

Mini-Detox

迷你排毒



Have you been feeling stressed out and easily tired lately? Have you been falling sick more often than usual or are you starting to feel less energetic than you normally are? Maybe it is time to embark on **NewLife™'s Detoxification & Rejuvenation Programme (DRP)**. If you can't find the time or lack determination to commit to a full detox, a mini-detox would be your next answer!

What Is a Mini-Detox?

The symptoms mentioned above are just some of the signs your body may be undernourished and that your inbuilt detoxifying organs may not be working as effectively as they should be.

How can we be undernourished in this time and age? Ironically, despite abundant food supply, the "well fed, but undernourished" phenomenon is highly prevalent throughout the world. Several factors are responsible for this, including a high intake of processed foods that are high in calories but low in nutrients, and declining nutrient density in foods due to the diminishing levels of nutrients in our soil as the result of the industrialization of agriculture and farming. Thus, you may be eating "well", but may still lack some essential nutrients in your diet.

At the same time, we are constantly assaulted by toxins from both internal and external sources. Although our body has its own natural way of eliminating toxins through the liver, kidneys, digestive system, skin and lungs, these detoxifying organs can become sluggish over time when they are overworked. Over time, they may fail to effectively eliminate metabolic waste and toxins build up in our body.

Nutritional deficiencies and accumulation of toxins and metabolic wastes in our bodies are the two root causes of poor health and many chronic and degenerative diseases.

For those of us who live a very active lifestyle, we may at times neglect prioritizing our health. Weeks, months and years fly by and before we know it, we are struggling with health conditions that we never thought we would have!

Whilst there is no such thing as a one-day miracle fix for overindulging, doing a mini-detox regularly, every 3-4 months, is also a great way to hit the "reset" button for both the body and the mind. A mini-detox is a good option for those that are unable to commit to the full DRP.

NewLife™ Mini-Detox is designed to help you with clean eating, replenish your body with essential nutrients, and cleanse your body with detoxifying herbs and coffee enemas (optional).

During a mini-detox, it can also be a time to step away from social media or work to "detox" your mind and refocus on your long-term goals.

最近是否感到压力大，容易疲劳？是否比平时更常生病？或者开始感到比平时更缺乏活力？也许是时候开始进行**新生命的排毒与复健计划(DRP)**了。如果您觉得抽不出时间或缺乏决心来做DRP彻底排毒，迷你排毒将是您的下一个答案！

什么是迷你排毒？

以上提到的症状只是您的身体所释放的信号，提醒您可能有营养不良，或者是您的排毒器官可能没有发挥应有的作用有效工作。

在这个时代，我们怎么还会营养不良呢？这确实很讽刺。尽管食物供应充足，但营养不良的现象在世界各地非常普遍。造成这现象的原因有几个，包括大量摄入高热量但低营养的加工食品、农业实践工业化的负面影响、土壤中的营养物质水平下降，导致食物中的营养物质密度下降。因此，您可能吃得“很好”，但身体仍可能缺乏一些必要的营养物质。

与此同时，我们不断受到来自内部和外部的毒素的攻击。虽然我们的身体通过肝脏、肾脏、消化系统、皮肤和肺部有自己的自然排毒方式，但是如果这些排毒器官经常超负荷工作，过了一段时间之后它们可能会变得迟缓，无法有效地排除我们体内积累的代谢废物和毒素。

以上两个状况，营养不足和体内毒素及代谢废物的积累，是健康不良和许多慢性和退化性疾病的根源。

对于我们这些忙碌人而言，我们有时可能会忽视健康的重要性。几周、几个月、几年一眨眼过去了，在我们意识到之前，我们已经在与从未想过会有的疾病斗争！

如果长期放纵自己，就不能指望一天就奇迹般地修复。话虽如此，每3-4个月定期做一次迷你排毒，仍然是一个重新调节身心灵的好方法。对于那些不能完成全套DRP的人来说，迷你排毒是下一个明智的决定！

新生命迷你排毒程序旨在帮助您净化饮食，补充身体必要的营养，使用排毒药草和咖啡灌肠法来清除体内的毒素。

在迷你排毒期间，也可以考虑做精神排毒，暂时远离社交媒体平台或工作需求，重新调整计划长期目标。

How to do a Mini-Detox?

Here is a step-by-step guide!

STEP 1 – EAT CLEAN

We suggest the following clean eating during the mini-detox that will help your body to rest, repair and rejuvenate from the inside out.

Here are five tips to help set your diet and health back on the right track:

- Eat fresh, real and whole foods that provide maximal nutritional benefits. Your meals in a day should look like this:
 - ✓ Consume 60-70% fruit and vegetables at each meal.
 - ✓ Drink 3-4 glasses of cold-pressed, fresh fruit and vegetable juice.
 - ✓ Reduce meat intake and eat lean proteins such as wild-caught sea fish and free-range eggs.
 - ✓ Take healthy fats from nuts, seeds, extra virgin coconut oil and flax seed oil.
- Stay away from refined carbohydrates, such as breads, cereals, pasta, white rice, or any versions of them.
- Avoid all dairy except for homemade plain yoghurt.
- No packaged or processed foods (even the “healthy” versions).
- Keep well hydrated with distilled water.

You will be surprised by how amazing you will look and feel by doing the above for just a few days.

If you need some recipes of meals or snacks that you can enjoy during your mini-detox, make sure to check out our recipe book **Food That Feeds!** It also contains juices and smoothies recipes that you can enjoy every day, not just during your mini-detox.



如何进行迷你排毒？

以下一步一步教您如何进行！

步骤一：净化饮食

在迷你排毒期间，我们建议以下的清洁饮食，这将帮助您的身体由内而外彻底地休息、修复和再生。

这里有五个建议可帮助将您的饮食和健康重新回到正确的轨道上：

- 吃新鲜的，真正的和天然的食物，以提供身体最大的营养价值。一日三餐应该像这样：
 - ✓ 水果和蔬菜占每餐的60-70%。
 - ✓ 喝3-4杯冷榨新鲜蔬果汁。
 - ✓ 减少肉类，食用精益卵白质，如野生捕捞的海鱼和放养的鸡蛋。
 - ✓ 从坚果、种子、特级初榨椰子油和亚麻籽油中摄取健康脂肪。
- 远离精制碳水化合物，如面包，谷物，意大利面，白米，或任何它们的版本。
- 避免所有的乳制品，除了自制的原味酸乳酪。
- 不吃包装食品或加工食品（即使是“健康”版）。
- 喝蒸馏水，保持水分充足。

按照上述的建议只要做上几天，您就会发现自己不仅看起来更好，感觉也很棒。

在迷你排毒期间，如果想要一些美味可口的食物或小吃，一定要参考我们的食谱书《**吃出健康**》！这本书还分享了许多每天都能享用的果汁和冰沙食谱。





STEP 2 – REPLENISH YOUR BODY WITH 6 ESSENTIALS

NewLife™ Mini-Detox Pack is designed to fill nutritional gaps that cannot be met through our normal, daily diets. Each item helps to meet a certain nutritional need and support a variety of important functions within the body.

Herbal Klenz Powder

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

Immuflora®

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

K-Salt

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

Super Green Food ++

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

Omega Gold Flaxseed Oil

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

Liverin

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

步骤二： 用六大要素补充身体所需

新生命迷你排毒旨在填补我们日常饮食无法弥补的营养缺口。每一件产品都有助于填补一定的营养需求，支持身体的各种重要功能。

天然净化物

- 为身体提供膳食纤维和排毒草本植物，清洁因食用精制碳水化合物和食物而造成长时间形成在小肠和大肠内的沉积物。
- 预防便秘，促进健康排便。
- 清除消化系统中的重金属、寄生虫和毒素。
- 有助于稳定血糖和控制胆固醇水平。

免疫激菌植

- 补充有益菌，建立一个健康的胃肠道系统。
- 通过一项技术上的突破，这种有益菌可以在胃酸中存活，并完整地进入肠道。
- 含100亿长双歧杆菌和10亿嗜酸乳杆菌(益生菌)和200克低聚果糖(益生元)。
- 美味可口，老少皆宜。

新生命钾质

- 恢复因日常饮食中过量摄入盐(钠)而导致的电解质失衡。
- 是健康，植物来源的天然钾。
- 对高血压患者尤其重要。

特超绿食品

- 富含滋养细胞、组织和器官的植物营养素。
- 27种不同的超级蔬菜，超级食物和抗氧化剂的混合。
- 冷提取，以保持营养品质。
- 有助于填补由日常饮食所致的营养缺口。

奥美加黄金亚麻籽油

- 为身体提供必需的奥美加3脂肪酸。
- 有助于预防许多慢性疾病。
- 促进心血管健康。
- 减少体内炎症。
- 采用有机认证的黄金亚麻种子进行冷榨，以保持口感和营养品质。

肝脏宝

- 强有力的护肝草药配方—80%水飞蓟素，混合牛奶蓟提取物，蒲公英，朝鲜蓟提取物，牛蒡和芹菜提取物。
- 排毒、保护和促进肝脏和肾脏的健康。
- 具有强大的抗氧化和抗炎作用。

STEP 3 – ENHANCE DETOXIFICATION WITH COFFEE ENEMAS

Coffee enemas are used to cleanse the liver and the blood. It does so by doing three things:

1. The palmitic acid salts in coffee stimulate the product of Glutathione-S-Transferase (GST) in the liver by up to 700%. GST, found in almost every cell in the body, is an antioxidant that combats inflammation and is valued for its role in detoxifying the liver by binding to chemicals, toxins and heavy metals, making them water-soluble so that they can be passed out. It also acts as a "master antioxidant" that supports the function of other antioxidants in the body.
2. When caffeine is removed from the bloodstream by the liver, it dilates the bile duct, facilitating an increase in bile flow that helps to detoxify the liver.
3. The coffee solution promotes intestinal peristalsis and the transit of the toxic bile together with the toxins from the blood, from the duodenum, and out of the rectum.

In addition to detoxifying the liver and the blood, coffee enema also:

- Strengthens the immune system
- Improves liver health
- Combats free radical damage and reduces inflammation
- Provides relief from pain and other inflammatory symptoms
- Has anti-aging effects

Coffee enemas should not be used on their own and should be done together with NewLife™ health programmes or with other nutritional supplements, juices, etc.

STEP 4 – MANAGE YOUR STRESS & SLEEP

Aside from diet and nutrition, other factors such as stress and sleep also play crucial roles in our health and well-being. A mini-detox is a great opportunity to prioritize healthy stress management and make sure that we get at least 7-8 hours of sleep every night.

Stress management can come in the form of taking a few minutes every morning before you start your day to read, pray, meditate, or align your goals for the day. Setting aside time to exercise and to fully disconnect from work and social media may also help.

Setting a fixed bedtime is important for having good quality and sufficient sleep. This also means that we need to exercise self-control with things like watching TV or surfing the net before bed. You should avoid eating heavy meals within 1 hour of bedtime. If you happen to have a late dinner, what could help is taking half a teaspoon of **N.Zimes PA Plus™** after dinner to support digestion before bedtime.

If you are getting too hungry before sleep, what might help is having a small bowl of yoghurt with a tablespoon of **Omega Gold Flaxseed Oil**. This will keep your stomach from growling as you try to sleep. Yoghurt is very easy to digest and will not stress your digestive system while the rest of your body rests. Besides, yoghurt contains sleep-inducing properties such as tryptophan, serotonin, melatonin, magnesium and calcium.

We recommend taking 1-2 tablets of **C Complex (1000mg)**, 1-2 tablets of **B Complex**, and 1 tablet of **Niacin** before bed. They support the body's healing processes during sleep and help you wake up fresh in the morning.

If you have any healthy stress management tips or pre-bedtime routines, please share them with us by tagging us at @newlifetotalhealth on Instagram!

步骤三：用咖啡灌肠增强排毒作用

咖啡灌肠的目的是净化我们的肝脏和血液。它通过做三件事来达到这个目的：

1. 咖啡中的棕榈酸盐刺激肝脏中谷胱甘肽-S-转移酶(GST)的生产高达700%。GST几乎存在于人体内的每一个细胞中，是一种抗氧化剂，可以对抗炎症，它通过与化学物质、毒素和重金属结合，使它们溶于水，从而排出肝脏，在肝脏排毒中发挥重要作用。它也是一种主要的抗氧化剂，支持身体中其他抗氧化剂的功能。
2. 当咖啡因被肝脏从血液中移除时，它会扩张胆管，促进胆汁流量的增加，从而帮助肝脏解毒。
3. 咖啡溶液促进了肠道的蠕动和有毒胆汁以及来自血液、十二指肠和直肠的毒素的运输。

除肝血解毒外，咖啡灌肠也可：

- 增强免疫系统
- 改善肝脏的健康
- 减轻炎症和自由基的损害
- 缓解疼痛和其他炎症症状
- 具有抗老化效果

咖啡灌肠不能单独使用，应该与新生命的健康计划或营养补充品、和果汁等一起配合。



步骤四：管理压力和睡眠

除了饮食和营养之外，压力和睡眠等其他因素对我们的健康也起着重要作用。迷你排毒是一个很好的机会来优先考虑健康的压力管理，并确保我们每晚至少有7-8小时的睡眠。

压力管理可以通过每天早上开始一天的工作前花几分钟阅读、祈祷、冥想或调整一天的目标来实现。留出时间运动，完全脱离工作和社交媒体也会有帮助。

设定固定的睡觉时间对于获得高质量和充足的睡眠很重要。这也意味着我们需要在睡觉前通过看电视或上网来锻炼自我控制能力。还有，避免在睡前1小时内进食。如果碰巧晚饭吃得很晚，那么在晚饭后服用半茶匙的**新生命胰酶(植物)添加素**来帮助睡前消化。

如果在睡觉前太饿了，吃一小碗加了一汤匙**奥美加黄金亚麻籽油的酸乳酪**可能会有帮助。这样可以避免睡觉时肚子咕咕叫。酸乳酪很容易消化，在身体休息的时候不会给消化系统带来压力。此外，酸乳酪还含有促进睡眠的成分，如色氨酸、血清素、褪黑素、镁和钙。

此外，建议睡前服用**新生命维他命C综合丸(1000毫克)**1-2片，**维他命B综合丸**1-2片，**烟碱酸(维生素B3)**1片。在睡眠中它们支持身体的愈合过程，并帮助您在早晨醒来时精神焕发。

如果您有任何健康的压力管理技巧或睡前习惯，请在Instagram上加我们@newlifetotalhealth分享！

Juice Recipes for Your Mini-Detox!

迷你排毒蔬果汁配方!

NewLife™'s Favourite with a Twist

Serves 2

Juice:

- 2 carrots
- 1 green apple
- 1 cup pineapple (chunks)
- 1 tsp of fresh ginger juice

新生命最爱加小惊喜

2份

把所有配料榨成汁:

- 2根胡萝卜
- 1个青苹果
- 1杯凤梨(块)
- 1茶匙鲜姜汁



Green Magic

Serves 2

Juice:

- 2 bunches of kailan, kale or romaine lettuce
- 1 cup pineapple (chunks)
- 2 calamansi (squeezed)
- 1 stalk fresh lemongrass

神奇绿汁

2份

把所有配料榨成汁:

- 2束芥兰或羽衣甘蓝或长叶莴苣
- 1杯凤梨(块)
- 2粒酸柑(压榨)
- 1茎新鲜香茅



Why Fresh Juices?

Fresh fruit and vegetable juices provide the body with the most nutritious "fast food"! They are rich in vitamins, minerals, electrolytes, enzymes, antioxidants, fibre and many other essential nutrients. Juices are also a more convenient and easier way to consume raw vegetables and fruit throughout your day.

Juices should be extracted with a stonemill-like, cold-press method at low-speed in order to preserve their quality and nutrients! High speed, centrifugal or cutting juicers introduce too much air and heat into the juice, which increase oxidation and decrease the quality of the juice.

Enjoy the best quality, cold-press juices with **NewLife™'s Alpha Juicer!** This international award-winning, 3-stage single auger stone mill-like juicer operates quietly at 63-75 rotations per minute and is able to extract more nutrients out of fruits and vegetables, including wheatgrass! In addition to its superb juicing abilities, the **Alpha Juicer** is also a grinder, mincer, food mill, noodle maker and more, giving you more bang for your buck!

For more information on the **Alpha Juicer**, head over to www.newlife.my!

为什么要喝新鲜蔬果汁?

新鲜蔬果汁为身体提供了最有营养的快餐!它们富含维生素、矿物质、电解质、酶、抗氧化剂、纤维和许多其他必需营养素。蔬果汁也是一种更方便、更简单的方式,让您可以在一整天中食用生蔬菜和水果。

蔬果汁应该用像石磨一样的冷榨法低速提取,以保持其质量和营养!高速、离心或切断榨汁机引入太多的空气和热量到蔬果汁,这增加了氧化和降低蔬果汁的质量。

使用**新生命奥发绿汁机**,享受最好质量的冷榨蔬果汁!这款曾获国际奖项的三级单螺杆石磨榨汁机,以每分钟63-75转的速度安静运行,能够从水果和蔬菜(甚至是麦草)中提取更多的营养物质!除了其卓越的榨汁能力,**奥发绿汁机**也能够研磨、绞肉、做面条和更多,绝对让您物超所值!

想了解更多关于**奥发绿汁机**的信息,请登录www.newlife.my!

