



西南佛州華人聯誼會  
SOUTHWEST FLORIDA CHINESE ASSOCIATION

# NEWSLETTER

佛州西南部華人協會月訊



## Cornerstones of Health

In the previous issue of newsletter, we mentioned about the eight major nutrients, of which, water takes the highest percentage in human body. Having water, without food, a person can survive around 20-30 days. However without water alone, a person will die in 3-7 days. Water is the fountain of life. So how exactly is water performed in our body?

Water facilitates countless physiological processes, including, digestion, elimination of waste, and protection. It can be hard to see the role water plays in your body since it is everywhere, all the time. But it is possible to breakdown how healthy hydration keeps your body in working order.

The mouth is the first stop along the digestive tract. And it's the first stop on your tour of the ways water works in your body. It all starts with saliva. This is secreted into the mouth by salivary glands, but it's primarily water. Saliva begins the digestion of food by breaking down your meal into smaller pieces.

After mixing with your meal, water continues through your stomach and toward the small intestine. That's where most of the water you drink is absorbed. The lining of the small intestine is covered with tiny, finger-like projections called villi. These increase the surface area of the small intestine and allow for maximum water absorption.

Water absorbed by the small intestine is transported through your body in blood. So, drinking plenty of water helps you maintain a healthy blood supply.

Sometimes waste material builds up in your blood and needs to be removed. That brings us to the next step on the proper hydration journey—your kidneys.

### Member Benefits

#### Free with Membership:

- Newsletters
- Chinese Cultural Classes
- Professional Counseling Seminars
- Chinese Festival Events

#### Discounts with Membership:

- Special Promotions
- Local businesses

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Kidneys filter blood for waste and toxins. They remove unwanted material from your body through urination. This is why it is so important to maintain healthy hydration levels—especially when you don't feel great.

Another way you remove toxins is through normal bowel movements. Drinking water can also help alleviate constipation. Water softens stool and helps push it through the colon.

Your skin is the final stop on your tour of water's body benefits. That's because perspiration is another body function that relies on water. Sweat is composed of water, minerals, electrolytes, and a variety of compounds your body wants to eliminate. Healthy hydration gives your body plenty of fluid to sweat bad stuff out.

With all the recommendation for water intake, start with a simple goal—adults should drink at about eight, 8-ounce glasses of water every day. This recommended amount does not include coffee, dark tea, juice or other sugary drink. If you have trouble drinking pure water, you can add extra flavor to your drink, by adding fruits and veggies to a glass of water. For example, citrus, berries, mint or cucumber would give a simple glass of water some extra punch adding sugar.

It's easy to forget to drink water when you're busy. But your body can alert you with several symptoms. Thirst is the most obvious indicator, but it often comes a little too late. Mild dehydration can set in before you become thirsty, leaving your body to play catch up.

Shockingly chronic dehydration plays a big role in 90% of chronic illness, even low immune system! Other minor signs of dehydration include fatigue, difficulty focusing, and headache.

To truly know if you are drinking enough water, look no further than the bathroom stall. The color of your urine points strongly to your state of hydration. Dark urine lets you know you need to drink more. If what's left behind in the toilet is light and pale, pat yourself on the back. You are well on your way to healthy hydration.

Human body is built with well-designed self-healing abilities. Most chronic illness is a result of the self-healing abilities malfunctioned, which can be from lack of repairing substances, ie. not enough or not balanced nutrition; or having transportation issue, ie. not enough water. So pick your favorite water cup or water bottle today, and start pampering yourself by constantly hydrating your body.

*Liwen is a SWFCA board member. She has a Master's Degree in Communication. She is a Holistic Life Coach.*

我们在上期简讯中提到八大营养素，其中占人体比例最高的就是水。进水不进食人可生存2-30天，不进水则三至七天就会死亡。水是生命的源泉。但是水究竟在人体中参与哪些角色？

水促进无数的生理过程，包括消化、清除废物和保护作用。水在您身体中扮演的角色可能很难被看见，因为它随时随处都存在。但我们可以来分解一下健康的补充水分如何保持身体功能正常。

嘴巴是消化道的第一站，也是水在您体内作用的第一站，而这要从唾液开始谈起。唾液是由唾液腺分泌到口中，但主要成份是水。唾液可以将食物分解成更小块，开始消化食物。

当水与您吃下的食物混合后，会继续通过您的胃并朝小肠前进，您喝下的大部份水在这里被吸收。小肠内壁布满著称为绒毛的微小的指头状突起，这些突起可以增加小肠的表面积，并使吸水能力达到最大。

小肠吸收的水分会进入血液，被输送到全身。所以，多喝水有助保持健康的血液循环。

有时候废物会堆积在血液中，需要被清除。这让我们的正常水分之旅又迈向了下一步：您的肾脏。

肾脏会过滤血液中的废物和毒素，并且通过尿液排出体内不需要的物质。这就是为什么保持健康水分含量如此重要，尤其当您感觉不舒服时。

除去毒素的另一种方法是通过正常的排便。喝水也有助于缓解便秘，水会软化粪便，并协助推动粪便通过结肠。

皮肤是您体内水分的最后一站，因为出汗是以水为基础的另一个身体功能。汗液由水、矿物质、电解质以及身体想要排除的各种化合物组成。补充水分给您的身体提供充足的液体来排出废物。

根据所有饮水建议，您可以从一个简单的目标开始：成人每天应该饮用约8盎司（大约236毫升）的水。不包括咖啡，浓茶，果汁，任何带糖的饮料。如果您不习惯喝纯水，加入水果，薄荷或黄瓜到水中，可能是您适当补充水分的方法。

当您忙碌的时候，很容易忘记喝水；但是人体可以用几种症状向您警示脱水现象。口渴是最明显的指标，但往往来得太迟。在您感到口渴之前，轻度脱水可能已经发生，所以千万别等口渴才补充水分喔。

惊人的是90%的慢性病，甚至免疫力低下都与慢性脱水症相关。其他轻微的脱水症状包括疲劳、注意力不集中和头痛等。

要真正知道您是否喝够水分，就进厕所看看。您的尿液的颜色直接呈现出您的水分状态。深色尿液可以让您知道自己需要多喝水；而如果是浅浅的淡色，请好好奖励自己，代表您的水分是够的。

人是与身俱来有强大的自我修复能力，很多病的形成是因为自我修复机制没有发挥作用，其原因在于修复材料不足，要么是供应不够或不均衡，要么是运输不力。缺营养，就会有供应不够或不均衡的情况，缺水，就会出现运输问题。所以选一个自己喜欢的水杯或水壶，从今天起开始好好滋润您的身体吧！

力文是西南佛州华人联谊会董事会成员。她拥有大众传媒硕士学位。她是一名全方位的健康生活教练。

# Asian Americans and Pacific Islanders (AAPI) and Covid-19

The rising increase in violence against Asian Americans since the COVID-19 pandemic has been alarming and has caused tremendous pain, anger and fear in the Asian American community. The Southwest Florida Chinese Association stands with and supports those who have been victims to hate crimes and racism and mourns the loss of our fellow Asian Americans most recently in Atlanta. Below are resources available where you can get information and report incidents of hate crimes and learn how to deal with these types of situations.

自从COVID-19发生以来，针对亚裔美国人的暴力活动日益增加，这对亚裔美国社区带来了巨大的痛苦，愤怒和恐惧。西南佛州华人协会与那些受害于厌恶犯罪和遭受种族歧视的人站在同一阵线，并为他们提供支持，还为最近在亚特兰大去世的亚裔美国同胞表示哀悼。您可以在以下的资源获取相关信息，举报仇恨犯罪事件，并了解如何处理这类的状况。

General Information: <https://www.advancingjustice-aaic.org/>

Free Training webinars: <https://www.ihollaback.org/resources/>

Report hate crimes: <https://www.standagainsthatred.org>

Other organizations:

[https://docs.google.com/document/d/1OinO5eX4catRDTTuVf7PEjVg2NNj5-J4h\\_bWD67-AAk/edit](https://docs.google.com/document/d/1OinO5eX4catRDTTuVf7PEjVg2NNj5-J4h_bWD67-AAk/edit)

How to Protect Yourself: <https://mailchi.mp/aafederation/aaf-landing-page>

Call 1-844-9-NO-HATE for reporting and resource purposes.

COVID Resources in Chinese:

<https://docs.google.com/spreadsheets/d/1XePaKv7Ar59PG7z37QqzIb8WfynEx5BK5ZfK3VLXIJA/edit#gid=1101570108>

## Business Members

**A BIG THANK YOU to all of our [business members](#) for their support for our association and the Southwest Florida Chinese community.**