



Healthy Living Guide

YOU

can regain

Youth & Health

through

Detoxification & Rejuvenation

Fifth Edition **5**

A Programme by Dr. Lynn Tan (N.D.)

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Doctor in Naturopathy (U.S.A.)

DEDICATED

to the multitudes who suffer and die
needlessly - uninformed and unaware that simple,
safe, and effective means of correcting their ills and
restoring health are available;

and to those who choose to take the higher path,
which is the one approved by God, and
to those who are free and cleansed of the old so
as to embrace the new life.



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Revised & Reprinted in 2022

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Published by: Healthy Living
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MESSAGE FROM THE AUTHOR

My DREAM...

is for everyone in this generation and the next to be equipped with a knowledge of health so that they can be completely free of diseases.

Right now, we are destroying our health and the health of our children by living and eating improperly. The health of the world has degenerated so much that young babies are today suffering from diseases that were formerly only contracted by elderly people. Hospitals are filled with patients suffering with degenerative chronic diseases for which medical science has no answer. These degenerative chronic diseases could easily be prevented with healthy living.

Parents, it is your child's birthright to be healthy. Cleanse and nourish your body before conceiving. Breastfeed your baby and avoid ruining them by letting them be addicted to refined food and junk food from the cradle.

Your body is so wonderfully made that it is self-repairing and self-healing. No person can cure you of all your ailments, aches, pains, and diseases. Only when your body is cleansed of toxins and nourished properly can it function to banish diseases.

Each of us has to decide if we want to gather enough wisdom, courage, and will-power to change our nutritional condition or to end up suffering from one of the degenerative chronic diseases like cancer, heart disease, etc. Many people suffer or even perish needlessly for lack of knowledge.

Will you join me in this dream of promoting total health to all parts of the world, by learning, practising and sharing the knowledge of natural health? I am confident that with love in our hearts for others, we can succeed. Love never fails.

I wish you prosperity in your total health and wealth as you enter into a new life.



Dr. Lynn Tan (N.D.)



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1 THE BASIC CAUSES OF POOR HEALTH & DISEASE

THE BASIC CAUSES OF POOR HEALTH & DISEASE ARE:

TOXEMIA

- Which is the accumulation of toxins and metabolic wastes in our bodies.

NUTRITIONAL DEFICIENCIES

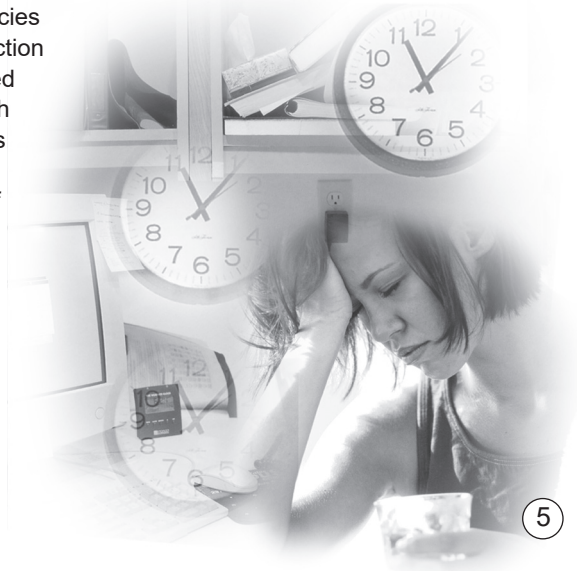
- Due to the consumption of devitalised and poisoned food which includes sugar, salt, white rice and white flour products.

Where Do Toxins Come From?

Firstly, from external sources: polluted air, impure water, highly processed, poisoned foods, and a toxic environment.

Secondly, from within us, i.e., toxins generated from within the body. This process is called self-poisoning or auto-intoxication. Faulty nutritional patterns like the consumption of processed food and excess meat have resulted in slow elimination of toxic wastes. Poorly digested food passes through the intestinal tract sluggishly causing fermentation and putrefaction, which, in turn, produces toxins that are re-absorbed into the bloodstream through the intestinal walls. Prolonged emotional stress, lack of rest and lack of exercise may also cause the production and accumulation of toxins in the body.

As toxins and nutritional deficiencies build-up in the body, cell destruction begins. Proper function is slowed down in all body tissues in which chemical deficiencies and toxins have settled, causing the body to degenerate and symptoms of degenerative diseases begin to appear.



2 DEVELOPMENT OF CHRONIC & DEGENERATIVE DISEASES

Development of Chronic & Degenerative Diseases ...

ACUTE STAGE OF ELIMINATION	SUB-ACUTE (POOR HEALTH)	CHRONIC	TOXIC EXTREME CHEMICAL DEFICIENCY DEGENERATION
<ul style="list-style-type: none"> • Inflammation • Discharge • Fever • Colds • Etc. 	<ul style="list-style-type: none"> • Fatigue • Blocked Nose • Overweight • Headaches • Lower Back Pain • Skin Blemishes • Piles • Constipation • Digestive Disorders • Hormonal Imbalance • Etc. 	<ul style="list-style-type: none"> • Migraine • Arthritis • High Blood Pressure • High Cholesterol • Skin Problems • Serious Back Pain • Ulcers • Asthma • Weak Sexual Impulses • Sinusitis • Tumours/Cysts/Fibroids • Endometriosis • Infertility • Etc. 	<ul style="list-style-type: none"> • Heart Disease • Strokes • Diabetes • Kidney Disease • Liver Problems • Gall Bladder Disease • Serious Arthritis & Gout • Prostate Disease • Serious Skin Problems • Impotence • Lymphatic & Cellular Dysfunction • Cancer • Etc.

Which stage are you in? There is HOPE for you! You do NOT have to stay sick and tired for the rest of your life. Health and vitality is your divine right. Our body is so wonderfully made by God that it can self-heal and self-repair. You can help your body to regain youth and health by...

**... removing the root causes -
toxemia and nutritional deficiencies.**

Dr. Lynn Tan's Detoxification and Rejuvenation Programme and **NewLife™** lifestyle are designed to detoxify and restore nutritional balance to your body.

GIVE YOUR BODY A NEW START TODAY!

Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP), a result of years of research and experience, is a complete programme combining both ancient and current methods of natural internal cleansing and rebuilding of the body.

The ***DRP*** is based upon two key principles of natural healing:

- 1) Our body is so wonderfully made by God, that it is self-healing, self-repairing, and self-rejuvenating.
- 2) The root causes of disease are toxemia and nutritional deficiencies.

Therapeutic in nature and design, the ***DRP*** is aimed at helping the body to get rid of poisons and to restore nutritional, hormonal and metabolic balance in the body. Once the body is free of poisons and the proper chemical balance is restored, then it is in a position to heal itself.

Who should undergo *Dr. Lynn Tan's Detoxification & Rejuvenation Programme*?

Every adult who has lived on the 'normal' diet of refined foods (noodles, white rice, white flour products, sugar, salt, etc.), meat, and predominantly cooked food. However, for the very weak and sick, it is advisable for them to follow the ***Mini DRP*** (see page 23) for 2-4 weeks before they are introduced to the ***DRP***. This is to prepare the body for 'rebuilding' so that the healing reactions would be less severe.

Caution: This programme is not suitable for patients with kidney failures or organ transplants. Please ask for a modified programme for these special needs.

How does *Dr. Lynn Tan's Detoxification & Rejuvenation Programme* work?

During the ***DRP***, toxins from different parts of the body are stirred up and flushed out into the bloodstream by the detoxifying herbs and oxidizing enzymes from K-Salt, Omega Gold Flaxseed Oil, Peppermint Tea, Dr. Bruschi's™ Essiac Tea, Spirulina, and Super Green Food ++.

When the toxins and dead diseased cells are in the blood stream, the body may experience symptoms of healing reactions (see page 22 for more details). The toxins and dead or sick cells are then removed from the body through the skin (skin scrubbing), and through the normal channels of lungs, kidneys and bowels. Coffee enemas are essential during this time because they help to remove toxins and dead cells from the blood, the liver and the bowels quickly. The congestions in the colon are also being cleansed out by Herbal Klensz with the evidence of black, gooey, rubbery encrustations passed out.

3

DR. LYNN TAN'S DETOXIFICATION & REJUVENATION PROGRAMME

While detoxification is taking place, the body starts to rebuild itself with the nutrients supplied by the health-building superfoods. These health-building superfoods are specially selected to meet the needs of the starving cells and tissue. **Spirulina, Super Green Food ++, Omega Gold Flaxseed Oil, K-Salt**, juices, potato soup, **Apple Cider Vinegar, Pure Raw Honey**, and **ImmuFlora™** all provide nutrients which are so lacking and yet essential to the building of healthy cells.

Should I still need to do the *Detoxification & Rejuvenation Programme* if I repent of my old "health destroying" diet and start taking only organic and wholesome foods?

This is best answered by an expert from the book *Clean Up The Blood Stream And Liver*, written by Lillian Taylor, former secretary of a health foundation:

"When I reached this point in my studies, I began to make practical application of the knowledge gained by dropping the man-made, refined and devitalised foods from my diet, and substituting them for natural foods. While I improved in my general health after making these changes in my diet, there was still something wrong and I was far from the perfection I desired. Then, in some manner, I stumbled on to the real deep and underlying secret. I discovered that 'One cannot put new material into an old dress, nor new wine in old bottles' and expect to get perfect results. I reached the conclusion that it would be necessary to clean out all the old debris and start all over anew."

The bodily defects and chronic ailments which have resulted from many years of improper eating require more than just changing the diet to get well. When your colon is clogged up with encrustations and your cells are surrounded by inorganic minerals and other toxins, when your digestive system is impaired and other vital organs are not fully functioning, your new healthy diet can only be partially utilised. The ***Detoxification & Rejuvenation Programme*** will help to clean out 'blockage' and restore the proper healthy function of the vital organs. This will give your body a new start.

3

DR. LYNN TAN'S DETOXIFICATION & REJUVENATION PROGRAMME

Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP) is a time-proven success. Thousands have enjoyed the benefits. Healing testimonies received include those with high blood pressure, diabetes, gout, arthritis, constipation, migraines, fatigue, impotence, irritable bowel syndrome, kidney diseases, liver problems, hormonal imbalance, menstrual problems, menopausal problems, undesirable weight, sinusitis, hay fever, skin diseases, and allergies, etc. Almost everyone who underwent the **DRP** displayed signs of rejuvenation. They felt wholesome and looked younger.

DURATION:

- The **DRP** is normally recommended for 7 days or more to reap obvious and effective results.
- You may choose to continue the **DRP** for 10 to 21 days.
- You may choose to complete a 3 to 5 day **DRP**, though longer detoxification may show better results.
- You may also do a 3 day **DRP**, then followed by another three days a few weeks later. The **DRP** is quite flexible.

EFFECTS:

- Those suffering from trauma, age or lifestyle related physical discomforts have found the **DRP** to be the answer to their search for optimal health.
- Achieving a clear complexion is one of the many desirable side effects.
- For the overweight, the **DRP** is a pleasant surprise.
- For the underweight, the **DRP** provides more efficient digestion and assimilation, restoring ideal weight.

IMPORTANT NOTE ON MEDICATIONS:

If you are currently on prescribed medications, do not stop taking them during the course of the **DRP**. Ask your physician to monitor your medications as according to your condition.

HEALTHY TIPS

Learn to keep a merry heart
by counting your blessings.
Practise thinking on things that are
true, noble, just, pure, lovely,
and things that are praise worthy.
Purpose to be a giver, rather than a receiver.

4 SCHEDULE

4.1 Basic Schedule For Detoxification & Rejuvenation

TIME	PROGRAMME	INSTRUCTION <i>(Please See)</i>
07:00 A.M.	Cleansing Drink	5.1 (page 12)
	Tissue-Building Drink	5.2 (page 12)
	1 Sachet of ImmuFlora™	6.7 (page 14)
07:30	Coffee Enema	7.1 (page 18 & 19)
08:00	Breakfast	9.2 (page 21)
	1 Capsule of Liverin	6.5 (page 14)
08:30	Health Drink	6.1 (page 13)
10:00	Cleansing Drink	5.1 (page 12)
	Tissue-Building Drink	5.2 (page 12)
11:30	Health Drink	6.1 (page 13)
12:00 Noon	Lunch	9.2 (page 21)
	1 Capsule of Liverin	6.5 (page 14)
01:00 P.M	Cleansing Drink	5.1 (page 12)
	Tissue-Building Drink	5.2 (page 12)
02:30	Health Drink	6.1 (page 13)
04:00	Cleansing Drink	5.1 (page 12)
	Tissue-Building Drink	5.2 (page 12)
05:30	Health Drink	6.1 (page 13)
06:00	Coffee Enema	7.1 (page 18 & 19)
07:00	Cleansing Drink	5.1 (page 12)
	Tissue-Building Drink	5.2 (page 12)
07:30	Dinner	9.2 (page 21)
	1 Capsule of Liverin	6.5 (page 14)
09:30	Bedtime	
Anytime	Unchilled plain Yoghurt and/or 2 teaspoons Bee Pollen with 1 tablespoon of Flaxseed Oil	6.11 (page 15 & 16)
Anytime	Potato Soup	9.5 (page 21)
Anytime	Peppermint Tea	6.8 (page 15)
Anytime	Skin Scrubbing	7.4 (page 20)
For more serious degenerative cases	Dr. Brusck's™ Essiac Tea	6.12 (page 16 & 17)

The time stated is only a guide. You may vary the timing as appropriate to you.

4 SCHEDULE

4.2 Modified Schedule For Working People

TIME	PROGRAMME	INSTRUCTION
Before Work:		<i>(Please See)</i>
On Rising	Cleansing Drink Tissue-Building Drink 1 Sachet of ImmuFlora™	5.1 (page 12) 5.2 (page 12) 6.7 (page 14)
Before Morning Shower	Coffee Enema & Skin Scrubbing	7.1 (page 18 & 19) 7.4 (page 20)
Breakfast	1 Capsule of Liverin	9.2 (page 21) 6.5 (page 14)
Before Leaving for Work	Health Drink	6.1 (page 13)
At Work:		
Morning Break (10:00 A.M.)	Cleansing Drink Tissue-Building Drink	5.1 (page 12) 5.2 (page 12)
Before Lunch	Health Drink	6.1 (page 13)
Lunch	1 Capsule of Liverin	9.2 (page 21) 6.5 (page 14)
After Lunch	Cleansing Drink Tissue-Building Drink	5.1 (page 12) 5.2 (page 12)
02:30 P.M.	Health Drink	6.1 (page 13)
Afternoon Break	Cleansing Drink Tissue-Building Drink	5.1 (page 12) 5.2 (page 12)
Back Home:		
	Health Drink	6.1 (page 13)
	Coffee Enema	7.1 (page 18 & 19)
Before Dinner	Cleansing Drink Tissue-Building Drink	5.1 (page 12) 5.2 (page 12)
Dinner	1 Capsule of Liverin	9.2 (page 21) 6.5 (page 14)

* Anytime of the day: One tablespoon Omega Gold Flaxseed Oil with Yoghurt, potato soup, Peppermint Tea.

* For more serious degenerative cases, drink Dr. Bruschi's™ Essiac Tea (see page 16 & 17 for preparation).

For busy executives:

An Alternative Health Drink:

When it is not possible to have fresh fruit juice, you may just use the Super Green Food ++ and 1/4 teaspoon K-Salt in distilled water. However, try to use fresh juice whenever possible.

5 DRINK PREPARATION

5.1 THE CLEANSING DRINK

The *Cleansing Drink* helps cleanse the body of toxic wastes and poisons present in the colon and the blood system so that the metabiological balance of the body may be restored.

Preparation:

- 1 glass of distilled water
 - 1 teaspoon of Pure Raw Honey***
 - 1 teaspoon of Apple Cider Vinegar**
 - 1 heaping teaspoon of Herbal Klenz / Herbal Matrix Powder
- Stir and drink immediately.



5.2 THE TISSUE-BUILDING DRINK

- 1 glass of distilled water
 - 1 teaspoon of Pure Raw Honey***
 - 1 teaspoon of Apple Cider Vinegar**
- Drink with 10 Spirulina tablets.



** GASTRITIS

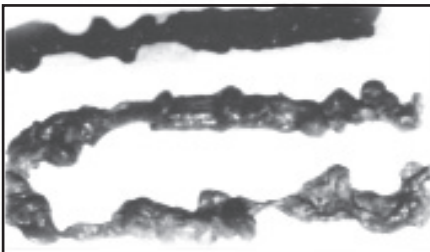
Omit taking Apple Cider Vinegar if sour foods aggravate your gastric problem.

*** DIABETES

Limit the intake of Pure Raw Honey to 2 tsp. a day.

5.3 THE HERBAL KLENZ / HERBAL MATRIX POWDER

The ultimate cleanser and health builder of your colon!



Encrustations that have been flushed out when the colon is cleansed by taking Herbal Klenz / Herbal Matrix Powder

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HEALTH-BUILDING FOOD

6.1 THE HEALTH DRINK

Juice 2 carrots and 1 apple to make approximately 8 fl. oz./250 ml of drink. Add 1/4 teaspoon of K-Salt to the juice. Mix in 1 sachet of Super Green Food Plus. For diabetics: Juice 1 green apple with greens (e.g. lettuce, capsicum, broccoli, cabbage, etc.) to make 8 fl. oz./250 ml of juice.



6.2 JUICES

Fresh juices provide life-giving forces and furnish vital enzymes to all body tissues.

Carrot Juice is rich in Beta-carotene, vitamins, and minerals. It helps to increase vigor and vitality, build healthy tissues and skin, and protect the nervous system and respiratory organs. It also cleanses the liver of toxins. Yellow coloration may appear on the skin due to consumption of carrot juice. This is just a sign that you have a sluggish liver and the stale bile flushed out is being eliminated through the skin. The yellow coloration will disappear when your liver becomes healthier.

Apple juice is a blood purifier and a good source of Vitamin C, B complex, Magnesium, Potassium, Iron, and Silicon. It has a cleansing effect in our intestines and kidneys.

6.3 SUPER GREEN FOOD ++

Super Green Food ++ (SGF++) provides all the nutrients essential for optimal health. Combining 27 active ingredients sourced from nature, SGF++ is rich in phyto-nutrients and alkaline forming in the body. It is a concentrated source of vitamins, minerals, amino acids, enzymes, chlorophyll, and contains herbal extracts that offer a variety of health benefits. In addition, SGF++ contains a super-antioxidant blend, which consists of mangosteen extract, maqui berry and other powerful antioxidants. The nutrients in SGF++ offer a complete nutritional package that helps to prevent nutritional deficiency caused by a diet lacking in raw fruits and vegetables.



6 HEALTH-BUILDING FOOD

6.4 SPIRULINA

"GREEN POWER", "FOOD OF THE FUTURE", "GREEN GOLD" - No matter what you call it, Spirulina is a super food which possesses both body-cleansing and body-building properties.

It is made up of:

- 65% easily digestible proteins.
- 25 times more Carotene than carrots.
- Large amounts of Chlorophyll and Phycocyanin.
- 3 times more Vitamin E than Wheat Germ.
- More GLA content than Evening Primrose Oil.
- Natural organic minerals like Calcium, Magnesium, Potassium, Chromium, organic Iron, and other trace minerals.



6.5 LIVERIN

Liverin rebuilds liver cells and removes toxins, has powerful anti-oxidant and anti-inflammatory effects. It also repairs liver damage caused by medication, excessive alcohol consumption, as well as the effects of pollutants found in the environment. Liverin stimulates the liver to increase bile flow, which carries away waste and breaks down fats during digestion. Liverin contains a proprietary blend of herbs - Milk Thistle Extract (80% Silymarin), Dandelion, Artichoke Extract, Burdock, and Celery Extract - at the right potencies, which work synergistically to combat free radicals and oxidative stress, thus preventing the onset of many degenerative and age-related disease.



6.6 K-SALT

Contains 100% potassium compounds which are essential for restoring the high potassium/sodium ratio necessary for the healthy function of the body. This particular formula is the result of numerous (more than 400) experiments by Dr. Max Gerson.

After years of experience in natural treatment of cancer, Dr. Max Gerson concluded that the chemical imbalance which is due to the consumption of sodium salt is the beginning of all degenerative diseases, including cancer. Because of the daily consumption of sodium (from table salt & other seasonings), **K-Salt** is necessary to restore the body's chemical balance.



6.7 IMMUFLOA™

Contains bacteria which are original inhabitants of the human intestines that help fight free radicals and harmful bacteria. They clean the intestines, build immunity, and prevent degenerative diseases.

Each sachet contains 10 billion viable cells of Bifidobacterium Longum and 1 billion viable cells of Lactobacillus Acidophilus to replenish the friendly bacteria destroyed through the indiscriminate use of antibiotics, occupational stress and strain. **ImmuFlora™** is a product of the technology



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HEALTH-BUILDING FOOD

that enables the friendly bacteria to be acid-resistant, and therefore, able to pass through the stomach without being destroyed by the stomach acids. In addition, **ImmuFlora™** contains Fructo-Oligosaccharides which stimulate the growth of these friendly organisms in the intestines.

6.8 PEPPERMINT TEA

Peppermint tea is a caffeine-free herbal drink known for its refreshing aroma and health benefits. Rich in phytonutrients, vitamins, and minerals, it supports digestion, freshens breath, and soothes issues like bloating, nausea, and stomach aches by relaxing stomach muscles and reducing intestinal spasms. Additionally, it is effective for managing colds, flu and digestive disorders, making it a versatile and beneficial beverage.



6.9 ORGANIC OMEGA GOLD FLAXSEED OIL

Organic Omega Gold Flaxseed Oil provides the best source of Omega 3, which is very much lacking in our diet and thus, lacking in every person. Dr. Budwig has documented over 1000 cases of successful treatment of various diseases using Organic Omega Gold Flaxseed Oil. Dr. Max Gerson, M.D., in the Gerson Therapy for cancer healing, does not allow consumption of any oil except Organic Omega Gold Flaxseed Oil. It helps to increase energy, make skin softer & smoother, maintain lustrous hair, and retard greying of hair. It also helps to supply oxygen to suffocating cells and is an important ingredient in brain cell development.



Research shows the benefits of Omega 3:

- Lowers Cholesterol levels and promotes heart health.
- Decreases the probability of blood clots and reduces blood pressure.
- Helps in allergic response and inflammatory problems such as: colitis, tendonitis, nephritis, arthritis, asthma, and psoriasis, etc.
- Helps to provide necessary nutrients for hormonal imbalance and diabetes.

6.10 BEE POLLEN

There are 22 basic elements in the human body - enzymes, hormones, vitamins, amino acids, and others - which must be renewed through nutrient intake. No one food contains all of them - except bee pollen.

When pollen enters your digestive system, its twenty-two elements immediately start to regulate and invigorate metabolism by supplying any missing substances, such as enzymes, not provided by other foods. Pollen elements then help control the destructive reaction of toxins, pollutants, and drugs. They shield the body from the assault that may cause premature aging and loss of precious years of life. As such, the pollen elements rejuvenate body cells and add more vigorous years to your allotted time.



6

HEALTH-BUILDING FOOD

6.11 YOGHURT

Yoghurt is predigested milk that is high in protein, calcium, and other nutrients that sustain life. Its friendly bacteria are essential for gastro-intestinal health. Fresh home-made yoghurt is easily made with the help of a **NewLife™ Yoghurt Maker**. The popular **NewLife™ Yoghurt Maker** is user friendly and time-saving. For best health benefits, use organic low fat milk in making the yoghurt.

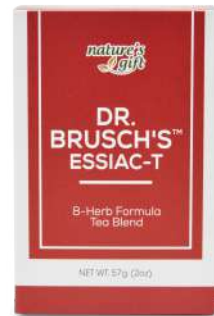
You are advised to take unchilled yoghurt during your **Detoxification & Rejuvenation Programme** as it is more easily digested and will not chill your system.



6.12 DR. BRUSCH'S™ ESSIAC TEA

Dr. Brusch's™ Essiac Tea, the original 8-Herb Formula Tea Blend, is the result of research by Dr. Brusch and Rene Caisse in perfecting the original formula. Rene Caisse in the 1920's helped hundreds of cancer patients using the original formula given to her by an Ojibwa Indian medicine man.

This dry herbal tea blend is in powdered form, the exact form used by Dr. Brusch. All herbs are organically grown; they are sourced from the same farms Dr. Brusch used. Each farm has a laboratory on the premises to check for bacteria, as well as air-borne residual matter. The authenticity of the formula is personally guaranteed by Dr. Lynn Tan.



Directions: 3 oz. of **Essiac Tea**, 3 times a day on an empty stomach (May be drunk half hour before a scheduled drink. Refer to page 10 or 11 for the schedule).

Preparation: See package.

WHAT THE DOCTORS SAY ABOUT DR. BRUSCH'S™ ESSIAC TEA:

- **Dr. Marcial-Vega, M.D.**, has been treating various cases of cancer successfully using alternative medicines. His clinic is in Florida, U.S.A. Dr. Marcial-Vega has observed that Essiac Tea placed on top of cancer cells on the skin will dissolve the cells. "In addition to helping bolster the immune system, Essiac acts directly on the cancer cells," he notes. He recommends taking 3 oz. of Essiac 3 times a day, prepared by brewing 4 oz. of Essiac (8-herb formula) in one gallon plus one cup of distilled water.
- **Dr. Robert Atkins, M.D.**, has been in private practice in internal medicine, nutrition and complementary medicine since 1959. His clinic is in New York, U.S.A. "Essiac is a therapeutic tea that all cancer patients can benefit from," says Dr. Atkins. "Such benefits may be mild in advanced-stage cancer therapy, but they can also contribute to feelings of well-being, which in turn, influence the patient's quality of life and potential for recovery."
- **Dr. Jesse Stoff, M.D.**, a member of 8 professional medical societies and co-author of the best-selling Chronic Fatigue Syndrome. His clinic is in Arizona, U.S.A. "This is an excellent blood cleanser and can help tremendously if someone is toxic from either chemotherapy or radiation," says Dr. Stoff. "Patients seem to feel better taking Essiac; at some level it appears to enhance mood."
- **Dr. Charles Brusch, M.D.**, was one of the most recognised physicians in the U.S.A. His Brusch Medical Center is one of the largest medical centres in Massachusetts. He was a trusted friend and personal doctor to the late President John F. Kennedy. "I endorse this therapy even today, for I have, in fact, cured my own cancer, the original site of which was the lower bowel, through Essiac alone."

WHAT SOME OTHERS SAY ABOUT DR. BRUSCH'S™ ESSIAC TEA:

- I was regularly drinking Dr. Brusch's™ Essiac Tea, along with undergoing **Dr. Lynn's DRP** when to my surprise, after only 30 days, my fibroid shrunk from 7.7 x 8.7 cm to 4.8 x 5.1 cm - **Ha Siew Kheun**
- Just after 5 days of taking Dr. Brusch's™ Essiac Tea, blood clots half the size of my palm were passed out during my period - **Stella Cherubin**

7 CLEAN INSIDE & OUTSIDE

7.1 COFFEE ENEMA

Function : To detoxify the liver and the blood.

How : The Coffee Enema plays an important role in the detoxification of the body. The coffee enters the liver via the colon. This causes two effects: The dilation of the bile duct which enables the draining of toxins from the liver, and the increase of the production of G.S.T. (Glutathione S. transferase) by 600% to 700%. The G.S.T. is an enzyme which helps to remove free radicals and other toxins from the blood (For details, see Healthy Living volume 1 issue 1).



7.2 COFFEE PREPARATION

Add 3 heaping tablespoons of **NewLife™ Enema Coffee** to 2-4 glasses (500 ml -1 litre) of distilled water. Bring to boil and simmer for 15 minutes. Strain and let cool to body temperature.

The amount of distilled water used for boiling the coffee should depend on your body size and your ability to retain the coffee. For example, if you have a small build, then you may use 2 glasses (500 ml) of the distilled water. The volume of water should not exceed 1 litre. The final solution would be less than the original volume of the water used.

If you find it difficult to retain the coffee, then use 2 glasses (500 ml) of distilled water to prepare the coffee. 1 tablespoon of **Apple Cider Vinegar** or 1/4 teaspoon of **K-Salt** may be added to the solution prior to administering the enema to help in the retention.

7.3 ADMINISTRATION OF ENEMA

Pour the prepared coffee solution into a **NewLife™ Enema Bag** or **Bucket**, open the stop-corks and allow the coffee solution to fill the enema tube. If the **Enema Bag** is used, ensure that there are no bubbles left in the enema tube by lifting the tube above the bag and then lowering it slowly until the coffee solution fills the tube. Turn off the stop-cock. Hang the **NewLife™ Enema Bag** or **Bucket** 18 - 24 inches above the body in a lying position. The **Bag** or **Bucket** may be hung using a clothes hanger across a door knob. The **Bucket** may be placed on a bench.

Lubricate the anal tube with **NewLife™ Extra Virgin Coconut Oil**. Insert the anal tube 3 - 4 cm (for adults*) into the anus. Lie down on the right side with both knees pulled forward towards the chin. Open the stop-cock and allow the coffee solution to flow in. Within 2-3 minutes, the **Bag** or **Bucket** will empty, leaving a small amount of coffee solution in the tube. Turn off the stop-cock, and slowly pull out the anal tube. Remain lying down on the right side and retain the coffee for 12-15 minutes. Then go to the toilet for expulsion.

Caution: Seek professional help if unsure.

7 CLEAN INSIDE & OUTSIDE

Retaining Coffee

Some may find it difficult to retain the coffee for 10-15 minutes, especially the first timers. Don't force yourself; release the coffee solution, if necessary. It becomes easier after a few sessions and when the toxin level is reduced. *Meanwhile, check that:*

1. the Enema Bag or Bucket is not placed more than 2 feet above the body.
2. the temperature of the coffee solution is neither too cold nor too hot; it should be at body temperature.
3. the bowel is cleared of feces / encrustations by prior administration of a water enema (2-3 glasses of distilled water with 1 tablespoon of Apple Cider Vinegar, no retention required) to remove the accumulated wastes.

Hygiene Care

Wash the Enema set with water and wash the anal tube with soap. Allow the water to drain completely out of the tube. Rinse the Bag or Bucket with 2 caps full of 3% **Hydrogen Peroxide** solution, allowing the **Hydrogen Peroxide** to run through the enema tube. This helps to disinfect the set and prevent any fungus from growing in the tube. Hang the set to dry.

Handy Tips

- *Coffee enemas remove toxins from the liver and blood quickly. Symptoms of the **HEALING REACTIONS** (page 22) disappear when the enema is administered more often, up to 5 times a day.*
- *For busy people, coffee concentrate may be pre-prepared and refrigerated up to two days. Preparation of coffee concentrate: For 4 enemas: use 12 (4x3) tablespoons of the coffee to eight glasses (2 litres) of distilled water. Bring to boil and simmer for 15 minutes. Sieve and divide the coffee solution in 4 equal portions. Refrigerate.
Dilute with 1-2 glasses (250-500 ml) of water to each portion and bring to body temperature before use.*
- *If you are hypersensitive to coffee (i.e., if it causes insomnia or accelerates the heartbeat), use 1-2 tablespoons of coffee instead of 3 tablespoons in the preparation of the coffee solution and add 1-2 organic **Chamomile Tea** bags in the preparation of boiling coffee. This provides a calming effect.*

7 CLEAN INSIDE & OUTSIDE

7.4 SKIN SCRUBBING

Our skin is the largest organ of elimination. We have new skin every 24 hours and should eliminate about 2 lbs. of waste acids every day. For healthy exfoliation and proper functioning of our skin, it is vital to remove dead cells, waste acids, and catarrh. Thorough scrubbing with the **Face & Body Scrub** for five minutes daily during a bath or shower will promote healthy skin and stimulate blood circulation.



8 CELL EXERCISE

The only form of exercise that provides complete cellular exercise is rebounding on a **Rebounder** or **Lymphoxiser**. Rebounder is also called a Lymphoxiser because it helps to increase lymph flow in the lymphatic system and to drain toxins out of the lymph glands. It is used to increase circulation, improve immunity, exercise the heart, and improve general well-being.

I recommend the rebounding exercise everyday, even while on the **Detoxification & Rejuvenation Programme**.

Cancer patients, as recommended by Gerson Primer (page 17), should bounce (not jump) on a rebounder for 30 seconds, 5-6 times a day.



9 MEALS

9.1 JUICE SEMI-FLUID DIET

Due to the fact that the purpose of the **DRP** is to detoxify and rebuild new and healthy cells, you are encouraged to go on a juice-semi-fluid diet. Solid food slows down detoxification. The **DRP** enables you to cleanse and feed your cells and tissues with minimum digestion.

9 MEALS

9.2 *The following meals are designed for the underweight, the very weak, diabetics, and cancer patients.*

Breakfast

Choice of fresh fruit (apples, pears, papaya, mango, banana, etc., except durian) or cooked organic rolled oats with Pure Raw Honey.

Lunch & Dinner

Hippocrates' Soup, fresh salad* and/or choice of steamed vegetables, baked or boiled potatoes.

**Healthy Salad Dressing - Use NewLife™ Apple Cider Vinegar, Pure Raw Honey and Omega Gold Flaxseed Oil on the proportion of 1:1:3. Add 1 pip of finely grated garlic for a more spicy taste (no salt or commercial salad dressing allowed).*

9.3 AVOID

Abstain from the following:

Rice, bread, cakes, pastries, sweets or deserts, sugar, coffee, teas, cooking oil, cordials, salt, and all forms of seasoning.

9.4 DIABETIC

Limit intake of Pure Raw Honey to 2 teaspoons per day. Also limit intake of sweet fruit. Supplement 1 tablet of Nature's Gift Chromium Picolinate daily.

9.5 HIPPOCRATES' SOUP (6-8 servings)

Ingredients:	Tomato - 1 cup	Celery - 1 cup	Pumpkin - 1 cup
	Onion - 1 large	Carrot - 1 cup	Leeks - 1 cup
	Garlic - 3 cloves	Potatoes - 5	Distilled Water

Directions:

- Cut all the ingredients into cubes and put in a slow-cooker with distilled water just enough to cover all the ingredients.
- Simmer for few hours until all the ingredients are very soft.

Note: Do not peel the potatoes. Do not add table salt or any other seasonings. You may add ¼ tsp of K-Salt (to each serving) to enhance the taste before serving.

**"LET FOOD BE YOUR MEDICINE, MEDICINE YOUR FOOD"
- Hippocrates, Father of Medicine.**

10 BREAKING FAST

After the 7-day ***Detoxification & Rejuvenation Programme***, your digestive system is now clean and fully rested. To re-introduce the bowel to regular meals, it is vital to break fast gently. Chew your food thoroughly.

1st Day

- Breakfast - Fruits only with yoghurt.
Lunch & Dinner - Large salad, yoghurt, steamed vegetables, boiled or baked potatoes.

2nd Day

Start regular diet and follow the **NewLife™ Daily Health Maintenance Programme** (see page 27).

11 HEALING REACTIONS

During the ***Detoxification & Rejuvenation Programme***, one may experience some of the symptoms of a HEALING REACTION such as general discomfort, weakness, headaches, nausea, mouth ulcers, cough, fever, mucus discharge, etc. Some may also experience more severe symptoms than what they have been having. For example, if they have eczema or gout, their conditions may become more severe for a few days. The duration depends on how deeply rooted the problems have been.

Healing reactions vary in severity. For those who have had prior doses of medication or a long-term illness, it may be more severe. Healing reactions are positive signs that poisons are being removed from the body. Symptoms of a healing reaction are only temporary, paving the way to better health.

Very often an extra administration of a Coffee Enema will relieve the symptoms of a healing reaction. However, if nausea or vomiting is experienced, then the concentration of the coffee solution should be reduced by boiling 1 tablespoon coffee with 2 sachets of Chamomile Tea in 2 glasses of distilled water. Also, take a glass of Peppermint Tea before and after the administration of Coffee Enema. Nausea is only experienced by those with very toxic liver. Incorporating solid food (see meal examples on page 21) will also minimize healing reactions substantially.

12

MINI DETOXIFICATION & REJUVENATION PROGRAMME

Some people, for one reason or another, may not be able to engage in the complete **Detoxification & Rejuvenation Programme**, yet having the need to remove congestions in the colon, and toxins from the blood and the liver. In such situations, it is recommended that they follow the **Mini Detoxification & Rejuvenation Programme (Mini DRP)**.

Herbal Klenz / Herbal Matrix Powder

Function : To remove the encrustations which have clogged up the colon.
Directions : Make Honegar by mixing 1 teaspoon each of **NewLife™ Apple Cider Vinegar** and **Pure Raw Honey** in a glass of water. Mix 1 heaped teaspoon of **Herbal Klenz / Herbal Matrix Powder** in the glass of Honegar. Follow with another glass of Honegar. Take 4 times daily for two weeks, and thereafter 1-2 times daily on an empty stomach, 1/2 hour before a meal or 2 hours after a meal.

ImmuFlora™

Function : To restore the friendly bacteria needed for healthy functioning of the intestinal tract.
Directions : 1 sachet a day

K-Salt

Function : To restore the potassium which was displaced by the over consumption of sodium (table salt and other seasonings).
Directions : 1/4 teaspoon of **K-Salt** in distilled water or juice, 4 times a day for at least a month. You should continue to take **K-Salt** if you are consuming salt and other seasonings in your food.

Super Green Food ++

Function : To meet the nutritional deficiencies in the starving cells and tissues.
Directions : 1 sachet of **Super Green Food ++** in a glass of distilled water or juice, 4 times a day for at least a month. You should continue to take **Super Green Food ++** if your diet consists mainly of refined foods.

Omega Gold Flaxseed Oil

Function : To supply essential Omega 3 oil & aid in oxygenating the body.
Directions : Take 1 tablespoon with yoghurt or as a salad dressing.

Liverin

Function : Rebuilds liver cells and removes toxins, has powerful anti-oxidant and anti-inflammatory effects.
Directions : 1 capsule 3 times daily. After meal.

*You may include other health supplements (& coffee enemas) as used in the complete **Detoxification & Rejuvenation Programme** for additional health benefits. A diet of less meat, less salt, and no sugar is recommended for optimum results.*

13 NEWLIFE™ TOTAL HEALTH CONCEPT

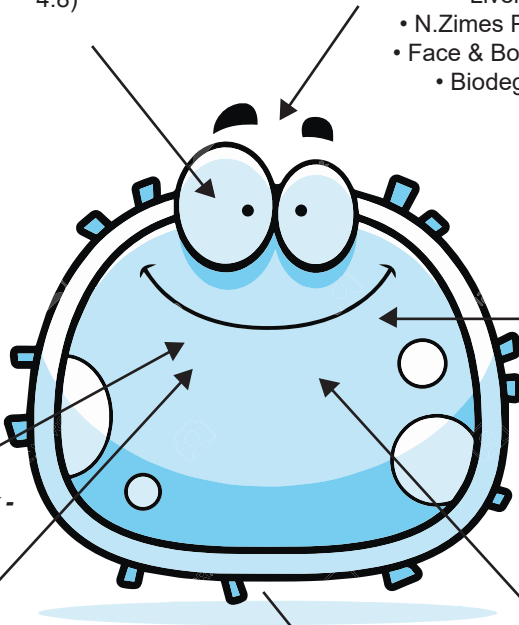
Healthy Cells need:

Clean Thoughts -

Whatever is true, noble, just, pure, lovely, of good report, of virtue, and praiseworthy think on these things (Philippians 4:8)

Clean Cell Environment -

- Natural Skin Care • Natural Shampoo
 - Castile Liquid Soap
- Natural Hair Colour • Toothpaste
 - Peppermint Tea
 - Dr. Brusch's™ Essiac Tea
- Herbal Klenz / Herbal Matrix Powder
 - Liverin • Coffee Enema
- N.Zimes PA Plus™ • ImmuFlora™
- Face & Body Scrub • Shower Filter
 - Biodegradable Home Care



Power Spark -
CoQ10 Plus

Cell Food -

- Fresh Juices • K-Salt
- Omega Gold Flaxseed Oil
 - Spirulina
- Apple Cider Vinegar
 - Pure Raw Honey
 - Bee Pollen
- Super Green Food ++
- Yoghurt • Wholesome Food
 - Collasta+

Pure Air -

Pure Air, together with CoQ10 Plus, Omega Gold Flaxseed Oil & rebounding exercise, helps to oxygenate the cells

Pure Water -
Distilled Water

Cell Exercise -
Rebounder

14

NEWLIFE HEALTH-BUILDING PROGRAMME

This is to be followed after the ***Detoxification & Rejuvenation Programme:***

UPON RISING : Drink 3 oz. of Dr. Brusich's™ Essiac Tea with 3 oz. of warm distilled water.
10 - 15 minutes later, take 2 teaspoons of Bee Pollen granules.

**HALF-HOUR
LATER :** Consume 1 Cleansing Drink & 1 Tissue-Building Drink (see pg. 12 for the preparation instructions), together with 5 Kelp tablets and 1 sachet of ImmuFlora™.

BREAKFAST : Eat lots of fresh fruit; if more weight is desired, enjoy a bowl of organic rolled oats, sweetened with honey (optional).
Liverin - 1 capsule.

A.M. : Enjoy a minimum of 2 servings of Health Drinks
(See page 13 for preparation).

LUNCH : Eat potatoes (boiled or baked in its skin), raw vegetables, & potato soup (See page 21 for preparation).
Liverin - 1 capsule.

P.M. : Enjoy a minimum of 2 servings of Health Drinks
(See page 13 for preparation).

DINNER : Same as lunch.
Liverin - 1 capsule.

**BEFORE
SLEEP :** Eat some unchilled non-fat yoghurt with 1-2 tablespoons of Omega Gold Flaxseed Oil.

: Drink 3 oz. of Dr. Brusich's™ Essiac Tea with 3 oz. of warm distilled water.

Eat fruit whenever hungry. Use a coffee enema once a day. Avoid salt (and other seasonings that contain sodium), refined food, sugar, & cooking oil. Check with the Nutritional Guide for recommendations of supplements for specific conditions.



TAKE

At least 75% raw food, with fresh fruit in the morning, and 50% of raw vegetables for lunch & dinner.

**EAT**

Fruit on an empty stomach; do not mix fruit with other food.

**GET**

Predigested protein & other nutrients daily from fresh yoghurt with Omega Gold Flaxseed Oil.

DRINK

A minimum of 8 glasses of distilled water, Honey-Apple Cider Vinegar cocktails, or fresh juices anytime of the day, but not during meals.

**TAKE**

Wholesome, natural, organic, non-processed & unrefined food.

DEVELOP

A habit of taking your rest preferably by 10:00 P.M.

**EXERCISE**

Use a rebounder daily.

**THINK**

Only whatever is true, noble, just, pure, lovely, of good virtue, and praiseworthy (Phil. 4:8).

**REPEAT**

The ***Detoxification & Rejuvenation Programme*** every 6 months. or whenever you are feeling unwell.

16

NEWLIFE™ DAILY HEALTH MAINTENANCE PROGRAMME

Putting your body through the **Detoxification & Rejuvenation Programme** is like putting your car through an overhaul. Toxins, sick cells and dead tissues are flushed out. Your new set of blood cells and tissues are now ready for a new and healthy life. Maintain this state of well-being with the help of NewLife™ Daily Health Maintenance Programme.

NEWLIFE™ DAILY HEALTH MAINTENANCE PROGRAMME

UPON ARISING:

Drink 3 oz. of Dr. Brusch's™ Essiac Tea with 3 oz. of warm distilled water.

HALF-HOUR LATER:

Consume 1 Cleansing Drink and 1 Tissue-Building Drink (see page 12 for preparation) together with 5 Kelp tablets and 1 sachet of ImmuFlora™.

BREAKFAST:

Eat lots of fresh fruit. Enjoy a bowl of organic rolled oats, if more weight is desired.

FOR THE REST OF THE DAY:

- 1) Take 2 servings of Super Green Food ++ & K-Salt. (Each serving should consist of 1 sachet of Super Green Food ++ & 1/4 teaspoon of K-Salt in 1 glass of juice or distilled water.)
- 2) Enjoy some yoghurt with 1-2 tablespoons of Omega Gold Flaxseed Oil.
- 3) Drink Peppermint Tea whenever desired.
- 4) Follow the **NEWLIFE™ HEALTHY LIFESTYLE** (pg. 26).
- 5) Liverin - 1 capsule 3 times daily. After meals.

SUPER FOOD

- Yoghurt with Flaxseed Oil
- Apple Cider Vinegar
- Pure Raw Honey
- Herbal Klenz / Herbal Matrix Powder
- K-Salt
- Kelp
- Spirulina
- Super Green Food ++
- ImmuFlora™
- Peppermint Tea
- Dr. Brusch's™ Essiac Tea
- Vitamin C Complex
- Vitamin B Complex
- CoQ10 Plus
- Bee Pollen
- Nutritional Yeast

17 TESTIMONIES

Enlarged Liver & Pneumonia Cured!

Siti Asiah Hamzah, Seremban

I was hospitalised in early June 2008 after being diagnosed with liver problem whereby the liver enzymes had increased tremendously from the normal 44 reading to more than 1000! My enlarged liver and pneumonia caused me excruciating pain in the upper abdomen and high fever. My body rejected all food; as soon as any food entered my mouth, I vomited. After taking all kinds of tests such as x-ray, CT scan MRI, I was given a few kinds of drugs in high doses.



Nevertheless, I thanked God for keeping me alive. After being discharged from the hospital. I immediately called Pn. Umi Kalsom who had earlier introduced NewLife™ to me. I requested her to deliver all the necessary products so that I can start the Detoxification & Rejuvenation Programme (DRP). I stopped taking all the drugs and follow the DRP diligently.

On the fourth day, my daughter already noticed the improvement in my health. After going through the DRP, I felt like a new person. I fully recovered from my enlarged liver and pneumonia without taking any more drugs. Thank you NewLife™ for the wonderful DRP!

I have 100% confidence in NewLife™ products because of their efficacy and quality. Until today, I am still taking NewLife™ supplements as well as doing the coffee enema daily to keep myself in the pink of health.

Want to feel healthy, just continue taking NewLife™ products!

17 TESTIMONIES

Irritable Bowel No More, 80 Gallstones Removed without Surgery

Albert Lee, Selangor

In August 2006 while attending my son's graduation ceremony, I suddenly experienced backflow of stomach acid. The taste was acidic and it frightened me.

Few months before this, I was scoped and given the standard triple antibiotic drug therapy to treat *Helicobacter Pylori* bacterial infection. Little did I realise that my entire intestinal flora has been wiped out with antibiotics and a month later, the same gastrointestinal specialist diagnosed me as having irritable bowel disease (IBS), which according to all medical specialists, has no cure but can only be relieved with medications like duspatalin. I was having constipation alternating with diarrhoea together with strong spasm of my intestines (the pain could be described as being as though someone was pulling your intestines from inside) and I was tormented daily having to deal with this disease physically and emotionally.



I put myself through a 9 day Detoxification & Rejuvenation Programme (DRP). Thank God, after the third night of DRP, my intestines started to regulate and the strong contractions stopped and disappeared; contrary to what the doctors said that IBS is incurable. My special appreciation to Mr. Stanley Chong for his first class nutritional advice and constant encouragement, I managed to switch to a wholesome diet successfully.

In January 2008, I had constant episodes of bloating and stomach discomfort (churning sensation). I was suspected of having gallstones. I was introduced to NewLife™ Gallstone Flush Health Programme. About 70 – 80 gallstones all different sizes were flushed out on the 8th and 9th day. I was spared from having to go through gall bladder surgery!

Remember PREVENTION IS BETTER THAN CURE! It is time we invest time and some money to take care of our health. If you think it is too much for you to spend money on preventive health, think of the medical cost of sickness.

17 TESTIMONIES

No More Suffering From Gout & High Blood Pressure!

Clarence T Moncigil, Kota Kinabalu

I have suffered from gout for more than 18 years since I was 32. The pain was so unbearable that I need to swallow many painkillers to relieve it. Last year I started to feel unwell. I was diagnosed with High Blood Pressure (HBP) and my reading was 160/100.

Knowing that these ailments and painkillers would definitely cause more serious problems in future, and as I did not want to be put on medication for my HBP, I sought advice from my colleague, Jutiri, who has been a NewLife™ health crusader for years. Jutiri himself carries the testimony of healing from severe backaches, 20 years of constipation and insomnia, High Blood Pressure, and many other ailments because of NewLife™ programmes.



Jutiri highly recommended that I should immediately start on Dr. Lyn Tan's 7-day Detoxification & Rejuvenation Programme (DRP). Thinking of the risk of further health deterioration, I went ahead with the DRP for 7 days without hesitation, followed by Castor Oil Enema and the NewLife™ Health Building Programme (NHBP) diligently.

The results are fantastic! The gout is totally gone! My Blood Pressure is back to normal (130/80). My body weight has dropped from 85kg to 73kg which is quite ideal for me. On top of that, whereas I used to feel very tired and sleepy even during early mornings, I am now full of energy and can perform more efficiently at work.

I am now still following the NHBP as I am feeling really good with it. Thanks to NewLife™ and Dr. Lynn for all the quality products!

17 TESTIMONIES

Why DRP?

Peter Tagal, Kota Kinabalu

I have never regretted undergoing Datin Dr. Lynn Tan's Detoxification and Rejuvenation Programme (DRP). I am a person who is not easily influenced by new ideas, but after my wife shared with me what the DRP was about, I thought why not give it a try.



I did the 7-day Programme some time ago in March 1999. Coincidentally, in April of the same year, I was enlisted to attend the basic Senior Police Officers jungle warfare training in Ipoh, Perak, a training that all General Operations Force Officers must attend and pass. Having gone through the same training during my teenage days in 1973, I knew very well of how rigorous the training was as well as the high energy and stamina required for going through the gruelling 4-month training. At the age of 46 years, I could imagine how tough it would be and wondered if I could go through it.

The daily training schedule ran each day from 6 am to 7 pm, only minimal rest times were given for tea breaks and meals. Amazingly I went through each event, be it the 2.4 km road run, jungle track run, rigorous physical training, or the lectures during sleepy hours (2 - 4pm). I felt so energetic and had no problems at all going through all that! My time recorded for each of the physical fitness programmes was far better than those of the younger officers (age 20 – 25 years).

Guess where that magical fitness came from? I knew deep inside me it was the rejuvenation effect of the DRP! Had I not gone through the 7-Day DRP, I definitely would not have experienced that level of fitness and fared so well in that training!

I am still doing the DRP every now and then for my health benefits. So if you have heard of the DRP before but still hesitated about it, my advice is to go ahead and let your body be rejuvenated and become 10 years younger!

17 TESTIMONIES

Smooth Pregnancy & A Healthy Baby

Kong Choon Yen, Singapore

I had my first baby in 2005 at the age of 32. As a new mother, without any experience or knowledge in natural healing, I felt so guilty that my elder son needed to take medication to relieve cold symptoms even at the tender age of 2 – 3 months. I thought that by taking supplements and breastfeeding him for 19 months, I could help to strengthen his immune system, but he was still weak as compared to other children.



In 2008, I decided to delay my second pregnancy after I worked for Raw Food Cuisine. I learned so much about Dr. Max Gerson's Therapy and Norman Walker's Juicing Therapy from my ex-boss. He also recommended the coffee enema to me. Even though I bought the enema bag, I did not use it due to lack of confidence.

I happened to come across Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP) in September 2008 and attended Ms. Lydia Ling's talk on the DRP. I found that the DRP is quite in sync with the Gerson Therapy. Without hesitation, I embarked on the 7-Day DRP in September 2008 and the second DRP in January 2009. The result was obvious as many gallstones and "rubbish" were removed from my body. Just awesome!

I felt it was the right time to conceive again in January 2009. Before pregnancy, I weighed 49kg and I gained 11kg during my pregnancy. Surprisingly, my baby weighed 3.55kg at birth. I know that my second baby has absorbed more nutrients after I had cleansed my body's system.

During my first pregnancy at the age of 32, I had to take amniotic fluid test and several ECG tests, and reluctantly proceeded with an induced birth due to the foetus's low birth weight (my elder son weighed 2.42kg at birth), whereas my second pregnancy at the age of 36 was smooth and relatively easy. I had a total natural Hypno Water Birth and gave birth to a healthy baby, Wee Hui Jie, on 22 September 2009.

Thank you, NewLife™ for sharing with me on natural healing!

17 TESTIMONIES

No More Painful 'Cracking' Knee!

Melia Tai, Petaling Jaya

I was an active sports lady during my school years. I took part in running 400- and 800-meters track events organised by my school until I injured my right knee. Since then, my knee joint had always caused me pain accompanied by cracking sounds whenever I walked. Consequently I stopped all school activities that I was involved in and sought treatment for my knee. I had had countless specialised treatments but none gave me the results I desired. The pain still persisted until I gave up hope on any treatment. I decided to just tolerate the pain.



In 2009 I got to know and understand more about Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP). I decided to do the Programme after reading all the testimonies about its many wonderful benefits. True enough I noticed that my body became much lighter and healthier.

Two weeks later I went through another round of DRP plus the administration of Castor Oil Enema. During the healing process, I felt severe pain on my right knee, but I did not give up hope. One week later I had another round of Castor Oil Enema, to my surprise the pain on my right knee was completely gone and there was no more cracking knee sound as I walked. I also felt rejuvenated, healthier and more energetic.

A sincere thanks to Dr. Lynn for having such a wonderful detoxification programme and to Laverne who introduced me to NewLife™! It has since been more than 3 months, I have not had any more painful 'cracking' knee until today! I feel so good!

17 TESTIMONIES

No More Migraine. Blood Pressure Improving. **Osnah@Rosnah Binti Sintau, Kota Kinabalu**

I suffered from migraine for many years. The pain caused a lot of inconveniences in my daily life. I have desperately tried different kinds of medications to treat my migraine, but they only gave me temporary relief. In June 2009, I started having high blood pressure. Doctor advised me to start taking medications to control my condition.

Knowing that all these medications will lead to many negative side effects on my health, one of my friends highly recommended that I go through the NewLife™ Detoxification & Rejuvenation Programme (DRP) to get well. I decided to go through the DRP without any hesitation, as I really wanted to get rid of all these ailments as soon as possible.

After one week of DRP, my blood pressure reading dropped from 170/100 to 130/90. I used to have migraine attack every week but after the DRP it was totally gone! It has been 9 months since the DRP; I have not had a single migraine attack.

Plus I lost 3 kgs, which I had been trying so hard to lose. Thank you, NewLife™ for the wonderful DRP and all the great products.



NewLife™ Gave Me a New Lease of Life! **Set Yee, Singapore**

In 1997, I was diagnosed with liver cirrhosis after a general health check up showed a failed liver function test. A second blood test confirmed it. The Singapore General Hospital recommended a drug trial for liver cirrhosis. After the drug trial ended, I was given the drug, Lamivudine, but it could not cure my condition.

In July 2009, with God's grace and mercy, Sally Conti introduced me to NewLife™'s 7-day DRP. I continued with the Herbal Klenz powder, Spirulina, Kelp, Apple Cider Vinegar, Coffee Enema and the 5 Essentials and also exercised on the Rebounder.

I continued with the recommended products, supplements and lifestyle from July 2009 to date. After one year and three months, the fibroscan and blood test showed no liver cirrhosis. Thanks to God and Datin Dr Lynn's NewLife™ products.



17 TESTIMONIES

My Journey to Better Health

Eunice Ti Wong Wong, Bintulu

I have been suffering from migraines for the past 10 years with the pain becoming more intense in the last 5. I consulted Chinese physicians every week and the treatments made my shoulders, back and neck turn blue-black. It was really a torture and expensive too! The medication and treatments cost me about RM400 every month.



Whenever my migraine worsened, to the point that it sometimes caused me nausea, my husband would take me to Sibu for acupuncture. I feel better after each session but it was very tiring and time-consuming to travel back and forth.

I was often moody from lack of sleep and I also had to give up cold beverages, pineapple and coconut juices. I started to binge on food to relieve my pain, which made losing weight a constant battle. In my frustration, I always pray for complete healing.

In June 2010, my friend introduced me to NewLife™. Two months later, I started the 7-day DRP and on the fourth evening, I had the liver and gall bladder detox. The result was remarkable and I passed 200 soft yellow and green stones and 11 hard white stones. A 3-foot stubborn stool was passed too.

That really amazed me because I have always been careful with my diet. I usually eat a lot of fibre, vegetables, fruits and I avoid meat, oily, canned and preserved foods. I extended the DRP to 21 days and from August until December 2010, I lost about 8kgs! I was very happy because this weight was shed so easily.

My complexion has also improved and people have commented how different I look. I shared my DRP experience with everyone around me and some of them even started to order NewLife™ products through me. My body weight has remained constant and my skin looks vibrant and healthy. Now people think that I am in my thirties since I look so much younger than my actual age.

17 TESTIMONIES

Slimmer! No More Headache, Menstrual Cramp, & Sluggishness!

Dione Perera, Singapore

About a year ago, I was suffering from daily headaches, severe menstrual cramps and weighed more than 70 kgs. I was sluggish and often required an afternoon nap.

Then NewLife™ came into my life! I started with the G. I. Health Plus and so much encrustation came out of me. I was shocked at what I had been carrying around all these years. I felt wonderful and decided to give Dr Lynn Tan's 7-Day Detoxification & Rejuvenation Programme (DRP) a try.

Today, I am a brand new person! I no longer have monthly 'pains', I certainly don't pop anymore painkillers as the headaches have all gone away. And my biggest bonus is that I'm 7kgs lighter without much effort at all!

I would like to take this opportunity to thank Emily Ferdinands and Lydia Ling for all the help, support and encouragement they have given to me. Today, not only are my family and I healthier, I also carry with me the powerful knowledge of how to look after my family in a holistic and natural way!

Rejuvenated & Younger!

Jacinto & Rita, Cebu, Philippines

Cold hands, cold feet, dizziness, constipation, headaches, pale cheeks, weak stamina, fatigue, very irregular and long menstrual cycles coupled with colds, flu, sore throats before each cycle comes... all this seems to be a part of what I thought was really me... until my husband and I started to take ***Dr. Lynn Tan's Detoxification and Rejuvenation Programme***.

After the ***DRP***, we both felt rejuvenated and younger, even lighter and healthier, too! Every time my menstrual cycle comes, I myself am amazed that the 'old feelings' are 'truly things of yesterday'. My cycle is getting very regular now.

Friends, relatives, and even a dear pastor whom we have known for quite some time also commented that we are 'blooming'! It's just amazing.



17 TESTIMONIES

A Discovery to New Life

Ray Richard

Our journey began in June 2012 when my wife was diagnosed with ovarian cancer. We began to realize that whatever food, supplements (multi-vitamins), alkaline water that we were consuming was not right as the whole family was getting bigger and heavier, in addition to the cancer.

I started to do research about my wife's cancer - what causes it, how can it be cured and can we prevent it from happening to our only daughter, as she may inherit some genes. I stumbled upon "a beautiful truth" video in YouTube and believed that if the practice can cure cancer it can actually improve my whole family's health.



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We started taking organic fruit and vegetable juice 3 times a day; 2 in the morning and 1 in the evening before going to bed. We noticed improvements in our health and we were slowly losing weight. My weight decreased from 93kg to 85kg in the span of 4 months. However, it was stagnant for one full month until I remembered coffee enema.

We decided to include coffee enema in our daily routine and was searching where we could buy a coffee enema bucket in Singapore. That's how I found NewLife™ and discovered their healthy holistic approach to optimal health and the special nutritional programme for my wife. We then started the mini Detoxification and Rejuvenation Programme (Mini DRP) and I noticed that we continued to lose more weight. My wife's antigen count also decreased from 220 to 110.

Seeing the benefits, we decided to go for the full Datin Dr. Lynn Tan's Detoxification and Rejuvenation Programme (DRP) and did the gallstone flush on the 7th day. Our results were amazing; I had lost a total of 20kg in the span of 10 months and my wife's antigen count dropped to 5. The DRP is really amazing and we feel refreshed, lighter and vibrant. We're very thankful that we found NewLife™.

From now on, we have decided to become a healthy lifestyle ambassador and will enthusiastically share the knowledge and experiences to family, friends and colleagues. We will share with everyone that we have found the ideal healthy lifestyle by doing Datin Dr. Lynn Tan's DRP once or twice a year and follow NewLife™'s Daily Health Maintenance Programme.

17 TESTIMONIES

A ColostrumX Miracle

Vivien Chong, Kuala Lumpur

I had my first encounter with hormonal imbalance in 1985, when I was in my early teens. I had prolonged, heavy, and non-stop bleeding or menstruation that would go on for more than 4 months. It would stop for a week or two before the next cycle began. I went to see many gynaecologists and doctors seeking a solution, and was prescribed oral contraceptive pills. I took the pills for many years and experienced no improvement at all. Eventually, I decided to stop the medication after my friends and family cautioned me on the side effects from continually taking the pills. Right after I stopped the medication, my body ballooned up.



Later, I discovered NewLife™ and started on the Detoxification & Rejuvenation Programme (DRP). During the DRP, my body began experiencing some recoveries. Instead of 4 months of bleeding, it had shortened to about 3-4 weeks per cycle. I was pleased and thought that it was the best results I could achieve.

In February 2010, NewLife™ gave me some samples of ColostrumX to try out. I didn't think much of it, and the other leaders were asking me to try it out in order to lose some weight. At that time, they did not know about my past history and the reason why I was overweight. I took their advice and began taking the product. I started with 2 sachets in the morning and was able to go on the whole day without breakfast and lunch. I was surprised and looked forward to the next day's consumption. Again, I took the product and was not hungry until the evening meal.

When I had finished the first month's supply, I was due for my next period and I realised that the cycle only lasted 7 days. I was very happy to have had such a short flow (relatively). Then I started to count the days and it was 3.5 weeks before the next cycle started. I was amazed as this cycle also lasted for only 8 days.

In addition, my knee and joint problems have begun to heal and improve. I used to have to walk backwards up and down stairs because of my knee pain, but now I can walk normally and enjoy each climb with much less pain. I believe one day I will be pain-free.

As I shared my experience with my friends and family members, they were excited by the amazing results and wanted to try ColostrumX immediately. Many of them have also shared with me on how they have regained their health and benefitted from the product.

17 TESTIMONIES

High Blood Pressure, High Cholesterol, Migraine, Water Retention... All Gone!

Christina Wong, Kota Kinabalu

Due to heavy workload and undisciplined eating habits, I had suffered from migraine and high cholesterol, which led to high blood pressure. Furthermore I had a very bad skin problem – Eczema, which at the beginning, I needed to take steroid pills and cream in order to control the serious outbreak. Eventually the doctor had no choice but to give me injections as the pills and cream had lost their effects on me.



Knowing that I was suffering from all these ailments, my god brother, Brian strongly recommended that I should go through NewLife™'s Detoxification & Rejuvenation Programme (DRP) as soon as possible. With his encouragement, I went through the full DRP for 10 days, followed by the NewLife™ Health Building Programme (NHBP) for 2 weeks. The healing reaction of the eczema was so bad that I almost gave up, but Dr. Lynn encouraged me to continue with another 2 weeks of DRP and Castor Oil enema. I followed her advice and continued the DRP for 2 weeks and did the castor oil enema on alternate days.

Now, my high cholesterol, high blood pressure, migraine, gassy stomach...they are all gone! Besides I lost 6 kgs and all my water retention! All my friends are amazed by my much slimmer figure. The eczema affected areas on my neck and hands are completely healed and they are soft like baby skin now. Only left with a little bit more of eczema on my legs. I will continue with the NHBP until I am totally free from eczema. I believe with NewLife™'s good products and programmes, I will be totally healed in no time. Thanks to NewLife™!

No More Dry Skin & High Cholesterol **Rena Choo, Singapore**

I have a passion for health especially nutritious food. I was introduced by Doreen Wu to NewLife™ in March 2008. I read about the Detoxification & Rejuvenation Programme (DRP) and had a keen interest in Dr. Lynn's work in DRP. I started reading many health books recommended by Dr. Lynn. My perception of food intake changed and I turned towards eating healthy food.

I do DRP twice a year and consume the 5 Essentials (Herbal Klensz Powder, Super Green Food, Immuflo, K Salt, and Flaxseed Oil) on a daily basis. In addition, my dietary intake also includes B Complex, C Complex, Kelp, Chromium Picolinate, Garlic & Parsley Oil, Calcium with Boron, Vitamin E, and Bee Pollen. I consume about 75% fruits and vegetables and 25% cooked food. After staying on with NewLife™ health products for a year, I found that my skin rejuvenates faster and my skin is no longer dry. In fact, I look better than before.



Thank you NewLife™ for restoring my health and for the opportunity to earn extra income.

17 TESTIMONIES

Freedom from Gout, High Cholesterol, & Lethargy!

Chai Min Hiung, Sarawak

During my secondary school years I enjoyed exercise. However, since I started working, I cut down on exercise and developed an undisciplined eating habit. As a result, I gained weight. High cholesterol levels and gout came along with the excess baggage. I felt lethargic most of the time.

In 2007, I started doing Dr. Lynn Tan's 7-day Detoxification and Rejuvenation Programme (DRP). Thereafter, I continued doing coffee enema, taking Herbal Klenz, K-salt, and Apple Cider Vinegar, as well as exercising regularly. After 6 months since the start of the DRP, I lost 10kgs, no more gout, and my cholesterol is at normal level. Moreover, I feel energetic and youthful. I'm very happy with the results. Even my wife was surprised to see the changes in me.

I am deeply grateful to Dr. Lynn Tan, Mr. Leon Tan, and Ms. Casey for encouraging me to do the DRP. Thanks again to NewLife™ for making a healthy lifestyle available for me and my family.



I Have Quit Smoking, After 10 Years!

Marrienne Chan Eu Suan, Petaling Jaya

I have quit smoking after 10 years! On the 3rd day of NewLife™'s DRP, my body totally rejected nicotine. It was like having a cigarette after an operation. The worst best thing I did was to sit down and calculate the estimated amount I spent on cigarettes... it was close to RM90,000! I never looked back.



17 TESTIMONIES

RECOVERED FROM SEVERE CHRONIC GASTRITIS.

Anijah Bt. Lakasa, Kota Kinabalu, Sabah

It all started around the end of June 2012, when my youngest daughter Felisiana, then aged 7, began to experience severe stomachaches and vomiting. Everything and anything she took (including drinking water) would cause her to have severe pain and vomiting. She was frequently rushed to the emergency ward and admitted 12 times in the span of 6 months. She could not go to school, and her body weight dropped from 19 kgs to 14 kgs. The medication that was recommended by the doctors didn't help at all.



In November 2012, her Gastroenterologist suggested sending her to the National Hospital in Kuala Lumpur for further treatment. At around the same time, I found out about NewLife™ through my older sister and brought Felisiana to NewLife™ for a consultation with Datin Dr. Lynn Tan.

Felisiana then started following a Nutritional Programme specially monitored by Datin Dr. Lynn. She showed remarkable signs of recovery within 2 weeks. Her vomiting and pain disappeared within days! I was able to return to my full time job after taking 3 months of unpaid leave to take care of her. Felisiana was also able to go back to school and meet her friends, whom she had not seen since she fell sick 6 months before.

Nearly two years have passed, Felisiana continues to enjoy a happy and healthy childhood.

I wish to share with all parents who have kids experiencing health problems that NewLife™ products such as Immuflora, N.Zimes PA Plus, Spirulina, Manuka Honey, Extra Virgin Coconut Oil, Bee Pollen, Chamomile Tea, Peppermint Tea, Nutritional Yeast, homemade yogurt, rolled oats, and Apple Cider Vinegar are all wonderful products!

I am grateful to the Almighty. For 6 months I had been searching for a solution, I finally found it through the guidance of His servant, Datin Dr. Lynn Tan.

Millions of thanks to Datin Dr. Lynn and NewLife™!

17 TESTIMONIES

Chronic Sinusitis Healed... Now I Can Breathe Normally!

Vaitea Herenui Hausner, Kota Kinabalu

My name is Vaitea and for as long as I can remember I have been suffering from chronic sinusitis causing blocked nose and breathing problems. One doctor after another used me as guinea pig for testing medication that did not help me, as conventional medication only suppressed the symptoms but did not cure the sickness. Not to mention the endless bills that were associated with monthly visits to the doctors that did nothing but intoxicate my body further.

After years of searching for something that would make my sinus problem better and give me more energy and generally a higher standard of physical wellbeing my mother and I came across NewLife™.

My mother and I did the Detoxification & Rejuvenation Programme (DRP) together. Due to the past medication misuse, I had to extend the DRP longer than the standard 7 days to 21 days.

But even after the first few days I was surprised how much relief it brought as I was able to breathe normally and had the ability to get a free flow of oxygen into my lungs. My breathing was unobstructed even while sleeping whereas before I had to only sleep on my left side just to get enough air through my nose.



Other physical aspects also improved. I felt more energetic, more alert, and could focus longer during lectures. Every day I feel healthier and happier. My digestion has improved and I feel good about myself. Feeling good about myself also made me more sociable and outgoing. One of the side benefits of the Programme was that my complexion greatly improved and my pimples have almost vanished.

At times it was difficult to look at the hideously disgusting things that came out of me during the 21 days DRP. However the DRP not only restored my health but it also taught me that there is no point in putting on nice clothes and makeup if there are toxins rotting inside of me. It was truly a cleansing of the body and mind and I lovingly thank Dr. Lynn for giving me a “New Life”.

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ABOUT THE AUTHOR

This is the personal life story of Datin Dr. Lynn Tan, co-founder of NewLife™ International and inspiring role model to many. As a vibrant and energetic young lady, Dr. Tan's passion for sports led her to represent her state in many athletic events. But things took a turn for the worse when, at the age of nineteen, her health started deteriorating. Her once bubbly persona was replaced with feelings of being unwell and tiredness, and her health continued to suffer through her time as a university student. Despite these challenges, she graduated with a First Class Honours in Chemistry.

After she returned to Malaysia and began her life as a teacher, wife and mother, Dr. Tan grew weaker by the day and feelings of irritability and flaring tempers due to frustration became common. She had no choice but to resign from the teaching profession, while her unexplainable health condition worsened and declined to the point where she found herself sleeping increasingly during the day, with little to no energy during her waking hours.

A constant pillar of strength to Dr. Tan through all of this was her husband, Datuk C.K. Tan, who sought medical treatment for her all over Malaysia and Singapore, but to no avail. With each visit to yet another doctor or specialist, her frustration grew. "It came to a point where I was longing to be told that I had a particular disease because then my frustration and depression, caused by not knowing what was wrong with me, would end," she said. But little did they know that these feelings of malaise would soon be a thing of the past.

One day, Dr. Tan's family met Dr. Costa Deir, a medical doctor and naturopath who was a visiting preacher at their church. They offered to house him during his visit and it was during his stay that Dr. Deir diagnosed her weakened condition as toxemia, or a condition characterised by a high level of toxins in the blood.

Based on Dr. Deir's sharing and teaching, Dr. Tan immediately started to change her lifestyle and started living along the principles of 'let food be your medicine, and medicine your food'. Within a few months, the changes to her physical state were apparent. Her amazing recovery plus the health needs of her own family was the catalyst for Dr. Tan's intensive research into natural healing over the next few decades. Her transformed life led to her having two more children, a Doctorate in Natural Healing, and a practice in Naturopathy. She took it upon herself to share her knowledge with others and to create a platform where the benefits of her life's work could be made available to those who are eager to lay a firm foundation for a healthier life, a revitalised body, and a renewed mind.