

# LifeLine

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## Mini-Detox 迷你排毒

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## Cardiovascular Disease

Atherosclerosis and  
What We Can Do to Prevent It

### 心血管疾病

动脉粥样硬化以及  
我们能做些什么来预防它

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**Liquid Laundry**  
**Detergent**

新产品  
爱洁浓缩洗衣液

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# OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

APRIL-MAY 2021  
2021年4月至5月

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CHOW KWEE LEIN

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SAW EWE KIM  
SIM BEE HONG  
LIM WAI YING  
SUZI MOI-QUEK  
MAELODEE CHONG TZE-YUIN

## 21% ACHIEVERS

### APRIL & MAY 2021

IRENE CHONG CHUAY PENG

CHAN SOO TECK PETER

### APRIL 2021

THAI THI HOA

LOW SIOK ENG

### MAY 2021

KONG WAI YIN

LIM SIEW CHOO

## 18% ACHIEVERS

### APRIL 2021

CHONG KIM MOI

LIM LEE BOON (KAREN)

### MAY 2021

TAN LEE KENG (LILY)

SYARIKAT ADIL

WONG MUI CHOO (KELLY)

## 15% ACHIEVERS

### APRIL & MAY 2021

NEOH BEE LEE  
MOI YAN LIN ABIGAIL

SOH LAY CHOO (DIANA)  
WELLNESS INC

TEH CHING YEE  
LING YOUNG HOON

### APRIL 2021

SO SUE YI REGINA

WONG MUI CHOO (KELLY)

### MAY 2021

CHONG KIM MOI  
TAN LEE MENG  
CHUA PHUAY KHOON

CATHERINE LIM CHAYR @ LING HUI  
POON YOKE CHUN  
LISA SOFIAR

CHEN KIM LING  
TANG LI LI SALLY



NEWLIFE™

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2021年7月及8月份

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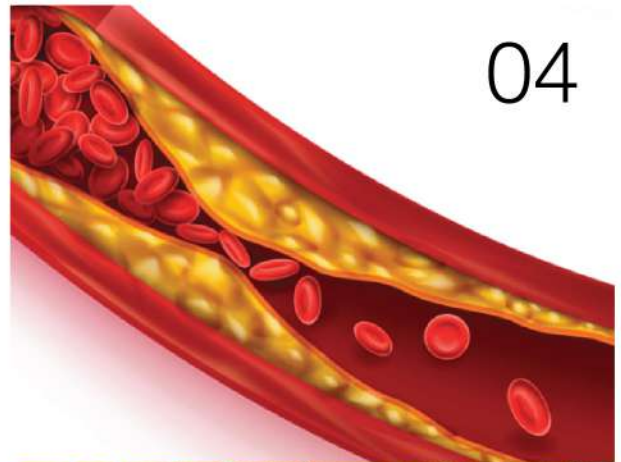
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# CARDIOVASCULAR DISEASE

Atherosclerosis and what we can do to prevent it

## 心血管疾病

动脉粥样硬化以及我们能做些什么来预防它

According to the World Health Organization, cardiovascular diseases (CVDs) are the number 1 cause of death globally, taking an estimated 17.9 million lives each year. Four out of five CVD deaths are due to heart attacks and strokes, and one-third of these deaths occur prematurely in people under 70 years of age.

Individuals at risk of CVD may demonstrate elevated blood pressure, glucose and lipids.

### The Primary Cause of CVD — Atherosclerosis

It is commonly known that atherosclerosis is one of the primary causes of CVDs. Atherosclerosis begins in the innermost layer of many medium-sized and large arteries, especially where the vessels divide. Plaques build up over time, causing the narrowing of the arteries. When this happens, blood flow becomes more difficult, which can result in a shortage of blood and oxygen in various parts of the body. The main factor that causes atherosclerosis in the body is chronic inflammation and oxidative stress.

What most people do not know about atherosclerosis is that it can begin in childhood and progress as a person ages. Children as young as 10 have shown early stages of this disease. Most people with this disease will not face issues until they are in their 50s or 60s.

Reversing the damage of atherosclerosis is possible through the following steps.

### 4 Steps to Prevent Atherosclerosis

#### 1. Reduce oxidative stress through healthy weight management and regular exercise

Oxidative stress can cause atherosclerosis. Two crucial lifestyle choices that can reduce oxidative stress are healthy weight management and regular exercise. If you are overweight, it is important to implement healthy weight management into your diet and lifestyle.

Rebound exercise is the best form of cellular exercise that can be done in the comfort of your home. Rebounding causes all the cells in the body to move up and down at the same time. This stress of gravity and G-Force strengthens the cells, which increases their energy and function. Healthy cells are crucial to our total health.

根据世界卫生组织报导，心血管疾病(CVD)每年平均夺走了近1千7百90万人命，是全球导致最多死亡案例的疾病。五分之四的CVD死因都是心脏病和中风，而70岁以下的患者就占据了死亡病例中的三分之一。

血压、葡萄糖及脂质的增高皆为CVD的征兆。

### CVD的主要病因——动脉粥样硬化

众所周知，动脉粥样硬化是CVD的主要病因之一。动脉粥样硬化大多发生在中型动脉和大动脉的内皮层，尤其是血管分支的部位。血小板在动脉内壁日渐堆积，造成血管变窄，进而导致血流不畅通。这将会带来身体不同部位缺血及缺氧的后果，而造成动脉粥样硬化的主要原因就是慢性炎症和氧化应激。

对于动脉粥样硬化，大多数人都不知道动脉血管可能从我们年幼的时候就开始硬化，随着岁月的增长日益严重。有些小孩甚至10岁就已经有迹象显示出这种疾病的早期阶段。然而，大多数人都是等到五、六十岁时才会面临问题。

以下的步骤有助于改善动脉粥样硬化。

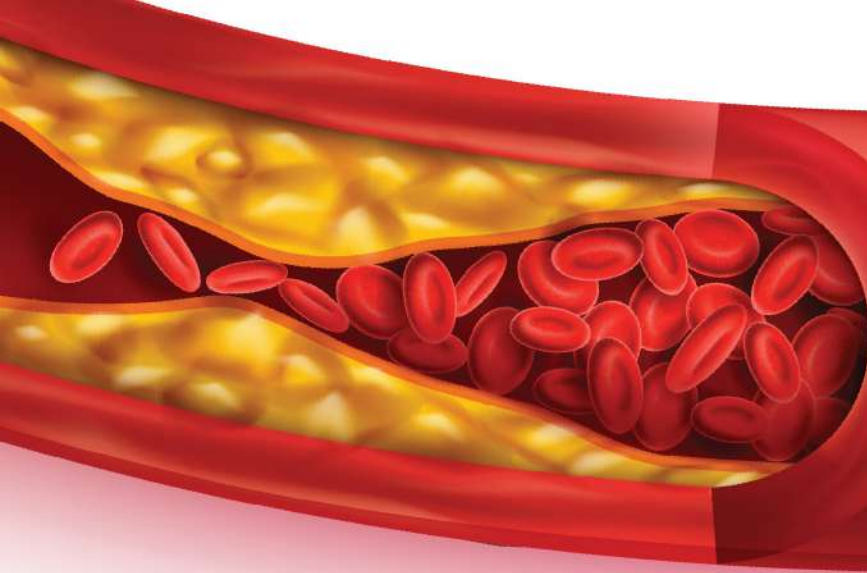
### 4个预防动脉粥样硬化的步骤

#### 1. 通过健康体重管理和有规律的运动减少氧化应激

氧化应激是导致动脉粥样硬化的原因之一。健康体重管理和有规律的运动是两个可以减少氧化应激的重要生活习惯。如果您正经历体重超标的情况，在您的饮食与生活方式中实施健康体重管理是很重要的。

弹跳运动是我们能在家完成的一项最好的细胞运动。弹跳使我们体内的细胞能在同一时间内上下活动。地心引力和重力能够很好的强化我们的细胞组织，提升它们的能量和功用。健康的细胞对我们整体健康是非常重要的。





## 2. Get enough sleep

Research has found that sleep deprivation affects our health negatively.

While sleep requirements differ from person to person, most adults need between 7 to 9 hours of sleep every night to feel energetic and alert the following day.

The best way to find out if you are getting enough sleep is to evaluate how you feel as you go through the day. If you are getting enough sleep, you will feel alert and energetic all day long.

## 3. Protect your cells through a healthy diet

Here at NewLife™, we recommend a predominantly plant-based diet, ensuring that half of every meal is comprised of vegetables and other anti-inflammatory foods, which include:

- Green leafy vegetables
- Fruit and vegetables with rich colours
- Broccoli
- Pineapple
- Coconut oil
- Garlic and onions
- Raw honey



## 4. Consume beneficial supplements

### • Vitamin C Complex

As a powerful antioxidant, vitamin C protects us from the build-up of inflammation-causing free radicals. When free radicals accumulate, they can put the body in a state of oxidative stress, which has been linked to chronic diseases and a weakened immune system.

### • Vitamin B Complex

Vitamin B Complex provides a wide spectrum of B vitamins which fill the nutritional gaps in our daily diet. It offers a quick and convenient way to help meet the body's demands, such as maintaining a healthy heart and digestive system, powering up the immune system and energy level, as well as supporting the nervous system and brain health. **NewLife™'s Vitamin B Complex** is uniquely formulated with the addition of Choline, Inositol, and PABA, to provide a wider array of health benefits.

## 2. 拥有充足的睡眠

研究显示，睡眠不足会对我们的健康造成负面影响。

每个人对睡眠时间的需求都有所不同，但是大多数成年人都需要7-9个小时的睡眠时间，才能在第二天保持精力充沛和机敏。

要知道自己是否拥有足够睡眠最好的方法就是通过评估我们一整天的精神状态。如果我们可以一整天都充满活力及保持警觉，那就代表我们有足够的睡眠。

## 3. 通过健康的饮食保护您的细胞

新生命推荐以植物为主的饮食，每一餐要至少一半是蔬菜和其他抗炎食物，包括：

- 绿叶蔬菜
- 颜色鲜艳的蔬菜水果
- 花椰菜
- 黄梨
- 椰子油
- 大蒜与洋葱

## 4. 补充有益的营养品

### • 维生素C复合物

作为一种强大的抗氧化剂，维生素C保护我们免受引起炎症的自由基的堆积。当自由基积累时，它们会使身体处于氧化应激状态，这与慢性疾病和免疫系统减弱有关。

### • 维生素B复合物

复合维生素B提供广泛的B族维生素，填补了我们日常饮食中的营养缺口。它能快速、方便地满足身体的需求，如保持健康的心脏和消化系统，增强免疫系统和能量水平，以及支持神经系统和大脑健康。**新生命维他命B综合丸**是独特的配方，添加了胆碱肌醇和对氨基苯甲酸，可以提供更广泛的健康效益。

- **Niacin**

Since the 1950s, Niacin has been used to treat high cholesterol. It does this by reducing inflammation in the body. As a result of the reduction in inflammation, people with cholesterol problems experience an increase in HDL levels and a reduction in LDL and triglyceride levels.

*Note: Within 20-30 minutes of taking Niacin, the blood vessels dilate, and a warm sensation spreads across the body. This sensation is commonly known as the 'niacin flush' and is similar to the feeling you get after a vigorous workout at the gym. When you feel this, it is a sign that Niacin is working.*

- **N.Zimes PA Plus™**

The enzymes found in **N.Zimes PA Plus™** help to provide protection against inflammation in the body.

- **ImmuFlora®**

Contains 10 billion Bifidobacterium longum and 1 billion Lactobacillus acidophilus, which are probiotics, and 200g Fructo-oligosaccharides (FOS), a prebiotic. They work together to improve gut health by promoting a healthy bacterial environment. In addition, a study in 2015 concluded that probiotic supplements containing Lactobacillus acidophilus effectively lower high cholesterol, particularly LDL cholesterol levels.

- **Omega-3 Fatty Acids**

**NewLife™'s Omega Gold Flaxseed Oil** contains Omega-3 fatty acids, which help slow down the build-up of atherosclerosis and lower triglyceride levels in the blood. It also has potent anti-inflammatory properties in addition to many other health benefits.

- **Coenzyme Q10**

**NewLife™'s CoQ10 Plus** functions as an antioxidant and is important for healthy heart function. CoQ10 deficiency is commonly found in the heart tissue of people who have suffered from fatal heart attacks. There is also evidence suggesting that CoQ10 may help reduce the adverse side effects of taking statins, such as muscle pain.

To find out more about cardiovascular health, make sure to get a copy of **Cholesterol: Guilty or Innocent?** by Dr. Lynn Tan. This book dives deep into decades of research to provide you with a new perspective on how to take care of your health!

Now available at [www.newlife.my](http://www.newlife.my)

想要了解更多关于心血管健康的信息，一定要买一本《**胆固醇：有罪还是无辜？**》这本书是根据陈林希珠博士几十年的研究写成的，为您提供新观点如何照顾您的健康！

现在可以在[www.newlife.my](http://www.newlife.my)网上订购！

- **烟酸**

自50年代以来，烟酸一直被用于治疗高胆固醇。它通过减少体内的炎症来做到这一点。炎症减少的结果是，有胆固醇问题的人的高密度脂蛋白水平增加，另一方面低密度脂蛋白和甘油三酯水平则降低了。

*注：在服用烟酸20-30分钟内，血管扩张，温暖的感觉遍布全身。这种感觉通常被称为烟酸潮红，类似于健身房剧烈运动后的感觉。当您有这种感觉时，说明烟酸正在起作用。*

- **胰酶（植物）添加素**

在胰酶（植物）添加素中的酶有助于防止体内炎症。

- **免疫激活植**

含100亿长双歧杆菌和10亿嗜酸乳杆菌（益生菌）和200克低聚果糖（益生元）。它们共同提供一个健康的细菌环境来改善肠道健康。此外，2015年的一项研究得出结论，含有嗜酸乳杆菌的益生菌补充剂能有效降低高胆固醇，特别是低密度脂蛋白胆固醇水平。

- **奥美加-3脂肪酸**

新生命奥美加黄金亚麻籽油含有奥美加-3脂肪酸，有助于减缓动脉粥样硬化的形成和降低血液中的甘油三酯水平。它还具有强大的抗炎特性，以及许多其他健康益处。

- **辅酶Q10**

新生命生物吸收性辅酶Q10是一种抗氧化剂，对心脏健康很重要。据观察，有致命心脏病的患者的心脏组织中通常缺乏辅酶Q10。也有证据表明，辅酶Q10可能有助于减少服用他汀类药物的副作用，如肌肉疼痛。

# CHOLESTEROL

## GUILTY OR INNOCENT?

The most misunderstood nutrient & how it affects your health



DR. LYNN TAN (ND)

# IS MY HONEY THE REAL DEAL?



## 我的蜂蜜是真货吗?

“Raw Honey”, “Pure Honey”, “Natural Honey”, and so on... Labels on honey jars can be very confusing and make you wonder how they are different and which honey to buy. We're here to help!

- **Regular honey:** Heated, pasteurised, filtered. Some may have hidden sugar, corn syrup or other sweeteners to cheapen production. Most of them contain additives and flavouring. While not all regular honey is bad, it is hard to know which ones are healthy or unhealthy without doing a test beforehand.
- **Natural honey:** No artificial additives are added but they may contain additives that are naturally derived such as corn syrup and brown rice syrup to reduce cost. Also, they are pasteurised and filtered.
- **Pure honey:** No additives whatsoever (whether artificial or natural ones) are added but they are pasteurised and filtered.
- **Raw honey:** The beekeepers only strain the honey that comes straight from the honeycomb to remove tiny bits of debris such as beeswax before packing. No additives are added, and the honey is unheated, unpasteurised and unfiltered.

Notice that only raw honey does not go through heat, pasteurisation and filtration. The benefit of not heating and processing honey is that the naturally occurring enzymes, vitamins and minerals are preserved, and you get the full benefits of honey – its antioxidants, antibacterial and antiviral properties.

That is why raw honey is the best choice!

## NewLife™ Pure Raw Honey

- 100% pure raw honey. It has approximately 22 amino acids, 31 different minerals, and a wide range of vitamins and enzymes. What is most impressive about raw honey is that it contains nearly 30 types of bioactive plant compounds. These are called polyphenols, and they act as antioxidants.
- Our honey is extracted straight from the honeycombs of beehives located in the lush pastures of New Zealand, in areas that are entirely free from insecticides and pesticides.
- No heat is applied during extraction. After extraction, the honey is strained and packed, bypassing all commercial processing methods.
- In addition, the collection, processing and supply are strictly controlled by the New Zealand Food Safety Authority (NZFSA) to ensure that the honey is free from pests and diseases.

## 新生命纯天然生蜂蜜

- 100%纯生蜂蜜。它含有大约22种氨基酸，31种不同的矿物质，以及多种维生素和酶。生蜂蜜最突出的特性是它含有近三十种生物活性植物化合物。这些物质被称为多酚，它们是抗氧化剂。
- 我们的蜂蜜直接从位于新西兰郁郁葱葱的绿草地的蜂巢中提取，在那里完全没有杀虫剂和农药。
- 在采集和提取过程中不经加热；筛滤和包装过程也完全避免所有商业加工。
- 此外，新西兰食品安全局(NZFSA)严格控制蜂蜜的采集、加工和供应，以确保蜂蜜没有病虫害。



生蜂蜜、纯蜂蜜、天然蜂蜜等等蜂蜜罐子上的标签可以让人很困惑。想知道它们有什么不同，以及该买哪种蜂蜜？让我们来帮助您吧！

- **普通蜂蜜:** 经加热、巴氏杀菌、过滤。其中一些可能隐藏了糖、玉米糖浆或其他甜味剂，以降低生产成本。它们大多含有添加剂和调味料。虽然不是所有普通的蜂蜜都是劣质的，但如果没有事先做测试，很难知道哪些是健康的，哪些又是不健康的。
- **天然蜂蜜:** 不带任何人工添加剂，但它们可能含有天然提取的添加剂，如玉米糖浆和糙米糖浆，以降低成本。此外，它们还经过巴氏消毒和过滤。
- **纯蜂蜜:** 不带任何添加剂(无论是人工或天然的)，但经巴氏消毒和过滤。
- **生蜂蜜:** 养蜂人只在装瓶之前，筛滤直接从蜂巢取来的蜂蜜，清除蜂蜜中蜂蜡之类的杂物碎屑。不添加任何添加剂，蜂蜜完全不经加热、不经巴氏杀菌和过滤。

注意到没有，只有生蜂蜜不经过加热、巴氏杀菌和过滤。不加热和不加工的好处是，蜂蜜中天然存在的酶、维生素和矿物质得以保存，您能从蜂蜜中得到它的全部好处——抗氧化剂、抗菌和抗病毒特性。

这就是为什么生蜂蜜是最好的选择！

# Frequently Asked Questions about **NewLife™ Pure Raw Honey**:

## 关于新生命纯天然生蜂蜜的常见问题:

**Q:** Why does **NewLife™ Pure Raw Honey** have different colour and consistency from time to time?

**A:** The colour, consistency and flavour of raw honey may change depending on what flowers the bees pollinated. Therefore, our honey may vary depending on the season and time of harvesting because it is 100% natural and not processed. Only commercial processing can guarantee you 100% consistency in colour and texture.

**Q:** What is the 'stuff' floating in my **Pure Raw Honey**?

**A:** Sometimes, you may notice some particles in your **NewLife™ Pure Raw Honey**. This is because our honey is not pasteurised or filtered. These particles are natural substances found in honey such as bee propolis and bee pollen. Sometimes these debris are too fine to be completely removed during the straining step, but they are 100% safe to consume and in fact, they add goodness and nutrients to the honey.

Also, some of these particles can be crystals, a natural characteristic of real raw honey.

**Q:** My honey has separation and crystals. Is it spoilt? Or is it not 100% pure honey?

**A:** A common myth about honey is that pure honey does not crystallise or separate. This is not true. In fact, if your honey crystallises or separates, it is more likely to be 100% natural!

It is a natural process for honey to separate and crystallise over time. The presence of bee pollen and propolis in raw honey also accelerates this process.

Some honey crystallises uniformly; some partially crystallises and forms two layers, with the paler coloured, dense crystallised layer on the bottom and a darker coloured less dense honey on top.

Separation and crystallisation do not affect the quality of the honey and are perfectly fine to consume.

**问:** 为什么新生命纯天然生蜂蜜有时会有不同的颜色和稠度?

**答:** 生蜂蜜的颜色、稠度和味道可能会根据蜜蜂授粉的花的种类而改变。因此，我们的蜂蜜可能会根据采摘季节和时间而有所不同，因为它是100%天然的，没有经过加工。只有商业加工产品才能保证颜色和质地100%的一致性。

**问:** 漂浮在纯天然生蜂蜜上的是什么东西?

**答:** 您可能注意到在您的新生命纯天然生蜂蜜中有时会有一些颗粒。这是因为我们的蜂蜜没有经过巴氏杀菌或过滤。这些颗粒是蜂蜜中的天然物质，如蜂胶和蜜蜂花粉。有时这些碎片太细，无法在筛滤过程中完全清除，但它们是100%安全的，实际上，它们为蜂蜜添加了益处和营养。

此外，这些颗粒中的一些可能是晶体，这是纯正生蜂蜜的天然特征之一。

**问:** 我的蜂蜜有分离和结晶。这是坏了吗？或者是因为它不是100%的纯蜂蜜？

**答:** 关于蜂蜜，一个常见的误解是纯蜂蜜不会结晶或分离。这不是正确的。事实上，如果您的蜂蜜结晶或分离，更有可能是100%天然真品！

经过一段时间，蜂蜜分离和结晶是一个自然过程。生蜂蜜中蜜蜂花粉和蜂胶的存在也加速了这一过程。

有些蜂蜜结晶均匀；有些蜂蜜会部分结晶，形成两层，颜色较浅、密度较大的结晶层沉淀在底部，而颜色较深、密度较小的蜂蜜保持在顶部。

分离和结晶不会影响蜂蜜的质量，完全可以食用。

Best practices for storing **NewLife™ Pure Raw Honey**:

- Keep in a tightly sealed container.
- Store at room temperature. The optimum temperature for storing honey is 21 to 27 degrees Celsius.
- Avoid areas with direct sunlight or other types of direct heat (i.e., stove or oven).
- Use a clean, dry spoon to scoop out honey to prevent contamination.

保存新生命纯天然生蜂蜜的最佳方法:

- 保存在密封的容器中。
- 室温保存。储存蜂蜜的最佳温度是21到27摄氏度。
- 避免阳光直射或其他类型的直接热源（如火炉或烤箱）。
- 用干净、干燥的勺子舀出蜂蜜，避免弄脏它。







# BEE POLLEN

## 蜜蜂花粉



Flowering plants make pollen as their primary way to reproduce. When bees are looking for nectar to make honey, they collect pollen and make them into balls, then carry them back to hives and store them in the honeycomb as food for the bee colony.

Bee pollen is a mixture of flower pollen, nectar, enzymes, honey, wax, and bee secretions. It is very nutritious and contains over 250 substances, including vitamins, amino acids, essential fatty acids, enzymes, micronutrients and antioxidants. You can add them to food like yoghurt, oatmeal and smoothies or you can eat it on its own.

Bee pollen has been linked to many impressive health benefits. It has antifungal, antimicrobial, antiviral, anti-inflammatory, hepatoprotective, and anticancer immune-stimulating properties, and can also be used as a local analgesic. Its free radical scavenging potential has also been reported. In fact, the German Federal Ministry of Health recognizes bee pollen as a medicine.

### Health benefits of bee pollen:

- Improves nutrient utilization, metabolism and longevity.
- Increases energy level but low in calories.
- Provides extra immunity support against infections and diseases.
- Proven to have antibacterial properties. It was found that bee pollen kills potentially harmful bacteria such as E. coli, Salmonella, Pseudomonas aeruginosa, as well as those that cause staph infections.
- Demonstrates antimicrobial properties; helps prevent infections, thus improving the rate of healing from scrapes, cuts, abrasions and burns.
- Rich in antioxidants, including flavonoids, carotenoids, glutathione, and quercetin—all known to protect our body from cell damage linked with chronic inflammatory diseases, cognitive decline, liver diseases, and combats the growth and spread of tumours.
- Eases symptoms of menopause such as hot flushes, night sweats, mood changes and sleep disturbances. Studies have found that more than 60% of women felt that their menopausal symptoms improved after consuming bee pollen.
- Lowers LDL cholesterol levels, a leading risk factor for heart disease. Studies show this effect occurs even in patients who do not respond to common cholesterol-lowering drugs and in those with active heart disease.
- Its unsaturated fatty acid content also helps prevent harmful blood clots, improving blood flow around the body and reducing heart disease and stroke risks.
- Boosts blood circulation to the brain, thus strengthening nervous system functions when one is stressed, overworked, or depressed. When bee pollen is taken alongside antidepressants, scientists find that patients can lower their doses and improve their condition in less time. It is also used to help recovering alcoholics alleviate symptoms.

开花植物以花粉为主要繁殖方式。当蜜蜂寻找花蜜来制造蜂蜜时，它们也收集花粉，把它们做成球，然后把它们带回蜂巢，储存在蜂巢里，作为蜂群的食物。

蜜蜂花粉是花粉、花蜜、酶、蜂蜜、蜂蜡和蜜蜂分泌物的混合物。它营养丰富，含有250多种物质，包括维生素、氨基酸、必需脂肪酸、酶、微量营养素和抗氧化剂。您可以把蜜蜂花粉加到酸乳酪、燕麦片和冰沙等食物中，也可以单独食用。

蜜蜂花粉有很多显著的健康益处。它具有抗真菌、抗菌、抗病毒、抗炎和保肝作用，带抗癌免疫刺激特性，又可用作局部镇痛药，也有关于其清除自由基能力的报道。事实上，德国联邦卫生部将蜂花粉视为一种药物。

### 蜜蜂花粉的健康益处:

- 提高营养利用率，促进新陈代谢，延年益寿。
- 提高能量水平，但低卡路里。
- 提供额外的免疫支持，对抗感染和疾病。
- 已证明具有抗菌性能。研究发现，蜜蜂花粉可以杀死潜在的有害细菌，如大肠杆菌、沙门氏菌、铜绿假单胞菌，以及那些导致葡萄球菌感染的细菌。
- 表现了抗菌性：有助于预防感染，从而提高刮伤、割伤、擦伤和烧伤的愈合速度。
- 富含抗氧化剂，包括类黄酮、类胡萝卜素、谷胱甘肽和槲皮素，能保护我们的身体免受细胞损伤。细胞损伤与慢性炎症疾病、认知能力下降、肝病有关。蜜蜂花粉还能抑制肿瘤的生长和扩散。
- 缓解更年期症状，如潮热、盗汗、情绪变化和睡眠障碍。研究发现，超过60%的女性在食用蜜蜂花粉后，绝经期症状有所改善。
- 低密度脂蛋白是心脏的一个主要危险因素。蜜蜂花粉可以帮助降低低密度脂蛋白胆固醇水平。研究表明，这一效应甚至对普通降胆固醇药物没有反应的患者和那些患有活动性心脏病的患者身上也有体现。
- 所含的不饱和脂肪酸还有助于防止有害的血凝块，改善体内血液流动，降低心脏病和中风的风险。
- 促进血液循环到大脑，从而加强神经系统的功能，特别是当一个人压力大，过度劳累或抑郁的时候。科学家发现，当蜜蜂花粉和抗抑郁药一起服用时，患者可以降低剂量，并在更短的时间内改善病情。它还可以帮助戒酒者缓解症状。



# IS YOUR LAUNDRY DETERGENT HARMFUL TO YOUR HEALTH?

## 您的洗衣剂对 健康有害吗？



Every day, we wear and wash clothing but most of us do not look into the laundry detergents that we are using. Did you know that most commercial laundry detergents contain ingredients that are harmful to your health?

Some of the most common chemicals used in laundry detergents include:

1. **SLS**
2. **Formaldehyde**
3. **Chlorine bleach**
4. **Optical brighteners**
5. **Dioxane**
6. **Benzyl acetate**
7. **Benzene**
8. **Parabens**
9. **Ammonium sulfate**
10. **Ethylene oxide**

Each of these harmful chemicals can negatively affect our health, especially when we are exposed to them every day as we wear clothes washed in them! Frequent exposures to harmful chemicals can aggravate the skin, eyes, or lungs, and promote inflammation in the body thus contributing towards long-term chronic illnesses.

What is the alternative? Easy! Use a laundry detergent that cleans clothes effectively WITHOUT these harmful chemicals!

我们每天都在重复着洗衣和穿衣。但是，我们大多数人都没深入了解自己使用着的洗衣剂。您是否知道，其实大部分的商业洗衣剂都含有对身体健康有害的成分？

洗衣剂内最常见的化学物质包括：

1. **月桂基硫酸钠**
2. **甲醛**
3. **氯漂白剂**
4. **荧光增白剂**
5. **二恶烷**
6. **乙酸苄酯**
7. **苯**
8. **对羟基苯甲酸酯**
9. **硫酸铵**
10. **环氧乙烷**

这些化学物质都会对我们的健康产生负面影响，尤其是当我们每天穿着用这些洗衣剂洗过的衣服！频繁接触这些有害化学物质会刺激皮肤、眼睛或肺部，也会引发体内炎症，从而导致长期的慢性疾病。

那我们有什么选择呢？很简单！那就是使用不含有这些有害化学物质的洗衣剂来清洗衣服！



# Introducing **ASSURE** **LIQUID LAUNDRY DETERGENT**

## 隆重推出 爱洁浓缩洗衣液

### LAUNDRY YOUR CLOTHING WITH PEACE OF MIND

Free from all the harmful chemicals previously mentioned, artificial colouring, petroleum, mineral oil, alcohol – **Assure Liquid Laundry Detergent** provides you with a healthy alternative for your daily laundry needs!

### SAFE FOR YOUR CLOTHES & YOUR SKIN

**Assure Liquid Laundry Detergent** is a hypoallergenic formulation made with plant-based cleaning agents that are safe and environmentally-friendly. It comes in a fresh floral fragrance and contains natural pine essential oil, which helps to disinfect laundry and is known to have an uplifting and invigorating effect.

### HIGH EFFICIENCY, NO RESIDUE

**Assure Liquid Laundry Detergent** uses a non-ionic surfactant, which is low-sudsing, making it suitable for all types of washing machines including newer, high-efficiency models. It leaves no residue, and is gentler to the skin compared to ionic surfactants. **Assure Liquid Laundry Detergent** cleans and freshens laundry effectively and is ultra-concentrated and economical for daily use!

Get a bottle of **Assure Liquid Laundry Detergent** for your home today!

Please see back cover for an exclusive offer on Assure Liquid Laundry Detergent.

### 安心洗衣

**爱洁浓缩洗衣液**不含所有前面提到的有害成分，也不含人造色素、凡士林、矿物油、酒精，是您日常洗衣所需的一个更健康、更安全的选择。

### 对衣物和皮肤更温和、安全

**爱洁浓缩洗衣液**是一个低过敏性配方的植物性清洁剂，既安全又环保。它带有清新的花香，含天然松木精油，可以帮助消毒衣物。众所周知，松木精油也有提神的效用。

### 高效、无残留

**爱洁浓缩洗衣液**使用一种非离子型表面活性剂，它是低泡沫的，适用于所有类型的洗衣机包括最新款、最高效的型号。它不会留下任何残留物，比起离子型表面活性剂，对皮肤更温和。**爱洁浓缩洗衣液**能有效地清洁衣物。超浓缩且经济实惠适于日常使用！

今天就带瓶**爱洁浓缩洗衣液**回家吧！

请参阅封底以获得更多有关**爱洁浓缩洗衣液**发布促销的相关细节。

# Mini-Detox

## 迷你排毒



Have you been feeling stressed out and easily tired lately? Have you been falling sick more often than usual or are you starting to feel less energetic than you normally are? Maybe it is time to embark on **NewLife™'s Detoxification & Rejuvenation Programme (DRP)**. If you can't find the time or lack determination to commit to a full detox, a mini-detox would be your next answer!

### What Is a Mini-Detox?

The symptoms mentioned above are just some of the signs your body may be undernourished and that your inbuilt detoxifying organs may not be working as effectively as they should be.

How can we be undernourished in this time and age? Ironically, despite abundant food supply, the "well fed, but undernourished" phenomenon is highly prevalent throughout the world. Several factors are responsible for this, including a high intake of processed foods that are high in calories but low in nutrients, and declining nutrient density in foods due to the diminishing levels of nutrients in our soil as the result of the industrialization of agriculture and farming. Thus, you may be eating "well", but may still lack some essential nutrients in your diet.

At the same time, we are constantly assaulted by toxins from both internal and external sources. Although our body has its own natural way of eliminating toxins through the liver, kidneys, digestive system, skin and lungs, these detoxifying organs can become sluggish over time when they are overworked. Over time, they may fail to effectively eliminate metabolic waste and toxins build up in our body.

Nutritional deficiencies and accumulation of toxins and metabolic wastes in our bodies are the two root causes of poor health and many chronic and degenerative diseases.

For those of us who live a very active lifestyle, we may at times neglect prioritizing our health. Weeks, months and years fly by and before we know it, we are struggling with health conditions that we never thought we would have!

Whilst there is no such thing as a one-day miracle fix for overindulging, doing a mini-detox regularly, every 3-4 months, is also a great way to hit the "reset" button for both the body and the mind. A mini-detox is a good option for those that are unable to commit to the full DRP.

**NewLife™ Mini-Detox** is designed to help you with clean eating, replenish your body with essential nutrients, and cleanse your body with detoxifying herbs and coffee enemas (optional).

During a mini-detox, it can also be a time to step away from social media or work to "detox" your mind and refocus on your long-term goals.

最近是否感到压力大，容易疲劳？是否比平时更常生病？或者开始感到比平时更缺乏活力？也许是时候开始进行**新生命的排毒与复健计划(DRP)**了。如果您觉得抽不出时间或缺乏决心来做DRP彻底排毒，迷你排毒将是您的下一个答案！

### 什么是迷你排毒？

以上提到的症状只是您的身体所释放的信号，提醒您可能有营养不良，或者是您的排毒器官可能没有发挥应有的作用有效工作。

在这个时代，我们怎么还会营养不良呢？这确实很讽刺。尽管食物供应充足，但营养不良的现象在世界各地非常普遍。造成这现象的原因有几个，包括大量摄入高热量但低营养的加工食品、农业实践工业化的负面影响、土壤中的营养物质水平下降，导致食物中的营养物质密度下降。因此，您可能吃得“很好”，但身体仍可能缺乏一些必要的营养物质。

与此同时，我们不断受到来自内部和外部的毒素的攻击。虽然我们的身体通过肝脏、肾脏、消化系统、皮肤和肺部有自己的自然排毒方式，但是如果这些排毒器官经常超负荷工作，过了一段时间之后它们可能会变得迟缓，无法有效地排除我们体内积累的代谢废物和毒素。

以上两个状况，营养不足和体内毒素及代谢废物的积累，是健康不良和许多慢性和退化性疾病的根源。

对于我们这些忙碌人而言，我们有时可能会忽视健康的重要性。几周、几个月、几年一眨眼过去了，在我们意识到之前，我们已经在与从未想过会有的疾病斗争！

如果长期放纵自己，就不能指望一天就奇迹般地修复。话虽如此，每3-4个月定期做一次迷你排毒，仍然是一个重新调节身心灵的好方法。对于那些不能完成全套DRP的人来说，迷你排毒是下一个明智的决定！

**新生命迷你排毒程序**旨在帮助您净化饮食，补充身体必要的营养，使用排毒药草和咖啡灌肠法来清除体内的毒素。

在迷你排毒期间，也可以考虑做精神排毒，暂时远离社交媒体平台或工作需求，重新调整计划长期目标。

# How to do a Mini-Detox?

Here is a step-by-step guide!

## STEP 1 – EAT CLEAN

We suggest the following clean eating during the mini-detox that will help your body to rest, repair and rejuvenate from the inside out.

Here are five tips to help set your diet and health back on the right track:

- Eat fresh, real and whole foods that provide maximal nutritional benefits. Your meals in a day should look like this:
  - ✓ Consume 60-70% fruit and vegetables at each meal.
  - ✓ Drink 3-4 glasses of cold-pressed, fresh fruit and vegetable juice.
  - ✓ Reduce meat intake and eat lean proteins such as wild-caught sea fish and free-range eggs.
  - ✓ Take healthy fats from nuts, seeds, extra virgin coconut oil and flax seed oil.
- Stay away from refined carbohydrates, such as breads, cereals, pasta, white rice, or any versions of them.
- Avoid all dairy except for homemade plain yoghurt.
- No packaged or processed foods (even the “healthy” versions).
- Keep well hydrated with distilled water.

You will be surprised by how amazing you will look and feel by doing the above for just a few days.

If you need some recipes of meals or snacks that you can enjoy during your mini-detox, make sure to check out our recipe book **Food That Feeds!** It also contains juices and smoothies recipes that you can enjoy every day, not just during your mini-detox.



## 如何进行迷你排毒？

以下一步一步教您如何进行！

### 步骤一：净化饮食

在迷你排毒期间，我们建议以下的清洁饮食，这将帮助您的身体由内而外彻底地休息、修复和再生。

这里有五个建议可帮助将您的饮食和健康重新回到正确的轨道上：

- 吃新鲜的，真正的和天然的食物，以提供身体最大的营养价值。一日三餐应该像这样：
  - ✓ 水果和蔬菜占每餐的60-70%。
  - ✓ 喝3-4杯冷榨新鲜蔬果汁。
  - ✓ 减少肉类，食用精益卵白质，如野生捕捞的海鱼和放养的鸡蛋。
  - ✓ 从坚果、种子、特级初榨椰子油和亚麻籽油中摄取健康脂肪。
- 远离精制碳水化合物，如面包，谷物，意大利面，白米，或任何它们的版本。
- 避免所有的乳制品，除了自制的原味酸乳酪。
- 不吃包装食品或加工食品（即使是“健康”版）。
- 喝蒸馏水，保持水分充足。

按照上述的建议只要做上几天，您就会发现自己不仅看起来更好，感觉也很棒。

在迷你排毒期间，如果想要一些美味可口的食物或小吃，一定要参考我们的食谱书《吃出健康》！这本书还分享了许多每天都能享用的果汁和冰沙食谱。





## STEP 2 – REPLENISH YOUR BODY WITH 6 ESSENTIALS

**NewLife™ Mini-Detox Pack** is designed to fill nutritional gaps that cannot be met through our normal, daily diets. Each item helps to meet a certain nutritional need and support a variety of important functions within the body.

### Herbal Klenz Powder

- Provides your body with dietary fibre and detoxifying herbs, to cleanse the small and large intestines of encrustations caused by a diet of refined carbohydrates/foods.
- Prevents constipation and promotes healthy bowel movement.
- Removes heavy metals, parasites and toxins from the digestive system.
- Helps to stabilize blood sugar and control cholesterol levels.

### Immuflora®

- Replenishes friendly bacteria needed for a healthy gastrointestinal system.
- Made with a technological breakthrough that allows the friendly bacteria to survive stomach acid and emerge intact in the intestines.
- Contains 10 billion Bifidobacterium longum and 1 billion Lactobacillus acidophilus, which are probiotics, and 200g Fructo-Oligosaccharides (FOS), a prebiotic.
- Delicious and easy for all ages to consume.

### K-Salt

- Restores electrolyte imbalance caused by an overconsumption of salt (sodium) in our daily diet.
- Healthy, plant-based source of natural potassium.
- Particularly important for those with hypertension.

### Super Green Food ++

- Rich in phytonutrients which feed cells, tissues and organs.
- A blend of 27 different super greens, super foods and antioxidants.
- Cold extracted to preserve nutritional quality.
- Helps to fill nutritional gaps caused by our daily diet.

### Omega Gold Flaxseed Oil

- Supplies the body with essential Omega-3 fatty acids.
- Helps in the prevention of many chronic illnesses.
- Promotes cardiovascular health.
- Reduces inflammation in the body.
- Cold-pressed from organically-grown golden flaxseeds to preserve taste and nutritional quality.

### Liverin

- With 80% Silymarin, Liverin is a potent blend of herbs - Milk Thistle Extract, Dandelion, Artichoke Extract, Burdock and Celery Extract.
- Detoxifies, protects and promotes the health of the liver and kidney.
- Powerful antioxidant and anti-inflammatory effects.

## 步骤二： 用六大要素补充身体所需

**新生命迷你排毒**旨在填补我们日常饮食无法弥补的营养缺口。每一件产品都有助于填补一定的营养需求，支持身体的各种重要功能。

### 天然净化物

- 为身体提供膳食纤维和排毒草本植物，清洁因食用精制碳水化合物和食物而造成长时间形成在小肠和大肠内的沉积物。
- 预防便秘，促进健康排便。
- 清除消化系统中的重金属、寄生虫和毒素。
- 有助于稳定血糖和控制胆固醇水平。

### 免疫激菌植

- 补充有益菌，建立一个健康的胃肠道系统。
- 通过一项技术上的突破，这种有益菌可以在胃酸中存活，并完整地进入肠道。
- 含100亿长双歧杆菌和10亿嗜酸乳杆菌(益生菌)和200克低聚果糖(益生元)。
- 美味可口，老少皆宜。

### 新生命钾质

- 恢复因日常饮食中过量摄入盐(钠)而导致的电解质失衡。
- 是健康，植物来源的天然钾。
- 对高血压患者尤其重要。

### 特超绿食品

- 富含滋养细胞、组织和器官的植物营养素。
- 27种不同的超级蔬菜，超级食物和抗氧化剂的混合。
- 冷提取，以保持营养品质。
- 有助于填补由日常饮食所致的营养缺口。

### 奥美加黄金亚麻籽油

- 为身体提供必需的奥美加3脂肪酸。
- 有助于预防许多慢性疾病。
- 促进心血管健康。
- 减少体内炎症。
- 采用有机认证的黄金亚麻种子进行冷榨，以保持口感和营养品质。

### 肝脏宝

- 强有力的护肝草药配方—80%水飞蓟素，混合牛奶蓟提取物，蒲公英，朝鲜蓟提取物，牛蒡和芹菜提取物。
- 排毒、保护和促进肝脏和肾脏的健康。
- 具有强大的抗氧化和抗炎作用。

## STEP 3 – ENHANCE DETOXIFICATION WITH COFFEE ENEMAS

Coffee enemas are used to cleanse the liver and the blood. It does so by doing three things:

1. The palmitic acid salts in coffee stimulate the product of Glutathione-S-Transferase (GST) in the liver by up to 700%. GST, found in almost every cell in the body, is an antioxidant that combats inflammation and is valued for its role in detoxifying the liver by binding to chemicals, toxins and heavy metals, making them water-soluble so that they can be passed out. It also acts as a "master antioxidant" that supports the function of other antioxidants in the body.
2. When caffeine is removed from the bloodstream by the liver, it dilates the bile duct, facilitating an increase in bile flow that helps to detoxify the liver.
3. The coffee solution promotes intestinal peristalsis and the transit of the toxic bile together with the toxins from the blood, from the duodenum, and out of the rectum.

In addition to detoxifying the liver and the blood, coffee enema also:

- Strengthens the immune system
- Improves liver health
- Combats free radical damage and reduces inflammation
- Provides relief from pain and other inflammatory symptoms
- Has anti-aging effects

Coffee enemas should not be used on their own and should be done together with NewLife™ health programmes or with other nutritional supplements, juices, etc.

## STEP 4 – MANAGE YOUR STRESS & SLEEP

Aside from diet and nutrition, other factors such as stress and sleep also play crucial roles in our health and well-being. A mini-detox is a great opportunity to prioritize healthy stress management and make sure that we get at least 7-8 hours of sleep every night.

Stress management can come in the form of taking a few minutes every morning before you start your day to read, pray, meditate, or align your goals for the day. Setting aside time to exercise and to fully disconnect from work and social media may also help.

Setting a fixed bedtime is important for having good quality and sufficient sleep. This also means that we need to exercise self-control with things like watching TV or surfing the net before bed. You should avoid eating heavy meals within 1 hour of bedtime. If you happen to have a late dinner, what could help is taking half a teaspoon of **N.Zimes PA Plus™** after dinner to support digestion before bedtime.

If you are getting too hungry before sleep, what might help is having a small bowl of yoghurt with a tablespoon of **Omega Gold Flaxseed Oil**. This will keep your stomach from growling as you try to sleep. Yoghurt is very easy to digest and will not stress your digestive system while the rest of your body rests. Besides, yoghurt contains sleep-inducing properties such as tryptophan, serotonin, melatonin, magnesium and calcium.

We recommend taking 1-2 tablets of **C Complex (1000mg)**, 1-2 tablets of **B Complex**, and 1 tablet of **Niacin** before bed. They support the body's healing processes during sleep and help you wake up fresh in the morning.

If you have any healthy stress management tips or pre-bedtime routines, please share them with us by tagging us at @newlifetotalhealth on Instagram!

## 步骤三：用咖啡灌肠增强排毒作用

咖啡灌肠的目的是净化我们的肝脏和血液。它通过做三件事来达到这个目的：

1. 咖啡中的棕榈酸盐刺激肝脏中谷胱甘肽-S-转移酶(GST)的生产高达700%。GST几乎存在于人体内的每一个细胞中，是一种抗氧化剂，可以对抗炎症，它通过与化学物质、毒素和重金属结合，使它们溶于水，从而排出肝脏，在肝脏排毒中发挥重要作用。它也是一种主要的抗氧化剂，支持身体中其他抗氧化剂的功能。
2. 当咖啡因被肝脏从血液中移除时，它会扩张胆管，促进胆汁流量的增加，从而帮助肝脏解毒。
3. 咖啡溶液促进了肠道的蠕动和有毒胆汁以及来自血液、十二指肠和直肠的毒素的运输。

除肝血解毒外，咖啡灌肠也可：

- 增强免疫系统
- 改善肝脏的健康
- 减轻炎症和自由基的损害
- 缓解疼痛和其他炎症症状
- 具有抗老化效果

咖啡灌肠不能单独使用，应该与新生命的健康计划或营养补充品、和果汁等一起配合。



## 步骤四：管理压力和睡眠

除了饮食和营养之外，压力和睡眠等其他因素对我们的健康也起着重要作用。迷你排毒是一个很好的机会来优先考虑健康的压力管理，并确保我们每晚至少有7-8小时的睡眠。

压力管理可以通过每天早上开始一天的工作前花几分钟阅读、祈祷、冥想或调整一天的目标来实现。留出时间运动，完全脱离工作和社交媒体也会有帮助。

设定固定的睡觉时间对于获得高质量和充足的睡眠很重要。这也意味着我们需要在睡觉前通过看电视或上网来锻炼自我控制能力。还有，避免在睡前1小时内进食。如果碰巧晚饭吃得很晚，那么在晚饭后服用半茶匙的**新生命胰酶(植物)添加素**来帮助睡前消化。

如果在睡觉前太饿了，吃一小碗加了一汤匙**奥美加黄金亚麻籽油的酸乳酪**可能会有帮助。这样可以避免睡觉时肚子咕咕叫。酸乳酪很容易消化，在身体休息的时候不会给消化系统带来压力。此外，酸乳酪还含有促进睡眠的成分，如色氨酸、血清素、褪黑素、镁和钙。

此外，建议睡前服用**新生命维他命C综合丸(1000毫克)**1-2片，**维他命B综合丸**1-2片，**烟碱酸(维生素B3)**1片。在睡眠中它们支持身体的愈合过程，并帮助您在早晨醒来时精神焕发。

如果您有任何健康的压力管理技巧或睡前习惯，请在Instagram上加我们@newlifetotalhealth分享！

# Juice Recipes for Your Mini-Detox!

## 迷你排毒蔬果汁配方!

### NewLife™'s Favourite with a Twist

Serves 2

Juice:

- 2 carrots
- 1 green apple
- 1 cup pineapple (chunks)
- 1 tsp of fresh ginger juice

### Green Magic

Serves 2

Juice:

- 2 bunches of kailan, kale or romaine lettuce
- 1 cup pineapple (chunks)
- 2 calamansi (squeezed)
- 1 stalk fresh lemongrass

### 新生命最爱加小惊喜

2份

把所有配料榨成汁:

- 2根胡萝卜
- 1个青苹果
- 1杯凤梨(块)
- 1茶匙鲜姜汁

### 神奇绿汁

2份

把所有配料榨成汁:

- 2束芥兰或羽衣甘蓝或长叶莴苣
- 1杯凤梨(块)
- 2粒酸柑(压榨)
- 1茎新鲜香茅



## Why Fresh Juices?

Fresh fruit and vegetable juices provide the body with the most nutritious "fast food"! They are rich in vitamins, minerals, electrolytes, enzymes, antioxidants, fibre and many other essential nutrients. Juices are also a more convenient and easier way to consume raw vegetables and fruit throughout your day.

Juices should be extracted with a stonemill-like, cold-press method at low-speed in order to preserve their quality and nutrients! High speed, centrifugal or cutting juicers introduce too much air and heat into the juice, which increase oxidation and decrease the quality of the juice.

Enjoy the best quality, cold-press juices with **NewLife™'s Alpha Juicer!** This international award-winning, 3-stage single auger stone mill-like juicer operates quietly at 63-75 rotations per minute and is able to extract more nutrients out of fruits and vegetables, including wheatgrass! In addition to its superb juicing abilities, the **Alpha Juicer** is also a grinder, mincer, food mill, noodle maker and more, giving you more bang for your buck!

For more information on the **Alpha Juicer**, head over to [www.newlife.my!](http://www.newlife.my!)

## 为什么要喝新鲜蔬果汁?

新鲜蔬果汁为身体提供了最有营养的快餐!它们富含维生素、矿物质、电解质、酶、抗氧化剂、纤维和许多其他必需营养素。蔬果汁也是一种更方便、更简单的方式,让您可以在一整天中食用生蔬菜和水果。

蔬果汁应该用像石磨一样的冷榨法低速提取,以保持其质量和营养!高速、离心或切断榨汁机引入太多的空气和热量到蔬果汁,这增加了氧化和降低蔬果汁的质量。

使用**新生命奥发绿汁机**,享受最好质量的冷榨蔬果汁!这款曾获国际奖项的三级单螺杆石磨榨汁机,以每分钟63-75转的速度安静运行,能够从水果和蔬菜(甚至是麦草)中提取更多的营养物质!除了其卓越的榨汁能力,**奥发绿汁机**也能够研磨、绞肉、做面条和更多,绝对让您物超所值!

想了解更多关于**奥发绿汁机**的信息,请登录[www.newlife.my!](http://www.newlife.my!)





# 2 FUN WAYS TO INCLUDE MANUKA HONEY IN YOUR DAY

## 两种有趣的方式让马努加蜂蜜成为您生活中的一部分

Produced from the native Manuka bush in the Bay of Plenty region in New Zealand, **NewLife™'s Raw Manuka Honey** is a must-have in every home! Raw manuka honey offers a variety of health benefits. It promotes oral health, soothes sore throats, prevents gastric ulcers, improves digestive health, and treats skin conditions such as acne. It is also rich in vitamins, minerals, live enzymes, electrolytes and many other nutrients.

Raw manuka honey is particularly well-known for its potent antibacterial properties and can be used to help treat stomach ulcers caused by the helicobacter pylori (a.k.a. h. pylori) bacteria, which is also one of the causes of stomach cancer.

Here are two fun ways to include manuka honey in your day!



来自新西兰富饶湾地区，**新生命马努加蜂蜜**是每个家庭的必备品！马努加蜂蜜有多种健康益处。它促进口腔健康、缓解喉咙痛、预防胃溃疡、改善消化健康、治疗青春痘等皮肤问题。它还富含维生素、矿物质、活酶、电解质和许多其他营养物质。

马努加蜂蜜因其强大的抗菌特性而闻名，可以用来治疗幽门菌引起的胃溃疡，而幽门菌也是导致胃癌的原因之一。

这里有两种有趣的方式让马努加蜂蜜成为您生活中的一部分：

### THROAT LOZENGES

Great for sore throats or simply as a healthy snack.

#### Ingredients:

- 2 teabags of **NewLife™ VitaTea**
- 2 tbsp/30g powdered gelatine
- 3 tbsp **NewLife™ Raw Manuka Honey**



#### Directions:

- Bring 1 cup (250ml) of distilled water to boil, remove from heat, and steep the two teabags of **VitaTea** for 5-10 minutes.
- Remove tea bags, return to low heat, and add the gelatine.
- Stir until gelatine is dissolved and remove from heat.
- Allow to cool slightly, then mix in the **Raw Manuka Honey**.
- Immediately pour into silicone moulds.
- Use a spoon to remove any extra foam from the top, then put it in the fridge to set.
- When firm, remove from the moulds and store in the refrigerator for up to 7 days.

### 润喉糖

对治疗喉咙痛很有效，或者把它当成一种健康零食吃。

#### 材料:

- 2袋**新生命维达健康茶**
- 2汤匙/30克明胶粉
- 3汤匙**新生命马努加蜂蜜**

#### 做法:

- 煮沸1杯(250毫升)蒸馏水，熄火，将两袋**维达健康茶**浸泡5-10分钟。
- 取出茶包，回炉小火煮，加入明胶粉。
- 搅拌至明胶溶解，熄火。
- 稍微冷却一下，加入**马努加蜂蜜**。
- 立即倒入硅胶模具中。
- 用勺子把顶部多余的泡沫去掉，然后放在冰箱里凝固。
- 凝固后，从模具中取出，在冰箱中可保存7天。

### ANTIBACTERIAL FACE MASK

Fantastic for skin conditions such as acne.

#### Ingredients:

- 1 tbsp plain yoghurt
- 1 tsp **NewLife™ Raw Manuka Honey**
- ½ tsp **NewLife™ Spirulina Powder**
- 1-2 drops **NewLife™ Wonda Oil**

#### Directions:

- Combine all ingredients in a bowl and mix until creamy.
- Apply to skin and leave for 15-20 mins.
- Rinse well with warm water.

### 抗菌面膜

对青春痘等皮肤问题非常有效。

#### 材料:

- 1汤匙原味酸乳酪
- 1茶匙**新生命马努加蜂蜜**
- 半茶匙**新生命螺旋藻粉**
- 1-2滴**新生命万宝油**

#### 做法:

- 将所有材料放入碗中，搅拌至奶油状。
- 涂抹于皮肤上，静置15-20分钟。
- 用温水冲洗面部。



**NewLife™ Raw Manuka Honey** can also be used in salad dressings, drinks, overnight oats, wound dressings and many other ways!

Have fun and enjoy the benefits (and exquisite taste) of **NewLife™ Raw Manuka Honey**!

If you have tried these recipes or have used our **Raw Manuka Honey** in your own creative way, please tag us on Instagram at @newlifetotalhealth.

**新生命马努加蜂蜜**还可以用于沙拉酱，饮料，隔夜燕麦，伤口敷料和许多其他方式！

享受**新生命马努加蜂蜜**带来的乐趣和美味！

如果您尝试过这些配方或以您自己的创意方式使用过我们的**马努加蜂蜜**，请在Instagram @newlifetotalhealth上标记我们分享。

# JULY | 7月 2021

MON		05	12	19	26
TUE		06	13	20 Hari Raya Haji (All offices closed)	27
WED		07	14	21	28
THU	01	08	15	22 Sarawak Day (Kuching office closed)	29
FRI	02	09	16	23	30
SAT	03 SG 新加坡 2.00pm - 3.30pm Liver & Gallbladder Stones Flush 肝胆结石自然排石法 by Lydia Ling (Silver Manager)	10 SG 新加坡 2.00pm - 3.30pm Prevention & Management of Diabetes 预防及管理糖尿病 by Lisa Sofiar	17 SG 新加坡 2.00pm - 3.30pm Food That Feeds 吃出健康 by Susie Moi (Manager) & Team	24 SG 新加坡 2.00pm - 3.30pm Clean & Build (Chinese) 排毒与健体 (华语) by Sim Bee Hong (Manager)	31 SG 新加坡 2.00pm - 3.30pm Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 by Manager Team
SUN	04	11	18	25	

# AUGUST | 8月 2021

MON	30	02	09 National Day of Singapore (SG office closed)	16	23
TUE	31 National Day of Malaysia (All Malaysia offices closed)	03	10 Awal Muharram (All Malaysia offices closed)	17	24
WED		04	11	18	25
THU		05	12	19	26
FRI		06	13	20	27
SAT		07 SG 新加坡 2.00 <sup>pm</sup> - 3.30 <sup>pm</sup> Gut Health, Gut Food 肠道健康与肠道食物 by Young Hoon	14 SG 新加坡 2.00 <sup>pm</sup> - 3.30 <sup>pm</sup> Water Can Undermine Your Health (Chinese) 水质可暗中损害 您的健康 (华语) by Sim Bee Hong (Manager)	21 SG 新加坡 2.00 <sup>pm</sup> - 3.30 <sup>pm</sup> Intermittent Fasting for Health 健康间歇性禁食 by Joyce Chua	28 SG 新加坡 2.00 <sup>pm</sup> - 3.30 <sup>pm</sup> Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 by Manager Team
SUN	01	08	15	22	29

# CLEAN AND FRESHEN WITH PEACE OF MIND!

# 干净，清新，安心！

## NEWLIFE™ ASSURE LIQUID LAUNDRY DETERGENT

### 新生命爱洁 浓缩洗衣液

### LAUNCH PROMO 新产品发布促销

# 5% OFF 折扣

Region 区域	Retail Price Per Unit 零售单价	QTY 数量	IBO Price Per Unit 独立传销商单价	Unit BV 单位花红	Unit PV 单位分数
WEST MALAYSIA	RM48.80	1	RM39.00	30	15
		2	RM37.80		
		24	RM36.50		
EAST MALAYSIA	RM51.20	1	RM40.95	30	15
		2	RM39.70		
		24	RM38.30		
SINGAPORE	S\$19.90	1	S\$15.90	12	9
HONG KONG	HKD111.00	1	HKD89.00	67	12

Prices shown are before discount. 所列价格未打折扣。

#### Terms & Conditions:

1. Promotion period: 1<sup>st</sup> July to 31<sup>st</sup> August 2021, or while stocks last.
2. Promotional item carries full BV/PV
3. Not valid with any other concurrent promotions, APP or Quantity Discount.
4. No goods return or exchange allowed.
5. Other terms & conditions apply.
6. NewLife™ International reserves the right to change or amend the terms & conditions without prior notice.

#### 条规与细则:

1. 促销活动期: 2021年7月1日至8月31日, 或存货售完为止。
2. 折扣产品带有完整的单位分数和单位花红。
3. 不可配合其他同期间的促销活动, 自动订货计划或数量折扣。
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。

