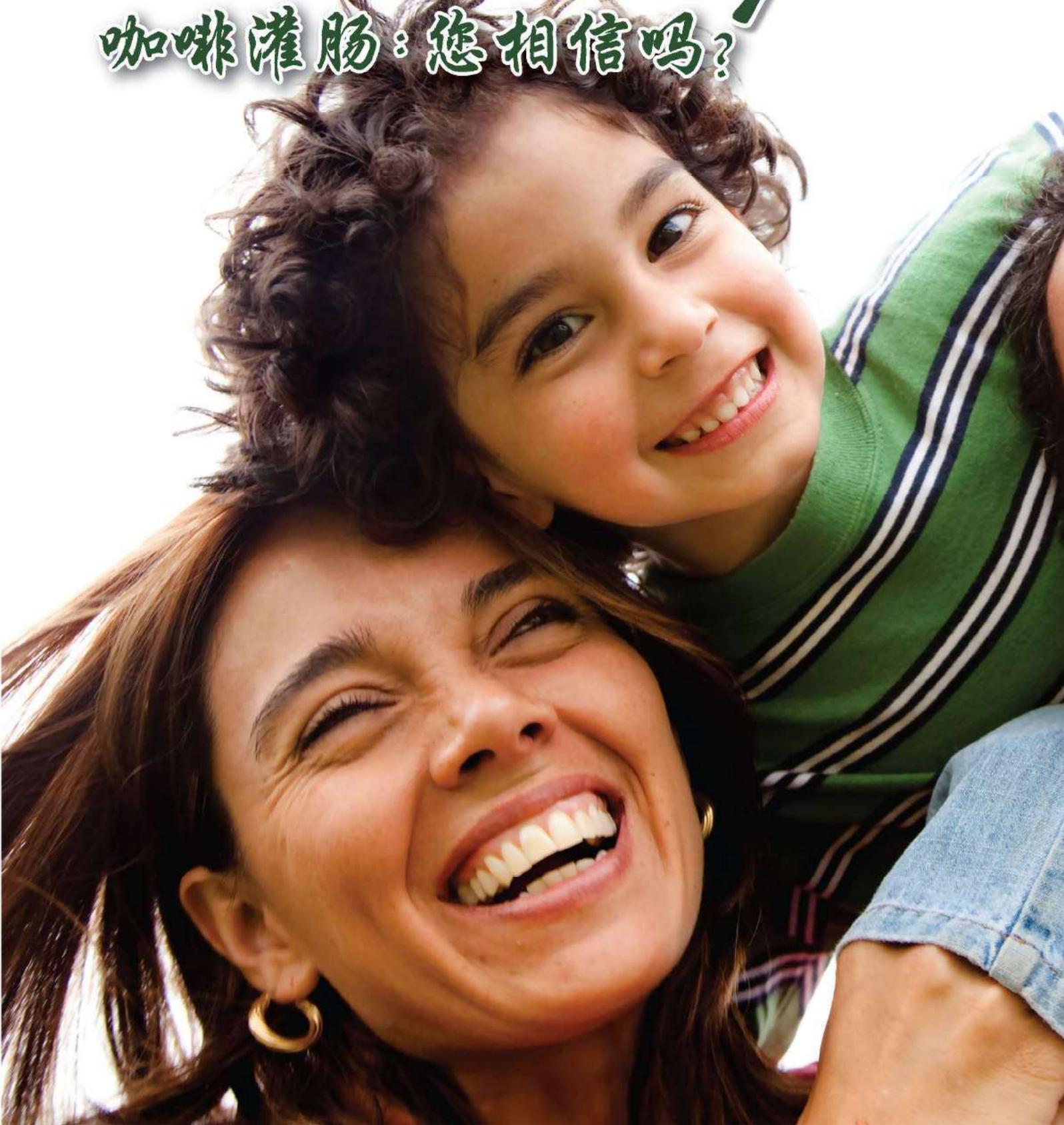
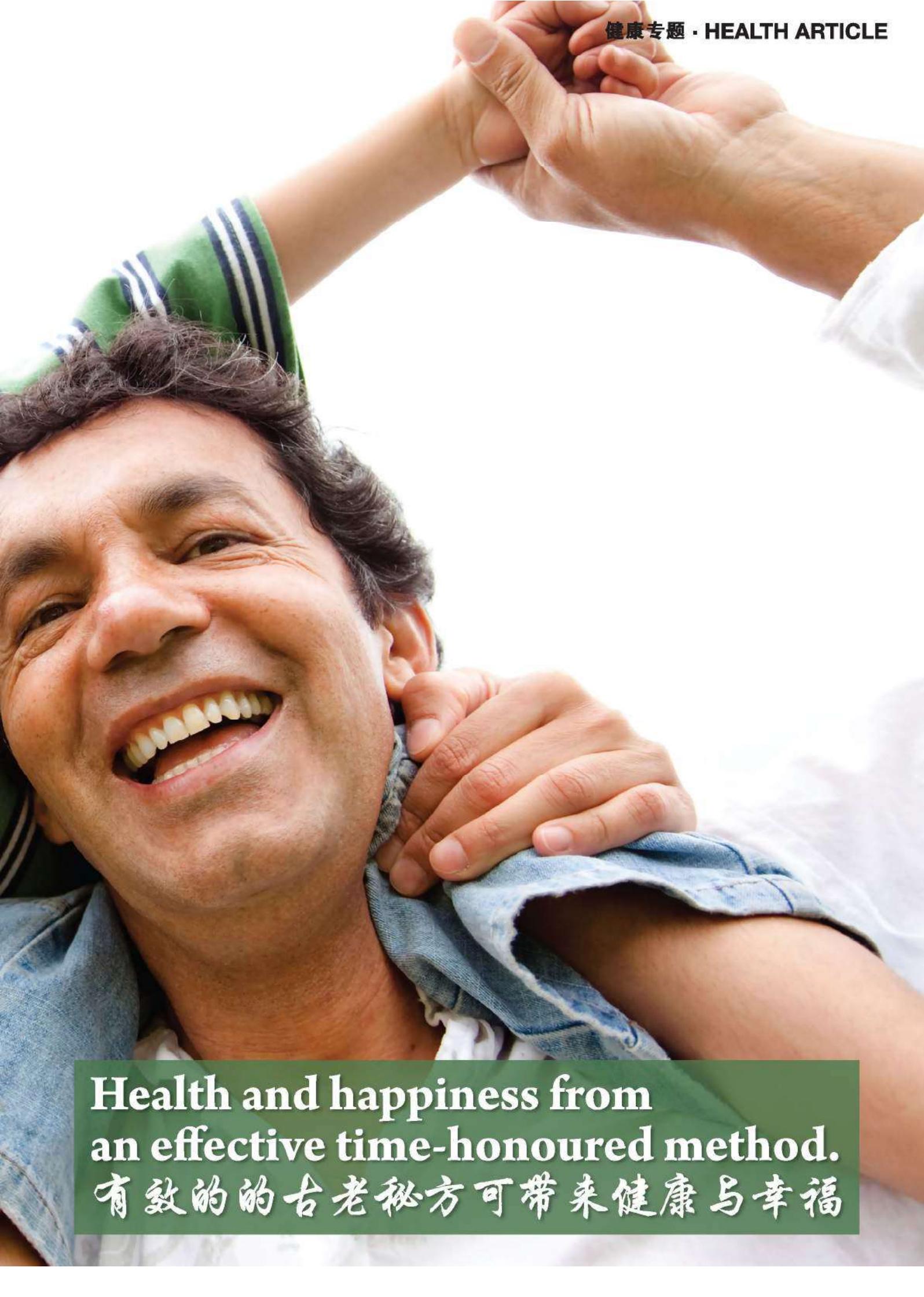


COFFEE ENEMA: Hit or Myth?

咖啡灌肠：您相信吗？





Health and happiness from
an effective time-honoured method.
有效的的古老秘方可带来健康与幸福

Dating back 5,000-years, the enema is certainly one of the oldest health-promoting procedures still used today. The coffee enema itself has nearly a century of being an incredible wellness-boosting treatment. However, the big question is, how does it help you?

Boosts Your Body's Defence Systems

The purpose of the coffee enema is to cleanse and fortify the liver in its job as a blood detox agent. The amount of toxins that get into our bodies from our modern lifestyle makes it necessary for us to give our liver all the help it can get. A weakened liver can mean inflammation throughout the body which contributes to pre-mature ageing, fatigue, allergies, joint problems, cancer and other ailments that bring down our enjoyment of life.

According to a study in the British Medical Journal, 75% of cancers are caused by environmental and lifestyle factors. A report by the Columbia University of Public Health estimated that as much as 95% of cancers are caused by poor diet and environmental toxicity. This means that most cancers are in fact preventable. Keeping our livers in good health, therefore, means promoting longevity. Coffee enemas can be that invaluable tool on your side to fight for your overall wellness.

早在5000年前开始，灌肠已是其中一种古老的保健方法。此保健方法至今仍然被使用着。咖啡灌肠已有将近一个世纪被称为神奇的健康疗法。然而，最大的疑问是，它能如何帮助您呢？

提升您身体的防御系统

咖啡灌肠的主要目的是清洁及增强为血液排毒的肝脏。现代的生活方式，令毒素大量侵入我们体内，所以必须尽所能以帮助肝脏清理这些毒素。如果肝脏疲弱，会造成身体面临提早老化、疲劳、过敏、关节问题、癌症及其他疾病，这会严重的影响我们生活。

根据《英国医学杂志》的研究，75%的癌症由环境因素及生活方式造成。哥伦比亚大学的一份公共健康的报告显示，估计95%的癌症是不良饮食习惯和环境污染所造成的。这些研究报告意味着，大多数的癌症其实是可以预防的。因此，让肝脏保持健康就等同于延长寿命。咖啡灌肠就像一个可为您保持整体健康的珍贵工具！

600,000

synthetic chemicals are commercially produced, and almost 1,000 new compounds are found in industrial waste, pesticides, fuels, fertilizers, solvents, beauty products and food additives. All these wear out our liver over time.

60万种工业活动中产生的人工合成的化学物质，以及在工业废物、农药、燃料、肥料、溶剂、美容品及食物添加剂中接近一千种新化合物，这些化学物品都在长年累月磨损着我们的肝脏。

Caffeine Power

Having a cup of strong coffee doesn't have the same effects as using it an enema. Having a shot of espresso can raise your blood pressure, irritate the stomach, cause heart palpitations and over-stimulate the adrenal glands. When coffee is used as an enema it bypasses the digestive system and the coffee solution is quickly absorbed into the veins that surround the colon and then routed directly to the liver. The caffeine then does its job and dilutes the accumulated bile and dilates the blood vessels and bile ducts. The toxins in your liver is emptied and the muck is carried into the gallbladder, the small intestines and out of your body. This process relieves the liver, allowing it to work better. The best thing? Many have noticed a near instant relief of symptoms in a single coffee enema.

Other Great Benefits

Certain palmitates (fatty acids) found in coffee can help promote the activity of the enzyme glutathione S-transferase (GST). This enzyme, a powerful antioxidant produced in the liver, is responsible for neutralizing free radicals that can cause cellular damage in the body. Cutting down these free radicals means we can fight off degenerative diseases such as premature ageing and cancer. What does this mean for you? A healthy body that allows you to lead the life you want, and doing the things you love.

咖啡因的威力

喝一杯香浓的咖啡并不能带来和灌肠同样的效果。特浓咖啡会令您的血压上升、刺激肠胃、造成心悸及过度刺激肾上腺。相反的，通过灌肠的方式，没通过消化系统咖啡快速吸收进入环绕着结肠的静脉，直接输送到肝脏，然后咖啡因开始它的工作，它稀释累积的胆汁，以及扩张血管和胆管。肝脏里的毒素将会被清空，然后进入胆囊通过小肠排出体外。这个过程能让肝脏减轻负担，使其能更好地运作。它最大的好处是？很多人试过一次咖啡灌肠后，都能感觉到即时的痊愈征兆。

其他好处

咖啡中含有一种被称为棕榈酸酯的脂肪酸，可以帮助促进谷胱甘肽转移酶（简称GST）中酶的活性。这种由肝脏制造的酶，有强大的抗氧化功效，可中和损害人体细胞的自由基。将自由基消灭代表我们可以对抗退化性疾病如提早老化和癌症。这对您来说有什么意义？答案是一个健康的身体可让您随心所欲做想做的事情！

Coffee Enema FAQ

Can coffee enemas cause constipation?

No, the primary function of coffee enema is to cleanse the liver and blood. A great additional benefit is that it causes peristaltic movement in the intestinal tract that helps to clear faecal matter. Constipation comes from not having sufficient fibre, friendly bacteria and fluids in your body.

Do coffee enemas cause mineral loss that results in electrolyte imbalance?

Unlike procedures such as colonic irrigation, coffee enemas do not cause dehydration or electrolyte imbalance. Mineral absorption happens in the small intestines, the ascending colon, and the transverse colon. The amount of coffee used is too little to even reach the descending colon. This means mineral absorption is hardly affected and there is negligible risk of electrolyte imbalance. Also, the coffee solution itself contains minerals and electrolytes (such as potassium) which are absorbed through the colon.

Our coffee enemas are used along with a comprehensive programme where minerals, electrolytes and nutrients are consumed through juices, apple cider vinegar, honey, Super Green Food Plus and Spirulina. From our programme, you are taught to use coffee enemas correctly and effectively.

Why are we advised to retain the coffee for only 12-15 minutes?

Blood passes through the liver once every three minutes. Retaining the coffee for 12-15 minutes means the blood is detoxified 4-5 times as it passes through the liver. Retaining coffee for too long will result in the toxins being reabsorbed into the body and that's counter-productive.

Can I use just any coffee for coffee enemas?

No, for the results you want, the coffee must be lightly roasted and organically grown. Darker roasts do not provide the desired benefits. The coffee should be fine to medium ground. Do not use espresso, instant or decaffeinated coffees. Use NewLife™'s Organic Enema Coffee (certified by Hill Laboratories, New Zealand as being pesticide residue-free).

NewLife™ Organic Enema Coffee is organically grown in Sabah, Malaysia. The coffee trees are nurtured under semi-wild conditions in an area where air is clean, the land is rich, fertile and pollution free. No chemical fertilizers or pesticides are used. The coffee is lightly roasted to preserve the desired properties and is produced under the stringent standards of Datin Dr. Lynn Tan.

咖啡灌肠常见问题

咖啡灌肠会导致便秘吗？

不会。咖啡灌肠的主要功能是清洁肝脏和血液。另外一个好处是它能导致大肠蠕动以帮助排泄功能。便秘的主因是因为身体内的纤维，益菌及水份不足。

咖啡灌肠是否会因矿物质流失而导致电解质的不平衡呢？

和结肠灌洗方式不同的是，咖啡灌肠不会导致身体脱水及电解质不平衡。矿物质的吸收是在小肠、结肠，横结肠中。咖啡灌肠所使用的咖啡液体数量不足以达至降结肠，所以对矿物质的吸收影响不大，造成电解质不平衡的风险也是微不足道的。此外，结肠能吸收咖啡本身所含的矿物质和电解质（如钾）。

我们的咖啡灌肠是与一套全面的程序一起使用的，矿物质、电解质及营养都由果汁、苹果醋、蜂蜜、特超绿食品和螺旋藻一起配合食用。在我们的程序中，您会学习到如何正确及有效的使用咖啡灌肠。

为何咖啡只保留在体内12-15分钟？

血液每三分钟会流过肝脏一次。保留12-15分钟的咖啡，可帮助血液经过肝脏时被排毒4-5次。如咖啡保留的时间过长，毒素会被人体重新吸收，反而会带来反效果。

我是否可以采用任何一种咖啡灌肠？

不可以。如果您想达到真正的好效果，咖啡必须轻微烤过及有机种植。高烤并不能提供预期的效果，咖啡粉的细度应介于中等至幼细。不可使用黑咖啡、即溶或不含咖啡因的咖啡。如想知道更多，请使用新生命有机灌肠咖啡（获新西兰Hill Laboratories认证不含任何农药成分）。

新生命的有机灌肠咖啡是在马来西亚的沙巴州种植，咖啡树是在半野生的环境下培植，那里空气清新、土地肥沃及不受污染，而且并无使用任何化学肥料及农药。此咖啡经过低烤的处理以保持其质素，并在拿汀林希殊博士的严格监管下生产。

A Quick History

1920's - German scientists discovered how a caffeine-infused enema could cause bile ducts to dilate and cause bile secretion.

1930's - Dr. Max Gerson included coffee enema as part of a general detoxification regimen. He found that caffeine would travel up the hemorrhoidal system, then to the portal vein and the liver itself. This had a calming effect on his patients and it helped in pain management. Soon coffee enemas became an established part of medical practice and was introduced for cancer therapy. Gerson believed that caffeine could stimulate the liver and gallbladder to discharge bile, which in turn, contributed to the health of cancer patients.

1960's - Dr. William Kelley used coffee enemas as part of his own treatment for pancreatic cancer and was eventually healed. The prestigious Merck Manual of Medical Information included coffee enema into its annals.

1981 - A study by Dr. Lee Wattenberg at the University of Minnesota showed how coffee enema was able to increase the activity of a key liver enzyme (glutathione S-transferase) by an impressive 700%.

小小历史

1920 - 德国科学家发现咖啡灌肠证实能扩张胆管，并刺激肝脏制造胆汁。

1930 - 马克斯格森医学博士(Dr. Max Gerson, MD) 将咖啡灌肠纳入排毒方案的一部分。他发现咖啡因可直达痔疾系统，然后到静脉门及肝脏本身，这对病人有镇静及止痛的作用。不久后，咖啡灌肠这种疗法应用在各种疗程中，甚至是癌症治疗之中。格森相信咖啡因可以刺激肝脏及胆囊制造胆汁，这对癌症患者的健康有很大的帮助。

1960年 - 威廉凯利博士利用咖啡灌肠作为自己治疗胰腺癌其中一部分，最后康复出院。著名的医疗信息资讯的默克诊疗手册也把咖啡灌肠纳入手册之内。

1981年 - 美国明尼苏达大学的研究人员李华登堡 (Lee Wattenberg) 证实咖啡灌肠能增加身体中的肝酶（谷胱甘肽-S-转移酶）高达700%之多。

Shalom Organic Farm

沙龙有机农场

Only the best organic coffee our rich land has to offer.
我们的土地只提供最好的有机咖啡。

In 2008, we received news from some of our coffee growers that they had plans to replace their coffee plants with oil palms. The more labour-intensive coffee just wasn't a viable business for them any more. We realized the need to plant our own coffee so that Newlife™ could continue to make available the right kind of enema coffee. Thus, Shalom Organic Farm was founded.

Just 38km south of Kota Kinabalu, we found Papar, a fertile coastal land surrounded by lush paddy fields and fruit orchards. It was in this prime location that we purchased 22 acres for coffee cultivations. We obtained approval from the Malaysia Organic Scheme (MOS) soon after and in January 2009, the first batch of coffee seedlings were planted.

在2008年，我们从一些咖啡供应商口中得知，他们打算以油棕榈树取代咖啡树。对他们而言，花费劳力种植的咖啡已经不再是一门可行的生意了。我们也明白必须种植属于自己的咖啡，新生命才可以提供最正统的灌肠咖啡。于是，我们找到了沙龙有机农场 (Shalom Organic Farm)。

在亚庇南部38公里处，我们发现沿海地带有一个叫做吧巴 (Papar) 的地方，那里土地肥沃，而且还被郁郁葱葱的稻田和果园环绕。在这个上佳的地点，我们投资了22英亩的土地作咖啡种植。我们很快便得到马来西亚有机计划 (MOS) 的获准，于2009年1月种植了第一批咖啡苗。



For conservation of the soil for organic farming, heavy machinery is not allowed to be used. Thus, many helping hands are needed in preparation of the land for planting. 为了保护有机耕作的土壤，重型机械不被允许使用。因此，需要许多援助之手来做好种植土地的准备。



Samples of soil and water were taken by Ministry of Agriculture to ensure that the land is free from chemical residues. 在获得批准证实为有机栽培前，农业部提取土壤及水的样品以做测试。



Laying first batch of the coffee seedlings in Jan 2009. 2009年1月，第一批的咖啡苗被种植。

Selecting the right bean

The two main species commercially cultivated are Robusta and Arabica, while species like Liberica are rarely found. We decided on Robusta and Liberica instead of the more highly regarded Arabica for the following reasons:

1. Robusta contains 40-50% more palmitates (kahweol and cafestol palmitates – the fatty acids that promote the production of glutathione S-transferase in the liver) than Arabica. When it comes to choosing the right beans for coffee enema the amount of palmitates in each bean is crucial. Contrary to popular belief, lighter roasts of coffee do have higher levels of palmitates compared to the darker variety (where much of the palmitates is lost from the longer roasting time).
2. Robusta is also less susceptible to disease than Arabica. Making the crop yield more plentiful.
3. Robusta can be cultivated in lower altitudes and in warmer climates where Arabica won't thrive.
4. Liberica is very similar to Robusta in its characteristics. Which makes it perfect for coffee enemas.

Going Natural

Organic fertilizers made from composted top quality chicken manure, rice bran, and indigenous Microorganisms (IMO) together with vermicompost, are fertilizers used to enhance the natural growth of the coffee plants.

选择正确的咖啡豆

罗巴斯塔和阿拉比卡的咖啡品种比较常见，而利比亚品种则比较难找到。相对于阿拉比卡，我们较推崇罗巴斯塔和利比亚品种的咖啡原因如下：

1. 比起阿拉比卡，罗巴斯塔含有超过40-50%的棕榈酸酯 (kahweol及cafestol棕榈酸酯格 – 一种可促进肝脏谷胱甘肽硫转移酶 (GST) 产生的脂肪酸)。当选择给予咖啡灌肠的正确咖啡豆时，每个咖啡豆的棕榈酸酯素质是最关键的。相反于普遍的观念，轻烤的咖啡豆会比高烤的咖啡品种，含有更多的棕榈酸酯 (烤越长时间就会流失越多棕榈酸酯)。
2. 跟阿拉比卡相比，罗巴斯塔也较少受到疾病的影响，也令收成更好。
3. 罗巴斯塔可在海拔较低的地区以及温暖的气候下种植，阿拉比卡则不行。
4. 利比亚和罗巴斯塔的特点非常相似，更适用于咖啡灌肠。

趋向天然

有机肥料是由优质鸡粪、米糠以及原生微生物和蚯蚓粪制成，这些肥料都有助于提高咖啡树的自然生长过程。

Nature's Powerful Fertilizer

Indigenous Microorganisms or IMO not only purify the soil and water, they also provide various nutrients to the land. These microorganisms produce numerous enzymes, antibiotics, organic acids and other complexes that plants rely on to flourish.

Vermicomposting is the process by which worms are used to convert organic materials into a humus-like materials known as vermicompost. Vermicompost is composed of all the nutrients of the composting organic materials plus the vermicastes, which add on to the nutritional value of the fertilizers. Vermicompost, provides many benefits to agricultural soil, including increased ability to retain moisture, better nutrient-holding capacity, better soil structure, and higher levels of microbial activity.

Both IMO and the vermicompost have the ability to convert weak soil into healthy earth by making trace minerals soluble and enhances the circulation of nutrients. This means the land stays healthy, the essential microbes thrive and the occurrences of diseases diminish.



Composting worms – essential part of organic farming. 混合准备-有机农业的重要步骤。

大自然中“强大”的肥料

原生微生物不但可净化土壤和水，它们还为土地提供各种不同的营养。此微生物能生产许多能使植物变得更茂盛的酶、抗生素、有机酸及其他化合物。

蚯蚓堆肥处理是利用蚯蚓转化有机材料成腐殖质类材料如蚯蚓粪的过程。蚯蚓粪堆肥集合了所有有机材料的营养物质并加上蚯蚓粪的组成可添加肥料的营养价值。蚯蚓粪，为农业土壤提供了许多好处，包括增加保湿度的功能，能更好的保持土地的营养，改善土壤结构及提高微生物活性。

原生微生物及蚯蚓堆肥处理可通过溶解及加强营养循环的方式，让贫脊的泥土转换成健康的土地。土地健康了，微生物群体就可茁壮生长，疾病也就减少了。

Organic Certification under Malaysia Organic Scheme (MOS) 马来西亚有机计划 (MOS) 旗下的有机认证

MOS is set up by the Department of Agriculture of Malaysia to encourage organic agriculture that enhances agro-ecosystem health, including biological cycles and soil biological activity. MOS, based on the Malaysian Standard MS 1529:2001, is the only establishment in Malaysia authorised to certify organic production based on specific and precise standards of crop production. MOS also sets out the requirements for the labelling and claims for organically produced foods.

Shalom Organic Farm will soon be awarded the Organic Certification under MOS and we will be the only coffee plantation in the country to obtain this certification. The process began even before the planting started and it will take a minimum of 2 years to complete. We work closely with the Malaysian Department of Agriculture and they have inspected Shalom Organic Farm giving us very favourable reports every time.

Most of the coffee plants now are bearing fruits and we are starting to have our very own coffee. All this is achieved though the blood, sweat and tears of Datin Dr Lynn and her family and dedicated workers to provide the best for Newlife™.

马来西亚有机计划组织是一项由我国农业部设立的认证计划，以鼓励有助于提高农业生态系统健康的有机农业蓬勃发展，包括生物循环和土壤生物活性。该计划是根据我国农业部提供的MS1529: 2001认证，唯一在马来西亚被授权证明由正确的种植方法及有机产品的组织，此组织并提供有机食品标签和营销的基本条件。

沙龙有机农场即将获得由我国农业部颁发的有机认证。我们在大马将是唯一获得此项认证的咖啡种植园。整个程序是在还未种植前开始，至少用了两年时间完成。我们与农业部的关系密切，有关部门人员曾视察沙龙有机农场，并每次给予良好的报告结果。

目前，大部分的咖啡树正在结果时刻，我们也开始拥有属于自己的咖啡。这全都是拿汀陈林希珠一家人的“血汗结晶”，仅提供最好的给新生命。



Another round of inspection by the Agriculture Officers. 来自农业部的另一批调查人员。



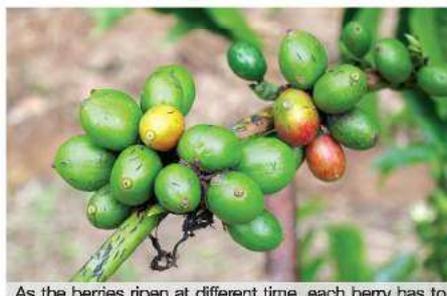
Bus load of more officers from Ministry of Agriculture. 巴士载送更多来自农业部的参观者。



Briefing by Datin Dr Lynn to officers from Ministry of Agriculture from various part of the country understanding the practices at the farm. 拿汀陈林希珠博士为各个国家部门的农业部官员简介农场的运作。



First bloom. 首次绽放。



As the berries ripen at different time, each berry has to be hand picked. 由于种子会在不同的时间下成熟，因此，必须用手来摘取。



Samples of coffee beans taken by the Agriculture Officer. 农业部官员采取咖啡豆样本。

For more about MOS and their procedures and production standards check out their website at www.doa.gov.my 欲知更多有关马来西亚有机计划的申请程序和生产标准，可浏览www.doa.gov.my。