



# Daily Detoxification for Better Health & Vitality! 天天排毒，活得更健康、更有活力！

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我们的身体每天都会受到空气、食水或食物中的毒素所侵害。再加上，我们大多数人的营养型态与日常饮食都不正确，这可说是雪上加霜。我们的身体不可能避免受到各种形式的毒素伤害，因此，这就是为什么解毒器官，如肝脏、肾脏、结肠和皮肤对维持整体健康发挥着重要的功效。随着人体岁月的增长，这些器官也会因外在的毒素攻击而增加负担和耗尽，进而导致功能下降，最终引起自体中毒现象发生。

自体中毒症是一种人体排除器官无法有效将体内毒素排除，而致使许多毒素和废物滞留在体内的现象。便秘就是其中最常见的自体中毒症状。便秘或排便不正常通常是由于缺水、缺乏运动和膳食纤维摄取不足而造成的。此症状通常会使得粪便堆积在结肠内，逐渐形成压紧的废物，即是宿便，并紧贴在大小肠道肠壁上。这些宿便不但变成有害菌和致癌物质的繁殖温床，也会让滞留体内的许多毒素重新再被身体吸收，导致自体中毒现象发生。

我们相信，自体中毒症是一种可导致身体过早老化的常见因素。医生也证实大多数的慢性和退化性疾病都可追溯回因便秘和不健康肠道所致。

以下是一些的便秘症状\*

- 没有每天至少排便一次。
- 排便困难（须出力）。
- 粪便太硬或细小。
- 排便后仍有排不完的感觉。
- 腹部肿胀或疼痛。
- 呕吐。

\*资料来源：[www.webmd.com](http://www.webmd.com)

您可透过建立日常好习惯以促进正常排便和健康的消化系统，来预防便秘和自体中毒症。要实践这些习惯并不难。以下是提供您的一些基本步骤：

- 摄取富含膳食纤维的均衡饮食。高纤维的食物包括新鲜水果、蔬菜、全谷类、燕麦和豆类。
- 定期运动。
- 每天至少喝2公升的蒸馏水。那些生活在炎热气候带或有经常运动的人士需要摄取更多的水。
- 避免摄取含咖啡因食品。
- 一旦有想排便的感觉，就应马上如厕。

任何人若只摄取一般普通的饮食，将有可能在一定情况下患有便秘的风险。因此为了远离便秘的问题，可建议您补充新生命的天然净化粉。天然净化粉是一个整全排毒的营养保健品，能有效防止便秘、清除肠内紧实的宿便和排除体内的有害毒素。每天摄取天然净化粉排毒，身体将变得更健康、更有活力！

**新生命天然净化粉**由独特的排毒草药和膳食纤维混合调制而成，不但能有效调节排便功能，还能清理和净化胃肠道。方便安全可每日服用，同时也可为您提供各种其他健康效益。

**天然净化粉**由美国制造，是一个具有净化和修复肠道功能的整全营养保健品。它含有的可溶性与非溶性纤维可排除肠道内有害杂质，同时也有助促进肠道蠕动。**天然净化粉**包含了：

**洋车前子** - 世界上最常用草药之一，已被公认为是首级的膳食纤维。它可在肠道内大量体积成形，进而净化肠道。

**苹果果胶** - 实验动物研究显示，有喂食苹果果胶（可溶性纤维）的组群，其结肠肿瘤数量具有显著下降的成效。研究还发现苹果果胶也能有效清除肠道中的重金属毒素。

Each day our bodies are under assault from poisons and toxins in the air we breathe, the water we drink, and the food we eat. This is compounded by that fact that most of us have faulty nutritional patterns and nutritional deficit diets. It is virtually impossible to avoid all forms of external toxins, which is why our detoxifying organs such as our liver, kidneys, colon and skin play such important roles in keeping us healthy. Over time however, these organs can become depleted and overworked due to the onslaught of toxins from external sources, leading to a decreased level of function and subsequently a condition called autointoxication.

Autointoxication is a condition in which the body's eliminatory organs are not detoxifying the body effectively, which causes the body to retain toxins and waste matter. One of the most common forms of autointoxication is constipation. Constipation, or irregular bowel movement, is usually caused by a combination of insufficient water, insufficient exercise, and insufficient dietary fibre. It is generally characterised by an accumulation of faeces in the colon, which results in impacted waste matter - encrustations - lining the sides of the big and small intestines. These encrustations are breeding grounds for harmful bacteria and cancer-causing chemicals. They also retain toxins that may be reabsorbed back into the body, resulting in autointoxication.

We believe that autointoxication is one of the common causes of premature aging and doctors have proven that a high percentage of chronic and degenerative diseases can be traced back to constipation and poor colon health.

Some of the signs of constipation include\*:

- Irregular bowel movement of less than one time per day.
- Trouble having a bowel movement (straining).
- Hard or small stools.
- A sense that not everything came out after a bowel movement.
- Swollen abdomen or abdominal pain.
- Vomiting.

\*source: [www.webmd.com](http://www.webmd.com)

You can prevent constipation and autointoxication by establishing daily habits that promote regular bowel movement and a healthy digestive system. It is not difficult to accomplish. Here are some basic steps:

- Eat a well-balanced diet high in dietary fibre. Foods that are high in fibre include fresh fruits, vegetables, whole grains, rolled oats, and legumes.
- Exercise regularly.
- Drink at least 2 litres of distilled water per day. Those that live in hot climates or exercise regularly will need to drink more water.
- Avoid caffeine.
- Go to the bathroom when you feel the urge to go.

Anyone that consumes a normal diet is at the risk of suffering from constipation to a certain extent. A good way to make sure that constipation is kept at bay is by supplementing with NewLife™ Herbal Klenz. Herbal Klenz is a complete detoxification supplement which is effective in preventing constipation, clearing impacted faeces in the colon, and detoxifying the body from harmful toxins. Detoxify daily with Herbal Klenz for better health and vitality!

**NewLife™'s Herbal Klenz Powder** is formulated with a unique blend of detoxifying herbs and dietary fibre that not only effectively regulate bowel movement, but also detoxify and cleanse the gastro-intestines. It is safe and simple to use as a daily routine, and offers a variety of other health benefits.

Made in the USA, **Herbal Klenz Powder** is a complete intestinal cleansing and revitalising supplement. Its soluble and insoluble fibres cleanse waste from the colon while stimulating peristaltic movement. **Herbal Klenz Powder** contains:

**Psyllium Husk** - One of the world's most used herbs, universally recognised as a premier dietary fibre. It is bulk forming to cleanse the colon.

**Apple Pectin** - Studies on lab animals show that the number of colon tumours were significantly decreased in the group fed with apple pectin, which is a soluble fibre. Research also found that apple pectin has the ability to clean out heavy-metal toxicity from the intestinal tract.

**Butcher's Broom** - Long famed as a folk medicine, butcher's broom has been used for years in Europe for treating constipation, kidney stones, urinary tract infections and various gastrointestinal problems. In the 1950s, a French scientist discovered two substances from this herb that help to reduce inflammation, varicose veins, and haemorrhoids.

**Bentonite USP Grade** - Known as nature's age-old aid to intestinal detoxification. According to the *Canadian Journal of Microbiology*, Bentonite was reported to be able to absorb toxins, pathogenic viruses, bacteria and parasites in the intestinal tract and eliminate them from the body.

**Cellulose** - Stimulates peristaltic movement in the colon and decreases the absorption of intestinal toxins. Studies indicate that the soluble and insoluble fibrous materials in cellulose do not hinder the absorption of essential nutrition, but rather promote the binding of toxic minerals such as lead, cadmium and mercury, thus hastening their excretion from the body.

#### Benefits of Herbal Klenz Powder

- Prevents constipation and regulates bowel movement.
- Removes encrustations from the colon, thus preventing auto-intoxication.
- Removes gluey layers covering the villi in the small intestines, thus enhancing the digestions and absorption of nutrients.
- Helps in weight maintenance and appetite control.
- Regulates blood glucose and cholesterol levels.
- Helps remove heavy-metal toxicity and eliminates parasites.

#### Detoxification is necessary for growing-up children to remain healthy

The fact is that children are exposed to the same chemical toxins as adults and the lack of fibres in their diet causes them to experience constipation problem just like the adults. Unfortunately, children are more vulnerable to toxins than adults, mainly because their bodies are still growing.

Think about the toxins in processed foods and fast foods that form the typical diet of most kids today. The chemicals used in all processed and fast foods are a constant source of toxicity. Also, toxins in laundry products, personal care products, household cleaning products, pesticides in the home, food, and environment, etc.

Hence, detoxification and adequate fibre intake are just as important for children as they are for adults.

**NewLife™'s Kids Klenz** is a natural plant fibre supplement formulated especially for children. It is designed to support healthy bowel movement and promote optimum health. It contains a prebiotic that supports a healthy environment in the gastrointestinal tract, and enhances the immune system. Regular intake of Kids Klenz helps to counteract the fibre deficiency within the diets of most children.

#### Key Features

- Promotes regular bowel movement.
- Natural appetite regulator.
- Enhances digestion and assimilation of nutrients.
- Contains both soluble and insoluble fibres for maximum efficacy.
- Beneficial for all children, even those that do not suffer from constipation.
- Contains apple pectin that helps to remove heavy-metal toxins.
- Naturally flavoured and sweetened.
- Strengthens the immune system and promotes a healthy digestive system.

**金雀花** - 自古以民间草药闻名, 多年来在欧洲被广泛用于治疗便秘、肾结石、泌尿道感染和其他各种胃肠道等问题。在1950年代, 一位法国科学家发现此草药蕴含两种物质, 它们有助减少炎症、静脉曲张和痔疮等问题。

**USP级的膨润土** - 有助促进肠道排毒的天然古老秘方。根据《加拿大微生物学期刊》表示, 膨润土已被证实能吸收肠道内的毒素、致病病毒、细菌以及寄生虫, 并将它们排出体外。

**纤维素** - 可刺激肠道蠕动和减少肠道毒素的吸收。研究显示, 纤维素中的可溶性和非溶性纤维性物质不会妨碍必需营养素的吸收, 反而能促进有毒矿物质的粘合, 如铅、镉和汞, 从而将它们快速排出体外。

#### 天然净化粉的益处

- 预防便秘和调节排便功能。
- 清除肠道内的宿便, 预防自体中毒现象发生。
- 去除紧贴小肠绒毛的胶质层, 从而增强消化功能和提升营养吸收。
- 有助维持正常体重和控制食欲。
- 调节血糖和胆固醇水平。
- 有助消除重金属毒素和寄生虫。

#### 排毒有助孩童茁壮成长

事实上, 小孩接触到的化学毒素与成人所接触的一样, 再来他们的饮食大多也缺乏纤维, 最终变成跟成人一样也经历了便秘的问题。但不幸的是, 小孩受到毒素的伤害比成人更深远, 主要是因为他们的身体还在发育成长。

加工食品和速食餐是如今大多数小孩最喜爱的典型饮食, 试想这些食品所含有的毒素对小孩健康的影响? 这些加工食品和速食餐所使用的化学物质都是让身体产生许多毒素的主源, 另外还有洗衣液、个人护理产品、家庭清洁用品、及在居家、食品和环境里隐藏的杀虫剂等。

因此, 排毒和摄取适当纤维量, 对成人或孩童都一样重要。

**新生命孩童净化粉**是专门为小孩研制的天然植物纤维营养保健品, 主要可维持肠道排便通畅和促进整体的健康。它还包含益生元, 能有效维持胃肠道环境的健康, 以及增强免疫系统。经常摄取孩童净化粉有助解决大多数孩童饮食中纤维缺乏的问题。

#### 主要功效

- 促进正常排便。
- 天然食欲调节剂。
- 提高营养物质的消化和吸收。
- 含可溶性与非溶性纤维以取得最高效应。
- 所有小孩都可受益, 即使他们没有便秘的问题也可服用。
- 含苹果果胶, 有助清除体内重金属毒素。
- 自然风味和甜味。
- 加强免疫系统和消化系统。

