

JAN  
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2025

# Life Line

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## Transform Your Gut Health

改善肠道健康

### The Best Home Remedies for Indigestion

缓解消化不良的  
最佳家庭疗法

### Infused Live Enzymes with Honegar

用蜂蜜苹果醋  
浸泡活酶

### Tips for Staying Healthy During the Festive Season

节日期间保持  
健康的小贴士

### Natural Skincare Masks

天然护肤面膜



*Congrats,*  
**ACHIEVERS!**  
恭喜, 成就者!

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## october & november 2024

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IRENE CHONG CHUAY PENG

**21%**  
ACHIEVERS

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WELLNESS INC  
SO SUE YI REGINA  
WONG MUI CHOO (KELLY)  
SYARIKAT ADIL

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## october 2024

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TAN LEE KENG (LILY)  
JOY TAN YIN LAN  
LING YOUNG HOON  
BREAKTHROUGH SERVICES  
CHUA LAY HOON  
MOI YAN SHAN GABRIELLE

**15%**  
ACHIEVERS

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TEH CHING YEE

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## october 2024

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MOI YAN LIN ABIGAIL  
LING YOUNG HOON

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## november 2024

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YEUNG YEE NOG  
TAN LEE KENG (LILY)  
LIM SIEW CHOO  
CHAN SOO TECK PETER

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## november 2024

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KONG WAI YIN  
WONG LOCK MOI  
MOI YAN LIN ABIGAIL



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Happy Lunar New Year!  
Wishing you and your loved ones  
a year filled with health,  
happiness and prosperity.

新年蒙福  
万事如意



Warm regards,  
All of us at NewLife™ International



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# Transform Your GUT HEALTH

## Solutions for Common Digestive Issues

### 改善肠道健康 解决常见消化问题

Gut health is the foundation of overall health, as our digestive system is responsible for absorbing nutrients and eliminating waste. It is a complex system involving various organs, and if any part is out of balance, it affects the rest of the body. Poor gut health can lead to issues like fatigue, inflammation, migraines, and even mood disorders—alongside more immediate symptoms like constipation, heartburn and indigestion.

Here are four common signs of poor gut health. If any of these sound familiar, consider taking steps to support your digestive health.

肠道健康是整体健康的基础，因为我们的消化系统负责吸收营养和排除废物。它是一个复杂的系统，涉及多种器官，如果其中任何一部分失衡，都会影响身体的其他部分。肠道健康不佳可能引发诸如疲劳、炎症、偏头痛等问题，乃至更直接的症状，如便秘、胃灼热以及消化不良。

以下是四种常见的肠道健康不佳的迹象。如果其中任何一种听起来似曾相识，不妨考虑采取措施以支持自身的消化健康。



# 1 IRREGULAR BOWEL MOVEMENTS (CONSTIPATION) 排便不规律(便秘)

Constipation, or irregular bowel movements, is characterised by difficulty passing stools. Straining during bowel movement or going less frequently than once a day may indicate constipation, a condition that affects millions worldwide.

Constipation results in a retention of waste matter in your colon, which becomes more and more difficult to pass over time. It can cause a variety of digestive issues such as haemorrhoids, an increase of bad bacteria in your colon, and other health issues. It can also increase your risk of colon cancer.

To prevent constipation, start with the basics: water and fibre. Staying well-hydrated and eating high-fibre foods—like fruits, vegetables and whole grains—promote regular bowel movements. Friendly bacteria, through probiotic supplements or fermented foods, can also help regulate gut health. For additional support, digestive enzyme supplements may aid in breaking down food, reducing the likelihood of constipation.

便秘，或排便不规律，其特征为排便困难。如果排便时需要用力，或排便频次低于每日一次，或许便表明存在便秘状况。便秘是一个全球性的常见问题。

便秘会导致粪便在结肠内积聚，随着时间的推移越来越难以排出。这可能引发多种消化问题，例如痔疮、结肠中有害细菌增加，以及其他健康隐患，甚至增加患结肠癌的风险。

预防便秘，需从基础着手：多喝水，多吃富含纤维的食物。保持水分充足，食用高纤维食物（如水果、蔬菜和全谷物）有助于促进规律的排便。通过益生菌补充剂或发酵食品补充有益菌群，也能帮助调节肠道健康。此外，消化酶补充剂可能有助于分解食物，降低便秘的可能性。

# 2 HEARTBURN 胃灼热

Heartburn is a burning sensation in the chest, often moving up to the throat, caused by stomach acid flowing back into the esophagus. This occurs when the lower esophageal sphincter (LES), a muscle that usually keeps stomach acid from rising, weakens or relaxes at the wrong time. Common triggers include large meals, acidic foods, caffeine, alcohol and stress.

To manage heartburn, start by avoiding trigger foods and eating smaller meals more frequently. Stay upright after meals to prevent acid reflux. If you're prone to nighttime heartburn, avoid eating 2-3 hours before bed. Elevating the head while you sleep might also help provide relief.

胃灼热是一种在胸腔中出现的灼烧感，通常会向上延伸至喉咙，是由胃酸反流到食道引起的。当通常会阻止胃酸上升的下食管括约肌（LES）这一肌肉在不当之时变弱或松弛时，便会引发此状况。常见的诱因包括过量进食、酸性食物、咖啡因、酒精以及压力等。

为了缓解胃灼热，首先应避免食用引发症状的食物，并少吃多餐。饭后保持直立状态有助于防止胃酸反流。如果您容易在夜间出现胃灼热症状，则应避免在睡前2-3小时内进食。睡觉时抬高头部也可能有助于缓解症状。



## HAEMORRHOIDS

### 痔疮

Described as swollen blood vessels in the lower rectum, haemorrhoids can cause bleeding and discomfort. They are very common in both men and women, and around 50% of adults over the age of 50 have haemorrhoids.

They commonly result from straining during bowel movements, often due to constipation. Diarrhoea can also lead to haemorrhoids due to repeated strain on the rectum.

Prevent haemorrhoids by managing constipation with a high-fibre diet and adequate hydration. Fibre-rich foods help make stools softer and easier to pass, reducing the need to strain. Water intake and probiotic supplementation supports regular bowel movements, and regular physical activity can help prevent constipation.

痔疮是指直肠下部的血管肿胀，可导致出血与不适。这种情况在男性和女性中都很常见，50岁以上的成年人中约有一半患有痔疮。

痔疮通常是由于排便时用力所致，常与便秘有关。腹泻也可能导致痔疮，因为反复对直肠施加压力。

通过食用高纤维食物和充足的水分摄入来控制便秘，可以预防痔疮。富含纤维的食物有助于使粪便变软且更易排出，从而减少用力的需要。适量饮水和益生菌补充剂有助于保持规律的排便习惯，定期进行锻炼可以预防便秘。



## INDIGESTION OR DIGESTIVE DISCOMFORT

### 消化不良或消化不适

Indigestion refers to discomfort in the upper abdomen, often triggered by overeating, eating too quickly, spicy or fatty foods, or stress. Common symptoms include early fullness, persistent bloating, nausea, a burning sensation, and flatulence. While usually harmless, frequent indigestion may indicate a more serious digestive issue.

To prevent indigestion, try eating slowly and chewing thoroughly to help break down food. Avoid high-fat and fried foods, as they're harder to digest. Do not drink with meals as the fluid will dilute digestive enzymes. Enzyme supplements are recommended if your body struggles with digestion.

Flatulence may also be caused by unhealthy bacteria in the colon, and may be helped by an intake of probiotics.

消化不良是指上腹部的不适，通常由暴饮暴食、进食过快、辛辣或高脂肪食物或压力所引起。常见症状包括过早饱胀、持续性腹胀、恶心、烧灼感和胀气。虽然通常无害，但频繁的消化不良可能表明有更严重的消化问题。

为了防止消化不良，试着细嚼慢咽来帮助分解食物。避免高脂肪和油炸食品，因为它们更难消化。吃饭时不要喝水，因为液体会稀释消化酶。如果您的身体在消化方面有困难，建议服用酶补充剂。

肠胃胀气也可能是由结肠中的不健康细菌引起的，摄入益生菌可能会有所帮助。

# Digestive Support Products 消化辅助产品

## Herbal Klenz

### 天然净化粉

- Gentle daily fibre supplement
- No laxative effect
- Contains detoxifying herbs
- Supports digestion and bowel movement

- 温和的每日纤维补充剂
- 无泻药作用
- 含有排毒草药
- 支持消化和排便



1/5

## Apple Cider Vinegar & Pure Raw Honey

### 苹果醋与纯天然生蜂蜜

- Promotes the growth of beneficial bacteria in the gut when taken together
- Provides enzymes that support digestion
- They're a great alternative to sugary or carbonated drinks, which may aggravate digestive issues

- 一起服用时，有助于促进肠道有益细菌的生长
- 提供有助于消化的酶
- 它们是糖分高或含碳酸饮料的绝佳替代品，这些饮料可能会加重消化问题



4/5

Daily intake of these supplements is recommended for everyone, especially those that have any kind of digestive issues!  
建议每天摄入这些补充剂，尤其是那些有任何消化问题的人！

## Vitamin C Complex 1000mg Sustained Release

### 维生素C复合物 1000毫克缓释型

- Enhanced with bioflavonoids
- Aids in lowering inflammation throughout the body
- Promotes collagen formation, which supports healthy stomach and intestinal lining.
- Sustained release formula provides up to 40% better utilization.
- 添加生物类黄酮
- 有助于降低全身炎症
- 促进胶原蛋白形成，有助于维持健康的胃和肠内壁
- 缓释配方可提供高达40%的更有效利用



2/5

## Immuflo<sup>®</sup> Probiotic 免疫激菌植



- Probiotic and prebiotic blend
- Contains Bifidobacterium Longum and Lactobacillus Acidophilus
- Comes with Fructo-oligosaccharides which feed the beneficial bacteria
- Helps relieve and prevent diarrhoea and constipation
- Maintains a healthy gastrointestinal environment

- 益生菌与益生元的混合物
- 含有长双歧杆菌和乳酸杆菌
- 含有果聚糖，为有益细菌提供营养
- 有助于缓解和预防腹泻和便秘
- 维持健康的胃肠道环境

3/5

## N. Zimes PA Plus™ 胰酶(植物)添加素

- Proprietary enzyme supplement developed from over eight decades of research
- Contains a broad spectrum of microbial enzymes, including:
  1. Proteolytic enzymes: Break down proteins across a wide pH range (2.5–10), aiding digestion in both the stomach and small intestines
  2. Carbohydrolytic enzymes: Digest carbohydrates like maltose, sucrose, glucose, fructose and complex sugars in vegetables, grains and legumes
  3. Lactase: Breaks down lactose in dairy products
  4. Lipase: Breaks down oils and fats
  5. Fibre-hydrolysing enzymes: Break down fibrous cell walls in grains, fruits and vegetables
- 经过80多年的研究开发的专有酶补充剂
- 含有广泛的微生物酶，包括：
  1. 蛋白水解酶：在宽pH范围内（2.5–10）分解蛋白质，支持蛋白质从胃到小肠的消化
  2. 碳水化合物酶：消化碳水化合物，如麦芽糖、蔗糖、葡萄糖、果糖和蔬菜、谷物和豆类中的复合糖
  3. 乳糖酶：分解乳制品中的乳糖
  4. 脂肪酶：分解油脂
  5. 纤维水解酶：分解谷物、水果和蔬菜中的纤维细胞壁



5/5

## Building a Healthier Gut 打造更健康的肠道

Taking steps to improve gut health can have far-reaching benefits. From drinking more water and eating more fibre to identifying and avoiding trigger foods, small changes can significantly improve digestion. Listen to your body's signals, and consider integrating supportive supplements as needed to maintain a balanced and resilient digestive system.

采取措施改善肠道健康可以带来深远的好处。从多喝水、多吃纤维到识别并避免引发食物过敏的食物，小小的改变可以显著改善消化。聆听身体发出的信号，必要时考虑补充一些有益的营养素，以维持一个平衡和有弹性的消化系统。

# The Best HOME REMEDIES for INDIGESTION 缓解消化不良的最佳家庭疗法

Indigestion, often caused by gas, bloating, or discomfort after meals, is common, especially during festive seasons with rich foods. Instead of relying on antacids, consider natural remedies to support digestive health.

饭后出现腹胀、打嗝或不适等是很常见的，尤其是在节日期间，聚会频繁且大吃大喝的情况较多。与其服用抗酸剂，不妨考虑使用天然疗法来缓解消化不良，并维护肠道健康。

## 1 DIGESTIVE ENZYMES 消化酶

Digestive enzymes are crucial for breaking down food and absorbing nutrients. Modern diets, high in processed foods, can reduce the body's ability to produce digestive enzymes for optimal digestion. Over time, this can lead to malnutrition, indigestion, skin conditions like eczema and other health issues. Foods like pineapple, papaya and bananas contain natural enzymes, but for added support, digestive enzyme supplements can be an effective solution.

Try NewLife™ N.Zimes PA Plus™. This plant-based enzyme supplement is a proprietary blend of five pancreatic enzymes designed to support the digestion of proteins, carbohydrates, lactose, fats and fibre. These enzymes begin working in the stomach and continue through to the intestines.

消化酶对分解食物和吸收营养至关重要。现代饮食中加工食品含量高，会降低人体产生消化酶的能力。久而久之，这会导致营养不良、消化不良、湿疹等皮肤问题和其他健康问题。某些食物，例如凤梨、木瓜和香蕉，含有能够辅助消化的天然酶。但对于许多人而言，可能需要额外的补充。消化酶补充剂或许是一种有效的解决办法。

新生命胰酶（植物）添加素，是一种独特的混合物，含五种胰酶，旨在支持蛋白质、碳水化合物、乳糖、脂肪和纤维的消化。这些酶在胃中开始发挥作用，并持续作用至肠道。



## 2 APPLE CIDER VINEGAR 苹果醋

Low stomach acid can hinder digestion. Mixing one teaspoon of NewLife™ Apple Cider Vinegar with water can stimulate stomach acid production and improve digestion. For best results, drink 30 minutes after a meal.

胃酸过低会阻碍消化。将一茶匙新生命苹果醋与水混合，可以刺激胃酸的产生，改善消化。为了达到最佳效果，饭后30分钟再喝。

## 3 PEPPERMINT 薄荷

Peppermint tea relieves muscle spasms in the intestines and alleviates bloating and nausea. A few cups between meals may help maintain digestive comfort.

薄荷茶可以缓解肠道肌肉痉挛，减轻腹胀和恶心。两餐之间喝几杯有助于保持消化系统的舒适。







## 4 PROBIOTICS 益生菌

A healthy gut microbiome is essential for digestion and preventing harmful bacteria. An imbalance in the gut microbiome can contribute to weight gain, high blood sugar, high cholesterol and other health issues. Probiotics, found in foods like yoghurt, kefir, miso and kimchi, promote gut health. However, if you are on a sodium-restricted diet, be cautious with fermented foods like sauerkraut and miso.

ImmuFlora® is a premium supplement that supports digestion, relieves discomfort, and strengthens immunity with 10 billion Bifidobacterium longum, 1 billion Lactobacillus acidophilus, and 200 mg Fructo-Oligosaccharides (a prebiotic that encourages the growth of good bacteria).

健康的肠道微生物群对消化和防止有害细菌至关重要。肠道微生物群失衡会导致体重增加、高血糖、高胆固醇和其他健康问题。酸奶、开菲尔、味噌和泡菜等食物中的益生菌可以促进肠道健康。然而，如果您正在限制钠的摄入，对于诸如酸菜和味噌之类的发酵食品应谨慎食用。

新生命免疫菌植是一种支持消化，缓解不适，增强免疫力的优质补充剂，含有100亿长双歧杆菌，10亿嗜酸乳杆菌和200毫克低聚果糖（一种促进有益细菌生长的益生元）。



## 5 CHAMOMILE 洋甘菊

Chamomile tea is known for its soothing effects on the stomach and intestines. It helps reduce digestive spasms and promotes restful sleep, making it an ideal remedy for evening discomfort.

洋甘菊茶以其舒缓肠胃的功效而闻名。它有助于减少消化痉挛，促进安稳睡眠，使其成为夜间不适的理想补救措施。

## 6 MANUKA HONEY 马努加蜂蜜

Manuka honey contains enzymes that aid digestion and fight Helicobacter pylori (H. pylori). It also nourishes gut bacteria with its prebiotic properties, supporting overall digestive health. A spoonful of NewLife™ Manuka Honey can provide soothing relief.

马努加蜂蜜含有帮助消化和对抗幽门螺杆菌的酶。它还包含益生元，能够滋养有益的肠道细菌，从而支持整体消化系统健康。在饮食中添加一汤匙新生命马努加蜂蜜，可以缓解消化不良，有益健康。

**Good digestion is foundational to overall health and well-being. It is closely linked to the immune system, mental health, mood, and even the prevention of chronic conditions such as autoimmune diseases, skin disorders and cancer. Supporting your digestive system with natural remedies can help improve not just digestion, but your overall quality of life.**

**良好的消化功能是整体健康的基础，影响免疫功能、精神健康和慢性疾病的预防。通过天然疗法来支持消化系统，不仅能够改善消化状况，还能提升整体生活质量。**

# Natural SKINCARE MASKS

## 天然护肤面膜



### 01 SKIN BRIGHTENING 美白

#### Ingredients

- ¼ cup of natural unflavoured yoghurt
- 1 tablespoon of NewLife™ Pure Raw Honey

#### Benefits

- Yoghurt: A self-care favourite, yoghurt is packed with vitamins and minerals that hydrate and nourish the skin. Its lactic acid attracts moisture, reduces fine lines, and boosts elasticity. Yoghurt gently exfoliates, dissolving dead skin cells for faster renewal and a brighter complexion. By slowing melanin production, it helps even out skin tone and fade dark spots, acne scars, and blemishes. Yoghurt's anti-inflammatory properties soothe sunburns and irritation, while probiotics help repair UV damage and balance skin pH.
- Pure Raw Honey: With its humectant properties, honey attracts and locks in moisture, making it ideal for treating dry skin, eczema, and sunburns. The enzymes in raw honey deeply hydrate, leaving skin soft and glowing. Honey also exfoliates and promotes skin regeneration, helping to heal damaged areas.

Together, yoghurt and honey create a powerful duo for a brighter, more radiant complexion.

#### 材料

- ¼杯天然原味酸奶
- 1汤匙新生命纯天然生蜂蜜

#### 功效

- 酸奶：自我护理的宠儿，酸奶富含维生素和矿物质，能为肌肤补充水分和营养。其所含的乳酸能吸引水分，减少细纹，增强肌肤弹性。酸奶能够温和地去除角质，溶解死皮细胞，促进更快的新陈代谢和提亮肤色。通过减缓黑色素的产生，它有助于均匀肤色，淡化黑斑、痤疮疤痕和瑕疵。其抗炎特性有助于缓解晒伤和刺激，而其中的益生菌则有助于修复紫外线损伤并平衡皮肤酸碱值。
- 纯天然生蜂蜜：由于具有保湿特性，蜂蜜能吸引并锁住水分，是治疗干性皮肤、湿疹和晒伤的理想选择。生蜂蜜中的酶能够深层保湿，使皮肤柔软有光泽。蜂蜜还能去角质，促进肌肤再生，有助于修复受损区域。

共同作用下，酸奶和蜂蜜形成强大的组合，使肌肤更加明亮、光彩照人。

#### Ingredients

- ½ teaspoon of NewLife™ Spirulina Powder
- ½ teaspoon of NewLife™ Extra Virgin Coconut Oil
- 1 tablespoon of NewLife™ Pure Raw Honey

#### Benefits

- Spirulina: A powerful superfood rich in antioxidants, it helps reduce wrinkles, dark spots and blemishes while combating sun damage. It soothes inflammation, boosts skin tone, and promotes collagen production for youthful, radiant skin.
- Pure Raw Honey: Known for its soothing and hydrating properties, honey exfoliates and regenerates the skin, leaving it soft and glowing.
- Extra Virgin Coconut Oil: Known to boost collagen, fight free radicals, reduce dark spots, and support skin healing with its anti-inflammatory and moisturising benefits.

#### 材料

- 半茶匙新生命螺旋藻粉
- 半茶匙新生命特级初榨纯鲜椰子油
- 1汤匙新生命纯天然生蜂蜜

#### 功效

- 螺旋藻：这是一种富含抗氧化剂的强力超级食品，有助于减少皱纹、色斑和瑕疵，同时对抗阳光损伤。它能舒缓炎症，提升皮肤色调，促进胶原蛋白生成，使肌肤保持年轻、有光泽。
- 纯天然生蜂蜜：因其舒缓保湿的特性而闻名，蜂蜜能温和地去除角质和促进肌肤再生，使肌肤柔软有光泽。
- 特级初榨纯鲜椰子油：因其抗氧化和保湿特性而闻名，能促进胶原蛋白生成，对抗自由基，减少色斑，并支持皮肤愈合。

### 02 SKIN REPAIR 修复



# 03 ACNE CONTROL 痘控

## Ingredients

- ¼ cup of natural unflavoured yoghurt
- 1 tablespoon of NewLife™ Manuka Honey
- 1-2 drops of NewLife™ Organic Wonda Oil

## Benefits

- Yoghurt: Hydrates and restores skin, it also helps fade acne scars, dark circles, and blemishes while soothing sunburns and balancing skin pH.
- Manuka Honey: Thanks to its antibacterial, anti-inflammatory and antioxidant properties, manuka honey is a powerful acne treatment. It helps control sebum production, reducing acne-causing inflammation and redness. Its ability to promote skin healing, lock in moisture, and prevent infection also makes it effective for soothing irritation and supporting tissue repair, benefiting both acne and eczema-prone skin.
- Organic Wonda Oil: With its antibacterial properties, Wonda Oil helps treat acne, prevent hyperpigmentation and promote faster wound healing.

## 材料

- ¼杯天然原味酸奶
- 1汤匙新生命马努加蜂蜜
- 1-2滴新生命有机万宝油

## 功效

- 酸奶：保湿并恢复肌肤，它还能帮助淡化痤疮疤痕、黑眼圈和瑕疵，同时舒缓晒伤并平衡皮肤酸碱值。
- 马努加蜂蜜：马努加蜂蜜因其抗菌、抗炎和抗氧化特性而成为一种强大的祛痘治疗剂。它有助于控制皮脂分泌，减少痤疮引起的炎症和红肿。它促进皮肤愈合、锁住水分和防止感染的能力，也有效地舒缓刺激，支持组织修复，对易长痤疮和湿疹的肌肤有益。
- 有机万宝油：具有抗菌特性，能治疗痤疮，防止色素沉着，促进伤口更快愈合。

## How to Use

These DIY masks are a simple, natural addition to your skincare routine. Easy to make and apply. For best results, use 1-2 times a week.

1. Cleanse your face and gently pat dry.
2. Apply the mask evenly and leave on for 10-15 minutes.
3. Rinse with warm water and pat dry.
4. Follow with your regular skincare routine.

## 如何使用

这些自制面膜是您护肤程序中简单、天然的补充。易于制作和使用。每周使用1-2次以达到最佳效果。

1. 清洁脸部，轻轻拍干。
2. 均匀地敷上面膜，静置10-15分钟。
3. 用温水冲洗并轻拍至干。
4. 接着进行日常的护肤步骤。

For a convenient, ready-to-use option, try our NewLife™ Organic Care Face & Body Scrub. The perfect addition to your skincare routine, it exfoliates, moisturises, firms, and brightens for smooth, hydrated, and radiant skin—no mixing required!

我们推荐使用新生命有机护理面部及身体磨砂膏。这是一种方便易用的产品，集去角质、保湿、紧致和提亮肤色于一体，为肌肤提供无负担的焕肤方案。它是护肤程序的完美补充，为您带来光滑、水润、紧致的肌肤，无需任何准备工作！

# Tips for **STAYING HEALTHY** During the Festive Season

## 节日期间保持健康的小贴士

The festive season, filled with cultural celebrations like Lunar New Year and Thaipusam, brings joy but also challenges to maintaining healthy habits. With rich foods, late nights and social gatherings, it's easy to overindulge. However, with some planning, you can enjoy the festivities while staying healthy and energised. Here are some practical tips:

佳节总是迎来欢乐与团聚。但丰盛的美食、熬夜以及频繁的社交活动，容易使人忽略健康习惯。稍加计划，您就可以在畅享节日的同时，维持自身的良好状态。以下是一些有助于保持健康和活力的实用建议：



# 1 Balance Indulgences with Nutritious Foods

## 平衡放纵与营养

To prevent indulging too much in calorie-dense foods, start meals with fibre-rich vegetables. These help you feel full, making it easier to resist heavier, high-calorie options. Also, include fruits, whole grains and lean proteins to maintain a balanced diet. NewLife™ Super Green Food ++ offers essential vitamins, minerals and antioxidants, boosting nutrient intake and digestion. NewLife™ Garlic and Parsley Oil supports immune health and digestion, keeping you balanced during indulgent meals.

为避免摄入过多高热量的食物，您可以先从富含纤维的蔬菜开始用餐。蔬菜能让您产生饱腹感，从而更易抵御那些高热量的重口味食物。此外，还要摄入水果、全谷物和瘦肉，以维持均衡的饮食。新生命特超绿食品++提供人体必需的维生素、矿物质和抗氧化剂，有利于提高营养摄入量和消化能力。新生命蒜与欧芹油有助增强免疫力和消化功能，让您在大快朵颐时保持身体的平衡。

# 2 Eat Mindfully

## 用心饮食

With an abundance of festive foods, it's easy to overeat. Practise mindful eating by eating slowly, savouring each bite, and paying attention to when you're full. Supplements like NewLife™ N.Zimes™ PA Plus aid digestion, reducing bloating and discomfort from overeating. NewLife™ K-Salt helps balance electrolytes and support kidney function, reducing water retention and blood sugar spikes. NewLife™ Apple Cider Vinegar helps curb cravings and promotes better digestion, while NewLife™ Chromium Picolinate stabilises blood sugar, reduces cravings, balances appetite hormones and supports fat metabolism.

在节日期间，人们往往容易进食过量。您可以通过细嚼慢咽、品味每一口食物、留意自身饱腹感来进行有意识的进食。补充剂如新生命胰酶（植物）添加素有助于消化，减轻因过量饮食引发的腹胀和不适。新生命钾质有助于平衡电解质，支持肾脏功能，减少水分滞留和血糖波动。新生命苹果醋有助于抑制食欲，促进消化，而新生命有机铬则有助于稳定血糖，降低食欲，平衡食欲激素，并支持脂肪代谢。

## 3 Manage Stress with Self-Care 借自我关怀来管控压力

The festive season can be stressful, with shopping, family obligations and busy schedules. To reduce stress, take time for self-care activities like deep breathing, exercise or regular walks. Prioritise sleep, as it's key to managing stress and maintaining energy. Supplements like NewLife™ Chamomile Tea, Vitamin B Complex, Niacin and Vitamin C Complex help reduce stress, improve mood and support overall well-being during this busy season.

节日期间可能压力颇大，需要购物、履行家庭义务以及处理繁忙的日程安排。为减轻压力，花些时间进行自我关怀活动，比如深呼吸、锻炼或定期散步。优先考虑睡眠，因为它是管理压力和保持精力的关键。补充剂如新生命有机洋甘菊花茶、新生命维他命B综合丸、新生命血液循环补充丸(烟酸)和新生命维他命C缓释综合丸有助于减轻压力、改善情绪，并在这个繁忙的时节支持整体健康。

## 4 Stay Hydrated and Limit Alcohol 保持充足的水分摄入，限制酒精摄取

Proper hydration is vital to prevent fatigue, headaches and bloating. Drink at least 8 glasses of water daily and carry a water bottle to remind yourself. Limit sugary drinks and alcohol, which can disrupt sleep and digestion. NewLife™ Peppermint and Chamomile Teas help soothe the stomach, reduce bloating and improve digestion.

适当的水分补充对于预防疲劳、头痛和腹胀极为关键。每天至少饮用8杯水，并随身携带水瓶以提醒自己。避免摄入含糖饮料和酒精，因为它们会干扰睡眠和消化。新生命有机薄荷茶和有机洋甘菊花茶有助于舒缓胃部不适，减少腹胀，改善消化。

## Post-Festive Health Regime: Detoxification & Rejuvenation 节日后健康方案：排毒与复健

After the festive indulgences, consider the Detoxification and Rejuvenation Programme (DRP) to restore balance. This programme helps cleanse the body, support digestion, and detoxify the liver. An essential part of the DRP is the Coffee Enema, which aids liver detoxification and enhances the body's ability to eliminate toxins, reducing inflammation and promoting overall recovery.

By following these tips and incorporating supportive supplements, you can maintain your health, enjoy the festivities and recover quickly after the season.

在节庆期间大吃大喝之后，可以考虑采用排毒与复健计划(DRP)来恢复平衡。该计划有助于排毒、支持消化系统，并净化肝脏。DRP计划中极为重要的一部分是咖啡灌肠，它有助于肝脏排毒，增强身体排除毒素的能力，减少炎症，促进整体恢复。

通过遵循这些建议并摄入有益的补充剂，您能够保持健康，尽情畅享节日的欢乐，并在节日过后迅速恢复。



# INFUSED LIVE ENZYMES

## with HONEGAR

### 用蜂蜜苹果醋浸泡活酶

Digestive enzymes play a vital role in breaking down food into smaller molecules, which allows the body to absorb nutrients, strengthen the immune system and boost energy. When enzyme levels are insufficient, digestion can be impaired, leading to issues like gluten and lactose intolerance. Prolonged enzyme deficiency can result in chronic digestive disorders, malnutrition and weakened immunity. Homemade fruit and vegetable enzyme drinks are an excellent way to support digestion, maintain alkalinity, increase energy and lower cholesterol. Let's explore how to create these powerful, all-natural enzyme drinks at home!

消化酶在分解食物成小分子中起着关键作用，使身体更好地吸收营养、增强免疫力并提升能量水平。当酶水平不足时，消化功能可能受损，导致如麸质和乳糖不耐症等问题。长期缺乏酶会引发慢性消化系统疾病、营养不良和免疫力减弱。自制水果和蔬菜酶饮料是支持消化、维持体内碱性、增加能量和降低胆固醇的绝佳方式。让我们一起来学习如何在家中制作这种强效的纯天然酶饮料！

## The Key to Infused Enzyme Power: Apple Cider Vinegar & Pure Raw Honey

### 增强酶饮料效果的关键：苹果醋和纯天然生蜂蜜

The secret to crafting a potent and effective infused enzyme drink lies in the perfect pairing of two natural ingredients: apple cider vinegar (ACV) and pure raw honey. ACV aids digestion, balances the body's pH levels, regulates blood sugar, and helps control appetite. Raw honey, with its natural antibacterial and antioxidant properties, contains a variety of digestive enzymes such as diastase, amylase, invertase and protease. Be sure to use raw honey, as processed honey often loses these beneficial enzymes due to heating.

制作高效的酶饮料的关键在于两种天然成分的完美搭配：苹果醋和纯天然生蜂蜜。苹果醋有助于消化，平衡身体的酸碱度，调节血糖，并帮助控制食欲。而纯生蜂蜜具有天然抗菌和抗氧化特性，它含有多种消化酶，如糖化酶、淀粉酶、转化酶和蛋白酶。一定要使用天然生蜂蜜，因为蜂蜜在经过加工加热处理后会失去了有益酶。

### Apple Cider Vinegar 苹果醋

- Made from delicious, organic apples sourced from New Zealand
- Undistilled and unpasteurized, preserving natural benefits
- Contains the "mother" of vinegar, rich in pectin and apple residues
- 采用来自新西兰的优质有机苹果制成
- 未经蒸馏和高温处理，保留天然益处
- 含有醋“母”，富含果胶和苹果残渣



### Pure Raw Honey 纯天然生蜂蜜

- Sourced from New Zealand's pesticide-free pastures
- Raw, unheated, preserving natural enzymes and nutrients
- Certified by the New Zealand Food Safety Authority as pest- and disease-free
- 来自新西兰纯净牧场，无农药残留
- 未经加热提取，以保留天然酶和营养成分
- 新西兰食品安全局认证，无虫害和疾病







# MAKE INFUSED ENZYMES IN 3 EASY STEPS! 轻松三步制作酶浸液!

## 1 Make Your Honegar 制作蜂蜜醋

Combine NewLife™ Organic Apple Cider Vinegar and NewLife™ Pure Raw Honey in a 1:1 ratio. Adjust the ratio to your preference for a sweeter or tangier infusion (e.g., 4:6 or 3:7).

将新生命有机苹果醋与新生命纯天然生蜂蜜按1:1比例混合。根据个人喜好调整比例（如 4:6 或 3:7），以酿造更甜或更酸的口味。

## 2 Prepare Produce & Jars 准备食材和罐子

- Choose your produce: Opt for crunchy fruits like green papaya, green mango, pineapple or cherries, and root vegetables like carrots, cucumbers, bitter melon, radishes, ginger, garlic or onions.
- Clean and dry: Thoroughly wash your produce and jars, then let them dry.
- Cut your produce: Slice, cube, shred or julienne your produce to speed up the infusion process.
- Layer the produce: Place the prepared produce into jars.
- 选择食材：可选择脆爽的水果，如未熟的木瓜、未熟的芒果、菠萝、樱桃等脆水果，以及根茎类蔬菜，如胡萝卜、黄瓜、苦瓜、白萝卜、生姜、大蒜、洋葱等。
- 清洗与晾干：彻底清洗食材和罐子，然后让它们晾干。
- 切好食材：将食材切片、切块、切丝或切条，以加快浸泡过程。
- 分层摆放食材：将准备好的食材放入罐中。

## 3 Infuse & Let It Sit 浸泡静置

Pour your Honegar mixture over the produce, ensuring it is submerged by about one-third to one-half. Seal the jar and refrigerate for at least two weeks, adjusting the duration depending on your desired flavour.

将蜂蜜醋倒入罐中，确保食材被浸没三分之一至二分之一。密封罐子，放入冰箱冷藏至少两周，根据所需口味调整浸泡时间。

**Enjoy Your Homemade  
Infused Enzymes!**  
享受自制酶饮料的健康益处!

These naturally fermented enzyme drinks contain beneficial bacteria and digestive enzymes that enhance the immune system and support gut health. They're perfect for daily consumption, especially before meals.

这些天然发酵的酶饮料富含有益菌和消化酶，能够增强免疫系统，促进肠道健康。非常适合日常饮用，尤其是在饭前饮用。

# Ideas to Add Zest to Your Lunar New Year Celebration 增添春节庆祝气氛的点子

## White Radish Enzymes 白萝卜酶



### Method

1. Cube white radish and pack it into a jar.
2. Pour Honegar (1:1 ACV to Honey ratio) over it.
3. Swirl gently and refrigerate for at least 48 hours.

### Benefits

Radish enzymes help prevent constipation, aid digestion, and bolster the immune system with their high vitamin C content. The infused radish cubes are perfect for pairing with grilled or deep-fried dishes.

### 方法

1. 将白萝卜切块放入罐中。
2. 倒入蜂蜜醋（1:1的比例）。
3. 轻轻摇匀后，放入冰箱，冷藏至少48小时。

### 益处

白萝卜酶有助于预防便秘、促进消化，其高维生素C含量有助于增强免疫力。浸泡过蜂蜜醋的萝卜块是搭配烧烤或油炸菜肴的完美选择。

## Cherry Enzymes 樱桃酶

### Method

1. Halve cherries, remove the pits and place them in a jar.
2. Add Honegar (3:7 ACV to Honey ratio).
3. Seal and refrigerate for two months.

### Benefits

Cherry enzyme drinks are rich in vitamin C, offering immune-boosting antioxidants and digestive support. They reduce inflammation, aid digestion, and provide a refreshing, low-sugar drink option with a delightful, wine-like taste.

### 方法

1. 将樱桃切开两半，去核后放入罐中。
2. 加入蜂蜜醋（3:7的比例）。
3. 密封后放入冰箱冷藏两个月。

### 益处

樱桃酶饮料富含维生素C，提供增强免疫力的抗氧化剂和消化支持。它们可以减少炎症，促进消化。提供一种清新、低糖的饮料选择，口感美妙，有类似红酒的味道。



## Infused Ginger 姜酶

### Method

1. Slice ginger thinly, dry the slices.
2. Add them to a jar with Honegar (1:1 ACV to Honey ratio).
3. Seal and refrigerate for two weeks.

### Benefits

Ginger enzyme drinks aid digestion, reduce bloating and improve nutrient absorption. The combination of ginger's anti-inflammatory properties with digestive enzymes, promotes immune health and digestive relief. The infused ginger is perfect for adding a unique twist to Yee Sang!

### 方法

1. 将姜切薄片，晾干后放入罐中，
2. 加入蜂蜜醋（1:1的比例）。
3. 密封并放入冰箱冷藏两周。

### 益处

姜酶饮料有助于消化，减少腹胀，提高营养吸收。它将姜的抗炎特性与消化酶结合在一起，促进免疫健康和消化缓解。此外，浸泡过蜂蜜醋的姜片也可为“捞生”增添独特风味！



- Inflammation 发炎
- Discharge 分泌物
- Fever 发烧
- Colds 感冒
- etc. 其他

ACUTE STAGE OF ELIMINATION  
急性消除期

- 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

SUB-ACUTE (POOR HEALTH)  
亚急性 (健康不佳)

- 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 子宫内层异位
- Infertility 不育
- etc. 其他

CHRONIC STAGE  
慢性阶段

- 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
- Severe skin issues 严重的皮肤问题
- Autoimmune disorders 自身免疫性疾病
- Impotence 性无能
- Lymphatic & cellular dysfunction 淋巴及细胞疾病
- Cancer 癌症
- Dementia 失智症
- Parkinson's 帕金森综合征
- etc. 其他

DEGENERATION  
退化阶段

DRP targets toxemia and nutritional deficiencies to restore health and vitality. DRP旨在治疗中毒症和营养缺乏，以恢复健康和活力。



# Health RETREAT

健康生活营

Millennia Village, Negeri Sembilan  
森美兰州千禧苑

7.4.2025 – 12.4.2025

Experience Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP), a proven natural solution for chronic health issues, at our Health Retreat. Every aspect of the Health Retreat is carefully crafted to detoxify, nourish, and revitalize your body and mind.

欢迎加入健康生活营，亲身体验陈林希珠博士的排毒与复健计划 (DRP)，这是一个行之有效解决慢性健康问题的天然方案。生活营的每个环节均经过细致规划，旨在全面净化、滋养并恢复您的身心健康。

DRP Participant (per pax) DRP参与者 (每人)	Closing Date 截止日期	Early Bird Price 早鸟优惠	Regular Fee 常规营费
Single Occupancy 单人一房	12.01.2025	S\$2,710	S\$2,850
Twin Sharing 双人共房	28.02.2025	S\$2,310	S\$2,430

- DRP set 全套DRP
- stay 住宿
- meal & juice 餐点及饮料
- exercise & walk 运动及步行
- consultation 咨询
- seminar & workshop 研讨会及工作坊

Non DRP participant (twin sharing) 非DRP参与者 (双人共房)	stay 住宿	3 meals 一日三餐	seminar & workshop 研讨会及工作坊
S\$1,080 (per pax 每人)			



# CNY BUNDLES

## 农历新年配套

# IMMUNITY BOOST

## 提升免疫

A must-have bundle to keep you healthy, energised and feeling your best throughout the festive season.

节日期间保持健康、精力充沛和最佳状态的必备。

C Complex  
Immuflora®  
Garlic & Parsley Oil  
Pure Raw Honey 850 g  
Apple Cider Vinegar  
FREE B Complex

苹果醋、维他命C综合丸、免疫激菌植、蒜与欧芹油、纯天然生蜂蜜850克。赠送维他命B综合丸

**Bundle Price 配套价格**

**S\$205.75**  
Full 完整 BV/PV

Free gift worth 赠品价值  
S\$26.50



# RESET & DIGEST

## 重启与消化

Overindulged? This bundle helps restore balance, easing digestion and discomfort so you can enjoy CNY to the fullest!

春节期间，很容易暴饮暴食？这个配套有助恢复平衡，缓解消化不适，让您尽情享受春节的乐趣。



Super Green Food ++  
N.Zimes PA Plus™  
Herbal Klenz  
Chromium Picolinate  
FREE K-Salt

特超绿食品++、  
胰酶(植物)添加素、  
天然净化粉、有机铬。  
赠送钾质

**Bundle Price 配套价格**

**S\$214.55**  
Full 完整 BV/PV

Free gift worth 赠品价值  
S\$31.60

Terms & Conditions: (1) Promotion period: 1 January to 28 February 2025, or while stocks last. (2) Free gifts have no BV/PV. (3) Not valid with any other concurrent promotions, Quantity Discount or APP. (4) No goods return or exchange allowed. (5) Other terms & conditions apply. (6) NewLife™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

条规与细则: (1) 促销活动期间: 2025年1月1日至2月28日, 或存售完为止。(2) 赠品无单位花红和单位分数。(3) 不可配合其他同期间的促销活动、数量折扣、或自动订货计划。(4) 不允许退货或交换。(5) 附有其他条规与细则。(6) 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。