



# 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

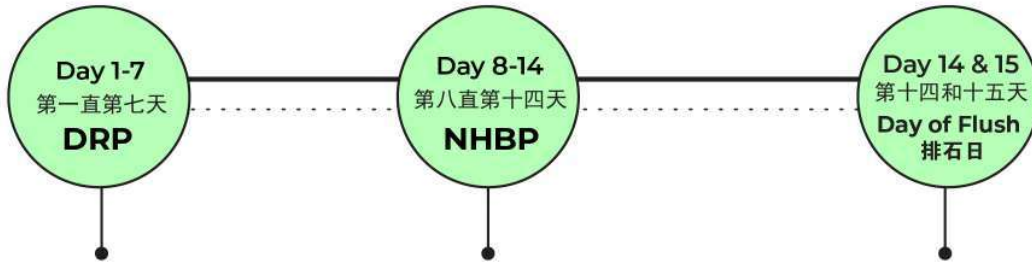


Our 2-week Gallstone Flush Programme is designed to gently support your body's natural ability to flush out gallstones and restore digestive balance. It brings together our Detoxification & Rejuvenation Programme (DRP) and the NewLife™ Health Building Programme (NHBP), with clear step-by-step instructions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

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).

我们强烈推荐进行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。我最终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。