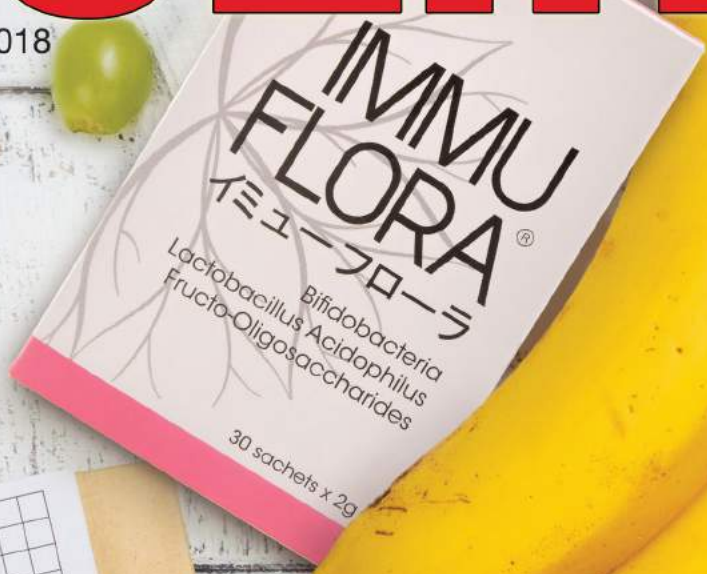


LifeLine

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生命线

NOVEMBER & DECEMBER 2018
PP 12933/09/2013 (032866)





CONGRATULATIONS TO ALL ACHIEVERS!
恭喜全部达成目标者!

We look forward to hosting you at the
2018 NewLife™ Leadership Summit

JOURNEY THROUGH TAIWAN

Celebrating 25 Years of NewLife™
 8-11 November 2018 in Taiwan

全心期待您的参与**2018年新生命高峰领袖会**
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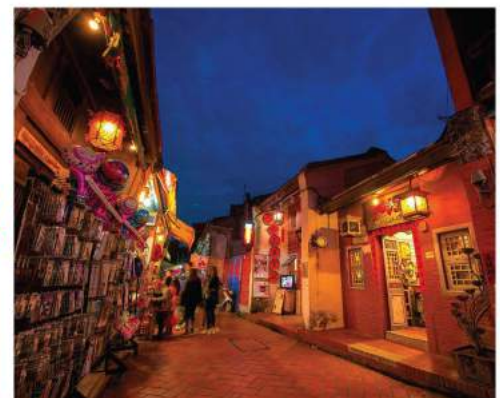
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ANNOUNCEMENT 通告

Dear NewLife™ Independent Business Owners,

We would like to thank you for your support for Annemarie Börlind products in the past years.

We would like to inform you that after decades of good business networking and promoting Annemarie Börlind products, NewLife™ International and Annemarie Börlind GmbH have mutually agreed to part ways at the end of this year. However we will continue to supply Annemarie Börlind products in 2019 while stocks last.

致全体新生命独立传销商:

感谢大家多年来对安玛莉柏林产品的全力支持。

国际新生命和安玛莉柏林总公司在过去二十多年拥有良好的合作关系, 在此区域合力推广安玛莉柏林产品。尽管如此, 双方公司友好达成共识, 同意在今年底结束彼此间的生意合作。不过, 国际新生命仍会在2019年继续供应安玛莉柏林的产品, 直到存货售完为止。

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NATURAL BEAUTY

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INTERMITTENT FASTING

间歇性断食疗法



What is fasting? It is the voluntary abstinence or reduction from some or all food, drink, or both, for a period of time. Fasting is normally done for religious reasons or when one is required to undergo a medical procedure or check-up, such as a colonoscopy or surgery.

There are many different types of fasts ranging from the extreme (Absolute Fast/Dry Fasting) to the mild (Daniel Fast). People who fast regularly will do so for many different reasons.

Besides building character qualities like self-control and determination, fasting is an effective and safe method of helping the body to detoxify itself. In fact, fasting is recommended for any illness, as it gives the body the rest it needs to recover. Colon disorders, allergies, and respiratory diseases are most responsive to fasting. By relieving the body of the work required to digest food, fasting allows the body to heal and rid itself of toxins.

During a fast, the following happen:

- The natural process of toxin excretion continues, while the influx of new toxins is reduced. This results in a reduction of total body toxicity.
- The energy usually used for digestion is redirected to immune function, cell growth and eliminatory processes.
- The immune system's workload is greatly reduced, and the digestive tract is spared any inflammation due to allergic reactions to food.
- Due to a lowering of serum fats that thin the blood, tissue oxygenation is increased and white blood cells are moved more efficiently.
- Physical awareness and sensitivity to diet and surroundings are increased.

A fast can help you heal with greater speed; cleanses your liver, kidneys, and colon; purifies your blood, lowers blood pressure, reduces inflammation in the body, reduces excess weight and water, flushes out toxins, clears the eyes and tongue, and cleanses the breath.

In recent years a new method of fasting has emerged, one that has gotten major attention in the fitness and health industry. It is known as "Intermittent Fasting".

什么是断食？它是在一段时间内对部分或全部食物、饮料或两者兼而有之的自愿节制或减少的进食型态。一般上都是基于宗教原因，或者需要进行医疗程序或检查，如结肠镜检查或手术才会断食。

断食种类很多，有非常严格的“完全断食法”，也有较温和的“但以理禁食”。那些定期断食的人都会因许多不同的原因而禁食。

除了考验自制力和意志力外，断食也是清理身体内部最有效、最安全的天然方法。事实上，任何疾病的患者都应考虑采用断食疗法，以让身体得到休养，进行修复。断食在治疗结肠疾病、过敏、呼吸系统疾病来说尤其有效。停止食物进入身体，那么身体就不用花精力去消化，因此就有机会自动清洁自己，排除代谢废物和毒素。

以下是身体在断食期间所会发生的情况：

- 断食时，身体继续毒素排泄过程，在另一方面流入体内的新毒素则减少，这大大减轻了全身毒性。
- 平时用来消化的能量被转移并发挥在免疫功能、细胞生长和排毒的过程中。
- 断食期间，消化道不会因食物过敏而引起炎症问题，因此免疫系统的工作量也大大被减少。
- 血清脂肪的降低促使血液不浓稠，增加组织氧合和白血球也变得更活跃。
- 身体意识和对饮食与周围环境的敏感性随之提升增进。

断食可帮助您以更快的速度痊愈；清洁肝脏、肾脏和结肠，净化血液，降低血压，减少体内炎症，减轻体重和消除水肿，排除毒素，清洁眼睛和舌苔及消除口臭。

近年来一种新的断食法在健身界很受欢迎。那就是“间歇性断食法”。

There are 6 popular methods of intermittent fasting currently being practised throughout the world. Let us look at what they are:

1. The 5:2 Diet: Eat normally for 5 days, limit your calorie intake to between 500-600 calories during the remaining 2 days.
2. Eat-Stop-Eat: Fast for 24 hours, once or twice a week.
3. Alternate-Day Fasting: Fast every other day.
4. The Warrior Diet: Fast during the day, eat a huge meal at night.
5. Spontaneous Meal Skipping: Skip meals when convenient.
6. The 16:8 Method: Consists of a 16-hour fast (usually overnight) and an 8-hour "eating window" during the day.



Based on our experience, the 16:8 Method is the most manageable, realistic and therapeutic way to gain the benefits of intermittent fasting for the following reasons:

1. It is not based on deprivation as meals are being consumed daily.
2. There is no need to count calories (within reason), so there is no regret or guilt associated.
3. It is sustainable as it is something people can stick with easily: a daily fixed eating and fasting schedule.
4. Flexible enough to be overlapped with any other diets of your choice.

目前全球最流行的间歇性断食方法有六种，它们是：

1. 5:2饮食法：即五天正常饮食，之后两天将卡路里摄入量限制在500-600大卡之间。
2. 吃吃停停：断食24小时，每周进行一次或两次。
3. 隔天断食：每隔一天进行断食。
4. 勇士断食法：白天断食，然后每晚吃一顿大餐。
5. 自发性断食：方便时就禁食。
6. 16:8断食法：16小时不吃东西（通常到隔天），8小时进食。

根据我们的经验，16:8断食法是最容易把握、最实际和最有效的间歇性断食法。原因是：

1. 不用挨饿，没有剥夺感，因为每天仍有进食。
2. 在合理范围内，没有必要计算卡路里，因此不会有后悔或愧疚感。
3. 每天有固定的进食和断食时间表，因此非常容易持续。
4. 很有弹性，可配合任何其他饮食计划。

What are the health benefits of the 16:8 Intermittent Fasting?

1. **It is an effective way to lose weight and lower blood pressure.** In this study¹, 23 obese adults averaging 45 years old participated. The study went on for 12 weeks and their dieting results were compared with those of a previous study that used the "alternate day fasting" method.

On average, those on the 16:8 diet consumed fewer calories and lost more weight and had lower blood pressure than the study that used the "alternate day fasting" method. One of the reasons for this was because the 16:8 diet is much easier for people to maintain over a longer period of time.

¹(<https://content.iospress.com/articles/nutrition-and-healthy-aging/nha170036#ref010>)

2. **Reduces oxidative stress and inflammation in asthma patients.** This research² was led by James Johnson from Louisiana State University. They examined the effects of intermittent fasting on patients with asthma.

This was the result: after only two weeks, not only did the patients experience weight loss but they also showed improved symptoms. In addition to that, there was a decrease in cholesterol and triglycerides and reduction in markers of oxidative stress.

²(<https://www.ncbi.nlm.nih.gov/pubmed/17291990>)



16:8间歇性断食法的健康效益：

1. **它能有效地减肥和降低血压。**23名年龄平均为45岁的肥胖成人参与了这项研究¹。研究持续进行了12周，并将试验者的16:8断食结果与之前采纳“隔天断食法”的研究结果进行比较。

平均而言，与“隔天断食法”的研究结果相比，16:8断食法所摄入的热量更少，体重减得更多，血压也更低。这是因为16:8断食法较简单方便，可让人持续进行较长一段时间。

¹(<https://content.iospress.com/articles/nutrition-and-healthy-aging/nha170036#ref010>)

2. **减轻哮喘患者的氧化应激和炎症。**这项研究²由路易斯安那州立大学的詹姆斯约翰逊带领。他们针对间歇性断食对哮喘病患者的影响进行了研究。

研究结果：仅仅两周后，患者不单只是体重减轻，连症状也有所改善。此外，胆固醇和三酸甘油酯的水平降低，氧化应激的指标也减少了。

²(<https://www.ncbi.nlm.nih.gov/pubmed/17291990>)



3. **Exercise combined with the 16:8 Method helps protect lean body mass³.** After an 8-week duration, 34 adult men experienced reduction in fat mass without the destruction of lean mass. The researchers also observed improved muscle endurance and a decrease in inflammatory markers.

³(<https://translational-medicine.biomedcentral.com/articles/10.1186/s12967-016-1044-0>)

4. This study⁴ suggests that short term daily intermittent fasting may **help improve blood sugar levels in people with type 2 Diabetes.**

⁴(<https://www.ncbi.nlm.nih.gov/pubmed/28465792>)



3. **16:8断食法结合运动有助维持瘦体重³.** 在八周的时间里, 34名成年男性的脂肪量减少了, 而瘦体重却没有减少。研究人员还观察到肌肉耐力增强及炎症指标减少了。

³(<https://translational-medicine.biomedcentral.com/articles/10.1186/s12967-016-1044-0>)

4. 这项研究显示⁴, 短期内每天进行间歇性断食可**有助改善2型糖尿病患者的血糖水平。**

⁴(<https://www.ncbi.nlm.nih.gov/pubmed/28465792>)



Here are a few tips to help you if you want to give 16:8 Intermittent Fasting a try:

1. **Drink NewLife™ Herbal Teas and Distilled Water.**

During your 16 hours of fasting, you are allowed to drink unsweetened NewLife™ Herbal Teas (Chamomile, Peppermint, Zinger and MorLife Tea) and distilled water.

2. **Fast overnight.**

If you end your dinner at 7pm. Your next meal will be at 11am (the following day). Starting your fast at 7pm will allow you to use up part of the 16 hours by sleeping.

3. **Keep busy.**

Keep yourself busy during the first part of the morning so that your mind is occupied and not thinking about food.

4. **Make wise food choices.**

Although you can eat whatever you want during the eight-hour feeding window, we strongly recommend eating whole, nutritious foods to make the most of your meals. You would want to go easy on carbohydrates and avoid processed, fried or sugar-heavy foods. Take beneficial health foods and supplements to detoxify, nourish and protect your body while you fast.

If you have not done any fasting before, please seek advice from experienced health professionals, NewLife™ Nutritionist, or NewLife™ Holistic Health Coach before you embark on any kind of fasting.

以下一些贴士可帮助您轻松进行16:8间歇性断食法:

1. **喝新生命草药茶和蒸馏水。**

在16个小时的断食期间, 您可以喝不含糖分的新生命草药茶(洋甘菊花茶、薄荷茶、甘草绿薄荷草药茶和增寿草药茶)及蒸馏水。

2. **隔夜断食。**

如果您在晚上7点结束晚餐, 那您进食下一餐的时间是隔天上午11点。从晚上7点开始禁食的好处是它可让您将断食的16个小时里的大部分时间。

3. **保持忙碌。**

在早上的时段让自己保持忙碌, 这样您就不会想着要吃东西。

4. **明智选择食物。**

虽然理论上您可以在8小时的进食时间里任吃任喝, 但我们强烈建议您吃完整、营养丰富的食物。少碰碳水化合物, 避免吃加工、油炸或含糖较多的食物。多吃有益健康的食物和摄取营养补充剂, 以让身体在进行排毒的同时能够滋补和保养身体。

如果您之前没有进行过任何断食法, 请在开始任何断食法前找专业、有经验的健康专家、新生命营养师或整全健康教练请教协助。

DETOXIFY

Herbal Klenz Powder: fibre

Herbal Klenz Powder is a convenient way to ensure that you get enough fibre every day. It contains both soluble and insoluble fibres.

Many of our customers take 1 teaspoon of Herbal Klenz Powder mixed in a glass of Apple Cider Vinegar & Pure Raw Honey twice a day, and report that it is remarkably effective in promoting healthy, regular bowel movement. It does not have a laxative effect.

Herbal Klenz Powder not only contains fibre from psyllium husks and cellulose, it also contains apple pectin, Butcher's broom, and Bentonite, which help to eliminate heavy metal toxicity, improve gastrointestinal health, as well as detoxify bacteria, viruses, and parasites from the body.



排毒

净化粉: 纤维

净化粉方便您每日都摄取到足够的纤维。它含有可溶性和不溶性纤维。

许多顾客每天都将1茶匙的净化粉添加一杯混合苹果醋与纯天然蜂蜜的饮料, 一天饮用两次。这对促进健康和正常排便非常有效, 完全没有腹泻的情况。

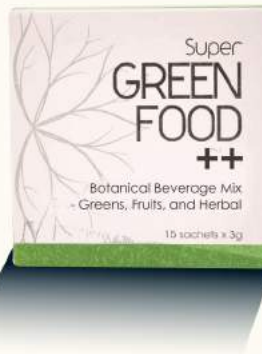
净化粉不仅含有源自洋车前子和纤维素, 也含有苹果胶、金雀花和膨润土, 有助消除重金属毒素, 改善肠胃健康, 以及排除人体中的细菌、病毒和寄生虫。

NOURISH

Super Green Food ++: phytonutrients

Super Green Food ++ offers a high-quality, convenient nutritional solution to help in the prevention of nutritional deficiency, which we know as one of the root causes of all degenerative diseases.

Super Green Food ++ is 100% natural and organic, and does not contain any artificial preservatives, additives, or flavours. It has a pleasant taste and is naturally sweetened using stevia. Super Green Food ++ is a newly upgraded proprietary complex and is now fortified with a super-antioxidant blend for additional health benefits. Inflammation is a natural process that occurs when the body detects a harmful stimulus. Chronic inflammation can lead to a number of health problems if it is left unchecked. Antioxidants help to reduce and control inflammation in the body, which in the long run contributes to disease prevention, better health, and increased well-being.



特超绿食品：植物营养素

特超绿食品提供高品质的完整营养，实用便利；有助预防营养缺乏和退化性疾病。

特超绿食品是100%纯天然有机，不含任何人工防腐剂、添加剂或香精。它可口怡人，所含有的甜度天然来自甜菊糖。特超绿食品经过改良，含有顶级的专利复合物和强化的超抗氧化剂，以增加健康效益。炎症是一种当人体感应到有害刺激物时而引发发炎的自然过程。慢性发炎如果不加以控制，将会导致许多健康问题。抗氧化剂有助减少和控制体内的发炎反应，长期下来，可帮助预防疾病产生，同时促进整体的健康。

Flax Seed Oil: essential fatty acids

It is crucial that you incorporate healthy fats into your diet. Omega-3 fatty acids and monounsaturated fats are examples of good healthy fats. Healthy fats help reduce inflammation, improve insulin sensitivity, and are essential for maintaining healthy heart function, immune function, brain function, metabolic function and a healthy nervous system.

Flaxseed oil is a rich source of Omega-3. It contains Essential Fatty Acids (EFAs) which are necessary fats that humans cannot synthesize and must be obtained through diet. One or two teaspoons per day of NewLife™'s Omega Gold Flax Seed Oil provides building blocks for all cell structures, including neurons in the brain, smooth skin, and healthy hair. NewLife™'s Omega Gold Flax Seed Oil assures the highest quality oil, which is stable against rancidity. The oil is extracted from organically grown golden flax seeds using a special cold-pressing process, which eliminates the damaging effect of light, oxygen, and heat.



亚麻籽油：必需脂肪酸

饮食中摄取健康脂肪是非常重要的，像是奥美加-3脂肪酸和单不饱和脂肪就是有益的健康脂肪。健康脂肪有助减少炎症，提高胰岛素敏感性，并对维持心脏功能、免疫功能、大脑功能、代谢功能和健康神经系统扮演了重要角色。

亚麻籽油是天然奥美加-3的最佳食品来源之一。它含有人体不能合成的必需脂肪酸（EFAs），必须通过饮食获得。每天摄取一或两茶匙的新生命奥美加金牌亚麻籽油可提供所有细胞结构的构成要素（包括大脑中的神经元）、促使皮肤光滑和头发健康。新生命奥美加金牌亚麻籽油确保您最高质量的亚麻籽油，稳定且不易酸败。它仅选用有机黄金亚麻籽，通过冷压过程提炼萃取，不受到光线、氧气和高温的破坏。

K-Salt: potassium

Potassium is one of the most important minerals in the human body. It is indispensable in tissue protein synthesis and enzymatic processes, helps to maintain intracellular pH and to regulate kidney functions. An adequate intake of potassium is essential for growth, healthy nervous system, regulating the heart, building muscles, as well as regenerating and maintaining youthful, healthy tissues. Without sufficient potassium in the body, premature ageing sets in, causing your skin and muscle tone to go downhill, while wrinkles and fine lines fill your face and neck. A deficiency may also result in fatigue, leg cramps, muscles weakness, acne, mood swings, and irregular heartbeat. Low potassium is also associated with risks of high blood pressure, heart disease, stroke, arthritis, cancer, digestive disorders, and infertility.

2mg of K-Salt provides the amount of potassium equivalent to 30 bananas. K-Salt has been tried and proven through the years in natural healing and disease prevention. With consistent supplementation of K-Salt, you can anticipate improvement in overall health. K-Salt helps to:

- remove excess sodium from cells and tissues
- build and strengthen at the cellular level
- counteract water retention
- replace and balance electrolytes
- regulate kidney function
- prevent coughs and colds
- reduce chest congestion
- strengthen immunity



钾质：提供钾

钾是人体最重要的矿物质之一，它在组织蛋白合成和酶反应的过程中扮演重要角色，有助维持细胞内的酸碱度和调节肾功能。摄取足够的钾对于身体发育、维持神经系统的健康、调节心脏、组建肌肉以及促进再生和维持组织年轻健康是非常重要的。如果身体缺乏钾，就会引发过早老化问题，最终导致皮肤和肌肉张力下降，形成皱纹和细纹，特别是在脸部和颈项。钾缺乏也可导致疲劳、腿部抽经、肌肉无力、生暗疮、情绪不稳和心律不整。此外，低钾症也与患上高血压、心脏病、中风、关节炎、癌症、消化疾病和不育症等风险息息相关。

摄取2毫克的钾质提供的钾含量相当于摄取30根香蕉所提供的。多年来，钾质在治疗和预防疾病方面得到了验证。长期摄取钾质，可有效改善整体的健康。钾质有助于：

- 去除细胞和组织中过多的钠
- 组建和强化细胞
- 抵消水肿
- 更换和平衡电解质
- 调节肾功能
- 预防咳嗽和感冒
- 减轻肿胀问题
- 增强免疫力

PROTECT

ImmuFlora®: protect your gut

NewLife™'s ImmuFlora® is produced using breakthrough technology where the strains are able to withstand stomach acid and emerge intact in the intestines. ImmuFlora® helps to support a healthy gastrointestinal tract and optimum immune function. When taken regularly, ImmuFlora could:

- re-establish intestinal microflora to ensure that the friendly bacteria outweigh the bad bacteria
- maintain a healthy intestinal environment to prevent over-growth of pathogenic bacteria and parasites
- give the immune system a boost
- stimulate self-repair and self-rejuvenation of cells within the body
- improve nutrient assimilation and absorption
- cleanse and detoxify the intestinal tract.



保护

免疫激菌植：保护肠道

新生命免疫激菌植是采用突破性技术而研制的，其菌株能够抵抗胃酸，完好无损的流入肠道。免疫激菌植有助于维持胃肠道的健康和增强免疫功能。定期摄取免疫激菌植可：

- 重建肠道菌群，以确保有益菌的数量超过有害菌
- 维持肠道环境的健康，防止致病菌和寄生虫的过度生长
- 强化免疫系统
- 刺激身体细胞自行愈合和修复的功能
- 改善身体对营养的吸收
- 净化肠道

Liverin: your liver tonic

In addition to all the goodness from the 5 products above, the 6th Essential has one very important benefit - the protection of the liver.

The liver is one of the most important organs in the body. It performs more than 500 functions. Just to name a few: it filters all the harmful substances from what we consume (including medicine), inhale, and even what we apply on our skin; fights infections and filters out bad bacteria in the blood; manages our hormones and blood sugar; stores energy from the nutrients we take in; and makes blood proteins, bile, and several enzymes that the body requires. In short, an unhealthy liver means an unhealthy body.

NewLife™'s Liverin contains 5 powerful herbs which are used as remedies for the liver: Milk thistle (seed) extract (with 80% silimarin), Dandelion (root), Artichoke (leaf) extract, Burdock root, and Celery seed extract. It is a unique formula, made specifically to help cleanse, rebuild, and protect the liver.

Benefits:

- rebuilds liver cells and removes toxins
- provides powerful anti-oxidant and anti-inflammatory effects
- reverses liver damage caused by medicines, excessive alcohol consumption as well as the effects of pollutants found in the environment
- stimulates the liver to increase bile flow, which carries away waste and breaks down fats during digestion

It is suitable for vegans. It contains no synthetic ingredients, no animal ingredients, and is all-natural and chemical-free.



肝脏宝：强化您的肝脏

除了以上5种产品所提供的健康效益外，另外一个非常重要的保健环节就是肝脏保健。

肝脏是人体最重要的器官之一。它执行超过500种功能，例如：过滤所有我们摄入（包括药物）、吸入或涂抹在皮肤上的有害物质；对抗感染和过滤血液中的有害菌；调节荷尔蒙和血糖功能；储存通过我们摄入的营养所制造的能量；制造血蛋白、胆汁和身体所需的几种酶。简而言之，肝脏不健康，身体就不健康。

新生命肝脏宝含有五种滋养肝脏的珍贵草药，如乳蓟籽提取物（含有80%的硅酮）、蒲公英根、洋蓟（叶子）提取物、牛蒡根和芹菜籽提取物。此独特配方，专门用于净化、重建和保护肝脏。

健康效益：

- 重建肝脏细胞和清除毒素
- 提供强效抗氧化剂和抗炎效果
- 逆转因药物、过量饮酒以及环境污染对肝脏造成的损害
- 刺激肝脏分泌胆汁流量，有助于消化过程中带走废物和分解脂肪

它适合纯素食者。纯天然，不含合成成分、动物成分和化学物质。

Try Intermittent Fasting Today!

By incorporating the 16:8 principle into your lifestyle, you will tap into the many clinically validated benefits of intermittent fasting such as reduced inflammation, better insulin control, increased energy, lower blood pressure, and weight loss. To make the best of your fast, nourish your body with the right food and supplements.

今天就尝试间歇性禁食！

采用16:8断食法可让您获取许多经临床验证的健康效益，如减少炎症、控制胰岛素、增加能量、降低血压和减轻体重。为了在断食期间取得最佳效益，您必须摄取正确的食物和营养补充剂以滋补身体。

Our Heartiest Congratulations to All Achievers

我们衷心祝贺全部达致目标者

AUGUST 2018 - SEPTEMBER 2018 | 2018年8月至2018年9月



SILVER MANAGERS

DAVID CHONG & MELISSA WONG

DL TOTAL HEALTH PTE LTD

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)

STANLEY CHONG & PATRICIA CHOONG

LEE SUNG YAP

SIN CHENG YAM (EUNICE)

AW KEN KEN

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LIM BEE WAH & SAW CHONG HOCK

TEO CHAE JOO

CHING HAN CHEONG

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CHONG WEE HOON (VIVIEN)

CHING HUI YING (SHEREEN)

TING LING LING (JANE)

SHIU YEW CHOONG (FREDDY)

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ENRICHED LIFE

JSL INTERNATIONAL PTE LTD

EVACO LIFESTYLE PTE LTD

TONG AH MOY ALICIA

COMMUNITY WELLNESS (S) PTE LTD

HARTINI BINTI SAIRIN

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LING LAY KHIM (SARAH)

EMILY THERESA FERDINANDS

LEE LAY CHENG

LIM MEE ING

CHOW HUI YAN

SAW EWE KIM

SIM BEE HONG

LIM WAI YING

SUZI MOI-QUEK

MAELODEE CHONG TZE-YUIN

21% ACHIEVERS

AUGUST & SEPTEMBER 2018

PLUS ULTRA MARKETING

IRENE CHONG CHUAY PENG

AUGUST 2018

TAN LEE KENG (LILY)

SYARIKAT ADIL

SEPTEMBER 2018

HO TWEE LIM

18% ACHIEVERS

AUGUST & SEPTEMBER 2018

KONG WAI YIN

CHAN SOO TECK PETER

LEE CHUEY YONG DEBORAH

CHUA LAY HOON

CHUA PHUAY KHOON

AUGUST 2018

MOI YAN LIN ABIGAIL

CHEW CHING JEN

SEPTEMBER 2018

SO SUE YI REGINA

WONG MUI CHOO (KELLY)

TAN LEE MENG

15% ACHIEVERS

AUGUST & SEPTEMBER 2018

NEOH BEE LEE

AUGUST 2018

SO SUE YI REGINA

WONG MUI CHOO (KELLY)

PHOON LAI HAR

YEONG SOW KHAM (ALICE)

SOH LAY CHOO (DIANA)

CHAN PEI WEN JAZREEL

NG POH LAY

SEPTEMBER 2018

MOI YAN LIN ABIGAIL

CHEW CHING JEN

TAN LEE KENG (LILY)

VALERIE CHAN SOO KEE

POON YOKE CHUN

Don't miss out on the eagerly awaited

2018 YEAR END CARNIVAL SALES

万勿错过备受期待的
2018年终嘉年华

16 – 30 November 2018
2018年11月16至11月30日

WM | 西马
RM468
NP 原价: RM658.90
60BV / 30PV

EM | 东马
RM488
NP 原价: RM678.60
60BV / 30PV

SG | 新加坡
S\$199
NP 原价: S\$330.65
30BV / 25PV

HK | 香港
HKD1210
NP 原价: HKD2013.00
183BV / 23PV



Healthy Bread Combo 营养面包配套

Bread Maker + Bread Mix
面包制造机 + 全麦高纤维面包混合料

Enjoy nutritious homemade bread with the NewLife™ Bread Maker. Bake with our NewLife™ Bread Mix, which is made of 100% organic, whole grain flour that is high in fibre, and delicious. 新生命全麦高纤维面包混合料是100%有机、高纤、美味的全麦面粉。有了此配套，您就可天天享用香喷喷、营养美味的自制面包。

Pure Water Distiller (with Glass Bottle) 纯正蒸馏水机 (随附玻璃瓶)

WM | 西马
RM1388
NP 原价: RM1603.80
420BV / 210PV

EM | 东马
RM1430
NP 原价: RM1684.00
420BV / 210PV

SG | 新加坡
S\$499
NP 原价: S\$591.00
200BV / 115PV

HK | 香港
HKD3200
NP 原价: HKD3596.00
1200BV / 158PV



Pure Water Distiller (with PP Bottle) 纯正蒸馏水机 (随附聚碳酸酯瓶)

Malaysia only. 只限马来西亚。

WM | 西马
RM1165
NP 原价: RM1367.90
460BV / 230PV

EM | 东马
RM1220
NP 原价: RM1436.30
460BV / 230PV

WM | 西马
RM110
NP 原价: RM163.40
70BV / 35PV

EM | 东马
RM113
NP 原价: RM169.10
70BV / 35PV

SG | 新加坡
S\$49
NP 原价: S\$77.80
30BV / 25PV

HK | 香港
HKD299
NP 原价: HKD474.00
183BV / 26PV



Yoghur-licious Combo 健康美味酸乳酪配套

Yoghurt Maker + Yoghurt Starter
酸乳酪制造机 + 酸乳酪酵母

Yoghurt offers friendly bacteria, easily-digestible protein, calcium, and other minerals. Make your own healthy yoghurt with this combo! 酸乳酪提供大家丰富的有益菌、易消化的蛋白质、钙质和其他矿物质。有了这配套，自制健康天然酸乳酪变得简单又轻松！

All Books & Magazines 所有书籍和杂志

Up to 50% Discount
折扣高达50%



Kids Klenz 孩童净化粉

- ✓ Supports healthy bowel movement.
- ✓ Promotes a healthy gastrointestinal tract.
- ✓ Enhances the immune system.
- ✓ Delicious, natural apple flavour.
- ✓ Packed in individual sachets for convenience.
- ✓ 支持排便顺畅。
- ✓ 促进胃肠道的健康。
- ✓ 增强免疫系统。
- ✓ 天然香甜苹果风味。
- ✓ 个别独立包装，方便服用。



Buy 1 Free 1 买1送1

Free gift no BV/PV
免费赠品不带有
单位花红和单位分数

	Normal Unit Price 单位原价
WM 西马	RM88.00
EM 东马	RM90.70
SG 新加坡	S\$50.40
HK 香港	HKD307.00

Rebounder & Rebound for Health VCD 弹跳床 & 健康弹跳录影光碟

Rebounding is one of the most effective and efficient exercises for improving your health. It's fun, easy, and offers a great workout for all! 弹跳运动是一个可改善健康最有效的运动之一。它简单好玩，全家大小都能用它来锻炼身体！



WM 西马	RM218
NP 原价: RM268.00	
	130BV / 65PV
EM 东马	RM228
NP 原价: RM281.00	
	130BV / 65PV
SG 新加坡	S\$108
NP 原价: S\$139.00	
	80BV / 60PV
HK 香港	HKD658
NP 原价: HKD846.00	
	490BV / 49PV



Buy 2 Free 1 买2送1

Quantity Discount not applicable
无数量折扣
Free gift no BV/PV
免费赠品不带有单位花红和单位分数

	Normal Unit Price 单位原价
WM 西马	RM65.60
EM 东马	RM68.90

Malaysia only.
只限马来西亚。

Cholestinin 减固醇

- ✓ All natural form of Monascus Purpureus Red Went yeast that is fermented on premium rice.
- ✓ Helps control cholesterol levels safely and naturally.
- ✓ Soothes indigestion.
- ✓ Enhances blood circulation.
- ✓ Improves cardiovascular health.
- ✓ 源自纯天然红曲米酵母菌，使用优质大米发酵而成。
- ✓ 天然既安全地控制胆固醇水平。
- ✓ 舒缓消化不良问题。
- ✓ 增强血液循环。
- ✓ 促进心血管的健康。

Buy 1 Free 1 买1送1

Free gift no BV/PV
免费赠品不带有
单位花红和单位分数

	Normal Unit Price 单位原价
WM 西马	RM90.00
EM 东马	RM92.70
SG 新加坡	S\$36.30
HK 香港	HKD221.00



Chromium Picolinate 有机铬

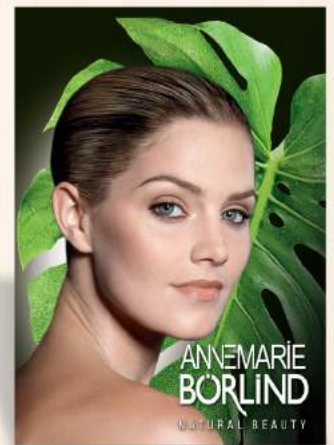
- ✓ Helps in blood sugar control.
- ✓ Reduces carbohydrate and sugar cravings.
- ✓ Regulates blood cholesterol to prevent high cholesterol and cardiovascular disease.
- ✓ Fights body fat, increases lean body mass and may contribute to weight loss.
- ✓ 有助控制血糖。
- ✓ 减少对碳水化合物和糖类食物的摄取欲望。
- ✓ 调节血液胆固醇以预防高胆固醇和心血管疾病。
- ✓ 打击身体脂肪、增加瘦体重，可帮助减肥。

Annemarie Börlind 安玛莉柏林

Annemarie Börlind creates the finest skin-friendly cosmetics using primarily organic ingredients. The products are carefully formulated for every skin type, with no animal extracts, petroleum derivatives, silicones, or genetically modified ingredients. All Annemarie Börlind products are Eco Control certified and dermatologically tested. 安玛莉柏林主要使用有机成分，为每一种皮肤类型或皮肤问题精心制定最细致完美的护肤品。不含动物提取物、石油衍生物、硅酮或转基因成分。所有安玛莉柏林产品都经环保控制认证和皮肤测试。

20% Discount 20%折扣
50% BV / PV

Valid with a minimum purchase of 2 items.
必需至少购买2件产品。



Medi Compression Pantyhose Twin Pack 远红外线能量波医用 辅助健康裤袜双盒装

The Medi Compression Pantyhose is made of a special fabric with far infrared rays. It is designed with staggered pressure, effectively increasing blood circulation and toning the leg veins to prevent swelling, knotting, and pooling of blood, as well as preventing back flow of blood into the veins, which can cause painful and unsightly varicose veins.

远红外线能量波医用辅助健康裤袜是一种采用远红外线的特殊织物制成。它交错压力的设计，可有效促进血液循环及结实腿部静脉，以防止腿部浮肿痉挛和血液淤积，以及预防血液回流静脉中，而引起的疼痛和出现不美观的静脉曲张。



WM | 西马
RM89
NP 原价: RM216.00

EM | 东马
RM89
NP 原价: RM222.00

SG | 新加坡
S\$33
NP 原价: S\$104.90

No BV/PV
无单位花红和单位分数

Shaker 600ml (BPA free) Twin Pack 饮料混合器600毫升 (不含BPA) 双瓶装



MY | 马来西亚
RM12
SG | 新加坡
S\$6
HK | 香港
HKD37

NP 原价:
RM19.80 (WM | 西马)
RM20.80 (EM | 东马)
S\$10.00 (SG | 新加坡)
HKD62.00 (HK | 香港)

No BV/PV
无单位花红和单位分数

BUY 1 AND GET 2ND AT 50% OFF FOR ALL THESE PRODUCTS!

买1瓶第2瓶50%折扣

Discounted item no BV/PV
折扣品无单位花红和单位分数

Vitamins B & C 维生素B与C

Both vitamins B and C are not produced by or stored in the body. They are water soluble and need to be replenished daily.

维生素B和C不能由人体自行生产或储存在体内。两者都是水溶性维生素，必须每天补充。

Vitamin C

- ✓ A powerful antioxidant and antiviral agent.
- ✓ A natural immune booster to ward off coughs, colds and the common flu.
- ✓ Necessary for many metabolic functions in the body, including tissue growth and repair, adrenal gland functions, healthy gums and the production of anti-stress hormones.
- ✓ Supports cardiovascular health.
- ✓ **NewLife™ C Complex 1000mg** provides sustained release protection, ensuring a 40% better absorption rate than regular C tablets. It is blended with bioflavonoids such as lemon, rutin, hesperidin, acerola and rose hip, which enhance the properties of Vitamin C.
- ✓ **NewLife™ Vitamin C 500mg** offers a gradual release system and thus a 40% better absorption rate than regular C tablets. It is blended with rose hip for better absorption.

维生素C

- ✓ 具有强效抗氧化和抗病毒功能。
- ✓ 天然促进免疫功能，有效对抗咳嗽、伤风和流行性感冒。
- ✓ 是支持身体许多代谢功能的必需物质，包括促进组织生长和修复、增强肾上腺的功能、保持牙龈的健康和分泌抗压的荷尔蒙。
- ✓ 支持心血管的健康。
- ✓ **新生命维他命C综合丸 (1000毫克)** 具有一个渐进式的缓释特性，提供比普通维生素C高出40%的吸收率。它所含有柠檬、芸香苷、橙皮苷、针叶樱桃、蔷薇果等生物类黄酮，都可提高维生素C的保健性质。
- ✓ **新生命维他命C丸 (500毫克)** 具有一个渐进式的缓释特性，因此提供比普通的维生素C高出40%的吸收率。混合了蔷薇果，以提升身体对维生素C的吸收率。

C Complex 1000mg 维他命C综合丸 (1000毫克)

Normal Unit Price
单位原价

WM 西马	RM151.05
EM 东马	RM158.60
SG 新加坡	S\$51.80
HK 香港	HKD316.00



Vitamin C 500mg 维他命C丸 (500毫克)

Normal Unit Price
单位原价

WM 西马	RM71.55
EM 东马	RM75.15
SG 新加坡	S\$29.60
HK 香港	HKD181.00

B Complex

- ✓ Contains ALL of the significant B vitamins.
- ✓ Excellent energy booster.
- ✓ Promotes cognitive function and lifts your mood: helps you stay mentally sharp, strengthens the body under stressful conditions, prevents memory loss, depression or migraines, etc.
- ✓ Lowers cholesterol, which may help to prevent cardiovascular disease.
- ✓ Preserves your vision. Reduces risk of cataracts.
- ✓ Promotes healthy skin and hair.
- ✓ Recommended for women during menstruation, pregnant mothers, those with anaemia, the elderly, busy executives, heavy coffee drinkers and students.

维他命B综合丸:

- ✓ 含有所有重要的B群维生素。
- ✓ 增强体力。
- ✓ 促进认知功能，提升情绪：有助于保持思维敏锐、强健身体以助您应付生活的紧张压力、预防记忆衰退、抗忧郁症或偏头疼等。
- ✓ 降低胆固醇，有助于预防心血管疾病。
- ✓ 保护视力，降低患上白内障的风险。
- ✓ 促进皮肤和头发的健康。
- ✓ 推荐给月事来潮期间的女性、孕妇、贫血患者、老年人、上班族、咖啡爱好者和学生群。



Normal Unit Price
单位原价

WM 西马	RM60.20
EM 东马	RM63.20
SG 新加坡	S\$23.60
HK 香港	HKD144.00



Kelp 海藻宝

Normal Unit Price
单位原价

WM 西马	RM70.30
EM 东马	RM73.80
SG 新加坡	S\$22.85
HK 香港	HKD139.00

- ✓ A rich source of natural, organic iodine required for the proper function of the thyroid gland.
- ✓ Contains amino acids and 22 known minerals such as calcium, phosphorus, iron, and many more.
- ✓ Increases energy, builds endurance and enhances metabolism.
- ✓ Improves circulation and nourishment particularly to the brain.
- ✓ Helps in relieving nervous tension and stress.
- ✓ Promotes healthy growth in children.
- ✓ 富含天然的有机碘，是促进甲状腺正常功能的必需营养素。
- ✓ 含有氨基酸和22种矿物质，如钙、磷、铁等等。
- ✓ 增强体力和耐力，促进新陈代谢功能。
- ✓ 改善大脑的血液循环和增加供给大脑细胞的营养。
- ✓ 有助于缓解紧张和压力的心情。
- ✓ 促进儿童健康成长。

Calcium Complex 钙合成剂

- ✓ Supplies 10 essential nutrients for building bone strength.
- ✓ 100% dairy free. Comes in the form of a soft natural gelatin capsule which is easier to swallow and offers enhanced bioavailability.
- ✓ Fortified with one of the latest nutritional breakthroughs, Boron.
- ✓ Contains chelated forms of minerals, which not only enhance absorption, but also act as chelating agents to remove unwanted toxic metals from the body.
- ✓ 提供10种强健骨骼的必需营养素。
- ✓ 100%无乳。以天然软明胶胶囊包装，容易吞服，可提高营养素的生物利用率。
- ✓ 添加营养界最新突破性进展——硼。
- ✓ 含有螯合矿物质，不仅可提高身体对钙的吸收率，还能充当螯合剂，清除体内多余的有毒金属。



Normal Unit Price
单位原价

WM 西马	RM115.00
EM 东马	RM118.00
SG 新加坡	S\$45.00
HK 香港	HKD274.00

Collasta 康丽达胶原红藻

- ✓ An anti-aging complex, slows down aging, reduces wrinkles and age spots.
- ✓ Contains hydrolyzed marine collagen that improves skin elasticity and moisture retention, reduces inflammation, body pains and joint discomfort.
- ✓ Promotes fairer and brighter skin by reducing melanin production.
- ✓ Supports joint health.
- ✓ Improves vision.
- ✓ Contains an antioxidant complex that fights against free radical damage in the body.
- ✓ Reduces the risk of Alzheimer's disease.
- ✓ Supports heart health.
- ✓ Improves endurance and exercise recovery.
- ✓ Improves male fertility.
- ✓ 一种抗老化复合物，可减缓身体老化过程，减少皱纹和老年斑的形成。
- ✓ 含有水解海洋胶原蛋白，可促进皮肤的弹性和保湿功能，减少发炎反应、身体疼痛和关节不适的问题。
- ✓ 减少黑色素的产生，增强亮白美肌的效果。
- ✓ 维持关节的健康。
- ✓ 改善视力。
- ✓ 含有抗氧化剂复合物，以保护身体对抗自由基的破坏。
- ✓ 降低患有阿兹海默症的风险。
- ✓ 维持心脏健康。
- ✓ 增强运动耐力和修复功能。
- ✓ 提高男性生育功能。



Normal Unit Price
单位原价

WM | 西马 RM317.00
EM | 东马 RM327.00
SG | 新加坡 S\$136.00
HK | 香港 HKD828.00

Garlic & Parsley 蒜与欧芹油

- ✓ Contains natural antibacterial, antiviral and antifungal properties.
- ✓ Helps strengthen the immune system, while enhancing antioxidant activity in the body.
- ✓ Helps improve cardiovascular health.
- ✓ Acts as a natural blood detoxifier and cleanser.
- ✓ Supports digestive and skin health.
- ✓ 含有天然抗细菌、抗病毒和抗真菌的功效。
- ✓ 有助于加强身体免疫系统，同时增强身体抗氧化功能。
- ✓ 有助于改善心血管的健康。
- ✓ 天然的血液排毒净化剂。
- ✓ 支持消化系统和皮肤健康。



Normal Unit Price
单位原价

WM | 西马 RM97.90
EM | 东马 RM102.80
SG | 新加坡 S\$32.00
HK | 香港 HKD195.00

Liverin 肝脏宝



Contains a proprietary blend of milk thistle and other herbs, which work synergistically to combat free radicals and oxidative stress, thus preventing the onset of many degenerative and age-related diseases. Protect your liver and your health with Liverin!

含有乳蓟和其他草药精华的专利配方，可协同对抗身体自由基和氧化压力，从而预防许多退化性和与老化相关的疾病。服用肝脏宝，保护您的肝脏健康！

Normal Unit Price
单位原价

WM | 西马 RM96.60
EM | 东马 RM99.50
SG | 新加坡 S\$48.15
HK | 香港 HKD293.00

Yoghurt Starter 酸乳酪酵母



Normal Unit Price
单位原价

WM | 西马 RM34.40
EM | 东马 RM36.10
SG | 新加坡 S\$15.20
HK | 香港 HKD93.00

Herbal Teas 花草茶配套

- ✓ **MorLife** improves energy, purifies the blood, cleanses the liver and enhances the body's defence system against diseases.
- ✓ **Zinger** is a great drink for overall well-being. It helps combat fatigue, increases energy levels, improves mental performance, boosts the immune system, and soothes colds and coughs.
- ✓ **Chamomile** is considered a remedy for many ailments. It promotes calmness and relieves anxiety.
- ✓ **Peppermint** is rich in phytonutrients such as beta-carotene, hesperetin, menthol, rutin and is full of vitamins and minerals.
- ✓ **增寿草药茶**可增加体力、洁净血液和净化肝脏以及增强身体防御系统以对抗疾病。
- ✓ **甘草绿薄荷茶**是维持整体健康的最佳饮品。它有助于对抗疲劳、增强身体活力、促进智能发展、加强免疫系统及舒缓伤风与咳嗽。
- ✓ **洋甘菊茶**是治疗许多疾病的良药。它可纾缓紧绷和焦虑的情绪。
- ✓ **薄荷茶**含有丰富的植物营养素，如β-类胡萝卜素、橙皮苷、薄荷醇、芸香苷及维生素与矿物质。



Discounted item of same or lower value.
折扣品必须是相同或较低价值。

Product 产品	Normal Unit Price 单位原价			
	WM 西马	EM 东马	SG 新加坡	HK 香港
MorLife 增寿草药茶	RM25.30	RM26.10	S\$12.35	HKD76.00
Zinger 甘草绿薄荷草药茶	RM25.30	RM26.10	S\$12.35	HKD76.00
Chamomile 洋甘菊茶	RM27.50	RM28.40	S\$11.65	HKD71.00
Peppermint 薄荷茶	RM27.50	RM28.40	S\$11.65	HKD71.00

WONDA OIL 万宝油

- ✓ Ideal for cuts, wounds and other infections.
- ✓ Helps relieve arthritic pain, sprains and muscle aches.
- ✓ Helps treat boils, ulcers, warts, pimples and acne.
- ✓ Helps allay congestion, coughs and sore throat.
- ✓ Good for patients with dermatitis.
- ✓ Helps remove foot odour and prevent athlete's foot.
- ✓ Helps treat fungal infection on the skin.
- ✓ Helps keep head lice away.
- ✓ Aids in repelling insects, mosquitoes and sandflies.
- ✓ Helps relieve mouth ulcers, sore gums, bad breath and plaque.
- ✓ Helps reduce nail infections.
- ✓ Helps reduce nappy rash.
- ✓ Helps minimise nasal ulcers, nasal blocks and sinus infections.
- ✓ Can be used for vaginal cleansing or applied as a vaginal douche.
- ✓ 有助割伤、伤口和其他受感染部位的愈合。
- ✓ 有助缓解关节炎疼痛、扭伤和肌肉酸痛。
- ✓ 有助治愈脓肿、溃疡、疣、青春痘和暗疮。
- ✓ 有助疏通呼吸道阻塞、缓解咳嗽和喉咙疼痛。
- ✓ 有益治疗皮炎。
- ✓ 有助去除脚臭味，预防香港脚。
- ✓ 有助减少皮肤的真菌感染。
- ✓ 有助预防感染上头皮蚤子。
- ✓ 驱赶昆虫、蚊子和沙蝇。
- ✓ 有助减轻口腔溃疡、牙龈疼痛、口臭和牙菌斑。
- ✓ 预防指甲感染。
- ✓ 减少尿布湿疹问题。
- ✓ 有助减轻鼻窦溃疡、鼻塞和鼻窦感染。
- ✓ 可作为阴道冲洗之用，保持阴道卫生清洁。



Normal Unit Price
单位原价

WM | 西马 RM64.70
EM | 东马 RM66.70
SG | 新加坡 S\$28.60
HK | 香港 HKD179.00

Terms & Conditions:

1. For IBOs only.
2. Only available in NewLife™ offices between 16th and 30th November 2018. Offers are while stocks last.
3. Not valid with any other concurrent promotions and Quantity Discount.
4. No free delivery service for all promotional products purchased during the Carnival. Delivery charges are to be borne by IBO.
5. No goods return or exchange allowed.
6. All SG prices above are inclusive of 7% GST.
7. Other terms & conditions apply.
8. NewLife™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

备视与细则:

1. 仅限独立传销商。
2. 促销活动期限从2018年11月16日至30日，地点仅限新生命办事处。存货售完即止。
3. 不可配合其他同期间的促销活动和数量折扣。
4. 嘉年华期间所有促销产品的购买没有免费运送服务。运费须由IBO自行缴付。
5. 货一出门，恕不退还。
6. 以上所有新加坡价格已包括7%消费税。
7. 附有其他条款与细则。
8. 新生命有权随时更改或修订促销活动的条款与细则，恕不另行通知。

LAUNCHING A BRAND NEW COLOUR! NEWLIFE™ ORGANIC 3 IN 1 HERBAL HAIR CARE NATURAL BROWN

推出新颜色!

新生命有机3合1染发护发草药

自然棕色



TO DYE OR NOT TO DYE?

In today's economy, hair dyes and treatments represent a multi-billion-dollar industry worldwide. Millions of people all over the world use hair dyes to add colour to their hair or to cover up their grey/white hair. While there are many different compounds of hair dyes available, almost all semi-permanent and permanent hair dyes use chemicals to alter the hair's colour.

Many of these chemicals found in most hair dye products have been linked to allergic reactions, hair loss, itching, breathing difficulty, conjunctivitis, effects on fertility and more. The chemicals in hair dyes can be absorbed in small amounts through the skin or inhaled from fumes in the air.

According to the American Cancer Society, although The National Toxicology Program (NTP) has not classified exposure to hair dyes as a potential to cause cancer, it has classified some chemicals that are or were used in hair dyes as "reasonably anticipated to be human carcinogens". As hair dye products are not as tightly regulated as health supplements or pharmaceuticals, it may be hard to know if the dye used at your salon contains harmful chemicals or not.

THE SOLUTION: NEWLIFE™ ORGANIC 3 IN 1 HERBAL HAIR CARE

NewLife™ Organic 3 in 1 Herbal Hair Care provides an all-natural, chemical-free alternative for hair colour for those looking to colour white or greying hairs. Made with specially tested essential ingredients of top-quality herbs, NewLife™ Organic 3 in 1 Herbal Hair Care is a pure, natural product that contains no lead, mercury, phenylenediamine, toluenediamine or their derivatives, nor any other chemicals whatsoever.

Unlike chemical hair dyes that penetrate the hair shaft by opening the hair cuticle to lighten and then depositing the desired colour, NewLife™ Organic 3 in 1 Herbal Hair Care coats the outside of each follicle of hair with a protective layer of herbs that conditions the hair and gives a natural, lively, semi-permanent colour to grey hair. The herbal colour coating also adds volume and shine.

能染发吗?

染发剂和头发护理品的市场占目前全球经济营业额的几十亿。全世界数以百万的人都有使用染发剂，主要是为头发染色或遮盖白发。市面上染发剂种类繁多，但几乎所有半永久性和永久性的染发剂都使用化学物质来达到染色效果。

大多数染发剂中含有的化学物质都与过敏症、脱发、瘙痒、呼吸困难、结膜炎、影响生育能力等问题息息相关。此外，染发剂中的化学物质不仅会透过皮肤被吸收，甚至还会渗入空气中，通过人体呼吸时被吸入。

根据美国癌症协会，尽管国家毒理学计划（NTP）没有将染发剂归类为潜在的致癌物，但染发剂所含的一些化学物质已被列为“可能人类致癌物质”。由于染发剂没有像保健品或药品那样受到严格的管制，因此大多数的人很难辨定出一般沙龙使用的染发剂是否含有有害化学物质。

新生命有机3合1染发护发草药绝对安全

新生命有机3合1染发护发草药为那些想要染发或遮盖白发的人提供了一个纯天然、完全无化学物质的染发剂。它由多种优质珍贵的草药制成，并经过特别测试，不含铅、汞、苯二胺、甲苯二胺及其衍生物，或任何其他化学物质。

一般化学染发剂的染发机制是通过打开头发角质层，渗透发轴，淡化发色后再注入理想的颜色，而新生命有机3合1天然棕色染发护发草药则恰好相反，它是在每个头发毛囊的外围覆盖上一层保护层，修润头发的同时，也为秀发提供半永久的自然亮丽颜色，有效遮盖白发。此草药染发剂还可增加发量和秀发光泽度。

AVAILABLE SHADES

COPPER

100% made from specially tested essential ingredients of top quality rare organic herbs. They are Lawsonia Inermis Extract, Phyllanthus Emblica Fruit Powder, Acacia Concinna Fruit Extract, Melia Azadirachta Leaf Extract, Rosa Canina Powder Extract, Solum Fullonum, Santalum Album, Sapindus Mukorossi and Acacia Catechu Extract Powder.

NewLife™ Organic 3-in-1 Herbal Hair Care (Copper) coats the outside of each hair shaft with a protective layer of herbs that conditions the hair and gives it a natural, lively, attractive and lasting coppery brownish shade.

NATURAL BROWN

A perfect combination of top quality rare organic herbal extracts specially created to give a dark brown colour to the hair naturally. It contains Lawsonia Inermis Extract, Indigofera Tinctoria Extract, Juglans Regia, Phyllanthus Emblica Fruit Powder, Acacia Concinna Fruit Extract, Melia Azadirachta Leaf Extract and Trigonella Foenum-Graecum Seed Powder.

颜色选择

铜色

100%由多种优质珍贵的有机草药制成，并经过特别测试。主要成分包括指甲花叶、余甘子果粉、藤金合欢洋槐果提取物、印度楝叶提取物、玫瑰果提取物、绿素矿泥、檀香木精油、无患子提取物及儿茶树提取物。

新生命有机3合1染发护发草药（铜色）在每个头发毛囊的外围覆盖上一层保护层，修润头发的同时，也为秀发提供自然亮丽的铜棕色，有效遮盖白头发。

自然棕色

完美结合优质珍贵的有机草药精华，特别为秀发带出自然深棕色，让人散发出迷人气质。此产品主要成分包括指甲花提取物、木蓝提取物、核桃提取物、余甘子果粉、藤金合欢洋槐果提取物、印度楝叶提取物及葫芦巴籽粉。

BENEFITS OF USING NEWLIFE™ ORGANIC 3 IN 1 HERBAL HAIR CARE:

1. Gives a natural, semi-permanent colour when applied to grey hair; and natural conditioning and shine when applied to black hair. No more worries about harmful chemicals that can expose you to health risks.
2. Nourishes hair follicles.
3. Keeps scalp healthy and prevents dandruff.
4. Curbs hair loss.
5. Prevents premature greying of hair.
6. Stimulates hair growth.
7. Makes hair very soft and healthy, while giving it a natural shine.
8. Adds body and texture to hair.
9. Fully natural, containing no harmful ingredients.
10. Does not cause irritation to skin.



新生命有机3合1染发护发草药的好处：

1. 遮盖白发，为白发染上自然、半永久的颜色；若使用在黑发上，则可为黑发添加润泽和亮丽。无需担心有害化学物质损害您的健康。
2. 滋养毛囊。
3. 保持头皮健康，防止头皮屑。
4. 抑制脱发问题。
5. 预防头发过早变白。
6. 刺激头发生长。
7. 使头发更加柔顺、健康，散发自然光泽。
8. 增加发量，改善头发质感。
9. 纯天然、不含有害成分。
10. 不会造成肌肤敏感。

PROMOTION 促销活动

ENJOY **10% DISCOUNT** WHEN YOU PURCHASE ANY NEWLIFE™ ORGANIC 3 IN 1 HERBAL HAIR CARE **COPPER** **NATURAL BROWN**

购买任何新生命有机3合1染发护发草药（铜色或自然棕色），即可享有**10%的优惠折扣**。

Terms & Conditions:

1. Promotion period from 1 November to 31 December 2018, or while stocks last.
2. Both products carry full PV/BV.
3. Not valid with any other concurrent promotion or Quantity Discount.
4. NewLife™ reserves the right to amend or change the terms and conditions without prior notice.

条款与细则

1. 促销活动期限：2018年11月1日至12月31日，或存货售完即止。
2. 促销产品带有完整的单位分数和单位花红。
3. 不可配合任何同期间的促销优惠和数量折扣。
4. 新生命有机随时更改或修订促销活动的条款与细则，恕不另行通知。



REJUVENATE

your body & mind 心身更新

From the 21st to 26th of September, NewLife™ International hosted its third health retreat for the year at Kasih Sayang Health Resort in Kota Kinabalu. Participants travelled from Malaysia, Singapore, Oman, Vietnam and other countries to undergo 6-days of Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP).

During the retreat, the participants enjoyed activities such as morning walks, health workshops, day trips, and a visit to Shalom Valley Park – the personal home of Datuk CK Tan & Datin Dr. Lynn Tan – where they played games, sang songs, and sampled fresh, organic durians grown on the land.

The 6-days flew by and on the final night there were many testimonials shared by the participants.

Don't miss out on the next upcoming NewLife™ Health Retreat, which will be held on 21-26 March, 2019.

For more information, head over to www.newlife.my/health-retreat

9月21至26日，国际新生命在哥打京那巴鲁Kasih Sayang度假村举办了本年度第三届的健康养生营。这次的健康养生营吸引了许多马来西亚、新加坡、阿曼、越南等不同国籍的参与者一起前来体验为期六天由陈林希珠博士创研的排毒与复健程序（DRP）。

养生营期间，参与者都非常享受所有安排的活动项目，例如晨运、健康工作坊、著名景点一日游及拜访平安谷（新生命创办人——拿督陈清吉和拿汀陈林希珠博士的私人住所）。大家在平安谷玩游戏、唱歌、享受新鲜有机榴莲等。

时间过得很快，六天的健康养生营转眼间就结束了。在最后一夜，许多参与者分享了他们在这个活动中的感想与美好体验。

万勿错过2019年3月21至26日的新生命健康养生营。

欲知更多详情，请浏览至www.newlife.my/health-retreat



Nguyen Dang Thinh

Healed from Prostate Cancer!
 After my first DRP in August 2017, my PSA (Prostate-specific Antigen) went down from 40 to 3. I continued to follow Dr. Lynn's programme along with the supplements that were prescribed to me at home and my PSA went down further to 0.1. In August 2018, I went for my check up and my PSA was below 0. They said it was undetectable!

Wendy Moi

I have had so much fun at this health retreat. The DRP meals are very tasty and the talks are very informative!

Kim Wong

Great experience for renewal of body and mind, with great surroundings. Felt an overall improvement of my body, skin, and a lightness and alertness.

Carter Wong

Eye-opening, exhilarating, energising, educational, and extraordinary!

Ho Yoke Mei

My lung problems, mucus/phlegm have improved – less mucus discharge and belly fat has also diminished!

阮当盛(译音)

前列腺癌痊愈了!
 2017年8月进行了第一次的DRP后, 我的前列腺特异性抗原(PSA)指数从40下降到3。之后我仍继续在家遵循陈林希珠博士的疗程, 同时摄取各种新生命所指示的营养补充剂, 结果PSA指数再下降到0.1。2018年8月, 我再去做体检, 结果说PSA指数已经低于零, 无法被器材侦测。

梅丽琼

我在这个健康养生营过得很开心。DRP餐美味可口, 讲座内容也非常丰富!

黄锦崙

健康养生营还有优美的周围环境让我身心更新, 体验深刻! 我感觉身体、皮肤健康改善许多, 也感到自己变得更轻盈、更机敏!

黄清思

健康养生营的活动刺激兴奋, 极富教育性。感谢新生命提供了我们一个与众不同, 令人大开眼界的活动!

何玉美

健康养生营不仅改善了我的肺部问题和发痰症状, 也大大地减去了我腹部的脂肪!

NOVEMBER 2018 | 2018年11月

MON		05	12	19	26
TUE		06 Deepavali (KK/PJ/SG offices closed)	13	20 SG 新加坡 10.30 ^{am} - 12.00 ^{pm} Yoghurt Making - Your Gut Food 酸乳酪制作 - 您的肠道食物 by Sim Bee Hong (Manager) & Ling Young Hoon Prophet Muhammad's Birthday (All Malaysia offices closed)	27 SG 新加坡 10.30 ^{am} - 11.30 ^{am} Business Opportunity Meeting 商机会议 by Joyce Chua 11.30 ^{am} - 12.30 ^{pm} Clean & Build 排毒与复健程序 by Joyce Chua
WED		07	14	21	28
THU	01 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} Love Your Kidneys 爱您的肾脏 by Deborah Lee	08	15 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} Your Heart Matters 您的心脏 by Noah Tan & Ken Tan	22 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} Nutrition for Athletes 运动员的适当营养 by Abigail Moi	29 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} Overcoming Inflammation/Pain 克服炎症与疼痛 by Lydia Ling (Silver Manager)
FRI	02	09	16 YEAR END CARNIVAL SALES FIRST DAY 年终嘉年华会促销开始	23	30 YEAR END CARNIVAL SALES LAST DAY 年终嘉年华会促销结束
SAT	03 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} Water Can Undermine Your Health 水质可暗中逐渐损害您的健康 by Sim Bee Hong (Manager) & Ling Young Hoon PJ 八打零再也 2.00 ^{pm} - 4.00 ^{pm} Love Yourself, Love Your Skin with Annemarie Börlind 使用安玛莉柏林, 保护肌肤, 爱自己 by Ivy Khoo (Beautician)	10 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} The One Hidden Cause of Disease 导致疾病的隐藏真凶 by Raymond Yee KK 亚庇 2.00 ^{pm} - 4.30 ^{pm} Detoxification & Rejuvenation Programme 排毒与复健程序 by Leon Tan (Nutritionist)	17 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} Raising Super Immunity Kids 提升孩童的超级免疫系统 by Lydia Ling (Silver Manager) PJ 八打零再也 2.00 ^{pm} - 4.00 ^{pm} Be Fit from Inside Out 健康由内而外 by Victor Chao (Nutritionist)	24 SG 新加坡 1.00 ^{pm} - 2.00 ^{pm} Business Opportunity Meeting 商机会议 by Lydia Ling (Silver Manager) 2.00 ^{pm} - 3.30 ^{pm} Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 by Jeffrey Lim (Manager)	
SUN	04	11	18	25	

DECEMBER 2018 | 2018年12月

MON	31	03	10	17	24
TUE		04	11 SG 新加坡 10.30 ^{am} - 12.00 ^{pm} Healthy Bread Making 面包制作 <i>by Deborah Chew & Team</i>	18 SG 新加坡 10.30 ^{am} - 12.00 ^{pm} Business Opportunity Meeting with Clean & Build 商机会议及排毒与健体 <i>by Lydia Ling (Silver Manager) & Suzi Moi (Manager)</i>	25 Christmas (All offices closed)
WED		05	12	19	26
THU		06 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} Beating Gout 战胜痛风 <i>by Deborah Lee</i>	13 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} Natural Remedies for Common Ailments 克服常见病的自然疗法 <i>by Abigail Moi & Wendy Ng</i>	20 SG 新加坡 7.30 ^{pm} - 8.30 ^{pm} Business Opportunity Meeting 商机会议 <i>by Ken Tan</i> 8.30 ^{pm} - 9.30 ^{pm} Clean & Build 排毒与健体 <i>by Lydia Ling (Silver Manager)</i>	27 SG 新加坡 6.30 ^{pm} - 9.30 ^{pm} Recognition & Celebration Dinner 表扬及庆祝之夜
FRI		07	14	21	28
SAT	01 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} Bone Health 骨骼健康 <i>by Noah Tan</i>	08 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} Go Green and Glow with Annemarie Börlind 绿色环保: 安玛莉柏林 让您容光焕发 <i>by Sim Bee Hong (Manager) & Ling Young Hoon</i>	15 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} Food that Feeds 吃出健康 <i>by Suzi Moi (Manager) & Deborah Chew</i>	22 SG 新加坡 2.00 ^{pm} - 4.00 ^{pm} Business Opportunity Meeting with Clean & Build 商机会议及排毒与健体 <i>by Lydia Ling (Silver Manager)</i>	29 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 <i>by Jeffrey Lim (Manager)</i>
	PJ 八打零再也 2.00 ^{pm} - 4.00 ^{pm} Annemarie Börlind Beauty Workshop 安玛莉柏林工作坊 <i>by Ivy Khoo (Beautician)</i>	KK 亚庇 2.00 ^{pm} - 4.30 ^{pm} Workshop - Making Healthy Bread & Yoghurt 工作坊: 健康面包及酸乳酪制作	PJ 八打零再也 2.00 ^{pm} - 4.00 ^{pm} Juicing for Health 健康蔬果汁 <i>by IBO Support</i>		
SUN	02	09	16	23	30

HEALTH RETREAT

at Kasih Sayang Health Resort
 with Datin Dr. Lynn Tan (N. D.) & Team

Kasih Sayang 度假村
健康养生营

拿汀陈林希珠博士及团队

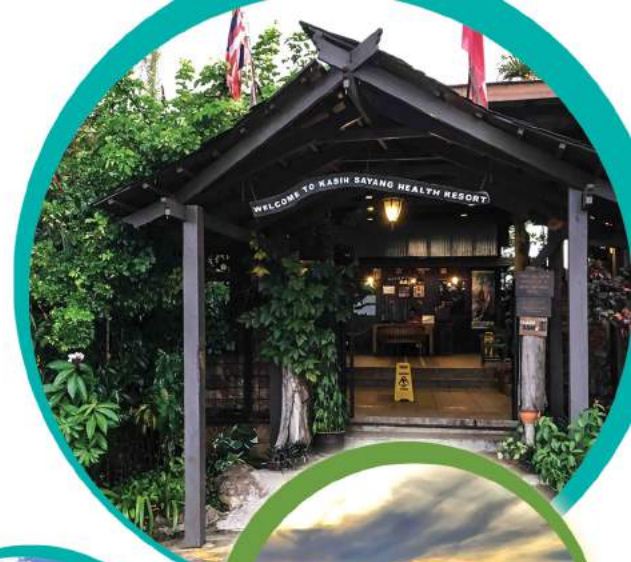
21-26 March 2019

6D5N Detoxification & Rejuvenation Programme

2019年3月21日至26日

6天5夜排毒与复健程序配套

Closing Date:
15 February 2019
截止日期:
2019年2月15日



	DRP Participant (Per Person) 排毒与复健程序参与者 (每人)		Non-DRP Participant (Per Person) 非排毒与复健程序参与者 (每人)
	Twin Sharing 双人共房	Single Occupancy 单人一房	Twin Sharing 双人共房
Super Early Bird 提早报名超级优惠价 15% OFF 优惠价 Expiry : 31 Dec 2018 截止日期: 2018年12月31日	RM4,590 / S\$1,530	RM5,470 / S\$1,823	RM1,759 / S\$586
Early Bird 提早报名优惠价 5% OFF 优惠价 Expiry : 15 Jan 2019 截止日期: 2019年1月15日	RM5,130 / S\$1,710	RM6,113 / S\$2,038	RM1,966 / S\$655
Regular 标准营费 Closing : 15 Feb 2019 截止日期: 2019年2月15日	RM5,400 / S\$1,800	RM6,435 / S\$2,145	RM2,070 / S\$690
Fee Includes 费用包括	<ul style="list-style-type: none"> • Airport transfer 机场接送* • 5-night stay at Kasih Sayang Health Resort 5晚住宿 • 5 lunches, 5 dinners & 5 suppers (DRP menu) 5份午餐、晚餐及宵夜 (DRP特设的食谱) • 6 days of DRP with enema bucket 6天排毒与复健计划配套 (附有灌肠桶) • Health lectures by Dr. Lynn Tan (N. D.) and team (English) 陈林希珠博士及团队主持的健康讲座 (英语授课) 		<ul style="list-style-type: none"> • Airport transfer 机场接送* • 5-night stay (twin sharing) at Kasih Sayang Health Resort (includes breakfast) 5晚住宿 (双人共房; 包括早餐) • Health lectures by Dr. Lynn Tan (N. D.) and team (English) 陈林希珠博士及团队主持的健康讲座 (英语授课)

* Airport transfers are only available as follows 接送时间表如下:

Date 日期	Pick-up point 集合点	Destination 目的地	Pick-up time 集合时间
21 March 2019 (Thursday) 2019年3月21日 (星期四)	KKIA 亚庇国际机场	KASIH SAYANG	Before 12.30pm 中午12点半之前
26 March 2019 (Tuesday) 2019年3月26日 (星期二)	KASIH SAYANG	KKIA 亚庇国际机场	12.00 noon 中午12点

Please note 请注意:

1. Health Retreat starts at 2pm sharp on 21 March 2019 and ends at 12 noon on 26 March 2019. Kindly consider these factors when booking your flight.
健康养生营在2019年3月21日下午2时准时开始, 并在2019年3月26日中午12时结束。当您预定机票时, 请考虑这些因素。
2. Application is subject to approval. Please confirm flight only after successful registration.
所有申请表格必须经由公司批准。请在被通知注册成功后才订购机票。
3. SG prices are inclusive of 7% GST. Please note that air fares are not included.
新加坡价格已包括7%消费税。费用不包括机票。