

PHHP world P'H Health

天然的 Saviour for Your
肠胃救星

DIGESTIVE SYSTEM

芦荟 到底 多神奇

What's So Amazing About
Aloe Vera?

您的肠胃

How Healthy is Your 健康吗?
Digestive System?



Same Great Formula

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NEW LOOK for
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July
2017



07 JULY
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不容忽视
The Importance of
Gastrointestinal
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EDITORIAL BOARD

Headquarter

PHHP MARKETING (M) SDN. BHD. (153848-M) NO: AJL 93902

46-56, Jalan Rowa 2, Taman Desa Cemerlang,
81800 Ulu Tiram, Johor, Malaysia.

Tel : 07-861 9889 / 07-862 5989 Fax : 07-861 5023

Email : customercare@phhp.com.my

Web-site : www.phhp.com.my

Branches

Johor Bahru : No.69, Jln Tunjaya,
Tmn Pelangi 80400
Jl Johor

Tel : 07-332 1989
Fax : 07-332 5889

Yong Peng : No.35, Jln Kota,
Tmn Kota 83700
Nong Peng, Johor

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Batu Berendam 75350
Melaka

Tel : 06-335 4888
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Seremban : No.3765 Jln RJ 6/11,
Tmn Rauh Jaya,
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Negeri Sembilan

Tel : 06-833 9889
Fax : 06-833 2319

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Bandar Puteh,
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Selangor

Tel : 03-8063 3084
Fax : 03-8063 2907

Aian Selat : No.214 (1st floor),
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Komplek Pemukiman Sultan
Abdul Hamid Raja II,
Jalan Pegawai 08080 Aian Selat,
Kedah

Tel : 04-771 9889
Fax : 04-771 1889

Klang Service Center : No.14, Jln Zang Razwan 48,
Tmn Eng Ann,
41150 Klang, Selangor

Tel : 03-3345 1889
Fax : 03-3345 1889

Kuantan : No.A.121,
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25000 Kuantan

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Fax : 08-517 3889

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Fax : 05-546 9889

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Kuching, Sarawak

Tel : 082-579 928
Fax : 082-572 098

Miri : 1st Floor, Lot 2326,
Bukit Commercial
Centre, Jln Daluk Mulp,
98000 Miri, Sarawak

Tel : 085-429 889
Fax : 085-468 828

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Jai Manasana, Ummung
A Muang Nakhon Ratchasima
30000 Korat, Thailand

Tel : 066-449 2689
Fax : 066-449 2688

Ubonratchathani Service Center : 112/1, Moo 10, Uangmuang
Road, Tambon Jitarama,
Aumpru Muang, Ubonratchathani
36000 Ubonratchathani Province,
Thailand

Tel : 066-438 5813
Fax : 066-438 5813

Songkhro Branch : 8/1 Raminthabong Road
(between 301 164-166)
Min Buri Sub-district Min Buri District,
10510 Bangkok, Thailand

Tel : 066-2540 1881 / 066-2540 1887
Fax : 066-2540 8015

Chonburi Branch : 54/30 Moo 9, Sutaprayan
Road, Nong Sub-District,
Nuaeng District,
Chonburi 20000, Thailand

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Fax : 066-387 86076

Pattaya Branch : 263/118 Moo 12,
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Chonburi Province 20150,
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Komplek Mutiara Indah
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Teikwan Service Center : Apartemen Teikwan
Tower Indah, (11 blok)
Jl. Teikwan Raya - Impetal Teikwan
14650

Phone No : 0662-21-2266 4324

Overseas Companies

Singapore : PHHP MARKETING (S) PTE.LTD. (200305087-H)

10, Anson Road, #16-02 International Plaza, Singapore 079903.
Tel : 02-6238 8336 Fax : 02-6213 9141

Thailand : PHHP (THAILAND) LTD (0107554802690)

8/1 Raminthabong Road (between 301 164-166),
Min Buri Sub-district Min Buri District, BANGKOK 10510 THAILAND
Tel : 0066-2540 1881 / 0066-2540 1887 Fax : 0066-2540 8015

Indonesia : PT.PHHP PEMASARAN INDONESIA

Klarna Boutique Office, JI Kramad Raya 3 Blok E1 No 7-8
Kelapa Gading, Jakarta Utara, Indonesia

Tel : 0062-21-2936 5178 Fax : 0062-21-2936 5176

Stockist Service Centers

Batu Pahat : No.17A, Jln Kundang 13,
Tmn Bukit Pagar 83000
Batu Pahat, Johor

Tel : 07-432 1352
Fax : 07-432 1352

(W/ Soh Bee-Hoi) (M/ Sim Kim Chong)

Muar : No.14A (1st floor),
Jln Pasir 1/1, Tmn Tun Dr.
Lim Guan Eng 84000
Muar, Johor

Tel : 06-953 2031
Fax : 06-953 2031

(W/ Kenny Gan) (M/ Lai Woe Meng)



Hotline

Distributor Affairs Hotline

Tel : 07-862 5877

Email : enquiry@phhp.com.my

Customercare Hotline

Toll Free : 1800-22-9889

Overseas : +607-862 5978

Email

Address : customercare@phhp.com.my

Healthcare Hotline

Tel : 07-862 5875

07-862 5891

Beautycare Hotline

Tel : 07-862 5846

Editorial Board

Editor : Steven Koh

Writer : Steven Koh , MK, Chovy

Graphic Designer : Yong Shu Min (Niki)

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肠胃健康 不容忽视

*The Importance of
Gastrointestinal
Health*



健康是人的重要资产，除了正视身体的细节，肠胃的保养更为重要。肠胃的问题可大可小，并且会引发许多后遗症，相信许多人士都饱受过胀气，肠胃不适这些短暂性的经验。可是长期累积却会对肠胃种下隐忧。那要如何摆脱这些问题？什么才是保持肠胃健康的最佳圣品？想要了解更多关于肠胃的知识，就别错过本期的内容。

长春集团创立二十年以来，从来没有停下创新的脚步。不断的研发新产品，推陈出新以实现长久经营的理念。2017年，随着新推出的PhytoLab系列等产品推出的同时，长春集团旗下的长春芦荟汁（浓缩全叶精华）也将以崭新风貌和大家见面。

As we know that "Health is Wealth", therefore the health of gastrointestinal system is extremely important to our overall well-being. A common digestive problem can be problematic; somehow it is not just about the simple digestive issue, as it can be the cause for many other health issues. For example, stomach bloating is a common problem which most people have been suffered with, but it could be a health risk in long term. For further information about gastrointestinal health, please check out on July P Health.

For the past twenty years, PHHP has never stop innovate and develop with new products and also reform previous products for better improvement. This year, follow by the launching of PhytoLab series, PHHP has proudly introduce PHHP Phyto Aloe Vera Juice Premium with a brand new packaging.





您的 肠胃健康吗?

How Healthy is Your
Digestive System?

现今的都市人生活节奏急速，很多上班族更是养成三餐不定时或是吃得过急的坏习惯。日常的工作压力加上不良的饮食习惯，很容易使各种肠胃问题找上门，当中胃食道逆流及肠易激综合症均属于常见的例子。

想要预防或是改善这些恼人的肠胃问题，就必须改变日常生活方式。饮食上的改变如保持均衡饮食，摄取足够水份及减少摄取刺激性的食物，像是浓咖啡、生冷或是辛辣的食物，才能舒缓以上状况。同时，规律的生活作息如定时进餐，保持正常的进食速度，适量的运动更是有助于保持肠胃的健康。

Modern people are busy with daily life routine. Most of them are preoccupied with working life, where they need to finish their meal in short time, which lead to a number of digestive problems. Gastro-esophageal reflux disease and Irritable bowel movement tends to be the most common issues among the digestive problems.

A simple lifestyle and dietary habits changes are often the first recommended steps to prevent symptoms of digestive disease. Changing of dietary habits like eating a healthier dietary, drink more water, avoid taking too much spicy foods and caffeine. While lifestyle changing including avoid skipping meals and eating too fast, at the mean time maintaining regular exercise habit is good to improve digestive health.



医生说

酸性体质是万病之源和加速老化的主要因素，而肠胃消化排毒是改变我们体质的主要原因。

ACCORDING TO DOCTOR,

According to doctor, overly acidic body is unhealthy body, as it creates an unwanted environment where illness and bacteria thrive, and our digestion system is important in regulating body pH value.

肠胃问题，各年龄层无一幸免

The Common Problem of DIGESTIVE DISORDER

肠胃的问题已成无数人的健康问题。如果经常出现消化不良的症状或是食欲下降的小毛病，您就得多加留意以早就医，因为这些小毛病会随着年龄增加而出现更严重的肠胃疾病。肠胃主要负责我们体内的消化与吸收功能，而我们一日三餐都需要肠胃的运作，可想而知肠胃不适对于身体是有莫大的影响。

反复性及长期性的肠胃问题会导致胃炎、消化道溃疡，甚至胃癌的可能性。为了避免为我们的健康埋下不定时炸弹，请善待肠胃道，才是维持健康的根本之道。

Gastrointestinal problems are common cause of illness in all population. If you tend to face the issue such as indigestion or losing appetite regularly, you might need to seek advice from doctor. These minor problems that are left untreated can lead to a more serious chronic illness. Besides, aging usually puts body at higher risk for an assortment of digestive health ailments and conditions. As our digestive system is mainly responsible in food digestion and nutrients absorption, therefore digestive disorder would bring huge impact on our overall body health.

A long term gastrointestinal disorder can simply lead to a more chronic illness like stomach inflammation, ulcer or even cancer. However, with a bit of planning and time, it is entirely possible to restore the full health of our gastrointestinal system, which can have major effects on our entire body health.

消化 Digestive System 系统

人体进食时胃部肌肉会放松，胃部容量会扩张以容纳吞下的食物，待消化完毕，胃部肌肉会慢慢收缩，将食物移向肠子部位。但当胃蠕动欠佳，进食时胃部没有如常扩张，加上胃部肌肉收缩缓慢或是没有收缩，这个情况便是消化不良，这些都是导致胃胀气、胃酸倒流、溃疡或是其它肠胃疾病的起因。

所以养成每日排便的习惯很重要，摄取蔬果的纤维素和适当的酸奶都能助于解决肠胃问题，改善消化吸收的功能。除此之外，饮用芦荟水也有效的助于保护肠胃健康及提高免疫力。根据《本草纲目》记载，芦荟有多种治疗作用包括杀菌消炎、预防结肠炎以及防治消化系统疾病，对于保护肠道十分有效。芦荟富含人体所需的益生元，提供肠道益生菌所需的“食物”，激活与增殖人体内的益生菌群，以促进微生态平衡，改善健康。

Food is moved through the digestive system by a process called peristalsis; the muscles in the gut wall will enlarge in order to expand the maximum volume of stomach the foods we consume. Once the breakdown process completed, the muscles will work together again to produce wave-like contraction, to squeeze and pushes food through the intestine. However, if the muscle of the stomach or the nerves controlling the muscle malfunction, indigestion would occurs. These are the main reason for causing stomach bloating, acid reflux, stomach ulcer and other digestive diseases.

Therefore, it is important to have bowel movement regularly, also load your diet with fiber and consume yoghurt for healthier digestive system. Other than that, aloe vera juice also has the similar benefits on the digestive tract and also immune-boosting function. According to Compendium of Materia Medica, aloe vera often recommended in the treatment of infection, also soothe and cleanse the digestive tract to improve digestion. Besides, aloe vera also helps to decrease the amount of unfriendly bacteria in our gut by keeping our healthy intestinal flora in balance. Therefore, It is known as a great remedy for people with digestive problems.



天然的 肠胃救星

Savior for Your Digestive System



远在两千多年前，幼发拉底河区域的人，在医学上就开始使用芦荟。在接下来的两千年间，芦荟一直被称为“奇迹般”的植物，长久以来使用于医疗伤口、缓和胃部不适、皮肤病变、并提供安稳的睡眠等。芦荟的医学疗效在过去数世纪以来都是个谜，而在近代，由于世界各地众多的使用者，促使科学家们对芦荟的化学成份进行深入研究。这些研究指出，若要使芦荟的功能发挥到及至，就必须使用完整的芦荟叶片。

第一次被公认的芦荟临床研究是在1985年由著名的莱纳斯保林研究中心(Linus Pauling Institute)所提出，它探讨关于芦荟对消化道方面的影响。研究指出，芦荟对于肠道之正常蠕动及消化功能均有明显改善。自此以后，临床研究就进一步进展到芦荟在其他方面的使用。研究结果吸引了更多人的投入，探讨芦荟奥秘的组成及惊人的营养成分。

Aloe has been a natural health remedy for thousands of years. People of Mesopotamia, a country located between the Tigris and Euphrates Rivers in present-day Iraq used the aloe vera for medical purposes. Aloe vera has been known as miracle medicine plant, and been used for healing purposes, relieve stomach discomfort and skin problem, in the mean time provide better sleeping quality. Medical properties for aloe vera remained a mystery for centuries, until scientist from modern era had conducted research and experiments on the plant. Research shows that aloe vera is needed in whole leaf version in order to be effective.

Clinical research conducted by Linus Pauling Institute in 1985 has showed effectiveness on how aloe vera has improved digestive system. Further clinical research has also explored many other benefits for aloe vera. After that, many scientists started showing their interest in exploring aloe vera nutrients value.



PHYTO ALOE VERA

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10P[®]Health

芦荟汁

Aloe Vera Juice

知识问与答 Q&A

1 芦荟汁的饮用时间应在饭前或饭后较佳呢? Should I drink aloe vera juice before or after meal?

芦荟汁含有丰富的营养素，其营养分子较少，容易被人体吸收，故不论饭前或饭后都适宜饮用。芦荟汁含有多种酵素，能帮助消化，故在餐后饮用，效果更佳。此外，肠胃不佳的人最好在饭后饮用，以避免增加肠胃的负担，引起不适。

Aloe vera juice is full of nutrients that are easily absorbed by body, which make it suitable to drink either before or after your meal. Aloe vera juice contain with different enzymes which helps to improve digestive system, hence it is recommended to drink after meal, the same goes to those who has weak digestive system, in order to reduce burden on the digestive system.

2 芦荟汁的饮用方式如何？如果有腹泻情形怎么办？ How to consume aloe vera juice and should I continue drinking if I have diarrhea?

芦荟汁含有丰富的营养素，是保健、养颜的良方，不论大人、小孩都适合饮用。芦荟汁之饮用量，端视个人身体状况而异，如有轻微腹泻时，可减量饮用，如腹泻情形仍未改善时，可先暂停几天不喝，待腹泻情形改善后再饮用。

Aloe vera juice contain various kind of nutrients and bring benefits from both health and skin care, the juice is suitable for all range of demographic from children to adult. The dose is adjustable according to different people, for those who are having diarrhea, it is suggested to reduce or stop drinking for a few days until feeling better.

3 芦荟汁开封后需立即喝完吗？必须冷藏吗？ Must I finish drinking and refrigerated once I open the seal?

芦荟汁开封后最好不要久置，因为空气中的污染源很多，打开铝箔纸后若受到污染则容易变质。开封后的芦荟汁最好冷藏或置于阴凉处以保持其新鲜度。

It is recommended to finish it as soon as possible and store it in refrigerator after open as there are lots of substances that can pollute the product.

4 幼儿食用芦荟汁，是否适合？会造成伤害吗？ Can children drink aloe vera juice? Will there be any harm?

食用量适当并不会影响。

It will not cause any problem for children to drink aloe vera juice with optimal dose.

5 我每次一睡眠不足，便马上皮肤粗糙，眼圈变黑，请问服用芦荟汁有用吗？ I will have dark eye circle and rough skin everytime I can't have enough sleep, will aloe vera juice help me with my problem?

若纯粹为疲劳使然，服用芦荟是有效的。

Yes, if it is cause by fatigue.

