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# Life Line

newlife.my

## YOUR LIVER WORKS 24/7

Modern life may be asking too much of it.

您的肝脏全天候工作  
现代生活正把它推向极限

Your liver is remarkably forgiving.  
Until it isn't.

它的忍耐力惊人，  
直到突然它不能再承受。



*Congrats,*  
**ACHIEVERS!**  
恭喜, 成就者!

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SUZI MOI-QUEK

**15%**  
ACHIEVERS

**april & may 2026**

MOI YAN LIN ABIGAIL

**april 2026**

CHONG KIM MOI  
SURIA BINTE MOHAMED  
TAN LEE KENG (LILY)

**may 2026**

OBED-EDOM PTE. LTD.  
SYARIKAT ADIL

**18%**  
ACHIEVERS

**april 2026**

CHEN KIM LING  
LEE NYOK FOON  
SYARIKAT ADIL  
KONG WAI YIN  
WELLNESS INC

**may 2026**

YEUNG YEE NOG

**21%**  
ACHIEVERS

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IRENE CHONG CHUAY PENG

**may 2026**

CHONG KIM MOI

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## Is Your Liver Under Stress?

您的肝脏超负荷了吗？



Signs, risks and  
natural support  
strategies

迹象、风险因素与  
天然支持策略

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# 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。

## 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”。

## 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。

## 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

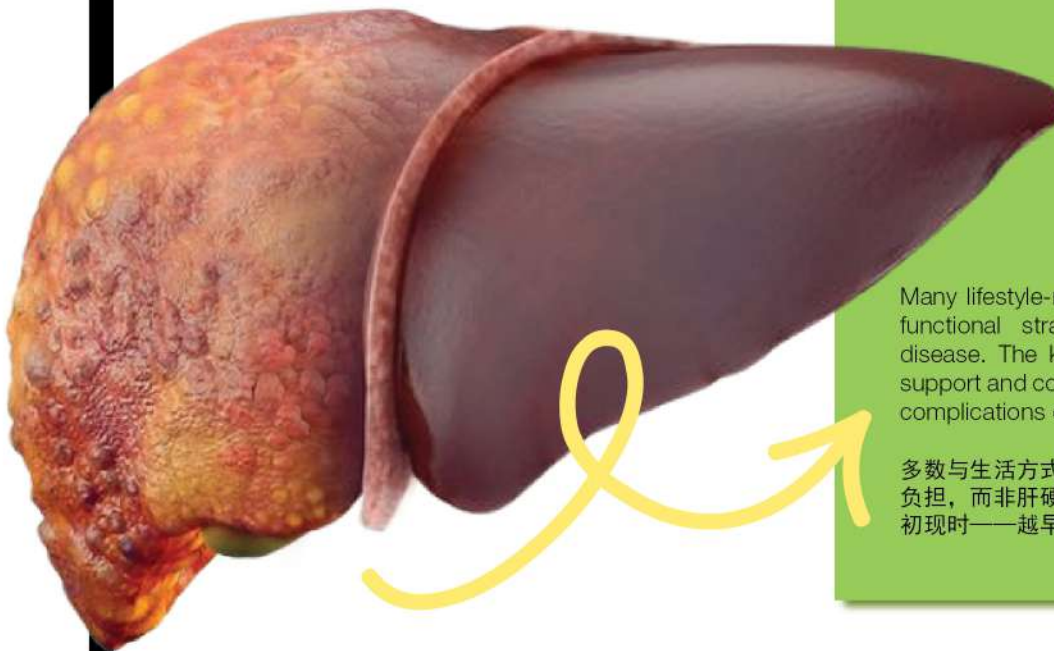
This is why liver function is increasingly discussed alongside modern lifestyle concerns such as chronic fatigue, stubborn weight gain, and metabolic slowdown.

## 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，支持其天然的排毒机制。

### 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體系。

## 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.

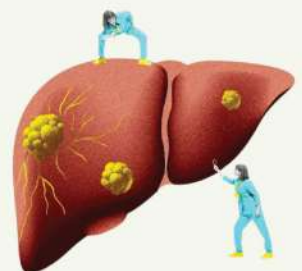
Healthy lifestyle habits, together with structured programmes such as DRP and NHBP and targeted nutritional support like Liverin, can help support the body's natural recovery processes and long-term liver wellness.

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。



# FATTY LIVER:

The Silent Epidemic

脂肪肝：无声的流行病



Around **1 in 3** adults have it.  
Most have no clue.

约**三分之一**的成年人患有脂肪肝。  
大多数人对此毫不知情。

**ARE YOU AT RISK? 您有风险吗?**

## What Is Fatty Liver Disease?

Fatty liver disease occurs when excess fat accumulates in liver cells. While a small amount of fat is normal, problems arise when fat exceeds about 5–10% of liver weight, affecting normal liver functions.

There are two main types:

- Alcoholic fatty liver disease – associated with excessive alcohol consumption
- Non-alcoholic fatty liver disease (NAFLD) – linked to metabolic and lifestyle factors

NAFLD is strongly associated with metabolic conditions such as insulin resistance, obesity, type 2 diabetes and abnormal blood lipids.

Today, it is estimated that **around 1 in 3 adults worldwide is affected by NAFLD**, reflecting its emergence as a major liver health concern.

## 什么是脂肪肝?

脂肪肝是指肝脏细胞内脂肪堆积过多。虽然肝脏内有一定量的脂肪是正常的，但当脂肪含量超过肝脏重量的5%至10%时，就会出现健康问题，影响肝脏的正常功能。

脂肪肝分两类：

- 酒精性脂肪肝（长期过量饮酒所致）
- 非酒精性脂肪性肝病（NAFLD）：更常见，与代谢紊乱密切相关——如胰岛素抵抗、腹型肥胖、2型糖尿病、高甘油三酯。

非酒精性脂肪性肝病与胰岛素抵抗、肥胖、2型糖尿病和血脂异常等核心代谢紊乱密切相关。

全球约三分之一成年人患有非酒精性脂肪性肝病，已成为最常见的慢性肝病。

## Why Fatty Liver Matters?

Fatty liver disease is not simply the presence of fat in the liver. Over time, it can progress through several stages:

- **Simple fatty liver (steatosis):** Fat accumulation with little or no inflammation
- **Steatohepatitis (MASH/NASH):** Fat accumulation with inflammation and liver cell injury
- **Fibrosis:** Early scarring of liver tissue
- **Cirrhosis:** Advanced scarring with permanent structural damage
- **Liver failure or liver cancer:** Possible long-term complications in severe cases

Early stages may be reversible, but advanced scarring is usually permanent.

Understanding this progression explains why early detection and intervention are critical.

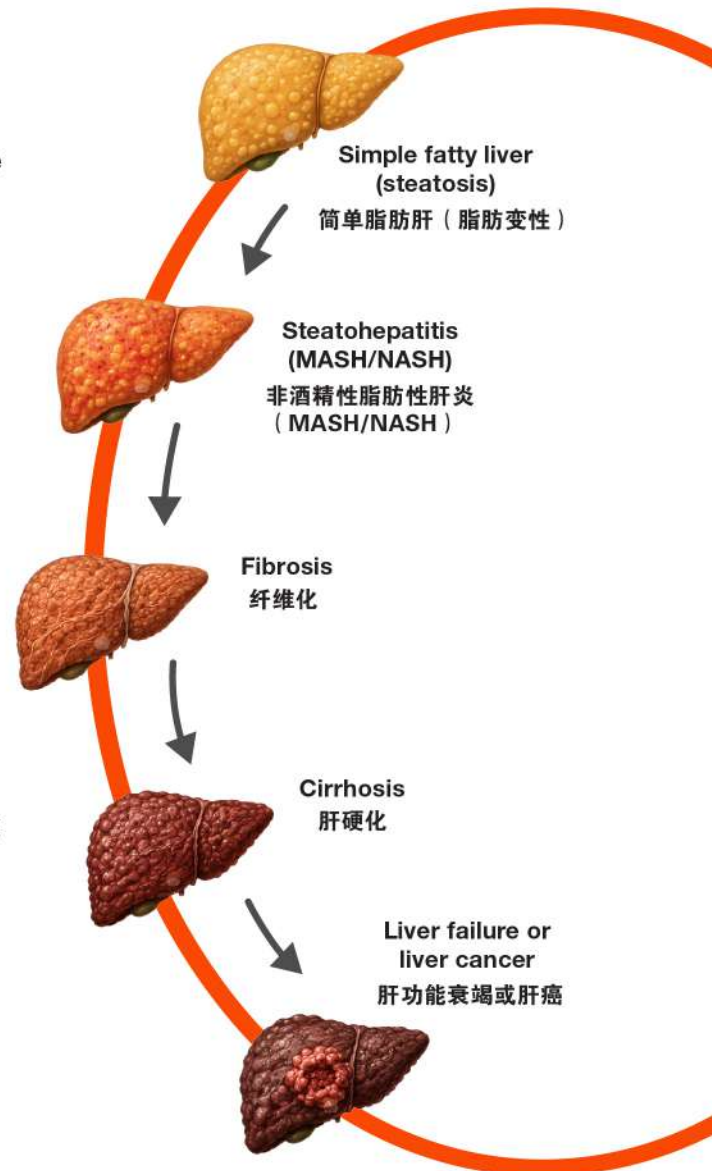
## 为何肝脏健康关乎全局?

脂肪肝并非只是一点脂肪堆积，而是可能进展为：

- **简单脂肪肝（脂肪变性）：**脂肪堆积但几乎没有或没有炎症
- **非酒精性脂肪性肝炎（MASH/NASH）：**脂肪堆积伴有炎症和肝细胞损伤
- **纤维化：**肝脏组织早期出现瘢痕
- **肝硬化：**晚期瘢痕形成，造成永久性结构损伤
- **肝功能衰竭或肝癌：**严重病例可能出现的长期并发症

早期非酒精性脂肪性肝病具有可逆性；然而，一旦发展为晚期肝纤维化或硬化，则通常是永久性的。

因此，早发现、早干预至关重要。



1

## Dietary factors 饮食

- Excessive sugar consumption
  - High-fructose corn syrup (commonly found in bubble tea, commercial sauces and beverage; may appear on labels as corn syrup, maize syrup, fructose-glucose syrup or glucose-fructose syrup.)
  - Ultra-processed foods
  - Refined carbohydrates such as white bread, pastries, noodles and pasta
  - Fried foods and trans fats (margarine, commercial baked goods)
  - Industrial seed oils such as canola (rape-seed), vegetable, soybean and sunflower oils
  - Artificial sweeteners (diet sodas, sugar-free drinks)
  - Food additives (preservatives, flavour enhancers, artificial colourings)
  - Non-dairy creamers (instant coffee mixes, 3-in-1 drinks)
- 过量摄入糖分
  - 高果糖玉米糖浆（奶茶、酱料、饮料中常见；在标签上可能显示为玉米糖浆、玉米糖浆、果葡糖浆或葡萄糖浆）
  - 超加工食品
  - 精制碳水，如白面包/糕点/面条等
  - 油炸食品、人造黄油、商业烘焙品（含反式脂肪）
  - 菜籽油、大豆油、葵花籽油等工业种子油
  - 人工甜味剂（无糖饮料）
  - 食品添加剂（防腐剂、增味剂、人工色素）
  - 非乳制奶精（速溶咖啡混合物、三合一饮料）



2

## Environmental factors 环境

- Air pollution
- Pesticide exposure
- 空气污染
- 农药残留



# What Drives NAFLD Today?

## 哪些因素在悄悄伤害您的肝脏？

NAFLD rarely develops as a result of a single factor. Instead, it typically arises from the combined effects of dietary, lifestyle and environmental influences that disrupt metabolic health.

Over time, these influences can promote insulin resistance, inflammation, and fat accumulation in the liver, increasing the risk of NAFLD and its progression.

非酒精性脂肪性肝病很少由单一因素引起，而是长期不良饮食、缺乏运动和环境因素共同损害代谢健康的结果。

这些因素会引发胰岛素抵抗、慢性炎症和肝内脂肪堆积，直接推动非酒精性脂肪性肝病发生及向更严重阶段进展。

3

## Lifestyle factors 生活方式

### 生活方式

- Sedentary lifestyle
- Chronic stress
- Poor sleep
- Smoking
- Dehydration
- 缺乏运动
- 长期压力
- 睡眠不足
- 吸烟
- 饮水不足



## Who Is Most at Risk?

Your risk of developing non-alcoholic fatty liver disease (NAFLD) may be higher if you have one or more of the following:

- Excess belly fat (abdominal obesity)
- Type 2 diabetes or prediabetes
- High cholesterol or triglycerides
- High blood pressure
- A sedentary lifestyle
- A diet high in sugary or processed foods
- A family history of metabolic disease

## 谁最容易得脂肪肝?

以下任一情况都会增加患非酒精性脂肪性肝病 (NAFLD) 的风险:

- 腹型肥胖 (腰腹脂肪堆积)
- 2型糖尿病或糖尿病前期
- 高胆固醇或高甘油三酯
- 高血压
- 缺乏运动
- 长期吃高糖、加工食品
- 家族中有代谢性疾病史

### Did You Know? 小知识

You don't have to be overweight to develop fatty liver disease. In fact, **NAFLD** can occur in people with a **normal body weight**, particularly among **Asian populations** with underlying **metabolic risk factors**.

体重超标并非发展脂肪肝的必要条件。事实上，非酒精性脂肪性肝病也可能发生在体重正常的人群中，尤其在存在潜在代谢风险因素的亚洲人群中。

## Signs & Symptoms 体征与症状

In early stages, NAFLD usually presents no symptoms. As it progresses, some individuals may experience:  
早期通常无症状。警惕这些信号:



## Diagnosis and Early Detection

Early detection is key to preventing progression and complications. Common diagnostic tools include:

- Blood tests to assess liver enzymes
- Imaging such as ultrasound, CT scans, or MRI scans
- In selected cases, liver biopsy

In early stages of fatty liver and inflammation, improvement and reversal are often possible when underlying causes are addressed.

However, once cirrhosis develops, damage is usually permanent.

## 诊断与早期发现

早期发现是预防病情进展和并发症的关键。常见检查包括:

- 肝功能血液检测
- 肝脏超声
- 必要时CT/MRI或肝活检

在脂肪肝和炎症的早期阶段，当解决根本原因时，病情改善和逆转通常是可能的。

然而，一旦出现肝硬化，损伤通常是永久性的。

# Managing and Supporting Liver Health

## 肝脏健康的管理与维护

Liver health improves when metabolic stress is reduced and supportive habits are consistently maintained.

肝脏健康会在代谢压力降低，并持续维持有益健康的生活习惯时逐渐改善。

### Core Lifestyle Measures

#### 核心生活方式措施

- Reduce added sugar and refined carbohydrates
  - Maintain a healthy body weight (even 5–10% weight loss can significantly reduce liver fat)
  - Eat a whole-food diet rich in vegetables, fibre and lean protein
  - Engage in regular physical activity (at least 150 minutes per week)
  - Limit or avoid alcohol
  - Avoid smoking
  - Use medications responsibly under medical guidance
  - Go on the Detoxification & Rejuvenation Programme (DRP) at least once a year.
- 少吃添加糖和精制碳水化合物
  - 控制体重：减重5% - 10%即可显著减少肝脂肪
  - 多吃天然食物：蔬菜、高纤食物、优质蛋白
  - 坚持规律运动（每周至少150分钟）
  - 不饮酒或严格限酒
  - 戒烟
  - 药物遵医嘱使用
  - 每年至少进行一次排毒与复健计划（DRP）



These remain the foundation of liver health management.

For more detailed guidance on liver-supportive nutrition, lifestyle practices and targeted supplements, we invite you to read our companion article, *Is Your Liver Healthy?*, on page 4.

If you do suffer from this health condition, we can recommend a Nutritional Programme for you. Please reach out to Dr Leon Tan at [drleon@newlife.com.my](mailto:drleon@newlife.com.my) for more information.

以上是护肝最基础、最有效的措施。

想了解更多关于护肝营养、生活方式以及针对性补充剂的详细建议，欢迎阅读《您的肝脏健康吗？》（第4页）。

如已确诊脂肪肝，我们可为您定制营养干预方案。请联系陈健良博士（自然疗法医师）：[drleon@newlife.com.my](mailto:drleon@newlife.com.my)。



Fatty liver disease often develops silently, but early-stage disease is frequently reversible because the liver has a remarkable capacity to repair itself. The liver is remarkably forgiving until it is not. With greater awareness, timely intervention, and consistent lifestyle changes, many people can improve liver health and reduce the risk of permanent damage.

脂肪肝疾病通常在无症状的情况下发展，但早期阶段往往可以逆转，因为肝脏具有强大的自我修复能力。肝脏是非常宽容的，直到它被摧残。一旦进展为炎症或纤维化，则可能不可逆。因此，及早识别、调整生活方式（如饮食、运动），是保护肝脏最有效的方法。



# Liver & Gallbladder Stones

## 肝脏与胆囊结石

Supporting Healthy Bile Flow Naturally

自然支持胆汁流动

At just 17 years old, Peter faced a terrifying diagnosis — multiple stones deeply lodged in his liver. After consulting two liver specialists, one in Singapore and another in Kuala Lumpur, he was given a grave recommendation: surgical removal of the affected portion of his liver. With limited options, Peter came to NewLife™ and met Dr. Lynn. Following her guidance, he completed one week of the Detoxification & Rejuvenation Programme (DRP) followed by the Gallstone Flush Programme. The results were nothing short of life-changing. Stones were flushed out naturally, and subsequent medical confirmation revealed that surgery was no longer necessary.

17岁的彼得被确诊为肝内深处有多颗结石。新加坡和吉隆坡两位肝病专家分别建议切除部分肝组织。在别无选择的情况下，彼得来到了新生命。在陈林希珠博士指导下完成为期一周的排毒与复健计划（DRP），随后接受新生命排石疗法。结果令人惊叹，结石被自然排出，后续复查确认无需手术。

The liver and gallbladder form an important connected system responsible for producing, storing and releasing bile. Bile plays a key role in digesting fats and supporting normal metabolic and digestive function.

肝脏与胆囊协同工作：肝脏生成胆汁，胆囊储存并适时释放胆汁。胆汁对脂肪消化、毒素排泄、胆固醇代谢及整体消化功能至关重要。

When this system becomes overloaded due to long-term dietary imbalance or sluggish liver function, bile flow may become less efficient. Over time, this may contribute to the formation of deposits within the biliary system commonly known as gallstones.

当长期饮食失衡或肝功能减退导致胆汁淤滞，就可能形成胆道沉积物，即通常所称的胆结石。

In some natural health discussions, similar bile congestion within the liver is sometimes referred to as “liver stones,” although medically, gallstones remain the more established term.

在一些自然健康讨论中，肝脏内的类似胆汁淤积有时被称为“肝结石”，但从医学角度来看，“肝结石”并非规范医学术语，实为胆汁淤积所致的胆道结石。

## Why Bile Flow Matters

Healthy bile flow is essential for:

- Efficient fat digestion
- Waste elimination through the liver
- Cholesterol balance
- Overall digestive comfort and metabolic function

When bile becomes thick or stagnant, the digestive system may begin to show signs of imbalance.

## Possible Contributing Factors

Stone formation is often gradual and may be associated with:

- Excess cholesterol in bile
- Elevated bilirubin levels
- High-fat, low-fibre dietary patterns
- Dehydration
- Sluggish liver function
- Metabolic imbalance over time

Many individuals may not be aware of these changes until symptoms appear.

## Possible Signs and Symptoms

Some individuals may remain symptom-free. When symptoms do occur, they may include:

- Discomfort after fatty meals
- Bloating or indigestion
- Upper abdominal pain
- Nausea or food intolerance
- Occasional back or shoulder discomfort

In more advanced cases, medical intervention may be required depending on severity.

## 胆汁流动的重要性

胆汁流动顺畅的关键作用：

- 高效分解脂肪
- 协助肝脏排出代谢废物
- 平衡胆固醇
- 保障消化舒适与代谢健康

当胆汁变浓或停滞时，消化系统易出现失衡信号。

## 常见促成因素

结石的形成通常是一个渐进过程，可能与以下因素有关：

- 胆汁胆固醇过饱和
- 胆红素升高
- 高脂低纤饮食
- 长期饮水不足
- 肝功能迟缓
- 慢性代谢紊乱

许多人可能在症状出现之前并未察觉这些变化。

## 可能的体征和症状

部分人可能不会出现任何症状。当症状出现时，可能包括：

- 高脂饮食后不适
- 腹胀或消化不良
- 上腹部疼痛
- 恶心或食物不耐受
- 偶发右肩或背部不适

严重者需及时就医评估。

## A Natural Approach to Supporting Bile Flow

### 自然促进胆汁流动的方式

In wellness-based approaches, support strategies typically focus on:

- Preparing the digestive system through light dietary phases
- Supporting hydration and bile movement
- Using nutritional and plant-based support to encourage metabolic balance
- Supporting the body's natural elimination pathways

These approaches are generally viewed as supportive lifestyle-based practices rather than medical treatments.

在以健康为基础的方法中，支持策略通常包括：

- 通过分阶段轻度饮食调整，减轻消化负担
- 充足饮水，促进胆汁稀释与流动
- 合理选用具保肝利胆作用的植物成分
- 支持肠道与肝脏协同排泄功能

这些方法通常被视为辅助性的生活方式实践，而非医学治疗。



# Gallstone Flush Programme

## 新生命排石疗法

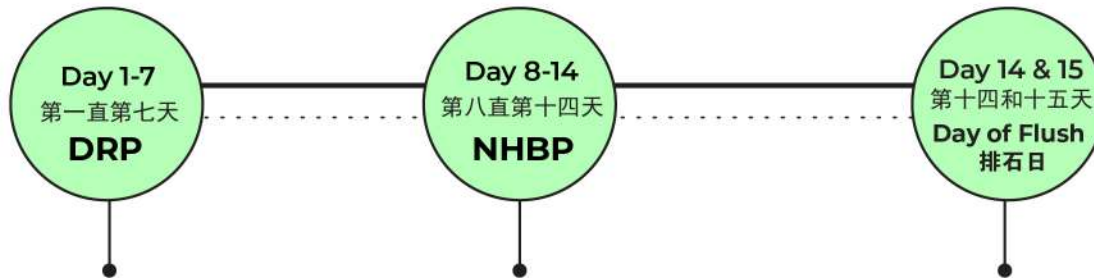


Our 2-week Gallstone Flush Programme is designed to gently support your body's natural ability to flush out gallstones and restore digestive balance. It brings together our Detoxification & Rejuvenation Programme (DRP) and the NewLife™ Health Building Programme (NHBP), with clear step-by-step instructions to complete the flush on Day 14.

This is not the only programme available to the public but we have found that this is one of the least intrusive approaches. In many cases, it has successfully helped mitigate the need for gallbladder removal.

我们的两周排石疗法旨在温和地支持身体自然排出胆结石，并恢复消化系统的平衡。它结合了排毒与复健计划 (DRP) 和新生命健康养生计划 (NHBP)，并提供清晰的分步指导，帮助您在第14天顺利完成整个排石过程。

这或许并不是唯一一种向公众开放的计划，但我们发现这是最不具有侵入性的排毒程序，而且在许多情况下，这项程序成功地避免了切除胆囊的需要。



First, one should go through the DRP for 7 days. The DRP helps cleanse the liver, colon, bloodstream and other parts of the body. This is important for supporting gallbladder and liver function. If there is inflammation of the gallbladder with symptoms of severe pain and fever, you may administer 4 to 5 coffee enemas over a period of time until the symptoms subside.

首先，您必须通过为期七天的DRP。这程序可帮助肝脏、结肠、血液和身体其他部分进行排毒。它对改善胆囊和肝功能非常重要。如果胆囊发炎，并伴有严重疼痛和发烧等症状，您可在一段时间内进行四至五次的咖啡灌肠，直到症状消退为止。

For the next 7 days, follow the NHBP, which also includes a no-salt, oil-free vegetarian diet. For fluids, drink only distilled water with one teaspoon of apple cider vinegar (add honey, if desired). This may help soften the stones. If you have stomach or duodenal ulcers, drink freshly prepared green apple juice instead.

接下来的七天里，进行NHBP，其中包括无盐、无油的素食饮食计划。至于饮料部分，只能喝加了一茶匙苹果醋（如有需要，可添加蜂蜜）的蒸馏水。这可帮助软化结石。如果您患有胃溃疡或十二指肠溃疡，则以新鲜的青苹果汁来取替。

On the day of the flush, do not consume solid food after 2 pm. Before bedtime, mix together 180 ml of flaxseed oil and 180 ml of freshly squeezed lemon juice. Drink the mixture, then go to bed and lie on your right side with your knees pulled towards your chin. The next morning, place a colander securely in the toilet bowl. Collect the stool that is passed out and look for stones. Greenish stones may be passed during the first, second or third bowel movement. If your bowels do not move, administer a water enema (1 tablespoon of apple cider vinegar in 2 glasses of distilled water). You may repeat the flush the following night to help ensure all stones have been expelled.

在“排石”当天，下午2点后就不能进食固体食物。临睡前，分别将各180毫升的亚麻籽油和180毫升一起混合后喝下，然后上床，向右侧躺下，膝盖向下巴靠拢。隔天一早，把过滤器安置在马桶里，以收集排出的粪便，较容易隔离粪便一起排出的结石。在第一、第二或第三次排便时可能排出绿色结石。如果有排便的困难，可进行水灌肠（1汤匙的苹果醋加2杯蒸馏水）。您可在第二天晚上重复步骤，以确保排出体内所有的结石。

For best results, we find that following the above nutritional programme for 14 days is ideal. However, some individuals have experienced successful flushing of gallstones as early as the 5th, 8th, 9th or 12th day.

For more information regarding this programme, please reach out to Dr Leon Tan via email [drleon@newlife.com.my](mailto:drleon@newlife.com.my).

我们强力推荐进行14天的营养排毒程序以取得最佳效果。当然，我们也有一些客户分别在第五、第八、第九或第十二天就已成功地排出结石。

如需了解更多有关该营养计划的信息，请通过电子邮件联系陈健良博士 [drleon@newlife.com.my](mailto:drleon@newlife.com.my)

# Testimonials 真实康复经历



"I had constant episodes of stomach discomfort and was suspected of having gallstones. I was introduced to the NewLife™ Gallstone Flush Programme. About 70-80 stones of different sizes were flushed out on the 8th and 9th day. I was spared from having to go through gallbladder surgery!"

"我曾长期感到胃部不适，所以怀疑患有胆结石。后来我接触到新生命排石疗法。在第8与第9天，我排出了约70至80颗不同大小的结石，从而避免了胆囊手术。"

**Albert Lee,  
Kuala Lumpur**  
李先生，吉隆坡



"I went through the NewLife™ Gallstone Flush Programme even though I didn't know if I had any gallstones. I passed out a total of 97 gallbladder stones ranging from 0.5-2.5 cm in diameter and many other tiny ones!"

"尽管当时并不确定自己是否有胆结石，我还是进行了新生命排石疗法。最终我总共排出了97颗直径从0.5到2.5厘米不等的胆囊结石，还有许多更小的结石！"

**Sim Bee Hong, Singapore**  
沈美凤，新加坡

I was diagnosed with liver cirrhosis after a general health check showed abnormal liver function test results. A follow-up blood test confirmed the condition. I was placed under medical care and received conventional treatment, including medication, but my condition remained a concern.

Later, I was introduced to the Detoxification & Rejuvenation Programme (DRP). After completing the 7-day DRP, I continued taking Spirulina, Kelp, Apple Cider Vinegar, and 7 Essentials, as well as doing Coffee Enemas and regular exercise on a Rebounder.

After one year and three months of consistent practice, follow-up assessments indicated significant improvement in my liver condition, and I was informed that there were no longer any signs of cirrhosis. I continue to maintain these lifestyle practices for ongoing wellness.

在一次常规健康检查中，我的肝功能检测结果异常，随后的血液检查确认了我患有肝硬化。经药物治疗后病情仍无明显改善。

后来，有人向我介绍了排毒与复健计划（DRP）。完成7天的DRP后，我继续服用螺旋藻、海藻宝、苹果醋和7大要素，并进行咖啡灌肠和在弹跳床上定期运动。

经过一年零三个月的持续实践，后续复查结果显示我的肝脏状况有了显著改善，医生确认我已无肝硬化的迹象。为了保持健康，我仍坚持这些生活方式。

**Set Yee, Singapore**  
雪仪，新加坡

"After I was diagnosed with multiple gallstones, I tried a few known methods of gallstone flushing. However, they all failed and caused me severe diarrhoea and great discomfort. I finally found my solution in NewLife™. After 1 week of DRP followed by the Gallstone Flush Programme, I passed a total of 101 stones with the biggest being 2cm. My doctor was amazed with the results."

"在我被诊断出患有多个胆结石后，曾尝试过几种已知的胆结石冲洗方法，但全都失败了，还引发了严重的腹泻和强烈不适。我终于在新生命找到了解决方案。经过一周的排毒与复健计划，接着进行新生命排石疗法后，我总共排出101颗结石，其中最大的一颗有2厘米。我的医生对结果感到非常惊讶。"

**Lok L. F., Singapore**  
陆女士，新加坡

I was alarmed when my blood test results showed elevated liver function markers indicating stress on my liver health. After learning about DRP I decided to begin it promptly.

I followed the programme consistently and maintained supportive lifestyle practices over the following months. Within less than four months, my follow-up blood tests showed significant improvement, and I also felt better in my overall well-being.

当我的血液检测结果显示肝功能指标升高，提示肝脏负荷过重，我感到非常担忧。在了解了DRP之后，我决定立即开始使用。

接下来的几个月里，我一直坚持这个方案，并配合健康生活方式。不到四个月，复查指标显著回落，精力、消化与整体状态明显改善。

#### Blood Test Comparison 血液检测对比

Test 检测项目	Initial Result 初次检测结果	Follow-up Result 复查结果	Normal Range 正常范围
Total cholesterol 总胆固醇	6.4 mmol/L 毫摩尔/升	4.7 mmol/L 毫摩尔/升	< 5.2 mmol/L 毫摩尔/升
ALT 谷丙转氨酶 (SGPT)	73 U/L 单位/升	38 U/L 单位/升	7-56 U/L 单位/升
AST 谷草转氨酶 (SGOT)	47 U/L 单位/升	24 U/L 单位/升	10-40 U/L 单位/升

#### Roland Goh, Kota Kinabalu

吴先生，哥打京那巴鲁

I was hospitalised after being diagnosed with an enlarged liver, very high liver enzyme levels (from a normal reading of 44 to more than 1000), and pneumonia. I experienced severe abdominal pain, high fever, and was unable to keep food down. After undergoing X-ray, CT scan, and MRI tests, I was prescribed several high-dose medications.

After being discharged from the hospital, I contacted Puan Umi Kalsom, who had earlier introduced me to the Detoxification & Rejuvenation Programme (DRP), and began the programme. I stopped all medication and followed the DRP diligently.

By the fourth day, my daughter already noticed an improvement in my condition. After completing the DRP, I felt like a new person. I recovered from my enlarged liver and pneumonia without further medication. Thank you NewLife™ for the wonderful DRP.

Until today, I continue taking NewLife™ supplements and doing coffee enemas daily to maintain my health.

我因被诊断出肝脏肿大、肝酶水平极高（从正常的44升至超过1000）以及肺炎而住院。我腹痛剧烈，高烧不退，还吃不下东西。经过X光、CT扫描和核磁共振成像检查后，我服用了多种高剂量药物。

出院后，我联系了之前向我介绍排毒与复健计划（DRP）的乌米·卡斯姆女士，并开始严格遵循DRP，同步停用全部药物。

到第四天，我女儿就发现我的症状明显缓解转。DRP疗程结束后，我感觉焕然一新。肝肿大和肺炎都痊愈了，而且未再用药。感谢新生命如此出色的DRP。

至今，我依然继续服用新生命补充品，并每天进行咖啡灌肠以维持健康。

#### Siti Asiah Hamzah, Seremban

斯蒂·阿西亚·哈姆扎，芙蓉



"My friend introduced me to NewLife™. Two months later, I started the 7-Day DRP and on the 4<sup>th</sup> evening, I did the liver and gallbladder flush. The result was remarkable and I passed out 200 soft yellow and green stones and 11 hard white stones."

"朋友向我推荐了新生命。两个月后，我开始了7天排毒与复健计划疗程，并在第4晚进行肝胆排石，结果非常显著，我排出200颗软性黄绿色结石及11颗硬性白色结石。"

#### Eunice Ti, Bintulu

池女士，民都鲁

## Final Word 总结

Liver and gallbladder stone formation is often associated with long-term metabolic and digestive imbalance rather than sudden onset.

Supporting bile flow, improving liver function, and maintaining metabolic balance through consistent lifestyle habits remains the most important long-term strategy.

By combining foundational support through DRP and rebuilding through NHBP, the body is better supported in maintaining digestive efficiency and overall liver system balance.

肝脏与胆囊结石的形成，通常与长期代谢与消化失衡相关，而非短期因素照成。

通过持续的生活方式管理，促进胆汁流动、改善肝功能并维持代谢平衡，仍是最关键的长期策略。

结合排毒与复健计划提供的基础支持与新生命健康养生计划的修复作用，能更有效地帮助身体维持消化效率和整体肝脏系统的平衡。

Is Your

# LIVER

您的肝脏  
超负荷了吗？

Under

# STRESS?

## Liver Health Risk Self-Check 肝脏风险自测

### Instructions 说明

Answer honestly.  
Score 1 point for  
each "Yes."

如实回答，每项选  
“是”得1分。

### SECTION 1: POSSIBLE LIVER WARNING SIGNS

#### 第一部分：可能的肝脏警示信号

- Have you noticed your urine is consistently dark yellow or tea coloured even when you are well hydrated?  
即使充分饮水，尿液仍持续呈深黄色或茶色？
- Have you ever noticed a yellow tint in your eyes or skin?  
眼白或皮肤发黄？
- Do you feel a persistent heaviness or discomfort under your right ribs?  
右肋下方持续沉重、胀痛或不适？
- Do you bruise more easily than before or notice slower healing of small cuts?  
容易淤青，或小伤口愈合变慢？
- Do you experience ongoing fatigue that does not improve even after rest?  
长期感到疲劳，即使休息后也无法缓解？
- Have you ever noticed unusually pale or clay-coloured stools?  
大便颜色变浅（灰白或陶土色）？
- Do you experience ongoing nausea or a reduced appetite without a clear reason?  
无明显原因地持续出现恶心或食欲明显下降？

### SECTION 2: LIVER RISK FACTORS (LIFESTYLE & HEALTH)

#### 第二部分：肝脏风险因素

- Do you consume alcohol regularly or binge drink on weekends or social occasions?  
经常饮酒，或在周末及社交场合大量饮酒？
- Do you frequently eat fried, processed or high-sugar foods?  
常吃油炸、加工或高糖食物？
- Do you carry excess weight around your abdomen or have been told you may have fatty liver risk?  
腹部肥胖，或曾被告知有脂肪肝风险？
- Do you exercise fewer than 3 times per week or spend most of your day sitting?  
每周运动少于三次，或大部分时间久坐？
- Do you have conditions such as diabetes, high cholesterol, or insulin resistance?  
患有糖尿病、高胆固醇或胰岛素抵抗？
- Do you regularly take medications or painkillers long-term without medical supervision?  
长期在无医生指导的情况下服用药物或止痛药？

# results 结果

## 0-2 YES → Low Risk 0-2 分 → 低风险

Your answers do not suggest obvious liver-related warning signs at this time. Continuing healthy lifestyle habits can help support normal liver function.

目前无明显警示，继续保持健康习惯支持肝脏功能。

## 3-5 YES → Mild Risk 3-5 分 → 轻度风险

Some lifestyle or metabolic risk factors are present. This does not mean liver disease, but improving diet, activity, and alcohol habits may help reduce long-term strain.

存在一些生活方式或代谢方面的风险因素。这并不意味着患有肝病，但改善饮食、增加活动量以及调整饮酒习惯可有效减负。

## 6-8 YES → Moderate Risk 6-8 分 → 中等风险

A mix of risk factors and possible warning signs is present. It may be worth considering a liver function blood test for reassurance.

存在多项肝病相关危险因素及潜在临床警示体征，建议考虑进行肝功能血清学检测以评估肝脏健康状况。

## 9+ YES → Higher Risk 9+ 分 → 高风险

Multiple risk factors and/or possible warning signs are present. A medical check-up and liver function testing are recommended.

存在多种明确危险因素和/或典型临床警示体征，建议尽快就诊，接受全临床评估，进行肝功能及相关肝脏指标检测。



## IMPORTANT NOTE

### 重要提示

This checklist is for general awareness only. It highlights possible liver-related warning signs and risk factors but is not a diagnostic tool.

Liver conditions often develop silently and symptoms alone cannot confirm disease.

A proper assessment requires:

- Blood tests (ALT, AST, ALP, GGT, bilirubin)
- Medical evaluation
- Sometimes imaging such as ultrasound

本自测仅为健康提醒，不能替代诊断。

肝脏疾病通常在无明显症状的情况下悄然发展，仅凭症状无法确诊。

准确评估需要：

- 血液检测（ALT、AST、ALP、GGT、胆红素）
- 医疗专业评估
- 有时需进行影像学检查，如超声波



If you are concerned about your liver health, consult a qualified healthcare professional.

For personalised guidance or to learn more about our health programmes, you may contact our team of naturopathy doctors and consultants. Please email [drleon@newlife.com.my](mailto:drleon@newlife.com.my)

如有疑问，请咨询合格的医疗保健专业人士。

如需自然疗法支持或个性化健康方案，欢迎联系我们的自然疗法医生及顾问团队。请发送邮件至 [drleon@newlife.com.my](mailto:drleon@newlife.com.my)

# LIVERIN™

## 肝脏宝常见问题解答



### 1 Why is Liverin important and what does it do?

Liverin is an essential supplement because the liver is one of the body's most important organs. When liver function is compromised, overall health can be affected. Liverin combines time-tested herbal liver tonics to support deep cleansing, protection, and optimal functioning of the liver.

### 2 What is unique about the Liverin formulation?

Liverin is a proprietary blend of five traditional herbs: milk thistle seed extract (80% silymarin), artichoke extract, burdock root, dandelion root and celery seed extract. These herbs have been traditionally used to support liver health. Developed through extensive research, Liverin was formulated by Dr. Lynn Tan as a comprehensive daily liver support supplement.

### 3 What is silymarin and how does it benefit the liver?

Silymarin is a flavonoid with antioxidant properties found in milk thistle seed extract and artichoke extract. It helps protect liver cells from oxidative stress, including lipid peroxidation caused by free radicals. This is important because the liver contains a high concentration of lipids and plays a key role in metabolism and nutrient storage. Liverin contains milk thistle seed extract standardised to 80% silymarin for high potency support.

### 4 Why does Liverin use vegecaps instead of tablets?

Vegecaps are suitable for vegetarians and offer better digestibility compared to tablets. They dissolve more easily and do not require binding agents commonly used in tablet formulations.

### 5 If I do coffee enema daily, do I still need Liverin?

Yes. Liverin is recommended as part of a daily liver support routine. Both approaches can complement each other in supporting liver function and antioxidant activity. Liverin also provides targeted herbal support and antioxidants to help combat free radical stress.

### 6 What is the recommended dosage?

The recommended dosage is one capsule, three times daily, taken with or after meals.

### 7 How does Liverin compare to other liver supplements?

NewLife™ Liverin offers a high-potency herbal formulation at a competitive cost per dose.

It is:

- all-natural
- free from animal-derived ingredients
- standardised for active compounds

Unlike many products that contain low doses or limited ingredients, Liverin provides a comprehensive herbal blend designed for effectiveness.

### 8 Where is Liverin manufactured?

Liverin is a proprietary NewLife™ formulation manufactured in the USA.

### 9 If my liver function is normal, do I still need Liverin?

Yes. Even a healthy liver faces daily stress from processed foods, alcohol, medications, chronic stress, and late nights. Over time, this can affect how you feel day to day. Liverin helps support the liver's natural detoxification and metabolic functions, which may help the body better manage common symptoms such as fatigue, bloating, skin issues and low energy.

### 1 为什么需要肝脏宝?

肝脏是人体核心代谢与解毒器官。功能下降会直接影响精力、消化、皮肤、免疫力等整体健康。肝脏宝结合了经过长期验证的草本护肝成分，支持肝脏清洁、防护与高效运作。

### 2 肝脏宝的配方有何特别?

独家五种传统护肝草本：水飞蓟籽提取物（80%水飞蓟素）、洋蓟提取物、牛蒡根、蒲公英根、芹菜籽提取物。由陈林希珠博士研发，专为日常长效护肝设计的日常肝脏全面支持补充剂。

### 3 水飞蓟素是什么？对肝脏有什么帮助？

水飞蓟素是强效抗氧化黄酮，主要来自水飞蓟和洋蓟。它直接保护肝细胞，阻断自由基引发的脂质过氧化，这对富含脂质、高代谢负荷的肝脏尤为关键。肝脏宝采用80%标准化水飞蓟素，确保活性与效力。

### 4 为什么肝脏宝用植物胶囊？

植物胶囊适合素食者，无动物成分；相比片剂更易消化吸收、更快溶解，无需粘合剂，更温和易耐受。

### 5 如果我每天做咖啡灌肠，还需要服用肝脏宝吗？

需要。咖啡灌肠主要支持清洁血液与排毒，肝脏宝则专注肝细胞修复与抗氧化防御。二者作用互补，协同增强整体解毒能力。

### 6 如何服用？

每日3次，每次1粒，随餐或餐后服用。

### 7 肝脏宝和其他护肝产品有何不同？

采用高浓度草本配方，以每剂量价格来算，肝脏宝的性价比非常高。

它具备以下特点：

- 纯天然
  - 不含任何动物源性成分
  - 有效活性成分经过标准化提取
- 与许多剂量偏低或成分有限的产品不同，肝脏宝的功效更全面。

### 8 肝脏宝在哪里生产？

新生命属配方，美国生产。

### 9 肝功能正常，还需要服用肝脏宝吗？

需要。现代生活中的加工食品、酒精、药物、压力、熬夜等持续增加肝脏负担。即使指标正常，肝脏宝可帮助预防损伤、提升解毒效率，改善疲劳、痘疮、腹胀、体重难控、易感冒、头痛等亚健康信号。



# PROTECT YOUR LIVER EVERY DAY

每日护肝

Do any of these sound familiar?  
您中了几条?

- Low energy or fatigue  
精力不足或持续疲劳
- Frequent intake of processed  
or sugary foods  
常吃加工食品或高糖食物
- Regular dining out or  
social drinking  
频繁外出就餐或社交饮酒
- Weight gain around the waist  
腰腹脂肪增加
- Long hours of sitting  
长时间久坐

Your liver may need  
extra support.  
您的肝脏可能需要额外的支持。

**5 HERBS. 1 DAILY  
LIVER SUPPORT FORMULA.**  
5种草药。1个护肝配方。

## LIVERIN 肝脏宝

### KEY HERBAL BLEND 核心成分

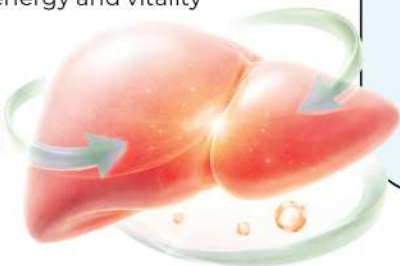
Milk thistle · Dandelion root · Burdock root  
Artichoke extract · Celery seed extract

水飞蓟 · 蒲公英根 · 牛蒡根  
朝鲜蓟提取物 · 芹菜籽提取物

### DAILY SUPPORT 主要功效

- Supports healthy liver function
- Helps protect against oxidative stress
- Supports natural detoxification processes
- Supports digestion and bile flow
- Helps maintain energy and vitality

- 支持肝脏正常功能
- 抵御氧化损伤
- 促进天然排毒
- 助消化、促胆汁分泌
- 提振精力，增强活力



#### Terms & Conditions:

1. Promotion period: 1 July to 31 August 2026, or while stocks last.
2. Free gift carries no BV/PV.
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.

# SPECIAL 特别 OFFER 优惠

**BUY 2 LIVERIN  
FREE 1 APPLE  
CIDER VINEGAR**

**购买2瓶肝脏宝  
免费1瓶苹果醋**

U.P. 单价:  
S\$49.05



Worth 价值:  
S\$13.60

#### 条规与细则:

1. 促销活动期: 2026年7月1日至8月31日, 或存货售完为止。
2. 赠品无花红及分数。
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. 附有其他条规与细则。
6. 新生命有权随时更改或修订促销活动的条规与细则, 恕不另行通知。

# EL-NATURAL TOOTHPASTE

## 新生命天然牙膏

BUY 3  
FREE 1  
买3送1

(Cash & Carry | 现购自提)

### NATURAL ACTIVES 天然活性成分



Propolis  
蜂胶



Organic Extra Virgin Coconut Oil  
有机特级初榨纯鲜椰子油



Aloe Vera  
芦荟



Tea Tree Oil  
茶树油



Anise Oil  
茴香油



Spearmint  
绿薄荷

### ENRICHED WITH 富含

Enamel-supportive minerals  
有助强化牙釉质的矿物质

### FREE FROM 无添加

Fluoride • SLS • Parabens • Triclosan  
氟化物 • 月桂醇硫酸钠 • 防腐剂 • 三氯生

### BENEFITS 功效

- Helps fight bacteria & reduce plaque naturally
- Supports healthy gums & oral comfort
- Gentle on sensitive teeth & gums
- Suitable for all ages
- 有助天然对抗细菌，减少牙菌斑
- 支持牙龈健康，提升口腔舒适感
- 对敏感牙齿和牙龈温和和无刺激
- 适合所有年龄段



U.P. 单价:  
S\$8.40

#### Terms & Conditions:

1. Promotion period: 1 July to 31 August 2026, or while stocks last.
2. Free gift carries no BV/PV.
3. This offer is available on a cash-and-carry basis only.
4. Not valid with any other concurrent promotions or APP.
5. No goods return or exchange allowed.
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#### 条规与细则:

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2. 赠品无花红及分数。
3. 此优惠仅限现购自提。
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# radiance scrub

ULTIMATE EXFOLIATOR  
FROM FRANCE

滢亮焕采磨砂纤维  
来自法国的终极去角质霜

## NATURAL ACTIVES 天然活性成分



Micronised  
pine cellulose  
微细松木纤维



Lavender  
essential oil  
薰衣草精油



Plant-based  
exfoliants  
植物性去角质



## BENEFITS 功效

- Natural exfoliation for smoother skin  
天然去角质
- Deep hydration & softness  
深层保湿滋润
- Soothes and calms skin  
舒缓镇静
- Eco-friendly & biodegradable  
环保可生物降解

# Premium radiance GIFT SET 精品礼包

N.P./set | 每套原价:  
S\$56.00

Now Only  
仅需  
**S\$ 50**

Full 完整 BV/PV  
(Cash & Carry | 现购自提)

### Gift Set Includes:

- ✓ 2 x Radiance Scrub
- ✓ 1 x Premium Cotton Bath Towel (612gsm)
- ✓ Gift Box

### 精品礼包包括:

- ✓ 2瓶滢亮焕采磨砂纤维
- ✓ 1件高品质棉质浴巾 (612gsm)
- ✓ 礼盒

### Terms & Conditions:

- Promotion period: 1 July to 31 August 2026, or while stocks last.
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- Not valid with any other concurrent promotions or APP.
- No goods return or exchange allowed.
- Other terms & conditions apply.
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- 不允许退货或交换。
- 附有其他条规与细则。
- 新生命有权随时更改或修订促销活动的条规与细则, 恕不另行通知。

**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)

**CLOSING DATE 截止日期: 8.8.2026**

FEE PER PERSON 每人费用	SINGLE OCCUPANCY 单人入住	TWIN SHARING 双人合住	FEES INCLUDE 费用包括
<b>REGULAR</b> 常规营费	<b>\$\$2,700</b>	<b>\$\$2,400</b>	<ul style="list-style-type: none"> <li>Accommodation 住宿</li> <li>DRP set 全套DRP</li> <li>DRP meals &amp; juices 全套DRP餐和蔬果汁</li> <li>Guided exercises and hikes 向导带领运动和森林徒步</li> <li>Consultations (upon request) 咨询(按需提供)</li> <li>Seminars &amp; workshops 研讨会及工作坊</li> </ul>
<b>NON-DRP (PER PERSON, TWIN SHARING)</b> 非DRP参与者(每人费用, 双人合住)		<b>\$\$880</b>	<ul style="list-style-type: none"> <li>Accommodation 住宿</li> <li>3 meals per day 一日三餐</li> <li>Guided exercises and hikes 向导带领运动和森林徒步</li> <li>Seminars &amp; workshops 研讨会及工作坊</li> </ul>

**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

