

# LifeLine

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MAY & JUNE 2022

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## Healthy Gut, Healthy Digestion, Healthy You!

健康的肠道，健康的消化，  
健康的您！

Pg6 第六页



How to Create a  
**SAFE HOME**  
如何创建一个安全的家

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**NEW & IMPROVED!**  
**HERBAL KLENZ**

全新改良配方!  
**天然净化粉**

Pg10 第十页

# ANNOUNCEMENT : 2022 PRICE LIST

We enclose herewith a copy of the 2022 Price List for your attention. Price changes are as follows:

## 通告：2022年价格表

在此附上2022年价格表。价格变动如下：

PRODUCTS 产品	MY 马来西亚	SG 新加坡	HK 香港	ID 印尼
<b>Table A: Lower Price (Effective from 1<sup>st</sup> May 2022) 表A: 较低价格 (2022年5月1日起生效)</b>				
Extra Virgin Coconut Oil 100ml 特级初榨纯鲜椰子油100毫升	/	/	/	/
Extra Virgin Coconut Oil 500ml 特级初榨纯鲜椰子油500毫升	/	/	/	/
Nature's Gift Chromium Picolinate 有机铬	/	/	/	/
Nature's Gift Kelp 海藻宝	/	/	/	/
Nature's Gift Niacin 血液循环补充丸	/	/	/	/
Organic Castor Oil 纯天然蓖麻油	/	/	/	/
<b>Table B: Increased Price (Effective from 1<sup>st</sup> May 2022) 表B: 较高价格 (2022年5月1日起生效)</b>				
Raw Manuka Honey 马努加蜂蜜	/	/	/	/
<b>Table C: Increased Price (Effective from 1<sup>st</sup> June 2022) 表C: 较高价格 (2022年6月1日起生效)</b>				
All DRP Packs (7-day & 14-day) 所有排毒程序配套(七天及十四天)	/	/	/	
Bio Degradable Dish Wash Concentrate 生化分解洗碗液	/	/	/	
Breadmix - Wholemeal High Fibre 全麦高纤维面包混合料	/	/	/	
Coffee Enema 250g 灌肠咖啡(粉) 250克	/	/	/	/
Coffee Enema Sachet 灌肠咖啡(独立包装袋)	/	/	/	/
Green Care Series - FloorPro 环保系列-地板专家	/			
Green Care Series - Toiletpro 环保系列-厕所专家	/			
Low Fat Milk Powder 低脂牛奶粉	/	/	/	/
Nature's Gift N.Zimes PA Plus™ 胰酶(植物)添加素	/			
NL APW Drain Valve 纯水蒸馏器废水阀	/	/		
NL APW Filter (T33) 纯水蒸馏器过滤器(T33)	/	/		
NL APW Gasket 纯水蒸馏器垫圈	/	/		
NL APW Heater (240V) 纯水蒸馏器加热器(240瓦特)	/	/		
Pure Water Distiller with Glass Bottle 纯正蒸馏水机(随附玻璃瓶)	/	/	/	/
PW Activated Charcoal 纯正蒸馏水机活性炭	/	/	/	/
PW Filter Housing for Glass Bottle 纯水蒸馏器(玻璃瓶)胶壳	/	/	/	/
PW Glass Bottle 纯水蒸馏玻璃瓶	/	/	/	/
PW PP Bottle 纯水蒸馏聚丙烯塑料瓶	/			
PW Residue Cleaner 纯正蒸馏水机清水滤渣剂	/	/	/	/
Yoghurt Starter 酸乳酪酵母	/	/	/	/



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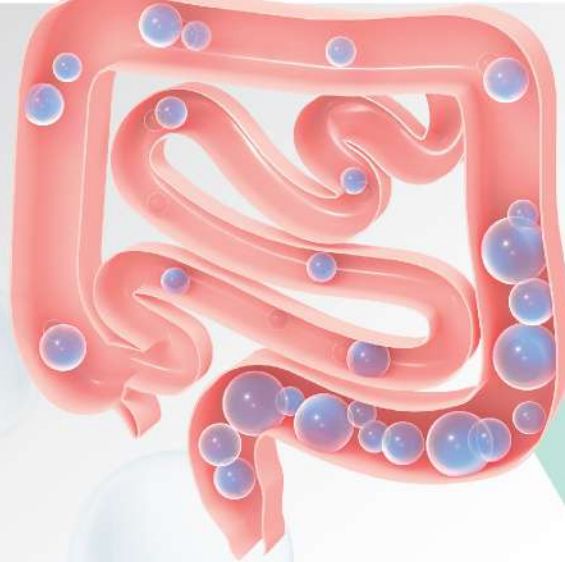
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# THE BEST REMEDIES FOR BETTER DIGESTION

## 促进消化的最佳家居疗法



Are you experiencing gas, pain or discomfort after meals? Instead of relying on antacids, try using these remedies to improve your digestion.

饭后感到胀气、疼痛或不适？不要依赖抗酸剂，试试使用自然疗法来改善消化。



**N.ZIMES PA PLUS™** is a proprietary blend specially formulated for digestive support. The name "PA" denotes "pancreatin alternative". In other words, it replaces the missing/lacking digestive enzymes made by the pancreas. **N.ZIMES PA PLUS™** consists of 5 types of enzymes that are required to digest and break down proteins, carbohydrates, lactose, fat/oils and fibre. **N.ZIMES PA PLUS™** is 100% plant based; suitable for vegetarians. It is sourced from the highest quality ingredients and is guaranteed free of GMO.

### 酶

我们需要酶来消化食物和吸收营养。由于现代饮食大多是高度加工和煮熟的食物，在我们当中，许多人没有能力产生身体所需要的消化酶。

很多人患有胰腺功能不全却不自知。胰腺功能不全的人不能产生足够的消化酶。最终导致营养不良、消化不良、湿疹和许多其他疾病。

**胰酶(植物)添加素**是一个专为消化支持而配制的专利配方，它是一种另类胰酶替代物。换句话说，它填补代替了原本应该由胰腺制造的消化酶的缺失。本产品经过特别配制，可提供消化道广泛的支持功能。**胰酶(植物)添加素**含有五种酶，是消化和分解蛋白质、碳水化合物、乳糖、脂肪或油脂和纤维所必需的。**胰酶(植物)添加素**是100%植物性；适合素食者食用。取自最高质量的成分，保证不含转基因物质。

### CHAMOMILE

Chamomile is an age-old home remedy for indigestion. It calms the stomach, soothes spasms in the intestinal tract and promotes sleep. This is due to an antioxidant known as apigenin. Therefore, the ideal time to have a cup of chamomile tea is in the evening (but not right after dinner).

### 洋甘菊

洋甘菊是一种有助缓解消化不良的悠久家居疗法。它能镇静胃，缓解肠道痉挛，促进睡眠。这是由于它包含一种叫做芹菜素的抗氧化剂。饮用甘菊茶的理想时间是在晚上，但避免在晚餐后立即饮用。



### GINGER

Ginger is famous for settling stomach upset and improving digestion. Adding ginger to your cooking, juices or drinking it as a tea may help.

### 生姜

众所周知，生姜可以缓解胃不适和消化不良。在烹饪时或榨汁时用姜，或喝姜茶会有帮助。



### ENZYMES

We need enzymes to digest and unlock nutrients from the food that we eat. With modern day diets of mostly highly processed and cooked food, some of us end up with the impaired ability to produce the digestive enzymes needed by the body.

Many people have pancreatic insufficiency without knowing it. People with pancreatic insufficiency do not produce enough digestive enzymes. Eventually this leads to malnutrition, indigestion, eczema and many other diseases.





## PROBIOTICS

There are up to 1,000 species of bacteria in the human gut microbiome, and each of them plays a different role in your body. Most of them are extremely important for your health, while others may cause disease. The good bacteria, also known as probiotics, are needed to maintain the balance of good and bad bacteria.

An imbalance of unhealthy and healthy microbes in the intestines may contribute to weight gain, high blood sugar, high cholesterol and other disorders.

In addition to that, probiotics also help in the digestion of food and help protect the walls of the intestines to prevent bad bacteria from being absorbed in the blood.

Probiotics can be found in food like yoghurt, cottage cheese, kombucha, tempeh, fermented sauerkraut, kimchi or miso. However, please be careful with sauerkraut, kimchi or miso if you are on a salt/sodium-restricted diet.

Taking **IMMUFLORA**® on a daily basis is another way to balance the amount of probiotics that the body requires. In addition to probiotics, **IMMUFLORA**® also contains prebiotics. Prebiotics are fuel for good bacteria to multiply and grow in our digestive system.



## 益生菌

人类肠道微生物群中有多达1000种细菌，每一种都在人体中发挥着不同的作用。其中大多数对我们的健康非常重要，而其他的可能会导致疾病。友好细菌，也被称为益生菌，是维持有益菌和有害菌平衡所必需的。

肠道内不健康和健康微生物的不平衡可能会导致体重增加、高血糖、高胆固醇和其他疾病。

除此之外，益生菌还有助于食物的消化，帮助保护肠壁，防止坏细菌被血液吸收。

益生菌可以在酸奶、白干酪、康普茶、豆豉、德国泡菜、韩国泡菜或味噌等食物中找到。但是，如果需要限制盐或钠的摄入，请小心德国泡菜、韩国泡菜或味噌。

每天服用**免疫激菌植**是另一种补充身体每天需要的益生菌量的方式。除了益生菌，**免疫激菌植**还含有益生元。益生元是有益细菌在我们消化系统中繁殖和生长的燃料。



## PEPPERMINT

Treat yourself to a few cups of peppermint tea between meals. It soothes intestinal muscle spasms and helps relieve nausea.

## 薄荷

在两餐之间喝几杯薄荷茶，能帮助缓解肠道肌肉痉挛，减轻恶心。



## APPLE CIDER VINEGAR

Try drinking a teaspoon of apple cider vinegar mixed with a half-cup of water. It will help you digest the food if you don't have enough acid in your stomach. You can add a little honey to sweeten the taste. This works well after a large meal but wait at least after half an hour.

## 苹果醋

将一茶匙苹果醋和半杯水混合喝下。如果没有足够的胃酸，苹果醋可以帮助消化。可以加一点蜂蜜来增加甜味。在一顿大餐后喝苹果醋很有效，但要在饭后至少等半个小时。

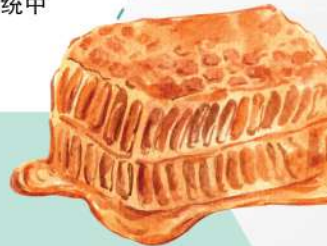


## MANUKA HONEY

Manuka Honey contains several enzymes which aid in faster digestion and take the strain off the digestive system. These enzymes help in enhancing the digestion of carbohydrates and sugars. It also contains prebiotics which are food for friendly bacteria.

## 马努加蜂蜜

马努加蜂蜜含几种酶，有助于加快消化，减轻消化系统的压力。这些酶有助于促进碳水化合物和糖的消化。马努加蜂蜜还含有益生元，这是有益细菌的食物。



## SUMMARY 总结

Healthy digestion is vital to our overall health and is linked to our immune system, mood, mental health, autoimmune diseases, endocrine diseases, skin conditions, and cancer among other things.

Give your digestive system the support it needs now.

健康的消化对我们的整体健康至关重要，与我们的免疫系统、情绪、心理健康、自身免疫疾病、内分泌疾病、皮肤状况和癌症等都紧密相关。

尽早好好照顾您的消化系统。

# Healthy Gut, Healthy Digestion, Healthy You!

## 健康的肠道，健康的消化，健康的您！

Did you know that there is a difference between “gut health” and “digestive health”? Although they are related, the impact of gut health is significantly broader than just how well you digest food.

In this article, we hope to give you some helpful insights on how gut health is different from digestive health and how you can improve your gut health.

### An Overview of Digestive Health

First, let us start with understanding how digestion works.

When we eat, our teeth tear up and mash the food. Then our saliva starts to break down the food. This is the first critical step in digestion and the reason why you have often been told to chew your food thoroughly.

The esophagus carries food from the mouth to the stomach where acid and enzymes digest the food. From the stomach, food enters the small intestine where it is further broken down by digestive enzymes produced by the pancreas and bile acids released from the gallbladder. The small intestine absorbs the digested nutrients and passes the undigested food to the colon for further digestion primarily by bacteria. Finally, the waste is expelled from the body.

As a broad rule, moving the bowels three times a day to three times a week is considered normal. Faeces should be well-formed, not watery, and should not include bits of undigested food.

Unfortunately, at some point, most of us have experienced digestive problems like the ones below:

- Constipation
- Diarrhoea
- Excessive gas
- Excessive bloating
- General discomfort

When these symptoms persist, they may be a sign of an underlying problem that needs medical attention. If left unattended, they can lead to more chronic, debilitating digestive diseases and disorders down the road such as:

- Celiac disease
- Crohn's disease
- Ulcerative colitis
- Diverticulitis
- Irritable bowel disease
- Gallstones
- Irritable bowel syndrome
- Gastroesophageal reflux
- Food sensitivities or allergies

Healthy digestion is important! There are many foods and remedies that can help to improve digestion and minimize potential digestive problems. Please turn to page 4 for more information on this topic.



您知道肠道健康和消化健康是有区别的吗？虽然它们是相关的，但肠道健康的影响力要比您消化食物的能力更广泛而深远得多。

在这篇文章中，我们希望能给您解释一下，肠道健康与消化健康如何不同，以及如何改善您的肠道健康。

### 消化系统健康概述

首先，让我们来了解消化系统是如何运作的。

当我们进食时，我们的牙齿会撕裂并咬碎食物。接着，我们的唾液便会开始分解食物。这是消化过程最关键的第一步，也就是为什么您经常被劝知要彻底咀嚼食物的原因。

食物从口腔通过食道进入胃后，胃酸和酶就会开始分解食物。接着食物会进入小肠，由胰腺和胆囊释出的消化酶与胆汁将会对食物进一步分解。小肠吸收分解出来的养分后，便会将其余还没被分解的食物输送到结肠，主要由细菌再进一步分解。最后，废物将被排出体外。

一般来说，一天三次到一周三次的排便频次算是正常的。粪便的成形应该是完整的，不是水状的，不应该还有未消化的食物。

不幸的是，我们大多数人在某些时候都经历过一些消化问题如下：

- 便秘
- 腹泻
- 消化道里有过多的气体
- 过度胃胀
- 全身不适

当这些症状持续存在时，这可能是一个需要医疗关注的潜在问题的迹象。如果不加以照顾，它们可能会导致更慢性的、使人衰弱的消化系统疾病和疾病，例如：

- 乳糜泻
- 克罗恩氏症(节段性回肠炎)
- 溃疡性结肠炎
- 憩室炎
- 肠易激疾病
- 胆结石
- 肠易激综合征
- 胃食管反流
- 食物敏感或过敏

健康的消化是非常重要的！有很多食物和家庭疗法可以帮助改善消化，预防消化问题。请翻到第四页来了解更多关于这个主题的信息。

## How Digestive Health Is Impacted by Gut Health

The large intestine (a.k.a. the colon or simply called the 'gut') is the last stop of the digestion train and has an enormous impact on digestive health.

When the large intestine receives food from the small intestine, the food has been liquified by the digestive process and most of the nutrients have been absorbed. The colon's job is to dehydrate what is left of the food and form it into stool. It does this by slowly absorbing water and electrolytes as its muscle system moves the waste along. Meanwhile, the bacteria living in the colon feed on the waste and break it down further, completing the chemical part of the digestive process.

These gut microbiotas are also equipped with enzymes to break down specific food ingredients like the prebiotic fibres that bypasses digestion in the stomach and the small intestine. These prebiotic fibres are fuel to the gut microbiotas and make them grow stronger. During this process, gut microbiotas ferment and change prebiotics into metabolites, such as short-chain fatty acids, which are important to bowel health and may protect against cancer. These fatty acids are also absorbed into the bloodstream and may play a role in lowering blood cholesterol levels.

Through this digestive process, these beneficial bacteria also help regulate bowel movement and produce antibiotics to fight off bad bacteria. They also strengthen the gut walls, which support healthy digestion and protect the rest of the body from potential pathogens.

The gut microbiome comprises many species of bacteria. Most of which are helpful to our digestion and our general health, but there are also bad bacteria found in the gut that can cause harm.

When the "good" bacteria are flourishing, they eradicate the "bad" ones that can wreak havoc on your digestion. However, when the good bacteria are not strong enough, the bad bacteria are left unchecked. When this happens, the bad bacteria in the gut can use your nutrients to feed themselves and grow stronger. This can leave you more prone to a host of health conditions including allergies and food sensitivities; disruption to your digestive system such as small intestine bacterial overgrowth; and in serious cases, autoimmune conditions such as leaky gut, Crohn's disease, irritable bowel syndrome (IBS), ulcerative colitis and celiac disease.

## Gut Health Is WAY Broader than Just "Good Digestion"

Ultimately, gut health encompasses digestive health. Keeping your digestive process operating smoothly is just the initial, localized effect of a healthy gut. The full impact of a strong gut microbiome extends far beyond digestion.

Based on recent advancements in science, technology, and research, we now know that the gut determines the health of just about every other part of our body. Its strength is critical for preventing diseases and promoting overall well-being.

When we possess good gut health, we experience:

- good digestion
- effective absorption of nutrients
- a wide range of flourishing gut microbiota
- a robust immune system
- lowered levels of inflammation
- improved heart health
- steady blood sugar levels
- steady weight control

That is why we emphasize on keeping our gut microbiome populated and balanced with the most beneficial bacteria (probiotics) and promoting their growth with prebiotics.

## 肠道健康如何影响消化健康

大肠(又称结肠)是消化过程的最后一站,对消化健康有着巨大的影响。

当大肠从小肠接收食物时,食物已经被消化过程液化,大部分营养物质已经被吸收。结肠的工作是将食物中剩余的水分脱水,并在其肌肉系统将废物移动的同时,通过缓慢吸收水分和电解质将其形成粪便。与此同时,活在结肠中的细菌以这些废物为食,并将其进一步分解,完成消化过程的化学部分。

这些肠道菌群还具有分解特定食物成分的酶,比如绕过胃和小肠尚未被消化的益生元纤维。这些益生元纤维是肠道菌群的燃料,使它们生长得更强壮。在这一过程中,肠道微生物发酵并将益生元转化为代谢产物,如短链脂肪酸,这对肠道健康很重要,可能有助于预防癌症。这些脂肪酸也会被血液吸收,并可能在降低血液胆固醇水平方面发挥作用。

通过这一消化过程,这些有益细菌也有助于调节肠道运动,并产生抗生素来对抗有害细菌。它们还能加强肠壁,帮助健康消化,保护身体其他部位免受潜在病原体的侵害。

肠道微生物群由多种细菌组成。其中大部分对我们的消化和我们的一般健康都是有益的,但也有一些有害的细菌存在于肠道中,可以造成伤害。

当“好”细菌大量繁殖时,它们就会消灭那些对您的消化系统造成严重破坏的“坏”细菌。然而,当好细菌不够强大时,坏细菌就无法得到控制。当这种情况发生时,肠道中的坏细菌会利用您的营养来养活自己,变得更强大。这会让您更容易患上一系列健康问题,包括过敏和食物过敏;消化系统紊乱,如小肠细菌过度生长;严重的是自身免疫疾病,如肠漏、克罗恩氏症、肠易激综合症、溃疡性结肠炎和乳糜泻。

## 肠道健康不仅仅是一个“好的消化过程”

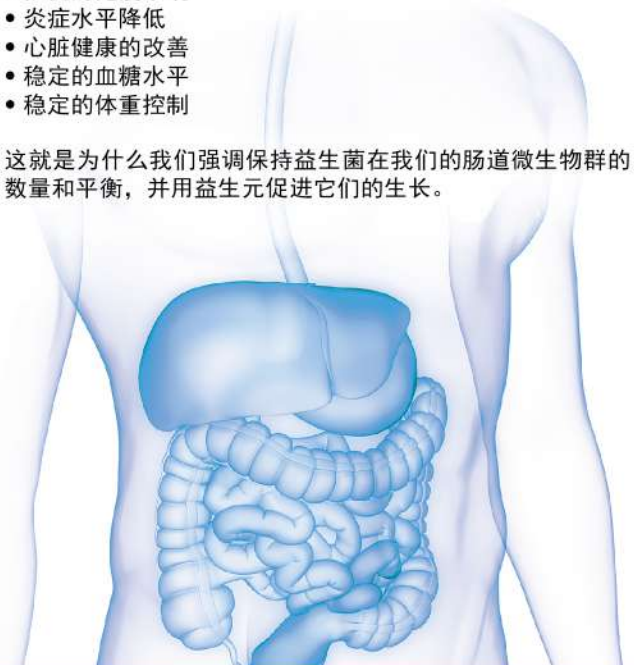
总之,肠道健康就包括了消化健康。保持消化过程的顺利运行仅仅只是健康的肠道最基本且局部的效应。强大的肠道微生物群的全面影响远远大于一个消化过程。

根据近来科学、科技及研究的最新报导,我们现在已可以很好的了解肠道几乎影响着我们身体其他部位的健康。它的强度对于预防疾病及提升全身健康程度至关重要。

当我们拥有良好的肠道健康时,我们就能体验到:

- 良好的消化
- 有效的营养吸收
- 旺盛的肠道微生物群
- 强健的免疫系统
- 炎症水平降低
- 心脏健康的改善
- 稳定的血糖水平
- 稳定的体重控制

这就是为什么我们强调保持益生菌在我们的肠道微生物群的数量和平衡,并用益生元促进它们的生长。



Some foods and supplements with probiotic cultures, which are intended to be "helpful" in improving digestive health, are ineffective and unable to make much of a difference. This is because digestive enzymes and acids in our digestive process break down most probiotic food and supplements before they can even reach the gut.

It's important to do your research and look out for probiotic solutions that can make it to the gut where they can make a difference in your digestive health and overall gut health. Here are two of our SUPERSTAR products that give you the solution:

- **NewLife™ Immuflo®** is specially formulated to be able to reach your gut intact so that it can increase the good bacteria in your gut and at the same time provide prebiotics for the good bacteria to repopulate.
- **NewLife™ Herbal Klenz** not only contains natural fibre that promotes healthy bowel movement but also prebiotic fibre that is important for a healthy, thriving gut microbiome.

一些含有所谓“有助于”改善肠道健康的益生菌培养物的食物和补充剂，实际上并毫无效用，不能造成多大的改善。这是因为大多数的益生菌食物与补充剂，在进入我们的结肠前，就已被我们的消化酶和胃酸在消化过程中分解了。

重要的是要做研究，寻找能完好无损到达肠道的益生菌解决方案，它们才能对您的消化系统健康和整体肠道健康产生影响。以下是我们的两个超级产品，可以为您提供全面解决方案：

- **新生命免疫激菌植**经过特殊配制，能够完整无损地进入您的肠道，从而增加肠道中的有益细菌。同时，也提供益生元，作为有益细菌的食物，让它们茁壮成长。
- **新生命天然净化粉**不仅含有能促进肠道蠕动的天然纤维，也含有对促进健康、旺盛的肠道菌群极为重要的益生元纤维。



When the good bacteria in your gut are thriving, you will feel a difference in your health right away. Besides taking **NewLife™ Immuflo®** and **Herbal Klenz** daily, there are other simple steps that you can take to keep your gut healthy and happy:

当肠道内的有益菌大量繁殖时，您就能马上感觉到健康状况的改善。除了每天服用**新生命免疫激菌植**和**天然净化粉**，您还可以采取其他简单的步骤来保持肠道健康：

## 01

### Eat More Fibre | 多吃纤维

Fibre helps keep the colon healthy by speeding up the transit time through the body. A faster transit time means any toxins taken in spend less time in the body. Fibre also helps remove the bad bacteria and toxins from the colon.

Make sure you include a variety of:

- Soluble fibre (such as beans, lentils, peas, fruits, and veggies), which absorbs toxins and unneeded cholesterol;
- Insoluble fibre (such as nuts, seeds, whole grains, fruit skins, green veggies), which speeds up elimination, and;
- Prebiotic fibre (such as brown rice, seeds, leeks, asparagus, onions, garlic, bananas, artichokes, chicory root, yacon root, citrus, berries, plums, apples), which pass through the GI tract undigested and stimulate the growth and activity of certain good bacteria in the large intestine.

纤维有助于保持结肠健康，加快在体内的传输时间。更快的传输时间意味着任何被吸收的毒素在体内停留的时间更短。纤维还有助于清除结肠中的有害细菌和毒素。

请确保摄入这些健康的纤维：

- 可溶性纤维(如豆类、扁豆、豌豆、水果和蔬菜)，它们能吸收毒素和不必要的胆固醇；
- 不溶性纤维(如坚果、种子、全谷物、果皮、绿色蔬菜)，可以加速排泄；
- 益生元纤维(如糙米、种子、韭菜、芦笋、洋葱、大蒜、香蕉、洋葱、菊苣根、雪梨根、柑橘、浆果、李子、苹果)，它们经过消化系统时没被消化酶分解吸收，完整到达大肠道，为益生菌提供燃料，刺激它们的生长和活动。





02



## Drink More Water | 多喝水

Always be sure to increase your water intake along with your fibre. Water helps fibre move through your digestive tract and can prevent the initial onset of symptoms that can result from adding more fibre to your diet such as gas, bloating, or abdominal cramping.

Practically speaking, when adding fibre to your diet, drink two glasses of water first thing in the morning instead of one. Also, add an extra glass of water in the afternoon and another before you go to bed.

However, there is one type of water you should avoid—alkaline water, which may neutralise the hydrochloric acid in the stomach and end up reducing the strength of stomach acid present in the stomach. This may cause heartburn, gas and bloating.

Drinking distilled water is what we recommend as it provides the purest form of water available for the purpose of hydrating the body.

在增加纤维的同时，一定也要确保增加水分的摄入。水可以帮助纤维顺通消化道，并可以防止由于增加饮食纤维而可能引起的症状，如胀气、腹胀或腹部绞痛。

最实际的方法是，当增加饮食纤维时，早上第一件事就是要喝两杯水而不是一杯。另外，下午多喝一杯水，睡觉前再喝一杯。

但是，有一种水您应该避免喝，那就是碱性水。因为碱性水会中和胃里的盐酸，降低胃酸的强度。这可能会导致胃灼热、胀气和腹胀。

我们建议饮用蒸馏水，因为它可以为身体提供最纯净的水。

## Manage Your Stress | 管理压力

Too much stress can take a mental and physical toll on your body—causing problems in your gut. The effect that stress has on your gut depends on the length of time you are experiencing stress and your body's resilience to stress:

- Short-term stress can cause you to lose your appetite and your digestion to slow down.
- Long-term stress can trigger gastrointestinal (GI) issues, like constipation, diarrhoea, indigestion, or an upset stomach.
- Chronic stress may lead to more serious issues, like irritable bowel syndrome and other GI disorders.

Take time out for yourself to de-stress and relax.

太多的压力会带来精神和身体上的伤害，包括肠道问题。压力对肠道的影晌取决于您经历压力的时间长短和身体对压力的适应能力：

- 短期的压力会导致您失去胃口，消化速度减慢。
- 长期的压力会引发胃肠道问题，如便秘、腹泻、消化不良或胃不舒服。
- 慢性压力可能会导致更严重的问题，如肠易激综合症和其他胃肠道紊乱。

花点时间给自己减压和放松。

03



04



## Exercise | 运动

Yes, exercise is good for just about everything, including gut health! Having strong muscle tone around the abdomen helps move food through the digestive tract. Regular exercise can improve digestion, even if you do not change what you eat! Make sure to add 30-40 minutes of moderate exercise into each day such as brisk walking, running, swimming, resistance exercises or rebounding.

是的，运动对一切都有好处，包括肠道健康！腹部周围强健的肌肉有助于食物以适当的速度通过消化道。即使您不改变饮食，有规律的锻炼在很大程度上也可以改善消化！确保自己每天有30-40分钟的适度运动，如快走，跑步，游泳，阻力练习或弹跳。

NEW &  
IMPROVED!  
全新改良配方!

# HERBAL KLENZ

Natural Fibre and Herbal Detoxifying Blend

## 天然净化粉

天然纤维与排毒草药混合物

The connection between a healthy colon and a healthy body is undeniable—80% of diseases can be traced to poor gut health, which makes this organ really important. Constipation can lead to all sorts of problems such as lowered immunity, weight gain, bloating, digestive problems, and even increase your risk of developing colon cancer.

The most common cause of constipation is a lack of dietary fibre. In addition, most people consume a diet high in refined starches from white rice and white flour products. These refined starches have had their fibre content removed in order to improve taste and shelf life. As a result, this lack of fibre causes these foods to move too slowly through the digestive system, or even get plastered along the inner walls of the colon to form "encrustations". Long term, this can have disastrous effects on the digestive health and the health of the entire body.

Daily fibre supplementation is essential in order to maintain a healthy gut and keep the whole body in great shape—which is where the magic of **HERBAL KLENZ** comes in! Our **NEW & IMPROVED HERBAL KLENZ** contains not just the ingredients that you know and love, but some additional ingredients that give even MORE benefits than just digestive health. Read on to find out what these new ingredients are and what they can do for you.

健康的结肠与健康的身体之间的联系是不可否认的—80%的疾病都可以追溯到不健康的肠道，这使得这个器官非常重要。便秘可导致一系列的问题，其中包括免疫力下降、体重增加、腹胀、消化问题，甚至会引起患上结肠癌的风险。

导致便秘最常见的原因就是缺乏膳食纤维。再加上，许多人的饮食中都含有大量的精制淀粉，这些淀粉来自白米和面粉类产品。为了改善口味及延长保鲜期，这些食物中的纤维都已被去除，导致它们在消化系统中移动缓慢，甚至会粘在结肠内壁上，形成宿便。长期下来，这将会对消化健康以及整体健康带来灾难性的影响。

每日补充纤维对于维持健康的肠道和保持整体健康良好至关重要—这就是**天然净化粉**的神奇功效！我们**最新改良的天然净化粉**不仅含有您认识、喜爱的成分，还添加了新成分，它们能为您带来除了消化健康外的更多益处。请继续阅读，了解这些新添加的成分，以及它们将为您带来的效益。

## BENEFITS | 效益

Cleanses your digestive tract by removing accumulated encrustations  
清洁消化道 排除宿便

Increases nutrients absorption  
加营养素的吸收

Removes the gluey layers covering the villi of the small intestines  
清除覆盖在小肠绒毛上的胶状层

Promotes healthy regular bowel movement  
促进排便规律

Reduces inflammatory effectors  
减少炎症效应

Regulates blood sugar  
调节血糖

Removes heavy metal toxins  
去除重金属毒素

Relieves constipation without any laxative effect  
缓解便秘 无泻药作用

Reduces blood cholesterol and triglycerides  
降低血液胆固醇和甘油三酯

Reduces fat retention and promotes weight loss  
减少脂肪滞留 有助减肥

Available in Singapore. Coming soon to Malaysia!  
已在新加坡出售。即将在马来西亚推出!

# INGREDIENTS | 成分

PSYLLIUM HUSK 洋车前子壳



One of the world's most used herbs, universally recognised as a premier dietary fibre. It is bulk forming to cleanse the colon and has prebiotic effects. In addition, it can help to lower blood sugar and cholesterol levels, promote weight loss and treat both constipation and diarrhoea.

世界上最常用的草药之一，被公认为首要膳食纤维。它可充分吸收水分，增大体积至可排泄团块，增加肠道蠕动，清洁您的结肠，也具有益生元作用。此外，它能帮助您降低血糖及胆固醇水平、促进减肥，且能治疗便秘与腹泻。

A soluble fibre. Research has shown it has the ability to cleanse out heavy metal toxicity from the digestive system. It also offers a variety of health benefits that include: prebiotic effects, anticancer effects as well as lowering of both cholesterol and blood sugar. Some research has also shown that it may be able to improve iron absorption and help those with acid reflux.

一种可溶性纤维。研究表明，它具有清除消化系统内的重金属毒素的能力。同时，它还提供其他健康益处包括：益生元效应、抗癌效应，以及降低胆固醇与血糖水平。一些研究也表明，它能帮助改善铁的吸收，并帮助那些有胃酸倒流的患者。

APPLE PECTIN 苹果果胶



A medicinal herb that can be used for treating constipation, kidney stones, urinary tract infections and various gastrointestinal problems. Scientists have discovered two substances from this herb that help reduce inflammation, varicose veins and haemorrhoids.

一个能治疗便秘、肾结石、尿道发炎及各种肠胃问题的药草。科学家发现这药草内有两种物质，可以帮助减少炎症、静脉曲张及痔疮。

BUTCHER'S BROOM 金雀花



A natural demulcent that helps to soothe and reduce inflammation in the stomach and intestinal linings. Has mucoprotective properties and can be used to treat ulcerative colitis, diverticulitis, Crohn's disease, constipation, diarrhoea and IBS. Can also help to relieve pain and inflammation in the urinary tract.

一种有助于舒缓及减少胃和肠内壁炎症的天然镇痛剂。具有保护黏膜的属性，能用于治疗溃疡性结肠炎、憩室炎、克隆氏症、便秘、腹泻以及肠易激综合症。此外，也能帮助缓解泌尿道的疼痛及炎症。

SLIPPERY ELM 滑榆皮



NEW  
新添加

FENNEL SEED 茴香籽



NEW  
新添加

In addition to being an excellent source of vitamins and minerals, fennel seed helps to improve digestion by stimulating the secretion of digestive juices and enzymes. It also has anti-inflammatory effects and is very helpful for constipation, indigestion, bloating and IBS. It is also high in fibre and acts as a natural antacid.

除了是个很好的维他命及矿物质来源外，茴香籽也能通过刺激消化液和酶的分泌，帮助改善消化。它也具备抗炎作用，对于改善便秘、消化不良、腹胀及肠易激综合症很有帮助。同时，含有高纤维的茴香籽也能作为天然的抗酸剂。

A soluble prebiotic fibre that feeds intestinal probiotics (good bacteria) so that they can thrive and repopulate. Probiotics utilise inulin to produce important metabolites such as short-chain fatty acids which nourish the colon cells. These metabolites help to maintain proper pH in the gut, promote healthy lipid metabolism, and also discourage the growth of potentially harmful yeast, parasites and bacterial species living in the gut that can lead to a variety of symptoms including inflammation and reduced nutrient absorption. As inulin passes through the digestive system unabsorbed by digestive enzymes, it does not raise blood sugar and it takes along the toxin, waste, fat and cholesterol particles in the gut. Overall, inulin promotes gut health, curbs appetite and cravings, aids in weight loss, improves heart health, modulates endocrine and immune functions and promotes metabolic health due to its anti-inflammatory effects. Inulin also helps to increase the absorption of calcium, which may enhance bone mineralization and protect against disorders such as osteoporosis.

一种可溶性益生元纤维，为肠道益生菌（有益细菌）提供养分，使它们能够茁壮成长和繁殖。益生菌利用菊粉产生重要的代谢产物，如滋养结肠细胞的短链脂肪酸。这些代谢产物帮助维持肠道的酸碱值平衡、促进健康的脂质代谢、以及抑制肠道内潜在的有害酵母、寄生虫及细菌的生长。这些细菌会导致各种症状包括炎症和营养吸收减少在内。菊粉经过消化系统时没被消化酶分解吸收，因此它不会使血糖升高，并且会带走肠道内的毒素、废物、脂肪和胆固醇颗粒。总体来说，菊粉能促进肠道健康、抑制食欲、有助减肥、改善心脏健康、调节内分泌和免疫功能，并且因为它的抗炎作用，促进代谢健康。此外，菊粉也能帮助钙的适当吸收，从而增加骨骼矿化及预防骨质疏松症等疾病。

INULIN 菊粉



NEW  
新添加

...

# How to Create a Safe Home

## 如何创建一个安全的家



While keeping a clean home is part of living a healthy lifestyle, did you know that many household cleaners that we use everyday contain chemicals that are harmful to our health? Even common, seemingly harmless substances that we use can damage our health in the long run when we use them every day. It is not the one-time exposure that we are concerned about, but rather the long-term exposure from using these products at home.

As we know, exposure to chemicals or irritants can cause chronic inflammation in the body, and this is one of the most common (and unseen) contributors to chronic and degenerative diseases such as cancer and autoimmune diseases.

In this article, we will cover some of the most common dangerous substances and provide safer, more natural alternatives for your everyday use!

### 1. Volatile Organic Compounds (VOCs)

VOCs are gases that are emitted from some products when they are used. Breathing them in can irritate the eyes, nose, throat, cause breathing difficulty, and even affect the central nervous system, lungs and other organs. VOCs are commonly emitted from the following products:

- Aerosol spray products such as beauty and cleaning products
- Air fresheners
- Chlorine bleach
- Detergent and dish soap
- Furniture cleaners or polishers
- Oven cleaners

Any products that contain fragrances, irritants, or have “flammable” on the label are likely to contain harmful VOCs and should be avoided. Air fresheners should also be avoided.

### 2. Chlorine Gas

One of the most dangerous household chemicals is not one product, but actually a combination of when any product with bleach is mixed with any product that contains ammonia. This creates chlorine gas, which is extremely toxic. It is so dangerous that it can even cause chemical pneumonia and death if you are exposed to it in an enclosed space such as a bathroom.

Medical professionals deal with thousands of cases per year of injuries caused by this gas, and they warn that regular exposure can also increase the risk of childhood leukaemia.

The safest way would be to not use any products containing chlorine bleach in the home and instead opt for more natural alternatives for your cleaning needs.

保持家居清洁是健康生活方式的一部分，但是您是否知道我们每日使用的家庭清洁剂大多都含有危害健康的化学物质？即使是那些常见、看似无害的物质，长期每日使用，也有可能对我们的健康造成危害。我们担心的不是一次性接触，而是每日在家使用这些产品的长期接触。

众所周知，长期接触刺激物或化学物品可导致身体的慢性炎症，而这也是导致癌症和自体免疫性疾病等慢性及退化性疾病的最常见（且无形）的原因之一。

通过这篇文章，我们将会涵盖一些最常见的危险物质，并为您的日常所需建议一些更安全、更天然的替代品。

#### 1. 挥发性有机化合物 (VOC)

VOC是一些产品在被使用时所释放出来的气体。吸入它们可刺激眼睛、鼻子、喉咙、导致呼吸困难，甚至是影响中枢神经系统、肺等器官。以下产品通常都会释出VOC：

- 美容和清洁喷雾产品
- 空气清新剂
- 氯漂白剂
- 洗衣剂及洗碗剂
- 家具清洁剂或擦亮剂
- 烤箱清洁剂

任何含有香精、刺激物，或是有“易燃”标签的产品都很可能含有有害的VOC，所以都应该尽可能避免使用。此外，也应该避免使用空气清新剂。

#### 2. 氯气

其中一个最危险的家居化学物质并不是单一产品，而是当我们同时混合使用含有漂白剂的产品和含有氨的产品。这将会产生剧毒的氯气，非常危险。如果您在一个密室如浴室接触氯气，它甚至能导致化学性肺炎和死亡。

医疗专家每年处理数千起由氯气引起的伤亡病例，他们警告说经常接触这种气体会增加儿童患上白血症的风险。

最安全的方法就是不要在家中任何含有氯漂白剂的产品，而是选择更天然的替代品来满足您的清洁需求。



### 3. Personal care

The other things that we need to be watchful for are the beauty products that we put on our face or the products we use in the bathroom. This includes a long list of toothpastes, soaps, shampoos, deodorants, makeup products, lotions, creams, baby oils, etc.

While it is hard to measure exactly how bad the chemicals found in these products are for our health, we need to remember that daily exposure adds up over time and can lead to some health issues in the long run.

Most store-bought shampoos and soaps contain phthalates, sulphates, fragrances, or a plethora of other harmful chemicals that can be absorbed into the body through our skin. Many of these have similar effects as plastics where they can disrupt the endocrine system and cause inflammation in the body.

Baby powder should be avoided as well, particularly for babies, as inhalation can damage the lungs. Petroleum jelly is another substance that should be avoided as inhalation can cause gradual build-up in the lungs.

### 3. 个人护理用品

另外，我们需要注意的就是涂在脸上的美容产品，又或是在浴室使用的产品。这包括了牙膏、香皂、洗发水、除臭剂、化妆品、乳液、面霜、婴儿油等等。

虽然很难准确地测量这些产品中发现的化学物质究竟对我们的健康有多大的害处，但我们必须记住，随着每日的接触累积，长期下来它们很可能会造成一些健康问题。

大多数商店售卖的洗发水与香皂都含有邻苯二甲酸盐、硫酸盐、香精，或其他可以通过皮肤被身体吸收的有害物质。其中许多成分都与塑料有着相似的影响，它们能扰乱内分泌系统，同时也会造成体内炎症。

此外，也应该避免使用婴儿爽身粉，特别是婴儿。因为爽身粉若被吸入，将对肺部造成伤害。凡士林是另一个应该避免使用的产品，若长期吸入，它将在肺部逐渐堆积。



 <b>REPLACE THIS</b> 小心这些	 <b>WITH THIS</b> 用这些来取代
Chlorine bleach 氯气漂白剂	<b>NEWLIFE™ HYDROGEN PEROXIDE (H<sub>2</sub>O<sub>2</sub>)</b> While it may not have the bleaching powers of chemical chlorine bleach, H <sub>2</sub> O <sub>2</sub> does have mild bleaching effects and is great for disinfecting around the home without risk. <b>新生命过氧化氢 (H<sub>2</sub>O<sub>2</sub>)</b> 虽然它可能没有像化学氯漂白剂一样有很强的漂白作用，但H <sub>2</sub> O <sub>2</sub> 仍然有轻微的漂白效果，可以毫无风险地对家庭周围进行消毒。
Petroleum jelly 凡士林	<b>NEWLIFE™ EXTRA VIRGIN COCONUT OIL (EVCO)</b> EVCO can be used instead of petroleum jelly to sooth dryness, sores, or irritation on the skin. Petroleum jelly merely acts as a “barrier” while EVCO offers additional healing benefits. <b>新生命特级初榨纯鲜椰子油 (EVCO)</b> EVCO可以代替凡士林来缓解皮肤的干燥、疼痛或过敏。凡士林只是作为一个屏障，而EVCO提供了额外的愈合好处。
Toiletries 洗漱用品	<b>NEWLIFE™ ORGANIC CARE NATURAL SHAMPOO, FACE &amp; BODY SCRUB, EL-NATURAL TOOTHPASTE</b> and <b>CASTILE LIQUID CLEANSER</b> are all great natural, safe alternatives for daily use. <b>新生命有机养护纯天然洗发水、面部和身体磨砂膏、天然牙膏、卡士迪洗洁液</b> 天然又安全，都是很好的替代品。
Floor & toilet cleaners 地板和厕所清洁剂	<b>NEWLIFE™ GREEN CARE FLOORPRO</b> and <b>TOILETPRO</b> make excellent replacements for cleaners that contain dangerous chemicals for your daily housekeeping needs! <b>新生命环保系列的地板专家和厕所专家</b> 是很优秀的产品，可以取代那些含有危险化学品物质的清洁剂，满足您日常的家务需要！
Laundry detergent & dish soap 洗衣剂和洗碗剂	<b>NEWLIFE™ ASSURE LIQUID LAUNDRY DETERGENT</b> and <b>BIODEGRADABLE DISHWASH CONCENTRATE</b> are safe and economical options for your home. <b>新生命爱洁浓缩洗衣液和可生物分解洗碗液</b> 是您家庭安全又经济的选择。

# Smart Ways to Use HYDROGEN PEROXIDE Around the Home

## 如何在家巧妙使用过氧化氢

### What Is Hydrogen Peroxide?

Hydrogen peroxide is the chemical compound  $H_2O_2$ , made up of two hydrogen atoms and two oxygen atoms. It is a strong oxidizer and mild acid. It is very effective at breaking down protein and plant-based stains including bacteria, fungi and spores.

Hydrogen peroxide ( $H_2O_2$ ) is a pale blue liquid in its pure form. **NEWLIFE™ HYDROGEN PEROXIDE** is a 3%  $H_2O_2$  solution mixed with pure distilled water. This concentration works best for disinfecting, household cleaning and general use.

Here are some brilliant uses for  $H_2O_2$ :

### Sterilising Enema Set

It is important that you keep your enema equipment clean to avoid infection. After each use, clean well, sterilise with  $H_2O_2$  and hang the set to air dry.

### First Aid

$H_2O_2$  is a mild antiseptic that can be used on the skin to prevent infection of minor cuts, scrapes, abrasion and burns. It releases oxygen when it is applied to the affected area. This release of oxygen causes foaming, which helps to remove dead skin and disinfect the area.

Clean the affected area before applying a small amount of  $H_2O_2$  on the skin. Clean 1 to 3 times daily or as directed by your doctor. If you apply a bandage after using  $H_2O_2$ , let the area dry first.

### Dental Care

Soak toothbrushes, retainers and sports mouth guards in  $H_2O_2$  for roughly 3-5 minutes. Then rinse thoroughly with hot water. Store upright to air dry.

$H_2O_2$  can also be used as a mouth rinse to help remove mucus or to relieve minor mouth irritations (such as canker sores, cold sores, gingivitis). Mix  $H_2O_2$  with an equal amount of water, swish the solution in the mouth over the affected area for at least 1 minute, then spit out. Do not swallow.

### Ear Drop to Prevent Ear Infection

Earwax can trap water in your ear and cause infection. You can occasionally use  $H_2O_2$  to remove earwax. Lie down on your side and use a 3-5ml syringe or a medicine dropper to fill up the ear with  $H_2O_2$ . Let it bubble and fizz in the ear for up to five minutes. Then turn your head to the side and pull back on the top of your ear to tip solution out onto a tissue and allow it to drain properly. Repeat the process for your other ear.

### Breathe Cleaner

Air purifiers, dehumidifiers, humidifiers, diffusers and nebulisers can all be breeding grounds for moulds, yeast, fungus or bacteria. Without proper cleaning and care for your equipment, you may be inhaling harmful organisms. Sanitise them at least once a month by running a solution of half water and half  $H_2O_2$  through them.

### Disinfect Toys

To kill germs and bacteria, spray plastic toys with  $H_2O_2$ . Allow it to sit on the surfaces for a few minutes and then rinse with plain water.

### Make Your Own Fruit & Veggie Wash

Mix water and  $H_2O_2$  in a 1-to-1 ratio to make your own fruit & veggie wash. Spray or soak the produce in the solution, rinse, dry and enjoy.

### 什么是过氧化氢?

过氧化氢化学式是 $H_2O_2$ ，由两个氢原子和两个氧原子组成的化合物。它是一种强氧化剂，具弱酸性。它在分解蛋白质和植物性污渍（包括细菌、真菌和孢子）方面非常有效。

纯过氧化氢 ( $H_2O_2$ ) 是一种淡蓝色液体。新生命过氧化氢是3%过氧化氢溶液。这种浓度最适合消毒、家庭清洁和一般使用。

以下是 $H_2O_2$ 的一些巧妙用法：

### 消毒灌肠器具

保持灌肠器具清洁是非常重要的，以避免感染。每次使用后，清洗干净，用 $H_2O_2$ 消毒，挂起晾干。

### 清洗伤口

$H_2O_2$ 是一种温和的消毒剂，可用于皮肤上，以防止轻微的割伤、擦伤、擦伤和烧伤的感染。当您把 $H_2O_2$ 涂在患处时，它会释放氧气。氧气的释放会产生泡沫，这有助于去除死皮和消毒伤口。

清洗伤口后，涂上少量 $H_2O_2$ 消毒。每天消毒1-3次，或按照医生的指示。如果使用 $H_2O_2$ 后需要包扎伤口，请先让伤口表面变干。

### 牙齿护理

用 $H_2O_2$ 浸泡牙刷、保持器和防护牙托约3-5分钟。然后用热水彻底冲洗。直立存放晾干。

$H_2O_2$ 可以作为漱口水来帮助去除粘液或缓解轻微的口腔刺激（如口腔溃疡，唇疱疹，牙龈炎）。将 $H_2O_2$ 与等量的水混合稀释后来漱口，至少1分钟，然后吐出来。请勿吞食。

### 作滴耳剂防止耳朵感染发炎

耳垢会把水困在耳朵里引起感染。您可以偶尔用 $H_2O_2$ 去除耳垢。首先侧躺，用一个3-5毫升的注射器或药物滴管向耳朵中注入 $H_2O_2$ 。让它在耳朵里起泡和冒泡5分钟。然后将头转向一侧，向后拉耳朵顶部，让溶液倒流出来到纸巾上。对另一只耳朵重复这个过程。

### 净化室内空气

空气净化器、除湿器、加湿器、扩散器和雾化器都可能是霉菌、酵母、真菌或细菌的滋生地。如果没有适当的清洁和护理，您可能会吸入有害的微生物。加入等量的 $H_2O_2$ 与水，让器材运行。至少每月消毒一次。

### 消毒玩具

可向塑料玩具喷洒 $H_2O_2$ ，杀灭细菌。让 $H_2O_2$ 在表面停留几分钟，然后用清水冲洗。

### 自制水果和蔬菜清洗剂

将等份的水和 $H_2O_2$ 混合，自制水果和蔬菜清洗剂。喷洒在农产品上或将农产品浸泡在溶液中，用水冲洗，晾干，然后享用。



### Get Rid of Smelly Feet

Smelly feet are caused by odour-causing bacteria and they may cause embarrassment. Make a foot soak with one-part  $H_2O_2$  to three-parts warm water. The same treatment will help protect against spreading athlete's foot fungus and even soften calluses and corns.

### Whiten Discoloured Nails

Mix one-part  $H_2O_2$  to two-parts baking soda in a bowl to form a paste. It will foam a bit. When it stops, spread the paste over and under your nails. Let it work for three minutes then rinse with plain water.

### Kill Dust Mites

Dust mites thrive on the small bits of skin we shed in our homes, particularly on the mattress. Give your mattress a spray with equal parts  $H_2O_2$  and water to kill the insects. Allow the mattress to dry completely before remaking the bed with clean bedding.

### Sanitize Beauty and Manicure Tools

Each time you use tweezers, manicure or pedicure tools and eyelash curlers, they come in contact with bacteria. A dip or rub-down with a bit of  $H_2O_2$  will sanitize the tools.

### Freshen and Disinfect Kitchen Sponges and Cutting Boards

Kitchen sponges and cutting boards can harbour bacteria, including E. coli and Salmonella. Disinfecting your kitchen sponges and cutting boards daily with a solution of water and  $H_2O_2$  in a 1-to-1 ratio will keep them safe for use.

### Sanitize Your Refrigerator

After you have cleaned out your refrigerator, spray the inside with  $H_2O_2$  to kill any lingering bacteria. Let it work for several minutes and then wipe down with plain water.

### Brighten Discoloured Cookware

Mix a few teaspoons of baking soda and some  $H_2O_2$  to make a paste. Spread the paste on the interior of discoloured ceramic-coated cookware. This will help lighten stains and gently clean the surface.

### Clean Tile Grout

Grout between the bathroom and kitchen tiles not only gets dirty, but can also get covered with mildew. One of the best ways to kill the fungus is  $H_2O_2$ . To whiten grout, mix a paste of baking soda and  $H_2O_2$ . Spread it on the tile (it will also help cut through soap scum) and let it work for five minutes. Wipe away with plain water to see the sparkle.

### Clean and Sanitize Toilet Bowls

Pour a half-cup of  $H_2O_2$  into the toilet and let it sit for about 30 minutes. Then use a toilet brush to scrub any leftover stains or discoloration. Flush, and you are done!

### Put a Shine on Mirrors and Windows

A spray of  $H_2O_2$  and a wipe down with a lint-free microfiber cloth will give you streak-free mirrors and windows.

### Safer Substitute for Chlorine Bleach

Instead of using chlorine bleach, add some  $H_2O_2$  to a load of dirty white clothes. Add another cup of  $H_2O_2$  to the machine before washing.

To get rid of sweat stains on white shirts, mix  $\frac{1}{4}$  cup  $H_2O_2$ ,  $\frac{1}{4}$  cup baking soda and  $\frac{1}{4}$  cup water in a bowl and use a soft-bristled brush to work the solution into the collar and underarm section, allow it to sit for at least 30 minutes. Give it one more final scrub with the brush and then wash as usual.

### Give Your Garden a Boost

Fertilise plants: that extra oxygen molecule in  $H_2O_2$  boosts a plant's ability to absorb nutrients from the soil. Mix one-part  $H_2O_2$  with four-parts room-temperature water. Use it right away to fertilize your plants.

Protect plants: insects, fungus, and plant diseases can easily be transferred from plant to plant. Use  $H_2O_2$  to sanitize garden tools after each use. You can also  $H_2O_2$  to mist your plants.

Note: the above suggestions are using **NEWLIFE™ HYDROGEN PEROXIDE**

### 去除脚臭

脚臭是由引起异味的细菌引起的，可让人很尴尬。用一份  $H_2O_2$  和三份温水泡脚。同样的治疗方法可以防止脚癣的传播，甚至可以软化老茧和鸡眼。

### 亮白变色的指甲

将一份  $H_2O_2$  和两份小苏打在碗中混合成糊状。它会起一点泡沫。当它停止时，把糊状物涂在指甲上和指甲下面。三分钟后用清水冲洗。

### 杀灭尘螨

家里有尘螨，因为它们以人类和宠物的死皮为食，尤其在床垫上最常见。将等量的  $H_2O_2$  和水混合，然后将溶液喷在床垫上。等到床垫完全干了，再铺上新的床单。

### 消毒美容和修甲工具

每次使用眉夹、修指甲和修指甲器具或睫毛夹时，它们都会接触到细菌。用一点  $H_2O_2$  蘸一下或擦一下就可以给工具消毒了。

### 清洁和消毒厨房海绵和砧板

厨房海绵和砧板是有害细菌的温床，包括大肠杆菌和沙门氏菌等。每天用等份的水和  $H_2O_2$  混合，消毒海绵和砧板，就可以放心使用。

### 消毒冰箱

清理完冰箱后，向里面喷洒  $H_2O_2$  以杀死残留的细菌。让它工作几分钟，然后用清水擦拭。

### 清洗糊锅

将几茶匙小苏打和一些  $H_2O_2$  混合搅匀成糊状。将糊状物涂在变色的陶瓷炊具内部。这将有助于减轻污渍，轻轻地清洁表面。

### 干净瓷砖填缝

浴室和厨房瓷砖之间的填缝不仅容易变脏，而且还会滋生霉菌。杀死真菌的最好方法之一是  $H_2O_2$ 。要使瓷砖填缝变白，可以将小苏打和  $H_2O_2$  混合成糊状。把它铺在瓷砖上(也可清除皂垢)，让它工作5分钟。再用清水冲洗一遍，就能看到明亮光泽的瓷砖。

### 清洁马桶

在马桶中导入半杯的  $H_2O_2$ ，30分钟后用刷子刷，干净卫生。

### 清洗镜子

将  $H_2O_2$  喷在镜面上和玻璃窗上，用无绒超细纤维布轻擦，就能洁亮如新，不留条纹。

### 更安全的衣物漂白剂

不要用氯漂白剂，将肮脏的白色衣服浸泡在  $H_2O_2$ 。在洗涤前再加一杯  $H_2O_2$  到洗衣机中，就能摆脱泛黄啦！

要除白衬衫上的汗渍，可以在碗里混合  $\frac{1}{4}$  杯  $H_2O_2$ ， $\frac{1}{4}$  杯小苏打和  $\frac{1}{4}$  杯水。用软毛刷将溶液刷入衣领和腋下部分，静置至少30分钟。接着再用刷子刷一次，最后像平常一样清洗。

### 加速植物生长

施肥： $H_2O_2$  中多余的氧分子能提高植物从土壤中吸收养分的能力。将一份  $H_2O_2$  与四份室温水混合后，马上用来施肥。

保护植物：昆虫、真菌和植物疾病很容易在植物之间传播。每次使用园艺工具后，用  $H_2O_2$  消毒。也可以用  $H_2O_2$  给植物喷雾。

注：以上建议使用的是  
**新生命过氧化氢。**



Let Your Skin Glow! | 让您的皮肤焕发光彩!

NEWLIFE™ ORGANIC CARE  
**FACE & BODY**  
*Scrub*

新生命有机养护面部和身体磨砂膏

4 ACTIONS IN 1 BOTTLE | 一瓶磨砂膏四种作用与效益:



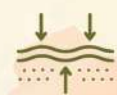
EXFOLIATING  
去角质



MOISTURISING  
保湿



BRIGHTENING  
亮肤



FIRMING  
紧致

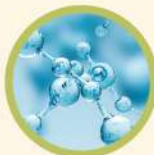
Fortified with radiance-boosting ingredients that gently exfoliate and support the process of skin cell regeneration!  
所包含的成分有助于提高光泽, 并能温和地去角质和协助皮肤细胞再生的过程!

• KEY INGREDIENTS | 关键成分 •



**OLIVE SEED BEADS 橄榄籽**

- 100% natural exfoliating particles from fruit pits and shells.
- Aid as a gentle exfoliant to remove dead skin cells and facilitate the natural skin renewal process.
- 来自果核和果壳, 100%天然去角质颗粒。
- 作为一种温和的去角质剂, 帮助去除死皮细胞, 促进皮肤的自然更新过程。



**HYALURONIC ACID 透明质酸**

- Helps to increase skin moisture retention and reduce the appearance of fine lines and wrinkles.
- 帮助皮肤保湿, 减少细纹和皱纹的出现。



**ORGANIC EXTRA VIRGIN COCONUT OIL 有机特级初榨椰子油**

- Promotes healing and reduces inflammation with powerful anti-aging properties.
- 具有强大的抗衰老特性, 促进愈合和减少炎症。



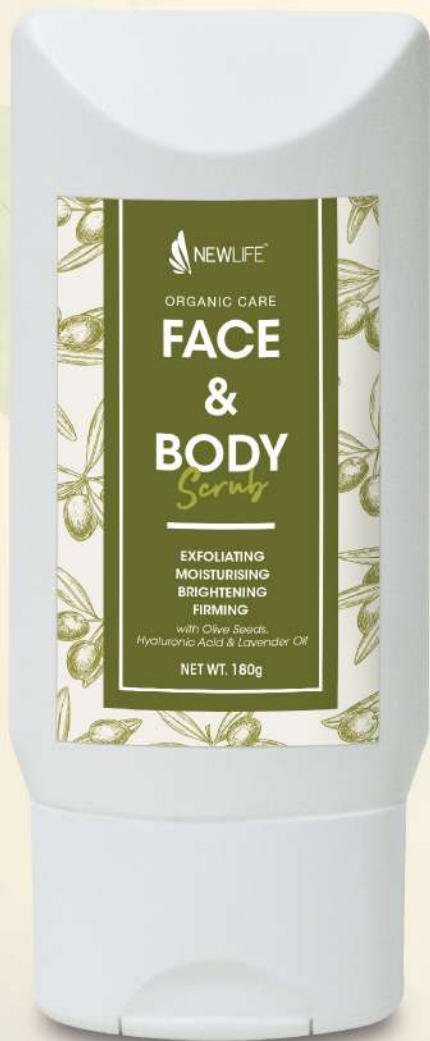
**LAVENDER OIL 薰衣草油**

- Lightens the skin by reducing inflammation and is a skin-soothing agent.
- 通过减少炎症来美白皮肤, 是一种皮肤舒缓剂。



**ORGANIC CASTOR OIL 有机蓖麻油**

- Improves overall moisture retention and stimulates collagen production.
- 改善整体保湿, 刺激皮肤胶原蛋白的产生。





# TOOTHPASTE WITH A DIFFERENCE!

## 9 Active Ingredients with No Harmful Chemicals

### 与众不同的牙膏!

#### 九种活性成分，不含有害化学物质

#### Tea Tree Oil 茶树油

Contains anti-inflammatory, antiseptic and antibiotic properties that help to:

- soothe your teeth and gums.
- protect from decay-causing bacteria and plaque.
- promote healing of infections in the teeth and gums.

含有消炎，抗菌和抗生素的特性，有助于：

- 舒缓牙齿和牙龈。
- 防止引起蛀牙的细菌和牙菌斑。
- 促进牙齿和牙龈感染的愈合。



#### Extra Virgin Coconut Oil 特级初榨椰子油

• Reduces bad bacteria while preventing gingivitis and tooth decay.

- Helps to prevent bad breath.
- 减少坏细菌，同时预防牙龈炎和蛀牙。
- 有助防止口臭。



#### Spearmint Oil 绿薄荷油

• Soothes tooth and gum aches while killing bacteria that cause cavities or gum disease.

- Freshens breath.
- 舒缓牙齿和牙龈疼痛，同时消灭引起蛀牙或牙龈疾病的细菌。
- 保持口腔清新怡人口气。



#### Bee Propolis 蜂胶

• Proven to enhance dental health and prevent plaque formation.

- Has antibacterial, antifungal and antiviral properties. Also packed with antioxidants.
- 可增强牙齿健康及防止牙菌斑形成。
- 具有抗菌、抗真菌和抗病毒特性。也富含抗氧化剂。



#### Anise Oil 茴香油

• Refreshes, disinfects and whitens teeth.

- Tones the throat and gums.
- 清洁、消毒、美白牙齿。
- 强化喉咙和牙龈肌肉结构。



#### Aloe Vera 芦荟

• Soothes your teeth and gums with its anti-inflammatory and healing properties.

- Reduces plaque and freshens breath.
- 具消炎和愈合特性，舒缓牙齿和牙龈。
- 减少菌斑，清新口气。



#### Dicalcium Phosphate Dihydrate 二水磷酸氢钙

• Remineralizes teeth by providing calcium and phosphate ions directly.

- 提供钙和磷酸盐离子，支持牙齿再矿化。



#### Allantoin 尿囊素

• Heals wounds and irritations.

- Stimulates the growth of healthy gums.
- 治愈伤口和疼痛。
- 促进牙龈健康生长。



#### Xylitol 木糖醇

• A sweetener that occurs naturally in many fruits and vegetables such as berries, mushrooms and corn.

- Has powerful antibacterial properties to help reduce plaque formation and bacteria in the mouth while preventing enamel demineralization.
- 一种天然存在于浆果、蘑菇和玉米等水果和蔬菜中的甜味剂。
- 具有强大的抗菌特性，帮助减少牙菌斑和细菌的形成，同时防止牙釉质脱矿。



No Harmful Ingredients  
无有害成分

Free of harmful chemicals commonly found in toothpaste such as fluoride, parabens, triclosan, potassium nitrate, sodium lauryl sulfate (SLS), artificial flavours and preservatives!

不含牙膏中常见的有害化学物质，如氟化物，苯甲酸酯，三氯生，硝酸钾，十二烷基硫酸钠 (SLS)，人造香料和防腐剂!



Suitable for all ages and also for those with sensitive gums and teeth!

适合所有年龄层，也适合牙龈和牙齿敏感的人使用!



# OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

## 我们衷心祝贺所有达致目标者

FEBRUARY & MARCH 2022  
2022年2月至3月

### SILVER MANAGERS

DAVID CHONG & MELISSA WONG

DL TOTAL HEALTH PTE LTD

CHOW KWEE LEIN

### MANAGERS

JARROW DANIE MARCUS  
TAN CHING HONG  
TANG KIU HUA  
YONG AI HOON (HELEN)  
MAK KHUAN YING (CONNIE)  
CARRINGTON ENTERPRISE  
YOW TENG TENG  
H.L. ENTERPRISE  
V BASIC CARE ENTERPRISE  
CHONG AH HAI (MARK)  
STANLEY CHONG & PATRICIA CHOONG  
LEE SUNG YAP  
SIN CHENG YAM (EUNICE)  
AW KEN KEN  
CHANTEL CHIA YEE CHONG  
LOW YOK YIN (SUSAN)

LIM BEE WAH & SAW CHONG HOCK  
TEO CHAE JOO  
CHING HAN CHEONG  
TOO FOONG YING (HELEN)  
MICHAEL CHONG TZE-AUN  
CHIA SUIT LING  
MABEL TEO SIOK GEK  
CHONG WEE HOON (VIVIEN)  
CHING HUI YING (SHEREEN)  
TING LING LING (JANE)  
SHIU YEW CHOONG (FREDDY)  
TAN THEAM CHAI (STEVEN)  
TAN MING KHUN  
ENRICHED LIFE  
JSL INTERNATIONAL PTE LTD  
MSI MARKETING ENTERPRISE

TONG AH MOY ALICIA  
COMMUNITY WELLNESS (S) PTE LTD  
HARTINI BINTI SAIRIN  
CHUA GEOK TIN  
ACQUOLINA ENTERPRISE  
LING LAY KHIM (SARAH)  
EMILY THERESA FERDINANDS  
LEE LAY CHENG  
LIM MEE ING  
CHOW HUI YAN  
SAW EWE KIM  
SIM BEE HONG  
LIM WAI YING  
SUZI MOI-QUEK  
MAELODEE CHONG TZE-YUIN

### 21% ACHIEVERS

#### FEBRUARY & MARCH 2022

IRENE CHONG CHUAY PENG

#### FEBRUARY 2022

CHONG KIM MOI

### 18% ACHIEVERS

#### FEBRUARY 2022

TAN LEE KENG (LILY)  
LING YOUNG HOON

SYARIKAT ADIL

MOI YAN LIN ABIGAIL

#### MARCH 2022

CHONG KIM MOI

### 15% ACHIEVERS

#### FEBRUARY & MARCH 2022

SO SUE YI REGINA

WONG MUI CHOO (KELLY)

WELLNESS INC

#### FEBRUARY 2022

YEUNG YEE NOG

LIM SIEW CHOO

NG SAN KIM ALICE

#### MARCH 2022

TAN LEE KENG (LILY)

MOI YAN LIN ABIGAIL

# MAY 五月

**01 ~ 02** | **Labour Day & Labour Day Replacement**  
 SUN MON (All offices closed)

**03 ~ 04** | **Hari Raya Aidilfitri**  
 TUE WED (SG office closed on 3<sup>rd</sup>. All offices in Malaysia closed on 3<sup>rd</sup> and 4<sup>th</sup>.)

**07** | **SG 新加坡 2.00pm - 3.30pm**  
 SAT **Preparing for Healthy Conception (for Mother-and-Father to Be)** 为健康受孕做准备 (给于准爸妈)  
 by Lydia Ling (Silver Manager)

**14** | **SG 新加坡 2.00pm - 3.30pm**  
 SAT **Body Overhaul with Detoxification & Rejuvenation Programme (DRP)** 通过排毒与复健程序修补身体  
 by Sim Bee Hong (Manager) & Manager Team

**15 ~ 16** | **Wesak Day & Wesak Day Replacement**  
 SUN MON (All offices closed)

**21** | **SG 新加坡 2.00pm - 3.30pm**  
 SAT **Let's Talk about Heart Health (Chinese)** 谈心 (心脏健康) (中文)  
 by Angela Yeo

**28** | **SG 新加坡 2.00pm - 3.30pm**  
 SAT **Preventing Chronic Diseases with Whole Food Plant-based Eating** 通过植物性全食物预防慢性疾病  
 by Lisa Sofar

**30 ~ 31** | **Harvest Festival**  
 MON TUE (KK office closed)

# JUNE 六月

**01 ~ 02** | **Hari Gawai**  
 WED THU (KUC office closed)

**04** | **SG 新加坡 2.00pm - 3.30pm**  
 SAT **Rebounding & Lymphatic Drainage for Strong Immunity** 弹跳床运动及淋巴引流以加强免疫力  
 by Jenny Yu & Deborah Lee

**06** | **Agong's Birthday**  
 MON (All offices in Malaysia closed)

**11** | **SG 新加坡 2.00pm - 3.30pm**  
 SAT **Food That Feeds** 吃出健康  
 by Susie Moi (Manager) & Abigail Moi

**18** | **SG 新加坡 2.00pm - 3.30pm**  
 SAT **Lively & Live Well** 充满活力好生活  
 by Joyce Chua

**25** | **SG 新加坡 2.00pm - 3.30pm**  
 SAT **Overcoming Hormonal Imbalance** 克服荷尔蒙失调  
 by Ling Young Hoon

# SPECIAL OFFER | 特价优惠

**BUY 2  
FREE 1  
买二送一**

Free gift no BV/PV  
赠品无BV/PV

## EL-NATURAL TOOTHPASTE 天然牙膏

Offer Price Per Set | 每套特价

<b>WM   西马</b> RM 39.60 BV30 / PV15	<b>SG   新加坡</b> S\$ 16.40 BV14 / PV10.5
<b>EM   东马</b> RM 41.60 BV30 / PV15	<b>HK   香港</b> HK\$ 146.00 BV82 / PV14



**Buy 2<sup>nd</sup> at  
第二件  
50% OFF  
折扣**

2<sup>nd</sup> pc: 50% BV / Full PV  
第二件 50% BV / 完整PV

## ORGANIC CARE FACE & BODY SCRUB 有机养护 面部和身体磨砂膏

Offer Price Per Set | 每套特价

<b>WM   西马</b> RM 67.50 BV61.5 / PV41	<b>SG   新加坡</b> S\$ 25.05 BV22.5 / PV22.5
<b>EM   东马</b> RM 69.60 BV61.5 / PV41	<b>HK   香港</b> HK\$ 153.00 BV136.5 / PV30



**Buy 2<sup>nd</sup> at  
第二件 20% OFF  
折扣**

2<sup>nd</sup> pc: 50% BV / Full PV  
第二件 50% BV / 完整PV

## ORGANIC CARE NATURAL SHAMPOO 有机养护纯天然洗发水

Offer Price Per Set | 每套特价

<b>WM   西马</b> RM 104.40 BV63 / PV42	<b>SG   新加坡</b> S\$ 46.80 BV31.5 / PV42
<b>EM   东马</b> RM 104.40 BV63 / PV42	<b>HK   香港</b> HK\$ 284.40 BV192 / PV42



## CALCIUM COMPLEX 钙合成剂

Offer Price Per Set | 每套特价

<b>WM   西马</b> RM 207.00 BV136.5 / PV91	<b>SG   新加坡</b> S\$ 81.00 BV52.5 / PV52.5
<b>EM   东马</b> RM 212.40 BV136.5 / PV91	<b>HK   香港</b> HK\$ 493.20 BV319.5 / PV70



## GARLIC & PARSLEY 蒜与欧芹油

Offer Price Per Set | 每套特价

<b>WM   西马</b> RM 176.20 BV117 / PV78	<b>SG   新加坡</b> S\$ 57.60 BV31.5 / PV31.5
<b>EM   东马</b> RM 185.05 BV117 / PV78	<b>HK   香港</b> HK\$ 351 BV192 / PV52



### Terms & Conditions:

1. Promotion period: 1<sup>st</sup> May to 30<sup>th</sup> June 2022, or while stocks last.
2. Not valid with any other concurrent promotions, APP or Quantity Discount.
3. No goods return or exchange allowed.
4. Other terms & conditions apply.
5. NewLife™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

### 条规与细则:

1. 促销活动期: 2022年5月1日至6月30日, 或存货售完为止。
2. 不可配合其他同期间的促销活动、数量折扣、或自动订货计划。
3. 不允许退货或交换。
4. 附有其他条规与细则。
5. 新生命有权随时更改或修订促销活动的条规与细则, 恕不另行通知。