

LifeLine

www.newlife.my

MALAYSIA
RM2.30
SINGAPORE
S\$1.20
ISSUE 2/2021

MARCH & APRIL 2021

PP 12933/09/2013 (032866)

3 Ways to Keep Your Lungs Healthy & Strong

保持肺部健康强壮 的3种方法

Pg4 第四页



NEW PRODUCTS! 新产品!

Pg10, 12 & 13
第十, 十二及十三页



OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

DECEMBER 2020
2020年12月

SILVER MANAGERS

DAVID CHONG & MELISSA WONG

DL TOTAL HEALTH PTE LTD

CHOW KWEE LEIN

MANAGERS

JARROW DANIE MARCUS
TAN CHING HONG
TANG KIU HUA
YONG AI HOON (HELEN)
MAK KHUAN YING (CONNIE)
CARRINGTON ENTERPRISE
YOW TENG TENG
H.L. ENTERPRISE
V BASIC CARE ENTERPRISE
CHONG AH HAI (MARK)
STANLEY CHONG & PATRICIA CHOONG
LEE SUNG YAP
SIN CHENG YAM (EUNICE)
AW KEN KEN
CHANTEL CHIA YEE CHONG
LOW YOK YIN (SUSAN)

LIM BEE WAH & SAW CHONG HOCK
TEO CHAE JOO
CHING HAN CHEONG
TOO FOONG YING (HELEN)
MICHAEL CHONG TZE-AUN
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
ENRICHED LIFE
JSL INTERNATIONAL PTE LTD
EVACO LIFESTYLE PTE LTD

TONG AH MOY ALICIA
COMMUNITY WELLNESS (S) PTE LTD
HARTINI BINTI SAIRIN
CHUA GEOK TIN
ACQUOLINA ENTERPRISE
LING LAY KHIM (SARAH)
EMILY THERESA FERDINANDS
LEE LAY CHENG
LIM MEE ING
CHOW HUI YAN
SAW EWE KIM
SIM BEE HONG
LIM WAI YING
SUZI MOI-QUEK
MAELODEE CHONG TZE-YUIN

18% ACHIEVERS

DECEMBER 2020

TAN LEE KENG (LILY)

CHONG KIM MOI

15% ACHIEVERS

DECEMBER 2020

SO SUE YI REGINA
KONG WAI YIN

WONG MUI CHOO (KELLY)

CHAN SOO TECK PETER

NEWLIFE™ contents 目录

MARCH & APRIL 2021
2021年3月及4月份

ON THE COVER 封面专题

New Products | 新产品:

- 10 VitaTea
维达健康茶
- 12 El-Natural Toothpaste
天然牙膏
- 13 Organic Castor Oil
有机蓖麻油

HIGHLIGHT 特写

- 04 3 Ways to Keep Your Lungs
Healthy & Strong
保持肺部健康强壮的3种方法



The LifeLine magazine is published for NewLife™ Independent Business Owners (IBO) by Total Reach Marketing Sdn. Bhd. No.171, Jalan SS2/24, 47300 Petaling Jaya, Selangor Darul Ehsan. Tel: 03 7877 6500. @Copyright 2021 Total Reach Marketing Sdn. Bhd. (Co. No. 246650-X) AJL93209. All rights reserved. NewLife™ IBOs are hereby granted permission to reproduce any article appearing in this LifeLine magazine, provided the said article is printed in its entirety and the reprint bears the following notice: REPRINTED WITH PERMISSION OF TOTAL REACH MARKETING SDN. BHD. Printed by Good News Resources Sdn. Bhd. 17, Lorong Mata Air Dua, Setapak, 53200 Kuala Lumpur, Malaysia.

NOTICE | 通告

2021 Price List | 2021年价格表

Enclosed herewith is a copy of the **2021 Price List** (effective 1 March 2021).

Please be informed that there are no price changes for Singapore, Hong Kong and Indonesia.

For Malaysia, there will be price changes for the following products:

1. **Omega Gold Flax Seed Oil**
2. **Raw Manuka Honey**
3. **Detoxification & Rejuvenation Programme (DRP) Packages**

There will be a one-month grace period before the implementation of the new prices. Independent Business Owners (IBOs) and Smart Consumers may purchase any quantity of the above products at 2020 prices while stocks last during March 2021.

Thank you.

在此附上**2021年价格表**（2021年3月1日起生效）。

兹通知大家新加坡、香港和印尼的产品价格将保持不变。

至于马来西亚，大部分价格将保持不变，除了以下产品：

1. **奥美加黄金亚麻籽油**
2. **马努加蜂蜜**
3. **排毒与复健程序 (DRP) 各配套**

我们也特此通知大家产品新价格实施前将会有一个月的宽限期。独立经销商 (IBO) 在2021年3月期间购买任何以上产品，仍可参照2020年的价格表交易，存货售完即止。

谢谢。

NEWLIFE™ INTERNATIONAL 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 kktm@newlife.com.my

PETALING JAYA Tel +60 3 7877 6500 Fax +60 3 7874 4294 Email info@newlife.com.my

KUCHING Tel +60 82 252 972 Fax +60 82 257 982 Email 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

INDONESIA-

PT JIREH MITRA ANTARBANGSA

Tel +62 812 1111 6022 Email indonesia@newlife.com.my

For NewLife™
International Independent
Business Owners Only
只限于新生命独立传销商

FOLLOW US AT

<https://www.facebook.com/newlifetotalhealth>

@newlifetotalhealth

3 Ways to Keep Your Lungs Healthy & Strong

保持肺部健康强壮的3种方法



The lungs are the third most vital organ in the body, after the brain and the heart.

The lungs are responsible for absorbing the oxygen in the air that we breathe into the bloodstream and for expelling the waste gas (carbon dioxide) produced in every cell in the body. This vital process is called gas exchange, which is critical for the survival and healthy function of our body. In addition to gas exchange, the lungs also perform the following important functions:

pH Balance: If our lungs detect a rise in acidity, they increase the rate of ventilation to expel more carbon dioxide. This process causes the body to become less acidic.

Filtering: Our lungs filter small blood clots and they are able to remove small air bubbles, known as air embolisms, if they occur.

Protective: Our lungs act as a shock absorber for our heart in certain types of collisions.

Protection from Infection: Certain membranes within our lungs secrete immunoglobulin A, which protects our body against some infections.

Mucociliary Escalator: The mucus that lines the respiratory passages traps dust particles and bacteria. Tiny, hair-like projections, known as cilia, move these particles upward like an escalator to a position where they can be coughed out or swallowed and destroyed by the digestive system.

Blood Reservoir: The amount of blood the lungs can contain varies from 500 to 1,000 millilitres (ml). This function can be useful, for example, during exercise. The lungs interact with the heart to accommodate sudden increases in blood flow and this can help the heart to function more efficiently.

Speech: Proper airflow is required when we speak.

排在大脑和心脏之后，肺是人体内第三重要的器官。

肺负责吸收我们呼进血管内空气中的氧气，并排出由体细胞产生的二氧化碳。这个过程对我们的生存与健康非常重要，称之为“气体交换”。除了气体交换外，肺也起着其他重要的作用，包括：

酸碱平衡：当肺感应到体内酸度提高时，它们会增加呼吸率，以排出更多二氧化碳，从而降低体内的酸度。

过滤：我们的肺能过滤掉细小的血块，也能去除导致空气栓塞的小气泡。

保护：我们的肺可以作为心脏遭受撞击时的减震器。

预防感染：我们肺内的某些皮膜会分泌免疫球蛋白A，保护我们避免受到某些感染。

黏液纤毛自动扶梯：呼吸道内的粘液能吸附灰尘及细菌，纤小的毛发突出物（即纤毛），像自动扶梯一样将这些物质往上推移到一个能被咳出的位置，或是吞下让消化系统消灭这些灰尘及细菌。

血库：肺可容纳的血液量从500毫升至1000毫升不等，这功能对于运动是很有帮助的。肺能够与心脏相互作用以承受血流量的突升，还可以使心脏更有效地运作。

说话：我们说话时需要很有规律的气流。

Going Back to Basics | 回到基本

Our lungs, just like our heart, joints and other body parts, age with time. They can become less flexible and lose their strength, which can make it more difficult to breathe. However, by adopting certain healthy habits, we can better maintain the health of our lungs and keep them working optimally even into our senior years.

Maintaining the health of our lungs can be broken into 3 practical steps, which we should all incorporate into our daily lives:

1. Anti-inflammatory Diet

Inflammation is often characterised by redness, warmth, swelling, and sometimes pain and some immobility. It is part of our immune system's natural response to heal an injury or fight an infection. It should stop after the healing process is complete.

However, when inflammation persists or serves no purpose, it damages the body and causes illness. This is called chronic inflammation, which is the root cause of many chronic diseases, including respiratory illnesses such as asthma and bronchitis.

Stress, lack of exercise and exposure to toxins can all contribute to such chronic inflammation, but diet plays a big role as well.

Some foods can trigger inflammation which can negatively affect the health of our lungs, while some foods reduce inflammation and promote healing in the body.

By learning how specific foods and supplements promote anti-inflammatory action and restore health at a cellular level, you can begin to rejuvenate and strengthen your lungs (and the rest of your organs).

• Fruit & Vegetables

Fruit and dark leafy greens are rich in antioxidants as well as anti-inflammatory flavonoids that restore cellular health. They protect the lungs from free radical damage that causes inflammation.

If you struggle to consume whole portions of green leafy vegetables, simply juice them with **NewLife™ Alpha Juicer**. They can be juiced with fresh fruit such as oranges or pineapples to make them more palatable.

Alternatively, **NewLife™ Super Green Food ++** and **Spirulina** are excellent supplements to get more greens into your diet. They are concentrated sources of vitamins, minerals, phytonutrients, amino acids, enzymes, chlorophyll and powerful antioxidants.

如同我们的心脏、关节及身体的其他部位，我们的肺也会随着时间逐渐老化。它们会慢慢地失去弹性及力量，导致我们需要花费更多力气去呼吸。话虽如此，我们可以通过日常的健康习惯，更好地维护我们的肺部。那么，当我们年老时，我们的肺就能继续以最佳状态工作。

保持肺部健康可分为三个实际步骤，我们都应该将它们融入我们的日常生活中：

1. 抗炎饮食

炎症的特征通常包括发红、发热、肿胀、疼痛、甚至有时无法动弹的情况。这些都是我们身体免疫系统在修复伤口或抵抗感染时的自然反应，它们应该会在修复过程结束后就完全停止。

但是，如果炎症依然持续或毫无作用时，这将会对身体造成伤害或导致疾病——这就是所谓的慢性炎症。慢性炎症是许多慢性疾病的根源，包括呼吸道疾病如哮喘和支气管炎。

虽然压力、缺乏运动及接触毒素都可导致慢性炎症，饮食也起着关键作用。

一些食物可激发炎症，对我们肺的健康产生负面的影响；另一方面，某些食物则减少炎症及促进身体的修复工作。

只要掌握了如何从食物和保健品着手以促进抗炎及修复细胞，您的肺（与其他器官）也会随着开始恢复及变得强壮。

• 水果和蔬菜

水果及深色绿叶蔬菜含有丰富的抗氧化剂和抗炎类黄酮，可有效地修复身体细胞的健康，也能保护肺免受可导致炎症的自由基伤害。

如果您很难吃下整份的蔬菜，您可尝试使用**新生命奥发绿汁机**将蔬菜榨成汁，也可加入新鲜水果如橙或黄梨一起榨，会更加美味。

另外，**新生命的特超绿食品**和**螺旋藻**，也可以是很好的补充来增加您饮食中的绿色食品。它们含有丰富的维生素、矿物质、植物营养素、氨基酸、酶、叶绿素及强大的抗氧化剂。





• Coenzyme Q10

Coenzyme Q10, or CoQ10 for short, is a vitamin-like compound that is produced by the body. It is stored in the mitochondria of cells and is responsible for energy production at the cellular level as well as protecting cells from bacteria, viruses and oxidative stress (free radical damage). Clinical evidence suggests that CoQ10 has potent effects on inflammatory markers.

CoQ10 is found in meat, fish and whole grains. However, the amount of CoQ10 found in these dietary sources is not sufficient to significantly increase CoQ10 levels in the body. Besides, CoQ10 levels in the body also decrease as we age.

Hence, taking a CoQ10 supplement is essential. **NewLife™ CoQ10 Plus** is an advanced formula, synergistically blended with essential fatty acids found in flax seed concentrate to enhance bioavailability.

• 辅酶Q10

辅酶Q10是我们身体自行产生的类维生素的化合物，储存在细胞的线粒体，负责提供细胞能量，保护细胞免受细菌、病毒及氧化应激（自由基损伤）。临床实验已证明辅酶Q10对炎症标志物有重大的影响。

辅酶Q10能在肉类、鱼类及全谷物中找到。但是，这些膳食来源中的辅酶Q10含量完全不足以显著提高人体内的辅酶Q10水平。此外，体内辅酶Q10水平也会随着年龄的增长而逐年递减。

因此，服用辅酶Q10保健品是必要的。**新生命生物吸收性CoQ10**是一种先进配方，与亚麻籽浓缩物中的必需脂肪酸协同混合，以提高生物利用率。

• Astaxanthin

This is the most powerful antioxidant in the world. While other antioxidants can only handle one free radical at a time, astaxanthin forms an electron cloud around itself, which sucks in free radicals and can neutralize up to 19 free radicals at one time.

You can get astaxanthin by eating pink sea creatures that feed on algae. Sockeye salmon is by far the richest source. Just make sure that it is wild-caught.

You can also take astaxanthin supplements, at least 10 mg per day. Take it with a meal containing healthy fats like butter, coconut oil or eggs. The fat will help your body to absorb the astaxanthin.

NewLife™ Collasta contains a generous amount of astaxanthin extracted from red algae as well as other ingredients such as hydrolysed marine collagen, grapeseed extract, green tea extract, pine bark extract, lycopene and mangosteen extract.

• 虾青素

虾青素是世上最强的抗氧化剂。它能在自身周围形成电子云，吸取自由基，并能同时一次性中和多达19种自由基；而其他抗氧化剂一次只能处理一种自由基。

您能通过食用以藻类为食的粉红色海洋生物来获得虾青素。到目前为止，野生红鲑鱼是虾青素最丰富的来源。

当然，您也可通过保健品来获取虾青素。每天至少10毫克，与含有健康脂肪的食物一起食用如牛油、椰子油或鸡蛋。脂肪能帮助您的身体更有效地吸收虾青素。

新生命康丽达胶原红藻含有丰富的红藻提取虾青素及其他成分，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。



• Garlic

This pungent vegetable is considered as one of the anti-inflammatory superstars. Organosulfur compounds derived from garlic may lower the production of substances in the blood that cause inflammation. In fact, a 7-year study conducted by the Jiangsu Provincial Center for Disease Control and Prevention in China found that people who ate raw garlic at least twice a week had 44% lower risk of developing lung cancer. If eating raw garlic is not your thing, take **NewLife™ Garlic & Parsley** as a daily supplement and immune booster instead!

• 蒜

此辛辣蔬菜被认为是消炎的超级明星。大蒜内的有机硫化物能降低血液内可引发炎症的物质的产生。事实上，江苏省疾病预防控制中心进行的一项为期7年的研究发现，每周至少吃两次生大蒜的人患肺癌的风险降低了44%。但如果您无法接受生吃大蒜，那就服用**新生命的蒜与欧芹油**作为每日补充以增强免疫。

• Omega-3 Fatty Acids

While the human body needs only about 2 to 4 times more Omega-6 (pro-inflammatory) than Omega-3 (anti-inflammatory) fatty acids, our daily diet tends to contain an excessive amount of Omega-6 fatty acids from all the vegetable oils that are commonly used for cooking or found in processed foods – about 14 to 25 times more! In other words, our body is oversupplied with Omega-6 and deficient in Omega-3. Health experts believe that this imbalance has contributed to the rising rate of inflammatory disorders and other related health conditions. To correct this imbalance, we need to consume more Omega-3 while reducing Omega-6.

Low Omega-3 level reduces cell membrane permeability, causing inefficient transport of oxygen and nutrients to the cells, which consequently leads to the degeneration of cells and other health problems. Omega-3 is essential for maintaining healthy heart function, immune function, brain function and the nervous system.



Flax seed 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 flax seed 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™ Omega Gold Flax Seed Oil assures the highest quality oil, which is extracted from organically grown golden flax seeds, using a cold-press process which eliminates the damaging effects of light, oxygen and heat.

• 奥美加3脂肪酸

人体需要的奥美加6（促炎）脂肪酸比奥美加3（消炎）脂肪酸只需多出2至4倍。但是我们日常饮食中往往含有过量的奥美加6脂肪酸，就好比常用于烹饪的植物油或加工食品就含有高出大约14至25倍的奥美加6脂肪酸。换言之，我们的身体有过量的奥美加6；却缺乏奥美加3。健康专家相信，这个失衡状态会提高发炎症状及其他相关健康状况的风险。因此，我们必须摄取更多的奥美加3，同时减少奥美加6的摄取，以调节此失衡状态。

奥美加3对于维持健康的的心脏、免疫、大脑和神经系统功能起着非常重要的角色。缺乏奥美加3会使细胞膜的渗透力降低，造成氧气和营养物质无法有效地运输到各个细胞，最终导致细胞退化和其他健康问题。

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。再加上，人体无法合成必需脂肪酸，必须通过饮食获取。

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，从天然有机金黄亚麻籽中萃取的，绝对是最高质量的亚麻籽油。

• Coconut Oil

In many recent studies, the lauric acid in virgin coconut oil was found to reduce inflammation in cells. It works both as an analgesic and an anti-inflammatory.

One to two spoonfuls of extra virgin coconut oil a day goes a long way. **NewLife™ Extra Virgin Coconut Oil** is certified organic, cold pressed and naturally extracted from freshly harvested mature coconuts.

• 椰子油

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。

新生命特级初榨纯鲜椰子油经有机认证，从新鲜采摘的成熟椰子中冷榨提取。每天饮用一到两汤匙，受益无穷。



• Reduce Salt (Sodium) Intake

Balance is the key to a healthy body free of inflammation. A good example of mineral balance tied to inflammation is the proper mix of sodium-rich foods and potassium-rich foods. Sodium brings in fluid and nutrients, while potassium flushes toxins. A high sodium (high salt) diet can tip this delicate balance. Without this balance, toxins can build up in the body and promote inflammation.

Health experts recommend an intake of at least 5 times more potassium than sodium. To reconstruct healthy cells, we must replenish potassium levels in the body. Besides cutting down salt intake and taking more high potassium foods, supplementing with natural, special formulated potassium such as **NewLife™ K-Salt** is the perfect antidote for poor health. **K-Salt** is also particularly helpful for those with cough and phlegm, which can cause discomfort or strain the lungs in some cases.

• 减少盐（钠）的摄取

矿物质平衡与炎症有关的一个很好的例子就是：富钠食物与富钾食物的适当配合。钠将液体和营养物质带入身体；而钾则将毒素排出。高钠（高盐）饮食则会捣乱这个微妙的平衡。当这种平衡被捣乱时，毒素就会在体内堆积，引发炎症。

要重建健康的细胞，我们必须提高体内的钾含量。营养师建议钾的摄入量至少要是钠的五倍。除了减少盐的摄入，多吃含高钾的食物，还可以通过服用天然的钾保健品，如**新生命钾质**，来改善健康。钾质对咳嗽多痰的人也特别有帮助，咳嗽和痰在某些情况下会导致肺部不适或拉紧。



Inflammation-causing Offenders

Once you find foods that heal your body and satisfy your palate, you can then remove those inflammation-causing offenders without feeling deprived.

Below are some of the common culprits that raise inflammation. If you are constantly consuming these foods, your body will gradually transition into a state of chronic inflammation. So, watch out and stay away from:

- 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 or soy)
- trans fat: margarine, vegetable shortening and all products listing them as ingredients or made with partially hydrogenated oils of any kind.

In a nutshell, every bite counts. Start moving towards an anti-inflammatory diet today!

引发炎症的食物

一旦您找到即能修复您的身体，又能满足您的味蕾的食物，您就可以毫无留恋地戒掉那些引发炎症的食物了。

以下是一些能引发炎症的常见“元凶”。如果您常常吃这些食物，您的身体就会逐渐进入慢性炎症的状态。因此，尽可能远离：

- 煎炸食物
- 精制面粉
- 精制糖
- 富含激素及抗生素的动物产品
- 人造甜味剂
- 人造食品添加剂
- 氧化胆固醇（已变质的胆固醇，如煮过头的食物中的胆固醇）
- 高温烹煮的食物，尤其是使用植物油烹饪的（如花生油、玉米油或黄豆油）
- 反式脂肪：人造牛油、蔬菜起酥油以及其他含有部分氢化油或任何由部分氢化油制成的产品。

综合以上所叙述的，入口的每一样食物，都对您的健康有影响。从今天开始，就开始抗炎饮食的旅途吧！



2. Breathe in, Breathe out

Lung exercises provide ways to help your lungs become more efficient at managing airflow and oxygen levels.

Pursed-lip breathing forces the airways to stay open longer when you exhale so stale air can be expelled and more fresh air can be absorbed.

Pursed-lip breathing lung exercises are easy to do and can be done anywhere at any time. The exercise involves inhaling, slowly, through the nose and exhaling through pursed lips. The goal is to take twice as long breathing out as breathing in, so if you inhale for five seconds, you will want to exhale for 10 seconds while doing this exercise.

It may take some time before the technique feels natural, but with regular practice, it can become comfortable. Even a 5 to 10 minutes' practice every day can be beneficial.

2. 吸气，吐气

肺运动可以帮助您的肺更有效地管理气流和氧气水平。

当您呼气时，噘嘴呼吸迫使气道保持打开的时间更长，如此一来就可以排出浑浊不通的空气，吸收更多的新鲜空气。

噘嘴呼吸肺练习很容易做，可以在任何时间任何地点做。这个练习包括用鼻子慢慢地吸气，然后撅起嘴唇呼气。我们的目标是用两倍于吸气的时间来呼气，所以在做这个练习时，如果吸气5秒，就要呼气10秒。

这可能需要一段时间才会感觉自然，但通过定期练习，就可以变得舒畅。即使每天练习5到10分钟也可以受益。

3. Walking on Sunshine

Several studies have shown that vitamin D levels in the blood significantly impact lung health. It also plays a key role in balancing the immune system, reducing chronic inflammation, and supporting muscle health—all of which support respiratory health.

The cheapest and best source of vitamin D is sunshine. We are extremely fortunate to live in tropical countries in South East Asia where we have access to the sun almost every day of the year.

When your skin is exposed to sunlight, the sun's ultraviolet B (UVB) rays hit cholesterol in the skin cells, providing the energy for vitamin D synthesis to occur.

It is important to note that the sun's UVB rays cannot penetrate through windows. Hence the ONLY way to obtain enough UVB is to spend time outdoors when the sun is shining.

In most situations, approximately 30 minutes of skin exposure (without sunscreen) of the arms and face to sunlight can provide all the daily vitamin D that the body requires.

3. 走在阳光里

几项研究表明，血液中的维生素D水平对肺部健康有显著影响。它在平衡免疫系统、减少慢性炎症、维持肌肉健康等方面也起着关键作用，而这些都有助于支持呼吸系统的健康。

阳光是维生素D最便宜也是最好的来源。我们非常幸运地生活在东南亚的热带国家，在这里我们几乎一年中的每一天都能接触到阳光。

当您的皮肤暴露在阳光下时，太阳紫外线B (UVB) 射在皮肤细胞中的胆固醇，为维生素D的合成过程提供能量。

值得注意的是，太阳的UVB射线不能穿透窗户。因此，获得足够UVB的唯一方法是在阳光灿烂的时候花时间在户外。

在大多数情况下，把胳膊和脸（不涂防晒霜）暴露在阳光下大约30分钟就可以提供人体每天所需的维生素D。

We may not think about the importance of lung health until we experience a breathing problem. When our lung health is affected, it can impact the quality of everyday life and can prematurely shorten our lifespan. Take care of them starting today!

很多人都是等到出现呼吸问题后才意识到肺部健康的重要性。当我们的肺部健康受到损害时，它会影响日常生活的质量，甚至可能过早地缩短寿命。从今天开始，让我们好好地来照顾我们的肺吧！

VITATEA

维达健康茶

Chamomile | 洋甘菊 Lemongrass | 香茅 Licorice | 甘草
Rosehip | 玫瑰果 Siberian Ginseng Root | 西伯利亚人参根
Spearmint | 绿薄荷 Turmeric | 姜黄



Caffeine-free | 不含咖啡因



100% Natural Ingredients | 100%天然成分



Immune Booster | 富含抗氧化剂



Rich in Antioxidants | 增强免疫



Anti-inflammatory | 抗炎



Calming & Detoxifying | 镇静和排毒



A natural elixir for better health and vitality, **VitaTea** is the latest product here at NewLife™ International.

VitaTea is an immune-boosting and anti-inflammatory tea. It is one of the healthiest beverages that you can enjoy, especially so during this pandemic!

VitaTea has a refreshing, uplifting lemongrass scent, a sweet aftertaste from the licorice and a hint of spice from the turmeric. It is a delicious (and healthy), sugar-free, caffeine-free tea that can be enjoyed anytime during the day—a great alternative to your daily sugary or caffeinated drinks!

What makes **VitaTea** so special? It is a perfect blend of spices and herbs which contain vitamins, minerals, antioxidants and anti-inflammatory properties that have been shown to provide many short and long-term health benefits.

Health Benefits of VitaTea

Fights the Cold

VitaTea is great for treating a cold. It has properties to clear a stuffy nose, relieve heavy coughs and soothe a sore throat.

Immune Booster

The antioxidants and vitamins found in **VitaTea** are great for fighting diseases and infections. They can protect against oxidative stress and lower the risk of chronic disease. High in vitamin C, **VitaTea** boosts the immune system, which in turn helps the body to ward off viruses and infections.

一个使您更健康、更充满活力的天然长生不老药，**维达健康茶**是国际新生命的最新产品。

维达健康茶能帮助提高免疫系统及消炎。特别是现在正处疫情泛滥期间，**维达健康茶**绝对是您可以放心尽情享用的其中一种最健康的饮品。

维达健康茶带清新的香茅香气、甘草的甘甜味及姜黄的香料味。这茶既可口又健康、无糖、无咖啡因，可随时品尝，是含糖、含咖啡因饮料的绝佳替代品。

是什么让**维达健康茶**如此特别？因为它完美地混合了香料和草药。这些成分富含维生素、矿物质、抗氧化剂和消炎成分，已被证明对健康有许多短期和长期的益处。

维达健康茶的健康益处

治疗感冒

维达健康茶对治疗感冒很有效。它具有清除鼻塞、减轻严重咳嗽和缓解喉咙痛的性质。

加强免疫系统

维达健康茶中的抗氧化剂和维生素对抵抗疾病和感染很有帮助。它们可以保护身体免受氧化应激，也有助于降低慢性疾病的风险。**维达健康茶**富含维生素C，能增强人体的免疫系统，从而帮助身体抵御病毒和感染。

Anti-inflammatory

Inflammation is a natural, protective process that helps your body heal and defend itself against infection, illness or injury. Classic signs of acute (short-term) inflammation include redness, pain, heat and swelling. However, inflammation is harmful if it becomes chronic. Chronic (long-term) inflammation often occurs inside your body without any noticeable symptoms. It may last for weeks, months or years—and eventually lead to various health problems like weight gain, diabetes, heart disease, fatty liver disease and cancer.

Drinking **VitaTea** is one way to reduce inflammation and improve your overall health. **VitaTea** contains many ingredients that offer powerful antioxidants and anti-inflammatory properties. Thus, it is beneficial for those who suffer from conditions such as osteoarthritis, arthritis as well as those with pain, swelling and tiredness in joints or muscles. Being anti-inflammatory, **VitaTea** may also relieve skin conditions such as acne and eczema.

Improves Digestion

One of the great health benefits of **VitaTea** is that it helps with the breakdown of fats and helps to speed up the emptying of the stomach. By doing so, it helps to relieve symptoms of indigestion, such as bloating, abdominal gas, digestive discomfort and nausea.

Anti-aging

The rich antioxidants found in **VitaTea** can aid in slowing down the aging process, prevent free radical damage and reduce the aging of cells in the body. This keeps the cells in your body healthier and helps your skin and hair look and feel younger.

Relieves Stress and Anxiety

VitaTea helps to promote calmness and relaxation. It is one of the best teas for relieving stress and anxiety. Drinking **VitaTea** before sleep may also help people who suffer from insomnia and those who want to improve their general quality of sleep. The calming effect of chamomile may also act as a mild anti-depressant for some, as it stimulates the brain to reduce feelings of depression.

Detoxification

VitaTea contains ingredients such as chamomile, rosehip, lemongrass and turmeric that help to detoxify the body by supporting the body's detoxifying organs such as the liver and the kidneys. Detoxification is important as most of us are exposed to environmental pollution, unhealthy diet and stress on a daily basis.

Weight Management

VitaTea contains spearmint which is known to reduce cravings. This may help to prevent overeating. It also contains ingredients such as turmeric, rosehip and lemongrass that can help boost metabolism and weight management.

VitaTea will be used in **Dr. Lynn's Detoxification & Rejuvenation Programme (DRP)**, and is recommended for both therapeutic and daily use. With its powerful ingredients, we are very excited for the health benefits that you will enjoy from **VitaTea**!

维达健康茶将包括在陈林希珠博士的排毒与复健程序 (DRP)。**维达健康茶**含有许多强大有效成分, 对治疗和日常饮用都有好处。我们非常兴奋您的健康将从中大大受益!

抗炎

炎症是一种自然的保护过程, 帮助身体愈合, 保护身体免受感染、疾病或伤害。急性(短期)炎症的典型症状包括红肿、疼痛、发热和肿胀。然而, 如果炎症变成慢性, 它是有害的。慢性(长期)炎症通常发生在体内, 没有任何明显的症状。它可能持续数周、数月或数年, 最终导致各种健康问题, 如体重增加、糖尿病、心脏病、脂肪肝疾病和癌症。

喝**维达健康茶**是减少炎症和改善整体健康的其中一种方法。**维达健康茶**含有许多有效的抗氧化剂和消炎成分。因此, 它对于那些患有骨性关节炎、关节炎以及关节或肌肉疼痛、肿胀和疲劳的人是有益的。**维达健康茶**具有消炎作用, 还可以缓解粉刺和湿疹等皮肤问题。

改善消化

维达健康茶对健康的好处之一是它有助于脂肪的分解, 加速胃的排空。这样做有助于缓解消化不良的症状, 如腹胀、嗝气、消化不良和恶心。

抗衰老

维达健康茶中含有丰富的抗氧化剂, 可以帮助延缓衰老过程, 防止自由基损伤, 减少体内细胞的老化。这能使您体内的细胞更健康, 帮助您的皮肤和头发看起来更年轻。

缓解压力和焦虑

维达健康茶有助于镇静和放松, 是缓解压力和焦虑最好的茶之一。睡前喝**维达健康茶**可以帮助那些患有失眠的人和那些想要提高整体睡眠质量的人。对于一些人来说, 洋甘菊的镇静作用也可以作为一种温和的抗抑郁剂, 因为它可以刺激大脑来减少抑郁的感觉。

排毒

维达健康茶含有洋甘菊、玫瑰果、香茅和姜黄等成分, 通过支持身体的排毒器官, 如肝脏和肾脏, 来帮助身体排毒。大多数人每天都面对污染环境、不健康的饮食和压力的挑战, 因此排毒很重要。

体重管理

维达健康茶含有绿薄荷, 它可以减少饮食冲动, 有助避免暴饮暴食。**维达健康茶**也含有姜黄、玫瑰果和香茅等成分, 有助促进新陈代谢和体重管理。



NEWLIFE™ EL-NATURAL TOOTHPASTE

Enhanced with new ingredients and better than ever!

新生命天然牙膏

新改良！新成分！



NewLife™ EL-Natural Toothpaste

- Fortified with Enamel Repair feature, containing ingredients that promote remineralization for stronger and healthier teeth.
- Free of fluoride, SLS, parabens or animal by-products.
- Sweetened with stevia, sorbitol and xylitol.
- Has a natural, pleasant flavour from bee propolis, tea tree oil and spearmint oil.
- Freshens breath, prevents cavities, promotes gum health and strengthens teeth.
- Suitable for all ages and also for those with sensitive gums and teeth.

新生命天然牙膏

- 强化珐琅质修复功能，添加了能够促进珐琅质再矿化的成分，使牙齿更坚固和健康。
- 不含氟化物、十二烷基硫酸钠、苯甲酸酯或动物副产品。
- 用甜叶菊，山梨醇和木糖醇提供甜味。
- 含有蜂胶、茶树油和绿薄荷油，提供自然清新的味道。
- 保持口气清新，防止蛀牙，促进牙龈健康，牙齿坚固。
- 适合任何年龄，也适合牙龈和牙齿敏感的人士。

Active Ingredients | 有效成分

Tea Tree Oil • Spearmint Oil • Anise Oil

Antimicrobial. Kill germs that cause pain, disease and decay. Reduce gum inflammation, promote gum health and freshen breath.

茶树油 • 绿薄荷油 • 茴香油

抗菌。消灭引起疼痛、疾病和蛀牙的细菌。减少牙龈炎症，促进牙龈健康，保持口腔清新。



Aloe Vera

Strengthens teeth, promotes gum health, reduces plaque and freshens breath.

芦荟

强化牙齿，促进牙龈健康，减少菌斑，清新口气。



Allantoin

Soothes sensitive gums.

尿囊素

舒缓敏感牙龈。



Bee Propolis

Natural antibacterial properties.

蜂胶

天然抗菌特性。



Extra Virgin Coconut Oil

Anticavity. Fights bacteria and plaque.

特级初榨椰子油

抗蛀牙。对抗细菌和菌斑。



Xylitol

Inhibits the growth of bacteria and plaque formations. Prevents tooth decay, cavities and gum disease. Creates bone volume and mineral content. Increases collagen production.

木糖醇

抑制细菌生长和菌斑形成。防止蛀牙和牙龈疾病。增加骨体积和矿物质含量。增加胶原蛋白的生产。



Dicalcium Phosphate Dihydrate

Provides calcium and phosphate ions that support remineralization of teeth.

二水磷酸氢钙

提供钙和磷酸盐离子，支持牙齿再矿化。



The Castor Factor

蓖麻的“哇因素”



Castor oil is a vegetable oil pressed from castor seeds, used for a wide range of cosmetic, medicinal and pharmaceutical purposes. Castor oil is a colourless or slightly-yellow liquid, thick in consistency and with a distinct flavour.

Castor oil comes from seeds of the *Ricinus communis* plant, indigenous to the south-eastern Mediterranean Basin, Eastern Africa and India.

Here are some historical facts about castor oil:

- Herodotus and other Greek travellers used castor oil for lighting, body ointments and improving hair growth and texture.
- The Ebers Papyrus, an ancient Egyptian medical treatise believed to date from 1552 BC, describes castor oil as a laxative.
- In India, traditional Ayurvedic and Siddha medicine considers castor oil the king of medicinals for curing arthritic diseases.
- Also, in India, castor oil is regularly given to children to treat parasitic worm infections.
- Ancient Romans used castor oil for lamp oil and castor plant leaves to improve complexion.
- In China, castor oil has been prescribed since centuries ago in local medicine for internal use or for use in wound dressings.

There are several methods to extract castor oil from castor seeds—solvent extraction, expeller press and cold press. Wondering how these methods differ? Read on!

Solvent Extraction

In this method, hexane is used to extract the oil from the seed. Hexane is widely used for oil extraction because of easy oil recovery. Apart from that, it is also the cheapest method. However, hexane can cause mild central nervous system effects such as nausea and headaches.

Expeller Press

Unlike the solvent extraction method, a high-pressure screw press called an oil expeller is continuously used to crush the castor seeds to facilitate the removal of the oil in this method. Usually, higher temperatures are used to increase the efficiency of the extraction. However, these higher temperatures can cause castor oil to lose most of its nutrients.

Cold Press

The best method for health benefits, in this method, castor seeds are ground to squeeze out the oil while rotation is used to extract the oil. The cold press method takes its name from the German words *kalt geschlagen*, translated as ‘cold pummelling’. No external heat is required to fuel the process. The friction that is created by the rotation works to separate the oil. In this method, castor oil’s natural properties such as purity, flavour, fragrance and most importantly, nutritional value are preserved.

蓖麻油是一种从蓖麻种子压榨出来的植物油，广泛用于化妆品、医药和制药用途。蓖麻油是一种无色至非常淡黄色的液体，相当粘稠，具有独特的味道。

蓖麻油来自蓖麻的种子，原产于地中海盆地东南部、非洲东部和印度。

以下是一些关于蓖麻油的有趣历史事实：

- 希罗多德和其他希腊旅行者用蓖麻油点灯照明、用它做身体软膏和改善头发。
- 据信可以追溯到公元前1552年的古埃及医学论文《埃伯斯纸莎草》(Ebers Papyrus)描述蓖麻油为一种泻药。
- 在印度，传统的阿育吠陀和悉达医学认为蓖麻油是治疗关节炎疾病的药物之王。
- 此外，在印度，儿童经常服用蓖麻油来治疗寄生虫感染。
- 古罗马人用蓖麻油做灯油和用蓖麻叶来改善肤色。
- 在中国，蓖麻油早在几个世纪前就被作为处方用于内服或用于伤口敷料。

提取蓖麻油的方法有几种，例如溶剂萃取法、压榨法和冷压法。想知道这些方法有什么不同吗？很快就会给您揭晓。

溶剂萃取法

采用正己烷法从种子中提取油。正己烷因其易于采油而被广用。除此之外，它也是最便宜的方法。然而，正己烷可能会引起轻微的中枢神经系统反应，如恶心和头痛。

压榨法

与溶剂萃取法不同的是，这种方法是用高压螺旋榨油机压榨蓖麻籽榨出油。通常需要很高的温度来提高萃取率。然而，高温会使蓖麻油失去大部分的营养成分。

冷压法

冷压法是对健康有益的最佳萃取法。在这种方法中，蓖麻籽被碾碎，旋转抽油。冷压法的名字取自德语单词，意思是冷打击。这个过程不需要加热。旋转产生的摩擦作用能够分离油。通过冷压法，蓖麻油的天然性质得到了最好的保留，如纯度、味道、香味、还有最重要的是营养价值。



Now you may wonder, what is it in castor oil that makes it great? What are the nutrients found in castor oil so valuable that the method of extraction matters? The answer is **ricinoleic acid**, a monounsaturated fatty acid. Apart from that, castor oil also carries vitamin E and linoleic and oleic acids.

Here are some of the amazing benefits of castor oil and how to make the most out of it:

1. FACE

Reduce Acne

The antimicrobial and anti-inflammatory properties of castor oil make it useful in reducing acne. Ricinoleic acid can inhibit growth in the bacteria that cause acne. Being a natural moisturiser, it also helps to soothe inflamed and irritated skin.

Soft and Smooth Skin

Castor oil is also rich in other fatty acids. Working as an emollient, it can enhance smoothness and softness when applied to facial skin. It can also provide a barrier on the skin to protect against moisture loss.

Glowing Complexion

The fatty acids in castor oil can also promote the growth of healthy skin tissue, making it great for restoring uneven skin tones.

Gentle on Sensitive Skin

Castor oil has a low comedogenic score. This means that it is unlikely to clog pores in the skin and reduces the risk of developing blackheads, making it appropriate for use on sensitive skin.

Anti-wrinkle

Ricinoleic acid is a potent antioxidant, effectively protecting the skin from free radical damage that causes collagen damage and wrinkles.

现在您可能会想，是什么使蓖麻油如此特殊？蓖麻油中有哪些营养成分如此珍贵，以至于提取方法变得重要？答案是**蓖麻油酸**，一种单不饱和脂肪酸。除此之外，蓖麻油还含有维生素E、亚油酸和油酸。

以下是蓖麻油的一些神奇的好处，以及如何充分利用它的建议：

1. 脸部

减少粉刺

蓖麻油的抗菌和消炎特性使它对减少粉刺有用。蓖麻油酸可以抑制导致粉刺的细菌的生长。作为一种天然的保湿剂，它也有助于舒缓发炎和敏感的皮肤。

柔软光滑的皮肤

蓖麻油还富含其他脂肪酸。作为润肤剂，应用于面部肌肤时，可增强肌肤的光滑和柔软度。它还可以为皮肤提供一个屏障，防止水分流失。

容光焕发的肤色

富含脂肪酸的蓖麻油还能促进健康皮肤组织的生长，有助于恢复不均匀的肤色。

温和适用于敏感皮肤

蓖麻油致粉刺性低。这意味着它不太可能堵塞皮肤上的毛孔，可减少导致黑头的产生，使它适用于敏感皮肤。

抗皱紧肤

蓖麻油酸是一种有效的抗氧化剂，能有效保护皮肤免受自由基的伤害，防止胶原蛋白损伤和皱纹的产生。



2. BROWS & LASHES

Apply a little castor oil daily to your eyebrows and eyelashes.

Castor oil promotes hair growth and improves blood circulation. More circulation results in more nutrition to your hair follicles.

Apart from that, the moisturising properties of castor oil will help condition and thicken the brows and lashes.

2. 眉毛和睫毛

每天在眉毛和睫毛上涂一点蓖麻油。

蓖麻油促进毛发生长，改善血液循环。血液循环越顺畅，输送到毛囊的营养就越多。

除此之外，蓖麻油的保湿特性也有助于滋润和增厚眉毛和睫毛。



3. HAIR

Hair Conditioner

Dry or damaged hair can especially benefit from an intense moisturiser like castor oil.

Applying castor oil to the hair on a regular basis helps to lubricate the hair shaft, increasing flexibility and decreasing the chances of breakage.

Treat Dandruff

Castor oil can also benefit those who experience dandruff, a common scalp condition characterised by dry, flaky skin on the head.

Due to castor oil's anti-inflammatory properties, it can effectively treat dandruff caused by seborrhoeic dermatitis—an inflammatory skin condition that causes red, scaly patches on the scalp.

Hair Tonic

Castor oil helps to thicken and grow hair.

Studies show that the ricinoleic acid stimulates the production of the lipid prostaglandin (PGE2). This lipid is known for its ability to enrich hair follicles.

Regular application along the hairline will promote definition and lustre.

4. NAILS

Do you have brittle nails that break or peel easily? Then castor oil should become your go-to nail treatment. Its rich, thick texture and generous dose of vitamin E makes it great for moisturising not only the cuticle area, but also the nail bed itself. Castor oil has also been claimed to promote circulation and blood flow; hence you will see improvements in nail strength with regular application.

3. 头发

护发素

使用密集保湿剂，如蓖麻油，对干燥和受损的头发特别有益。

经常在头发上涂抹蓖麻油，有助于润滑毛干，增加弹性，减少断裂的机会。

治疗头皮屑

蓖麻油也可以帮助那些有头皮屑的人。头皮屑是一种常见的头皮状况，其特征是头部干燥、片状皮肤。

由于蓖麻油的抗炎特性，它可以有效治疗由脂溢性皮炎引起的头皮屑；一种引起头皮发红、鳞屑斑的炎症性皮肤病状况。

生发油

蓖麻油有助于头发增厚和生长。

研究表明，蓖麻油酸刺激脂质前列腺素 (PGE2) 的产生。众所周知，这种脂质可以丰富毛囊。

经常使用在发际线，可以使发际线更清晰和促进头发光泽。

4. 指甲

您的指甲容易碎或脱落吗？那么蓖麻油就是您指甲护理的首选。它浓厚的质地和丰富的维生素E对角质层和甲床都有很好的保湿作用。蓖麻油也被认为能促进循环和血液流动；如果经常使用，您会看到指甲强度的改善。

5. BODY

Anti-inflammatory

Both castor oil and ricinoleic acid have demonstrated anti-inflammatory properties. This makes them useful for treating irritated skin caused by inflammatory diseases such as rheumatoid arthritis or psoriasis.

Antimicrobial

It may also protect the skin from bacterial infections by keeping out microbes that can cause disease.

Moisturising

Castor oil contains triglycerides. These can help maintain moisture in the skin, making it useful for treating dry skin or dry patches on the knees or elbows.

Hydration

Castor oil has humectant properties, which means that it can draw moisture from the air into the skin, keeping the skin hydrated.

Cleansing

The triglycerides found in castor oil are also helpful for removing dirt from the skin.

Note: It can take time for the skin to fully absorb castor oil, but diluting the oil can promote absorption into the skin. Although castor oil can be used on its own, we suggest diluting castor oil with other oils, such as coconut oil. The recommended ratio is 1:1—the quantity of castor oil should be the same as the oil with which it is mixed.

5. 身体

抗炎

蓖麻油和蓖麻油酸都显示了抗炎特性。这使得它们对治疗风湿性关节炎或银屑病等炎症性疾病引起的皮肤过敏非常有用。

抗菌

它也可以保护皮肤免受细菌感染，将可能导致疾病的微生物拒之体外。

保湿

蓖麻油含有甘油三酯，可以帮助保持皮肤的水分，这对治疗干燥的皮肤或膝盖或肘部的干燥斑块很有用。

水合作用

蓖麻油具有保湿特性，这意味着它可以将空气中的水分吸入皮肤，保持皮肤水分充足。

洁净

蓖麻油中的甘油三酯也有助于清除皮肤上的污垢。

注意：蓖麻油需要经过一段时间才能让皮肤完全吸收，但如果先被稀释就可以加速皮肤吸收。因此，虽然蓖麻油可以单独使用，我们建议用其他油（如椰子油）稀释蓖麻油。蓖麻油与基底油的用量推荐比例为一对一。



6. LAXATIVE

Castor oil is classified as a stimulant laxative, meaning that it increases the movement of the muscles that push material through the intestines, helping to clear the bowels.

Stimulant laxatives act rapidly and are commonly used to relieve temporary constipation.

When consumed orally, castor oil is broken down in the small intestine, releasing ricinoleic acid. The ricinoleic acid is then absorbed by the intestine, stimulating a strong laxative effect.

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

However, do note that castor oil is not recommended as a long-term treatment for chronic constipation.

6. 泻药

蓖麻油被归类为一种刺激性泻药，这意味着它增加了肠道的肌肉运动，有助于推动物质、清理肠道。

刺激性泻药作用迅速，通常用于缓解暂时性便秘。

食用时，蓖麻油在小肠内分解，释放出蓖麻油酸。蓖麻油酸随后被肠道吸收，产生强烈的通便作用。

一项研究发现，老年人服用蓖麻油后，他们的便秘症状有改善，包括减轻排便时的困难感或不尽感。

然而，请注意，我们不建议使用蓖麻油作为长期治疗慢性便秘。

7. NATUROPATHY

Arthritic Pain Relief

Due to its anti-inflammatory properties, applying castor oil to arthritic areas can relieve pain effectively. Warm castor oil can be applied topically or can be used in a pack to treat arthritic pain.

Lymphatic Drainage

When topically applied to the abdomen, castor oil is absorbed through the skin into the tissues. Heat applied helps to drive the castor oil into deeper layers. The castor oil increases lymphocyte production and increases circulation of the lymphatic system.

The lymphatic system is like a drainage system within the body. Toxins, infections, metals, dead cells and debris from all over the body are collected and cleaned up by the lymphatic system, then brought to the liver for filtering and emptied out through the colon. When the lymphatic system is not working effectively, waste and toxins can build up, leading to a depressed immune system, inefficient bowel movements, worsening food sensitivities, ultimately leading to inflammation and disease.

Therefore, castor oil packs can be used to increase lymphatic drainage, detoxify the body, strengthen the immune system, reduce inflammation and enhance overall health.

7. 天然疗法

缓解关节炎疼痛

由于具抗炎特性，蓖麻油可以有效缓解关节炎部位的疼痛。暖暖的蓖麻油可以直接局部应用或可以用在敷包治疗关节炎的疼痛。

淋巴引流

当局部涂抹于腹部时，蓖麻油进入皮肤被组织吸收。热敷有助于将蓖麻油渗入更深层。蓖麻油有助增加淋巴细胞的产生和增加淋巴系统的循环。

淋巴系统就像体内的排水系统。全身的毒素、感染、金属、死亡细胞和残骸会被淋巴系统收集和清理，然后被带到肝脏进行过滤，最后通过结肠排出体外。当淋巴系统不能有效工作时，废物和毒素就会堆积，导致免疫系统差，排便效率低，对食物更加敏感，最终导致炎症和疾病。

因此，蓖麻油包敷可用来增加淋巴排毒，增强免疫系统，减少炎症，改善整体健康。

NewLife™ Organic Castor Oil

Produced in India, **NewLife™ Organic Castor Oil** is certified organic by the U.S. Department of Agriculture (USDA). The *Ricinus communis* plants and seeds are cultivated in an environment free from chemical fertilizers, pesticides and artificial chemicals.

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

It is 100% pure and contains no artificial ingredients.

NewLife™'s Organic Castor Oil can be applied topically or ingested.

Head over to your closest NewLife™ branch or contact your Upline to get a bottle of **NewLife™ Organic Castor Oil** for you and your family!

新生命有机蓖麻油

产自印度，经美国农业部 (USDA) 有机认证。保证蓖麻的植物和种子是在没有化肥、杀虫剂和人工化学品的环境中种植的。

新生命有机蓖麻油符合英国药典标准。冷压萃取，未经提炼，不使用溶剂，使您在营养方面得到最大的好处。

100%纯净，不含人工成分。

新生命的有机蓖麻油可以局部敷用或口服。

前往最近的新生命分行或联系您的上线，为您和家人买一瓶新生命有机蓖麻油！



MARCH | 3月 2021

MON	01	08	15	22	29
TUE	02	09	16	23	30
WED	03	10	17	24	31
THU	04	11	18 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} Gut Health + Yoghurt (Chinese)(Webinar) 肠道健康与酸乳酪 (中文)(网络研讨会) by Sim Bee Hong (Manager)	25	
FRI	05	12	19	26	
SAT	06 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} Food That Feeds (Webinar) 吃出健康 (网络研讨会) by Susie Moi (Manager) & Abigail Moi	13 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} Gut Health (Webinar) 肠道健康(网络研讨会) by Deborah Lee	20 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} Diabetes Prevention & Management (Webinar) 预防及管理糖尿病 (网络研讨会) by Lydia Ling (Silver Manager)	27	
SUN	07	14	21	28	

APRIL | 4月 2021

MON	05	12	19	26
TUE	06	13	20	27
WED	07	14	21	28
THU	01	08	15	22
FRI	02	09	16	23
SAT	03	10	17	24
SUN	04	11	18	25
SG 新加坡 7.30^{pm} - 9.30^{pm} Reversing Skin Diseases through Holistic Nutrition (Webinar) 通过整体营养逆转皮肤疾病 (网络研讨会) by Lydia Ling (Silver Manager)		SG 新加坡 7.30^{pm} - 9.30^{pm} Bone Health (Webinar) 骨骼健康 (网络研讨会) by Abigail Moi		SG 新加坡 7.30^{pm} - 9.30^{pm} Lose Weight Gain Health! (Webinar) 减肥瘦身, 享受健康! (网络研讨会) by Young Hoon
				Nuzul Al-Quran (P.J office closed)
Good Friday (EM & SG offices closed)				
SG 新加坡 2.00^{pm} - 3.30^{pm} Intermittent Fasting (Webinar) 间歇性禁食 (网络研讨会) by Joyce Chua	SG 新加坡 2.00^{pm} - 3.30^{pm} Water Can Undermine Your Health (Chinese) (Webinar) 水质可暗中损害您的健康 (中文) (网络研讨会) by Sim Bee Hong (Manager)	SG 新加坡 2.00^{pm} - 3.30^{pm} Chemical Free Home – Water (Webinar) 远离化学物质的安全之家-水 (网络研讨会) by Susie Moi (Manager) & Team	SG 新加坡 2.00^{pm} - 3.30^{pm} Detoxification & Rejuvenation Programme (DRP) (Webinar) 排毒与复健程序 (网络研讨会) by Manager Team	

BETTER THAN EVER! 超越过去!



Enjoy Offers on Our Latest Products 以特价购买我们的最新产品



Available at All NewLife™ Branches in April 2021!
于2021年4月在新生命所有分行待售!

PRE-LAUNCH OFFER | 新产品发布前推广促销

Starting 1 March 2021 | 从2021年3月1日开始

Buy 2
El-Natural Toothpaste
& **GET 1 FREE**
购买2支天然牙膏
免费获得1支

Buy 2 VitaTea at
10% OFF 折扣
购买2包VitaTea
(70% BV/PV | 70%单位花红和单位分数)

Buy 1
Organic Castor Oil at
20% OFF 折扣
购买1瓶有机蓖麻油
(Full BV/PV | 完整单位花红和单位分数)

Terms & Conditions:

1. Promotion period: 1 March to 30 April 2021, or while stocks last.
2. El-Natural Toothpaste: regular price item carries full BV/PV; free gift carries no BV/PV.
3. Purchases must be on a single receipt.
4. Not valid with any other concurrent promotions, Quantity Discount or APP.
5. No goods return or exchange allowed.
6. Other terms & conditions apply.
7. NewLife™ reserves the right to change or amend the terms & conditions without prior notice.

条规与细则:

1. 促销活动期间: 2021年3月1日至4月30日, 或存货售完为止。
2. 天然牙膏: 原价出售的产品带有完整的单位分数和单位花红; 免费赠品不带任何单位分数和单位花红。
3. 采购必须在同一单据上。
4. 不可配合其他同期间的促销活动、数量折扣、或自动订货计划。
5. 不允许退货或交换。
6. 附有其他条规与细则。
7. 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。