

The Detox Programme for Busy, Busy People! 专为忙碌人士定制的 排毒计划



With busy schedules come busy lifestyles, where health and nutrition are not prioritised as much as they should be. This is something that we need to be conscious about, because it can happen to anyone! Stress also gets in the way of our attempts to live a healthy lifestyle.

Research has shown that our “normal”, general lifestyles and diets can increase our risks of developing chronic and degenerative disease over time. We may also experience a lower quality of life when we face health challenges, such as skin problems, migraines, hormonal imbalance, digestive issues and more.

So how are we going to maintain both our health and our busy lifestyles at the same time? Is there a way to find a balance so that we can enjoy both while maximizing our potential?

Introducing NewLife™'s Mini Detoxification & Rejuvenation Programme!

The Mini-DRP is a tailored programme for those with busy schedules. It can be done on a regular basis, such as every 2-3 months, and is easily incorporated in your daily routine.

Although the Mini-DRP is a scaled down version of the full DRP, its components help to supply your body with high-quality nutrients that will help improve the health of your cells, tissues, and organs – leading to better function in all areas and supporting the body's natural ability to restore balance and heal itself.

Each product in the Mini-DRP targets common and crucial nutritional gaps in our normal diet, and helps to eliminate toxins from the body. Those undergoing the Mini-DRP should consume a diet of less meat, less salt, no fried foods, no alcohol, and no sugar, while avoiding refined carbohydrates and processed foods as much as possible. Food intake should be focused on 60-70% fruits and vegetables and freshly cold-pressed juices whenever possible. For protein, homemade/Greek yoghurt is recommended.

The Mini-DRP only requires the few products below as well as **Apple Cider Vinegar** and **Pure Raw Honey**. Other NewLife™ supplements and coffee enemas may also be used during this programme.

1. Herbal Klenz Powder

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

由于紧凑的日程与忙碌的生活，健康与营养往往不被排在第一位。这是大家都必须留意的，因为它很有可能发生在我们任何一个人的身上！另外，压力也能妨碍健康。

研究显示，我们所谓的“正常及一般”饮食与生活方式，将会随着时间提高我们患上慢性或退行性疾病的风险。此外，我们当中也有许多人可能因为面对一些健康问题的挑战如皮肤问题、偏头痛、荷尔蒙失调、消化问题等等，过着质量较低的生活。

那么，我们应该如何在忙碌的生活中保持健康呢？有没有方法可以找到一种平衡，让我们既能享受生活乐趣，又能最大限度地发挥我们的潜力呢？

新生命迷你排毒与复健计划 (DRP)

这项程序是专为生活忙碌的您而定制的。可以定期执行，例如每2-3个月一次，且可同时轻松地将它融入到您的日常生活中去。

迷你DRP是完整DRP的缩小版本，能为您的身体提供高质量的营养。这将有助于改善细胞、组织和器官的健康—促使身体各部位发挥其良好功能，进而支持身体恢复平衡与自愈的能力。

迷你DRP中的每种产品均针对我们日常饮食中常见和关键营养的缺口进行调整补充，并有助于身体排毒。进行迷你DRP的人，在日常饮食中应做到少肉、少盐、不吃油炸食品、不喝酒精、不吃糖，同时尽可能避免食用精制碳水化合物和加工食品。此外，60-70%的日常饮食尽可能都应摄取水果和蔬菜以及新鲜冷榨果汁。至于蛋白质，建议食用自制或希腊酸乳酪。

迷你DRP只需要以下几种产品，加上**苹果醋**和**纯天然生蜂蜜**。计划期间也可加入其他的新生命补充剂和咖啡灌肠。

1. 天然净化粉

- 提供身体每日所需的纤维和排毒草药，帮助排除因日常食用精制碳水化合物和精制食品导致大、小肠内所积累的宿便。
- 预防便秘，促进健康的肠道运动。
- 清除消化系统中的重金属、寄生虫和毒素。
- 帮助稳定血糖和控制胆固醇水平。

2. Immuflora

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

3. K-Salt

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

4. Super Green Food ++

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

5. Omega Gold Flax Seed Oil

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

6. Liverin

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

For more details on **Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP)** as well as the Mini-DRP, grab a copy of **You Can Regain Youth & Health through Detoxification & Rejuvenation** from your closest NewLife™ office today!

2. 免疫激菌植

- 补充有益菌以保持一个健康的胃肠系统。
- 这是一项技术上的突破，有益菌可以在胃酸中存活，并完整无损地出现在肠道中。
- 含100亿个双歧杆菌、10亿个嗜酸乳杆菌和低聚果糖200克。
- 好吃，老少皆宜。

3. 钾质

- 恢复因日常饮食中过量摄入盐(钠)而造成的电解质失衡。
- 健康的植物性天然钾源。
- 对高血压患者尤其重要。

4. 超级绿食品

- 富含滋养细胞、组织和器官的植物营养素。
- 混合了27种不同的超级绿叶菜、超级食物和抗氧化剂。
- 冷提取，以保持营养品质。
- 补充我们日常饮食中所缺乏的营养。

5. 奥美加黄金亚麻籽油

- 为身体提供必需的奥美加3脂肪酸。
- 有助于预防许多慢性疾病。
- 促进心血管健康。
- 降低体内的炎症。
- 由有机金亚麻籽冷榨而成，以保持其味道及营养品质。

6. 肝脏宝

- 含80%水飞蓟素，肝脏宝是一种有效的混合草药-包含了牛奶蓟提取物、蒲公英、洋蓟提取物、牛蒡、芹菜提取物。
- 去毒，保护和促进肝脏和肾脏的健康。
- 具强效抗氧化、抗炎作用。

想知道更多有关陈林希珠博士的排毒与复健计划(DRP)以及迷你DRP的细节，今天就到最邻近的新生命分行索取一本《通过排毒与复健计划重获青春和健康》册子！

RECIPE 食谱

Asian Salad 亚洲沙拉

Ingredients:

- 3 cups white cabbage, julienned
- 2 cups purple cabbage, julienned
- 1½ cups carrot, roughly julienned
- ½ cup green onion, chopped
- ¾ cup slivered almond, toasted
- ½ cup sesame seeds, toasted

Dressing:

- 3 tbsps Apple Cider Vinegar
- 2 tbsps Pure Raw Honey
- 2 tbsps Omega Gold Flax Seed Oil
- 1 tbsp sesame oil
- 1 clove garlic, grated
- 1 tbsp ginger, grated

Each dressing ingredient can be adjusted according to taste.

食材:

- 3杯包心菜，切成丝
- 2杯紫椰菜，切成丝
- 1½杯胡萝卜，大致切成丝
- ½杯葱花，切碎
- ¾杯烤杏仁条
- ½杯烤芝麻

沙拉酱:

- 3汤匙苹果醋
- 2汤匙纯天然生蜂蜜
- 2汤匙奥美加黄金亚麻籽油
- 1汤匙麻油
- 1瓣蒜头，磨碎
- 1汤匙姜，磨碎

每一种沙拉酱材料都可以根据口味进行调整。

