

LifeLine

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生命线

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Disease
自体免疫疾病
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Our Heartiest Congratulations to All Achievers

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JUNE 2017 - JULY 2017 | 2017年6月至2017年7月



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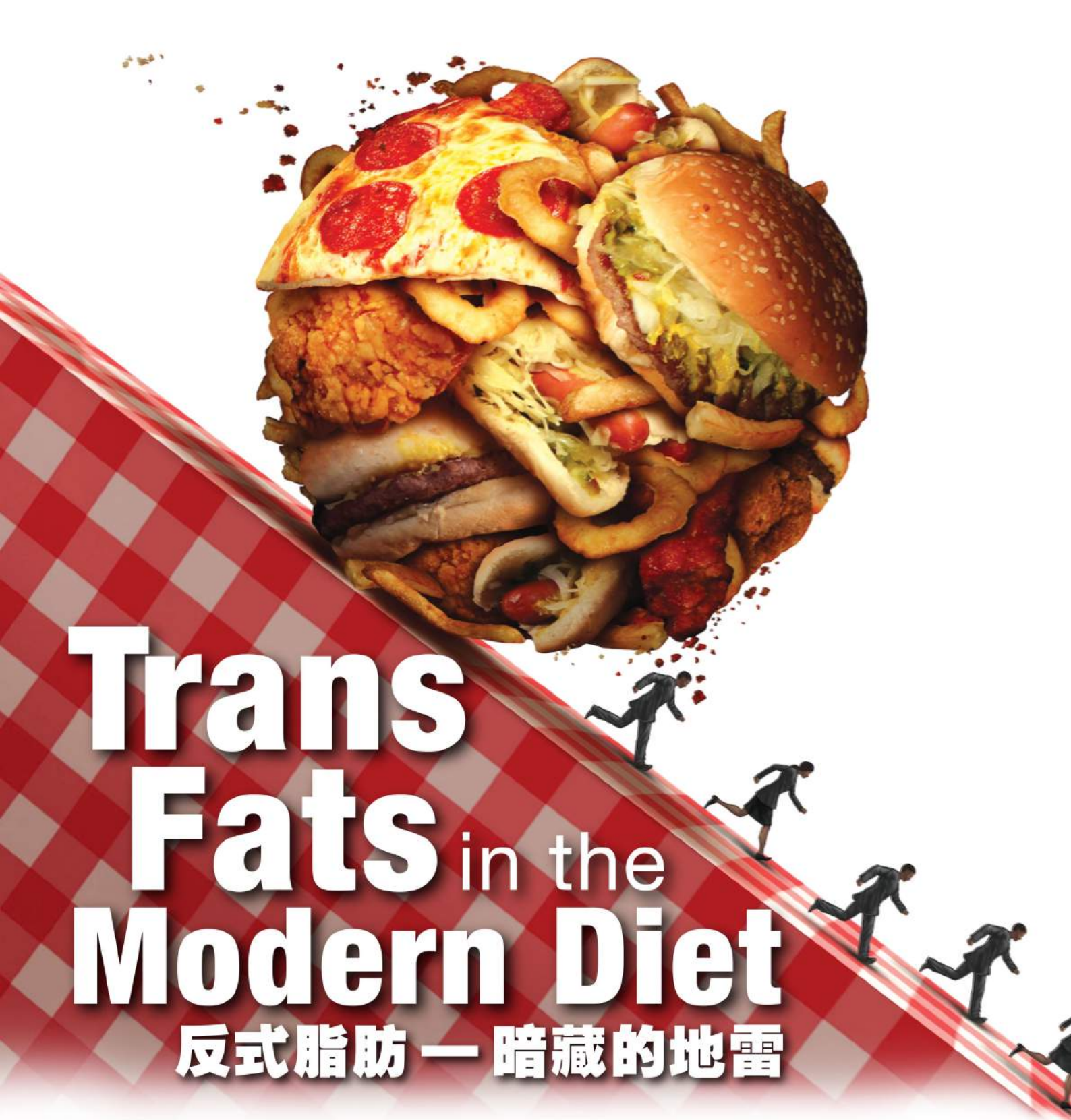
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Trans Fats in the Modern Diet

反式脂肪 — 暗藏的地雷

Hydrogenated oil is the biggest source of trans fats. They are cheap, have a long shelf life and help increase flavour stability of foods. For these reasons, they are found in all sorts of processed food.

Hydrogenation is a process in which a liquid vegetable oil is turned into a solid fat by adding hydrogen molecules. During this processing, a type of fat called "trans fat" is made.

Why are trans fats bad?

The hydrogenation process changes the fat into trans fat, and the lipase enzymes in our body are not able to break down trans fats effectively. Although not all trans fats stay forever in the body (that being said, most of them do stay forever), the ill effects they cause leave a lasting impact.

氢化油是反式脂肪的主要来源。它们价格便宜，可延长食物保质期及增加口感的稳定和一致。因此，在各种加工食品中都能找到它们。

氢化过程是一种通过添加氢原子，将液态的植物油转化为固体脂肪的过程。这个过程改变了植物油的天然化学结构并产生了一种脂肪，称为“反式脂肪”。

为什么反式脂肪很可怕？

氢化过程将脂肪转化成反式脂肪，但这人为的反式脂肪不能被我们体内的脂肪酶有效地分解消化。虽然不是100%的反式脂肪都会永久存在体内（话虽如此，大多数的反式脂肪都会跟着您一辈子），但它们对健康所造成的伤害与破坏则是长久性的。

Trans fats raise Low Density Lipoprotein (LDL or bad cholesterol) levels, which increases our risk of heart disease. Trans fats also lower High Density Lipoprotein (HDL or good cholesterol) levels. HDL helps remove cholesterol from the blood vessels, helping to reduce the risk of heart disease. This coupled effect on cholesterol levels makes trans fat double trouble when it comes to the health of our heart.

According to the Harvard School of Public Health, consuming trans fat can cause inflammation in the body, which may increase your risk of many conditions such as premature aging, autoimmune conditions, insulin resistance and Type 2 diabetes.

Additionally, trans fats sabotage the body's natural cleansing and detoxifying processes.

Where are trans fats found?

Trans fats are everywhere, unfortunately. Here are the top three areas:

The pastry: bread, cookies, crackers, pies, pancakes and waffle mixes, cake mixes, sweet rolls. A majority of them are made with partially hydrogenated vegetable shortening, which have a longer shelf life and flavour stability.

The creamy: do you take your coffee with artificial creamer? Ever decorated a cake with packaged icing? What about the ice-cream that you purchase at the supermarket? Most of these items use partially hydrogenated oils to help enhance the "creaminess" of the product.

The crunchy: some of the tastiest snack foods are foods that we should just avoid entirely, items such as microwavable popcorn, frozen fried foods and almost all of the most popular cookies and crackers contain trans fats.

Although many of us check food labels for trans fats, we may not realize that even if the label reads, "Trans fats 0 gram per serving," that does not necessarily mean zero. By regulation, manufacturing companies that produce foods containing less than 0.5 grams of trans fats per serving can round that number down to zero. So, we might actually be getting 0.4 grams of trans fats per serving, even though the label reads 0 gram. Half a gram doesn't sound like much, but it adds up fast—especially for young children or those who consume multiple servings at a time.

In short, read the ingredients list even when the label reads "Trans fats 0 gram per serving". Look for the warning terms such as "hydrogenated oils" or "partially hydrogenated oils". If a food contains hydrogenated oil or partially hydrogenated oils, it contains trans fats.

In order to really avoid trans fats, the best thing you can do is to eliminate processed foods from your diet. Choose real butter instead of margarine; use coconut oil in cooking and baking; stick to fresh, whole foods and bring home foods that are as close to their original state as possible; make time for home-cooked meals prepared from scratch, like how your grandparents would have done.

How to get rid of the trans fats in the body?

- You need to cleanse and detoxify your body to begin the process of eliminating trans fats from your body.
- Restructure your diet to increase intake of fibre and enzyme-rich juices.
- For a healthy body, between 20 and 35 percent of your total daily calories should come from fat. Choose healthy fats by introducing cold pressed flax seed oil and extra virgin coconut oil into your daily diet.

反式脂肪会增加低密度脂蛋白（有害的胆固醇）水平，从而增加患上心脏疾病的风险。另一方面，反式脂肪又会减少高密度脂蛋白（良好胆固醇）水平。高密度脂蛋白有助于从血管中去除胆固醇，帮助降低心脏病的风险。因此，这种对胆固醇水平所造成的双重冲击，使反式脂肪在心脏健康方面的危害变得更可怕。

根据哈佛大学公共卫生学院的研究显示，摄取反式脂肪会引起发炎，这可能会增加许多疾病的风险，如过早老化、自体免疫状况、胰岛素抵抗和2型糖尿病。

此外，反式脂肪也会捣乱妨碍人体的自然净化和排毒过程。

反式脂肪藏在哪里？

不幸的是几乎所有的加工食品里都可以找到反式脂肪。以下是三大陷阱：

糕饼类：面包、饼干、酥饼、馅饼、煎饼、松饼、蛋糕和薄卷饼。这些大多数都是由部分氢化的植物起酥油制成，一般保质期较长和风味稳定。

细滑奶油味：喝咖啡时有添加人造奶精吗？是否曾使用包装型的糖霜来装饰蛋糕？是否想过超市售卖的雪糕是用纯鲜奶及纯奶油制成的吗？其实这些食品大多数都使用部分氢化的植物油来帮助提升食品似“奶油”般的质感。

酥脆爽口的：好些零食是应该完全避免的，吃一点都嫌多！比如微波爆米花、冷冻油炸食品以及几乎所有很受大家欢迎的饼干和酥饼，都含有反式脂肪。

尽管大多数人都会查阅食品标签上的反式脂肪含量，不过许多人往往都不知道，即使标签上写着“每份含零反式脂肪”，也不一定意味该食品是完全不含反式脂肪的。根据规定，如果每100克的份量含有少于0.5克的反式脂肪，那么生产厂商便可不进位成零，并标签不含反式脂肪。因此，即使标签上显示为零，当我们摄取一些食品时，每份量都可能摄入了0.4克的反式脂肪。半公克听起来似乎不多，但累积的速度可以很快，尤其是对儿童或那些一次摄取多份食物的人士。

简而言之，即使标签上写着“每份含零反式脂肪”，但还是得仔细查看成分表。注意一些警告词，如“氢化植物油”或“部分氢化植物油”等。如果食物含有氢化或部分氢化植物油，就表示该产品含有反式脂肪。

为了确保避免反式脂肪，首先必须从饮食中完全淘汰加工食品。选择真正的牛油取代人造黄油；在烹调和烘烤时使用椰子油；坚持选购新鲜天然食品，尽可能把最原始的食物购买回家；腾出时间亲手准备家常菜，就像祖父母那一代一样。

排除体内累积的反式脂肪的方法

- 首先，您必须进行身体排毒和净化过程，以消除体内累积的反式脂肪。
- 重新规划饮食计划，增加摄取高纤食物和含高酵素的果汁。
- 要保持一个健康的身体，您每日摄入的总热量中的20%至35%应该来自脂肪。您可在每日的饮食中加入冷榨亚麻籽油和特级初榨椰子油，以提供身体健康脂肪。



NewLife™ Extra Virgin Coconut Oil

Coconut oil at its best

- Cold pressed and naturally processed, under strict hygienic conditions set by international standards (ISO 22000 and ISO 9000), from freshly harvested organic mature coconuts.
- It has a light, delicate flavour and aroma, and can be taken directly by the spoonful.
- Certified organic, certified Halal and Kosher.
- No chemicals and preservatives are added.

How to use coconut oil?

- **In health and fitness:** coconut oil is a rich source of fibre, minerals and vitamins. It contains natural antioxidant properties of Vitamin E, fatty acids and enzymes, high in lauric acid and medium chain fatty acids (MCFAs). Unlike saturated fats from animal sources, MCFAs are easily digested and converted into energy. A spoonful a day goes a long way in boosting the immune system, strengthening thyroid functions, improving blood cholesterol profile, protecting the heart, and contributing to better nutrient absorption. It also helps the body to stay slim by increasing metabolic rate and burning fat. Take a spoonful before your workout for an extra boost of energy and better stamina.
- **In cooking:** with its high smoking point, coconut oil does not form harmful by-products when heated. It is a better and safer alternative to vegetable and olive oils.
- **In beauty:** coconut oil is an effective anti-aging ingredient. It can be used from head to toe. With its powerful moisturizing, anti-fungal, and antibacterial properties, coconut oil is widely used to treat skin problems such as dermatitis, eczema, and stretch marks, while keeping skin healthy and moisturized.
- **Detoxification:** coconut oil pulling is highly recommended for detoxifying the body and improving health. Take 1 tablespoon of extra virgin coconut oil in the mouth before breakfast. Move the oil slowly around the mouth through swishing and by pulling it through the teeth. Move around the mouth for 15-20 minutes or until the oil turns white. Keeping the oil moving for several minutes is important because it is the prolonged swishing that gives the oil enough time to react with the saliva so that its enzymes are released to pull or draw toxins from the body. Once the oil is expelled from the mouth, brush your teeth well to eliminate bacteria and other impurities from the body.

新生命特级初榨纯鲜椰子油

最佳椰子油

- 按照国际标准所制定的严格卫生条件（ISO22000和ISO9000），以冷压和天然方式处理新鲜采摘的有机成熟椰子，提炼出椰子油。
- 带有一种清淡细腻的风味和香味，可直接食用。
- 获得有机、清真和犹太洁食认证。
- 不含化学物质和防腐剂。

椰子油的使用方式

- **保健与瘦身：**椰子油富含纤维、矿物质和维生素。它含有天然抗氧化剂，如维生素E、脂肪酸和酶，也高含月桂酸和中链脂肪酸（MCFAs）。它不像源自动物性的饱和脂肪，MCFAs较容易被消化和转化成能量。每天摄取一汤匙，有助增强免疫系统、强化甲状腺功能、改善血液胆固醇、保护心脏以及促进营养吸收等功效。它也可通过增加代谢率和燃烧脂肪，帮助瘦身纤体。在运动健身前摄取一汤匙的椰子油，可额外增强体力和精力。
- **烹饪煮食：**椰子油有着较高的发烟点，因此在加热过程中不会产生有害的副产物。它比植物油或橄榄油更安全更健康。
- **美容：**椰子油是一种有效的抗衰老成分。用途广泛，从头到脚都可使用。由于椰子油保湿、抗真菌和抗细菌的功效显著，因此已被广泛用来治疗皮炎、湿疹、妊娠纹等皮肤问题，同时也可滋润肌肤，保持肌肤健康。
- **排毒：**椰子油拔油法非常适合用来进行身体排毒和改善健康。早餐前将一汤匙的特级初榨椰子油含在口中，齿缝间推出、拉进，如此进行约15至20分钟，或直到椰子油变成奶白色为止。椰子油含在口中抽拔拉动几分钟非常重要，只有这样才能让椰子油有足够的时间与唾液反应，产生酶来进行排毒。最后吐出椰子油，再刷牙，以清除残留嘴里的体内细菌和其他杂质。



NewLife™ Omega Gold Flax Seed Oil

NewLife™'s Omega Gold Flax Seed Oil is derived from organically grown seeds of the flax plant. It is produced using a cold-pressing method to eliminate the damaging effects of light, oxygen, and heat. Only high-quality golden flax seeds are selected for the production of this oil, providing the highest quality of oil possible.

Flax seed oil is a rich source of omega-3, an essential fatty acid that has been associated with brain, heart, skin and hair health. It contains up to double the amount of omega-3 compared to standard fish oils, and is one of the best plant sources of omega-3, making it a great choice for vegans or vegetarians. Let's take a look at some of the notable health benefits of flax seed oil.

Health benefits of flax seed oil

1. Cancer prevention

Studies show that flax seed oil may help in the prevention of tumour growth. Alpha-linolenic acids (ALA) found in flax seed oil have shown significant effects in reducing growth of breast cancer cells.

2. Healthy hair & skin

Flax seed oil benefits the skin and hair by providing the essential fats as well as vitamins needed in reducing dryness and flakiness. Besides, it can also improve the symptoms of acne, eczema, and skin allergies.

3. Boost heart health

The omega-3 in flax seed oil helps to keep blood vessel walls in good condition by preventing build-up of fatty plaques. Flax seed oil benefits the heart by lowering cholesterol levels and blood pressure.

4. Regulate irregular periods

Flax seed oil contains lignans which have shown benefits in maintaining cycle regularity. It can also be used as an alternative to hormone replacement therapy to ease menopausal symptoms.

5. Improve joint conditions

Omega-3 in flax seed oil is used by the body to produce anti-inflammatory components, which help to reduce stiffness and pain associated with certain joint conditions.

Who will benefit from flax seed oil?

The benefits of flax seed oil are extensive. It has been widely used for both health and beauty. It is suitable for children, adults and the elderly, especially for those who are suffering from the following symptoms:

1. Irregular periods
2. Premenstrual symptoms
3. Constipation or diarrhoea
4. Dry skin or flaky hair
5. Poor memory
6. Brittle nails
7. Joint stiffness
8. High cholesterol or heart diseases
9. Weakened immunity

Add flax seed oil into your daily diet

Flax seed oil can be added to salad dressings, smoothies, steamed vegetables, potatoes, and rice. You can also add it into oatmeal to increase your intake of omega-3. One of the best ways to consume flax seed oil is to mix it into plain yoghurt. The combination of flax seed oil and plain yoghurt helps to emulsify the oil, improving digestion and metabolism. Never use flax seed oil for cooking, as heat destroys its nutritional benefits.

新生命 Ω 奥美加金牌亚麻籽油

新生命 Ω 奥美加金牌亚麻籽油取自有机亚麻籽。它采用冷压生产，以完全排除光线、氧气和温度的破坏。我们只甄选高级优质的黄金亚麻籽来提炼亚麻籽油，以提供最佳质量的亚麻籽油。

亚麻籽油富含奥美加-3脂肪酸，一种与大脑、心脏、皮肤和头发健康有关的必需脂肪酸。相比一般普通的鱼油，它含有多两倍的奥美加-3，也是奥美加-3的最佳植物来源，非常适合素食者食用。以下为亚麻籽油对健康的显著效益。

亚麻籽油的健康效益

1. 预防癌症

研究显示亚麻籽油有助预防肿瘤生长。亚麻籽油中的α-亚麻酸（ALA）对降低乳腺癌细胞的生长有显著效果。

2. 促进头发和皮肤健康

亚麻籽油可提供皮肤和头发所需的必需脂肪和维生素，以减少皮肤干燥和头发脆弱的问题。此外，它也可改善暗疮、湿疹以及皮肤过敏的症状。

3. 促进心脏健康

亚麻籽油含有的奥美加-3脂肪酸有助通过预防脂肪斑块的形成，保持血管壁的良好状态。亚麻籽油也可透过降低胆固醇和血压来促进心脏的健康。

4. 调节月经不规律

亚麻籽油含有的木质素，已证实可维持月经周期规律。它也可取代荷尔蒙替代疗法来缓解更年期的症状。

5. 改善关节健康

亚麻籽油中的奥美加-3脂肪酸可被人体利用来产生抗炎物质，有助减轻某些关节状况有关的僵硬和疼痛问题。

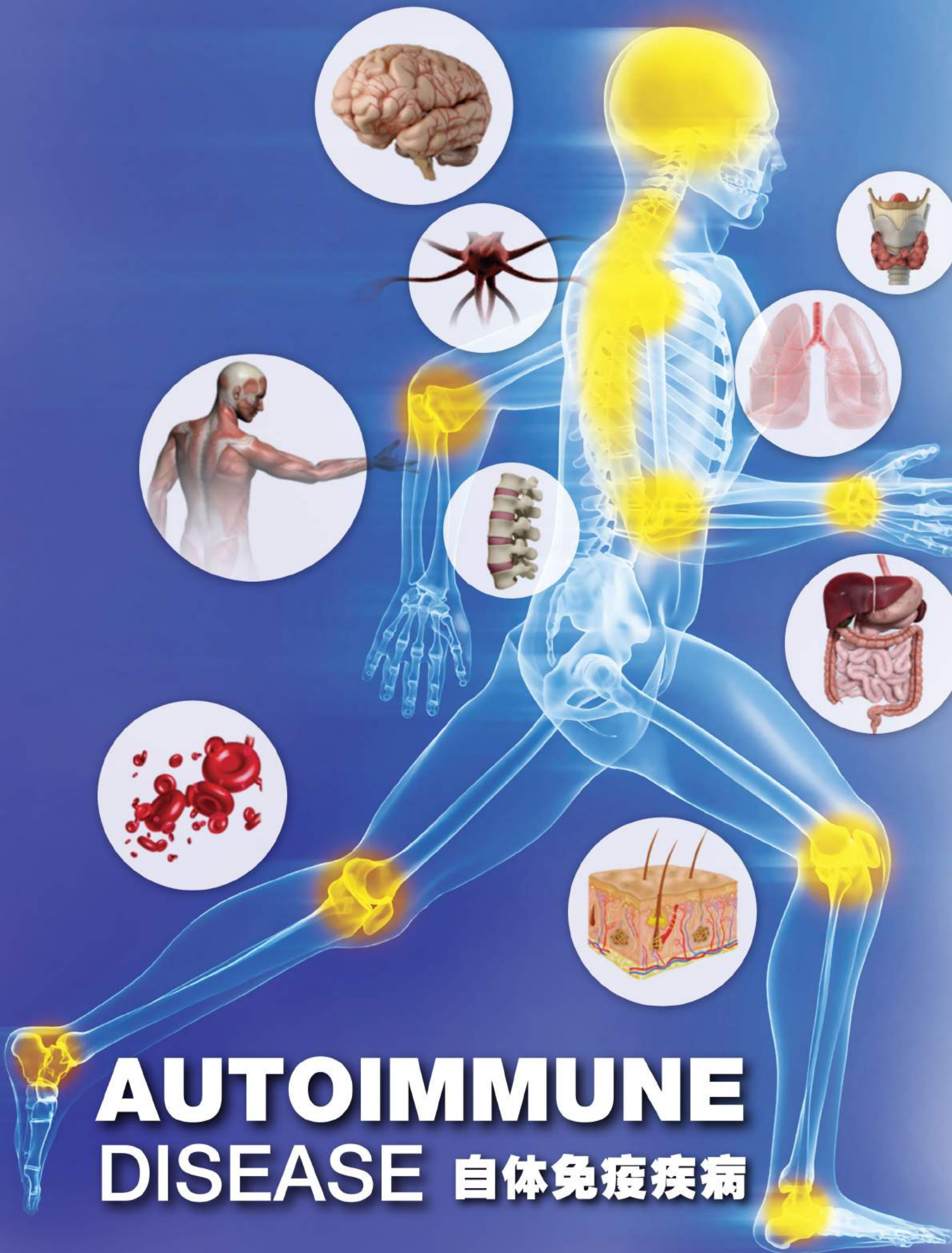
适宜人群

亚麻籽油具有非常多的健康效益。它已被广泛用于促进健康和美容保养的功能。它适合各年龄阶层包括儿童、成人和老年人食用，特别是患有列症状的人士：

1. 月经不规律
2. 经前症状
3. 便秘或腹泻
4. 皮肤干燥和头发脆弱
5. 记忆力衰退
6. 指甲容易断裂
7. 关节僵硬
8. 高胆固醇或心脏疾病
9. 免疫力下降

每日饮食中加入亚麻籽油

亚麻籽油可添加在沙拉酱、冰沙、清蒸蔬菜、马铃薯和米饭。您也可添加在麦片以增加奥美加-3的摄入量。还有一个食用亚麻籽油的最好方法之一就是将它加入原味酸乳酪中，这样不但有助乳化油脂，还可改善消化和代谢功能。千万不可用亚麻籽油来烹调，这是因为热度会破坏油脂的营养价值。



AUTOIMMUNE DISEASE 自体免疫疾病

The human body is very complex and can be divided into 10 main systems as follows:

1. **Cardiovascular / Circulatory System:** Circulates blood around the body via the heart, arteries and veins, delivering oxygen and nutrients to organs and cells, while carrying their waste products away.
2. **Digestive System:** Processes that provide nutrients via the mouth, oesophagus, stomach and intestines. Eliminates waste from the body.
3. **Endocrine System:** Provides communications within the body using hormones.
4. **Exocrine System:** Skin, hair, nails, and sweat glands.
5. **Immune System:** The system comprising a network of lymphatic vessels that carry a clear fluid called lymph. Defends the body against disease-causing agents.
6. **Muscular / Skeletal System:** Enables the body to move using muscles. Bones support the body and its organs.
7. **Nervous System:** Collects and processes information from the senses via nerves and the brain and tells the muscles to contract to cause physical actions.
8. **Urinary System:** The system where the kidneys filter blood.
9. **Reproductive System:** The sex organs required for the production of offspring.
10. **Respiratory System:** The lungs and the trachea that bring air into the body.

Each system of the body works synergistically to sustain life as we know it. Although all of them are important, one of the systems above can wreak havoc by attacking the other systems causing a host of health problems. Can you guess which system? If you answered 'The Immune System', then you are absolutely correct.

The immune system – protector of the body.

The task of the immune system is to identify those things that belong in the body and those that are foreign or harmful, and then destroy the foreign material. The immune system is unlike other body systems, in that it is not a group of physical structures but a system of complex interactions involving many different organs, structures, and substances. Ideally, all of these components work together to protect the body against infections and diseases.

Marvellous as it is, the immune system can work as it should only if it is cared for properly. This means getting all the right nutrients and providing the right environment, plus avoiding those things that tend to lower immunity.

Many elements of the environment we live in today compromise our immune system's defensive capabilities. The chemicals in the household cleaners we use; the overuse of antibiotics and other drugs; the antibiotics, pesticides and additives present in the foods we eat; and our exposure to environmental pollutants; all place a strain on the immune system. Another factor that adversely affects the immune system is stress. Stress results in a sequence of events that suppresses the normal activity of white blood cells and places undue demands on the endocrine system, as well as depleting the body of needed nutrients. The result is impaired healing abilities and lowered defence against infection.

While inadequate immunity predisposes one to infectious illnesses of all types, it is also possible to become ill when your immune system is unable to tell the difference between self and non-self. When this happens, the body makes autoantibodies that attack normal cells by mistake. At the same time, special cells called regulatory T-cells fail to do their job of keeping the immune system in line. The result is a misguided attack on your own body. This causes the damage known as autoimmune disease. The body parts that are affected depend on the type of autoimmune disease. It can also cause abnormal organ growth and changes in organ functions.

人体机能构造十分复杂，可分为以下十大功能系统，分别是：

1. **心血管/循环系统：**通过心脏、动脉和静脉循环血液、将氧气和养分输送至所有器官和细胞，同时携带它们的废物排除体外。
2. **消化系统：**通过嘴巴、食道、胃部和肠道进行消化、吸收工作，为身体提供营养的过程。可清除体内废物。
3. **内分泌系统：**内分泌系统是一种整合性的调节机制。通过它分泌的特殊化学物质称激素（荷尔蒙）来进行对有机体的控制与调节。
4. **外分泌系统：**包括皮肤、头发、指甲和汗腺。
5. **免疫系统：**这个系统是由淋巴管网络组成。淋巴管是能让一种叫淋巴的透明液体流动的管道。免疫系统的功能是保护身体不受疾病因子侵害。
6. **肌肉/骨骼系统：**肌肉帮助身体行动；骨骼则支持身体和器官。
7. **神经系统：**通过神经和大脑接收和处理信息、传递讯号，指示肌肉收缩、控制身体动作。
8. **泌尿系统：**肾脏过滤血液的系统。
9. **繁殖系统：**生育所需的性器官。
10. **呼吸系统：**肺部和气管将空气带入体内。

我们都知道身体的每一个系统都必须协同运作才可维持生命。虽然每一个系统都很重要，但其中一个系统可严重破坏其他系统而引发许多健康问题产生。您猜得出是哪个系统吗？如果您的答案是“免疫系统”，那您答对了。

免疫系统 – 身体守护者。

免疫系统的任务是负责辨识哪些是属于自身的健康细胞及哪些是外来或有害的物质，然后消灭这些外来物质。免疫系统不同于其他的身体系统，因为它不是一组物理结构，而是一个与许多不同器官、结构和物质进行相互作用的复杂系统。在理想的情况下，这些所有的组成成分可共同作用，以保护人体免受感染和疾病的伤害。

免疫系统固然神奇奥妙，但也只有在适当照顾下才能持续正常运作。这意味着人体必需摄取适当足够的营养，身处的四周环境也必需安全健康，同时还要避开那些容易降低免疫力的物质。

可是现今的生活环境中，有许多元素破坏了我们免疫系统的防御能力。比如家用清洁剂中的化学物质、过度服用抗生素和其他药物、食物中所含的抗生素、杀虫剂和添加剂以及天天所接触的环境污染物，都可对免疫系统造成负担。另一个影响免疫系统的因素就是压力。压力会导致一系列的健康问题，如抑制白血球的正常功能、对内分泌系统造成不必要的需求以及消耗人体所需的营养物质。最终导致身体自愈功能受损，降低了防御感染的能力。

抵抗力的不足会导致一个人容易患上各种传染病，然而当您的免疫系统无法分辨出自体物或外源体时，也会对身体带来很大的问题。一旦这种情况发生，身体会产生自动抗体，将正常的细胞当成入侵者而进行错误攻击。与此同时，特殊细胞如调控T细胞无法维持免疫系统的正常工作。这些错误的攻击，从而引起自体免疫性疾病。受影响的身体部位是取决于自体免疫性疾病的类型。它还可导致器官成长异常和功能改变。

How do I find out if I have an autoimmune disease?

Getting a diagnosis can be a tedious and stressful process. There are more than 80 known types of autoimmune diseases: rheumatoid arthritis, lupus, psoriasis, etc. Although each autoimmune disease is unique, many of them share similar symptoms. Many symptoms of autoimmune diseases are the same for other types of health problems too. These make it hard for doctors to find out if you really have an autoimmune disease, and which one it might be. It's also possible to have more than one at the same time.

Because there are so many different types of autoimmune disease, the symptoms vary. However, common symptoms are fatigue, fever, and general malaise (feeling ill). Symptoms worsen during flare-ups and lessen during remission.

Autoimmune diseases affect the other systems in the body. The most common organs and tissues affected are:

- Joints
- Muscles
- Skin
- Red blood cells
- Blood vessels
- Connective tissues
- Endocrine glands

如何诊断出是否患有自体免疫疾病？

自体免疫疾病的诊断是一个冗长累人的过程。目前自体免疫疾病超过80多种，例如：类风湿关节炎、红斑狼疮、牛皮癣等等。虽然每一种自体免疫疾病都具有独特特征，但其中许多都有类似的症状。自体免疫疾病的症状与其他类型的健康问题也相似。这因此导致医生更加难辨识您是否患有了自体免疫疾病或其他。另外也有可能同时患有几个不同类型的自体免疫疾病。

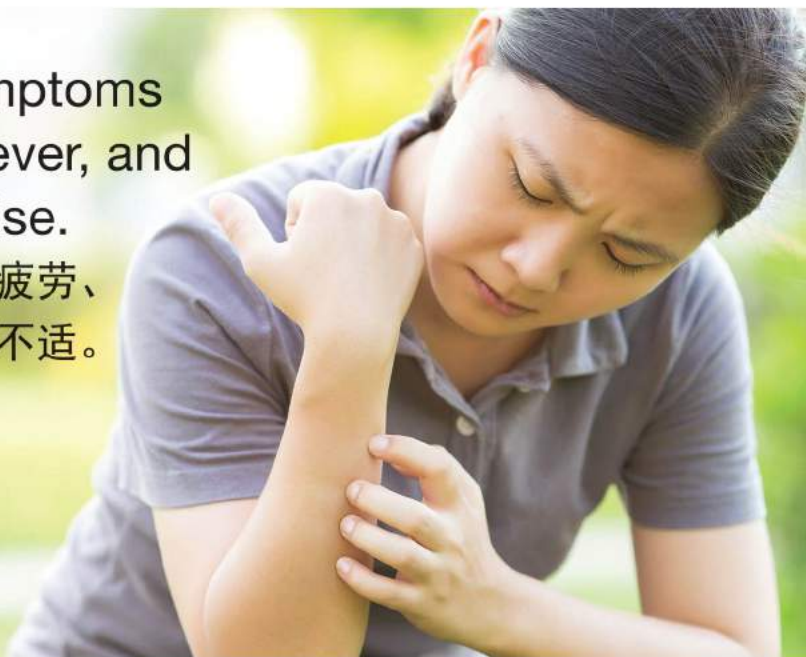
自体免疫疾病类型甚多，症状也许也不相同。然而，常见的症状包括疲劳、发烧或全身莫名不适。这些症状会在病发时突然恶化，在缓解期间则好转。

免疫疾病会影响人体其他系统。最常受影响的器官和组织是：

- 关节
- 肌肉
- 皮肤
- 红血细胞
- 血管
- 结缔组织
- 内分泌腺

Common symptoms
are fatigue, fever, and
general malaise.

常见的症状包括疲劳、
发烧或全身莫名不适。



How are autoimmune diseases treated?

Sadly, from a medical point of view, autoimmune diseases are chronic conditions that have no cure. Medical treatment can only do the following:

- **Relieve symptoms.** Drugs are prescribed to relieve mild or severe symptoms, like pain, swelling, depression, anxiety, sleep problems, fatigue, or rashes. While for others, it may involve surgery.
- **Suppress the immune system.** Some drugs can suppress immune system activities and control the disease processes. For instance, Corticosteroids are used to control inflammation in people with lupus. Medicines used to suppress inflammation include chemotherapy given at lower doses than for cancer treatment.

However, taking drugs to relieve symptoms and suppress the immune system will take its toll on the body. Sooner or later, secondary health issues will occur due to the side effects of the drugs.

自体免疫疾病的治疗

从医学角度上来看，自体免疫疾病是属于无法根治的慢性疾病。医治的过程也只能发挥到以下两个方面：

- **缓解症状：**使用药物来缓解轻微或严重的症状，如疼痛、肿胀、忧郁、焦虑、睡眠问题、疲劳或皮疹等。也有些患者可能需要进行手术。
- **抑制免疫系统：**一些药物可抑制免疫系统的功能，以控制疾病的进程。例如，皮质类固醇激素可用来控制红斑狼疮患者的发炎症状。其他用来抑制发炎反应的药物还包括化疗，但其剂量比给予癌症患者的较低。

然而，利用药物来缓解症状及抑制免疫系统会对人体造成伤害。由于药物带有副作用，长期服用迟早会导致身体出现继发性的健康问题。

5 steps to reverse autoimmune diseases naturally.

1. **Avoid gluten.** It is best to avoid gluten. This protein, which is found in wheat, spelt, rye and barley, is linked to many autoimmune diseases. In order to find the intolerance level for gluten, remove gluten from your diet for 60 days, and then reintroduce it.
2. **Go on a customised Nutritional Programme.** Ultimately, we would encourage people with autoimmune diseases to go on our Nutritional Programme which comprises of the **Detoxification & Rejuvenation Programme (DRP)** and the **NewLife™ Health Building Programme (NHBP)** together with an individualised list of supplements for a certain duration of time. This Nutritional Programme will help to rebuild the body and restore health to the immune system. It is a complete regime aimed at eliminating wastes, toxins and poisons from your body while rebuilding and restoring nutritional, hormonal and metabolic balance. It puts your body in a position to self-heal, self-repair, and self-rejuvenate, giving your body a new start.
3. **Avoid additional sodium.** Too much sodium in the diet may aggravate and increase the symptoms of autoimmune diseases. Unfortunately, the modern diet overloads the body with sodium whilst depleting potassium, and eventually opening the door to acute and chronic diseases. Health experts recommend an intake of at least 5 times more potassium than sodium. To reconstruct healthy cells, we must replenish potassium levels in the body. Supplementing with natural, specially formulated potassium such as **K-Salt** is the perfect antidote for poor health.
4. **Manage stress.** Stress has been noted as one of the causes in the development of autoimmune disease. Unfortunately, not only does stress cause disease, but the disease itself also causes significant stress, creating a vicious cycle.
5. **Do coffee enemas regularly.** Substances in coffee promote the activity of the Glutathione S-Transferase (GST) enzyme by up to 700%. GST is an anti-oxidant that helps to prevent free radical damage and oxidative stress within the body. In addition, other substances in coffee dilate blood vessels and counter inflammation of the gut. **NewLife™'s Enema Coffee** is grown on the NewLife™ Organic Coffee Farm located in Sabah. The farm is certified organic by the Malaysian Ministry of Agriculture. Each individual tree-ripened bean is handpicked, then dried, roasted, ground, and packed by hand. A low heat, light roast helps retain high levels of caffeine, palmitic acids, antioxidants and other nutrients in order to maximise the health benefits of the coffee enema.

五种自然逆转自体免疫疾病的方法

1. **避免摄取含有麸质（谷蛋白）的饮食：**避免摄取含有麸质的食物。这种存在于小麦、斯佩尔特小麦、黑麦和大麦的蛋白质，与许多自体免疫疾病有关。如果要观察身体对麸质的不耐受程度，您可尝试在六十天内完全戒除麸质，然后再重新摄取。
2. **进行适合自己的营养保健计划。**基本上，我们都会鼓励患有自体免疫疾病的患者进行我们的营养保健计划。此保健计划包括**排毒与复健程序（DRP）**和**新生命健身养生计划（NHBP）**以及在期间摄取我们为客户个人健康状况所推荐的营养补充品。这营养保健计划将有助重建身体，恢复免疫系统的健康。它是一个完整的疗愈程序，目的在帮助您将身体所有废物和毒素排出体外，让您重建和恢复关于营养、荷尔蒙和代谢等方面的平衡，以达到身体可有效发挥自我修复、愈合的状态、给您一个全新的开始。
3. **少吃盐。**饮食中摄入过多的钠会加重和增加自体免疫疾病的症状。不幸的是，现代的饮食都是高钠高盐，结果消耗体内的钾存量，最终也导致急性和慢性的疾病衍生。健康专家建议钾的摄取量必须至少是钠的五倍。为了重建健康的细胞，我们必须补充身体的钾含量。摄取天然、独特配制的钾补充品如**新生命钾质**，是改善健康最有效的解决方法。
4. **调节应对压力。**压力已被证实是导致自体免疫疾病的其中因素之一。不幸的是，不单只是压力会造成疾病，而疾病本身也会明显地增加压力，形成一种恶性循环。
5. **定期进行咖啡灌肠。**灌肠咖啡中的物质可增加谷胱甘肽转移酶的活性功能高达700%。谷胱甘肽转移酶是一种抗氧化物，能防止身体受自由基损伤及减少氧化应激对健康的有害影响。此外，咖啡中的其他物质也具有扩张血管和抑制肠道的发炎情况的功能。新生命灌肠咖啡来自在沙巴的新生命有机咖啡园（获得马来西亚农业部发出的有机认证）。每一颗成熟的咖啡豆都是用手挑选，然后用手工进行烘干、烘烤、研磨及包装。低温、浅烘焙有助保存咖啡豆的咖啡因、棕榈酸、抗氧化剂和其他营养素的高含量，以发挥咖啡灌肠的最大的健康效益。



Note: If you have any questions with regards to nutrition and health, please email Leon Tan. His email address is leon@newlife.com.my.

备注：若您对有关营养与健康有任何疑问，请电邮至leon@newlife.com.my以咨询陈健良营养师。

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Combining proven therapies for detoxification, rejuvenation and wellness for anyone aiming to enhance their health.

Package includes:

1. 3 days, 2 nights accommodation at Kasih Sayang Health Resort with meals provided (therapeutic diet).
2. NewLife™ 6 Essentials nutritional supplement pack
3. 1 session Therapeutic Full Body Massage (60 mins)
4. 1 session Oxygen Therapy
5. 2 sessions Far Infrared Sauna
6. 2 sessions Coffee Enema
7. Health Assessment and Wellness Consultation
8. Return airport transfers



HIMC 3天更新排毒配套

**结合有效的排毒与复健养生疗法，
推荐给任何想要改善健康的人士。**

配套包括:

1. Kasih Sayang 度假村3天2夜的住宿，包括每日的饮食（健康治疗饮食餐）
2. 新生命六大要素的营养补充配套
3. 1次全身治疗性按摩（60分钟）
4. 1次有氧治疗
5. 2次远红外桑拿
6. 2次咖啡灌肠
7. 健康评估与会诊
8. 返回机场接送



Price per pax | 配套价格(每人):

RM3,599 nett 净价

RM3,999

(single occupancy | 单人客房)

RM3,329 nett 净价

RM3,699

(twin sharing | 双人房)

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Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP) is developed from years of research and experience — a complete programme combining both ancient and current methods of internal cleansing and rebuilding of the body.

The HIMC 7-day Therapeutic Package combines adjuvant medical nutrition therapy with the DRP for greater health benefit.

Package includes:

1. 7 days, 6 nights accommodation at Kasih Sayang Health Resort with meals provided (DRP diet).
2. NewLife™ 7-Day DRP Personal Pack with Enema Bucket set
3. Juices and drinks according to the DRP schedule
4. 2 sessions Coffee Enemas daily
5. 1 session Therapeutic Full Body Massage (60 mins)
6. 1 session Foot Reflexology (45 mins)
7. 1 session Far Infrared Sauna daily
8. 6 sessions Vitamin C Therapy (15 gm)
9. 6 sessions Oxygen Therapy
10. Health Assessment and Wellness Consultation
11. Return airport transfers

HIMC7天疗愈排毒配套

陈林希珠博士的排毒与复健程序 (DRP) 结合了多年的研究与经验: 一个集合传统与现代医疗智慧的完整程序以取得排毒与复健作用。

7天的疗愈排毒配套结合辅助医学营养治疗和排毒与复健程序, 以达到最佳的健康效益。

配套包括:

1. Kasih Sayang 度假村7天6夜的住宿, 包括每日的饮食 (排毒与复健养生餐)
2. 新生命7天排毒程序个人配套 - 附有灌肠桶
3. 依据排毒与复健程序日程表提供果汁与其他饮料
4. 每日2次咖啡灌肠
5. 1次全身治疗性按摩 (60分钟)
6. 1次足疗 (45分钟)
7. 每日1次远红外桑拿
8. 6次维生素C治疗 (15克)
9. 6次有氧治疗
10. 健康评估与会诊
11. 返回机场接送



Price per pax | 配套价格(每人):

RM9,675 nett 净价

RM10,750

(single occupancy | 单人客房)

RM8,775 nett 净价

RM9,750

(twin sharing | 双人房)

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Highlights

- 2 nights stay at Pan Pacific Hotel, Hanoi and 1 night stay on board cruise ship.
- Explore the city of Hanoi to shop and sample local cuisine.
- Get charged up with Gordon Sutton for a full day training and motivation session at Pan Pacific Hotel.
- 2 days, 1 night cruise - passing the Hot Cuong fishing village, exploring Halong Bay, Soi Sim Beach, and Coconut Tree Island and anchoring at the Dark & Bright Cave area.
- Explore Dark & Bright Cave by rowing bamboo boats with the locals or by kayak.
- Enjoy swimming and kayaking at Ho Dong Tien area.
- Cooking demonstration with chef to discover Vietnamese cuisine of traditional spring rolls.
- Sunset cocktails and dinner on board.
- Relax in the evening or enjoy a movie, squid fishing or spa services on board.

活动重点

- 两晚住宿河内泛太平洋大酒店和一晚住宿邮轮上。
- 遊遍河内市中心、购物和品尝当地美食。
- 在泛太平洋酒店接受戈登萨顿的全天培训和激励。
- 两天一夜邮轮游： 经过花疆渔村、探索下龙湾、赛辛岛海滩、椰子树岛以及锚泊在暗明洞区。
- 划竹船或独木舟，探索美丽的暗明洞穴。
- 在何东田区游泳和划独木舟。
- 与厨师一起烹饪，学习制作越南传统春卷。
- 在邮轮上欣赏日落、享受鸡尾酒及浪漫晚餐。
- 傍晚在邮轮上放松休息或观赏电影、钓鱿鱼或享受水疗服务。



Hanoi, Vietnam
9-12 November
11月9至12日
河内，越南



About the Trainer

Gordon Sutton is a senior trainer and executive coach based in Kuala Lumpur delivering trainings to a diverse range of companies and organizations throughout Asia. He has experience working with personnel from executive to board level, with a reputation for building close relationships and creating trust and rapport with his clients. In workshops he is effective at creating the right environment for maximum participation and learning by the participants, resulting in a significant impact from the programme's applicability once back in the work place.

Gordon brings to his training nearly 20 years of sales and management experience. He has worked on projects in UK, Australia, the Middle East and throughout Asia.

Over the past seven years Gordon has also been involved in Youth and Teacher Training and Development working in partnership with one of the world's leading youth training providers based out of the US. He has delivered high impact programmes focusing on real world skills including Leadership, Learning to Learn, Communication and Motivation across Asia.

关于培训导师

戈登萨顿是一名长驻吉隆坡的高级培训导师和高阶主管教练。他在亚洲各地为不同的企业和组织提供训练。他拥有与各阶层的人士包括执行人员到董事会一起共事的丰富经验，以容易与客户建立密切关系和建立信任与默契著称。工作坊中，他能有效创造一个合适的环境，让受训者可充分投入参与和学习，其目标是要受训者在训练结束回到工作岗位后能有效地学以致用。

戈登提供的培训建立在他近20年有关销售和管理的丰富经验。他曾在英国、澳洲、中东和整个亚洲国家共事合作过多种计划工程。

过去的七年里，戈登与世界顶尖的青年培训机构之一合作，参与了青年与导师培训和发展的工作。他提供了一些具高影响力的课程，专注于实际的世界技能，包括领袖训练、学习如何学习、有效沟通和激励等培训。

COMBINATION SKIN

System Balance

混合性肌肤 系统平衡系列

Combination Skin – System Balance Cleansing Gel

Removes dirt, excess sebum, impurities and makeup without irritating or drying the skin. At the same time witch hazel and chamomile strengthen the skin's resistance.

混合肌肤洁面液

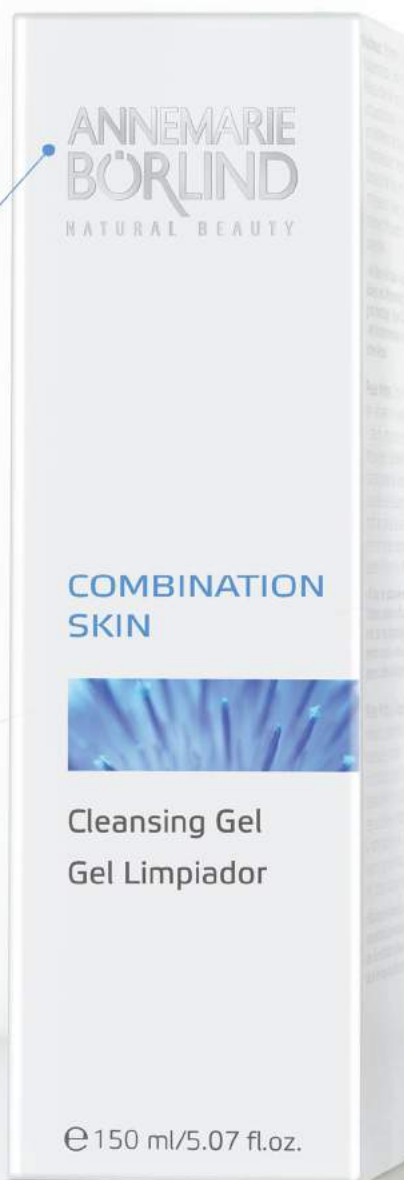
去除污垢、过多的油脂、杂质和卸妆。它不刺激皮肤、也不会导致肌肤干燥。含有金缕梅和洋甘菊，能增强皮肤的抵抗力。

Combination Skin – System Balance Facial Toner

An algae extract stabilises the sebum production of the skin and thus helps to prevent blemishes. An active complex of botanical ingredients binds excessive skin oils and gives a matte finish. Green tea actively protects the skin from aggressive environmental influences.

混合肌肤爽肤水

海藻提取物可稳定皮肤的皮脂分泌，从而有助于防止瑕疵问题。含有的活性植物成分可有效吸收过多的油脂，令肌肤清新爽洁。绿茶具有保护皮肤免受强烈环境因素损害的功能。



"Combination skin" is the most common skin type. General understanding of combination skin is skin that is dry or normal in certain areas and oily in others, such as the "T-zone", which are the nose, forehead, and chin areas. These oily areas tend to suffer from issues such as production of blackheads, open pores, dead skin cells, acne breakouts, or "shiny" skin, while the non-oily areas can be dry or sensitive. This leads to challenges in balancing the skin and meeting the needs of both the oily and non-oily areas.

However, the fact is that "Combination" skin is more than oily and dry zones – those are just the visible signs of skin that needs help regulating its cell turnover and lipid production everywhere. ANNEMARIE BÖRLIND's COMBINATION SKIN range, formulated with algae and green tea extracts, helps balance oil and hydrolipids so the skin regains its balance. The result? A smoother, more matte complexion, and refined pores.

混合性肌肤是最常见的肌肤类型。一般对混合性肌肤的理解是，脸部的某些部位比较干燥或正常，而有些部位如“T字区”，包括鼻子、额头和下巴，则比较油腻。这些油腻的部位常常会有黑头、毛孔粗大、角质层、暗疮或“油光满面”等问题，而其余的部位则比较干燥或容易过敏。这些问题造成在平衡皮肤和同时满足油性和非油性部位的需求充满挑战。

事实上混合性肌肤不单只是同时处理脸部油性和干性的问题——这些只不过是外在的症状，真正的根源问题是要调整整张脸的细胞修复和油脂生产。安玛莉柏林专门为混合肌肤设计的系统平衡系列，含有海藻和绿茶提取物配方，有助平衡皮肤的水分与油脂，恢复肌肤平衡状态，以打造更光滑、更均匀、毛孔紧致的肌肤。

● Combination Skin – System Balance Light Day Essence

This day fluid with sea algae extract, green tea and vitamin E normalises the skin and offers intensive protection. The moisturising micro-emulsion binds with the skin, thus offering a silky, matte complexion. Ideal as a base for makeup.

混合肌肤日用精华

这款日用精华液含有的海藻提取物、绿茶和维生素E可稳定及调理皮肤，提供肌肤深层密集保护。具保湿功效的微乳液与肌肤结合，使肌肤更显柔滑、粉嫩。是完美的底妆。

● Combination Skin – System Balance Night Cream

This new micro-emulsion for combination skin and/or oily skin supports the natural regeneration of the skin and offers non-greasy care with sea algae extract, green tea and a special protein complex.

混合肌肤晚霜

这新推出适合混合性皮肤或油性皮肤的微乳液，可提升皮肤的天然再生功能，其含有的海藻提取物、绿茶和特殊蛋白质复合物可提供无油腻的护肤功效。



In addition to the above, don't skip the following very important steps in your daily care routine:

Sunscreen — Often overlooked, sunscreen provides UVA and UVB protection against harmful UV rays. It is helpful for balancing the skin, preventing the formation of wrinkles which are signs of skin aging, and pigmentation.

Exfoliation — Gently exfoliate the skin 1-2 times a week. This helps to remove dead skin cells from the surface of the skin and allow better absorption of toner and moisturisers.

此外不要忽略了以下日常护肤保养的重要步骤：

防晒霜 - 大多数人经常都忽略了防晒的步骤。其实防晒霜可提供UVA和UVB保护，防止皮肤受到紫外线的伤害。它也有助于平衡皮肤，预防皱纹的形成，即皮肤老化和色素沉着的迹象。

去角质 - 每周去角质1至2次。这可帮助去除皮肤表面上的角质，让肌肤对爽肤液和润肤霜达到更好的吸收效果。

PROMOTION 促销活动

Purchase minimum
RM400 / S\$200
worth of any
Annemarie Börlind
product(s) and
enjoy instant
25% OFF.

购买任何
安玛莉柏林产品值
RM400 / S\$200
或以上，
即可享有
25%的优惠折扣。

Terms and Conditions

1. Promotion period from 1 September to 31 October 2017, or while stocks last.
2. Discounted items carry full PV and 50% BV.
3. All purchases must be on a single receipt.
4. Not valid with any other concurrent promotions or Quantity Discount.
5. NewLife™ reserves the right to amend or change the terms and conditions without prior notice.

条规与细则

1. 促销活动期限：2017年9月1日至10月31日，存货售完即止。
2. 优惠折扣产品带有完整的单位分数和50%的单位花红。
3. 所有采购必须在同一单据上。
4. 不可配合其他同期间的促销活动或数量折扣。
5. 新生命有权随时更改或修订促销活动的条规与细则，恕不另行通知。

MON

TUE

WED

THU

FRI

SAT

SUN

04

11

18

25

05

SG 新加坡

10.30^{am} - 12.00^{pm}

Kidney Health

肾脏健康

by Joanne Toh &

Lydia Ling (Silver Manager)

12

19

SG 新加坡

10.30^{am} - 12.00^{pm}

Daily Clean & Build

(in Chinese)

每日洁净排毒与

增进健康 (华语)

by Vivian Yap &

Sim Bee Hong (Manager)

26

06

13

20

27

07

SG 新加坡

7.30^{pm} - 9.30^{pm}

Beating Gout

战胜痛风

by Noah Tan &

Deborah Chew

14

SG 新加坡

7.30^{pm} - 9.30^{pm}

Bone Health

骨骼健康

by Zoe Tang & Doreen Goh

21

SG 新加坡

7.30^{pm} - 9.30^{pm}

Business Opportunity

Meeting

商机会议

by Lydia Ling

(Silver Manager)

28

SG 新加坡

7.30^{pm} - 9.30^{pm}

Natural Remedies for

Common Ailments

预防常见病的自然疗法

by Jovin Heng

01

Hari Raya Haji

(All offices closed)

08

15

22

Awal Muharram

(All Malaysia offices closed)

29

02

SG 新加坡

12.30^{pm} - 1.30^{pm}

Business Opportunity

Meeting

商机会议

by Zoe Tang

2.00^{pm} - 3.30^{pm}

Go Green & Glow with

Annemarie Börlind

绿色环保: 安玛莉柏林

让您容光焕发

by Vivian Yap & Joyce Chua

09

SG 新加坡

2.00^{pm} - 3.30^{pm}

Overcoming

Hormonal Imbalance

克服荷尔蒙失调

by Lydia Ling

(Silver Manager)

16

SG 新加坡

2.00^{pm} - 3.30^{pm}

Natural Remedies

for Common Ailments

预防常见病的自然疗法

by Foo Ming Jinn &

Abigail Moi

23

SG 新加坡

2.00^{pm} - 3.30^{pm}

Food That Feeds

吃出健康

by Suzi Moi (Manager) &

Joyce Chua

PJ 八打零再也

2.30^{pm} - 4.00^{pm}

Love Your Heart

爱您的心脏

by Jass Kwa (Nutritionist)

30

SG 新加坡

2.00^{pm} - 3.30^{pm}

Detoxification &

Rejuvenation

Programme (DRP)

排毒与复健程序

by Jeffrey Lim (Manager)

Yang Dipertuan

Agong's Birthday

(All Malaysia offices closed)

Malaysia Day

(All Malaysia offices closed)

03

10

17

24

OCTOBER 2017 | 2017年10月

MON	30	02	09	16	23
TUE	31 SG 新加坡 10.30am - 12.00pm Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 by Betty Lee & Joyce Chua	03 SG 新加坡 10.30am - 12.00pm Wholesome Breadmaking 健康面包制作 by Vivian Yap & Catherine Seow	10	17 SG 新加坡 10.30am - 12.00pm Natural Remedies for Common Ailments 预防常见病的自然疗法 by Deborah Lee & Joyce Chua	24
WED		04	11	18 Deepavali (KK/PJ/SG offices closed)	25
THU		05 SG 新加坡 7.30pm - 9.30pm Diabetes Prevention & Management 糖尿病管理及预防 by Zoe Tang & Doreen Goh	12 SG 新加坡 7.30pm - 9.30pm Daily Clean & Build 每日洁净排毒与增进健康 by Sim Bee Hong (Manager)	19 SG 新加坡 7.30pm - 9.30pm Eliminating Hidden Poisons in the Home 消除居家的潜在有毒物 by Suzi Moi (Manager) & Sim Bee Hong (Manager)	26 SG 新加坡 7.30pm - 9.30pm Business Opportunity Meeting 商机会议 by Zoe Tang
FRI		06	13	20	27
SAT		07 SG 新加坡 2.00pm - 3.30pm Go Green & Glow with Annemarie Börlind 绿色环保: 安玛莉柏林 让您容光焕发 by Sim Bee Hong (Manager) & Suzi Moi (Manager) PJ 八打零再也 2.00pm - 4.00pm The Secret of Beauty 美丽的秘诀 by Ivy Khoo (Beautician) Sabah Governor's Birthday (KK office closed)	14 SG 新加坡 2.00pm - 3.30pm Business Opportunity Meeting 商机会议 by Lydia Ling (Silver Manager) KK 亚庇 2.00pm - 4.30pm Workshop - Making Healthy Bread & Yoghurt 工作坊: 健康面包及酸乳酪制作	21 SG 新加坡 2.00pm - 3.30pm Food That Feeds 吃出健康 by Abigail Moi & Catherine Seow PJ 八打零再也 2.00pm - 4.00pm Detoxification & Rejuvenation Programme 排毒与复健程序 by Jass Kwa (Nutritionist) KUC 古晋 2.00pm - 4.30pm Autoimmune Disease 自体免疫疾病 by Leon Tan (Nutritionist)	28 SG 新加坡 2.00pm - 3.30pm Detoxification and Rejuvenation Programme (DRP) 排毒与复健程序 by Jeffrey Lim (Manager)
SUN	01	08	15	22	29



High Quality of Life

after surviving an aortic dissection attack

从主动脉剥离病变幸存下来后， 活出更高生命质量

On December 7, 2014, at 10:30pm, alone in my Wanchai flat, I experienced an aortic dissection. Many people think an aortic dissection is a kind of heart attack. It isn't. It is when the aorta, one of our major blood vessels bringing blood to and from the heart, ruptures. The internal layers of the aorta separate and the blood moves into empty cavities instead of going to the organs of our body. This is called "internal bleeding". Over 85% of people who have an aortic dissection die.

But I was one of the 15% who survived and there were many miracles that happened at that time. (To learn more about my miracle story, you can watch an interview I did with Dr. Peter Chai on YouTube. Just search for "Aortic Warriors, Cary Yurk", and you will find the interview sharing my miraculous recovery).

But the "miracle" has been continuing in a dramatic way since I attended the April 7-11, 2017 HIMC/NewLife™ Retreat at Kota Kinabalu, Sabah. I had been suffering from an undiagnosed lower abdominal pain for 18 months and an internal burning inflammation on my lower right back. I had scans and tests done to find the cause and nothing worked. Dr. Raymond Yuen, an old friend, introduced the retreat and encouraged me to attend. From the talks given by Dr. Lynn Tan and Dr. Yuen, I learned about detoxification and a diet that is more plant based. During my 5 days, after doing the coffee enema, taking the health drinks and other supplements and eating more healthily; 3 awesome changes occurred in my body: (1) I lost 8 pounds (about 3.6 Kgs); (2) I naturally passed a couple of gallstones and a lot of bile toxins (and on the same day the pains disappeared and 3 months later have not reoccurred); (3) My blood pressure dropped dramatically and Dr. Raymond encouraged me to stop taking or reduce the dosage of some medications that I had been taking.

Since the retreat, I have been implementing most of the personal nutrition plan given to me by Leon Tan. I even did a full one week Detoxification & Rejuvenation Programme (DRP) on my own in early May. I have experienced miraculous changes as God has blessed my daily detox discipline which includes a daily coffee enema, eating a more vegetarian diet, taking NewLife™'s nutritional supplements such as the 6 Essentials, CoQ10, Kelp, N. Zimes PA Plus, C Complex, Chromium Picolinate, etc., an intense daily exercise regime that includes swimming, gym workouts and 3km evening exercise walks.

I have lost 40 pounds (about 18 Kgs) and have reduced my medications from 18 to 3 tablets a day. And my blood pressure remains under control while I have reduced my medications. My pants waist size has dropped to 32" from 38" and I feel 20 years younger. I never dreamed that God had prepared me for such a high quality of life after surviving an aortic dissection attack.

Cary Yurk
Hong Kong

回想2014年12月7日的晚上10点半，当时我独自一人居住在湾仔的公寓，经历了一场心脏主动脉剥离的病变风暴。许多人认为主动脉剥离是心脏病病发的一种。其实不然。它是因负责输送血液进出心脏的主要血管（即主动脉）爆裂。主动脉内膜的分离致使血液流至空腔内，没有将血液输送到身体其他器官，这就是所谓的“内出血”。经历主动脉剥离的患者死亡率高达85%。

庆幸的是，我是那15%侥幸生存群，并且在那个时候许多意想不到的奇迹也发生了。（欲了解更多有关我的奇迹故事，您可到YouTube视频网站观看我与蔡彼得医生的访谈。只要搜索“抗主动脉战士-卡利约克”，您就可找到我分享奇迹康复的访谈视频）。

自从参加了由HIMC与新生命在2017年4月7至11日于沙巴哥打京那巴鲁联办的健康养生营后，我的“奇迹故事”犹如戏剧性的延续。我忍受了18个月之久的下腹疼痛，右下背部也感觉有烧灼感和发炎症状。我到医院进行扫描和测试，希望能找出患病原因，但可惜一直没有确诊的结果。后来，在老朋友袁泉芳医生的介绍和鼓励下，我参加了健康养生营。陈林希珠博士和袁泉芳医生的讲座确实让我了解更多有关排毒与复健的原理和一个以植物类为主的饮食习惯。在这五天里，我进行咖啡灌肠，吃得很健康，喝健康饮料及摄取其他营养补充品。我发现身体状况起了三大变化：第一，体重下降了8磅（约3.6公斤）；第二，自然排出了几个胆结石和大量的胆汁毒素（在同一天内疼痛消失了，三个月过后也没复发）；第三，血压大幅度下降，袁泉芳医生也鼓励我停止或减少服用之前摄取的一些药物。

健康养生营结束后，我持续遵循陈健良营养师推荐我的个人营养计划。我在5月初开始自行进行一个星期的排毒与复健程序（DRP）。感谢上帝赐给我自制力与纪律来进行一系列的每日排毒程序，如每日的咖啡灌肠、采取以植物为基础的饮食、服用新生命的营养补充品如六大要素、辅酶Q10、海藻宝、胰酶（植物）添加素、维他命C综合丸、有机铬等，以及每日进行剧烈运动，包括游泳、健身锻炼以及三公里健走运动等，我感觉到身体出现了许多奇迹般的变化。

我成功减掉了40磅（大约18公斤）的体重，也从每日服用的18粒药物减少至每日3粒。即使减少了降血压药的服用量，我的血压仍可保持在控制水平。我的腰围也从38寸减至32寸，我感觉自己好像年轻了20岁。我做梦也没想到，从主动脉剥离病变幸存下来后，上帝又让我再重新生命，过着更高质量的美好生活。

卡利约克
香港