



# Is Your Gut Tellin

For many years, each day at about 2pm, Mrs. Chin's stomach would start to hurt and get bloated. When she is surrounded by people, she would often hold her gas in, ashamed of the indigestion and having more gas than she should, this adds to the pain and more bloated feeling.

The number of people who have symptoms of irritable bowel disease, i.e., excessive intestinal gas formation, constipation, frequent bouts of diarrhoea, abdominal cramps, rectal itching, "pencil" shaped stools, blood or mucus in the stool; or the feeling that you have not finished a bowel movement, are legion. Mrs. Chin is only one of the hundreds of thousands. Of those who seek medical help, most are given drugs which do not treat the root cause but are, like Panadol, given for symptomatic relief only. For those treated in this manner, their problems go on interminably.

## What is Irritable Bowel Disease (IBD)?

Irritable bowel disease (IBD) refers to the condition where cells involved in inflammation and immune response are called into the lining of the Gastro Intestinal (GI) tract. This infiltration thickens the bowel lining and interferes with absorption and motility (the ability of the bowel to contract and move food). With abnormal ability to contract and abnormal ability to absorb, the bowel's function is disrupted. Chronic vomiting results if the infiltration is in the stomach or higher areas of the small intestine. A watery diarrhoea with weight loss results if the infiltration is in the lower small intestine. A mucous diarrhoea with fresh blood results if the infiltration occurs in the large intestine. Of course, the entire tract from top to bottom may be involved.

There are many names associated with IBD, such as Colitis, Coeliac Disease, Crohn's Disease, Hiatus Hernia, etc.

## What causes IBD?

Doctors are not sure what causes IBD. Good news is that, with the numerous experiences NewLife™ had with IBD patients, they have strongly proven that most IBD can be controlled by diet and enhanced with supplements.

## Common culprits.

Irritable bowel does not absorb nutrients well and no matter how nutritious the food might be, unabsorbed nutrients are useless. IBD is commonly due to fructose intolerance, lactose intolerance, gluten intolerance, or combinations of these. Foods and drinks that may cause or exacerbate IBD include:

- **Fructose-containing foods:** orange juice and sweet fruits, candy, pastry, etc.
- **Lactose-containing foods:** dairy products like milk, ice cream, etc. However, cottage cheese and yoghurt are permitted, as most of the lactose has been removed from them by the fermentation involved in their production.
- **Gluten:** the chief of the culprits is wheat gluten.
- **Carbonated/caffeinated drinks and alcohol.**
- **Sorbitol & mannitol containing foods:** sugarless chewing gum, sugarless candy, processed meats, etc.
- **Other foods to be avoided:** beans, sweet corns, chocolate, hot spices, canned meat and processed food.

好几年来, 每天大约一到下午两点钟, 陈太便开始肚痛胀风。每当在人群中, 她都会因不好意思而憋住屁, 因此加倍痛苦。

肠易激综合症, 即是肠内有风、便秘、经常腹泻、肠胃抽筋、直肠发痒、如同“铅笔”形状的粪便、粪便里有血或黏液、甚至常感到排便不净不彻底。患有这些毛病的人不计其数, 陈太只是其中一名。那些求医的人, 常常只得到一些无法根治病源、只能暂时减轻痛苦的药物, 比如说普拿疼。以这种方法治病的人, 他们的问题不会断根, 并会一再重演。

## 什么是肠易激综合症 (IBD) ?

肠易激综合症是指当细胞发炎, 免疫系统在食道肠壁其反应而形成的症状。这渗透活动导致肠壁变厚、干扰营养吸收能力、及肠的蠕动(肠的收缩能力以移动食物)。因异常的收缩能力及反常的吸收能力, 干扰肠的功能。若渗透胃内或肠的上部分, 会导致习惯性呕吐。如果渗透肠的下部分, 则会导致腹泻并体重减轻。如果渗入大肠内, 更会导致黏液、腹泻及流血。当然, 也可能发生在整个食道。

肠易激综合症还有许多名称, 比如说结肠炎、乳糜泻(又称麦胶性肠病)、克隆病(又称局限性肠炎)、食道裂孔疝等等。

## 什么因素促成IBD ?

医生并不能肯定导致IBD的原因。好消息是, 新生命有许多关于IBD患者的正面见证。他们的经验强烈证明, 大多数的IBD是能以饮食及加强补充剂来控制改善的。

## IBD的元凶。

肠易激综合症患者无法好好吸收营养, 因此就算吃再有营养的食物也是徒然。IBD的成因通常是因对果糖、乳糖、面筋等有过敏反应, 有时是综合原因。其中可能导致或恶化IBD的食物包括:

- **含果糖/含左旋糖食物:** 橙汁及甜味水果、糖果、酥皮点心等等。
- **含乳糖奶制品:** 乳制品如牛奶、冰淇淋等等。另一方面, 酸奶干酪和酸乳酪却可以, 因为大部分的乳糖在它们发酵生产过程中已被去除了。
- **面筋:** 麦子面筋通常是罪魁祸首。
- **碳酸饮料、含咖啡因的饮料及酒精。**
- **含山梨醇及甘露醇的食物:** 无糖香口糖、无糖糖果、精制加工肉类等等。
- **其他应避免的食物:** 豆类、玉蜀黍、巧克力、辛辣香料、罐装肉类及精制食物。

# g You Something? 您的肠子有话说?



The avoidance of the above sharply limits the amount of the poorly assimilated food that may ferment in the bowel and cause gas, diarrhoea and irritation. To find out which foods is a problem, keep a journal that tracks:

1. What you eat during the day
2. What symptoms you have
3. When symptoms occur

If certain foods trigger your symptoms or make them worse, then you should avoid eating these foods or eat less of them. However, as a rule, those with active IBD should avoid eating any of these foods. As the bowel lining heals, most can again tolerate small amount of them. They may be able to handle an orange or some spicy food with no symptoms. However, regular consumption of these foods, such as cakes or ice cream, can trigger the inflammation of the bowel all over again.

## Some foods make IBD better.

### Fibre

Fibre may reduce the constipation associated with IBD because it makes stool soft and easier to pass out. However, some people with IBD who have more sensitive nerves may feel a bit more abdominal discomfort after adding more fibre to their diet. Therefore, add fibre to your diet a little at a time to allow your body get used to them. Too much fibre at once when your body is still not used to it can cause gas, which can trigger symptoms in a person with IBD.

Further, not all fibres are suitable for people with IBD. For example, wheat fibre most often will aggravate the symptoms of IBD in a person.

Suitable fibre may be found in food such as fruits and vegetables. Examples are avocado, broccoli, cabbage, carrots, brown rice etc.

NewLife™ Herbal Klenz Powder also provides suitable fibre. It contains psyllium husks, apple pectin, bentonite, butcher's bloom and cellulose, which effectively guards your GI from toxicity by easing bowel movement, eliminating encrustation and removing heavy-metal toxins.

Fibre consumption requires an increase in fluid intake too. But avoid caffeinated, carbonated drinks. Instead, take distilled water and herbal drinks such as Zinger or Peppermint.

### Enzyme

The lack of digestive enzymes for specific food element is the basis for most IBDs. Insufficiency of enzymes allows undigested food to ferment in the intestine. The end results are irritable intestinal lining, mal-absorption, and malnutrition.

It is highly recommended that one to two teaspoon of NewLife™ N. Zimes PA Plus be taken with every meal. It helps reduce the bloated feeling, gas, and improve digestion.

避免以上的食物能明显减少没有被消化的食物在肠内发酵的机率, 进而减少胀风、腹泻及不舒。若想要知道哪些食物会有问题, 可写日记观察:

1. 当天您吃了什么
2. 您有哪些症状
3. 症状何时发生

若某些食物触发您的症状或使状况恶化, 那么您就应该避免吃这些食物, 或尽量少吃。然而, 严重的IBD患者, 就应该完全避免吃这些食物。大多数人在肠壁愈合后, 可以吃一点这些食物。即使吃一粒橙子, 或一些辛辣食物, 也不成问题。然而, 经常吃以上的某些食物, 比如蛋糕或冰淇淋, 有可能会重新触发肠胃发炎。

## 一些对IBD有益的食物。

### 纤维

纤维可以减轻与IBD有关的便秘, 因为它能使粪便变软, 更容易排出。然而, 有些IBD患者会对纤维比较敏感, 吃了纤维会感到肠胃难受。因此, 应每次少许逐量增加饮食里的纤维数量, 让身体慢慢适应。对IBD患者来说, 过量纤维可能会导致胀风, 并触发病症。

此外, 不是所有的纤维都适合IBD患者。比如说, 全麦纤维经常会导致加重IBD症状。

适当的纤维主要是水果及蔬菜。比如说鲷梨、菜花、白菜、红萝卜、糙米等。

新生命草本净化粉也包含了适当的纤维。它包括洋车前子外壳、苹果胶、膨润土、金雀华及纤维素, 能有效地保护您的肠胃、使排便顺畅、帮助排除宿便并去除重金属毒素。

吃了纤维必须增加喝水量才能达到效果, 但避免咖啡因饮料及碳酸饮料。应该喝蒸馏水和草本饮料, 例如有机甘草绿薄荷草药茶或有机薄荷茶。

### 酵素

多数IBD患者都缺乏对某些食物的消化酶。酵素不足导致无法完全消化食物。残余的食物就会留在肠内发酵, 最后形成肠壁过敏、吸收不良及营养不良。

我们极力推荐每次进餐时, 加入一到二茶匙的新生命胰酶(植物)添加素。它能帮助减少腹胀的感觉、肚子生风, 并且促进消化。

## Friendly Bacteria

Every human is endowed with a colony of 'friendly bacteria' at birth. However, poor eating habits, chlorinated drinking water, stress, disease and the consumption of antibiotics can destroy good bacteria and allow undesirable bacteria to multiply.

Regular supplementation of friendly bacteria, Immuflo, in particular can prevent the proliferation of harmful bacteria and the diseases caused by a toxic colon, much like having your garden filled with good plants rather than weeds! Immuflo provides intestinal flora essential for intestinal health. It also helps provide bacterial enzymes that help digest the offending food listed above.

## Vitamin C & Spirulina

Bowel lining injury by antibiotics (or other drugs including diuretics, those for high blood pressure and anti-diabetes pills) is one of the most common ways IBD begins.

By avoiding the irritating sugars, the bowel lining is allowed to heal. Vitamin C and Spirulina help speed up the healing process and strengthen the intestinal lining.

Our body does not manufacture vitamin C and we need to daily supplement it. Studies showed that intake from individual vitamin C supplements contain doses many times greater than those typically obtained from a diet and/or multivitamins.\*

\* Department of Epidemiology and Surveillance Research, American Cancer Society, Atlanta, Georgia.

Scientific research has also found that vitamin C works best when supplemented together with bioflavonoids such as NewLife™ C Complex. It is apparent that the function of bioflavonoids is to protect vitamin C against cellular destruction.

On the other hand, Spirulina is the most extensively researched food microalgae, well documented in numerous books, journal articles, and periodicals. Many people use Spirulina in their own self-care strategy for more energy, nutritional insurance, weight control and cleansing.

## Calcium Supplements

The main reasons for IBD victims to take calcium supplements are:

1. Calcium reduces the acidity of the food stream in the intestines. Excess acid in the intestines severely irritates the bowel lining.
2. It helps reduce one's chances for bowel cancer by reducing cellular proliferation caused by irritation of the lining membranes.

However, not all calcium supplements are equal. They differ in the absorption and utilization of calcium in the body. Some absorption rate can be as low as 5%. Calcium Complex with Boron from NewLife™ contains chelated forms of calcium which not only enhance the absorption, but also act as chelating agents to remove unwanted toxic metals from the body.

## The Manifestations of IBD.

IBD should be taken seriously even though the symptoms may be mild, because continued irritation will lead to:

- more serious ulceration of the bowel
- malnutrition
- weakness
- diverticulosis
- kidney stones
- gallstones
- arthritis
- pruritus ani (rectal itching)
- haemorrhoids
- eczema
- psoriasis
- cancers (especially colon cancer)

Many research shows that diet plays a key role in the cause and treatment of a wide variety of intestinal disorders. Before surgery or long term medication (that do not treat the source of the problem, but given for symptomatic relief only) is contemplated, take charge of your own health through diet now. There is a hope for you, it is not too late!

## 益菌

每个人出生时都赋予‘益菌’。然而，恶性饮食习惯、氯化水、压力、疾病及抗生素的服用破坏了益菌，并使害菌倍增。

经常以免疫菌植补充益菌，可以防止害菌滋生及避免肠内毒素引起的疾病，就好像在庭院里种满植物，而不是杂草！免疫菌植促进肠道健康，它也提供益菌酵素，帮助消化。

## 综合维他命C及螺旋藻

抗生素（或其他药物包括利尿药、反高血压药片和反糖尿病药片）对肠壁的伤害是IBD开始的其中一个最共同的起因。

避免摄取导致刺激的糖份，肠壁便能够自行愈合。综合维他命C和螺旋藻可帮助促进愈合并加强肠壁健康。

我们的身体不能自行制造维他命C，我们需要每日补充它。研究显示，单纯维他命C提供身体的维生素C，远远超过从饮食中或从多元维他命丸里所能提供的。\*

\* 流行病学和监视研究，美国癌症协会，亚特兰大，佐治亚。

科学研究也发现维他命C当与生化黄酮一起配合摄取时，效果加倍，例如新生命的综合维他命C。众所周知，生化黄酮能有效保护维他命C免受破坏。

另一方面，螺旋藻是最广泛被研究的食物微藻类。有大量书籍文献、期刊文章和杂志期刊都有所记载。许多人以螺旋藻维护健康、增加活力、提供营养保证，控制体重及净化身体。

## 补充钙质

IBD患者需要补充钙质的主要原因是：

1. 钙能碱化肚子里的酸度。肚子里过量的酸性会导致肠壁损坏。
2. 能减低因肠壁问题而导致的肠癌。

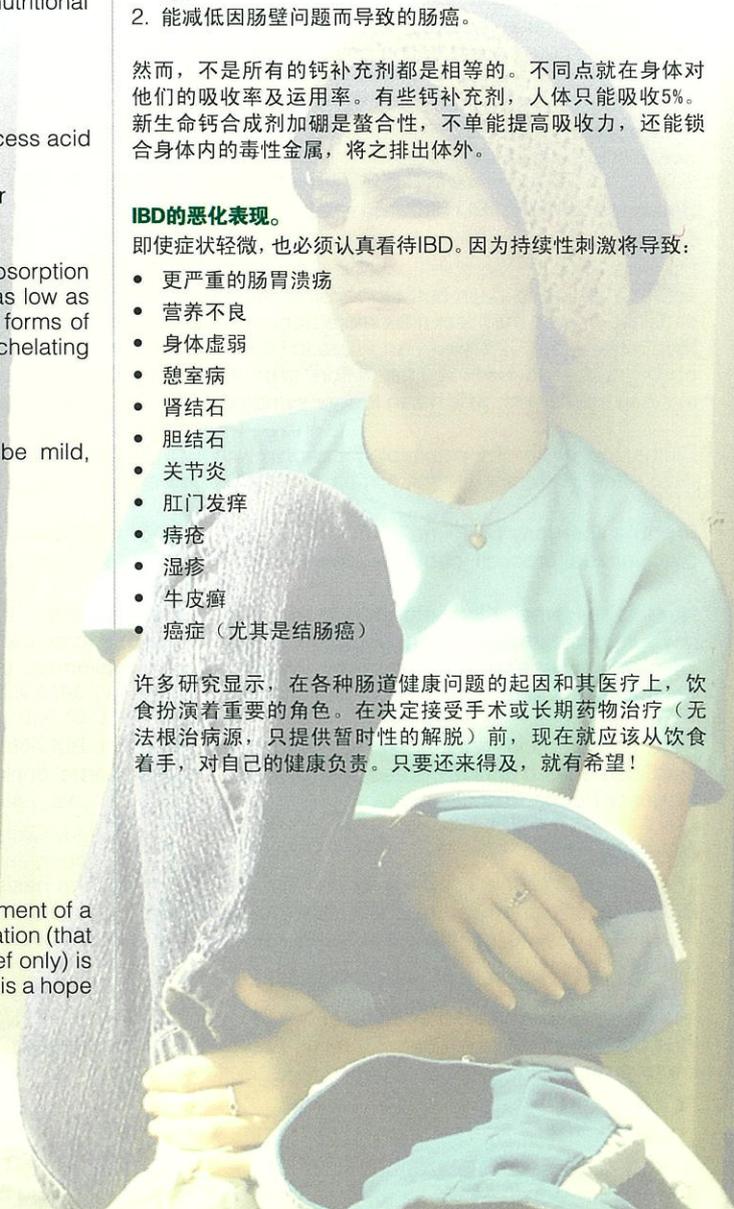
然而，不是所有的钙补充剂都是相等的。不同点就在身体对他们的吸收率及运用率。有些钙补充剂，人体只能吸收5%。新生命钙合成剂加硼是整合性，不单能提高吸收力，还能锁合身体内的毒性金属，将之排出体外。

## IBD的恶化表现。

即使症状轻微，也必须认真看待IBD。因为持续性刺激将导致：

- 更严重的肠胃溃疡
- 营养不良
- 身体虚弱
- 憩室病
- 肾结石
- 胆结石
- 关节炎
- 肛门发痒
- 痔疮
- 湿疹
- 牛皮癣
- 癌症（尤其是结肠癌）

许多研究显示，在各种肠道健康问题的起因和其医疗上，饮食扮演着重要的角色。在决定接受手术或长期药物治疗（无法根治病源，只提供暂时性的解脱）前，现在就应该从饮食着手，对自己的健康负责。只要还来得及，就有希望！



HELPFUL SUPPLEMENTS 有益的补充剂	
<b>Spirulina Drink</b> 螺旋藻饮料	1 heap teaspoon of Spirulina Powder + 1 teaspoon Manuka Honey* in a glass of distilled water. To be taken 3 times daily. 一杯蒸馏水内加入一茶匙螺旋藻粉及一茶匙马努加蜂蜜*冲泡。每天三次。
<b>Immuflo</b> 免疫激菌植	2 sachets daily for first one week. Thereafter, 1 sachet daily. 首个星期每天两包。之后每天一包。
<b>Herbal Klenz Powder</b> 草本净化粉	½ teaspoon Herbal Klenz + 1 teaspoon Manuka Honey* in a glass of distilled water. To be taken once a day. If body can tolerate, increase to 1 teaspoon of Herbal Klenz, and taken twice daily. 一杯蒸馏水内加入½茶匙草本净化粉及一茶匙马努加蜂蜜*冲泡。每天一次。若身体能适应, 增加到一茶匙草本净化粉及每天两次。
<b>C Complex</b> 综合维他命C	1 tablet twice daily (with breakfast and dinner). 每天两次。每次一颗 (早晚用餐时)。
<b>N. Zimes PA Plus</b> 胰酶 (植物) 添加素	1 to 2 teaspoon with every meal. 每当用餐时加入一到两茶匙。
<b>Calcium Complex</b> 钙合成剂加硼	2 capsules twice daily (with breakfast and dinner). 每天两次。每次两颗 (早晚用餐时)。
<b>Flaxseed Oil (Organic)</b> 有机亚麻籽油	1 tablespoon daily. 每天一汤匙。
<b>Bee Pollen</b> 天然蜂花粉	An excellent food source for nutrients since majority of IBD patients suffer from malnutrition. 2 teaspoons twice daily. 优良的食物营养来源, 况且大多数的IBD患者都有营养不良的问题。每天两次。每次两茶匙。



**PERMITTED FOODS 可进食的食物**

The following foods are generally permitted for people with IBD. However, as mentioned earlier, certain food may cause problem to one but not to another. Therefore, please test them for tolerance.

Finely ground rolled oat (cooked till very soft), avocado, brown rice, pumpkin, potato, potato soup, steam vegetable, salad, fish, un-chilled organic low fat natural yoghurt, etc.

IBD患者通常可以进食以下食物。然而, 如前所提, 某些食物可能对一些人造成过敏, 对另一些人却不会。因此, 请测试本身的适应能力。幼燕麦片 (被煮到非常软绵)、鲷梨、糙米、南瓜、马铃薯、马铃薯汤、蒸蔬菜、沙拉、鱼、新鲜有机低脂天然酸乳酪等等。

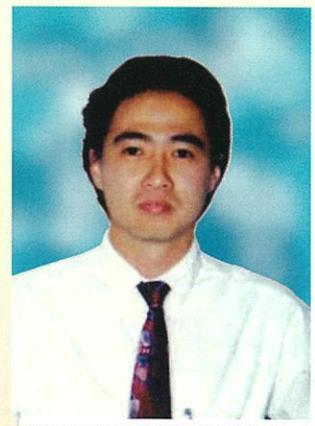
\* NewLife™ Manuka Honey (Raw) is excellent for stomach ulcers. However, some very minority may react to honey (rarely happens to raw honey). Omit honey if discomfort is felt.

\* 新生命马努加蜂蜜对胃溃疡非常有益。然而, 有极少数的人可能对蜂蜜过敏 (虽然很少发生在天然未加工蜂蜜上)。若身体感到不适, 可省去蜂蜜。

**Mr. Terrence Chee, 46, a businessman,  
stopped his quiet suffering from IBD.**

Let's hear his story...

徐仕君先生, 四十六岁, 商人,  
不再静静地饱受肠易激综合症所带来的折腾。  
让我们听听他的故事...



I discovered I had Irritable Bowel Disease (IBD) many years ago. My stomach would feel very uncomfortable after taking hot or spicy foods. I did not go all out to look for a cure but instead just bore with the inconveniences and the irritable discomfort.

But one meeting with Dr. Lynn, I understood my digestive system better and stopped feeling helpless in restoring my health. Her advice to me on what I should take for my meals and what I must forgo has given me a real boost, so I decided to change my diet. I was also advised to take the G.I. Health Plus Pack, which consists of Pure Raw Honey, Apple Cider Vinegar, Herbal Klenz Powder, C Complex and Immuflo to take care of my guts. These products have liberated me from my condition as my stomach is able to cope with hot or spicy stuff. I do not feel uncomfortable anymore.

I strongly believe that this is the first step towards prevention from getting other degenerative illnesses as I grow older. There is so much we can do in achieving optimal health through diet, exercise, and rest, despite this very toxic lifestyle and environment we live in. We just need some right advice and encouragement to do the right thing before it is too late.

Cheers to good health and long life!

多年以前我被诊断患上了肠易激综合症 (IBD)。每当我吃了辛辣食物后, 肚子便会感到非常不舒服。我并没有尽全力寻找治疗, 反而常因急躁难受及不便而感到无奈。

在与陈林希珠博士一谈之后, 我对消化系统功能有更深入的了解, 再也不必为了要恢复健康而感到彷徨无助。她给予忠告, 让我知道饮食方面该多吃些什么, 避免哪些食物, 并让我下定决心改变饮食习惯。同时她也劝我采用肠道健康配套, 其中包括纯天然蜂蜜、苹果醋、天然净化粉、综合维他命C及免疫激菌植来改善消化系统。新生命产品让我从获新生, 如今我的肠胃可以应付辛辣食物, 不再感到难受。

即使我渐进年长, 但我坚信这是预防患上其他退化病症的好开始。尽管我们活在毒性环境中, 我们还是能透过饮食、运动及休息多方面的管道来恢复健康。我们只是需要一些及时的正确忠告及鼓励来做正确的事。

为健康及长寿欢呼!

Prior to this interview, Ms. Linda has just returned from a 10 day vacation to Australia, She is seen here enjoying life and a Gluten Free Chocolate Cake with fresh fruits.

在这次采访之前，琳达女士刚从澳洲游玩十天回来。现在的她享受生活，图示她在享用着无面筋巧克力水果蛋糕。



**肠**易激综合征 (IBD) 患者再次恢复了正常生活...

琳达·鲁宾逊女士，一名英国退休财政管理员，如今每天都以感恩的心活着。来与您分享她的心路历程。

**新生命:** 您的病情的特定名称是什么?

琳达: 我患有食道裂孔疝、大肠发炎及没有胃壁。

**新生命:** 何时发现患上了肠易激综合症?

琳达: 在2005年2月或3月左右。

**新生命:** 在认识新生命之前，您的情况如何?

琳达: 一开始是断断续续的腹泻逐渐增加引起不适，同时我的胃、肚子及肋骨开始觉得非常疼痛。不久后间断的腹泻变成了持续不断的腹泻。我接受了内窥镜检查，而结果显示，我患有食道裂孔疝、大肠发炎及没有胃壁。我所吃的食物没有被消化，我的身体无法吸收必需的营养素，而我整个人变得浮肿、疲倦及很弱。

**新生命:** 您采取什么方法来补救呢?

琳达: 刚开始每次腹泻我都向全科医生咨询，他们诊断我患上胃炎，并给予药方。但胃痛问题越来越严重，最后转向肠胃专家咨询。进行了内窥镜检查及结肠镜检查证实上述情况，医生开了更多药给我。但是我的情况却没有改善。感谢上帝，有位朋友介绍陈林希珠博士及新生命给我。

**新生命:** 您采取哪些新生命产品呢?

琳达: 陈林希珠博士劝我改变饮食习惯，并吃以下补充剂：每天服用螺旋藻粉、免疫菌植、维他命B综合丸、维他命C综合丸、钾质及胰酶（植物）添加素。一开始的几个月里，我的饮食包括了烤马铃薯、有机生菜、红萝卜苹果汁，还有以天然蜂蜜及亚麻籽油调味的沙拉。当然，这也包括陈林希珠博士的著名马铃薯汤（希波克拉底汤）！我也吃许多加了亚麻籽油及蜂花粉的自制酸乳酪，并喝有机甘草绿薄荷茶及有机增寿草药茶。天天吃很多新鲜水果，尤其是木瓜。并从饮食中排除酸性食物，例如柑橘类水果及任何带酸性的，因为我的消化系统无法应付。

**新生命:** 这些产品如何改变了您的生活?

琳达: 当我一开始加入新生命时，我比较胖，并需要有人扶持我走路。我的脸色很苍白。我身、心、灵上都感到疲倦。但那次来到新生命是我重获健康生活的转折点。现在我不仅变得苗条、在身、心、灵上都感到充满活力，并更加有自信。我终于可以再次恢复正常生活，并开始到处旅行，这是我所向往的，却曾一度因病情踌躇。

**新生命:** 这痊愈过程是即刻见效还是逐渐见效呢?

琳达: 是经过几个月逐渐见效的。虽然我的腹泻在首三个月并没有完全停止，但却有明显的改善，次数少了许多。后来我进行了连续二十一天的复健与排毒计划 (DRP)，包括草本净化粉，但并不包括咖啡灌肠\*。那时起，到现在已经有十一个月了，我只经历过一次腹泻。

\*编者: 省去咖啡灌肠是琳达的个人要求。陈林希珠博士允许如此做，是因为琳达在进行DRP之前的三个月就已开始特别饮食(如之前所描述的)，并且她的情况还不是很极端。

**新生命:** 对于同样的患者，您有什么建议呢?

琳达: 来新生命并依照陈林希珠博士为IBD设计的营养计划。要吃健康，关键是要有决心。当我来到新生命，她是我唯一的希望，我跟随着所推荐的计划一刻也没有动摇。我为新生命里能达到的效果而感恩。此外，我身为基督徒的信念、朋友们及家人的祷告及鼓励也帮助了我。

A victim of Irritable Bowel Disease (IBD) resumed a normal life once again... Ms. Linda Robinson, a retired British financial administrator, now lives each day with a grateful heart, shared with you her journey.

**NL:** What is the specific name of your condition?

Linda: Hiatus Hernia, inflamed bowel and no stomach lining.

**NL:** When did you discover you had IBD?

Linda: Around February or March 2005.

**NL:** How was your condition before you came to know NewLife™?

Linda: I started to be ill with intermittent diarrhea that gradually increased and at the same time I was starting to get a lot of pain in my stomach, middle and ribs. Soon the intermittent diarrhea developed into constant diarrhea. I underwent an Endoscopy and a Colonoscopy and the results showed that I had a Hiatus Hernia, an inflamed bowel and no stomach lining. The food that I ate was not digesting, my body was not taking in the required nutrients and I was becoming bloated, exceedingly tired and weak.

**NL:** How did you go about remedying the condition?

Linda: Each time the diarrhea occurred I consulted a GP, who diagnosed gastro-enteritis and prescribed medication. I progressively became worse and eventually consulted a specialist in gastric problems. An Endoscopy, and Colonoscopy were carried out which confirmed the above mentioned conditions and more medication was prescribed. However, after undergoing all of the above I was not improving. But thank God a friend introduced me to Dr. Lynn and NewLife™.

**NL:** What are the NewLife™ products that you used?

Linda: Dr. Lynn advised me to modify my diet and take the following supplements: Spirulina Powder, Immufloora, B Complex, C Complex, K Salt, and N.Zimes P.A Plus daily. For the first few months my meals consisted of baked potatoes, raw vegetables, carrot and apple juice, salad – with salad dressing of Pure Raw Honey and Flaxseed Oil. Of course, this also included Dr Lynn's famous potato soup (Hippocrates' Soup)! I took a lot of homemade yoghurt with Flaxseed Oil and Bee Pollen, and drank Zinger and Morlife teas. I also ate a lot of fresh fruit, in particular, Papaya. Excluded from my diet were items such as citrus fruits and anything acidic, as my digestive system could not cope with these.

**NL:** How did these products change your life?

Linda: When I first walked in to NewLife™ I was bigger in size, and needed someone to support me as I walked. My complexion was pale and grey. I was physically, mentally and emotionally tired. But that visit to NewLife™ was the turning point to a healthier life. Now I'm not only slimmer, I feel rejuvenated, revived and definitely more confident, physically, emotionally, and mentally. I could resume a normal life once again and commence traveling, one of my passions in life, which had come to a halt.

**NL:** Was the effect immediate or progressive?

Linda: It was progressive, over a period of a few months. My diarrhea was getting less but hadn't stopped at 3 months, but a noticeable improvement was observed. I therefore commenced a Detoxification Programme, which included Herbal Klenz, but without the coffee enemas\*, which I continued for 21 days. Since then, which was 11 months ago, I have had diarrhea only once till this very day.

\* Editor's note: Coffee enema was omitted because Linda requested to do so. Dr. Lynn had allowed it because Linda has been on special diet (as described earlier) for 3 months prior to the DRP and her conditions were not extremely degenerated.

**NL:** What would you recommend to others who have the same condition as you previously?

Linda: Come to NewLife™ and follow Dr. Lynn's nutritional programme for IBD. Always observe healthy eating. The key is to stay focused, when I came to NewLife™, this was my only hope and I never deviated from the programme. The results I achieved with NewLife™ are something I'm grateful for. Additionally, through all of the above my Christian faith and that of my friends and family and their prayers and encouragement helped me through.