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ISSUE 5/2014

SEPTEMBER & OCTOBER 2014
PP 12933/09/2013 (032866)



New Manager
新晋升经理

SUSIE MOI-QUEK
梅郭妙贞

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REDEMPTION
CARNIVAL

兑换嘉年华

Pg20 第二十页

6 Essentials

六大要素

Pg04 第四页

DETOXIFY 排毒 NOURISH 滋养 PROTECT 维护 六大要素 6 Essentials

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凡购买一套六大要素



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Terms & Conditions

1. Full PV/BV on the 6 Essentials set. No PV/BV on the discounted items.
2. Promotion period: 1 September - 31 October 2014.
3. Quantity discount is not applicable.
4. Offer while stocks last.
5. Not valid with any other concurrent promotions, Autoship, campaigns, privileges, gift vouchers, or discount vouchers.
6. NewLife™ reserves the right to amend or change the terms & conditions without prior notice.
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2. 促销期为2014年9月1日至10月31日。
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4. 促销至售完为止。
5. 不可与其它促销、自动运送服务、活动、优惠、礼卷或折扣卷一起并用。
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7. 附带其他条款。

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2014年9月及10月份

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ANNOUNCEMENT 通告

Please be informed that, with immediate effect, there will be no more mirroring of memberships from the Core Plan to the Fast Track. The Fast Track campaign will be discontinued effective from 31 December 2014. Should you have any questions regarding this announcement, please contact your nearest NewLife™ branch.

Yours faithfully,
NewLife™ Management

谨此通知，即日起创捷体制将不再镜像反射核心计划中的会员籍。创捷体制则将于2014年12月31日起终止。若您对此项通告有任何疑问，敬请联系邻近的新生命分公司。

新生命管理层上



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DISCOUNT UP TO 28% !
折扣高达28%!

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六大要素

6 Essentials

by Sam Tan, Nutritionist & Fitness Coach
陈健德, 营养师及健身教练

6 ESSENTIALS FOR VIBRANT HEALTH

Since its beginning in 1993, NewLife™ has been forging a clear path to better health and disease prevention using proven natural healing methods. The principles of freedom from disease don't just apply to those who are suffering from diseases, but to any person who wants to live a long, healthy life. After all, health is wealth, and what good are all the riches in the world if you do not have the vitality to enjoy them?

Maintaining good health isn't difficult or expensive - especially when compared to the expenses one will incur if one is suffering from a severe, chronic or degenerative disease. It does take effort though to form healthy daily habits. Choices lead to habits and habits form the basis of our everyday behaviour. What are some of the unhealthy habits that we practise every day? What habits can we adopt that will have a positive impact on our health?

Health maintenance is so important because it is much easier to prevent a health issue than to cure it! Prevention is always better than cure, especially in the case of chronic and degenerative diseases. Once a person suffers from chronic diseases such as hypertension, heart attacks, cancer or diabetes, the road to recovery is not only difficult and expensive, and many lives are lost in the process.

Simple things matter to your health. Exercise, diet, sleep, and supplementation - these are essential to good health. Unfortunately many people ignore these factors in favour of "quick fixes" such as pill-popping and yo-yo dieting. There is no shortcut to good health and quick fixes often come at a price!

So how do we maintain good health and prevent disease? First, let's have a look at the major causes of chronic and degenerative diseases:

TOXEMIA & NUTRITIONAL DEFICIENCY

Toxemia is when there is a high level of toxins accumulated in the body. These toxins come from a variety of sources, the most common being an unhealthy diet and your environment combined with a sluggish or ineffective detoxification system in the body. Our body is able to detoxify itself when exposed to toxins, however due to how unhealthy the typical modern lifestyle is, over time the body's detoxification organs such as the liver, colon, and kidneys become sluggish or damaged from years of abuse. As a result, the body's ability to remove toxins becomes reduced and "auto-intoxication" occurs.

For example, when a person is constipated and does not eliminate 2-3 times daily, toxic waste starts to build up within the colon. Because the walls of the colon are permeable by fluids, what happens is that the body starts to reabsorb the fluid from the toxic wastes stuck in the colon. This is a form of auto-intoxication, and is the root cause of many chronic and degenerative diseases!

Nutritional deficiency is the condition in which the body is not given the nutrients that it needs to maintain good health. The body is a complex living organism that requires a variety of nutrients, vitamins, minerals, electrolytes, and much more in order to fuel its functions. The body is also very resilient and is able to cope with sub-standard nutrition for many years while only showing minor symptoms. Which is why many people do not regard the importance of diet or supplementation regime until it is too late.

六大要素让您常保健康

自1993年起, 新生命便以领先地位提倡与实践已被验证有效的自然疗程, 帮助各阶层人士打造更健康的身体以及预防疾病。远离疾病的原则不只局限于那些正面对疾病带来痛苦的人, 对那些想要追求长寿, 提高健康素质的人也关系重大。毕竟, 健康就是财富。如果没有健康的体魄, 即使拥有世上所有的财富又有什么用?

维持良好的健康并不困难也不昂贵 — 尤其是与一个患有严重、慢性或退行性疾病的患者所面对的医药费用相比。不过老实说, 要培养健康的日常生活习惯的确需要付出很大的努力。选择造成习惯, 而习惯则塑造了我们的日常生活。那么, 我们每天都会重复哪些不健康的生活习惯? 反之, 什么样的习惯则为我们的健康带来正面的影响?

保持健康是非常重要的, 因为预防疾病总比治愈病痛来得容易! 预防胜于治疗, 尤其是慢性及退行性疾病的病例。一旦一个人患上慢性疾病, 如高血压、心脏病、癌症或糖尿病, 复苏之路不仅困难和昂贵, 而且在这个过程中, 许多人就此丢去宝贵的生命。

简单的动作牵扯着您的健康。运动、饮食、睡眠和辅助品 — 这些都是维持身体健康不可或缺的要素。不幸的是很多人都忽略了这些, 偏爱“速成答案”, 依赖药物和玩溜溜球般的节食法。要打造一个健康身体并没有任何捷径, 速成应急之道往往需要付出很大的代价!

那么, 我们如何维持身体健康和预防疾病? 首先, 让我们了解造成慢性及退行性疾病的主要原因:

毒血症及营养不良

毒血症的定义就是当体内累积的毒素已达到高水平。这些毒素的来源十分广泛, 其中最常见的是不健康的饮食习惯、污染的环境再加上体内排毒系统迟缓怠惰、功能不良。当我们的身体接触到毒素, 它能够自行排毒。但由于年复一年不健康的现代典型生活方式, 人体的排毒器官, 如肝脏、结肠和肾脏都变得运行不畅或损坏。因此, 身体排毒的功能大大削弱, 同时“自体中毒”的情况也因此发生。

比如, 当一个人便秘(即每日没有如厕2至3次), 有毒废物便会开始在结肠内积聚。由于结肠壁属液体渗透性, 这时, 身体便开始重新吸收回收聚在结肠壁上的有毒废物液体。这是一种自体中毒的形体, 也是造成众多慢性病和退行性疾病的罪魁祸首!

营养不良是指身体没有取得足够均衡的营养以维持良好的健康。人体是一个复杂的生物, 它需要各种营养素、维生素、矿物质、电解质及许多其他的来推动它的功能。但由于人体的回弹力很高, 即使长达多年营养提供不合格, 身体也能应付, 只是出现一些轻微症状。正因为如此, 许多人不关注饮食或辅助品的重要性, 直至发现时, 为时已晚!

试想一下, 如果您在白天没有喝足够的水或摄取足够的维生素C, 您的身体将在您沉睡时停止工作。若情形真是如此, 我们一定会大量地饮水和吃水果或摄取维生素C的辅助品, 对吧? 但因身体的操作并非如此, 所以我们才会掉以轻心, 不把它当回事。结果, 人体系统经过长年累月的无营养卡路里和营养不足而被拖垮, 出现代谢失衡, 器官开始出现故障, 身体也逐渐变得虚弱至患病。

Imagine if your body stopped working in your sleep if you didn't drink enough water or consume enough vitamin C during the day. We would take drinking water and eating fruits or supplementing with vitamin C much more seriously, wouldn't we? But the body doesn't work that way, so we don't pay these things much heed. Instead, the body's systems are worn down through years and years of empty calories and insufficient nutrients. Metabolic imbalances occur, organs begin to malfunction, and the body gradually progresses to a diseased state.

Having proper nutrition through a healthy diet or daily supplementation is one of the secrets to good health and longevity. We do not live in a perfect world, and unfortunately it is virtually impossible to eat a diet that would provide optimum nutrition for our bodies. Supplementation is thus a key factor in maintaining good health. It is also something that should be made into a daily habit as part of our lifestyle!

For the past 20 years, NewLife™ has successfully helped many people achieve better health by helping them address the issues of toxemia & nutritional deficiency. The NewLife™ Lifestyle targets 5 key nutritional deficiencies of fibre, friendly bacteria, phytonutrients, essential fatty acids, and potassium through the 5 Essentials pack, and we are very excited to introduce the "6th Essential"!

通过健康的饮食习惯或每天食用辅助品以获得适当的营养，是健康长寿的秘诀。我们并非生活在一个完美的世界里，更不幸的是，我们几乎不可能通过饮食为我们身体提供最理想的营养。因此，辅助品在维持身体健康中扮演着重要的角色。让它成为我们日常生活习惯的一部分吧！

在过去二十年，新生命已成功协助许多人克服毒血症和营养不良的问题，及重建一个健康的体格。新生命通过五大要素，帮助大家解决五个关键营养的缺乏——纤维素、益菌、植物营养素、必需脂肪酸及钾质。现在，我们非常荣幸地推介“第六要素”！

NEWLIFE™'S



6 ESSENTIALS 新生命的六大要素

DETOXIFY

Herbal Klenz Powder: fibre



A high-fibre diet is one of the key factors for reducing the risk of many health conditions including heart disease, diabetes, constipation, and colon cancer. Fibre is also important for lowering cholesterol and maintaining a healthy digestive system, but sadly the modern diet is alarmingly low in this essential nutrient. Most of the staple foods such as white rice and white flour have been stripped of all fibre and only contribute to conditions such as constipation.

The American Health Association Eating Plan suggests consuming 25-30 grams of fibre per day, but our average intake is only half of the recommended amount. Foods that are high in fibre such as whole grains, unprocessed rice, fruits, and vegetables are low in the typical modern diet, which is why supplementing with fibre is so important.

Herbal Klenz Powder is a convenient way to ensure that you get enough fibre every day. It contains both soluble and insoluble fibres, which help to control blood cholesterol levels and promote healthy bowel movement respectively.

Many of our customers take 1 teaspoon of Herbal Klenz Powder mixed in a glass of Apple Cider Vinegar & Pure Raw Honey twice a day, and report that it is remarkably effective in promoting healthy, regular bowel movement. It does not have a laxative effect.

Herbal Klenz Powder not only contains fibre from psyllium husks and cellulose, it also contains apple pectin, Butcher's broom, and Bentonite, which help to eliminate heavy metal toxicity, improve gastrointestinal health, as well as detoxify bacteria, viruses, and parasites from the body.

NOURISH

Super Green Food ++: phytonutrients



Phytonutrients are nutrients found in plants and have been shown to be essential for human life. As our modern day diets are severely lacking in raw fruits and vegetables, supplementing with phytonutrients has become essential to maintaining good health. Super Green Food ++ offers a high-quality, convenient nutritional solution to help in the prevention of nutritional deficiency, which we know is one of the root causes of all degenerative diseases.

Super Green Food ++ is 100% natural and organic, and does not contain any artificial preservatives, additives, or flavours. It has a pleasant taste and is naturally sweetened using stevia. Super Green Food ++ is a newly upgraded proprietary complex and is now fortified with a super-antioxidant blend for additional health benefits. Inflammation is a natural process that occurs when the body detects a harmful stimulus. Chronic inflammation can lead to a number of health problems if it is left unchecked. Antioxidants help to reduce and control inflammation in the body, which in the long run contributes to disease prevention, better health, and increased well-being.

排毒

天然净化粉：纤维素

高纤维饮食是其中能减少许多健康问题，包括心脏疾病、糖尿病、便秘和结肠癌的关键因素之一。纤维对降低胆固醇和维持健康的消化系统也很重要。遗憾的是现代人的饮食严重缺乏这个重要的营养成份。白米饭和精白面粉是一般人的主食，但它们原先的纤维早在加工过程中被磨光，长期食用只会造成便秘等状况。

美国健康协会饮食计划建议每天食用25至30克的纤维。但是，我们平均的摄入量仅为推荐量的一半。高纤维的食物，如全麦、未加工的大米、水果和蔬菜在典型的现代饮食中少之又少，这就是为什么食用纤维辅助品是非常重要的。

食用天然净化粉是最简单又方便的方法以确保您每天获取足够的纤维。它含有可溶性和非溶性纤维，有助于控制血液中的胆固醇水平，促进排便顺畅。

许多客户把一茶匙的天然净化粉与苹果醋及纯天然蜂蜜混合一起饮用，每日两次。他们分享说，此产品功效显著，如今没有便秘、定时如厕、也没有轻泻的副作用。

天然净化粉不仅含有洋车前子壳和纤维素的纤维，它还含有苹果果胶、百寿金雀花和膨润土，这有助于清除重金属的毒性、改善肠胃健康以及排出体内的细菌、病毒和寄生虫。

滋养

特超绿食品：植物营养素

植物营养素是取自于植物的营养素，是人类生命中不可或缺的要害。由于现代人的日常饮食中都严重缺乏新鲜水果和蔬菜，摄取植物营养素辅助品已成为保持身体健康举足轻重的一环。我们都知道营养不足是所有退行性疾病的祸源之一，而特超绿食品就提供了高品质、方便的营养解决方案。

特超绿食品是100%纯天然、有机、不含任何人工防腐剂、添加剂或调味料。使用天然甜剂-甜菊，滋味可口。特超绿食品是升级版的独有专利品，是加度超级抗氧化物，提供更多的健康益处。当人体察觉到有害刺激物的存在，身体自然会出现炎症，这是正常的现象。但如果我们忽视它，并不加以处理，慢性炎症将会引发一系列的健康问题。抗氧化剂有助于减少和控制体内的炎症。长期食用特超绿食品，有助于预防疾病、增进健康和提高健康素质。

Flax Seed Oil: essential fatty acids



While the human body needs only about 2 to 4 times more Omega-6 than Omega-3 fatty acids, our daily diet tends to contain an excessive amount of Omega-6 fatty acids from all the vegetable oils that are commonly used for cooking or found in processed food – about 14 to 25 times more! In other words, our body is deficient in Omega-3. Health experts believe that this imbalance has impacted the rising rate of inflammatory disorders and other health conditions. To correct this imbalance, we need to consume more Omega-3 while reducing Omega-6. Flax seed oil offers the richest source of Omega-3.

A low Omega-3 level reduces cell membrane permeability, causing inefficient transport of oxygen and nutrients to the cells, which consequently lead to degeneration of cells and health problems. Omega-3 is essential for regulating our body's function, maintaining healthy heart function, immune function, brain function, and nervous system.

Most people suffer a deficiency of the Essential Fatty Acids (EFAs) contained in flax seed oil. EFAs are necessary fats that humans cannot synthesize, and must be obtained through diet. EFAs support the cardiovascular, reproductive, immune, and nervous systems. One or two teaspoons per day of NewLife™'s Omega Gold Flax Seed Oil provides building blocks for all cell structures, including neurons in the brain, smooth skin, and healthy hair. NewLife™'s Omega Gold Flax Seed Oil assures the highest quality oil, which is stable against rancidity. The oil is extracted from organically grown flax seeds using a special cold-pressing process, which eliminates the damaging effect of light, oxygen, and heat.

K-Salt: potassium



Health experts recommend an intake of at least 5 times more potassium than sodium. However, poor diet and eating habits can cause potassium deficiency. People who eat a diet of processed foods that is high in sodium and low in fruits and vegetables are often deficient in potassium. Also, cooking through boiling or frying can deplete potassium found naturally in foods. Potassium deficiency is more common in pill-poppers, athletes who sweat a lot, people with eating disorders, heavy smokers, and drinkers.

Your body needs potassium to regenerate and maintain youthful, healthy tissues. Without sufficient potassium in the body, premature ageing sets in, causing your skin and muscle tone to go downhill, while wrinkles and fine lines fill your face and neck. An adequate intake of potassium is essential for growth, building muscles, healthy nervous system, and heart. A deficiency may result in fatigue, leg cramp, muscles weakness, acne, dry skin, mood swing, and irregular heartbeat. Low potassium is also associated with risks of high blood pressure, heart disease, stroke, arthritis, cancer, digestive disorders, and infertility.

Supplementing with natural, specially formulated potassium such as K-Salt is the perfect antidote for bad health. Potassium is one of the most important minerals in the human body, being indispensable in tissue protein synthesis and enzymatic processes, helping to maintain intracellular pH and to regulate kidney functions.

2mg of K-Salt provides the amount of potassium equivalent to 30 bananas. K-Salt has been tried and proven through the years in natural healing and disease prevention. With consistent supplementation of K-Salt, you can anticipate improvement in overall health. K-Salt helps to:

- remove excess sodium from cells and tissues
- build and strengthen the cellular level
- counteract water retention
- replace and balance electrolytes
- regulate kidney function
- prevent coughs and colds
- reduce chest congestion
- strengthen immunity

PROTECT

Immuflora: protect your gut



Diet, stress, and medication encourage the growth of bad bacteria in the intestinal tract. When the number of bad bacteria outweighs the good, it predisposes you to various health concerns such as bloating, indigestion, irregular bowel movement, occasional diarrhoea, Candida infection, and poor immune system.

NewLife™'s ImmuFlora is produced using breakthrough

亚麻籽油：必需脂肪酸

人体需要的奥米加6仅多于奥米加3脂肪酸的2至4倍。但是，我们的日常饮食，单单用于烹饪或在加工食品中包含的植物油所提供的奥米加6脂肪酸已严重超量，过高14至25倍以上！换句话说，大部分人都缺乏奥米加3。健康专家认为，这种失衡的情况已经导致炎症性疾病和其他健康问题有上升的趋势。为了纠正这种失衡的情况，我们需要摄取更多的奥米加3，同时减少奥米加6。亚麻籽油是奥米加3最丰富的供应来源。

低水平的奥米加3会降低细胞膜的渗透率，从而导致细胞在输送氧气和营养物质方面的功能降低。更糟糕的是，它会慢慢地导致细胞退化和引发其它健康问题。奥米加3对于调节身体机能，维持健康心脏、免疫功能、脑部功能、神经系统非常重要。

大多数人面对缺乏必需脂肪酸（EFAs）的问题，尤其是亚麻籽油中所含有的必需脂肪酸。必需脂肪酸是人体不能制造的必需脂肪，必须通过饮食来获取。必需脂肪酸对心血管、生殖、免疫和神经系统都有莫大的好处。每天食用一至两茶匙的新生命奥米加金牌亚麻籽油，提供所有细胞结构必须的基础材料，包括大脑的神经元、细致的肌肤、健康的头发。新生命奥米加金牌亚麻籽油是最高品质保证，性质稳定，不易腐臭。此亚麻籽油萃取自有机种植的亚麻种子，经过特殊的冷压过程，免于光、氧气和热度的破坏。

钾质：钾

健康专家建议摄取至少比钠高出5倍以上的钾。然而，不良的饮食和饮食习惯导致人体缺乏钾。那些长期吃高钠的加工食品，少吃水果和蔬菜的人，往往会缺乏钾质。此外，煮沸或油炸过程也会销毁食物中所供应的钾质。依赖药物者、经常流汗的运动员、饮食紊乱患者、烟瘾大的人和酗酒者等都有缺乏钾质的问题。

您的身体需要钾质以更新再生及保持年轻健康的人体组织。如果体内没有足够的钾质，过早衰老的问题将开始，导致您皮肤和肌肉的张力走下坡，而皱纹和细纹也会布满您的面部和颈部。摄取足够的钾质对人体成长、建设肌肉、健康的神经系统和心脏是必不可少的。缺乏钾质可能导致容易疲劳、脚抽筋、肌肉无力、暗疮、皮肤干燥、情绪波动和不规则的心跳。低水平钾质也会提高高血压、心脏疾病、中风、关节炎、癌症、消化系统疾病和不孕等风险。

食用全天然、特制的新生命钾质，它是个打击不良健康的完美解药。钾质是人体中最重要的矿物质之一，作为组织蛋白质合成和酶素制造过程中不可或缺的一环，帮助维持细胞内的酸碱度和调节肾脏功能。

2毫克的新生命钾质提供相等于30根香蕉的钾质量。通过多年的自然疗程和预防疾病的实例，新生命钾质已被验证有效。定期食用新生命钾质，您将看见整体健康的改善。新生命钾质有助于：

- 从细胞和组织去除多余的钠
- 建立和强化细胞层次
- 消除水肿
- 更换和平衡电解质
- 调节肾脏功能
- 预防咳嗽和感冒
- 减少胸闷
- 增强免疫力



维护

免疫激菌植：保护您的肠道

饮食、压力和药物促使有害菌在肠道中的生长。当有害菌的数量远远超过有益菌，您将面对各种健康问题，如腹胀、消化不良、不规则如厕、偶有腹泻、念珠菌感染及免疫力差弱。

新生命免疫激菌植使用突破性的先进科技生产，它能经受胃酸，并能待在肠内完好无损。免疫激菌植提供活性益生菌以帮助重新建立健康的肠道菌群，并时刻对付有害菌。这种益生菌和益生元的独特混合有助于扶助健康的胃肠道

technology where the strains are able to withstand stomach acid and emerge intact in the intestines. ImmuFlora supplies live friendly bacteria that could help re-establish healthy intestinal microflora and keep harmful bacteria in check. This unique proprietary probiotic and prebiotic blend helps to support healthy gastrointestinal tract and optimum immune function. When taken regularly, ImmuFlora could:

- re-establish intestinal microflora to ensure that the friendly bacteria outweigh the bad bacteria
- maintain a healthy intestinal environment to prevent over-growth of pathogenic bacteria and parasites
- give the immune system a boost
- stimulate self-repair and self-rejuvenation of the body cells
- improve nutrients assimilation and absorption
- cleanse and detoxify the intestinal tract

Liverin - The 6th Essential: tonic for your liver



In addition to all the goodness from the 5 products above, the 6th Essential has one very important benefit - the protection of our liver.

Our liver is one of the most important organs in the body. The liver performs more than 500 functions. Just to name a few: it filters all the harmful substances from what we consume (including medicine), inhale, and even what we apply on our skin; fights infections and filters out bad bacteria in the blood; manages our hormones and blood sugar; stores energy from the nutrients we take in; and makes blood proteins, bile, and several enzymes that the body requires. In short, an unhealthy liver means an unhealthy body.

Symptoms of A Sluggish Liver

Common symptoms of poor liver health may include: headaches, fatigue, hormonal imbalance, constipation, indigestion, protuberant abdomen (pot belly), dark circles under eyes, liver spots, coated tongue, bad breath, offensive body odour, aches and pains, skin conditions, multiple food and chemical sensitivities, as well as allergies. These symptoms could be a sign of having a "sluggish liver", which could go by undetected in liver enzyme tests.

Liver Diseases

Liver functions can be impaired by severe liver diseases, most commonly caused by infections (such as viral hepatitis), alcohol, drugs (recreational and medical), prolonged stress, improper diet, or accumulated poisons due to chemicals in foods and environment. Common liver diseases include fatty liver, hepatitis, and the failure of the liver to secrete bile because of gallbladder stones.

Liver Protection & Support

Liver health is of utmost importance to the health of the entire body, and must not be ignored.

NewLife™'s Liverin contains 5 powerful herbs which have been used for ages as remedies for the liver: Milk thistle (seed) extract (with 80% silymarin), Dandelion (root), Artichoke (leave) extract, Burdock root, and Celery seed extract.

Liverin is a unique formula, specifically to help cleanse, rebuild, and protect the liver:

- rebuilds liver cells and removes toxins.
- provides powerful anti-oxidant and anti-inflammatory effects.
- reverses liver damage caused by medicines, excessive alcohol consumption as well as the effects of pollutants found in the environment.
- stimulates the liver to increase bile flow, which carries away waste and breaks down fats during digestion.

It is produced using vegecaps and is suitable for vegans. It also contains no synthetic ingredients, no animal ingredients, and is all-natural and chemical-free.

The 6 Essentials, when taken together as daily supplements, work synergistically to reduce the effects of toxemia and nutritional deficiency in the body. Together, they **DETOXIFY**, **NOURISH**, and **PROTECT** the body from poor health.



和保持最佳的免疫功能。如果经常服用，免疫菌植可以：

- 重新建立肠道菌群以确保有益菌多于有害菌
- 保持健康的肠道环境以防止过度生长的致病细菌和寄生虫
- 强化免疫系统
- 激发身体细胞的自我修复和自我更新
- 提高消化和吸收营养功能
- 肠道净化和排毒

肝脏宝 — 第六要素：滋补您的肝脏

除了以上所提及的五种产品的利益，第六要素有一个非常重要的好处 — 保护我们的肝脏。

我们的肝脏是人体最重要的器官之一。肝脏进行超过500种功能。举几个例子：它过滤所有的有害物质，不管是通过吃喝（包括药物）、吸气、甚至外敷在皮肤上；抵抗感染和过滤掉在血液中的有害细菌；管理我们的荷尔蒙和血糖；从我们的饮食所得的营养素中储存能量；和制造人体需要的血液蛋白质、胆汁和几种酶素。总之，不健康的肝脏相等于不健康的身体。

肝脏气行不畅的症状

肝脏健康状况不佳的常见症状包括：头痛、容易疲劳、荷尔蒙失调、便秘、消化不良、腹部隆起（啤酒肚）、黑眼圈、肝斑、舌苔、口臭、狐臭、发酸疼痛、皮肤问题、对多种食品和化学物质敏感以及过敏症。这些症状可能是肝脏受阻的征兆，这迹象或许未能在肝酶试验中被检测到。

肝脏疾病

严重的肝脏疾病会导致肝功能削弱，最常见的导因是感染（如肝炎病毒）、酒精、药物（消遣性或医疗作用）、长时间的压力、饮食不当或由于食物和环境中的化学药品而导致毒物累积。常见的肝脏疾病包括脂肪肝、肝炎和因为胆囊结石导致胆汁分泌衰竭。

保护与促进肝脏健康

健康肝脏对于整体的健康是非常重要的，且不容忽视。

新生命肝脏宝含有五种历来传统上用于治疗肝脏的天然草药：奶蓿籽萃取物（含80%水飞蓟素）、蒲公英（根）、朝鲜蓟（叶子）萃取物、牛蒡根、芹菜籽萃取物。

肝脏宝是一个独特的配方，专为协助清理、重建和保护肝脏：

- 重建肝细胞并去除毒素。
- 提供强大的抗氧化和抗炎作用。
- 改善因为药物、过量酒精以及环境污染所引发的肝脏功能受损。
- 刺激肝脏增加胆汁流量，从而带走废物和消化过程中分解的脂肪。

它以胶囊形式制成并适合素食者。它不含任何人工合成品、无动物成分、是全天然和不含化学品。

Take a step, make a change, and start on the 6 Essentials for a healthier life today!

Turn to page 2 to check out the 6 Essentials promotion for the months of September & October!

六大要素，若每日服用可减低毒血症和营养不良的风险。六大要素并可促进排毒、滋养和维护作用。

踏出一步，做出改变，今天就服用六大要素，开始健康的生活吧！

翻读第二页以了解更多有关九月份和十月份的六大要素促销！

AVOCADO 鳄梨 POPSICLES 冰棒

Ingredients 材料:

- 3/4 cup water
杯的水
- 6 tablespoons NewLife™ Pure Raw Honey
汤匙新生命纯天然蜂蜜
- 2 cups peeled and chopped avocado
杯去皮及切碎的鳄梨
- 1 tablespoon low fat yoghurt
汤匙低脂酸乳酪
- 1/2 teaspoon grated lime rind
茶匙磨碎的酸柑皮
- 2 tablespoons lime juice
汤匙酸柑汁

Method 做法:

1. Combine water and Pure Raw Honey in a bowl. Stir well.
将水和纯天然蜂蜜倒入碗里，将之搅拌均匀。
2. Add all other ingredients to the mixture.
把所有其他材料加入混合。
3. Use the mincing mode of the Alpha Juicer to puree and mix all ingredients.
使用奥发绿汁机的切碎模式把所有的材料混合搅成泥状。
4. Divide mixture evenly into the popsicle molds.
将混合物均匀划分，然后倒入冰棒模子里。
5. Freeze for at least 4 hours or until thoroughly frozen.
将之冷冻至少4小时或直至其完全冻结。



冷冻黄瓜汤 COLD CUCUMBER SOUP

Ingredients 材料:

- 3 peeled and chopped English cucumbers (also called seedless cucumbers)
根去皮及切碎的无籽黄瓜
- 2 capsules NewLife™ Garlic & Parsley Oil
粒新生命蒜与欧芹油
- 2 minced green onions
根刹碎的洋葱
- 1/4 cup chopped fresh mint leaves
杯切碎的新鲜薄荷叶
- 1 Juice of lemon
粒柠檬的汁
- 1/2 cup water
杯水
- 1/2 cup low fat yoghurt
杯低脂酸乳酪
- 1/2 teaspoon black pepper
茶匙黑胡椒粉

Method 做法:

1. Combine the cucumbers, green onions, and mint leaves in a bowl.
把黄瓜、洋葱和薄荷叶倒入碗里备用。
2. Use the mincing mode of the Alpha Juicer to puree the above ingredients.
使用奥发绿汁机的切碎模式将上述的材料搅成泥状。
3. Squeeze out the NewLife™ Garlic & Parsley Oil from capsules and add to mixture.
挤出新生命蒜与欧芹油胶囊中的精华加入混合物中。
4. Add the lemon juice, water, yoghurt, and pepper.
再加入柠檬汁、水、酸乳酪和黑胡椒粉。



5. Mix all ingredients evenly.
把所有的材料搅拌均匀。
6. Chill in the refrigerator for about 3 hours or until cold before serving.
将其放置在冰箱内冷冻约3小时或直至其冷冻，即可享用。

Our Heartiest Congratulations to all Achievers

我们衷心祝贺全部达致目标者

JUNE 2014 - JULY 2014
2014年6月至2014年7月



SILVER MANAGER

INVIGORATING LIFE ENTERPRISE

LING POH LENG

CHOW KWEE LEIN

MANAGERS

JARROW DANIE MARCUS	WONDERWAY MARKETING	EVACO LIFESTYLE PTE LTD
TAN CHING HONG	TEO CHAE JOO	TONG AH MOY ALICIA
TANG KIU HUA	CHING HAN CHEONG	COMMUNITY WELLNESS (S) PTE LTD
YONG AI HOON (HELEN)	TOO FOONG YING (HELEN)	HARTINI BINTI SAIRIN
MAK KHUAN YING (CONNIE)	MICHAEL CHONG TZE-AUN	CHUA GEOK TIN
CARRINGTON ENTERPRISE	CHIA SUIT LING	ACQUOLINA ENTERPRISE
YOW TENG TENG	MABEL TEO SIOK GEK	LING LAY KHIM (SARAH)
H.L. ENTERPRISE	CHONG WEE HOON (VIVIEN)	EMILY THERESA FERDINANDS
V BASIC CARE ENTERPRISE	CHING HUI YING (SHEREEN)	LEE LAY CHENG
CHONG AH HAI (MARK)	TING LING LING (JANE)	LIM MEE ING
CHOONG POH LIAN (PATRICIA)	SHIU YEW CHOONG (FREDDY)	CHOW HUI YAN
LEE SUNG YAP	TAN THEAM CHAI (STEVEN)	SAW EWE KIM
SIN CHENG YAM (EUNICE)	TAN MING KHUN	MELISSA WONG
AW KEN KEN	ENRICHED LIFE	SIM BEE HONG
CHANTEL CHIA YEE CHONG	JSL INTERNATIONAL PTE LTD	LIM WAI YING
LOW YOK YIN (SUSAN)	TANG GEOK SENG (CAROLINE)	QUEK MIAW CHENG SUSIE

21% ACHIEVERS

PLUS ULTRA MARKETING	JUNE & JULY 2014	TJAM HELEN	JUNE 2014
LING CHOON YIAN (REBECCA)	JUNE & JULY 2014	FENNY NATALIA TJAM	JUNE 2014
IRENE CHONG CHUAY PENG	JUNE & JULY 2014	TAN LEE KENG (LILY)	JULY 2014

18% ACHIEVERS

MAELODEE CHONG TZE-YUIN	JUNE & JULY 2014	LIM SIEW CHOO	JUNE 2014
CHAN SOO TECK PETER	JUNE & JULY 2014	LAM HUI SHIAN	JUNE 2014
TAN LEE KENG (LILY)	JUNE 2014	JIMMY PNG KONG HUI	JUNE 2014
TAN CHO HON (IRIS)	JUNE 2014	LEONG KEE LIN (JACQUELINE)	JUNE 2014
SYARIKAT ADIL	JUNE 2014	HENG LEE HIANG	JUNE 2014
DANIEL LIM KIM MUN	JUNE 2014	FENNY NATALIA TJAM	JULY 2014

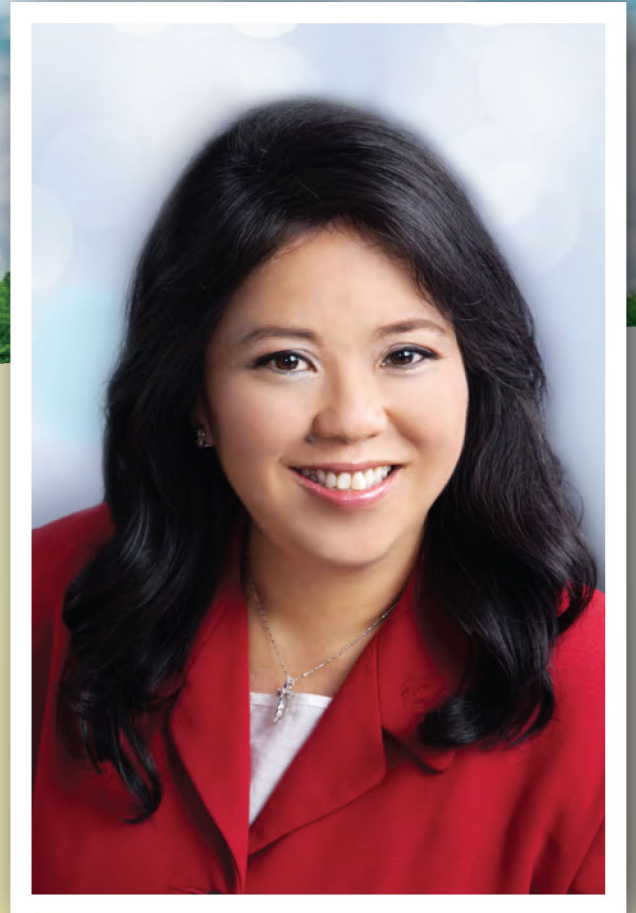
15% ACHIEVERS

SO SUE YI REGINA	JUNE & JULY 2014	YEONG SOW KHAM (ALICE)	JULY 2014
WONG MUI CHOO (KELLY)	JUNE & JULY 2014	CATHERINE LIM CHAYR @ LING HUI	JULY 2014
TEE LEE MENG	JUNE 2014	BRIDGET SHIU FEI KIT	JULY 2014
SYARIKAT ADIL	JUNE 2014	YAP CHAN MEI (MAY)	JULY 2014
LIM LEE BOON (KAREN)	JUNE 2014	WONG KING UNG	JULY 2014
PHOON LAI HAR	JUNE 2014	CHONG KIM MOI	JULY 2014
GHO KIM LUAN (SALLY)	JUNE 2014	POK THAM KIM	JULY 2014
YEE YOON MEE	JUNE 2014	HENG LEE HIANG	JULY 2014
HAM OI YUN @ HAN OI YUN	JUNE 2014		

一个成功故事 A SUCCESS STORY

3Ps : Passion, Practicality & Parenthood

热诚、实践与亲子关系



Susie Moi-Quek, Singapore

梅郭妙贞, 新加坡

As a full time mother of four and housewife, I have never thought or planned to become a Manager in my journey with NewLife™. My first encounter with NewLife™ was just to find a way to manage my health issues and also for the improvement of my family's health. It is truly God's blessing, when my NewLife™ business flourished as it came from a pure heart of sharing and helping people around me to discover the beautiful journey of enjoying better health.

Having experienced the healing benefits as well as the healing reactions over the four years walk with NewLife™, I am indeed delighted to see a marked improvement in my health. It became obvious to me that without health knowledge, many may potentially be faced with challenging health issues in the future. It is increasingly common to see supposedly fit individuals afflicted with chronic and degenerative diseases. With this, I decided to attend various health talks and trainings to have a better understanding on the health programme I was undergoing with NewLife™. Over time, the wealth of knowledge and experience acquired, and with my husband, Max's support, my journey with NewLife™ evolved from a family health improvement focus to a passion and commitment to share such benefits with more people.

Despite my inadequacy in understanding the essence of the NewLife™ business, amazingly and miraculously, my business doubled each year. What makes it so wonderful was that the business growth was never planned for. As a full-time homemaker, what I desired was primarily to enjoy better health for myself and my family, while sharing the goodness with people around me. Unknowingly, I was actually engaged in the wonderful mechanism and system of Network Marketing – business growth achieved for yourself but never by yourself. This is like what some leaders in our great industry would call, "the beauty of Network Marketing". Now I

身作为一名全职主妇，同时也是四个孩子的妈，我从来没想过有一天会成为新生命的经理。我和新生命的缘分始于我当时想改善自己与家人的健康。真的感谢上帝的庇佑，我的新生命事业蒸蒸日上，皆因秉持着分享的心，希望能够帮助身边的人享受更健康和生活美丽的生活。

这四年间，与新生命一起走过这段身心的疗愈之路，我很开心看见健康上得到显著的改善。很明显的，其实很多缺乏健康知识的人都有潜在的健康问题。许多人外表看上去很健康，却患上慢性疾病及退行性疾病，这种情况越来越普遍。有鉴于此，我决定参加各种健康讲座和培训，以便更了解新生命的健康疗程。渐渐地，我从中获取了丰富的健康知识，也累积了很多经验，加上我丈夫国强的支持，我在新生命的参与层次，也从改善家人健康，提升到全心投入与他人分享这些健康之道的热诚与专注。

虽然我对于新生命的业务还有很多不了解的地方，可是很惊讶的，我的生意奇迹般每年都增长一倍！因为我没很好的规划，所以从没想过业务可以这么持续增长！作为一个全职的家庭主妇，我最主要的目的是让自己和家人更健康，同时也和其他人分享。不知不觉，我却因为新生命完善及有系统的传销



Susie and her family
妙贞与家人



truly understand that in this business, we need not have to know everything, but the basic ingredients for success are Passion and Action to pave the progress and stability in business growth.

With my NewLife™ business growing, it calls for leadership. Having been a full-time homemaker for over 10 years, I had no clue of where to start, what to do or how to manage the demands of the business. I am grateful for the team of great leaders and mentors whom God has given me, a dynamic team of business partners to learn and grow together, as well as the community of like-minded friends who believe in and desire for better health through natural ways – the NewLife™ way. I will never forget what my mentors always reminded me – “managing and grooming your downlines is very much like parenthood”. It takes more of our heart in loving, caring, and inculcating the right values.

My aspirations with NewLife™ are to bring the message of natural health and my business network to go beyond and further than what I personally can or imagine. I see this business as a great platform and tool to create a lasting legacy for my children and my children's children. What drives me and motivates me each day in sharing the goodness of NewLife™ products and building the NewLife™ business is the joy of seeing how people's lives can be improved and transformed for the better beyond their expectations and imaginations in their health and wealth. I would like my children to enjoy the journey of seeing people's lives touched in a special and tangible manner as they reach out each

网络下，同时拥有了属于自己的事业。这就是一些此行业领袖呼吁的【网络营销之美】。现在我才真正明白，在这个传销行业我不并需要什么都懂。但最基本的，我必须具备热诚和行动，才能让业务持续和稳健地发展。

随着我新生命的事业不断增长，很自然地我必须做出带领工作。但当了十年的全职家庭主妇，我毫无头绪，不懂从何开始、怎么做、或如何管理业务里的需求。我要感谢上帝为我安排了好领袖、好导师、一组很棒与我共同成长和学习的团队，以及一群志同道合，相信和希望通过自然的方式得到健康——新生命的朋友。





Susie with her fellow NewLife™ Teammates
 妙贞与她一群志同道合的新生命合作伙伴



day with the message of love and care for people's health and wellness. It is my desire and prayer that each of my children and all of my downlines enjoy good health and prosper in business, as their souls prosper.

It takes a spark to set the woods burning and I would like to take this opportunity to thank my upline, Irene Chong who started the spark by introducing NewLife™ to me, and Lydia, my mentor in the NewLife™ business, who has selflessly coached and encouraged me, allowing the fire to grow bigger and stronger. My gratitude to the NewLife™ teammates whom we have worked with, encouraging each other and sharing the great joys in our NewLife™ journey. I would like to thank NewLife™ for the Company's conviction and commitment to providing us only the best in their products and programmes. Lastly, I am most appreciative to my family for the relentless and priceless support they have rendered to me.

As my team and I continue to propel our NewLife™ business, we hope to inspire more people and share the joy in making life healthier, better and living it to the fullest.

我不会忘记导师经常提醒我：「管理和照顾下线其实犹如亲子关系。需要我们衷心地付出爱、关怀，并灌输正确的价值观。」

我在新生命的抱负是，希望继续传达天然健康的讯息以及扩展我的生意网络，走向超越我所能想象的！我看见这门生意是一个很棒的平台，能创建一个持久的遗产给我的孩子及下一代。是什么驱使我每天都在分享新生命产品的好处，以及建立新生命的事业？那就是看到身边的人生活得到改善，不管是健康上或经济上都超越了他们所期盼的。我希望我的孩子能天天为他人的健康给予关爱、做出耕耘、帮助与感动更多生命。这是我想所愿，希望我的每一个孩子以及下线，都能身体健康、事业成功与心灵丰盛。

我也希望借此机会感谢我的上线——张翠萍，没有她的介绍我不会认识新生命。还有林宝玲，我在新生命的导师，一直无私地鼓励及教导我，让我对新生命的热忱越烧越旺。我也感激那些互相合作过、互相鼓励及分享的新生命团员。我也要谢谢新生命公司的信念和承诺，提供我们最好的产品及保健疗程。最后，我也要感谢我的家人，一直给予我无限的支持，他们的支持是无价的！

我和我的团队将会继续推动新生命的业务，我们希望能激励更多人，以及分享让生命更健康、更美好的喜悦！

Here's How I Said GOODBYE to Blemished Skin! 我跟痘痘肌肤说再见啦!

Nathaniel Moi, Singapore
梅世豪, 新加坡

Prior to using Annemarie Börlind, I would probably have been a good candidate for the poster boy for pimples, acne, blemishes and blackheads, because that was how bad my face condition was.

I have tried various methods and means to improve my facial condition such as using different brands of cleansers, facial masks, scrubs – just name it, I have tried it. Although my skin condition would improve a little and just as I thought it would be getting better, it got bad again.

At that period of time, I was seriously contemplating to consult a skin specialist at Singapore National Skin Center. At the same time, my mom had signed me up for the Annemarie Börlind skincare workshop held at NewLife™ Petaling Jaya. It was a two-day workshop conducted by Ms. Patricia Mass, a Certified Aesthetician and International Trainer of Annemarie Börlind, educating about natural and sustainable skincare. During the workshop, their philosophy of “we do not put on our face what we cannot eat” struck me hard because skin is our largest organ and it acts as a carrier into our body. Right after the workshop, my mom bought me the right cleanser, toner, moisturizer, and mask according to the needs of my skin. I started with the complete Purifying Care series and progressed to Combination Care series.

Today, it has almost been 2 years since I began this journey, not only has my skin improved tremendously but I have also learned about the importance of skincare and the correct regime.

Thank you NewLife™ for introducing Annemarie Börlind!

在还没使用安玛莉柏林护肤品之前，我应该就是大家在海报上看见的痘痘男孩的最佳代言人。我的脸长满痘痘、粉刺、暗疮和黑头，可见我的皮肤有多么地糟糕。

我尝试过各种方法和护肤品来解决肌肤问题，例如使用不同品牌的洗脸霜、面膜、磨砂膏等，只要您说的出来的，我几乎都试过。虽然使用后，我的肌肤问题会改善一点点，但每当我以为这次肌肤可以好转时，情况却又再急转直下。

在那期间，我甚至有考虑到新加坡国家皮肤中心的皮肤专科咨询。就在那段时间，我妈妈为我报名参加在八打灵再也新生命所举办的安玛莉柏林护肤品工作坊。那为期两天的工作坊由帕特里夏小姐指导，她是一名执业美容师，也是安玛莉柏林的国际培训师，主要讲解天然和可持续发展的护肤品。在工作坊中，他们秉持的理念是“我们不会把不能放进嘴里的东西涂在脸上”。这个道理深深震撼了我，因为我们的皮肤是一个能把外在物质带进体内最大的器官。在工作坊结束后，妈妈为我买了一套适合我肤质的洗脸霜、收缩水、润肤霜及面膜。我一开始是使用净化系列；随后转用混合性肌肤系列。

时至今日，我使用安玛莉柏林护肤品已经接近两年，我的肌肤不仅有很大的改善，同时我也学习到如何照顾肌肤的重要性。

谢谢新生命引进安玛莉柏林护肤品!



Before...in 2011
之前 (2011年)



After... in 2013
之后 (2013年)



Annemarie Lindner (founder of Annemarie Börlind), Vanessa Lindner (3rd left, granddaughter of Annemarie Lindner) and the Moi siblings (from L to R: Danielle, Abigail, Nathaniel and Gabrielle) at the 2013 Singapore NewLife™ Convention.

安玛莉柏林琳娜 (安玛莉柏林公司创办人)、薇妮莎琳娜 (左3, 安玛莉柏林琳娜的孙女) 以及梅氏兄弟姐妹团 (从左至右: 嫣婷、嫣凌、世豪及嫣珊) 于新加坡新生命2013年度大会。

Purchase any Facial Mask now and enjoy the 2nd bottle OR one bottle of Exfoliating Peel at a very special price! Absolutely your choice.

DISCOUNT UP TO 28%!

WHY SHOULD YOU USE MASKS?

Skin that is dull and lack radiance is caused by poor skin rejuvenation, whereby the dead skin cells are not shedding quick enough and new skin cells are slow to regenerate. Change of climate, diet, illness, or stress, can all lead to the need for special skin care and additional attention, regardless of age or skin type.

With ANNEMARIE BÖRLIND facial masks, you can enjoy the smoothness of valuable cold-pressed botanical oils, as well as precious herbal and botanical extracts from controlled organic sources, all of which offer you gentle yet intensive protection for your skin's needs.



ANTI STRESS MASK

Special Care For Stressed Skin. Suitable For All Skin Types.
舒缓抗压面膜 - 针对压力型肌肤; 适合所有肤质使用。

RM125.00 (WM/西马) / RM131.00 (EM/东马) BV125/PV62.50
 S\$64.20 (SG/新加坡) BV60/PV45

2nd bottle at 第二瓶特价

RM90.00 (WM/西马) / RM94.00 (EM/东马) BV60/PV30
S\$46.00 (SG/新加坡) BV35/PV26.25



AQUANATURE HYALURONATE MOISTURIZING MASK

For All Skin Types.
焕颜保湿滋润面膜 - 适合所有肤质使用。

RM154.90 (WM/西马) / RM158.20 (EM/东马) BV125/PV62.50
 S\$75.65 (SG/新加坡) BV57.50/PV43.10

2nd bottle at 第二瓶特价

RM124.00 (WM/西马) / RM126.00 (EM/东马) BV105/PV52.50
S\$60.50 (SG/新加坡) BV51/PV38.25



现在凡购买任何面膜就能以特价购买第二瓶或购买一瓶去角质磨砂膏! 别错过! 折扣高达28%!

您需要使用面膜吗?

皮肤更新再生力不良, 肤色就会黯淡无光, 即死皮细胞脱落得不够快, 而新的皮肤细胞又更新缓慢。气候变化、饮食、疾病或压力种种因素都会促成肌肤需要特别护理和额外的呵护, 不论年龄或肤质。

所有安玛莉柏林的面膜, 只采用通过控制有机源供应的天然成分, 如冷压植物精华油、珍贵的草药及植物萃取物, 为您的肌肤提供最温和、细致的呵护。

What It Does For Your Skin:

- Valuable carrot proteins firm skin tissue, while visibly reducing wrinkles and fine lines.
- Signs of fatigue and stress disappear with cooling, stimulating, and revitalizing menthyl lactate, a compound of menthol and lactic acid (from sour milk which is odorless).
- Gives skin a long-lasting feeling of freshness and a glow of vitality and energy.
- It also contains ginkgo, an effective free radical trapper.
- Use as required — when tired or when wrinkles become more noticeable and contours less well-defined, stressed skin needs special care.
- Use also as a preventive treatment.

功效:

- 珍贵的胡萝卜蛋白质能紧肤, 显著改善皱纹和细纹。
- 冰凉、提神、活肤的乳酸薄荷酯, 一种薄荷醇与乳酸的化合物(从无臭酸奶中提取), 有效舒缓面部疲劳和压力的迹象。
- 赋予肌肤持久清新、亮丽和焕彩。
- 含有银杏可以有效地对抗自由基。
- 何时使用? 当疲累、或皱纹明显出现、或轮廓不分明时, 这表示肌肤已经有了压力, 需要特别护理。
- 也可当做预防皱纹出现的护肤作用。

What It Does For Your Skin:

- Offers radiant complexion and freshness.
- Valuable hyaluronic acid and marine plant extracts help skin to look smooth and firm, naturally.
- Phyto cells from papyrus promote the skin's power of regeneration. It gives the skin a long-lasting feeling of freshness, which radiates energy and vitality.

功效:

- 让肌肤光鲜亮丽。
- 珍贵的透明质酸及海洋植物精华, 能帮助肌肤天然恢复光滑和紧致。
- 莎草的植物细胞能促进皮肤再生能力, 让肌肤持久亮丽、散发光泽和活力。



LL REGENERATION MOISTURIZING CREAM MASK

For Dry & Mature Skin In Need Of Regeneration.

LL再生紧肤滋润面膜 - 适合需要密集修复; 干燥缺水、成熟型肌肤。

RM155.00 (WM/西马) / RM163.00 (EM/东马) BV155/PV77.50

S\$79.20 (SG/新加坡) BV74/PV55.50

2nd bottle at 第二瓶特价

RM124.00 (WM/西马) / RM130.40 (EM/东马) BV105.4/PV52.70

S\$63.40 (SG/新加坡) BV54/PV40.50



PURIFYING CARE CLEANSING MASK

Special Care For Blemished Skin.

净化洁面面膜 - 适合易长痘痘的肌肤使用。

RM91.00 (WM/西马) / RM95.50 (EM/东马) BV91/PV45.50

S\$46.55 (SG/新加坡) BV43.50/PV32.65

2nd bottle at 第二瓶特价

RM72.80 (WM/西马) / RM76.40 (EM/东马) BV60/PV30

S\$37.30 (SG/新加坡) BV30/PV22.50

What It Does For Your Skin:

- Moisturizing oil-in-water emulsion with a highly valuable unique combination of botanicals known as the Bio-Complex.
- Clinically proven to accelerate the cell-renewal process, it gives thirsty skin "an extra portion of moisture".
- Caring, natural active ingredients reduce the noticeable signs of aging, restore dry, poorly moisturized skin to normal radiant skin, and give stressed skin an instant feeling of youthful freshness and vitality.
- Ideal for use after the sauna, solarium, before an evening out or after a night of too little sleep.

功效:

- 水乳状液面膜, 含有珍贵和独特的草本治疗药物 - 生物复合精华组合。
- 临床实验证明它能加速细胞修复更新能力, 能给予“干渴”的肌肤充分的保湿和滋养。
- 天然活性成分可以减少皮肤老化的迹象; 深层滋润干燥缺水的肌肤, 让它恢复润泽、光彩; 有助舒缓紧绷、疲劳的肌肤。
- 在桑拿浴室、日光室、傍晚出门前、或因睡眠不足面部疲劳时都可使用。

What It Does For Your Skin:

- Possesses excellent deep cleansing properties and removes excess oil from the skin.
- The balanced composition of natural extracts ensures its calming, soothing, and antibacterial effects.
- Counteracts irritation and blemishes. Discourages the appearance of new blemishes.
- Skin appears clearer, fresher, and matte. The result: An improved sense of well-being and confidence with a clear complexion.

功效:

- 深层洁净肌肤, 能清除脸上多余的油脂。
- 均匀的天然萃取物组合, 给肌肤有镇静、舒缓和抗菌的功效。
- 有助安抚敏感、有瑕疵的皮肤。此外, 亦可显著减少新瑕疵的产生。
- 赋予您干净、光滑、清新的面容, 让您出门时也能自信满满抬起头。

OR purchase any facial mask and enjoy one bottle of Exfoliating Peel at more than 20% discount!

或购买任何一瓶面膜, 即可以超过20%折扣购买一瓶去角质磨砂膏!



EXFOLIATING PEEL

去角质磨砂膏

RM126.00 (WM/西马) / RM132.50 (EM/东马) BV126/PV63

S\$64.20 (SG/新加坡) BV60/PV45

NOW ONLY / 现在只需

RM99.00 (WM/西马) / RM104.00 (EM/东马) BV80/PV40

S\$50.00 (SG/新加坡) BV40/PV30

Special care for the deep cleansing of the skin:

- Quick and easy to use.
- Provides gentle exfoliation and deep cleansing in one product.
- Herbal extracts, botanical oils, and jojoba wax beads help remove dead skin cells, support cell renewal naturally, and stimulate circulation.

专为深层洁净肌肤而设:

- 快捷及容易使用。
- 提供温和去除角质层及同时深层洁净肌肤两种功效。
- 草药萃取物、植物精油和荷荷巴蜡珠能帮助去除角质层上的死皮细胞、支持细胞再生及促进循环。

Terms & Conditions

1. Promotion period: 1 September – 31 October 2014.
2. For IBOs and Smart Savers only.
3. Offer while stocks last.
4. Not valid with any other concurrent promotion, Autoship, campaigns, privileges, gift vouchers, or discount vouchers.
5. NewLife™ reserves the rights to amend or change the terms & conditions without prior notice.
6. Other terms & conditions apply.

条款与细则:

1. 促销日期: 2014年9月1日至2014年10月31日。
2. 只限独立传销商与节省精明会员。
3. 促销至存货卖完为止。
4. 不可与其他促销、自动运送服务、活动、优惠、礼券和折扣券一起使用。
5. 新生命保留修订条例、更改条款及规则的权利, 恕不另行通知。
6. 附带其他条款。

* inclusive of 7% GST 包括7%销售税



Mothers and children learning the fun facts of good nutrition.
妈妈和孩子一起学习好营养的小知识。



Sharing quick and easy nutritious recipes.
分享快捷又简单的营养食谱。



Welcoming the children and giving them the event highlights of the day.
在欢迎会上向孩子们讲解当天活动亮点。

Super Immunity Children's Holiday Special

超级免疫力儿童的假日特备节目

19 June 2014

The June school holiday workshop was packed with hours of fun-filled activities for both mothers and children. Organized and hosted by Singapore's NewLife™ leaders, the workshop aimed to share and inspire families to live a healthier lifestyle. While the children were engaged with activities for their mind and body, mothers had the opportunity to learn about good nutrition.

2014年6月19日

在6月的学校假期，这个工作坊里挤满了多位妈妈和小孩，一起参加充满乐趣的活动。这项活动是由新加坡新生命的领袖们主办，目的是要分享和激励每个家庭都能拥有健康的生活方式。孩子们通过活动增进体能和心智，妈妈们也有机会了解更多有关营养的知识。



Lovely smiles from 3 generations.
三代同堂的漂亮笑颜。



The children are having so much fun exercising on the Rebounder.
孩子们玩弹跳床玩得不亦乐乎。





President, Datuk CK Tan, delivering his welcome speech.
新生命总裁拿督陈清吉致欢迎词。



Members and staff in attendance.
会员和员工皆出席。

LIVERIN LAUNCHING 肝脏宝推介礼

28 June 2014

It was an exciting day for NewLife™ Petaling Jaya as we officially launched our latest product – Liverin.

We were honoured to have the presence of our Founder, Datin Dr. Lynn Tan, and President, Datuk CK Tan during this event. Our Marketing Director, Mr. Samuel Tan presented a talk on Liverin: covering product features, ingredients, and what makes Liverin such an amazing product. IBOs, guests, and friends gained valuable insight on the benefits that this product offers to their health, their family, and their business.

2014年6月28日

这是令人振奋的时刻！八打灵再也新生命分公司在这一天正式推介我们的最新产品 - 肝脏宝！

很荣幸地，我们邀请到新生命的创办人拿汀陈林希珠博士、以及总裁拿督陈清吉出席这个推介礼。我们的市场总监陈健德也为大家讲解了肝脏宝的功能、成分以及如何使用等等的资讯。在场的领袖们、嘉宾和朋友，都了解了更多有关肝脏宝如何为他们的业务及家人的健康带来好处。



Celebrating the launch of Liverin with cake cutting and confetti!
欢庆肝脏宝的推出一集切蛋糕仪式！



Marketing Director, Samuel Tan, sharing about liver health and Liverin.
新生命市场总监陈健德分享肝脏的健康及肝脏宝的资讯。



Experience wellness! 体验健康!
Expand your business! 拓展业务!
Enjoy extraordinary health! 享受非凡人生!

Try Liverin today!
今天就尝试肝脏宝吧!

SEPTEMBER 2014 | 2014年9月

TUE MON

01
Malaysia National Day Replacement Holiday
(All Malaysia offices closed)

08

15

22

29

TUE

SG 新加坡 02
- 7.30pm - 9.30pm
Workshop : Börlind Skincare
护肤工坊: 安玛莉柏林 皮肤护理
by Lydia Ling (Silver Mgr) & Karen Lim

SG 新加坡 09
- 7.30pm - 9.30pm
Workshop : Börlind Skincare
护肤工坊: 安玛莉柏林 皮肤护理
by Alicia Tong (Manager)

SG 新加坡 16
- 7.30pm - 9.30pm
Workshop : Börlind Skincare
护肤工坊: 安玛莉柏林 皮肤护理
by Aaron Ho (Country Manager)

SG 新加坡 23
- 7.30pm - 9.30pm
Workshop : Börlind Skincare
护肤工坊: 安玛莉柏林 皮肤护理
by Ayati (BD)

SG 新加坡 30
- 7.30pm - 9.30pm
Workshop : Börlind Skincare
护肤工坊: 安玛莉柏林 皮肤护理
by Susie Moi (Manager) & Jovin Heng

Malaysia Day
(All Malaysia offices closed)

THU WED

03

10

17

24

31

THU

SG 新加坡 04
- 7.30pm - 9.30pm
Liverin (Chinese)
肝脏宝 (中文)
by Jovin Heng

SG 新加坡 11
- 7.30pm - 9.30pm
Mid Autumn Festival Karaoke
中秋节卡拉OK

SG 新加坡 18
- 7.30pm - 9.30pm
Natural Health & Product Training : Eliminate Or Be Exterminated (Part 1)
天然保健及产品培训: 消除或灭绝 (第一部)

SG 新加坡 25
- 7.30pm - 9.30pm
Natural Health & Product Training : Eliminate Or Be Exterminated (Part 2)
天然保健及产品培训: 消除或灭绝 (第二部)

FRI

05

12

19

26

SAT

SG 新加坡 06
- 2.00pm - 3.30pm
The Unknown Poisons At Home
隐藏在家里的不知名毒物
by Susie Moi (Manager) & Jovin Heng

SG 新加坡 13
- 2.00pm - 3.30pm
Anti-Ageing
抗衰老
by Lydia Ling (Silver Mgr) & Laura Loh

SG 新加坡 20
- 2.00pm - 3.30pm
Liverin
肝脏宝
By Sim Bee Hong (Manager)

SG 新加坡 27
- 2.00pm - 3.30pm
Detoxification & Rejuvenation Programme
排毒与恢复活力程序
by Jeffrey Lim (Manager)

PJ 八打零再也
- 2.00pm - 4.30pm
Enhance Your Life with a Healthy Colon
健康肠道让您提高生活质量
by Stanley Chong

PJ 八打零再也
- 2.00pm - 4.30pm
21st Century Diseases – You Don't Have To Be A Victim
二十一世纪疾病 – 您并不需要成为受害者之一
by Stanley Chong

PJ 八打零再也
- 2.00pm - 4.30pm
Detoxification & Rejuvenation Programme
排毒与恢复活力程序
by Stanley Chong

PJ 八打零再也
- 2.00pm - 4.30pm
What's Next After Detox
排毒后的下一步
by Stanley Chong

KK 亚庇
- 2.00pm - 4.00pm
Liverin - Liver Protection & Support
肝脏宝 – 保护及促进肝脏健康
by Leon Tan

Sarawak Governor's Birthday
(Sarawak office closed)

KK 亚庇
- 2.00pm - 4.00pm
Workshop : Yoghurt Making
工作坊: 酸乳酪制作法

SUN

07

14

21

28

OCTOBER 2014 | 2014年10月

TUE MON

THU WED

SAT FRI

SUN

	Hari Raya Haji Replacement Holiday 06 (All offices closed)	13	20	27
	SG 新加坡 07 - 7.30pm - 9.30pm Workshop : Börlind Skincare 护肤工坊: 安玛莉柏林皮肤护理 By Alicia Tong (Manager)	SG 新加坡 14 - 7.30pm - 9.30pm Workshop : Börlind Skincare 护肤工坊: 安玛莉柏林皮肤护理 by Lydia Ling (Silver Mgr) & Karen Lim	SG 新加坡 21 - 7.30pm - 9.30pm Workshop : Börlind Skincare 护肤工坊: 安玛莉柏林皮肤护理 by Ayati (BD)	SG 新加坡 28 - 7.30pm - 9.30pm Workshop : Basic Skincare Techniques with Börlind 护肤工坊: 安玛莉柏林基本护肤技巧 by Susie Moi (Manager) & Jovin Heng
01	08	15	Deepavali 22 (All offices closed except Sarawak)	29
SG 新加坡 02 - 7.30pm - 9.30pm Natural Health & Product Training : Health Maintenance + Savings 天然保健及产品培训: 保持健康及节约	SG 新加坡 09 - 7.30pm - 9.30pm Natural Health & Product Training : The All Food Truth 天然保健及产品培训: 所有食品的隐藏真相	SG 新加坡 16 - 7.30pm - 9.30pm Natural Health & Product Training : Playing Hide & Seek With The Unknown Poisons At Home 天然保健及产品培训: 与不知名的毒物玩捉迷藏	SG 新加坡 23 - 7.30pm - 9.30pm Natural Health & Product Training : Liver Raided 天然保健及产品培训: 搜查肝脏	SG 新加坡 30 - 7.30pm - 9.30pm Natural Health & Product Training : Managing Healing Reactions 天然保健及产品培训: 克服愈合反应
03	10	17	24	31
SG 新加坡 04 - 2.00pm - 3.30pm Delicious Healthy Beverages 美味可口的健康饮料 by Lum Mei Leng & Deborah Lee PJ 八打零再也 - 2.00pm - 4.30pm Simple Detoxification - All Natural Regimen 全天然且简单的排毒程序 by Stanley Chong	SG 新加坡 11 - 2.00pm - 3.30pm Weight Loss Programme 减轻体重 by Lydia Ling (Silver Ling) & Laura Loh PJ 八打零再也 - 2.00pm - 4.30pm Bacteria - Kill vs Heal 细菌-消灭或修复 by Stanley Chong KK 亚庇 - 2.00pm - 4.00pm Juicing Brings Fun 榨果汁的乐趣 Kuching 古晋 - 2.00pm - 4.00pm 6 Essentials 六大要素 by Leon Tan	SG 新加坡 18 - 2.00pm - 3.30pm 6 Essentials 六大要素 by Susie Moi (Manager) & Jovin Heng PJ 八打零再也 - 11.00am - 12.30pm Basic Skincare Techniques with Börlind 安玛莉柏林基本护肤技巧 by Ivy Khoo (Beautician) - 2.00pm - 4.30pm Detoxification & Rejuvenation Programme 排毒与恢复活力程序 by Stanley Chong KK 亚庇 - 2.00pm - 4.00pm 6 Essentials 六大要素 by Leon Tan	SG 新加坡 25 - 2.00pm - 3.30pm Detoxification & Rejuvenation Programme 排毒与恢复活力程序 by Jeffrey Lim (Manager)	
Sabah Governor's Birthday (Sabah office closed)			Awal Muharram (All Malaysia offices closed)	
05	12	19	26	
Hari Raya Haji				



REDEMPTION

CARNIVAL 兑换嘉年华 即将到来!

★ 即将 **COMING SOON!** 来临 ★

**MORE THAN 100 SELECTED PRODUCTS TO
BE REDEEMED AT IRRESISTIBLE DEALS!**
超过100件特选产品等着您通过固本以低价换取!

Collect as many coupons as possible from
1 September to 5 December 2014.

Every RM BV ≥ 100 or S\$ BV ≥ 50
on a single receipt receives 3 Coupons.

Redemption period:

6 December (Sat) to 13 December 2014 (Sat)

Available at all NewLife™ branches.

What are these 100 over products?
More exciting details in next issue!

请在2014年9月1日至2014年12月5日期间
竭尽所能累积固本!

每张收据中的 RM BV ≥ 100 或 S\$ BV ≥ 50
就可换取3张固本。

兑换期限:

2014年12月6日(星期六)至

2014年12月13日(星期六)。

只在所有新生命办事处。

想要知道您的固本可以特价换取什么产品?
敬请留意下一期的生命线!

Terms & conditions apply. 需遵守条件与规则。