



Why do we need to “Green Our Body”?

As time goes by, our surrounding, environment, lifestyles have been changing. It seems having good quality, clean food and water have not been getting easier. It is not surprising that our bodies are facing lots of challenges nowadays. Not only our bodies need to tolerate the great working stress, our bodies are also suffering from our environments and our living and eating habits, such as severe air and water pollutions, imbalanced diet as well as unhealthy living styles.

According to the Public Opinion Programme's analysis conducted by The University of Hong Kong in 2013, 97% of the Hong Kong citizens have “sub-optimal health”, an intermediate stage between health and disease.

Statistic provided by The Hong Kong Health Authority in 2015 stated that:

- There were 14292 deaths due to cancer in 2015
- There were 7933 deaths due to pneumonia inflammation in 2015
- There were 6159 deaths due to cardiovascular health diseases in 2015

Take the above three diseases only, the death rates of those three almost equal to the total passenger capacity of 101 Boeing 747 aircrafts. On average, there is about total of 8.5 Boeing 747 aircraft passenger capacity in number die from illness every single month.

As we are facing more health challenges, we must start from ourselves to strengthen our body systems, to enhance our body functioning as well as to avoid external factors that affect our health. “Green Your Body” is the concept we need to help achieve better quality of life.



What is Health?

Health is more than mere absence of disease.

Institution of Functional Nutrition has a different definition of health. From a Functional Medicine perspective, health does not merely mean absence of disease. In order to maintain a good standard of health we also need coordination amongst quality food nutrition, good lifestyle and habits, optimal living environment, as well as healthy emotional management; aiming to provide the best conditions for our body growth, and to lower the chance of contracting diseases.

A healthy person should always feel energetic, lively and free of illness and discomfort. On the other hand, if you always feel tired, depleted, pain, muscle stiffness or experiencing insomnia, this might be an indication that your body is not at the optimal health status; and that you are at the risk of developing cardiovascular disease, diabetes, digestive diseases as well as other related diseases.

5 Key Factors Affecting Health





Challenges Our Bodies Facing

Environmental Challenges



1. Air Pollution



The Impact of air pollution on our health

According to a report published by The World Health Organization (WHO) in 2014, air pollution has been one of the top killers in the world. One evaluation done in 2013 pointed out that outdoor air pollution can lead to cancer. WHO reported that approximately seven million people died as a result of exposure to polluted air, representing about one in eight of total global deaths.

Recently, air pollution has become a serious concern in China. It is not difficult to see unsettling haze hangs over China's cities. Experts pointed out that haze can cause cardiovascular and respiratory illnesses. More importantly it can shorten average life expectancy. It seems like Hong Kong cannot get away from it easily. Environmental protection organization— Friends of the Earth discovered that the Air Quality Health Index in Hong Kong has been continuously rising; there are a total of 184 days reached the “very high or serious” level, breaking the records in the last fifteen years. Central was said to be the most affected district in Hong Kong.



香港



北京



Human body is very delicate and sophisticatedly structured. All body subsystems work together to maintain its best functioning. The followings are the direct and indirect factors affecting our health.

2.Ocean Pollution

The profound Impact of ocean pollution to our health

Every day, there are tons of garbage and wastes dumped into the ocean, of which include plastic, fish nets and automotives parts, etc. Moreover, ocean pollution has been getting more serious than that we know. Mountains of wastes have been found accumulated in the deep sea level.

In addition, heavy metal and oil are also putting bundles into ocean pollution; for example oil leakage, subsea oil exploration and toxic oil substances released from factories. Oil and toxic wastes have been damaging our food chains and animal growth, as well as contaminating the food that eventually will be served onto our plates.





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Environmental Challenges



3. Soil Pollution



Toxic contaminated food

Soil pollution is caused by the presence of harmful chemicals, such as heavy metal, radiation chemicals, pesticides, phenols, arsenic, selenium, fluoride etc. When the harmful substances are accumulated above a certain level, the quality and safety of the soil and grounds will be affected. These will in turn lower and prevent the activity of the microorganism, causing accumulation of the toxic composition in the soil. You can imagine what soil pollution can do to us when we consume the contaminated crops.

A national land survey released in 2013 revealed that about 50 million acres of land has been polluted in China. Thereby, they are no longer suitable for farming. There are three major contributors to serious soil pollution: 1) waste water and air emissions from the mining industry; 2) agricultural pollution, including fertilizer and excessive use of pesticides; 3) contamination from landfill. The impact of soil pollution on our health is as influential as ocean pollution. The “toxic rice” and “toxic produce” that we once heard on the news were the result of soil pollution. Soil pollution is one of the environmental dilemmas we cannot ignore.





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4. Food and Drinking Water Pollution



Quality deterioration

Currently, most of our fresh water comes directly from Dong Jiang; water from Dong Jiang has been contaminated with bacteria, heavy metals and waste. Previously, it was found that the quality of the water failed to meet the Mainland standard; and the iron content in Dong Jiang water exceeded the Mainland standard level by 60%. Moreover, in comparison with the standard of fresh water, the turbidity of the sample taken from the Dong Jiang water exceeded the WHO quality standard as well.

Food that we consume every day contain more or less pesticides, chemical fertilizers, preservatives and herbicide residue, some of which are also genetically modified. All of these have put our health at a higher risk. Some food producers or wholesalers produced so called “tainted food” to increase their profits, neglecting our health. “Tainted Food” is food that are contaminated or livestock that are injected with antibiotics or hormones to accelerate growth. You can imagine how many harmful substances go into our bodies when consuming these “tainted foods” for a long period of time.



Challenges Our Bodies Facing

Environmental Challenges



5.Imbalanced Diet



Unhealthy Eating Habits

Fast food, microwaveable food, preserved food are dominating our food intake, leading most of us spending less time at home for a home-made meal. According to a research done by The Hong Kong University in 2012, Hong Kong people eat out or purchase ready-to-go food 5.1 times a week on average, based on taking two meals a day. Unfortunately, when dining out, eating healthy is always overtaken by food price and taste.

In fact, a lot of fast food and ready-to-go food contain less or no nutrient. It is worth to mention the nutritional values of those foods. They are usually low in fiber and high in saturated fat, sodium, addictives and toxins. Consuming these foods periodically will not only put bundles onto our health, but also increase the risk of getting obese, hypertension, diabetic and digestion problems.

In addition, eating raw food such as sushi and sashimi has become a popular food trend. Little do we know that consuming uncooked or contaminated food, leftover dishes and drinking unfiltered water can increase the risk of ingesting parasites into our bodies. It seems making healthy food choices when eating out is not an easy task, especially to those who are health conscious and are allergic to gluten. As it is almost impossible to identify genetically modified food or gluten contained food products when eating out, we need to pay extra attention to what we are choosing when making food choices.





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6.Poor Lifestyle



Late Night Life

A lot of health problems are caused by our poor lifestyle, such as not getting enough rest, going to bed late, and lack of exercise.

- The best time for body detoxification is at night. If we are not getting enough sleep and rest, it can slow down the detoxification process and weaken the ability to release and excrete toxin out of our bodies, which in turn affect our organs and bodies to function properly. Moreover, studies have shown that lack of sleep can lead to minor mood swing and increases the risk of developing cardiovascular diseases, overweight as well as diabetes.
- According to a research study published in British Authoritative Medical Journals, about 5.3 million people died from inactivity around the world every year, which equal to the number of death from smoking. Lack of exercises has been a serious problem. Over half of the populations in Hong Kong are not physically active, and sadly more youth are facing these problems as well. In a survey that has been done in Hong Kong, about 80% of the secondary school students exercise two times or less in a week, while about 40% of students do not exercise at all. One in every ten people will have diseases due to lack of exercise. These alarming numbers urge us to face the issue of lacking of exercise.





Challenges Our Bodies Facing

Environmental Challenges



7. Living and Pressure



Work · Family · Finance

Living in a fast-paced and high stress environment can easily bring us frustration, anxiety and pressure. In 2014, a research revealed that the overall quality of life in Hong Kong has been degrading. The America Institute of Stress pointed out that up to 90% of health problems are related to stress. Pressure, anger, jealousy, fear and hatred as well as other negative emotions have a direct impact on our mental health; needless to say, good emotional management plays a vital role in achieving good quality of health. As we are living in Hong Kong, one of the world's most high-stress cities, we are bearing even more stressful issues and intense lifestyle. Recent studies have proven that pressure can lead to all kinds of illnesses and diseases, and can worsen our health condition. In 2012, The Hong Kong University Public Opinion Programme revealed that 38% of the interviewees feel that their stress goes beyond their capable range. In 2013, more than 70% of the interviewees felt that they work under high pressure. Being in a high-pressure state constantly, it is not surprising that Hong Kong residents are rated the 11th in the ranking of The World Misery Index. Even compared to the Japanese, who suffer from earthquakes and tsunami, Hong Kong residents bear superior more stress anxiety.





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8.Nutrition Limitation



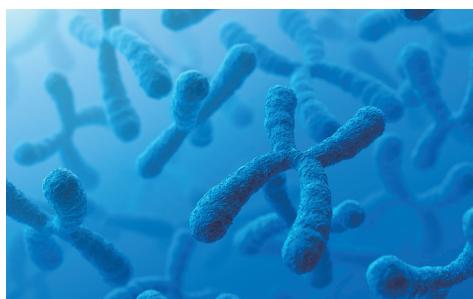
Theoretically, we should be able to obtain all nutrients we need from our daily balanced diets to maintain optimal health. However, in reality there are lots of limitations, such as fast food culture, environment pollutions, cooking methods, food transfer processes, hormones and pesticides as well as genetically modified food, causing loss of food nutrient and food quality degradation. To replenish the nutrient deficiencies in our diets, FFC, Functional Food Concentrate is the nutrient supplements we need to supplement optimal nutrition to regenerate and optimize cellular health and function.



9.DNA Mutation



Some individuals have higher risk of diseases and illness due to mutation of DNA. As DNA is an unchangeable determinant of our health, our living habits become an essential factor in achieving good health. “Green Your Body” helps to lower the chance of DNA mutation, thereby effectively reduce the occurring of health problems. Although DNA is unchangeable, we can still understand more about our health or risk of getting disease through DNA test.



How to put ‘Green Your Body’ concept into practice?

Improve Eating Habits

How to improve our eating habits?

We are what we eat. As many of us have heard of it, our bodies are only as clean as the food we feed them. That is why it is utmost important that we **follow a balanced diet every day**, in order to **ensure we take up enough nutrients for our body use**, as well as to enhance our immune system.

1. Regular meals

In order to stay healthy, **we should eat regularly**; avoid having late supper and **finish dinner before 8pm every night**. Also, we should chew well to allow our bodies to absorb nutrients properly. Eating smaller meals frequently is healthier than eating fewer larger meals. It is suggested to stop eating after reaching 70-80% satiety.

2. More vegetables and less meat

A healthy and balanced diet is suggested to **include at least three portions of vegetables, two portions of fruit and two portions of meat every day**. It is recommended to eat more white meat than red meat, as white meat is so called the ‘good’ meat and has lower saturated fat content in comparison with red meat generally.

Food examples of white meat: chicken and fish.

Food examples of red meat: pork, beef and lamb.

For vegetables, it is recommended to eat more dark leafy vegetables, gourds, legumes, mushrooms and Cruciferous vegetables family, such as: broccoli and cauliflower.





3. Choose organics & good quality food sources

Buying fresh and organic food is undoubtedly a wise choice these days. As there are more produces have been contaminated by pesticides and heavy metals or even been genetically modified. We should be careful to pick all kinds of food sources as well as make sure they are thoroughly washed and cooked before putting into our mouths.

Choosing healthy cooking methods and seasonings can both easily help to cut down on fat and calories in a meal. Healthy cooking methods include steaming, broiling and boiling. For healthy seasonings, we suggested to use organic cultivated seasonings, low sodium, no additives or food coloring. Moreover, sugar can be replaced by using fructose. Choosing extra virgin olive oil and rice bran oil would be a good idea as they are more stable and have been low-temperature processed.

Cut down on artificial coloring, MSG, preservatives or sodium nitrite in processed refined food such as: soft drinks, snacks, preserved food, canned meat. In addition, we should reduce on the amount of 'irritating food' (food that are too sweet, too sour, too spicy and too salty), instant food (instant noodles and canned food), food and beverages which are high in sugar, salt, fat and cholesterol.

Genetically modified food (GMF) on human health and safety has not been adequately studied and understood. In Hong Kong, genetically modified food labeling has not yet been regulated. So GMF happens to be easily found in market such as soybeans, corn, potatoes, tomatoes etc. Genetically modified soybean is used to make soybean oil, soybean powder and other soy containing food, and genetically modified corn is used to make corn oil. Hence, we are recommended to choose natural food if possible.

*Leftovers, raw food such as: sashimi and shellfish both contain bacteria, microorganisms and heavy metals. Should avoid or cook thoroughly before consumption.

**People who are allergic to gluten are advised to avoid eating food such as cakes, pasta, ice-cream and food contain wheat. If there is any question, please double check with the food labels and the content list.

As long as we keep a habit of eating regularly, wisely choose fresh and organic food sources, we can easily establish a healthy eating pattern.



How to implement ‘Green Your Body’ concept into practice?

Improve Living Style



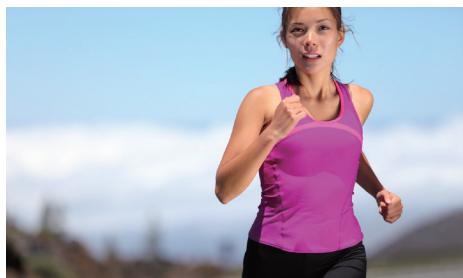
4. Early to bed, Early to rise

It is important for every healthy individual to keep a regular early sleep schedule. It is suggested to sleep at 11pm or earlier in order to keep one refreshed and energized. Moreover, avoid drinking coffee, tea and eating anything spicy before bedtime can help one to achieve a better quality of night's rest.

5. More Exercise

Exercise helps promote metabolic rate, speed up fat burning process and build up more muscles. It is advised to do 30 minutes of aerobic exercise every day or every two days. Aerobic exercises are exercises that are performed at moderate levels of intensity for extended periods of time, which maintain an increased heart rate, examples are swimming and jogging.

To increase physical activity in a more practical way, here we come with some tips: walk more and drive less; do more weight-lifting, do stretching such as yoga, Pilates and Tai Chi etc. can help to improve the function of the heart and lungs. Furthermore, it is good to practise abdominal breathing exercise every morning. This breathing exercise is easy and can be done anytime and anywhere. First, you need to relax and take a deep breath, fill your abdomen with air, then exhale very slowly. Repeat these steps for 20 times.





6. Drink plenty of premium water

Drink at least 8-12 cups (8 oz) of filtered and clean water every day. Alkaline water helps to neutralize the acidity in the blood and helps provide more energy for the body. Avoid chemicals and replaced by using natural and organic products.

7. Supplement with Functional Nutrition

In an ideal situation, all the nutrients can be found from fresh food that are not polluted and processed. However, it is very difficult to find such ideal food sources in reality. Plus, our demand for variety of nutrients has greatly increased, as our bodies are suffering from more chemicals, stress, illness and serious environmental pollution from the past. However, due to the trend of declining level of activity, our recommended calorie intake has been reduced. Therefore, we need to consume more nutrient-dense food in order to fit in our calories quota. Consequently, **this makes functional nutrition more important.**



FUNCTIONAL FOOD CONCENTRATES
功能性濃縮食品





How to implement ‘Green Your Body’ concept into practice?

Improve and Adjust Mind Thinking and Emotion



8. Positive mind, positive life

- Talk to a friend or loved one to relieve depressed emotions.
- Participate in leisure activities.
- Be generous and forgiveness.
- Learn to be patient and accept different opinions etc.
- Keep an optimistic view to look at things and be optimistic while facing life transitions.
- Exchange positive views with optimistic people, read more positive publications.





9. Stress Relief

- When we are stressed, the immune system's ability to fight off antigens is reduced. This is the reason why we are more susceptible to infections or stomach discomfort and even loss of appetite when under stress. Therefore, we need to learn ways to de-stress to keep our stress level in an acceptable level.
- Set reasonable expectation and ambitions for ourselves. Appreciate our strengths and virtues, as well as accepting our shortcomings and limitations.
- Be more proactive to share your feelings and difficulties with friends, family or someone you trust; let others help you as well as helping and supporting others.
- Develop good interests and leisure activity.
- Practice relaxation exercises regularly, such as exercise, meditation, yoga, abdominal breathing etc.
- Exercise is one of the effective ways to de-stress. Exercise not only combats health conditions but also causes the body to release a chemical substance called endorphins which helps to reduce anxiety and depression as well as feeling refreshed.



What to Avoid, What to Eat

Start with choosing the right food

Health Problem	Food to Avoid	Food to Eat
Insufficient Digestive Enzyme	Alcohol, caffeine	Pineapple, papaya, avocado, and apple vinegar
Diabetes	Food high in sugar e.g. white rice, white bread; food high in GI Index	Magnesium, chromium food high in fiber e.g. vegetable, multi grain bread and brown rice
High Bad Cholesterol	Food high in sugar and saturated fat *Exercising help burning excess fat	Use rice bran oil as cooking oil, food contains omega 3 e.g. flaxseed, walnuts, salmon and sardine
Osteoporosis	High acidic food e.g. coffee, milk tea, soft drinks; food high in sugar and salt. Avoid eating red meat as possible	Choy sum, Chinese broccoli, hard tofu, small fish with bones, sesame, broccoli and seaweed
Adrenal Gland Problem	Food contaminated by radiation	Seaweed
Hormone Imbalance	Livestock (swine, cattle, lamb, chicken) injected with hormone; Avoid chicken skin, neck and wings	Organic soy bean products (not genetically modified); essential fatty acids, such as primrose oil, omega 3 and 6 etc.
Kidney Problem	Food high in salt	Drink more filtered quality drinking water
Parasites	Sashimi, leftover food and raw vegetable that are not thoroughly washed	Organic pumpkin seeds and papaya seeds
Heavy Metal	Seashell, and contaminated tea leaves, white rice and Chinese medicine	Filtered and good quality drinking water, apple, parsley, spinach and nuts
Inflammation	Red meat, deep fried or roasted food; food high in sugar	Garlic, ginger, turmeric, berries, omega 3 and thyme
Anemia	/	Spinach, radish, moderate amount of red meat, fig, date and tomato



Health Problem	Food to Avoid	Food to Eat
Nephropathy	Red meat and seafood	Eat alkaline fruits: wolfberries, blueberries, apples, avocados, bananas, cranberries and figs etc. Vegetables and parsley
Eye	Food high in sugar	Omega 3, wolfberries and blueberries
Atherosclerosis	Red meat, food have trans fat or high in saturated fat and salt	Fiber, vegetables and fruits
Constipation	Dairy products and red meat	Prunes, organic soy beans (not genetically modified) and kiwi
Respiratory Tract Infections		Premium filtered water, garlic, onion, turmeric, apple, grapefruit and ginger
Cancer	Charred food, microwavable food, or food that are contaminated by radiation and heavy metals, e.g. shell fish, farm raised fish and vegetables. Food high in salt, smoked and other processed food	Alkaline fruits: grapefruit, berries, sweet potato, flaxseed, tomato, turmeric and cruciferous vegetables such as: broccoli and cauliflower
Prostate Problem	Red meat, processed meat, alcohol and fatty food	Sesame, organic and non-genetically modified soy products e.g. tofu, green pepper, tomato, avocado and berries
Eczema		Olive oil, tomatoes, dark chocolate, green tea, fermented bean (natto), quality yogurt, walnuts, mandarin orange peel and moderate amount of red wine
Gluten Allergy	Wheat starch, wheat germ, udon, oatmeal, cereal, bread, noodles and biscuits or food contains gluten	Brown rice, red rice, vermicelli, mung bean noodles, buckwheat, quinoa and sweet potato



FUNCTIONAL FOOD CONCENTRATES
功能性濃縮食品

WHAT IS FFC?

FFC is Functional Food Concentrates, a superior and affordable means of health preservation based on nutritional science breakthrough in the late 1990s.

They are concentrates derived from natural foods from land and sea including vegetables, fruits, grains, deep sea vegetables and phytonutrients to support optimal nutrition at a functional and genetic level to regenerate and optimize cellular health and function.

The uniqueness of NU LIFE Functional Food Concentrates

- Environmental friendly area
- No pesticide
- No herbicide
- No preservative
- No additives
- No artificial flavourings or colourings
- No side effect



Functional Food Concentrates

Nutritional Foods
in the market

Ingredients

- Naturally occurring nutrients & phytochemical extracts
- Sourced from pollution-free area
- Ingredient synergistically blended
- Sourced from naturally grown and non GMO raw materials

- Chemically synthesized ingredients may be used
- Sourced may be from polluted regions
- Ingredients may be genetically modified
- Harmful pesticide, chemical fertilizer and fungicide may be used

Concentration

Functional nutrients using cutting edge technology to ensure maximum retention of beneficial nutrients.

May contain diluted ingredients so that beneficial nutrients may be damaged.

Formula	
Contains natural ingredients mix with phytochemical nutrients that help to support the health of brain, body and spirit.	Usually processed with chemical and high temperature that may destroy the nutrients.
Absorption	
By using the latest technology, harmful substance are removed and active beneficially substance are retained. Ingredients synergistically blended for enhanced absorption.	Harmful substance may not be removed and may reduce the absorption and utilization of the nutrients.
Expert Research	
Supported by worldwide well known functional nutrition and functional medicine experts including Dr. Jawid Khan and Dr. Jeffrey S. Bland.	May not be supported by functional nutrition and medicine experts.



PNO product series cover all uniqueness of Functional Food Concentrates (FFC); it also is one of the few “Precision Nutrition Supplements” in the market, specifically aim to improve the root causes of the health problems.

- **Cover all uniqueness of Functional Food Concentrates**
- **One of the few “Precision Nutrition Supplements” in the market**

— Important Message of —

Taking Nutrition Supplements

- For common health problems, it is suggested to take supplements for at least three months, in order to allow our body to have sufficient time to adjust and recover. For more serious health problems, taking supplement up to nine months to a year is recommended for progressive improvement. * It is essential to practice “Green Your Body” in order to fully address different health problems
- Nutrition supplements are made up of concentrates that are derived from natural food to replenish the nutrients deficiencies from our diets. Because it is all natural ingredients, it does not carry side-effects nor treat diseases and illnesses as quick as medication
- Due to its naturalness of the concentrates, its food safety is certainly secured. Therefore, it is suitable for long term use and does not contain toxin

Difference between Medicine and Nutrition Supplement

Medicine

- Medicine is manufactory made; and is not naturally grown/ inherent in bodies
- All medicine will have different level of side effects; taking medicine with inappropriate dosage can cause severe health problems
- Medicine treats diseases and illnesses specifically in a short period of time
- Medicine is prescribed by health practitioners to treat immediate diseases, but not for long term used
- Taking medicine for a long period of time can affect kidney function and increase the burden on the liver. Some medicine will even affect the production of red blood cells, white blood cells and blood platelets; in the worst situation, it can cause intestinal hemorrhage and gastric hemorrhage
- Poor physical functioning can cause medicine residues remain in our body

Nutrition Supplement

- Nutrition supplement is inherent to maintain body functioning
- Nutrition supplement is used for adjuvant treatment and general health care
- Sufficient nutrients can protect organs and lower the risk of medicine to body
- Assist liver, kidneys and spleen to filter out medicine, and assist in excreting medicine residues. For example, vitamin C and milk thistle
- Sufficient nutrients is needed to maintain life and support cell functioning



Healing Crisis

Healing reactions after taking Functional Food Concentrates (FFC)

- Some people may experience some unpleasant symptoms while first taking Functional Food Concentrates (FFC). These symptoms are not the side effects from FFC, instead they are called healing crisis or healing reactions.
- A healing crisis occurs when symptoms from diseases and toxins released during a detoxification process. The more toxic one's body is, the more severe the detoxification and the more intense the reaction will be.
- Healing crisis symptoms may include new health issues, existing health issues or even worsen. All those symptoms are temporary and they are like the alarm telling you that our body is clearing the toxins and healing your body. This theory is similar to Chinese medicine: first we have to detox and let all the toxins excrete from the body before putting any goods into it.
- Healing crisis can occur within several days or up to two weeks time. Healing reactions are very individual, not everybody will experience the same flare-ups. It depends on one's physique and how much toxins are in their bodies.
- For people who are going through healing crisis, it is suggested to drink more fluid and have plenty of rest in order to speed up the healing process.
- People who may get more intense healing crisis: people have weak and sensitive physique, long-term drug-dependent people, chronic patients, obese and elderly.

Possible healing crisis during the progress

Mild reactions: fatigue, dizzy, muscle aches, diarrhea, itchy skin, flatulence etc.

More severe reactions: headache, faint, joint pains, fever, eczema, vomits etc.



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