

LifeLine



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INFLUENZA A & NOVEL CORONAVIRUS Nutritional Guide

**甲型流感及新冠肺炎
营养健康指南**

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about What Goes
on Your Head!**

**是时候关心了解
用在自己头上的物品!**

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椰子油**

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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 May 2020
 截止日期:
 2020年5月15日

11-16 June 2020 | 2020年6月11至16日

6D5N Detoxification & Rejuvenation Programme | 6天5夜体内排毒与恢复活力程序配套

	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 Mar 2020 截止日期: 2020年3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 April 2020 截止日期: 2020年4月15日	RM5,297 / S\$1,777	RM6,281 / S\$2,104	RM2,134 / S\$722
Regular 标准营费 Expiry : 15 May 2020 截止日期: 2020年5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
11 June 2020 (Thursday) 2020年6月11日 (星期四)	KKIA 亚庇国际机场	KASIH SAYANG	Before 12.30pm 中午12点半之前
16 June 2020 (Tuesday) 2020年6月16日 (星期二)	KASIH SAYANG	KKIA 亚庇国际机场	12.00pm 中午12点

Please note 请注意:

1. Health Retreat starts at 2.00pm sharp on 11 June 2020 and ends at 12.00pm on 16 June 2020. Kindly consider these factors when booking your flight.
健康生活营在2020年6月11日下午2时准时开始, 并在2020年6月16日中午12时结束。当您预定机票时, 请考虑这些因素。
2. 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。
3. 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。

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INFLUENZA A & NOVEL CORONAVIRUS

Nutritional Guide

甲型流感及新冠肺炎 营养健康指南

Lately, media coverage has been all about the outbreak of the novel coronavirus (2019-nCoV) as it was declared a public health emergency of international concern on 30th January 2020. Although 2019-nCoV has received more media attention, there are actually more people contracting Influenza A in Malaysia and Singapore.

Influenza A was first discovered in April 2009 in the United States. It was discovered that this virus was a never-seen-before mixture of four genetic strains: North American Swine Flu, North American Avian Flu, Human A/H1N1, and a swine flu strain found in Asia and Europe.

Novel Coronavirus comes from the same family of viruses as MERS-CoV and SARS-CoV. It is a new strain that has not been previously identified in humans. Symptoms of the infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties.

Both viruses are highly contagious. Although their recovery rates are very high and are usually not fatal, they do pose a danger to the very young, the elderly, those who have pre-existing health conditions such as diabetes, liver, kidney, or heart diseases, asthma or other respiratory illnesses, and those who are immunocompromised – having a weak immune system.

A Healthier Alternative: Maintaining a Strong Immune System

While we take precautions to avoid contracting the viruses, it is more important that we take the appropriate steps to strengthen our immune system, as it is the body's natural defence against viral infections.

Prevention indeed is better than cure. Why wait until you are ill before doing something about your health? Take the right steps to increase your immune system, today!

Our immune system is a complex network of specialized cells and organs which defends us against attacks by foreign invaders. When functioning properly, it fights off infections by bacteria, viruses, fungi and parasites. However, when the immune system is weak, the body's whole defence system will be down and therefore subject to the attack of invaders when exposed to harmful organisms. The body's immune system will attempt to bar their entry, or failing that, will seek out and destroy them.

To have a strong immune system, the body needs to be made up of well-nourished cells that are free from toxins. Diet and supplements play a vital role in reinforcing the immune system.

NewLife™ has always advocated a healthy lifestyle. We recommend the **Detoxification & Rejuvenation Programme (DRP)** periodically to give your body a new start (or reset) and then a daily diet that comprises of 75% raw fruit and vegetables, with plenty of freshly made fruit/vegetable juice. We suggest avoiding all processed foods and also to reduce salt/sugar intake as much as possible. Some meat from free-range chicken, free-range eggs, or deep-sea fish can provide protein, however home-made yoghurt should be the main source of protein.

自世卫组织于2020年1月30日将新冠肺炎疫情确定为“国际关注的突发公共卫生事件”后，最近的媒体报道都是关于2019新型冠状病毒(2019-nCoV)与疫情有关的信息。尽管它受到高度的媒体关注，事实上新马两地出现的甲型流感病例其实更多。

甲型流感首宗人类病例是于2009年4月在美国被发现。当时这病毒是前所未有的，混合了四组不同的流感病毒：北美猪源流感、北美禽流感、人类甲型流感以及起源于亚洲及欧洲的猪源流感。

2019年新型冠状病毒是“冠状病毒”的病毒家族里的一株。与中东呼吸综合症(MERS)和严重急性呼吸综合症(SARS)等属同病毒家族。在此次疫情爆发之前，新型冠状病毒是以前从未在人类中发现的一种新毒株，因而被称为“新型”冠状病毒。感染的常见体征有呼吸道症状、发热、咳嗽、气短和呼吸困难等。

虽然这两种病毒都感传染性高，但痊愈率也很高，通常都不会带来生命威胁。话虽如此，儿童、老人、健康已有其他状况如糖尿病、肝病、肾病、心脏病、哮喘或其他呼吸道疾病患者，以及免疫系统严重受损患者都属于特别脆弱群体。

更实际有效的对策：增强自身免疫系统

除了采取预防措施以避免感染病毒，更重要的是，我们必须采取适当的步骤来加强我们的免疫系统，因为它是人体对抗病毒感染的天然防御。

预防绝对胜于治疗。何必要等到生病了才做补救？现在就采取正确措施增强自身免疫力！

免疫系统是一个复杂的系统，由一组细胞及器官组成，保护我们免受外来的侵害。若运作正常，免疫系统能击退细菌、病毒、寄生虫等。可是，当免疫系统脆弱时免疫力会下降，这时若身体接触有害物质时，就会被侵害攻击，免疫系统会尝试抵挡有害微生物入侵身体，若不成功，就会试图找出它们进一步摧毁。

要增强免疫系统，身体要有营养良好健康的细胞和无毒素。因此，饮食及保健品在增强免疫系统是重要的一环。

新生命一直倡导健康的生活方式。我们推荐大家定期进行**排毒和复健程序 (DRP)** 给身体一个大扫除作一个新开始，接着维持的日常饮食75%以生鲜蔬果组成，再加上大量的鲜榨蔬果汁。我们建议完全避免加工食物，尽量减少盐与糖的摄入。吃一些有机散养鸡与鸡蛋、深海鱼可提供蛋白质，但自制酸乳酪应该还是我们的主要的蛋白质来源。

The following supplements are particularly important for immune boosting:

以下保健品对提高免疫力尤其重要：

Supplements 保健品		Dosage 剂量	Remarks 建议
6 E S S E N T I A L S P A C K 六大要素配套	Herbal Klenz Powder 草本净化粉	1 heaped teaspoon in a full glass of water/juice/ACV-honey cocktail on empty stomach twice daily. 一茶匙草本净化粉加过一杯水/蔬果汁/蜜糖苹果醋，每日两次，空腹饮用。	This not only provides the necessary daily fibre; it also helps tone the intestines and also remove accumulated encrustations and heavy metal poisonings. 除了提供身体每日所需的纤维素，也有助于强健肠道、排除宿便及清除体内重金属。
	Super Green Food ++ 超级绿食品	1 sachet twice daily. 每日两次，每次一包。	Consists of 29 super foods which meet the body's need for vital nutrients. 包含29超级食物为身体提供每日所需的重要营养素。
	K-Salt 钾质	¼ teaspoon 6 times daily mixed with water or juice. 每日六次，每次1/4茶匙，与水或蔬果汁混合饮用。	Restores biochemical balance back to the cells and tissues. 帮助细胞与组织恢复生物化学平衡。
	ImmuFlora® 免疫激菌植	1 sachet daily. 每日一包。	Contains 10 billion cells of special friendly bacteria that help to create healthy intestinal flora and cleaner blood stream. Aids in digestion and liver regeneration. 包括一百亿益菌有助建造健康的肠道菌群和更干净的血液。促进消化及肝脏再生。
	Omega Gold Flaxseed Oil 奥美加黄金亚麻籽油	1 tablespoon 2 times daily 每日两次。每次一汤匙。	Reduces pain and inflammation. Improves tissue oxygenation. 减轻疼痛及炎症。提高组织氧合。
	Liverin 肝脏宝	1 tablet 3 times daily. 每日三次。每次一颗。	Protects the liver from toxins and pollutants by preventing free radical damage and stimulates the production of new liver cells. 有效对抗自由基及刺激新肝脏细胞的生产，进而保护肝脏免受毒素与污染物的侵害。
C Complex 维他命C综合丸		1 tablet 3 times daily in divided doses. 每日三次。每次一颗。	Enhances immune function. 提升免疫力。
B Complex 维他命B综合丸		1 tablet 2 times daily. 每日两次。每次一颗。	An important anti-stress supplement. 一个重要的抗压力补充剂。
Propolplus 蜂胶		2 capsules 3 times daily. 每日三次。每次两颗。	Bees use propolis' antibiotic properties to keep the beehives disease free. Increases immunity. 蜂胶是蜂巢的天然屏障。服用蜂胶可加强身体免疫力。
Garlic & Parsley Oil 蒜与欧芹油		2 capsules 3 times daily. 每日三次。每次两颗。	A blood cleanser and powerful immune booster. 净化血液及增强免疫力。
CoQ10 Plus 生物吸收性辅酵素Q10		1 capsule daily. 每日一颗。	Increases cell energy and tissue oxygenation, which are needed to aid in repairing connective tissues. 提高细胞能量与组织氧合，对修复结缔组织非常重要。
N.Zimes PA Plus 胰酶（植物）添加素		1 teaspoon with each meal and before sleep. 每餐及睡前各一茶匙。	Aids digestion and also as systemic enzymes. 促进消化，可作消化酶补充剂。

Note: Doses above are for adults and children 12 and above. For children 6 - 12, reduce the dosage by ½.

注：以上剂量适合成人及十二岁以上的孩童。介于6至12岁的孩童，则将剂量减半。

Exercise is very vital for the health of the body. The best form of cellular exercise is rebound exercise. To increase the circulation of lymphatic fluid through the lymphatic system, thereby increasing the immunity, it is advisable to bounce gently on the **Rebounder** for ½ to 1 minute, 5 to 6 times a day.

Nutritional Recommendation for a Person Who Is Infected:

Diet:

Hourly fluid intake is recommended:

1. Carrot/Apple Juice – minimum 6 times daily.
2. Spirulina Drink – minimum 2 times daily.
3. Fresh Coconut Water – any amount.
4. Hippocrates' Soup – 2 times daily; served with 1 tablespoon of **Nutritional Yeast**.

Hippocrates' Soup Recipe:

Ingredients:

Tomato 1 cup
Celery 1 cup
Pumpkin 1 cup
Onion 1 large
Carrot 1 cup
Leeks 1 cup
Garlic 3 cloves
Potatoes 5
Distilled water

Directions:

1. Cut all the ingredients into cubes and put in a slow cooker with distilled water just enough to cover all the ingredients.
2. Simmer for few hours until all the ingredients are very soft.

Note: Do not peel the potatoes. Do not add table salt or any other seasonings. You may add ¼ teaspoon of **K-Salt** (to each serving) before serving.

When patient begins to feel better and appetite returns, add yoghurt (with **Omega Gold Flaxseed Oil**), fruits, raw vegetables, and rolled oats into the diet.

Supplements:

1. **6 Essentials** (same as above).
2. **C Complex** – 2 tablets every 2 waking hours.
3. **B Complex** – 1 tablet 3 times daily.
4. **Propolplus** – 2 capsules 2 times daily.
5. **Garlic & Parsley** – 5 capsules every 2 waking hours.
6. **CoQ10 Plus** – 10 capsules daily (4 at breakfast, 3 at lunch, and 3 at dinner) to enhance cellular oxygen utilization and increase immunity.
7. **N.Zimes PA Plus** – 2 teaspoons 5 times daily.
8. **Essiac Tea** – 3 oz. 3 times daily.
9. **Coffee Enema** – 1-2 times daily.

运动是保健养生的重要一环。弹跳运动更是给细胞最佳的运动方式。它能促进淋巴液在淋巴系统的畅流，进而提升免疫力。此运动非常简单，只要在**弹跳床**上轻松地跳半至一分钟，每天五至六次。

为感染患者所建议的健康忠告:

饮食:

推荐每小时补充液体摄入:

1. 胡萝卜苹果汁-每日至少六杯。
2. 螺旋藻饮料-每日至少两杯。
3. 新鲜椰水-随意。
4. 希伯克拉底蔬菜汤-每日两次。在进食时，在汤里加入一汤匙的**营养酵母**。

希伯克拉底蔬菜汤食谱:

材料:

番茄一杯
西芹一杯
南瓜一杯
洋葱一颗
萝卜一杯
韭葱一杯
蒜三瓣
马铃薯五粒
蒸馏水

烹调方法:

1. 将所有食材切成块状，放入炖锅再加水，分量只需刚好盖过所有材料。
2. 慢火炖煮数小时直到材料变软。

注意：马铃薯不需去皮。切忌勿加食盐或任何调味料，可在进食前，在碗中加入1/4茶匙的**钾质**。

当患者开始痊愈及恢复胃口时，可在饮食中加入酸乳酪（加入**奥美加黄金亚麻籽油**）、水果、生蔬菜及燕麦。

保健补充品:

1. **六大要素**（如上述）。
2. **维他命C综合丸** — 清醒时间，每两小时两颗。
3. **维他命B综合丸** — 一天三次，每次一颗。
4. **蜂胶** — 每日两次，每次两颗。
5. **蒜与欧芹油** — 清醒时间，每两小时五颗。
6. **生物吸收性辅酶素Q10** — 每日十颗。（早餐四颗，午餐三颗，晚餐三颗）以提高细胞的氧利用率及增强免疫力。
7. **胰酶（植物）添加素** — 每日五次，每次两茶匙。
8. **布鲁士医生草药茶** — 每日三次，每次三盎司。
9. **咖啡灌肠** — 每日一至两次。



In addition to keeping your immune system strong from the inside, good health habits like the following often can help stop the spread of germs and prevent respiratory illnesses like the flu:

1. Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. Cover your mouth and nose

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing or unclean hands.

4. Clean your hands

Washing your hands often will help protect you from germs. If soap and water are not available, use a hand sanitizer or **NewLife™'s Hydrogen Peroxide** or **Wonda Oil** to disinfect your hands.

5. Avoid touching your eyes, nose or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

6. Practise other good health habits

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

除了从体内打造强健的免疫系统，以下的良好习惯也有助阻止细菌传播及预防呼吸道疾病：

1. 避免近距离接触

避免与患者近距离接触。当您生病时，也避免接触他人。

2. 生病时呆在家中

当您生病时，请呆在家中避免接触他人。这将有助预防将疾病传播给他人。

3. 遮住嘴巴和鼻子

在咳嗽和打喷嚏时，尽量用纸巾遮住口和鼻子。这样会防止周围的人受感染。感冒和其他严重的呼吸道疾病，如呼吸道融合病毒、百日咳和严重急性呼吸综合症都是通过咳嗽、打喷嚏和不洁之手传播。

4. 保持双手干净

勤洗手免受细菌感染。如果没有肥皂和清水，可使用洗手消毒液或**新生命的二氧化氢**或**万宝油**来消毒双手。

5. 避免触摸眼睛、鼻子和嘴巴

当您先碰了沾有病原菌的东西后，又去揉眼睛、掏鼻子或触碰嘴巴，就可能中招！病原经常都是因为这样传播的。

6. 养成良好的健康习惯

不论在家中、工作场所或学校，要经常清洁及消毒常被触碰的表面，尤其是身边有人生病了。确保充足睡眠，定期锻炼身体，适当减轻压力，多喝水，多吃有营养的食物。



Disclaimer: This nutritional guide is intended for educational purposes only. It is not intended as advice for self-diagnosis or a prescription for self-treatment. Consult your own physician regarding the application of any opinion and recommendation with respect to your symptoms or medical conditions.

Note: If you have any question with regards to nutrition and health, please email Leon Tan. His email address is leon@newlife.com.my.

免责声明：以上营养指南仅供教育用途，还不足自我诊断或自我治疗的处方。请向您的医生咨询应用有关您的症状或健康状况。

注：如果您有任何关于营养及健康问题，请电邮陈健良营养师，电邮地址为 leon@newlife.com.my。



It's Time to Care about What Goes on Your Head!

是时候关心了解用在自己头上的物品！

Introducing: NewLife™ Organic Care Natural Shampoo

Most commercial shampoos are filled with chemicals and irritants that will damage your scalp over time. This can lead to hair loss and irritated scalps for both adults and kids.

NewLife™ Organic Care Natural Shampoo is designed to be safe, while cleansing the hair and scalp daily.

Made with ingredients certified by COSMOS and ECOCERT, **NewLife™ Organic Care Natural Shampoo** is natural, environmentally friendly, respectful of biodiversity and non-GMO.

In addition, it offers the following benefits over time:

- Promotes hair growth
- Improves scalp and hair health
- Prevents hair loss
- Makes hair stronger, smoother and more lustrous
- Suitable for children
- Safe and natural
- Refreshing, natural scent

The Key Is in the Ingredients

You get the best results from the best ingredients - which is what we have packed into every drop of our shampoo!

Argan Oil

Boosts healthy hair growth as it contains antioxidants which improve cell health and encourage them to produce healthy hair. It also moisturizes, making hair more manageable.

Argan oil naturally helps increase hair's elasticity and consistently restores shine to dull and lifeless hair, thanks to its high content of essential fatty acids and vitamin E. It is also a powerful antioxidant, UV-protector and free radical neutralizer.

Rosemary Oil

Stimulates blood circulation in the scalp, prompting hair growth.

Its high nutritional value and anti-inflammatory properties are effective for nourishing hair follicles and soothing the scalp.

It also has analgesic properties, making a good remedy for soothing inflamed scalps.

Orange Oil

Natural antiseptic and anti-inflammatory, which makes it perfect for maintaining a healthy scalp and preventing dandruff. Also moisturizes and improves the smoothness of hair strands.

Orange oil also purifies your scalp and helps control sebum production on an over-reactive scalp.



介绍：新生命有机养护纯天然洗发水

大多商业性洗发水品牌普遍含有有害化学物质和刺激物，随着时间它会损害你的头皮。这可能导致成人和孩子脱发和头皮发炎。

新生命有机纯天然洗发水的设计制造是绝对安全的，同时能够有效地清洁头发和头皮。

所有成份均通过天然有机标准组织及欧盟有机认证组织的验证，**新生命有机纯天然洗发水**所含成份是绝对天然、环保、尊重于生物多样性及非基因改造的。

此外，长期使用也可达到以下的效益：

- 促进头发生长
- 修复头皮及改善头发健康
- 防止脱发
- 使头发更加健康、柔滑及具有光泽
- 适用于孩童
- 安全及天然
- 具有清新香味

关键就在产品成分

最好的成分给最好的效果——这就是我们装入瓶子里的每一滴！

阿甘油

促进头发的健康生长。这是因为它含有天然的抗氧化剂，能促进细胞健康及帮助头发更健康生长。同时，它也有助于滋润发根，让秀发更容易打理。

由于富含必需脂肪酸和维生素E，阿甘油能自然增加头发的弹性和让死气沉沉的头发恢复持续光泽。它也是一个强大的抗氧化剂、防晒剂和抗氧化因子。

迷迭香油

促进头皮的血液循环以刺激头发生长。

其营养价值高和抗发炎的特性能有效滋养毛囊和舒缓头皮。

它还具有镇痛属性，使为舒缓头皮发炎的一剂良药。

柑橘油

具有天然抗菌及抗炎成份，有助于改善头皮健康及抑制头屑。此成分也可滋润秀发及增加头发的柔滑度。

柑橘精油也能净化头皮，能控制反应过激的头皮的皮脂生产。



Patchouli Oil

Strengthens hair follicles and protects from premature hair loss.

Patchouli oil is a triple threat against scalp ailments because it is an antiseptic, astringent, and fungicide. All three properties are effective for mild to severe scalp conditions like dandruff, psoriasis and eczema. Not only does it relieve wounds in the scalp rather quickly, but also prevents wounds from further infections.

It soothes inflammation and protects wounds as an antiseptic and is effective at inhibiting fungal growth like ringworm.

Vitamin E

An antioxidant that helps promotes hair growth and improves the health of cells in the hair and scalp.

It also helps balance natural oil production, maintains pH of the scalp and prevents split ends.

NewLife™ Organic Care Natural Shampoo is free from sulphates, SLS, SLES, parabens, silicones, EDTA, phthalates, PEGs, artificial fragrances and colourants.

广藿香油

加强发囊及防止过早脱发。

广藿香精油是对付头皮疾病的三重天敌，因为它是一种消毒剂、收敛剂和杀菌剂。所有三个属性能有效地治疗轻微到严重的头皮状况，如头皮屑、牛皮癣和湿疹。它不仅能迅速缓解头皮上的创伤，也能防止伤口进一步感染。

作为消毒剂，它舒缓炎症和保护伤口，同时能有效抑制真菌的生长，比如皮癣。

维生素E

天然的抗氧化剂得以促进头发的生长及改善头发及头皮细胞的健康。

它还有助于平衡自然的头皮油生产，保持头皮酸碱度平衡，并防止分叉。

新生命有机纯天然洗发水不含硫酸盐、月桂基硫酸钠、月桂醇聚醚硫酸钠、对羟基苯甲酸酯、硅油、乙二胺四乙酸、苯二甲酸盐、聚乙二醇以及人造香精与色素。

JOIN US FOR THE LAUNCH OF THE NEWLIFE™ ORGANIC CARE NATURAL SHAMPOO!

诚邀您参加**新生命有机养护纯天然洗发水**
产品推介会!

PETALING JAYA | 八打零再也

7th March 2020 | 12:30pm-2:00pm | PJ Office
2020年3月7日 | 下午12:30-下午2:00 | 八打零再也分行

SINGAPORE | 新加坡

28th March 2020 | 2:00pm-3:30pm | SG Office
2020年3月28日 | 下午2:00-下午3:30 | 新加坡分行

EVENT HIGHLIGHTS | 活动亮点

- Exclusive Promotion
- Lucky Draw
- Photobooth
- Product Sampling
- Mocktails and Pastries
- Family-Friendly Activity (Tote Bag Making)
- 独家优惠
- 幸运抽奖
- 照相亭
- 样品尝试
- 无酒精鸡尾酒和糕点
- 亲子活动 (制作手提袋)





COCONUT OIL

椰子油

You may have heard all about this before, and coconut oil might even be one of your staple foods or staple beauty products because of all its benefits. But how much do you really know about coconut oil?

Did you know that there are multiple types or grades of coconut oil? It is so important to choose the right type of coconut oil to ensure that you are reaping all the benefits that you have read about coconut oil.

您应该都听说过椰子油的各种好处，或许它已是您的主要食材或美容产品之一。但实际上您对椰子油又了解多少呢？

您知道吗？椰子油具有多种类型或分为几个等级。选择正确的椰子油非常重要，因为这才能确保您能从椰子油中获得所有它的健康效益。

ATTRIBUTES OF COCONUT OIL

Produced from Fresh Coconut Meat VS Copra

Virgin Coconut Oil is produced from the fresh meat of the coconut. To obtain the oil, this meat is "wet milled" by having the coconut meat immediately pressed into coconut milk, and then the oil is separated out of that milk.

On the contrary, refined coconut oil is produced from the copra of the coconut. The copra is kernel of the coconut that has been removed from the shell and dried or smoked and saved for longer periods of time for future use.

The difference between the fresh coconut meat and copra meat is that the fresh coconut meat is more expensive and has to be freshly preserved to be expeller pressed soon after; whereas the copra meat is a lower-quality commodity.

Refined VS Unrefined

Once produced, coconut oil can either be refined or remain in its original unrefined state.

Unrefined coconut oil maintains much of the coconut's natural nutritional value - including polyphenols and antioxidants, which are important for your health. Polyphenols and antioxidants are important to neutralize harmful free radicals that would otherwise damage your cells and increase your risk of conditions like cancer, diabetes, and heart disease. Polyphenols are also thought to reduce inflammation, which is thought to be the root cause of many chronic illnesses. Unrefined coconut oil, popularly known as extra virgin coconut oil or virgin coconut oil, usually have an off-white tint because it is in a completely natural state.

Refined coconut oil, on the other hand, goes through a processing system of high heat that uses hot steam and filtering. This process makes the oil more consistent, and also filters out solid particles of coconut. Refined coconut oil is bright white, and when it is in its solid state, it is consistent throughout and without the coconut particles commonly found in unrefined coconut oil.

椰子油的特性

新鲜椰肉与干椰肉制成的椰子油

初榨椰子油是从新鲜椰肉中提取的。一般上获取椰子油的过程中都会先将椰肉挖取出来，经过湿磨、压榨滤出椰奶后，再从椰奶中分离出椰子油。

相反地，精制椰子油是从干椰肉提炼而成。干椰肉是从椰壳里取出来的干肉，经过风干或熏制，可保存较长时间以备将来使用。

新鲜椰肉和干椰肉的区别在于，新鲜椰肉的价格较昂贵，而且必须是新鲜保存，之后再经过压榨过程，而干椰肉的品质则相对较低。

精炼与未精炼椰子油

椰子油一旦提取出来，既可经过加工处理成精制椰子油或保持其原始未精炼形态。

未精炼的椰子油保存了椰子油大部分的天然营养价值 - 包括对健康有益的多酚和抗氧化剂。多酚和抗氧化剂对于中和有害的自由基很重要，否则自由基将会损害身体细胞，增加患癌、糖尿病和心脏病的风险。炎症被认为是许多慢性疾病的根源，而多酚在减轻炎症中扮演了重要角色。未精炼的椰子油，通常被称为特级初榨椰子油或初榨椰子油，由于处在完全天然的形态，有时颜色可能呈米白色。

相反的，精炼椰子油则经过应用热蒸汽和过滤的高温处理过程进行加工。此过程使椰子油性质更一致，也同时过滤掉椰子的固体颗粒。精炼椰子油呈亮白色，当它处在固体状态时，它的性质仍保持不变，也不带未精炼椰子油中常见的颗粒物。

Expeller Pressed VS Solvent Expelled

Virgin coconut oil is expeller pressed, and often cold-pressed. The oil is extracted from fresh, mature coconut meat using an expeller press which physically squeezes the oil out. If it does not use a traditional expeller press method, it will use a comparable centrifugal method which spins the oil out or a natural method called "settling". These are the few cold-pressed methods that do not use any heat and nothing is added to make the oil - the oil is merely physically pressed out.

In contrast, most refined coconut oil made from the coconut copra are solvent expelled. This means that a solvent - such as hexane - is used to release the oil from the coconut copra. To remove that solvent from the oil, it goes through a heating process where the solvent is distilled off, theoretically leaving virtually no detectable levels in the coconut oil. Then, the coconut oil is refined. However, microscopic portions of up to 25 parts per million (25 ppm) of hexane might remain in the coconut oil.

Solvent expelling usually gets a higher percentage of the oil out of the coconut compared to expeller pressing, which is why refined coconut oil usually costs less than unrefined coconut oil.

We are glad to let you know that **NewLife™ Extra Virgin Coconut Oil** is produced from certified organic, fresh coconut meat from the Philippines, unrefined, and expeller pressed (specifically, cold-pressed) to preserve nutritional quality and antioxidant content. We use only the best extraction and processing methods to ensure that you get all the health benefits of coconut oil that we know and love.

Enjoy better health by choosing the right type of coconut oil for you and your family!

压榨机榨取与溶剂榨取

初榨椰子油是经过压榨机榨取的，一般都是经冷榨过程。初榨椰子油是新鲜、成熟的椰肉经过压榨机压榨、提取而成。如果不使用传统的压榨方法，也可使用类似离心方法，将椰子油旋转脱离出来或以天然的“沉淀”方法。这是几种不经过高温处理，也不添加任何物质来生产椰子油的冷榨方法——椰子油只经自然压榨而取的。

相比之下，大多数用干椰肉制成的精炼椰子油是使用溶剂榨取的。比如正己烷就是一般被用来释放干椰肉中的油脂。之后为了从椰子油中去除这种溶剂，椰子油必需经过一个加热过程，让溶剂完全被蒸馏出来，然后再提炼椰子油。不过，正己烷可能仍微量（可高达百万分之25）存在于椰子油中。

此外，与压榨法相比，溶剂榨取法通常能从椰子中获取更高比例的椰子油，这就是为什么精炼椰子油通常比未精炼的椰子油来的更便宜。

新生命特级初榨纯鲜椰子油是由来自菲律宾经过认证的有机新鲜椰肉制成的，未经精炼，并经过冷榨压榨法提取以保存椰子油的营养品质和抗氧化成分。我们只使用最好的提取和处理方法，以确保您能从椰子油中获得其所有的天然健康效益。

为您自己和亲爱的家人选择正确的椰子油，享有更好的健康生活吧！



NewLife™ Guarantees You Pure, Unadulterated, Organic Extra Virgin Coconut Oil.

Cold-pressed and naturally processed, under strict hygienic conditions set by international standards (ISO 22000 & ISO 9000), from freshly harvested organic, mature coconuts.

Not bleached, deodorized, or refined.

No chemical preservatives or additives.

新生命保证您最纯净、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（ISO 22000和ISO 9000）严格的卫生条件，以冷榨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。





Celebrating the Lunar New Year 2020 with NewLife™ International! 新生命2020农历新年团拜活动

We celebrated the Lunar New Year with our Independent Business Owners in Malaysia and Singapore at our NewLife™ offices. At the celebration, we shared new year greetings, sang new year songs, and enjoyed a healthy, delicious meal together. We look forward to every NewLife™ Lunar New Year Gathering where we celebrate the joy of living a healthy lifestyle and sharing total health with our friends, family and loved ones.

今年新生命分别在新加坡分行和八打灵再也分行和独立传销商们一起欢庆农历新年。我们互相祝福，唱新年歌，一起享受健康可口的食物。每年我们都期待新生命农历新年团拜活动，因为它给我们机会一起感恩庆祝健康的生活和能够与朋友家人分享健康知识的快乐。



OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

DECEMBER 2019 & JANUARY 2020
2019年12月至2020年1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

DECEMBER 2019 & JANUARY 2020

PLUS ULTRA MARKETING

DECEMBER 2019

IRENE CHONG CHUAY PENG

JANUARY 2020

LIM SIEW CHOO

18% ACHIEVERS

DECEMBER 2019 & JANUARY 2020

SO SUE YI REGINA

JANUARY 2020

YEONG SOW KHAM (ALICE)

WONG MUI CHOO (KELLY)

15% ACHIEVERS

DECEMBER 2019 & JANUARY 2020

TAN LEE KENG (LILY)
WELLNESS INC

TAN LEE MENG

POON YOKE CHUN

DECEMBER 2019

SYARIKAT ADIL
LIM SIEW CHOO

SOH LAY CHOO (DIANA)
TANG LI LI SALLY

WONG MUI CHOO (KELLY)
CHUA PHUAY KHOON

JANUARY 2020

NEOH BEE LEE
FOO KAM HUA (KATHY)
LOW SIOK ENG

CHONG GUAN CHONG
LAI LEE TENG
MOI YAN LIN ABIGAIL

THAI THI HOA
KONG WAI YIN

MARCH | 3月 2020

MON	30	02	09	16	23
TUE	31	03	10	17	24
WED		04	11	18	25
THU		05	12	19	26
FRI		06	13	20	27
SAT		07	14	21	28
SUN	01	08	15	22	29

SG 新加坡

10.30^{am} - 12.00^{pm}
Monetizing Your Interest in Natural Healing
 将您对自然疗法的兴趣转化为金钱
 by Zoe Tang

SG 新加坡

10.30^{am} - 12.00^{pm}
Food that Feeds
 吃出健康
 by Abigail Moi and Eileen Chong

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) and Young Hoon

SG 新加坡

7.30^{pm} - 9.30^{pm}
Gut Health
 肠道健康
 by Deborah Lee

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 Lydia Ling (Silver Manager)

SG 新加坡

7.30^{pm} - 9.30^{pm}
Cholesterol Confusion
 有关胆固醇的困惑
 by Lydia Ling (Silver Manager)

HEALTH RETREAT
 at Kasih Sayang Health Resort
Kasih Sayang 健康养生营
 13-18 March 2020 | 2020年3月13日至18日

SG 新加坡

2.00^{pm} - 3.30^{pm}
Clean & Build
 排毒与健体
 by Ling Young Hoon

PJ 八打零再也

12.30^{pm} - 2.00^{pm}
NewLife™ Natural Shampoo Launch
 新生命有机养护纯天然洗发水产品推介会



SG 新加坡

2.00^{pm} - 3.30^{pm}
Food that Feeds
 吃出健康
 by Suzi Moi (Manager) and Team

SG 新加坡

2.00^{pm} - 3.30^{pm}
Overcoming Inflammation
 克服炎症
 by Lydia Ling (Silver Manager)

PJ 八打零再也

2.30^{pm} - 4.00^{pm}
Juicing for Health
 健康蔬果汁
 by IBO Support Staff

SG 新加坡

2.00^{pm} - 3.30^{pm}
NewLife™ Natural Shampoo Launch
 新生命有机养护纯天然洗发水产品推介会



APRIL | 4月 2020

MON		06	13	20	27
TUE		SG 新加坡 07 10.30 ^{am} - 12.00 ^{pm} Yoghurt Making 酸乳酪制作 <i>by Joyce Chua</i>	14	SG 新加坡 21 10.30 ^{am} - 12.00 ^{pm} Healthy Mum & Baby - Conception & Pregnancy 健康的妈妈和宝宝 - 从受孕到怀孕 <i>by Zoe Tang</i>	28
WED	01	08	15	22	29
THU	SG 新加坡 02 7.30 ^{pm} - 9.30 ^{pm} Overcoming Inflammation 克服炎症 <i>by Lydia Ling (Silver Manager)</i>	SG 新加坡 09 7.30 ^{pm} - 9.30 ^{pm} The Prevention & Management of Diabetes 预防及管理糖尿病 <i>by Zoe Tang</i>	SG 新加坡 16 7.30 ^{pm} - 9.30 ^{pm} Natural Remedies 自然疗法 <i>by Noah Tan</i>	SG 新加坡 23 7.30 ^{pm} - 9.30 ^{pm} Clean & Build (in Chinese) 排毒与健体 (华语) <i>by Sim Bee Hong (Manager) and Ling Young Hoon</i>	SG 新加坡 30 7.30 ^{pm} - 9.30 ^{pm} Bone Health & Rebounding 骨骼健康及弹跳床运动 <i>by Abigail Moi</i>
FRI	03	10 Good Friday (EM and SG offices closed)	17	24	
SAT	SG 新加坡 04 2.00 ^{pm} - 3.30 ^{pm} Business Opportunity Meeting - Clean & Build 商机会议-排毒与健体 <i>by Joyce Chua</i> PJ 八打零再也 2.00 ^{pm} - 4.00 ^{pm} Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 <i>by Tzuu Yi (Nutritionist)</i>	SG 新加坡 11 2.00 ^{pm} - 3.30 ^{pm} Food that Feeds 吃出健康 <i>by Lisa Sofiar and Lydia Ling (Silver Manager)</i> KUC 古晋 2.30 ^{pm} - 4.00 ^{pm} Influenza A & Novel Coronavirus Nutritional Guide 甲型流感及新冠肺炎营养健康指南 <i>by Leon Tan (Nutritionist)</i> KK 亞庇 12.30 ^{pm} - 2.00 ^{pm} Body & Skin Care with Natural Ingredients 天然成分的身体护理品护肤品 Venue / 地点: Basil Garden, Damai	SG 新加坡 18 2.00 ^{pm} - 3.30 ^{pm} Gut Health 肠道健康 <i>by Suzi Moi (Manager)</i> PJ 八打零再也 2.00 ^{pm} - 3.30 ^{pm} The Beauty Workshop 美容工作坊 <i>by Ivy Khoo (Beautician)</i>	SG 新加坡 25 2.00 ^{pm} - 3.30 ^{pm} Detoxification & Rejuvenation Programme (DRP) 排毒与复健程序 <i>by Jeffrey Lim (Manager)</i>	
SUN	05	12	19	26	

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