

## Gout Gone & No More Overweight! 痛风好了，身体也不再超重！

For 15 years, I suffered from serious gout problem. Since year 2000 at the age of 46 whenever gout attacked, I had to take medication to ease the pain. At first, the gout came twice a year, then never for 2 years, but after that the gout attacked me again and again for 15 years until 2014. I tried to control it by taking painkillers and colchicine, but all of these could not help. Moreover I was overweight, weighing 68 kg at only 5 feet 2 inches tall.

I searched around for ways to solve my problems, but failed. Eventually in 2014, my younger sister Anijah, whose 7-year-old daughter was healed of severe gastritis through NewLife™, advised me to take up Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP). Eager to be healed, I immediately started the DRP for 3 weeks.

With the help of the DRP, the swollen and painful parts of my legs healed gradually. Gout has completely gone. Moreover, I lost 5kg. I feel healthier and I am able to work more efficiently than before.

Thank you, Dr. Lynn Tan and to my sister Anijah, both of whom have brought "New Life" to me.

十五年来，我都有严重的痛风问题。自2000年，当时我才46岁，每次痛风发作时都需要依赖药物来缓解疼痛。刚开始，痛风的症状一年大概出现两次，也曾有两年没有犯病，但之后没多久，痛风又再次袭击我，就这样被痛风缠身了十五年，直到2014年为止。我尝试通过服用止痛药和秋水仙碱来控制病情，但这些并起不了什么疗效。而且当时的我还体重超重，5尺2寸的身高却重达68公斤。

我四处寻找解决痛风问题的方法，但一直都失败。最终在2014年，我妹妹奉劝我接受陈林希珠博士的排毒与复健程序（DRP）。她七岁的女儿通过新生命的健康计划治愈了严重胃炎。为了要赶快治好痛风，我立即开始3周的DRP。

因为DRP的相助，双脚脚大和疼痛的部位渐渐开始消失。痛风随后也完全好了。此外，我还减掉了5公斤。我感觉身体越来越健康，做事来也比以前更有效率。

谢谢陈林希珠博士和我妹妹阿妮佳，给了我一个新生命的机会。



Supain @  
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Kota Kinabalu 哥打京拿峇鲁



## Dr. Lynn's Detoxification & Rejuvenation Programme Saved My Skin! 陈林希珠博士的排毒与复健程序解决了我的肌肤问题！

As a marketing staff, I travel very often in all kinds of different weather conditions. I never gave serious consideration to my skin and I thought that as long as I applied some products

to my face, it would be no problem. I was wrong. Over time, my skin became very dehydrated and developed pigmentation. It started to deteriorate at an alarming rate. I was anxious and worried as I could see the patches becoming darker and my complexion getting duller, showing signs of aging.

Without further delay I started on Dr. Lynn Tan's DRP for 7 days, followed by the NewLife™ Health Building Programme. At the end of these regimes, the improvement on my skin was evidently felt and seen! I felt so rejuvenated and relieved.

Thank you, Dr. Lynn and NewLife™, for your wonderful health programmes and top-notch products!

身为一名市场营销员，我得经常到外地出差，因此肌肤常曝露于各种天气和环境。虽然如此，我也不怎么彻底保养肌肤，只是涂抹一些脸部保养品就以为可以了事，但是我错了。一段日子后，我的肌肤变得越来越干燥，也开始有色素沉淀。看着脸上的黑斑一天比一天变得更明显，肤色也变得越来越暗沉无光，更出现老化的迹象，我感到极为懊恼和担心。

因此，事不宜迟，我开始进行了陈林希珠博士为期7天的排毒与复健程序及随后遵循新生命保健养生计划。过了一段时间后，肌肤问题真的有了显著的改善！我感到非常地开心，也恢复元气十足的模样。

谢谢陈林希珠博士和新生命提供了美妙的保健计划以及一系列顶级的保健产品！

## Slimmer, No More Headaches, Menstrual Cramps, & Sluggishness! 更苗条！头疼、经痛和精神不振的问题也全都消失了！

I was suffering from daily headaches, severe menstrual cramps, and weighed more than 70 kgs. I was sluggish and often required an afternoon nap. Then NewLife™ came into my life! I started with the G.I. Health Plus and so much encrustations came out of me. I was shocked at what I had been carrying around all these years. I felt wonderful and decided to give Dr. Lynn Tan's 7-Day Detoxification & Rejuvenation Programme a try.

Today, I am a brand new person! I no longer have monthly "pains". I certainly don't pop any more painkillers as the headaches have all gone away. And my biggest bonus is that I'm 7kgs lighter without much effort at all! Now, not only are my family and I healthier, I also carry with me the powerful knowledge of how to look after my family's health in a holistic and natural way!

除了天天头疼，我也有严重的经痛问题，体重也超过70公斤，经常感到无精打采，每天到了中午时段都需要小睡一下才行。后来认识了新生命，便开始服食了新生命的肠胃保健配套，那时候我排出了许多的宿便。看到这些排出的“成果”，简直不敢相信自体内存积了这么多年的毒素废物。对此保健配套我感到非常满意，因此决定尝试进行陈林希珠博士为期7天的排毒与复健程序。

有了新生命，我犹如脱胎换骨，重获新生！每月经痛的问题没有了，也不需再服用止头疼药物。另外让我获益最大的就是不费吹灰之力就减掉了7公斤的体重！如今，不只我和家人健康获益，我也吸取了丰富的健康知识，以整全、天然的保健方式来照顾我的家人。



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