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BALANCE

Celebrating

A New Doctor in Natural Health!

恭喜我们的新博士!



We are delighted to share some wonderful news with our NewLife™ family!

Our long-standing Nutritional Consultant, Leon Tan, who has faithfully served our members for more than 15 years, has officially earned his Doctorate in Natural Health from Kingdom College of Natural Health. He is now proudly known as Dr. Leon Tan!

For years, Dr. Leon has worked hand in hand with our Principal Health Advisor, Dr. Lynn Tan, offering personalised consultations that have guided thousands of members on their journey to better wellness—naturally. This new academic achievement is a powerful reflection of his unwavering dedication, expertise, and passion for advancing holistic health care.

Your **Health**, Backed by a Stronger Team

Whether you're seeking preventive guidance, nutritional advice or long-term wellness strategies, you're in excellent hands.

Book your consultation today!

Email us at drleon@newlife.com.my to schedule your appointment.

Let's celebrate this milestone by continuing to grow in health—together.

To your wellness,
The Management of NewLife™ International



我们非常荣幸地向新生命大家庭宣布：

我们的资深营养顾问陈健良先生在多年致力于会员健康服务后，已正式获得Kingdom College of Natural Health颁发的自然健康博士学位。自此，他将以“陈健良博士”的身份继续为广大会员提供专业服务。

在此期间，他与我们的首席健康顾问陈林希珠博士（自然疗法医师）紧密协作，致力为数千名会员提供个性化的自然健康咨询服务，协助他们实现更高质量的健康生活。此次学术的成就，充分体现了他坚定不移的奉献精神、专业素质以及对促进整体健康护理的终身热情。

您的**健康**，由更加强大和专业的团队保驾护航

无论您需要预防性健康管理、营养指导，还是长期的健康规划，我们都将为您提供科学、系统、个性化的支持与服务。

敬请预约咨询！

如需安排咨询，请发送电子邮件至drleon@newlife.com.my。

让我们共同庆祝这一重要新篇章，携手迈向更健康、更美好的未来。

致您的健康，
新生命国际管理团队

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digestive wellness,
detox and smart
nutrient choices*

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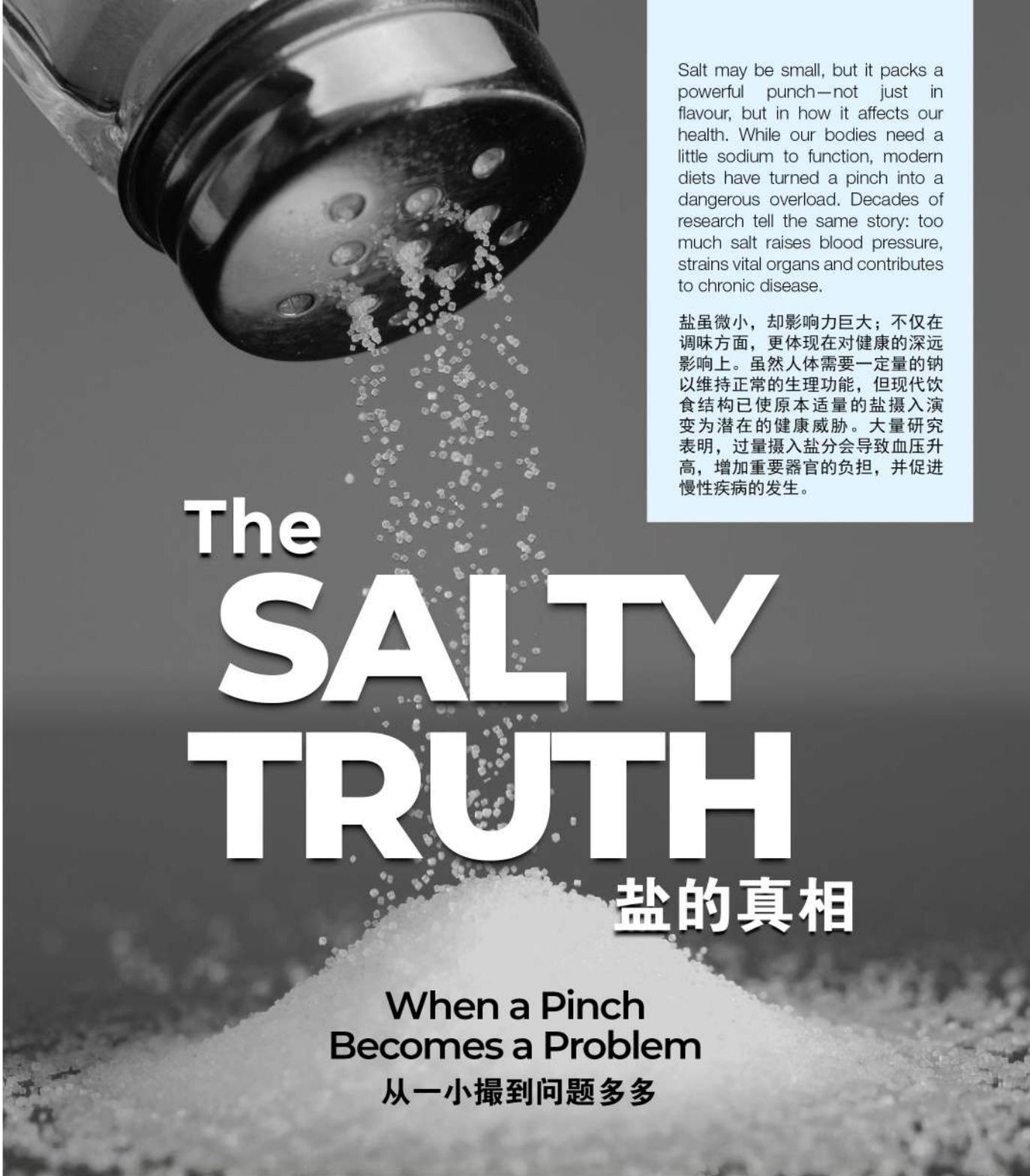
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Salt may be small, but it packs a powerful punch—not just in flavour, but in how it affects our health. While our bodies need a little sodium to function, modern diets have turned a pinch into a dangerous overload. Decades of research tell the same story: too much salt raises blood pressure, strains vital organs and contributes to chronic disease.

盐虽微小，却影响力巨大；不仅在调味方面，更体现在对健康的深远影响上。虽然人体需要一定量的钠以维持正常的生理功能，但现代饮食结构已使原本适量的盐摄入演变为潜在的健康威胁。大量研究表明，过量摄入盐分会导致血压升高，增加重要器官的负担，并促进慢性疾病的发生。

The SALTY TRUTH

盐的真相

When a Pinch
Becomes a Problem
从一小撮到问题多多

A Global Look at Sodium and Health

A landmark study by the University of Tennessee, once broadcast widely on television, explored how sodium consumption affects blood pressure in different cultures.

Researchers found that people in a northern region of Japan consumed exceptionally high amounts of salt and suffered high rates of hypertension, even in young adults. Meanwhile, in deep-rural Ethiopia, far from processed foods and industrial seasonings, communities ate entirely unsalted diets, hypertension was almost non-existent, even among the elderly. But when young Ethiopian men were drafted into the army and fed a standard salted military diet, their blood pressure spiked—only to normalize when they returned home to traditional salt-free meals.

全球视角下的钠与健康

田纳西大学开展的一项具有广泛影响力的跨文化研究，曾通过电视媒体向公众展示钠摄入与血压之间的关系。

研究发现，日本北部居民的盐摄入量显著偏高，相应地，高血压的发病率也居高不下，甚至在年轻人群中亦普遍存在。相比之下，在远离工业化食品和调味品的埃塞俄比亚偏远农村地区，居民几乎完全不吃食盐，高血压几乎不存在，即使是老年人也是如此。但当年轻的埃塞俄比亚男子被征入伍，食用标准的含盐军粮时，他们的血压飙升；而在返回原生活环境并恢复传统无盐饮食后，血压又恢复正常。这一现象明确表明，钠的摄入水平与血管健康之间存在直接关联。

The Physiology of Excess Salt

While it's common knowledge that salt raises blood pressure, how it happens is just as important. Sodium is meant to remain in the fluid outside our cells, while potassium stays inside. This delicate balance helps regulate hydration, nerve impulses and muscle contractions.

But when we consume too much sodium, it builds up in the bloodstream. Since sodium attracts water, this excess causes the body to retain more fluid in the blood vessels. The increased blood volume raises blood pressure, forcing the heart to work harder and putting added strain on arteries and capillaries.

At the same time, high sodium intake depletes potassium, a mineral essential for maintaining heart rhythm, nerve signaling and muscle function. Since sodium and potassium work in opposite directions to control fluid balance, an overload of sodium effectively robs the body of potassium—making the effects even more dangerous.

To make matters worse, sodium also acts as an enzyme inhibitor, disrupting essential biochemical processes at the cellular level. Dr. Max Gerson, a pioneer of nutritional therapy, identified chronic sodium overload as a root contributor to many degenerative diseases. His solution was simple but profound: reduce sodium, restore potassium through a plant-rich diet, and allow the body to rebalance and heal.

How much salt is too much? 多少盐算太多？

What the Body Needs 人体所需

Minimum needed for healthy body function
维持身体健康功能所需的最低量

500–1,000 mg/day
毫克/天
¼ – ½ tsp of salt 茶匙盐



Recommended Limit 推荐上限



WHO recommendation:
世界卫生组织建议：

Maximum 最多：
< 2,000 mg/day
毫克/天
~1 level tsp of salt 茶匙盐

Optimal 最佳：
< 1,500 mg/day
毫克/天



Reality Check 现实检验



Average intake in Malaysia & Singapore:
马来西亚与新加坡的平均摄入量：

~3,600 mg/day
毫克/天

- Over 2× the recommended limit
- More than 3× what your body actually needs
- 超过推荐限值的2倍以上
- 超过身体实际需求量的3倍以上



过量盐分的生理影响

尽管高盐饮食与高血压之间的关系已被广泛认知，但其具体作用机制同样值得关注。钠主要存在于细胞外液中，而钾则主要存在于细胞内液中，二者共同维持体液平衡、神经传导及肌肉收缩等关键生理过程。

当人体摄入过量钠时，钠会在血液中积累。由于钠具有亲水性，这种过量会导致体内液体滞留增加，从而提升血容量，进而升高血压，加重心脏负担，并对动脉和毛细血管造成额外压力。

与此同时，高钠摄入会降低体内钾的水平。钾是维持心律稳定、神经信号传导和肌肉功能所必需的矿物质。由于钠与钾在体液调节中作用相反，钠的过量摄入会削弱钾的生理作用，从而加剧健康风险。

此外，钠还具有抑制酶活性的作用，可能干扰细胞层面的关键生化反应。营养疗法的先驱马克斯·格森博士指出，长期钠摄入过量是多种退行性疾病的重要诱因。他提出的应对策略具有深远意义：减少钠的摄入，通过富含植物性食物的饮食补充钾元素，有助于恢复体内矿物质平衡，从而促进机体自我修复。

Too Much of a Salty Thing 盐摄入过多的危害

Our bodies need just 500 to 1,000 mg of sodium per day to function properly. Most health authorities, including the World Health Organization, recommend keeping intake below 2,000 mg daily (which is about 1 level teaspoon of salt), with an optimal target of 1,500 mg or less for most adults.

Yet in countries like Malaysia and Singapore, average sodium consumption is about 3,600 mg per day—more than twice the recommended limit, and over three times what the body actually needs. That's a significant overload with real and lasting health consequences.

Excessive salt intake is not just a regional issue. In places like Finland, government-led salt reduction campaigns led to dramatic drops in cardiovascular disease. Over a 20-year period, when Finns reduced their salt intake, rates of heart attack and stroke fell by an impressive 60%.

Other global observations echo this trend:

- Japan saw reduced hypertension rates after discouraging salt-heavy diets.
- Eskimo populations, before adopting modern foods, consumed little to no added salt and had extremely low blood pressure—even with meat-heavy diets.

人体每日所需的钠摄入量仅为500至1000毫克即可维持正常生理功能。包括世界卫生组织在内的多数权威卫生机构建议，成年人每日钠摄入量应控制在2000毫克以下（约合1茶匙食盐），而理想摄入量应为1500毫克或更低。

然而，在马来西亚和新加坡等国家，人均每日钠摄入量高达约3600毫克，远超推荐上限的两倍，且为人体实际所需量的三倍以上。这种显著的过量，会带来严重的健康后果。

盐摄入过多并非只是某些地区的现象。在芬兰，政府主导的减盐运动使心血管疾病发病率大幅下降。在20年的时间里，随着居民盐摄入量的减少，心脏病和中风的发病率下降了约60%。

其他全球研究结果也支持这一趋势：

- 日本在推行低盐饮食宣传后，高血压的发病率有所下降。
- 爱斯基摩人在尚未接触现代加工食品之前，几乎不额外摄入食盐，即便其饮食结构以肉类为主，血压仍维持在较低水平。

Salt Withdrawal: What Happens to Taste

People who switch to a low-sodium or salt-free diet often complain that the food has no taste. This reaction isn't just picky eating; it's biology.

People who are used to heavily salted meals tend to have saliva that's unusually high in sodium. This "salty saliva" dulls the taste buds, making it harder to detect flavour causing them to crave even more salt. But the good news? The body adapts quickly.

Within just 5 to 10 days on a high-potassium, low-sodium diet, excess sodium is excreted through sweat and urine. As mineral balance improves, that salty coating on your taste buds fades—and suddenly, everyday foods taste vibrant again, without the salt shaker. Over time, many even find salty foods harsh or overpowering.

During this adjustment phase, flavour doesn't have to suffer. Herbs, spices, citrus and garlic can bring dishes to life without adding a milligram of sodium. Salt-free doesn't mean flavourless.

食物变得淡而无味。 为什么？

人们在改吃低钠或无盐饮食后，常常抱怨食物没有味道。这种反应并非挑食，而是生理现象。

习惯高盐饮食的人，其唾液中的钠含量往往较高。这种“咸味唾液”会麻痹味蕾，使其更难察觉食物的天然风味，从而进一步刺激对盐的依赖。但好消息是，身体适应得很快。

在实行高钾低钠饮食的5至10天内，体内多余的钠就会通过尿液和汗液排出。随着矿物质平衡的恢复，味蕾上的那层咸味涂层逐渐消退，食物的天然风味得以重新显现，无需再借助盐瓶。久而久之，许多人甚至会觉得咸味食物过于浓烈、难以接受。

在适应阶段，食物的风味不必受损。通过合理使用香草、香料、柑橘类果皮及大蒜等天然调味食材，可在不增加钠摄入的前提下，有效提升菜肴的风味层次。因此，低钠饮食并不等于乏味的。

The Bigger Picture: Sodium, Potassium and You

Decades of research continue to affirm the delicate mineral balance that supports our health. High sodium raises blood pressure and damages blood vessels. Potassium, on the other hand, acts as a natural antidote—helping relax blood vessels, support heart function, and maintain healthy cellular activity.

Even if you don't add salt at the table, you may still be getting more sodium than you realize. Many everyday condiments—like soy sauce, tomato sauce, and oyster sauce—are packed with sodium, both from added salt and MSG. Just one teaspoon of certain brands can contain more than half your recommended daily intake.

Today, the World Health Organization recommends:

大局观： 钠、钾与健康

数十年来的科学研究一致表明，维持体内矿物质的平衡对于人类健康至关重要。过量摄入钠已被证实会升高血压并损害血管功能。相比之下，钾则具有天然的调节作用，能够促进血管舒张，支持心血管系统的正常运作，并维持细胞代谢的健康状态。

即使那些在餐桌上不加盐的人，其钠摄入量也可能超过推荐值。许多常见的调味品，比如酱油、番茄酱和蚝油，钠含量都很高，这种钠不仅来源于添加的食盐，也包括味精（谷氨酸钠）中的钠成分。某些品牌的调味品，仅一茶匙的用量就可能超过每日推荐钠摄入量的一半。

根据世界卫生组织的建议，成年人每日的钠、钾摄入量应控制在以下范围内：

SODIUM 钠

Less than 2,000 mg (about 1 level teaspoon of salt) per day
不超过2000毫克（约相当于1平茶匙食盐）

POTASSIUM 钾

At least 3,510 mg per day
至少3510毫克

Yet the modern day diet—especially rich in processed foods, sauces and takeouts—often flips this ratio. Dishes like curry, soup noodles, and claypot rice can contain 1.5 to 2.5 teaspoons of salt per serving, far exceeding daily limits in just one meal.

然而，现代饮食结构，特别是以加工食品、调味酱料和外卖食品为主的饮食模式，往往导致钠、钾摄入比例失衡。例如，咖喱、汤面和砂锅饭等常见菜肴，每份所含的盐分通常可达1.5至2.5茶匙，仅一顿饭的盐摄入量便已远超每日推荐上限。

A Single Meal Can Exceed Your Daily Limit | 一顿饭就可能超过一天的摄入上限

Dish 菜肴	FISH HEAD CURRY 咖喱鱼头	MEE SOTO 汤面	PRAWN NOODLE SOUP 虾面汤	PENANG LAKSA 檳城叻沙	CLAYPOT RICE 砂锅饭	RAMEN 拉面
Approximate Salt (per serving) 每份含盐	2.5 tsp/茶匙	1.5 tsp/茶匙	1.5 tsp/茶匙	1.5 tsp/茶匙	1 tsp/茶匙	1 tsp/茶匙

Takeaway: A Small Shift, a Big Impact

Salt isn't evil—sodium is an essential electrolyte. But the average person consumes far more than their body needs or can handle. This quiet overload contributes to hypertension, heart disease, kidney strain and inflammation.

Instead of relying on the salt shaker for flavour, look to fresh produce, aromatic herbs and whole foods. This simple shift helps your body:

- Lower blood pressure
- Clear excess fluid and toxins
- Restore proper taste perception
- Support energy and nerve function
- Rebalance minerals at the cellular level

The bottom line: when you give your body a break from sodium overload, it rewards you with better circulation, healthier tissues, and a palate that can finally taste real food again.

关键提示: 细微的饮食调整，显著的健康益处

钠本身并非有害物质，而是维持正常生理功能所必需的电解质。然而，大多数人的摄入量远远超过了身体有效处理的能力。长期过量摄入钠会导致高血压、心血管疾病、肾脏负担加重以及全身性炎症反应。

建议公众在日常饮食中增加新鲜水果、蔬菜、芳香草本植物及天然食材的比例，减少对食盐的依赖。这种饮食结构的转变有助于实现以下健康目标：

- 降低血压水平
- 促进体液循环与毒素排出
- 恢复味觉敏感性
- 增强能量代谢及神经系统功能
- 在细胞层面重建矿物质的平衡状态

总之，减少钠的过量摄入能让身体改善血液循环，保持组织健康，并重新获得品尝食物天然味道的能力。



Hidden Sodium Sources 钠的隐性来源

Not all sodium comes from salty foods. You'll find surprising amounts in:
饮食中的钠并不总是显而易见的。看似健康或不咸的食物中也可能含有高量的钠，包括：



Breakfast cereals
早餐麦片



Bread
面包



Canned vegetables
罐装蔬菜



"Healthy" soups
标注为“健康”的包装汤品



Salad dressings and ketchup
沙拉酱和番茄酱

Always check the label!

因此，建议消费者在购买加工食品前，仔细阅读营养成分标签，以做出更健康的选择。



5 Ways to Cut Sodium Without Missing the Salt 五种减少钠摄入量的实用策略

- Cook more at home
 - Use herbs, spices, vinegar or lemon juice
 - Rinse canned beans or vegetables
 - Go easy on sauces and dressings
 - Taste before adding salt—you may not need it
- 尽量在家做饭，以便更好地控制调味料和食材的使用。
• 使用香草、香料、醋或柑橘汁替代食盐进行调味。
• 在使用罐装蔬菜或豆类前进行冲洗，以去除多余的钠。
• 限制高钠含量的酱料和调味汁的使用。
• 避免盲目添加食盐，在决定是否需要调味之前，先尝尝食物的味道，可能根本不需要额外调味。

Dr. Max Gerson on Sodium:
马克斯·格森博士谈钠：

“
Excess sodium not only causes fluid retention, but also disturbs metabolism at the deepest levels.

Healing begins when sodium is removed and potassium is restored.

过量的钠不仅会导致体液滞留，还会在细胞层面扰乱代谢过程。当钠含量降低，钾含量恢复时，身体的自我修复机制便得以启动了。”



Why POTASSIUM MATTERS

More Than You Think

为何钾的重要性超乎想象



In 1998, headlines proclaimed: “Bananas Help Prevent Strokes!” That attention-grabbing claim was based on studies showing how potassium-rich foods, like bananas, help lower blood pressure and reduce the risk of strokes.

But potassium’s value goes far beyond bananas or blood pressure. In the years since, research has confirmed what many natural health practitioners have long understood: potassium is critical for nearly every cell function—and most people aren’t getting enough.

Today, poor potassium-sodium balance is silently contributing to a wide range of modern health issues, from fatigue and fluid retention to heart disease, inflammation, and even chronic respiratory symptoms in children.

1998年，多家主流媒体曾报道：“香蕉有助于预防中风！”这一引人注目的说法源于多项研究，表明富含钾的食物，如香蕉，有助于降低血压，从而减少中风风险。

然而，钾的作用远不止于香蕉或血压调节。近年来的研究进一步证实了自然健康领域专家长期以来的认知：钾是维持几乎所有细胞功能的关键矿物质，而大多数人的日常摄入量明显不足。

当前，钾与钠之间的失衡已成为多种现代健康问题的潜在诱因，包括疲劳、水肿、心血管疾病、炎症反应，甚至儿童的慢性呼吸道症状。

The Mineral That Powers Your Cells

Potassium is a vital mineral that plays a key role in nearly every cellular function. It helps your body:

- Regulate blood pressure and heartbeat
- Activate enzymes and support detoxification pathways
- Balance fluid levels and promote healthy kidney function
- Transmit nerve signals and initiate muscle contractions
- Fuel cellular energy by supporting ATP production

Yet despite its critical role, most people don’t get enough potassium each day—often without knowing it.

细胞的能量来源

钾是一种关键的矿物质，在几乎所有细胞功能中均发挥着核心作用。它有助于：

- 调节血压与心律
- 激活酶系统并支持体内解毒代谢途径
- 维持体液平衡，促进肾脏正常功能
- 传导神经信号并触发肌肉收缩
- 支持三磷酸腺苷的生成，为细胞提供能量

尽管钾在生理功能中具有不可替代的地位，但多数人每日摄入的钾含量仍远低于推荐标准，且往往未意识到这一营养缺口。

“Potassium

is to your cells what calcium is to your bones—
essential for structure, function and vitality.

钾对于细胞的重要性，可类比于钙对骨骼的作用——
是维持细胞结构、功能和活力所不可或缺的元素。”

Dr. Costa Deir
科斯塔·迪尔医生博士

Potassium vs. Sodium: A Hidden Tug-of-War

Inside your body, potassium and sodium play opposite but complementary roles. Potassium belongs inside your cells, while sodium is meant to stay mostly outside—in your blood plasma and lymph.

But in today's sodium-heavy diets, this balance is often disrupted. Excess sodium pushes its way into cells, displacing potassium and triggering a chain reaction. To protect themselves, your cells hold on to water, diluting the sodium—but at a cost:



Elevated blood pressure
and cellular dysfunction
血压升高及细胞功能紊乱



Bloating and fluid
retention
腹胀与消化不适



Impaired enzyme
function
酶活性受损



Sluggish metabolism
and detoxification
代谢和排毒功能减缓



Swelling and puffiness
(edema)
组织水肿与体液滞留



Dr. Max Gerson, a pioneer in nutritional therapy, observed that the loss of potassium and buildup of sodium within cells was the *earliest stage of chronic illness*.

营养疗法先驱马克斯·格森博士曾指出，细胞内钾的流失与钠的积累是慢性疾病的初期阶段。

Potassium and Fluid Retention: It's Not Always Fat

Have you ever gained half a kilo or more after a salty meal? That sudden weight gain usually isn't fat—it's fluid retention.

Here's what's happening inside your cells:

- Excess sodium enters and pushes potassium out
- Water follows the sodium to dilute its irritating effects
- Cells swell, causing bloating and puffiness
- The scale goes up—but it's not true weight gain

This fluid shift isn't just cosmetic. It reflects deeper cellular imbalance and inflammation.

When you restore potassium levels, the body naturally flushes out excess sodium and water, relieving bloating and restoring balance. This is why increasing potassium intake often leads to noticeable lightness, reduced puffiness, and a clearer sense of well-being.

Slimness isn't just about burning fat—it's also about *releasing trapped fluid and inflammation* held in your tissues.

健康的体重管理不仅涉及脂肪代谢，也包括释放组织中滞留的水分与炎症产物。

钾与钠：一场隐秘的拔河

在人体内，钾和钠发挥着相反但又互补的作用。钾主要存在于细胞内液中，而钠则主要分布于细胞外液（如血浆和淋巴液）中。

然而，现代高钠饮食模式常常打破这一平衡。当钠摄入量过多时，钠离子会挤入细胞，挤走钾，从而引发一系列连锁反应。为了稀释细胞内钠的浓度，细胞会保留水分，导致以下不良后果：



钾与水肿： 脂肪并非体重增加的唯一原因

您是否曾在一顿高盐餐后体重增加半公斤或更多？这种突然的体重增加通常不是脂肪而是水肿。

以下是细胞内部发生的情况：

- 过量钠进入细胞，将钾挤出去
- 水分随钠离子移动，以稀释其刺激性
- 细胞膨胀，导致身体浮肿与肿胀
- 体重上升，但并非脂肪质量增加

这种体液转移不只是外表上的变化。它反映了更深层次的细胞失衡和炎症状态。

当体内钾水平恢复正常时，身体会自然排出多余的钠和水，缓解腹胀，恢复生理平衡。这就是为什么增加钾的摄入量通常可显著改善身体轻盈感、减少浮肿，并提升整体健康状态。

What the Research Shows (2011–2025)

Recent studies reinforce the critical importance of potassium:

- A 2011 meta-analysis found that a 1.64 g/day increase in potassium intake was associated with a 21% lower risk of stroke, with a trend toward lower risk of coronary heart disease and total cardiovascular disease (CVD).
- A 2024 review was published in the Journal of Human Hypertension, which analyzed the Salt Substitute and Stroke Study (SSaSS) and emphasized potassium's role in blood pressure reduction.
- Dietary surveys across 52 countries revealed that over 86% of adults consistently fall below recommended potassium intake.

Not Just Adults—Children Are Affected Too

The sodium-potassium imbalance isn't just a problem for adults—it quietly affects children, often showing up in ways many parents don't expect.

In growing bodies, this imbalance can:

- Disrupt hormone signaling
- Interfere with enzyme activity
- Weaken immune defences

And it often manifests as:

- Persistent cough or excessive mucus
- Bronchitis or reactive airway issues
- Asthma-like symptoms
- Slow recovery from colds and respiratory infections

Many parents notice real improvements in their children's health after reducing mucus-forming foods (like dairy and refined sugar) and boosting potassium intake through fruits, vegetables and mineral-rich broths. This isn't just about future wellness—it's about breathing easier, sleeping better, and getting sick less often.

Modern Diets Strip Potassium Away

Nature gave us the blueprint: fresh fruits and vegetables are high in potassium and low in sodium. Unfortunately, most people eat the opposite.

Modern potassium drainers include:

- Salt, soy sauce, seasoning powders
- Processed and packaged foods
- Overcooked or canned vegetables
- Mucus-forming foods like cow's milk and refined sugar

Even vegetables lose potassium through boiling and processing:

Type of Peas 豌豆种类 (per 每100 g/克)	Sodium (mg) 钠含量(毫克)	Potassium (mg) 钾含量(毫克)
Fresh (raw) peas 新鲜(生)豌豆	~ 31.8 mg/毫克	~ 271 mg/毫克
Frozen peas 冷冻豌豆	~ 149 mg/毫克	~ 145 mg/毫克
Canned peas 罐装豌豆	~ 252–273 mg/毫克	~ 173 mg/毫克

Peas are just one example—the same pattern holds true for many other foods. For instance, navy beans lose up to 64% of their potassium when cooked, and spinach loses 56% when blanched.

Over time, this quiet mineral erosion contributes to a widespread sodium-potassium imbalance in modern diets.

研究证据 (2011 – 2025)

近年来的研究进一步验证了钾在维持健康中的关键作用:

- 2011年的一项荟萃分析显示, 每日增加1.64克钾摄入量可使中风风险降低21%, 并显示出降低冠心病和总体心血管疾病风险的趋势。
- 2024年发表于《人类高血压杂志》的一篇综述分析了盐替代品与中风研究, 进一步强调了钾在降低血压方面的显著作用。
- 来自52个国家的膳食调查显示, 超过86%的成年人日常钾摄入量持续低于推荐水平。

儿童亦受影响

钾钠失衡不仅影响成年人群, 也对儿童健康构成潜在威胁, 其表现形式往往超出家长预期。

在儿童成长发育过程中, 钾钠失衡可能:

- 扰乱激素信号传导
- 抑制关键酶的活性
- 削弱免疫防御

其常见临床表现包括:

- 持续性咳嗽或黏液分泌过多
- 支气管炎或气道高反应性
- 类似哮喘的症状
- 感冒和呼吸道感染后恢复缓慢

多项观察表明, 当家长减少易生成黏液的食物(如乳制品和精制糖)的摄入, 并通过水果、蔬菜及富含矿物质的汤品增加钾的摄入后, 儿童的健康状况常有明显改善。这种调整不仅有助于长期健康, 也有助于改善呼吸功能、睡眠质量, 并减少感染频率。

现代饮食对钾的消耗

大自然为我们提供了蓝图, 天然食物如新鲜水果和蔬菜通常富含钾而低钠。然而, 现代饮食结构往往与此相反。

以下因素会导致钾的流失或摄入不足:

- 高盐调味品(如食盐、酱油、调味粉)
- 加工食品与包装食品
- 过度烹饪或罐装蔬菜
- 黏液生成性食物, 如牛奶和精制糖

此外, 蔬菜在煮沸或加工过程中也会显著流失钾元素。

豌豆只是众多受加工方式影响而出现矿物质含量变化的其中一个典型例子, 许多其他食物也存在同样的情况。例如, 煮熟的海军豆其钾含量可减少多达64%; 焯水后的菠菜钾含量也会下降约56%。

长此以往, 这种悄然发生的矿物质流失导致现代饮食中普遍存在钠钾失衡。



Practical Potassium: Real Food, Real Solutions

1. Whole Food Sources

Eat more potassium-rich foods:

- Bananas, avocados, oranges, coconut water
- Leafy greens, sweet potatoes, squash, tomatoes
- Lentils, beets, beans, kiwifruit

Tip: Steam or roast your vegetables to preserve potassium. If you boil them, be sure to drink the cooking water or soup, as potassium is water-soluble and leaches out during cooking.

2. Raw Apple Cider Vinegar: A Simple Daily Support

Raw, unfiltered apple cider vinegar (ACV) contains potassium and natural enzymes that support digestion, detox and mineral balance.

NewLife™ Organic Apple Cider Vinegar

- Made from organic New Zealand apples
- Raw, unfiltered and unpasteurized
- Contains the natural “mother” of vinegar for added enzymes
- Supports potassium levels, detox and fluid balance.

How to use:

Mix 1 teaspoon of ACV with 1-2 teaspoons of NewLife™ Pure Raw Honey in a glass of water. Drink once or twice daily before meals. Feel the difference in bloating, energy and digestion.

3. NewLife™ K-Salt: Therapeutic Support for Cellular Balance

Food is foundational—but when inflammation is chronic, stress is high, or diets are depleted, targeted potassium supplementation can offer deeper support.

That’s where NewLife™ K-Salt comes in.

This therapeutic mineral blend, originally developed by Dr. Max Gerson after 400+ clinical experiments, combines potassium gluconate, potassium acetate and mono-potassium phosphate to:

- Replenish intracellular potassium
- Displace excess sodium
- Support enzyme activity and detox pathways
- Promote healing at the metabolic level

How to use:

Mix ¼ teaspoon into a glass of water or juice. Take once or twice daily, preferably between meals.

If you are on medication or have kidney-related conditions, please consult your healthcare provider or our inhouse nutritionists before using potassium supplements.

实用钾： 真实食物，真实解决方案

1. 全食物来源的钾摄入

建议日常饮食中多吃富含钾的天然食物，例如：

- 水果类：香蕉、牛油果、橙子、椰子水
- 蔬菜类：绿叶蔬菜、红薯、南瓜、西红柿
- 豆类及其它：赤豆、甜菜、各类豆类、猕猴桃

烹饪建议：蒸煮或烘烤蔬菜有助于更好地保留钾元素。若采用水煮方式，建议饮用煮菜的汤汁或水，因钾为水溶性矿物质，在烹饪过程中易流失。

2. 天然苹果醋：每日简单保健

天然未过滤的苹果醋富含钾元素及多种天然酶类，有助于促进消化、支持排毒及维持体内矿物质平衡。

新生命有机苹果醋特点：

- 采用新西兰有机苹果酿造
- 未经高温杀菌、未过滤处理，保留天然营养成分
- 含“醋母”成分，富含天然酶
- 有助于维持体内钾水平、促进排毒及体液平衡

推荐用法：将1茶匙苹果醋与一杯水混合，并加入1-2茶匙新生命纯天然生蜂蜜。建议每日饭前饮用1-2次，有助于改善腹胀、提升精力及改善消化功能。

3. 新生命钾质：细胞平衡的辅助支持

虽然膳食是获取钾的主要来源，但在长期炎症、压力过大或饮食营养不足的情况下，适当补充钾元素可提供更深层次的健康支持。

这就是新生命钾质发挥作用的地方。

新生命钾质是一种治疗性矿物质复合配方，最初由马克斯·格森博士在400多项临床试验基础上研发而成，其成分为葡萄糖酸钾、乙酸钾及磷酸二氢钾，具有以下功能：

- 补充细胞内钾水平
- 排除多余钠离子
- 支持酶活性及排毒代谢途径
- 在细胞层面促进整体健康恢复

推荐用法：每日1-2次，每次将¼茶匙新生命钾质溶解于水或果汁中，建议在两餐之间服用。

注意：若您正在服用药物或患有肾脏相关疾病，请在使用任何钾补充剂前咨询医疗保健专业人士或我们的营养顾问。



Final Takeaway: Balance Restored, Health Reclaimed

总结：恢复钠钾平衡，
重拾健康状态

Potassium is more than a mineral—it’s a master regulator of energy, circulation and cellular health. When you restore a healthy balance—ideally thrice as much potassium as sodium—your body naturally releases excess fluid, improves immunity and blood pressure, boosts detoxification, and regains clarity and vitality. Support this balance and your body will take care of the rest.

钾不仅是一种基本矿物质，更是调节能量代谢、血液循环及细胞功能的关键元素。当恢复健康的钠钾平衡（理想比例为钾摄入量约为钠的三倍）时，身体将自然排出多余体液，增强免疫力、改善血压状况、促进排毒，并提升认知功能与精力水平。保持这一平衡，有助于身体实现自我调节与修复。

CONSTIPATION

NO MORE

告别便秘

 33%

 25%

 24%



Constipation is a widespread yet often underestimated digestive issue. Studies show that up to 24% of U.S. adults suffer from chronic constipation—with over 60% never seeking help—Southeast Asia tells a similar story.

In Singapore, studies have shown that between 7.3% and 25.1% of adults experience chronic constipation, with prevalence rising significantly among women in their 20s and men over 70. In Malaysia, the condition affects around 14% to 33% of older adults, and even 16.2% of university students, highlighting that constipation affects all age groups.

Often brushed off as a minor inconvenience, constipation can actually reflect deeper gut imbalances and may signal long-term health risks like IBS, inflammation and poor immunity.

The good news? Constipation is highly preventable and treatable through natural, sustainable lifestyle changes. Whether you or your child is struggling with irregularity, bloating, or that uncomfortable sense of being “stuck,” this guide will show you how to bring your body back into healthy balance naturally.

便秘是一种普遍但常被低估的消化系统问题。研究表明，多达24%的美国成年人患有慢性便秘，其中超过60%的人从未寻求帮助，东南亚的情况也大致如此。

在新加坡，研究数据显示，7.3%至25.1%的成年人患有慢性便秘，其中20多岁的女性和70岁以上的男性患病率显著上升。在马来西亚，约14%至33%的老年人受此困扰，甚至16.2%的大学生也深受其害，这表明便秘影响着各个年龄段的人群。

便秘常被视为一种轻微的不适，但实际上，它可能是肠道深层失衡的表现，并可能预示着诸如肠易激综合征、炎症和免疫力低下等长期健康风险。

值得庆幸的是，通过自然、可持续的生活方式调整，便秘是可以预防 and 治疗的。无论您本人还是您的孩子正在经历排便不规律、腹胀或令人不适的“堵塞”感，本指南都将为您提供自然恢复身体健康平衡的方法。

What Is Constipation?

Constipation is more than just having hard stools or skipping a day. Medically, it's defined as infrequent, difficult, or incomplete bowel movements. You may feel bloated, tired, irritable, or even slightly nauseous—and over time, it can contribute to bigger health problems, including IBS, skin breakouts, fatigue and poor nutrient absorption.

According to digestive health experts, a truly healthy bowel pattern is 2–3 movements per day, ideally 10–14 hours after each meal. If you're only going once a day or less, your colon could be storing the waste of 5 to 6 meals, or more.

The Hidden Toll of Constipation

When waste overstays its welcome in your colon, it doesn't just sit there quietly—it begins to impact your health in real and far-reaching ways. Here's what can happen:

- The colon absorbs too much water, resulting in hard, dry, painful stools.
- Toxins can leak back into the bloodstream, burdening your liver and affecting your skin, joints, mood and energy.
- The gut microbiome becomes imbalanced, weakening your immune system and triggering inflammation.
- The bowel walls may become coated with residue, making elimination harder and less complete over time.
- Haemorrhoids and anal fissures can develop from straining.
- The gut lining weakens, which may lead to “leaky gut” and further inflammatory issues.
- The gut-brain axis gets disrupted, leading to irritability, brain fog or anxiety.
- Nutrient absorption becomes disrupted, leaving the body undernourished even with a good diet.

In fact, a Malaysian study found that some individuals carry waste from up to nine meals in their colon when their bowels move only every few days. No wonder so many people feel bloated, sluggish, moody, or just generally unwell.

Why Am I Constipated? 为什么我会便秘？

Several modern habits are to blame:

- Low-fibre, high-processed diets (white bread, noodles, meats, refined grains)
- Dehydration, especially from sugary or caffeinated drinks
- Lack of exercise (sitting all day)
- Antibiotic use, which wipes out gut-friendly bacteria
- Stress, which slows digestion by tensing gut muscles
- Ignoring the urge to go, or poor toilet posture

Children are not spared. Constipation in kids is often due to a lack of fibre, low water intake, and the discomfort of unfamiliar school toilets.

以下现代生活方式因素是导致便秘的主要原因：

- 低纤维、高加工食品的饮食（如白面包、面条、红肉、精制谷物）
- 脱水，尤其是因饮用含糖或含咖啡因饮料引起的脱水
- 缺乏运动（长时间久坐）
- 使用抗生素，可能破坏肠道有益菌群
- 压力过大，可能导致肠道肌肉紧张，减缓消化过程
- 忽视便意或排便姿势不当

儿童也不能幸免。儿童便秘通常是通常由于纤维摄入不足、饮水量不足以及对学校厕所环境的不适所致。

什么是便秘？

便秘不仅仅是大便干硬或隔天排便一次。从医学角度来看，便秘被定义为排便次数减少、排便困难或排便不完全。患者可能会感到腹胀、疲倦、易怒，甚至有轻微的恶心感。长期便秘还可能引发更严重的健康问题，包括肠易激综合征、皮肤问题、疲劳以及营养吸收不良。

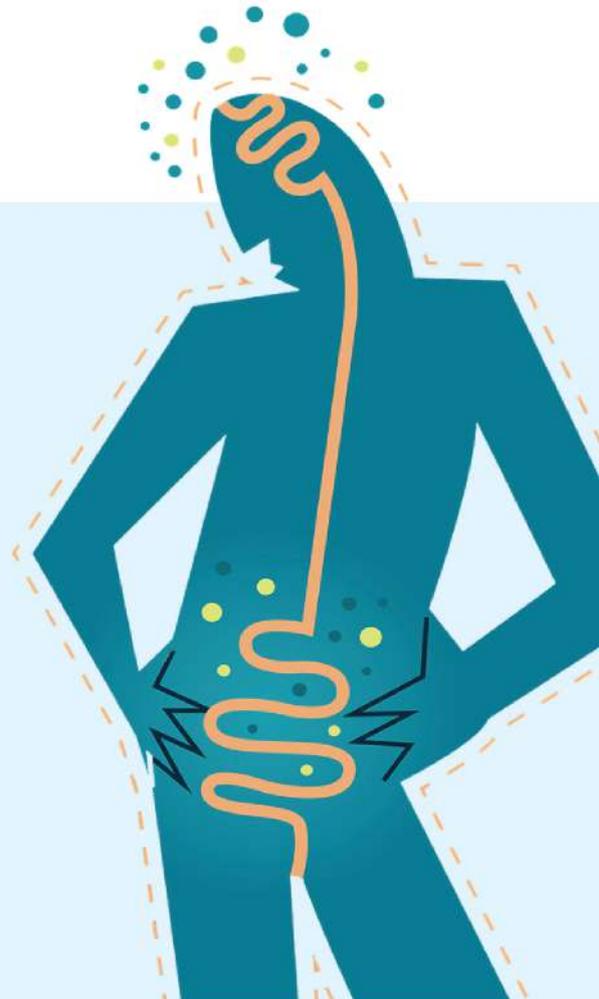
消化健康专家指出，健康的排便频率为每天2至3次，理想情况下是在每餐后10至14小时。如果您每天仅排便一次或更少，您的结肠可能正在积存相当于5到6餐的食物残渣，甚至更多。

便秘的隐性代价

当废物在结肠中滞留时间过长时，会对健康产生多种深远影响。以下是可能发生的几种情况：

- 结肠吸收过多水分，导致大便干硬、排便疼痛。
- 毒素可能回流至血液，加重肝脏负担，并影响皮肤、关节、情绪和精力。
- 肠道菌群失衡，削弱免疫系统并引发炎症。
- 结肠壁可能被残留物覆盖，随着时间推移，排便变得更困难且不完全。
- 因用力过度排便，可能导致痔疮和肛裂。
- 肠道内壁变弱，可能引发“肠漏症”以及进一步的炎症反应。
- 肠脑轴受到干扰，可能导致易怒、注意力不集中或焦虑。
- 营养吸收受阻，即使饮食均衡，也可能营养不良。

事实上，马来西亚的一项研究发现，一些人的结肠中可能积存多达九餐的食物残渣，因为他们每隔几天才排便一次。这解释了为何许多人会感到腹胀、疲倦、情绪低落或整体不适。



NATURAL STRATEGIES TO PREVENT CONSTIPATION

预防便秘的自然策略

Here's how to naturally restore healthy bowel movements and long-term gut wellness:

以下方法有助于自然恢复肠道蠕动和维持长期肠道健康：

1. Eat More Fibre (and the Right Kinds)

增加膳食纤维摄入（并选择合适的种类）

Fibre is the body's natural broom. Aim for 25–30 g daily, combining:

- **Soluble fibre** (whole oats, beans, apples): softens stool
- **Insoluble fibre** (whole grains, kale, broccoli): adds bulk and speeds transit
- **Prebiotic fibre** (bananas, onions, garlic): feeds beneficial bacteria

Tip: Start slowly to avoid gas, and increase water intake as you add more fibre.

膳食纤维可被视为肠道的“天然清洁工”。建议每日摄入25至30克，具体可结合以下几种类型：

- **可溶性纤维**（如燕麦、豆类、苹果）：有助于软化粪便
- **不可溶性纤维**（如全谷物、羽衣甘蓝、西兰花）：增加粪便体积，促进肠道蠕动
- **益生元纤维**（如香蕉、洋葱、大蒜）：为有益菌提供营养支持

提示：开始时应逐步增加摄入量，以避免胀气，并在增加纤维摄入的同时确保充足的水分摄入。

2. Rebuild Friendly Bacteria

重建有益菌群

Use probiotics like ImmuFlora®, especially after antibiotic use. It helps restore balance, reduce inflammation and improve motility. Homemade yoghurt is also excellent, especially for children.

使用益生菌制剂，如新生命免疫激菌植，尤其在使用抗生素后，有助于恢复肠道菌群平衡，减轻炎症，并改善肠道蠕动。自制酸奶也是一种益生菌来源，尤其适合儿童。



3. Move Your Body Daily

每日进行适度身体活动

Physical activity stimulates bowel function. Aim for:

- 30–40 mins of movement (walking, biking, swimming)
- Rebounding for 10 minutes = equivalent to jogging 2 miles, without joint stress
- Even a 10-minute walk after meals makes a difference

规律的身体活动有助于增强肠道蠕动功能。建议每日进行：

- 30至40分钟的中等强度运动，如步行、骑自行车或游泳
- 进行弹跳床运动10分钟，效果相当于慢跑2英里，且不会对关节造成压力
- 即使饭后进行10分钟的轻度散步，也有助于改善消化功能

4. Cleanse with Gentle Herbal Support

温和草本辅助清洁

Herbal blends like Herbal Matrix Powder/Herbal Klenz combine psyllium husk, apple pectin, butcher's broom, slippery elm, fennel seed and inulin to:

- Gently promote regular bowel movements
- Flush out encrustations in the colon
- Reduce bloating and toxic buildup
- Remove heavy metal toxins
- Nourish and rebalance the gut microbiome

草本混合物，如新生命天然净化粉，结合了车前子壳、苹果果胶、百劳金雀花、滑榆、茴香籽和菊粉，以：

- 温和促进规律的肠道蠕动
- 清除结肠内的沉积物
- 减轻腹胀和毒素积聚
- 有助于清除重金属毒素
- 支持肠道菌群的恢复与平衡



5. Hydrate Intelligently

科学补水

Water is essential for soft, easy-to-pass stools. Aim for 8–10 glasses (about 2–2.5 litres) daily and even more if you're increasing fibre. Avoid caffeine-heavy or sugary drinks like coffee and soda, which can dehydrate and slow digestion.

Distilled water is ideal, while alkaline water may disrupt stomach acid and lead to bloating. You can also support hydration and gut health with fresh vegetable juices, spirulina drinks, or honegar (a blend of honey and apple cider vinegar).

水对于维持大便的柔软度和顺畅排便具有重要作用。建议每日饮水量为8至10杯（约2至2.5升），若膳食纤维摄入量增加，应相应提高饮水量。应避免摄入含咖啡因或高糖分的饮品，如咖啡和碳酸饮料，因为它们会导致脱水并可能延缓胃肠蠕动。

蒸馏水是为理想的饮用水选择，而碱性水可能干扰胃酸分泌，进而引发腹胀等不适。此外，可通过饮用新鲜蔬菜汁、螺旋藻饮品或蜂蜜醋（蜂蜜与苹果醋的混合饮品）来辅助补充水分并促进肠道健康。

6. Manage Stress

有效管理心理压力

Chronic stress tightens your gut muscles and slows digestion. Try:

- Deep breathing for 10 minutes
- Gentle stretching
- Journaling, prayer or nature walks
- Quiet, screen-free time before bed

长期处于压力状态可能导致肠道肌肉紧绷，减缓消化功能。建议采取以下方式缓解压力：

- 每日进行10分钟深呼吸练习
- 适度拉伸
- 写日记、祈祷或户外散步
- 睡前安排一段安静、无电子屏幕干扰的休息时间

Special Notes for Parents: Preventing Constipation in Children

家长特别提示： 预防儿童便秘



- Start early with raw fruits, vegetables, and fibre-rich foods
- Avoid cow's milk early on if possible; breastfeed instead
- Limit processed foods and screen time
- Train kids to squat (not sit) during bowel movements—it's more natural and effective.
- If needed, a gentle water enema (with diluted apple cider vinegar) can help temporarily relieve impaction but always pair this with long-term dietary and lifestyle changes.

为儿童建立良好的消化健康基础，建议：

- 尽早让孩子食用生水果、蔬菜和富含纤维的食物
- 在婴儿喂养初期优先选择母乳喂养，尽量避免过早引入牛乳
- 控制加工食品的摄入频率及每日屏幕使用时间
- 培养儿童蹲姿排便的习惯，相较于坐姿更为符合生理结构，有助于排便顺畅
- 若出现严重便秘症状，可考虑使用温和的水灌肠（如稀释后的苹果醋溶液）暂时缓解便秘，但必须同时配合长期的饮食调整与生活方式改善

The 4-Step Constipation Recovery Plan 四步缓解便秘计划



Remove waste buildup
清除废物堆积
Herbal Matrix Powder/
Herbal Klenz
使用新生命天然净化粉



Rebuild good bacteria
重建有益菌群
ImmuFlora® / yoghurt
食用新生命免疫激活菌/
酸奶



Hydrate well
多喝水
Distilled water, fresh juices,
Honeygar, Spirulina
蒸馏水、鲜果汁、
蜂蜜苹果醋、螺旋藻



Reform diet & movement
调整饮食和运动
Fibre, exercise,
avoid refined foods
多摄入纤维，加强锻炼，
避免精制食品



Let Regularity Lead the Way 让规律引领方向

Constipation isn't just a minor inconvenience—it's a red flag that your digestive system needs care. Whether it's occasional discomfort or long-term sluggishness, your body is capable of resetting and healing.

With simple changes—a better diet, more movement, smarter hydration, and gut-supporting supplements—you can restore regularity, boost energy, and feel your best again.

Don't wait for symptoms to become chronic. Start today, and let your body do what it's meant to do: cleanse, heal and thrive—from the inside out.

便秘并非单纯的生理不适，而是消化系统需要呵护的警示信号。无论是偶尔的不适还是长期的肠道功能迟滞，人体均有能力重置和自我修复。

通过简单的改变——更健康的饮食、更多的运动、更合理的补水以及有助于肠道健康的补充剂——您可以恢复肠道规律性，提升整体精力与健康水平。

建议尽早采取行动，避免症状发展为慢性问题，从而让身体从内而外实现自我调节、修复与健康发展。

Congrats,
ACHIEVERS!
恭喜, 成就者!

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SUZI MOI-QUEK
MAELODEE CHONG TZE-YUIN

15%
ACHIEVERS

august & september 2025

SYARIKAT ADIL
WELLNESS INC

august 2025

SO SUE YI REGINA
CHAN PEI WEN JAZREEL
LING YOUNG HOON
NG POH LAY
REHANA SHAIK IBRAHIM

september 2025

CHEN KIM LING
TAN LEE KENG (LILY)
MOI YAN SHAN GABRIELLE
BREAKTHROUGH SERVICES
HO SOAY ENG

18%
ACHIEVERS

august & september 2025

CHONG KIM MOI

august 2025

SURIA BINTE MOHAMED

september 2025

YEUNG YEE NOG
SO SUE YI REGINA
WONG MUI CHOO (KELLY)
CHAN SOO TECK PETER
LUM MEI LENG
GOH CHOO PING

21%
ACHIEVERS

august & september 2025

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Promotes bowel regularity, detoxifies and nourishes the gut
促进肠道规律，排毒及滋养肠道

+



RESTORE 修复

10 billion probiotics + prebiotics to restore and balance gut flora
含100亿活性益生菌及益生元，恢复并平衡肠道菌群

+



REBALANCE 平衡

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富含钾元素的配方，支持细胞排毒与组织修复



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- 保留天然酶类及高浓度抗氧化成分

APPLE CIDER VINEGAR

有机苹果醋

- Made from organic New Zealand apples, raw and unfiltered
- Contains the "mother" for detox, digestion and immune support
- 采用新西兰有机苹果酿造，保持生醋状态，未过滤
- 含有“母菌”，有助于促进消化、支持代谢排毒及增强免疫系统功能

Terms & Conditions:

1. Promotion period: 1 November to 31 December 2025, or while stocks last.
2. Offers include full BV/PV. Free gift carries no BV/PV.
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1. 促销活动期: 2025年11月1日至12月31日, 或存货售完为止。
2. 优惠包含完整单位花红和单位分数。赠品无单位花红和单位分数
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6. 新生命有权随时更改或修订促销活动的条规与细则, 恕不另行通知。



September 2025 Health Retreat

2025年9月新生命健康生活营

From September 23–27, 2025, NewLife™ International held its final Health Retreat of the year at the serene Millennia Village. Around 50 participants from Malaysia, Singapore, Indonesia, Brunei and Oman gathered for five days of rest, renewal and transformation.

Participants took part in Dr. Lynn's Detoxification & Rejuvenation Programme (DRP)—a holistic experience combining expert guidance with a clean, curated diet to support deep internal cleansing and long-term wellness.

Each day began with energizing exercises or nature walks, followed by health seminars with Dr. Lynn Tan and Dr. Leon Tan exploring root causes of disease, natural healing, and sustainable lifestyle change. As a hands-on extension of the seminars, Aaron Ho brought a creative touch to practical workshops on lymphatic massage and healthy food preparation, making the sessions both engaging and enjoyable.

We were also honoured to have Dr. Lim Kheng Yee (MD) as guest speaker, whose insights added depth to the retreat's integrative approach.

Thank you to everyone who joined us and made this retreat such a warm and meaningful experience.

2025年9月23日至27日，国际新生命公司在清幽静谧的千禧村成功举办了本年度最后一次健康生活营。来自马来西亚、新加坡、印度尼西亚、文莱及阿曼的约50位参与者齐聚一堂，共同度过了为期五天的休养、恢复与身心转化之旅。

生活营的核心为陈林希珠博士创研的排毒与复健计划（DRP）。该计划是一项综合性健康管理方案，融合专业指导与科学设计的洁净饮食，旨在促进机体深层排毒净化，并支持长期健康状态的建立。

每日活动以晨间活力运动或自然生态徒步开启，接着是陈林希珠博士与陈健良博士主持的系列健康讲座，内容涵盖疾病成因分析、自然疗愈以及可持续健康生活方式调整以及整合医学原则，为参与者提供了全面而深刻的健康认知。此外，作为理论学习的实践延伸，何亚伦先生主持了淋巴引流按摩与健康膳食制备工作坊，课程兼具实用性与互动性，有效提升了参与者的体验质量。

我们还荣幸地邀请到了林敬谊医生作为嘉宾演讲者。其基于临床经验的专业分享，进一步丰富了生活营在整合医学视角下的学术深度。

感谢每一位参与者的积极参与，使此次生活营成为一次温暖而富有意义的集体体验。



“

Participant Reflections 参与者反馈摘录

For the past two years, I had been relying on painkillers and sleeping pills every single day. Despite the medications, I couldn't sleep and my health kept getting worse. On the second day of the retreat, I experienced strong healing reactions but thank God I didn't give up. By the third day, the fever was gone, and for the first time in two years, I slept like a baby without any medication. I feel lighter and more energetic than I have in years. Thank you for this incredible experience. When I return to Oman, I will continue this health journey and tell everyone back home: you must come and experience this retreat for yourself.

过去两年，我每天都依赖止痛药和安眠药。尽管服用了这些药物，我还是无法入睡，身体状况也越来越差。在生活营的第二天，我经历了强烈的康复反应，幸而坚持未放弃。至第三天，发烧退了，两年来我第一次在没有药物的情况下睡得像个婴儿。我感觉比多年以来更轻盈、更有活力。感谢这次不可思议的经历。衷心感谢此次极具价值的健康体验。返回阿曼后，我将持续践行所学，并向身边亲友积极推荐：新生命健康生活营绝对值得亲身体验。

Farha Zahir Nasser Al Kindy, Oman
法尔哈·扎希尔·纳赛尔·阿尔金迪，阿曼

I have been managing hypertension for the past 10 years, with my blood pressure regularly averaging around 150/100. Despite trying various approaches—fasting regimes, specific vegetables, foods, and herbal remedies—any improvements were temporary. None of these proved to be sustainable lifestyle changes. Two months ago, my blood pressure spiked to a level that required admission to A&E. For the first time, I experienced numbness on the left side of my body. This was a clear turning point and a wake-up call to make my health a top priority.

Attending the retreat proved to be a valuable decision. I learned the importance of nutrition and how the body has the capacity to heal itself when given the right conditions. It required not just short-term fixes, but a true change in lifestyle—understanding what the body needs and what it does not.

The detox process was particularly eye-opening, as I witnessed the release of long-accumulated waste from my body. While weight loss should not be the main goal of detox, it is often a natural outcome. By the end of the programme, I had lost 5 kg, and for the past 7 days my blood pressure—without any medication—has remained consistently below 130/75. This experience has had a profound impact on both my health and my outlook on life.

过去十年间，我持续接受高血压治疗，尽管规律用药，血压仍维持在150/100毫米汞柱左右。期间尝试过多种方式，包括断食疗法、特定蔬果饮食、草本调理等，但改善效果均不持久，亦未能促成可持续的生活方式转变。两个月前，我的血压急剧飙升，需紧急送医救治，并首次出现左侧肢体麻木症状。这一事件成为重要的健康转折点，也是让我意识到必须把健康放在首位的警钟。

参加这次生活营是个明智的决定。我深入理解了营养在健康维护中的核心作用，以及人体在适宜条件下具备的自愈潜能。真正的健康改善不仅依赖短期干预，更需系统性地调整生活方式——明确身体所需与所避。

排毒过程尤其让我大开眼界，我亲眼目睹了体内长期积累的废物被排出。虽然减肥不应是排毒的主要目标，但它往往伴随发生。到生活营结束时，我体重减轻了5公斤，而且在过去的7天里，在未使用任何药物的情况下，我的血压持续稳定在130/75毫米汞柱以下。这次经历不仅显著改善了我的生理指标，也深刻重塑了我对健康的认知与生活态度。

Wang W. G., Singapore
王先生，新加坡

”



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See the details on the back cover
详情请参阅封底

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