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NOVEMBER & DECEMBER 2019

PP 12933/09/2013 (032866)

2019 YEAR END CARNIVAL SALES

2019年终嘉年华

Niacin

烟碱酸

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Digestive Health

找回消化系统健康

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Leadership Summit Qualifiers

高峰领袖会合格者

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CONGRATULATIONS TO ALL ACHIEVERS!

恭喜所有达致目标者!

We look forward to hosting you at the

2019 NEWLIFE™ LEADERSHIP SUMMIT

FUN IN PHUKET!

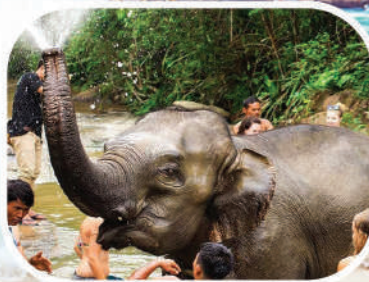
13-16 November 2019

全心期待您的参与

2019年度新生命领袖高峰会

魅力普吉岛!

2019年11月13至16日



HIGH ACHIEVERS BONUS

高成就者额外奖励

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LISA SOFIAR

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EMILY THERESA FERDINANDS

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MOI YAN LIN ABIGAIL

LOW SIOK ENG

MOI YAN SHAN GABRIELLE

WONG MUI CHOO (KELLY)

LING LAY KHIM (SARAH)

LIEW SECK HSIANG

HIGH ACHIEVERS

高成就者

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SIM BEE HONG

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BREAKTHROUGH SERVICES



ACHIEVERS

成就者

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ANTON HARIYANTO JANTO

TAY YITING



*Airfare not included. 不包括机票。
Terms & conditions apply. 附带条款。

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NIACIN 烟碱酸

Niacin, also known as Vitamin B3, is one of the 8 important B vitamins. All B Vitamins are water-soluble, which means that they dissolve in water and are carried to the tissues of the body. Any excess is flushed out of the body through urination. Therefore, a steady supply and constant replenishment of B Vitamins are required to ensure you are getting enough to meet your body's needs.

Niacin can be found in meat, poultry, fish, seeds, nuts, legumes and mushrooms. However, Niacin can be easily lost during the cooking process. Hence, people may not usually get enough Niacin from their diet. This is why Niacin supplementation is required.

Forms of Vitamin B3

There are two forms of Vitamin B3; Niacin and Niacinamide. Although both of them have common benefits, ONLY Niacin has been proven to be able to lower cholesterol levels and to be effective in the prevention and treatment of cardiovascular diseases (more details on this below).

Niacin is a vasodilator, it improves the circulation to areas starved of oxygen and nutrients. Within 20-30 minutes of taking Niacin, the blood vessels dilate, and a warm sensation spreads across the body. This sensation is commonly known as the 'Niacin Flush' and is similar to the feeling that you get after a good workout. The degree of the flush varies from person to person, and less flush is experienced when taken just after meal. Regardless of the degree of flush one might experience, it does not affect the effectiveness of Niacin for its various therapeutic uses.

Long Term Benefits from Taking Niacin Daily

Niacin has a number of well-researched therapeutic uses. Here are a few of them:

1 Detoxification: Niacin possesses the ability to detoxify the body from xenobiotics (compounds that include drugs, food additives and environmental pollutants) stored in fat cells. There's added benefit in detoxification and rejuvenation when Niacin is taken just before exercise or sauna.

排毒: 烟碱酸具有清除脂肪细胞中所储存的外源性物质（包括药物、食品添加剂和环境污染物质）。在运动或桑拿前服用烟碱酸对身体排毒和恢复体力具有更显著的好处。



2 Energy: Niacin deficiency can cause tiredness and fatigue. Regular intake of Niacin has been reported to cause a natural boost in energy.

能量: 缺乏烟碱酸可导致疲劳和倦怠。定期服用烟碱酸可自然增强体力。

烟碱酸也就是我们常说的维生素B3，是八种重要的B群维生素之一。所有的B群维生素都是水溶性的，即它们可溶于水，被运送到人体各个组织。未被运用、剩余的B群维生素都会随着尿液排出体外。因此，定期和不间断地为身体补充B群维生素是必要的，以确保满足您身体机能的需要。

烟碱酸主要存在于肉类、家禽类、鱼类、种籽、坚果、豆类和蘑菇中，但它们却很容易在烹饪过程中流失。因此，大多数人很难在饮食中获取足够的烟碱酸。这就是为什么我们需要定期补充烟碱酸保健品。

维生素B3的形式

维生素B3分成两种形式：烟碱酸和烟酰胺。虽然它们都有共同的好处，但只有烟碱酸被证明具有降低胆固醇水平和有效预防及治疗心血管疾病的功效。（详见下文）

烟碱酸是一种血管扩张剂，它可促进缺氧和营养不良的部位中的血液循环。服用烟碱酸20至30分钟后，体内血管扩张，全身会慢慢感到温热。这种感觉通常被称为“烟碱酸潮红”，与刚运动完后的感觉相似。潮红的程度因人而异，饭后服用会减轻潮红反应。不管潮红的程度如何，它都不会影响烟碱酸的各种治疗效果。

长期每日服用烟碱酸的好处

烟碱酸有许多经过充分研究证实的治疗作用，如下：



3 Joint Health: Studies have shown that increased Niacin intake may be linked with decreased levels of joint pain. In addition to this, the inflammation lowering effect of Niacin can help reduce symptoms of arthritis and rebuild cartilage that is crucial for joint mobility and strength.

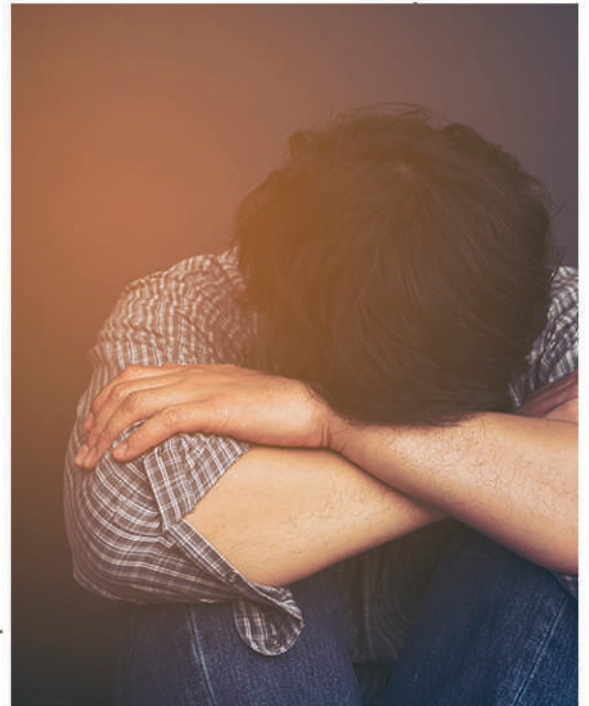
关节健康: 研究显示, 增加烟碱酸的摄入量与减轻关节疼痛有关。此外, 烟碱酸的消炎作用可帮助减轻关节炎的症状及修复重建对关节活动和施力非常重要的软骨。

4 Depression: Many researchers now agree that depression is often caused by inflammation of the nervous system. They also found that Niacin is very effective in treating psychological issues like depression because of its anti-inflammatory effect on the body.

Research on 30,000 men from 50-69 years of age showed a strong link between suicide risk, depression and cholesterol levels. This gives credibility to the hypothesis that lowering cholesterol levels naturally, with the aid of Niacin should lessen symptoms of depression.

抑郁症: 许多研究人员都一致认为抑郁症一般是由神经系统发炎所引起的。他们也发现由于烟碱酸具有消炎功能, 因此在治疗抑郁症等心理问题方面非常有效。

一项针对年龄介于50至69岁之间的3万名男性进行的研究显示, 自杀、抑郁症和胆固醇水平之间存有很强烈的联系。这加强了利用烟碱酸来自然地降低胆固醇水平的同时也可减轻抑郁症状的理论的可靠性。



5 Fights Dementia and Alzheimer's Disease: It is alarming to discover that dementia and Alzheimer's disease are becoming more and more common. The B Vitamins (namely B12, B6, B9 and B3 or Niacin) are among the vitamins that are known to protect memory function.

Intake of Niacin has led to improvements in cognitive tests scores, while deficiency in Niacin can cause dementia and mental confusion. One study found that lower blood levels of Niacin were more common among elderly patients with dementia. A large study published in the Journal of Neurology, Neurosurgery, and Psychiatry looked at Niacin intake and Alzheimer's disease in more than 6,000 people. The researchers found that those with the highest total intake of Niacin were much less likely to get Alzheimer's disease.

对抗老年痴呆症和阿兹海默症: 老年痴呆症和阿兹海默症已变得越来越普遍。B群维生素(即B12、B6、B9和B3或烟碱酸)是多种维生素之中最具有保护记忆功能的维生素。

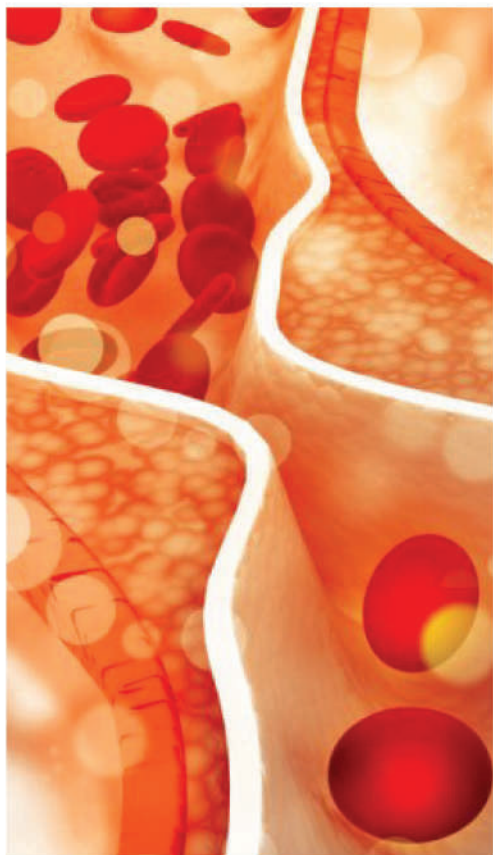
服用烟碱酸能提高认知测试的分数, 而缺乏烟碱酸则可能导致老年痴呆症和精神混乱。一项研究发现, 一般上老年痴呆患者的血液中的烟碱酸水平都比较偏低。发表在于《神经病学、神经外科和精神病学期刊》上的一项大规模研究调查了6000多人中对烟碱酸的摄入量与阿兹海默症的关联。研究人员发现, 服用最高量烟碱酸的人士患上老年痴呆症的可能性要小得很多。



6

Prevents Hair Loss: Niacin is an important nutrient for hair growth and it does so in several interesting ways. Because of the increased blood flow to the scalp, it increases and promotes hair growth by bringing in nutrients and removing wastes.

预防脱发:烟碱酸是促进头发生长的一种重要营养物质，它可通过几种方式发挥作用。首先它可增加头皮部位的血流量，因此达到为头皮运输营养和排除废物的功能，从而促进头发的生长。



7

Reduces Cholesterol, Triglycerides and Improves Heart Health:

Since the 1950s, Niacin has been used to treat high cholesterol. It is very effective in bringing balance to cholesterol levels. It does this by reducing inflammation in the body. As a result of the reduction in inflammation, people with problems with their cholesterol levels experience an increase in HDL levels and reduction in their LDL and triglyceride levels. In addition to reducing LDL levels, it also reduces "very low-density lipoproteins" (VLDL). Increased levels of VLDL have been linked to heart disease and cancer.

The recommended doses of Niacin for high cholesterol are quite high and generally fall in the range of 1 to 6 grams (1,000mg – 6,000mg) daily. When taken at these doses, HDL levels increase, LDL is lowered and the rates of cardiovascular problems in high-risk individuals are decreased.

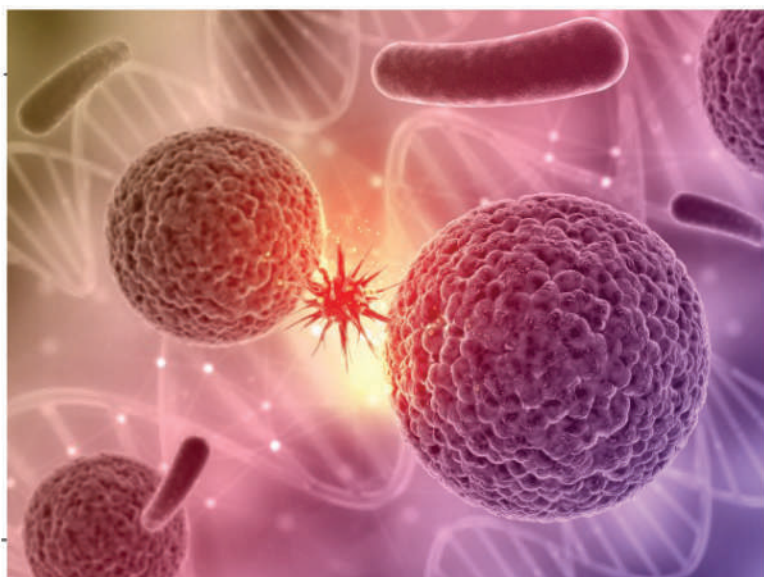
降低胆固醇、三酸甘油酯和改善心脏健康:自50年代以来，烟碱酸已被用来治疗高胆固醇症。它在平衡胆固醇水平方面非常有效。它通过减少体内的炎症以降低胆固醇。炎症的减轻有助高胆固醇患者增加高密度脂蛋白水平和降低低密度脂蛋白及甘油三酯水平。除了降低低密度脂蛋白胆固醇水平，它还能降低“极低密度脂蛋白”(VLDL)。极低密度脂蛋白水平的升高与心脏病和癌症有关。

用于治疗高胆固醇所需的烟碱酸剂量相当高，每天必须服用1至6克(1000毫克至6000毫克)的剂量。这样的剂量能成功地增加高密度脂蛋白水平、降低低密度脂蛋白和减少高危人群心血管疾病的发生率。

8

Cancer: According to a research paper published in NCBI (National Centre for Biotechnology Information) of the U.S.A., Niacin has the potential to influence DNA repair, genomic stability and the immune system, thus having an impact on cancer risk, as well as the side effects of chemotherapy.

癌症:根据美国国家生物技术信息中心发表的一篇研究论文，烟碱酸有可能影响脱氧核糖核酸(DNA)修复、基因组稳定性和免疫系统功能，从而影响癌症风险，以及化疗的副作用。



Word of Caution

High doses of sustained released (SR) Niacin have been linked to acute liver injury. This is the reason why it is not approved for use in high cholesterol treatment.

NewLife™ Niacin is NOT a SR formula and therefore is safe to consume in high amounts. However, if you have elevated liver functions, please limit the dosage to not more than 500mg daily.

As Niacin is a vasodilator, it causes blood to flow better and faster through the body. Thus, Niacin should not be taken in cases of bleeding or menses. Caution should also be exercised when one is taking blood-thinning medications, as those taking blood thinners have the tendency to bleed internally.

Tips on Increasing the Dosage of Niacin

As mentioned above, it is very common to experience a warm sensation (known as the Niacin Flush) spreading across the body. Some people may be more sensitive to the flushing effect than others and would experience the flush after taking 50mg of Niacin, while someone else might only experience it with 200mg or more.

Rest assure, the Niacin Flush is harmless and tends to last not more than 20 minutes. This reaction wears off as you continue to use B3, so please be patient as you build up a tolerance to it.

However, it is wise to start at low doses (50mg three times daily) and gradually increase this amount on a weekly basis until you get up to your target. Splitting your dose to several times a day or taking Niacin after a meal would also help reduce the flush.

警示

高剂量的缓释烟碱酸与急性肝损伤有关。这就是为什么它不被批准用来治疗高胆固醇。

新生命血液循环补充丸（烟碱酸）不是缓释型，因此即使是高剂量也可安全服用。但如果肝酶升高，必须将剂量限制在每天不超过500毫克。

烟碱酸是一种血管扩张剂，它能使我们的血液循环得更快、更流畅。因此，在出血或月经过多的情况下不适宜服用烟碱酸。服用血液稀释剂者也应谨慎，因为服用血液稀释剂患者可能有内部出血的倾向。

提高烟碱酸服用剂量的小提示

正如以上所提到的，服用烟碱酸后若出现体温升高的感觉（被称为烟碱酸潮红）是很常见的。有些人可能较为敏感，在服用50毫克烟碱酸后就会出现潮红反应，而其他人可能则是在服用200毫克或更多的剂量才会出现此反应。

请放心，烟碱酸潮红是无害的，一般都持续不超过20分钟。只要持续服用，此反应就会逐渐消失。保持耐心，让身体逐渐适应对烟碱酸（维生素B3）的摄取及产生耐受性。

话说如此，谨慎为宜，最好从低剂量开始（每天服用三次，每次50毫克），然后每周逐渐增高剂量，直到达到您的剂量目标。还有，若将每天剂量分开成几次服用或者饭后服用也有助减少潮红反应。

Who Will Benefit from Niacin?

哪些人士可从新生命血液循环补充丸获益？

- those who have poor blood circulation
- those who have high cholesterol level
- those who want to build and maintain healthy skin and hair
- people with depression, schizophrenia and other mental illnesses
- those who want a boost in memory power
- those who want to build and maintain a healthy digestive system
- those who want to reverse or slow the aging process
- those with skin problems, including acne, psoriasis and eczema

***Please turn to page 11 for special offer on NewLife™ Niacin.**

- 血液循环欠佳者
- 高胆固醇患者
- 想要拥有及保持健康的皮肤和头发的人士
- 那些患有抑郁症、精神分裂者及其他精神方面的疾病的人士
- 想要提高记忆力的人士
- 想要拥有及保持健康的消化系统的人士
- 想要逆转或延缓衰老过程的人士
- 那些患有青春痘、牛皮癣及湿疹等等皮肤问题的人士

***请参阅第11页以获取更多有关新生命血液循环补充丸的特别优惠。**





NewLife™ Health Retreat

6-11 September 2019 | Kasih Sayang Health Resort

新生命健康养生营

2019年9月6至11日 | Kasih Sayang度假村

From the 6th to the 11th September 2019, NewLife™ hosted its final Health Retreat for the year at Kasih Sayang Health Resort. The retreat was fully booked and hosted participants from around the region, with many doing Dr. Lynn's Detoxification & Rejuvenation Programme (DRP) for the first time.

During the retreat, health workshops were conducted on a variety of topics and fun excursions and activities were planned. For those with health concerns, consultation services were provided by the NewLife™ and Holistic Integrative Medical Clinic (HIMC) team, along with support from NewLife™ IBOs.

Keep a look out for our next upcoming retreat scheduled for 13th -18th March 2020! Please refer to page 20 for more details.

2019年9月6日至11日，新生命在Kasih Sayang度假村举办了今年度最后一轮的健康养生营。这回的健康养生营与往常一样爆满。参与者大多来自亚洲区域，其中很多位都是第一次来体验陈林希珠博士的排毒与复健程序 (DRP)。

健康养生营期间，精心策划与安排的节目包括题目丰富、内容充实的健康讲课、好玩的游览与有趣的活动。另外新生命与整体综合诊所 (HIMC) 也联合为那些有健康问题的参与者提供健康咨询服务。

别错过下一回的健康养生营，日期锁定在2020年3月13日至18日！有关更多详细信息，请参阅20页。



TESTIMONIALS 分享

My skin looks brighter, cleaner, and smoother. My blood pressure is also not high even though I did not take the medication!

我的肌肤看起来更明亮、洁净和光滑。即使没有服药，血压也没有平时那么高。

Iking Trisna Tjahajanto, Indonesia.
哈占多加，印尼。

I came with the aim to cleanse my colon – to flush out encrustations, and praise God, it happened on day 5! I'm confident that I'm on the way to conquering a lifetime of constipation.

我来这里的主要目的就是要为我的结肠做个大扫除、把宿便通通排出。感谢上帝，让我在第五天时就成功达到目标！我很有信心很快地就可以完全克服纠缠了我一辈子的便秘问题。

Susan Tan, Singapore.
陈妙鸾，新加坡。

Well-organized. Service from the administrative and restaurant staff was excellent! I have lost weight and my blood pressure has lowered.

整个健康养生营的策划与执行过程都很好，度假屋的行政部门与餐饮服务也非常棒。我不只瘦了，血压也降低了。

Stephen Koh, Singapore.
许细历，新加坡。



Don't miss out on the eagerly awaited 2019 YEAR END CARNIVAL SALES

万勿错过备受期待的
2019年终嘉年华

PROMOTION PERIOD 活动期:

16 - 30 November 2019 | 2019年11月16日至11月30日

WM | 西马
RM1488
NP 原价: RM1738
700 BV / 350 PV

EM | 东马
RM1530
NP 原价: RM1790
700 BV / 350 PV

SG | 新加坡
S\$559
NP 原价: S\$659.10
250 BV / 165 PV

HK | 香港
HKD3500
NP 原价: HKD4010
1500 BV / 262 PV



**Alpha Juicer
DA900 (9 in 1)**
奥发绿汁机
DA900 (9合1)

This award-winning, low-speed gear juicer locks in all the natural flavours and goodness from fruits and vegetables. Comes with juicing, mincing, grinding and many other functions!

获奖的齿轮式低速榨汁机, 可有效榨取蔬果, 锁住天然风味和营养价值。具有榨汁、磨碎、研磨和许多其他功能。

**Pure Water Distiller
(With Glass Bottle)**
纯正蒸馏水机(随附玻璃瓶)

WM | 西马
RM1388
NP 原价: RM1603.80
420 BV / 210 PV

EM | 东马
RM1430
NP 原价: RM1684
420 BV / 210 PV

SG | 新加坡
S\$499
NP 原价: S\$591
200 BV / 115 PV

HK | 香港
HKD3200
NP 原价: HKD3596
1200 BV / 158 PV



**Pure Water Distiller
(With PP Bottle)**
纯正蒸馏水机
(随附聚丙烯塑料瓶)

Malaysia only. 只限於马来西亚。

WM | 西马
RM1165
NP 原价: RM1367.90
400 BV / 200 PV

EM | 东马
RM1220
NP 原价: RM1436.30
400 BV / 200 PV

Distillation provides the purest form of drinking water available — at extremely low cost over time.

时间证明, 蒸馏水机是提供最纯净饮用水、成本最低的最佳选择!

WM | 西马
RM218
NP 原价: RM268
130 BV / 65 PV

EM | 东马
RM228
NP 原价: RM281
130 BV / 65 PV

SG | 新加坡
S\$108
NP 原价: S\$139
80 BV / 60 PV

HK | 香港
HKD658
NP 原价: HKD846
490 BV / 49 PV

**Rebounder &
Rebound for Health VCD**
弹跳床 & 健康弹跳录影光碟



One of the most effective and efficient exercise. It's fun, easy and suitable for all!

一个最有效和高效的运动之一。简单好玩, 全家大少都能用它来锻炼身体!

**Shaker 600ml
(BPA Free) Twin Pack**
饮料混合器600毫升
(不含BPA) 双瓶装

MYR | 马来西亚 **RM12** SG | 新加坡 **S\$6** HK | 香港 **HKD37**

No BV/PV
无单位花红和单位分数



Normal
Price
原价

WM | 西马
RM19.80

EM | 东马
RM20.80

SG | 新加坡
S\$10.00

HK | 香港
HKD62.00

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

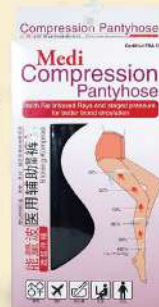
Special fabric with far infrared rays. Designed with staggered pressure to effectively increase blood circulation, tone the leg veins and prevent unsightly varicose veins.

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

MYR | 马来西亚
RM45

SG | 新加坡
S\$19

No BV/PV
无单位花红
和单位分数



Normal
Price
原价

WM | 西马
RM108.00

EM | 东马
RM111.00

SG | 新加坡
S\$52.45

**Turbo Massage
Showerhead**
新生命花洒按摩器

MYR | 马来西亚 **RM39** SG | 新加坡 **S\$15**

No BV/PV
无单位花红和单位分数

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

自来水中的毒素会被皮肤吸收! 赶快使用新生命花洒按摩器滤净水中杂质安心沐浴!



Normal
Price
原价

WM | 西马
RM67.85

EM | 东马
RM71.30

SG | 新加坡
S\$36.40

BUY 1 FREE 1

买1送1

Colostrum X 初乳奶粉

Free gift no BV/PV 免费赠品无单位花红和单位分数



- Packed with immune factors and Immunoglobulin G (IgG or antibodies).
- Has powerful anti-aging effects.
- Contains human growth factors that stimulate growth.
- Helps regulate the thymus gland.
- Helps lower and control blood sugar levels.
- Enhances the regeneration and repair of cells and tissues.
- Increases vitality and stamina.
- Contains DHA/EPA that maintain healthy retina and brain function.

- 富含免疫因子和免疫球蛋白G (IgG或抗体) 可增强免疫系统。
- 具有强效抗老化的功效。
- 富含人类生长因子, 可促进成长。
- 有助调节胸腺功能。
- 有助降低和控制血糖。
- 加强细胞及组织的再生和修复功能。
- 增加体力和耐力。
- 含有的DHA/EPA可保持视网膜和大脑的健康。

Chromium Picolinate 有机铬

Whole set no BV/PV 全套无单位花红和单位分数



- Helps in blood sugar control.
- Reduces carbohydrate and sugar cravings.
- Regulates blood cholesterol to prevent cardiovascular disease.
- Increases lean body mass and promotes weight loss.
- 有助控制血糖。
- 减少对碳水化合物和糖类食物的摄取欲望。
- 调节血液胆固醇以预防高胆固醇和心血管疾病。
- 增加精益体重, 有助减肥。



Kids Klensz 孩童净化粉

- Supports healthy bowel movement.
- Promotes a healthy gastrointestinal tract.
- Enhances the immune system.
- 支持排便顺畅。
- 促进胃肠道的健康。
- 增强免疫系统。

Free gift no BV/PV
免费赠品无单位花红和单位分数

Organic 3 in 1 Herbal Hair Care

Copper / Natural Brown / Pre-mix (Copper & Natural Brown)

有机3合1染发护发草药

铜色/自然棕色/预混色(混合铜色和自然棕色)

1st item must be Natural Brown or Pre-mix.

Free gift must be of less or equal value and carries no BV/PV.

第一盒必需是自然棕色或预混色。

免费赠品价值必须相等或低于第一盒, 无单位花红和单位分数。

- Colours grey hairs.
- Promotes hair growth.
- Nourishes+Restores+Protects your hair.
- No PPD. No Ammonia. No chemicals.

- 染色遮盖白发。
- 促进头发生长。
- 滋润、修复及保护头发。
- 不含对苯二胺、氨或任何化学物质。



Niacin

血液循环补充丸

Whole set no BV/PV

全套无单位花红和单位分数



- Promotes blood flow and reduces blood pressure.
- Lowers cholesterol levels and promotes a healthy cardiovascular system.
- Anti-inflammatory and helps to detoxify the body.
- Supports joint health.
- Prevents dementia and Alzheimer's.
- Reduces stress, anxiety and depression.
- Promotes calmness and better sleep.

- 促进血液流量和降低血压。
- 降低胆固醇, 促进健康的心血管系统。
- 有抗炎作用, 帮助身体排毒。
- 维持关节健康。
- 预防老年痴呆症和阿兹海默症。
- 减轻压力、焦虑和忧郁症状。
- 可镇定情绪和促进睡眠品质。

BUY 2 FREE 1

买2送1

No Quantity Discount

50% BV/PV

Free gift no BV/PV

无数量折扣

50%单位花红和单位分数

免费赠品无单位花红和单位分数

Propolplus 蜂胶

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

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



Kelp 海藻宝

- A rich source of natural, organic iodine for thyroid health.
- Contains amino acids and 22 known minerals.
- Increases energy, builds endurance and enhances metabolism.
- Improves circulation and nourishment particularly to the brain.
- Helps in relieving nervous tension and stress.
- Promotes healthy growth in children.
- 富含天然的有机碘, 促进甲状腺正常功能。
- 含有氨基酸和22种已知矿物质。
- 增强体力和耐力, 促进新陈代谢功能。
- 改善大脑的血液循环和增加供给大脑细胞的营养。
- 有助于缓解紧张和压力的心情。
- 促进儿童健康成长。



Extra Virgin Coconut Oil 100ml

有机特级初榨纯鲜椰子油100毫升

- Certified organic, extra virgin, and cold-pressed to provide you with the highest quality of coconut oil possible.
- Not bleached, deodorized, or refined.
- No chemical preservatives or additives.

- 最纯净、最优质、以冷压方式提炼的有机特级初榨纯鲜椰子油。
- 未经脱色、去味、精炼。
- 无化学防腐剂和添加剂。



BUY 2nd* AT 50% OFF

第二件* 半价优惠

Discounted items no BV/PV
优惠产品无单位花红和单位分数

* 2nd pc must be of the same product. 第二件必须是相同的产品。

Pure Raw Honey 新生命纯天然生蜂蜜

- The purest form of honey from New Zealand.
- Unheated, unpasteurized and unprocessed.
- An alkaline-forming food, promoting a healthy pH balance in the body.
- Rich in vitamins, minerals and live enzymes.
- 来自新西兰最纯净的天然生蜂蜜。
- 不经消毒、加工和高温处理。
- 经消化后能碱化体液，促进身体的酸碱度平衡。
- 含有丰富的维生素，矿物质和活酶。



Garlic & Parsley 蒜 & 欧芹油

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



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

Formulated for enhanced bioavailability. A powerful antioxidant that is essential for the production of energy on the cellular level, and for reducing heart attack risks.

先进配方以协同提高辅酶Q10的生物利用度。辅酶Q10具有强效抗氧化功能，能为身体细胞提供启动能量的火花和降低心脏病风险。



Organic Nutritional Yeast 有机营养酵母

- A high-quality plant protein.
- Excellent source of B vitamins and minerals.
- Rich in antioxidants.
- Contains prebiotics.
- Contains glucose tolerance factor.
- Fat-free, sugar-free, dairy-free, gluten-free and vegan.
- 高质量的植物性完整蛋白质。
- B群维生素和微量矿物质的优质来源。
- 富含抗氧化剂。
- 含有益生元。
- 含有葡萄糖耐量因子。
- 无脂、无糖、非乳制、无麸质、适合素食者食用。



B Complex 维他命B综合丸

- Contains ALL of the significant B vitamins.
- Excellent energy booster.
- Promotes cognitive function and lifts your mood.
- Lowers cholesterol and helps prevent cardiovascular disease.
- Preserves your vision. Reduces risk of cataracts.
- Promotes healthy skin and hair.
- 含有所有重要的B群维生素。
- 增强体力。
- 促进认知功能，有助提升情绪。
- 降低胆固醇，有助于预防心血管疾病。
- 保护视力，降低患上白内障的风险。
- 促进皮肤和头发的健康。



Enema Bucket Set 灌肠桶全套

Safe and easy to use for water or coffee enemas. It is recommended to replace your enema bucket yearly. Don't miss out on this deal!

安全卫生，使用简单方便。可用来进行水灌肠或咖啡灌肠。强烈建议每年更换灌肠桶，勿错过此特价优惠！



Calcium Complex 钙合成剂

- Supplies 10 essential nutrients for building bone strength.
- 100% dairy free in soft natural gelatin capsules which offer enhanced bioavailability.
- Fortified with Boron.
- Contains chelated forms of minerals, which enhance absorption, and act as chelating agents to remove unwanted toxic metals from the body.
- 提供10种强健骨骼的必需营养素。
- 100%不含乳制品。以天然软明胶胶囊包装，可提高营养素的生物利用率。
- 添加强化硼。
- 含有螯合矿物质，可提高身体对钙的吸收率及充当螯合剂清除体内多余的有毒金属。



Spirulina 螺旋藻

- The most nutritious, easy-to-digest and easy-to-absorb food.
- Richer in chlorophyll than alfalfa or wheat grass, and loaded with many other organic minerals.
- Contains polysaccharides and essential fats, and help boosts energy levels.
- Anti-inflammatory; inhibits the allergy-triggering histamine.
- Helps reduce blood cholesterol, triglycerides and LDL cholesterol.
- A powerful antioxidant; may help in cancer prevention.
- 世界上营养最丰富又容易被身体消化与吸收的食物。
- 比苜蓿芽或小麦草含有更高的叶绿素，还有富含丰富的有机矿物质。
- 含有多醣类和必需脂肪，有助增强体力。
- 具有抗炎功效：抑制引起过敏组织胺的产生。
- 帮助降低血胆固醇、三酸甘油酯和低密度脂蛋白胆固醇。
- 超强抗氧化剂：有助抗癌。

Offer is valid for Powder 200g and Tablets 80g only.
促销仅限于粉装200克及片装80克。





Herbal Tea Combo (Chamomile & Peppermint)

花草茶配套 (洋甘菊花茶及薄荷茶)

- Chamomile is considered a remedy for many ailments. It promotes calmness and relieves anxiety.
- Peppermint is rich in phytonutrients such as beta-carotene, hesperidin, menthol, rutin and is full of vitamins and minerals.
- 洋甘菊花茶是治疗许多疾病的良药。它可纾缓紧绷和焦虑的情绪。
- 薄荷茶含有丰富的植物营养素，如β-类胡萝卜素、橙皮苷、薄荷醇、芸香苷及维生素与矿物质。

Yoghurt Starter

酸乳酪酵母

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

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



Collasta

- An anti-aging complex, slows down aging, reduces wrinkles and age spots.
- Contains hydrolyzed marine collagen that improves skin elasticity and moisture retention, reduces inflammation, body pains and joint discomfort.
- Reduces melanin production and promotes fairer, brighter skin.
- Contains an antioxidant complex that fights against free radical damage.
- Prevents Alzheimer's disease.
- Supports heart health.
- Improves endurance and exercise recovery.
- Improves vision.
- Improves male fertility.

康丽达胶原红藻

- 一种抗老化复合物，可减缓身体老化过程，减少皱纹和老年斑的形成。
- 含有水解海洋胶原蛋白，可促进皮肤的弹性和保湿功能、减少发炎反应、身体疼痛和关节不适的问题。
- 减少黑色素的产生，增强亮白美肌的效果。
- 含有抗氧化剂复合物，保护身体对抗自由基的破坏。
- 降低患有阿兹海默症的风险。
- 维持心脏健康。
- 增强运动耐力和修复功能。
- 改善视力。
- 提高男性生育能力。

Wonda Oil

万宝油

- Insect repellent.
- Antiseptic for minor cuts and wounds.
- Relieves arthritic pain, sprains and muscle aches.
- Treats boils, ulcers, warts, pimples, acne, rash, nail infection and fungal infection.
- Helps allay congestion, coughs and sore throat.
- Relieves mouth ulcers, sore gums, bad breath and plaque.
- Minimises nasal blocks and sinus infections.
- Treats athlete's foot.
- 驱虫剂。
- 消毒轻微割伤。
- 缓解关节炎疼痛、扭伤和肌肉酸痛。
- 治愈脓肿、溃疡、疣、青春痘、暗疮、皮疹、指甲感染和真菌感染。
- 疏通呼吸道阻塞、缓解咳嗽和喉咙疼痛。
- 减轻口腔溃疡、牙龈疼痛、口臭和牙菌斑。
- 减轻鼻窦溃疡、鼻塞和鼻窦炎感染。
- 治疗脚癣。



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20% Discount 20%折扣

Annemarie Börlind 安玛莉柏林

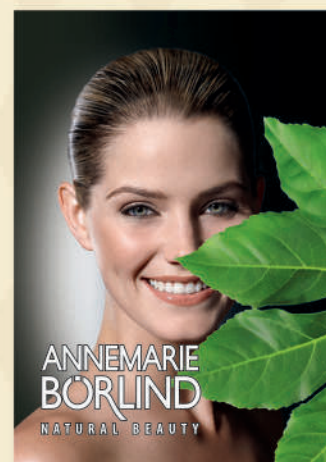
The finest skin-friendly cosmetics using primarily organic ingredients. No animal extracts, petroleum derivatives, silicones, or genetically modified ingredients. EcoControl certified and dermatologically tested.

安玛莉柏林主要使用有机成分。不含动物提取物、石油衍生物、硅酮或转基因成分。所有产品都通过环保控制认证和皮肤测试。

Only applicable to cosmetic range and selected products. Valid with a minimum purchase of 2 items.

只限于化妆品和选定产品；必需至少购买2件产品。

No Quantity Discount | 50% BV/PV
无数量折扣 | 50%单位花红和单位分数



Terms & Conditions:

1. For IBOs and Smart Consumers only.
2. Only available in NewLife™ offices from 16th to 30th November 2019, and while stocks last.
3. Regular price items carry full BV/PV unless otherwise specified.
4. All discounted items and free gifts carry no BV/PV unless otherwise specified.
5. Not valid with any other concurrent promotions and Quantity Discount.
6. No free delivery service for all promotional products purchased during the Carnival.
Delivery charges are to be borne by IBO/SC.
7. No goods return or exchange allowed.
8. Other terms & conditions apply.
9. NewLife™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

条规与细则:

1. 只限独立传销商 (IBOs) 及智慧型消费者 (SC)。
2. 活动期: 2019年11月16日至11月30日或存货售完为止，促销活动只限新生命办公分处。
3. 原价出售的产品带有完整的单位分数和单位花红，除非另有规定。
4. 优惠产品和免费赠品没有单位分数和单位花红，除非另有规定。
5. 不可配合其他同期间的促销活动和数量折扣。
6. 嘉年华期间所有优惠产品的销售购买没有免费运送。IBO及SC必须支付运费。
7. 货一出门，恕不退货或交换。
8. 附有其他条规与细则。
9. 新生命有权随时更改或修订促销活动的条规与细则，恕不另行通知。

DIGESTIVE HEALTH

找回消化系统健康



Why Is Digestive Health Important?

Each day, we consume thousands of calories in order to keep the body fuelled. Along with these calories we also consume nutrients that are necessary for the cells in our bodies to function. No matter in what form these calories and nutrients are delivered, they all have to pass through the digestive system.

The digestive system is the second largest system in the body. It consists of organs that are responsible for the digestion of food, the absorption of nutrients that power the rest of the body, and also the elimination of waste from the body. Health experts say that over 80% of chronic diseases are caused by poor digestive health – often due to poor function in either one of two areas: **(1) the absorption of nutrients**, or **(2) the elimination of toxic wastes from the body**.

Symptoms of Poor Digestive Health

Very often, people struggle with digestive health issues for many years without doing anything about it. As not all of them cause pain or discomfort, some people may become accustomed to having such “small” health challenges, without realizing that the root causes of these issues may have far reaching consequences. Some of the most common digestive health problems are: constipation, reflux, irritable bowel syndrome (IBS), gastritis, chronic diarrhoea, and inflammatory bowel disease (IBD). While medical intervention can be used to treat the symptoms of some of these conditions, or to manage pain or discomfort, long-term treatment will often require lifestyle adjustments coupled with therapeutic nutritional programmes.

Maintaining a Healthy Environment in the Digestive System

While the body has its own checks and balances for maintaining a healthy gastrointestinal environment, our diets are generally not kind to the digestive tract, and even minor digestive disorders such as constipation are a warning sign. There are a few key dietary areas that are essential for maintaining a healthy digestive system, which are within our control based on the choices that we make each day.

Enzymes – the body manufactures enzymes to facilitate millions of different processes within the body which include the digestion of food and even brain function. Fruits and vegetables are rich in live enzymes; however, these enzymes are killed by high temperature during the cooking process. As a result, most people suffer from an enzyme deficiency as the body's supply is depleted over the years, leading to poor digestion and absorption of nutrients.

Friendly Bacteria – probiotics have long been established as important pillars for maintaining a healthy gastrointestinal environment. Lifestyle factors such as an unhealthy diet, smoking, alcohol consumption, and the ingestion of antibiotics through prescription medication or commercial meats can all lead to a depletion of probiotics in the body.

为什么消化系统健康如此重要?

我们每一天都会通过饮食摄取几千大卡的热量以维持身体机能的日常运作。除了热量，我们也摄取了身体细胞运作所需的各种营养素。这些热量和营养素无论透过何种形式传递，它们都必须通过消化系统这个过程才能被身体吸收。

消化系统是人体第二大系统，由好几个器官构成，主要负责消化分解食物、吸收身体所需的营养素及清除体内的废物。根据许多健康专家的研究，超过80%的慢性疾病是由于不健康的消化系统所引起的，这通常是由于**营养素吸收**或**身体排毒**工作其中一方面功能不良所造成的。

消化系统不良的症状

许多人常被消化不良的问题困扰很多年但却始终不去面对或调理。再加上不是全部问题都会引起疼痛或产生不适症状，所以有些人可能会将这些“小”问题当作习以为常，没有意识到这些问题的根源可能会带来严重的危害。一些最常见的消化健康问题包括：便秘、胃酸倒流、肠躁症 (IBS)、胃炎、慢性腹泻及炎症肠病 (IBD)。虽然医疗措施可用来应对其中一些症状，或控制疼痛及不适症状，如果要长期治疗还是必须靠调整生活方式和营养疗程，双管齐下才能恢复消化系统的健康。

维持消化系统的健康

基本上身体都具有制衡机制来维持胃肠道的健康，但我们的饮食习惯往往却对消化系统造成负担，任何轻微消化紊乱症状如便秘都是一个健康警告信号。以下是维持消化系统健康的几个主要营养素，是在我们可控制之中通过日常饮食中摄取到的。

酶—身体会制造酶来促进身体多种的生理机能，包括促进食物的消化或激发大脑的功能。水果和蔬菜含有丰富的活酶，不幸的是，这些活酶在烹饪过程中容易被高温杀死。再加上，身体供给酶会随着年龄增长而减低，因此会出现供给酶不足的情况，结果很多人会因为缺乏酶而面对消化和营养吸收不良的问题。

益生菌—益生菌一直都被公认为是维持胃肠道健康的重要支柱。然而各种因素如饮食不当、吸烟、饮酒及通过处方药或肉类中所摄入的抗生素等，都会大大减少体内益生菌的数量。

Fibre – most of the carbohydrates that we consume are processed to remove the fibre content. This makes white flour or rice last longer and taste better, however it also means our diets have insufficient fibre. Fibre is important as it forms bulk in the colon and helps to promote healthy bowel movement. Fibre deficiency can lead to the accumulation of encrustations in the colon, which leads to poor digestive health and “auto-intoxication”.

Vitamin C – collagen needs vitamin C in order to function in the body. They work together to preserve the integrity of tissue cells. Vitamin C helps to promote digestive health by keeping the intestinal walls healthy and lowering inflammation in the digestive tract with its antioxidant effects.

Another important step would be to avoid foods or eating habits that aggravate or irritate the digestive system. Some of these are:

1. Avoid spicy, fatty or fried foods.
2. Alcohol and coffee are also known to cause digestive discomfort for those who have gastritis.
3. Smoking, over eating, and being overweight can also cause digestive problems.
4. Certain medications such as aspirin, non-steroidal anti-inflammatory drugs (NSAIDs) like Ponstan, antibiotics, or diabetic medications may irritate the digestive system. Only take prescription medications when absolutely necessary and under the guidance of an experienced doctor.
5. Stress and anxiety can also cause digestive problems such as IBS.
6. A lack of dietary fibre is another very common, but somehow largely overlooked cause of digestive problems such as constipation.
7. Other nutritional deficiencies such as low levels of digestive enzymes or friendly bacteria in the gut can result in poor digestion or digestive problems, so supplementation may be necessary in order to improve digestive health in the long run.

Foods that Are Friendly to Your Digestive Tract

Here is a list of “digestion-friendly-foods” that you should look into including in your daily diet. They help to contribute towards a healthy digestive system while supplying the body with essential nutrients:

1. **Yoghurt** – contains friendly bacteria and is easy to digest unlike other dairy products.
2. **Apples** – a rich source of pectin, which is a soluble fibre that relieves constipation and reduces inflammation in the colon.
3. **Chia seeds** – an excellent source of fibre and works as a prebiotic to promote the growth of friendly bacteria.
4. **Papaya** – rich in the digestive enzyme papain.
5. **Whole grains** – rich in fibre, promotes healthy bowel movement.

纤维—我们所摄取的大部分碳水化合物都已经过处理去除了纤维。这作法是为了延长白面粉或大米的保质期及增加口感，但与此同时却大量减少了我们饮食中的纤维。膳食纤维非常重要，因为它可增加结肠中粪便的体积，帮助肠道蠕动。缺乏纤维可造成大肠内的宿便聚集，进而导致消化不良或引发“自体中毒症”。

维生素C—胶原蛋白需要维生素C才能在体内发挥作用。它们会进行协同作用以保持组织细胞的完整性。维生素C具有抗氧化功能，可保持肠壁的健康、减轻消化道的发炎，同时促进消化系统的健康。

另外维持胃肠道的健康还需包括避免会加重或刺激消化系统的食物及不良的饮食习惯，比如：

1. 避免摄取辛辣、油腻或煎炸的食物。
2. 酒精和咖啡也会引起胃炎患者的消化不良。
3. 吸烟、暴饮暴食和体重过重也会导致消化的问题。
4. 某些药物如阿司匹林、非类固醇抗炎药 (NSAIDs) 如博疏痛 (Ponstan)、抗生素或糖尿病药物都可能会刺激消化系统。因此，只有在绝对必要的情况，在有经验医生的指导下，才能服用处方药。
5. 压力和焦虑也会导致消化问题，比如肠躁症。
6. 缺乏膳食纤维是一个非常普遍又常被忽视的问题，它会造成消化问题，如便秘。
7. 其他营养素缺乏，如肠道内消化酶或肠道益生菌摄取不足，都可导致消化不良或不适的症状，因此，从长远来说，补充营养保健品以改善消化系统的健康是有必要的。

对消化道健康有益的食物

以下让我们来看看哪些食物除了提供人体重要的营养素，也对消化系统非常有益：

1. **酸乳酪**—含益生菌，它不像其他乳制品。酸乳酪容易被消化，帮助人体更好地吸收营养成分。
2. **苹果**—富含果胶，一种可溶性纤维、有助缓解便秘及减低结肠内的发炎。
3. **奇亚籽**—含丰富的纤维，能发挥益生元功效促进肠内益生菌的生长。
4. **木瓜**—富含木瓜酶，一种蛋白水解酶。
5. **粗粮**—高纤、促进排便。



6. **Beet root** – rich in fibre.
 7. **Ginger** – accelerates gastric emptying by moving food to your small intestine quicker, thus reducing your risk of heartburn, nausea and discomfort.
 8. **Kimchi** – rich in fibre and friendly bacteria.
 9. **Dark green vegetables** – an excellent source of insoluble fibre. Adds bulk to stool and quickens its pace through the digestive tract.
 10. **Peppermint** – eases symptoms of IBS, bloating, and digestive discomfort.
6. **甜菜根**—含丰富纤维。
 7. **姜**—加速胃排空、促进食物更快入小肠，从而减少胃灼热、恶心反胃与不适等状况。
 8. **韩国泡菜**—富含纤维和益生菌。
 9. **深绿色蔬菜**—是不溶性纤维的极佳来源。能增加肠内粪便的体积，加速排便。
 10. **薄荷**—有助缓解有关肠躁症、腹胀、消化不良等症状。

Essential Health Foods / Supplements for Healthy Digestion

有益消化系统健康的保健品

1. **Immuflo®**
A proprietary product found only at NewLife™, each sachet of Immuflo® contains 10 billion Bifidobacterium longum, 1 billion Lactobacillus acidophilus and 200mg Fructo-Oligosaccharides (FOS). Made in Japan with breakthrough technology that allows it to pass through the stomach unharmed to emerge intact in the intestines.
 2. **Herbal Klenz Powder**
Contains premium dietary fibre along with detoxifying herbs that help to promote healthy bowel movement and digestive health. Regular use relieves constipation, reduces inflammation in the colon, and helps to detoxify the body.
 3. **N.Zimes PA Plus™**
N.Zimes PA Plus™, a proprietary blend unique only to NewLife™, is the result of eight decades of research and expertise in the study and safe handling of enzymes. This product is specially formulated to provide digestive support throughout a broad range of conditions. It is composed of a comprehensive blend of microbial enzymes.
 4. **C Complex**
In addition to its well-known antioxidant and immune-boosting effects on the body, vitamin C is also an essential nutrient for digestive health. It has an osmotic effect in the digestive tract, which pulls water into the intestines, helping to soften stool and promote healthy bowel movement.
 5. **Apple Cider Vinegar**
Helps to improve digestive health and treat conditions such as gassiness or constipation. Apple Cider Vinegar is rich in enzymes and electrolytes, and also stimulates digestive juices that help your body to break down food.
 6. **Pure Raw Honey**
In the digestive tract, components in honey act as prebiotics that help to promote the growth of friendly bacteria. Honey also helps to neutralize gas and soothe the digestive system.
1. **免疫激菌植**
新生命专利品。每一包含有100亿的长双歧杆菌、10亿的嗜酸乳杆菌和200毫克的低聚果糖。在日本生产、采用突破性技术研制，确保菌株能抵抗胃酸、完好无损地抵达肠胃内。
 2. **净化粉**
含优质膳食纤维与具有排毒功效的草药。有助排便、改善消化系统健康。经常服用可缓解便秘、减低结肠内的发炎与促进排毒。
 3. **胰酶 (植物) 添加剂**
新生命的一个专利配方，在安全处理酶的方面累积了80年的研究与经验特别配制。为消化系统提供广泛的帮助，含有全面的微生物酶。
 4. **维他命C综合丸**
不单是一种强效的抗氧化剂、免疫增强剂，维生素C也是促进消化系统健康的重要营养素。它在肠道内可发挥渗透作用，将水份吸入肠内、有助软化粪便、达到润肠通便的功效。
 5. **苹果醋**
有助改善消化健康、缓解胀气、便秘等状况。富含酶和电解质、刺激消化液的分泌，帮助分解食物。
 6. **纯天然生蜂蜜**
蜂蜜是一种非常好的益生元，可刺激消化道内良菌的生长。蜂蜜也能消除肠内多余的气体、安抚消化系统。



OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

AUGUST & SEPTEMBER 2019
2019年8月至9月

SILVER MANAGERS

DAVID CHONG & MELISSA WONG

DL TOTAL HEALTH PTE LTD

CHOW KWEE LEIN

MANAGERS

JARROW DANIE MARCUS
TAN CHING HONG
TANG KIU HUA
YONG AI HOON (HELEN)
MAK KHUAN YING (CONNIE)
CARRINGTON ENTERPRISE
YOW TENG TENG
H.L. ENTERPRISE
V BASIC CARE ENTERPRISE
CHONG AH HAI (MARK)
STANLEY CHONG & PATRICIA CHOONG
LEE SUNG YAP
SIN CHENG YAM (EUNICE)
AW KEN KEN
CHANTEL CHIA YEE CHONG
LOW YOK YIN (SUSAN)

LIM BEE WAH & SAW CHONG HOCK
TEO CHAE JOO
CHING HAN CHEONG
TOO FOONG YING (HELEN)
MICHAEL CHONG TZE-AUN
CHIA SUIT LING
MABEL TEO SIOK GEK
CHONG WEE HOON (VIVIEN)
CHING HUI YING (SHEREEN)
TING LING LING (JANE)
SHIU YEW CHOONG (FREDDY)
TAN THEAM CHAI (STEVEN)
TAN MING KHUN
ENRICHED LIFE
JSL INTERNATIONAL PTE LTD
EVACO LIFESTYLE PTE LTD

TONG AH MOY ALICIA
COMMUNITY WELLNESS (S) PTE LTD
HARTINI BINTI SAIRIN
CHUA GEOK TIN
ACQUOLINA ENTERPRISE
LING LAY KHIM (SARAH)
EMILY THERESA FERDINANDS
LEE LAY CHENG
LIM MEE ING
CHOW HUI YAN
SAW EWE KIM
SIM BEE HONG
LIM WAI YING
SUZI MOI-QUEK
MAELODEE CHONG TZE-YUIN

21% ACHIEVERS

AUGUST & SEPTEMBER 2019

IRENE CHONG CHUAY PENG

AUGUST 2019

PLUS ULTRA MARKETING

SEPTEMBER 2019

NEOH BEE LEE
WONG MUI CHOO (KELLY)

ASUREWILLS SDN BHD
CHAN SOO TECK PETER

SO SUE YI REGINA

18% ACHIEVERS

AUGUST 2019

SYARIKAT ADIL

SEPTEMBER 2019

LOW SIOK ENG
LEE CHUEY YONG DEBORAH

NGUYEN DANG THI BICH THUY
CHUA PHUAY KHOON

MOI YAN LIN ABIGAIL

15% ACHIEVERS

AUGUST 2019

NEOH BEE LEE
CHAN SOO TECK PETER
CHUA PHUAY KHOON

SO SUE YI REGINA
MOI YAN LIN ABIGAIL

WONG MUI CHOO (KELLY)
LEE CHUEY YONG DEBORAH

SEPTEMBER 2019

CHIN FUI LI
LEE AH OUI (IVY)
POON YOKE CHUN

GOH OON HWEE
HOH LAI CHUN
MOI LAI KENG WENDY

SYARIKAT ADIL
TAN LEE MENG
LISA SOFIAR

NOVEMBER | 11月 2019

MON		04	11	18	25
TUE		SG 新加坡 10.30^{am} - 12.00^{pm} Gut Health; Gut Food 肠道健康: 肠道食物 <i>by Ling Young Hoon and Doreen Ng</i>	12	SG 新加坡 10.30^{am} - 12.00^{pm} Removing Toxins from Your Home 清除家中的毒物 <i>by Mabel Teo</i>	26
WED		06	13	20	27
THU		SG 新加坡 7.30^{pm} - 9.30^{pm} NHPT 1 - NewLife™ & Nature; Colon Care - The Foundation of Health 天然保健及产品培训 (1): 新生命与大自然; 肠道保健 - 健康的根基 <i>by Joyce Chua & Ling Young Hoon</i>	14	SG 新加坡 7.30^{pm} - 9.30^{pm} NHPT 2 - Essential Whole Food Nutrients 天然保健及产品培训 (2): 基本全面的天然食物营养 <i>by Suzi Moi (Manager), Abigail Moi and Gabrielle Moi</i>	SG 新加坡 7.30^{pm} - 9.30^{pm} NHPT 3 - Optimum Nutrition for Health Management 天然保健及产品培训 (3): 最佳营养健康管理 <i>by Deborah Lee and Joyce Chua</i>
FRI	01	08	15	22	29
SAT	SG 新加坡 2.00^{pm} - 5.00^{pm} Business Opportunity Meeting & Business CORE 1: Wellness-Abundance Vision & Plan 商机会议与商业核心 (1): 健康富足的愿景与计划 <i>by Lydia Ling (Silver Manager) and Sim Bee Hong (Manager)</i> PJ 八打零再也 2.00^{pm} - 3.30^{pm} Juicing for Health 健康蔬果汁 <i>by IBO Support</i>	SG 新加坡 2.00^{pm} - 3.30^{pm} Healing Foods Workshop 疗愈的食物工作坊 <i>by Lisa Sofiar and Deborah Chew</i> Prophet Muhammad's Birthday (All Malaysia offices closed)	SG 新加坡 2.00^{pm} - 5.00^{pm} GI Health & Business CORE 2: Steps to Build & Grow Your Health Business 肠胃保健与商业核心 (2): 建立和发展健康事业的步骤 <i>by Joyce Chua and Lydia Ling (Silver Manager)</i>	SG 新加坡 2.00^{pm} - 3.30^{pm} Natural Remedies for Common Ailment (in Chinese) 克服常见病的自然疗法 (华语) <i>by Sim Bee Hong (Manager)</i> PJ 八打零再也 2.30^{pm} - 4.00^{pm} Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 <i>by Mabel Teo (Manager)</i> KK 亚庇 10.30^{am} - 12.00^{pm} Healthy Yoghurt Making 健康优酪制作 Venue / 地点: Basil Garden, Damai	SG 新加坡 2.00^{pm} - 3.30^{pm} Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 <i>by Jeffrey Lim (Manager)</i>
SUN	03	10	17	24	

DECEMBER | 12月 2019

MON	30	02	09	16	23
TUE	31	SG 新加坡 03 10.30 ^{am} - 12.00 ^{pm} How to Build a Home-Based Business Internationally 如何建立一个国际性的居家业务 <i>by Lydia Ling (Silver Manager) and Gabrielle Moi</i>	SG 新加坡 10 10.30 ^{am} - 12.00 ^{pm} Detox to Rejuvenate 排毒恢复健康活力 <i>by Mabel Teo</i>	SG 新加坡 17 10.30 ^{am} - 12.00 ^{pm} Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 <i>by Lisa Sofiar</i>	24
WED		04	Sultan of Selangor's Birthday 11 (PJ office closed)	18	Christmas Day 25 (All offices closed)
THU		SG 新加坡 05 7.30 ^{pm} - 9.30 ^{pm} NHPT 4 - The All Food Truth / Natural Remedies 天然保健及产品培训 (4): 所有饮食大真相及疗法 <i>by Lisa Sofiar and Lydia Ling (Silver Manager)</i>	SG 新加坡 12 7.30 ^{pm} - 9.30 ^{pm} NHPT 5 - Detoxify Your Home 天然保健及产品培训 (5): 居家大排毒 <i>by Sim Bee Hong (Manager) and Ling Young Hoon</i>	SG 新加坡 19 7.30 ^{pm} - 9.30 ^{pm} NHPT 6 - Liver Care 天然保健及产品培训 (6): 肝脏保健 <i>by Lydia Ling (Silver Manager)</i>	SG 新加坡 26 7.30 ^{pm} - 9.30 ^{pm} NHPT 7 - Managing Healing Reactions 天然保健及产品培训 (7): 处理应对自愈反应 <i>by Sim Bee Hong (Manager)</i>
FRI		06	KK 亚庇 13 1.00 ^{pm} - 4.00 ^{pm} Healthy Bread Making 健康面包制作 Venue / 地点: Basil Garden, Damai	20	27
SAT		SG 新加坡 07 2.00 ^{pm} - 5.00 ^{pm} Business Opportunity Meeting & Business CORE 3: Build the Team & System for Exponential Growth 商机会议与商业核心 (3): 建立团队和体系, 达到指数增长 <i>by Deborah Lee and Lydia Ling (Silver Manager)</i>	SG 新加坡 14 2.00 ^{pm} - 3.30 ^{pm} Food that Feeds 吃出健康 <i>by Suzi Moi (Manager) and Team</i>	SG 新加坡 21 2.00 ^{pm} - 5.00 ^{pm} Essential 6 for Optimum Health & Business CORE 4: Thrive in Health & Abundance - Pass It On 六大要素的最佳健康管理 与商业核心 (4): 健康富足中茁壮成长—传递健康 <i>by Lydia Ling (Silver Manager) and Suzi Moi (Manager)</i>	SG 新加坡 28 2.00 ^{pm} - 3.30 ^{pm} Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 <i>by Jeffrey Lim (Manager)</i>
SUN	01	08	15	22	29
		PJ 八打零再也 2.00 ^{pm} - 4.00 ^{pm} Love Your Skin with Annemarie Börlind Skin Care 爱您的肌肤使用安玛莉柏林 <i>by Ivy Khoo (Beautician)</i>		PJ 八打零再也 2.00 ^{pm} - 3.30 ^{pm} Juicing for Health 健康蔬果汁 <i>by IBO Support</i>	KUC 古晋 2.30 ^{pm} - 4.00 ^{pm} Niacin 烟碱酸 <i>by Leon Tan (Nutritionist)</i>

HEALTH RETREAT

at Kasih Sayang Health Resort
with Datin Dr. Lynn Tan (N.D.) & Team

Kasih Sayang度假村
健康养生营
与拿汀陈林希珠博士及团队

Closing Date:
15 Feb 2020
截止日期:
2020年2月15日



13-18 March 2020

6D5N Detoxification & Rejuvenation Programme

2020年3月13日至18日

6天5夜排毒与复健程序配套

	DRP Participants (Per Person) 排毒与复健程序参与者 (每人)		Non-DRP Participants (Per Person) 非排毒与复健程序参与者 (每人)
	Twin Sharing 双人共房	Single Occupancy 单人一房	Twin Sharing 双人共房
Super Early Bird 提早报名超级优惠价 15% OFF 折扣 Expiry : 15 Dec 2019 截止日期: 2019年12月15日	RM4,740 / S\$1,590	RM5,620 / S\$1,883	RM1,909 / S\$646
Early Bird 提早报名优惠价 5% OFF 折扣 Expiry : 15 Jan 2020 截止日期: 2020年1月15日	RM5,297 / S\$1,777	RM6,281 / S\$2,104	RM2,134 / S\$722
Regular 标准营费 Expiry : 15 Feb 2020 截止日期: 2020年2月15日	RM5,576 / S\$1,870	RM6,612 / S\$2,215	RM2,246 / S\$760
Fee includes 费用包括	<ul style="list-style-type: none"> Airport transfer 机场接送* 5-night stay at Kasih Sayang Health Resort 5晚住宿 5 lunches, 5 dinners & 5 suppers (DRP menu) 5份午餐、晚餐及宵夜 (DRP特设的食谱) 6 days of DRP with enema bucket 6天排毒与复健计划配套 (附有灌肠桶) Health lectures by Dr. Lynn Tan (N. D.) and team (English) 陈林希珠博士及团队主持的健康讲座 (英语授课) 		<ul style="list-style-type: none"> Airport transfer 机场接送* 5-night stay (twin sharing) at Kasih Sayang Health Resort (includes breakfast) 5晚住宿 (双人共房; 包括早餐) Health lectures by Dr. Lynn Tan (N. D.) and team (English) 陈林希珠博士及团队主持的健康讲座 (英语授课)

* Airport transfers are only available as follows 接送时间表如下:

Date 日期	Pick-up point 集合点	Destination 目的地	Pick-up time 集合时间
13 March 2020 (Friday) 2020年3月13日 (星期五)	KKIA 亚庇国际机场	KASIH SAYANG	Before 12.30pm 中午12点半之前
18 March 2020 (Wednesday) 2020年3月18日 (星期三)	KASIH SAYANG	KKIA 亚庇国际机场	12.00pm 中午12点

Please note 请注意:

- Health Retreat starts at 2.00pm sharp on 13 March 2020 and ends at 12.00pm on 18 March 2020. Kindly consider these factors when booking your flight.
健康生活营在2020年3月13日下午2时准时开始, 并在2020年3月18日中午12时结束。当您预定机票时, 请考虑这些因素。
- Application is subject to approval. Please confirm flight only after successful registration.
所有申请表格必须经由公司批准。请在被通知注册成功后才订购机票。
- SG prices are inclusive of 7% GST. Please note that air fare not included.
新加坡价格已包括7%消费税。费用不包括机票。