

# IS YOUR LIVER HEALTHY?

## 您的肝脏健康吗？

The liver is one of the body's hardest-working organs. It processes nutrients, supports digestion, regulates blood sugar and cholesterol, produces bile, and helps remove substances the body no longer needs.

When functioning well, it works quietly in the background, supporting steady energy, smooth digestion and overall internal balance.

Because it works 24/7, the liver is highly sensitive to long-term lifestyle stress. Over time, poor diet, inactivity, alcohol, chronic stress, and other daily pressures can gradually reduce how efficiently it functions, often before obvious symptoms appear.

肝脏是人体最忙碌的器官之一。它能处理营养物质，支持消化，调节血糖和胆固醇，生成胆汁、清除代谢废物。

当肝脏功能良好时，它默默提供稳定的能量，促进消化顺畅，维持整体的内部平衡。

由于肝脏全天候工作，它极易受长期生活方式影响——高糖高脂饮食、久坐、饮酒、慢性压力、用药过多、体重上升或血糖失控，都会悄然削弱其效率，且往往无症状。

## The Liver Has No Pain Sensors

Unlike muscles or joints, the liver does not produce pain signals in the early stages of strain. This means imbalances often develop silently. Early signs are usually functional, not painful.

## 肝脏没有痛觉神经

与肌肉或关节不同，肝脏在早期损伤时不会疼痛，失衡常被忽视。信号多为功能性异常，而非疼痛。



## What Can Overwork the Liver?

### 哪些因素会损害肝脏？

Liver strain usually develops gradually rather than suddenly. Common contributing factors include:

- **High sugar and refined carbohydrates**
- **Processed and fried foods**
- **Alcohol consumption**
- **Sedentary lifestyle**
- **Chronic stress**
- **Medication load**
- **Weight gain and poor blood sugar control**

When the liver becomes overworked, digestion, energy production, and fat metabolism may become less efficient.

肝脏负担过重通常是一个渐进的过程，而非突然发生的。常见的诱因包括：

- **高糖和精制碳水**
- **加工和油炸食品**
- **酒精**
- **长期缺乏运动**
- **慢性压力**
- **用药过量**
- **腹型肥胖与血糖失调**

当肝脏负荷过重时，可能引起消化变慢、精力下降、脂肪代谢减弱。

## Possible Early Signs 早期警示信号

Early signs are often subtle and easy to overlook. They may include:

- Persistent fatigue or low energy
- Bloating, heaviness, or sluggish digestion after meals
- Weight gain around the abdomen
- Brain fog or poor concentration
- Increased sensitivity to alcohol or heavy meals
- Skin changes such as dull complexion, acne, eczema, itchiness, or yellowish skin tone
- Bad breath or stronger body odour despite normal hygiene
- Frequent headaches or migraines
- Hormonal symptoms such as PMS, mood swings, or low libido

Because the liver has no pain receptors, these signs are often mistaken for stress, poor sleep, aging or digestive sensitivity.

早期迹象通常很细微，容易被忽视。它们可能包括：

- 持续疲乏、提不起神
- 饭后腹胀、沉重、消化迟缓
- 小腹赘肉增多
- 注意力涣散、脑子发懵
- 喝一点酒就脸红/不适，吃油腻食物易反胃
- 面色暗沉、长痘、湿疹、瘙痒、皮肤泛黄
- 尽管卫生保持到位，口臭/体味加重仍存在
- 频繁头痛或偏头痛
- 激素相关症状，如经前综合征加重、情绪波动、性欲减退

由于肝脏没有痛觉感受器，这些迹象常常被误读为“累”“老”“肠胃弱”。

## Why Liver Health Matters

The liver plays a central role in many essential body functions. When its efficiency declines, multiple systems can be affected, including:

- Energy production and fatigue levels
- Digestion and nutrient processing
- Fat storage and weight regulation
- Hormonal balance
- Blood sugar stability
- Inflammatory responses

This is why liver function is increasingly discussed alongside modern lifestyle concerns such as chronic fatigue, stubborn weight gain, and metabolic slowdown.

## 为何肝脏健康关乎全局

肝脏在许多重要的身体机能中发挥着核心作用。当其效率下降时，多个系统都会受到影响，包括：

- 能量水平与抗疲劳能力
- 消化吸收与营养利用
- 脂肪分布与体重管理
- 激素平衡（尤其雌激素、皮质醇）
- 血糖稳态
- 全身炎症调控

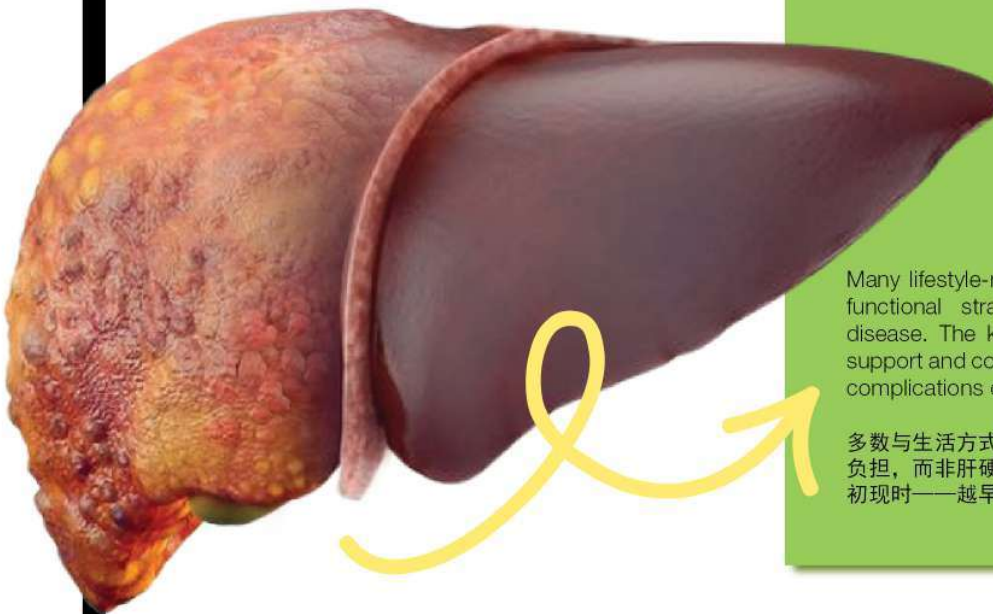
正因如此，慢性疲劳、顽固性腰腹肥胖、代谢变慢，常与肝功能下降密切相关。

### It's Not a "Disease Stage" Problem

这不是“等生病才管”的问题

Many lifestyle-related liver issues begin as functional strain rather than advanced disease. The key opportunity lies in early support and correction before more serious complications develop.

多数与生活方式相关的肝脏问题始于功能性负担，而非肝硬化或肝炎。干预窗口在症状初现时——越早调整，越易逆转。



## Can the Liver Recover?

One of the most remarkable characteristics of the liver is its ability to regenerate. In early stages of stress or fat accumulation, liver function can often improve significantly when the underlying stressors are reduced and healthier conditions are restored.

However, recovery is not automatic. The liver still requires proper nutritional support, consistent lifestyle habits, adequate rest, and reduced daily burden in order to function more efficiently again.

Without meaningful changes, the liver may remain under constant pressure, limiting its ability to recover fully.

## 肝脏可以修复吗？

肝脏是人体唯一能再生的内脏。早期脂肪沉积或轻度压力下，只要去除诱因附加科学支持，功能可显著回升。

但修复不会自动发生：需营养支撑、规律作息、持续运动、减轻负担，缺一不可。

放任不管，只会让肝脏持续超负荷，丧失恢复机会。



# Structured Support for Liver Recovery

## 肝脏修复的结构化支持

Sustainable improvement often depends on consistency and structure. Many people struggle not because they lack information, but because they find it difficult to maintain healthy habits long term.

Rather than relying on isolated lifestyle changes, our approach is designed as a progressive two-phase support system.

持续性的改善往往取决于一致性与结构性。许多人之所以觉得困难，并非缺乏相关知识，而是因为他们难以长期保持健康习惯。

因此，与其依赖于零散的生活方式改变，不如我们采用一种循序渐进的双阶段支持体系。

### Phase 2 第二阶段

## NHBP

### NewLife™ Health Building Programme

#### 新生命健康养生计划

A progressive rebuilding phase focused on restoring nutritional strength, supporting energy production, and promoting long-term balance and resilience.

It helps reinforce the body's recovery by building sustainable dietary and lifestyle habits that support ongoing metabolic health, vitality and overall wellbeing.

这是一个循序渐进的重建阶段，重点在于恢复营养基础、支持能量生成，并促进长期的身体平衡与韧性。

该阶段通过建立可持续的饮食与生活习惯，巩固身体的修复成果，从而支持持续的代谢健康、活力与整体健康状态。

### Phase 1 第一阶段

## DRP

### Detoxification & Rejuvenation Programme

#### 排毒与复健计划

A more intensive phase designed to support the body's natural processes of elimination and restoration through structured dietary guidance and targeted nutritional support. The programme focuses on reducing internal toxins, nourishing the cells, and supporting better balance across nutritional, hormonal and metabolic functions, helping to restore energy and overall wellbeing.

This phase is intended to help the body shift away from prolonged stress and overload while supporting its natural detoxification processes in a structured and guided way.

这是一个较为密集深入的阶段，通过结构化的饮食指导与针对性的营养支持，协助身体进行自然的排毒与修复过程。该计划重点在于减少体内毒素、滋养细胞，并支持营养、荷尔蒙及代谢功能的整体平衡，从而帮助恢复精力与整体健康状态。

此阶段旨在帮助身体逐步摆脱长期压力与负担，同时在系统化与指导性的方式下，支持其自然的排毒机制。

### Programme Structure

#### 计划结构

DRP and NHBP work together as a structured progression from restoration to long-term maintenance.

DRP与NHBP相互配合，从身体修复到长期维持，形成完整的结构化健康管理体系。

## Targeted Support Within the Programmes 保健计划中的针对性支持

### Liverin 肝脏宝

A formulation containing traditionally used herbal ingredients recognised for their antioxidant properties and support of liver health:

- Milk thistle (silymarin)
- Dandelion root
- Artichoke extract
- Burdock root
- Celery seed extract

It is designed to support:

- The body's natural detoxification processes
- Antioxidant protection
- Bile flow and fat metabolism
- Overall liver health and metabolic balance

该配方含有多种具有抗氧化特性保肝的传统草本成分：

- 水飞蓟
- 蒲公英根
- 朝鲜蓟提取物
- 牛蒡根
- 芹菜籽提取物

专为支持以下目标而研制：

- 身体自然排毒过程
- 抗氧化保护
- 胆汁分泌与脂肪代谢
- 整体肝脏健康与代谢平衡



### Coffee Enema 咖啡灌肠

A coffee enema involves the retention of a specially prepared organic coffee solution in the colon through the rectum for about 12–15 minutes before release.

Your liver filters the blood in your body every three minutes. Retaining the coffee enema for 12–15 minutes gives your liver several full cycles to cleanse and eliminate waste more efficiently. The process helps:

- Dilate bile ducts: help the bile ducts open more easily, supporting healthy bile flow and the body's natural elimination processes.
- Relax digestive muscles for better circulation
- Boost Glutathione S-Transferase (GST) production by up to 700%. GST enzymes work like antioxidants inside your body, helping to neutralise harmful molecules (free radicals) and keep your immune system balanced.

咖啡灌肠是将特制有机咖啡溶液通过直肠注入结肠，在体内保留约12至15分钟后排出的一种方法。

您的肝脏每三分钟就会过滤一次体内的血液。保留咖啡灌肠12至15分钟，能让肝脏有好几个完整的循环来更高效地清洁和排除废物。这一过程有助于：

- 扩张胆管：帮助胆汁通道更顺畅地打开，促进胆汁更顺畅地流动，从而更有效地排除毒素。
- 放松消化道肌肉，促进血液循环。
- 使谷胱甘肽S转移酶 (GST) 的生成量提高多达700%。GST酶在体内就像抗氧化剂一样，有助于中和有害分子（自由基），并保持免疫系统的平衡。

## Takeaway 总结要点

Liver health is not just about preventing disease. It is also about maintaining efficient metabolic functions in everyday life.

When the liver becomes overworked, early signs such as fatigue, digestive discomfort, and reduced vitality may gradually appear.

The key is recognising these changes early and supporting the body before more significant problems develop.

Healthy lifestyle habits, together with structured programmes such as DRP and NHBP and targeted nutritional support like Liverin, can help support the body's natural recovery processes and long-term liver wellness.

肝脏健康不仅关乎预防疾病，还在于维持日常生活中高效的代谢功能。

当肝脏负担过重时，如疲劳、消化不良和活力下降等早期信号可能会逐渐显现。

关键在于尽早察觉这些变化，并在更严重的问题出现之前为身体提供支持。

健康的生活习惯，加上如DRP和NHBP这样的系统性方案以及像肝脏宝这样有针对性的营养补充，能够帮助支持身体的自然恢复过程，并促进肝脏的长期健康。

