

LifeLine

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JANUARY & FEBRUARY 2023
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Looking After Your Mental Health

照顾好您的精神健康

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Gout: Not a Lifelong Condition!

痛风：不是终生疾病！

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NEWLIFE™ ORGANIC CARE
**CASTILE
LIQUID
CLEANSER**

新生命有机护理
卡士迪清洁液

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OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

OCTOBER & NOVEMBER 2022
2022年10月至11月

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ENRICHED LIFE
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EMILY THERESA FERDINANDS
LEE LAY CHENG
LIM MEE ING
CHOW HUI YAN
SAW EWE KIM
SIM BEE HONG
LIM WAI YING
SUZI MOI-QUEK
MAELODEE CHONG TZE-YUIN

21% ACHIEVERS

OCTOBER & NOVEMBER 2022

IRENE CHONG CHUAY PENG

NOVEMBER 2022

TAN LEE KENG (LILY)

SYARIKAT ADIL

18% ACHIEVERS

OCTOBER & NOVEMBER 2022

CHONG KIM MOI

WELLNESS INC

OCTOBER 2022

LIM SIEW CHOO

NOORAINI NOORDIN

NOVEMBER 2022

MOI YAN LIN ABIGAIL

TEH CHING YEE

15% ACHIEVERS

OCTOBER & NOVEMBER 2022

CHUA LAY HOON

OCTOBER 2022

MOI YAN LIN ABIGAIL

TAN LEE KENG (LILY)

LIM CHOON HUAY (JEN)

NOVEMBER 2022

LIM SIEW CHOO
HOW CHAI SENG

WONG MUI CHOO (KELLY)
LING YOUNG HOON

SO SUE YI REGINA



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Looking After Your Mental Health

照顾好您的精神健康



The COVID-19 Pandemic is now known as the biggest global crisis in generations. In most countries, the government's response to the COVID-19 Pandemic from 2020-2021 has had far-reaching repercussions for health systems, economies and societies.

People have lost their livelihoods and fallen below the poverty line, children and young people missed out on learning and socializing, and businesses have gone bankrupt. Naturally, when lives are drastically affected in this manner, there would be an increase in rates of anxiety, depression, and post-traumatic stress disorder. When left untreated or unmanaged, mental health problems can cause further complications like the following:

- Unhappiness
- Decreased enjoyment in life
- Family conflicts
- Relationship difficulties
- Social isolation
- Problems with tobacco, alcohol and other drugs
- Missed work or school, or other problems related to work performance or school results.
- Legal and financial problems
- Poverty and homelessness
- Self-harm and harm to others, including suicide or homicide
- A weakened immune system, so your body has a hard time resisting infection
- Heart disease and other medical conditions

Government, international and national organizations recognize that this is an increasing problem especially on the rising suicidal rates and have taken measures to come up with various ways to fix it. Meanwhile, as an individual, we can do our part in improving this situation.

How do we do that? Firstly, to take care of others, we first need to practise self-care. This does not mean that you are choosing yourself over your loved one. Rather, it means being mindful of your own needs so that you are better able to support the people you love and care about.

Self-care looks different for everyone, and it is important to find what you need and enjoy doing. It may take trial and error to find out what works for you. Here are some tips to help you get started:

1. Get Regular Exercise

When we exercise, our brain releases "feel-good" chemicals known as endorphins. This helps to improve mood, energy levels, and even sleep. Just 30 minutes of exercise daily will do the job. Small amounts of exercise add up over time.

Exercise suggestions:

- Rebounding exercise
- Brisk walking in the park or on the beach
- Resistance training
- High-Intensity Interval Training (HIIT)

新冠肺炎大流行现已被称为几代以来最大的全球危机。2020年到2021年，大多数国家政府对新冠肺炎大流行的应对措施，在卫生系统、经济和社会中都造成了深远的影响。

人们失去了生计，生活在贫困线以下，小孩和青年错过了学习和社交机会，企业破产。当生活受到了如此严重的打击时，焦虑、抑郁和创伤后应激障碍的发病率也就自然增加了。如果不治疗或对此置之不理，这些精神心理健康问题很可能会带来更严重的后果：

- 不快乐
- 生活乐趣减少
- 家庭冲突
- 人际关系困难
- 社交孤立
- 烟草、酒精和其他毒品问题
- 旷工或旷课，或其他与工作表现或学业成绩有关的问题
- 法律和财务问题
- 贫困和无家可归
- 自残和伤害他人，包括自杀或杀人
- 免疫系统减弱，因此更难抵抗感染
- 心脏病和其他疾病

政府、国际和国家组织都意识到这是一个日益严重的问题，尤其是不断增加的自杀率，因而采取了各种措施来解决这个问题。同时，我们也能以个人的力量，做好自己的本分来帮助改善这个情况。

我们应该怎么做呢？首先，在照顾其他人之前，我们首先要先学会自我照顾。这并不代表您只顾自己而不是您所爱的人。相反的，它意味着只有先关注您自己的需求，才能让您更好地支持您所关爱的人。

每个人的自我照顾方式都不一样，重要的是找到您需要什么，喜欢做什么。您可能需要反复试验才能找到适合自己的方法。这里有一些建议可以帮助您开始：

1. 经常锻炼身体

当我们运动时，我们的大脑会释放一种叫做内啡肽的“感觉良好”的化学物质。这有助于改善情绪，能量水平，甚至睡眠。每天只要锻炼30分钟就可以了。少量的运动积少成多。

运动建议：

- 弹跳练习
- 在公园或海滩快步
- 抗阻力训练
- 高强度间歇训练 (HIIT)

2. Fast Intermittently & Stay Hydrated

There are many different types of fasting and Intermittent Fasting (IF) is one of the most common methods.

This plan involves fasting for 16 hours and eating 2-3 meals during an 8-hour time period. Here is an example: you have breakfast at 10 AM, lunch at around 1 PM, then dinner by 6 PM. You then begin the 16-hour fasting period with no other food consumed until breakfast the next day. During your fasting hours, you may drink water, black coffee, or herbal tea with no sweeteners added.

How does fasting help with mental health? They have been known to reduce inflammation while improving mood and alertness. This can help to reduce symptoms of depression and anxiety in some cases.

3. Take Supplements

In addition to IF, you may consider taking the following supplements which have been known to support mental health.

2. 间歇性断食和保持水分

禁食有很多种，间歇性禁食 (IF) 是最常见的方法之一。

这个计划包括禁食16小时及在8小时内吃2-3顿饭。举个例子：早上10点吃早餐，下午1点吃午餐，傍晚6点吃晚餐。然后开始16个小时的禁食，直到第二天的早餐。在禁食的时间里，可以喝水、不添加甜味剂的黑咖啡或花草茶。

禁食如何有助于心理健康？禁食可以减少炎症，同时改善情绪和警觉性。在某些情况下，这有助于减轻抑郁和焦虑的症状。

3. 服用补充剂

除了间歇性禁食，您可以考虑服用以下补充剂，这些补充剂已知有助于精神健康。

NIACIN

Niacin is needed by the brain to function properly. Studies have shown that a deficiency in this important vitamin can lead to brain fog and mental health symptoms like depression and even schizophrenia.

Recommended dosage: 100mg 3 times daily after meals.

Note: it is a very common experience to feel a warm sensation, known as the "niacin flush", spreading across the body. Some people may be more sensitive to the flushing effect than others and would experience the flush after taking 50mg of niacin, while someone else might only experience it with 200mg or more.

Rest assured, the "niacin flush" is harmless and tends to last not more than 20 minutes. This reaction wears off as you continue to use niacin, so please be patient as you build up a tolerance to it.

It is wise to start at low doses (50mg three times daily) and gradually increase this amount every week until you get to your target. Splitting your dose to several times a day or taking it after a meal would also help to reduce the flush.



烟碱酸

烟碱酸是大脑正常运转所需的物质。研究表明，缺乏这种重要的维生素会导致脑雾和精神健康症状，如抑郁症，甚至精神分裂症。

建议剂量：100毫克，每日3次，饭后服用。

注意：服用烟碱酸20至30分钟后，体内血管扩张，全身会慢慢感到温热。这种感觉很常见，通常被称为“热潮红”。潮红的程度因人而异，有些人可能比较敏感，在服用50毫克烟碱酸后就会感到潮红，而有些人可能服用200毫克或更多才会体验潮红。

请放心，“烟碱酸潮红”是无害的，持续时间往往不超过20分钟。当您持续使用烟碱酸一段时间后，随着您对其的耐受性增强，这种反应就会消失，所以请耐心等待。

最好从低剂量开始（每天三次，每次50毫克），然后每周逐渐增加剂量，直到达到您的目标剂量。将剂量分成一天几次或饭后服用也有助于减少潮红。

B COMPLEX

Like niacin, the B vitamins help the brain and nervous system to function properly, and may help to reduce stress-related disorders. A deficiency can lead to unpleasant experiences such as panic and anxiety attacks.

Research has shown that optimum Vitamin B6 levels help to lighten anxiety, nervousness, irritability and confusion and improve some forms of depression. Taking **Vitamin B Complex** before sleep has been known to improve the quality of sleep.

Recommended dosage: 1 tablet 3 times daily after meal.

复合维生素B

像烟碱酸一样，维生素B有助于大脑和神经系统正常工作，并有助于减少与压力相关的疾病。缺乏维生素B会导致不愉快、不想要的经历，如恐慌和焦虑发作。

研究显示，保持一个最佳水平的维生素B6有助于减轻焦虑、紧张、易怒和困倦，并改善某些形式的抑郁。睡前服用**复合维生素B**已经被认为可以提高睡眠质量。

建议剂量：每日3次，每次1片，饭后服用。



FLAXSEED OIL

In a 2020 randomized, double-blind, placebo-controlled clinical trial, women with depression who were given twice-daily doses of flaxseed oil for 10 weeks experienced improved depression-related symptoms.

Recommended dosage: 2 tablespoons daily. Mix it in a bowl of homemade yoghurt.

亚麻籽油

在2020年的一项随机、双盲、安慰剂对照临床试验中，接受为期10周每日2次亚麻籽油治疗的抑郁症女性患者的抑郁相关症状有所改善。

建议用量：每天2汤匙。把它混合在一碗自制的酸奶中。



COLOSTRUMX

ColostrumX contains Eicosapentaenoic acid (EPA). In 2009, researchers reviewed data from 3 studies that used EPA in the treatment of depression. The large majority of subjects taking EPA showed significant improvement and benefited from EPA as compared to those with a placebo.

Recommended dosage: 1 packet 2 times daily.

初乳奶粉

初乳含有二十碳五烯酸 (EPA)。2009年，研究人员审查了三项使用EPA治疗抑郁症的研究数据。与服用安慰剂的受试者相比，绝大多数服用EPA的受试者表现出明显的改善和受益。

建议用量：每日2次，每次1包。

IMMUFLORA®

"Psychobiotics" is a term used by researchers to refer to probiotics used to benefit mental health. Among all the psychobiotics used, Lactobacillus and Bifidobacterium bacteria appeared to be most helpful for mental health.

Recommended dosage: 1 sachet twice daily.

免疫激菌植

"精神生物制剂"是研究人员用来指有益于心理健康的益生菌的术语。在所有使用的心理生物制剂中，乳酸菌和双歧杆菌似乎对心理健康最有帮助。

建议剂量：1包，每日两次。



4. Ensure that Cholesterol Is High Enough

This is for those on cholesterol lowering drugs (Statins). On page 236-237 of **Cholesterol: Guilty or Innocent**, Dr. Lynn highlighted that one's ability to deal with stress will be compromised if the cholesterol levels are too low.

5. Set Goals and Priorities

Prioritize what must be done now and what can wait. Say "no" to new tasks if you start to feel that it is too much. At the end of the day, take note of what you have accomplished, instead of what you have not been able to do.

6. Practise Gratitude

In the evening, write down the things that you are grateful for. Be specific.

7. Stay Connected

Reach out to your friends or family members who can provide emotional support and help.

4. 确保胆固醇足够高

这是写给那些服用降胆固醇药物(他汀类)的人。《胆固醇:有罪还是无辜?》第236-237页,陈林恩博士指出,如果胆固醇水平过低,一个人应对压力的能力就会降低。

5. 设定目标和优先次序

优先考虑现在必须做的和可以等待的。如果您开始觉得新任务太多了,就要懂得拒绝。在一天结束的时候,记下您已经完成的事情,而不是您还没能完成的事情。

6. 学会感恩

晚上,写下您感激的事情。要具体。

7. 保持联系

向您的朋友或家人寻求情感上的支持和帮助。

If you still feel weighed down by issues after trying the above, please reach out for help. Visit the following links if you are in the following locations:

如果在尝试了以上所有的自我护理措施后,您仍然感到压力重重,请寻求帮助。如果您位于以下住处,请访问对应链接:

Malaysia 马来西亚 : <https://www.befrienders.org.my/>

Singapore 新加坡 : <https://www.gov.sg/article/call-these-helplines-if-you-need-emotional-or-psychological-support>



Giving Builds & Strengthens Community

慈善乐捐建立及增强社区

Christmas is a season that reminds us of love, joy and peace to the world. It is also a time of giving to others and to the needy in our community.

For Christmas 2022, we at NewLife™, were excited to do our part in bringing some love and joy to our local community. We donated several months of supply in terms of food, adult diapers, personal care and essential cleaning products to the following 3 homes:

- House of Joy (Orphanage)
- Pertubuhan Kebajikan Anak Yatim Mary (Orphanage)
- Persatuan Kebajikan Rumah Victory Malaysia (Elderly home)

We are certain that many of you too are spreading love and blessings to the needy. Let us spur each other on to continue to share hope and joy with those around us and make a positive impact to our community!

As we usher in a new year, we wish you and your family love, joy, peace and vibrant health in 2023 and beyond!

圣诞节是一个让我们想起爱、欢乐与和平的季节。这也是一个祝福他人和社区中有需要的人的时刻。

在2022年的圣诞节，我们新生命很高兴能尽自己的一份力，为当地社区带来一些爱与欢乐。我们为以下的老人院及孤儿院捐赠了数月的粮食、成人纸尿裤、个人护理及基本清洁用品：

- 喜乐之家（孤儿院）
- 玛丽孤儿院组织（孤儿院）
- 得胜之家（老人院）

我们相信，您们也在向有需要的人传播爱与祝福。让我们互相激励，继续与身边的人分享希望和喜悦，为我们的社区带来积极正面的影响！

在迎来新一年之际，我们祝愿您和您的家人在2023年及以后爱、快乐、和平、健康！



3 REASONS TO USE NATURAL HAIRCARE PRODUCTS

使用纯天然护发产品的三大理由



Washing hair is one of the self-care activities that we do daily, especially living in our hot, humid climate! With so many options of haircare products available, how do we make the right choice? Here are 3 reasons why you should be using NewLife™ natural haircare products.

1. Avoid Carcinogens & Harmful Chemicals

Did you know that many commercial haircare brands or treatments use formaldehyde or formaldehyde releasers such as bronopol or imidazolidinyl urea? Formaldehyde is commonly known as an irritant and a carcinogen but there are over 40 known formaldehyde releasers that are used as preservatives in personal care products.

Even though formaldehyde is harmful to our health, it is allowed to be used in products because those companies that use formaldehyde say that it is at very low concentrations which is not dangerous. However, they also caution that those with sensitive skin should avoid products that contain such ingredients. Our philosophy is that, especially for products that we use daily, we should avoid carcinogenic ingredients as much as we can.

NewLife™ natural haircare products contain no formaldehyde or formaldehyde releasers for your safety.

Other harmful chemicals commonly found in haircare products include: sulphates (SLS/SLES), phthalates, propylene glycol, PEGs, triclosan, EDTA and more. These chemical ingredients can irritate the skin and cause allergic reactions. NewLife™ haircare products do not use any of these ingredients, opting for more natural and higher quality ingredients for your peace of mind!

2. Moisturize Your Scalp with Essential Oils Instead of Silicones

Most store-bought haircare products contain silicones such as Dimethicone (a silicone-based polymer) to act as moisturizers for the scalp and hair. They coat the skin or hair to provide that “slip” or “glide” effect, making it feel softer or smoother and act as a protective layer for the scalp.

The problem with such silicones is that over time they can build residue, preventing moisture from entering the hair. This can cause hair to become dry, dull and more prone to breakage. They can also cause scalp irritation by clogging pores.

Instead of using silicones, NewLife™'s natural haircare products use essential oils such as argan oil, extra virgin coconut oil, and castor oil to provide natural moisture to the hair and scalp without residue. Not only do they not clog the pores, they also protect and enhance the health of your hair and skin naturally.

洗头是我们每天做的自我护理活动之一，特别是在我们炎热潮湿的气候中！有这么多种护发产品可供选择，我们如何做出正确的选择？这里有3个原因，为什么您应该使用新生命的天然护发产品。

1. 避免致癌物质及有害化学物质

您是否知道许多商业护发品牌或护理产品都有使用甲醛或甲醛释放剂，例如溴硝醇或咪唑烷基脲？甲醛被视为是一种刺激物和致癌物，但有超过40种已知的甲醛释放物被用作个人护理产品中的防腐剂。

尽管甲醛对我们的健康有害，但它被允许用于产品中，因为那些使用甲醛的公司说它的浓度很低，没有危险。然而，他们也提醒那些敏感皮肤的人应该避免使用含有这些成分的产品。我们的理念是，特别是对于我们日常使用的产品，我们应该尽量避免致癌成分。

为了您的安全着想，新生命天然护发产品不含有任何的甲醛或甲醛释放剂。

在护发产品中常见的其他有害化学物质包括：月桂醇聚醚硫酸酯钠、邻苯二甲酸盐、丙二醇、聚乙二醇、三氯生及乙二胺四醋酸等。这些化学成分都会刺激皮肤并引起过敏反应。新生命护发产品不含任何这些成分，而是选择了更天然、更优质的成分，让您安心使用！

2. 用精油代替有机硅以滋润您的头皮

大多数在商店购买的护发产品都含有有机硅，例如矽油（一种有机硅聚合物），可作为头皮和头发的保湿剂。它们覆盖在皮肤或头发上，形成“滑动”效果，使其感觉更柔软或更光滑，并充当为头皮的保护膜。

这种有机硅的问题在于，随着时间的推移，它们会产生残留物，从而阻止水分进入头发。这将导致头发变得干燥、暗沉并且更容易断裂。此外，它们还会堵塞毛孔，引起头皮发炎。

与其使用有机硅，新生命天然护发产品使用阿甘油、特级初榨椰子油和蓖麻油等精油，为头发和头皮提供天然保湿，没有残留。它们不仅不会堵塞毛孔，还能自然地保护和增强您头发和皮肤的健康。为头发和头皮提供天然的水分。它们不仅不会堵塞毛孔，还能自然地保护和增强头发和皮肤的健康。

3. Essential Oils Are Better Than Fragrances!

In order to save on costs, most haircare brands use a variety of artificial fragrances to leave your hair smelling good after each shower. The problem with this is that these fragrances are synthetically blended with a variety of toxic chemicals. Synthetic fragrances are also known to cause cancers, reproductive issues, or asthma attacks. They may also cause hair loss or damage the scalp.

NewLife™ haircare products are 100% free of artificial fragrances, using premium natural essential oils instead. These essential oils, besides smelling good, also promote hair and scalp health!

"NO-POO" IS THE BEST WAY TO CARE FOR YOUR HAIR!

The "no-poo" method of haircare means avoiding many of the commonly-used chemical ingredients such as parabens, sulphates, silicones and more. This method is good for your health and also the environment! All ingredients in NewLife™ natural haircare products are COSMO and ECOCERT certified – meaning that you are contributing towards better environmental and social impact with each bottle that you purchase! Make a change for the better and get a set of **NewLife™ Organic Care Natural Shampoo & Conditioner** today!

3. 香精油比人造香精更优!

为了节省成本,大多数护发品牌都会使用各种人造香精,让您的头发在每次洗完头后都能保持芳香。问题在于,这些香精是由各种有毒化学物质混合而成的。合成香精能导致癌症、生殖问题或哮喘发作。它们还可能导致脱发或损伤头皮。

新生命护发产品100%不含人造香精,使用优质天然精油代替!这些天然精油,除了气味宜人,还能促进头发和头皮健康!

"无便便"洗发水是照顾头发最好的方法!

"无便便洗发水"护发方法意味着避免使用含有许多常用化学成分的发水。这个方法对您的健康和环境都有益!新生命天然护发产品中的所有成分都通过天然有机标准组织及欧盟有机认证组织的验证—这意味着您购买的每一瓶产品都在为更优质的环境和社会做出贡献!做出更好的改变,今天就买一套**新生命有机养护纯天然洗发水和护发素**吧!

BUNDLE & SAVE! 购买套装,节省更多!

ORGANIC CARE NATURAL SHAMPOO & CONDITIONER BUNDLE

有机养护纯天然
洗发水和护发素套组

MY 马来西亚	SG 新加坡	HK 香港
RM 110	S\$ 49.95	HK\$ 299
BV 80 / PV 40	BV 40 / PV 30	BV 245 / PV 30

Save | 省:

MY 马来西亚	SG 新加坡	HK 香港
RM 9.80	S\$4.25	HK\$ 27

ORGANIC CARE NATURAL SHAMPOO

有机养护纯天然洗发水

MY 马来西亚	SG 新加坡	HK 香港
RM 59.90	S\$ 27.10	HK\$ 163
BV 43 / PV 21.5	BV 21.85 / PV 16.4	BV 131 / PV 16

ORGANIC CARE NATURAL CONDITIONER

有机养护纯天然护发素

MY 马来西亚	SG 新加坡	HK 香港
RM 59.90	S\$ 27.10	HK\$ 163
BV 43 / PV 21.5	BV 21.85 / PV 16.4	BV 131 / PV 16



NEWLIFE™ ORGANIC CARE

CASTILE LIQUID CLEANSER

新生命有机护理卡士迪清洁液

NEW IN 2 OPTIONS: ENERGISING & RELAXING!

现在有两种系列可供选择：清爽醒神及舒压怡神！

Originating from a region in Spain named Castile, Castile soap is an olive oil-based soap that is known for being hypoallergenic and a miracle product for cleaning and beauty. It contains no animal or synthetic ingredients, using only vegetable oils and natural ingredients while rinsing away and cleaning better than most traditional soaps and body washes!

Benefits of using Castile soap:

1. No artificial, synthetic or animal-based ingredients
2. Hypoallergenic
3. Naturally antimicrobial
4. Cleanses more effectively than normal soaps
5. Deodorizes the body naturally
6. Environmentally- and vegan-friendly
7. Can be used for wound cleaning
8. Useful as a multipurpose cleaner
9. Suitable for dry or sensitive skin including those with skin conditions such as eczema
10. Gentle on the skin. Can be used by all ages from babies to adults and even pets.

NEWLIFE™ ORGANIC CARE CASTILE LIQUID CLEANSER

Compared to normal Castile soaps that use only olive oil as the base ingredient, NewLife™ has combined organic extra virgin coconut oil and organic castor oil along with olive oil to create a unique blend that offers even more healing and restorative power for your body and skin!

NewLife™ Organic Care Castile Liquid Cleanser offers creamy lather and gentle, effective cleansing without drying out your skin. We use pure essential oils that don't just smell lovely but also contain antioxidants, antibacterial and antimicrobial properties to help protect your skin. This luxurious formula leaves your skin feeling fresh, soft, smooth and delicately scented.

卡士迪肥皂起源于西班牙一个叫卡士迪的地区，是一种以橄榄油为基础的肥皂，以低过敏和有效清洁美容而闻名。它不含动物或合成成分，只使用植物油和天然成分，比大多数传统的肥皂和沐浴露更好地冲洗和清洁！

使用卡士迪肥皂的好处：

1. 不含人工、合成或动物成分
2. 低敏感性
3. 天然抗菌
4. 比普通肥皂更有效的清洁
5. 自然地除臭
6. 对环境和素食主义者友好
7. 可用于伤口清洗
8. 多功能清洁剂
9. 适合干燥或敏感的皮肤，包括皮肤状况，如湿疹
10. 对皮肤温和。从婴儿到成人甚至宠物都可以使用

新生命有机护理卡士迪清洁液

与一般只使用橄榄油作为基本成分的卡士迪香皂相比，新生命将有机特级初榨椰子油和有机蓖麻油与橄榄油结合，形成独特的混合配方，为您的肌肤提供更多的滋养呵护和修复力量！

新生命有机护理卡士迪清洁液的泡沫细致，有效温和洁净，洗后不使肌肤干燥。我们使用纯精油，不仅清香迷人，而且天然含有抗氧化剂，抗菌和抗菌特性，帮助保护肌肤。这奢华的配方洗的洁净又舒服，让肌肤恢复光滑、细嫩，还散发出淡淡香气。

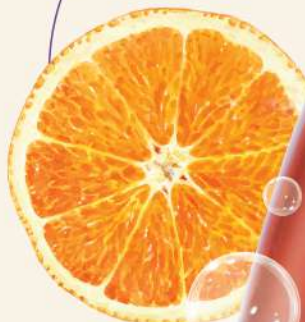
Coming soon in
FEBRUARY 2023!
2023年2月上市！



relaxing 舒压怡神
※ lavender 薰衣草



energising 清新醒神
ginger 姜 ※



KEY INGREDIENTS 主要成分



Organic Extra Virgin
Coconut Oil
有机特级初榨椰子油



Olive Oil
橄榄油



Organic Castor Oil
有机蓖麻油



Bergamot
佛手柑



Sweet Orange
甜橙



* Lavender
薰衣草



COSMOS
CERTIFIED



* Ginger
姜

Does NOT contain the following:
不含以下成分:

- X** Sodium Lauryl Sulphate (SLS)
月桂基硫酸钠 (SLS)
- X** Sodium Laureth Sulphate (SLES)
月桂醇硫酸钠 (SLES)
- X** Silicones
硅胶
- X** Parabens
防腐剂
- X** Other harsh petrochemicals
其他恶劣的石化产品
- X** Synthetic fragrances
合成香料
- X** Artificial colours
人工色素

INGREDIENT BENEFITS 成分效益

Coconut Oil 椰子油	Coconut oil removes dirt and impurities from the body and provides hydration to a maximum extent. It prevents dryness and keeps your skin moisturised and supple. 椰子油可以清除身体的油脂和污垢，并最大程度地提供水分。它可以防止干燥，保持皮肤的滋润和柔滑。
Olive Oil 橄榄油	Rich in antioxidants, olive oil promotes healthier skin by reversing oxidation and repelling damage-causing free radicals. It helps to soften the skin while cleansing gently. 橄榄油富含抗氧化剂，通过逆转氧化和抵抗自由基，促进皮肤健康。它有助于软化皮肤，同时温和地清洁。
Castor Oil 蓖麻油	As a natural humectant, castor oil draws moisture from the air keeping the skin hydrated while retaining moisture by preventing water loss through the outer layer of the skin. It protects the skin, promotes an even skin tone and does not clog pores. 作为一种天然的保湿剂，蓖麻油从空气中吸收水分，提供补水，同时通过防止皮肤外层水分流失来深层保湿。它保护皮肤，促进均匀的肤色，不堵塞毛孔。
Bergamot 佛手柑	Bergamot essential oil is a natural cleanser. It is particularly good for oily skin, helping to unclog pores and balance sebum levels to give skin a natural glow. Its scent is light, crisp and refreshing. 佛手柑精油是一种天然的清洁剂。特别适合油性皮肤，帮助疏通毛孔，平衡皮脂，让肌肤自然焕发光彩。它的香味清淡、清脆、清爽。
Sweet Orange 甜橙油	Sweet orange oil helps scavenge free radicals that could harm healthy cells. It can also inhibit the growth of several bacteria and fungi. When used on the skin, orange oil helps promote clarity, fight inflammation and acne, and keeps the skin fresh. Sweet orange oil is known to provide a refreshing and uplifting boost, helps relax and calm those who are feeling stressed or tired. 甜橙油有助于清除伤害健康细胞的自由基。它还可以抑制几种细菌和真菌的生长。用在皮肤上，橘子油有助于促进清洁，对抗炎症和粉刺，保持皮肤清爽。甜橙油可以提神醒脑，帮助放松和镇定那些感到压力或疲劳的人。
Lavender 薰衣草	With its anti-inflammatory, antifungal, antimicrobial and detoxifying benefits, lavender essential oil can help reduce redness, soothe and calm the skin as well as rapidly heal minor cuts, scrapes and any rashes. Restful, serene and floral, lavender is one of the most loved scents today. 薰衣草精油具有抗炎、抗真菌、抗菌和排毒的功效，可以帮助减少红肿，舒缓和镇定皮肤，还可以迅速治愈轻微的割伤、擦伤和任何皮疹。薰衣草具有镇静、舒缓的花香，是当今最受喜爱的香味之一。
Ginger 姜	Its antioxidant, anti-inflammatory and antiseptic properties can help protect the skin against free radicals and repair the appearance of the skin. It also helps even skin tone, improve elasticity and fade scars. 姜的抗氧化，抗炎和防腐特性可以帮助保护皮肤免受自由基和修复皮肤外观。它还有助于改善肤色，提高弹性，淡化疤痕。

Region 区域	Retail Unit Price 零售单价	IBO Unit Price 独立传销商单价				Unit BV 单位花红	Unit PV 单位分数
		1 pc/件	2 pcs/件	6 pcs/件	12 pcs/件		
MALAYSIA 马来西亚	RM 95.80	RM 76.60	RM 74.30	RM 72.00	RM 68.90	62.00	31.00
SINGAPORE 新加坡	S\$ 37.40	S\$ 29.90	/	/	/	23.55	17.65
HONG KONG 香港	HK\$ 230.00	HK\$ 184.00	/	/	/	145.00	23.00

ORAL CARE AT HOME 居家口腔护理



A smile is always in fashion and should be your most important accessory. It is often the first thing people notice about you! A smile can light up the whole room, can instantly put a person in a good mood, and is infectious to everyone around them.

A beautiful smile starts with beautiful teeth. One of the best tips for keeping your teeth looking great is to make sure you are practising good dental care.

The secret to dental care lies with the basics: brushing teeth twice daily, flossing, regular dental visits (at least once a year) and a clean diet. In addition, here are some oral hygiene practices that can improve your dental health:

微笑是最时髦的。它应该是您最重要的配饰，也通常是人们注意到您的第一件事！一个微笑可以照亮整个房间，可以瞬间让人心情愉悦，并感染他们周围的每个人。

美丽的笑容始于美丽的牙齿。保持牙齿健康最好的方法之一就是确保您在实践良好的牙齿护理。

牙齿保健的秘诀在于基本：每天刷牙两次，使用牙线，定期看牙医（至少一年一次）和清洁饮食。此外，这里有一些可以改善牙齿健康的口腔卫生习惯：

Oil Pulling

Coconut oil pulling helps to prevent cavities and reduce plaque, bad breath and gingivitis. It is also highly recommended for detoxifying the body and improving health.

Take 1 tablespoon of **NEWLIFE™ EXTRA VIRGIN COCONUT OIL** in the mouth before breakfast. Move the oil slowly around the mouth by swishing and pulling it through the teeth. Continue this for 15-20 minutes or until the oil turns white. Keeping the oil moving for several minutes is important because it is the prolonged swishing that gives the oil enough time to react with the saliva so that its enzymes are released to pull or draw toxins from the body. Once the oil is expelled from the mouth, brush your teeth well to eliminate bacteria and other impurities.

油拔

椰子油油拔有助于预防蛀牙，减少牙菌斑、口臭和牙龈炎。它还被强烈推荐用于排毒和改善健康。

早餐前，倒一汤匙新生命特级初榨纯椰子油入嘴。慢慢地让油在口内流动并在齿缝间拉动15至20分钟或直到油变为白色。让油维持在嘴里拉动的那几分钟是很重要的，因为这样椰子油才有足够的时间与唾液产生效应，释放酶素，从而吸拉出体内的毒素。把油吐出后，把牙齿刷干净，以彻底消除从体内吸出的细菌和其他杂质。



Natural Toothpaste

Toothpaste is the key for maintaining good oral health! Many people are opting to use natural toothpaste as opposed to store-bought brands that contain chemicals. Natural toothpaste does not contain fluoride, sodium lauryl sulfate (SLS), sodium laureth sulfate (SLES), triclosan, sodium hydroxide and other chemicals that may be harmful to our health.

These chemicals are damaging to the body as a whole, and can even reduce the healthy bacteria (probiotics) in the mouth. Go for a toothpaste that uses natural antibacterial agents and breath fresheners such as tea tree oil, anise oil, spearmint, bee propolis and aloe vera.

NEWLIFE™ EL-NATURAL TOOTHPASTE is packed with 9 key ingredients that are antibacterial, antimicrobial and anticavity, guaranteed to give you the strongest teeth and the healthiest gums. Our toothpaste is also fortified with ingredients that support enamel repair and promote remineralization of stronger and healthier teeth. Besides, the unique blend of herbs makes our toothpaste taste great and keeps your mouth feeling and smelling fresh all day long!

Our toothpaste does not contain harmful chemicals that are commonly found in toothpaste such as fluoride, parabens, triclosan, potassium nitrate, SLS, SLES, artificial flavours and preservatives! Safe and suitable for all ages and for those with sensitive gums and teeth.

天然牙膏

牙膏是保持口腔健康的关键!许多人开始选择使用天然牙膏,而不是从商店买来的含有化学物质的牙膏。天然牙膏不含氟化物、月桂醇硫酸钠(SLS)、月桂醇硫酸钠(SLES)、三氯生、氢氧化钠等可能对人体健康有害的化学物质。

这些化学物质对整个身体都是有害的,甚至会减少口腔中的健康细菌(益生菌)。选择含有抗菌剂和口气清新剂的天然成分的牙膏,如茶树油、八角油、绿薄荷、蜂胶和芦荟。

新生命天然牙膏含有9种抗菌、抗微生物和抗蛀牙的关键成分,保证给您最健康的牙齿和牙龈。我们的牙膏还添加了支持牙釉质修复和促进再矿化的成分,使牙齿更强健。此外,独特的草药混合使我们的牙膏口感极佳,让您的口腔一整天都保持清新!

我们的牙膏不含市面上常见的有害化学物质,如氟化物,对羟基苯甲酸酯,三氯生,硝酸钾, SLS, SLES, 人工香料和防腐剂!安全,适合任何年龄层以及牙龈和牙齿敏感的人士。



Tongue Scraping

Tongue scraping is a remedy for bad breath by helping to remove dead cells, food particles and bacteria in the mouth. It only takes a few minutes a day and is most effective in conjunction with brushing the tongue.

刮舌

刮舌是治疗口臭的一种方法。每天只需要几分钟,就能帮助清除口腔中的死细胞、食物残渣和细菌。刮舌与刷牙同时进行是最有效的。



Natural Mouthwashes

Natural mouthwashes can reduce bacteria for a cleaner mouth and fresher breath. There are many varieties sold over the counter but it is not difficult to make your own for a safer and healthier alternative.

天然漱口水

天然漱口水可以减少细菌，使口腔更清洁，口气更清新。柜台上有很多品种出售，但自己做一个更安全、更健康的替代品并不难。



1) HYDROGEN PEROXIDE MOUTHWASH (FOR WHITENING TEETH)

Hydrogen peroxide contains oxygen and hydrogen molecules. It is an oxidizing agent, which means that it can kill living cells, such as bacteria.

The possible benefits of gargling hydrogen peroxide include:

- Whitening teeth
- Easing a sore throat by reducing the number of bacteria in the mouth and helping clear the infection.
- Treating gum disease
- Preventing plaque
- Treating minor mouth sores

Mix two parts of water with one part of **NEWLIFE™ HYDROGEN PEROXIDE**. Gargle, swishing the solution all around the mouth. Tilt the head back and continue gargling for 30 seconds. Spit the solution out. The hydrogen peroxide may cause some foaming in the mouth, which is normal.

Alternatively, a homemade paste may help some people remove minor stains. To create this paste, add a teaspoon of hydrogen peroxide to enough baking soda to create a smooth, thick paste.

Apply the paste directly to the teeth using a toothbrush. Allow the paste to sit on the teeth for a few minutes and then rinse it away with water. Do not swallow the paste.

Safety & risks

Different strengths or concentrations of hydrogen peroxide are available, depending on its intended use. High concentrations are typical in industrial production. The most common concentration sold for household use is 3 percent, such as **NEWLIFE™ HYDROGEN PEROXIDE**.

It is vital to use a concentration no stronger than 3 percent and to use it in moderation to avoid irritation.

Avoid swallowing hydrogen peroxide. Although swallowing small amounts of a 3 percent concentration usually does not cause serious problems, it may result in stomach upset and vomiting.

Children should not gargle hydrogen peroxide if there is any danger of them swallowing it.

1) 过氧化氢漱口水(美白牙齿)

过氧化氢含有氧和氢分子。它是一种氧化剂，这意味着它可以杀死活细胞，如细菌。

使用过氧化氢漱口的好处包括：

- 美白牙齿
- 通过减少口腔细菌数量，帮助清除感染，缓解喉咙痛。
- 治疗牙龈疾病
- 预防菌斑
- 治疗轻微口腔溃疡

将两份水和一份**新生命过氧化氢**混合，然后在口腔周围快速漱口。将头向后倾斜，继续漱口30秒。把溶液吐出来。过氧化氢可能会引起口吐白沫，这是正常的。

或者，把它做成糊状用来去除轻微污渍。制作这种糊状物时，用足够的小苏打中加入一茶匙过氧化氢，搅拌成光滑粘稠的糊状。

用牙刷直接将糊状物涂在牙齿上。让它在牙齿上停留几分钟，然后用水冲洗掉。不要把吞下去。

安全与风险

过氧化氢的强度或浓度不同，取决于它的预期用途。高浓度通常用于工业。最常见的家庭使用浓度是3%，如**新生命过氧化氢**。

要注意的是不要使用超过3%的浓度，也要适量使用，以避免刺激。

避免吞食过氧化氢。虽然吞下少量3%浓度的过氧化氢通常不会引起严重的问题，但它可能导致胃部不适和呕吐。

如果儿童有吞咽过氧化氢的危险，就不应该用它漱口。





2) WONDA OIL MOUTHWASH (BEST FOR BAD BREATH AND IRRITATED GUMS)

NEWLIFE™ WONDA OIL (100% tea tree oil) can help kill bacteria in your mouth. This keeps your gums from getting inflamed and also soothes irritated gums. It is also a natural remedy for bad breath.

Drop 3 drops of **WONDA OIL** into a cup of warm water then use it as you would any mouthwash.

2) 新生命万宝油漱口水(最适合应对口臭和牙龈发炎)

新生命万宝油(100%茶树油)可以帮助杀死口腔中的细菌。这可以防止牙龈发炎,也可以舒缓发炎的牙龈。因此,它是治疗口臭的天然良药。

在一杯温水中滴3滴万宝油,然后像使用任何漱口水一样使用它。

Supplements Beneficial for Oral Health and Strong Immunity

Your oral health and immune system go hand in hand. Having a strong and healthy immune system keeps the bacteria in your mouth and the rest of your body in check, minimizing the threat of adverse health effects.

On the other hand, if one practises good oral care but has a weakened immune system, he or she may still be subject to oral health conditions such as dental plaque, cavities, gum disease and even oral thrush, a fungal infection in the mouth.

To ensure a healthy and strong immune system, a clean diet is vital. In addition, below is a list of supplements that are known to promote oral and overall health:

- **COENZYME Q10** promotes gum healing and cell growth.
- **C COMPLEX WITH BIOFLAVONOIDS** promotes healing, especially of bleeding gums.
- **CALCIUM COMPLEX** helps prevent bone loss around the gums.
- **SPIRULINA** contains many vitamins and minerals like iron, potassium, calcium and phosphorous that are essential for healthy teeth and gums. It is also rich in antioxidant and anti-inflammatory properties that help treat and prevent gum disease and other oral health problems.
- Regularly consuming probiotics such as **IMMUFLORA®** may lower your risk of developing gum disease and other oral health problems.
- **GARLIC & PARSLEY OIL** is a super booster for strong immunity. It provides the body with a wide array of nutrients, vitamins, minerals, sulphur compounds and essential fatty acids, effectively killing harmful microbes and inhibiting their growth, protecting you from various viral, bacterial, and fungal infections and diseases.

有益促进口腔健康和增强免疫力的补充剂

口腔健康和免疫系统密切相关。拥有一个强健的免疫系统可以控制口腔和身体其他部位的细菌,最大限度地减少不良健康影响的威胁。

另一方面,如果口腔护理很好,但免疫系统很弱,那么他/她仍然可能受到口腔健康状况的影响,如细菌斑、蛀牙、牙龈疾病,甚至口腔鹅口疮(口腔真菌感染)。

为了确保一个健康和强壮的免疫系统,一个干净饮食是至关重要的。此外,以下是一些已知的能促进口腔和整体健康的补充剂:

- **辅酶Q10**促进牙龈愈合和细胞生长。
- **维生素C复合生物类黄酮**促进愈合,特别是牙龈出血。
- **钙复合物**有助于防止牙龈周围骨质流失。
- **螺旋藻**含有许多维生素和矿物质,如铁、钾、钙和磷,是牙齿和牙龈健康所必需的。它还富含抗氧化和抗炎成分,有助于治疗和预防牙龈疾病和其他口腔健康问题。
- 经常食用益生菌,如**免疫激菌植**可以降低患牙龈疾病和其他口腔健康问题的风险。
- **大蒜和欧芹油**是增强免疫力的超级助推器。它们为身体提供广泛的营养物质、维生素、矿物质、硫化物和必需脂肪酸,有效地杀死有害微生物并抑制其生长,保护身体免受各种病毒、细菌和真菌的感染和疾病。



Gout: Not a Lifelong Condition!

痛风: 不是终生 疾病!



At some point in our lives, we would have heard the term “gout” whether through conversation or personal experience. Gout is a chronic condition that can affect anyone. Although it can be a very painful condition, it can actually be easily prevented or even reversed. Before we explore that, let us go through everything we need to know about gout!

What is Gout?

Gout is a common and complex form of arthritis that is characterized by sudden, severe attacks of pain, swelling, redness, and tenderness in one or more joints, most often in the big toe. Symptoms of gout include:

- Intense joint pain
- Lingering discomfort
- Inflammation and redness
- Limited range of motion

Gout is caused by an accumulation of urate crystals in the joints. These crystals are formed when there are high levels of uric acid in the blood, and can cause the inflammation and pain of gout attacks. Uric acid is produced when the body breaks down purines, which are substances found naturally in the body and also in foods such as red meats, organ meats, and certain seafoods. Alcoholic beverages and sweet drinks also promote high levels of uric acid in the body.

Uric acid is normally dissolved in the blood and excreted through the kidneys. However, when the body produces too much uric acid or when the kidneys excrete too little uric acid, the uric acid can build up to form sharp urate crystals in joints, causing gout.

Risk Factors of Gout

- Diet high in red meat, shellfish, alcohol, or sweet drinks.
- Being overweight can cause a higher production of uric acid.
- Medical conditions such as high blood pressure, diabetes, or kidney disease.
- Family history of gout.
- Age and sex—gout is more common in men and women after menopause.
- Certain medications such as low-dose aspirin or hypertension medication can increase uric acid levels.

在我们生命中的某个时刻，无论是通过交谈还是个人经历，我们都会接触到“痛风”这个词。痛风是一种可以发生在任何人身上的慢性疾病。痛风发作是非常痛苦的，但它实际上是很容易预防甚至逆转的。在我们进一步探索之前，让我们了解更多关于痛风！

什么是痛风?

痛风是一种常见而复杂的关节炎，其特征是一个或多个关节突然出现严重的疼痛、肿胀、发红和压痛，最常发生在大脚趾。痛风的症状包括：

- 剧烈的关节疼痛
- 持续的不适感
- 发炎和泛红
- 关节活动度受限

人体在分解嘌呤（人体内天然存在的物质）时会产生尿酸。当血液中尿酸水平较高时，就可能形成尿酸结晶。如果尿酸盐晶体积聚在关节，就会引起痛风。嘌呤也存在于一些食物之中，包括红肉、内脏（如肝脏）。富含嘌呤的海鲜包括凤尾鱼、沙丁鱼、贻贝、扇贝、鲭鱼和金枪鱼。酒精饮料（特别是啤酒）和含水果糖（果糖）的饮料也会使尿酸水平升高。

在正常的情况下，尿酸通常可溶于血液，并通过肾脏排进尿液。但有时，人体会产生过多的尿酸或肾脏排出的尿酸过少。在这种情况下，尿酸就可能积聚在关节或周围组织，形成锋利的针状尿酸结晶，引起疼痛、炎症和肿胀，导致痛风。

风险因素

- 饮食高红肉，贝类，酒精，或甜饮料。
- 超重者的身体会产生更多尿酸，让肾脏更难消除尿酸。
- 医疗状况。某些疾病和状况会增加出现痛风的风险。其中包括未经治疗的高血压和慢性状况，如糖尿病和肾脏疾病。
- 痛风家族史。
- 年龄及性别。痛风多发于男性和停经后的女性。
- 某些药物。低剂量阿司匹林以及一些降血压药物也可能会使尿酸水平升高。

Treatment

Medical treatment for gout normally involves non-steroidal anti-inflammatory drugs (NSAIDs) and painkillers if the pain is too intense. Steroids may be used to lessen the pain and swelling for more severe cases. Unfortunately, there is no long-term medical "cure" for gout, and many people experience multiple gout attacks if the root causes are not addressed.

What is the best way to manage or reverse gout?

1. Lifestyle & Dietary Changes

The best way to treat gout is through lifestyle and dietary changes. These can not only help to lower the intensity of gout attacks, but can even help to prevent or reverse the condition totally.

The best way to start is to cut down or eliminate foods that promote high uric acid levels such as red meats, organ meats, shellfish, alcohol, and sweet drinks. Next, one should increase consumption of fresh fruit and vegetables as much as possible both whole and in the form of cold-pressed juices.

2. Health Foods That Are Helpful for Gout

- **Apple Cider Vinegar** is one of the best long-term remedies for gout as it helps to address many of the risk factors of gout. It also promotes a healthier, more alkaline pH level in the body, which can positively impact those with gout. We recommend consuming 4 teaspoons of Apple Cider Vinegar as a daily remedy for preventing gout attacks.
- **Flaxseed Oil** has been proven to help reduce joint inflammation and pain, and can be consumed orally or rubbed topically on the swollen joints. Studies have shown that flaxseed oil can also help to reduce uric acid levels in the body. It is helpful for reducing inflammation while improving kidney health and should be taken daily by anyone who has gout.
- **Liverin** contains both milk thistle extract and celery seed extract, which are beneficial for reducing uric acid levels while promoting the health of the liver and kidneys.
- **C Complex**—a study by The American Journal of Clinical Nutrition showed that people who took 500mg of vitamin C versus a placebo daily had a 12% reduced risk of gout attacks. Vitamin C is important for both reducing inflammation in the body and improving joint health.

3. Dr. Lynn's Detoxification & Rejuvenation Programme (DRP) is a quick way to jump-start your body's natural detoxification abilities to help it combat chronic conditions such as gout. On the following page are some testimonials from people with gout who have gone through the DRP and followed our recommended maintenance programme.

治疗

痛风的医学治疗通常包括非甾体抗炎药 (NSAIDs) 和止痛药。在更严重的情况下，医生会开类固醇来减轻疼痛和肿胀。不幸的是，痛风没有长期的医学“治疗”，许多人经历多次痛风发作，如果根本原因没有解决。

什么是最好的方法来管理或逆转痛风？

1. 生活方式和饮食习惯的改变

治疗痛风的最好方式是通过改变生活习惯和饮食。这些不仅有助于降低痛风发作的严重度，甚至可以帮助完全预防或逆转这种情况。

最好的方法是减少或不吃那些导致高尿酸水平的食物，如红肉、器官肉、贝类、酒精和甜饮料。此外，应该尽可能多吃新鲜水果和蔬菜，不管是整个的还是冷榨蔬果汁的形式。

2. 对痛风有帮助的健康食品

- **苹果醋**是治疗痛风最好的长期食疗之一，因为它有助于解决痛风的许多风险因素。它还能促进身体更健康，更碱性的pH值水平，这可以积极地影响痛风患者。我们建议每天食用4茶匙的苹果醋来预防痛风发作。
- **亚麻籽油**已被证明有助于减轻关节炎症和疼痛，可以口服或局部揉擦按摩肿胀的关节。研究表明，亚麻籽油还可以帮助降低体内尿酸水平。它有助于减少炎症，同时改善肾脏健康，任何有痛风的人都应该每天服用。
- **肝脏宝**含有水飞蓟提取物和芹菜籽提取物，有助于降低尿酸水平，促进肝脏和肾脏的健康。
- **维生素C复合物**——《美国临床营养学杂志》的一项研究表明，与安慰剂相比，每天服用500毫克维生素C的人患痛风的风险降低12%。维生素C对减少体内炎症和改善关节健康都很重要。

3. 陈林希珠博士的排毒和复健计划(DRP)是一个快速启动身体自然排毒能力的养生法，帮助身体对抗慢性疾病，如痛风。事实上，DRP是治疗和预防痛风发作最有效的方法。到目前为止，我们有100%的成功率。下一页是一些痛风患者的见证，分享他们是如何通过DRP和我们的健康计划康复的。



TESTIMONIALS | 见证分享

“

I have suffered from gout for more than 18 years... The pain was so unbearable that I had to swallow many painkillers to relieve it. I sought advice from my colleague, who himself has been healed from backaches, constipation, insomnia and high blood pressure because of NewLife™'s programmes. I went ahead with the DRP for 7-days followed by castor oil enema and NewLife™'s Health-Building Programme (NHBP) diligently.

The results are fantastic! The gout is totally gone! My blood pressure is back to normal and my bodyweight has dropped from 85kg to 73kg. I am still following the NHBP and I am feeling really good!

我患痛风已经超过18年了……疼痛难以忍受，我不得不吞下很多止痛药来缓解。我向我的同事寻求建议，因为他自己通过新生命健康计划康复了，不再有背痛、便秘、失眠和高血压。我坚持了7天的DRP，然后接着做蓖麻油灌肠和新生命的健康建设计划。

结果非常棒！痛风完全消失了！我的血压恢复正常，体重从85公斤下降到73公斤。我仍然在遵循新生命的健康建设计划，我感觉真的很好！

- Mr. Clarence T Moncigil 曼其乔尔先生

”

For 14 years, I suffered from serious gout problems. Every day I had to take medications to ease the pain and control the gout, and yet it did not help at all! The problem was so serious that my legs were swollen. For 2 years, I could not wear shoes. After doing Dr. Lynn Tan's DRP followed by NewLife™'s Health-Building Programme, the swollen parts of my legs healed.

14年来，我一直患有严重的痛风病。每天我都得吃药来缓解疼痛，控制痛风，但一点都没用！病情严重，我的脚都肿了。整整两年，我都不能穿鞋。在做了陈林希珠博士的DRP和新生命的健康建设计划后，我脚肿的部分痊愈了。

- Mr. Hedwing Goliun 贺云先生

“

I suffered from gout for more than 15 years. Whenever gout attacked, I had to take medications to ease the pain. I tried to control it by taking painkillers and colchicine but all of these could not help. I searched around for ways to solve my problems to no avail. Eventually my younger sister whose daughter was healed through NewLife™ advised me to take up Dr. Lynn Tan's DRP which I immediately followed for 3 weeks.

With the help of the DRP, the swollen and painful parts of my legs healed and gout was completely gone. I also lost 5kg, feel healthier and am able to work more efficiently. Thank you, Dr. Lynn Tan, who has brought "new life" to me!

我患痛风已经超过15年了。每当痛风发作时，我就得吃药来缓解疼痛。我试图通过服用止痛药和秋水仙碱来控制它，但所有这些都无帮助。我四处寻找解决问题的方法，但毫无用处。最终，我的妹妹（她的女儿通过新生命痊愈了）建议我接受陈林希珠博士的DRP，我立即遵循了3周。

在DRP的帮助下，我脚上肿胀和疼痛的部分愈合了，痛风也完全消失了。我还瘦了5公斤，感觉更健康了，工作效率也提高了。谢谢陈林博士，给我带来了“新生命”！

- Mr. Christopher Lakasa 拉卡萨先生

”

CONCLUSION

The pursuit of a balanced and healthy lifestyle does not have to be hard; it is a decision that is vital and one that needs to come from within. Many of today's illnesses are preventable with early intervention. Contact us today at info@newlife.com.my to find out how you can prevent or reverse your chronic conditions naturally!

结论
追求平衡健康的生活方式并不困难；这是一个至关重要的决定，需要来自内心。今天的许多疾病通过早期干预是可以预防的。今天就通过info@newlife.com.my联系我们，了解如何自然地预防或逆转慢性疾病！

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锁定2023年3月, 加入我们, 在沙巴郁郁葱葱的自然环境中享受全面的健康体验! 通过**陈林希珠博士的排毒与复健程序 (DRP)** 给您的身体一个恢复活力和自我治愈的机会, 并通过我们的系列讲座和工作坊学习如何改善您和您的整个家庭的健康。

DEVELOPMENT OF CHRONIC & DEGENERATIVE DISEASES 慢性及老化病症的形成与发展

ACUTE STAGE OF ELIMINATION 急性消除期	SUB-ACUTE (POOR HEALTH) 亚急性(健康不佳)	CHRONIC 慢性	TOXIC/DEGENERATIVE 中毒/退化
<ul style="list-style-type: none"> • Inflammation 发炎 • Discharge 分泌物 • Fever 发烧 • Colds 感冒 • Etc. 其他 	<ul style="list-style-type: none"> • Fatigue 身体疲倦 • Blocked Nose 鼻塞 • Overweight 身体超重 • Headaches 头痛 • Lower Back Pain 腰痛 • Skin Blemishes 暗疮 • Piles 痔疮 • Constipation 便秘 • Digestive Disorders 消化失调 • Hormonal Imbalance 荷尔蒙失调 • Etc. 其他 	<ul style="list-style-type: none"> • Migraine 偏头痛 • Arthritis 关节炎 • High Blood Pressure 高血压 • High Cholesterol 高胆固醇 • Skin Problems 皮肤病 • Serious Back Pain 严重背痛 • Ulcers 溃疡 • Asthma 哮喘 • Weak Sexual Impulses 性反应弱 • Sinusitis 鼻敏感 • Tumours/Cysts/Fibroids 肿瘤/囊/纤维物 • Endometriosis 子宫内膜异位 • Infertility 不育 • Etc. 其他 	<ul style="list-style-type: none"> • Heart Disease 心脏病 • Strokes 中风 • Diabetes 糖尿病 • Kidney Disease 肾病 • Liver Problems 肝病 • Gall Bladder Disease 胆囊问题 • Serious Arthritis & Gout 严重关节炎及痛风 • Prostate Disease 前列腺疾病 • Serious Skin Problems 严重皮肤问题 • Impotence 性无能 • Lymphatic & Cellular Dysfunction 淋巴及细胞疾病 • Cancer 癌症 • Etc. 其他

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 by removing the root causes — toxemia and nutritional deficiency.

通过消除毒血症和营养缺乏的根本原因,
DRP使您重获青春和健康。

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	DRP Participants (Per Person) 排毒与复健程序参与者 (每人)		Non DRP Participants (Per Person) 非排毒与复健程序参与者 (每人)
	Twin Sharing 双人共房	Single Occupancy 单人一房	Twin Sharing 双人共房
Super Early Bird 提早报名超级优惠价	RM4,740 / S\$1,600	RM5,620 / S\$1,970	RM1,910 / S\$670
Expiry : 31 Dec 2022 截止日期: 2022年12月30日			
Early Bird 提早报名优惠价	RM5,300 / S\$1,880	RM6,290 / S\$2,230	RM2,140 / S\$760
Expiry : 31 Jan 2023 截止日期: 2023年1月31日			
Regular 标准营费	RM5,580 / S\$1,980	RM6,620 / S\$2,340	RM2,250 / S\$800
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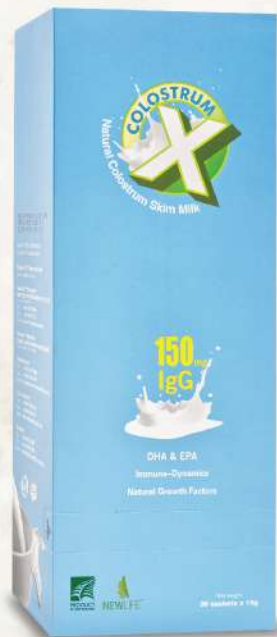
Offer Price | 特价:

MY | 马来西亚 RM 248
BV 215 / Full PV
SG | 新加坡 S\$ 204
BV 170 / Full PV

HK | 香港
HK\$ 1240
BV 960 / Full PV

Save | 省:

WM | 西马 RM 82
EM | 东马 RM 92
SG | 新加坡 S\$ 70.50
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No BV/PV

SG | 新加坡 S\$ 14.50
BV 7.5 / Full PV

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WM | 西马 RM 23.30
EM | 东马 RM 24.75
SG | 新加坡 S\$ 9.30



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EXP 03/23

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2. Not valid with any other concurrent promotions, Quantity Discount or APP.
3. No goods return or exchange allowed.
4. Other terms & conditions apply.
5. NewLife™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

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1. 促销活动期: 2023年1月1日至2月28日, 或存货售完为止。
2. 不可配合其他同时期间的促销活动、数量折扣、或自动订货计划。
3. 不允许退货或交换。
4. 附有其他条规与细则。
5. 新生命有权随时更改或修订促销活动的条规与细则, 恕不另行通知。