流行性疾病的发生。注意个人卫生，应经常洗手、勤洗澡、勤换床单等也是定时更换。另外加强户外体育锻炼增强体质，提高身体抗病能力。此外每个人亦可接种上严重流感，为保障个人健康，建议大众可向家庭医生咨询以及注射流感疫苗。

The influenza respiratory illness runs across various lines like enteric, and c
Experts believe croplets may sneeze or be infected to s of water, onness of enviroxerding ac Anyone can on influenza

长辈生活生态知多少

ECOLOGY OF SILVER AGE

随着科技进步，全球人口老龄化逐年增加，医疗已变为高龄社会问题之一。在高度老龄化的社会，或“长寿族”、“长寿社会”，只靠身体健康是不够的。要与年轻人一起打拼，努力延长工作寿命，多挣一点工资。一还有经济条件的银发族，会选择去旅行、社交、阅读也可以参加一些兴趣班、学习一些知识。

银龄问题不只是年龄的增长，身体机能改变，记忆力、注意力、抽象思维与学习能力等认知能力与心理层面的改变，目前所面临的关节退化和骨质疏松等退行性关节病。这导致其日常活动将受到影响。据世界卫生组织统计报告显示，每10个中年人就有一个患有退行性关节病。

我们人体最重要的器官，有健康的关节由活动。但关节的磨损退化是不可避免的。那我们怎么延缓自己的关节退化呢？

It is important to ensure for flexible mobility, degenerative is inevitable, we can delay the process:




10-11

长辈生活生态知多少?

Ecology of Silver Age

人体PH值知多少

12-13

人体 PH值知多少?

保持弱碱性的重要

What do you know about pH?

健康早餐 D.I.Y

BREAKFAST D.I.Y

杏仁麦香可可奶昔 Choco Oat Milkshake

大家都知道睡醒后的第一餐最为重要。但对于上班族来说，每个早晨都是最忙的。即使不忙，能多睡五分钟都是幸福的，所以，以下推荐十分钟就可以做好的早餐，让早晨不再忙碌。

Breakfast is the most important meal of the day. However, an additional 5 minutes of slumber is seemingly more valuable in the morning to most people, which makes breakfast easy to fall low to their list of priorities. The 10-minute quick breakfast ideas below are specially prepared for busy people especially when they are in hurry or wishing to eat on-the-go.

材料Ingredient

食材 Ingredients	数量/Quantity	食材 Ingredients	数量/Quantity
 长香麦香可可 FITMeal 营养餐 FITLOSOPHY FITMeal Choco Oat	1包 1 packet	 香蕉 Banana	x1
 牛奶 Milk	200ML	 杏仁 Almond	适量 Adequate amount
		 冰块 Ice Cube	适量 Adequate amount



14-15

健康早餐D.I.Y

Breakfast D.I.Y



佳节后

SPRING CLEAN YOUR BODY

“身体大扫除”

随着新春佳节过去，又是大家面对残酷现实的时候了。佳节期间的各种放纵，让许多人在回到工作岗位或学校时方才惊觉体重增加的同时，头昏脑胀、消化不良等各种症候群，影响着人们重返正常的生活轨道。

当身体发出一些讯号如心情烦躁、集中力下降、胃口下降等问题，既说明人体内的毒素已超过所能负荷的界限，这时排毒已是势在必行。人体的正常排毒管道当属肠道，然而当肠道的排毒功能变差时，人体会通过其他管道排出体内的毒素。

近年，越来越多人对健康意识抬头，已有许多人在佳节过后主动通过排毒，让身体机能得到修复和净化。

Other than feeling emotionally hungover, having too much of lavish feast is part of long-standing Chinese New Year tradition. In general, most people have unintentional weight gain, dizziness, digestive issue and other health problems after Chinese New Year break. It is time to get your health and diet back on track again.

When symptoms such as feeling agitated, deterioration of concentration or poor appetite appears, it manifests the toxic level in your body is overloaded and detoxification is imperative. In fact, human body detoxifies through intestines. When digestive system is not functioning well, human body will undergo detoxification through other way automatically.

People are tends to have more health-conscious nowadays. The use of cleansing and detox practices are back with more vigor than ever before especially after festive season.



DETOXIFY REGULARLY

定期排毒

人体每天都会接触许多不同的毒素，但毒素的主要来源自我们每天摄取的饮食。因此，我们必须养成定期排毒的习惯，避免毒素累积在体内，造成更大的伤害。排毒除了能让身体有足够休息空间，更能清除体内的旧毒素，恢复身体机能及正常运作。服用具有排毒效果的保健品在人体排毒过程中也能起到事半功倍的效果！

同时，也别忘了排毒也有助于美颜，由此可见排毒的重要性。希望各位亲爱的读者们能清除身体内的毒素，重回工作岗位。

Detoxification refers to the processes involved with cleansing the blood or toxins found in the body. These “toxins” include a wide variety of substances commonly found in foods. Regular detoxification helps not only reducing inflammation and boosting energy, it also promotes healthy skin.

本期摘要 Abstract

本期要和大家分享的，就是在佳节期间如何照顾健康。在新一年到来之际，希望各位亲爱的读者都能在努力赚钱之余，多照顾自己的健康，争取时间做运动。当然，佳节期间的饮食和日常习惯等也要多加注意。新的一年敬祝各位继续为健康护航，为幸福加油！

This month of P' Health is going to talk about how to take good care of your health during Chinese New Year. I sincerely wish that each and every one of you pay more attention to dietary and exercise for healthier life. Happy New Year to dear readers.

家居环境

打造优异生活

Be the Guardian of Your Family
家居清洁，人人有责！

要保持居住环境清洁整齐，勤劳打扫是不二法门。对于忙碌的上班族、家庭主妇在家居清洁时，总是做到 头烟。其实只要使用 些小妙招，就可以轻松应付，生活无忧！

長春环保型多功能清洁剂集环保、安全、浓缩等多用途于一瓶。具有高效清洁，性质温且不刺激皮肤，又能保养家居的清洁好帮手！

It is your duty to maintain a clean and hygienic environment at home. Irrespective of who is cleaning the house, home cleaning should not be an issue when you know how to do it right. PHHP Eco Cleaner, the brand new multipurpose cleaner, combining cutting-edge biodegradable technology with highly concentrated formula is gentle to your skin whilst ensuring superior cleaning power to your house chores.



清洁小贴士 Cleaning Tips



家里的水龙头，还有车轮盖等用具是否都残留顽固污渍？只要在棉布上滴少许長春环保型多功能清洁剂擦拭就可以了，完全不需要另外入手专门的清洁剂。

Wish to clean water tap and car rims? Instead of spending on a cabinets with full of specific, expensive cleaning products, all you need is dripping a few drops of undiluted PHHP Eco Cleaner onto cleaning cloth at desired area and wipe it off.



花瓶或者是长颈类的瓶子比难清洗，可先将瓶内盛少量清水，再加入少许長春环保型多功能清洁剂，然后用力来回摇晃2分钟，再用清水冲洗，瓶子就干干净净了。

The inner of vase or bottle cleaning could be challenging, all you need is to fill them with some water and add few drops of undiluted PHHP Eco Cleaner into the vase or bottle, shake it for 2 minutes before flusing with clean water.



如果衣物有难以驱除的油渍污垢，只需半瓶盖的長春环保型多功能清洁剂，渗透其处再稍等片刻，衣物上的油渍污垢更易清洗。

To clean stubborn stain on your clothes, simply wipe it with half cap of PHHP Eco Cleaner and leave it for few minutes, the stain will then be easier to wash away.

Eco Cleaner

环保型多功能清洁剂



100%天然无毒配方
100% Natural base and Non Toxic Formula



3倍更浓缩
3x more concentrated



能有效祛除尘埃和污垢的先进配方
Advanced formula in getting rid of grime and dirt



无刺激性和腐蚀性物质，其柔和配方不会刺激肌肤或任何布料
Non Harsh and Non Corrosive, Gentle formula is kind for skin and all types of fabrics

适用于：

- 一般居家清洁用途如铝，碗碟，砖瓦和不锈钢等
- 首饰，皮革，家具用品和烯基塑料
- 清洁地板，墙壁瓷砖，窗户，轿车和浴室等
- 可祛除顽固污渍如炉灶和吸油烟机

Ideal For:

- General home cleaner for aluminium, dishes, tile and stainless steel etc
- Jewellery, Leather, Upholstery & Vinyl
- Hard surface cleaner for floors, wall tiles, windows, car, bathroom etc
- Stain removal *surface rust (eg. Kitchen stove & hood)

長春环保型多功能清洁剂 Eco Cleaner

	WM	EM	SG
DP	RM 29.90	RM 33.50	SGD 11.80
CP	RM 37.50	RM 41.90	SGD 14.80
BV	10	10	10

所有价格皆包含消费税 | Price inclusive of GST
HSL-HPR-ECC-000

長春环保型多功能清洁剂可拆换泵头 Eco Cleaner Pump Head

	WM	EM	SG
DP	RM 3.00	RM 3.70	SGD 1.50
CP	RM 3.80	RM 4.70	SGD 1.90

所有价格皆包含消费税 | Price Inclusive of GST
SPM-ECC-PUM-000



保健天天做 小病远离我

PREVENTION
IS BETTER THAN CURE

流行性感冒常見属急性呼吸道传染病。因起病急、传播快、发病率也高，症狀较为严重，类似一般的感冒如流鼻涕及鼻涕外，会发高烧随之就会全身痠痛、扁桃腺肿大、倦怠、虚脱、呕吐现象也可能并发脑膜炎、肺炎、菌血症等，稍不小心照顾则会致命。

一般来说，流感主要通过咳嗽、喷嚏、说话等飞沫直接从空气传播，进入呼吸道引起感染。建议少去人群密集的公共场所，平日须多饮开水，多吃清淡食物。保持个人与居住环境的卫生也能很好地预防流行性疾病的发生。注意个人卫生，应该经常洗澡、换衣物，被褥床单等也要定时更换。另外加强户外体育锻炼增强体质，提高身体抗病能力。由於每个人亦可患上严重流感，为保障个人健康，建议大众可向家庭医生查询以及注射流感疫苗。

The influenza (also known as Flu) is a contagious respiratory illness that commonly have symptoms such as runny or stuffy nose, fever, body aches, antiadoncus, fatigue, prostration and vomit. It can cause severe illness like encephalomeningitis, pneumonia, bacteremia, and at times can lead to death.

Experts believe that influenza viruses spread mainly by droplets made when people with influenza cough, sneeze or talk. Hence, it is suggested those who are infected to stay away from public places, drink plenty of water, and have light diet. Besides ensuring cleanliness of environment, personal hygiene and frequent exercising are equally important in preventing influenza. Anyone can get influenza easily, it is suggested to get an influenza vaccination.

PHYTO SPORA LINGZHI

長春灵芝孢子



容量 Volume: 60 胶囊 capsules x 250mg

長春灵芝孢子 P'HP Phyto Spora Lingzhi

	WM	EM
DP	RM 146.30	RM 153.70
CP	RM 183.40	RM 191.85
BV	83	83

所有价格皆包含消费税 | Price inclusive of GST
HSP-LGZ-SPO-000

长辈 生活息态 知多少？



ECOLOGY OF SILVER AGE

由于医疗科技的进步与先进技术，全球人口老化历年增加，医疗资讯技术提升已视为高龄社会问题之一。在这高龄化的社会，政府鼓励银发族“老有所为，老有所乐”，只要身体健康允许，在职场上活跃，与年轻人一起打拚，致力於延长工作寿命，多挣一些钱，维持生活品质。一些有经济条件的银发族，会选择去旅行，去看一看世界的风景。闲时也可以参加一些兴趣班，学习一些自己喜欢的东西。

The innovations of medical technology has become one of the key risks associated with the rapidly ageing population nowadays. The government is encouraging this silvering group to contribute themselves to the society and economy while they are still healthy. Alternatively, self-sufficient and content by travelling or participating in social activities and classes especially for seniors.

银发族所要面临的问题不只是年龄的增长，身体机能改变，活动能力逐渐衰退，记忆力、注意力、抽象思考与学习能力等认知能力的退化，还有心理层面的改变。目前所面临的问题为骨关节退化，就是我们常说的退化性关节炎。这导致其日常活动将受限，无法应付生活所需。据世界卫生组织统计报告显示，每10个中年人，就有2个有退化性关节炎。

Silver age citizen is expecting for gradual declining of biologic functions such as mobility, memory, attention, abstract thinking, learning and cognitive abilities, as well as psychological changes. The declining of their mobility is due to degenerative osteoarthopathy. At worst, it will affect their daily life. According to research by World Health Organization (WHO), there are 2 out of 10 adults are suffering from degenerative osteoarthopathy.

关节乃是我们人体最重要的器官，有健康的关节，才能自由活动。但关节的磨损跟退化是不可避免的情况，那我们怎么延缓自己的关节退化呢？

Healthy joint is important to ensure for flexible mobility. Although degenerative is inevitable, we can delay the process:

吃对食物和营养品，让筋骨保持年轻化。富含天然卵膜萃取物，海藻钙质、姜黄萃取物和水解蛋黄萃取物的营养品，能帮助维持骨骼与关节的强韧与灵活度。

Health supplement provides nutrition to your bone and joint, natural components such as natural egg membrane extract isolated from thin film of inner egg shell, helps to maintain healthy joints. Other active ingredients include seaweed calcium, curcumin and hydrolyzed egg yolk extract that help to relieve bone and joint problems.



尽量不提重物
Avoid carrying heavy objects



控制体重
Weight Management



摄取关节辅助品
Consume health supplement



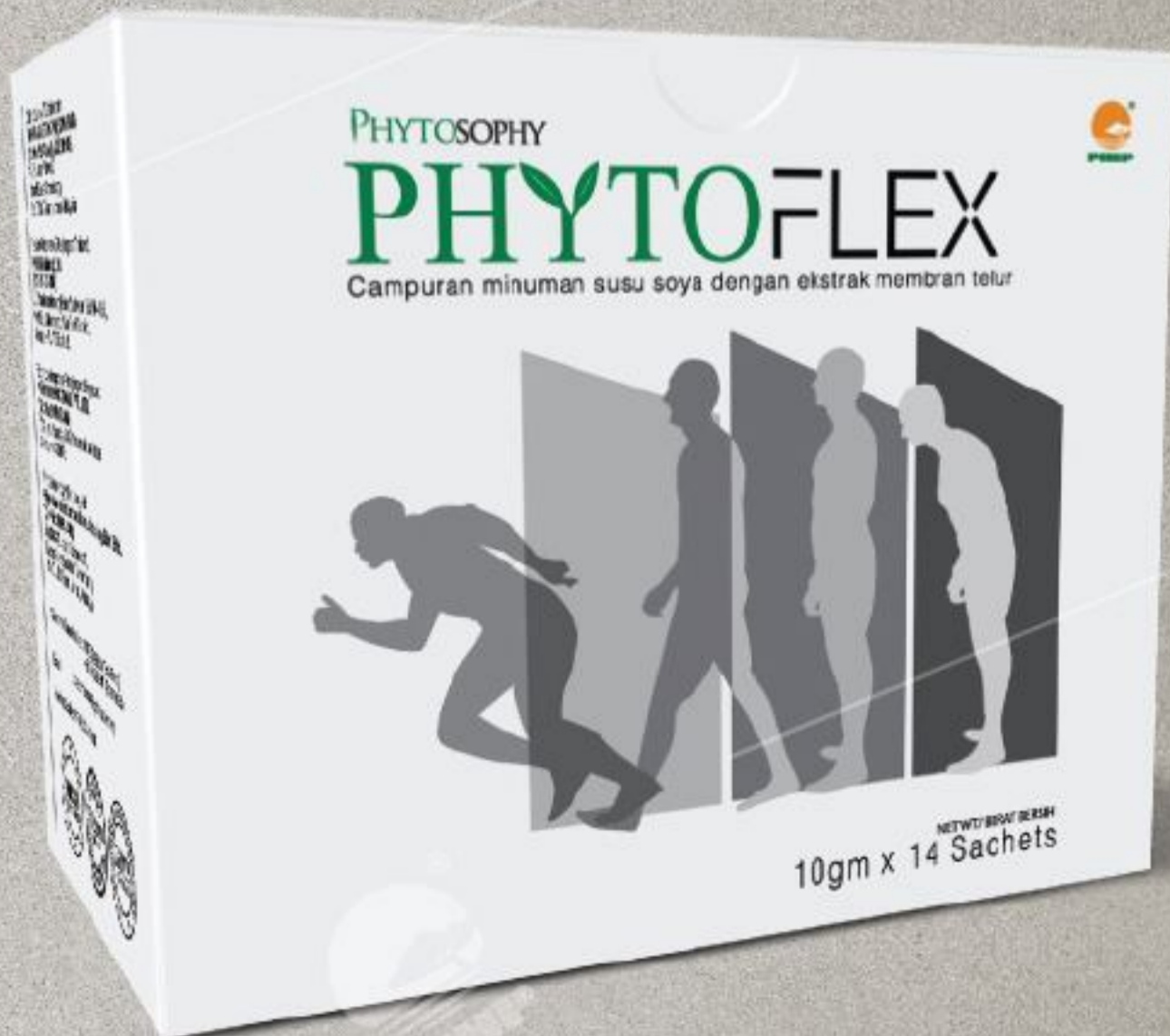
经常锻炼关节
Train your joint



注意饮食
Control your dietary



PHYTOSOPHY
PHYTOFLEX



- 不含防腐剂
No preservative
- 不含胆固醇
Cholesterol Free
- 采用天然成份制成
Natural ingredients
- 容易被人体吸收
Easily absorbed by body

产品价格 | Product Price:

	WM	EM	SG
DP	RM140.00	RM154.00	SGD55.00
CP	RM175.00	RM192.00	SGD69.00
BV	70	70	70

* 价格已包含6%消费税。 *Price are inclusive of GST.

人体PH值

知
多
少
?

保持弱碱性的重要性

HOW WELL DO YOU KNOW ABOUT BODY'S PH LEVEL

人体酸碱值(PH值)在正常的情况下应该维持7.35~7.45之间,若酸碱值低于7.3,则表示人体处于酸性。在这种情况下,人会容易感觉疲累、体力不足、免疫力下降等。如果不及时调整,会对人体健康造成问题。

那如何调节酸碱值,以达到平衡呢?答案就在我们的日常饮食里。若是偏爱油炸食物或无肉不欢者,则体质属酸性。在我们每日所吃的食物,经过代谢分解后,会转换为硫、磷等酸根离子为主的矿物质,这些食物则属于酸性食物。若转换为钾、纳、钙等的矿物质,则为碱性食物。

The ideal pH range for human body is between 7.35 to 7.45. When pH level is lower than 7.3 indicates that the body contains more acidic than alkaline. People with acidic body tend to get tired easily, low energy and decrease in immune system, at worst, it will eventually cause health problem.

How should we regulate our body pH level? The answer is hidden in our dietary. For those who prefer oily food, their body pH level is more acidic than those who do not. Our body tends to absorb the food we eat daily and decompose it into different minerals which determine our body pH level. As most of us know, 70% of our body is made out of water. When those liquid is polluted will eventually cause cell mutation and bring problems to our

人体70%为水分,当体液受酸性物质污染后,细胞会产生突变,造成生病或亚健康状态。事实上,我们每天所摄入的酸性食物很容易过量,而餐桌上的鸡、鸭、鱼、肉多属酸性,若忽略蔬菜和水果的摄取,很容易造成人体酸碱值失去平衡。

为了使人体酸碱值维持正常水平,保持身体健康,饮用弱碱性水是最符合人体需求的健康水,其有较明显的营养保健作用,不仅能促进人体发育,还可以防止一些慢性疾病的发生。

health. Bear in mind that food like meat and fish are acidic foods. If we consume more of those and less intake on vegetables and fruits, our pH levels will off balance very easily.

An ideal pH level indicates a healthy body. Drinking water is equally important in order to keep the balance. Alkaline water helps not only in accelerating body growth but also enhancing health condition.

PHHP Alkaline Spring Water is capable for purifying your drinking water and maintaining pH level in your body, accelerating easy absorption and helping in metabolism, it is definitely your number one water system.

ECOSOPHY

20 YEARS
PHHP



PHHP ALKALINE SPRING WATER

— Alkaline Water for a Better Life —



分子团小的碱性水
Small Water Cluster



高效净化
High Filtration Rate



天然抗氧化保护
Antioxidant



适中的弱碱性水
Appropriate Alkalinity



高能量碱性活水
High Energy

安装简易
Easy To Install

省时省电
Save Electricity
And Time

容易护理
Easy Maintenance

无需煮沸
No Need To Boil

精致设计
Exquisite Design

WM

RM 2199

EM

RM 2419

BV

670

PHHP Alkaline Spring Water HEP-ALK-WAF-000



现已销售 | Available Now P'Health 13

健康早餐

D.I.Y

BREAKFAST D.I.Y





杏仁麦香可可奶昔 Choco Oat Milkshake



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	牛奶 Milk	200ML		冰块 Ice Cube	适量 Adequate amount

制作方法Direction

香蕉去皮切块后和牛奶、杏仁、長春麦香可可FITMeal营养餐 以及冰块一起放入搅拌机里，搅拌一分钟。一杯香浓的奶昔就作出来了。如果希望口味更甜些可以加入蜂蜜。

Slice banana before blending it together with milk, almonds, FITLOSOPHY FITMeal Choco Oat and ice for 1 minute. Optional to add honey for desired taste.

美式香草香蕉松饼 Vanilla Banana Pancake



材料Ingredient

食材 Ingredients		数量/quantity	食材 Ingredients		数量/quantity
	長春香草香蕉 FITMeal营养餐 FITLOSOPHY FITMeal Vanilla Banana			1包 1 packet	
	香蕉 Banana	x1		燕麦 Oat	200克 200gram
	牛奶 Milk	200ML		蛋白 Egg White	x4

制作方法Direction

将燕麦粉、香蕉泥、蛋白、牛奶以及長春香草香蕉FITMeal营养餐搅拌均匀成面糊。以小火热锅后，沾油均匀涂抹，使用汤勺舀一匙面糊从高处往下倒，形成均匀的圆形。煎至表面金黄色即可。建议搭配辅料，各式莓类水果，枫糖浆或蜂蜜。

Stir oat powder, banana paste, egg whites, milk and FITLOSOPHY FITMeal Vanilla Banana into mixture. Heat a lightly oiled griddle or frying pan over medium heat, pour the batter onto the griddle until pancakes are golden brown on both sides. Optional to top it with berries, maple syrup or honey for desired taste.

FiTLOSOPHY



長春FiTMeal 营养餐 PPHP FITLOSOPHY FiTMeal

	WM	EM	SG
DP	RM 148.40	RM 156.90	SGD 61.00
CP	RM 185.50	RM 196.10	SGD 77.00
BV	77	77	77

所有价格皆包含消费税 | Price inclusive of GST
 麦香可可Choco Oats: HFP-FML-CCO-000
 香蕉香草Vanilla Banana: HFP-FML-VBN-000

FITLOSOPHY FiT摇杯FiT Shaker – 600ml

	WM	EM	SG
DP	RM 31.70	RM 37.10	SGD 13.00
CP	RM 39.75	RM 46.45	SGD 17.00

所有价格皆包含消费税 | Price inclusive of GST
 SPM-SHK-FIT-000



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