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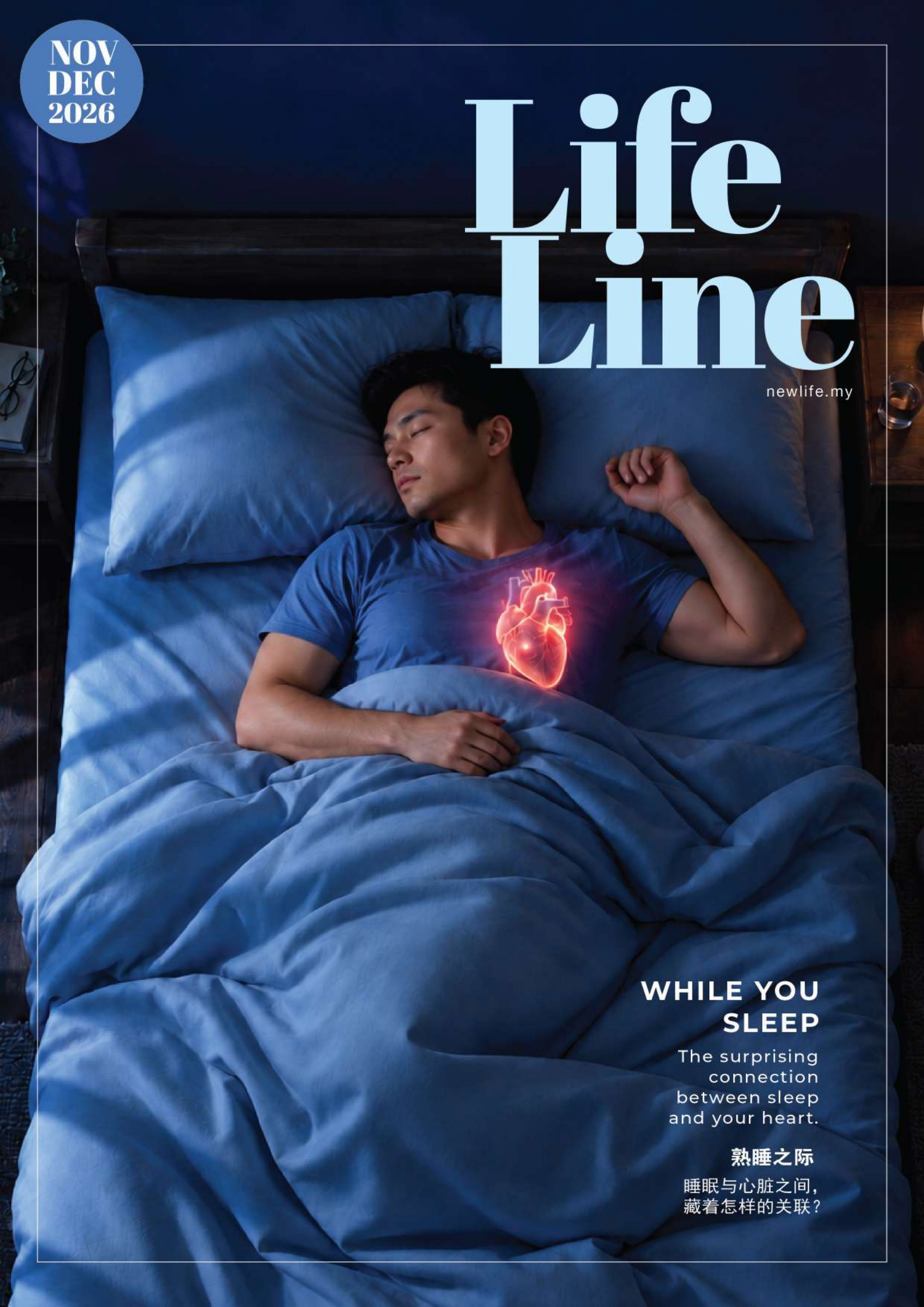

WHILE YOU SLEEP

The surprising connection between sleep and your heart.

熟睡之际

睡眠与心脏之间，
藏着怎样的关联？

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ACHIEVERS!
恭喜, 成就者!

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15% ACHIEVERS

august 2026

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TAN LEE KENG (LILY)
WANG MENG HUI

september 2026

TAN HWE CHIN
PHOON LEE MENG
NGAN SOK MUN
LING YOUNG HOON

18% ACHIEVERS

august & september 2026

CHEN KIM LING

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LEE NYOK FOON
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WELLNESS INC

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MOI YAN SHAN GABRIELLE
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21% ACHIEVERS

august & september 2026

IRENE CHONG CHUAY PENG

september 2026

CHONG KIM MOI
MOI YAN LIN ABIGAIL

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The Science of Sleep

Sleep Isn't Downtime — It's Some of Your Body's Most Active Work

睡眠的科学

睡眠不是“休息时间”——而是人体最活跃的工作之一

Right now, in the brain of someone asleep beside you, memories formed today are being sorted and filed into long-term storage. Waste products are being flushed from brain tissue. Hormones are being released to repair muscle and regulate tomorrow's appetite.

This is why sleep deserves to be understood as a process, not a pause. And it's also why sleep health is about more than just logging enough hours.

Your brain, in particular, doesn't power down. It shifts into a different mode of operation. Waste products that build up in brain tissue during waking hours are cleared out more efficiently during deep sleep. Growth hormones are released to support tissue repair. Your nervous system alternates between different states of activity that help regulate mood and stress hormones. None of this is "downtime". It is maintenance your body cannot do nearly as effectively while you're awake.

This is why a night of poor sleep can affect so much more than how tired you feel. It touches memory, mood, immune resilience, blood sugar regulation and more. This is why sleep health deserves the same attention as diet or exercise, rather than being an afterthought.

此刻，在您身旁熟睡之人的大脑中，今天形成的记忆正在被整理并归档到长期记忆存储中。脑组织中的废物正在被清理。身体正在释放激素，帮助修复肌肉，并调节第二天的食欲。

这就是为什么我们应该把睡眠理解为一个主动进行的过程，而不是简单的“暂停”。这也说明，睡眠健康不仅仅是“每天睡够几个小时”。

尤其是您的大脑，并不会在睡觉时关机。相反，它会切换到另一种工作模式。在清醒的时候，脑组织会产生一些代谢废物；进入深度睡眠后，身体会更加有效地清理这些废物。身体还会释放生长激素，帮助组织修复。与此同时，神经系统会在不同的活动状态之间不断转换，帮助调节情绪和压力相关的激素。这些都不是“闲置时间”。这是身体在进行日常维护，而且很多这样的工作，在您清醒时无法像睡眠期间一样高效地完成。

这就是为什么一晚睡不好，影响的不只是第二天有多疲倦。睡眠还会影响记忆、情绪、免疫力、血糖调节以及身体的许多其他功能。因此，睡眠健康应该像饮食和运动一样受到同等重视，而不应该只是忙完其他事情之后才想到的一件事。



More Than Just Counting Hours

Most of us have heard the guideline: aim for 7 to 9 hours a night. It's a useful benchmark, but it's also only one piece of the picture. Two people can each get 8 hours of sleep and have very different sleep health, depending on:

- **Quality** — how much of that time is spent in deep, restorative sleep versus light, easily disrupted sleep.
- **Continuity** — whether sleep happens in one unbroken stretch or is fragmented by frequent waking, even if you don't fully remember waking up.
- **Timing and regularity** — whether sleep and wake times are consistent from day to day, or shift unpredictably.
- **Daytime function** — whether you actually feel rested and alert during the day, which is often a better indicator of sleep health than the hours logged.

Someone who sleeps 8 hours but wakes repeatedly through the night, or whose sleep schedule swings by several hours between weekdays and weekends, may be getting far less benefit than someone who sleeps a more modest 7 hours consistently and soundly. Good sleep health means paying attention to all of these dimensions together, not just the number on the clock.

不仅仅是计算睡眠时长

我们大多数人都听说过这样的建议：每晚争取睡7到9小时。这是一个有用的参考标准，但仅是整体睡眠健康的一部分。两个人即使都睡了8小时，他们的睡眠质量仍然可能完全不同，这取决于：

- **睡眠质量**：即在这段时间内，有多少时间处于深度、恢复性的睡眠状态，又有多少时间处于浅层、很容易被打断的睡眠状态。
- **睡眠连续性**：睡眠是否能够连续不间断，还是因频繁醒来而被打断，即使您并不完全记得自己醒过，也可能影响睡眠质量。
- **睡眠时间与规律性**：睡眠和清醒的时间是否每天保持比较固定，还是经常不规律地改变。
- **白天的状态**：白天是否真的感到精神焕发、头脑清醒，这通常比单纯计算睡了几个小时，更能反映您的睡眠健康状况。

一个人虽然睡了8小时，但如果整晚反复醒来，或者平日和周末的睡眠时间相差好几个小时，他得到的睡眠好处可能远远少于另一个每天稳定、踏实地睡7小时的人。良好的睡眠健康，意味着要同时关注这些方面，而不只是看时钟上的数字。



When Sleep Doesn't Work the Way It Should
当睡眠出现问题时

For some people, one or more of these dimensions is consistently disrupted, not just occasionally but as a regular pattern. Here are some of the most common ways this shows up:

对某些人来说，上面提到的一个或多个方面会长期受到影响。这不是偶尔发生，而是形成了一种规律模式。以下是其中几种最常见的表现形式：

FREQUENT WAKING
频繁醒来

Repeatedly surfacing during the night, which fragments sleep even when total hours seem adequate.

夜间反复醒来，使睡眠变得断断续续，即使总睡眠时间看起来还算足够。

INSOMNIA
失眠

Persistent difficulty falling asleep, staying asleep, or waking too early and being unable to get back to sleep.

长期难以入睡、容易醒来，或者过早醒来后无法再次入睡。

SNORING
打鼾

Loud or persistent snoring, which can be harmless but can also signal that the airway is partially obstructed during sleep.

大声或持续打鼾有时并没有严重问题，但也可能意味着睡觉时呼吸道部分受阻。

SLEEP APNOEA
睡眠呼吸暂停

A condition where breathing repeatedly stops and starts during sleep, often linked to loud snoring, gasping, or choking sensations, and associated with poorer sleep quality and broader health risks.

睡眠过程中呼吸反复停止和恢复的状况。通常伴有响亮的鼾声、喘息或窒息感，并会导致睡眠质量下降及更广泛的健康风险。

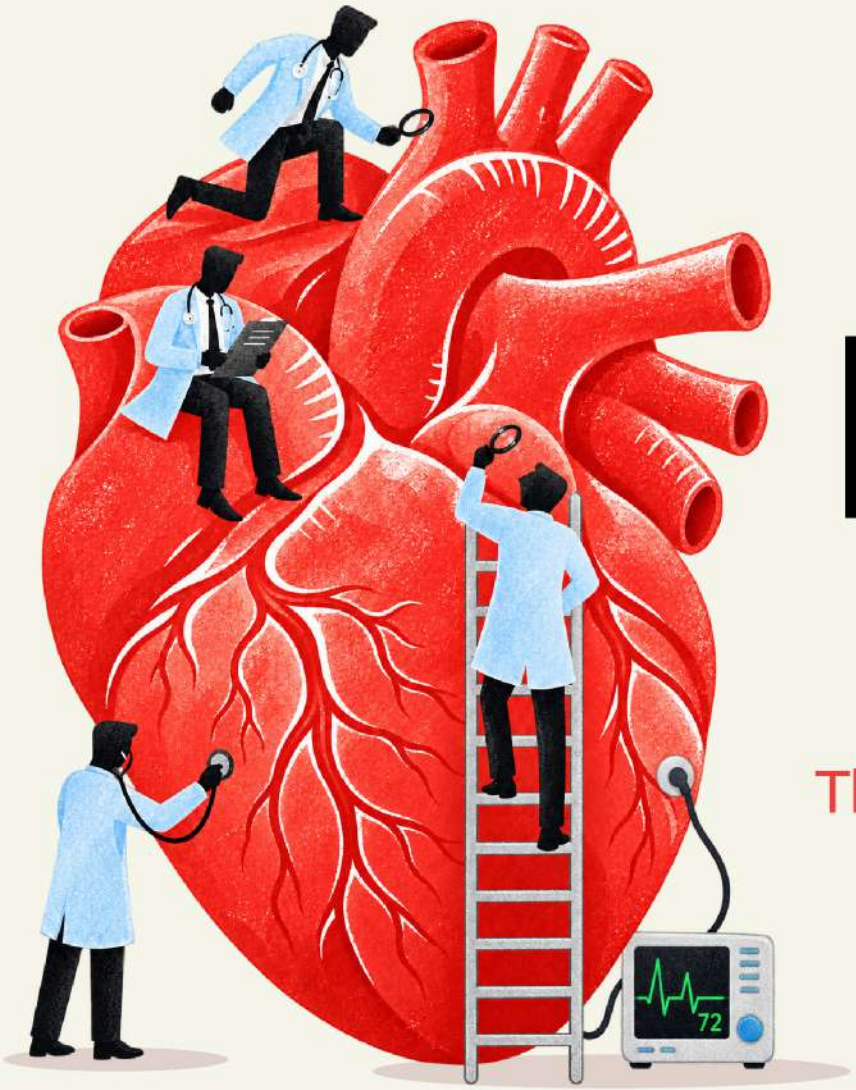


None of these are simply a matter of "trying harder" to sleep well. Each has its own causes and deserves attention rather than being dismissed as ordinary tiredness. We'll explore several of them in more depth later in this issue.

这些问题都不能简单地归结为“努力一点就能睡好”。每一种情况都有自己的原因，都值得认真关注，而不应该被简单地当成普通的疲劳。我们会在本期后续内容中，更深入地探讨其中几种情况。

Sleep doesn't work in isolation either. It is closely connected to other essential systems in the body, including one that works just as hard while you sleep as it does when you're awake: your heart. For more information, please read our next article, *"Your Heart: The Basics Everyone Should Know."*

睡眠也不是孤立运作的。它与体内其他重要系统密切相关，其中包括一个在睡眠时与清醒时一样辛勤工作的系统：那就是您的心脏。想了解更多，请阅读我们的下一篇文章：《您的心脏：每个人都应该知道的基础知识》。



Your Heart

您的心脏

The Basics Everyone Should Know

每个人都应该知道的基础知识

Your heart beats roughly 100,000 times a day, without you ever having to think about it. It's a muscle about the size of your fist, and its job is simple to describe but relentless in practice: to pump blood continuously to every part of your body, from your brain to your fingertips, for as long as you live.

The heart is a four-chambered pump. Two chambers receive blood returning from the body and lungs; two chambers push blood back out. This rhythm — receive, pump, receive, pump — is what you feel as your pulse.

Blood vessels are the network of tubes that carry blood everywhere it needs to go. Arteries carry oxygen-rich blood away from the heart; veins carry blood back to it. Laid end to end, the blood vessels in an adult body would stretch tens of thousands of miles.

Circulation is the continuous loop that keeps this system running: blood travels from the heart, through the arteries, into smaller and smaller vessels, then back through the veins to the heart and lungs to pick up more oxygen — over and over, roughly once every minute.

Oxygen delivery is the actual point of all this plumbing. Every cell in your body needs a steady oxygen supply to function, and blood is the delivery vehicle. When circulation is compromised — by narrowed arteries, for example — the tissue downstream doesn't get what it needs. This is why cardiovascular problems can affect organs far from the heart itself.

您的心脏每天大约跳动10万次，而这一切却不需要您去思考。它是一块拳头大小的肌肉，其工作说起来很简单，但实际上从不间断：只要您还活着，它就会不断把血液输送到身体的每一个部位，从大脑一直到手指尖。

心脏是一个由四个腔室组成的“血液泵”。其中两个腔室负责接收来自身体和肺部的回流血液；另外两个腔室则负责将血液重新泵出。这个不断重复的节奏——接收、泵出、再接收、再泵出——就是您所感受到的脉搏。

血管就像一张遍布全身的管道网络，把血液送到身体需要的地方。动脉负责把富含氧气的血液从心脏输送出去；静脉则把血液带回心脏。如果把成年人体内所有血管首尾相连，它们的总长度可以达到数万英里。

血液循环就是让整个系统持续运转的循环过程：血液从心脏出发，通过动脉进入越来越细小的血管，然后再通过静脉回到心脏和肺部以获取更多氧气。这个过程如此周而复始，大约每分钟一次。

这一整套“管道系统”的真正目的，是把氧气送到身体各处。您体内每个细胞都需要稳定的氧气供应才能正常运作，而血液就是负责运送氧气的“运输工具”。 当血液循环受到影响——例如动脉变窄——下游的组织就无法获得足够的氧气和营养。这也是为什么心血管问题不仅会影响心脏，还可能影响身体其他远离心脏的器官。

The Numbers Worth Knowing

A handful of measurements give a useful window into how well this system is working:

值得关注的数值

通过几项关键指标，我们可以有效了解该系统的运行状况：



Blood pressure 血压

The force of blood pushing against artery walls as your heart pumps. Too high, and it puts sustained strain on your heart and blood vessels.

指心脏泵血时血液对动脉壁产生的压力。血压过高会对心脏和血管造成持续性负担。



Cholesterol 胆固醇

A fatty substance carried in your blood, essential in the right amounts, but capable of building up inside artery walls, narrowing the space blood needs to flow through.

血液中携带的一种脂肪物质。身体需要适量的胆固醇，但如果过多，它可能堆积在动脉血管壁内，使血管变窄，影响血液流动。



Blood glucose 血糖

The sugar circulating in your blood for energy. Consistently elevated levels, over time, can damage blood vessels and nerves.

血液中循环的糖分，为身体提供能量。但长期持续偏高的血糖水平会损害血管和神经。



Weight and waist circumference 体重和腰围

Not just about appearance; waist circumference in particular is closely linked to the kind of internal fat that affects blood pressure, cholesterol and blood glucose.

不仅关乎外表；尤其是腰围，它与体内脂肪密切相关，而这些脂肪可能影响血压、胆固醇和血糖。

None of these numbers tell the whole story on their own, but together they give a far clearer picture of cardiovascular health than how you feel on any given day.

这些数值单独来看，都无法全面反映情况。但把它们综合起来一起看， 可以更准确地了解自己的心血管健康状况。

The Risk Factors You Often Can't Feel

Here's what makes cardiovascular risk tricky: several of the biggest contributors produce few or no obvious symptoms, especially in the early stages. You can feel completely fine while one or more of these risk factors develop quietly or affect your health.

High blood pressure — often called a "silent" condition, because it rarely causes symptoms until it has already caused damage.

High cholesterol — has no symptoms at all; the only way to know your levels is to test them.

Diabetes and prediabetes — can develop gradually, with early signs that are easy to miss or attribute to something else.

Smoking — damages blood vessels with every cigarette, well before any symptoms appear.

Physical inactivity — doesn't cause immediate symptoms, but a sedentary lifestyle compounds nearly every other risk factor on this list over time.

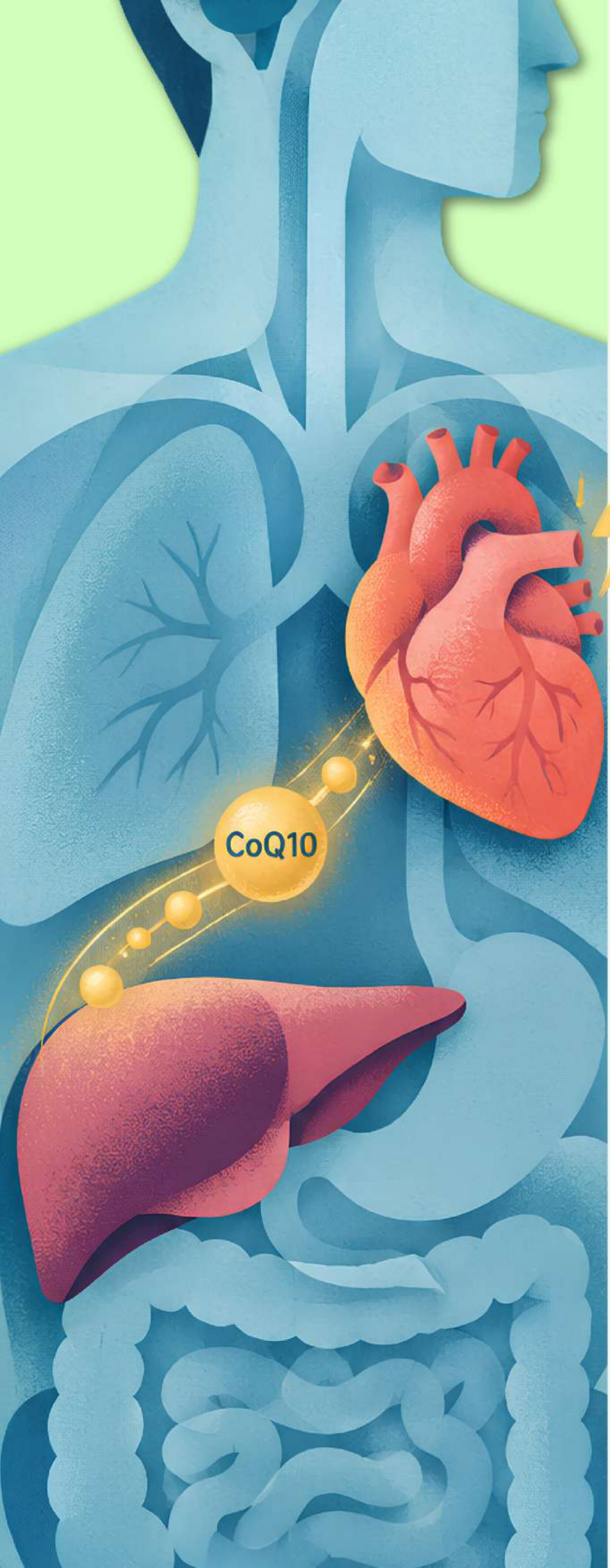
那些您往往察觉不到的风险因素

心血管风险之所以棘手，原因在于：其中几个主要风险因素在早期阶段往往几乎或根本没有明显症状。即使当一个或多个风险因素正在悄然发展或者已经开始影响您的健康时，您可能也感觉完全正常：

高血压 — 常被称为“无声”的疾病，因为通常不会产生明显症状，直到它已经造成了一定损伤。
高胆固醇 — 完全没有症状；想知道自己的胆固醇水平，唯一可靠的方法就是进行检查。
糖尿病和糖尿病前期 — 可能逐渐发展，其早期征兆很容易被忽视或者被认为是其他原因造成的。
吸烟 — 每抽一支烟都会损害血管，而这种损伤可能在任何症状出现之前就已经开始了。
缺乏运动 — 虽然不会立即引起症状，但久坐不动的生活方式会随着时间的推移加剧这份清单中几乎所有其他风险因素。

This is exactly why regular check-ups matter for your heart: by the time symptoms show up, some of these risk factors may have been present for years. Knowing your numbers, rather than waiting until you feel unwell, is one of the most useful things you can do for your long-term health.

这正是为什么定期检查对心脏健康非常重要。等到症状出现时，有些风险因素可能已经存在很多年了。与其等到身体不适才采取行动，了解自己的健康指标，是您能够为长期健康做的最有价值的事情之一。



A Nutrient Worth Knowing: CoQ10

Your heart is one of the most energy-hungry organs in your body, and much of that energy is produced with the help of a natural compound called Coenzyme Q10 (CoQ10). It plays a central role in how heart muscle cells generate the energy they need to keep beating, hour after hour.

Your liver naturally produces CoQ10, and levels are typically at their highest in your 20s. Production gradually tapers off as you get older. Research on CoQ10 levels in heart tissue suggests concentrations can be roughly 40-50% lower by your mid-60s, and may fall further with age. This natural, age-related decline is one reason CoQ10 supplementation becomes worth considering as you move into your 50s. In particular, **if you're taking a statin, that decline can happen faster still.**

Statins work by blocking a pathway involved in cholesterol production, and that pathway is also involved in the body's production of CoQ10. **The same medication that lowers your cholesterol can lower your CoQ10 levels along with it.** For this reason, for those taking a statin, CoQ10 supplementation is worth considering as part of a daily health routine. It is a simple, low-effort way to support your heart's energy production.

值得了解的营养素：辅酶Q10

心脏是人体内最耗能量的器官之一。而这种能量的产生，很大程度上离不开一种天然物质——辅酶Q10（CoQ10）。它在心肌细胞产生维持持续运转所需能量方面发挥着核心作用。

您的肝脏会自然产成辅酶Q10，其水平通常在20多岁时达到峰值。随着年龄增长，身体产生辅酶Q10的能力会逐渐下降。针对心肌组织中辅酶Q10水平的研究表明，到60多岁时，其浓度可能比年轻时低大约40%－50%，而且随着年龄继续增长，可能进一步下降。这种与年龄相关的自然下降，是您步入50岁后值得考虑补充辅酶Q10的原因之一。特别是**如果您正在服用他汀类药物，这种下降速度可能会更加明显**。

他汀类药物通过阻断参与胆固醇生成的一条代谢途径来降低胆固醇。而这条途径同时也参与人体制造辅酶Q10。换句话说，**降低胆固醇的药物，也可能同时降低体内的辅酶Q10水平**。因此，对于正在服用他汀类药物的人来说，可以考虑把辅酶Q10补充作为日常健康管理的一部分。它是一种相对简单、方便的方式，可以帮助支持心脏的能量产生。

And your heart doesn't operate in isolation any more than your sleep does. The two are more closely connected than most people realise, which is exactly where we're headed in our next article.

当然，心脏的运作与睡眠一样，绝非孤立存在的。心脏和睡眠之间的联系，比大多数人想象的更加紧密。这也正是我们下一篇文章要讨论的话题。



When Sleep Meets the Heart

Two Systems, One Rhythm

睡眠与心脏

两个系统，一个节奏

Here's some good news your heart wants you to know: sleep isn't just rest. It's one of the most important recovery windows your cardiovascular system gets each day.

While you sleep, your heart rate naturally drops below its daytime average, giving your heart a lighter workload than it carries while you're awake. This isn't a flat, uniform dip either. Your heart rate also changes throughout the night as you move through different sleep stages. It tends to reach its lowest levels during deeper, restorative stages of sleep and rise again during Rapid Eye Movement (REM) sleep, when brain activity increases and most vivid dreaming occurs.

These changes are closely connected to shifts in your nervous system. The parasympathetic nervous system, sometimes called the "rest and digest" system, shifts your body toward a calmer state during much of the night and helps counterbalance the body's stress response. This is one reason deep sleep can leave you feeling restored in the morning.

Your blood pressure follows its own daily rhythm too. In a healthy pattern, it typically dips by around 10 to 20 per cent overnight compared with daytime levels. This is known as nocturnal dipping. This nightly decrease gives your cardiovascular system a period of low pressure after a full day of activity. Your breathing settles into a slower, steadier pattern as well, becoming more rhythmic and predictable than the variable breathing of an active day. Even your core body temperature drops slightly overnight as your body shifts toward a state of rest and repair.

Together, these changes create a nightly window of relative recovery, giving your heart, blood vessels and nervous system a chance to ease off and rebalance. Think of it as your cardiovascular system's nightly maintenance period. Your body isn't simply idle. It is carrying out essential processes that help prepare you for the next day.

This is worth appreciating because it means every good night's sleep is already doing quiet work for your heart. You don't need to add another task to your routine to earn that benefit. One of the most helpful things you can do is simply protect your sleep and make it as consistent as possible.

这里有一个您的心脏希望您知道的好消息：睡眠不仅仅是休息，也是心血管系统每天获得恢复的最重要时间之一。

当您睡觉时，心率通常会自然下降到低于白天的平均水平，让心脏的工作量比清醒时轻一些。这种下降也不是整晚保持不变的。随着您进入不同的睡眠阶段，心率也会不断变化。在较深、具有恢复作用的睡眠阶段，心率通常会降到较低水平；进入快速眼动睡眠（REM）后，随着大脑活动增加，心率又会升高。这个阶段也是我们最容易做生动梦境的时候。

这些变化与神经系统的活动密切相关。副交感神经系统有时也被称为“休息和消化”系统。夜间，它会让身体进入更加平静的状态，帮助抵消身体的压力反应。这也是为什么高质量的深度睡眠，能让您早上醒来时感到恢复元气，精神气爽。

您的血压也有自己的日夜节律。在健康的情况下，夜间血压通常会比白天下降大约10%到20%。这种现象被称为夜间血压下降。这种夜间下降，让心血管系统在经历了一整天的活动之后，有一段压力较低的时间。您的呼吸也会变得更加缓慢、稳定和规律，不再像白天活动时那样不断变化。甚至核心体温也会在夜间稍微下降，因为身体正在逐渐进入休息和修复的状态。

这些变化结合在一起，为身体创造了一个每晚相对稳定的恢复时间，让心脏、血管和神经系统都有机会放慢节奏并重新平衡。您可以把它理解为心血管系统每晚进行的一次维修。您的身体并不是简单地躺在那里什么都不做，而是在进行许多重要的生理活动，为第二天做好准备。

这一点值得我们重视，因为这意味着：每一个好的夜晚，都已经在默默帮助您的心脏恢复。您不需要为了获得这个好处，再给自己的日常生活增加一项任务。您能做的最有帮助的事情之一，就是保护好自己的睡眠，并尽量保持规律。

When Poor Sleep Reaches Your Heart

当睡眠不好影响到心脏

Because sleep and heart health are so closely connected, poor sleep doesn't just affect how tired you feel. Over time, it can also affect your heart.

When sleep is cut short or repeatedly disrupted, your nervous system tends to remain more activated than it should. This can contribute to higher blood pressure and interfere with the normal nighttime drop in blood pressure. Your body may also release more stress hormones, adding strain to the heart and blood vessels.

Poor sleep can affect other parts of your health that matter for your heart, too. Sleep loss can influence the hormones that regulate hunger, which may leave you feeling hungrier or more likely to crave certain foods the next day. It can also make it harder for your body to regulate blood sugar effectively. Both of these connect back to the same measures we covered earlier — weight, blood sugar and overall heart health.

None of this happens from one bad night. The bigger concern is a pattern of consistently short or disrupted sleep. The good news is that the reverse is also true: consistently better sleep is one of the simplest, most within-reach ways to support your heart and overall health.

由于睡眠和心脏健康之间存在密切联系，睡眠不好影响的不只是您有多疲倦。长期下来，它也可能影响您的心脏。

当睡眠时间不足，或者夜间经常被打断时，您的神经系统可能会一直处于比正常更活跃的状态。这可能导致血压升高，并影响正常的夜间血压下降。身体还可能释放更多的压力激素，从而增加心脏和血管的负担。

睡眠不足还可能通过其他方式影响与心脏健康有关的身体功能。睡眠不足会影响控制饥饿感的激素，让您第二天更容易感到饥饿，或者更想吃某些食物。它也可能让身体更难有效调节血糖。这两方面最终都会回到我们前面提到的几个重要指标：体重、血糖以及整体心脏健康。

当然，这些问题通常不会因为一晚睡不好就突然出现。需要关注的是长期睡眠不足或睡眠经常被打断的情况。好消息是，反过来也一样：长期保持更好的睡眠，是支持心脏和整体健康最简单、最容易做到的方法之一。



Know the Signs of Sleep Apnoea

了解睡眠窒息症的信号

One condition especially worth knowing about is obstructive sleep apnoea, where the airway narrows or collapses repeatedly during sleep, causing breathing to stop and start throughout the night. Often, a partner notices the signs before the person experiencing them does.

有一种情况尤其值得了解，那就是阻塞性睡眠窒息症（阻塞性睡眠呼吸暂停）。这种情况下，睡觉时呼吸道会反复变窄或塌陷，导致呼吸在整个夜间一次又一次地停止，然后又重新开始。通常，伴侣会比当事人更早察觉到这些迹象。

Common signs include:
常见的迹象包括：

- Loud or frequent snoring
  大声或频繁打鼾
- Morning headaches
  早晨头痛
- Daytime sleepiness
  白天容易犯困
- Difficulty concentrating
  注意力难以集中
- Gasping or choking during the night
  夜间突然气促或有窒息感
- Pauses in breathing
  睡眠时出现呼吸暂停

Each pause in breathing can cause a temporary drop in oxygen and trigger a stress response. These events may happen many times during a single night, sometimes without the person fully waking up.

Over time, untreated sleep apnoea is associated with a higher risk of high blood pressure, abnormal heart rhythms, and other cardiovascular problems.

The encouraging news is that sleep apnoea is well understood and treatable. Recognising the signs is often the first step. Once the condition is identified, there are several ways to manage it.

每一次呼吸暂停都可能导致血液中的氧气含量暂时下降，并触发身体的应激反应。这种情况可能在一晚之内反复发生多次，有时当事人甚至不会完全醒来。

如果长期得不到治疗，睡眠窒息症可能促成高血压、心律异常以及其他心血管问题风险增加。

令人安心的是，睡眠窒息症是一种我们已经比较了解、并且可以进行治疗和管理的疾病。认识这些信号，通常就是第一步。一旦确定存在这个问题，就有多种方法可以进行管理。

A Two-Way Relationship

It's easy to think of poor sleep as something that affects the heart. But the relationship works in both directions. Heart and cardiovascular conditions can also interfere with sleep, in several different ways:

- Irregular heartbeats can cause noticeable palpitations that wake you up or make it difficult to settle down at night.
- Fluid buildup, which can happen with some heart conditions, may make breathing harder when lying flat. This can lead to frequent waking or a need for extra pillows to sleep comfortably.
- Certain medications used to treat blood pressure or heart conditions can affect sleep in different ways. Some may contribute to vivid dreams or lighter, more fragmented sleep. Diuretics, often prescribed for blood pressure or heart failure, can also increase nighttime trips to the bathroom.
- Living with a heart condition can affect sleep in less obvious ways. Some people may become more aware of their heartbeat or breathing, and worrying about these sensations can make it harder to relax and fall asleep.

The takeaway is a hopeful one: because sleep and heart health influence each other, taking care of one can help support the other. You don't necessarily have to solve one problem before addressing the other. Improving sleep and supporting heart health can happen together.

双向关系

我们很容易认为睡眠不好会影响心脏。但实际上，这种关系是双向的。心脏和心血管疾病也可能通过不同方式影响睡眠：

- 心律不规律可能让您明显感觉到心跳，甚至因为心悸而醒来，或者让您晚上很难放松下来。
- 体液积聚：某些心脏疾病可能导致体液在体内积聚。当您平躺时，这可能让呼吸更加困难，从而导致频繁醒来，或者需要垫更多枕头才能舒服地睡觉。
- 某些药物：一些用于治疗高血压或心脏疾病的药物可能以不同方式影响睡眠。有些药物可能让梦境更加生动，或者使睡眠变浅、更容易被打断。利尿剂常用于治疗高血压或心力衰竭，但也可能让您晚上更频繁地起床上厕所。
- 心理上的影响：心脏疾病也可能通过一些不太明显的方式影响睡眠。有些人可能会更加注意自己的心跳或呼吸，而对这些身体感觉的担忧，又可能让自己更难放松和入睡。

这里最值得记住的信息其实是积极的：因为睡眠和心脏健康会互相影响，照顾好其中一个，也可以帮助另一个。您不一定要先解决一个问题，再去处理另一个。改善睡眠和保护心脏健康，可以同时进行。

Sleep & Heart 睡眠与心脏

MYTH 误区		FACT 事实
Snoring is just a noisy habit and nothing to worry about. **打鼾只是声音比较大而已，没什么好担心的。**		Occasional light snoring is usually harmless. But loud or frequent snoring, especially when accompanied by pauses in breathing or gasping, can be a sign of obstructive sleep apnoea, a condition linked to increased cardiovascular risk. 偶尔轻微打鼾通常没有什么问题。但如果打鼾声音很大、经常发生，尤其同时出现呼吸暂停或喘气，就可能是阻塞性睡眠窒息症的信号。这种疾病与心血管风险增加有关。
You can fully "catch up" on lost sleep over the weekend. **周末多睡一点，就能完全补回平时缺少的睡眠。**		A weekend lie-in can help you feel more rested, but it doesn't necessarily undo all the effects associated with a week of insufficient sleep. A consistent sleep schedule is more helpful than relying on occasional catch-up sleep. 周末多睡一会儿可能让您感觉更有精神，但不一定能够完全抵消一周睡眠不足带来的影响。保持规律的睡眠时间，比偶尔靠周末“补觉”更加有帮助。
Sleep apnoea only affects people who are overweight. **睡眠窒息症只发生在超重的人身上。**		Body weight is one risk factor, but it is not the only one. Airway anatomy and other factors also play a role. Sleep apnoea can affect people of different body sizes, so symptoms are worth paying attention to regardless of weight. 体重确实是其中一个风险因素，但并不是唯一因素。呼吸道的结构以及其他身体因素也会发挥作用。不同体型的人都有可能出现睡眠呼吸暂停，所以无论体重如何，都应该注意相关症状。
Sleep apnoea always comes with loud, obvious snoring. **睡眠窒息症一定会伴随明显的大声打鼾。**		Not necessarily. Some people, particularly women, can have sleep apnoea with little or no snoring at all. Daytime fatigue, morning headaches and difficulty concentrating can also be signs of sleep apnoea. 不一定。有些人，尤其是女性，可能患有睡眠窒息症，却几乎不打鼾，甚至完全不打鼾。白天疲倦、早晨头痛以及注意力不集中，同样可能是睡眠窒息症的信号。
A drink before bed helps you sleep better, which is good for your heart. **睡前喝点酒有助于睡眠，对心脏也有好处。**		Alcohol may make it easier to fall asleep, but it fragments sleep later in the night. It can also worsen snoring and breathing problems in some people, working against the restorative benefits of sleep. 酒精可能让您比较容易入睡，但在后半夜可能使睡眠变得断断续续。对一些人来说，酒精还可能加重打鼾和呼吸问题，从而抵消睡眠本来应该带来的恢复作用。

5 Signs Your Sleep Deserves a Closer Look

五个值得更加关注睡眠的信号



1 You (or your partner) notice **snoring, gasping or breathing pauses at night.** Often the clearest sign, and also the easiest to miss if you sleep alone.

您或伴侣发现您晚上打鼾、喘气或出现呼吸暂停。这通常是最明显的信号之一。如果您独自睡觉，没有人提醒你，那么问题就会很容易不被发现。

2 You feel **persistently sleepy during the day, even after a full night in bed.** Hours in bed and hours of real rest aren't always the same thing.

即使晚上在床上睡了足够长的时间，白天仍然一直犯困。躺在床上的时间，并不一定等于真正得到充分休息的时间。

3 You **regularly wake up with headaches or a dry mouth.** Both can be linked to disrupted breathing overnight.

您经常醒来时头痛或口干。这两种情况都可能与夜间呼吸受到干扰有关。

4 You **struggle to concentrate or feel foggy,** despite thinking you slept enough. It can be a sign that your sleep is not as restorative as it should be.

即使认为自己已经睡够了，仍然很难集中注意力，或者经常感觉头脑昏沉。这可能说明您的睡眠没有达到恢复元气的应有效果。

5 You have a **diagnosed heart or blood pressure condition and your sleep has changed.** Worth mentioning at your next healthcare appointment, even if they seem minor.

您已经被诊断出患有心脏疾病或高血压，而且最近睡眠发生了变化。即使变化看起来很轻微，也值得在下一次看医生时提出来。

None of these signs automatically mean that something is seriously wrong. But each one is a reasonable, low-pressure reason to take a closer look. That might mean talking with your healthcare team or just taking a simple next step toward understanding your sleep better.

这些表现并不意味您一定面临着严重的健康问题。但每一个信号，都可以成为一个合理的提醒，让您进一步了解自己的睡眠情况。您可以和医生或医疗团队沟通，也可以从一些简单的步骤开始，更好地了解自己的睡眠。

The Bigger Picture

The relationship between sleep and heart health can feel like a lot to take in, but the overall message is encouraging: these two systems support each other.

Good sleep gives your cardiovascular system time to slow down and recover. At the same time, taking care of your heart can help create the conditions for better sleep.

You don't need to transform your entire routine overnight. Small, consistent improvements can support both your sleep and your heart.

In our next article, we'll turn that connection into action with practical, everyday ways to support both at once.

核心信息

睡眠和心脏健康之间的关系，乍看之下可能有很多内容需要理解。但整体的信息其实是令人鼓舞的：这两个系统会互相支持。

良好的睡眠可以给心血管系统时间放慢下来并恢复。与此同时，照顾好自己的心脏，也可以帮助身体创造更有利于良好睡眠的条件。

您不需要一夜之间彻底改变自己的生活方式。一点一点、持续不断地做出改善，就可以同时帮助您的睡眠和心脏健康。

在我们的下一篇文章中，我们会把这种联系进一步变成实际行动，介绍一些简单、日常、容易做到的方法，帮助您同时改善睡眠和保护心脏。

Better Sleep HEALTHIER HEART

更好的睡眠，更健康的心脏

Part 1 第一部分

A Reset to Restore the Balance

Sleep and heart health both thrive on rhythm and balance. Over time, everyday habits can quietly pull that balance off course: late nights, irregular meals, too much caffeine or alcohol, long stretches of stress, and not enough movement.

That's where a structured reset can help. Rather than trying to change everything at once, a reset gives you a clear, supported starting point. You step back from the habits that have been weighing on you, and you rebuild routines that support better rest, steadier energy and a healthier heart.

This is the thinking behind our Detoxification & Rejuvenation Programme (DRP). It is built on a simple idea: the body works best when it's given a chance to clear out what it doesn't need and is well nourished with what it does.

Many people find that a reset does more than help them feel better. It helps them notice what makes the biggest difference to how they sleep and feel, making it easier to keep the good habits going afterwards. Turn the page to hear real stories from our DRP users.

重整节奏，恢复平衡

睡眠与心脏健康，共同依赖着身体的自然节奏与平衡。然而，忙碌的生活节奏往往会在不知不觉中打破这种平衡，例如熬夜、饮食时间不规律、摄取过多咖啡因或酒精、长期承受压力，以及缺乏运动。

这正是有系统的生活调整计划能够发挥作用的地方。与其试图一口气改变所有习惯，不如通过循序渐进的调整，为自己建立一个清晰且有支持的起点。暂时放下那些不断消耗身心的习惯，重新建立有助于改善睡眠、稳定精力和维护心脏健康的生活规律。

这也就是我们的排毒与复健计划（DRP）的核心理念。它建立在一个简单的原则之上：当身体有机会代谢和排出不需要的物质，同时获得充足且适当的营养时，它便能展现出最佳状态。

许多人发现，通过DRP深度的重置带来的不仅是让身体状态更好，这个过程还能帮助他们了解哪些因素最能改善睡眠与整体状态，从而更容易在之后持续保持良好的生活习惯。翻到下一页，听听DRP用户的亲身分享。

Part 2 第二部分

Eat Your Way to Better Sleep

What and when you eat shapes both your sleep and your heart. You don't need a complicated plan, just a few simple habits.

Balance your plate. Choose meals that contain vegetables, fruit, whole grains, beans, nuts, fish and healthy oils. Go easy on sugary snacks, processed foods and salt.

Time your meals. Finish your main meal two to three hours before bed. A heavy meal late at night keeps your body digesting when it should be winding down.

Watch the caffeine. It can linger for many hours, so stop at least six to eight hours before bed. Remember tea, cola and energy drinks count too.

Be smart about alcohol. A nightcap may help you nod off, but it can fragment sleep later in the night. If you drink, keep it moderate and finish at least three hours before bed.

Hydrate, with good timing. Drink well through the day, then ease off in the evening so you're not up for repeated trips to the bathroom.

通过饮食改善睡眠

您吃什么、何时吃，间接决定了您的睡眠质量与心脏健康。您不需要复杂的饮食计划，只需掌握几个简单而实用的好习惯。

均衡饮食。选择包含蔬菜、水果、全谷物、豆类、坚果、鱼类和健康油脂的餐食。少吃含糖零食、加工食品和盐分过高的食物。

合理安排用餐时间。主餐应该在睡前两到三小时吃完。深夜吃重餐会让原本应该在休息的身体被迫加班消化食物。

留意咖啡因的摄取。咖啡因可能在体内停留数小时，因此建议至少在睡前六至八小时停止摄取。别忘了，茶、可乐和能量饮料同样含有咖啡因。

理性饮酒。睡前小酌或许能帮助入睡，但到了后半夜，酒精可能使睡眠变得断断续续。如果选择饮酒，请适量，并至少在睡前三小时停止饮用。

适时补充水分。白天应充分补充水分，到了傍晚则可适当减少饮水量，以免夜间频繁起床上厕所，影响睡眠。

Part 3 第三部分

Support Your Routine with the Right Supplements

用对合适的营养补充剂辅助日常作息

Supplements can be a helpful addition to your daily wellness routine, complementing healthy habits that support restful sleep and heart health.

补充剂可以作为日常健康管理的一部分，配合良好的生活习惯，帮助您维持良好睡眠与心脏健康。

Herbal Matrix Powder

天然净化粉



Supports gentle daily internal cleansing and healthy bowel movement. By helping remove accumulated waste and improving nutrient absorption, it contributes to reduced internal burden and better overall wellbeing — which can positively influence both sleep quality and cardiovascular health.

支持温和的日常体内清洁与肠道顺畅。通过帮助身体排出代谢废物，并支持营养吸收，有助于减轻身体负担，从而对睡眠和心血管健康产生积极影响。

CoQ10 Plus

辅酶Q10



Supports your heart's energy supply at the cellular level. CoQ10 levels naturally decline with age and may be further reduced by certain medications such as statins. Taking it regularly helps maintain the energy your heart muscle needs to function efficiently.

从细胞层面支持心脏的能量供应。辅酶Q10的水平会随着年龄增长而自然下降，某些药物（例如他汀类降胆固醇药物）也可能进一步降低其水平。定期服用有助于维持心肌高效运作所需的能量。

Garlic & Parsley

大蒜与欧芹



A traditional circulation and heart-health supplement. Garlic contains compounds that support healthy cholesterol levels and circulatory function, while parsley provides antioxidant and anti-inflammatory benefits. Together, they help fortify the body's natural defences.

一种传统上用于支持血液循环与心脏健康的营养补充品。大蒜含有有助于维持健康胆固醇水平及正常循环功能的化合物；欧芹则含有抗氧化成分，并具有潜在的抗炎作用。两者结合，有助于支持身体的天然防御机制。

Omega Gold Flaxseed Oil

奥美加黄金亚麻籽油

A pure, organic source of omega-3 fatty acid (particularly ALA). Omega-3s support healthy heart function, help maintain balanced inflammation levels, and contribute to overall cardiovascular wellness.

一种纯净的有机奥美加-3植物脂肪酸来源，尤其富含α-亚麻酸（ALA）。全方位呵护心脏功能、平衡身体炎症，助力心血管全面健康。



Chamomile Tea

洋甘菊茶

A gentle, caffeine-free addition to your evening wind-down. It promotes calmness, helps relieve mild anxiety, and acts as a natural sleep tonic — making it easier to relax and enjoy deeper rest.

适合作为晚间放松时的温和无咖啡因饮品。洋甘菊茶有助于放松心情、缓解轻微焦虑，并可作为天然的助眠饮品，让您更容易放松身心，享受更安稳的休息。





ImmuFlora® 免疫激菌植

Helps restore and maintain a healthy balance of friendly bacteria in the gut. A well-supported gut contributes to better nutrient absorption, reduced inflammation, and a stronger immune system — which play an important role in supporting heart health and more restful sleep.

有助于恢复并维持肠道内有益菌群的健康平衡。良好的肠道健康有助于改善营养吸收、减轻炎症并增强免疫系统——这些因素在维护心脏健康和促进更安稳的睡眠方面发挥着重要作用。



K-Salt 钾质

A potassium-rich salt alternative that helps you reduce regular table salt intake. Adequate potassium supports healthy blood pressure and proper heart rhythm by helping the body manage sodium balance and electrolytes.

一种富含钾的代盐产品，有助于减少普通食盐的摄取。充足的钾有助于维持健康血压与正常心律，并支持身体调节钠的平衡及电解质水平。



C Complex 维他命C综合丸

Provides sustained-release vitamin C with bioflavonoids for superior absorption. As a powerful antioxidant, it helps protect cells from free-radical damage and supports overall nutritional resilience — including the health of blood vessels.

提供缓释型维生素C，并添加生物类黄酮，以支持更好的吸收。维生素C是一种强效抗氧化营养素，有助于保护细胞免受自由基损伤，同时坚固血管健康。



Cholestinon 减固醇

Supports healthy cholesterol levels. Made from carefully processed red yeast rice, it contains naturally occurring compounds that help maintain balanced cholesterol as part of a healthy lifestyle.

有助于维持健康的胆固醇水平。精选优质红曲米制成，含有天然化合物，可作为健康生活方式的一部分，能有效维持胆固醇平衡。



Your Tonight Checklist

Pick one or two to start with:

- ☐ Finish your last big meal two to three hours before bed.
- ☐ Set an afternoon cut-off time for caffeine.
- ☐ Swap the late-night drink for a cup of chamomile tea.
- ☐ Taper off fluids a little earlier in the evening.

今晚行动清单

挑其中一至两项，从今晚开始实践：

- ☐ 将晚餐时间提前，在睡前2到3小时结束。
- ☐ 为下午设定一个停止摄取咖啡因的时间。
- ☐ 用一杯温热的洋甘菊茶替代深夜的小酌。
- ☐ 在傍晚时分适当逐渐减少饮水量。

A Healthier Heart Starts with Better Sleep

Sleep and heart health aren't two separate goals. They support each other. Small, consistent changes to how you eat, drink and wind down give your heart the rest and recovery your heart needs.

You don't have to overhaul your life. Start small, stay consistent, and let the benefits build.

拥有更健康的心脏，从睡一个好觉开始

睡眠与心脏健康并不是两个彼此独立的目标，而是相辅相成的。只要在饮食、饮水和睡前放松习惯上做出细微而持续的改变，就能为心脏提供所需的休息与恢复机会。

您不需要彻底改变自己的生活。从小处着手，坚持下去，让健康的益处逐步累积。

Journeys That Inspire

真实故事，真实旅程



Constipation for 26 Years, Back Pain, Insomnia —All Gone!

Eric Sinagoh, Kota Kinabalu, Sabah

困扰26年的便秘、背痛和失眠，全都消失了！

埃里克 · 西纳戈，沙巴亚庇

I had been suffering from constipation for 26 years. Also, I had been tired all the time and had severe pain in my lower back. For years, I suffered from insomnia; every night I could only sleep for 2 hours at the most. I was also very prone to catching colds and flu. I had tried many remedies but with no lasting solution.

I am so thankful that a friend introduced me to NewLife™ which is known for its distillers and Detoxification & Rejuvenation Programme (DRP). My lower back pain disappeared after drinking distilled water for a few weeks. I followed the DRP for more than a week. What came out was frightening. It made me wonder whether, if I had not followed the programme, I might have eventually developed cancer.

Now I am disease-free. No more constipation, no more pain, no more insomnia and fatigue—every night I sleep like a baby. Even now if I go out in the rain, I don't get flu like before. I am slimmer. I look and feel younger, too. Now I look forward to scaling Mount Kinabalu! Thank you, NewLife™! Thank you, Dr. Lynn Tan!

我已经饱受便秘困扰26年。此外，我一直感到疲惫不堪，下背部也有严重的疼痛。多年来，我一直受到失眠的困扰，每晚最多只能睡两个小时。我也非常容易患上感冒和流感。我尝试过许多方法，却始终没有得到持久的改善。

我非常感谢一位朋友把新生命介绍给我。新生命以其蒸馏水机和排毒与复健计划（DRP）闻名。连续饮用蒸馏水几周后，我的下背部疼痛消失了。我按照DRP进行了一个多星期。身体排出的东西令人害怕，也让我不禁思考：如果当时没有进行这个计划，我最终会不会患上癌症？

现在，我已经没有疾病了。不再便秘，不再疼痛，也不再失眠和疲劳。每天晚上，我都能像婴儿一样安稳入睡。即使现在我在下雨天出门，也不像以前那样容易患上流感。我变瘦了，看起来更年轻，整个人也更有活力了！现在，我已经开始期待攀登京那巴鲁山！谢谢新生命！谢谢陈林希珠博士！

Two Years Without a Good Night's Sleep: A Journey of Hope and Renewal

Farha Zahir Nasser Al Kindy, Oman

两年没有睡过一个好觉：一段充满希望与重获新生的旅程

法尔哈 · 扎希尔 · 纳赛尔 · 阿尔金迪，阿曼

For two years, every night had become a struggle. I relied on pain-killers and sleeping pills every single day, yet I still couldn't sleep properly. My health continued to decline, and I was beginning to lose hope.

Then my neighbours, Saleha and Musallam, encouraged me to join them at the NewLife™ Health Retreat and experience Dr. Lynn's Detoxification & Rejuvenation Programme (DRP). At first, I wasn't sure what to expect. But my husband and I decided to take the step and join the September 2025 Health Retreat.

The second day of the DRP was challenging. I experienced strong healing reactions and, for a moment, it was difficult to continue. But thank God, I didn't give up.

Then came Day 3. The fever was gone. That night, something happened. For the first time in two years, I slept like a baby, without taking any medication. At the end of the retreat, I felt lighter, refreshed and more energetic than I had in years.

I am so grateful for this experience. When I return to Oman, I will continue this health journey and share my experience with everyone back home.

两年来，我每天都依赖止痛药和安眠药，却还是无法好好入睡。我的健康状况持续恶化，我也开始渐渐失去希望。

后来，我的邻居萨莱哈和穆萨勒姆鼓励我和他们一起参加新生命健康生活营，并体验陈林希珠博士创研的排毒与复健计划（DRP）。起初，我并不知道会有什么样的体验。但我和丈夫决定勇敢迈出这一步，参加了2025年9月的新生命健康生活营。

DRP的第二天充满挑战。我出现了强烈的身体反应，一度觉得很难坚持下去。但感谢上帝，我没有放弃。

第三天，发烧退了。那天晚上，发生了一件特别的事。两年来，我第一次在没有服用任何药物的情况下，像婴儿一样安稳地睡了一觉。健康生活营结束时，我感到身体比过去几年都更加轻盈、焕然一新，也更有活力。

我非常感谢这次经历。回到阿曼后，我会继续这段健康旅程，并把我的经历分享给家乡的每一个人。



From left to right: Farha, Saleha, Musallam and Abdulla.
从左到右：法尔哈、萨莱哈、穆萨勒姆及阿卜杜拉。

NEWLIFE™

September 2026 Health Retreat

2026年9月新生命健康生活营



a retreat. a reset. a fresh start.
一次体验，一次重整，一个全新的开始。

From 15–19 September 2026, NewLife™ International held its final Health Retreat of the year at the serene Millennia Village, bringing together participants from Malaysia, Singapore and Hong Kong for five days of rest, renewal and transformation.

Participants took part in Dr. Lynn's Detoxification & Rejuvenation Programme (DRP)—a holistic experience combining expert guidance with a clean, nourishing, carefully curated diet to support the body's natural cleansing process and overall wellbeing.

Each day began with energising exercises, bringing enthusiasm and vitality to the start of the day. Health seminars with Dr. Lynn and Dr. Leon then took participants deeper into understanding the root causes of disease, the principles of natural healing, and the importance of sustainable lifestyle changes.

Building on these insights, Aaron Ho brought learning to life through a hands-on workshop on healthy food preparation, giving participants the opportunity to put knowledge into practice. Group discussions, games and quizzes added an element of fun and interaction, creating plenty of laughter while reinforcing key lessons in a memorable way.

We were also honoured to have Dr. Lim Kheng Yee (MD) join us as a guest speaker, sharing insights that added further depth to the retreat's integrative approach.

From feeling lighter and more rejuvenated to looking more youthful, gaining deeper insights into their health and giving their bodies the reset they needed, our participants walked away with far more than a retreat experience. They left with greater self-awareness, a renewed sense of vitality, and the motivation to make lasting, positive changes to their wellbeing.

2026年9月15日至19日，国际新生命公司在清幽静谧的千禧村成功举办了本年度最后一次健康生活营。来自马来西亚、新加坡及香港的参与者齐聚一堂，共同度过了为期五天的休养、恢复与身心转化之旅。

生活营的核心为陈林希珠博士创研的排毒与复健计划（DRP）。DRP是一项综合性健康管理方案，融合专业指导与科学设计的洁净饮食，旨在促进机体深层排毒净化，并支持长期健康状态的建立。

每日活动以晨间活力运动开启，接着是陈林希珠博士与陈健良博士主持的系列健康讲座，内容涵盖疾病成因分析、自然疗愈以及可持续健康生活方式调整以及整合医学原则，为参与者提供了全面而深刻的健康认知。

在这些分享和学习的基础上，何亚伦先生通过健康食物制作的实践工作坊，让大家把所学的知识运用出来。此外，小组讨论、游戏和问答环节也增添了许多欢乐和互动，让大家在轻松的气氛中笑声不断，同时也加深了对重要健康知识的记忆。

我们也很荣幸邀请到林敬谊医生担任特别嘉宾，为大家分享临床经验的专业知识，让这次生活营的整体健康理念更加丰富和全面。

从感觉身体更轻盈、更有活力，到气色看起来更年轻；从更加了解自己的健康状况，到让身体得到所需要的调整和休息，我们的参与者带着远远超过一次生活营体验的收获回家。他们对自己的身体有了更深的认识，也重新找回活力，并获得了持续改善健康、作出积极改变的动力。









Their Retreat Experience
参与者的体验分享

"The health retreat was very relaxed and enjoyable. I lost 3 kg during the retreat, and each time I had a coffee enema session, I could feel toxins leaving my body. It was an experience that made me more aware of my health and well-being."

"这次健康生活营让我感觉非常轻松和愉快。在生活营期间，我减了3公斤。每次进行咖啡灌肠时，我都能感觉到身体里的毒素正在排出。这次经历让我更加关注自己的健康和身心状态。"

Wong Ping Han 黄平汉

"The retreat was an eye-opener for me. I had the opportunity to learn about and practise the DRP, including the coffee enema. The health knowledge shared was educational, practical and insightful."

"这次生活营让我大开眼界。我有机会学习和体验DRP，包括咖啡灌肠。这里分享的健康知识非常有教育意义，也很实用，让我获益良多。"

Juliana Chu 朱蓮娜

"I feel lighter, and my water retention has greatly reduced. The session on metabolic disease was a real wake-up call for me. I gained a much better understanding of how the food we eat is a main cause of metabolic diseases. Thank you for this well-structured health retreat."

"我感觉身体更轻盈了，水肿也明显减少。关于代谢疾病的课程让我很有启发，也让我更加了解我们平时吃的食物，是导致代谢疾病的主要原因之一。感谢这次安排得很完善的健康生活营。"

Jazreel Ngan 颜淑敏

"The health retreat was even better than I expected. The venue was excellent. By the end of the retreat, I looked more radiant and felt rejuvenated."

"这次健康生活营比我想象中更好。场地非常棒。生活营结束时，我看起来更有光彩，身体和精神也感觉焕然一新。"

Allan Tee 郑交英

"This health retreat was a valuable experience, and it gave me a greater understanding of staying healthy. My body is adapting well with the DRP and the clean diet with ease. Thank you for such a blessed time!"

"这次健康生活营对我来说是一次非常宝贵的经历，让我更加了解如何保持健康。我的身体也很自然地适应了DRP和健康饮食。感谢大家为我们带来这段充满祝福的时光！"

Karen Ong 王月秀









Mark Your Calendars!
敬请预留时间！

Next Health Retreat 下一届健康生活营

12-17 April, 2027

Kasih Sayang Hill Resort, Kota Kinabalu, Sabah
马来西亚沙巴州哥打京那巴鲁市 Kasih Sayang度假村

See the back cover for details—we'd love to welcome you there!

详情请参阅封底信息，我们诚挚期待与您相见！

This Christmas, Give the Gift of Wellness!

今年圣诞节，送上健康与关怀！

Buy 2, Get 1 Free
买二送一



Regular price 原价:
S$13.60/bottle

Raw, Unfiltered & Unpasteurised
With the naturally occurring "mother."

Certified Organic From New Zealand
No artificial colours, flavours or preservatives.

生醋、未经滤清、未经巴氏杀菌
保留天然形成的醋母。
新西兰有机认证
不添加人工色素、香料或防腐剂。



Regular price 原价:
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MGO 145+ Rated
A distinctive honey with a rich flavour.

Product of New Zealand
From the native Manuka bush of Bay of Plenty.

MGO 145+ 活性等级
风味浓郁独特，口感醇厚。
新西兰原产
源自丰盛湾原生麦卢卡灌木的花蜜。



Regular price 原价:
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Cold-Pressed & Unrefined
Pure coconut goodness, with no chemical refining.

Certified Organic, Halal & Kosher
Quality you can trust for everyday cooking & baking.

冷压萃取 · 未精炼
保留椰子天然本质，不经化学精炼。
有机、清真及犹太洁食认证
日常烹饪与烘焙的安心之选。

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Regular price 原价:
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High IgG Content — Over 20%
Supports immune function.

Enriched with DHA & EPA
Essential omega-3s for brain and eye health.

高含量 IgG — 超过 20%
帮助维持免疫功能。
添加 DHA & EPA
富含有助于脑部与眼睛健康的Omega-3脂肪酸。

Go beyond the usual gifts. Give something thoughtful, something useful.

不止于送礼，
更要送得贴心又实用。



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Gentle Exfoliation
For soft, smooth skin.

Made in France
A luxurious self-care experience.

温和去角质
让肌肤触感更加柔嫩、光滑。
法国制造
在家也能享受奢华的自我呵护体验。

PWP
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任何消费，即可享加购优惠！

S$ 21
2 BV / 1.5 PV

100% Melaleuca alternifolia Oil from Australia

Natural Insect Repellent
Helps repel insects.

Multi-Purpose First Aid & Skin Care
Traditionally valued for its antiseptic and antifungal properties.

100% 澳洲茶树精油

天然驱虫剂
帮助驱避昆虫。
多用途急救与肌肤护理
以其抗菌及抗真菌特性而广受认可。

Regular price 原价:
S$31.10



Regular price 原价:
S$11.85

S$ 6.95
2 BV / 1.5 PV



Naturally Caffeine-Free
Refreshing comfort in every cup.

100% Certified Organic from Australia
Packed in plant-based, compostable tea bags.

天然无咖啡因
每一杯都带来清新舒畅的享受。
100% 澳大利亚有机认证
采用植物基可堆肥茶包包装。

S$ 4.95
2 BV / 1.5 PV

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S$13.05



Cold-Pressed & Unrefined
Certified Organic, Halal & Kosher

冷压萃取 · 未精炼
有机、清真及犹太洁食认证

Terms & Conditions:
1. Promotion period: 1 November to 31 December 2026, or while stocks last.
2. Cash and carry only.
3. Regular-priced items carry full BV/PV. Free gifts carry no BV/PV.
4. Not valid with any other concurrent promotions or APP.
5. No goods return or exchange allowed.
6. Other terms & conditions apply.
7. 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11月1日至12月31日，或存货售完为止。
2. 仅限现款自提。
3. 原价产品带完整花红及分数。赠品不带花红及分数。
4. 不可配合其他同期间的促销活动或自动订货计划。
5. 不允许退货或交换。
6. 附有其他条规与细则。
7. 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。



NEWLIFE™

新生命健康生活营

HEALTH RETREAT

12–17.4.2027 | KASIH SAYANG HILL RESORT, KOTA KINABALU, SABAH

6D5N DR LYNN TAN'S DETOXIFICATION & REJUVENATION PROGRAMME (DRP)
六天五夜 陈林希珠博士的排毒与复健计划(DRP)

FEE PER PERSON 每人费用	SINGLE OCCUPANCY 单人入住	TWIN SHARING 双人合住
SUPER EARLY BIRD 超级早鸟优惠	S$2,200	S$1,900
	VALID UNTIL 截止日期:	31.12.2026
REGULAR 常规营费	S$2,700	S$2,400
	CLOSING DATE 截止日期:	15.3.2027

FEES INCLUDE 费用包括:

DRP | Accommodation | DRP Meals & Juices | Consultation
Seminars & Workshops | Nature Walks | Airport Transfer
全套DRP | 住宿 | DRP餐和蔬果汁 | 咨询 | 研讨会及工作坊
自然徒步 | 机场接送

NON-DRP (PER PERSON, TWIN SHARING) 非DRP参与者 (每人费用，双人合住) **S$700**

Accommodation with Breakfast | Nature Walks
Seminars & Workshops | Airport Transfer
住宿包括早餐 | 自然徒步 | 研讨会及工作坊 | 机场接送

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

ACUTE STAGE OF ELIMINATION 急性消除期
- Inflammation 发炎
- Discharge 分泌物
- Fever 发烧
- Colds 感冒
- etc. 其他

SUB-ACUTE (POOR HEALTH) 亚急性(健康不佳)
- Fatigue 身体疲倦
- Blocked nose 鼻塞
- Overweight 身体超重
- Headaches 头痛
- Lower back pain 腰痛
- Skin blemishes 暗疮
- Piles 痔疮
- Constipation 便秘
- Hormonal imbalance 荷尔蒙失调
- Digestive disorders 消化失调
- etc. 其他

CHRONIC STAGE 慢性阶段
- Migraine 偏头痛
- Arthritis 关节炎
- High blood pressure 高血压
- High cholesterol 高胆固醇
- Skin problems 皮肤病
- Endometriosis 子宫内膜异位
- Serious back pain 严重背痛
- Ulcers 溃疡
- Asthma 哮喘
- Sinusitis 鼻敏感
- etc. 其他

DEGENERATION 退化阶段
- Heart disease 心脏病
- Strokes 中风
- Diabetes 糖尿病
- Kidney disease 肾病
- Liver problems 肝病
- Gall bladder disease 胆囊问题
- Serious arthritis & gout 严重关节炎及痛风
- Prostate disease 前列腺疾病
- Autoimmune disorders 自身免疫性疾病
- etc. 其他

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

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

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