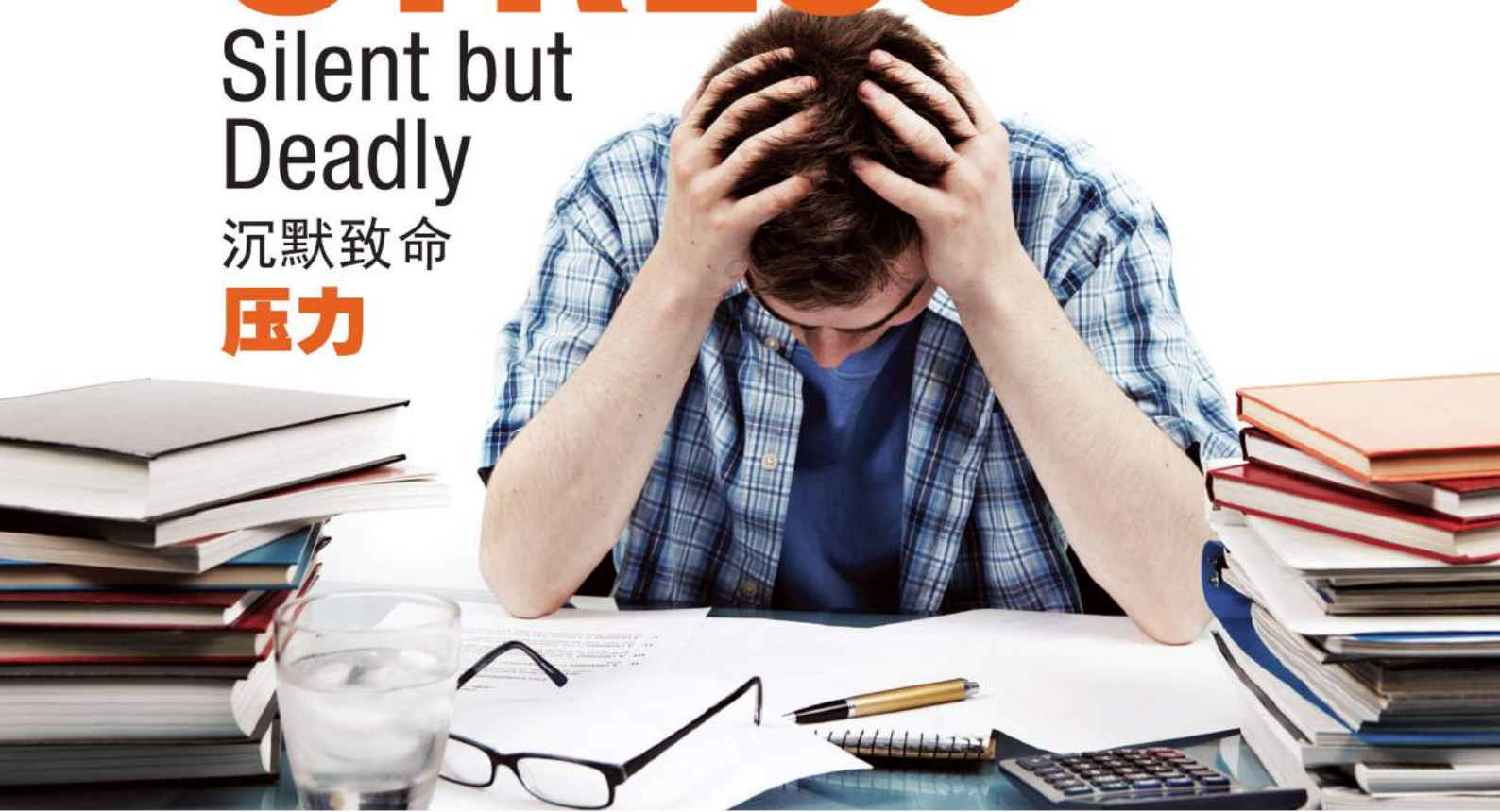


# STRESS

Silent but  
Deadly  
沉默致命  
压力



## What is stress?

Stress is a reaction to any stimulus that disturbs our physical or mental equilibrium. Under stress, our body triggers the 'fight-or-flight' response, causing hormones such as adrenaline and cortisol to surge through the body. We usually make use of the term "stressed out" when we feel that things have become too much for us to handle.

Everyone feels stressed from time to time. Major life changes, financial difficulties, having a disagreement with a colleague or loved one, making an important business presentation, organising an event, going for a job interview, casting your votes during your nation's General Election and waiting for the results later, are amongst many things that can be sources of stress. Worrying excessively about something that may or may not happen, having unrealistic or irrational expectations, and entertaining pessimistic thoughts about life, can also cause stress and anxiety.

Not all stress is bad, however. Stress within our comfort zone can help us stay focused and keep us active and alert. But when stress becomes overwhelming, it can shut down our ability to think, feel and act rationally as well as impair our body's self-repair abilities. Long-term, chronic stress can have detrimental effects on both physical and mental health. It can raise blood pressure, suppress the immune system, increase the risk of strokes and heart attacks, and speed up the aging process. It can leave us vulnerable to a host of mental and emotional problems. It can also affect our productivity, our relationships, and our quality of life.

In fact, according to the American Psychological Association, chronic stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide. And more than 75 percent of all physician office visits are for stress-related ailments and complaints.

Source: [www.miamiherald.com](http://www.miamiherald.com)

## 何谓压力？

压力意指当我们面对情绪上或身体上有形或无形的威胁时，产生一种环境要求与自身应对能力不平衡的感受状态。身体处在压力的情况时就会触发“打或跑”的反应，引致肾上腺素和皮质醇等激素的增多。当我们觉得事情太多，力不从心不能完善处理时，我们会感到紧张、压力重重。

压力是人生的一部分。重大的人生变化、财政上的问题、人际上的纷争、重要的业务呈报、活动筹办、工作面试、国家大选和投票后等待成绩的紧张等等，都可以导致压力。此外，过分担心可能或可能不会发生的事情、不切实际或不合理的期望、又或者对生活抱有悲观想法等个人心理因素，也会造成压力和焦虑。

然而，并非所有的压力都是不好的。适当的压力可提高人的警觉性与应变能力，使我们更小心思考、谨慎行事，从而发挥更理想的表现。但过度的压力，则会造成阻碍，让我们丧失思考、感受和理智行动的能力，同时也会削弱身体的自我修复能力。长期慢性的压力会对身体和心理健康造成有害的影响。它可提高血压、抑制免疫系统、增加中风和心脏病的风险及加速老化过程。此外，除了增加我们在精神和情感问题上的困扰，它还会影响我们的生产力、人际关系和生活质量。

事实上，根据美国心理协会的研究显示，慢性压力与心脏病、癌症、肺疾病、意外、肝硬化和自杀六大死因有关。此外，超过75%的诊所咨询都是与压力有关的疾病和诉讼。

资料来源: [www.miamiherald.com](http://www.miamiherald.com)

You can protect yourself by taking steps to reduce the harmful effects of stress overload:  
您可采取以下方式来纾解长期的过度压力:

**1 Exercise** has been confirmed to have a valuable impact on an individual's overall health and sense of well-being, and exercise also has some direct stress-busting benefits.

▪ **It increases endorphins.** Exercise helps increase the production of endorphins, the brain's feel-good hormones.

▪ **It is a healthy distraction.** The day's irritations are forgotten once the body's movements in exercise become the point of focus. As daily tensions are being released through movement and physical activity, the resulting energy and optimism, can bring about calmness and clarity.

▪ **It improves your mood.** Exercise increases self-confidence, relaxes you, and lowers symptoms associated with mild depression and anxiety. Exercise also improves your sleep, which is often disrupted by stress, depression and anxiety. These benefits from exercise ease stress levels and give you a sense of command over your body and life.

运动已被证实对个人的生理和心理健康有重要的影响，而且也可直接达到减压效果。

▪ **促进内啡肽分泌。**运动有助身体增加产生内啡肽，一种在大脑中可让人产生愉悦感的激素。

▪ **帮助分散专注在不愉快的事物上。**当身体专注在运动上后，整天不愉快的事物就会被遗忘。人们日常紧张的情绪通过运动释放后，所产生的正能量和乐观态度可进一步保持心境平静和提升大脑的警觉性。

▪ **改善情绪。**运动可增加您的自信、放松身体和减轻轻度忧郁和焦虑相关的症状。此外，运动还可改善睡眠，尤其是经常被压力、忧郁和焦虑搞得睡不着的情况。运动可有效缓解压力，因为运动给您一种有能力充分掌控自己的身体和健康的自信感。



**2 Personal Time** – Set aside some time each day just to be on your own, to relax, or to pursue your own interests.

▪ **Unplug regularly.**

"Unplugging" for a bit may be a solution especially if it is a work or personal relationship that has you stressed. Consider a 24-48 hour break from all forms of electronics and social media. A 2011 study showed that detaching from work-related communication during non-work time has a positive effect on employee's recovery and health.

▪ **Connect with nature.** A hike or a day at the beach may be therapeutic enough to reduce stress from the hustle and bustle of daily life.

个人时间—每天给自己一点时间独处，放松心情，或做自己喜欢的事。

▪ **关闭手机、电脑。**偶尔放下工作或许是个最好的解压方式。尤其当您的工作或人际关系让您感到无比压力时，可以考虑24至48小时都不接触所有的电子器材和社交媒体。根据一份2011年的研究显示，在非工作时间内中停止所有与工作相关的沟通对员工恢复身心健康有正面影响。

▪ **接触大自然。**爬山或去海边是个很好的纾压疗方，可帮助减轻日常繁忙生活所带来的压力。



## 3 Supplementation

- **ImmuFlora** contains probiotics that may help reduce stress-related behavior and anxiety.
- **B vitamins** are important for optimal mental wellness and stress management. B vitamins are water soluble and need to be replenished daily. Taking a B-complex vitamin, which contains most of the significant B vitamins, may be one of the more effective alternatives to help your body manage stress better. Stress can negatively affect your digestive and metabolic process, whereas an excellent B-complex vitamin can help improve your digestive metabolic processes.
- **Niacin**, also called vitamin B3, is required for DNA repair work as well as energy metabolism within the body. A solid property of niacin is its ability to relax muscle tissue composing arteries, thus increasing their size. This process, called vasodilation, brings about increased blood flow and reduced blood pressure. Niacin is an antidote to adrenaline, which is frequently over-produced in people experiencing stress and anxiety. It is claimed by some that niacin reduces stress and anxiety and also depression, while promoting calmness and also better rest.
- **Calcium Complex with Boron** contains Magnesium, which is a calming mineral. It regulates the nervous system and helps relieve anxiety, fear, nervousness, restlessness and irritability.
- **Kelp** is a type of seaweed rich in trace elements. Besides iodine, Kelp contains 22 known minerals and other trace elements. It is a great source of magnesium and tryptophan. Kelp plays an important role in the production of anti-stress hormones and may be helpful for relieving depression, anxiety and insomnia.
- **Vitamin C:** Studies have shown that people with high levels of vitamin C do not exhibit the expected mental and physical signs of stress. Furthermore, they bounce back from stressful situations much faster than people with low levels of vitamin C.
- **Chamomile Tea:** Studies show that chamomile can be effective in calming the body which in turn helps with anxiety, stress and insomnia.

## 营养补充剂

- **免疫菌植**含有的益生菌可有助减轻与压力有关的行为和焦虑问题。
- **维生素B**对促进精神健康和纾压管理非常重要。维生素B为水溶性维生素，因此身体需要每天补充它。服用含有大量重要维生素B的维他命B综合丸，也许是一个有效管理压力的方法之一。由于压力会减缓消化和代谢过程，因此服用强效的维他命B综合丸可帮助改善这种状况。
- **烟碱酸**，也称为维生素B3，用于进行DNA修复工作及体内能量代谢的营养物质。烟碱酸其中的主要功能是它能够放松肌肉组织构成动脉，从而增加动脉的大小。这个过程被称为血管舒张，负责增加血液流量和降低血压。烟碱酸是一种可调节肾上腺素（即身体会经常在承受压力和焦虑中产生的激素）的营养素。有些报道声称，烟碱酸不但能减轻压力、抗焦虑和忧郁，还能促进身心平静和改善休息、睡眠。
- **钙合剂加硼合镁**。镁是一种具有镇静功能的矿物质。它可调节神经系统，帮助缓解焦虑、恐惧、紧张、烦躁和易怒的情绪。
- **海藻宝**是一种富含藻类的微量元素。除了碘，海藻宝还包含22种矿物质和其他微量元素。它含有丰富的镁和色氨酸。海藻宝在生产抗压激素中扮演重要角色，有助缓解忧郁、焦虑和失眠问题。
- **维生素C:** 研究显示，那些摄取高量维生素C的人士没有表现出身心压力的精神症状。此外，比起那些摄取不足维生素C的人士，他们也能更快反弹重新振作起来。
- **洋甘菊花茶:** 研究显示，洋甘菊花茶可有效平静身心，帮助缓解焦虑、压力和失眠的问题。



## 4 Nutrition – Having a healthy and well balanced diet plan is extremely important as certain types of food can provide the necessary nutrients that help relieve stress.

- **Yoghurt:** There is a clear connection between the amount of probiotics in our GI tract and our mental health. Homemade yoghurt contains probiotics that help increase serotonin production. 95% of our serotonin, a “happiness” hormone similar to endorphins, is produced in our GI tract.
- **Avocados:** Food rich in magnesium such as avocados, bananas, black beans and dark chocolate can have a calming effect. These foods help ease our minds during stressful times by nourishing our nervous system, while balancing our blood pressure and sugar levels.
- **Leafy vegetables:** Dark, leafy greens contain the same amount of calcium as milk. Calcium is an essential mineral that helps us absorb Vitamin D, which promotes happiness.
- **Complex carbohydrates:** A diet rich in complex carbohydrates like oatmeal, sweet potatoes and potatoes can help support more stable blood sugar levels, which may help to reduce mood swings. They also provide your body with B vitamins and magnesium.

**营养摄取**—计划一个均衡的健康饮食对每个人来说非常重要，因为某些食物可提供必要的营养素，帮助缓解压力。

- **酸乳酪:** 胃肠道中的益生菌数量与精神健康有显著的关联。自制酸乳酪所含有的益生菌有助增加血清素的产生。95%的血清素（一种类似于内啡肽的“快乐”激素）是在胃肠道中产生的。
- **牛油果:** 高镁食物如牛油果、香蕉、黑豆和黑巧克力具有镇静情绪的作用。这些食物不但可缓解神经系统以促进身心放松，也能平衡血压和血糖的水平。
- **绿叶蔬菜:** 深绿叶蔬菜含有与牛奶等同的钙含量。钙是一种重要的矿物质，能帮助身体吸收维生素D，提升快乐情绪。
- **复合碳水化合物:** 富含碳水化合物的食物如燕麦、番薯和马铃薯，可帮助维持稳定的血糖水平，进而帮助减少情绪波动。它们还可提供身体维生素B和镁。

(请参阅封底以了解更多关于维他命B综合丸的特价优惠。)

(Please see back cover for a special promotion on B Complex.)