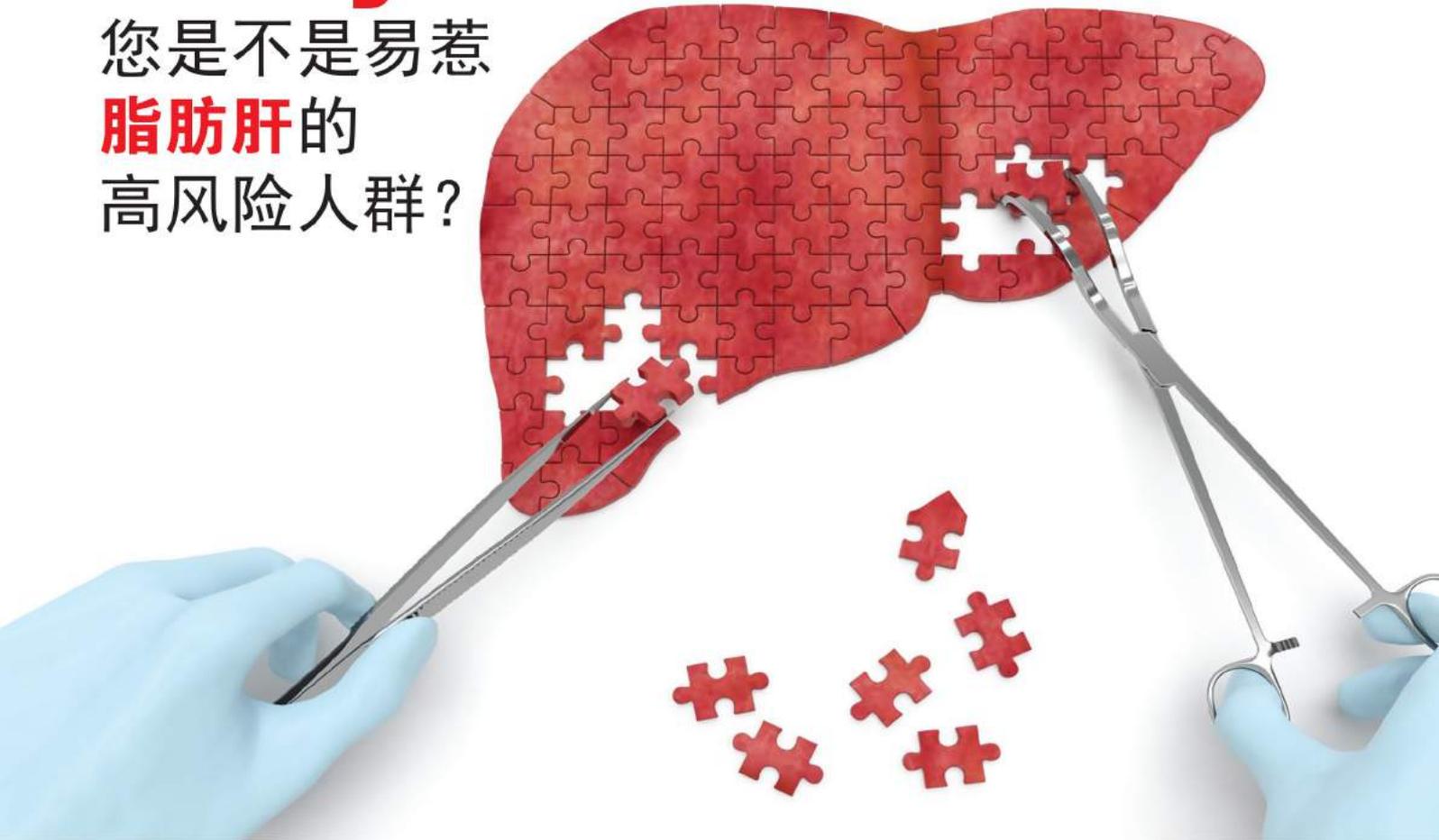


Are You at Risk for **Fatty Liver Disease?**

您是不是易惹
脂肪肝的
高风险人群？



The liver is the second largest organ in the body after the skin. A healthy liver regulates most chemical levels in the blood and excretes a product called bile. Bile helps to break down fats, preparing them for further digestion and absorption. All of the blood leaving the stomach and intestines passes through the liver. The liver processes this blood and breaks down, balances, and creates nutrients for the body to use. It also metabolizes drugs in the blood into forms that are easier for the body to utilize. When the liver has broken down harmful substances, they are excreted into the bile or blood. Bile by-products enter the intestine and ultimately leave the body in faeces, while blood by-products are filtered out by the kidneys and leave the body in the form of urine.

Is Your Liver Functioning Optimally?

There are many kinds of diseases that can damage the liver, such as hepatitis and alcoholic fatty liver disease. However, of late, a new type of liver disease has rapidly emerged as the most prevalent liver disorder not only in developed countries, but also in the developing countries. It is known as non-alcoholic fatty liver disease (NAFLD).

Globally, one in four adults suffers from NAFLD. In Asia, an estimated 20% to 30% of the adult population has it. It is the leading cause of chronic liver disease and the third-most-common reason for liver transplants in the United States. Closer to home, recent studies show that NAFLD could well be affecting half of the adults in Malaysia and Singapore.

肝脏继皮肤之后是人体第二大器官。一个健康的肝脏可调节血液中大部分的化学物质和分泌胆汁。胆汁有助分解脂肪，可为接下来的消化和吸收作用做好准备。自胃部和肠道流来的血液都会经过肝脏。肝脏会负责处理这些血液；进行分解、平衡和制造营养素以供身体吸收利用。此外肝脏它也将血液中的药物代谢成更容易被人体吸收利用的形式。肝脏在分解有害物质后，会将它们排入胆汁和血液里。胆汁副产物进入肠道后，会随着粪便排出人体外，而血液副产物则会被肾脏过滤，以尿液的形式排出体外。

您的肝脏功能是否良好？

可损害肝脏的疾病有好几种，例如肝炎和酒精性脂肪肝。然而，近年来另一种新型肝脏疾病的发病率快速攀升，无论是在发达或发展中的国家已成为现今健康医疗的重大课题，它就是非酒精性脂肪肝（NAFLD）。

全球有四分之一的成人患有非酒精性脂肪肝（NAFLD）。在亚洲，估计有20%至30%的成人患有此疾病。它是导致慢性肝脏疾病的主要因素，也是美国进行肝脏移植手术的第三大常见原因。近期的研究显示，在马来西亚和新加坡，NAFLD威胁了多达一半的成人的健康。

What Is Non-Alcoholic Fatty Liver Disease (NAFLD)?

NAFLD, is the term for a range of conditions caused by a build-up of extra fat in the liver that is not caused by alcohol. At the very early stages, NAFLD starts with simple fatty liver, which is not alarming to the human body. However, if it is not managed properly, the fat accumulation gradually infiltrates the healthy liver areas, causing less healthy liver tissue to remain. This can lead to a more serious liver disease called non-alcoholic steatohepatitis (NASH), with varying degrees of inflammation and scarring (fibrosis) of the liver.

If left untreated, NASH may progress to permanent scarring and hardening of the liver, a condition called liver cirrhosis which can lead to liver failure. People with liver cirrhosis also have a higher risk of suffering from liver cancer.

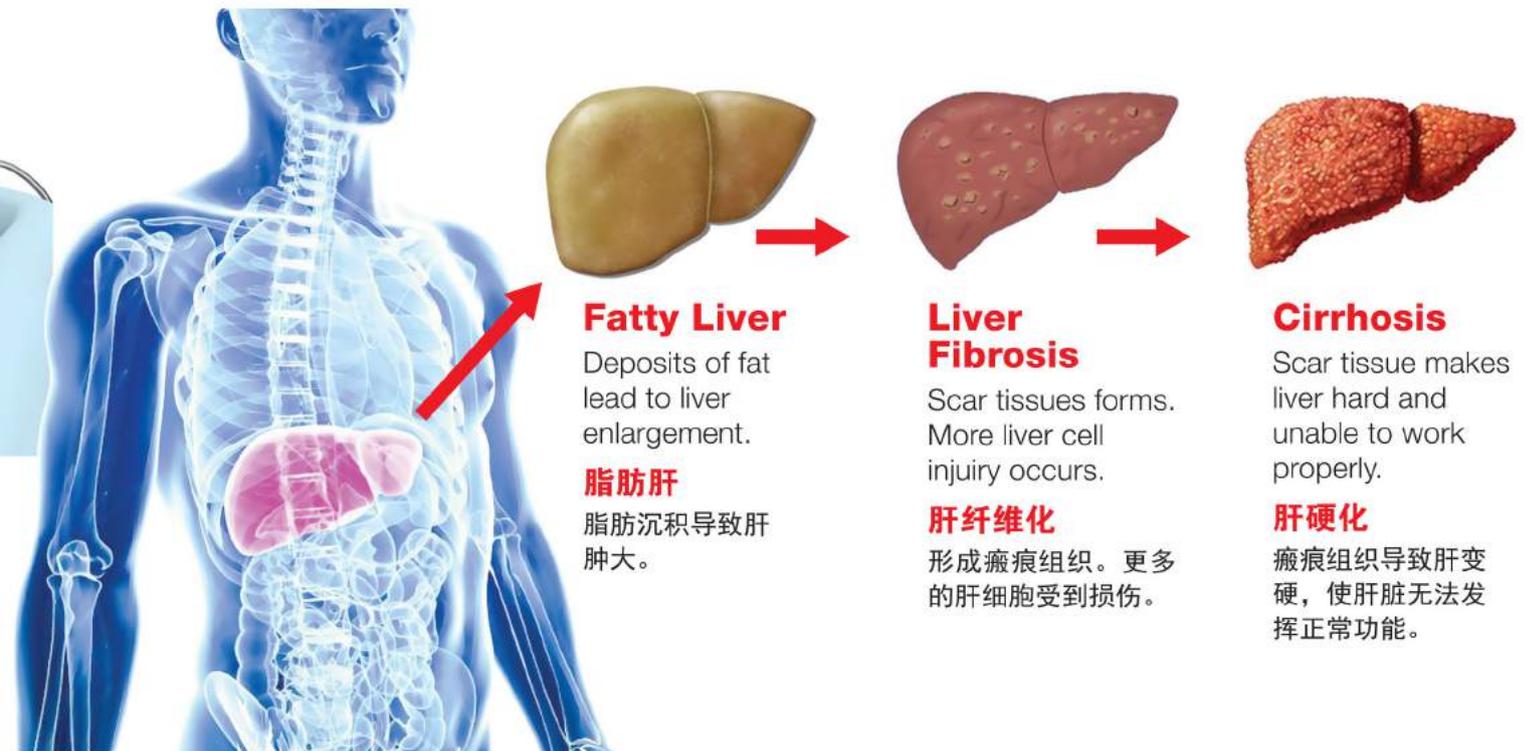
The liver is a unique organ that is able to self-repair and self-regenerate. If liver damage is detected early enough, NAFLD and NASH are reversible with dietary and lifestyle adjustments. Cirrhosis in its earlier stages may also be reversible if the underlying causes can be treated. On the other hand, cirrhosis in its advanced stages is usually irreversible, and severe cases may involve a liver transplant.

什么是非酒精性脂肪肝病 (NAFLD) ?

非酒精性脂肪肝 (NAFLD) 是当肝脏无法分解脂肪, 造成过多脂肪堆积在肝细胞内, 导因与酒精无关。在早期阶段, NAFLD是从轻微的脂肪肝开始演变, 初期还不会危害到人体的健康。然而, 如果控制不当, 聚集的脂肪会逐渐渗入健康的肝脏组织, 进一步破坏它们。这甚至可导致严重的肝脏疾病, 称为非酒精性脂肪肝炎 (NASH), 引发不同程度的肝发炎和肝纤维化等等现象。

如果不及时治疗NASH, 可导致肝脏永久性的瘢痕和硬化, 这种情况称为肝硬化, 最终可能会导致肝衰竭。肝硬化病人患上肝癌的风险也更高。

肝脏是一种独特的器官, 能够自行修复和再生。如果肝损伤及早被发现, NAFLD和NASH是可以透过饮食和生活方式的调整被逆转。早期的肝硬化若得以根除致因, 病情也是一样可被逆转。不过, 晚期的肝硬化一般来说是不可能被逆转的, 严重的话可能还需要进行肝移植手术。



Who Is at Risk of NAFLD?

You are at an increased risk of NAFLD if you:

- are obese or overweight – particularly if you have a lot of fat around your waist and abdomen. Studies have shown that 80% of obese people have NAFLD.
- have type 2 diabetes – studies have shown that 70% of people with diabetes have fatty liver disease.
- have metabolic syndrome.
- have high blood pressure.
- have high cholesterol.
- are over the age of 50; however, NAFLD is on the rise in younger population.
- smoke.

患上NAFLD的高风险人群:

以下为患上NAFLD的高风险因素:

- 肥胖或体重过重 – 特别是腰部和腹部累积过多的脂肪。研究显示80%的肥胖者都患有NAFLD。
- 患有2型糖尿病 – 研究显示70%的糖尿病患者都患有脂肪肝疾病。
- 患有代谢综合征。
- 患有高血压。
- 患有高胆固醇。
- 年龄超过50岁; 可是, NAFLD发病年龄已日趋年轻化。
- 吸烟。

Signs & Symptoms

What makes NAFLD especially lethal is its lack of symptoms. Due to its silent nature, 80% of people with NAFLD are unaware of their condition – meaning it is often not discovered until it is too late.

Early NAFLD usually shows no symptoms. In its later stages, one may experience the following:

- Fatigue (extreme tiredness)
- Bloating
- Loss of appetite
- Pain in the right upper abdomen

In the most advanced stage (cirrhosis), one may suffer from more severe symptoms such as nausea, jaundice, itchy skin, poor concentration, and swelling in the legs, ankles, feet or abdomen.

The liver does not have nerves; therefore one would not feel any pain or know it is sick until it is often too late. Once the liver is badly damaged, it can be fatal to the body.

Early diagnosis and intervention is needed to prevent fatty liver disease from becoming something more serious, like liver cirrhosis or liver cancer. Blood tests, while not conclusive, can give a preliminary indication on overall liver function. Using imaging such as ultrasound, CT and MRI, doctors will be able to examine the state of the fatty liver and its complications, if any. Some may require a liver biopsy.

Managing NAFLD

The root causes of NAFLD are poisons and nutritional imbalances. Let us start protecting and strengthening our livers through the following regime:

Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP) and NewLife™ Health Building Programme (NHBP)

Make DRP followed by the NHBP a part of your health building regime to give your body and liver a new start!

DRP + NHBP is a complete regime combining both ancient and present methods of natural internal cleansing and rebuilding of the body. 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 + NHBP, toxins from different parts of the body are stirred up and flushed out into the bloodstream. Coffee enemas are essential during the programmes 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 + NHBP, your body will naturally be in a position to heal itself.

疾病症状

NAFLD的病人多无自觉症状，这也是导致NAFLD成为致命杀手的最大原因。80%的NAFLD病人不会察觉任何异样症状及体征，通常等到被发现诊断时已经是为时已晚了。

早期的NAFLD通常不会出现任何症状。直到晚期阶段才或许会出现以下症状：

- 疲累乏力（极度疲倦）
- 腹胀
- 食欲不振
- 右上腹部疼痛

在最晚期（肝硬化）阶段，则可能会出现恶心、黄疸、皮肤瘙痒、注意力不集中、腿部、脚踝、脚或腹部出现肿胀等的严重症状。

肝脏没有神经；因此病人不会感到任何疼痛，也不会知道肝脏生病了，直到被发现诊断后大多都已经太迟了。肝脏一旦严重受损，可有致命的可能性。

因此务必及早诊断和干预治疗，才能防止脂肪肝演变成更严重的疾病，如肝硬化或肝癌。血液检验虽不能作出明确诊断，但可初步预示肝脏的整体功能。此外超音波、电脑断层扫描（CT）和核磁共振成像（MRI）等的成像技术，能够检查到脂肪肝的状态及其并发症。有些则需要进行肝脏活检。

治疗非酒精性脂肪肝 (NAFLD)

NAFLD的根本病因是因中毒和营养失衡而造成的。让我们通过以下疗法以保护和加强肝脏的功能：

陈林希珠博士创研的排毒与复健程序 (DRP) 和新生命的健康养生程序 (NHBP)

让DRP和NHBP成为您养生之道的一部分，给身体和肝脏一个全新的开始！

DRP和NHBP是一个结合了传统和现代的内部清理和重建身体的整全自然疗法。DRP通过摄取排毒草药和健康养生的超级食物，能有效地为肝脏进行排毒、净化血液、清理被堵塞的结肠及恢复身体的营养、荷尔蒙和代谢平衡作用。进行DRP和NHBP期间，身体不同部位的毒素会被激起而进入血液中。咖啡灌肠在这阶段就扮演了极重要的角色，因为它能快速地清除血液、肝脏和肠道中的毒素和死亡细胞。

通过DRP和NHBP排除体内毒素和调整营养缺乏的问题后，身体就会自然进行修复作用。





Tips for maintaining a healthy liver:

1. Cut down on carbohydrates.
2. Eliminate refined sugar. For example, no sugar in coffee; skip sweetened beverages and go for plain water; have a slice of fruit instead, if you must end your meal with a dessert.
3. Cut unhealthy fat intake. Limit your intake of deep-fried foods. Avoid pastries as they are high in fat, especially trans-fats.
4. Eat plenty of fruits and vegetables.
5. Regular exercise with each session lasting at least 30 minutes. It can be any form of exercise but it should at least raise the pulse rate moderately.
6. Stop consuming alcohol. NAFLD is not caused by alcohol, but drinking may make the condition worse. Every drop of alcohol burdens and intoxicates your liver. The accumulation of alcohol in your body can destroy cells, eventually leading to liver diseases.
7. 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.
8. Quit smoking – Doing so can also help reduce your risk of other problems such as heart attacks and strokes.
9. Take liver-strengthening supplements like Liverin. Liverin is specifically formulated to protect and strengthen your liver. It 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 inflammation 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 breaks down fats during digestion.

Liverin is a must-have supplement to boost your liver health!

保持肝脏健康的小贴士：

1. 减少对碳水化合物的摄取。
2. 不吃精制糖：例如，咖啡里不加糖；不喝加糖饮料，只选择饮用白开水；若在饭后想吃甜点，可以水果代替。
3. 减少不健康脂肪的摄入量。减少摄取油炸食物。远离糕饼点心，这些都是含高脂肪的食品，特别是反式脂肪。
4. 多摄取水果与蔬菜。
5. 定期运动，每次运动至少持续30分钟。可以进行任何类型的运动，但必须适度地提高脉搏率。
6. 戒酒。NAFLD虽然不是由酒精引起的，但酒精会使病情变得更严重。每一滴酒精都会增加肝脏的负担和毒害它。体内酒精的累积会破坏肝脏细胞，最终导致肝脏疾病。
7. 别滥用药物。药物会增加肝脏的负担，因它必须更操劳工作以代谢和过滤任何有毒残留物。因此只有在必要时才服用处方或非处方的药物。必须按照建议的服用剂量，避免乱配搭药物。
8. 戒烟 – 这可减少患上其他疾病的风险，如心脏病和中风。
9. 服用强健肝脏的营养补充剂，如新生命肝脏宝。肝脏宝是专为保护和加强肝脏功能而研制的。它含有乳蓟种子提取物（80%的水飞蓟素）、蒲公英根、洋蓟提取物、牛蒡根及芹菜籽提取物。这强力草药的结合可通过以下多种方式改善肝脏的功能：
 - 重建肝细胞，清除毒素。
 - 强效的抗氧化剂，对抗自由基和氧化应激，减轻发炎、肝损伤及其他退化性疾病的风险。
 - 逆转因药物、过量饮酒及环境中污染物影响而造成的肝脏损伤。
 - 刺激肝脏增加胆汁的流量，以促进消化过程中分解脂肪及携带废物远离组织。

肝脏宝是一个强肝保肝的必备圣品！