

Can't Believe It! I Lost 4.5kg in 7 Days Without Starving!

真不敢相信！
我在七天内瘦了
4.5公斤！



Before
之前



After
之后

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In the past years, I have struggled to lose the accumulated weight in my body as I was about 20kg overweight! Despite the healthy diet that I had routinely been practising for a year, the progress was very slow.

One day, a friend from Singapore, Young Hoon, invited me to attend a webinar entitled "The 7-Day Detoxification and Rejuvenation Programme (DRP) for Body Overhaul" hosted by Lydia Ling. I attended to learn about the natural way of total body detox. After learning how the DRP works, I decided to give it a try.

On the third day of the DRP, I experienced tremendous results. When I woke up in the morning, I felt more alert with no more foggy brain, a lot lighter, a lot more relaxed and did not feel the slight pain around my arms and legs anymore. I started to feel energized, happy and became more productive. This is really a whole new level of health for me! I also noticed that a lot of encrustations had been passed out; the amount of waste was astonishing! I couldn't believe that I had been carrying so much garbage in my body. I noticed the improvement of my skin's complexion as well; it got clearer and my pimples were gone. After 7 days of DRP, to my utmost surprise, I had lost an incredible amount of 4.5kg without starving myself! Wow! I couldn't believe that I achieved all this in such a short period of time.

I thank God for Dr. Lynn Tan's DRP. It has been a wonderful healing experience. I am also grateful to God for the people in the NewLife™ community who share about health through the webinars. I want to share this experience with my family, friends and everyone who wants to experience total health inside out—the DRP is the best gift that you can give to your body. You must try it for yourself, you will not regret it; your body will surely thank you for it!

Miriam Baking
Entrepreneur
Philippines

过去的几年里，我都在为了减去自己过重的20公斤而感到困扰。整年来，我都努力地坚守健康饮食，可是进展非常缓慢。

一天，一位新加坡的朋友，林艳云邀请我去参加了一个由林宝玲女士主持的网络研讨会。在这个题为《七天DRP身体革新》的网络研讨会中，我学会了全身排毒的天然方法，并决定试一试。

在排毒与复健程序（DRP）的第三天，我就体验到了惊人的改变。早上醒来时，大脑不再模糊，我感到更加清醒，也更轻松。此外，我的手臂和双腿也不再感到疼痛了。我变得更精力充沛、心情愉悦，工作效率也提高了。这对我来说真是一个全新的健康水平！另外，大量宿便也都排了出来，我不敢相信我的身体里居然一直带着这么多垃圾。令我惊喜的是，脸上的痘痘都不见了，肤色也改善了许多。尝试七天的DRP后，在没挨饿的情况下，我瘦了4.5公斤！哇！我真的无法相信，能在这么短的时间内取得如此惊人的效果。

我由衷感谢陈林希珠博士的DRP。这真的是一个非常美妙的修复体验。我也感激所有在网络研讨会中给予分享的新生命成员。我想与我的家人、朋友、所有人分享，如果想体验从里到外的整体健康，DRP就是您最好的选择。要给自己一个机会，您一定不会后悔，您的身体也肯定会为此感谢您！

蜜里安巴肯
创业者
菲律宾

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