

php world

# P'Health

加强排毒机制 守护健康人生

Enhance **Detoxification Mechanisms** For Healthier Lifestyle

排毒一身轻

Detoxify for  
Healthier Lifestyle

叶绿素  
与排毒

Chlorophyll  
and Detoxification



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# 加强排毒机制 守护健康人生

## Enhance Detoxification Mechanisms For Healthier Lifestyle

现代人对于排毒应该不会陌生，加工食品、环境污染、加班熬夜、生活作息的不规律等都会造成毒素问题。人体就像一个容器，把好的或不好的都照单全收。因此可以想像我们每天摄入多少毒素。

体内的毒素如果累计过多，会对健康造成严重的影响，包括加速五脏衰老以及破坏人体各个器官的功能等，因此帮助身体排毒非常重要。这一期的长春P Health, 我们将为读者们探讨人体内都有哪些毒素，以及身体如何进行排毒工作。

想帮助身体排毒，除了规律的运动和照顾饮食之外，适当的饮用保健品也能提高排毒功效。这世上没有什么比健康更重要，让我们一同为健康打一场漂亮的排毒战役吧！

As modern people, we should be quite familiar with the word "Detox", toxin come both externally and internally. Irregular lifestyle, the food we intake and environmental pollution are some of the many factors. The problem is our body can not differentiate and exclude those substances from entering.

There can be serious consequences once the toxin overload, therefore it is crucial to enhance body detoxification mechanism. For September P'Health, we will be discussing various types of toxins inside our body and how does human body perform daily detoxification task daily.

Health beverages are important to help enhance body detoxification, starts doing regular exercises and take of your dietary today to live a healthier life.  
Fight for Your Health Today!



# 排毒一身轻

## Detoxify for Healthier Lifestyle

一般而言，累计在人体，用不掉又排不出去的东西就是毒素。毒素很广：农药、致癌物质等，一切对健康有害的东西就是毒素。由此可见，每天要主动积极地排毒，对身体健康非常重要。

### 人体排毒器官

您是否觉得脸上不断长痤疮？上厕所的时间越来越长？这种种的迹象都显示您体内的毒素可能已经超标！这就是排毒的时候了，但其实人体自有完善的排毒系统，只要给予他们充分的援助，就可以为自己打一场漂亮的“排毒战役”！

The most common sources of toxins trapped in our body are pesticide or preservative in processed food. While it is impossible to avoid all of toxins in our daily life, we can create a balanced health through our body detoxification!

### The Organs that Detox Our Body

Problems like skin blemishes, constipation, and bad breath are the symptoms indicating that there are toxic wastes inside our body and detoxifying might be critical for us to get healthy.

## 肝脏

Liver

肝脏是人体最大的解毒器官，如果肝内毒素无法排出，就会出现偏头痛、长痘、情绪抑郁等问题。

Our liver act as main detoxifying organ, failure to eliminate the toxic in our liver may result in headache, skin blemishes, or depressed.



援助方案  
Health tips

肝脏是调控情绪的脏器，所以最简单的排毒方法就是保持好心情，不要暴怒和抑郁。

Liver is related to emotional activities. One of the best ways to take care of our liver is to avoid suppressing our feeling and stay positive even in stressful situation.

## 肺

Lung

肺脏是最易积存毒素的器官之一，因为人每天的呼吸，将大约1000升空气送入肺中，空气中漂浮的许多细菌、病毒、粉尘等有害物质也随之进入到肺脏。

The amount of irritants present in the environment today can be very harmful to the body. The environment contains a number of pollutants including gases, smoke and vehicle exhaust. A lung detox is the first step to radiant health.



援助方案  
Health tips

肺脏最强的时间是早7点~9点，此时最好能够通过运动排毒。进行慢跑等有氧运动，能强健肺排出毒素的功能。

The best time for lung detoxification is around 7am- 9am. So it is perfect timing for some aerobic exercise such as jogging, to strengthen our lung function.

## 肾脏

Kidney

肾脏是人体内最重要的排毒器官，不仅过滤掉血液中的毒素，通过尿液将之排出体外，还担负着保持人体水分和钾钠平衡的作用，控制着和许多排毒过程相关的液体循环。

Our kidneys are responsible for filtering toxins and waste from our blood and maintaining a state of proper balance in the body by regulating blood pressure, various minerals and water in the bloodstream.



援助方案  
Health tips

充分饮水不仅可稀释毒素在体液中浓度，还促进肾脏新陈代谢，将更多毒素排出体外。特别建议每天清晨空腹喝一杯温水。

Drink adequate amount of water to help our kidney flush out excess wastes from the body. Always start our day with a glass of warm water in the morning with an empty stomach.

## 皮肤

Skin

皮肤是排毒见效最明显的地方，也是人体最大的排毒器官。皮肤能够通过出汗等方式排除其他器官很难排出的毒素。

The skin is the largest organ of protection and defense. Sweating has been the most effective form of detoxification to remove body's waste substances.



援助方案  
Health tips

每周至少进行一次使身体多汗的有氧运动。

Do aerobic exercise at least once a week to promote detoxifying.

## 肠道

Colon

肠道是体内的清道夫，吸收可以利用的营养和水分并把废物排出体外。粪便中也含有大量毒素。和尿液一样，若不及时排出体外，毒素也会被身体重吸收，危害全身健康。

After nutrients are absorbed, the leftover food, bacteria and other wastes will get rid from the body through the large intestine. A clogged, dirty colon means toxins accumulate in our blood and causes health issues.



援助方案  
Health tips

养成每日清晨规律排便的习惯，缩短其在肠道停留时间，减少毒素的吸收。

Have regular bowel movement in the morning, so that the waste will not accumulate in our body.





# 人体藏着的 各种毒素

## Types of *Toxin* Inside Human Body

如今人们的生活水平提高了，饮食也变的好了，但是随之而来的就是各种疾病。这些都是由于我们的体内积聚了太多的毒素。一旦毒素在体内堆积过多，就会导致呼吸、消化、泌尿等各种系统疾病。基本上，人体内的毒素分为下列几种：

### 汗毒

皮肤也是人体重要的排毒器官，借助人体细小的汗毛孔，人体可以排出很多垃圾。越是炎热的天气，越容易积聚汗毒，应特别注意保证出汗量。

### 尿毒

肾能帮助过滤血液中的毒素，并通过尿液排出体外，而尿毒的累积就可能源于肾功能不足，或喝水太少，或摄入毒素过多。长期积累尿毒的结果，会出现泌尿系统炎症、痛风、皮肤过敏等。

### 血毒

血液中的毒素多数都是从吃而来，如高胆固醇食物、摄取过多的食品添加剂，这些毒素会淤积在血管中，依附在血管壁上或在全身循环，破坏器官的正常功能。同时扰乱内分泌和新陈代谢功能，损害免疫系统与神经系统等。平时可多饮用绿茶，多吃蔬菜水果如葡萄、西瓜、绿豆等能帮助排毒，同时也建议多摄取叶绿素，以帮助提升造血功能。

We are exposed to various kinds of toxins every day. Toxic substances are everywhere around us: in the air, water, food, clothes. They accumulate in our body and may cause various health problems. Basically, there are 3 major types of potentially harmful toxins need to be eliminated out from the body.

### Toxins in Sweat

Our skin is the largest organ and sweating is the great way for our skin as well as human body to detoxify. During hot weather, our body sweat more to help keep us cool and releasing toxins.

### Toxins in Urine

The kidneys and urinary tract filters and eliminate waste substances from our blood. Without the healthy kidneys, waste substances and toxins would soon build up in the blood and cause uric acid, urinary tract infection, skin allergic and etc.

### Toxins in Blood

The toxins accumulated in the blood are often come from the food we eat. The toxin will goes into our bloodstream and slowly destroy organs functionality, interrupts with metabolism and endocrine system. Drinking green tea, eat fresh vegetables, watermelon, or green bean helps improving detoxifying process. Chlorophyll supplement is also a great way to help promoting blood formation. v

# 叶绿素 与排毒

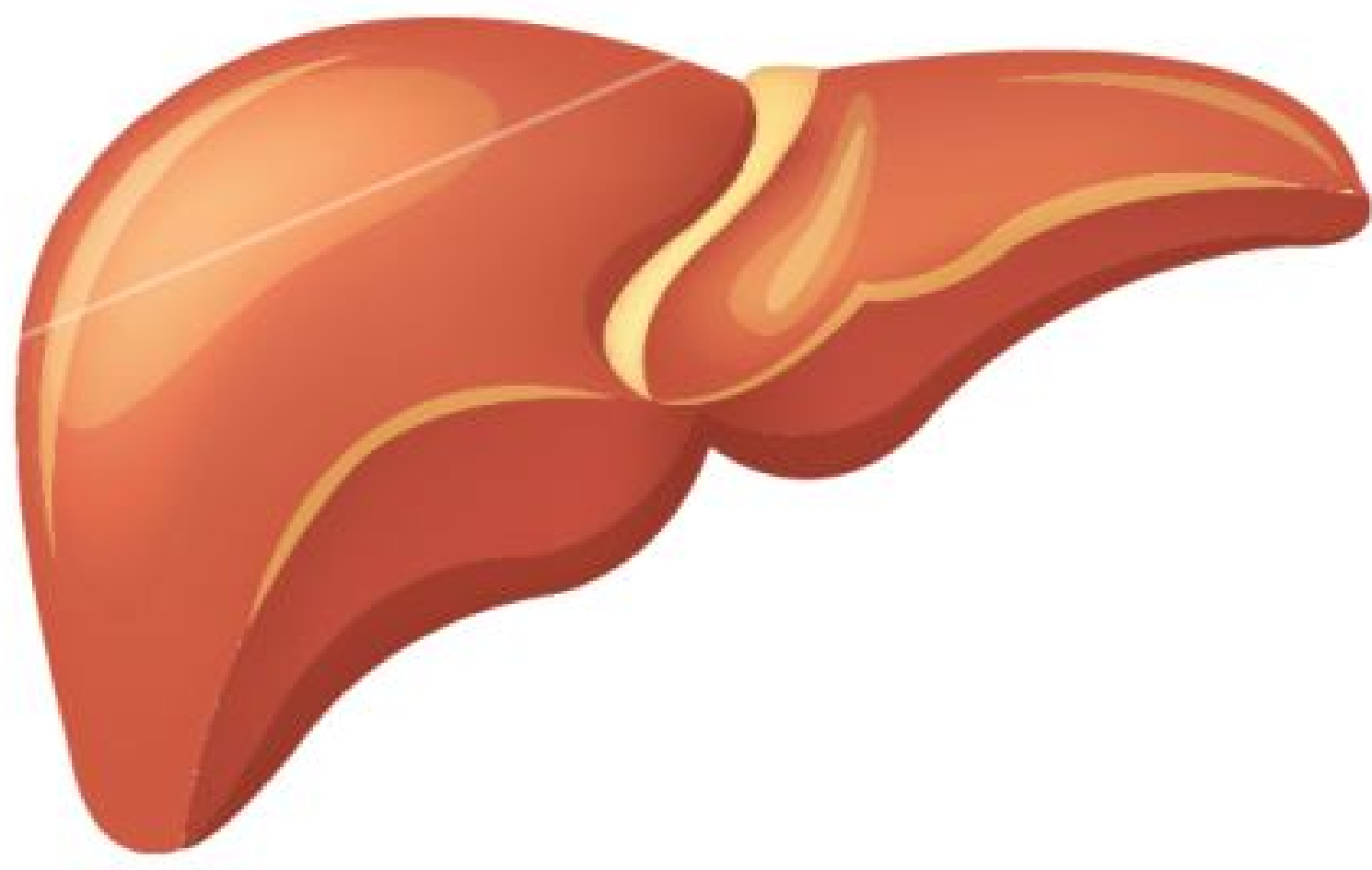
CHLOROPHYLL

AND DETOXIFICATION



人体本身的排毒系统，需要二十四小时不间断的工作，处理体内的毒素，非常繁重。因此，我们应该照顾日常饮食，在此建议读者可多摄取蔬菜水果，或叶绿素保健品，以帮助身体排毒。


Our body's detoxification system works 24/7 to keep us at optimal health. A balanced dietary and healthy lifestyle is crucial to help support and maintain our organs at best condition. Consuming more fresh foods or supplement with chlorophyll may help facilitate the detoxification process.

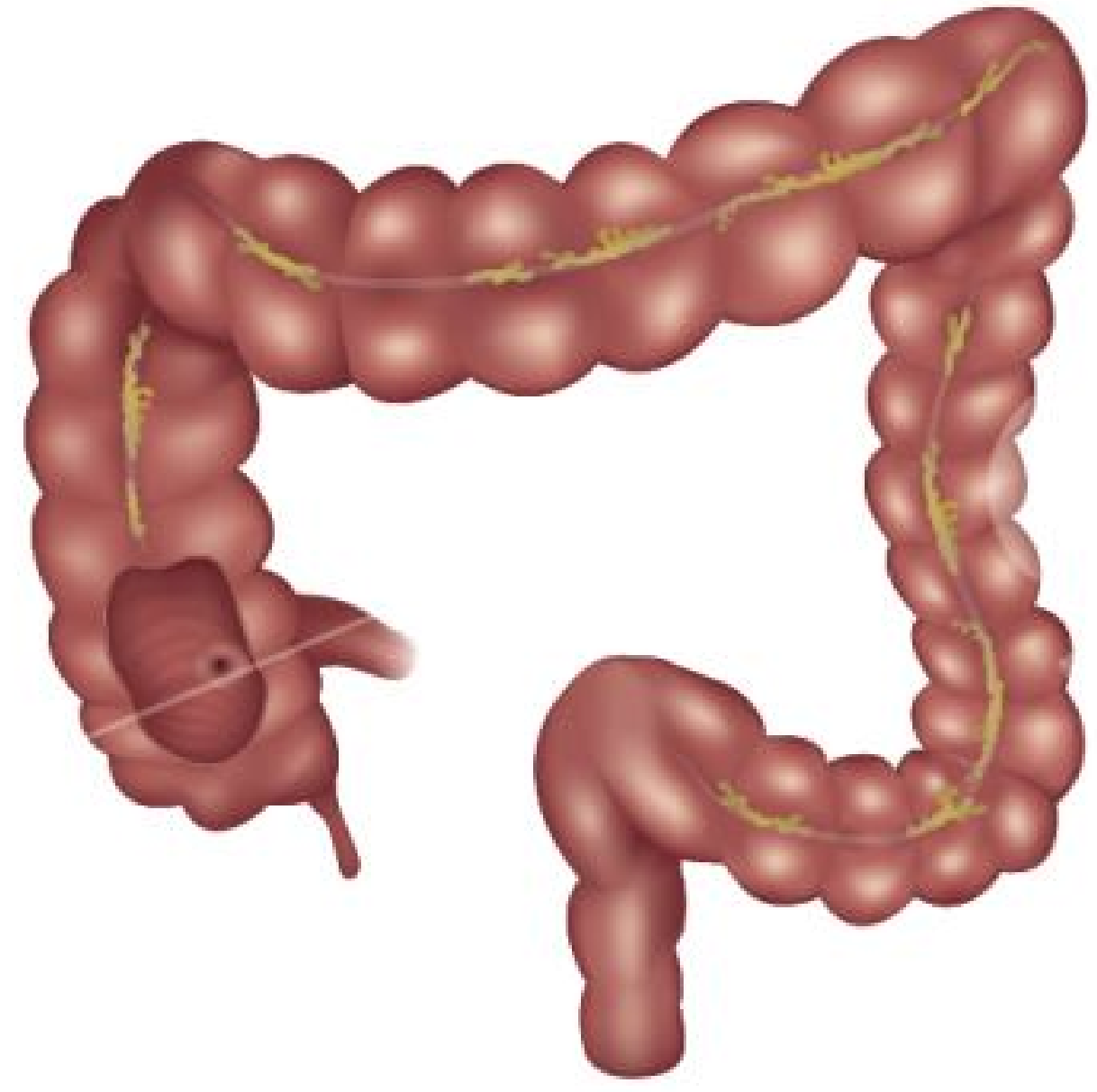


## 肝脏排毒 Liver Detox

人体平均一年有6公斤的毒素是由肝脏代谢，当肝脏充满毒素时，指甲表面有凹凸不平、情绪容易抑郁、容易偏头痛、脸部的两侧容易长痘痘。肝脏是体内调控情绪的脏器，一旦肝内的毒素不能及时排出，阻塞气的运行，就会产生明显的不良情绪。

The liver is capable of eliminating up to 6kg of body's wastes annually. Early sign of liver damage including nail clubbing, depressed, headache and acne. The liver is the organ responsible for the smooth flow of emotions, negative emotion may indicate toxin accumulate in liver.


 <https://kknews.cc/zh-my/health/zx23zvl.html>

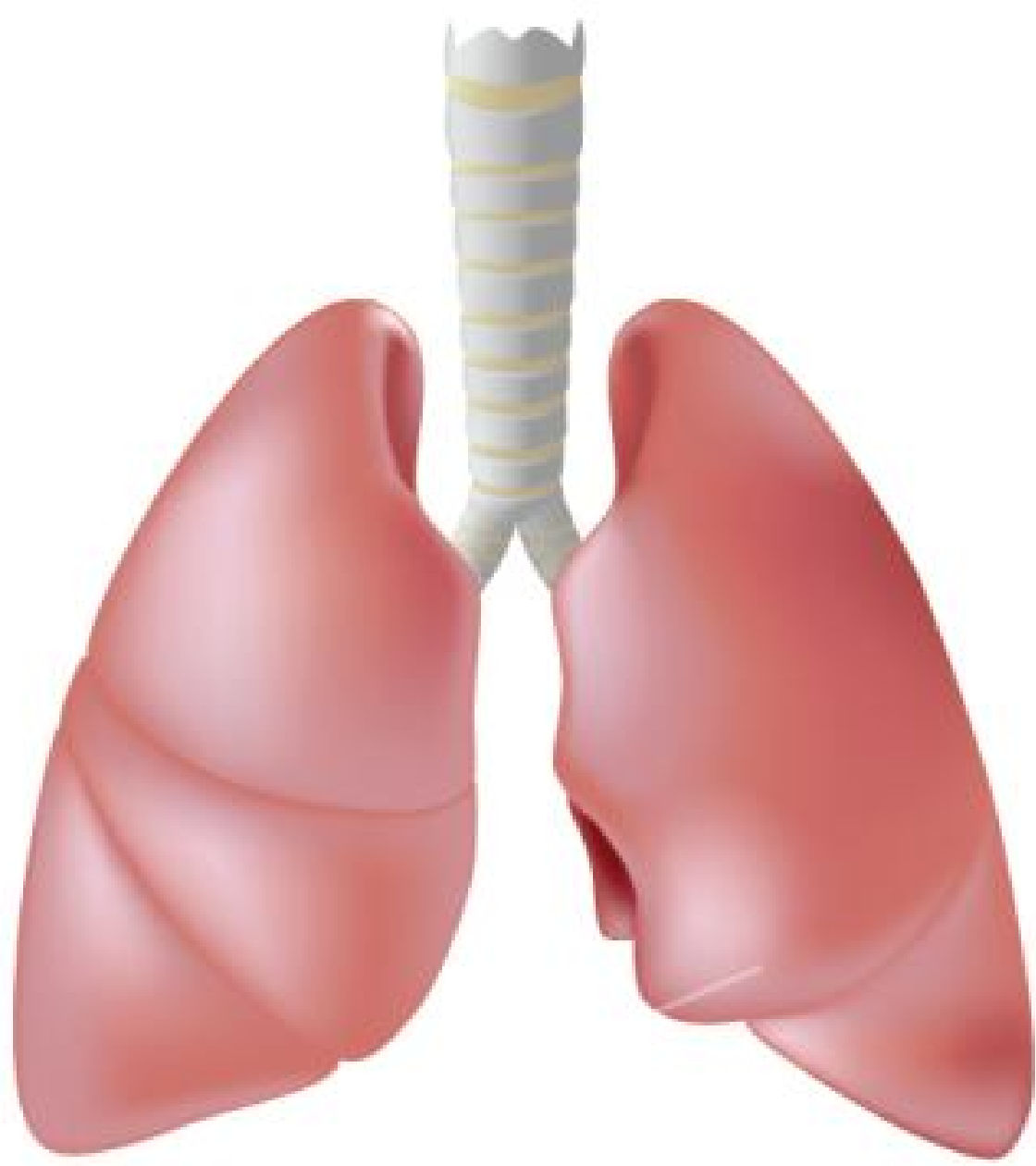


## 肠胃排毒 Colon Detox

导致口臭的原因有很多，其中也包括肠胃道疾病。这是因为幽门螺旋杆菌会产生硫化物，若身体无法代谢硫化物，将引起口臭与体臭的问题。叶绿素有助促进肠胃的健康，改善消化系统（肠和胃）的蠕动功能

Bad breath can cause by various reasons, and colon problem is one of it. Bacteria known as H-pylori, which cause a common ulcer in the stomach, is the main cause of bad breath in the mouth. Research has shown that chlorophyll may helps to improve gut health and promote regular bowel movement.

 <https://kknews.cc/zh-cn/health/392n8y3.html>

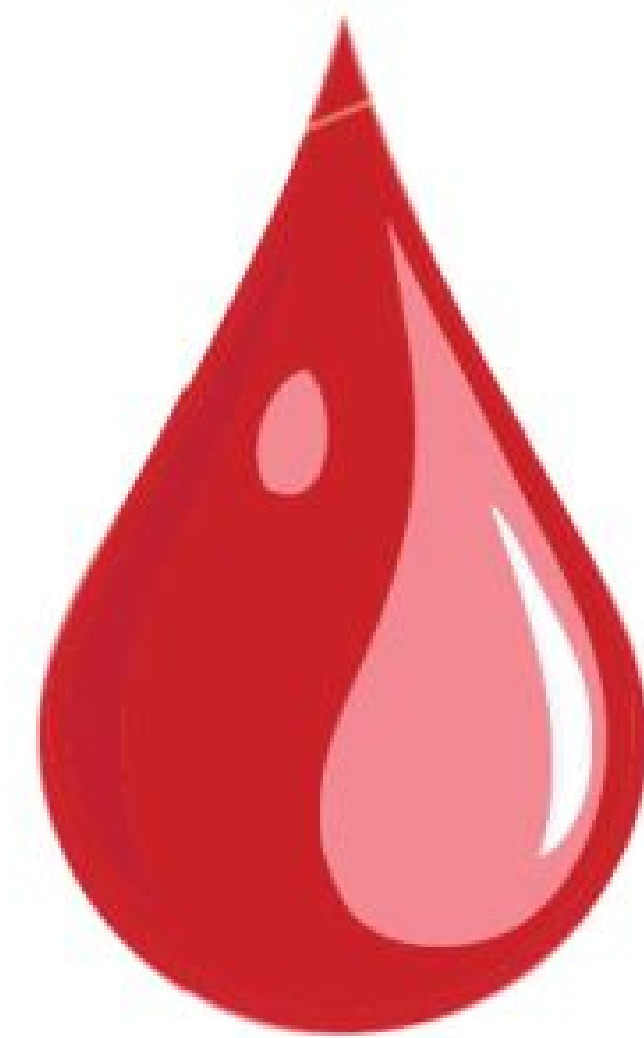


## 肺部排毒 Lung Detox

由于空气污染严重、二手烟等已造成患上支气管疾病，尤其是支气管炎的人数有上升的趋势，其主要症状包括了经常咳嗽，多痰及伴有喘息等症状。叶绿素具有极佳的排毒功效，能帮助排除肺部累积的毒素，疏通支气管。

The number to respiratory disease, especially respiratory infection is increasing due to air pollution and passive smoke. The symptoms include cough, mucus and hard breathing. Chlorophyll is believed to have the capability of cleansing the toxin out of our bronchial.


 [http://www.lwdf.cn/article\\_2016\\_1.html](http://www.lwdf.cn/article_2016_1.html)



## 血液排毒 Blood Detox

血毒指的就是在血管里堆积的毒素，如化学残留物、自由基、重金属、坏胆固醇等。人体里的器官都是由流动不息的血液提供营养。倘若身体里充满了血毒，这些毒素将会进入细胞里，破坏各个器官的正常运作以及新陈代谢功能。叶绿素能预防毒素侵袭细胞基因并且与毒素结合，并随着排泄物一起代谢出来。

Substances such as chemical residues, free radicals, heavy metal and bad cholesterol carry through our bloodstream and eventually enter our cell, tissues and organs. These toxins will stay inside our body and affecting system functionality. Chlorophyll is known for the capability to fight against all these substances from attacking healthy cells and eliminating toxins out from the body.

 <https://kknews.cc/zh-cn/health/g2x6kl8.html>

# PHYTO Chlorophyll



Phyto Chlorophyll I 500ml

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CP	RM 63.60	RM 68.90	SGD 29.00
BV	28	28	28

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