

The Choice: FIGHT OR FLIGHT 选择：对抗或逃避

There are moments in life that create a bend in the path. It is this 'bend' that calls upon the powers of human decision-making to choose – fight or flight. Never did I think that at 23-years of age I would have to make that choice.

I contracted a severe kidney infection which had me go through a month-and-a-half of constant discomfort; ranging from tolerable to mind-numbing pain. My liver was damaged from medication, a stomach lining in trouble and one kidney that could no longer keep up with the other. A dire state to be in considering prior to this my worst nightmare was choosing between brands of cookies.

Deciding to take part in NewLife™ Detoxification and Rejuvenation Programme was not a last resort but done so as I wanted to fight. I was angry that my body was in this mess and I was ready to put it to the challenge to get out of this state. So on January 22nd 2012 I started the 7-day Detox and Rejuvenation Programme organised by NewLife™ International, conducted at Kasih Sayang Resort and Spa, Kota Kinabalu.

I stepped into this programme sceptical and resistant but still hopeful at the same time. Not only did I want to get my kidneys back in order, I was also in desperate need of kicking a seven-year smoking habit. I had two difficult tasks at hand and I wasn't sure which one would be harder. Nevertheless, upon arriving at the picture-perfect Kasih Sayang Resort, my troubles soon diminished.

I had seven days of pure tranquilly, of healing and to give myself a new start. This programme was carefully designed to help rebuild crucial elements in the body whilst aiding its recovery. That is exactly what it did for me and more.

It has been two months since the programme and I am fitter and stronger than I ever was. I feel wonderful on the inside and it shows on the outside. A main goal for NewLife™ International is for all people to live disease-free, well thanks to your Detoxification and Rejuvenation Programme I am now living disease-free, smoke-free and pain-free! Thank you NewLife™!

Joanna Moss



在人生的道路上总会遇到必需作出抉择的分岔路。而这个“分岔路”则需要人们作出选择，对抗或逃避。我从来没有料想到在我23岁的那一年就不得不做出这样的选择。

我感染了严重的肾脏感染，使我感觉不适长达一个月半，从容忍至意识麻木。我的肝脏因药物关系而受损，胃壁自我感觉良好，一边的肾脏也无法联系上另一颗肾脏了。我不但需在这可怕的状态下考虑，最糟糕的则是需在此时作出选择。

我决定进行新生命的排毒与复健计划并不是为了放弃而作出的最后结论，而是我决定对抗到底。我感到非常生气，因为我的身体已到了一发不可收拾的窘境，我已做好准备来挑战它。因此，我于2012年1月22日开始进行了由国际新生命在亚庇Kasih Sayang度假村所举办的七天排毒与复健计划。

我认真地进行着此程序，虽然怀着怀疑及抵抗的心态，但也对此程序充满着希望，因为我不仅想让我的肾脏恢复正常运作，我也迫切地戒掉七年来的吸烟习惯。我有着这两项艰巨的任务在身，但不知道那一项为最难修复的。然而，抵达让人为之赞叹的Kasih Sayang度假村后，我的烦恼很快就被抛到九霄云外。

在这七天内，我的身体有如自由女神像般纯粹宁静，七天的愈合，七天让我有了一个全新的开始。我选择为自己的身体做评审。这计划是经过精心设计，让身体在恢复至其颠峰状态时重建关键要素。这真是我所需要的。

健康营结束至今已有了两个月了，但我从未感觉身体如此强壮过。我感觉相当奇妙，不但身体内感觉良好，外在也可显露出来。国际新生命的主要宏愿是让所有人可在无病的状态下生活着。感谢排毒与复健计划，我现在可以拥有无病，无烟及无痛苦的美好生活！谢谢新生命！

乔安娜莫斯