

Food Synergy

Choosing Nutrient-Rich Foods

食品的協同作用

選擇營養豐富的食品



“The food synergy concept supports the idea of dietary variety and of selecting nutrient-rich foods. The more we understand about our own biology and that of plants and animals, the better we will be able to discern the combinations of foods, rather than supplements, which best promote health.”¹

— Dr. David R Jacobs, Jr. in Food synergy: an operational concept for understanding nutrition

「食品具有協同作用，這一理念，力挺了飲食需要多樣性和應該選擇富含營養的食品的主張。我們對自身的生物特性還有動植物的生物特性了解得越深刻，我們就越能明白，搭配食用各種食品，遠勝過食品補充劑，豐富多樣的食品才最有利於健康。」¹

— David R Jacobs, Jr. 博士 - 食品的協同作用：一個了解營養的可行性理念

¹Jacobs, David R Jr, Myron D Gross and Linda C Tapsell. Food synergy: an operational concept for understanding nutrition. Am J Clin Nutr. 2009 May; 89(5): 1543S–1548S.

It's been said before, "You are what you eat."

Nutritional Immunology believes the answer to good health lies in the synergy that exists between all the various phytochemicals found in wholesome, natural plant foods. After all, the human race has thrived on these foods for thousands of centuries.

When science looks at the whole foods approach to nutrition, rather than supplementation with specific nutrients, we find one thing becoming clear. Plant foods do not contain single nutrients. They contain hundreds, even thousands, of phytochemicals all of which are taken into the body when we eat them. But research on specific nutrients, such as vitamins and minerals, overshadows research into how the myriad phytochemicals in a single plant food, as a whole, interacts with the human body.

In one study involving a 21-day diet including only fruits, vegetables, whole grains, legumes, nuts, seeds and oils, researchers noted that both men and women improved several risk factors for metabolic and cardiovascular disease—in just 21 days of eating wholesome plant foods. Participants in this study included people with health conditions, such as hypertension, diabetes and hypercholesterolemia; some were normal weight, some overweight and some obese; some were vegetarians to begin with, though most were not; some exercised regularly, some did not; and their ages ranged from 20 to 62. In other words, everyone benefitted from this healthy, plant-based diet.





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營養免疫學認為，人體需要通過攝取天然的完整性植物食品，並依靠植物所含的多種植物性營養素之間的協同作用，才能獲得健康。

以前有人說過，「您自己，就是您飲食狀況的寫照。」

營養免疫學認為，人體需要通過攝取天然的完整性植物食品，並依靠植物所含的多種植物性營養素之間的協同作用，才能獲得健康。畢竟，人類在這些有益健康的食品的養育下已繁衍了千百年。

當科學界把研究的重點放在完整性食品的營養，而不是具有特定營養的補充劑上時，有一件事情變得清晰起來。植物性食品沒有只含單一營養的，我們攝入身體的所有植物食品都含有上百種，甚至上千種的植物性營養素。但是，對特定營養素的研究 - 比如對維生素和礦物質的研究，淹沒了對那些單種植物食品中大量的植物性營養素的研究，而這些植物性營養素在人體中發揮著重要的互動作用。

在一項為期21天的研究中，參試者僅攝取了這些食品：水果、蔬菜、全穀物、豆類、堅果、種籽和食用油。研究人員發現，在短短的21天中堅持食用完整性植物食品，男女參試者在新陳代謝和心血管疾病方面的風險指數都得到了改善。這項試驗的參加者包括了有各種健康問題的人士，比如有的人有高血壓，有的人有糖尿病，還有的人有高膽固醇血症等；這些人有的體重正常，有的人則體重過高，還有的人有肥胖症；有的人是素食者，但絕大多數參試者都不是；有的人經常運動，有的人則基本不運動；還有，這些參加試驗者的年齡從20歲到60歲不等。一句話，每個人都從這項以植物組成的健康飲食試驗中受益。



The study² concluded that a whole food diet

- significantly reduced systolic and diastolic blood pressure
- significantly reduced total, LDL, and HDL cholesterol
- reduced insulin, HOMA-IR and C-reactive protein in a clinically meaningful manner
- did not cause any negative effects on blood count or metabolic panel values
- was well-tolerated, and
- may be useful as a nutrition education tool for men and women

這項研究²所得出的結論是：

完整性植物食品能夠

- 顯著降低心臟收縮壓和心臟舒張壓
- 顯著降低總膽固醇、低密度脂蛋白和高密度脂蛋白的水平
- 降低胰導素、降低胰島素抵抗指數HOMA-IR和C - 反應蛋白指數。這些結果都具有臨床意義
- 對血球計數和代謝檢查值都沒有任何負面影響
- 增強身體的耐受性
- 可成為有用的營養教學資料

The foods we eat contain all of the nutrients the human body needs. We just need to be proactive about what we choose to eat. Instead of highly processed, fat, salt and sugar-laden foods, we should be choosing a wide variety of healthful plant foods in their wholesome, natural states—apples, broccoli, beans, carrots, oranges, walnuts, sesame seeds, whole grains and the like. Literally thousands of plant foods exist, and each has much to offer the human body. Don't be fooled into thinking that a single daily multivitamin is all you need to be healthy! ➤

食品中含有人體需要的所有營養，我們需要的是積極地選擇自己所攝取的食物。我們應擯棄經過了深加工的、高脂、高鹽、高糖的食品，取而代之，我們應選擇豐富多樣的完整自然狀態的健康植物食品，比如蘋果、綠花菜、豆類、胡蘿蔔、橙子、核桃、芝麻和全穀物等等。在這個世界上，存在著成千上萬種植物食品，每一種都為人體提供了許多的營養，所以，請盡量攝取天然的植物食品，而不是陷入每日攝取單一的綜合維生素就能滿足您身體需要的誤區！ ➤



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References:

²Bloomer, Richard J, et al. Effect of a 21 day Daniel Fast on metabolic and cardiovascular disease risk factors in men and women. *Lipids in Health and Disease* 2010, 9:94