**你可以拥有任何你想要的身体**

**科学、运动、营养和免疫系统**

You can have any kind of body you want

Science, Exercise, Nutrition and the Immune system

首先，我讨厌关于健康和营养的文章。他们很无聊。作家们通常都是油嘴滑舌的。他们好像是你的朋友。这些作家大多不是运动员。这些作家大多超重、体重不足或只是身体虚弱。大多数教练也是如此。谁能相信他们？

First, I hate articles about health and nutrition. They’re boring. The writers are usually oily. They act like they’re your friend. Most of those writers are not athletes themselves. Most are overweight or underweight. The same is true with most coaches. Who can trust them?

所以，我会简明扼要。

自然遗传寿命约为110至120年。因为心脏病、中风、癌症等疾病，大多数人早在那之前就去世了。

So, I’ll make this short and simple. Natural genetic life is around 110 to 120 years. Most people die long before that because of pathologies like heart disease, stroke, cancer and so on.

这个现代世界正在毁灭我们。我们都需要改变我们所有的习惯。

This modern world is killing us. We all need to make changes in all our habits.

我们的身体是为极端生活而设计的。我们肩膀上的球窝关节是为在树上摆动而设计的，就像350万年前我们的祖先那样。

Our bodies are designed for extreme life. The ball and socket joints in our shoulders are designed for swinging in trees as our ancestors did 3.5 million years ago.

我们可以连续几天追逐野生动物群。那我们就得带些重的干肉回家。我们是专门采摘蔬菜和挖根的，每天四五个小时。我们的祖先不必步行五米去厕所。不，他们走得更远一点，以免把山洞弄得臭烘烘的！此外，他们经常不得不步行和提水相当多。没有水槽。

We can run for days chasing a wild animal herd. Then we have to carry some heavy dried meat back home. We’re designed to pick vegetables and dig roots, four or five hours a day. And so on. Our ancestors didn’t have to walk five meters to the toilet. No, they walked quite a bit further so-as to not stink up the cave! Also they often had to walk and carry water quite a bit. No sinks.

人类已经耕种了大约5000到10000年。那是很多体力活。

Humans have been farming for about 5,000 to 10,000 years. That’s a lot of physical work.

有时候饿一点是很健康的。有时饿着肚子睡觉也很好。它会触发（天然肌肉形成）生长激素。但是，不要遵循严格的模式。不断改变。

Going a bit hungry sometimes is really healthy. Going to sleep a bit hungry sometimes is great too. It triggers (natural muscle building) growth hormone. But, don’t follow a strict pattern. Keep changing things.

别再吃那么多白的东西了：白米、面条和面包。换成棕色的天然食品，全谷类大米。全麦面包，全麦面条。多吃些蔬菜，如土豆和胡萝卜、洋葱、大蒜、姜、红辣椒和许多绿色的东西。你可能会想：“我不喜欢这个。”习惯它吧。

一两天不要吃东西，再试一次。

会很好吃的！用天然香料太好了！

Stop eating so much white stuff: White rice, noodles and bread. Switch to brown natural things. Eat more vegetables like potatoes and carrots, onions, garlic, ginger, red peppers, and lots of green things. You might think: “I don’t like this.” Get used to it. Go hungry for a day or two and try it again. It will be delicious! With the right natural spices anything can taste great!

吃白米与成人2型糖尿病发病相关。

Eating white rice is correlated with adult onset diabetes.

大多数人过度烹调或烹调不足。小心点。煮得刚好。大多数餐馆的食物都煮过头了。

Most people over-cook or under-cook their food. Watch it more carefully. Cook it just enough. Most restaurant food is over-cooked.

我喜欢兰州牛肉面。但是，当我回家的时候，我可能会吃胡萝卜和西红柿，以确保我有足够的维生素。

I do like Lanzhou beef noodles. But, when I get home I might eat a carrot and tomato just to make sure I got enough vitamins.

我不吃店里的饼干。但是，我可以用全麦、燕麦片和黑巧克力做巧克力曲奇，这是非常健康、美味和营养的。我不用黄油。我用麻酱。我通常和酸奶一起吃。天堂的！

I don’t eat cookies from the store. But, I can make chocolate chip cookies using whole wheat, oats, and dark chocolate that’s quite healthy, delicious and nutritious. I don’t use butter. I use sesame paste (麻酱 - Majiang). I usually eat them with yogurt. Heavenly!

不要吃动物脂肪。把它全剪掉。把它给狗。这些东西聚集在你心脏的动脉里，会杀死你。

Don’t eat animal fats. Cut it all off. Give it to a dog. That stuff collects on the inside of the arteries of your heart and will kill you.

你身体上的一公斤脂肪使你的心脏一天24小时工作，一周7天通过脂肪泵血。不要吃动物脂肪。

One kilo of fat on your body makes your heart work harder 24 hours a day, 7 days a week. Don’t eat animal fat.

多喝汤。蔬菜和瘦肉。

Eat more soups with lots of vegetables and lean meat.

如果你要做牛肉蔬菜汤，先把肉煮开。但是小心点！一旦水开始沸腾，棕色脂肪就会沸腾到表面。用勺子把那致命的垃圾舀出来倒在下水道里。那东西肯定会杀了你的。

If you’re going to make beef and vegetable soup, boil the meat first. But watch it! As soon as the water starts to boil the brown fat will boil up to the surface. Use a ladle to scoop that deadly garbage out and pour it down the drain. That stuff will definitely kill you.

不要煮花椰菜。这会杀死最好的营养素。在汤上蒸一下。多喝汤，少吃油炸食品。

Don’t boil broccoli. That kills the best nutrients. Steam it on top of your soup. Eat a lot more soup and a lot less fried things.

不要削土豆皮。把所有的蔬菜和水果都洗干净。大部分营养都是在土豆皮下。

Don’t peel potatoes. Just wash all vegetables and fruits well. Most of the nutrition is just under the potato skin.

水果和蔬菜含有高纤维。他们把你清理干净了。

Fruits and vegetables have high fiber. They clean you out.

我每两三天吃一次燕麦片，因为它也是超高纤维的。通常我不加糖，但如果你经常做一些运动的话，一点点也不会伤害你。

I eat oatmeal once every two or three days because it’s super high fiber too. Usually I don’t add sugar, but a little won’t hurt you if you are doing regular sports of some kind.

我喜欢“彩色饮食”。每天吃三种不同颜色的水果和蔬菜。很容易记住。

I like the “Color Diet.” Eat three different color fruits and vegetables every day. It’s easy to remember.

我讨厌“锻炼”这个词。太无聊了。不过，我喜欢运动。几乎所有的体育活动都可以像运动一样进行。而且，多做些运动或运动什么的，从椅子上下来。比如家务就是一种锻炼！我喜欢游泳、骑自行车、跑步和武术。休息日我也做瑜伽伸展运动。有时我也做一些举重。我每周做三天俯卧撑。我的卧室门口有一个“拉起”酒吧。

I hate the word “exercise.” It’s so boring. I love sports though. Practically all physical activities can be approached like a sport. And, do more sports or exercise or anything to get off that chair. Housework for example is a form of exercise! I like swimming, biking, running and martial arts. I also do Yoga stretches on rest days. Sometimes I do some weight lifting too. I do pushup about three days a week. I have a “pullup” bar in my bedroom doorway.

我每周也会休息一两天，让身体有时间恢复。除了交替进行有氧运动和无氧运动外，我不遵循常规程序。

I also take 1 or 2 days of rest every week to give my body time to recover. I don’t follow a regular program, except alternating aerobic and anaerobic exercises.

当我在家里用笔记本电脑工作时，我会休息一会儿。在那些短暂的休息时间里，我做一些事情，比如俯卧撑、伸展或家务。一小时又一小时的坐着就是自杀。

When I’m working at home on my notebook computer I take short breaks. On those short breaks I do something, like pushups, or pullups, stretches, or housework. Just sitting hour after hour after hour is suicide.

在有氧运动和无氧运动之间来回切换。如果你不知道它们是什么，研究它们。

Switch back and forth between aerobic and anaerobic exercises. If you don’t know what they are, research them.

肌肉发达的人不会让我印象深刻。他们能爬山吗？可能不是。那些大肌肉需要太多氧气。我也不想要超级瘦的马拉松冠军身材。我想要一个平衡的身体。强壮，灵活，轻快。

Guys with big bulging muscles do not impress me. Can they run up a mountain? Probably not. Those big muscles require too much oxygen. I don’t want a super skinny marathon champion body either. I want a balanced body. Strong, flexible, light and fast.

你有没有注意到孩子们是如何轻松地蹦蹦跳跳的？它被称为“力量重量比”。你想要尽可能的强壮你的体重。记住这一点。使你的整个身体强壮而轻盈。

Did you ever notice how kids are so light on their feet? It’s called “strength to weight ratio.” You want to be as strong as you can for your body weight. Keep that in mind. Make your whole body strong and light.

一项运动对你没有多大帮助。为什么？因为你的身体很快适应了任何一项运动，很快你就可以用很少的能量来完成。所以，你需要不断地改变你的锻炼方式。

One sport isn’t going to do much to help you. Why? Because your body adapts very quickly to any one sport and soon you can do it using very little energy. So, you need to keep changing the kinds of workouts you do.

习惯很容易，它们会杀死你。通过改变你每天做的事情，你做这些事情的方式和你的环境来保持你的身心健康。去不同的地方。结交新朋友。当你遇到朋友时，和他们一起做一些健康的事情，比如在公园里散步或在山上徒步旅行。只是坐在那里说啊说啊说真的有点无聊，不是吗？

Habits are easy, and they will kill you. Keep your body and mind fresh by changing what you do every day, the way you do them and your environment. Go different places. Make new friends. When you meet friends do healthy things with them like walking in the park or hiking in some hills. Just sitting around talking and talking and talking does get a bit boring, doesn’t it?

我们人类的潜力是如此巨大。我们都能做比现在多10倍的事。我们认为我们累主要是因为我们的大脑无聊至死。

Our human potential is so huge. We can all do 10 times more than we’re doing. We think we’re tired mainly because our brain is being bored to death.

我们需要挑战。不断的新挑战让我们的身心健康强壮。尽量改变所有的日常习惯。改变你的饮食。改变你的锻炼习惯。开始移动。早饭前散散步。饭后散散步。看一些瑜伽视频并复制它们。看一段舞蹈录影带并拷贝下来。这对你的丈夫和/或妻子来说很浪漫。

We need challenges. Constant new challenges keep our body and mind healthy and strong. Change all daily habits as much as you can. Change your diet. Change your exercise habits. Start moving. Take a walk before breakfast. Take a walk after dinner. Watch some yoga videos and copy them. Watch a dance video and copy them. This can be very romantic with your husband and/or wife.

别老是做同样无聊的事。一周读三天书而不是看那么多电视。改变习惯。在床上看书的时候做瑜伽。那很有趣。放松点。慢点，慢点，慢点。

Don’t just keep doing the same boring things. Read a book three days a week instead of watching so much TV. Change habits. Do Yoga in bed when you’re reading a book. That’s fun. Just relax. Do it slow, slow, slow.

好 啊。够基本的了。OK. Enough of the basics.

**运动与免疫系统**Exercise and the immune system

关于运动和免疫系统有大量的研究。简单地说，有规律的适度运动能显著提高免疫反应。

There is a huge amount of research on exercise and the immune system. To sum it all up briefly, regular moderate exercise significantly improves immune response.

“人们知道，在努力和恢复过程中，一次运动就能刺激免疫细胞。有证据表明，与免疫功能改变相关的运动机制与多种因素有关，如神经内分泌系统刺激（儿茶酚胺、皮质醇）、代谢（即碳水化合物、抗氧化剂或前列腺素）（50、51）以及心输出量、血流量、血压，以及剪力等。”

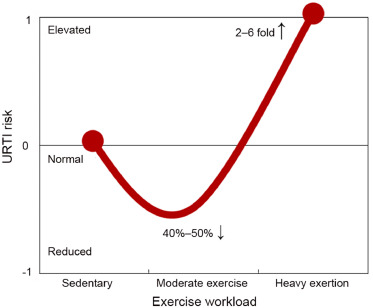
“A single bout of exercise is known to stimulate immune cells during efforts and during recovery. Evidence indicates that mechanisms underlying exercise associated with immune function alteration are related to several factors such as neuro-endocrine system stimulations (catecholamines, cortisol), and metabolic (i.e., carbohydrate, antioxidants, or prostaglandin) (50, 51) as well as to cardiac output, blood flow, blood pressure, and shear forces, among others.”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6191490/>

这里的“适度”一词非常重要。The word: “moderate” here is very important.

过度运动会降低免疫系统。研究人员发现“J曲线”最能描述运动对上呼吸道感染免疫功能的影响。（乌尔蒂）

Extreme exercise lowers the immune system. Researchers have found a “J curve” best describes the effects of exercise on immune functioning in regards to upper respiratory tract infections. (URTI)



**Graph 1: Upper Respiratory Tract Infection risk as a function of exercise workload**

这类信息回避了一个问题：什么是适度运动？对于这位作者来说，每周跑10公里，每周一到两个小时的训练，踢、打重包和轻包，每周三到四天伸展10到15分钟，每周一到两次举重锻炼是适度的。有时我会换骑30-50公里的自行车长跑。

This sort of information begs the question: What is moderate exercise? For this writer a couple of 10 km runs every week, one or two weekly hour-long sessions kicking and punching heavy and light bags, stretching for 10 – 15 minutes three or four days a week, and one or two weight workouts a week is moderate. Sometimes I switch a long 30 – 50 km bike ride for a run.

不要强迫自己。只是一点点。对自己好点！只要多加一点努力，就足以取得缓慢而稳定的进展。

Don’t push yourself hard. Just a little. Be nice to yourself! Just a little extra effort is good enough to make slow but steady progress.

对于真正久坐不动的人来说，每隔一天步行30分钟可能是“适度的”，关键是，在作者看来，要慢慢开始，而且只会非常、非常逐渐地增加。这感觉很好，是一个自然的过程。人体是一个惊人的适应机器。如果做得足够逐渐，它几乎可以适应任何事情。它应该感觉很好并且很有趣。然后身体有时间去适应，人们喜欢它，并且经过几年的时间可以产生惊人的结果。99%的时候我感觉很棒。

For truly sedentary people starting with 30-minute walks every other day would probably be “moderate.” The trick is, in this writer’s opinion, start slowly and only increase very, very gradually. This feels good and is a natural progression. The human body is an amazing adaption machine. It can adapt to almost anything if done gradually enough. It should feel good and be fun. Then the body has time to adapt, people like it, and over the period of years amazing results can occur. I feel great 99% of the time.

做俯卧撑。它能增强许多肌肉，包括胃、背部、手臂、肩膀和颈部。“核心”身体锻炼增强你的胃和背部。你一周需要两次。在网上查找专门用来增强胃和背部的运动。很容易找到。如果你开始的很慢，进展的很慢，这一切都很容易。这不是比赛。

Do pushups. It strengthens many muscles including stomach, back, arms, shoulders and neck.

“Core” body exercises strengthen your stomach and back. You need them twice a week. Look up exercises for stomach and back on the Internet. They’re easy to find.

All of this is easy really if you start slowly and progress very slowly. It’s not a race.

喝点茶吧！

中国以绿茶闻名。但是，大多数人不再喝那么多了。太糟糕了。这是一种非常健康的饮料，而且也很提神。

Have some tea!

China is famous for green tea. But, most people don’t drink it so much anymore. That’s too bad. It’s a really healthy drink; and refreshing too.

绿茶对健康有益的机制发现，自身免疫性疾病的新途径，2011年6月3日，俄勒冈州立大学

最新研究显示，绿茶中发现的一种有益的化合物有强大的能力增加在免疫功能和抑制自身免疫性疾病中起关键作用的“调节性T细胞”的数量。这可能是绿茶有益健康的潜在机制之一。”

Mechanism discovered for health benefit of green tea, new approach to autoimmune disease, June 3, 2011, Oregon State University

“One of the beneficial compounds found in green tea has a powerful ability to increase the number of "regulatory T cells" that play a key role in immune function and suppression of autoimmune disease, according to new research. This may be one of the underlying mechanisms for the health benefits of green tea.”

<https://www.sciencedaily.com/releases/2011/06/110602143214.htm>

这就是我想写的关于这个问题的全部内容。很简单。

困难的部分是有意识地思考你每天做的每件事，并对每件事都做出改变。快，快，快。积极主动。学习一门新语言。慢慢增加你的步行和慢跑距离。慢慢伸展。感觉很好！这篇短文中的每一件事都应该让你感觉很好，如果你开始的很慢，不要一下子推得太多。

That’s all I want to write on this subject. It’s simple.

The hard part is consciously thinking about everything you do every day, and making changes to just about everything. Move, move, move. Be active. Learn a new language. Increase your walking and jogging distances slowly. Stretch really slowly. It can feel good! Everything in this short article should feel good if you start slowly and don’t push it too much all of a sudden.

多喝水。它能清洁你，平衡你体内的化学物质。

多注意你的呼吸。呼吸更充分。

永不，永不放弃。这是为你的生命，健康和幸福而战。

慢而稳赢得比赛。

哦！如果你有时要看电视，就多看些喜剧片。在我看来，太多的人太严肃太多的时间。享受生活！

充分地生活和爱。

Drink a lot more water. It cleans you out and balances the chemistry in your body.

Pay a lot more attention to your breathing. Breath more fully.

Never, never quit. This is a fight for your life, health and happiness.

Slow and steady wins the race.

Oh! If you’re going to watch TV sometimes, watch more comedies. Too many people are too serious too much of the time in my opinion. Enjoy life!

Live and love fully.

Stone dragon

March 18, 2020