

MAY  
JUN  
2025

# Life Line

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PP 12933/09/2013 (032866)

## New 新产品: Product: radiance

scrub

滢亮焕采磨砂纤维

**Let's Scrub!**

一起来去角质吧!

**The Mind-Body  
Connection**

身心联系

**Nutrition  
and Detox**

营养与排毒

**Bacne &  
Stomach Acne**

背部和腹部痤疮



*Congrats,*  
**ACHIEVERS!**  
恭喜, 成就者!

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**15%**  
ACHIEVERS

february & march 2025

WELLNESS INC

february 2025

CHEW CHING JEN  
YEUNG YEE NOG  
SYARIKAT ADIL  
TEH CHING YEE

march 2025

KONG WAI YIN  
LOW SIOK ENG  
MOI YAN LIN ABIGAIL

**18%**  
ACHIEVERS

february & march 2025

CHONG KIM MOI

february 2025

MOI YAN LIN ABIGAIL

**21%**  
ACHIEVER

february & march 2025

IRENE CHONG CHUAY PENG

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# IMPORTANT UPDATES 重要通告

Dear Members,

We have two key updates to share:

## 2025 Price List

The updated price list is now available on our website and via the QR code below.

We have kept price changes minimal—only a few items will see slight increases (see summary below).

There are also minor adjustments to the quantity discounts in Malaysia. The affected products are Castile Liquid Cleanser, Hydrogen Peroxide and Immuflo®.

These changes take effect on 1 June 2025, but you can still purchase at current prices and discounts until 31 May 2025, while stocks last.

## Free Delivery Policy (Malaysia)

Effective 1 June 2025, the free delivery weight limit will be reduced from 18 kg to 12 kg. The RM300 minimum purchase for free delivery remains unchanged.

Thank you for your continued support. If you have any questions, please don't hesitate to contact us.

尊敬的会员，

我们谨向您通告以下两项重要更新：

## 2025年价格表

2025年的最新价格表已在我们的官方网站上发布，您也可通过以下二维码查阅。

我们尽量将价格变动控制在最小范围内——只有少数产品会有小幅上涨（详情见下表）。

马来西亚的批量折扣也有一些小的调整。受影响的产品有有机护理卡士迪清洁液、过氧化氢及免疫激菌植。

这些变更将于2025年6月1日生效，但在2025年5月31日之前，您仍可按当前价格和折扣购买，售完即止。

## 马来西亚免费送货条款

从2025年6月1日起，马来西亚境内免费送货的最大重量限额将从18公斤降至12公斤。马来西亚境内免费送货的最低购买金额RM300则将保持不变。

感谢您的理解与支持。如有任何疑问或需要进一步的信息，请与我们联系。

Products with Price Increases 价格上涨的产品	MY	SG
Assure Liquid Laundry Detergent 爱洁浓缩洗衣液		✓
B Complex 维他命B综合丸		✓
C Complex Sustained Release 维他命C综合丸	✓	✓
Coffee Filter Bag 咖啡过滤袋	✓	✓
Dr Brusch's Essiac Tea 布鲁士医生草药茶	✓	✓
Garlic & Parsley Oil 蒜与欧芹油		✓
Herbal Klenz 天然净化粉		✓
Immuflo® 免疫激菌植	✓	
Liverin 肝脏宝	✓	
N.Zimes PA Plus™ 胰酶(植物)添加素	✓	✓
Super Green Food ++ 特超绿食品	✓	✓
Yoghurt Starter 酸乳酪酵母	✓	✓

Best regards,

The Management Team of NewLife™ International  
国际新生命管理团队谨启





# HEALTH RETREAT APRIL 2025

@ MILLENNIA VILLAGE  
NEGERI SEMBILAN

2025年4月新生命健康生活营  
森美兰州千禧苑





From April 7 to 12, 2025, NewLife™ International hosted its first Health Retreat of the year at the serene Millennia Village.

Over six days and five nights, participants immersed themselves in Dr. Lynn's Detoxification & Rejuvenation Programme (DRP). With expert guidance and a carefully curated clean diet, the DRP helped cleanse, reset and revitalize the body—setting the stage for long-term wellness and renewed vitality.

Many experienced noticeable improvements by the end of the retreat. One of the most remarkable outcomes was the passing of encrustations—hardened waste material that had been lodged in the colon. Many participants were shocked to see what their bodies had released, and shared a deep sense of relief and accomplishment. This highlighted the powerful internal cleansing effect of the programme. In addition, some experienced reduced blood pressure without the need for medication, others shed a few unwanted kilos, and several noticed firmer, smoother skin and a naturally radiant glow.

Each day began with energizing morning exercises or nature walks, followed by eye-opening health seminars. These sessions explored the root causes of disease, natural healing methods, lifestyle transformation, and the principles of integrative medicine. Participants also engaged in hands-on workshops, learning techniques like lymphatic massage and healthy food preparation—practical skills to carry forward on their personal wellness journeys.

We were especially honoured to welcome Dr. Lim Kheng Yee (MD) as our guest speaker. His insightful session brought added depth to the retreat's holistic approach to health and healing, enriching the overall experience for our participants.

We are deeply grateful to everyone who joined us and contributed to the warmth and success of this retreat.



2025年4月7日至12日，国际新生命在清幽宁静的千禧村举办了本年度的首次健康生活营。

在为期六天五夜的活动中，参与者深入体验了陈林希珠博士研发的排毒与复健计划（DRP）。在专业团队的指导下，配合精心安排的清洁饮食，DRP成功帮助参与者实现身体净化、机能重置及活力恢复，从而为长期健康奠定了坚实基础。

许多参与者在生活营结束前都感受到了身体状态的改善。其中最显著的效果之一是许多参与者成功排出了积聚于结肠内的硬化废物，这一现象令他们感到惊讶又惊喜，并进一步增强了他们的轻松感与成就感。这充分体现了DRP在促进体内排毒方面的显著效果。此外，一些参与者的血压在未借助药物的情况下有所下降，部分参与者则瘦了几公斤。还有一些表示皮肤变得更紧致、更光滑，散发出自然的光彩。

每日活动从清晨的活力晨练或自然漫步开始，接着是令人耳目一新的健康讲座。这些讲座探讨了疾病成因、自然疗法、生活方式调整以及整合医学原则，为参与者提供了全面而深刻的健康认知。此外，实践工作坊涵盖淋巴按摩技巧和健康膳食准备等实用技能，进一步增强了参与者的自我健康管理能力。

我们深感荣幸地邀请到林敬谊医生担任本次生活营的特邀嘉宾演讲者。他深入浅出的专业分享，不仅深化了本次活动关于全面健康与疗愈的核心理念，还显著提升了参与者对整体体验的理解与认知。

我们由衷感谢每一位参与者的支持与投入，正是大家的积极参与使本次健康生活营圆满成功并充满意义。



Mark your calendar for our next retreat: September 23–27, 2025!  
Turn to the back cover for more details—we'd love to see you there!

敬请期待下一次健康生活营：2025年9月23日至27日！  
更多详情请参阅封底信息，期待与您再次相聚！

# BACNE & STOMACH ACNE

Uncover  
the Secrets to  
Clear Skin

## 背部和腹部痤疮

揭秘如何拥有清透肌肤

Acne doesn't just stop at your face—bacne (back acne) and stomach acne are common skin concerns that can affect anyone. While they share similar causes, they can impact daily life differently. In this article, we'll explore the causes of bacne and stomach acne, how to prevent breakouts, and effective treatments to get your skin clear again.

痤疮不仅局限于脸上，背部痤疮和腹部痤疮也是常见的皮肤问题，可以影响任何人。虽然它们的成因相似，但对日常生活的影响却有不同。在这篇文章中，我们将探讨引起痤疮和胃痤疮的成因，如何预防，以及有效的治疗方法，帮助您恢复清透肌肤。

## WHAT ARE BACNE AND STOMACH ACNE?

Bacne appears on the back, shoulders and sometimes the arms, while stomach acne develops on the abdominal area. Both types happen when hair follicles get clogged with oils, dead skin cells and bacteria, leading to pimples, cysts, blackheads or whiteheads. The larger sebaceous glands in these areas make them more prone to acne.

## 什么是背部痤疮和腹部痤疮？

背部痤疮通常出现在背部、肩膀，有时还会蔓延到手臂，而腹部痤疮则出现在腹部区域。这两种痘痘的形成，都是由于毛囊被油脂、死皮细胞和细菌堵塞，导致粉刺、囊肿、黑头或白头出现。此外，这些部位的皮脂腺较大，使其更容易爆痘。

## CAUSES OF BACNE AND STOMACH ACNE

Several factors can contribute to acne on both the back and stomach. Understanding these causes is the first step toward prevention and treatment:

- **Hormonal Changes:** Hormonal fluctuations during puberty, menstruation, pregnancy or times of stress, can trigger an overproduction of sebum. This excess oil can clog pores and lead to acne on the back, shoulders and stomach.
- **Sweating and Tight Clothing:** Sweat mixed with bacteria can clog pores, especially when trapped by tight, non-breathable fabrics.
- **Poor Hygiene or Infrequent Showers:** Not showering after sweating for long periods can build up dirt and oils, leading to acne.
- **Genetics:** Family history plays a significant role in the development of acne. If your parents had acne, there's a higher chance that you might develop it too, including on your stomach or back.
- **Diet:** While not always a direct cause, diet can impact acne. Foods that are high in sugar or dairy might exacerbate acne.
- **Skin Care Products:** Some skin care products or lotions can clog pores, contributing to breakouts.

## 什么是背部痤疮和腹部痤疮？

导致背部和腹部痘痘痤疮的因素有很多，了解这些原因是预防和治疗的第一步：

- **激素变化：**青春期、月经周期、怀孕或压力大时，体内激素波动会刺激皮脂分泌过多，导致毛孔堵塞，从而在背部、肩膀和腹部引发痘痘。
- **出汗与紧身衣物：**汗液与细菌混合，容易堵塞毛孔，尤其是在穿着紧身、不透气衣物时，情况会更严重。
- **卫生习惯差或洗澡不勤：**长时间出汗后不洗澡，会使污垢和油脂堆积，从而引发痤疮。
- **遗传因素：**家族史对痤疮的发生有很大影响。如果父母有痤疮，那么您出现痤疮（包括背部和腹部）的可能性也会更高。
- **饮食：**虽然饮食并非直接原因，但会影响痤疮。高糖或高乳制品的食物可能会加重痤疮问题。
- **护肤品选择：**某些护肤品或身体乳可能含有致痤疮成分，容易堵塞毛孔，导致痘痘爆发。

## HOW TO PREVENT BACNE AND STOMACH ACNE

Preventing bacne and stomach acne involves a combination of skin care and lifestyle changes. Here are ways to minimize breakouts on both areas:

- **Shower After Sweating:** Whether you're working out or just sweating from heat, showering as soon as you've stopped sweating profusely to remove sweat and oils from your skin is crucial. Use a body wash like NewLife™ Castile Liquid Cleanser. It is a gentle, non-toxic, plant-based cleanser.
- **Wear Loose, Breathable Clothing:** Tight clothing made from synthetic fabrics can trap sweat and bacteria, contributing to breakouts. Opt for loose, breathable clothes made of natural fibres like cotton and linen, which allow the skin to breathe.
- **Exfoliate Regularly:** Use NewLife™ Radiance Scrub to gently exfoliate dead skin and prevent clogged pores.
- **Use Non-Comedogenic Products:** Choose non-comedogenic lotions and sunscreens. These products are designed not to clog pores.
- **Avoid Scratching:** As with facial acne, picking or scratching can cause further irritation and scarring.
- **Healthy Diet and Lifestyle:** Maintaining a healthy, balanced diet and managing stress can help control acne. Limiting sugary and greasy foods and drinking plenty of water may have a positive impact on your skin.

## 如何有效预防背部及腹部痤疮

预防背部和腹部痤疮，需综合考虑皮肤护理与生活方式的调整。以下为具体建议：

- **运动或出汗后及时清洁：**无论是因运动还是因炎热而出汗，一旦大量出汗停止，都应及时洗澡以清除皮肤表面的汗液和油脂。推荐使用温和、无毒、植物基的沐浴露，例如新生命有机护理卡士迪清洁液。
- **穿宽松透气的衣物：**紧身或由合成纤维制成的衣物，会困住汗液和细菌，导致痤疮。建议穿着选用宽松、透气的天然纤维衣物，如棉或亚麻，让皮肤能够呼吸以促进皮肤健康。
- **定期进行去角质护理：**使用温和去角质产品如新生命莹亮焕采磨砂纤维等，定期去除死皮，防止毛孔堵塞。
- **使用非致粉刺性护肤品：**挑选标有“非致粉刺”标识的乳液和防晒霜，确保所选产品不会引发毛孔堵塞。
- **避免抓挠：**与面部痤疮一样，抓挠或挤压会造成二次伤害及留下疤痕。
- **调整饮食结构与生活习惯：**保持均衡膳食，减少高糖、高脂食物摄入，并保证充足水分摄取；同时注意压力管理，这些措施均有助于改善皮肤状况。

# NATURAL REMEDIES: CASTOR OIL AND COCONUT OIL FOR ACNE AND SCARS

## 天然疗法：蓖麻油和椰子油 治疗痤疮和疤痕

Castor oil and coconut oil are effective natural remedies for treating bacne, stomach acne and fading acne scars. Together, they reduce inflammation, promote healing, hydrate the skin, and improve skin texture, making them ideal for managing both active breakouts and scars.

Together, castor oil and coconut oil provide a potent combination of healing, anti-inflammatory, and moisturizing properties. Their combined action fades dark spots, reduces pigmentation, and improves skin texture, gradually diminishing acne scars and promoting an even skin tone. This makes them not only effective for treating active breakouts but also for improving the overall appearance of skin.

To minimize scarring and pigmentation, avoid prolonged direct sun exposure—especially during peak hours between 10 a.m. and 4 p.m.

蓖麻油和椰子油是治疗背部痤疮、腹部痤疮以及淡化痤疮疤痕的有效天然疗法。结合起来，它们能够减轻炎症、促进愈合、为肌肤补水并改善肤质，因此非常适合应对活跃痘痘和疤痕。

蓖麻油和椰子油结合在一起，具有治愈、抗炎和保湿的功效。它们的协同作用可以淡化黑斑，减少色素沉着，改善皮肤质地，逐渐减少痤疮疤痕，促进肤色均匀。这不仅对治疗正在发作的痘痘有效，还能改善皮肤的整体外观。

避免长时间直接暴露在强烈阳光下，尤其是在高峰时段，通常是上午10点到下午4点，以尽量减少进一步的疤痕和色素沉着。

### Castor Oil Benefits 蓖麻油的功效



- **Reduces Inflammation:** The ricinoleic acid in castor oil soothes inflamed skin and reduces redness from active breakouts.
- **Promotes Healing & Scar Fading:** Rich in essential fatty acids, castor oil nourishes the skin, supports its healing process, and helps fade acne scars over time.
- **Hydrates the Skin:** Castor oil locks in moisture, preventing dryness and supporting skin repair.

- **消炎：**蓖麻油中的蓖麻油酸可以舒缓发炎的皮肤，减少活跃痘痘引起的红肿。
- **促进愈合和淡化疤痕：**富含必需脂肪酸，蓖麻油滋养肌肤，支持其愈合过程，并能逐渐淡化痤疮疤痕。
- **滋润皮肤：**蓖麻油锁住水分，防止干燥，支持皮肤修复。

### Coconut Oil Benefits 椰子油的功效



- **Antibacterial Properties:** Lauric acid in coconut oil helps eliminate acne-causing bacteria.
- **Reduces Inflammation:** Like castor oil, coconut oil calms inflamed skin and reduces irritation.
- **Scar Fading & Skin Repair:** The antioxidants in coconut oil support skin repair and help fade scars over time.
- **Moisturizes the Skin:** Coconut oil hydrates acne-prone skin, balancing oil production to prevent excess sebum.

- **抗菌特性：**椰子油中的月桂酸有助于消除引发痤疮的细菌。
- **减轻炎症：**与蓖麻油一样，椰子油能舒缓发炎的皮肤，减轻刺激。
- **淡化疤痕和修复肌肤：**椰子油中的抗氧化剂支持肌肤修复，有助于逐渐淡化疤痕。
- **滋润肌肤：**椰子油平衡油脂分泌，防止皮脂过多，适合滋润容易长痘的肌肤。

## HOW TO USE CASTOR AND COCONUT OIL TOGETHER 如何将蓖麻油和椰子油一起使用

1. Cleanse the affected area thoroughly.
2. Mix equal parts of NewLife™ Organic Castor Oil and Organic Extra Virgin Coconut Oil. Add a few drops of NewLife™ Wonda Oil if you have itchy skin.
3. Gently massage the mixture into the back or stomach, focusing on areas with acne and scars.
4. Leave overnight for optimal absorption and healing.
5. Repeat daily for best results.

1. 彻底清洁受影响部位。
2. 将等量的新生命有机蓖麻油和有机特级初榨椰子油混合。如果皮肤发痒，可加入几滴新生命万宝油。
3. 轻轻地将混合物按摩到背部或腹部，重点按摩长有痤疮和疤痕的部位。
4. 留置过夜以达到最佳吸收和修复效果。
5. 每日重复使用以获得最佳效果。

Bacne and stomach acne can be frustrating, but with the right care, you can manage and reduce breakouts. Regular cleansing, wearing breathable clothing, and using natural remedies like castor oil and coconut oil can go a long way in treating acne and fading scars. If acne persists, or if you're struggling with severe cases, it is important to consult a dermatologist or NewLife™ health consultants to develop a personalized treatment plan. Clear skin is achievable with right approach—take control and feel confident in your body again.

背部痤疮和腹部痤疮可能会令人烦恼，但只要护理得当，就能控制和减少痘痘。定期清洁、穿着透气的衣物以及使用蓖麻油和椰子油等天然疗法，对治疗痤疮和淡化疤痕大有帮助。如果痤疮持续存在或情况严重，咨询皮肤科医生或新生命健康顾问以制定个性化的治疗方案是很重要的。只要方法得当，拥有干净的皮肤是可以实现的——掌控局面，重新对您的身体充满自信。

# LET'S SCRUB!

## 一起来去角质吧!

The skin is not just a superficial layer meant to be slathered with creams and serums; it is an organ that mirrors our internal health. More specifically, the relationship between the digestive system and the skin plays a crucial role in determining the quality of our complexion. If your gut is inflamed, sluggish, or overloaded with toxins, chances are, your skin is sending distress signals in the form of acne, eczema or premature aging. This article will explore the connection between nutrition, detoxification and radiant skin health, offering a holistic approach to achieving a youthful glow from the inside out.

进行去角质护理是维持肌肤健康与光彩的重要步骤。随着时间的推移，死皮细胞、油脂及污垢会在皮肤表面逐渐累积，导致肤色暗沉、毛孔堵塞以及肤质不均等问题。定期实施去角质能够有效清除这些堆积物，使肌肤焕发自然光泽。以下为去角质对提升肌肤状态的具体机制：

### 1 Promotes Cell Renewal 促进表皮细胞

Regular exfoliation stimulates cell turnover, encouraging new skin cells to surface. This improves texture and allows your skincare products to work more effectively.

更新定期地进行去角质可刺激表皮细胞新陈代谢，促使新生细胞更快浮现，进而改善肤质并增强护肤品的效果。

### 3 Unclogs Pores 疏通毛孔

Exfoliating clears out clogged pores, prevents breakouts and promotes clearer and healthier skin. This is especially helpful for oily or acne-prone skin.

通过清理堵塞毛孔内的杂质，可以预防粉刺形成，促进肌肤更通透、更健康，尤其适合油性和易长痘肌肤类型。

### 5 Fights Aging 对抗衰老

Exfoliation helps reduce fine lines and wrinkles by speeding up skin regeneration. It also helps fade dark spots and evens out skin tone.

适当频率的去角质有助于加速皮肤再生过程，减少细纹和皱纹出现，还能淡化黑斑，使肤色均匀。

### 7 Boosts Detoxification 辅助身体排毒功能

As the body's largest organ of elimination, the skin acts as a supplemental filter to the kidneys. Exfoliation removes dead skin cells, allowing the skin to release toxins more effectively, especially when other organs are congested. This process is vital for overall health, not just for skin beauty.

作为人体最大的排泄器官，皮肤对肾脏起到了辅助过滤的排毒作用。去角质可以帮助清除阻碍毒素排出的老废物质，特别是在其他器官排毒功能受限时尤为重要。这不仅有利于皮肤美观，也对整体健康有益。

### 2 Removes Dead Skin Cells 清除死皮细胞

Exfoliation helps remove dead skin cells that can make your skin look dull. By sloughing off this buildup, it reveals smoother, brighter skin.

去角质有助于去除导致皮肤暗沉的死皮细胞，从而使肌肤更加光滑细腻且富有光泽。

### 4 Boosts Circulation 增强局部血液循环

The act of exfoliating stimulates blood flow, delivering oxygen and nutrients to the skin, which enhances your skin's natural glow.

去角质过程能轻微刺激皮肤微循环，增加血液流动，为肌肤提供充足的氧气和营养成分，从而提升其自然光彩。

### 6 Improves Skincare Absorption 提高护肤产品吸收效率

Exfoliation allows moisturizers, serums, and other treatments to penetrate more effectively, maximizing their benefits.

经过去角质处理后，保湿霜、精华液等护肤产品能够更深入地渗透至皮肤深层，发挥最佳效果。

Incorporating exfoliation into your routine reveals smoother, brighter skin. Just be sure to exfoliate in moderation to avoid irritation, and your skin will thank you with a natural, radiant glow.

建议将去角质纳入日常护肤程序中，但需注意控制频率以避免过度刺激皮肤。合理地进行去角质护理，您的肌肤将以自然健康的光泽回报您。

# radiance

scrub

滢亮焕采磨砂纤维

Introducing  
the Ultimate  
Exfoliator  
from France!

来自法国的  
终极去角质霜！



Elevate your skincare routine with this revitalizing body scrub crafted in France. Featuring a unique blend of micronised pine cellulose and plant-based exfoliants, this nourishing scrub delivers powerful skin renewal. Enriched with calming lavender essential oil, it hydrates deeply while soothing your senses for an indulgent experience. Perfect for full-body use, it cleanses, revitalizes, and leaves your skin feeling irresistibly soft, smooth and rejuvenated.

使用这款产自法国的焕肤身体磨砂膏来提升您的护肤体验。它蕴含独特的微粉化松木纤维和植物性去角质成分，能为肌肤带来强大的焕新效果。富含舒缓的薰衣草精油，深层滋润肌肤的同时，也带来放松身心的感官享受。这款法国制造的焕肤身体磨砂膏适用于全身使用，它能彻底清洁、焕活肌肤，使肌肤变得柔嫩、光滑、焕然一新。

## Key Benefits

- Natural exfoliation: Gently buffs away dead skin, leaving you with a smoother, fresher feel—no harsh abrasives needed!
- Deep hydration: Locks in moisture, leaving skin soft, nourished and perfectly hydrated.
- Soothing sensation: Calms irritation, giving your skin a relaxing, refreshed glow.
- Eco-friendly: Biodegradable and sustainable, making your skincare routine kind to the planet.
- Hypoallergenic: Safe and gentle for all skin types, even the most sensitive.

## Specially Crafted for You

- Clinically tested.
- AFNOR compliant.
- Clean formula: Paraben and solvent-free, with pure essential oils that are free from synthetic additives or contaminants.

Pamper yourself with the ultimate in skincare—nourish, refresh and feel incredible with every use.

AC003B - RADIANCE SCRUB   莹亮焕采磨砂纤维					
Region 区域	Retail Unit Price 零售单价	IBO Unit Price 1 pc/件	独立传销商单价 6 pcs/件	Unit BV 单位花红	Unit PV 单位分数
WM 西马	RM 68.80	RM 55.00	RM 52.30	44.00	22.00
EM 东马	RM 70.90	RM 56.70	RM 53.90	44.00	22.00
SG 新加坡	S\$ 27.50	S\$ 22.00	/	16.20	12.15

## 主要功效

- 天然去角质：温和去除死皮，让肌肤更光滑、更清新，无需使用刺激性磨砂颗粒！
- 深层保湿：锁住水分，使肌肤柔嫩滋润，保持水润状态。
- 舒缓镇静：减少肌肤不适，带来放松舒缓的健康光泽。
- 环保可持续：可生物降解，环保可持续，让护肤更贴近自然。
- 低敏温和：适用于所有肌肤类型，包括敏感肌。

## 为您精心打造

- 临床测试认证。
- 符合AFNOR标准。
- 纯净配方：无防腐剂、无溶剂，采用纯天然精油，不含任何合成添加剂或污染物。

宠爱自己，体验极致护肤——滋养、焕新，每一次使用都是妙不可言的体验！

### What Is AFNOR? 什么是 AFNOR?

The Association Française de Normalisation (AFNOR) is France's leading standards organization, ensuring products meet the highest levels of safety, sustainability, and quality for a greener and healthier future.

法国标准化协会（AFNOR）是法国首屈一指的标准制定机构，它致力于确保产品符合最高水平的安全、可持续性和质量标准，为更绿色、更健康的未来提供保障。

**radiance starts here**  
让肌肤光彩由此绽放

Crafted for those ready to refresh and elevate their self-care routine.

### What's Inside

- radiance scrub (2 pcs):  
gently exfoliate for soft, glowing skin
- 100% cotton luxury bath towel (612 gsm):  
plush, absorbent and spa-worthy

专为您的护肤体验精心打造，帮助您温和去角质，展现光彩照人、健康活力的肌肤状态。

### 套装包含

- 莹亮焕采磨砂纤维（2瓶）：  
温和去除角质层，恢复肌肤自然光泽
- 100%纯棉豪华浴巾（612克/平方米）：  
质地柔软且吸水性能卓越，提供奢华感

# Special LAUNCH PACK 首发专享套装



WM | 西马

**RM 159**

(BV 88 / PV 44)

EM | 东马

**RM 163**

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SG | 新加坡

**S\$ 56**

(BV 32.4 / PV 24.3)

Limited sets available—grab yours before it's gone!

限量发售，尽早选购，以免向隅！

# THE MIND-BODY CONNECTION 身心联系

## How Sleep & Stress Affect Your Skin

### 睡眠与压力对皮肤健康的影响

The connection between the mind and body has been widely studied, revealing how our mental and emotional state significantly impact our physical health—including the condition of our skin. Stress and sleep play crucial roles in maintaining or disrupting skin health, making it essential to understand their effects. By managing stress and prioritizing sleep, we can support both our overall well-being and skin vitality.

身心之间的相互作用一直是科学研究的重要领域，揭示了心理和情绪状态如何显著影响身体健康，特别是皮肤状况。压力和睡眠在维持或破坏皮肤健康方面起着关键作用，因此深入理解它们的作用机制至关重要。通过有效管理压力并确保充足的高质量睡眠，我们可以支持整体健康，并促进皮肤的活力与再生能力。

## YOUR SKIN: A REFLECTION OF YOUR INNER HEALTH

### 您的皮肤： 内在健康的反映

Your skin isn't just a superficial layer—it's a mirror of your internal well-being. While genetics, diet and environmental factors all contribute to skin health, one often overlooked factor is mental and emotional health.

皮肤不仅是人体表面的一层保护屏障，更是内在健康状态的直观反映。尽管遗传、饮食和环境因素对皮肤健康有重要影响，但心理和情绪健康这一常被忽视的因素同样不容小觑。



## HOW STRESS DAMAGES THE SKIN 压力如何损害皮肤

When we experience stress, our bodies release cortisol, the primary stress hormone. While cortisol is essential in small amounts, chronic stress disrupts the skin's natural balance, leading to:

- Increased inflammation—Worsening conditions like acne, eczema and psoriasis.
- Weakened skin barrier—Making skin more prone to dryness, irritation and sensitivity.
- Excessive oil production—Leading to breakouts and clogged pores.
- Collagen breakdown—Accelerating wrinkles, fine lines and sagging skin.

Long-term stress also reduces the skin's ability to heal, making it more susceptible to infections, redness and premature aging.

当我们处于压力状态时，身体会释放皮质醇（一种主要的压力激素）。虽然适量的皮质醇对生理功能是必需的，但长期压力会导致以下问题：

- 炎症加剧：加重痤疮、湿疹和银屑病等皮肤问题
- 皮肤屏障受损：皮肤更容易出现干燥、发炎和敏感现象
- 过度油脂分泌：可能导致粉刺和毛孔堵塞
- 胶原蛋白分解：加速皱纹、细纹和皮肤松弛的形成

此外，长期压力还会削弱皮肤的自我修复能力，使其更易受到感染、红肿以及加速衰老。

## SLEEP: THE ULTIMATE BEAUTY TREATMENT 睡眠是皮肤修复的关键过程

Sleep isn't just about rest—it's when the body repairs, restores and rejuvenates. During deep sleep:

- Blood circulation to the skin increases, delivering oxygen and nutrients.
- Cell turnover accelerates, helping to repair damage from UV exposure and pollution.
- Collagen production boosts, keeping the skin firm and elastic.
- Growth hormones are released, supporting skin thickness and hydration.

睡眠不仅仅是休息，更是身体进行修复、恢复和再生的重要阶段。在深度睡眠期间，皮肤会发生以下变化：

- 血液循环增强，为皮肤输送更多氧气和营养物质。
- 细胞更新加速，有助于修复紫外线照射和环境污染造成的损伤。
- 胶原蛋白生成增加，保持皮肤紧致与弹性。
- 生长激素释放，支持皮肤厚度和水分平衡。

## THE CONSEQUENCES OF POOR SLEEP

When sleep is disrupted—whether due to stress, insomnia, or poor sleep habits—your skin pays the price. Lack of sleep can cause:

- Dark circles and puffiness—Due to poor circulation and water retention.
- Dull complexion—Since the skin doesn't receive enough oxygen and nutrients.
- Increased inflammation—Worsening acne, eczema and rosacea.
- Weakened skin barrier—Making it harder to retain moisture, leading to dryness.

Chronic sleep deprivation accelerates aging, reduces skin elasticity and weakens the immune response, making your skin more vulnerable to irritation and breakouts.

## THE STRESS-SLEEP CYCLE: A VICIOUS LOOP

Stress and sleep are deeply interconnected, forming a cycle that can be hard to break:

- Stress increases cortisol, making it difficult to fall and stay asleep.
- Poor sleep elevates stress levels, leading to anxiety and irritability.
- Lack of rest disrupts hormone balance, worsening skin conditions.

For example, stress-induced insomnia can trigger excess cortisol production, leading to inflammation, breakouts and premature aging. This cycle highlights the importance of a holistic approach to managing stress, improving sleep and supporting skin health.

## 睡眠不足的后果

如果睡眠质量差，无论是由于压力、失眠还是不良的睡眠习惯，皮肤都会受到影响：

- 黑眼圈和浮肿—由于血液循环不畅和水分滞留。
- 肤色暗沉—皮肤缺乏足够的氧气和营养供应。
- 炎症增加—使痤疮、湿疹和红斑痤疮恶化。
- 皮肤屏障受损—难以保持水分，导致皮肤干燥。

长期睡眠不足会加速衰老，降低皮肤弹性，并削弱免疫系统，使皮肤更容易受到刺激和出现痘痘。

## 压力与睡眠的恶性循环及其对皮肤的影响

压力与睡眠之间存在密切关联，形成了一个难以打破的循环：

- 压力升高会导致皮质醇水平增加，从而干扰入睡和维持睡眠的能力。
- 睡眠质量下降会进一步提高压力水平，导致焦虑和情绪波动。
- 缺乏充足休息会扰乱激素平衡，进而加重皮肤问题。

例如，由压力引发的失眠会促使皮质醇过度分泌，从而诱发炎症、痘痘和过早衰老。这个循环凸显了采取整体方法来管理压力、改善睡眠和维护皮肤健康的重要性。

# HOLISTIC SUPPORT: SUPPLEMENTS FOR SKIN, SLEEP & STRESS

To maintain a healthy mind-body balance and support your skin, consider these:

## CALCIUM COMPLEX

- Supports emotional well-being and cognitive function.
- Helps reduce stress by maintaining optimal calcium levels.
- Promotes relaxation, making it easier to fall asleep.

## B COMPLEX & NIACIN (VITAMIN B3)

- Supports energy production, cognitive function and emotional balance.
- Helps reduce stress, fatigue and mental fog.
- Contributes to a harmonious integration of body and mind.

## COLLASTA+

- Enhances skin elasticity, hydration and collagen production.
- Helps reduce fine lines and wrinkles for a youthful appearance.
- Supports joint and connective tissue health, promoting overall well-being.

## C COMPLEX

- Essential for collagen production and skin repair.
- Acts as an antioxidant, protecting against UV damage and pollution.
- Features a sustained release formula, ensuring better absorption and long-lasting benefits.

## OMEGA GOLD FLAXSEED OIL

- Provides essential omega-3 fatty acids that support brain health and mood balance.
- Helps reduce inflammation in both the skin and the body.
- Enhances mental clarity and emotional resilience.

## IMMUFLORA®

- Promotes gut health, which is closely linked to skin and mental well-being.
- Enhances digestion, immune response and nutrient absorption.
- Helps reduce inflammation that can contribute to skin issues.

## KELP

- Rich in iodine, Kelp supports thyroid function, balancing mood and energy.
- Magnesium relaxes muscles and supports nervous system for stress relief and better sleep.
- Kelp's anti-inflammatory properties reduce stress and promote relaxation.

# 全面支持：肌肤、睡眠与压力管理的补充剂方案

为了实现身心平衡并提升肌肤健康，以下是一些关键的补充剂建议：

## 钙合成剂加硼

- 支持情绪调节和认知功能。
- 通过维持理想的钙水平，有效缓解压力。
- 促进身体放松，改善睡眠质量。

## 维他命B综合丸与烟酸 (维生素 B3)

- 支持能量代谢、认知功能及情绪平衡。
- 缓解压力、疲劳感以及注意力不集中现象。
- 促进身心协调统一，提升整体生活质量。

## 康丽达胶原红藻+

- 提升肌肤弹性、保湿能力及胶原蛋白生成效率。
- 减少细纹和皱纹的出现，延缓衰老过程。
- 支持关节与结缔组织健康，从而促进整体生理机能。

## 维他命C综合丸

- 在胶原蛋白合成和皮肤修复过程中发挥核心作用。
- 具有抗氧化特性，保护肌肤免受紫外线辐射和环境污染损害。
- 采用缓释技术，确保高效吸收与持久效果。

## 奥美加黄金亚麻籽油

- 提供对大脑健康和情绪稳定至关重要的奥美加-3脂肪酸。
- 缓解皮肤和全身炎症反应。
- 增强思维清晰度与情绪韧性。

## 免疫激菌植

- 改善肠道微生态平衡，进而影响皮肤和心理状态。
- 强化消化系统功能、免疫反应及营养物质吸收能力。
- 减轻可能引发皮肤问题的慢性炎症。

## 海藻宝

- 富含碘，支持甲状腺功能，平衡情绪和能量。
- 镁可以放松肌肉，支持神经系统，缓解压力，改善睡眠。
- 其抗炎特性减少压力，促进放松。



*Special*  
**OFFER**  
特别优惠



Terms & Conditions:

1. Promotion period: 1 May to 30 June 2025, or while stocks last.
2. Not valid with any other concurrent promotions, Quantity Discount or APP.
3. No goods return or exchange allowed.
4. Other terms & conditions apply.
5. NewLife reserves the right to change or amend the terms & conditions of the promotions without prior notice.

### KELP 海藻宝

U.P.:  
RM73.00 (WM)  
RM75.20 (EM)

**NOW  
RM49**

(5 BV / 2.5 PV)

EXP: 08/2025

### CALCIUM COMPLEX 钙合成剂加硼

U.P.:  
RM138.00 (WM)  
RM142.15 (EM)

**NOW  
RM108**

(38 BV / 19 PV)

EXP: 10/2025

### NIACIN 血液循环补充丸

U.P.:  
RM33.00 (WM)  
RM34.00 (EM)

**NOW  
RM26**

(5 BV / 2.5 PV)

EXP: 11/2025

条规与细则:

1. 促销活动期: 2025年5月1日至6月30日, 或存货售完为止。
2. 不可配合其他同期间的促销活动、数量折扣、或自动订货计划。
3. 不允许退货或交换。
4. 附有其他条规与细则。
5. 新生命有权随时更改或修订促销活动的条规与细则, 恕不另行通知。

# NUTRITION & DETOX

A Holistic Approach  
to Skin Health  
(Inside & Out)

## 营养与排毒

由内而外全面  
呵护肌肤健康

The skin is not just a superficial layer meant to be slathered with creams and serums; it is an organ that mirrors our internal health. More specifically, the relationship between the digestive system and the skin plays a crucial role in determining the quality of our complexion. If your gut is inflamed, sluggish, or overloaded with toxins, chances are, your skin is sending distress signals in the form of acne, eczema or premature aging. This article will explore the connection between nutrition, detoxification and radiant skin health, offering a holistic approach to achieving a youthful glow from the inside out.

皮肤并非只是涂抹乳霜和精华液的表层，它是一个能反映我们内在健康的器官。更确切地说，消化系统与皮肤之间的关系在决定我们的肤色质量方面起着至关重要的作用。如果您的肠道发炎、运转迟缓或积聚过多毒素，那么您的皮肤很可能会通过痘痘、湿疹或过早衰老等信号发出求救。本文将探讨营养、排毒与肌肤健康之间的联系，提供一种由内而外焕发青春光彩的全面方法。



# THE FOUNDATION OF SKIN HEALTH 健康皮肤的基础

It may come as a surprise, but your skin and gut are in constant communication. The gut microbiome, a bustling ecosystem of trillions of bacteria, influences inflammation, immune function and even hormonal balance. When the gut microbiome is compromised due to poor diet, stress, or environmental toxins, the skin often bears the brunt through breakouts, dullness and inflammatory conditions. Consider the following gut-skin interactions:

您可能会感到惊讶，但您的皮肤和肠道始终一直在沟通。肠道微生物群是一个由数万亿细菌组成的繁忙生态系统，会影响炎症、免疫功能，甚至荷尔蒙平衡。当肠道微生物群因不良饮食、压力或环境毒素而受损时，皮肤往往首当其冲，出现痘痘、暗沉和炎症等问题。请考虑以下肠道与皮肤之间的相互作用：

## 1 Nutrient Absorption

A leaky or damaged gut impairs the absorption of essential skin-loving nutrients, including vitamins A, C, E and zinc. This deficiency can lead to a loss of skin elasticity, increased sensitivity and a dull complexion.

### 营养吸收

肠道渗漏或受损会妨碍对皮肤有益的必需营养素的吸收，包括维生素A、C、E以及锌等。这种缺乏会导致皮肤失去弹性，敏感性增加以及肤色暗哑。

## NUTRITIONAL FOUNDATIONS FOR RADIANT SKIN 营养基础打造光彩肌肤

### Collagen-Boosting Nutrients & Antioxidants

Vitamin C (from citrus fruits and bell peppers) and amino acids (from bone broth and legumes) support collagen synthesis, which maintains skin structure and elasticity. For optimum intake of collagen-boosting nutrients, be sure to take NewLife™ C Complex and Collasta+ daily. Both these supplements contain antioxidants that help protect against oxidative stress from UV rays and pollution.

### 促进胶原蛋白生成 的营养素和抗氧化剂

维生素C（来自柑橘类水果和甜椒）和氨基酸（来自骨汤和豆类）有助于胶原蛋白合成，从而维持皮肤结构和弹性。为了确保摄入充足的促进胶原蛋白生成的营养素，建议每天服用新生命维他命C缓释综合丸和康丽达胶原红藻+。这两种补充剂都含有抗氧化剂，有助于抵御紫外线和污染造成的氧化应激。



### Prebiotics & Probiotics

Fermented foods like sauerkraut, kimchi and yoghurt nourish beneficial gut bacteria, reinforcing the gut-skin axis. Probiotics have been linked to improvements in acne and eczema. ImmuFlora® contains both prebiotics and probiotics, making it the perfect supplement.

### 益生元和益生菌

像酸菜、泡菜和酸奶这类发酵食品能滋养有益的肠道菌群，强化肠道与皮肤之间的联系。益生菌有助于改善痤疮和湿疹。新生命免疫菌植同时含有益生元和益生菌，是理想的补充剂。



### Omega-3 Fatty Acids

Found in flaxseed oil, walnuts and fatty fish, omega-3s combat inflammation and strengthen the skin barrier. They help keep the skin supple and reduce redness associated with inflammatory skin conditions.

### 奥美加-3脂肪酸

存在于亚麻籽油、核桃和多脂鱼类中，奥美加-3脂肪酸可对抗炎症并强化皮肤屏障。它们有助于保持皮肤柔软，并减少与炎症性皮肤病状况相关的红斑。



## 2 Inflammation

An imbalance in gut bacteria can lead to inflammation, causing conditions like acne, psoriasis and rosacea. Inflammation affects the skin's ability to heal, making breakouts more severe and prolonged. The diversity of gut bacteria impacts immune responses and inflammation levels. Beneficial bacteria help break down food efficiently and prevent harmful bacteria from triggering skin conditions.

## 炎症

肠道菌群失衡会导致炎症，引发痘痘、银屑病和红斑痤疮等病症。炎症会影响皮肤的愈合能力，使痘痘更严重且持续时间更长。肠道菌群的多样性会影响免疫反应和炎症水平。有益菌能有效分解食物，并防止有害菌引发皮肤问题。

## 3 Detox Pathways

The liver and gut play crucial roles in detoxification. When overwhelmed, toxins may be excreted through the skin, leading to breakouts and congestion. This can manifest as hormonal acne, dermatitis and other chronic skin conditions.

## 排毒途径

肝脏和肠道在排毒过程中发挥着关键作用。当不堪重负时，毒素可能会通过皮肤排出，从而导致痤疮和皮肤堵塞。这可能会表现为激素性痤疮、皮炎和其他慢性皮肤问题。

A diet rich in whole, unprocessed foods supplies the necessary building blocks for skin repair, hydration and resilience. Below are key nutrients essential for skin health:

富含天然未加工食物的饮食为皮肤修复、保湿和恢复活力提供了必要的营养成分。以下是皮肤健康所需的关键营养素：

## Enzymes

Enzymes play a crucial role in skin health by facilitating biochemical reactions that support repair, renewal and detoxification. Digestive enzymes (such as proteases, lipases and amylases) improve nutrient absorption, ensuring that essential vitamins, minerals and amino acids reach skin cells for collagen production, hydration and barrier function. Additionally, proteolytic enzymes (such as bromelain and papain) help break down dead skin cells, thus reducing clogged pores, improving texture and promoting a radiant complexion. NewLife™ N.Zimes PA Plus™ is a plant based enzyme supplement that contains a full range of digestive and proteolytic enzymes.



## 酶

酶通过促进支持修复、更新和排毒的生化反应，在皮肤健康中起着关键作用。消化酶（如蛋白酶、脂肪酶和淀粉酶）能提高营养吸收，确保皮肤细胞获得必需的维生素、矿物质和氨基酸，以促进胶原蛋白生成、保持水分和屏障功能。此外，蛋白水解酶（如菠萝蛋白酶和木瓜蛋白酶）有助于分解死皮细胞，从而减少毛孔堵塞，改善肤质，使肤色更显光泽。新生命胰酶（植物）添加素是一种植物基酶补充剂，含有全面的消化酶和蛋白水解酶。

## Vitamin E & Selenium

Nuts, seeds and avocados contain these powerful antioxidants that help prevent oxidative damage to skin cells and improve healing.

## 维生素E和硒

坚果、籽类和牛油果富含这些强大的抗氧化剂，有助于防止皮肤细胞受到氧化损伤，并促进愈合。

## Zinc & Magnesium

Zinc (found in pumpkin seeds) supports wound healing and reduces acne severity, while magnesium (in leafy greens) helps balance stress-related skin issues.

## 锌和镁

锌（存在于南瓜籽中）有助于伤口愈合并减轻痤疮严重程度，而镁（存在于绿叶蔬菜中）有助于缓解与压力相关的皮肤问题。

## Hydrating Foods

Cucumber, watermelon and celery provide hydration and help maintain the skin's natural moisture balance, preventing dryness and irritation.

## 补水食物

黄瓜、西瓜和芹菜能提供水分，帮助维持皮肤的自然水分平衡，防止干燥和刺激。

# THE ROLE OF DETOXIFICATION IN SKIN CLARITY

Detoxification is not merely a wellness buzzword—it is a physiological necessity. The body detoxifies primarily through the liver, kidneys and gut, but when these pathways are overburdened, the skin takes on the role of an elimination organ, leading to congestion and inflammation. How can we support detoxification for clearer skin?

## Improve Blood Circulation

Blood circulation is the lifeline of skin health, delivering oxygen, hydration and vital nutrients while efficiently removing toxins and metabolic waste. Enhanced circulation stimulates lymphatic drainage, reducing inflammation and promoting a clearer, more vibrant complexion.

Niacin, also known as vitamin B3, is a nutrient that promotes blood circulation. One of its most notable effects is the niacin flush, a temporary but beneficial dilation of blood vessels that increases blood flow to the skin's surface, delivering oxygen and essential nutrients while flushing out toxins.

Note: Niacin should be avoided during menstruation or if you have a bleeding.

## Lymphatic Drainage

Dry brushing, facial massages and infrared sauna sessions promote circulation and toxin removal. Proper lymphatic function ensures excess waste is removed from skin tissues. Rebounding exercise is also a beneficial exercise which helps with lymphatic drainage.

## Elimination of Processed Foods

Reducing sugar, refined carbs and artificial additives lightens the burden on detox organs, allowing the body to focus on repair and rejuvenation.

## Fibre-Rich Diet

Fibre from vegetables, fruits and whole grains supports gut motility, ensuring efficient elimination of waste and reducing the risk of toxin reabsorption.

# 排毒与肌肤清透 的关系

排毒不仅仅是一个健康流行语——它是一种生理需要。人体主要通过肝脏、肾脏和肠道排毒，但当这些途径负担过重时，皮肤就会扮演排毒器官的角色，从而导致充血和炎症。我们如何支持排毒以获得更清透的肌肤？

## 改善血液循环

血液循环是皮肤健康的命脉，它能输送氧气、水分和重要营养物质，同时有效地清除毒素和代谢废物。增强血液循环能刺激淋巴排水，减少炎症，使肤色更清透、更有活力。

烟酸，也被称为维生素B3，是一种促进血液循环的营养素。其最显著的效果之一是烟酸潮红，这是一种暂时但有益的血管扩张现象，能增加流向皮肤表面的血液，为皮肤输送氧气和必需营养物质，同时排出毒素。

注意：经期或有出血倾向时应避免服用烟酸。

## 淋巴引流

干刷、面部按摩和红外线桑拿可以促进血液循环和排毒。适当的淋巴功能确保多余的废物从皮肤组织中清除。弹跳运动也是一种有益的运动，有助于淋巴引流。

## 摒弃加工食品

减少糖分、精制碳水化合物和人工添加剂可减轻排毒器官的负担，使身体能够专注于修复和恢复活力。

## 富含纤维的饮食

蔬菜、水果和全谷物中的纤维有助于肠道蠕动，确保废物有效排出，降低毒素重新吸收的风险。

# LIFESTYLE HABITS FOR LASTING SKIN VITALITY

## 保持肌肤活力的 生活习惯

Beyond diet and detoxification, holistic skin health encompasses lifestyle factors that mitigate stress, optimize sleep and enhance overall well-being.

除了饮食和排毒，全面的皮肤健康还涉及一些生活方式因素，这些因素能够减轻压力、优化睡眠并提升整体健康状况。



## Sleep Hygiene 睡眠卫生

Quality sleep supports cellular repair, collagen production and reduced cortisol (the stress hormone that accelerates aging). Aim for 7-9 hours of restorative sleep to allow the skin to regenerate.

高质量的睡眠有助于细胞修复、胶原蛋白生成以及降低皮质醇（加速衰老的压力激素）水平。每晚争取7至9小时的恢复性睡眠，让皮肤得以再生。



## Stress Reduction 减轻压力

Chronic stress disrupts gut health and triggers inflammatory skin responses. Mindfulness and anti-stress supplements like Vitamin B Complex help regulate stress and maintain a balanced gut microbiome.

长期的压力会扰乱肠道健康，引发皮肤炎症反应。正念冥想和抗压补充剂如维生素B复合物，有助于调节压力，保持肠道微生物群的平衡。

## Sweat Therapy

Regular exercise and sauna sessions facilitate toxin excretion through sweat, reduce skin congestion and improve circulation. Niacin can also be taken before sauna session to enhance detoxification during this therapy.

## Hydration

Water, herbal teas and electrolyte-rich coconut water help flush out toxins and maintain skin hydration. A dehydrated body struggles to eliminate waste efficiently, leading to toxin buildup.

## Liver Support

Bitter greens (e.g., dandelion), milk thistle and cruciferous vegetables (broccoli, Brussels sprouts) enhance liver detoxification, promoting clearer skin. NewLife™ Liverin is a liver tonic which contains Milk Thistle, Dandelion and other ingredients. Coffee Enema plays an important part in detoxifying the liver.

## Detoxification & Rejuvenation Programme

Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP) is a structured, holistic detox regimen designed to cleanse the body, enhance organ function and restore vitality. A key component of the programme is its ability to support the body's natural detox pathways, particularly the liver, kidneys and colon, which play essential roles in eliminating toxins. By incorporating a nutrient-dense semi-fluid diet, detoxifying herbs and coffee enemas, the DRP helps remove accumulated toxins that can contribute to chronic inflammation, sluggish digestion and poor skin health. One of its standout features is the stimulation of Glutathione S-Transferase (GST) production—an enzyme critical for neutralizing free radicals—thereby aiding in deep cellular detoxification.

For individuals seeking clear, youthful skin, regular DRP sessions can be particularly beneficial. The gut-skin connection is well established, and when the body's detoxification pathways are overloaded, the skin often becomes a secondary elimination organ, resulting in acne, eczema and premature aging. By supporting liver function, improving digestion and ensuring efficient toxin elimination, the DRP reduces internal inflammation and oxidative stress, which are major contributors to skin disorders. The programme also emphasizes hydration and the consumption of skin-nourishing nutrients, helping to maintain skin elasticity, clarity and resilience.

## 汗蒸疗法

定期锻炼和桑拿浴有助于通过汗液排出毒素，减轻皮肤堵塞，改善血液循环。在桑拿浴前服用烟酸还能增强排毒效果。

## 补水

水、草药茶和富含电解质的椰子水有助于排出毒素，保持皮肤水润。脱水的身体很难有效地排除废物，从而导致毒素堆积。

## 护肝

苦味蔬菜（如蒲公英）、水飞蓟和十字花科蔬菜（西兰花、抱子甘蓝）能增强肝脏的解毒功能，使皮肤更洁净。新生命肝脏宝是一种护肝补品，含有水飞蓟、蒲公英及其他成分。咖啡灌肠在肝脏排毒中起着重要作用。

## 排毒与复健计划

陈林希珠博士创研的排毒与复健计划（DRP）是一个结构化、整体的排毒方案，旨在清洁身体，增强器官功能和恢复活力。该计划的一个关键组成部分是其支持人体自然排毒途径的能力，特别是肝脏、肾脏和结肠，这些器官在排毒中起着至关重要的作用。通过结合营养丰富的半流质饮食、排毒草药和咖啡灌肠，DRP有助于清除积累的毒素，这些毒素会导致慢性炎症、消化迟钝和皮肤健康状况不佳。咖啡灌肠的一个突出特点是能够刺激谷胱甘肽S转移酶（GST）的生成，这是一种中和自由基的关键酶，从而有助于深层细胞排毒。

对于追求肌肤清透、年轻的个人而言，定期进行DRP会特别有益。肠道与皮肤之间的联系已得到充分证实，当身体的排毒途径超负荷时，皮肤往往会成为次要的排泄器官，从而导致痤疮、湿疹和过早衰老。通过支持肝脏功能、改善消化以及确保有效排毒，DRP减轻了内部炎症和氧化应激，而这两者是导致皮肤问题的主要因素。该方案还强调补水和摄入滋养皮肤的营养物质，有助于保持皮肤的弹性、清晰度和韧性。



### Sun Protection 防晒

While some sun exposure is necessary for vitamin D synthesis, excessive UV radiation accelerates photoaging. Use sunscreens with zinc oxide for safe sun protection.

虽然适度的日晒有助于维生素D的合成，但过度的紫外线辐射会加速光老化。使用含氧化锌的防晒霜以安全防晒。



### Regular Exercise 定期锻炼

Movement increases blood circulation, ensuring that oxygen and nutrients reach skin cells efficiently. Exercise also helps manage stress, reducing flare-ups of inflammatory skin conditions.

运动促进血液循环，确保氧气和营养物质有效地到达皮肤细胞。锻炼还有助于控制压力，减少皮肤炎症的发作。



### Limiting Alcohol & Caffeine 限制酒精和咖啡因

Excess alcohol dehydrates the skin and taxes the liver, while caffeine can overstimulate stress hormones. Moderation is key to maintaining a balanced skin ecosystem.

过量饮酒会使皮肤脱水并加重肝脏负担，而咖啡因则会过度刺激压力荷尔蒙。适度是维持皮肤生态平衡的关键。



### Facial Massage & Skincare Rituals 面部按摩及护肤仪式

Incorporating gentle facial massages, gua sha, or jade rolling can stimulate circulation and promote lymphatic drainage, resulting in a healthier complexion.

温和的面部按摩、刮痧或玉石滚轮疗法能够促进血液循环和淋巴排毒，从而改善肌肤状态。

- Inflammation 发炎
- Discharge 分泌物
- Fever 发烧
- Colds 感冒
- etc. 其他

### ACUTE STAGE OF ELIMINATION 急性消除期

- Fatigue 身体疲倦
- Blocked nose 鼻塞
- Overweight 身体超重
- Headaches 头痛
- Lower back pain 腰痛
- Skin blemishes 暗疮
- Piles 痔疮
- Constipation 便秘
- Digestive disorders 消化失调
- Hormonal imbalance 荷尔蒙失调
- etc. 其他

### SUB-ACUTE (POOR HEALTH) 亚急性(健康不佳)

- Migraine 偏头痛
- Arthritis 关节炎
- High blood pressure 高血压
- High cholesterol 高胆固醇
- Skin problems 皮肤病
- Serious back pain 严重背痛
- Ulcers 溃疡
- Asthma 哮喘
- Weak sexual impulses 性反应弱
- Sinusitis 鼻敏感
- Tumours/Cysts/Fibroids 肿瘤/囊/纤维物
- Endometriosis 子宫内膜异位
- Infertility 不育
- etc. 其他

### CHRONIC STAGE 慢性阶段

- Heart disease 心脏病
- Strokes 中风
- Diabetes 糖尿病
- Kidney disease 肾病
- Liver problems 肝病
- Gall bladder disease 胆囊问题
- Serious arthritis & gout 严重关节炎及痛风
- Prostate disease 前列腺疾病
- Severe skin issues 严重的皮肤问题
- Autoimmune disorders 自身免疫性疾病
- Impotence 性无能
- Lymphatic & cellular dysfunction 淋巴及细胞疾病
- Cancer 癌症
- Dementia 失智症
- Parkinson's 帕金森综合征
- etc. 其他

### DEGENERATION 退化阶段

DRP targets toxemia and nutritional deficiencies to restore health and vitality. DRP旨在治疗中毒症和营养缺乏，以恢复健康和活力。



# Health 健康生活营 RETREAT

23-27 September 2025

Millennia Village, Negeri Sembilan  
森美兰州千禧苑

Experience Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP), a proven natural solution for chronic health issues, at our Health Retreat. Every aspect of the Health Retreat is carefully crafted to detoxify, nourish and revitalize your body and mind.

欢迎加入健康生活营，亲身体验陈林希珠博士的排毒与复健计划（DRP），这是一个行之有效解决慢性健康问题的天然方案。生活营的每个环节均经过细致规划，旨在全面净化、滋养并恢复您的身心健康。

DRP Participant DRP参与者	Single Occupancy 单人房 Per Person 每人费用	Twin Sharing 双人入住 Per Person 每人费用	Closing Date 截止日期
Super Early Bird 超级早鸟优惠	RM 6,300	RM 5,500	31.05.2025
Early Bird 早鸟优惠	RM 7,000	RM 6,200	30.06.2025
Regular 常规营费	RM 7,500	RM 6,700	15.08.2025

#### Fees Include 费用包括

- DRP set 全套DRP
- Stay 住宿
- DRP meals & juices DRP餐和蔬果汁
- Consultation 咨询
- Exercise & guided hikes 运动和向导带领森林徒步
- Seminars & workshops 研讨会及工作坊

Non DPR Participant (Twin Sharing) Per Person  
非DRP参与者（双人入住）每人费用

RM 2,500

#### Fee Includes 费用包括

- Stay 住宿
- 3 meals daily 一日三餐
- Seminars & workshops 研讨会及工作坊

