

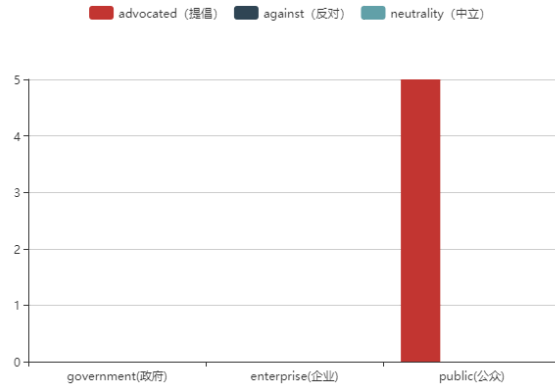
## 减盐-新闻

### Salt Reduction - News

今日 (2018-12-02) 共监测到5条资讯。请点击标题查看原文。

There are 5 articles monitored today 2018-12-02. Please click the title to view full information.

The original article is in Chinese only.



### 山东

#### Shandong

##### 食物中的钠 Sodium in food

没有相关文章!

No such articles!

##### 高血压 Hypertension

没有相关文章!

No such articles!

##### 心血管健康 Cardiovascular health

没有相关文章!

No such articles!

##### 综合健康信息 Comprehensive Health Information

没有相关文章!

No such articles!

##### 决心工程 Resolve To Save Lives

没有相关文章!

No such articles!

### 河南

#### Henan

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决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

其他省份  
Other Provinces

食物中的钠 Sodium in food				
1. <a href="#">食用盐多吃对身体好还是少吃对身体好?</a> <a href="#">Is it good for your health to eat more salt or to eat less salt?</a>	来源: 中国新闻网 Source: China News Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 18:00:17 Time: 18:00:17
食盐的主要成分就是钠，当中钠含量大约40%，缺钠一般为倦怠、淡漠、甚至昏迷，人体一般不容易缺钠，因几乎所有的食物本身都含有钠，所以很难发生钠缺乏。但是吃盐过多现在已经成为中国普遍的健康问题，并由此带来的是各种健康的隐患。那吃盐过多对身体好还是不好？人群普查和动物实验表明，吃盐越多，高血压患病率越高。每天吃10g盐，高血压发病率为10%；每天吃20g盐，高血压发病率为20%，降低试验后血压降低。中国的北方地区盐的摄入量明显高于南方，尤其是东北、西北、华北地区，高血压的发病率也明显增高。				
The main component of salt is sodium, which contains about 40% sodium. Na deficiency is generally fatigue, indifference, or even coma. It is not easy for human body to lack sodium. Almost all food contains sodium itself, so it is difficult to suffer from sodium deficiency. But eating too much salt has now become a common health problem in China, which has brought about various health risks. Is it good or bad to eat too much salt? Population census and animal experiments show that the more salt you eat, the higher the prevalence of hypertension. The incidence of hypertension was 10% when 10 g salt was eaten every day, and 20 g salt was eaten every day. The incidence of hypertension was 20%. The blood pressure was lowered after the experiment. The salt intake in northern China is significantly higher than that in southern China, especially in Northeast, Northwest and North China. The incidence of hypertension is also significantly increased.				

<div><div>高血压</div><div>Hypertension</div></div>				
1. <a href="#">如何科学减盐降低高血压风险</a> <a href="#">How to reduce the risk of hypertension by reducing salt scientifically.</a>	来源：南方网 Source: Southern net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:38:01 Time: 10:38:01
<p>对现在的人来说，盐可能仅仅是一个调味品。但在历史漫长的发展中，盐曾经是决定一个国家的生死和富强的关键。当然，随着经济条件的不断提升，人们如今不再缺盐，反而开始担心过多的盐所带来的健康隐患。减盐成为产学研界的共识，如何科学减盐则更需要探讨。</p> <p>For today's people, salt may be just a condiment. But in the long history of development, salt used to be the key to determine a country's life, death and prosperity. Of course, with the continuous improvement of economic conditions, people are no longer short of salt, but began to worry about the health risks caused by excessive salt. Salt reduction has become the consensus of industry, University and research circles. How to reduce salt scientifically needs to be discussed.</p>				
2. <a href="#">高血压除了少盐，还有“2物”要忌口</a> <a href="#">In addition to less salt, hypertension also has "two things" to avoid</a>	来源：中国新闻网 Source: China News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 17:51:09 Time: 17:51:09
<p>高血压是日常生活中常见的一种心脑血管疾病，大概有60%的高血压患者有遗传家族史，同时长期的精神紧张、焦虑不安，或者是生活环境不好，也会引起血压升高。随着人们生活习惯和饮食习惯的影响，高血压的发病率越来越年轻化，日常生活中大家都知道多吃盐会影响血压，但是的其他饮食也会对血压造成影响，而且有三个时间段特别容易引起血压升高。如果不及时控制血压，容易引起脑溢血、脑血栓等重大疾病，所以日常生活中要注意平稳血压，请跟小编一起来看一下。高血压除了少盐，还有“2物”要忌口，留意3个时段，或许血压更稳。</p> <p>Hypertension is a common cardiovascular and cerebrovascular disease in daily life. About 60% of hypertensive patients have a family history of heredity. At the same time, long-term mental stress, anxiety, or poor living environment can also cause hypertension. With the influence of people's living habits and dietary habits, the incidence of hypertension is becoming younger and younger. Everyone knows that eating more salt will affect blood pressure in daily life. But other diets will also affect blood pressure, and three periods of time are particularly prone to blood pressure rise. If you do not control blood pressure in time, it is easy to cause cerebral hemorrhage, cerebral thrombosis and other major diseases, so we should pay attention to the smooth blood pressure in daily life, please take a look with Xiaobian. In addition to less salt, hypertension also has "two things" to avoid, pay attention to three periods, perhaps blood pressure is more stable.</p>				
<div><div>心血管健康</div><div>Cardiovascular health</div></div>				
没有相关文章!				
No such articles!				
<div><div>综合健康信息</div><div>Comprehensive Health Information</div></div>				
1. <a href="#">宝宝吃盐也讲究</a> <a href="#">Babies also pay attention to salt</a>	来源：中国新闻网 Source: China News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 17:51:10 Time: 17:51:10
<p>不少家长在喂养一岁以内宝宝的时候都会习惯性的在宝宝的辅食内添加一点盐，认为这样孩子会比较喜欢吃，而且这样还将可以补充钠和氯，其实这样做是非常不正确的。每个阶段的宝宝都可以摄入一定量的盐分，但为何专家却建议：宝宝一岁内无盐，三岁内少盐呢？盐作为人体的必需养分之一对人体起着很重要的作用，但是，过量使用盐对人体危害很大，比如高盐易引起高血压等心脑血管疾病，对于一岁之内的宝宝，更是不能吃盐，否则会引起一系列疾病，后悔终身。</p> <p>Many parents will habitually add a little salt to the baby's complementary food when feeding the baby under one year old. They think that this way the child will like to eat more, and it will also be able to supplement sodium and chlorine. In fact, it is very incorrect to do so. Babies at all stages can take in a certain amount of salt, but why do experts recommend that babies be salt-free within one year of age and salt-free within three years of age? Salt, as one of the essential nutrients of human body, plays an important role. However, excessive use of salt does great harm to human body. For example, high salt can easily cause cardiovascular and cerebrovascular diseases, such as hypertension. For babies within one year of age, salt should not be eaten. Otherwise, it will cause a series of diseases and regret for life.</p>				
2. <a href="#">玫琳凯助力“健康美力中国行”健康科普活动</a> <a href="#">Mary Kay Helps Health Science Popularization Activities of "Healthy Beauty China Travel"</a>	来源：金羊网 Source: ycwbb	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 17:57:10 Time: 17:57:10
<p>权威健康报告发布，聚焦现代生活方式引发的健康问题 随着城市生活节奏的不断加快，不良的生活方式及饮食习惯影响着人们的健康状况，年度体检报告上亮起红灯的检查指标，成了困扰现代人群的心头病。《现代生活方式与健康问题调查》报告显示，心血管，前列腺、乳腺、脂肪肝和近视眼健康问题的比例呈逐年上升的趋势，专家建议应形成健康的生活方式和营养均衡的饮食习惯，补充红黄绿三大植物营养素，全方位加强细胞抗氧修复力，重塑健康体魄。12月2日，“吃动两平衡，健康每一天”健康美力中国行媒体说明会在上海启动，来自全国的慢病预防与控制专家，营养学专家，三甲医院的营养科医师代表出席了本次活动，中国疾病预防控制中心营养与健康所所长丁钢强和上海交通大学医学院营养系教授蔡美琴，在会上发布相关的慢病数据，和《现代生活方式与健康问题调查》报告。</p> <p>Authoritative health report issued, focusing on the health problems caused by modern lifestyle with the acceleration of the pace of urban life, bad lifestyle and eating habits affect people's health status, the annual physical examination report on the red light on the inspection indicators, has become a troubled modern people's mental illness. "Survey of Modern Lifestyle and Health Problems" report shows that the proportion of cardiovascular, prostate, breast, fatty liver and myopia health problems is increasing year by year. Experts suggest that healthy lifestyle and balanced dietary habits should be formed, red, yellow and green phytonutrients should be supplemented, and cells should be strengthened in an all-round way. Anti-oxidant restorative power, remodeling healthy body. On December 2, the "Eating and Moving Balance, Healthy Every Day" Health Medium Press Conference was launched in Shanghai. Representatives of experts in chronic disease prevention and control, nutritionists and nutritionists from the Third-Class A Hospital attended the event. Ding Gangqiang, Director of Nutrition and Health Department of China Center for Disease Control and Prevention, and Shang Shang, Director of the Department of Nutrition and Health, attended the event. Cai Meiqin, Professor of Nutrition Department of Medical College of Haijiao University, released relevant data on chronic diseases and the report of Survey of Modern Lifestyle and Health Problems at the meeting.</p>				
<div><div>决心工程</div><div>Resolve To Save Lives</div></div>				
没有相关文章!				
No such articles!				

# 减盐-微信

## Salt Reduction - WeChat

2018-12-02, 共监测到507篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 507 WeChat public articles were monitored in 2018-12-02. This page shows the top five articles by repeat number today.

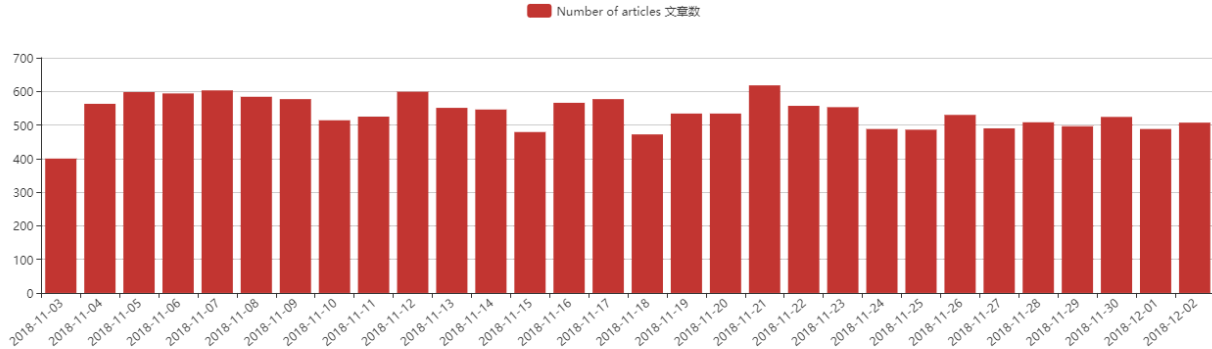
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



### 热门文章-前五 Popular Articles - Top 5

#### 1. 想要健康长寿: 少吃三白, 多吃三黑

重复数: 26

日期: 2018-12-02

Repeat Number: 26

Data: 2018-12-02

很多人在做菜的时候喜欢放很多盐, 觉得这样才入味, 但摄入过多的话, 对人体产生不利的影响! 长期高盐饮食很容易引起血压增高、血管硬化, 并且多余的钠需要从肾脏排出, 加大肾脏负担。限盐建议: 健康人通过饮食摄取的最佳盐量, 每天吃盐不超过6克——就是普通啤酒瓶盖去胶垫后, 平铺满一瓶盖的量。 如果已经确诊高血压, 每天最好不要超过 3 克。

Many people like to put a lot of salt when cooking, and feel that it is so delicious. However, if you consume too much, it will have an adverse effect on the human body! Long-term high-salt diets can easily cause high blood pressure, hardening of the arteries, and excess sodium needs to be excreted from the kidneys, increasing the burden on the kidneys. The optimal amount of salt that a healthy person can consume through the diet is no more than 6 grams per day, which is the amount of a common beer bottle cap. If you have already diagnosed high blood pressure, it is best not to exceed 3 grams per day.

#### 2. 为何日本人寿命全球最长? 因为他们有10大法则, 我们真该学学!

重复数: 9

日期: 2018-12-02

Repeat Number: 9

Data: 2018-12-02

日本人吃盐也很少, 每天的盐摄入量还不到中国人的一半。 中国科学院院士、复旦大学附属中山医院心内科主任葛均波教授指出, 这点非常关键, 目前盐与高血压的关系已经非常明确, 它会引发心脏肥大和动脉粥样硬化。 日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。

The Japanese eat very little salt, and the daily salt intake is less than half that of the Chinese. Professor Ge Junbo, academican of the Chinese Academy of Sciences and director of the Department of Cardiology of Zhongshan Hospital affiliated to Fudan University, pointed out that the relationship between salt and hypertension is very clear, and it can cause cardiac hypertrophy and atherosclerosis. As early as 1975, the Japanese government began to pay attention to the issue of national salt reduction and launched a series of salt reduction campaigns.

#### 3. 跟心脏抢寿命、跟骨头抢钙、还致癌...就是你天天吃的这个东西

重复数: 4

日期: 2018-12-02

Repeat Number: 4

Data: 2018-12-02

盐的主要成分是钠, 一般而言, 人体的肾会将每天多余的钠排出体外, 每排泄1000毫克钠, 会同时耗损26毫克钙。人体摄入的钠越多, 需要排出体外的钠就越多, 而钙的消耗也就越大。 长期的高盐饮食, 会使骨密度越来越低, 导致“骨头变脆”, 患上骨质疏松也就不足为奇了。

The main component of the salt is sodium. In general, the kidneys of the human body will excrete excess sodium every day. Each discharge of 1000 mg of sodium will consume 26 mg of calcium at the same time. The more sodium you consume, the more sodium you need to excrete, and the more calcium you consume. Long-term high-salt diets can make bone density lower and lower, leading to bones becoming brittle, and it is not surprising that osteoporosis occurs.

#### 4. 健康常识: 心血管医生不到1年把血压降至正常, 没吃一粒药!

重复数: 3

日期: 2018-12-02

Repeat Number: 3

Data: 2018-12-02

北方居民每日食盐摄入量可先减至8g, 后逐渐降至6g。南方居民可控制在6g以下(一啤酒瓶盖的量)。 除此之外, 还要注意酱油、味精等“隐性食盐”的摄入, 腌制品、卤味、酱鸭等含盐量高的食物不吃或少吃。

The daily salt intake of northern residents can be reduced to 8g first, then gradually reduced to 6g. Southern residents can control below 6g (the amount of beer caps). In addition, we must pay attention to the intake of "hidden salt" such as soy sauce and monosodium glutamate. Do not eat or eat less salted foods, lo mei, sauce ducks and other foods with high salt content.

#### 5. 吃惯了重口味, 如何减盐减油减糖, 但又好吃?

重复数: 2

日期: 2018-12-02

Repeat Number: 2

Data: 2018-12-02

“三减”即减盐、减油、减糖是民众预防慢性非传染性疾病、促进健康的基础。每个人是自己健康第一责任人, 每个人都应该知道并做到“三减”。

“Three reductions” means reducing salt, reducing oil and reducing sugar, which is the basis for people to prevent chronic non-communicable diseases and promote health. Everyone should be responsible for their own health, and everyone should know and do “three reductions.”

# 减盐-微博

## Salt Reduction - Weibo

2018-12-02, 共检测到1601条与“减盐”相关的微博。

本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

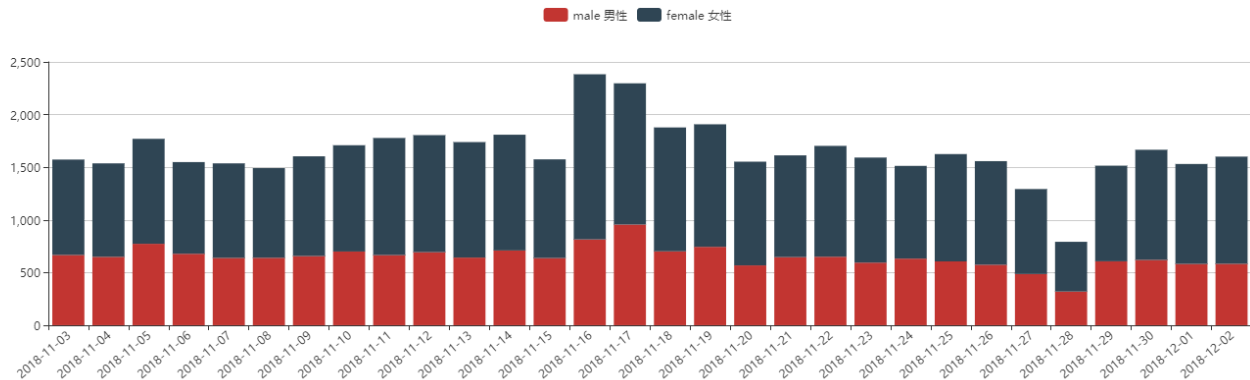
There are 1601 weibos about salt reduction monitored on 2018-12-02.

Weibos whose repost number is greater than 50 are listed in this page.

Click the content of each weibo, and you can see the detail information.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



### 热门微博 Hot Weibos

#### 1. 昵称: 糊奔奔

地区: 其他

认证: 无

Nickname: 糊奔奔

Area: Other

Identity: None

时间: 2018-12-02 19:40  
Time: 2018-12-02 19:40

来自: iPhone8Plus  
Source: iPhone8Plus

转发数: 527  
Repost: 527

评论数: 1384  
Comment: 1384

点赞数: 3813  
Like: 3813

好皮肤的秘诀之一就是好好吃饭 (少油、少盐, 尽量不吃糖, 用粗粮代替部分精制主食)  
yes

#### 2. 昵称: 你不要脸的样子真可爱

地区: 海外

认证: 无

Nickname: 你不要脸的样子真可爱

Area: overseas

Identity: None

时间: 2018-12-02 22:10  
Time: 2018-12-02 22:10

来自: 12月02日22:10  
Source: 12月02日22:10

转发数: 196  
Repost: 196

评论数: 103  
Comment: 103

点赞数: 339  
Like: 339

刚量完体重的我: 少盐少油多吃素, 戒掉宵夜身体好看完《风味人间》: 我要吃肉!!!! 5555陈露卿你是魔鬼吗  
After just weighing my weight, my diet is less salty, less oily, more vegetarian, and quits staying up late. The body is getting better. After reading "Flesal World", I want to eat meat!!!! Chen Xiaoqing, are you a devil?

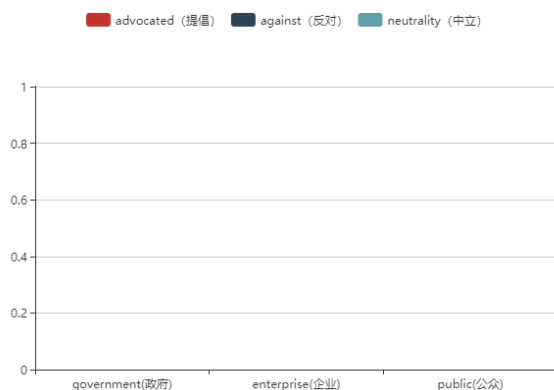
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-12-02) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2018-12-02. Please click the title to view full information.

The original article is in Chinese only.



### 山东

#### Shandong

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

### 河南

#### Henan

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

### 安徽

#### Anhui

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

### 浙江

#### Zhejiang

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

其他省份

Other Provinces

反式脂肪酸 Trans fat	
没有相关文章!	
No such articles!	
决心工程 Resolve To Save Lives	
没有相关文章!	
No such articles!	

# 反式脂肪酸-微信 Transfat - WeChat

2018-12-02，共监测到280篇微信公众号文章，本页面显示当日重复发布数量排名前五的文章，请点击标题搜索原文。

A total of 280 WeChat public articles were monitored in 2018-12-02. This page shows the top five articles by repeat number today.

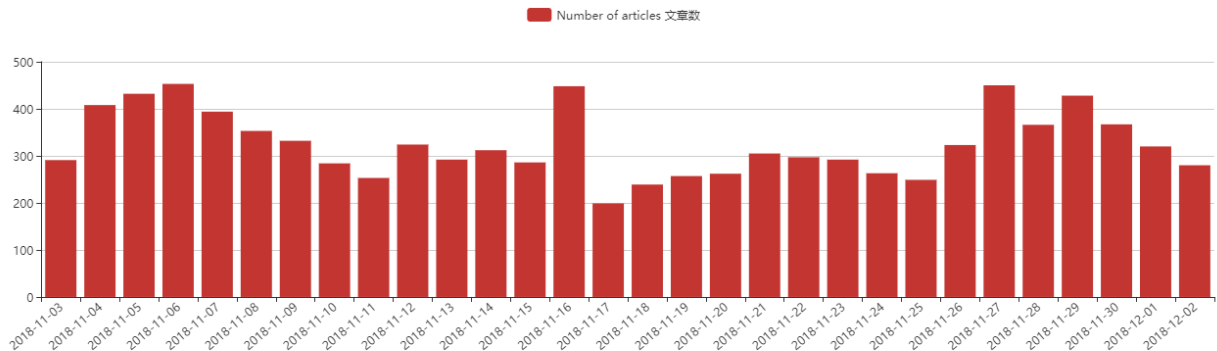
由于微信公众号文章没有固定的链接，因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



## 热门文章-前五 Popular Articles - Top 5

1. [可怕，原来这些都是高脂肪食物，居然隐藏这么深！](#)  
[It's terrible. It turns out that these are high-fat foods.](#)

重复数: 6  
Repeat Number: 6  
日期: 2018-12-02  
Data: 2018-12-02

奶油糖更要警惕 它添加的都不是真的奶油 而是氢化植物油制成的植物奶油 其中饱和脂肪占一半左右 并可能含有反式脂肪酸 过多摄入反式脂肪酸可使血液胆固醇增高 从而增加心血管疾病发生的风险

Be more alert to butter cream. It does not add real cream, but a plant cream made from hydrogenated vegetable oil. It has about half of saturated fat and may contain trans fatty acids. Excessive intake of trans-fatty acids can increase blood cholesterol, which increases the risk of cardiovascular disease.

2. [喜欢吃番茄炒蛋，心梗猝死：你以为的健康食品，却是隐形杀手](#)  
[Eating too much scrambled eggs with tomatoes may cause sudden death of myocardial infarction : The food you think is health may be a invisible killer.](#)

重复数: 5  
Repeat Number: 5  
日期: 2018-12-02  
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其实一般反刍动物，在自然状态下，会产生天然的反式脂肪酸，所以牛奶里会有。但这些天然反式脂肪酸，也没有啥害处。问题就出在大量的人造反式脂肪酸。各种食物、零食，如果含有植脂末、氢化植物油、人造奶油、代可可脂、奶精、起酥油，等等，都含有人造反式脂肪酸！

In fact, in general, ruminants produce natural trans fatty acids in their natural state. So there is trans fatty acid in the milk. But these natural trans fatty acids are also harmless. The problem lies in a large number of artificial trans fatty acids. For a variety of foods, snacks, if it contains non-dairy creamer, hydrogenated vegetable oil, margarine, cocoa butter, creamer, shortening, etc., then these foods contain artificial trans fatty acids!

3. [隔一天喝一大杯！16岁女生突发心肌炎 医生：这两种人不要喝](#)  
[Have a big drink every other day! 16-year-old girl suddenly suffered from myocarditis. The doctor suggests these two kinds of people do not drink.](#)

重复数: 3  
Repeat Number: 3  
日期: 2018-12-02  
Data: 2018-12-02

福建医科大学营养公共学院专家表示，食品与健康存在必然的联系，反式脂肪酸（制作奶茶的配料植脂末中含有）对心脑血管疾病的影响在医学界是明确的，青少年及孕妇不适合喝奶茶。

Experts from the Nutrition Public College of Fujian Medical University said that there is an inevitable connection between food and health. The effects of trans fatty acids (containing in the ingredients of milk tea) on cardiovascular and cerebrovascular diseases are clear in the medical community. Teenagers and pregnant women are not suitable for drinking milk tea.

4. [我们都被“8小时睡眠论”给害了！](#)  
[yes](#)

重复数: 3  
Repeat Number: 3  
日期: 2018-12-02  
Data: 2018-12-02

减少食用油炸食品、加工食品。这类食物中含有反式脂肪酸，无法被人体吸收，甚至会阻止身体使用健康的不饱和脂肪酸。如：精制的植物油、人造黄油、油炸膨化食品等。脂肪的摄入量 脂肪的摄入量应占总热量的20%~35%，其中饱和脂肪应少于10%。一般健身者每天每公斤体重摄入0.5~1g的脂肪。

Reduce consumption of fried foods and processed foods. These foods contain trans fatty acids that are not absorbed by the body and may even prevent the body from using healthy unsaturated fatty acids. Such as: refined vegetable oil, margarine, fried puffed food, etc. Fat intake should account for 20% to 35% of total calories, of which saturated fat should be less than 10%. The average fitness person consumes 0.5 to 1 g of fat per kilogram of body weight per day.

5. [每天拉拉筋，缓解一天疲劳，越拉越漂亮，30岁变18岁！](#)  
[Stretching your body every day can alleviate the fatigue of the day. And it can make you younger and more beautiful!](#)

重复数: 2  
Repeat Number: 2  
日期: 2018-12-02  
Data: 2018-12-02

减少食用油炸食品、加工食品。这类食物中含有反式脂肪酸，无法被人体吸收，甚至会阻止身体使用健康的不饱和脂肪酸。如：精制的植物油、人造黄油、油炸膨化食品等。脂肪的摄入量 脂肪的摄入量应占总热量的20%~35%，其中饱和脂肪应少于10%。

Reduce consumption of fried foods and processed foods. These foods contain trans fatty acids that are not absorbed by the body and may even prevent the body from using healthy unsaturated fatty acids. Such as: refined vegetable oil, margarine, fried puffed food, etc. Fat intake Fat intake should account for 20% to 35% of total calories, of which saturated fat should be less than 10%.



## 反式脂肪酸-微博 Transfat - Weibo

2018-12-02, 共检测到86条与“反式脂肪酸”相关的微博。

本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

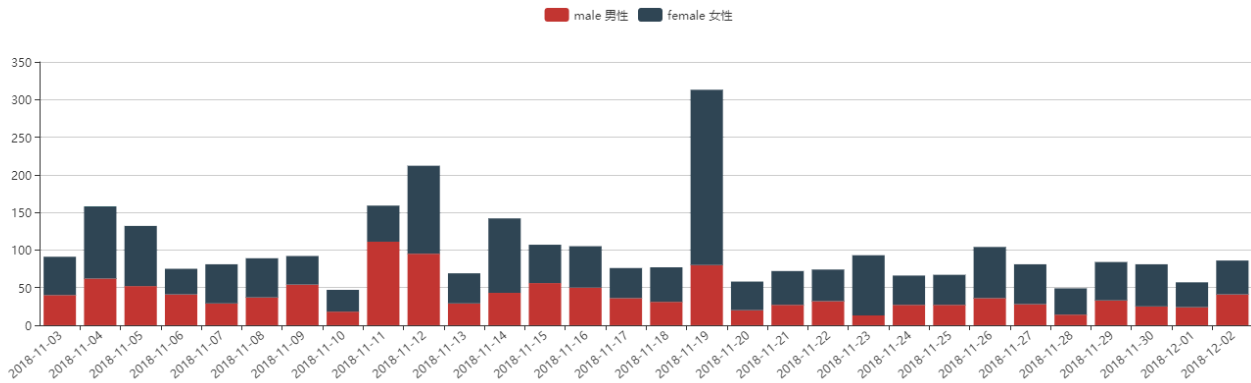
There are 86 weibos about transfat reduction monitored on 2018-12-02.

Weibos whose repost number is greater than 50 are listed in this page.

Click the content of each weibo, and you can see the detail information.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



### 热门微博 Hot Weibos

1. 没有相关微博!  
No such weibos!