



# INFLUENZA A & NOVEL CORONAVIRUS

## Nutritional Guide

## 甲型流感及新冠肺炎 营养健康指南

Lately, media coverage has been all about the outbreak of the novel coronavirus (2019-nCoV) as it was declared a public health emergency of international concern on 30<sup>th</sup> January 2020. Although 2019-nCoV has received more media attention, there are actually more people contracting Influenza A in Malaysia and Singapore.

Influenza A was first discovered in April 2009 in the United States. It was discovered that this virus was a never-seen-before mixture of four genetic strains: North American Swine Flu, North American Avian Flu, Human A/H1N1, and a swine flu strain found in Asia and Europe.

Novel Coronavirus comes from the same family of viruses as MERS-CoV and SARS-CoV. It is a new strain that has not been previously identified in humans. Symptoms of the infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties.

Both viruses are highly contagious. Although their recovery rates are very high and are usually not fatal, they do pose a danger to the very young, the elderly, those who have pre-existing health conditions such as diabetes, liver, kidney, or heart diseases, asthma or other respiratory illnesses, and those who are immunocompromised – having a weak immune system.

### A Healthier Alternative: Maintaining a Strong Immune System

While we take precautions to avoid contracting the viruses, it is more important that we take the appropriate steps to strengthen our immune system, as it is the body's natural defence against viral infections.

Prevention indeed is better than cure. Why wait until you are ill before doing something about your health? Take the right steps to increase your immune system, today!

Our immune system is a complex network of specialized cells and organs which defends us against attacks by foreign invaders. When functioning properly, it fights off infections by bacteria, viruses, fungi and parasites. However, when the immune system is weak, the body's whole defence system will be down and therefore subject to the attack of invaders when exposed to harmful organisms. The body's immune system will attempt to bar their entry, or failing that, will seek out and destroy them.

To have a strong immune system, the body needs to be made up of well-nourished cells that are free from toxins. Diet and supplements play a vital role in reinforcing the immune system.

**NewLife™** has always advocated a healthy lifestyle. We recommend the **Detoxification & Rejuvenation Programme (DRP)** periodically to give your body a new start (or reset) and then a daily diet that comprises of 75% raw fruit and vegetables, with plenty of freshly made fruit/ vegetable juice. We suggest avoiding all processed foods and also to reduce salt/sugar intake as much as possible. Some meat from free-range chicken, free-range eggs, or deep-sea fish can provide protein, however home-made yoghurt should be the main source of protein.

自世卫组织于2020年1月30日将新冠肺炎疫情确定为“国际关注的突发公共卫生事件”后，最近的媒体报道都是关于2019新型冠状病毒(2019-nCoV)与疫情有关的信息。尽管它受到高度的媒体关注，事实上新马两地出现的甲型流感病例其实更多。

甲型流感首宗人类病例是于2009年4月在美国被发现。当时这病毒是前所未有的，混合了四组不同的流感病毒：北美猪源流感、北美禽流感、人类甲型流感以及起源于亚洲及欧洲的猪源流感。

2019年新型冠状病毒是“冠状病毒”的病毒家族里的一株。与中东呼吸综合症(MERS)和严重急性呼吸综合症(SARS)等属同病毒家族。在此次疫情爆发之前，新型冠状病毒是以前从未在人类中发现的一种新毒株，因而被称为“新型”冠状病毒。感染的常见体征有呼吸道症状、发热、咳嗽、气短和呼吸困难等。

虽然这两种病毒都感传染性高，但痊愈率也很高，通常都不会带来生命威胁。话虽如此，儿童、老人、健康已有其他状况如糖尿病、肝病、肾病、心脏病、哮喘或其他呼吸道疾病患者，以及免疫系统严重受损患者都属于特别脆弱群体。

### 更实际有效的对策：增强自身免疫系统

除了采取预防措施以避免感染病毒，更重要的是，我们必须采取适当的步骤来加强我们的免疫系统，因为它是人体对抗病毒感染的天然防御。

预防绝对胜于治疗。何必要等到生病了才做补救？现在采取正确措施增强自身免疫力！

免疫系统是一个复杂的系统，由一组细胞及器官组成，保护我们免受外来的侵害。若运作正常，免疫系统能击退细菌、病毒、寄生物等。可是，当免疫系统脆弱时免疫力会下降，这时若身体接触有害物质时，就会被侵害攻击，免疫系统会尝试抵挡有害微生物入侵身体，若不成功，就会试图找出它们进一步摧毁。

要增强免疫系统，身体要有营养良好健康的细胞和无毒素。因此，饮食及保健品在增强免疫系统上是重要的一环。

新生命一直倡导健康的生活方式。我们推荐大家定期进行排毒和复健程序(DRP)给身体一个大扫除作一个新开始，接着维持的日常饮食75%以生鲜蔬果组成，再加上大量的鲜榨蔬果汁。我们建议完全避免加工食物，尽量减少盐与糖的摄入。吃一些有机散养鸡与鸡蛋、深海鱼可提供蛋白质，但自制酸乳酪应该还是我们的主要的蛋白质来源。

The following supplements are particularly important for immune boosting:

以下保健品对提高免疫力尤其重要:

Supplements   保健品	Dosage   剂量	Remarks   建议	
<b>6 E S S E N T I A L S  P A C K  六 大 要 素 配 套</b>	Herbal Klenz Powder 草本净化粉	1 heaped teaspoon in a full glass of water/juice/ACV-honey cocktail on empty stomach twice daily. 一茶匙草本净化粉加过一杯水/蔬果汁/蜜糖苹果醋, 每日两次, 空腹饮用。	This not only provides the necessary daily fibre; it also helps tone the intestines and also remove accumulated encrustations and heavy metal poisonings. 除了提供身体每日所需的纤维素, 也有助于强健肠道、排除宿便及清除体内重金属。
	Super Green Food ++ 超级绿食品	1 sachet twice daily. 每日两次, 每次一包。	Consists of 29 super foods which meet the body's need for vital nutrients. 包含29超级食物为身体提供每日所需的重要营养素。
	K-Salt 钾质	¼ teaspoon 6 times daily mixed with water or juice. 每日六次, 每次1/4茶匙, 与水或蔬果汁混合饮用。	Restores biochemical balance back to the cells and tissues. 帮助细胞与组织恢复生物化学平衡。
	ImmuFlora® 免疫激菌植	1 sachet daily. 每日一包。	Contains 10 billion cells of special friendly bacteria that help to create healthy intestinal flora and cleaner blood stream. Aids in digestion and liver regeneration. 包括一百亿益菌有助建造健康的肠道菌群和更干净的血液。促进消化及肝脏再生。
	Omega Gold Flaxseed Oil 奥美加黄金亚麻籽油	1 tablespoon 2 times daily 每日两次。每次一汤匙。	Reduces pain and inflammation. Improves tissue oxygenation. 减轻疼痛及炎症。提高组织氧合。
	Liverin 肝脏宝	1 tablet 3 times daily. 每日三次。每次一颗。	Protects the liver from toxins and pollutants by preventing free radical damage and stimulates the production of new liver cells. 有效对抗自由基及刺激新肝脏细胞的生产, 进而保护肝脏免受毒素与污染物的侵害。
C Complex 维他命C综合丸	1 tablet 3 times daily in divided doses. 每日三次。每次一颗。	Enhances immune function. 提升免疫力。	
B Complex 维他命B综合丸	1 tablet 2 times daily. 每日两次。每次一颗。	An important anti-stress supplement. 一个重要的抗压力补充剂。	
Propolplus 蜂胶	2 capsules 3 times daily. 每日三次。每次两颗。	Bees use propolis' antibiotic properties to keep the beehives disease free. Increases immunity. 蜂胶是蜂巢的天然屏障。服用蜂胶可加强身体免疫力。	
Garlic & Parsley Oil 蒜与欧芹油	2 capsules 3 times daily. 每日三次。每次两颗。	A blood cleanser and powerful immune booster. 净化血液及增强免疫力。	
CoQ10 Plus 生物吸收性辅酵素Q10	1 capsule daily. 每日一颗。	Increases cell energy and tissue oxygenation, which are needed to aid in repairing connective tissues. 提高细胞能量与组织氧合, 对修复结缔组织非常重要。	
N.Zimes PA Plus 胰酶(植物)添加素	1 teaspoon with each meal and before sleep. 每餐及睡前各一茶匙。	Aids digestion and also as systemic enzymes. 促进消化, 可作消化酶补充剂。	

Note: Doses above are for adults and children 12 and above. For children 6 - 12, reduce the dosage by ½.

注: 以上剂量适合成人及十二岁以上的孩童。介于6至12岁的孩童, 则将剂量减半。

Exercise is very vital for the health of the body. The best form of cellular exercise is rebound exercise. To increase the circulation of lymphatic fluid through the lymphatic system, thereby increasing the immunity, it is advisable to bounce gently on the **Rebounder** for ½ to 1 minute, 5 to 6 times a day.

### Nutritional Recommendation for a Person Who Is Infected:

#### Diet:

Hourly fluid intake is recommended:

1. Carrot/Apple Juice – minimum 6 times daily.
2. Spirulina Drink – minimum 2 times daily.
3. Fresh Coconut Water – any amount.
4. Hippocrates' Soup – 2 times daily; served with 1 tablespoon of **Nutritional Yeast**.

#### Hippocrates' Soup Recipe:

##### Ingredients:

Tomato 1 cup  
Celery 1 cup  
Pumpkin 1 cup  
Onion 1 large  
Carrot 1 cup  
Leeks 1 cup  
Garlic 3 cloves  
Potatoes 5  
Distilled water

##### Directions:

1. Cut all the ingredients into cubes and put in a slow cooker with distilled water just enough to cover all the ingredients.
2. Simmer for few hours until all the ingredients are very soft.

Note: Do not peel the potatoes. Do not add table salt or any other seasonings. You may add ¼ teaspoon of **K-Salt** (to each serving) before serving.

When patient begins to feel better and appetite returns, add yoghurt (with **Omega Gold Flaxseed Oil**), fruits, raw vegetables, and rolled oats into the diet.

#### Supplements:

1. **6 Essentials** (same as above).
2. **C Complex** – 2 tablets every 2 waking hours.
3. **B Complex** – 1 tablet 3 times daily.
4. **Propolplus** – 2 capsules 2 times daily.
5. **Garlic & Parsley** – 5 capsules every 2 waking hours.
6. **CoQ10 Plus** – 10 capsules daily (4 at breakfast, 3 at lunch, and 3 at dinner) to enhance cellular oxygen utilization and increase immunity.
7. **N.Zimes PA Plus** – 2 teaspoons 5 times daily.
8. **Essiac Tea** – 3 oz. 3 times daily.
9. **Coffee Enema** – 1-2 times daily.

运动是保健养生的重要一环。弹跳运动更是给细胞最佳的运动方式。它能促进淋巴液在淋巴系统的畅流，进而提升免疫力。此运动非常简单，只要在弹跳床上轻松地跳半至一分钟，每天五至六次。

### 为感染患者所建议的健康忠告:

#### 饮食:

推荐每小时补充液体摄入:

1. 胡萝卜苹果汁-每日至少六杯。
2. 螺旋藻饮料-每日至少两杯。
3. 新鲜椰水-随意。
4. 希伯克拉底蔬菜汤-每日两次。在进食时，在汤里加入一汤匙的营养酵母。

#### 希伯克拉底蔬菜汤食谱:

##### 材料:

番茄一杯  
西芹一杯  
南瓜一杯  
洋葱一颗  
萝卜一杯  
韭葱一杯  
蒜三瓣  
马铃薯五粒  
蒸馏水

##### 烹调方法:

1. 将所有食材切成块状，放入炖锅再加水，分量只需刚好盖过所有材料。
2. 慢火炖煮数小时直到材料变软。

注意：马铃薯不需去皮。切忌勿加食盐或任何调味料，可在进食前，在碗中加入1/4茶匙的钾质。

当患者开始痊愈及恢复胃口时，可在饮食中加入酸乳酪（加入奥美加黄金亚麻籽油）、水果、生蔬菜及燕麦。

#### 保健补充品:

1. 六大要素（如上述）。
2. 维他命C综合丸 — 清醒时间，每两小时两颗。
3. 维他命B综合丸 — 一天三次，每次一颗。
4. 蜂胶 — 每日两次，每次两颗。
5. 蒜与欧芹油 — 清醒时间，每两小时五颗。
6. 生物吸收性辅酵素Q10 — 每日十颗。（早餐四颗，午餐三颗，晚餐三颗）以提高细胞的氧利用率及增强免疫力。
7. 胰酶（植物）添加素 — 每日五次，每次两茶匙。
8. 布鲁士医生草药茶 — 每日三次，每次三盎司。
9. 咖啡灌肠 — 每日一至两次。



In addition to keeping your immune system strong from the inside, good health habits like the following often can help stop the spread of germs and prevent respiratory illnesses like the flu:

### 1. Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### 2. Stay home when you are sick

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

### 3. Cover your mouth and nose

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing or unclean hands.

### 4. Clean your hands

Washing your hands often will help protect you from germs. If soap and water are not available, use a hand sanitizer or **NewLife™'s Hydrogen Peroxide** or **Wonda Oil** to disinfect your hands.

### 5. Avoid touching your eyes, nose or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

### 6. Practise other good health habits

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

除了从体内打造强健的免疫系统，以下的良好习惯也有助阻止细菌传播及预防呼吸道疾病：

### 1. 避免近距离接触

避免与患者近距离接触。当您生病时，也避免接触他人。

### 2. 生病时呆在家中

当您生病时，请呆在家中避免接触他人。这将有助预防将疾病传播给他人。

### 3. 遮住嘴巴和鼻子

在咳嗽和打喷嚏时，尽量用纸巾遮住口和鼻子。这样会防止周围的人受感染。感冒和其他严重的呼吸道疾病，如呼吸道融合病毒、百日咳和严重急性呼吸综合症都是通过咳嗽、打喷嚏和不洁之手传播。

### 4. 保持双手干净

勤洗手免受细菌感染。如果没有肥皂和清水，可使用洗手消毒液或新生命的二氧化氯或万宝油来消毒双手。

### 5. 避免触摸眼睛、鼻子和嘴巴

当您先碰了沾有病原菌的东西后，又去揉眼睛、掏鼻子或触碰嘴巴，就可能中招！病原经常都是因为这样传播的。

### 6. 养成良好的健康习惯

不论在家中、工作场所或学校，要经常清洁及消毒常被触碰的表面，尤其是身边有人生病了。确保充足睡眠，定期锻炼身体，适当减轻压力，多喝水，多吃有营养的食物。



**Disclaimer:** This nutritional guide is intended for educational purposes only. It is not intended as advice for self-diagnosis or a prescription for self-treatment. Consult your own physician regarding the application of any opinion and recommendation with respect to your symptoms or medical conditions.

**Note:** If you have any question with regards to nutrition and health, please email Leon Tan. His email address is [leon@newlife.com.my](mailto:leon@newlife.com.my).

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注：如果您有任何关于营养及健康问题，请电邮陈健良营养师，电邮地址为 [leon@newlife.com.my](mailto:leon@newlife.com.my)。