

# Home Remedies with NewLife™

## 新生命家居疗法及补救措施

We are all big fans of home remedies! Because they are easily accessible and often use items that you already have in your home. Here are some of our favourite home remedies using NewLife™ products:

我们都喜欢采用家居疗法或补救措施，因为它们不但简单方便，而且基本上我们也不需要为了符合某个需求而特定去购买新东西。以下是一些可以通过使用新生命产品所进行的家居疗法及补救措施：



### BEAUTY 美容

## 1 Moisturizing Honey & Spirulina Face Mask

This DIY face mask is gentle and great for all skin types. Besides having antibacterial and skin-nourishing properties, this mask will leave your skin feeling moisturized and bright, and even out your skin tone.

#### Ingredients

- 1 tablespoon of **NewLife™ Pure Raw Honey**
- 1 tablespoon of **NewLife™ Spirulina Powder**

#### Instructions

1. Mix the two ingredients to form a paste.
2. Apply with fingertips to clean, damp face and neck.
3. Leave the mask on for 20 minutes, then rinse off gently with warm water.

### 蜂蜜与螺旋藻保湿面膜

此款手工面膜性质温和，适合所有肤质。除了具有抗菌和滋养肌肤的功能外，它还能让您的皮肤感觉柔嫩、光滑、明亮，肤色也变得更加均匀。

#### 材料

- 一汤匙新生命纯天然生蜂蜜
- 一汤匙新生命螺旋藻粉

#### 步骤

1. 将以上两种材料混成糊。
2. 用指尖将面膜抹在干净润湿的脸和颈上。
3. 约20分钟后用温水洗干净。



## 2 Natural Make-up Remover



Did you know that coconut oil also doubles as a great alternative to remove make-up? It's eco-friendly, smells great, and even improves the condition of your eyelashes.

#### Ingredients

**NewLife™ Extra Virgin Coconut Oil**

#### Instructions

1. Squirt some **NewLife™ Extra Virgin Coconut Oil** onto your fingers.
2. Massage the oil into your skin in a circular motion all over your face to remove make-up.
3. Use a warm, wet washcloth to wipe off excess oil and rinse with facial cleanser.

### 天然卸妆油

你知道吗？椰子油也是卸妆油的绝佳替代品。它环保、气味芬芳，并且可以为睫毛提供护理。

#### 材料

**新生命特级初榨纯鲜椰子油**

#### 步骤

1. 在手指上喷些**新生命特级初榨纯鲜椰子油**。
2. 以打圈方式将油涂满全脸，并轻轻用指肚按摩就能把彩妆清除。
3. 接着用温湿巾将多余的油抹掉，最后用洁面乳清洗。



## BEAUTY 美容

### 3 NewLife™ Wonda Oil for Pimples and Acne



**NewLife™ Wonda Oil** has natural antibacterial and anti-inflammatory properties. When applied, it helps to eliminate bacteria from wounds or sores, speeding up the healing process.

#### Ingredients

1-2 drops of **NewLife™ Wonda Oil**

#### Instructions

1. Drop 1-2 drops of **NewLife™ Wonda Oil** onto clean fingers or a cotton pad. Due to its high concentration, a small amount of **NewLife™ Wonda Oil** is potent enough.
2. Dab **NewLife™ Wonda Oil** onto affected skin.

### 新生命万宝油—— 消除青春痘与暗疮

**新生命万宝油**具有天然抗菌和抗炎的功效。它可帮助消除伤口或溃疡中的细菌，加速愈合的过程。

#### 材料

一至两滴的**新生命万宝油**

#### 步骤

1. 滴一至两滴的**新生命万宝油**在干净的手指上或化妆棉上。由于其浓缩性质，少量就已足够。
2. 将**新生命万宝油**轻按在受影响的皮肤上。



## HEALTH 保健

### 1 NewLife™ Immuflora for Lactose Intolerance

Close to 65% of the human population suffer from lactose intolerance. If you happen to be experiencing digestive discomfort caused by dairy products or other foods, you may find **NewLife™ Immuflora** helpful! It may even help to reduce your intolerance over time.

#### Ingredients

1 sachet of **NewLife™ Immuflora**

#### Instructions

Take 1 sachet of **NewLife™ Immuflora** every morning on an empty stomach.

**Note:** for those that struggle with indigestion, adding **N.Zimes PA Plus™** to your daily diet is a must! Take  $\frac{1}{4}$  teaspoon immediately before or after meals to aid with digestion, or consume 3 times a day on an empty stomach to help to replenish systemic enzymes.

### 新生命免疫激菌植—— 改善乳糖不耐症

将近65%的人口患有乳糖不耐症。如果您对乳制品或其他食物会产生消化不良症状，那**新生命免疫激菌植**绝对有缓解效用。长期服用，可以显著改善不耐受的问题。

#### 材料

一包**新生命免疫激菌植**

#### 步骤

每早空腹服用一包**新生命免疫激菌植**。

**注：**对那些有消化不良问题的人士，应该在日常饮食中添加**胰酶(植物)添加素**。可在餐前或餐后服用 $\frac{1}{4}$ 茶匙的**胰酶(植物)添加素**以帮助消化，或每日空腹服用3次，以补充体内系统酶。



## 2 Fast Pain Relief for Earache

Earache is most commonly associated with fluid build-up behind the ear drum linked to a middle ear infection. Here are two home remedies for earaches for children and adults to help relieve pain quickly, and for avoiding ear infections in the future:

### 1. NewLife™ Wonda Oil and Extra Virgin Coconut Oil

#### Ingredients

- 4 squirts of **NewLife™ Extra Virgin Coconut Oil**
- 2 drops of **NewLife™ Wonda Oil**

#### Instructions

Mix **NewLife™ Extra Virgin Coconut Oil** and **NewLife™ Wonda Oil**, gently drop the oil mixture into the affected ear and leave for 10-15 minutes.



### 2. NewLife™ Hydrogen Peroxide

Hydrogen peroxide ( $H_2O_2$ ) has been used as a natural remedy for earaches for many decades.

#### Instructions

Place several drops of **NewLife™ Hydrogen Peroxide** into the affected ear. Let it sit for several minutes before letting it drain onto a cotton ball. This dislodges debris. After that, you may rinse your ear with clean, distilled water.

### 2. 新生命过氧化氢

用过氧化氢清洗消毒，缓解耳痛已有几十年的历史。

#### 步骤

直接将几滴的**新生命过氧化氢**滴入受影响的耳道，让过氧化氢在耳里停留几分钟，然后使用化妆棉球吸尽耳道内的液体。这方法可以将耳垢清洗干净。最后，可用蒸馏水过滤耳朵。

**Disclaimer:** Please see your healthcare practitioner if pain is extreme or there is discharge coming from the ears. Do not use ear drops, ( $H_2O_2$ ) or oils inside the ear if a child has ear tubes or the eardrum is perforated.

**免责声明:** 如果剧痛难忍或耳朵留出液体，就要寻求专业医生的意见。另外，凡有带耳管或耳膜穿孔者都不可将滴耳剂、过氧化氢或草药油滴入耳里。

## 迅速缓解耳痛

耳痛通常是由于耳膜后面的中耳积液受感染所引起。以下两种家居治疗法有助孩童与成人快速缓解耳痛并可预防耳朵将来再受感染：

### 1. 新生命万宝油与特级初榨纯椰子油

#### 材料

- 喷四次**新生命特级初榨纯椰子油**
- 两滴**新生命万宝油**

#### 步骤

混合**新生命特级初榨纯椰子油**和**新生命万宝油**，轻轻将油滴进疼痛的耳里让它停留在耳里约10-15分钟。



## 1 Remove Oily Residue

Oily residue are a hassle to remove, especially on plastic utensils. Instead of washing multiple times, simply use this home remedy.

### Ingredients

- 1 teaspoon of **NewLife™ Apple Cider Vinegar**
- 1 teaspoon of **NewLife™ Biodegradable Dishwash Concentrate**

### Instructions

1. Mix 1 teaspoon of **NewLife™ Apple Cider Vinegar**, 1 teaspoon of **NewLife™ Biodegradable Dishwash Concentrate**, and 250ml of water.
2. Soak / wash utensils with this mixture.

## 去除油渍

清除油渍是件麻烦的差事，尤其是遗留在塑料餐具的油渍。以下家庭补救法，可帮您免去清洗几轮的麻烦。

### 材料

- 一茶匙的**新生命苹果醋**
- 一茶匙的**新生命生化分解浓缩洗碗液**

### 步骤

1. 将一茶匙的**新生命苹果醋**、一茶匙**新生命生化分解浓缩洗碗液**及250毫升的清水混合。
2. 用它来浸泡或清洗餐具。

## 2 Natural Fruits & Vegetables Wash

Daily consumption of fruits and vegetables are important for a healthy diet. However, many fruits and vegetables out there are also covered with pesticides. Here is a solution!

### Ingredients

- 1 teaspoon of **NewLife™ Apple Cider Vinegar**

### Instructions

1. Mix 1 teaspoon of **NewLife™ Apple Cider Vinegar** into a big bowl of water.
2. Wash fruits and vegetables in the solution.

## 天然蔬果清洗剂

蔬果是大家每天所需要的健康食物，可是，蔬果表面残留太多的农药。请大家不用担心，让我们教您如何清洗蔬果。

### 材料

- 一茶匙的**新生命苹果醋**

### 步骤

1. 在大碗清水中倒入一茶匙的**新生命苹果醋**。
2. 用它来清洗蔬果，就可放心食用了。

**Try out these simple home remedies for yourself!**

**今天，就试试这些简单有效的家居措施吧！**

