

# NOT YOUR TYPICAL



## 非一般的“排毒”

With the rapid growth of the wellness and weight loss trends over the past decade, the word “detox” has become somewhat of a buzz word with it being used to refer to anything from cleansing the body after an alcohol binge to going liquid fasts for extended periods of time, or making extreme changes that could be dangerous to the body.

As with anything else, there are some detoxification programmes that truly offer benefits and many that simply do not. At the same time, the conventional medical community largely does not even believe in the concept of detoxification, autointoxication, or the idea that the body can in fact suffer from an accumulation of toxins due to poor diet or lifestyle choices.

With all the above factors in play, it can be hard for one to make a decision to go on a detoxification programme and more so on what programme to use and why.

### Understanding the Basic Causes of Disease

Before talking about detoxification, we first need to understand the how and why one should consider going on such a programme. Why is detoxification important? Based on the principles of naturopathic medicine, we understand that **the basic causes of many chronic and degenerative diseases are due to toxemia and nutritional deficiency**. Each day, our body is exposed to toxins of all kinds from external and internal sources. Health experts estimate that over 90% of cancers and other chronic diseases are due to a combination of poor diet and toxins in the body.



**Toxemia** refers to the accumulation of toxins in the body due to external factors such as pollution, impure food/water, consumption of chemicals found in food additives/pesticides, smoking, drugs (recreational/prescribed), trans-fats found in processed foods, accumulation of heavy metals such as lead and mercury, and more. The body can also suffer from “autointoxication” due to constipation and poor elimination by the liver, kidneys and other eliminatory organs.

**Nutritional Deficiency** is when the body is not being supplied with an adequate amount of essential nutrients such as vitamins, minerals, essential fatty acids, probiotics, enzymes, antioxidants, etc. Unfortunately, many foods we consume daily are high in calories and macronutrients like fats, carbohydrates, and proteins, but low in essential micronutrients that the body needs to be healthy because of commercial agriculture, the refining and processing of foods, and the use of additives or synthetic components in foods. Also, the overconsumption of certain nutrients such as sodium, omega 6 fatty acids, and others can cause nutritional imbalance in the body, which is harmful over time.

过去十年里，减肥及保健的发展趋势神速，“排毒”也成了个时髦热潮。排毒概念很广，也因人而异。比如从狂欢后解酒清肠，或禁食一段时间只能摄取饮料，或有些方式极端可严重危害身体。

市面上有许多排毒法，有些能提供健康效益，有些则不然。与此同时，大多的传统医学界组织都不相信排毒和自体中毒的概念，也不认为身体可因饮食不当或作息不良而导致毒素累积体内。

因此，要下定决心排毒及选择哪种排毒法，对大多数人来说是很不容易的。

### 了解疾病发生的基本因素

谈论排毒之前，我们必须先了解如何和为什么应考虑进行排毒计划。为什么排毒很重要？根据自然疗法的原则，我们都知道**毒血症和营养缺乏是导致许多慢性和退化性疾病的基本因素**。我们的身体每一天都会接触来自外在或内在的各种毒素。健康专家估计，超过90%的癌症和其他慢性疾病是基于饮食不良和体内毒素的结合所造成的。

**毒血症**指的是由环境污染、不洁净的食物和水源、隐藏在食品添加剂、杀虫剂、香烟、药物毒品（消遣性吸毒或处方药）中的化学品、加工食品中的反式脂肪、重金属累积如铅、汞等外部因素导致体内累积毒素。另外，便秘或肝脏、肾脏和其他排毒器官的排毒功能不良，也会导致“自体中毒”的现象。

**营养缺乏**则是当身体没有摄取足够的必需营养素，如维生素、矿物质、必需脂肪酸、益生菌、酶、抗氧化剂等。不幸的是，我们每日摄取的食物大多都是高热量和高大量元素，如脂肪、碳水化合物和蛋白质，而较少摄取到微量营养素，即是身体维持健康所需的营养素，这是因为农耕的商业化、食物经过精炼和加工、食品中使用添加剂或人工合成物质等而造成的。此外，过度摄取某些营养素，如钠、奥美嘉-6脂肪酸等，也会导致身体营养失衡，长期则会危害身体的健康。

## Progression of Chronic & Degenerative Diseases

It is now widely accepted that a majority of chronic diseases are due to lifestyle choices. Below is a chart showing an example of the progression of diseases.

## 慢性与退化性疾病的进展

大家都普遍认同，大多数慢性疾病都是由于不良作息而造成的。下列图表显示疾病进展的例子。

ACUTE STAGE OF ELIMINATION 急性消除阶段	SUB-ACUTE (POOR HEALTH) 中急性 (健康状况不佳)	CHRONIC 慢性疾病	TOXIC ▪ EXTREME CHEMICAL DEFICIENCY ▪ DEGENERATION 有毒 ▪ 身体化学物质极度缺乏 ▪ 退化
Inflammation 发炎 Discharge 分泌物 Fever 发烧 Colds 感冒 Etc. 其他	Fatigue 疲劳 Blocked Nose 鼻塞 Overweight 体型超重 Headaches 头痛 Lower Back Pain 腰背痛 Skin Blemishes 皮斑 Piles 痔疮 Constipation 便秘 Digestive Disorders 消化系统失调 Hormonal Imbalance 荷尔蒙失调 Etc. 其他	Migraine 偏头痛 Arthritis 关节炎 High Blood Pressure 高血压 High Cholesterol 高胆固醇 Skin Problems 皮肤问题 Serious Back Pain 严重背痛 Ulcers 溃疡 Asthma 哮喘 Weak Sexual Impulses 低性欲 Sinusitis 鼻窦炎 Tumors/Cysts/Fibroids 肿瘤/囊肿/子宫肌瘤 Endometriosis 子宫内膜异位症 Infertility 不孕症 Etc. 其他	Heart Disease 心脏病 Strokes 中风 Diabetes 糖尿病 Kidney Disease 肾脏疾病 Liver Problems 肝脏问题 Gall Bladder Disease 胆囊疾病 Serious Arthritis & Gout 严重的关节炎及痛风 Prostate 前列腺疾病 Serious Skin Problems 严重皮肤问题 Impotence 性无能 Lymphatic & Cellular Dysfunction 淋巴及细胞功能失灵 Cancer 癌症 Etc. 其他

**Chronic & degenerative diseases develop over time if root causes are not addressed.**  
若病源没及时获得根治，长久之下将会衍生成慢性或退化性疾病。

On the far left, you can see the acute stage, where the body may be showing symptoms that the immune system is compromised due to stress. As you look at the chart from left to right, you can see that if the root causes of poor health are not addressed, the body will over-time degenerate and suffer from symptoms of poor health that we label as diseases. On the far right, the body is in the stage of degeneration where the conditions are potentially fatal.

图表最左边显示为急性发作期，是身体因压力而导致免疫系统受损所可能表现出的症状。从左至右，您可观察到如果造成健康状况不佳的根源没获得适当处理解决，身体机能就会日渐退化，最终出现健康不佳的症状，称其为疾病。图最右边则显示身体已处在一种可致命性的退化状态。

The whole goal with making healthier choices and lifestyle changes is to help the body to progress from right to left, instead of left to right. We believe that many chronic diseases should not be considered as “normal” due to a person’s age or genetic pre-disposition. **We make choices every day that either contribute to our wellness, or contribute towards disease.** Most chronic diseases do not happen overnight, but are instead a result of years or decades of poor choices. The good news is that since they are developed over time and through the choices that we make, they can also be reversed or controlled over time through lifestyle changes and health building programmes. It is up to us to make the right choices to have our health progress from “right to left” instead of towards poor health and death.

做出更健康的选择和改变生活习惯的最大目标就是帮助身体从右图至左图的逆向进展改善，而不是从左至右恶化下去。我们相信，许多慢性疾病的产生不应因年龄或基因遗传的因素而被认为是“正常或理所当然的”。**我们每天都在做很多的选择，它们若不是有助健康，就是会致病。**大多数的慢性疾病不是一夜之间形成，而是经过数年或十多年的糟糕选择的恶果。庆幸的是，这些因不良选择及时间累积的健康问题，也可通过改变生活习惯和健康程序来获得逆转或控制。做出正确的选择，从“右至左”的健康方向发展，远离体弱多病或死亡之途，这一切完全取决于我们。

## The Goal of an Effective Detoxification Programme

The aim of an effective programme should be three-fold:

1. To support the body's natural ability to detoxify by eliminating toxins and restoring healthy function to the colon, liver and kidneys.
2. To provide plenty of high quality, essential nutrients.
3. To rebuild a weakened or suppressed immune system.

Ultimately, **an effective detoxification programme should support the body's natural ability to self-heal, self-repair, and self-rejuvenate.** Similar to how a cut can heal itself over time, we believe that in the case of most chronic and degenerative diseases, the body has the ability to restore balance and reverse the root causes of the disease if it is given a chance to do so.

## 有效排毒程序目标

一个有效排毒程序应该达到以下三个目标：

1. 通过消除体内毒素和恢复大肠、肝脏和肾脏的健康功能，以支持身体的自然排毒能力。
2. 提供大量高质量的必需营养素。
3. 重建已被削弱或被压制的免疫系统。

基本上，一个有效的排毒程序应支持身体进行自然愈合、修复和恢复活力的能力。如果有给予身体机会彻底大修，那它自然有能力恢复平衡，并有机会逆转大多数慢性退化性疾病的根本原因，这道理与伤口愈合的过程相似。

An effective programme will focus not just on detoxification, but also on rebuilding the body by supplying it with plenty of essential nutrients. It should use a combination of naturopathic therapies, herbal remedies, and nutrient rich foods / supplements in order to achieve the goal of bringing the body back into balance and providing the most conducive environment possible for the body to heal itself.

一个有效的排毒程序不单只是注重排毒效果，还要关注如何配合运用大量必需的营养素来重建身体。它应结合自然疗法、草药治疗及营养丰富的食物和补充剂等各方面，以达到使身体恢复平衡的目标，并为身体提供最有利的环境来进行自然疗愈。

## Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP)

Dr. Lynn Tan's DRP is a time-tested programme that has proven to be effective in restoring health naturally and safely. It uses a combination of detoxifying therapies and essential nutrients to support the body in restoring balance to metabolic function, organs and tissues. The products and therapies used in the DRP not only stimulate detoxification, but also help to combat oxidative stress or free radical damage throughout the body, bring the body's pH back into balance, and reduce systemic inflammation in the body's cells and organs. All the above mentioned set the DRP apart from many seemingly similar programmes in the market.

In addition, an integral part of the DRP is the use of Coffee Enemas in combination with the nutritional supplements and DRP diet plan.

The **Coffee Enema** helps to detoxify the liver and the blood, while causing a dilation of the bile duct, which facilitates the elimination of toxic breakdown products from the liver and the toxins from the blood out of the body through the colon. When one does the DRP, the change of diet in combination with the nutritional supplements will cause the body to flush out toxins from cells and tissues. Retained chemicals, heavy metals, and other substances will be pushed into the bloodstream and out through detoxifying organs such as the liver, kidneys, skin, and bowels.

This can cause "healing reactions" as the body experiences similar symptoms to conditions that it may have had in the past, and this is one of the positive key signs that the body is in the healing process. Coffee enemas are essential as they help to remove toxins from the body quickly, thus reducing the severity and duration of healing reactions that may occur.

Additionally, the palmitates found in coffee stimulate the production of the master antioxidant glutathione S-transferase in the liver by up to 700%. This powerful antioxidant helps to neutralise free radicals that cause inflammation and cellular damage throughout the body. Free radical damage is one of the key causes of many chronic and degenerative diseases, such as premature aging, heart disease and cancer.

Going through the DRP is similar to sending your car for an overhaul. Its effectiveness has been proven through hundreds of testimonials and many have had their health restored and chronic conditions reversed through this programme. It has become the starting point for many people in pursuing a healthier lifestyle and future for their families.

In closing, always remember: ***"there is no miracle product, miracle drug, or miracle programme — but a miracle body that can heal itself, if given an opportunity to do so."*** Give your body this opportunity and take the first steps towards turning your health around, today!

## 陈林希珠博士创研的 排毒与复健程序

陈林希珠博士创研的排毒与复健程序(DRP)经过长期验证,并证实可有效自然与安全地帮助身体恢复健康。它结合了排毒治疗和摄取必需营养素的方式来恢复身体的新陈代谢及器官与组织的正常功能。DRP所使用的产品和治疗方式不仅能提升排毒效果,也可帮助对抗氧化应激及自由基的破坏,同时也可平衡身体的酸碱值,减少体内细胞或器官的全身性发炎反应。以上所提及有关的DRP治疗方式绝对有别于市场上一般所看到许多类似的排毒程序。

此外,DRP的主要部分是结合咖啡灌肠与营养补充剂及DRP饮食计划的方式进行。

**咖啡灌肠**有助于净化肝脏和血液。通过扩张胆管,这有助将肝脏内的有毒分解产物以及血液中的毒素通过结肠排出体外。一个人在进行DRP的过程中,由于饮食的改变与营养补充剂的摄取会使身体排出细胞和组织中的毒素。残留于体内的化学物质、重金属和其他物质也将被排进血液,并随着排毒器官,如肝脏,肾脏,皮肤和大肠排出体外。

以上效应可能导致“愈合反应”,即身体可能会经历过曾经发生的类似症状。不过,这是身体在愈合过程中表现出来的关键正面信号。咖啡灌肠在这阶段非常重要,因为它可迅速清除体内的毒素,从而减少可能发生的愈合反应的严重程度和持续时间。

此外,咖啡中含有的棕榈酸可刺激提高肝脏中抗氧化剂谷胱甘肽S-转移酶的产生高达700%。谷胱甘肽-转移酶是个强大的抗氧化剂,有助中和自由基,减少全身性发炎反应和细胞损伤的问题。自由基损害是造成许多慢性和退化性疾病产生的主要因素之一,如过早老化、心脏病和癌症。

进行DRP其实就跟您把汽车定期送厂进行检修一样。DRP的有效性已经通过成千上万的见证分享证明了,它让许多人恢复了健康,逆转了慢性疾病的状况。它已成为许多人为自己及家人追求健康生活和更美好的未来的起点。

最后,必须记得:***"世上没有神奇的产品、药物或任何健康计划——但只要给予机会排毒与复健,每个人的身体都能表现其自行修复的神奇功能。"***从今天起,给自己一个机会,踏出第一步来改善您的健康!

