

# Lifeline

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SEPTEMBER & OCTOBER 2020

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## What Is Collagen?

Do Collagen Supplements Really Work?  
什么是胶原蛋白?  
胶原蛋白补充剂真的有用吗?

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That You Can DIY  
自己动手做的美容品

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# OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

JUNE-JULY 2020  
2020年6月至7月

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## 21% ACHIEVERS

### JUNE 2020

IRENE CHONG CHUAY PENG

### JULY 2020

CHAN SOO TECK PETER

LIM SIEW CHOO

LOW SIOK ENG

## 18% ACHIEVERS

### JUNE & JULY 2020

CHONG KIM MOI  
WONG MUI CHOO (KELLY)

SO SUE YI REGINA

TAN LEE KENG (LILY)

### JUNE 2020

KONG WAI YIN

MOI YAN LIN ABIGAIL

SYARIKAT ADIL

## 15% ACHIEVERS

### JUNE & JULY 2020

CHUA PHUAY KHOON  
WELLNESS INC

POON YOKE CHUN

TAN LEE MENG

### JUNE 2020

CHAN SOO TECK PETER

LIM SIEW CHOO

PHOON LAI HAR

### JULY 2020

KONG WAI YIN  
MOI YAN LIN ABIGAIL  
TANG LI LI SALLY

LISA SOFIAR  
NEOH BEE LEE

LUM MEI LENG  
SYARIKAT ADIL



NEWLIFE™

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# What Is Collagen?

## Do Collagen Supplements Really Work?

## 什么是胶原蛋白?

### 胶原蛋白补充剂真的有用吗?

Collagen is the most abundant protein in the body, making up one-third of the total protein count. It is most abundant in the skin tissues, bones, muscles, cartilage, tendons, blood vessels and gut. Our body naturally produces collagen in order to maintain the structure of tissues and organs.

As we age, our collagen stores reduce and the body produces poorer quality collagen over time. In addition to aging, our lifestyle and genetics also play a part. Habits such as smoking, eating an unhealthy diet, or living a stressful lifestyle can aggravate inflammation and free radicals in the body, which increases the speed of collagen breakdown. Sun damage and nutritional deficiency are also common causes of collagen damage.

The most obvious signs of collagen breakdown occur in the skin, in the form of dryness, wrinkles, fine lines and loss of elasticity. Most people focus on the skin because it is the part of the body that we can see. However, can you imagine this happening throughout your body and in your internal organs and tissues?

As part of a holistic approach, collagen supplementation is essential for slowing the aging process and preventing cell and tissue damage within the body. Here are 5 scientifically proven health benefits from supplementing your diet with collagen:

#### 1. Skin Health

A study published in the Journal of Medical Nutrition and Nutraceuticals showed that women who took a hydrolysed collagen supplement reported significant improvements in their skin health – particularly in the areas of hydration and elasticity. When your skin is hydrated and more elastic, you will be less prone to signs of aging such as wrinkles and fine lines. Collagen plays a direct role in maintaining the structural integrity of skin cells and is an important supplement for anyone looking to retain a youthful appearance.

**Note:** Collagen and vitamin C work synergistically together. Without sufficient vitamin C, the body will not be able to form or store collagen. Thus, it is important to take both together. Vitamin C has also been scientifically proven to improve health throughout the body.

胶原蛋白是人体中最丰富的蛋白质，占总蛋白质的三分之一，尤其是在皮肤组织、骨骼、肌肉、软骨、肌腱、血管和肠道中分布最多。我们的身体自然产生胶原蛋白，以维持组织和器官结构。

随着年龄的增长，我们的胶原蛋白储备会减少，产生的胶原蛋白的质量也变得更差。除了老化之外，我们的生活方式和基因也起了一定作用。吸烟、不健康饮食或生活压力等因素会加剧体内的炎症和自由基，从而加速胶原蛋白的分解流失。阳光的伤害和营养缺乏也是造成胶原蛋白损伤的常见原因。

胶原蛋白分解流失最明显的迹象是出现在皮肤上，皮肤变得干燥、出现皱纹、细纹和失去弹性。大多数人都会关注皮肤，因为它是我们能看到的身体部位。然而，您能想象这种情况发生在您全身的内脏组织中吗？

作为整体疗法的一部分，胶原蛋白是减缓衰老过程和防止体内细胞和组织损伤的必要补充。以下是5个经科学证实从饮食中补充胶原蛋白的健康益处：

#### 1. 皮肤健康

发表在《医学营养与营养期刊》上的一项研究表明，服用了水解胶原蛋白补充剂的女性的皮肤健康有显著的改善，尤其是在水合作用和弹性方面。当皮肤水分充足且更有弹性时，皮肤就不会那么容易出现皱纹和细纹等老化迹象。胶原蛋白在维持皮肤细胞的结构完整性方面扮演着直接的角色，是任何想要保持年轻外表的人的必要补充剂。

**注：**胶原蛋白需要维生素C协同工作，因为没有足够的维生素C，身体将不能形成或储存胶原蛋白。因此，两者结合起来是很重要的。科学证明，维生素C可以改善整体的健康。



## 2. Cardiovascular Health

New research is showing that one of the primary causes of atherosclerosis—the clogging or narrowing of blood vessels that cause heart attacks and strokes—is tissue damage along the walls of blood vessels. This is most commonly caused by lifestyle or dietary habits that heighten inflammation and free radical damage. When the body detects that there is damage, it sends substances such as cholesterol to repair the damage. This causes a temporary narrowing of that particular area. Over time and if the lifestyle factors are not changed, the blood vessels become narrower and narrower, leading to cardiovascular disease.

Collagen is an essential substance for maintaining the structural integrity of blood vessels. In combination with antioxidants, it is believed that collagen can play a key role in preventing or slowing the progress of cardiovascular disease.

## 3. Bone & Joint Health

Did you know that your bones are made of mostly collagen? Collagen gives bones structure and keeps them strong. Collagen is also found in the connective tissues that make up our joints, tendons and cartilages.

Studies have shown that collagen supplements are effective for preventing bone loss and reducing joint pain. In some studies, women who took a collagen supplement daily actually showed an increase in bone mineral density after 12 months! This shows that collagen supplementation is essential in the prevention of osteoporosis and other bone and joint related conditions.

## 4. Eyesight

One of collagen's health benefits is also its ability to help improve eyesight! Recent studies have revealed that a lack of collagen in the eyes is one of the leading causes of glaucoma and cataracts. These conditions are more common in those over the age of 50, and this has been linked with the lowered production of collagen due to aging. An increase in collagen intake has shown significant benefits for these age-related eye issues!

## 2. 心血管健康

新的研究表明，动脉粥样硬化的主要原因之一是血管壁的组织损伤。动脉粥样硬化是血管堵塞或狭窄，会导致心脏病和中风。最常见的原因是生活方式或饮食习惯加剧了炎症和自由基损伤。当身体察觉到有损伤时，就会发送胆固醇等物质来修复损伤，这会导致特定区域暂时缩小。随着时间的推移，如果生活方式的因素没有改变，血管会变得越来越窄，导致心血管疾病。

胶原蛋白是维持血管结构完整性的重要物质。与抗氧化剂结合，胶原蛋白被认为在预防或减缓心血管疾病的进展中可发挥关键作用。

## 3. 骨与关节健康

您知道骨头主要是由胶原蛋白组成的吗？胶原蛋白赋予骨骼结构并使其强壮。胶原蛋白也存在于组成我们的关节、肌腱和软骨的结缔组织中。

研究表明，胶原蛋白补充剂对预防骨质流失和减少关节疼痛是有效的。在一些研究中，每天服用胶原蛋白补充剂的妇女在12个月后骨密度确实增加了！这表明补充胶原蛋白对于预防骨质疏松症和其他骨骼和关节相关的疾病是必不可少的。

## 4. 视力

胶原蛋白的另一个健康益处是它能帮助改善视力！最近的研究表明，眼睛中胶原蛋白的缺乏是青光眼和白内障的主要导因之一。这些情况在50岁以上的人群中更为常见，这与随年龄增长所导致的胶原蛋白产量降低有关。增加胶原蛋白的摄入量对预防这些与年龄有关的视力问题有显著的好处！

# NewLife™'s Collasta

is a proprietary hydrolysed collagen supplement enhanced with astaxanthin and an antioxidant complex for total anti-aging support!

The hydrolysed marine collagen combined with multiple potent antioxidants, works synergistically to combat what may be one of the main causes for most chronic diseases—free-radical damage.

# 新生命康丽达胶原红藻

是一种增强了虾青素的水解胶原蛋白专利配方；一种全面抗衰老的抗氧化剂复合物！

水解的海洋胶原结合多种有效的抗氧化剂，协同工作对抗可能是造成大多数慢性疾病的主因之一的自由基损害。

- **Hydrolysed marine collagen**, a highly digestible form of protein that gives skin its strength and elasticity while reducing inflammation, body pains and joint discomfort.
- **水解海洋胶原蛋白**，一种可高度消化的蛋白质形式，保持皮肤实力和弹性，减少炎症、身体疼痛和关节不适。



- **Astaxanthin**, extracted from red algae (Haematococcus pluvialis), possesses an antioxidant capacity 40 times stronger than beta-carotene and 550 times stronger than Vitamin E. It is a carotenoid that has been proven by research to be linked to healthier skin, heart, joint and may even have a future in cancer treatment. In addition, one of its most exciting health benefits is its ability to slow and even reverse age-related eye degeneration! It is one of the few antioxidants that can penetrate the blood-brain barrier to work in the eyes.
- **虾青素**，提取自红藻，具有的抗氧化能力强于β-胡萝卜素40倍和维生素E550倍。此类胡萝卜素已被研究证实可以影响皮肤健康、耐力、心脏健康、关节疼痛，甚至可能在未来治疗癌症。此外，它最令人兴奋的健康益处之一是它可以减缓甚至逆转与年龄相关的眼睛退化问题！它是少数能穿透血脑屏障在眼睛里工作的抗氧化剂之一。



- **Lycopene** may protect us from certain disorders such as cancer and coronary heart disease.
- **番茄红素**可以保护我们远离某些疾病，如癌症和冠心病。



- **Mangosteen** is rich in phytonutrients that support multiple systems of the body.
- **山竹**富含支持人体多个系统的植物营养素。



- **Green tea extract** contains bioactive antioxidant compounds that are easily absorbed and highly effective at inhibiting lipid peroxidation and free radical damage.
- **绿茶提取物**含有生物活性抗氧化化合物，易被吸收，对脂质过氧化和自由基损伤有高效抑制作用。



- **Pycnogenol**, a pine bark extract, is effective in lowering blood pressure and improving glycemic control.
- **松树树皮提取物**，能有效地降低血压和改善血糖。

- **Grape seed extract** can help prevent disease and protect against oxidative stress, tissue damage and inflammation.
- **葡萄籽提取物**可以帮助预防疾病，防止氧化应激、组织损伤和炎症。



# Testimonials 见证

## Total Rejuvenation

I travel a lot and as such my skin is exposed to the weather and this has caused it to look dull and tired. After a month of consuming **Collasta**, I noticed my skin texture improving and getting firmer especially in the areas around my eyes. My skin became clearer and not as dry as before. Obvious wrinkles have become less visible and not only that, my joint pains have totally disappeared. In addition to all these remarkable changes, my vision is clearer; I can now read and drive without having to wear my glasses!

I am healthy and feeling like I'm on top of the world. My daily consumption of these wonderful NewLife™ products has truly helped me.

**Umi Kalsom Abd. Rahim**, Kuala Lumpur

## 恢复活力

我经常出差，在风吹日晒下，因此皮肤看起来暗淡和疲劳。服食**康丽达胶原红藻**一个月后，我注意到我的皮肤纹理改善了，变得更紧致，尤其是眼睛周围的部位。甚至连我暗淡的皮肤也亮了许多，不像以前般干燥。现在，明显的皱纹也少了，不仅如此，我的关节疼痛已完全消失。除了所有这些显著的变化，我的视力更清晰了；我现在不用戴眼镜就能阅读和开车！

我很健康，感觉像在世界之巅。每天服食新生命产品真的帮助了我。

**乌米卡尔森阿卜杜勒·拉希姆**，吉隆坡

“

## Improved Vision

My eyesight started deteriorating after I turned 36. I started having difficulty reading the numbers on buses when I needed a ride and my eyes would strain when I tried to read road signs whenever I drove. I had to depend on my glasses.

Having known my problems, my wife Sarah recommended me to take **Collasta**. I began drinking it every night. I liked its taste as well as the cooling sensation it left and I looked forward to drinking it. A month later, I was out and I realized that I had forgotten to bring my glasses. I noticed then that the things I saw which were usually blurry, had now appeared clearer. I could read the road names from a distance as well as the bus number without straining my eyes.

Drinking **Collasta** has helped me improve my eyesight!

**Bernard Lim**, Singapore

## 改善视力

踏入36岁以后，我的视力开始退化。当我需要搭车的时候，我开始看不清巴士的车牌号码。开车的时候，我的眼睛会因为看路牌而紧张疲倦。我不得不依靠我的眼镜。

我的妻子丽琴知道了我的问题，便建议我服用**康丽达胶原红藻**。我开始每天晚上都喝。我很喜欢它的味道，以及它留在嘴里冰冰的感觉。一个月后，我出门忘了携带眼镜。这时才意识到，平时我所看到的模糊的东西现在变得清晰了。眼睛无需过份使力便能从远处读出路名和公共巴士的车牌号码。

饮用**康丽达胶原红藻**帮助我提高视力。

**林振煊**，新加坡

”

“

## All Pain Gone! My Mom Can Walk Freely Again!

My elderly mother had pain in her knee joint, thighs and buttocks. She also suffered discomfort all over her body. I took her for medical check-up with an orthopaedic doctor, who took an X-ray of her spine and left knee and gave her a prescription. My mom had a history of gastric problems, so I was reluctant to let her take medication. Instead, I gave her **Collasta**.

My mother started taking **Collasta** with 2 packets a day for 15 days followed by a packet a day. I was surprised that after 3 days the pain lessened and a week later, she could walk up the staircase without help. She felt improvement every day and at the end of 2 weeks the pain was gone!

She was able to go back to her usual activities such as morning walks to market and Tai Chi twice a week. Thank you, NewLife™, for having such a wonderful product!

**Rina Chee**, Kuala Lumpur

## 所有的疼痛都消失！我母亲又可以行走自如了！

我年迈的母亲膝盖关节、大腿和臀部经常疼痛。她也常感全身不适。我带她去骨科医生那里做了检查，医生给她的脊椎和左膝拍了x光片，也给她开了处方。但因我的母亲有着胃病的前例，所以我不愿意让她服食药物，而是让她试着服用**康丽达胶原红藻**。

刚开始的十五天，我母亲每天服用两包**康丽达胶原红藻**，后来每天服用一包。我感到非常惊讶，她在服用3天后，疼痛便减轻了。一个星期后，她可以在没人协助的情况下自己走上楼梯。她觉得身体状况每天都有所改善，两周后疼痛完全消失了。

现在，她恢复了日常活动，如晨运至市场及每周打太极两次。感谢新生命的美妙产品。

**池丽蓉**，吉隆坡

”



# Beauty Secrets

that you can DIY

自己动手做的美产品

Did you know that DIY beauty products can provide inexpensive, natural, and fun alternatives for your skin health? Store-bought products often contain chemicals that are not good for your health. So, how does the idea of DIY beauty products that you can create at home using NewLife™ products that you already have sound to you?

Intriguing, right? We hope you will love these DIY beauty recipes that we are going to share. Give them a try and we look forward to hearing your experience!

## 1. Honey Facial Masks

One of our favourites, this mask contains a multi-purpose ingredient that is affordable and available in almost every home—honey. Besides using it as a natural sweetener, you can also use it as a part of your au naturel skin care routine. Honey is made up of over 165 identifiable components that consist of amino acids, enzymes, minerals and vitamins. Honey is also naturally antibacterial and rich with antioxidants, making it great for the skin. Here are three types of honey facial masks you can try out:

### Honey Mask

Want a super simple facial mask? Just apply 1-2 tablespoons of **NewLife™ Pure Raw Honey** to clean, damp face. Massage it into your skin and let sit for 15-20 minutes. Massaging motions will help increase blood flow, improving your skin's appearance. To get the most of your massage, apply light pressure to your jaw line with your fingertips. Slowly move upward until you reach your forehead, then start again. Use a damp washcloth to remove the mask. It is incredibly moisturizing and balances all skin types.

### Honey & Spirulina Moisturizing Facial Mask

Spirulina is high in chlorophyll, which can help reduce dark spots and discolourations. This mask will leave your skin feeling moisturized and bright, and even out your skin tone.

#### Ingredients:

- 1-2 tablespoons of **NewLife™ Pure Raw Honey**
- 1 tablespoon of **NewLife™ Spirulina Powder**

#### Directions:

- Mix the two ingredients to form a paste.
- Apply with fingertips to clean, damp face.
- Let sit for 15-20 minutes.
- Use a damp washcloth to remove the mask.

您知道吗，亲手制作美容产品可以为您的皮肤健康提供一个即便宜、天然又有趣的体验选择？店面普遍售卖的美容产品通常都含有不利健康的化学物质。如果可使用家里已经有的新生命产品来自己动手做美容产品，您会想试试吗？

有兴趣吧？希望您会喜欢我们分享的DIY美容秘诀配方。万分期待您的尝试与分享！

## 1. 蜂蜜面膜

这是我们最喜欢的面膜之一，它所需的材料是一个多用途的成分，价格实惠，几乎家家都有，那就是纯蜂蜜。除了作为天然甜味剂，蜂蜜也可作为日常护肤的成分之一。蜂蜜含有至少165种已被验证的元素，其中包括氨基酸、酶、矿物质及维生素。蜂蜜有天然抗菌作用，同时富含抗氧化物质，对皮肤有益。以下是三种您可尝试的蜂蜜面膜！

### 基本蜂蜜面膜

想要超级简单的面膜吗？将1-2汤匙**新生命纯天然生蜂蜜**敷在清洁、湿润的皮肤上。按摩皮肤后，静置15-20分钟。按摩有助于促进血液流动，改善皮肤外观。为了得到最好的按摩效果，用指尖轻轻按压您的下巴，慢慢向上移动，直到到达前额，然后再重新开始。用湿毛巾擦拭。它滋润和平衡所有皮肤类型的效果令人难以置信。

### 蜂蜜与螺旋藻保湿面膜

螺旋藻富含叶绿素，有助于减少黑斑和色素沉着。此款手工面膜性质温和，适合所有肤质。除了具有抗细菌和滋养肌肤的功能外，它还能让您的皮肤感觉柔嫩、光滑、明亮，肤色也变得更加均匀。

#### 材料:

- 1-2汤匙**新生命纯天然生蜂蜜**
- 1汤匙**新生命螺旋藻粉**

#### 步骤:

- 将以上两种材料混成糊。
- 用指尖将面膜抹在干净润湿的脸上。
- 约15-20分钟后用温水洗干净。
- 用湿毛巾擦拭。



## Honey & Oatmeal Exfoliating Facial Mask

Oatmeal is a natural exfoliator. Get glowing, vibrant skin by removing dead cells with this mask.

### Ingredients:

- 1-2 tablespoons of **NewLife™ Pure Raw Honey**
- 1 tablespoon of uncooked oatmeal (either ground or whole oats)

### Directions:

- Mix the two ingredients to form a paste.
- Apply with fingertips to clean, damp face and massage for 1 minute.
- Let sit for 15-20 minutes.
- Use a damp washcloth to remove.

## 2. Apple Cider Vinegar/ Wonda Oil Facial Toner

Another multi-purpose ingredient, apple cider vinegar (aka ACV) not only works well as a drink, a salad dressing or a digestive aid, it also functions effectively as a chemical-free facial toner.

ACV contains astringent acids, meaning that it effectively minimizes pores and also helps to increase blood flow to the skin. Besides regulating the pH level of your skin, it is also antibacterial and anti-inflammatory.

Tea tree oil, the main ingredient of **NewLife™ Wonda Oil**, contains anti-inflammatory and antimicrobial properties. As a result, it naturally calms redness, swelling and inflammation, and also helps prevent and reduce acne.

### Ingredients:

- For normal skin: 2 tablespoons of **NewLife™ ACV** + 1 glass of distilled/filtered water
- For dry/sensitive skin: 1 tablespoon of **NewLife™ ACV** + 1 glass of distilled/filtered water
- For oily & acne-prone skin: 120ml **NewLife™ ACV** + 240ml distilled/filtered water + 3 drops of **NewLife™ Wonda Oil**.

### Directions:

- Mix **NewLife™ ACV** with distilled/filtered water.
- Add **NewLife™ Wonda Oil** (for oily and acne-prone skin).
- Shake well before use, and use it after cleansing the face.

## 蜂蜜燕麦去角质面膜

燕麦片是天然的去角质产品。用这种面膜去除死细胞，让肌肤焕发光彩。

### 材料:

- 1-2汤匙**新生命纯天然生蜂蜜**
- 1汤匙生燕麦片(磨碎的或全燕麦片)

### 步骤:

- 将以上两种材料混成糊。
- 用指尖将面膜抹在干净润湿的脸上。
- 约15-20分钟后用温水洗干净。
- 用湿毛巾擦拭。



## 2. 苹果醋 / 万宝油 爽肤水

另一种多用途成分，**苹果醋**不仅可以作为饮料、沙拉调料或助消化，还可以作为一种无化学成分的爽肤水。

**苹果醋**含有收敛酸，这意味着它能有效地缩小毛孔，也有助于增加皮肤的血液流动。除了调节皮肤的酸碱度(pH值水平)，它还有抗菌和消炎作用。

**新生命万宝油**的主要成分是茶树油，具有抗炎和抗菌的特性。因此，它能自然地缓解红肿和炎症，也有帮助帮助预防和减少青春痘与暗疮。

### 材料:

- 中性肌肤: 2汤匙的**新生命苹果醋** + 1杯的蒸馏水/过滤水
- 干性或敏感肌肤: 1汤匙的**新生命苹果醋** + 一杯的蒸馏水/过滤水
- 油性及痘痘肌肤: 120毫升的**新生命苹果醋** + 240毫升的蒸馏水/过滤水 + 3滴的**新生命万宝油**

### 步骤:

- 将**新生命苹果醋**与蒸馏水/过滤水混合。
- 加入**新生命万宝油**(只有油性及痘痘肌肤才需这步骤)。
- 使用前请先摇匀，才将爽肤水擦拭在清洗干净的脸上。



### 3. Castor Oil Hair Tonic

Castor oil's natural antibacterial and antifungal properties make it beneficial against folliculitis, dandruff, and scalp infections. Its ricinoleic acid content increases circulation to the scalp and improves hair growth.

#### Ingredients:

- ½ cup of **NewLife™ Pure Castor Oil**

#### Directions:

- Using a spray bottle, dampen your hair.
- Take some **NewLife™ Pure Castor Oil** in your palm and work it through your hair from the roots to the tips while massaging your scalp during the process.
- Once you have coated all your hair, place a shower cap over your head.
- Leave the oil in for a minimum of 15-20 minutes. You could also leave it overnight.
- Follow up by shampooing and conditioning as normal. Due to its dense consistency, you might need to shampoo a few times to get rid of the oil. Avoid using any heat styling tools immediately.

### 3. 蓖麻油生发精

蓖麻油的天然抗菌和抗真菌特性使它对毛囊炎，头皮屑和头皮感染的治疗帮助很大。同时，蓖麻油酸含量可以改善头皮血液循环，促进头发生长。

#### 材料:

- 半杯**新生命纯天然蓖麻油**

#### 步骤:

- 用喷雾瓶将头发喷湿。
- 用手心抹些油，均匀涂抹在头发上，从发根一直到发梢，同时按摩头皮。
- 所有头发敷上蓖麻油后，把浴帽带上。
- 让蓖麻油在头发上停留至少15至20分钟，或是隔夜。
- 接着，像平常一样使用洗发水和润发剂把头发清洗一番。由于蓖麻油较难被洗脱，您可能需要清洗较多遍。清洗干净后避免马上使用任何热定型头发工具。

### 4. 针对油性及痘痘 肌肤的蓖麻油二合 一洁面乳和保湿霜

蓖麻油拥有重要的抗氧化、抗炎及抗菌的性质。将蓖麻油敷在脸上可同时舒缓和湿润敏感处。

#### 材料:

- 制作100毫升二合一洁面乳和保湿霜
- 15毫升**新生命纯天然蓖麻油**
- 85毫升**新生命特级初榨纯鲜椰子油**

#### 步骤:

- 将两种材料混合。
- 用热毛巾热敷脸颊扩大毛孔。
- 在脸上滴上少许混合油。用指尖轻轻地按摩一至二分钟去除残留在脸上的化妆品和死皮。接着，让混合油留在脸上一至二分钟让皮肤吸收。
- 用热毛巾擦干净。

### 4. Castor Oil 2-in-1 Cleanser & Moisturizer for Oily & Acne-Prone Skin

Castor oil has significant antioxidant, anti-inflammatory and antibacterial properties. When applied to the skin, castor oil can be an effective solution for soothing any irritation and moisturizing at the same time.

#### Ingredients:

To make 100ml of 2-in-1 Cleanser & Moisturizer

- 15ml of **NewLife™ Pure Castor Oil**
- 85ml of **NewLife™ Extra Virgin Coconut Oil**

#### Directions:

- Mix the two ingredients.
- Warm up the face with a warm towel to open up the pores.
- Apply a few drops of the oil on the face. Use your fingertips to gently massage the oil into the skin for a minute or two to remove impurities like makeup and dead skin cells. Leave it for another minute or two and let it penetrate the skin.
- Use a warm towel to wipe it off.





## 5. Coconut Oil & Honey Moisturizing Hair Mask

As if we don't already have enough reasons to love coconut oil, but yes, coconut oil also helps boost the condition of your hair! It reduces protein loss, penetrates the hair shaft due to its low molecular weight, and replenishes moisture.

Honey not only works great for your skin. Its emollient and humectant properties make it a great hair moisturizer as well. Emollients smooth the hair follicles, adding shine to dull hair. Humectants bond with water molecules, adding moisture to dry strands.

### Ingredients:

- 1 tablespoon of **NewLife™ Extra Virgin Coconut Oil**
- 1 tablespoon of **NewLife™ Pure Raw Honey**

### Directions:

- Add the two ingredients to a saucepan.
- Heat the mixture on low heat until smooth.
- Stir to combine the oil and honey.
- Let the coconut oil and honey mixture cool down until it is lukewarm.
- Using a spray bottle, dampen your hair.
- Generously apply the mixture evenly over your damp hair. You can part your hair in manageable sections to apply the mixture. This can help ensure that every hair is coated. Use hair clips to keep saturated strands away from your face and eyes.
- Apply more mixture to the driest sections of your hair, typically the ends, and less on the healthier parts of your hair, typically near the scalp.
- Once you have coated all your hair, place a shower cap over your head.
- Let the mask sit for 40 minutes, then rinse out with lukewarm water.
- Follow up by shampooing and conditioning as normal.

## 5. 椰子油和蜂蜜保湿发膜

难道还不够理由让我们爱上椰子油？那再加多一个——它能改善我们的发质！椰子油微小的分子量使它能渗入我们的头皮，减少蛋白质的流失及补充水分。

蜂蜜不单有利于您的皮肤，其软化及保湿的性质也有利于您的头发。软化滑润的性质可以柔和毛囊，为暗哑的头发增添亮泽。另外，湿润的性质结合水分子能为干燥的头发增加水分。

### 材料：

- 1汤匙**新生命特级初榨纯鲜椰子油**
- 1汤匙**新生命纯天然生蜂蜜**

### 步骤：

- 将以上两种材料倒入平底锅。
- 低温加热直到溶液变滑。
- 将椰子油和蜂蜜搅拌均匀。
- 让椰子油和蜂蜜冷却至温热。
- 用喷雾瓶将头发喷湿。
- 将温温的混合液均匀涂抹在湿发上。可以自行分区局部涂抹，以让每个部分都能被混合液覆盖。用发夹把已涂抹的头发夹上，避免触碰到脸颊和眼睛。
- 在普遍较干燥的发尾处涂抹较多的混合液；较健康的发根处则可减量。
- 所有头发敷上混合液后，就把浴帽带上。
- 让发膜停留40分钟，才用温水冲洗干净。

### Note 注意：

While most of the products above are hypoallergenic, we recommend doing a patch test before attempting any DIY beauty recipes. Simply place a bit of the product on your arm, cover it with plastic wrap, and leave it there for a short while. If you do not get any reaction, you can be assured that you are not intolerant to the ingredient and that these DIY beauty recipes will work perfectly fine on your face, skin and hair.

虽然以上大多数产品都是低过敏性的，但我们建议在尝试任何DIY美容配方之前先做个简单的斑贴测试。把一点产品放在手臂上，用保鲜膜覆盖，并在那里停留一段时间。如果没有任何不良反应，您可以确信不会对这些成分不耐，而且这些DIY美容配方将带给您的脸、皮肤和头发非常显著的美容功效。

# 3 TIPS FOR BETTER SLEEP

## 提升睡眠品质的 三大秘诀

Research has shown that no matter what your health goals are – physically or mentally – sleep is one of the key elements for better health! Unfortunately, most of us do not get enough sleep daily, and many of us struggle with poor quality of sleep.

Better sleep can help reduce stress, prevent premature aging, promote weight loss, give you better energy levels and mental sharpness, and improve many other areas of your health.

Here are 3 habits that are proven to help you sleep better:

### 1. Stick to a sleep schedule (even on the weekends)

Set sleep and wake times that are suitable for your daily life and work schedule. This will help reinforce your body's sleep-wake cycle – giving you better quality sleep and more energy during the daytime.

### 2. Wind down

Creating a calming environment closer to bedtime will help improve your ability and quality of sleep. Do a relaxing activity before bedtime and limit use of light-emitting screens. If reading, meditation, taking a bath, or prayer is helpful for you, then try to incorporate it into your daily routine. Dimming the lights and sleeping in a dark room are also proven to improve sleep quality.

### 3. Healthy habits

Avoid heavy meals close to bedtime so that your digestive system is able to rest while you are asleep. Eating healthy food during the day and exercising regularly are also proven to help improve sleep quality. Use of alcohol, caffeine, and nicotine negatively affect sleep and should be avoided.

**NewLife™ International** carries a few supplements that are helpful for improving sleep, in particular: **Chamomile Tea**, **B Complex**, and **Niacin**.

Drinking **Chamomile Tea** before bed helps calm the body and soothe the nervous and digestive systems.

**B Complex** and **Niacin (B3)** help improve the health of the nervous system as well as the body's ability to deal with stress and anxiety. They also regulate the body's level of the amino acid tryptophan, which helps the body produce sleep-inducing melatonin.

根据研究显示, 无论您的健康目标是什么, 睡眠是能让您从生理上或心理上更健康的主要元素之一。可惜, 大多数人无法每天都得到足够的睡眠, 又或是睡眠质量不达标。

高品质的睡眠有助于减压、预防提前老化、降低体重、提供您更好的能量和让您的精神更敏锐, 并且改善身体各方面的健康。

以下三个习惯已被证实能帮助提升睡眠质量:

### 1. 遵守有规律的睡眠时间 (周末亦是如此)

定下适合您日常作息与工作的睡眠时间。这将有助于加强您体内的睡眠觉醒周期, 让您拥有更好的睡眠质量、更有精力地度过每一天。

### 2. 放松自己

睡前制造一个宁静的环境, 有助于提升您的睡眠能力与质量。睡前做一些放松的活动及限制使用电子屏幕。若您觉得阅读、静坐、洗澡、或是祈祷对您有帮助, 那么试着把它们融入您的日常作息。调暗灯光和睡在暗室也被证实能有效地提升您的睡眠质量。

### 3. 健康的作息

睡前不要吃太多, 这样您的消化系统才能在您睡觉时有效地休息。白天时摄取有营养的食物及进行有规律的运动也可提升睡眠质量。另外, 也应该避免使用酒精、咖啡因及尼古丁, 这些都会影响睡眠。

**国际新生命**提供一些有助于改善睡眠的补充剂, 特别是:**有机洋甘菊花茶**、**维他命B综合丸**和**血液循环补充丸**(烟碱酸)。

睡前喝**洋甘菊花茶**有助于镇静身体, 舒缓神经和消化系统。

**维他命B综合丸**和**血液循环补充丸**(烟碱酸)有助于改善神经系统的健康, 以及身体处理压力和焦虑的能力。它们还调节人体色氨酸的水平, 色氨酸有助于身体产生促进睡眠的褪黑激素。



# Zinger Tea

is a therapeutic herbal tea that offers a variety of health benefits. It is just as effective as Morlife Tea for the role it plays in Dr. Lynn's Detoxification & Rejuvenation Programme (DRP). It has a pleasant, delightful taste and provides a relaxing and soothing effect after drinking. In addition, it helps relieve common healing reactions such as fatigue and gas.

Here are the ingredients found in **Zinger Tea** and their health benefits:

**Chamomile** – A soothing, calming herb that relieves fatigue associated with nervousness, as well as over-active and stressful body functions, including a nervous stomach, insomnia, menstrual cramps and restlessness. It is soothing with no harmful side effects. Chamomile aids digestion and encourages regeneration of liver tissues.

**Licorice** – This herb stimulates the adrenal glands. It counteracts stress and fatigue, while increasing energy. Beneficial for the liver, it prevents stomach and intestinal ulcers, flu, bronchial problems, lung congestion, hoarseness, sore throats and hypoglycaemia. Licorice has antioxidant, anti-inflammatory and antimicrobial effects, and early research suggests that it may ease upper respiratory infections and aid digestion, among other benefits. It also acts as a natural sweetener that is safe for diabetics.

**Rosehips** – This is particularly good for flavouring tea, is rich in vitamin C and other nutrients that help to reduce inflammation in the body and strengthen the immune system.

**Siberian ginseng** – This herb is considered to be the world's number one aphrodisiac and is known to improve physical vitality and mental performance. It is excellent for those who are depressed and fatigued and promotes blood circulation, while curing digestive disturbances. Studies have shown that Siberian ginseng helps protect the body's cells from radiation damage and also helps improve cholesterol profiles by lowering both total cholesterol and LDL ("bad") cholesterol.

**Spearmint** – It adds a delightful mint flavour to the tea, is high in antioxidants, and is particularly useful for soothing indigestion, nausea, vomiting, gas, cramps, coughs and colds.

## 有机甘草绿薄荷草药茶

是一种治疗草本茶，能提供多种健康益处。作为DRP的一部分，它的功能和治疗作用与有机增寿草药茶同样有效。它有一个令人顿感愉悦的味道，能舒缓紧绷和消除疲劳。此外，它有助于缓解常见的治疗反应，如疲劳和胃气。

以下是**有机甘草绿薄荷草药茶**的成分及健康益处：

**洋甘菊**——是一种舒缓、镇静的草本植物，可以缓解紧张引起的疲劳，以及过度活跃和紧张的身体机能，包括神经性胃炎、失眠、月经痉挛和焦躁不安。它有助镇静，没有有害的副作用。洋甘菊有助于消化和促进肝组织的再生。

**甘草**——这种草药能刺激肾上腺。它可以抵消压力和疲劳，同时增加能量。对肝脏有益，可以预防胃溃疡、流感、支气管疾病、肺充血、声音嘶哑、喉咙痛和低血糖。甘草具有抗氧化、抗炎和抗菌作用，早期研究表明，它可能缓解上呼吸道感染和帮助消化等好处。它也是一种天然的甜味剂，对糖尿病患者是安全的。

**玫瑰果**——特别适合用来泡茶，富含维生素C和其他营养素，有助于减少体内炎症，增强免疫系统。

**西伯利亚人参**——被认为是世界上第一春药，并被认为是可以提高身体活力和精神表现。对于那些情绪低落和疲惫的人来说，它是极好的，可以促进血液循环，同时治疗消化紊乱。研究表明，西伯利亚人参可以保护身体细胞免受辐射损伤和高胆固醇疾病。它对感冒和咳嗽都很有效。

**绿薄荷**——在茶中添加了一种令人愉悦的薄荷味，富含抗氧化剂，对缓解消化不良、恶心、呕吐、胀气、痉挛、咳嗽和感冒特别有帮助。

Due to a shortage of raw materials, Morlife Tea will be discontinued and Zinger Tea will be replacing it in Dr. Lynn's Detoxification & Rejuvenation Programme (DRP).

由于原料短缺，有机增寿草药茶将停产。有机甘草绿薄荷草药茶将取代它，纳入在陈林希珠博士的排毒与复健程序(DRP)中。



# Nutrient-Dense Fast Food

# Nutritional Yeast

## 营养酵母

### 万能营养“快餐”



### What Is Nutritional Yeast?

Nutritional yeast is a species of yeast known as *Saccharomyces cerevisiae*. To produce nutritional yeast, *Saccharomyces cerevisiae* cells are grown on sources like molasses, whey and sugar beets. The yeast is then deactivated, harvested, washed, dried, crumbled and packaged for distribution.

### Nutritional Facts

Nutritional yeast gets its name from the protein, vitamins, minerals and antioxidants it contains. It is considered as one of the most nutrient-dense super foods on earth.

- **Complete protein.** A high-quality, plant-based complete protein providing 18 types of amino acids, nine of which are essential amino acids that your body cannot produce. It provides more protein than meat and is much more bioavailable. Rich in lysine and tryptophan, it is the perfect complement for use with grains; it has no arachidonic acid cascade as found in animal proteins.
- **Excellent source of B vitamins.** Packed with thiamine, folate, vitamin B6, niacin, vitamin B12, folic acid, etc. This is especially important for vegans and vegetarians, who often have concerns about getting enough vitamin B12 in their diets because vitamin B12 does not typically occur in plant foods but is usually found in animal products, such as fish, meat, eggs and dairy.
- **Rich in trace minerals.** Nutritional yeast provides 15 bioavailable minerals such as zinc, selenium, manganese and molybdenum. Trace minerals are involved in gene regulation, metabolism, growth and immunity.
- **Antioxidant packed.** Contains powerful antioxidants glutathione and selenomethione. These particular antioxidants protect our cells from damage caused by free radicals and heavy metals and help our body eliminate environmental toxins. They help defend against chronic diseases caused by oxidative stress, such as heart disease, cancer and macular degeneration.

### 什么是营养酵母？

营养酵母是一种称为酿酒酵母 (*Saccharomyces cerevisiae*) 的酵母。营养酵母的生产过程是将酿酒酵母细胞培植在如糖蜜、乳清和甜菜培养基上，生长收成后经过处理使之失去活性（但营养价值还保留着）、洗涤、烘干、压碎及包装起来分发。

### 营养成分

营养酵母的名字来源于它的营养价值很高，含有多种的蛋白质、维生素、矿物质及抗氧化剂，是营养最丰富的超级食品之一。

- **完整的蛋白质。**营养酵母是一种高质量的植物性完整蛋白质，含有18种氨基酸，其中九种是人体不能产生的必需氨基酸，必须从食物中获得。提供的蛋白质比肉类更多，也具更高度的生物可利用性。富含赖氨酸和色氨酸，是谷类的完美补充；不含有存在于动物蛋白质中的花生四烯酸级联。
- **维生素B的极佳来源。**内含硫胺素、叶酸、维生素B6、烟碱酸、维生素B12等。这对经常担心不能从饮食中获取足够的维生素B12的纯素食者和素食者尤其重要，因为维生素B12一般不存在于植物性食品中，通常只存在于动物性食品中，如鱼类、肉类、鸡蛋和乳制品。
- **富含微量矿物质。**营养酵母提供15种生物可利用的矿物质，如锌、硒、锰和钼。微量矿物质在基因调控、代谢、生长和免疫方面起着重要作用。
- **富含抗氧化剂。**含有强大的抗氧化剂谷胱甘肽和硒酸盐。这些特殊的抗氧化剂保护我们的细胞免受自由基和重金属的伤害，帮助我们的身体排除环境中的毒素。它们有助于预防由氧化应激引起的慢性疾病，如心脏病、癌症和黄斑变性。

## Who Should Take Nutritional Yeast?

Nutritional yeast is recommended for everyone in the family, and is particularly important for:

### 谁该吃营养酵母?

强烈建议所有家庭成员食用营养酵母，尤其是：

- **Growing children.** Nutritional yeast is a complete protein and protein is essential for your child's growth and muscle development. It is rich in minerals that are needed to perform many different functions — from building strong bones to transmitting nerve impulses. Nutritional yeast is also an excellent source of B vitamins. B vitamins are essential for releasing energy, optimal mental function, formation of healthy red blood cells and nerve function. Worldwide Studies that look at children's nutritional status find B vitamins deficiency at the top of the list. This makes adding nutritional yeast to your child's diet all the more necessary.

- **发育中的儿童。** 营养酵母是一种完整的蛋白质。蛋白质对孩子的生长和肌肉发育至关重要。此外，营养酵母富含矿物质，这些矿物质有助于执行许多不同的功能，从强健骨骼到传递神经脉冲。营养酵母也是维生素B的极佳来源。维生素B对于释放能量、维持最佳的心智功能、形成健康的红细胞和神经功能都是必不可少的。分析儿童营养状况的全球研究发现，维生素B的缺乏是最严重的问题。这使得在孩子的饮食中添加营养酵母变得更加必要。



- **Pregnant and lactating mothers.** They have a higher risk of experiencing folate deficiency and should be particularly careful to get enough in their diets. A deficiency during pregnancy and infancy can lead to developmental problems, including stunted growth. Nutritional yeast is rich in B vitamins including folate.

- **怀孕和哺乳期的母亲。** 他们属缺乏叶酸的高危人群，应该特别小心在他们的饮食中获得足够的叶酸。孕期和哺乳期缺乏叶酸会导致婴儿发育问题，包括发育不良。营养酵母富含维生素B，包括叶酸。



- **The elderly.** Research to date suggests that seniors are actually not consuming enough protein to prevent a condition called sarcopenia—the loss of muscle strength and mass. Nutritional yeast is an easily-digestible, inexpensive complete protein. Studies also show that nutritional yeast is useful for those who have loss of appetite and malabsorption problems. These are common challenges among the elderly. Seniors, especially those who live alone, may not eat properly. Adding nutritional yeast to each meal is a simple way to improve a senior's quality of life. In addition, nutritional yeast supplies abundance of B vitamins beneficial for heart health and prevention of cardiovascular diseases.



- **The rest of us.** Even if you are not one of the above, nutritional yeast is still an excellent health food. It boosts energy, repairs cells and tissues, strengthens immunity, improves concentration, promotes healthy skin, hair and nails, and the list goes on.

- **其余的人。** 即使您不属于上述人群，营养酵母仍然是一种很好的保健餐。它能增强能量、修复细胞和组织、增强免疫力、提高注意力、促进皮肤、头发和指甲的健康等等。

- **上了年纪的。** 到目前为止的研究发现许多老年人没有摄入足够的蛋白质来预防肌肉减少症(即肌肉力量和质量减少)。营养酵母是一种容易消化，价格又便宜的完整蛋白质。研究还表明，营养酵母对食欲减退和吸收不良问题非常有帮助。这些都是老年人常见的问题。尤其是那些独居的老年人，可能吃不好，要提高老年人的生活质量的一种简单方法就是在每餐中添加营养酵母。此外，营养酵母提供丰富的B族维生素，对心脏健康和预防心血管疾病非常有益。

# NewLife™ Nature's Gift Nutritional Yeast

## 新生命自然恩物 营养酵母



Organic. Non-GMO.  
Gluten-free. Fat-free.  
Dairy-free.  
Suitable for vegans.

有机。非基因改造。  
无麸质。无脂肪。  
无乳质。适合素食者。

Suitable for any age.  
It is recommended for every  
member of the family,  
including pregnant women,  
nursing mothers, babies,  
elderly and those who are  
physically weak or ill.

适合全家大小任何年龄层的人  
士食用，包括孕妇、哺乳妈妈、  
婴儿、老年人及身体虚弱或生  
病的人士。

Naturally low in  
sodium  
and calories.  
低钠、低卡路里。

Derived from pure strains  
of *Saccharomyces cerevisiae* grown  
on mineral-enriched molasses, which  
are not contaminated and do not  
contain accidental wild strains. It is  
guaranteed candida albicans negative.

将酿酒酵母纯菌种培植在富含矿物  
质微量元素的糖蜜培养基上。不受  
污染，不会意外包含野生株。保证  
白色念珠菌株负测试。

Contains no sugar,  
artificial colourings or  
flavourings.

不含糖、人造色素或  
调味品。

Carefully dried on  
roller drums to  
preserve the  
nutritional quality.

使用滚轮进行烘干，  
过程谨慎，以保存其  
营养质量。

### How to Use It

Nutritional yeast has a cheesy, savoury flavour. You can sprinkle it over dishes, such as pasta, risotto, soup, stuffing, vegetables and salad to enhance their taste and texture.

Some ways to use nutritional yeast include:

- adding it to your everyday smoothie, such as the recipe on the next page
- sprinkling it on popcorn instead of salt
- mixing it into risotto instead of Parmesan cheese
- stirring it into soup for added nutrients
- adding it to scrambled eggs instead of salt
- mixing it into stuffing
- making vegan cheese sauce, such as the recipe on the next page

### 使用方法

营养酵母带点咸味与奶酪味。撒在像意大利面、意大利调味饭、汤、馅料、蔬菜和沙拉之类的菜肴上，可以提高口味和质感。

一些使用营养酵母的方法包括：

- 加入奶昔中（可参考下一页的食谱）
- 代替盐撒在爆米花
- 代替帕尔马干酪搅拌意大利调味饭
- 加入汤里增加营养
- 代替盐炒蛋
- 拌入馅料里
- 做素食奶酪酱（可参考下一页的食谱）



## My Everyday Smoothie

This banana smoothie is extra creamy and fruity. There are many additions you can make here, try adding half a cup to a cup of fresh greens, such as spinach for a green smoothie. Also, you could add half a cup of mango, pineapple, avocado, frozen berries or other favourite fruit.

Yields 2

### Ingredients

- 1 large banana, peeled, sliced
- 1 cup fresh squeezed orange juice
- ½ cup plain homemade yoghurt
- 4 ice cubes (optional)
- 1 tbsp nutritional yeast
- 1 tbsp flax seed oil
- 1 tbsp extra virgin coconut oil
- 1 tsp honey (optional)

### Directions

Add all the ingredients into a blender. Blend until creamy and smooth. Taste and adjust with honey if needed.

## 每天奶昔

这香蕉奶昔的奶油味及水果味额外香浓。可以加入半杯到一杯的蔬菜，比如菠菜，尝试做绿色奶昔。也可以加入半杯芒果、菠萝、鳄梨、冷冻浆果或其他您喜欢的水果。

供2人份

### 食材

- 1个大香蕉，去皮，切片
- 1杯鲜榨橙汁
- 半杯原味酸奶
- 4块冰块(可选)
- 1汤匙营养酵母
- 1汤匙亚麻籽油
- 1汤匙特级初榨椰子油
- 1茶匙蜂蜜(可选)

### 制作方法

把所有的食材加入搅拌机。搅拌至奶油状和光滑。品尝一下，如果需要的话可以用蜂蜜来调味。



## Creamy Cheese-less Cheese Sauce

This sauce is incredibly versatile! It can be used for lasagne, pizza, mac and cheese, as a dip and many more. And it is so easy and quick to make!

Yields 8

### Ingredients

- ½ cup nutritional yeast
- ½ cup unbleached all-purpose flour or gluten free 1-to-1 baking flour
- 1 tsp sea salt
- 2 cups water (cold)
- ¼ cup extra virgin coconut oil or unsalted butter
- 1 tsp dried mustard

### Directions

- Whisk together nutritional yeast, flour and salt in a heavy-bottomed sauce pan.
- Place pan over medium-high heat and whisk in cold water.
- Continue whisking as sauce thickens, bring to a rolling boil, reduce heat, cook for 1 minute, remove from heat.
- Whisk in butter or oil and mustard.
- Sauce will thicken as it cools, but thins down when heated. Serve this creamy cheese-less cheese sauce over steamed vegetables or pasta.

This cheese sauce recipe is adapted from the **Food That Feeds** recipe book. For more wholesome delicious recipes, get a copy. It is available at all NewLife™ branches and business centres.

## 无奶酪的奶油芝士酱

这芝士酱用途非常广泛！它可以用来做千层面、披萨、通心粉和奶酪，蘸酱等等。而且做法又容易又快！

供8人份

### 食材

- 半杯的营养酵母
- 半杯的未漂白多用途面粉或不含麸质的低筋粉
- 1茶匙的海盐
- 2杯冷开水
- ¼杯的特级初榨椰子油或无盐牛油
- 1茶匙的干芥末

### 制作方法

- 将营养酵母、面粉和盐倒入一个厚底的平底锅里混合均匀。
- 慢慢加入冷开水，以中高火烹煮，不时搅拌。
- 随着酱汁变浓，持续搅拌至沸腾后，调至小火继续烹煮，1分钟后熄火。
- 加入牛油或油和芥末。
- 酱汁冷却后会变稠，若加热就变稀。将这无奶酪的奶油芝士酱淋在清蒸的蔬菜上或意大利面上，可大大增添美味。

这芝士酱配方改自《吃出健康》食谱书。如果想要更多健康美味的食谱，那就马上买一本吧！所有新生命分行和商务中心都有出售。

# SEPTEMBER | 9月 2020

MON		07		14		21		28
TUE	01	08	15	22	29			
WED	02	09	16	23	30			
THU	03	10	17	24				
FRI	04	11	18	25				
SAT	05	12	19	26				
SUN	06	13	20	27				

SG 新加坡

10.30<sup>am</sup> - 12.00<sup>pm</sup>  
**Bone Health and Rebounding Exercise (Webinar)**  
 骨骼健康及弹跳床运动 (网络研讨会)  
 by Abigail Moi & Team

SG 新加坡

10.30<sup>am</sup> - 12.00<sup>pm</sup>  
**Gut Health and Yoghurt Making (Webinar)**  
 肠道健康与酸乳酪制作 (网络研讨会)  
 by Deborah Lee

**Malaysia Day**  
 (All MY offices closed)

SG 新加坡

7.30<sup>pm</sup> - 9.30<sup>pm</sup>  
**Cholesterol Confusion (Webinar)**  
 有关胆固醇的困惑 (网络研讨会)  
 by Lisa Sofiar

SG 新加坡

7.30<sup>pm</sup> - 9.30<sup>pm</sup>  
**Sustaining Weight Loss and Weight Management**  
 可持续的减肥与保健  
 by Sim Bee Hong (Manager)

SG 新加坡

7.30<sup>pm</sup> - 9.30<sup>pm</sup>  
**Healthy Conception and Pregnancy (Webinar)**  
 健康的妈妈和宝宝-从受孕到怀孕 (网络研讨会)  
 by Zoe Tang

SG 新加坡

7.30<sup>pm</sup> - 9.30<sup>pm</sup>  
**Clean & Build**  
 排毒与健体  
 by Ling Young Hoon

SG 新加坡

2.00<sup>pm</sup> - 3.30<sup>pm</sup>  
**Intermittent Fasting (Webinar)**  
 间歇性禁食 (网络研讨会)  
 by Joyce Chua & Lydia Ling (Silver Manager)

SG 新加坡

2.00<sup>pm</sup> - 3.30<sup>pm</sup>  
**Reversing Autoimmune Disease through Holistic Nutrition (Webinar)**  
 通过整体营养逆转自身免疫性疾病 (网络研讨会)  
 by Lydia Ling (Silver Manager)

SG 新加坡

2.00<sup>pm</sup> - 3.30<sup>pm</sup>  
**Detoxify Your Home Part 1: Home Care (Webinar)**  
 居家大排毒(1): 居家护理 (网络研讨会)  
 by Susie Moi (Manager) & Team

SG 新加坡

2.00<sup>pm</sup> - 3.30<sup>pm</sup>  
**Detoxification & Rejuvenation Programme (DRP)**  
 排毒与复健程序  
 by Jeffrey Lim (Manager)

# OCTOBER | 10月 2020

<b>MON</b>		<b>05</b>		<b>12</b>		<b>19</b>		<b>26</b>
<b>TUE</b>		<b>SG 新加坡</b> <b>06</b> 10.30 <sup>am</sup> - 12.00 <sup>pm</sup> <b>Infused Enzymes (Webinar)</b> 泡制酵素 (网络研讨会) by Abigail Moi & Team		<b>13</b>		<b>SG 新加坡</b> <b>20</b> 10.30 <sup>am</sup> - 12.00 <sup>pm</sup> <b>Gut Health and Yoghurt Making</b> 肠道健康与酸乳酪制作 by Ling Young Hoon & Deborah Chew		<b>27</b>
<b>WED</b>		<b>07</b>		<b>14</b>		<b>21</b>		<b>28</b>
<b>THU</b>	<b>SG 新加坡</b> <b>01</b> 7.30 <sup>pm</sup> - 9.30 <sup>pm</sup> <b>Overcoming Inflammation (Webinar)</b> 克服炎症 (网络研讨会) by Lydia Ling (Silver Manager)	<b>SG 新加坡</b> <b>08</b> 7.30 <sup>pm</sup> - 9.30 <sup>pm</sup> <b>Prevention and Management of Diabetes (Webinar)</b> 预防及管理糖尿病 (网络研讨会) by Zoe Tang	<b>SG 新加坡</b> <b>15</b> 7.30 <sup>pm</sup> - 9.30 <sup>pm</sup> <b>IBO Orientation</b> 独立传销商简介 by Sim Bee Hong (Manager) & Lydia Ling (Silver Manager)	<b>SG 新加坡</b> <b>22</b> 7.30 <sup>pm</sup> - 9.30 <sup>pm</sup> <b>Healing Beverages (Webinar)</b> 疗愈的饮料 (网络研讨会) by Deborah Lee	<b>SG 新加坡</b> <b>29</b> 7.30 <sup>pm</sup> - 9.30 <sup>pm</sup> <b>Natural Remedies for Common Ailments (Webinar)</b> 克服常见病的自然疗法 (网络研讨会) by Noah Tan	<b>Prophet Muhammad's Birthday</b> (All MY offices closed)		
<b>FRI</b>	<b>02</b>	<b>09</b>		<b>16</b>		<b>23</b>		<b>30</b>
<b>SAT</b>	<b>SG 新加坡</b> <b>03</b> 2.00 <sup>pm</sup> - 3.30 <sup>pm</sup> <b>Plant Based Eating (Webinar)</b> 植物性饮食 (网络研讨会) by Lisa Sofiar	<b>SG 新加坡</b> <b>10</b> 2.00 <sup>pm</sup> - 3.30 <sup>pm</sup> <b>Detoxify Your Home Part 2: Personal Care (Webinar)</b> 居家大排毒 (2): 个人护理 (网络研讨会) by Susie Moi (Manager) & Team	<b>SG 新加坡</b> <b>17</b> 2.00 <sup>pm</sup> - 3.30 <sup>pm</sup> <b>Cholesterol Confusion (Webinar)</b> 关于胆固醇的困惑 (网络研讨会) by Lydia Ling (Silver Manager)	<b>SG 新加坡</b> <b>24</b> 2.00 <sup>pm</sup> - 3.30 <sup>pm</sup> <b>Detoxify Your Home Part 3: Water (Webinar)</b> 居家大排毒 (3): 水 (网络研讨会) by Susie Moi (Manager) & Team	<b>SG 新加坡</b> <b>31</b> 2.00 <sup>pm</sup> - 3.30 <sup>pm</sup> <b>Detoxification &amp; Rejuvenation Programme (DRP)</b> 排毒与复健程序 by Jeffrey Lim (Manager)	<b>KUC 古晋</b> 2.30 <sup>pm</sup> - 4.00 <sup>pm</sup> <b>What Is Collagen? Do Collagen Supplements Really Work?</b> 什么是胶原蛋白? 胶原蛋白补充剂真的有用吗? by Leon Tan (Nutritionist)		
<b>SUN</b>	<b>04</b>	<b>11</b>		<b>18</b>		<b>25</b>		
	<b>Sabah Governor's Birthday</b> (KK office closed)		<b>Sarawak Governor's Birthday</b> (KUC office closed)					

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YEAST**  
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(第一件完整BV/PV; 第二件无BV/PV)



**Buy 2 for the  
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**EXTRA VIRGIN  
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## Terms & Conditions:

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2. Purchases must be on a single receipt.
3. Not valid with any other concurrent promotions, APP or Quantity Discount.
4. No goods return or exchange allowed.
5. Other terms & conditions apply.
6. NewLife™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

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1. 促销活动期: 2020年9月1日至10月31日, 或存货售完为止。
2. 采购必须在同一单据上。
3. 不可配合其他同期间的促销活动, 自动订货计划或数量折扣。
4. 不允许退货或交换。
5. 附有其他条规与细则。
6. 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。