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# Life Line

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New  
Year

**FRESH  
START**

新年伊始  
焕新身心



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**15%**  
ACHIEVERS

### october & november 2025

WELLNESS INC

### october 2025

LING YOUNG HOON  
PHOON LAI HAR  
CHONG SUIT LING  
LIM CHOON HUAY (JEN)  
TAN LEE KENG (LILY)

### november 2025

CHEN KIM LING  
SYARIKAT ADIL  
KONG WAI YIN  
NG POH LAY

**18%**  
ACHIEVERS

### october & november 2025

YEUNG YEE NOG

### october 2025

CHONG KIM MOI  
SYARIKAT ADIL  
MOI YAN LIN ABIGAIL

### november 2025

SO SUE YI REGINA  
WONG MUI CHOO (KELLY)  
CHAN PEI WEN JAZREEL  
LING YOUNG HOON

**21%**  
ACHIEVERS

### october & november 2025

IRENE CHONG CHUAY PENG

### november 2025

CHONG KIM MOI  
MOI YAN LIN ABIGAIL

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Happy Lunar New Year!  
Wishing you and your loved ones  
a year filled with health,  
happiness and prosperity.

新年蒙福  
万事如意

Warm regards,

All of us at NewLife™ International



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# New Year, Fresh Start!

新年伊始，  
焕新身心

Give  
Your Body  
a Spring Clean  
for 2026

为2026年给身体  
来一次大扫除

With Christmas celebrations wrapped up, the countdown begins to New Year and Lunar New Year. Just as we refresh our homes with a spring cleaning, it's time to do the same for our bodies. After weeks of rich meals and festive treats, a gentle "body spring clean" can help flush out toxins, renew energy, and set the tone for a vibrant 2026.

随着圣诞节庆祝活动的结束，元旦和农历新年的倒计时也开始了。正如我们在岁末年初进行大扫除以迎接新气象一样，现在也是时候给身体来一次“大扫除了”。在经历了节日期间持续摄入高热量、高脂肪饮食之后，实施一项温和而科学的身体净化大扫除，有助于促进毒素代谢、恢复精力，并为2026年的整体健康奠定良好基础。



## Why Revitalization Matters

### 身体净化的重要性

Every day, our bodies face a barrage of toxins—from microplastics and heavy metals to chemicals in food, alcohol and stress. Over time, these toxins accumulate, creating toxemia, which can strain organs, disrupt metabolism, and increase the risk of chronic diseases such as diabetes, heart disease and cancer.

At the same time, busy lifestyles and reliance on processed or restaurant foods can lead to nutritional deficiencies, leaving the body unable to perform vital detoxification and repair processes efficiently.

When toxins accumulate and essential nutrients are lacking, your body sends warning signs that it's time for a reset.

现代生活中，我们每日暴露于多种环境与代谢毒素之中，包括微塑料、重金属、食品添加剂、酒精以及长期心理压力等。这些有害物质在体内累积可导致内源性毒血症，进而加重肝脏、肾脏等解毒器官的负担，干扰正常的新陈代谢过程，并可能增加罹患慢性疾病的风险，如糖尿病、心血管病及某些癌症。

此外，快节奏的生活方式和对加工食品或外食的高度依赖，往往造成关键营养素摄入不足，使身体无法高效地进行重要的排毒和修复过程。

当毒素负荷过高而营养支持不足时，身体将通过一系列功能性症状发出警示信号，提示是时候进行干预以恢复内环境稳态。

## Signs Your Body May Need a Reset

### 提示身体需要干预的常见征兆

If you notice any of the following, it may be a signal that your body could benefit from a structured detoxification or revitalization programme:

如果您注意到以下任何一种情况，可能是您的身体需要一个有计划的排毒或恢复活力方案的信号：



#### 1 Persistent Fatigue 持续性疲劳

Feeling tired all day, even after a full night's sleep  
即使经过充足睡眠仍感精力不振

#### 2 Brain Fog 认知功能下降

Trouble concentrating, forgetfulness, or mental sluggishness  
注意力难以集中、记忆力减退或思维迟滞

#### 3 Skin Problems 皮肤问题

Acne, rashes, eczema, or dull, lacklustre skin  
痤疮、皮疹、湿疹反复发作，或肤色暗沉无光

#### 4 Sleep Difficulties 睡眠障碍

Trouble falling or staying asleep, restless nights  
入睡困难、夜间易醒或多梦

#### 5 Mood Swings 情绪波动

Irritability, anxiety, or feeling down often  
易怒、焦虑或情绪低落频发

These signs indicate that toxins and nutritional imbalances may be affecting your health, and a “body spring clean” can help restore balance before minor imbalances develop into serious issues.

这些迹象表明毒素和营养失衡可能正在影响您的代谢健康与自愈机制，适时进行一次“身体大扫除”有助于在小问题演变成大问题之前恢复平衡。

#### 6 Bad Breath or Body Odor 持续性口臭或体味

Persistent smells despite good hygiene  
在保持良好个人卫生的前提下仍存在异味

#### 7 Digestive Issues 消化功能紊乱

Bloating, constipation, diarrhoea, or irregular bowel movements  
症状表现为腹胀、便秘、腹泻或排便节律异常

#### 8 Frequent Headaches 频发头痛

Especially after certain foods or drinks  
尤其是在食用某些食物或饮用某些饮料之后

#### 9 Unexplained Weight Gain 不明原因体重增加

Difficulty losing weight despite healthy habits.  
尽管有健康的生活习惯，但仍难以减重

#### 10 Sugar or Junk Food Cravings 对糖类及加工食品的强烈渴望

Especially during energy crashes  
尤其是在精力不济的时候

## DEVELOPMENT OF CHRONIC AND DEGENERATIVE DISEASES

### 慢性与退行性疾病的发展



PREVENT AND REVERSE CHRONIC ILLNESSES NATURALLY  
自然预防和逆转慢性疾病



NEWLIFE™ DRP RESTORES HEALTH AND VITALITY  
新生命DRP恢复健康和活力

# Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP)

陈林希珠博士创研  
的排毒与复健计划

The Detoxification & Rejuvenation Programme (DRP) is designed around two key principles of natural healing:

1. The human body is wonderfully made to self-heal, self-repair and self-rejuvenate.
2. The root causes of poor health are often toxemia and nutritional deficiency.

Therapeutic in nature, the DRP helps the body eliminate toxins and restore nutritional, hormonal, and metabolic balance, creating the ideal conditions for the body to heal itself.

排毒与复健计划排（DRP）基于自然医学的两大核心理念构建：

1. 人体具备固有的自我修复、自我调节与再生能力；
2. 多数慢性健康问题的根本成因在于毒素积聚与营养缺乏。

DRP具有明确的治疗导向，旨在通过系统性排毒与营养重建，帮助身体清除代谢废物，恢复营养、激素与代谢平衡，从而激活自身的自愈潜能。

## The 2 Pillars of DRP

### DRP的双重核心

By following the DRP regularly, the body addresses the root causes of chronic conditions, gently flushes out toxins, replenishes essential nutrients, and restores energy, vitality and balance—setting the stage for a healthier, more vibrant year ahead.

通过定期遵循DRP，身体能够解决慢性疾病的根源，温和地排出毒素，补充必需的营养物质，恢复精力、活力和平衡，为长期健康与生活质量提升提供可持续支持。

### Detox 排毒

- **Gentle Colon Cleansing** – Herbal Klenz / Herbal Matrix Powder removes accumulated waste and prepares the digestive system for optimal detoxification.
- **Coffee Enemas** – As featured in another article in this issue, “A Different Kind of Coffee Break” (page 8), coffee enemas stimulate liver detoxification, enhance bile flow, reduce free radical damage and support overall metabolic balance.
- **温和结肠清洁**：新生命天然净化粉，帮助清除肠道内积存的代谢残渣，优化消化道环境，提升后续排毒效率。
- **咖啡灌肠疗法**：参考本期专题文章《一种别样的咖啡时光》（第8页），咖啡灌肠可通过刺激肝胆系统促进胆汁分泌，增强肝脏排毒，减少自由基损伤，改善全身代谢平衡。

### Rejuvenate 滋养恢复

- **Fresh Juices & Nutrient-Rich Foods** – Carrot and apple juice, combined with superfoods like Super Green Food++ and spirulina, essential fats such as flaxseed oil, and natural boosters like pure raw honey and apple cider vinegar, provide a powerful blend of vitamins, minerals, and antioxidants that combat inflammation, support cellular repair and enhance energy and vitality.
- **High-Potassium Diet or Supplements** – K-Salt balances electrolytes, supports kidney function and aids toxin elimination.
- **Friendly Bacteria (Probiotics)** – ImmuFlora® restores gut health, improves digestion and strengthens immunity.
- **Liverin** – Tonic to support liver function and overall metabolic health.
- **新鲜蔬果汁与营养丰富的食物**：以胡萝卜苹果汁为基础，搭配特超绿食品++、螺旋藻等超级食物，辅以亚麻籽油提供必需脂肪酸，并加入纯天然生蜂蜜与苹果醋作为代谢促进剂，全面补充维生素、矿物质与抗氧化成分，支持细胞修复、抗炎反应及能量生成。
- **高钾饮食或补充剂**：使用新生命钾质能平衡电解质，维持细胞内外离子稳态，促进肾脏排泄功能，辅助毒素清除。
- **益生菌（友好细菌）补充**：免疫激菌植可重建肠道微生态平衡，改善消化吸收功能，同时增强黏膜免疫屏障。
- **肝脏宝**：作为专用护肝配方，肝脏宝有助于维护肝脏结构完整性与解毒酶系统的正常运作。



## Real-Life Transformations

### 真实客户评价

Skin infections cleared, hypertension normalized, lost 25 kg, energy and vitality restored.

顽固性皮肤感染痊愈，血压回归正常范围，体重减少25公斤，整体活力显著提升。

**Saw Chong Hock, Petaling Jaya**  
苏宗福 (八打灵再也)

Hormonal balance restored, weight reduced from 160 lbs to 115 lbs, aches and pains diminished, immune system strengthened.

内分泌系统趋于平衡，体重由160磅减至115磅，关节与肌肉疼痛减轻，免疫力明显增强。

**Tan Cheow Yen, Kuala Lumpur**  
潘丽明 (吉隆坡)

High blood pressure, cholesterol and glucose normalized; weight dropped from 134 kg to 104.5 kg after 2 weeks, with lasting results.

经DRP干预后，高血压、高胆固醇及血糖水平均恢复正常；两周内体重由134公斤降至104.5公斤，且维持稳定。

**Duncan Owens, UK**  
邓肯·欧文斯 (英国)

Urinary tract infections resolved, kidney stones passed out, weight stabilized.

反复发作的尿路感染得以根除，肾结石顺利排出，体重趋于稳定。

**Liew Ah Lan, Johor Bahru**  
刘雪兰 (新山)

Childhood asthma improved, menstrual pain gone, gallstones flushed out after multiple DRP rounds.

自小患有哮喘，月经期间疼痛。经过几次DRP后，哮喘症状显著缓解，月经疼痛完全消失，且成功排出胆结石。

**Michelle Tang, Malacca**  
陈淑慧 (马六甲)

# Start 2026 with a Body Spring Clean

## 以身体大扫除 开启2026年

The New Year is the perfect time to give your body a spring cleaning. By flushing out toxins, restoring nutritional balance, and supporting liver function, you can enter 2026 energized, refreshed, and ready for life's celebrations. Health and vitality are not just goals—they are your divine right.

Give your body the chance to restore itself naturally with Dr. Lynn Tan's DRP and experience the benefits of true holistic wellness.

新年是给身体来一次大扫除的绝佳时机。通过排出毒素、恢复营养平衡以及支持肝脏功能，您能够精力充沛、神清气爽地迎接2026年，为生活中的各种庆祝活动做好准备。健康与活力不仅是目标，更是您与生俱来的权利。

借助陈林希珠博士创研的DRP让身体自然恢复，体验真正的整体健康带来的益处。



# A Different Kind of Coffee Break

## 一种别样的咖啡时光

Many people find comfort in the familiar aroma and ritual of a warm cup in the morning—a small, soothing pause that signals the start of a new day and helps them ease gently into their routine.

But imagine a coffee break that doesn't just offer comfort...

- It refreshes you.
- It lightens you.
- It leaves you feeling clearer from the inside out.

That's what many adults experience with a simple, gentle wellness ritual: the coffee enema, which people often describe as calming—almost like stepping into a mini-retreat where the body can “reset” from the inside.

Some even joke about their “Coffee Break Down Under” or “Starbutt's Coffee”—little nicknames that bring humour and make the whole idea feel less mysterious.

许多人在清晨通过一杯热咖啡所伴随的熟悉香气与仪式感获得心理上的慰藉。这一短暂而舒缓的时刻，不仅象征着新一天的开始，也帮助他们平稳地进入日常节奏。

但想象一下，如果咖啡时光不仅能提供情绪上的安抚，更进一步带来生理层面的积极影响，例如它能：

- 提升精神状态
- 减轻身体负担
- 促进内在感知的清晰度

这就是许多成年人通过一种简单、温和的养生仪式所体验到的咖啡灌肠，人们常将其描述为具有镇静作用——几乎就像进入了一个小型的静修所，让身体从内部“重置”。

有些人甚至以幽默的方式将其称为“下身咖啡休息”或“星屁股咖啡”，这些小绰号在一定程度上降低了对咖啡灌肠的认知门槛，使其更易于被公众讨论和接受。

## What Is a Coffee Enema?

A coffee enema involves introducing a small amount of specially prepared organic coffee solution into the colon through the rectum, where it's retained for about 12–15 minutes.

This allows caffeine and other beneficial compounds to be absorbed through the colon wall into the portal vein, the main blood vessel that carries substances directly to the liver. Once there, these compounds can:

- Stimulate the liver and gallbladder to flush out toxins
- Increase bile flow (bile is the fluid the liver makes to help with digestion and waste removal)
- Enhance the body's natural detoxification process.

Rather than creating the stimulating buzz associated with drinking coffee, this practice is valued for the gentle, refreshing feeling many people experience afterwards.

## 什么是咖啡灌肠?

咖啡灌肠是一种将少量经特殊配制的有机咖啡溶液通过直肠注入结肠，并在体内保留约12至15分钟的辅助性排毒方式。

在此过程中，咖啡中的活性成分可通过结肠黏膜吸收，经由门静脉（人体主要的肝脏供血血管），直接输送至肝脏。这些成分随后在肝脏中发挥以下生理作用：

- 刺激肝脏和胆囊排出毒素
- 增加胆汁流动（胆汁是肝脏制造、用于消化与排废的液体）
- 增强身体的自然解毒过程

与喝咖啡产生的亢奋感不同，这种方式更因其带来的轻柔、清新感受而受到部分人群喜爱。

### Enema or Espresso? 喝咖啡还是咖啡灌肠?

You might wonder: why not just drink coffee?

您可能会想：为什么不直接喝咖啡呢？

#### Drinking coffee 喝咖啡



Absorbed in the stomach and small intestine, many coffee compounds are metabolised (broken down by the body before reaching the liver). While they provide energy and alertness, only a fraction of liver-targeted compounds actually reaches the liver. In some people, drinking coffee can also overstimulate the digestive system, triggering acidity, bloating or discomfort.

主要在胃和小肠中吸收，许多咖啡中的化合物在到达肝脏之前就被代谢分解掉了。虽然它们能提供能量和清醒感，但实际抵达肝脏并参与解毒过程的有效成分比例较低。对部分人群而言对某些人来说，喝咖啡还会过度刺激消化系统，引发胃酸过多、腹胀或不适。

#### Coffee enema 咖啡灌肠



Delivers coffee directly to the colon, where compounds are absorbed into the portal vein—the highway straight to your liver. Because it bypasses the upper digestive tract, it does not overstimulate digestion and allows a higher local concentration of liver-supporting compounds to stimulate detox enzymes and enhance bile flow.

将咖啡直接送到结肠，让成分直接经由门静脉进入肝脏——就像一条直达肝脏的高速公路。由于绕过了上消化道，所以不会过度刺激消化，同时能以较高的局部浓度促进肝脏酶反应并增强胆汁流动。

Below is a simple side-by-side comparison so you can understand how the two differ in terms of pathways and sensations: 下表对比了两种方式在吸收途径与生理效应方面的关键差异：

Effect 作用	Drinking Coffee 喝咖啡	Coffee Enema 咖啡灌肠
Absorption site 吸收部位	Stomach & small intestine 胃及小肠	Colon 结肠
Pathway to liver 到达肝脏的途径	Enters circulation, partially metabolized en route 经全身循环输送，部分成分在首过效应中被代谢	Directly via portal vein; higher local concentration 直接经门静脉输送，局部有效成分浓度更高
Effect on liver detox 对肝脏解毒的影响	Limited 有限	Enhanced 显著增强
Alertness/energy 神经兴奋性表现	High, stimulating 明显，具刺激性	Moderate (mainly liver-focused) 较为温和，主要体现于肝脏功能
Bile flow stimulation 对胆汁流动的促进作用	Minimal 微弱	Supports smoother bile flow 明显提升胆汁流动性
Effect on digestive system 对消化系统的影响	Can be overstimulating for some people 可能引发胃酸过多、腹胀或肠胃不适	Does not disturb the digestive system; bypasses upper GI tract 不干扰消化系统；绕过上消化道

Unlike drinking coffee, coffee enemas go straight to the liver, boosting detox enzymes and bile flow.

与喝咖啡不同，咖啡灌肠会直接作用于肝脏，能促进解毒酶的生成和胆汁的流动。

## How It Works — The Science Behind the Cleanse

### 咖啡灌肠作用原理的 科学依据解析

Now that you know how coffee reaches the liver more directly via an enema, let's see what happens inside your body.

Your liver filters all the blood in your body every three minutes. When you retain a coffee enema for 10–15 minutes, it gives your liver several full cycles to cleanse and regenerate. The process helps:

- **Dilate bile ducts:** helps the bile pathway open more easily, supporting smoother flow to improve toxin elimination
- **Relax digestive muscles** for better circulation
- **Boost Glutathione S-Transferase (GST) production by up to 700%.** GST enzyme is a powerful liver enzyme that neutralises harmful free radicals

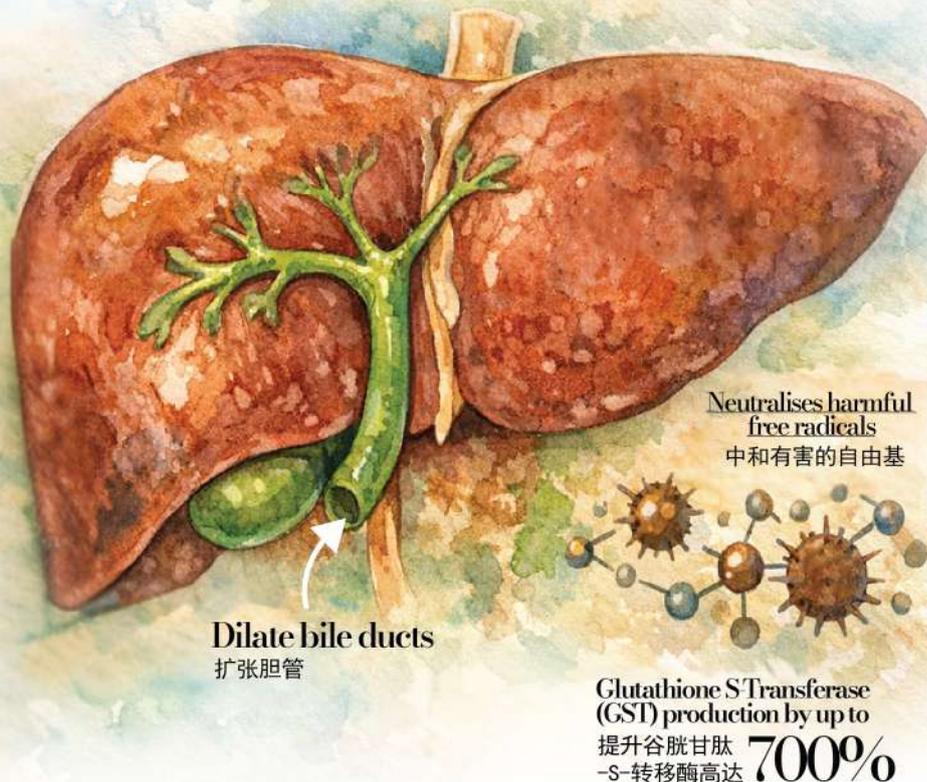
By gently stimulating the nerves that help regulate your abdominal organs, the enema can also encourage natural muscle movements in the bowel—the wave-like motion that helps waste move out comfortably.

既然您已经了解了基于上述吸收路径差异，咖啡灌肠可使咖啡成分更集中地作用于肝脏。那么让我们来看看在您的体内究竟发生了什么变化。

您的肝脏每三分钟就会过滤一次全身的血液。当您保留咖啡灌肠液10至15分钟时，肝脏就有足够的时间进行多次完整的血液净化周期，有助于实现以下生理调节：

- **扩张胆管**，改善胆汁流出通道，促进毒素排出
- **放松消化道肌肉**，改善局部血液循环
- **显著提升谷胱甘肽-S-转移酶的活性**，研究显示其生成量可增加高达700%。

通过温和刺激支配腹腔器官的自主神经系统，咖啡灌肠还可促进肠道节律性蠕动，即协调的推进性收缩运动，有利于粪便残渣的顺利排出。



## Did You Know? 您知道吗？

GST enzymes work like antioxidants inside your body, helping to neutralise harmful molecules (free radicals) and keep your immune system balanced.

谷胱甘肽S转移酶（GST）在体内扮演着重要的抗氧化角色，能够有效中和有害自由基，维持免疫系统的稳态平衡。

## Not Just About the Gut 聚焦肝脏而非肠道

Coffee enemas are not bowel-focused; they're liver-focused. According to wellness traditions, including those inspired by Dr. Max Gerson, this practice is believed to help the liver's cleansing pathways work more smoothly and support the release of waste more naturally.

When held for about 15 minutes, this allows the liver several cycles to refresh the blood flowing through it—an effect many people describe as leaving them lighter, clearer and more energised.

尽管操作途径涉及结肠，但咖啡灌肠的主要生理核心为肝脏，而非用于常规肠道清洁。根据包括马克斯·格森医学理念在内的某些功能性健康管理理论，此方法被认为有助于优化肝脏的代谢清除能力，促进内源性废物的自然释放排泄。

当灌肠液保留约15分钟时，肝脏可经历多次血液净化循环。许多使用者反馈在此之后，身体感到更轻盈、更清晰、更有活力。



## Supportive Practices That Pair Well

### 相辅相成的养生方法

While coffee enemas are an excellent detox tool, they should never be done in isolation. When toxins are flushed out, your body also needs nourishment to rebuild, repair and restore balance. To maximise results, coffee enemas work best as part of a holistic wellness routine that supports both detoxification and rejuvenation:

虽然咖啡灌肠是一种出色的排毒养生计划，但不应单独进行。在加速毒素排出的同时，身体也需要充足的营养支持以完成组织修复、细胞再生与内环境稳定。为实现最佳效果，建议咖啡灌肠最好与整体养生习惯搭配，支持排毒与再生：

# 1

Fresh juices such as carrot-apple juice to replenish antioxidants  
摄取富含抗氧化物的新鲜蔬果汁，如胡萝卜苹果汁



# 2

Nutrient-rich superfoods like Super Green Food++ and Spirulina  
补充高营养价值的功能性食品，例如特超绿食品++ 和螺旋藻



# 3

High-potassium diet or supplements such as K-Salt to help the body maintain healthy mineral balance  
维持高钾饮食或合理使用钾补充剂，如新生命钾质以保障电解质平衡



# 4

Probiotics (friendly bacteria that help support gut balance and immune health) such as ImmuFlora®  
使用益生菌制剂（如新生命免疫菌植），以维护肠道微生态稳定及免疫功能



# 5

Gentle colon cleansing using Herbal Klenz / Herbal Matrix Powder before the enema to help clear out waste and enhance detox effectiveness  
在咖啡灌肠前，可配合使用新生命天然净化粉进行温和的肠道准备，以清除积滞废物，提升整体排毒效率



## Curious to Try a New Kind of Coffee Break?

### 想尝试一种新的咖啡方式吗？



Coffee enemas aren't just a trend; they've been used for decades in wellness communities as a gentle way to support the body's natural cleansing and detoxification processes.

If you'd like to explore this gentle wellness ritual for yourself, take a look at NewLife™ Organic Enema Coffee on page 20—specially prepared for a smoother, more comfortable experience.

咖啡灌肠并非一时潮流，数十年来，它在养生圈一直被当作一种温和的方式，来帮助身体自然地进行清洁和排毒。

如果您想亲身体验这种温和的养生仪式，不妨看看第20页的新生命有机灌肠咖啡以了解更多信息。

Your next  
“coffee break”

might just become the most refreshing, renewing one

您的下一次“咖啡时光”或许会成为迄今为止最令您神清气爽的一次！

# Why Carrot & Apple Juice Is Ideal for **Detox & Healing**

## 胡萝卜苹果汁 为何是排毒养身的理想选择

When it comes to detoxification and supporting overall health, not all fruit and vegetable juices are created equal. Carrot and apple juice is especially recommended for daily therapeutic use because of its gentle yet highly effective properties.

说到排毒和促进整体健康，并非所有果蔬汁的功效都一样。其中，胡萝卜苹果汁因其性质温且高营养，被广泛推荐为日常养生饮用的优选。

## 1 Gentle on the Digestive System 对消化系统温和

Carrot and apple juice is mild, naturally sweet, and low in irritants, making it easy to consume in larger volumes without upsetting the stomach or stressing the liver. Unlike highly acidic or overly strong juices, it provides nourishment without triggering digestive discomfort.

胡萝卜苹果汁味道温和、天然微甜，刺激性低，即使大量饮用也不会伤胃或给肝脏造成负担。与酸性过强或过于浓烈的果汁不同，它能提供营养，同时不会引发消化不适。

## 2 Balanced Natural Sugars 天然糖分平衡

The natural sugars in apples provide energy without causing excessive blood sugar spikes. This makes carrot and apple juice suitable for frequent consumption while avoiding feeding unwanted bacteria, yeast, or inflammation in the body.

苹果中的天然糖分能提供能量，同时不会导致血糖过度升高。这使得胡萝卜苹果汁适合经常饮用，且不会滋养体内不想要的细菌、酵母或引发炎症。

## Fruits and Vegetables to Use Sparingly 需适量使用的果蔬

Certain fruits and vegetables, while nutritious, may be too strong or concentrated for regular detox use and can irritate the digestive system or overload the liver when consumed in large amounts. Examples include:

- Beetroot – Naturally strong in flavour; best in small amounts.
- Citrus fruits – Very acidic; may irritate the stomach if consumed in excess.
- Spinach and other leafy greens high in oxalates – Good in moderation, especially for those with kidney sensitivity.
- Tomatoes – Acidic and may trigger heartburn or digestive upset if overused.

Using these ingredients sparingly ensures your detox routine remains gentle while still benefiting from the nutrients they provide.

某些果蔬虽然营养丰富，但味道过浓或过于集中，不适合经常用于排毒，大量食用可能会刺激消化系统或加重肝脏负担。例如：

- 甜菜根——味道浓郁，建议仅少量添加使用。
- 柠檬等柑橘类水果——酸性较强，过量食用可能刺激胃部。
- 菠菜等富含草酸的绿叶蔬菜——适量食用有益，但肾功能敏感人群需特别注意。
- 番茄——酸性较强，频繁或过量食用可能引发胃灼热或消化不良。

适量使用这些食材，既能保证排毒过程温和，又能充分利用它们的营养成分。

## 3 Easily Absorbed and Consistent 易于吸收且口感顺滑

Carrot and apple juice creates a smooth, nutrient-dense drink that is easily absorbed by the body. Its consistency allows for multiple servings throughout the day, providing a steady supply of antioxidants and vitamins to support detoxification and overall vitality.

胡萝卜和苹果汁制成的饮品口感顺滑、营养丰富，容易被人体吸收。其质地适中，一天内可多次饮用，能持续为身体提供抗氧化剂和维生素，有助于排毒和保持活力。

## 4 Rich in Nutrients and Electrolytes 富含营养和电解质

Carrots supply beta-carotene and other carotenoids, while apples contribute pectin, flavonoids and essential vitamins. Together, they support liver function, antioxidant activity, and cellular repair. The juice also helps maintain a healthy potassium-to-sodium balance, which is important for proper cell function and detoxification.

胡萝卜富含β-胡萝卜素和其他类胡萝卜素，具有显著抗氧化功能；苹果则提供果胶、黄酮类化合物和必需维生素。两者结合能支持肝脏功能、抗氧化活动和细胞修复。此外，这种果汁还有助于维持健康的钾钠平衡，这对细胞正常运作和排毒十分重要。

The Ideal  
Choice:  
理想之选:

# ALPHA Juicer DA-1200 奥发绿色汁机 DA-1200

To maximize the benefits of carrot and apple juice, the ALPHA DA-1200 slow masticating juicer is recommended. Unlike centrifugal juicers, which use high-speed blades that generate heat and introduce oxygen, slow masticating juicers gently crush and press the produce. This preserves more nutrients, enzymes, and antioxidants while producing a smoother, more easily absorbed juice.

By choosing a masticating juicer like the ALPHA DA-1200, your juice retains its full nutritional potential, making your detox and wellness routine even more effective.

为最大化胡萝卜苹果汁的健康效益，推荐使用奥发绿色汁机DA-1200。相比传统离心式榨汁设备，后者因高速旋转刀片易产生热量并引入氧化环境，导致酶活性下降和营养流失；而慢速螺旋技术通过低速碾压与渐进式挤压方式，最大限度地保留了植物中的活性成分、维生素、抗氧化物及天然酶类，同时产出更为细腻顺滑、利于吸收的果汁。

选择像奥发DA-1200这样的榨汁机，您的果汁能保留其全部的营养潜力，让您的排毒和养生计划更有效。

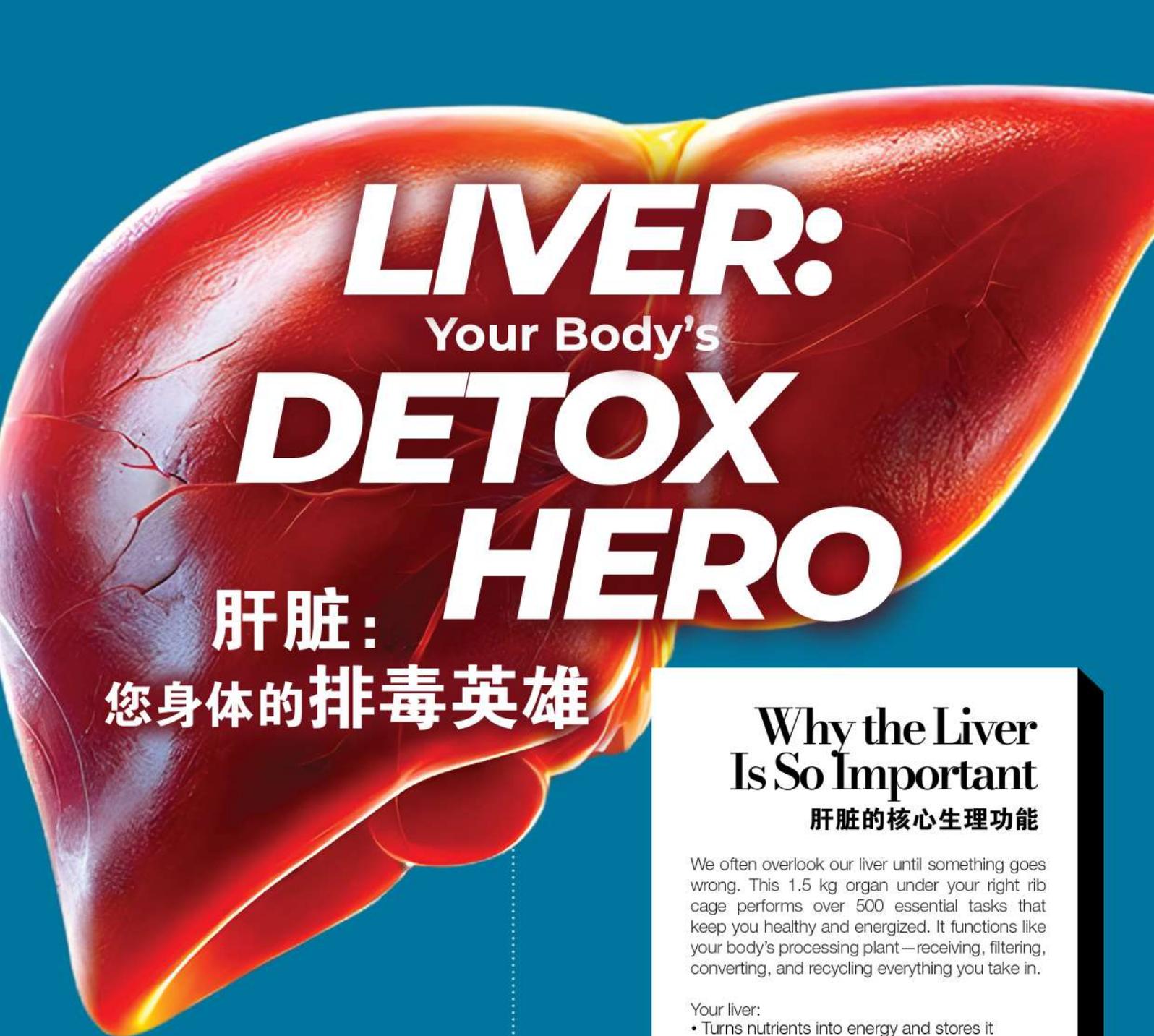


## In Summary

Carrot and apple juice is a gentle, nutrient-packed choice for anyone looking to cleanse, energize, and support the body's natural healing processes. Its mild sweetness, high nutrient content, and ease of absorption make it the ideal juice for daily wellness routines, while stronger juices like beetroot, citrus, or tomato should be enjoyed in moderation. Using the right juicer ensures the nutrients are preserved and readily absorbed, giving your body the support it needs for optimal detoxification and vitality.

## 总结

胡萝卜和苹果汁是任何想要清洁、提神并支持身体自然修复过程的人的理想选择。它味道温和、营养丰富且易于吸收，是日常养生计划的理想果汁，而像甜菜根、柑橘或番茄这类味道更浓烈的果汁则应适量饮用。使用合适的榨汁机能确保营养成分得以保留并被身体充分吸收，为您的身体提供排毒和保持活力所需的支持。



# LIVER: Your Body's DETOX HERO

## 肝脏： 您身体的排毒英雄

### Time for a Reset 节后调理时机

After holiday indulgences, many of us start the new year feeling heavy, tired, or out of sync. The truth is, every drop of alcohol and much of what we eat passes through one powerful organ for processing: the liver. While the liver is incredibly capable, a little post-holiday support can help it reset. As you “spring-clean” your home and mind this season, it’s time to give your body’s detox hero the same care and attention.

假期的放纵之后，我们很多人常在年初出现身体沉重、疲惫不堪或整体状态欠佳的情况。事实上，我们喝下的每一滴酒精及大部分食物均需经由一个关键器官进行代谢处理：肝脏。尽管肝脏具备强大的代谢与再生能力，但在经历节日高脂、高糖及高酒精负荷后，其功能可能受到一定影响，亟需适当的生理调节支持。正如春季开展家居清洁与心理调适一般，此时也应关注这一“体内排毒英雄”的健康维护。

### Why the Liver Is So Important

#### 肝脏的核心生理功能

We often overlook our liver until something goes wrong. This 1.5 kg organ under your right rib cage performs over 500 essential tasks that keep you healthy and energized. It functions like your body’s processing plant—receiving, filtering, converting, and recycling everything you take in.

Your liver:

- Turns nutrients into energy and stores it
- Produces bile to digest fats
- Detoxifies alcohol, drugs, and pollutants
- Balances hormones and blood sugar
- Stores important vitamins and minerals
- Makes proteins needed for repair and blood clotting

When your liver slows down, toxins can build up and your energy drops!

我们常常忽略肝脏，直到出现问题才意识到它的重要性。这个1.5公斤的器官位于右侧肋骨下方，承担着500多项关键任务，维持您的健康和活力。它就像身体的加工厂——接收、过滤、转化并循环处理您摄入的一切。

肝脏的功能包括：

- 将营养转化为能量并储存
- 产生胆汁以帮助消化脂肪
- 解毒酒精、药物和污染物
- 平衡荷尔蒙并调节血糖
- 储存重要的维生素和矿物质
- 生成修复和凝血所需的重要蛋白质

当肝脏变得迟缓时，毒素会在体内堆积，能量也会下降！

# Is Your Liver Asking for Help?

## 您的肝脏在求救吗？

Your liver rarely complains loudly, but when it's overworked, subtle signs start showing.

肝脏本身无痛觉神经分布，因此很少大声抱怨。但当它过度劳累，功能紊乱时，细微的异常迹象就会显现出来。

## Early Signs of a Sluggish Liver

肝功能的早期警示信号



Constant fatigue or brain fog  
持续性疲劳感或认知功能下降



Dull or irritated skin  
皮肤色泽改变或炎症性皮损



Headaches or mood swings  
不明原因的头痛或情绪波动



Bloating or indigestion after meals  
餐后腹胀、胃肠不适或消化不良



Unexplained weight gain around the waist  
中心性肥胖或腹部脂肪堆积增加

**These are your body's gentle reminders that it's time for a detox refresh.**

上述表现可能是肝脏代谢负担加重的间接反映，提示应进行生活方式干预，是时候进行一次排毒清体了。

## Common Liver Challenges 常见的肝脏问题

01

### Fatty Liver Disease 非酒精性脂肪性肝病

Excess fat builds up from a diet high in sugar, processed food or alcohol. It's one of the fastest-growing metabolic conditions today.

由于长期摄入高糖、高热量饮食及久坐生活方式导致肝细胞内脂肪异常沉积，这是当今全球增长最快的代谢性疾病之一。

02

### Alcohol-Related Liver Disease 酒精性肝病

Regular, excessive alcohol consumption can cause inflammation, fatty deposits, and permanent liver damage. Over time, this can progress from fatty liver to alcoholic hepatitis and eventually cirrhosis, severely impacting liver function.

经常过量饮酒会导致肝脏发炎、脂肪沉积和永久性损伤。长期下去，可能会从脂肪肝发展为酒精性肝炎，最终导致肝硬化，严重影响肝脏功能。

03

### Drug-Induced Liver Stress 药物性肝损伤

Even everyday medications like painkillers (such as acetaminophen) and cholesterol drugs (such as statins), can stress or damage the liver if used excessively.

多种日常使用的药物，如止痛药（如对乙酰氨基酚）、降胆固醇药物（如他汀类药物），如果使用过量，也会对肝脏造成压力或损害。

04

### Hepatitis (A-E) 病毒性肝炎（A型至E型）

Viral infections that inflame liver tissue, transmitted via contaminated food, water or bodily fluids. If untreated, it can lead to scarring or cirrhosis.

通过受污染的食物、水或体液传播的病毒性感染，会引发肝脏组织发炎。若未及时干预治疗，部分病例可进展为慢性肝炎、肝硬化或肝癌。

05

### Cirrhosis 肝硬化

Long-term damage that replaces healthy cells with scar tissue—often the result of alcohol abuse, bile duct blockage or chronic inflammation.

指各种病因引起的慢性肝损伤所致的弥漫性纤维化及假小叶形成，常见原因包括长期酗酒、胆汁淤积、慢性病毒性肝炎等。

06

### "Sluggish Liver" Syndrome 功能性肝功能减退（亚临床状态）

Though not an official medical diagnosis, it's very real. A poor diet, environmental pollutants and stress can all slow liver detox efficiency, leading to fatigue, headaches, digestive issues and skin problems.

虽然这不是一个正式的医学诊断，但它确实存在。不良饮食、环境污染物和压力都会降低肝脏的解毒效率，导致疲劳、头痛、消化问题和皮肤问题。

Did you know?  
您知道吗？

The liver is the only organ in the body that can regenerate itself. Even if up to 70% is damaged, it can regrow when given the right support.

肝脏是人体内唯一能够自我再生的器官。即使受损高达70%，在得到适当的支持时也能重新生长。

# Can Liver Damage Be Reversed?

## 肝损伤能逆转吗？

The liver is unique in its ability to regenerate. Early detection and lifestyle adjustments can allow it to repair itself. In some cases, medications or surgery may be required, but severe damage may necessitate a transplant. The key takeaway: **early care matters.**

肝脏具有独特的再生潜能。在疾病早期阶段，通过识别诱因并实施有效的生活方式干预（如戒酒、减重、合理膳食），多数轻中度肝损伤可实现部分乃至完全逆转。对于进展期病变，可能需要药物治疗或外科干预；终末期肝病患者则可能需考虑肝移植方案。因此，**早期识别与干预至关重要。**

## Practical ways to keep your liver healthy 维护肝脏健康的实用策略



1

### Lighten the load 减轻肝脏代谢负担

Take a short break from alcohol and drink plenty of water to flush out toxins. 建议阶段性限制酒精摄入，保持充足水分摄取，有助于促进代谢废物的排泄。

2

### Be mindful of medications 注意药物使用

Prescription and over-the-counter drugs are metabolized by your liver. Avoid unnecessary medications, follow dosage instructions, and never mix medications with alcohol. Discuss supplements or multiple medications with your physician.

所有口服药物（包括处方药及非处方药）均需经肝脏代谢。应避免不必要的药物，严格遵循剂量说明，切勿将药物与酒精混用。合并用药或长期服药者应定期咨询专业医师。

3

### Protect against hepatitis 预防肝炎

Good hygiene prevents Hepatitis A and E. Avoid sharing personal items like toothbrushes or razors, and always use protection during sexual activity. Sterilize equipment for tattoos or piercings.

保持良好的个人卫生习惯可有效预防A型与E型肝炎。避免共用牙刷、剃须刀等可能接触血液的个人用品；性生活中务必采取保护措施。接受纹身、穿孔等操作时确保器械严格消毒。

4

### Eat clean and colourful 采用均衡且多样化的膳食

Processed, canned, and instant foods often contain additives, preservatives, and refined sugar that burden your liver. Choose whole foods, leafy greens, garlic, turmeric and citrus fruits—all naturally supportive to the liver.

加工食品、罐头食品和速食食品通常含有添加剂、防腐剂和精制糖，会给肝脏带来负担。推荐多摄入全谷物、深色蔬菜、大蒜、姜黄及富含维生素C的柑橘类水果，这些食物具有抗氧化与护肝潜力。

5

### Stay active 维持规律的身体活动

Movement improves circulation and helps your body process toxins more efficiently.

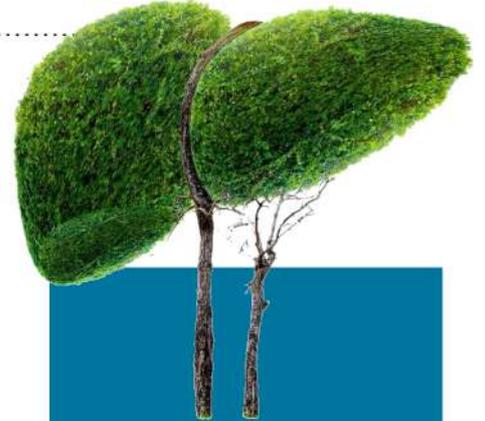
适度运动可改善全身血液循环，帮助身体更高效地排出毒素。

6

### Consider herbal support 考虑使用草本植物辅助 肝脏支持

Natural botanicals like milk thistle, artichoke, dandelion and burdock root can protect and restore liver cells.

研究表明，部分天然植物成分，如奶蓿草、朝鲜蓟、蒲公英根及牛蒡根，具有保护肝细胞并促进其修复的潜在作用。



## Your Liver Deserves Better

### 您的肝脏值得更好的呵护

Your liver works hard for you every single day—filtering, rebuilding and restoring balance. Don't wait until something goes wrong. Protect and strengthen it through Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP), a complete natural regime that gently cleanses, rebuilds and revitalizes the body from within. (See page 4 for details.)

肝脏是人体重要的代谢与解毒器官，每日持续执行过滤毒素、合成物质及维持内环境稳定等关键功能。为预防潜在的肝功能损伤，建议及早采取干预措施。陈林希珠博士创研的排毒与复健计划（DRP），是一项基于自然疗法的综合性健康管理方案，旨在通过温和、系统的方式实现体内净化、组织修复与整体机能提升。（详见第4页）

# Natural Support for Your Liver

天然呵护您的肝脏

## Liverin

肝脏宝

Liverin is a herbal formulation designed to protect, cleanse and regenerate your liver. Each capsule combines time-tested botanicals:

- **Milk Thistle Seed Extract** (80 % silymarin) – Supports cell regeneration and defends against toxins.
- **Dandelion Root** – A natural detoxifier that stimulates bile flow.
- **Artichoke Extract** – Aids fat digestion and cholesterol metabolism.
- **Burdock Root** – Helps remove impurities from the bloodstream.
- **Celery Seed Extract** – Reduces inflammation and supports kidney-liver synergy.

Together, these herbs:

- Rebuild and protect liver cells
- Combat oxidative stress
- Support recovery from medication or alcohol effects
- Improve digestion and nutrient absorption

*Suggested use: 1 capsule, 3 times daily after meals.*

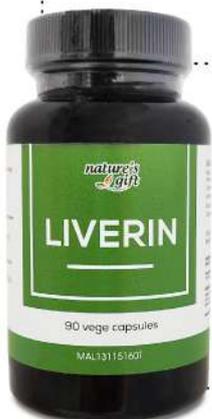
肝脏宝是一种草本配方，旨在通过多种植物活性成分协同作用，支持肝脏的自我保护、清洁与再生功能。每粒胶囊含有以下久经考验的植物成分：

- **奶蓟草籽提取物**（含80%水飞蓟素）——促进肝细胞再生，增强对有害物质的防御能力。
- **蒲公英根**——具有天然利胆作用，可刺激胆汁分泌，辅助排毒过程。
- **朝鲜蓟提取物**——有助于脂肪消化与胆固醇代谢调节。
- **牛蒡根**——支持血液净化，帮助清除循环系统中的代谢废物。
- **芹菜籽提取物**——具备抗炎特性，并有助于维持肝肾系统的协同运作。

上述成分共同发挥以下生理作用：

- 促进肝细胞重建并增强其结构完整性
- 减轻氧化应激对肝脏的损害
- 支持因药物或酒精暴露后的肝功能恢复
- 改善消化功能及营养物质的吸收效率

建议用法：每次1粒，每日3次，餐后服用。



## Quick Tip 温馨提示

Pair your supplement routine with a balanced diet and regular hydration for best results.

为达到最佳效果，建议将肝脏宝纳入均衡饮食与规律饮水的生活方式中，以全面提升身体代谢与排毒能力。

## Coffee Enema

咖啡灌肠

Regular coffee enemas play an important role in the detoxification and rejuvenation of the liver. The coffee enters the liver via the colon. This causes two effects:

- The dilation of the bile duct which enables toxins to drain out of the liver.
- The increase of the production of Glutathione S. Transferase (G.S.T) by 600 – 700%. GST is an enzyme which helps to remove free radicals and other toxins from the blood.

定期进行咖啡灌肠被认为在促进肝脏排毒方面具有一定辅助价值。咖啡溶液经由直肠吸收后进入门静脉系统，进而作用于肝脏，主要产生以下两种生理效应：

- 扩张肝内胆管，促进胆汁排泄，有助于毒素排出体外；
- 提升谷胱甘肽-S-转移酶活性达600%至700%。该酶是体内重要的抗氧化酶系统之一，参与清除自由基及多种外源性毒素的结合与排泄过程。



## Top 3 Liver-Loving Foods 护肝三佳食



**LEAFY GREENS**  
绿叶蔬菜

Spinach and kale boost chlorophyll to neutralize toxins. 如菠菜与羽衣甘蓝，富含叶绿素，有助于中和环境毒素。



**GARLIC**  
大蒜

Activates liver enzymes that help flush out waste. 含硫化合物可激活肝脏中的II相解毒酶系统，促进代谢废物的排出。



**APPLE CIDER VINEGAR**  
苹果醋

A tablespoon of apple cider vinegar in warm water in the morning can stimulate bile flow and support digestion.

每日清晨在温水中加入一汤匙苹果醋，可以促进胆汁分泌，改善消化功能。

## The Final Word

### 结语

The liver is often the unsung hero of wellness—always working quietly in the background. This year, make it part of your “spring clean” routine.

Because when your liver thrives, your full being shines.

肝脏作为维持机体稳态的核心器官，常在无明显症状的情况下承担繁重的生理负荷，因而易被忽视。今年，让它成为您“春季大扫除”计划的一部分吧。

因为当您的肝脏健康时，您的整个人都会容光焕发。

# Ahhh-mazing Recipes 食谱集锦



## Blueberry Balsamic Vinegar

### 蓝莓香醋

Sweet, tangy and fruity—perfect on salads, roasted veggies or grilled tofu  
甜酸与果香风味兼具，适用于搭配沙拉、烤制蔬菜或煎烤豆腐

#### INGREDIENTS

- 2 cups fresh blueberries
- 3 tbsp apple cider vinegar (ACV)
- 2 tbsp pure raw honey
- 1 tsp distilled water

#### INSTRUCTIONS

1. Simmer blueberries and water over medium heat for 15 minutes, lightly mashing as they cook.
2. Strain through a fine sieve and let cool.
3. Stir in ACV and honey.
4. Pour into a completely dry glass jar, seal and refrigerate for 1 week before using.

#### 食材

- 新鲜蓝莓2杯
- 苹果醋3汤匙
- 纯天然生蜂蜜2汤匙
- 蒸馏水1汤匙

#### 做法

1. 将蓝莓与蒸馏水用中火慢炖约15分钟，在煮的过程中轻轻捣碎。
2. 使用细筛过滤果渣，然后冷却。
3. 加入苹果醋与蜂蜜，搅拌均匀。
4. 转移至完全干燥的玻璃容器中，密封后冷藏静置至少1周后才使用。



## Kale Apple Quinoa Salad

### 羽衣甘蓝苹果藜麦沙拉

Crunchy, tangy, and refreshing—a superfood-packed salad  
口感清脆、酸甜适中，是一款营养丰富的健康沙拉

#### INGREDIENTS

- 2 cups baby kale
- 1 cup cooked quinoa
- 1 apple, diced
- ½ cup pomegranate seeds
- 2 tbsp flaxseed or olive oil
- 1 tbsp blueberry balsamic vinegar
- 1 tsp raw honey
- 2 tbsp chopped roasted almonds
- 1 tbsp nutritional yeast
- Pepper to taste

#### INSTRUCTIONS

1. Combine kale, quinoa, apple and pomegranate in a bowl.
2. Whisk oil, balsamic vinegar, nutritional yeast and pepper; drizzle over salad and toss.
3. Mix honey with almonds, sprinkle over top, and add bee pollen for extra crunch.

#### 食材

- 嫩羽衣甘蓝2杯
- 熟藜麦1杯
- 苹果（切丁）1个
- 石榴籽半杯
- 亚麻籽油或橄榄油2汤匙
- 蓝莓香醋1汤匙
- 纯天然生蜂蜜1茶匙
- 烤杏仁（切碎）2汤匙
- 营养酵母1汤匙
- 黑胡椒适量

#### 做法

1. 将羽衣甘蓝、熟藜麦、苹果丁及石榴籽放入大碗中混合均匀。
2. 将油、蓝莓香醋、营养酵母与黑胡椒搅打成乳化状调味汁，淋于沙拉上并轻轻拌匀。
3. 将蜂蜜与切碎杏仁混合后撒于沙拉表面，可根据喜好添加少量蜜蜂花粉以增强口感层次。

# Roasted Cauliflower Steaks with Walnut Crumble & Herb Coleslaw

## 烤花椰菜配核桃碎与香草凉拌卷心菜

Golden edges, zesty lemon and a walnut crunch—a hearty plant-based main  
焦香外酥、柠檬风味与坚果碎，呈献一道风味突出的植物性主菜

### INGREDIENTS

- ½ head cauliflower
- ¼ cup chopped roasted walnuts

### Marinade

- 1 tbsp coconut oil
- 1 garlic clove, minced
- 1 tbsp chili flakes
- 1 tsp nutritional yeast
- 2 tbsp raw honey
- ½ tsp pepper

### Lemon Coleslaw

- ½ tsp lemon zest
- ½ cup sliced red onion
- ½ cup chopped coriander
- ½ cup chopped parsley
- ½ tbsp raw honey
- Juice of ½ lemon

### INSTRUCTIONS

1. Slice cauliflower into thick steaks (2–3 cm), keeping core intact.
2. Whisk marinade ingredients; brush both sides of each steak.
3. Roast at 180°C for 20–25 minutes, flipping halfway, until tender and golden brown at the edges.
4. Toss coleslaw ingredients together.
5. Serve cauliflower with coleslaw and sprinkle with walnuts.

### 食材

- 花椰菜半颗
- 烤核桃（切碎）¼杯

### 腌料配方

- 椰子油1汤匙
- 蒜1瓣（切碎）
- 辣椒粉1汤匙
- 营养酵母1茶匙
- 纯天然生蜂蜜2汤匙
- 黑胡椒半茶匙

### 柠檬凉拌卷心菜

- 柠檬皮屑半茶匙
- 红洋葱（切片）半杯
- 芫荽（切碎）半杯
- 欧芹（切碎）半杯
- 纯天然生蜂蜜半汤匙
- 新鲜柠檬汁（约半颗柠檬）

### 做法

1. 将花椰菜纵向切成厚度约为2–3厘米的“牛排”状切片，保留核心部分。
2. 将腌料成分混合均匀，均匀涂抹于花椰菜切片两面。
3. 置于预热至摄氏180度的烤箱中烘烤20–25分钟，中途翻面一次，直至表面呈金黄色里面柔软。
4. 将凉拌卷心菜所有配料混合，轻柔拌匀备用。
5. 上菜时将烤好的花椰菜置于盘中，搭配凉拌卷心菜，并撒上烤核桃碎作为点缀。



# Apple Rose Tea Cup

## 苹果玫瑰茶饮

A soothing, fragrant apple tea—comfort in a cup  
香气宜人、滋味温和，具有安抚效果的果茶

### INGREDIENTS

- 4 red apples (Gala or Fuji)
- 1 cinnamon stick
- 1.2 L water
- 3 tbsp pure raw honey
- 3–4 chamomile tea bags

### INSTRUCTIONS

1. Core and halve the apples.
2. In a pot, simmer apples, cinnamon stick, water and honey for 20 minutes.
3. Add chamomile tea bags; steep 10 minutes, then remove.
4. Slice apples about 1.5 mm thin. Arrange 7–8 slices in a slightly overlapping row and roll into a spiral. Repeat with two more layers for a fuller rose.
5. Place the apple rose in a teacup and pour warm tea into the center to let it gently “blossom.”

### 食材

- 红苹果（推荐品种：嘎啦或富士）4个
- 肉桂棒1根
- 水1.2升
- 纯天然生蜂蜜3汤匙
- 洋甘菊花茶茶包3–4包

### 做法

1. 将苹果去核后对半切开。
2. 将苹果、肉桂棒、水及蜂蜜一同置于锅中，以小火慢煮20分钟。
3. 加入洋甘菊花茶茶包，继续焖泡10分钟后取出茶包。
4. 将苹果切成约1.5毫米厚的薄片，取7–8片依次略微重叠排列，卷成螺旋形；可叠加两层以形成更饱满的玫瑰造型。
5. 将成型的苹果玫瑰置于茶杯中央，缓缓注入温热茶汤，使其在杯中徐徐盛开。

Crafted with Purpose:

# The coffee enema

## Story



匠心独运，精益求精：  
新生命咖啡灌肠的故事

# 1



NewLife™ Coffee Enema begins its journey on the NewLife™ Organic Coffee Farm in Sabah, nestled in the lush rainforests of Borneo. Certified organic by the Malaysian Ministry of Agriculture, every step of production reflects care, quality and sustainability.

新生命灌肠咖啡来自位于婆罗洲热带雨林腹地沙巴地区的新生命有机咖啡园。该咖啡园已获得马来西亚农业部颁发的有机认证，整个生产流程严格遵循有机农业标准，充分体现了对产品质量、生态可持续性 & 环境责任的高度重视。

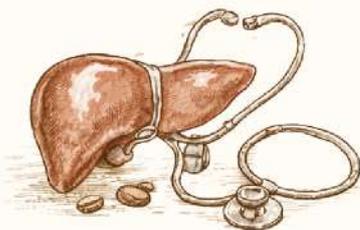
# 2



Each tree-ripened coffee bean is handpicked, then carefully dried, lightly roasted, ground and packed by hand to preserve its natural potency. The low-heat, light roast ensures high levels of caffeine, palmitic acids, antioxidants and other beneficial compounds, optimizing the health-supporting properties of every preparation.

每一颗咖啡豆均于树上自然成熟后由人工逐颗采摘，随后经过精细的日晒干燥、低温轻度烘焙、研磨及手工封装处理，以最大程度保留其天然活性成分。采用低温烘焙工艺可有效维持咖啡因、棕榈酸、抗氧化物质及其他生物活性化合物的高含量水平，从而增强产品在支持身体代谢与健康调节方面的功效。

# 3



Coffee enemas have long been recognized by naturopathic doctors worldwide for their ability to support blood and liver detoxification, helping the body cleanse gently and naturally.

咖啡灌肠长期以来一直受到世界各地自然疗法医生的认可，因其能够促进肝脏与血液循环系统的毒素清除，帮助身体温和、自然地进行净化。

## key 健康效益 benefits

- Detoxifies the liver and bloodstream by removing accumulated toxins and harmful free radicals.
- Stimulates Glutathione-S-Transferase (GST) in the liver by up to 700%, an enzyme crucial for neutralizing free radicals and protecting cellular health.
- Supports overall well-being, helps relieve pain, nausea, headaches, migraines and inflammation in the body.
- 有效清除肝脏和血液中积累的毒素及有害自由基。
- 可提升肝脏中谷胱甘肽-S-转移酶活性高达700%：该酶在中和自由基、维护细胞氧化平衡及保护肝细胞功能方面具有关键作用。
- 有助于改善整体健康状态，缓解疼痛、恶心、头痛、偏头痛及慢性炎症等不适症状。

With NewLife™ Coffee Enema, every step is designed to purify, restore and rejuvenate.

通过新生命咖啡灌肠液的系统应用，旨在实现身体的深层净化、组织修复与生理机能的全面恢复，助力用户达成更佳的生命质量。

Available in Powder & Sachet Forms  
有粉装和袋装  
两种形式可供选择

Both forms maintain the same high-quality, organic beans, carefully roasted and packed to retain maximum health benefits.

两种形式均采用同等高品质的有机咖啡豆，经精细烘焙及密封包装，确保最大程度保留其营养价值与健康功效。



# Spend and Earn!

消费 赠礼活动!

Voucher Collection | 礼券领取期限: **1-31.01.2026**  
 Voucher Redemption | 礼券使用期限: **1-28.02.2026**



Get **S\$5** e-voucher for every **S\$150** spent.  
 每消费**S\$150**即可获赠**S\$5**电子礼券

1. Qualifying spend and voucher redemption apply to normal-priced items only.
2. Vouchers are issued based on full multiples of S\$150 per invoice. Any fractional amount is not counted. Examples:
  - S\$150 → 1 voucher; S\$300 → 2 vouchers; S\$400 → 2 vouchers
3. Promotional, discounted and APP items do not count toward qualifying spend or redemption.
4. Only one voucher can be used per invoice during redemption. Multiple vouchers cannot be combined in a single invoice.
5. Minimum spend for redemption: S\$100 per invoice (normal-priced items only).
6. Vouchers are non-refundable and cannot be exchanged for cash.
7. The Company reserves the right to make the final decision on all voucher-related matters.

1. 达标消费和电子礼券兑换仅适用于正价的商品。
2. 电子礼券根据每张发票金额的S\$150整数倍发放。任何不足整数倍的部分不予计算。例如:
  - S\$150→1张礼券; S\$300→2张礼券; S\$400→2张礼券
3. 促销商品、折扣商品以及APP的商品均不计入达标消费额或礼券兑换额度。
4. 在兑换时, 每张发票只能使用一张礼券。一张发票不能合并使用多张礼券。
5. 礼券兑换的最低消费额须达S\$100。
6. 所有礼券不退款或兑换现金。
7. 本公司保留解决与优惠券领取或兑换相关的任何争议的权利。



# Detox and Save!

排毒与节省!

Buy 3 or more different DRP products & get  
 凡购买三种或以上不同的DRP产品, 即可享受

**5% OFF**  
 折扣优惠

**MORE**  
 更多

Spend S\$280 after discount & receive a **FREE LIVERIN**.  
 折扣后消费满S\$280, 还将获赠一瓶肝脏宝。

Free Gift Worth 赠品价值: SG: S\$49.05



**Terms & Conditions:**

1. Promotion period: 1 January to 28 February 2026, or while stocks last.
2. Discount applies to all DRP Package items once a minimum of 3 different DRP Package products are purchased.
3. Flaxseed Oil and Peppermint Tea are excluded.
4. Free LIVERIN applies only when the total spend on DRP Package Items after discount reaches S\$280 in one invoice.
5. Offers include full BV/PV. Free gift carries no BV/PV.
6. Not valid with any other concurrent promotions or APP.
7. No goods return or exchange allowed.
8. Other terms & conditions apply.
9. NewLife™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

**条规与细则:**

1. 促销活动期: 2026年1月1日至2月28日, 或存货售完为止。
2. 只有DRP产品才能享受5%的折扣, 而且须满足至少选购三种不同的DRP产品。
3. 亚麻籽油及薄荷茶不参与本次活动。
4. 只有当在一张发票中DRP产品折扣后的总消费达到S\$280时, 才可获得免费赠品。
5. 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。
6. 不可配合其他同期间的促销活动或自动订货计划。
7. 不允许退货或交换。
8. 附有其他条规与细则。
9. 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。

# HEALTH RETREAT

KOTA KINABALU, SABAH

沙巴洲哥打京那巴鲁市

FEE PER PERSON 每人费用	SINGLE OCCUPANCY 单人入住	TWIN SHARING 双人合住	DATE 日期	LOCATION 地点
<b>EARLY BIRD</b> 早鸟优惠	<b>SS\$2,500</b>	<b>SS\$2,200</b>	13 - 18.4.2026	KASIH SAYANG HILL RESORT
<b>REGULAR</b> 常规营费	<b>SS\$2,700</b>	<b>SS\$2,400</b>		

VALID UNTIL 截止日期: 14.2.2026

CLOSING DATE 截止日期: 14.3.2026

**6D5N DR LYNN TAN'S DETOXIFICATION & REJUVENATION PROGRAMME (DRP)**  
六天五夜 陈林希珠博士的排毒与复健计划(DRP)

START YOUR WELLNESS JOURNEY TODAY  
立即开启您的健康之旅

**FEES INCLUDE 费用包括:**

DRP | Accommodation | DRP Meals & Juices | Consultation  
Seminars & Workshops | Nature Walks | Airport Transfer  
全套DRP | 住宿 | DRP餐和蔬果汁 | 咨询 | 研讨会及工作坊  
自然徒步 | 机场接送

**NON-DRP (PER PERSON, TWIN SHARING)  
非DRP参与者 (每人费用, 双人合住)**

**SS\$700**

Accommodation with Breakfast | Nature Walks  
Seminars & Workshops | Airport Transfer  
住宿包括早餐 | 自然徒步 | 研讨会及工作坊 | 机场接送



**DEVELOPMENT OF CHRONIC AND DEGENERATIVE DISEASES**

慢性与退化性疾病的发展



**PREVENT AND REVERSE CHRONIC ILLNESS NATURALLY**  
自然预防和逆转慢性疾病

**NEWLIFE™ DRP RESTORE HEALTH AND VITALITY**  
新生命DRP恢复健康和活力