

What Is the GI Tract?

什么是胃肠道?



Our digestive system is made up of the gastrointestinal tract, also called the GI tract. The GI tract is a series of hollow organs joined in a long, twisting tube that begins with the mouth, leading to the esophagus and extends through the stomach, small and large intestines to the anus. The whole GI tract is approximately nine meters (30 feet) long.

我们的消化系统由胃肠道组成的，也称为胃肠道。胃肠道是一系列中空器官连接成的长和弯曲的管道，从口腔开始，通向食道，穿过胃、小肠和大肠延伸到肛门。整个胃肠道长约9米（30英尺）。

Why Is the GI Tract Important?

- To digest and absorb ingested nutrients and to excrete waste products of digestion.
- About 100 trillion bacteria, both good and bad, live inside the digestive system, collectively known as the gut microbiota, our frontline of defence against harmful bacteria and germs that cause various chronic diseases.
- About 70-80% of our immune defenses come from the gut as more than two-thirds of the body's immune cells reside in the gut.
- The gut produces approximately 95% of the serotonin in the body. Serotonin is a neurotransmitter that controls and stabilizes our mood and functions in the brain.

为什么胃肠道很重要?

- 消化和吸收摄入的营养物质，排泄出已消化的食物。
- 消化系统内有大约100万亿个细菌，包括好的和坏的，统称为肠道菌群，是我们抵御有害细菌和引起各种慢性疾病的细菌的第一线。
- 我们身体大约70-80%的免疫防御来自肠道，因为人体超过三分之二的身体免疫细胞都在肠道中。
- 肠道产生体内大约95%的血清素。血清素是一种神经递质，控制和稳定我们的情绪和大脑功能。

Signs of an Unhealthy Gut That Needs to Be Reset

不健康肠道需要重新调整的迹象



Food intolerance:
e.g. lactose intolerance
食物不耐受：
例如乳糖不耐受



Frequent stomach upset:
e.g. gas, bloating, constipation,
diarrhea and heartburn
经常胃部不适：例如胀气、腹胀、
便秘、腹泻和胃灼热



Frequent mood changes
which may lead to anxiety
and depression
频繁的情绪变化，可能
导致焦虑和抑郁



Insomnia and poor sleep
失眠和睡眠质量不佳



Extreme food cravings,
especially food high in sugar
极度渴望食物，尤其是
高糖食物



Skin irritation: e.g. acne,
eczema and psoriasis.
皮肤刺激：例如痤疮、
湿疹和牛皮癣。



Autoimmune problems:
e.g. rheumatoid arthritis,
thyroid issues, multiple sclerosis
and type 1 diabetes

自身免疫问题：例如风湿性
关节炎、甲状腺问题、多发性
硬化和1型糖尿病



Chronic fatigue and
low energy levels
慢性疲劳和能量水平低



Unintentional
weight changes
无意的体重变化



Frequent headaches
and migraines
频繁头痛和偏头痛

NewLife™ GI Health Plus

NewLife™ GI Health Plus focuses on improving your gut health and boosting your immunity. Our GI Health Plus starter pack contains five products that help to remove toxin buildup and improve overall gut health.

ImmuFlora® is a product from Japan of the highest quality. It contains friendly bacteria that the body needs to fight off and control other less friendly bacteria and disease-producing yeast and pathogens. It also helps to reduce inflammation and improve the body's immunity. **ImmuFlora®** contains:

- 10 billion viable cells of Bifidobacterium longum that stimulate the production of immune-stimulating enzymes and breakdown of complex soluble fibre into smaller components that can be absorbed.
- 1 billion Lactobacillus Acidophilus that help relieve the effects of lactose intolerance by helping the body metabolize lactose.
- 200mg Fructo-Oligosaccharides which are prebiotics that stimulate the growth of friendly bacteria in the colon.
- 100亿个活的长双歧杆菌细胞，刺激产生免疫刺激酶，并将复杂的可溶性纤维分解成更小的成分，可以被吸收。
- 10亿嗜酸乳杆菌，通过帮助身体代谢乳糖，帮助缓解乳糖不耐症的影响。
- 200毫克低聚果糖，这是一种益生元，可以刺激结肠中有益细菌的生长。

Herbal Klenz / Herbal Matrix Powder, is formulated with a unique blend of detoxifying herbs and dietary fibre that promotes healthy and regular bowel movement. As we all know, the most common cause of constipation is a lack of dietary fibre. Constipation can lead to all sorts of problems such as lowered immunity, weight gain, bloating, digestive problems and even an increased risk of developing colon cancer. Some key benefits of **Herbal Klenz / Herbal Matrix Powder** are:



(Singapore | 新加坡)

(Malaysia | 马来西亚)

- Cleanses your digestive tract by removing accumulated encrustations.
- No laxative effect.
- Reduces gastrointestinal toxicity, regulates blood cholesterol and triglycerides, and normalizes blood sugar.
- Removes the gluey layers covering the villi of the small intestines.
- Reduces inflammation in the GI tract.
- 通过清除堆积的宿便来清洁消化道。
- 无泻药作用。
- 减少胃肠道毒性，调节血液胆固醇和甘油三酯，使血糖正常化。
- 去除覆盖在小肠绒毛上的粘胶层。
- 减少胃肠道炎症。

新生命肠胃保健配套

新生命肠胃保健配套专注于改善您的肠道健康和增强您的免疫力。我们的肠胃保健配套GI健康包含五个核心产品，有助于清除积聚的毒素和改善整体肠道健康。

免疫激菌植，是来自日本的最高品质产品，含有人体需要的友好细菌，以对抗和控制其他不友好的细菌和致病酵母和病原体。它还有助于减少炎症，提高身体的免疫力。**免疫激菌植**包含：



天然净化粉，是由排毒草药和膳食纤维的独特混合配方，促进健康和规律的肠道运动。我们都知道，便秘最常见的原因是缺乏膳食纤维。便秘会导致各种各样的问题，比如免疫力下降、体重增加、腹胀、消化问题，甚至会增加患结肠癌的风险。**天然净化粉**的一些主要好处是：

Apple Cider Vinegar (ACV), a product of New Zealand, is 100% pure natural and organically certified. It contains no artificial colouring, flavouring or preservatives. The organic apples undergo a double fermentation process, which produces enzymes and creates many of the vinegar's health-promoting characteristics. Some health-promoting characteristics of **ACV** are:

- 3 A's: antifungal, antibacterial and antiviral properties—helps in flu prevention.
- Aids and eases digestion.
- Regulates pH balance: prevents acid reflux or gastroesophageal reflux disease (GERD).
- Reduces inflammation: alleviates allergy symptoms, and eases nausea and heartburn.
- Improves skin health: reducing acne and smoothing wrinkles.

- 抗真菌、抗菌和抗病毒特性：有助于预防流感。
- 帮助和缓解消化。
- 调节酸碱值平衡：防止胃酸反流或胃食管反流病。
- 减轻炎症：减轻过敏症状，缓解恶心和胃灼热。
- 改善皮肤健康：减少痤疮和平滑皱纹。

苹果醋，来自新西兰的100%纯天然有机认证产品。不含人工色素、调味料或防腐剂。有机苹果经过双重发酵过程，产生酶，并创造了醋的许多促进健康的特性。**苹果醋**的一些促进健康的特点是：



Pure Raw Honey from New Zealand is unheated, unpasteurized, and unprocessed to retain its natural health benefits. It is also certified free from pesticides and chemicals. The honey is 100% pure and maintains its naturally organic state, contributing to an increased level of antioxidants. Some natural health benefits of **Pure Raw Honey** are:



- Good energy source. It is absorbed much slower than table sugar, thus extending the available energy of honey over a longer duration and preventing the excessive swings of energy and fatigue associated with table sugar.
- Digestive aid. It contains enzymes that are present in digestive juices and aid in digestion.
- Promotes the growth of probiotics. This helps to strengthen the immune system, improve digestion, lower cholesterol and prevent digestive conditions.
- Soothing nectar. It helps to soothe sore throats and coughs.
- Balances metabolism.
- 良好的能量来源。它的吸收速度比蔗糖慢得多，从而延长了蜂蜜的可用能量，并防止了与食糖相关的能量过度波动和疲劳。
- 助消化。它含有存在于消化液中的酶，有助于消化。
- 促进益生菌的生长。这有助增强免疫系统，改善消化，降低胆固醇和预防消化系统疾病。
- 舒缓花蜜。它有助缓解喉咙痛和咳嗽。
- 平衡新陈代谢。

来自新西兰的**纯天然生蜂蜜**，未经加热，未经巴氏消毒，未经加工，保留了天然的健康益处。也是认证无农药和化学物质。新生命纯天然生蜂蜜100%纯净，保持天然有机状态，有助于增加抗氧化剂的水平。**纯天然的蜂蜜**对健康有以下好处：

C Complex, a product of the USA, is a powerful antioxidant and immunity booster. According to the NIH, vitamin C aids in digestion by helping the body absorb iron and supporting healthy teeth and gums. It also helps in metabolic functions including adrenal gland function, tissue growth and repair.

C Complex also contains bioflavonoids that increase the absorption rate and effectiveness of vitamin C when taken together. Various studies have shown that bioflavonoids contain antibacterial and antiviral properties. It also contains rutin, acerola and rose hips. Some key benefits of **C Complex** are:

维他命C(1000毫克)缓释综合丸，美国生产，具有强大的抗氧化和免疫力。根据美国国立卫生研究院，维生素C有助于消化。帮助人体吸收铁和支持健康的牙齿和牙龈。它还有助于代谢功能，包括肾上腺功能，组织生长和修复。

维生素C复合物还含有生物类黄酮，可以提高维生素C的吸收率和有效性。各种研究表明，生物类黄酮具有抗菌和抗病毒的特性。它还含有芦丁、针叶和玫瑰果。**维生素C复合物**的一些主要好处是：

- More vitamin C than 20 oranges.
- 40% better utilization rates than regular tablets. This is due to a 100% natural vegetable micro-gel gradual release system.
- Guaranteed potency.
- Hypo-allergenic and vegetarian.
- 比20个橙子含有更多的维生素C。
- 使用率比普通药片提高40%。这是由于100%天然植物微凝胶逐渐释放系统运行原则。
- 保证效力。
- 低过敏性和素食。



Your overall health begins in your gut! **NewLife™ GI Health Plus** with the above five products are easy to consume and provides holistic nutrients for your gut health. This can be demonstrated by our members' testimonies on how quickly and effectively their overall health and vigour are improved and maintained. So why not kick-start your body by getting your digestive health back in balance with our **GI Health Plus** pack!

总的来说，您的健康始于肠道。**新生命肠胃保健配套**包含以上五种产品，易于食用，为您的肠道健康提供全面的营养。这一点可以从我们成员关于如何迅速和有效地改善和保持其整体健康和活力的见证中得到证明。那么，为什么不使用我们的**肠胃保健配套**来改善您的肠道健康并恢复整体健康呢？



Please turn to back cover for an exclusive offer on our GI Health Plus pack!

请翻阅封底以获得更多有关新生命肠胃保健配套促销详情!