

10 SIGNS YOUR BODY NEEDS A DETOX

身体发出 十大预警信号： 是时候排毒了！

by Sam Tan, Nutritionist 陈健德, 营养师



Why is detoxification important to our health? Our body is in a constant state of detoxification and under ideal conditions, our body is able to detoxify at an optimum level for most of its lifespan. However, we don't live in an ideal world and are exposed on a daily basis to a variety of toxins that the body is not able to flush out effectively. Toxins can come from both external sources such as impure food and water, pollution, and exposure to chemicals; or from internal sources where toxins are produced as a by-product of digestion and other processes.

Although our body is equipped with detoxifying organs such as the liver, kidneys, and the skin, our detoxifying organs can be overworked resulting in an accumulation of toxins within the body. This causes a vicious cycle where the performance of our detoxifying organs are reduced, causing even more toxins to build up in our system.

An accumulation of toxins in the body can potentially contribute towards more serious, chronic and degenerative conditions. The good news however is that this toxin build-up happens over time, and we can take action to slow it down and even reverse it naturally.

Below are a few signs and symptoms to look out for that could be indicators that your body may be in need of a detox.

为什么排毒对维持健康来说非常重要？事实上，我们的身体都不断地在自行排毒。在理想的条件下，身体在极大程度上都能发挥最佳的排毒作用。然而，我们并不活在一个理想的环境里，每天都会接触到各种毒素，多至身体不能有效地将毒素排出体外。外源性毒素包括不干净的食物和水源、污染和化学物质；而内源性毒素则包括消化系统或其他身体机能过程中所产生的副产物。

尽管身体拥有排毒器官，如肝脏、肾脏和皮肤，但由于体内毒素堆积太多，因此排毒器官长时期过度操作而导致机能受损。这也造成了一种恶性循环，即随着排毒器官的功能降低而导致更多的毒素积累体内。

体内毒素的积累极可能导致更严重且慢性的退化性疾病。不过，由于毒素的积聚是随着长时间慢慢积累而成，因此我们还可间中采取行动来减缓毒素伤害身体的速度，甚至自然地促进毒素程度逆转的作用。

当身体发出以下其中的症状或信号时，就表示是时候您需要排毒了！



Constipation 便秘

One of the common warning signs that your body could be suffering from an accumulation of toxins is constipation. Constipation is most often caused by not drinking enough water, not including enough fibre in your diet, and a sedentary lifestyle. Due to diets that are high in processed foods and refined starches, wastes can build up in the walls of the colon. These "encrustations" are a breeding ground for bacteria and toxic waste. If these are not eliminated efficiently, the body reabsorbs this waste back into your system resulting in auto-intoxication. How do you know if you are constipated? If you move your bowels infrequently (less than once per day), or they are hard to pass. A detox assists in cleaning out an impacted colon and thereby improving the health of your digestive system.

便秘是身体毒素积累所会发出的其中一个最常见的预警信号。经常水分摄取不足、饮食中缺乏膳食纤维或久坐不动的生活方式都是导致便秘最常见的因素。由于饮食中高含加工食品和精制淀粉，因而造成很多废物粘贴在结肠壁上。这些宿便是细菌和有毒废物的滋生温床。如果这些毒素无法有效被清除干净，身体将会重新再吸收这些毒素而造成自体中毒。如何判断您是否有便秘问题？很简单。如果没有天天如厕，或者排便困难，就表示您有便秘问题。进行排毒有助清理大肠和提升您的消化系统健康。

Fatigue 疲劳

The feeling of unexplained tiredness and fatigue, when all other possible causes are ruled out, could be one of the signs that your body needs a detox. Unexplained lethargy may be caused by a combination of things such as a suppressed immune system, hormonal imbalance and a high level of toxicity in the body. A detox helps to eliminate the waste that is taxing your organs and slowing the metabolic process, causing you to feel sluggish throughout the day.

如果所有可能成因都被排除了，身体仍经常感到无法解释的疲惫、劳累，那就表示您身体可能需要进行排毒了。不明原因的嗜睡症可由多种因素造成：如免疫系统的抑制、荷尔蒙失调以及体内毒素过多等。进行排毒有助排除毒素，这些毒素若不被清除就会造成器官负荷、代谢过程减缓及造成您一整天感觉精神不振。

Trouble Sleeping / Insomnia 难以入眠/失眠

A high level of toxicity in the body can cause a disruption of normal sleeping patterns by affecting the release of hormones that trigger sleep. If you have been having trouble falling asleep or feel you are not getting enough sleep, your body's rhythm could be off due to some imbalance. A detox could help to restore balance within the body, helping you to sleep better and more consistently.

身体毒素积累越多越会影响引发睡眠的荷尔蒙的分泌，造成正常睡眠模式紊乱。如果您经常难以入眠或总觉得没有得到足够的睡眠，您的身体机能节奏可能已被这些失衡因素扰乱了。进行排毒有助身体机能恢复平衡状态，让您可持续一贯地睡个好觉。

Unexplained Soreness or Stiffness 不明原因的酸痛和僵硬

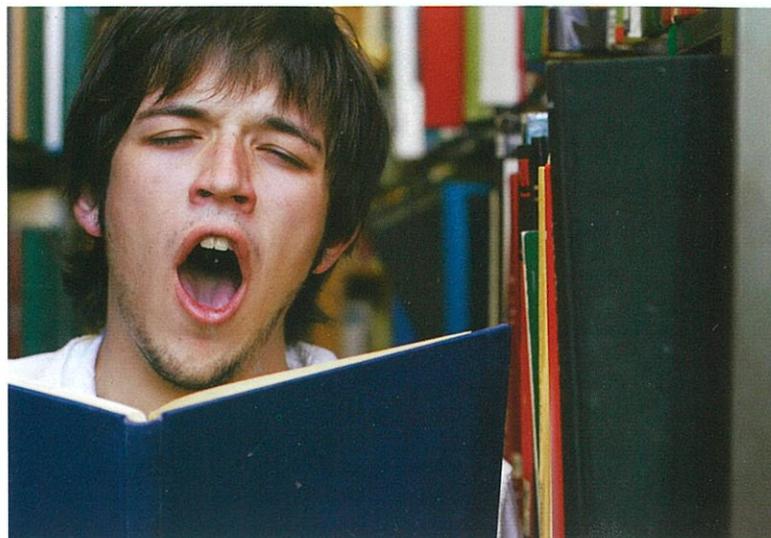
The presence of chemicals or toxins within the body may cause a raised level of inflammation. Inflammation may attack not only the organs, but also joints and muscles. This could cause unexplained soreness and stiffness, causing you to feel weaker throughout the body. One of the goals of detoxification is to reduce chronic inflammation throughout the body, preventing many chronic and degenerative diseases that have links to inflammation and joint deterioration.

身体存积过多的化学物质或毒素将会引起炎症问题。炎症不仅会侵害器官，也会损坏关节和肌肉组织。这可能导致身体不明原因地出现酸痛和僵硬症状以及让您感觉浑身乏力。进行排毒的其中目标之一即是减少身体慢性炎症，预防许多与炎症和关节恶化有关的慢性及退化性疾病。

Frequent Headaches 经常头疼

Regular and unexplained headaches are one of the most common signs that your body needs a detox. Research has shown that a major cause of both migraines and tension headaches is the accumulation of toxins in the central nervous system. These symptoms of toxicity can be further aggravated by other elements such as stress, insufficient rest, or dehydration. By reducing the amount of toxin build up in the system through a detox, the body will achieve its natural state of balance which works to prevent headaches or migraines.

经常无原因的头疼也表示身体需要排毒的最常见症状之一。研究显示，中枢神经系统的毒素积累是导致偏头疼和紧张性头疼的主因。而这些症状会因压力、休息不足或缺水等状况的结合而变得更加严重。只要通过排毒减少体内毒素，即可让身体机能恢复自然平衡状态及有效预防头疼或偏头疼的症状。



Feeling Depressed 心情郁闷、沮丧

Our emotions are closely linked to hormones within our body. Hormones that are produced during any state of high emotion need to be detoxified by the liver after the function has been performed. If the liver is sluggish and elimination is impaired, it could result in excess hormones being stored in the body. This can cause chemical or hormonal imbalances, which may contribute to you feeling low or depressed for no reason at all. An effective detox helps to improve the health of the liver and its ability to detoxify and eliminate excess hormones from the body, resulting in you feeling happier and healthier.

我们的情绪与体内荷尔蒙分泌具有密切关系。在任何情绪高涨时所分泌的荷尔蒙必须在事后由肝脏进行处理。若肝脏排毒功能迟缓或排除功能受损，体内将存有过多的荷尔蒙而导致化学物质或荷尔蒙失衡，最终造成无法解释的低落、郁闷感。一个有效的排毒计划有助促进肝脏的健康和改善其排毒功能以排除体内过多的荷尔蒙，让您恢复心情开朗和拥有健康的体魄。

Skin Problems 皮肤问题

When toxins in the body need to be eliminated and the detoxifying organs such as the liver and kidneys are overworked and under-performing, toxins could make their way through the skin causing breakouts or skin problems. Conditions such as severe acne, breakouts, rashes, and other reactions could be signs that your body needs a detox.

当排毒器官如肝脏与肾脏超负荷及功能不佳，而身体又必须将毒素排除体外时，那么毒素便可能透过皮肤处理排除工作，因而导致痘痘冒出或其他皮肤问题。严重青春痘、暗疮暴发、皮疹和其他的一些皮肤问题都表示您的身体需要排毒了。





Increased Belly or Visceral Fat 腹部或内脏脂肪增加

An accumulation of visceral fat; which is fat surrounding the organs, has been proven to contribute towards more serious health conditions such as heart disease or diabetes. Visceral fat is also known to both store and produce toxins that are harmful to health. Reducing your visceral fat levels can go a long way towards improving your overall health, and going on a detox is a great way to eliminate both toxins and “toxic fat” from your body at the same time improving your body’s ability to lose weight effectively.

内脏脂肪的囤积，即器官被脂肪包围的现象已被证实可导致严重健康问题，如心脏病或糖尿病。内脏脂肪也被视为是存积和产生毒素危害健康的重大因素。因此，减少内脏脂肪水平可提高整体的健康。此外，排毒不仅同时消除体内毒素和毒性脂肪，也可达到瘦身纤体的功效。

Bloating or Other Digestive Problems 腹胀或其他消化问题

A healthy digestive system is essential for maintaining optimum health throughout the body. Its functions of assimilating and eliminating ensures that waste is managed efficiently. Digestive problems such as bloating, flatulence, indigestion, Irritable Bowel Syndrome (IBS), and others, are all signs that something is not in sync within the body, which could all lead to many other chronic and degenerative conditions. An effective detoxification programme will help restore health to the digestive system and to the whole body as a result.

健康的消化系统是维持身体健康的关键。它的吸收和排除功能可确保体内废物得到有效处理。消化问题：如腹胀、胃肠胀气、消化不良、肠易激综合征（IBS）以及其他症状，都表示体内有部分不协调、不同步，这些皆可能导致许多慢性和退化性疾病。有效的排毒有助恢复消化系统以及整体的健康。

Regular Colds & Flu 经常伤风感冒

If you tend to fall sick easily and have regular colds and flu, it might be time to consider doing something about your immune system. Our body’s immune system is its line of defence against illness, and a weak or suppressed immune system could be caused by an accumulation of toxins in the body because the body is under stress while dealing with poisons from both internal and external sources, resulting in a weakened immune response.

如果您经常伤风感冒，也许是时候行动提高或改善免疫系统。身体的免疫系统具有抵御疾病的功能，而体内毒素的积累将会削弱或抑制免疫系统的效能。这是因为外或内源性毒素会增加身体压力，从而降低免疫反应功能。



Dr. Lynn’s Detoxification & Rejuvenation Programme (DRP), has proven to be one of the most effective detoxification regimes available. It restores the body’s ability to detoxify, self-heal, and self-repair by combining proven naturopathic detoxification methods with a nutritious diet plan and holistic nutritional supplements. Over more than 2 decades, thousands have benefited from this programme. The DRP helps in the prevention of premature aging and degenerative diseases, and is a great thing to do on a regular basis if you want to feel younger and more energetic, and enjoy better skin tone. Even if you don’t show any of the 10 signs above, detox on a regular basis and make it a part of your lifestyle to maintain a healthy, strong body. Prevention is better than cure!

Don’t miss out our special offer on the 7-day DRP Personal Pack and Enema Bucket. See page 12.

陈林希珠博士的排毒与复健计划（DRP）已被证实为一个最有效的排毒疗法之一。它通过结合经验证的自然排毒法、营养饮食计划以及全面性的营养补充法来达到恢复身体自行排毒、自愈及自修复的功能。这二十多年以来，数千人通过此排毒计划受益良多。DRP具有助预防过早衰老和退化性疾病的功效。如果想变得更年轻、更有活力及拥有更好的肤色，您就应该定期进行此排毒程序。即使您身体没出现任何以上所列出的十大信号，也可将DRP作为生活保健中的一部分，定期进行排毒以维持健康及强壮的体魄。正所谓预防胜于治疗！

不要错过我们特别为您安排的7天DRP个人配套及灌肠桶特价优惠！请参阅第12页。

Gout Gone & No More Overweight! 痛风好了，身体也不再超重！

For 15 years, I suffered from serious gout problem. Since year 2000 at the age of 46 whenever gout attacked, I had to take medication to ease the pain. At first, the gout came twice a year, then never for 2 years, but after that the gout attacked me again and again for 15 years until 2014. I tried to control it by taking painkillers and colchicine, but all of these could not help. Moreover I was overweight, weighing 68 kg at only 5 feet 2 inches tall.

I searched around for ways to solve my problems, but failed. Eventually in 2014, my younger sister Anijah, whose 7-year-old daughter was healed of severe gastritis through NewLife™, advised me to take up Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP). Eager to be healed, I immediately started the DRP for 3 weeks.

With the help of the DRP, the swollen and painful parts of my legs healed gradually. Gout has completely gone. Moreover, I lost 5kg. I feel healthier and I am able to work more efficiently than before.

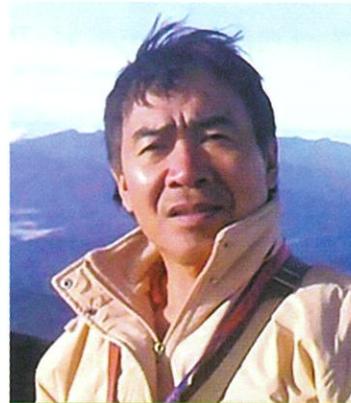
Thank you, Dr. Lynn Tan and to my sister Anijah, both of whom have brought "New Life" to me.

十五年来，我都有严重的痛风问题。自2000年，当时我才46岁，每次痛风发作时都需要依赖药物来缓解疼痛。刚开始，痛风的症状一年大概出现两次，也曾有两年没有犯病，但之后没多久，痛风又再次袭击我，就这样被痛风缠身了十五年，直到2014年为止。我尝试通过服用止痛药和秋水仙碱来控制病情，但这些并起不了什么疗效。而且当时的我还体重超重，5尺2寸的身高却重达68公斤。

我四处寻找解决痛风问题的方法，但一直都失败。最终在2014年，我妹妹奉劝我接受陈林希珠博士的排毒与复健程序（DRP）。她七岁的女儿通过新生命的健康计划治愈了严重胃炎。为了要赶快治好痛风，我立即开始3周的DRP。

因为DRP的相助，双脚肿大和疼痛的部位渐渐开始消失。痛风随后也完全好了。此外，我还减掉了5公斤。我感觉身体越来越健康，做起事来也比以前更有效率。

谢谢陈林希珠博士和我妹妹阿妮佳，给了我一个新生命的机会。



Supain @
Christopher Lakasa
苏岑英@克里斯托弗拉加萨
Kota Kinabalu 哥打京拿峇鲁



Before 之前

Ann Foong Wen
安风文

Kuala Lumpur 吉隆坡

Dr. Lynn's Detoxification & Rejuvenation Programme Saved My Skin!

陈林希珠博士的排毒与复健程序解决了我的肌肤问题！

As a marketing staff, I travel very often in all kinds of different weather conditions. I never gave serious consideration to my skin and I thought that as long as I applied some products

to my face, it would be no problem. I was wrong. Over time, my skin became very dehydrated and developed pigmentation. It started to deteriorate at an alarming rate. I was anxious and worried as I could see the patches becoming darker and my complexion getting duller, showing signs of aging.

Without further delay I started on Dr. Lynn Tan's DRP for 7 days, followed by the NewLife™ Health Building Programme. At the end of these regimes, the improvement on my skin was evidently felt and seen! I felt so rejuvenated and relieved.

Thank you, Dr. Lynn and NewLife™, for your wonderful health programmes and top-notch products!

身为一名市场营销员，我得经常到外地出差，因此肌肤常曝露于各种天气和环境。虽然如此，我也不怎么彻底保养肌肤，只是涂抹一些脸部保养品就以为可以了事，但是我错了。一段日子后，我的肌肤变得越来越干燥，也开始有色素沉淀。看着脸上的黑斑一天比一天变得更明显，肤色也变得越来越暗沉无光，更出现老化的迹象，我感到极为懊恼和担心。

因此，事不宜迟，我开始进行了陈林希珠博士为期7天的排毒与复健程序及随后遵循新生命保健养生计划。过了一段时间后，肌肤问题真的有了显著的改善！我感到非常地开心，也恢复元气十足的模样。

谢谢陈林希珠博士和新生命提供了美妙的保健计划以及一系列顶级的保健产品！

Slimmer, No More Headaches, Menstrual Cramps, & Sluggishness! 更苗条！头疼、经痛和精神不振的问题也全都消失了！

I was suffering from daily headaches, severe menstrual cramps, and weighed more than 70 kgs. I was sluggish and often required an afternoon nap. Then NewLife™ came into my life! I started with the G.I. Health Plus and so much encrustations came out of me. I was shocked at what I had been carrying around all these years. I felt wonderful and decided to give Dr. Lynn Tan's 7-Day Detoxification & Rejuvenation Programme a try.

Today, I am a brand new person! I no longer have monthly "pains". I certainly don't pop any more painkillers as the headaches have all gone away. And my biggest bonus is that I'm 7kgs lighter without much effort at all! Now, not only are my family and I healthier, I also carry with me the powerful knowledge of how to look after my family's health in a holistic and natural way!

除了天天头疼，我也有严重的经痛问题，体重也超过70公斤，经常感到无精打采，每天到了中午时段都需要小睡一下才行。后来认识了新生命，便开始服食了新生命的肠胃保健配套，那时候我排出了许多的宿便。看到这些排出的“成果”，简直不敢相信自体内存积了这么多年的毒素废物。对此保健配套我感到非常满意，因此决定尝试进行陈林希珠博士为期7天的排毒与复健程序。

有了新生命，我犹如脱胎换骨，重获新生！每月经痛的问题没有了，也不需再服用止头疼药物。另外让我获益最大的就是不费吹灰之力就减掉了7公斤的体重！如今，不只我和家人健康获益，我也吸取了丰富的健康知识，以整全、天然的保健方式来照顾我的家人。



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