

今月の健康チェックポイント

This Month's Health Tips

元気に1年を過ごすために！腸を整え体の中から健康に

To live healthily for the year! Healthy bowel, healthy body.

2022年、新しい年になりました。昨年までは新型コロナウイルスの影響で生活が一変し大変な時もあったと思います。そして、健康の大切さを実感したと思います。2022年も病気をせず、元気に働けるようにサポートさせていただきます。

It is now 2022, a new year. We know that many of you faced difficulties in the previous years, as lifestyles drastically changed due to the pandemic, and you will have come to appreciate the importance of being healthy. We will be here to support you through 2022, so that you will be able to work healthily without getting ill.

健康のバロメーター

クリスマスや年末年始の暴飲暴食で胃腸が調子悪いという方が多くいます。

胃腸の健康は、あなたの健康のバロメーターです。特に今「腸」が大注目！なぜ「腸」なのか？それは、免疫の70%は腸で作られているからなのです！

腸内環境を整える→免疫力が上がる→体が元気になる！病気になりづらい！

という仕組みです。

人間の腸には約1,000種類、100兆個にも及ぶ腸内細菌が生息しています。腸内細菌の種類は、主に「善玉菌」「悪玉菌」「日和見菌」の3つがあります。

There are many who experience bad digestion in the Christmas and New Year season due to unchecked over-drinking and eating. Your stomach is a barometer of your health. The bowel in particular are now being brought into much focus and attention. Why the bowel? This is because the bowel is where 70% of the body's immunity is created.

Adjust your intestinal condition → Your immunity will be strengthened → Your body will be replenished with energy! You will not fall ill easily! That is how it works.

There are as many as 10 billion bacteria, of approximately 1,000 types, that inhabit the human bowel. There are mainly 3 types of intestinal bacteria, which are "probiotic (good)," "pathogenic (harmful)," and "opportunistic" bacteria.

腸は「食べる物」で変えられます!食生活を改善すれば、3日から1週間ほどで、善玉菌が優勢の理想的な状態になります。一番大切な食材は、何といたっても野菜。皆さんは野菜取っていますか?野菜は食物繊維が多く摂れるので、便秘解消だけでなく、便の状態をよくしたり、ビフィズス菌の増加に効果的です。温野菜やスープ、鍋にすると野菜をたくさん取れ、からだも温まるので一石二鳥です。

The bowels can be changed through what you eat. If you make changes to your diet, the ideal state of probiotic bacteria being a prevailing presence can be achieved within 3 to 7 days. Vegetables are an absolutely crucial food to consider. Are you consuming enough vegetables? There is a lot of fiber in vegetables that when consumed, can not only relieve constipation, but also improve the condition of stool, as well as help in increasing bifidus bacteria. The fiber intake increases when boiled or made into soup, compared to when eaten raw, and on top of that, there is the extra benefit of warming your body.

次に、生きたまま腸に届く微生物、具体的には、ヨーグルトや乳酸菌飲料、チーズや納豆などの発酵食品が良いです。腸の動きを活発にする酢酸や乳酸を作るので、定期的な排便を促し、善玉菌優位の腸内環境を作ります。ヨーグルトにはさまざまな善玉菌が使われていますが、人によって効果的に働くものが違います。それは腸内細菌の種類や数など、腸内環境を整えることのできる善玉菌のパターンが人それぞれ異なるからです。まずは1~2週間ほど同じヨーグルトを食べ続けてみて、便通がよくなったり、便の質がよくなったら、それは自分に合った善玉菌が含まれているということになります。また、食べるタイミングも大切です。乳酸菌、ビフィズス菌は胃酸に負けてしまうことがありますから、大腸に届けるためには空腹時を避けて、食中か食後に食べましょう。また、善玉菌のエサとなる食物繊維などを摂ることもお勧めします。食物繊維やオリゴ糖は、善玉菌のエサとなって、善玉菌の増殖を促します。穀物・イモ類・海藻類・きのこ類などに含まれる食物繊維、大豆・バナナ・ゴボウなどに含まれるオリゴ糖を積極的に取りましょう。

Next we have the bacteria that reaches the intestines alive. More specifically, they are found in fermented foods such as yogurt, probiotic drinks, cheese, and natto. They produce acetic and lactic acids that vitalize bowel movement, and encourage regular stool and ensure a bowel condition where probiotic bacteria are prevailing. There are many probiotic bacteria in yogurt, and the bacteria effective for health depends on each individual. This is because the patterns of probiotic bacteria to allow for the optimization of bowel conditions differ from person to person.

If you see an improvement in the pattern and quality of your stool after first trying the same yogurt for 1–2 weeks, you can conclude that you have found a yogurt that contains the probiotic bacteria that are personally good for you. The timing for eating them is also important. Lactic and bifidus bacteria can be overwhelmed by gastric acids in your stomach, so in order to deliver the good bacteria to your intestines, you should avoid taking them on an empty stomach, and eat during or after meals. It is also recommended to take fibers and oligosaccharide, which probiotic bacteria feed on. These become the feed for probiotic bacteria, and vitalize their spawning. Actively incorporate grains, potato and yams, sea vegetables, and mushrooms that contain fiber, and soy beans, bananas, and burdock that contain significant amounts of oligosaccharide into your diet.

もう一つ大切な事は、水分摂取の量です。寒いからと言って水分をあまりとらない人がいますが、大腸は、食べ物の残りカスから水分を吸収して便を形成します。水分が不足すると残りカスが固まっていき便秘になります。1日に 1.5～2ℓを目安に、こまめに飲むように心がけてください。朝起きたらコップ1杯の水(白湯が望ましい)を飲むと、空っぽになった胃が刺激され、腸のぜん動運動が活発になり排便が促されます。腸内環境を整えると、お肌も綺麗になりますよ。

2022 年も元気で楽しく働ける体を作るために、食事に気をつけ腸内環境を整えていきましょう！

The amount of liquid intake is also important. Because the intestines form stool by extracting the liquid from the food remains, if there is not enough liquid, the food remains harden and become a cause for constipation. Try to hydrate yourself on a regular basis, with an amount of 1.5–2ℓ every day in mind. Take a glass of water (preferably warm) every morning after getting up, as this will stimulate your empty stomach, and activate your bowel movements to encourage stool. You will also find your skin to be smoother if you improve your bowel conditions.

Let's tend to a healthy diet and adjust bowel conditions so that we can spend 2022 building up a body that can work healthily and merrily!

腸内細菌の理想的なバランスは、「善玉菌 20%:悪玉菌 10%:日和見菌 70%」です。善玉菌が増えると悪玉菌が減り、善玉菌が減ると悪玉菌が増えます。健康のためには、善玉菌と悪玉菌の腸内細菌バランスを整えることが重要になります。

The ideal ratio of intestinal bacteria is "20% probiotic: 10% pathogenic: 70% opportunistic." Pathogenic bacteria decrease when there are more probiotic

bacteria, and increase when there are less probiotic bacteria. For good health, it is important to balance the probiotic and pathogenic bacteria in the intestines.

あなたの腸は元気ですか？腸年齢チェックテストを行ってみてください。

Are your bowels healthy? Go through this checklist to see your bowel age.

0個：腸年齢は実年齢より若そう。今の生活を続けましょう

Your bowel age can be said to be younger than your actual age. Keep up your current lifestyle!

1～2個：腸年齢は実年齢と同じくらい。意識を高めれば、もっと若々しくなれそう

Your bowel age is roughly the same as your actual age. If you take more care, you can probably become younger.

3～5個：腸年齢は若いとは言えません。食生活を改め、運動不足やストレス解消を心がけて

It would be a stretch to say your bowel age is young. Try to improve your eating habits and work on mitigating stress and lack of exercise.

6～8個：腸年齢は高め。生活習慣を改めないと、老化や体調不良を招く可能性も

Your bowel age is on the older side. You risk potential aging and health problems if you don't reassess your lifestyle habits.

9個以上：腸年齢は実年齢よりずっと高め。今すぐ生活改善を！

Take caution! Your bowel age is significantly higher than your actual age. Aim for immediate change in your lifestyle!

- 下痢になりやすい I get diarrhea easily
- 便秘傾向 I tend to be constipated
- 便が硬く出づらい My stool is hard and does not come out easily
- 便の色が黒っぽい My stool has a dark tinge
- おならがくさい My flatulence is putrid

- 肉を多く食べる I eat a lot of meat
- 野菜をあまり食べない I don't consume vegetables much
- 牛乳や乳製品をほとんど食べない I hardly consume milk and dairy
- ストレスが多い I have a lot of stress
- 運動をほとんどしない I rarely exercise
- 顔色が悪く、肌につやがない My face looks pale, with no shine on the skin
- 飲酒量が多い I consume a lot of alcohol
- 喫煙している(特に本数が多い) I smoke (especially many cigarettes)

「善玉菌」 [Probiotic Bacteria]

からだによい影響を及ぼす菌。腸の働きを活性化させ、便秘や下痢を予防したり、病気に対する抵抗力を高めたりしてくれます。乳酸菌、ビフィズス菌 などです。

Bowel activity, and prevent constipation or diarrhea as well as increase immunity against disease. They include lactic acid bacteria, and bifidus bacteria.

「悪玉菌」

[Pathogenic Bacteria]

主に体に悪い影響を及ぼす菌。腸内の腐敗を進め、便秘や下痢を起こします。炎症を起こしたり発がん性物質をつくり出したりします。

These are bacteria that mainly cause harm to the body. They quicken the pace of intestinal decomposition, and cause constipation or diarrhea. They can cause inflammation or create cancerous substances.

「日和見菌」

[Opportunistic Bacteria]

とくによい働きもしないが、悪い働きもしない細菌。善玉菌が多いときはおとなしく、悪玉菌が増えると有害な作用を及ぼすことがあります。

These are bacteria that neither act positively or harmfully. They can be inactive in the presence of many probiotic bacteria, but can cause harm when pathogenic bacteria increase.