

Lifeline

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JULY & AUGUST 2022
PP 12933/09/2013/(032866)

NEW!
NEWLIFE™ ORGANIC CARE
**NATURAL
CONDITIONER**

新产品!
**新生命有机养护
纯天然护发素**

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What Is
HYPERTENSION?

高血压是什么?

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Reboot

Your Life After COVID

重启

新冠肺炎后的生活

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HEALTH RETREAT

at Kasih Sayang Health Resort, Kota Kinabalu

Kasih Sayang 度假村, 亚庇 健康生活营

20th-25th September 2022 | 2022年9月20日至25日

Join us for a total health experience surrounded by the lush nature of Sabah this coming September 2022! Give your body a chance to rejuvenate and self-heal through **Dr. Lynn's Detoxification & Rejuvenation Programme (DRP)**, and learn how you can improve your health and the health of your entire family with our series of talks and workshops.

锁定2022年9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

REGAIN YOUR YOUTH & HEALTH THROUGH THE DRP
 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。

The packages below are inclusive of airport transfers, accommodation, the DRP set, DRP meals and beverages, health seminars, private consultations for your specific health needs, excursions and more!

以下健康生活营配套费用包括机场接送、住宿、全套DRP、DRP餐和饮料、健康研讨会、私人咨询以照顾您的特定健康需求、短程旅游等等!

	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 Expiry : 15 July 2022 截止日期: 2022年7月15日 15% OFF 折扣	RM4,030 / S\$1,350	RM4,780 / S\$1,600	RM1,620 / S\$550
Early Bird 提早报名优惠价 Expiry : 15 Aug 2022 截止日期: 2022年8月15日 5% OFF 折扣	RM4,500 / S\$1,510	RM5,340 / S\$1,790	RM1,810 / S\$610
Regular 标准营费 Closing : 31 Aug 2022 截止日期: 2022年8月31日	RM4,740 / S\$1,590	RM5,620 / S\$1,880	RM1,910 / S\$650



NEWLIFE™

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Reboot

Your Life After COVID

重启

新冠肺炎后的生活

By now, most of us would have recovered from or know someone who has recovered from a COVID infection. It sure is a great feeling to receive a negative COVID test result after many days of being self-quarantined. Knowing that you now have the freedom to go about your daily life without being restricted to the confines of your home or hospital room is a liberating experience to most.

However, many people who have had COVID-19 experience strange and sometimes exhausting symptoms lasting long past the original bout of infection. This is known as 'Long COVID', though experts often refer to it as post-COVID condition or PASC (for Post-Acute Sequelae of SARS-CoV-2 infection). According to the WHO's estimates, 10-20% of people experience new or lingering symptoms three months after infection. When we consider just how many people have been infected with COVID-19, this amounts to millions of people dealing with persistent symptoms.

Long COVID Symptoms...What Are They?

The reality of Long COVID symptoms is that they do not look the same for everyone, which can be quite frustrating for a healthcare professional to manage. Symptoms can include almost anything, showing up and resolving themselves at any time. In October 2021, the WHO released the following definition of Long COVID:

"Post COVID-19 condition occurs in individuals with a history of probable or confirmed SARS-CoV-2 infection, usually 3 months from the onset of COVID-19 with symptoms that last for at least 2 months and cannot be explained by an alternative diagnosis. Common symptoms include fatigue, shortness of breath, and cognitive dysfunction among others...which generally have an impact on everyday function. Symptoms may be new-onset, following initial recovery from an acute COVID-19 episode, or persist from the initial illness. Symptoms may also fluctuate or relapse over time."

Further research published in November 2021, in the journal *Frontiers in Medicine*, identified 100 possible symptoms that have been associated with Long COVID. The most common ones noted in the research are loss of taste and smell, respiratory symptoms, fever, headaches, brain fog, muscle pain, sleep disturbances, mobility issues, and psychological symptoms like anxiety and depression.

到目前为止,相信大多数人都有着自身或是身边的人从冠病中痊愈的经历。在多天的自我隔离后收获阴性冠病检测结果,是件多么美好的事。得知自己不在受限于卧室或医院病房,能重新自由活动,是个如此解放的感觉。

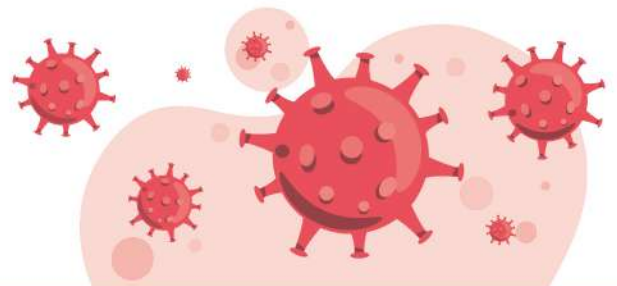
然而,许多人在感染新冠肺炎后,却不寻常地持续经历着比原有感染时间长的疲惫症状。统称为“长新冠”,专家称之为冠病后综合征,又或是新冠病毒2感染后遗症(PASC)。根据世界卫生组织目前的证据表明,大约10-20%的冠病患者在最初的病情痊愈后,会受到这类新发持续症状的影响长达3个月。当我们考虑到有多少人感染了冠病时,这相当于有数百万人在经历持续症状的困扰。

长新冠有哪些症状?

实际上,每位长新冠患者的症状看起来都不一样,这可能会让医疗专业人员感到非常懊恼。症状可以包括几乎所有状况,在任何时候出现,并可能自行解决。世界卫生组织于2021年10月发布了以下对长新冠的定义:

“新冠肺炎后症状发生在有可能或确诊的新冠肺炎感染史人群中。通常在新冠肺炎发病后三个月内发生,症状和影响持续至少两个月,不能用其他诊断来解释。最常见的症状包括乏力、呼吸急促及认知功能障碍等,这些症状通常会影响日常功能。这些症状可能在最初患病时就出现并持续存在,或在痊愈后出现。症状也可能随着时间推移而波动或复发。”

2021年11月发表在《医学前沿》杂志上的进一步研究确定了与长新冠有关联的100种可能症状。研究中常见的症状包括,味觉与嗅觉丧失、呼吸困难、发烧、头疼、脑雾、肌痛、睡眠障碍、行动问题及焦虑和抑郁等心理症状。



Some Healthful Tips to Manage Long COVID

一些应对长新冠的健康提示

Be patient

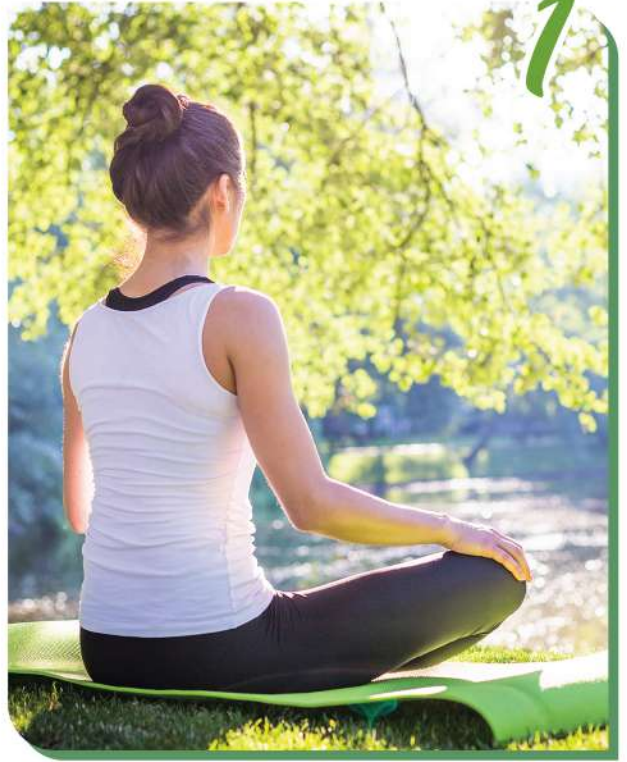
Being patient and allowing your body the chance to heal is by far the most crucial thing to do. Slow down. Do the right amount of activity every day that does not escalate your symptoms but still keeps you moving forward with life.

Granted, pacing yourself is easier said than done for most people, but learning to slow down and listen to your body will go a long way in your recovery. Pushing yourself beyond your limit both physically and mentally can worsen the symptoms and prevent recovery from taking place.

耐心

耐心等待身体自行修复是非常重要的。放慢脚步。每天做适量的活动，这样不会加剧您的症状，但仍能继续日常生活。

当然，对于大多数人而言，调整自己的步伐的确是说起来容易，做起来难的；但学会放慢脚步，倾听自己身体发出的讯号，对于您的康复会有很大的帮助。无论是在物理或是心理方面强迫自己，都能加剧您的症状，更能使身体的康复停滞。



Get as much sleep as possible

Getting enough sleep is important when recovering from Long COVID. Here are a few tips to get the sleep that you need:

- Go to bed consistently at the same time every night and wake up without the usage of an alarm.
- Limit caffeine and alcohol consumption.
- Keep your room as dark, quiet, and cool as possible.
- Drink a cup of chamomile tea an hour before bed.

尽可能拥有充足的睡眠

从长新冠中康复，拥有充足的睡眠是极其重要的。以下是一些获得所需睡眠的建议：

- 每晚同一时间上床睡觉，并且在没有使用闹钟的情况下起身。
- 限制咖啡因和酒精的摄取。
- 尽量保持房间处于一个黑暗、安静，且凉爽的环境。
- 睡前一小时喝一杯甘菊茶。



Manage your stress levels

Some symptoms of Long COVID are worsened by stress and anxiety. Hence, taking steps to manage your stress can help lessen those symptoms. Here are a few tips for reducing your stress levels:

- Get more physical activity.
- Spend time with friends and family.
- Create boundaries and learn to say no.
- Spend time in nature.
- Practise deep breathing.

控制您的压力水平

压力和焦虑会加剧一些长新冠症状。因此，采取一些措施管理压力，可以帮助减轻这些症状。以下是一些减压建议：

- 多做体能活动。
- 花时间与家人朋友在一起。
- 设立界限及学会拒绝。
- 多接触大自然。
- 练习深呼吸。

4



Reduce inflammation in the body through diet and supplements

COVID-19 infection has been known to cause an inflammatory response of the immune system. The previously mentioned tips help to reduce the inflammation in the body to a certain degree, but to cause a direct reduction of inflammation in the body, the consumption of the right diet and supplements is highly recommended.

If you have recovered from a COVID-19 infection but still have lingering symptoms, you will benefit greatly by doing the following:

- Go through the 7-Days **Dr. Lynn's Detoxification & Rejuvenation Programme (DRP)**.
- Follow the **NewLife™ Health Building Programme (NHBP)**, found on page 25 of the DRP Booklet, for at least 3 weeks. While on the NHBP, please make sure that you follow a no-salt, no-cooking oil vegetarian diet.

Depending on how you feel at the end of the NHBP, you have the option to continue with it or gradually make changes to your diet by introducing the following (in order of sequence) every week:

- Salt, sauces, etc
- Animal products
- Foods cooked in cooking oil
- Foods containing gluten and added sugar

Let your body tell you if you are ready to start adding these foods to your diet, or reach out to our Health Concierge team for advice.

It is highly recommended to avoid the following as much as possible:

- Alcoholic beverages
- Artificial sweeteners
- Trans-fats

The following is a list of additional supplements that can help to support the immune system and reduce inflammation:

- **C Complex** – 2-3 tablets daily.
- **B Complex** – 1 tablet 3 times daily, with meals.
- **Propolplus** – 1 capsule 3 times daily.
- **Niacin** – ½ tablet 3 times daily, with meals.
- **Essiac Tea** – 4 oz. 3 times daily on empty stomach.
- **Garlic & Parsley** – 1 softgel 3 times daily.
- **CoQ10 Plus** – 1 capsule daily.
- **Spirulina** – 1 teaspoon powder (in a glass of water) 3 times daily. Add some raw honey for taste.
- **Kelp** – 5 tablets daily.
- **N. Zimes PA Plus™** – 1 teaspoon with each meal and before sleep.
- **Liverin** – 1 capsule 3 times daily, with meals.

通过饮食及补充品减轻体内炎症

我们都知道新冠病毒会引起免疫系统的炎症，前面提到的建议在一定程度上有助减轻体内的炎症。想要直接减少体内炎症，强烈建议正确的饮食及补充品的摄取。

如果您已从新冠肺炎中痊愈，却又反复经历着滞留不去的症状，您将会从以下提及的建议中收益：

- 进行**陈林希珠博士的排毒与复健计划 (DRP)**。
- 遵循DRP手册中第25页上说明的**新生命重建健康计划 (NHBP)**至少3周。进行NHBP的过程中，请确保遵循无盐、无油的素食饮食。

根据您在NHBP结束后的感觉，您可选择继续遵循它，或按以下顺序，每周逐步将它们加入您的饮食中：

- 食盐、酱料等
- 动物制品
- 食用油烹煮的食物
- 含有麸质和糖类的食物

让您的身体告诉您，您是否已经能够重新摄取这些食物，又或是联系我们的健康顾问团队获取更多建议。

强烈建议尽量避免以下食物：

- 酒精饮料
- 人工甜味剂
- 反式脂肪

以下是一些有助支持免疫系统和减少炎症的补充剂：

- **维他命C综合丸** – 每日两到三片。
- **维他命B综合丸** – 每日三次，每次一片，随餐服用。
- **蜂胶** – 每日三次。每次一颗。
- **血液循环补充丸** – 每日三次，每次半片，随餐服用。
- **布鲁士医生草药茶** – 每天三次，每次四盎司，空腹服用。
- **蒜与欧芹油** – 每日三次。每次一颗。
- **生物吸收性辅酵素Q10** – 每日一颗。
- **螺旋藻** – 将1茶匙螺旋藻粉和一些生蜂蜜混合在一杯水中。每天三次。
- **海藻宝** – 每天五颗。
- **胰酶 (植物) 添加剂** – 每餐及睡前各一茶匙。
- **肝脏宝**：每日三次，每次一颗，随餐服用。

If you or someone you know is struggling with symptoms of Long COVID, please do not hesitate to reach out to us for support!

You can contact us at info@newlife.com.my or through any of our branches.

如果您或您认识的人正在对抗长新冠症状，请不要犹豫，向我们寻求帮助和支持！您可以通过 info@newlife.com.my 或我们的任何分行与我们联系。

HAIR LOSS

脱发



Most people will experience hair shedding daily; the normal amount of which is anywhere between 50-100 hairs a day. Hair shedding is very much part of the natural cycle of your scalp function. As some hair falls out, it makes room for new regrowth.

一个健康成年人一天掉50根至60根头发属于正常现象，即为生理性脱发，是头皮功能自然循环的重要组成部分。当一些头发脱落时，就会有空间让新头发长出。

There are 3 cycles that our hair goes through:

头发有三个周期：

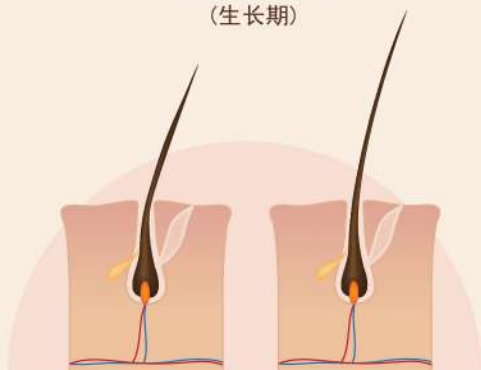
ANAGEN (growing phase) 毛发生长期 (生长期)



CATAGEN (transition phase) 退期 (过渡期)

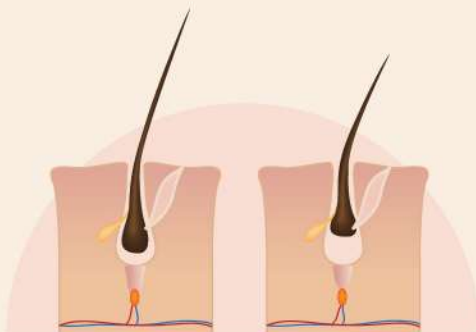


TELOGEN (resting phase) 静止期 (静息期)



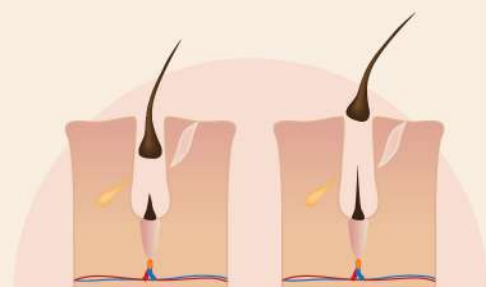
Takes between 2-8 years and around 80%-90% of the hair on your head would be in this phase.

需要2-8年，大约80%-90%的头发处于这个阶段。



When the hair follicles shrink and is ready for shedding and regrowth.

毛囊收缩，准备脱落和再生。



This is the ending phase whereby the hair begins its natural cycle of shedding.

这是头发开始自然脱落周期的结束阶段。

As our hair goes through these cycles, you will notice that in certain circumstances there is hair loss and not hair shedding. The main characteristic of hair loss is that as hair falls out, fewer or none grows back—this is what is medically termed as “alopecia”, and is a condition that affects both men and women to varying extents.

当我们的头发经历这些周期时，您会注意到在某些情况下是病理性脱发而不是生理性脱发。病理性脱发的主要特征是，随着头发脱落，很少或没有再长出新头发来，这就是医学上所说的病理性脱发，对男性和女性都有不同程度的影响。

Whilst there are still many ongoing studies conducted into the causes of hair loss, the most common include:

虽然目前仍有许多关于脱发原因的研究在进行中，最常见的包括：

- Long term use of chemically harmful products
- Hairstyles that pull the hair and damage the roots
- Hereditary hair loss
- Nutritional deficiencies
- Stressful events
- Thyroid disease
- Medical treatments or medication

- 荷尔蒙变化
- 长期使用化学有害产品
- 拉伤头发和损伤发根的发型
- 遗传性脱发
- 营养缺乏
- 压力
- 甲状腺疾病
- 医疗或药物治疗

Symptoms of Hair Loss and Do I Have It?

Every individual goes through hair loss in different ways, depending on what is causing it. Below are some indicators or symptoms to look out for:

- Loss of hair on your scalp and body
- Empty patches of hair on your scalp
- Receding hairline (typical of male pattern baldness)
- Obvious widening of the scalp showing on your hair parting
- Thinning hair all over the head (typical of female pattern hair loss)

Whichever stage of hair loss a person is at, losing your hair—whether temporary or permanent—can be emotionally difficult. However, depending on what is causing it and at which stage, proper management and care have shown promising results to slow down the extent of hair loss. Although there are many factors that come in to play, prevention and doing our best to care for our hair and scalp is always helpful.

What Can I Do to PREVENT or SLOW DOWN Hair Loss?

1. Eat a healthy and balanced diet that includes protein, carbohydrates, making sure to include iron-rich foods such as spinach.
2. Take the appropriate daily supplements:
 - **C Complex**—vitamin C helps to reduce inflammation throughout the body and prevent hair loss by improving our absorption of both iron and calcium, which promote hair growth.
 - **B Complex**—the B vitamins play an integral role in hair health/growth. Deficiency of vitamin B can trigger genetic hair loss conditions.
 - **Niacin**—in addition to improving blood circulation to the scalp, Niacin directly impacts hair health as it helps with keratin production. Keratin is a fibrous protein that forms the main structure of hair. Niacin also helps to seal in moisture.
 - **Kelp**—rich in minerals such as magnesium and zinc that can help to prevent hair loss.
 - **Calcium Complex with Boron**—calcium helps with the secretion of both biotin enzymes and hormones that help to strengthen hair. It also supports the absorption of iron, which is essential for healthy, strong hair. In addition, boron is a vital trace mineral required for normal hair growth.
 - **Zinc**—also regulates DHT (male hormone) levels in the body, which is one of the common causes of hair loss.
3. Avoid hairstyles that causes long-term damage to the scalp (tightly pulled hairstyles, chemical perms, hair extensions, etc). Chemical dyes, bleaches and highlights can also damage hair and negatively affect scalp health.
4. Use natural, gentle shampoos and conditioners that do not contain any harmful chemicals, such as **NewLife™'s Organic Care Natural Shampoo** and **Natural Conditioner** (see page 10 & 11 for more).

NewLife™'s Organic Care Natural Shampoo uses gentle and natural ingredients. It contains argan oil and essential oils of rosemary, orange and patchouli, along with vitamin E that all work together to improve scalp and hair health, promote hair growth and prevent hair loss.

NewLife™'s Organic Care Natural Conditioner contains organic extra virgin coconut oil, organic castor oil, essential oils of orange, patchouli, and rosemary oil and is fortified with vitamin E. Regular conditioning after every wash strengthens, smooths and increases the resilience of hair.



脱发症状—是否已中招?

每个人脱发的方式都不同，这取决于导致脱发的原因。下面是一些指标或症状看点：

- 脱发发生在整个头皮和身体上
- 头皮上的空斑
- 发际线后移(典型的男性秃头)
- 分发线显示头皮，脱发面积明显变宽
- 整体头发稀疏(典型的女性型脱发)

无论一个人的脱发处于哪个阶段，是暂时性的还是永久性的，都是很难让人接受的。然而，根据其原因和脱发阶段，在某些情况下，适当的管理和护理确实显示有希望减缓脱发的程度。虽然有很多因素在起作用，但预防和尽力护理我们的头发和头皮总是有帮助的。

如何预防或减缓脱发?

1. 吃健康均衡的饮食，包括蛋白质，碳水化合物，确保包括富含铁的食物，如菠菜。
2. 每天服用适当的补充剂：
 - **维生素C综合丸**—维生素C有助于减少全身的炎症，并通过改善我们对铁和钙的吸收来促进头发的生长和防止脱发。
 - **维生素B综合丸**—维生素B在头发的健康和生长中起着不可或缺的作用，缺乏维生素B会引发遗传性脱发。
 - **血液循环补充丸(烟碱酸)**—除了改善头皮的血液循环外，烟碱酸还会直接影响头发健康，因为它有助于角蛋白的产生。角蛋白是一种纤维状蛋白质，构成头发的主要结构。烟碱酸也有助于密封水分。
 - **海藻宝**—富含镁和锌等矿物质，有助于防止脱发。
 - **钙合成剂加硼**—钙有助于生物素酶和激素的分泌，有助于加强头发。它还支持铁的吸收，这是健康、强壮的头发必不可少的。此外，硼是头发正常生长所需的重要微量矿物质。
 - **锌**—可以调节体内的雄性激素水平，这是影响脱发的常见因素之一。
3. 避免那些对头皮有长期伤害的发型，如扎紧头发尤其是长期束马尾、化学烫发、接发等。化学染料、漂白和挑染也会损害头发，对头皮健康产生负面影响。
4. 使用不含任何有害化学物质，自然温和的洗发水和护发素，如**新生命有机养护纯天然洗发水和护发素**(阅第10页和11页了解更多)。

新生命有机养护纯天然洗发水使用温和和天然的成分。它含有阿甘油、迷迭香油、广藿香油、柑橘油以及维生素E，共同改善头皮和头发的健康，促进头发生长。

新生命有机养护纯天然护发素含有有机特级初榨椰子油、有机蓖麻油、橘子精油、广藿香和迷迭香油，并添加了维生素E。每次洗发后定期使用护发素，可以增强、顺滑头发和增加头发弹性。



NEWLIFE™ ORGANIC CARE NATURAL SHAMPOO

新生命有机养护纯天然洗发水

RESTORATIVE & NOURISHING | 修复又滋养

What It Does

- Boosts cell health and stimulates blood circulation in the scalp, promoting hair growth.
- Removes impurities, improves scalp health and fights dandruff.
- Strengthens hair follicles for healthy hair growth.
- Prevents hair loss and reduces hair breakage.
- Moisturises, hydrates and nourishes hair.
- Makes hair smoother and more lustrous.
- Refreshing scent.

效益功用

- 增强细胞健康，刺激头皮血液循环，促进头发生长。
- 去除杂质，改善头皮健康，对抗头皮屑。
- 增强毛囊，促进头发健康生长。
- 防止脱发并减少头发断裂。
- 滋润、保湿和滋养头发。
- 使头发更顺滑，更有光泽。

KEY INGREDIENTS 主要成分



Rosemary Oil
迷迭香油



Argan Oil
阿甘油



Patchouli Oil
广藿香油



Orange Oil
柑橘油



Vitamin E
维生素E



COSMOS
CERTIFIED

All ingredients are COSMOS and ECOCERT certified.
所有成份均通过天然有机标准组织及欧盟有机认证组织的验证。

Clean. Natural. Safe. | 清洁、天然、安全。



No Silicones
不含硅酮



No SLS & SLES
不含月桂基硫酸钠
和月桂醇醚硫酸钠



No Parabens
不含对羟基苯
甲酸酯



No Phthalates
不含邻苯二
甲酸盐



No EDTA
不含乙二胺
四乙酸



No PEGs
不含聚乙二醇



No Artificial
Fragrance
不含人造香精



No Artificial
Colourants
不含人造色素



Suitable for all ages and for coloured hair.
适合所有年龄和染发。



NEWLIFE™
ORGANIC CARE
NATURAL
SHAMPOO

RESTORATIVE & NOURISHING
ARGAN OIL, VITAMIN E, ESSENTIAL
OILS OF ROSEMARY, ORANGE,
AND PATCHOULI.

ALL HAIR TYPES

385ml



NEWLIFE™ ORGANIC CARE

NATURAL CONDITIONER

新生命有机养护纯天然护发素

RESTORATIVE & NOURISHING | 修复又滋养

Makes hair stronger, smoother, and more lustrous.
Safe and natural. Refreshing scent.

让头发更健康，更顺滑，更有光泽。安全和自然。清新芳香。

Introduction

NewLife™ Organic Care Natural Conditioner is a restorative and nourishing conditioner which uses natural oils to hydrate and protect your hair. It is suitable for everyday use and does not weigh your hair down. It keeps your hair soft and silky without the build-up of silicone on your hair shaft.

What is silicone, and why is it bad?

Silicone is a manmade substance, something of a hybrid between synthetic rubber and a synthetic plastic polymer.

Silicone is commonly found in shampoos, conditioners, and hair styling products. It is easy to see why silicone is a haircare staple: it coats the hair shaft, which locks in moisture, reduces frizz, and gives hair that coveted soft and silky feel.

However, while your hair may feel silky smooth right now, long-term use of silicones would lead to excessive build-up on your hair, resulting in a dry feel and dull appearance. You may even notice your hair becoming weaker and more prone to breakage.



Also, the layer of silicones seals around the hair strand that keeps the hair hydrated from within, this same coat can also prevent water from fully penetrating your hair, which can lead to excessive dryness and damage over time, especially in curls.

And if you are using a form of silicone that is not water-soluble, it can be really hard to remove it with a regular wash.

Is your hair product truly free from silicone?

You may not find the word "silicone" on the back of your shampoo or conditioner bottle but that does not mean your hair product is truly free from silicone. That is because there are many kinds of silicone with many different names. Generally, anything ending in "-cone" is a form of silicone, such as amodimethicone or dimethicone.

What should I use instead?

NewLife™ Organic Care Natural Conditioner is a silicone-free product. It contains essential oils and vitamin E that strengthen and nourish your hair; it is gentle yet effective and leaves your hair shiny and silky soft without any heavy or greasy residues.

Coming soon in

AUGUST
2022
8月
即将推出!



介绍

新生命有机养护纯天然护发素是一种修复和滋养护发素，使用天然油脂来保湿和保护您的头发。它适合日常使用，不会让您的头发觉得很重。它保持您的头发柔软丝滑，同时也不会头发上堆积硅酮。

硅酮是什么？为什么不好？

硅酮是人造物质，是合成橡胶和合成塑料聚合物的混合物。

硅酮普遍存在于洗发水、护发素和美发产品中。很容易理解为什么硅酮是护发产品的主要成分：它包裹住发干，锁住水分，减少卷曲，给头发柔软和丝滑的感觉。

虽然您的头发现在可能感觉柔滑，但长期使用会导致头发过多积聚硅酮，造成头发干燥暗淡。您甚至可能会注意到头发变得越来越弱，更容易断裂。

此外，围绕在发丝周围的一层硅酮可以让头发从内部补水，同样的一层硅酮也可以阻止水分完全渗入头发，随着时间的推移，这会导致头发过度干燥和损伤，尤其是卷发。

如果您使用的是一种非水溶性的硅酮，那么平常普通清洗就很难去除它。

您的护发产品真的不含硅酮吗？

您可能在洗发水或护发素瓶的背面找不到硅酮这个词，但这并不意味着您的护发产品真的不含硅酮。这是因为硅酮有许多种，也有许多不同的名称。一般来说，任何名称中含有“硅”一词的都是硅胶的一种形式，如氨二甲基硅氧烷或二甲基硅氧烷。

我应该用什么代替呢？

新生命有机养护纯天然护发素是一款无硅产品。它含有精油和维生素E，加强和滋养你的头发：它是温和而有效的，使您的头发光泽和丝绸般的柔软，没有任何沉重或油腻的残留物。

KEY INGREDIENTS

主要成分



Rosemary Oil
迷迭香油



Patchouli Oil
广藿香油



Orange Oil
柑橘油



Vitamin E
维生素E



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



Organic Castor Oil
有机蓖麻油



COSMOS
CERTIFIED

All ingredients are COSMOS
and ECOCERT certified.
所有成份均通过天然有机标准组织
及欧盟有机认证组织的验证。

- ✓ No Silicones 无硅酮
- ✓ No Sulphates 无硫酸盐
- ✓ No Phthalates 无邻苯二甲酸酯
- ✓ No Propylene Glycol 无丙二醇
- ✓ No Parabens 无苯甲酸酯
- ✓ No PEGs 无聚乙二醇
- ✓ No Triclosan 无三氯生
- ✓ No EDTA 无EDTA
- ✓ No MEA / DEA / TEA 无乙醇胺/二乙醇胺/三乙醇胺
- ✓ No Synthetic Fragrances 无合成香料
- ✓ No Harsh Detergents 无刺激性洗涤剂
- ✓ No Artificial Colours 无人工色素
- ✓ No Animal Derivatives 无动物衍生物
- ✓ No Petrolatum / Mineral Oils 无凡士林或矿物油



Region 区域	Retail Unit Price 零售单价	IBO Unit Price 独立经销商单价			Unit BV 单位花红	Unit PV 单位分数
		1 pc/件	2 pcs/件	12 pcs/件		
MALAYSIA 马来西亚	RM 74.90	RM 59.90	RM 56.90	RM 53.90	43.00	21.50
SINGAPORE 新加坡	S\$ 33.50	S\$ 26.85	/	/	21.50	16.10
HONG KONG 香港	HKD 204.00	HKD 163.00	/	/	131.00	16.00
INDONESIA 印尼	IDR 362,000	IDR 290,000	/	/	232,000	21.50

PRE-LAUNCH OFFER | 预购促销

ORGANIC CARE NATURAL CONDITIONER 有机养护纯天然护发素

Offer Price | 特价

MY | 马来西亚
RM 53.90
BV43 / PV21.5

SG | 新加坡
S\$ 24.00
BV21.5 / PV16.1

HK | 香港
HK\$ 148.00
BV131 / PV16

ORGANIC CARE NATURAL SHAMPOO & NATURAL CONDITIONER SET 有机养护纯天然洗发水和纯天然护发素套组

Offer Price Per Set | 每套特价

MY | 马来西亚
RM 95.90
BV68 / PV42.5

SG | 新加坡
S\$ 42.00
BV34 / PV37.1

HK | 香港
HK\$ 258.00
BV207 / PV37



Terms & Conditions:

1. Pre-order promotion period: 1st July to 31st August 2022.
2. Not valid with any other concurrent promotions, Quantity Discount or APP.
3. No goods return or exchange allowed.
5. Other terms & conditions apply.
5. NewLife™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

条规与细则:

1. 预购促销活动期: 2022年7月1日至8月31日。
2. 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。
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。



What Is **HYPERTENSION?** 高血压是什么?

Hypertension, also known as “High Blood Pressure” (HBP), is a medical condition where one has a blood pressure that is higher than normal. Although our blood pressure does change throughout the day depending on what we are doing, those with hypertension have blood pressures that are consistently above normal ranges.

Why is hypertension so dangerous?

While hypertension is usually not seen as a harmful or fatal illness on its own, that’s part of the reason why it is dangerous. Most people would “normalize” the condition and control it with the use of medication without considering it further. Hypertension should be something that we are concerned about because it has been established as a major risk factor for stroke, heart disease, and renal dysfunction. Research shows that hypertension plays a central role in the development of these diseases, so if one has high blood pressure, it can be an early warning sign of what is to come if lifestyle changes are not made.

What are some early signs that you may have hypertension?

It is important to know the early signs of hypertension so that you can get ahead of it before it gets out of control. For example, if you are constantly feeling dizzy or lightheaded, this could be a sign that your blood pressure is getting too high.

高血压是一种血压高于正常水平的疾病。虽然我们的血压在一天中会根据我们所做的事情而变化，但高血压患者的血压始终都高于正常范围。

为什么高血压如此危险?

虽然高血压本身通常不被视为有害或致命的疾病，但这也是它危险的部分原因。大多数人，无需进一步考虑，会选择使用药物来控制病情。然而，高血压应该引起我们的关注，因为它已经被确定为导致中风、心脏病和肾功能不全的主要危险因素。研究表明，高血压在这些疾病的发展中起着至关重要的影响，所以一个人如果有高血压，但却不改变自己的生活方式，高血压可能是未来将发生的事情的早期预警。

高血压的早期症状是什么?

了解高血压的早期迹象是很重要的，这样您就可以在它失控之前做好准备。例如，如果您经常感到头晕或头昏眼花，这可能是您的血压过高的迹象。

其他需要注意的症状包括：

- 疲劳、头晕、头昏和头痛
- 胸痛或呼吸短促
- 恶心和呕吐
- 食欲不振
- 脚或脚踝肿胀



Additional symptoms to look out for include:

- Fatigue, dizziness, lightheadedness, and headaches
- Chest pain or shortness of breath
- Nausea and vomiting
- Loss of appetite
- Swelling in the feet or ankles

What are some lifestyle factors that can increase our risk of hypertension?

Hypertension can lead to serious complications if not treated early—according to medical experts, many of the causes of hypertension are because of our own lifestyle choices.

These lifestyle choices, such as smoking, obesity, consuming too much salt and lack of exercise can be changed to prevent the ongoing development of hypertension.

The reality is that even though it may seem difficult to make such a big change, once you take some small steps in the right direction, it gets progressively easier from there!

哪些生活方式因素会增加我们患高血压的风险?

如果不及早治疗, 高血压会导致严重的并发症。医学专家认为, 高血压的很多原因是由于我们自己的生活方式的选择。

一些生活方式的选择, 如吸烟, 过度肥胖, 高盐饮食和缺乏运动, 可以改变和防止高血压的持续发展。

现实情况是, 要做出如此改变似乎并不容易, 但一旦您朝着正确的方向迈出一小步, 该做的改变就会变得越来越容易!



How to prevent and manage hypertension with NewLife™'s proven solutions:

如何使用新生命已被证实的有效解决方案来预防和管理高血压:

1. Detoxification & Rejuvenation Programme (DRP)

The DRP is a great way to kick start your lifestyle changes and acts as an "overhaul" for the entire body. For those with hypertension, we would recommend starting with the DRP and we have seen countless people experience normalized blood pressure within the first week of the programme without medication or with reduced dosage! It is not just short-term results as well, as most are able to maintain normal levels after the programme with some dietary and lifestyle adjustments.

During the DRP, your body is fed with a wide array of nutrients that are essential for the body and not found in our normal diet, while **Coffee Enemas** and **Herbal Klenz Powder** help to promote detoxification from the liver and the digestive system. If you are interested to do the DRP and need guidance, feel free to contact any of our NewLife™ branches for support!

2. Low Sodium Diet with a Daily Intake of Apple Cider Vinegar, Honey, and K-Salt

One of the most common causes of hypertension is the high sodium intake in most of our diets. Sodium is found in salt and all savoury seasonings. While sodium is naturally found in fruits and vegetables, what happens when we have so much added through our seasoning is that the natural levels are off-balance and the body will need to make adjustments internally.

What the body does to balance out our excessive sodium intake is to absorb more water into the cells. This is why you tend to feel thirsty after a salty meal. This water helps to dilute the concentration of sodium in the cells. The side effect of this, however, is that with the additional water retained in cells, intracellular pressure is increased and this causes higher blood pressure!

Since most of us can't escape from having the extra sodium intake in our diet, the only solution would be to supplement with potassium to balance the sodium intake. Potassium helps to push excess sodium out of the body (through urine) and reduce water retention.

Our recommendation would be to drink 3-4 glasses of **Apple Cider Vinegar** (1 tsp) with **Pure Raw Honey** (1 tsp) and **K-Salt** (¼ tsp). **Apple Cider Vinegar** is high in potassium along with many vitamins, minerals and electrolytes.

K-Salt is a potassium salt blend and is a formula developed by the late Dr. Max Gerson after more than 300 experiments! It is used in the Gerson Therapy for Cancer Treatment and we are very fortunate to have this supplement available through NewLife™!

By supplementing with potassium and reducing our salt intake as much as possible, we would be able to maintain much healthier blood pressure and prevent other cardiovascular-related issues.

1. 排毒与复健程序(DRP)

DRP是开始改变生活方式,为整个身体作检修的一个很好方式。对于那些患有高血压的人,我们建议从DRP开始,我们已经看到无数人在不服药或减少剂量的情况下,在DRP计划的第一个星期内血压恢复正常!这不仅仅是短期的结果,因为大多数人在计划后通过一些饮食和生活方式的调整能够保持正常血压水平。

DRP为您的身体提供了广泛的营养,这些营养对身体来说是必不可少的,在我们的日常饮食中是没有的,而**咖啡灌肠**和**天然净化粉**有助于促进肝脏和消化系统的排毒。如果您对DRP感兴趣并需要指导,请随时联系我们的任何新生命分行以获得支持!

2. 低钠饮食,每天摄入苹果醋,蜂蜜和钾盐

高血压最常见的原因之一是高钠饮食。盐和所有调味料都含有钠。虽然钠天然存在于水果和蔬菜中,但当我们通过调味料添加了太多的钠时,会导致自然水平失衡,身体需要内部进行调整。

我们的身体会吸收更多的水进入细胞,以平衡过多的钠摄入。这就是为什么您吃了咸的食物后会感到口渴的原因。水有助于稀释细胞中钠的浓度。然而,这个反应的副作用是,随着细胞保留额外水分,细胞内的压力也随之增加,这导致更高的血压!

由于我们大多数人都无法避免在饮食中摄入额外的钠,所以唯一的解决办法就是补充钾来平衡钠的摄入。

我们的建议是每天喝3-4杯**苹果醋**(1茶匙)和**纯生蜂蜜**(1茶匙)和**钾盐**(¼茶匙)。**苹果醋**富含钾以及多种维生素、矿物质和电解质。

新生命钾盐是由已故的马克斯·格尔森博士经过300多次实验开发的配方!它是格尔森癌症疗法的一部分。您可以通过新生命取得这种钾补充剂!

通过补充钾和尽可能减少我们的钠/盐摄入量,我们将能够保持更健康的血压,并防止其他心血管相关问题。



3. Niacin (Vitamin B3)

One of the 8 water-soluble vitamins from the vitamin B family, niacin is a key nutrient for better cardiovascular health. The key function of niacin is that it is a major component of the coenzymes nicotinamide adenine dinucleotide (NAD) and nicotinamide adenine dinucleotide phosphate (NADP), which are involved in over 400 biochemical reactions in your body—mainly related to obtaining energy from the food that we eat.

One of the other effects that niacin has on the body is that it releases prostaglandins that help to widen our blood vessels. This increases blood flow and reduces blood pressure in the body. Health experts believe that niacin can play a key role in both the prevention and treatment of hypertension.

In an observational study of over 12,000 adults, researchers found that each 1mg increase in daily niacin intake was associated with a 2% decrease in high blood pressure risk—with the lowest overall high blood pressure risk seen at a daily niacin intake of 14.3-16.7mg per day.

Another high-quality study also noted that single doses of 100mg and 500mg of niacin slightly reduced ventricular systolic pressure.



3. 烟碱酸 (维生素B3)

烟碱酸是维生素B族的8种水溶性维生素之一，是改善心血管健康的关键营养素。烟碱酸的关键功能为它是烟酰胺腺嘌呤二核苷酸 (NAD) 和烟酰胺腺嘌呤二核苷酸磷酸 (NADP) 辅酶的主要组成部分，这两种辅酶参与了人体400多个生化反应，主要与我们从所吃的食物中获取能量有关。

烟碱酸对身体的另一个影响是它会释放前列腺素，帮助扩张血管。这会增加血液流动，降低身体的血压。健康专家认为，烟碱酸在预防和治疗高血压方面都发挥着关键作用。

在一项针对12000多名成年人的观察性研究中，研究人员发现，烟碱酸每天摄入量每增加1毫克，高血压风险就会降低2%，其中每天摄14.3-16.7毫克烟碱酸的总体高血压风险最低。

另一项高质量的研究也指出，单剂量服用100毫克和500毫克烟碱酸会轻微降低心室收缩压。

4. Stress Management and Exercise

Along with the supplements and dietary recommendations above, one of the key factors that can help with improving blood pressure and preventing cardiovascular conditions is stress management and regular exercise.

Chronic stress is one of the risk factors for hypertension and many other conditions, while exercise can help to lower blood pressure and improve heart health and strength. The good news is that regular exercise helps with stress management as well, so these two points can be tackled at the same time!

You can start with moderate walking or rebounding on the **NewLife™ Rebounder** 3 times a day for 10-15 minutes each. The most important thing is to just get started and be consistent in your exercise routine.

4. 压力管理和运动

除了以上的补充剂和饮食建议，压力管理和定期运动也有助于改善血压和预防心血管疾病。

慢性压力是高血压和许多其他疾病的风险因素之一，而运动可以帮助降低血压，改善心脏健康和体力。好消息是，运动也有助于压力管理，所以这两点可以同时解决！

您可以从适度步行可以从适度的步行开始或每天做3次，每次10-15分钟的新生命弹跳床运动。最重要的是开始并坚持您的锻炼计划。



If you have hypertension or have a loved one with hypertension, and need support or a consultation, please feel free to contact us at info@newlife.com.my. We would love to help you in any way we can!

如果您或您的亲人患有高血压，需要支持或咨询，请通过 info@newlife.com.my 联系我们。我们愿意尽我们所能帮助您！

Building A Health Community

建立一个健康社区



Taking care of your health can feel like you are tackling your life's biggest problem all by yourself—but this shouldn't be the case!

The best way to improve your health and well-being is to do it together with other people, whether it's your family members, colleagues, or friends.

Having a group of like-minded people with a similar goal in mind will encourage each of you to support the other, especially on the days when the last thing you want to do is think about eating healthy or even exercise!

But where do you start in finding your community, your healthy-living tribe? We've put together 3 suggestions that we think will get you there.

1. Ask Your Friends & Family

Look at your phone, then open up WhatsApp—We are 99% sure you will have at least one WhatsApp group that includes a group of your friends or your family members, so why not start there?

Chances are that you speak to these people all the time and would probably have similar tastes and interests, so introducing them to the idea of a health club, an exercise group, or a nutrition group wouldn't be that far-fetched.

Just drop a message with a cute little emoji at the end and we are sure at least 1 person would be interested.

照顾自己的健康可能会让您觉得自己在孤军作战应对着人生中最大的问题——但这不应该如此。

改善您的健康与幸福最有效的方法是和其他人一起努力，无论是和家人、同事或朋友。

拥有一群志同道合的伙伴，您可以互相支持鼓励，尤其是有时候您可能会意志动摇，最不想做的事就是得要吃健康或运动时。

但您能可从哪里开始寻找自己的社区和健康伙伴呢？我们在这里为您总结了3项建议。

1. 询问家人朋友

打开您的手机，进入社交媒体——我们99%确定您至少有一个与家人或朋友的聊天群组，那么为何不从这里开始呢？

长时间一起聊天的您们，很有可能拥有着相同的兴趣爱好。因此，与他们分享健康俱乐部、运动群又或是营养群的想法，并非那么艰难。

只需在短信后加入一个可爱的贴纸，我们相信至少会有一个人会对此感兴趣。



2. Facebook Groups

Facebook is known for having every group you can imagine and probably for every city in the world where Facebook can be accessed, so doing a quick search on their website for health communities near you might work.

When you are doing your search, try and find a group in a location near you instead of one that is fully virtual, for example, Singapore or Selangor Fitness Enthusiasts, Healthy Cooking Malaysia, etc.

This way you can always meet in person.

2. 面子书群组

几乎在世界上的每个角落都可以使用面子书，面子书也以能创建任何您想要的群组而闻名。因此，只需在面子书上搜索您附近的群组，就可能找到志同道合的健康斗士。

当您进行搜索时，尝试输入您附近的地点关键字，如新加坡或雪兰莪健身爱好者、马来西亚健康烹饪等等。

这样您们就可以邀约见面了。这比起广泛的搜索更为有效。

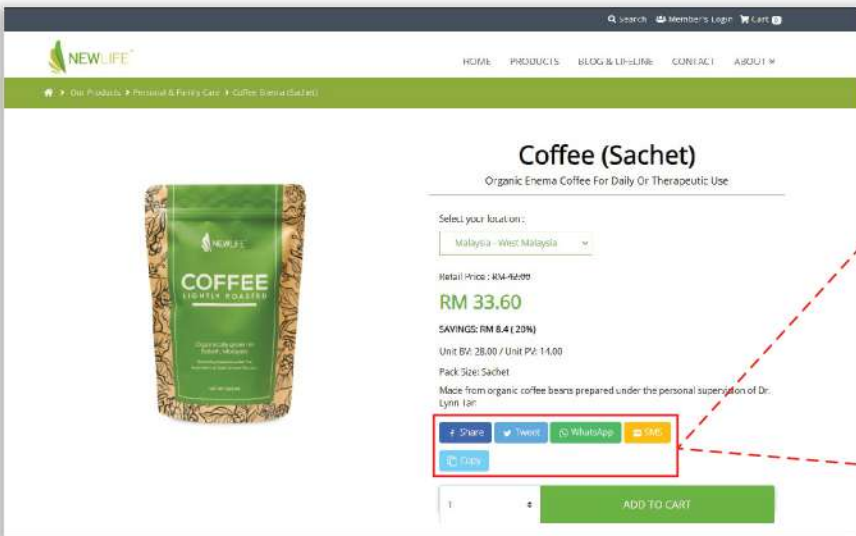


3. Connect with Your Group of NewLife™ Members

Our members are some of the most engaged nutrition and wellness enthusiasts we know and chances are that you were introduced to us by another member, so reach out to them and see if they would like to connect with you or plan some activities together!

3. 联系您的新生命会员群组

一般上，我们的会员都是一些我们认识的营养与保健的兴趣爱好者，而您很有可能也是因为通过其他会员介绍而认识我们的。因此，尝试接触他们，询问他们是否愿意与您联系又或是一起计划活动。

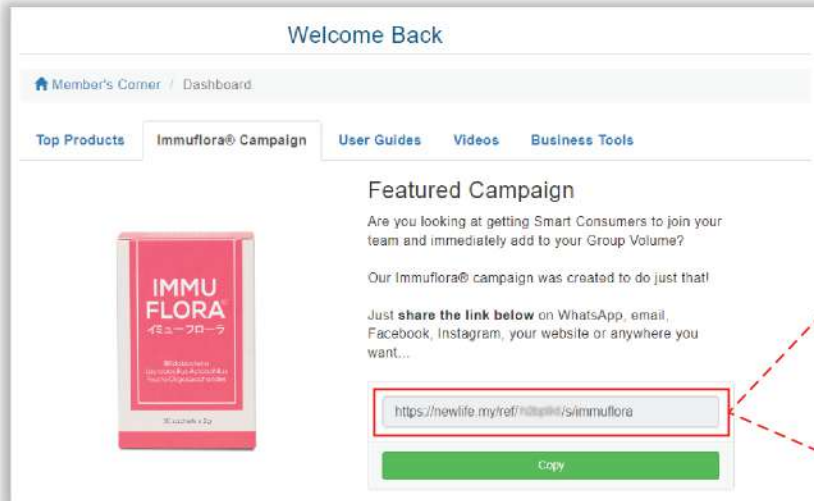


You can also take the first step by asking your friends or family to join you on a health journey of a lifetime, we have made it so easy with the shared links available on every product page in our website after logging in!

Simply click any of the social media platform buttons from the page of your favourite product and share it with someone along with how it has impacted your life! Never underestimate the power of your personal testimony!

您也可以尝试邀请您的家人朋友加入您的健康之旅。为了让您更容易分享信息，我们已将共享链接加入每个产品的页面，您只需登入即可寻获。

只需在您喜欢的产品页面上点击任何一个社交媒体平台按钮，与他人分享它如何影响您的人生！千万别低估了您的个人影响力！



We have even created a page for our top product, Immuflo[®], that will provide a seamless sign up and purchase journey along with an exclusive promo for first time buyers!

Your custom link can be found here, or simply fill in the blank with your 6-digit IBO code:
https://newlife.my/ref/____/s/immuflo

我们已为我们的人气产品免疫菌植创建一个页面，该页面将为首次购买者提供无缝注册及独家促销。

您可在寻获您的个人客制化链接，或只需在空白处输入您的6位数独立传销商号码即可：
https://newlife.my/ref/____/s/immuflo

OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

APRIL & MAY 2022
2022年4月至5月

SILVER MANAGERS

DAVID CHONG & MELISSA WONG

DL TOTAL HEALTH PTE LTD

CHOW KWEE LEIN

MANAGERS

JARROW DANIE MARCUS
TAN CHING HONG
TANG KIU HUA
YONG AI HOON (HELEN)
MAK KHUAN YING (CONNIE)
CARRINGTON ENTERPRISE
YOW TENG TENG
H.L. ENTERPRISE
V BASIC CARE ENTERPRISE
CHONG AH HAI (MARK)
STANLEY CHONG & PATRICIA CHOONG
LEE SUNG YAP
SIN CHENG YAM (EUNICE)
AW KEN KEN
CHANTEL CHIA YEE CHONG
LOW YOK YIN (SUSAN)

LIM BEE WAH & SAW CHONG HOCK
TEO CHAE JOO
CHING HAN CHEONG
TOO FOONG YING (HELEN)
MICHAEL CHONG TZE-AUN
CHIA SUIT LING
MABEL TEO SIOK GEK
CHONG WEE HOON (VIVIEN)
CHING HUI YING (SHEREEN)
TING LING LING (JANE)
SHIU YEW CHOONG (FREDDY)
TAN THEAM CHAI (STEVEN)
TAN MING KHUN
ENRICHED LIFE
JSL INTERNATIONAL PTE LTD
MSI MARKETING ENTERPRISE

TONG AH MOY ALICIA
COMMUNITY WELLNESS (S) PTE LTD
HARTINI BINTI SAIRIN
CHUA GEOK TIN
ACQUOLINA ENTERPRISE
LING LAY KHIM (SARAH)
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

APRIL & MAY 2022

IRENE CHONG CHUAY PENG

MAY 2022

CHONG KIM MOI
TAN CHO HON (IRIS)

YEUNG YEE NOG
KONG WAI YIN

TAN LEE KENG (LILY)

18% ACHIEVERS

APRIL 2022

CHONG KIM MOI

MAY 2022

LOW SIOK ENG

MOI YAN LIN ABIGAIL

WELLNESS INC

15% ACHIEVERS

APRIL & MAY 2022

SO SUE YI REGINA

WONG MUI CHOO (KELLY)

LING YOUNG HOON

APRIL 2022

CHEN KIM LING
KONG WAI YIN
MOI YAN LIN ABIGAIL

YEONG SOW KHAM (ALICE)
LIM SIEW CHOO
WELLNESS INC

LAI LEE TENG
CHAN SOO TECK PETER

MAY 2022

WELLBEING ELEMENTS SDN BHD
CHUA LAY HOON

HOW CHAI SENG
CHUA PHUAY KHOON

SYARIKAT ADIL

JULY 七月

02
SAT

SG 新加坡 2.00pm - 3.30pm

Raising Superimmunity Children 培养超强免疫力的孩子
by Suzi Moi (Manager) & Team

PJ 八打零再也 2.00pm - 3.30pm

Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序
By Elyssa Ho (Nutritionist)

09
SAT

SG 新加坡 2.00pm - 3.30pm

Overcoming Eczema Through the Holistic Nutritional Approach—the Complete Guide
通过整体营养克服湿疹
by Lydia Ling (Silver Manager)

10 ~ 11
SUN MON

Hari Raya Haji & Hari Raya Haji Replacement
(All offices closed)

16
SAT

SG 新加坡 2.00pm - 3.30pm

Weight Reboot To Vitality 重置体重以保持活力
by Ling Young Hoon

22
FRI

Sarawak Day
(KUC office closed)

23
SAT

SG 新加坡 2.00pm - 3.30pm

Intermittent Fasting for Health 健康间歇性禁食
by Joyce Chua

30
SAT

SG 新加坡 2.00pm - 3.30pm

Complete Body Overhaul with the Detoxification & Rejuvenation Programme (DRP)
通过排毒与复健程序对身体进行彻底大修
by Lydia Ling (Silver Manager)

Awal Muharram
(All offices in Malaysia closed)

AUGUST 八月

06
SAT

SG 新加坡 2.00pm - 3.30pm

Understanding the Innocent Cholesterol (Chinese) 认识无辜的胆固醇 (华语)
by Angela Yeo

09
TUE

Singapore's National Day
(SG office closed)

13
SAT

SG 新加坡 2.00pm - 3.30pm

Food That Feeds 吃出健康
by Susie Moi (Manager) & Abigail Moi

20
SAT

SG 新加坡 2.00pm - 3.30pm

Rebounding & Lymphatic Drainage for Strong Immunity 通过弹跳运动和淋巴引流增强免疫力
by Deborah Lee & Jenny Yu

PJ 八打零再也 2.00pm - 3.30pm

Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序
By Elyssa Ho (Nutritionist)

27
SAT

SG 新加坡 2.00pm - 3.30pm

Complete Body Overhaul with the Detoxification & Rejuvenation Programme (DRP)
通过排毒与复健程序对身体进行彻底大修
by Managers Team

31
WED

Malaysia's National Day
(All offices in Malaysia closed)

SPECIAL OFFERS | 特价优惠

UP TO 多达 **22%** OFF 折扣

GARLIC & PARSLEY 蒜与欧芹油

Offer Price | 特价

WM | 西马

~~RM97.90~~

RM79.90

BV39 / PV39

EM | 东马

~~RM102.80~~

RM79.90

BV39 / PV39

SG | 新加坡

~~S\$32.00~~

S\$27.00

BV10.5 / PV15.75

HK | 香港

~~HK\$195.00~~

HK\$156.00

BV64 / PV26



CALCIUM COMPLEX 钙合成剂

Offer Price | 特价

WM | 西马

~~RM115.00~~

RM89.90

BV45.5 / PV45.5

EM | 东马

~~RM118.00~~

RM89.90

BV45.5 / PV45.5

SG | 新加坡

~~S\$46.00~~

S\$37.00

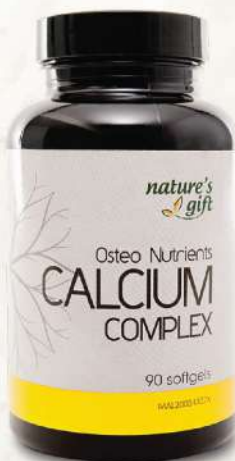
BV17.5 / PV26.25

HK | 香港

~~HK\$274.00~~

HK\$215.00

BV107 / PV35



B COMPLEX 维他命B综合丸

Offer Price | 特价

WM | 西马

~~RM60.20~~

RM49.90

BV22.5 / PV22.5

EM | 东马

~~RM63.20~~

RM49.90

BV22.5 / PV22.5

SG | 新加坡

~~S\$23.80~~

S\$19.00

BV9 / PV13.5

HK | 香港

~~HK\$144.00~~

HK\$115.00

BV55 / PV16



ORGANIC CARE NATURAL CONDITIONER

有机养护
纯天然护发素

Offer Price | 特价

MY | 马来西亚

~~RM59.90~~

RM53.90

BV43 / PV21.5

SG | 新加坡

~~S\$26.85~~

S\$24.00

BV21.5 / PV16.1

HK | 香港

~~HK\$163.00~~

HK\$148.00

BV131 / PV16



ORGANIC CARE NATURAL SHAMPOO & NATURAL CONDITIONER SET

有机养护
纯天然洗发水
和纯天然护发套组

Offer Price Per Set
每套特价

MY | 马来西亚

~~RM117.90~~

RM95.90

BV68 / PV42.5

SG | 新加坡

~~S\$52.85~~

S\$42.00

BV34 / PV37.1

HK | 香港

~~HK\$321.00~~

HK\$258.00

BV207 / PV37



Terms & Conditions:

1. Promotion/pre-order period: 1st July to 31st August 2022, or while stocks last.
2. Not valid with any other concurrent promotions, APP or Quantity Discount.
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.

条规与细则:

1. 促销/预购活动期: 2022年7月1日至8月31日, 或存货售完为止。
2. 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。
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。