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欧乐旅行援助时刻在您身边

健康速递 Health Issues

咖啡被忽略的五大健康益处 The five major health benefits Coffee ignored

● 抗氧化保护 Antioxidant Protection

自由基含有能够致癌、患糖尿病与加快人体衰老的有害物质。然而，幸运的是，您可以通过摄取抗氧化物来保护自己并将其损害降到最低。各种各样的植物性食品饮料中都含有抗氧化剂，而咖啡也不例外。

Free radicals are nasty substances which can cause cancer, diabetes and accelerate the ageing process. Fortunately though, you can protect yourself from free radicals, and minimize the damage they cause, by eating or drinking antioxidants. Antioxidants can be found in various

plant based foods and drinks.



● 防治糖尿病 Diabetes Protection

喝咖啡还可以防止糖尿病。咖啡酸降低血糖水平，而丹宁酸能够抑制肝脏内肝糖（储存的葡萄糖）的产生。这样就能够让你的血糖水平保持在低位。

Drinking coffee is also thought to protect against diabetes. The caffeic acid reduces blood glucose levels, whilst the chlorogenic acid in coffee inhibits the release of glycogen (stored glucose) from the liver. This helps to keep your blood glucose levels low.

● 防癌 Cancer Protection

虽说人们曾经对于咖啡与癌症的关系不太明确，但目前的研究表明防癌也是咖啡众多健康益处之一。

Coffee was once linked with cancer, but now studies show that cancer protection is one of the many health benefits of coffee.

● 防止心脏病 Heart Disease Protection

咖啡酸也能够通过防止动脉硬化来保护心脏。咖啡酸也能够减少低密度脂蛋白或胆固醇的血液量。这样就保证了心脏可以充足的供血与供

氧。
Caffeic acid may also help to protect the heart by preventing atherosclerosis. Caffeic acid may also help to reduce blood levels of low density lipoprotein, or LDL cholesterol. These effects ensure that there is always a good supply of blood and oxygen to and from your heart.

● 在办公室吃饭 You Have Dinner at the Office

咖啡可能是你在减肥时最不想用的方式了。但是，咖啡确实可以帮你减掉下几磅哦！有证据表明，咖啡能够提升烧脂率，帮你消耗掉体内多余的卡路里，从而达到减肥的功效。

Coffee is probably the last thing which springs to mind when you think of weight loss. However, it may actually help you to shed a few pounds. There is some evidence indicating that coffee contributes to weight loss by increasing thermogenesis, which is one way the body burns up the excess calories.

>> 欧乐网络医院介绍 ERV DB Hospital news

欧乐旅行援助(北京)有限公司(欧乐)是欧洲旅行保险集团全球专业救援平台的重要组成部分,专为中国保险公司的被保险人提供国内及全球的保险理赔和紧急援助服务。随着市场的变化,欧乐也在不断探索更多元化的服务以满足各类客户的需求。

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● 北京友谊医院 Beijing Friendship Hospital

首都医科大学附属北京友谊医院始建于1952年,是新中国成立后,在前苏联政府和苏联红十字会援助下,由中国政府在首都建立的第一所大医院。几代友谊人实践着“仁爱博精”的友谊精神,目前,北京友谊医院已经发展为一所集医疗、教学、科研、预防、保健和康复任务为一体的大型三级甲等综合医院。

国际医学部是我院根据社会需求设立的医疗部门,下设三个中心——国际医疗中心、健康体检中心和医学美容中心。国际医学部全体工作人员以“仁爱为先,博精为重,服务一流,质量取胜”为宗旨,为国内外各界人士提供高端的健康管理及医疗服务,包括有健康体检、特需专家门诊、住院医疗等:①让您享受到全面的高层次的健康体检及健康管理;②门诊涵盖内、外、妇、儿、口腔、眼、耳鼻喉、皮肤科、中医科、热带病、肿瘤科、理疗科、营养科等各个科室,并可为您提供特需知名专家的预约及门诊挂号服务;③住院病区可以提供各种疾病的诊治、保健医疗及住院体检服务。

国际医疗中心依托北京友谊医院雄厚的医疗实力,特选派素质全面、医术精湛、经验丰富的医师以满足国内外各界人士的需求。诊疗医师能熟练掌握一门以上的外语,专家门诊由具有高级职称的医师应诊,住院病区由资深的专家教授进行会诊,保证高水平的医疗质量。

配备有高端、先进的放射诊断、超声诊断、心功能检测、脑血流图、骨密度测定、牙科诊疗椅、耳鼻喉、眼科、妇科等医疗设备,并能够进行全面的生化、免疫学和肿瘤筛查等检测。

Beijing Friendship Hospital, Capital Medical University was founded in 1952. After the founding of New China, Chinese and former Soviet governments reached an agreement on establishing a comprehensive hospital in Beijing through the assistance of the former Soviet Red Cross. Several generations of medical staff have adhered to the spirit of "beneficence, fraternity, breadth and proficiency". The hospital has progressed to a first-class hospital, well-known for its high-quality health care, medical education, scientific research, medical prevention, and rehabilitation medicine.

The International Medicine Division was established to satisfy the increasing social need. The department has three centers: International Medical Center, Health and Wellness Care Center and Medical Cosmetic Center. All staff in the department provides the best services, including medical check-ups, health care, and medical cosmetology for guests worldwide.

The International Medical Center provides high-quality services in health management and medical care, including medical check-ups, a VIP clinic, and hospitalized health care for people worldwide. The outpatient clinic covers internal medicine, surgery, gynecology, pediatrics, stomatology, ophthalmology, ENT, dermatology, traditional Chinese medicine, tropical medicine, oncology, physiotherapy and nutrition. The center also provides appointments with renowned specialists. In the inpatient area, you can receive superior treatment of all diseases, personalized health care services as well as hospitalized medical check-up. The center collaborates with many well-known global medical insurance companies and provides easy and fast medical services.



● 医院联系方式 Hospital contact

国际医疗中心 咨询电话

International medical center hot line: 010-63137608

网址http: imd.cnkme.com

地址Address: 北京市西城区(原宣武区)永安路95号
95th Yong'an Road, Xicheng District, Beijing, 100050

交通路线Traffic Route: 乘6、7、15、34等公交汽车或105路无轨电车等交通工具,至北京友谊医院站下车。Bus NO. 6, 7, 15, 34, or trolley bus NO. 105 to Beijing Friendship Hospital

在您需要医疗服务时,可先拨打我们的**24小时服务热线**,以便充分保障您应有的权利。如需任何服务,请随时通过电话或邮件联系我们。

To your advantage, please contact our **24 Hour Helpline** before you go to see a doctor. If you have any questions, please do not hesitate to contact us by phone. **email at china@ervchina.com**

欧乐旅行援助(北京)有限公司

中国北京市东城区东直门外大街35号东湖别墅C座601室 邮编: 100027

ERV (China) Travel Service and Consulting Ltd.

601 Block C, East Lake Villas, 35 Dongzhimenwai Dajie, Dongcheng District, Beijing 100027, P.R.C..

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010-84416500