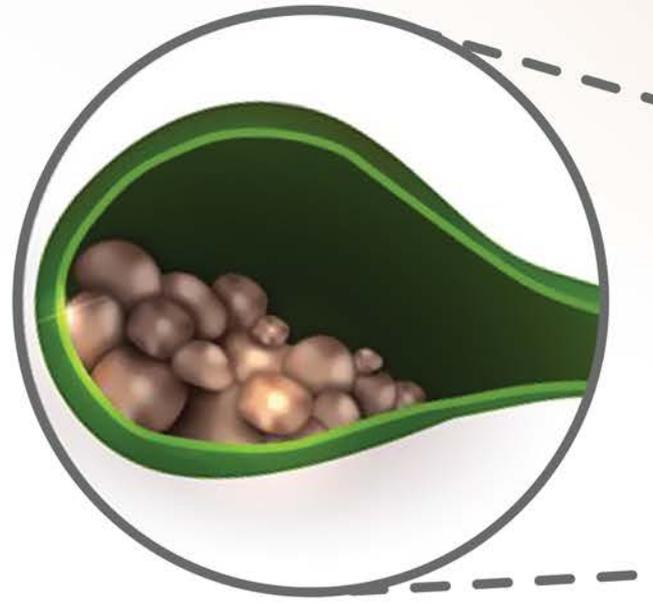


Liver Stones & Gallstones Flush

肝结石和胆结石 自然排石法



Most people have the idea that gallstones are formed in the gallbladder. However, gallstones are, in fact, originally formed in the bile ducts, located in the liver itself. Liver stones are the less famous cousins of gallstones. Both of them are essentially the same thing. Only location defines the difference between the two.

How are these stones formed? Until today, it is still not clear what causes them to form. However, doctors have a theory that it has something to do with either of the causes found below:

- **Too much cholesterol in the bile.** The liver increases production of cholesterol to help the immune system repair tissue damages caused by inflammation.
- **Too much bilirubin in the bile.** Bilirubin is produced when the liver breaks down red blood cells. The liver may start producing too much bilirubin if one has certain blood disorders or liver problems.

Signs and Symptoms

Liver stones usually cause no obvious signs or symptoms. However, they can cause pain if one has already had his/her gallbladder removed.

On the other hand, people with gallstones usually experience some signs and symptoms. The common ones are:

- Sudden pain in the upper right portion of your abdomen
- Sudden intensifying pain in the centre of your abdomen, just below your breastbone
- Back pain between your shoulder blades
- Pain in your right shoulder
- Fever
- Nausea and vomiting
- Indigestion and bloating
- Intolerance for fatty foods
- Jaundice
- Inflammation of the pancreas

People who experience symptoms from gallstones are usually recommended to undergo gallbladder removal surgery. Although removing the gallbladder may permanently remove the acute pain caused by gallstones, other pains and digestive problems remain. Besides, as mentioned earlier, the organ that is responsible for forming the stones is actually the liver, and not the gallbladder. Thus, the formation of stones will still continue unless something is done to prevent it from happening. Removing the cause of the gallstones can be done by going through the Gallbladder & Liver Flush Programme.

许多人都以为胆结石是在胆囊里形成的。事实上，胆结石初期是在肝脏内的胆管里形成。也或许很多人只听说过胆结石，不知道肝脏里也可能有肝结石。其实肝结石和胆结石它们本质上是一样的，不同之处只在它们的位置。

结石是怎么形成的呢？至今医学界尚不清楚是什么原因。然而，医生们认为肝结石和胆结石与下列一些原因有关：

- **胆汁中的胆固醇过高。**肝脏增加生产胆固醇，以帮助免疫系统修复炎症所引起的组织损伤。
- **胆汁中的胆红素过多。**胆红素是肝脏分解红血球时所释放出的代谢产物。当一个人患有某些血液疾病或肝脏问题，肝脏就可能开始产生过高的胆红素。

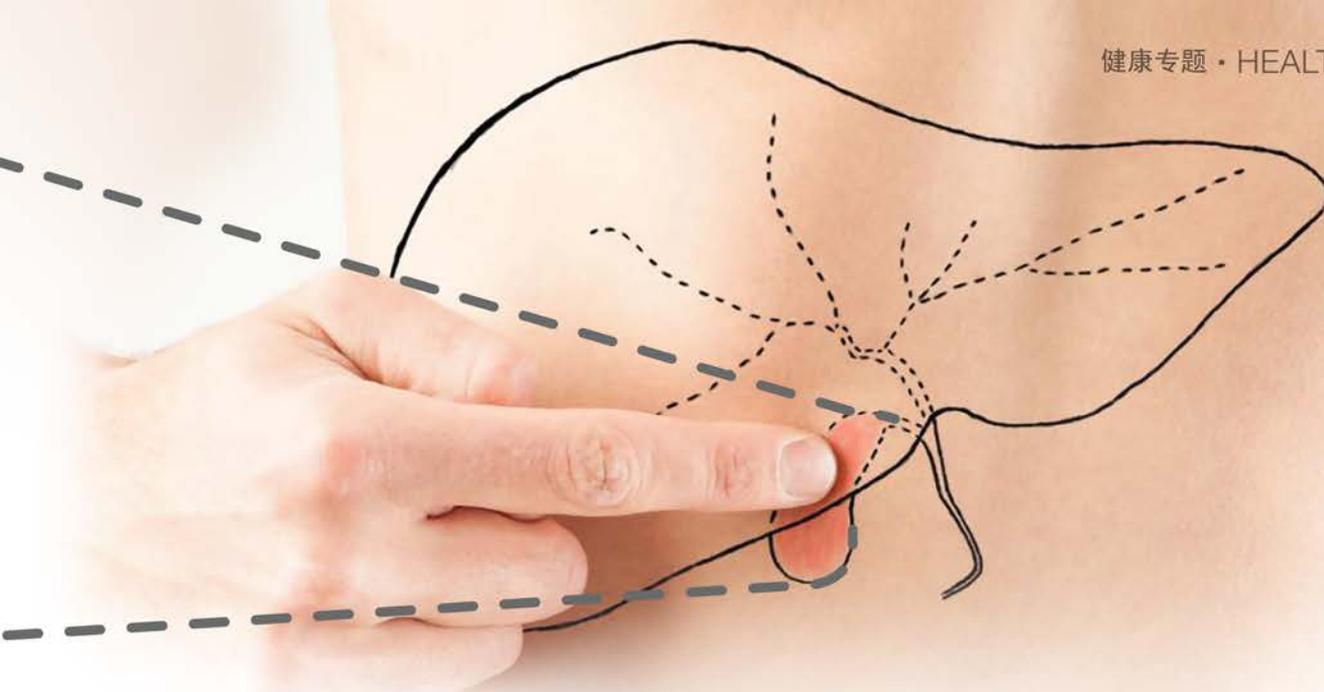
症状

肝结石通常不会引起什么明显的症状。但是若胆囊已被切除，那么肝结石就可能会引起疼痛。

而另一方面，患有胆结石的人士则通常会经历一些症状。常见的症状包括：

- 右上腹部会出现突发性疼痛
- 胸骨下中腹部出现突发性绞痛
- 肩胛骨之间的背部疼痛
- 右上肩疼痛
- 发烧
- 恶心或呕吐
- 消化问题和腹胀
- 不能消化高脂肪食物
- 黄疸
- 胰腺发炎

出现胆结石症状的患者一般都会被建议进行胆囊切除手术。尽管切除胆囊可能永久地消除由胆结石引起的急性疼痛，但其他疼痛和消化问题仍然存在。此外，如前所述，形成结石的器官实际上是肝脏，而不是胆囊。因此，胆囊切除手术其实没有断绝结石形成的可能性，除非采取预防措施，不然胆结石还是可能再出现。好消息是我们可以透过胆囊或肝脏排毒程序来去除结石的导因。



Gallbladder & Liver Flush Programme

The following Nutritional Programme will gradually prepare the body to flush out the stones. This is not the only programme available to the public but we have found that it is the least intrusive programme and it has successfully mitigated the need for gallbladder removal in many cases.

First, one should go through the Detoxification & Rejuvenation Programme (DRP) for 7 days. The DRP cleans out the liver, the colon, the blood stream, and other parts of the body. It is important for the improvement of gallbladder and liver functions. If there is inflammation of the gallbladder with symptoms of severe pain and fever, you may administer 4 or 5 coffee enemas over a period of time until the symptoms subside.

For the next 7 days, go on the NewLife™ Health Building Programme (NHBP – page 25 of the DRP Booklet) which also includes the no-salt, no-cooking oil vegetarian diet. For fluid, drink nothing but distilled water with one teaspoon of NewLife™ Apple Cider Vinegar (add honey, if desired). This will help to soften the stones. If you have stomach or duodenal ulcers, drink freshly prepared green apple juice instead.

On the day of the 'flush', no solid food after 2pm. Before bedtime, mix together 6 oz. of NewLife™ Omega Gold Flax Seed Oil and 6 oz. of freshly squeezed lemon juice. Drink the mixture, go to bed and lie down on your right side with the knees pulled towards your chin. The next morning, place a colander securely in the toilet bowl. Collect the stool that is passed out and look for the stones. The greenish stones may be passed during the first, second, or third bowel movement. If your bowels do not move, take a water enema (1 tablespoon of NewLife™ Apple Cider Vinegar in 2 glasses of distilled water). You may repeat the 'flush' the following night to ensure that all the stones have been removed. For best results, we find that going on the above Nutritional Programme for 14 days is the ideal duration. However, we have had people who experienced successful flush of gallstones on the 5th, 8th, 9th and 12th day.

WARNING: The most popular gallbladder and liver flush programme out there recommends the intake of Epsom Salt (Magnesium Sulfate). We do not recommend the usage of Epsom Salt for the flush and feel it is not necessary in order to have a successful result. In addition, people who are unable to tolerate Epsom Salt may suffer negative reactions. In fact, several people have died as a result of Epsom Salt overdose.



肝胆排毒程序

以下的营养排毒程序可让身体逐步自然排除肝胆结石。这或许并不是唯一一种向公众开放的排毒程序，但我们发现这是最不具有侵入性的排毒程序，而且在许多情况下，这项程序成功地免除了切除胆囊的需要。

首先，您必须通过为期七天的排毒与复健程序 (DRP)。这排毒与复健程序可帮助肝脏、结肠、血液和身体其他部分进行排毒。它对改善胆囊和肝功能非常重要。如果胆囊发炎，并伴有严重疼痛和发烧等症状，您可在一段时间内进行四至五次的咖啡灌肠，直到症状消退为止。

接下来的七天里，进行新生命健康营造程序 (DRP手册的第25页)，其中还包括无盐、无油的素食饮食计划。至于饮料部分，只能喝加了一茶匙新生命苹果醋 (如有需要，可添加蜂蜜) 的蒸馏水。这可帮助软化结石。如果您患有胃溃疡或十二指肠溃疡，则以新鲜的青苹果汁来代替。

在“排石”当天，下午2点后就不能进食固体食物。临睡前，分别将各6安士的新生命奥美加黄金亚麻籽油和鲜榨柠檬汁一起混合后喝下，然后上床，向右侧躺下，膝盖向下巴靠拢。隔天一早，把过滤器安置在马桶里收集粪便，以较容易隔离与粪便一起排出的结石。在第一、第二或第三次排便时可能排出绿色结石。如果有排便的困难，可进行水灌肠 (将1汤匙的新生命苹果醋加入2杯蒸馏水中)。您可在第二天晚上重复步骤，以确保排出体内所有的结石。

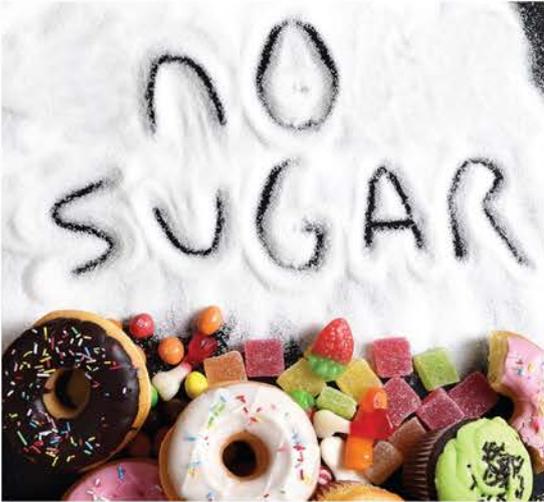
我们强力推荐进行14天的营养排毒程序以取得最佳效果。当然，我们也有一些客户分别在第五、第八、第九或第十二天就已成功地排出结石。

警告：市面上许多最受欢迎的肝胆排石法都建议服用泻盐 (硫酸镁)。我们不推荐使用泻盐，也认为没有必要使用它来达到成效。此外，不能耐受泻盐的人士可能还会经历负面反应。事实上，已有好几个人因为过量服用泻盐而死亡。

Prevention Is Better...

Taking steps to strengthen the liver should prevent the formation of liver stones or gallstones. Here are some advice for maintaining a healthy liver:

- 1 Cut down on carbohydrates.
减少对碳水化合物的摄取。



- 2 Eliminate refined sugar. For example, no sugar in coffee; skip sweetened beverages and go for plain water; have a slice of fruit instead, if you must end your meal with a dessert.

不吃精制糖：例如，咖啡里不加糖；不喝加糖饮料，只选择饮用白开水；若在饭后想吃甜点，可以水果代替。

- 3 Cut unhealthy fat intake. Limit your intake of deep-fried foods. Avoid pastries as they are high in fat, especially trans-fats.
减少不健康脂肪的摄入量。减少摄取油炸食物。远离糕饼点心，这些都是含高脂肪的食品，尤其是反式脂肪。

- 4 Eat plenty of fruits and vegetables.
多吃水果与蔬菜。



预防胜于治疗。。。。

采取步骤强健肝脏能预防肝石和胆石的形成。以下向大家分享一些保持肝脏最佳状况的建议：



- 5 Regular exercise with each session lasting at least 30 minutes. It can be any form of exercise but it should at least raise the pulse rate moderately.

定期运动，每次运动至少持续30分钟。可以进行任何类型的运动，但必须可以适度地提高脉搏率。



- 6 Be wise about medications. Medications can burden your liver as it needs to work extra hard to metabolize them and filter out any toxic residue. Take prescribed or over-the-counter drugs only when needed. Follow the dosage recommended to you and avoid combining medications.

别滥用药物。药物会增加肝脏的负担，因它必须更操劳工作以代谢和过滤任何有毒残留物。因此只在有必要时才服用处方或非处方的药物。必须按照建议的服用剂量，不可乱配搭药物。



7 Quit smoking – Doing so can also help reduce your risk of other problems such as heart attacks and strokes.

戒烟—这也可减少患上其他疾病的风险，如心脏病和中风。

8 Stop consuming alcohol. Every drop of alcohol burdens and intoxicates your liver. The accumulation of alcohol in your body can destroy cells, eventually leading to liver diseases.

戒酒。每一滴酒精都会增加肝脏的负担和毒害它。体内酒精的累积会破坏细胞，最终导致肝脏疾病。



10 Do regular coffee enemas as it plays a vital role in removing toxins accumulated in the liver and removes free radicals from the bloodstream. In addition, it increases bile flow by dilating the bile ducts, causing excess bile to flow from the liver, gallbladder, into the intestines and out of the body.

Regular administration of coffee enema:

- Increases cell energy production.
- Enhances tissue health.
- Improves blood circulation.
- Regenerates cells.
- Increases immunity and tissue repair.

经常进行咖啡灌肠能有效地为肝脏解毒及清除血液里的自由基。此外，咖啡灌肠会扩张胆管增加胆汁流量，促成多余的胆汁从肝脏流至胆囊，进入肠道接着排出体外。

常做咖啡灌肠的好处：

- 提高细胞活力
- 加强组织健康
- 改善血液循环
- 促进细胞再生
- 提升免疫力及组织修复



9 Take liver-strengthening supplements like NewLife™ Liverin. NewLife™ Liverin is specifically formulated to protect and strengthen your liver. It contains milk thistle seed extract (80% silymarin), dandelion root, artichoke extract, burdock root, and celery seed extract. The combination of these powerful herbs improves your liver in various ways:

- Rebuilds liver cells and removes toxins.
- Powerful anti-oxidant to combat free radicals and oxidative stress, lowering inflammation and the risk of liver damage and other degenerative diseases.
- Reverses liver damage caused by medicines, excessive alcohol consumption as well as the effects of pollutants found in the environment.
- Stimulates the liver to increase bile flow, which carries away wastes and breaks down fats during digestion.

服用强健肝脏的营养补充剂，如新生命肝脏宝。新生命肝脏宝是专为保护和加强肝脏功能而研制的。它含有乳蓟种子提取物（80%的水飞蓟素）、蒲公英根、洋蓟提取物、牛蒡根及芹菜籽提取物。这强力草药的结合可通过以下多种方式改善肝脏的功能：

- 重建肝细胞，清除毒素。
- 强效的抗氧化剂，对抗自由基和氧化应激，减轻发炎、肝损伤及其他退化性疾病的风险。
- 逆转因药物、过量饮酒及环境中污染物影响而造成的肝脏损伤。
- 刺激肝脏增加胆汁的流量，以促进消化过程中分解脂肪及携带废物远离组织。



11 For those who have a history of gallstones, it is strongly recommended that they go through the DRP every 6 months.

有胆石病史的人士，最好是每六个月进行一次的排毒与复健程序 (DRP)。

Testimonials

"I had constant episodes of stomach discomfort (churning sensation), and was suspected of having gallstones. I was introduced to NewLife™ Gallbladder & Liver Flush Programme. About 70-80 gallstones of different sizes were flushed out on the 8th and 9th day. I was spared from having to go through gall bladder surgery!"

Albert Lee, Kuala Lumpur.

"My friend introduced me to NewLife™. Two months later, I started the 7-Day DRP and on the 4th evening, I did the Gallbladder & Liver Flush Programme. The result was remarkable and I passed 200 soft yellow and green stones and 11 hard white stones."

Eunice Ti, Bintulu.

"I went through the NewLife™ Gallbladder & Liver Flush Programme even though I didn't know if I had any gallstones. I passed out a total of 97 gallbladder stones ranging from 0.5 – 2.5 cm in diameter and many other tiny ones!"

Sim Bee Hong, Singapore.

"After I was diagnosed with multiple gallstones, I tried a few known methods of gallstone flushing. However, they all failed and caused me severe diarrhoea and great discomfort. I finally found my cure in NewLife™. After 1 week of DRP, I followed their Gallbladder & Liver Flush Programme. In all, I passed a total of 101 stones with the biggest being 2cm. I went for another ultrasound and my doctor was amazed with the results."

Lok L. F., Singapore.

"I started with 1 week of DRP and followed with 1 week of Gallbladder & Liver Flush Programme. I passed out many dozens of stones. Before the gallstones flush, I often felt nauseated and had a poor appetite. Now I feel great and have regained the energy and stamina to travel and work. I am thankful for the ease in flushing out the gallstones without the need for surgery."

Michael Lee, Melaka.

Peter from **Kuala Lumpur**, when he was 2, had his gallbladder removed. He did not suffer from any discomfort. When he was 15, he experienced pain in his right abdomen. Two liver specialists, one from Kuala Lumpur and the other from Singapore, found that there were stones in his liver and suggested that they remove part of the liver that was carrying the stones. His parents approached NewLife™ for help. Peter went through 2 weeks of DRP followed by the Gallbladder & Liver Flush Programme. The stones were successfully flushed out! A scan by the liver specialist confirmed that all the stones were gone and the operation to remove part of the liver was no longer necessary.

分享推荐

「过去我经常肚子不舒服（有翻腾的感觉），怀疑患有胆石。后来有人向我推荐新生命的排石疗法。结果在疗法程序的第8与第9天，我排出了大约70至80粒大小不一的胆石，让我免受开刀之苦，保住了胆囊！」

艾伯特·李，吉隆坡

「友人向我推荐新生命公司。两个月后，我进行了7天的排毒与复健程序（DRP）。在DRP的第4天傍晚，我做了排石疗法，效果令我震撼！我排出了200多颗黄色与青色的软石，还有11颗白色的硬石。」

尤妮丝·池，民都鲁

「虽然我不确定本身到底有没有胆石，我还是照做了新生命的排石疗法。结果呢？我总共排出了97颗胆石，直径在0.5-2.5公分之间，还有好多细细小小的！」

沈美凤，新加坡

「在我被诊断出有胆石后，我曾经尝试过好几个有名的排石法，可是那些疗法不但不成功，还使我严重腹泻和非常不适。幸运的是，我最终找到了我的救星——新生命。做了一个星期的排毒与复健程序（DRP）后，我接着遵循新生命的排石疗法。我陆续排出了101颗石头，最大的一颗约2公分。后来我去做扫描，连医生都对我的扫描报告啧啧称奇。」

陆女士，新加坡

「完成了一个星期的排毒与复健程序后，我接着做了一个星期的新生命排石疗法。结果我排出了好几十颗的石头。在这之前，我时常感到恶心，食欲不振。现在的我，感觉很好，也重获了应付工作和出门的精力与活力。很感恩胆石能自然排出，无需开刀将它们取出。」

麦可·李，马六甲

来自吉隆坡的彼得，在他两岁时，胆囊被切除了。当时他没有不适，可是在他15岁那年，他的右上腹开始疼痛。两位来自新马的肝脏专科医生诊断出他有肝石，并提议开刀切除有石头的肝脏部位。彼得的父母最后向新生命求救。彼得进行了两个星期的排毒与复健程序（DRP）及新生命的排石疗法。不出所料，肝石终被排出体外，接下来的扫描报告显示肝石不见了，曾认为必须开刀切除石头的肝脏部位也不再需要进行。

