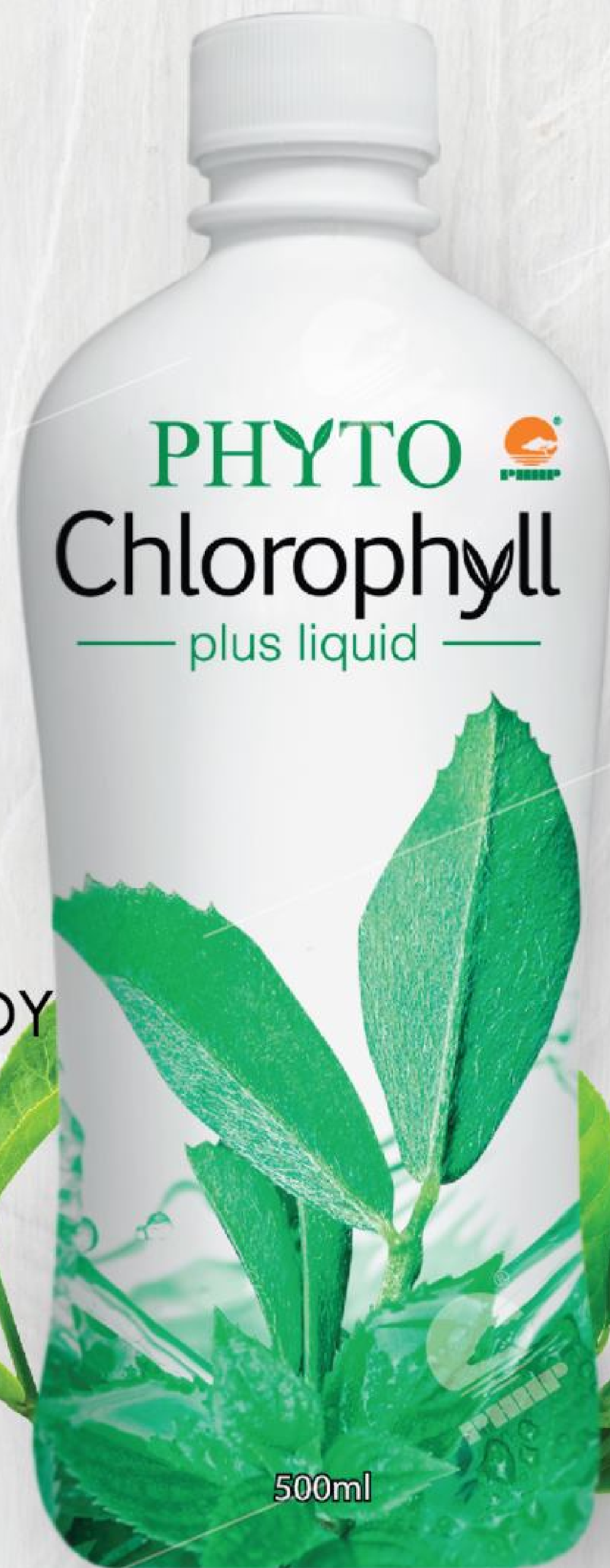


P'Health



何谓酸性体质?

WHAT IS ACIDIC BODY?

酸性体质的症状

SYMPTOMS OF ACIDIC BODY

为何体质变酸?

WHY OUR BODY BECOMES ACIDIC?

Aug 2018

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長春叶绿素

PHHP PHYTO CHLOROPHYLL PLUS LIQUID

详情请游览

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08 AUG 2018

08.2018 Content

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05 何谓酸性体质? WHAT IS ACIDIC BODY?



06 - 09 酸性体质的祸害 HARMFUL EFFECTS OF ACIDIC BODY

酸性体质的祸害
HARMFUL EFFECTS OF ACIDIC BODY

以下酸性体质对健康的祸害:
The following are the harmful effects of:

- 1 心血管疾病**
Cardiovascular diseases
A large number of fatty acids and cholesterol in acidic body will further lead to atherosclerosis and eventually leading to stroke or heart attack.
- 2 糖尿病**
Diabetes
Acidic body will lead to insulin resistance, which is the main cause of diabetes.
- 4 肥胖症**
Obesity
In order to improve body pH, the formation of fat tissues from fatty acids in body fluids will be accelerated.
- 5 肠胃病**
Gastrointestinal diseases
Over-secreted gastric acids lead to heartburn, acid reflux, gastric ulcer and etc. Furthermore, high intestinal acidity will cause constipation and chronic diarrhea.
- 6 智商减弱**
Reduced IQ
Acidic body weakens intelligence development, thinking ability, learning ability, memory ability and concentration.



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酸性体质的症状 SYMPTOMS OF ACIDIC BODY

酸性体质的症状
SYMPTOMS OF ACIDIC BODY

体质的酸化过程就是逐渐衰老、病变的过程，酸性体质导致许多亚健康问题，比如:

The process of body acidification is the process of AGING and DISEASES. Acidic body causes many sub-health problems or symptoms such as:

- 身体疲劳 physical fatigue
- 记忆力减退 memory loss
- 注意力不集中 loss of focus
- 头晕 dizziness
- 腰酸背痛 back pain
- 体臭 body odor
- 皮肤过敏等状况 skin sensitivity and etc

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为何体质变酸?

WHY OUR BODY BECOMES ACIDIC?

为何体质变酸? WHY OUR BODY BECOMES ACIDIC?

饮食结构的不合理 Unhealthy diet

健康的饮食结构为酸碱平衡。即，现代人饮食中多含酸性物质，如肉类、蛋类、奶类等。而碱性物质如蔬菜、水果、豆类等摄入不足。长期下来，体内酸性物质堆积，导致体质变酸。

The ratio of acidic and alkaline foods for a healthy diet should be 1:3. However, modern diets often consist of meat, rice, eggs and milk. After the decomposition process, acidic metabolites such as sulfur, nitrogen, phosphorus and creatine will be produced and cause acidic body. Although some fruits and vegetables have sour taste, they produce alkaline substances after decomposition in the body.

不良习惯 Bad habits

吸烟、酗酒和熬夜等不良习惯，会导致体内酸碱失衡。

Smoking, alcohol drinking and etc. are common factors causing acidic body.

运动不足 Lack of exercise

长期久坐不动，会导致体内酸性物质堆积。适当运动可以帮助排出体内酸性物质，保持酸碱平衡。

Prolonged sitting or lack of exercise deteriorates the function of the metabolism, resulting in the retention of acidic metabolites in the body for a long period of time and the formation of acidic body.

熬夜 Stay up late

长期熬夜会导致内分泌失调，影响体内酸碱平衡。

Stay up late causes endocrine disorder and affects the regulation process of body pH.

心理压力 Psychological stress

长期压力会导致体内产生大量自由基，影响酸碱平衡。

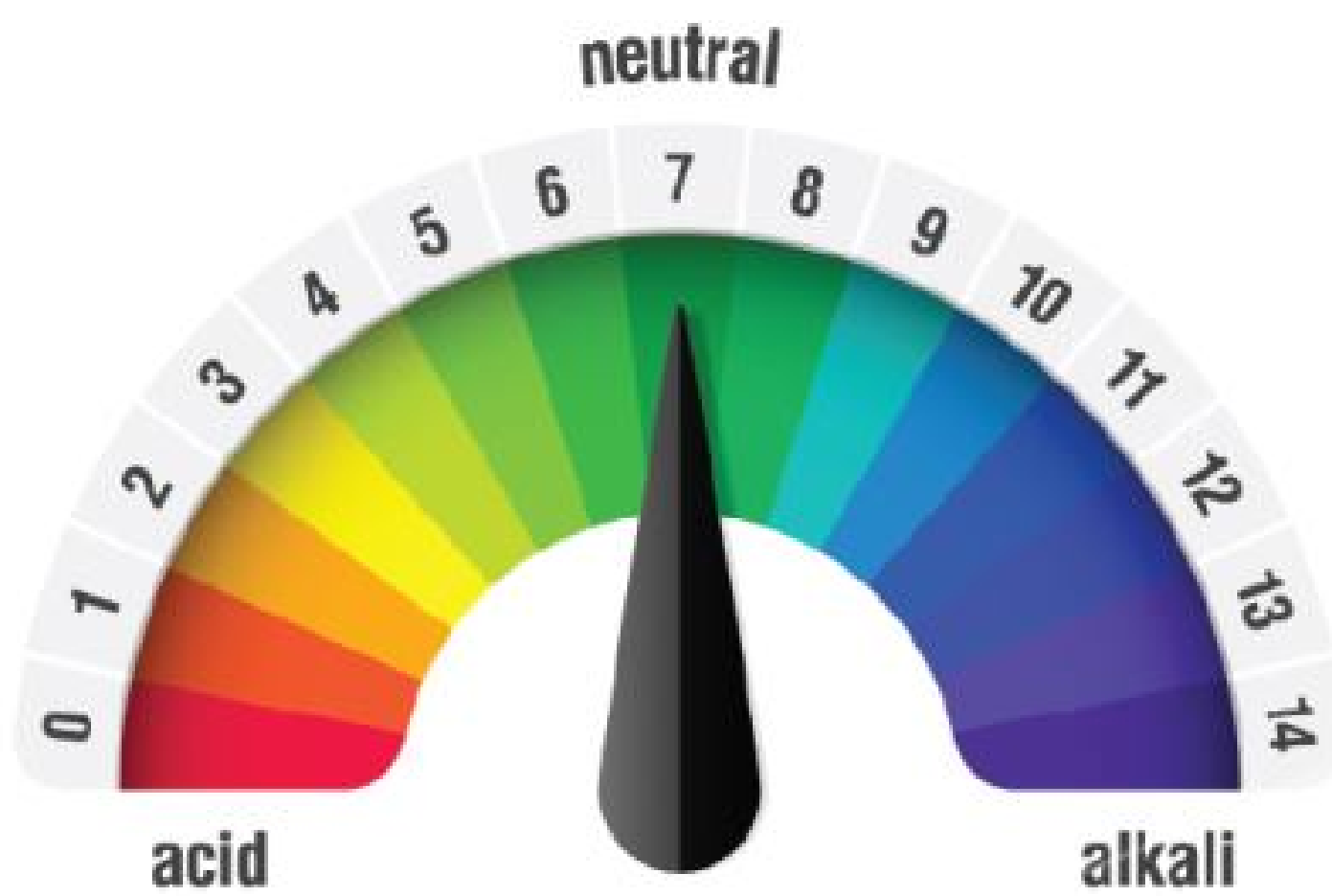
When stress is not released, our body will produce a large number of free radicals. These toxic substances affect our body's normal metabolic functions, resulting in acidic body.

环境污染/化学物质 Environmental Pollution / Chemicals

长期接触有害物质，如食品添加剂、农药等，会导致体内酸碱失衡。

The dangers of processed foods, chemicals, environmental pollution, air acidification and etc. will increase the acidity of the food. These harmful elements, once ingested/absorbed, will cause acidic body.

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叶绿素的结构

STRUCTURE OF CHLOROPHYLL

叶绿素的结构 STRUCTURE OF CHLOROPHYLL

叶绿素 chlorophyll

红细胞 red blood cell

植物叶绿素与人体红细胞的构造非常相似。它们的不同之处在于分子结构的核心，叶绿素的核心是镁元素，而红细胞的核心是铁元素。

Structure of plant chlorophyll is very similar with human red blood cell. They differ in the core atom where chlorophyll is Magnesium (Mg) while red blood cell is Iron (Fe).

叶绿素对人体的益处 THE BENEFITS OF CHLOROPHYLL TO HUMAN BODY

调节酸碱值 Body pH regulation

叶绿素中的镁元素能调节酸碱值，帮助维持酸碱平衡。

The Magnesium in chlorophyll is strong alkaline mineral, can help in regulating body pH.

造血 Blood Regeneration

由于叶绿素与红细胞结构十分相似，所以能刺激骨髓制造更多红细胞。

Chlorophyll acts like a stimulant for the red blood cell regeneration in the bone marrow, due to its structure is very similar with red blood cell.

清血 Blood cleansing

叶绿素含有天然的清血元素，能清除体内毒素，改善血液循环。

Chlorophyll consists of natural detoxification elements which can remove toxins in the body. It can strengthen overall cellular function and improve health.

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长春叶绿素

PHHP PHYTO CHLOROPHYLL PLUS LIQUID

长春叶绿素 plus liquid PHHP Phyto Chlorophyll plus liquid

长春叶绿素 Plus Liquid 不仅含有植物叶绿素的主要成分，而且它还添加了小肽。小肽除了具有多种营养价值（如生肌及修护等），它还对改善血液循环及促进胶原蛋白的合成。此外，长春叶绿素 Plus Liquid 含有天然薄荷成分，能舒缓口气。

Phyto Chlorophyll plus liquid not only contains mulberry leaf as main source of chlorophyll, but also added with chlorella. Other than possessing a variety of vitamins and minerals, the chlorophyll content of chlorella is 10 times higher than that of other plants, which is believed to protect human body in a more effective way. In addition, Phyto-Chlorophyll plus liquid has natural peppermint flavor which can freshen your breath.

结语 CONCLUSION

随着年龄增长，我们的身体会逐渐衰老。当身体出现亚健康状态时，我们一定要尽早采取行动，保持健康。当身体的酸碱值达到平衡时，我们的身体自然就会恢复健康，而身体也会自然产生各种疾病。

Decades are occurred gradually, but not in a flash. When you have noticed some sub-health problems, you must take actions to improve your health in daily life as soon as possible. When our body pH reaches a balance, there will be an increase in our body's self-healing power, and thus a decrease in the risk of developing diseases.

14 Health

PHYTO Chlorophyll plus liquid 长春叶绿素

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前言

FOREWORD

人人都想要有一个健康的体魄，有了健康，才能活出精彩人生。可是，往往疾病在我们不知不觉中找上门来，让我们不知所措。您们知道吗？其实我们的身体都有自愈能力，帮助我们的细胞组织修复与调节，并阻挡种种疾病。然而，随着年龄增长，自愈能力逐年下降，我们的身体不能自行调节或平衡体质酸碱值，则导致酸性体质。

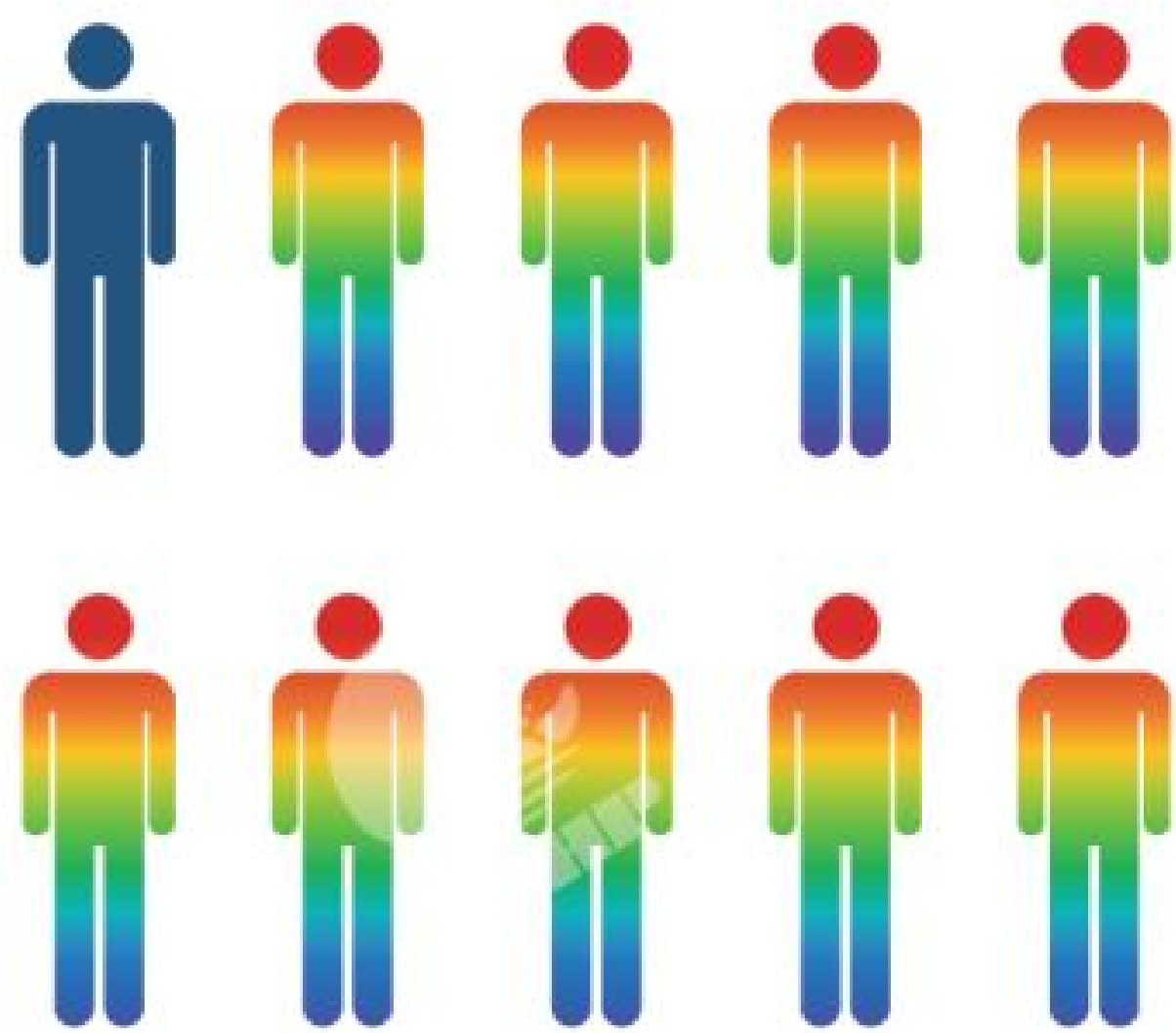
Everyone wants to have a healthy body; with a healthy body, we can live a wonderful life. However, we often have disease unknowingly, and thus feeling helpless. Do you know that our bodies actually have self-healing power? This self-healing power helps in repairing and regulating function of cells and tissues, and hence fights against diseases. However, as we age, our self-healing power decreases year by year, and our body cannot regulate or balance its own body pH, resulting in an acidic body.



何谓酸性体质?

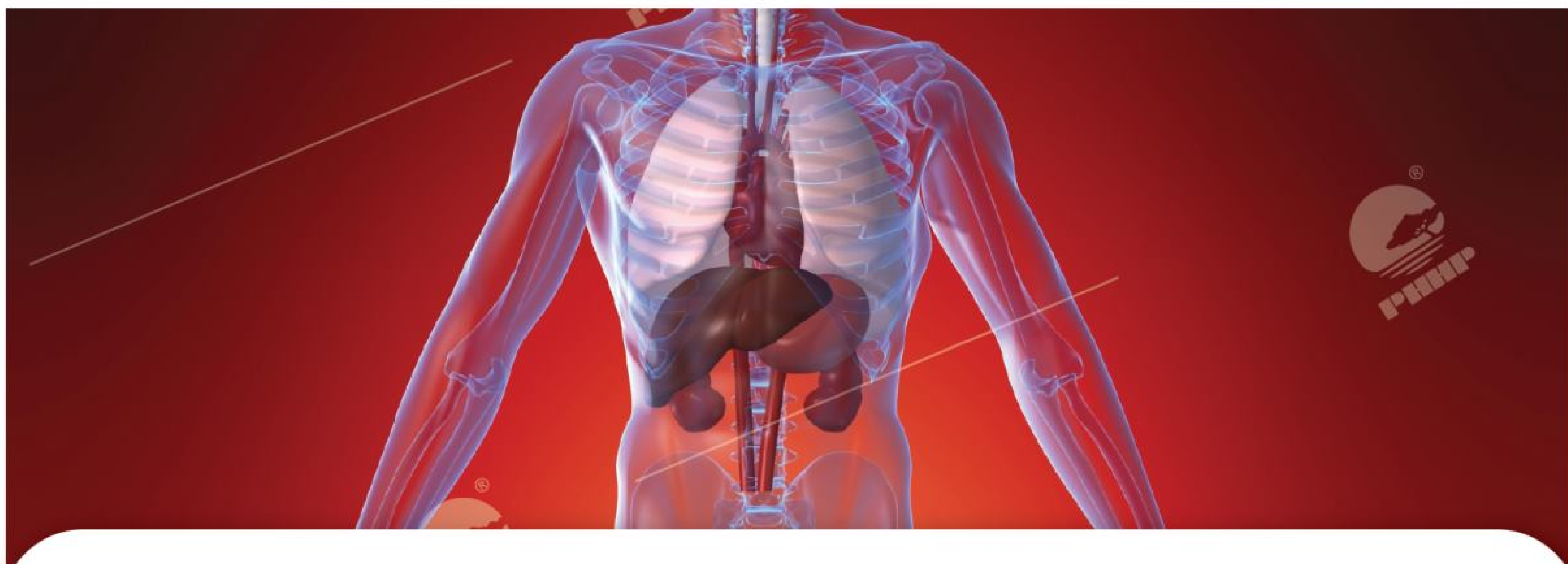
What is acidic body?

研究报告指出，人体内的酸碱值必须呈弱碱性，即在7.35至7.45之间。此范围是细胞生存的最佳条件，能够保持正常的生理功能。但是，十个人当中有九个人的体质酸碱值在7.35以下(酸性体质)，使体内细胞无法正常生存并大量死亡，容易患上疾病。



Research stated that the body pH value must be weak alkaline, which is between 7.35 and 7.45. This pH range is the best condition for the cell survival and normal physiological functions. However, 9 out of 10 people have a body pH of 7.35 or less (acidic body), so that the cells in the body cannot properly function, and thus prone to diseases.





酸性体质的祸害

HARMFUL EFFECTS OF ACIDIC BODY

以下是酸性体质对健康的危害：

The following are the harmful effects of acidic body to our health:



1 心血管疾病 Cardiovascular diseases

大量的脂肪酸及胆固醇在血液中积聚，形成酸性体质。酸性物质又会进一步促使体内大小动脉粥样硬化，造成堵塞，引发中风或心脏病。

A large number of fatty acids and cholesterol accumulated in the blood will form acidic body. Acidic body will further lead to atherosclerosis, blood vessel blockages, and eventually leading to strokes or heart attack.

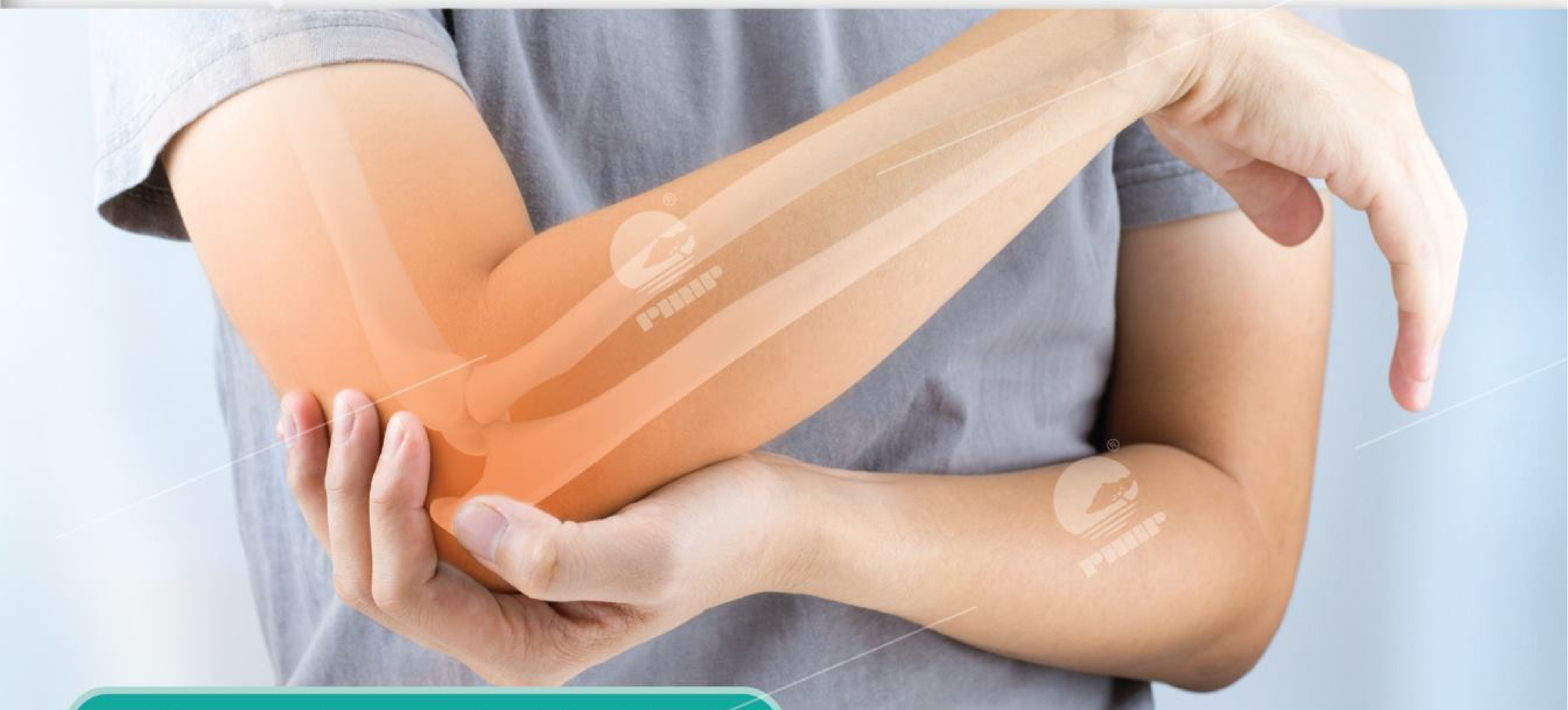


2 糖尿病

Diabetes

人体的pH值每下降0.1个单位，胰岛素的活性就会下降30%。而胰岛素的活性下降又加剧了人体代谢紊乱，使糖尿病日渐严重。

When the body pH drops by 0.1 units, the activity of insulin will drop by 30%. The decline in the activity of insulin will further worsen the metabolic disorders and diabetes condition.



3 痛风 / 关节炎

Gout / arthritis

酸性体质的人会造成大量的钙流失，软骨的质量也会变差，易造成痛风或关节炎。

Acidic body will cause calcium loss, which in turn reduce integrity of cartilage.



4 肥胖症 Obesity

酸性体质导致体液中的脂肪分子加速生成脂肪细胞，以缓解体液的酸化水平，随而引起肥胖。

In order to improve body pH, the formation of fat tissues from fatty acids in body fluids will be accelerated.



5 肠胃病 Gastrointestinal diseases

胃酸过多导致烧心、反酸、胃溃疡等；肠道酸性过高，会引起便秘、慢性腹泻。

Over-secreted gastric acids lead to heartburn, acid reflux, gastric ulcer and etc. Furthermore, high intestinal acidity will cause constipation and chronic diarrhea.

IQ



6 智商减弱

Reduced IQ

酸性体质会减弱智力发育，思考能力，学习能力，记忆能力，专注力。

Acidic body weakens intelligence development, thinking ability, learning ability, memory ability and concentration.



7 癌症

Cancer

癌细胞生存环境的pH值为6.85 - 6.95，酸性体质有利于癌细胞的生存和转移。

The pH of the cancer cell's living environment is between 6.85 and 6.95. Acidic body allows the survival and metastasis of cancer cells.

酸性体质的症状

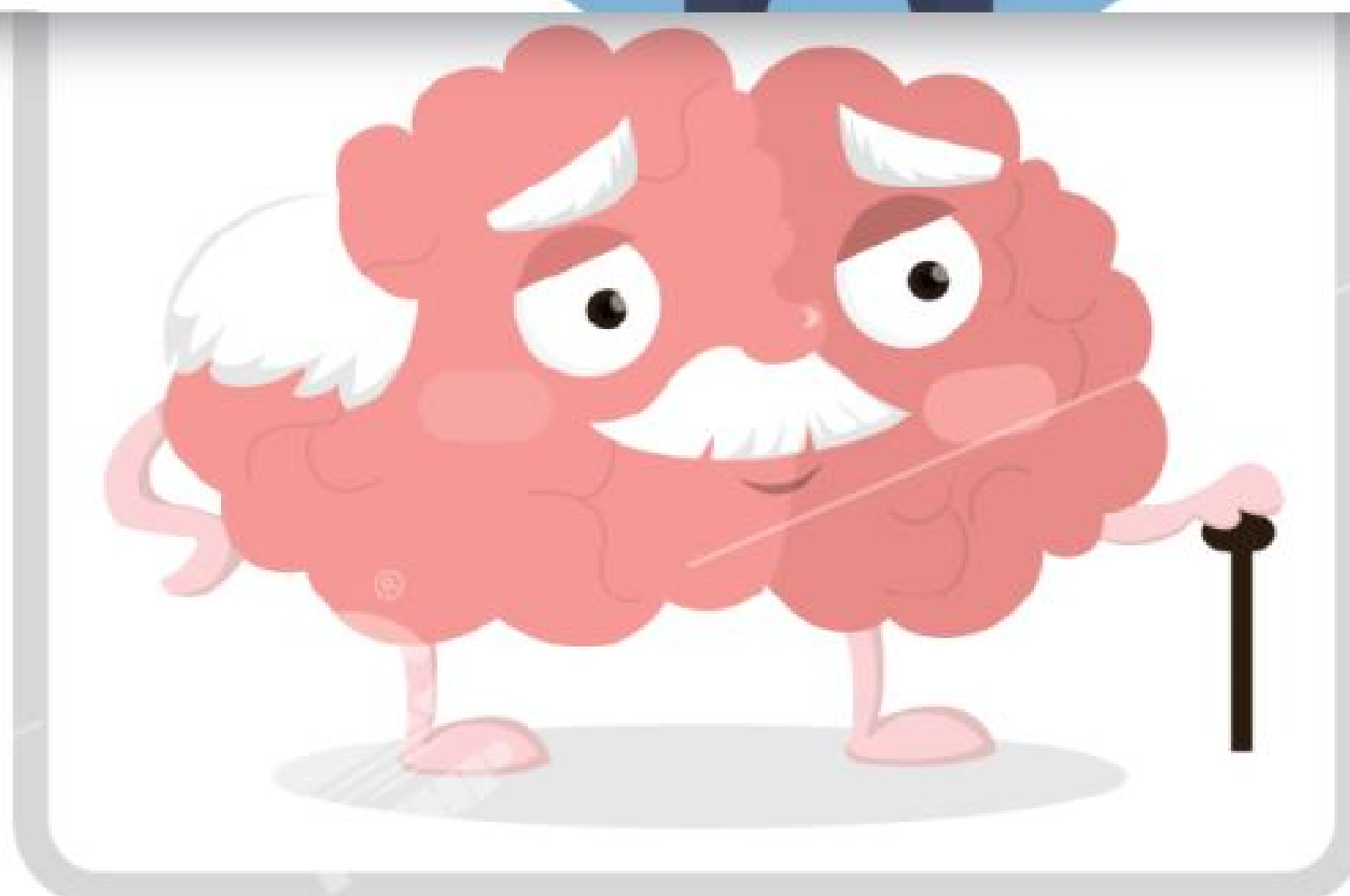
SYMPTOMS OF ACIDIC BODY

体质酸化过程就是**逐渐衰老**，**病变的过程**。酸性体质导致许多亚健康问题，比如

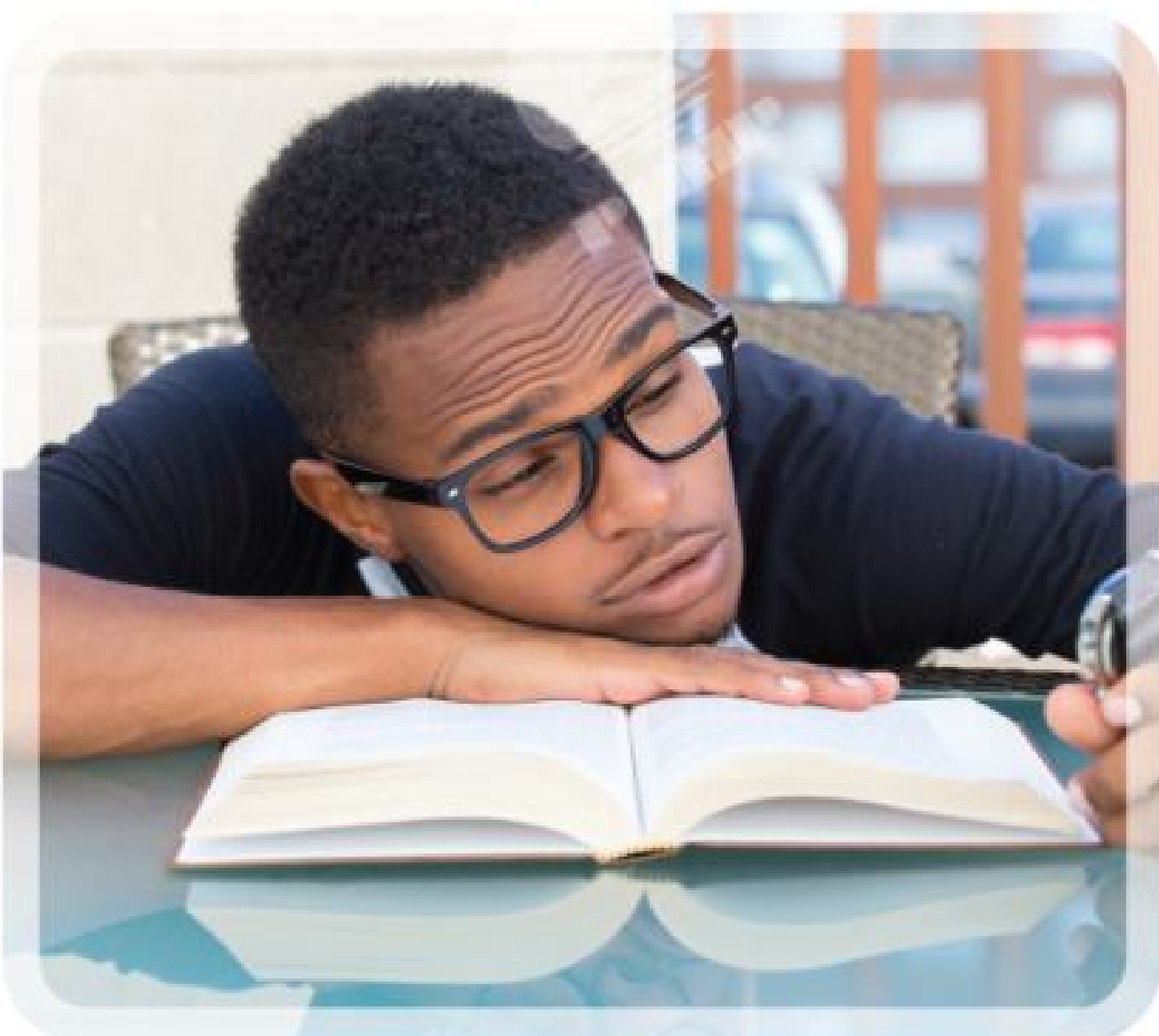
The process of body acidification is the process of **AGING** and **DISEASES**. Acidic body causes many sub-health problems or symptoms such as



身体疲乏
physical fatigue



记忆力衰退
memory loss



注意力不集中
loss of focus



头晕
dizziness



腰酸背痛
back pain



体臭
body odor



皮肤过敏等症状
skin sensitivity and etc

为何体质变酸?

WHY OUR BODY BECOMES ACIDIC?



饮食结构的不合理 Unhealthy diet

健康的饮食比例应为酸碱食物1:3。但是，现代人饮食中的主食往往是精米白面、鸡鸭肉蛋，而它们在经过消化分解后将在体内留下硫、氮、磷、氯等酸性代谢物。虽然有些水果和蔬菜的味道是酸滋滋的，但是它们在体内分解后产生碱性物质，所以属于碱性食物。

The ratio of acidic and alkaline foods for a healthy diet should be 1:3. However, people's daily staple foods are often comprised of rice, flour-based foods, eggs and meat. After the decomposition process, acidic metabolites such as sulfur, nitrogen, phosphorus and chlorine will be produced and cause acidic body. Although some fruits and vegetables taste sour, they produce alkaline substances after decomposition in the body.



运动不足 Lack of exercise

多做运动多出汗，可帮助排除体内多余的酸性物质。然而，少运动使肠子功能变差，导致酸性代谢物长期滞留在体内，形成了体酸。

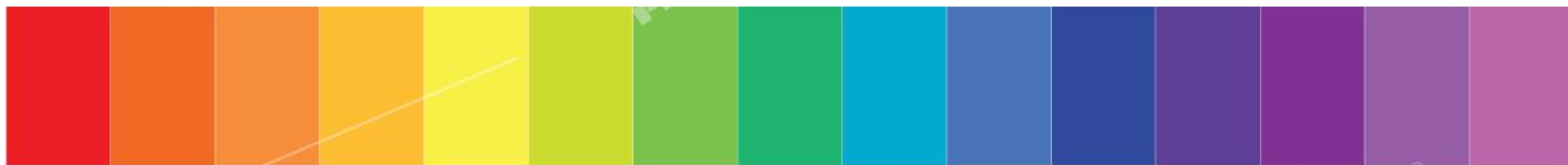
Sweating after exercise can help eliminate excess acid in the body. However, lack of exercise deteriorates the function of the intestines, resulting in the retention of acidic metabolites in the body for a long period of time and the formation of acidic body.



心理压力 Psychological stress

当压力得不到释放的时候，身体将产生大量的自由基，这类有毒物质影响身体正常新陈代谢功能，从而导致体质的酸性化。

When stress is not released, our body will produce a large number of free radicals. These toxic substances affect our body's normal metabolic functions, resulting in acidic body.



不良嗜好 Bad habits

烟、酒等都是典型的酸性物品，酸化体质。

Smoking, alcohol drinking and etc. are common factors causing acidic body.



熬夜 Stay up late

午夜12点以后不入睡，导致内分泌失调，影响体内的酸碱性调和作用。

Stay up late causes endocrine disorders and affects the regulation process of body pH.



环境污染/化学物质 Environmental Pollution / Chemicals

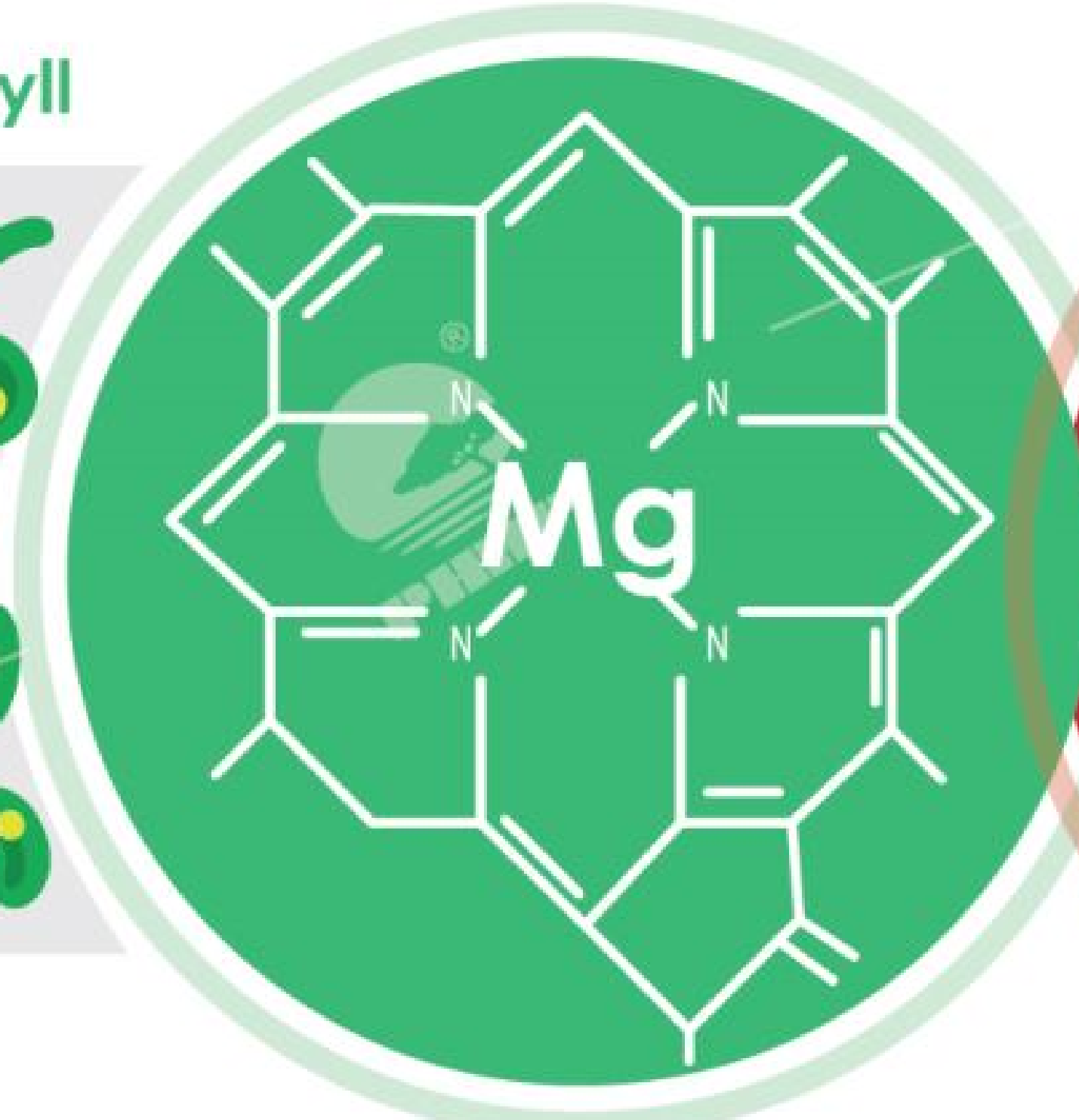
化学性食品的危害，加上环境污染，土壤的酸性化等，都增强了食物的酸性。当摄入这些有害元素后，将导致体酸。

The **dangers of processed foods**, chemicals, environmental pollution, soil acidification and etc. will increase the acidity of the food. These harmful elements, once ingested/inhaled, will cause acidic body.

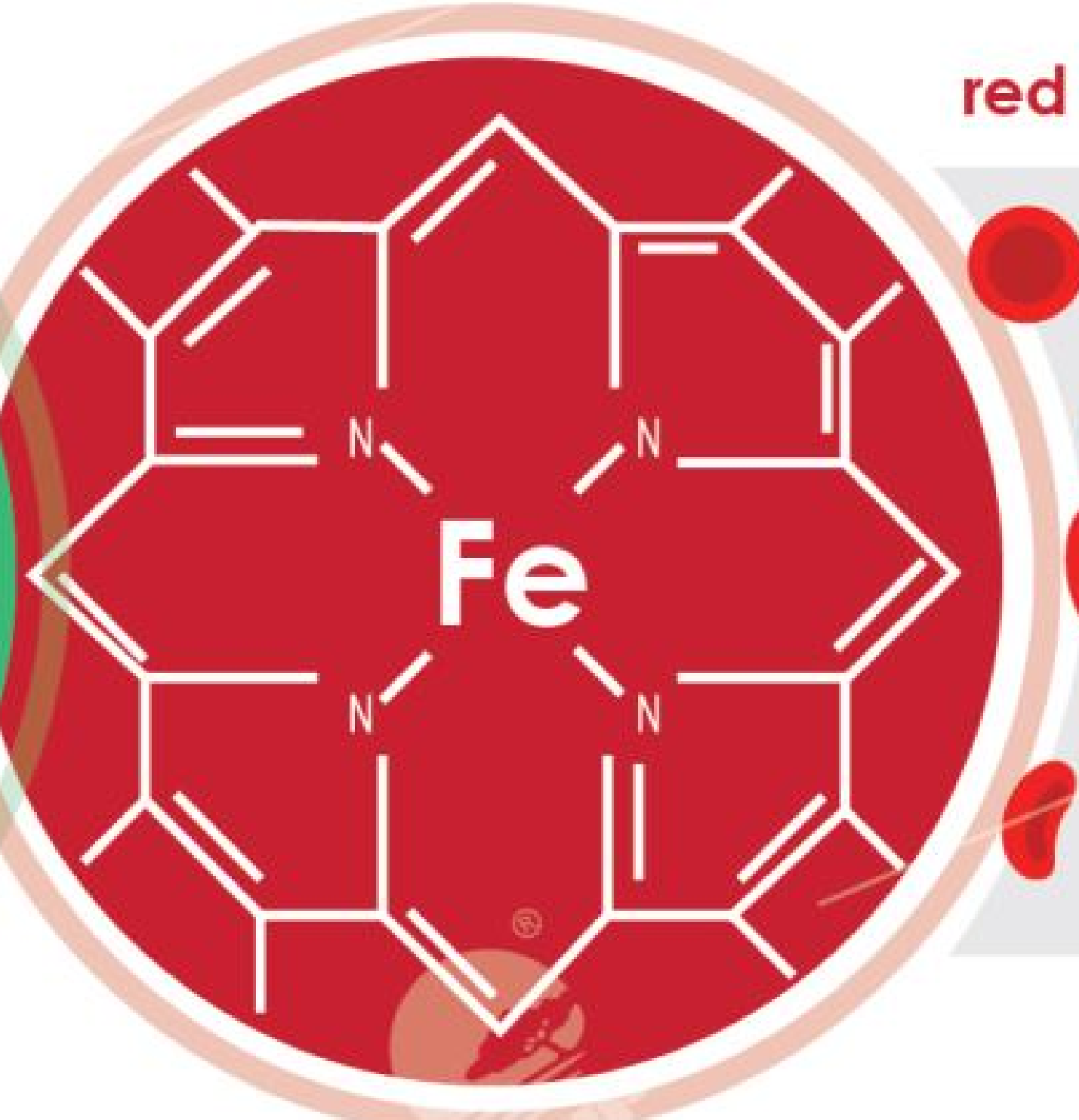
叶绿素的结构

STRUCTURE OF CHLOROPHYLL

叶绿素
chlorophyll



红血球
red blood cell



植物叶绿素与人体红血球的结构非常相近。它们的不同点在于分子结构的中心点。叶绿素的分子结构中心点为镁，而红血球则为铁。

Structure of plant chlorophyll is very similar with human red blood cell. They differ in the core atom where chlorophyll is **Magnesium (Mg)** while red blood cell is **iron (Fe)**.

叶绿素对人体的益处

THE BENEFITS OF CHLOROPHYLL TO HUMAN BODY



调节酸碱值
Body pH regulation

叶绿素里的镁是强碱性矿物质，能帮助调节酸性体质。

The Magnesium in chlorophyll is strong alkaline mineral, can help in regulating body pH.



造血
Blood Regeneration

由于叶绿素与红血球的结构十分相似，所以能够激发骨髓制造更多红血球。

Chlorophyll acts like a stimulant for the red blood cell regeneration in the bone marrow, due to its structure is very similar with red blood cell.



净血
Blood cleansing

叶绿素含有天然的清毒元素，消除体内毒素，进而提升整体细胞操作功能，改善身体的健康。

Chlorophyll consists of natural detoxification elements which can remove toxins in the body. It can strengthen overall cellular function and improve health.



長春叶绿素plus liquid

PHHP Phyto Chlorophyll plus liquid

長春叶绿素Plus Liquid不只采用桑叶萃取物作为叶绿素主要来源，而且它还添加了小球藻。小球藻除了拥有多种营养素（维生素及矿物质），它的叶绿素含量也是其他绿色蔬菜的数十倍，能更有效的保护人体细胞。另外，長春叶绿素Plus Liquid含有天然薄荷清香味，助于保持口气清新

Phyto Chlorophyll plus liquid not only contains mulberry leaf as main source of chlorophyll, but also added with chlorella. Other than possessing a variety of vitamins and minerals, the chlorophyll content of chlorella is few times higher than that of other plants, which is believed to protect human body in a more effective way. In addition, Phyto Chlorophyll plus liquid has natural peppermint flavor which can freshen your breath.



结语

CONCLUSION

疾病的发生是渐进式而非一夕之间形成的。当您已经察觉到亚健康的问题时，就一定要趁早在日常生活中作出改善，保健身体。当体质酸碱值达到平衡时，我们身体的自愈能力将会提高，而身体也将会自行排除各种疾病。

Diseases are occurred gradually, but not in a flash. When you have noticed some sub-health problems, you must take actions to improve your health in daily life as soon as possible. When our body pH reaches a balance, there will be an increase in our body's self-healing power, and thus a decrease in the risk of developing diseases.



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