

STOP Hypertension Before It Damages Your Kidneys!

别让高血压 透支您的 肾脏健康!



Hypertension, commonly known as high blood pressure, is a prevalent health condition affecting millions worldwide. According to the World Health Organization (WHO), hypertension contributes to over 7.5 million deaths annually, making it one of the leading causes of mortality globally. However, what often goes unnoticed is the intricate relationship between hypertension and kidney health.

The Interconnection

The relationship between hypertension and kidney health is multifaceted, with hypertension exerting a detrimental effect on the kidneys through various mechanisms. High blood pressure, when sustained over time, inflicts significant damage to the delicate structures within the kidneys, leading to a condition known as hypertensive nephropathy or hypertensive kidney disease.

Within the intricate network of blood vessels that permeate the kidneys, hypertension exacts a toll by causing relentless stress and injury. The persistent elevation in blood pressure subjects the small blood vessels, or arterioles, within the kidneys to heightened pressure, ultimately impairing their ability to function optimally. As a result, the kidneys struggle to regulate fluid balance, electrolyte levels, and waste elimination, leading to a cascade of negative effects.

Symptoms of poor kidney health can manifest subtly, often eluding detection until significant damage has occurred. Individuals with compromised kidney function may experience symptoms such as fatigue, swelling in the extremities (edema), difficulty concentrating, and changes in urinary habits, including increased frequency or reduced urine output. Furthermore, hypertension-induced kidney damage can cause the onset or exacerbation of other complications, including proteinuria (excess protein in the urine), electrolyte imbalances and fluid retention.

高血压，是一种普遍的健康状况，影响着全球数百万人。根据世界卫生组织 (WHO) 的数据，高血压每年导致超过750万人死亡，使其成为全球死亡的主要原因之一。另外，高血压会影响肾脏健康；这一点以及两者之间复杂的关系，常常被人们忽视。

相互关联

高血压与肾脏健康之间的关系是多层面的，高血压通过各种机制对肾脏产生有害影响。长期的高血压会对肾脏内脆弱的结构造成严重损害，导致高血压肾病。

高血压就是血液冲击血管造成过高的压力。血管与肾脏的关系犹如水管与阀门，长期过高的水压就像持续施加在阀门上的摩擦力，不断地“磨损”肾脏，使其过滤功能逐渐下降，很难调节液体平衡、电解质水平和消除废物，从而导致废物和水分在体内滞留，渐渐侵蚀肾脏的健康。而滞留的代谢废物等会让血管承受的压力加剧。

肾脏不健康的症状细微不易察觉出来，通常在发生重大损害之前都没有被发现。肾功能受损的人可能会出现疲劳、四肢肿胀 (水肿)、难以集中注意力和排尿习惯改变等症状，包括尿量增加或减少。此外，高血压引起的肾损害可引起其他并发症的发生或加重，包括蛋白尿 (尿中蛋白质过量)、电解质失衡和液体滞留。

如果不加以控制，高血压相关的肾脏损害可能导致更严重的后果，如慢性肾脏疾病或终末期肾脏疾病，需要洗肾或肾移植才能生存。此外，高血压和伴发肾脏疾病的个体面临更高的心血管事件风险，包括心脏病发作和中风，这凸显了这两种疾病之间复杂的相互作用。

Left unchecked, hypertension-related kidney damage can culminate in more severe consequences, such as chronic kidney disease (CKD) or end-stage renal disease (ESRD), necessitating dialysis or kidney transplants for survival. Moreover, individuals with hypertension and concomitant kidney disease face an elevated risk of cardiovascular events, including heart attacks and strokes, underscoring the intricate interplay between these two conditions.

Lifestyle Factors and Management

While genetic predisposition can contribute to hypertension, lifestyle factors play a crucial role in its development and management. Adopting a healthy lifestyle not only helps control blood pressure but also mitigates the risk of kidney damage. Please turn to page 4 to read more on how to prevent/manage hypertension and avoid the threat to your kidney health.

Dr. Lynn Tan's Detoxification & Rejuvenation Programme: a Path to Healthier Living

For individuals grappling with hypertension and concerns about kidney health, seeking comprehensive solutions becomes paramount. Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP) is a good starting point for addressing these health challenges effectively. The DRP, proven over the years through the many transformed lives, offers a holistic approach to kickstart the body's journey towards better health. Through its use of nutritional supplements, a specially designed dietary plan, and therapies such as coffee enemas, the DRP helps restore nutritional balance to the body and supports the body's ability to produce healthier cells, tissues and organs.

The DRP has a remarkable success rate in treating hypertension and reversing kidney problems in pre-dialysis individuals. This integrated approach addresses the root causes of hypertension and supports the kidneys' vital role in maintaining optimal health.

Those who go through the DRP also experience improvements in their overall well-being, including increased energy levels, improved sleep quality, and enhanced vitality. This programme, which can be done from home, empowers individuals to take charge of their health and embark on a transformative journey towards longevity and vitality.

Turn to the next page to read real life stories of what people with hypertension have experienced by going through the DRP!

生活方式因素及管理

虽然遗传易感性可能导致高血压，但生活方式因素在其发展和管理中起着至关重要的作用。采用健康的生活方式不仅可以帮助控制血压，还可以降低肾脏损伤的风险。请翻到第4页阅读更多关于如何预防/管理高血压和避免对肾脏健康的威胁的信息。

通往健康生活之路—陈林希珠博士创研的排毒与复健计划

对于患有高血压和担心肾脏健康的个人来说，寻求全面的解决方案是至关重要的。陈林希珠博士创研的排毒与复健计划 (DRP) 是有效应对这些健康挑战的良好起点。多年来，许多成功改变生命的案例，证明了DRP是一种全面的方法帮助我们每个人实现全面健康。通过营养补充剂的使用，特别设计的饮食计划，以及咖啡灌肠等疗法，DRP有助于恢复身体的营养平衡，支持身体产生更健康的细胞、组织和器官的能力。

DRP在治疗高血压和逆转透析前个体肾脏问题方面具有显著的成功率。这种综合的方法解决了高血压的根本原因，并支持肾脏在维持最佳健康方面的重要作用。

那些经历过DRP的人也会在整体健康方面得到改善，包括增加能量水平、改善睡眠质量和增强活力。这一方案可以在家完成，使个人能够负责自己的健康，并开始走向长寿和活力的变革之旅。

请翻到下一页，阅读高血压患者通过DRP获益的真实生活故事！



TESTIMONIALS | 见证分享

I suffered from migraine for many years. The pain caused a lot of inconveniences in my daily life. I have desperately tried different kinds of medications to treat my migraine, but they only gave me temporarily relief. In June 2009, I started having high blood pressure. My doctor advised me to start taking medications to control my condition.

Knowing that these medications will lead to many negative side effects on my health, one of my friends highly recommended that I go through the **NewLife™ Detoxification & Rejuvenation Programme (DRP)** to get well. I decided to go through the DRP without any hesitation, as I really wanted to get rid of all these ailments as soon as possible.

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 they were totally gone! It has been 9 months since the DRP; I have not had a single migraine attack. Plus I lost 3 kgs, which I had been trying so hard to lose.

Thank you, NewLife™ for the wonderful DRP and all the great products.

我患偏头痛已经很多年了，对我的日常生活带来许多不便。我曾尝试服用药物以治疗偏头痛，但都只能短暂性缓和疼痛，结果让我相当失望。2009年，我又患上了高血压，我的医生建议我服用药物来控制病情。

我深深明白这些药物将给我的身体带来许多副作用。后来，一位朋友建议我接受**新生命的排毒与复健程序 (DRP)** 治疗。我抱着尽快恢复健康的期望，毫不犹豫地接受了治疗。

经过一周的DRP后，我的血压指数从170/100降至130/90，过往经常折磨我的偏头痛也消失了。完成DRP至今已有九个月，偏头痛一次也没发作过！同时，DRP帮助我减轻了三公斤，这是我努力了好久也办不到的！

感谢新生命奇妙的DRP及其优质的产品，让我重获健康。

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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. I felt so desperate regarding my health problems that I did not know what to do to get rid of them.

Then, one of my friends came and talked to me about **NewLife™ Detoxification and Rejuvenation Programme (DRP)**. Convinced by my friend's personal experiences and testimonies on the DRP, I went ahead with the programme without hesitation.

After going through the DRP for a complete 7 days, I now know how to look after my diet; i.e., less salt, sugar and preserved foods, and as far as possible, maintaining the **NewLife™ Health Building Programme (NHBP)**. 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. Some extra bonuses to me are that my skin looks better and smoother (before my skin was very dull) and I definitely feel more energetic than before.

I must thank Dr. Lynn for her wonderful health programmes and my friend who had introduced NewLife™ to me.

多年以来，我的血压一直很高，医生告诉我，我别无选择，只能终身服药。除此之外，我还患有严重的便秘，并且饱受哮喘问题的困扰。我对自己的健康问题感到非常绝望，但是却不知道该怎么办。

后来，我的一个朋友跟我谈起了**新生命排毒与复健计划(DRP)**。我被朋友的亲身经历和他对DRP的见证所说服，便决定进行这个计划。

经过完整7天的DRP后，我现在知道如何照顾自己的饮食；那就是少吃盐、糖和加工食品，并继续进行**新生命健康建设计划(NHBP)**。我的血压显示出良好的结果，已经恢复到正常范围。我现在已经不需要服用任何药物了。我的哮喘情况也有好转，我不再需要使用吸入器了。便秘也不再是问题。DRP还带给我意想不到的额外好处，像我之前暗沉的皮肤现在看起来更光滑，我确实感觉到比以前更有活力了。

我非常感谢陈林希珠博士出色的健康计划和向我介绍新生命的那位朋友。

Abdul Jalan bin Sembilan, Malaysia
阿都惹兰森美兰，马来西亚