

YOUR NATURAL “ANTIBIOTICS” 您的天然 “抗生素”

We all know that antibiotics are effective drugs that battle bacteria-related infections with harmful adverse effects. Unfortunately, in today's culture of pill taking, we use way too many antibiotics thus increasing the risk of antibiotic resistance. The issue is worsened with antibiotics being used in the manufacturing processes of foods such as dairy products and meat items.

Heavy prescription, misuse and ingestion of foods containing antibiotics are becoming one of the most harmful public health issues of our time. Although prescription antibiotics can overcome contagious health problems, their continual use has been known to cause our body to build resistance to the antibiotics. As a result, stronger antibiotics have to be used in subsequent treatments. This may cause treatments to become more difficult and expensive.

Prolonged use of antibiotics can also significantly reduce the healthy bacteria in the gut, producing an imbalance in the gut's eco-system resulting in frequent illness, indigestion and poor nutrient absorption.

When we are tired or stressed, our immune system tends to be weakened. When immunity is weak, we are easily overcome by infections. The best thing we can do to ward off infections such as colds and flu, is to strengthen our immune system naturally with immune-boosting foods and nutritional supplements.

NewLife™ offers a natural and powerful solution to give your immunity an instant boost:

Garlic & Parsley Oil

Raw Garlic in the diet is very beneficial. It is known to have antibacterial, antiviral, anti-fungal and anti-parasitic properties. It has been used since ancient times and is mentioned in the literature of prehistoric civilisations. However, cooking process can destroy some of its health-promoting compounds. One way to get around this problem is to take **NewLife™'s Garlic & Parsley Oil**.

You need not worry about the unbearable garlic odour anymore, or go through the trouble of preparing freshly chopped garlic. Just take a few capsules of **Garlic & Parsley Oil** a day for its health benefits. It is specially formulated to promote healthy circulatory and cardiac systems, fight common colds and prevent degenerative diseases.

C Complex 1000mg Sustained Release

Vitamin C is an extremely important nutrient for boosting immunity. This water-soluble vitamin is a powerful antioxidant and also anti-infective agent. Vitamin C increases the production of infection-fighting white blood cells and antibodies and increases levels of interferon, the antibody that coats cell surfaces, preventing the entry of viruses. Vitamin C is also required for at least three hundred metabolic functions in the body, including tissue growth and repair, adrenal gland function, healthy gums, and the production of anti-stress hormones.

Vitamin C is naturally available in many fruits and vegetables. If you are not eating enough fresh fruits and vegetables daily to provide your body with the optimum amount of Vitamin C, **NewLife™'s C Complex** (1000mg) can take care of that deficiency.

NewLife™'s C Complex offers sustained-release protection hour after hour, providing 40% better utilization rate than regular tablets. It is blended with bioflavonoids such as lemon, rutin, hesperidin, acerola and rose hip, which are natural synergists to Vitamin C, capable of enhancing the properties of Vitamin C.

抗生素是最广为人知用来对抗各种感染性疾病的药物。不幸的是，有些人将抗生素当作万灵丹，不管得了什么病都用抗生素。要知道滥用抗生素会造成药物耐药性。再加上，现代食品业（如奶类或肉制品）在生产过程中所添加的大量抗生素使抗生素耐药性的情况更加严重。

无论是抗生素药方过重或滥用，又或者是抗生素渗透食品业的状态，这种种都已是这个年代最危害大众健康的因素。虽然抗生素可以有效克服感染性疾病，但持续的服用将会导致身体对抗生素产生耐药性。最终，必须使用更强的抗生素方可进行下一步的治疗。这可能会导致治疗过程变得更加困难、更加昂贵。

长期服用抗生素也会显著减少肠道内的有益菌，使得肠道生态系统变得不平衡，导致您会经常生病、造成消化不良或影响养分吸收等问题。

当我们感到疲累或有压力时，免疫系统会随之减弱。一旦免疫力下降，身体就很容易被病菌感染。因此，最有效抵抗病菌感染如伤风、感冒的方法，就是通过摄取能提升免疫力的天然食品或营养补充剂，以增强自身的免疫系统。

新生命提供的天然强效营养补充品，能即刻提高您的免疫力：

蒜与欧芹油

生食大蒜对人体健康非常有益。它具有对抗细菌、病毒、霉菌和寄生虫的功效。自古以来，大蒜就广泛被当作养生药膳，并且在史前文明的文献中就被记载。

不过，烹煮的过程将会破坏大蒜中的一些有益健康物质。因此，克服这问题最好的方式就是服用**新生命的蒜与欧芹油**。

这样您就不必担心大蒜难闻的气味，或耗费时间精力来切碎新鲜大蒜。您只需每日摄取几颗**蒜与欧芹油**胶囊就可维持健康效益。它专为促进血液循环、维护心脏系统，以及对抗一般感冒和预防退化性疾病而研制。

维他命C综合丸（1000毫克）缓释片

维生素C是一种能有效提高免疫力的必需营养素。这种水溶性维生素不单是一种强效抗氧化剂，也是一种抗感染“天然药物”。维生素C可增加具有抗感染特性的白血球及抗体的生产，也能提高干扰素的水平，即一种包膜在细胞表面的抗体，可防止病毒侵入体内。维生素C也是至少三百种的代谢功能所需的物质，包括组织生长和修复、维持肾上腺的正常功能、维护牙龈健康和促进抗压激素的产生等。

蔬果中含有很多的维生素C。但是如果您每日都无法摄取足够的新鲜蔬果来提供身体所需的维生素C含量，那么**新生命维他命C综合丸**（1000毫克）将可补充您每日所摄取不足的维生素C。

新生命维他命C综合丸提供多小时的缓释作用，相比其他普通维生素C片剂，其提供利用率高多40%。它还混合了其他生物类黄酮物质，如柠檬、芦丁、桔皮苷、西印度樱桃和蔷薇山楂，这些都是维生素C的天然增效剂，能够提高维生素C对人体健康的功效。



Lee Kwee Chuan, Johor Bahru

Whenever I feel like I am coming down with cold and flu, I will immediately take 2 tablets of **C Complex** and 4 capsules of **Garlic & Parsley Oil** every 4 hours. Every single time, by the second day, I would be feeling completely energized and well.

Mrs. Tan KL, Kota Kinabalu

When my kids are having cold or flu, I would break open the **Garlic & Parsley Oil** capsule and rub the oil on their soles and let them sleep with their socks on. I find it very effective in stopping their running nose. In the traditional home remedy, fresh crushed garlands are usually used. But sometimes, if not careful (for example, too much), garlic could burn the skin as children's skin are more delicate. Using **Garlic & Parsley Oil** is so much more convenient and worry free from the possibility of burning.

李桂庄, 新山

每当我觉得像是要伤风感冒了, 我会马上服用2片**维他命C综合丸**和4颗**蒜与欧芹油胶囊**, 接着每4小时一次。到了第二天, 便完全没有了不适感, 还更加精力充沛。

陈太太, 哥打京拿峇鲁

当我的小孩患伤风感冒时, 我会将**蒜与欧芹油**的胶囊剪开, 然后把油涂抹在他们的脚掌上按摩, 再让他们穿上袜子入睡。我发现这方法对抑制流鼻涕的情况非常有效。在传统的居家疗法上, 通常都是使用捣碎的新鲜大蒜。但有时, 若不留神 (例如放了太多), 蒜末会灼伤小孩娇嫩的皮肤。因此, 使用**蒜与欧芹油**是如此的方便, 不只能有效抑制感冒, 我也不担心孩子的皮肤会被灼伤的可能。