Living in Balance

with Nutritional Immunology

營養免疫指明路 均衡調理度一生

Though our journeys take us down different paths, we share the common desire to live well and in good health. In a state of healthy living, we have the ability to realize our dreams and we have the capability to care for ourselves and others. When illness interrupts our life, we find our goals placed on hold and our priorities shifted to getting strong and healthy again. Maintaining health is a constant balancing act between providing proper care for the body and pushing it to the limits to achieve everything we want to achieve in our busy lives.

The cycle of falling ill and fighting to get better is getting old and tired—just like our bodies if we don't take proper care of them. Simply searching for cures isn't cutting it. Prevention is the key to continued health, and Nutritional Immunology unlocks the knowledge we need to protect ourselves and our loved ones. Maintaining our health is both prevention and cure.

At the very heart of prevention is our own immune system. Nothing can take its place. Science and medicine

雖然我們的人生之旅會將我們帶往不同的人生之路，但生活得平安、健康却是我們共同的追求。在健康生活的狀態下，我們能夠實現自己的夢想，有能力照顧我們自己和他人；而當我們遭到病痛襲擊的時候，我們只能擱置自己的目標於不顧，轉而想盡辦法儘快恢復身體的健康與強壯。在緊張的生活中，一方面我們要適當地護理我們的身體，另一方面我們要讓自己的身體發揮出最大的能量，使我們能夠去實現我們希望實現的願望。保持健康，就是要持續地保持二者之間的平衡。

假如自己的身體處於不斷地生病、治病至痊癒這樣的循環之中，我們就會感到厭倦。而我們如果不好好地照料自己的身體，我們就會陷入這樣的循環。只是簡單地尋求治療是不會解決問題的，只有預防才是持續維護健康的關鍵，而營養免疫學開啟了保護我們自己

have come a long way in treating symptoms but they have yet to put their fingers on cures for things as common as a cold. Staying physically strong and healthy takes more than exercise and adequate rest; it requires proper daily nutrition. The science of Nutritional Immunology helps us pinpoint the foods that provide the nutrients that not only keep us alive, but that keep us healthy! Nutritional Immunology studies the link between good health and proper nourishment. As logical as it sounds, NI is not just common sense, it is scientific fact backed by thorough research and solid evidence.

The immune system is a complex network of cells and organs that work together to maintain optimal health. Three types of nutrients are required in order for this network to function properly—antioxidants, phytochemicals and polysaccharides. All of these elements occur naturally in plants and possess enormous healing and disease-preventing properties. They also have amazing abilities to nourish and bolster the immune system. Nutritional Immunology is all about making the most of your immune system. It's about eating natural, wholesome plant foods that build up the body instead of breaking it down. The value of plant

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及所關愛的人所需要的知識的寶庫。維護我們的健康需要預防和治療雙方面的結合。

免疫系統是預防疾病的核心，沒有任何其它事物可取代。在處理各種疾病症狀方面，科學界和醫學界已走過了漫長的路程，但是，至今為止，對感冒這樣普通的常見疾病，還是沒有一個很好的對策。保持身體的強健不僅需要適當的運動和充足的休息，它還需要每日營養的適量補充。營養免疫學幫助我們精選出的食品，不僅可以維持我們生存，更能夠提供給我們營養、保持我們的健康！營養免疫學研究的是良好的健康與適當的營養之間的關係，它所闡述的不僅是一個共識，更是建立在科研和實證之上的科學事實。

免疫系統是一個複雜的網絡系統，它通過細胞和器官共同協作，維護人體的最佳健康。要使這個網絡系統正常運作，三種營養素必不可少，它們是抗氧化劑、植物性營養素和多醣體。所有這些元素都天然存在於植物之中，它們具有強大的修復健康和預防疾病的特性，它們還具有滋養和強化免疫系統的神奇能力。營養免疫學主要探討的是最大限度地強化您的免疫系統，倡導的是要食用天然的、有益健康的植物性食品，以構筑築強健的體魄，而不要損傷您的身體。植物性食品的價值無論如何都不算被誇大，它們不僅富含重要的維生素、礦物質和纖維，它們還是提昇免疫系統的營養素–抗氧化劑、植物性營養素和多醣體的極佳來源。

即使在我們並無生病迹象、並未察覺免疫系統的功能和它正在進行的工作之際，我們人類的身體也是一直處於與疾病抗爭的狀態中。我們的免疫系統是每天二十四小時、每星期七天都堅守在最前綫，抵抗由不良飲食、精神壓力、環境污染、遺傳等各種因素帶給我

foods cannot be overstated. Not only are they filled with crucial vitamins, minerals and fiber, but they are also excellent sources for the nutrients that boost the immune system—antioxidants, phytochemicals and polysaccharides.

The human body is constantly at war, even when we are not obviously ill and aware of the functions of the immune system, it is working. Our immune system is engaged in a 24/7 battle against the negative effects of poor diet, stress, pollution, genetics and other factors. Our physical and mental well-being is dependant on the health of our immune system. By actively engaging in a healthier lifestyle and by continually nourishing our body with a wide variety of plant foods, our chances of living a longer, more productive life increase dramatically.

If we live in an imbalanced way, ignoring our body's needs and the 'cure' that is our immune system, constantly at work within us, we end up heading to the doctor's office for something that will alleviate our symptoms and help us get through our day. As modern medicine progresses and moves to more aggressive and invasive treatments, more risks are emerging. Health can easily be misunderstood as a static state when, actually, it is constantly balancing everything in our life. Arriving at this balance can be easier than you think. Maintaining this balance usually proves to be more difficult. Maintaining harmony requires thoughtful behavior. Preventative steps, if you will, taken all day, everyday in every aspect of life. Nutrition, rest, exercise, brain activity—it's all about maintaining that healthy balance.

Cures, on the other hand, are restoring, remedial and often temporary. Necessary factors in the prevention of disease include maintaining balance and harmony in our life, taking care of our body through proper diet, appropriate exercise, adequate sleep and healthy stress relief.

The ability to live a long and healthy life is within us. We hold the power. We can unleash it with Nutritional Immunology.

們身體的負面影響。我們身體和精神的安好是建立在我們免疫系統的健康之上的。假如我們積極地選擇更健康的生活方式、持續地以豐富多樣的植物性食品滋養我們的身體，我們就可以奇迹般地更加健康長壽。

假如我們陷於不均衡的生活狀態，忽略我們身體的需要及為我們提供“治療”的免疫系統，只是一味地讓它不停地高強度地工作，我們最後就不得不去看醫生，尋求治療，以減輕我們的病症，幫助我們度過患病期。隨著現代醫療技術的提高，更多的治療方法被積極地採用，即使危險性也隨之增加，我們往往還是會誤認為健康是易於於保持的，而事實上健康是我們在生活中不斷調整各種因素的結果。經證明，達到均衡的健康狀態遠比您想像的容易，而保持這種均衡通常則更加困難。保持身體的和諧需要精心的呵護，而可行的預防措施，則是您要在日常生活中的每一天、每一刻，對營養、休息、運動、還有大腦活動等各個方面均給予關注，這些即是保持均衡健康的方法。

治療，亦可理解為修復或補救，不論何種，都是暫時的措施。預防疾病的要素是我們要保持均衡與和諧的生活方式、以正確的飲食滋養我們的身體、參加適當的運動、保持充足的睡眠以及健康地減壓。

健康長壽的權利就掌握在我們自己的手裡，獲得健康長壽的秘訣，就是營養免疫學。

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