



天然美疗系列7

# Detox 排毒

## 让身体更轻松!

理想健康体质的pH值，大约在7.5左右（人体液的酸碱度是用pH值指标，pH值是以7为酸碱分界线）。这就说明，我们的体质应该呈现弱碱性，才得以保持正常的生理功能和物质代谢，从而拥有一充满活力、朝气蓬勃的健康体魄。

### 酸性废物毒素

然而，现今许多人拥有的却是酸性体质。这是基于酸性废物与毒素，长期积聚体内未得排除的缘故。过量进食肉类、碳水化合物类（面粉和糖）食品、汽水和含咖啡因饮料、油腻食物，会使身体容易产生酸性废物与毒素。若在饮食上缺少摄取水果、蔬菜和谷类食品，废物将难以从体内排出，因此身体也将感到不适。

初始阶段所显示的症状不很显著严重，如疲劳、呆滞、体重增加、皮肤问题、慢性头痛、细菌感染等。若长期对此置之不理，长年累月后的情况势必日趋严重。

日本横滨医院Akajiujii血库中心主任Hatori Tasutaro教授指出，长期拥有一身酸性体质，将引致糖尿病、癌症、心脏病和肝肾疾病；这些病症，也恰是现代都市中日益剧增的病例。此外，具酸性体质者更为容易变老呢！

明乎此，想拥有人人梦寐以求的（男士）硕壮体格、健康体魄与漂亮容颜的第一步，就是先行善待自己的身体，确保每天的生理运作、新陈代谢“收支平衡”、有进有出，甚至“出入平安”。惟有如此，方才得以落实“今天事今天毕”的健康生活大前提，有毒排毒、尽享“无毒一身轻”的飘然快感。

### 排毒宜忌

- 每日摄取适量水果蔬菜，养成均衡饮食习惯，是拥有健康身体的关键因素。这样，人体内的机制能自行安全和正常地自我“清理门户”一番，并且远比排毒来得更有效用。
- 排毒时期，应保持体内从天然食物中摄取足够的维生素与矿物质。每日饮用一杯稀释苹果醋2-3次，有助于净化和滋养身体。
- 可别让自己挨饿！肚子饥饿将舒缓体内新陈代谢机制，而间接影响体内净化与清理工作。应以糙米、健康低脂补汤、大量蔬菜水果以及天然食物，作为主要粮食。
- 勿过度排毒，以致影响身体的机制运作。
- 摄取足够的纯净水份，有利于肾脏清理代谢后的废物和毒素；饮喝常温或温开水，禁饮冷水。

### 自行测试

检测你是否需要彻底“清理”身体呢：

- 1 你是否经常感到疲惫？
- 2 你是否经常头痛或偏头痛？
- 3 你是否时常觉得身体有发胖和水肿现象？
- 4 你是否感到难以减轻体重？
- 5 你眼部周围是否出现黑眼圈或眼袋？
- 6 你是否常被诸如粉刺、红疹等皮肤“面子”问题所困扰？
- 7 你是否经常鼻塞？
- 8 你是否有关节或身体疼痛？
- 9 你是否有强烈的体臭或口臭？
- 10 你是否有长期性的便秘或腹泻问题？
- 11 你是否常觉恶心欲呕？
- 12 你在情绪上是否容易急躁？或是心情容易抑郁？

是/否



Coreenna Ong 王俐琚

### 天然美疗师

Coreenna Ong 王俐琚，为本地知名天然美疗师。曾受邀为多家媒体专栏执笔，成功掀起本地天然美容的热潮。她曾赴澳洲自然疗法澳亚学院专修家居植物学和香氛理疗课程，更是本地护肤品品牌 Vitasence 创办人。

Coreenna Ong is a regular contributor for many publications on natural herbal care, giving advice on health, acne, aging skin and youth rejuvenation. Ong, who is certified in homeobotanical studies and aromatherapy, is the Managing Director of Vitasence.

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### Beauty DIY – Detoxification

A healthy, optimally functioning body has a pH of around 7.5. This means our body should have a mildly alkaline pH in order for us to enjoy vibrant, good health.

However, most people these days have what we call, an acidic body constitution. This is due to long-term accumulation of acidic waste materials and toxins. Excessive consumption of foods like meats, refined carbohydrates like white flour and sugar, carbonated or caffeinated beverages, and other rich, oily and fatty foods leads to the production of such acidic waste materials and toxins. Plus, if these waste materials are not eliminated or excreted from our system regularly due to the lack of fruits, vegetables, certain herbs and whole grains in our diet, we'll then start to feel unwell.

The symptoms may not be serious at first: fatigue, sluggishness, weight gain, skin problems, chronic headaches, yeast infection, etc. However, if we do not pay heed and address the underlying issues, the repercussions of overindulgence may become even more serious as the years go by.

According to Professor Hatori Tasutaro, Head of Akajuiji Blood Centre, at Yokohama Hospital, Japan, acidification of the body in the long run leads to problems like diabetes, cancer, heart diseases, kidneys and liver diseases, which incidentally are on the rise in modern societies. What's more, an acidic body tends to age many times faster too!

Therefore, for good health's and beauty's sake, treat your body kindly. Keep it clean by detoxifying whenever necessary.




### Dos and Don'ts

- Do keep a balanced diet, with proper servings of fruits and vegetables on a daily basis is paramount to overall good health. This allows your body to cleanse itself optimally and safely everyday, which definitely beats extreme detoxification once in a blue moon.
- Do keep your body well supplied with vitamins and minerals from natural food sources during detoxification. Drinking a cup of diluted apple cider vinegar 2 to 3 times daily is a great way to cleanse and nourish your body at the same time.
- Don't starve your body. Starving your body will only slow down its metabolism and consequently, its ability to cleanse and purify itself. Get your sustenance from brown rice, healthy, low fat soups, lots of veggies, fruits and other delicious natural foods.
- Don't overdo detoxification. Too much of anything is bad.
- Do keep your body well supplied with pure water to aid the process of flushing out metabolic waste and toxins through the kidneys. Try not to drink cold water. Consume room temperature or warm water instead.

### Checklist

- Do you need to spring clean your body?
- 1 Do you feel tired most of the time?
  - 2 Do you experience headaches or migraine frequently?
  - 3 Do you feel bloated frequently or have water retention?
  - 4 Do you find it hard to lose weight?
  - 5 Do you have dark circles or bags under your eyes?
  - 6 Do you have skin problems like acne or rashes?
  - 7 Do you experience stuffy nose frequently?
  - 8 Do you have joint pains or body aches?
  - 9 Do you have strong body odour or chronic bad breath?
  - 10 Do you suffer from constipation or diarrhea?
  - 11 Do you feel nauseous frequently?
  - 12 Do you get irritated easily or have frequent mood swings?

A photograph of a refreshing beverage. In the foreground, a clear glass mug with a handle is filled with a light-colored, slightly cloudy liquid. A slice of lime is perched on the rim of the mug. In the background, a glass bowl contains a white, gelatinous substance, likely aloe vera gel. To the left of the mug, several whole limes and several slices of lime are arranged on a light-colored surface. The lighting is soft and natural, highlighting the textures of the ingredients.

一般人均晓得芦荟具有清凉和清理功效。这道提神饮品卡路里含量低，有助于排出体内多余毒素。此外，对于消化不良和便秘也颇有效。

Most of us are familiar with the cleansing and cooling properties of aloe vera. This refreshing dessert is low in calories and is great for ridding the body of excess toxins. For those experiencing indigestion or constipation, this dessert might just offer a natural solution.

Aloe Vera Refresher

芦荟清新汁

排毒妙方 ①



芦荟清新汁 Serves 2 人份  
Aloe Vera Refresher

用料

蜂蜜 适量  
水 1½ 杯  
柠檬汁 ¼ 杯  
酸柑汁 ¼ 杯  
新鲜芦荟 1 棵

做法

- 1 将蜂蜜加入水中搅匀。加入柠檬和酸柑汁拌匀，盖上盖子置入冰箱内冷却。
- 2 芦荟洗净，切除叶边以去黄色汁液。需确保黄色汁液完全清除。
- 3 由上往下切开芦荟皮层，将透明果肉切成小块。
- 4 冰箱取出蜂蜜柠檬汁，加入芦荟果肉拌匀，即可饮用。

Ingredients

some honey  
1½ cups water  
¼ cup lemon juice  
¼ cup lime juice  
1 stalk fresh aloe vera

Method

- 1 Dissolve honey in water. Add lemon and lime juice. Mix well. Cover and chill in the fridge.
- 2 Rinse aloe vera leaf completely. Cut to remove the sides of the aloe vera leaf which contains the yellow sap. Make sure the yellow sap is completely removed.
- 3 Slice away the top and bottom layer of the leaf. Cut the clear gel-like flesh into bite-size cubes.
- 4 Remove honey-lemon juice from the fridge. Add the aloe vera cubes. Mix well and serve chilled.

排毒妙方 ②



泰式木瓜沙拉 Serves 3-4 人份  
Thai Papaya Salad

用料A

青木瓜 1 粒 (300 克)、小红葱 3 粒、  
红包菜 6 片、樱桃番茄 8 粒

用料B

蒜茸 1 大匙、鱼露 4-5 大匙、  
柠檬汁 18-20 大匙、砂糖 适量

做法

- 1 木瓜洗净去皮和籽，切成小条；小红葱去皮洗净，切成丝状；红包菜洗净切丝；番茄洗净切半。
- 2 将所有用料A置入大碗中。
- 3 另一碗中，加入用料B拌匀。倒入材料A碗中拌匀即可。

注意：胃炎患者或具有酸性胃者，不适宜食用此道沙拉佳肴。

Ingredients A

1 small green papaya (300g)  
3 shallots  
6 leaves red cabbage  
8 cherry tomatoes

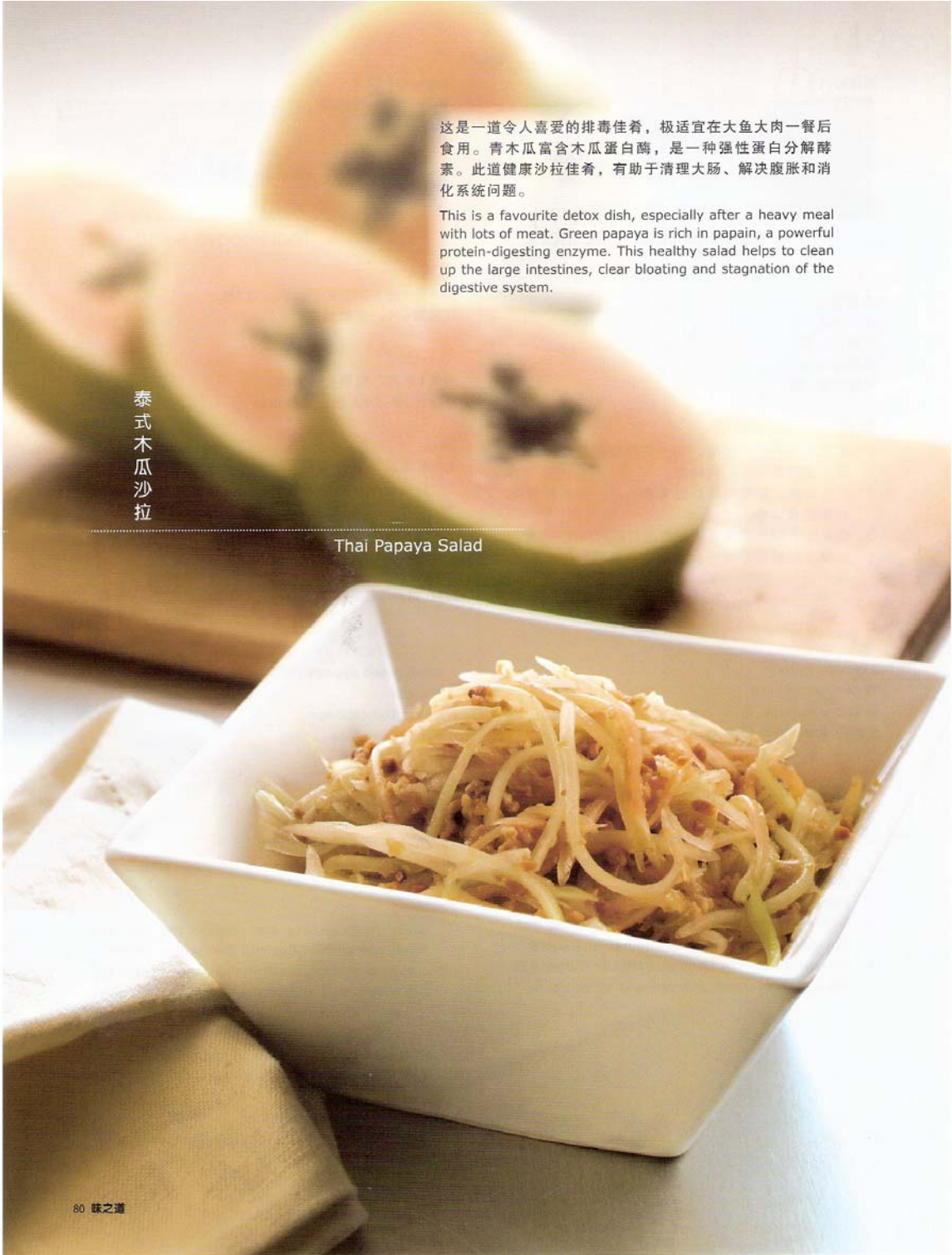
Ingredients B (Dressing)

1 tbsp minced garlic  
4-5 tbsp fish sauce  
18-20 tbsp fresh lemon juice  
some brown sugar

Method

- 1 Wash green papaya and remove the skin and seeds completely. Cut into thin strips. Remove skin from shallots. Wash shallots and red cabbage separately and cut into shreds. Wash cherry tomatoes and cut into halves.
- 2 Place all Ingredients A into a large bowl.
- 3 In another bowl, combine Ingredients B together and mix well. Pour into the bowl of salad. Toss well and serve.

Caution: Do not consume if you have gastritis or an overly acidic stomach.



这是一道令人喜爱的排毒佳肴，极适宜在大鱼大肉一餐后食用。青木瓜富含木瓜蛋白酶，是一种强性蛋白分解酵素。此道健康沙拉佳肴，有助于清理大肠、解决腹胀和消化系统问题。

This is a favourite detox dish, especially after a heavy meal with lots of meat. Green papaya is rich in papain, a powerful protein-digesting enzyme. This healthy salad helps to clean up the large intestines, clear bloating and stagnation of the digestive system.

泰式木瓜沙拉

Thai Papaya Salad