



# September 2022 Health Retreat 2022年9月健康生活营

After a long hiatus of 2 years due to the pandemic, we hosted our first full Health Retreat from 20<sup>th</sup> to 25<sup>th</sup> September 2022! It was so amazing to have a great group of people from around the world come together to experience Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP) in the natural environment of Kasih Sayang Hill Resort.

In addition to the therapeutic effects of the DRP, our participants also enjoyed daily health workshops covering a variety of topics, day trips to Shalom Valley Park and other local attractions, as well as massages and far infrared sauna sessions at the resort.

We were privileged to hear from both Dr. Lynn Tan N.D. and Dr. Lim Kheng Yee M.D. as they shared their health knowledge during both workshops as well as personal consultation sessions. Together with medical doctors like Dr. Lim, we hope to be able to provide an integrative perspective on healing that we believe is crucial and much-needed in our world today. We also had a session on "Functional Fitness" by Mr. Daniel Tan which many of the participants found helpful. The session helped them to understand how fitness and exercise can impact their daily lives. Mr. Daniel Tan is a professional fitness trainer with over 10 years of fitness experience and has trained over 100 international clients.

**Turn to back cover for details on our next Health Retreat happening in March 2023! We hope to see you there!**

因为疫情而中断了很长时间后，我们于2022年9月20日至25日，举办了两年多以来的第一次全面的新生命健康生活营！能与来自世界各地的朋友一起在Kasih Sayang山间度假村的大自然环境中体验陈林希珠博士的在排毒与复健程序 (DRP)，真是太棒了。

除了DRP的疗效外，参与者也参加了涵盖各种不同主题的健康工作坊，到平安谷公园和其他当地景点的一日游，以及在度假村享受按摩和远红外桑拿。

我们很荣幸能听到陈林希珠博士和林敬谊医生在工作坊及个人咨询会议上关于健康知识的分享。与像林医生这样的医学专业人士合作，我们希望能够为您提供一个关于全面健康修复的观点，因为我们相信这是如今急需及至关重要的。我们也举办了由陈健义先生指导的功能性健身课程，许多参与者都认为这课程对他们非常有帮助，让他们了解健身和锻炼如何影响他们的日常生活。陈健义先生是一位拥有十多年健身经验的专业健身教练，目前已培训超过百多位国际客户。

**请翻到封底，了解更多有关即将于2023年3月举行的健康生活营的细节！**





Here is some feedback from our participants:

以下是一些生活营参与者的反馈:

"Very enriching, refreshing, and informative! Valuable for our knowledge, especially on cholesterol."

「健康生活营的活动非常充实，使人神清气爽，信息丰富。我们获得了许多有价值的知识，特别是在胆固醇的问题上得到了启发。」

**Jenny & Raymond Chua**  
王翠红&蔡慈镛

"Very eye-opening and has made me realise the importance of discipline on nutrition and diet. I feel younger and more energetic!"

「这让我大开眼界，让我意识到营养和饮食纪律的重要性。我觉得自己更年轻、更有活力了！」

**Nooraini Noordini**

"More energy, body feeling lighter, and I am more knowledgeable on my health!"

「精力更充沛，身体感觉更轻盈，我对自己的健康也有了更深层的了解！」

**Maisarah Binti Mohammed**

"Kasih Sayang is perfect! Away from the city, cool weather, highland with fantastic views. Perfect sunset and sunrise views."

「Kasih Sayang是一个完美的地点！它远离城市，天气凉爽，位于高原，风景秀丽。每天都能看到令人叹为观止的日落和日出。」

**Paul Chung 郑俊良**

"The most visible is my weight loss and bowel movements. I believe by going forward with consistent good food, my overall health will improve."

「最明显的效果是我的体重减轻和排便顺畅。我相信坚持下去，我的整体健康状况将会有大改善。」

**Chung Cher Tee 陈志德**

"Our digestion and blood pressure improved tremendously!"

「我们的消化和血压有了极大的改善！」

**Noorsahrir Bin Noordin & Suriah Binti Selamat**



"All the topics were insightful to me. I find the Functional Exercise topic very applicable. Dr. Lynn and Dr. Lim have shared from their hearts and the sessions are very informative and impactful."

「所有的课题对我来说都很有见地。我觉得“功能性健身”这个课题特别切合实际。陈林希珠博士和林敬谊医生发自内心的分享和传授他们的知识，健康讲座内容丰富，影响深远。」

**Anita Tham 谭小姐**

"I feel so relaxed and pampered in this retreat as everything are all well-prepared and served such as the coffee for coffee enema, juices, salad and yoghurt. Dr. Lynn and her family are so friendly which makes me feel so close with them. It is like returning home!"

「在这个健康生活营中，我感觉很放松，很享受，因为一切都准备得很好，比如咖啡灌肠用的咖啡、果汁、沙拉和酸奶。陈林希珠博士和她的家人都很友善，这让我感觉和他们很亲近。感觉就像回家了一样！」

**Wendy Moi 梅丽琼**



"Feel refreshed, have lost weight, and brighter complexion."

「感觉神清气爽，体重减轻，气色更亮了。」

**Chua Kok Ping 蔡国彬**

"Rejuvenated, cleansed, and lightened!"  
「我的身体恢复了活力，得到了净化，变得轻盈！」

**Allan Tee & Ho Swan Choo**  
Allan Tee&何瑄珠

"Less fatigue and better elimination!"  
「减少疲劳，更好地排除体内废物！」

**Haseena Mohamed Sulaiman**  
Al-Saqri