

# LifeLine

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MALAYSIA  
RM2.30  
SINGAPORE  
S\$1.20  
ISSUE 3/2021

MAY & JUNE 2021

PP 12933/09/2013 (032866)

## 4 Common **DIGESTIVE HEALTH**

Problems

四种常见的

**消化系统**

健康问题

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## Raising a **Healthy Next Generation**

养育健康的  
下一代

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Book Launch | 新书发布

## **CHOLESTEROL:**

GUILTY OR INNOCENT?

**胆固醇: 有罪还是无辜?**

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## **CHOLESTEROL**

**GUILTY OR INNOCENT?**

*The most misunderstood nutrient & how it affects your health.*



DR. LYNN TAN (ND)

# OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

JANUARY-MARCH 2021  
2021年1月至3月

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## 21% ACHIEVERS

### JANUARY 2021

KONG WAI YIN

### FEBRUARY & MARCH 2021

IRENE CHONG CHUAY PENG

## 18% ACHIEVERS

### JANUARY 2021

CHONG KIM MOI

SYARIKAT ADIL

### FEBRUARY 2021

KONG WAI YIN

SO SUE YI REGINA

### MARCH 2021

CHONG KIM MOI

LIM SIEW CHOO

## 15% ACHIEVERS

### JANUARY 2021

LEONG KEE LIN (JACQUELINE)  
WONG MUI CHOO (KELLY)  
TANG LI LI SALLY

TAN LEE KENG (LILY)  
POON YOKE CHUN  
LING YOUNG HOON

SO SUE YI REGINA  
WELLNESS INC

### FEBRUARY 2021

CHONG KIM MOI  
TANG LI LI SALLY

SYARIKAT ADIL

TEH CHING YEE

### MARCH 2021

GHO KIM LUAN (SALLY)  
WELLNESS INC

SO SUE YI REGINA  
CHEW CHING JEN

TAN LEE MENG

### FEBRUARY & MARCH 2021

TAN LEE KENG (LILY)  
POON YOKE CHUN

WONG MUI CHOO (KELLY)

MOI YAN LIN ABIGAIL



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2021年5月及6月份

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# 4 Common DIGESTIVE HEALTH Problems

... and what you can do about them!

## 四种常见的 消化系统 健康问题... 您能做些什么呢?



Gut health is the foundation of our body's overall health. Why? Because our gastrointestinal tract is responsible for absorbing nutrients from the food that we eat and also eliminating wastes from our body. It is a complex system involving many different organs and if any part is not functioning well, it will affect the health of the rest of the body.

Many people struggle with conditions such as fatigue, chronic inflammation, migraines, depression... not to mention digestive issues such as constipation, flatulence, leaky gut and more, which can all be traced to poor gut health.

Here are 5 signs that you may have poor gut health. If you have one or more of these signs, you should start working on building a healthy gut!

### 1. Irregular Bowel Movement

Also known as "constipation", irregular bowel movement is characterised by having inconsistency or difficulty in passing out stool. If you have to strain when moving your bowels or if you are moving your bowels less than once per day, you are most likely constipated! In fact, studies show that constipation affects millions of people worldwide.

Constipation results in a retention of waste matter in your colon, which becomes more and more difficult to pass over time. It can cause a variety of digestive issues such as haemorrhoids, an increase of bad bacteria in your colon and other health issues. It can also increase your risk of colon cancer.

What's the fix?

Water and fibre! Ensuring that you have sufficient intake of water and fibre every day is one of the best ways to prevent constipation. In addition, an intake of friendly bacteria and digestive enzymes (in the form of supplements or enzyme-rich foods) are also helpful for preventing or treating constipation.

肠道健康是整体健康的基础。为什么呢？因为肠胃负责从我们所吃的食物中吸收营养，同时也负责排除体内的废物。消化系统涉及到许多器官，非常复杂。只要其中一个部分功能不佳，它将会影响身体其他部位的健康。

许多人都患有疲劳、慢性炎症、偏头痛、抑郁等症状，更别说是便秘、肠胃气胀、肠漏症等消化问题了，这些都归咎于肠胃健康状况不佳。

以下是肠道健康不佳的五个迹象。如果您有其中一个或多个的症状，这表明您应该开始照顾好自己的肠道了！

### 1. 排便不规律

又称“便秘”，不规律或不顺畅的排便都被视为便秘的现象。如果您排便时需用力或是没有每天排便，那您就是便秘了！研究发现，全球数百万人都有便秘问题。

便秘会造成废物滞留在结肠，随着时间推移，情况会日益严重，进而引起各种消化问题。例如，痔疮、结肠不良细菌增加及其它健康问题，而且还会增加您患上结肠癌的风险。

那么，我们要如何补救呢？

那就是白开水和纤维！每日确保摄取足够的水分和纤维就是预防便秘最好的方法之一。此外，摄入有益菌和消化酶（以补充品或富含酶的食物形式）也能对预防或治疗便秘有很大的帮助。

## 2. Irritable Bowel Syndrome (IBS)

IBS is another common digestive disorder. Symptoms include pain and cramping, diarrhoea, constipation, a combination of both diarrhoea and constipation, gas or bloating and food intolerances. For many people, IBS is caused by a combination of stress, diet and poor sleep.

If you have IBS, it is important to eat a healthy diet, avoid foods that you know will irritate your digestive system, and manage your stress and sleep as best you can. Taking daily probiotic and enzyme supplements may also be helpful for reducing symptoms.

Some studies have also found a link between mucosal inflammation and IBS. A great way to help your body to combat inflammation and also deal with stress better is to supplement daily with vitamin C and vitamin B.

## 3. Haemorrhoids

Described as swollen blood vessels in the lower rectum, haemorrhoids can cause bleeding and discomfort. They are very common in both men and women, and around 50% of adults over the age of 50 have haemorrhoids.

Haemorrhoids are caused by straining during bowel movement, which causes high pressure in the blood vessels around the anus. It can be caused by either diarrhoea or constipation.

Haemorrhoids usually go away on their own, but are likely to return if the root causes are not addressed. In order to prevent haemorrhoids, one should eat high-fibre foods such as fruits, vegetables and whole grains, while ensuring to drink enough water throughout the day.

## 4. Indigestion or Digestive Discomfort

Conditions such as indigestion, reflux, belching and flatulence, heart-burn and gastric (an inflammation, irritation, or erosion of the lining of the stomach) can cause discomfort or interfere with your daily activities. While they may not cause any damage, they are also not the signs of a healthy digestive system.

What should you do if you struggle with indigestion? The first thing would be to identify the foods that are particularly aggravating. While you may enjoy the occasional pizza dinner as much as anyone else, however you also know that if you eat more than 2-3 slices of pizza, you would not be comfortable for the next few hours. This is a sign that your body struggles to digest the food you have eaten.

Eating foods that you are even mildly intolerant to, or have trouble digesting, can cause a lot of stress on the body and also maladaptive reactions including chronic inflammation.

In addition to avoiding foods that you struggle to digest, taking an enzyme supplement before or after your meal can go a long way towards helping you to digest and absorb nutrients from the food you have eaten.

Flatulence may also be caused by unhealthy bacteria in the colon, and may be helped by an intake of probiotics.

## 2. 肠易激综合征 (IBS)

IBS是另一种常见的消化系统疾病。症状包括腹痛和痉挛、腹泻、便秘、胀气及食物不耐症等。IBS大多由压力、不良饮食与睡眠不足所造成的。

如果您患有IBS，最重要的是要吃健康的饮食、避免那些会刺激您消化系统的食物、尽量缓解压力及提高睡眠质量。每天摄取益生菌及酶保健品也有助于缓解症状。

一些研究已经发现粘膜炎症与IBS之间是有关联的。帮助身体战胜炎症和缓解压力的最好方法就是每天摄取维他命C和维他命B。

## 3. 痔疮

痔疮即是下直肠血管肿胀，会导致出血及不适。痔疮在男性和女性中都很常见。50岁以上的成人中约有50%都患有痔疮问题。

长期排便时紧张出力，导致肛门周围血管承受高压是引发痔疮的主要原因。另外，腹泻或便秘也可能导致痔疮。

痔疮通常都会自行消失，但是也可能因为没有解决根源问题而复发。要有效预防痔疮，应该每天多喝水和多吃高纤维食物如水果、蔬菜和全谷类。

## 4. 消化不良或肠胃不适

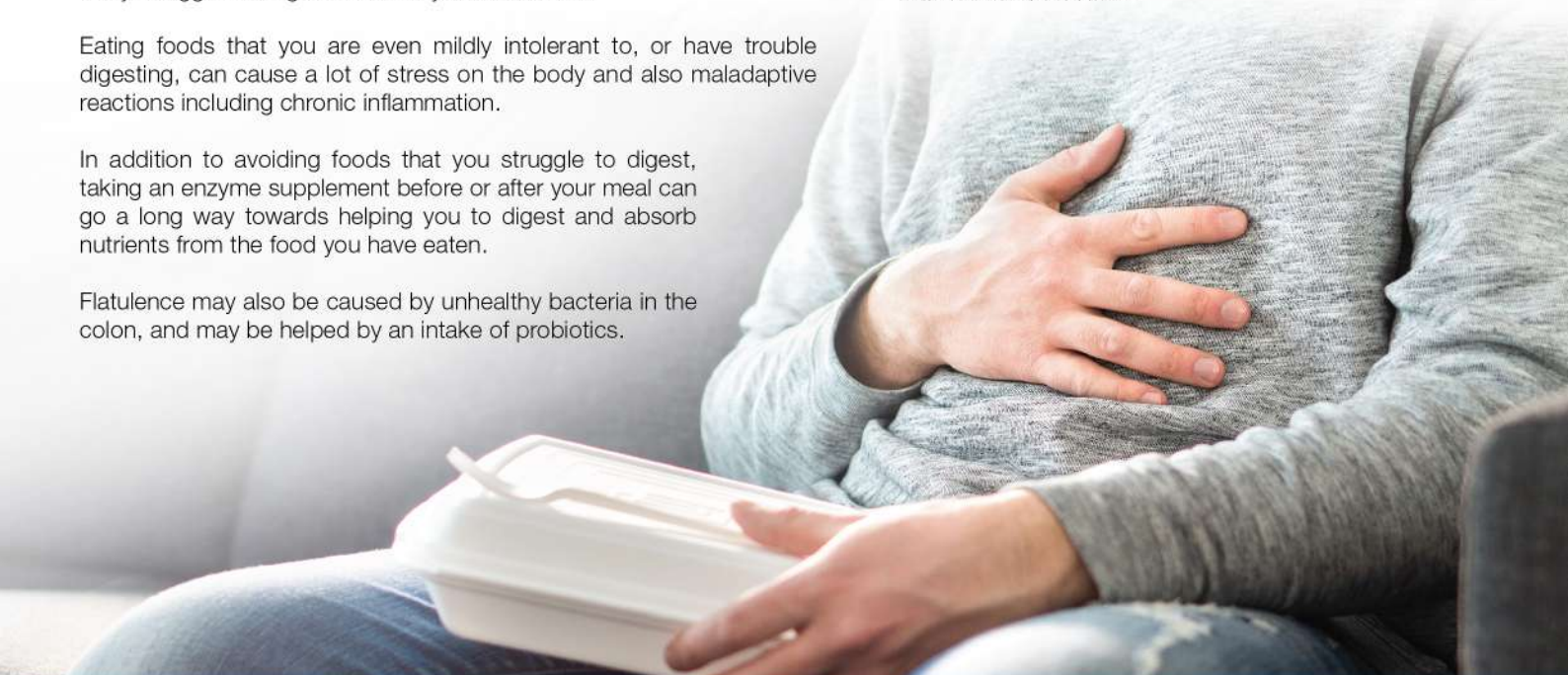
消化不良、胃酸逆流、打嗝和胃气胀、胃灼热及胃炎（胃壁发炎、刺痛或胃黏膜侵蚀），都会造成不适，影响日常作息。这些症状或许不会造成严重伤害，但它们也绝对不是健康消化系统的迹象。

如果您正被消化不良问题所困扰，您能怎么做呢？首件要做的事就是找出让您消化不良的食物。就好比您也和其他人一样偶尔喜欢披萨大餐，但只要您吃超过2-3片后，在接下来的几个小时您就会感觉不适。这就表明了您的身体无法有效消化您摄取的食物。

无论是吃了轻度不耐受的食物，还是难以消化的食物，它们都会给身体带来很大的压力，还会导致慢性炎症等不适反应。

除了避免那些问题食物之外，在饭前或饭后服用一些酶补充品，有助于您消化及吸收您所吃的食物中的营养。

肠胃气胀也可能是由结肠内不良细菌所引起的，摄取益生菌能有助缓解改善情况。



# NewLife™'s Digestive Support Pack: GI HEALTH PLUS + N.ZIMES PA PLUS™

## 新生命支持消化程序: 肠胃保健配套+胰酶 (植物) 添加素

Provides complete and comprehensive digestive support for a wide range of conditions. Daily intake of these supplements is recommended for everyone, especially those that have any kind of digestive issue!

为多种情况提供完整和全面的消化支持。推荐给所有人，特别是那些有任何消化问题的人！

### Immuflo®

#### 免疫激菌植

- Probiotic and prebiotic blend.
  - Contains 10 billion Bifidobacterium longum and 1 billion Lactobacillus acidophilus per sachet.
  - Comes with 200mg Fructooligosaccharides, which acts as food for the friendly bacteria, promoting their growth in the digestive tract.
  - Helps to relieve and prevent diarrhoea and constipation.
  - Promotes a healthy gastrointestinal environment.
- 益生菌和益生元混合物。
  - 每袋含长双歧杆菌100亿，嗜酸乳杆菌10亿。
  - 含有200毫克低聚果糖，可以作为友好细菌的食物，促进它们在消化道的生长。
  - 有助纾缓及预防腹泻及便秘。
  - 促进健康的肠胃环境。



### Herbal Klenz Powder

#### 天然净化物

- Daily fibre supplement.
  - No laxative effect.
  - Contains detoxifying herbs.
  - Promotes digestion and bowel movement.
- 每日纤维补充剂。
  - 没有缓泻效应。
  - 包含排毒草药。
  - 促进消化和排便。

### Apple Cider Vinegar & Pure Raw Honey

#### 苹果醋和纯天然生蜂蜜

- One of the best digestive health tonics when taken together.
  - Promotes the growth of friendly bacteria in the gut.
  - Rich in enzymes that help to promote healthy digestion.
  - A great alternative to sugary or carbonated drinks, which may aggravate the digestive system.
- 结合起来一起服用，它们是一种最好的消化补品。
  - 促进肠道中有益细菌的生长。
  - 富含酶，有助于促进消化。
  - 代替可能使消化系统恶化的含糖或碳酸饮料。



## Vitamin C Complex (1000mg) Sustained Release 新生命维他命C缓释综合丸(1000毫克)

- Enhanced with bioflavonoids.
- Helps lower inflammation throughout the body and in the gut.
- Fights free-radical damage.
- Crucial for the formation of collagen. Collagen has been found to regulate the secretion of gastric juices by ensuring enough acid for proper digestion while preventing an excess of gastric juices, which can lead to heartburn, stomach ulcers and other painful digestive problems caused from an overly acidic environment. Collagen is also a key component for repair and healing in the intestinal and stomach linings.
- Sustained release formula provides up to 40% better utilization.
- 含生物类黄酮
- 有助于降低全身和肠道的炎症。
- 对抗自由基损伤。
- 对胶原蛋白的形成至关重要。胶原蛋白可以调节胃液的分泌，确保有足够的酸来进行适当的消化，同时防止胃液过多，因为胃液过多会导致胃灼热、胃溃疡和其他因过酸环境而引起的痛苦的消化问题。胶原蛋白也是修复肠道和胃黏膜的关键成分。
- 持续释放配方，比其他维他命C补充剂的利用率高出40%。



## N.Zimes PA Plus™ 胰酶（植物）添加素

- Proprietary enzyme supplement that is the result of over eight decades of research in the study of enzymes.
- Contains a broad spectrum of microbial enzymes from the major groups:
  - ✓ **Proteolytic enzymes**, which help to break down proteins at a broad range of pH between 2.5 to 10. This enables protein digestion to begin higher in the upper stomach where the pH is lower and to continue in the higher pH environment of the small intestines.
  - ✓ **Carbohydrolytic enzymes**, which help to digest various forms of carbohydrates like maltose, sucrose, glucose, fructose and complex sugars found in vegetables, grains as well as legumes.
  - ✓ **Lactase**, which helps to digest lactose found in dairy products.
  - ✓ **Lipase**, which helps to break down oils and fats.
  - ✓ **Fibre-hydrolysing enzymes** that help to break down the fibrous cell walls in grains, fruits and vegetables.
- 新生命专利的酶补充品，是经过80多年对酶的研究的结晶品。
- 含有广泛的微生物酶，主要来自：
  - ✓ **蛋白水解酶**，它能在酸碱值为2.5到10的大范围内帮助分解蛋白质。这使得蛋白质消化在酸碱值较低的胃上部就开始进行，一直继续到较高酸碱值环境的小肠中。
  - ✓ **碳水化合物分解酶**，有助消化各种形式的碳水化合物，如存在于蔬菜、谷类以及豆类中的麦芽糖、蔗糖、葡萄糖、果糖和糖类复合物等。
  - ✓ **乳糖酶**有助消化乳制品中的乳糖。
  - ✓ **脂解酶**有助分解油脂。
  - ✓ **多种纤维水解酶**，有助分解谷类、水果和蔬菜中的纤维细胞壁。



# Can't Believe It! I Lost 4.5kg in 7 Days Without Starving!

真不敢相信！  
我在七天内瘦了  
4.5公斤！



Before  
之前



After  
之后

“

In the past years, I have struggled to lose the accumulated weight in my body as I was about 20kg overweight! Despite the healthy diet that I had routinely been practising for a year, the progress was very slow.

One day, a friend from Singapore, Young Hoon, invited me to attend a webinar entitled "The 7-Day Detoxification and Rejuvenation Programme (DRP) for Body Overhaul" hosted by Lydia Ling. I attended to learn about the natural way of total body detox. After learning how the DRP works, I decided to give it a try.

On the third day of the DRP, I experienced tremendous results. When I woke up in the morning, I felt more alert with no more foggy brain, a lot lighter, a lot more relaxed and did not feel the slight pain around my arms and legs anymore. I started to feel energized, happy and became more productive. This is really a whole new level of health for me! I also noticed that a lot of encrustations had been passed out; the amount of waste was astonishing! I couldn't believe that I had been carrying so much garbage in my body. I noticed the improvement of my skin's complexion as well; it got clearer and my pimples were gone. After 7 days of DRP, to my utmost surprise, I had lost an incredible amount of 4.5kg without starving myself! Wow! I couldn't believe that I achieved all this in such a short period of time.

I thank God for Dr. Lynn Tan's DRP. It has been a wonderful healing experience. I am also grateful to God for the people in the NewLife™ community who share about health through the webinars. I want to share this experience with my family, friends and everyone who wants to experience total health inside out—the DRP is the best gift that you can give to your body. You must try it for yourself, you will not regret it; your body will surely thank you for it!

**Miriam Baking**  
Entrepreneur  
Philippines

过去的几年里，我都在为了减去自己过重的20公斤而感到困扰。整年来，我都努力地坚守健康饮食，可是进展非常缓慢。

一天，一位新加坡的朋友，林艳云邀请我去参加了一个由林宝玲女士主持的网络研讨会。在这个题为《七天DRP身体革新》的网络研讨会中，我学会了全身排毒的天然方法，并决定试一试。

在排毒与复健程序（DRP）的第三天，我就体验到了惊人的改变。早上醒来时，大脑不再模糊，我感到更加清醒，也更轻松。此外，我的手臂和双腿也不再感到疼痛了。我变得更精力充沛、心情愉悦，工作效率也提高了。这对我来说真是一个全新的健康水平！另外，大量宿便也都排了出来，我不敢相信我的身体里居然一直带着这么多垃圾。令我惊喜的是，脸上的痘痘都不见了，肤色也改善了许多。尝试七天的DRP后，在没挨饿的情况下，我瘦了4.5公斤！哇！我真的无法相信，能在这么短的时间内取得如此惊人的效果。

我由衷感谢陈林希珠博士的DRP。这真的是一个非常美妙的修复体验。我也感激所有在网络研讨会中给予分享的新生命成员。我想与我的家人、朋友、所有人分享，如果想体验从里到外的整体健康，DRP就是您最好的选择。要给自己一个机会，您一定不会后悔，您的身体也肯定会为此感谢您！

**蜜里安巴肯**  
创业者  
菲律宾

”



# NewLife™ Organic 3 in 1 Herbal Hair Care

## 新生命有机3合1 染发护发草药



Hailing from India, **NewLife™ Organic 3 in 1 Herbal Hair Care** is a hair dye made from all-natural herbal ingredients. Unlike most hair dyes that usually contain harmful chemicals that penetrate the hair shaft by opening the hair cuticle to lighten and then deposit the desired colour, **NewLife™ Organic 3 in 1 Herbal Hair Care** coats the outside of each hair shaft with a protective layer of herbs that conditions the hair and gives it a natural, lively and lasting colour.

Some of the harmful chemicals commonly found in hair dyes which you might want to avoid include:

- **Phenylenediamine**, which is usually found in darker shades. It can cause dermatitis and allergic reactions.
- **Ammonia**, which is responsible for opening up the hair cuticles to allow the colour to penetrate. Over time, ammonia can leave the hair dry and brittle. It can also cause irritation to the skin, lungs and eyes.
- **Lead**, which works by combining with protein in the hair to gradually darken your hair over time. It is banned in Europe, with calls to ban it in the US too due to its poisonous properties which may cause serious health problems, even in small amounts.

### NewLife™ Organic 3 in 1 Herbal Hair Care

- Contains 100% top quality, rare organic natural herbs that protect your hair with each use.
- Does not contain synthetic colours, preservatives and chemicals.
- 100% non-toxic—no lead, mercury, Phenylenediamine/Toluenediamine or its derivatives.
- Functions as colour, highlighter and conditioner—all in one application.

来自印度，**新生命有机3合1染发护发草药**，一个纯天然的染发剂。大多数染发剂都含有有害化学物质，通过打开头发角质层渗透发根使原发色变浅，然后再沉积想要的颜色。**新生命有机3合1染发护发草药**则完全不同，它在每根毛干的外面涂上一层草药保护层，使头发保持自然，活泼和持久的颜色。

一些在染发剂中常见的有害化学物质，是您我都应该避免的包括：

- **苯二胺**，通常在深色染发剂中找到。它会引发皮炎和过敏反应。
- **阿摩尼亚(氨)**，它负责打开头发的角质层，让颜色渗透进去。然而长期接触，氨会使头发干燥易碎。除此之外，它还会对皮肤、肺部和眼睛造成刺激。
- **铅**与头发中的蛋白质结合，经过一段时间后，头发会逐渐变黑。但如今它在欧洲已被禁止，在美国也有人呼吁禁止。因为铅有毒，尽管含量很少也会导致严重的健康问题。

### 新生命有机3合1染发护发草药

- 100%由多种优质珍贵的有机草药制成，每次使用都能保护头发。
- 不含合成色素，防腐剂和化学物质。
- 100%无毒—不含铅、水银、苯二胺 / 甲苯二胺及其衍生物。
- 多功能：遮盖白发，挑染和护发。



Here are some useful tips when using **NewLife™ Organic 3 in 1 Herbal Hair Care** to colour your hair:

- For better results, add some **NewLife™ Apple Cider Vinegar** and salt into the mixture, and use tea or coffee instead of water.
- Apply mixture on clean hair but do not use a hair conditioner before application.
- Allow the paste to remain in the hair for 2-3 hours. After that, rinse with water only. You may use shampoo the following day.
- If a deeper tint is required, product may be reapplied weekly until desired tint is achieved.
- For maintenance, apply every 1-3 months as needed.

在使用**新生命有机三合一染发护发草药**时，这里有一些有用的提示：

- 为了达到更好的效果，可以加入一些**新生命苹果醋**和盐，并用茶或咖啡代替水混合。
- 将混合物涂抹在干净的头发上，但染发前不要使用护发素。
- 让混合物在头发上停留2-3小时。之后，只用清水冲洗。第二天才用洗发水洗头。
- 如果要更深色，可以每周重新涂敷，直到达到所需的颜色深度。
- 如要维持头发颜色，防止灰白，可每1-3个月使用一次。

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# CHOLESTEROL

## **GUILTY OR INNOCENT?**

*The most misunderstood nutrient & how it affects your health.*



**DR. LYNN TAN** (ND)

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# CHOLESTEROL: GUILTY OR INNOCENT?

The most misunderstood nutrient & how it affects your health.



## ABOUT THE AUTHOR

### Dr. Lynn Tan (ND)

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Professional Nutritionist, Nutritionists Institute of America  
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For over 30 years, Dr. Lynn's passion has paved the way for people wanting to lead healthier lives. Her experience with deteriorating health in her 20's led towards a discovery of natural healing and alternative medicine, which resulted in a total transformation of her health and the sharing of her knowledge and lifestyle with many others.

With the belief that our bodies are wonderfully made to be able to self-heal and self-repair, and that we should take personal responsibility for our own health, Dr. Lynn has impacted the lives of thousands across Southeast Asia through NewLife™ International as the vehicle in providing a range of health food, supplements and nutritional programmes.

Today, she has taken this journey further by compiling years of research into a ground-breaking book about cholesterol, heart disease and other chronic conditions that affect millions worldwide.

## Why Is This Topic Important?

Despite advances in modern medicine and medical technologies, cardiovascular diseases (CVDs) are still the number 1 cause of death globally, taking an estimated 17.9 million lives each year. CVDs account for an estimated 31% of all deaths worldwide, and 85% of all CVD deaths are due to heart attacks and strokes. (Source: www.who.int)

*For decades, cholesterol has come under fire. It has long been accused of causing heart disease. Most people 'know' that high cholesterol is something to be feared and that the most important thing to do to prevent a heart attack is to lower one's cholesterol level as much as possible. The war against cholesterol has been so intense, so much so that the general population is being prescribed cholesterol-lowering drugs at an alarming rate.*

*Very few are being told that cholesterol is essential for health. In fact, it is an integral part of cell membranes, the brain and the nervous system. It is vital for many important biological functions within the body.*

The above is an excerpt from **Cholesterol: Guilty or Innocent?**

Through this book, Dr. Lynn hopes to debunk many misconceptions surrounding cholesterol and how it impacts our health. With the global epidemic of heart disease remaining among the leading cause of death in most developed nations, this book delivers not just a message on how we need to change the way we think about the topic, but also provides a guide on how we can live healthier, longer and be free from chronic diseases.

# 胆固醇: 有罪还是无辜?

最易被误解的营养物质以及它是如何影响您的健康。

## 关于作者

### 陈林希珠博士(自然疗法医生)

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经葛森疗法培训的治疗专家

在过去的30年,陈林希珠博士的热忱帮助了许多想拥有健康生活的人士。在她20多岁时,由于身体虚弱、健康不佳的个人经历,让她找到了自行修复和替代药物的方式。这个历程彻底改变了她的健康状况。于是,她慷慨地与大家分享她的知识和养身体验,帮助他人追求健康。

陈林希珠博士深信我们的身体具有自修自复的能力,我们也因此有责任去照顾自己身体的健康。基于这样的信念——陈林希珠博士通过国际新生命提供一系列健康食物、补品及保健活动,横跨东南亚造福了数千个生命。

今天,她把这些年所有的研究成果汇编撰写成了一本书。这是一个震撼人心的著作,课题内容包括了关于胆固醇、心脏病和影响全球数百万人的其他慢性疾病。

## 为什么这个课题很重要?

尽管现代医学和医疗技术取得了很大的改善,但心血管疾病仍然是全球第一大死亡原因,估计每年夺去1790万人的生命。心血管疾病估计占全世界所有死亡的31%,其中,85%的心血管疾病死亡是由心脏病发作和中风造成的。(来源: www.who.int)

几十年来,胆固醇一直备受争议,被认为是引起心脏病的主因。大多数人都以为高胆固醇是一种可怕的东西,而预防心脏病发作最重要的策略就是尽可能地降低胆固醇水平。对抗胆固醇之战是如此激烈,以至于普通民众正在以惊人的速度服用降胆固醇药物。

很少有人被告知胆固醇对健康至关重要。事实上,它是细胞膜、大脑和神经系统不可缺少的组成部分。它对人体许多重要的生物功能至关重要。

以上是摘自《**胆固醇:有罪还是无辜?**》

通过这本书,林博士希望揭露许多关于胆固醇的误解及其如何影响我们的健康。今天在大多数发达国家,心脏病仍然是导致死亡的主要原因;这本书不仅教育我们如何改变对胆固醇的看法,它也提供了一个指南,帮助我们活得更健康,更长寿,远离慢性疾病。

## CHOLESTEROL: GUILTY OR INNOCENT?

## 胆固醇: 有罪还是无辜?

Region 区域	Retail Price Per Unit 零售单价	QTY 数量	IBO Price Per Unit 独立传销商单价	Unit BV 单位花红	Unit PV 单位分数
MALAYSIA	RM49.90	1	RM45.00	36	18
		12	RM42.75		
SINGAPORE	S\$19.90	1	S\$17.90	14	10.5
HONG KONG	HKD119.50	1	HKD107.50	84	10.5
INDONESIA	IDR219000	1	IDR197000	154000	10.5

# Raising a Healthy Next Generation

## 养育健康的 下一代



As parents, what can we do to safeguard the health of our precious children growing up in our world today? There are many challenges that range from too much time indoors and heavy reliance on electronics with reduced amounts of physical activity, convenient access to calorie-rich, nutrient-deficient foods, to mental and emotional health issues that affect children all over the world.

Here are some tips that may be helpful as we guide our children through these challenges with the goal of raising healthy, balanced young people who can positively impact the world.

### 1. Set a Good Example

The best place to start is with ourselves as parents. Children will always do as we do more than as we say, and so the foundation for raising healthy children is for parents to show an example of a healthy lifestyle and demonstrate how to prioritize health on a daily basis.

This is one of the best gifts we can pass on to our children. Health always starts with our mindset and our habits. Unless we can impart the right concepts towards food, eating habits and exercise, other efforts may prove futile.

### 2. Involve Them in the Process

One of the best ways to help children understand food and how it affects our health is by involving them in the process of preparing meals, buying produce, reading the ingredients on labels or even ordering food when eating out. This will provide us with many opportunities to share on how different foods affect our health.

Cultivating an appreciation for good food that you can prepare yourself will also help to influence them away from packaged/processed foods, which are usually not as healthy.

身为父母，我们能做些什么来保护我们成长在当今世界的宝贝孩子的健康？我们今天面临许多挑战——从在室内呆的时间太多，到过度依赖电子产品减少了体力活动，很容易取得卡路里高、缺乏营养的食物，再加上精神与情绪上的健康问题。

以下是一些建议，有助于父母指导孩子们克服这些挑战，培育他们成为健康、平衡，能对世界产生积极影响的青年。

### 1. 设立一个好榜样

身为父母，我们就是孩子们最好的导师。比起我们嘴上说的道理，孩子们复制我们的行为会更快。因此，想要孩子们健康地成长，首先我们自己必须先拥有一个健康的生活方式，言行一致地表现给孩子们看日常生活中我们应该把健康排在第一位。

这就是我们能给孩子们最好的礼物之一。健康总是从我们的心态和习惯开始。除非我们能传授正确的饮食观念、饮食习惯与运动，否则其他的努力都只是徒劳的。

### 2. 让孩子们参与

让孩子们参与做饭、购买生鲜食品、阅读标签上的成分，甚至是外出就餐时点菜过程，这些都是帮助他们更好地了解食物如何影响他们的健康最好的方法之一。这些过程将会为您提供很多机会来和孩子们分享“不同食物如何影响我们的健康”。

培养孩子们欣赏自己准备的健康食物，也能帮助他们远离不健康的包装或加工食品。

### 3. Swap out Sugar

Sugar or sugary foods, while well-loved in general by children, are particularly dangerous for the young. Research has shown that excessive intake of sugar can promote unhealthy cravings in children as they grow, which increases the risk of developing obesity, high blood pressure and type 2 diabetes later in life.

At home, sugar can be replaced by raw honey for use as a sweetener, and we would advise to avoid packaged, sugary snacks as much as possible. Normal breakfast cereals also tend to be high in sugar. Instead, you could opt for healthier options such as dried or fresh fruit and granola. Healthier “ice creams” can also be made by freezing fruit juice or homemade yoghurt with fruit or fruit juice into popsicles.

### 4. Gluten, Lactose & Allergies

Wheat and milk-based products (except for yoghurt) may promote negative reactions in some children. It is important to take note if your child is having inflammatory symptoms such as skin breakouts or cough and phlegm. These may be linked to your child not being able to properly digest the gluten in wheat or the lactose in dairy. Gluten or lactose intolerances are very common and even those that are tolerant are only tolerant up to a certain point.

If left unchecked, these maladaptive reactions can lead to more chronic conditions as your child grows. If you suspect that your child is intolerant to any kind of food, the best way to know for sure is to eliminate the food from your child's diet totally for 2 weeks and see if symptoms disappear. After 2 weeks, you can try re-introducing the food again and watch out for symptoms.

Sometimes, children can “grow out of” certain food intolerances, however this is not always the case.

### 5. Physical Activity

Exercise and an active lifestyle are important for a child's physical, mental and emotional well-being. In fact, health experts say that physical activity should be prioritized as much as, if not more than, academic activity in the lives of children as they grow.

Studies show that sports and exercise help to develop vital connections in the brain, improving concentration and thinking skills. Physical activity in children also helps to develop healthy bones, muscles, joints, heart and lungs, while promoting better posture and body composition. It is one of the pillars for raising strong, confident and balanced children.

Aside from enlisting your children in sports training or programmes, you could make it a point to engage in physical activity as a family by going on walks/hikes or doing chores together around the house.

Rebounding is an easily-accessible exercise option that your children can do at home. It builds strong muscles, bones and joints while burning calories and improving cardiovascular health!

### 3. 换除不健康糖类

孩子们都喜爱糖果或糖类食品，但这些都对他们的健康不利。研究发现，摄取过多的糖类会提高孩子们对不健康饮食的渴望。这将增加他们日后患上肥胖症、高血压和第二型糖尿病的风险。

在家里，尽可能避免摄取包装糖类零食。我们建议用生蜂蜜代替糖作甜味剂。普通的商业早餐麦片含有很高的糖分，您可以选择用干果或新鲜水果和格兰诺拉麦片等更健康的食物来代替。此外，我们也可用冷冻果汁或加入了水果或果汁的自制酸乳酪做成冰棒，享受和品味更健康的冰淇淋。

### 4. 麸质、乳糖和过敏

麦类和乳制品（酸乳酪除外）可能会让一些孩子出现过敏反应。您必须注意您的孩子摄入了这类食品后是否会出现炎症反应如皮肤出现红肿、咳嗽或是生痰。这些可能与您的孩子不能消化麦类中的麸质或是乳制品中的乳糖有关。麸质或乳糖不耐症是很常见的，即便是没出现炎症反应的人，也只是在一定程度上耐受。

如果放任不管，这些过敏反应可能会随着孩子的成长演变成慢性疾病。如果您怀疑孩子对某种食物不耐受，最好确认的方式就是两个星期内完全不让孩子摄取这类食物，然后观察过敏反应是否消失。两个星期后，您可尝试重新让孩子摄取这些食物，并注意孩子是否再次出现过敏反应。

有时，孩子们长大后不会再对某种食物不耐受。但是情况并非总是如此。

### 5. 体力活动

体育锻炼和活跃的生活方式对孩子的身体、精神和情感健康很重要。事实上，健康专家说，在孩子成长过程中，体育活动应该和学术活动同等重要，甚至更重要。

研究表明，运动和锻炼有助于发展大脑中的重要连接，提高注意力和思考技能。体育活动也有助于儿童骨骼、肌肉、关节、心脏和肺部的健康发育，同时促进更好的姿势和身体组成。体力活动是培养坚强、自信和平衡的孩子的支柱之一。

除了让孩子参加体育训练或项目，也可以全家人一起活动，例如一起散步、远足或在家做家务。

弹跳是一种简单易行的运动选择，可让孩子在家做。它能强健肌肉、骨骼和关节，同时燃烧卡路里，改善心血管健康。



## 6. Nutritional Support for Children

At NewLife™, we have many health products and nutritional supplements that will help to support healthy growth in your children and ensure that there are no nutritional gaps in their diet.

Here are a few that we would consider as essential for children:



### Honegar (Apple Cider Vinegar with Pure Raw Honey)

#### 蜜醋 (苹果醋和纯天然生蜂蜜)

A healthy alternative to soft drinks or cordials:

- 100% organic apples in unpasteurised, unheated pure raw honey.
- Highly nutritious with loads of vitamins, minerals, enzymes and electrolytes.
- Keeps cough, colds and sore throats away; removes phlegm.
- Promotes a healthy digestive tract and prevents constipation.

是汽水或甜果汁饮料的健康替代品:

- 100%有机苹果和未经高温消毒, 未经加热的纯原蜂蜜。
- 富含维生素、矿物质、酶和电解质。
- 祛除咳嗽、感冒和喉咙痛;去痰。
- 促进消化道健康, 防止便秘。

## 6. 为儿童提供营养支持

在新生命, 我们有许多健康产品和营养补充品, 有助支持您的孩子的健康成长, 确保他们的饮食营养没有缺漏。

这里有一些我们认为对孩子来说是必不可少的:

### Extra Virgin Coconut Oil

#### 特级初榨椰子油

- Increases energy level.
- Helps to boost the immune system.
- Promotes better nutrient absorption.
- Rich in medium-chain fatty acids, which have powerful antibacterial, antifungal and antiviral properties.

- 可以增加能量。
- 有助于增强免疫系统。
- 促进更好的营养吸收。
- 富含中链脂肪酸, 具有强大的抗菌、抗真菌和抗病毒特性。



### Spirulina 螺旋藻

- Super source of nutrients—rich in vitamins A, C and E, which are important for healthy development in children.
- High in protein.
- Strengthens the immune system.
- Rich in minerals and antioxidants.
- Promotes healthy growth and development.

- 含丰富的维生素A、C和E, 对儿童的健康发育很重要。
- 高蛋白质。
- 增强免疫系统。
- 富含矿物质和抗氧化剂。
- 促进健康成长和发育。





## ImmuFlora® 免疫激菌植

- Complete probiotic and prebiotic blend.
- Promotes a healthy digestive system and a strong immune system.
- Guards against infections and food poisoning.
- Prevents both diarrhoea and constipation.
- Delicious and well-loved by children.
- 益生菌和益生元混合物。
- 促进健康的肠胃及免疫系统。
- 防止感染和食物中毒。
- 预防腹泻及便秘。
- 可口，深受孩子们喜爱。

## Flax Seed Oil 亚麻籽油

- Rich in Omega 3.
- Helps to strengthen the immune system, lungs, heart and blood vessels.
- Supports healthy development of brain cells.
- Promotes healthy hair and skin.
- Best taken with yoghurt.
- 富含奥美加3。
- 有助于增强免疫系统、肺、心脏和血管。
- 支持脑细胞的健康发育。
- 促进头发和皮肤的健康。
- 最好和酸乳酪一起吃。



## Propol-Plus 蜂胶

- Antiseptic, anti-inflammatory, antioxidant, antibacterial, antifungal and antiulcer properties.
- Natural immunity booster for children.
- Contains bee propolis and bee pollen.
- Studies have found propolis helpful for those with asthma as it helps to improve ventilatory function.
- 具有抗菌、抗炎、抗氧化、抗菌、抗真菌和抗溃疡的特性。
- 儿童免疫天然助推器。
- 含蜂胶及蜂花粉。
- 研究发现蜂胶对哮喘患者有帮助，因为它有助于改善呼吸功能。

## Kids Klenz 孩童净化粉

- A natural blend of plant fibre formulated to promote healthy bowel movement.
- Supports a good bacterial environment in the gastrointestinal tract.
- Helps to stabilize blood sugar levels.
- Strengthens the immune system.
- 100% natural with a delicious orange flavour.
- 天然植物纤维配方，促进正常排便。
- 为胃肠道提供良好的细菌环境。
- 有助于稳定血糖水平。
- 增强免疫系统。
- 100%纯天然，美味的鲜橙味。



Please turn to back cover for a special offer on **Kids Klenz**.  
请翻到封底了解更多有关孩童净化粉的特别优惠。

# Yoghurt Goodness 美妙的酸乳酪



## 8 Health Benefits of Yoghurt:

1. An excellent source of easily digested protein and nutrients from milk
2. Very low in lactose and may improve lactose tolerance over time
3. Boosts immunity
4. Aids healing after intestinal infections
5. Contributes to colon health
6. Helps decrease yeast infections
7. Lowers cholesterol
8. A valuable health food for both children and elderly persons

## How to Choose a Healthy Yoghurt

Choosing a healthy form of yoghurt is important in order to enjoy its health benefits. Unfortunately, most commercial yoghurts contain sugar, artificial sweeteners, flavouring, and food additives/conditioners to make the yoghurt more appealing. The result is a highly processed yoghurt that has lost many of its healthy attributes. The healthiest and most economical way to enjoy yoghurt is to make your own! It is not hard at all with this amazing trio: **NewLife™ Yoghurt Maker**, **NewLife™ Yoghurt Starter** and **NewLife™ Low Fat Milk Powder**.

- **NewLife™ Yoghurt Maker** is easy to use. It features precise temperature control throughout the fermentation process, ensuring quality yoghurt every time. It is also the perfect size—making 1 litre of yoghurt at a time.
- **NewLife™ Yoghurt Starter** not only contains live cultures: *Streptococcus thermophilus* and *Lactobacillus bulgaricus*, it is also fortified with three additional types of probiotics: *Bifidobacterium longum* a.k.a. “Bifidus”, *Lactobacillus casei* a.k.a. “Casei”, and *Lactobacillus acidophilus* a.k.a. “Acidophilus”.
- **NewLife™ Low Fat Milk Powder** is certified free from pesticides, antibiotics and genetically modified organisms. It is also free from artificial hormones. Low in fat (0.7-0.8%), it contains 40% less calories than whole milk, making it ideal for those who are concerned about weight gain, while still providing all the essential nutrients such as calcium, protein and vitamin D.

Do not forget to pair your yoghurt with **NewLife™ Omega Gold Flax Seed Oil** for an extra boost of omega 3 essential fatty acids!

Please turn to back cover for a special offer on **NewLife™ Yoghurt Maker**, **NewLife™ Yoghurt Starter** and **NewLife™ Low Fat Milk Powder**.

## 酸乳酪的八大健康益处:

1. 是蛋白质和营养物质的极佳来源，因为它是预先消化的牛奶，更容易被身体吸收
2. 乳糖含量极低，久而久之可提高乳糖耐受性
3. 提高免疫力
4. 帮助肠道感染后的治愈
5. 有益于结肠健康
6. 有助于降低感染阴道炎
7. 降低胆固醇
8. 老少咸宜的健康食物

## 如何选择健康的酸乳酪

为了享受它的健康益处，选择一种健康形式的酸乳酪很重要。问题是大多数商业酸乳酪都含有糖、人工甜味剂、调味剂和食品添加剂或调理剂，使他们的酸乳酪更有吸引力。其结果是一种高度加工的食品失去了酸乳酪的许多健康特性。享受酸乳酪健康益处的最安全可靠、最经济的方法就是自己制作！如有这三剑客，这就一点也不难——**新生命酸乳酪制造机**、**新生命酸乳酪酵母**和**新生命低脂牛奶粉**。

- **新生命酸乳酪制造机**很容易使用。整个发酵过程都有精确的温度控制，确保每次酸乳酪的品质。理想容量—每次制作1公升酸乳酪。
- **新生命酸乳酪酵母**不仅含有活菌：嗜热链球菌和保加利亚乳杆菌，还添加了三种额外的益生菌：长双歧杆菌，干酪乳杆菌，嗜酸乳杆菌，嗜酸乳杆菌。
- **新生命低脂奶粉**经认证零农药、零抗生素和零人工激素。它脂肪含量低(0.7-0.8%)，卡路里含量比全脂牛奶低40%，是担心体重增加的人的理想选择，同时仍能提供所有必需的营养物质，如钙、蛋白质和维生素D。

别忘了在酸乳酪中加入**新生命奥美加黄金亚麻籽油**以获得额外的奥美加3必需脂肪酸！

请翻到封底了解更多有关**新生命酸乳酪制造机**、**新生命酸乳酪酵母**和**新生命低脂牛奶粉**的特别优惠。



# RECIPES 食谱

Here are two fun and creative ways to enjoy yoghurt!  
以下是其中两种有趣、有创意的方式来享受酸乳酪!

## Yoghurt Parfaits

Parfait is a rich, cold dessert made of yoghurt and fruit. It is delicious and super easy to make.

### Ingredients:

- 3 cups of homemade yoghurt
- 1 cup of strawberries, juiced
- 1 cup of fresh strawberries, blackberries, raspberries and/or blueberries
- 1 cup of granola

### Directions:

- Start by layering  $\frac{1}{3}$  of the yoghurt into the bottom of a glass.
- Combine strawberry juice with fresh berries for the second layer.
- Granola will be the third layer.
- Alternate layers of fruit and granola with yoghurt until the glass is filled to the top.
- Serve immediately to keep granola crunchy.

## 酸乳酪冻糕

一种由酸乳酪奶和水果制成的冷甜点。香美浓郁，而且做起来超级简单。

### 材料:

- 3杯自制酸乳酪
- 一杯草莓，榨汁
- 一杯新鲜的草莓、黑莓，覆盆子或蓝莓
- 一杯格兰诺拉麦片

### 做法:

- 首先将三分之一的酸乳酪倒入玻璃杯底。
- 将草莓汁和新鲜的浆果混合，做第二层。
- 格兰诺拉麦片为第三层。
- 将水果、格兰诺拉麦片和酸乳酪分层放置，直到杯子被填满。
- 即可食用以保持格兰诺拉麦片酥脆。



## Yoghurt Coleslaw

Cut down on calories from mayonnaise by replacing it with yoghurt as a tangy, healthy alternative!

### Ingredients:

- 2 cups of shredded cabbage
- $\frac{1}{2}$  cup of shredded onions
- 1 cup of shredded carrots
- 2 cups of yoghurt
- 1 tablespoon of honey
- $\frac{1}{4}$  teaspoon of salt
- $\frac{1}{2}$  teaspoon of coarse ground black pepper

### Directions:

- Thinly slice cabbage, onions and carrots.
- To make coleslaw dressing, mix yoghurt with honey. If needed, season with a bit of salt and pepper.
- Place shredded coleslaw mix into a large bowl, then pour the coleslaw dressing over.
- Toss to coat evenly.
- Rest for 10 minutes in the fridge before serving.

## 酸乳酪凉拌卷心菜

用香味浓郁的健康酸乳酪代替蛋黄酱，减少不必要的卡路里!

### 材料:

- 2杯切碎的卷心菜
- 半杯洋葱丝
- 1杯胡萝卜丝
- 2杯酸乳酪
- 1汤匙蜂蜜
- $\frac{1}{4}$ 茶匙盐
- 半茶匙粗研黑胡椒粉

### 做法:

- 卷心菜、洋葱、胡萝卜切成细丝。
- 将酸乳酪与蜂蜜混合，做成凉拌沙拉酱。可以加一点盐和胡椒调味。
- 将拌好的凉拌丝放入大碗中，然后倒入凉拌调料。
- 搅拌均匀。
- 食用前在冰箱里放上10分钟。

# MAY | 5月 2021

MON	31 <b>Harvest Festival</b> (KK office closed)	03	10	17	24
TUE		04	11	18	25
WED		05	12	19	26 <b>Wesak Day</b> (All offices closed)
THU		06	13 <b>Hari Raya Aidilfitri</b> (All offices closed)	20	27
FRI		07	14 <b>Hari Raya Aidilfitri</b> (All Malaysia offices closed)	21	28
SAT	01 <b>Labour Day</b> (All offices closed)	08 SG 新加坡 2.00pm - 3.30pm <b>Beauty DIY</b> 美容DIY by Susie Moi (Manager) & Team	15 SG 新加坡 2.00pm - 3.30pm <b>Intermittent Fasting</b> 间歇性禁食 by Joyce Chua	22 SG 新加坡 2.00pm - 3.30pm <b>Clean &amp; Build (Chinese)</b> 洁净与建立健康的六大要素 (华语) by Sim Bee Hong (Manager)	29 SG 新加坡 2.00pm - 3.30pm <b>Detoxification &amp; Rejuvenation Programme (DRP)</b> 排毒与复健程序 by Manager Team
SUN	02	09	16	23	30 <b>Harvest Festival</b> (KK office closed)

# JUNE | 6月 2021

<b>MON</b>		<b>07</b> <b>Agong's Birthday</b> (All Malaysia office closed)	<b>14</b>	<b>21</b>	<b>28</b>
<b>TUE</b>	Replacement holiday for Harvest Festival (KK office closed) <b>Hari Gawai</b> (KUC office closed) <b>01</b>	<b>08</b>	<b>15</b>	<b>22</b>	<b>29</b>
<b>WED</b>	<b>02</b> <b>Hari Gawai</b> (KUC office closed)	<b>09</b>	<b>16</b>	<b>23</b>	<b>30</b>
<b>THU</b>	<b>03</b>	<b>10</b>	<b>17</b>	<b>24</b>	
<b>FRI</b>	<b>04</b>	<b>11</b>	<b>18</b>	<b>25</b>	
<b>SAT</b>	<b>05</b> SG 新加坡 2.00pm - 3.30pm <b>Food That Feeds</b> 吃出健康 by Susie Moi (Manager) & Team	<b>12</b> SG 新加坡 2.00pm - 3.30pm <b>Weight Reboot to Vitality</b> 重置体重以保持活力 by Ling Young Hoon	<b>19</b> SG 新加坡 2.00pm - 3.30pm <b>Overcoming Inflammation/Pain</b> 克服炎症/疼痛 by Joyce Chua	<b>26</b> SG 新加坡 2.00pm - 3.30pm <b>Detoxification &amp; Rejuvenation Programme (DRP)</b> 排毒与复健程序 by Manager Team	
<b>SUN</b>	<b>06</b>	<b>13</b>	<b>20</b>	<b>27</b>	

# ENJOY HEALTHY, HOMEMADE YOGHURT!

享受健康的自制酸乳酪吧!

**Buy 1 YOGHURT MAKER,  
Free 1 YOGHURT STARTER**

**买一台酸乳酪制造机,  
免获一盒酸乳酪酵母**

Yoghurt Maker IBO Price  
酸乳酪制造机独立传销商价

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MYR 129.00	S\$ 62.60
EM   东马	HK   香港
MYR 133.00	HKD 381.00

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赠品价值**

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MYR 36.10	HKD 93.00

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OFF | 折扣**



65% BV  
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**Buy Twin Pack | 买双 40% OFF 折扣**

**KIDS KLENZ  
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70% BV  
100% PV



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NATURAL BROWN OR/ &  
PRE-MIX**

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自然棕色或/和预混色

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100% PV

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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。