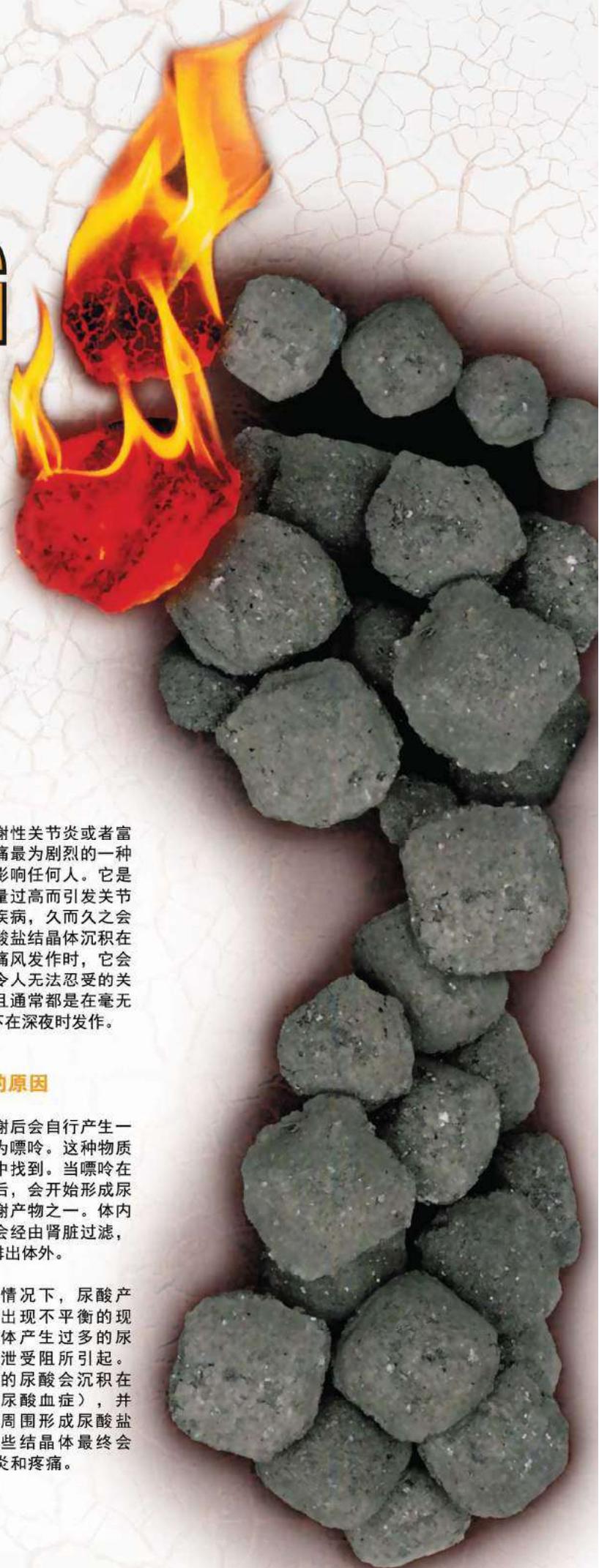


# BEATING GOUT 战胜痛风



Very commonly heard of but not wholly understood, gout is one of the most painful type of arthritis that can affect anyone. It is an inflammation of the joints due to high uric acid levels in the body, which leads to deposits of uric acid crystals in the joints. When gout attacks, it causes intense and intolerable joint pain, it usually happens in the middle of the night, unexpectedly and without any warning.

## What causes gout?

By nature, our body produces a substance called purine. This substance can also be acquired from our diet. When purine is broken down in our body, uric acid is formed as one of the metabolic waste products. Excess uric acid is then filtered by the kidneys and excreted out of the body in the urine.

In the case of gout, there is an imbalance in the production and excretion of uric acid. This is either caused by the body producing too much uric acid or the body being unable to eliminate excess uric acid efficiently. As a result, the excess uric acid accumulates in the blood (hyperuricemia) and develops crystals of monosodium urate in and around the joints. These crystals then lead to joint inflammation and pain.

痛风又称代谢性关节炎或者富贵病，是疼痛最为剧烈的一种关节炎，可影响任何人。它是因体内尿酸量过高而引发关节炎的一种疾病，久而久之会导致过多尿酸盐结晶沉积在关节里。当痛风发作时，它会引起剧烈和令人无法忍受的关节疼痛，而且通常都是在毫无预警的情况下在深夜时发作。

## 导致痛风的原因

细胞新陈代谢后会自行产生一种物质，称为嘌呤。这种物质也能从饮食中找到。当嘌呤在体内被分解后，会开始形成尿酸，即是代谢产物之一。体内过多的尿酸会经由肾脏过滤，并随着尿液排出体外。

患有痛风的情况下，尿酸产生和排泄会出现不平衡的现象。就是身体产生过多的尿酸或尿酸排泄受阻所引起。最终，过多的尿酸会沉积在血液里（高尿酸血症），并在关节内或周围形成尿酸盐结晶。这些结晶最终会导致关节炎和疼痛。

There are many factors that can contribute to gout such as:

- **Diet.** A diet rich in purines from foods such as meat and seafood and foods high in sucrose like soft drinks and sweetened beverages can raise the risk of hyperuricemia and gout.
- **Alcohol.** Alcohol can cause hyperuricemia due to its high purine content. Besides that, it disrupts the body's ability to excrete uric acid.
- **Body weight.** The chance of developing gout is much higher if a person is overweight or obese. People with excess weight tend to produce more uric acid, which burdens and hinders the kidney's ability to eliminate uric acid effectively.
- **Gender and age.** Gout occurs more commonly in men than in women. However, the risk of women developing gout rises after menopause.
- **Family history of gout.** If other members of your family have gout, you are more susceptible to the disease.
- **Medical conditions.** A person is more likely to develop gout if he or she has high blood pressure, high cholesterol, metabolic syndrome, heart disease, or diabetes.
- **Prescription Drugs.** Certain medications such as diuretics, aspirin, anti-rejection drugs and chemo medications promote higher levels of uric acid in the body and raise the risk of gout.
- **Surgery.** Recent surgery or gastric bypass surgery increases the likelihood of developing gout.

## What are the symptoms of gout?

Gout can affect any of your joints including the ankles, knees, wrists and fingers. The most common place of gout is the joint at the big toe. Gout normally strikes rapidly and the pain can last from hours to days, even weeks in severe cases. Some people may experience only one gout attack, while others may have repeated attacks. Symptoms of gout include:

- Severe and intense joint pain
- Swelling and tenderness of the joint
- Redness and warmth of the joint
- Restricted movement of joints

## Is gout dangerous?

Yes, it is! Many people think that having gout causes only pain that does not do any real damage and will eventually subside. In fact, gout, if left untreated, can cause further health problems.

Uric acid crystal may gather in the urinary tract and develop into large kidney stones, which can obstruct the flow of urine and interfere with kidney function. This may eventually lead to kidney disease or kidney failure, which is a life-threatening condition.

Another complication that can develop from gout is tophi. Tophi are lumps formed at the surface of the joints or under the skin due to the build-up of uric acid crystals. They can form in numerous locations in the body, most commonly in the toes, knees, elbows, ears, fingers and heels. Even though they are not painful, they can become inflamed and damage the joint tissues. In time, this causes permanent joint deterioration and immobility.

痛风致病有许多因素，比如：

- **饮食** - 含高嘌呤的食物，如肉类、海鲜以及含高蔗糖的食品，如汽水和甜饮，皆可增加高尿酸血症和痛风的风险。
- **酒精** - 酒精因高含嘌呤成分而会导致高尿酸血症。此外，它也会扰乱身体排除尿酸的功能。
- **过度肥胖** - 体重过重或肥胖者患上痛风的机率较高。身体过重会产生过多的尿酸，增加肾脏负担，并阻碍肾脏有效将尿酸排出体外。
- **性别和年龄** - 一般男性较女性易患有痛风。然而，女性在更年期后患有痛风的风险也相对会提高。
- **家族痛风病史** - 如有家庭成员患有痛风，那么您患上痛风的可能性也会较高。
- **健康状况** - 高血压、胆固醇、代谢症候群、心脏病或糖尿病的患者都较有可能患上痛风。
- **药物的使用** - 某些药物摄取，如利尿剂、阿司匹林、抗排斥药物和化疗药物可导致体内尿酸水平升高，提高患有痛风的风险。
- **手术** - 如果近期刚动完手术或接受了胃绕道手术可增加患有痛风的可能性。

## 痛风发作时的症状

痛风会影响身体任何关节部位，包括脚踝、膝盖、手腕和手指。痛风最常发作的部位就是脚拇趾的关节。一般上，痛风会骤然发病，所产生的疼痛可长达几个小时或几天，严重的甚至几个星期。有些人可能只经历一次性的痛风发作，而有些人的痛风症状则可反复发作。痛风症状包括：

- 严重和剧烈的关节疼痛
- 关节浮肿和酸痛
- 关节发红和发热
- 关节移动变得僵硬和困难

## 痛风会对身体造成伤害吗？

答案是会。很多人可能会认为患上痛风只会造成关节部位疼痛，不会对身体造成真正的损害，并还有会消退复原的可能。事实上，痛风若不加理会，将进一步引发很多的健康问题。

尿酸盐结晶可沉积在尿管中，渐渐地形成大颗的肾结石，进而阻碍尿液流量以及削弱肾脏功能。这最终会导致肾病变或肾衰竭的发生，可危及生命。

痛风的另一个并发症就是痛风石。痛风石是一种因尿酸盐结晶体积累而形成于关节表面或皮肤底下的结块。它们可以在身体多个部位形成，尤其最常长在脚趾、膝盖、手肘、耳朵、手指和脚跟。虽然痛风石不会引起疼痛，但它们会发炎和破坏关节组织。久而久之，这会导致关节永久性地受损及造成行动不便。

## Is it possible to prevent gout?

The only way to prevent gout is through diet and lifestyle changes with nutritional support.

### Diet

- Avoid foods high in purine like red meat, shellfish, seafood, and organ meats.
- Eat a diet low in cholesterol and trans-fats.
- Avoid alcohol intake.
- Limit sugary beverages and corn syrup.
- Stay hydrated.
- Drink carrot and apple juice to reduce uric acid in the blood.
- Drink NewLife™ Apple Cider Vinegar with NewLife™ Pure Raw Honey mixed in water to flush out toxins from your kidney and bladder.

### Lifestyle

- Keep a healthy bodyweight. Losing extra weight can decrease uric acid levels in the body. It is important to lose weight gradually with a balanced diet and exercise. Rapid weight loss or crash diets can bring adverse effects as they elevate uric acid levels and may lead to gout attacks.
- Exercise regularly. Instead of vigorous workouts that may put unhealthy strain on your joints, exercise on the NewLife™ Rebounder. Rebounding is a low-impact exercise excellent for weight loss and to reduce the risk of gout. Unlike other exercises on hard surfaces, rebounding does not cause hard impacts on the joints, thus minimising any joint aggravation. Other benefits of rebounding include body detoxification, lymphatic drainage and blood oxygenation.

### Nutrition and supplementation

A good nutritional base is necessary to go along with proper diet and lifestyle to battle gout. Follow these nutritional regimes to keep gout away for good!

- **Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP)**  
The DRP is a complete regime aimed at eliminating waste, toxins and poisons from your body while rebuilding and restoring nutritional, hormonal and metabolic balance. It puts your body in a position to heal, repair, and rejuvenate while giving your body a new start. Many people with gout have experienced pain relief, reduced symptoms, and in some cases total healing after undergoing the DRP.

## 痛风的预防之道

唯一能预防痛风的方式就是通过配合营养、控制饮食和改变生活习惯。

### 日常饮食

- 避免食用高嘌呤的食物，如红肉、贝壳类、海鲜以及动物内脏。
- 避免或减低胆固醇和反式脂肪酸的摄取。
- 避免摄取酒精。
- 限制摄取含糖饮料和玉米糖浆。
- 保持身体水分充足。
  - 多饮用萝卜苹果汁，以降低血液中的尿酸含量。
  - 多喝蜜糖苹果醋饮料（一杯水加新生命苹果醋和纯天然蜂蜜），可排除肾脏和膀胱中的毒素。

### 健康的生活方式

- 尽量维持标准体重。减肥可帮助降低体内尿酸水平。通过均衡的饮食和运动来逐步减肥是非常重要的。快速减肥或速成节食会对身体带来不利的影响，尤其会提高尿酸水平而导致痛风发作。
- 定期运动。使用新生命弹跳床进行弹跳运动，以替代会损伤关节的剧烈运动。弹跳是一种低冲击性的运动，对减肥和降低痛风风险非常有效。不像其他运动多在坚硬的地面上进行，弹跳不会对关节造成剧烈冲击，因而可减少任何关节恶化。弹跳运动的其他好处包括帮助身体进行排毒、淋巴引流和血液氧合作用。

### 摄取营养补充剂

均衡的饮食和健康的生活方式必须配合良好的营养基础，才能有效预防痛风。遵循以下营养保健方案以消除痛风的困扰！

- **陈林希珠博士的排毒与复健程序 (DRP)**  
DRP是一个整全的排毒保健法，主要让身体进行排毒，同时又可重建和恢复身体营养、激素和代谢平衡的功能。它能使身体自行愈合、修复和恢复活力，让您的身体机能拥有一个全新的开始。很多痛风患者完成DRP后，疼痛的部位都得到显著的舒缓，症状也减轻了许多，有些患者甚至完全复原。





#### ■ NewLife™ N.Zimes PA Plus

Bromelain, an enzyme that is present in pineapple stems and juice, has shown effective results in treating gout. It can dissolve crystals of monosodium urate and lower uric acid levels, while reducing swelling and inflammation. N.Zimes PA Plus is a proprietary blend that contains bromelain along with other broad spectrum enzymes.

#### ■ NewLife™ Vitamin C Complex

Studies suggest that regular vitamin C supplementation may prevent gout by decreasing uric acid levels in the blood. It is also a potent antioxidant that can enhance your immune function and safeguard you from illnesses.

#### ■ NewLife™ Kelp

Thyroid disorders like hypothyroidism and goitre put you at a higher risk of developing gout. In order to maintain healthy thyroid function, a sufficient amount of iodine is required. Kelp is a rich source of iodine and other vital minerals that can support and boost your thyroid health, thus decreasing your risk for developing gout. Regular intake of kelp can also lower your levels of uric acid.

#### ■ NewLife™ Vitamin B Complex

Vitamin B complex is not only essential for metabolism, growth and development, it also plays a role in preventing gout. It can reduce the adverse effects of gout by assisting your body in converting uric acid into less harmful substances and flushing out excess uric acid.

#### ■ NewLife™ Calcium Complex

Keeping strong bones and joints lowers your risk of osteoporosis and joint problems. Supplement yourself with NewLife™ Calcium Complex to build strong bones and keep your joints supple.

#### ■ NewLife™ Niacin

High cholesterol levels and heart disease have been linked to gout. Niacin, also known as vitamin B3, is a natural cholesterol-lowering agent. It reduces bad LDL cholesterol and boosts good HDL cholesterol, while improving blood circulation. In addition, it prevents the build-up of plaque and the hardening of the arteries, reducing the risk of heart attacks. (Note: Follow the recommended dosage of 100 mg of niacin a day.)

There is a wide misconception of the long-term effects and the severity of gout - that is, it may cause pain but does not do any real damage. Unfortunately, this belief is wrong. Gout is dangerous! Not only because of the direct damage gout causes, but also the underlying root of gout - hyperuricemia - is associated with many very serious and life-threatening diseases that should not be overlooked or ignored.

Take action today to keep gout at bay!

#### ■ 新生命胰酶（植物）添加素

菠萝蛋白酶是一种天然存在于菠萝茎和菠萝果汁中的酶，对治疗痛风非常有效。它可溶解尿酸盐，从而降低尿酸水平，减少肿胀和发炎问题。新生命胰酶（植物）添加素是新生命的独家专利配方，包含菠萝蛋白酶与其他广谱性酶。

#### ■ 新生命维生素C综合丸

研究显示定期摄取维生素C可通过降低血液尿酸水平而预防痛风。它也是一种强效抗氧化剂，可增强身体免疫功能，保护身体不被疾病侵袭。

#### ■ 新生命海藻宝

甲状腺疾病如甲状腺功能减退和甲状腺肿大提高您患上痛风的风险。因此，必须摄取足够的碘含量，以维持健康的甲状腺功能。新生命海藻宝富含碘和其他重要矿物质，可维持和促进甲状腺的健康，从而降低您患有痛风的风险。定期摄取新生命海藻宝可降低您的血液尿酸水平。

#### ■ 新生命维生素B综合丸

维生素B群不仅是代谢、生长和发育的必需物质，它在预防痛风也扮演重要的角色。它可通过帮助身体将尿酸转换成有害性较低的物质及排出多余的尿酸，以减少痛风所带来的不利影响。

#### ■ 新生命钙合剂

保持强壮的骨骼和关节可降低您患有骨质疏松症和关节问题的风险。摄取新生命钙合剂可强健骨骼和保持关节的柔韧度。

#### ■ 新生命血液循环补充丸

高胆固醇和心脏疾病与痛风息息相关。烟碱酸，也被称为维生素B3，是一种天然降低胆固醇的补充剂。它可降低坏的低密度脂蛋白胆固醇，同时提高好的高密度脂蛋白胆固醇，并可改善血液循环。此外，它也可预防动脉斑块形成和动脉硬化等问题，减低心脏病发的风险。（注：遵循烟碱酸每日摄取建议量为100毫克。）

今天大多数的人对于痛风所造成的长期影响和严重性都抱有一种非常普遍的错误观念，那就是以为痛风虽然会导致身体关节疼痛，却不会对身体造成严重的伤害。但是，这种观念是不对的。事实上痛风是相当危险的！不单单是它对身体造成直接性的损害，更严重的是痛风的潜在病因之一的高尿酸血症与许多非常严重、甚至致命性的疾病有很大的关联性。

立即行动远离痛风吧！

## Freedom from Gout with Dr. Lynn's Detoxification & Rejuvenation Programme (DRP)!

**Supain @ Christopher Lakasa (Sabah):** For 15 years, I suffered from a serious gout problem. Medication did not help. I was also overweight, weighing 68kgs at only 5 feet 2 inches tall. Eventually, I went through the DRP for 3 weeks. With the help of the DRP, the swollen and painful parts of my legs healed gradually. Gout is completely gone! Moreover, I lost 5kgs. I feel healthier and I am able to work more efficiently than before.

**Clarence T Moncigil (Sabah):** I suffered from gout for more than 18 years since I was 32. The pain was unbearable when gout attacked. I finally went ahead with the DRP for 7 days, followed by the Castor Oil Enema and the NewLife™ Health Building Programme. The results were fantastic! My gout is totally gone! My blood pressure is back to normal from 160/100 to 130/80. My weight dropped from 85kgs to 75kgs (the ideal weight for my height).

**Chan Min Hiung (Sarawak):** After completing 7 days of the DRP, I continued doing the coffee enema, taking Herbal Klenz Powder, K-salt and Apple Cider Vinegar, as well as exercising regularly. After 6 months from the start of the DRP, I lost 10kgs in total, I am free from gout, and my cholesterol has come down to healthy levels. I feel energetic and youthful!

## 新生命排毒与复健程序 (DRP) 让我们成功摆脱了痛风的困扰!

**苏佩恩克里斯托弗拉卡萨 (沙巴):** 我患有严重的痛风问题长达15年之久。药物治疗也没帮助。那时候我体重也过重, 身高5尺2寸, 体重却68公斤。后来, 我进行了为期3个星期的DRP。在DRP的帮助下, 我的双腿肿痛的部位逐渐消退。痛风也完全消失了! 我还瘦了5公斤。今天的我比以前更加健康, 可以更有效地去执行任务。

**克拉伦斯梦希吉 (沙巴):** 我自32岁开始, 一直被痛风缠扰了超过18年。痛风发作时的疼痛真的令人难以忍受。终于, 在一定的机会下, 我进行了为期7天的DRP, 跟着还进行了蓖麻油灌肠和持续新生命疗法及建立健康程序 (NHBP) 以求维持改善健康。结果得到的成效非常神奇! 我的痛风完全消失了! 血压也恢复到正常水平, 从160/100降到130/80; 体重也从85公斤降到我身高的理想体重, 即75公斤。

**蔡明雄 (砂劳越):** 完成为期7天的DRP后, 我仍继续每日进行咖啡灌肠、服用净化粉、钾质、苹果醋以及配合定期运动。持续了6个月, 我总共减去了10公斤, 完全摆脱了痛风的问题, 胆固醇也下降到了正常水平。我感到精力充沛和感觉越来越年轻!

## THE WONDERS OF NIACIN 烟碱酸 的神奇功效

Niacin, also known as vitamin B3, is a water-soluble vitamin needed by our body for a wide range of functions. It plays a role in the metabolism of carbohydrates, proteins and fats, as well as assisting in proper function of the nervous system, bile secretion, cell respiration and many more.

烟碱酸, 也称为维生素B3, 是一种许多身体机能所需的水溶性维生素。它在碳水化合物、蛋白质和脂肪的新陈代谢, 以及神经系统、胆汁分泌、细胞呼吸等的正常功能上扮演极重要的角色。

