

WINTER 2010 冬日篇

活動巡禮 Activities Highlight

HK BioTek 一直積極參與各類型活動，希望透過不同途徑與大眾分享最新健康資訊。我們分別於東涌東堤灣畔和元朗加州豪園舉辦以「食物過敏與都市病」為題的講座，更邀請到源園生活的有機飲食顧問Michael為擔任演講嘉賓，分享有機生活概念。

HK BioTek is committed to raise the awareness on personal health and wellness. Two seminars titled "Food Allergy and Urban Diseases" had been held. We've also invited Michael from O2H to be our guest speaker for sharing his insight on organic living.

13/11



元朗加州豪園住客會所
「食物過敏與都市病」健康講座
"Food Allergy and Urban Diseases" Health Seminar
Royal Palms, Yuen Long

23/10



東涌東堤灣畔住客會所
「食物過敏與都市病」健康講座
"Food Allergy and Urban Diseases" Health Seminar
Tung Chung Crescent, Tung Chung

30/7-1/8



鑽石山荷里活廣場
兒童有「營」暑假嘉年華
Children's Summer Carnival
Hollywood Plaza, Diamond Hill

7/11



香港仔加拿大國際學校
2010年度籌款嘉年華
CDNIS Family Fun Fair 2010
CDNIS, Aberdeen

編者一點點 Editor's Desk

聖誕新年又到了！踏入冬季，意味流感高峰期將至。不少朋友擔心，身體是否有足夠抵抗力對抗流感。服用綠藻能提升免疫力，我們將為您分析綠藻對身體的好處。另外，HK BioTek 顧問營養師將介紹增強人體免疫力的六大營養素。

環境污染問題日益嚴重，有環境荷爾蒙之稱的「鄰苯二甲酸酯」如何威脅我們的健康呢？作為地球一份子，都應為保護地球出一份力，源園生活的宏家將與大家分享他對綠色生活的見解。此外，我們還會介紹基因與腦退化症（前稱老人痴呆症）的密切關係。這些豐富內容您絕對不能錯過，最後HK BioTek祝各位身體健康、生活愉快！

HK BioTek 健康教育組

It's winter time, which means the high season for influenza is fast approaching. Many may worry if their immune system is strong enough to defend various virus invasions. Chlorella is known for strengthen our immunity. We'll explore more on this superfood and its benefits. In addition, Mary Wong, HK BioTek's nutritionist, will share with us her insights on top six nutrients that can strengthen our immune system.

Nowadays, environmental pollution issues are becoming more and more alarming, harmful to our health. Mr. Wang-ka, an organic food expert from O2H will introduce ways to live a more eco-friendly lifestyle. We will also discuss the relationship of a gene called ApoE and Alzheimer's disease. Finally, we would like to wish everyone Merry Christmas and a Happy New Year! All the best in 2011!

HK BioTek Health Education Team



會員優惠 Member's Privilege

我們特為您準備了不同的優惠，希望您能夠和摯親在歡度佳節的同時，分享健康的喜悅。

We have prepared different special offers exclusively for you. Hope you could share the joy with your beloved friends and family.

Aller-Food Check® 食物過敏測試

新客戶經會員介紹接受測試，即享**9折**優惠！

現有會員接受跟進測試，則享有**8折**優惠！

- ★ 測試只需少量血液，就能準確檢驗出您對96種食物的過敏反應
- ★ 透過戒口避免接觸過敏食物，防止免疫系統長期勞損
- ★ 跟進測試有助評估您是否仍對某些過敏食物產生反應，讓您活得更健康
- ★ 報告將由營養師為您詳細講解，為您提供適當飲食建議

Members and new customers referred by Member can enjoy a **20% & 10% off** discount respectively for using **Aller-Food Check®** antibody assessment!

- ★ Requires only few drops of blood to test 96 food items in one single test
- ★ Relieve the burden of immune system by abstaining from offending food
- ★ Follow-up test for re-evaluation of your allergic levels
- ★ All test includes an in-depth consultation by our in-house nutritionist

Health-✓ 純正魚油 Finest Pure Fish Oil

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- ★ 維持精神及情緒健康
- ★ 紓緩過敏症狀及提升身體免疫力
- ★ 抗衰老及保持心臟健康

- ★ Facilitate brain development & functions
- ★ Maintain mental health, cognitive function & mood
- ★ Relieve allergy symptoms & strengthen immunity
- ★ Anti-aging & keep heart healthy

~~\$220~~
\$168



120粒
膠囊裝
120 Soft-gel
Capsules

凡選購任何六件 **CHLORENERGY** 純正綠藻或 **Health-✓** 純正魚油/膠囊，即獲贈原價\$160的vitafusion成人維他命軟糖乙樽。

Enjoy a gift of vitafusion multi-vitamin gummy for purchasing any 6 items of **CHLORENERGY** Pure Chlorella or **Health-✓** Finest Pure Fish Oil.



免費贈品
Free Gift!



好書推介

是食物惹的禍嗎？—認識食物過敏帶來的問題

HK BioTek 的最新作品，內容探討與食物過敏有關的問題，同時介紹紓緩過敏的不同方法。希望透過這本書，大眾能夠正視身體發出的警號，踏出重要一步，著手改善食物過敏問題。

如欲索取，請致電熱線(852) 2763 1488查詢

育兒新知—讓孩子生長得最好

兒科專科醫生梁淑芳醫生最新著作，以真實個案解答有關哺乳、兒童吃得少、長得慢、敏感及肥胖等疑難。附有健康食譜及香港生長標準，協助各位父母了解最新育兒資訊。

售價：\$82 HK BioTek 會員優惠價 \$74



綠藻 對抗疾病的超級食物

綠藻蘊含18種氨基酸、豐富維他命和礦物質；能改善消化、增強抵抗力、調整體質、排毒、預防慢性疾病，以及有助抗衰老。

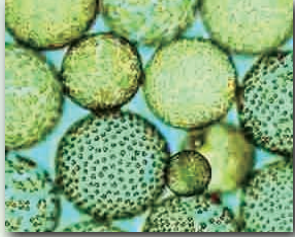
對不同人士都有好處的天然食品

成人：綠藻含豐富胡蘿蔔素，具強大的抗氧化、抗衰老功效。同時能調節體內血糖及血脂水平，平衡不良飲食習慣。

兒童：綠藻富含孩子成長過程必需的蛋白質、維他命和礦物質。而豐富的維他命B12，有助提升集中力及記憶力。

經常性便秘人士：含有豐富葉綠素和膳食纖維，能增加大腸蠕動，幫助身體排清有害毒素，從而舒緩便秘問題。

過敏症患者：綠藻生長因子CVE™可提升免疫力，有效舒緩及預防過敏症狀。豐富的葉綠素能消炎、解毒，將多餘廢物排出體外。



選購綠藻產品小貼士

選購綠藻產品前我們要先了解產品來源地和成份。選擇成份百分百純正綠藻，由培植到生產過程都在日本GMP認證廠房完成的产品，品質就有所保證。除此之外，廠商採用的綠藻品種亦會影響產品功效。我們可選取最易被人體消化和吸收的綠藻品種，確保能發揮最大效用。

Chlorella A SUPERFOOD that fights against diseases

Chlorella contains 18 amino acids, as well as vitamins and minerals; its benefits include boosting energy, aiding digestion and slowing down the aging process.

A magical Natural Food for you and me!

Adults: Chlorella's carotenoids is a strong anti-oxidant fight against free radicals. In addition, Chlorella reduces body-fat and blood glucose levels, corrects unbalanced diet.



Kids: Chlorella is a source of nutrients like proteins, vitamins and minerals, which are indispensable for kid's growth. Its Vit-B12 is beneficial for kid's neurological health.

People suffered from chronic constipation: Chlorella is an abundant source of Chlorophyll and dietary fiber, which stimulate bowel movement and help to excrete toxins.

People suffered from allergy: CVE™ can balance our immunity, sedate body's abnormal reaction to food, alleviating allergy diseases.

Tips for purchasing Chlorella

Before choosing the best chlorella product, we have to understand the country of origin and supplement facts of the product. To ensure quality, you may choose the product cultivated, manufactured and packed in a GMP certified factory in Japan and made with 100% pure and natural chlorella. In addition, the effectiveness of chlorella product is mainly determined by manufacturer's formula. In order to maximize efficiency, it is suggested to choose those products proven to be easily digested and absorbed by our body.

富含營養的天然食物

綠藻生長因子(Chlorella Vulgaris Extract, CVE™)

促進新陳代謝，增強抵抗力，同時調節體內的血糖及血脂水平

葉綠素與膳食纖維

吸收並幫助排出體內積聚的毒素

氨基酸與核酸(RNA/DNA)

修補損耗的細胞，重整皮膚細胞；可令細胞保持活躍，對抗自由基，有效延緩衰老。

Natural Food with abundant nutrients

Chlorella Vulgaris Extract, CVE™

Boost Metabolism and strengthen anti-viral and anti-tumor functions. Regulate body fat and blood glucose levels.

Chlorophyll & Dietary-fibre

A powerful natural cleanser to remove toxins accumulated in our body.

Amino Acids & Nucleic acid (RNA/DNA)

Help cell regeneration and repair, restructure our skin surface. Keep our cell active to fight the free radicals that cause aging.

CHLORENERGY®

純正綠藻+CVE™ Pure Chlorella + CVE™

CHLORENERGY® 純正綠藻，採用獨特綠藻品種筑後株。

筑後株的細胞壁比其他綠藻品種更薄，而且內含豐富營養，極容易為人體所吸收。其卓越功效及安全性，已獲得超過500項科研的實證支持。

CHLORENERGY® Pure Chlorella is produced from a unique chlorella species, Chikugo Strain (CK-strain). CK-strain is loaded with abundant nutrients inside its incredibly thin cell-wall, and therefore easily digested and absorbed by human body. The superior effectiveness of CK-strain is proven and endorsed by over 500 scientific researches.

查詢熱線：(852) 2763 1488

Enquiry Hotline: (852) 2763 1488



媒體報導 Media's Coverage

HK BioTek 今年曾接受有線電視健康生活台訪問及飲食男女雜誌專題介紹，我們樂意能夠透過不同渠道，與大眾分享最新的健康資訊。

HK BioTek had been interviewed by several media agencies in 2010. We are glad to have these opportunities to share the latest health information with the public.



你我一小步 地球一大步 宏家 源園生活

隨著人口不斷增加，人類對地球蘊含資源的消耗，日益加劇。我們鼓勵有機飲食，一方面是為了個人的健康著想；另一方面，是為環保而出一分力。我們可以從衣、食、住、行，實踐愛護地球的行動。

先從「衣」方面說起。少買衣服，只購買真正需要及買了會穿著的衣服。當然，不要買皮草，減少屠殺野生動物。盡量選購未經漂白、未經染色、用有機方式種的綿花所紡成的布料裁製的服飾。支持舊衣回，不要浪費。

「食」方面，拒絕使用用完即棄的餐具因這些餐具產生大量垃圾，浪費資源。選購本地有機蔬果，可減少運輸過程的能源消耗。

「住」方面，減少購買或更換不必要的傢俬，若要棄置，可轉贈予有需要的人士。選用慳電燈泡，因慳電燈泡比傳統燈泡節省電力。選用再造紙及可循環再造的物料。

「行」方面，多走路、以單車代步，或選乘公共交通工具。購物時，自備購物袋及重用舊膠袋。最後，應參與各類環保活動，將環保資訊帶給朋友。

你我一小步，地球一大步。齊來愛護地球。



Take Steps to Live A More Eco-Friendly Lifestyle by Wang-ka, O2H

Population growth drives the depletion of natural resources on Earth. We keep on promoting organic lifestyle for personal health's sake but also the planet's sake.

To choose to live environmental friendly is actually not that hard. We can start by changing our habits in every way in our daily life.

Clothing: Buy sensibly and only when you need them; try to buy unbleached or undyed garments and those made of organic cotton. Support used clothes recycling.

Eating: Never use one-off disposables food/drink containers or utensils to stop being wasteful. Eat locally-grown food to reduce the big carbon footprint.

Home: Avoid buying new furniture unless you really need it, and don't throw it out, pass it on to someone who will use it. Use low-energy light-bulbs to cut the electricity use. Choose to take products made with recycled papers or other recyclable materials.

Others: Walk, ride your bike or use public transport whenever you can. Bring your own bags when you go shopping, and re-use the plastic bags you got from shops.

At last, be actively engaged in different environmental protection activities to spread the message to your friends.

Let's take steps and pay efforts together to save our planet!



「環境荷爾蒙」 - 鄰苯二甲酸酯(Phthalates)

鄰苯二甲酸酯是一種常見於塑膠製品的化學物質。它也是化妝品、個人護理用品，以及食物包裝物料的重要原料。

影響人體荷爾蒙水平

鄰苯二甲酸酯自九十年代引起了社會極大的關注。它被科學家稱為「環境荷爾蒙」，因這種化學物質可於進入人體，形成假性荷爾蒙，傳送假性化學訊號，影響人體荷爾蒙水平，進而干擾我們的內分泌機制，引起內分泌失調。而它更有機會妨礙人體生殖機能，對胚胎及成長初期的嬰孩影響頗大。近年已有不少科學家指出，長期使用含鄰苯二甲酸酯類的個人護理用品可令男嬰變得女性化。



增加患上過敏、濕疹風險

華盛頓大學與西雅圖兒童醫院研究中心的聯合研究發現，使用普通嬰兒護理產品如潤膚油、洗頭水、爽身粉等的嬰孩，其尿液含鄰苯二甲酸酯的水平會高於別的嬰兒。這除了影響嬰孩體內荷爾蒙水平外，還會增加小孩患上過敏症及濕疹的風險。因此大家在選購個人護理用品時要格外留神！

Phthalates, the Environmental Hormone

Phthalates are ubiquitous chemicals found wherever plastics are found. They are also common ingredients in cosmetics, personal care products and food packages.

The usage of Phthalates is of great concerns since the 90s. Scientists have given them another name, the environmental hormone. This is because once Phthalates enter our body, they will be detected as hormone-like substances, and send false chemical signals to affect our hormonal balance. Our endocrine system can be disrupted drastically. Phthalates are also found potentially damaging to fetuses. Recently, many scientists pointed out that constant exposure to Phthalates may feminize young boys.

Babies recently treated with infant personal care products such as lotion, shampoo, and powder were more likely to have phthalates in their urine than other babies, according to a Seattle Children's Hospital Research Institute and University of Washington study. Phthalate exposure in early childhood has been associated with altered hormone concentrations as well as increased allergies and eczema. Therefore we have to pay more attention to the chemical content of infant personal care products that we give to our kids!

腦退化症與基因有何關係呢？

基因控制著身體細胞的功能。有些基因決定了我們身體的基本特徵；有些基因則影響我們患病的風險。載脂蛋白E(ApolipoproteinE, 簡稱ApoE)基因負責生產攜帶膽固醇的去脂蛋白，在調節血脂及膽固醇方面發揮著重要的作用。醫學界早已確定ApoE基因的E4形態與腦退化症有非常密切的關係。

有關ApoE基因及腦退化症的醫學研究

腦退化症是一種腦部疾病，患者腦細胞死亡的速度很快，腦部有機會萎縮，令腦功能嚴重衰退。而ApoE4並非引致腦退化症的直接基因，它是個易感基因(Susceptibility gene)，反映著人們患病的先天傾向。據香港中文大學的研究發現，臨床病例中有六至七成的腦退化症病人帶有最少一個ApoE4基因；而在屍檢病例中，腦退化症病人帶有ApoE4基因的機會是常人的十倍。

各種ApoE基因形態的意義

ApoE基因可有三種形態：E2、E3及E4。一般人會從父母遺傳到各一種形態的ApoE基因，因此個人的ApoE基因型可有六種組合：E2/E2、E2/E3、E3/E3、E3/E4、E4/E4。

E2：擁有ApoE2基因的人，血液中的總體膽固醇和LDL(壞膽固醇)數值較一般人低。

E3：是ApoE基因的正常形態，最為常見。ApoE3不會增加或減少罹患腦退化症的機率。

E4：是ApoE各種基因型中危險性最高的一種；遺傳到兩個ApoE4，比遺傳到一個ApoE4具有更高的患病風險。

基因影響我們患病的傾向，但環境因素也扮演著重要的角色。就算帶E4基因，只要多注意飲食、盡可能少吸煙、少喝酒，並增加運動，E4基因帶來的壞影響是可以被抵消的。醫學科技可以通過基因類型分析從唾液或口腔組織找出個人的基因型。如果您想了解我們這項新服務，歡迎您跟我們聯絡！

甚麼是腦退化症？

「腦退化症」是老人癡呆症的正名。這個名稱是經過由衛生署、醫管局、平機會及安老事務委員會等18個機構於2010年舉辦的徵名比賽而定。主辦機構相信，「腦退化症」比「老人癡呆症」更加正面及貼切反映病徵，有助大眾消除對老人癡呆症的誤解及成見，避免患者因怯於受歧視而延誤治療。

Alzheimer's: is it in your genes?

Genes control the function of every cell in our body. Some determine basic characteristics, when some make you more likely to develop certain diseases. ApoE (Apolipoprotein E) gene plays an important role in the metabolism regulation of cholesterol and fatty acids. Scientists have discovered one of the forms of ApoE, ApoE4, is closely associated with Alzheimer's.



Medical studies on the relationship of ApoE gene and Alzheimer's

Alzheimer's is a brain disorder that sufferer's brain cells die quickly and their brain will shrink, causing severe deterioration of brain functions. ApoE4 is not a causative gene, but a susceptibility gene. It reflects a degree of risk for the disease. In studies of CUHK, 60-70% of patients with Alzheimer's carry at least one ApoE4 gene among clinical samples. The prevalence of a E4 gene among Alzheimer's is 10 times that of the normal controls in post-mortem samples.

Implication of different forms of ApoE gene

ApoE gene exists in three forms: E2, E3 and E4. You inherit two ApoE genes each from your parents. Therefore there are six possible combinations of the ApoE genotypes: E2/E2, E2/E3, E2/E4, E3/E3, E3/E4 and E4/E4.

E2: People with ApoE2 have lower level of total cholesterol and low density lipoprotein.

E3: The most common and normal form; doesn't seem to affect the risk of Alzheimer's in either direction.

E4: the most dangerous form. Having one ApoE4 gene increases your risk of developing Alzheimer's; if you have two ApoE4 genes, your risk is even higher.

Genes aren't the only factor

ApoE gene affects disease risk, but environmental factors also involve in the development of disease. A balanced diet, regular exercise, not to smoke or drink frequently helps to cancel out the negative effect of 'bad-genes'. Medical advancement helps to identify your genotype of particular genes with a saliva or oral cell sample. Let us know if you want to more about our new service on genes!

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

Our gene test helps you to find out which diseases you may be prone to, and take precautions against them before they are given a chance to strike.

We provide gene test on:

- ★ Cardiovascular functions
- ★ Hormonal metabolism
- ★ Obesity and eating disorders
- ★ Cancer-causing substance metabolism
- ★ Skin cells and much more

For more detail, please call us at (852) 2763 1488.

詳情請致電HK BioTek熱線(852) 2763 1488查詢

增強免疫力的六大營養素

黃嘉欣 HK BioTek 營養師

流行性感冒(流感)是急性呼吸道疾病，主要病徵包括發燒、喉嚨痛、咳嗽、腹瀉及嘔吐等。每年踏入冬季都是流感流行的季節。除了多飲水和有充足的休息和睡眠外，從飲食中攝取充足的營養可有效地抵禦疾病。

能增強免疫力的六大營養素包括：



營養素	功能	來源	備註
維他命A	幫助上皮組織正常生長，修補口腔、氣管和及腸胃黏膜。缺乏維他命A會影響呼吸道和腸胃道細胞的發育，降低抵抗力，容易造成感染	肝臟、蛋、紅蘿蔔、南瓜、芒果等	懷孕或計劃生育的婦女不宜過量攝取維他命A，不然會對胎兒有害
維他命C	促進鐵質的吸收，幫助膠原蛋白合成，加快傷口癒合，避免病毒感染；可增加免疫球蛋白數目，抵抗病菌入侵；缺乏維他命C會更容易患上感染性疾病	西蘭花、橙、奇異果、士多啤梨等	容易被烹調過程的高溫破壞，因此吸收維他命C的來源是以水果為主
鋅	是免疫系統生產淋巴細胞和巨噬細胞不可或缺的元素；缺乏鋅會明顯降低免疫力	牛奶、肉類、貝殼類海產、堅果等	避免進食高脂肪、高膽固醇的肉類及海產，如牛腩、雞翼、魷魚等。
蛋白質	免疫球蛋白是由蛋白質製成。要有足夠的免疫球蛋白來增強免疫力，就先要攝取足夠的蛋白質	肉類、海鮮、蛋、牛奶、大豆等	素食者不建議戒吃蛋和牛奶，因這些食物含完全的蛋白質；素食者亦應進食不同的豆類來攝取多種胺基酸
奧米加三脂肪酸 (如EPA、DHA)	對腦部發展很重要，同時能增強人體抵抗力及減低身體發炎	深海魚(三文魚、吞拿魚、鯖魚等)、亞麻籽、核桃等	過量攝取奧米加三脂肪酸有機會影響肝功能，令傷口癒合困難，有機會流血不止
益生菌	不良的飲食習慣令腸道益菌減少，影響消化和排泄功能；益生菌有助平衡腸道內益生菌數量，提升抵抗力	酸奶、乳酪等	對牛奶及乳製品過敏的人士可服用益生菌補充劑



Nutrients that boots immunity

by Mary Wong, Nutritionist of HK BioTek

Influenza is an acute respiratory disease caused by various types of influenza viruses. Its major symptoms include fever, sore throat, coughing, diarrhea and vomiting. The disease is usually more common in the winter and is a highly infectious. In order to prevent influenza infection, one should ensure he/she drinks enough fluid, takes adequate rest and eats a well-balanced diet.

The 6 nutrients that help to boost our immunity are:

Nutrient	Functions	Food Sources	Remarks
Vitamin A	Helps to maintain skin health and mucus linings such as the airway and intestines; helps to boost immunity and prevent infections.	Liver, egg yolk, carrot, pumpkin, mango, etc.	Pregnant women or women who plan to become pregnant should avoid eating foods high in Vit-A since excessive intake can harm the baby.
Vitamin C	Plays an important role in collagn synthesis, speeds up wound healing, prevents bacteria and virus invasion; helps increasing the antibodies count in our blood.	Broccoli, orange, kiwi, strawberry, etc.	Vit-C is vulnerable under heat. Hence, fruit should be the main source of vit-C .
Zinc	Helps make new lymphocytes and enzymes, also helps with the healing of wounds.	Milk, meat, shellfish, nuts, etc.	Avoid eating high-fat, high-cholesterol meat or seafood, like beef brisket, chicken wings, squid.
Protein	Antibodies (immunoglobulins) are proteins that play an essential role our immune system. An adequate protein intake is crucial in boosting your immunity.	Meat, seafood, egg, milk, soy bean, etc.	Egg and dairy are complete proteins that vegetarians shouldn't avoid. Besides, vegetarian can eat a variety of legumes to get complete amino acid composition.
Omega 3 Fatty Acid (DHA & EPA)	Not only important to brain development, also promote immune response and have anti-inflammatory effects	Fatty fish (e.g. salmon, tuna, mackerel , etc); flaxseed, walnut, etc.	Excessive intake of omega 3 would cause liver disorders, slow wound healing and excess bleeding
Probiotics	Poor dietary habit upsets the balance of "good" and "bad" bacteria in our gut, affecting digestion and excretion. Probiotics promote optimal gut flora and immune response balance.	Yoghurt, yoghurt drinks, etc.	People with cow's milk allergy or lactose intolerance could consider taking probiotic supplements.