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Managing and Reversing Rheumatoid Arthritis

类风湿性关节炎的管理和逆转

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专为忙碌人士定制的排毒计划

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NEWLIFE™
@ HOME
新生命@家

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OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

FEBRUARY - MARCH 2020
2020年2月至3月

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SAW EWE KIM
SIM BEE HONG
LIM WAI YING
SUZI MOI-QUEK
MAELODEE CHONG TZE-YUIN

21% ACHIEVERS

MARCH 2020

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

SYARIKAT ADIL
TAN LEE MENG

SO SUE YI REGINA
POON YOKE CHUN

18% ACHIEVERS

FEBRUARY & MARCH 2020

NEOH BEE LEE
CHUA PHUAY KHOON

CHONG KIM MOI

WELLNESS INC

FEBRUARY 2020

TAN LEE KENG (LILY)
GHO KIM LUAN (SALLY)
CHAN SOO TECK PETER

SYARIKAT ADIL
SO SUE YI REGINA

LIM LEE BOON (KAREN)
WONG MUI CHOO (KELLY)

MARCH 2020

LEONG KEE LIN (JACQUELINE)
LIM SIEW CHOO
TANG LI LI SALLY

PHOON LAI HAR
NG SAN KIM ALICE
LISA SOFIAR

KONG WAI YIN
MOI YAN LIN ABIGAIL

15% ACHIEVERS

FEBRUARY & MARCH 2020

SOH LAY CHOO (DIANA)

TAN KIAN GAY

FEBRUARY 2020

TAN LEE MENG

MOI YAN LIN ABIGAIL

SRI DEWI REDJEKI

MARCH 2020

CHEN KIM LING
LIN ENG LEE
LIM CHOON HUAY (JEN)
ANTON HARIYANTO JANTO

DANIEL LIM KIM MUN
CHONG SUIT LING
ANDREW HANDOJO SURONO
KAM YEOW KHOON TONY

NG MAY KHUAN (MAY)
TEH CHING YEE
CHEW CHING JEN

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NOTICE 通知

This Lifeline may have reached you late due to the disruptions caused by Covid-19. We hope that you have been staying healthy and safe through this time.

**Yours faithfully,
NewLife™ Management**

受新冠肺炎疫情蔓延的影响, 本期《生命线》杂志可能迟到送达。希望大家在这段期间都平安、健康。

新生命管理层谨启



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Managing and Reversing Rheumatoid Arthritis

类风湿性关节炎的管理和逆转

The task of the immune system is to distinguish the body's own cells from those that are foreign or harmful, and then destroy the foreign material. The immune system is unlike other bodily systems in that it is not a group of physical structures but a system of complex interactions involving many different organs, structures, and substances. Ideally, all of these components work together to protect the body against infection and disease.

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

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

Proper immune function is an intricate balancing act. While inadequate immunity predisposes one to infectious illnesses of every type, it is also possible to become ill when your immune system decides that your healthy cells are foreign. This is known as autoimmune or 'self-attacking-self' disease. Depending on the type, an autoimmune disease can affect one or many different types of body tissue. It can also cause abnormal organ growth and changes in organ function.

Rheumatoid Arthritis (RA), is an autoimmune disease in which white blood cells attack the cartilage in the joints. RA causes swelling and pain in the joints that can range from mild to excruciating. If left untreated, it can go on to destroy the bones, even the muscles and skin. RA can occur at any age, even in childhood.

免疫系统的任务是负责区分自身的健康细胞及外来或有害的物质，然后消灭这些外来物质。免疫系统不同于其他的身体系统，因为它不是一组物理结构，而是一个与许多不同器官、结构和物质进行相互作用的复杂系统。在正常的情况下，这些所有的组成成分可一起工作共同作用，以保护人体免受感染和疾病的伤害。

毫无疑问，免疫系统是奇妙的。但只有当它得到适当的照顾，免疫系统才能持续最佳状态正常运作。也就是说必需提供身体适当足够的营养，安全健康的环境，同时避免那些容易降低免疫力的物质。

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

正常的免疫功能是一个复杂的平衡行为。抵抗力不足会容易使人感染疾病，可是当您的免疫系统误把自体健康细胞当作外源入侵者而进行错误攻击时，也会对身体带来很大的问题。这就是所谓的自身免疫或自己攻击自己的疾病。视自身免疫疾病的类型而定，它可以影响一个或多个不同的身体组织。它还可导致器官成长异常和功能改变。

类风湿性关节炎是一种慢性自身免疫性疾病；白细胞在关节处攻击软骨，导致关节肿痛，疼痛程度可从轻微到剧痛。如不治疗，类风湿性关节炎会持续恶化，破坏骨头，甚至肌肉和皮肤。类风湿性关节炎可发生在任何年龄，甚至儿童期。



How Is RA Treated?

Sadly, from a medical point of view, RA is a chronic condition that has no cure. Medical treatment can only do the following:

- **Relieve symptoms.**
Prescribing drugs to temporarily ease mild or severe symptoms of RA, like pain and inflammation.
- **Suppress the immune system.**
Some drugs can suppress immune system activity. These drugs can slow down the progression of RA. However, some immunosuppressant drugs are not recommended for people with compromised immune systems or an infection because taking them can raise the risk of serious infection.

Although effective, taking drugs to ease symptoms or suppress the immune system will take its toll on the body. Sooner or later, secondary health issues will occur due to the side effects of the drugs, while the root causes of the condition remain untreated.

5 Steps to Reverse RA Naturally:

1. Go on a customized Nutritional Programme

Ultimately, we would encourage people with RA to go on our **NewLife™ Nutritional Programme**, which comprises of **Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP)** and the **NewLife™ Health Building Programme (NHBP)** together with an individualized list of supplements (listed below) for a duration of time. This may help the body restore the right balance to the immune system.

This programme is a complete regime aimed at eliminating wastes, toxins and poisons from your body while rebuilding and restoring nutritional, hormonal and metabolic balance. It puts your body in a position to heal, repair, and rejuvenate, giving your body a new start.

We have had many RA clients experience relief and even total healing from their symptoms through our Nutritional Programme.

如何治疗类风湿性关节炎?

从医学角度上来看，类风湿性关节炎是属于无法治愈的慢性疾病。医治也只能发挥到以下几个方面：

- **缓解症状。**
使用药物来缓解轻微或严重的症状，如疼痛、发炎。
- **抑制免疫系统。**
一些药物可抑制免疫系统的活动，以减缓类风湿性关节炎的进展。然而，一些免疫抑制药物是不建议用于免疫系统受损的患者或是感染患者。因为它们可以引发严重感染的风险。

虽然有效，服用药物来缓解症状，或者压制免疫系统终究会对人体造成伤害。由于药物带有副作用，长期服用迟早会导致身体出现继发性的健康问题，另一方面根本原因仍未被处理。

五种自然逆转类风湿性关节炎的步骤：

1. 进行适合自己的营养保健计划

基本上，我们都会鼓励患有类风湿性关节炎的患者进行 **新生命营养保健计划**。此保健计划包括 **陈林希珠博士的排毒与复健计划 (DRP)** 和 **新生命健体养生计划 (NHBP)** 以及在期间摄取我们为客户个人健康状况所推荐的营养补充品。这营养保健计划将有助重建身体，恢复免疫系统的健康。

它是一个完整的养生程序，目的在帮助您将身体所有废物和毒素排出体外，让您重建和恢复营养、荷尔蒙和代谢平衡的功能，以达到身体可有效发挥自我修复、愈合的状态、给您一个全新的开始。

通过新生命的营养保健计划，我们许多类风湿关节炎患者的病情得以减轻，甚至完全治愈。



2. Foods to avoid

Avoid acid-forming foods such as red meat, eggs, saturated fats, oils, fried foods, sugar, dairy products (except homemade low-fat yoghurt), refined carbohydrates, foods high in gluten (such as breads, pasta, and pastries), alcohol, and caffeine (coffee enemas are acceptable). Taking too much of these foods causes inflammation in the body, which leads to pain. Although this list is long, those with RA who eliminate these foods tend to experience great relief.

Animal products generally worsen inflammation in the joints. Avoid all eggs, dairy, and meat, with the exception of wild caught deep sea fish, which contain anti-inflammatory oils.

The nightshade vegetables – tomatoes, potatoes, eggplant, and peppers – contain a substance called solanine, which can trigger allergic responses and pain in some cases. Eliminate these foods from your diet for a period of six weeks to see if there is improvement.

3. Avoid additional sodium

Too much sodium in the diet may aggravate and increase the symptoms of RA.

4. Manage stress

Emotional stress has been shown to be one of the contributors in the development of RA. Unfortunately, not only does stress cause diseases, but the disease itself also causes significant stress, creating a vicious cycle.

5. Do coffee enemas regularly

Substances in coffee when used as an enema promote the activity of glutathione S-transferase which is responsible for reducing inflammation and free radical damage, by as much as 700%. In addition, coffee enemas help to detoxify the liver and the blood, while reducing inflammation in the gut.

2. 禁忌食物

要避免成酸的食品如红肉、鸡蛋、饱和脂肪、食用油、煎炸食物、食糖、奶制品(自制低脂酸奶除外)、精制碳水化合物、含高麸质食品(如面包、面食及糕点)、酒精以及咖啡因(咖啡灌肠除外)。摄取过多以上食物会导致身体发炎引起疼痛。此食物清单确实是有些冗长,但那些停止摄取这些食品的风湿关节炎患者往往都能感受到很大的缓解。

一般上,动物产品会加剧关节上的发炎症状。避免摄取鸡蛋、奶制品以及肉类,除了含有抗炎油的野生深海鱼。

茄科植物-番茄、马铃薯、茄子以及甜椒-这些植物含有茄碱,会促发风湿关节炎患者敏感反应及疼痛。停止摄取这些食品六周,以观察健康状况有否改善。

3. 少吃盐

饮食中摄入过多的钠会加重和增加类风湿性关节炎的症状。

4. 管理压力

压力已被证实是导致类风湿性关节炎的其中因素之一。不幸的是,不单只是压力会造成疾病,而疾病本身也会明显地增加压力,形成一种恶性循环。

5. 定期进行咖啡灌肠

灌肠咖啡中的物质可增加谷胱甘肽转移酶的活性功能高达700%。谷胱甘肽酶的功能是清除体内自由基。此外,咖啡灌肠有助于肝脏和血液的解毒,同时减少肠道发炎。

Supplements Recommended for Rheumatoid Arthritis:

以下保健品对类风湿性关节炎患者有益：

Supplement 保健品	Benefits 益处
Apple Cider Vinegar & Pure Raw Honey Cocktail 苹果醋和纯天然生蜂蜜鸡尾酒	Dissolves acid crystals in joints and provides an alkaline condition for the body – relieves pain. 溶解累积在关节的酸结晶并提供身体碱性环境 - 减轻疼痛。
Dr. Brusch's Essiac Tea 布鲁士医生草药茶	A necessary detoxifying tea. Sediments may be applied as a poultice. 一个必要的排毒茶。沉渣可作为药膏。
ColostrumX 初乳奶粉	Stimulates growth and development of cells and tissues. 刺激细胞和组织的生长和发育。
Collasta 康丽达胶原红藻	Contains anti-inflammatory properties. 含抗发炎的特性。
Calcium Complex with Boron 钙合成剂加硼	Contains nutrients that aid in the metabolic process. 包含有助代谢过程的营养物质。
Kelp 海藻宝	A rich source of minerals needed for good skeletal health. 良好健康骨骼所需的矿物质的丰富来源。
N.Zimes™ PA Plus 胰酶（植物）添加素	To aid digestion. 促进消化。
B Complex 维他命B综合丸	An important anti-stress supplement. 一个重要的抗压补充品。
Niacin 血液循环补充丸	Increases blood flow. 增加血液循环。
C Complex 维他命C综合丸	A powerful free radical destroyer. 能有效地清除自由基。
Spirulina 螺旋藻	Contains readily absorbable nutrients. 包含容易被身体吸收的营养。
Wonda Oil 万宝油	Direct application to the affected area brings relief. 直接涂在患处，减轻疼痛。
CoQ10 Plus 生物吸收性CoQ10	Increases cell energy and tissue oxygenation, which are needed to aid in repairing connective tissues. 提高细胞能量与组织氧合，对修复结缔组织非常重要。
Garlic & Parsley 蒜与欧芹油	Inhibits the formation of free radicals, which can damage the joints. 抑制会损害关节的自由基的形成。
Carrot & Apple Juice 胡萝卜苹果汁	Important antioxidants. 重要的抗氧化剂。
Rebounding Exercise 弹跳运动	Essential for building bones and joint strength. 对骨骼构造和关节强度极其重要。



Disclaimer: This nutritional guide is intended for educational purposes only. It is not intended as advice for self-diagnosis or a prescription for self-treatment. Consult your own physician regarding the application of any opinion and recommendation with respect to your symptoms or medical conditions.

Note: If you have any questions regarding nutrition and health, please email Leon Tan at leon@newlife.com.my.

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注：如果您有任何关于营养及健康问题，请电邮陈健良营养师，电邮地址为 leon@newlife.com.my。

NewLife™ Organic Care Natural Shampoo Launch

新生命有机养护 纯天然洗发水产品推介会



Over the course of February and March, we held events at our various branches to launch our very own **NewLife™ Organic Care Natural Shampoo**.

We wanted to take everyone on an experiential journey as we introduced the shampoo. We had the ingredients of the shampoo laid out on a table so attendees could take a whiff of the refreshing and therapeutic aromas of the essential oils of orange, patchouli, rosemary, argan and vitamin E.

We also had a DIY Tote Bag booth where attendees could unleash their inner artist by painting their own tote bags. It was a great time of creativity for us. Attendees who brought their kids along had an especially fun time of family-bonding!

Delicious and healthy refreshments were served at the launch event. Attendees also had a chance for a lucky draw for each purchase at the event, and many left with big smiles.

Thank you for joining us at the launch event, your presence made all the difference!

在2月和3月期间，我们在各分店举办宣传活动，推出我们自己的**新生命有机养护纯天然洗发水**。

在介绍洗发水时，我们想让每个人有个体验式的认识。我们把洗发水的成分摆在桌子上，如柑橘精油、广藿香精油、迷迭香精油、阿甘精油、维生素E，这样参与者就可以闻一闻香精油清新和疗效的芳香。

我们也有一个DIY手提袋摊位，参与者可以通过画自己的手提袋来释放他们的艺术细胞和发挥创造力。我们都玩得高兴，尤其是那些带着孩子一起来的参与者，他们有一段特别有趣的亲子时光。

活动也提供了美味健康的茶点。还有，参与者只需做任何现场购买，就有机会进入幸运抽奖，许多人都带着灿烂的笑容离开。

感谢您的光临！您的出席让这次的宣传活动变得更有意义！



Users' Feedback 用户反馈

“The shampoo is great and I want to order another 10 bottles more!”
“洗发水很好用，我要再订多十瓶！”

Carol Yong, Brunei
杨太，汶莱

“I quite like the shampoo! Will be ordering two!”
“好喜欢这个洗发水！将订购两瓶！”

Bong Kui Lan, Malaysia
黄桂兰，马来西亚



“I've tried the shampoo and I love how it washes the hair very clean.”
“我试了这洗发水，很喜欢！它把头发洗得很干净。”

Ms. Tan, Malaysia
陈小姐，马来西亚

“I purposely did not wash my hair for three days because I wanted to test the effectiveness of the shampoo. Upon application, it felt like a spa moment. The aroma of the essential oils heightened the hair-washing experience. I was able to comb through my hair despite not using a conditioner. My hair smelled nice and felt soft. After letting my hair dry naturally, it still felt soft and had volume. Even on the second day, my hair still felt clean and soft!”

“为了测试洗发水的效力，我特意三天不洗头。在使用洗发水时，感觉就像是在做头发护理。洗发水里精油的香气提升了洗发时的体验。即使没用护发素，我也可以很好地梳理我的头发。用了洗发水后，我的头发既柔顺又很香。自然风干后，头发仍然感觉柔软和更有蓬松感。即使到了第二天，我的头发依然干净又柔顺。”

Laura Lim, Malaysia
林女士，马来西亚

“My scalp felt really clean and oxygenated instantly right after the first use. Love the very pleasant natural fragrance of the essential oils in it too. My hair looks healthier and has more volume now.”

“在第一次使用后，我的头皮立刻感觉非常干净和像刚充过氧。我也喜欢洗发水中的精油怡人自然的芳香。我的头发现在看起来更健康，也更浓密了。”

Lydia Ling, Singapore
林宝玲，新加坡

“The shampoo is good. Only a small amount is needed to remove the oil and grit from my hair, and this is so cost-saving. The organic fruity fragrance also gives such a lifting, happy spirit to my soul each time I use it.”

“洗发水很好，只需要少量就能洗去头发上的油和砂砾，非常省钱。有机的果香味沁人心脾，让人心旷神怡。每次使用它都给我一种清爽和快乐的感受。”

Joann Phang, Malaysia
彭小姐，马来西亚



“I used to get itchy scalp and small boils/breakouts on my scalp. Since switching to **NewLife™ Organic Care Natural Shampoo**, I don't have such problems anymore!”

“我过去常常头皮发痒，头皮上也长小疖子和粉刺。自从换用了新生命的有机养护纯天然洗发水后，我再也没有这样的问题了！”

Mr. Tan, Malaysia
陈先生，马来西亚

“The shampoo is concentrated — a pump is enough for short hair. It softens my hair and makes my hair more manageable. It also gives a slight shine to my hair. The shampoo cleans and lathers enough for a wash, provided hair is wet.”

“这洗发水很浓缩——对短发来说，按压一次的份量就足够了。我的头发变软了，更容易打理，更有光泽。只要头发够湿，这洗发水就能洗得干干净净和产生足够的泡沫。”

Mabel Teo, Singapore
张淑玉，新加坡

March 2020 NewLife™ Health Retreat

Kasih Sayang Health Resort
2020年3月新生命健康养生营
Kasih Sayang 度假村



From the 13th to 18th of March 2020, we hosted our first Health Retreat for the year at Kasih Sayang Health Resort. It was a great escape from the hot weather during this time of the year. Our participants stayed for 6 days, 5 nights to undergo Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP).

We had the pleasure of guiding quite a few first-timers through the DRP, and sharing with them through the different workshops on how to continue living a healthy lifestyle upon their return home. We were treated to beautiful sunsets every day, a fun time on the resort's new big swings, amazing views, and an excursion to Shalom Valley Park.

Check out our next upcoming retreat at www.newlife.my/health-retreat!

从2020年3月13日至18日，我们在Kasih Sayang度假村举办了今年度的第一届健康养生营。每年的这个季节，Kasih Sayang度假村是个避暑的好地方。参与者在此住了6天5夜完成了陈林希珠博士的排毒与复健计划（DRP）。

我们有幸能引导数位第一次进行DRP的参与者顺利完成程序，也很高兴能通过健康讲座与参与者分享，指导他们如何回家后继续健康的生活方式。在健康养生营期间，参与者每天都可欣赏到迷人的晚霞和四周美丽的风景；度假村新设置大秋千也很好玩，当然还有平安谷一游。

请登录www.newlife.my/health-retreat，以了解更多有关即将来临的下一届健康养生营！



Health Restored and Full of Energy through NewLife™!

新生命让我恢复 健康、重获精力！



“

Hi everyone, I am Ursula Tateni from Indonesia.

I would like to share my experience with NewLife™ products.

During 2017–2018, I had a lot of health problems. I felt fatigued, easily exhausted and my heart was weak. I also found a lump in my lower abdomen and when my period came, it felt like I was bleeding out. My fingers had tingling sensations and I woke up with cramps in my calves almost every morning. I also had dry skin, chapped nails and dizziness. I suffered from all these symptoms for almost two years.

In 2019, I happened to meet Bee Hong and she told me about NewLife™'s products. I decided to give them a try. **Apple Cider Vinegar** and **Herbal Klenz Powder** were the first two products I tried. During the first two weeks, I felt like all of my body's wastes were eliminated when I went to the toilet. I felt stronger and more energetic. Then, I decided to take 1 bottle of **Dr. Brusch's Essiac Tea**. The lump in my lower abdomen started getting smaller and smaller, then it disappeared for good. I also used **Coffee Enemas** to detoxify my liver and blood.

Now, all of my health problems such as weak heart, fatigue, lump in my lower abdomen, dry skin, chapped nails, tingling sensation, cramp in my calves and dizziness are completely GONE. I feel healthy!

THANKS TO NEWLIFE™!

THANKS TO BEE HONG!

Now I am healthy! I am very energetic and I can now push my boss on his wheelchair to go for walks without feeling tired or fatigued. I love NewLife™ products!

THANKS TO GOD FOR HIS BLESSINGS!

大家好，我是来自印尼的乌苏拉答特尼。

在此，我想和大家分享我对新生命产品的经验。

2017至2018年期间，我有很多的健康问题。我经常感到疲劳，也很容易筋疲力尽，心脏也常感无力。我也发现下腹有个肿块，每次来经时都大出血。手指有刺痛感；每天早上醒来，小腿都会抽筋。此外，我的皮肤干燥，指甲干裂，经常头晕。我被这些种种问题折磨了近两年的时光。

直到2019年，认识了沈美凤。她向我介绍了新生命产品。我决定试试看。**苹果醋**和**天然净化粉**是我所尝试的首两样产品。用产品后的首两周，我感觉到身体里的垃圾及废物都排泄出来了。我感到更强壮、更有精力。接着，我决定也试试一瓶**布鲁士医生草药茶**。结果，下腹的肿块开始变小，然后完全消失了。我也有做**咖啡灌肠**，为肝脏和血液排毒。

以往的健康问题如心脏虚弱、疲劳、下腹的肿块、皮肤干燥、指甲干裂、指尖刺痛、小腿麻痹和头晕等等都已完全消失了，今天的我是一个健康的人！

谢谢新生命！

谢谢美凤！

现在的我健康了，精力充沛，可以出门推着我老板在轮椅上去散步也不再得累或疲劳了。我挚爱新生命产品！

感谢上帝的恩宠！

”

The Detox Programme

for Busy, Busy People!

专为忙碌人士定制的排毒计划



With busy schedules come busy lifestyles, where health and nutrition are not prioritised as much as they should be. This is something that we need to be conscious about, because it can happen to anyone! Stress also gets in the way of our attempts to live a healthy lifestyle.

Research has shown that our “normal”, general lifestyles and diets can increase our risks of developing chronic and degenerative disease over time. We may also experience a lower quality of life when we face health challenges, such as skin problems, migraines, hormonal imbalance, digestive issues and more.

So how are we going to maintain both our health and our busy lifestyles at the same time? Is there a way to find a balance so that we can enjoy both while maximizing our potential?

Introducing NewLife™'s Mini Detoxification & Rejuvenation Programme!

The Mini-DRP is a tailored programme for those with busy schedules. It can be done on a regular basis, such as every 2-3 months, and is easily incorporated in your daily routine.

Although the Mini-DRP is a scaled down version of the full DRP, its components help to supply your body with high-quality nutrients that will help improve the health of your cells, tissues, and organs – leading to better function in all areas and supporting the body's natural ability to restore balance and heal itself.

Each product in the Mini-DRP targets common and crucial nutritional gaps in our normal diet, and helps to eliminate toxins from the body. Those undergoing the Mini-DRP should consume a diet of less meat, less salt, no fried foods, no alcohol, and no sugar, while avoiding refined carbohydrates and processed foods as much as possible. Food intake should be focused on 60-70% fruits and vegetables and freshly cold-pressed juices whenever possible. For protein, homemade/Greek yoghurt is recommended.

The Mini-DRP only requires the few products below as well as **Apple Cider Vinegar** and **Pure Raw Honey**. Other NewLife™ supplements and coffee enemas may also be used during this programme.

1. Herbal Klenz Powder

- Provides your body with dietary fibre and detoxifying herbs, to cleanse the small and large intestines of encrustations caused by a diet of refined carbohydrates/foods.
- Prevents constipation and promotes healthy bowel movement.
- Removes heavy metals, parasites and toxins from the digestive system.
- Helps to stabilize blood sugar and control cholesterol levels.

由于紧凑的日程与忙碌的生活，健康与营养往往不被排在第一位。这是大家都必须留意的，因为它很有可能发生在我们任何一个人的身上！另外，压力也能妨碍健康。

研究显示，我们所谓的“正常及一般”饮食与生活方式，将会随着时间提高我们患上慢性或退行性疾病的风险。此外，我们当中也有许多人可能因为面对一些健康问题的挑战如皮肤问题、偏头痛、荷尔蒙失调、消化问题等等，过着质量较低的生活。

那么，我们应该如何在忙碌的生活中保持健康呢？有没有方法可以找到一种平衡，让我们既能享受生活乐趣，又能最大限度地发挥我们的潜力呢？

新生命迷你排毒与复健计划（DRP）

这项程序是专为生活忙碌的您而定制的。可以定期执行，例如每2-3个月一次，且可同时轻松地将它融入到您的日常生活中去。

迷你DRP是完整DRP的缩小版本，能为您的身体提供高质量的营养。这将有助于改善细胞、组织和器官的健康—促使身体各部位发挥其良好功能，进而支持身体恢复平衡与自愈的能力。

迷你DRP中的每种产品均针对我们日常饮食中常见和关键营养的缺口进行调整补充，并有助于身体排毒。进行迷你DRP的人，在日常饮食中应做到少肉、少盐、不吃油炸食品、不喝酒精、不吃糖，同时尽可能避免食用精制碳水化合物和加工食品。此外，60-70%的日常饮食尽可能都应摄取水果和蔬菜以及新鲜冷榨果汁。至于蛋白质，建议食用自制或希腊酸乳酪。

迷你DRP只需要以下几种产品，加上**苹果醋**和**纯天然生蜂蜜**。计划期间也可加入其他的新生命补充品和咖啡灌肠。

1. 天然净化粉

- 提供身体每日所需的纤维素和排毒草药，帮助排除因日常食用精制碳水化合物和精制食品导致大、小肠内所积累的宿便。
- 预防便秘，促进健康的肠道运动。
- 清除消化系统中的重金属、寄生虫和毒素。
- 帮助稳定血糖和控制胆固醇水平。

2. Immuflora

- Replenishes friendly bacteria needed for a healthy gastrointestinal system.
- Made with a technological breakthrough that allows the friendly bacteria to survive stomach acid and emerge intact in the intestines.
- Contains 10 billion Bifidobacterium longum, 1 billion Lactobacillus acidophilus and 200g Fructo-Oligosaccharides (FOS).
- Delicious and easy for all ages to consume.

3. K-Salt

- Restores electrolyte imbalance caused by an overconsumption of salt (sodium) in our daily diet.
- Healthy, plant-based source of natural potassium.
- Particularly important for those with hypertension.

4. Super Green Food ++

- Rich in phytonutrients which feed cells, tissues and organs.
- A blend of 27 different super greens, super foods and antioxidants.
- Cold extracted to preserve nutritional quality.
- Helps to fill nutritional gaps caused by our daily diet.

5. Omega Gold Flax Seed Oil

- Supplies the body with essential Omega 3 fatty acids.
- Helps in the prevention of many chronic illnesses.
- Promotes cardiovascular health.
- Reduces inflammation in the body.
- Cold-pressed from organically grown golden flax seeds to preserve taste and nutritional quality.

6. Liverin

- With 80% Silymarin, Liverin is a potent blend of herbs - Milk Thistle Extract, Dandelion, Artichoke Extract, Burdock and Celery Extract.
- Detoxifies, protects and promotes the health of the liver and kidney.
- Powerful antioxidant and anti-inflammatory effects.

For more details on **Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP)** as well as the Mini-DRP, grab a copy of **You Can Regain Youth & Health through Detoxification & Rejuvenation** from your closest NewLife™ office today!

2. 免疫激活植

- 补充有益菌以保持一个健康的胃肠系统。
- 这是一项技术上的突破，有益菌可以在胃酸中存活，并完整无损地出现在肠道中。
- 含100亿个双歧杆菌、10亿个嗜酸乳杆菌和低聚果糖200克。
- 好吃，老少皆宜。

3. 钾质

- 恢复因日常饮食中过量摄入盐(钠)而造成的电解质失衡。
- 健康的植物性天然钾源。
- 对高血压患者尤其重要。

4. 超级绿食品

- 富含滋养细胞、组织和器官的植物营养素。
- 混合了27种不同的超级绿叶菜、超级食物和抗氧化剂。
- 冷提取，以保持营养品质。
- 补充我们日常饮食中所缺乏的营养。

5. 奥美加黄金亚麻籽油

- 为身体提供必需的奥美加3脂肪酸。
- 有助于预防许多慢性疾病。
- 促进心血管健康。
- 降低体内的炎症。
- 由有机金亚麻籽冷榨而成，以保持其味道及营养品质。

6. 肝脏宝

- 含80%水飞蓟素，肝脏宝是一种有效的混合草药-包含了牛奶蓟提取物、蒲公英、洋蓟提取物、牛蒡、芹菜提取物。
- 去毒，保护和促进肝脏和肾脏的健康。
- 具强效抗氧化、抗炎作用。

想知道更多有关陈林希珠博士的排毒与复健计划(DRP)以及迷你DRP的细节，今天就到最邻近的新生命分行索取一本《通过排毒与复健计划重获青春和健康》册子！

RECIPE 食谱

Asian Salad 亚洲沙拉

Ingredients:

- 3 cups white cabbage, julienned
- 2 cups purple cabbage, julienned
- 1½ cups carrot, roughly julienned
- ½ cup green onion, chopped
- ¾ cup slivered almond, toasted
- ½ cup sesame seeds, toasted

Dressing:

- 3 tbsps Apple Cider Vinegar
- 2 tbsps Pure Raw Honey
- 2 tbsps Omega Gold Flax Seed Oil
- 1 tbsp sesame oil
- 1 clove garlic, grated
- 1 tbsp ginger, grated

Each dressing ingredient can be adjusted according to taste.

食材:

- 3杯包心菜，切成丝
- 2杯紫椰菜，切成丝
- 1½杯胡萝卜，大致切成丝
- ½杯葱花，切碎
- ¾杯烤杏仁条
- ½杯烤芝麻

沙拉酱:

- 3汤匙苹果醋
- 2汤匙纯天然生蜂蜜
- 2汤匙奥美加黄金亚麻籽油
- 1汤匙麻油
- 1瓣蒜头，磨碎
- 1汤匙姜，磨碎

每一种沙拉酱材料都可以
根据口味进行调整。



NEWLIFE™ @ HOME

新生命@家

At NewLife™, our mission is to empower you to live a healthy, holistic lifestyle; not just by eating a healthy diet and taking nutritional supplements daily, but also with our range of products and appliances for every area of your home!

在新生命，我们的使命是帮助您建立一个健康整全的生活方式。不单是您每天所需的健康饮食与保健品，我们也提供了一系列产品可以在您的家的每个角落为您工作。

LAUNDRY/ CLEANING 洗衣和清洁



1. Assure Laundry Detergent

Plant-based, eco-friendly laundry detergent that does not contain any chemical brightening or fluorescent agents.

2. floorPRO

This biodegradable floor cleaner is antibacterial, pH-balanced, and deodorizes without any harmful chemicals!

3. toiletPRO

Biodegradable, effective and safe. Disinfects and removes tough stains.

4. Hydrogen Peroxide (H₂O₂)

Natural disinfectant that can be used anywhere around the house, including to wash fruits and vegetables!

1. 爱洁浓缩洗衣粉

植物性环保洗衣粉。不含任何化学增白剂或荧光剂。

2. 环保系列地板专家

生物降解型地板清洁剂，具有抗菌、酸碱度平衡、无任何有害化学物质的除臭效果！

3. 环保系列厕所专家

生物降解、有效、安全。消毒和去除顽固的污渍。

4. 二氧化氢 (H₂O₂)

天然的消毒剂，可以在家里的任何地方使用，包括洗水果和蔬菜！



KITCHEN 厨房



1. Biodegradable Dishwash Concentrate

- 3x more concentrated and economical.
- 100% natural and biodegradable.
- Plant-based ingredients.
- Highly effective for removing grease and dirt.
- Gentle to the hands.

2. Pure Water Distiller

- Purest water with consistent quality over time.
- Easy to use and economical.
- No plumbing required.
- Automatically shuts off when cycle is completed.
- Produces 4 litres of distilled water in 6 hours at 580 watts.

3. Alpha Juicer

- Retains over 90% of nutritional value from fruits and vegetables.
- High yield: extracts up to 99% of juice.
- Low speed technology locks in natural flavours and nutrients without oxidation, with juices staying fresh longer.
- Easy to use and clean, and has built-in safety device to prevent overheating.
- Suitable for home or commercial use.
- Bio-ceramic treated bowl preserves flavour, enzymes and nutrients.
- Comes with juicing, mincing, grinding, noodle-making functions and more!

4. Yoghurt Maker

- Easy to use.
- Features precise temperature control throughout the fermentation process, ensuring quality yoghurt every time.
- Economical. Consumes only 13 watts of power and can make 1 litre of yoghurt at a time.
- Superior quality with an extended 5 year limited warranty.

1. 生化分解洗碗液

- 多三倍更浓缩和更经济。
- 100%纯天然和可生物降解。
- 植物成份。
- 高效去除油脂和污垢。
- 对双手温和。

2. 纯正蒸馏水机

- 长期生产一致的质量，提供您最纯净的饮水。
- 操作容易和经济。
- 无需装置输水管。
- 当过程进行完毕后便会自动关机。
- 以580瓦特的电量每六小时生产四公升的蒸馏水。

3. 奥发绿汁机

- 保留超过90%的蔬果营养价值及天然风味。
- 产率高：可榨出高达99%的汁量。
- 低速技术操作，能锁住蔬果的天然味道与精华。无氧化作用，可以更长久保持果汁新鲜。
- 易于使用与清洗，内设安全装置避免过热。
- 适宜家庭使用或作为商业用途。
- 生物陶瓷碗能够保存味道、酵素及营养。
- 除了榨取蔬果汁，也可用来绞肉、制作面条、刨冰，还有许多其他功能！

4. 酸乳酪制造机

- 操作容易。
- 整个发酵过程保持精确的温度控制，以确保酸乳酪的品质。
- 经济。仅消耗13瓦特的电量就可制造1公升的酸乳酪。
- 高质量与五年的延长有限保修。



EXERCISE 运动



1. Rebounder

Daily rebounding is an excellent form of exercise! Helps to burn calories, improve joint/bone health and promote lymphatic circulation.

1. 弹跳床

弹跳运动是一种有效的运动！有助燃烧卡路里，改善关节及骨骼健康，促进淋巴循环。

PERSONAL CARE 个人护理



1. Castile Liquid Cleanser

Natural liquid soap, made with pure virgin olive oil, coconut oil and essential oils of lavender, lemongrass, petitgrain, rosemary and eucalyptus, that cleanses and moisturises. Gentle and suitable for sensitive skin and children. It is also versatile and multi-purpose for washing fruits, vegetables and even pets. Certified organic.

2. Natural Shampoo

Daily use shampoo made with all-natural/naturally-derived ingredients. Enriched with essential oils of orange, argan, rosemary, patchouli and vitamin E. Free from SLS, SLES, PEGs and other chemicals. Promotes healthy hair and scalp.

3. Hand, Face & Body Scrub

Derived from pure vegetable base of copra, micronized pine cellulose and essential oil of lavender. Softens and moisturizes skin while thoroughly cleansing and exfoliating.

4. Dental Maxx Toothbrush

Special soft round-ended bristles placed at different angles help to thoroughly clean teeth and protect delicate gum tissue, improving gum health and removing plaque.

5. Ei-Natural Toothpaste

Fluoride-free toothpaste that contains natural ingredients such as tea tree oil, bee propolis and liquorice extract. Helps to promote teeth and gum health while removing plaque and preventing bacterial infections.

6. Enema Set

Hygienic and easy to use.

7. Extra Virgin Coconut Oil

Natural, safe lubricant for use with the Enema set. Can also be used for oil pulling to detoxify and promote gum/teeth health.

8. Wonda Oil

First Aid Kit in a Bottle – an effective bactericide, capable of killing a broad spectrum of bacteria and some stubborn fungal infections on the skin. Can be used to treat cuts/wounds to prevent infection and promote healing.

1. 卡士迪洗洁液

全天然皂液，采用纯有机初榨橄榄油、纯有机初榨椰子油、薰衣草、柠檬草、山茱萸、迷迭香和桉树等等香精油。温和，适合敏感性皮肤和儿童。它也有多种用途，可以用来清洗水果、蔬菜甚至宠物。有机认证。

2. 纯天然洗发水

日用洗发水，使用纯天然成分以及天然原料制成。含有柑橘精油、阿甘精油、迷迭香精油、广藿香精油以及维生素E。不含月桂基硫酸钠、月桂醇聚醚硫酸钠、聚乙二醇以及其他化学物质。促进头发和头皮健康。

3. 雪兰洁肤宝

由纯椰子干、微粉化的松树纤维素和薰衣草精油制成。柔化和滋润皮肤，同时彻底清洁和去角质。

4. 新生命超行动牙刷

不同角度的特殊柔软圆头鬃毛有助彻底清洁牙齿、特殊柔软的圆头鬃毛放置在不同的角度有助彻底清洁牙齿、保护脆弱的牙龈组织、改善牙龈健康、有效清除牙菌斑。

5. 新生命天然牙膏

无氟牙膏，含有天然成分，如茶树精油、蜂胶和甘草精华。确保您牙齿和牙龈的健康，有效清除牙菌斑和防止细菌感染。

6. 灌肠套

卫生和容易使用。

7. 特级初榨纯鲜椰子油

天然、安全的润滑剂，配合灌肠套使用。还可用来拉油达到排毒及促进牙齿和牙龈的健康。

8. 万宝油

急救箱在一瓶。一个有效的杀菌剂，能杀死皮肤上多种细菌及一些顽固的真菌感染。可用来治疗割伤或伤口，有助预防感染，促进愈合。



Coffee Enema

The purpose of the coffee enema is to cleanse and fortify the liver, our blood detoxifying organ. Why is detoxification important? Everyday our body is exposed to toxins from both external (pollution, unhealthy diet, etc.) and internal (stress, food intolerances/allergies, hormonal imbalance, etc.) sources. While our body is capable of maintaining function despite these stresses, over time and as we age, organs such as the liver start to struggle and become less efficient/effective. A weakened liver can cause chronic toxicity and inflammation throughout the body, which contributes to premature aging, fatigue, allergies, joint problems, cancer and other ailments. It also increases our risk for chronic conditions such as heart disease, diabetes, autoimmune diseases and more.

How do coffee enemas benefit the body?

- Strengthen the immune system
- Detoxify the liver and the blood
- Promote liver health
- Reduce inflammation and free radical damage
- Have anti-aging effects

Certain palmitates (fatty acids) found in coffee help to promote the production and activity of the enzyme glutathione S-transferase (GST). This enzyme is a powerful antioxidant produced in the liver, and is responsible for neutralizing free radicals that can cause cellular damage in the body, while increasing the efficacy of any antioxidants we consume such as vitamin C. An increased production of glutathione S-transferase helps to reduce systemic inflammation, which is helpful for pain management.

咖啡灌肠

进行咖啡灌肠的目的是净化和强化我们的血液排毒器官——肝脏。为什么排毒那么重要？这是因为我们的身体每天都会接触到毒素，包括外来的影响（污染、不健康的饮食等）和内在的因素（压力、食物不耐受/过敏、荷尔蒙失调等）。尽管身体有能力在这些压力下维持功能，但随着时间的推移和年龄的增长，肝脏会开始老化，功能也会逐渐削弱。功能不佳的肝脏会造成全身慢性中毒和发炎，导致早衰、疲劳、过敏、关节问题、癌症等疾病，另外也会增加我们患上其他慢性疾病的风险，如心脏病、糖尿病、自身免疫疾病等等。

咖啡灌肠对身体有什么好处？

- 增强免疫系统
- 净化肝脏和血液
- 促进肝脏的健康
- 减轻炎症和自由基所造成的损害
- 具有抗老化效果

咖啡中所含的某些棕榈酸（脂肪酸）有助促进谷胱甘肽S-转移酶（GST）的生产和活性。这个存在于肝脏内的酶，是一个强大的抗氧化剂，可负责中和体内的自由基，减轻细胞损伤，同时增强我们摄入其他抗氧化剂如维生素C的功效。谷胱甘肽S-转移酶的产量增加有助减少系统性炎症，进而减轻身体疼痛问题。

NEW PACKAGING 新包装！

NewLife™ Coffee

- Organically grown and processed by hand
- Lightly roasted to preserve desired elements
- Available in loose powder or sachets

Repackaged for your convenience:

- Waterproof
- Resealable
- Brand new design

新生命咖啡

- 有机种植和全手工
- 轻烘焙以保存所需的咖啡元素
- 有粉状或袋装形式出售

重新包装：

- 防水
- 可重新密封
- 全新设计



MON

TUE

WED

THU

FRI

SAT

SUN

04

11

18

25

Replacement holiday for
Nuzul Al-Quran
(PJ office closed)

**Hari Raya Puasa
(2nd Day)**
(All offices closed)

05

12

19

26

SG 新加坡

10.30^{am} - 12.00^{pm}
**Making Health Your
Lifetime Business
(Business Opportunity
Meeting with
Essential 6)**
让健康成为您的终身事业
(六大要素与商机)
by Sim Bee Hong
(Manager) & Lydia Ling
(Silver Manager)

SG 新加坡

10.30^{am} - 12.00^{pm}
**Chemical-Free
Household**
远离化学物质的
安全之家
by Suzi Moi (Manager),
Abigail Moi & Gabrielle Moi

Replacement holiday for
Hari Raya Puasa
(Malaysia offices closed)

06

13

20

27

07

14

21

28

SG 新加坡

7.30^{pm} - 9.30^{pm}
**Healing Beverages -
Elixirs for Vibrant
Health & Longevity**
具有治疗作用的
不老长寿饮料
by Deborah Lee

SG 新加坡

7.30^{pm} - 9.30^{pm}
Gut Health & Gut Food
肠道健康与肠道食物
by Sim Bee Hong
(Manager) &
Ling Young Hoon

SG 新加坡

7.30^{pm} - 9.30^{pm}
**Intermittent Fasting
for Health Restoration**
间歇性禁食以恢复健康
by Joyce Chua

Wesak Day
(All offices closed)

08

15

22

29

Labour Day
(All offices closed)

01

09

16

23

30

SG 新加坡

2.00^{pm} - 3.30^{pm}
**Making Health Your
Lifetime Business
(Business Opportunity
Meeting with
Essential 6)**
让健康成为您的终身事业
(六大要素与商机)
by Joyce Chua &
Lydia Ling (Silver Manager)

SG 新加坡

2.00^{pm} - 3.30^{pm}
Healing Foods
疗愈的食物
by Lisa Sofiar & Team

SG 新加坡

2.00^{pm} - 3.30^{pm}
**Reversing
Autoimmune Diseases
Through Holistic
Nutrition**
通过整体营养逆转
自身免疫性疾病
by Lydia Ling
(Silver Manager)

SG 新加坡

2.00^{pm} - 3.30^{pm}
**Sustainable
Weight Loss &
Health Gain**
可持续的减肥与保健
by Lydia Ling
(Silver Manager) &
Sim Bee Hong (Manager)

SG 新加坡

2.00^{pm} - 3.30^{pm}
**Detoxification &
Rejuvenation
Programme (DRP)**
排毒与复健程序
by Jeffrey Lim (Manager)

PJ 八打零再也

2.00^{pm} - 3.30^{pm}
**Juicing for Health
with Mabel**
健康蔬果汁
by Mabel Teo (Manager)

KK 亞庇

1.00^{pm} - 3.00^{pm}
**Yoghurt-Making
Workshop**
酸乳酪制作工作坊
Venue / 地点: Basil Garden, Damai

PJ 八打零再也

2.00^{pm} - 3.30^{pm}
**Love Your Skin
with Natural Skin Care**
爱您的肌肤使用天然
护肤品
by Ivy Khoo (Beautician)

**Harvest Festival
(1st Day)**
(KK office closed)

03

10

17

24

31

Nuzul Al-Quran
(PJ office closed)

**Hari Raya Puasa
(1st Day)**
(All offices closed)

**Harvest Festival
(2nd Day)**
(KK office closed)

JUNE | 6月 2020

MON	Hari Gawai (1st Day) Replacement holiday for Harvest Festival (KK & KUC offices closed) 01	Agong's Birthday (Malaysia offices closed) 08	15	22	29
TUE	SG 新加坡 10.30^{am} - 12.00^{pm} Cholesterol Confusion Clarified 澄清有关胆固醇的困惑 by Lisa Sofiar Hari Gawai (2nd Day) (KUC office closed) 02	09	SG 新加坡 10.30^{am} - 12.00^{pm} Making Health Your Lifetime Business (Business Opportunity Meeting with Essential 6) 让健康成为您的终身事业 (六大要素与商机) by Sim Bee Hong (Manager) & Lydia Ling (Silver Manager) 16	23	SG 新加坡 10.30^{am} - 12.00^{pm} Natural Remedies for Common Ailments 克服常见病的自然疗法 by Ling Young Hoon 30
WED	03	10	17	24	
THU	SG 新加坡 7.30^{pm} - 9.30^{pm} Making Health Your Lifetime Business (Business Opportunity Meeting with Essential 6) 让健康成为您的终身事业 (六大要素与商机) by Lydia Ling (Silver Manager) 04	HEALTH RETREAT at Kasih Sayang Health Resort Kasih Sayang 健康养生营 11-16 June 2020 2020年6月11日至16日 SG 新加坡 7.30^{pm} - 9.30^{pm} Healing Beverages - Elixirs for Vibrant Health & Longevity 具有治疗作用的不老长寿饮料 by Deborah Lee 11	SG 新加坡 7.30^{pm} - 9.30^{pm} Prevention & Management of Diabetes 预防及管理糖尿病 by Zoe Tang 18	SG 新加坡 7.30^{pm} - 9.30^{pm} Overcoming Inflammation/Pain 克服炎症/疼痛 by Joyce Chua 25	
FRI	05	12	19	26	
SAT	SG 新加坡 2.00^{pm} - 3.30^{pm} Healing Foods 疗愈的食物 by Lisa Sofiar & Team PJ 八打零再也 2.30^{pm} - 4.00^{pm} Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 by Tzuu Yi (Nutritionist) 06	SG 新加坡 2.00^{pm} - 3.30^{pm} Raising Superimmunity Children 培养孩子拥有超级免疫力 by Suzi Moi (Manager) & Team 13	SG 新加坡 2.00^{pm} - 3.30^{pm} Clean & Build 排毒与健体 by Sim Bee Hong (Manager) & Ling Young Hoon PJ 八打零再也 2.00^{pm} - 3.30^{pm} Juicing for Health 健康蔬果汁 by IBO Support Staff KUC 古晋 2.30^{pm} - 4.00^{pm} Managing & Reversing Rheumatoid Arthritis 类风湿性关节炎的管理和逆转 by Leon Tan (Nutritionist) 20	SG 新加坡 2.00^{pm} - 3.30^{pm} Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 by Jeffrey Lim (Manager) 27	
SUN	07	14	21	28	

HEALTH RETREAT

at Kasih Sayang Health Resort
with Datin Dr. Lynn Tan (N.D.) & Team

Kasih Sayang 度假村

健康养生营

与拿汀陈林希珠博士及团队

Closing Date:
15 August 2020
截止日期:
2020年8月15日

10-15 September 2020

6D5N Detoxification & Rejuvenation Programme

2020年9月10日至15日

6天5夜排毒与复健计划配套

	DRP Participants (Per Person) 排毒与复健计划参与者 (每人)		Non-DRP Participants (Per Person) 非排毒与复健计划参与者 (每人)
	Twin Sharing 双人共房	Single Occupancy 单人一房	Twin Sharing 双人共房
Super Early Bird 提早报名超级优惠价 Expiry : 15 June 2020 截止日期: 2020年6月15日 15% OFF 折扣	RM4,740 / S\$1,590	RM5,620 / S\$1,883	RM1,909 / S\$646
Early Bird 提早报名优惠价 Expiry : 15 July 2020 截止日期: 2020年7月15日 5% OFF 折扣	RM5,297 / S\$1,777	RM6,281 / S\$2,104	RM2,134 / S\$722
Regular 标准营费 Closing : 15 August 2020 截止日期: 2020年8月15日	RM5,576 / S\$1,870	RM6,612 / S\$2,215	RM2,246 / S\$760
Fee includes 费用包括	<ul style="list-style-type: none"> Airport transfer 机场接送* 5-night stay at Kasih Sayang Health Resort 5晚住宿 5 lunches, 5 dinners, & 5 suppers (DRP menu) 5份午餐, 晚餐及宵夜 (DRP特设的食谱) 6 days of DRP with enema bucket 6天排毒与复健计划配套 (附有灌肠桶) Health lectures by Dr. Lynn Tan (N.D.) and team (English) 陈林希珠博士及团队主持的健康讲座 (英语授课) 		<ul style="list-style-type: none"> Airport transfer 机场接送* 5-night stay (twin sharing) at Kasih Sayang Health Resort (includes breakfast) 5晚住宿 (双人共房; 包括早餐) Health lectures by Dr. Lynn Tan (N.D.) and team (English) 陈林希珠博士及团队主持的健康讲座 (英语授课)

* Airport transfers are only available as follows 接送时间表如下:

Date 日期	Pick-up point 集合点	Destination 目的地	Pick-up time 集合时间
10 September 2020 (Thursday) 2020年9月10日 (星期四)	KKIA 亚庇国际机场	KASIH SAYANG	Before 12.30pm 中午12点半之前
15 September 2020 (Tuesday) 2020年9月15日 (星期二)	KASIH SAYANG	KKIA 亚庇国际机场	12.00pm 中午12点

Please note 请注意:

- Health Retreat starts at 2.00pm sharp on 10 September 2020 and ends at 12.00pm on 15 September 2020. Kindly consider these factors when booking your flight.
健康生活营在2020年9月10日下午2时准时开始, 并在2020年9月15日中午12时结束。当您预定机票时, 请考虑这些因素。
- Application is subject to approval. Please confirm flight only after successful registration.
所有申请表格必须经由公司批准。请在被通知注册成功后才订购机票。
- SG prices are inclusive of 7% GST. Please note that air fare not included.
新加坡价格已包括7%消费税。费用不包括机票。

For more information, visit www.newlife.my or contact your upline Manager or nearest NewLife™ office.

请浏览www.newlife.my或联系您的上线经理或临近的新生命办事处以了解更多详情。