

NUTRITION & DETOX

A Holistic Approach
to Skin Health
(Inside & Out)

营养与排毒

由内而外全面
呵护肌肤健康

The skin is not just a superficial layer meant to be slathered with creams and serums; it is an organ that mirrors our internal health. More specifically, the relationship between the digestive system and the skin plays a crucial role in determining the quality of our complexion. If your gut is inflamed, sluggish, or overloaded with toxins, chances are, your skin is sending distress signals in the form of acne, eczema or premature aging. This article will explore the connection between nutrition, detoxification and radiant skin health, offering a holistic approach to achieving a youthful glow from the inside out.

皮肤并非只是涂抹乳霜和精华液的表层，它是一个能反映我们内在健康的器官。更确切地说，消化系统与皮肤之间的关系在决定我们的肤色质量方面起着至关重要的作用。如果您的肠道发炎、运转迟缓或积聚过多毒素，那么您的皮肤很可能会通过痘痘、湿疹或过早衰老等信号发出求救。本文将探讨营养、排毒与肌肤健康之间的联系，提供一种由内而外焕发青春光彩的全面方法。



THE FOUNDATION OF SKIN HEALTH 健康皮肤的基础

It may come as a surprise, but your skin and gut are in constant communication. The gut microbiome, a bustling ecosystem of trillions of bacteria, influences inflammation, immune function and even hormonal balance. When the gut microbiome is compromised due to poor diet, stress, or environmental toxins, the skin often bears the brunt through breakouts, dullness and inflammatory conditions. Consider the following gut-skin interactions:

您可能会感到惊讶，但您的皮肤和肠道始终一直在沟通。肠道微生物群是一个由数万亿细菌组成的繁忙生态系统，会影响炎症、免疫功能，甚至荷尔蒙平衡。当肠道微生物群因不良饮食、压力或环境毒素而受损时，皮肤往往首当其冲，出现痘痘、暗沉和炎症等问题。请考虑以下肠道与皮肤之间的相互作用：

1 Nutrient Absorption

A leaky or damaged gut impairs the absorption of essential skin-loving nutrients, including vitamins A, C, E and zinc. This deficiency can lead to a loss of skin elasticity, increased sensitivity and a dull complexion.

营养吸收

肠道渗漏或受损会妨碍对皮肤有益的必需营养素的吸收，包括维生素A、C、E以及锌等。这种缺乏会导致皮肤失去弹性，敏感性增加以及肤色暗哑。

NUTRITIONAL FOUNDATIONS FOR RADIANT SKIN 营养基础打造光彩肌肤

Collagen-Boosting Nutrients & Antioxidants

Vitamin C (from citrus fruits and bell peppers) and amino acids (from bone broth and legumes) support collagen synthesis, which maintains skin structure and elasticity. For optimum intake of collagen-boosting nutrients, be sure to take NewLife™ C Complex and Collasta+ daily. Both these supplements contain antioxidants that help protect against oxidative stress from UV rays and pollution.

促进胶原蛋白生成 的营养素和抗氧化剂

维生素C（来自柑橘类水果和甜椒）和氨基酸（来自骨汤和豆类）有助于胶原蛋白合成，从而维持皮肤结构和弹性。为了确保摄入充足的促进胶原蛋白生成的营养素，建议每天服用新生命维他命C缓释综合丸和康丽达胶原红藻+。这两种补充剂都含有抗氧化剂，有助于抵御紫外线和污染造成的氧化应激。



Prebiotics & Probiotics

Fermented foods like sauerkraut, kimchi and yoghurt nourish beneficial gut bacteria, reinforcing the gut-skin axis. Probiotics have been linked to improvements in acne and eczema. ImmuFlora® contains both prebiotics and probiotics, making it the perfect supplement.

益生元和益生菌

像酸菜、泡菜和酸奶这类发酵食品能滋养有益的肠道菌群，强化肠道与皮肤之间的联系。益生菌有助于改善痤疮和湿疹。新生命免疫菌植同时含有益生元和益生菌，是理想的补充剂。



Omega-3 Fatty Acids

Found in flaxseed oil, walnuts and fatty fish, omega-3s combat inflammation and strengthen the skin barrier. They help keep the skin supple and reduce redness associated with inflammatory skin conditions.

奥美加-3脂肪酸

存在于亚麻籽油、核桃和多脂鱼类中，奥美加-3脂肪酸可对抗炎症并强化皮肤屏障。它们有助于保持皮肤柔软，并减少与炎症性皮肤病状况相关的红斑。



2 Inflammation

An imbalance in gut bacteria can lead to inflammation, causing conditions like acne, psoriasis and rosacea. Inflammation affects the skin's ability to heal, making breakouts more severe and prolonged. The diversity of gut bacteria impacts immune responses and inflammation levels. Beneficial bacteria help break down food efficiently and prevent harmful bacteria from triggering skin conditions.

炎症

肠道菌群失衡会导致炎症，引发痘痘、银屑病和红斑痤疮等病症。炎症会影响皮肤的愈合能力，使痘痘更严重且持续时间更长。肠道菌群的多样性会影响免疫反应和炎症水平。有益菌能有效分解食物，并防止有害菌引发皮肤问题。

3 Detox Pathways

The liver and gut play crucial roles in detoxification. When overwhelmed, toxins may be excreted through the skin, leading to breakouts and congestion. This can manifest as hormonal acne, dermatitis and other chronic skin conditions.

排毒途径

肝脏和肠道在排毒过程中发挥着关键作用。当不堪重负时，毒素可能会通过皮肤排出，从而导致痤疮和皮肤堵塞。这可能会表现为激素性痤疮、皮炎和其他慢性皮肤问题。

A diet rich in whole, unprocessed foods supplies the necessary building blocks for skin repair, hydration and resilience. Below are key nutrients essential for skin health:

富含天然未加工食物的饮食为皮肤修复、保湿和恢复活力提供了必要的营养成分。以下是皮肤健康所需的关键营养素：

Enzymes



Enzymes play a crucial role in skin health by facilitating biochemical reactions that support repair, renewal and detoxification. Digestive enzymes (such as proteases, lipases and amylases) improve nutrient absorption, ensuring that essential vitamins, minerals and amino acids reach skin cells for collagen production, hydration and barrier function. Additionally, proteolytic enzymes (such as bromelain and papain) help break down dead skin cells, thus reducing clogged pores, improving texture and promoting a radiant complexion. NewLife™ N.Zimes PA Plus™ is a plant based enzyme supplement that contains a full range of digestive and proteolytic enzymes.

酶

酶通过促进支持修复、更新和排毒的生化反应，在皮肤健康中起着关键作用。消化酶（如蛋白酶、脂肪酶和淀粉酶）能提高营养吸收，确保皮肤细胞获得必需的维生素、矿物质和氨基酸，以促进胶原蛋白生成、保持水分和屏障功能。此外，蛋白水解酶（如菠萝蛋白酶和木瓜蛋白酶）有助于分解死皮细胞，从而减少毛孔堵塞，改善肤质，使肤色更显光泽。新生命胰酶（植物）添加素是一种植物基酶补充剂，含有全面的消化酶和蛋白水解酶。

Vitamin E & Selenium

Nuts, seeds and avocados contain these powerful antioxidants that help prevent oxidative damage to skin cells and improve healing.

维生素E和硒

坚果、籽类和牛油果富含这些强大的抗氧化剂，有助于防止皮肤细胞受到氧化损伤，并促进愈合。

Zinc & Magnesium

Zinc (found in pumpkin seeds) supports wound healing and reduces acne severity, while magnesium (in leafy greens) helps balance stress-related skin issues.

锌和镁

锌（存在于南瓜籽中）有助于伤口愈合并减轻痤疮严重程度，而镁（存在于绿叶蔬菜中）有助于缓解与压力相关的皮肤问题。

Hydrating Foods

Cucumber, watermelon and celery provide hydration and help maintain the skin's natural moisture balance, preventing dryness and irritation.

补水食物

黄瓜、西瓜和芹菜能提供水分，帮助维持皮肤的自然水分平衡，防止干燥和刺激。

THE ROLE OF DETOXIFICATION IN SKIN CLARITY

Detoxification is not merely a wellness buzzword—it is a physiological necessity. The body detoxifies primarily through the liver, kidneys and gut, but when these pathways are overburdened, the skin takes on the role of an elimination organ, leading to congestion and inflammation. How can we support detoxification for clearer skin?

Improve Blood Circulation

Blood circulation is the lifeline of skin health, delivering oxygen, hydration and vital nutrients while efficiently removing toxins and metabolic waste. Enhanced circulation stimulates lymphatic drainage, reducing inflammation and promoting a clearer, more vibrant complexion.

Niacin, also known as vitamin B3, is a nutrient that promotes blood circulation. One of its most notable effects is the niacin flush, a temporary but beneficial dilation of blood vessels that increases blood flow to the skin's surface, delivering oxygen and essential nutrients while flushing out toxins.

Note: Niacin should be avoided during menstruation or if you have a bleeding.

Lymphatic Drainage

Dry brushing, facial massages and infrared sauna sessions promote circulation and toxin removal. Proper lymphatic function ensures excess waste is removed from skin tissues. Rebounding exercise is also a beneficial exercise which helps with lymphatic drainage.

Elimination of Processed Foods

Reducing sugar, refined carbs and artificial additives lightens the burden on detox organs, allowing the body to focus on repair and rejuvenation.

Fibre-Rich Diet

Fibre from vegetables, fruits and whole grains supports gut motility, ensuring efficient elimination of waste and reducing the risk of toxin reabsorption.

排毒与肌肤清透 的关系

排毒不仅仅是一个健康流行语——它是一种生理需要。人体主要通过肝脏、肾脏和肠道排毒，但当这些途径负担过重时，皮肤就会扮演排毒器官的角色，从而导致充血和炎症。我们如何支持排毒以获得更清透的肌肤？

改善血液循环

血液循环是皮肤健康的命脉，它能输送氧气、水分和重要营养物质，同时有效地清除毒素和代谢废物。增强血液循环能刺激淋巴排水，减少炎症，使肤色更清透、更有活力。

烟酸，也被称为维生素B3，是一种促进血液循环的营养素。其最显著的效果之一是烟酸潮红，这是一种暂时但有益的血管扩张现象，能增加流向皮肤表面的血液，为皮肤输送氧气和必需营养物质，同时排出毒素。

注意：经期或有出血倾向时应避免服用烟酸。

淋巴引流

干刷、面部按摩和红外线桑拿可以促进血液循环和排毒。适当的淋巴功能确保多余的废物从皮肤组织中清除。弹跳运动也是一种有益的运动，有助于淋巴引流。

摒弃加工食品

减少糖分、精制碳水化合物和人工添加剂可减轻排毒器官的负担，使身体能够专注于修复和恢复活力。

富含纤维的饮食

蔬菜、水果和全谷物中的纤维有助于肠道蠕动，确保废物有效排出，降低毒素重新吸收的风险。

LIFESTYLE HABITS FOR LASTING SKIN VITALITY

保持肌肤活力的 生活习惯

Beyond diet and detoxification, holistic skin health encompasses lifestyle factors that mitigate stress, optimize sleep and enhance overall well-being.

除了饮食和排毒，全面的皮肤健康还涉及一些生活方式因素，这些因素能够减轻压力、优化睡眠并提升整体健康状况。



Sleep Hygiene 睡眠卫生

Quality sleep supports cellular repair, collagen production and reduced cortisol (the stress hormone that accelerates aging). Aim for 7-9 hours of restorative sleep to allow the skin to regenerate.

高质量的睡眠有助于细胞修复、胶原蛋白生成以及降低皮质醇（加速衰老的压力激素）水平。每晚争取7至9小时的恢复性睡眠，让皮肤得以再生。



Stress Reduction 减轻压力

Chronic stress disrupts gut health and triggers inflammatory skin responses. Mindfulness and anti-stress supplements like Vitamin B Complex help regulate stress and maintain a balanced gut microbiome.

长期的压力会扰乱肠道健康，引发皮肤炎症反应。正念冥想和抗压补充剂如维生素B复合物，有助于调节压力，保持肠道微生物群的平衡。

Sweat Therapy

Regular exercise and sauna sessions facilitate toxin excretion through sweat, reduce skin congestion and improve circulation. Niacin can also be taken before sauna session to enhance detoxification during this therapy.

Hydration

Water, herbal teas and electrolyte-rich coconut water help flush out toxins and maintain skin hydration. A dehydrated body struggles to eliminate waste efficiently, leading to toxin buildup.

Liver Support

Bitter greens (e.g., dandelion), milk thistle and cruciferous vegetables (broccoli, Brussels sprouts) enhance liver detoxification, promoting clearer skin. NewLife™ Liverin is a liver tonic which contains Milk Thistle, Dandelion and other ingredients. Coffee Enema plays an important part in detoxifying the liver.

Detoxification & Rejuvenation Programme

Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP) is a structured, holistic detox regimen designed to cleanse the body, enhance organ function and restore vitality. A key component of the programme is its ability to support the body's natural detox pathways, particularly the liver, kidneys and colon, which play essential roles in eliminating toxins. By incorporating a nutrient-dense semi-fluid diet, detoxifying herbs and coffee enemas, the DRP helps remove accumulated toxins that can contribute to chronic inflammation, sluggish digestion and poor skin health. One of its standout features is the stimulation of Glutathione S-Transferase (GST) production—an enzyme critical for neutralizing free radicals—thereby aiding in deep cellular detoxification.

For individuals seeking clear, youthful skin, regular DRP sessions can be particularly beneficial. The gut-skin connection is well established, and when the body's detoxification pathways are overloaded, the skin often becomes a secondary elimination organ, resulting in acne, eczema and premature aging. By supporting liver function, improving digestion and ensuring efficient toxin elimination, the DRP reduces internal inflammation and oxidative stress, which are major contributors to skin disorders. The programme also emphasizes hydration and the consumption of skin-nourishing nutrients, helping to maintain skin elasticity, clarity and resilience.

汗蒸疗法

定期锻炼和桑拿浴有助于通过汗液排出毒素，减轻皮肤堵塞，改善血液循环。在桑拿浴前服用烟酸还能增强排毒效果。

补水

水、草药茶和富含电解质的椰子水有助于排出毒素，保持皮肤水润。脱水的身体很难有效地排除废物，从而导致毒素堆积。

护肝

苦味蔬菜（如蒲公英）、水飞蓟和十字花科蔬菜（西兰花、抱子甘蓝）能增强肝脏的解毒功能，使皮肤更洁净。新生命肝脏宝是一种护肝补品，含有水飞蓟、蒲公英及其他成分。咖啡灌肠在肝脏排毒中起着重要作用。

排毒与复健计划

陈林希珠博士创研的排毒与复健计划（DRP）是一个结构化、整体的排毒方案，旨在清洁身体，增强器官功能和恢复活力。该计划的一个关键组成部分是其支持人体自然排毒途径的能力，特别是肝脏、肾脏和结肠，这些器官在排毒中起着至关重要的作用。通过结合营养丰富的半流质饮食、排毒草药和咖啡灌肠，DRP有助于清除积累的毒素，这些毒素会导致慢性炎症、消化迟钝和皮肤健康状况不佳。咖啡灌肠的一个突出特点是能够刺激谷胱甘肽S转移酶（GST）的生成，这是一种中和自由基的关键酶，从而有助于深层细胞排毒。

对于追求肌肤清透、年轻的个人而言，定期进行DRP会特别有益。肠道与皮肤之间的联系已得到充分证实，当身体的排毒途径超负荷时，皮肤往往会成为次要的排泄器官，从而导致痤疮、湿疹和过早衰老。通过支持肝脏功能、改善消化以及确保有效排毒，DRP减轻了内部炎症和氧化应激，而这两者是导致皮肤问题的主要因素。该方案还强调调水和摄入滋养皮肤的营养物质，有助于保持皮肤的弹性、清晰度和韧性。



Sun Protection 防晒

While some sun exposure is necessary for vitamin D synthesis, excessive UV radiation accelerates photoaging. Use sunscreens with zinc oxide for safe sun protection.

虽然适度的日晒有助于维生素D的合成，但过度的紫外线辐射会加速光老化。使用含氧化锌的防晒霜以安全防晒。



Regular Exercise 定期锻炼

Movement increases blood circulation, ensuring that oxygen and nutrients reach skin cells efficiently. Exercise also helps manage stress, reducing flare-ups of inflammatory skin conditions.

运动促进血液循环，确保氧气和营养物质有效地到达皮肤细胞。锻炼还有助于控制压力，减少皮肤炎症的发作。



Limiting Alcohol & Caffeine 限制酒精和咖啡因

Excess alcohol dehydrates the skin and taxes the liver, while caffeine can overstimulate stress hormones. Moderation is key to maintaining a balanced skin ecosystem.

过量饮酒会使皮肤脱水并加重肝脏负担，而咖啡因则会过度刺激压力荷尔蒙。适度是维持皮肤生态平衡的关键。



Facial Massage & Skincare Rituals 面部按摩及护肤仪式

Incorporating gentle facial massages, gua sha, or jade rolling can stimulate circulation and promote lymphatic drainage, resulting in a healthier complexion.

温和的面部按摩、刮痧或玉石滚轮疗法能够促进血液循环和淋巴排毒，从而改善肌肤状态。