

LifeLine

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生命线

MALAYSIA
RM2.30
SINGAPORE
S\$1.20

ISSUE 5/2019

SEPTEMBER & OCTOBER 2019

PP 12933/09/2013 (032866)

Home Remedies

with NewLife™

新生命家居疗法
及补救措施

Pg9 第九页



Liver Stones & Gallstones Flush

肝结石和胆结石
自然排石法



Pg4 第四页

2019 LEADERSHIP SUMMIT FUN IN PHUKET!

2019年度新生命领袖高峰会 魅力普吉岛!

14-17 November 2019 | 2019年11月14至17日



HIGHLIGHTS 旅游重点

NOVOTEL PHUKET KARON BEACH RESORT & SPA 卡伦诺富特度假村

Located just across the road from Karon Beach and a short walk from the shopping areas in Karon town, Novotel Phuket Karon Beach Resort & Spa offers the perfect getaway location, with 3 pools, a spa, a 24-hour fitness centre, and five different dining options.

普吉岛卡伦诺富特度假村面向卡伦海滩，距离卡伦市中心的购物区只需步行一小段路；它设有3个游泳池、一个水疗中心、一个24小时健身中心及五间不同风格的餐厅。



ELEPHANT JUNGLE SANCTUARY 大象丛林保护区

Visiting the Elephant Jungle Sanctuary, the most ethical sanctuary in Phuket, gives a unique opportunity to interact with magnificent elephants in the safety and security of their natural habitat. English-speaking guides give visitors insight into the behaviour and the personal history of the animals, while mahouts help people realize incredible life experiences such as bathing elephants or feeding them by hand. The Sanctuary itself has stunning views of beaches and jungles, which visitors can appreciate at their own pace.

参观普吉岛最道德的大象丛林保护区，让您有机会在大象居住的家园中可安全地近距离接触象群。导游会以英语解说并让您更深入地了解关于大象的日常行为和它们的故事。还有在驯象师的帮助下，您将有一个难忘的生活体验，例如帮大象沐浴及用手喂饲。此外大象保护区里有绝美的海滩与丛林景色，游客们可随着自己的步伐慢慢欣赏。



THAI COOKERY SCHOOL COURSE (AT BLUE ELEPHANT PHUKET) & MARKET TOUR

泰式烹饪课程(在普吉蓝象)及市场巡旅

Do you love the exotic flavours of Thai food? Want to learn the secrets of authentic Thai cooking? What better place than right here in Phuket. The knowledge of Thai cooking is a souvenir that will last your entire life and enable to relive your Phuket experience on the rainiest of days. Thai cooking courses are taught by highly experienced and well-regarded Thai chefs who will teach you about ingredients, techniques and the all-important balance of flavours.

您喜欢泰国料理的异国风味吗？想知道正宗泰国料理的准备秘诀吗？答案就在普吉岛。学习泰式烹饪不仅让您一生受益无穷，还可让您无时无刻重温在普吉岛的体验与经历。泰式烹饪课程由经验丰富、声誉卓越的泰国厨师亲自讲授，课程内容包括对食材的认识、烹饪技巧及口味平衡的重要性。



PHUKET OLD TOWN 普吉旧城

Unlike many Thai provincial capitals, Phuket Town shines with personality and nowhere more so than its Old Town. In this historically rich part of town you will find shrines, temples (Buddhist and Chinese), ornate and beautifully preserved 'shophouses', quaint cafés, tiny printing shops, impromptu private and public museums and even a mini ex-red light district. Phuket Old Town was built on riches reaped from Phuket's tin boom of last century, when the metal was an extremely valuable commodity. In this quarter of the town you will see grandiose Sino-colonial mansions, once occupied by Phuket's tin barons of 100 years ago.

普吉岛与其他泰国省会城市不同，它散发出的光芒是独特的，特别是普吉老街。在这历史悠久的地方，您能找到神社、寺庙、华丽及保存完好的“商店”、古色古香的咖啡馆、小印刷厂、私人及公众博物馆以及一个迷人的前红灯区。普吉旧城建立在上世纪普吉岛锡矿业繁荣富盛时期，当时锡矿是一种极其珍贵的商品。在这里，您会看到百年前中殖民时期普吉岛锡王公爵们居住的奢华豪宅。



PHUKET WEEKEND NIGHT MARKET 普吉周末夜市

Phuket weekend night market, locally known as "Naka Market", located just outside Phuket Town not far from Central Festival, is a fascinating jungle of second hand goods, curious items, live animals, and a large amount of great local food to sample. It really is worth a visit even if you're not planning to buy anything. It is the biggest market in Phuket with an endless list of goods!

普吉岛的周末夜市，当地人称之为“那卡市场”，就在郊外离中央百货商场不远处。这里令人着迷，是二手货、古玩、生动物云集的地方，您还可以品尝到多样化令人垂涎的当地美食。即使您不打算买任何东西，还是值得去逛一逛。它是普吉岛最大的商场，售卖的商品琳琅满目，多不胜数。



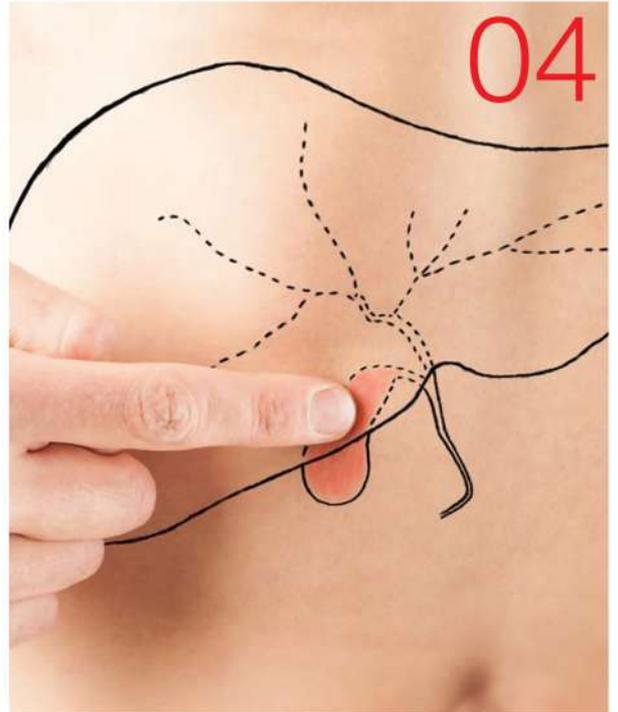


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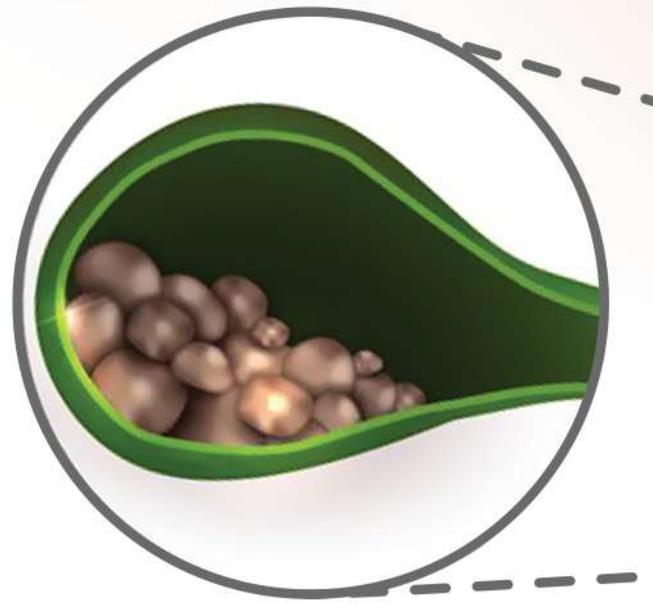
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Liver Stones & Gallstones Flush

肝结石和胆结石 自然排石法



Most people have the idea that gallstones are formed in the gallbladder. However, gallstones are, in fact, originally formed in the bile ducts, located in the liver itself. Liver stones are the less famous cousins of gallstones. Both of them are essentially the same thing. Only location defines the difference between the two.

How are these stones formed? Until today, it is still not clear what causes them to form. However, doctors have a theory that it has something to do with either of the causes found below:

- **Too much cholesterol in the bile.** The liver increases production of cholesterol to help the immune system repair tissue damages caused by inflammation.
- **Too much bilirubin in the bile.** Bilirubin is produced when the liver breaks down red blood cells. The liver may start producing too much bilirubin if one has certain blood disorders or liver problems.

Signs and Symptoms

Liver stones usually cause no obvious signs or symptoms. However, they can cause pain if one has already had his/her gallbladder removed.

On the other hand, people with gallstones usually experience some signs and symptoms. The common ones are:

- Sudden pain in the upper right portion of your abdomen
- Sudden intensifying pain in the centre of your abdomen, just below your breastbone
- Back pain between your shoulder blades
- Pain in your right shoulder
- Fever
- Nausea and vomiting
- Indigestion and bloating
- Intolerance for fatty foods
- Jaundice
- Inflammation of the pancreas

People who experience symptoms from gallstones are usually recommended to undergo gallbladder removal surgery. Although removing the gallbladder may permanently remove the acute pain caused by gallstones, other pains and digestive problems remain. Besides, as mentioned earlier, the organ that is responsible for forming the stones is actually the liver, and not the gallbladder. Thus, the formation of stones will still continue unless something is done to prevent it from happening. Removing the cause of the gallstones can be done by going through the Gallbladder & Liver Flush Programme.

许多人都以为胆结石是在胆囊里形成的。事实上，胆结石初期是在肝脏内的胆管里形成。也或许很多人只听说过胆结石，不知道肝脏里也可能有肝结石。其实肝结石和胆结石它们本质上是一样的，不同之处只在它们的位置。

结石是怎么形成的呢？至今医学界尚不清楚是什么原因。然而，医生们认为肝结石和胆结石与下列一些原因有关：

- **胆汁中的胆固醇过高。**肝脏增加生产胆固醇，以帮助免疫系统修复炎症所引起的组织损伤。
- **胆汁中的胆红素过多。**胆红素是肝脏分解红血球时所释放出的代谢产物。当一个人患有某些血液疾病或肝脏问题，肝脏就可能开始产生过高的胆红素。

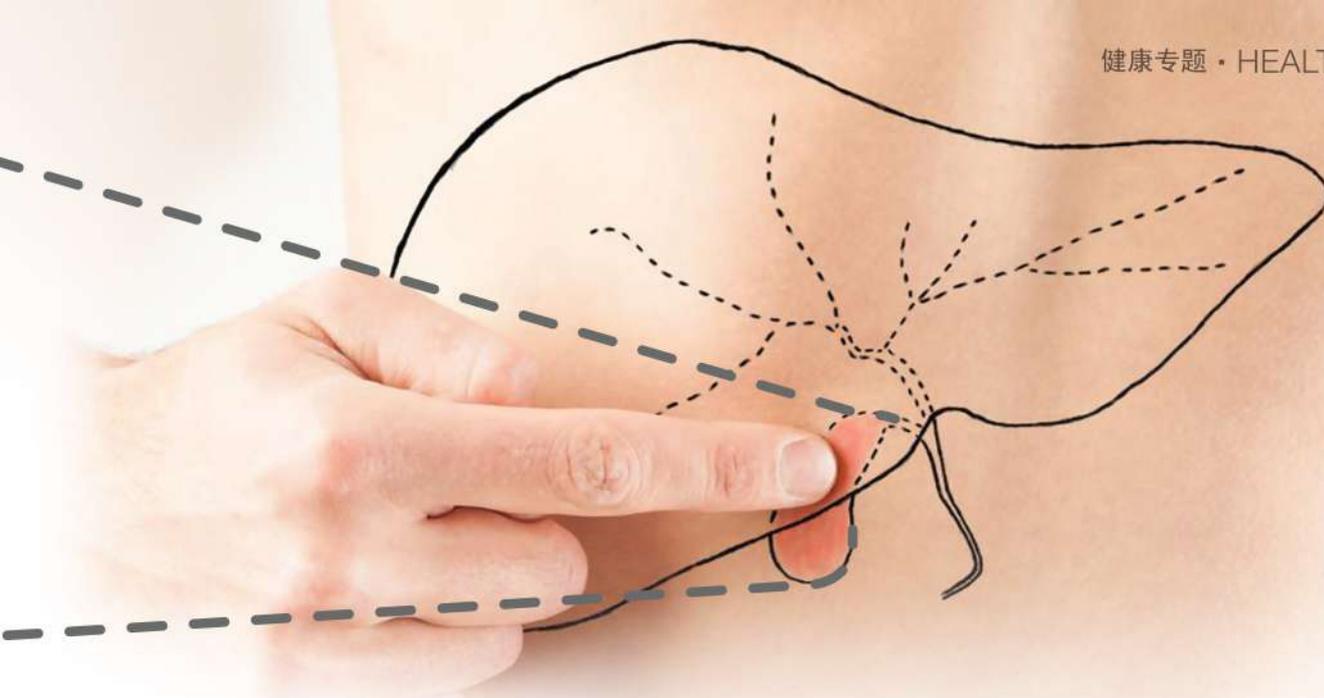
症状

肝结石通常不会引起什么明显的症状。但是若胆囊已被切除，那么肝结石就可能引起疼痛。

而另一方面，患有胆结石的人士则通常会经历一些症状。常见的症状包括：

- 右上腹部会出现突发性疼痛
- 胸骨下中腹部出现突发性绞痛
- 肩胛骨之间的背部疼痛
- 右上肩疼痛
- 发烧
- 恶心或呕吐
- 消化问题和腹胀
- 不能消化高脂肪食物
- 黄疸
- 胰腺发炎

出现胆结石症状的患者一般都会被建议进行胆囊切除手术。尽管切除胆囊可能永久地消除由胆结石引起的急性疼痛，但其他疼痛和消化问题仍然存在。此外，如前所述，形成结石的器官实际上是肝脏，而不是胆囊。因此，胆囊切除手术其实没有断绝结石形成的可能性，除非采取预防措施，不然胆结石还是可能再出现。好消息是我们可以透过胆囊或肝脏排毒程序来去除结石的导因。



Gallbladder & Liver Flush Programme

The following Nutritional Programme will gradually prepare the body to flush out the stones. This is not the only programme available to the public but we have found that it is the least intrusive programme and it has successfully mitigated the need for gallbladder removal in many cases.

First, one should go through the Detoxification & Rejuvenation Programme (DRP) for 7 days. The DRP cleans out the liver, the colon, the blood stream, and other parts of the body. It is important for the improvement of gallbladder and liver functions. If there is inflammation of the gallbladder with symptoms of severe pain and fever, you may administer 4 or 5 coffee enemas over a period of time until the symptoms subside.

For the next 7 days, go on the NewLife™ Health Building Programme (NHBP – page 25 of the DRP Booklet) which also includes the no-salt, no-cooking oil vegetarian diet. For fluid, drink nothing but distilled water with one teaspoon of NewLife™ Apple Cider Vinegar (add honey, if desired). This will help to soften the stones. If you have stomach or duodenal ulcers, drink freshly prepared green apple juice instead.

On the day of the 'flush', no solid food after 2pm. Before bedtime, mix together 6 oz. of NewLife™ Omega Gold Flax Seed Oil and 6 oz. of freshly squeezed lemon juice. Drink the mixture, go to bed and lie down on your right side with the knees pulled towards your chin. The next morning, place a colander securely in the toilet bowl. Collect the stool that is passed out and look for the stones. The greenish stones may be passed during the first, second, or third bowel movement. If your bowels do not move, take a water enema (1 tablespoon of NewLife™ Apple Cider Vinegar in 2 glasses of distilled water). You may repeat the 'flush' the following night to ensure that all the stones have been removed. For best results, we find that going on the above Nutritional Programme for 14 days is the ideal duration. However, we have had people who experienced successful flush of gallstones on the 5th, 8th, 9th and 12th day.

WARNING: The most popular gallbladder and liver flush programme out there recommends the intake of Epsom Salt (Magnesium Sulfate). We do not recommend the usage of Epsom Salt for the flush and feel it is not necessary in order to have a successful result. In addition, people who are unable to tolerate Epsom Salt may suffer negative reactions. In fact, several people have died as a result of Epsom Salt overdose.



肝胆排毒程序

以下的营养排毒程序可让身体逐步自然排除肝胆结石。这或许并不是唯一一种向公众开放的排毒程序，但我们发现这是最不具有侵入性的排毒程序，而且在许多情况下，这项程序成功地免除了切除胆囊的需要。

首先，您必须通过为期七天的排毒与复健程序 (DRP)。这排毒与复健程序可帮助肝脏、结肠、血液和身体其他部分进行排毒。它对改善胆囊和肝功能非常重要。如果胆囊发炎，并伴有严重疼痛和发烧等症状，您可在一段时间内进行四至五次的咖啡灌肠，直到症状消退为止。

接下来的七天里，进行新生命健康营造程序 (DRP手册的第25页)，其中还包括无盐、无油的素食饮食计划。至于饮料部分，只能喝加了一茶匙新生命苹果醋 (如有需要，可添加蜂蜜) 的蒸馏水。这可帮助软化结石。如果您患有胃溃疡或十二指肠溃疡，则以新鲜的青苹果汁来代替。

在“排石”当天，下午2点后就不能进食固体食物。临睡前，分别将各6安士的新生命奥美加黄金亚麻籽油和鲜榨柠檬汁一起混合后喝下，然后上床，向右侧躺下，膝盖向下巴靠拢。隔天一早，把过滤器安置在马桶里收集粪便，以较容易隔离与粪便一起排出的结石。在第一、第二或第三次排便时可能排出绿色结石。如果有排便的困难，可进行水灌肠 (将1汤匙的新生命苹果醋加入2杯蒸馏水中)。您可在第二天晚上重复步骤，以确保排出体内所有的结石。

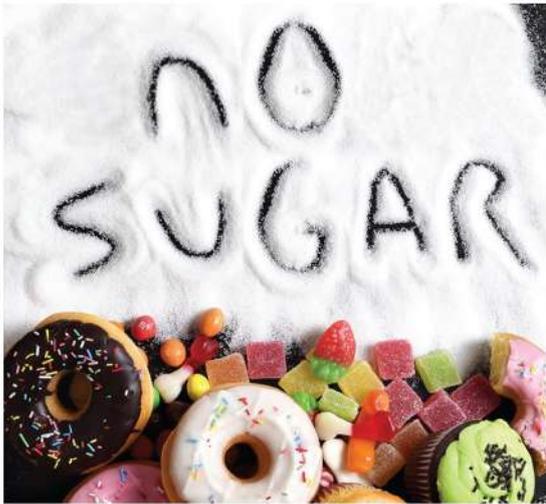
我们强力推荐进行14天的营养排毒程序以取得最佳效果。当然，我们也有一些客户分别在第五、第八、第九或第十二天就已成功地排出结石。

警告：市面上许多最受欢迎的肝胆排石法都建议服用泻盐 (硫酸镁)。我们不推荐使用泻盐，也认为没有必要使用它来达到成效。此外，不能耐受泻盐的人士可能还会经历负面反应。事实上，已有好几个人因为过量服用泻盐而死亡。

Prevention Is Better...

Taking steps to strengthen the liver should prevent the formation of liver stones or gallstones. Here are some advice for maintaining a healthy liver:

- 1 Cut down on carbohydrates.
减少对碳水化合物的摄取。



- 2 Eliminate refined sugar. For example, no sugar in coffee; skip sweetened beverages and go for plain water; have a slice of fruit instead, if you must end your meal with a dessert.

不吃精制糖：例如，咖啡里不加糖；不喝加糖饮料，只选择饮用白开水；若在饭后想吃甜点，可以水果代替。

- 3 Cut unhealthy fat intake. Limit your intake of deep-fried foods. Avoid pastries as they are high in fat, especially trans-fats.

减少不健康脂肪的摄入量。减少摄取油炸食物。远离糕饼点心，这些都是含高脂肪的食品，尤其是反式脂肪。

- 4 Eat plenty of fruits and vegetables.
多吃水果与蔬菜。



预防胜于治疗。。。。

采取步骤强健肝脏能预防肝石和胆石的形成。以下向大家分享一些保持肝脏最佳状况的建议：



- 5 Regular exercise with each session lasting at least 30 minutes. It can be any form of exercise but it should at least raise the pulse rate moderately.

定期运动，每次运动至少持续30分钟。可以进行任何类型的运动，但必须可以适度地提高脉搏率。



- 6 Be wise about medications. Medications can burden your liver as it needs to work extra hard to metabolize them and filter out any toxic residue. Take prescribed or over-the-counter drugs only when needed. Follow the dosage recommended to you and avoid combining medications.

别滥用药物。药物会增加肝脏的负担，因为它必须更操劳工作以代谢和过滤任何有毒残留物。因此只有在必要时才服用处方或非处方的药物。必须按照建议的服用剂量，不可乱配搭药物。



7 Quit smoking – Doing so can also help reduce your risk of other problems such as heart attacks and strokes.

戒烟—这也可减少患上其他疾病的风险，如心脏病和中风。

8 Stop consuming alcohol. Every drop of alcohol burdens and intoxicates your liver. The accumulation of alcohol in your body can destroy cells, eventually leading to liver diseases.

戒酒。每一滴酒精都会增加肝脏的负担和毒害它。体内酒精的累积会破坏细胞，最终导致肝脏疾病。



10 Do regular coffee enemas as it plays a vital role in removing toxins accumulated in the liver and removes free radicals from the bloodstream. In addition, it increases bile flow by dilating the bile ducts, causing excess bile to flow from the liver, gallbladder, into the intestines and out of the body.

Regular administration of coffee enema:

- Increases cell energy production.
- Enhances tissue health.
- Improves blood circulation.
- Regenerates cells.
- Increases immunity and tissue repair.

经常进行咖啡灌肠能有效地为肝脏解毒及清除血液里的自由基。此外，咖啡灌肠会扩张胆管增加胆汁流量，促成多余的胆汁从肝脏流至胆囊，进入肠道接着排出体外。

常做咖啡灌肠的好处：

- 提高细胞活力
- 加强组织健康
- 改善血液循环
- 促进细胞再生
- 提升免疫力及组织修复



9 Take liver-strengthening supplements like NewLife™ Liverin. NewLife™ Liverin is specifically formulated to protect and strengthen your liver. It contains milk thistle seed extract (80% silymarin), dandelion root, artichoke extract, burdock root, and celery seed extract. The combination of these powerful herbs improves your liver in various ways:

- Rebuilds liver cells and removes toxins.
- Powerful anti-oxidant to combat free radicals and oxidative stress, lowering inflammation and the risk of liver damage and other degenerative diseases.
- 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 wastes and breaks down fats during digestion.

服用强健肝脏的营养补充剂，如新生命肝脏宝。新生命肝脏宝是专为保护和加强肝脏功能而研制的。它含有乳蓟种子提取物（80%的水飞蓟素）、蒲公英根、洋蓟提取物、牛蒡根及芹菜籽提取物。这强力草药的结合可通过以下多种方式改善肝脏的功能：

- 重建肝细胞，清除毒素。
- 强效的抗氧化剂，对抗自由基和氧化应激，减轻发炎、肝损伤及其他退化性疾病的风险。
- 逆转因药物、过量饮酒及环境中污染物影响而造成的肝脏损伤。
- 刺激肝脏增加胆汁的流量，以促进消化过程中分解脂肪及携带废物远离组织。



11 For those who have a history of gallstones, it is strongly recommended that they go through the DRP every 6 months.

有胆石病史的人士，最好是每六个月进行一次排毒与复健程序 (DRP)。

Testimonials

"I had constant episodes of stomach discomfort (churning sensation), and was suspected of having gallstones. I was introduced to NewLife™ Gallbladder & Liver Flush Programme. About 70-80 gallstones of different sizes were flushed out on the 8th and 9th day. I was spared from having to go through gall bladder surgery!"

Albert Lee, Kuala Lumpur.

"My friend introduced me to NewLife™. Two months later, I started the 7-Day DRP and on the 4th evening, I did the Gallbladder & Liver Flush Programme. The result was remarkable and I passed 200 soft yellow and green stones and 11 hard white stones."

Eunice Ti, Bintulu.

"I went through the NewLife™ Gallbladder & Liver Flush Programme even though I didn't know if I had any gallstones. I passed out a total of 97 gallbladder stones ranging from 0.5 – 2.5 cm in diameter and many other tiny ones!"

Sim Bee Hong, Singapore.

"After I was diagnosed with multiple gallstones, I tried a few known methods of gallstone flushing. However, they all failed and caused me severe diarrhoea and great discomfort. I finally found my cure in NewLife™. After 1 week of DRP, I followed their Gallbladder & Liver Flush Programme. In all, I passed a total of 101 stones with the biggest being 2cm. I went for another ultrasound and my doctor was amazed with the results."

Lok L. F., Singapore.

"I started with 1 week of DRP and followed with 1 week of Gallbladder & Liver Flush Programme. I passed out many dozens of stones. Before the gallstones flush, I often felt nauseated and had a poor appetite. Now I feel great and have regained the energy and stamina to travel and work. I am thankful for the ease in flushing out the gallstones without the need for surgery."

Michael Lee, Melaka.

Peter from **Kuala Lumpur**, when he was 2, had his gallbladder removed. He did not suffer from any discomfort. When he was 15, he experienced pain in his right abdomen. Two liver specialists, one from Kuala Lumpur and the other from Singapore, found that there were stones in his liver and suggested that they remove part of the liver that was carrying the stones. His parents approached NewLife™ for help. Peter went through 2 weeks of DRP followed by the Gallbladder & Liver Flush Programme. The stones were successfully flushed out! A scan by the liver specialist confirmed that all the stones were gone and the operation to remove part of the liver was no longer necessary.

分享推荐

「过去我经常肚子不舒服（有翻腾的感觉），怀疑患有胆石。后来有人向我推荐新生命的排石疗法。结果在疗法程序的第8与第9天，我排出了大约70至80粒大小不一的胆石，让我免受开刀之苦，保住了胆囊！」

艾伯特·李，吉隆坡

「友人向我推荐新生命公司。两个月后，我进行了7天的排毒与复健程序（DRP）。在DRP的第4天傍晚，我做了排石疗法，效果令我震撼！我排出了200多颗黄色与青色的软石，还有11颗白色的硬石。」

尤妮丝·池，民都鲁

「虽然我不确定本身到底有没有胆石，我还是照做了新生命的排石疗法。结果呢？我总共排出了97颗胆石，直径在0.5-2.5公分之间，还有好多细细小小的！」

沈美凤，新加坡

「在我被诊断出有胆石后，我曾经尝试过好几个有名的排石法，可是那些疗法不但不成功，还使我严重腹泻和非常不适。幸运的是，我最终找到了我的救星——新生命。做了一个星期的排毒与复健程序（DRP）后，我接着遵循新生命的排石疗法。我陆续排出了101颗石头，最大的一颗约2公分。后来我去做扫描，连医生都对我的扫描报告啧啧称奇。」

陆女士，新加坡

「完成了一个星期的排毒与复健程序后，我接着做了一个星期的新生命排石疗法。结果我排出了好几十颗的石头。在这之前，我时常感到恶心，食欲不振。现在的我，感觉很好，也重获了应付工作和出门的精力与活力。很感恩胆石能自然排出，无需开刀将它们取出。」

麦可·李，马六甲

来自吉隆坡的彼得，在他两岁时，胆囊被切除了。当时他没有什么不适，可是在他15岁那年，他的右上腹开始疼痛。两位来自新马的肝脏专科医生诊断出他有肝石，并提议开刀切除有石头的肝脏部位。彼得的父母最后向新生命求救。彼得进行了两个星期的排毒与复健程序（DRP）及新生命的排石疗法。不出所料，肝石终被排出体外，接下来的扫描报告显示肝石不见了，曾认为必须开刀切除石头的肝脏部位也不再需要进行。



Home Remedies with NewLife™

新生命家居疗法及补救措施

We are all big fans of home remedies! Because they are easily accessible and often use items that you already have in your home. Here are some of our favourite home remedies using NewLife™ products:

我们都喜欢采用家居疗法或补救措施，因为它们不但简单方便，而且基本上我们也不需要为了符合某个需求而特定去购买新东西。以下是一些可以通过使用新生命产品所进行的家居疗法及补救措施：



BEAUTY 美容

1 Moisturizing Honey & Spirulina Face Mask

This DIY face mask is gentle and great for all skin types. Besides having antibacterial and skin-nourishing properties, this mask will leave your skin feeling moisturized and bright, and even out your skin tone.

Ingredients

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

Instructions

1. Mix the two ingredients to form a paste.
2. Apply with fingertips to clean, damp face and neck.
3. Leave the mask on for 20 minutes, then rinse off gently with warm water.

蜂蜜与螺旋藻保湿面膜

此款手工面膜性质温和，适合所有肤质。除了具有抗细菌和滋养肌肤的功能外，它还能让您的皮肤感觉柔嫩、光滑、明亮，肤色也变得更加均匀。

材料

- 一汤匙新生命纯天然生蜂蜜
- 一汤匙新生命螺旋藻粉

步骤

1. 将以上两种材料混成糊。
2. 用指尖将面膜抹在干净润湿的脸和颈上。
3. 约20分钟后用温水洗干净。



2 Natural Make-up Remover



Did you know that coconut oil also doubles as a great alternative to remove make-up? It's eco-friendly, smells great, and even improves the condition of your eyelashes.

Ingredients

NewLife™ Extra Virgin Coconut Oil

Instructions

1. Squirt some **NewLife™ Extra Virgin Coconut Oil** onto your fingers.
2. Massage the oil into your skin in a circular motion all over your face to remove make-up.
3. Use a warm, wet washcloth to wipe off excess oil and rinse with facial cleanser.

天然卸妆油

你知道吗？椰子油也是卸妆油的绝佳替代品。它环保、气味芬芳，并且可以为睫毛提供护理。

材料

新生命特级初榨纯鲜椰子油

步骤

1. 在手指上喷些**新生命特级初榨纯鲜椰子油**。
2. 以打圈方式将油涂满全脸，并轻轻用指肚按摩就能把彩妆清除。
3. 接着用温湿巾将多余的油抹掉，最后用洁面乳清洗。



3 NewLife™ Wonda Oil for Pimples and Acne



NewLife™ Wonda Oil has natural antibacterial and anti-inflammatory properties. When applied, it helps to eliminate bacteria from wounds or sores, speeding up the healing process.

Ingredients

1-2 drops of **NewLife™ Wonda Oil**

Instructions

1. Drop 1-2 drops of **NewLife™ Wonda Oil** onto clean fingers or a cotton pad. Due to its high concentration, a small amount of **NewLife™ Wonda Oil** is potent enough.
2. Dab **NewLife™ Wonda Oil** onto affected skin.

新生命万宝油—— 消除青春痘与暗疮

新生命万宝油具有天然抗菌和抗炎的功效。它可帮助消除伤口或溃疡中的细菌，加速愈合的过程。

材料

一至两滴的**新生命万宝油**

步骤

1. 滴一至两滴的**新生命万宝油**在干净的手指上或化妆棉上。由于其浓缩性质，少量就已足够。
2. 将**新生命万宝油**轻按在受影响的皮肤上。



1 NewLife™ Immuflora for Lactose Intolerance

Close to 65% of the human population suffer from lactose intolerance. If you happen to be experiencing digestive discomfort caused by dairy products or other foods, you may find **NewLife™ Immuflora** helpful! It may even help to reduce your intolerance over time.

Ingredients

1 sachet of **NewLife™ Immuflora**

Instructions

Take 1 sachet of **NewLife™ Immuflora** every morning on an empty stomach.

Note: for those that struggle with indigestion, adding **N.Zimes PA Plus™** to your daily diet is a must! Take ¼ teaspoon immediately before or after meals to aid with digestion, or consume 3 times a day on an empty stomach to help to replenish systemic enzymes.

新生命免疫激菌植—— 改善乳糖不耐症

将近65%的人口患有乳糖不耐症。如果您对乳制品或其他食物会产生消化不良症状，那**新生命免疫激菌植**绝对有缓解效用。长期服用，可以显著改善不耐受症的问题。

材料

一包**新生命免疫激菌植**

步骤

每早空腹服用一包**新生命免疫激菌植**。

注: 对那些有消化不良问题的人士，应该在日常饮食中添加**胰酶(植物)添加素**。可在餐前或餐后服用¼茶匙的**胰酶(植物)添加素**以帮助消化，或每日空腹服用3次，以补充体内系统酶。



2 Fast Pain Relief for Earache

Earache is most commonly associated with fluid build-up behind the ear drum linked to a middle ear infection. Here are two home remedies for earaches for children and adults to help relieve pain quickly, and for avoiding ear infections in the future:

1. NewLife™ Wonda Oil and Extra Virgin Coconut Oil

Ingredients

- 4 squirts of **NewLife™ Extra Virgin Coconut Oil**
- 2 drops of **NewLife™ Wonda Oil**

Instructions

Mix **NewLife™ Extra Virgin Coconut Oil** and **NewLife™ Wonda Oil**, gently drop the oil mixture into the affected ear and leave for 10-15 minutes.



2. NewLife™ Hydrogen Peroxide

Hydrogen peroxide (H₂O₂) has been used as a natural remedy for earaches for many decades.

Instructions

Place several drops of **NewLife™ Hydrogen Peroxide** into the affected ear. Let it sit for several minutes before letting it drain onto a cotton ball. This dislodges debris. After that, you may rinse your ear with clean, distilled water.

2. 新生命过氧化氢

用过氧化氢清洗消毒，缓解耳痛已有几十年的历史。

步骤

直接将几滴的**新生命过氧化氢**滴入受影响的耳道，让过氧化氢在耳里停留几分钟，然后使用化妆棉球吸尽耳道内的液体。这方法可以将耳垢清洗干净。最后，可用蒸馏水过滤耳朵。

Disclaimer: Please see your healthcare practitioner if pain is extreme or there is discharge coming from the ears. Do not use ear drops, (H₂O₂) or oils inside the ear if a child has ear tubes or the eardrum is perforated.

免责声明: 如果剧痛难忍或耳朵留出液体，就要寻求专业医生的意见。另外，凡有带耳管或耳膜穿孔者都不可将滴耳剂、过氧化氢或草药油滴入耳里。

迅速缓解耳痛

耳痛通常是由于耳膜后面的中耳积液受感染所引起。以下两种家居治疗法有助孩童与成人快速缓解耳痛并可预防耳朵将来再受感染：

1. 新生命万宝油与特级初榨纯鲜椰子油

材料

- 喷四次**新生命特级初榨纯鲜椰子油**
- 两滴**新生命万宝油**

步骤

混合**新生命特级初榨纯鲜椰子油**和**新生命万宝油**，轻轻将油滴进疼痛的耳里让它停留在耳里约10-15分钟。



1 Remove Oily Residue

Oily residue are a hassle to remove, especially on plastic utensils. Instead of washing multiple times, simply use this home remedy.

Ingredients

- 1 teaspoon of **NewLife™ Apple Cider Vinegar**
- 1 teaspoon of **NewLife™ Biodegradable Dishwash Concentrate**

Instructions

- Mix 1 teaspoon of **NewLife™ Apple Cider Vinegar**, 1 teaspoon of **NewLife™ Biodegradable Dishwash Concentrate**, and 250ml of water.
- Soak / wash utensils with this mixture.

去除油渍

清除油渍是件麻烦的差事，尤其是遗留在塑料餐具的油渍。以下家庭补救法，可帮您免去清洗几轮的麻烦。

材料

- 一茶匙的**新生命苹果醋**
- 一茶匙的**新生命生化分解浓缩洗碗液**

步骤

- 将一茶匙的**新生命苹果醋**、一茶匙**新生命生化分解浓缩洗碗液**及250毫升的清水混合。
- 用它来浸泡或清洗餐具。

2 Natural Fruits & Vegetables Wash

Daily consumption of fruits and vegetables are important for a healthy diet. However, many fruits and vegetables out there are also covered with pesticides. Here is a solution!

Ingredients

- 1 teaspoon of **NewLife™ Apple Cider Vinegar**

Instructions

- Mix 1 teaspoon of **NewLife™ Apple Cider Vinegar** into a big bowl of water.
- Wash fruits and vegetables in the solution.

天然蔬果清洗剂

蔬果是大家每天所需要的健康食物，可是，蔬果表面残留太多的农药。请大家不用担心，让我们教您如何清洗蔬果。

材料

- 一茶匙的**新生命苹果醋**

步骤

- 在大碗清水中倒入一茶匙的**新生命苹果醋**。
- 用它来清洗蔬果，就可放心食用了。

Try out these simple home remedies for yourself!

今天，就试试这些简单有效的家居措施吧！



OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺全部达致目标者

JUNE - JULY 2019
2019年6月至7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
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TONG AH MOY ALICIA
COMMUNITY WELLNESS (S) PTE LTD
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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

JUNE & JULY 2019

PLUS ULTRA MARKETING

IRENE CHONG CHUAY PENG

JUNE 2019

LIM SIEW CHOO

CHAN SOO TECK PETER

LOW SIOK ENG

18% ACHIEVERS

JUNE & JULY 2019

TAN LEE KENG (LILY)

LEE CHUEY YONG DEBORAH

JUNE 2019

CHONG KIM MOI

JULY 2019

SYARIKAT ADIL
LIM SIEW CHOO
CHUA PHUAY KHOON

SO SUE YI REGINA
CHAN SOO TECK PETER

WONG MUI CHOO (KELLY)
NG SAN KIM ALICE

15% ACHIEVERS

JUNE & JULY 2019

NEOH BEE LEE

MOI YAN LIN ABIGAIL

JUNE 2019

CHEN KIM LING
LIM CHOON HUAY (JEN)
FENNY NATALIA TJAM
CHEW CHING JEN

ZEYANA HILAL AL BARWANI
WONG MUI CHOO (KELLY)
HENG LEE HIANG

SO SUE YI REGINA
TJAM HELEN
CHUA PHUAY KHOON

JULY 2019

CHONG KIM MOI
BRIDGET SHIU FEI KIT
LISA SOFIAR

LEONG KEE LIN (JACQUELINE)
TAN LEE MENG

CATHERINE LIM CHAYR @ LING HUI
POON YOKE CHUN

NewLife™ Health Retreat

Ramada Plaza Hotel, Melaka.

16-20 June 2019

新生命健康养生营

马六甲华美达酒店

2019年6月16日至20日

NewLife™ hosted its third health retreat this year from 16th to 20th June at the Ramada Plaza Hotel in Melaka. Situated in the heart of Melaka town and only a short distance from UNESCO World Heritage locations such as Jonker Street, the Ramada Plaza Hotel provided a comfortable setting for those going through 5D4N of Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP). We would like to specially thank Silver Manager, Stanley Chong, for coming to the retreat to share his experience and provide invaluable support for all the participants.

The next health retreat will be held from 6th to 11th September at Kasih Sayang Health Resort in Kota Kinabalu. It is fully booked! So keep a look out for the announcement and registration for the March 2020 NewLife™ Health Retreat, or contact us at contact@himclinic.com to find out more about our customized, comprehensive integrative programmes.

新生命于2019年6月16日至20日在马六甲华美达酒店举办了今年度第三届的健康养生营。座落于马六甲市中心，靠近被列为世界文化遗产的文化街（又称为荷兰街或鸡场街），华美达酒店为前来参与这五天四夜的排毒与复健程序(DRP)的参与者提供了一个理想方便的地点。我们在此特别感谢银级经理庄金发先生特地出席健康养生营，为参与者打气与分享他丰富的个人经验。

下一届的健康养生营将在9月6日至11日在哥打京那峇鲁的Kasih Sayang健康度假村举办，名额已满！敬请注意2020年3月的健康养生营的开放注册日。您也可选择联络contact@himclinic.com 来认识更多有关我们根据顾客健康状况量身定制的全面综合保健程序。





Below are testimonials from some of the participants from the June health retreat:
 以下是其中几位6月健康养生营参与者的分享:



It is a very practical, logical and easy-to-follow programme with medically based facts. My (blood) sugar levels have stabilized for the first time in a long time: from above 11 in the morning (fasted) to 7.5.

非常实际、合逻辑、容易理解随从的程序。我的血糖水平多年来都不稳定；这是我多年来第一次体验血糖的稳定一早上戒食，血糖指数从超过11以上降到7.5。

Hamid A. S. Al-Bahry, Oman.
 哈密艾巴里, 阿曼



I would like to thank Dr. Lynn and team. You were all very helpful and genuine in your concern. Thank you for making the retreat comfortable and truly a time to rejuvenate. You have all been a great blessing!

很感谢陈林希珠博士和团队们！您们诚恳与无微不至的照顾，让每位参与者得福，使我们能够真正放松和修复身体。

Celina Lim, Singapore
 林慧玲, 新加坡



My DRP experience was life-changing, enlightening and liberating. I felt cleansed and have realized it is possible to change my diet. The topics were very valuable especially about healing our body, inflammation and cholesterol.

这个健康养生营是一个充满启发性、解放性，改变人生的一次经历。我感觉身体干净了，我现在相信饮食习惯是可以改变的。健康讲座让我受益匪浅，特别是有关修复身体、炎症和胆固醇方面的课题。

Sharon Lim, Singapore
 林慧君, 新加坡





AGING – How Can I Slow It Down? 如何延缓皮肤老化?

After the age of 25, many people start to show early signs of aging as the body has reached its peak growth, and its aging process begins. Early signs of aging such as fine lines or wrinkles start to appear on the skin.

The skin also starts losing elasticity slowly. Others may develop dry or patchy skin, or dark spots may start to form. Factors such as a high-stress lifestyle, poor diet, lack of sleep, smoking, inconsistent skin care routine may speed up the aging process and cause the skin to become lifeless or dull.

While it is important to care for the skin by living a healthier lifestyle and eating a better diet, establishing a daily skin care routine can go a long way in helping to slow down the signs of aging on the skin.

The Annemarie Börlind Natural Beauty line is developed with specific series for different skin types and age groups. Those looking to slow down the effects of aging, Annemarie Börlind has many effective anti-aging products to meet your needs.

过了25岁，许多人开始显示老化的早期迹象，这是因为身体已到达生理发育顶峰，开始进入自然老化过程。细纹和皱纹的形成是老化的早期迹象其中之一。

此外，皮肤也开始逐渐失去弹性。有些人的皮肤变得干燥，出现色斑、黑斑。因素如生活压力、饮食不均衡、睡眠不足、吸烟、不规律的护肤程序都可以加速老化的过程，导致皮肤看起来暗沉、无生气。

健康的生活方式和更好的饮食习惯对保持美丽的肌肤来说当然很重要，正确的日常护肤程序对减缓皮肤老化也有很大的帮助。

安玛莉柏林天然护肤美容系列为不同皮肤性质和不同年龄层的需要而设计。您想延缓皮肤老化吗？安玛莉柏林研创了许多高效的抗衰老产品，肯定能满足您的需求。

PROMOTION | 促销

Enjoy **20% off** with every purchase of 2 or more items from the LL Regeneration System Vitality, System Absolute System Anti-Aging, or Naturoyale System Biolifting series.

购买任何两件或以上的再生系列/臻颜紧致系列/极致系列产品，
立即享有**20%折扣**！

Terms and Conditions:

- 1) Promotion period from 1st September to 31st October 2019, or while stocks last.
- 2) Discounted items carry full PV and 50% BV.
- 3) Not valid with any other concurrent promotions or Quantity Discount.
- 4) All purchases must be on a single receipt.
- 5) NewLife™ reserves the right to change or amend the terms and conditions without prior notice.

条规与细则:

- 1) 促销活动期限：2019年9月1日至10月31日，或存货售完即止。
- 2) 优惠折扣产品皆带有完整的单位分数和50%的单位花红。
- 3) 不可配合任何同期间的促销优惠和数量折扣。
- 4) 所有采购必须在同一单据上。
- 5) 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。



LL REGENERATION SYSTEM VITALITY

Fresh Vitality. New Tone.

Starting in your 30s, biological factors, and also stress and a lack of sleep inhibit the skin's natural regeneration process. The first signs of skin aging become apparent, and the skin appears duller and less resilient. The skin now needs targeted effective care that regenerates and counteracts a lack of elasticity and vitality.

The LL REGENERATION care system utilizes the LL Bio-complex with its pure plant and patent-pending mode of action. The combination of valuable natural care substances promotes regeneration and is proven to stimulate cell renewal resulting in visibly firmer and revitalized skin.

再生系列系统活力

新活力，新肤色。

从30多岁开始，生物因素，以及压力和睡眠不足会抑制皮肤的自然再生过程。皮肤老化的最初迹象变得明显，皮肤看起来更暗淡，弹性变差。皮肤需要有针对性的有效护理，以再生和消除弹性和活力的缺乏。

再生系列护理系统利用再生生物复合物和纯植物及其专利的方式进行护理。珍贵的天然护理成分的组合促进再生并且被证明可以促进细胞更新，从而取得明显紧致和活力的肌肤。



SYSTEM ABSOLUTE SYSTEM ANTI-AGING

Firmer Skin. Improved Elasticity.

Mature skin requires care that counteracts the signs of aging. Our SYSTEM ABSOLUTE systematic care series improve the elasticity and tone of skin after the age of 40 and helps to minimize wrinkles. Embedded in a 3D ingredient matrix from the tara tree, green algae extract activates collagen and elastin production over a longer period of time. It improves skin density and minimizes wrinkles. Depending on your skin's needs, you can choose between a light texture and a rich one for daytime protection and nighttime care.

Anti-aging care leaves the complexion visibly firmer and smoother.

臻颜紧致系列系统抗衰

紧致肌肤，提升弹性。

熟龄肌肤需要可以消除衰老痕迹的护理。臻颜紧致护理系列可提升肌肤弹性和改善肤色，有助于减少皱纹。适用于40岁以上的女性。绿藻提取物植入塔拉树的3D矩阵中，可在较长时间内促进胶原蛋白和弹性蛋白的产生。它可以改善肌肤紧致度，减少皱纹。您可以根据肌肤需求，选择质地轻盈的或者质地丰富的作为您的日常护理产品。

抗衰护理使肤色更紧致，更光滑。



NATUROYALE SYSTEM BIOLIFTING

*Astonishing Lifting Effect.
Thoroughly Moisturized and Firmer Skin.*

The key to the NATUROYALE line's effectiveness is Bio-lifting complex. It combines selected care ingredients from nature with state-of-the-art knowledge from scientific research. In conjunction with white truffle, it activates the skin's regenerative capacity and stimulates cell renewal. When used daily, the line's five products achieve an astonishing lifting effect. After only a short time, skin is naturally firmer, smoother and thoroughly moisturized.

极致系列系统生物提拉

惊人的提升效果。彻底滋润和紧致肌肤。

极致系列效果的关键因素体现在抗衰复合物。精选的天然成分结合科学研究最先进的知识，加入白松露，促进皮肤的再生能力和刺激细胞生长。结合系列中的5款产品，每天使用，可以带来惊人的提升效果。在短时间之内，成熟肌肤自然紧致，顺滑和彻底滋润，效果明显，给肌肤带来持续之美。

**SKIN COMPATIBILITY AND EFFICACY SCIENTIFICALLY CONFIRMED.
NO MINERAL OIL DERIVATIVES. NO GENETICALLY MODIFIED PLANTS.**

功效和皮肤兼容性经科学验证。不含矿物油衍生物。不含转基因植物。

SEPTEMBER | 9月 2019

MON	30	02 Replacement holiday for Awal Muharram (All Malaysia offices closed)	09 Birthday of SPB Yang Di Pertuan Agong (All Malaysia offices closed)	16 Malaysia Day (All Malaysia offices closed)	23
TUE		03	10	17	24 SG 新加坡 10.30 ^{am} - 12.00 ^{pm} Wholesome Bread 健康面包 by Eileen Chong and Abigail Moi
WED		04	11	18	25
THU		05 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} The Oily Affairs 关于油 by Deborah Lee	12 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} Water Can Undermine Your Health 水质可暗中损害 您的健康 by Sim Bee Hong (Manager)	19 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} Overcoming Inflammation Pain 克服炎症及疼痛 by Joyce Chua and Lydia Ling (Silver Manager)	26 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} Business Opportunity Meeting (Clean & Build) 商机会议 (排毒与健体) by Joyce Chua and Lydia Ling (Silver Manager)
FRI		06	13	20	27
SAT		07 SG 新加坡 2.00 ^{pm} - 5.00 ^{pm} Business CORE 业务核心 by Lydia Ling (Silver Manager) and Team	14 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} Clean & Build 排毒与健体 by Ling Young Hoon and Sim Bee Hong (Manager)	21 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} Natural Remedy for Common Ailments 克服常见病的自然疗法 by Joyce Chua and Team	28 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 by Jeffrey Lim (Manager)
		PJ 八打零再也 2.00 ^{pm} - 4.00 ^{pm} Inner Beauty Outer Glow with Annemarie Börlind 安玛莉柏林 由里到外容光焕发 by Ivy Khoo (Beautician)		PJ 八打零再也 2.00 ^{pm} - 4.00 ^{pm} Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 by Victor Chao (Nutritionist)	PJ 八打零再也 2.00 ^{pm} - 4.00 ^{pm} Great Juice with Great Juicer 优越的果汁机 榨出优质的蔬果汁 by Victor Chao (Nutritionist)
				KK 亞庇 2.00 ^{pm} - 4.30 ^{pm} Liver Stones & Gallstones Flush 肝结石和胆结石 自然排石法 by Leon Tan (Nutritionist)	
SUN	01 Awal Muharram (All Malaysia offices closed)	08	15	22	29

OCTOBER | 10月 2019

MON		07		14	21	28 Replacement holiday for Deepavali (KK/PJ/SG offices closed)
TUE	01	08 SG 新加坡 10.30 ^{am} - 12.00 ^{pm} Juicing for Health 健康蔬果汁 by Suzi Moi (Manager) and Team		15	22 SG 新加坡 10.30 ^{am} - 12.00 ^{pm} Business Opportunity Meeting (Clean & Build) 商机会议 (排毒与健体) by Eileen Chong and Lydia Ling (Silver Manager)	29
WED	02	09		16	23	30
THU	03 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} Cholesterol Confusion 有关胆固醇的困惑 by Deborah Lee	10 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} Clean & Build 排毒与健体 by Sim Bee Hong (Manager) and Ling Young Hoon	17 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} Bone Health & Rebounding 骨骼健康及弹跳床运动 by Abigail Moi	24 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} Natural Remedy for Common Ailments 克服常见病的自然疗法 by Noah Tan	31 SG 新加坡 7.30 ^{pm} - 9.30 ^{pm} Business Opportunity Meeting (Clean & Build) 商机会议 (排毒与健体) by Joyce Chua and Team	
FRI	04	11		18	25	
SAT	05 SG 新加坡 2.00 ^{pm} - 5.00 ^{pm} Business CORE 业务核心 by Lydia Ling (Silver Manager) and Team	12 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} Healing Foods & Juicing 疗愈的食物及蔬果汁 by Lisa Sofiar and Deborah Chew	19 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 by Jeffrey Lim (Manager)	26 SG 新加坡 2.00 ^{pm} - 3.30 ^{pm} Super Immunity Kids 培养孩子拥有超级免疫力 by Lydia Ling (Silver Manager) and Abigail Moi		
	PJ 八打零再也 2.00 ^{pm} - 3.30 ^{pm} Juicing for Health 健康蔬果汁 by IBO Support			PJ 八打零再也 2.00 ^{pm} - 3.30 ^{pm} Removing Toxins from Your Home 清除家中的毒物 by Mabel Teo (Manager)		
	Sabah Governor's Birthday (KK office closed)	Sarawak Governor's Birthday (KUC office closed)		KUC 古晋 2.00 ^{pm} - 4.30 ^{pm} Liver Stones & Gallstones Flush 肝结石和胆结石自然排石法 by Leon Tan (Nutritionist)		
SUN	06	13		20	27 Deepavali (KK/PJ/SG offices closed)	

SPECIAL OFFERS | 特别优惠

EXTRA VIRGIN COCONUT OIL 100ML 有机特级初榨纯鲜椰子油100毫升

Buy 2nd at
50% discount
第二瓶**50%优惠折扣**

- ✓ Pure, unadulterated, organic Extra Virgin Coconut Oil.
- ✓ Cold-pressed and naturally processed, under strict hygienic conditions set by international standards (ISO 22000 and ISO 9000), from freshly harvested organic mature coconuts.
- ✓ Not bleached, deodorized, or refined.
- ✓ No chemical preservatives or additives.
- ✓ 最纯净、最优质的有机特级初榨纯鲜椰子油。
- ✓ 仅采用新鲜摘采的有机成熟椰子，按照国际标准（ISO22000和ISO9000）严格的卫生条件以冷压和天然处理方式提炼。
- ✓ 未经脱色、去味、精炼。
- ✓ 无化学防腐剂和添加剂。



WONDA OIL 万宝油

Buy 2nd at
30% discount
第二瓶**30%优惠折扣**

- ✓ Ideal for cuts, wounds and other infections.
- ✓ Helps relieve arthritic pain, sprains and muscle aches.
- ✓ Helps treat boils, ulcers, warts, pimples and acne.
- ✓ Helps allay congestion, coughs and sore throat.
- ✓ Good for patients with dermatitis.
- ✓ Helps remove foot odour and prevent athlete's foot.
- ✓ Helps treat fungal infection on the skin.
- ✓ Helps keep head lice away.
- ✓ Aids in repelling insects, mosquitoes and sandflies.
- ✓ Helps relieve mouth ulcers, sore gums, bad breath and plaque.
- ✓ Helps reduce nail infections.
- ✓ Helps reduce nappy rash.
- ✓ Helps minimize nasal ulcers, nasal blocks and sinus infections.
- ✓ Can be used for vaginal cleansing or applied as a vaginal douche.

- ✓ 有助割伤、伤口和其他受感染部位的愈合。
- ✓ 有助缓解关节炎疼痛、扭伤和肌肉酸痛。
- ✓ 有助治愈脓肿、溃疡、疣、青春痘和粉刺。
- ✓ 有助疏通呼吸道阻塞、缓解咳嗽和喉咙疼痛。
- ✓ 有益治疗皮肤炎。
- ✓ 有助去除脚臭味，预防香港脚。
- ✓ 有助减少皮肤的真菌感染。
- ✓ 有助预防感染上头皮蚤子。
- ✓ 驱赶昆虫、蚊子和沙蝇。
- ✓ 有助减轻口腔溃疡、牙龈疼痛、口臭和牙菌斑。
- ✓ 预防指甲感染。
- ✓ 减少尿布湿疹问题。
- ✓ 有助减轻鼻窦溃疡、鼻塞和鼻窦炎感染。
- ✓ 可作为阴道冲洗之用，保持阴道卫生清洁。

PURE RAW HONEY 纯天然生蜂蜜

Buy 3.5kg or 850g
& get **40% discount**
on next 850g
买3.5公斤或850克包装，即可享有
40%折扣购买下一瓶850克包装



NewLife™ Pure Raw Honey is unpasteurized and sourced from New Zealand. The honey is extracted from the beehive, strained and poured straight into the bottle. Only unpasteurized, unprocessed and unheated raw honey retains all the beneficial natural nutrients and antioxidants.

On the contrary, regular commercial honey undergoes many more steps before it is bottled, such as pasteurization and filtration; and some ultrafiltration. These processing methods remove beneficial nutrients like pollen and enzymes, and reduce the level of antioxidants. Some manufacturers even add syrup or sweeteners to honey to reduce costs.

If you want to enjoy all the health benefits of honey, choose NewLife™ Pure Raw Honey.

新生命的纯天然生蜂蜜产自新西兰，不经高温消毒。从蜂巢采集后，经过滤，即直接入瓶。只有未经高温消毒、未经加工的生蜂蜜，才能够保存蜂蜜里所有的有益天然养分及抗氧化物。

相反的，大多数商业化生产的蜂蜜都经过了许多生产步骤如高温杀菌、过滤、甚至超滤。这些加工步骤造成许多有益营养如花粉和酶的流失，也降低了蜂蜜的抗氧化剂水平。有些生产家甚至在蜂蜜中加入糖浆或代糖以降低生产成本。

如您要享受蜂蜜所提供的所有健康效益，新生命的纯天然生蜂蜜是您最佳的正确选择！



Terms and Conditions:

1. Promotion period: 1st September to 31st October 2019, and while stocks last.
2. Full BV/PV for regular priced items.
3. Discounted items carry no PV/BV.
4. All purchases must be on a single receipt.
5. Not valid with any other concurrent promotions or Quantity Discount.
6. Other terms & conditions apply.
7. NewLife™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

条款与细则:

1. 促销活动期：2019年9月1日至10月31日，或存售完为止。
2. 原价出售的产品带有完整的单位分数和单位花红。
3. 优惠折扣产品没有单位分数和单位花红。
4. 所有采购必须在同一单据上。
5. 不可配合其他同期间的促销活动和数量折扣。
6. 附有其他条款与细则。
7. 新生命有权随时更改或修订促销活动的条款与细则，恕不另行通知。