

Lose Weight without Losing Your Life!

要减肥 可别把命丢了!

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Look around your neighbourhood... slimming centres are springing out like shoots after the rain. Walk into any pharmacy... you have a mind-boggling choice of diet/slimming pills. Visit a bookstore... you will be overwhelmed with the number of books advocating different types of diet programmes.

Many products claim that you can lose weight without any effort. "Eat all you want, no need to exercise, painless, effortless, just pop it in and you will slim down" or so they say. Some probably do work in the short term. However, as soon as you stop going to the slimming centres or popping the diet pill, the pounds will soon return to you, and probably more. And do you know some may be detrimental to your health and at worst even cost you your life?

看四周...减肥中心如雨后春笋般地冒出。走进任何药行...减肥药的种类令人咋舌。即使是书局...节食计划为主题的各类书籍也充斥市场。

许多减肥产品强调不需节食、不用运动也能瘦身。它们说“尽管吃，无需运动，不用努力作牺牲，只要丢颗减肥药入咀便能瘦下来”。或许当中有些可能在短期内有效。然而，当您停止去减肥中心或停止吃减肥药时，您的体重可能很快反弹，甚至比原先还加了好几磅。您是否知道有些减肥药所带的成分可能会损害您的健康，在最坏的情况下，甚至赔上您的生命？

DIET PILLS CAN KILL!

The recent newspaper article on the death of a school teacher for all of us to the potential life-threatening dangers of diet pills. 最近一则报章报导，一名教师在吃了减肥药后丧命，这呼醒大



Ingredients Damaging to The Human Body

Phenylpropanolamine, ephedrine and caffeine are three common ingredients found in diet pills that are known to cause complications. Let us see what adverse complications these ingredients have caused.

☠ Phenylpropanolamine (PPA)

PPA is an ingredient found not only in many Over the Counter (OTC) diet pills but also in cough-cold and allergy products. The USA Food & Drug Agency (FDA) is concerned PPA may possibly increase the risk of a type of stroke (haemorrhagic) caused by bleeding into the brain, as was suggested by reports of some such cases among young women who were on diet pills. This possible risk could be further increased if a person took more than the recommended dose of PPA, which might inadvertently occur from taking a cough-cold product whilst on diet pills. Scientists at Yale University School of Medicine began a five-year study and confirmed that PPA does increase the risk of haemorrhagic stroke. Because of this, the USA FDA strongly recommends that consumers do not use products containing PPA.

☠ Ephedrine & Caffeine

Caffeine pills and/or Ephedrine should never be taken for weight control, and should not be taken continuously.

Ephedrine is a medication used occasionally to treat asthma, but more commonly allergies and hayfever – it is a bronchial dilator.

Ephedrine, is a substance derived from the plant Ephedra. There are many common names for these evergreen plants, including squaw tea and Mormon tea. It is also called Ephedra & Ma Huang. Indigenous to China, India and parts of Southeast Asia, products containing ephedrine extracts have, according to the FDA, caused hundreds of illnesses, including:

- Heart Attacks
- Headaches
- Seizures
- High Blood Pressure
- Strokes
- Chest Cramps

They are amphetamine-like compounds with powerful and potentially lethal stimulant effects on the central nervous system and the heart. Ephedrine acts in a similar way as that of adrenaline. It dilates the bronchial muscles, contracts the nasal mucosa, raises the blood pressure and is a cardiac stimulant. Further these compounds often cause psychological Side Effects such as:

- Depression
- Psychosis
- Nervousness
- Anxiety
- Insomnia
- Rapid Heart Rate

When taken in combination with caffeine, also under the name of Guarana in many diet pills, ephedrine can over-stimulate the central nervous system, leading to potentially life-threatening results.

Ephedra or Ma Huang may not show up on product labels as you would expect. Other known terms used in labelling include: yellow horse, yellow astringent, epitonin, joint fir, sea grape, popotillo and desert tea.

损害人体的成份

苯丙醇胺、麻黄精、和咖啡因是减肥药里最常见的三种导致并发症的成份。让我们看看这些成份能造成什么样的伤害。

☠ 苯丙醇胺 (PPA)

苯丙醇胺是一种具有血管收缩作用的药物，不仅使用在许多市面上作为食欲抑制剂的减肥药里，也普遍在感冒药和过敏药里使用。美国食品药品监督管理局 (FDA) 指出，苯丙醇胺可能会导致脑内出血 (出血症)，增加中风的风险。有统计报告指出，类似的病情发生在吃减肥药的少女之中。如果摄取了超过推荐剂量的苯丙醇胺，比如无意间疏忽同时服用了感冒药和减肥药，那么这潜在风险会大大地增加。在耶鲁大学医学院的科学家开始了一项五年研究，并证实了苯丙醇胺增加出血症猝发的风险。因此，食品药品监督管理局强烈推荐消费者不要使用含有苯丙醇胺的产品。

☠ 麻黄精和咖啡因

咖啡因药片和麻黄精绝不应该用来控制体重，更不应该持续被采取。

麻黄精是药物，偶尔被用来克制哮喘病。但大多广泛地被用来对付过敏症和花粉症 (花粉热) – 它是支气管扩张物。

麻黄精，是从麻黄树里提炼的物质。这常青植物还有许多其他的名称，如斯果茶和摩门茶。是中国、印度和东南亚部分地区的土产。根据食品药品监督管理局，包含麻黄精萃取物的产品，导致了数百种病症，包括：

- 心脏病
- 头痛
- 脑痉挛
- 高血压
- 中风
- 胸口痉挛

它像似安非他明化合物，有很强的影响，对中央神经系统和心脏起兴奋剂作用还可能致死。麻黄素的作用和肾上腺素相似。它扩张支气管肌肉，收缩鼻黏膜，提高血压，也是一种心脏病兴奋剂。

除此以外还会进一步导致心理上造成副作用如：

- 忧郁症
- 精神病
- 神经质
- 忧虑
- 失眠
- 心率加快

当与咖啡因结合，或以瓜拿纳的名称出现在许多减肥药产品，麻黄精可能过分刺激中央神经系统，并可能威胁性命。

麻黄或麻黄素的名称可能不会如您期望地出现在产品标签。产品标签通引用其他代号如：黄马、黄色收敛剂、买麻藤、海葡萄、和沙漠茶来避人眼目。

减肥药可致命!

after she consumed diet pills should be a wake up call
warning diet pills. What makes diet pills so dangerous?

在吃减肥药前要有警惕心。为什么减肥药如此危险?



Blocking Fats

Some diet pills or slimming supplements claim to have the ability to block all fats. This does sound very appealing but take a moment and think. All fats mean ALL good and bad fats. Every living cell in the body needs essential fatty acids (EFAs) (good fat) for rebuilding and producing new cells. EFAs are also used by the body for metabolism and the production of prostaglandins (hormone-like substances). Diet pills or slimming supplements that block all fats if taken continuously will cause serious health problems.

HIGH PROTEIN, LOW CARB DIET???

A famous diet programme that advocates a low carbohydrate and high protein diet, is based on the assumption that fat people eat too much carbohydrates. The idea is that our body first burn carbohydrate and then only the fat. By considerably reducing the carbohydrate content in the diet and replacing it with protein and fat, this diet claims that we can begin burning fat more efficiently.

However, the long term safety and efficacy to this diet remain questionable.

This diet tends to be low in fruits, vegetables and whole grains, but high in meat. As a result, one who starts on this diet will naturally lack phytochemicals and fibre. Research shows that phytochemicals may have protective benefits against cancers and other diseases. Furthermore, most followers of this diet reported experiencing **constipation, bad breath, and lethargy**. Also, acidity from the typically high protein intake can cause **uric acid, gout, osteoporosis**, etc.



It is imperative that you consult your physician or nutritionist before you start any diet.

在您进行任何减肥餐前，必须向您的医师或营养师咨询。

A HEALTHY AND SAFE ALTERNATIVE

一个健康安全的选择

There are no short-term, quick and easy fixes to lose weight that do not produce adverse side effects. A healthy and safe alternative is to first **understand the basic body functions and the causes of being overweight**. Once you understand them, you have to work towards removing the causes. Only then you can achieve permanent weight loss, AND emerge stronger, leaner, with more energy and vitality, WITHOUT losing your health.

Cause No. 1: Over Eating

You don't have to be a mathematician to know this: if you eat more calories (every food contains calories, except for water) than you burn (energy intake more than energy used), you will gain weight. In other words, **anytime calories are restricted or decreased, you will lose fat**.

阻挡脂肪吸收

一些节食药或减肥剂声称有吸收所有脂肪将它排除体外的能力。这听起来非常吸引人。但若认真想一想，“所有”脂肪表示**所有‘好’和‘坏’**的脂肪。体内的每个活细胞都需要**根本脂肪酸**(好油脂)来制造和修理细胞膜。身体也需要**根本脂肪酸**来进行新陈代谢和制造**前列腺素**(激素类物质)。长期服用阻挡所有脂肪吸收的减肥药，将造成严重的健康问题。

高蛋白、低碳饮食?

主张低碳水化合物和高蛋白质饮食是现今许多减肥者所奉行的一种‘懒人减重法’，此法所标榜的基础理论是多数人的体重问题可以从碳水化合物中解决。此法提倡者认为人体先燃烧耗尽碳水化合物能量后才会开始燃烧脂肪。所以通过大量减少或禁止任何碳水化合物的摄取，并多吃蛋白质和脂肪，这种饮食方式声称可以加速体内脂肪的燃烧速度。

然而，这种饮食方式的长期安全和效果依然被质疑。此饮食法倾向于极少水果、蔬菜和整体五谷类的摄取，却对肉类的摄取没有限制。因此，任何效仿这种饮食方式的人，将自然地缺乏植物化学物和纤维。据研究显示，植物化学物能有抗癌和抵抗其他疾病的好处。此外，许多此法奉行者都表示有**便秘、口臭和慵倦**的问题。还有，典型高蛋白饮食的酸度可能导致**尿酸、痛风、骨质疏松症**等等。

减肥没有捷径。世上没有短期达效，快而简易但不导致副作用的减肥法。一个健康安全的瘦身选择途径是，首先必须**了解身体基本作用和超重的起因**。一旦您了解起因，您必须往那方面着手，针对起因来减肥。只有这样您才能达到永久减重，并同时更强壮，更苗条，更精力充沛和富有生命力，又不损害您的健康。

起因1: 暴饮暴食

您不须是名数学家也能明白：若您所摄入的卡路里(除了水，所有食物都含有卡路里)多过您所能消耗的，您就将增重。换句话说，**每当卡路里被限制或减少时，您就会取得减肥的效果**。

Cause No. 2: Sluggish Metabolism

Our basal metabolic rate (BMR) is the rate at which our body burns calories to maintain its functions at rest. It is affected by our gender, age, diet, activity level, thyroid function, amount of sleep, amount of body fat, body temperature, weight, and likely, by our genes. What we really need to look at is our thyroid glands. One of its functions is to secrete hormones that control the metabolic pathways. Our thyroid needs iodine, which can be found in seaweed (**Nature's Gift Kelp is 100% seaweed**), to produce thyroid hormones. These hormones are essential to maintain optimum metabolism. However, due to consumption of highly processed foods, excessive salt and drinking of fluoridated and chlorinated water we have been robbed of iodine. As a result, many people suffer from sluggish thyroid function. So **when your metabolic rate decreases, your weight increases.**

Cause No. 3: Sluggish Liver vis-à-vis Toxic Body

The liver cleanses the blood and removes metabolic wastes out of our body. A sluggish liver will contribute to the build up of toxins and poisons in the body that hinder many other body functions. These will **affect our energy level and reduce the capabilities of caloric burning capacity, thus increasing fat storage.**

Cause No. 4: Edema (Water Retention)

Modern lifestyle **overloads the body with salt**, causing water retention and weight gain.

Cause No. 5: Malnutrition

Malnutrition is a general term for the medical condition caused by an improper or insufficient diet. It is the result of inappropriate dieting, overeating or the absence of a "balanced diet" as often observed by increasing levels of obesity. Most commonly, malnourished people do not eat a diet that gives sufficient protein, vitamins, or trace minerals. Many are consuming 'foodless' food (refined, processed and junk food), resulting in malnutrition. When the body is malnourished, starving cells cry out for nutrients. **The fact is if we have sufficient nutrients, hunger signal and cravings will lessen.**

Cause No. 6: Lack of Exercise

These days people lack exercise (when was the last time you exercised?). Most of the modern day jobs do not require a lot of physical works. Unfortunately, most people are 'too busy' to exercise. Outcome: **energy intake more than energy expenditure and metabolism become more sluggish**

Understand the basic body functions and the causes of being overweight, then work towards removing the causes.

先了解身体基本作用和超重的起因，接着针对起因着手来减肥。

起因 2: 缓慢的新陈代谢率

我们的基础新陈代谢率(BMR)是我们身体在完全休息 24 小时所燃烧卡路里的频率。它受到我们的性别、年龄、饮食、活动程度、甲状腺功能、睡眠、体脂肪数量、体温、体重、和可能是遗传基因的影响。我们需要真正地深入了解甲状腺。它的其中一种功能是提供控制我们新陈代谢的隐性激素。甲状腺需要碘来生产甲状腺激素，海藻富含碘 (**大自然恩赐海藻宝是100%海藻**)。这些激素对维护体内最佳新陈代谢率非常重要。然而，长期食用加工精炼的食物、摄取过量的盐、喝氟化、氯化的水，使我们体内的碘流失了。结果许多人都有甲状腺功能缓慢的问题。因此，**当您的新陈代谢率下降，体重便会增加。**

起因 3: 肝脏功能不好和毒性体质面观

肝脏净化血液并排出我们体内新陈代谢的废物。缓慢的肝脏会造成毒素停滞于体内，进而妨害身体许多功能。它将会影响我们的体力，并减低燃烧卡路里的功能，**因而增加脂肪的积。**

起因 4: 水肿

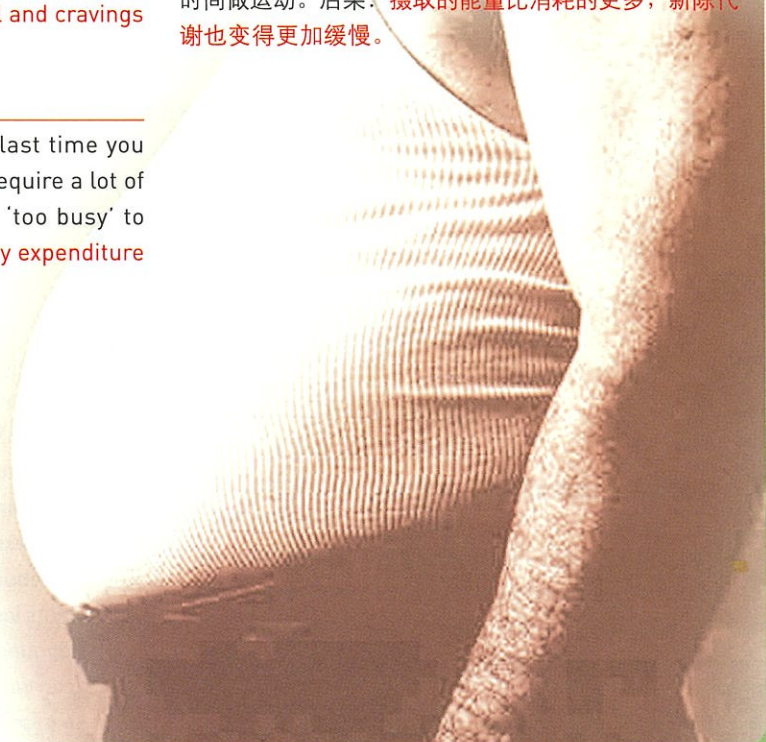
现代生活方式导致**身体对盐量摄取过多**，导致水肿和体重增加。

起因 5: 营养不良

营养不良是个一般用语，表示因不正当或不足的饮食造成的健康问题。它是因不适当的节食、暴饮暴食、或缺乏“平衡饮食”，这与痴肥问题的增加有关。通常，营养不良的人表示没有摄取足够的蛋白质、维生素或矿物质。许多人吃的是‘空洞食物’(加工精炼的，被高度处理的和垃圾食物)，导致营养不良。当身体营养不良时，饥饿的细胞急切需要营养素。**事实上，如果我们有足够的营养素，饥饿感和食欲会相续减少。**

起因 6: 缺乏运动

现代人缺乏运动(您上一次是何时进行运动?)。大多现代工作不需消耗体力。不幸地，多数人都‘太繁忙’没时间做运动。后果：**摄取的能量比消耗的更多，新陈代谢也变得更加缓慢。**



Lose Weight in a Healthy Way -Start Today!

STEP 1: GOAL SETTING

No matter how many pounds you may want to shed, the single most important factor is to translate your knowledge into action. **Set short term, manageable goals.** For example, 'I want to lose 25kgs this year!' you'll probably give up very soon after the second week when you see how far you're from your ultimate goal. But if you set short term goal, like 'I want to lose 5kgs within these 4 weeks.' Then when you lose 1 kg in week 1, you'll get very motivated to stick with it. NewLife™ Healthy Weight Management Programme is designed to help you to achieve your goal steadily and healthily.

STEP 2: PROPER DETOXIFICATION

Give your body a new start with **Dr.Lynn Tan's Detoxification & Rejuvenation Programme (DRP)**, which is designed to cleanse and revitalize your liver and rejuvenate your body. Create clean and healthy gastro intestines with **Herbal Klenz** and **ImmuFlora**. General well being of our bodies will promote healthy metabolism and better assimilation of nutrients.

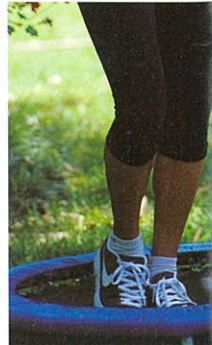
STEP 3: DIET & NUTRITION

Successfully achieving a new weight means changing our diet, not "going on a diet." First, we must substitute the high-calories and chemical-laden foods with wholesome food. Next, avoid or greatly decrease salt intake. Supplement with **K-Salt** (Potassium Salt) to remove excess sodium and edema from your body. **In creating a calorie deficit, it is important to note that we do not reduce the nutrients (a common mistake made by many and often called starvation).** Supplements like **Super Green Food Plus** ensures the body is fed with sufficient nutrients, thus reducing food cravings.

Chromium Picolinate is another essential in weight management, as it helps to metabolize sugar, reduce cravings, and burn calories.

STEP 4: IMPROVE YOUR METABOLISM

1. **Kelp** is needed to **restore thyroid glands and metabolism.**
2. Exercise improves general metabolism and vitality, allowing us to maintain lower weight and body fat whilst on the same food intake. How to maximize exercise despite busy schedule? The answer is the **Rebounder**. N.A.S.A study called rebounding a "miracle exercise". It also states that rebounding was 68% more efficient than treadmills or other forms of exercise. N.A.S.A. also found rebounding to be helpful in rebuilding the bone mass and muscle mass that astronauts lose in the weightlessness of space. How effective is rebounding for weight loss? **To burn 150 calories, you can walk for 22 minutes; swim for 10 minutes; run for 6 minutes, or rebound for only 2 minutes!**



今天就开始 以健康的方式 瘦身!

第1步骤：设定目标

不管您想要减多少磅，最重要的是把您的知识变为行动。**设定短期，容易达成的目标。**例如：‘我今年想要减掉25公斤！’您很可能在第二个星期以后便放弃，因您总觉得您离最终目标太远了。若您设定了短期目标，如‘我在这4个星期之内想要减掉5公斤’。结果，当您在第一星期后减掉一公斤时，您将感到非常具有推动力并能坚持下去。新生命健康重量管理计划是专门设计来帮助您平稳地和健康地达到您的瘦身目标。

第2步骤：彻底完善的排毒

以**陈林希珠博士的排毒与复健计划 (DRP)**，给身体一个新的开始。DRP能净化和修复肝脏，使您恢复年轻。**天然净化粉**和**免疫激菌植**建立干净和健康的肠道。整体健康是好的新陈代谢和好的营养吸收能力。

第3步骤：饮食和营养

成功达到新的体重意味着有必要改变我们的饮食，不是“挨饿节食。”首先，我们必须以健康食品代替高卡路里和化学制食品。其次，完全节制或大量减少盐的摄入量。补充**钾质**能去除体内多余的盐分和水肿。在减少卡路里的摄取时，要注意的是我们不能**减少营养素**（一个常犯的错误是挨饿）。**补助品如超级绿食品**能确保身体吸收足够的营养素，因而减少对食物欲望。

有机铬是另一个体重控制的重要元素，因它能促进糖的新陈代谢(调控胰岛素)减少食欲和燃烧卡路里。

第4步骤：提高您的新陈代谢率

1. 服用**海藻宝**可以**修复甲状腺和促进新陈代谢**。
2. 运动能全面改进新陈代谢和活力，让我们即使在摄取同量的食物下，仍可以维持较低的体重和体脂肪。如何在繁忙的日程表里抽出时间多做运动呢？答案是**弹跳床**。美国航空航天局研究称弹跳运动为“**神奇运动**”。报告阐明，弹跳比跑步机或其他运动多出68%的效率。美国航空航天局也发现弹跳能增加恢复宇航员在航行太空时流失的骨头密度和肌肉密度。弹跳对减肥有多少帮助？**燃烧150卡路里，您可以选择步行22分钟；游泳10分钟；跑步6分钟，或者弹跳只需2分钟！**

More tips... Healthful Habits to Achieve Optimum Weight

Things to do

- ✓ Create a schedule for eating.
- ✓ Plan meals and food choices ahead, snacks included.
- ✓ Eat lots of fruits and vegetables—as snacks, too.
- ✓ Take time to chew your food.
- ✓ Drink eight to ten glasses of distilled water daily, but not with meals.
- ✓ Carry food with you to work or when going out so that you have the right choices.
- ✓ Get rid of junk food and sweets from your home.
- ✓ Use smaller plate and portions.
- ✓ Sit and relax before eating.
- ✓ Wait 10–15 minutes before taking seconds—hunger will decrease.
- ✓ Plan activities to occupy your free time to avert unnecessary snacking.
- ✓ Exercise regularly.
- ✓ Weigh yourself only once every week or two.
- ✓ Maintain a good self-image and positive attitude toward life.
- ✓ Avoid commercial salad dressings. Make your own with Flaxseed Oil, Apple Cider Vinegar and Pure Raw Honey (in the proportion of 3:1:1).
- ✓ Get a nutritionist's help with your eating plan or for food-habit counselling. (Editor's note: for free consultation, please email brian@newlife.com.my or leon@newlife.com.my)
- ✓ Tell family and friends to support you in your pursuit to lose weight and not push food.
- ✓ Allow yourself to indulge (reasonably) once a week without guilt or self-judgement.

更多贴士...

达到完美体重的健康习惯

要做的事

- ✓ 计划进餐时间表。
- ✓ 预选餐食，包括零食。
- ✓ 多吃蔬果，可作零食。
- ✓ 慢慢咀嚼食物。
- ✓ 每天喝八到十杯蒸馏水，但避免在进餐时段喝水。
- ✓ 工作或外出时，携带您自己的食物，以便坚持正确的饮食。
- ✓ 把囤存在家里的垃圾食物和糖果都丢掉。
- ✓ 选择较小的碗碟和分量。
- ✓ 进餐前要放轻松坐息。
- ✓ 在进食第二碗前稍等十到十五分钟，这样饥饿感将会减少。
- ✓ 计划空余时间的活动，以免进食不必要的零食。
- ✓ 经常运动。
- ✓ 测量体重只要每周或每隔一周一次就好。
- ✓ 保持良好的自我形象和积极的生活态度。
- ✓ 避免使用商业化沙拉酱。用亚麻籽油，苹果醋和纯天然蜂蜜（按3:1:1的比例）自制健康沙拉酱。
- ✓ 向营养师咨询，协助您制定正确的饮食计划。（编者：免费咨询，请发电邮到 brian@newlife.com.my 或 leon@newlife.com.my）
- ✓ 要求家人朋友支持您的瘦身计划，请他们不要向您推送食物。
- ✓ 允许每周一次纵容自己（适当地），而不需要有任何内疚感或自我批评。



Pay attention to:

- ✓ Minimize salad dressings, creamy soups, and fatty meats.
- ✓ Lessen or avoid alcohol and caffeine; minimize salt intake.
- ✓ Avoid high-calorie snacks and desserts.
- ✓ At restaurants, avoid overeating and do not take any extra food home.
- ✓ Avoid eating while watching TV, driving, or doing other things.
- ✓ Shop for food only after eating, not when hungry.
- ✓ Stay out of the kitchen, cupboard, and refrigerator unless preparing food.
- ✓ Learn about food, fats, calories, and so on, so you know what you are doing.

请注意：

- ✓ 减少商业化沙拉酱、浓汤或肥肉。
- ✓ 减少或避免酒精和咖啡因；减少盐的摄入量。
- ✓ 避免含高卡路里的快餐和点心。
- ✓ 餐馆进食时，避免暴饮暴食和养成不打包食物回家的习惯。
- ✓ 避免在看电视，驾驶或者做其他事时进餐。
- ✓ 吃饱了才到商店购买食物，并非饥饿时。
- ✓ 远离厨房、碗柜和冰箱，除非是要准备食物。
- ✓ 多学习关于食物，脂肪，卡路里等等，以便更清楚了解自己在做什么。

NewLife™ Healthy Weight/Diet Management Programme

Begin with 2 weeks of the DRP. Omit the meals stated in the DRP Booklet. Most probably you will not feel hungry as your body will be well fed with the nutrients provided by the programme. You may eat some fresh fruits or raw vegetable salad (with no commercial dressings) if you do feel hungry.

Continue with the following Nutritional Programme until you reach your desired weight:

- **Upon Rising:** Drink 1 glass of freshly prepared green juice/ Super Green Food (SGF) drink + ¼ tsp of K-salt together with 5 Kelp tablets, 1 sachet of ImmuFlora.
- **Breakfast:** Take a bowl of fresh local fruits. You may add a few spoonfuls of low-fat yoghurt with 1 tsp of NewLife™ Nutritional Yeast. Take 1 tablet Chromium Picolinate after breakfast.
- **Morning Tea:** Consume 1 SGF drink + ¼ tsp of K-salt.
- **Before lunch:** Consume 1 Cleansing Drink* and a Honegar Cocktail# + ¼ tsp of K-salt.
- **Lunch:** Eat fresh fruits or vegetable salad and/or Hippocrates' soup.
- **Afternoon Tea:** Consume 1 SGF drink + ¼ tsp of K-salt.
- **Before dinner:** Consume 1 Cleansing Drink* and a Honegar Cocktail# + ¼ tsp of K-salt.
- **Dinner:** Same as lunch.
- **Supper:** Eat a glass of un-chilled low-fat yoghurt with 1 tbsp of Flaxseed Oil. Take 1 tablet of Chromium Picolinate.
- **Exercise:** Rebound exercise following the 'Rebound for Health' programme (VCD) for 2 - 3 times a week.

* CLEANSING DRINK

- 1 glass of distilled water (8 oz)
- 1 teaspoon of Pure Raw Honey
- 1 teaspoon of Apple Cider Vinegar
- 1 heaping teaspoon of Herbal Klenz Powder.

Stir. Drink immediately.

HONEGAR COCKTAIL

- 1 glass of distilled water (8 oz)
- 1 teaspoon of Pure Raw Honey
- 1 teaspoon of Apple Cider Vinegar

The result is up to you. The closer you follow the recommendations, the more weight loss you will be able to achieve.

This is not merely a weight loss programme, it will also help you come out stronger, leaner, fitter and energized.

If you blow it, go right back to your plan. Do not feel guilty or make it an excuse to indulge. Lastly, realize that it is ultimately up to you.



新生命 健康体重/ 饮食 管理计划

先 进行两个星期的DRP。可省去DRP小册子所陈述的餐食。您应该不会感觉饥饿，因为DRP所提供的营养素足够满足身体所需。若真的感到饥饿，您可以吃些新鲜水果或生菜沙拉（避免使用商业化沙拉酱）。

之后，进行以下营养计划，直到达到您设定的体重目标：

- **起身后：**喝1杯新鲜菜汁或超级绿食品饮料+钾质 ¼ 茶匙+5粒海藻宝，及1包免疫激菌植。
- **早餐：**一碗新鲜的本地水果。可加几匙低脂天然酸乳酪，和1茶匙新生命营养酵母。在早餐后服用1片有机铬。
- **早茶：**1杯超级绿食品饮料+钾质 ¼ 茶匙。
- **午餐前：**1杯净化饮料*和蜜糖醋饮料#+钾质 ¼ 茶匙。
- **午餐：**吃新鲜水果或菜沙拉和希波克拉底马铃薯汤。
- **下午茶：**1杯超级绿食品饮料+钾质 ¼ 茶匙。
- **晚餐前：**1杯净化饮料*和蜜糖醋饮料#+钾质 ¼ 茶匙。
- **晚餐：**与午餐一样。
- **夜宵：**一杯没有冷冻的低脂肪酸奶，和一茶匙亚麻籽油。有机铬1片。
- **运动：**每星期2-3次跟随‘健康弹跳运动’光碟进行弹跳运动。

* 净化饮料

- 1 杯蒸馏水 (8 盎司)
 - 1 茶匙纯天然蜂蜜
 - 1 茶匙苹果醋
 - 1 满茶匙天然净化粉
- 搅匀后，即刻喝

蜜糖醋饮料

- 1 杯蒸馏水 (8 盎司)
- 1 茶匙纯天然蜂蜜
- 1 茶匙苹果醋

结果是由您自己决定。您越紧密跟随所推荐的，您便能减重更多。这不单单只是个减肥计划，它也将帮助您变得更强壮，更纤盈，更健美和充满活力。

如果有一餐告吹了，您可以立刻回到原定的计划里。不需要有任何的罪恶感，也不要用它做借口继续纵容自己。最重要的是，最终的决定掌控在自己的手里。

*The result is up to you.
The closer you follow the
recommendations, the
more weight loss you will
be able to achieve.*

**结果是由您自己决定。
您越紧密跟随所推荐的，
您便能减重更多。**