



NewLife™ Health Retreat at Awana Hotel, Genting Highlands. 阿娃娜云顶高原酒店新生命健康生活营

Located in the Genting Highlands just outside of Kuala Lumpur, Awana Hotel proved to be an excellent venue for our second Health Retreat last year, which was held from 10-14 October 2015. Thirty people from all walks of life and from all over the world came together to undergo Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP).

The Health Retreat provides a unique DRP experience, as aside from doing the programme itself, the participants enjoyed daily activities such as walks and exercise sessions. Health workshops covering the DRP in-depth and how to address chronic and degenerative health conditions through natural healing were conducted. Other sessions covered topics such as: "Annemarie Börlind beauty workshop", "Delicious ways to prepare healthy cuisine", "How to 'detoxify' your home from dangerous chemicals", "Types of water", "Enzymes and your health", and many more.

Under the personal care of Dr. Lynn Tan and her dedicated team, the Health Retreat was an enriching experience that provided a platform for each participant to begin making lifestyle changes that can provide long-term health benefits beyond the programme. We believe that good health starts in the mind, and our goal at each Health Retreat is to provide our participants with knowledge that they can apply on themselves as well as the people around them.

位于吉隆坡市中心外的阿娃娜云顶高原酒店，果真是另一个举办健康生活营的理想地点。新生命在2015年10月10至14日举办的年度第二届健康生活营，吸引了三十名来自世界各地的各阶层人士一同参与陈林希珠博士创办的排毒与复建程序（DRP）。

健康生活营为参与者提供了一个不一样的排毒经验。除了进行DRP外，参与者还可进行其他日常活动，如散步和运动。所安排的健康讲座会不单深入详解DRP的概念与作用，也教育参与者如何通过自然愈合的方式来治疗慢性与退化性的疾病。所涵盖的其他课题包括了：《安玛莉柏林美工坊》、《以美味的方式角度来准备健康的佳肴》、《如何排除家里有害的化学物质》、《食水的种类》、《酵素与您的健康》等等。

在陈林希珠博士及团队细心周全的照顾下，此健康生活营不但提供每一位参与者非常丰富充实的经验，也给予他们一个健康保健平台，让他们懂得如何改变生活方式，以建立长期的健康。我们相信，真正整全的健康从心智开始，因此每一次举办健康生活营的主要目标就是为了提供参与者正确的保健知识，教育自己或身边的人学习养生保健。



Here are some of the quotes from our participants on their experience!

"Enjoyable - food was tasty and good. Not hungry at all whilst getting detoxed in the process!"

Chartchai Pusavat, Singapore

"As a first-timer with anticipation of the outcome, this was an eye-opener with an educational mind set change."

Antony Lim, Singapore

"100% satisfied! My health knowledge is enhanced tremendously, I feel lighter, and I have stopped coughing!"

Cindy Mok Tai Chan, Malaysia

"Thank you so much for all the useful information. I have less ankle pain and feel lighter. NewLife™ has done such a good job - please carry on the health retreat programme!"

Mok Soo Moi, Malaysia

"An amazing experience for me. I feel that my body is stronger and I am very satisfied!"

Salma Ghalib, Oman

"The most visible improvement is some clearing of the eczema on my face. The topics were very good especially on skin care and nutrition."

Jessica Lee, Australia

"The most visible improvement is the regressing of my varicose veins!"

Musallam Rashid Al Mandhari, Oman

"This health retreat has made it possible for me to do the DRP regularly, which would not be possible for me to do on my own due to my busy schedule. I feel lighter and healthier, and I have a better understanding now on types of water, healthy eating, and important ingredients in each product for different needs."

Shyna Tong, Singapore

以下是其中几位参与者的个人分享：

「很享受的经验！生活营所提供的食物十分美味可口。在整个排毒的过程中不曾感到饥饿！」

查采布沙维特，新加坡

「首次参与健康生活营，对排毒的成果有很大的期盼。这充满教育性的健康生活营的确让我大开眼界，也改变了我以往对健康的观念。」

林源春，新加坡

「100%满意！除了吸收了很多健康知识，身体也感觉更轻盈，咳嗽也停了！」

莫仙丽，马来西亚

「非常感谢新生命所提供的一切实用讯息。不但脚蹠的痛楚减轻了许多，我也感觉到自己变得更轻盈。如此周全成功的健康生活营，新生命一定要再继续举办下去！」

莫润仙，马来西亚

「这是一个令人难忘赞叹的体验。我觉得身体变得更强壮了，我很满意！」

沙玛加利卜，阿曼

「最明显的改善就是我脸上的湿疹问题愈合了一部分。健康讲座会所盖括的课题与题材也非常好，尤其是有关皮肤护理和营养保健。」

李美莹，澳洲

「最明显的改善是静脉曲张消退了！」

慕沙兰拉西阿尔曼哈理，阿曼

「工作忙碌一直让我不能自行进行DRP。有了健康生活营，我的问题就解决了，得以定期进行DRP。我感觉自己变得更轻盈、更健康，也对水源的种类、健康饮食以及每个保健产品内提供人体各种所需的重要营养成分有了更充分的了解。」

唐金娘，新加坡

On behalf of all of our participants as well as the NewLife™ team, we would like to express our sincere appreciation to Lydia Ling, Susie Moi and Abigail Moi for coming all the way from Singapore to support our participants and also to share with us from their knowledge and passion for total health!

If you feel that you or a loved one could benefit from the DRP and would enjoy the comfort of having everything prepared for you in a relaxing environment surrounded by like-minded people, do join us at our next upcoming Health Retreat, which will be held at Kasih Sayang Health Resort in Kota Kinabalu from 14 to 19 March 2016. Turn to back cover for more information.

谨此代表所有的参与者以及新生命团队，向林宝玲、梅郭妙贞及梅嫣凌献上最诚挚的感谢。她们从新加坡远道而来支持我们的参与者，也无私地分享了她们在维持健全健康的知识与热忱。

如果您觉得本身或身边的人可通过DRP受益，同时有考虑在一个舒适写意的环境里享受我们为您周详完善准备的一切，还有有缘结识更多志趣相投的新朋友，那么请赶快报名参加我们即将于2016年3月14至19日，在哥打京那巴鲁的Kasih Sayang度假村所举办的下一届健康生活营。请参阅封底以了解更多详情。





Rejuvenate Your Mind & Body 心身更新

**March 2015 Health Retreat at Kasih Sayang Health Resort
2015年3月Kasih Sayang度假村健康生活营**

The recent Health Retreat centered on Dr. Lynn's Detoxification & Rejuvenation Programme (DRP) was held in March at Kasih Sayang Health Resort. It was a truly unique and memorable event! A total of 38 participants from all over the world gathered for 6 days and 5 nights, amidst the fresh, cool air and surrounding jungle environment of Kasih Sayang Health Resort, to experience a time dedicated to restoring total health.

One of the highlights of this Health Retreat was the special workshop sessions conducted by Silver Manager Lydia Ling and Manager Sarah Ling on Detoxifying Your Household, Juicing for Health, N.Zimes PA Plus, and the Annemarie Börlind Beauty Workshop. These also included a session by Mr. Rahman Johar on how detoxification can be shared to a ready market not just to create a legitimate income, but also to contribute to the lives of others. In addition to the sessions run by Dr. Lynn and team, these new topics added great value to the event and provided insight on the lifestyle and philosophies behind what NewLife™ is all about.

During the daily free-and-easy time, participants had the options of having therapeutic massages in the comfort of their own rooms, joining one of the various tour packages available, or simply relaxing in the beautiful, natural setting. Every morning, the walk and exercise session just after sunrise lifted up the spirits and got each participant starting the day the right way.

Throughout the week, many of the participants shared from their life experiences and the many testimonials we heard gave much encouragement to all who were present. We are looking forward to the next Health Retreat this October (more details on page 12) and we hope to see you there!



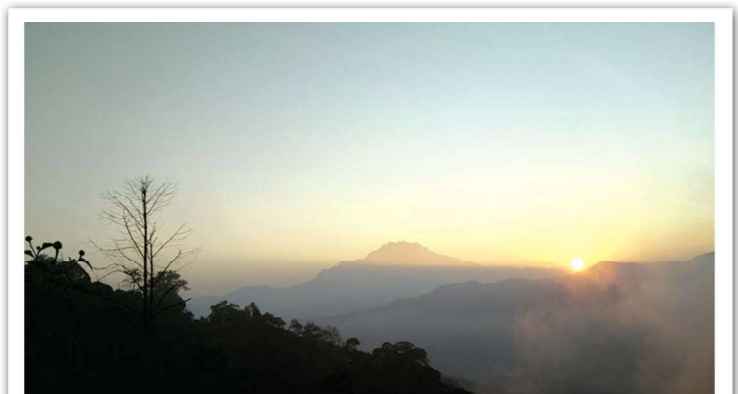
Annemarie Börlind Beauty Workshop by Silver Manager, Lydia Ling.
银级经理林宝玲主持安玛莉柏林肌肤美颜工作坊。

以陈林希珠博士所提倡的排毒与复健程序 (DRP) 为主题的健康生活营于今年三月在Kasih Sayang度假村圆满举行。这真是一个不平凡和令人难忘的经历。这富有意义的6天5夜健康营一共吸引了38名来自世界各地的参与者。在这秋高气爽和贴近大自然的环境里，参与者可放下平时的责任及工作，完全投入健康营，给自己的身体一个整合排毒与调理机会。

此健康营的重点项目包括由银级经理林宝玲和经理林丽琴联合主讲的健康培训班，题目包括家庭日用品的安全、蔬果汁养生法、胰酶（植物）添加素以及安玛莉柏林肌肤美颜工作坊。另外还有由拉曼乔哈尔先生主讲有关如何将排毒计划推向目前潜在的市场，不但可为自己带来合理可观的收入，而且也能帮助他人。除了由陈林希珠博士及团队所主讲的健康讲座，以上所提及的新课题也大大提升了此健康营的价值，让参与者更充分了解新生命保健养生法的方式与理念。

每天的自由活动时间，参与者可选择留在房间享受舒适的按摩服务，或参与各种出游配套或静静地沉醉在大自然美景，好好休息。每天黎明拂晓，所有参与者一起晨步运动，让大家精神焕发、生气勃勃地迎接美好一天的开始。

在这整个星期的健康营，很多参与者慷慨大方地分享他们在生活上的经历，而这些真实故事激励了许多在座的参与者。我们非常期待将于十月所举办的今年度第二届健康营（更多详情请见12页），希望大家踊跃报名参加。



The amazing view from Kasih Sayang Health Resort.
围绕Kasih Sayang度假村的是一片令人屏息的自然美景。

Ooi Sze Heong 黄诗雄
(right 右边)

The location was great as usual. This is our 2nd retreat at Kasih Sayang - the ambiance and atmosphere is perfect for a health retreat. I had high blood pressure and was on medication. After the 4th day my blood pressure became normal without medication! As a bonus, I also lost 9kg!



这是我们第二次来到 Kasih Sayang 度假村参加这项健康营。这里周围环境与空气的确让人心旷神怡，是举办健康营的理想地点。我一直都有高血压，必须服用药物来控制。但在健康营的第四天，我的血压在无服用药物的控制下竟恢复到正常水平。更开心的是我还瘦了9公斤！

Kuok Khoon Ping 郭孔平

Lost 9kg! Eye bags reduced. Back pain gone and no more swollen feet. My blood pressure dropped from 165:110 to 125:85 WITHOUT MEDICATION! Excellent start to healthier living! 这健康营让我减去了9公斤的体重，眼袋明显缩小，过去的背痛和脚肿问题也消失了。我的血压从165:110下降至125:85的正常水平，不须药物控制！这一切让我觉得是展开健康生活的最佳开始！

Jenny Wang 元娥儿

Being a first time participant, I find that the retreat is good because it really changes my eating lifestyle! 第一次参加健康营，它让我获益良多，也真正改变了我的饮食习惯！



Juicing for Health Workshop by Manager, Sarah Ling. 经理林丽琴主持蔬果汁养生法。



1



2



Morning walk to the beautiful sunrise each morning. 每天黎明拂晓时分一起晨步。



3

1, 2 & 3
Team building activities at Shalom Valley Park. 在沙龙平安谷乐园进行团队建立活动环节。



Teoh Mei Shean 张美仙

Some weight loss. I feel less sluggish because of the DRP Diet. Improved skin condition. 体重下降。而且自从进行DRP饮食计划后不再像以往老是疲惫乏力，皮肤状况也有改善。

John Lim 林忠礼

I feel lighter and healthier! 我变轻了也感觉到自己健康了许多！



Katherine Ng 吴群心

The experience is amazing! I've had such a relaxing time at Kasih Sayang.

这次参与的健康养生活动让我受惠无穷！而且也让我在这环境优美的度假村里可以完全放松心情、好好休息充电。

Henry Lee (Papua New Guinea 巴布亚新几内亚)

I have been diagnosed with peripheral Ankylosis Spondilosis. I feel that this week, through the coffee enemas, the juices, the raw, live food and the other parts of the DRP - I have experienced a 50% pain and swelling reduction in my foot and knee. This has been a great experience. I will bring any of my friends from all over the world that wish to listen!

我被确诊患有轻微的强直性脊柱炎。我觉得通过这一周的咖啡灌肠, 果汁, 新鲜蔬果及排毒和恢复活力程序的其他要素 - 让我的疼痛, 我的脚和膝盖的肿胀也减少了50%。这是相当难忘的经验! 我会把这难忘的经验告诉我来自世界各地的朋友, 他们也可从中得益!



Ngooi Ning Ching
(Malaysia 马来西亚)

I had warts under the soles of both feet for more than 10 years. Now they have nearly vanished! I can't even feel them when standing. 我的两个脚底下都长了疣, 且超过10年。现在, 他们几乎消失了! 站立时, 我甚至感觉不到它们的存在。

Saleha Sulaiman Saif

(Oman 阿曼)

The most visible improvement is that I feel good and have noticed an improvement in my skin and overall health. I have learned a lot from the seminars, met many different friends, and I will bring my family next time!

最为明显的改进是我感觉良好, 并注意到我的皮肤和整体健康状况都有所改善。通过研讨会, 我学习到很多, 结识了许多不同的朋友, 下一次, 我会一并带着我的家人一起来参加!



复健您的心灵与身体

Rejuvenate Your Mind & Body

Kasih Sayang Health Resort - 3rd to 8th of March, 2014. 32 participants from 8 countries gathered for a week of detoxification, rejuvenation, and refreshing of the body, soul and spirit. Among the group were many who were experiencing Dr. Lynn's Detoxification & Rejuvenation Programme for the first time! Through the programme and the insightful health workshops session in the beautiful environment of Kasih Sayang Health Resort, all the participants left with amazing experiences, new friends, and a week to remember!

2014年3月3日至8日于 Kasih Sayang 健康度假村。来自8个国家的32名参与者齐聚一起进行了一个星期的排毒, 身、心、灵的复健。其中有许多参与者都是首次进行及体验拿汀陈林希珠博士的排毒和恢复活力程序! 透过该程序及在这优美环境的 Kasih Sayang 健康度假村里所提供有意义的健康工作坊, 所有的参与者都留下了美好的经验, 交到新朋友及体验难忘的一个星期!



Mary Ngooi

(Malaysia 马来西亚)

When my sister first told me about this retreat, I immediately thought about a relaxation and spa retreat, so when I arrived I was in for a bit of a shock! I was quite blank when we were taught about

the coffee enema and other things. I'm glad I came to this health retreat though. I feel that I have become more alert, and I experienced a balanced sense of well being - mentally, physically, and spiritually. I've also lost 1.5kg! I've learned a lot, especially on how to remove toxins from the body. It's been a good experience! I've really enjoyed mixing with everyone, and I've made many good friends! 当我的妹妹告诉我有关此次的健康营, 我即刻想到这会是一个休闲和附有温泉的营会, 所以, 当我到达后, 感觉有点震惊! 当我们被教导有关咖啡灌肠和其他事宜时, 我的脑袋确实放空了。我很高兴我能参加这个健康营。我觉得我已经有所醒觉, 并体验到精神, 身体和心灵上所带来的均衡感。同时, 我也瘦了1.5公斤! 此次的健康营确实让我受益匪浅, 特别是如何清除体内毒素。这真的是一个很好的经验! 我真的很高兴能与所有人打成一片, 且交到了很多好朋友!

Ken (Singapore 新加坡)

I had a cold before I came and I was worried so I brought my warm clothing, but happy that now I don't feel cold and my runny nose has stopped! My blood pressure has also lowered to below 130/90!

在我去健康营前便已患上感冒, 因为担心, 所以带着我的御寒衣物到健康营。我很高兴, 现在的我一点也不觉得冷, 而且我也停止流鼻涕了! 我的血压也降至130/90以下!



Ms. Hoh Lai Chun

(Papua New Guinea 巴布亚新几内亚)

Detoxification, body feels light, really good, body feels cleansed. Very happy with it and I hope to maintain. Great retreat! Will consider coming again, and will recommend to friends who are health conscious.

排毒, 身体轻盈, 感觉美好, 身体觉得洁净了。很开心, 我希望能保持这效果。很棒的健康营! 会考虑再来参加, 并推荐给有健康意识的朋友们。



Terence Teoh Wee Khang

(Malaysia 马来西亚)

It has been a great inspirational and healing experience in my body, soul, and

spirit. My skin and complexion have improved. I really appreciate the holistic approach that Dr. Lynn has implemented in the seminar.

它让我体验身、心和灵上的巨大启发和疗愈经验。我的肌肤和肤色有显著的改善。我真的很感谢陈林希珠博士在研讨会上分享的全面健康法。

Kathlyn Toh Giak Ching

(Malaysia 马来西亚)

My energy and complexion have improved. Less stiffness / pain before I sleep and less morning stiffness on my shoulder. I feel more vibrant, refreshed, and much healthier!

我的精力和肤色都有所改善。我睡前的僵硬或疼痛减少了，早晨起床后的肩膀也比较不觉僵硬了。我觉得更有活力，意气风发，且更健康！



Humaid Mohammed Al Habsi

(Oman 阿曼)

On the first day of the DRP, I had a blood pressure of 137/95 and weighed 93kg.

I went through the programme and by the 6th day, my blood pressure was 124/89 without medication and I had lost 3kg! I am very happy with the results of this Health Retreat.

在DRP的第一天，我的血压为137/95，93公斤的体重。我进行了此程序，于第6天，在不服用任何药物下，我的血压降低至124/89，且瘦了3公斤！我很高兴这健康营带给我的结果。



Helga (Indonesia 印尼)

For me the health retreat is a great experience.

I've been using NewLife™ products for almost a year now, but I've never tried the full DRP before. This is my first time. I've lost 3kgs to my surprise, my chin is sharper, and I feel more energetic -

especially in the afternoon when I usually get tired and need to have a nap. My mom feels the same way as well, and looks like she has had a face lift! We feel the difference and are blessed by this experience!

健康营对我来说，是个很好的经验。我使用新生命产品将近一年了，但我从未尝试进行完整的DRP。这是我的第一次。出乎我的意料，我瘦了3公斤，我的下巴看起来更尖，并觉得更有活力-尤其是在下午的时段，我通常会觉得疲惫，并需要睡个午觉。我的母亲也有相同的感觉，变得容光焕发！我们都体验到其差异，此经验让我们感到无比感恩！



Yu Pei Li (China 中国)

Pimples have gone from my two cheeks, and my face feels firmer, fresh, and light. Learned a lot about nutrition from NewLife™.

青春痘已经从我的两边脸颊消失了，我的脸蛋感觉更有弹性，清新亮丽。新生命让我学到很多有关营养的知识。

Yap Sing Hwa (Malaysia 马来西亚)

I had high blood pressure for many years and had been on medication for it. This Health Retreat has amazingly helped me to reduce my blood pressure to 120/73 without taking any medication. I feel so much more energetic! I am so happy and learned a lot of health knowledge through the talks by the NewLife™ team.

我患有高血压已多年了，并一直服用抗血压的药物。在没有服用任何药物下，这健康营惊人地协助我降低血压至120/73。我觉得精力充沛！我很高兴，通过新生命团队所准备的讲座，我学到了很多健康知识。

Rejuvenate Your Mind & Body

复健您的心灵与身体



March 18-23, 2013 - six days of healing and restoration in the beautifully clean air of Kasih Sayang Health Resort. Perched on top of a highland ridge overlooking the beachside city of Kota Kinabalu, Kasih Sayang Resort is the perfect place to rejuvenate the body and mind.

The air is crisp and clear. The area is rural and nature thrives in the sunshine clean water. The participants not only enjoyed the resort's environment, but they were also personally attended to by Datin Dr. Lynn Tan (N.D.) and team. Many questions were asked and answered during the health seminars, which covered a variety of nutritional and lifestyle topics. There were also a healthy food preparation and juicing demo, as well special workshops on healthy weight management by nutritionist and fitness trainer, Sam Tan. In addition, the participants enjoyed a workshop on water and household health by Silver Manager and nutritionist Lydia Ling who came all the way from Singapore.

Every morning, just after sunrise, the participants were led through a refreshing morning exercise session and a walk up or down the road to look at the surrounding countryside. Throughout the program, they were treated to amazing views of beautiful sunsets, sunrises, and the night-lights of Kota Kinabalu.

In the afternoon, tours were organised to visit the Mari-Mari Cultural Village, in the town area of Kota Kinabalu and other attractions around the area.

On the last night when the participants shared their experiences at the NewLife Health Retreat, many mentioned improvement in a variety of health conditions, and all testified to the rejuvenating and detoxifying effects of the DRP. In addition to improving their physical health, the Health Retreat was also a time for them to relax, get away from the hustle and bustle of city life and get to know some amazing people.

2013年3月18至23日，为期六天的Kasih Sayang健康度假村健康生活营已圆满结束。栖息在山顶上，俯瞰亚庇的海滩全景，Kasih Sayang度假村果真是一个恢复身心的绝佳地点。

那里的空气非常清新，在阳光及清净的水源下田园和大自然得以茁壮成长。参与者不仅享受着度假村美丽的环境，他们也与拿汀陈林希珠博士及团队进行了一场交流。在健康交流会上，大家都踊跃发问，拿汀陈林希珠博士也一一解答他们有关于各种营养及生活方式课题的种种问题。当天也准备了很多健康料理及榨果汁的示范，以及健康体重管理的营养师及健身教练陈健德也为学员拟定了一个特别的工作坊。此外，参与者都很享受由新加坡远道赶来的银级经理和营养师，林宝玲主讲的水和健康家庭用品研讨会。

每天早上日出之后，学员都会在凉风习习的天气下做早操，以及到乡间散步。在疗程中，他们都见证到令人美不胜收的日落、日出以及亚庇夜间的霓虹灯等壮观的景色。

到了下午，导游就安排我们到马里马里文化村、亚庇的市中心以及附近的景点。

在最后一晚，学员们分享了他们在新生命健康生活营的体验，更多的是他们改善了健康的经验，以及分享了进行排毒程序后的效果。此外，为了改善学员生理上的健康，健康生活营也让他们放松、远离喧嚣的城市生活，以及有机会认识到“特别的人”。



Sharing their experiences:
学员们分享经验:



Chui Mai: "Beautiful setting, wonderful service, a great and experienced team and a lovely company of participants. I feel like I've gone through a total overhaul of my engine – a brand new body!"

Chui Mai: "环境漂亮、服务出色、很棒及经验丰富的团队，还有一大班可爱的学员。我觉得自己的身体好像来个年度大检查似的，好像拥有了一个全新的身体！"



Ms. Seah: "Much more energy and alert after the DRP."

Ms. Seah: "试过排毒程序后，身体真的更有活力。"



Mr. Seah: "It was tough going for me initially but got better towards the last 2 days. Overall, a truly amazing experience. I lost 3kg!"

Mr. Seah: "这对我来说是个艰难时期，幸好最后两天熬了过去。总而言之，这是一个很难忘的经验。我减了三公斤！"

Jeanne Ling: "Enriching – spirit, soul and body. Seminar topics were very valuable and legit!"

Jeanne Ling: "增进一精神、灵魂及身体。(交流会的课题)非常有价值及正统!"



Lim Bee Hong, Joanne: "My first DRP was amazing, learning about detoxification is going to change my life. I lost 4kgs – amazing!"

Lim Bee Hong, Joanne: "第一次做的排毒程序太神奇了，学习关于排毒真的改变了我的生活。我轻了四公斤 – 太神奇了！"



Koh Hwee Ben, Erin: "This is my third DRP retreat and it's very rewarding in terms of more knowledge gained and tips learnt among the participants..."

Koh Hwee Ben, Erin: "这是我第三次参加排毒程序的生活营，每次我都能从学员中获取更多知识及学习到很多知识。"



Lim Bee Tin, Susan: "Glad it turned out to be quite a pleasant experience. I will convince my daughter/son and husband to do it!"

Lim Bee Tin, Susan: 原本以为会很糟糕，但很开心原来这是一个很棒的体验！我会说服孩子及丈夫一起来参加！"

Xie Mun Li: "Indeed a health restoration session. Even the deep rooted stuff on the face were oozed out. My face feels softer and smoother and no longer rough."

Xie Mun Li: "我实际上健康也好转了，脸上一些擦不去的顽固‘污迹’也走了，我的脸不再那么粗糙，变得光滑多了。"

"This Health Retreat was an amazing week for all of us in the NewLife™ team and we hope to see all of you again soon!"

这次的健康生活营对我们新生命团队所有人来说，都是一个了不起的经验，希望很快能再次见到大家！



Health Retreat at JB, 12 - 16 November 2012

柔佛新山健康生活营, 2012年11月12至16日

Thistle Hotel Johor Bahru became a melting pot recently when 21 participants from Singapore, Malaysia, Hong Kong and Oman attended NewLife™'s Health Retreat from 12 to the 16 November 2012. These excited participants came to learn more about natural healing and simultaneously to achieve total rejuvenation of the spirit, soul, and body.

The health retreat provided a great avenue and opportunity for both learning and bonding as well. Everyone shared their experiences and laughters broke out when amazing stories were told. The knowledge gained from the talks and healing process of the programme impacted everyone present. Many of them were first timers and new to the "NewLife™ way". It was such a joy to see them gain knowledge in natural healing.

The demos were conducted by NewLife™'s leaders from Singapore who also shared their testimonies; resulting in big cheers and applause for their support and hardwork.

Here is what some of our participants said about their experiences:

Mee Ing (from Singapore): "This is my fifth Health Retreat. I enjoy coming here to rejuvenate my body over and over again!"

Mee Ing (来自新加坡): "这是我第五次参加健康营, 我每次都享受来这里, 因为能让身体得到一次又一次的完整复建!"

Rashid (from Oman): "This is my seventh Health Retreat. I lost weight with each health retreat I attended and this is how I maintain my blood pressure level. I can feel the difference each time I join the Health Retreat."

Rashid (来自阿曼): "我已经是第七次参加健康营了, 每次我参加后我的体重都会下降, 让我更能维持血压水平。每次参加健康营后, 我都有不一样的感受!"

Joel How (from Melaka): "The scalp problem which I have suffered for over three years has totally healed! Previously, I have spent thousands of ringgit but to no avail. My blood pressure reading has dropped to 110/77 mmHg and I will definitely continue to do the coffee enema daily."

Joel How (来自马六甲): "缠绕我差不多三年的头皮问题, 现在已完全痊愈了! 以前, 我花了好几千令吉都一直无济于事, 我的血压指数也下降到110/77mmHg, 我会继续保持每天都做咖啡灌肠。"





Rejuvenate Your Mind & Body

复健您的心灵与身体

24 participants from Malaysia, Singapore and Oman talk about how the NewLife™ Health Retreat at Kasih Sayang Health Resort has enriched their lives.

24位来自马来西亚，新加坡及阿曼的参与者分享Kasih Sayang度假村的新生命健康营如何丰富了他们的生活。

On the 12th to 17th March 2012, people from different parts of the region came together to the beauty and serenity of Kasih Sayang Health Resort for one purpose – a total rejuvenation of the body, mind and soul. Here's what they said about the experience:

2012年3月12日至17日，来自不同区域的人聚集在美丽和宁静的Kasih Sayang度假村，只为了一个目的——一个身、心、灵的整体复健计划。他们的经验之谈：



Sia Hung Liang: "My body feels very light and I feel very energetic and well-cleansed."
Sia Hung Liang: "我的身体感觉非常轻盈，有活力及彻底洁净。"



Nik Zaidah: "Passing out a lot of encrustations, some improvement of my energy levels."
Nik Zaidah: "排出许多宿便，我的体力有所改善。"



Ng Shu Wen: "I feel more alert and I have lost a shoe size!"
伍素汶: "我觉得更谨慎，鞋子尺寸也小了一号！"



Catherine Sia: "I feel great and full of energy after the retreat."
Catherine Sia: "参加健康营后，我感觉好极了并充满活力。"



Monica Wong: "Passing so much encrustations, I've never seen in my life. Now feel lighter and more energetic."
Monica Wong: "排出大量宿便，我从未在我的生活中遇过。现在身体感觉更轻盈，更有活力。"



Chin Set Yee: "I came with a cough but after 4 days. I am cured."
Chin Set Yee: "我在参加时患有咳嗽，但4天后，我便痊愈了。"



Nihlah: "Instantaneous riddance of migraine attacks after the 10-minute coffee enema and a shocking amount of encrustations since Day 2."
Nihlah: "进行咖啡灌肠的10分钟后，即能摆脱偏头痛发作，并在第2天排出令人震惊及大量的宿便。"



Lim Mee Ing: "This is my 4th Health Retreat experience. It gets better each time!"
林美英: "这是我第四次参与健康营。每一次都让我感觉更好！"



Sharipah: "Most valuable experience. Something money can't buy. My blood pressure improved (from 151/93 to 121/73) and I feel more energetic."
Sharipah: "非常宝贵的经验。用钱也买不到的。我的血压有所改善（从151/93至121/73），我觉得更有活力了。"

Testimonials from June 2011 Health Retreat Participants

2011年6月健康生活营参与者的心得

I have high blood pressure and I've been taking medication for quite a while. After the DRP, I found that I could maintain a level of between 120-140/77-88 without my BP medication. Thanks Datin Dr. Lynn Tan and DRP.

我有高血压，也一直以来需长期食用药物来治疗。进行体内排毒与恢复活力程序后，我的血压居然可以在没有食用药物的情况下维持在120-140/77-88之间的水平。感谢拿汀陈林希珠博士及体内排毒与恢复活力程序。

Lim Siew Ing (KL, Malaysia)
林秀英 (吉隆坡, 马来西亚)

I used to feel lethargic all the time but after going through the DRP, I don't feel as tired as before. I am so impressed. Now I have more energy for my daily tasks.

我长期感到昏昏欲睡，但通过体内排毒与恢复活力程序后，我不再像以前那样累了！此程序让我印象非常深刻。现在我有更多精力做我的日常事务。

Chan Kok Chee (KL, Malaysia)
陈国智 (吉隆坡, 马来西亚)

I have hypertension and had been on medication. My sister-in-law told me Dr. Lynn's DRP two years ago but I didn't do anything about it. Recently, I finally had the courage to start on the programme and to my surprise, my blood pressure gone down. I never thought that I would be able to lower my blood pressure levels without medication. On top of that, I feel lighter and I found that I had even lost a few pounds. I am very happy and I am sure that I will do another round of DRP soon. I will also convince my husband to embark on this programme with me!

我有高血压，需要长期服药。两年前，我嫂嫂曾告诉我陈林希珠博士体内排毒与恢复活力程序，但我当时并没有任何行动。最近，我终于有了进行此程序的勇气，让我惊讶的是我的血压下降了。我从来没预料过，不需依赖药物能降低我的血压水平。此外，我感觉身体更轻松了，我的体重也减轻了几磅！我很高兴，也深信会尽快做另一次的体内排毒与恢复活力程序。我也会说服我的丈夫与我一起进行此程序！

Aziza Al-Hinai (Oman)
阿齐扎勒希奈 (阿曼)

My experience with the DRP programme was tough, but I've always believed in no pain, no gain! After the programme, I noticed how my complexion has improved and now my face glows and I have better skin tone.

我的体内排毒与恢复活力程序经验是艰难的，但我一直相信没有痛苦，就没有收获！进行该程序后，我发现我的脸色改善了。现在，我的脸看起来较亮丽，肤色也更好了！

Abdul Nazir (Singapore)
阿杜纳齐尔 (新加坡)

We would like to acknowledge Rashid and his wife Zeyana for attending this health retreat and for bringing their friends and relatives all the way from Oman to join us. All together Rashid and Zeyana have attended five health retreats in total; two in Awana, two in Kasih Sayang Resort and one in Thistle JB. Thanks for coming!

我们衷心地感谢拉希德与他的妻子泽亚纳出席这次的健康生活营，及邀约来自遥远的阿曼朋友一起参加。拉希德总共出席了五次健康生活营；两次在阿娃娜云顶高原，两次在Kasih Sayang度假村及一次在新山希思尔大酒店。感谢您的参与！

Lum Mei Leng and her father Lam Phoe Kon have attended four health retreats in all three of which were consecutive! We hope to see you soon! Lum Mei Leng with her father also attended a total of four consecutive health retreats, and among them three are consecutive! We look forward to your next visit!

NewLife™ Team 新生命团队

