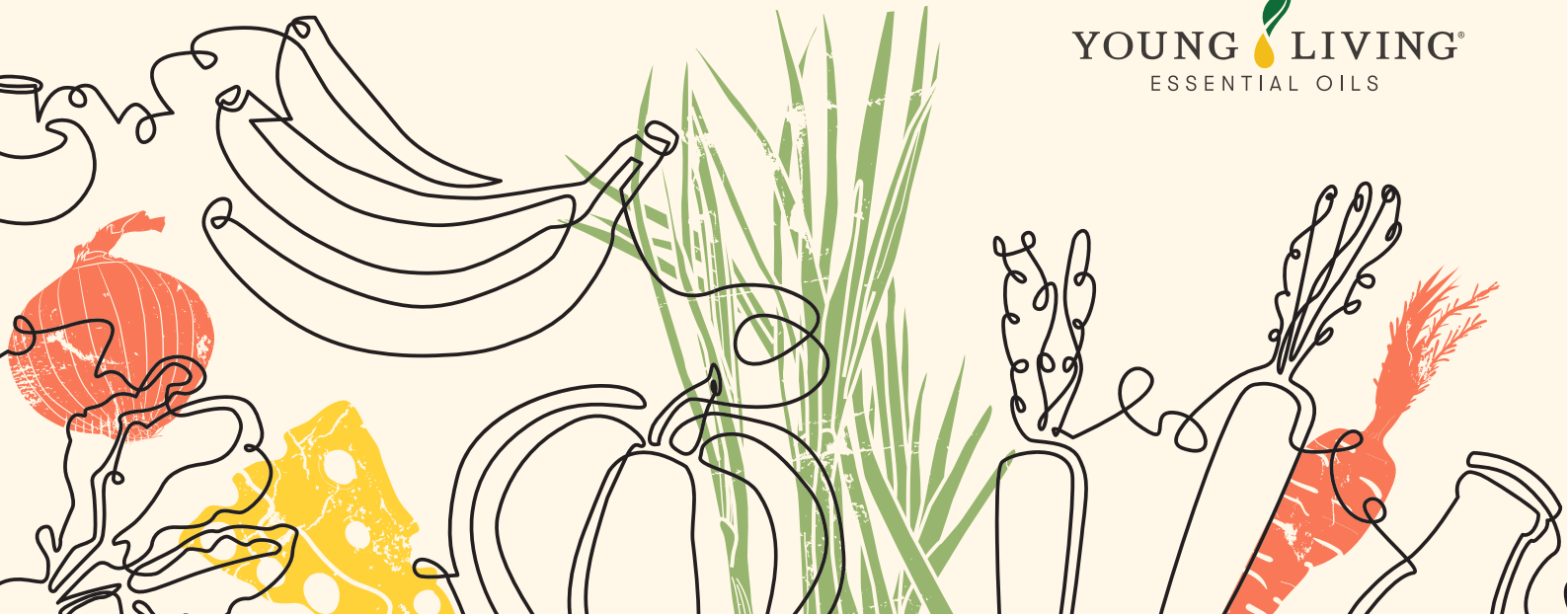




# Cleansing 21



YOUNG LIVING<sup>®</sup>  
ESSENTIAL OILS



## 排毒系統的重要器官

### Vital organs of the *detoxification system*

我們的生活環境充斥著各種毒素，如空氣污染物、食物添加劑和市面清潔劑的化學物質等，若長期接觸毒素令身體排毒機制超負荷，毒素便會積聚於體內，這現象稱為「生物累積」。體內累積過多毒素，便會容易導致肥胖、皮膚問題、腹脹、口臭等情況。

Our living environment is full of various toxins, such as air pollutants, food additives, and chemical substances from detergents. When continuous exposure to toxins overloads the body's detoxification mechanism, the toxins will accumulate in the body and this is known as "Bioaccumulation". Excessive toxins accumulation in the body can easily lead to obesity, skin problems, bloating, bad breath, etc.

我們的消化道每天無間斷處理食物的消化吸收，而現代人「大魚大肉」的飲食習慣亦加重了消化系統的負擔，長期超負荷工作更令消化酵素分泌不足，導致消化不良。此外，纖維素攝入不足亦會令廢物停留在腸道的時間較長，容易令毒素囤積體內。

除了消化道外，肝臟亦是控制身體排毒系統的重要器官，因為它能在「解毒第一階段」把脂溶性毒素轉化水溶性中間物，並在「解毒第二階段」把中間物轉化成水溶性的無毒物質，並排出體外。而喝酒、吸煙等不良習慣均會為身體帶來大量毒素，加重肝臟解毒的工作負擔。

Our digestive tract keeps handling digestion and absorption without rest. "Heavy" eating habits nowadays increase the burden on the digestive system. Prolong overload with work makes the secretion of digestive enzymes insufficient, leading to indigestion. Moreover, insufficient fiber intake causes the waste to stay in the gut for a longer time, which leads to toxins accumulation in the body.

Apart from the digestive tract, the liver is also an important organ in our body detoxification system. Liver converts fat-soluble toxins into water-soluble intermediates in the "Phase 1 detoxification" and further into water-soluble non-toxic substances in the "Phase 2 detoxification", and then excrete them out of the body. Bad habits such as drinking, smoking will bring a lot of toxins to the body and increase the burden of liver.





# 透過以下的小測試， 了解自己身體毒素的水平！

Take the following quiz, to understand your body's level of toxins!

1分	肌膚粗糙，面色不佳 <small>Rough skin and poor complexion</small>
1分	不能每天排便 <small>Can't defecate every day</small>
1分	睡前4小時內仍然進食 <small>Eat within 4 hours before sleep</small>
1分	偶爾感到胃內有翻騰或攪拌感 <small>Stomach occasionally rumbles or churns</small>
1分	喜歡吃甜點或煎炸食物 <small>Always eat desserts or fried food</small>
1分	經常進食加工食物(如麵包、罐頭食物、即食麵、汽水零食等等) <small>Often eat processed food (e.g. Bread, canned food, instant noodles, soft drinks, snacks, etc.)</small>
1分	每日喝不足8杯水 <small>Drink less than 8 cups of water every day</small>
1分	每天只吃2份以下蔬果 <small>Eat less than 2 portion of fruit and Vegetables everyday</small>
1分	經常喝酒 <small>Consume alcohol frequently</small>
1分	有吸煙習慣 <small>Is smoker</small>
1分	熬夜 <small>Stay up late</small>
1分	睡眠時間不足6小時(包括6小時) <small>Sleep 6 hours or less</small>
1分	生活壓力大 <small>Stressful life</small>
1分	容易疲倦 <small>Get tired easily</small>
2分	身體脂肪比例高(男性:>25%，女性:>30%) <small>High body fat ratio</small>
2分	身體質量指數高於22.9 (BMI = 體重(kg)/身高平方(m) <sup>2</sup> ) <small>BMI higher than 22.9 (BMI=weight (Kg)/ height (m)<sup>2</sup>)</small>

1-2分

身體狀況不錯但不要鬆懈，建議攝取均衡營養以維持健康  
You are in good physical condition, keep it up with a balanced diet to maintain good health.

3-9分

需要逐漸改善生活習慣，以免健康狀況走下坡，建議定期進行「Cleansing 21」淨化計劃，為身體大掃除  
You need to gradually improve your living habits to prevent your health from going downhill. You are recommended to carry out the "Cleansing 21" Program to cleanse your body regularly.

10分  
或以上

需要改變生活習慣，建議立即進行「Cleansing 21」身體淨化計劃  
It's time to change your living habits, start "Cleansing 21" Program now!

# 甚麼是「Cleansing 21」身體淨化計劃？

What is "Cleansing 21" Program?

「Cleansing 21」身體淨化計劃是透過建立健康飲食習慣及以營養補充品輔助，為身體提供均衡營養，並減低毒素攝取及身體負荷，另外配合適當運動改善身體新陳代謝，達到清腸、淨肝的效果！  
這個淨化計劃將會循序漸進，逐個星期增加素食餐數和運動強度，21日內「三管齊下」令身體變得更輕盈！

"Cleansing 21" Program is to provide the body with balanced nutrition through the establishment of healthy eating habits, aided by nutritional supplements, to reduce the level of toxins and body load. In addition, with appropriate exercise to improve the body's metabolism, to achieve better gut and liver cleansing! Through gradual increase in number of vegetarian meals and intensity of exercises, this program helps you attain a lighter body in 21 days from 3 aspects!

	產品 PRODUCTS	飲食 DIET	運動 EXERCISES
 <p>第一星期 The 1<sup>st</sup> week</p>	<ul style="list-style-type: none"> <li>Life 9</li> <li>Essentialzymes-4</li> <li>ComforTone</li> <li>JuvaTone</li> </ul>	<p>每日一餐素食</p> <p>One vegetarian meal per day</p>	<ul style="list-style-type: none"> <li>每日拉筋 Stretch everyday</li> <li>進行2次20分鐘急步行或慢跑 Perform two 20-minutes fast walks or jogs</li> </ul>
 <p>第二星期 The 2<sup>nd</sup> week</p>	<ul style="list-style-type: none"> <li>Life 9</li> <li>Essentialzymes-4</li> <li>ComforTone</li> <li>JuvaTone</li> </ul> <p>另可配合：</p> <ul style="list-style-type: none"> <li>Slique Shake 代餐</li> <li>Slique Essence 複方精油</li> </ul>	<p>每日兩餐素食</p> <p>Two vegetarian meals per day</p>	<ul style="list-style-type: none"> <li>每日拉筋 Stretch everyday</li> <li>進行3次30分鐘帶氧運動 Perform 3 times of 30-minutes aerobic exercises</li> </ul>
 <p>第三星期 The 3<sup>rd</sup> week</p>	<ul style="list-style-type: none"> <li>Life 9</li> <li>Essentialzymes-4</li> <li>JuvaTone</li> </ul> <p>另可配合：</p> <ul style="list-style-type: none"> <li>Slique Shake 代餐</li> <li>Slique Essence 複方精油</li> </ul>	<p>全日素食</p> <p>Vegetarian meals all day</p> <div data-bbox="2273 1543 2548 1768" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>這星期可有一餐「獎勵餐」，吃一餐喜歡的美食慰勞心靈！ <small>There will be a "reward meal" this week. Eat a favorite meal to soothe your soul!</small></p> </div>	<ul style="list-style-type: none"> <li>每日拉筋 Stretch everyday</li> <li>進行2次45分鐘帶氧運動 Perform 2 times of 45-minute aerobic exercises</li> <li>進行2次15分鐘肌力訓練 Perform 2 times of 15-minutes weight trainings</li> </ul>



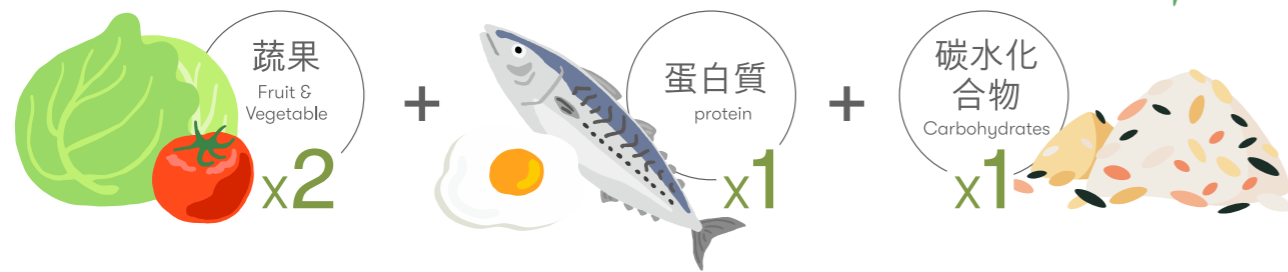
# 飲食篇 Diet

- 以高纖、少糖、少鹽為主，需避免加工食物  
Mainly high fiber, less sugar, and less salt; avoid processed food.
- 烹煮方法應以蒸、焗、烤為主，避免煎、炒、炸  
Cook by steaming, boiling, and grilling; avoid frying, stir-frying, and deep-frying



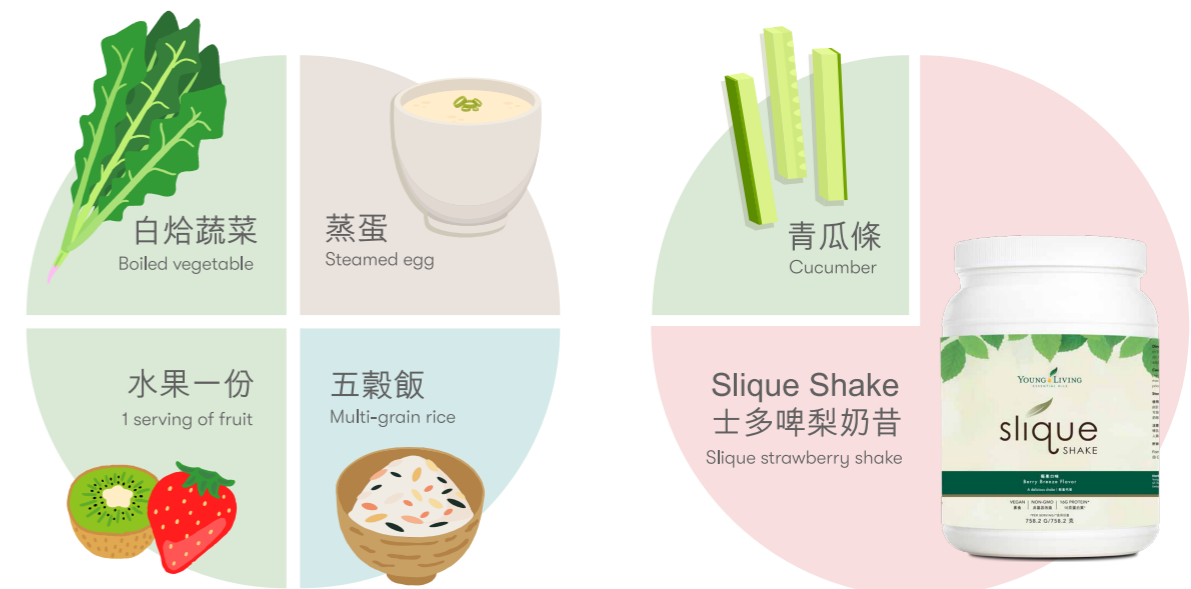
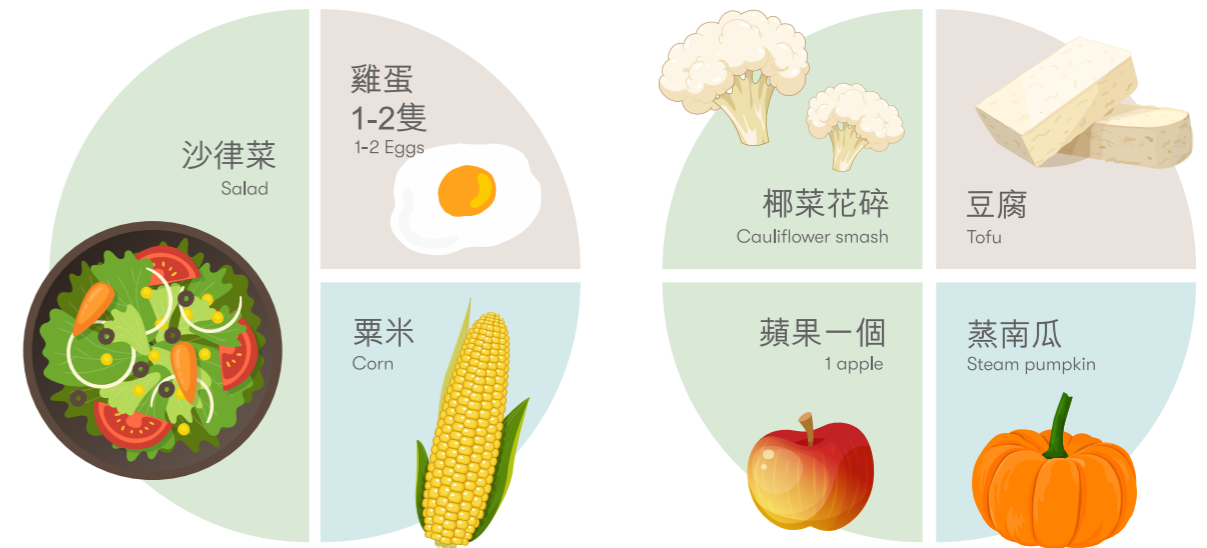
## 每餐的營養比例 (一份為一拳頭大小)

Nutrition ratio of each meal (One serving is the size of a fist):



	綠燈食物 Green Light food choice	紅燈食物 Red Light food choice
蔬果 Fruits & Vegetables	白焗蔬菜、蔬菜沙律 Boiled vegetables, vegetable salad	榴槤、蜜餞、水果罐頭、果醬、蔬菜天婦羅 Durian, preserves, canned fruit, jam, vegetable tempura
碳水化合物 Carbohydrates	五穀飯、藜麥、燕麥、香蕉、南瓜、番薯、芋頭、紅豆、綠豆、粟米 Multi-grain rice, quinoa, oats, bananas, pumpkin, sweet potatoes, taro, red beans, mung beans, corn	白飯、麵包、蛋糕 Rice, bread, cake
蛋白質 protein	肉類：雞胸肉、魚、海鮮 Meat: chicken breast, fish, seafood  素食：Slique Shake、雞蛋、黃豆黑豆及其製品(豆腐或無糖豆漿)、鷹嘴豆、扁豆、紅腰豆、南瓜籽、葵花籽 Vegetarian: Slique Shake, eggs, soybeans, black beans and their products (tofu or sugar-free soy milk), Chickpeas, lentils, red kidney beans, pumpkin seeds, sunflower seeds	肉類：煙燻火腿、香腸、罐頭 Meat: smoked ham, sausage, canned food
脂肪(適量) Fat (appropriate amount)	牛油果、橄欖油 Avocado, olive oil	牛油、豬油、肉類皮層及肥膏 Butter, lard, meat's skin and fatty cut of meat

# 建議餐單 Suggested menu



Protein Carbohydrates Fruits & Vegetables protein + Carbohydrates + Fruit & Vegetable



# 產品篇 Products



**Essentialzymes-4 複合消化酵素**蘊含多種植物及動物性酵素，有助支援更好消化，配合蘊含9種強效活性益生菌組合的Life 9，能平衡腸道菌叢，建立健康腸道，為「Cleansing 21」身體淨化計劃打好基礎！

Essentialzymes-4使用方法：每日2次，每次一包(含雙膠囊)，隨餐使用。

Life 9 使用方法：每晚飯後1粒。



Essentialzymes-4 contains a variety of plant and animal enzymes, which supports a better digestion. Together with Life 9, which contains a combination of 9 powerful active probiotics, these help balance the gut microbiome and build a healthy gut. Lay a foundation for "Cleansing 21" Program.

Essentialzymes-4 usage: 2 times a day, 1 packet each time (including double capsules), use with meals.

Life 9 usage: 1 capsule after dinner every night.

腸道及肝臟是身體排毒機制中扮演重要角色，而Comfortone有助清除腸道殘留廢物，Juvatone則有助穀胱甘肽天然抗氧化劑的循環，支援肝臟健康功能，互相協同下能更有效淨化身體！

ComforTone 使用方法：每日3次，每次1粒。要達到最佳效果，建議全日喝最少1.8公升清水。

JuvaTone使用方法：每日2次，每次服用2粒。兩餐之間服用效果最佳。



Gut and liver play important roles in the body's detoxification mechanism, while ComforTone helps remove residual waste from the gut, and JuvaTone helps the circulation of glutathione, a natural antioxidant, to support the healthy function of the liver. ComforTone and JuvaTone work together to purify the body more effectively!

ComforTone usage: 3 times daily, take 1 capsule each time. For better effect, drink at least 1.8 L of water throughout the day

JuvaTone usage: 2 times daily, take 2 capsules each time. Best effect when taken between meals..

Slique Essence能為身體提供飽足感，讓一眾「餓底」有效控制食慾，抵抗零食、宵夜的誘惑！同時可使用Slique Shake代餐，低熱量全素配方能為您提供充足蛋白質和微量元素，有效減低身體負擔。

Slique Essence使用方法：每次將2至4滴加入飲品或清水，可於用餐期間或兩餐之間使用。

Slique Shake代餐使用方法：將2勺加入240毫升清水或植物奶，搖勻後使用。



Slique Essence can provide the body with a sense of fullness, allows you to effectively control appetite and resist the temptation of snacks and midnight snacks! Meanwhile, Slique Shake can be used as a meal replacement. The low-calorie vegan formula can provide you with sufficient protein and trace elements, effectively reducing the burden on your body.

Slique Essence usage: Add 2 to 4 drops to beverage or water, can be used during or between meals.

Slique Shake Meal replacement usage: Add 2 scoops to 240ml of water or plant milk, shake well and use.





# 運動篇 *Exercise*

運動計劃應包括三種體能活動 (伸展運動、帶氧運動、肌力訓練)，  
因為不同類型的訓練對身體各有好處。

The exercise plan should include all three kinds of physical activities (stretching, aerobic exercise & weight training) because they all have their own unique benefits.

## 伸展運動

Stretching

伸展運動可以改善身體的柔軟度及增加靈活性。運動前的伸展可以預防肌肉筋骨勞損及有助減低受傷機會；運動後的伸展運動則有助鬆弛繃緊的肌肉並塑造線條。

Stretching can improve the flexibility of the body. Stretching before exercise can prevent muscle strain and help reduce the risk of injury, while doing it after exercise helps to relax tight muscles and shape your body.

## 帶氧運動

Aerobic Exercise

帶氧運動是指氧氣有充分供應到肌肉的運動，如跳舞、游泳、踩單車、緩步跑及快速步行等，有助鍛鍊心肺功能。進行此類運動需要大量氧氣來燃燒脂肪及糖份以產生能量，運動者會感到呼吸急促及心跳加速，建議進行40分鐘以上以達到更理想的燃燒脂肪效果。

Aerobic exercise refers to exercises in which oxygen is fully supplied to the muscles, such as dancing, swimming, cycling, jogging and fast walking, which can help exercise cardiopulmonary function. This type of exercise requires a lot of oxygen to burn fat and glycogen to produce energy. Exercisers will feel shortness of breath and accelerated heartbeat. It's suggested to do aerobic exercise for more than 40 minutes to achieve a better fat burning effect.

## 肌力訓練

Weight Training

肌力訓練是一些以身體的重量對肢體構成負荷的運動，例如掌上壓、舉重、深蹲和部分抗衡阻力的運動等，有助鍛鍊及增加肌肉。

Weight training are exercises that load the limbs with our body weight, such as push up, weightlifting, squat, and partial resistance exercises that can help strengthen and build muscles.





YOUNG  LIVING®  
ESSENTIAL OILS

香港銅鑼灣登龍街1號金朝陽中心二期20樓全層 +852 28975600 / 0800848



[www.youngliving.com/zh\\_HK](http://www.youngliving.com/zh_HK)  
[www.youngliving.com/zh\\_MO](http://www.youngliving.com/zh_MO)



Young Living Hong Kong |