

Medical Translation(English—>Traditional Chinese) 醫療翻譯(英文—> 繁體中文)

Are you grain-sensitive?

- Do you retain water easily, especially around the mid-section?
- Do your fingers and feet swell?
- Do you feel bloated after you've eaten carbs or foods containing small amounts of carbs?
- Do you feel fatigued after eating a quality meal containing carbs?
- Do you have stomach issues?
- Do you have skin disturbances like acne, eczema, or psoriasis?

你對穀物過敏嗎？

- 你的身體是不是容易浮腫，尤其在腹部周圍這一塊？
- 你的手腳有水腫的現象嗎？
- 你是不是吃了一點碳水化合物身體就會浮腫？
- 當你吃完一餐高碳水化合物的食物之後會容易累嗎？
- 你有胃的毛病嗎？
- 你有痤瘡、濕疹或牛皮癬這樣的皮膚困擾嗎？

Here's an easy test to find out if you're carb-sensitive

- Measure your waist
- Eliminate grains for three complete days (72 hours straight) consuming lean proteins and vegetables (a majority of which should be green)
- Do not consume starchy carbs or carbs containing grains.
- After 72 hours, measure your waist again
- If you see a reduction, it's pretty safe to say you're grain-sensitive while this is not 100 percent foolproof, it's a good indicator that grains are not your friend

這裡有個對碳水化合物過敏原的簡單測試

- 測量你的腰圍
- 連續三天(72小時)不吃穀物、只攝取瘦肉蛋白質和蔬菜(以綠色為主)
- 不要攝取含澱粉的碳水化合物或含碳水化合物的穀物
- 72小時後再量一次腰圍
- 如果腰圍變小，大致可以確定你是對穀物過敏。
- 雖然這並不是絕對，但這個現象說明減少穀物的攝取對你應該是有好處的。