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## METABOLIC SYNDROME 代谢症候群

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The Good, the Bad,  
**the Ugly.**

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好的, 坏的,  
**丑陋的。**

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Where Life Begins  
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# OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

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2022年9月及10月份

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# METABOLIC SYNDROME

## What Is Metabolic Syndrome?

The term “metabolic syndrome” was first coined in 1977 by Herman Haller who was studying risk factors associated with heart disease. Since then, due to its prevalence, metabolic syndrome has grown to become one of the health conditions that people are most concerned about.

Metabolic syndrome is not just one health condition but rather a cluster of conditions that occur together. These include:

1. High blood pressure
2. High blood sugar
3. Excess body fat around the waist area (visceral fat)
4. Abnormal cholesterol or triglyceride levels

Those who have a combination of any 3 of the above conditions to any degree would be now classified as having metabolic syndrome. Although it is hard to find accurate global data on how many people have metabolic syndrome, health experts estimate that it affects around a quarter of the world’s population—in other words, over a billion people are now affected by metabolic syndrome.

## 代谢症候群

### 什么是代谢症候群?

“代谢症候群”一词是由赫尔曼·哈勒(Herman Haller)在1977年首次提出的，他当时正在研究与心脏病相关的风险因素。此后，由于其流行，代谢症候群已成为人们最关注的健康状况之一。

代谢症候群不仅仅是一种健康状况，而是同时发生的一系列状况。这些包括：

1. 高血压
2. 高血糖
3. 腰部脂肪过多(内脏脂肪)
4. 胆固醇或甘油三酯水平异常

在任何程度上，同时患有上述任何三种疾病的人，现在都被归类为代谢症候群。虽然很难找到关于全球有多少人患有代谢症候群的准确数据，但健康专家估计，它影响着世界上大约四分之一的人口。换句话说，现在超过10亿人受到代谢症候群的影响。



## Why Is Metabolic Syndrome Dangerous?

The reason why metabolic syndrome is particularly dangerous is because it greatly increases your risk of developing one or more of the potentially fatal non-communicable diseases (NCDs) which include cardiovascular disease, cancer, respiratory disease and diabetes. In fact, medical professionals say that metabolic syndrome can double your risk of heart disease and increase your risk of diabetes by up to 5 times!

The other reason that makes it so ominous is that there is no way to medically treat or reverse metabolic syndrome. The only way to tackle the condition is through our daily diet and lifestyle choices.

## 为什么代谢症候群危险?

代谢症候群特别危险的原因是，它大大增加了您患一种或多种潜在致命非传染性疾病(NCDs)的风险，包括心血管疾病、癌症、呼吸道疾病和糖尿病。事实上，医学专家说，代谢症候群会使您患心脏病的风险增加一倍，并使您患糖尿病的风险增加5倍！

另一个让人如此担忧的原因是，在医学上，没有办法治疗或逆转代谢症候群。解决这种情况的唯一方法是通过我们的日常饮食和生活方式。

## Causes of Metabolic Syndrome

In order to know what we must do to reverse metabolic syndrome; we first need to look at the main factors that cause it:

### 代谢症候群的原因

为了知道我们必须做些什么来扭转代谢症候群；我们首先需要看看造成这种情况的主要因素：

#### Insulin Resistance

A pre-diabetic condition where the body's cells become resistant to insulin, resulting in elevated blood sugar levels and strain on the pancreas as it tries to make more insulin than needed to cope with rising glucose levels. This is usually caused by living a sedentary lifestyle, eating too much refined carbohydrates/sugar, and having excess weight in the belly.

#### 胰岛素抵抗

这是一种糖尿病前期疾病，身体细胞对胰岛素产生抵抗，导致血糖水平升高，胰腺试图制造超过所需的胰岛素来应对血糖水平上升，从而造成压力。这通常是由于久坐不动的生活方式，吃太多精制碳水化合物/糖，以及腹部超重造成的。

#### Obesity

Abdominal obesity and having high visceral fat is particular dangerous for causing metabolic syndrome.

#### 肥胖

腹部肥胖和高内脏脂肪对引起代谢症候群特别危险。

#### Smoking & Alcohol 吸烟和喝酒

#### Unhealthy Lifestyle

High stress, lack of exercise, and a diet of unhealthy processed foods is now the norm and is one of the main causes of metabolic syndrome.

#### 不健康的生活方式

高压、缺乏运动和食用不健康加工食品是当今常态，也是代谢症候群的主要原因之一。

A medical diagnosis of metabolic syndrome can be a good wake up call for many people to get serious about turning their health around. The good news is that metabolic syndrome can be reversed and when consistent effort is made, most of the dangerous health crisis that it can cause may be avoided totally.

代谢症候群的医学诊断可以为许多人敲响警钟，让他们认真对待自己的健康问题。好消息是，代谢症候群是可以逆转的，如果我们持续努力，它所引起的大多数危险的健康危机都是可以完全避免。

# What to Do if You Have **Metabolic Syndrome**

## 如果您患有**代谢症候群**，应该怎么做？



### Make changes to your diet 改变您的饮食习惯

What can be helpful is to keep a food log so that you become more conscious of what you are eating and can keep track of where the extra calories/processed foods are coming from. Another helpful tip is to not drink your calories. You can do this by avoiding all sweet or alcoholic drinks, including packet juices, and making sure that no sugar is added to your drinks.

The quickest way to reverse metabolic syndrome is to lose weight or reduce visceral fat, and the most effective way to do this is to go on a small calorie reduction daily. Do not do anything drastic like liquid fasts or crash dieting, but rather aim to create a caloric deficit of 200-300 calories per day. This will be a great way to start your weight loss journey.

记录食物日记是很有帮助的，这样您就能更清楚地知道您吃了什么，从而发现那些过剩卡路里及加工食品的源头。另一个有用的建议是不要喝高热量饮料。您可以通过避免所有甜的或含酒精的饮料，包括袋装果汁，并确保您的饮料中没有添加糖来做到这一点。

逆转代谢症候群最快速的方法就是减肥及减少内脏脂肪，而最有效的方法则是逐日减少卡路里。不要采取极端措施，如流体禁食或快速节食，而是以每天200-300卡路里的热量赤字为目标。这将是您开始减肥之旅的好方法。



### Exercise 运动

Alongside creating a caloric deficit, exercise is one of the most powerful weapons in combating metabolic syndrome. A combination of 30-45 minutes of cardiovascular exercise such as running, walking, cycling, swimming, or rebounding daily, and 3 sessions of resistance training exercise weekly will not only help you feel better and look better, but also help to reduce your body and visceral fat while increasing your lean body mass. The additional benefit is that your bones and joints will also become stronger and your insulin resistance will improve as glucose stored in the muscles are used as fuel for exercise.

除了达成卡路里赤字，运动也是对抗代谢症候群的最有力武器之一。每天进行30至45分钟的心血管运动，如跑步、步行、骑自行车、游泳或弹跳，及每周进行3次阻力训练，不仅可以帮助您感觉更好及看起来更有精神，还可以帮助您减少体脂肪和内脏脂肪，同时增加您的瘦体重。不仅如此，您的骨骼和关节也会变得更强壮，胰岛素抵抗也会改善，因为储存在肌肉中的葡萄糖被用作运动的燃料。

## Nutritional supplements 营养补充品

There are many supplements that are helpful for improving different parts of the body, but we will focus on the few that we feel are particularly important for metabolic syndrome:

- **Niacin**—also known as Vitamin B3, **Niacin** is one of the most powerful weapons for combating metabolic syndrome as it can effectively treat the atherogenic dyslipidaemia (high LDL, low HDL) associated with the condition. It is the most effective agent for raising HDL levels and reducing triglycerides. It can also have significant effects on improving insulin resistance and reducing inflammation throughout the body.
- **Chromium Picolinate**—directly improves the body's insulin resistance and may be effective for lowering blood sugar levels for those with diabetes or pre-diabetes. As insulin resistance is one of the key causes of metabolic syndrome, **Chromium Picolinate** is an essential daily supplement for those with the condition.
- **Herbal Klenz Powder**—helps to combat high cholesterol and improve blood sugar balance in the body.
- **K-Salt**—this potassium supplement helps to combat high blood pressure.
- **Omega Gold Flaxseed Oil**—provides omega-3 to the body, which helps to lower inflammation and improve blood triglyceride levels.
- **Garlic & Parsley**—important for blood pressure and cardiovascular health.

有很多补充剂有助于改善身体的不同部位，但我们将重点关注我们认为对代谢综合征特别重要的其中几个：

- **烟碱酸**—也被称为维生素B3，**新生命血液循环补充丸(烟碱酸)**是对抗代谢综合征最有力的武器之一，因为它可以有效地治疗与代谢综合征相关的动脉粥样硬化性血脂异常(高低密度脂蛋白水平，低高密度脂蛋白水平)。它是提高高密度脂蛋白水平及降低甘油三酯最有效的补充品。它也对改善胰岛素抵抗及减少体内炎症有显著的影响。
- **新生命有机铬**—直接改善身体的胰岛素抵抗能力，且可有效地降低糖尿病或糖尿病前期患者的血糖水平。由于胰岛素抵抗是导致代谢综合征的关键因素之一，**有机铬**是代谢综合征患者必需的日常补充。
- **天然净化粉**—有助于抑制高胆固醇及改善血糖平衡。
- **新生命钾质**—有助于抑制高血压。
- **奥美加黄金亚麻籽油**—为身体提供奥美加3，帮助降低炎症及改善血液内甘油三酯的水平。
- **蒜与欧芹油**—对血压和心血管健康非常重要。



## Conclusion

If you have been recently diagnosed with metabolic syndrome, take this as an opportunity to change your lifestyle and in the process, change your life! If you have questions or need support, please do not hesitate to contact us at [info@newlife.com.my](mailto:info@newlife.com.my) for a free consultation.

## 结论

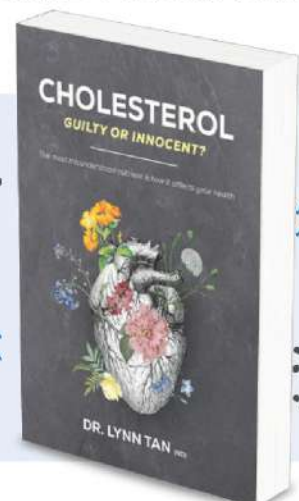
如果您最近被诊断出患有代谢综合征，把这当作一个机会，改变您的生活方式。在这个过程中，它还将改变您的生命！如果您有任何问题或需要支持，请不要犹豫，通过[info@newlife.com.my](mailto:info@newlife.com.my)联系我们，获得免费咨询。

For more information related to metabolic syndrome and what you can do to restore your health, get a copy of Dr. Lynn's book **Cholesterol: Guilty or Innocent?**

Available online at [www.newlife.my](http://www.newlife.my) and also at [theinspirationhub.com](http://theinspirationhub.com) or Kinokuniya Singapore bookstores!

想了解更多关于代谢综合征，以及如何恢复健康，请阅读陈林希珠博士的著作《胆固醇：有罪或无辜？》

可以在[www.newlife.my](http://www.newlife.my), [theinspirationhub.com](http://theinspirationhub.com)或Kinokuniya Singapore书店购买！



# Body Fat: The Good, the Bad, the Ugly.

脂肪：  
好的，坏的，  
丑陋的。

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Body fat is something that our body cannot live without but did you know that there are different kinds of body fat—some that are healthy and some that are harmful to our health?

脂肪是我们的身体不能没有的东西，但您知道脂肪有不同的种类——一些是健康的，一些是对我们的健康有害的吗？





There are 6 types of body fat:

### 1. Essential Fat

As the name suggests, essential fat is required for good health. It plays a role in regulating body temperature, vitamin absorption, and the production of fertility hormones, just to name a few. This fat is not highly visible but is located throughout the body.

### 2. Brown Fat

Brown fat burns energy and is responsible for maintaining the body's temperature.

### 3. White Fat

White fat is the body's largest energy storage system. It is essential for insulin management to maintain a healthy blood sugar balance and it also helps to manage hunger. White fat also plays a role in managing growth hormones and cortisol. While white fat can be a good thing, too much of it becomes a bad thing. White fat can cause insulin resistance at greater levels, further raising the risk of weight gain.

### 4. Beige Fat

Beige fat is created when the body is exposed to stress, leading to the "beiging" of white fat. While a high level of beige fat is not a target goal, it is a step in the right direction to maintain healthy levels of good brown fat; which allows for the transformation and burning of fat as energy.

### 5. Subcutaneous Fat

Located just underneath the skin, subcutaneous fat accounts for approximately 90% of the overall body fat percentage. It is responsible for the production of estrogen. This fat type also acts as a cushion between muscle and skin tissue for protection and comfort. Subcutaneous fat is essential but too much, particularly around the abdomen, increases the risk of health complications.

### 6. Visceral Fat

Visceral fat, also known as 'hidden fat', is fat that is stored deep inside the body and wraps around the abdominal organs including the liver and intestines. It makes up about one-tenth of all the fat stored in the body. You can't always feel it or see it. Even thin people can have high levels of visceral fat.

#### Dangers of Visceral Fat

Visceral fat is dangerous because it releases proteins and hormones that can be toxic to the body and cause inflammation.

Having visceral fat in the belly is a sign of metabolic syndrome, a collection of disorders that include high blood pressure, obesity, high cholesterol and insulin resistance. Together, these increase the risk of stroke, heart disease and type 2 diabetes.

Higher levels of visceral fat are also linked to an increased risk of colorectal and breast cancers, liver disease, gall bladder disease and gout, fertility problems, lower back pain, osteoarthritis, dementia and Alzheimer's disease.

脂肪有六种类型:

### 1. 必需脂肪

顾名思义,必需脂肪是身体健康所必需的。它在调节体温、维生素吸收和生育激素的产生等方面发挥作用。这种脂肪不明显,但遍布全身。

### 2. 棕色脂肪

棕色脂肪燃烧能量,负责维持体温。

### 3. 白色脂肪

白色脂肪是人体最大的能量储存系统。白色脂肪对胰岛素管理至关重要,以维持健康的血糖平衡,它还有助于控制饥饿感。白色脂肪也在控制生长激素和皮质醇中扮演了重要的角色。虽然白色脂肪是一件好事,但过多的白色脂肪就会变成一件坏事。白色脂肪会导致更高水平的胰岛素抵抗,进一步增加体重增加的风险。

### 4. 米色脂肪

当身体受到压力时,就会导致白色脂肪变黄,产生米色脂肪。虽然高水平的米色脂肪不是目标,但它是朝着保持健康水平的良好棕色脂肪的正确方向迈出的一步;这使得脂肪转化和燃烧成为能量。

### 5. 皮下脂肪

皮下脂肪位于皮肤下方,约占全身脂肪比例的90%,负责产生雌激素。这种脂肪类型是肌肉和皮肤组织之间的缓冲,起到保护和舒适的作用。皮下脂肪是必不可少的,但过多的脂肪,尤其是腹部周围的脂肪,会增加健康并发症的风险。

### 6. 内脏脂肪

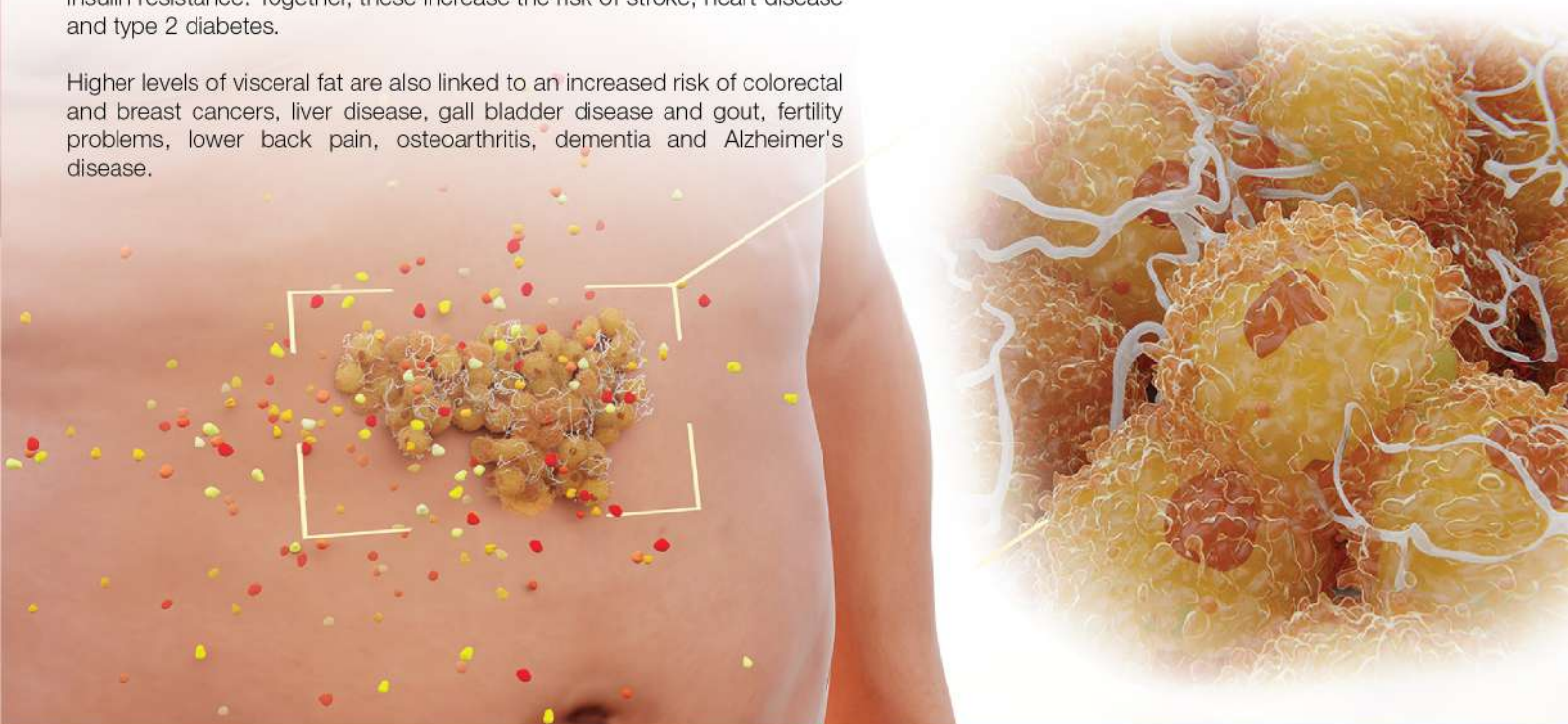
内脏脂肪,也被称为“隐藏脂肪”,是储存在身体深处的脂肪,包裹在肝脏和肠道等腹部器官周围。它约占人体储存脂肪的十分之一。您不会总是感觉到或看到它。即使是瘦人也可能有高水平的内脏脂肪。

#### 内脏脂肪的危害

内脏脂肪是危险的,因为它会释放对身体有毒的蛋白质和激素,导致炎症。

腹部有内脏脂肪是代谢症候群的标志,代谢症候群包括高血压、肥胖、高胆固醇和胰岛素抵抗等一系列疾病。这些因素加在一起会增加中风、心脏病和2型糖尿病的风险。

高水平的内脏脂肪还与结直肠癌和乳腺癌、肝脏疾病、胆囊疾病和痛风、生育问题、腰痛、骨关节炎、痴呆症和阿尔茨海默病的风险增加有关。



## What Causes Visceral Fat?

Visceral fat is more common in men than in women.

In men, age and genetics play a role in developing visceral fat. Drinking alcohol can also lead to more belly fat in men.

In women, getting older can change where the body stores fat. Especially after menopause, as muscle mass reduces while body fat increases. As women age, they are more likely to develop increased visceral fat in the belly, even if they do not put on weight.

Although visceral fat levels generally increase with age, our diet and activity levels have a much deeper impact on the level of visceral fat. If you consume excessive empty calories and do not exercise, you will be at a higher risk!

## Are You at Risk?

There's no way to know where and how much visceral fat is hidden in your body without expensive imaging tests. There are some other ways that may give you some indications:

- Measuring the Body Mass Index (BMI) may tell whether you are carrying too much fat.
- Waist circumference is also a good indicator of how much fat is deep inside the belly, around the organs.

## 什么导致了内脏脂肪?

内脏脂肪在男性中比女性更常见。

对于男性来说，年龄和基因在内脏脂肪的形成中起着重要影响。喝酒也会导致男性腹部脂肪增多。

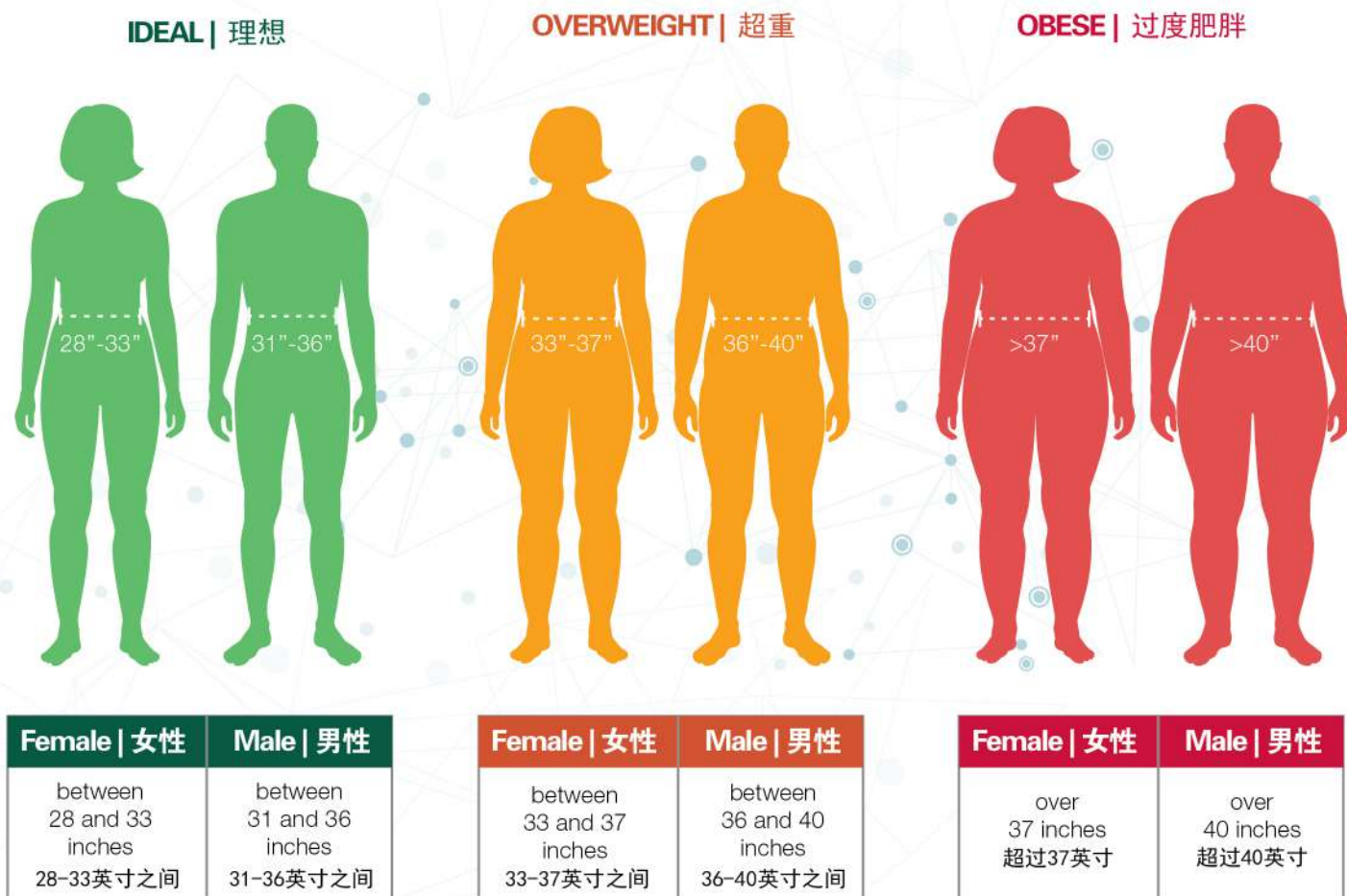
对于女性来说，年龄会改变身体储存脂肪的位置。尤其是在更年期之后，肌肉减少而体脂增加。随着女性年龄的增长，即使她们的体重没有增加，她们仍然很有可能在腹部长内脏脂肪。

虽然内脏脂肪水平通常会随着年龄的增长而增加，但我们的饮食和活动水平对内脏脂肪水平有更深层次的影响。如果您摄入过多的空热量而不运动，您将面临更高的风险!

## 您是高危人群?

如果没有昂贵的成像测试，就没有办法知道身体里藏着多少内脏脂肪。话虽如此，还有一些其他的方法可以给您一些提示：

- 测量身体质量指数(BMI)可以判断您是否有过多的脂肪。
- 腰围也能很好地反映出腹部器官周围的脂肪含量。



These measurements do not apply to children and pregnant women.

If you fall into one of the overweight or obese categories, there is hope! Getting your nutrition and exercise regimen in check will start you on a path to getting rid of that visceral fat! It may not be easy but it is so worth it.

以上测量法不适用于儿童和孕妇。

如果您超重或过度肥胖，还是有希望的！控制好您的营养和锻炼方案，它们将开始您摆脱内脏脂肪的道路！这条路可能不容易走，但很值得。

## How to Lose Visceral Fat

**Eat smart.** One of the best ways to minimize visceral fat levels is to eliminate sugar from your diet. Sugar has zero nutritional value and is very addictive. Avoid soda, sugary drinks, high-fructose corn syrup and table sugar. Refined starches such as white rice and white flour metabolize quickly into sugar and should also be eliminated. Other foods that seem to encourage belly fat include trans-fat and processed foods such as margarine, packaged foods, potato chips and fast food.

Instead, increase your intake of lean proteins (chicken, eggs, beans), unsaturated fatty foods (fish, nuts, avocados), whole grains and fibre (beans, berries, oatmeal).

**Intermittent Fasting** is very effective in helping your body reduce fat. The 16/8 Method: fast for 14-16 hours, with a daily "eating window" of 8-10 hours. Women tend to do better with slightly shorter fasts, recommended duration of a fast should be between 14-15 hours for women and 16 hours for men.

The following intermittent fasting (I.F.) nutritional programme is a suggested guide:

### I.F. PROGRAMME 间歇性禁食计划

- **Upon rising:** 1 glass of water + 1 heaped teaspoon of **Herbal Klenz Powder**. Drink another glass of water with ¼ teaspoon of **K-Salt** immediately after.
- **Breakfast:** 1 cup homemade organic low-fat yoghurt with fruits. In addition, you may take 2 eggs (scrambled, half-boiled or hard-boiled) if desired.
- **Supplements:** 1 tablet of **Chromium Picolinate** + 5 tablets of **Kelp** + 1 capsule of **Liverin**.
- **Before lunch:** 1 glass of water + 1 heaped teaspoon of **Herbal Klenz Powder**. Drink another glass of water with ¼ teaspoon of **K-Salt** immediately after.
- **Lunch:** Salad (comprises 50% of the meal) and a small quantity of your usual food. Eat brown rice instead of white rice.
- **Before dinner:** 1 glass of water + 1 heaped teaspoon of **Herbal Klenz Powder**. Drink another glass of water with ¼ teaspoon of **K-Salt** immediately after.
- **Dinner:** Same as lunch.

## 如何减掉内脏脂肪

**明智的饮食。**减少内脏脂肪水平的最好方法之一就是从您的饮食中消除糖。糖没有任何营养价值，而且很容易上瘾。避免汽水、含糖饮料、高果糖玉米糖浆和蔗糖。代谢很快变成糖的精制淀粉，如白米和白面，也应该被淘汰。其他会增加腹部脂肪的食物包括反式脂肪和加工食品，如人造黄油、包装食品、薯片和快餐。

相反，要增加瘦肉蛋白(鸡肉、鸡蛋、豆类)、不饱和脂肪食物(鱼、坚果、牛油果)、全谷物和纤维(豆类、浆果、燕麦片)的摄入量。

**间歇性禁食**帮助身体减少脂肪是非常有效的。16/8法：禁食14-16小时，每日“进食窗口”为8-10小时。女性禁食时间稍短会更好，建议女性禁食时间为14-15小时，男性为16小时。

以下是间歇性禁食营养方案的建议指南：



- **醒来后：**一杯水 + 1茶匙天然净化粉。之后立即再喝一杯水 + ¼茶匙新生命钾。
- **早餐：**一杯自制的有机低脂酸奶和水果。另外，可以加两个鸡蛋(炒鸡蛋、半煮鸡蛋或煮熟的鸡蛋)。
- **补充：**1颗有机铬 + 5颗海藻宝 + 1颗肝脏宝。
- **午餐前：**一杯水 + 一茶匙天然净化粉。之后立即再喝一杯水 + ¼茶匙新生命钾。
- **午餐：**沙拉(占每餐的50%)和少量的日常食物。吃糙米而不是白米。
- **晚餐前：**一杯水 + 一茶匙天然净化粉。之后立即再喝一杯水 + ¼茶匙新生命钾。
- **晚餐：**和午餐一样。

**Practising healthy sleep habits** will also offer fat-burning benefits. You should aim to have seven to nine hours of sleep daily.

**Keep moving.** Studies have shown that regular exercise can help rid your body of visceral fat. Exercise reduces inflammation and can help normalize insulin and leptin levels. Start slow and try to work your way up. Every bit helps. Go for walks after dinner. Take the stairs instead of the elevator.

Additionally, full body strength-training exercises will increase caloric burn and help melt away visceral fat as compared to cardio. It is also important to keep building your muscles. Work out with weights, and do resistance training such as push-ups and leg raises.

The recommended amount of time to exercise is at least 30 minutes per session, 3 times weekly.

**改善睡眠卫生**也有助于燃烧脂肪。每天应该睡7到9个小时。

**保持活跃。**研究表明，有规律的锻炼可以帮助清除体内的内脏脂肪。运动可以减少炎症，并有助于使胰岛素和瘦素水平正常化。慢慢开始，试着提高您的锻炼水平。每一个动作都是有用的。晚饭后散步。走楼梯而不是坐电梯。

此外，与有氧运动相比，全身力量训练可以增加热量燃烧，并帮助融化内脏脂肪。锻炼肌肉也很重要。做负重训练，做阻力训练，比如俯卧撑和抬腿。

建议每周运动3次，每次至少30分钟。

WE ARE HERE TO HELP  
让我们帮助您

If you need more information and support, please do not hesitate to contact us at [info@newlife.com.my](mailto:info@newlife.com.my) for a free consultation.  
如果您需要更多信息和支持，请不要犹豫，通过[info@newlife.com.my](mailto:info@newlife.com.my)联系我们，我们可以提供免费咨询。

# Is Fabric Softener Necessary?

## 织物柔顺剂有必要吗?



Fabric softener is an additive that interacts with clothing during a wash cycle. It contains lubricating ingredients that attach to clothing to make them feel soft to the touch.

It sounds like a no-brainer to use fabric softener. However, the Environmental Working Group recommends skipping fabric softeners entirely. Quaternary ammonium compounds found in softeners make clothes feel soft and wearable right out of the wash but they are known to trigger asthma and may be toxic to our reproductive systems.

Below are some facts about fabric softener that you need to know before you decide: is fabric softener really necessary?

### Dangers of Fabric Softener:

1. It contains chemicals that can irritate your skin and trigger asthma or other health issues.
2. Fabric softener adds a coating to fabric that builds up over time, preventing water from penetrating your clothes during the wash cycle. As a result, clothes and linens may not get as clean as before. The build-up could also lock in dirt and hinder the effectiveness of washers and dryers over time.
3. It will ruin some fabrics, including cashmere, wool, and microfiber. It can cause fabric to be less breathable and lose its absorbency.

Bottom line: fabric softener is not necessary and the cons far outweigh the pros. It contains chemicals that can impact your health and the environment. The lubricating coating it leaves behind can ruin your clothes and damage your washing machine and dryer over time.

You can still have soft, static- and wrinkle-free clothes without the use of softener—use a quality detergent like **NewLife™ Assure Liquid Laundry Detergent** and practise these good laundry tips below:

1. Sort your clothes by colour (separate whites and colours).
2. Sort your laundry by fabric type (i.e. jeans with jeans, towels with towels, delicate with delicate). This step is essential because heavy fabrics can damage lighter ones during the wash cycle.
3. When the wash cycle is complete, remove them from the washer promptly. Shake each item and hang them up to dry.

织物柔顺剂是一种添加剂，在洗涤过程中与衣物相互作用。它含有润滑成分，附着在衣服上，使衣服触感柔软。

使用织物柔顺剂听起来是不费脑筋之事。然而，美国环境工作组建议完全不要使用织物柔顺剂。织物柔顺剂所含的季铵盐化合物使衣服在刚洗的时候感觉柔软好穿，但众所周知，它们会引发哮喘，并可能对我们的生殖系统有毒。

在您决定是否真的需要使用织物柔顺剂之前，以下是一些您需要知道关于织物柔顺剂的事实。

### 织物柔顺剂的隐患:

1. 它含有的化学物质会刺激皮肤，引发哮喘或其他健康问题。
2. 织物柔软剂在织物上添加一层涂层，随着时间的推移，它可以防止水在洗涤过程中渗透您的衣服。因此，衣服和床单可能不会洗得像以前那样干净。积垢还会锁住污垢，久而久之会影响洗衣机和烘干机的使用效果。
3. 它会破坏一些织物，包括羊绒、羊毛和超细纤维。它会导致织物不透气，失去吸收性。

结论是，织物柔顺剂是不必要的，它的坏处远远大于优点。它所含的化学物质会影响健康和环境。随着时间的推移，它留下的润滑涂层会损坏您的衣服、洗衣机和烘干机。

其实不使用柔顺剂，您也可以拥有柔软、无静电、不起皱的衣服，您只需要使用像**爱洁浓缩洗衣液**这样的优质洗衣液，以及遵循以下的洗衣好技巧：

1. 把衣服按颜色分类(白色和其他颜色)。
2. 按衣物的织物材料分类(如:牛仔裤配牛仔裤,毛巾配毛巾,精致与精致)。这个步骤是必要的,因为在洗涤过程中,厚重的织料会损坏较轻的。
3. 清洗完后,立即将它们从洗衣机中取出。把每件衣服都晃一晃,挂起来晾干。

No SLS, parabens, optical brightener, formaldehyde, chlorine bleach, or other toxic chemicals.

不含十二烷基硫酸钠, 苯甲酸酯, 光学增白剂, 甲醛, 氯漂白剂或其他有毒化学品。

Low suds. No residue. 低泡沫。无残留。

Plant-based non-ionic surfactant. 植物性非离子表面活性剂。

# ASSURE LIQUID LAUNDRY DETERGENT

is what you need to stay safe and keep your clothes clean!

## 爱洁浓缩洗衣液

是您真正需要的, 它保证安全, 让您的衣服清洁干净!

Fight stains. Fight odours. 去除污渍。去除异味。

Hypoallergenic. Gentle to skin. 低过敏性配方。对皮肤更温和、安全。



Get a bottle of Assure Liquid Laundry Detergent for your home today! 今天就为您的家人买一瓶爱洁浓缩洗衣液!

## TESTIMONIALS | 用户反馈

“ I like the fragrance of Assure Liquid Laundry Detergent. It is not overbearing like those commercial types. I also prefer this new liquid type to the former powder type. It is definitely an improved version!

我喜欢爱洁浓缩洗衣液的清新香味。它不像那些商业品牌, 通常有非常刺鼻的气味。比起以前的粉状, 我更喜欢现在的液体形式。这绝对是一个改进的版本!

Sharon Teh 郑钧忆 ”

“ I choose Assure Liquid Laundry Detergent for my family because I want a laundry detergent that is free from harsh chemicals and safe for people with skin problems.

我为我的家庭选择爱洁浓缩洗衣液, 因为我要一个不含刺激性化学物质的洗衣液, 而且也要适合有皮肤问题的人使用。

Celia Yip 叶翠芬 ”

“ Good quality and reasonably priced. Our clothes come out clean and smelling fresh. It is also gentle to the skin when used for hand-washing.

质量好, 价格合理。我们的衣服洗出来很干净, 闻起来很清新。如果我们需要手洗衣服, 它对皮肤也很温和。

Jeanette Liow 廖九仪 ”

“ I love this product! I love the smell and it cleans very well.

我非常喜欢这个产品! 我喜欢它的清新的气味, 而且洗衣服很干净。”

Cheong Yin Yock 张燕玉 ”

“ Assure Liquid Laundry Detergent is really good quality and it has a wonderfully refreshing scent that is not overpowering.

爱洁浓缩洗衣液的质量真的很好。气味清香, 不会让人抗拒。”

Ho Yoke Mei 何玉美 ”

# Why You Should Switch to All-Natural Shampoo & Conditioner!

## 为什么应该改用纯天然洗发水和护发素!

Most of the shampoo and conditioner products found in stores use chemicals, namely SLS or SLES in shampoos and silicones in conditioners, as staple ingredients.

While these chemicals can help to give you that "clean" or "silky smooth" feeling, over time they can cause a variety of issues in your hair and scalp such as dryness, irritation, dullness as they strip natural oils. Silicone can also build up on your hair and it is hard to remove, resulting in a weighty feel.

The solution? Switch to hair products that use natural or naturally-derived active ingredients! They care for your hair and scalp and give you longer-lasting results. **NewLife™ Organic Care Natural Shampoo** and **Natural Conditioner** do NOT contain any of these cheap and common ingredients but instead use more premium and beneficial active ingredients!

商店里的洗发水和护发素大多使用化学物质作为主要成分，如洗发水中的十二烷基硫酸钠(SLS)或十二烷基硫酸钠(SLES)，或者是护发素中的有机硅。

虽然这些化学物质可以让您有“清洁”或“丝滑”的感觉，但随着时间的推移，它们会在您的头发和头皮上造成各种问题，如干燥、刺激、暗沉，因为它们会去除天然油脂。硅胶也会堆积在头发上，很难去除，造成沉重的感觉。

解决方案? 更换使用天然和天然衍生的活性成分的护发产品! 它们可以照顾您的头发和头皮的护发产品，给您更持久的效果! **新生命有机养护纯天然洗发水和护发素**不含任何这些便宜和常见的成分，而是使用更优质和有益的活性成分!



Rosemary Oil  
迷迭香油



Patchouli Oil  
广藿香油



Orange Oil  
柑橘油



Vitamin E  
维生素E



Argan Oil  
阿甘油



Rosemary Oil  
迷迭香油



Patchouli Oil  
广藿香油



Orange Oil  
柑橘油



Vitamin E  
维生素E



Organic Extra Virgin  
Coconut Oil  
有机特级初榨椰子油



Organic Castor Oil  
有机蓖麻油



No Silicones  
不含硅酮



No SLS & SLES  
不含月桂基硫酸钠  
和月桂醇醚硫酸钠



No Parabens  
不含对羟基苯  
甲酸酯



No Artificial  
Colourants  
不含人造色素



No Artificial  
Fragrance  
不含人造香精



Cruelty Free  
无残忍



Vegan  
纯素

## TESTIMONIALS | 用户反馈

**Organic Care Natural Shampoo** is really nice. My hair and scalp feel clean but not dry. It has a very pleasant scent from the natural essential oils. Most importantly, it is free from harsh chemicals! My family members who have short hair do not need conditioner as the shampoo leaves the hair soft and easy to manage. I have long hair, so I also use the **Organic Care Natural Conditioner** for a little more tender loving care. I like this conditioner! It is not heavy and does not weigh my hair down.

**有机养护纯天然洗发水**真的很好用。洗头后，头发和头皮感觉干净但不干燥。它有一种天然精油的宜人香味。最重要的是，我可以放心使用它，因为它不含刺激性化学物质! 我的家人的头发短，不需要护发素，因为洗发水让头发柔软，容易打理。我的头发长，所以我用**有机养护纯天然护发素**给头发额外的照顾和护理。我喜欢这款护发素! 它不会让我的头发感觉沉重毫无生气。

Iris Chuah 蔡翠玲

The all-natural shampoo without all the nasties lathers wonderfully and cleans my scalp gently without leaving my hair frizzy or dull. It also has such an amazing smell! I love the silicone-free conditioner too. It gives my long hair lasting shine and keeps it silky smooth.

纯天然的洗发水，没有可怕的成分，它起泡好，对头皮温和，洗完头发后，头发不会卷曲或无光泽。它还有一种迷人的香味! 我也喜欢无硅护发素。它给我的长发持久的光泽和丝绸般的顺滑。

Ng Ee Von 吴伊婉

Just one pump is good enough to wash my hair. I love the silky touch of my hair after wash, even without any conditioner.

只需要按一次泵就足够洗我的短发了。我喜欢洗完头发后，即使没有使用任何护发素，我的头发也感觉像丝一样顺滑。

Ng M.S. 吴美仙

**Organic Care Natural Shampoo** is good. It cleans well and smells nice.

**新生命有机养护纯天然洗发水**真的很好。它能很好地清洁我的头发和头皮，闻起来很清新。

Ng S.L 黄女士

After using **NewLife™ Natural Shampoo**, my scalp is not itchy anymore and my hair also drops less.

使用**新生命有机养护纯天然洗发水**后，我的头皮不再发痒，掉头发也减少了。

Tan Chai Hun 陈彩云

# Why Your Skin Needs a Regular Detox

As the body goes through its stages of releasing toxins, some are released through the pores of our skin which is a vital detoxification organ. It is crucial to get these impurities off our body so that they do not clog the pores and can be washed away — this allows for a cleaner base in which skin cell regeneration can happen (approximately every 27 days).

The **NewLife™ Organic Care Face & Body Scrub** promotes the natural skin resurfacing process by removing dead skin cell layers and creating a healthy environment for your skin to rejuvenate. Whilst skin scrubs cannot erase scars completely, they can help scars become lighter over time.

Another benefit of regular skin scrubbing is that it helps to promote better circulation and skin cell turnover. It can have amazing benefits for skin tone and complexion as gentle scrubbing draws out impurities and clears congestion, smoothening and softening the skin in the process. The result is healthier, smoother and clearer skin!

Made from only natural sources, each one selected to work perfectly with all skin types, **NewLife™ Organic Care Face & Body Scrub** contains the key ingredients below:



# 您的肌肤为何需要定期排毒

当身体经历释放毒素的阶段时，一些毒素会通过我们皮肤的毛孔释放出来，皮肤是一个重要的排毒器官。将这些杂质从我们的体内排出是至关重要的，这样它们就不会堵塞毛孔并且可以被冲走——这可为皮肤细胞再生（大约每27天）提供更清洁干净的基础。

**新生命有机护理面部和身体磨砂膏**通过去除死皮细胞层促进自然的肌肤修复，并为您的皮肤创造一个健康的复原环境。虽然皮肤磨砂不能完全消除疤痕，但随着时间它能逐渐使疤痕变得更浅。

定期磨砂的另一个好处是它有助于促进更好的循环和皮肤细胞更新。由于温和的磨砂可去除杂质及清除毛孔堵塞，并在这个过程中使肌肤更加柔软光滑，因此能为肤色带来惊人的效果。结果是更健康，光滑，和更清晰的皮肤！

由天然原料精制而成，每一种成分都能完美地适用于所有肤质，**新生命有机护理面部和身体磨砂膏**包含以下关键成分：



**Specially formulated with your health in mind...NEWLIFE™ ORGANIC CARE FACE & BODY SCRUB is suitable for daily use and will leave your skin feeling smooth, supple and radiant every single time!**

专门为您的健康而配制，**新生命有机护理面部和身体磨砂膏**适于日常使用。每一次都会让您的皮肤感觉更光滑、更柔软、更亮丽！

## TESTIMONIALS | 用户反馈

Love the **NewLife™ Organic Care Face & Body Scrub!** Smells so good. Despite it being a scrub, the product leaves my face moist and hydrated.

太喜欢**新生命有机护理面部和身体磨砂膏**了！闻起来很香。虽然是磨砂膏，但能让我的脸充满水分，保持湿润。

YL Lim 林小姐

**NewLife™ Organic Care Face & Body Scrub** is easy to use. Does the job well yet gentle to the skin.

**新生命有机护理面部和身体磨砂膏**容易使用。磨砂效用非常好，而且对肌肤很温和。

Joyce Wong 黄女士

I love the moisturising yet exfoliating feel of the **NewLife™ Organic Care Face & Body Scrub.** I use it daily as part of my routine and my skin has never felt better. It is softer, smoother and brighter!

我喜欢**新生命有机护理面部和身体磨砂膏**保湿及去角质的感觉。我每天都用，它是我日常生活的一部分。我从未感觉我的肌肤如此柔滑及亮丽！

Melissa M 梅丽莎·莫斯



# Enzymes: Where Life Begins

## 酶: 生命的起源

*"Enzymes are substances that make life possible. They are needed for every chemical reaction that takes place in the human body. No mineral, vitamin, or hormone can do any work without enzymes. Our bodies, all of our organs, tissues, and cells, are run by metabolic enzymes. They are the manual workers that build our body from proteins, carbohydrates, and fats, just as construction workers build our homes. You may have all the raw materials with which to build, but without the workers (enzymes) you cannot even begin."*

(Dr. Edward Howell, *Enzyme Nutrition: The Food Enzyme Concept*, 1985).

The late Dr. Edward Howell, M.D. spent his entire professional life studying enzymes. He developed his food enzyme concept in the 1930s after observing that people who ate raw foods had less illness than people who ate mostly cooked foods.

Through extensive research, he believed that we were born with a limited enzyme-producing capacity and that our life expectancy depends on how well we preserve our "enzyme potential". His theory was that if we do not get enough enzymes from the food we eat, great strain is placed on our digestive system. A deficiency in digestive enzymes then reduces the availability of our metabolic enzymes.

Dr. Howell believed this metabolic enzyme deficit was the root of most chronic health problems.

### Enzyme Deficiency

Our bodies naturally produce both digestive and metabolic enzymes.

Metabolic enzymes are an essential component for optimal cellular function and health. Without these metabolic enzymes, cellular life would cease to exist.

Digestive enzymes break down the foods we eat and absorb nutrients. Most of the digestive enzymes are produced by the pancreas. The liver, gallbladder, small intestine, stomach, and colon also play vital roles in the production of these enzymes. Without these enzymes, the nutrients in the food go to waste.

Research has shown that our capacity for enzyme production declines at the rate of 13% every 10 years starting at the age of 20. So, by the time we are 60, we could be producing only half of the enzymes our body needs.

Food enzymes are provided to the body through the food we consume. However, they are easily lost during cooking, pasteurization, canning, microwaving, or heating above 47°C.

Since most of the foods we eat are cooked or processed in some way and because the raw foods we do eat contain only enough enzymes to process that particular food, our bodies must produce the majority of the digestive enzymes we require, unless we use supplemental enzymes to aid in the digestive process.

「没有酶就没有生命。它们是人体进行每一个化学反应的所需物质。任何矿物质、维生素或荷尔蒙在无酶的情况下是不能进行任何作用的。我们身体的所有器官、组织和细胞，都必须靠代谢酶才能运作。它们是建立身体蛋白质、碳水化合物和脂肪的体力劳动者，就如同建造家园的建筑工人。您可以拥有所有的建筑材料，但若没有工人（酶）工作，一切都无法开始。」

(艾德华贺威尔医学博士, 《食物酶的概念: 酶的营养学》, 1985年)

已故艾德华贺威尔医学博士穷尽他一生的职业生涯专研酶。自从他观察到吃生食的人比吃熟食的人较少生病的现象后, 他在1930年代开始便致力研究和发表对食物酶的概念。

经过广泛的研究, 他相信人体自体产生酶的能力有限, 寿命的长短取决于我们如何保存维持我们的“酶潜能”。如果我们不能从所吃的食物中获得足够的酶, 这就会增加消化系统的负担。消化酶不足会间接降低代谢酶的可给性。

贺威尔医学博士认为, 代谢酶的缺乏是导致大多数慢性健康问题的根源。

### 酶缺乏症

我们的身体自然产生消化酶和代谢酶。

代谢酶是优化细胞功能和健康的重要组成部分。没有这些代谢酶, 细胞生命将不复存在。

消化酶分解我们所吃的食物并吸收营养。大多数消化酶是由胰腺产生的。肝脏、胆囊、小肠、胃和结肠在这些酶的产生中也发挥着重要作用。如果没有这些酶, 食物中的营养物质就会被浪费掉。

研究也显示, 人类自体制造酶的功能从20岁开始会随着年龄增长而逐步降低, 大约将每十年就降低13%。换句话说, 当您到了60岁时, 您的身体所制造的酶可能只有身体所需的一半而已。

食物酶是通过我们摄入的食物提供给身体的。然而, 它们的活性很容易被破坏。若经烹饪、杀菌、罐装、微波或在温度摄氏47度或以上加热, 食物酶将被破坏丢失。

因为我们吃的大多数食物都是以某种方式煮熟或加工的, 而且我们吃的生食物只含有足够的酶来分解这种特定的食物, 我们的身体必须产生我们所需的大部分消化酶, 除非我们使用补充酶来帮助消化过程。



### Who Needs Enzyme Supplements?

Anyone who consumes cooked food!

If you lack enzymes, chances are your immunity system is not functioning as well as it should be. If the immune response is impaired, it can lead to a variety of illnesses.

Enzyme supplements are especially important for those who have digestive problems, irritable bowel syndrome, skin allergies, inflammatory conditions, viral infections, and all chronic and degenerative conditions like rheumatic disorders, soft tissue trauma, arthritis, multiple sclerosis, cancer, autoimmune diseases, etc.

Now that you understand how important enzymes are to your overall health, right down to the cellular level, you may begin to appreciate just how important it is to start taking a natural enzyme supplement like **NewLife™ N.Zimes™ PA Plus**.

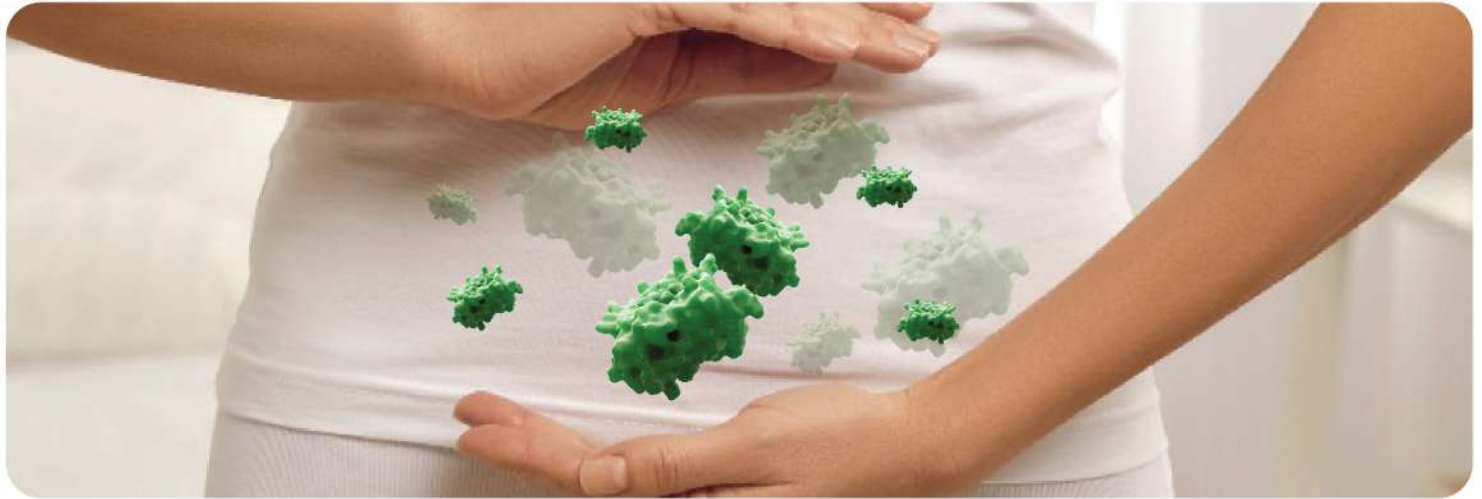
### 谁需要摄取酶补充剂?

任何食用熟食的人!

如果您缺乏酶,那么您的免疫系统也很可能没有发挥应有的作用。如果免疫反应受损,健康一定会亮起红灯,各种疾病必相继出现。

对那些有消化问题、肠燥症、皮肤过敏、炎症、病毒感染以及所有慢性和退化性疾病如风湿性疾病、软组织创伤、关节炎、多发性硬化症、癌症以及自体免疫疾病等的人士来说,酶补充剂尤其重要。

现在您明白了酶对您的整体健康直达细胞水平的巨大影响,您可能会开始意识到服用像**新生命胰酶(植物)添加素**这样天然的酶补充剂有多重要!



### What Is N.Zimes™ PA Plus?

**NewLife™ N.Zimes™ PA Plus** is a result of eight decades of research and expertise in the study and safe handling of enzymes founded by Dr. Edward Howell.

The name "PA" denotes "Pancreatin Alternative". In other words, it replaces the missing/lacking digestive enzymes made by the pancreas. Thus, **NewLife™ N.Zimes™ PA Plus** is an enzyme supplement that is as natural as it can be.

This product is specially formulated to provide digestive support throughout a broad range of conditions.

### 什么是胰酶(植物)添加素?

**新生命胰酶(植物)添加素**是艾德华贺威尔博士在酶和有关它的安全处理方面长达八十年的研究和专业知识的成果。

产品名称表示它是一种“胰素替代品”。换句话说,它取代了本该由胰腺产生但缺失或缺乏的消化酶。因此,**新生命胰酶(植物)添加素**是一种最天然的酶补充剂。

**胰酶(植物)添加素**是一个专利配方,经过特别配制,可在各种条件下提供广泛的消化支持。

100% plant-based.  
100%植物性食品

A complete spectrum of enzymes necessary for digesting a broad range of foods.  
一系列完整的酶,可对各种不同的食物进行消化分解。

Microbial enzymes that are active in the pH range of 2.5 to 10.0.  
微生物酶,可活跃在介于2.5至10的酸碱值范围。

Free of GMOs.  
不含转基因物质。

**N.ZIMES PA PLUS™**  
NET WT. 50g  
vegetarian formula

### Unique Features of N.Zimes™ PA Plus:

1. 100% plant-based; suitable for vegetarians.
2. Sourced from the highest quality ingredients and is guaranteed free of GMOs.
3. It contains microbial enzymes that are active in the pH range of 2.5 to 10.0. This means that unlike supplemental enzymes of animal origin (active only in the narrow pH range of 7.5 to 8.5, an alkaline environment found in the small intestines), **N.Zimes™ PA Plus** is active in both the acidic environment of the stomach and the alkaline environment of the small intestines. It starts digesting food in the stomach and continues the process as the food enters the small intestines, ensuring complete digestion of the food.
4. Contains a complete spectrum of enzymes necessary for digesting a broad range of foods:
  - **Proteolytic enzymes:** help break down proteins at different optimum levels (effective in the broad pH range of 2.5-10). This enables protein digestion to begin in the upper stomach where pH is lower and to continue in the higher pH environment of the small intestines.
  - **Carbohydrolytic enzymes:** help digest various forms of carbohydrates, like maltose, sucrose, glucose, fructose, and complex sugars found in vegetables, grains as well as legumes.
  - **Lactase:** helps digest lactose found in dairy products.
  - **Lipase:** helps break down oils and fats.
  - **Fibre-hydrolysing enzymes:** help break down the fibrous cell walls present in grains, fruits, and vegetables. These help to release the nutrients within and enable the absorption of the resulting smaller molecules. They also help to prevent gas formation in the intestines.

### 胰酶（植物）添加素的独有特色：

1. 它是100%植物性食品；适合素食者食用。
2. 取自最高质量的成分，保证不含转基因物质。
3. 它含有许多微生物酶，可活跃在介于2.5至10的酸碱值范围。不同于动物来源的酶补充剂（只在酸碱值7.5至8.5之间较有活性，即只活跃于碱性环境的小肠中），**胰酶（植物）添加素**在酸性环境的胃部和碱性环境的小肠中都具有活性。它在胃中开始分解食物，并在食物进入小肠的过程中持续进行消化，以确保食物完全被分解消化。
4. 含有一系列完整的酶，可对各种不同的食物进行消化分解。它们包括：
  - **多种蛋白分解酶**，有助分解蛋白质至不同的最佳水平（有效于酸碱值2.5至10的范围）。这使蛋白质在胃上部（较低的酸碱值）就可开始进行消化，一直到较高酸碱值环境的小肠中。
  - **各种碳水化合物分解酶**，有助消化各种形式的碳水化合物，如麦芽糖、蔗糖、葡萄糖、果糖和存在于蔬菜、谷类以及豆类中的糖类复合物等。
  - **乳糖酶**有助消化乳制品中的乳糖。
  - **脂解酶**有助分解油脂。
  - **多种纤维水解酶**，有助分解谷类、水果和蔬菜中的纤维细胞壁，帮助释放食物中的营养物质，并使所有小分子更容易被体内吸收。它们也有助于预防肠道内气体的形成。



## TESTIMONIALS | 用户反馈

Sometimes my eyes are bigger than my stomach and I end up overeating. When that happens, my stomach would feel very bloated and uncomfortable. The discomfort could last a whole day but not anymore after I got to know about **N.Zimes™ PA Plus**. It's a great digestive aid and provides an almost instant relief from indigestion. I can't live without **N.Zimes™ PA Plus** especially during festivals and vacations!

有时我吃多了，胃就会胀胀的，不舒服。这种不适感可能会持续一整天，但在我服用**胰酶（植物）添加素**以后就不会了。它是一种很好的助消化补充剂。即使我吃多了，它也能立即缓解消化不良。尤其是在节日和假期，我绝对不能没有它！

Lee Kwee Chuan 李桂莊

Ever since my elderly mother started taking **N.Zimes™ PA Plus**, her constant burping and flatulence have reduced significantly. She takes it before her main meals of the day. She is so much better now and is able to have a good night's sleep.

自从从我年迈的母亲开始服用**胰酶（植物）添加素**以后，她以前经常打嗝和胀气的情况明显减少了。她在每天正餐前服用产品。她现在感觉好多了，也能睡得好。

Christina Teo 张丽清

We find **N.Zimes™ PA Plus** to be such a fantastic product. Our 15-year-old had a skin problem (similar to eczema) on his leg behind the right knee. He often had flare-ups, especially during the night. The itch was so unbearable that he would scratch until the affected part bled. He had been on a healthy diet and we could not identify the food to which he was allergic to. So we started to give him **N.Zimes™ PA Plus** after meals. His skin problem was totally healed! Our 15-year old says that **N.Zimes™ PA Plus** is his "life saver". In fact, all our family members love this product.

**胰酶（植物）添加素**是一个非常棒的产品。我们15岁的孩子右膝盖后面有皮肤问题（类似湿疹）。皮肤问题经常发作，尤其是在夜间。每次痒得难以忍受，他就会抓到流血。他的饮食一直很健康，我们不能确定他对什么食物过敏。所以我们开始让他饭后吃**胰酶（植物）添加素**。结果，他的皮肤问题完全好了！我们15岁的孩子说**胰酶（植物）添加素**是他的“救命恩人”。事实上，我们所有的家庭成员都喜欢这个产品。

HC Ling 林女士

# SEPTEMBER 九月

**03**  
SAT

SG 新加坡 2.00pm - 3.30pm

**Prevention and Management of Diabetes** 糖尿病的预防和管理  
by Lydia Ling (Silver Manager)

**10**  
SAT

SG 新加坡 2.00pm - 3.30pm

**Intermittent Fasting** 间歇性禁食  
by Joyce Chua

**16**  
FRI

**Malaysia Day**

(All offices in Malaysia closed)

**17**  
SAT

SG 新加坡 2.00pm - 3.30pm

**Remarkable Detoxification** 不一般的排毒  
by Angela Yeo

PJ 八打零再也 2.00pm - 3.30pm

**Detoxification & Rejuvenation Programme (DRP)** 排毒与复健程序  
By Elyssa Ho (Nutritionist)

**24**  
SAT

SG 新加坡 2.00pm - 3.30pm

**Body Overhaul with Detoxification and Rejuvenation** 通过排毒与复健程序修补身体  
by Manager Team

# OCTOBER 十月

**01**  
SAT

SG 新加坡 2.00pm - 3.30pm

**Food That Feeds** 吃出健康  
by Suzi Moi (Manager) & Team

**Sabah Governor's Birthday**

(KK office closed)

**08**  
SAT

SG 新加坡 2.00pm - 3.30pm

**Overcoming Hormonal Imbalance** 克服荷尔蒙失调  
by Ling Young Hoon

**Sarawak Governor's Birthday**

(KUC office closed)

**09**  
SUN

~ **10**  
MON

**Prophet Muhammad's Birthday & Prophet Muhammad's Birthday Replacement**

(All offices in Malaysia closed)

**15**  
SAT

SG 新加坡 2.00pm - 3.30pm

**Strong Bones and Healthy Joints** 强壮骨骼和健康关节  
by Deborah Lee

**22**  
SAT

SG 新加坡 2.00pm - 3.30pm

**Food That Feeds - Supporting Strong Bones** 吃出健康-支持强壮骨骼  
by Suzi Moi (Manager) & Team

PJ 八打零再也 2.00pm - 3.30pm

**Healthy Gut, Healthy Digestion, Healthy You** 健康的肠道, 健康的消化, 健康的您  
By Elyssa Ho (Nutritionist)

**24**  
MON

**Deepavali**

(PJ, KK and SG offices closed)

**29**  
SAT

SG 新加坡 2.00pm - 3.30pm

**Detoxification & Rejuvenation Programme (DRP)** 排毒与复健程序  
by Sim Bee Hong (Manager)

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