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BEATING
GOUT
战胜痛风

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15%
ACHIEVERS

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january 2026**

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january 2026

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WELLNESS INC

18%
ACHIEVERS

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january 2026**

MOI YAN LIN ABIGAIL
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december 2025

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WELLNESS INC

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ACHIEVERS

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january 2026**

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december 2025

TAN LEE KENG (LILY)

january 2026

KONG WAI YIN

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Support Your
Liver and Kidneys
Beat Gout Naturally

养护肝肾
自然战胜痛风



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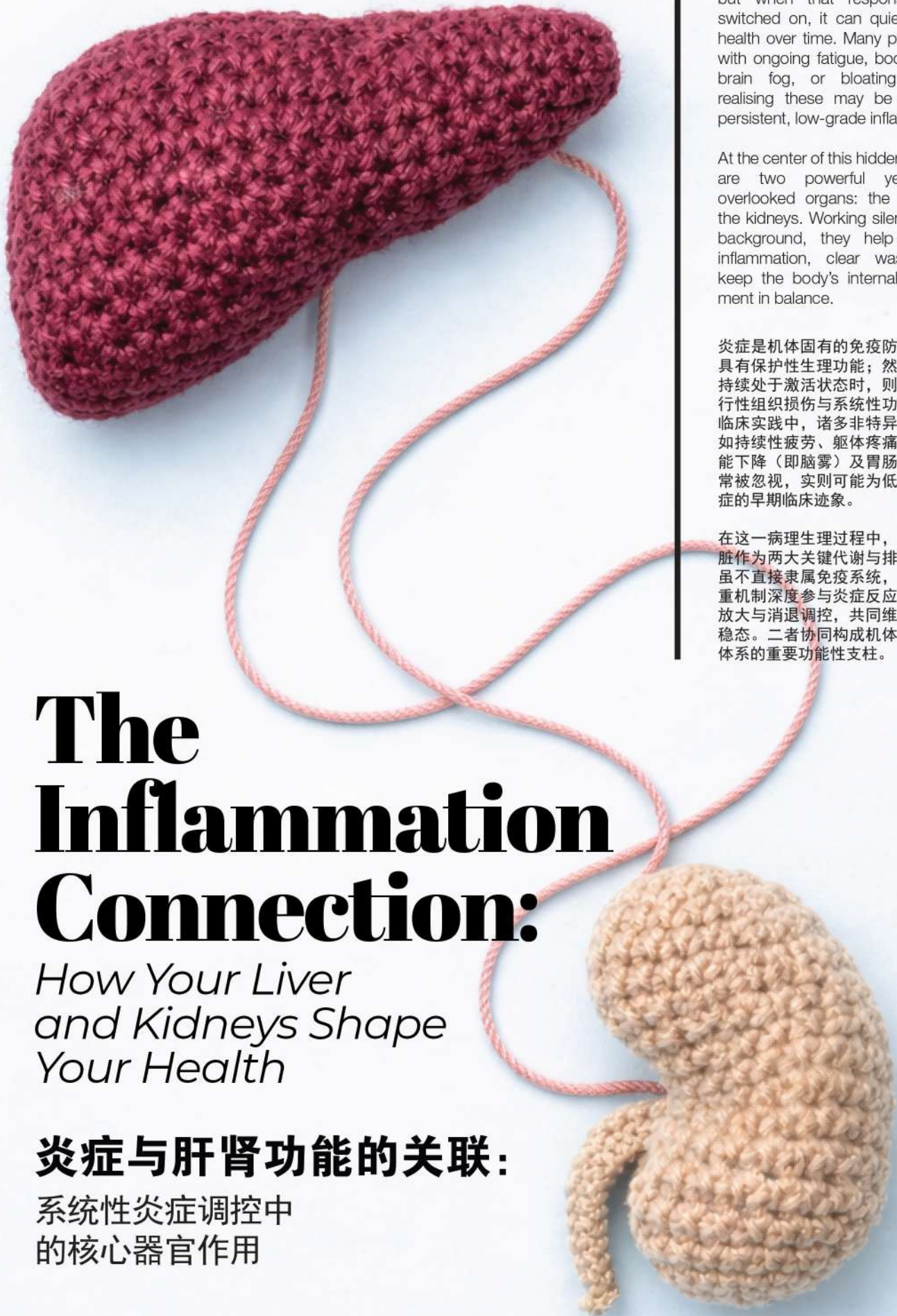
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Inflammation is often described as the body's built-in defence system but when that response stays switched on, it can quietly erode health over time. Many people live with ongoing fatigue, body aches, brain fog, or bloating without realising these may be signs of persistent, low-grade inflammation.

At the center of this hidden process are two powerful yet easily overlooked organs: the liver and the kidneys. Working silently in the background, they help regulate inflammation, clear waste, and keep the body's internal environment in balance.

炎症是机体固有的免疫防御机制，具有保护性生理功能；然而，当其持续处于激活状态时，则可引发进行性组织损伤与系统性功能紊乱。临床实践中，诸多非特异性症状，如持续性疲劳、躯体疼痛、认知功能下降（即脑雾）及胃肠道胀气等常被忽视，实则可能为低度慢性炎症的早期临床迹象。

在这一病理生理过程中，肝脏与肾脏作为两大关键代谢与排泄器官，虽不直接隶属免疫系统，却通过多重机制深度参与炎症反应的启动、放大与消退调控，共同维系内环境稳态。二者协同构成机体抗炎防御体系的重要功能性支柱。

The Inflammation Connection:

How Your Liver and Kidneys Shape Your Health

炎症与肝肾功能的关联：

系统性炎症调控中的核心器官作用

The Hidden Fire Within 体内的隐秘之火

Inflammation appears in two main forms:

- **Acute inflammation** is short-term and protective. It helps repair injuries and fight infections, like when a cut becomes red and swollen as it heals.
- **Chronic inflammation** is slow, persistent and often subtle. It can smolder for years, contributing to metabolic issues, joint pain, cardiovascular strain and reduced vitality.

Because chronic inflammation does not always cause sharp or obvious pain, it often goes unnoticed until health problems become more pronounced. This is where the liver and kidneys play an especially crucial role in keeping that “hidden fire” under control.

炎症依其病程与功能特征可分为两类：

- **急性炎症**：属生理性、短暂性免疫应答。它有助于修复损伤和对抗感染，比如伤口愈合时出现的红肿。
- **慢性炎症**：为病理性、持续性低强度免疫激活状态，常无典型临床症状，但可经年累月驱动胰岛素抵抗、内皮功能障碍、关节软骨降解及氧化应激增强等过程，进而促进代谢综合征、心血管疾病、神经退行性疾病及早衰等多系统病变的发生发展。

鉴于慢性炎症缺乏特异性警示信号，其早期识别高度依赖对潜在器官功能储备状态的评估，其中肝脏与肾脏的功能完整性尤为关键。

How Inflammation Disrupts the Body 炎症如何扰乱身体机能

Inflammation becomes harmful when the body's regulatory systems are overloaded and can no longer restore balance efficiently. Common drivers of this overload include:

- Diets high in sugar, refined carbohydrates and ultra-processed foods
- Chronic psychological stress and unresolved emotional strain
- Environmental toxins, pollutants and chemical exposures
- Dehydration and irregular fluid intake
- Poor-quality or insufficient sleep and sedentary habits.

Over time, these factors can keep inflammatory pathways chronically activated, leading to symptoms such as:

- Persistent fatigue or low energy
- Joint or muscle aches
- Brain fog or difficulty concentrating
- Digestive discomfort, bloating or irregular bowel habits
- Puffiness, fluid retention or subtle swelling

These signals often reflect how well—or how poorly—the liver and kidneys are coping with the daily workload placed on them.

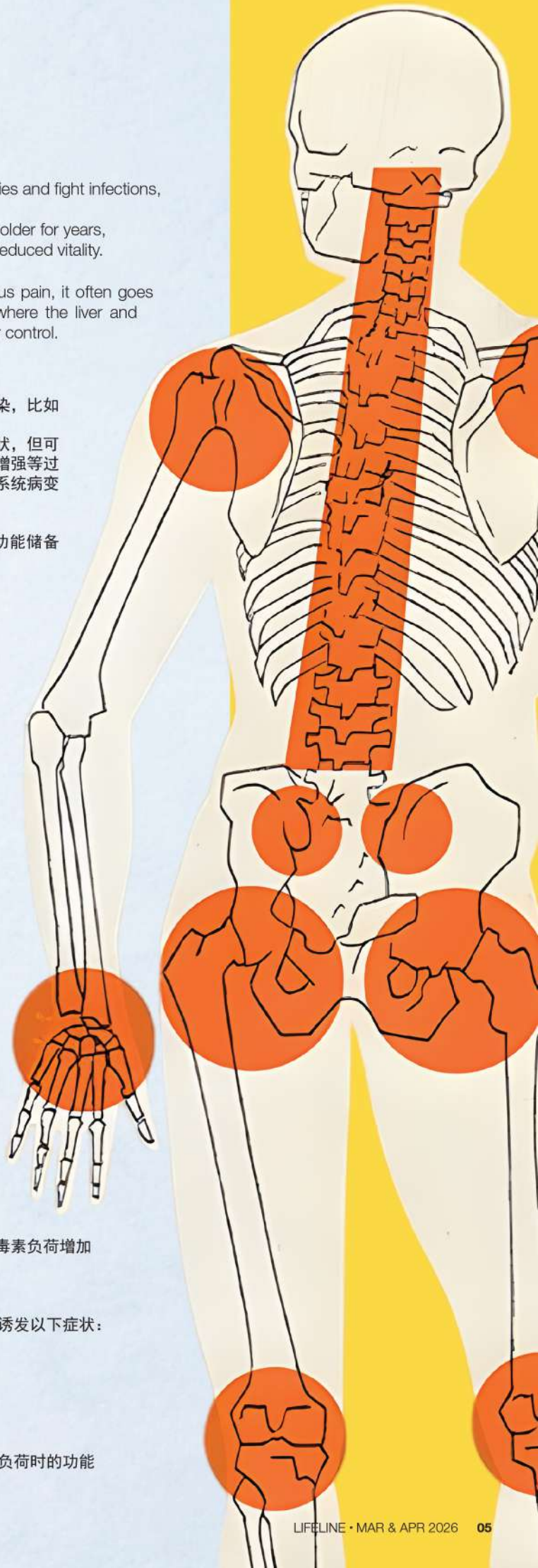
当机体炎症调控网络长期超负荷运转，稳态恢复能力显著下降时，即发生炎症失衡。主要诱因包括：

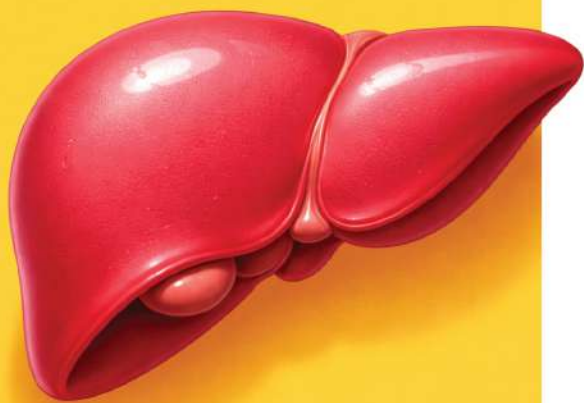
- 高糖、精制碳水化合物和超加工食品的饮食
- 长期未缓解的心理压力及情绪调节障碍
- 环境暴露：空气污染物、重金属、内分泌干扰物及农药残留等外源性毒素负荷增加
- 慢性轻度脱水及饮水节律紊乱
- 睡眠剥夺（尤其慢波睡眠不足）、昼夜节律失调及体力活动严重缺乏

随着时间的推移，这些因素可能会使炎症通路长期处于激活状态，继而诱发以下症状：

- 持续疲劳或精力不足
- 非创伤性关节僵硬、肌肉酸痛或晨僵
- 注意力维持困难、记忆减退及执行功能延迟
- 功能性消化不良、腹胀或排便习惯不规律
- 外周性水肿、体液潴留或轻微浮肿

此类表型变化在很大程度上反映肝肾两脏器在应对内源性 & 外源性炎症负荷时的功能代偿状态。





The Liver: Your Internal Inflammation Manager

肝脏：系统性炎症的 关键调控枢纽

The liver is one of the body's most metabolically active and versatile organs. It is deeply involved in detoxification, nutrient processing, hormone balance, cholesterol and fat metabolism, and blood sugar regulation. Just as importantly, it helps neutralise and clear inflammatory by-products and toxins from circulation.

When the liver becomes overloaded—by excess sugar, alcohol, processed foods, medications, or chronic stress—it may not perform these tasks as efficiently. As a result, inflammatory compounds can accumulate, contributing to systemic inflammation and symptoms such as sluggishness, headaches, hormonal fluctuations or digestive discomfort.

Supporting a resilient liver is therefore a key step in calming inflammation at its source rather than only treating symptoms on the surface.

肝脏是人体内代谢最活跃、功能最多样化的器官之一。它深度参与解毒、营养物质处理、激素平衡、胆固醇和脂肪代谢以及血糖调节。同样重要的是，它有助于中和并清除循环中的炎症副产物和毒素。

当肝脏因过量的糖分、酒精、加工食品、药物或长期压力而负担过重时，其执行这些任务的效率可能会降低。结果，炎症化合物可能会积聚，最终加剧系统性炎症负荷，并表现为疲倦乏力、头痛、激素波动或消化不良等症状。

因此，支持肝脏的强健功能是消除炎症根源的关键步骤，而不仅仅是治疗表面症状。



The Liver-Kidney Partnership

肝肾协同： 炎症调控的 整合性生理轴

The liver and kidneys operate as a tightly connected team.

The liver transforms toxins and metabolic waste into forms the body can safely remove, while the kidneys filter and excrete much of this processed waste through urine.

If one organ becomes overloaded, the other often has to compensate, creating a ripple effect throughout the body. This partnership explains why chronic inflammation usually reflects systemic imbalance rather than a single isolated issue.

Toxin buildup can trigger inflammation, inflammation can impair organ function, and impaired function can further fuel inflammation—creating a self-perpetuating cycle.

肝脏与肾脏构成“肝肾轴”，形成闭环式代谢排泄耦联系统：肝脏将脂溶性毒素转化为身体能够安全排出的水溶性结合物，肾脏则通过尿液过滤并排出大部分经过处理的废物。

如果其中一个器官负担过重，另一个通常需要代偿，从而在全身产生连锁反应。这种合作关系解释了为何慢性炎症通常反映的是全身性失衡，而非单一孤立的问题。毒素堆积会引发炎症，炎症会损害器官功能，而功能受损又会进一步加剧炎症——形成一个自我延续的循环。



The Kidneys: Filtering Inflammation Away 肾脏：炎症代谢废物的 终末清除器官

The kidneys function as the body's fine-tuned filtration system. They remove waste products, excess fluids and metabolic by-products from the blood while regulating electrolytes and helping control blood pressure—factors that strongly influence inflammatory balance.

When kidney function is strained or impaired, inflammatory waste can linger longer in the bloodstream. Dehydration, high salt intake, excess sugar, unmanaged blood pressure, and certain medications can all increase the workload on the kidneys and raise inflammatory burden.

Early signs that the kidneys may be under stress can include:

- Fluid retention or swelling, especially around the ankles, hands or under the eyes
- Frequent fatigue or reduced stamina
- Changes in urination patterns, such as frequency, colour or foaming

Caring for the kidneys supports the body's ability to continuously “rinse away” inflammatory by-products before they accumulate.

肾脏是人体内精密的过滤系统。它们从血液中清除废物、多余液体和代谢副产物，同时调节电解质并帮助控制血压，这些因素对炎症平衡有着重大影响。当肾功能受到压力或损害时，炎症废物会在血液中停留更长时间。脱水、高盐摄入、过量糖分、未控制的血压以及某些药物都会增加肾脏的工作负担，并加重炎症负担。

肾脏可能处于压力状态的早期迹象可能包括：

- 水肿或肿胀，尤其是在脚踝、手部或眼周
- 经常感到疲劳或耐力下降
- 排尿模式的变化，如尿频、尿色或尿液起泡沫

因此，保障肾脏灌注充足、电解质平衡稳定及血压达标，是维持其炎症清除效能的基础前提。





Everyday Habits That Fuel Inflammation

助长炎症的日常习惯

Modern lifestyles can unintentionally “feed” the flames of chronic inflammation. Common contributors include:

- Diets rich in ultra-processed foods, refined sugars and unhealthy fats
- Chronic mental stress with little time for recovery
- Sedentary routines and poor blood circulation
- Excess alcohol, frequent medication use and exposure to smoke or pollutants
- Irregular sleep patterns and insufficient rest

Over time, these patterns place sustained pressure on both the liver and kidneys, gradually weakening the body's ability to regulate inflammation efficiently.

现代生活方式可能会无意中“助长”慢性炎症的“火势”。常见的诱因包括：

- 营养结构失衡：超加工食品、精制糖和不健康脂肪占比过高；
- 心理弹性缺失：长期精神压力且缺乏恢复时间
- 缺乏运动的生活方式和血液循环不良
- 过量饮酒、频繁用药以及接触烟雾或污染物
- 不规律的睡眠模式和休息不足

长此以往，这些习惯会对肝脏和肾脏造成持续的压力，逐渐削弱身体有效调节炎症的能力。

Supporting Liver and Kidney Health

支持肝脏和肾脏健康

The encouraging news is that small, consistent lifestyle choices can significantly lighten the inflammatory load on these organs. Helpful strategies include: 令人欣慰的是，一些小而持续的生活方式选择可以显著减轻这些器官的炎症负担。有益的策略包括：

Hydration 补充水分



Regular, adequate distilled water intake supports kidney filtration, urine production, and the removal of metabolic waste. Aim for steady sipping throughout the day rather than large amounts all at once.

定期摄入充足的蒸馏水有助于肾脏过滤、尿液生成以及代谢废物的排出。建议全天少量多次饮用，而非一次性大量饮用。

Anti-inflammatory eating 抗炎饮食

Build meals around colourful vegetables and fruits, whole grains, legumes, nuts, seeds and omega-3-rich healthy fats (such as flaxseed oil), while minimizing ultra-processed and added-sugar foods.

以色彩丰富的蔬菜、水果、全谷物、豆类、坚果、种子以及富含奥美加3健康脂肪的新生命黄金亚麻籽油为中心安排膳食，同时限制超加工食品和含糖食品的摄入。



Regular movement 定期运动



Walking, stretching, light strength training, or low-impact exercise enhances circulation, supports metabolic balance, and can help lower inflammatory markers over time.

散步、拉伸、轻度力量训练或低冲击运动能促进血液循环，维持代谢平衡，并有助于长期降低炎症标志物。

Daily Coffee Enemas 每日咖啡灌肠



The Coffee Enema has super anti-inflammatory properties and is an effective way to remove toxins from the liver and the blood. The workload on the liver and kidneys are reduced when the above happens.

咖啡灌肠具有超强的抗炎特性，是清除肝脏和血液中毒素的有效方法。当毒素被清除时，肝脏和肾脏的工作负担也会减轻。

Rest and stress management 睡眠卫生与压力调节



Prioritising quality sleep, deep breathing, prayer or mindfulness, and relaxation practices gives the body time to repair and regulate inflammatory responses.

保障优质睡眠、深呼吸、祈祷或冥想以及放松练习，这能让身体有时间修复并调节炎症反应。

Liverin 肝脏宝



A herbal blend with milk thistle (80% silymarin), dandelion root, artichoke extract, burdock root, and celery seed extract is a recognised liver tonic. It rebuilds liver cells, removes toxins, promotes bile flow, and provides antioxidant effects to repair damage from alcohol, medications, or pollutants. Suitable for those with fatigue, digestive issues, liver concerns, or inflammatory issues. Take 3 capsules daily.

一种由奶蓿草（含80%水飞蓟素）、蒲公英根、洋蓟提取物、牛蒡根和芹菜籽提取物组成的草本混合物，是一种公认的护肝良方。它能修复肝细胞、清除毒素、促进胆汁流动，并提供抗氧化作用，以修复酒精、药物或污染物造成的损伤。适合疲劳、消化不良、肝脏问题或炎症问题的人群。每日服用3粒胶囊。

These simple, sustainable practices work together to support detoxification, restore balance and keep inflammation in check.

这些简单且可持续的做法共同发挥作用，支持排毒、恢复平衡并控制炎症。

Signs Inflammation Is Settling Down

炎症减轻的迹象

As liver and kidney function improves and the inflammatory burden decreases, many people begin to notice gradual but meaningful changes:

随着肝脏和肾脏功能的改善以及炎症负担的减轻，许多人会逐渐注意到有意义的变化：

01

More stable, lasting energy and better mental clarity

更稳定持久的能量和更好的精神清晰度

02

More balanced mood and fewer frequent minor illnesses

情绪更稳定，小病减少

03

Smoother digestion with less bloating or discomfort

更顺畅的消化，减少腹胀或不适

04

Reduced joint stiffness, puffiness, or swelling

外周关节晨僵持续时间缩短，肢体水肿或局部软组织肿胀减轻

These shifts rarely happen overnight, which is why consistency in daily habits matters more than quick fixes or extreme “detox” approaches.

上述改善通常呈现渐进性特征，故强调行为干预的依从性与长期坚持，而非追求短期效果。

small CHANGES, BIG IMPACT

小改变，大影响

Consistent everyday choices—adequate hydration, nourishing foods, regular movement and restorative sleep—create powerful cumulative benefits.

By paying attention to early signals from the body and addressing imbalances sooner rather than later, it is often possible to prevent chronic inflammation from becoming a long-term health burden.

日常持续的选择：充足的水分摄入、营养丰富的食物、规律的运动和恢复性的睡眠，会随着时间的推移产生强大的累积效益。

通过关注身体发出的早期信号，并尽早解决失衡问题，通常可以防止慢性炎症成为长期的健康负担。

Restoring Balance From the Inside Out

由内而外恢复平衡

Inflammation itself is not the enemy; it is a message from the body that something needs attention. By caring for the liver and kidneys, the body's quiet workhorses of detoxification and filtration, the internal environment becomes more stable, adaptive and resilient.

When these silent organs are supported, the body is better equipped to heal, recover, and thrive—steadily and quietly, just as nature designed it to do.

炎症本身并非敌人；它是身体发出的一种信号，表明某些地方需要关注，其本质为一种精密调控的防御机制。肝脏与肾脏作为核心代谢与排泄器官，其功能完整性直接决定炎症介质的合成、转化与清除效率。

因此，以循证为基础的生活方式优化，实为维护内环境稳态、提升生理韧性与延缓炎症相关慢性疾病进展的根本路径。所有干预措施均应立足于个体化评估、多维度协同及长期可持续性原则。

Beating Gout

战胜痛风



Gout hits hard—one of the most excruciating forms of arthritis anyone can face. It is joint inflammation triggered by elevated uric acid levels, forming sharp crystals that deposit in joints. Attacks often strike suddenly, typically at night, delivering intense, unrelenting pain without warning.

痛风是一种临床表现剧烈的炎症性关节病，属于最严重的关节炎类型之一。它是由尿酸水平升高（即高尿酸血症）导致单钠尿酸盐晶体在关节及周围组织中沉积，进而引发急性炎症反应。典型发作常突然出现，多发生于夜间，表现为受累关节突发剧烈、持续性疼痛，常无先兆。



What Causes Gout? 痛风的病因与发病机制

Your body naturally produces purines, and you get more from certain foods. When purines break down, uric acid emerges as a byproduct. Kidneys normally filter and excrete it via urine but when levels get too high (hyperuricemia), uric acid forms sharp, needle-like crystals that deposit in joints. These crystals trigger intense inflammation, leading to sudden attacks of severe pain, swelling, redness and heat—often starting in the big toe, but it can hit knees, ankles or other joints too.

Attacks (flares) come on fast, peak quickly, and can last days to weeks. Between flares, you might feel fine. Over time, untreated gout can cause lumps (tophi), joint damage, or kidney issues.

Predisposition plays a significant role here. Heritability of serum uric acid levels reaches up to 73%, with variants in genes strongly influencing risk. If family members have gout, your odds rise sharply—it's not just diet or lifestyle. However, the right diet and lifestyle can play a significant role in the prevention and management of this condition.

人体自然会产生嘌呤，某些食物中也含有嘌呤。嘌呤经代谢分解后生成尿酸，正常情况下由肾脏滤过并以尿液形式排出体外。当尿酸生成过多或排泄减少时，可导致血尿酸浓度升高，形成针状单钠尿酸盐结晶，并沉积于关节腔、滑膜或软组织中。这些结晶诱发显著的局部炎症反应，表现为急性关节红、肿、热、痛，常见首发部位为第一跖趾关节（即足痛风），亦可累及膝盖、脚踝或其他关节。

急性发作通常进展迅速，症状在数小时内达峰，未经干预可持续数日至数周。发作间期患者可无明显症状。若长期未予规范管理，可能导致慢性并发症，包括痛风石形成、进行性关节破坏以及肾功能损害。

遗传因素在痛风发病中具有重要作用。研究表明，血清尿酸水平的遗传度可达73%，特定基因变异显著影响尿酸转运与代谢，从而增加个体患病风险。家族史阳性者患病概率显著升高，提示该病不仅与饮食和生活方式相关，更具有明确的遗传易感基础。然而，合理的膳食结构与健康的生活方式在疾病预防与控制中仍发挥关键作用。

Why Is Gout on the Rise? 痛风病率为何日益增多?

Key drivers:
主要驱动因素包括：

1 Lifestyle and diet 生活方式与饮食结构

Modern diets—high in red meat, seafood, sugary drinks (fructose), and alcohol (especially beer)—boosts uric acid production. Processed foods and obesity add fuel.

现代饮食模式中红肉、海鲜、含糖饮料（尤其是富含果糖的饮品）及酒精（特别是啤酒）摄入增加，促进尿酸生成；同时，高加工食品消费与久坐行为为进一步加剧代谢紊乱。

3 Aging population 人口老龄化

Gout hits harder with age; longer lifespans mean more cases.

随着平均寿命延长，高龄人群比例上升，而年龄本身是痛风发病的重要独立危险因素。

2 Obesity epidemic 肥胖流行

Extra weight increases uric acid output and strains kidneys. A high BMI is now a top risk factor, linked to metabolic issues like diabetes and hypertension.

超重与肥胖不仅增加尿酸合成，还降低肾脏排泄能力，且常伴随胰岛素抵抗、高血压和2型糖尿病等代谢综合征表现，构成多重风险叠加。

4 Predisposition 遗传易感性与环境因素交互作用

Strong hereditary component (genes like SLC2A9 affect uric acid handling), amplified by poor habits.

尽管存在强遗传背景，但不良生活习惯可显著放大基因风险，导致早发性痛风病例增多。

It is now appearing at **younger ages**, with **rising cases among teenagers and adults in their 20s and 30s**, largely due to junk food consumption and physical inactivity.

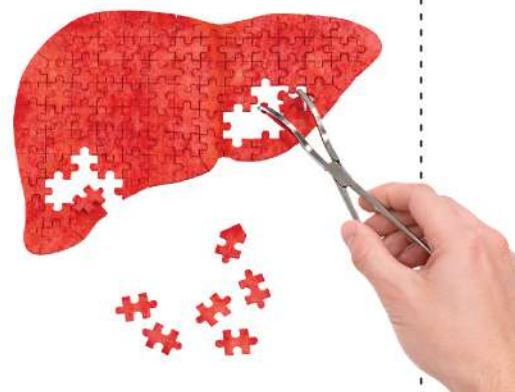
值得注意的是，**痛风正呈现年轻化趋势，在青少年及20至30岁人群中发病率逐年上升**，主要归因于不健康的饮食习惯和缺乏运动。



The liver plays a central role in gout since it's the primary site for uric acid production from purine breakdown. Impaired liver function can disrupt this process, leading to higher uric acid levels. Recent studies (up to 2025) confirm a strong bidirectional link: hyperuricemia and gout often coexist with liver issues, particularly metabolic dysfunction-associated steatotic liver disease (MASLD, formerly NAFLD).

肝脏是嘌呤代谢和尿酸生成的主要器官，在尿酸稳态调节中起核心作用。肝功能异常可干扰嘌呤代谢通路，导致尿酸生成增多。最新研究（截至2025年）表明，高尿酸血症及痛风与肝脏疾病之间存在双向关联，尤其与代谢功能障碍相关脂肪性肝病（MASLD，原称非酒精性脂肪性肝病，NAFLD）密切相关，二者常共存并相互促进疾病进展。

The Liver-Gout Connection 肝脏与痛风的关联



Symptoms of Gout 痛风症状

Gout can strike any joint—the big toe most classically (podagra), but also ankles, knees, wrists and fingers. Attacks build rapidly, peaking in hours, lasting days to weeks.

痛风可累及全身多个关节，典型表现为第一跖趾关节急性炎症（足痛风），但也可能发生在脚踝、膝盖、手腕、手指及其他小关节。发作特征为起病急骤，症状在数小时内迅速加重，持续时间通常为数天至数周。

Classic signs 典型症状

- **Limited movement**
关节活动受限，影响日常功能
- **Swelling, redness, warmth**
局部明显肿胀、皮肤发红及皮温升高
- **Tenderness (even clothes feel unbearable)**
极度触痛，轻微接触（如衣物摩擦）即可引发剧痛

- **Sudden, severe joint pain**
突发性重度关节疼痛

Is Gout Dangerous?

Absolutely—far beyond temporary pain. In fact, gout, if left untreated, can cause further health problems.

Uric acid crystals may gather in the urinary tract and develop into large kidney stones, which can obstruct the flow of urine and interfere with kidney function. This may eventually lead to kidney disease or kidney failure, which is a life-threatening condition.

Another complication that can develop from gout is tophi. Tophi are lumps formed at the surface of the joints or under the skin due to the build-up of uric acid crystals. They can form in numerous locations in the body, most commonly in the toes, knees, elbows, ears, fingers and heels. Even though they are not painful, they can become inflamed and damage the joint tissues. In time, this causes permanent joint deterioration and immobility.

Hyperuricemia is linked to an increased risk of cardiovascular disease, including heart disease and stroke. Gout patients face elevated mortality from these complications.

痛风的危害性

痛风并非仅限于短暂性关节症状，若未及时干预，可能引发多种严重并发症，对全身健康构成长期威胁。

泌尿系统方面，尿酸盐结晶可在肾盂、输尿管或膀胱沉积，形成尿酸性肾结石，造成尿路梗阻，损害肾功能，最终可能导致慢性肾脏病甚至终末期肾衰竭，危及生命。

此外，长期高尿酸血症可致尿酸盐在皮下、关节周围或耳廓等部位沉积，形成痛风石。它们可在身体的多个部位形成，最常见于脚趾、膝盖、肘部、耳朵、手指和脚跟。虽然痛风石初期可能无痛，但在继发炎症时可引起疼痛，并侵蚀软骨与骨组织，导致关节结构破坏、畸形及功能丧失。

流行病学研究证实，高尿酸血症与心血管疾病风险显著相关，包括冠心病、心力衰竭和脑卒中。痛风患者因合并上述慢性疾病的死亡率高于一般人群。

Is It Possible to Prevent Gout? 痛风的预防策略

The only way to prevent gout is through diet and lifestyle changes with nutritional support. (For more information on the right diet, please refer to 'Eating & Digesting for Gout Relief on page 14). Below is some advice on the right lifestyle:

目前，预防痛风的有效手段主要包括生活方式干预与营养支持相结合的方式。（有关饮食管理的具体建议，请参阅第14页“饮食与消化在缓解痛风中的作用”相关内容。）以下为推荐的生活方式调整措施：

Keep a healthy bodyweight 维持健康体重



Keep a healthy bodyweight. Losing extra weight can decrease uric acid levels in the body. It is important to lose weight gradually with a balanced diet and exercise.

Rapid weight loss or crash diets can bring adverse effects as they elevate uric acid levels and may lead to gout attacks.

维持健康体重：超重或肥胖者减轻体重有助于降低血尿酸水平。建议通过均衡膳食与规律运动实现渐进式减重，避免快速减重或极端节食，因其可能导致细胞分解加速，释放大量的嘌呤，反而诱发尿酸升高及急性发作。

Instead of vigorous workouts that may put an unhealthy strain on your joints, exercise on the NewLife™ Rebounder. Rebounding is a low-impact exercise that is excellent for weight loss and to reduce the risk of gout. Unlike other exercises on hard surfaces, rebounding does not cause hard impacts on the joints, thus minimising any joint aggravation. Other benefits of rebounding include body detoxification, lymphatic drainage and blood oxygenation.

推荐选择低冲击性有氧运动，如使用新生命弹力跳床进行弹力跳。此类运动对关节负荷小，适合痛风患者长期坚持，有利于体重控制并降低发病风险。相较于硬质地面上的高强度运动，弹力跳能有效减少关节机械应力，降低损伤风险。此外，该运动还可促进淋巴循环、增强血液循环及改善机体氧合状态，具有综合健康益处。

Exercise regularly 规律适度运动



The DRP is a complete regime aimed at eliminating waste, toxins and poisons from your body while rebuilding and restoring nutritional, hormonal and metabolic balance. It puts your body in a position to heal, repair and rejuvenate while giving your body a new start. People with gout have experienced pain relief, reduced symptoms, and in many cases, total healing after undergoing the DRP.

DRP是一套完整的方案，旨在清除体内的废物、毒素和毒物，同时重建和恢复营养、激素和代谢平衡。它能让您的身体处于自愈、修复和恢复活力的状态，同时为您的身体带来全新的开始。许多痛风患者在接受DRP后，都体验到了疼痛缓解、症状减轻，甚至在很多情况下实现了完全康复。



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

陈林希珠博士创研的排毒与复健计划 (DRP)

Testimonials

见证

For 15 years, I suffered from a serious gout problem. Medication did not help. I was also overweight, weighing 68 kg at only 5 feet 2 inches tall. Eventually, I went through the DRP for 3 weeks. With the help of the DRP, the swollen and painful parts of my legs healed gradually. Gout is completely gone! Moreover, I lost 5 kg. I feel healthier and I am able to work more efficiently than before.

我患有严重的痛风问题长达15年之久。药物治疗也没帮助。那时候我体重也过重，身高5尺2寸，体重却68公斤。后来，我进行了为期3个星期的DRP。在DRP的帮助下，我双腿肿痛的部位逐渐消退。痛风也完全消失了！我还瘦了5公斤。今天的我比以前更加健康，可以更有效地去执行任务。

Supain @ Christopher Lakasa (Sabah)
苏佩恩·克里斯托弗·拉卡萨（沙巴）

For 14 years, I suffered from severe gout and relied on daily medication with little relief. My legs became badly swollen, and for two years I was unable to wear shoes, which caused great difficulty in my work as a uniformed officer. I tried many treatments without success until a colleague introduced me to Dr. Lynn Tan's Detoxification and Rejuvenation Programme (DRP). After completing the programme and follow-up health care, the swelling in my legs gradually subsided. I can now wear shoes comfortably and look presentable in my uniform again. I also lost 6 kg and noticed smoother skin. I am truly grateful to Dr. Lynn Tan and my colleague—this experience has changed my life.

14年来，我一直饱受严重痛风折磨，每天依赖药物但却效果不多。我的双腿肿胀得非常厉害，有整整两年无法穿鞋，这对我作为一名制服执法人员的工作带来极大困扰。我尝试过各种方法，却始终不见改善，直到一位同事向我介绍了陈林博士的DRP方案。在完成整个疗程及后续调理后，我双腿的肿胀逐渐消退。现在，我可以舒适地穿鞋，穿上制服也更体面了；体重减轻了6公斤，皮肤也变得更加光滑。对此，我由衷感谢陈林博士以及那位同事，这次经历彻底改变了我的人生。

Hedwing Goliun (Sabah)
赫德温·戈利恩（沙巴）

After completing 7 days of the DRP, I continued doing the coffee enema, taking Herbal Klenz, K-salt and Apple Cider Vinegar, as well as exercising regularly. After 6 months from the start of the DRP, I lost 10 kg in total, I am free from gout, and my cholesterol has come down to healthy levels. I feel energetic and youthful!

完成为期7天的DRP后，我仍继续每日进行咖啡灌肠，服用净化粉、钾质、苹果醋，并配合定期运动。持续了6个月，我总共减去了10公斤，完全摆脱了痛风的问题，胆固醇也下降到了正常水平。我感到精力充沛，感觉越来越年轻！

Chan Min Hiung (Sarawak)
蔡明雄（砂劳越）

After learning about the Detoxification and Rejuvenation Programme (DRP), I began the programme immediately and continued with regular health maintenance. Upon completing the DRP, the gout that had troubled me for over 10 years was resolved, and the pain and swelling in my big toe subsided, ending frequent doctor visits and injections. My long-standing gallstone condition was also addressed through DRP and supportive gallbladder cleansing therapies, without the need for surgery. Since then, my nausea has disappeared, my energy has returned, and I have regained the strength needed for work and travel. Today, I maintain good health through proper nutrition and health management, and I sincerely encourage those facing health challenges to consider DRP.

我在了解DRP后便立即开始进行，并持续日常保养。在完成DRP后，困扰我长达10年的痛风终于痊愈，大脚趾的疼痛和肿胀也明显消退，结束了频繁看医生和注射治疗的日子。随后，多年来反复发作的胆结石问题也通过DRP及胆囊净化替代疗法得到解决，无需再进行手术。自那以后，我的恶心感消失了，精力逐渐恢复，也重新找回了工作和旅行所需的体力。如今，我通过正确的饮食与健康的管理维持良好状态，并由衷鼓励正受疾病困扰的人尝试DRP。

Michael Lee (Malacca)
李先生（马六甲）

I suffered from gout for more than 18 years since I was 32. The pain was unbearable when gout attacked. I finally went ahead with the DRP for 7 days, followed by the Castor Oil Enema and the NewLife™ Health Building Programme. The results were fantastic! My gout is totally gone! My blood pressure is back to normal from 160/100 to 130/80. My weight dropped from 85 kg to 75 kg (the ideal weight for my height).

我自32岁开始，一直被痛风缠绕了超过18年。痛风发作时的疼痛真的令人难以忍受。终于，在一次机会下，我进行了为期7天的DRP，接着还进行了蓖麻油灌肠，并持续进行新生命疗法及建立健康程序（NHBP），以求维持和改善健康。结果得到的成效非常神奇！我的痛风完全消失了！血压也恢复到正常水平，从160/100降到130/80；体重也从85公斤降到我身高的理想体重，即75公斤。

Clarence T Moncigil (Sabah)
克拉伦斯·蒙奇吉（沙巴）

Take Action Now!

现在就采取行动

Gout isn't just painful—it's a signal of deeper risks: kidney damage, heart disease, joint destruction. Genetics load the gun, but lifestyle and treatment pull the trigger—or disarm it.

痛风不只是疼痛，更是更深层次风险的信号：肾损伤、心脏病、关节破坏。遗传因素埋下隐患，但生活方式和治疗决定是否引爆——或者解除危机。



Eating & Digesting

for Gout

Relief

痛风患者的
营养支持与
消化功能优化



Managing gout is not just about what you eat; it is also about how your body digests and processes food. Diet, hydration, gut health and digestion all influence uric acid levels and inflammation. By making thoughtful food choices and supporting healthy digestion, many people can reduce flare-ups while improving overall wellbeing.

This guide explores practical strategies for eating and digesting wisely to support natural, sustainable gout relief.

痛风管理不仅涉及食物的选择，更重要的是您的身体如何消化和代谢食物。饮食结构、水分摄入、肠道健康及消化功能都会影响尿酸水平和炎症反应。通过合理的膳食选择并促进消化系统的正常运作，许多人可以减少痛风急性发作的频率，并改善整体健康状况。

本指南将探讨通过科学饮食与良好消化习惯，实现自然、可持续的痛风缓解的实用策略。

Foods That Trigger or Support Gout Relief

可能诱发或缓解痛风的食物

One of the most important dietary factors in gout is purine intake. Purines are compounds found in foods that break down into uric acid. Excess uric acid can crystallise in joints, triggering painful flare-ups.

在饮食因素中，嘌呤摄入量是最关键的因素之一。嘌呤是食物中的一种化合物，分解后会形成尿酸。过多的尿酸会在关节中结晶，从而引发剧烈疼痛的痛风发作。可能诱发痛风发作的食物。

Foods That May Trigger Flare-Ups

可能诱发痛风发作的食物



High-purine or inflammatory foods can increase the risk of attacks:

高嘌呤或促炎性食物会增加痛风发作风险，包括：



Red meats and organ meats, such as beef, lamb, liver and kidney
红肉和动物内脏：如牛肉、羊肉、肝脏、肾脏等



Certain seafood, including anchovies, sardines, mackerel, shellfish and oily fish
特定海鲜：包括凤尾鱼、沙丁鱼、鲭鱼、贝类及高脂鱼类



Alcohol, especially beer, increases uric acid production and reduces uric acid excretion in urine
酒精：尤其是啤酒，会增加尿酸生成并抑制其排泄



Sugary drinks and sweet treats, including soft drinks and desserts high in fructose
含糖饮料及高果糖甜食，如汽水和甜点



Trans fats, found in fried fast foods, packaged baked goods, margarine, shortening, and ultra-processed snacks, should be avoided completely, as they worsen inflammation



反式脂肪：常见于油炸快餐、包装烘焙食品、人造黄油、起酥油及高度加工零食中，应完全避免，因为它们会加重炎症反应

Portion size and frequency matter. Occasional consumption of some high-purine foods is usually manageable, but regular overconsumption can overwhelm the body's ability to clear uric acid efficiently.

需要注意的是，食物摄入的频率与分量同样重要。偶尔摄入少量高嘌呤食物通常是可以接受的，但长期、过量摄入会超出身体清除尿酸的能力。

Foods That Support Gout Relief

有助于缓解痛风的食物



Certain foods help reduce inflammation, support kidney function, and maintain uric acid balance:

有些食物有助于降低炎症、支持肾功能并维持尿酸平衡：



Fresh fruits and vegetables, particularly cherries, berries, citrus fruits and leafy greens
新鲜果蔬：特别是樱桃、浆果、柑橘类水果及深色绿叶蔬菜



Low-fat dairy, including milk, yoghurt, and cheese
低脂乳制品：如牛奶、酸奶和奶酪



Nuts, seeds, and whole grains, which provide fibre and steady energy
坚果、种子和全谷物，提供丰富纤维和稳定能量



Anti-inflammatory staples, including turmeric, ginger, garlic, cinnamon, and omega-3-rich foods like flaxseed, chia seeds, walnuts and fatty fish (in moderation)
抗炎食材，如姜黄、生姜、大蒜、肉桂，以及富含奥美加-3的食物（如亚麻籽、奇亚籽、核桃和适量深海鱼）



抗炎症食料，如姜黄、生姜、大蒜、肉桂，以及富含奥美加-3的食物（如亚麻籽、奇亚籽、核桃和适量深海鱼）

Drink NewLife™ Apple Cider Vinegar with NewLife™ Pure Raw Honey mixed in water to flush out toxins from your kidney and bladder

蜂蜜苹果醋：将新生命苹果醋与新生命纯天然生蜂蜜混合于温水中饮用，有助于促进肾脏和膀胱排毒

These foods can be included frequently and in generous portions, supporting digestion, reducing inflammation, and helping the body manage uric acid efficiently. Focus on variety and colour—different fruits, vegetables, and spices provide antioxidants and compounds that promote joint comfort and overall wellbeing.

这些食物可以经常食用，并且要大量摄入，有助于改善消化、减轻炎症，从而帮助身体更有效地调节尿酸水平。建议注重多样化和色彩丰富的饮食，不同的蔬果和香料可提供多种抗氧化物，促进关节舒适和整体健康。



Understanding Purines

了解嘌呤

Purines are natural compounds found in foods and human cells, important for energy metabolism and genetic material. When broken down, they produce uric acid. Healthy kidneys eliminate uric acid efficiently, but problems arise when production is too high or excretion is impaired.

High-purine foods eaten occasionally are generally fine, but repeated excess may increase the risk of uric acid crystal formation in joints. Understanding purines allows people with gout to make flexible, informed choices, rather than following overly restrictive diets.

嘌呤是存在于食物和人体细胞中的天然化合物，对能量代谢和遗传物质至关重要。嘌呤在体内分解后会产生尿酸。健康的肾脏可以有效排出尿酸，但当生成过多或排泄受阻时，就会引发问题。

偶尔摄入高嘌呤食物通常不会造成影响，但长期过量摄入会增加尿酸结晶沉积于关节的风险。了解嘌呤的作用，有助于痛风患者做出灵活而理性的饮食选择，而非采取过度限制的饮食方式。

Hydration and Uric Acid Balance

水分摄入与尿酸平衡

Hydration is one of the simplest and most effective tools for gout management. Adequate hydration helps the kidneys flush uric acid, reducing the risk of crystal formation.

充足的水分摄取是最简单且最有效的痛风管理方法之一。水分可以帮助肾脏排出尿酸，降低结晶风险。

HYDRATION TIPS

补水建议



Aim for 8–10 cups per day, more if physically active or in warm climates
每天饮用8 - 10杯水，炎热天气或运动后需增加



Sip water throughout the day rather than drinking large amounts at once
一整天少量多次饮水，避免一次性大量饮水



Include water-rich foods, such as fruits, vegetables and soups
多摄取富含水分的食物，如水果、蔬菜和汤类



Hydrating beverages such as apple cider and honey drink or unsweetened herbal teas. Drink carrot and apple juice to reduce uric acid in the blood

可选择蜂蜜苹果醋饮或无糖草本茶等补水饮品；饮用胡萝卜苹果汁有助于降低血液尿酸



Limit alcohol and sugary drinks, which can cause dehydration
限制酒精和含糖饮料避免脱水



Supporting Digestion: Probiotics, Fermented Foods and Enzymes

支持消化：益生菌、发酵食品与酵素



A healthy digestive system is key for gout management. Efficient digestion helps regulate inflammation, remove metabolic waste, and improve nutrient absorption.

Fermented foods, such as yoghurt, kefir, miso, kimchi, sauerkraut and tempeh, contain probiotics, which support gut balance and reduce systemic inflammation. These foods also contain natural enzymes that aid digestion. However, please be careful with sauerkraut, kimchi or miso if you are on a salt/sodium restricted diet.

Infused enzymes, made from fruits, vegetables, or herbs, can complement fermented foods. They help break down food more effectively, improving nutrient absorption and reducing inflammatory byproducts. Benefits may include:

- Better elimination of metabolic waste
- Reduced systemic inflammation
- Enhanced nutrient uptake for joint and tissue repair

Supplements can also support digestive health:

- ImmuFlora®, a combined probiotic and prebiotic supplement that nourishes beneficial gut bacteria
- N Zimes PA Plus™, a broad-spectrum enzyme blend including bromelain, which supports protein digestion and reduces digestive stress

健康的消化系统是痛风管理的重要基础。高效消化有助于调节炎症、清除代谢废物并提升营养吸收率。

发酵食品如酸奶、开菲尔、味噌、泡菜、酸菜和天贝，富含益生菌，有助于维持肠道菌群平衡并降低全身性炎症。这些食物也含有天然酵素，能促进消化。不过，如果您正在限制盐或钠的摄入量，那么在食用酸菜、泡菜或味噌时请务必小心。

泡制酶（酵素），用水果、蔬菜或香草制成，可与发酵食品搭配使用，帮助更有效地分解食物，提升营养吸收并减少炎症副产物，其益处包括：

- 更有效地清除代谢废物
- 减轻全身炎症反应
- 增强营养物质的吸收，促进关节和组织的修复

补充剂也能有助于维护消化系统的健康：

- 免疫激菌植：益生菌与益生元复合配方，滋养有益肠道菌
- 胰酶植物添加素：广谱消化酵素配方，含菠萝蛋白酶，帮助蛋白质消化并减轻消化负担

Nutrition and Supplementation

营养与补充品支持

A good nutritional base is necessary to go along with proper diet and lifestyle to battle gout. Follow these nutritional regimes to keep gout away for good!

要有效对抗痛风，必须建立良好的营养基础，并配合正确的饮食与生活方式。以下营养方案有助于长期远离痛风：

Vitamin C Complex

维他命C综合丸



Studies suggest that regular vitamin C supplementation may prevent gout by decreasing uric acid levels in the blood. It is also a potent antioxidant that can enhance your immune function and safeguard you from illnesses.

研究表明，定期补充维生素C可能通过降低血液中的尿酸水平来预防痛风。它还是一种强效抗氧化剂，能够增强免疫功能，保护您免受疾病侵害。

Niacin

血液循环补充丸



High cholesterol levels and heart disease have been linked to gout. Niacin, also known as vitamin B3, is a natural cholesterol-lowering agent. It reduces bad LDL cholesterol and boosts good HDL cholesterol, while improving blood circulation. In addition, it prevents the build-up of plaque and the hardening of the arteries, reducing the risk of heart attacks. (Note: For the purpose of reducing uric acid levels, follow a recommended dosage of 100 mg of niacin per day.)

高胆固醇和心脏病与痛风密切相关。烟酸，也称为维他命B3，是一种天然的降低胆固醇剂。它能降低有害的低密度脂蛋白胆固醇，及提高有益的高密度脂蛋白胆固醇，也同时改善血液循环。此外，它还能防止斑块积聚和动脉硬化，降低心脏病发作的风险。（注意：为了降低尿酸水平，建议每日服用100毫克的烟酸。）

Vitamin B Complex

维他命B综合丸



Vitamin B complex is not only essential for metabolism, growth and development, it also plays a role in preventing gout. It can reduce the adverse effects of gout by assisting your body in converting uric acid into less harmful substances and flushing out excess uric acid.

维他命B综合不仅对代谢、生长和发育至关重要，它同时能够帮助身体将尿酸转化为较不有害的物质，并排出多余的尿酸。

Calcium Complex

钙合成剂



Keeping strong bones and joints lowers your risk of osteoporosis and joint problems. Supplement yourself with NewLife™ Calcium Complex to build strong bones and keep your joints supple.

强健的骨骼和关节可降低骨质疏松和关节问题的风险。服用新生命钙合成剂，打造强健骨骼，保持关节柔韧。

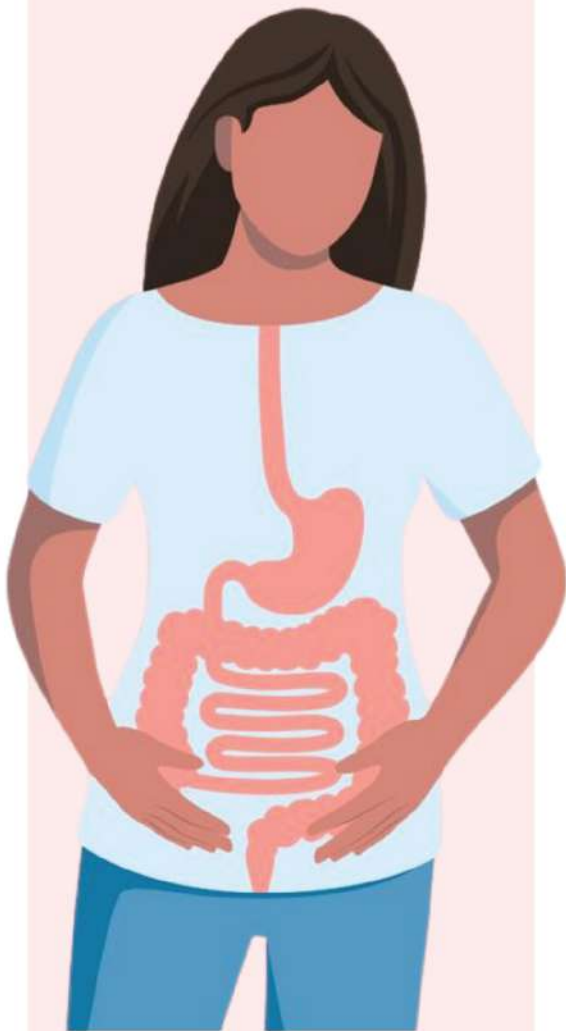
Kelp

海藻宝



Thyroid disorders like hypothyroidism and goitre put you at a higher risk of developing gout. In order to maintain healthy thyroid function, a sufficient amount of iodine is required. NewLife™ Kelp is a rich source of iodine and other vital minerals that can support and boost your thyroid health, thus decreasing your risk for developing gout. Regular intake of kelp can also lower your levels of uric acid.

甲状腺功能异常（如甲减或甲状腺肿）会增加痛风风险。为了保持甲状腺的健康功能，我们需要摄入足够的碘。新生命海藻宝富含碘和其他重要的矿物质，能够支持和促进甲状腺健康，从而降低患痛风的风险。此外，经常食用海藻宝还能降低尿酸水平。



Practical Digestive Support Tips

实用的消化支持建议

Simple, consistent habits can make a big difference. These gentle practices help the digestive system work efficiently, supporting long-term gout relief:

- Eat smaller, balanced meals regularly
- Include fibre-rich foods, such as vegetables, fruits and whole grains
- Avoid heavy late-night meals, which can slow digestion and uric acid clearance
- Add fermented foods and mild herbal teas to support digestion
- Incorporate infused enzymes to improve nutrient absorption and reduce digestive stress
- Stay hydrated throughout the day

简单而持续的好习惯能带来显著改善，这些温和的做法有助于消化系统高效运作，支持长期痛风缓解：

- 少量多餐，保持营养均衡
- 摄取富含纤维的食物，如蔬菜、水果和全谷物
- 避免深夜进食，以免影响消化和尿酸清除
- 适量加入发酵食品和温和草本茶
- 使用泡制酶（酵素）提升营养吸收，减轻消化压力
- 全天保持良好水分摄取

The Gut Health and Gout Connection

肠道健康与痛风的关系

Poor gut health can increase uric acid in two key ways:

1. Reduced breakdown and elimination of uric acid due to inefficient digestion
2. Increased systemic inflammation, which worsens joint pain and flare-ups

Maintaining a healthy gut supports metabolic balance, uric acid regulation and immune function, making it a critical, often overlooked aspect of gout management.

肠道健康不佳会通过两种方式导致尿酸水平升高：

1. 消化效率低，尿酸分解和排泄减少
2. 全身性炎症加剧，这会加重关节疼痛和发作情况

保持肠道健康有助于维持代谢平衡、调节尿酸水平以及增强免疫功能，这在痛风的治疗中是一个关键但常常被忽视的方面。

A Holistic Approach

整体管理理念

Eating and digesting for gout relief is not about strict rules. It is about balance, awareness and consistency. By choosing foods that reduce inflammation, staying hydrated, supporting gut health, and practising mindful eating, people with gout can take meaningful steps towards fewer flare-ups and better quality of life.

When digestion is supported and nourishment is intentional, the body is better equipped to restore balance, one meal at a time.

为缓解痛风而进行的饮食与消化管理，并非遵循严苛规则，而是强调平衡、觉察与坚持。通过选择抗炎食物、充足补水、支持肠道健康以及练习正念饮食，痛风患者可以有效减少发作频率，提升生活质量。

当消化得到良好支持，且饮食是有意为之时，身体就能更好地通过一日一日的饮食来恢复平衡。

Natural Topical Support for Gout Relief

痛风的天然外用
辅助舒缓方案

—

Gout is a painful inflammatory condition caused by the buildup of uric acid crystals in the joints. While medical care and lifestyle changes are essential for long-term management, some people find relief by using natural topical oils to help soothe pain, swelling and inflammation during flare-ups.

痛风是一种由尿酸结晶在关节内积聚所引发的疼痛性炎症。尽管规范化的药物治疗与系统性生活方式干预是疾病长期控制的核心策略，部分患者在急性发作期亦可辅以循证支持的天然外用制剂，以缓解局部疼痛、肿胀及炎症反应。



Organic Extra Virgin Coconut Oil

有机特级初榨纯鲜椰子油

Coconut oil is an excellent carrier oil that also provides soothing benefits of its own. It helps moisturise the skin, calm irritated tissues, and improve absorption of other oils—making it ideal for sensitive, inflamed joints.

冷榨未精炼椰子油，兼具优良的皮肤相容性、角质层渗透促进作用及固有抗氧化活性。它有助于维持皮肤屏障完整性，缓解炎症所致的表皮干燥与刺激，并提升其他油的吸收率，特别适用于处于急性炎症状态的敏感关节区域。



Organic Castor Oil

有机蓖麻油

Castor oil has long been used in traditional wellness practices for its potential anti-inflammatory and circulation-supporting properties. Rich in ricinoleic acid, it may help ease joint stiffness and reduce localised discomfort when massaged into affected areas.

蓖麻油在传统保健实践中一直被证实具有显著的抗炎与促进血液循环的特性。富含蓖麻油酸，将其按摩到受影响区域可能有助减轻关节僵硬并改善局部组织顺应性。



Organic Wonda Oil

有机万宝油

Wonda Oil, which is certified organic melaleuca oil, is known for its cooling and anti-inflammatory effects. When properly diluted, it may help reduce discomfort and provide a refreshing sensation over swollen joints. Because it is potent, it should never be applied directly to the skin without dilution.

万宝油是经过有机认证的茶树油，以其清凉和抗炎效果而闻名。适当稀释后，它可能有助发挥辅助镇痛与抗炎效应。使用时切勿直接涂于皮肤，必须先稀释。



Simple Topical Blend

(External Use Only)

推荐外用复方配制
(限外用，不可内服)

1 tablespoon
Organic Castor Oil
1汤匙有机蓖麻油

+

1 tablespoon Organic
Extra Virgin Coconut Oil
1汤匙有机特级初榨纯鲜椰子油

+

3–5 drops
Wonda Oil
3至5滴万宝油

Mix well and gently massage onto the affected joint once or twice daily. A warm cloth placed over the area for 10–15 minutes may enhance comfort. 将上述组分于洁净容器中充分混匀。取适量轻柔按摩至受累关节区域，每日1–2次。建议按摩后以温热湿敷持续10–15分钟，可辅助促进局部血流与成分吸收。



NewLife™ Organic Extra Virgin Coconut Oil 新生命有机特级初榨纯鲜椰子油

- Product of the Philippines
- Cold-pressed and unrefined
- Produced under strict ISO 22000 and ISO 9001 standards
- Free from chemicals, additives and preservatives
- Certified Organic, Halal, and Kosher
- Exceptionally fresh and stable, with:
 - Ultra-low Free Fatty Acid (FFA)*: 0.03% (typical ~0.3%)
 - Very low Peroxide Value*: 0.11 meq/kg (industry average ~1.0)

*Lower values indicate superior quality, freshness, and stability.

- 原产国：菲律宾
- 新鲜椰肉冷榨，且未精炼
- 符合ISO 22000食品安全管理体系及ISO 9001:2015质量管理体系要求
- 无化学物质、添加剂和防腐剂
- 获得有机、清真和犹太洁食认证
- 新鲜度指标：
 - 游离脂肪酸 (FFA)：0.03% (远优于行业基准值0.3%)
 - 过氧化值 (PV)：0.11 meq/kg (显著低于行业均值1.0 meq/kg)

注：更低的FFA与PV值客观反映油脂氧化程度低、储存稳定性高、生物活性保存完整，是高品质植物油的关键质量标志。

NewLife™ Organic Castor Oil 新生命有机蓖麻油

- Product of India
- Certified Organic by USDA (U.S. Department of Agriculture)
- British Pharmacopoeia (BP) grade
- Cold-pressed, unrefined, hexane-free (not solvent extracted)
- 100% pure with no artificial ingredients
- Contains approximately 90% ricinoleic acid
- 原产国：印度
- 经美国农业部 (USDA) 有机认证
- 符合英国药典 (BP) 标准
- 冷榨、未精炼，无己烷 (非溶剂萃取)
- 100% 纯净，不含人工成分
- 关键指标：约含90%硬脂酸蓖麻酯

NewLife™ Organic Wonda Oil 新生命万宝油

- Product of Australia
- 100% organic Melaleuca alternifolia oil
- Cold-pressed and unrefined
- 原产国：澳大利亚
- 100%有机互叶白千层油
- 冷榨且未精炼

Topical care works best alongside healthy habits such as staying well hydrated, reducing alcohol and high-purine foods (please refer to Eating & Digesting for Gout Relief on page 14 for more information), managing stress and prioritising rest.

外用干预应作为整体管理策略的组成部分，需同步落实以下循证措施：足量饮水、严格限制高嘌呤食物及酒精摄入、维持健康体重、规律作息及压力管理。具体膳食指导详见第14页《痛风患者的营养支持与消化功能优化》。

A Gentle Reminder 重要使用说明

These oils are not a cure for gout, but they may offer soothing support when used alongside medical care. Always perform a patch test and consult a healthcare professional if symptoms persist or worsen.

这些精油并非治疗痛风的灵丹妙药，但在配合医疗护理使用时，或许能起到舒缓作用。使用前请先做皮肤测试，若症状持续或加重，请咨询医疗专业人士。

GOUT

FRIENDLY RECIPES

痛风友善食谱



Vegetable Soup with Kale & Mushrooms 羽衣甘蓝蘑菇蔬菜汤

Stage
适用阶段

During gout flares
痛风急性发作期

Why
推荐理由

Low-purine, hydrating, nutrient-rich
低嘌呤、补水、高营养



INGREDIENTS

- 4 cups NewLife™ vegetable broth ★
- 1 cup mushrooms, sliced
- 1 cup kale, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- ½ tsp turmeric + a pinch of black pepper
- Optional: a pinch of salt

食材

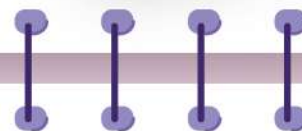
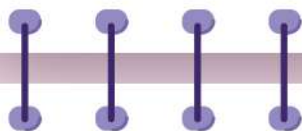
- 4杯新生命蔬菜汤 ★
- 1杯蘑菇，切片
- 1杯羽衣甘蓝，切碎
- 2根胡萝卜，切丁
- 2根芹菜，切丁
- 半茶匙姜黄粉+少量黑胡椒
- 少量盐（可选）

INSTRUCTIONS

1. Sauté carrots, celery, mushrooms lightly in a splash of water.
2. Add broth, turmeric and pepper; simmer 15–20 min.
3. Add kale at the end and cook 2–3 min. Serve warm.

做法

1. 用少量水轻炒胡萝卜、芹菜和蘑菇。
2. 加入蔬菜高汤、姜黄和黑胡椒，小火炖煮15–20分钟。
3. 最后加入羽衣甘蓝，再煮2–3分钟即可。趁热食用。



★ BASE SOUP 底汤

NewLife™ Vegetable Broth 新生命蔬菜汤

6-8 servings/份量



INGREDIENTS

- 1 cup tomato
- 1 large onion
- 3 cloves garlic
- 1 cup celery
- 1 cup carrot
- 1 cup pumpkin
- 1 cup leeks
- 5 potatoes
- Distilled water

食材

- 1杯番茄
- 1大粒洋葱
- 3瓣大蒜
- 1杯芹菜
- 1杯红萝卜
- 1杯南瓜
- 1杯青蒜
- 5粒马铃薯
- 蒸馏水

INSTRUCTIONS

1. Cut all the ingredients into cubes and put in a slow-cooker with distilled water just enough to cover all the ingredients.
2. Simmer for few hours until all the ingredients are very soft.

做法

1. 将所有材料切成方块，然后放入慢煮锅，再加入适量的蒸馏水足以覆盖所有的材料。
2. 炖煮数小时直到所有材料熟透变软。

Note 注:

Do not peel the potatoes. Do not add table salt or any other seasonings. You may add ¼ tsp of NewLife™ K-Salt (to each serving) to enhance the taste before serving.

不要剥掉马铃薯的皮。不许加入食盐或任何调味料。您可以在享用前加入¼茶匙的新生命钾质（每人份）以增加口感。



Sweet Potato, Kale & Turmeric Bowl 红薯、羽衣甘蓝与姜黄暖碗

Stage
适用阶段

During gout flares
痛风急性发作期

Why
推荐理由

Ultra-low purine, gentle, anti-inflammatory
极低嘌呤、温和、抗炎



INGREDIENTS

- 1 medium sweet potato, peeled & cubed
- 2-3 cups kale, chopped
- 1 tsp NewLife™ Organic Extra Virgin Coconut Oil
- ½ tsp turmeric + pinch black pepper
- ½-1 tsp fresh grated ginger (optional)
- NewLife™ Organic Apple Cider Vinegar (ACV) or lemon juice
- Pinch of salt (optional)

INSTRUCTIONS

1. Steam or boil sweet potato until tender.
2. Lightly wilt kale with turmeric, ginger, and a splash of water.
3. Combine sweet potato + kale; drizzle oil and ACV/lemon juice.
4. Serve warm.

食材

- 1个中等大小红薯，去皮切块
- 2-3杯羽衣甘蓝，切碎
- 1茶匙新生命有机特级初榨纯椰子油
- 半茶匙姜黄粉 + 少量黑胡椒
- ½至1茶匙新鲜姜末（可选）
- 新生命有机苹果醋或新鲜柠檬汁
- 少量盐（可选）

做法

1. 将红薯蒸或煮至软糯。
2. 用姜、姜黄和少量水将羽衣甘蓝轻轻焯软。
3. 把红薯与羽衣甘蓝混合，然后淋入椰子油及苹果醋或者柠檬汁。
4. 趁热食用。





Lemon Lentil & Cucumber Salad 柠檬风味扁豆黄瓜清爽沙拉

Stage
适用阶段
Why
推荐理由

During gout flares
痛风急性发作期

Low-purine plant protein, hydrating, anti-inflammatory
低嘌呤植物蛋白、补水、抗炎



INGREDIENTS

- 1 cup cooked green/brown lentils
- 1 cucumber, diced
- 2 tbsp parsley, chopped
- 2-3 tbsp NewLife™ Organic Apple Cider Vinegar or juice of 1 lemon
- 1 tbsp NewLife™ Organic Omega Gold Flaxseed Oil
- A pinch of black pepper & salt

INSTRUCTIONS

1. Toss lentils, cucumber and parsley.
2. Dress with ACV/lemon juice, oil, salt and pepper.
3. Serve chilled or room temperature.

食材

- 1杯熟绿或棕色扁豆
- 1根黄瓜，切丁
- 2汤匙欧芹，切碎
- 2 - 3汤匙新生命有机苹果醋或1个柠檬的汁
- 1汤匙新生命有机奥美加黄金亚麻籽油
- 少量黑胡椒与盐

做法

1. 将扁豆、黄瓜和欧芹搅拌均匀。
2. 加入苹果醋/柠檬汁、亚麻籽油、盐和黑胡椒调味。
3. 冷食或室温食用皆可。

Sweet Potato, Chickpea & Spinach Bowl 红薯、鹰嘴豆与菠菜营养碗

Stage
适用阶段
Why
推荐理由

Between flares (prevention)
发作间隔期（预防阶段）

Moderate plant protein, antioxidant-rich, joint-friendly
适量植物蛋白、高抗氧化、对关节友好



INGREDIENTS

- 1 medium sweet potato, cubed
- ½ cup cooked chickpeas
- 2 cups spinach
- ½ tsp turmeric + a pinch of black pepper
- 1-2 tsp NewLife™ Organic Extra Virgin Coconut Oil
- 1-2 tbsp NewLife™ Organic Apple Cider Vinegar or juice of ½ lemon

INSTRUCTIONS

1. Roast sweet potato and chickpeas with turmeric and black pepper (or steam if preferred).
2. Lightly sauté spinach with oil.
3. Combine all ingredients, drizzle with lemon and serve.

食材

- 1个中等大小红薯，切块
- 半杯熟鹰嘴豆
- 2杯菠菜
- 半茶匙姜黄粉+少许黑胡椒
- 1 - 2茶匙新生命有机特级初榨鲜椰子油
- 1 - 2汤匙新生命有机苹果醋或半个柠檬的汁

做法

1. 将红薯丁和鹰嘴豆撒上姜黄粉和黑胡椒，放入烤箱烘烤（或按喜好煮熟）。
2. 用椰子油轻炒菠菜至变软。
3. 混合所有食材，淋上苹果醋或柠檬汁即可食用。

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