

# A HEALTHY LIVER FOR VITALITY & LONGEVITY

健康肝脏助您增强活力、延年益寿

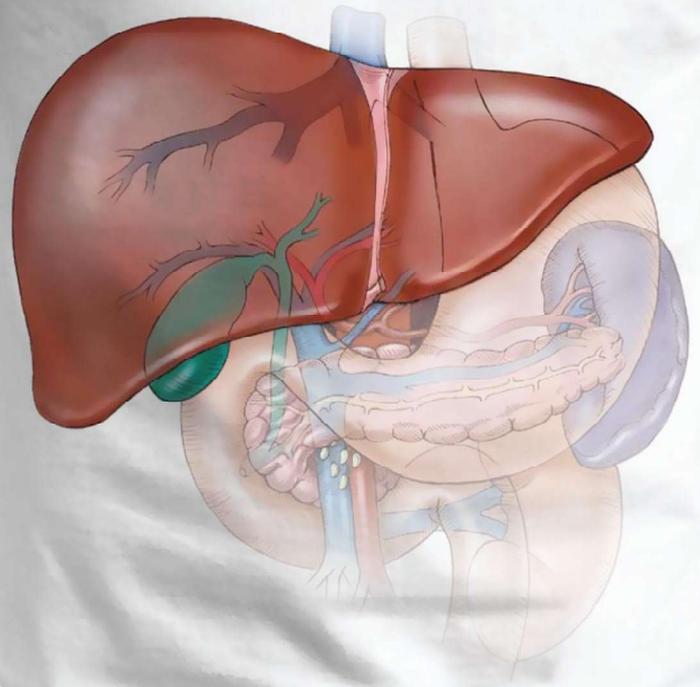
You might not think much about your liver, but your liver deserves credit for its hard work to keep your body working at its best. The liver is the second largest organ in the body after the skin, weighing about 1.5 kg. It is a wedge-shaped organ located on the right side under your lower ribcage. Your liver performs multiple critical functions related to digestion, metabolism, detoxification, and many more. Therefore, keeping a well-functioning liver is a key to vitality and longevity.

## Why is your liver so important?

Your liver is the primary nutrient processing plant. It performs various metabolic functions by processing the foods we eat and repackaging them into substances to be stored, used, or eliminated. For example, carbohydrates are broken down by our digestive system into glucose as a main source of energy. The excess glucose is converted into glycogen and stored in the liver. When your body needs an energy boost, the glycogen is converted back to glucose as the fuel. This process also helps to maintain homeostasis and prevent dangerous blood sugar level spikes and drops. Besides that, your liver acts as a factory to produce bile for fat digestion. The bile will emulsify fats, breaking them into smaller pieces so that they can be digested and absorbed more easily in the small intestine.

Apart from that, your liver also:

- Filters and detoxifies the blood.
- Eliminates harmful substances such as drugs and alcohol from your body.
- Converts toxic ammonia to less harmful urea to be excreted in the urine.
- Stores vitamins and minerals such as vitamin A, D, E, and K, iron and copper.
- Helps to manage hormones.
- Produces protein components of blood plasma such as prothrombin that is needed for blood clotting.



## What kind of problems can affect your liver?

There are many kinds of liver diseases that can damage the liver. Over time, they can result in liver failure which is a life-threatening condition. Here are a few commonly known diseases that can affect your liver:

- **Cirrhosis.** Cirrhosis is a liver disease in which healthy liver tissues are substituted with scar tissues, hindering the proper functions of the liver. It is a slow-progressing disease resulting from continuous and long term liver damage caused by conditions such as alcohol abuse and blockage of the bile duct.

- **Hepatitis infections.** Hepatitis is the inflammation of the liver caused by a group of viruses. There are different types of hepatitis. Hepatitis A and E are transmitted by consuming food or water that has been contaminated (through faecal matter) with the virus. Hepatitis B, C and D are acquired through body fluids and blood. Hepatitis raises your probability for cirrhosis, liver cancer and liver failure.

- **Fatty liver disease.** It is the build-up of abnormal amount of fats in the liver, usually exceeding 5 to 10 percent of the liver's weight. The two primary types of fatty liver are alcoholic liver disease and non-alcoholic fatty liver disease (NAFLD). Alcoholic liver disease is caused by over-consumption of alcohol over many years whereas NAFLD is not caused by alcohol but other risk factors like obesity, diabetes and poor eating habits.

- **Drug-induced liver damage.** This damage can develop following the use of various medications. Many medications including both prescribed and over-the-counter drugs can have adverse effects on the liver and cause liver damage. Some drugs can harm the liver directly, while others are converted into chemicals that are injurious to the liver. Examples of common medications that may be harmful to the liver are statins (for cholesterol) and acetaminophen (to relieve pain).

- **Sluggish liver.** Though this liver problem is unnamed in the medical world, the problem is very real and many are suffering from this without realizing it. With today's improper diet (heavily processed, high sugar, toxic foodless food), toxic environment and unhealthy lifestyle, it is no surprise that more and more people are having sluggish liver. When your liver is sluggish and overburdened by too many toxins, it cannot perform its tasks at an optimum level, resulting in a build up of toxins in the body, and cell destruction begins. Some common symptoms are chronic fatigue, diminishing vitality, headaches, indigestions, skin problems, etc. If left untreated, the body continues to self-poison and degenerate. Over time, this can cause auto-immune problems and other severe disorders in the body.

您可能从来都没特别注意您的肝脏健康。但您知道吗?其实肝脏每天都都很努力繁忙地工作,以确保您身体处在最佳状态。肝脏是人体第二大器官,仅次于皮肤,重量约1.5公斤。它位于右侧横膈膜之下,呈楔形。肝脏具有多种关键重要功能,包括与消化、代谢、排毒等相关的主要功能。因此,保持肝脏良好运作是增强活力和延年益寿的主要关键因素。

## 肝脏的重要性

肝脏是人体主要的营养加工厂。它会将我们所吃下的食物进行各种代谢作用,并重新将它们包装成另一种物质以备储存、利用或排除体外。例如:碳水化合物经消化系统分解成葡萄糖,作为身体主要的能量来源。体内过多的葡萄糖将被转化为糖原,储存在肝脏中。当身体需要能量的时候,糖原会被转换回葡萄糖作为燃料。这过程有助保持体内生理平衡和预防血糖突然飙升或下降的功效。此外,肝脏也可进行胆汁生产,以消化体内脂肪。胆汁具有乳化脂肪的功能,可将它们分解成更小的物质,以容易被小肠吸收和消化。

除了以上功能,肝脏还可:

- 过滤和净化血液。
- 将有害物质排出体外,如药物和酒精。
- 将有毒氨转化为较不具毒性的尿素,并随着尿液排出体外。
- 储存维生素和矿物质,如维生素A、D、E和K、铁以及铜。
- 有助调节荷尔蒙。
- 产生血浆所需的蛋白质组成物,如用于凝血作用的凝血因子。

## 影响肝脏功能的疾病

许多不同的肝脏疾病可严重损害肝脏功能,久而久之,可导致肝功能衰竭,甚至危及生命。以下是一些会影响肝脏功能的常见疾病:

- **肝硬化。**肝硬化是一种肝脏疾病,即肝脏中的健康组织被疤痕组织取代,因而阻碍了肝脏的正常功能。肝硬化是一种缓慢进展的疾病,比如酒精滥用和胆管堵塞等情况对肝脏所造成持续性和长期的损害。

- **肝炎感染。**肝炎是由一组病毒引起的肝脏炎症。肝炎也分很多不同的类型。A型和E型肝炎最常见的传染途径,是因食入或饮用了已被感染者粪便污染的食物或饮水。B型、C型和D型肝炎则是通过体液和血液传染。肝炎会增加患肝硬化、肝癌和肝衰竭的机率。

- **脂肪肝。**意指肝脏中脂肪含量积聚异常,通常比起肝脏重多百分之五至十的重量。脂肪肝的主要类型分为酒精性脂肪肝和非酒精性脂肪肝 (NAFLD)。酒精性脂肪肝是由于多年摄取过量的酒精而引起;非酒精性脂肪肝是由其他非酒精危险因素如痴肥、糖尿病和不良的饮食习惯所引起。

- **药物性肝损伤。**服用各种药物可有损害肝脏的风险。许多药物,包括处方药和非处方药都会对肝脏产生不利的影响,最终导致肝损伤。有些药物可直接损害肝脏,而另一些药物则会被转化为对肝脏具有毒害的化学物质。像是一般常见的药物如他汀类药物(用于降低胆固醇)和对乙酰氨基酚(舒缓疼痛)都可对肝脏造成伤害。

- **肝功能削弱。**虽然这肝脏问题在医疗界里仍还没有专业命名,但它所带来的问题很确实,许多人患上此疾病却都毫不知情。现今不正规的饮食(大量加工、高糖食物、有毒食品)、有毒环境和 unhealthy 的生活方式,是导致越来越多人患有肝功能下降的问题。要是肝脏功能变得迟缓和毒素负担过多时,就不能在最佳状态下完成任务,最终导致体内毒素堆积,细胞开始遭受破坏。一些常见的症状如慢性疲劳、全身乏力、头疼、消化不良、皮肤病等问题。要是不及时纠正,身体将继续自我毒害和退化。久而久之,它将会引起自体免疫功能紊乱和其他严重的疾病发生。

## Can liver damage be reversed? 可以扭转已受损伤的肝脏吗?

Our body is wonderfully made with the ability to heal, repair and rejuvenate itself. The liver is a unique organ that is able to regenerate. If liver damage is detected early enough, the liver may have a chance to recover on its own with lifestyle adjustment and supportive care. In other cases, liver damage may be treated with medications or surgery. However, in severe conditions which can be life-threatening, it is difficult to reverse the process and a liver transplant is required.

我们的身体具有非常强大的自愈、自行修复和恢复活力的能力。肝脏是一个独特的器官，可以进行再生功能。如果肝脏损伤及早被发现，其实通过调整生活型和细心照护下是有很大复原的可能性。在其他情况下，肝脏损伤可通过药物或手术治疗。然而，若严重或有生命威胁性，那么肝脏损伤比较难被逆转成功，而必须进行肝脏移植手术。

### Watch your diet

Processed foods, frozen dinners, canned foods, instant meals, refined sugar and salt contain toxic preservatives and additives that can damage your liver. Make your meals from fresh and natural ingredients to prevent over-ingestion of chemicals and toxins that will burden your liver. Opting for organic foods is another good way to protect your liver as they are free from pesticides and chemicals.

### 注意饮食

加工食品、冷冻食物、罐头食品、速食餐、精制糖和盐都含有有毒的防腐剂和添加剂，可破坏肝脏的功能。因此，尽量用新鲜和天然的食材来烹制食物，避免摄入过多化学物质和毒素，加重肝脏的负担。还有，选择有机食品以保护肝脏免受杀虫剂和化学物质伤害。

### Avoid alcohol intake

Every drop of alcohol burdens and intoxicates your liver. The accumulation of alcohol in your body can destroy cells, eventually leading to liver diseases.

### 避免摄取酒精

每一滴的酒精都可造成肝脏负担和中毒。酒精在体内积累可破坏细胞，最终导致肝脏疾病产生。

## Tips to maintain your liver in top shape: 保持肝脏最佳状态的小提示:

The liver is too important an organ to ignore or neglect! If you do not take care of it, you may risk damaging your liver, which may have fatal consequences. Your liver has been looking after your body and your health all this time, now it's time to look after your liver. Here are some ways to protect your liver and keep it healthy:

肝脏是人体非常重要的器官，绝对不容忽视。如果您不好好照顾，肝脏就很容易遭受损伤。一旦肝脏被损坏，可殃及生命。肝脏在任何时候都忙碌为您操劳，是时候应该好好照顾它了。以下是一些保护和维持肝脏正常运作的方法：



### Protect yourself from hepatitis

Practicing good hygiene can prevent you from getting hepatitis A and E. Be sure to wash your hands after using the bathroom and before food. To prevent hepatitis B, C and D, avoid sharing items such as toothbrush, shaver, and needle and always use protection when having sex. Also, ensure that all equipment are sterilized if you are getting tattoo or body piercing.

### 预防感染肝炎

保持卫生清洁可让您预防患上A型和E型肝炎。确保在使用洗手间后或进食之前要勤洗手。至于B型、C型和D型肝炎的预防，应避免共用私人用品，如牙刷、剃刀和针具，以及在进行性行为时要做好安全的保护措施。另外，如果有进行纹身或身体穿孔，必须确保所有器具都有经过彻底地消毒。

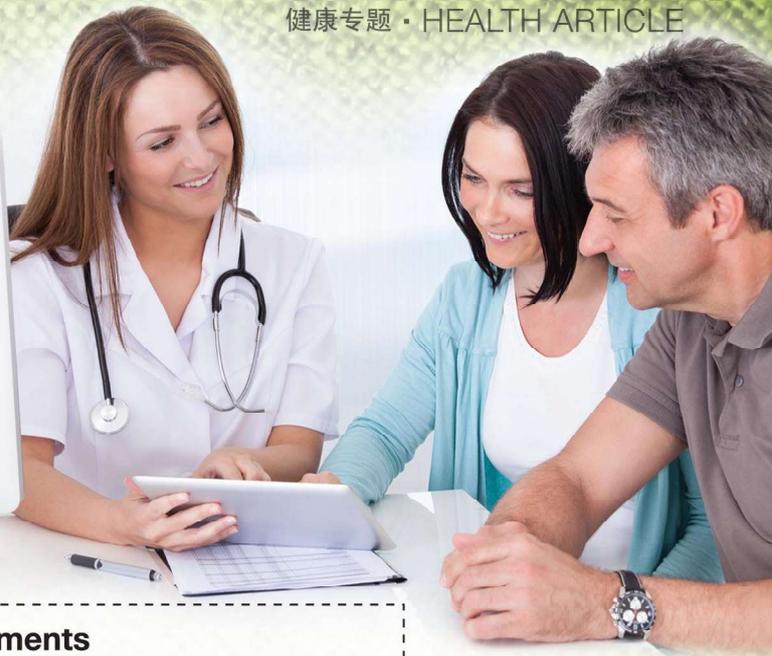


## Be wise about medications

Medications can burden your liver as it needs to work extra hard to metabolize them and filter out any toxic residue. Take prescribed or over-the-counter drugs only when needed. Follow the dosage recommended to you and avoid combining medications or mixing them with alcohol. You may discuss all the medications or supplements that you are taking with your physicians.

### 慎服药物

药物可增加肝脏的负担，这是因为它需要更耗力地来代谢和过滤有害的药物残留物。只有在真正需要时才服用或使用药物治疗。按照药物的建议剂量，避免药物与其他药物或酒精混合服用。您可在服用药物或补充剂之前询问医师的意见。



## Take liver-strengthening supplements

Natural herbs like milk thistle, artichoke, and dandelion are well known for their ability to cleanse and strengthen your liver. They enhance your liver function by flushing out toxins from your body and protecting it from harmful substances.

### 摄取强肝营养补充剂

天然草药如乳蓟、洋蓟和蒲公英是众所周知具有净化和保健肝脏的功效。它们通过排出体内的毒素及保护肝脏免受有害物质侵害，来提升肝脏的功能。



## Your liver deserves better!

The liver is often the “under-appreciated” organ. We tend to ignore our liver until something goes wrong, which is often too late. Never take your liver for granted. Start protecting and strengthening it through the following regime:

### Dr. Lynn Tan's Detoxification and Rejuvenation Programme (DRP)

The DRP is a complete regime combining both ancient and present methods of natural internal cleansing and rebuilding of the body. It is a time-proven success where most people experience signs of rejuvenation. Through detoxifying herbs and health building superfoods, the DRP effectively detoxifies your liver, purifies your blood, cleanses your clogged-up colon, and restores nutritional, hormonal and metabolic balance to your body. During the DRP, toxins from different parts of the body are stirred up and flushed out into the bloodstream. Coffee enemas are essential during the Programme as they help to remove toxins and dead cells from the blood, the liver and the bowels quickly.

When toxins and wastes are removed and nutritional deficiency is corrected through the DRP, your body will naturally be in a position to heal itself and diseases can be prevented or even treated.

Make the DRP a part of your health building regime to give your body and liver a new start! You can read up the booklet “You Can Regain Youth & Health through Detoxification and Rejuvenation” written by Dr. Lynn Tan or consult our nutritionists for further information.

## 您的肝脏值得您好好珍惜爱护!

肝脏是个常被忽略的器官。许多人往往都是等到身体出现了问题才紧张，大多时为已晚。千万不要理所当然，对肝脏漠然视之不加以保护。现在开始通过以下方式，好好维护和加强您的肝脏：

### 陈林希珠博士创始的排毒与复健程序 (DRP)

DRP是一个结合古今中外净化身体和复健的天然完整疗法。大多数人都因之体验到更年轻、更有活力。在进行DRP期间，程序所规定的排毒草药和滋补保健品能有效解除肝脏毒素、净化血液及清洁已被堵塞的结肠，同时恢复肠道营养的吸收和调节体内荷尔蒙和代谢功能。另外，程序过程期间，身体各部位所产生的毒素会被激起及冲入血液中。因此，咖啡灌肠在这排毒过程扮演重要角色。这是因为它有助迅速排除血液、肝脏和肠道中的所有毒素和破损的细胞。

当通过DRP洁净了身体内的毒素和废物以及调节营养失调后，您的身体将会发挥自愈能力，对多数疾病都有预防和治愈的效果。

将DRP规划在您保健程序的一部分，给身体和肝脏一个全新的开始！您可阅读陈林希珠博士撰写的《透过排毒与复健程序，重获青春和健康》的排毒手册或咨询我们的营养师，以便了解更多详情。



## NewLife™ Liverin

NewLife™ Liverin is specifically formulated to protect and strengthen your liver. Liverin contains milk thistle seed extract (80% silymarin), dandelion root, artichoke extract, burdock root, and celery seed extract. The combination of these powerful herbs improves your liver in various ways:

- Rebuilds liver cells and removes toxins.
- Powerful anti-oxidant to combat free radicals and oxidative stress, lowering inflammatory and the risk of liver damage and other degenerative diseases.
- Reverses liver damage caused by medicines, excessive alcohol consumption as well as the effects of pollutants found in the environment.
- Stimulates the liver to increase bile flow, which carries away wastes and break down fats during digestion.

NewLife™ Liverin is a must-have supplement to boost your liver health. Take 1 capsule, 3 times a day after meals.

## 新生命肝脏宝

新生命肝脏宝是专门为保护和加强肝脏功能而研制。肝脏宝蕴含多种营养物质，如乳蓟籽提取物（含有80%水飞蓟素）、蒲公英根、洋蓟提取物、牛蒡根以及芹菜籽提取物。这些强效的草药混合，具有多功能改善您的肝脏：

- 修建肝细胞和去除毒素。
- 作为强效抗氧化剂，可对抗自由基和氧化应激、减低炎症和肝脏损伤以及其他退化性疾病的风险。
- 逆转因药物、过量酒精摄取以及环境污染物所造成的肝脏损伤。
- 促进肝脏增加胆汁分泌量，以在消化过程中能更有效分解脂肪和排泄废物。

新生命肝脏宝是促进肝脏健康不可或缺的营养补充剂。每日服用三次，一次一颗，餐后服用。



## NewLife™ MorLife Tea

NewLife™ MorLife Herbal Tea is full of goodness from natural herbs including dandelion roots, echinacea, licorice, red clover, siberian ginseng, and taheboo.

Drinking 3 to 5 cups daily or as often as you like can cleanse your liver, purify your blood and enhance your body's defence system.

## 新生命增寿草药茶

新生命增寿草药茶汇聚多种天然草药的健康功效，包括蒲公英根、紫锥菊、甘草、红三叶草、西伯利亚人参以及蚁木。

每日饮用3至5杯，可净化肝脏、血液和增强身体防御系统。



Always remember that your liver health goes hand in hand with your overall health. To aim for tip-top health and live longer, start boosting your liver health now!

必须记得只要肝脏健康，您整体的健康也会随之提升。如果想要保持最佳健康状态和延年益寿，现在就开始好好照顾您的肝脏健康吧！