

LifeLine

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SEPTEMBER & OCTOBER 2021

PP 12933/09/2013 (032866)

Protect Yourself from

Blue Light

Damage!

保护自己免受

蓝光

的伤害!

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What You Eat Affects Your

Immunity

您的饮食会影响您的

免疫力

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22 LIFEHACKS WITH

CASTOR OIL

22个使用蓖麻油

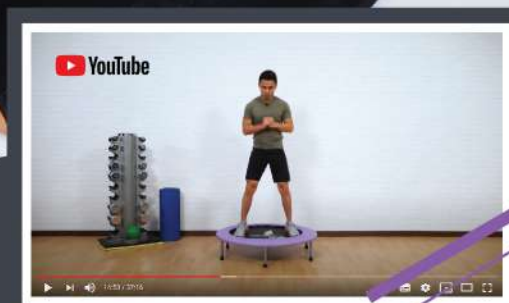
的生活技巧

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Check out our new Rebounder Workout videos!

看看新生命全新弹跳床训练视频! Pg15 第十五页





OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

JUNE-JULY 2021
2021年6月至7月

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MANAGERS

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TOO FOONG YING (HELEN)
MICHAEL CHONG TZE-AUN
CHIA SUIT LING
MABEL TEO SIOK GEK
CHONG WEE HOON (VIVIEN)
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LIM MEE ING
CHOW HUI YAN
SAW EWE KIM
SIM BEE HONG
LIM WAI YING
SUZI MOI-QUEK
MAELODEE CHONG TZE-YUIN

21% ACHIEVERS

JUNE & JULY 2021

IRENE CHONG CHUAY PENG

JUNE 2021

TAN LEE KENG (LILY)

18% ACHIEVERS

JUNE 2021

CHONG KIM MOI
WONG MUI CHOO (KELLY)

TEH CHING YEE

SO SUE YI REGINA

JULY 2021

TAN LEE KENG (LILY)

15% ACHIEVERS

JUNE & JULY 2021

NEOH BEE LEE
POON YOKE CHUN

SYARIKAT ADIL

MOI YAN LIN ABIGAIL

JUNE 2021

CHEN KIM LING
LING YOUNG HOON

TANG LI LI SALLY

CHUA PHUAY KHOON

JULY 2021

CHONG KIM MOI

CHONG SUIT LING

WONG MUI CHOO (KELLY)



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What You Eat Affects Your Immunity

您的饮食会影响您的 免疫力



"You Are What You Eat" is a phrase that most of us would have heard before.

Interestingly enough, this phrase was first used 195 years ago by French author Anthelme Brillat-Savarin when he coined the phrase: "Tell me what you eat and I will tell you what you are" in his book *Physiologie du gout, ou, Méditations de gastronomie transcendante...*

In a literal sense, it is quite true that 'you are what you eat' because the food that we eat does play a pivotal role in our health and affects our immune system especially.

The Immune System—Protector of the Body

The immune system's role is to identify and destroy foreign or otherwise harmful material within the body. The immune system is unlike other bodily 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 infection and disease.

All of the viruses and bacteria that infect the body are handled by the immune system, so to protect ourselves, especially during the current pandemic, it is crucial to have a strong immune system.

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

Many elements of the environment we live in today compromise our immune systems' 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 the 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, places undue demands on the endocrine system, and depletes the body of needed nutrients. The result is impaired healing ability and lowered defence against infection.

Does Diet Affect the Immune System?

The dietary choices that we make can directly influence our immune system for better or worse. Unhealthy eating patterns have links to increased risks of disease, allergies, and impaired immunity.

An unhealthy diet consists of heavily processed foods that are high in calories and low in nutrients. This diet is often low in protective foods such as vegetables and fruits and thus has strong links to an increased risk of diseases. Additionally, a deficiency of nutrients can also affect immunity. Nutrient deficiencies are more common in those consuming heavily processed diets low in nutrients dense foods.

大多数人都应该听过“人如其食”这句话吧！

有趣的是，这句话最早出自于195年前一名法国作家——布里亚·萨瓦兰在其著作《味觉生理学》中写出的“告诉我您吃什么，我就会告诉您您是什么”。

从字面意义上来看，“人如其食”这句话确实很有道理。我们所摄取的食物对我们的健康起着很重要的作用，尤其是对我们免疫系统的影响。

免疫系统—身体的保护者

免疫系统的作用主要是识别与摧毁体内的外来异物或其他有害物质。免疫系统不像其他体内系统，它不是一组物理结构；而是一个涉及许多不同器官、结构和物质相互联系，复杂的系统。理论上，这些组织相互作用，保护身体免受感染和疾病。

所有入侵人体的病毒和细菌都由免疫系统处理。因此，为了保护我们自己，尤其是在当前的疫情期间，拥有一个强大的免疫系统是非常重要的。

令人惊讶的是，免疫系统只有在被照顾周全时，才能有效正常地工作。这意味着我们应该摄取正确的营养、提供适宜的环境，并避免一切将造成免疫力降低的事物。

然而，我们现今生活环境中的许多事物都能损害我们免疫系统的防御能力。家用清洁剂内的化学物质；滥用抗生素和一些药物；吃的食物中所含的防腐剂、杀虫剂和添加剂；暴露在环境污染物中——通通都会对免疫系统造成压力和损伤。

此外，另一个会对免疫系统产生负面影响的因素就是精神压力。紧张压力往往会抑制白血球的正常运作、使内分泌系统失调及消耗身体所需的营养，最后导致愈合能力受损，降低身体对抗感染的防御能力。

饮食会对免疫系统造成影响吗？

我们所做的饮食选择可以直接影响我们的免疫系统的好坏。不健康的饮食模式会增加我们患上疾病、过敏或是免疫力受损的风险。

含高卡路里且低营养的重加工食品通通都属于不健康饮食。这些食物之所以与患病风险的增加有很强的联系，是因为它们通常都缺乏保护性食品如蔬菜和水果。不仅如此，营养不足还会影响我们的免疫力。那些营养不良的人通常都习惯食用重加工食品，而这些食物通常营养含量很低。

In contrast, a healthy diet that is rich in whole foods, such as vegetables, fruit, nuts, legumes, and seafood, and low in heavily processed foods can reduce disease risk and promote immunity. Consuming whole foods will provide the body with the appropriate amounts of nutrients.

The interaction between diet and immunity is highly complex, and scientists are still learning how the food we eat impacts the immune system.

Reducing the Body's Inflammatory Response

The way an unhealthy diet can negatively affect immunity is by promoting inflammatory responses of the immune system. These inflammatory responses, caused by unhealthy foods or foods that you are even mildly intolerant or allergic to, weaken the immune system by taking up resources that should be used for defending the body against pathogens. Over time, they can also cause additional allergic reactions or even autoimmune problems where the immune system is hyperactive and triggered for the wrong reasons, attacking the body's own cells, resulting in more inflammation.

Hence, the decisions that we make in our food choices should aim towards reducing inflammatory response.

Below are the common culprits that raise inflammation. If we consume these regularly, our body will gradually transition into a state of chronic inflammation. So, try your best to avoid these foods:

- fried foods
- refined flours
- refined sugars
- hormone- and antibiotic-laden animal products
- synthetic sweeteners
- artificial food additives
- oxidized cholesterol (cholesterol that has gone rancid, such as that from overcooked food)
- foods cooked at high temperatures, especially if cooked with vegetable oil (such as peanut, corn, and soy)
- trans fat: margarine, vegetable shortening, and all products listing them as ingredients or made with partially hydrogenated oils of any kind.

Simple Tips to Improve Your Immune System

Eat healthy:

A healthy diet is important for maintaining a strong immune system. Fruit and vegetables should comprise 50% of our daily diet while avoiding or limiting the foods mentioned in the above section as much as possible.

Drink water:

Staying hydrated has positive effects on our immune system. Distilled water, fresh fruit and vegetable juice made using the **Alpha Juicer**, and herbal teas like **VitaTea** are just a few suggestions.

Overhaul your body with Dr. Lynn's Detoxification & Rejuvenation Programme (DRP):

The DRP is designed to detoxify and rebuild cells in order to improve immunity.

Kick the butt and bottle:

Avoid smoking and alcohol will go a long way in maintaining a healthy immune system, as they are both sources of toxins and inflammation.



相比之下,一个富含全天然食品(如蔬菜、水果、坚果、豆类、海鲜),低重加工食品的健康饮食可以帮助提升免疫力,并降低患上疾病的风险。此外,食用全天然食物会为身体提供足够的营养。

饮食和免疫力之间的相互作用极其复杂。科学家至今仍在研究我们所吃的食物是如何影响我们的免疫系统。

减少身体的炎症反应

不健康饮食通过引发免疫系统的炎症反应对我们的免疫力造成负面的影响。这些由不健康食品或一些您轻度不耐受或过敏的食物所造成的炎症反应,将占用身体原本应该消耗用于抵抗病原体的资源,导致您的免疫系统削弱。长期下来,这些炎症反应也可造成更严重的过敏反应或是自身免疫问题,进而导致免疫系统过度活跃,并因错误原因被触发,攻击身体自身细胞,最后引发更多的炎症。

因此,我们在选择食物时,应该以降低炎症反应为目标。

以下是引起炎症的常见罪魁祸首。如果我们经常食用这些食物,我们的身体将逐渐转变成慢性炎症的状态。所以,尽量避免这些食物:

- 油炸食品
- 精制面粉
- 精制糖
- 富含激素和抗生素的动物产品
- 合成甜味剂
- 人工食品添加剂
- 氧化胆固醇(变臭的胆固醇,如来自过度烹饪的食物的胆固醇)
- 在高温下烹调的食物,尤其是用了植物油(如花生,玉米,还有大豆)
- 反式脂肪:人造黄油,蔬菜起酥油和所有用部分氢化油制成的产品。

改善免疫系统的简单方法

健康饮食:

健康的饮食对保持强大的免疫系统很重要。水果和蔬菜应占日常饮食的50%,同时尽量避免或限制上述食物。

多喝水:

保持水分对我们的免疫系统有积极的影响。多喝蒸馏水、用**奥发绿汁机**榨取的新鲜果菜汁,以及像**维达健康茶**这一类的花草茶。

进行陈林希珠博士的在排毒与复健程序(DRP)大修身体:

DRP旨在排毒和重建细胞,以提高免疫力。

戒掉烟酒:

避免吸烟和饮酒对保持健康的免疫系统大有帮助,因为它们都是毒素和炎症的来源。

Supplements to boost your immunity:

- **NewLife™ Super Green Food ++** and **Spirulina** are concentrated sources of vitamins, minerals, amino acids, enzymes, chlorophyll, and powerful antioxidants that help to reduce inflammation and strengthen immunity.

A sign that a food is rich in antioxidants is its colour. Deep coloured foods are rich in antioxidants and provide a convenient source of nutrients that fight to repair cells damaged by inflammation. Dragonfruit, beetroot, and blueberries are prime examples.

- **NewLife™ Collasta** contains a generous amount of astaxanthin, a super antioxidant extracted from red algae, and other ingredients such as hydrolysed marine collagen, grapeseed extract, green tea extract, pine bark extract, lycopene, and mangosteen extract. Astaxanthin has an antioxidant capacity up to 550 times stronger than vitamin E and 40 times stronger than beta-carotene.

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.

- **NewLife™ N.Zimes PA Plus™**, which contains a complete spectrum of enzymes including bromelain. Bromelain is a powerful digestive enzyme that helps regulate the immune response and prevent unwanted inflammation.
- **NewLife™ Extra Virgin Coconut Oil** is cold-pressed and naturally processed from freshly harvested organic mature coconut. In many recent studies, the lauric acid in virgin coconut oil reduces inflammation in cells. One to two spoonfuls of virgin coconut oil a day goes a long way.
- **NewLife™ Omega Gold Flaxseed Oil** assures the highest quality oil extracted from organically grown flax seeds using a cold-press process that eliminates the damaging effects of light, oxygen, and heat.

Flaxseed oil is one of the best sources of natural Omega-3. Most people suffer from a deficiency of the Essential Fatty Acids (EFAs) contained in flaxseed oil. EFAs are necessary fats that humans cannot synthesize and must be obtained through diet. EFAs support the cardiovascular, reproductive, immune, and nervous systems.

- **NewLife™ Garlic & Parsley**
Garlic is considered as an anti-inflammatory superstar. Organosulfur compounds derived from garlic may lower the production of substances in the blood that boost inflammation. Regular intake of garlic may help promote healthy digestion as well.
- **NewLife™ C Complex**
Vitamin C is popularly known as an antioxidant that is beneficial to the immune system. This essential vitamin also aids in digestion by supporting healthy teeth and gums and helps the body absorb iron.

可以提高免疫力的保健品:

- **新生命超级绿食品和螺旋藻**是维生素、矿物质、氨基酸、酶、叶绿素和强大的抗氧化剂的浓缩来源，有助于减少炎症和增强免疫力。

食物富含抗氧化剂的一种标志是它的颜色。深色食物富含抗氧化剂，提供了一种方便的营养来源，可以修复被炎症破坏的细胞。火龙果、甜菜根和蓝莓就是最好的例子。

- **新生命康丽达胶原红藻**含有丰富的虾青素，一种从红藻中提取的超级抗氧化剂，及其他成分例如水解海洋胶原蛋白、葡萄籽精华、绿茶精华、松树皮精华、番茄红素及山竹果精华等。虾青素的抗氧化能力比维生素E强550倍，比β-胡萝卜素强40倍。

抗氧化剂有助于减少和控制体内的炎症，从长远来看有助于预防疾病、促进健康，从而提高整体良好感觉。

- **新生命胰酶（植物）添加素**含有广泛的微生物酶，其中包括菠萝蛋白酶。菠萝蛋白酶是一种强大的消化酶，有助于调节免疫反应，防止不必要的炎症。
- **新生命特级初榨纯椰子油**经有机认证，从新鲜采摘的成熟椰子中冷榨提取。近来，许多研究都显示，初榨椰子油中的月桂酸能作为镇痛剂与消炎剂，减少细胞中的炎症。每天饮用一到两汤匙，受益无穷。

- **新生命奥美加黄金亚麻籽油**是在无光、无氧、不加热，没有破坏性的影响下，通过冷榨技术从天然有机金亚麻籽中萃取的，绝对是最高质量的亚麻籽油。

亚麻籽油是最好的天然奥美加3的来源之一。大多数人缺乏亚麻籽中所含的必需脂肪酸。脂肪酸支持人们的心血管、生殖、免疫及神经系统。但是人体无法合成必需脂肪酸，必须通过饮食获取。

- **新生命蒜与欧芹油**
大蒜被认为是抗炎的超级明星。从大蒜中提取的有机硫化化合物可降低血液中促进炎症的物质的产生。经常摄入大蒜也有助于促进健康的消化。

- **新生命维他命C缓释综合丸**
维生素C是一种抗氧化剂，对免疫系统有益。这种必要的维生素还有助于消化，支持健康的牙齿和牙龈，并帮助身体吸收铁元素。

In a nutshell, some foods can trigger inflammation and raise your risk of chronic disease, while some foods can reduce inflammation and heal your body—every bite counts. Start moving towards a healthier diet and stronger immune system today!

简而言之，一些食物会引发炎症并增加患慢性疾病的风险，而一些食物可以减少炎症并治愈身体，每一口都很重要。从今天开始养成健康的饮食习惯吧！



22 LIFEHACKS WITH CASTOR OIL

22个使用蓖麻油的生活技巧



If you are searching for an affordable, multi-purpose oil to keep in your home, castor oil is an excellent choice!

Castor oil is extracted from the seeds of the *Ricinus communis* plant, naturally found in Africa, India and South America. Today, India is the largest producer and exporter of castor oil globally, responsible for almost 83.65% of total exports.

Castor oil is loaded with ricinoleic acid (a potent antioxidant), Vitamin E, proteins, minerals and has antifungal and antibacterial properties that make it virtually a cure-all for anything that ails you. Castor oil has been used for thousands of years and it is still trending today!

How to Use Castor Oil?

1. A Natural Laxative

One of the best-known medicinal uses for castor oil is as a natural laxative to relieve temporary constipation. It increases the movement of the muscles that push material through the intestines, helping clear the bowels. The laxative effect works quickly—within two to six hours—so do not take it right before bed!

One study found that when older people took castor oil, they experienced decreased symptoms of constipation, including less straining during bowel movement and lower reported feelings of incomplete bowel movements.

Although it can be used to relieve occasional constipation, castor oil is not recommended as a treatment for chronic constipation. To maintain healthy bowel movement, drink plenty of water (at least eight glasses per day), eat more fresh fruit and fibre-rich foods, or take a fibre supplement such as **NewLife™ Herbal Klenz Powder**.

As castor oil is used by medical professionals to induce birth, women at all stages of pregnancy should avoid consuming castor oil.

2. Anti-aging Moisturiser for Healthy Glowing Skin

The ricinoleic acid found in castor oil is a potent antioxidant that protects the skin from free radicals that cause collagen damage and wrinkles. In addition, the fatty acids in castor oil work to hydrate and soothe your skin from any irritation. It also works as an emollient, smoothing flaky skin and making it feel softer. It can also provide a barrier on the skin and lock in moisture, promoting moisture retention.

It is a natural alternative to store-bought moisturisers and lotions. Many popular skincare products contain chemicals, preservatives, perfumes, which could irritate the skin and harm your overall health in the long run.

Swapping out these products for castor oil can help reduce your exposure to these additives. Besides, it can be used for the whole body and face.

正在寻找一种价格实惠，多用途的油？蓖麻油是一个很好的选择！

蓖麻油是从蓖麻的种子中提取的，天然产于非洲、印度和南美洲。今天，印度是全球最大的蓖麻油生产国和出口国，占总出口量的83.65%。

蓖麻油富含蓖麻油酸（一种有效的抗氧化剂）、维生素E、蛋白质、矿物质，并具有抗真菌和抗菌的特性，使其几乎成为任何疾病的万灵药。蓖麻油已经被使用了数千年，今天仍然流行！

如何使用蓖麻油？

1. 天然泻药

蓖麻油最著名的药用用途之一是作为一种天然的泻药来缓解暂时的便秘。它通过增加肠道的肌肉运动推动物质，帮助清理肠道。它的通便作用在两到六小时内迅速发挥作用，所以不要在睡前服用！

一项研究发现，老年人服用蓖麻油后，他们的便秘症状有所减轻，包括减少排便时的紧张感和排便不完全的感觉。

虽然蓖麻油可以用来缓解偶尔便秘，不推荐用它作为治疗慢性便秘。如果想要保持健康肠道，那应该喝大量的水（每天至少八杯水），多吃新鲜水果和富含纤维的食物，或服用纤维补充剂，如**新生命草本净化粉**。

由于蓖麻油被医疗专业人员用于引产，处于怀孕各个阶段的妇女都应避免食用蓖麻油。

2. 抗衰老润肤剂—令肌肤散发健康气息

蓖麻油中的蓖麻油酸是一种有效的抗氧化剂，可以保护皮肤免受自由基的伤害，自由基会导致胶原蛋白受损和产生皱纹。此外，蓖麻油中的脂肪酸能保湿并舒缓皮肤免受任何刺激。它也能润肤、平滑剥落的皮肤，让皮肤感觉更柔软。它还可以为皮肤提供一个屏障，锁住水分，促进保湿。

它是商业润肤霜和乳液的天然替代品。许多受欢迎的护肤品都含有化学物质、防腐剂、香水，这些物质会刺激皮肤，从长远来看会损害整体健康。

用蓖麻油代替这些产品可以帮助您减少接触这些添加剂。此外，它可以用于全身和面部。

3. Shiny, Healthy Hair

Castor oil is the elixir for healthy scalp and healthy hair. Use it as a natural hair conditioner to lubricate, coat and condition hair strands to improve smoothness and shine. Hair becomes much less brittle, so there is less breakage.

Castor oil may also benefit those who experience dandruff due to its anti-inflammatory properties.

4. Makes Hair Grow

Castor oil increases blood flow to the scalp, supplying valuable nutrients to hair follicles, thus promoting natural hair growth. If you have balding areas on your scalp or you want thicker hair, or wish for thicker eyebrows or eyelashes, castor oil works wonderfully.

5. Promotes Wound Healing

Castor oil can also relieve the pain from scratches and other abrasions and help them to heal quickly. Applying castor oil to wounds creates a moist environment that stimulates tissue growth so that a barrier can be formed between the wound and the environment, decreasing the risk of infection.

6. Relieves Skin Inflammation

Castor oil has both pain-relieving and anti-inflammatory properties, thus helping skin disorders like psoriasis and eczema by alleviating their symptoms and reducing flare-ups.

Again, it is a natural, healthier alternative compared to most body creams which come with preservatives, chemicals, and fragrance.

7. Gets Rid of Dark Circles and Tired Eyes

From a stressful lifestyle to lack of sleep, hormonal changes to genetics, many things can lead to dark circles under the eyes, and they can become permanent if neglected for too long! Give castor oil a try, it can help to fight dark circles or soothe the tiredness around your eyes.

8. Acne Treatment

Acne is most common in teens and young adults and can negatively impact self-esteem.

Castor oil decreases the inflammation from the acne and kills bacteria, which helps the acne to clear up. Put it on affected areas before you go to bed, and you will notice a drastic improvement when you wake up in the morning.

9. Healthy Lips

Castor oil does wonders for dry and cracked lips. If you did not already know, castor oil is added to many lip remedies you buy over the counter! You can rub a bit on your lips, and it will help heal cracks and prevent further chapping.

10. Fights Candida

Candida albicans is a type of fungus that commonly causes dental issues like plaque overgrowth, gum infections, and root canal infections. Castor oil has antifungal properties and may help fight off Candida, keeping the mouth healthy.

Castor oil may also help treat denture-related stomatitis, a common issue in older adults who wear dentures. A study found that brushing with and soaking dentures in a solution containing castor oil leads to significant reduction in Candida in older adults who wore dentures.

3. 光泽亮丽的头发

蓖麻油是健康头皮和头发的灵丹妙药。用它作为天然护发素，润滑，涂层和护理发丝，提高顺滑和光泽。头发变得不那么易脆碎，所以也就少了一些断折。

由于它的抗炎特性，蓖麻油也可以治疗头皮屑。

4. 促进毛发生长

蓖麻油增加头皮的血液流动，为毛囊提供宝贵的营养，从而促进头发自然生长。如果有秃顶，或者想要更浓密的头发，又或者想要更长更厚的眉毛或睫毛，蓖麻油可以解决您的问题。

5. 促进伤口愈合

蓖麻油还可以减轻抓痕和其他擦伤造成的疼痛，帮助它们更快地愈合。在伤口上涂抹蓖麻油可以制造一个湿润的环境，刺激组织生长，从而在伤口和环境之间形成屏障，减少感染的风险。

6. 缓解皮肤炎症

蓖麻油具有止痛和消炎的特性，因此有助于缓解牛皮癣和湿疹等皮肤疾病的症状和减轻发作。

与大多数含有防腐剂、化学物质和香味的身体乳霜相比，蓖麻油是一种天然、更健康的替代品。

7. 消除黑眼圈，舒缓疲惫的眼睛

从紧张的生活方式到睡眠不足，从荷尔蒙变化到基因，很多因素都会导致黑眼圈，如果忽视太久，它们会变成永久性！试试蓖麻油，它可以帮助对抗黑眼圈或缓解眼睛周围的疲劳。

8. 痘痘护理

青春痘在青少年和年轻人中最常见，可对自尊心造成负面影响。

蓖麻油有助于减少青春痘引起的炎症，杀死细菌，从而帮助清除青春痘。睡前将它涂在患处，早上醒来时，您会发现显著的改善。

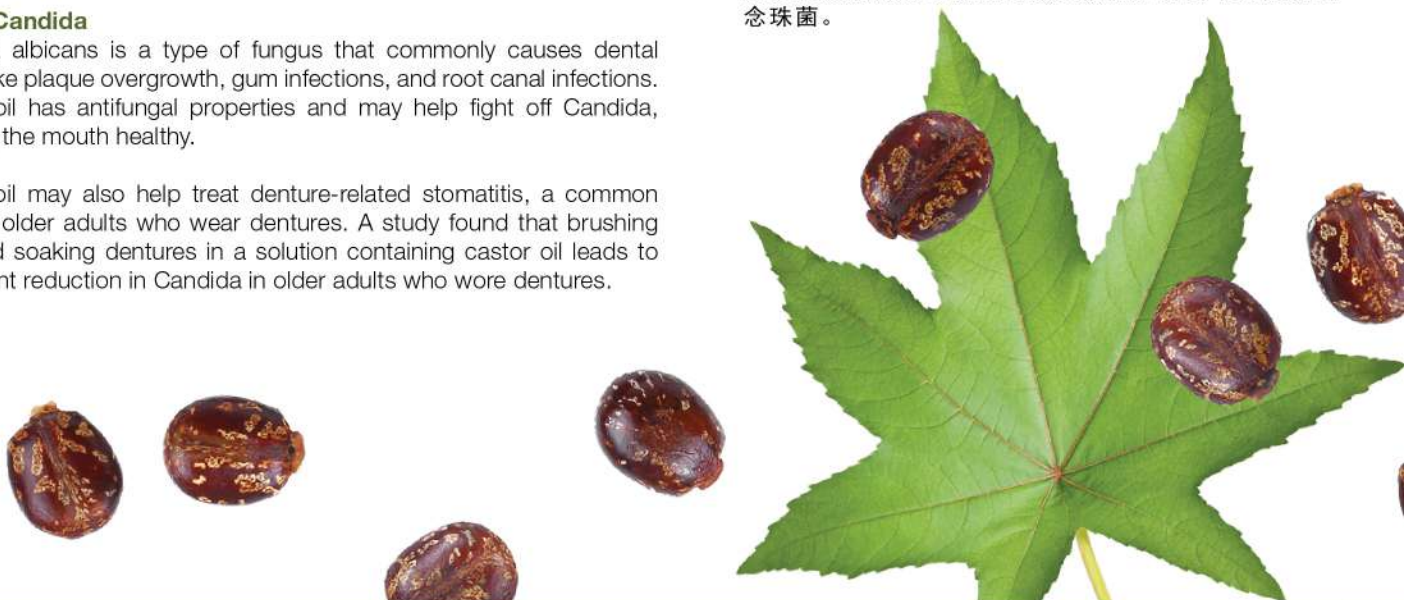
9. 美丽健康的嘴唇

蓖麻油对干裂的嘴唇有奇效。如果您还不知道的话，许多柜台销售的护唇膏都含有蓖麻油！擦一点在嘴唇上，它会帮助愈合裂缝，防止嘴唇进一步开裂。

10. 抗念珠菌属

白色念珠菌是一种真菌，通常会导致牙菌斑过度生长、牙龈感染和根管感染等牙齿问题。蓖麻油具有抗真菌特性，可以帮助对抗念珠菌，保持口腔健康。

蓖麻油也可以帮助治疗假牙相关的口腔炎，这是戴假牙的老年人的常见问题。一项研究发现，用含有蓖麻油的溶液刷牙和浸泡假牙可以显著减少戴假牙的老年人感染上念珠菌。



11. Arthritis Pain Reliever

Massaging castor oil into achy joints will give you a bit of relief from the pain of arthritis. You can mix castor oil with enough turmeric to make a paste and then rub it into your joints.

12. Relieves Sore Muscles

Castor oil is excellent for alleviating sore muscles. Just apply it directly to the painful area and then massage for as long as you like. It is great as a general massage oil even if you do not have sore muscles, its Vitamin E content is fantastic for your skin.

13. Prevents Stretch Marks

Rubbing castor oil into the skin can help to improve elasticity and prevent stretch marks caused by pregnancy.

14. Cures Calluses, Corns, Ringworm, and Fungal Ailments

Castor oil applied directly to calluses and corns can help alleviate the pain and swelling they cause and ultimately make them disappear. This may take a few applications but it definitely works. It also works great at curing ringworm and other fungal ailments.

15. Insomnia Treatment

Castor oil helps cure your sleepless nights. Just rub a bit on your eyelids before you retire for the night, making sure to not get any in your eyes. The castor oil will help to bring about a peaceful night's sleep, and you will wake up refreshed in the morning.

16. Alleviates Colic in Babies

Warm a bit of castor oil by rubbing it in your hands and then gently massage the baby's belly area. This will help alleviate the pain of gas and other tummy troubles in your infant and help them sleep without causing any adverse side effects like many over-the-counter medications.

17. Haemorrhoids Treatment

Castor oil works great for shrinking haemorrhoids and alleviating the pain and itching that they cause. Note that this really only works for haemorrhoids that are outside the body.

18. Beautiful Nails

Massaging just a small amount of castor oil into your cuticles, on your fingernails and toenails each day for a couple of months will give you long, healthy and beautiful nails.

19. Removes Warts and Skin Tags

Castor oil can be used to remove unsightly warts and skin tags. Apply the oil to the wart or skin tag every day for a few weeks, and you should begin to see them disappear.

20. Lubricates Scissors, Grinders and Door Hinges

Castor oil makes a great lubricant for scissors, grinders and appliances. Because it actually can be ingested, it is much better for use on metals that touch food than other lubricants that should not be ingested. It works for door hinges too.

21. Perks Up Your Plants

If your plants seem to be a bit lifeless, a mixture of castor oil will perk them right up.

Castor oil can also be used as a safe, non-toxic natural herbicide and pesticide. So be garden smart, use castor oil in your garden without having to worry about the potential side effects that commercial formulas may cause to your children, pets or the environment.

22. Insect Repellent

You can also use castor oil as a safe, natural, non-toxic insect repellent.

11. 减轻关节炎疼痛

用蓖麻油按摩疼痛的关节会减轻关节炎疼痛。可以把蓖麻油和足够的姜黄混合成糊状，然后搓摩在关节上。

12. 缓解肌肉酸痛

蓖麻油对缓解肌肉酸痛非常有效。把它直接涂在疼痛的部位，然后按您喜欢的时长按摩。它是一种通用的按摩油，即使没有肌肉酸痛，它的维生素E含量对您的皮肤有神奇的作用。

13. 预防妊娠纹

将蓖麻油涂抹在皮肤上可以帮助改善皮肤弹性，防止妊娠引起的妊娠纹。

14. 治疗老茧，鸡眼，癣和真菌疾病

直接将蓖麻油涂在老茧和鸡眼上可以帮助缓解它们引起的疼痛和肿胀，最终它们会消失。这可能需要做上几次，但它绝对有效。它也能很好地治疗癣和其他真菌疾病。

15. 治疗失眠

蓖麻油有助于治愈失眠。晚上睡觉前在眼睑上擦一点蓖麻油，确保不要弄到眼睛里。蓖麻油将有助于带来一个宁静的夜晚睡眠，使您第二天早上醒来精神焕发。

16. 缓解婴儿腹胀绞痛

在手掌上滴一些蓖麻油，然后搓手使油暖和，接着轻轻按摩宝宝的腹部。这将有缓解宝宝的气痛和其他肚子问题，并帮助他们入睡。这种方法是安全的，不像许多会引起不良副作用的非处方药。

17. 治疗痔

蓖麻油对缩小痔疮和减轻由痔疮引起的疼痛和瘙痒有很大的作用。注意，这只对体外的痔疮有效。

18. 美指甲

持续几个月每天用少量蓖麻油按摩指甲和脚趾甲，让您的指甲长长、健康、漂亮。

19. 去除疣和皮垂

蓖麻油可以用来去除难看的疣和皮垂。每天将蓖麻油涂在疣或皮垂上，持续几周，您会开始看着它们消失。

20. 润滑剪刀，研磨机和门铰链

蓖麻油是剪刀，研磨机和器具的很好的润滑剂。因为蓖麻油实际上是可以食用的，所以用它于接触食物的金属上比其他不应该被摄入的润滑剂要安全得多。它也可以润滑门铰链。

21. 让植物旺盛、充满活力

如果您的花园看起来有点死气沉沉，一种蓖麻油的混合物可以给您的植物带来生机。蓖麻油还可作为一种安全、无毒的天然除草剂和杀虫剂。所以，在您的花园里使用蓖麻油，不必担心化学商业产品对孩子的孩子、宠物或环境所可能带来的潜在副作用。

22. 驱虫剂

蓖麻油可以作为一种安全、天然、无毒的驱虫剂。



Uses 用途	Directions 使用说明
<p>Detoxify your stomach or treat constipation 胃排毒或治疗便秘</p>	<p>Do this on an empty stomach in the morning. Add 2 table-spoons of castor oil to a glass of fresh juice, mix and drink up fast. Wait for half an hour, have one glass of warm water. 早上空腹喝。在一杯新鲜的果汁中加入2汤匙的蓖麻油，混合后快速饮用。等半个小时后，再喝一杯温水。</p>
<p>Anti-aging, ultra-hydrating moisturiser for face and body 脸部和身体的终极抗衰老保湿品</p>	<p>Mix castor oil and coconut oil in a 1:1 ratio. Suitable for all ages. 将蓖麻油和椰子油按1:1的比例混合。适合所有年龄。</p>
<p>Shiny, healthy hair 光泽亮丽的头发</p> 	<p>Apply the castor oil onto hair ends two to three times a week as hair conditioner for shiny, healthy hair. If you have dry scalp or dandruff, rub a little castor oil into the scalp and massage it. Leave this for 1-2 hours or overnight and rinse with a gentle shampoo. Balding or desire thicker hair? Massage a bit of castor oil into the affected area for about 6 minutes every day to promote natural hair growth. 每周将蓖麻油涂抹在发梢两到三次，作为护发素，使头发健康有光泽。 如果头皮干燥或有头皮屑，擦一点蓖麻油在头皮上按摩。放置1-2小时或过夜，然后用温和的洗发水冲洗。 如果秃顶还是想要更浓密的头发，每天将一点蓖麻油按摩到有问题的部位约6分钟，促进头发自然生长。</p>
<p>Longer, thicker eyebrows and lashes 更长、更厚的眉毛和睫毛</p>	<p>Rub a couple of drops of castor oil between fingers to warm it up and then massage the oil along your eyebrows. You can also dip a mascara spoolie in castor oil and gently brush up your lashes. 在手指间滴几滴蓖麻油使其温热，然后沿眉毛按摩。也可以用睫毛膏的小刷子蘸上蓖麻油，再轻轻地刷睫毛。</p>
<p>Treat all kinds of skin problems—rashes, scratches, psoriasis, eczema, acne, ringworms, calluses, corns, fungal ailments, sunburn etc 治疗各种皮肤问题如皮疹、抓痕、牛皮癣、湿疹、青春痘、癣、老茧、鸡眼真菌疾病、晒伤等。</p>	<p>Mix castor oil and coconut oil in a 1:1 ratio. Apply the oil mixture on the affected area. 将蓖麻油和椰子油按1:1的比例混合。将混合油涂在患处。</p>
<p>Relieve arthritis, joint pain and sore muscles 缓解关节炎、关节疼痛和肌肉酸痛</p>	<p>Mix castor oil and coconut oil in a 1:1 ratio. Massage into the affected area. 将蓖麻油和椰子油按1:1的比例混合。将混合油涂在患处按摩。</p>
<p>Healthy lips and nails 美丽健康的嘴唇和指甲</p>	<p>Rub a small amount of castor oil on lips and cuticles. 将少量蓖麻油涂抹在嘴唇和角质层上。</p>
<p>Treat haemorrhoids 治疗痔</p>	<p>Soak a cotton ball in castor oil, then apply it to the haemorrhoids and leave it there for about 15 minutes or so. Do this multiple times each day if needed. 将棉球浸泡在蓖麻油中，然后涂抹在痔疮上，把它保持在那里15分钟左右。如果需要，每天重复几次。</p>
<p>Relieve colic in babies 缓解婴儿腹绞痛</p>	<p>Warm a bit of castor oil by rubbing it in your hands and then gently massage the baby's belly area in a clockwise direction. 在手掌上滴一些蓖麻油，然后搓手使油暖和，接着顺时针方向轻轻按摩宝宝的腹部。</p>

Uses 用途	Directions 使用说明
<p>Treat insomnia and remove dark circles 治疗失眠和消除黑眼圈</p>	<p>Mix castor oil and coconut oil in a 1:1 ratio. Apply a little oil around your eyes, massage gently with fingertips for half a minute and leave it overnight. Castor oil cures your sleepless nights and gets rid of your dark circles.</p> <p>将蓖麻油和椰子油按1:1的比例混合。取少量油涂在眼部周围，用指尖轻轻按摩半分钟，放过夜。</p>
<p>Safe lubricant 安全润滑剂</p>	<p>Rub a little castor oil on your scissors, grinders, door hinges etc. Let it sit for a while then wipe clean with a paper towel.</p> <p>在剪刀、研磨机、门铰链等上擦一点蓖麻油。静置一会，然后用纸巾擦干净。</p>
<p>Perk up your plants 让植物旺盛、充满活力</p>	<p>Just combine a tablespoon of the castor oil with 4 cups of warm water and a tablespoon of NewLife™ Dishwash. Drip about 3 tablespoons into the dirt around the plants and then follow with regular water.</p> <p>只需将一汤匙蓖麻油与四杯温水和一汤匙新生命洗碗液混合。在植物周围的泥土中滴上大约3汤匙的混合溶液，然后再加点水。</p>
<p>Non-toxic, natural pesticide— combats mealy bugs, spider mites, aphids, etc. 无毒天然农药，防治粉虱、 蜘蛛螨、蚜虫等。</p>	<p>Place 1 tablespoon of castor oil and 1 tablespoon of NewLife™ Dishwash into a 500ml spray bottle. Shake vigorously until the mixture is emulsified. Top up with water till full and mix well.</p> <p>Spray evenly to the affected areas. Then wipe off the bugs or mites with tissue paper, cloth or cotton pad.</p> <p>Spray periodically to keep bugs and mites away.</p> <p>将1汤匙蓖麻油和1汤匙新生命洗碗液倒入500毫升的喷雾瓶中。大力摇动，直到混合物乳化。再加满水拌匀。</p> <p>均匀喷洒在有问题的部位。然后用纸巾、布或棉垫擦去虫子或螨虫。</p> <p>定期喷洒，防止虫子和螨虫。</p>
<p>Safe and natural insect repellent 安全天然的驱虫剂</p>	<p>Mix 1 teaspoon castor oil, 1.5 tablespoon water and 10 drops of Wonda Oil. Pour mixture into a small spray bottle. Shake before use.</p> <p>混合1茶匙蓖麻油，1.5汤匙水和10滴万宝油。将混合液倒入一个小喷雾瓶中。在使用前摇晃。</p>



NewLife™ Organic Castor Oil

Certified Organic by USDA (United States Department of Agriculture).
BP (British Pharmacopoeia) grade.
Cold-pressed. Unrefined. Not solvent extracted.
100% pure and contains no artificial ingredients.

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Protect Yourself from Blue Light Damage!

保护自己免受 蓝光的伤害!



According to a 2020 Nielsen report, adults spend over 13 hours a day on screens working or consuming digital content. This is a significant increase compared to just a year before, which was 10 hours on average. With many working from home and in-person meetings and social gatherings being replaced by Zoom calls and other digital hang-outs, this number will likely keep climbing!

The sheer volume of screen time that many of us are experiencing daily, be it for work or entertainment, poses another health concern—blue light damage.

What is Blue Light?

Blue light, also known as high-energy visible light (HEV), is the only part of light visible to the human eye and makes up 50% of the sunlight spectrum. It is emitted by the sun and devices such as smartphones, tablets, computer/laptop screens, televisions and indoor lighting such as fluorescent and LED lights.

Many people do not know that prolonged periods of blue light exposure can promote DNA damage to the skin, cell and tissue death or injury, eye damage, skin barrier damage and photo-aging. Studies show that spending more than six hours daily in front of a screen is equivalent to spending 25 minutes under noon-time sun without protection. In fact, blue light can penetrate the skin deeper than UV light!

Harmful Effects of Excessive Blue Light Exposure

Some of the ways that too much blue light can affect our health include:

1. Disruption to the body's circadian rhythm, resulting in poor sleep quality and disruption of the body's wake-sleep cycle.
2. Skin pigmentation, wrinkles or dark spots.
3. An increase in oxidative stress and free radical damage, damaging cells and accelerating the aging process.
4. Damage to the retinas, permanent vision changes and macular degeneration.

According to Webmd.com:

Blue light exposure might raise your risk for certain cancers. One study found that people who work the night shift are at greater risk for breast, prostate and colorectal cancers.

What Can You Do to Reduce Blue Light Damage?

1. Reduce screen time as much as possible, especially before bed.
2. Invest in blue light filters on your digital devices.
3. Enable "night mode" on your phone and laptop.
4. Protect your body with antioxidants.

根据尼尔森(Nielsen)2020年的一份报告,成年人每天在屏幕上工作或浏览数位内容的时间超过13个小时。与一年前的平均10小时相比,这是一个显著的增长。随着很多人在家工作、面对面会议和社交聚会被视频会议软件Zoom和其他视频群聊取代,这个屏幕时间数字可能会继续攀升!

无论是为了工作还是娱乐,我们当中许多人每天花在屏幕上的时间非常多,这也因此造成了另一个健康问题—蓝光危害。

什么是蓝光?

蓝光,也被称为高能可见光(HEV),是人眼唯一可见的光,占太阳光光谱的50%。它是由太阳和智能手机、平板电脑、电脑或笔记本电脑屏幕、电视以及室内照明设备(如荧光灯和LED灯)发出的。

许多人不知道,长时间暴露在蓝光下会促进皮肤脱氧核糖核酸(DNA)损伤、细胞和组织死亡或损伤、眼睛损伤、皮肤屏障损伤和光老化。研究表明,每天在屏幕前呆6个小时以上,相当于在中午没有防晒措施的情况下晒太阳25分钟。事实上,蓝光比紫外线更能穿透皮肤!

过度蓝光照射的有害影响

过多的蓝光会从以下几个方面影响我们的健康:

1. 打乱身体的昼夜节律,导致睡眠质量下降,扰乱身体的睡眠觉醒周期。
2. 皮肤色素沉着、皱纹或黑斑形成。
3. 增加氧化应激和自由基损伤,破坏细胞,加速衰老过程。
4. 视网膜损伤,永久性视力改变和黄斑变性。

据Webmd.com报道:

暴露在蓝光下可能会增加患某些癌症的风险。一项研究发现,上夜班的人患乳腺癌、前列腺癌和结肠直肠癌的风险更大。

如何减少蓝光的伤害?

1. 尽量减少看屏幕的时间,尤其是在睡觉前。
2. 在数码设备上购买蓝光滤光片。
3. 在手机和笔记本电脑上开启夜间模式。
4. 服用抗氧化剂保护身体。

NewLife™ Antioxidants

Antioxidants are powerful nutrients that help to protect cells from free radical damage and oxidative stress. They are found in fruits and vegetables and are especially rich in deep green and brightly coloured produce. With our daily exposure to environmental pollutants and additional stressors (such as blue light), we must supplement our diet with powerful antioxidants that can help to strengthen our immunity and protect us from premature aging and chronic diseases such as cancer.

新生命的抗氧化剂

抗氧化剂是强大的营养物质，有助于保护细胞免受自由基损伤和氧化应激。它们存在于水果和蔬菜中，在深绿色和颜色鲜艳的水果蔬菜尤其丰富。由于我们每天都暴露在环境污染物和额外的压力源（如蓝光）中，我们必须在饮食中补充强大的抗氧化剂，这可以帮助增强我们的免疫力，保护我们免受早衰和癌症等慢性疾病的影响。

Essential Antioxidants that Protect Your Body from Oxidative Stress | 保护身体免受氧化压力的基本抗氧化剂

C Complex

Vitamin C is one of the most crucial nutrients to take as a supplement daily. Not only does it help to strengthen your immunity against common ailments like cough and cold, but it is also important for protecting your skin from the inside! In fact, collagen, which we know is crucial for maintaining beautiful skin, needs vitamin C to function effectively! Vitamin C is also important for protecting the cardiovascular system and keeping blood vessels healthy.

Vitamin C is water-soluble and is not stored within the body, so daily supplementation is important. **NewLife™ C Complex** is a sustained release formulation, providing better utilisation rates than other brands, and is enriched with bioflavonoids.

We recommend that adults take between 2000-4000mg daily and up to 10,000mg daily if unwell or under stress.



新生命维他命C综合丸

维生素C是最重要的营养素之一，需要每天补充。它不仅有助于增强您对抗常见疾病如咳嗽和感冒的免疫力，而且也从内部保护您的皮肤！事实上，我们知道胶原蛋白是保持美丽肌肤的关键，它需要维生素C才能有效发挥作用！维生素C对保护心血管系统和保持血管健康也很重要。

维生素C是水溶性的，不储存在体内，所以每天补充维生素C很重要。**新生命维他命C综合丸**是一个可持续缓释制剂，比其他品牌有更好的利用率，且富含生物类黄酮。

我们建议成年人每天服用2000-4000毫克，如果身体不适或压力过大，建议每天服用10000毫克。



Niacin

Also known as Vitamin B3, Niacin is one of the most important nutrients that we should be taking every day! Just like Vitamin C, it is water-soluble and is not stored in the body. Niacin is known for its potent effects on cardiovascular health and lowering the risks of heart disease. But did you know that it has other important functions as well?

Niacin helps protect the skin from sun and blue light damage, and research suggests that it may help prevent some types of skin cancer. Niacin helps dilate blood vessels throughout the body and promote blood circulation, especially to the skin and extremities. This has powerful anti-aging effects, can help to improve brain function and skin health, and is beneficial for those with diabetes.

NewLife™ Niacin, a product of the USA, contains 100mg per tablet. Adults are recommended to take 1-2 tablets per day.

Note: Niacin may cause a flush on the face, neck, or chest, resulting from increased circulation and blood vessel dilation. The flush is beneficial for your health; however, if you find this uncomfortable and would like to avoid the flush, we would suggest taking Niacin after a meal.

新生命血液循环补充丸(烟酸)

烟酸也被称为维生素B3，它是我们每天都应该摄入的最重要的营养素之一！就像维生素C一样，它是水溶性的，不储存在体内。烟酸以其对心血管健康和降低心脏病风险的有效作用而闻名。但是您知道它还有其他重要的功能吗？

烟酸有助于保护皮肤免受阳光和蓝光的伤害，研究表明，它可能有助于预防某些类型的皮肤癌。烟酸有助于扩张全身血管，促进血液循环，特别是皮肤和四肢。这有强大的抗衰老作用，可以帮助改善大脑功能和皮肤健康，对糖尿病患者有益。

新生命血液循环补充丸(烟酸)是美国产品，每片含有100毫克。建议成人每天服用1-2片。

注意：在服用烟酸后，由于血液循环增加和血管扩张，有些人可能会面部、颈部或胸部发红。这种感觉被称为烟酸潮红，对健康有益。但如果觉得不习惯，想避免这种感觉，我们建议饭后服用。



Kelp

Known as a natural source of iodine, Kelp is also rich in antioxidants such as flavonoids and carotenoids, and minerals such as manganese and zinc, which help combat oxidative stress in the body. Regular intake can help regulate the thyroid, increase energy levels, boost brain function, and strengthen immunity.

Kelp is also rich in Vitamin A, which helps to protect and keep the eyes healthy.

NewLife™ Kelp is sourced from the Nova Scotia region in Eastern Canada. Adults are recommended to take between 5-10 tablets daily.

海藻宝

作为碘的天然来源，海藻宝还富含类黄酮和类胡萝卜素等抗氧化剂，以及锰和锌等矿物质，有助于对抗体内的氧化压力。经常摄入有助于调节甲状腺，提高能量水平，促进大脑功能，增强免疫力。

海藻宝还含有丰富的维生素A，有助于保护和保持眼睛健康。

新生命海藻宝产自加拿大东部新斯科舍省地区。建议成人每天服用5-10片。

Collasta

Saving the best for last! **Collasta** is our most potent anti-aging supplement. Its name "Coll-asta" stands for "collagen" and "astaxanthin".

Collagen is the most abundant protein in the body, making up 1/3 of our total protein count. Our body naturally produces collagen to maintain the structure of our tissues and organs. As we age, our collagen production slows, and this can be aggravated by unhealthy diet, stress, free radical damage, illness, and more.

Fine lines and wrinkles are common signs that you need a collagen supplement! If it is happening on your skin, the same is happening to the cells and tissues within your body!

Astaxanthin is a super-antioxidant that is 40 times stronger than beta-carotene and 550 times stronger than Vitamin E. It is known for its ability to pass through the blood-brain barrier to work in the brain and eyes. It helps to combat free radical damage throughout, and research has found that it can promote eye health, as shown through "significant improvement in the outcomes of various ocular diseases including diabetic retinopathy, age-related macular degeneration, glaucoma, and cataract."

In addition, **Collasta** also contains an antioxidant complex comprised of grape seed extract, green tea extract, pine bark extract, lycopene, and mangosteen extract. They work together with the hydrolyzed marine collagen from France and astaxanthin from Japan to provide powerful anti-aging and protective effects!

Adults are recommended to take one sachet daily mixed in water between dinner and bedtime.

康丽达胶原红藻

把最好的留到最后！**康丽达胶原红藻**是新生命最有效的抗衰老补品。正如产品名称所示，它代表胶原蛋白和虾青素。

胶原蛋白是人体中最丰富的蛋白质，占人体蛋白质总量的三分之一。我们的身体自然产生胶原蛋白来维持我们的组织和器官的结构。随着年龄的增长，胶原蛋白的生成会减慢，此外不健康的饮食、压力、自由基损伤、疾病等可以使胶原蛋白的生成更缓慢。

细纹和皱纹的出现是您需要补充胶原蛋白的常见信号！如果它们发生在您的皮肤上，可以想象同样的事情也会发生在您体内的细胞和组织上。

虾青素是一种超级抗氧化剂，比β-胡萝卜素强40倍，比维生素E强550倍。虾青素能以通过血脑屏障在大脑和眼睛中发挥作用而闻名。它有助身体全面对抗自由基损害，研究发现它可以促进眼睛健康，显著改善各种眼病，包括糖尿病视网膜病变、年龄相关性黄斑变性、青光眼和白内障。

此外，**康丽达胶原红藻**还含有葡萄籽提取物、绿茶提取物、松树皮提取物、番茄红素和山竹提取物组成的抗氧化剂复合物。它们与来自法国的海洋水解胶原蛋白和日本的虾青素一起工作，提供强大的抗衰老和保护作用！

建议成年人每天在晚餐和睡前服用一袋(放入水中搅拌)。



REBOUNDING

YOUR HOME FITNESS SOLUTION!

弹跳: 您居家健身的解决方案!



With many of us working from home due to the pandemic and with gyms, fitness studios, and sporting venues closed due to restrictions, we are left with limited options to keep ourselves fit and strong! But did you know that rebounding is one of the BEST ways to keep fit from the comfort (and safety) of your home?

What Makes Rebounding So Effective?

Rebounding is such a great way to exercise because it ticks all the boxes! It provides you with a great cardiovascular workout and can be used for steady-state cardio or HIIT (high-intensity interval training), depending on how you plan your workout. Jumping on the rebounder for just a few minutes really gets your heart rate going!

The rebounder is also an excellent tool for bodyweight resistance training and core/abdominal workouts. In addition, every time you bounce on the rebounder, G-force is applied to every single cell on your body! How does this work?

When you are on solid ground, the force of gravity on your body is at 1G. When you are at the bottom of the bounce on the rebounder, G-force is increased 2-3 times! Rebounding places every single cell in the body, throughout your organs, muscles and bones, under consistent rhythmic pressure. This gravitational resistance effect stimulates circulation, detoxification and strengthening through your whole body.

NASA researched and used rebounders extensively to prepare astronauts for space travel and the challenges their bodies would go through due to the loss of gravity. They also compared the efficiency of rebounding against running, and they said:

"The external work output at equivalent levels of oxygen uptake were significantly greater while trampolining than running. The greatest difference was about 68%. Now, if you had access to a gasoline that was 68% more efficient than the gasoline you were using in your automobile right now at the same price, wouldn't you take advantage of it? Well, we don't have the gasoline, but it does appear that we do have the exercise."

(Bhattacharya, McCutcheon, Shvartz, and Greenleaf 884)

In addition to the obvious benefits of exercise, the G-force effect from rebounding offers substantial health benefits such as the stimulation of bone growth/density, especially in children and the elderly, and the strengthening of muscles and tissues throughout the body. It also promotes blood circulation, relaxation, lymphatic drainage and more!

The Benefits of Lymphatic Circulation

Also known by some as the 'lymphaciser', the rebounder is the best tool for stimulating lymphatic circulation and drainage in the body. Did you know that in addition to our cardiovascular system, we have another circulatory system known as the lymphatic system?

自疫情爆发以来,许多人都开始转为居家办公。而健身房、健身中心及其他运动场所也纷纷因为管制措施而被令关闭。到最后,能让我们保健身体的方法也所剩无几了。然而,您知道弹跳就是其中一种能让我们在舒适(又安全)的家里依然保持健康强壮的方法吗?

为何弹跳如此有效?

弹跳之所以是个很好的运动方式,就是因为它能满足所有的保健条件!弹跳能提供您一个很好的心血管锻炼,适合稳态有氧运动或高强度间歇训练,取决于您如何计划您的训练。只要在弹跳床上弹跳几分钟,就能让您的心率得到有效的提升!

此外,弹跳床也是能让您进行体重阻力训练及核心/腹部锻炼一个很好的工具。在弹跳床上跳跃的每一下,重力都会作用于您身体的每一个细胞上!这究竟如何运作呢?

当您站在实地上时,作用于您身上的重力为1G。当您站在弹跳床上时,重力将提升2至3倍!弹跳运动能使您的器官、肌肉及骨头内,全身的细胞都处于一致的压力节奏。这个反重力效果能有效地刺激您全身的循环、排毒与保健效用。

美国宇航局广泛研究及使用弹跳床,为宇航员们的太空旅行及他们身体将经历的挑战做准备。他们还比较了弹跳和跑步的效率,他们说:

「在同等的摄氧量下,弹跳的外功输出量远远大于跑步的输出量。而这两项运动的外功输出量最大的差异竟能达到68%。试问,如果现在您能以相同的价格购买比您现在汽车使用的汽油高出68%效力的汽油,您不会选择使用它吗?按照同样的逻辑,我们决定如何选择锻炼项目。」

(巴塔查里亚、麦卡琴、施瓦茨和格林利夫884)

除了在运动上明显的益处外,弹跳过程中的重力效果也提供了我们很大的健康益处,包括刺激骨骼的生长和增加密度,尤其是在小孩和老年人身上,以及增强全身肌肉和组织。此外,弹跳运动也能促进血液循环、放松及淋巴排毒等等!

淋巴循环的好处

弹跳床也被称为“淋巴清洗器”,是刺激体内淋巴循环和引流最好的工具。除了心血管系统外,您知道我们体内还有一个名为淋巴系统的循环系统呢?



The lymphatic system is part of the circulatory system and nervous system. It comprises a large network of lymph, lymphatic vessels, lymph nodes, lymphatic or lymphoid organs, and lymphoid tissues. Its primary function is to transport lymphatic fluid, which contains infection-fighting white blood cells. It also helps to eliminate toxins, wastes and unwanted materials from the body. In fact, the tonsils are actually large clusters of lymphatic cells that are the body's first line of defence as part of the immune system! Another fun fact is that we have three times more lymphatic fluid in the body compared to blood!

Unlike the cardiovascular system, which has the heart for a pump, the lymphatic system does not have a pump but instead relies on breathing and muscle movement to move lymphatic fluid. Other ways to stimulate lymphatic circulation include walking, running, jumping, lymphatic massage, and the most effective method of all—rebounding!

Every single time you bounce up and down on the rebounder, the one-way valves in the lymphatic system open and close, and this movement stimulates the flow of lymphatic fluid! The increase of lymphatic activity from rebounding helps boost your immune system by sending more white blood cells to every part of the body while increasing the rate of detoxification.

This less-known effect of rebounding is a powerful tool for treating chronic diseases of all kinds, strengthening the immune system, and just a few minutes daily will leave you feeling re-energised and re-vitalised. Many have also enjoyed relief from fatigue, stress, and pain through daily rebounding.

For those who are too weak or elderly to stand or bounce on the rebounder, you even could sit on the rebounder with your legs on the floor for stability and have someone stand on the rebounder and bounce for you to enjoy these benefits!

Rebounding for Health

With rebounding being such an affordable, accessible, safe, and effective way to exercise, and also a great way to help kids burn off energy at home, there is no reason why your home should not have a rebounder!

Enjoy better health, fitness, and vitality with our **NewLife™ Rebounder**! At 102cm wide and weighing just over 6kg, our Rebounder provides you and your family with the most effective way to exercise known to man! A study showed that jumping on the rebounder for just 10 minutes has the same effects as jogging for 30 minutes!

Rebounding is a high-efficiency, low-impact way to exercise that is suitable for all ages.

In conjunction with this article, we have released two brand new, 30-min rebounder workout videos by Certified Personal Trainer Hazli on our YouTube channel and Facebook page! So, get on your rebounder and join us for a fantastic workout!"

为您的健康弹跳起来

综上所述，弹跳是项即经济实惠、易于进行、安全又有效的运动，还是个帮助小孩在家消耗能量的好方法。因此，您的家不应该还有理由没有一个弹跳床了！

就让**新生命弹跳床**为您和您的家人提供更好的健康、健身与活力吧！仅仅102厘米宽、约6公斤重的弹跳床，就能让您和您的家人体验对于人类而言最有效的运动！一项研究也显示，只要在弹跳床上弹跳10分钟，就相等于慢跑30分钟的效果。

弹跳是一项高效率、低冲击的运动方式，适合所有年龄层。

为了配合这篇文章，我们在YouTube频道和脸书页面上发布了两个由专业私人教练哈兹里带领的全新的30分钟弹跳床训练！现在就把弹跳床带回家，和我们一起锻炼吧！

 <https://www.youtube.com/c/NewLifeInternational>

淋巴系统是循环系统和神经系统的一部分。它由广大的淋巴网、淋巴管、淋巴结、淋巴器官及淋巴组成。淋巴系统主要负责运输具有抗感染的白血球的淋巴液。它也有助于从身体排除毒素、废物和不需要的物质。事实上，扁桃腺是由一大簇淋巴细胞组成的，是免疫系统内的第一道防线！另一个有趣的事实是，我们体内的淋巴液是血液的三倍！

淋巴系统与心血管系统不同的是，心血管系统有心脏作为泵输送血液；而淋巴系统没有泵，而是依靠呼吸和肌肉运动来移动淋巴液。其他刺激淋巴循环的方法还包括走路、跑步、跳跃、淋巴按摩及其中最有效的方法—弹跳！

每在弹跳床上弹跳一下，淋巴系统内的单向瓣膜就会开关一次，这个动作将会刺激淋巴液的流动！通过弹跳增加的淋巴活动运输更多的白血球到身体各个部位，增加排毒的速度，进而增强您的免疫系统。

这项鲜为人知的弹跳效果，也是治疗各种慢性疾病及强化免疫系统的有力工具。每天只需短短几分钟的弹跳，就能让您感觉重新充满活力。许多人也喜欢每天弹跳来缓解疲劳、压力及疼痛。

对于那些过于虚弱或年老、无法在弹跳床上站稳或弹跳的人，您只需坐在弹跳床上，把双脚稳定地放在地上，让另一个人站在弹跳床上弹跳，您就能享受弹跳的好处！



Self-Care

Is Critical for Your Health!

自我照顾

对健康至关重要!



What is self-care and why is it so important? Self-care is what you deliberately do each day for your mental, emotional, and physical well-being. It can range from an exercise routine, making sure to take your daily nutritional supplements, to your daily sleep schedule.

At NewLife™, we believe that a healthy family starts with keeping ourselves not just healthy, but also happy! Here are some of our favourite self-care products that are sure to brighten your day!

什么是自我照顾?为什么它如此重要?自我照顾就是您为了自己的精神、情绪和身体健康而每天刻意去做的事情。它可以从日常锻炼,确保每天服用营养补充剂,到日常睡眠时间表。

在新生命,我们相信一个健康的家庭不仅要保持健康,还要保持快乐!这里有一些我们最喜欢的自我护理产品,让它们照亮您的一天!

NEWLIFE™ SELF-CARE PACK | 新生命自我护理配套

1. VITATEA

Chamomile • Lemongrass • Licorice • Rosehip • Siberian Ginseng Root • Spearmint • Turmeric

- Immune-booster
- Anti-inflammatory
- Improves digestion
- Relieves stress and anxiety
- Promotes detoxification and weight management
- Clears stuffy nose, relieves cough, soothes sore throats
- Caffeine-free



1. 维达健康茶

洋甘菊 • 香茅 • 甘草 • 玫瑰果 • 西伯利亚人参根 • 绿薄荷 • 姜黄

- 增强免疫
- 抗炎
- 改善消化
- 缓解紧张和焦虑
- 促进排毒和体重管理
- 清鼻塞,止咳,缓解喉咙痛
- 不含咖啡因

2. ORGANIC CARE NATURAL SHAMPOO

Argan Oil • Rosemary Oil • Patchouli Oil • Orange Oil • Vitamin E

- Promotes hair growth
- Improves scalp and hair health
- Prevents hair loss
- Makes hair stronger, smoother, and more lustrous
- Suitable for children
- Safe and natural
- Refreshing scent



2. 新生命有机养护纯天然洗发水

阿甘油 • 迷迭香油 • 广藿香油 • 柑橘油 • 维生素E

- 促进头发生长
- 改善头皮和头发健康
- 防止脱发
- 使头发更强壮、更顺滑、更有光泽
- 适合儿童
- 安全自然
- 清新芳香

3. CASTILE LIQUID CLEANSER

Organic Virgin Olive Oil • Organic Coconut Oil • Essential Oils of Lavender, Lemongrass, Petitgrain, Rosemary, and Eucalyptus

- Made from natural organic ingredients
- 100% biodegradable and ecologically-balanced
- Cleansing and moisturizing
- Suitable for all ages, for those with sensitive skin or skin conditions, and even pets!



3. 卡士迪洗洁液

纯有机初榨橄榄油 • 纯有机初榨椰子油 •

薰衣草、柠檬草、山茱萸、迷迭香和桉树香精油

- 采用有机、全天然材料
- 100%可生物降解和生态平衡
- 清洁和保湿
- 适合所有年龄及敏感肌肤,甚至宠物!

4. EL-NATURAL TOOTHPASTE

Tea Tree Oil • Spearmint Oil • Anise Oil • Allantoin • Bee Propolis • Extra Virgin Coconut Oil • Xylitol • Aloe Vera • Dicalcium Phosphate Dihydrate

- Enamel Repair: contains ingredients that promote remineralization
- Free of fluoride, SLS, parabens or animal by-products
- Suitable for all ages and for those with sensitive teeth
- Freshens breath
- Prevents cavities
- Promotes gum health
- Strengthens teeth



4. 新生命天然牙膏

茶树油 • 绿薄荷油 • 茴香油 • 尿囊素 • 蜂胶 •

特级初榨椰子油 • 木糖醇 • 芦荟 • 二水磷酸氢钙

- 修复珐琅质: 含有促进再矿化的成分
- 不含氟化物、十二烷基硫酸钠、苯甲酸酯或动物副产品
- 适合所有年龄,也适合牙龈和牙齿敏感的人士
- 保持口气清新
- 防止蛀牙
- 促进牙龈健康
- 坚固牙齿

Please turn to back cover for a special offer on NewLife™ Self Care Pack. 请翻到封底了解更多有关新生命自我护理配套的特别优惠。

SEPTEMBER | 9月 2021

MON		06	13	20	27
TUE		07	14	21	28
WED	01	08	15	22	29
THU	02	09	16 Malaysia Day (All Malaysia offices closed)	23	30
FRI	03	10	17	24	
SAT	04 SG 新加坡 2.00pm - 3.30pm Food That Feeds 吃出健康 by Susie Moi (Manager) & Team	11 SG 新加坡 2.00pm - 3.30pm Overcoming Eczema Through Holistic Nutrition 通过整体营养克服湿疹 by Lydia Ling (Silver Manager)	18 SG 新加坡 2.00pm - 3.30pm Colon Health (Chinese) 肠道健康知多少? (华语) by Angela Yeo	25 SG 新加坡 3.00pm Online Book Launch CHOLESTEROL: GUILTY OR INNOCENT? 网上新书发布会 胆固醇: 有罪还是无辜?	
SUN	05	12	19	26	



OCTOBER | 10月 2021

MON	04	11	18	25
TUE	05	12	19	26
WED	06	13	20	27
THU	07	14	21	28
FRI	01	08	15	22
SAT	02	09	16	23
SUN	03	10	17	24
			Prophet Muhammad's Birthday (All Malaysia offices closed)	
SG 新加坡	SG 新加坡	SG 新加坡	SG 新加坡	SG 新加坡
2.00pm - 3.30pm Weight Reboot to Vitality! 重置体重以保持活力! by Ling Young Hoon	2.00pm - 3.30pm Raising a Healthy Next Generation 培养健康的下一代 by Suzi Moi (Manager) & Abigail Moi	2.00pm - 3.30pm Love Your Heart: 4 Steps to Prevent Atherosclerosis 爱护您的心脏: 4个预防动脉粥样硬化的步骤 by Lisa Sofiar & Lydia Ling (Silver Manager)	2.00pm - 3.30pm Intermittent Fasting for Health 健康间歇性禁食 by Joyce Chua	2.00pm - 3.30pm Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 by Manager Team
Sabah Governor's Birthday (KK office closed)	Sarawak Governor's Birthday (KUC office closed)			

Care for yourself the way you would care for someone you love.

像照顾您所爱的人那样照顾好您自己。

10% OFF | 折扣

100% PV | 90% BV



SELF-CARE PACK
新生命自我护理配套

40% OFF | 折扣

100% PV | 60% BV



ORGANIC CASTOR OIL
新生命有机蓖麻油

EXTRA! INSTANT REBATE!
更多! 即时回扣!

12 PCS & ABOVE 10%
瓶及以上

24 PCS & ABOVE 20%
瓶及以上

* on discount price | 以折扣价格计算

BUY 1 FREE 1*

1ST PC 100% PV/BV, FREE GIFT NO PV/BV
* free gift any colour

买一送一*

首件100%PV/BV, 赠品无PV/BV
* 赠品可以是任何颜色的选择

HERBAL HAIR CARE
NATURAL BROWN
(OR PRE-MIX)

有机三合一染发护发草药
自然棕色(或预混合)



Terms & Conditions:

1. Promotion period: 1st September to 31st October 2021, or while stocks last.
2. Not valid with any other concurrent promotions, APP or Quantity Discount.
3. No goods return or exchange allowed.
4. Other terms & conditions apply.
5. NewLife™ International reserves the right to change or amend the terms & conditions without prior notice.

条规与细则:

1. 促销活动期: 2021年9月1日至10月31日, 或存货售完为止。
2. 不可配合其他同时期间的促销活动、数量折扣、或自动订货计划。
3. 不允许退货或交换。
4. 附有其他条规与细则。
5. 新生命有权随时更改或修订促销活动的条规与细则, 恕不另行通知。