

P'Health

照顾父母

Have You Done it correctly
For Taking Care of Your Parents?
健康这件事，你做对了吗？

灵芝

LINGZHI 时刻呵护健康
Always Take Care of Your Parents' Health

蜂皇浆

ROYAL
滋养父母健康 JELLY
Best Way to Nurture Your Parents

5
May
2017

PEOPLE HAPPILY HELPING PEOPLE. TOGETHER WE SHARE PEACE, HARMONY, HEALTH & PROSPERITY.® PH13206/04/2013 (029399) MCI (P) 083/06/2015

恩双亲节
Parents Day Celebration

忙碌的生活却往往忘了父母随着岁月老去，
就让**长寿**为您送上一份呵护他们的礼物。

优惠
Promotion

<p>母亲节配套 Mother's Day Health Package</p> <p>灵芝孢子粉 蜂皇浆 PWP 60% PWP 60% PWP 60%</p>	<p>父亲节配套 Father's Day Health Package</p> <p>灵芝孢子粉 蜂皇浆 PWP 60% PWP 60% PWP 60%</p>
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优惠期限: 01/05/2017 - 30/06/2017

YANGXIN | EM ENJOY | BY 121
WU HANG | ENLARGED | 50 151

双亲节2017温情主打

双亲节暖心献礼 为您向至亲献恩情

PARENTS' DAY
PROMOTION PACKAGE

详情请游览 —— page 16

For more details please view



05 MAY 2017

05.2017 Content



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Editor's Note
**关怀父母
滋养健康**
Care for Our
Parents' Health

关怀父母 滋养健康
CARE FOR OUR
Parents' Health

一千个为什么，父母还是那个样子，唯独一个为什么到不了他们跟前了！这就是“关怀父母”——CARE FOR OUR PARENTS' HEALTH！

在为人父母的过程中，我们最关心、最疼爱的是我们的子女。我们总是希望他们能健康快乐地成长，能顺利地考上大学，能顺利地找到工作，能顺利地结婚生子。但是，我们却常常忽略了我们的父母。他们是我们最亲近的人，也是我们最应该关心和照顾的人。本期杂志将为您提供一些实用的建议和技巧，帮助您更好地照顾您的父母，让他们健康快乐地生活。

There is no doubt for parent's duty, they were also changed like you in some but not in any, otherwise it's impossible. Hence, let's do something for them as the "CARE FOR OUR PARENTS' HEALTH".

It is a duty when you're in the old world and the care of love in the same time, why don't you do it? Please take care of your parents, they don't really know the time to take care of their own health and safety.

Human body tends to select healthy condition, although it's not strong against and therefore, outside of health body, health status and health products help providing nutrient to enhance our health condition.

本期杂志将为您提供一些实用的建议和技巧，帮助您更好地照顾您的父母，让他们健康快乐地生活。

CARE FOR OUR PARENTS' HEALTH will explore the important and correct way of maintaining a healthy life for our parents. Don't miss it if you want to gain information for your beloved parents.

04 Health

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**照顾父母
健康这件事，
你做对了吗？**

Have you done correctly,
For taking care of your parents?

**照顾父母
健康这件事，
你做对了吗？**
HAVE YOU DONE IT CORRECTLY
For Taking Care of Your Parents?
你做对了吗？

06-09

感恩父母
灵芝时刻呵护健康
Lingzhi
Always take care of your
Parents' Health

感恩父母
灵芝 Lingzhi - 时刻呵护健康
Always Take Care of Your Parents' Health



灵芝孢子知多少？
What Do You Know About Spora Lingzhi?

灵芝孢子粉是一种珍贵的天然滋补品，具有多种功效。它能够增强免疫力，改善睡眠质量，延缓衰老，对心脑血管疾病也有一定的预防作用。灵芝孢子粉是灵芝的精华部分，含有丰富的多糖、三萜类化合物等活性成分。在选购时，要注意选择正规厂家生产的产品，以确保质量和安全。

Spora Lingzhi is precious, it contains substance to make body, has anti-oxidation, it can improve sleep, improve immunity, and so on.

灵芝孢子粉“集”灵芝孢子精华于一体，具有多种功效。它能够增强免疫力，改善睡眠质量，延缓衰老，对心脑血管疾病也有一定的预防作用。灵芝孢子粉是灵芝的精华部分，含有丰富的多糖、三萜类化合物等活性成分。在选购时，要注意选择正规厂家生产的产品，以确保质量和安全。

All kind of spora lingzhi contains substance to make body, has anti-oxidation, it can improve sleep, improve immunity, and so on.

灵芝孢子粉具有多种功效，能够增强免疫力，改善睡眠质量，延缓衰老，对心脑血管疾病也有一定的预防作用。灵芝孢子粉是灵芝的精华部分，含有丰富的多糖、三萜类化合物等活性成分。在选购时，要注意选择正规厂家生产的产品，以确保质量和安全。

There are several types of spora lingzhi, like spora lingzhi, spora lingzhi and others, in order to preserve its active ingredients.



功能 Function 1

保肝解毒 HELP DETOXIFICATION

灵芝对于多种有害物质引起的肝损伤有保护作用，灵芝能清除体内毒素并改善肝脏的代谢，消除疲劳，乏力，恶心，胃痛，消化不良等症状，并能改善手脚麻木和刺痛，并能有效缓解右肋区疼痛。

灵芝 helps provide protection to our liver while helps in detoxification and improves liver function at the same time, relieve stomach, fatigue and nausea, improve digestion and relieve right rib pain.



功能 Function 2

美容作用 SKIN CARE

从传统中医角度，人年轻时的皮肤状态，是脏腑精气神充足的表现。随着年龄增长，脏腑功能衰退，通过生活调理，不仅能使人体机能年轻化，而且能延缓衰老，使皮肤细腻光滑，红润有光泽。灵芝能调节人体内分泌系统，使皮肤细腻，保持人体内分泌平衡，防止皱纹，改善肤质，延缓衰老。

From Traditional Chinese Medicine perspective, back complexion reflects condition of our internal organs, hence maintaining normal function of internal organ is the foundation of beauty. In a case, by regulating our internal health function, we can delay aging effect of the skin and preserve youthfulness.灵芝 is good for regulating internal organs function, maintaining internal balance and helps in fighting against wrinkles, provide us with youthful and vitality.



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肝脏 是毒素过滤器

LIVER IS THE TOXIC FILTER

肝脏是身体的解毒器官，它承担着体内所有的毒素，并负责将它们排出体外。如果肝脏受损，毒素就会在体内积累，导致各种健康问题。因此，保护肝脏健康至关重要。

Liver is able to break down toxic substances before sent it to the blood stream, and the toxins will be removed. Liver controls substances that enter blood stream and prevent them from entering the brain. The liver helps to break down toxic substances before they enter the blood stream.

不良生活作息 带来负担

EFFECT OF UNHEALTHY LIFESTYLE

肝脏是人体最重要的器官之一，它承担着体内所有的毒素，并负责将它们排出体外。不良的生活作息，如熬夜、饮酒、吸烟等，都会给肝脏带来沉重的负担，导致肝脏受损。因此，保持良好的生活作息，对保护肝脏健康至关重要。

Liver is the most important organ in our body. It is responsible for breaking down toxic substances before they enter the blood stream. Unhealthy lifestyle habits such as staying up late, drinking alcohol, and smoking will put a heavy burden on the liver, leading to liver damage. Therefore, maintaining a healthy lifestyle is crucial for protecting liver health.

别让肝脏负荷 夺走爸妈的笑容

HELP YOUR PARENTS TO KEEP A HEALTHY LIVER

父母是家庭的支柱，他们的健康关系到整个家庭的幸福。随着年龄的增长，父母的身体机能逐渐衰退，肝脏负担加重。如果我们能帮助他们保持肝脏健康，就能让他们拥有更多的笑容和活力。

Parents are the pillars of the family, their health is related to the happiness of the whole family. As they get older, their body functions gradually decline, and the burden on the liver increases. If we can help them keep their liver healthy, we can give them more smiles and vitality.

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健康小贴士

别让肝脏负荷，夺走爸妈笑容

Help Your Parents To Keep A Healthy Liver

温馨感受爱 母亲节暖心献礼

Warm and Kindness For Mother's Day



母亲节是感恩母亲的节日，也是表达我们对母亲爱意的最佳时机。在这个特别的日子里，让我们用一份心意，为母亲送上最温暖的祝福。蜂皇浆，作为天然的营养品，能帮助母亲保持年轻和健康，让她在母亲节这一天，感受到我们的爱与关怀。

Mother's Day is a day to thank mothers, it is also the best time to express our love for mothers. On this special day, let's give our mothers the warmest wishes. Beehive Royal Jelly, as a natural nutrient, can help mothers stay young and healthy, so that on Mother's Day, they can feel our love and care.

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蜂皇浆

温馨感受爱 母亲节暖心献礼

Warm and Kindness for Mother's Day

关怀父母 滋养健康

CARE FOR OUR *Parents' Health*

一年365天，父母们总是忙个不停。照顾一家大小健康的同时，却常常忘了宠爱自己。来临的双亲节，让我们一起给父母的健康增值吧！

现代人兼顾多种角色，既是职业人员，同时也是家里的丈夫妻子或父亲母亲。对于很多职业人员来说，生活中各种紧凑的活动和压迫的时间，使他们忽略了对自身的照顾，特别是在饮食保健方面。

内脏的健康会显示在外表上。轻透的肌肤、有光泽的头发和强韧的指甲，都是体现健康美的表现。透过饮食和营养补助品来摄取，滋养内部健康，促进外在美。

There is no holiday for parent's duty, they never stop caring for us for a second but fail to pay attention to themselves. Hence, let's do something for them on the upcoming Parents' Day!

It is a society where both mom and dad works and take care of family at the same time, with busy and stressful lifestyle cover most of their time, they don't really have the time to take care of their own health and dietary.

Human body tends to reflect health condition, smooth skin, shiny hair, strong fingernail and many more indicate a healthy body. Healthy dietary and health products help providing nutrients to enhance our health condition.

本期我们将探讨如何照顾父母 --- 健康这件事，你做对了吗？

For May P Health, we will explore the important and correct way of maintaining healthy life for our parents, don't miss it if you want to gain information for your beloved parents!

照顾父母 健康这件事，

HAVE YOU DONE IT CORRECTLY

For Taking Care of Your Parents?

你做对了吗？



老人家走路越来越慢很正常？老人家要常常吃糊糊烂烂的食物，比较好消化？跟他们讲话要拉高声调？年纪大了晚上就会睡不好？

大多数人对于照顾父母健康存有许多错误认知，让我们为您揭开时刻呵护父母健康的知识。

Certain children might complaint about their parents for being too slow, prefer soft food, and has hard hearing problem as well as trouble sleeping.

Most people has common misperception on elderly health condition, it is time to correct those misperception.

An elderly couple is shown in a close-up, intimate pose. The man on the left has white hair, wears glasses, and a brown sweater over a red checkered shirt. The woman on the right has blonde hair and wears a patterned brown and beige sweater. They are both smiling warmly and looking down at their hands, which are clasped together. The background is a soft, out-of-focus light color.

感恩父母

灵芝 Lingzhi - 时刻呵护健康
Always Take Care of Your Parents' Health



灵芝孢子知多少？

What Do You Know About Spora Lingzhi?

灵芝孢子像花粉一样，含灵芝一切生理活性细胞和物质。每1,000公斤的灵芝实体约能采集1公斤的灵芝孢子。所谓物以稀为贵，其价值由此可见。

灵芝被誉为“仙草”，灵芝孢子是灵芝的种子，其营养价值较灵芝实体更高，保健效应更佳。灵芝孢子能帮助提升身体免疫力、抵抗衰老、抵抗辐射等。同时，灵芝孢子由于经过破壁处理，因除去坚硬的外壁，其精华和营养更容易被人体吸收。它凝聚了灵芝的精华，具有灵芝遗传物质和保健作用。有鉴于此，灵芝破壁技术一直都是许多国家高科技攻关难题。

所谓破壁拥有几种方式如超声、超低温、低温高频震荡等，其目的在于保留灵芝孢子有效成分。

Spora Lingzhi is precious, as it contains substances for active cells, we can only obtain 1 kg of Spora Lingzhi for every 1000 kg Lingzhi, therefore is extremely precious.

As seed of Lingzhi, Spora Lingzhi contains higher nutrients compare to Lingzhi. While it helps improving immune system, anti ageing and resist radiation. With cracked spores technology, it enable easier absorption for nutrients and essences. Hence, many countries have been working hard on this technology.

There are several types of cracked pores technology, like ultrasonic, ultra low temperature and others, in order to preserve its active ingredients.

功能 Function

1

保肝解毒
HELPS DETOXIFICATION

灵芝对于多种生物因素所引起的肝损伤有保护作用，灵芝能帮助促进肝脏对于药物和毒素的代谢，消除头晕、乏力、恶心等症状，并改善肝功能。因此，灵芝对于各类慢性肝炎、肝硬化等问题有治疗作用。

Lingzhi helps provide protection to our liver while helps in detoxification and improve liver function at the same time, eliminate dizziness, fatigue and nausea. Hence, it is say that Lingzhi provide medical effect to liver problems.



功能 Function

2

美容作用
SKIN CARE



从中医的角度，人体生理机能正常时，面部的色泽表示人体精神气血津液的充盈与脏腑功能的正常。外在美容是一种手段，内在的养生，保持生理机能的年轻，则是养颜的基础。通过养生而养颜，不仅能延缓人体机能的衰老，而且从形体到容颜上，都可以保持青春光彩。灵芝可以调理人体内部脏腑功能，理通经脉，维持人体内环境平衡，养血补气，达到去斑、抗皱、美容的目的。

From Traditional Chinese Medicine perspective, facial complexion reflects condition of our internal organs, hence maintaining normal function of internal organ is the foundation of beauty skin care. By regulating our internal health function, we can delay aging and at the same time preserve youthfulness. Lingzhi is good for regulating internal organs function, maintaining internal balance and helps in fighting against wrinkles, provide us with youthful and vitality.

功能 Function

3

对抗自由基
AGAINST FREE RADICAL

灵芝能有效清除体内自由基，从而阻止自由基对人体的损害，保护细胞并延缓细胞老化。

Lingzhi helps eliminate free radical inside human body, protect body against free radical and delay cell aging.



功能 Function

4

降低血压
REGULATE BLOOD PRESSURE

灵芝多糖能有效溶解血栓，清除血管内淤积的血液和毒素，使硬化的血管恢复弹性，疏通血管和净化血液。

Lingzhi contains organic germanium which can improve blood supply and metabolism, enhance artery functions and delay cell oxidation.





别让肝脏负荷 夺走爸妈的笑容

HELP YOUR PARENTS TO KEEP A HEALTHY LIVER

孩子们都觉得爸妈最近神情有异，越来越不喜欢出门，就连亲友上门拜访，也显得无精打彩。在孩子的关心慰问下才得知，原来是因为父母的忙碌增加了肝脏的负担？

其实，肝脏是人体重要器官之一，承担着维持生命，排除毒素的重任。肝脏主要功能包括分泌胆汁、调节新陈代谢、解毒、造血等重要工作。

We often neglected our parents' health, is actually important to keep monitoring their health condition at all time. Our organs play important role in keeping our body working perfectly, liver is important to detoxify our body, we will feel tired and loss of energy when our liver fail to work regularly.

As one of the important organs, liver plays significant role in supporting our life and helps in detoxification. Functions include production of bile, regulating metabolism, enhancing detoxification function and also blood production.

肝脏 是毒素过滤机

LIVER SERVE AS TOXIC FILTER

肝脏能分解体内的有毒物质，分泌到胆汁或血液，然后经由尿液等方式排出体外。此外，酒精也必须经由肝脏解毒，酒精被吸入血液中，肝细胞含有可以代谢酒精的酶类。这些物质能将酒精分解为其他物质，之后进一步分解为水分和二氧化碳，经由尿液和肺排出。肝脏细胞每小时能代谢的酒精量有限，所以饮酒过快，血液中的酒精浓度就会提升，长期饮酒将可造成肝硬化。

Liver is able to break down toxic substances before expel them from human body, and that include toxic from alcohol. Liver contains substance that can expel alcohol from body when broken down. This function however has its limit, hence those heavy drinker tends to get liver disease.



不良 生活作息 带来负担

IMPACT OF UNHEALTHY LIFESTYLE

不良的生活习惯也会对肝脏带来负担，日积月累之下，会造成肝功能紊乱并降低效率。肝脏排毒必须在熟睡中进行，因此确保每天于十一点之前就寝，可让肝脏运作更顺利。定期服食保健品如灵芝孢子等，也能有效帮助排毒，降低肝硬化的风险。

Unhealthy lifestyle can cause burden to our liver, as time goes by, it might cause function disorder and lower efficiency for liver function. Liver can only start function when we are asleep, hence it is important to make sure we fall into deep sleep before 11pm every night to ensure liver work smoothly. By taking health products like Spora Lingzhi is effective in detoxification and lower the risk of liver cirrhosis.



PHYTO SPORA LINGZHI

長春灵芝孢子



長春灵芝孢子 | 120 capsules x 250mg

	WM	EM
DP	RM146.30	RM153.70
CP	RM183.40	RM191.85
BV	83	83

HSP-LGZ-SPO-000

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PHYTO ROYAL JELLY

長春蜂皇乳



長春蜂皇乳 | 60 capsules x 260mg

	WM	EM	SG
DP	RM 93.30	RM 98.60	SGD 45.00
CP	RM116.60	RM121.90	SGD 56.00
BV	53	53	53

HSP-BEE-JEM-000

Scan Me for Leaflet



P'Health 13



溫馨感受愛
母亲节暖心献礼

Warm and Kindness For Mother's Day



每年的五月是温馨的月份，也是为人子女让母亲开心的日子。母亲们平时为了家庭和子女劳心劳力，无论是有外出工作的职业妇女还是在家的家庭主妇，皮肤都会因为不同因素而老化。因此，在这个温馨节日里，何不送一瓶蜂皇浆，滋养妈妈的健康！

那蜂皇浆究竟有哪些好处呢？其实，蜂皇浆含有人体所需的氨基酸，而且其所含有的皇浆酸具有抗辐射，抑制和杀害癌细胞的功用。同时，其中的黄酮类物质能帮助延缓人体老化，并清除体内的自由基。

科学家们总结了它的九大功效：镇静安眠、调节血压、护肝防癌、健脑益智、延年益寿、美容护肤、滋补神经、加强造血功能。并将其广泛的应用于以下疾病：老年综合症、营养不良、食欲不振、糖尿病、血管及血液系统疾病、神经系统疾病、调节肝脏功能。

蜂皇浆能帮助改善营养、补充脑力、提高人体免疫力；蜂王浆中含有大量的营养素，经常食用能改善营养不良的状况，治疗食欲不振、消化不良，可使人的体力、脑力得到加强，情绪得到改善。蜂王浆是一种很好的美容剂：由于蜂王浆中含有丰富的维生素和蛋白质，还含有SOD酶，并有杀菌作用，是一种珍贵的美容用品，长期使用，皮肤红润、光泽、倩丽。

May is the month of kindness and warm, and the time for children to express their appreciation to beloved mother. It is normal for female to encounter skin problems from both internal and external factors, hence we suggest giving the greatest female in your life a bottle of Royal Jelly, she deserve it!

The question is, what are the benefits of Royal Jelly? In fact, it contains amino acid and capable of anti-radiation, suppress and eliminate cancer cell. It also consist flavonoid which is effective in anti-ageing and eliminate free radical inside human body.

Scientist has summarized major functions of Royal Jelly which include sedation, helps in regulating blood pressure, cancer prevention, improve brain function, beauty and skin care as well as promoting red blood cell production. Royal Jelly has been widely use in treatment purposes for diseases such as senile, malnutrition, poor appetite, diabetes, hemopoietic and also neuron system problems, at the same time, Royal Jelly also helps regulating liver function.

Rich in nutrition, Royal Jelly is effective in improving our appetite, digestive system, brain function even our emotion. Contains with vitamins, proteins and Superoxide Dismutase (SOD), Royal Jelly is well known for its beauty function, regular user will have smooth and brightening skin before they realize it.

感恩双亲节

Parents' Day Celebration



“忙碌的生活却往往忘了父母随着岁月老去，
As life gets busy, we tend to forget our parents are growing old,

就让**長春**为你送上一份呵护他们的礼物。

let PHHP helps you by sending the gift of caring.”



母亲节配套

Mother's Day Health Package

- 一盒長春护捷灵
1 box of PHHP Phyto Flex
- 一罐長春叶绿素
1 bottle of PHHP Phyto Chlorophyll
- 一罐長春蜂皇乳
1 bottle of PHHP Royal Jelly



*凡购买其中一个配套

PWP
60% OFF

Ophira胶原蛋白(莓子味)
Ophira Collagen (Berries Flavour)

原价 : WM RM135.70 | EM RM143.10

父亲节配套

Father's Day Health Package

- 一盒長春护捷灵
1 box of PHHP Phyto Flex
- 一罐長春叶绿素
1 bottle of PHHP Phyto Chlorophyll
- 一罐長春灵芝孢子
1 bottle of PHHP Spora Lingzhi

促销期限: 01/05/2017 - 30/06/2017
Promotion Period:



WM RM338 | EM RM365 | BV 151

PRO-PHY-MDP-000



WM RM391 | EM RM420 | BV 181

PRO-PHY-FDP-000

条件与规则:

- 此促销只限于马来西亚经销商。
- 促销期介于2017年5月1日至2017年6月30日。
- 此促销只限于马来西亚柜台及网上购买。
- 促销价包括6%消费税。
- 此促销不可用于新会员签购。
- 此促销配套不能用于新晋流动存货商。
- 此促销不可与其他促销或凭单合用。
- 長春企业(马)有限公司将有权更改此项促销的任何条款与规则, 恕不另行通知。
- 任何事件的争端, 長春企业(马)有限公司管理层将保留最终决定权。

Terms & Conditions:

- This promotion is available only for distributors in Malaysia.
- Promotion Period: 1st May 2017 - 30th June 2017
- The promotion is only valid for Malaysian Counter and Online Purchase System.
- This promotion price is inclusive of 6% GST
- This promotion is not entitled for new member sign up.
- This promotion is not applicable for opening new Mobile Stockist.
- This promotion is not valid in conjunction with any other promotion, or voucher
- PHHP Marketing (M) Sdn. Bhd. reserves the right to amend the terms & conditions of this promotion at anytime without prior notice
- In the event of dispute, PHHP Marketing (M) Sdn. Bhd. decision shall be deemed final

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Miri : 1st Floor, Lot 2326,
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