

# Lifeline

www.newlife.com.my

生命线

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RM1.90  
SINGAPORE  
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ISSUE 3/2012

MAY & JUNE 2012  
PP 12933/09/2012 (030652)

## HAPPY MOTHER'S & FATHER'S DAY! 母亲节及父亲节快乐!

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## Are Your Kids Healthy? 您家孩子有多健康?

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## Premature ageing can start in your 20s

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**MAY 2012  
Special  
Promotion  
五月份特别促销**

*Flip to the back now!*





# A Warm Welcome 热烈欢迎

NewLife™ has a new member to our family, Ms Jennifer Teh who will serve as CEO. Here is a little bit about the lady.

新生命欢迎担任首席执行官的新成员，Jennifer Teh女士加入我们的大家庭。在这与您分享她的一些点滴。



Jennifer has a no-nonsense look about her and a determined demeanour. She is also warm, friendly and eager to see NewLife™ to greater success. It's easy to see where she gets this balanced personality. She headed different associations at the University of Montevallo, USA where she graduated Cum-Laude in Business Administration, majoring in Business Management. This trait will undoubtedly give her the ability to nurture and develop our IBOs.

After graduation, Jennifer worked as a business counsellor and later in corporate marketing in MLM. With over 22 years of experience in the MLM industry, her passion in the business has only grown. "This is a people business with a purpose – and NewLife™'s mission to love others, impart knowledge on holistic health to as many people as possible, and to develop others in gaining natural health and wealth, is that purpose," she says. She is a keen motivational speaker, coach and mentor and we are excited to see this expertise rub off on our IBOs and business partners at NewLife™.

"NewLife™'s passionate and dedicated leaders, IBOs, staff and management, together with its health programmes and its 20 years' worth of tried and tested products shows its stability, all the elements to propel the company forward," Jennifer added.

So, join us in saying a big welcome to Jennifer. With her onboard we hope to see our brand flourish, attain greater heights and see the good news of NewLife™ spread to even more people.

Jennifer有着严肃的外观和坚定的神态。她很热情，友善并渴望看到新生命获得更好的成就。从这角度很容易地发现，她是如何获得平衡的个性。她积极参与多个美国蒙特瓦洛大学的学会，并毕业于美国工商行政系且暨优异成绩，主修工商管理。此特点无疑能让有能力地培育及领导我们的独立传销商。

毕业后，Jennifer担任商业顾问，随后也参与传销企业营销。在传销行业经验超过22年的她对传销的激情持续增长。她说：“传销是个人业务且只有一个目的 – 新生命的使命是灌输爱心，把全方位健康的知识传授给更多人及协助其他人获得自然的健康和财富。”她对于激励人心的演说，教练及导师有着相当的经验，我们很高兴地看到她的专长可与新生命独立传销商和商业合作伙伴一起分享。

“新生命的热情和敬业的领导人，独立传销商，员工和管理层，连同其保健方案及其20年之久经考验产品的价值，显示了其稳定性，所有的元素都在推动公司向前发展，” Jennifer补说。

因此，让我们诚心地欢迎Jennifer。我们期待着她的加入能让我们的品牌蓬勃发展，业绩更上一层楼并将此好消息从新生命传出去让更多人知道。



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



# Our Heartiest Congratulations to all Achievers

## 我们衷心祝贺全部达致目标者

**FEBRUARY 2012 - MARCH 2012**

**2012年2月至2012年3月**



### SILVER MANAGER

INVIGORATING LIFE ENTERPRISE

LING POH LENG

CHOW KWEE LEIN

### MANAGERS

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

LOW YOK YIN (SUSAN)  
WONDERWAY MARKETING  
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CHING HAN CHEONG  
TOO FOONG YING (HELEN)  
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CHIA SUIT LING  
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CHONG WEE HOON (VIVIEN)  
CHING HUI YING (SHEREEN)  
JANE TING LING LING  
SHIU YEW CHOONG (FREDDY)  
TAN THEAM CHAI (STEVEN)  
TAN MING KHUN  
ENRICHED LIFE

JSL INTERNATIONAL PTE LTD  
TANG GEOK SENG (CAROLINE)  
EVACO LIFESTYLE PTE LTD  
TONG AH MOY ALICIA  
COMMUNITY WELLNESS (S) PTE LTD  
HARTINI BINTI SAIRIN  
CHUA GEOK TIN  
ACQUOLINA ENTERPRISE  
LING LAY KHIM (SARAH)  
EMILY THERESA FERDINANDS  
LEE LAY CHENG  
LIM MEE ING  
CHOW HUI YAN  
SAW EWE KIM

### 21% ACHIEVERS

CHONG CHUAY PENG  
LIM WAI YING  
LING CHOON YIAN (REBECCA)  
TAN CHENG PENG JOSEPHINE

Feb & Mar-12  
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Feb & Mar-12  
Feb & Mar-12

TAN LEE KENG (LILY)  
HO TWEE LIM  
TAN CHEOW YEN  
TAN CHO HON (IRIS)

Feb & Mar-12  
Feb-12  
Mar-12  
Mar-12

### 18% ACHIEVERS

CHAN SOO TECK PETER  
LIM SIEW CHOO  
GHO KIM LUAN (SALLY)  
LIM LEE BOON (KAREN)  
SOH LAY CHOO (DIANA)

Feb & Mar-12  
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Feb-12  
Feb-12

TAN CHEOW YEN  
ZAINAB BT MOHD NOOR  
PNG KONG HUI JIMMY  
QUEK MIAW CHENG SUSIE  
SIM BEE HONG

Feb-12  
Feb-12  
Mar-12  
Mar-12  
Mar-12

### 15% ACHIEVERS

TAI SING YIENG (CINDY)  
SO SUE YI  
ANGELINE CHOW  
BRIDGET SHIU FEI KIT  
CHEW CHONG NGEEN (CLIFFORD)  
CHIN MEI JEN (MRS CHANG)  
CHIN SAU CHAN (SHARON)  
LEE HENG LIN HELEN JOY  
LEE POH ENG  
ONG HUI PENG  
SIM BEE HONG

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SIMPLY NATURAL MARKETING SDN BHD  
WAN LAI PENG  
WONG MUI CHOO (KELLY)  
YAP KIM NGEOK (MRS LOK)  
YEONG SOW KHAM (ALICE)  
CHERYL LEE CHUI MIE  
CHIANG TOK BUE  
CONNIE NGO KWONG CHIEN  
DIANE LENORE GORSUCH  
GHO KIM LUAN (SALLY)  
LIM MENG HWEE GEORGE

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# Show Your Appreciation

## 表达您的感恩之情

**Our parents, they give us life, take care of us and in their eyes, we're always their little child. Here are some notes to reflect on.**

我们的父母给予我们生命，无微不至地照顾我们。在他们眼中，我们永远都是小孩。这里有些例子，仔细想想。

Some of us may begrudge our parents for being too strict, rigid, unable to express their love or find that they cannot fully understand us. However, most parents do carry concern, understanding, tolerance, anxiety for our well-being and are ready to sacrifice for our sake in the name of love.

As adults, we have lives of our own with obligations and duties. Too easily our lives take over and we would have forgotten our debt to our parents for their deeds and sacrifices. Time goes by very quickly and before it is too late, let us show them how much we care. Often, it is not enough that we remember their birthdays, special occasions or lavish them with gifts.

We have to remember that as we grow up, our parents are ageing too! With ageing, the body's regeneration will slow down and be less efficient. As a result, malnutrition and mineral deficiencies leading to indigestion problems, teeth problems, bone problems and other chronic diseases can arise.

If you are taking nutritional supplements for your health and well-being, don't forget that your parents may need some help in that too. In fact, they may need more supplements than you do.

Let us repay our parents for all they've done for us by understanding their needs and helping them maintain good health through proper nutritional supplementation. The most common illnesses older people face include bone weakness, dementia, eyesight and heart problems, but they need not happen to your parents. Act now and ensure that your parents are getting the best possible diet and supplements.

Aside from helping them with a healthy lifestyle complete with daily exercise and a balanced diet, you should introduce them to NewLife™. With anti-ageing supplements ranging from Flax Seed Oil (an excellent brain booster) to Collasta (a collagen and anti-ageing supplement that tackles ageing from inside-out), NewLife™ also offers antioxidant supplements such as Vitamin C Complex and Coenzyme Q10 that can help protect cell damage by free radicals and restore the body's system to a youthful level. Calcium Complex is definitely a must to maximize the body's calcium absorption and prevent significant loss of bone density in later life.

So, if you want to be a dutiful son or daughter, give your parents love instead of gifts. Show them a better life, a healthier life. This Mother's Day and Father's Day, repay your parents by introducing them to the wonders of holistic health at NewLife™.

我们有时可能会抱怨父母对我们太严格、固执、难以启齿表达他们的爱意或发现不能完全了解我们。无论如何，父母都会关怀、体贴、迁就、关注我们，甚至以爱为名，随时准备作出牺牲。

成年人都有自己的生活以及要履行的责任。有时候生活，很容易让我们忘记了父母为我们作出的所有及牺牲。时间过得很快，在还没太迟前，我们应该表达出对他们的关怀。通常，我们只记得他们的生日、特定日子或送奢华的礼物，这样是不够的。

我们一定要记住，当我们越来越长大，代表我们的父母越来越老了！年老，代表身体新陈代谢会慢下来、做事效率也会越来越低。这会导致营养不良和缺乏矿物质的情況出现，也会影响消化不良、牙齿问题、骨骼问题及其他慢性疾病的出现。

如果你正服用着对健康有益的营养品，别忘了您的父母也需要到营养品的帮助。事实上，他们比你更加需要营养品的辅助！

父母为我们做了那么多，我们是时候要回报他们了。我们必须了解他们的身体需求，为他们寻找适当的营养辅助品。老人家通常会有一些常见的疾病如骨骼脆弱、老年痴呆症、视力及心脏的毛病。可是这不应该让它们在您父母身上发生。现在就采取行动，确保您父母拥有最好的饮食习惯及营养品。

除了靠运动及均衡饮食帮助它们维持良好的生活习惯外，您应该介绍他们新生命。对付抗老化，亚麻籽油（对大脑很有帮助）和康丽达胶原红藻（一种可从内到外抗老化的胶原）都具有抗老化的功效；新生命也提供抗氧化剂的营养品，例如维他命C综合丸及生物吸收性CoQ10，它们帮助保护细胞免受自由基损害，还可让身体系统回复年轻的水平。钙合成剂加棚可让身体吸收大量的钙，以及防止骨质密度的流失。

因此，如果您想当一个孝顺的子女，应该给您父母爱，而不是礼物，让他们可以生活得更健康更美好。这个母亲节和父亲节，让新生命走进您父母的生活中，回报您父母这份能为健康带来奇迹的最佳礼物吧。





# THE UGLY TRUTH:

premature ageing can start in your 20s

## 丑恶的真相:

过早衰老可于您20多岁时开始

Ageing before old age is worrying.

Many people become obsessed with anti-ageing remedies and skin care products without fully understanding what is going on with their body.

老年之前的老化实在令人担忧。许多人痴迷于具有抗老化的补救措施及护肤品，却完全没有了解自己的身体状况。

by Melissa Teoh, Nutritionist

张碧莲, 营养师

Do you hear crackling sounds when you move your joints?  
Are you worried about becoming forgetful?  
Do you hate looking in the mirror and seeing a face filled with wrinkles, sagging skin and fine lines?  
Do you have problems with dull-looking and lifeless skin?  
Can you imagine yourself with grey hair soon?  
Can you imagine yourself wearing eyeglasses at the age of 30 due to presbyopia?

### Do you know?

As we age, our need for certain vitamins and minerals increase due to a lowered absorption rate from our digestive system.

Daily exposure to UV radiation from the sun hastens the break down of collagen and elastin fibre, causing premature wrinkles and sagging.

The human body produces antioxidants. However, the rate of antioxidant production declines with age and there is no guarantee that these antioxidants produced are 100% effective in countering the factors that cause premature aging.

Sufficient Omega-3 intake slows brain ageing and reduces the risk of dementia by maintaining a healthy oxygenated blood supply to the brain.

Your body stores large amounts of calcium in your bones and teeth and only a minute amount is being circulated throughout the body. This means if you do not consume enough calcium through your diet or supplements, your body will take the calcium from your bones. When calcium in bones becomes depleted, they become weak and porous – a condition known as osteoporosis.

Vitamin C found in foods such as vegetables are destroyed during the cooking process. Taking medication such as aspirin could triple the excretion of Vitamin C from your body and smoking one cigarette robs your body of 25mg of Vitamin C - equivalent to the amount of Vitamin C in an orange!

当您移动您的关节时，您会听到噼里啪啦的声音吗？  
您是否担心变得越来越健忘？  
您讨厌照镜子，并看到脸上充满了皱纹、皮肤松弛和细纹？  
您有暗淡及毫无生气的皮肤问题吗？  
您能想象自己很快地便长出白发吗？  
您能想象自己在30岁时便因老花而戴眼镜吗？

### 您知道吗？

随着年龄的增长，我们的消化系统吸收率也随着降低，因此我们对某些维生素及矿物质的需求也须增加。

每天接触来自太阳的紫外线辐射将加速破坏胶原蛋白及弹性的纤维，而导致过早出现皱纹及肌肤下垂的问题。

人体生产抗氧化剂。然而，随着年龄的增长，抗氧化剂的生产率也随着下降并不保证该抗氧化剂是百分之百有效地对抗会导致过早衰老的因素。

摄取足够的奥美加-3将延缓大脑衰老；维持一个健康的含氧血液输送至大脑则可减少老年痴呆症的风险。

您的身体储存着大量的钙质在骨骼和牙齿中，只有一小部份的钙质被输送至全身。这意味着如果您不能通过饮食或辅助品中得到足够的钙质，您的身体将会从骨骼中取得钙质。当骨骼的钙质变得枯竭，骨骼便会变得脆弱及千疮百孔 - 骨质疏松症的状况。

食物如蔬菜中的维他命C在烹调过程中已被摧毁。您服用如阿司匹林的药物可能将您体内的两倍维他命C给排泄出来；吸一根香烟则剥夺了您身体高达25毫克的维他命C - 相当于一粒鲜橙中所得的维他命C份量！

## ELIXIRS OF ANTI-AGEING 抗衰老之长生不老药

### Store up on calcium as early as possible to ward off osteoporosis and osteoarthritis

Nature's Gift Calcium Complex with Boron is an excellent choice for anyone wanting to maintain peak calcium levels for total protection. It is a very special blend of Calcium and Boron, along with Vitamin A, Vitamin C, Vitamin D, Vitamin B12, magnesium, phosphorus, zinc and Vitamin B6. Boron plays an important role. Without Boron, calcium absorption is limited. All the other essential bone-building ingredients work synergistically to enhance bone strength and provide for maximum absorption of calcium into the bones. Clinical evidence shows that people with arthritis had lower concentration of Boron in femur heads, bones and synovial fluid. On the other hand, Boron supplementation has resulted in stronger and harder bones in the individuals tested<sup>1</sup>.

**Healthful tip:** Take 3 capsules of Calcium Complex 2 times a day.

### 尽快存储大量的钙质以抵挡骨质疏松症及骨关节炎的侵袭

天然之赠品钙合成剂加硼是保持良好钙质水平给予完整保护的最好选择。它是一个非常特殊的钙和硼的混合，同时含有维生素A，维生素C，维生素D，维生素B12，镁，磷，锌及维生素B6。硼扮演着重要的角色。没有了硼，钙质的吸收是有限的。所有其他必需的建设骨骼成份则须互相协调以增强骨骼的强度，并提供大量的钙质让骨骼吸收。临床证据显示患有关节炎的人的骨头，骨骼及关节滑液拥有低浓度的硼以支持硼辅助品对健康骨骼及关节的必要性。另一方面，在个人测试中显示硼辅助品使骨头变得更坚固及结实<sup>1</sup>。

**健康提示:** 每日服用三颗钙合成剂加硼两次。







### Flax Seed Oil promotes longevity and diminishes skin wrinkles

Flax Seed Oil (FSO) is high in Omega 3, 6 and 9, essential fatty acids - necessary building blocks for all cell structures, including neurons in the brain, smooth skin, and healthy hair. Rich in alpha-linolenic acid (ALA), Flax Seed Oil contains double the amount of Omega-3 in ordinary fish oil, and helps to maintain an appropriate balance of Omega-3 to Omega-6 fatty acids ratio in the body. FSO intake is beneficial for the prevention of heart disease, arthritis and supports healthy cognitive function.

**Healthful tip:** Take 1-3 tablespoons daily at any time. Best taken with yoghurt. You can also add it to your salad, smoothie or just take it straight off a spoon.

### 亚麻籽油促进长寿及减少皮肤皱纹

亚麻籽油 (FSO) 含有大量奥美加-3, 6及9, 必需脂肪酸是所有细胞结构的必需组成成份, 包括大脑中的神经, 光滑皮肤和健康头发。亚麻籽油含有丰富的α-亚麻酸 (ALA), 拥有比普通鱼油中高达双倍的奥美加-3, 并有助于保持身体内平衡的奥美加-3及奥美加-6脂肪酸的比例。亚麻籽油的摄取有利于预防心脏疾病, 关节炎及维持健康的认知能力。

**健康提示:** 每天服用1-3汤匙 (任何时候)。与酸乳酪一起享用为最佳。您也可以把它添加到您的沙拉, 冰沙或直接以汤匙饮用。

### Collagen for healthy glowing skin and skin elasticity

Supplementing with collagen and antioxidants is the key to boosting collagen production and improving overall youthfulness and well-being. These amazing ingredients can be found in every sachet of Collasta. This effective formula contains hydrolysed marine collagen, a highly digestible form of protein that gives skin its strength and elasticity. Supplementing with collagen could help to reduce inflammation, body pains and joint discomfort. The restorative power of Collasta is further enhanced with a combination of age-defying super antioxidant blend, including astaxanthin, grape seed, green tea, pine bark, lycopene, mangosteen extracts, as well as prebiotic (Fructo-oligosaccharide). This proprietary formula prevents and corrects signs of ageing. You would also experience clearer eyesight with one of its other powerful antioxidants called Pycnogenol.

**Healthful tip:** Take one or two sachets of Collasta daily. It's simple. Just empty the contents into 200-250ml room temperature or cold water, stir well and serve.

### 胶原蛋白让皮肤恢复健康并拥有弹性

服用胶原蛋白及抗氧化剂的辅助品是促进胶原蛋白的生产并提高整体的青春与健康的关键。这惊人的成份可在每小包的康丽达胶原蛋白中发现。这种有效的配方中含有水解海洋胶原蛋白, 一种易消化的蛋白质形式可使皮肤更结实及拥有弹性。服用胶原蛋白有助于减少炎症、身体疼痛及关节不适。这具有增强恢复能力的康丽达胶原蛋白结合了抗衰老的超级抗氧化剂的组合, 包括虾青 (红) 素, 葡萄籽, 绿茶, 松树皮, 茄红素, 山竹萃取物, 以及益生元 (果寡糖)。此专利配方防止及纠正老化的迹象。您也可以体验其具有威力名为碧萝芷的抗氧化剂, 它使视力更清晰。

**健康提示:** 每天服用一或两包康丽达胶原蛋白。很简单。只需将小包内的康丽达胶原蛋白倒入200-250毫升的室温或冷水内, 搅至均匀即可享用。



### Coenzyme Q10, a must have anti-ageing supplement

Coenzyme Q10 (Co Q10), also called ubiquinone, is a natural-occurring compound found within every cell. The human body can synthesize Co Q10 naturally. However, its production decreases as we get older. Daily supplementation of Co Q10 is important and it has been well-recognized as an elixir of youth. This super antioxidant protects and prevents the ageing of our cells by defending them against free radicals. It also helps to reverse skin damaged by UV rays, improve skin texture and restore elasticity. It also promotes a healthy cardiovascular system and is proven to improve conditions such as high blood pressure and high cholesterol levels. It also gives you a boost of energy and prevents fatigue throughout the day. NewLife™ has developed a special advanced formula of Co Q10 blended with essential fatty acids found in flax seed concentrate to enhance the bioavailability of Co Q10. You can be assured that it has a high absorption rate and useful in strengthening your body.

**Healthful tip:** Take 1-2 capsules of Co Q10 daily.

### 生物吸收性CoQ10是抗衰老的必需辅助品

生物吸收性CoQ10, 也称为泛醌, 是每个细胞内发现的一种自然产生化合物。人体能自然地合成生物吸收性CoQ10。然而, 随着年龄增长, 它的产量也逐渐下降。每天服用生物吸收性CoQ10是很重要的, 它已被公认为年轻之灵药。这超强的抗氧化剂可以抵御自由基并保护及防止细胞老化。它也有助于扭转紫外线损伤的皮肤, 改善皮肤性质及恢复弹性。它也能促进健康的心血管系统, 并被证实有助于改善体质, 如高血压和高胆固醇水平。它也让您充满能量, 并预防一整天的疲劳。新生命已开发了一种利用先进特殊配方的生物吸收性CoQ10, 它混合了在亚麻籽内发现的必需脂肪酸以提高生物吸收性CoQ10的生物利用度。您可以放心, 它是具有高吸收率和对于加强您身体非常有用。

**健康提示:** 每日服用1-2粒生物吸收性CoQ10。

### Vitamin C as an anti-ageing powerhouse that boosts skin cell regeneration and enhances immune functions

Include a diet high in Vitamin C or add Vitamin C supplements into your daily meals if you want radiant and youthful skin. Getting enough Vitamin C is not as easy as you think because the vitamin is water-soluble and is easily excreted from the body through urination. Sufficient Vitamin C intake is a remedy that prevents premature ageing. Vitamin C has proven to increase collagen synthesis, which may help to reduce wrinkles and fine lines. Vitamin C also possesses antioxidant capacities, capable of reducing skin cell damage caused by free radicals. Vitamin C is also a great immunity enhancer and you are less susceptible to infections and ailments such as colds. It is best to use a Vitamin C supplement that contains flavonoids because it ensures good absorption. NewLife™'s Vitamin C Complex has it all!

**Healthful tip:** Take 2-3 tablets of Vitamin C Complex daily. In times of lowered immunity or illness, you may take up to 10,000 mg daily (taken hourly).

### 维生素C是抗衰老的厂房, 促进皮肤细胞再生并增强免疫功能

如果您想拥有容光焕发, 年轻的肌肤, 您应该在日常饮食中增添维生素C或添加维生素C辅助品。摄取足够的维生素C不是您想像般容易, 因为维生素C是水溶性的, 并且很容易通过小便排出体外。摄取足够的维生素C是防止过早衰老的补救措施之一。维生素C已被证实可增加胶原蛋白的合成, 它有助于减少皱纹与细纹。维生素C也具有抗氧化能力, 能减少皮肤细胞因自由基所造成的损害。维生素C也是很好的增强免疫剂, 因此您不太容易感染疾病, 如感冒。服用含有黄酮类的维生素C辅助品为最佳因为它可以确保良好的吸收。新生命的维生素C综合丸拥有这一切!

**健康提示:** 每天服用2-3片维生素C综合丸。在免疫力降低或生病的时候, 您每日或许需要高达10,000毫克 (每小时服用)。







# 能量 ENERGY

## THE SOURCE OF ALL LIFE

### 生命的源头

by Sam Tan, Nutritionist  
陈健德, 营养师

Day to day and year to year, we seem to live on an endless source of energy that starts from the time we awake to the time we sleep at night. We say it is food and sleep that give us energy and recharge us, but have you ever wondered how your body actually derives energy? Where does it come from? How is it made?

Our body is an organism that is made up of water, bone, fat, muscle, organs, and other things. Broken down further, we are made up of cells and in the simplest terms, we can think of our body as one big cell that eats, sleeps, and goes to work each day.

We may not notice it, but every ounce of energy we use is manufactured through an amazing processes within the cells of our body. These processes happen every second and they are the source of life that gets us through each day.

#### So how does this all come together?

Adenosine Triphosphate – more commonly known as ATP – are macromolecules arguably the second most important next to DNA. ATP can be thought of as the energy currency that our cells produce. ATP also functions as transport and does mechanical work such as muscular contractions. Our body requires a sustained and consistent supply of ATP in order to function and survive.

To manufacture ATP effectively our bodies require Coenzyme Q10 or CoQ10. Scientists have found that low CoQ10 levels equals low ATP levels because without sufficient CoQ10, our bodies are unable to manufacture enough ATP. Low ATP levels means, low cellular energy – which means our bodies fatigue and age faster. Knowing this helps us understand why CoQ10 supplementation is so important.

**CoQ10 is recognized as an essential nutrient for heart health. Heart failure and poor heart health have been linked to CoQ10 deficiency.**

日复一日年复一年，我们体内的能量好像睡醒以后就恢复，似乎用之不尽。我们都说，食物和睡眠让我们身体补充能量。但您可曾想过，您的身体是如何产生能量？它是从何而来？又如何制造的呢？

我们的身体是一个有机体，由水、骨骼、脂肪、肌肉、器官及其它东西组织而成。简单来说，我们是由细胞组织而成，我们的身体犹如一个能每天饮食、睡觉和上班的大细胞。

我们或许没注意到，其实我们使用的每盎司能量，都是通过体内细胞的了不起过程中所制造的。这些过程每一秒都在发生，它们是生命的泉源，让我们度过每一天。

#### 它们是如何结合在一起呢？

三磷酸腺苷 – 简称为ATP，在身体中所占的重要性仅次于脱氧核糖核酸（DNA）。ATP可说是我们细胞产生的能量“货币”，有运输的作用，以及肌肉收缩的“工作”。我们的身体需持续及稳定的ATP供应才可运作和生存。

为了有效地制造ATP，我们的身体必须要有生物吸收性Q10或CoQ10。科学家证实因为缺乏足够的CoQ10，低水平的生物吸收性Q10相等于低水平的ATP。我们的身体是无法制造足够的ATP。低水平的ATP意味着细胞的能量低，导致我们的身体容易疲劳和加速衰老，这有助于我们了解CoQ10的辅助品为何如此重要。

**生物吸收性COQ10获得对心脏健康之营养的认可。心脏衰竭和心脏状况不佳已被证实是缺乏生物吸收性COQ10所导致。**



## Scientific Facts on CoQ10\*

### What are the characteristics of CoQ10?

CoQ10 exists in two forms, Ubiquinone and Ubiquinol. Both forms are oil-soluble and both are readily converted from one form to the other in the cells, lymph, or blood when their respective functions are needed. The body synthesizes Ubiquinone in all living cells. Even when the Ubiquinol is taken as supplement, it is converted in the stomach to Ubiquinone.

Due to the extra hydroxyl (hydrogen with oxygen) unit, Ubiquinol is two molecules larger (thus heavier) than Ubiquinone. With the help of some surfactant chemicals, Ubiquinol can be made to be dispersible in water; however, this CoQ10 molecule is still oil-soluble and is absorbed in the body as such.

### Does water-soluble mean that it is more readily absorbed compared to being oil-soluble?

Water-soluble molecules can rapidly dissolve in water. But water-soluble does not equate or mean high absorption. The larger the size of the molecules, the harder the absorption. If the molecules are very large in size, the body's absorption would be poor.

Water-solubility is of no relevance to CoQ10 because CoQ10 is oil-soluble and cannot be converted into water-soluble molecules.

### Does reducing the size of the CoQ10 molecular make it more water-soluble?

Reducing the size of the CoQ10 molecule will make it more water-soluble, however it would have to be reduced to become CoQ9, 8, or 7 and will no longer be CoQ10.

### Since CoQ10 (Ubiquinone and Ubiquinol) is oil soluble, how do we improve its absorbability?

The key is in the use of a suitable medium of oil for transport and absorption of CoQ10. Many brands in the market use hydrogenate oil as a medium. Through extensive research, NewLife™ International has developed a special advanced formula of Coenzyme Q10 that is blended with essential fatty acids found in flax seed concentrate to enhance the bioavailability of CoQ10. This essential fatty acid from flax seed concentrate provides the special "transport system" for the CoQ10. With this special advanced formula of CoQ10, you can be assured that it will be fully absorbed and not eliminated from your body. This would mean greater absorption, a higher blood level of CoQ10 and faster results.

In conclusion, hundreds of clinical studies show that Ubiquinone (the form of CoQ10 that NewLife™ uses) is effective and is the choice of cardiologists. Nevertheless, Ubiquinone and Ubiquinol are rapidly inter-converted back and forth as needed, regardless of which form is ingested.



## 生物吸收性COQ10的科学证明\*

### CoQ10的特点是什么?

CoQ10分为氧化型和还原型两种形式。这两种形式都是油溶性的，当细胞、淋巴或血液有需求时，它们便很容易地从一种形式转换至其他形式。身体中所有的活细胞中都含有氧化型，即使服用还原型的营养辅助品，胃部也会将它转换成氧化型。

由于额外的羟基（氢气与氧气），还原型比氧化型大于两个分子（两个分子重量较重）。在一些活性剂化学品的帮助下，还原型可在水中分解；然而，这CoQ10的分子仍然是油溶性及被人体吸收。

### 水溶性是否比油溶性更容易被人体所吸收?

水溶性分子可以迅速在水里溶解。但水溶性并不等于容易被吸收。分子越大，越难被吸收。如果分子的尺寸非常大，人体的吸收也会欠佳。

水溶性与生物吸收性Q10是没有任何关联的，因为生物吸收性Q10是油溶性的，并不能转化为水溶性分子。

### 是否将生物吸收性Q10的分子尺寸缩小，既能将之变得更“水溶性”?

将生物吸收性Q10的分子尺寸缩小是可以使它变得更“水溶性”，但它必须缩小为CoQ9, 8或7，这样一来，它将不再是生物吸收性Q10了。

### 由于生物吸收性Q10（氧化型及还原型）是油溶性的，我们该如何提高其吸收能力?

关键在于使用一个合适的媒介油以推动生物吸收性Q10的运输及吸收。市场上，许多的品牌使用氢化油作为媒介油。通过广泛的研究，国际新生命已经研发一道特殊的生物吸收性Q10先进配方既混合了在浓缩亚麻籽中所发现的必需脂肪酸，它能提高生物吸收性Q10的生物利用度。这种在浓缩亚麻籽的必需脂肪酸为生物吸收性Q10提供了特殊的“交通运输系统”。有了这项特殊的生物吸收性Q10先进配方，它将被完全吸收，并不会从您的身体排出。这意味着其有着更好的吸收，较高的生物吸收性Q10血液浓度和更快的结果。

总结来说，数以百计的临床实验证明氧化型（新生命所使用的生物吸收性Q10的形式）是有效的，也是心脏专科医生的首选营养辅助品。然而，无论食用的是何种形式，当需要时，氧化型和还原型会在迅速间来回转换。

\*Natural Products INSIDER, Coenzyme Q10 Facts or Fabrications by William V. Judy, Ph.D., Willis W. Stogsdill, M.D., Daniel S. Judy, M.D. and Janet S. Judy, R.N. CRC

\*天然产品内幕，生物吸收性Q10的事实或虚实，威廉·朱迪博士，威利斯·史多斯戴尔医学博士，丹尼尔·朱迪医学博士和珍妮特·朱迪



# How Healthy Are Your Kids?

## 您家孩子有多健康?

by Melissa Teoh, Nutritionist  
张碧莲, 营养师

**Ensure your child's wellness.  
Here are a few tips.**

**确保您的孩子健康成长。这里有些贴士。**

Constipation is never a good thing and it's worse for a child. Aside from the uneasy feeling, it also says a lot about the state of their health. Monitor your child's health through the following ways.

Does your child

- complain that it hurts when he pass motion?
- complain of stomach-ache?
- feel less hungry than usual?
- Hold-on going to the toilet or avoid painful bowel movement such as squatting, crossing their legs or refuse to sit on the toilet?

Your child may be constipated.

对小孩来说,便秘从来都不是一件好事,甚至非常糟糕。除了感觉不适外,还会对他们的健康造成影响。您可通过以下方法来测验孩子的健康。

您的孩子会

- 在排便时抱怨很疼?
- 抱怨肚子疼?
- 很少喊肚子饿?
- 很少上厕所,或会避免用蹲坐的方式如厕、例如交叉腿或拒绝坐在马桶上?

您的孩子很可能面对便秘的问题。



**Does your child pass healthy-looking stools? Faeces can tell you about their gastrointestinal health.**

Interestingly, you can actually analyse the overall health of your child by observing the form, shape and colour of their faeces. Here are the characteristics to look out for:

**Golden brown colour**

This is a normal colour and the result of bacteria putrefaction in the gut and bile excretion from the liver. Changes in colour happens when your child starts taking solid foods. For example, the faeces may look red after they eat beet or it may also turn bluish or greenish from the consumption of food colourings and green leafy vegetables.

**Long shaped, smooth, soft and sausage-like**

The picture shows faeces in seven forms which are applicable to both adults and children. Types 1-3 denote constipation, even with daily bowel movement. Types 4 and 5 are ideal with the former being easier to pass and not containing excess liquid. You have diarrhoea if you see Types 6 and 7.

**Nearly odourless**

Healthy faeces do not stink.

**Bristol Stool Chart 布里斯托大便分列表**

<p><b>Type 1</b> 第一类</p> 	<p>Separate hard lumps, like nuts (hard to pass) 粒状、硬身 (很难排出)</p>	<p><b>Type 5</b> 第五类</p> 	<p>Soft blobs with clear-cut edges (passed easily) 一抹抹、但有清晰分界、柔软</p>
<p><b>Type 2</b> 第二类</p> 	<p>Sausage-shaped but lumpy 肠状、起块</p>	<p><b>Type 6</b> 第六类</p> 	<p>Fluffy pieces with ragged edges, a mushy stool 柔软小块、呈糊状</p>
<p><b>Type 3</b> 第三类</p> 	<p>Like a sausage but with cracks on its surface 肠状、表面有裂纹</p>	<p><b>Type 7</b> 第七类</p> 	<p>Watery, no solid pieces. Entirely liquid 流质、没有粒块</p>
<p><b>Type 4</b> 第四类</p> 	<p>Like a sausage or snake, smooth and soft 长条状、光滑而柔软</p>	<p>Source: Heaton and Lewis, 1997 资料来自: 希顿及乐维丝, 1997</p>	

**Causes of constipation in children:**

**1. Dehydration**

Constipation is more likely in children who do not have enough fluid intake. As a result, stools move through the large intestines too slowly and it becomes dry and hard.

**Solution:** Fluid is necessary for children who start eating solid foods so give them plain water or fruit juices. However, avoid giving your child caffeine drinks such as coffee, tea or soft drinks as these beverages will dehydrate the body and make them more thirsty. Give your child plain water as often as possible. It's important for them to stay hydrated in our hot weather. When they engage in sports or outdoor activities, extra fluid is needed. Children like sweet drinks so opt for apple cider vinegar with raw honey or fresh fruit juices.

**2. Lack of fibre**

As a general rule, fibre requirement for children aged three and above is five grams plus their age. For instance, when they are six, they would need 11g daily. For adolescents – 15 years and older – they would need to ingest 25-30g daily. As parents, you need to limit your child's intake of refined foods such as plain biscuits, white bread, cakes and pies and opt for healthier choices like wholemeal or multigrain bread. You can also swap white rice with brown rice. You can also increase fibre in meals by not peeling fruits whenever possible. While adding dietary fibre helps to regulate bowels, doing so without drinking enough water can worsen constipation. To allow fibre to work, ensure that your child drinks at least 4 to 6 glasses (1 to 1.5 litres) of fluids daily.

**Solution:** Kids Klenz is a great fibre supplement for children aged 6 and up. A child can take a sachet of Kids Klenz once or twice a day if there is no daily bowel movement. Kids Klenz is best taken on an empty stomach and preferably at least 30 minutes or 1 hour before meals.

**想知道您家孩子是否排出健康的粪便？粪便的形式可以告诉您关于他们的肠胃到底健不健康。**

很有趣的是，实际上您可以通过粪便的形状、颜色等分析孩子整体的健康。粪便的特点包括：

**金黄色**

这是正常的颜色，是从肝胆汁的排泄和肠道中的细菌腐化后的“成果”。当您的孩子开始摄取固体类食物，粪便的颜色就会产生变化。例如，如果多吃甜菜，粪便会呈红色；如果多摄取含有色素及绿色植物蔬菜，粪便会呈蓝或绿色。

**长形、光滑、柔软及呈香肠形**

图中所显示的是无论大人小孩的7种粪便的类型。第1至3是表示便秘，即使你每天都有上厕所。第4至5是最理想的形状，容易排出且不含液体。第6至7则表示您腹泻。

**几乎无臭**

最健康的粪便不臭的。

**孩童便秘的原因：**

**1. 脱水**

便秘代表小孩没有摄取足够的水分，这样会令粪便变得干硬，通过大肠时变得缓慢。

**解决方法：**对于刚开始吃固体食物的小孩，水分非常重要，所以多给他们喝白开水或果汁。尽量避免让您的孩子喝含有咖啡因的饮料，如咖啡、茶或汽水。这些饮料会造成体质脱水，令他们更渴。可以的话，就尽量让孩子多喝白开水。孩子在我们炎热的天气下必须保持水分。当他们运动或户外活动时，更加需要额外的水分。如果小孩喜欢喝甜的，可以选择让他们喝带有蜂蜜的苹果醋或新鲜的果汁。

**2. 缺乏纤维**

一般来说，3岁或以上的小孩每日的纤维需求量是其年龄加5克的纤维。举例来说，当他们踏入6岁，每天就需要11克的纤维。15岁及以上的青少年则每天需要摄取25-30克纤维。作为家长，您需要限制孩子摄取精致食品，如饼干、白面包、蛋糕及馅饼。为他们作出健康的选择，多食用全麦或杂粮面包、用糙米代替白米饭、多吃不削皮的水果增加纤维营养。在饮食习惯中加入纤维有助于调节肠胃，但如果摄取不够的水分分会令便秘更严重。为了让纤维可以正常运作，您的孩子必须每天喝至少4至6杯（1至1.5公升）的水。

**解决方法：**孩童净化粉是给6岁或以上孩童最佳的保健品。如果小孩没有天天上厕所，可以一天内喝1至2包孩童精华粉，空腹及在饭前至少30分钟至1个小时前饮用最佳。



### 3. Lack of probiotics in the gastrointestinal tract

Like adults, a child's gastrointestinal tract harbours an enormous amount of bacteria. A good balance of good and bad intestinal microflora needs to be maintained for healthy bowel function.

**Solution:** One of the simplest approaches to increase friendly intestinal bacteria is by consuming probiotic foods like yoghurt. Probiotic supplements such as ImmuFlora may also help relief constipation. Probiotics promotes digestion and peristaltic movement of the digestive tract. Probiotic produces lactic acid that lowers the pH levels of the colon and aids in regulating bowel movements. The most likely reason the child is still constipated after taking plenty of water, fibre or Kids Klenz may be because they lack friendly bacteria. Add a sachet ImmuFlora together with Kids Klenz and see a difference.

### 4. Psychological factors

Some children may ignore going to the toilet because they are busy playing. Consequently, faeces become hard and dry and difficult to pass.

**Solution:** To counteract this problem, parents should schedule toilet time. Encourage your child to sit on the toilet as soon as they feel the urge. If your child is reluctant to use the toilet away from home, you can help by talking it through or working out a solution with the school.

### 3. 腸胃道缺少益生菌

和成人一样，小孩的腸胃道里也隱藏着大量的細菌。維持腸道中平衡的益菌和壞菌才能確保排便順暢。

**解決方法：**其中一個能增加腸道益菌的簡單方法是，多攝取含有益菌的食物如酸乳酪。益生菌類的營養品如免疫激菌植，也可以幫助消除便秘。益生菌可能促進消化和消化道的蠕動。益菌中產生的乳酸，可以降低腸道的pH值及幫助大腸蠕動。有時候，小孩即使喝大量的水、多吃纖維或服用孩童淨化粉也是便秘，很大原因是他們體內缺乏益菌。這時候您可以在服用孩童淨化粉的同時，加入一包免疫激菌植來看看分別。

### 4. 心理因素

一些好玩的小孩會忽略上廁所，這樣會造成糞便變得又硬又干，所以很難排出。

**解決方法：**要解決這個問題，家長必須設定上廁所的時間。鼓勵您孩子在有便意時坐在馬桶上，如果您家孩子不願上家以外的廁所，您可以跟學校方面討論一個解決方案。

## NewLife™ Kids Klenz is dedicated to providing relief 孩童淨化粉致力於給予幫助

**Supplement with Kids Klenz, even if your child has regular or normal bowel movements. It's more important to do so if your child is eating refined foods such as white rice and white flour products.** For healthy bowels, your child should consume sufficient amounts of fibre such as brown rice, wholemeal bread and lots of fruits, vegetables and fluids daily.

**Even after the kids have stopped taking Kids Klenz, they will continue to have regular bowel movement.** However, it is crucial that you make important changes to your child's diet to sustain regular bowel movement.

**Kids Klenz also strengthens the immune system.** Kids Klenz contains wonderful ingredients such as apple pectin, oligofructose and Stevia. Apple pectin helps to remove heavy metal substances, while oligofructose stimulates the growth of beneficial intestinal bacteria. This is tremendously helpful in strengthening the immune system. Stevia inhibits the growth and reproduction of bad bacteria and infectious organisms, which in turn will keep your child from catching a cold or flu.

**Kids Klenz benefits overweight and underweight children.** For overweight children, take Kids Klenz 30 minutes before a meal on an empty stomach to prevent over-eating. Your child will feel fuller after taking Kids Klenz. If the child is underweight take Kids Klenz an hour before meals on an empty stomach. Regular intake of Kids Klenz will improve gastrointestinal health and ensure better nutrient absorption.

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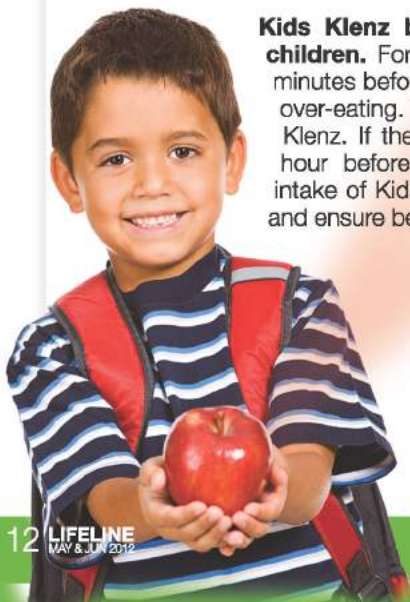


**服用孩童淨化粉，即使您家孩子有定期或正常的排便。如果您家孩子常攝入味精食品，如白米飯或面粉類食品，孩童淨化粉就非常重要了。要有健康的腸胃，您的孩子必須攝取足夠的纖維，如糙米、全麥麵包、水果、蔬菜和每日所需的水分。**

**停止服用孩童淨化粉的孩子仍能正常如廁。然而，最重要的還是您必須改變孩子的飲食習慣，及保持定期的排便。**

**孩童淨化粉也可以增強免疫系統。孩童淨化粉含有豐富的成分，如如蘋果果膠、低聚果糖和甜菊。蘋果果膠有助於消除重金屬的物質；低聚果糖則促進腸道內益生菌的生長，這可是對加強免疫系統有巨大的幫助！甜菊則可以即止有害菌的繁殖及傳染性的微生物增長，讓您家孩子可以遠離感冒或流感。**

**孩童淨化粉對超重及過輕的小孩有幫助。對於超重的小朋友，在飯前30分鐘，空腹飲用孩童淨化粉可防止他們吃到過量，因為服用孩童淨化粉後會有飽足感。如果您的孩子體重過輕，可在飯前1個小時空腹飲用孩童淨化粉。定期服用孩童淨化粉，可以提升腸胃的健康及確保更好的營養吸收。**







*Celebrating Women's Day, Celebrating*

# WOMEN'S *affairs*

女性の物語

On 31st March 2012, NewLife™ Petaling Jaya celebrated International Women's Day with our lady IBOs and guests. At the Women's Affairs event the ladies learned Facial Exercises, Quick Fix for a Face Lift and How to Tone Breast Muscle. On the same day, our featured guest speakers Datin Dr Lynn Tan, Mrs Irene Shiu and Ms Jeanne Lim shared with us true stories from their lives' journeys and how with determination, women can take control of their lives too. While the attendees were inspired by the sharing, the children who attended were kept busy having a great time with fun activities held separately.

3月31日，新生命八打灵再也为了与女性独立经销商及来宾庆祝国际妇女节而举办了女性的物语活动，让女士们学会如何亲手做脸部运动，快速修复容颜及使胸肌变强的秘诀。同时，我们的主讲嘉宾如拿汀陈林希珠博士，罗爱莲女士及林美华女士与我们分享了他们生命旅程的真实故事，并鼓励所有的妇女们掌控自己的生活。尽管参与者都被他们的故事所感动，分别举办的小孩活动却让让孩子们玩得相当尽兴。



# Yummy Goodness

真好吃!

Delicious yoghurt with friendly probiotic bacteria for better health.

为更好的健康提供友好益生菌的美味酸乳酪。

by Melissa Teoh, Nutritionist  
张碧莲, 营养师

How can you be sure your plain yoghurt contains large amounts of viable friendly bacteria cultures? You can with NewLife™ Yógourmet.

At least 10 million of viable probiotic cells must be present in every gram of yoghurt you consume to exert the maximum therapeutic effects<sup>1</sup>. Store-bought plain yoghurt may not have much live cultures left because cultures have a limited shelf-stability and shelf life. Hence, using plain yoghurt as a starter in yoghurt-making can be unreliable.

Freeze-drying can keep bacteria cultures viable longer. Yógourmet starter cultures in freeze-dried powder form are potentially superior to the commercially available plain yoghurt in terms of sterility and stability. Just like all living creatures, live probiotic cultures need to be protected from harsh environment. Freeze-drying is the way to preserve the potency and effectiveness. In a dehydrated state, the live cultures actually hibernate without losing much of their viability and remain stable before being reactivated. Store-bought yoghurt are shipped, stored and moved around several times before they reach you. This means they are exposed to fluctuations in temperature and they may lose their goodness. **There is no guarantee of the effectiveness of commercial yoghurt!**

Yógourmet is a yoghurt starter fortified with probiotics such as *Lactobacillus casei*, *Lactobacillus acidophilus* and *Bifidobacterium longum* to add extra nutritional value to your yoghurt. The broad spectrum of cultures ensures that you enjoy maximum benefits from the probiotic yoghurt you make. With conventional yoghurt starters, bacteria such as *Streptococcus thermophilus* and *Lactobacillus bulgaricus* lack the ability to survive the acidic stomach and alkaline intestines and consequently do not play a role in human health<sup>2</sup>. When you have yoghurt that is fortified and packed with probiotics, you can be sure that you'll reap all the necessary goodness.

## Yoghurt with NO sugar added, NO artificial flavouring, NO stabilizers, NO food additives and NO preservatives!

无添加糖分、无人工香料、无食物添加剂、无食品添加剂及无防腐剂的酸乳酪!

Make your own yoghurt today with Yógourmet! You can decide what goes into your yoghurt including omitting unwanted sugar, flavouring, stabilizers and additives that are usually found in commercial yoghurt.

### Health benefits of probiotic yoghurt made from Yógourmet:

- Restores healthy gastrointestinal tract
- Improves immune function
- Reduces yeast infection
- Improves cholesterol profiles – lowers LDL and raises HDL cholesterol levels
- Improves digestion and lactose tolerance
- Reduces risk of developing certain types of cancer

### References:

1. Lourens-Hattingh and Viljoen, B.C. 2001. Yogurt as probiotic carrier food. *International Dairy Journal* 11: 1-17.
2. Gilliland, S.E. 1979. Beneficial inter-relationships between certain microorganisms and humans: candidate microorganisms for use as dietary adjuncts. *Journal of Food Protection* 42: 164-167.



您是如何确保您的酸乳酪中含有大量的益生菌培养? 现在有了, 新生命的酸乳酪酵母能做到。

每克酸乳酪中必须至少含有10万个益生菌细胞, 以发挥最大的治疗效果。在超市买到的纯酸乳酪活菌已所剩无几, 因为“菌”也有货架稳定性和保质期。因此, 以纯酸乳酪制造酸乳酪不但不可靠, 也无法让活菌发挥最大的效用。

冷冻干燥是保持细菌培养长时间的方法。相比市面上标榜无菌和稳定性的纯酸乳酪, 冻干粉状的酸乳酪酵母质量更好。就像所有生物, 我们必须保护活菌免受恶劣环境的破坏, 冷冻干燥法是保存效力及有效性的方法之一。在脱水的状态下, 生物可以在不是失去生存能力的情况下进入冬眠状态, 而且还可在“苏醒”前保持稳定。在超市购买的酸乳酪, 从运送、送到商店, 再到达您的手上已经转了好几圈, 这意味着它们可能会受到暴露下的高温影响, 进而流失掉精华。加上, 截止日期也不可能保证酸乳酪还能发挥效果!

酸乳酪酵母中含有强化的益生菌, 例如干酪乳杆菌、嗜酸乳杆菌及长双歧杆菌, 为您的酸乳酪增加更多的营养价值。益生菌培养中的“广谱”可确保您享用到自制酸乳酪中最大的益处。普通酸乳酪酵母含有的高温链球菌属及保加利亚乳杆菌, 缺乏生在胃酸及碱性肠子的能力, 在人体健康上发挥不到作用。当您的酸乳酪中表明拥有强化及益生菌, 您就可确保从中得到所有的好处!

用酸乳酪酵母来自制酸乳酪吧! 您可自行决定您的酸乳酪中的“内容”, 包括省略掉不必要的糖分、调味剂、添加剂及一些市场上卖的酸乳酪中找到的添加物。

### 酸乳酪酵母中益生菌对身体的好处:

- 恢复肠胃道的健康
- 增强免疫系统
- 减少酵母感染
- 改善胆固醇 – 降低低密度脂蛋白、提高高密度脂蛋白胆固醇水平
- 改善消化系统及乳糖不耐症
- 降低特定癌症衍生的风险

### 参考文献:

1. 罗伦斯哈汀及维利欧恩, 2001年。酸乳酪是益生菌载体的食物。国际乳品期刊11: 1-17。
2. 吉利兰, S.E. 1979。某些微生物和人类之间有益处的关系: 使用微生物作为辅助食物。食品安全42: 164-167。



## Yoghurt-making Tips:

### 1. How do I make a great tasting yoghurt?

It's simple. All you need to do is follow the instructions and enjoy delicious yoghurt. Here are some tips:

- Ensure that everything is as sterile as can be. Undesirable bacteria could ruin your yoghurt.
- Make sure the water temperature is not too hot nor too cold. Bacteria tend to become inactive at lower or higher temperatures.
- Keep the Yógourmet starter culture refrigerated at all times.
- Do not sieve the milk after adding your Yógourmet starter culture because you may accidentally drain away the live bacteria cultures.
- Do not open the lid, stir the content or move the yoghurt maker when the milk mixture is set to incubate as it may interfere or slow down the fermentation process.
- If liquid milk is used, you may add some powdered milk in to increase the total solid content. If only powdered milk is used, know that 12 to 15 heaped tablespoons make 1 litre of yoghurt. Alternatively, you can opt for milk with higher fat content.
- Make sure the milk powder is fully dissolved for a smooth texture.
- Make sure you do not overcook your yoghurt as it will separate and become a thick curd with plenty of whey. It will not smoothen from then on.

### 2. What is the right taste of yoghurt?

As a result of lactic acid formation due to fermentation, yoghurt is usually sour. In fact, the longer the fermentation, the more sour it gets. The yoghurt will be less sour if given a shorter fermentation time. Sometimes, adding a lot of milk may cause the yoghurt to be less sour.

### 3. What is the number of times I can recycle my yoghurt as a starter?

It is advisable to re-culture not more than 3 times to preserve its freshness, taste and the concentration of friendly bacteria.

### 4. If I am taking ImmuFlora, can I skip yoghurt?

You may. However, you may miss some of the beneficial ingredients that are only found in your yoghurt. Aside from live cultures, yoghurt is rich in potassium, calcium, protein and B vitamins. Furthermore, the lactic acid in yoghurt also serves as a perfect medium to maximize calcium absorption.

### 5. How long can I store my homemade yoghurt in the refrigerator?

Homemade yoghurt tends to get a little more sour as it sits in the refrigerator. Freshly made yoghurt is best consumed within one week to get the most beneficial bacteria count. Because it does not contain food additives, homemade yoghurt may spoil easily.

### 6. I heard that yellowish liquid at the surface of yoghurt is nutritional, is that true?

Yes, of course! The yellowish liquid is normal and is called whey. It is a natural milk by-product. Whey production indicates the presence of live and active cultures. Whey is actually very nutritious and healthy for you. All you do is just stir it back into the yoghurt and consume it.

### 7. Can lactose-intolerant people enjoy yoghurt?

Definitely! Lactose intolerance occurs when an individual lacks the enzyme lactase, which is essential in digesting lactose. In yoghurt, most of the lactose in the milk would have broken down into lactic acid during the fermentation process. Also, yoghurt bacteria cultures are capable of producing lactase that aids in the digestion of lactose.

### 8. Can people with gastric problems take yoghurt?

Yes. You lose beneficial bacteria during gastric attacks. With yoghurt, your intestinal microbial balance is restored. The live and active cultures also aid digestion and ensure normal bowel function.

### 9. Why should we take yoghurt with flaxseed oil?

Yoghurt is best taken with 1-2 teaspoons of flaxseed oil for optimal benefits. Mixing NewLife™ Flaxseed Oil with yoghurt helps to emulsify the oil, thereby improving its digestibility and metabolism by the body.

### 10. Can I use yoghurt in my recipes?

Yes, of course! Yoghurt gives soups, stews, curry casseroles and sauces a delicious tang. You may use yoghurt in place of sour cream, cream or coconut milk in curries. You can refer to your NewLife™ Yoghurt Maker handbook for more recipes.

## 酸乳酪制作贴士:

### 1. 如何可制造出美味的酸乳酪?

很简单,您只需要跟足指示,就可以在辛劳的一天结束后享用到美味的酸乳酪。贴士如下:

- 确保所有器材都干净清洁,有害的细菌可会破坏您的酸乳酪。
- 确保水温适中,不必太热也不必太冷,细菌会在高温或低温间变得不活跃。
- 时时刻刻都把酸乳酪酵母存放在冰箱。
- 当牛奶混合物在培养时,不要打开盖子、搅拌或移动酸乳酪酵母,以免影响或拖慢发酵过程。
- 如果您使用液状牛奶,您可添加少许牛奶粉让其“实心”增加。如果使用奶粉,1公升的酸乳酪需要12至15汤匙。另外,您也可以选择含有较高脂肪含量的牛奶。
- 确保奶粉要完全溶解直至到光滑的奶油色。
- 制造酸乳酪时千万不要超过原定时间,因为过多的乳清会分解,令其变得浓稠,酸乳酪就很难变得柔顺光滑了。

### 2. 酸乳酪的味道应该是如何的?

酸乳酪通常味道带酸,这是发酵成果中产生的乳酸。其实,发酵过程越长,酸味就会更浓烈。相反发酵时间短,酸味就不那么强烈。加入大量牛奶也可冲淡酸味。

### 3. 酸乳酪酵母可以循环用几次?

为了保持新鲜度、口感和益生菌的浓度,其实最好不要循环再用超过3次。

### 4. 如果我在服用免疫激菌植,可否不吃酸乳酪?

可以。但或许会令您流失一些只能在酸乳酪中得到的营养成分。除了活菌,酸乳酪含有丰富的钾、钙、蛋白质和维生素B。酸乳酪中的乳酸,也是一个完美的媒介,能大量提高钙的吸收。

### 5. 自制的酸乳酪可存放在冰箱多长时间?

如果存放在冰箱中,自制酸乳酪会逐渐变得更酸。新鲜的自制酸乳酪最好要在一个星期内吃掉,因为益生菌的含量最多。自制酸乳酪中没有任何添加成分,所以很容易变质。

### 6. 听说酸乳酪的表面上带有黄色液体的营养,是真的吗?

当然是真的!那些淡黄色的液体称为乳清,是天然的乳副产品。乳清的产生表示活菌的存在和活跃。乳清对身体健康非常有帮助,您要做的就是把乳清搅拌后就酸乳酪喝下吧!

### 7. 乳糖不耐症患者可以喝酸乳酪吗?

当然可以!乳糖不耐症主要是缺乏乳糖酶导致。在酸乳酪中,牛奶中的大部分的乳糖会在发酵过程分解成乳酸。此外,酸乳酪的活菌培养有能力产生有助于乳糖消化的乳糖分解酵素。

### 8. 有胃痛问题的人可饮用酸乳酪?

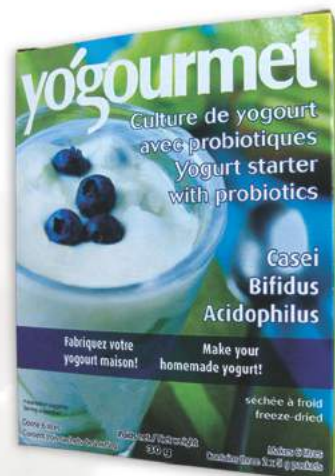
当然可以!当胃痛侵袭时,您会流失益生菌。吃了酸乳酪,您的肠道微生物可以恢复平衡,活菌更有助于消化及保持正常的排便功能。

### 9. 为什么食用酸乳酪时需加入亚麻籽油?

酸乳酪配上1-2茶匙的新生命Ω奥美加金牌亚麻籽油食用最佳,因这有帮助乳化油、从而提高其消化率和身体机体的新陈代谢。

### 10. 我可以在食谱中加入酸乳酪吗?

当然可以!酸乳酪可让汤、炖菜、咖喱煲或酱汁变得更美味!您可以用酸乳酪来代替酸奶、奶油或煮咖喱的椰奶。可参考新生命的酸乳酪制造机手册获得更多食谱。







# Rejuvenate Your Mind & Body

## 复健您的心灵与身体

24 participants from Malaysia, Singapore and Oman talk about how the NewLife™ Health Retreat at Kasih Sayang Health Resort has enriched their lives.

24位来自马来西亚，新加坡及阿曼的参与者分享Kasih Sayang度假村的新生命健康营如何丰富了他们的生活。

On the 12<sup>th</sup> to 17<sup>th</sup> March 2012, people from different parts of the region came together to the beauty and serenity of Kasih Sayang Health Resort for one purpose – a total rejuvenation of the body, mind and soul. Here's what they said about the experience:

2012年3月12日至17日，来自不同区域的人聚集在美丽和宁静的Kasih Sayang度假村，只为了一个目的——一个身、心、灵的整体复健计划。他们的经验之谈：



**Sia Hung Liang:** "My body feels very light and I feel very energetic and well-cleansed."  
**Sia Hung Liang:** “我的身体感觉非常轻盈，有活力及彻底洁净。”



**Nik Zaidah:** "Passing out a lot of encrustations, some improvement of my energy levels."  
**Nik Zaidah:** “排出许多宿便，我的体力有所改善。”



**Ng Shu Wen:** "I feel more alert and I have lost a shoe size!"  
**伍素汶:** “我觉得更谨慎，鞋子尺寸也小了一号！”



**Catherine Sia:** "I feel great and full of energy after the retreat."  
**Catherine Sia:** “参加健康营后，我感觉好极了并充满活力。”



**Monica Wong:** "Passing so much encrustations, I've never seen in my life. Now feel lighter and more energetic."  
**Monica Wong:** “排出大量宿便，我从未在我的生活中遇过。现在身体感觉更轻盈，更有活力。”



**Chin Set Yee:** "I came with a cough but after 4 days, I am cured."  
**Chin Set Yee:** “我在参加时患有咳嗽，但4天后，我便痊愈了。”



**Nihlah:** "Instantaneous riddance of migraine attacks after the 10-minute coffee enema and a shocking amount of encrustations since Day 2."  
**Nihlah:** “进行咖啡灌肠的10分钟后，即能摆脱偏头痛发作，并在第2天排出令人震惊及大量的宿便。”



**Lim Mee Ing:** "This is my 4th Health Retreat experience. It gets better each time!"  
**林美英:** “这是我第四次参与健康营。每一次都让我感觉更好！”



**Sharipah:** "Most valuable experience. Something money can't buy. My blood pressure improved (from 151/93 to 121/73) and I feel more energetic."  
**Sharipah:** “非常宝贵的经验。用钱也买不到的。我的血压有所改善（从151/93至121/73），我觉得更有活力了。”



# The Choice: FIGHT OR FLIGHT 选择：对抗或逃避

There are moments in life that create a bend in the path. It is this 'bend' that calls upon the powers of human decision-making to choose – fight or flight. Never did I think that at 23-years of age I would have to make that choice.

I contracted a severe kidney infection which had me go through a month-and-a-half of constant discomfort; ranging from tolerable to mind-numbing pain. My liver was damaged from medication, a stomach lining in trouble and one kidney that could no longer keep up with the other. A dire state to be in considering prior to this my worst nightmare was choosing between brands of cookies.

Deciding to take part in NewLife™ Detoxification and Rejuvenation Programme was not a last resort but done so as I wanted to fight. I was angry that my body was in this mess and I was ready to put it to the challenge to get out of this state. So on January 22<sup>nd</sup> 2012 I started the 7-day Detox and Rejuvenation Programme organised by NewLife™ International, conducted at Kasih Sayang Resort and Spa, Kota Kinabalu.

I stepped into this programme sceptical and resistant but still hopeful at the same time. Not only did I want to get my kidneys back in order, I was also in desperate need of kicking a seven-year smoking habit. I had two difficult tasks at hand and I wasn't sure which one would be harder. Nevertheless, upon arriving at the picture-perfect Kasih Sayang Resort, my troubles soon diminished.

I had seven days of pure tranquility, of healing and to give myself a new start. This programme was carefully designed to help rebuild crucial elements in the body whilst aiding its recovery. That is exactly what it did for me and more.

It has been two months since the programme and I am fitter and stronger than I ever was. I feel wonderful on the inside and it shows on the outside. A main goal for NewLife™ International is for all people to live disease-free, well thanks to your Detoxification and Rejuvenation Programme I am now living disease-free, smoke-free and pain-free! Thank you NewLife™!

Joanna Moss



在人生的道路上总会遇到必需作出抉择的分岔路。而这个“分岔路”则需要人们作出选择，对抗或逃避。我从来没有料想到在我23岁的那一年就不得不做出这样的选择。

我感染了严重的肾脏感染，使我感觉不适长达一个月半，从容忍至意识麻木。我的肝脏因药物关系而受损，胃壁自我感觉良好，一边的肾脏也无法联系上另一颗肾脏了。我不但需在这可怕的状态下考虑，最糟糕的则是需在此时作出选择。

我决定进行新生命的排毒与复健计划并不是为了放弃而作出的最后结论，而是我决定对抗到底。我感到非常生气，因为我的身体已到了一发不可收拾的窘境，我已做好准备来挑战它。因此，我于2012年1月22日开始进行了由国际新生命在亚庇Kasih Sayang度假村所举办的七天排毒与复健计划。

我认真地进行着此程序，虽然怀着怀疑及抵抗的心态，但也对此程序充满着希望，因为我不仅想让我的肾脏恢复正常运作，我也迫切地戒掉七年来的吸烟习惯。我有着这两项艰巨的任务在身，但不知道那一项为最难修复的。然而，抵达让人为之赞叹的Kasih Sayang度假村后，我的烦恼很快就被抛到九霄云外。

在这七天内，我的身体有如自由女神像般纯粹宁静，七天的愈合，七天让我有了一个全新的开始。我选择为自己的身体做评审。这计划是经过精心设计，让身体在恢复至其颠峰状态时重建关键要素。这真是我所需要的。

健康营结束至今已有了两个月了，但我从未感觉身体如此强壮过。我感觉相当奇妙，不但身体内感觉良好，外在也可显露出来。国际新生命的主要宏愿是让所有人可在无病的状态下生活着。感谢排毒与复健计划，我现在可以拥有无病，无烟及无痛苦的美好生活！谢谢新生命！

乔安娜莫斯



# MAY 2012 2012年5月

<b>MON</b>		07	14	21	28
<b>TUE</b>	01 <b>Labour Day</b> (Public Holiday)	08	15	22	29
<b>WED</b>	02	09	16	23	<b>Kaamatan<sup>30</sup> Harvest Festival</b> (KK office closed)
<b>THU</b>	03 SG 新加坡 - 7.00pm - 9.00pm <b>Natural Health and Product Training: A Glimpse into the Nature</b> 天然保健及产品培训: 触碰大自然	10 SG 新加坡 - 7.00pm - 9.00pm <b>Natural Health and Product Training: Eliminate or be Exterminated</b> 天然保健及产品培训: 消除或灭绝	17 SG 新加坡 - 7.00pm - 9.00pm <b>Natural Health and Product Training: The All Food Truth (1)</b> 天然保健及产品培训: 所有食品的隐藏真相 (1)	24 SG 新加坡 - 7.00pm - 9.00pm <b>Natural Health and Product Training: The All Food Truth (2)</b> 天然保健及产品培训: 所有食品的隐藏真相 (2)	31 SG 新加坡 - 7.00pm - 9.00pm <b>Natural Health and Product Training: Playing Hide and Seek with the Unknown Poison at Home</b> 天然保健及产品培训: 与家中不知名的毒品玩捉迷藏 <b>Kaamatan Harvest Festival</b> (KK office closed)
<b>FRI</b>	04	11	18	25	
<b>SAT</b>	05 <b>Wesak Day</b> (Public Holiday)	12 SG 新加坡 - 2.00pm - 3.30pm <b>Juicing for Health</b> by Sarah Ling and Lim Siew Choo 由林丽琴及 Lim Siew Choo 主讲 健康果汁 PJ 八打零再也 - 2.30pm - 4.30pm <b>Bacteria – Kill vs Heal</b> by Melissa (Nutritionist) 由张碧莲 (营养师) 主讲 细菌-杀害与治疗	19 SG 新加坡 - 2.00pm - 3.30pm <b>DIY Spa with NewLife™</b> by Aaron Ho 由何铭汉主讲 新生命的自制温泉 PJ 八打零再也 - 2.30pm - 4.30pm <b>Healthy Juices</b> by IBO Support (Bilingual) 由独立传销商支援队 主讲 健康果汁 (中英文) Kuching 古晋 - 2.30pm - 4.30pm <b>Regain Your Youth and Health Through Natural Therapy</b> by Melissa (Nutritionist) 由张碧莲 (营养师) 主讲 通过自然疗法以恢复您的青春及健康	26 SG 新加坡 - 2.00pm - 3.30pm <b>DRP</b> by Jeffrey Lim 由林明雄主讲 体内排毒与恢复活力程序 PJ 八打零再也 - 2.30pm - 4.30pm <b>Ageing Gracefully</b> by Melissa (Nutritionist) 由张碧莲 (营养师) 主讲 优雅的老龄	
<b>SUN</b>	06	13	20	27	



# JUNE 2012 2012年6月

MON		04	11	18	25
		05	12	19	26
TUE		06	13	20	27
WED		07	14	21	28
THU		08	15	22	29
FRI	01 <b>Gawai Dayak Festival</b> (Kuching office closed)	09	16	23	30
SAT	02 SG 新加坡 - 2.00pm - 3.30pm <b>Maintaining the Health of Your Juicers and Distillers</b> by Vincent Wong 由黄绍光主讲维护您的果汁机及蒸馏器的健康	10	17	24	
	03 <b>Birthday of DYMM SPB Yang Di-Pertuan Agong</b> (PJ office closed)	11	18	25	
		12	19	26	
		13	20	27	
		14	21	28	
		15	22	29	
		16	23	30	
		17	24		
SUN		18	25		
		19	26		
		20	27		
		21	28		
		22	29		
		23	30		
		24			

SG 新加坡  
- 7.00pm - 9.00pm  
**Natural Health and Product Training: LIVER Raided**  
天然保健及产品培训: 搜查肝脏

SG 新加坡  
- 7.00pm - 9.00pm  
**Natural Health and Product Training: Managing Healing Reactions**  
天然保健及产品培训: 克服愈合反应

SG 新加坡  
- 7.00pm - 9.00pm  
**Natural Health and Product Training: The Beautiful Truth**  
天然保健及产品培训: 美丽的真相

SG 新加坡  
- 7.00pm - 9.00pm  
**Natural Health and Product Training: Celebration of Achievements**  
天然保健及产品培训: 庆贺成就

01  
**Gawai Dayak Festival**  
(Kuching office closed)

02  
SG 新加坡  
- 2.00pm - 3.30pm  
**Maintaining the Health of Your Juicers and Distillers**  
by Vincent Wong  
由黄绍光主讲维护您的果汁机及蒸馏器的健康

03  
**Birthday of DYMM SPB Yang Di-Pertuan Agong**  
(PJ office closed)

08  
SG 新加坡  
- 2.00pm - 3.30pm  
**Yoghurt Making Workshop**  
by Jeffrey Lim  
由林明雄主讲制作酸乳酪工作坊

PJ 八打零再也  
- 2.30pm - 4.30pm  
**Colourful Smoothies**  
by IBO Support (Bilingual)  
由独立传销商支援队主讲色彩缤纷的果汁

15  
SG 新加坡  
- 2.00pm - 3.30pm  
**DRP by Sim Bee Hong**  
(Chinese)  
由沈美凤主讲体内排毒与恢复活力程序 (中文)

PJ 八打零再也  
- 2.30pm - 4.30pm  
**Father's Day celebration**  
父亲节庆贺会

22  
SG 新加坡  
- 2.00pm - 3.30pm  
**Take Charge of Your Lifestyle**  
by Sarah Ling  
由林丽琴主讲掌控您的生活方式

PJ 八打零再也  
- 2.30pm - 4.30pm  
**Healthy Juices**  
by IBO Support (Bilingual)  
由独立传销商支援队主讲健康果汁 (中英文)

29  
SG 新加坡  
- 2.00pm - 3.30pm  
**Juicing for Health**  
by Jeffrey Lim and Alicia Tong  
由林明雄及董阿妹主讲健康果汁

PJ 八打零再也  
- 2.30pm - 4.30pm  
**Regain Your Youth and Health through Natural Therapy**  
by Melissa (Nutritionist)  
由张碧莲 (营养师) 主讲通过自然疗法以恢复您的青春及健康



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