

盡情享受森林陰離子 Please Enjoy the Forest Essence: "Negative Ions"

【內文 Content】

森林空氣中懸浮大量的陰離子又稱空氣維他命

The forest air is filled with a large amount of suspended negative ions, also known as "Air Vitamins."

陰離子的來源 Sources of Negative Ions

1. 瀑布、溪水激起的水花 Water spray generated by waterfalls and streams.
2. 森林散發的新鮮氧氣 Fresh oxygen released by the forest.
3. 太陽的紫外線等等 Ultraviolet rays from the sun, etc.

陰離子與人體健康 Negative Ions and Human Health

1. 助益呼吸系統及肺機能 Benefits the respiratory system and lung function.
2. 增進血液循環和心臟活力 Enhances blood circulation and heart vitality.
3. 調整血壓, 預防血管硬化 Regulates blood pressure and helps prevent arteriosclerosis.
4. 鎮靜自律神經, 消除失眠、頭痛、焦慮等 Calms the autonomic nervous system, alleviating insomnia, headaches, and anxiety.
5. 使全身細胞新陳代謝活絡, 美顏又長壽 Stimulates metabolism in all body cells, promoting healthy skin and longevity.

各環境的陰離子量 Negative Ion Levels in Different Environments	個/CM ³ Quantity per cm ³
市區室內 Urban Indoors	30-70
市區街道 Urban Streets	80-150
郊外 Suburbs	200-300
人體需要量 Amount Required by Human Body	700
山野 Wilderness/Mountains	700-800
森林區 (有林有水) Forest Areas with Trees and Water	700