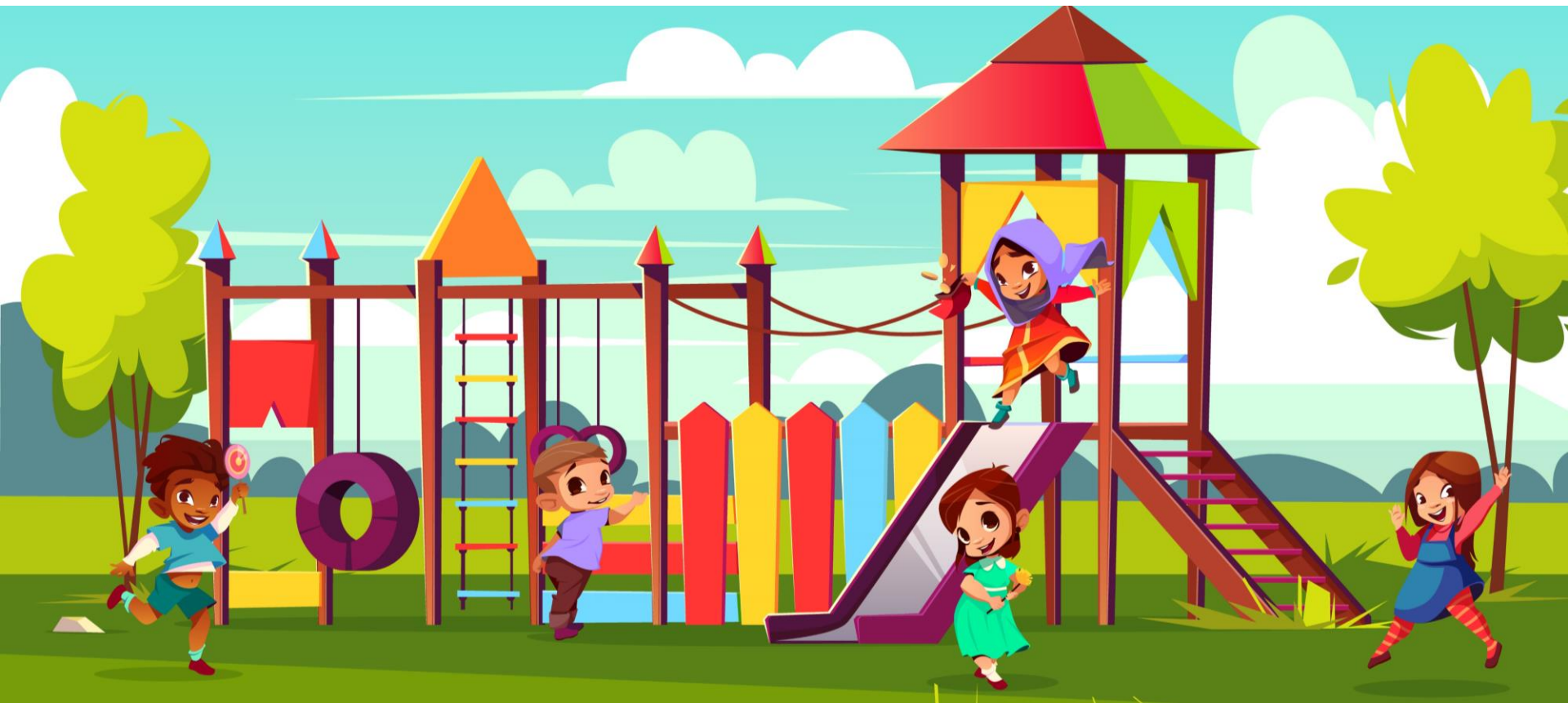


# The Wonders of Our Immune System

## 我們奇妙的免疫系統

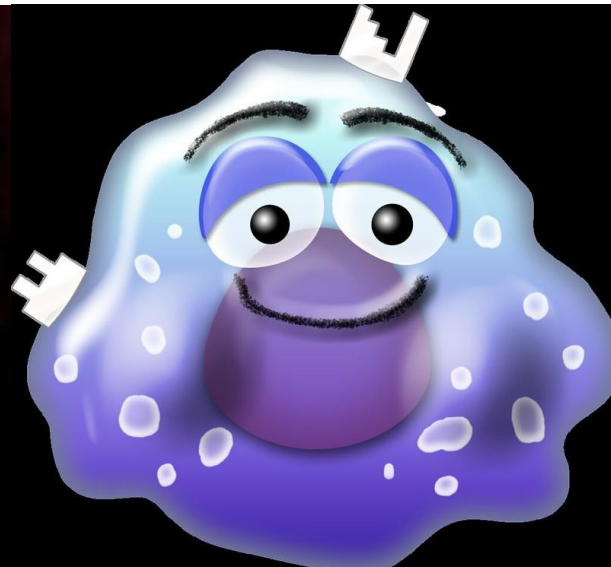
Sometimes we get sick, but most of the time we can stay healthy in spite of constantly being under attack from a myriad of harmful viruses and bacteria. For that daily miracle, we can thank God, who created our immune system.

有時候我們會生病，但大部分時候，雖然我們不斷被無數有害的病毒和細菌侵害，我們仍能保持健康。我們可以感謝上帝創造了我們的免疫系統，所以每天都會有這個奇蹟發生。



The immune system is our front line of defense in an amazing war taking place in our bodies every day. Like a modern army, our immune system is made up of many “soldiers” doing specific jobs. White blood cells search for specific invaders that they have been taught to recognize and destroy. Some cells envelop, some shoot, and others eat invaders. Some white blood cells produce the needed weapons, some command, some police, and some carry messages, but all work together in synchronized harmony to protect us. If we didn’t have these internal soldiers to protect us from the mass of enemy invaders, we wouldn’t survive for long. This is one more proof of God’s design and care of His creation.

免疫系統是我們的防禦前線，每天在我們體內打一場驚人的戰役。我們的免疫系統就像現代軍隊一樣，由許多「士兵」組成，各有特定的工作要做。白血球尋找上帝教導了它們去識別和摧毀的特定入侵者。有些細胞包圍入侵者，有些射擊它們，另有其他的細胞則吞食它們。有些白血球製造所需的武器，有些發施號令，有些巡邏，有些傳達訊息，但它們全都同步和諧的一起工作來保護我們。如果我們體內沒有這些士兵保護我們，遭受龐大敵人的侵襲時，我們是無法存活太久的。這是上帝設計和照顧祂的造物的另一個證明。



We can help the immune system ward off invaders by living a healthy lifestyle—by eating, sleeping, and exercising right.

And in addition to the big three—eat right, sleep right, and exercise right—laughter, sunshine, melodic music, and giving and receiving love all give us energy and strengthen our immune system. Researchers have found that the brain contains messenger molecules that are produced by the immune system, enabling the brain and the immune system to “talk” to each other. This may help explain why our physical condition is closely related to our mental and emotional state. If we’re happy and free from stress, our immune system is boosted and is better able to fight sickness.

我們可以藉著過健康的生活方式——正確的飲食、睡眠和運動，來幫助免疫系統抵禦入侵者。

除了正確的飲食、睡眠和運動這三大要點之外，歡笑、陽光、旋律優美的音樂，給予和接受愛，所有這些都能給我們精力，並加強我們的免疫系統。研究人員發現，大腦含有一些由免疫系統製造、傳達訊息的分子，它們可讓大腦與免疫系統彼此「交談」。這或許有助於解釋，為什麼我們的身體狀況與我們精神和情緒狀態密切相關。如果我們感覺快樂、沒有壓力，我們的免疫系統就會增強，並更有能力對抗疾病。



Sometimes we can't avoid sickness, but other times ill health is caused by our own carelessness or neglect. Give God and your immune system some cooperation. Take care of your body by making wise lifestyle choices.

有時候我們無法避免生病，但其他時候健康不佳是由於我們自己不小心或疏忽造成的。請與上帝和你的免疫系統多合作一點，選擇過明智的生活方式，來照顧你的身體。

