

Is It Time to Overhaul Your Body?

是时候让您的身体系统彻底翻修了吗？



It is that time of the year again, with Christmas just around the corner. We can feel the kilos piling on already as our schedules are filling up with dinners and parties to celebrate this festive season with family and friends. If you would like to indulge this Christmas, it is important to prepare your body to handle all the food and alcohol that you are about to consume during the celebration. Your liver and digestive system will have to deal with a huge load and your detoxification organs will be under a lot of stress during this time. Hence, it is a great idea to overhaul your body before Christmas as it can be hard to do so when New Year is just around the corner.

Why is this important?

Every day, our bodies are exposed to numerous toxins that will gradually develop toxemia in the body. Toxemia is defined as the generation and accumulation of metabolic wastes and toxins within the body. These toxins include chemical pollutants and environmental toxins in the air we breathe. Furthermore, exposure to chemical substances such as pesticides or industrial wastes and heavy metals such as lead and mercury lead to toxin accumulation in the body. Unhealthy lifestyle choices such as drug or alcohol use, and frequent intake of highly processed food and beverages will also cause toxins to build up in the body. As time goes by, the accumulated toxins in your body can eventually cause stress to your organs. This can manifest in your body through a wide range of symptoms, eventually leading to an increased risk of chronic diseases such as heart disease, diabetes and cancer.

一年一度的圣诞节又即将来临。光是看一下排满了晚餐和派对的时间表，我们就已经可以感觉到体重在增加了。如果您想在这个圣诞节尽情享受，那么要做的一件非常重要的事情就是让您的身体做好准备，来应对您将在庆祝活动中所有吃喝的食物和酒精。在节日期间，您的肝脏和消化系统将不得不对巨大的负荷，排毒器官也将承受很大的压力。因此，在圣诞节前彻底翻修身体是个好主意，因为当新年即将来临时，这将更难实现。

为什么这很重要？

每天，我们的身体都会接触到许多毒素，这些毒素会逐渐在体内形成毒血症。毒血症被定义为体内代谢废物和毒素的产生和积累。这些毒素包括我们呼吸的空气中的化学污染物和环境毒素。此外，接触杀虫剂或工业废物等化学物质以及铅和汞等重金属，都会导致体内毒素积聚。不健康的生活方式选择，如吸毒或酗酒，以及经常摄入高度加工的食物和饮料，也会导致毒素在体内积聚。随着时间的流逝，体内积累的毒素最终会对您的器官造成压力。这会在您的身体中表现出一系列的症状，最终导致患心脏病、糖尿病和癌症等慢性疾病的风险增加。

Nutrition is an essential part of health and is the source of energy that carries out all the metabolic processes in the body. A balanced diet is a combination of both macronutrients and micronutrients. Macronutrients are the nutrients our body requires in large quantities, including fat, protein and carbohydrates that provide us energy. Micronutrients are vitamins and minerals that our body needs in small amounts that are important for many important functions in the body.

营养是健康的重要组成部分，也是进行体内所有代谢过程的能量来源。均衡饮食是宏量营养素和微量营养素的组合。宏量营养素是我们身体大量需要的营养素，包括为我们提供能量的脂肪、蛋白质和碳水化合物。微量营养素是我们身体需要的少量维生素和矿物质，对身体的许多重要功能都很重要。保护皮肤免受环境损害。



Nutritional deficiency occurs when the intake of one or more essential nutrients is lower than what the body requires. In today's world, most people have tight and hectic schedules and prefer to consume outside food for almost every meal at their convenience. However, outside food such as fast food and restaurant meals are generally higher in sodium, fat and sugar and tend to be higher in refined grains but lower in fibre, which may cause adverse health effects. As a result, inadequate consumption of fruits and vegetables that are rich in vitamins and minerals, when dining out in the long term, can cause nutritional imbalance and severely decreased levels of essential nutrients in the body. According to the World Health Organization (WHO), approximately 2.7 million deaths annually can be attributed to inadequate consumption of fruits and vegetables. Over time, nutrient deficiency can affect the body's ability to perform its functions normally, leading to an increased risk of major non-communicable diseases like diabetes, cancer and heart disease.

当一种或多种必需营养素的摄入量低于估计的平均需要量时，就会出现营养缺乏。在当今世界，大多数人都有紧凑而忙碌的时间表，喜欢贪方便，几乎每顿饭都在外用餐。然而，快餐和餐馆食物通常含有较多的钠、脂肪和糖，而且往往是高精制谷物、低纤维，这可能会对健康造成不利影响。因此，长期在外就餐，如果不充分摄入富含维生素和矿物质的水果和蔬菜，就会造成营养失衡，严重降低人体必需营养素的水平。根据世界卫生组织(世卫组织)的数据，每年约有270万人的死亡可归因于水果和蔬菜摄入不足。长期营养缺乏会影响身体正常发挥功能的能力，导致患糖尿病、癌症和心脏病等非传染性疾病的风险增加。

Signs that Your Body Needs an Overhaul | 是时候彻底翻修身体系统的警告信号：



1

If you have gained weight and have difficulty losing weight
体重增加，减肥困难



2

If you generally feel tired and fatigued all day long
整天都感觉疲惫不堪



3

If you have minor hormonal imbalance that leads to acne or skin rashes
有轻微的荷尔蒙失衡，造成青春痘或皮疹

4

If you have irregular bowel movement or constipation
排便不规律或便秘



5

If you have insomnia and trouble sleeping at night
有失眠症，晚上无法入眠



6

If you are frequently emotionally unstable, feeling depressed or nervous
经常情绪不稳定，感到沮丧或紧张



DEVELOPMENT OF CHRONIC & DEGENERATIVE DISEASES 慢性及老化病症的形成与发展

ACUTE STAGE OF ELIMINATION 急性排除期	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/纤维瘤 • Endometriosis 子宫内层异位 • 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。**

If you have any of the warning signs mentioned above, we strongly encourage you to go on an effective detoxification programme to prevent the development of chronic and degenerative diseases as shown in the above chart. This is because prevention is better than cure. No matter which stage are you in, there is hope for you. You do not need to be sick and tired for the rest of your life. Health and vitality are your divine right!

Dr Lynn Tan's Detoxification & Rejuvenation Programme (DRP)

Dr Lynn Tan's DRP is a comprehensive programme combining proven methods of natural internal cleansing of the body with essential nutrients and detoxifying therapies. The DRP helps restore nutritional, hormonal and metabolic balance by eliminating toxins and metabolic waste from the body.

The DRP is based upon two key principles of natural healing. Firstly, our body is so wonderfully made by God that it is self-healing, self-repairing and self-rejuvenating. Secondly, the root causes of diseases are toxemia and nutritional deficiencies.

When one undergoes the DRP, toxins from different parts of the body are stirred up and flushed out into the bloodstream. The body's detoxifying organs are also supported and strengthened to be able to work more efficiently. During this process, the body is able to repair damaged cells and restore healthy function to organs.

While detoxification is taking place, the body begins to rebuild itself with the nutrients supplied by the health-building superfoods included in the programme. The DRP diet plan eliminates foods that cause strain to the body, replacing them with nutrient-rich foods. The use of fresh juices helps supply essential nutrients to the body that can be used to build healthy cells.

In addition, the use of coffee enemas is an essential part of the DRP. Coffee enemas help to detoxify the liver and the blood while reducing inflammation and free radical damage in the body. When the coffee enters the liver via the colon, the bile duct dilates, enabling the removal of toxic wastes from the liver and toxins from the blood out of the body through the colon. The palmitates found in the coffee stimulate an increase in the production of the powerful enzyme, Glutathione S-transferase (G.S.T.) by 700%. G.S.T. helps to prevent cellular free radical damage and remove other toxins from the blood.

如果您有上述提到的警告信号之一，我们强烈建议您进行有效的排毒计划，以防止慢性及退化性疾病的发展(如上图所示)。这是因为预防胜于治疗。无论您处于哪个阶段，都有希望。您不需要一辈子生病和疲惫。健康和活力是你的神圣权利！

陈林希珠博士的排毒与复健计划 (DRP)

陈林希珠博士创研的排毒与复健计划(DRP)是一个全面的综合计划，结合经验证可有效安全净化身体的自然方法、必需营养素和排毒来清除体内的毒素和代谢废物，帮助恢复营养，荷尔蒙和代谢平衡。

DRP是基于自然愈合的两个主要原则设计的。首先，我们的身体是由上帝创造的，它具有自我疗愈、自我修复和恢复活力青春的能力。第二，疾病的根本原因是毒血症和营养缺乏。

当一个人经历DRP时，来自身体不同部位的毒素将被搅动并涌进血液。同时，身体的排毒器官也得到支持和加强，以便能够更有效地工作。在这个过程中，身体能够修复受损的细胞并恢复器官的健康功能。

在排毒时，身体开始利用DRP中的健康超级食品提供的营养来重建自身。DRP饮食计划排除了对身体造成压力的食物，用营养丰富的食物代替它们，通过新鲜的果汁为身体提供必要的营养，以用来构建健康的细胞。

此外，咖啡灌肠也是DRP的重要组成部分。咖啡灌肠有助于肝脏和血液的排毒，同时减少体内的炎症和自由基的损害。当咖啡通过结肠进入肝脏时，胆管扩张，使肝脏中的有毒废物和血液中的毒素通过结肠排出体外。咖啡中的棕榈酸盐能刺激强效酶——谷胱甘肽S-转移酶(G.S.T.)的产生，增幅达700%。G.S.T.有助防止细胞自由基损伤和清除血液中的其他毒素。

