

Need a Solution for Your **Chronic** **Health Problems?**

需要一个解决
慢性健康问题
的方案吗?



Many of us suffer from some sort of health issue that has bothered us for weeks, months, maybe even years. Ignoring it is not going to make it go away because chronic problems can progress to get worse over time.

Here at NewLife™, we believe that you don't have to be sick and tired! We are convinced that when we address the root causes of the chronic problems, our body can heal, repair and rejuvenate itself.

Understanding the Basic Causes of Diseases

First, we need to understand the basic causes of diseases. Health experts estimate that over 90% of cancers and other chronic diseases are due to a combination of toxins in the body (toxemia) and poor diet (nutritional deficiency).

Toxemia refers to the accumulation of toxins in the body due to 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 excretory 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. 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. This is largely due to 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.

我们当中许多人都遭受着某种健康问题的困扰，这些问题已经困扰了我们几周、几个月甚至几年。不理睬它并不会让它消失，因为慢性问题会随着时间的推移而恶化。

在新生命，我们相信您不必生病和疲劳！我们相信，当我们解决了慢性问题的根本原因时，我们的身体就能自我治愈、修复和恢复活力。

了解疾病发生的基本因素

首先，我们需要了解疾病的基本原因。健康专家估计，超过90%的癌症和其他慢性疾病是由体内毒素（毒血症）和不良饮食（营养缺乏）共同造成的。

毒血症是指由于环境污染、不洁净的食物/水源、食品中的化学添加剂/杀虫剂、香烟、药物毒品（消遣性吸毒或处方药）、加工食品中的反式脂肪、重金属累积如铅、汞等外来因素导致毒素在体内积聚。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。我们每天吃的许多食物都含有高热量和宏量营养素，如脂肪、碳水化合物和蛋白质，但却缺乏身体健康所需的必要微量营养素。很大程度上是由于农耕的商业化、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、奥美加-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。

DEVELOPMENT OF CHRONIC & DEGENERATIVE DISEASES 慢性及退化性疾病的形成与发展

ACUTE STAGE OF ELIMINATION 急性消除期	SUB-ACUTE (POOR HEALTH) 亚急性(健康不佳)	CHRONIC 慢性	TOXIC/DEGENERATIVE 中毒/退化
<ul style="list-style-type: none"> • Inflammation 发炎 • Discharge 分泌物 • Fever 发烧 • Colds 感冒 • Etc. 其他 	<ul style="list-style-type: none"> • Fatigue 身体疲倦 • Blocked Nose 鼻塞 • Overweight 身体超重 • Headaches 头痛 • Lower Back Pain 腰痛 • Skin Blemishes 暗疮 • Piles 痔疮 • Constipation 便秘 • Digestive Disorders 消化失调 • Hormonal Imbalance 荷尔蒙失调 • Etc. 其他 	<ul style="list-style-type: none"> • Migraine 偏头痛 • Arthritis 关节炎 • High Blood Pressure 高血压 • High Cholesterol 高胆固醇 • Skin Problems 皮肤病 • Serious Back Pain 严重背痛 • Ulcers 溃疡 • Asthma 哮喘 • Weak Sexual Impulses 性反应弱 • Sinusitis 鼻敏感 • Tumours/Cysts/Fibroids 肿瘤/囊/纤维物 • Endometriosis 子宫内膜异位 • Infertility 不育 • Etc. 其他 	<ul style="list-style-type: none"> • Heart Disease 心脏病 • Strokes 中风 • Diabetes 糖尿病 • Kidney Disease 肾病 • Liver Problems 肝病 • Gall Bladder Disease 胆囊问题 • Serious Arthritis & Gout 严重关节炎及痛风 • Prostate Disease 前列腺疾病 • Serious Skin Problems 严重皮肤问题 • Impotence 性无能 • Lymphatic & Cellular Dysfunction 淋巴及细胞疾病 • Cancer 癌症 • Etc. 其他

REGAIN YOUR YOUTH & HEALTH THROUGH THE DRP
by removing the root causes—toxemia and nutritional deficiency.

通过消除毒血症和营养缺乏的根本原因，**DRP使您重获青春和健康。**

Progression of Chronic & Degenerative Diseases

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

Some people feel that chronic diseases are “normal” or “part of life” due to age or genetic pre-disposition. The truth is that we make choices every day that either contribute to our wellness, or cause diseases.

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.

How Does Dr. Lynn Tan's Detoxification & Rejuvenation Programme Work?

Over the past 30 years, we have helped thousands prevent and treat chronic and degenerative diseases through our products, programmes and lifestyle recommendations. Particularly, **Dr. Lynn's Detoxification & Rejuvenation Programme (DRP)**—the core foundation of all NewLife™ health programmes, which can help you regain youth and health by removing the root causes of chronic diseases—toxemia and nutrition deficiency.

慢性与退化性疾病的进展

在图表的最左边为急性发作期，身体可能显示出由于压力导致免疫系统受损的症状。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，我们将这些症状称为“疾病”。图最右边则显示身体已处在一种可致命性的退化阶段。

有些人觉得，由于年龄或遗传倾向，慢性疾病是“正常或理所当然的”或是“人生旅途的一部分”。事实是，我们每天都在做出选择，这些选择要么有助于我们的健康，要么导致疾病。

大多数的慢性疾病不是一夜之间形成的，而是经过多年或几十年错误选择的结果。好消息是，这些因不良选择及时间累积的健康问题，也可以随着时间的推移通过生活方式的改变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。

陈林希珠博士创研的排毒与复健计划 (DRP) 如何运作?

在过去的三十年里，我们通过我们的新生命产品、健康计划 and 生活方式建议，成功地帮助了数以千计的预防和治疗慢性及退化性疾病。特别是**陈林希珠博士的排毒与复健计划(DRP)**，它是所有新生命健康计划的核心基础，可以通过消除慢性疾病的根本原因—毒血症和营养缺乏，帮助您重获青春和健康。

DETOXIFY | 排毒

Enhance the body's natural ability to detoxify by eliminating toxins and restoring healthy functions to the colon, liver, kidneys and skin.
通过排除毒素和恢复结肠、肝脏、肾脏和皮肤的健康功能，增强身体的自然排毒能力。

REPLENISH | 补充

Restore nutritional balance to the body.
使身体恢复营养平衡。

THE DRP IS DESIGNED ON THE PRINCIPLE THAT THE BODY IS ABLE TO HEAL ITSELF.
身体能够自愈是DRP设计的基本原则。

PROTECT | 保护

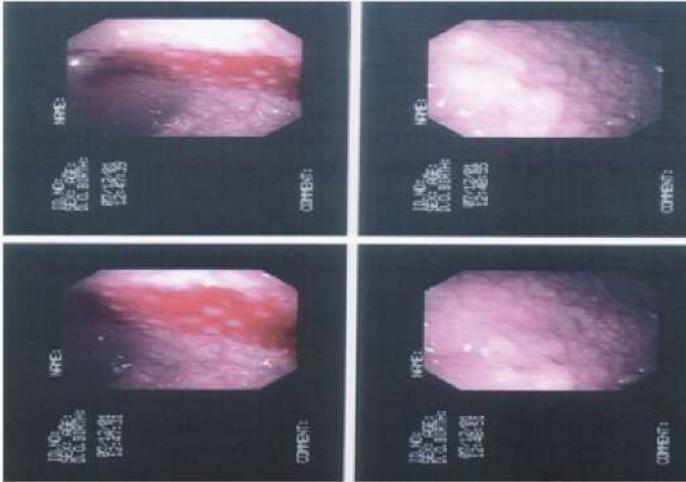
Repair a weakened or suppressed immune system.
修复削弱或抑制的免疫系统。

REJUVENATE | 恢复活力

Rebuild new healthy cells and tissues.
重建新的健康细胞和组织。

Here are some real-life stories of people who have experienced changes in their health after doing the DRP:

以下是一些人在做DRP后健康状况发生变化的真实故事:



Before DRP | DRP之前

Mr. Han Jin Cheng was diagnosed with having over 100 polyps in the colon. Doctor's recommendation was to have major surgery to remove a section of the colon.

韩晋诚(译音)先生被诊断患有100多个结肠息肉。医生建议做一个大手术切除一部分结肠。



After DRP | DRP之后

After doing the DRP and mini-DRP and making some dietary changes for just 2 months, the follow-up colonoscopy showed that the polyps had completely disappeared!

在做了DRP和迷你DRP以及一些饮食改变仅仅两个月后,后续的结肠镜检查显示息肉已经完全消失了!

After 之后



Before 之前



"Our journey began in June 2012 when my wife was diagnosed with ovarian cancer.

We started with the **Mini DRP**. I noticed that we both lost weight and my wife's antigen count also decreased from 220 to 110.

Seeing the benefits, we decided to go for the full **DRP** and the results were amazing! I had lost a total of 20kg in the span of 10 months and my wife's antigen count dropped to 5. The **DRP** is really amazing and we feel refreshed, lighter and vibrant."

「当我的妻子于2012年6月被诊断出患有卵巢癌后,我们便开始了我们的健康之旅。

我们从**迷你DRP**开始。我注意到我们变瘦了,我妻子的抗原数也从220降到了110。

看到这些令人兴奋的改进,我们决定进行完整的**排毒和恢复活力程序(DRP)**。我们获得了惊人的结果,在10个月内,我一共减去20公斤,而我妻子的抗原数也下降至5。**DRP**实在是太神奇了,我们觉得神清气爽,轻盈,充满活力。」

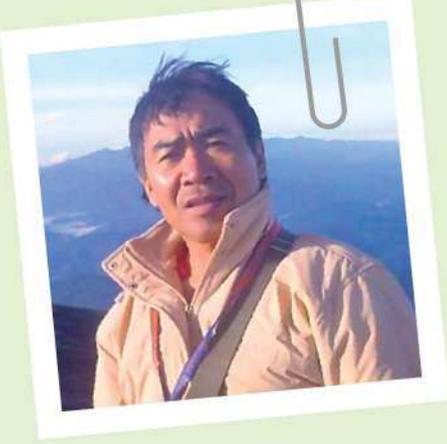
Ray Richard
雷·理查德

"After one week of **DRP**, my blood pressure reading dropped from 170/100 to 130/90. I used to have migraine attacks every week but after the **DRP** it was totally gone! It has been 9 months since the **DRP**; I have not had a single migraine attack. Plus, I lost 3kg, which I had been trying so hard to lose."

「经过一周的**DRP**后,我的血压指数从170/100降至130/90,过往经常纠缠着我的偏头痛也消失了。自从完成**DRP**至今已有九个月,偏头痛一次也没发过!另外,我瘦了3公斤,这是我一直努力减肥却无法实现的目标。」

Osnah@Rosnah Binti Sintau
欧诗南·新道





"For 15 years, I suffered from serious gout problem... I tried to control it by taking painkillers and colchicine but all of these could not help.

... With the help of the **DRP**, the swollen and painful parts of my legs healed gradually. Gout is completely gone. Moreover, I lost 5kg."

「15年来，我一直承受着严重的痛风问题... 我试图通过服用止痛药和秋水仙素来控制它，但所有这些都无济于事。

... 在**DRP**的帮助下，我腿上肿胀和疼痛的部位逐渐痊愈。痛风已经完全消失了。此外，我还减了5公斤。」

Supain · Christopher Lakasa
苏泊尔·克里斯托弗 拉卡萨

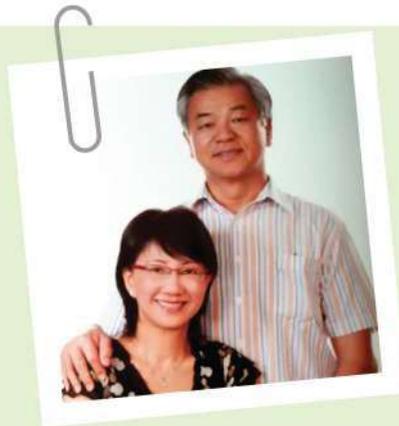
"I started with **Dr. Lynn Tan's 7-day DRP**. Thereafter, I continued doing **Coffee Enema**, taking **Herbal Klenz Powder**, **K-Salt**, and **Apple Cider Vinegar**, as well as exercising regularly.

Since the start of the DRP, I have lost 10kg, no more gout, and my cholesterol is now at normal level. Moreover, I feel energetic and youthful. I'm very happy with the results. Even my wife was surprised to see the changes in me."

「我开始进行陈林希珠博士为期7天的排毒与复健计划（DRP）。过后，我继续进行咖啡灌肠、食用草本净化粉、钾质及苹果醋，并且经常运动。

进行DRP六个月以后，我减轻了十公斤，不再有痛风，胆固醇也恢复正常水平。还有我精力充沛及感觉更年轻。我对这结果非常满意，甚至连我的太太也对我身上的变化感到啧啧称奇。」

Chai Min Hiung
蔡明雄



"I was diagnosed with liver cirrhosis after a general health check-up showed a failed liver function test. I was introduced to **NewLife™'s 7-day DRP**. I continued with the **Herbal Klenz powder**, **Spirulina**, **Kelp**, **Apple Cider Vinegar**, **Coffee Enema** and the **5 Essentials** and also exercised on the **Rebounder**. After one year and three months, the fibroscan and blood test showed no liver cirrhosis! **NewLife™** gave me a new lease of life!"

「我在做例行健康检查后被证实患上肝硬化，报告显示出我的肝功能丧失。介绍我试用**七天排毒程序**，配合这个程序，我也服用**天然净化粉、螺旋藻、海藻宝、有机苹果醋、灌肠咖啡及五大要素**，加上**健康弹跳运动**。经过一年三个月的时间，我的肝纤维化扫描及血液检查报告显示，我的肝硬化已经痊愈了！谢谢新生命给我带来了新的生机。」

Chin Set Yee
陈女士

"For years, my blood pressure had been high and I was advised by the doctor that I had no choice but to take medication for the rest of my life. On top of that, I was having serious constipation problems and was bothered by bad asthmatic problems too.

After going through the programme for a complete 7 days, my blood pressure shows good results. It is within the normal range again. I do not need any medication now. My asthma is getting better and I do not need to use the inhaler any more. Constipation is no longer a problem now.

「我的高血压问题已持续了好几年，医生说除了终身服药，没有其他办法了。除了这个我还有严重的便秘问题。另外，哮喘病又时常折磨我。

经过了整整7天的排毒程序，我的血压有了明显的改进，而现在已回复正常的血压，再也不需服药了。哮喘病也渐渐好转，无需再用吸入器。现在，排便已不再是问题。」

Abdul Jalan bin Sembilan
亚都惹兰





"I had blood in my urine. A doctor scanned me and confirmed that I had stones in my kidney. For quite a while I was bearing the discomfort of a urinary tract infection with a smelly white discharge.

The symptoms of the urinary tract infection completely disappeared after I went through one week of **Dr. Lynn's DRP**. After that, I continued with the 5 Essentials, which consist of: **Herbal Klenz Powder, Flaxseed Oil, K-Salt, Super Green Food,** and **ImmuFlora®**, along with a weekly Coffee Enema. The kidney stones passed out naturally after several months of following this regime. I feel healthier each day.

It is really amazing to realize what our body can do when we nourish and build it properly! My weight has also stabilized at 50kg compared to 56kg previously."

「我的小便中有血，经过医生的扫描被证实肾脏生石。有一段相当长的时间我承受着尿道发炎的不舒服和排出带有异味白带的困扰。

我进行了一个星期的陈林博士排毒及复健计划之后，尿道发炎的症状完全消失了。过后，我持续不断地服用5大要素补充物：**天然净化粉、亚麻籽油、钾质、特超绿食品和免疫激菌植**，再加上一周一次的咖啡灌肠。上述方法进行了几个月后，肾石自然地排出体外，现在我觉得每天都很健康。

当我们适当地滋养、强健我们的身体时，我们的身体所能做的事情真的令人惊讶。我的体重也从以前的56公斤稳定在现在的50公斤。」

Maggie Ding 刘雪兰

Your Body Can Self-Heal

Our bodies are wonderfully made to be able to self-heal and self-repair. We understand and see this process in cuts and bruises but most of us are unable to picture this working for major health issues and chronic diseases such as gut and colon problems, heart disease, hypertension, diabetes or cancer.

If you give your body some help and some time, it can perform what may seem like a miracle, but is in fact your body doing what it is naturally designed to do.

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."

If you would like to see a transformation in your health, get in touch with us today at info@newlife.com.my to arrange a free consultation and take your first step towards experiencing total health!

您的身体可以自我修复

我们的身体天生就具有自我治愈和自我修复的能力。我们在割伤和瘀伤中了解并看到了这个过程，但我们大多数人无法想象它对重大健康问题和慢性疾病如肠道和结肠问题、心脏病、高血压、糖尿病或癌症的作用。

如果您给您的身体一些帮助和时间，它可能会创造一个奇迹，但事实是，这是您的身体在做它天生就该做的事。

最后，永远记得：“世上没有什么神奇的产品、神奇的药物或神奇的计划—只有一个神奇的身体，如果给它一个机会，它可以自愈。”

如果您想看到健康的转变，今天就联系我们 info@newlife.com.my，安排一次免费咨询，迈出您体验全面健康的第一步！

