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Life Line

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Blood Sugar Matters

A practical guide to
understanding, preventing,
and managing diabetes

血糖很重要

了解、预防与管理糖尿病的
实用指南

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ACHIEVERS!
恭喜, 成就者!

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SAW EWE KIM
SIM BEE HONG
LIM WAI YING
SUZI MOI-QUEK

15%
ACHIEVERS

june & july 2026

LING YOUNG HOON

june 2026

SO SUE YI REGINA
WONG MUI CHOO (KELLY)
WELLNESS INC

july 2026

TAN LEE KENG (LILY)
SYARIKAT ADIL
KONG WAI YIN
OBED-EDOM PTE. LTD.

18%
ACHIEVERS

june & july 2026

MOI YAN LIN ABIGAIL

july 2026

CHONG KIM MOI
YEUNG YEE NOG
WELLNESS INC

21%
ACHIEVERS

june & july 2026

IRENE CHONG CHUAY PENG

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Awareness is the
first step towards
taking charge of
your health.

认识糖尿病，
是迈向有效管理
的第一步。



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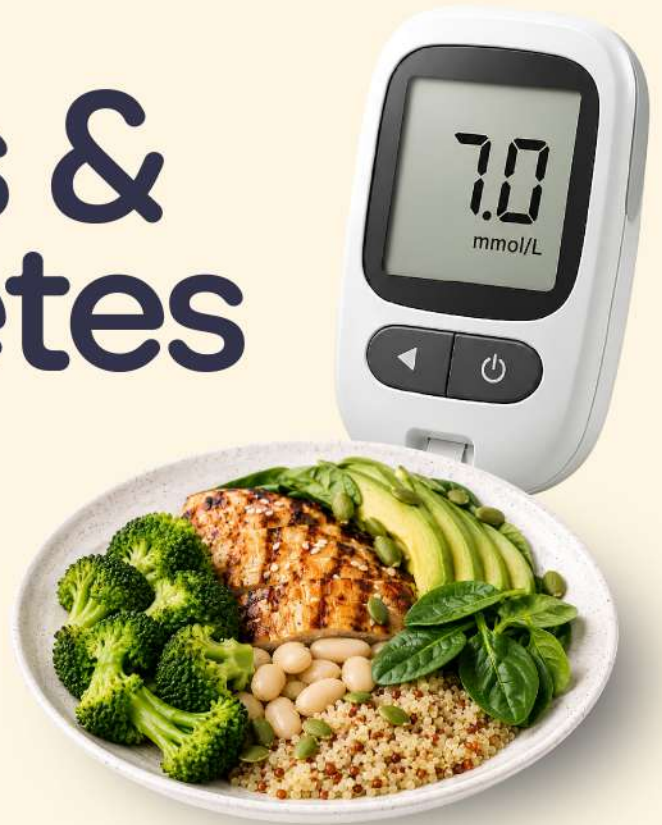
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Diabetes & Prediabetes at a Glance

Understanding your risk.
Taking charge of your health.

糖尿病与糖尿病前期速览
了解风险，掌控健康



What Happens After You Eat?

Every meal sets off a process inside your body to turn food into energy.

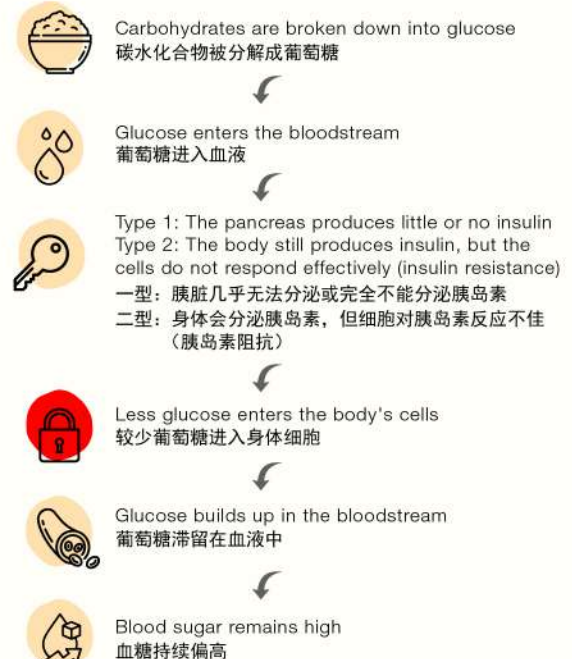
进食后会发生什么？

每一餐都会在体内启动一个将食物转化为能量的过程。

In a Healthy Body 在健康的身体



In Diabetes 在糖尿病患者的身体



Key Takeaway 关键点

- **Healthy body:** Insulin helps glucose enter the cells, where it is used for energy.
- **Diabetes:** Whether due to little or no insulin (Type 1) or insulin resistance (Type 2), less glucose enters the cells, causing glucose to build up in the bloodstream and blood sugar levels to remain high.

- **健康身体：**胰岛素帮助葡萄糖进入细胞，转化为能量。
- **糖尿病：**无论是由于胰岛素分泌不足或完全缺乏（一型），还是胰岛素抵抗（二型），葡萄糖无法有效进入细胞而滞留在血液中，导致血糖升高。

What Happens Over Time?

长期后果?

When blood sugar remains high for a long period, it can gradually damage blood vessels and nerves. This can increase the risk of complications affecting:
长期高血糖会损伤血管和神经，增加以下并发症的风险：



Heart
心脏



Eyes
眼睛



Feet
足部



Kidneys
肾脏



Turn to *Protect Your Future Health* on page 21
where we discuss this in more detail.

详情见《保护未来健康》(第21页)。



• Types of Diabetes 糖尿病类型 •

2 Type Diabetes 二型糖尿病

- The most common type
- The body does not use insulin effectively (insulin resistance) and/or does not produce enough insulin
- Often develops gradually
- Influenced by lifestyle and other health factors
- 最常见类型
- 身体无法有效利用胰岛素(胰岛素抵抗)和/或胰岛素分泌不足
- 通常逐渐发展
- 多与生活方式及其他健康因素相关

1 Type Diabetes 一型糖尿病

- Autoimmune condition where the body attacks insulin-producing cells
- Body produces little or no insulin
- Requires lifelong insulin treatment
- 自身免疫攻击破坏胰岛细胞
- 身体几乎不产生或完全不产生胰岛素。
- 需要终身接受胰岛素注射

Gestational Diabetes 妊娠期糖尿病

- Develops during pregnancy
- Usually resolves after childbirth
- Increases the risk of Type 2 diabetes later in life
- 发生在怀孕期间
- 通常在分娩后自行恢复
- 显著增加日后患二型糖尿病的风险

Prediabetes Is a Chance to Act Early

糖尿病前期：及早行动的关键窗口

What is prediabetes?

Prediabetes means your blood sugar is higher than normal, but not yet high enough to be diagnosed as Type 2 diabetes.

Why does it matter?

Many people with prediabetes feel completely well and may not notice any symptoms. However, prediabetes is a sign that your body may already have difficulty managing blood sugar. Without changes, it can progress to Type 2 diabetes.

什么是糖尿病前期？

糖尿病前期是指您的血糖水平高于正常范围，但未达糖尿病诊断标准。

为什么这很重要？

许多糖尿病前期患者感觉完全健康，可能没有任何明显症状。然而，糖尿病前期意味着您的身体可能已经开始出现血糖调控障碍；若不干预，病情可能发展为二型糖尿病。



Prediabetes is a warning sign, not a life sentence. Early lifestyle changes can help delay or prevent Type 2 diabetes.

糖尿病前期不是判决，而是机会：科学的生活方式干预可显著延缓或预防二型糖尿病。

Diabetes by the Numbers

糖尿病关键数据一览

590 million
adults worldwide are living
with **diabetes**

5.9 亿成年人
患有 **糖尿病**

About 
1 in 5 adults
in Malaysia has diabetes
马来西亚：约**1/5**成年人患有糖尿病



About 
1 in 9 adults
in Singapore has diabetes
新加坡：约**1/9**成年人患有糖尿病



Statistics sourced from the International Diabetes Federation (IDF) Diabetes Atlas, 11th Edition (2025).
数据来源：IDF《糖尿病地图集》第11版，2025

Could Diabetes Be in Your Future?

Your risk may be higher if you:

- ☐ Are aged 40 years or older
- ☐ Have a family history of diabetes
- ☐ Carry excess weight, especially around the waist
- ☐ Are physically inactive
- ☐ Have high blood pressure
- ☐ Have unhealthy cholesterol levels
- ☐ Had gestational diabetes during pregnancy
- ☐ Have a history of prediabetes

Conditions such as **polycystic ovary syndrome (PCOS)** may also increase diabetes risk because they are linked with insulin resistance.

您患糖尿病的风险更高吗?

如果您有以下情况，患病风险可能更高：

- ☐ 年龄在40岁或以上
- ☐ 家族有糖尿病史
- ☐ 体重超标，尤其是腰围过大
- ☐ 缺乏运动
- ☐ 高血压
- ☐ 血脂水平异常
- ☐ 曾患妊娠期糖尿病
- ☐ 有糖尿病前期病史

多囊卵巢综合征等疾病也可能增加患糖尿病的风险，因为它们与胰岛素抵抗有关。

Know Your Health Numbers 必须关注的健康指标

Managing diabetes is not only about blood sugar. These health checks provide a clearer picture of your diabetes risk and overall health.

管理糖尿病不仅仅是控制血糖。这些健康检查能更全面地反映您的糖尿病风险和整体健康状况。

Health Check 健康检查	What It Tells You 告诉您什么
Fasting Blood Glucose 空腹血糖	Your blood sugar level after fasting overnight. 隔夜禁食后血糖水平
HbA1c 糖化血红蛋白	Your average blood sugar level over the past 2–3 months. 近2–3个月平均血糖值
Blood Pressure 血压	Your heart and blood vessel health. High blood pressure often occurs together with diabetes and increases the risk of diabetes-related complications. 糖尿病常伴高血压，加剧心肾风险
Cholesterol 胆固醇	Unhealthy cholesterol levels can increase the risk of heart disease, which is higher in people with diabetes. 异常者心血管病风险倍增
Waist Circumference 腰围	Excess fat around the waist is linked to insulin resistance and higher risk of Type 2 diabetes. 反映内脏脂肪与胰岛素抵抗程度

What do your numbers really mean? **Turn to Know Your Numbers – Understanding Blood Sugar (Page 8)** to understand your blood sugar readings and what they tell you about your health. 阅《了解您的血糖数值——认识血糖》（第8页），以理解血糖检测结果及其对健康的提示。

Know the Warning Signs 警惕这些信号

Diabetes symptoms may develop gradually, and some people may have no noticeable symptoms. This is why regular health screening is important, especially if you have risk factors.

糖尿病症状可能悄然出现，有些人甚至没有明显症状。因此，定期进行健康筛查尤为重要，特别是当你存在相关风险因素时。



Increased thirst
口渴



Frequent urination
尿频加重



Blurred vision
视力模糊



Feeling tired or lacking energy
乏力、精神不振



Slow-healing cuts or wounds
伤口或切口愈合缓慢



Unexplained weight loss
(more common in Type 1 diabetes)
不明原因体重下降
(在一型糖尿病中更常见)



The Good News 好消息

Type 2 diabetes risk can often be reduced through healthy eating, regular physical activity, maintaining a healthy weight and regular health screening. Small changes made today can make a lasting difference to your future health.

二型糖尿病大多可防可控：均衡饮食、规律运动、保持健康体重、定期筛查——今天一个小改变，就是未来健康的最大保障。

8.2
5.6
6.5 7.8

Know Your Numbers

Understanding
Blood Sugar

了解您的血糖数值
认识血糖

You've had your health screening and received your blood sugar results. But what do the numbers actually mean? Your blood sugar results are more than numbers on a report. They show how your body is managing glucose and help you understand whether your levels are within the healthy range or need closer attention.

您已完成健康检查，拿到了血糖结果。但这些数字到底说明什么？它们不只是报告上的数据，而是反映身体处理葡萄糖能力的关键指标，帮您判断血糖是否在健康范围，或需及时干预。



2 Numbers You Should Know

2个核心指标

Fasting Blood Glucose (FBG)

空腹血糖

FASTING
SNAPSHOT
空腹检测

This test measures your blood sugar after fasting for at least 8 hours. It shows how well your body manages blood sugar after an overnight fast.

禁食8小时后的即时血糖值，体现身体对血糖的基础调控能力。

HbA1c

糖化血红蛋白

2-3
MONTH
OVERVIEW
2-3个月
概览

HbA1c reflects your average blood sugar over the past 2-3 months. Unlike a single blood sugar reading, it provides a longer-term picture of your blood sugar control.

过去2-3个月的平均血糖水平，反映长期的血糖控制状况。

Together, these two tests give a clearer understanding of your blood sugar health.

二者互补，能让您更全面地评估自己的血糖健康状况。

Understanding Your Results

检测结果解读

Fasting Blood Glucose (FBG)

空腹血糖

Result 结果	Below 低于 5.6 mmol/L	5.6-6.9 mmol/L	7.0 mmol/L or above 或以上*
What It Means 含义	Normal 正常	Prediabetes 糖尿病前期	Diabetes 糖尿病

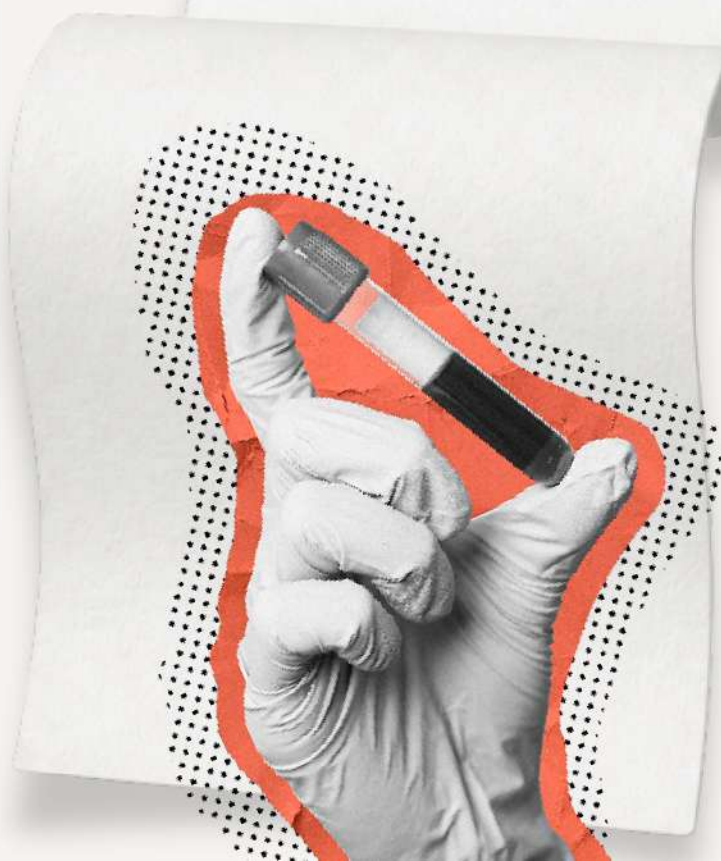
HbA1c

糖化血红蛋白

Result 结果	Below 低于 5.7%	5.7-6.4%	6.5% or above 或以上*
What It Means 含义	Normal 正常	Prediabetes 糖尿病前期	Diabetes 糖尿病

**An abnormal result is usually confirmed with repeat testing unless diabetes symptoms are clearly present.*

*无典型症状时，异常结果需复测确认。





Before Your Fasting Blood Test 空腹抽血前的准备

A little preparation can help ensure your results are as accurate as possible.

适当的准备有助于确保检测结果尽可能准确。



Fast for 8–10 hours before your test (plain water is allowed).

禁食8至10小时（可饮用白开水）。



Drink enough plain water during your fasting period. Staying hydrated can make your veins easier to access, helping the blood collection process go smoother.

禁食期间请适量饮用白开水。保持水分充足有助于静脉更易穿刺，使采血过程更加顺利。



Avoid coffee, tea, soft drinks, fruit juice and alcohol during the fasting period.

禁食期间忌咖啡、茶、果汁、碳酸饮料、酒精。



One Reading Doesn't Tell the Whole Story

一次结果 ≠ 最终结论

Blood sugar levels naturally change throughout the day. Factors such as illness, stress, physical activity, certain medications, and even poor sleep may influence your results. That is why your healthcare provider looks at your overall health, medical history and, if needed, repeat test results before making a diagnosis or recommending treatment.

血糖水平在一天中会自然波动。感染、压力、运动、药物或睡眠不足等因素都可能影响检测结果。因此，医生会在做出诊断或建议治疗前，结合您的整体健康、病史及必要时重复检测，综合判断。

Blood Sugar 血糖问题解答



Q: I feel fine. Do I still need blood sugar screening?

A: Yes. Many people with prediabetes or Type 2 diabetes have no obvious symptoms. Regular screening helps detect changes early.

Q: Can prediabetes be reversed?

A: For many people, blood sugar levels can improve through healthy lifestyle changes. Early action may delay or prevent progression to Type 2 diabetes.

Q: Should I avoid carbohydrates if I have diabetes or prediabetes?

A: No. Choose high-fibre carbs, watch portion sizes, and pair them with protein and vegetables. See **Eat Smart, Not Less** (Page 12) for our plate method and meal order.

问：我感觉很好，没症状，还要查血糖吗？

答：要。多数糖尿病前期和早期二型糖尿病的患者没有明显症状，筛查是早发现的关键。

问：糖尿病前期能逆转吗？

答：能。通过健康的生活方式改变，血糖水平可以得到改善，阻断进展为二型糖尿病。

问：糖尿病或糖尿病前期要戒碳水吗？

答：不用戒。选高纤维碳水，控制份量，并搭配蛋白质和蔬菜。有关餐盘法和进餐顺序详见《吃得聪明，非少吃》（第12页）。

If Your Numbers Are Higher Than Normal 如果数值高于正常水平

Seeing a higher reading can be worrying, but it is important not to jump to conclusions.

If your results fall in the **prediabetes** range, lifestyle changes such as eating well, being physically active, maintaining a healthy weight and getting enough sleep can often improve blood sugar levels and may help delay or prevent Type 2 diabetes.

数值偏高？先别焦虑。

若处于**糖尿病前期**，积极调整生活方式即可改善：均衡饮食、规律运动、保持健康体重、保证优质睡眠等等。这些措施能有效延缓甚至预防2型糖尿病。

Your Numbers Are a Starting Point 您的数值，是行动的起点



Your blood sugar results are one part of the bigger picture. Understanding your results is the first step towards better health. In the following articles, discover how food choices, muscle strength, and quality sleep can help support healthier blood sugar levels.

血糖结果只是健康拼图中的一块。读懂它，是您主动管理健康的开始。在接下来的文章中，我们将聚焦三大支柱：怎么吃、如何增肌、为何睡好——它们共同支撑更稳定的血糖水平。

You don't need to eat less to feel healthier or reach your wellness goals. You simply need to eat smarter.

In our busy modern lives, it's easy to feel overwhelmed by conflicting diet advice. But the truth is beautifully simple: when you focus on how you build your meals, the order in which you enjoy them, how you choose your foods, and the right supportive supplements, you can eat satisfying portions while supporting steady energy, comfortable digestion, balanced blood sugar, glowing vitality and long-term wellbeing.

This is the heart of the NewLife™ philosophy — helping you thrive naturally through gentle, sustainable habits that honour your body.

您无需刻意节食，也能更健康、达成目标——关键在于吃得更聪明。

在我们忙碌的现代生活中，面对纷繁复杂的饮食建议，很容易感到无所适从。但真相其实很简单：只要掌握餐食搭配、进食顺序、食物选择以及合适的营养补充，就能吃饱吃好，同时稳能量、畅消化、衡血糖、保活力、促健康。

这正是新生命的核心理念：用温和、可持续的习惯，顺应身体，自然焕发活力。

Eat Smart, Not *Less*

Smart Strategies to Nourish Your Body
and Feel Your Best — Every Single Day.

吃得聪明，非少吃

用简单策略滋养身体，每天状态更佳。



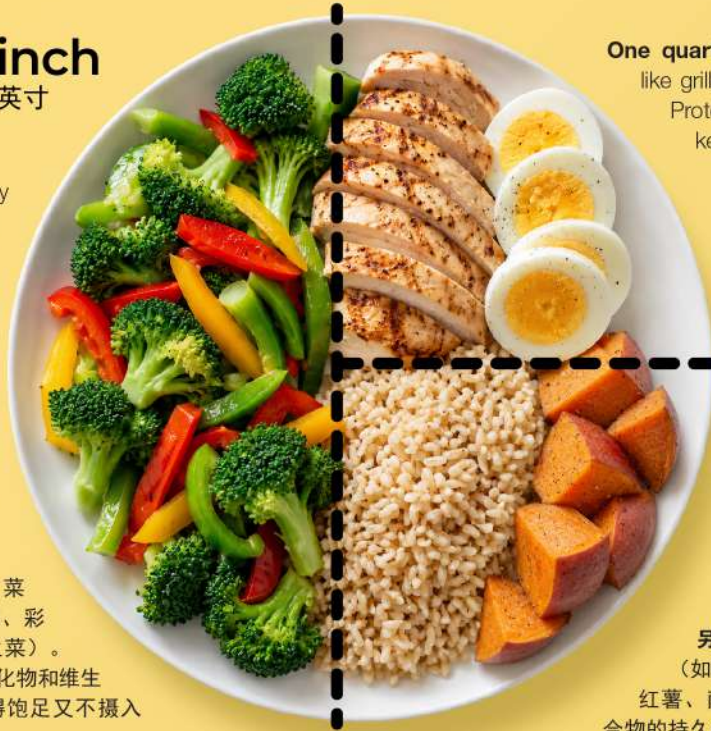
Mastering the Plate Method: Your Everyday Visual Guide

掌握餐盘法：一目了然的日常指南



Half the plate — Generously fill with non-starchy vegetables such as leafy greens, broccoli, cauliflower, capsicum, zucchini, eggplant, asparagus, and salad vegetables. These vegetables bring fibre, antioxidants, vitamins, and volume so you feel full and nourished without excess calories.

一半：盛满非淀粉类蔬菜（如绿叶菜、西兰花、花椰菜、彩椒、西葫芦、茄子、芦笋或生菜）。这些食物富含膳食纤维、抗氧化物和维生素，能增加饱腹感，让您吃得饱足又不摄入过多热量。



One quarter — Lean, high-quality proteins like grilled fish, chicken, eggs, and lentils. Protein supports muscle maintenance, keeps you satisfied longer, and helps stabilise energy.

四分之一：选择优质低脂蛋白（如烤鱼、鸡胸、鸡蛋、扁豆）。蛋白质有助于维持肌肉，延长饱腹感，稳定能量。

One quarter — Whole grains or starchy vegetables* such as brown rice, basmati rice, quinoa, oats, sweet potato, and pumpkin. These provide sustained energy from complex carbohydrates.

另外四分之一：全谷物或淀粉类蔬菜（如糙米、巴斯马蒂香米、藜麦、燕麦、红薯、南瓜）。它们提供来自复合碳水化合物的持久能量。

Why it works so well: This balanced approach naturally controls portion sizes while ensuring you get a wide spectrum of nutrients. It's especially supportive for blood sugar management and weight balance because it emphasises vegetables and protein while moderating refined carbs.

Variations for different dietary needs:

- **For higher-energy days (active lifestyle):** Slightly increase the whole grain/starchy portion.
- **For gentler digestion:** Steam or lightly cook more vegetables and choose easier-to-digest proteins.
- **Vegetarian:** Load up on plant proteins like lentils, chickpeas, tofu and tempeh.

Start off with the Plate Method for just one meal a day. Within a week, you'll likely notice steadier energy and greater satisfaction.

为何这个方法如有效这种搭配方式能自然控量，同时确保营养均衡。这种饮食方式特别有助于血糖平衡和体重管理，因为它强调摄入蔬菜和蛋白质，同时适量控制精制碳水化合物。

灵活调整：

- **活跃日：**可适当略增全谷物/淀粉类；
- **消化敏感者：**选蒸煮蔬菜和易消化蛋白（如豆腐、去皮鸡胸）；
- **素食者：**用植物蛋白，如豆类、鹰嘴豆、豆腐、纳豆替代动物蛋白。

建议从每天一餐开始。坚持一周，您可能就会感受到精力更稳、饱腹更久。

One of the most empowering tools for smart eating is the Plate Method. It requires no calorie counting, no complicated apps — just a simple visual blueprint that works on any plate. Using a standard 9-inch dinner plate as your guide:

餐盘法是健康饮食中最实用的工具之一。无需计算卡路里，也不用下载复杂的手应用，只需一个9英寸（约23厘米）餐盘，就能作为视觉参考实践科学饮食：

A gentle note for our diabetic friends: While whole grains and starchy vegetables are excellent nutrient-dense choices, it's wise to be mindful of portions and monitor your blood sugar response, as they can still impact glucose levels when consumed in larger amounts. Starting with smaller portions and pairing them with plenty of fibre and protein can help maintain balance.

给糖尿病朋友的温馨提示：虽然全谷物和淀粉类蔬菜是营养密度很高的优质选择，但需注意食用分量，并监测血糖反应，因为大量摄入仍可能影响血糖水平。建议从小份量起步，搭配充足的膳食纤维和蛋白质，以帮助维持血糖平衡。

The Power of Meal Order: Eat in Sequence for Better Results

掌握餐盘法：一目了然的日常指南

Begin with 先吃



Fibre-rich Vegetables: They form a natural “buffer” in your digestive system, slowing the absorption of other nutrients and promoting gentle blood sugar response.

高纤维蔬菜：它们会在消化系统中形成一层天然的“缓冲层”，缓释糖分吸收，稳血糖；

Follow with 接着吃



Proteins and Healthy Fats: These trigger satiety hormones and further support stable energy while nourishing every cell.

蛋白质和健康脂肪：它们能促进饱腹感激素分泌，进一步维持稳定能量，同时滋养全身细胞。

Finish with 最后吃



Carbohydrates: By this point, your body handles them more gently, reducing energy spikes and crashes.

碳水化合物：此时，身体能以更平稳温和的方式处理碳水，从而减少血糖的骤升骤降。

This approach is particularly helpful for those wanting to support healthy weight management or avoid feeling sluggish after meals. It's one of those small changes that feels effortless once it becomes a habit.

这种方法特别适合想控体重、餐后困倦的人群。一旦养成习惯，这会是一个毫不费力却收效显著的小转变。

Practical example: At lunch, enjoy a generous salad or stir-fried greens first, followed by grilled chicken, and end with a moderate portion of brown rice.

示例午餐：先吃一大份沙拉或清炒时蔬，再吃烤鸡，最后配小碗糙米饭。

Become a Confident Food Label Reader

读懂食品标签：三步锁定真健康

1 Ingredient List 看配料表

Look at the first few ingredients, as they make up the largest proportion of the product. Ideally, the top three ingredients should be whole, natural foods such as vegetables, fruits, whole grains, nuts, or high-quality protein. In general, a shorter ingredient list with familiar, recognisable ingredients is better. Avoid products containing hydrogenated oils, high-fructose corn syrup, artificial colours, flavours or sweeteners, and excessive sodium-based preservatives.

查看排在前几位的配料。前3项最好是天然食材（蔬菜、水果、全谷物、坚果、优质蛋白）；成分越短、越熟悉越好；避开氢化油、高果糖玉米糖浆、人工色素/香精/甜味剂、过量钠基防腐剂。

2 Nutrition Facts 查营养成分表

Pay special attention to added sugars and sodium. Look for lower percentages where possible.

重点关注添加糖与钠含量，尽量选择百分比较低的产品。

3 Serving Size Reality Check 留意实际摄入量

Always check how many servings are in the package and compare that with how much you actually eat.

务必确认包装上的每份标准与您实际摄入量是否一致。

Shopping smart is a key part of eating smart. Learning to read labels quickly helps you choose foods that truly serve your wellness goals.

聪明购物，是聪明饮食的第一步。学会快速看懂标签，能帮助您选出真正符合健康目标的食物：

Bonus Tip 小贴士

When choosing packaged items, look for options rich in fibre and protein. And remember — fresh, whole foods often don't need labels at all! By becoming label-savvy, you naturally fill your kitchen with supportive choices that make building healthy plates easier and more enjoyable.

在挑选包装食品时，尽量选择富含膳食纤维和蛋白质的选项。别忘了——新鲜的天然食材通常根本不需要标签！学会看懂食品标签后，您的厨房自然会装满健康的优质选择，让构建均衡餐盘变得更加轻松愉快。

Supportive Supplements

Even with thoughtful meals, modern lifestyles and soil quality can create nutritional gaps. NewLife™ offers premium, time-tested supplements that complement your smarter eating habits beautifully.

- **Chromium Picolinate** — Supports healthy blood sugar metabolism and may help reduce sweet cravings, making it easier to stick with balanced plates.
- **Spirulina** — Nature's living energy. This nutrient-dense blue-green algae is exceptionally rich in easily digestible protein, iron, B vitamins, chlorophyll and antioxidants.
- **Herbal Matrix Powder** — A gentle blend of fibres and herbs that supports natural internal cleansing, healthy bowel movement and better nutrient absorption.
- **ImmuFlora®** — Our flagship probiotic featuring 10 billion Bifidobacterium Longum, 1 billion Lactobacillus Acidophilus and prebiotic Fructo-Oligosaccharides. Made in Japan with special acid-resistant technology, it helps restore gut balance, support immunity, and promote comfortable digestion.
- **Omega Gold Flaxseed Oil** — Cold-pressed, organic source of essential omega-3 fatty acids that support heart, brain, skin and joint health.
- **Yoghurt (with live cultures)** — A delicious, everyday source of natural probiotics and protein. Choose plain varieties and enhance with fresh fruits.
- **Apple Cider Vinegar (ACV)** — Traditional daily tonic. Diluted in water or mixed with raw honey (Honeygar), it's loved for supporting digestion and overall vitality.
- **Bee Pollen Granules** — Nature's complete food, rich in vitamins, minerals, amino acids, enzymes and antioxidants. A natural energiser that supports vitality and nutrition.
- **Nutritional Yeast** — A complete protein with 18 amino acids, an excellent source of B-complex vitamins (including B12, especially beneficial for vegetarians) and bioavailable minerals absorbed from molasses. It also helps boost liver function, immune health and stress reduction. Its nutty, cheesy flavour makes it a delightful sprinkle on meals or drinks.

辅助营养品

即使有精心安排的膳食，现代快节奏的生活和土壤质量仍可能导致营养缺口。新生命提供高品质、久经考验的营养补充品，能与您的聪明饮食习惯完美互补。

- **有机铬**：支持健康的血糖代谢，有助减少对甜食的渴望，让您更容易坚持均衡饮食。
- **螺旋藻**：大自然的天然能量源。这种营养密集的蓝绿藻富含易于吸收的蛋白质、铁质、B族维生素、叶绿素和抗氧化物质。
- **天然净化粉**：温和的纤维与草本植物组合，有助于支持体内自然排毒、促进肠道蠕动以及提高营养吸收。
- **免疫激活植**：新生命明星产品，每包含有100亿长双歧杆菌、10亿嗜酸乳杆菌以及益生元低聚果糖。日本制造，采用特殊耐酸技术，有助于恢复肠道菌群平衡，增强免疫力，并促进舒适消化。
- **奥美加黄金亚麻籽油**：冷压有机提取，富含人体必需的奥美加-3脂肪酸，有助于维护心脏、大脑、皮肤和关节健康。
- **酸乳酪（含活性菌种）**：美味的日常天然益生菌和蛋白质来源。建议选择无糖原味酸奶，并可加入新鲜水果提升风味。
- **苹果醋**：传统日常养生饮品。用水稀释或与生蜂蜜混合（称为“蜜醋”），有助于促进消化和增强整体活力，广受喜爱。
- **蜜蜂花粉**：大自然的完整食物，富含维生素、矿物质、氨基酸、酶和抗氧化物质。是天然的能量充沛剂，能提升整体活力与营养。
- **营养酵母**：一种包含18种氨基酸的完整蛋白质，是B族维生素（包括维生素B12，对素食者尤为有益）的优质来源，以及从甘蜜中吸收的高生物利用度矿物质。它还有助于增强肝脏功能、免疫健康和舒缓压力。其坚果般的奶酪风味，使其成为餐食或饮品中的美味点缀。

How to combine them effectively:

Many start their day with ImmuFlora®, a tablespoon of Flaxseed Oil, a teaspoon of Nutritional Yeast and some bee pollen in a smoothie or yoghurt. Herbal Matrix Powder and ACV support gentle daily cleansing. These products work synergistically with the Plate Method and smart meal habits to help you feel your best.

如何有效搭配使用：

许多人喜欢在清晨享用免疫激活植，或在奶昔或者酸乳酪中加入一汤匙亚麻籽油、一茶匙营养酵母和少许蜜蜂花粉。天然净化粉和苹果醋则有助于日常温和清肠。这些营养品与餐盘法则及聪明进食习惯相辅相成，帮助您帮助保持最佳状态。



Sample Daily Meal Plan Using These Principles

每日示范食谱



Breakfast 早餐

Vegetable omelette or scrambled eggs with plenty of spinach and tomatoes (veggies first) or plain yoghurt mixed with a tablespoon of Flaxseed Oil and fresh fruits.

蔬菜煎蛋卷或炒蛋搭配大量菠菜和番茄（先吃蔬菜）；或原味酸奶混合一汤匙亚麻籽油和新鲜水果。



Mid-morning 上午茶

Fresh fruit with a handful of nuts.
新鲜水果搭配一把坚果。



Lunch 午餐

Large mixed salad or steamed vegetables first, followed by grilled fish or lentils, then a small portion of brown or basmati rice.

先吃大份沙拉或蒸蔬菜，接着吃烤鱼或扁豆，最后吃小份糙米饭或巴斯马蒂香米。



Afternoon 下午茶

Herbal tea or a small ACV drink.
花草茶或少量稀释的苹果醋饮。



Dinner 晚餐

Follow the same Plate Method flow — generous non-starchy veggies, quality protein, moderate whole grains.

遵循同样的餐盘法则与进食顺序——大量非淀粉类蔬菜、优质蛋白质、适量全谷物。



Evening Support 晚间辅助

Herbal Matrix Powder if needed for gentle cleansing.

如需要，可服用天然净化粉以帮助温和清肠，促进身体净化。



Variety & Balance 多样与均衡

Rotate proteins, vegetables and grains to keep things interesting and ensure broad nutrition.

定期轮换蛋白质、蔬菜和谷物品种，既能保持饮食的新鲜感，又能确保营养全面均衡。

Overcoming Common Challenges 克服常见挑战

- Not enough time? Prep vegetables in advance and keep easy proteins like eggs on hand.
- Family resistance? Involve them in building colourful plates together — make it fun!
- Plateaus or cravings? If your progress feels stuck or cravings are stronger than usual, take a look at your daily supplement routine and the order in which you eat your meals. Even small adjustments can often bring back steady progress and better results.

Remember, progress over perfection. Every smarter choice adds up.

- 时间不够？ 提前准备蔬菜，常备鸡蛋等简单蛋白质食物。
- 家人抗拒？ 邀请家人一起动手摆盘，制作色彩丰富的餐盘——让过程变得有趣！
- 平台期或特别想吃某种食物？ 如果您的健康进展陷入停滞，或对特定食物的渴望比平时更强烈，不妨检视一下您的日常营养补充计划以及进食顺序。即使是微小的调整，往往也能带来意想不到的效果与稳健的突破。

记住，进步胜于完美。每一个更明智的选择都在积累改变。

You Have Everything You Need 您已拥有所需的一切

Eating smart is not about restriction — it's about giving your body the nourishment, balance, and support it truly needs. When you combine the Plate Method, mindful meal order, smart label reading, and quality NewLife™ supplements, you create a foundation for lasting vitality.

You are capable of feeling energised, light and vibrant.

Here's to eating smarter, feeling better, and living your healthiest life yet!

健康饮食并非限制，而是为身体提供真正需要的营养、平衡与支持。当您结合“餐盘法”、有意识的进食顺序、聪明的食品标签阅读以及搭配优质的新生命营养补充品时，便能建立起持久活力的基础。

您完全有能力拥有一份充沛、轻盈与充满生机的状态。

愿您更智慧地饮食，更舒适地生活，开启前所未有的健康人生！

STRONG MUSCLES

BETTER BLOOD SUGAR

强健肌肉
稳控血糖

You don't need to become a bodybuilder to enjoy the benefits of stronger muscles. Even small improvements in muscle strength can make a big difference to your blood sugar balance, daily energy and long-term vitality. In this guide, we'll explore why strong muscles are one of your greatest allies for healthy blood sugar, along with simple beginner-friendly ways to get started.

您不必成为运动员，也能从更强的肌肉中获益。哪怕力量小幅提升，也能显著改善血糖平衡、日常精力和长期活力。在本指南中，我们将探讨为什么强健的肌肉是维持健康血糖水平最重要的帮手之一，并提供简单易行、适合初学者的入门方法。



How Muscles Help Regulate Blood Sugar

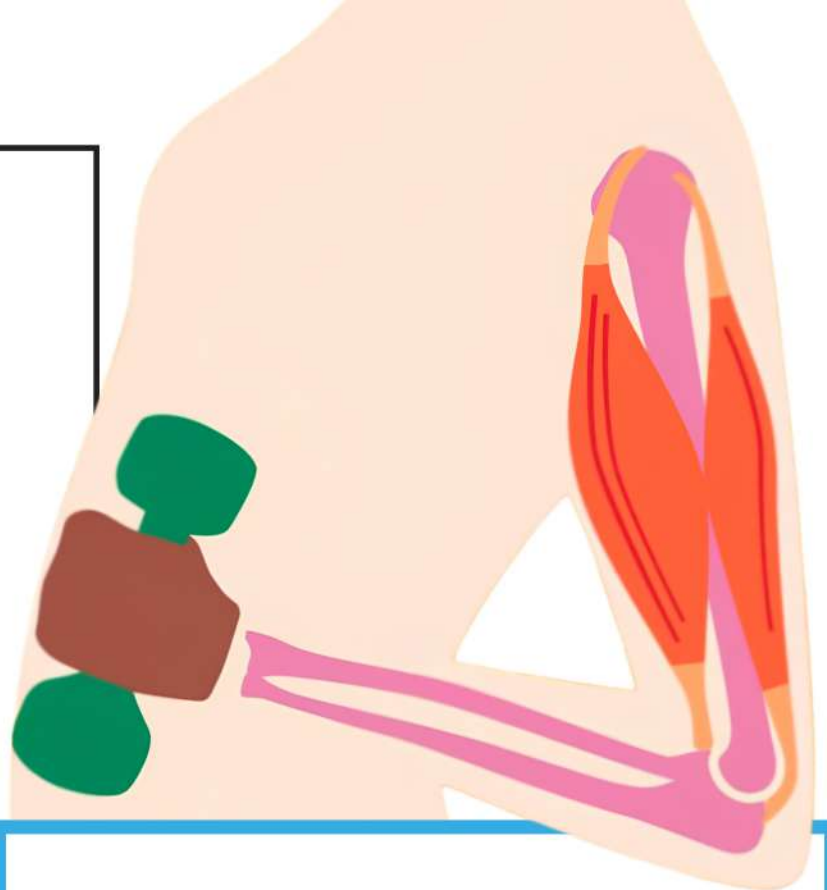
肌肉如何调节血糖

Your muscles do far more than help you move. They are one of your body's largest storage tanks for glucose. After you eat, carbohydrates are broken down into glucose, causing your blood sugar to rise. In response, your pancreas releases insulin, the hormone that helps move glucose from your bloodstream into your cells.

One of the first places this glucose is sent is your muscles. When your muscles are active, they readily absorb glucose to use for energy or store it as glycogen for later use. **The healthier and more active your muscles are, the more efficiently your body can use glucose, which can help maintain healthy blood sugar levels.**

肌肉的作用远不止帮助您活动。它们是人体最大的葡萄糖储存库。进食后，碳水化合物转化为葡萄糖，血糖上升；胰腺随即释放胰岛素，将葡萄糖送入细胞——肌肉是首要接收部位。

活动时，肌肉主动摄取葡萄糖供能或储存为糖原；**越健康、越活跃的肌肉，血糖利用效率越高，越有助于稳定血糖。**



Why Moving After Meals Matters

餐后动一动，效果立现

Think of your muscles as a sponge. After you've been walking, exercising, or simply moving throughout the day, they readily soak up glucose from your bloodstream and use it for energy.

However, **when you spend long periods sitting, your muscles become less active** and have less demand for fuel. As a result, they take up less glucose from your bloodstream, **leaving more glucose in your blood and requiring your body to produce more insulin** to keep blood sugar levels balanced.

Over time, a repeated pattern of high blood sugar, elevated insulin levels, and low muscle activity can contribute to insulin resistance, increased visceral fat, and a less efficient metabolism.

Eat, then move. Even a small amount of movement after meals can help activate your muscles and make a meaningful difference to your metabolic health.

肌肉像一块海绵。当您走路、锻炼或日常活动中不断运动时，肌肉就会主动吸走血液中的葡萄糖，将其转化为能量。

然而，如果**长坐不动，肌肉的活动性就会降低**，对能量的需求也随之减少。因此，它们从血液中吸收的葡萄糖减少，**导致葡萄糖滞留血中，迫使身体分泌更多胰岛素。**

长期如此，易引发胰岛素抵抗、内脏脂肪堆积和代谢变慢。

吃饭后动一动，有助于激活肌肉，对代谢健康产生积极影响。



The Beauty of Strength for Healthy Aging

力量之美：助力健康老龄化

This becomes even more important as we grow older. Muscle loss naturally begins in our 30s and gradually accelerates over time. By preserving and building muscle through regular strength training, you support a healthier metabolism, steadier energy levels, better balance, and greater independence in later years.

Building strength isn't just about looking toned. It's about feeling capable, confident, and resilient at every stage of life.

力量训练，是健康老去的关键。30岁起肌肉逐年流失，速度随年龄加快。规律抗阻训练可保护肌肉量，从而稳住代谢、平衡能力、骨关节健康，并提升情绪与日常活力。

增强力量并不仅仅是为了看起来紧致有型，更是为了在人生的每个阶段都感到有能力、有信心、有韧性。

Stronger muscles can help:

- Improve balance and reduce the risk of falls
- Support joint health and bone density
- Maintain a healthy metabolism
- Boost mood and confidence through the release of feel-good endorphins
- Make everyday activities easier and less tiring

强健肌肉，不止于塑形，更关乎韧性与自主，有助于：

- 提升平衡，降低跌倒风险
- 保护关节，增强骨密度
- 维持健康代谢
- 释放内啡肽，改善情绪与自信
- 让日常活动更轻松省力

Even gentle, consistent movement can slow age-related muscle loss and help you stay active and independent for many years to come.

温和持续的锻炼，就足以延缓肌肉流失，守护长期独立与活力。

Beginner-Friendly Exercise Guide

Resistance Training —
The Foundation of Strong Muscles

初学者力量训练指南

抗阻训练——强健肌肉的基础

Resistance training is one of the most effective ways to build muscle and improve insulin sensitivity. If you're new to strength training, consider working with a qualified personal trainer for your first few sessions. Learning proper technique early helps prevent injury and builds confidence.

抗阻训练是最有效的增肌与控糖方式。首次训练建议由专业教练指导，确保动作规范、安全起步。



At Home (Bodyweight or Minimal Equipment) 居家（自重/弹力带）

- | | |
|-------------------------------|-------------|
| • Chair squats | • 椅子深蹲 |
| • Wall push-ups | • 墙上俯卧撑 |
| • Seated leg lifts | • 坐姿抬腿 |
| • Resistance band rows | • 弹力带划船 |
| • Resistance band bicep curls | • 弹力带肱二头肌弯举 |



At the Gym (Machines or Free Weights) 在健身房（器械或自由重量）

- | | |
|------------------------|--------|
| • Leg press | • 腿部推举 |
| • Seated row | • 坐姿划船 |
| • Chest press | • 胸部推举 |
| • Light shoulder press | • 轻量肩推 |

General Guidelines

- Start with 1–2 sets of 8–12 repetitions.
- Train 2–3 times per week.
- Focus on slow, controlled movements and good posture.
- Breathe out during effort and breathe in during release.
- Allow 1–2 days of rest between sessions for recovery.

执行要点

- 每组8–12次，进行1–2组
- 每周2–3次
- 动作缓慢可控，姿势正确
- 发力呼气，放松吸气
- 训练间隔1–2天，以充分恢复



Rebounding (Mini Trampoline)

弹跳运动（迷你弹跳床）

Rebounding is an excellent complement to resistance training. It is gentle on the joints while engaging multiple muscle groups, improving circulation, and encouraging glucose uptake.

Start with just 5–10 minutes of gentle marching or light bouncing. It's enjoyable, low-impact, and an easy way to increase your daily movement.

弹跳运动是抗阻训练的绝佳补充。低冲击、多肌群参与，促进循环与葡萄糖利用。

初学可每天5–10分钟轻柔踏步或微弹，轻松提升日常活动量。

Daily Movement Matters

Movement doesn't just happen during a workout. Every step you take throughout the day helps keep your muscles active and supports healthy blood sugar levels. Small but consistent habits add up. A short walk after meals, taking the stairs, stretching regularly, gardening, or simply reducing the amount of time spent sitting can all contribute to better blood sugar control and overall health.

动起来，点滴累积

餐后散步、走楼梯、定时拉伸、减少久坐——这些微小习惯共同助力血糖管理与整体健康。

Nourish Your Muscles from Within

营养同步支持

Exercise delivers the best results when paired with good nutrition.

Adequate protein and essential nutrients are important for building and maintaining healthy muscles. To complement a balanced diet, consider adding:

- **Spirulina and Bee Pollen** for their natural protein and nutrient content.
- **Nutritional Yeast** as a source of B vitamins and complete protein.
- **Omega Gold Flaxseed Oil** to support joint comfort and provide healthy omega-3 fats, helping you stay active and consistent with your exercise routine.

Together with regular movement, good nutrition provides your body with the building blocks it needs to become stronger and healthier.

运动与良好营养相结合，才能效果倍增。优质蛋白与关键营养素是肌肉修复与生长的基础。

可考虑补充：

- **螺旋藻与蜜蜂花粉**：富含天然蛋白与复合营养
- **无盐营养酵母**：提供B族维生素和完整蛋白质
- **奥美加黄金亚麻籽油**：提供抗炎奥美加-3脂肪酸，支持关节舒适与持续运动动力

Start Small, Stay Consistent 从小处开始，贵在坚持

You don't have to transform overnight. Even 10–15 minutes of strength-focused exercise a few times a week can lead to noticeable improvements in energy, strength, and how your body manages blood sugar.

Every workout is an investment in your future health. By building stronger muscles today, you're supporting better blood sugar balance, healthier ageing, and greater independence for years to come. Start where you are, stay consistent, and enjoy the journey to a stronger, healthier you.

您不必一夜之间彻底改变。每周2–3次、每次10–15分钟的力量训练，已能切实提升精力、力量与血糖调节能力。

每一次发力，都是对健康未来的投资：更强的肌肉，意味着更稳的血糖、更从容的老年、更长久的独立。现在开始，稳步前行。

When we think about managing blood sugar, we often focus on food and exercise. Yet sleep is another important piece of the puzzle.

You know that groggy, irritable feeling after a poor night's sleep? It's more than just tiredness — it directly affects how your body manages blood sugar and handles stress.

When sleep is insufficient, your body produces more cortisol, the primary stress hormone. Cortisol signals the liver to release stored glucose into the bloodstream to provide quick energy. While this response is helpful in the short term, persistently elevated cortisol caused by poor sleep can keep blood sugar levels higher than ideal.

At the same time, inadequate deep sleep reduces insulin sensitivity, making it harder for your cells to absorb glucose effectively. This combination can increase cravings for sugary or comfort foods and make choosing healthy options more challenging.

The good news? Improving your sleep is one of the most powerful things you can do to support healthy blood sugar balance and help your body better manage everyday stress.

当我们讨论到管理血糖时，通常只会专注于饮食和运动。然而，睡眠也是其中不可或缺的关键因素。

一夜没睡好，您一定体会过那种头脑发昏、烦躁不安的感觉吧？这不仅是单纯的疲倦，它还会直接干扰血糖调控和压力应对。

当睡眠不足时，身体会分泌更多的皮质醇（压力激素），促使肝脏将储存的葡萄糖释放到血液中以快速提供能量。虽然这种应激反应在短期内是有益的，但长期睡眠不良会导致皮质醇持续偏高，使血糖高于理想水平。

与此同时，缺乏深度睡眠会降低胰岛素敏感性，让细胞更难吸收葡萄糖，进而加剧对甜食和高热量食物的渴望。

好消息是：改善睡眠，是支持血糖平衡、缓解日常压力最有效的方式之一。

Sleep Better, Feel Better

How Quality Sleep
Supports Your Energy, Mood
and Blood Sugar Balance

睡得更好，状态更佳

优质睡眠如何提升精力、改善情绪与平衡血糖



Three Ways Quality Sleep Supports Healthy Blood Sugar Balance

优质睡眠支持血糖健康平衡的三大方式



Supports Better Insulin Sensitivity
提升胰岛素敏感性



Helps Regulate Stress Hormones
有助于调节压力激素



Helps You Make Healthier Food Choices
帮助您做出更健康的饮食选择

Simple Ways to Sleep Better Tonight

今晚就能改善睡眠的简单方法



Stick to a consistent bedtime and wake-up time.
固定入睡和起床时间。



Keep your bedroom cool, dark, and quiet.
保持卧室凉爽、黑暗、安静。



Avoid heavy meals and caffeine late in the day.
晚餐不过饱，避免睡前摄入咖啡因。



Create a calming evening routine — dim the lights, reduce screens, and enjoy a warm cup of Organic Chamomile Tea to help relax your mind and body.

建立宁静的睡前习惯：调暗灯光、远离电子屏幕，喝杯温有机洋甘菊茶放松身心。

Support Your Sleep Naturally

自然促进优质睡眠

Regular exercise during the day can also make a big difference. Moving your body helps reduce stress hormones, tires your muscles in a healthy way, and promotes deeper sleep at night. Even a short walk, rebounding session, or strength workout earlier in the day can improve your rest.

Supporting gut health with **ImmuFlora®**, adding anti-inflammatory benefits from **Omega Gold Flaxseed Oil**, or using nutrient-rich options like **Spirulina**, **Bee Pollen** and **Nutritional Yeast** can promote daytime calm and more restorative sleep at night.

If your diet is lacking in key minerals, **Calcium Complex** is also beneficial. It provides a well-balanced ratio of calcium and magnesium. Magnesium is well known for supporting muscle relaxation and calming the nervous system, while calcium plays an important role in normal nerve and muscle function. Together, these minerals can help your body relax and prepare for a more restful night's sleep.

You deserve to wake up refreshed and energised. Even small improvements in sleep can help regulate cortisol, support stable glucose levels, and reduce those stubborn cravings. Start tonight — your body will thank you.

白天动起来，晚上睡得香。规律运动（如快走、弹跳或力量训练）可降低压力激素、适度疲劳肌肉，显著促进深度睡眠。

通过**新生命免疫菌植**维护肠道健康，搭配**奥美加黄金亚麻籽油**的抗炎功效，或使用**螺旋藻**、**蜜蜂花粉**和**营养酵母**等补充关键营养，助日间平静、夜间修复。

如果您的饮食中缺乏关键矿物质，**新生命钙合成剂**也会大有益处。它提供均衡比例的钙和镁。众所周知，镁有助于放松肌肉和安抚神经系统，而钙在维持正常神经与肌肉功能方面发挥着重要作用。这两种矿物质协同作用，能帮助身体放松，为入睡铺路。

您值得在清晨醒来时充满活力、神清气爽。哪怕是微小的改善，也能帮助身体稳住皮质醇、平衡血糖，减少那些莫名顽固的食欲渴望。就从今晚开始吧！



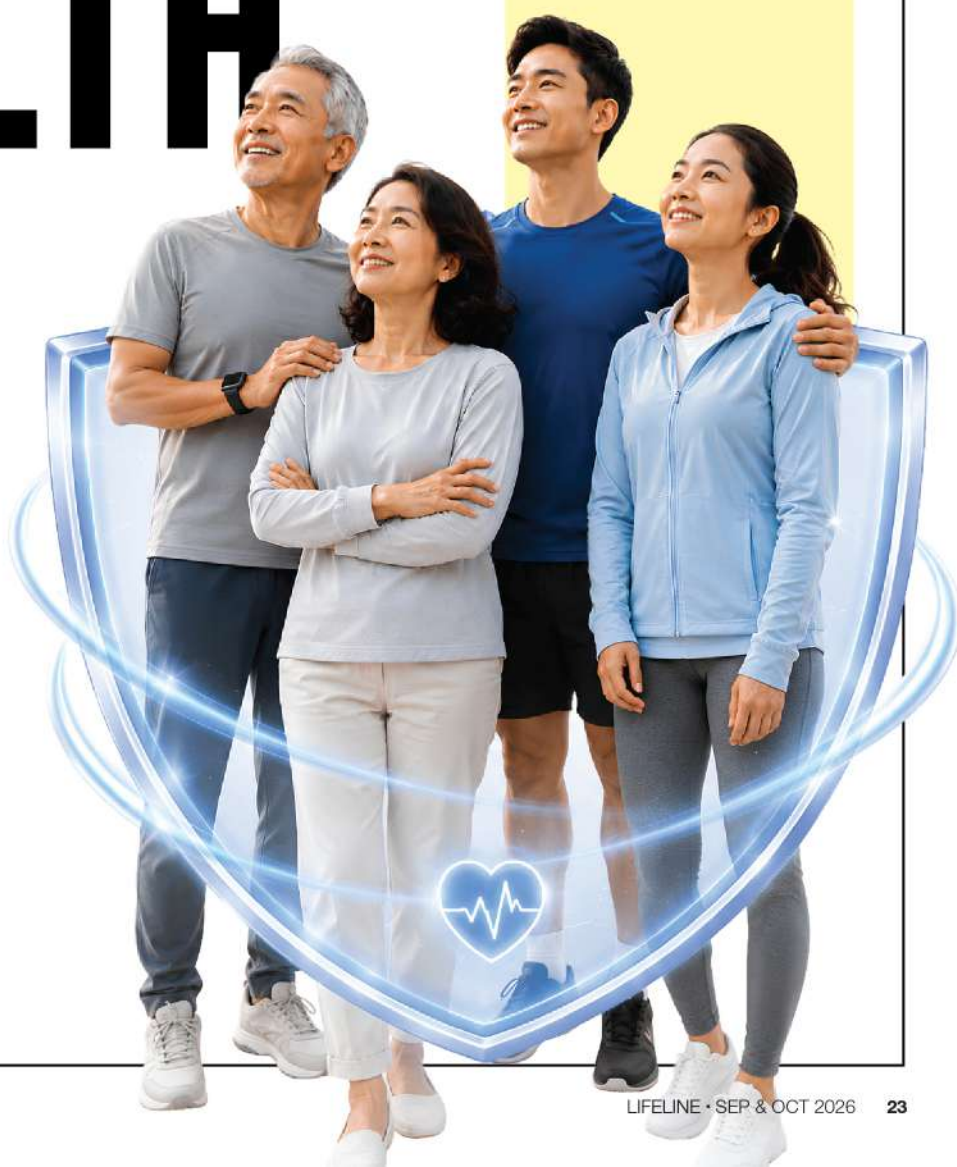
PROTECT YOUR 守护您的 FUTURE 未来健康 HEALTH

*Understanding
the
long-term
impact of blood
sugar and how
you can take
positive
action*

了解高血糖影响，
立即行动

When blood sugar remains high over time, it can quietly affect many parts of the body, often without causing noticeable symptoms in the early stages. The good news is that understanding these risks early gives you the opportunity to make informed choices that can help protect your long-term health through healthy lifestyle habits and the right support.

当血糖长期偏高时，它可能会悄然影响身体的多个部位，而早期往往不会出现明显症状。好消息是，及早了解这些风险，就能通过健康习惯和适当的支持来保护长期健康。



How High Blood Sugar Affects the Body Over Time

高血糖如何伤害身体？

The underlying driver of Type 2 diabetes is chronic inflammation, which is further aggravated by persistently high blood sugar and elevated insulin levels.

Over time, this ongoing inflammation can damage blood vessels, causing them to become stiffer and more prone to narrowing or blockage. As a result, the risk of heart attacks, strokes, and other serious cardiovascular complications increases. Cardiovascular disease remains the leading cause of serious health complications in people living with diabetes.

Keeping chronic inflammation under control through balanced nutrition and healthy lifestyle choices is an important part of supporting healthy blood vessels and promoting long-term wellbeing.

In rare but serious cases, persistently high blood sugar can also lead to medical emergencies such as diabetic ketoacidosis (DKA), which is more common in Type 1 diabetes, or hyperosmolar hyperglycaemic state (HHS), which is more commonly associated with Type 2 diabetes. Both conditions require immediate medical attention. Consistent monitoring and healthy habits can help reduce the risk of these situations occurring.

二型糖尿病的根本原因是慢性炎症，而持续高血糖和高胰岛素水平会进一步加剧这种炎症。

炎症会损害血管，使其变硬、狭窄或堵塞，显著增加心梗、中风等心血管疾病风险。心血管问题仍是糖尿病患者首要致死原因。

通过均衡营养和健康的生活方式来控制慢性炎症，是维护血管健康、促进长期健康的关键。

极少数情况下，严重高血糖可能引发危及生命的急症：一型糖尿病更易出现糖尿病酮症酸中毒（DKA），二型糖尿病则需警惕高渗性高血糖状态（HHS）。这两种情况都需要紧急救治。坚持监测与健康生活，可大幅降低风险。

The Areas Most Commonly Affected

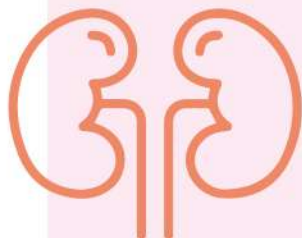
最易受损的身体部位



Heart & Blood Vessels 心脏与血管

Damage to blood vessels increases the risk of heart disease and stroke, the leading causes of serious complications associated with diabetes.

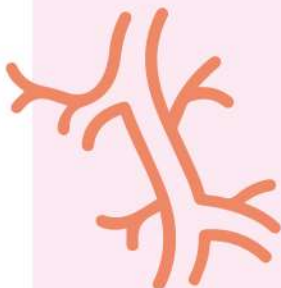
血管损伤会直接增加心梗、中风的风险，而这些是与糖尿病相关的最主要严重并发症。



Kidneys 肾脏

Persistently high blood sugar can place extra strain on the kidneys over time, affecting their ability to filter waste effectively.

长期高血糖会对肾脏造成额外负担，削弱肾脏过滤废物的功能。



Nerves 神经

Prolonged high blood sugar may damage nerves, leading to tingling, numbness or reduced sensation, particularly in the hands and feet.

长期高血糖可能会损伤神经，导致手脚麻木、刺痛或感觉减退。



Eyes 眼睛

The delicate blood vessels in the eyes can be affected, increasing the risk of vision problems if left unaddressed.

视网膜微血管受损，威胁视力。



Feet 足部

Reduced sensation together with poorer circulation can make the feet more vulnerable to injuries, infections and slower healing.

感觉减退加上血液循环变差，会使双脚伤口难愈、感染风险升高。

How Detoxification & Rejuvenation Programme and HIMC Concierge Care Can Support You

排毒与复健计划(DRP)及 HIMC专属护理服务助您实现健康目标

At NewLife™, we believe that protecting your long-term health starts with gentle, consistent support. Our Detoxification & Rejuvenation Programme (DRP) is designed to help reduce the burden of chronic inflammation, support better nutrient absorption, and build a stronger foundation for metabolic health.

For those who prefer personalised guidance, our HIMC Concierge Care service provides dedicated one-to-one support tailored to your unique needs. Whether you're looking for help with nutrition, lifestyle habits, ongoing monitoring of your progress, or staying motivated, our experienced team offers personalised guidance, practical strategies, and ongoing encouragement to help you stay on track and work towards your long-term health goals.

For more information about HIMC Concierge Care service, please contact drleon@newlife.com.my

在新生命，我们相信守护长期健康始于温和而持久的支持。我们的DRP旨在帮助减轻慢性炎症负担、促进更好的营养吸收，并为代谢健康打下更坚实的基础。

对于希望获得个性化指导的客户，我们的HIMC专属护理服务提供一对一定制服务。从营养指导、运动方案、进度追踪到持续激励，全程陪伴您的健康改变。

想要了解更多关于HIMC专属护理服务的信息，请联系 drleon@newlife.com.my

My Health Journey— Testimonial by "Vera B."

Three years ago I was diagnosed with Type 2 Diabetes. At that time I also had high blood pressure and fatty liver. My doctor put me on medication for blood sugar and blood pressure. Honestly, I was scared. I thought I would be on medication for life. I also struggled with my weight. I was 65 kg and felt tired most days.

I decided I needed to make a change, but I didn't do it alone. I came under the HIMC Concierge Care and under the guidance of Dr KY Lim, Dr Lynn and Dr Leon, I started making changes to my diet and lifestyle.

Here's what helped me:

- **Food changes:** I focused on whole foods. More vegetables, lean protein like fish and eggs.
- **Exercise:** The exercises that were recommended made a lot of difference.
- **Weight loss:** Slowly, the weight came down. From 65 kg to 57.1 kg. That made a big difference to my energy and my blood results.
- **Monitoring:** I checked my blood pressure and blood sugar at home and kept my doctor updated.

The results surprised me. I went back to see my doctor for a follow-up. My doctor reviewed my progress and my weight loss. He decided to stop my high blood pressure medication and reduce my diabetes medication from 500 mg to 250 mg. It was the first time in years that my medication dosage had been reduced rather than increased.

My doctor also explained to me that my condition was related to insulin resistance, not insulin insufficiency, and with the lifestyle changes, my blood sugar was stable. That gave me so much hope.

I'm sharing this as "Vera B." because I want to encourage others, but I also want to keep my privacy. If you're struggling right now, please know this: small consistent steps matter. Contact HIMC, follow their plan, and don't give up. You can still live a full, energetic life even with diabetes. I'm grateful for the HIMC team who guided me and for the support that kept me going.

我的健康之旅—— Vera B. 的见证

三年前，我被确诊为二型糖尿病，同时伴有高血压和脂肪肝。医生为我开了降糖和降压的药物。说实话，我当时很害怕，以为自己将终身依赖药物。同时，我也一直为体重问题困扰。那时我体重65公斤，每天都很疲惫。

我意识到必须做出改变，但没有独自硬扛，而是加入了HIMC护理计划，在林敬谊医生、陈林希珠自然疗法医师和陈健良自然疗法医师的指导下，开始系统调整饮食和生活方式。

以下是我取得改善的关键改变：

- **饮食：**以天然食物为主，增加蔬菜、鱼类和鸡蛋等优质蛋白；
- **运动：**坚持HIMC推荐的运动方案，效果明显；
- **体重：**从65公斤降至57.1公斤，精力提升，各项血液指标改善；
- **自我监测：**在家规律测血糖和血压，并及时反馈医生。

结果令人鼓舞。我回去复诊，医生评估了我的进展和体重变化后，决定停用高血压药物，并将糖尿病药物剂量从500毫克减少到250毫克。这是我用药以来首次减量，而非加量。

医生还向我解释，我的问题是胰岛素抵抗，不是胰岛素缺乏；通过生活方式的调整，我的血糖已经稳定下来。这给了我真正的希望。

我以“Vera B.”署名分享这段经历，既为保护隐私，也为鼓励他人。如果您此刻正面临困境，不必等待“完美时机”，小步坚持，就能改变。联系HIMC，遵循他们的方案，不要放弃。糖尿病不是终点，活力人生依然属于你。衷心感谢HIMC团队的专业指导与全程支持。

SUPPORT HEALTHY BLOOD SUGAR

& EVERYDAY WELLNESS
支持血糖健康，守护活力

**VERY
SPECIAL
PRICE!**

限时特惠价



CALCIUM COMPLEX 钙合成剂加硼

U.P. 单价: S\$49.50

S\$ 40 18 BV / 13.5 PV

- Supports strong bones, muscles & joints
- Enhanced with vitamin D, magnesium & boron
- 强健骨骼、肌肉和关节
- 添加维生素D、镁和硼，效果更佳

UNSALTED NUTRITIONAL YEAST 无盐营养酵母

U.P. 单价: S\$23.00

S\$ 19 10 BV / 7.5 PV

- Supports energy, immunity & liver health
- Complete protein with B-complex vitamins
- 支持能量、免疫力和肝脏健康
- 含有B族维生素的完整蛋白质



CHROMIUM PICOLINATE 有机铬

U.P. 单价: S\$33.55

S\$ 18 No BV/PV

- Supports healthy blood sugar metabolism
- Helps reduce sweet cravings
- 支持血糖健康代谢
- 有助于减少对甜食的渴望

5%
off 折扣

SPIRULINA 螺旋藻

- Supports natural energy & vitality
- Rich in protein, iron, B vitamins & antioxidants
- Supports the body's natural detoxification processes
- 提升自然能量与活力
- 富含蛋白质、铁、B族维生素和抗氧化剂
- 支持身体的自然排毒过程



BEE POLLEN GRANULES 蜜蜂花粉

- Supports energy & vitality
- Rich in vitamins, minerals & antioxidants
- 增强能量与活力
- 含多种维生素、矿物质、抗氧化剂



REBOUNDER 弹跳床

A fun, low-impact workout that supports balance, coordination and overall fitness.

轻松有趣的低冲击运动，有助于提升平衡力、协调性和整体体能。



Terms & Conditions:

1. Promotion period: 1 September to 31 October 2026, or while stocks last.
2. 5% discounted products carry full 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.

条规与细则:

1. 促销活动期: 2026年9月1日至10月31日，或存货售完为止。
2. 5%折扣产品带完整花红及分数。
3. 不可配合其他同时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。