

The Silent Trio:

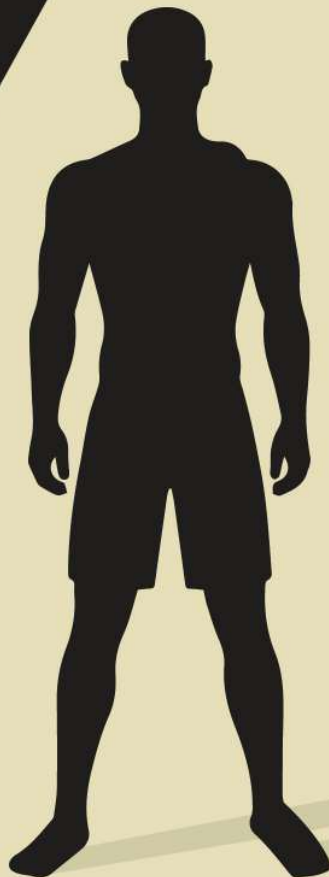
Blood Pressure,
Cholesterol and
Blood Sugar

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:

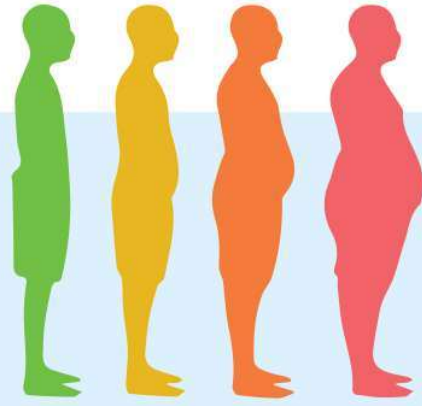
- **Type 2 diabetes (up to 5 times higher risk)**
- **Heart disease, heart attacks and blocked arteries**
- **Stroke**
- **Kidney issues and fatty liver disease**
- **Fatigue, reduced mobility, and loss of independence from poor circulation or complications**

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。



Cholestinin 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。