

# LifeLine

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## PHYTONUTRIENTS

Protecting Plants & People

植物营养素—保护植物与人类

Pg4 第四页

Fats That Heal  
治病脂肪

Pg13 第十三页



NEW & IMPROVED  
新改良

**ALPHA**  
奥发 DA-1200

The Healthiest  
Way to Juice  
最健康的榨汁法

Pg9 第九页



# HEALTH RETREAT

at Kasih Sayang Health Resort, Kota Kinabalu

## Kasih Sayang 度假村, 亚庇 健康生活营

14<sup>th</sup>-19<sup>th</sup> March 2022 | 2022年3月14日至19日

After a long hiatus, we are finally back with our **NewLife™ Health Retreat!**

Join us for a total health experience surrounded by the lush nature of Sabah this coming March 2022! Give your body a chance to rejuvenate and self-heal through **Dr. Lynn's Detoxification & Rejuvenation Programme (DRP)**, and learn how you can improve your health and the health of your entire family with our series of talks and workshops.

经过长时间的中断, **新生命健康生活营**终于回来了!

锁定2022年3月, 加入我们, 在沙巴郁郁葱葱的自然环境中享受全面的健康体验! 通过**陈林希珠博士的排毒与复健程序 (DRP)**给您的身体一个恢复活力和自我治愈的机会, 并通过我们的系列讲座和工作坊学习如何改善您和您的整个家庭的健康。

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

ACUTE STAGE OF ELIMINATION 急性消除期	SUB-ACUTE (POOR HEALTH) 亚急性(健康不佳)	CHRONIC 慢性	TOXIC/DEGENERATIVE 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>• Impotence 性无能</li> <li>• Lymphatic &amp; Cellular Dysfunction 淋巴及细胞疾病</li> <li>• Cancer 癌症</li> <li>• Etc. 其他</li> </ul>

**REGAIN YOUR YOUTH & HEALTH THROUGH THE DRP**  
 by removing the root causes—toxemia and nutritional deficiency.

通过DRP消除毒血症和营养缺乏的根源,  
 恢复您的青春和健康。

The packages below are inclusive of airport transfers, accommodation, the DRP set, DRP meals and beverages, health seminars, private consultations for your specific health needs, excursions and more!

以下健康生活营配套费用包括机场接送、住宿、全套DRP、DRP餐和饮料、健康研讨会、私人咨询以照顾您的特定健康需求、短程旅游等等!

	DRP Participants (Per Person) 排毒与复健程序参与者 (每人)		Non DRP Participants (Per Person) 非排毒与复健程序参与者 (每人)
	Twin Sharing 双人共房	Single Occupancy 单人一房	Twin Sharing 双人共房
<b>Super Early Bird</b> 提早报名超级优惠价 Expiry : 10 Jan 2022 截止日期: 2022年1月10日 15% OFF 折扣	RM4,030 / S\$1,350	RM4,780 / S\$1,600	RM1,620 / S\$550
<b>Early Bird</b> 提早报名优惠价 Expiry : 31 Jan 2022 截止日期: 2022年1月31日 5% OFF 折扣	RM4,500 / S\$1,510	RM5,340 / S\$1,790	RM1,810 / S\$610
<b>Regular</b> 标准营费 Closing : 14 Feb 2022 截止日期: 2022年2月14日	RM4,740 / S\$1,590	RM5,620 / S\$1,880	RM1,910 / S\$650





NEWLIFE™

# contents 目录

JANUARY & FEBRUARY 2022  
2022年1月及2月份

## ON THE COVER 封面专题

**09** ALPHA DA-1200:  
The Healthiest Way to Juice!  
奥发DA-1200:  
最健康的榨汁法!

## HIGHLIGHTS 特写

**04** PHYTONUTRIENTS  
Protecting Plants & People  
植物营养素—保护植物与人类

**08** Natural Care for Your Teeth  
天然牙齿护理

**13** Fats That Heal  
治病脂肪

**16** Delicious, Nutritious Recipes  
美味, 营养食谱



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NEWLIFE™ INTERNATIONAL [www.newlife.my](http://www.newlife.my)

MALAYSIA-

**TOTAL REACH MARKETING SDN BHD** (246650-X) AJL No. 93209

KOTA KINABALU Tel +60 88 246 010 Fax +60 88 246 405 Email [kktrm@newlife.com.my](mailto:kktrm@newlife.com.my)

PETALING JAYA Tel +60 3 7877 6500 Fax +60 3 7874 4294 Email [info@newlife.com.my](mailto:info@newlife.com.my)

KUCHING Tel +60 82 252 972 Fax +60 82 257 982 Email [kuching@newlife.com.my](mailto:kuching@newlife.com.my)

SINGAPORE-

**NEWLIFE INTERNATIONAL (S) PTE LTD** (Co.No.200206247Z)

Tel +65 6337 8819 Fax +65 6337 8829 Email [info@newlife.com.sg](mailto:info@newlife.com.sg)

INDONESIA-

**PT JIREH MITRA ANTARBANGSA**

Tel +62 812 1111 6022 Email [indonesia@newlife.com.my](mailto:indonesia@newlife.com.my)

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# PHYTONUTRIENTS

Protecting Plants & People

## 植物营养素

保护植物与人类

It was once thought that carbohydrates, proteins, fats, vitamins and minerals were the only nutrients necessary for optimal health but we know now that there is another group of nutrients that is necessary—phytonutrients.

Although it may sound high-tech, the word "phytonutrients" (from the Greek phyton for "plant") simply means "nutrients from a plant".

Phytonutrients are also referred to as "phytochemicals". In plants, these chemical compounds give foods their colour, taste and smell. They also protect, fortify and strengthen plants. These same protective compounds that help keep plants healthy are passed along to us when we eat plant foods.

Studies have shown that eating foods rich in phytonutrients can help promote eye, bone, joint, and heart health, as well as support immune and brain function. These plant compounds help neutralize oxidants and maintain healthy cells. They do this by neutralizing unpaired electrons on potentially dangerous molecules. This chemical interaction stabilizes oxidants and keeps oxidative damage from taking place. Studies have shown consistently that there is a strong association in the reduction of the development of chronic diseases, such as cancer and cardiovascular disease when fruits and vegetables are regularly present in the diet.

Some phytonutrients work alone, others work in combination, and some seem to work in conjunction with other nutrients in food, such as vitamins. Eating a wide variety of fruits and vegetables is the best way to achieve all the potential benefits that phytonutrients offer.

过去人们认为，碳水化合物、蛋白质、脂肪、维生素和矿物质是达到最佳健康状态所必需的营养物质，但现在我们知道，还有另一组营养物质是必需的，即植物营养素。

“植物营养素”这个词听起来或许很高科技，但其实它就只意为植物中的营养素。

植物营养素，亦称“植物化学物质”。在植物中，这些化合物除了赋予食物色彩、味道与气味外，也有着保护、增强以及强化植物的作用。同样的，当我们摄取植物性食物时，这些帮助植物保持健康的保护性化合物也会相对的传递于我们。

研究显示，摄取富含植物营养素的食物能够促进眼睛、骨骼、关节以及心脏的健康。此外，它也能支持免疫系统与脑部功能。这些植物化合物通过中和潜在危险分子中的不成对电子，帮助中和氧化剂并维持细胞的健康。这种化学相互作用能维持氧化剂的稳定性，避免产生氧化损伤。研究也一致表明，如果饮食中经常有水果和蔬菜，就能大大降低癌症和心血管疾病等慢性病的发病率。

有些植物营养素是单独作用，有些则结合作用，另外一些似乎与食物中的其他营养素(如维生素)协同作用。吃各种各样的水果和蔬菜是吸收植物营养素提供的所有潜在益处的最好方式。





The value of

# PHYTONUTRIENTS

is one reason why the World Health Organization encourages the consumption of at least five cups of fruits and vegetables (400g) every day.

这些

## 植物营养素

的价值就是世界卫生组织之所以鼓励人们每日至少摄取五杯蔬菜水果（400g）的原因之一。



3 out of 4 adults  
四分之三的成年人



## PROBLEM

The challenge is that globally 3 out of 4 adults do not meet the minimum recommended quantity and variety of fruits and vegetables and thus are not reaping the important health benefits provided by phytochemicals.

## 问题

而问题是，全球四分之三的成年人没有满足水果和蔬菜的最低推荐摄入量与种类，因此没有获得植物化学物质提供的所有重要健康益处。

## SOLUTION

If you are part of the majority of people who are not eating enough quantity and variety of fruits and vegetables in your diet, the simple solution is to consider **phytonutrients supplements** in your diet.

## 解决方法

如果您和大多数人一样，在饮食中没有摄入足够数量和种类的水果和蔬菜，最简单的解决方法就是考虑在您的饮食中加入**植物营养素的补充剂**。



## SUPER GREEN FOOD ++(SGF++)

**SGF++** contains 27 active ingredients sourced from nature. It is rich in essential vitamins, minerals, enzymes, protein, beta carotene, chlorophyll, essential fatty acids and antioxidants. The nutrients found in SGF++ work synergistically together to provide the following benefits:

- Improve digestion
- Prevent free radical damage
- Support lymphatic health
- Boost the immune system
- Enable the growth of good bacteria
- Reduce inflammation

**SGF++** is great for adults, children, teenagers, vegetarians and the elderly. That's right! It is suitable for the whole family!

## 特超绿食品++ (SGF++)

**SGF++** 含有27种天然活性成分。它富含必需的维生素、矿物质、酶、蛋白质、β-胡萝卜素、叶绿素、必需脂肪酸和抗氧化剂。SGF++中包含的营养成分协同作用，提供以下好处：

- 改善消化系统
- 防止自由基损害
- 支持淋巴健康
- 促进免疫系统
- 促进有益细菌的生长
- 减少炎症。

**SGF++**对成年人、儿童、青少年、素食者和老年人都非常有益。没错！适合全家使用！



## SPIRULINA

Spirulina provides a balanced array of nutrients. It has a soft cell wall, so its nutrients are easy-to-digest and easily absorbed by the body.

**NewLife™'s Spirulina** is richer in chlorophyll than alfalfa or wheatgrass and is loaded with many other organic minerals that are essential to health.

Spirulina is known to:

- Boost energy levels and help with energy release.
- Inhibit allergy-triggering histamines with its anti-inflammatory properties.
- Significantly reduce blood cholesterol, triglycerides and LDL cholesterol.
- Balance hormones in both men and women.

## 螺旋藻

螺旋藻提供平衡的营养。它的细胞壁柔软，所以它的营养物质很容易被身体消化和吸收。

新生命螺旋藻比紫花苜蓿或麦草的叶绿素含量更高，还富含许多其他对健康至关重要的有机矿物质。

众所周知，螺旋藻能：

- 提高能量水平，帮助释放能量。
- 通过抗炎特性抑制引发过敏的组胺。
- 显著降低血液胆固醇、甘油三酯和低密度脂蛋白胆固醇。
- 平衡男女荷尔蒙。





## COLLASTA

**Collasta** is an anti-aging complex, engineered for health and beauty. It contains hydrolyzed marine collagen and is further enhanced with a blend of age-defying super antioxidants, including astaxanthin, grape seed, green tea, pine bark, lycopene and mangosteen extract, as well as a prebiotic (fructooligosaccharide).

The hydrolyzed marine collagen and antioxidants work together to provide the following benefits:

- Combats what may be one of the main causes of most chronic diseases—free-radical damage.
- Firms and clears skin with improved tone and moisture retention.
- Improves tissue regeneration, wound healing and injury recovery.
- Healthy hair and nails.
- Healthier immune system.
- Reduced risk of heart attack and stroke.
- Enhanced physical endurance, energy and vitality.
- Stronger joints and connective tissues.
- Improves eye and brain health.
- Prevention of macular degeneration and blindness due to aging.

## 康丽达胶原红藻

**康丽达胶原红藻**是一种抗衰老复合物，专为健康和美容而设计。它含有水解的海洋胶原蛋白。胶原蛋白和抗衰老超级抗氧化剂的结合，进一步增强了本产品的功效。抗衰老超级抗氧化剂包括虾青素、葡萄籽萃取物、绿茶萃取物、柏松素、番茄红素、山竹萃取物和益生元（低聚果糖）。

水解的海洋胶原蛋白和抗氧化剂协同作用，提供以下好处：

- 对抗自由基损害—可能是导致大多数慢性疾病的主因之一。
- 紧致和清洁肌肤，改善肤色和保湿。
- 促进组织再生、伤口愈合和损伤恢复。
- 健康的头发和指甲。
- 更强的免疫系统。
- 降低心脏病发作和中风的风险。
- 增强身体的耐力、能量和活力。
- 更强壮的关节和结缔组织。
- 改善眼睛和大脑健康。
- 预防老年性黄斑变性及失明。



## Incorporating Phytonutrients into Your Diet 在饮食中加入植物营养素

Each product mentioned in this article can be taken on its own. For optimal results, we recommend taking more than one of these every day. Phytonutrients are particularly important if your diet is low in fresh fruits and vegetables and if you fit into one of the following categories:

- Fitness enthusiasts who exercise regularly
- Busy people who struggle to have healthy meals
- Students or those in stressful occupations
- Frequent travellers
- Those who are fasting or on a detoxification programme
- Those who have poor digestion
- Those who eat processed and refined foods
- Those who are unable to consume solid food due to an illness or injury
- Those who want to enjoy anti-aging effects

这篇文章中提到的每一种产品都可以单独服用。不过我们建议每天服用不止一种，以达到最佳效果。如果您的饮食中新鲜水果和蔬菜的含量较低，或者您属于以下其中一组，那么植物营养素补充剂就特别重要：

- 经常锻炼的健身爱好者
- 没时间准备健康饭菜的忙碌人士
- 学生和那些职业压力大的人士
- 频繁旅行者
- 那些正在禁食或进行排毒计划的人士
- 消化不良的人士
- 食用精制和加工食品的人士
- 因生病或受伤而不能进食固体食物的人士
- 那些想取得抗衰老效果的人士





# Natural Care for Your Teeth

NewLife™ EI-Natural Toothpaste is not packed with just one or two key ingredients, but rather NINE different natural ingredients that are guaranteed to give you the strongest teeth and the brightest smiles—without the harmful chemicals commonly found in regular toothpaste brands!

## 天然牙齿护理

新生命天然牙膏不只是包含一到两种关键成分，而是九种不同的天然成分，保证给您最坚固的牙齿和最灿烂的笑容，不含普通牙膏中常见的有害化学物质！



### Reduces Bacteria and Plaque

NewLife™ EI-Natural Toothpaste contains natural antimicrobial ingredients such as tea tree oil, aloe vera, bee propolis, xylitol and extra virgin coconut oil that help to kill bacteria that cause cavities or gum disease, reduce plaque, prevent gingivitis and tooth decay as well as prevent bad breath.

#### 减少细菌和菌斑

新生命天然牙膏含有天然抗菌成分，如茶树油、芦荟、蜂胶、木糖醇和特级初榨椰子油，有助于杀死导致蛀牙或牙龈疾病的细菌，减少菌斑，预防牙龈炎和蛀牙，以及防止口臭。



### Reduces Inflammation in Teeth & Gums

NewLife™ EI-Natural Toothpaste has natural anti-inflammatory ingredients such as anise oil, allantoin, tea tree oil, spearmint oil, bee propolis and extra virgin coconut oil that help to reduce inflammation in the teeth and gums while promoting healing of any wounds (such as ulcers) or infections that may occur.

#### 减少牙齿和牙龈发炎

新生命天然牙膏含有天然抗炎成分，如茴香油、尿囊素、茶树油、薄荷油、蜂胶和特级初榨椰子油，有助于减少牙齿和牙龈的炎症，同时促进伤口（如溃疡）或感染的愈合。



### Remineralizes Teeth

NewLife™ EI-Natural Toothpaste contains dicalcium phosphate dihydrate that provides calcium and phosphate ions directly, helping to remineralize teeth. Xylitol also helps to create bone volume and mineral contents while preventing enamel demineralization.

#### 重新矿化牙齿

新生命天然牙膏含有二水磷酸氢钙，直接提供钙和磷酸盐离子，帮助牙齿再矿化。木糖醇还有助于增加骨骼体积和矿物质含量，同时防止牙釉质脱矿。



### Whitens Teeth

The anise oil and extra virgin coconut oil in NewLife™ EI-Natural Toothpaste refresh, disinfect and whiten teeth. They also tone the throat and gums.

#### 美白牙齿

新生命天然牙膏中的茴香油和特级初榨椰子油，可清洁、消毒和美白牙齿。它们还可以结实喉咙和牙龈。



### Soothing & Refreshing

We use allantoin and aloe vera to safely and naturally soothe sensitive teeth and gums. Allantoin and aloe vera repair damage to the gum structure and promote healing, and are very useful in treating receding gums.

NewLife™ EI-Natural Toothpaste is designed to deliver a clean, crisp flavour and fresh breath. It has a natural, pleasant flavour; sweetened with only anise oil, stevia, sorbitol and xylitol, while spearmint oil leaves your breath tasting and smelling fresh.

#### 舒缓清爽

我们使用尿囊素和芦荟来安全自然地舒缓敏感的牙齿和牙龈。尿囊素和芦荟可以修复牙龈结构的损伤，促进愈合，对治疗牙龈萎缩非常有用。

新生命天然牙膏提供干净和清新的口气。它有一种自然宜人的味道；只用茴芹油，甜叶菊，山梨醇和木糖醇来增加甜味，同时薄荷油保持持久的清新口气。

## NewLife™ EI-Natural Toothpaste's Key Benefits

### 新生命天然牙膏的主要益处



### No Harmful Ingredients

In line with NewLife™'s Product Development Philosophy, NewLife™ EI-Natural Toothpaste is free from harmful chemicals commonly found in toothpaste such as potassium nitrate, fluoride, parabens and sodium lauryl sulfate (SLS)!

It is suitable for all ages and also for those with sensitive gums and teeth!

#### 绝无任何有害成份

符合新生命的产品开发理念，新生命天然牙膏不含牙膏中常见的有害化学物质，如硝酸钾、氟化物、苯甲酸酯和十二烷基硫酸钠(SLS)！

适合所有年龄层，也适合牙龈和牙齿敏感的人使用！



# The Healthiest Way to Juice

Since the 1970s, juicing has been used as part of a healthy lifestyle and it continues to be one of the biggest health trends today. There are good reasons for this! Juicing offers many health benefits including: body cleansing, weight loss, clearer skin, increased energy, better overall health, stress reduction and more!

## Which Type of Juicer Is the Right One for You?

The options consumers have today for juicers can be overwhelming. Although individual machines may have special features or unique attributes, their basic functions will come down to one of these two: slow juicers and fast juicers.

## 最健康的 榨汁法

自70年代初流行以来，人们对榨汁的兴趣并没有减退，至今仍是一股强劲的健康热潮。这是有理由的！榨汁对健康有很多好处，包括排除毒素、减肥、能让皮肤更透亮、增加活力、改善整体健康状况、减少压力等等。

### 哪种类型的榨汁机最适合您？

今天的消费者对榨汁机的选择可以多得令人不知所措。尽管每个机器可能各有特殊的功能或独特点，但大体上它们的基本功能将归结为这两种之一：慢速榨汁机和快速榨汁机。





Below is a quick comparison summary | 下面是一个简短的比较总结:

	<b>Fast Juicers</b> (centrifugal juicers) <b>快速榨汁机 (离心式榨汁机)</b>	<b>Slow Juicers</b> (masticating juicers, cold press juicers) <b>慢速榨汁机</b> (咀嚼式榨汁机, 冷压榨汁机)
<b>Mechanism</b> <b>机制</b>	Chop up produce with a flat cutting blade at the bottom of a rapidly spinning strainer. The cut produce is forced against the juicing strainer through centrifugal force. This force separates the juice from the pulp through a fine mesh sieve. 在高速旋转过滤器的底部使用扁平的刀片切割蔬果。切割后的蔬果在离心力的作用下, 被压制在过滤器上。这个压力将果肉与榨汁通过细网筛分离。	Use a masticating process to chew and squeeze out the juice, similar to how you would hand-squeeze an orange. This motion allows more nutrients to be released from the produce. 通过类似咀嚼的过程挤压出水果和蔬菜的液汁, 与您用手挤压橙汁的概念相同。这个动作能让更多的营养物质从蔬果中被释放出来。
<b>Speed</b> <b>速度</b>	Between 3,500-18,000 RPM. 每分钟转速3,500-18,000。	Between 50-200 RPM. 每分钟转速50-200。
<b>Juice yield</b> <b>榨汁产量</b>	More froth produced. Lower juice yield. 泡沫多。榨汁量较少。	Little foam. Very dry pulp and higher juice yield. 泡沫少。残余蔬果渣非常干, 榨出的汁量较多。
<b>Ability to process leafy green, grass and celery</b> <b>处理绿叶蔬菜、小麦草及芹菜的效率</b>	Not good with leafy greens, wheatgrass, and fibrous produce. 不适用于处理榨取绿叶蔬菜、小麦草及芹菜汁。	Great at processing leafy greens, wheatgrass and fibrous produce. 擅长压榨绿叶蔬菜、小麦草及芹菜汁。
<b>Nutrient level &amp; juice quality</b> <b>营养水平及榨汁品质</b>	The high speed and force introduce more oxygen and heat, producing a more oxidized and less 'living' juice. 高速与强力会引入更多的氧气与热量, 榨出的汁多已被氧化、无生命。	The low speed minimizes damage to ingredients, keeping natural taste and nutrition intact. Incorporates less oxygen, giving juice a longer shelf life. 低转速挤压降低了对食材的伤害, 保留天然的味道以及营养的完整性。减缓氧化过程, 使榨汁的保质期更长。
<b>Noise level</b> <b>噪音水平</b>	Loud. Think twice if you need to make juice in the morning when the rest of the family members are still asleep. 操作嘈杂。若您要在您家人还未起床的早晨制作榨汁, 请三思。	Quiet. Family members will remain undisturbed while you are juicing. 操作安静。当您制作榨汁时, 您的家人不会被噪音打扰。
<b>Functionality</b> <b>功能</b>	Single purpose. 单一功能。	Versatile with additional features like grinding, food processing, mincing and more! 多功能。具有研磨、食品处理、切碎等附属功能。
<b>Price</b> <b>价格</b>	Lower. 价格较低。	Higher. 价格较高。



The quality of the juice is directly related to how well the produce is broken down by the juicer.

Generally speaking, all masticating juicers are believed to offer more nutrients in the juice, because they are designed to effectively "chew" fruits and vegetables, thereby releasing higher nutritional content. They incorporate less oxygen, giving higher quality juice and a longer nutritional shelf life. They also extract the most juice from your produce possible. This ultimately saves you money in the long term and reduces food waste.

Centrifugal juicers are generally less expensive. Though they may not cost as much up front, they do not extract juice as efficiently. Over time, you will be spending more on fruits and vegetables to get the amount of juice that you need.

### Are All Slow Juicers Equal?

Once you set your mind on slow juicers, the next step is to decide between a horizontal or vertical slow juicer.

榨汁的质量直接与植物纤维被榨汁机分解的程度有关。

一般来说, 所有咀嚼式榨汁机都被认为能提供最有营养的榨汁, 因为它们的设计能有效地“碾压咀嚼”水果和蔬菜, 从而释放更高的营养含量。咀嚼榨汁机减缓了氧化过程, 这对于提供更高质量的榨汁和更长的营养保质期非常重要。它们还能从食物农产品中提取最多的汁液。从长远来看, 这最终会帮您省钱, 减少食物浪费。

离心式榨汁机一般比较便宜。虽然它们可能不会让您提前花很多钱, 但它们榨汁的效率并不高。随着时间的推移, 您会在水果和蔬菜上花更多的钱来获得您需要的榨汁。

### 所有慢速榨汁机都一样吗?

决定了使用慢速榨汁机后, 下一步就是选择卧式或垂直的慢速榨汁机。



If you plan to juice a lot of fibrous vegetables or leafy greens, a horizontal juicer is the best choice. Vertical juicers are not as good for juicing fibrous vegetables and leafy greens as they are more likely to become clogged by the fibres while juicing. Green juice is great for reducing inflammation and cleansing the body.

### Make a Wise Investment

There are many varieties of slow juicers available in the market, with some coming in at lower price points. Many are direct copies of leading brands but with lower quality manufacturing standards and poorer performance. They may not last as long or provide after-sales support should problems arise.

# Why NewLife™ Alpha Juicer? 为何选择新生命奥发绿汁机?

如果您打算经常榨纤维蔬菜或绿叶蔬菜，卧式榨汁机是您最好的选择。垂直榨汁机在处理纤维蔬菜和绿叶蔬菜方面并不理想，因为它们在榨汁时可能会被纤维堵塞。蔬菜汁对消炎和排除身体毒素很有帮助。

### 做一个明智的投资

市场上有各种各样的慢速榨汁机，有些很便宜。但它们其中很多都是领先品牌的仿制品，质量制造标准较低，性能较差。多数情况下，它们可能不耐用或如果发生故障时，可能无法提供售后支持。



### The Slow Squeeze Difference

**Alpha Juicer's** patented Slow Squeeze Technology uses an auger to squeeze out juice (similar to how you would hand-squeeze an orange) instead of shredding fruits and vegetables with high-speed blades like other juicers and blenders. This natural motion minimizes damage to ingredients, keeping natural taste and nutrition intact.

### 低速压榨的区别

**新生命奥发绿汁机**拥有专利的低速压榨技术，使用螺旋钻挤出蔬果汁（与您用手挤压橙汁的概念相同），而不像其他的榨汁机和搅拌机那样使用机器刀片高速旋转切割蔬果。这个自然的挤压动力降低了对食材的伤害，保留天然的味道以及营养的完整性。

Juice from the **Alpha Juicer** retains its natural colour and cellular structure.

由**新生命奥发绿汁机**榨出的蔬果汁保留天然的色泽与细胞结构。



Damaged cellular structure caused by high-speed juicers.

高速榨汁机造成细胞结构损坏。



### Only the Best

**Alpha Juicers** are made of materials like Ultem, Tritan, and stainless steel, some of which are used to build spaceships. It is also 100% BPA free.

### 最好的原料制成

**新生命奥发绿汁机**是由聚醚酰亚胺、萃特以及不锈钢等材料制成的，其中一些甚至是建造太空船的材料。还有，它100%不含双酚A。

### Versatility

Do you like sweet and tangy fruit juice made with apples, pineapples and oranges? Or crisp green juice with celery, kale and spinach? How about refreshing almond milk? Would you like to make your own nut butter, noodles or pasta at home? The **Alpha Juicer** offers 9 different functions, making it one of the most versatile kitchen appliances you could own!

### 多功能

您是否喜欢用苹果、黄梨和橙榨出香甜美味的果汁？还是芹菜、羽衣甘蓝以及菠菜的脆绿汁？又或是消暑的杏仁奶？还是您想在家里自制坚果酱、面条或意大利面呢？**新生命奥发绿汁机**提供9种不同的功能，绝对是一个多功能的厨房好帮手！

### Easy to Use & Clean

The **Alpha Juicer** has been designed to be surprisingly easy to use and clean. It can be disassembled and cleaned in less than 5 minutes!

### 容易使用及清洗

**新生命奥发绿汁机**的设计格外的容易使用与清洗。只需5分钟就能将其拆洗干净！

### After-Sales Service

NewLife™ International guarantees satisfaction for all customers. We have skilled technicians to attend to your **Alpha DA-1200** and our IBO Support Executives are available 6 days a week.

### 售后服务

国际新生命绝对保证顾客满意。我们拥有一支熟练的专业技术人员及经销商支持团队每周6天全心为您服务。

The **Alpha DA-1200** comes with a 2-year warranty on motor and main components. We also ensure supply of spare parts, attachment and accessories for the convenience of our customers.

**新生命奥发绿汁机**除了提供在电机与主要部件上的2年保家外，我们也确保其他备件、附件及零件的供应，以方便我们的顾客。



# ALPHA

## DA-1200

The most efficient single screw cold-press juicer  
最高效的单螺杆冷压榨汁机

### COLD-PRESS TECHNOLOGY

Enjoy live nutrients from fresh fruits and vegetables through tasty, nutritious juices. By regularly drinking fresh juices, you will not only feel healthier; you will be healthier! If you and your family want to experience increased energy, glowing skin and hair, healthy teeth and gums, strong bones, and an alert mind, eat well, drink well, and live well with **ALPHA DA-1200!**

### 冷压技术

从新鲜的水果和蔬菜中享受美味的营养榨汁。常喝新鲜榨汁，能让您越来越健康！如果您和您的家人想要体验更多能量、拥有光滑的皮肤与秀发、健康的牙齿及牙龈、强壮的骨骼及警觉的头脑，就让**新生命奥发绿汁机**帮助您吃得好、喝得好、也生活得好吧！



# 9

DIFFERENT  
FUNCTIONS!  
种不同功能!



Fruit & Vegetable Juices  
果汁和蔬菜汁



Creamy  
Nut Butters  
坚果奶油



Pasta &  
Noodles  
意大利面和面条



Nut &  
Soy Milk  
坚果奶和豆奶



Purees & Baby Food  
果泥、菜泥、酱  
和婴儿食品



Homemade  
Sorbets  
自制冰沙



Milled Food  
& Grains  
磨碎食物和谷物



Minced  
Meats  
绞肉



Ground Condiments,  
Spices, or Coffee  
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EAST MALAYSIA	RM 3,100	RM 2,500	1,572	786
SINGAPORE	S\$ 999	S\$ 799	448	336
HONG KONG	HKD 6,000	HKD 4,800	2,700	590
INDONESIA	IDR 10,790,000	IDR 8,630,000	4,840,000	590

The above prices are before discount. 以上价格未打折扣。





# FATS THAT HEAL

## 治病脂肪

Many people think that fats should be avoided because they are associated with an unhealthy diet and many believe that “eating fat will make you fat”. This could not be further from the truth. In this article, we will show you how including healthy fats in your diet can make a huge difference in your health!

Our body uses the 3 major macronutrients: proteins, carbohydrates and fats for fuel and for different important functions within the body. It is important that we do not exclude any whole macronutrient group from our diet, but rather learn how to select healthier options as each of them have both healthy and unhealthy choices.

Looking specifically at fats, most of us would be consuming a combination of different kinds of fats depending on our lifestyle and diet. Fats are classified based on their molecular structures and here are the major dietary fats that we consume:

### Saturated Fat

Saturated fat is solid at room temperature and is mostly found from animal sources such as butter, cheese and meat. Tropical oils such as coconut oil, palm oil and cocoa butter are also forms of saturated fat.

### Monounsaturated Fat

Found in avocados, nuts and vegetable oils such as olive oil, monounsaturated fat is generally recommended as a healthy form of dietary fat. Monounsaturated fat is liquid at room temperature.

### Polyunsaturated Fat

Polyunsaturated fat is found in both plant and animal foods such as vegetable oils, nuts, seeds and salmon. They are also the kind of fat that include essential fatty acids Omega 3 and Omega 6. Polyunsaturated fat is also liquid at room temperature.

### Trans Fat

Trans fats are unsaturated fats that have undergone the process of hydrogenation, which turns liquid oil into solid fat. Shortening and margarine are both trans fats that are commonly found in fried, baked, packaged, and processed foods. Trans fats are less likely to spoil, so foods made with them have a longer shelf life. Some restaurants use partially hydrogenated vegetable oil in their deep fryers because it doesn't have to be changed as often as do other oils.

Out of the four different types of fats above, trans fats are the worst fats that we should try to totally exclude from our diet because they are hazardous to our health. Trans fats increase LDL cholesterol levels and reduce HDL cholesterol, while promoting chronic inflammation in the body, which has been linked to heart disease, stroke, diabetes and other chronic diseases. In addition to this lethal combination, trans fats also reduce the normal, healthy responsiveness of the cells that line all of our blood vessels (endothelial cells). Besides, trans fats do not offer any nutritional benefits to the body.

Many studies on both humans and animals have demonstrated the harmful effects of trans fats. In one study, researchers found that replacing trans fats with healthy fats would decrease the risk of coronary heart disease by about one-third.

Another bad news is that it takes longer for our body to metabolize trans fats than it does other fats.

许多人都认为我们的饮食中应该避免脂肪，因为吃脂肪会使人发胖，还有它很容易让人把它与不健康的饮食联想在一起。这与事实相去甚远。在这篇文章中，我们将向您解释在饮食中加入健康脂肪是如何显著影响您的健康！

我们的身体使用三种主要的常量营养素：蛋白质、碳水化合物和脂肪，作为燃料和在体内发挥不同的重要作用。重要的是，我们不能从我们的饮食中排除任何一组的常量营养素，而是要学习如何从各组中做出更健康的选择，因为在每组都有健康和 unhealthy 的选择。

我们将重点讨论脂肪。根据我们的生活方式和饮食，大多数人会摄入不同种类的脂肪。脂肪是根据它们的分子结构分类的。我们摄入的主要脂肪有：

#### 饱和脂肪

饱和脂肪在室温下是固体，主要来自动物，如牛油、奶酪和肉类。椰子油、棕榈油和可可脂等热带油也是饱和脂肪的形式。

#### 单不饱和脂肪

单不饱和脂肪存在于牛油果、坚果和植物油（如橄榄油）中，它通常被推荐为一种健康的饮食脂肪。单不饱和脂肪在室温下为液态。

#### 多不饱和脂肪

多不饱和脂肪存在于植物和动物食品中，如植物油、坚果、种子和鲑鱼。它们也是包括必需脂肪酸3和6的一种脂肪。多不饱和脂肪在室温下也是液态的。

#### 反式脂肪

反式脂肪是经过氢化过程的不饱和脂肪，它将液体油变成固体脂肪。起酥油和人造黄油都是反式脂肪，通常存在于油炸、烘焙、包装和加工食品中。反式脂肪不容易变质，所以被广泛用于食品中以延长保质期。一些餐馆在炸锅里使用部分氢化的植物油，因为它不需要像其他油那样经常更换。

在上述四种不同类型的脂肪中，反式脂肪是最糟糕的脂肪，我们应该尽量从我们的饮食中完全排除，因为它们会对我们的健康造成严重破坏。反式脂肪会增加低密度脂蛋白胆固醇水平，降低高密度脂蛋白胆固醇水平，同时引发体内的慢性炎症，这种炎症与心脏病、中风、糖尿病和其他慢性疾病有关。除了这种致命的组合，反式脂肪还会降低我们所有血管中的细胞（内皮细胞）正常、健康的反应能力。再说，反式脂肪也不会给身体带来任何营养益处。

许多针对人类和动物的研究都证明了反式脂肪的有害影响。在一项研究中，研究人员发现，用健康脂肪替代反式脂肪将使患冠心病的风险降低约三分之一。

另一个坏消息是，我们的身体代谢反式脂肪的时间比其他脂肪要长。



## Omega 3 & Omega 6

Known as essential fatty acids, Omega 3 and Omega 6 cannot be made in the body and need to be consumed through our diet. They are found in polyunsaturated fats such as vegetable, nut, seed and fish oils.

Although we need both Omega 3 and Omega 6 in our diet, there is some general misconception when it comes to how to supplement with essential fatty acids properly. One thing to remember is that Omega 3 is anti-inflammatory and Omega 6 is pro-inflammatory. This is part of the balance of nature.

Inflammation is a natural immune response in the body and it is important for wound healing and for when the body needs an increase in immunity. This does not mean that we should be adding Omega 6 to our diet. Why? Two reasons: (1) Almost all of us should be trying to reduce chronic inflammation caused by factors such as our diet, stress, and pollution; (2) Most of us are already consuming a lot more Omega 6 than Omega 3 in our diet because of the vegetable oils that are commonly used in cooking and food preparation.

Our naturally high consumption of Omega 6 could also be one of the contributors towards the low-grade, long-term inflammation that most of us suffer from. Omega 3, on the other hand, is known for its ability to promote heart health, reduce inflammation, improve skin and joint health, and lower both blood pressure and triglyceride levels.

Understanding this, it then becomes clear that we should be supplementing with oils that are rich in Omega 3 instead of Omega 6. There are some oils in the market that have Omega 6 oils combined with Omega 3. These would be less beneficial for the reasons above, as most of us should be reducing our consumption of Omega 6 oils.

## 奥美加3和奥美加6

奥美加3和奥美加6被称为必需脂肪酸，它们不能在体内生成，需要通过饮食摄入。它们存在于蔬菜、坚果、种子和鱼油等多不饱和脂肪中。

虽然我们的饮食中都需要奥美加3和奥美加6，但在如何适当补充必需脂肪酸方面，人们存在一些普遍的误解。要记住，奥美加3是抗炎的，而奥美加6是促炎的。这是自然平衡的一部分。

炎症是人体的一种自然免疫反应，它对伤口愈合和身体需要和增强免疫力都很重要。然而，这并不意味着我们应该在饮食中加入奥美加6。为什么？原因有二：(1) 几乎所有人都应该努力减少由饮食、压力和污染等因素造成的慢性炎症；(2) 由于烹饪和食物制备中常用的植物油，大多数人在饮食中摄入的奥美加6已经远远超过奥美加3。

一般来说，我们的奥美加6摄入量都很高，这也可能是导致我们大多数人患上的低度、长期炎症的原因之一。另一方面，奥美加3以促进心脏健康、减少炎症、改善皮肤和关节健康、降低血压和甘油三酯水平而备受追捧。

了解了这一点，我们就清楚了，我们应该多补充奥美加3而不是奥美加6的油。市场上有一些油同时含有奥美加6和3。由于上述原因，这些都是不太有益的，因为我们大多数人都应该尽可能地减少奥美加6油的摄取。

## The Healing Power of NewLife™ Oils 新生命油的治愈力量

Flaxseed Oil is our recommended source for Omega 3. Flaxseed oil is so rich in Omega 3 that just 1 tablespoon (15ml) contains an impressive 7,196 mg of Omega 3 fatty acids. Flaxseed oil is also a rich source of alpha linolenic acid (ALA), which has been used to help prevent heart attacks, lower high blood pressure, lower cholesterol, and reverse "hardening of the blood vessels" (atherosclerosis).

Omega 3 is also useful for reducing symptoms of inflammatory conditions of all kinds such as rheumatoid arthritis, hepatitis, pancreatitis, etc.

Flaxseed oil has also been researched for its ability to prevent cancer, with some studies demonstrating its remarkable ability to slow the proliferation of cancer cells.

Like other unsaturated oils, flaxseed oil oxidizes quickly when exposed to light, air, or heat. Care should be taken when storing flaxseed oil and it should not be used for cooking.

**NewLife™ Omega Gold Flaxseed Oil** is certified organic, sourced from New Zealand, cold pressed in the absence of light and heat, and packed in a dark bottle with an inert gas blanket in order to deliver the highest quality of flaxseed oil. We pack our flaxseed oil with dry ice and ship them by air from New Zealand directly to Malaysia and Singapore. Upon reaching our stores, they are immediately stored in a refrigerator to keep the oil freshest possible.

亚麻籽油是我们推荐的奥美加3的来源。亚麻籽油富含奥美加3，一汤匙(15毫升)就含有令人难以置信的7196毫克奥美加3脂肪酸。亚麻籽油也是丰富的 $\alpha$ -亚麻酸(ALA)的来源，它已被用于预防心脏病，降低高血压，降低胆固醇，并逆转“血管硬化”(动脉粥样硬化)。

奥美加3还有助于减轻各种炎症症状，如风湿性关节炎、肝炎、胰腺炎等。

亚麻籽油也被研究其预防癌症的能力，一些研究表明它有显著的减缓癌细胞增殖的能力。

像其他不饱和油一样，光、空气或热量会令亚麻籽油迅速氧化。储存亚麻籽油时应小心，不应用于烹饪。

**新生命奥美加黄金亚麻籽油**是经过认证的有机亚麻籽油，来自新西兰，在没有光和热量的情况下冷压，并在惰性气体覆盖层下装入深色瓶中，以提供最高质量的亚麻籽油。我们用干冰包装亚麻籽油，从新西兰直接空运到马来西亚和新加坡。当它们到达我们的经营场址时，它们就会被立即储存在冰箱里，以保持亚麻籽油的新鲜程度。





Extra Virgin Coconut Oil was considered an “unhealthy fat” for decades due to misconceptions on saturated fats, however, new research has shown that the high amount of lauric acid found in coconut oil actually helps to reduce total cholesterol and increase “good” HDL cholesterol levels—contributing to better cardiovascular health.

Additional benefits from coconut oil include its antimicrobial and antioxidant properties and its ability to improve skin and oral health. It is also useful for promoting weight loss when used in combination with a healthy diet and exercise. Other benefits include stronger immunity as well as better focus and memory.

Coconut oil is a rich source of medium-chain triglycerides, also known as “MCTs” for short. MCTs provide the body with a quick supply of energy and actually help to promote fat burning in the body. Instead of being stored in the body, MCTs go straight to the liver to be used as energy.

Coconut oil can be taken directly, mixed in salads or other dishes, or used for cooking as it is very stable and has a high smoke point.

**NewLife™ Extra Virgin Coconut Oil** is cold-pressed, certified organic, Halal and Kosher, and has no added chemicals or preservatives.



几十年来，特级初榨椰子油一直被认为是一种不健康的脂肪，这是由于对饱和脂肪的误解，但新的研究表明，椰子油中发现的大量月桂酸实际上有助于降低总胆固醇，提高有益的高密度脂蛋白胆固醇水平，有助于心血管健康。

椰子油的其他好处还包括它的抗菌和抗氧化特性，以及改善皮肤和口腔健康的能力。当与健康饮食和锻炼配合使用时，它也有助于促进减肥。其他好处还包括促进更强的免疫力以及更好的注意力和记忆力。

椰子油中含有丰富的中链甘油三酯（简称MCT）。MCT为身体提供快速的能量供应，实际上有助于促进体内脂肪的燃烧。MCT不储存在体内，而是直接进入肝脏作为能量使用。

椰子油非常稳定，烟点高，可以直接食用，混合在沙拉或其他菜肴中，也适用于烹饪。

**新生命有机特级初榨纯椰子油**是冷榨的，通过了有机、清真和犹太认证，不添加任何化学物质或防腐剂。

Castor Oil is a vegetable oil pressed from castor seeds, used for a wide range of cosmetic, medicinal and pharmaceutical purposes. It is rich in vitamin E, linoleic and oleic acids.

Castor oil has dozens of therapeutic uses that range from skin, hair, nails, arthritic pain relief and lymphatic drainage. In fact, it is also very useful for improving the health of your household plants! Castor oil can be used to treat a variety of skin conditions and improve hair growth. Check out our Lifeline September & October 2021 issue for a complete article on the many things you can do with castor oil.

In terms of consumption, castor oil can be used as a stimulant laxative—it increases the movement of muscles that push material through the intestines. Castor oil can be used in small doses to provide a short-term solution to constipation. However, caution should be taken not to consume it in large doses or for long periods of time.

**NewLife™ Organic Castor Oil** is USDA Certified Organic and of British Pharmacopoeia quality. It is cold-pressed, unrefined and not solvent extracted, providing maximum nutritional and therapeutic benefits.

蓖麻油是一种从蓖麻种子压榨而成的植物油，广泛用于化妆品、医药和制药用途。它富含维生素E、亚油酸和油酸。

蓖麻油有几十种治疗用途，从皮肤，头发，指甲，关节炎疼痛缓解，淋巴排水等等。事实上，它对改善您的家庭植物的健康也非常有用！蓖麻油可以用于治疗各种皮肤状况，并促进头发生长。参考生命线2021年9月和10月期的完整文章，了解更多关于如何使用蓖麻油的好主意。

在口服方面，蓖麻油可以作为一种刺激性泻药，它增加肠道肌肉的运动，推动物质通过肠道。以小剂量使用，蓖麻油可为便秘提供短期解决方案。但是，应注意不要大剂量或长时间食用。

**新生命有机蓖麻油**是美国农业部认证的有机，也符合英国药典质量要求。冷压提取，未经提炼和非溶剂提取，新生命有机蓖麻油提供您最大的营养和治疗效益。



You are strongly encouraged to read Dr. Lynn's latest book **Cholesterol: Guilty or Innocent?** to understand more about fats and how they affect your body and health. If you would like to order a copy of Dr. Lynn's book, head over to [www.newlife.my/cholesterol-guilty-or-innocent/](http://www.newlife.my/cholesterol-guilty-or-innocent/) or contact us at [info@newlife.com.my](mailto:info@newlife.com.my) or [info@newlife.com.sg](mailto:info@newlife.com.sg)!

我们强烈建议您读读陈林希珠博士的新书《**胆固醇：有罪或无辜？**》，以了解更多关于脂肪以及它们如何影响您的身体和健康。想要这本新书吗？请登录 [www.newlife.my/cholesterol-guilty-or-innocent/](http://www.newlife.my/cholesterol-guilty-or-innocent/) 或与我们联系 [info@newlife.com.my](mailto:info@newlife.com.my) 或 [info@newlife.com.sg](mailto:info@newlife.com.sg)!



# Delicious, Nutritious Recipes

## 美味，营养食谱



### Traditional Hummus

#### Ingredients

2 cups	chickpeas
4	cloves garlic (crushed with skin removed)
⅓ cup	sesame seeds
4 tbsp	lemon juice
1 tsp	salt
2 tbsp	<b>NewLife™ Omega Gold Flaxseed Oil</b>
½ tsp	cumin powder
½ tsp	paprika powder (for garnish)

#### Directions

##### Preparing your chickpeas:

Soak chickpeas for an hour and then boil them in water for an hour. Once the chickpeas are tender, drain them and peel off the skin for easier digestion. Combine the chickpeas, cumin powder, salt and garlic, then run them through the mincing mode of your Alpha Juicer a few times until the texture is smooth. Skip boiling the chickpeas if using canned chickpeas.

##### Preparing your tahini:

Prepare tahini while your chickpeas are soaking. Lightly toast the sesame seeds on a pan over low heat. Once the sesame seeds are light brown and slightly toasted, remove from heat and allow to cool. Process the sesame seeds using the mincing mode on your Alpha Juicer until a crumbly paste begins to form. In a mixing bowl, mix in ground sesame seeds, flaxseed oil and salt to taste. Mix until it turns into a smooth creamy texture.

##### Final Step:

Once the chickpeas and tahini are ready, combine everything in a mixing bowl. Slowly mix in cold distilled water and flaxseed oil until you achieve the taste and texture you desire. Garnish with flaxseed oil and paprika. Serve with carrot, cucumbers, bell peppers, or enjoy it in a sandwich!

### 传统鹰嘴豆泥

#### 材料

2杯	鹰嘴豆
4瓣	蒜头(压碎去皮)
⅓杯	芝麻
4汤匙	柠檬汁
1茶匙	盐
2汤匙	<b>新生命奥美加黄金亚麻籽油</b>
½茶匙	小茴香粉
½茶匙	辣椒粉(装饰用)

#### 制作

##### 准备鹰嘴豆:

将鹰嘴豆浸泡一小时，然后在水里煮一小时。一旦鹰嘴豆变软了，把水沥干，剥去皮以便消化。把鹰嘴豆、小茴香粉、盐和蒜头混合，然后用奥发绿汁机把它们压碎几次，直到质地光滑。如果使用罐装鹰嘴豆，就不需要煮鹰嘴豆。

##### 准备芝麻酱:

在鹰嘴豆浸泡的同时准备芝麻酱。在平底锅上用小火稍微烤一下芝麻。一旦芝麻变成浅棕色，稍微烤一下，从火上移开，让它冷却。使用奥发绿汁机压碎芝麻籽，直到成酱。将芝麻酱倒入一个搅拌碗里，加入亚麻籽油和盐来调味。搅拌直到它变成光滑的奶油状纹理。

##### 最后一步:

一旦鹰嘴豆和芝麻酱准备好了，把所有的食材放在一个碗里搅拌。然后慢慢地加入冷蒸馏水和亚麻籽油，直到得到想要的味道和质地。用亚麻籽油和辣椒粉装饰。与胡萝卜、黄瓜、甜椒一起食用，或者把它涂在三明治里享用！

### Homemade "Nutella"

#### Ingredients

2 cups	raw hazelnuts
4 tbsp	<b>NewLife™ Extra Virgin Coconut Oil</b> (adjustable to your own liking)
1 tbsp	<b>NewLife™ Pure Raw Honey</b>
⅓ cup	raw cacao powder
Pinch of	sea salt

#### Directions

1. Preheat oven to 180°C. Then, place and spread out all the hazelnuts on a baking sheet. Roast for 10-13 minutes or until lightly colored and skins are blistered.
2. Allow the hazelnuts to cool to the touch, then place them on a kitchen towel to rub the skins off.
3. Process the hazelnuts through the mincing mode on your Alpha Juicer until it has a smooth consistency.
4. In a mixing bowl combine the ground hazelnuts and raw cacao powder evenly, then slowly add the Extra Virgin Coconut Oil and Pure Raw Honey and mix until smooth and creamy.

### 自制榛果巧克力酱

#### 材料

2杯	生榛子
4汤匙	<b>新生命特级初榨纯椰子油</b> (可根据个人喜好调整)
1汤匙	<b>新生命纯天然生蜂蜜</b>
⅓杯	生可可粉
一小撮	海盐

#### 制作

1. 预热烤箱至摄氏180度。然后，把所有的榛子放在烤盘上。烤10-13分钟，直到变浅金棕色，表皮起泡。
2. 等榛子凉到可以用手触摸的程度，然后把它们放在厨房毛巾上擦去皮。
3. 使用奥发绿汁机压碎榛子，直到它有平滑的一致性。
4. 将压碎的榛子和可可粉均匀混合，然后慢慢加入椰子油和纯生蜂蜜，搅拌至光滑和奶油状。





# OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

OCTOBER-NOVEMBER 2021  
2021年10月至11月

## SILVER MANAGERS

DAVID CHONG & MELISSA WONG

DL TOTAL HEALTH PTE LTD

CHOW KWEE LEIN

## MANAGERS

JARROW DANIE MARCUS  
TAN CHING HONG  
TANG KIU HUA  
YONG AI HOON (HELEN)  
MAK KHUAN YING (CONNIE)  
CARRINGTON ENTERPRISE  
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LEE SUNG YAP  
SIN CHENG YAM (EUNICE)  
AW KEN KEN  
CHANTEL CHIA YEE CHONG  
LOW YOK YIN (SUSAN)

LIM BEE WAH & SAW CHONG HOCK  
TEO CHAE JOO  
CHING HAN CHEONG  
TOO FOONG YING (HELEN)  
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CHIA SUIT LING  
MABEL TEO SIOK GEK  
CHONG WEE HOON (VIVIEN)  
CHING HUI YING (SHEREEN)  
TING LING LING (JANE)  
SHIU YEW CHOONG (FREDDY)  
TAN THEAM CHAI (STEVEN)  
TAN MING KHUN  
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CHOW HUI YAN  
SAW EWE KIM  
SIM BEE HONG  
LIM WAI YING  
SUZI MOI-QUEK  
MAELODEE CHONG TZE-YUIN

## 21% ACHIEVERS

### OCTOBER & NOVEMBER 2021

IRENE CHONG CHUAY PENG

### OCTOBER 2021

LING YOUNG HOON

MIRIAM BAKING

### NOVEMBER 2021

TAN LEE KENG (LILY)  
CHAN SOO TECK PETER

SYARIKAT ADIL  
MOI YAN LIN ABIGAIL

LIM SIEW CHOO  
WELLNESS INC

## 18% ACHIEVERS

### OCTOBER 2021

MOI YAN LIN ABIGAIL

### NOVEMBER 2021

HOW CHAI SENG  
SO SUE YI REGINA  
LING YOUNG HOON

TEH CHING YEE  
WONG MUI CHOO (KELLY)

NEOH BEE LEE  
CHUA LAY HOON

## 15% ACHIEVERS

### OCTOBER & NOVEMBER 2021

SOH LAY CHOO (DIANA)

### OCTOBER 2021

HOW CHAI SENG  
SO SUE YI REGINA

TAN LEE KENG (LILY)  
WONG MUI CHOO (KELLY)

SYARIKAT ADIL  
WELLNESS INC

### NOVEMBER 2021

CHAN POH MENG  
LIM GUIK KEE  
YEONG SOW KHAM (ALICE)  
CHIN FUI LI  
CHUA PHUAY KHOON  
BREAKTHROUGH SERVICES

CHEN KIM LING  
PHOON MII SHZUEN  
CATHERINE LIM CHAYR @ LING HUI  
LOW SIOK ENG  
MOI YAN SHAN GABRIELLE

CHEW SHEOK ING  
PHOON LAI HAR  
BRIDGET SHIU FEI KIT  
TAN LEE MENG  
CHEW CHING JEN



# JANUARY | 1月 2022

MON	31 Eve of Lunar New Year (KK, PJ & SG offices open half day, KUC office closed)	03	10	17	24
TUE		04	11	18 Thaipusam (PJ office closed)	25
WED		05	12	19	26
THU		06	13	20	27
FRI		07	14	21	28
SAT	01 New Year's Day (All offices closed)	08 SG 新加坡 2.00pm - 3.30pm Preparing for Healthy Conception 为健康受孕做准备 by Lydia Ling (Silver Manager)	15 SG 新加坡 2.00pm - 3.30pm Food That Feeds 吃出健康 by Susie Moi (Manager) & Team	22 SG 新加坡 2.00pm - 3.30pm Clean & Build (Chinese) 健康六大要素: 清除与建设 (华语) by Angela Yeo	29
SUN	02	09	16	23	30



# FEBRUARY | 2月 2022

MON	07	14	21	28
TUE	01 Lunar New Year (1 <sup>st</sup> Day) (All offices closed)	08	15	22
WED	02 2022 新年快乐 HAPPY LUNAR NEW YEAR Lunar New Year (2 <sup>nd</sup> Day) (All offices closed)	09	16	23
THU	03	10	17	24
FRI	04	11	18	25
SAT	05 SG 新加坡 2.00 <sup>pm</sup> - 3.30 <sup>pm</sup> Lively & Live Well (The 6 Pillars of Holistic Wellness) 充满活力好生活 (整体健康的6大支柱) by Joyce Chua	12 SG 新加坡 2.00 <sup>pm</sup> - 3.30 <sup>pm</sup> Gut Health & Gut Food 肠道健康与肠道食物 by Ling Young Hoon	19 SG 新加坡 2.00 <sup>pm</sup> - 3.30 <sup>pm</sup> Prevention & Management of Diabetes 糖尿病的预防和管理 by Lisa Sofiar	26 SG 新加坡 2.00 <sup>pm</sup> - 3.30 <sup>pm</sup> Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 by Sim Bee Hong (Manager) & Ling Young Hoon
SUN	06	13	20	27



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Free gift no BV/PV | 赠品无BV/PV

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第二件  
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## Spirulina Powder 螺旋藻粉

2<sup>nd</sup> pc 50% BV/Full PV  
第二件50%Bv/完整PV

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第二件  
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## Extra Virgin Coconut Oil (500ml) 有机特级初榨纯鲜 椰子油(500毫升)

2<sup>nd</sup> pc 50% BV/Full PV  
第二件50%Bv/完整PV

**Buy 2<sup>nd</sup> at  
第二件  
50% OFF 折扣**



## Spirulina Tablet (200g) 螺旋藻片(200克)

2<sup>nd</sup> pc 50% BV/Full PV  
第二件50%Bv/完整PV

**Buy 2<sup>nd</sup> at  
第二件  
50% OFF 折扣**

## Super Green Food ++ 特超绿食品++

2<sup>nd</sup> pc 50% BV/Full PV  
第二件50%Bv/完整PV



### Terms & Conditions:

1. Promotion period: 1<sup>st</sup> January to 28<sup>th</sup> February 2022, 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™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

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1. 促销活动期间: 2022年1月1日至2月28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。