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Hormonal Rollercoaster

荷尔蒙过山车

Preparing Your Body for Healthy Conception

为健康受孕
做好准备

Glow from Within

由内而外焕发光彩

Common Maternal Health Issues

常见的孕产妇健康问题

Prevalence of Incontinence in Women

女性尿失禁

Social Media Craze for Castor Oil Packs

社交媒体热搜：蓖麻油包



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ACHIEVERS!
恭喜, 成就者!

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

15%
ACHIEVERS

**december 2024 &
january 2025**

MOI YAN LIN ABIGAIL
TAN LEE KENG (LILY)
SYARIKAT ADIL

december 2024

CHUA LAY HOON
CHUA PHUAY KHOON
CHONG KIM MOI
SO SUE YI REGINA
WONG MUI CHOO (KELLY)

january 2025

CHAN SOO TECK PETER
YEUNG YEE NOG
WELLNESS INC

18%
ACHIEVERS

december 2024

WELLNESS INC
EMILY DALMACIO
HOU HONG

january 2025

CHONG KIM MOI

21%
ACHIEVER

**december 2024 &
january 2025**

IRENE CHONG CHUAY PENG

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MARCH
三月



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DAY**

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For NewLife™
International Independent
Business Owners Only
只限于新生命独立传销商

HORMONAL ROLLERCOASTER

荷尔蒙过山车

Understanding the Menstrual Cycle and Its Effect on Women's Health

了解月经周期及其对女性健康的影响

The menstrual cycle is a natural and complex process that governs the reproductive health of women, influencing various physical, emotional and psychological aspects of their lives. While its biological purpose revolves around reproduction, the hormonal fluctuations that underpin the cycle extend their effects far beyond the reproductive system, impacting overall health and well-being. To fully comprehend the implications, it is essential to understand the phases of the cycle, the hormonal interplay involved, and the broader health consequences.

月经周期是一个自然且复杂的过程，它主导着女性的生殖健康，并对她们生活的各个身体、情绪和心理方面产生影响。虽然生理上的目的是为了生殖，但支撑月经周期的荷尔蒙波动所产生的影响远远超出了生殖系统，影响了整体健康。全面了解其影响，必须先理解周期的各个阶段、涉及的荷尔蒙互动以及更广泛的健康后果。

Phases of the Menstrual Cycle 月经周期的阶段

The menstrual cycle is typically divided into four distinct phases: the menstrual phase, the follicular phase, ovulation and the luteal phase. Each phase is orchestrated by a precise balance of hormones, primarily estrogen, progesterone, follicle-stimulating hormone (FSH) and luteinizing hormone (LH).

月经周期通常分为四个不同阶段：月经期、卵泡期、排卵期和黄体期。每个阶段都由荷尔蒙，主要是雌激素、孕激素、促卵泡激素和促黄体生成激素之间的精确平衡所协调。

Menstrual Phase (Days 1-5)

月经期（第1-5天）

This phase begins on the first day of menstruation, marking the shedding of the uterine lining. It is characterized by a drop in both estrogen and progesterone levels, leading to the expulsion of menstrual blood and tissue.

这一阶段从月经第一天开始，代表着子宫内膜的脱落。此阶段雌激素和孕激素水平下降，导致月经血液和组织的排出。

Follicular Phase (Days 6-14)

卵泡期（第6-14天）

Following menstruation, the pituitary gland releases FSH, stimulating the ovaries to produce follicles. This phase is often associated with increased energy levels, enhanced mood, and improved cognitive function due to the gradual rise in estrogen. Activities requiring focus, creativity, or physical stamina are often best performed during this phase.

月经结束后，脑垂体分泌促卵泡激素，刺激卵巢产生卵泡。由于雌激素水平逐渐上升，这一时期通常会让人精力更充沛、情绪更佳、认知功能也有所提升。需要专注力、创造力或体力的活动通常在此阶段表现最佳。

Luteal Phase (Days 15-28)

黄体期（第15-28天）

After ovulation, the ruptured follicle transforms into the corpus luteum, which secretes progesterone. This hormone stabilizes the uterine lining to support early pregnancy if fertilization occurs. If pregnancy does not happen, progesterone levels fall, initiating the next menstrual phase.

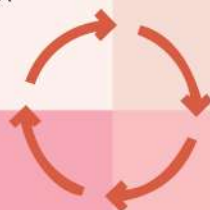
排卵后，破裂的卵泡转变为黄体，分泌孕激素。该激素稳定子宫内膜以支持早期妊娠。如果未受孕，孕激素水平下降，从而开启下一轮月经周期。

Ovulation (Day 14)

排卵期（第14天）

Ovulation represents the midpoint of the cycle and is triggered by a surge in LH. The mature egg is released from the ovary and is available for fertilization, marking the most fertile window in the cycle.

排卵是周期的中点，由促黄体生成激素激增触发。成熟的卵子从卵巢释放出来可供受精，这是周期中最易受孕的时期。



Hormonal Interactions and Their Effects

荷尔蒙的相互作用及其影响

Estrogen, often dubbed the "hormone of femininity," plays a critical role in bone health, cardiovascular function and mood regulation. Its peak during the follicular phase contributes to skin radiance, mental clarity and physical vitality. Conversely, low levels of estrogen, as seen during the menstrual phase, can result in fatigue and decreased motivation.

Progesterone, known for its calming effects, prepares the body for pregnancy and contributes to thermoregulation. Its influence is particularly evident during the luteal phase, where it supports relaxation and may even improve sleep quality. However, imbalances in progesterone levels can lead to symptoms such as anxiety, disrupted sleep and weight fluctuations.

Testosterone, though often associated with male physiology, also plays a role in women's health. It peaks around ovulation, enhancing libido, strength and assertiveness. An imbalance, however, may contribute to conditions such as acne or excessive hair growth.

雌激素被称为“女性荷尔蒙”，它对骨骼健康、心血管功能和情绪调节至关重要。在卵泡期达到峰值时，雌激素能使皮肤焕发光泽、思维清晰、精力充沛。相反，在月经期雌激素水平较低时，可能会导致疲劳和动力不足。

孕激素具有镇静作用，为妊娠做准备并帮助体温调节。在黄体期其作用尤为显著，有助于放松并改善睡眠质量。然而，孕酮水平失衡可能会导致焦虑、睡眠紊乱和体重波动等症状。

睾酮尽管通常与男性生理相关，但也在女性健康中发挥作用。它在排卵期达到峰值，会增强性欲、力量和自信。然而，失衡可能会导致痤疮或毛发过度生长等问题。

Common Problems Faced During Menstrual Cycle

常见的月经问题

1 Painful Periods (Dysmenorrhea)

痛经

Characterized by severe cramps, pelvic pain and discomfort, often caused by excessive production of prostaglandins, which trigger uterine contractions.

特征为严重的痉挛、骨盆痛和不适，通常由前列腺素过量产生引起。

2 Absent Periods (Amenorrhea)

闭经

Missing periods for three or more cycles, potentially due to hormonal issues like low estrogen, thyroid dysfunction or stress-related disruptions in the hypothalamic-pituitary-ovarian axis.

连续三个或更多周期缺失月经，可能由于低雌激素、甲状腺功能异常或压力导致的下丘脑-垂体-卵巢轴紊乱。

3 Heavy Bleeding (Menorrhagia)

经量过多

Excessive blood loss, often due to hormonal irregularities, uterine fibroids or endometrial abnormalities.

由荷尔蒙失调、子宫肌瘤或子宫内膜异常引起的过量失血。

4 Irregular Periods

月经不规律

Cycles shorter than 21 days, longer than 35 days, or unpredictable in timing and flow, commonly linked to hormonal imbalances such as low progesterone or high estrogen.

周期少于21天、长于35天或流量和时间不规则，常与低孕激素或高雌激素等荷尔蒙失调有关。

5 Premenstrual Syndrome (PMS)

经前综合征

Emotional and physical symptoms like mood swings, bloating and fatigue caused by fluctuating levels of estrogen and progesterone.

雌激素和孕激素水平波动引起的情绪和身体症状，如情绪波动、腹胀和疲劳。

Ramifications If Left Unmanaged

放任不管，后果不堪设想

1. Reproductive Health Risks:

- Infertility: Chronic hormonal imbalances may impair ovulation, making conception difficult.
- Endometrial Hyperplasia: Prolonged unopposed estrogen can lead to abnormal thickening of the uterine lining, increasing the risk of uterine cancer.

2. Chronic Pain and Fatigue: Persistent dysmenorrhea and PMS can affect daily functioning and quality of life.

3. Systemic Health Decline: Hormonal imbalances affect other systems, potentially leading to cardiovascular issues, osteoporosis and cognitive decline.

1. 生殖健康风险:

- 不孕症：长期的激素失衡可能会损害排卵功能，使受孕变得困难。
- 子宫内膜增生：长期未受孕激素抑制的雌激素作用可导致子宫内膜异常增厚，增加子宫癌的风险。

2. 慢性疼痛和疲劳：持续的痛经和经前综合征可能影响日常功能和生活质量。

3. 系统性健康下降：荷尔蒙失衡影响其他系统，可能引发心血管问题、骨质疏松和认知能力下降。

Holistic Strategies for Hormonal Balance

维持荷尔蒙平衡的整体策略

1

Nutrition 营养

A diet rich in whole foods, such as leafy greens, nuts, seeds and fatty fish, provides essential nutrients like magnesium, omega-3 fatty acids and vitamin B6 to support hormonal health. Incorporating fibre-rich foods can also help regulate estrogen levels by promoting the excretion of excess estrogen through the digestive system.

富含天然食物的饮食，比如绿叶蔬菜、坚果、籽类和多脂鱼类，能提供镁、奥美加-3脂肪酸和维生素B6等必需营养素，从而有助于维持激素健康。此外，摄入富含纤维的食物还能通过消化系统促进多余雌激素的排泄来帮助调节雌激素水平。

3

Stress Management 压力管理

Practices like mindfulness, deep breathing and adequate sleep help regulate cortisol levels, which can interfere with the menstrual cycle.

正念、深呼吸和充足睡眠等方法有助于调节皮质醇水平，而皮质醇水平过高可能会干扰月经周期。

How These Supplements Help with the 对月经周期和女性健康有益的补充剂

Kelp 海带



- Rich in iodine: Kelp is an excellent source of iodine, a crucial mineral for proper thyroid function. The thyroid gland plays a key role in regulating hormones, including those that influence the menstrual cycle. Iodine deficiency can lead to hypothyroidism, which often causes irregular periods, heavy bleeding, or even amenorrhea.
- Balances estrogen: Kelp contains compounds like fucoidan and alginate that support healthy estrogen metabolism, reducing estrogen dominance, a common cause of heavy bleeding, PMS and fibroids.
- Replenishes iron: Kelp is rich in iron, essential for preventing anemia caused by heavy menstrual bleeding. Adequate iron levels can reduce fatigue and improve overall energy levels during the menstrual cycle.

- 富含碘：海带是碘的极佳来源，碘是甲状腺正常功能所必需的重要矿物质。甲状腺在调节包括影响月经周期的激素方面发挥着关键作用。碘缺乏会导致甲状腺功能减退，这常常会引起月经不调、经血过多甚至闭经。
- 平衡雌激素：海带含有岩藻聚糖和海藻酸等化合物，有助于维持健康的雌激素代谢，减少雌激素过多的情况，雌激素过多是导致经血过多、经前综合征和子宫肌瘤的常见原因。
- 补充铁元素：海带富含铁元素，对于预防因月经过多引起的贫血至关重要。充足的铁元素水平可以减轻疲劳，提升经期的整体能量水平。

Niacin (Vitamin B3) 烟酸 (维生素 B3)



- Mood regulation: Niacin supports the production of serotonin, a neurotransmitter that helps stabilize mood. This is particularly beneficial during the luteal phase, where mood swings and irritability are common.
- Supports energy production: As a precursor to NAD (nicotinamide adenine dinucleotide), niacin is essential for energy metabolism, helping to combat fatigue and low energy levels during the menstrual cycle.
- Hormonal detoxification: Niacin supports liver function, aiding in the metabolism and detoxification of excess hormones such as estrogen, which helps maintain hormonal balance.

Important note: Niacin helps promote blood circulation and should be avoided during the menstrual phase to prevent excessive bleeding.

- 调节情绪：烟酸有助于生成血清素，这是一种有助于稳定情绪的神经递质。这在黄体期特别有益，因为这一时期情绪波动和易怒较为常见。
- 支持能量生成：作为NAD（烟酰胺腺嘌呤二核苷酸）的前体，烟酸对于能量代谢至关重要，有助于缓解经期的疲劳和低能量水平。
- 激素排毒：烟酸有助于肝脏功能，促进雌激素等多余激素的代谢和排毒，从而有助于维持激素平衡。

重要提示：烟酸有助于促进血液循环，在月经期应避免使用，以防出血过多。

Calcium Complex 钙复合物



- Reduces PMS symptoms: Calcium is effective in reducing premenstrual symptoms such as mood swings, irritability, and cramping. It helps regulate muscle contractions, which can alleviate uterine cramping during menstruation.
- Bone health: Calcium is critical for maintaining bone density, especially important for women during reproductive years and beyond. Low estrogen levels during certain phases of the cycle or conditions like amenorrhea can lead to bone loss, which calcium helps counteract.
- Pairing with magnesium and vitamin D: Calcium complex includes magnesium and vitamin D, which enhance calcium absorption and provide additional benefits, such as reducing inflammation and muscle tension.

- 缓解经前综合征症状：钙能有效减轻经前综合征的症状，如情绪波动、易怒和痉挛。它有助于调节肌肉收缩，从而缓解经期子宫痉挛。
- 骨骼健康：钙对于维持骨密度至关重要，尤其对于女性在生育期及之后更为重要。在月经周期的某些阶段，雌激素水平降低或出现闭经等情况会导致骨质流失，而钙有助于对抗这种情况。
- 与镁和维生素D的协同作用：钙复合物包含镁和维生素D，这不仅增强了钙的吸收，还提供了额外的益处，例如减轻炎症和肌肉紧张。

2

Exercise 运动

Regular physical activity, including moderate aerobic exercises, can alleviate menstrual discomfort and improve mood. Strength training during the follicular phase, when energy levels are higher, can yield optimal results, while restorative practices may be more suitable during the luteal phase.

适度的有氧运动可缓解月经不适并改善情绪。在卵泡期进行力量训练，此时精力水平较高，可取得最佳效果，而在黄体期则更适合进行恢复性锻炼。

4

Cycle Tracking 周期追踪

Understanding one's unique cycle through tracking apps or journaling can help women anticipate and manage symptoms effectively.

通过追踪应用程序或写日记来了解自己的独特周期，可以帮助女性有效预测和管理症状。

Menstrual Cycle and Women's Health

Spirulina 螺旋藻



- Rich in iron: Spirulina provides bioavailable iron, essential for women with heavy bleeding to prevent anemia.
- Anti-inflammatory: Phycocyanin in spirulina reduces inflammation and pain during menstruation.
- 含铁元素：螺旋藻提供生物可利用的铁元素，对经血过多的女性预防贫血至关重要。
- 抗炎作用：螺旋藻中的藻蓝蛋白可减轻经期的炎症和疼痛。

C Complex 维他命C综合丸



- Hormonal balance: Vitamin C supports adrenal gland function, aiding in the production of progesterone, which stabilizes the uterine lining during the luteal phase.
- Iron absorption: Helps improve iron absorption, which is critical for women experiencing heavy menstrual bleeding.
- Reduces inflammation: Its anti-inflammatory properties can alleviate cramps and other inflammatory symptoms associated with menstruation.
- 激素平衡：维生素C支持肾上腺功能，促进黄体酮的生成，从而在黄体期稳定子宫内膜。
- 铁吸收：有助于提高铁元素的吸收效率，对于经期失血量较大的女性尤为重要。
- 抗炎作用：其抗炎特性可有效缓解痛经及其他与月经相关的炎症症状。

B Complex 维他命B综合丸



- PMS symptom relief: B6 is particularly effective in reducing premenstrual symptoms such as irritability, depression and bloating.
- Energy metabolism: B vitamins support the production of energy, combating fatigue that often occurs during menstruation.
- Hormonal support: Folate and B12 aid in red blood cell production and estrogen metabolism, which are crucial for a healthy cycle.
- 缓解经前综合征症状：维生素B6对缓解经前综合征症状特别有效，如易怒、抑郁和腹胀。
- 能量代谢：B族维生素支持能量的产生，有助于对抗经期常见的疲劳感。
- 激素支持：叶酸和维生素B12有助于红细胞生成和雌激素代谢，对维持健康的月经周期至关重要。

Herbal Klenz & Immuflo® 天然净化粉和 免疫激菌植



- Estrogen regulation: A healthy gastro intestine helps remove excess estrogen through the digestive system, reducing estrogen dominance, which can lead to symptoms like heavy periods or mood swings.
- Digestive health: Supports gut motility, which can alleviate bloating and constipation that some women experience during the luteal phase.
- 调节雌激素：健康的肠胃有助于通过消化系统排出多余的雌激素，减少雌激素过多，从而缓解诸如经血过多或情绪波动等症状。
- 促进消化健康：有助于肠道蠕动，缓解一些女性在黄体期经历的腹胀和便秘。

Is There Hope?

有希望吗?

Is There Hope?

有希望吗?

If you or someone you know is struggling with health issues related to hormonal imbalances, we have good news for you! There is hope! Our body is constantly self-healing, self-repairing and self-rejuvenating. Provided it is placed in the right environment to do so. This will require several crucial dietary and lifestyle changes to be made. For the past 30 over years, Dr Lynn Tan's Detoxification & Rejuvenation Programme (DRP) and Nutritional Programmes have helped women with health issues caused by hormonal imbalance. They took immediate action by following the programme recommended for them. Here are a few testimonials:

如果您或您认识的人正因荷尔蒙失衡引发的健康问题而感到痛苦, 我们有好消息要告诉您: 是有希望的! 我们的身体具有自我修复、自我恢复和自我再生的能力, 只要将其置于合适的环境中即可实现。这只需要在饮食和生活方式上做出几项重要改变。过去30多年里, 陈林希珠博士的7天排毒与复健计划 (DRP) 和其他营养计划帮助了许多因荷尔蒙失衡而出现健康问题的女性。她们听从新生命为她们推荐的保健计划, 立即采取了行动。以下是来自客户的一些分享:

Menstrual Pain Disappeared 经痛消失

★★★★★

Ms. Sharon 莎伦女士

"After completing the DRP and additional Nutritional Programmes, the abdominal pain, menstrual pain and leg discomfort I had endured for many years have all disappeared, along with my unsightly pigmentation. It's truly amazing to be free from all the pain!"

「在完成DRP和其他营养计划后, 我忍受了多年的腹痛, 经痛和腿痛以及难看的色素沉淀都消失了! 现在我完全摆脱了痛苦, 这真是太好了!」

A Miracle: Overcoming Premature Menopause and Regaining My Period

一个奇迹: 克服了过早更年期,
恢复了我的月经!

★★★★★

Theresa Teh 郑女士

"Two gynaecologists confirmed I was in menopause at just 39. While I thought no more messy periods sounded great, it came with debilitating symptoms like hot flushes, night sweats, palpitations, migraines, depression, insomnia, weight gain and persistent water retention. I took birth control pills and hormone-balancing supplements, but they only gave me temporary relief and caused pigmentation on my face. I felt desperate until I discovered NewLife™ health programmes. Within 3 weeks of taking their products such as Kelp, K-Salt, Chromium Picolinate, Herbal Matrix Powder and Extra Virgin Coconut Oil, my water retention disappeared, I lost weight, hot flushes stopped, and I was sleeping better. Most amazingly, my period returned!"

「当时我只有39岁, 两位妇科医生证实我已经进入更年期。虽然我当时认为不再有混乱的月经听起来很棒, 但它伴随着一些虚弱的症状, 如潮热、盗汗、心悸、偏头痛、抑郁、失眠、体重增加和持续水肿。我服用了避孕药和激素平衡补充剂, 但它们只能暂时缓解我的症状, 并导致我脸上的色素沉着。我感到绝望, 直到我发现了新生命的健康计划。在服用他们的产品3周内, 如海藻宝、钾质、有机铬、天然净化粉和特级初榨纯鲜椰子油, 我的水肿消失了, 体重减轻了, 潮热停止了, 我也睡得更好了。最神奇的是, 我的月经回来了!」

Symptoms of Endometriosis Controlled

子宫内膜异位症症状得到控制

★★★★★

Teo Siok Gek 张淑玉

"Before undergoing the DRP, I struggled with severe endometriosis, which nearly compromised my fertility. I endured excruciating pain and, with each menstruation, experienced heavy bleeding and blood clots. My gynaecologist recommended removing my womb, given my approaching menopausal years, but I'm glad I chose not to. After completing the DRP, I followed the NewLife™ Health-Building Programme (NHBP), did regular Castor Oil Enemas, and practised the 'Rebound for Health' exercise. Now, aside from some mild cramps before my period, the endometriosis is well-controlled."

「在进行DRP之前, 我患有严重的子宫内膜异位症, 这几乎影响了我的生育能力。每次来月经, 我都要忍受剧痛, 大量出血和血栓。考虑到我即将进入更年期, 妇科医生建议我切除子宫, 很庆幸我没有这样做。在完成DRP后, 我遵循新生命健康建设计划 (NHBP), 定期做蓖麻油灌肠和弹跳运动。现在, 除了经期前有一些轻微的痉挛, 子宫内膜异位症已得到了很好的控制。」

Slimmer! No More Headache, Menstrual Cramp and Sluggishness!

苗条了! 头痛、经期痉挛和
倦怠也都消失了!

★★★★★

Dione Perera 黛安·佩雷拉

"I used to struggle with daily headaches, severe menstrual cramps, and weighed over 70 kgs, feeling sluggish and often needing afternoon naps. Then NewLife™ entered my life. After using the G. I. Health Plus, I was shocked by the amount of encrustation that came out of me, and I felt amazing. I decided to try Dr. Lynn Tan's 7-Day DRP. Today, I'm pain-free, no longer need painkillers, and have lost 7 kgs with little effort!"

「我以前每天都头痛, 严重的月经痉挛, 体重超过70公斤, 感觉无精打采, 经常需要午睡。后来, 我认识了新生命。在使用了肠胃健康配套后, 我被从我身体中清除的宿便量惊呆了, 真的神奇! 我决定试试陈林希珠博士的7天排毒与复健计划。今天, 我不再感到疼痛, 不再需要止痛药, 并且毫不费力地减掉了7公斤!」

Preparing Your Body for HEALTHY CONCEPTION

为健康受孕做好准备



The health of both parents plays a crucial role in ensuring a successful conception and a healthy pregnancy. For mothers, optimal health is essential to provide the developing foetus with the necessary nutrients and a supportive environment. A woman's preconception health influences her ability to conceive, reduces the risk of pregnancy complications, and ensures the proper development of the baby's brain, heart and other vital organs. Factors such as a balanced diet, hormonal regulation and the absence of harmful substances like tobacco and alcohol are critical for creating a nurturing prenatal environment.

Similarly, the father's health is equally significant in determining reproductive outcomes. Sperm quality, including its count, motility, and DNA integrity, is directly affected by lifestyle and health choices. Poor paternal health, influenced by smoking, obesity, or exposure to environmental toxins, can result in decreased fertility and an increased risk of genetic abnormalities in the offspring. By addressing health concerns, engaging in regular exercise, and maintaining a nutrient-dense diet, fathers can significantly enhance fertility and contribute to the overall genetic health of their child. Preparing for conception as a team underscores the shared responsibility in fostering a thriving family.

父母双方的健康对成功受孕和健康怀孕方面起着关键作用。对于母亲来说，最佳的健康状况是为发育中的胎儿提供必要的营养和支持性环境的必要条件。女性受孕前的健康状况会影响她怀孕的能力，降低妊娠并发症的风险，并确保胎儿大脑、心脏和其他重要器官的正常发育。均衡的饮食、激素调节以及避免使用烟草和酒精等有害物质对于营造良好的孕期环境至关重要。

同样，父亲的健康状况在决定生育结果方面也同样重要。精子质量，包括其数量、活力和脱氧核糖核酸完整性，直接受到生活方式和健康选择的影响。吸烟、肥胖或环境毒素等不良因素会降低男性的生育能力，并增加后代遗传异常的风险。通过解决健康问题、定期锻炼和保持营养丰富的饮食，父亲们能够显著提高生育能力，为孩子的整体遗传健康做出贡献。夫妻双方共同为受孕做准备，突显了在建立一个茁壮成长的家庭所共担的责任。

Schedule time for Dr Lynn's Detoxification & Rejuvenation Programme

安排时间进行陈林希珠博士的排毒与复健计划

Going through Dr Lynn's Detoxification and Rejuvenation Programme (DRP) before conception offers profound benefits for both prospective parents, fostering an optimal environment for conception and the health of the future child.

For mothers, the DRP helps eliminate toxins that may interfere with hormonal balance, improve egg quality, and prepare the body to support a healthy pregnancy. It also enhances nutrient absorption, ensuring that the developing baby receives essential vitamins and minerals from the very start. For fathers, a DRP can significantly improve sperm quality by reducing oxidative stress, enhancing motility, and minimizing the presence of DNA damage.

Detoxification helps in removing environmental toxins and heavy metals that can negatively affect fertility. Together, the DRP for both parents strengthens their reproductive health, increases the likelihood of conception, and contributes to the overall well-being of the child by reducing the risk of inherited toxic load or complications. This shared commitment also reinforces a healthy foundation for parenthood.

在受孕前进行陈林希珠博士的排毒与复健计划（DRP）可为准父母带来深远的益处，营造出更优的受孕环境并提升未来孩子的健康。

对于母亲而言，DRP有助于清除可能干扰激素平衡的毒素，改善卵子质量，并为健康怀孕做好身体准备。它还提高了营养吸收效率，确保发育中的宝宝从一开始就能获得必需的维生素和矿物质。对于父亲来说，DRP可以显著改善精子质量，通过减少氧化应激、提升活动力以及降低脱氧核糖核酸损伤的可能性，从而优化生殖健康。

排毒过程可以清除可能损害生育能力的环境毒素和重金属。通过共同参与DRP，准父母不仅增强了各自的生殖健康，还提高了受孕成功率，同时降低了遗传毒性负担或并发症的风险。这种共同的承诺也为健康的亲子关系奠定了良好健康的基础。

Prioritize a Nutrient-Dense Diet 优先选择富含营养的饮食

A balanced and nutrient-rich diet forms the cornerstone of reproductive health. Include the following essential nutrients:

- Folic acid: Critical for neural tube development; found in leafy greens.
- Iron: Prevents anaemia; sources include lentils, spinach and iron-rich supplements like NewLife™ Spirulina.
- Omega-3 fatty acids: Supports foetal brain development; found in fatty fish, flaxseeds, or NewLife™ Omega Gold Flaxseed Oil.

Minimize processed foods, trans fats and excess sugars to reduce their negative impact on fertility.

均衡且富含营养的饮食是生殖健康的基石。包括以下重要营养素：

- 叶酸：对于神经管发育至关重要，可在绿叶蔬菜中获取。
- 铁：预防贫血；从扁豆、菠菜和富含铁的补充剂（如新生命螺旋藻）中获取。
- 奥美加-3脂肪酸：支持胎儿大脑发育；可通过食用脂肪鱼类、亚麻籽或新生命奥美加黄金亚麻籽油。

尽量减少加工食品、反式脂肪和过量糖分摄入，以降低其对生育能力的负面影响。



Manage Stress Effectively 有效管理压力

Stress disrupts hormonal balance and can negatively impact fertility. Incorporate the following strategies:

- Mind-body techniques: Practise mindfulness meditation and deep-breathing exercises.
- Physical activity: Regular exercise alleviates stress and enhances overall well-being.
- Nutritional support: Supplements like NewLife™ Niacin and Vitamin B Complex aid in stress reduction.

Prioritizing emotional health fosters a conducive environment for conception.

压力会干扰激素平衡，并对生育能力产生负面影响。可采用以下方法：

- 身心自我放松技巧：练习正念冥想和深呼吸练习。
- 体育活动：规律运动可以缓解压力并提升整体健康。
- 营养支持：补充如新生命血液循环补充丸（烟酸）和维生素B综合丸，有助于减轻压力。

重视情绪健康，营造有利于受孕的环境。



Preparing for conception is an empowering journey that paves the way for a healthy pregnancy and a thriving future family. By prioritizing health, managing stress, and making informed lifestyle choices, you can create an optimal environment for conception.

4 Limit Alcohol and Caffeine Intake 限制酒精和咖啡因摄入

Excessive alcohol and caffeine consumption can impair reproductive health:

- Alcohol: Disrupts hormonal balance in women and reduces sperm quality in men. Women trying to conceive should avoid alcohol entirely.
- Caffeine: Restrict intake to no more than 200 milligrams per day (approximately one 350ml cup of coffee)

Caffeine-free alternatives such as NewLife™ Organic Chamomile Tea can support reproductive health.

过量饮酒和咖啡因摄入会损害生殖健康：

- 酒精：干扰女性激素平衡并降低男性精子质量。备孕中的女性应完全避免酒精摄入。
- 咖啡因：每天摄入量应控制在200毫克以内（相当于一杯350毫升的咖啡）。

可选择无咖啡因的替代品，例如新生命有机洋甘菊茶，以支持生殖健康。



5 Quit Smoking and Avoid Environmental Toxins 戒烟并远离环境毒素

Smoking and exposure to environmental toxins have profound adverse effects on fertility:

- Smoking: Reduces sperm quality, disrupts ovulation, and increases pregnancy complications.
- Environmental toxins: Avoid pesticides, heavy metals and industrial chemicals, which can impair reproductive health.

Commit to a toxin-free lifestyle to create a healthy environment for conception.

吸烟和接触环境毒素会对生育能力产生严重的不良影响：

- 吸烟：降低精子质量、干扰排卵，并增加妊娠并发症的风险。
- 环境毒素：避免接触杀虫剂、重金属和工业化学品，这些物质会损害生殖健康。

致力于无毒的生活方式，为受孕创造健康的环境。

6 Track Your Menstrual Cycle 记录月经周期

For women, tracking your menstrual cycle enhances your understanding of fertility:

- Tools: Use apps or fertility devices to monitor cycle length and predict ovulation.
- Physical signs: Basal body temperature and cervical mucus changes provide insights into your fertile window.

This knowledge empowers you to time intercourse effectively, optimizing your chances of conception.

对于女性来说，记录月经周期有助于了解自己的生育情况：

- 工具：使用应用程序或生育设备监测周期长度并预测排卵时期。
- 身体信号：基础体温及宫颈黏液变化可提供排卵期的相关信息。

掌握这些知识可帮助夫妻有效安排性生活，从而提高受孕几率。



7 Maintain a Healthy Weight 保持健康体重

Weight plays a critical role in fertility:

- Underweight: May lead to irregular cycles and anovulation.
- Overweight: Can result in insulin resistance and hormonal imbalances.

Support reproductive health by achieving a balanced weight through a nutritious diet and physical activity. Supplements such as NewLife™ Chromium Picolinate may be beneficial, especially for individuals with polycystic ovary syndrome (PCOS).

健康体重对生育能力起着巨大影响：

- 体重过轻：可能导致月经周期不规律及无排卵现象。
- 体重超重：可能导致胰岛素抵抗及激素失衡。

通过营养饮食和适量运动来实现体重平衡，从而支持生殖健康。对于患有多囊卵巢综合症的人士，新生命有机铬补充剂可能有助益。



备孕是一个赋权的过程，它为健康怀孕和未来幸福的家庭奠定了基础。通过优先考虑健康、管理压力以及做出明智的生活方式选择，您可以为受孕创建一个最佳环境。

1 Anaemia in Pregnancy 妊娠期贫血

Anaemia, characterized by a deficiency of red blood cells or haemoglobin, is a prevalent condition among pregnant women. It is often caused by insufficient intake of iron, folic acid or vitamin B12. The World Health Organization (WHO) estimates that approximately 40% of pregnant women globally are affected by anaemia. Symptoms include fatigue, dizziness and pale skin, which can affect a woman's ability to perform daily activities.

Managing anaemia involves dietary modifications, such as increasing the consumption of iron-rich foods like spinach, legumes and meat, alongside vitamin C to enhance iron absorption. Additionally, superfoods like spirulina and Super Green Food ++ are excellent sources of bioavailable iron and other essential nutrients. These can be incorporated into the diet as smoothies or supplements to support healthy haemoglobin levels naturally.

贫血是指红细胞或血红蛋白缺乏，是孕妇中常见的状况。它通常由铁、叶酸或维生素B12摄入不足引起。世界卫生组织估计，全球约40%的孕妇患有贫血。症状包括疲劳、头晕和皮肤苍白，这会影 响女性的日常活动能力。

治疗贫血需要对饮食进行调整，比如增加食用富含铁的食物，如菠菜、豆类和肉类，同时补充维生素C以促进铁的吸收。此外，螺旋藻和特超绿食品++等超级食物也是生物可利用铁和其他必需营养素的极佳来源。可以将这些食物加入日常饮食中作为奶昔或补充剂，以自然的方式支持健康的血红蛋白水平。

2 High Blood Pressure 高血压

Hypertension during pregnancy, including chronic hypertension and preeclampsia, is a significant health concern, affecting 5-10% of pregnancies. If unmanaged, it can lead to complications such as preterm delivery, placental abruption, or even maternal and foetal mortality.

Management of high blood pressure involves regular monitoring, stress reduction techniques like relaxation exercise, deep breathing and meditation, and dietary changes, including reduced sodium intake and increased consumption of potassium-rich foods like bananas and sweet potatoes. Supplementing with K-Salt can also assist in regulating blood pressure by balancing sodium and potassium levels. Holistic care, emphasizing balanced nutrition and emotional well-being, can play a pivotal role in preventing complications.

妊娠期高血压，包括慢性高血压和先兆子病，是一个重大的健康问题，影响5到10%的孕妇。如果不加以控制，可能会导致早产、胎盘早剥，甚至母婴死亡等严重并发症。

高血压的管理包括定期监测，采用减压技巧比如放松运动、深呼吸和冥想，以及饮食调整，比如减少钠的摄入量，增加富含钾的食物的摄入，如香蕉和红薯。服用钾质也有助于通过平衡钠钾水平来调节血压。采取整体护理方法，注重均衡营养和情绪健康，在预防并发症方面发挥着关键作用。

Common Maternal Health Issues

Anaemia, Diabetes, Morning Sickness and High Blood Pressure

常见的孕产妇健康问题

贫血、糖尿病、孕吐和高血压



Gestational Diabetes 妊娠期糖尿病

Gestational diabetes is a form of diabetes that develops during pregnancy due to hormonal changes that affect insulin function. It occurs in approximately 2-10% of pregnancies and poses risks such as macrosomia (large birth weight), preterm birth, and increased likelihood of developing type 2 diabetes later in life.

Early detection through glucose screening is crucial. Management involves a combination of dietary adjustments, such as consuming low-glycaemic-index foods, and regular physical activity to regulate blood sugar levels.

Chromium picolinate supplementation may help enhance insulin sensitivity and support blood sugar regulation. Superfoods like spirulina can also provide valuable nutrients and support overall metabolic health, making them a beneficial addition to a diabetes management plan. Regular monitoring and personalized care plans are essential for optimal outcomes.

妊娠期糖尿病是一种在怀孕期间由于激素变化影响胰岛素功能而出现的糖尿病。它大约发生在2%至10%的妊娠中，会带来诸如巨大儿（出生超重）、早产等风险，以及增加日后患上二型糖尿病的可能性。

通过葡萄糖筛查进行早期检测至关重要。治疗包括饮食调整，比如食用低血糖生成指数的食物，以及定期进行体育活动来调节血糖水平。

补充吡啶甲酸铬可能有助于提高胰岛素敏感性并支持血糖调节。像螺旋藻这样的超级食物也能提供宝贵的营养成分，支持整体代谢健康，因此是糖尿病管理计划中的有益补充。为了达到最佳效果，定期监测和个人护理计划是必不可少的。

Morning Sickness 孕吐

Morning sickness, characterized by nausea and vomiting, affects up to 80% of pregnant women, typically during the first trimester. While its exact cause is not fully understood, hormonal changes, particularly elevated levels of human chorionic gonadotropin (hCG), are believed to play a significant role. Although generally not harmful, severe cases, known as hyperemesis gravidarum, can lead to dehydration and weight loss.

Natural remedies, such as Peppermint tea, small frequent meals and acupressure bands, have been effective in alleviating symptoms. Avoiding strong odour and maintaining hydration are additional strategies.

孕吐以恶心和呕吐为特征，影响多达80%的孕妇，通常发生在妊娠的前三个月。尽管确切病因尚不清楚，但激素水平波动，尤其是人绒毛膜促性腺激素（hCG）水平的升高，被认为是重要的诱发因素。虽然通常无害，但严重的情况，如妊娠剧吐，会导致脱水和体重减轻。

薄荷茶、少量多餐和穴位按压带等自然疗法已被证明能有效缓解症状。其他策略包括避免强烈气味和保持充足的水分摄入。



Maternal Issues



Maternal health is vital for both the well-being of mothers and the health of their children. Pregnancy brings physiological changes that can increase susceptibility to conditions like anaemia, gestational diabetes, morning sickness and high blood pressure. Addressing these issues requires a holistic approach that combines medical care with lifestyle adjustments and nutritional support. By prioritising maternal health, we protect the mother's well-being and ensure the healthy development of future generations.

孕产妇的健康状况不仅直接关系到母亲自身的幸福与安康，也对新生儿的健康发展起着至关重要的作用。在孕期，女性体内会发生一系列生理变化，这些变化可能增加患贫血、妊娠期糖尿病、孕吐及妊娠高血压等疾病的风险。为有效应对上述问题，必须采取综合性措施，将医疗护理、生活方式调整以及营养支持结合起来。关注并保障孕产妇健康，不仅能保障母亲的身体和心理健康，也能确保下一代的健康成长。



Glow from Within

由内而外焕发光彩

Inflammation functions as a natural physiological response to injury or infection; however, its chronic persistence can lead to significant health issues and visible signs of aging. This ongoing low-grade inflammation, referred to as "inflammaging," accelerates the aging process, compromises skin integrity, and increases the risk of chronic conditions such as cardiovascular disease, diabetes and neurodegenerative disorders including dementia, Alzheimer's disease and Parkinson's disease. Over time, prolonged inflammaging renders the skin more vulnerable to oxidative stress and free radical damage, resulting in a dull complexion, wrinkles, sagging and reduced elasticity. Moreover, inflammaging accelerates the breakdown of collagen, thereby exacerbating the visible manifestations of aging and making them more challenging to manage.

炎症是身体对损伤或感染的一种自然生理反应；然而，它的长期持续存在会导致严重的健康问题和明显的衰老迹象。这种持续的低度炎症被称为“炎性衰老”，它会加速衰老进程，损害皮肤完整性，并增加患心血管疾病、糖尿病以及包括痴呆症、阿尔茨海默病和帕金森病在内的神经退行性疾病的风险。随着时间的推移，长期的炎性衰老会使皮肤更容易受到氧化应激和自由基损伤，从而导致肤色暗沉、皱纹、松弛下垂和弹性降低。此外，炎症还会加速胶原蛋白的分解，从而加剧衰老的外在表现，使其更难以控制。

How Antioxidants Can Help Combat Inflammation

抗氧化剂如何帮助对抗炎症

A powerful way to combat chronic inflammation and support healthy aging is by incorporating antioxidants into your routine. Antioxidants are crucial for neutralizing free radicals which are responsible for oxidative stress, protecting skin cells, curbing inflammation, and preventing collagen breakdown.

We recommend these six antioxidant supplements to support your wellness and anti-aging routine:

在日常生活中加入抗氧化剂补充剂是对抗慢性炎症和促进健康衰老的一个有效方法。抗氧化剂对于中和导致氧化应激的自由基、保护皮肤细胞、抑制炎症以及防止胶原蛋白分解至关重要。

我们推荐以下六种抗氧化剂补充剂来支持您的健康和抗衰老计划：

Holistic Approach to Inflammation Reduction

减少炎症的全面方法

COENZYME Q10 (COQ10)

辅酶Q10



CoQ10 is a vital antioxidant that supports energy production in cells. As we age, CoQ10 levels decline, contributing to inflammation and a decrease in cellular function. Supplementing with CoQ10 can reduce inflammation, protect skin cells from oxidative stress, and improve mitochondrial function. This helps to maintain healthy, glowing skin while reducing the appearance of wrinkles and fine lines. CoQ10 also supports heart health, enhances blood vessel function and protects neurons, making it essential for overall well-being and aging gracefully.

辅酶Q10是一种重要的抗氧化剂，有助于细胞的能量生成。随着年龄的增长，辅酶Q10的水平会下降，这会导致炎症和细胞功能的降低。补充辅酶Q10可以减轻炎症，保护皮肤细胞免受氧化应激，并改善线粒体功能。这有助于保持健康、光彩照人的肌肤，同时减少皱纹和细纹的出现。辅酶Q10还有助于心脏健康，增强血管功能，保护神经元，使其成为整体健康和优雅衰老的必要条件。

VITAMIN C COMPLEX

维生素C综合丸



Vitamin C is a well-known antioxidant that plays a vital role in managing inflammation and promoting radiant skin. It neutralizes free radicals, reduces oxidative stress, and supports collagen production, helping to prevent wrinkles and fine lines. Vitamin C also helps lower pro-inflammatory molecules in the body, making it an essential supplement for fighting inflammation and maintaining a youthful complexion. NewLife™ C Complex (1000 mg) is enhanced with bioflavonoids and features a sustained-release formula for up to 40% better absorption.

维生素C是一种众所周知的抗氧化剂，在控制炎症和促进肌肤光泽方面发挥着至关重要的作用。它能中和自由基，减轻氧化应激，并促进胶原蛋白的生成，有助于预防皱纹和细纹。维生素C还有助于降低体内促炎分子，使其成为对抗炎症和保持年轻肌肤的必要补充。新生命维生素C综合丸（1000毫克）含有生物类黄酮，具有缓释配方，吸收率高达40%。

OMEGA GOLD FLAXSEED OIL

奥美加黄金亚麻籽油



Flaxseed oil, rich in omega-3 fatty acids, particularly alpha-linolenic acid (ALA), has powerful anti-inflammatory properties. By reducing oxidative stress and supporting heart health, flaxseed oil can also help reduce the inflammation that affects the skin. Omega-3 fatty acids help maintain healthy, hydrated skin, reduce redness, and protect against the effects of environmental stressors that accelerate aging. NewLife™ Omega Gold Flaxseed Oil, made from golden flaxseeds, is cold-pressed, extra virgin, and certified organic for optimal purity and potency.

亚麻籽油富含奥美加-3脂肪酸，尤其是α-亚麻酸（ALA），具有强大的抗炎特性。通过减少氧化应激和支持心脏健康，亚麻籽油还可以帮助减少影响皮肤的炎症。奥美加-3脂肪酸有助于保持皮肤健康、水润、减少红肿，并抵御加速衰老的环境压力。新生命奥美加黄金亚麻籽油由金黄色亚麻籽制成，采用冷榨工艺，为特级初榨，且通过有机认证，以确保最佳纯度和效力。

COLLASTA+

康丽达胶原红藻+



Collasta+ combines hydrolyzed marine collagen peptides with a potent antioxidant blend and multivitamins. Ingredients like astaxanthin, lycopene, grape seed extract, tremella and green tea extract work together to neutralize free radicals, reduce inflammation and support skin hydration. These antioxidants protect skin cells from damage, helping to maintain a youthful appearance and reduce the visible signs of aging.

康丽达胶原红藻+将水解海洋胶原蛋白肽与强效抗氧化剂混合物和多种维生素相结合。虾青素、番茄红素、葡萄籽提取物、银耳和绿茶提取物等成分协同作用，中和自由基，减轻炎症，并支持皮肤保湿。这些抗氧化剂保护皮肤细胞免受损害，有助于保持青春的外观，减少衰老的明显迹象。

SUPER GREEN FOOD ++

特超绿食品++



Super Green Food ++ is formulated with 27 active natural ingredients, including chlorophyll, mangosteen extract and maqui berry, which work synergistically to detoxify the body, neutralize free radicals and reduce inflammation. This supplement supports skin health by promoting a clear complexion and a healthy immune system, helping women maintain their natural radiance as they age.

新生命特超绿食品++由27种天然活性成分组成，包括叶绿素，山竹提取物和马基浆果，协同作用，为身体排毒，中和自由基，减少炎症。这补充剂通过促进肤色清洁和健康的免疫系统来支持皮肤健康，帮助女性随着年龄的增长保持自然的光泽。

SPIRULINA

螺旋藻



Spirulina is packed with powerful antioxidants, including phycocyanin, which help neutralize harmful free radicals in the body. By combating oxidative stress, spirulina aids in reducing inflammation, supporting overall health, and potentially lowering the risk of chronic diseases.

螺旋藻富含强大的抗氧化剂，包括藻蓝蛋白，有助于中和体内有害的自由基。通过对抗氧化应激，螺旋藻有助于减轻炎症，支持整体健康，并可能降低患慢性病的风险。

In addition to incorporating antioxidant supplements, Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP) offers a holistic approach to restore health by addressing the root causes of inflammation. NewLife™ Enema Coffee, lightly roasted to preserve its antioxidant content, plays a key role in this programme. The coffee enema is an integral part of the DRP, effectively detoxifying the liver, cleansing the blood and reducing inflammation.

除了服用抗氧化剂补充剂，陈林希珠博士创研的排毒与复健计划（DRP）提供了一种全面的方法，通过解决炎症的根本原因来恢复健康。新生命灌肠咖啡，采用轻度烘焙以保留其抗氧化成分，在该计划中发挥着关键作用。咖啡灌肠是DRP的重要组成部分，能够有效为肝脏排毒、净化血液、减少炎症。



Prevalence of Incontinence in Women

女性尿失禁

Incontinence, defined as the involuntary loss of bladder control, impacts millions of women globally, with prevalence rates ranging from 25% to 45%. This condition becomes increasingly common during and after menopause due to factors such as hormonal changes, aging and childbirth. It typically manifests in three forms: stress incontinence, urge incontinence, and mixed incontinence. Beyond its physical challenges, incontinence often leads to emotional distress and social isolation, underscoring the importance of awareness and access to effective prevention and treatment strategies. By addressing the underlying causes and implementing preventive measures, women can improve their quality of life while reducing the stigma surrounding this condition.

尿失禁，即非自主性的膀胱控制能力丧失，影响着全球数以百万计的女性，其患病率在25%至45%之间。由于激素变化、衰老和分娩等因素，这种状况在更年期期间及之后变得愈发普遍。尿失禁主要表现为三种类型：压力性尿失禁、急迫性尿失禁和混合性尿失禁。除了身体上的困扰，尿失禁还可能导致情绪困扰和社交孤立，这凸显了提高公众意识以及获取有效预防和治疗策略的重要性。通过解决根本原因并采取预防措施，女性能够提升生活质量，同时减少围绕这种情况的尴尬难堪。



Maintain a Healthy Weight 保持健康体重

Excess body weight exerts significant pressure on the bladder and pelvic floor muscles, contributing to urinary incontinence, especially during activities that increase intra-abdominal pressure, such as sneezing or exercising. Additionally, obesity is linked to hormonal imbalances that can further impair bladder function.

- Preventive measures: Adopt a nutrient-rich, balanced diet and engage in regular physical activity. Achieving and maintaining a healthy weight not only supports bladder health but also enhances overall well-being.
- Combat water retention: Taking supplements such as K-Salt and natural remedies like Apple Cider Vinegar can help reduce water retention. These options support a healthy fluid balance, improving comfort and reducing strain on the pelvic area.

By incorporating these strategies, women can enhance bladder health while fostering a sustainable and effective approach to weight management.

过重会对膀胱和骨盆底肌肉造成显著压力，从而导致尿失禁，尤其是在增加腹内压的活动中，如打喷嚏或锻炼时。此外，肥胖还与激素失衡有关，这会进一步损害膀胱功能。

- 预防措施：建议采用营养丰富、均衡的饮食，并定期进行体育活动。达到并保持健康体重不仅有助于膀胱健康，还能提升整体健康水平。
- 消除水肿：补充剂如钾质和天然食材如苹果醋有助于减少水肿。这些选择有助于维持健康的体液平衡，提高舒适度并减轻骨盆区域的压力。

通过采用这些策略，女性可以增强膀胱健康，同时培养可持续且有效的体重管理方法。

Manage Fluid Intake 控制液体摄入

Proper hydration is essential for bladder health, as it supports normal kidney function and dilutes urine, reducing the risk of urinary tract infections (UTIs) that can aggravate incontinence symptoms.

Tips for fluid management:

- Avoid bladder irritants like caffeine and alcohol.
- Consume water steadily throughout the day while moderating fluid intake before activities that may trigger leakage.

适当的水分补充对于膀胱健康至关重要，因为它有助于维持正常的肾功能，并稀释尿液，从而降低尿路感染的风险，而尿路感染可能会加重失禁症状。

液体管理小贴士：

- 避免摄入刺激膀胱的物质，如咖啡因和酒精。
- 全天均匀饮水，同时在可能引发漏尿的活动前控制液体摄入量。

Strengthen Pelvic Floor Muscles 增强盆底肌肉

Strengthening the pelvic floor muscles enhances bladder control and reduces the likelihood of incontinence.

- Kegel exercises: Target the pelvic floor muscles to improve tone and control. These discreet exercises can be performed anytime, significantly lowering the risk of urinary leakage.
- Rebounding exercises: Gentle bouncing on a trampoline improves blood flow to the pelvic region, strengthens core and pelvic muscles and enhances bladder stability. Rebounding is particularly suitable for women seeking a low-impact, joint-friendly activity.

增强盆底肌肉有助于提高膀胱控制能力，降低尿失禁的风险。

- 凯格尔运动：专门针对盆底肌肉，以提高其紧致度和控制力。这种私密的运动随时随地都能进行，能显著降低尿失禁的风险。
- 弹跳运动：在弹跳床上轻轻弹跳能改善盆腔区域的血液循环，增强核心肌群和盆底肌肉的力量，提高膀胱稳定性。弹跳运动特别适合寻求低冲击、关节友好型运动的女性。

Prevent Constipation 预防便秘

Chronic constipation places additional pressure on the pelvic floor, increasing the risk of incontinence. Straining during bowel movements can weaken pelvic muscles over time.

- Dietary recommendations: A fibre-rich diet, featuring fruits, vegetables and whole grains, supports regular bowel movements. Incorporating supplements such as Herbal Matrix Powder / Herbal Klenz can further aid in promoting digestive health and easing bowel movements.
- Lifestyle tips: Regular physical activity and using a footstool during bathroom visits help minimize strain, reducing the impact on pelvic muscles and bladder function.
- Probiotics: Supplements like ImmuFlora® support gut health by enhancing beneficial bacteria, which aids in maintaining regular bowel movements and preventing constipation-related bladder issues.

By integrating these strategies and supplements, women can effectively manage constipation, protect pelvic floor health and reduce the risk of urinary incontinence.

慢性便秘会给盆底肌肉带来额外压力，增加尿失禁的风险。排便时用力过猛会逐渐削弱盆底肌肉。

- 饮食建议：富含纤维的饮食，包括水果、蔬菜和全谷物，有助于保持规律的排便。服用天然净化粉等补充剂可进一步促进消化健康，缓解排便困难。
- 生活方式建议：定期进行体育锻炼以及在如厕时使用脚凳，有助于减少排便时的压力，从而减轻对盆底肌肉和膀胱功能的影响。
- 益生菌：像免疫激活菌植这样的补充剂通过增强有益菌群来支持肠道健康，有助于保持规律的排便，预防便秘引起的膀胱问题。

通过综合运用这些策略和补充剂，女性可以有效管理便秘，保护盆底健康，降低尿失禁的风险。

Urinary incontinence is a prevalent condition that impacts both physical and emotional health, especially among women approaching menopause. However, it is not an insurmountable challenge. By maintaining a healthy weight, managing fluid intake, preventing constipation, and incorporating targeted exercises like Kegel and rebound routines, women can significantly reduce the risk of incontinence. These proactive measures empower women to take control of their health, fostering a better quality of life and breaking the stigma associated with this common condition.

尿失禁是一种常见的病症，会对身体和心理健康造成影响，尤其在接近更年期的女性中更为普遍。然而，这并非是一件无法克服的难题。通过保持健康的体重、合理控制液体摄入量、预防便秘以及进行诸如凯格尔运动和弹跳运动等针对性锻炼，女性可以显著降低尿失禁的风险。这些积极的措施让女性能够掌控自身健康，从而提高生活质量，并打破与这种常见病症相关的耻辱。

Social Media Craze for Castor Oil Packs

社交媒体热搜：蓖麻油包

Castor oil has gained significant attention as a holistic remedy, especially with its rise in popularity on social media. Known for its potential to address a variety of health concerns, castor oil is commonly used to alleviate digestive issues, skin conditions, poor circulation, pain, and more. One popular method of use is castor oil packs, which involve soaking a cloth in castor oil and applying it to specific areas of the body—often the abdomen, liver, or lower back—before covering it with a heating pad to enhance absorption. Below are some key ways castor oil packs can support women's health:

蓖麻油作为一种整体疗法受到了广泛关注，尤其是随着它在社交媒体平台上的人气上升。蓖麻油以其解决各种健康问题的潜力而闻名，通常用于缓解消化问题，皮肤状况，血液循环不良，疼痛等。一种流行的使用方法是蓖麻油包，将一块布浸泡在蓖麻油中，然后敷在身体的特定部位（通常是腹部、肝脏或下背部），然后用加热垫覆盖它，以促进吸收。以下是蓖麻油包支持女性健康的一些方式：



Liver Health and Detoxification 保肝解毒

Castor oil packs applied to the liver area help detoxify the body, particularly to promote the elimination of toxins. A healthy liver is important for hormone regulation, metabolism and overall wellness. By supporting liver function, castor oil packs may contribute to balanced hormones and better health.

蓖麻油包应用于肝脏区域有助于身体排毒，特别是促进毒素的排除。健康的肝脏对激素调节、新陈代谢和整体健康都很重要。通过支持肝脏功能，蓖麻油包可能有助于平衡荷尔蒙和更好的健康。

Menstrual Health and Cramps 经期健康和痛经

- Pain relief: Castor oil packs are widely used to alleviate menstrual cramps. The soothing heat and the anti-inflammatory properties of castor oil can help relax the muscles of the uterus, reduce inflammation and ease the pain of cramps.
- Improved circulation: Castor oil packs help increase blood circulation in the pelvic region, which can reduce discomfort associated with menstruation, promote a more regular cycle and alleviate bloating and water retention.
- 缓解经痛：蓖麻油包被广泛用于缓解经痛。蓖麻油舒缓的热量和抗炎的特性可以帮助放松子宫肌肉，减少炎症，缓解痉挛的疼痛。
- 改善血液循环：蓖麻油包有助于促进骨盆区域的血液循环，这可以减少与月经有关的不适感，促进更规律的周期，缓解腹胀和水肿。

Relief from Menopausal Symptoms 减轻更年期症状

- Hot Flashes and night sweats: The soothing effects of castor oil packs help alleviate common menopausal symptoms like hot flashes and night sweats.
- Balancing hormones: The detoxifying properties help balance hormones during perimenopause and menopause, reducing some of the hormonal fluctuations that contribute to symptoms like mood swings and irritability.
- 潮热和盗汗：蓖麻油包的舒缓作用有助于缓解常见的更年期症状，如潮热和盗汗。
- 平衡激素：解毒特性有助于平衡围绝经期和更年期的激素，减少一些激素波动，这些波动会导致情绪波动和易怒等症状。

Digestive Health 消化系统健康

- Constipation relief: Castor oil is known for its mild laxative effects when taken internally, but the external application via a pack on the abdomen may also help relieve constipation by improving bowel movements and promoting digestive health.
- Liver and digestive support: Applied to the liver area, castor oil packs help detoxify and improve liver function, which is essential for proper digestion and metabolism.
- 缓解便秘：蓖麻油内服具有温和的通便作用，外敷在腹部也可以通过改善肠道运动和促进消化系统健康来帮助缓解便秘。
- 肝脏和消化支持：适用于肝脏，蓖麻油包有助于排毒和改善肝功能。这对于正常的消化和新陈代谢是必不可少的。

Hormonal Balance 荷尔蒙平衡

- Detoxification: Castor oil supports liver function, helping detoxify and clear excess estrogen, which can improve hormone regulation.
- Healthy hormone production: Better circulation and detoxification promote more effective endocrine function, improving overall hormone health.
- 排毒作用：蓖麻油能增强肝功能，帮助排毒和清除多余的雌激素，改善激素调节。
- 健康的荷尔蒙分泌：更好的循环和排毒促进更有效的内分泌功能，提高整体荷尔蒙健康。

Fertility Support 生育支持

- Blood flow to reproductive organs: Castor oil packs improve blood flow to the uterus and ovaries, creating a healthier environment for conception.
- Lymphatic drainage: Castor oil packs are believed to stimulate lymphatic circulation, which can help remove toxins from the body and support overall reproductive health.
- 生殖器官的血液流动：蓖麻油可以改善子宫和卵巢的血液流动，为受孕创造一个更健康的环境。
- 淋巴引流：蓖麻油包被认为可以刺激淋巴循环，有助于排出体内毒素，支持整体生殖健康。

Skin and Tissue Health 皮肤及组织健康

- Anti-inflammatory and healing properties: Castor oil is rich in ricinoleic acid, which has anti-inflammatory and pain-relieving properties. Regular use of castor oil packs on the abdomen or skin may help reduce inflammation, calm skin irritation and promote faster healing of tissue.
- Improved skin tone and texture: Applying castor oil to the skin may help reduce scars, stretch marks, or minor skin irritations. Women often use it for its moisturizing effects, helping to maintain healthy, hydrated skin.
- 抗炎和愈合特性：蓖麻油富含蓖麻油酸，具有抗炎和缓解疼痛的特性。定期在腹部或皮肤上使用蓖麻油包可以帮助减少炎症，镇静皮肤刺激，并促进组织的更快愈合。经常在腹部或皮肤上使用蓖麻油包可以帮助减少炎症，缓解皮肤刺激，促进组织更快愈合。
- 改善肤色和质地：将蓖麻油涂抹在皮肤上可以帮助减少疤痕、妊娠纹或轻微的皮肤刺激。它的保湿效果，帮助女性保持健康，水润的皮肤。

How to Use Castor Oil Packs:

Materials:

- Castor oil (choose organic, cold-pressed and hexane-free)
- Flannel or cotton cloth (large enough for treatment area)
- Heating pad or hot water bottle
- Plastic wrap (optional)

Steps:

1. Soak cloth in castor oil until fully saturated.
2. Lie down and place the oil-soaked cloth over the abdomen, liver area, or other target area.
3. Cover the cloth with plastic wrap to prevent staining.
4. Place a heating pad or hot water bottle over the wrapped cloth to help oil absorption.
5. Relax for 30-60 minutes.
6. After removing the pack, wipe off excess oil with a warm, damp cloth.

Note: Avoid using on the abdomen if pregnant, as castor oil can stimulate uterine contractions.

如何使用蓖麻油包

所需材料：

- 蓖麻油（选择有机，冷榨和不含己烷）
- 法兰绒或棉布（足够覆盖治疗区域）
- 加热垫或热水瓶
- 保鲜膜（可选）

步骤：

1. 将布料完全浸透在蓖麻油中。
2. 平躺并将浸过油的布敷于腹部、肝脏区域或其他目标部位。
3. 用保鲜膜覆盖布料，避免油渍污染衣物或床单。
4. 将加热垫或热水瓶放在塑料包裹的布上，帮助油渗透皮肤。
5. 放松30至60分钟，确保油被充分吸收。
6. 取下油包后，用温热湿布清洁该区域，以清除任何多余的油脂。

注：孕妇请勿在腹部使用蓖麻油敷包，因为蓖麻油可能引发子宫收缩。



- Certified Organic by USDA (the U.S. Department of Agriculture)
- BP (British Pharmacopoeia) grade
- Cold-pressed, unrefined, hexane-free, not solvent extracted
- 100% pure and contains no artificial ingredients
- 经美国农业部（USDA）有机认证
- 符合英国药典（BP）标准
- 采用冷榨，未经精炼，不含己烷及任何溶剂萃取物
- 100%纯正，无添加人工成分

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#detoxification 排毒

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- 100% pure and contains no artificial ingredients.
- 经美国农业部 (USDA) 有机认证
- 符合英国药典 (BP) 标准
- 采用冷榨，未经精炼，不含己烷及任何溶剂萃取物
- 100%纯正，无添加人工成分

COQ10 PLUS 辅酶Q10+

Buy 2 Get **5% OFF**
购买两瓶可获 **5% 折扣**

Buy 3 Get **10% OFF**
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#hearthealth 心脏健康

- Supports heart health
- Boosts energy levels
- Enhances antioxidant protection
- Improves skin health
- Supports brain function
- Enhances exercise performance
- Supports healthy blood pressure
- Improves fertility
- 有益心脏健康
- 提升能量水平
- 增强抗氧化保护
- 改善皮肤健康
- 支持大脑功能
- 提升运动表现
- 支持健康血压
- 提高生育能力



Terms & Conditions: (1) Promotion period: 1 March to 30 April 2025, or while stocks last. (2) Above promotions carry full BV/PV. (3) Not valid with any other concurrent promotions or APP. (4) No goods return or exchange allowed. (5) Other terms & conditions apply. (6) NewLife™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

条规与细则: (1) 促销周期: 2025年3月1日至4月30日, 或存售完为止。 (2) 以上促销带完整单位花红和单位分数。 (3) 不可配合其他同期间的促销活动或自动订货计划。 (4) 不允许退货或交换。 (5) 附有其他条规与细则。 (6) 新生命有权随时更改或修订促销活动的条规与细则, 恕不另行通知。