

Healthy Habits to Try in 2021

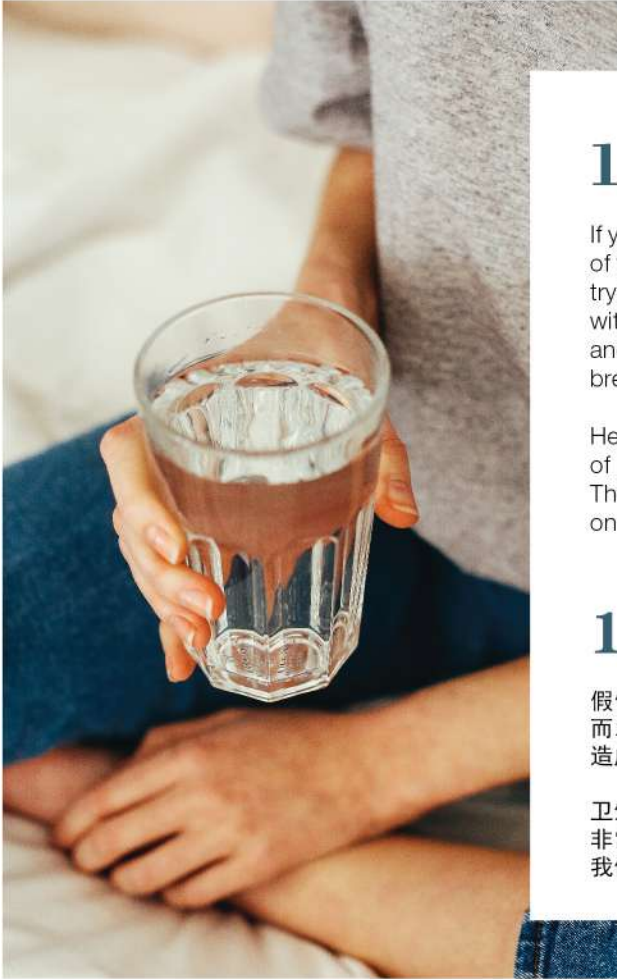
新年新健康习惯

Hello, 2021!

With the start of a brand-new year, there is no better time than now to try out some new healthy habits! The struggle of starting a new commitment is something that many of us can relate to. However, the best defence is good offence—healthy choices you make each day impact your health and well-being the next day and beyond. No matter where you are on this journey, if you have made it to this point then you have already begun. On the next page are 5 healthy habits that you could try this coming year, adopting one or more of these is already a great start in your pursuit to a healthier, happier YOU.

哈喽，2021！

随着新的一年的开始，没有比现在更好的时间来尝试一些新的健康习惯了。许多人都会对开始一个新的承诺有所挣扎。但是，最好的防御就是进攻！您的明天和未来的健康与幸福，都会被您今天所做出的每一个健康选择影响。无论您在这段旅途的哪里，如果您已做到这里，这就已经是一个开始了。使自己变得更健康、更快乐，下一页列出了一些您可以在这新一年尝试的5项健康习惯。只要养成了一个或以上的健康习惯，就是一个很好的起点！



1. Fill the Tank

If you ever had the displeasure of filling your car tank with the wrong kind of fuel, you would hear the awful “CLUNK, BONK, BOOM” of the engine trying to digest your mistake. Just like an engine, what you fill your body with ultimately results in 2 probable outcomes: you move forward swiftly and smoothly OR you eventually experience the signs of an impending breakdown.

Health authorities recommend the 8x8 rule which equates to 8 ounces of liquid, 8 times a day. That's a lot of liquid going into your engine! Therefore, it being a crucial element in our daily life, make smart choices on what you drink. Here are two that we recommend:

1. 添满“油箱”

假使您曾有添错汽油的经验，那您一定听过汽车引擎为消化您的错误而发出的怪声。就好比汽车引擎，您注入身体内的任何东西，最终将会造成两种结果：顺利前进或被故障困扰。

卫生局所建议的 8×8 法则，即是一天摄取8次8盎司的液体。这是一个非常大的液容量！由此可见，这是我们生活中的一个极重要元素，因此我们必须日常饮料上做出明智的选择。这里有我们的两项建议：

Green Juices:

- Step 1:** Get a good juicer that juices fruits and vegetables at low speed (check out our **Alpha Juicer DA900** at www.newlife.my/alpha-juicer).
- Step 2:** Make juicing a part of your daily routine. In addition to the health benefits of juicing, it can be quite therapeutic to hear the hum of a juicer!
- Step 3:** Applaud yourself for filling your engine with a healthy, power-packed fuel.

绿汁：

- 步骤1：**用低速果汁机榨蔬果汁（您可以通过以下网址www.newlife.my/alpha-juicer以知道更多关于**奥发绿汁机DA900**的信息）。
- 步骤2：**将榨蔬果汁变成您生活的一部分。蔬果汁除了对我们的健康有益处之外，倾听果汁机操作时的声音其实也挺治愈的！
- 步骤3：**为自己的明智决定与努力鼓掌。



Distilled Water:

Distilling rids water of ALL impurities, thus reducing the risk of disease (via waterborne disease-causing bacteria) and the risk of consuming harmful chemicals (check out our **Pure Water Distiller** at www.newlife.my/pure-water-distiller).

蒸馏水：

蒸馏法，能很有效地去除水中所有的杂质。因此，蒸馏水能减低患上由水源性致病细菌所引起的疾病及摄入有害化学物质的风险（您可以通过以下网址www.newlife.my/pure-water-distiller以知道更多关于**纯正蒸馏水机**的信息）。





2. Shake it up

The body thrives on movement and we perform at our best mentally when we are well physically. So, it is time to Shake It Up—in the literal sense of its meaning. Simple changes to your current routine can make a huge difference in your activity level each day such as:

- Choose to take the stairs instead of the elevator
- Wash your car yourself instead of sending it to a car wash
- Spend a few minutes bouncing on **NewLife™ Rebounder** every day

You do not necessarily need to engage a personal trainer or buy a gym membership to take your first “steps” to being active, as with the tale of *The Tortoise and the Hare*, you will find that slow and steady wins the race. Be mindful of your own limitations and work with what you have! Try to include 20 minutes of exercise into each day. Your body will thank you for it!

2. 动一动!

运动能让我们活起来! 只要身体活跃, 我们的精神状态就会跟着好起来。因此, 是时候运动了! 只要在日常生活中做一些简单小小的改变, 就能让您每天的运动量水平有很大的不同, 例如:

- 选择走楼梯而不是乘电梯
- 自己洗车, 而不是把车送到洗车店
- 每天花几分钟的时间在**新生命弹跳床**上运动

您不需要聘请一位私人教练或是买一张健身会员卡来开始您积极的第一步。就好比龟兔赛跑的故事, 您会发现只要稳扎稳打就能赢。别忘了要注意自己的限度, 还有充分利用您现有的! 每天锻炼20分钟, 您的身体会感激您的!

3. Pre-bedtime Routine

During REM (rapid eye movement) sleep, your body is able to heal and rest at its best; from this point alone, it is therefore more important to focus on the quality of sleep you achieve. Of course, sleep schedules may differ greatly among individuals depending on their lifestyles, working schedules and even their home environments. For practical reasons, it is best to then focus on making sure that when you sleep, you have a good one. Taking a page from a child's sleep training resource; a pre-bedtime routine will ensure that the mind is ready for a good rest. Below are some examples of pre-bedtime practices that you can adopt:

- Have a cup of calming tea (**NewLife™ Organic Chamomile Tea** is a great option!)
- Read a book
- Disconnect from all devices
- Self-reflect on the highlights of the day or things that you are grateful for
- Do some light stretching
- Take a warm shower (please make sure to use natural products so that you are not over stimulating your senses or irritating your body before sleep—try **NewLife™ Natural Shampoo** and **NewLife™ Castile Liquid Cleanser**!)

3. 睡前习惯

在快速动眼睡眠期间是您的身体能够达到休息与愈合的最佳状态。从这点上看, 关注您所获得的睡眠质量就更为重要。当然, 睡眠时间会随着人们的生活习惯、工作时间及家庭环境而有所不同。因此, 从实际的角度出发, 我们最好能确保入眠时可以达到很好的睡眠品质。截入儿童睡眠训练资料中的其中一页, 睡前习惯能有效地让我们的大脑准备进入休眠状态。以下是一些睡前好习惯的例子:

- 喝一杯镇静茶 (新生命有机洋甘菊花茶是个极佳的选择!)
- 看书
- 不触碰任何电子器件
- 反思一下一天中最重要的事情或者让您感恩的事情
- 轻微伸展身体
- 泡个温水澡 (请确保您用的是天然产品, 以避免在睡前过度刺激您的感官和身体——您可尝试**新生命纯天然洗发水**及**新生命卡士迪洗洁液**!)



4. Have a Brew-tiful Day

Now that we have covered our night time routine, let's talk about our morning routine. To many, a cup of coffee is what initiates the start to a day; we suggest something similar sounding, but of very different nature—start your day with a coffee enema! The coffee enema is a daily detoxification powerhouse that cleanses and rejuvenates your body, here are just some of its many benefits:

- Boosts the immune system
- Stimulates antioxidant production
- Increases energy levels
- Removes parasites from the digestive tract
- Detoxifies the liver and the blood

Adopting the practice of regular coffee enemas into your lifestyle has long term benefits and is an important one in the pursuit of achieving optimal health. **NewLife™ Coffee** is very lightly roasted and medium ground, to preserve as much antioxidant activity and health benefits as possible.

5. Eat Well

Good nutrition is the key to optimal health but many people are confused in this area. Due to the many different diets being promoted and many different schools of thought, it is difficult to know what works and what doesn't. In addition, it doesn't just matter what we eat but also how we eat and how food functions within our lifestyle. While we try our best to eat healthy, nutritional supplements play a crucial role in helping to balance our diet by filling nutritional gaps and supplying the body with nutrients that are commonly lacking. Below are some quick recommendations for daily supplements that you could try:

Cardiovascular Health

- Extra Virgin Coconut Oil
- CoQ10 Plus

Bone and Joint Health

- Calcium Complex
- Collasta

Immunity Boosters

- C Complex
- Garlic & Parsley

Gut Health

- GI Health Plus Set
- N.Zimes PA Plus™

Anti-stress

- B Complex
- Kelp

4. 享受好咖啡

目前为止，我们已经概括了夜晚的作息。现在，让我们来谈谈白天的日常。对于很多人来说，一杯咖啡是一天的开始。今天，我们来介绍您一个与此听起来非常相似，但却性质完全不同的概念——那就是咖啡灌肠！咖啡灌肠，是我们身体每日排毒的引擎。它能净化身体和恢复活力。这里是咖啡灌肠的其中一些好处：

- 增强免疫力
- 刺激抗氧化剂的产生
- 提高精力
- 清除消化道里的寄生虫
- 帮助肝脏及血液去毒

养成定期进行咖啡灌肠的习惯能为您带来长期的好处。它是养生保健的重要关键之一。**新生命咖啡**是通过轻微烘焙和中等研磨的，以保持最高程度的抗氧化活性及其健康效益。

5. 吃得好

良好的营养是最佳健康的关键，但许多人在这方面感到困惑。由于各种各样不同的饮食计划、思想流派的轰炸，使多数人觉得很难知道什么有效，什么无效。此外，不仅是我们吃什么，还有我们怎么吃以及食物在我们的整体生活中的角色也是很重要的。尽管我们尽量吃得健康均衡，但营养补充剂在帮助平衡我们的饮食方面仍然发挥着至关重要的作用，它填补了营养缺口，为身体提供了通常缺乏的营养。以下是一些您可以尝试的每日补充的快速建议：

有利于心血管健康

- 特级初榨纯鲜椰子油
- 生物吸收性辅酶素Q10

有利于骨骼和关节健康

- 钙合成剂
- 康丽达胶原红藻

增强免疫力

- 维他命C综合丸
- 蒜与欧芹油

有利于肠道健康

- 肠胃保健配套
- 胰酶（植物）添加素

减压

- 维他命B综合丸
- 海藻宝

