

LifeLine

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JULY & AUGUST 2024

PP 12933/09/2013 (032866)

COMING SOON! 即将推出!

collasta⁺

beauty & strength from within

康丽达胶原红藻+

由内而外绽放的美和力量

Pg10 第十页

dishPRO

Eco-Friendly Multi-Purpose Cleaner

新生命洗碟专家

环保多用途清洁剂

Pg8 第八页



OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

APRIL & MAY 2024
2024年4月至5月

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CHOW KWEE LEIN

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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 2024

IRENE CHONG CHUAY PENG

MAY 2024

TAN LEE KENG (LILY)

18% ACHIEVERS

APRIL & MAY 2024

CHONG KIM MOI

APRIL 2024

MOI YAN LIN ABIGAIL

WELLNESS INC

CHUA LAY HOON

MAY 2024

SYARIKAT ADIL

TEH CHING YEE

LING YOUNG HOON

15% ACHIEVERS

APRIL & MAY 2024

YEUNG YEE NOG

LIM SIEW CHOO

APRIL 2024

TAN BEE
LING YOUNG HOON

TAN LEE KENG (LILY)

CHUA PHUAY KHOON

MAY 2024

CHEN KIM LING
CHAN SOO TECK PETER
WELLNESS INC

SO SUE YI REGINA
JOY TAN YIN LAN
BRIDGET SHIU FEI KIT

WONG MUI CHOO (KELLY)
MOI YAN LIN ABIGAIL
NG MAY KHUAN (MAY)



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NEWLIFE™ INTERNATIONAL www.newlife.my

MALAYSIA-

TOTAL REACH MARKETING SDN BHD 199201015147 (246650-X) AJL93209

KOTA KINABALU Tel +60 88 246 010 Fax +60 88 246 405 Email kktrm@newlife.com.my

PETALING JAYA Tel +60 3 7877 6500 Fax +60 3 7874 4294 Email info@newlife.com.my

KUCHING Tel +60 82 252 972 Fax +60 82 257 982 Email kuching@newlife.com.my

SINGAPORE-

NEWLIFE INTERNATIONAL (S) PTE LTD (Co.No.200206247Z)

Tel +65 6337 8819 Fax +65 6337 8829 Email info@newlife.com.sg

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Detoxing Microplastics

Imagine tiny plastic particles, smaller than a grain of sand, scattered across the globe. These are microplastics, and they are invading our oceans, rivers and even the air we breathe. They come from broken-down plastic waste and everyday products like cosmetics and clothing. Microplastics pose serious risks to our environment and health, making it crucial for us to tackle this issue head-on.

戒断微塑料

想象一下比沙子还小的微小塑料颗粒，散落在全球各地。这些微塑料，入侵了我们的海洋、河流，甚至我们呼吸的空气。它们来自分解的塑料垃圾和日常用品，如化妆品和合成衣物。微塑料对我们的环境生态和健康构成了严重的威胁，因此我们必须正视解决这个问题。



What Are Microplastics?

Microplastics can be thought of as the glitter of the plastic world: tiny, pervasive, and hard to clean up. They fall into two categories: primary and secondary.

什么是微塑料?

微塑料可以被认为是塑料世界里的闪粉：它们微小、无处不在而且还难以清理。它们分为两类：原生微塑料和次生微塑料。

PRIMARY MICROPLASTICS 原生微塑料

These are intentionally manufactured small plastic particles.
这些是特意制造的小型塑料颗粒。



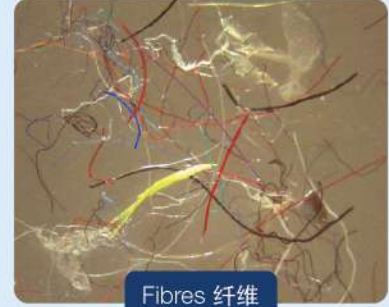
Microbeads 微珠

Found in exfoliating scrubs, toothpaste and cosmetics.
在去角质磨砂膏、牙膏和化妆品中都可找到。



Nurdles 塑料颗粒

Small plastic pellets used as raw material in plastic manufacturing.
在塑料制造中用作原料的小塑料颗粒。



Fibres 纤维

Released from synthetic fabrics like polyester and nylon during washing.
在洗涤的过程中，从聚酯和尼龙等合成织物中释放出来。

SECONDARY MICROPLASTICS 次生微塑料

These are fragments resulting from the breakdown of larger plastic items due to environmental factors such as sunlight, wind and wave action.
这些碎片是由于阳光、风和波浪作用等环境因素导致较大的塑料物品分解而产生的。



Fragments 碎片

From plastic bottles, bags, and packaging.
来自塑料瓶、塑料袋和包装。



Fibres 纤维

Shedding from synthetic textiles during wear and tear.
在合成织物在磨损过程中脱落。



Foam 泡棉

Broken pieces of polystyrene products like styrofoam cups and packaging.
聚苯乙烯泡沫塑料杯和包装等聚苯乙烯产品的碎片。

Implications for Environment and Health

Microplastics are like silent invaders in our ecosystems. In the ocean, they are mistaken for food by marine animals, causing physical harm like blockages in their digestive systems. Scientists from New Zealand and Australia recently detected microplastics in 75% of commercial fish that were caught.

On land, microplastics can infiltrate soil and freshwater sources, impacting terrestrial wildlife and possibly affecting crops. Although scientists are still studying the full extent of microplastics' impact on human health, there is growing concern that they could cause inflammation, disrupt hormones, and even carry harmful bacteria.

While the full impact of microplastics on human health is still under investigation, we have sufficient knowledge about the potential harms they pose to warrant taking precautionary measures. Taking proactive steps to reduce exposure and support our body's natural detoxification processes can have a significant impact.

对环境生态和健康的影响

微塑料像是生态系统的无声入侵者。在海洋中，它们被海洋动物误认为是食物，造成消化系统阻塞等身体伤害。新西兰和澳大利亚的科学家最近在75%的商业捕获鱼类中检测到了微塑料。

在陆地上，微型塑料可以渗入土壤和淡水资源里，然后影响陆地的野生动物，甚至可能影响农作物。虽然科学家们仍在研究微塑料对人类健康的全面影响，但越来越多的人担心它们可能会引起炎症、扰乱激素，甚至携带有害细菌。

虽然微塑料对人类健康的全面影响仍在调查中，但我们对它的潜在危害已经有了足够的了解，必须有所行动。采取积极的措施减少接触微塑料和促进身体排毒，可以带来显著的影响。

Take Steps to Reduce Your Exposure

It is impossible to remove all microplastics from the environment. But some things can be done to reduce exposure. Here are a few tips to get you started:

采取措施降低风险

从环境中清除所有微塑料是不可能的。但是可以采取一些措施来减少接触。这里有一些建议帮助您开始：

Choose seafood wisely:

Avoid fish at the top of the food chain. Good choices are smaller fish, like herring, sardines, halibut and haddock.

明智地选择海鲜：

避免食用食物链顶端的鱼。较小的鱼是不错的选择，比如鲱鱼、沙丁鱼、大比目鱼和黑线鳕。

Use natural products:

Choose cosmetics and personal care products free from microbeads.

使用天然产品：

选择不含微珠的化妆品和个人护理产品。

Opt for natural fabrics:

Wear clothing made from natural fibres like cotton or linen.

选择天然布料：

穿由天然纤维制成的衣服，如棉或亚麻。

Proper waste disposal:

Ensure plastics are disposed of properly and recycled when possible.

适当的废物处理：

确保塑料妥善处理，并在可能的情况下回收。



Strategies for Detoxing Microplastics

Detoxing your body from microplastics is like spring cleaning your home—it is all about removing unwanted substances and supporting your body's natural ability to cleanse itself.

Dr Lynn's Detoxification & Rejuvenation Programme (DRP) is a great way to detoxify your body from microplastics and other accumulated toxins. The DRP supports your body's detoxifying organs and rejuvenates your cells and tissues by supplying the body with a wide array of high-quality nutrients. It is the best way to kickstart your health, rebuild your immune system, and get your body back on track! In addition to the DRP, here are some other lifestyle tips that may be helpful:

Hydration

Drinking plenty of water is essential. Water acts like a natural flush, helping our kidneys filter out toxins and microplastics. Aim to drink at least a glass of water every hour for the first 10 hours upon waking up.

Fibre-rich diet

Eating foods high in fibre, such as fruits, vegetables and whole grains, can help. Fibre works like a scrubbing brush, sweeping through our digestive system and aiding in the elimination of toxins. **Herbal Matrix Powder/Herbal Klenz** is a highly recommended fibre supplement.

Probiotics

Probiotics like lactobacillus and bifidobacterium can help break down chemicals from plastics in our gut. **Immuflora®** contains both of these probiotics in ideal amounts.

清除体内微塑料的策略

让身体排除微塑料就像在家做春季大扫除一样——都是为了清除不需要的物质，支持身体自我清洁的自然能力。

陈林希珠博士的排毒与复健计划(DRP)是一个很好的方法来排除体内的微塑料和其他积累的毒素。DRP支持身体的排毒器官，并通过向身体提供各种高质量的营养来恢复细胞和组织的活力。这是启动健康，重建免疫系统，让身体回到正轨的最好方法！除了DRP，这里还有一些其他有用的生活方式建议：

水合作用

多喝水是必要的。水就像天然的冲水器，帮助我们的肾脏过滤掉毒素和微塑料。在醒来后的前10个小时里，至少每小时喝一杯水。

高纤维饮食

吃富含纤维的食物，如水果、蔬菜和全谷物，会有所帮助。纤维就像一把刷子，横扫我们的消化系统，帮助排除毒素。我们强烈推荐我们的**天然净化粉**，一种纤维补充剂。

益生菌

像乳酸杆菌和双歧杆菌这样的益生菌可以帮助分解我们肠道内塑料中的化学物质。**新生命免疫激活菌植**包含这些益生菌的理想数量。

Antioxidants

Consuming foods rich in antioxidants, like berries, nuts and leafy greens, can protect your cells from damage caused by microplastics. Antioxidants help neutralize harmful chemicals that microplastics might release. **C Complex, CoQ10, Collasta+** and **Super Green Food++** are rich in antioxidants that can reduce the oxidative stress caused by microplastics.

Regular exercise

Exercise boosts your circulation and helps your body eliminate toxins through sweat, the liver and kidneys.

Avoid processed foods

Processed foods can contain additives and chemicals that burden your body's detox systems. Eating whole, unprocessed foods supports your body's natural detoxification.

Reduce plastic use

Minimizing your use of plastics can reduce the number of microplastics you ingest. Use glass or stainless steel containers, and avoid plastic-wrapped foods when possible. If there is a need to use plastic containers to hold water or food, make sure that its contents are not hot when placed in the containers and that they are not exposed to heat.

Distil your water

We learned earlier that increasing water intake is one of the most effective ways to detoxify the body. But make sure the water is not adding to the problem. Drinking distilled water can help to avoid microplastics and other pollutants that may be found in water sources.

抗氧化剂

食用富含抗氧化剂的食物，如浆果、坚果和绿叶蔬菜，可以保护细胞免受微塑料造成的损害。抗氧化剂有助于中和微塑料可能释放的有害化学物质。**新生命维生素C复合物、辅酶Q10、康丽达胶原红藻+和特超绿食品++**都含有丰富的抗氧化剂，可以减少微塑料引起的氧化应激。

有规律的锻炼

运动可以促进血液循环，帮助身体通过汗水、肝脏和肾脏排出毒素。

避免加工食品

加工食品中含有添加剂和化学物质，会增加身体排毒系统的负担。吃天然的、未经加工的食物有助于身体的自然排毒。

减少塑料的使用

尽量减少塑料的使用可以减少摄入的微塑料的数量。使用玻璃或不锈钢容器，尽可能避免塑料包装的食物。如果需要使用塑料容器来盛水或食物，请确保其内容物在放入容器时不滚烫，并确保它们不暴露在高温下。

蒸馏水

我们之前提到，增加水的摄入量是身体排毒最有效的方法之一。但要确保水不会增加问题。饮用蒸馏水有助于避免水源中可能存在的微塑料和其他污染物。



(Malaysia | 马来西亚)

(Singapore | 新加坡)

Actionable Advice

You don't need to overhaul your life overnight to make a difference. Start with small, manageable changes and build from there. Drink an extra glass of water each day, add an extra serving of vegetables to your meals, or choose a reusable water bottle over a disposable one.

By making these proactive choices, you are not only helping to detox your body from microplastics but also contributing to a healthier planet. Remember, every small step counts, and over time, these changes can lead to significant health benefits.

可行的建议

您不需要在一夜之间彻底改变生活。从微小的、可处理的改变开始，从这些基本的改变中一步一步地做起，例如，每天多喝一杯水，多吃一份蔬菜，或者选择可重复使用的水瓶而不是一次性的。

通过做出这些积极的选择，您不仅可以帮助身体排除微塑料，还可以让地球更健康。记住，每一小步都很重要，随着时间的推移，这些改变会带来显著的健康益处。

dishPRO

Eco-Friendly Multi-Purpose Cleaner

SULFATE-FREE | FRAGRANCE-FREE
CONCENTRATED DISHWASHING LIQUID

新生命洗碟专家

环保多用途清洁剂

无硫酸盐 | 无香味 | 浓缩洗碟液

FREE OF | 不含

- ✗ SLS/SLES | 十二烷基硫酸钠、月桂醇聚醚硫酸酯钠
- ✗ Phosphates | 磷酸盐
- ✗ Chlorine | 氯
- ✗ DEA/MEA | 单乙醇胺、二乙醇胺
- ✗ Triclosan | 三氯生
- ✗ Parabens | 防腐剂
- ✗ EDTA | 乙二胺四乙酸
- ✗ Ammonia | 氨
- ✗ Synthetic Dyes | 合成色素
- ✗ Synthetic Fragrance | 合成香精
- ✗ Formaldehyde and Formaldehyde Releasers | 甲醛和甲醛释放剂

NewLife™ dishPRO isn't just another dishwashing liquid—it's a game-changer for conscientious consumers seeking efficiency, sustainability and safety in their cleaning products. With its eco-friendly formula, versatile applications, and family-friendly design, it's time to make the switch to **dishPRO** and embrace a cleaner, greener lifestyle!

新生命洗碟专家不是一般的洗洁精——它带给追求效率、重视可持续性和安全性的消费者一种不同的体验。凭借其环保配方、多功能应用和适合家庭的设计，它让您达到更清洁、更绿色的生活方式！今天就选用**洗碟专家**！



Eco-Friendly Yet Tough on Grime

dishPRO uses biodegradable ingredients that clean effectively without sacrificing the environment.

Versatility Redefined

dishPRO is a multi-purpose cleaner that simplifies your housekeeping routine. From dishes to glass surfaces, floors to cars, and even your beloved pets, dishPRO does it all!

Gentle and Safe for the Whole Family

Busy households often mean everyone lends a hand, including the little ones. With dishPRO, you can involve your family without worry. Our gentle formula ensures safety for delicate skin and the environment.

Uncompromised Ingredient Integrity

Our cutting-edge formula is free from harmful chemicals such as formaldehyde, SLS/SLES, phosphates, chlorine and parabens. We use only superior, safe and effective ingredients that ensure high efficacy and cleaning power with no compromise.

Concentrated Power, Reduced Waste

dishPRO's concentrated formula means efficient cleaning that reduces waste and environmental impact. A little goes a long way, making it very cost-effective.

清洁有效又环保

洗碟专家使用可生物降解的成分，在不牺牲环境的情况下，轻松有效地清除污垢。

用途广泛

洗碟专家是一款可以简化家务活的多用途清洁剂。从餐具到玻璃表面，地板到汽车，甚至是您心爱的宠物，它都能有效地清洁。

温和安全，适合全家使用

忙碌的家庭意味着每个家庭成员都必须帮忙做家务，包括小孩。洗碟专家的温和配方，确保对娇嫩肌肤和环境安全，可放心使用。

不以次充好，不偷工减料

不含有害化学物质，如甲醛、月桂醚硫酸钠十二烷基硫酸钠、磷酸、氯和苯甲酸酯类。我们只采用优质、安全以及有效的成分，以确保高效清洁，在安全上不做妥协。

浓缩，减少浪费

洗碟专家的浓缩配方，每次只需少量即可完成任务，这能减少浪费和环境影响。只需一点点就能发挥高效的清洁作用，绝对经济实惠。

FREE
赠送

NEWLIFE™ DISHPRO LAUNCH SPECIAL

Buy 3 dishPRO and get 1
Hydrogen Peroxide for FREE!

新生命洗碟专家推出优惠

买3瓶洗碟专家送1瓶过氧化氢!



AC190 GREEN CARE SERIES - DISHPRO | 环保系列洗碟专家

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		
WEST MALAYSIA 西马	RM 31.25	RM 25.00	RM 24.00	RM 23.50	22.00	11.00
EAST MALAYSIA 东马	RM 32.20	RM 25.75	RM 24.70	RM 24.20	22.00	11.00
SINGAPORE 新加坡	S\$ 13.15	S\$ 10.50	/	/	8.60	6.45

Terms & Conditions:

- Promotion period: 1 July to 31 August 2024, or while stock lasts.
- Normal price items carry full BV/PV. Free gift carries no BV/PV.
- Not valid with any other concurrent promotions, Quantity Discount or APP.
- No goods return or exchange allowed.
- Other terms & conditions apply.
- NewLife™ reserves the right to change or amend the terms & conditions of the promotion without prior notice.

条规与细则:

- 促销活动期: 2024年7月1日至8月31日, 或存货售完为止。
- 原价出售的产品带有完整的单位花红和单位分数。赠品无单位花红和单位分数。
- 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。
- 不允许退货或交换。
- 附有其他条规与细则。
- 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。

collasta⁺

beauty & strength from within

康丽达胶原红藻+

由内而外的美与力

NEW & IMPROVED FORMULA
新改良配方

- +** Hydrolysed Marine Collagen Peptides
水解海洋胶原蛋白肽
- +** Antioxidant Blend with Astaxanthin
含有虾青素的强力抗氧化混合物
- +** Multivitamins
复合维生素



SKIN REJUVENATION

Collagen is the building block that gives structure and support to connective tissues, including your skin, bones, ligaments, tendons and the cartilage that protects your joints. It makes up 30% of all the protein in the body.

After the age of 25, collagen synthesis in the skin significantly decreases. In addition, external and internal stress, an unhealthy diet, UV damage and insufficient sleep can further affect collagen production. This leads to signs of premature aging such as wrinkles or fine lines, dry skin, eye circles and eye bags, pigmentation and discoloration, or loss of muscle and skin tone. Collagen deficiency also contributes to accelerated bone loss, fatigue and other disorders.

Adding a highly digestible, natural collagen to our diet can help to prevent or offset the effects of aging!

Collasta+ uses premium hydrolysed marine collagen peptides from France. They are composed of type I and III collagen polypeptides with a low molecular weight of 2000 daltons for optimal assimilation. Type I is the kind of collagen found in the skin, hair, nails, bones, tendons, cartilage, connective tissue, and teeth; and type III supports the structure of muscles, organs and arteries within the body. The collagen is sustainably sourced from wild-caught deep-sea fish skin and is regarded as the highest quality of collagen. Extracted by enzymatic hydrolysis, the collagen is soluble in aqueous phase, fully digestible and easily absorbed. This process not only enhances their bio-availability but also allows them to be effectively transported through the bloodstream, reaching the skin and joints.

The Collagen in **Collasta+** 康丽达胶原红藻+所含的胶原蛋白

Low molecular weight with an absorption rate that is **1.5 times** better than bovine collagen.
低分子量，吸收效果比牛胶原蛋白高出**1.5倍**。

Premium **hydrolysed marine collagen peptides** from France.
采用来自法国的优质**水解海洋胶原蛋白肽**。

The most **environmentally responsible** choice.
最**环保**的选择。



恢复皮肤活力

胶原蛋白是构成结缔组织结构和支撑的基石，结缔组织包括皮肤、骨骼、韧带、肌腱和保护关节的软骨。它占体内所有蛋白质的30%。

25岁以后，皮肤中的胶原蛋白合成明显减少。此外，我们的身体不断受到来自外部和内部压力、错误饮食、休息不足、环境污染和紫外线的伤害。这些导致了过早衰老的最初外部迹象，如皱纹/松弛的皮肤、皮肤干燥、眼圈和眼袋、色素沉着和变色、肌肉丧失。胶原蛋白不足也会导致加速骨质流失、疲劳和其他疾病。

摄入足够的易消化天然胶原蛋白，有助于预防和抵消过早衰老的影响！

康丽达胶原红藻+采用来自法国的优质水解海洋胶原蛋白肽。它由I型和III型胶原多肽组成，低分子量（2000道尔顿），有利于被身体有效吸收。I型胶原蛋白存在于皮肤、头发、指甲、骨骼、肌腱、软骨、结缔组织和牙齿中。III型支持体内肌肉、器官和动脉的结构。我们的胶原蛋白来源于野生深海鱼皮，是最高品质的胶原蛋白。经酶水解提取，它可溶于液体，可完全消化，易于吸收。这个过程不仅提高了它们的生物利用度，而且还允许它们通过血液有效地运输，到达皮肤和关节。

Better for skin and hair.
对**皮肤**和**头发**更好。

Sustainably sourced from **wild-caught deep-sea fish skin**—the **highest quality** of collagen.

从**野生捕获**的**深海鱼皮**中提取—是**最高品质**的胶原蛋白。

Primarily type I collagen, which is the most effective in **rebuilding** and **healing** the body.

主要是I型，这是**重建**和**愈合**身体最有效的胶原蛋白。

CELLULAR & TISSUE REGENERATION

Aging begins at the cellular level, where various processes lead to gradual decline and damage. Antioxidants are molecules that counteract oxidative stress and chronic inflammation by neutralizing free radicals which can harm cells and contribute to aging and diseases. They play a pivotal role in rejuvenating cellular and tissue health. Furthermore, antioxidants promote anti-aging effects by preserving cellular function and vitality, thereby slowing down the impact of aging on the skin and other tissues.

细胞和组织再生

衰老过程始于细胞水平，包括各种身体机制，随着时间逐渐衰退和损伤。抗氧化剂通过中和自由基来对抗氧化应激和慢性炎症的分子，因为自由基会造成细胞损伤，从而引发衰老和疾病。它们在恢复细胞和组织健康方面扮演着关键角色。此外，抗氧化剂通过保持细胞功能和活力来促进抗衰老作用，从而减缓衰老对皮肤和其他组织的影响。

Collasta+ ENHANCED Super Antioxidant Blend 康丽达胶原红藻+超级抗氧化剂混合物

Astaxanthin

Sourced from red algae (*Haematococcus pluvialis*), astaxanthin stands out as one of the most potent antioxidants known. Its exceptional capabilities include:

Unmatched Antioxidant Power: Astaxanthin is up to 550 times more potent than vitamin E and 40 times stronger than beta-carotene in neutralizing free radicals without pro-oxidant activity.

Blood-Brain and Retina Barrier Crossover: Unique among antioxidants, astaxanthin can cross both the blood-brain and retina barriers, offering protection against neurodegenerative diseases like Alzheimer's and eye conditions such as macular degeneration.

Comprehensive Health Benefits: It enhances cardiovascular and immune system functions and alleviates joint and muscle pain, including conditions like carpal tunnel syndrome and arthritis.

虾青素

虾青素，提取自红藻(红球藻)，是已知的最有效的抗氧化剂之一。它的特殊功能包括：

超强的抗氧化能力：在中和自由基方面，虾青素比维生素E强550倍，比β-胡萝卜素强40倍，而不具有促氧化活性。

血脑和视网膜屏障交叉：虾青素具有穿透血脑和视网膜屏障的独特能力，将其抗炎抗氧化特性扩展到大脑和眼睛细胞，提供保护，防止神经退行性疾病如阿尔茨海默氏症和眼睛疾病如黄斑变性。

全面健康好处：它能增强心血管和免疫系统功能，同时减轻关节和肌肉疼痛，包括腕管综合症和关节炎等病症。

Lycopene

- Cancer Defence: Prostate, lung, breast
- Heart Health: Lowers cholesterol
- Skin Protection: Shields against UV damage

番茄红素

- 癌症防御: 前列腺癌、肺癌、乳腺癌
- 心脏健康: 降低胆固醇
- 皮肤保护: 防止紫外线伤害

Grape Seed Extract

- Anti-Aging: Enhances collagen
- Protective: Fights viruses and allergens
- Anti-Cancer: Blocks carcinogens

葡萄籽提取物

- 抗衰老: 增强胶原蛋白
- 防护: 对抗病毒和过敏原
- 抗癌: 阻断致癌物

Green Tea

- Cancer Prevention: Potent anti-cancer properties
- Heart Health

绿茶

- 癌症预防: 有效的抗癌特性
- 心脏健康

Tremella

- Cognitive Health
- Anti-Inflammatory
- Skin Hydration
- Collagen Boost
- Immune Support

银耳

- 认知健康
- 抗炎
- 皮肤补水
- 促进胶原蛋白
- 免疫支持

Pine Bark

- Cardiovascular Support: Lowers blood pressure
- Weight Management

松树皮

- 心血管支持: 降低血压
- 体重管理

Marigold Flower

- Anti-Inflammatory
- Skin Health
- Eye Health: Rich in lutein. Protects vision, particularly from age related conditions and exposure to blue light.

万寿菊

- 消炎
- 保持皮肤健康
- 眼部健康: 富含叶黄素。保护视力，特别是那些与年龄和蓝光照射有关的眼部问题。

Mangosteen

- Anti-Inflammatory
- Cancer Inhibition: Blocks carcinogens

山竹果

- 消炎
- 癌症抑制: 阻断致癌物

COMPLETE MULTIVITAMIN SUPPORT

Collasta+ includes a multivitamin complex containing the following vitamins:

Vitamins A, D3, E, and K1 boost immune function, protect against cellular damage, as well as support bone, vision, and blood health. B-complex vitamins are vital for energy production, nerve function, and enhancing the body's defences against infections. Vitamin C is essential for strengthening the immune system and is crucial for collagen synthesis, supporting skin, joint and tissue health.

全面的维生素支持

康丽达胶原红藻+含有多种维生素，包括以下：维生素A, D3, E和K1增强免疫功能，保护细胞免受损伤，促进骨骼，视力和血液健康。复合维生素B对能量产生、神经功能和增强抵抗力至关重要。维生素C是加强免疫系统和胶原蛋白合成的关键，支持皮肤、关节和组织健康。



Benefits | 产品效益

Collasta+, the ultimate anti-aging complex, is engineered for optimum health and beauty to provide you with the following benefits:

- ✓ Skin rejuvenation & anti-aging
- ✓ Stronger joints & improved connective tissues
- ✓ Cellular regeneration, wound healing, and injury recovery
- ✓ Eye & brain health protection
- ✓ Immune system boosting
- ✓ Cardiovascular health enhancement
- ✓ Increased physical energy and vitality
- ✓ Improved hair and nail health
- ✓ Antioxidant support for overall wellness
- ✓ Complete multi-vitamin support
- ✓ Digestive health enhancement with a probiotic blend
- ✓ Naturally sweetened with no added sugar

康丽达胶原红藻+，抗衰老的终极配方，为您带来健康和美丽，提供以下益处：

- ✓ 嫩肤抗衰老
- ✓ 强健关节和改善结缔组织
- ✓ 细胞再生，伤口愈合和损伤恢复
- ✓ 眼睛和大脑的健康保护
- ✓ 增强免疫系统
- ✓ 增进心血管健康
- ✓ 增加体力和活力
- ✓ 改善头发和指甲健康
- ✓ 抗氧化剂支持整体健康
- ✓ 全面的维生素支持
- ✓ 使用益生菌混合物增强消化系统健康
- ✓ 天然甜味，不添加糖



Easy-mix powder
没有添加剂



No preservatives
没有防腐剂



No additives
没有添加剂



Gluten-Free
无乳糖



Dairy-Free
不含乳制品



GMO-Free
无转基因无麸质



Low GI
低血糖指数



Why is Collasta+ in a powder form instead of a ready-to-drink beverage?

Liquid form will require the addition of benzoic acid—a carcinogenic preservative.

为什么康丽达胶原红藻+是粉状的，而不是即饮饮料？

这是因为液体形式需要添加苯甲酸，一种致癌防腐剂。

Why is Collasta+ sweetened with only stevia and fructo-oligosaccharides?

Using stevia and fructo-oligosaccharides as sweeteners offers a healthier alternative to sugar, supporting lower calorie intake, better blood sugar management and promoting beneficial gut bacteria.

为什么康丽达胶原红藻+只添加甜叶菊和低聚果糖？

甜菊糖和低聚果糖提供了一种更健康的糖替代品，支持更低的卡路里摄入，更好的血糖管理，促进有益的肠道细菌。

Danger at Home?

Common Household Chemicals and How to Avoid Them

家里有隐藏危险吗？

常见的家用化学品及如何避免使用



Cleaning our home not only eliminates dirt and dust but also improves indoor air quality, leaving a fresh scent and safeguarding our health. Household cleaning products play a crucial role in maintaining cleanliness and health. Modern cleaning products are highly effective and convenient, tackling various forms of dirt with minimal effort.

However, many cleaning products contain harmful chemicals. In our quest for cleaner homes and whiter clothes, we often introduce these hidden chemical additives into our living spaces. These substances can smell, feel and look good but are actually sources of toxins.

Even common, seemingly harmless, substances that we use can damage our health in the long run when we use them every day. It is not the one-time exposure that we are concerned about, but rather the long-term exposure from using these products at home.

As we know, chronic inflammation in the body can be caused by exposure to chemicals, and this is one of the most common (and unseen) contributors to chronic and degenerative diseases such as cancer and autoimmune diseases.

Children are particularly vulnerable to these environmental toxins due to their developing bodies and frequent contact with surfaces. Exposure can lead to hormonal imbalances, developmental delays, growth issues, and problems with puberty onset. Prolonged exposure to cleaning chemicals can also affect reproductive health and fertility and weaken the immune system.

Many cleaning supplies also emit volatile organic compounds (VOCs), which evaporate at room temperature and pollute the air. VOCs can cause respiratory problems, allergic reactions, headaches, and even damage the kidneys, liver and central nervous system. Prolonged exposure can lead to serious health issues, including cancer.

In this article, we will cover some of the most commonly used dangerous substances and provide safer, more natural alternatives for your everyday use!

清洁家居不仅能消除污垢和灰尘，还可以改善室内空气质量，留下清新的气味，保护我们的健康。家用清洁产品在保持清洁和健康方面起着至关重要的作用。现代清洁产品非常高效和方便，可以毫不费力地处理各种污垢。

然而，许多清洁产品都含有有害化学物质。在我们追求更干净的房子和更洁白的衣物过程中，我们常常会将这些隐藏的化学添加剂带入我们的生活空间。这些物质虽然闻起来、摸起来和看起来都无害，但实际上它们是毒素的来源。

即使是那些看似无害的常见物质，但如果我们每天使用，长期来看，也会损害我们的健康。我们担心的并不是一次性接触，而是每天在家里，长期使用这些产品带来的问题。

众所周知，体内的慢性类症状可能是由于长期接触化学物质所引起的，这是导致慢性和退行性疾病，（如癌症和自身免疫性疾病）最常见却无法察觉的因素之一。

儿童由于还在发育，再加上频繁接触表面，特别容易受到这些环境毒素的影响。接触这些毒素可能导致荷尔蒙失调、发育迟缓、成长问题和青春期发育问题。长期接触清洁化学品也会影响生殖健康和生育能力，削弱免疫系统。

许多清洁用品还会释放挥发性有机化合物（VOCs），这些化合物在室温下会蒸发并污染空气。VOCs会引起呼吸问题、过敏反应、头痛，甚至损伤肾脏、肝脏和中枢神经系统。长时间接触可能导致严重健康问题，包括癌症。

在这篇文章中，我们将涵盖一些最常见的危险物质，并为您的日常使用推荐更安全、更天然的替代品！

Here is a list of harmful chemicals that are commonly found in household products:

1. Phthalates: Found in fragranced products like air fresheners, dish soap and even toilet paper. Phthalates can disrupt the endocrine system and have been linked to reproductive issues.

2. Perchloroethylene (PERC): Used in dry cleaning solutions, spot removers, and carpet and upholstery cleaners. PERC is a neurotoxin and is classified as a possible carcinogen.

3. Triclosan: An antibacterial agent found in some dishwashing liquids, soaps and toothpaste. Triclosan can contribute to antibiotic resistance and disrupt thyroid function.

4. Quaternary Ammonium Compounds (Quats): Found in fabric softeners and many household disinfectants. Quats can cause skin and respiratory irritation and have been linked to asthma.

5. 2-Butoxyethanol: This substance is commonly found in window, kitchen and multipurpose cleaners. In several Health Hazard Evaluations conducted by the National Institute for Occupational Safety and Health (NIOSH) of the USA, workers reported experiencing effects such as eye, nose and throat irritation, coughing, runny nose, headache, dizziness, lightheadedness and nausea. Inhalation of the substance can also lead to sore throats and cause severe liver and kidney damage.

6. Ammonia: Common in glass cleaners and polishers for bathroom fixtures. Ammonia can cause respiratory issues, particularly in people with asthma or other respiratory conditions.

7. Chlorine: Used in bleach, toilet bowl cleaners, and mildew removers. Chlorine can cause respiratory issues, and skin irritation, and has been linked to thyroid problems.

8. Formaldehyde/ Formaldehyde Releaser: Present in some cleaning products and can be released from preservatives in shampoos and soaps. Formaldehyde is a known carcinogen and can cause respiratory issues and skin irritation.

9. Glycol Ethers: Found in some cleaners and paints. Glycol ethers can cause developmental and reproductive harm and have been linked to blood disorders and liver and kidney damage.

10. Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES): Found in cleaning products and personal care items like shampoos and toothpaste. These chemicals can cause skin and eye irritation and may be contaminated with 1,4-dioxane, a possible carcinogen.

11. Naphthalene: Found in mothballs and some air fresheners. Naphthalene can cause respiratory issues and has been linked to cancer.

To minimise exposure to these harmful chemicals, consider switching to natural and non-toxic cleaning products and carefully scrutinising product labels to avoid those containing harmful ingredients.

以下是家用产品中常见的有害化学物质：

1. 邻苯二甲酸盐: 存在于芳香产品中，比如空气清新剂、洗洁精，甚至卫生纸。邻苯二甲酸盐会扰乱内分泌系统，并与生殖问题有关。

2. 全氯乙烯(PERC): 用于干洗溶液，去污剂，地毯和室内装潢清洁剂。PERC是一种神经毒素，被归类为可能的致癌物。

3. 三氯生: 一些洗洁精、肥皂和牙膏中含有的一种抗菌剂。三氯生会导致抗生素耐药性，并扰乱甲状腺功能。

4. 季铵化合物: 存在于织物柔软剂和许多家用消毒剂中。它会导致皮肤和呼吸道过敏，并与哮喘有关。

5. 2-丁氧基乙醇: 这种物质很容易在窗户、厨房和多功能清洁剂中找到。在美国国家职业安全与健康研究所进行的几次职业健康危害评估中，工人报告的影响包括眼睛、鼻子和喉咙的刺激，咳嗽、流鼻涕、头痛、头晕、头昏眼花。如果吸入，可能会引起喉咙痛，甚至造成严重的肝肾损伤。

6. 氨: 常见于玻璃清洁剂和浴室装置的抛光剂中。氨会导致呼吸系统问题，特别是对于患有哮喘或其他呼吸道疾病的患者。

7. 氯: 用于漂白剂、马桶清洁剂和除霉剂。氯会引起呼吸系统疾病和皮肤刺激，并与甲状腺疾病有关。

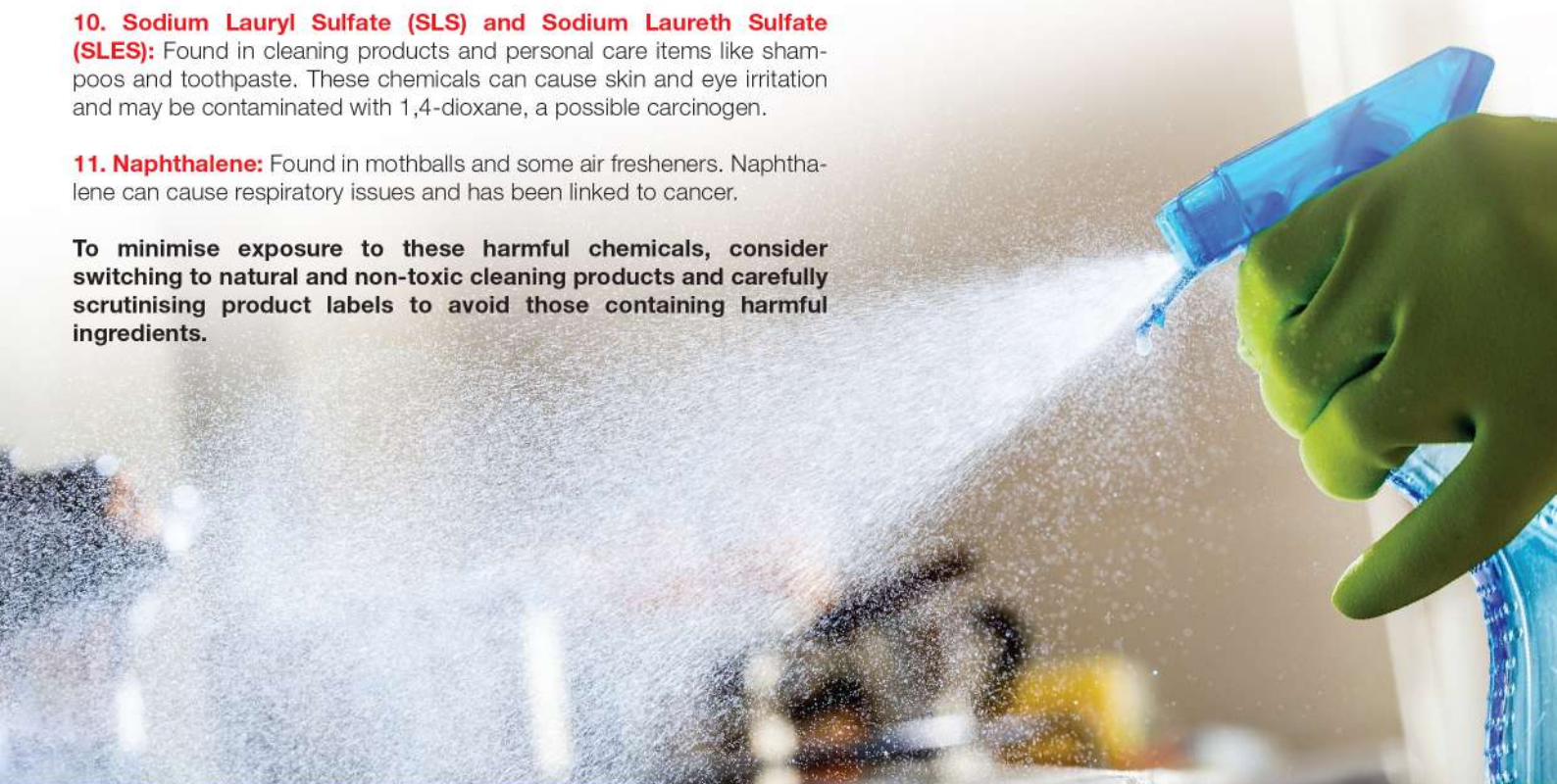
8. 甲醛/甲醛释放剂: 存在于一些清洁产品中，可以从洗发水和肥皂中的防腐剂中释放出来。甲醛是一种已知的致癌物，也会引起呼吸问题和皮肤刺激。

9. 乙二醇醚: 存在于一些清洁剂和油漆中。乙二醇醚会对发育和生殖造成伤害，并与血液疾病和肝肾损害有关。

10. 十二烷基硫酸钠(SLS)和月桂醇聚醚硫酸钠(SLES): 存在于清洁产品和个人护理用品，如洗发水和牙膏中。这些化学物质会引起皮肤和眼睛的刺激，可能被1,4-二恶烷(一种可能的致癌物)污染。

11. 萘: 存在于樟脑丸和一些空气清新剂中。萘会引起呼吸系统疾病，并与癌症有关。

尽量减少接触这些有害的化学物质，考虑改用天然无毒的清洁产品，仔细检查产品标签，避免那些含有有害成分的产品。



NewLife™ offers a range of trusted, non-toxic household products that not only work effectively but are also gentle on the skin. They do not release harmful residues, ensuring long-term health and safety. 新生命提供一系列值得信赖的无毒家庭清洁用品，不仅强效好用，且性质温和，不会释放有害残留物，确保长期健康安全。

ASSURE LIQUID LAUNDRY DETERGENT

NewLife™ ASSURE Liquid Laundry Detergent, made with plant-based surfactants and containing pine essential oil, powers through stains without leaving any harmful residues such as brighteners on your clothing!

Benefits

- Economical and safe, as well as non-toxic and biodegradable.
- No harmful chemicals including SLS, choline bleach, parabens, optical brightener and formaldehyde.
- Uses non-ionic surfactants, which are low-sudsing, making it suitable for all types of washing machines, including high-efficiency models.
- The ultra-concentrated formulation makes it extremely economical for daily use.

爱洁浓缩洗衣液

爱洁浓缩洗衣液由植物表面活性剂制成，含有松木精油。不会在衣物上留下任何有害残留物，如荧光剂！

产品效益

- 经济安全、无毒、可生物降解。
- 不含有害化学物质，例如十二烷基硫酸钠(SLS)、月桂醇聚醚硫酸酯钠(SLES)、胆碱漂白剂、对羟基苯甲酸酯、荧光剂和甲醛。
- 使用低起泡的非离子表面活性剂，适用于所有类型的洗衣机，包括高效机型。
- 超浓缩，经济实惠，适于日常使用。



DISHPRO

NewLife™ dishPRO is an eco-friendly dishwashing concentrate that is tough on grease and grime yet gentle on your hands and the planet.

Benefits

- Biodegradable and eco-friendly.
- Versatile, multi-purpose cleaning solution.
- Safe for the whole family.
- High concentration and cleaning power.

新生命洗碟专家

新生命洗碟专家是一款环保的洗洁精，可以去除顽固的油脂和污垢，且亲肤温和，生态友好。

产品效益

- 可生物降解，环保。
- 多功能，多用途。
- 全家老少皆可安全使用。



FREE OF | 不含

X SLS/SLES
 X Phosphates
 X Chlorine
 X DEA/MEA
 X Triclosan
 X Parabens

X EDTA
 X Ammonia
 X Synthetic Dyes
 X Synthetic Fragrance
 X Formaldehyde and
 Formaldehyde Releasers

X 十二烷基硫酸钠、
 月桂醇聚醚硫酸酯钠
 X 磷酸盐
 X 氯
 X 单乙醇胺、二乙醇胺
 X 三氯生

X 防腐剂
 X 乙二胺四乙酸
 X 氨
 X 合成色素
 X 合成香精
 X 甲醛和甲醛释放剂

FLOORPRO

NewLife™ floorPRO makes your floors shine and sparkle! This biodegradable cleaner deodorizes too, leaving behind a pleasant tea tree oil and lemongrass scent that also repels insects.

Benefits

- Enhanced cleaning efficiency.
- Specialized formulation and surface protection.
- Skin-friendly and pH-balanced.
- Eco-friendly and biodegradable.
- Free from harmful chemicals such as SLS or SLES.
- Natural fragrance and anti-bacterial.

新生命地板专家清洁剂

新生命环保系列地板专家，适用于所有地板表面，使您的地板闪闪发光。这款可生物降解的清洁剂还能除臭，留下令人愉悦的茶树油和柠檬草气味，还能天然驱虫。

产品效益

- 提高清洁效率。
- 专业配方，保护地板表面。
- 亲肤，酸碱值平衡。
- 生态友好、可生物降解。
- 不含十二烷基硫酸钠、月桂醇聚醚硫酸酯钠等有害化学物质。
- 天然香味，抗菌。



TOILETPRO

NewLife™ toiletPRO is a powerful cleaner that kills bacteria and keeps your toilet bowls, sinks and tubs sparkling clean with a pleasant, lemony scent!

Benefits

- Superior cleaning power.
- Disinfecting properties and odour elimination.
- Gentle on sensitive skin.
- Biodegradable and eco-friendly.
- No hazardous chemicals including SLS and SLES.
- No artificial fragrance.

新生命厕所专家清洁剂

新生命环保系列厕所专家清洁剂，可以有效地去除顽固的污渍不伤瓷面，可杀菌，同时散发出清新的天然柠檬味，让您的卫生间焕然一新。

产品效益

- 超强的清洁力，能去除顽固的污渍。
- 消毒性能和去除异味。
- 性质温和，适用于敏感皮肤。
- 可生物降解，环保。
- 无有害化学品，包括十二烷基硫酸钠、月桂醇聚醚硫酸酯钠。
- 无人工香料。



HYDROGEN PEROXIDE (H₂O₂)

NewLife™ Hydrogen Peroxide is a 3% H₂O₂ solution mixed with pure distilled water. It has vast applications because it is a powerful oxidizer that kills bacterial, viruses and fungi.

Uses

- Disinfecting and household cleaning.
- Sterilising enema sets to keep them clean and avoid infections.
- Cleaning vegetables, washing fish and meat.
- First aid—as a mild antiseptic for minor cuts, wounds and abrasions.
- A mouth rinse to help remove mucus or to relieve minor mouth irritations.

新生命过氧化氢(H₂O₂)

新生命过氧化氢是3%浓度的过氧化氢溶液与纯蒸馏水混合。过氧化氢是一种具有消毒、抗病毒和抗菌活性的强氧化剂，应用范围非常广泛。

产品用途

- 消毒和家庭清洁。
- 消毒灌肠器具，以保持清洁，避免感染。
- 清洗蔬菜、鱼和肉。
- 急救—是一种温和的消毒剂，可用于皮肤上，以防止轻微的割伤、擦伤、擦伤和烧伤的感染。
- 可以作为漱口水，帮助去除粘液或缓解轻微的口腔刺激。





April 2024 NewLife™ Health Retreat 2024年4月新生命健康生活营

Do you know what's better than doing **Dr Lynn's Detoxification & Rejuvenation Programme (DRP)** at home? Doing it at a resort surrounded by nature and good friends! That's exactly what our participants experienced during our recent Health Retreat at Kasih Sayang Hill Resort.

In addition to the many health benefits that they received by going through the DRP, our participants also enjoyed the educational workshops and the additional activities that were available such as massage, far infrared sauna and various excursions.

NewLife™ Health Retreats are the best time to introduce someone to a healthy way of life as they can discover how to prevent or even treat their health conditions through a natural, lifestyle-based approach.

Don't miss out on our next upcoming Health Retreat which will be held at Millennia Village, Negeri Sembilan from 10-14 September 2024. Please turn to back cover or head over to newlife.my/health-retreat for more information!

您知道有什么比在家中自行陈林希珠博士的排毒与复健计划 (DRP) 更好吗? 那就是在绿意盎然的大自然和好友相伴一起进行! 这正是参加4月健康生活营参与者的亲身体验。

除了通过DRP获得的许多健康益处外, 生活营参与者还从健康讲座中学到了很多知识, 还有享受其他活动如按摩、远红外线桑拿和短程旅游活动。

新生命健康生活营是向他人介绍健康生活方式的最佳平台, 因为他们可以领悟理解到如何通过自然生活方式的途径来预防甚至治疗疾病。

不要错过我们即将在2024年9月10日至14日在森美兰州千禧苑举办的下一个健康生活营。更多详情请翻阅封底或查阅 newlife.my/health-retreat!



Here's what our participants had to say about their experience | 健康生活营参与者的体验分享

"It gives me a chance to rest and improve my health. I experienced weight loss, reduced blood pressure and cleaner body. The health knowledge and experience gained from the Health Retreat allow me to share with more friends."

「健康生活营给了我休息和改善健康的机会。我不但瘦了，血压降低，体内累积的毒素也洁净了。从健康生活营所获得的健康知识和经验，让我能更有信心地向更多朋友分享。」

Lim Joo Swee 林柏宏

"The seminars were all valuable, especially Dr Lynn's topic on cholesterol and inflammation—powerful truths that need to be shared broadly!"

「健康讲座非常宝贵，特别是陈林希珠博士分享关于胆固醇和炎症的课题——这些重要的真理需要被广泛分享出去！」

Bee Lang Yung 颜美容

"Very valuable. The health talk changes my understanding of how the metabolic mechanism works."

「健康讲座的内容令我受益匪浅，深度地改变了我对代谢机制如何运作的理解。」

Dr. Bruce Yung 容伯强博士

"This Health Retreat is a fantastic, relaxing and fulfilling one. It's worth the time and Kota Kinabalu is a perfect place to relax and recharge. The health workshops on water, metabolic mechanism, brain health and cholesterol are valuable to me."

「这次的健康生活营非常棒，既轻松又充实。绝对是值得的！亚庇是一个可以放松和充电的完美地方。健康讲座中分享的知识实在非常宝贵，尤其是关于水、代谢机制、大脑健康和胆固醇方面的课题。」

Steven Cheong 张仲豪

"The Health Retreat gives me the discipline to complete the DRP. It helps me slow down and catch up with people. The air is good. Every health workshop gives me new insights."

「健康生活营让我有纪律地完成DRP。它帮助我放慢脚步，与人交流。这里的空气很好。每个健康讲座都给了我新的见解。」

Priscilla Ng 吴润珊

"My blood pressure improved from 180/86 on the first day to 117/80 on the 5th day!"

「五天之内，我的血压改善了，从180/86降到117/80！」

Wong Ping Eng, Christina 黄萍莺





HEALTH RETREAT

Millennia Village, Negeri Sembilan

森美兰州千禧苑

健康生活营

10.9.2024 – 14.9.2024



Restore your health and revitalise your body with Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP). Proven from over three decades of use and thousands of lives transformed, the DRP offers a natural solution to many of the chronic diseases that we face today. Experience the DRP at our upcoming Health Retreat which will be held at Millennia Village, a purpose-built wellness resort with lush green surroundings and beautiful indoor facilities.

通过陈林希珠博士的排毒与复健计划 (DRP) 恢复您的健康和活力。三十多年的实践和成千上万的生命改变，证明DRP可以为今天我们面临的许多慢性疾病提供一个自然的解决方案。加入我们即将到来的健康生活营，体验DRP。生活营将在森美兰州千禧苑举办。千禧苑是一个精心打造的健康度假村，拥有憩静翠绿的环境和美丽的室内设施。

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

ACUTE STAGE OF ELIMINATION 急性排除期	SUB-ACUTE (POOR HEALTH) 亚急性(健康不佳)	CHRONIC STAGE 慢性期	DEGENERATION 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 Autoimmune problems 自身免疫问题 Impotence 性无能 Lymphatic & cellular dysfunction 淋巴及细胞疾病 Cancer 癌症 Dementia 失智症 Parkinson's 帕金森综合症 Etc. 其他

REGAIN YOUR YOUTH & HEALTH

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，
让您重获青春和健康。

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

以下健康生活营配套费用包括住宿、全套DRP、DRP餐和饮料、健康研讨会及私人咨询以照顾您的特定健康需求！

	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	
Early Bird 提早报名优惠价	RM5,500 S\$1,890	RM6,500 S\$2,230	RM2,230 S\$760	
Expiry 截止日期: 10.7.2024				
Regular 标准营费	RM5,800 S\$1,990	RM6,850 S\$2,350	RM2,350 S\$800	
Expiry 截止日期: 10.8.2024				

Contact us now at info@newlife.com.my to register! | 现在就与我们联系info@newlife.com.my注册!