

矽谷中文學校2013年學術比賽

翻譯: A 組【中翻英】

有機食物沒有比較健康

根據史丹福大學研究人員，吃有機食物不會讓你更健康，但可能減少你和殺蟲劑的接觸。

他們檢視有機與非有機食品成分與相關健康益處的兩百多份研究，整體而言，兩者間的營養成分並沒有可識別的不同，但有機食物含殺蟲劑的機率少三成。

這份刊登在《內科醫學誌》期刊的研究，檢視比較吃有機食物與沒吃有機食物者的十七份研究，以及比較水果、蔬菜、穀類、肉類、牛奶和蛋等多種食物中，營養物、細菌或殺蟲劑含量的二百二十三份研究。

蔬果的維生素含量類似，牛奶的蛋白質與脂肪含量相同，但少數研究顯示有機牛奶的 omega-3 含量更多。有機食品確實含有較多氮，但研究人員說，這可能是因為肥料使用與收成時的成熟度不同，不可能提供任何營養益處。

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Chinese medicine footbaths can help circulation and sleep

As temperatures drop, many people are now enjoying hot footbaths to help them sleep better. Doctors of Chinese medicine suggest taking footbaths with Chinese medicine to promote blood circulation, but they remind people with high blood pressure, diabetes or nerve damage to be careful not to scald or inflame their skin by bathing too long.

Juan Ying-hsu, a doctor of Chinese medicine at Tzu Chi General Hospital, says that the feet are sometimes considered to be a “second heart.” He also says that taking a warm footbath can help circulate blood in the body, improve the endocrine system, enhance organ function and decrease the risk of high blood pressure and stroke.

Dr. Juan suggests that when taking a footbath you should sit in a comfortable chair, use a bucket that goes above your lower leg, use water between 30°C and 40°C, keep your feet flat at the bottom of the bucket, and allow the heat of the water to relax the joints in your feet and lower leg. Doing this will increase blood circulation back to the heart and improve blood flow to organs such as the heart and brain, and get rid of the body’s stagnant energy and waste, 30 minutes is the optimal amount of time to spend taking a footbath.