



Healthy Living Guide

5
Fifth Edition

YOU can regain **Youth & Health** through **Detoxification & Rejuvenation**



A Programme by Dr. Lynn Tan (N.D.)

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Doctor in Naturopathy (U.S.A.)

DEDICATED

to the multitudes who suffer and die
needlessly - uninformed and unaware that simple,
safe, and effective means of correcting their ills and
restoring health are available;

and to those who choose to take the higher path,
which is the one approved by God, and
to those who are free and cleansed of the old so
as to embrace the new life.



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1 THE BASIC CAUSES OF POOR HEALTH & DISEASE

THE BASIC CAUSES OF POOR HEALTH & DISEASE ARE:

TOXEMIA

- Which is the accumulation of toxins and metabolic wastes in our bodies.

NUTRITIONAL DEFICIENCIES

- Due to the consumption of devitalised and poisoned food which includes sugar, salt, white rice and white flour products.

Where Do Toxins Come From?

Firstly, from external sources: polluted air, impure water, highly processed, poisoned foods, and a toxic environment.

Secondly, from within us, i.e., toxins generated from within the body. This process is called self-poisoning or auto-intoxication. Faulty nutritional patterns like the consumption of processed food and excess meat have resulted in slow elimination of toxic wastes. Poorly digested food passes through the intestinal tract sluggishly causing fermentation and putrefaction, which, in turn, produces toxins that are re-absorbed into the bloodstream through the intestinal walls. Prolonged emotional stress, lack of rest and lack of exercise may also cause the production and accumulation of toxins in the body.

As toxins and nutritional deficiencies build-up in the body, cell destruction begins. Proper function is slowed down in all body tissues in which chemical deficiencies and toxins have settled, causing the body to degenerate and symptoms of degenerative diseases begin to appear.



2 DEVELOPMENT OF CHRONIC & DEGENERATIVE DISEASES

Development of Chronic & Degenerative Diseases ...

TOXIC			
ACUTE STAGE OF ELIMINATION	SUB-ACUTE (POOR HEALTH)	CHRONIC	EXTREME CHEMICAL DEFICIENCY DEGENERATION
Inflammation Discharge Fever Colds Etc.	Fatigue Blocked Nose Overweight Headaches Lower Back Pain Skin Blemishes Piles Constipation Digestive Disorders Hormonal Imbalance Etc.	Migraine Arthritis High Blood Pressure High Cholesterol Skin Problems Serious Back Pain Ulcers Asthma Weak Sexual Impulses Sinusitis Tumors/Cysts/ Fibroids Endometriosis Infertility Etc.	Heart Disease Strokes Diabetes Kidney Disease Liver Problems Gall Bladder Disease Serious Arthritis & Gout Prostate Serious Skin Problems Impotence Lymphatic & Cellular Dysfunction Cancer Etc.

Which stage are you in? There is HOPE for you! You do NOT have to stay sick and tired for the rest of your life. Health and vitality is your divine right. Our body is so wonderfully made by God that it can self-heal and self-repair. You can help your body to regain youth and health by...

**... removing the root causes -
toxemia and nutritional deficiencies.**

Dr. Lynn Tan's Detoxification and Rejuvenation Programme and **NewLife™** lifestyle are designed to detoxify and restore nutritional balance to your body.

GIVE YOUR BODY A NEW START TODAY!

Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP), a result of years of research and experience, is a complete programme combining both ancient and current methods of natural internal cleansing and rebuilding of the body.

The **DRP** is based upon two key principles of natural healing:

- 1) Our body is so wonderfully made by God, that it is self-healing, self-repairing, and self-rejuvenating.
- 2) The root causes of disease are toxemia and nutritional deficiencies.

Therapeutic in nature and design, the **DRP** is aimed at helping the body to get rid of poisons and to restore nutritional, hormonal and metabolic balance in the body. Once the body is free of poisons and the proper chemical balance is restored, then it is in a position to heal itself.

Who should undergo Dr. Lynn Tan's Detoxification & Rejuvenation Programme?

Every adult who has lived on the 'normal' diet of refined foods (noodles, white rice, white flour products, sugar, salt, etc.), meat, and predominantly cooked food. However, for the very weak and sick, it is advisable for them to follow the **Mini DRP** (see page 22) for 2-4 weeks before they are introduced to the **DRP**. This is to prepare the body for 'rebuilding' so that the healing reactions would be less severe.

Caution: This programme is not suitable for patients with kidney failures or organ transplants. Please ask for a modified programme for these special needs.

How does Dr. Lynn Tan's Detoxification & Rejuvenation Programme work?

During the **DRP**, toxins from different parts of the body are stirred up and flushed out into the bloodstream by the detoxifying herbs and oxidizing enzymes from K-Salt, Flaxseed Oil, MorLife Herbal Tea, Dr. Brusch'sTM Essiac Tea, Spirulina, and Super Green Food Plus.

When the toxins and dead diseased cells are in the blood stream, the body may experience symptoms of healing reactions (see page 21 for more details). The toxins and dead or sick cells are then removed from the body through the skin (skin scrubbing), and through the normal channels of lungs, kidneys and bowels. Coffee enemas are essential during this time because they help to remove toxins and dead cells from the blood, the liver and the bowels quickly. The congestions in the colon are also being cleansed out by Herbal Klensz with the evidence of black, gooey, rubbery encrustations passed out.

While detoxification is taking place, the body starts to rebuild itself with the nutrients supplied by the health-building superfoods. These health-building superfoods are specially selected to meet the needs of the starving cells and tissue. **Spirulina, Super Green Food Plus, Flaxseed Oil, K-Salt**, juices, potato soup, **Apple Cider Vinegar, Raw Honey**, and **ImmuFlora™** all provide nutrients which are so lacking and yet essential to the building of healthy cells.

Should I still need to do the *Detoxification & Rejuvenation Programme* if I repent of my old "health destroying" diet and start taking only organic and wholesome foods?

This is best answered by an expert from the book Clean Up The Blood Stream And Liver, written by Lillian Taylor, former secretary of a health foundation:

"When I reached this point in my studies, I began to make practical application of the knowledge gained by dropping the man-made, refined and devitalised foods from my diet, and substituting them for natural foods. While I improved in my general health after making these changes in my diet, there was still something wrong and I was far from the perfection I desired. Then, in some manner, I stumbled on to the real deep and underlying secret. I discovered that 'One cannot put new material into an old dress, nor new wine in old bottles' and expect to get perfect results. I reached the conclusion that it would be necessary to clean out all the old debris and start all over anew."

The bodily defects and chronic ailments which have resulted from many years of improper eating require more than just changing the diet to get well. When your colon is clogged up with encrustations and your cells are surrounded by inorganic minerals and other toxins, when your digestive system is impaired and other vital organs are not fully functioning, your new healthy diet can only be partially utilised. The ***Detoxification & Rejuvenation Programme*** will help to clean out 'blockage' and restore the proper healthy function of the vital organs. This will give your body a new start.

Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP) is a time-proven success. Thousands have enjoyed the benefits. Healing testimonies received include those with high blood pressure, diabetes, gout, arthritis, constipation, migraines, fatigue, impotence, irritable bowel syndrome, kidney diseases, liver problems, hormonal imbalance, menstrual problems, menopausal problems, undesirable weight, sinusitis, hay fever, skin diseases, and allergies, etc. Almost everyone who underwent the **DRP** displayed signs of rejuvenation. They felt wholesome and looked younger.

DURATION:

- The **DRP** is normally recommended for 7 days or more to reap obvious and effective results.
- You may choose to continue the **DRP** for 10 to 21 days.
- You may choose to complete a 3 to 5 day **DRP**, though longer detoxification may show better results.
- You may also do a 3 day **DRP**, then followed by another three days a few weeks later. The **DRP** is quite flexible.

EFFECTS:

- Those suffering from trauma, age or lifestyle related physical discomforts have found the **DRP** to be the answer to their search for optimal health.
- Achieving a clear complexion is one of the many desirable side effects.
- For the overweight, the **DRP** is a pleasant surprise.
- For the underweight, the **DRP** provides more efficient digestion and assimilation, restoring ideal weight.

IMPORTANT NOTE ON MEDICATIONS:

If you are currently on prescribed medications, do not stop taking them during the course of the **DRP**. Ask your physician to monitor your medications as according to your condition.

HEALTHY TIPS

Learn to keep a merry heart
by counting your blessings.
Practise thinking on things that are
true, noble, just, pure, lovely,
and things that are praise worthy.
Purpose to be a giver, rather than a receiver.

4 SCHEDULE

4.1 Basic Schedule For Detoxification & Rejuvenation

TIME	PROGRAMME	INSTRUCTION (Please See)
07:00 A.M.	Cleansing Drink Tissue-Building Drink 1 Sachet of ImmuFlora™	5.1 (page 11) 5.2 (page 11) 6.6 (page 13)
07:30	Coffee Enema	7.1 (page 17 & 18)
08:00	Breakfast	9.2 (page 20)
08:30	Health Drink	6.1 (page 12)
10:00	Cleansing Drink Tissue-Building Drink	5.1 (page 11) 5.2 (page 11)
11:30	Health Drink	6.1 (page 12)
12:00 Noon	Lunch	9.2 (page 20)
01:00 P.M	Cleansing Drink Tissue-Building Drink	5.1 (page 11) 5.2 (page 11)
02:30	Health Drink	6.1 (page 12)
04:00	Cleansing Drink Tissue-Building Drink	5.1 (page 11) 5.2 (page 11)
05:30	Health Drink	6.1 (page 12)
06:00	Coffee Enema	7.1 (page 17 & 18)
07:00	Cleansing Drink Tissue-Building Drink	5.1 (page 11) 5.2 (page 11)
07:30	Dinner	9.2 (page 20)
09:30	Bedtime	
Anytime	Unchilled plain Yoghurt and/or 2 teaspoons Bee Pollen with 1 tablespoon of Flaxseed Oil	6.8 (page 14 & 15)
Anytime	Potato Soup	9.6 (page 20)
Anytime	MorLife Herbal Tea	6.7 (page 14)
Anytime	Skin Scrubbing	7.4 (page 19)
For more serious degenerative cases	Dr. Brusch's™ Essiac Tea	6.10 (page 15 & 16)

The time stated is only a guide. You may vary the timing as appropriate to you.

4 SCHEDULE

4.2 Modified Schedule For Working People

TIME	PROGRAMME	INSTRUCTION
Before Work:		<i>(Please See)</i>
On Rising	Cleansing Drink Tissue-Building Drink 1 Sachet of ImmuFlora™	5.1 (page 11) 5.2 (page 11) 6.6 (page 13)
Before Morning Shower	Coffee Enema & Skin Scrubbing	7.1 (page 17 & 18) 7.4 (page 19)
Breakfast		9.2 (page 20)
Before Leaving for Work	Health Drink	6.1 (page 12)
At Work:		
Morning Break (10:00 A.M.)	Cleansing Drink Tissue-Building Drink	5.1 (page 11) 5.2 (page 11)
Before Lunch	Health Drink	6.1 (page 12)
Lunch		9.2 (page 20)
After Lunch	Cleansing Drink Tissue-Building Drink	5.1 (page 11) 5.2 (page 11)
02:30 P.M.	Health Drink	6.1 (page 12)
Afternoon Break	Cleansing Drink Tissue-Building Drink	5.1 (page 11) 5.2 (page 11)
Back Home:		
	Health Drink	6.1 (page 12)
	Coffee Enema	7.1 (page 17 & 18)
Before Dinner	Cleansing Drink Tissue-Building Drink	5.1 (page 11) 5.2 (page 11)
Dinner		9.2 (page 20)

* Anytime of the day: One tablespoon Flaxseed Oil with Yoghurt, potato soup, MorLife Herbal Tea.

* For more serious degenerative cases, drink Dr. Brusch's™ Essiac Tea (see page 15 & 16 for preparation).

For busy executives:

An Alternative Health Drink:

When it is not possible to have fresh fruit juice, you may just use the Super Green Food Plus and 1/4 teaspoon K-Salt in distilled water. However, try to use fresh juice whenever possible.

5 DRINK PREPARATION

5.1 THE CLEANSING DRINK

The *Cleansing Drink* helps cleanse the body of toxic wastes and poisons present in the colon and the blood system so that the metabiological balance of the body may be restored.

Preparation:

- 1 glass of distilled water
 - 1 teaspoon of Pure Raw Honey***
 - 1 teaspoon of Apple Cider Vinegar**
 - 1 heaping teaspoon of Herbal Klenz Powder
- Stir and drink immediately.



5.2 THE TISSUE-BUILDING DRINK

- 1 glass of distilled water
 - 1 teaspoon of Raw Honey***
 - 1 teaspoon of Apple Cider Vinegar**
- Drink with 10 Spirulina tablets.



** GASTRITIS

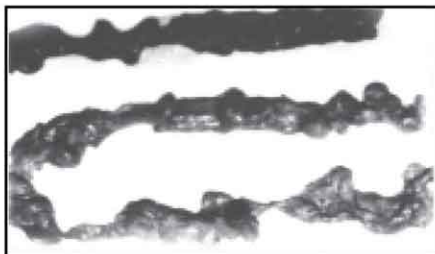
Omit taking Apple Cider Vinegar if sour foods aggravate your gastric problem.

*** DIABETES

Limit the intake of raw honey to 2 tsp. a day.

5.3 THE HERBAL KLENZ POWDER

The ultimate cleanser and health builder of your colon!



Encrustations that have been flushed out when the colon is cleansed by taking the Herbal Klenz herbs.



6 HEALTH-BUILDING FOOD

6.1 THE HEALTH DRINK

Juice 2 carrots and 1 apple to make approximately 8 fl. oz./250 ml of drink. Add $\frac{1}{4}$ teaspoon of K-Salt to the juice. Mix in 1 sachet of Super Green Food Plus. For diabetics: Juice 1 green apple with greens (e.g. lettuce, capsicum, broccoli, cabbage, etc.) to make 8 fl. oz./250 ml of juice.



6.2 JUICES

Fresh juices provide life-giving forces and furnish vital enzymes to all body tissues.

Carrot Juice is rich in Beta-carotene, vitamins, and minerals. It helps to increase vigor and vitality, build healthy tissues and skin, and protect the nervous system and respiratory organs. It also cleanses the liver of toxins. Yellow coloration may appear on the skin due to consumption of carrot juice. This is just a sign that you have a sluggish liver and the stale bile flushed out is being eliminated through the skin. The yellow coloration will disappear when your liver becomes healthier.

Apple juice is a blood purifier and a good source of Vitamin C, B complex, Magnesium, Potassium, Iron, and Silicon. It has a cleansing effect in our intestines and kidneys.

6.3 SUPER GREEN FOOD PLUS

A whole food that surpasses all. It is a combination of more than 29 kinds of high-powered living super foods, cleansing herbs, enzymes and probiotics that work synergically to cleanse and feed our starving cells and tissue, to rejuvenate, to restore healthy functions of the vital organs and to build immunity. All the ingredients are specially selected from the finest sources to make this Super Green Food Plus the MOST SUPER!



6 HEALTH-BUILDING FOOD

6.4 SPIRULINA

- GREEN POWER
- FOOD OF THE FUTURE
- GREEN GOLD

No matter what you call it, it is a **great food** which possesses both body cleansing and body-building properties.

It is made up of:

- 65% easily digestible proteins.
- 25 times more Carotene than carrots.
- Large amounts of Chlorophyll and Phycocyanin.
- 3 times more Vitamin E than Wheat Germ.
- More GLA content than Evening Primrose Oil.
- Natural organic minerals like Calcium, Magnesium, Potassium, Chromium, organic Iron, and other trace minerals.



6.5 K-SALT

Contains 100% potassium compounds which are essential for restoring the high potassium/sodium ratio necessary for the healthy function of the body. This particular formula is the result of numerous (more than 400) experiments by Dr. Max Gerson.

After years of experience in natural treatment of cancer, Dr. Max Gerson concluded that the chemical imbalance which is due to the consumption of sodium salt is the beginning of all degenerative diseases, including cancer. Because of the daily consumption of sodium (from table salt & other seasonings), **K-Salt** is necessary to restore the body's chemical balance.



6.6 IMMUFLOA™

Contains bacteria which are original inhabitants of the human intestines that help fight free radicals and harmful bacteria. They clean the intestines, build immunity, and prevent degenerative diseases.

Each sachet contains 10 billion viable cells of Bifidobacterium Longum and 1 billion viable cells of Lactobacillus Acidophilus to replenish the friendly bacteria destroyed through the indiscriminate use of antibiotics, occupational stress and strain. **ImmuFlora™** is a product of the technology that enables the friendly bacteria to be acid-resistant, and therefore, able to pass through the stomach without being destroyed by the stomach acids. In addition, **ImmuFlora™** contains Fructo-Oligosaccharides which stimulate the growth of these friendly organisms in the intestines.



6.7 MORLIFE HERBAL TEA

Each **MorLife Herbal Tea** bag contains the following:

DANDELION ROOTS, ECHINACEA, LICORICE, RED CLOVER, SIBERIAN GINSENG, TAHEEBO & PAU DE ARCO. Concocted to provide energy, purify the blood, cleanse the liver and enhance the body defense system to protect it from diseases, the benefits of herbs have been known to mankind for centuries. The healing properties of herbs can only be effective if the herbs are concocted in the correct balance or formula. This Tea is one such formula.

Soak or steep 1 tea bag in hot distilled water. Drink 3-5 cups daily or as often as you like.



6.8 FLAXSEED OIL

Flaxseed Oil provides the best source of Omega 3, which is very much lacking in our diet and thus, lacking in every person. Dr. Budwig has documented over 1000 cases of successful treatment of various diseases using **Flaxseed Oil**. Dr. Max Gerson, M.D., in the Gerson Therapy for cancer healing, does not allow consumption of any oil except **Flaxseed Oil**. It helps to increase energy, make skin softer & smoother, maintain lustrous hair, and retard greying of hair. It also helps to supply oxygen to suffocating cells and is an important ingredient in brain cell development.



Research shows the benefits of Omega 3:

- Lowers Cholesterol levels and promotes heart health.
- Decreases the probability of blood clots and reduces blood pressure.
- Helps in allergic response and inflammatory problems such as: colitis, tendonitis, nephritis, arthritis, asthma, and psoriasis, etc.
- Helps to provide necessary nutrients for hormonal imbalance and diabetes.

6.9 BEE POLLEN

There are 22 basic elements in the human body - enzymes, hormones, vitamins, amino acids, and others - which must be renewed through nutrient intake. No one food contains all of them - except bee pollen.

When pollen enters your digestive system, its twenty-two elements immediately start to regulate and invigorate metabolism by supplying any missing substances, such as enzymes, not provided by other foods. Pollen elements then help control the destructive reaction of toxins, pollutants, and drugs. They shield the body from the assault that may cause premature aging and loss of precious years of life. As such, the pollen elements rejuvenate body cells and add more vigorous years to your allotted time.

6 HEALTH-BUILDING FOOD

6.10 YOGHURT

Yoghurt is predigested milk that is high in protein, calcium, and other nutrients that sustain life. Its friendly bacteria are essential for gastro-intestinal health. Fresh home-made yoghurt is easily made with the help of a **NewLife™ Yoghurt Maker**. The popular **NewLife™ Yoghurt Maker** is user friendly and time-saving. For best health benefits, use organic low fat milk in making the yoghurt.

You are advised to take unchilled yoghurt during your **Detoxification & Rejuvenation Programme** as it is more easily digested and will not chill your system.



6.11 DR. BRUSCH'S™ ESSIAC TEA

Dr. Brusch's™ Essiac Tea, the original 8-Herb Formula Tea Blend, is the result of research by Dr. Brusch and Rene Caisse in perfecting the original formula. Rene Caisse in the 1920's helped hundreds of cancer patients using the original formula given to her by an Ojibwa Indian medicine man.

This dry herbal tea blend is in powdered form, the exact form used by Dr. Brusch. All herbs are organically grown; they are sourced from the same farms Dr. Brusch used. Each farm has a laboratory on the premises to check for bacteria, as well as air-borne residual matter. The authenticity of the formula is personally guaranteed by Dr. Lynn Tan.



Directions: 3 oz. of **Essiac Tea**, 3 times a day on an empty stomach (May be drunk half hour before a scheduled drink. Refer to page 9 or 10 for the schedule).

Preparation: See package.

WHAT THE DOCTORS SAY ABOUT DR. BRUSCH'S™ ESSIAC TEA:

- **Dr. Marcial-Vega, M.D.**, has been treating various cases of cancer successfully using alternative medicines. His clinic is in Florida, U.S.A. Dr. Marcial-Vega has observed that Essiac Tea placed on top of cancer cells on the skin will dissolve the cells. "In addition to helping bolster the immune system, Essiac acts directly on the cancer cells," he notes. He recommends taking 3 oz. of Essiac 3 times a day, prepared by brewing 4 oz. of Essiac (8-herb formula) in one gallon plus one cup of distilled water.
- **Dr. Robert Atkins, M.D.**, has been in private practice in internal medicine, nutrition and complementary medicine since 1959. His clinic is in New York, U.S.A. "Essiac is a therapeutic tea that all cancer patients can benefit from," says Dr. Atkins. "Such benefits may be mild in advanced-stage cancer therapy, but they can also contribute to feelings of well-being, which in turn, influence the patient's quality of life and potential for recovery."
- **Dr. Jesse Stoff, M.D.**, a member of 8 professional medical societies and co-author of the best-selling Chronic Fatigue Syndrome. His clinic is in Arizona, U.S.A. "This is an excellent blood cleanser and can help tremendously if someone is toxic from either chemotherapy or radiation," says Dr. Stoff. "Patients seem to feel better taking Essiac; at some level it appears to enhance mood."
- **Dr. Charles Brusch, M.D.**, was one of the most recognised physicians in the U.S.A. His Brusch Medical Center is one of the largest medical centres in Massachusetts. He was a trusted friend and personal doctor to the late President John F. Kennedy. "I endorse this therapy even today, for I have, in fact, cured my own cancer, the original site of which was the lower bowel, through Essiac alone."

WHAT SOME OTHERS SAY ABOUT DR. BRUSCH'S™ ESSIAC TEA:

- I was regularly drinking Dr. Brusch's™ Essiac Tea, along with undergoing **Dr. Lynn's DRP** when to my surprise, after only 30 days, my fibroid shrunk from 7.7 x 8.7 cm to 4.8 x 5.1 cm - **Ha Siew Kheun**
- Just after 5 days of taking Dr. Brusch's™ Essiac Tea, blood clots half the size of my palm were passed out during my period - **Stella Cherubin**

7 CLEAN INSIDE & OUTSIDE

7.1 COFFEE ENEMA

Function : To detoxify the liver and the blood.

How : The **Coffee Enema** plays an important role in the detoxification of the body. The coffee enters the liver via the colon. This causes two effects: The dilation of the bile duct which enables the draining of toxins from the liver, and the increase of the production of G.S.T. (Glutathione S. transferase) by 600% to 700%. The G.S.T. is an enzyme which helps to remove free radicals and other toxins from the blood (For details, see Healthy Living volume 1 issue 1).



7.2 COFFEE PREPARATION

Add 3 heaping tablespoons of **NewLife™ Organic Pure Enema Coffee** to 2-4 glasses (500 ml -1 litre) of distilled water. Bring to boil and simmer for 15 minutes. Strain and let cool to body temperature.

The amount of distilled water used for boiling the coffee should depend on your body size and your ability to retain the coffee. For example, if you have a small build, then you may use 2 glasses (500 ml) of the distilled water. The volume of water should not exceed 1 litre. The final solution would be less than the original volume of the water used.

If you find it difficult to retain the coffee, then use 2 glasses (500 ml) of distilled water to prepare the coffee. 1 tablespoon of **Apple Cider Vinegar** or 1/4 teaspoon of **K-Salt** may be added to the solution prior to administering the enema to help in the retention.

7.3 ADMINISTRATION OF ENEMA

Pour the prepared coffee solution into a **NewLife™ Enema Bag or Bucket**, open the stop-corks and allow the coffee solution to fill the enema tube. If the **Enema Bag** is used, ensure that there are no bubbles left in the enema tube by lifting the tube above the bag and then lowering it slowly until the coffee solution fills the tube. Turn off the stop-cock. Hang the **NewLife™ Enema Bag or Bucket** 18 - 24 inches above the body in a lying position. The **Bag or Bucket** may be hung using a clothes hanger across a door knob. The **Bucket** may be placed on a bench.

Lubricate the anal tube with **NewLife™ Vitamin E Cream**. Insert the anal tube 3 - 4 cm (for adults*) into the anus. Lie down on the right side with both knees pulled forward towards the chin. Open the stop-cock and allow the coffee solution to flow in. Within 2-3 minutes, the **Bag or Bucket** will empty, leaving a small amount of coffee solution in the tube. Turn off the stop-cock, and slowly pull out the anal tube. Remain lying down on the right side and retain the coffee for 12-15 minutes. Then go to the toilet for expulsion.

Caution: Seek professional help if unsure.

7 CLEAN INSIDE & OUTSIDE

Retaining Coffee

Some may find it difficult to retain the coffee for 10-15 minutes, especially the first timers. Don't force yourself; release the coffee solution, if necessary. It becomes easier after a few sessions and when the toxin level is reduced. *Meanwhile, check that:*

1. the Enema Bag or Bucket is not placed more than 2 feet above the body.
2. the temperature of the coffee solution is neither too cold nor too hot; it should be at body temperature.
3. the bowel is cleared of feces / encrustations by prior administration of a water enema (2-3 glasses of distilled water with 1 tablespoon of Apple Cider Vinegar, no retention required) to remove the accumulated wastes.

Hygiene Care

Wash the Enema set with water and wash the anal tube with soap. Allow the water to drain completely out of the tube. Rinse the Bag or Bucket with 2 caps full of 3% **Hydrogen Peroxide** solution, allowing the **Hydrogen Peroxide** to run through the enema tube. This helps to disinfect the set and prevent any fungus from growing in the tube. Hang the set to dry.

Handy Tips

- *Coffee enemas remove toxins from the liver and blood quickly. Symptoms of the **HEALING REACTIONS** (page 21) disappear when the enema is administered more often, up to 5 times a day.*
- *For busy people, coffee concentrate may be pre-prepared and refrigerated up to two days. Preparation of coffee concentrate: For 4 enemas: use 12 (4x3) tablespoons of the coffee to eight glasses (2 litres) of distilled water. Bring to boil and simmer for 15 minutes. Sieve and divide the coffee solution in 4 equal portions. Refrigerate.
Dilute with 1-2 glasses (250-500 ml) of water to each portion and bring to body temperature before use.*
- *If you are hypersensitive to coffee (i.e., if it causes insomnia or accelerates the heartbeat), use 1-2 tablespoons of coffee instead of 3 tablespoons in the preparation of the coffee solution and add 1-2 organic **Chamomile Tea** bag in the preparation of boiling coffee. This provides a calming effect.*

7 CLEAN INSIDE & OUTSIDE

7.4 SKIN SCRUBBING

Our skin is the largest organ of elimination. We have new skin every 24 hours and should eliminate about 2 lbs. of waste acids every day. For healthy exfoliation and proper functioning of our skin, it is vital to remove dead cells, waste acids, and catarrh. Thorough scrubbing with the **Celande Hand, Face & Body Scrub** for five minutes daily during a bath or shower will promote healthy skin and stimulate blood circulation.



8 CELL EXERCISE

The only form of exercise that provides complete cellular exercise is rebounding on a **Rebounder** or **Lymphoxiser**. Rebounder is also called a Lymphoxiser because it helps to increase lymph flow in the lymphatic system and to drain toxins out of the lymph glands. It is used to increase circulation, improve immunity, exercise the heart, and improve general well-being.

I recommend the rebounding exercise everyday, even while on the **Detoxification & Rejuvenation Programme**.

Cancer patients, as recommended by Gerson Primer (page 17), should bounce (not jump) on a rebounder for 30 seconds, 5-6 times a day.



9 MEALS

9.1 JUICE SEMI-FLUID DIET

Due to the fact that the purpose of the **DRP** is to detoxify and rebuild new and healthy cells, you are encouraged to go on a juice-semi-fluid diet. Solid food slows down detoxification. The **DRP** enables you to cleanse and feed your cells and tissues with minimum digestion.

9 MEALS

9.2 *The following meals are designed for the underweight, the very weak, diabetics, and cancer patients.*

Breakfast

Choice of fresh fruit (apples, pears, papaya, mango, banana, etc., except durian) or cooked organic rolled oats with raw honey.

Lunch & Dinner

Hippocrates' Soup, fresh salad* and/or choice of steamed vegetables, baked or boiled potatoes.

**Healthy Salad Dressing - Use NewLife™ Organic Apple Cider Vinegar, Raw Honey and Flaxseed Oil on the proportion of 1:1:3. Add 1 pip of finely grated garlic for a more spicy taste (no salt or commercial salad dressing allowed).*

9.3 AVOID

Abstain from the following:

Rice, bread, cakes, pastries, sweets or deserts, sugar, coffee, teas, cooking oil, cordials, salt, and all forms of seasoning.

9.4 DIABETIC

Limit intake of raw honey to 2 teaspoons per day. Also limit intake of sweet fruit. Supplement 1 tablet of Nature's Gift Chromium Picolinate daily.

9.5 HIPPOCRATES' SOUP (6-8 servings)

Ingredients:	Tomato - 1 cup	Celery - 1 cup	Pumpkin - 1 cup
	Onion - 1 large	Carrot - 1 cup	Leeks - 1 cup
	Garlic - 3 cloves	Potatoes - 5	Distilled Water

Directions:

- Cut all the ingredients into cubes and put in a slow-cooker with distilled water just enough to cover all the ingredients.
- Simmer for few hours until all the ingredients are very soft.

Note: Do not peel the potatoes. Do not add table salt or any other seasonings. You may add ¼ tsp of K-Salt (to each serving) to enhance the taste before serving.

"LET FOOD BE YOUR MEDICINE, MEDICINE YOUR FOOD"
- Hippocrates, Father of medicine.

10 BREAKING FAST

After the 7-day **Detoxification & Rejuvenation Programme**, your digestive system is now clean and fully rested. To re-introduce the bowel to regular meals, it is vital to break fast gently. Chew your food thoroughly.

1st Day

- Breakfast - Fruits only with yoghurt.
Lunch & Dinner - Large salad, yoghurt, steamed vegetables, boiled or baked potatoes.

2nd Day

Start regular diet and follow the **NewLife™ Daily Health Maintenance Programme** (see page 26).

11 HEALING REACTIONS

During the **Detoxification & Rejuvenation Programme**, one may experience some of the symptoms of a HEALING REACTION such as general discomfort, weakness, headaches, nausea, mouth ulcers, cough, fever, mucus discharge, etc. Some may also experience more severe symptoms than what they have been having. For example, if they have eczema or gout, their conditions may become more severe for a few days. The duration depends on how deeply rooted the problems have been.

Healing reactions vary in severity. For those who have had prior doses of medication or a long-term illness, it may be more severe. Healing reactions are positive signs that poisons are being removed from the body. Symptoms of a healing reaction are only temporary, paving the way to better health.

Very often an extra administration of a Coffee Enema will relieve the symptoms of a healing reaction. However, if nausea or vomiting is experienced, then the concentration of the coffee solution should be reduced by boiling 1 tablespoon coffee with 2 sachets of Chamomile Tea in 2 glasses of distilled water. Also, take a glass of organic Peppermint Tea before and after the administration of Coffee Enema. Nausea is only experienced by those with very toxic liver. Incorporating solid food (see meal examples on page 20) will also minimize healing reactions substantially.

Some people, for one reason or another, may not be able to engage in the complete **Detoxification & Rejuvenation Programme**, yet having the need to remove congestions in the colon, and toxins from the blood and the liver. In such situations, it is recommended that they follow the **Mini Detoxification & Rejuvenation Programme (Mini DRP)**.

Herbal Klenz

- Function** : To remove the encrustations which have clogged up the colon.
- Directions** : Make Honegar by mixing 1 teaspoon each of **NewLife™ Apple Cider Vinegar** and **Raw Honey** in a glass of water. Mix 1 heaped teaspoon of **Herbal Klenz Powder** in the glass of Honegar. Follow with another glass of Honegar. Take 4 times daily for two weeks, and thereafter 1-2 times daily on an empty stomach, 1/2 hour before a meal or 2 hours after a meal.

ImmuFlora™

- Function** : To restore the friendly bacteria needed for healthy functioning of the intestinal tract.
- Directions** : 1 sachet a day

K-Salt

- Function** : To restore the potassium which was displaced by the over consumption of sodium (table salt and other seasonings).
- Directions** : 1/4 teaspoon of **K-Salt** in distilled water or juice, 4 times a day for at least a month. You should continue to take **K-Salt** if you are consuming salt and other seasonings in your food.

Super Green Food Plus

- Function** : To meet the nutritional deficiencies in the starving cells and tissues.
- Directions** : 1 sachet of **Super Green Food Plus** in a glass of distilled water or juice, 4 times a day for at least a month. You should continue to take **Super Green Food Plus** if your diet consists mainly of refined foods.

Flaxseed Oil

- Function** : To supply essential Omega 3 oil & aid in oxygenating the body.
- Directions** : Take 1 tablespoon with yoghurt or as a salad dressing.

You may include other health supplements (& coffee enemas) as used in the complete **Detoxification & Rejuvenation Programme** for additional health benefits. A diet of less meat, less salt, and no sugar is recommended for optimum results.

13 NEWLIFE™ TOTAL HEALTH CONCEPT

Healthy Cells need:

Clean Thoughts -

Whatever is true, noble, just, pure, lovely, of good report, of virtue, and praiseworthy think on these things (Philippians 4:8)

Clean Cell Environment -

- Natural Skin Care
- Cosmetics
- Shampoo • Liquid Soap
- Natural Hair Color & Toothpaste • MorLife Herbal Tea • Dr. Brusch's™ Essiac Tea
- Herbal Klenz
- Coffee Enema • n.zimes PA Plus • ImmuFlora™ • Cellande Scrub • Shower Filter
- Biodegradable Laundry & Dish Detergent

Pure Air -

Pure Air, together with CoQ10, Flaxseed Oil & rebounding exercise, helps to oxygenate the cells

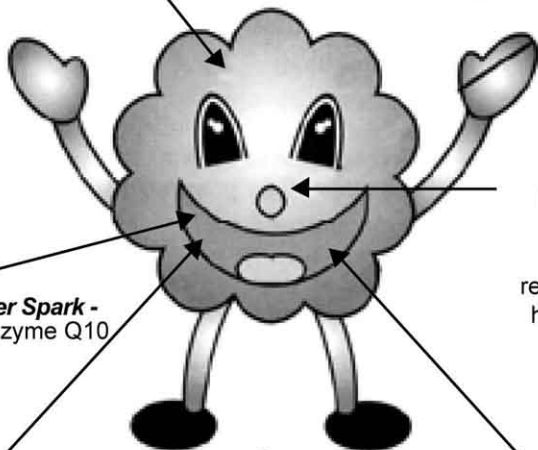
Power Spark - Co-enzyme Q10

Cell Food -

- Fresh Juices • K-Salt
- Flaxseed Oil • Spirulina
- Apple Cider Vinegar
- Raw Honey • Bee Pollen
- Super Green Food Plus
- Yoghurt • Wholesome Food

Cell Exercise - Rebounder

Pure Water - Distilled Water



14 NEWLIFE™ HEALTH-BUILDING PROGRAMME

This is to be followed after the **Detoxification & Rejuvenation Programme:**

UPON RISING : Drink 3 oz. of Dr. Brusch's™ Essiac Tea with 3 oz. of warm distilled water.
10 - 15 minutes later, take 2 teaspoons of Organic Bee Pollen granules.

**HALF-HOUR :
LATER** Consume 1 Cleansing Drink & 1 Tissue-Building Drink (see pg. 11 for the preparation instructions), together with 5 Kelp tablets and 1 sachet of ImmuFlora™.

BREAKFAST : Eat lots of fresh fruit; if more weight is desired, enjoy a bowl of organic rolled oats, sweetened with honey (optional).

A.M. : Enjoy a minimum of 2 servings of Health Drinks (See page 12 for preparation).

LUNCH : Eat potatoes (boiled or baked in its skin), raw vegetables, & potato soup (See page 20 for preparation).

P.M. : Enjoy a minimum of 2 servings of Health Drinks (See page 12 for preparation).

DINNER : Same as lunch.

**BEFORE
SLEEP :** Eat some unchilled non-fat yoghurt with 1-2 tablespoons of Flaxseed Oil.

: Drink 3 oz. of Dr. Brusch's™ Essiac Tea with 3 oz. of warm distilled water.

Eat fruit whenever hungry. Use a coffee enema once a day. Avoid salt (and other seasonings that contain sodium), refined food, sugar, & cooking oil. Check with the Nutritional Guide for recommendations of supplements for specific conditions.



TAKE

At least 75% raw food, with fresh fruit in the morning, and 50% of raw vegetables for lunch & dinner.

**EAT**

Fruit on an empty stomach;
do not mix fruit with other food.

**GET**

Predigested protein & other nutrients daily
from fresh yoghurt with Flaxseed Oil.

**DRINK**

A minimum of 8 glasses of distilled water, Honey-Apple Cider Vinegar cocktails, or fresh juices anytime of the day, but not during meals.

**TAKE**

Wholesome, natural, organic,
non-processed & unrefined food.

**DEVELOP**

A habit of taking your rest preferably by 10:00 P.M.

**EXERCISE**

Use a rebounder daily.

**THINK**

Only whatever is true, noble, just, pure,
lovely, of good virtue, and praiseworthy (Phil. 4:8).

REPEAT

The ***Detoxification & Rejuvenation Programme*** every 6 months.

or

WHENEVER

Toxin level is up (You may follow 3-7 days of the
Detoxification & Rejuvenation Programme,
complete with the Coffee Enemas).

Putting your body through the **Detoxification & Rejuvenation Programme** is like putting your car through an overhaul. Toxins, sick cells and dead tissues are flushed out. Your new set of blood cells and tissues are now ready for a new and healthy life. Maintain this state of well-being with the help of NewLife™ Daily Health Maintenance Programme.

NEWLIFE™ DAILY HEALTH MAINTENANCE PROGRAMME

UPON RISING:

Drink 3 oz. of Dr. Brusch's™ Essiac Tea with 3 oz. of warm distilled water.

HALF-HOUR LATER:

Consume 1 Cleansing Drink and 1 Tissue-Building Drink (see page 11 for preparation) together with 5 Kelp tablets and 1 sachet of ImmuFlora™.

BREAKFAST:

Eat lots of fresh fruit. Enjoy a bowl of organic rolled oats, if more weight is desired.

FOR THE REST OF THE DAY:

- 1) Take 2 servings of Super Green Food Plus & K-Salt.
(Each serving should consist of 1 sachet of Super Green Food Plus & 1/4 teaspoon of K-Salt in 1 glass of juice or distilled water.)
- 2) Enjoy some yoghurt with 1-2 tablespoons of Flaxseed Oil.
- 3) Drink MorLife Herbal Tea whenever desired.
- 4) Follow the **NEWLIFE™ HEALTHY LIFESTYLE** (pg. 25).

SUPER FOOD

- . Yoghurt with Flaxseed Oil
- . Apple Cider Vinegar
- . Raw Honey
- . Herbal Klenz Powder
- . K-Salt
- . Kelp
- . Spirulina
- . Super Green Food Plus
- . ImmuFlora™
- . MorLife Herbal Tea
- . Dr. Brusch's™ Essiac Tea
- . Vitamin C Complex
- . Vitamin B Complex
- . CoQ10
- . Bee Pollen
- . Nutritional Yeast

17 TESTIMONIES

...THE COLONOSCOPY AFTER DRP SHOWED THAT ALL MY 100-OVER POLYPS WERE GONE

Jin Cheng

Like any typical 18 year old, I was coping with schoolwork and then was busy enjoying myself during the December holidays where I joined my sister in Australia for two weeks as she had just graduated.

While overseas, I realized that I had frequent urges to release stools, especially after meals, but most of the time they consisted of air and some sticky mucus with blood stains. This shocked me and I sought treatment immediately upon returning to Singapore.



Jin Cheng with Mum

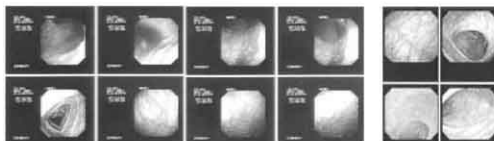
After a colonoscopy check, I was informed that my intestines and colon contained a shocking amount of multiple polyps. There were more than a hundred over of them! My entire family and I were in a state of utter shock. Specialists said it was genetic and warned that it would probably turn malignant in my twenties. I was given antibiotics, which helped to stop the mucus and blood. We then arranged for follow-up in 3 months' time, and if necessary, major surgery.

It just so happened that it was Chinese New Year and a relative of mine who was visiting heard about the problem. She immediately recommended that I start on **Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP)**. My family and I were so excited that there was an alternative and we started as soon as we could.

I followed the DRP strictly for just 4 days. Healing reactions included headaches and extreme nausea. I even vomited twice on the 3rd day. I then followed the mini DRP and daily coffee enemas whilst on a highly controlled diet for another 2-3 weeks (I was on home cooked meals with minimum salt, Cleansing Drinks, Tissue-Building Drinks, **ImmuFlora™**, **Essiac Tea**, Distilled Water, and loads of Juices with **Super Green Food & K-Salt**).

Exactly a month later, I did a follow-up check with my specialist. Tests revealed that my rectum was cleared of the ulcers and redness. The colonoscopy showed that I was back to normal with all the 100 over polyps gone! They just disappeared!

Now, I maintain with regular coffee enemas done once daily and eat a healthier diet. I am also on the **5 Essentials** consisting of necessary fiber, friendly bacteria, potassium, flaxseed oil and phyto nutrient. My overall appetite has also improved. I would say that through this experience, I have learned to live healthier with my family at a young age. Now that my family and I are benefiting from **DRP**, I would like to thank all concerned for the help given to me throughout this process. To all those who are still on their road to recovery, determination and confidence are two very important attitudes for your recovery, so keep it up!



Before

After

17 TESTIMONIES

...MY SKIN ALLERGY IS GONE!

Theresa Chen Mei Yu

Last year in May, I experienced a serious skin allergy. My skin was very itchy, which caused me many sleepless nights. I tried to get help from local doctors. The problem disappeared while I took medication, but the itchiness would return when I stopped taking them.

I went back to Taiwan specifically to seek help from a skin specialist. The medications he prescribed were very strong. They stopped the itchiness, but caused me great drowsiness.

Due to the unbearable itching, I had to continue with the medications, even though I knew that they were bad for my health.

Soon these medications became ineffective. Then the specialist had to give me injections, which only controlled the itch for the day. The itchiness resumed the next day. Even Chinese medications did not help.

The allergy became worse. My whole body was itchy and my back hurt due to my scratching. Eventually my eyes and lips became swollen, too. I felt so desperate and helpless! Finally, one day when I sent my daughter to her playschool, the principal was shocked by my deformed look and kindly advised me to try **Dr. Lynn's Detoxification & Rejuvenation Programme (DRP)**.

I went through 7 days of **Dr. Lynn's DRP**, and I was healed! However, after the programme, I did not follow the healthy diet as advised by Dr. Lynn and so, whenever I ate sugared food or other "junk food", the itch would come back. However, it was not as serious as before. Last September, which was eight months ago, I went through my second **DRP** and followed it with a Castor Oil enema. To this day, I have not had a single recurrence of the allergy.

Thank you, Dr. Lynn, for your kind and patient guidance. My gratitude, too, to your wonderful **DRP**, which has given me and my whole family healthier bodies!



17 TESTIMONIES

...ANOTHER NEWLIFE™ BABY!

Charlie & Susana

Susana and I got married in September 1999. In December 1999, a medical check-up confirmed that she had ovarian cysts. In February 2000, she underwent an operation to remove her left ovary, as well as part of her right ovary. Her doctor told us that she had only a slim chance to conceive.

In August 2002, Susana decided to undergo **Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP)**. Her decision to do so greatly affected our lives because on September, she was confirmed pregnant by the same surgeon who had removed so much from her right ovary. He was extremely surprised that she was capable of conceiving, as he had not thought it would be possible following the surgery.



We feel that by having undergone the **DRP**, Susana's body, which had a loss of one ovary, plus a sizable portion of the remaining ovary, was prepared for conception, which might not have happened under other circumstances.

We are pleased to announce the birth of our son, Ethan Alexander Flemming Zulu on 9 May 2003, weighing 7 lbs 8 oz.

17 TESTIMONIES

...A REAL LIFE SINGAPORE STORY OF FLUSHING "HUMAN JADE" (GALLSTONES)

Lok Lei Fong, executive secretary

In 2000, I occasionally woke up with severe abdominal and back pain. An ultrasound scan showed multiple gallstones. The doctor suggested no medicine or laser surgery for me. Another ultrasound in 2002 showed that the stones had turned into a 1cm big gallstone with some sludge present. By 2003, I believed that the stones would have compounded at the rate that they were growing.

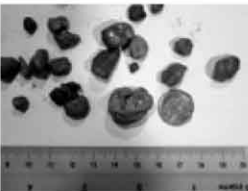
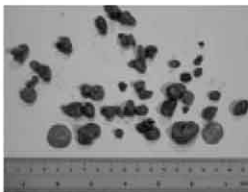
Since my diagnosis in 2000, I had been attending health talks and seeing numerous health practitioners in the hope of finding the right cure for my illness. I had tried other known methods of gallstone flushing. However, they were unsuccessful and only caused me to have severe diarrhea and great discomfort.

I finally found my cure in September 2003 by using **Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP)**. At that time I had undergone a one-week **DRP** followed by a second week of stone softening by drinking 8 glasses of **NewLife™ Apple Cider** cocktail drinks mixed with organic honey. I also strictly adhered to a lacto-vegetarian diet. This prepared me for the gallstone flush where I consumed a mixture of organic olive oil and fresh lemon juice before bedtime. The next day, I passed 28 stones, the biggest one being more than 1cm. The following day, another 59 stones were flushed out, with the biggest being 2cm. Stones were still eliminated after the 3rd and 4th flushings. In all, I passed a total of 101 stones. My family and I were amazed by the outcome. Even my 8 year old son, Hai Xin congratulated me on my success in accomplishing this task!

Another ultrasound in October 2003 confirmed that only some small stones in the gall bladder remained. My doctor was amazed with this scan compared to last year's. I am so grateful for this cure. Thanks to Dr. Lynn for her **DRP**, my friend Lily who introduced me to the **DRP**, and to Ms. Rosalind Tan, health consultant in Singapore whose patience and guidance were a great incentive for me to start the **DRP**.



Lok Lei Fong



17 TESTIMONIES

...DIABETES GONE!

Ms. Jeanne Lim Bee Wah, Kuala Lumpur

Dear All,

I am very delighted to announce that I am proven to be fully recovered from DIABETES. I'm in good health now, with my cholesterol and liver functions at normal readings and my blood sugar counts are also back to normal (without having to take medicine). My doctor has congratulated me and asked me what my secret was. Haaaa.. It is none other than **Dr. Lynn Tan's Detoxification & Rejuvenation Programme**, which I underwent for a 10-day period.



Before



After

In fact, I would like to sincerely thank all of you who gave me wonderful encouragement and support. I was led to the right path where I obtained healing, which enabled me to discard my medicine. My special thanks to Sally Lim, Cho Hon, Stanley Chong and Dr. Lynn Tan from NewLife™. You are wonderful people. May God bless you.

In the future, I will take good care of my body and not eat junk food. Thanks again and good health to all of you.

Laboratory Results	Before (26/4)	After (1/5)	After (26/7)	Reference Range
Diabetes Screen				
Glucose	9.1	7.3	4	Fasting 3.9 - 6.1; Non Fasting <8
Kidney Function Tests				
Uric Acid	0.46	0.56	0.29	0.14 - 0.34
Lipid Profile				
Total Cholesterol	11.8	9.9	4.2	<5.2
Triglycerides	5.5	3.4	2.1	<2.3
HDL Cholesterol	1.7	1.7	1.3	>1.68
LDL Cholesterol	-	6.7	1.9	<3.4
Total / HDL Ratio	6.9	17	3.2	<5.8; >25
Liver Function Tests				
Albumin	48	51.3	4.2	35-50; 3.0-5.0g/dL
Globulin	31	23	3.5	25-40; 2.5-4.0 g/dL
Total Bilirubin	21	29.3	1.0mg%	2.0-28; 0.2-1.6 mg%
Alkaline Phosphatase	117	121.6	73	39-117
SGOT (AST)	122	117.9	27	0-40
SGPT (ALT)	214	194.4	22	0-53

DRS. YOUNG, NEWTON DAN RAKAN RAKAN
Sungai Besi, Seremban, 8 Jalan Kuching
54000 Kuala Lumpur, Tel: 03-23287898
Fax: 03-7390308

18 JUN 2001

Blood sugars
Lim Bee Wah ifc 650/615/10-540

06/06/01 0900hrs Breakfast + Metformin
1130hrs RBS - 8.7mmol

11/06/01 0900hrs Breakfast, non-medication
1130hrs RBS - 5.2mmol

12/06/01 0800hrs Breakfast
1200hrs RBS - 4.1mmol

13/06/01 FBS - 4.1mmol

15/06/01 0800hrs Breakfast, non-medication
1100hrs RBS - 4.3mmol

DR DAN CHONG YAN
15/06/01 1200hrs - Lunch Chicken with Rice
1545hrs - RBS - 4.8mmol

DR DAN CHONG YAN
15/06/01 1200hrs - Lunch Chicken with Rice
1545hrs - RBS - 4.8mmol

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15/06/01 1200hrs - Lunch Chicken with Rice
1545hrs - RBS - 4.8mmol

DR DAN CHONG YAN
15/06/01 1200hrs - Lunch Chicken with Rice
1545hrs - RBS - 4.8mmol

The blood test result
after the DRP

Jeanne Lim's Medical Report - Comparison Before and After DRP (2001)

17 TESTIMONIES

...CLEAR SKIN AND NO MORE SINUS PROBLEMS

Ang Lie Hoon, Johor Bahru

Before I went through **Dr. Lynn Tan's Detoxification & Rejuvenation Programme** in November 1996, I had been having very sensitive skin which was very prone to blemishes. I also had frequent breakouts of pimples due to stress at work. During the day, I would feel tired and lethargic; and in the morning, I would always wake up with bad sinus problems.



Immediately after the completion of the **DRP**, I noticed that my sinus problems vanished completely. One month after that, with the use of **Annemarie Borlind** skin care, I was thrilled that my complexion improved tremendously. The pimples and blemishes cleared from my face. Even now, my face still has a glow and looks so much younger.

I am very grateful to **Dr. Lynn Tan's Detoxification & Rejuvenation Programme** because of the better health it has brought to my life. The effectiveness of the **Annemarie Borlind** skin care has brought much joy to me. Now, I have normal skin, experience more strength and vitality, and can cope so much better with my stressful working life. Thank you and all the best.

...NO MORE HYPERTENSION

Mr. Andrew Chua, steel factory manager, Johor Bahru, age 43, father of five

... suffering from high blood pressure since 38 years old. Very often I had headaches and felt tired all the time. For my high blood pressure I was on *Sufrano* (40 mg.) twice daily.

My brother introduced me to **Dr. Lynn Tan's Detoxification & Rejuvenation Programme**. After going through the programme for seven days and using Dr. Lynn's special diet for one month, I no longer needed my medication. I feel very energetic and real good!



17 TESTIMONIES

...SINUS, MIGRAINE, FATIGUE, ALL GONE!

Mr. Tay Kok Seng, Kluang, Johor

For 15 years, I have suffered from chronic sinusitis, migraines, poor memory, backaches, and a decrease in stamina.

All of my problems vanished and my stamina improved tremendously after Dr. Lynn Tan's treatment. In fact, during my 7-day ***Detoxification & Rejuvenation Programme***, I continued my favourite sport, badminton, as usual. On the first night, I played three doubles. I found that my stamina improved tremendously and this surprised my badminton friends.

...BACK AND NECK PAIN GONE!

Bapak Y.T. Kwee, businessman, Bandung, Indonesia

For more than three months I had been feeling awful and had pain all over my body. My neck was stiff and hurting all the time. I could not lie down freely or sit up normally without having to take time adjusting my body. There were nights when I had to wake up several times because I had terrible pain whenever I tried turning either to the right or the left. Everytime I tried to stand up, it would take me a minute to straighten my back. My travelling schedule was greatly minimised as I had to take time off to rest at home. That was really a nightmare.



During my first day of the ***Detoxification & Rejuvenation Programme***, I felt a big load lifted off my shoulder. My stiff neck and back pain gradually improved, and I could move around better, with more ease.

It has been a month now since the ***DRP*** finished and I have lost 5kg. There is no more fat around my stomach area. People say I look much younger and I feel more energetic. My face and skin also look much clearer and fresher. I feel absolutely great! Five of my friends have begun this ***Detoxification & Rejuvenation Programme*** and have received much benefit from it. I believe many will start 'detoxing' very soon. God bless you and **NewLife™ International!**

17 TESTIMONIES

...FULL OF ENERGY!

Datu Casey Leong, father of state & national swimmer, Jasmine Leong

Dear Dr. Lynn,

I wish to express our appreciation for your recommendation and supply of the various vitamins and food supplements for my daughter, Jasmine, a state and national swimmer.



We found that ever since Jasmine started taking the **NewLife™ SPIRULINA** before any training or competition, she was free from fatigue and was in peak condition to train and swim at her best.

This was proven in the recent SUKMA Games, held in Kuantan, where she had to swim several events each day in both the heats and finals. Whereas in previous meets, such a schedule would have drained her of all energy, she found that with the **NewLife™ SPIRULINA**, she had the energy and fitness to swim each event comfortably and be able to do her best. She was thus able to win a silver and two bronze medals for Sabah.

Jasmine continued taking **NewLife™ SPIRULINA** while representing Malaysia at the Asia-Pacific Junior Swimming Championships in Pusan, South Korea. As with all swimming competitions, the schedule is such that a competitor has to be at the pool as early as 7.00 A.M. and remain there till 7.00 P.M. when the day's events are over. Again she found that with the **NewLife™ SPIRULINA** intake, she did not feel fatigued and was able to compete at her best. She swam well, which helped Malaysia win a silver medal in the relay.

Jasmine will, no doubt, continue taking **NewLife™ SPIRULINA** to help her in her daily training, as well as in competitions. Thank you once again for your recommendation.

17 TESTIMONIES

...HORMONAL BALANCE RESTORED!

Mrs. L. Chan, business woman, age 36, Kota Kinabalu, Sabah

I had always been tired and had no energy to do anything. Each time before my menstrual period, I would have back pain. During the first few days of my period, the pain was always so severe that it caused me to feel like vomiting. Doctors had been giving me pain killers and injections for the past ten years. Because my period had always been irregular, I had been taking hormone pills for a year which caused me to put on lots of weight.

Four months ago, I went through **Dr. Lynn Tan's Detoxification & Rejuvenation Programme**. Now I feel alert and energetic and there is no more back pain. In fact, my period came without me realising it. No period pains at all and everything went so well!

My husband also went through the **Detoxification & Rejuvenation Programme**, and his sinus condition has improved. Because of these wonderful benefits, I would encourage everyone to do the programme. As for my husband and I, we plan to do another round in two months' time. Thank you, Dr. Lynn Tan, for your wonderful programme.

...REJUVENATED & YOUNGER!

Jacinto & Rita, Cebu, Philippines

Cold hands, cold feet, dizziness, constipation, headaches, pale cheeks, weak stamina, fatigue, very irregular and long menstrual cycles coupled with colds, flu, sore throats before each cycle comes... all this seems to be a part of what I thought was really me... until my husband and I started to take **Dr. Lynn Tan's Detoxification and Rejuvenation Programme**.

After the **DRP**, we both felt rejuvenated and younger, even lighter and healthier, too! Every time my menstrual cycle comes, I myself am amazed that the 'old feelings' are 'truly things of yesterday'. My cycle is getting very regular now.

Friends, relatives, and even a dear pastor whom we have known for quite some time also commented that we are 'blooming'! It's just amazing.

17 TESTIMONIES

...CURED OF CHRONIC I.B.S.!

**Shamala Devi Jeremiah, homemaker,
Kota Kinabalu**

I used to have I.B.S., or Irritable Bowel Syndrome, which is one of the commonest disorders of the intestinal tract. On the outside one may look all right. Even a physical examination and a colonoscopy (a long flexible instrument through the anus) will usually be normal. But on the inside, one knows not all is well.



I.B.S. is characterised by pain in the lower abdomen. Bowel habits are disturbed by diarrhoea or constipation, occurring alone or alternatively. Pain often occurs suddenly, usually triggered by food and relieved by defecation. Other symptoms include abdominal fullness (bloating), a feeling of incomplete emptying of the bowel, and excessive passing of 'gas' and 'noises' in the lower abdomen. There may be nausea, headaches, and worst of all, fatigue.

Fatigue was what finally drove me (and my medical doctor husband) to see Dr. Lynn Tan, who has since become a wonderful family friend. I told her medicine only gave me temporary relief. Furthermore, I cannot tolerate drugs well. Eating was difficult to enjoy even at home, as it may trigger pain or loose motions. I was losing weight and that made me even more tired.

After an hour's consultation with Dr. Lynn and a week of the ***Detoxification & Rejuvenation Programme***, I became well. The fullness in my abdomen was relieved. There was no nagging pain anymore and my bowel movements have become normal.

I was advised by Dr. Lynn to go on a raw vegetarian diet as much as possible. My usual meals consist of whole fruit or juice for the mornings and evenings; brown rice and organic vegetables for the noons and nights. Distilled water is the drink of choice. As for meat, chicken, fish and eggs, these are only consumed when we eat out on rare occasions.

I know the truth and the truth has set me free. Thank you, Dr. Lynn Tan.

17 TESTIMONIES

...ASTHMA, CONSTANT COLDS, SORE THROATS, FATIGUE, HEADACHES AND FAT - ALL GONE!!

Lily Grossbichler, Singaporean

Although I was brought up in a health conscious family, I started suffering from asthma when I was 8 years old. Furthermore, the nature of my husband's job is such that every 2 or 2½ years, we are transferred to a different country. The constant change in diet began to take a further toll on my body. I constantly suffered from colds, sore throats, fatigue, and worst of all, asthma.

When I arrived here in Kota Kinabalu, Sabah, I met Dr. Lynn and was subsequently introduced to the ***Detoxification and Rejuvenation Programme***. After 3 rounds of the programme, I have not had colds, sore throats, or a single asthma attack in more than a year. Nor do I have headaches any longer. When I first arrived in Kota Kinabalu, before starting the ***DRP***, I was 65kg. Now I am 45kg. I have been given a "NewLife".

We give thanks and glory to our Heavenly Father above for introducing this programme through Dr. Lynn. Both my husband and I have gained a priceless amount of health knowledge that we can practise throughout our lives, as well as share and pass this wonderful knowledge to all our family and friends. Praise Be To The Lord.



Before



After

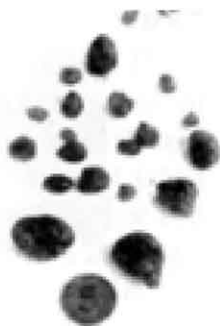
17 TESTIMONIES

...GALLSTONES REMOVED, NATURALLY!

**Mrs. D. Tan, homemaker, age 34,
mother of four, Kota Kinabalu, Sabah**

About three years ago, I had pain very often on the upper right abdomen. The doctor's scanning showed several big stones in my gall bladder. The doctor advised me to go for surgery to remove my gall bladder. However, my sister advised me to see Dr. Lynn Tan first.

Dr. Lynn Tan put me through a week of ***Detoxification & Rejuvenation Programme***, followed by a month of drinking natural apple cider vinegar diluted in distilled water. Then she taught me the gall bladder stone flush. The next morning, there were no gall bladder stones found in the stools, but at noon, many stones were passed out. Later, I went to see two doctors. Neither of them could detect any stone in my gall bladder from the scan. I have not had any abdominal pain since then. I am so glad this simple way has saved my gall bladder.



...DESIRED WEIGHT, FINALLY ACHIEVED!

Irene Ng, homemaker, Kota Kinabalu, Sabah

I used to weigh 139.50 lbs. My stomach was big enough for many to think that I was pregnant. I went through ***Dr. Lynn Tan's Detoxification & Rejuvenation Programme***, followed by a *natural slimming programme*.

My weight dropped to 110 lbs. after 2½ months. I have been eating normal meals now and have been successful in maintaining the same weight. The other day, a friend stopped and asked me when had I given birth!

The wonderful thing about this natural slimming programme is that it has helped me to become healthier, more energetic and alert. I look more youthful and my skin has become smoother too, through using ***Annemarie Borlind*** natural skin care.



Before



After

17 TESTIMONIES

...MANHOOD REGAINED!

Tuan Haji Kamanuddin, Melaka

I feel very lucky to have this opportunity to share with you my experience in body tissue rejuvenation. I am over 70 years and I have had hypertension for several years.



But worse of all, I lost my purpose in life when my masculinity diminished. Recently Tuan Hj. Abdul Razak recommended that I do the **Detoxification & Rejuvenation Programme** and I managed to walk briskly up to my daughter's apartment - something I was unable to do before. Furthermore, I have regained my manhood.

...INDIGESTION & CHRONIC GASTRITIS GONE!

Mrs. Yong P.F., tutor, age 37, Kota Kinabalu, Sabah

For many years, I suffered from a severe digestive disorder. My stomach got upset whenever the food I ate contained lactose, or whenever I ate out. Very often I had gastric pain. Every single type of food seemed to be unsuitable for me; so much so that I was literally afraid to eat anything. I also had unbearable pain often in my lower left abdomen.



Dr. Lynn Tan put me through the **Detoxification & Rejuvenation Programme** for a week and also put me on a special diet for a couple of months. Now I am able to tolerate lactose and eat out with no problem. The pain in the lower abdomen is gone. I also have gained desirable weight.

I was also prone to infection in my lymph nodes. **NewLife™**'s products like **Propol-Plus** help to keep the infection away. I think **Dr. Lynn's Detoxification & Rejuvenation Programme** and her recommended products like **Spirulina**, **Kelp**, **Yoghurt Maker** and **Distiller** are simply marvelous!

17 TESTIMONIES

...CONSTIPATION FOR 26 YEARS, FATIGUE, BACKACHES, HYPERTENSION, INSOMNIA - ALL GONE!

Mr. Eric Sinagoh, customs officer, age 41, father of four, Kota Kinabalu, Sabah

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**. My lower back pain disappeared after drinking distilled water for a few weeks. I followed the **Detoxification & Rejuvenation Programme** for more than a week. The amount of things that were passed out was frightening. It made me wonder if I had not followed the programme, would I have gotten 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!

...WEIGHT LOSS AND LOWER CHOLESTEROL

Mr. Yeo, Melaka

I followed the **DRP** to the letter and lost 18 pounds. My cholesterol level went down from 259+ to 170+. My blood pressure also went down from 130/90 to 120/70.

...PILES, MIGRAINES - THINGS OF THE PAST

Mr. Patrick Ang Teck Kun, Kluang, Johor

After my 7-day **Detoxification & Rejuvenation Programme**, I found I have no longer migraines, piles, sore throats, and I have lost 11 pounds.

17 TESTIMONIES

...CLEARER COMPLEXION & SLIMMER FIGURE!

Mrs. Tan Bee Ee, Kluang, Johor

On my second day of *Dr. Lynn's Detoxification and Rejuvenation Programme*, I developed mouth ulcers, darker (facial) pigmentation, and I passed out marble shaped mucous, about 10-14 pieces. I used to have gastric problems, stomachaches, and a dull and dry complexion. But after the programme, all of these disappeared. Thanks to **NewLife™** I now have a clearer complexion and a slimmer figure.

...HEALTHY & NATURAL FERTILITY!

Mrs. T. Lim, Kota Kinabalu, Sabah

For 9 years, my husband and I have been trying very hard to have a baby. I even tried fertility pills but all I gained was weight. I went through *Dr. Lynn's Detoxification & Rejuvenation Programme* for a month, and then followed with the *NewLife™ Health-Building Programme*.

I conceived soon after. Baby Pei Lynn (named after Dr. Lynn) was born on 17/10/98. She is now 7 months old and I am pregnant again!



...SKIN BREAKOUTS & BOILS CURED!

Mrs. Cindy Lau, Kota Kinabalu, Sabah

I have a 9 year old son who often suffered from boils all over his body whenever he was not careful with his diet. No types of medicine could help at all. The boils would normally take many months to heal, even with nutritional help.

He got boils again after the last Chinese New Year. I put him on *Dr. Lynn's Detoxification & Rejuvenation Programme*, using half doses for 2 weeks. All the boils cleared up within 2 weeks! His perpetually white-coated tongue has also turned pink.



18 CONTACT US ...

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18 MESSAGE FROM THE AUTHOR

My DREAM...

is for everyone in this generation and the next to be equipped with a knowledge of health so that they can be completely free of diseases.

Right now, we are destroying our health and the health of our children by living and eating improperly. The health of the world has degenerated so much that young babies are today suffering from diseases that were formerly only contracted by elderly people. Hospitals are filled with patients suffering with degenerative chronic diseases for which medical science has no answer. These degenerative chronic diseases could easily be prevented with healthy living.



Parents, it is your child's birthright to be healthy. Cleanse and nourish your body before conceiving. Breastfeed your baby and avoid ruining them by letting them be addicted to refined food and junk food from the cradle.

Your body is so wonderfully made that it is self-repairing and self-healing. No person can cure you of all your ailments, aches, pains, and diseases. Only when your body is cleansed of toxins and nourished properly can it function to banish diseases.

Each of us has to decide if we want to gather enough wisdom, courage, and will-power to change our nutritional condition or to end up suffering from one of the degenerative chronic diseases like cancer, heart disease, etc. Many people suffer or even perish needlessly for lack of knowledge.

Will you join me in this dream of promoting total health to all parts of the world, by learning, practising and sharing the knowledge of natural health? I am confident that with love in our hearts for others, we can succeed. Love never fails.

I wish you prosperity in your total health and wealth as you enter into a new life.



Dr. Lynn Tan

ABOUT THE AUTHOR... Dr. Lynn Tan (N.D.)

Forty years ago, a young woman from Perak, Lynn, graduated with a First Class Honours Degree in Chemistry and was ready to achieve much for herself and her country, but she was not able to.

Why? Because she felt drained all the time. The symptoms actually started when she was nineteen, and it was a miserable life to live because she had been active in sports and other activities during her school days. Throughout university, Lynn had to take naps between lectures because she was always tired. Despite this, she graduated with First Class Honours.

After university, the demands of a teaching career, marriage, and the birth of her first two children took their toll on her health. She found herself growing weaker daily. As her physical condition worsened, she found herself sleeping most of the time. Witnessing all was her husband, C.K. Tan, who took her to see many doctors in Malaysia and Singapore. None of them could find anything wrong with her. Chasing doctors became a frustrating experience. "It came to a stage where I was longing to be told that I had a particular disease just so it would end my frustration and depression caused by not knowing what exactly was wrong with me," Lynn said.

Then came a miracle. Her family met Dr. Costa Deir, a visiting preacher at her church. They offered to house him. To her delight, Dr. Deir, a medical doctor and a naturopath, as well as a holder of several doctoral degrees, diagnosed her weakened condition as having excess toxemia, or poisons, in her body – a condition similar to what is now known as Chronic Fatigue Syndrome. Following his advice, she started to detoxify her body and follow the principle of "Let food be your medicine and medicine your food." Within months, she recovered and regained a vibrant body. Natural healing had transformed her life.

Grateful for her new life, she embarked on intensive and extensive research into natural health and as she did so, her vision to bless others with the knowledge of total health was born. Her recovery led her to have two more children, a doctoral degree, and a practice in Naturopathy.

Today, a home educator and a proud mother of four, Dr. Lynn is in prime health and leads a busy life teaching, researching, writing and lecturing. She is a well sought after health seminar speaker in Malaysia, Singapore, and Indonesia. She often speaks on RTM radio broadcasts. She is the founder of a health magazine, "Healthy Living", which is circulated to many countries. Her Detoxification and Rejuvenation Programme has benefited thousands.

