



关心你的健康：
向关节痛
SAY NO!

Say No to Joint Pain!

关节的健康,一测就知!

Is Your Joint Healthy Enough? Let's test!

颈椎!

Cervical Spine



1 起床时

- 颈部僵硬?
- 活动受限?
- 头晕脑胀?

肘关节&腕关节!

Elbow & Wrist Joint



3 伸手触及远处时

- 手臂一阵酸麻?

髋关节!

Hip Joint



5 上下楼梯

- 听到关节的摩擦声?
- 甚至会觉得左右打晃?

踝关节!

Ankle Joint



7 小跑或快走

- 脚踝会有突然的刺痛感?



2 手提重物

- 肩部发沉?
- 手臂酸痛?



4 弯腰时

- 伸展吃力?
- 腰背酸痛?



6 下蹲后

- 难以站起?
- 胯部酸胀?
- 两腿发软?

肩关节&肘关节!

Shoulder & Elbow Joint

腰椎!

Lumbar Spine

膝关节!

Knee Joint

以上情况出现过吗? 如果其中一种情况曾发生, 就要注意你的关节健康了。

Have you experience scenarios above? If any of these happen to you, you have to start taking care of your joint health.

为什么会有关节问题？

Why do we have joint problems?

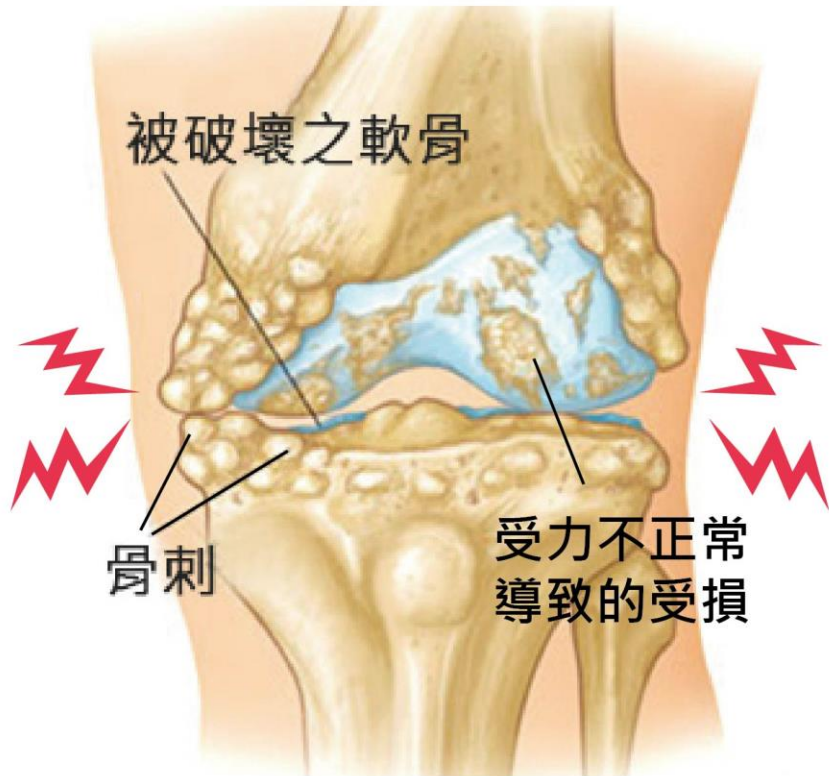
**退化性
关节炎**
Degenerative
Arthritis



退化性关节炎

Degenerative arthritis

退化性關節炎之關節



- **最普遍的关节炎**
Most common type of arthritis
- **当软骨磨损，骨头相互摩擦，导致疼痛、肿胀以及僵硬。**
When the cartilage wears away, bone rubs against bone, causing pain, swelling and stiffness.
- **当骨头长时间摩擦，促成骨头本身的修复及增生，形成骨刺。**
When bones rub against each other for a long time, body tries to repair itself by building extra bone and bone spurs form.






退化性關節炎

Degenerative arthritis

膝蓋退化分級

(根據 Kellgren-Lawrence Grading Scale)

骨科蔡依樽醫師 <http://good-bone.com>

0 級	1 級	2 級	3 級	4 級
無明顯退化之證據	軟骨輕微磨損 骨刺隱約可見 關節空隙正常 硬骨沒有變白 硬骨未變形	軟骨輕度磨損 明顯骨刺 關節輕微變窄 硬骨沒有變白 硬骨未變形	軟骨中度磨損 明顯多處骨刺 關節明顯變窄 硬骨輕微變白 硬骨未明顯變形	軟骨已經磨穿 明顯多處骨刺 關節空隙更窄 硬骨明顯變白 硬骨磨損變形
				

性别 Gender
(女性最常见
More common in
women)



肥胖症
Obesity



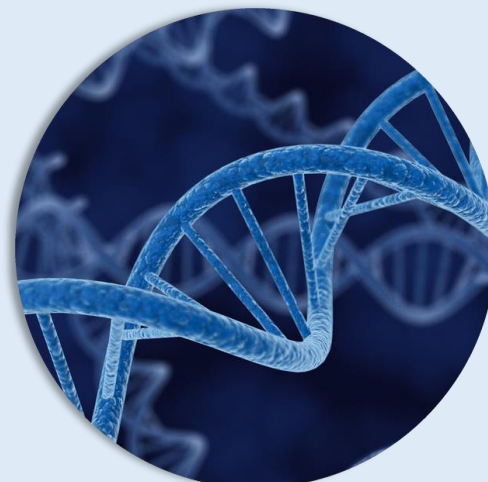
**之前的关节损伤
或疾病**
Previous joint
injury or
diseases



退化性 关节炎 风险因素

Degenerative arthritis
risk factors

年龄 Age
(超过40岁以上
Late 40s onwards)



基因 Genetic

为什么会有关节问题?

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**退化性
关节炎**

Degenerative
Arthritis

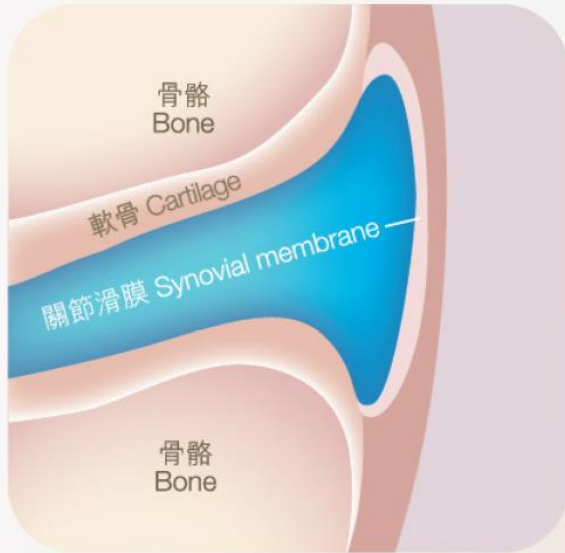
**炎症性
关节炎**

Inflammatory
Arthritis

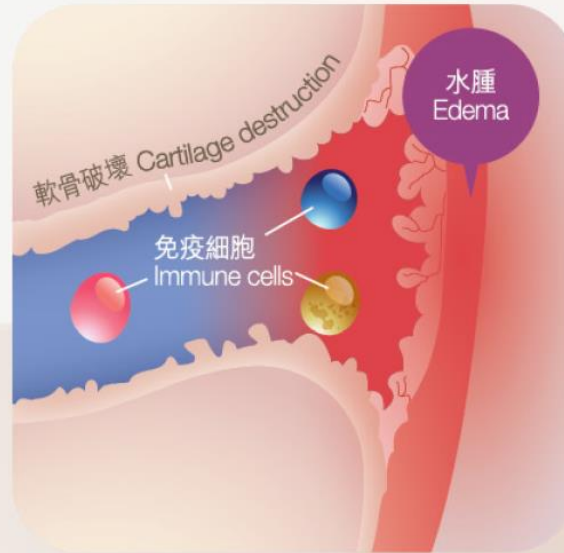
炎症性关节炎

Inflammatory arthritis

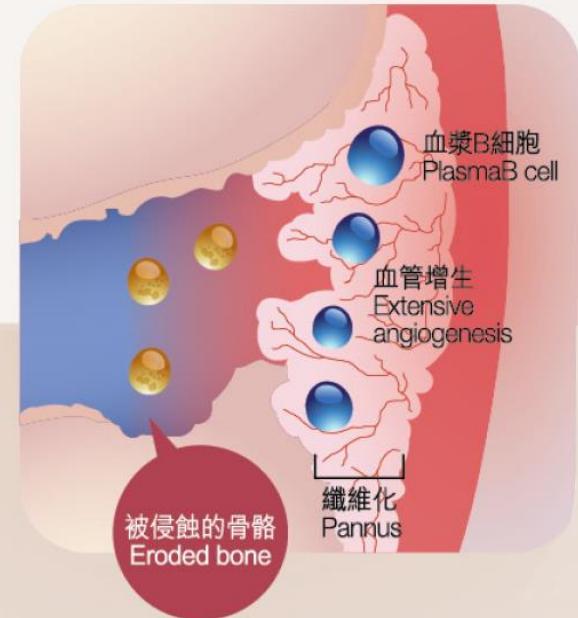
正常關節
Normal Joint



早期發炎的關節
Early Inflammation



長期發炎的關節
Progressive Destruction



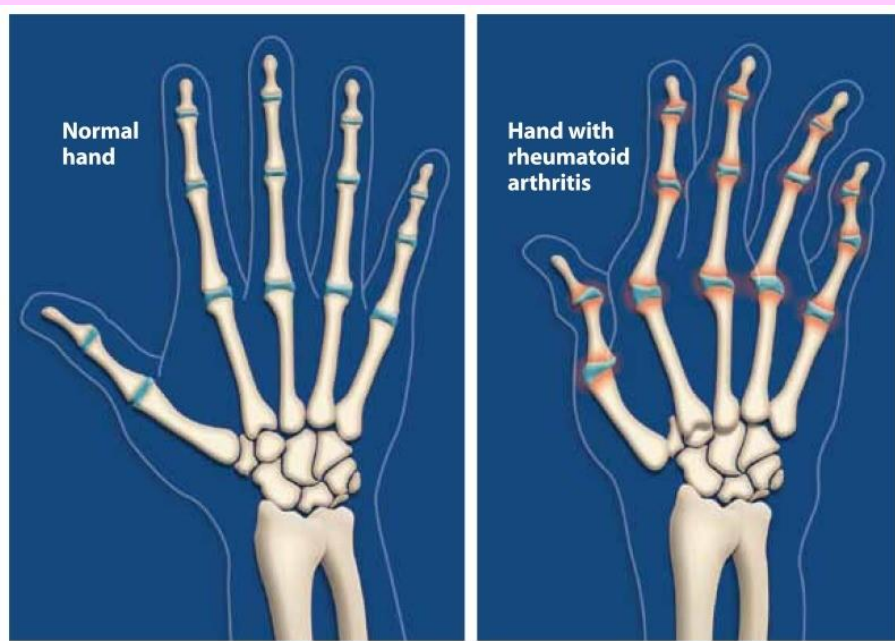
- **免疫细胞错误攻击关节而引起炎症，骨质逐渐被侵蚀。**
Immune cells mistakenly attacking the joints with uncontrolled inflammation and causing bone erosion.
- **导致骨骼疏松症，甚至永久失去活动能力。**
Lead to osteoporosis and even joint's mobility is permanently lost.

炎症性关节炎

Inflammatory arthritis

类风湿性关节炎

Rheumatoid arthritis



牛皮癣性关节炎

Psoriatic Arthritis



关节肿胀

手和脚膨胀像香肠

Inflammation of joint, lead to appearance of
“sausage fingers or toes.”

炎症性关节炎

Inflammatory arthritis

类风湿性关节炎

Rheumatoid arthritis



通常发生在手、脚及腕
Mostly affected hands, feet & wrists

牛皮癣性关节炎

Psoriatic Arthritis



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炎症性

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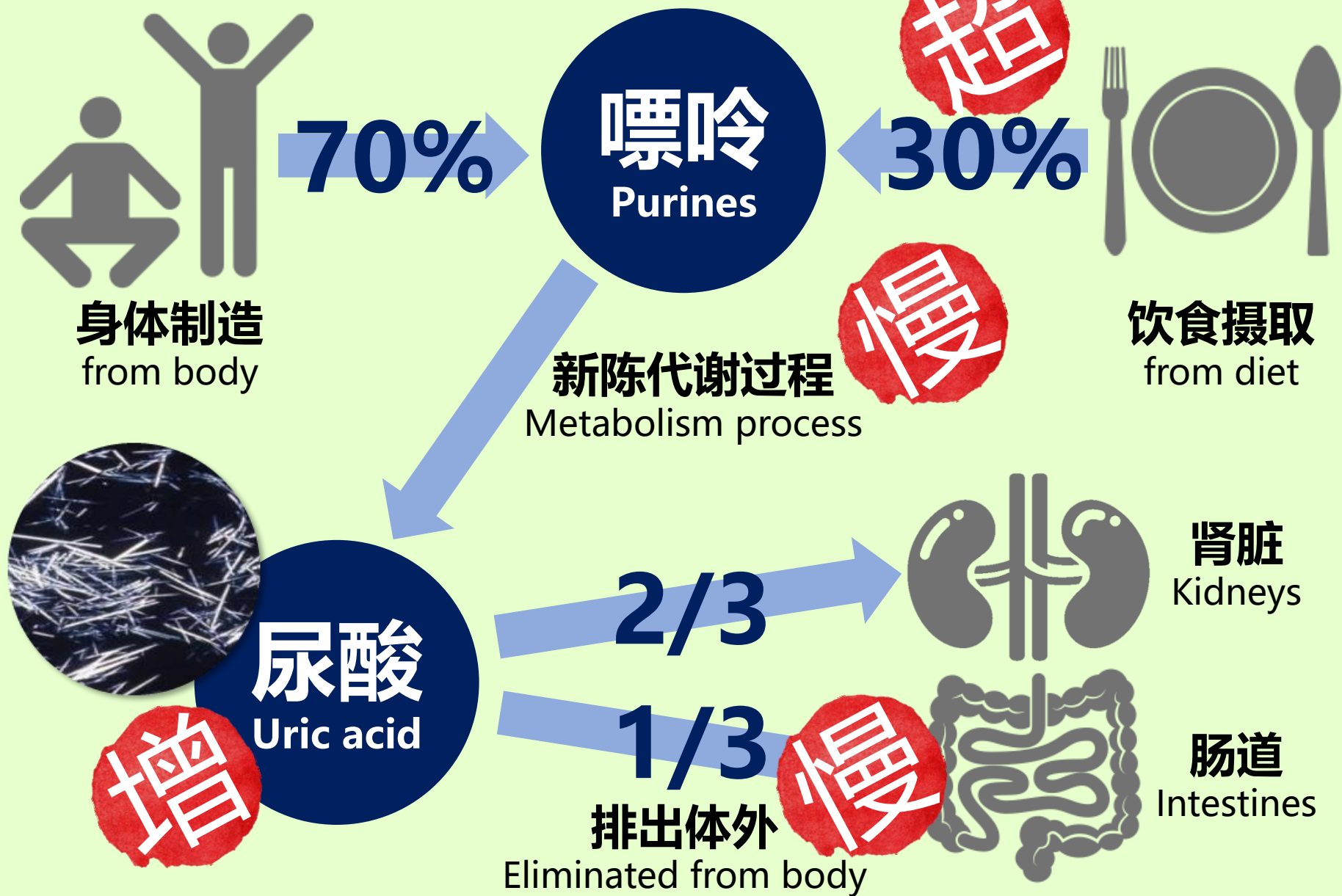
代谢性

关节炎

Metabolic
Arthritis

代谢性关节炎

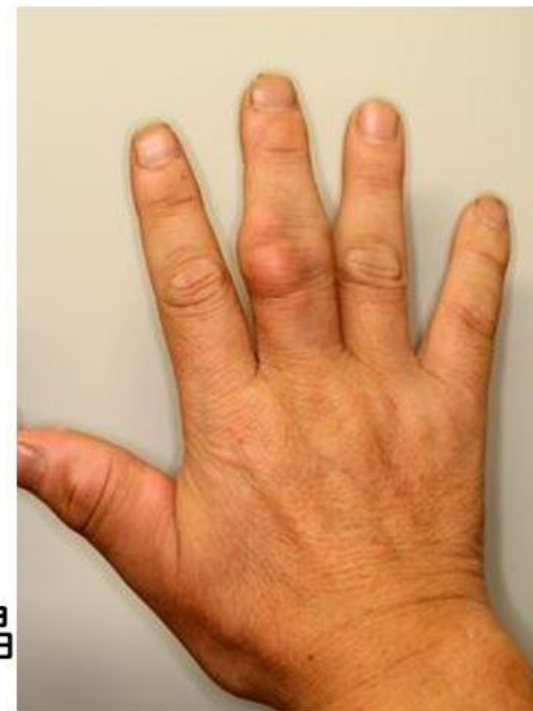
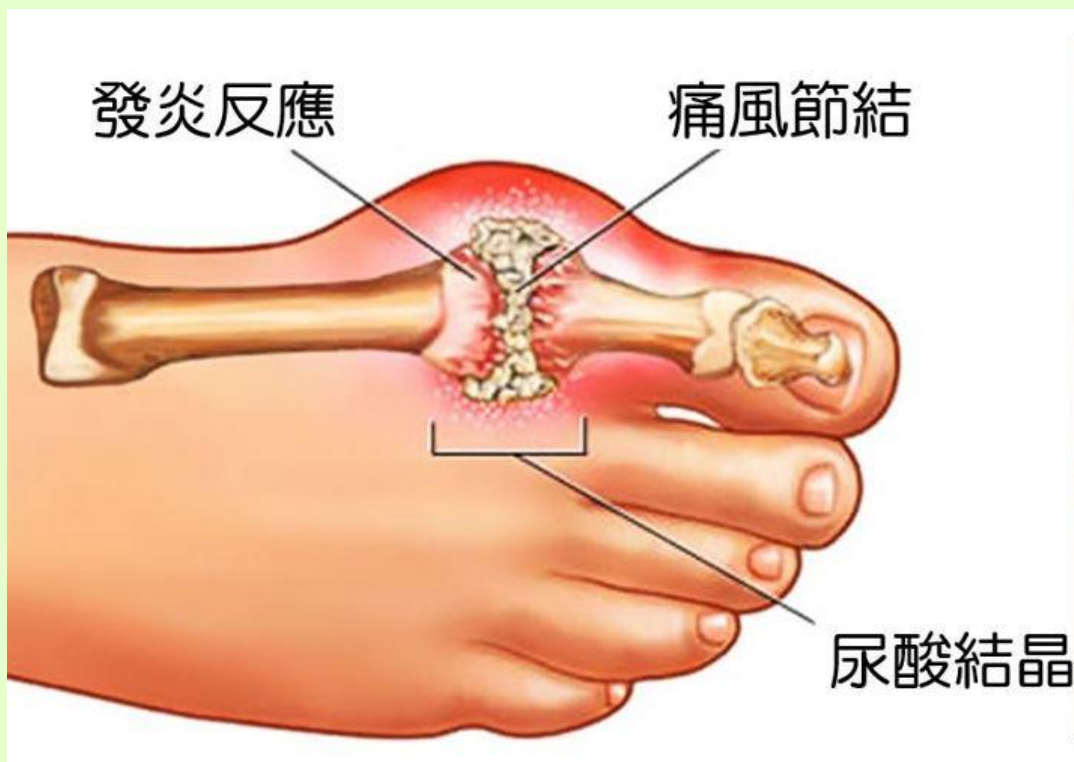
Metabolic arthritis



代谢性关节炎

Metabolic arthritis

痛风 Gout



- 针状一样的尿酸结晶会沉积在关节处，引起突发性的关节刺痛。

Needle-like crystals uric acid deposit at the joint, resulting in sudden spikes of extreme joint pain.

痛风，病人手脚痛，亲人心里痛，家庭经济痛，医生因找不到好药脑袋痛……

痛风吃出来的富贵病



资料图片

痛风是一种古老的疾病，也是世界性疾病，生活水平越高的国家，发病率越高。在我国，痛风正随着人们的生活水平提高发病率也逐年升高，已成为仅次于糖尿病的第二大代谢性疾病。

痛风发病率与年龄、性别、职业、饮食结构有直接关系。在我国，痛风主要侵害生活富足、运动量小、应酬多、喜好喝酒、吃肉等高嘌呤食物的中老年人。

嘌呤是合成尿酸的重要原料，痛风主要是因为长期吃高嘌呤食物，体内尿酸合成酶紊乱，致使血尿酸值升高，进而尿酸沉积，侵蚀关节和肾脏，形成痛风石、肾结石和肾衰竭。

全国痛风攻关组在藏医药治疗痛风精髓基础上，研制成功的新型特效藏药“痛风安”，可迅速降尿酸，保肝护肾，溶解痛风石，修复受损关节，是目前国内先进的痛风新药。

痛风资讯

痛风防治提上议事日程

随着人们物质文化生活的不断提高，痛风病的发病率也不断上升，很多应酬多、富裕起来的人，特别是中壮年都受到痛风的威胁。为了让更多的人了解痛风相关知识，认识痛风对人类的危害，提高人们防治痛风的意识，2005年1月中国医药教育协会在北京启动“痛风康复工程”，向全国推广痛风防治知识，向痛风患者推广痛风特效藏药“痛风安”，把痛风危害减到最低限度。

同时，全国痛风康复工程在湖南省也设立了痛风康复指导专家小组，并开通了康复热线0731-6252588，为全省痛风病人服务。

湖南省专家小组在长沙市雨花区红十字会东



社区活动现场

地门诊部开展了社区康复行动，患者可免费领取痛风防治《康复手册》一本及VCD光碟一张，许多痛风患者加入到康复的行列，在专家的科学指导下，获得很好的治疗效果。

⊕ 小常识

哪些食物易致痛风

- 1、动物内脏：如脑、心、肝、肾脏、猪肚、牛肚、大肠等。
- 2、家禽家畜肉：如鸡、鸭、鹅、兔、鸽、狗、驴、马等。
- 3、海鱼海鲜：沙丁鱼、鳗鱼、凤尾鱼、海参、海虾、蟹类等。
- 4、其他：芦笋、香菇、紫菜、菠菜、豆类、啤酒等。

痛风

Gout

怎么吃出来?

How can you get gout from diet?



海鲜

Seafoods

肉类& 内脏

Meat &
organs



酒精

Alcohols



为什么会有关节问题?

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退化性

关节炎

Degenerative
Arthritis

炎症性

关节炎

Inflammatory
Arthritis

代谢性

关节炎

Metabolic
Arthritis

传染性

关节炎

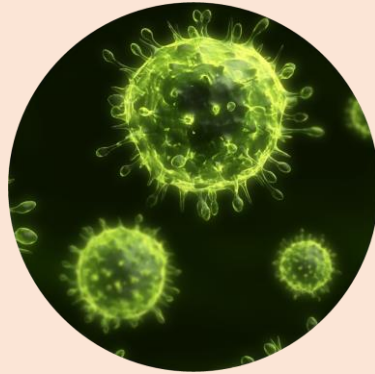
Infectious
Arthritis

传染性关节炎

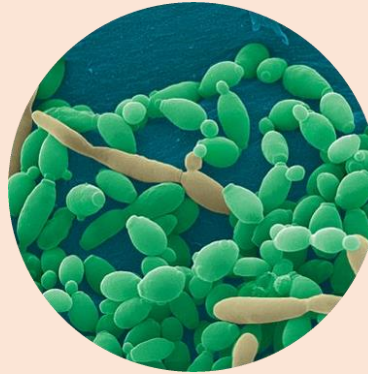
Infectious arthritis



细菌
Bacteria



病毒
Virus



霉菌
Fungus

Eg:

- **金黄色葡萄球菌**
Staphylococcus aureus
- **C型肝炎/兹卡病 / 艾滋病**
Hepatitis C/ Zika/ HIV
- **念珠菌感染**
Candida infection

1. 病菌或病毒的感染病，通过血液去到关节。

An infection of bacterium, virus or fungus spread through bloodstream and affect joints.

2. 关节处或附近被刺破有伤口、药物注射或手术，让病菌或病毒进入。

A puncture wound, drug injection, or surgery in or near a joint can give the germs entry into the joint space.

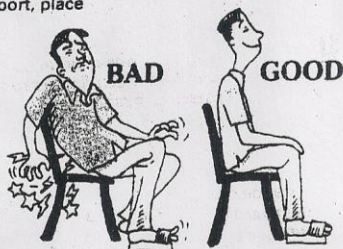
养回健康的关节!

Get back your healthy joints!

SITTING

To reduce pressure on spinal disks, it's important to support the back's "lumbar curve". If your chair doesn't provide this support, place

a small pillow between the back of your chair and the area just above your buttocks. It's also important to have your seat at a height that puts your thighs parallel to the floor.



STANDING

GOOD



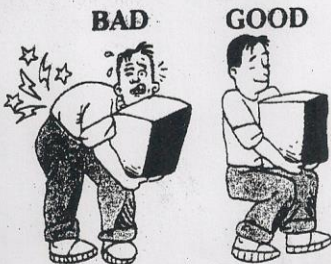
BAD



Try to stand as straight as possible, with buttocks tucked in and shoulders pulled back. If you must stand for extended periods, a small footrest can reduce fatigue by allowing you to shift your weight.

LIFTING

Lift with your legs, not your back. Keep your spine as vertical as possible, doing a "deep knee bend" if necessary.



BENDING

BAD



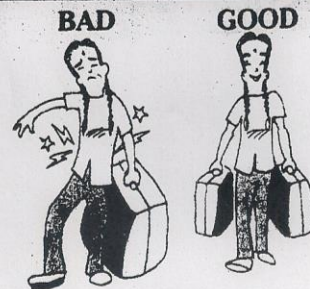
GOOD



Few maneuvers put as much stress on spinal disks as bending forward at the waist. Avoid this as much as possible by bending with your legs.

CARRYING

Keep loads as close to your body as possible, and if carrying two objects at a time, try to keep them similar in size and weight.



SLEEPING

BAD



GOOD



Sleep either flat on your back or curled up like a baby. Raising the knees slightly by tucking a small pillow under them can further reduce stress on the spine, as can sleeping on a firm to semifirm mattress.

改善不良习惯

Change unhealthy habits

1. 坐姿 When sitting
2. 站姿 When standing
3. 提重物 When lifting
4. 弯腰 When bending
5. 手提 When carrying
6. 睡姿 When sleeping

养回健康的关节!

Get back your healthy joints!

改善不良习惯

Change unhealthy habits

健康饮食习惯

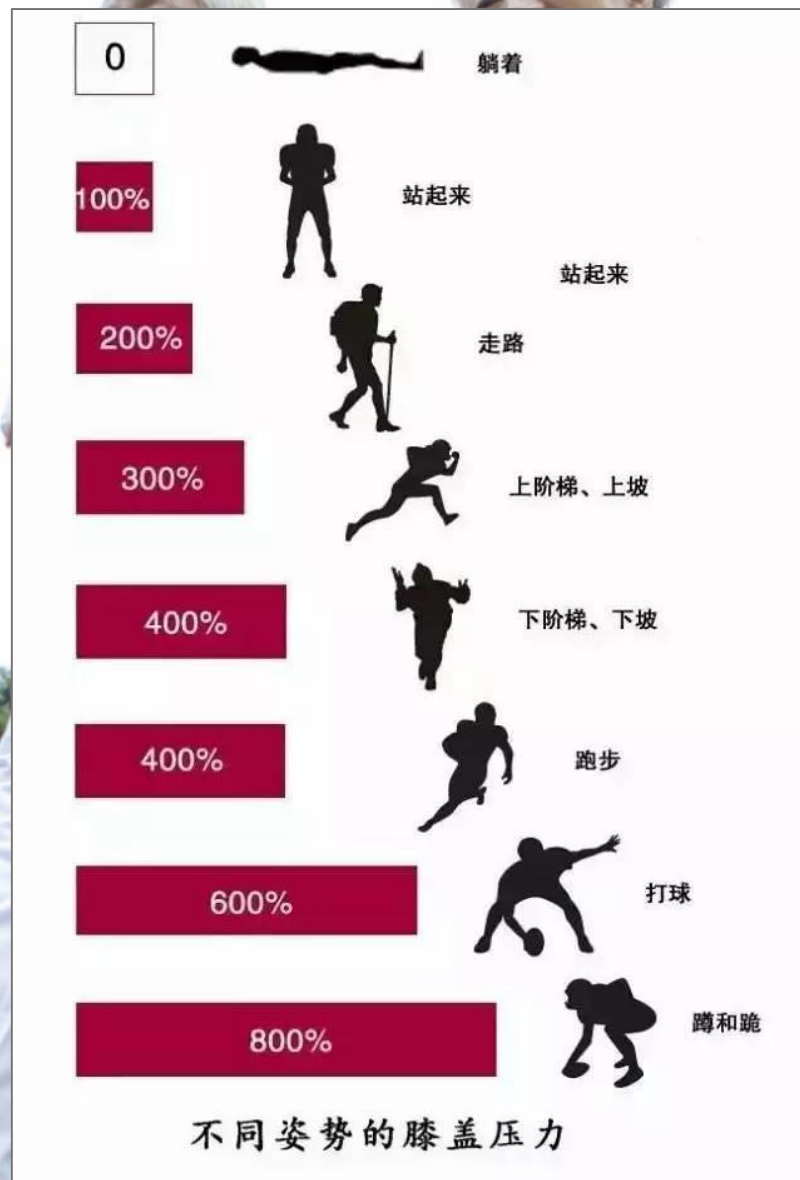
Healthy eating habits

多喝水

Drink more water

多运动

Frequent exercise



养回健康的关节!

Get back your healthy joints!

改善不良习惯

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健康饮食习惯

Healthy eating habits

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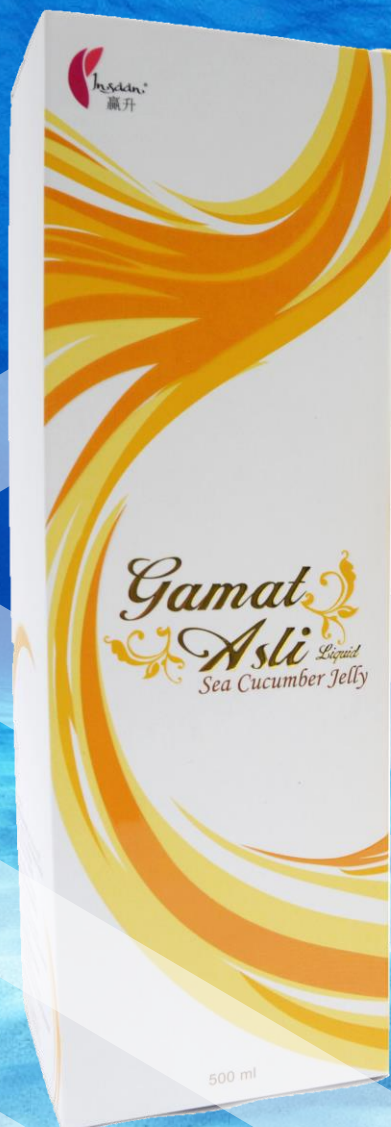
多运动

Frequent exercise

吃保健品

Take supplements





金海参 *Gamat Asli*

海洋的奇迹!
Miracle From the Sea!

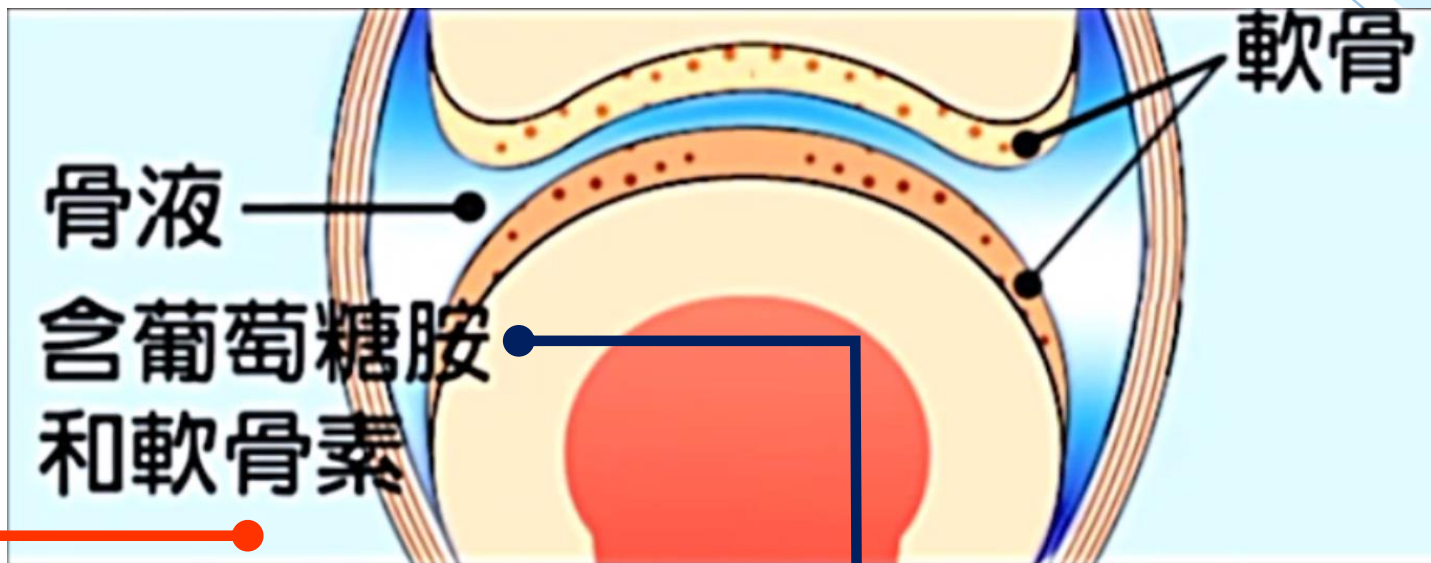


金海参的功效

The Functions of Gamat Asli

1. 关节健康

Joint Health



**修复受损的软骨组织，促进关节骨液的形成，
减少发炎症状。**

Repair damaged cartilage tissues, promote production of fluid around the joints, reduce inflammation.

**大量集中于关节的软骨中，
可以使软骨细胞保有足够的水分以达到缓冲、润滑的作用。**

Major component of cartilage that helps it retain sufficient water which is important for cushioning and lubrication.

金海参的功效

The Functions of Gamat Asli

1. 关节健康

Joint Health

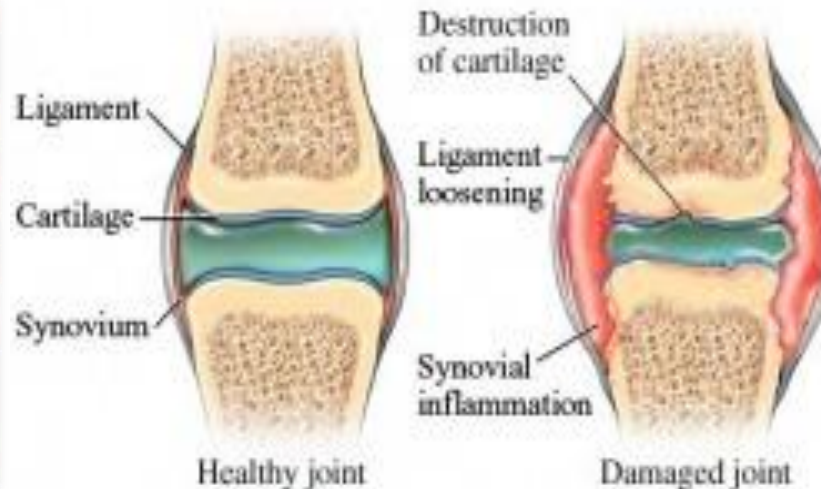
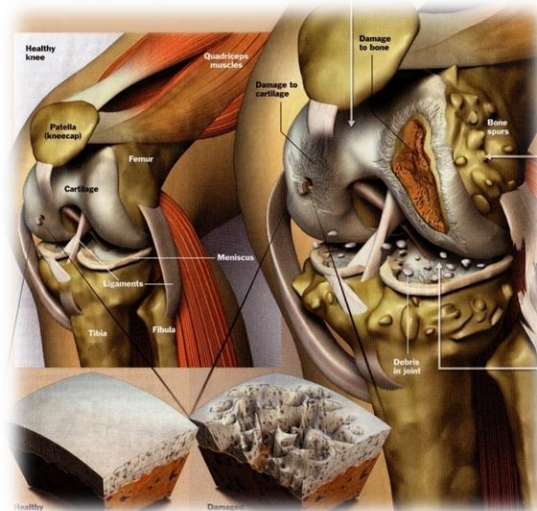
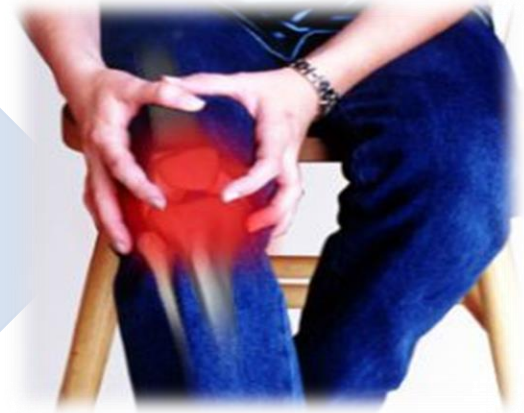
软骨素与
葡萄糖胺

Chondroitin
sulphate &
Glucosamine

- 修复关节细胞 Repaired damaged cell
- 减缓关节疼痛 Reduce joint pain
- 抗炎作用 Prevents inflammation

骨骼关节救星

Helps in bone joint



金海参的功效

The Functions of Gamat Asli

2. 心脏和血液健康

Heart and Blood Health

粘多糖

Muco-
polysacharides

– 调节血糖、血压

Regulate blood sugar & pressure level

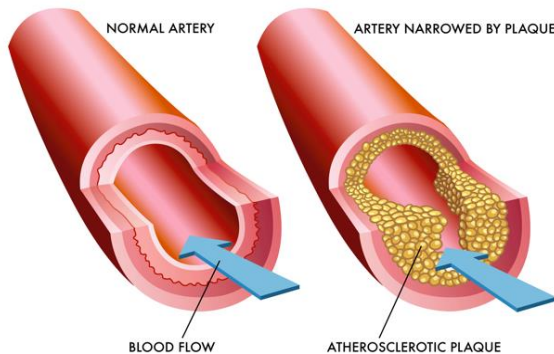
– 降低坏胆固醇、三酸甘油脂

Reduce Bad cholesterol & Triglycerides



“三高”患者食疗佳品

Best supplement for patients with 3 high



净化血液

Helps purify blood



将尿酸结晶排出体外

Helps to eliminate uric acid crystals



尿酸结晶
Uric acid
crystals



尿酸高导致的痛风

High uric acid leads to gout

将酸性毒素统统清除干净

Elimination of acidic toxins from body



金海参

GAMAT ASLI

• 净化血液

Purify blood

• 润肠通便

Nourish intestines

COLUMBUS

• 碱性 矿物质

Alkaline with
minerals

• 小水分子

Small molecules

COLUMBUS

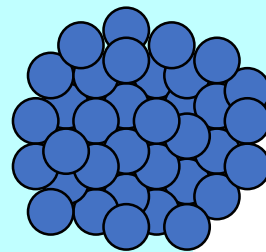


一个突破性发明，采用独特氢碱性矿物质 (类似山水) 来制造富含矿物质的碱性小分子水。

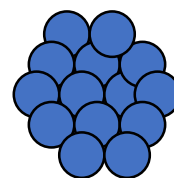
A breakthrough invention using a proprietary hydrogen alkaline mineral (similar to the mountain water) to produce micro-cluster alkaline water that is rich in minerals.



大水分子
Big molecule water



VS



小水分子
Small molecule water

小的水分子团容易渗透细胞

Small cluster of water molecules enter the cell easily

6x更容易被身体吸收!

6 times more easier to be absorbed by body!



尿酸高导致的痛风

High uric acid leads to gout

将酸性毒素统统清除干净

Elimination of acidic toxins from body



金海参

GAMAT ASLI

• 净化血液

Purify blood

• 润肠通便

Nourish intestines

COLUMBUS

• 碱性 矿物质

Alkaline with
minerals

• 小水分子

Small molecules

细胞食物

CELLFOOD®

• 水解科技

Water Splitting
Technology

• 129种营养素

129 nutrients

CELLFOOD® 细胞食物



水解科技 Water Splitting Technology



帮助消除自由基

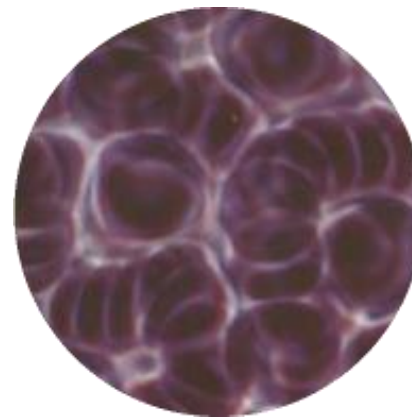
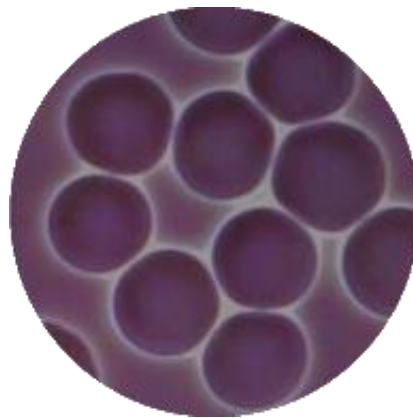
Eliminates free radicals

增加体内含氧量

Increases body oxygen level

细胞有足够的
氧气就会进行
有氧呼吸

Cells will carry out
aerobic respiration with
sufficient amount of
oxygen



细胞没有足够的
氧气就会进行
厌氧呼吸

Cells will carry out
anaerobic respiration if
insufficient amount of
oxygen

CELLFOOD® 细胞食物



129+

营养素
NUTRIENTS

78种矿物质和微量元素

78 ionic trace minerals and elements

34种酵素

34 enzymes

17种氨基酸

17 amino acids

电解质

Super electrolytes



尿酸高导致的痛风

High uric acid leads to gout

将酸性毒素统统清除干净

Elimination of acidic toxins from body



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• 碱性 矿物质

Alkaline with
minerals

• 小水分子

Small molecules

细胞食物

CELLFOOD®

• 水解科技

Water Splitting
Technology

• 129种营养素

129 nutrients

引藻®

PEPAR LIFE

• PPARs活化剂

PPARs activators

• 健康三认证

3 Health Food
Certifications

INSAAN

引藻®

PEPAR·LIFE



唯一
藻类食品
获得台湾卫生
署颁发的
健康
三认证

The sole algae's health
product received
3 certifications issued by
the Taiwan Department Of
Health



有助于改善糖尿病

Helps to improve Diabetes

有助于改善LDL和三酸甘油酯

Helps to improve LDL and Triglyceride

有助于调节免疫

Helps to regulate immunity

氨基酸

Amino Acid

维他命

Vitamin

矿物质

Minerals

生长因子

Growth factor

胡萝卜素

Beta-carotene

藻蓝蛋白

Phycocyanin

叶绿素

Chlorophyll

PPARs 活化剂

PPARs activator



尿酸高导致的痛风

High uric acid leads to gout

将酸性毒素统统清除干净

Elimination of acidic toxins from body



金海参

GAMAT ASLI

- 净化血液
Purify blood
- 润肠通便
Nourish intestines

COLUMBUS

- 碱性
矿物质
Alkaline with
minerals
- 小水分子
Small molecules

细胞食物

CELLFOOD®

- 水解科技
Water Splitting
Technology
- 129种营养素
129 nutrients

引藻®

PEPAR LIFE

- PPARs活化剂
PPARs activators
- 健康三认证
3 Health Food
Certifications



自体免疫病导致的关节炎

Autoimmune diseases lead to joint inflammation

抑制过度活跃的免疫系统

Suppressing an overactive immune system



引藻®

PEPAR LIFE

• PPARs活化剂

PPARs activators

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3 Health Food
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INSAAN 引藻® PEPAR·LIFE



唯一藻类食品获得台湾卫生署颁发的健康三认证:

The sole algae's health product received 3 certifications issued by the Taiwan Department Of Health



有助于调节免疫

Helps to regulate immunity



台湾国家卫生研究院

National Health Research Institute



台湾国立成功大学

Taiwan Cheng Kung University

之前
Before



之后
After



之前
Before



之后
After



引藻帮助 牛皮癣和牛皮 癣关节炎病患

Cryptomodales helps in
psoriasis and psoriatic
arthritis

疼痛指数
达50%
Pain score reduced
by 50%



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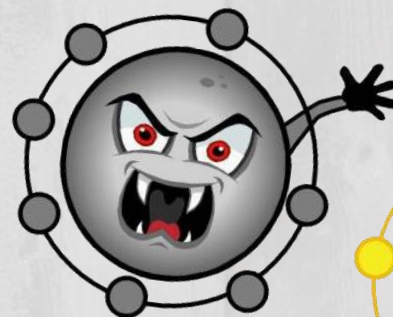
3 Health Food
Certifications

金海参

GAMAT ASLI

• **皂甙具消炎
作用**

Saponins able to
reduce
inflammation



自由基

Free radicals



身体细胞

Body cells

自由基破坏身体细胞

Free radicals damage body cells



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- 水解科技
Water Splitting
Technology

银子弹

SILVER BULLET

- 抗自由基
Fight against free
radicals
- 抗发炎
Anti-inflammatory

银子弹 Silver Bullet

草莓

Strawberry



木瓜叶萃取

Papaya Leaf
Extract



玫瑰茄萃取

Roselle Extract



刺果番荔枝
叶萃取

Soursop
Leaf Extract



甜菜根萃取

Beetroot
Extract



熟香蕉萃取

Ripe Banana
Extract



抗炎

Anti-
inflammatory

抗病

Anti-disease

抗氧化

Antioxidant

抗贫血

Anti-anemia

抗癌

Anti-cancer





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Fight against free
radicals
- 抗发炎
Anti-inflammatory



细菌病毒感染的关节炎

Joint inflammation that caused by bacteria or virus

增强免疫系统

Enhancing immune system



引藻®

PEPAR LIFE

- PPARs活化剂
PPARs activators
- 健康三认证
3 Health Food
Certifications

金海参

GAMAT ASLI

- 皂甙具抗菌作用
Saponins with anti-
bacterial effect

细胞食物

CELLFOOD®

- 水解科技
Water Splitting
Technology

CRYOBAC 193

益生菌

- 消除坏菌
Fight against bad
bacteria
- 增强免疫力
Enhance immunity



向关节痛 SAY NO, 生活更精彩!

Say No to Joint Pain, life gets better!