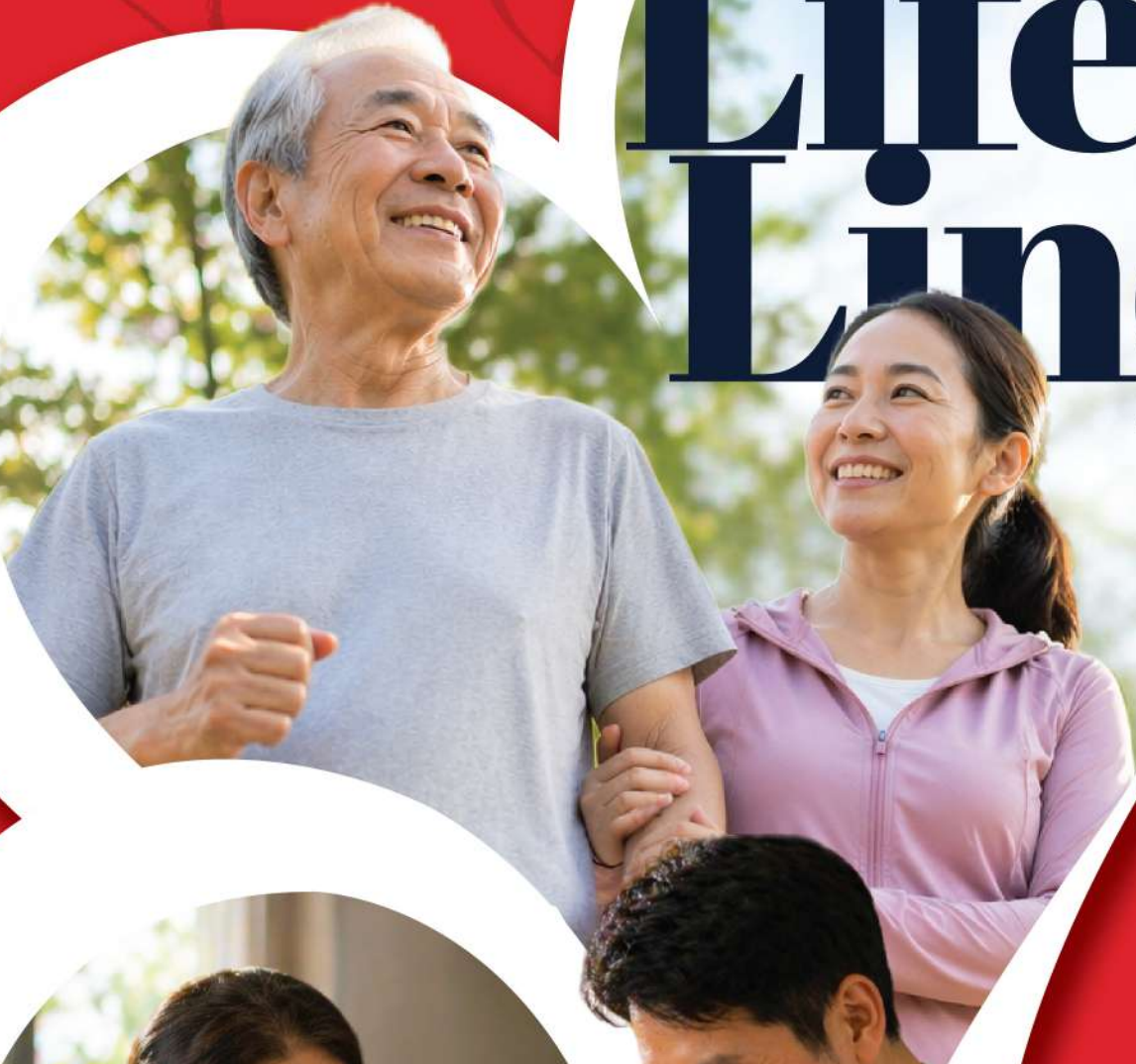


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Life Line

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Honouring YOUR PARENTS

SIMPLE, POWERFUL WAYS TO
PROTECT THEIR LONG-TERM WELLNESS

孝敬父母：简单而有效的方法，守护他们的长期健康

Congrats,
ACHIEVERS!
恭喜, 成就者!

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LIM MEE ING
CHOW HUI YAN
SAW EWE KIM
SIM BEE HONG
LIM WAI YING
SUZI MOI-QUEK

15%
ACHIEVERS

february 2026

MOI YAN LIN ABIGAIL
SYARIKAT ADIL

march 2026

SO SUE YI REGINA
CHAN SOO TECK PETER
KONG WAI YIN
WONG MUI CHOO (KELLY)
WELLNESS INC
TAN LEE KENG (LILY)

18%
ACHIEVERS

february 2026

CHONG KIM MOI
YEUNG YEE NOG
IRENE CHONG CHUAY PENG

march 2026

MOI YAN LIN ABIGAIL

21%
ACHIEVERS

march 2026

YEUNG YEE NOG
CHONG KIM MOI
IRENE CHONG CHUAY PENG

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For
Mum & Dad
致父母

Helping them stay
healthy, strong and independent
帮助他们保持健康、强壮和独立

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Business Owners Only
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SAFE GUARDING

Your Loved Ones'

Memories

Understanding Dementia
and Alzheimer's

守护您所爱之人的记忆

了解痴呆症与阿尔茨海默病



Our memories shape who we are. They hold our stories, family traditions, and the moments that connect generations. As our parents grow older, protecting their health includes caring for something just as precious as their physical well-being: **their memories.**

Occasional forgetfulness—misplacing keys or forgetting a name from time to time—is normal. However, dementia and Alzheimer's disease involve progressive changes that affect memory, thinking and daily functioning. Understanding early signs and supporting healthy lifestyle habits help families care for their parents more proactively and compassionately.

我们的记忆塑造了我们。它们承载着我们的故事、家庭传统以及连接几代人的时刻。随着我们的父母逐渐年迈，保护他们不仅包括关注他们的身体健康，还包括呵护同样珍贵的记忆。

偶尔忘记东西，比如放错钥匙或偶尔忘记名字是正常的。然而，痴呆症和阿尔茨海默病则涉及影响记忆、思维和日常功能的渐进性变化。了解早期迹象并支持健康的生活方式习惯有助于家庭更积极、更富有同情心地照顾父母。

Dementia vs Alzheimer's: What's the Difference?

痴呆症与阿尔茨海默病： 有何区别？

Dementia 痴呆症

is a general term describing conditions that affect memory, thinking and behaviour strongly enough to interfere with daily life. Most forms of dementia tend to progress over time, though the rate and pattern can vary depending on the underlying cause.

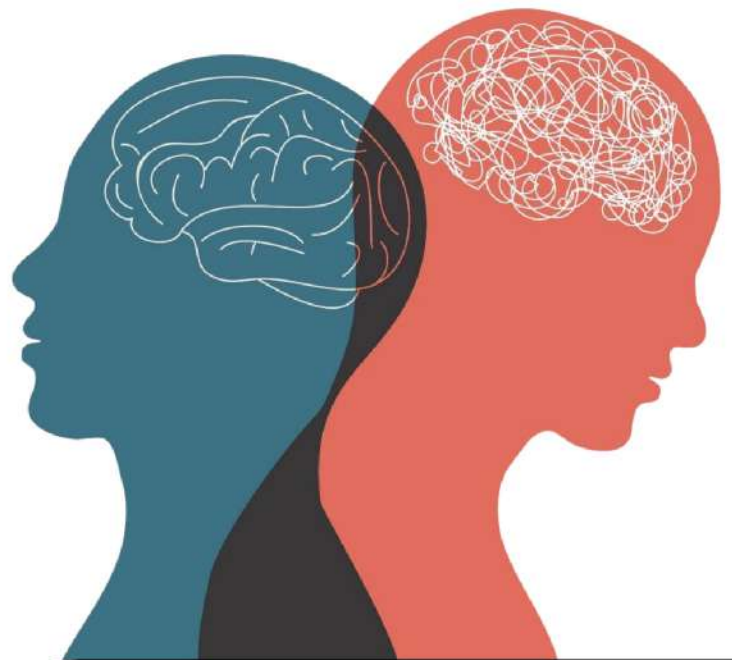
是一个通用术语，描述的是影响记忆、思维和行为的状况，严重到足以干扰日常生活。大多数形式的痴呆症会随着时间的推移而逐渐恶化，尽管其速度和模式可能因潜在原因而异。

Alzheimer's disease 阿尔茨海默病

is the most common form of dementia. Most people with Alzheimer's are aged 65 and older, but the disease is not a normal part of aging.

About 5% of people develop early-onset Alzheimer's, with symptoms beginning in their 40s or 50s. Alzheimer's is always progressive. Early memory loss may be mild, but later stages can impair conversation and response to the environment.

是最常见的痴呆症类型。大多数阿尔茨海默病患者年龄在65岁及以上，但该病并非正常衰老的一部分。约5%的人会患上早发性阿尔茨海默病，其症状在40多岁或50多岁时开始出现。阿尔茨海默病总是会逐渐恶化。早期的记忆丧失可能较轻微，但到了后期阶段，可能会损害患者的交流能力和对环境的反应能力。



Early Signs Families Should Watch For 家人应留意的早期迹象

Early symptoms can be subtle, and family members are often the first to notice changes. Common warning signs include:

早期症状可能很细微，家人往往是最早注意到变化的人。常见的警示信号包括：



Difficulty completing familiar tasks
完成熟悉的任务有困难



Frequently forgetting recent conversations or events
经常忘记最近的对话或事件



Trouble finding the right words during conversations
在交谈中难以找到恰当的词语



Changes in mood, personality, or judgement
情绪、性格或判断力发生变化



Getting lost in familiar places
在熟悉的地方迷路

Factors That May Increase Risk 可能增加患病风险的因素

Age is the biggest risk factor for dementia and Alzheimer's disease. Research also shows that overall lifestyle and health play an important role in long-term brain function. Factors associated with higher risk include:

- High blood pressure
- High cholesterol
- Diabetes
- Smoking
- Lack of physical activity
- Poor sleep
- Social isolation

The encouraging news is that many of these factors are manageable. Supporting cardiovascular, metabolic and emotional health can also benefit the brain.

年龄是痴呆症和阿尔茨海默病的最大风险因素。研究还表明，整体生活方式和健康状况对长期脑功能起着重要作用。与较高风险相关的因素包括：

- 高血压
- 高胆固醇
- 糖尿病
- 吸烟
- 缺乏体育活动
- 睡眠质量差
- 社交孤立

令人鼓舞的消息是，许多这些因素都是可以控制的。支持心血管、代谢和情绪健康也有助于大脑健康。

Supporting Brain Health Through Food and Nutrition 通过食物和营养支持大脑健康

Nutrition plays a critical role in maintaining long-term brain function. A balanced, nutrient-rich diet supports circulation, reduces inflammation, and provides essential nutrients for brain cells. Brain-supportive foods include:

- Omega-3 rich foods such as flaxseed oil and fatty fish
- Leafy green vegetables like spinach and kale
- Berries, provide antioxidants
- Nuts and seeds, rich in healthy fats and vitamin E
- Whole grains, for steady energy and blood sugar levels
- Healthy oils such as extra virgin coconut oil and olive oil

Eating a variety of whole foods provides the strongest foundation for long-term brain health.

营养在维持长期脑功能方面发挥着关键作用。均衡且富含营养的饮食有助于促进血液循环、减少炎症，并为脑细胞提供必需的营养。有益大脑的食物包括：

- 富含Omega-3的食物，如亚麻籽油和多脂鱼类
- 绿叶蔬菜，如菠菜和羽衣甘蓝
- 浆果类，富含抗氧化物
- 坚果和种子，含有健康脂肪和维生素E
- 全谷物，有助于提供稳定能量并维持血糖水平
- 健康油脂，如特级初榨纯鲜椰子油和橄榄油

多样化摄取天然食物，是维持长期脑健康最稳固的基础。

When Nutritional Support May Be Helpful 何时需要营养补充支持

Even with a healthy diet, it can be challenging to get all nutrients consistently, especially as nutritional needs change with age. Carefully selected supplements can help support overall wellness and healthy aging when used alongside a balanced diet and lifestyle.

NewLife™ offers a range of supplements designed to complement daily nutrition and support brain, metabolic and cellular health:

即使饮食健康，随着年龄增长，持续获取全面营养仍可能具有挑战。经过谨慎选择的营养补充品，在配合均衡饮食与健康生活方式时，有助于支持整体健康与健康老龄化。

新生命提供一系列补充品，旨在补充日常营养，支持大脑、代谢及细胞健康：

B-Complex vitamins 综合维生素B

Support nerve function and healthy brain activity. Adequate intake of B3, B6 and B12 has been linked to better cognitive health. **NewLife™ B Complex provides balanced B vitamins for daily support.**



支持神经功能与健康的脑部活动。充足摄取维生素B3、B6和B12与更佳的认识健康相关。**新生命维他命B综合丸提供均衡的维他命B，为日常健康提供支持。**

Healthy brain energy from coconut oil 提供脑部能量的椰子油

Medium Chain Triglycerides (MCT) found in coconut oil are converted into ketones, an alternative energy source for brain cells. **NewLife™ Organic Extra Virgin Coconut Oil (EVCO) is naturally rich in MCT.**



椰子油中的中链甘油三酯（MCT）可转化为酮体，为脑细胞提供替代能量来源。**新生命特级初榨纯鲜椰子油天然富含MCT。**

Plant-based nutrition 植物性营养

Plant nutrients support overall metabolic health. **NewLife™ Super Green Food ++ offers concentrated plant nutrition.**



植物营养素有助于整体代谢健康。**新生命特超绿食品++提供浓缩植物营养。**

Digestive health and fibre support
消化与膳食纤维支持

Healthy digestion aids nutrient absorption. **NewLife™ Herbal Matrix Powder / Herbal Klenz** provide plant-based fibre.

健康的消化系统有助于营养吸收。**新生命天然净化粉**提供植物性膳食纤维。



Colostrum for cellular support
初乳细胞支持

Contains growth factors and immune-supporting compounds that contribute to cellular repair and resilience. **NewLife™ ColostrumX** supports overall vitality and healthy aging.

含有生长因子及免疫支持成分，有助于细胞修复与增强抵抗力。**新生命初乳奶粉**支持整体活力与健康老化。



Antioxidant nutrients
抗氧化营养素

Oxidative stress can damage brain cells. Vitamin C and astaxanthin help protect cells from free radical damage.

NewLife™ C Complex and Collasta+ provide antioxidant support.

氧化压力可能损害脑细胞。维他命C和虾青素有助于抵御自由基损伤。**新生命维他命C综合丸和康丽达胶原红藻+**提供抗氧化支持。



Omega fatty acids
奥美加脂肪酸

Support brain cell structure and communication between neurons. **NewLife™ Organic Omega Gold Flaxseed Oil (FSO)** provides a plant-based source of omega fatty acids.

有助于脑细胞结构的形成以及神经元之间的信息传递。**新生命奥美加黄金亚麻籽油**提供植物来源的奥美加脂肪酸。



Gut microbiome support
(Probiotics & Prebiotics)

肠道微生物群支持
(益生菌和益生元)

A healthy gut microbiome plays an important role in digestion, immune balance and is increasingly linked to brain health through the gut-brain connection. Supporting both beneficial bacteria (probiotics) and the nutrients that feed them (prebiotics) helps maintain a balanced internal environment.



NewLife™ ImmuFlora® provides a synergistic blend of probiotics and prebiotics for daily gut and overall wellness.

健康的肠道微生态在消化与免疫平衡中扮演重要角色，并且通过肠道—大脑连接与大脑健康之间的联系日益紧密。益生菌以及为它们提供养分的益生元，有助于维持体内平衡。

新生命免疫菌株提供了益生菌和益生元的协同混合物，有助于日常肠道健康和整体健康。

Because cardiovascular and metabolic health are closely linked to brain function, some natural supplements may also help support healthy levels of:

- **Blood pressure: potassium-based mineral support such as K-Salt**
- **Cholesterol: plant-based compounds like red yeast rice (Cholestinin)**
- **Blood sugar: nutrients such as Chromium Picolinate**



By combining a nutrient-rich diet, mindful supplementation and healthy lifestyle habits, families can support long-term brain health safely and effectively.

由于心血管与代谢健康与脑功能密切相关，一些天然补充品也可能有助维持以下指标的健康水平：

- **血压：钾基矿物质补充剂，如钾质**
- **胆固醇：植物性化合物，如减固醇**
- **血糖：营养素，如有机铬**

通过结合营养丰富的饮食、合理的营养补充以及健康的生活方式，您和家人可以安全有效地支持长期脑部健康。



Good quality sleep

良好的睡眠质量

Restful sleep is essential for memory consolidation and brain repair. Establishing calming evening routines—such as reducing screen time, creating a quiet environment, or enjoying a warm cup of NewLife™ Organic Chamomile Herbal Tea—can help promote relaxation and better rest.

深度睡眠，是记忆沉淀、神经清理、细胞修复的黄金时段。不妨试着在傍晚放慢节奏：调暗灯光、放下手机、泡一杯温热的新生命有机洋甘菊花茶，让身心自然沉入安稳与放松。



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Sleep and Brain Health 睡眠与大脑健康

Deep sleep plays a vital role in memory formation. Chronic sleep deprivation may increase the risk of cognitive decline and Alzheimer's symptoms. Start tonight by turning off the lights just 15 minutes earlier.

深度睡眠在记忆形成过程中起着至关重要的作用。长期缺觉或睡眠质量差，可能悄然增加认知退化和阿尔茨海默病症状的风险。今晚，就从一次早15分钟的关灯开始吧。

Mental stimulation

保持好奇心，继续学习

Activities such as reading, puzzles or learning new skills help keep the mind active and engaged.

阅读、解谜或学习新技能等活动有助于保持大脑活跃和专注。

Strong social connections

强健社会联系

Regular interactions with family and friends support emotional well-being and cognitive resilience.

与家人和朋友的定期互动有助于保持情绪健康和认知韧性。

Even small, consistent habits contribute to healthier aging.

健康的老去，并非遥不可及的目标，而是藏在日复一日微小且持续的习惯里。



Brain-Healthy Habits After 50 50岁以后保持大脑健康的生活习惯

- Stay physically active
- Eat a nutrient-rich diet
- Keep the mind engaged with constant learning and hobbies
- Maintain social connections
- Prioritise good sleep
- Manage blood pressure, cholesterol and blood sugar
- 保持身体活跃
- 饮食营养丰富
- 通过不断学习和培养爱好保持大脑活跃
- 维持社交联系
- 保证良好睡眠
- 控制血压、胆固醇和血糖水平

Small daily choices today can help protect precious memories for years to come.

今天日常生活中的一些小选择，能够在未来多年里帮助保护珍贵的记忆。

Supporting Parents with

Compassion

用理解与爱，陪伴父母

If families notice memory changes in their parents, patience and understanding are essential:

- Be patient and supportive in conversations
- Keep communication simple and reassuring
- Help maintain familiar routines and environments

Protecting our parents' memories begins with awareness, understanding and compassion. Through nutrition, lifestyle habits and emotional support, we can help safeguard the memories that connect generations and enrich our lives.

当您察觉父母的记忆有些悄然变化，请记得：他们最需要的，不是纠正，而是被看见、被理解、被接纳。

- 说话时，多一分停顿，少一分催促；多一分微笑，少一分焦虑
- 表达尽量简洁清晰，语气温和而坚定，让他们感到安心与被尊重
- 尽量保留熟悉的家居布置、作息节奏和生活仪式。

守护父母的记忆始于意识、理解和同情。透过营养支持、生活关怀与情感温度，我们所守护的，不只是记忆本身，更是那些连接世代、丰富我们生命的记忆。



Mobility is **INDEPENDENCE**

Helping Your Parents
Stay Active Safely

行动力就是独立
帮助父母安全地保持活跃生活

As adult children, we often see our parents as the strong foundation of our lives—the ones who raised us, guided us, and gave us roots. But as they age, that foundation can feel a little shakier. A simple trip to the kitchen or a walk in the garden shouldn't come with fear. Mobility isn't just about moving; it's about freedom, dignity, and staying in their own home on their own terms. Falls, weakening bones and stiff joints are common after 65, yet they don't have to define the later years. With thoughtful support, safe movement habits and nutrition that strengthens from within, we can help our parents remain active, confident and truly independent.

The numbers tell a clear story: falls are a leading cause of injury for older adults, often leading to broken hips or long hospital stays that erode independence. But the good news? Most falls are preventable. The key is combining gentle activity, a safer home, and smart daily choices that support bones and muscles. Think of this as teamwork—small, consistent steps that add up to big wins.

作为成年子女，我们常常把父母视为我们生活的坚实基础——是他们养育了我们，引导了我们，给了我们根。但随着他们年岁渐长，这个基础可能会变得有些不稳。去厨房拿个东西或者在花园里散散步，本不该让人担惊受怕。行动能力不仅仅关乎移动，更关乎自由、尊严以及按照自己的意愿留在自己家中。65岁以后，跌倒、骨质变脆和关节僵硬是常见现象，但这并不意味着晚年就只能如此。通过周到的支持、安全的行动习惯以及从内而外增强体质的营养，我们能够帮助父母保持活跃、自信和真正的独立。

数字清晰地表明了这一问题：跌倒是老年人受伤的主要原因，常常导致髌骨骨折或长时间住院，从而削弱独立性。但好消息是？大多数跌倒是可以预防的。关键在于将适度的活动、更安全的居家环境以及有益骨骼和肌肉的明智日常选择结合起来。不妨将它想象成团队合作，一个个小小的、持续的步骤累积起来就能带来巨大的成效。

Why Mobility Matters and Getting Started Safely

Mobility keeps the whole body working better. Strong legs and good balance mean easier daily tasks like dressing, cooking or playing with grandchildren. Weak muscles and brittle bones raise fall risk, but regular movement builds resilience. The Centre for Disease Control (CDC) recommends that adults aged 65 and older should aim for 150 minutes of moderate aerobic activity each week (like brisk walking), plus muscle-strengthening and balancing exercises at least twice a week.

Safe exercises focus on three areas:

- **Strength:** Builds muscles to support joints and bones
- **Balance:** Directly reduces fall risk
- **Aerobic movement:** Improves heart health and endurance

行动能力的重要性，以及如何安全起步

良好的行动能力能让整个身体运作得更好。强健的双腿和良好的平衡能力，让日常活动如，穿衣、做饭或陪孙辈玩耍变得更加轻松。肌肉无力和骨质脆弱会增加跌倒风险，然而规律地运动可以增强身体的韧性。美国疾病控制与预防中心（CDC）建议，65岁及以上的成年人每周应进行至少150分钟的中等强度有氧运动（如快走），并每周至少进行两次肌肉强化和身体平衡训练。

安全锻炼主要关注的三个方面：

- **力量：**增强肌肉以支撑关节和骨骼
- **平衡：**有效降低跌倒风险
- **有氧：**改善心肺健康与耐力

Rebounding

蹦床运动

Exercise

Rebounding exercise—gentle bouncing on a small, stable mini-trampoline (rebounder)—is low-impact yet powerful for seniors. It improves balance, strengthens legs and core muscles, builds bone density through gentle G-forces, boosts circulation, and reduces fear of falling. Studies show it significantly enhances mobility, walking speed and confidence, while releasing endorphins for better mood and less stress. It's joint-friendly (easier on knees than walking on hard ground) and fun—many describe it as "bouncing back joy."

For a fun, low-impact way to build strength, balance and even lift spirits, consider rebounding on a NewLife™ Rebounder. Hold onto a stable handlebar or do seated bounces if needed—start with just 2–5 minutes daily.

Why seniors love it:

- Improves balance and coordination → directly reduces fall risk (one study saw big gains in older women with osteopenia)
- Strengthens bones gently (weight-bearing without harsh impact)
- Boosts mood and energy (endorphins + better blood flow to the brain)
- Enhances mobility and leg power for everyday tasks like climbing stairs or market walks

Safe start tips:

- Choose a rebounder with a handlebar for stability
- Begin seated or light health bounces (feet stay on mat)
- Do it indoors—perhaps during favourite TV shows or with family

Encourage consistency over intensity. A daily 20-minute routine (rebound exercise with outdoor walks) can dramatically reduce fear of falling and boost mood.
每天20分钟的常规运动（弹跳运动结合户外散步）可以显著降低跌倒恐惧并提升心情。

蹦床运动—在小型稳定的迷你蹦床上（弹跳床）进行轻柔弹跳，对老年人来说是一种低冲击但效果显著的运动。它能改善平衡能力，强化腿部和核心肌群，通过轻微的重力刺激增强骨密度，促进血液循环和减少对跌倒的恐惧。研究表明，这种运动可以显著提升行动能力、步行速度和自信心，并同时释放内啡肽，有助于改善情绪、减轻压力。它对关节友好（对比在硬地上行走对膝盖的压力小），而且有趣——很多人形容它为“快乐的弹跳”。

如果您想要一种有趣且低冲击的方式来增强力量、平衡感甚至提升精神状态，不妨考虑在新生命弹跳床进行反弹运动。您可以握住稳固的扶手，或者进行坐式弹跳——每天从2到5分钟开始。

为什么老年人喜欢它：

- 改善平衡与协调能力 → 降低跌倒风险（一项研究发现，患有骨质减少的老年人在平衡和协调性方面有改善）
- 温和增强骨骼（负重但不剧烈冲击）
- 提升情绪与活力（内啡肽+更好的脑部血液循环）
- 提高行动能力和腿部力量，如上下楼梯或外出买菜

安全入门贴士：

- 选择带有扶手的弹跳床以增加稳定性
- 从坐式或轻微弹跳（脚不离垫）开始
- 在室内进行——或许在和家人一起观看喜爱的电视节目时



Diet and Supplements: The Supporting Foundation for Strong Bones and Steady Steps

饮食与补充剂： 强健骨骼与稳定步伐的基础

Exercise and safety are powerful, but nutrition fuels the engine. Bones and muscles need specific nutrients to stay dense and resilient. A bone-friendly diet plus targeted supplements (only when needed) plays a supporting role that amplifies everything else.

运动和安全措施固然重要，但营养才是身体的燃料。骨骼和肌肉需要特定的营养来维持密度与强度。有益骨骼的饮食加上有针对性的补充剂能起到关键的辅助作用。

Focus on 3 stars:
**calcium, vitamin D
and protein**

重点关注三大营养：
**钙，维他命D，
蛋白质**

PROTEIN

VITAMIN
D

CALCIUM



Daily diet tips your parents
will actually enjoy:
您的父母会喜欢的日常饮食小贴士：

CALCIUM-RICH FOODS

富含钙的食物

Low-fat yoghurt (3–4 servings), cheese, kale, broccoli
低脂酸奶（3 - 4份）、奶酪、羽衣甘蓝、西兰花



VITAMIN D SOURCES

维他命D来源

Fatty fish (salmon, mackerel) twice a week, egg yolks plus safe sunlight
(10–15 minutes at midday with arms and legs exposed)
每周两次的富含脂肪的鱼类（三文鱼、鲭鱼），蛋黄以及适当的日晒
（中午时分，手臂和腿部暴露10至15分钟）



PROTEIN POWER

优质蛋白

Eggs, chicken, beans, lentils, nuts, yoghurt, or a small handful of almonds
鸡蛋、鸡肉、豆类、扁豆、坚果、酸奶或一小把杏仁



SUPPORTING PLAYERS

辅助营养

Leafy greens for vitamin K and magnesium, bananas and potatoes
for potassium, and colourful fruits/veggies to fight inflammation.
A Mediterranean-style plate—lots of fruit and vegetables, healthy fats
like Flaxseed Oil, moderate fish and poultry—has been linked to better
bone density.

绿叶蔬菜提供维他命K和镁，香蕉和土豆提供钾，色彩丰富的水果/蔬菜有助于抗炎。地中海式饮食——大量植物、健康的脂肪，如亚麻籽油、适量的鱼和禽肉——与更好的骨密度有关。



Supplements as smart support

补充剂作为明智的辅助

Calcium Complex supports strong bones, teeth, and overall mobility by providing essential minerals and cofactors for bone density and calcium absorption. Key nutrients like calcium, vitamin D, magnesium, boron, and others work together to enhance bone strength, reduce fall risk through better muscle function, and help prevent age-related bone loss in seniors.

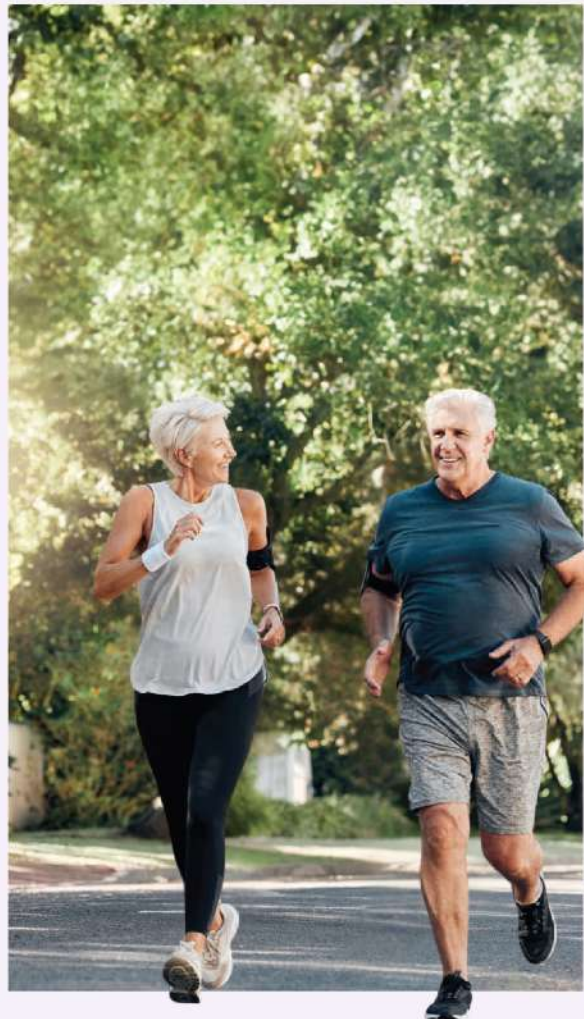
NewLife™ Calcium Complex provides a balanced, synergistic blend for daily bone support.

When your parents eat well and move safely, the results compound: stronger bones resist fractures, steadier legs prevent falls, and daily energy returns. Independence isn't lost with age—it's protected with love and smart choices.

钙合成剂通过提供对骨密度和钙吸收至关重要的矿物质和辅助因子，支持强健的骨骼、牙齿和整体活动能力。像钙、维生素D、镁、硼等关键营养素协同作用，能增强骨骼强度，通过改善肌肉功能降低跌倒风险，并有助于预防老年人的年龄相关性骨质流失。

新生命钙合成剂提供提供了一种平衡且协同的配方，为日常骨骼健康提供支持。

当您的父母饮食良好且安全活动时，效果会叠加：更强壮的骨骼能抵御骨折，更稳健的双腿能防止跌倒，日常精力也会恢复。通过关爱和明智的选择，独立性不会随着年龄的增长而丧失。



Your
Next

Step



您的下一步行动

Sit with Mum or Dad over a cup of chamomile tea, and pick one change this week—maybe a short walk together. Celebrate every win, no matter how small. You're not just helping them stay active; you're giving them the gift of continued freedom in the home they love.

Mobility truly is independence. With your support, your parents can keep walking their own path—safely, happily, and on their terms—for years to come.

与您父母一起坐下来喝杯洋甘菊茶，一起选择这周一个小改变——比如每天一起散步。庆祝每一个小进步。您不仅是在帮助他们保持活跃，更是在守护他们在熟悉的家中继续自由生活的能力。

行动力就是独立。在您的支持下，父母可以安全、快乐地走好自己的路，继续过他们想要的生活。



10 Aging-in-Place Features for Safer Living

10项贴心适老化改造，让家成为父母安心生活的港湾

Honouring our parents includes helping them stay active, safe and independent. Age-related changes in balance, strength and bone health can increase fall risk, but simple home adjustments can greatly support safe movement and daily independence. Here are 10 practical aging-in-place features to create a safer home:

爱父母，不只是陪伴，更包括帮助他们保持活跃、安全和独立。随着年岁渐长，身体的平衡感、力量和骨骼韧性可能悄然变化，但请放心：许多跌倒等意外伤害风险，其实可以通过周到的家居小改变来化解。这些调整不一定得大动干戈，以下是10项实用又暖心的适老化改造建议，切实提升居家养老的安全性、自主性与生活质量，让家真正成为父母长久安居、自在生活的温暖空间：

01 Wide Walkways & Doorways 宽敞的走道与门道

- Wider doorways and hallways (min 3 feet+) ease movement for walkers and wheelchairs.
- Continuous flooring reduces tripping hazards and eases movements.
- In kitchens, maintain at least a 48-inch clearance around islands for safe navigation.
- 门道与走廊宽度建议不少于3尺，方便轮椅、助行器等平稳通行；
- 地面尽量统一、无高差，避免门槛或突起，减少绊倒的危险，方便行动；
- 厨房岛台周边预留至少48寸回转空间，方便转身、取物与照护协作。

02 Single-Level Living 更安心的单层生活

- Single-floor layouts or minimal steps reduce fall risks.
- If steps are unavoidable, gentle ramps or handrails provide safer transitions.
- 若条件允许，优先考虑单层起居布局，减少上下楼带来的潜在风险；
- 如确需楼梯，应配置双侧连续扶手、设置缓坡过渡，让每一次上下都稳稳当当。

03 Grab Bars 扶手

- Install grab bars near showers and toilets for balance and support.
- 在马桶旁、淋浴区两侧及入口处安装承重扶手，以保持平衡和提供支撑。

04 Abundant Lighting 分层级照明系统配置

- Layered lighting with smart controls improves visibility and helps prevent accidents.
- Low-level LEDs and matte finishes guide nighttime movement and reduce glare.
- 分层照明搭配智能控制，提高可见度，有助于预防事故。
- 低亮度的LED灯和哑光表面引导夜间行动，减少眩光。

05 Easy-to-Grip Levers & Handles 易于抓握的开关与把手

- Lever-style faucets, sturdy cabinet pulls and large-button smart panels are easier to use with limited dexterity.
- Touch-free faucets add convenience and hygiene.
- 采用杠杆式水龙头、宽面抽屉拉手、大按键智能面板，降低操作难度；
- 推荐触控或红外感应水龙头，兼顾卫生、便利与优雅，让日常更从容。

06 No-Bend Features 免弯腰设计

- Wall ovens, pull-out drawers and raised appliances reduce bending and reaching.
- Pull-down or adjustable shelving and counters positioned at comfortable heights improve accessibility and support independence.
- 墙挂式烤箱、抽拉式调料架、抬高式电器减少弯腰和伸展的动作，让常用物品触手可及；
- 可升降台面、下拉式吊柜，让操作高度随人而变，照顾不同身高与体能状态。

07 Kerbless Showers 无门槛淋浴间

- Barrier-free entries prevent slips and allow easier access for wheelchairs and walkers.
- 平滑入室的淋浴区，无需跨步，既防滑又省力，轮椅或助行器也能轻松进出。

08 Shower Bench 淋浴凳/台墩式平台

- Provides a safe, comfortable place to sit while showering.
- Freestanding benches allow flexible positioning for caregivers or changing needs.
- 提供稳固、低矮的坐台，让老人坐着沐浴更安全与省力。
- 独立式淋浴凳提供灵活性，方便照顾者协助洗澡和更衣。

09 Handheld Sprayers 手持淋浴喷头

- Useful for seated showering and caregiver assistance.
- Slide-bar models can double as grab bars for added safety.
- 适用于坐浴淋浴，也方便家人协助洗护；
- 滑杆式喷头可调节高度与兼作扶手，一物多用，增加安全性。

10 Non-Slip Flooring 防滑地面

- Crucial in bathrooms and kitchens where wet surfaces are common. Choose textured tiles, mosaic patterns, or matte finishes to increase traction.
- Avoid high-gloss, polished materials, wax coatings and natural stone without anti-slip treatment.
- 浴室、厨房等易湿区域，优选纹理瓷砖、微晶石复合防滑砖或哑光釉面砖增强摩擦力；
- 避免高光、抛光材质，蜡质涂层及无防滑处理的天然石材，让每一步都稳稳落脚。

The Silent Trio:

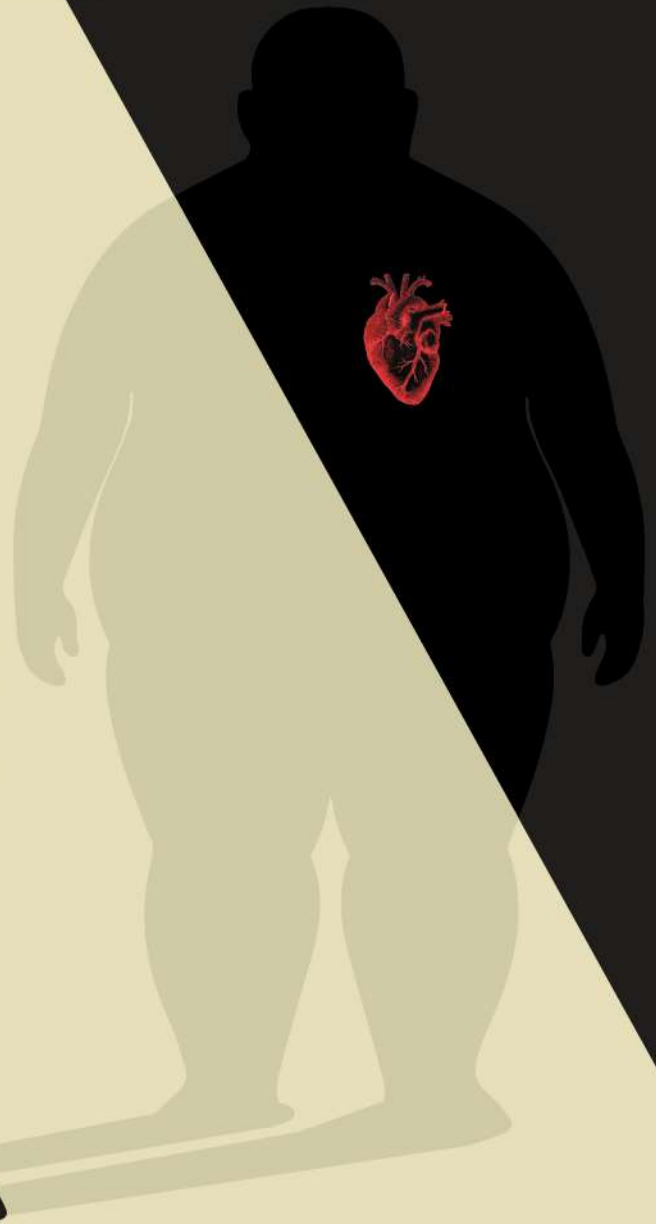
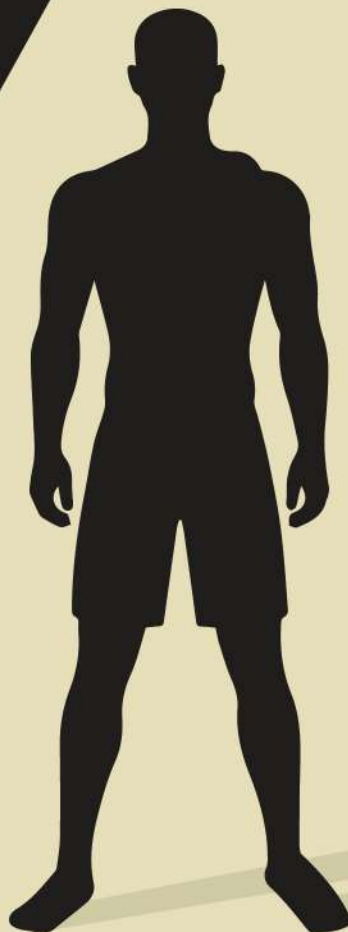
Blood Pressure,
Cholesterol and
Blood Sugar

无声三高：

血压、胆固醇
与血糖

Metabolic syndrome is a serious but often under-discussed cluster of conditions that frequently appears together in our elderly parents. It significantly amplifies the risks tied to the "silent trio" of high blood pressure, high cholesterol and high blood sugar. By understanding metabolic syndrome, adult children like you can offer more targeted, compassionate support through everyday family guidance and lifestyle tweaks.

代谢综合征是一种严重但常被忽视的问题，它在我们的老年父母中常常同时出现。它显著增加了高血压、高胆固醇和高血糖这“无声三高”相关的风险。了解代谢综合征，作为成年子女的您就能通过日常的家庭指导和生活方式调整，为父母提供更有针对性、更贴心的支持。



What Is Metabolic Syndrome?

什么是代谢综合征

Metabolic syndrome isn't one disease—it's a group of five interconnected risk factors that often occur together. Doctors diagnose it when a person has at least three of these:

1. **Abdominal obesity (excess fat around the waist)**
2. **Elevated blood pressure**
3. **High blood sugar**
4. **High triglycerides**
5. **Low HDL cholesterol ("good" cholesterol)**

In everyday terms: The body's metabolism gets out of balance, often starting with insulin resistance (cells resist insulin signals), leading to higher blood sugar levels, belly fat buildup, abnormal blood fats and extra strain on blood vessels.

代谢综合征并非单一疾病，而是五种密切相关风险因素的组合。根据国际通用诊断标准，满足以下五项指标中的至少三项即可确诊：

1. **腹部肥胖（腰围超标）**
2. **高血压**
3. **高血糖**
4. **高甘油三酯**
5. **低HDL胆固醇（“好”胆固醇）**

根本原因常是胰岛素抵抗——继而导致细胞对胰岛素反应减弱，进而引发高血糖、内脏脂肪堆积、血脂紊乱和血管损伤。

Why It Matters ?

危害严重

Metabolic syndrome dramatically increases the odds of:

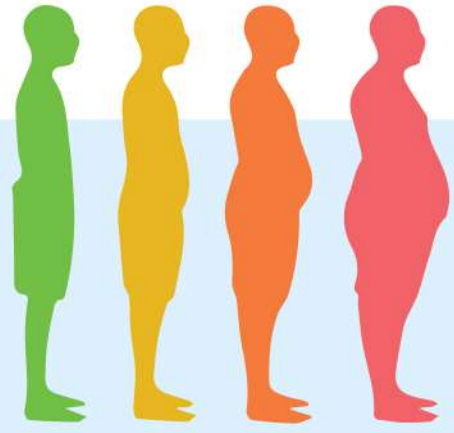
- **Type 2 diabetes (up to 5 times higher risk)**
- **Heart disease, heart attacks and blocked arteries**
- **Stroke**
- **Kidney issues and fatty liver disease**
- **Fatigue, reduced mobility, and loss of independence from poor circulation or complications**

In older adults, natural aging (stiffer arteries, slower metabolism, muscle loss) makes these risks even higher. Many seniors have one or two of the "3 highs" already, and metabolic syndrome turns them into a powerful, clustered threat. Urban lifestyles, dietary shifts (more refined carbs, sugary drinks, processed foods), and less daily movement after retirement fuel this.

代谢综合征显著增加以下风险：

- **2型糖尿病风险升高至5倍**
- **心脏病、心梗、动脉硬化风险显著上升**
- **中风**
- **慢性肾病、脂肪肝风险增加**
- **由于血液循环不良或并发症导致易疲劳、行动受限，甚至丧失生活自理能力**

老年人风险更高：动脉硬化、代谢减慢、肌肉流失本就随年龄加重；若已有“三高”中的一项或两项，再叠加其他因素，危害呈协同放大。城市化生活方式——高糖高加工饮食、久坐少动——是主要推手。



Prevalence in Singapore and Malaysia, Especially Among Older Adults

新加坡和马来西亚的流行情况， 尤其在老年人群中

The burden is substantial in our region, with recent data showing high rates:

- **Malaysia:** A 2023 nationwide community study found overall prevalence of metabolic syndrome at 35.9%. It rises sharply with age—70.7% among those aged 60 and above. Abdominal obesity affects over half (52.8%), high blood pressure 43.4%, low HDL 44.6%, high triglycerides 33.4%, and elevated glucose 21.5%.
- **Singapore:** While nationwide metabolic syndrome figures vary by criteria, older adults face higher rates. Studies show around 41% prevalence in those aged 65 and above, rising to 50% in those aged 85 years and above. Diabetes prevalence exceeds 20% in those aged 60 years and above, and obesity trends contribute strongly. Singapore's rapid aging (with a quarter of the population aged 65 and above by 2030), together with rising rates of obesity and being overweight, makes metabolic syndrome a growing concern.

在新马地区，这一负担相当沉重，近期数据显示其发病率很高：

- **马来西亚（2023年全国数据）：**代谢综合征的整体患病率35.9%，60岁以上高达70.7%。主要表现：腹部肥胖（52.8%）、高血压（43.4%）、低HDL（44.6%）、高甘油三酯（33.4%）、高血糖（21.5%）。
- **新加坡：**尽管全国范围内的代谢综合征患病率因标准不同而有所差异，但老年人的患病率较高。研究表明，65岁以上患病率约41%，85岁以上则高达50%。在60岁及以上人群中，糖尿病患病率超过20%。人口快速老龄化（2030年四分之一为65岁以上）叠加肥胖上升，使得代谢综合征问题日益紧迫。

Causes and Risk Factors – Common in Later Life

成因与风险因素——老年常见

1. Diet 饮食

Long-term high refined carbs/sugars, salty foods (e.g., mee goreng, char kway teow) and less fibre-rich vegetables.

长期摄入高精制碳水化合物/糖分、高盐食物（如炒面、炒粿条）以及蔬菜纤维摄入不足

2. Aging changes 年龄变化

Muscle loss, hormonal shifts. 肌肉流失、激素变化

3. Abdominal fat buildup 腹部脂肪堆积

Common with aging, lower activity levels, and diets high in white rice, roti, nasi lemak or teh tarik.

与年龄增长、活动减少及常吃白饭、椰浆饭、印度煎饼、椰浆饭或拉茶等高热量食物相关。

4. Insulin resistance 胰岛素阻抗

The core issue, worsened by belly fat releasing inflammatory signals.

核心问题，腹部脂肪释放炎症因子使其恶化

5. Sedentary habits 久坐生活方式

Post retirement routines with less walking or household activity.

退休后日常活动，走路或做家务的时间减少。

6. Others 其他

Stress, poor sleep, and unhealthy habits like smoking and drinking alcohol.

压力、睡眠不足以及吸烟和饮酒等不良习惯

Fast-paced urban life, hawker food culture and family-sized portions often contribute subtly over decades.

快节奏生活、小贩饮食文化与大份量家庭餐，数十年累积推高风险。



Symptoms – Why It's "Silent" Like the Trio

症状——为什么它像“三高”一样无声无息

Early on, few obvious signs—parents may just feel more tired, thirsty or short of breath. Numbness or blurred vision can appear later from sugar damage. Most discover it only through routine checks showing high readings or a complication.

早期几乎无症状：仅易疲劳、口渴、气短；后期才出现手麻、视物模糊（高血糖损伤所致）。多数人直到体检异常或突发并发症才发现问题。

Supporting Your Parents in Managing Metabolic Syndrome

作为成年子女，您如何支持代谢综合征患者的管理

Metabolic syndrome is often reversible—with consistent, gentle changes. Prioritise family involvement over strict rules.

Start with one change at a time; track your waist circumference, weight, BP/blood sugar readings, and energy levels monthly. Many families notice steadier health over time.

代谢综合征通常是可逆的——只要持续做出温和的改变。优先考虑家庭参与，而非严格的规则。

每次只启动一项改变；每月记录腰围、血压/血糖值、精力状态。坚持数月，多数家庭可见稳定改善。

1

Weight focus 减重

Even a 5-10% loss helps all components. Use smaller plates for rice/noodles; fill half with vegetables or salad. 体重减轻5% - 10%即可显著改善代谢综合征的各项核心组分。建议用小碗盛主食，餐盘一半以上放蔬菜或沙拉。



2

Local-friendly diet 吃得更本地化

Smaller portions of brown rice/quinoa, more fish, tauhu/tempeh, eggs and vegetables. Flavour with garlic/ginger/lime instead of excess soy sauce or belacan. Swap sugary drinks for water or unsweetened herbal teas. Add fruits like papaya or guava.

选小份糙米/藜麦；多摄取鱼、豆腐、豆豉、鸡蛋、深色蔬菜；用姜、蒜、青柠提味，少用酱油、虾酱；喝白水或无糖草本茶；多吃木瓜或番石榴等低升糖水果。



3

Movement 走动

30 minutes daily: family walks in parks, tai chi, or light marketing. In Singapore, use HDB stairs or void decks; in Malaysia, evening strolls.

每天动30分钟：全家公园散步、打太极、买菜；新加坡可走组屋楼梯或空地活动，马来西亚宜傍晚散步。



4

Monitoring 家中监测

Track BP/glucose levels at home with BP/glucometer kits. 协助使用血压计、血糖仪。



Foundational Support 基础支持

The 7 Essentials form a gentle daily foundation to address gut health, detoxification, nutrient gaps, enzyme support, and electrolyte balance—key to managing the silent trio and metabolic syndrome.

7大要素为您奠定温和的每日健康基础，有助于改善肠道健康、促进排毒、弥补营养不足、提供酶支持以及维持电解质平衡——这些都是管理“三高”和代谢综合征的关键因素所在。

7 ESSENTIALS 大要素



- **Herbal Klenz/Herbal Matrix Powder** — Gentle fibre cleanse for better waste elimination and reduced toxic load.
- **ImmuFlora®** — Live probiotics to restore gut flora, reduce inflammation, and support blood sugar/cholesterol balance.
- **K-Salt** — Potassium-rich salt alternative to ease blood pressure and fluid retention.
- **Flaxseed Oil** — Plant-based omega-3s for lower triglycerides, better insulin sensitivity and arterial health.
- **Super Green Food++** — Concentrated greens for antioxidants, fibre and metabolic vitality.
- **Liverin** — Herbal liver support (Milk Thistle + others) for fat/cholesterol processing and detox.
- **N.Zimes PA Plus™** — Broad-spectrum enzymes for improved digestion and nutrient uptake.

- **天然净化粉**：温和的纤维清洁剂，有助于改善排泄，减轻毒素负担。
- **免疫激菌植**：活性益生菌，有助于恢复肠道菌群，减轻炎症，支持血糖/胆固醇平衡。
- **钾质**：富含钾的盐替代品，有助于降低血压和减少体液滞留。
- **亚麻籽油**：植物来源的奥美加-3，有助于降低甘油三酯，提高胰岛素敏感性，维护动脉健康。
- **特超绿食品++**：富含抗氧化剂、纤维和代谢活力的浓缩绿粉。
- **肝脏宝**：草本肝脏支持剂（水飞蓟+其他），有助于脂肪/胆固醇的处理和排毒。
- **胰酶(植物)添加素**：广谱酶，有助于改善消化和营养吸收。

Targeted Add-Ons 针对性补充



Garlic & Parsley 蒜与欧芹油

Supports circulation, normal blood pressure, and healthy cholesterol levels.

支持血液循环、正常血压和健康胆固醇水平。



Cholestion 减固醇

Gentle natural support for maintaining healthy LDL/total cholesterol.

温和的天然辅助成分，有助于维持健康的低密度脂蛋白/总胆固醇水平。



Niacin (Vitamin B3) 血液循环补充丸

Supports lipid profiles (lowers triglycerides, raises HDL), energy metabolism, and heart health (start low; doctor-guided).

助于改善血脂状况（降低甘油三酯、提高高密度脂蛋白）、促进能量代谢和心脏健康（起始剂量低；请遵医嘱）。



Chromium Picolinate 有机铬

Enhances insulin action, stabilises blood sugar, and aids cholesterol balance.

增强胰岛素作用，稳定血糖，有助于胆固醇平衡



Extra Virgin Coconut Oil 特级初榨纯鲜椰子油

Medium-chain fats for stable energy, insulin sensitivity, and HDL support.

中链脂肪，为稳定能量、提高胰岛素敏感性和高密度脂蛋白提供支持。



Dr Lynn Tan's Detoxification & Rejuvenation Programme (DRP) 陈林希珠博士的排毒与复健计划 (DRP)

Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP) offers a gentle, natural starting point to address root causes: accumulated toxins (toxemia) and nutritional deficiencies that burden the body and worsen these conditions.

陈林希珠博士的排毒与复健计划 (DRP) 提供了一个温和、自然的起点，以解决根本原因：积累的毒素（毒血症）和营养缺乏，这些因素给身体带来负担并使这些状况恶化。

How the DRP Helps DRP如何帮助改善

The 7-day (or extendable) programme uses the NewLife™ 7 Essentials together with a simple cleansing diet of fresh fruits, vegetables, juices and light meals. It works by:

- **Removing toxins and waste** — Herbal Matrix Powder/Herbal Klenz gently sweeps the colon, improving elimination and reducing the toxic load that fuels inflammation and insulin resistance.
- **Restoring gut balance** — ImmuFlora® replenishes friendly bacteria, which helps regulate blood sugar and cholesterol processing.
- **Supporting key organs** — Liverin aids liver detoxification and fat metabolism, while N.Zimes PA Plus™ improves digestion and nutrient absorption.
- **Replenishing nutrients and balance** — Super Green Food++, Flaxseed Oil, and K-Salt provide antioxidants, omega-3s, potassium and alkaline support to ease blood pressure, stabilise sugar levels, and promote healthier lipid profiles.

这7天（可延长）计划使用新生命7大要素，搭配简单的清洁饮食，包括新鲜水果、蔬菜、果汁和清淡餐食。其作用机制为：

- **清除毒素和废物**——天然净化粉轻柔地清洁结肠，改善排泄，减少引发炎症和胰岛素抵抗的毒素负荷。
- **恢复肠道平衡**——免疫激菌植补充有益菌，有助于调节血糖和胆固醇处理。
- **支持重要器官**——肝脏宝有助于肝脏排毒和脂肪代谢，而胰酶（植物）添加素改善消化和营养吸收。
- **补充营养和平衡**——特超绿食品++、亚麻籽油和钾质提供抗氧化剂、奥美加-3、钾和碱性支持，以缓解血压、稳定血糖水平，并促进更健康的血脂状况。



Real Benefits of DRP for the 3 Highs DRP对三高的益处

By clearing toxins, reducing inflammation, and restoring metabolic harmony, many participants report:

- Steadier blood pressure readings (often normalising naturally)
- Improved cholesterol balance
- Better blood sugar control
- Increased energy and reduced water retention

Testimonials from NewLife™ families frequently mention normalised blood pressure, cholesterol and glucose levels after completing the DRP, along with easier weight management and greater vitality.

It is recommended to go through the DRP at least once a year. The DRP can be done at home or at NewLife™ Health Retreats.

通过清除毒素、减轻炎症和恢复代谢平衡，许多参与者反馈：

- 血压更稳定（通常会自然恢复正常）
- 胆固醇改善
- 血糖控制更好
- 精力提升和减轻水肿

来自新生命大家庭的见证分享，在完成DRP后，血压、胆固醇和血糖水平恢复正常，体重管理更轻松，活力更充沛。

建议每年至少进行一次DRP。DRP可以在家中进行，也可以在新生命健康疗养中心进行。

Quick Tips 快速提示

Start with the 7 Essentials daily. Add 1–2 targeted supplements as needed.

This simple, natural approach helps many families achieve steadier readings, more energy, and better heart/metabolic health.

每日先从7大要素开始。根据需要添加1至2种针对性补充剂。这种简单、自然的方法帮助许多家庭实现了更稳定的指标、更多的能量和更好的心脏/代谢健康。

Care

You Can Feel

看得见的关爱，感受得到的健康



Celebrate **Mum & Dad** with the gift of strength and protection. Because the best way to say "Thank You" is to keep them **strong, healthy and smiling** every day.

送父母一份力量与守护——强健体魄，安心相伴。因为最好的感谢，是让他们每天都**健康、安心、笑容常在**。

LIMITED TIME PROMOTION
限时特价优惠

Clearance Offer

清仓优惠

No BV/PV
无花红及分数

U.P.: S\$30.60

S\$
13

EXP: 08/26



U.P.: S\$39.50

S\$
19

EXP: 09/26



U.P.: S\$33.55

S\$
18

EXP: 05/27



KELP

海藻宝

- Boosts circulation and nourishment to the brain
- Supports thyroid health with natural iodine
- Provides amino acids and 22 essential minerals
- Enhances energy, endurance and metabolism
- Reduces stress and tension
- Promotes healthy growth in children

- 促进血液循环，为大脑提供营养
- 含天然碘，支持甲状腺健康
- 提供氨基酸和22种必需矿物质
- 提升能量、耐力和新陈代谢
- 减轻压力与紧张

GARLIC & PARSLEY

蒜与欧芹油

- Contains natural antibacterial, antiviral, antifungal and antioxidant properties
- Immune booster and blood detoxifier
- Supports digestion and skin health

- 含有天然抗菌、抗病毒、抗真菌及抗氧化特性
- 增强免疫力并帮助血液排毒
- 支持消化系统与皮肤健康

CHROMIUM PICOLINATE

有机铬

- Helps control blood sugar
- Reduces carbohydrate and sugar cravings
- Regulates blood cholesterol to prevent cardiovascular disease
- Increases lean body mass and promotes weight loss

- 有助于控制血糖
- 减少碳水化合物和糖分的渴望
- 调节血液胆固醇，预防心血管疾病
- 增加瘦体重并促进减肥

NEWLIFE™ 7 ESSENTIALS

Daily Foundation for Total Wellness

新生命7大要素 每日健康基础营养组合

A powerful combination of 7 synergistic formulas designed to support detox, digestion, immunity, and overall vitality:

- Cleanse & Detox – Herbal Klenz & Liverin
- Restore Gut Health – ImmuFlora®
- Balance Electrolytes – K-Salt
- Nourish the Body – Super Green Food++
- Essential Omega-3s – Omega Gold Flaxseed Oil
- Improve Digestion – N.Zimes™ PA Plus

由七种协同配方组成的强大组合，旨在帮助进行排毒、促进消化、增强免疫力以及提升整体活力：

- 清洁与排毒——天然净化及肝脏宝
- 修复肠道健康——免疫激活植
- 平衡电解质——钾质
- 滋养身体——特超绿食品
- 必需奥美加-3脂肪酸——亚麻籽油
- 改善消化——胰酶(植物)添加素



7 ESSENTIALS with Apple Cider Vinegar & Pure Raw Honey

7大要素+有机苹果醋及纯天然生蜂蜜

NP065 U.P per pack/套: S\$413.45

Simple. Complete. Effective. Daily Wellness.
简单·全面·高效·每日健康守护

Buy 购买
7 ESSENTIALS
PACK (NP065)
大要素配套

at 5% off 折扣

Full BV/PV
完整花红和分数

+
free 1
免费 1

ColostrumX 初乳奶粉

worth
赠品价值
S\$ 69.25

Stronger Every Day
每日强健之选

- Enhances immunity & natural defence
- Helps maintain energy & vitality
- With DHA & EPA to support memory, focus & brain health
- Contributes to heart health
- Promotes digestive comfort
- Supports daily recovery & overall wellness
- Suitable for the whole family

- 提升免疫力，强化天然防御
- 帮助保持精力和活力
- 含 DHA 和 EPA，有助于记忆力、专注力和大脑健康有益心脏健康
- 促进消化舒适
- 支持日常恢复和整体健康
- 全家适用



Twin Pack Deal

双包装优惠

Full BV/PV
完整花红和分数

at

5%
off
折扣

折扣



U.P per pc/件.:
S\$27.50

B COMPLEX B综合丸

- Contains ALL of the significant B vitamins
- Excellent energy booster
- Promotes cognitive function and lifts your mood
- Lowers cholesterol and helps prevent cardiovascular disease
- Preserves your vision and reduces the risk of cataracts
- Promotes healthy skin and hair.
- 含有所有重要的维生素B群
- 极佳的能量提升来源
- 促进认知功能并提升情绪
- 有助于降低胆固醇，预防心血管疾病
- 保护视力，降低白内障风险
- 促进皮肤与头发健康



U.P per pc/件.:
S\$49.50

CALCIUM COMPLEX 钙合成剂

- Delivers 10 key nutrients for strong bones
- 100% dairy-free in easy-to-absorb soft gelatin capsules
- Fortified with boron
- Includes chelated minerals for better absorption and detoxification of toxic metals
- 提供10种关键营养素，促进骨骼强健
- 100% 不含乳制品，采用易吸收的软胶囊形式
- 添加硼元素强化配方
- 含螯合矿物质，有助于提升吸收率并促进有害金属排出

UNSALTED NUTRITIONAL YEAST

无盐营养酵母

U.P per pc/件.:
S\$23.00



Product of Australia
澳大利亚原产

Benefits for Older Adults

1. Nutrient-dense support

- Provides concentrated nutrition in small servings—ideal for reduced appetite
- Contains protein, B vitamins, and essential minerals like zinc and selenium for overall wellbeing

2. Supports muscle maintenance

- Provides plant-based protein to help meet the increased protein needs of older adults
- Supports the maintenance of muscle strength and mobility with aging

3. Rich in B vitamins

- Supports energy, brain and nerve function
- Helps prevent vitamin B12 deficiency

4. Low in sodium

- Suitable for those managing hypertension or heart health

5. Easy to eat and digest

- Good for those with chewing or swallowing difficulties
- Can be sprinkled onto porridge, soups, or mashed vegetables

6. Enhances appetite

- The savoury "cheesy" taste helps improve food enjoyment if appetite is low

专为老年人设计的健康支持

1. 高营养密度

小份即饱含优质植物蛋白、B族维生素（含天然B12）、锌与硒，轻松应对食欲下降

2. 助力肌肉健康

延缓年龄相关肌肉流失，维持力量与日常活动能力

3. 活力神经支持

B族维生素协同促进能量代谢、大脑清晰度与神经功能，预防B12缺乏

4. 低钠安心之选

钠含量极低，适合高血压及心血管健康管理人群

5. 温和易用易吸收

质地细腻，无需咀嚼，温和不刺激；可即食添加于粥、汤、蒸蔬菜或酸奶中

6. 天然提味开胃

浓郁“奶酪”鲜香，提升食物风味，激发进食兴趣

Buy 2nd & Enjoy

第二件享有

40%

off 折扣

2nd pc No BV/PV
第二件无花红及分数

RADIANCE SCRUB

滢亮焕采磨砂纤维

U.P per pc/件.:
S\$22.00



Formulated with a unique blend of micronised pine cellulose and plant-based exfoliants, this nourishing body scrub offers effective skin renewal. Enriched with calming lavender essential oil, it deeply hydrates while soothing your senses. Perfect for full-body use, it cleanses and revitalizes, leaving your skin feeling soft, smooth and rejuvenated.

采用独特配方，将微米化松木纤维与植物性去角质成分结合，这款滋养型身体磨砂膏可有效促进肌肤更新。富含舒缓的薰衣草精油，在深层保湿的同时放松身心。适用于全身使用，能够洁净并焕活肌肤，使肌肤柔软、光滑且焕发新生。

EL-NATURAL TOOTH PASTE

天然牙膏

U.P per pc/件.:
S\$8.40

- No fluoride, SLS or parabens
- Contains bee propolis, aloe vera and essential herbal oils
- Natural spearmint flavour
- Sweetened with stevia, sobitol and xylitol
- Suitable for all ages and sensitive teeth
- 不含氟、（月桂基硫酸钠）或对羟基苯甲酸酯（防腐剂）
- 含有蜂胶、芦荟及天然草本精油
- 天然留兰香口味
- 采用甜菊糖、山梨醇和木糖醇调味
- 适合所有年龄层及敏感性牙齿使用



PWP

with any purchase

任意消费金额即可享用

加购优惠

S\$12

100% cotton luxury bath towel (612 gsm):
plush, absorbent and spa-worthy
100% 纯棉奢华浴巾 (612 gsm):
柔软蓬松、吸水性强，带来水疗级享受



Terms & Conditions:

1. Promotion period: 1 May to 30 June 2026, or while stocks last.
2. Discounted items and free gift carries no BV/PV, unless stated otherwise.
3. Not valid with any other concurrent promotions or APP.
4. No goods return or exchange allowed.
5. Other terms & conditions apply.
6. NewLife™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

条款与细则:

1. 促销活动期: 2026年5月1日至6月30日, 或存售完为止。
2. 折扣商品与赠品无花红及分数, 除非另有说明。
3. 不可配合其他同期间的促销活动或自动订货计划。
4. 不允许退货或交换。
5. 附有其他条款与细则。
6. 新生命有权随时更改或修订促销活动的条款与细则, 恕不另行通知。





NEWLIFE™

HEALTH RETREAT

13-18 April 2026

A Journey of Reset and Renewal

新生命健康生活营 (2026年4月13日至18日)
身心重启之旅





Held at Kasih Sayang Hill Resort in the tranquil heights of Kokol Hill, Sabah, the NewLife™ Health Retreat offered participants a serene space to rest, reset and reconnect, surrounded by crisp mountain air and breathtaking views from Mount Kinabalu to the sea.

Guided by Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP), participants experienced gentle yet meaningful shifts as the body worked to support its natural processes of elimination and restoration, encouraging greater balance across nutritional, hormonal and metabolic functions.

Participants reported feeling noticeably lighter, with earlier feelings of lethargy replaced by renewed energy and clarity. Many also shared feeling "clean" from within as they experienced the body's natural release of accumulated encrustation, supporting a deeper sense of renewal. Some participants further noted reduced discomfort in previously affected areas such as the back and feet, as well as personal observations of improved blood pressure readings and weight reduction, adding to their overall sense of ease, comfort and wellbeing.

Nourishment was central to the experience, with meals prepared using only natural ingredients such as fresh fruits, vegetables, herbs, as well as in-house yoghurt and yoghurt cheese. Simple, clean and deeply satisfying.

As the retreat concludes, participants carry forward a renewed sense of balance and a deeper awareness of mindful living, continuing the journey beyond these few days.

Our next NewLife™ Health Retreat is just around the corner. For more details, please turn to back cover.

Until we meet again.

健康生活营在沙巴州可可山清幽的Kasih Sayang山间度假村度假村举行。这里云雾轻绕、山风清冽，周围是京那巴鲁山与海天连接的壮丽景色，提供了参与者一个憩静翠绿静谧的空间，让他们得以休憩、重置节奏，也与自己、与大自然重新连结。

生活营的核心为陈林希珠博士创研的排毒与复健计划（DRP），旨在促进机体深层排毒净化和修复，促进营养吸收、激素平衡与代谢功能。

参与者们表示感觉身体轻盈了许多，倦怠感消退了，精力与专注力也有显著提升。许多人还分享说，他们从内而外感觉“干净”了，因为体验到了身体自然排出代谢残留积聚的宿便。一些参与者还提到，之前受影响的部位，如背部和脚部的不适感减轻了。部分人还观察到血压下降、体重减轻，这都让他们整体上感觉更加轻松和健康。

生活营全餐食采用天然食材：当季蔬果、草本香料、自制酸奶及酸奶酪。无添加、无加工、满满生机。

短短六天，不止是休憩，更是身心节奏的校准。离开时，参与者带走的不仅是轻盈体态，更是对有意识生活的切实体悟与持续践行力。

下一次的新生命健康生活营即将来开启。详情请见封底。

期待再会。



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



新生命健康生活营

HEALTH RETREAT

15 - 19.9.2026 | MILLENNIA VILLAGE, NEGERI SEMBILAN
森美兰州千禧苑

5D4N DR LYNN TAN'S DETOXIFICATION & REJUVENATION PROGRAMME (DRP)
五天四夜 陈林希珠博士的排毒与复健计划(DRP)

FEES PER PERSON 每人费用	SINGLE OCCUPANCY 单人入住	TWIN SHARING 双人合住	FEES INCLUDE 费用包括
SUPER EARLY BIRD 超级早鸟优惠	SS\$2,200 VALID UNTIL 截止日期: 31.5.2026	SS\$1,950	<ul style="list-style-type: none"> Accommodation DRP set DRP meals & juices Guided exercises and hikes Consultations (upon request) Seminars & workshops
REGULAR 常规营费	SS\$2,700 CLOSING DATE 截止日期: 8.8.2026	SS\$2,400	<ul style="list-style-type: none"> 住宿 全套DRP DRP餐和蔬果汁 向导带领运动和森林徒步 咨询(按需提供) 研讨会及工作坊
NON-DRP (PER PERSON, TWIN SHARING) 非DRP参与者(每人费用, 双人合住)		SS\$880	<ul style="list-style-type: none"> Accommodation 3 meals per day Guided exercises and hikes Seminars & workshops

DEVELOPMENT OF CHRONIC AND DEGENERATIVE DISEASES >>>>
慢性与退行性疾病的发展



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

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

TERMS AND CONDITIONS APPLY 附有条规与细则

