

Nurturing Hormonal Harmony

A Natural Approach
to Common Women's
Health Challenges

**促进荷尔蒙平衡
以自然方法应对
女性常见的健康问题**



In the intricate tapestry of a woman's life, hormonal balance plays a pivotal role. However, the modern lifestyle, laden with stress, environmental toxins, and poor dietary choices, often disrupts this delicate equilibrium, giving rise to common hormonal challenges like fibroids, cysts, irregular periods, endometriosis and infertility. As a company dedicated to helping people transform their lives through natural healing, we have discovered that many of these conditions are reversible. Read on to find out more!

Impact on Lifestyle

Fibroids and endometriosis, while distinct conditions, share a common thread – they both affect a woman's reproductive health and overall well-being. Fibroids, non-cancerous growths in the uterus, can cause heavy menstrual bleeding, pelvic pain, and even fertility issues. On the other hand, endometriosis involves the abnormal growth of tissue outside the uterus, leading to severe pelvic pain, painful periods, and potential fertility challenges.

Ovarian cysts and a condition called Polycystic Ovary Syndrome (PCOS), in particular, are caused by hormonal imbalance which can lead to symptoms such as infertility, male patterns of body hair growth, weight gain, and irregular or absent periods. Irregular periods in itself is a common manifestation of hormonal imbalance and can lead to unpredictable cycles, exacerbating stress and anxiety. Infertility, often linked to hormonal issues, can be a major concern for women aspiring to conceive.

The impact of these conditions on a woman's lifestyle can be profound. Furthermore, conventional treatments often come with side effects and focus mainly on controlling symptoms. When the root causes are not removed, the chances of the condition returning later are very high. **A natural approach addresses the root causes and helps the body balance its hormones, leading to sustainable long-term results.**

女性天生细腻精致，荷尔蒙的平衡对她们有举足轻重的影响。然而，现代生活充满了挑战：现实压力、环境毒素和不良饮食习惯等等，往往会破坏了这种微妙的平衡，并导致如子宫肌瘤、囊肿、月经不规则、子宫内膜异位症和不孕等常见的荷尔蒙问题。作为一家致力提倡通过自然途径保健养生的公司，我们发现其中许多状况是可逆转的。请继续阅读以了解更多信息！

影响生活质量

虽然子宫肌瘤和子宫内膜异位症是不同的健康状况，但它们有一个共同点——它们都会影响女性的生殖健康和整体健康。子宫肌瘤是子宫内的非癌性生长物，它会导致月经过多，盆腔疼痛，甚至生育问题。另一方面，子宫内膜异位症涉及子宫外组织的异常生长，会导致严重的盆腔疼痛、痛经以及可能影响生育能力。

卵巢囊肿和一种称为多囊卵巢综合症（PCOS）的疾病是由荷尔蒙失调引起的，可导致不孕症、体毛过多、体重增加以及月经不规律或无月经等症状。月经紊乱本身就是荷尔蒙失调的常见表现，可导致周期不可预测，加剧压力和焦虑。不孕症通常与荷尔蒙问题有关，可能是有志于怀孕的女性的主要担忧。

以上状况对女性的影响是深远的。此外，传统的治疗方法主要集中在症状控制上，往往有副作用。如果不消除根本原因，以后病情复发的可能性非常高。**相反的，自然疗法可以解决根本原因，帮助身体平衡荷尔蒙，从而实现可持续的长期效果。**

Natural Solutions

Over the years, we have witnessed the transformative power of a holistic approach to women's health. Nutrition, lifestyle changes, and targeted natural therapies can play a pivotal role in alleviating symptoms and promoting hormonal balance. Here are some of the lifestyle strategies that we would recommend for those looking to balance their hormones.

1

Balanced Nutrition

Adopting a nutrient-rich, whole-food-based diet can significantly impact hormonal health. While reducing consumption of processed foods as much as possible, one should incorporate plenty of fruits, vegetables, whole grains and lean proteins. Certain foods, such as flaxseeds, turmeric, and leafy greens, have anti-inflammatory properties that can be particularly beneficial.

均衡的营养

采用营养丰富、以全食物为基础的饮食可以显著影响荷尔蒙健康。在尽可能减少加工食品的摄入的同时，应加入大量的水果、蔬菜、全谷物和瘦肉蛋白。某些食物，如亚麻籽、姜黄和绿叶蔬菜，都具有抗炎特性，特别有益。



NewLife™ Omega Gold Flaxseed Oil is rich in omega-3 fatty acids, particularly alpha-linolenic acid (ALA), which help to promote hormonal balance while supporting cardiovascular and joint health. Its anti-inflammatory properties also help to fortify the overall well-being of the entire body.

新生命奥美加黄金亚麻籽油富含Ω-3脂肪酸，尤其是α-亚麻酸（ALA），它有助于促进荷尔蒙平衡，同时支持心血管和关节健康。它的抗炎特性也有助于加强整体健康。



2

Stress Management

Stress management is crucial in hormonal balance. Practices such as regular exercise, deep-breathing techniques, and spending time volunteering or serving the community can help reduce cortisol levels, promoting overall well-being. Adequate sleep is equally vital, as it allows the body to repair and restore hormonal balance. Nutritional supplements that contain B vitamins can also help the body cope with stress better.

压力管理

压力管理对荷尔蒙平衡很重要。定期锻炼、深呼吸技巧、做义工或参与社区服务等，都可以帮助降低皮质醇水平，促进整体健康。充足的睡眠是同样重要的，因为它允许身体修复和恢复荷尔蒙平衡。含有B族维生素的营养补充剂也可以帮助身体更好地应对压力。



Formulated with a meticulous blend of essential B vitamins, **NewLife™ B Complex** is designed to play a crucial role in maintaining the overall well-being of the nervous system. The B vitamins, including B1, B2, B3, B5, B6, B7, B9 and B12, collectively contribute to the production of neurotransmitters, which are vital for efficient nerve function. Moreover, these vitamins are known for their ability to aid in the body's stress response. Taken daily, B Complex helps to support the nervous system and enhance one's resilience to stress.

新生命维他命B综合丸是精心配制的，旨在维持神经系统整体健康。它包含B1、B2、B3、B5、B6、B7、B9和B12，这些B族维生素，促进神经递质的产生，有效支持神经功能。此外，这些维生素能很好地缓解压力。每天服用维他命B综合丸，帮助支持神经系统，增强应激能力。



3

Maintaining a Healthy Weight

Excess body weight can contribute to hormonal imbalances. Adopting a regular exercise routine and maintaining a healthy weight can positively impact reproductive health and reduce the risk of conditions like fibroids and endometriosis. Habits such as intermittent fasting alongside a healthy diet can help to promote a healthy body weight.

保持健康的体重

体重过重会导致荷尔蒙失衡。定期的锻炼计划和保持健康的体重可以积极地影响生殖健康，减少子宫肌瘤和子宫内膜异位症等状况的风险。此外，间歇性禁食和健康饮食等习惯也可以帮助促进健康的体重。



Rebounding

Rebounding is one of the easiest and most effective ways to add exercise into your daily routine. Suitable for all fitness levels, this low-impact activity offers a fun and efficient approach to staying active. Beyond its cardiovascular benefits, rebounding plays a pivotal role in supporting lymphatic health. The rhythmic bouncing motion stimulates the lymphatic system, responsible for eliminating toxins and waste from the body. As you bounce, the gravitational forces facilitate the flow of lymph, promoting detoxification and immune system function.

弹跳

弹跳运动是日常锻炼最简单和最有效的方式之一。这种低冲击的运动适合所有的健身水平，提供了一种有趣而高效的方式来保持活跃。除了对心血管有益之外，弹跳运动在支持淋巴健康方面发挥着关键作用。有规律的弹跳能刺激淋巴系统，进而更有效地清除体内的毒素和废物。每一次弹跳，引力都能帮助促进淋巴的流动，促进排毒和免疫系统的功能。



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

For those seeking a comprehensive and effective approach to improving hormonal balance and overall health, Dr Lynn Tan's Detoxification & Rejuvenation Programme (DRP) stands out as a beacon of hope. This programme has been proven over the years as an effective support for women on their journey towards hormonal harmony. By addressing the root causes of hormonal imbalances, the DRP provides a solid foundation for sustainable well-being.

The DRP focuses on eliminating toxins, optimizing nutritional intake, and promoting overall rejuvenation. Through a combination of a targeted dietary plan, herbal supplements, and detoxifying therapies, users can experience a profound shift in their hormonal health. Dr Lynn Tan's expertise in naturopathy and women's health makes the DRP a trusted and effective choice for those looking to reclaim their vitality.

陈林希珠博士的排毒与复健计划(DRP)

对于那些寻求全面有效方法来改善荷尔蒙平衡和整体健康的人来说，陈林希珠博士的DRP是一道希望的曙光。多年来，这一保健方案已被证明能有效促进荷尔蒙平衡。通过解决激素失衡的根本原因，DRP为可持续的健康提供了坚实的基础。

DRP专注于清除毒素，优化营养摄入，促进整体恢复活力。通过结合有针对性的膳食计划，草药补充剂，和排毒疗法，DRP使用者可以体验到他们在荷尔蒙健康方面的显著改善。陈林希珠博士在自然疗法和妇女健康方面的专业知识，使DRP成为那些希望重拾活力的人值得信赖、有效的选择。

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 鼻窦炎 • 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。**

Testimonials 分享

NewLife™ Babies

Susana and I got married in September. In December, a medical check-up confirmed that she had ovarian cysts. In February, she underwent an operation to remove her left ovary, as well as part of her right ovary. Her doctor told us that she had only a slim chance to conceive.

Two years later, Susana decided to undergo Dr Lynn Tan's Detoxification & Rejuvenation Programme (DRP). Her decision to do so greatly affected our lives because, in September she was confirmed pregnant by the same surgeon who had done her surgery. He was extremely surprised that she was capable of conceiving, as he had not thought it would be possible following the surgery.

We feel that by having undergone the DRP, Susana's body, which had a loss of one ovary plus a sizable portion of the remaining ovary, was prepared for conception. The conception might not have happened under any other circumstances.

新生命宝宝

苏珊娜和我九月结婚。十二月，体检证实了她患有卵巢囊肿。接下来的二月，她接受了切除左卵巢以及部分右卵巢的手术。医生告诉我们，她受孕的机会很小。

手术两年后，苏珊娜决定进行陈林希珠博士的DRP。她的这个决定改变了我们的生命，因为到了九月，为她做手术的同一天医生证实她怀孕了。医生对她能够受孕感到非常惊讶，因为他以为这几乎是不可能的。

我们相信DRP修复了苏珊娜的身体，帮助她怀孕。否则，在正常情况下，已经失去了一个卵巢和另一个卵巢相当部分的苏珊娜是不太可能怀孕的。

Mr. Charlie 查理先生

Editor's Note: 3 months after the first child was born, Susana conceived again and subsequently, their second child was born.

编辑注：第一个孩子出生后的三个月，苏珊娜再次怀孕，并随后迎来了他们的第二个孩子。

Menstrual Pain Disappeared

The abdominal pain that I had suffered for 28 years, the menstrual pain of 40 years, and leg pain have all disappeared along with my unsightly pigmentation. It is wonderful now that I am totally free from the pains. Thanks to the DRP!

不再有经痛

我忍受了28年的腹痛、40年的经痛和腿痛全部都消失了，连我难看的色斑也都不见了！DRP真的太好了！感谢DRP！

Ms. Sharon 雪伦女士

Symptoms of Endometriosis Controlled

Before I underwent the DRP, I had serious endometriosis which nearly cost my fertility. I would suffer from excruciating pain. During every subsequent menstruation, I would experience heavy bleeding accompanied by blood clots. My gynaecologist told me that since I had done my duty as a mother of two teenage girls, and was nearing menopausal age, I should have my womb removed. I was glad that I did not.

After the DRP, I followed the NewLife™ Health-Building Programme (NHBP), did regular castor oil enemas, and followed the 'Rebound for Health' exercises.

Now, except for some dull cramps before menstruation, the endometriosis has been controlled remarkably.

子宫内膜异位症状得到控制

在我进行DRP之前，我患有严重的子宫内膜异位症，这几乎让我失去了生育能力。我也被剧痛折磨。每次月经期间，我都会大量出血并有血块。我的妇产科医生认为既然我的两个孩子都已经是少年了，再加上我也快进入更年期，他建议我考虑把子宫切除掉。我很庆幸我没有听从他的意见。

进行了DRP之后，我继续遵循进行新生命的健康重建计划，并定期做蓖麻油灌肠和弹跳锻炼。现在，除了月经前有些轻微的痉挛外，子宫内膜异位症已得到显著的控制。

Mdm Teo 张女士

Shrinking of Cysts and Inflammation of Ovaries

I did Dr Lynn Tan's Detoxification & Rejuvenation Programme (DRP) for 2 weeks and drank Dr Bruschi's Essiac Tea twice daily. I also administered the castor oil pack externally. Two weeks after the completion of my DRP, I had another scan.

Two cysts, which originally measured 5-6 cm, shrunk by half (< 3 cm) and the inflammation in my uterus had gone down from about 10 cm to 8 cm. Even the doctor was pleasantly surprised and advised that I should keep doing whatever programme I was on.

卵巢囊肿缩小和卵巢炎症减轻

我用了两周的时间进行了陈林希珠博士的DRP，每天喝两次布鲁斯医生有机草药茶。我还进行了外部的蓖麻油敷。在完成DRP的两周后，我进行了另一次扫描。

两个最初测量为5-6厘米的囊肿收缩了一半（小于3厘米），子宫内的炎症从大约10厘米下降到8厘米。甚至医生都感到惊讶，并鼓励我继续我目前正在遵循的保健计划。

Mrs. Wong 黄太太

Conclusion

In the journey towards hormonal harmony, knowledge is power, and proactive, holistic approaches can pave the way for a healthier, more balanced life. As a crucial step, consider exploring Dr Lynn Tan's Detoxification & Rejuvenation Programme (DRP). To take the first step towards a healthier you, contact our team for a free consultation. Empower yourself with the tools and guidance needed to nurture your hormonal well-being and embark on a transformative journey towards lasting health and vitality.

结论

在努力实现荷尔蒙平衡的过程中，知识就是力量。积极主动的整体方法可以为更健康、更平衡的生活铺平道路。尤其应该要考虑陈林希珠博士的DRP，它是关键的一步。请联系我们的团队进行免费咨询以获取帮助和指导，通过自然整体方法平衡荷尔蒙、享受健康和保持活力。