

# LifeLine

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NOVEMBER & DECEMBER 2022

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2022 YEAR END  
**11.11**  
**CARNIVAL**  
**SALES**  
2022年终嘉年华

Pg10 第十页

Need a Solution  
for Your  
**Chronic Health  
Problems?**

需要一个解决  
慢性健康问题的方案吗?

**How Can I  
Slow Down  
Aging?**  
**如何减缓  
衰老?**

Pg14 第十四页

Pg4 第四页



# OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

AUGUST & SEPTEMBER 2022  
2022年8月至9月

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## 21% ACHIEVERS

AUGUST & SEPTEMBER 2022

IRENE CHONG CHUAY PENG

## 18% ACHIEVERS

AUGUST 2022

SYARIKAT ADIL

TAN LEE KENG (LILY)

SEPTEMBER 2022

WELLNESS INC

CHONG KIM MOI

MOI YAN LIN ABIGAIL

## 15% ACHIEVERS

AUGUST & SEPTEMBER 2022

LIM SIEW CHOO

CHUA LAY HOON

AUGUST 2022

SO SUE YI REGINA  
WELLNESS INC

WONG MUI CHOO (KELLY)  
MOI YAN LIN ABIGAIL

NG SAN KIM ALICE

SEPTEMBER 2022

LING YOUNG HOON

ZEYANA HILAL AL BARWANI

CHUA PHUAY KHOON



# NEWLIFE™ contents 目录

NOVEMBER & DECEMBER 2022  
2022年11月及12月份

## ON THE COVER 封面专题

04 How Can I Slow Down Aging?  
如何减缓衰老?

## HIGHLIGHTS 特写

08 Post Event:  
September 2022 Health Retreat  
活动回顾: 2022年9月健康生活营

10 2022 Year End Carnival Sales  
2022年终嘉年华

14 Need a Solution for Your  
Chronic Health Problems?  
需要一个解决慢性健康问题的  
方案吗?



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# How Can I Slow Down Aging?

## 如何减缓衰老?



Every birthday is a glorious and happy occasion celebrating the birth of that person. However, it also marks an advancement of age that is inevitable. With age comes aging.

Aging is a continuous, gradual process of changes in our bodies that begin when we become adults. As we become older, many bodily functions gradually begin to decline. The likelihood of developing a health problem also increases as we age.

In fact, it is health problems, rather than the chronological age itself, that accelerate aging and the decline in bodily functions. If we can focus on preventing health problems, we can slow down the aging process and live well to advanced years.

Take the following steps now to prevent health problems and slow down the aging process:

### 1. Eat an Anti-inflammatory Diet and Supplements

A diet high in inflammatory foods contributes to premature aging of the cells in our body.

What foods increase inflammation? The following are a few examples:

- Added sugar, particularly high-fructose corn syrup that is commonly found in beverages, pastries and desserts.
- Trans fats in donuts, margarine, fried and processed foods.
- Processed meats, like bologna, sausage and salami.
- Refined carbohydrates, like white rice, cereals, bread and crackers made from white flour.
- Excess amounts of omega-6 fatty acids in mayonnaise, salad dressings and vegetable oils, like corn, safflower and soybean.

On the other hand, foods that reduce inflammation include:

- Fresh fruits.
- Green leafy vegetables.
- Extra virgin coconut oil and flaxseed oil.
- Wild caught fish that contains omega-3 fatty acids.
- Nuts.

每一次的生日，都是为一个人的诞生而欢庆，这是一个开心且幸福的时刻。然而，这也意味着不可避免的年龄增长。年纪越大，衰老也随之而来。

衰老是在我们成年后，一个持续、渐进的身体变化。随着年龄的增长，许多身体机能会开始逐渐衰退，出现健康状况的机率也会因此而增加。

事实上，加速衰老和身体机能衰退的，并不是生理年龄本身，而是健康问题。如果我们能专注于预防健康问题，我们就能减缓衰老进程，并能健康长寿。

现在就采取以下步骤来预防健康问题和减缓衰老过程：

### 1. 吃抗炎的饮食和补充剂

饮食中含有大量会引起炎症的食物，会导致我们体内细胞的过早衰老。

什么食物会引发炎症？以下是一些例子：

- 添加糖，特别是在饮料、糕点和甜点中常见的高果糖玉米糖浆。
- 油炸圈饼、人造黄油、油炸和加工食品中的反式脂肪。
- 加工肉类，如大腊肠、香肠和意大利腊肠。
- 精制碳水化合物，如白米饭、即时谷物、白面粉制成的面包和饼干。
- 蛋黄酱、沙拉酱和植物油（如玉米、红花油和大豆）中含有过量的奥美加-6脂肪酸。

另一方面，减轻炎症的食物包括：

- 新鲜水果
- 绿叶蔬菜
- 特级初榨椰子油和亚麻籽油
- 野生捕捞的含有奥美加-3脂肪酸的鱼类
- 坚果

In addition, the following are 3 supplements that will not only provide nutrients for your body but also help slow down the aging process.

此外，以下三种补充剂不仅可以为您的身体提供营养，还可以帮助减缓衰老过程。

## Niacin

Most people know that **Niacin** or Vitamin B3 helps to promote blood circulation and reduce inflammation. The reduction of inflammation on its own is crucial in reducing the negative effects of aging. However, few people know that this very affordable vitamin also has another very important anti-aging function.

**Niacin** is made up of 3 chemical forms called nicotinic acid, nicotinamide and nicotinamide riboside. Interestingly, these 3 chemicals are building blocks of NAD (Nicotinamide Adenine Dinucleotide) which is important in cell regeneration. Although our body creates NAD, that ability depletes as we age. Therefore, taking **Niacin** regularly as you get older is important to maintain healthy cell regeneration.

### 烟碱酸

大多数人都知道**烟碱酸**或维生素B3有助于促进血液循环和减少炎症。减少炎症本身对于减少衰老的负面影响至关重要。然而，很少有人知道这种非常实惠的维生素还有另一个非常重要的抗衰老功能。

**烟碱酸**由三种化学形式构成，分别为烟酸、烟酰胺和烟酰胺核糖。有趣的是，这三种化学物质是烟酰胺腺嘌呤二核苷酸(NAD)的组成部分，它在细胞再生中很重要。虽然我们的身体会产生NAD，但这种能力会随着年龄的增长而减少。因此，随着年龄的增长，定期服用**烟碱酸**(如新生命血液循环补充丸)对维持健康的细胞再生非常重要。

## ColostrumX

**ColostrumX** contains colostrum, low-fat milk powder, DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). In addition to being highly nutritious, it has anti-aging qualities as follows:

- Lactoferrin (found in colostrum), EPA, and DHA have anti-inflammatory properties.
- Lactoferrin acts as a prebiotic and stimulates the growth of good bacteria in the intestines such as lactobacillus and bifidobacterium. It also supports the health of the GI tract by promoting cell growth in the intestines. This can help soothe inflammation and heal a damaged gut.
- Studies show that regular consumption of Colostrum, DHA, and EPA can reduce oxidative stress and overall damage to muscles after exercise, making this an ideal supplement to support people who exercise regularly.
- DHA is important for brain function, and regular intake of this nutrient may prevent or slow down the development of Alzheimer's.

## 新生命初乳奶粉

**新生命初乳奶粉**含有初乳，低脂奶粉，DHA和EPA。除了营养丰富之外，它还有以下抗衰老的功效：

- 初乳中的乳铁蛋白，二十碳五烯酸(EPA)和二十二碳六烯酸(DHA)具有抗炎特性。
- 乳铁蛋白作为一种益生元，刺激肠道中有益细菌的生长，如乳酸菌和双歧杆菌。它还通过促进肠道细胞生长来支持胃肠道的健康。这可以帮助缓解炎症，治愈受损的肠道。
- 研究表明，经常食用初乳、DHA和EPA可以减少运动后肌肉的氧化应激和整体损伤，使之成为支持经常运动的人的理想补充剂。
- DHA对大脑功能很重要，经常摄入这种营养物质可以防止或减缓阿尔茨海默症的发展。



## Collasta

**Collasta** contains hydrolyzed marine collagen from France and a blend of antioxidants including astaxanthin from Japan, grape seed extract, green tea extract, pycnogenol, lycopene and mangosteen extract.

Collagen is the most abundant protein in the body making up 1/3 of the total protein count. When we are younger, our body naturally produces collagen in order to maintain the structure of our tissues and organs. However, as we age, the collagen produced in our body starts to reduce in quality. Bad lifestyle factors like smoking, an unhealthy diet, and stress can increase the speed of collagen breakdown. How do you know if the collagen in your body is breaking down? Simple... just look at your skin! Dryness, wrinkles, fine lines, and loss of elasticity are big hints.

Antioxidants support our health at the cellular level. Multiple studies support the effectiveness of antioxidant supplementation for preventing age-related damage to organs such as the heart, brain, joints, eyes and skin.

Combining collagen and powerful antioxidants, **Collasta** helps:

- Provide support against the effects of aging.
- Boost younger, firmer and suppler skin.
- Prevent bone loss and relieve joint pain.
- Support eye health.
- Promote weight loss.
- Lower blood pressure and improve glycemic control.
- Enhance immunity and intercellular communication.
- Repair DNA damage, detoxify carcinogens and alter estrogen metabolism.
- Provide powerful antioxidant, antitumoral, anti-allergic, anti-inflammatory, antibacterial, antimicrobial and antiviral activities—reduce free radical damage and inflammation and fight diseases.

## 新生命康丽达胶原红藻

**新生命康丽达胶原红藻**含有来自法国的水解海洋胶原蛋白以及超级抗氧化剂混合物包括来自日本的虾青素、葡萄籽提取物、绿茶提取物、柏松素、番茄红素和山竹果提取物。

胶原蛋白是人体中含量最多的蛋白质，占蛋白质总数的1/3。当我们年轻的时候，我们的身体自然产生胶原蛋白，以维持我们组织和器官的结构。然而，随着我们年龄的增长，我们体内产生的胶原蛋白的质量开始下降。不良的生活方式因素，如吸烟、不健康的饮食和压力会加速胶原蛋白的分解。怎么知道体内的胶原蛋白是否正在分解？很简单，看看皮肤就知道了！干燥、皱纹、细纹和失去弹性都是明显的迹象。

抗氧化剂在细胞水平上支持我们的健康。多项研究支持了抗氧化补充剂对预防与年龄相关的器官损伤的有效性，如心脏、大脑、关节、眼睛和皮肤。

将胶原蛋白和这些强大的抗氧化剂结合起来，**新生命康丽达胶原红藻**可以帮助：

- 提供抗衰老的效用。
- 促进年轻、紧致和柔软的皮肤。
- 防止骨质流失，减轻关节疼痛。
- 促进眼睛健康。
- 减肥。
- 降低血压，改善血糖控制。
- 增强免疫力及细胞间通讯。
- 修复脱氧核糖核酸损伤，解毒致癌物质，改变雌激素代谢。
- 提供强大的抗氧化，抗肿瘤，抗过敏，抗炎，抗菌，抗菌和抗病毒活性—减少自由基损害和炎症，对抗疾病。



## Vitamin C

Vitamin C is another powerful antioxidant. It is proven to help neutralize the free radicals in our body that lead to oxidative stress. Thus, it helps to prevent premature aging and delay the visible signs of biological skin aging. Vitamin C is also essential in the production of collagen in skin cells, helping to support skin structure.

**NewLife™ C Complex** is enriched with bioflavonoids to enhance the effects of vitamin C and is sustained released—providing 40% more utilization compared to other vitamin C supplements.

## 维生素C

维生素C是另一种强大的抗氧化剂。它被证明有助于中和体内导致氧化应激的自由基。因此，它有助于防止过早衰老和延迟可见的生物皮肤老化迹象。维生素C对皮肤细胞中胶原蛋白的生成也是必不可少的，有助于维持皮肤结构。

**新生命维他命C缓释综合丸**富含生物类黄酮，以增强维生素C的作用，并可持续释放。与其他维生素C补充剂相比，提供40%以上的利用率。



## 2. Avoiding Excessive Alcohol Use

Excessive drinking leads to accelerated aging and increases the risk of dementia. In addition, the health risk of alcohol consumption also includes high blood pressure, heart disease, stroke, liver disease, depression, anxiety, cancer and a weakened immune system.

## 2. 避免过量饮酒

过度饮酒会加速衰老，增加患痴呆症的风险。此外，饮酒还会导致高血压、心脏病、中风、肝病、抑郁、焦虑、癌症和免疫系统衰弱。



## 3. Exercising Regularly

Regular exercise is one of the best ways to delay aging. "Exercise is the best defense and repair strategy that we have to counter different drivers of aging," says aging researcher Nathan LeBrasseur, professor of physical medicine and rehabilitation at the Mayo Clinic in Rochester, Minnesota. "It can't reverse aging, per se," he says, "but there's clear evidence that exercise can activate the machinery necessary for DNA repair."

Here are some additional ways which research has shown how regular activity benefits our health:

- It builds muscle strength. As people age, they lose muscle mass and strength. Resistance training is one of the best ways to help slow this down. Researchers at the University of Alabama found that resistance training is safe and effective for older adults.
- It improves bone density. To keep bones strong, the body breaks down old bone and replaces it with new ones—however, bone mass slows down increasing at around the age of 30. After the ages of 40s and 50s, the body starts losing more bone than is being made. Exercise can help increase bone density and stave off osteoporosis, a health condition that weakens bones and increases the risk of breaks as one ages.
- It can improve cognition. The ability to shift quickly between tasks and plan an activity are signs of good cognitive function, according to the National Institute on Aging. Physical activity is now seen as a promising method for improving cognition throughout life. Studies also show that more physical activity is linked to a reduced risk of dementia.

## 3. 定期运动

有规律的运动是延缓衰老的最好方法之一。明尼苏达州罗切斯特市梅奥诊所 (Mayo Clinic) 研究衰老问题的物理医学和康复学教授内森·勒布拉瑟尔说：「运动是我们应对各种衰老因素的最佳防御和修复策略。」他提醒说，「运动本身并不能逆转衰老，但有明确证据表明，运动可以激活脱氧核糖核酸 (DNA) 修复所需的机制。」

以下是研究显示定期运动如何有益健康的其他一些方面：

- 锻炼肌肉力量。随着年龄的增长，人们会失去肌肉和力量。阻力训练是帮助减缓这种情况的最好方法之一。阿拉巴马大学的研究人员发现，阻力训练对老年人是安全有效的。
- 提高骨密度。为了保持骨骼强壮，身体会分解旧骨，用新骨取而代之——然而，在30岁左右，骨量的增长放缓。在40岁和50岁之后，身体失去的骨头开始多于生成的骨头。运动有助于增加骨密度，防止骨质疏松症。骨质疏松症是一种健康疾病，会削弱骨骼，并随着年龄的增长增加骨折的风险。
- 它可以提高认知能力。根据美国国家衰老研究所 (National Institute on Aging) 的说法，能够在不同任务之间快速转换并计划一项活动是良好认知功能的标志。体力活动现在被认为是终生提高认知能力的一种有希望的方法。研究还表明，更多的体育活动与降低患痴呆症的风险有关。

**The sooner you develop these habits, the better. Start today instead of waiting till tomorrow!**

**越早养成上述习惯越好。今天就开始行动，不要拖到明天！**



# September 2022 Health Retreat 2022年9月健康生活营

After a long hiatus of 2 years due to the pandemic, we hosted our first full Health Retreat from 20<sup>th</sup> to 25<sup>th</sup> September 2022! It was so amazing to have a great group of people from around the world come together to experience Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP) in the natural environment of Kasih Sayang Hill Resort.

In addition to the therapeutic effects of the DRP, our participants also enjoyed daily health workshops covering a variety of topics, day trips to Shalom Valley Park and other local attractions, as well as massages and far infrared sauna sessions at the resort.

We were privileged to hear from both Dr. Lynn Tan N.D. and Dr. Lim Kheng Yee M.D. as they shared their health knowledge during both workshops as well as personal consultation sessions. Together with medical doctors like Dr. Lim, we hope to be able to provide an integrative perspective on healing that we believe is crucial and much-needed in our world today. We also had a session on "Functional Fitness" by Mr. Daniel Tan which many of the participants found helpful. The session helped them to understand how fitness and exercise can impact their daily lives. Mr. Daniel Tan is a professional fitness trainer with over 10 years of fitness experience and has trained over 100 international clients.

**Turn to back cover for details on our next Health Retreat happening in March 2023! We hope to see you there!**

因为疫情而中断了很长时间后，我们于2022年9月20日至25日，举办了两年多以来的第一次全面的新生命健康生活营！能与来自世界各地的朋友一起在Kasih Sayang山间度假村的大自然环境中体验陈林希珠博士的在排毒与复健程序 (DRP)，真是太棒了。

除了DRP的疗效外，参与者也参加了涵盖各种不同主题的健康工作坊，到平安谷公园和其他当地景点的一日游，以及在度假村享受按摩和远红外桑拿。

我们很荣幸能听到陈林希珠博士和林敬谊医生在工作坊及个人咨询会议上关于健康知识的分享。与像林医生这样的医学专业人士合作，我们希望能够提供您一个关于全面健康修复的观点，因为我们相信这是如今急需及至关重要的。我们也举办了由陈健义先生指导的功能性健身课程，许多参与者都认为这课程对他们非常有帮助，让他们了解健身和锻炼如何影响他们的日常生活。陈健义先生是一位拥有十多年健身经验的专业健身教练，目前已培训超过百多位国际客户。

**请翻到封底，了解更多有关即将于2023年3月举行的健康生活营的细节！**





Here is some feedback from our participants:

以下是一些生活营参与者的反馈:

"Very enriching, refreshing, and informative! Valuable for our knowledge, especially on cholesterol."

「健康生活营的活动非常充实，使人神清气爽，信息丰富。我们获得了许多有价值的知识，特别是在胆固醇的问题上得到了启发。」

**Jenny & Raymond Chua**  
王翠红&蔡慈镛

"Very eye-opening and has made me realise the importance of discipline on nutrition and diet. I feel younger and more energetic!"

「这让我大开眼界，让我意识到营养和饮食纪律的重要性。我觉得自己更年轻、更有活力了！」

**Nooraini Noordini**

"More energy, body feeling lighter, and I am more knowledgeable on my health!"

「精力更充沛，身体感觉更轻盈，我对自己的健康也有了更深层的了解！」

**Maisarah Binti Mohammed**

"Kasih Sayang is perfect! Away from the city, cool weather, highland with fantastic views. Perfect sunset and sunrise views."

「Kasih Sayang是一个完美的地点！它远离城市，天气凉爽，位于高原，风景秀丽。每天都能看到令人叹为观止的日落和日出。」

**Paul Chung 郑俊良**

"The most visible is my weight loss and bowel movements. I believe by going forward with consistent good food, my overall health will improve."

「最明显的效果是我的体重减轻和排便顺畅。我相信坚持下去，我的整体健康状况将会大有改善。」

**Chung Cher Tee 陈志德**

"Our digestion and blood pressure improved tremendously!"

「我们的消化和血压有了极大的改善！」

**Noorsahrir Bin Noordin & Suriah Binti Selamat**



"All the topics were insightful to me. I find the Functional Exercise topic very applicable. Dr. Lynn and Dr. Lim have shared from their hearts and the sessions are very informative and impactful."

「所有的课题对我来说都很有见地。我觉得“功能性健身”这个课题特别切合实际。陈林希珠博士和林敬谊医生发自内心的分享和传授他们的知识，健康讲座内容丰富，影响深远。」

**Anita Tham 谭小姐**

"I feel so relaxed and pampered in this retreat as everything are all well-prepared and served such as the coffee for coffee enema, juices, salad and yoghurt. Dr. Lynn and her family are so friendly which makes me feel so close with them. It is like returning home!"

「在这个健康生活营中，我感觉很放松，很享受，因为一切都准备得很好，比如咖啡灌肠用的咖啡、果汁、沙拉和酸奶。陈林希珠博士和她的家人都很友善，这让我感觉和他们很亲近。感觉就像回家了一样！」

**Wendy Moi 梅丽琼**



"Feel refreshed, have lost weight, and brighter complexion."

「感觉神清气爽，体重减轻，气色更亮了。」

**Chua Kok Ping 蔡国彬**

"Rejuvenated, cleansed, and lightened!"

「我的身体恢复了活力，得到了净化，变得轻盈！」

**Allan Tee & Ho Swan Choo**  
Allan Tee&何碯珠

"Less fatigue and better elimination!"

「减少疲劳，更好地排除体内废物！」

**Haseena Mohamed Sulaiman**  
Al-Saqri

2022 YEAR END

11.11

CARNIVAL SALES

2022年终嘉年华

11.11.2022  
to至  
30.11.2022

BUY 2 FREE 1 买2送1

### ColostrumX 初乳奶粉

- Packed with immune factors and Immunoglobulin G (IgG or antibodies) that fight infections and protect the body against toxins and pathogens such as viruses, bacteria and fungi
- Enhances the regeneration and repair of cells and tissues in bones, muscles and blood vessels
- Contains DHA and EPA that maintain healthy retinas and improve brain function
- Contains human growth factors that stimulate growth in children
- Restores and maintains proper metabolic levels
- Helps the body to burn fat and build lean muscle
- Clinically proven anti-aging effects
- Helps lower and control blood sugar levels
- Increases vitality and stamina
- Helps regulate the thymus gland
- Supports digestive health
- 富含免疫因子和免疫球蛋白G(IgG或抗体)可增强免疫系统, 对抗感染, 保护身体免受毒素和病原体, 如病毒, 细菌和真菌侵害
- 加强骨骼、肌肉以及血管的细胞及组织的再生和修复功能
- 含DHA和EPA, 维持视网膜健康, 改善大脑功能
- 富含人类生长因子, 可促进孩子的成长
- 恢复和维持适当的代谢水平
- 帮助身体燃烧脂肪, 增强肌肉
- 具有强效抗老化的功效
- 有助降低和控制血糖
- 增加体力和耐力
- 有助调节胸腺功能
- 支持消化系统健康



### Herbal Hair Care ORIGINAL or NATURAL BROWN (Any 2)

有机三合一染色护发草药  
铜色或自然棕色(任何两盒)

Free gift: Original 赠品: 铜色

- Colours grey hairs
- Promotes hair growth
- Nourishes, restores and protects your hair
- No PPD, ammonia or chemicals
- 染色遮盖白发
- 促进头发生长
- 滋润、修复及保护头发
- 不含对苯二胺、氨或任何化学物质



### Extra Virgin Coconut Oil 有机特级初榨纯鲜椰子油 500ml/毫升

- Certified organic, extra virgin and cold-pressed to provide you with the highest quality of coconut oil possible
- Not bleached, deodorized or refined
- No chemical preservatives or additives
- 最纯净、最优质、以冷压方式提炼的有机特级初榨纯鲜椰子油
- 不经漂白、除臭处理、或精制加工
- 无化学防腐剂和添加剂



BBD/保质期: 03. 2023

### Unsalted Nutritional Yeast 无盐营养酵母

- Fat-free, sugar-free, dairy-free, gluten-free and vegan
- Excellent source of B vitamins and minerals
- A high-quality plant protein
- Rich in antioxidants
- Contains prebiotics
- Helps improve blood sugar
- 无脂、无糖、非乳制、无麸质、适合素食者食用
- B群维生素和微量矿物质的优质来源
- 高质量的植物性完整蛋白质
- 富含抗氧化剂
- 含有益生元
- 有助于改善血糖



### Shaker (BPA Free) 饮料混合器(不含BPA) 600ml/毫升



# BUY 3 FREE 1 买3送1

## Organic Care Face & Body Scrub 有机养护面部和身体磨砂膏

- Exfoliating, moisturising, brightening and firming
- Key ingredients: olive seed beads, hyaluronic acid, extra virgin coconut oil, organic castor oil and lavender oil
- Zero plastic microbeads
- Biodegradable, vegan and not tested on animals
- 去角质、保湿、亮肤和紧致
- 关键成分：橄榄籽、透明质酸、有机特级初榨椰子油、薰衣草油、有机蓖麻油
- 零塑料微粒
- 可生物降解，纯素食，不进行动物试验



## Low Fat Milk Powder 低脂牛奶粉

- Produced by grass-fed cows in New Zealand
- Certified pesticide- and antibiotic-free
- 由在纽西兰青草喂养的健康乳牛生产
- 零农药残留和零抗生素认证



## CoQ10 Plus— Reinvigorate Your Heart 生物吸收性CoQ10— 恢复心脏功能健康

A powerful antioxidant that is essential for the production of energy on the cellular level and for preventing heart attack risks.

辅酶Q10具有强效抗氧化功能，能为身体细胞提供启动能量的火花和降低心脏病风险。



# BUY 4 FREE 1 买4送1

## Buy 4 Natural Shampoo Free 1 Natural Conditioner 买4瓶天然洗发水送1瓶天然护发素

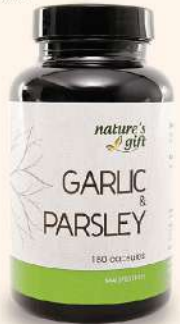
### Organic Care Natural Shampoo 有机养护纯天然洗发水

- Natural, nourishing shampoo and conditioner for all hair types
- COSMOS/Ecocert ingredients
- Free from sulphates, SLS, SLES, parabens, silicones, EDTA, phthalates, PEGs, artificial fragrance and colourants
- 适用于所有发质的天然、滋养洗发水和护发素
- 所有成份均通过天然有机标准组织及欧盟有机认证组织的验证
- 不含硫酸盐、月桂醇硫酸酯钠、月桂基乙醚硫酸钠、对羟基苯甲酸酯、硅油、乙二醇四乙酸、邻苯二甲酸盐、聚乙二醇以及人造香精与色素



## Garlic & Parsley 蒜与欧芹油

- Contains natural antibacterial, antiviral, antifungal and antioxidant properties
- Immune booster and blood detoxifier
- Supports digestive and skin health
- 含有天然抗菌、抗病毒、抗真菌和抗氧化的物质
- 有助加强免疫系统，也是天然的血液排毒净化剂
- 支持消化系统和皮肤健康



## Super Green Food ++

- Contains 23 powerful super-greens and super-foods
- Naturally sweetened with stevia
- No artificial preservatives, additives or flavours
- Rich in vitamins, minerals, enzymes, probiotics and antioxidants
- Strengthens immunity
- Restores nutrients to cells
- 100% natural and organic

## 特超绿食品

- 含有23种强大的超级绿色食品和超级食物
- 天然甜菊糖
- 不含人工防腐剂、添加剂或香料
- 富含维生素、矿物质、酵素、益生菌、抗氧化剂
- 增强免疫力
- 恢复细胞营养
- 100%天然有机



# BUY 1 FREE 1 买1送1

## Medi Compression Pantyhose 远红外线能量波医用辅助健康裤袜

Made of special fabric with far infrared rays. Designed with staggered pressure to effectively increase blood circulation, tone the leg veins and prevent unsightly varicose veins.

采用远红外线的特殊织物制成。交错压力设计，可有效促进血液循环，结实腿部静脉及预防不雅观的静脉曲张。



## Turbo Massage Showerhead 新生命花洒按摩器

Toxins in water can be absorbed through your skin. Let NewLife™ Turbo Massage Showerhead filter out impurities from your water!

自水中的毒素会被皮肤吸收！赶快使用新生命花洒按摩器滤净水中杂质安心沐浴！



# BUY 5 FREE 1 买5送1

## toiletPRO 厕所专家清洁剂

- Cleans and disinfects porcelain effectively
- Antibacterial
- No LABS, SLS, or SLES
- 100% biodegradable
- 有效地清洗和消毒瓷器
- 抗菌
- 不含直链烷基苯 (LABs)、十二烷基硫酸钠 (SLS)、月桂醇聚醚硫酸酯钠 (SLES)
- 100%生物降解



## floorPRO 地板专家清洁剂

- Suitable for all floor surfaces including marble and timber
- Contains tea tree and lemongrass essential oils
- Repels insects naturally
- pH balanced and antibacterial
- 100% biodegradable
- 适用于所有地板表面，包括大理石和木材
- 含有茶树和柠檬草精油
- 天然驱虫
- 酸碱值平衡，抗菌
- 100%生物降解



## Assure Liquid Laundry Detergent 爱洁浓缩洗衣液

- No brightener, SLS, formaldehyde, or chlorine bleach
- Hypoallergenic
- Contains pine essential oil
- Safe and environmentally-friendly
- Concentrated and economical
- Low-sudsing, no residue
- Cleans and freshens laundry effectively

- 无增白剂、十二烷基硫酸钠 (SLS)、甲醛或氯漂白剂
- 低过敏性
- 含天然松木精油
- 安全环保
- 浓缩且经济实惠
- 低起泡，不留残留物
- 有效清洁衣物



## VitaTea

- 100% natural ingredients
- Caffeine-free
- Immune booster
- Rich in antioxidants
- Anti-inflammatory
- Calming and detoxifying

## 维达健康茶

- 100%天然成分
- 不含咖啡因
- 增强免疫
- 富含抗氧化剂
- 抗炎
- 有镇静和排毒作用



# TWIN PACK OFFER 双配套

## Kelp 海藻宝

MY | 马来西亚 **RM89** 50 BV / Full PV  
 SG | 新加坡 **S\$32** 18 BV / Full PV  
**Save | 省:**  
 WM | 西马 RM21.00  
 EM | 东马 RM24.30  
 SG | 新加坡 S\$3.80

- Improves circulation and nourishment particularly to the brain
- A rich source of natural, organic iodine for thyroid health
- Contains amino acids and 22 known minerals
- Increases energy, builds endurance and enhances metabolism
- Helps in relieving nervous tension and stress
- Promotes healthy growth in children

- 改善大脑的血液循环和增加供给大脑细胞的营养
- 富含天然的有机碘，促进甲状腺正常功能
- 含有氨基酸和22种已知矿物质
- 增强体力和耐力，促进新陈代谢功能
- 有助于缓解紧张和压力的心情
- 促进儿童健康成长



## Propolplus 蜂胶

MY | 马来西亚 **RM169** 90 BV / Full PV  
 SG | 新加坡 **S\$69** 44 BV / Full PV  
**Save | 省:**  
 WM | 西马 RM46.80  
 EM | 东马 RM57.60  
 SG | 新加坡 S\$9.80

- A combination of bee propolis and bee pollen
- All-natural, powerful immune boosters and antibiotics
- Contains a wide spectrum of nutrients that are essential for health
- Can be applied topically on ulcers, burns, cuts, bruises or abrasions

- 结合蜂胶与蜜蜂花粉
- 纯天然、强效的免疫增强剂和抗生素
- 含有多种对身体保健非常重要的营养成分
- 可外敷治疗溃疡和被烧伤、割伤、撞伤或擦伤的部位



## Chromium Picolinate 有机铬

MY | 马来西亚 **RM119** 70 BV / Full PV  
 SG | 新加坡 **S\$49** 30 BV / Full PV  
**Save | 省:**  
 WM | 西马 RM44.60  
 EM | 东马 RM49.50  
 SG | 新加坡 S\$16.90

- Helps in blood sugar control
- Reduces carbohydrate and sugar cravings
- Regulates blood cholesterol to prevent high cholesterol and cardiovascular disease
- Increases lean body mass and promotes weight loss

- 有助控制血糖
- 减少对碳水化合物和糖类食物的摄取欲望
- 调节血液胆固醇以预防高胆固醇和心血管疾病
- 增加肌肉，帮助减肥



## Yoghurt Starter 酸乳酪酵母

MY | 马来西亚 **RM62** 48 BV / Full PV  
 SG | 新加坡 **S\$25** 22 BV / Full PV

Make your own healthy yoghurt! Yoghurt offers friendly bacteria, easily-digestible protein, calcium and other minerals.

自制健康天然酸乳酪简单又轻松！酸乳酪提供大家丰富的有益菌、易消化的蛋白质、钙质和其他矿物质。



# TRI-PACK OFFER 三瓶装

## Niacin

- Promotes blood circulation and healthy blood pressure
- Lowers cholesterol levels
- Anti-inflammatory
- Supports joint health
- Relieves stress/anxiety
- Promotes better sleep

## 血液循环补充丸

- 促进血液循环和健康的血压
- 降低胆固醇
- 有抗炎作用
- 维持关节健康
- 减轻压力和焦虑
- 促进睡眠质量



MY | 马来西亚  
**RM69**  
41 BV / Full PV

SG | 新加坡  
**S\$24**  
12 BV / Full PV

Save | 省:  
WM | 西马 RM6.00 EM | 东马 RM8.25 SG | 新加坡 S\$2.70

## Buy 1 Yoghurt Maker Free 1 Yoghurt Starter

## 买1台酸乳酪制造机 免获1盒酸乳酪酵母

Yoghurt offers friendly bacteria, easily-digestible protein, calcium, and other minerals. Make your own healthy yoghurt with this combo!

酸乳酪提供大家丰富的有益菌、易消化的蛋白质、钙质和其他矿物质。有了这配套,自制健康天然酸乳酪变得简单又轻松!



## Up to 50% Discount 折扣高达50%

Selected Books & Magazines 所有书籍和杂志



# CLEARANCE CORNER 清仓大减价

## Organic Castor Oil 新生命有机蓖麻油

MY | 马来西亚 **RM29** 25 BV / Full PV  
SG | 新加坡 **S\$12** 10 BV / Full PV  
Save | 省:  
WM | 西马 RM41.35 EM | 东马 RM43.45 SG | 新加坡 S\$15.10

- USDA Certified Organic
- British Pharmacopoeia grade
- Cold-pressed, unrefined
- 100% pure
- Can be used to treat skin infections or relieve constipation
- All-natural solution for your beauty needs:
  - ✓ Thickens eyelashes and brow
  - ✓ Moisturizes dry hair
  - ✓ Nourishes and improves skin
- 经美国农业部 (USDA) 有机认证
- 符合英国药典标准
- 冷压萃取, 未经提炼
- 100%纯净
- 治疗皮肤感染和改善便秘
- 满足您的美容需求的全天然解决方案:
  - ✓ 增厚睫毛和眉毛
  - ✓ 滋润干燥的头发
  - ✓ 滋养和改善肌肤



BBD/保质期: 01. 2023

## El-natural Toothpaste 新生命天然牙膏

MY | 马来西亚 **RM5.50** No BV/PV  
SG | 新加坡 **S\$2.50** No BV/PV  
Save | 省:  
WM | 西马 RM14.30 EM | 东马 RM15.30 SG | 新加坡 S\$5.70

- No fluoride, SLS, parabens, or animal by-products
- Contains bee propolis, aloe vera and essential herbal oils
- Natural spearmint flavour
- Sweetened with stevia, sobitol and xylitol
- Suitable for all ages and sensitive teeth
- 不含氟化物、十二烷基硫酸钠、苯甲酸酯或动物副产品
- 含蜂胶、芦荟和植物精油
- 天然绿薄荷香油
- 天然代糖: 甜菊糖, 山梨醇和木糖醇
- 适合所有年龄及牙齿敏感者



BBD/保质期: 02. 2023

### Terms & Conditions:

1. For IBOs and Smart Consumers only.
2. Available in all NewLife™ branches and Business Centres from 11<sup>th</sup> to 30<sup>th</sup> November 2022, and while stocks last.
3. Regular price item carries full BV/PV. Free gift has no BV/PV.
4. Not valid with any other concurrent promotions, APP and Quantity Discount.
5. No free delivery service for all promotional products purchased during the Carnival. Delivery charges are to be borne by IBO/SC.
6. Best before date (BBD) of 6 months or less are stated for the products concerned.
7. No goods return or exchange allowed.
8. Other terms & conditions apply.
9. NewLife™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

### 条规与细则:

1. 只限独立传销商 (IBOs) 及智慧型消费者 (SC)。
2. 活动期: 2022年11月11日至11月30日或存货售完为止, 促销活动只限新生命办公分处。
3. 原价出售的产品带有完整的单位花红和单位分数。赠品无单位花红和单位分数。
4. 不可配合其他同期间的促销活动, 自动订货计划和数量折扣。
5. 嘉年华期间所有优惠产品的销售购买没有免费运送。IBO及SC必须支付运费。
6. 如果产品的保质期为6个月或更短的有作声明。
7. 货一出门, 恕不退货或交换。
8. 附有其他条规与细则。
9. 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。

# Need a Solution for Your **Chronic** **Health Problems?**

## 需要一个解决 慢性健康问题 的方案吗?

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Many of us suffer from some sort of health issue that has bothered us for weeks, months, maybe even years. Ignoring it is not going to make it go away because chronic problems can progress to get worse over time.

Here at NewLife™, we believe that you don't have to be sick and tired! We are convinced that when we address the root causes of the chronic problems, our body can heal, repair and rejuvenate itself.

### Understanding the Basic Causes of Diseases

First, we need to understand the basic causes of diseases. Health experts estimate that over 90% of cancers and other chronic diseases are due to a combination of toxins in the body (toxemia) and poor diet (nutritional deficiency).

Toxemia refers to the accumulation of toxins in the body due to factors such as pollution, impure food/water, consumption of chemicals found in food additives/pesticides, smoking, drugs (recreational/prescribed), trans-fats found in processed foods, accumulation of heavy metals such as lead and mercury, and more. The body can also suffer from "autointoxication" due to constipation and poor elimination by the liver, kidneys and other excretory organs.

Nutritional deficiency is when the body is not being supplied with an adequate amount of essential nutrients such as vitamins, minerals, essential fatty acids, probiotics, enzymes, antioxidants, etc. Many foods we consume daily are high in calories and macronutrients like fats, carbohydrates, and proteins but low in essential micronutrients that the body needs to be healthy. This is largely due to commercial agriculture, the refining and processing of foods, and the use of additives or synthetic components in foods. Also, the overconsumption of certain nutrients such as sodium, omega 6 fatty acids, and others can cause nutritional imbalance in the body, which is harmful over time.

我们当中许多人都遭受着某种健康问题的困扰，这些问题已经困扰了我们几周、几个月甚至几年。不理睬它并不会让它消失，因为慢性问题会随着时间的推移而恶化。

在新生命，我们相信您不必生病和疲劳！我们相信，当我们解决了慢性问题的根本原因时，我们的身体就能自我治愈、修复和恢复活力。

### 了解疾病发生的基本因素

首先，我们需要了解疾病的基本原因。健康专家估计，超过90%的癌症和其他慢性疾病是由体内毒素（毒血症）和不良饮食（营养缺乏）共同造成的。

毒血症是指由于环境污染、不洁净的食物/水源、食品中的化学添加剂/杀虫剂、香烟、药物毒品（消遣性吸毒或处方药）、加工食品中的反式脂肪、重金属累积如铅、汞等外来因素导致毒素在体内积聚。另外，便秘或肝脏、肾脏和其他排毒器官的排毒功能不良，也会导致“自体中毒”的现象。

营养缺乏则是当身体没有摄取足够的必需营养素，如维生素、矿物质、必需脂肪酸、益生菌、酶、抗氧化剂等。我们每天吃的许多食物都含有高热量和宏量营养素，如脂肪、碳水化合物和蛋白质，但却缺乏身体健康所需的必要微量营养素。很大程度上是由于农耕的商业化、食物经过精炼和加工、食品中使用添加剂或人工合成物质等而造成的。此外，过度摄取某些营养素，如钠、奥美加-6脂肪酸等，也会导致身体营养失衡，长期则会危害身体的健康。

## DEVELOPMENT OF CHRONIC & DEGENERATIVE DISEASES 慢性及退化性疾病的形成与发展

| ACUTE STAGE OF ELIMINATION<br>急性消除期   | SUB-ACUTE (POOR HEALTH)<br>亚急性(健康不佳)  | CHRONIC<br>慢性  | TOXIC/DEGENERATIVE<br>中毒/退化  |
|---|---|--|--|
| <ul style="list-style-type: none"> <li>• Inflammation 发炎</li> <li>• Discharge 分泌物</li> <li>• Fever 发烧</li> <li>• Colds 感冒</li> <li>• Etc. 其他</li> </ul> | <ul style="list-style-type: none"> <li>• Fatigue 身体疲倦</li> <li>• Blocked Nose 鼻塞</li> <li>• Overweight 身体超重</li> <li>• Headaches 头痛</li> <li>• Lower Back Pain 腰痛</li> <li>• Skin Blemishes 暗疮</li> <li>• Piles 痔疮</li> <li>• Constipation 便秘</li> <li>• Digestive Disorders 消化失调</li> <li>• Hormonal Imbalance 荷尔蒙失调</li> <li>• Etc. 其他</li> </ul> | <ul style="list-style-type: none"> <li>• Migraine 偏头痛</li> <li>• Arthritis 关节炎</li> <li>• High Blood Pressure 高血压</li> <li>• High Cholesterol 高胆固醇</li> <li>• Skin Problems 皮肤病</li> <li>• Serious Back Pain 严重背痛</li> <li>• Ulcers 溃疡</li> <li>• Asthma 哮喘</li> <li>• Weak Sexual Impulses 性反应弱</li> <li>• Sinusitis 鼻敏感</li> <li>• Tumours/Cysts/Fibroids 肿瘤/囊/纤维物</li> <li>• Endometriosis 子宫内膜异位</li> <li>• Infertility 不育</li> <li>• Etc. 其他</li> </ul> | <ul style="list-style-type: none"> <li>• Heart Disease 心脏病</li> <li>• Strokes 中风</li> <li>• Diabetes 糖尿病</li> <li>• Kidney Disease 肾病</li> <li>• Liver Problems 肝病</li> <li>• Gall Bladder Disease 胆囊问题</li> <li>• Serious Arthritis &amp; Gout 严重关节炎及痛风</li> <li>• Prostate Disease 前列腺疾病</li> <li>• Serious Skin Problems 严重皮肤问题</li> <li>• Impotence 性无能</li> <li>• Lymphatic &amp; Cellular Dysfunction 淋巴及细胞疾病</li> <li>• Cancer 癌症</li> <li>• Etc. 其他</li> </ul> |

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

通过消除毒血症和营养缺乏的根本原因，**DRP使您重获青春和健康。**

### Progression of Chronic & Degenerative Diseases

On the far left of the chart, you can see the acute stage where the body may be showing symptoms that the immune system is compromised due to stress. From left to right, the chart illustrates how the body will degenerate over time and suffer from symptoms of poor health that we label as “diseases” when the root causes of poor health are not addressed. On the far right, the body is in the stage of degeneration where the conditions are potentially fatal.

Some people feel that chronic diseases are “normal” or “part of life” due to age or genetic pre-disposition. The truth is that we make choices every day that either contribute to our wellness, or cause diseases.

Most chronic diseases do not happen overnight, but are instead a result of years or decades of poor choices. The good news is that since they are developed over time and through the choices that we make, they can also be reversed or controlled over time through lifestyle changes and health building programmes. It is up to us to make the right choices to have our health progress from “right to left” instead of towards poor health and death.

### How Does Dr. Lynn Tan’s Detoxification & Rejuvenation Programme Work?

Over the past 30 years, we have helped thousands prevent and treat chronic and degenerative diseases through our products, programmes and lifestyle recommendations. Particularly, **Dr. Lynn’s Detoxification & Rejuvenation Programme (DRP)**—the core foundation of all NewLife™ health programmes, which can help you regain youth and health by removing the root causes of chronic diseases—toxemia and nutrition deficiency.

### 慢性与退化性疾病的进展

在图表的最左边为急性发作期，身体可能显示出由于压力导致免疫系统受损的症状。从左至右，您可观察到如果造成健康状况不佳的根源没获得适当处理解决，身体机能就会日渐退化，最终出现健康不佳的症状，我们将这些症状称为“疾病”。图最右边则显示身体已处在一种可致命性的退化阶段。

有些人觉得，由于年龄或遗传倾向，慢性疾病是“正常或理所当然的”或是“人生旅途的一部分”。事实是，我们每天都在做出选择，这些选择要么有助于我们的健康，要么导致疾病。

大多数的慢性疾病不是一夜之间形成的，而是经过多年或几十年错误选择的结果。好消息是，这些因不良选择及时间累积的健康问题，也可以随着时间的推移通过生活方式的改变和健康程序来获得逆转或控制。做出正确的选择，从“右至左”的健康方向发展，远离体弱多病或死亡之途，这一切完全取决于我们。

### 陈林希珠博士创研的排毒与复健计划 (DRP) 如何运作?

在过去的三十年里，我们通过我们的新生命产品、健康计划 and 生活方式建议，成功地帮助了数以千计的人预防和治疗慢性及退化性疾病。特别是**陈林希珠博士的排毒与复健计划(DRP)**，它是所有新生命健康计划的核心基础，可以通过消除慢性疾病的根本原因—毒血症和营养缺乏，帮助您重获青春和健康。

#### DETOXIFY | 排毒

Enhance the body’s natural ability to detoxify by eliminating toxins and restoring healthy functions to the colon, liver, kidneys and skin.  
通过排除毒素和恢复结肠、肝脏、肾脏和皮肤的健康功能，增强身体的自然排毒能力。

#### REPLENISH | 补充

Restore nutritional balance to the body.  
使身体恢复营养平衡。

**THE DRP IS DESIGNED ON THE PRINCIPLE THAT THE BODY IS ABLE TO HEAL ITSELF.**

身体能够自愈是DRP设计的基本原则。

#### PROTECT | 保护

Repair a weakened or suppressed immune system.  
修复削弱或抑制的免疫系统。

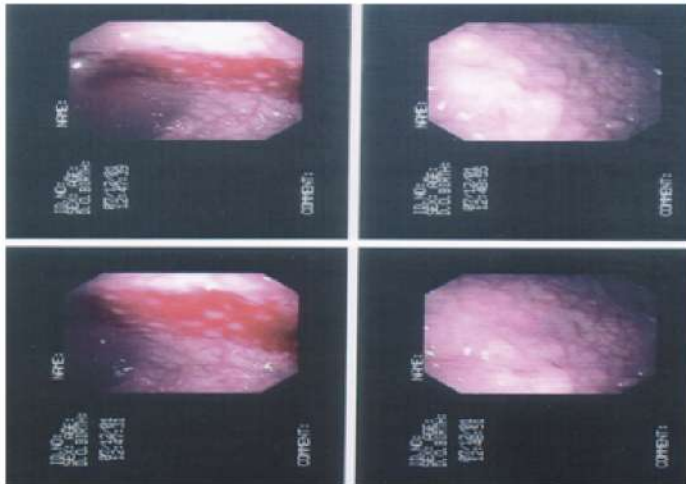
#### REJUVENATE | 恢复活力

Rebuild new healthy cells and tissues.  
重建新的健康细胞和组织。

Here are some real-life stories of people who have experienced changes in their health after doing the DRP:



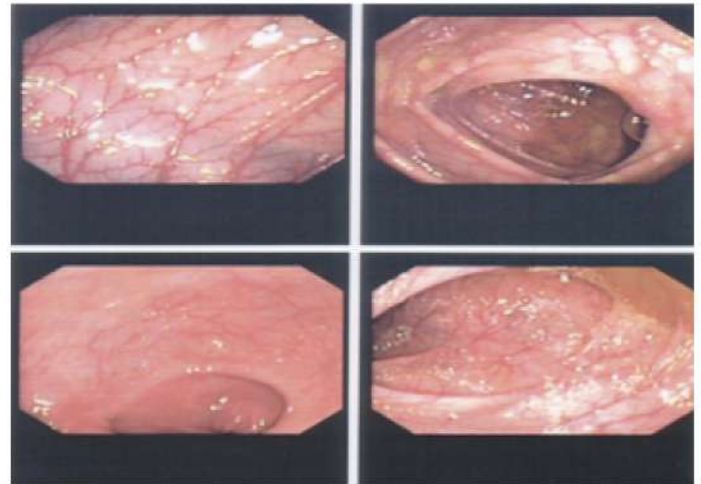
以下是一些人在做DRP后健康状况发生变化的真实故事:



Before DRP | DRP之前

Mr. Han Jin Cheng was diagnosed with having over 100 polyps in the colon. Doctor's recommendation was to have major surgery to remove a section of the colon.

韩晋诚(译音)先生被诊断患有100多个结肠息肉。医生建议做一个大手术切除一部分结肠。



After DRP | DRP之后

After doing the DRP and mini-DRP and making some dietary changes for just 2 months, the follow-up colonoscopy showed that the polyps had completely disappeared!

在做了DRP和迷你DRP以及一些饮食改变仅仅两个月后,后续的结肠镜检查显示息肉已经完全消失了!

After 之后

Before 之前

“Our journey began in June 2012 when my wife was diagnosed with ovarian cancer. We started with the **Mini DRP**. I noticed that we both lost weight and my wife's antigen count also decreased from 220 to 110. Seeing the benefits, we decided to go for the full **DRP** and the results were amazing! I had lost a total of 20kg in the span of 10 months and my wife's antigen count dropped to 5. The **DRP** is really amazing and we feel refreshed, lighter and vibrant.”

「当我的妻子于2012年6月被诊断出患有卵巢癌后,我们便开始了我们的健康之旅。我们从**迷你DRP**开始。我注意到我们变瘦了,我妻子的抗原数也从220降到了110。看到这些令人兴奋的改进,我们决定进行完整的**排毒和恢复活力程序(DRP)**。我们获得了惊人的结果,在10个月内,我一共减去20公斤,而我妻子的抗原数也下降至5。**DRP**实在是太神奇了,我们觉得神清气爽,轻盈,充满活力。」

**Ray Richard**  
雷·理查德

“After one week of **DRP**, my blood pressure reading dropped from 170/100 to 130/90. I used to have migraine attacks every week but after the **DRP** it was totally gone! It has been 9 months since the **DRP**; I have not had a single migraine attack. Plus, I lost 3kg, which I had been trying so hard to lose.”

「经过一周的**DRP**后,我的血压指数从170/100降至130/90,过往经常纠缠着我的偏头痛也消失了。自从完成**DRP**至今已有九个月,偏头痛一次也没发过!另外,我瘦了3公斤,这是我一直努力减肥却无法实现的目标。」



Osناه@Rosناه Binti Sintau  
欧诗南·新道







"For 15 years, I suffered from serious gout problem... I tried to control it by taking painkillers and colchicine but all of these could not help.

... With the help of the **DRP**, the swollen and painful parts of my legs healed gradually. Gout is completely gone. Moreover, I lost 5kg."

「15年来，我一直承受着严重的痛风问题... 我试图通过服用止痛药和秋水仙素来控制它，但所有这些都无济于事。

... 在**DRP**的帮助下，我腿上肿胀和疼痛的部位逐渐痊愈。痛风已经完全消失了。此外，我还减了5公斤。」

**Supain · Christopher Lakasa**  
苏泊尔·克里斯托弗 拉卡萨

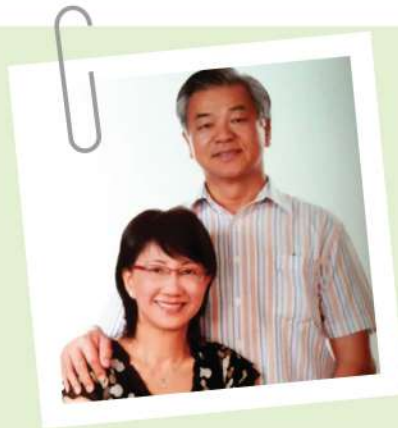
"I started with **Dr. Lynn Tan's 7-day DRP**. Thereafter, I continued doing **Coffee Enema**, taking **Herbal Klenz Powder, K-Salt**, and **Apple Cider Vinegar**, as well as exercising regularly.

Since the start of the DRP, I have lost 10kg, no more gout, and my cholesterol is now at normal level. Moreover, I feel energetic and youthful. I'm very happy with the results. Even my wife was surprised to see the changes in me."

「我开始进行陈林希珠博士为期7天的排毒与复健计划（DRP）。过后，我继续进行咖啡灌肠、食用草本净化粉、钾质及苹果醋，并且经常运动。

进行DRP六个月以后，我减轻了十公斤，不再有痛风，胆固醇也恢复正常水平。还有我精力充沛及感觉更年轻。我对这结果非常满意，甚至连我的太太也对我身上的变化感到啧啧称奇。」

**Chai Min Hiung**  
蔡明雄



"I was diagnosed with liver cirrhosis after a general health check-up showed a failed liver function test. I was introduced to **NewLife™'s 7-day DRP**. I continued with the **Herbal Klenz powder, Spirulina, Kelp, Apple Cider Vinegar, Coffee Enema** and the **5 Essentials** and also exercised on the **Rebounder**. After one year and three months, the fibroscan and blood test showed no liver cirrhosis! **NewLife™** gave me a new lease of life!"

「我在做例行健康检查后被证实患上肝硬化，报告显示出我的肝功能丧失。介绍我试用**七天排毒程序**，配合这个程序，我也服用**天然净化粉、螺旋藻、海藻宝、有机苹果醋、灌肠咖啡及五大要素**，加上**健康弹跳运动**。经过一年三个月的时间，我的肝纤维化扫描及血液检查报告显示，我的肝硬化已经痊愈了！谢谢新生命给我带来了新的生机。」

**Chin Set Yee**  
陈女士

"For years, my blood pressure had been high and I was advised by the doctor that I had no choice but to take medication for the rest of my life. On top of that, I was having serious constipation problems and was bothered by bad asthmatic problems too.

After going through the programme for a complete 7 days, my blood pressure shows good results. It is within the normal range again. I do not need any medication now. My asthma is getting better and I do not need to use the inhaler any more. Constipation is no longer a problem now.

「我的高血压问题已持续了好几年，医生说除了终身服药，没有其他办法了。除了这个我还有严重的便秘问题。另外，哮喘病又时常折磨我。

经过了整整7天的排毒程序，我的血压有了明显的改进，而现在已回复正常的血压，再也不需服药了。哮喘病也渐渐好转，无需再用吸入器。现在，排便已不再是问题。」

**Abdul Jalan bin Sembilan**  
亚都惹兰





"I had blood in my urine. A doctor scanned me and confirmed that I had stones in my kidney. For quite a while I was bearing the discomfort of a urinary tract infection with a smelly white discharge.

The symptoms of the urinary tract infection completely disappeared after I went through one week of **Dr. Lynn's DRP**. After that, I continued with the 5 Essentials, which consist of: **Herbal Klenz Powder, Flaxseed Oil, K-Salt, Super Green Food,** and **ImmuFlora®**, along with a weekly Coffee Enema. The kidney stones passed out naturally after several months of following this regime. I feel healthier each day.

It is really amazing to realize what our body can do when we nourish and build it properly! My weight has also stabilized at 50kg compared to 56kg previously."

「我的小便中有血，经过医生的扫描被证实肾脏生石。有一段相当长的时间我承受着尿道发炎的不舒服和排出带有异味白带的困扰。

我进行了一个星期的陈林博士排毒及复健计划之后，尿道发炎的症状完全消失了。过后，我持续不断地服用5大要素补充物：**天然净化粉、亚麻籽油、钾质、特超绿食品和免疫激菌植**，再加上一周一次的咖啡灌肠。上述方法进行了几个月后，肾石自然地排出体外，现在我觉得每天都很健康。

当我们适当地滋养、强健我们的身体时，我们的身体所能做的事情真的令人惊讶。我的体重也从以前的56公斤稳定在现在的50公斤。」

Maggie Ding 刘雪兰

## Your Body Can Self-Heal

Our bodies are wonderfully made to be able to self-heal and self-repair. We understand and see this process in cuts and bruises but most of us are unable to picture this working for major health issues and chronic diseases such as gut and colon problems, heart disease, hypertension, diabetes or cancer.

If you give your body some help and some time, it can perform what may seem like a miracle, but is in fact your body doing what it is naturally designed to do.

Always remember: "There is no miracle product, miracle drug, or miracle programme—but a miracle body that can heal itself, if given an opportunity to do so."

If you would like to see a transformation in your health, get in touch with us today at [info@newlife.com.my](mailto:info@newlife.com.my) to arrange a free consultation and take your first step towards experiencing total health!

## 您的身体可以自我修复

我们的身体天生就具有自我治愈和自我修复的能力。我们在割伤和瘀伤中了解并看到了这个过程，但我们大多数人无法想象它对重大健康问题和慢性疾病如肠道和结肠问题、心脏病、高血压、糖尿病或癌症的作用。

如果您给您的身体一些帮助和时间，它可能会创造一个奇迹，但事实是，这是您的身体在做它天生就该做的事。

最后，永远记得：“世上没有什么神奇的产品、神奇的药物或神奇的计划—只有一个神奇的身体，如果给它一个机会，它可以自愈。”

如果您想看到健康的转变，今天就联系我们 [info@newlife.com.my](mailto:info@newlife.com.my)，安排一次免费咨询，迈出您体验全面健康的第一步！



# Concierge CARE

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**Mr. Leon Tan**  
Nutritionist  
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**Dr. Lynn Tan, N.D.**  
Founder and  
Principal Consultant  
陈林希珠博士(自然疗法医生)  
创始人及首席顾问

**Dr. Lim Kheng Yee, M.D.**  
Integrative Medical  
Doctor  
林敬谊医生  
综合医学博士

Get professional comprehensive guidance and an integrated perspective on how to manage or reverse your health conditions!

获得有关如何管理或扭转您的健康状况的专业全面指导及咨询!



Zoom call consultation and briefing upon starting  
视频通话咨询及初步计划简介



Blood test review and advice  
验血测试检阅及建议



Personal WhatsApp group for consultation and questions  
个人WhatsApp群组进行咨询和提问



Daily review of blood pressure, blood sugar and other relevant home monitoring tools  
每日评估血压、血糖等相关家庭监测工具的检测结果。



Daily nutritional guidance and health programme review as needed  
根据所需要以提供每日营养指南及健康计划评估



Before 之前



After 之后

Wendy Moi, Singapore | 梅丽琼, 新加坡

My main health concerns were fatty liver and high cholesterol. Throughout the concierge care, there were regular monitoring and personal guidance from Dr. Lynn, Dr. KY Lim and Mr. Leon Tan. After 6 months, my blood test report showed amazing results: liver profile (SGPT and SGOT), blood pressure and total cholesterol have all normalized to healthy levels. Notably, my triglycerides reading reduced from 283 to 88 (optimal range: <150). My weight dropped from 66kg to 53kg and I was also able to stop taking my medication for hypertension. Discipline was never easy for me and HIMC Concierge Care Service helped "push" me to where I am today!

我主要的健康问题是脂肪肝和高胆固醇。在整个健康关怀管理服务过程中，有定期的健康检查和监测，以及陈林希珠博士、林敬谊医生和陈健良先生的个人咨询和指导。6个月后，我的血检报告显示了很好的改善：肝功能(SGPT和SGOT)、血压和总胆固醇都恢复到了健康水平，特别是我的甘油三酯读数从283降到了88(最佳范围:<150)。此外，不仅我的体重从66公斤下降到53公斤，我还能够停止服用高血压的药物。自律对我来说从来都不容易，很难坚持不懈、持久一致地实践。HIMC帮助“推动”我达到今天的成就!

# HEALTH RETREAT

at Kasih Sayang Hill Resort, Kota Kinabalu

Kasih Sayang 山间度假村, 亚庇

## 健康生活营

7<sup>th</sup>-12<sup>th</sup> March 2023 | 2023年3月7日至12日

Join us for a total health experience surrounded by the lush nature of Sabah this coming March 2023! Give your body a chance to rejuvenate and self-heal through **Dr. Lynn's Detoxification & Rejuvenation Programme (DRP)**, and learn how you can improve your health and the health of your entire family with our series of talks and workshops.

锁定2023年3月, 加入我们, 在沙巴郁郁葱葱的自然环境中享受全面的健康体验! 通过**陈林希珠博士的排毒与复健程序 (DRP)** 给您的身体一个恢复活力和自我治愈的机会, 并通过我们的系列讲座和工作坊学习如何改善您和您的整个家庭的健康。

### DEVELOPMENT OF CHRONIC & DEGENERATIVE DISEASES

慢性及老化病症的形成与发展

| ACUTE STAGE OF ELIMINATION<br>急性消除期   | SUB-ACUTE (POOR HEALTH)<br>亚急性(健康不佳)  | CHRONIC<br>慢性  | TOXIC/DEGENERATIVE<br>中毒/退化  |
|---|---|--|--|
| <ul style="list-style-type: none"> <li>• Inflammation 发炎</li> <li>• Discharge 分泌物</li> <li>• Fever 发烧</li> <li>• Colds 感冒</li> <li>• Etc. 其他</li> </ul> | <ul style="list-style-type: none"> <li>• Fatigue 身体疲倦</li> <li>• Blocked Nose 鼻塞</li> <li>• Overweight 身体超重</li> <li>• Headaches 头痛</li> <li>• Lower Back Pain 腰痛</li> <li>• Skin Blemishes 暗疮</li> <li>• Piles 痔疮</li> <li>• Constipation 便秘</li> <li>• Digestive Disorders 消化失调</li> <li>• Hormonal Imbalance 荷尔蒙失调</li> <li>• Etc. 其他</li> </ul> | <ul style="list-style-type: none"> <li>• Migraine 偏头痛</li> <li>• Arthritis 关节炎</li> <li>• High Blood Pressure 高血压</li> <li>• High Cholesterol 高胆固醇</li> <li>• Skin Problems 皮肤病</li> <li>• Serious Back Pain 严重背痛</li> <li>• Ulcers 溃疡</li> <li>• Asthma 哮喘</li> <li>• Weak Sexual Impulses 性反应弱</li> <li>• Sinusitis 鼻敏感</li> <li>• Tumours/Cysts/Fibroids 肿瘤/囊/纤维物</li> <li>• Endometriosis 子宫内膜异位</li> <li>• Infertility 不育</li> <li>• Etc. 其他</li> </ul> | <ul style="list-style-type: none"> <li>• Heart Disease 心脏病</li> <li>• Strokes 中风</li> <li>• Diabetes 糖尿病</li> <li>• Kidney Disease 肾病</li> <li>• Liver Problems 肝病</li> <li>• Gall Bladder Disease 胆囊问题</li> <li>• Serious Arthritis &amp; Gout 严重关节炎及痛风</li> <li>• Prostate Disease 前列腺疾病</li> <li>• Serious Skin Problems 严重皮肤问题</li> <li>• Impotence 性无能</li> <li>• Lymphatic &amp; Cellular Dysfunction 淋巴及细胞疾病</li> <li>• Cancer 癌症</li> <li>• Etc. 其他</li> </ul> |

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

通过消除毒血症和营养缺乏的根本原因,  
**DRP使您重获青春和健康。**

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

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

|  | DRP Participants (Per Person)<br>排毒与复健程序参与者 (每人) |                       | Non DRP Participants (Per Person)<br>非排毒与复健程序参与者 (每人) |
|--|--|-----------------------|---|
|  | Twin Sharing 双人共房                                | Single Occupancy 单人一房 | Twin Sharing 双人共房                                     |
| <b>Super Early Bird</b><br>提早报名超级优惠价             | RM4,740 /<br>S\$1,660                            | RM5,620 /<br>S\$1,970 | RM1,910 /<br>S\$670                                   |
| <b>Expiry : 31 Dec 2022</b><br>截止日期: 2022年12月30日 |  |                       |   |
| <b>Early Bird</b><br>提早报名优惠价                     | RM5,300 /<br>S\$1,880                            | RM6,290 /<br>S\$2,230 | RM2,140 /<br>S\$760                                   |
| <b>Expiry : 31 Jan 2023</b><br>截止日期: 2023年1月31日  |  |                       |   |
| <b>Regular</b><br>标准营费                           | RM5,580 /<br>S\$1,980                            | RM6,620 /<br>S\$2,340 | RM2,250 /<br>S\$800                                   |
| <b>Closing : 15 Feb 2023</b><br>截止日期: 2023年2月15日 |  |                       |   |