



# Potassium

## Essential Nutrient for Healthy Cells

### 钾 - 维持健康细胞的必要营养素



Potassium, one of the most important minerals and electrolytes, is essential for our cells, tissues, and organs to function properly. The importance of potassium to the cells and tissues is comparable to the importance of calcium to the bones. Being indispensable in tissue protein synthesis and enzymatic processes, potassium also helps maintain intracellular pH and regulate kidney function. It plays a vital role in heart, digestive, and muscular function, bone health, and more.

Our bodies need potassium to regenerate and maintain youthful, healthy tissues. Without sufficient potassium in the body, premature aging sets in, causing our skin and muscle tones to go downhill, while wrinkles and fine lines fill our faces and necks. An adequate intake of potassium is essential for growth, building muscles, and a healthy nervous system and heart. Deficiency may result in fatigue, muscle cramps, muscle weakness, acne, dry skin, mood swings, and irregular heartbeat. Low potassium is also associated with risks of high blood pressure, heart disease, stroke, arthritis, cancer, digestive disorders, and infertility.

钾是促进人体细胞、组织和器官正常功能最重要的矿物质和电解质之一。钾对细胞和组织的重要性犹如钙对骨骼一样重大。钾除了对组织蛋白的合成和酶化过程有非常重大的影响外，也有助维持细胞内的酸碱度和调节肾脏的功能。它在维持心脏、消化、肌肉功能及骨骼健康等也扮演着重要的角色。

人体需要钾来促进细胞再生和维持年轻健康的组织。一旦缺乏钾，身体就会出现过早老化的问题，导致皮肤素质和肌肉张力走下坡，脸部和颈项也出现很多的皱纹和细纹。摄取足够的钾对成长、组建肌肉和维持神经系统和心脏健康都是非常重要的。缺乏钾可导致疲劳、肌肉抽筋、肌力低下、暗疮、皮肤干燥、情绪波动以及心律不整的问题。钾质偏低也与高血压、心脏病、中风、关节炎、癌症、消化系统疾病和不育症有关。

Potassium is predominantly within the cell, whereas sodium is predominantly outside. Interestingly, a reciprocal relationship exists between potassium and sodium, so that a substantial intake of one causes a corresponding decrease in the other. Did you know? Cancer cells thrive in a high-sodium environment but die in a high-potassium environment.

## Potassium and our diet

Unfortunately, the modern diet overloads the body with sodium, thus depleting potassium over time, causing tissue oedema, opening the door to further negative metabolic disturbances and eventually acute and chronic diseases. To reconstruct healthy cells, we must replenish potassium levels in the body.

Health experts recommend an intake of at least 5 times more potassium than sodium. All fruits and vegetables already contain the right balance of potassium and sodium. However, there are 2 fruits that contain the highest amount of potassium - apples and bananas. The amount of sodium and potassium required by our bodies is already well balanced in the natural food, fruits, vegetables, and naturally raised poultry and livestock. Adding salt and seasonings (which are usually high in sodium) in food, tips the balance, causing excess sodium and depletion of potassium. Also, cooking food by boiling or frying can deplete potassium found naturally in them, which is why it is so important to take as much raw fruits and vegetables as possible to consciously improve our potassium levels.

Alternatively, the perfect antidote for poor health / electrolyte imbalance is supplementing with natural, specially formulated potassium such as K-Salt. Two milligrams of K-Salt provide the amount of potassium equivalent to 30 bananas. K-Salt has been tried and proven through the years in natural healing and disease prevention. With consistent supplementation of K-Salt, you can anticipate an improvement in overall health. K-Salt helps to:

- remove excess sodium from cells and tissues
- build and strengthen at the cellular level
- counteract water retention
- replace and balance electrolytes
- regulate kidney function
- prevent coughs and colds
- reduce chest congestion
- strengthen immunity

## Who will benefit from NewLife™'s K-Salt?

It is a must for those who have conditions such as high blood pressure, obesity, chestiness, frequent coughs and flu.

Those who are prone to potassium deficiency, for example, those on daily medication, athletes who sweat a lot, people with eating disorders, heavy smokers, and drinkers, will all benefit from supplementation of K-Salt.

K-Salt is suitable for both adults and children, and is an essential daily supplement for improving general health and vitality.

钾主要分布在细胞内，而钠则主要在细胞外。有趣的是，钾和钠之间存在相互的关系，如果只大量摄入其中一个则会导致另一个相应的减少。您知道吗？高钠环境有利癌细胞的生长，癌细胞也十分活跃；相反的，高钾环境则不利癌细胞，可抑制癌细胞成长。

## 钾与饮食

不幸的是，现代饮食习惯都是偏向高钠饮食，导致体内钾含量减少，造成组织水肿，扰乱代谢功能，最终导致急性和慢性疾病的持续发生。若要重建健康的细胞，首先必须要做的就是给身体补充钾。

健康专家建议钾与钠的摄入量至少要是五对一的比例。所有水果和蔬菜都含有理想的钾与钠比例。其中两种含有最高钾的水果分别是苹果和香蕉。天然食物如水果、蔬菜或天然饲养的家禽牲畜所提供的钾钠含量是人体所需的比例。若在食物中添加盐和调味料（通常含有较高的钠），就会扰乱了这个理想比例，因此造成身体含有过多的钠和过少的钾。此外，不管是水煮或油炸的烹煮过程也会减少食物中的自然钾含量。这就是为什么要多生吃蔬菜水果，以提高身体的钾含量。

另一个完善的选择就是摄取天然独特配方的钾补充品——新生命钾质，有助改善健康或调节电解质失衡的状况。两毫克的新生命钾质提供相当于30根香蕉的钾含量。新生命钾质的自然疗愈和疾病预防功效多年来已被测试和验证。长期定期服用钾质，可改善整体的健康。新生命钾质有助：

- 去除细胞和组织中多余的钠
- 组建和提升细胞中的钾质水平
- 对抗体内滞水问题
- 更换和平衡电解质
- 调节肾脏功能
- 预防咳嗽和感冒
- 减少胸闷
- 增强免疫力

## 适宜人群

那些患有高血压、肥胖症、胸闷、经常咳嗽和感冒的人士，必须服用。

那些患有钾缺乏症的人士，例如经常服药者、大量出汗的运动员、饮食紊乱患者、重烟瘾和酗酒者，都可从服用钾质补充品获得健康效益。

新生命钾质是适合成年人和儿童服用的每日必需营养补充品，可改善整体健康和增强体能。

