

Tips for **STAYING HEALTHY** During the Festive Season 节日期间保持健康的小贴士

The festive season, filled with cultural celebrations like Lunar New Year and Thaipusam, brings joy but also challenges to maintaining healthy habits. With rich foods, late nights and social gatherings, it's easy to overindulge. However, with some planning, you can enjoy the festivities while staying healthy and energised. Here are some practical tips:

佳节总是迎来欢乐与团聚。但丰盛的美食、熬夜以及频繁的社交活动，容易使人忽略健康习惯。稍加计划，您就可以在畅享节日的同时，维持自身的良好状态。以下是一些有助于保持健康和活力的实用建议：



1 Balance Indulgences with Nutritious Foods

平衡放纵与营养

To prevent indulging too much in calorie-dense foods, start meals with fibre-rich vegetables. These help you feel full, making it easier to resist heavier, high-calorie options. Also, include fruits, whole grains and lean proteins to maintain a balanced diet. NewLife™ Super Green Food ++ offers essential vitamins, minerals and antioxidants, boosting nutrient intake and digestion. NewLife™ Garlic and Parsley Oil supports immune health and digestion, keeping you balanced during indulgent meals.

为避免摄入过多高热量的食物，您可以先从富含纤维的蔬菜开始用餐。蔬菜能让您产生饱腹感，从而更易抵御那些高热量的重口味食物。此外，还要摄入水果、全谷物和瘦肉，以维持均衡的饮食。新生命特超绿食品++提供人体必需的维生素、矿物质和抗氧化剂，有利于提高营养摄入量和消化能力。新生命蒜与欧芹油有助增强免疫力和消化功能，让您在大快朵颐时保持身体的平衡。

2 Eat Mindfully

用心饮食

With an abundance of festive foods, it's easy to overeat. Practise mindful eating by eating slowly, savouring each bite, and paying attention to when you're full. Supplements like NewLife™ N.Zimes™ PA Plus aid digestion, reducing bloating and discomfort from overeating. NewLife™ K-Salt helps balance electrolytes and support kidney function, reducing water retention and blood sugar spikes. NewLife™ Apple Cider Vinegar helps curb cravings and promotes better digestion, while NewLife™ Chromium Picolinate stabilises blood sugar, reduces cravings, balances appetite hormones and supports fat metabolism.

在节日期间，人们往往容易进食过量。您可以通过细嚼慢咽、品味每一口食物、留意自身饱腹感来进行有意识的进食。补充剂如新生命胰酶（植物）添加素有助于消化，减轻因过量饮食引发的腹胀和不适。新生命钾质有助于平衡电解质，支持肾脏功能，减少水分滞留和血糖波动。新生命苹果醋有助于抑制食欲，促进消化，而新生命有机铬则有助于稳定血糖，降低食欲，平衡食欲激素，并支持脂肪代谢。

3 Manage Stress with Self-Care 借自我关怀来管控压力

The festive season can be stressful, with shopping, family obligations and busy schedules. To reduce stress, take time for self-care activities like deep breathing, exercise or regular walks. Prioritise sleep, as it's key to managing stress and maintaining energy. Supplements like NewLife™ Chamomile Tea, Vitamin B Complex, Niacin and Vitamin C Complex help reduce stress, improve mood and support overall well-being during this busy season.

节日期间可能压力颇大，需要购物、履行家庭义务以及处理繁忙的日程安排。为减轻压力，花些时间进行自我关怀活动，比如深呼吸、锻炼或定期散步。优先考虑睡眠，因为它是管理压力和保持精力的关键。补充剂如新生命有机洋甘菊花茶、新生命维他命B综合丸、新生命血液循环补充丸(烟酸)和新生命维他命C缓释综合丸有助于减轻压力、改善情绪，并在这个繁忙的时节支持整体健康。

4 Stay Hydrated and Limit Alcohol 保持充足的水分摄入，限制酒精摄取

Proper hydration is vital to prevent fatigue, headaches and bloating. Drink at least 8 glasses of water daily and carry a water bottle to remind yourself. Limit sugary drinks and alcohol, which can disrupt sleep and digestion. NewLife™ Peppermint and Chamomile Teas help soothe the stomach, reduce bloating and improve digestion.

适当的水分补充对于预防疲劳、头痛和腹胀极为关键。每天至少饮用8杯水，并随身携带水瓶以提醒自己。避免摄入含糖饮料和酒精，因为它们会干扰睡眠和消化。新生命有机薄荷茶和有机洋甘菊花茶有助于舒缓胃部不适，减少腹胀，改善消化。

Post-Festive Health Regime: Detoxification & Rejuvenation 节日后健康方案：排毒与复健

After the festive indulgences, consider the Detoxification and Rejuvenation Programme (DRP) to restore balance. This programme helps cleanse the body, support digestion, and detoxify the liver. An essential part of the DRP is the Coffee Enema, which aids liver detoxification and enhances the body's ability to eliminate toxins, reducing inflammation and promoting overall recovery.

By following these tips and incorporating supportive supplements, you can maintain your health, enjoy the festivities and recover quickly after the season.

在节庆期间大吃大喝之后，可以考虑采用排毒与复健计划(DRP)来恢复平衡。该计划有助于排毒、支持消化系统，并净化肝脏。DRP计划中极为重要的一部分是咖啡灌肠，它有助于肝脏排毒，增强身体排除毒素的能力，减少炎症，促进整体恢复。

通过遵循这些建议并摄入有益的补充剂，您能够保持健康，尽情畅享节日的欢乐，并在节日过后迅速恢复。