



EAT, SLEEP, EXERCISE, AND BE POSITIVE!

飲食、睡眠、運動和良好的心態!

A simple formula for good health • 保持健康的簡單法則

Nutritional Immunology incorporates four main tenets: Eat right, get enough sleep, exercise regularly and have a positive outlook on life—or control your stress levels! These four basic rules form a blueprint for good health. By adhering to these rules regularly throughout our lives, our lives can be healthy, full and long. And they all interact in interesting ways!

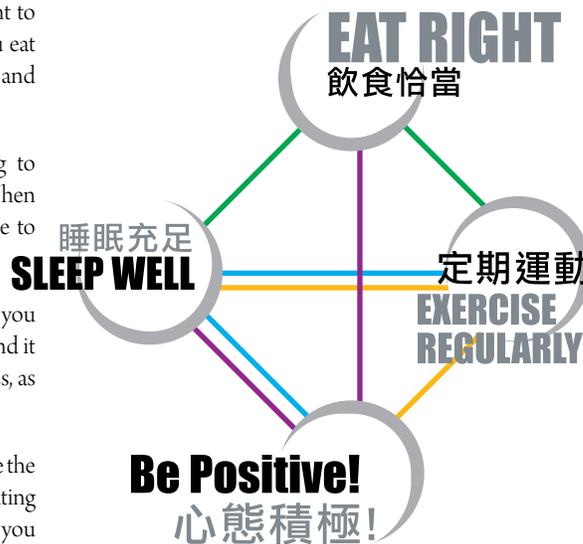
EAT RIGHT: Green lines link eating right to exercise and sleep, indicating that when you eat right, you are more likely to exercise regularly and get a good night sleep.

SLEEP WELL: Blue lines link sleeping to exercise and relaxation, or stress control. When you are well rested, your body is better able to handle the effects of stress and exercise.

EXERCISE REGULARLY: When you exercise regularly, you usually sleep better; and it is well known that exercise helps relieve stress, as the orange links indicate.

BE POSITIVE: The lavender lines indicate the relationship between relaxation, sleep and eating right. Stress causes many to overeat, so when you are relaxed, you may exercise more control over what you eat; being able to relax is a precursor to sleep, so relaxing helps you sleep better.

營業免疫學強調的四項基本原則是：恰當的飲食、充足的睡眠、定期的運動和積極的人生態度(或提高您的抗壓能力)!這四項基本原則就是保持良好健康的基本框架。在生活中，我們如果能夠堅守這四項基本原則，就會健康長壽、充實美滿。而這四項基本原則之間，還有著奇妙的相關性!



飲食恰當：綠色線條將恰當的飲食和運動、睡眠連接在一起，說明假如您的飲食正確，您就會更喜歡經常運動，也會擁有良好的睡眠。

睡眠充足：藍色線條將睡眠和運動、放鬆(減壓)連接在一起，假如您得到了充分的休息，您的身體就能更輕鬆地承受壓力和運動帶來的影響。

定期運動：經常運動，通常會讓您的睡眠更好；並且，大家都知道，運動有助於減壓，就像桔色線條標示的那樣。

心態平和：粉紫色線條標示了放鬆、睡眠和恰當飲食之間的關係。壓力讓許多人暴飲暴食，而您如果能夠放鬆，就更容易控制自己的飲食。能夠放鬆下來是進入安眠的前兆，所以放鬆會讓您睡得更甜美。

EAT RIGHT

By eating right, that is, eating a healthy, well-rounded diet consisting mostly of a wide variety of whole plant foods, we stand a better chance of maintaining optimal health.

The Centers for Disease Control and Prevention (CDC) says eating fruits and vegetables is a good idea for three reasons.

1. Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
2. Fruits and vegetables also provide essential vitamins, minerals, fiber and other substances that are important for good health.
3. Most fruits and vegetables are naturally low in fat and calories and are filling.¹

Scientists and doctors tell us that nutrients should come primarily from foods. Foods such as fruits and vegetables contain not only the vitamins and minerals supplements replace, but also other naturally occurring substances that may help your immune system fight chronic diseases.²

SLEEP WELL

As researchers conduct more studies on sleep and the impact of lack of sleep, it becomes more and more evident how much our bodies depend on a good night's sleep! "[A] number of vital tasks carried out during sleep help maintain good health and enable people to function at their best. On the other hand, not getting enough sleep can be dangerous—for example, you are more likely to be in a car crash if you drive when you are drowsy."³

Most adults need 7–8 hours of sleep each night. Newborns, on the other hand, sleep between 16 and 18 hours a day, and children in preschool sleep between 10 and 12 hours a day. School-aged children and teens need at least 9 hours of sleep a night. People over 65 may only need 6 hours of sleep.⁴

Here are a few facts you may not have known about sleep.

- Unfamiliar noise and noise during the first and last two hours

飲食恰當

飲食恰當，即指攝取由豐富多樣的原生完整性植物食品組成的健康的、營養均衡的飲食，這會更有利於我們維持健康的最佳狀態。

美國疾病防治中心(CDC)認為，確定水果蔬菜是理想飲食的原因有三：

1. 富含水果蔬菜的健康飲食，能夠降低罹患癌症和各種慢性疾病的風險。
2. 水果蔬菜還會為人體提供基礎維生素、礦物質、纖維和其它有益健康的重要物質。
3. 大多數的水果蔬菜都可以果腹，而它們的脂肪和卡路里的天然含量又很低。¹

科學家和醫生認為，營養應該主要取自食品，而水果蔬菜這些食品不僅含有營養補充品中的維生素和礦物質，它們還含有其它天然營養成份，可幫助您的免疫系統戰勝慢性疾病的進攻。²

睡眠充足

隨著科研人員對睡眠和睡眠缺失所造之影響的研究越來越深入，良好睡眠對我們身體的重要性也越來越凸顯出來！人體有許多關鍵性的運作要在睡眠中進行，這樣才能維護人體的健康，並讓人體能夠以最佳的狀態運轉。換言之，如果不能獲得足夠的睡眠是非常危險的，比方，您若昏昏欲睡地開車的話，就可能發生車禍。³

大多數的成年人每晚需要7-8小時的睡眠，而新生嬰兒每日則需要16-18個小時的睡眠，學齡前兒童每天需要10-12小時的睡眠，學齡兒童和青少年每晚最少需要9個小時的睡眠，而65歲以上的人每晚只需要6個小時的睡眠。⁴

以下幾條會影響睡眠的因素，您可能並不了解。

- 陌生的噪音或者在您睡眠的頭一個和最後兩個小時出現的噪音，都會打斷您的睡眠，即使這些噪音並



of sleep cause disruptions in the sleep cycle, even if they don't wake you up.

- An illuminated alarm clock can disrupt your sleep cycle even if it doesn't wake you up. Light turns off a "neural switch" in the brain, causing levels of a significant sleep chemical to decline in a matter of minutes.
- Some studies suggest women need up to an hour more sleep than men. Not getting it may factor into why women are more susceptible to depression than men.⁵

EXERCISE REGULARLY

We all know exercise is good for us. So many these days spend our days at a desk and our evenings in front of a television, and that's not how our bodies were made to function. Our bodies were made to move, and we need to maintain an active lifestyle to keep our bodies healthy. The following are just a few of the health benefits of regular exercise:

- Reduce the risk of developing and/or dying from heart disease
- Reduce high blood pressure or the risk of developing high blood pressure
- Reduce high cholesterol or the risk of developing high cholesterol
- Reduce the risk of developing diabetes
- Build and maintain healthy muscles, bones, and joints
- Reduce depression and anxiety
- Improve psychological well-being⁶

In 2007, the American College of Sports Medicine and the American Heart Association recommended these guidelines for healthy adults under 65.

**Do moderately intense cardio 30 minutes a day, five days a week, or
Do vigorously intense cardio 20 minutes a day, 3 days a week, and
Do 8 to 10 strength-training exercises, 8 to 12 repetitions of each exercise, twice a week.**

Start with small steps. Take a short walk. Use the stairs instead of the elevator. Keep yourself active and you will feel good about yourself!

沒有讓您醒過來，其實您的睡眠也是被打斷過的。

- 發光的鬧鐘會打擾您的睡眠，即使您並沒有醒過來，您的睡眠也會受到騷擾。燈光會關閉大腦中的“神經開關”，在很短的時間內就會明顯降低促成睡眠的化學物質的水平。
- 某些研究指出，女性需要比男性多出一個小時的睡眠。這可能就是為甚麼有女性比男性更容易抑鬱的一個原因。⁵

定期運動

我們都知道，運動對我們非常有益。現在，我們有很多人，基本是白天坐在辦公桌前，晚上坐在電視機前。但我們的身體，絕不是生來要習慣這種生活方式的。我們的身體，天生是需要運動的，所以我們應該保持一種不斷活動的生活方式，來維護我們身體的健康。以下為定期運動所產生的幾點健康效益：

- 降低罹患心臟病的風險，也降低因心臟病死亡的危險
- 減少高血壓的發生，也降低罹患高血壓病症的風險
- 減少高膽固醇的發生，也降低罹患高膽固醇症的風險
- 降低罹患糖尿病的風險
- 生成並維護健康的肌肉、骨骼和關節
- 減少壓力和焦慮
- 促進心理健康⁶

2007年，美國運動醫學會和美國心臟協會共同發佈了對65歲以下健康成年人日常運動的指導意見。

- 一天做30分鐘中強度激烈有氧運動，每星期堅持五天。
- 一天做20分鐘高強度激烈有氧運動，每星期堅持三天。
- 一天做8-10種體能訓練，每種運動重複8-12次，每星期做兩次。

開始運動時，要以小運動量起步。比如進行一些短程走路，比如以走樓梯代替乘電梯。讓自己經常活動，您就會感覺良好！

積極! 定期運動
Active! SLEEP WELL
REGULARLY 飲食恰當
充足 EAT RIGHT

Be Positive!

Recent studies show that relaxation “can help patients reduce pain, enhance the effects of pain medications, decrease the length of hospital stays, reduce high blood pressure, relieve anxiety and promote overall comfort. Patients find these techniques easy to learn and can begin using them immediately.”⁷ But why wait until you’re a ‘patient’ to get the benefits of relaxation and stress relief! Stress can be very harmful, especially the daily stress that many of us face in this fast-paced, high-pressure world. Stress can cause the following problems on your body, your emotions and your behavior.

心態積極!

最近的研究顯示，放鬆“能夠幫助病患緩解疼痛，加大止痛藥物的療效，縮短病患在醫院的滯留時間，降低血壓，減輕焦慮，還有提高身體的整體舒適度。患者發現，這種放鬆方法極易掌握並可立即使用”⁷ 既然如此，那我們為什麼還要等到自己成了病人，才去學習使用這種有益於緩解焦慮、減輕壓力的放鬆方法呢？壓力對人體的傷害是很大的，尤其是很多人還必需面對的這個節奏飛快、高壓四伏的世界每日所帶來的各種壓力。壓力會給您的身體、您的情緒和您的行為造成多種影響，各種症狀隨後列出。

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此文僅提供重要的知識信息，不作為推銷丞燕產品或理念之用途。

The Mayo Clinic and others recommend physical exercise to help reduce stress, which can wreak havoc on your sleeping patterns and your diet.⁸

世界著名的Mayo 診所和其它一些健身運動，會減輕人們的壓力，而這些壓力是造成人們睡眠和飲食混亂的根源。⁸

Effects of stress On your body 壓力對身體的影響



- Headache 頭痛
- Back pain 背痛
- Chest pain 胸痛
- Heart disease 心臟病
- Heart palpitations 心悸
- Stomach upset 胃腸不適
- Sleep problems 睡眠障礙
- High blood pressure 高血壓
- Decreased immunity 免疫力下降

Effects of stress On your behavior 壓力對行為的影響

- Over-eating 暴飲暴食
- Under-eating 進食過少
- Angry outbursts 暴怒
- Social withdrawal 逃避社交
- Crying spells 經常哭泣
- Relationship conflicts 經常發生人際衝突
- Increased smoking 吸煙量越來越大
- Drug or alcohol abuse 濫用藥物和酗酒

Effects of stress On your thoughts and feelings 壓力對思維和感覺的影響



- Anxiety 焦慮
- Restlessness 坐立不安
- Worrying 憂慮
- Irritability 易怒
- Depression 沮喪
- Sadness 哀傷
- Anger 憤怒
- Burnout 職業倦怠
- Forgetfulness 健忘
- Feeling insecure 缺少安全感
- Lack of focus 注意力難以集中

Source: The Mayo Clinic, http://www.mayoclinic.com/health/stress-symptoms/SR00008_D
資料來源: The Mayo Clinic, http://www.mayoclinic.com/health/stress-symptoms/SR00008_D

“ The Four Tenets of Nutritional Immunology

Eat right, sleep well, exercise regularly and be positive! These four tenets of Nutritional Immunology all fit together into a symbiotic pattern that supports and strengthens your immune system and your entire body. When they are all in balance and in harmony, your body is better equipped to lead a long, healthy, joyful life. ”

“ 營養免疫學的四項基本原則

飲食、睡眠、運動和良好的心態!營養免疫學的這四項基本原則，共同組成了一個相輔相成的模式，它可以輔助並強化您的免疫系統乃至您的整個身體。假如這些能夠在您的生活中均衡和諧地共存，您的身體就會更加強大，您就會生活得更加健康、快樂、長久。 ”

¹ Nutrition for Everyone: Fruits and Vegetables, Centers for Disease Control and Prevention. <http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>. Last updated September 22, 2009.

² Fruit & Vegetable Benefits, Centers for Disease Control and Prevention. <http://www.fruitsandveggiesmatter.gov/benefits/index.html>. Retrieved November 11, 2009

³ Your Guide to Healthy Sleep. NIH Publication No. 06-5800, April 2006. <http://www.nhlbi.nih.gov/health/public/sleep/healthysleepfs.pdf>.

⁴ Ibid.

⁵ The National Sleep Research Project, Australian Broadcasting Corporation, 2000. <http://www.abc.net.au/science/sleep/facts.htm>. Retrieved December 4, 2009.

⁶ The Benefits of Exercise. Georgia State University. <http://www2.gsu.edu/~wwwfit/benefits.html#health>. Retrieved December 4, 2009.

⁷ Health Benefits of Relaxation and Imagery Techniques, NYU Langone Medical Center. <http://surgery.med.nyu.edu/prepare/benefits>. Retrieved Dec 4, 2009.

⁸ Stress symptoms: Effects on your body, feelings and behavior. Mayo Clinic. http://www.mayoclinic.com/health/stress-symptoms/SR00008_D. Retrieved Dec 4, 2009.