



Choose to Live Healthy

选择活得更健康

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Since I was a teenager, sore throats, fevers, flu, inflammation of the tonsils were nothing new. I had them so often that it had become a part of my life. As years went by, more symptoms appeared.

As I put together the following chart, I realised that the progression of my diseases looks similar to the "Development of chronic & degenerative diseases" table shown on page 5 of the DRP booklet by Datin Dr Lynn Tan!

Age 年龄	Diseases 疾病
12	Frequent fever, sore throat, flu, inflamed tonsil 经常发烧, 喉咙发炎, 发烧, 感冒, 扁桃腺发炎
24	Sinusitis/ cold hands and feet 鼻窦炎/手脚冰凉
25	Migraine / Backache 偏头痛/背痛
26	Indigestion/stomach bloating/ovarian cyst 消化不良/胃腹胀/卵巢胞囊
29	High cholesterol (total cholesterol 271), high bilirubin (1.9) 高胆固醇(总胆固醇为271), 高胆红素(1.9)
33	Metabolic rate went hay wired, difficult in weight maintenance 代谢率失控, 难以维持体重

These seemed like warning signs from my body but everything seemed fine even if I had to suffer the inconvenience of sneezing badly every morning, feeling bloated after each meal, migraines, backaches and so on.

Then I noticed that much of my health problems were gone after I was introduced to NewLife™ in 2001 and had undergone my 1st DRP in May 2003. As I gained more knowledge on natural health through NewLife™, I started to make changes in my diet and began consuming some supplements. Replacing the 5 whites (white rice, flour, sugar, salt, milk) with more wholesome foods has improved my health conditions significantly!

In April 2009, my total cholesterol was still high at 283mg/dL and weight management and indigestion was still a problem. I started the NewLife™'s gall stone flush in August 2009 even though I didn't know if I have any gall stones. I passed out a total of 97 gall bladder stones ranging from 0.5cm - 2.5cm in diameter and many other tiny ones!

I soon became more consistent in maintaining a healthy diet, juicing and doing coffee enema daily except on weekends. Not only was I able to manage my weight, my indigestion was gone and so was the burping and the after-meal bloating. My total cholesterol also went down significantly.

In September 2009, my blood test showed that my total cholesterol had dropped to 50mg/dL from 283mg/dL to 233mg/dL and Cholesterol/HDL Ratio dropped from 4.9 to 4.3. In April 2010, I did another blood test and my total cholesterol further improved to 228mg/dL and Cholesterol/HDL Ratio dropped from 4.3 to 3.7.

My total bilirubin - a waste product from the breakdown of haemoglobin, formed in the liver and excreted in the bile - also decreased from 1.9mg/dL to 0.6mg/dL. High levels of bilirubin in the blood will cause jaundice and is associated with liver disease and haemolytic anaemias.

I am so blessed to have my health restored through NewLife™. I am also very grateful to my creator God who sent angels like Lydia Ling who is so patient and committed to share NewLife™ with me, and for Datin Dr Lynn Tan who has developed such an efficacious DRP programme that aims to treat the root causes of diseases and her willingness to impart this natural health knowledge to as many people as possible! Thank you Lydia and Datin Dr Lynn Tan!

自少年时期至今, 喉咙发炎, 发烧, 感冒, 扁桃腺发炎对我而言并不是什么新鲜事了。由于我时常感染上这些病症, 所以它们已成为我生活的一部分了。年复一年, 我的身体出现了更多的症状。

正如以下的图表, 我意识到, 我的疾病恶化情况与拿汀陈林希珠所写的体内排毒与恢复活力程序 (DRP) 小册子的第5页上显示的“慢性疾病及老化病症的形成”表极为相似!

这一切似乎是我的身体在发出警告, 但表面上我似没问题, 即使我要忍受每天早上严重的打喷嚏, 每次餐后感觉膨胀, 偏头痛, 背痛等不便。

2001年, 我因介绍而认识新生命。2003年5月1日, 经过第一次的体内排毒与恢复活力程序后, 我发现大部分的健康问题都远离我了。通过新生命, 我获知更多对天然健康的知识, 我改变我的饮食习惯, 并开始进食一些辅助品。我以全谷类食品来取代五白(白米, 面粉, 糖, 盐, 牛奶), 我的健康状况有了显著的改善!

2009年4月, 我的总胆固醇仍处于283mg/dL, 依然面对体重及消化不良的问题。2009年8月, 即使我不知道我是否有胆囊结石, 我仍进行了新生命排胆结石程序。我一共排出约97颗胆囊结石, 大概为0.5厘米至2.5厘米, 还有其他许多细小的结石!

我持续注重维持健康的饮食, 饮用果汁, 周末除外, 每天维持做一次咖啡灌肠。我不仅可以掌控自己的体重, 消化不良, 餐后腹胀和打嗝的问题也不再存在了。我的总胆固醇也明显下降。

2009年9月, 我的血液测试显示, 总胆固醇从283mg/dL至233mg/dL, 下降了50mg/dL, 胆固醇/HDL比值从4.9下降至4.3。2010年4月, 我再作了一次检验, 验血报告显示我的总胆固醇再进一步的改善至228mg/dL及胆固醇/HDL比值从4.3下降至3.7。

我的总胆红素 - 由血红蛋白分解及在肝脏形成由胆汁分泌的废物 - 也从1.9mg/dL下降至0.6mg/dL。高水平的胆红素在血液里会引起黄疸与溶血性贫血及肝脏等相关的疾病。

我很幸运通过新生命恢复了我的健康。我也非常感谢上帝让我遇到像林宝玲这么耐心, 并致力与我分享新生命的天使。感谢拿汀陈林希珠博士研发了有效的体内排毒与恢复活力程序, 以治疗及根除疾病的起因和她乐于将天然保健知识传授给更多的人的意愿! 谢谢宝玲和拿汀陈林希珠博士!

HEALTH SCREEN (NP2)	
LIPID PROFILE	
Date: 09/04/09	Request No: 4112022
Total Cholesterol 总胆固醇	283 mg/dL (< 200)
HDL Cholesterol 高密度脂蛋白(好胆固醇)	58 mg/dL (< 35)
LDL Cholesterol 低密度脂蛋白(坏胆固醇)	206 mg/dL (< 130)
Cholesterol/HDL Ratio 胆固醇/高密度脂蛋白比率	4.9 (< 4.5)
Triglycerides 三酸甘油酯	95 mg/dL (< 100)

LIPID PROFILE LP01	
LIPID PROFILE	
Date: 04/09/09	Request No: 4444716
Total Cholesterol 总胆固醇	228 mg/dL (< 200)
HDL Cholesterol 高密度脂蛋白(好胆固醇)	54 mg/dL (< 35)
LDL Cholesterol 低密度脂蛋白(坏胆固醇)	165 mg/dL (< 130)
Cholesterol/HDL Ratio 胆固醇/高密度脂蛋白比率	4.2 (< 4.5)
Triglycerides 三酸甘油酯	79 mg/dL (< 100)



BEFORE 之前

AFTER 之后