

SUMMER 2010 仲夏篇

抗衰老的幾件事

探究抗衰老醫學的奧妙
助您打開健康之門

食得有「營」

健康飲食與抗衰老的關係

食物標籤你要知

揭示食物標籤的重要性
助你避開無形食物陷阱

健康飲食防衰老 宏家 源園生活

古今中外，不論權貴或百姓，都希望擁有年青的外表及體魄。就現在的美容科技和醫療技術而言，要達到長生不老或有點遙遠。但延緩衰老的速度，並非如想像中困難。有人投放大量金錢，利用科學技術，保留年輕外貌；對與錯在乎取捨之間。作為有機食品從業員，筆者當然提倡利用正確飲食方法來延緩老化，保留青春外表。

香港人生活緊張，步伐急促，在家煮食的機會不多。但在家中吃水果卻相對容易。水果中以蘋果、葡萄、櫻桃、香蕉和橘子等的抗衰老能力為高。而以有機方法耕種的水果，其抗氧化能力比普通水果為高。至於飲料類方面，茶葉含豐富的鋅、硒等微量元素，以及維他命C、E和多酚類，這些抗氧化物質能降血脂及抗血栓。零食方面，南瓜子、葵花子、芝麻、葡萄乾及花生都不失為上佳選擇，因它們也含有抗氧化成分，是絕佳的美容食品，而且食用方便。

通過飲食來達致抗衰老的另一優點，是我們可以藉著健康飲食，得到心靈上的「零負擔」，不用擔心進食有害食物而影響健康。想得到健康美麗的外表，內在的真、善、美亦同等重要。



Defer aging by eating intelligently by Wang-ka, O2H

Having a youthful appearance and physique is an everybody's goal. Immortality may be an unreachable idea in terms of technology. Nevertheless, we have couples of options to defer senility by eating healthily.

Living in a fast-paced and hectic city like Hong Kong, we rarely have time to cook our own meals. Luckily, we can still enjoy varieties of fruits easily. Considering the anti-aging content among various fruits, apple, grape, cherry, banana and citrus are the most outstanding choices, especially when they are grown organically.

On the other hand, tea is a beneficial beverage, as it contains abundant amount of vitamin C & E, polyphenols and microelements like zinc and selenium. These anti-aging substances help to reduce blood lipid, prevent the formation of thrombus efficiently. Pumpkin seed, sunflower seed, sesame, raisin and peanut are wonderful snacks for anti-aging, as they also contain abundant anti-oxidants.

抗衰老的幾件事(二)：抗衰老醫學

鄧昌宇醫生 卓健皮膚中心駐診家庭醫生



我們在七月號電子會員通訊中，提到引致人體衰老的各種原因。然而，很多人都會有類似的疑問：儘管我們增加了對人體衰老的認識，但我們有可能去對抗衰老嗎？近年興起了一門針對人體衰老的醫學專科—抗衰老醫學；它將老化定義為一個連續、全面、漸進、內源性及逐漸惡化的過程。

甚麼是抗衰老醫學？

抗衰老醫學是利用科學及醫療科技，協助身體提升整體的健康，令我們回復年輕活力之餘，同時延緩老化的過程，預防慢性病發生，讓每個人的身心都可達致平衡。抗衰老醫學的內容極為廣泛，當中包括：營養上的補充及優化、腸道健康及營養吸收、消除食物過敏、荷爾蒙的平衡，以及改善排毒功能。

醫學科技突破與抗衰老

科學技術的不斷進步，讓我們可透過測試更清楚

了解自己身體運作情況，從而幫助我們找出護養身體的最佳方法。這類型的測試包括：食物過敏測試、基因檢測等。而在食物營養方面，目前有愈來愈多的研究探究出營養素或食物因子對身體的影響。就以營養基因體學來說，很多研究已顯示：吃某些食物、服用某些營養補充劑、或改進個人的生活方式，有機會可抵消基因向壞的方向發展，也就大大減少了過早老化，以及患上慢性疾病的長期風險。



Few factors about anti-aging (II): Anti-aging Medicine

by Dr. Denny Tang from the Quality HealthCare Centre

Anti-aging Medicine has become a budding and rapidly growing specialty in the recent years. Followed with the introduction of the causes of aging in the E-newsletter in July, we are going to tell more on what we can do to fight against aging!

What is it all about?

Anti-aging Medicine is the stimulation to help the body repair and regenerate itself. It has exploded the myth that nothing could be done about aging. It aims at the optimization of general health, rejuvenation of whole body, prevention of chronic diseases as well as balance of body and mind. Nutritional optimization, optimization of gut health, nutrients absorption, elimination of food allergies, balance of hormones & detoxification are preventions as well as treatments for aging.

透過基因測試，您可以了解身體先天的弱點，找出身體內具有潛在風險的疾病，協助您進一步做好個人健康管理！

我們提供以下的測試項目：

- ★ 心血管系統功能
- ★ 荷爾蒙代謝
- ★ 肥胖潛能及成因
- ★ 致癌物質代謝
- ★ 皮膚細胞，以及其他項目

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How can Medical advancement help us to fight against aging?

Laboratory analysis gives a clear and precise picture of how one's body is functioning, thus helping us to find out the best way to treat our body. Antibody assessment for food allergy or genome assessments are the examples. Researches on Nutrigenomics have pointed out that eating certain foods, taking supplements or altering unfavorable lifestyle will help us to have a more positive gene expression, which could lower the risk for pre-mature aging and chronic diseases.

特別推介

HK BioTek現已登陸facebook，我們希望透過這平台，繼續為大眾提供不同最新健康資訊和優惠，本月推介是 **Health-✓** 純正魚油膠囊裝優惠，請即click入下列網址獲得詳情。

<http://www.facebook.com/pages/HK-BioTek/109061562474592>



HK BioTek is now on facebook! We will provide the most updated information through this platform. We have a special offer for **Health-✓** Fish oil capsules, please visit above website for more detail.

編者一點點

HK BioTek一向致力推動大眾加強認識食物過敏與健康身體的重要性。五月份，我們參加於灣仔會展舉行的第九屆「育兒天地博覽」，HK BioTek的營養顧問黃嘉欣小姐，更即場為家長提供免費的營養諮詢。現場不少家長都把握機會，向我們查詢食物過敏資訊，我們亦很高興能與家長分享最新健康和食物過敏資訊。



家長正細心聆聽HK BioTek營養顧問黃嘉欣小姐的飲食建議



不少家長駐足HK BioTek的攤位索取健康資訊



HK BioTek健康大使正分享最新食物過敏資訊



營養顧問黃嘉欣小姐與健康大使團隊參與親子博覽

您有聽過食物標籤嗎？近期政府不斷透過電視等媒介宣傳食物標籤。新的營養資料標籤制度，於今年七月一日正式實施。我們將與您分析完整的食物標籤，對受食物過敏問題困擾的朋友來說有何重要性。

除了食物標籤，本期仲夏篇季刊會以抗衰老醫學為主題。曾在上期季刊與我們分享「有機蔬果分辦法」的宏家會再次撰文，以「健康飲食防衰老」為題，介紹如何透過健康飲食，以延緩衰老現象出現。另外，鄧昌宇醫生亦會向我們介紹何謂抗衰老醫學，以及討論現時醫學界，多會利用甚麼方法達到抗衰老。

此外，近年醫學研究發現，腸道黏膜發炎會增加免疫系統負荷，嚴重影響身體健康。當中的元兇，原來是一種名為IgA的免疫球蛋白。箇中原理究竟是怎樣的呢，我們將作出詳細分析。

HK BioTek 健康教育組

腸道健康與過敏的關係

腸道黏膜中的抗體，以A抗體(IgA)的含量最為豐富。人類的腸道免疫系統是身體內最大的免疫關聯組織，擔負防禦身體的重要機能。身體裡一半以上的IgA都屬於分泌性免疫球蛋白A (secretory IgA; sIgA)。這種抗體經由腸道的黏膜上皮細胞分泌到黏膜外面，與抗原蛋白結合，避免這些抗原蛋白黏附到上黏膜細胞表面，同時刺激腸道黏膜的淋巴細胞作出防禦。抗原蛋白一般來自食品成分、腸內細菌及病原性微生物。

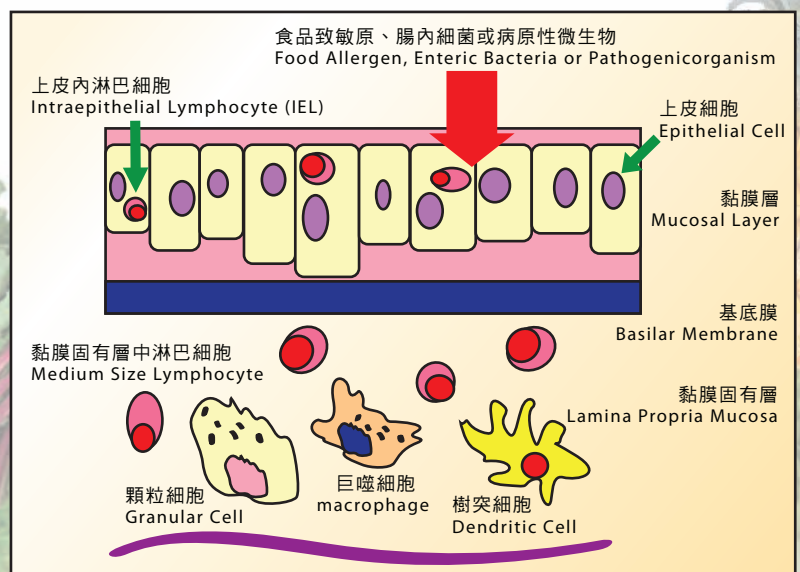
腸道是有輕微的滲透性的；當食物中的抗原蛋白接觸到腸道相關淋巴組織 (Gut-associated lymphoid tissue; GALT)，尤其是當腸道的黏膜受損，或腸道益菌與有害細菌的比例失衡時，便有機會產生特殊抗體引起過敏。

相反，如果我們擁有健康的黏膜免疫系統，GALT便能正確分辨抗原是來自食物抑或細菌。如抗原是來自食物，上述的過敏反應就會被抑制，亦不會造成食物過敏。這就是「口服免疫耐受性」(Oral Tolerance)。此外，血清IgA (serum IgA) 的角色與sIgA相似，為身體提供一個防護機制。當腸道的通透性增加，抗原蛋白會從腸道中被吸收到血液，同時刺激腸道製造血清IgA，把那些食物抗原從血液中安全地被清除。

Gut inflammation and Food Allergy

Courtesy and © US BioTek Laboratories

IgA plays a major role in mucosal surface protection preventing excessive antigen absorption and local immune activation by the gut mucosa lymphocytes. In the gut, sIgA (secretory IgA) binds to and sequesters proteins, dietary and other antigens, at the mucous membrane surfaces.



There is a slight but definite degree of permeability inherent in the intestinal tract. Ingested food proteins can reach the gut-associated lymphoid tissue (GALT) in an immunologically intact form capable of inducing a hypersensitive response.

An enhanced serum IgA response may occur under conditions of increased intestinal permeability. Enhanced antigen absorption may stimulate local IgA production. This response can result in increased circulating IgA of gut origin. However, the pathogenic consequences of a serum IgA response are not completely understood. Like sIgA, induction of serum IgA may provide a protective mechanism whereby absorbed food proteins are safely eliminated from the circulation.

解決食物過敏：由食物標籤入手

黃嘉欣 HK BioTek 營養師

對於注意健康及體重的人士來說，今年的七月一日，除了是公眾假期不用上班外，另一好消息就是新的營養資料標籤制度正式實施。標籤制度生效後，大部分在香港出售的預先包裝食物將會附有營養標籤，方便市民在購買預先包裝食品時選擇適合自己的產品。

為什麼有食物過敏的人也要看標籤？

食物標籤制度生效後，食品包裝上規定要印上食物標籤和營養標籤。食物標籤上的資料包括保質期、淨重量、食物配料等，而營養標籤則需要列明能量和營養素、營養素參考值等資料。有食物敏感的人需要特別留意「食物配料」上列出的



成分組合。各種配料是按其用於食物包裝時所佔的重量或體積，由大至小依次表列。

食物有可能受致敏物質污染？

雖然有麩質敏感的人一般都不會對米和燕麥過敏，但很多時候食物在加工的過程中都會受到污染，所以即使並非刻意加入麩質作為配料，在配料表內或貼近配料表的地方，都會列出「可能含有微量麩質」；或「含有微量麩質」；或「生產此食品的廠房亦處理麩質」的字樣。

食物標籤助您避開無形食物陷阱

由於直至目前為止，唯一能減輕食物過敏的方法就是避免進食致敏食物，及其他以該食物作為原材料之食品。有了食物標籤，患有食物過敏的人便可更清楚了解加工食品裡的成分，在戒口時便能夠更有效避免進食致敏食物，也方便大眾選購食物。

Reading Food Labels to avoid an Allergic Reaction

by Mary Wong, Nutritionist of HK BioTek

This year's 1st July is not only a public holiday in Hong Kong, but also a big day to all health-conscious people because of the enactment of food labeling law. The law states that most prepackaged food sold in Hong Kong should have nutrition labeling so that consumers could compare the nutritional content among different products and select the one that meets their individual's dietary needs best.

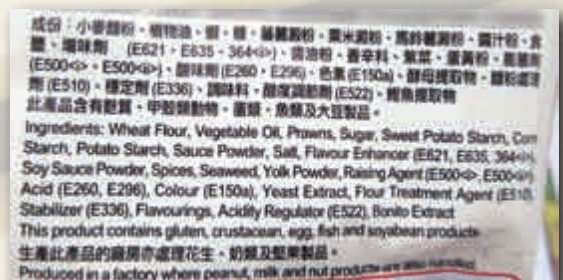
如該食物含有已知會引致敏感的八種物質的任何一種，須作出聲明；這些物質包括：

The 8 kinds of allergic substances stated in the law must be specified if they are present in the food. These foods allergens are:

- 含有麩質(gluten)的穀類
Cereals containing gluten
- 甲殼類動物及甲殼類動物製品
Crustacea and crustacean products
- 蛋類及蛋類製品
Eggs and egg products
- 魚類及魚類製品
Fish and fish products
- 花生、大豆及它們的製品
Peanuts, soybeans and their products
- 奶類及奶類製品(包括乳糖)
Milk and milk products (lactose included)
- 木本堅果及堅果製品
Tree nuts and nut products
- 濃度達到或超過10%的亞硫酸鹽
Sulphite in concentrations of 10 ppm or more

Why is it important for people with food allergy to read the food label?

A food label includes 2 components: (i) label of food, and (ii) nutrition label. On the label of food, information such as durability, net weight or volume, ingredients etc., should be shown. Information like energy and nutrients, nutrient reference values, etc., has to be printed on the Nutrition label. People who have food allergy should pay special attention to the "list of ingredients". Each ingredient is listed in descending order of weight or volume of their use in the food item.



Food may be contaminated by other allergens

Normally, people who are allergic to gluten do not have hypersensitive reaction towards rice and oat. However, these kinds of food are often contaminated during food processing. Thus, although gluten is unintentionally added as an ingredient, it should be disclosed in, or near, the ingredient list with a statement like "may contain traces of gluten", or "contains traces of gluten", or "produced in a factory where gluten is also handled".

Food Labels help you to evade food trap

Up till now, the only way to prevent food allergy is to avoid the offending food and any food items that contain it as an ingredient. By reading the food label, people with food allergy could access to detail information regarding all the food ingredients in a processed food. This facilitates better food-avoidance practice and makes food-purchasing more convenient.