

# LifeLine

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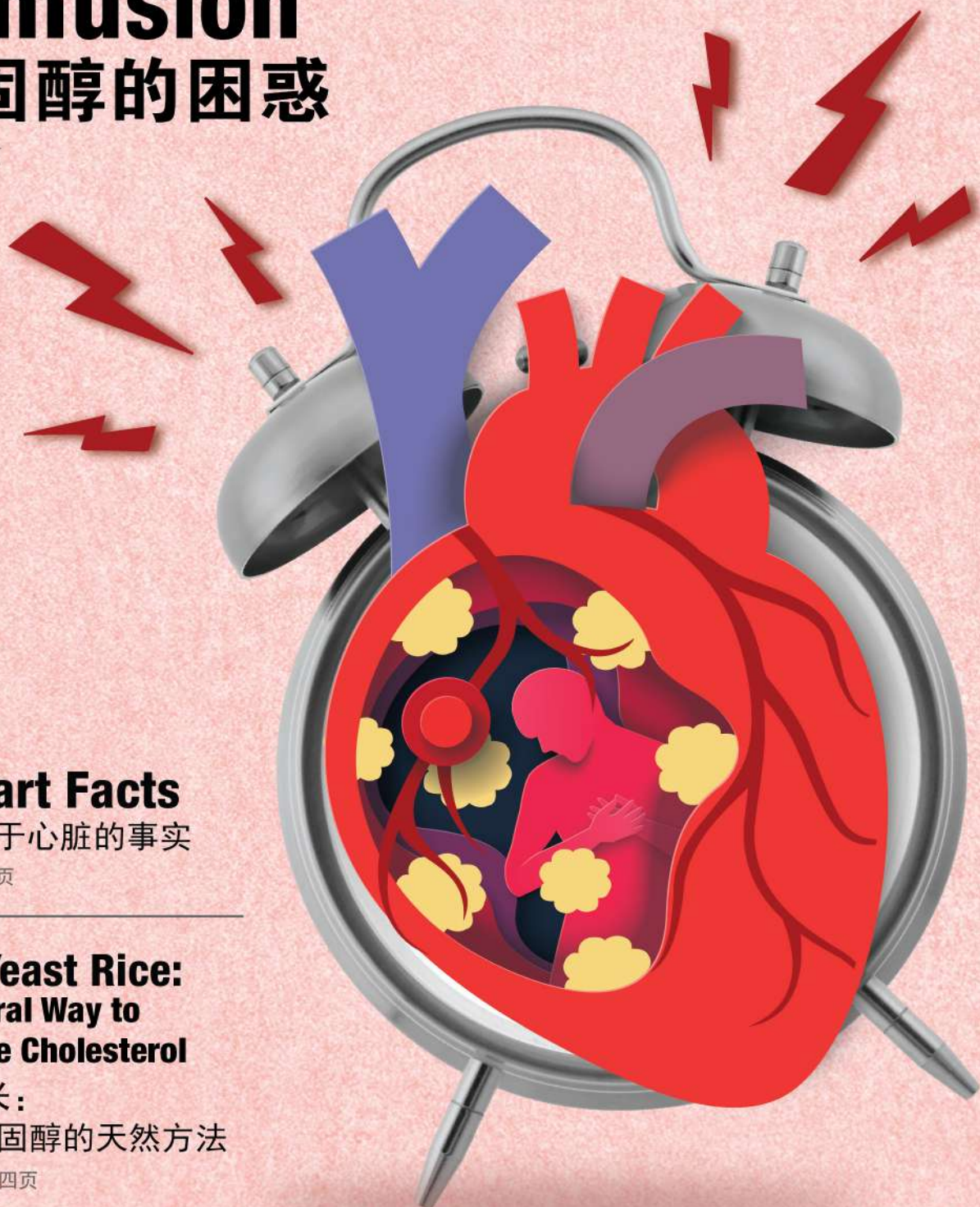
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NOVEMBER & DECEMBER 2024

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红曲米：  
控制胆固醇的天然方法

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# OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

AUGUST & SEPTEMBER 2024  
2024年8月至9月

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### AUGUST & SEPTEMBER 2024

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### SEPTEMBER 2024

CHONG KIM MOI

## 18% ACHIEVERS

### AUGUST 2024

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### AUGUST & SEPTEMBER 2024

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### AUGUST 2024

MOI YAN LIN ABIGAIL

CHONG KIM MOI

### SEPTEMBER 2024

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2024年11月及12月份

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# CHOLESTEROL CONFUSION: Separating Fact from Fiction

## 胆固醇的困惑: 区分事实与虚构

For decades, cholesterol has been misunderstood and vilified. Many of us were taught that cholesterol was dangerous, contributing to heart disease and other health issues. As a result, foods rich in cholesterol, such as butter and eggs, were unfairly targeted, leading to the rise of low-fat products in the market. However, scientific evidence has since shown that cholesterol plays a much more complex and vital role in our health than previously thought.

### Cholesterol: A Vital Nutrient, Not an Enemy

The reality is that cholesterol is essential for our bodies. Without it, our cells, hormones and even our brains would struggle to function properly. So why did cholesterol get such a bad reputation? One reason is that it was long believed to be a major factor in heart disease. Yet, scientific research tells us a different story.

The truth is that most of the cholesterol that the body needs is manufactured internally. When dietary cholesterol is absorbed, our bodies naturally compensate by producing less cholesterol. However, various factors can disrupt this balance, leading to excess cholesterol in the bloodstream. This is when problems can arise.

In fact, cholesterol provides numerous benefits to the body, including:

- **Cell structure:** Cholesterol is crucial for maintaining the structure of every cell, ensuring cell walls remain sturdy and functional.
- **Insulating cells:** It insulates and protects cells, contributing to healthy nerve function.
- **Bile production:** The liver uses cholesterol to produce bile, a substance essential for breaking down and digesting fats.
- **Vitamin D synthesis:** In the presence of sunlight, cholesterol in the skin is converted into Vitamin D, which is essential for immune function, bone health and overall well-being.
- **Hormone production:** Cholesterol is the building block for hormones like estrogen, testosterone and cortisol, which are crucial for reproduction, stress management and overall balance.
- **Immune system support:** Cholesterol helps fight inflammation and acts as a natural antioxidant, protecting cells from damage.

这几十年来,胆固醇一直被人们曲解和诋毁。许多人曾被误导胆固醇是危险的,会引发心脏病和其他健康问题。因此,富含胆固醇的食物,如牛油和鸡蛋,受到了不公正的对待,促使市场上出现了大量低脂产品。然而,此后的科学证据表明,胆固醇在我们健康中的作用远比先前所认为的要复杂和重要得多。

### 胆固醇: 是必需营养素,而非敌人

事实上,胆固醇对我们的身体是必不可少的。没有它,我们的细胞、激素,甚至大脑都难以正常运作。那么,为什么胆固醇会背负如此恶劣的名声呢?其中一个原因是,长期以来人们认为胆固醇是心脏病的主要因素。然而,科学研究却结出了一个不同的真相。

实际情况是,我们的肝脏能产生足够的胆固醇(约80%),以满足身体的需求。我们也从食物中获取胆固醇,在正常情况下,身体会自然地通过产生更少的胆固醇来代偿。然而,许多因素会破坏这种平衡,导致血液中的胆固醇过量。这就是问题可能出现的时候。

胆固醇本身并非是有害的。实际上,它为身体带来众多好处,包括:

- **细胞结构:** 胆固醇对维持每个细胞的结构至关重要,确保细胞壁坚固且功能正常。
- **细胞绝缘:** 胆固醇为细胞提供绝缘和保护,有助于健康的神经功能。
- **胆汁生成:** 肝脏利用胆固醇生成胆汁,这是分解和消化脂肪所必需的物质。
- **维生素D合成:** 在阳光的照射下,皮肤中的胆固醇转化为维生素D,这对免疫功能、骨骼健康和整体健康非常重要。
- **激素生成:** 胆固醇是雌激素、睾酮和皮质醇等激素的组成部分,这些激素对生殖、压力管理和身体平衡有举足轻重的影响。
- **免疫系统支持:** 胆固醇帮助对抗炎症,作为一种天然抗氧化剂,保护细胞免受损害。

## A New Perspective on Heart Disease

For years, high cholesterol levels were seen as the primary cause of heart disease. However, inflammation is now understood to be the real underlying issue. While cholesterol may build up in arteries during inflammation, it is actually trying to repair damaged blood vessels rather than causing the damage itself. This is where vitamin C plays a vital role. Without sufficient vitamin C, our blood vessels can weaken, leading to scurvy-like damage in the artery walls.

When this occurs, cholesterol is dispatched to "patch up" the damage. Over time, if inflammation persists, this buildup can lead to atherosclerosis—the hardening and narrowing of arteries. However, it is important to understand that cholesterol alone is not the enemy. If inflammation is kept under control, cholesterol won't accumulate in the arteries.

In short, cholesterol acts as the body's repair mechanism, responding to inflammation caused by poor lifestyle choices, nutrient deficiencies and stress. When cholesterol levels are elevated, it's a sign that the body is trying to heal itself. Rather than blaming cholesterol, we should focus on reducing chronic inflammation through lifestyle changes.

## What Causes Inflammation?

So, what are the primary drivers of inflammation? The following are the biggest contributors:

- **Processed carbohydrates:** Foods high in refined sugars and flours, like pastries, bread and sugary drinks, trigger inflammation and increase blood sugar levels.
- **Omega-6 vegetable oils:** Found in soybean, corn, sunflower and canola oils, these fats are common in processed foods and promote inflammation when consumed in excess.
- **Low-fat diets:** Avoiding healthy fats can also contribute to inflammation, as the body needs essential fats to maintain a balanced inflammatory response.

Think of inflammation as a wound that's irritated repeatedly without a chance to heal. Over time, this chronic irritation can cause serious damage to arteries, increasing the risk of heart disease, stroke and other chronic conditions.

## 关于心脏病的新视角

多年来，高胆固醇水平被视为心脏病的主要原因。然而，现在人们才了解到炎症才是心脏病真正的根本问题。虽然在炎症期间，胆固醇可能会在动脉中堆积，但实际上它是在尝试修复受损的血管，而不是对身体造成损害。这就是维生素C发挥关键作用的地方。如果没有足够的维生素C，我们的血管会变脆弱，导致动脉壁出现类似坏血病损伤。

当这种情况发生时，胆固醇会被派去“修补”损伤。随着时间的推移，如果炎症持续存在，这种堆积会导致动脉粥样硬化—动脉的硬化和狭窄。然而，重要的是我们要明白，胆固醇本身并不是敌人。如果炎症得到控制，胆固醇就不会在动脉中积聚。

简而言之，胆固醇是人体的修复机制，对不良生活方式、营养缺乏和压力等因素引起的炎症做出反应。当胆固醇水平升高时，这其实是身体在试图自我修复的信号。我们应该专注于通过生活方式的改变来减少慢性炎症，而不是直接归咎于胆固醇。

## 导致炎症的原因

那么，引发炎症的主要因素有哪些呢？以下是主要的几个原因：

- **加工碳水化合物：**高精制糖和面粉的食物，如糕点、面包和含糖饮料，会引发炎症并提高血糖水平。
- **奥美加-6植物油：**加工食品中很常见的大豆油、玉米油、葵花籽油和菜籽油都有这种脂肪，过量食用会促进炎症。
- **低脂饮食：**避免健康脂肪也可能导致炎症，因为身体需要必需脂肪来维持平衡的炎症反应。

将炎症想象成一个反复受到刺激而无法愈合的伤口。长期的慢性刺激会对动脉造成严重损伤，增加心脏病、中风和其他慢性疾病的风险。

It's **rampant inflammation** that causes **heart disease**, not high cholesterol.

长期过度的炎症  
是心脏病  
重要诱因，  
不是高胆固醇。



# How to Reduce Inflammation

To address inflammation and reduce the risk of heart disease, the focus should shift from simply lowering cholesterol to making sustainable lifestyle changes.

## 如何减轻炎症

为应对炎症并降低心脏病风险，重点应从单纯降低胆固醇转向进行可持续的生活方式变革。



### Rejuvenate Your Liver

The liver plays a critical role in cholesterol production and detoxification. Ensuring optimal liver health is key to regulating cholesterol levels. **NewLife™ Nature's Gift Liverin** provides essential herbs and nutrients that protect and rejuvenate the liver. **NewLife™ Coffee Enemas** are another effective way to detoxify the liver by increasing bile flow and promoting the production of Glutathione S. Transferase, an enzyme critical for removing toxins from the body.

### 恢复肝脏活力

肝脏在胆固醇生成与排毒方面发挥着关键作用。确保肝脏处于最佳健康状态对于调节胆固醇水平至关重要。**新生命肝脏宝**提供了保护和使肝脏恢复活力所必需的草药和营养物质。**新生命咖啡灌肠**是另一种有效的肝脏排毒方式，通过增加胆汁流量和促进谷胱甘肽S转移酶的生成，这种酶是一种从体内清除毒素的关键酶。

### Adopt an Anti-Inflammatory Diet

- Avoid processed foods, sugary snacks and foods cooked in vegetable oils. Instead, consume more whole, nutrient-rich foods.
- Consume more green leafy vegetables and antioxidant-rich fruits. If getting enough fresh produce is challenging, consider supplements like **NewLife™ Super Green Food++** or **Spirulina**, which are concentrated sources of vitamins, minerals and chlorophyll.
- Healthy fats: Include anti-inflammatory fats, such as those found in **NewLife™ Omega Gold Flaxseed Oil** and **Extra Virgin Coconut Oil**. These fats help support cardiovascular health and naturally reduce inflammation.

### 采纳抗炎饮食

- 避免加工食品、含糖零食以及用植物油烹制的食物。取而代之，摄取更多完整且营养丰富的食物。
- 多吃绿叶蔬菜和富含抗氧化剂的水果。如果摄入足够的新鲜蔬菜有困难，可以考虑补充剂，如**新生命特超绿食品++**或**螺旋藻**之类的补充剂，它们是维生素、矿物质和叶绿素的浓缩来源。
- 健康脂肪：摄入抗炎脂肪，例如**新生命奥美加黄金亚麻籽油**和**特级初榨椰子油**。这些脂肪有助于支撑心血管健康，自然减轻炎症。



## Supercharge with Antioxidants

Antioxidants help neutralize free radicals, which can cause oxidative damage and inflammation.

CoQ10, found in foods like meat and fish, is a powerful anti-inflammatory nutrient. Supplementation with **NewLife™ CoQ10 Plus** can significantly boost levels in the body, especially as CoQ10 production decreases with age.

Vitamin C supports cholesterol management by acting as a powerful antioxidant. Its antioxidant activities neutralize free radicals that cause oxidative stress, protecting against damage to the lining of blood vessels and preventing arterial inflammation. This reduces the body's need to produce more cholesterol. Vitamin C also strengthens blood vessel walls by promoting collagen production, reducing the need for cholesterol to repair damaged arteries. Its anti-inflammatory properties further contribute to lowering chronic inflammation, which is a major factor in elevated cholesterol levels.

**Collasta+** is an advanced supplement designed to support cholesterol levels while also promoting youthful skin. It contains hydrolyzed marine collagen, which helps maintain the structural integrity of tissues, including blood vessels. When blood vessels are healthy and flexible, it reduces the risk of cholesterol buildup. Additionally, astaxanthin, a powerful antioxidant in **Collasta+**, plays a crucial role in reducing oxidative stress and inflammation—key factors in the oxidation of LDL cholesterol, which contributes to plaque formation in arteries. By combating free radicals, astaxanthin supports heart health and slows the aging process, making **Collasta+** a dual-action supplement for both cholesterol management and skin vitality.

## 补充强效抗氧化剂

抗氧化剂有助于中和自由基，这些自由基可导致氧化损伤和炎症。

在辅酶Q10存在于肉类和鱼类等食物中，是一种强大的抗炎营养素。然而，鉴于辅酶Q10的生成会随着年龄增长而减少，因此强烈建议考虑补充 **新生命辅酶Q10+**以显着提高体内水平。

维生素C作为一种强效抗氧化剂支持胆固醇管理，维生素C的抗氧化活性能够中和导致氧化应激的自由基，保护血管内壁免受损害，预防动脉炎症。这降低了身体产生更多胆固醇的需要。维生素C还通过促进胶原蛋白生成来强化血管壁，减少了胆固醇修复受损动脉的需要。其抗炎特性进一步有助于降低慢性炎症，这是胆固醇水平升高的一个主要因素。

**康丽达胶原红藻+**是一种先进的补充剂，旨在支持胆固醇水平的同时促进肌肤保持年轻态。它包含水解海洋胶原蛋白，有助于维持包括血管在内的组织结构完整性。当血管健康且具有弹性时，可降低胆固醇积聚的风险。此外，**康丽达胶原红藻+**中的虾青素，一种强大的抗氧化剂，在减少氧化应激和炎症方面发挥着关键作用，而氧化应激和炎症是导致低密度脂蛋白胆固醇（LDL）氧化的关键因素，从而导致动脉中形成斑块。通过对抗自由基，虾青素有助于维护心脏健康并减缓衰老进程，使**康丽达胶原红藻+**成为一种具有双重作用的补充剂，既有助于胆固醇管理又能提升肌肤活力。



## Focus on Gut Health

The gut is the cornerstone of our immune system. A healthy digestive system can help reduce systemic inflammation. Supplements like **NewLife™'s ImmuFlora®** and **Herbal Matrix Powder / Herbal Klenz** can promote gut balance, supporting a stronger immune response and lowering inflammation.

## 关注肠道健康

肠道乃是免疫系统的基石。健康的消化系统有助于降低全身性炎症。像**新生命免疫激菌植**和**天然净化粉**这类补充剂能够促进肠道平衡，支持更强的免疫反应，降低炎症。



## Manage Cholesterol Naturally

### NewLife™ Niacin

Also known as vitamin B3, niacin has been shown to reduce inflammation by inhibiting the production of pro-inflammatory cytokines and improving endothelial function, which supports blood vessel health. This reduction in inflammation can protect against oxidative stress and damage, both critical factors in the development of heart disease.

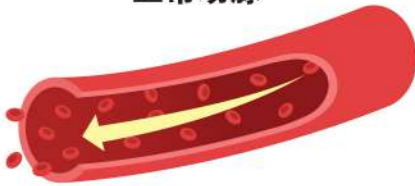
Niacin is well known for its ability to positively impact cholesterol levels. It increases high-density lipoprotein (HDL), commonly known as "good cholesterol," which helps remove excess cholesterol from the bloodstream. At the same time, niacin lowers low-density lipoprotein (LDL), or "bad cholesterol," and triglycerides, reducing the risk of plaque buildup in the arteries. By improving cholesterol balance, niacin supports heart health and lowers the risk of heart attacks and strokes.

Incorporating niacin into your diet or as a supplement can be a natural and effective way to reduce inflammation, improve cardiovascular function and maintain healthy cholesterol levels, offering significant protection against chronic disease. One common side effect of taking niacin is the niacin flush, a harmless but sometimes uncomfortable reaction where the skin becomes red, warm and itchy. To minimize flushing, it's recommended to start with a lower dose of niacin and gradually increase it. Taking niacin with food can also reduce this reaction. Since niacin dilates blood vessels, increasing blood flow, it is advisable to avoid taking it during menstruation or bleeding.

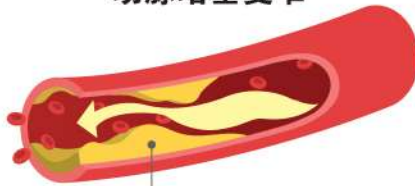
### NewLife™ Cholestinon

Cholestinon is a natural supplement designed to support healthy cholesterol levels and overall cardiovascular health. One of its key ingredients is red yeast rice, which has been traditionally used in Chinese medicine. Red yeast rice contains compounds that help lower levels of low-density lipoprotein (LDL), or "bad" cholesterol, by inhibiting the enzyme responsible for cholesterol production in the liver. This action helps prevent the buildup of plaque in the arteries, reducing the risk of atherosclerosis and heart disease. Additionally, Cholestinon works to reduce triglycerides, another type of fat in the blood that can contribute to cardiovascular complications when elevated. Beyond lowering LDL cholesterol and triglycerides, Cholestinon also supports an increase in high-density lipoprotein (HDL), or "good" cholesterol, which plays a critical role in removing excess cholesterol from the bloodstream.

#### Normal Artery 正常动脉



#### Narrowed Artery 动脉堵塞变窄



Plaque buildup can constrict and obstruct the artery  
斑块的积聚会使动脉变窄阻塞

## 自然管理胆固醇

### 新生命血液循环补充丸(烟酸)

又作维生素B3, 烟酸已被证实能够通过抑制促炎细胞因子的生成和改善内皮功能来减轻炎症, 这有助于维护血管健康。这种炎症减轻能够保护机体免受氧化应激和损伤, 这两者均是心脏病发展的关键因素。

烟酸以其对胆固醇水平的积极影响而闻名。它能够增加高密度脂蛋白(好胆固醇), 有助于从血液中清除多余的胆固醇。同时, 烟酸能够降低低密度脂蛋白(坏胆固醇), 以及甘油三酯, 降低动脉中斑块形成的风险。通过改善胆固醇平衡, 烟酸有助于维护心脏健康, 降低心脏病发作和中风的风险。

将烟酸纳入饮食或作为补充剂是一种自然且有效的方式, 能够减轻炎症, 改善心血管功能, 并维持健康的胆固醇水平, 为对抗慢性疾病提供显著的保护。服用烟酸的一个常见副作用是烟酸潮红, 一种无害但有时令人不适的反应, 如皮肤变红、发热和瘙痒。为了将潮红的影响最小化, 建议从低剂量的烟酸开始并逐渐增加剂量。与食物一同服用烟酸也能够减少这种反应。由于烟酸会扩张血管、增加血流量, 因此建议在月经期间或出血期间避免服用。

### 新生命减固醇

减固醇是一种天然补充剂, 旨在支持健康的胆固醇水平和心血管健康。其中一种关键成分是红曲米, 传统上用于中医。红曲米含有能通过抑制肝脏中负责胆固醇产生的酶来降低低密度脂蛋白(LDL)或“坏”胆固醇的化合物。这种作用有助于防止动脉中斑块的积聚, 降低动脉粥样硬化和心脏病的风险。此外, 减固醇还能降低血液中的甘油三酯, 甘油三酯是血液中的另一种脂肪, 当它升高时, 会导致心血管并发症。除了降低LDL胆固醇和甘油三酯外, 减固醇还能支持高密度脂蛋白(HDL)或“好”胆固醇的增加, HDL在清除血液中多余胆固醇方面发挥着关键作用。



## The Path Forward

The way we understand cholesterol and heart disease is evolving. The focus is no longer on eliminating cholesterol-rich foods or reducing cholesterol through medications, but on addressing the root causes of chronic inflammation. By making small yet impactful lifestyle changes—such as adopting an anti-inflammatory diet, supporting liver and gut health, and incorporating natural supplements—you can take proactive steps toward long-lasting health.

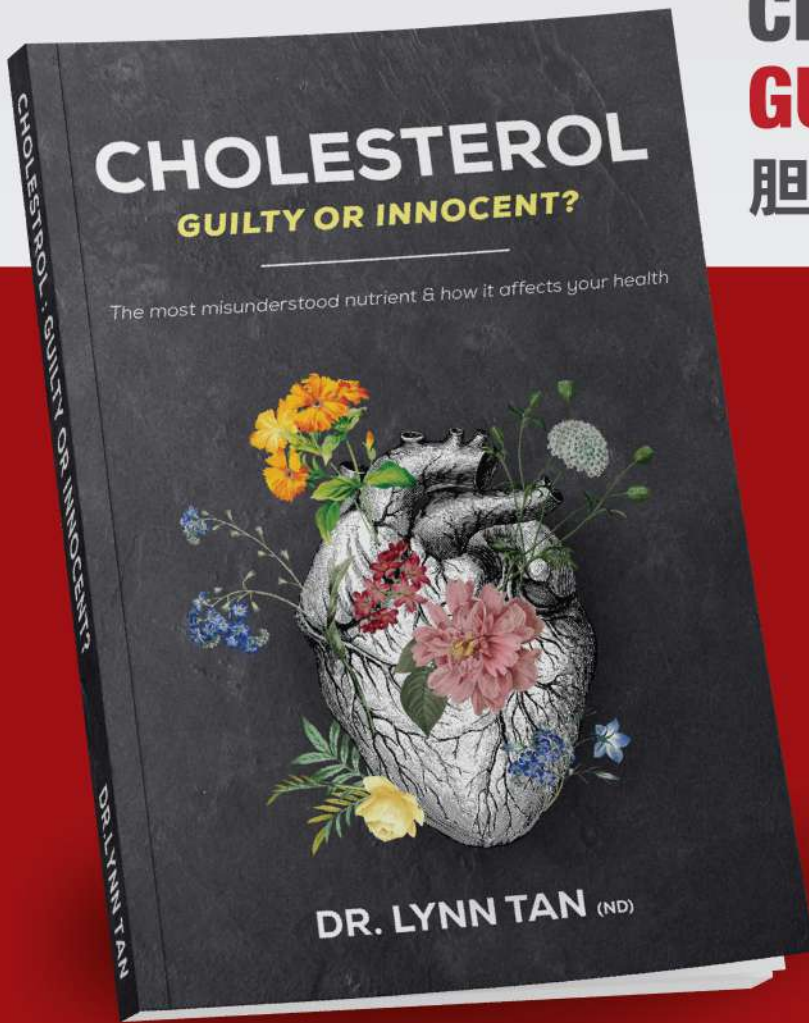
Remember, cholesterol is not the villain it was once thought to be. Instead, it is a critical component in your body's defense system, working to repair damage and keep you healthy. By tackling inflammation, you can improve your heart health, reduce your risk of chronic diseases and age gracefully.

## 曙光在前

我们对胆固醇和心脏病的理解不断在进步。重点不再是消除富含胆固醇的食物或通过药物降低胆固醇水平, 而是解决慢性炎症的根本原因。通过进行一些虽小但影响重大的生活方式改变—如采用抗炎饮食、支持肝脏和肠道健康, 并结合天然补充剂—您可以采取积极措施来实现长期的健康。

请记住, 胆固醇并非曾经所公认的“反派”。相反, 它是身体防御系统的关键组成部分, 负责修复损伤并保持健康。通过解决炎症, 您可以改善心脏健康, 降低慢性疾病的风险, 优雅无病痛地老去。





# CHOLESTEROL: GUILTY OR INNOCENT? 胆固醇:有罪还是无辜?

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Cholesterol is one of the most misunderstood nutrients in modern health discussions. Why is this topic so crucial? Despite significant advances in medical science and technology, and the widespread use of cholesterol-lowering medications, cardiovascular diseases (CVDs) continue to be the leading cause of death globally, claiming around 17.9 million lives each year. CVDs account for about 31% of all global deaths, with 85% of these fatalities resulting from heart attacks and strokes.

For decades, cholesterol has been vilified as a major culprit in heart disease. Many people believe that high cholesterol levels are a dire threat and that the key to preventing heart attacks is to reduce cholesterol as much as possible. This intense focus on lowering cholesterol has led to a surge in the prescription of cholesterol-lowering medications.

However, few are aware that cholesterol is essential for our health. It plays a critical role in maintaining cell membrane integrity, supports brain function, and is crucial for numerous biological processes. Without cholesterol, our bodies would not function properly.

In **Cholesterol: Guilty or Innocent?**, Dr. Lynn challenges the misconceptions surrounding cholesterol and its role in our health. With heart disease continuing to be a leading cause of death in developed nations, this book offers a fresh perspective on how we should approach cholesterol and provides practical advice for living a healthier, longer life, free from chronic diseases.

Order your copy now at [www.newlife.my](http://www.newlife.my)!

胆固醇是当代健康话题里最常被误解的营养素之一。为什么这个话题如此重要呢? 尽管医学取得了重大进步, 降低胆固醇的药也到处都在开, 然而, 心血管疾病仍然是全球首要死因, 每年大约夺去1790万人的生命。心血管疾病占全球死亡人数的约31%, 其中85%的死亡归因于心脏病发作和中风。

这几十年来, 胆固醇一直被当成心脏病的主要祸根。许多人认为胆固醇高是个大威胁, 还认为要预防心脏病发作就得尽量少吃胆固醇。这种对降低胆固醇的强烈强调导致了开降血脂药的处方数量大大增加了。

但是, 没几个人知道胆固醇对我们的健康很重要。它在维持细胞膜完整起着必不可少的作用, 能支持大脑功能, 对好多生物过程都很重要。没了它, 身体就没法正常运转了。

在《胆固醇: 有罪还是无辜?》这本书里, 陈林希珠博士指出了人们对胆固醇的误解以及它对我们健康的重要性。随着心脏病继续成为发达国家的主要死亡原因, 这本书提出了一个全新的视角, 让我们重新评估对胆固醇的看法, 并为实现无慢性疾病的健康长寿生活提供了实用的建议。

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# 6 HEART FACTS

## 六个关于心脏的事实

### Main coronary arteries are only about 3 to 4 millimetres in diameter

That's a little smaller than the diameter of a drinking straw! No wonder Dr Roger Blumenthal, M.D., a cardiologist at Johns Hopkins warned that it doesn't take much time for fatty, greasy foods to begin clogging the arteries over a decade or two. If an artery remains blocked for 30 minutes or more, the heart muscle supplied by that artery can start to deteriorate or die. That's why prompt medical attention during a heart attack is crucial.

### 主冠状动脉的直径只有3到4毫米

这比一根吸管的直径还小一点!难怪约翰霍普金斯大学的心脏病专家罗杰·布卢门塞医生警告说,脂肪、油腻的食物不需要很长时间,在10年或20年内就会开始堵塞动脉。如果动脉阻塞30分钟或更长时间,由该动脉供应的心肌就会开始恶化或死亡。这就是为什么在心脏病发作时及时就医是至关重要的。

### Cardiovascular disease (CVD) is the leading cause of death in Asia and an increasing epidemic

CVD is responsible for about 35% of all fatalities in Asia. The proportion of CVD deaths among total deaths has increased from 23% to 35%. Mortality rates for CVD have continuously risen for both men and women.

### 在亚洲,心血管疾病是导致死亡的主要原因,且数据不断上升

心血管疾病约占亚洲所有死亡人数的35%。心血管疾病死亡占总死亡人数的比例从23%增加到35%。心血管疾病的死亡率在男性和女性中都持续上升。

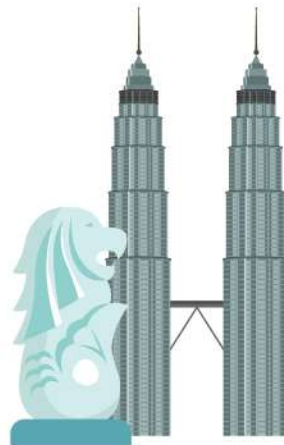


### CVD strikes Singaporeans and Malaysians earlier

A multinational study found Singaporeans with heart failure averaging 61 years old, about a decade younger than Westerners. Malaysians face CVD roughly ten years earlier than the global average, with nearly 25% of CVD patients under 50 in 2019 and an average age of 56-59 compared to 63-68 in advanced nations. A 2022 global study noted a 30% increase in myocardial infarction deaths among those aged 25-44 and rising heart attack rates in women aged 35-54.

### 患有心脏病的新加坡人和马来西亚人日趋年轻化

一项跨国研究发现,新加坡心力衰竭患者的平均年龄为61岁,比西方人患者年轻约10岁。马来西亚人患心血管疾病的时间比全球平均水平早了大约10年。2019年近25%的心血管疾病患者年龄是在50岁以下;患者平均年龄为56-59岁,而发达国家的平均年龄为63-68岁。2022年的一项全球研究指出,25-44岁人群中心肌梗死死亡人数增加了30%,35-54岁女性的心脏病发作率也在上升。



### CVD the top killer of women in Malaysia and Singapore

CVD causes 13 times more deaths among women in Malaysia and 6 times more in Singapore than breast cancer.

### 心血管疾病是马来西亚和新加坡女性的头号杀手

在马来西亚,心血管疾病导致的女性死亡率是乳腺癌的13倍,在新加坡是6倍。



### Sitting is a standalone risk factor for heart disease

Even if you exercise regularly, it's still important to reduce your sitting time throughout the day. Prolonged sitting can have many detrimental health effects on various parts of the body. Here's how it particularly affects the heart:

- **Slowed blood flow:** Extended periods of sitting reduce blood circulation, allowing fatty acids to accumulate in your blood vessels, which can increase your risk of heart disease.
- **Increased insulin resistance:** Long periods of inactivity can disrupt insulin regulation, raising the risk of type 2 diabetes and obesity—both major contributors to heart disease.

### 久坐是心脏病的独立风险因素

即使经常运动,减少一天中坐着的时间也很重要。久坐会对身体的各个部位产生许多有害的健康影响。以下是它对心脏的影响:

- **减缓血液流动:** 长时间坐着会减少血液循环,使脂肪酸在血管中积聚,从而增加患心脏病的风险。
- **增加胰岛素抵抗:** 长时间不活动会扰乱胰岛素调节,增加患2型糖尿病和肥胖的风险——这两种疾病都是心脏病的主要诱因。

# HEARTFELT TIPS TO IMPROVE BLOOD FLOW

## 促进血液流动真心提示

### Niacin 烟酸

Niacin helps dilate blood vessels, enhancing blood flow, reducing plaque buildup in arteries, lowering blood pressure and reducing blood clotting. It effectively lowers bad cholesterol (LDL) and triglycerides while boosting good cholesterol (HDL). Additionally, niacin may slow the progression of certain heart diseases and could potentially aid in preventing memory loss and dementia. For best results, we recommend a dosage of 50 mg three times a day.

烟酸有助于扩张血管，促进血液流动，减少动脉斑块的积聚，降低血压，减少血液凝固。它能有效降低坏胆固醇(低密度脂蛋白)和甘油三酯，同时提高好胆固醇(高密度脂蛋白)。此外，烟酸可能会减缓某些心脏病的进展，并可能有助于预防记忆丧失和痴呆。为了获得最佳效果，我们建议每天三次，每次50毫克。



### Physical inactivity as bad for the heart as smoking

A 2020 study published in the European Journal of Preventive Cardiology reveals that being physically inactive is just as dangerous for heart disease as smoking. It shows that not getting enough exercise increases the risk of heart disease by 65%.

### 身体活动不足对心脏的危害与吸烟相当

2020年发表在《欧洲预防心脏病学杂志》的一项研究表明，身体活动不足对心脏病的风险影响与吸烟具有同等程度。该研究指出，缺乏足够运动会使心脏病发病风险增加65%。

### Rebounding Exercise 弹跳运动

Rebounding is a low-impact cardiovascular workout suitable for all ages, from children to seniors. This exercise not only targets specific muscle groups and builds endurance but also enhances blood flow and stimulates the lymphatic system to help your body eliminate toxins, bacteria, dead cells and other waste products.

You can achieve significant benefits with just 15 to 20 minutes of rebounding per session. If you're new to this exercise, start with shorter sessions and gradually increase the duration as you become more comfortable.

弹跳是一种低冲击的心血管运动，适合所有年龄层，从儿童到老年人。这项运动不仅针对特定的肌肉群，增强耐力，还能促进血液流动，刺激淋巴系统，帮助身体排出毒素、细菌、死细胞和其他废物。

每次练习15到20分钟就可以获得显著的效果。如果是新手，可以从较短的练习开始，随着感觉更舒服，逐渐增加练习时间。





# NewLife™ Health Retreat

## 新生命健康生活营 10-14.09.2024

NewLife™ International recently wrapped up its last health retreat of the year at Millennia Village in Seremban, Malaysia, welcoming 58 participants from seven different countries. Over the 5D4N retreat, attendees took part in Dr. Lynn's Detoxification and Rejuvenation Program (DRP), receiving comprehensive guidance along with a specially curated diet designed to enhance their health. Each morning began with invigorating exercises and nature walks, paving the way for insightful seminars on disease prevention, lifestyle changes, and integrative medicine. Additionally, interactive workshops on lymphatic massage and healthy cooking provided hands-on learning experiences, making the retreat both enriching and engaging.

国际新生命在马来西亚森美兰州的千禧村举办了本年度最后一次的健康生活营，吸引了来自七个国家的58名参与者。在为期五天四夜的活动，参与者在全面指导下进行了陈林希珠博士的排毒与复健计划（DRP），结合精心设计的饮食以重启身体机能，改善健康。期间，参与者也享受晨间锻炼和散步，同时参加了具教育性的健康研讨会，主题包括疾病根源、生活方式调整、自然疗法及综合医学。此外，还有淋巴按摩互动工作坊和健康烹饪实践学习，进一步丰富了整体体验。



# Let's hear from our participants...

## 听听参与者的经验分享.....

**Foo Xue Mei, Singapore:** "The Health Retreat was enlightening, informative and educational. My knee pain has lessened with dietary changes and switching to distilled water."

**符雪梅, 新加坡:** 健康生活营让人耳目一新、获益匪浅且富有教育意义。这几天通过改变饮食习惯及改喝蒸馏水, 我膝盖的疼痛减轻了。」

**Sheila Ng, Malaysia:** "I noticed better complexion and reduced stomach heaviness. The retreat has been a very enjoyable experience."

**伍凤玲, 马来西亚:** 「我注意到我的皮肤变得更好, 同时胃部沉重感也有所减轻。这生活营真是一个愉快而难忘的经历。」

**Talal Nasser Al-Riyami, Oman:** "The team was perfect; they catered to everyone's needs. I lost weight and cleared up my phlegm. It's a beautiful, life-changing experience—just like you said, a 'New Life!'"

**塔拉尔·纳赛尔, 阿曼:** 「团队非常棒, 他们照顾到每个人的需求。我成功减重, 痰也消失了。这是一次美丽、改变人生的经历——就像你们说的, 是‘新生命’！」

**Albidin Linda, Indonesia:** "My blood pressure improved from 154/95 (with medication) to 105/77 (without medication). I am lighter and fitter than before joining the retreat. It was an excellent experience; I learned about the basic causes of diseases and how to take care of my health."

**阿尔比丁·林达, 印尼:** 「我的血压从服用药物时的154/95改善至不服用药物时的105/77。我现在比参加健康生活营之前更加轻盈、更具活力。这是一次极佳体验, 让我了解疾病基本成因以及如何更好地照顾自己的健康。」

**Sally & Timothy Conti, Hong Kong:** "The health retreat was very well organised. The seminar topics were both engaging and informative, and we both feel much more energetic now."

**康蒂夫妇, 香港:** 「健康生活营组织得非常周到。研讨会的主题既吸引人又富有信息性。我们都感到精力充沛。」

**Dr. Moirah Christine, Malaysia:** "My blood pressure improved from 148/97 to 123/82 with no medication."

**茉拉·克莉斯汀医生, 马来西亚:** 「我的血压从148/97降至123/82, 无需服用药物。」

**Desmond Lum, Singapore:** "My body is responding to the DRP again. I lost weight, excess water and swelling. I slept very well and felt clarity of mind."

**林兆权, 新加坡:** 「我的身体再次对DRP产生积极反应。我成功减了体重, 排出了多余的水分和肿胀。我睡得很好, 思维也变得清晰。」

**Ashley Tan, Malaysia:** "Sinus and phlegm cleared! I enjoyed every bit of the health retreat."

**陈慧真, 马来西亚:** 「鼻窦和痰清除了! 我非常享受这个健康生活营的每一刻。」



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# Red Yeast Rice: A Natural Way to Manage Cholesterol

## 红曲米: 控制胆固醇的 天然方法



Scientific studies have shown that red yeast rice supplements can effectively lower both overall and LDL (bad) cholesterol levels. But the benefits don't stop there. Emerging research suggests that red yeast rice may also help with inflammation, metabolic syndrome and blood sugar levels. In addition to these potential health benefits, Traditional Chinese Medicine has long used red yeast rice to support better circulation and digestion.

### What Is Red Yeast Rice?

Red yeast rice is created by fermenting rice with a yeast called *Monascus purpureus*, giving it a reddish-purple colour. Also known as Went rice or red fermented rice, it contains natural compounds called monacolins. One key monacolin, monacolin K, helps block cholesterol production in the body. Additionally, red yeast rice includes other beneficial substances like phyosterols, isoflavones and unsaturated fatty acids.

### Benefits

#### Lowens Cholesterol and Supports Heart Health

Research from 21 studies showed that red yeast rice can effectively lower total and LDL (bad) cholesterol, as well as triglycerides and blood pressure. Additionally, it contains monacolin K, a compound that may enhance the flexibility of blood vessels, crucial for cardiovascular health.

#### May Reduce Inflammation

Inflammation is a natural response to infections and injuries but when it becomes chronic, it can contribute to serious conditions like diabetes, cancer and heart disease.

Research suggests that red yeast rice may help lower inflammation. For example, a study with 50 people who had metabolic syndrome found that a supplement containing red yeast rice and olive extract reduced oxidative stress—an important cause of chronic inflammation—by up to 20%. Another study showed that red yeast extracts lowered inflammation-related proteins in rats with kidney damage.

#### May Help Manage Metabolic Syndrome

Metabolic syndrome is a group of conditions—such as high blood pressure, excess body fat, high blood sugar and abnormal cholesterol or triglyceride levels—that increase the risk of heart disease, diabetes and stroke.

Studies suggest that red yeast rice may help manage some of these risk factors. For example, it is well-documented for its ability to lower cholesterol levels. An 18-week study found that a red yeast rice supplement could reduce blood sugar, insulin levels and systolic blood pressure in individuals with metabolic syndrome. Additionally, an 8-week study on mice showed that red yeast rice helped prevent increases in cholesterol levels and body weight.

科学研究表明，红曲米补充剂可以有效降低总胆固醇和低密度脂蛋白(坏)胆固醇水平。但好处不止于此，最新研究表明，红曲米还可能有助于缓解炎症、代谢综合征和血糖水平。除了这些潜在的健康益处，传统中医长期以来一直使用红曲米来促进血液循环和消化。

### 什么是红曲米？

红曲米是用一种叫做红曲的酵母对大米进行发酵，使其呈现出一种红紫色。它也被称为糙米或红发酵米，含有一种叫做单曲霉素的天然化合物。其中一个关键的物质，莫那可林K，有助于阻止体内胆固醇的生成。此外，红曲米还含有其他有益物质，如植物甾醇、异黄酮和不饱和脂肪酸。

### 好处

#### 降低胆固醇，促进心脏健康

21项研究表明，红曲米可以有效降低总胆固醇和低密度脂蛋白(坏)胆固醇，以及甘油三酯和血压。此外，它还含有莫那可林K，这是一种可以增强血管柔韧性的化合物，对心血管健康至关重要。

#### 可能有助于降低炎症

炎症是机体对感染和损伤的自然反应，但当它变成慢性时，可能会导致糖尿病、癌症和心脏病等严重疾病。

研究表明，红曲米可能有助于降低炎症。例如，一项针对50例代谢综合征患者的研究发现，含有红曲米和橄榄提取物的补充剂可将氧化应激（慢性炎症的重要原因）降低多达20%。另一项研究显示，红曲提取物可降低患有肾损伤大鼠的炎症相关蛋白质。

#### 有助管理代谢综合征

代谢综合征是一组由高血压、过多体脂、高血糖以及异常胆固醇或甘油三酯水平等因素构成的病症，增加了心脏病、糖尿病和中风的风险。

研究表明，红曲米可能在管理这些风险因素方面发挥积极作用。例如，它具有降低胆固醇水平的能力。一项为期18周的研究发现，在代谢综合征患者中，红曲米补充剂能够有效降低血糖、胰岛素水平及收缩压。此外，一项针对小鼠进行的8周研究显示，红曲米有助于防止胆固醇水平和体重的上升。

## May Have Anticancer Properties

Current research on red yeast rice's anticancer effects is limited to animal and lab studies. Some evidence suggests it might help slow the growth of cancer cells. For example, a study found that red yeast rice powder reduced tumour size in mice with prostate cancer compared to a control group.

## Natural Approaches to Cholesterol Management

While red yeast rice can support cholesterol management and reduce inflammation, it is always best to adopt lifestyle changes to naturally reduce the need for the body to produce more cholesterol instead of eliminating cholesterol through drugs or an elimination diet. As explained in Dr. Lynn's book, **Cholesterol: Guilty or Innocent?**, when there is underlying chronic inflammation in the body, it calls for the production of cholesterol to repair the injuries caused by the inflammation, resulting in elevated cholesterol in the body.

For those considering red yeast rice as a natural alternative to prescription statins medication, it is important to select a reputable product like **NewLife™ Cholestin** ensures quality and effectiveness. We recommend incorporating **CoQ10 Plus** and **Niacin** alongside **Cholestin** to achieve even better results for managing cholesterol and supporting heart health.

## 可能具有抗癌特性

目前关于红曲米抗癌作用的研究主要集中在动物实验和实验室环境。一些证据表明，它可能对减缓癌细胞生长有所帮助。例如，有一项研究发现，与对照组相比，使用红曲米粉的小鼠前列腺肿瘤显著减小。

## 胆固醇管理的自然方法

虽然红曲米能支持胆固醇管理并减少炎症，但我们更推荐通过生活方式改变来自然地减少身体产生更多胆固醇，而非单纯依赖药物或排除。如陈林希珠博士在其著作《**胆固醇：有罪还是无辜？**》所述，当体内存在慢性炎症时，会促使身体产生更多胆固醇以修复因炎症造成的损伤，从而导致体内总胆固醇水平升高。

对于考虑将红曲米作为处方他汀药物替代品的人来说，选择信誉好的产品非常重要，像**新生命减固醇**，才能保证良好的质量和效果。同时，我们建议结合**减固醇、辅酶Q10+与血液循环补充丸(烟酸)**共同使用，以实现最佳的胆固醇控制及心脏健康支持。

## NewLife™ Cholestin | 新生命减固醇

### Premium Supplement

#### 优质补品

Formulated from high-quality red yeast rice fermented with *Monascus purpureus*.

由优质红曲霉发酵而成。



### Trusted Manufacturer

#### 值得信赖

Produced by a reputable company renowned for its expertise in traditional medicine and health products.

由具有传统医药和保健产品专业知识的知名制造商生产。

### Purity Assurance

#### 纯度保证

Our proprietary process ensures no additives or preservatives.

专有工艺确保无添加剂或防腐剂。



### Certified Quality

#### 质量认证

Manufactured in facilities that comply with cGMP, ISO 9001:2015, HACCP, and HALAL certifications; registered with the USA FDA.

在通过 c G M P 、 ISO9001 : 2015、HACCP 和 HALAL 认证，美国食品药品监督管理局注册的工厂生产。

### Target Audience

#### 目标人群

Ideal for individuals with slightly elevated cholesterol levels (5-6 mg/dL).

适合胆固醇水平轻微升高 (5-6 毫克/分升) 的人群。



### Safety Testing

#### 安全检测

Undergoes stringent safety and efficacy tests, including assessments for heavy metals and microbial contamination; Tested citrinin-free.

通过严格的安全性和有效性测试，包括重金属和微生物检查；经测试不含橙霉素。

### Regulatory Approval

#### 监管批准

Approved by the Ministry of Health of Malaysia.

经马来西亚卫生部批准。



## Key Benefits | 主要益处



Contains natural lovastatin to effectively lower LDL (bad) cholesterol levels.

含有天然洛伐他汀降低低密度脂蛋白(有害)胆固醇。



Increases HDL (good) cholesterol while reducing triglycerides.

提高高密度脂蛋白(有益)胆固醇，降低甘油三酯。



Promotes enhanced blood circulation, supports digestive health, and mitigates heart attack risk.

促进血液循环，促进消化，降低心脏病发作的风险。

# Understanding CoQ10

## 了解辅酶Q10



Millions are grappling with a hidden health crisis that spans all ages. Perhaps you or someone you care about might be affected. In the short term, this crisis manifests through symptoms such as:

- Persistent fatigue and low energy
- Frequent headaches or migraines
- Muscle aches and pains
- Shortness of breath
- Memory lapses
- Mental confusion
- Gum disease
- Hearing and vision loss

Over time, this issue contributes to a range of chronic conditions, including heart disease, cancer, fatty liver disease, fibromyalgia, Parkinson's and Alzheimer's. What's driving this global surge in these diseases?

### Too little Coenzyme Q10 (CoQ10).<sup>1,2,3,4,5,6</sup>

A recent long-term study has shown that people who consume a daily dose of at least 300 mg of CoQ10 are less likely to die from various health issues compared to those who do not.<sup>7</sup>

### What is CoQ10?

CoQ10 is a naturally occurring compound essential for cellular energy production. It plays a crucial role in maintaining the health of nearly all tissues and organs. CoQ10 is most concentrated in the mitochondria, often referred to as the cell's powerhouse, where it fuels energy production and various biochemical reactions.

Our body naturally produces CoQ10 but its production typically peaks in our 20s and gradually declines with age. External factors such as poor nutrition, certain medications and environmental toxins can further reduce our CoQ10 levels. This decline in CoQ10 production is significant because it is found in higher concentrations in the heart, and deficiencies have been linked to various health issues, including heart attacks.

CoQ10 can also be obtained from various foods, including oily fish such as salmon, mackerel, and sardines; eggs; nuts; chicken; organ meats like liver, heart, and brain; and whole grains. However, the CoQ10 content in food is generally much lower compared to what is available in supplements. This makes supplementation a viable option for those with declining levels or specific health conditions.

### CoQ10 and Statins

Statins work by inhibiting the metabolic pathway responsible for producing cholesterol and CoQ10. As a result, the reduction in cholesterol production also leads to decreased levels of CoQ10. When CoQ10 levels are diminished, energy production in muscle cells may decline, leading to muscle aches, weakness and inflammation. To prevent this deficiency, those on statin medications should consider supplementing with CoQ10 for maintaining muscle function and overall vitality.

全球数百万人在经历一场横跨各年龄段的隐性健康危机。也许您或您关心的人会受到影响。从短期来看，这种危机会通过以下症状表现出来：

- 经常疲倦，无精力
- 频繁头痛或偏头痛
- 肌肉酸痛
- 呼吸短促
- 记忆力衰退
- 认识混乱
- 牙周病
- 听力和视力丧失

从长远来看，这些问题会导致多种慢性病，包括心脏病、癌症、脂肪肝、纤维肌痛、帕金森症和阿尔茨海默病。那到底是什么导致了这些疾病在全球激增呢？

### 缺乏辅酶Q10。<sup>1,2,3,4,5,6</sup>

最近的一项长期研究表明，比起不摄入辅酶Q10的人，那些每天摄入至少300毫克辅酶Q10的人死于各种健康问题的几率更低。<sup>7</sup>

### 辅酶Q10是什么？

辅酶Q10是一种天然存在的化合物，它对于细胞能量生产至关重要。它在维持几乎所有组织和器官的健康中起着关键作用。辅酶Q10主要集中在在线粒体中，线粒体也被称为细胞的“发电站”，负责提供能量并驱动各种生化反应。

我们身体会自然生产辅酶Q10，但其产量通常在20多岁时达到顶峰，随着年龄增长而逐渐减少。营养不良、某些药物和环境毒素等外在因素也会进一步降低辅酶Q10的水平。由于辅酶Q10在心脏中的浓度较高，因此辅酶Q10产量的下降会产生重大影响，其缺乏与各种健康问题有关，包括心脏病发作。

辅酶Q10也可以通过一些食物获取，包括鲑鱼、鲭鱼和沙丁鱼等油性鱼类；鸡蛋；坚果；鸡肉；如肝脏、心脏和大脑类等内脏器官；以及全谷物。然而，食物中的辅酶Q10含量通常远低于补充剂中的含量。因此，对于那些辅酶Q10水平下降或患有特定健康状况的人来说，补充剂可能是一个可行的选择。

### 辅酶Q10与他汀类药物

他汀类药物通过生产抑制胆固醇和辅酶Q10的代谢来发挥作用。因此，胆固醇生成的减少也导致辅酶Q10水平的下降。当辅酶Q10水平下降时，肌肉细胞的能量生产可能跟着下降，导致肌肉酸痛、无力和炎症。为了预防这种缺乏，服用他汀类药物的人士应考虑服用辅酶Q10补充剂，以维持肌肉功能和整体活力。



# Benefits of CoQ10 Supplements

## 辅酶Q10补充剂的益处

### Heart Health

CoQ10 supplementation has been shown to lower the risk of major adverse cardiovascular events and heart-related deaths. It may also help reduce oxidative stress and cell damage related to heart conditions, potentially lowering the risk of heart disease and hypertension. Additionally, CoQ10 has been shown to reduce plaque size in arteries, promoting cardiovascular health.

### 心脏健康

研究表明，辅酶Q10补充剂可以降低主要心血管不良事件和心脏病相关死亡的风险。它还可能减少与心脏疾病相关的氧化应激和细胞损伤，进而降低心脏病和高血压的风险。此外，研究已表明，辅酶Q10可以减少动脉中的斑块大小，促进心血管健康。



### Brain Health

CoQ10 might reduce harmful compounds associated with neurodegenerative diseases such as Alzheimer's and Parkinson's. This reduction could potentially slow the progression of these diseases.

### 大脑健康

辅酶Q10能减少与阿尔茨海默病和帕金森病等神经退行性疾病相关的有害物质化合物。这种减少可能有助于减缓这些疾病的进展。



### Fertility

CoQ10 may help combat the decline in egg quality and quantity with age, and could improve sperm activity and concentration, thereby enhancing pregnancy rates.

### 生育能力

辅酶Q10可能有助于对抗随年龄增长而出现的卵子质量和数量下降，并可能提高精子活性和浓度，从而提高怀孕率。



### Receding Gums

CoQ10, especially when combined with Vitamin C, may help strengthen your gums, making it particularly beneficial for those with receding gums.

### 牙龈萎缩

辅酶Q10，尤其是与维生素C结合使用时，有助于增强牙龈，对那些有牙龈萎缩问题的人特别有益。



### Youthful Skin

CoQ10 supports the production of collagen and elastin, providing anti-aging benefits by reducing wrinkles and enhancing skin hydration.

### 年轻肌肤

辅酶Q10有助于胶原蛋白和弹性蛋白的生成，具有抗衰老功效，可以减少皱纹并增加皮肤的水分。



### Migraines

CoQ10's anti-inflammatory properties may help reduce the frequency and severity of migraines.

### 偏头痛

辅酶Q10的抗炎特性有助于减少偏头痛的发生频率和严重程度。



### Non-alcoholic Fatty Liver Disease (NAFLD)

A study in the Journal of the American College of Nutrition found that CoQ10 significantly improved NAFLD. In the trial, 41 participants with mild to moderate NAFLD were given either 100 mg of CoQ10 or a placebo daily for 12 weeks. Those taking CoQ10 experienced notable reductions in NAFLD symptoms, with four achieving normal liver function.

### 非酒精性脂肪肝病(NAFLD)

《美国营养学院杂志》发表的一项研究发现，辅酶Q10对NAFLD有显著改善作用。在该试验中，41名轻度至中度NAFLD的患者被随机分为两组，一组每天服用100毫克的辅酶Q10，另一组服用安慰剂，持续12周。服用辅酶Q10的患者的症状明显改善，其中四人恢复了正常的肝功能。



# Which CoQ10 Supplements to Choose

## 如何选择辅酶Q10补充剂



### UBIQUINONE

泛醌

### UBIQUINOL

泛醇

CoQ10 supplements come in two primary forms: ubiquinol and ubiquinone. While ubiquinol is often more expensive, research shows there is no significant difference in absorption between the two forms. This is because CoQ10 can easily convert between ubiquinol and ubiquinone in the body as needed.

Ubiquinol tends to be less stable in supplement form, which can affect its efficacy, while ubiquinone offers more stable absorption and is generally more cost-effective. For these reasons, **NewLife™ CoQ10 Plus** is formulated with ubiquinone.

Since CoQ10 is fat-soluble, its absorption is enhanced when taken with a fatty meal. To optimize its bioavailability, **NewLife™ CoQ10 Plus** includes essential fatty acids from flax seed extract.

辅酶Q10补充剂有两种主要形式：泛醇和泛醌。泛醇通常更昂贵，但研究表明这两种形式的吸收率没有显著差异。这是因为泛醇和泛醌很容易根据人体的需要，在体内相互转换。

再说，泛醇在补充剂形式中通常不太稳定，这可能会影响其效果，而泛醌则提供了更稳定的吸收，通常也更经济实惠。基于这些原因，**新生命辅酶Q10+**采用了泛醌形式。

由于辅酶Q10是脂溶性的，因此和含脂肪的餐一起服用的话可以提高其吸收率。为了优化其生物利用度，**新生命辅酶Q10+**的配方中加入了来自亚麻籽提取物的必需脂肪酸。

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## NewLife™ CoQ10 Plus

Enhanced Formula with Flax Seed Extract

### 新生命辅酶Q10+

包含亚麻籽提取物增强型配方

#### Powerful Antioxidant

CoQ10 is crucial for cellular energy production and helps reduce the risk of heart attacks.

#### Rapid Absorption

Our advanced formula combines CoQ10 with essential fatty acids from flax seed extract to significantly boost bioavailability. This synergistic blend ensures rapid and effective absorption into the bloodstream, maximizing the benefits of CoQ10.

#### Vegetarian-Friendly

Encapsulated in veggie capsules, making it an ideal choice for vegetarians.

#### 提供强效抗氧化保护

辅酶Q10对细胞能量生产至关重要，有助于降低心脏病发作的风险。

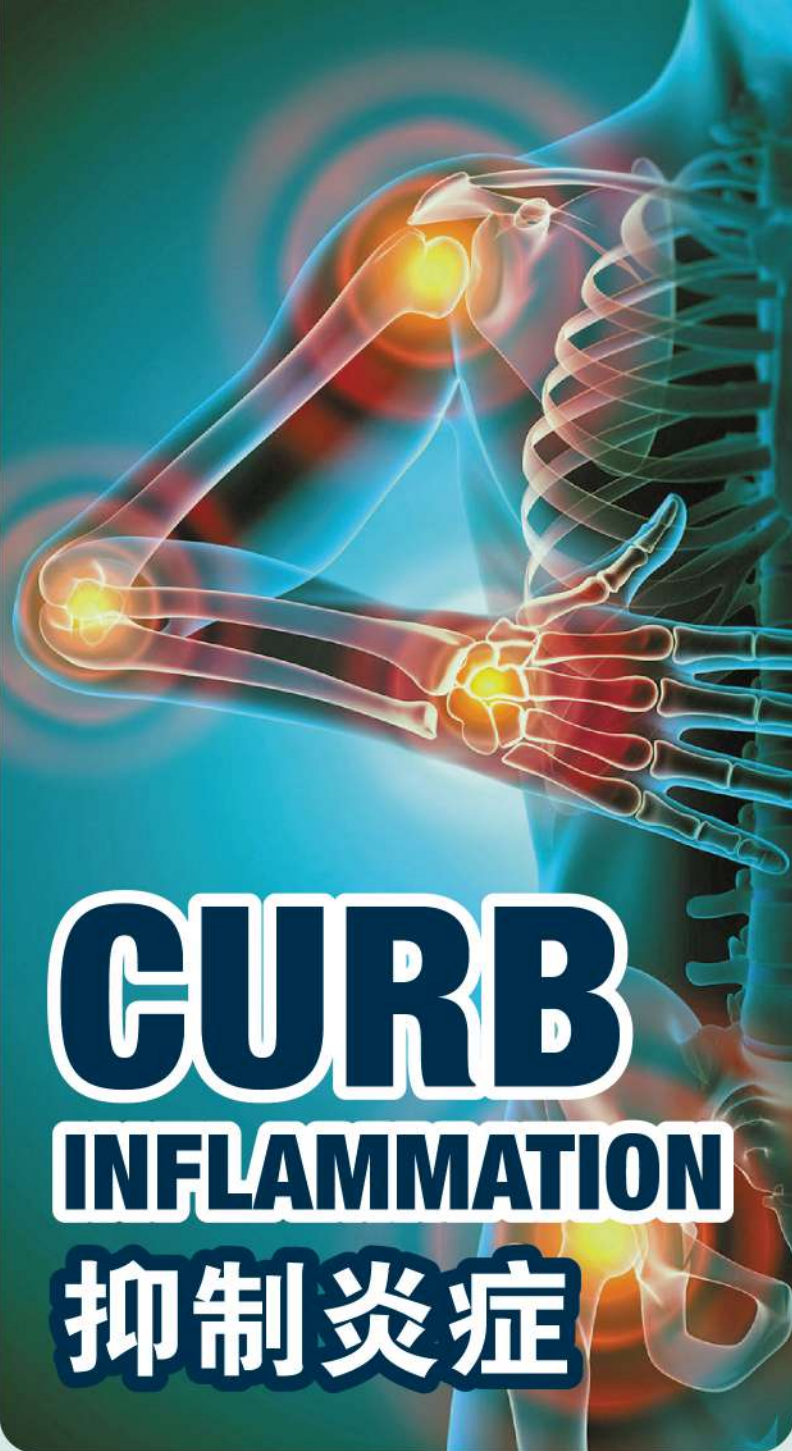
#### 快速吸收

我们的先进配方结合辅酶Q10和来自亚麻籽提取物的必需脂肪酸结合，大大提高了生物利用度。这种协同作用确保辅酶Q10快速有效地吸收到血液中，最大限度地发挥其益处。

#### 素食主义者友好

使用植物胶囊包装，是素食主义者的理想选择。





# CURB INFLAMMATION 抑制炎症



Buy 2  
购买 2

FREE  
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1x

1x

Buy 3 Pack Liverin  
购买三瓶肝脏宝

10% OFF  
折扣 (Full BV/PV)



**Terms & Conditions:**

1. Promotion period: 1 November to 31 December 2024, or while stocks last.
2. CoQ10 Offer: Normal price item carries full BV/PV. Free gift has no BV/PV.
3. Not valid with any other concurrent promotions, Quantity Discount or APP.
4. No goods return or exchange allowed.
5. Other terms & conditions apply.
6. NewLife™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

**条规与细则:**

1. 促销活动期间: 2024年11月1日至12月31日, 或存售完为止。
2. 辅酶Q10+优惠: 原价出售的产品带有完整的单位花红和单位分数。赠品无单位花红和单位分数。
3. 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。
4. 不允许退货或交换。
5. 附有其他条规与细则。
6. 新生命有权随时更改或修订促销活动的条规与细则, 恕不另行通知。

# HEALTH RETREAT

Millennia Village, Negeri Sembilan

森美兰州千禧苑

## 健康生活营

7.4.2025 – 12.4.2025



Retreat to the peaceful sanctuary of Millennia Village in Negeri Sembilan, Malaysia, and rejuvenate your health with Dr. Lynn Tan's esteemed Detoxification & Rejuvenation Programme (DRP). With over 30 years of success and numerous lives transformed, the DRP provides a natural solution for chronic health challenges. Join us for an immersive experience where every detail is carefully crafted to detoxify, nourish and revitalize you.

逃离繁忙都市，来到绿意盎然的宁静避世之地，体验陈林希珠博士备受推崇的排毒与复健计划 (DRP)，让身心彻底放松与恢复。经过三十多年的成功实践和无数生命的改变，DRP 为慢性健康问题提供了自然有效的解决方案。加入我们，体验一场丰富多彩的健康之旅，每一个环节都经过精心策划，以提供全面的DRP体验，为您排毒、滋养并使您恢复活力。

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

ACUTE STAGE OF ELIMINATION 急性排除期	SUB-ACUTE (POOR HEALTH) 亚急性(健康不佳)	CHRONIC STAGE 慢性期	DEGENERATION 中毒/退化
<ul style="list-style-type: none"> <li>• Inflammation 发炎</li> <li>• Discharge 分泌物</li> <li>• Fever 发烧</li> <li>• Colds 感冒</li> <li>• Etc. 其他</li> </ul>	<ul style="list-style-type: none"> <li>• Fatigue 身体疲倦</li> <li>• Blocked nose 鼻塞</li> <li>• Overweight 身体超重</li> <li>• Headaches 头痛</li> <li>• Lower back pain 腰痛</li> <li>• Skin blemishes 暗疮</li> <li>• Piles 痔疮</li> <li>• Constipation 便秘</li> <li>• Digestive disorders 消化失调</li> <li>• Hormonal imbalance 荷尔蒙失调</li> <li>• Etc. 其他</li> </ul>	<ul style="list-style-type: none"> <li>• Migraine 偏头痛</li> <li>• Arthritis 关节炎</li> <li>• High blood pressure 高血压</li> <li>• High cholesterol 高胆固醇</li> <li>• Skin problems 皮肤病</li> <li>• Serious back pain 严重背痛</li> <li>• Ulcers 溃疡</li> <li>• Asthma 哮喘</li> <li>• Weak sexual impulses 性反应弱</li> <li>• Sinusitis 鼻敏感</li> <li>• Tumours/Cysts/Fibroids 肿瘤/囊/纤维物</li> <li>• Endometriosis 子宫内膜异位</li> <li>• Infertility 不育</li> <li>• Etc. 其他</li> </ul>	<ul style="list-style-type: none"> <li>• Heart disease 心脏病</li> <li>• Strokes 中风</li> <li>• Diabetes 糖尿病</li> <li>• Kidney disease 肾病</li> <li>• Liver problems 肝病</li> <li>• Gall bladder disease 胆囊问题</li> <li>• Serious arthritis &amp; gout 严重关节炎及痛风</li> <li>• Prostate disease 前列腺疾病</li> <li>• Serious skin problems 严重皮肤问题</li> <li>• Autoimmune problems 自身免疫问题</li> <li>• Impotence 性无能</li> <li>• Lymphatic &amp; cellular dysfunction 淋巴及细胞疾病</li> <li>• Cancer 癌症</li> <li>• Dementia 失智症</li> <li>• Parkinson's 帕金森综合征</li> <li>• Etc. 其他</li> </ul>

### REGAIN YOUR YOUTH & HEALTH

by removing the root causes—toxemia and nutritional deficiency.

通过清除毒血症和营养缺乏的根本原因，  
使您重获青春和健康。

#### DRP Participants (Per Person) 排毒与复健程序参与者 (每人)

	Super Early Bird 提早报名超级优惠价	Early Bird 提早报名优惠价	Regular 标准营费	<b>DRP package includes:</b> comfortable accommodations, the DRP set, curated meals and beverages, engaging health seminars, interactive workshops and personalised health consultations.  <b>DRP 配套费用包括:</b> 住宿、全套DRP、DRP餐和饮料、健康研讨会、互动工作坊以及个人健康咨询。
<b>Closing Date</b> 截止日期	12.12.2024	12.01.2025	28.02.2025	
<b>Single Occupancy</b> 单人一房	S\$2,510	S\$2,710	S\$2,850	
<b>Twin Sharing</b> 双人共房	S\$2,140	S\$2,310	S\$2,430	

#### Non DRP Participants (Per Person) 非排毒与复健程序参与者 (每人)

<b>Twin Sharing</b> 双人共房	S\$1,080	<b>Non-DRP package includes</b> accommodations, three meals per day and access to seminars and workshops. Register by <b>28.2.2025</b> . <b>非DRP配套费用包括:</b> 住宿、一日三餐以及参加研讨会和互动工作坊的权限。截止日期 <b>28.2.2025</b> 。	
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