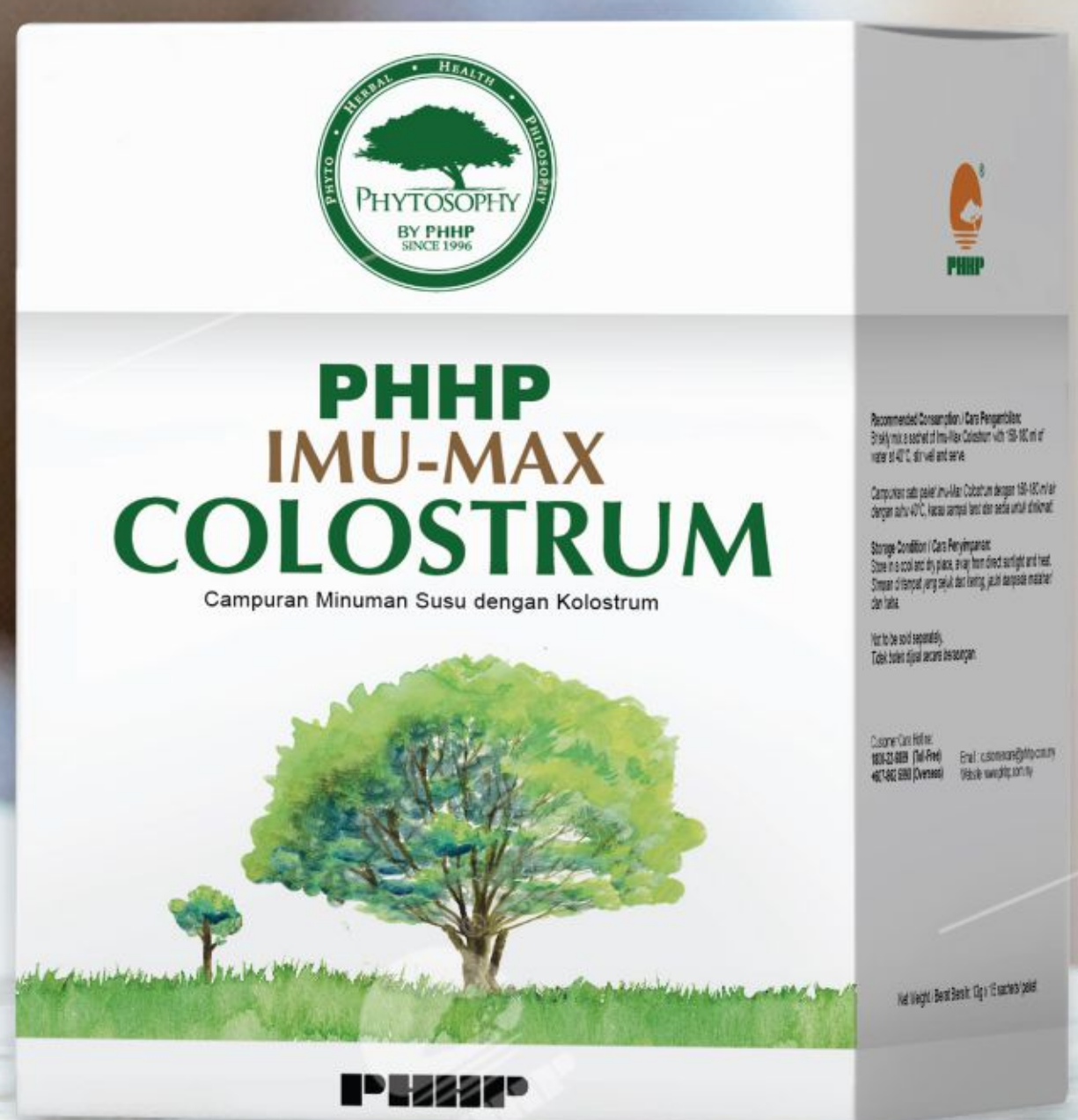
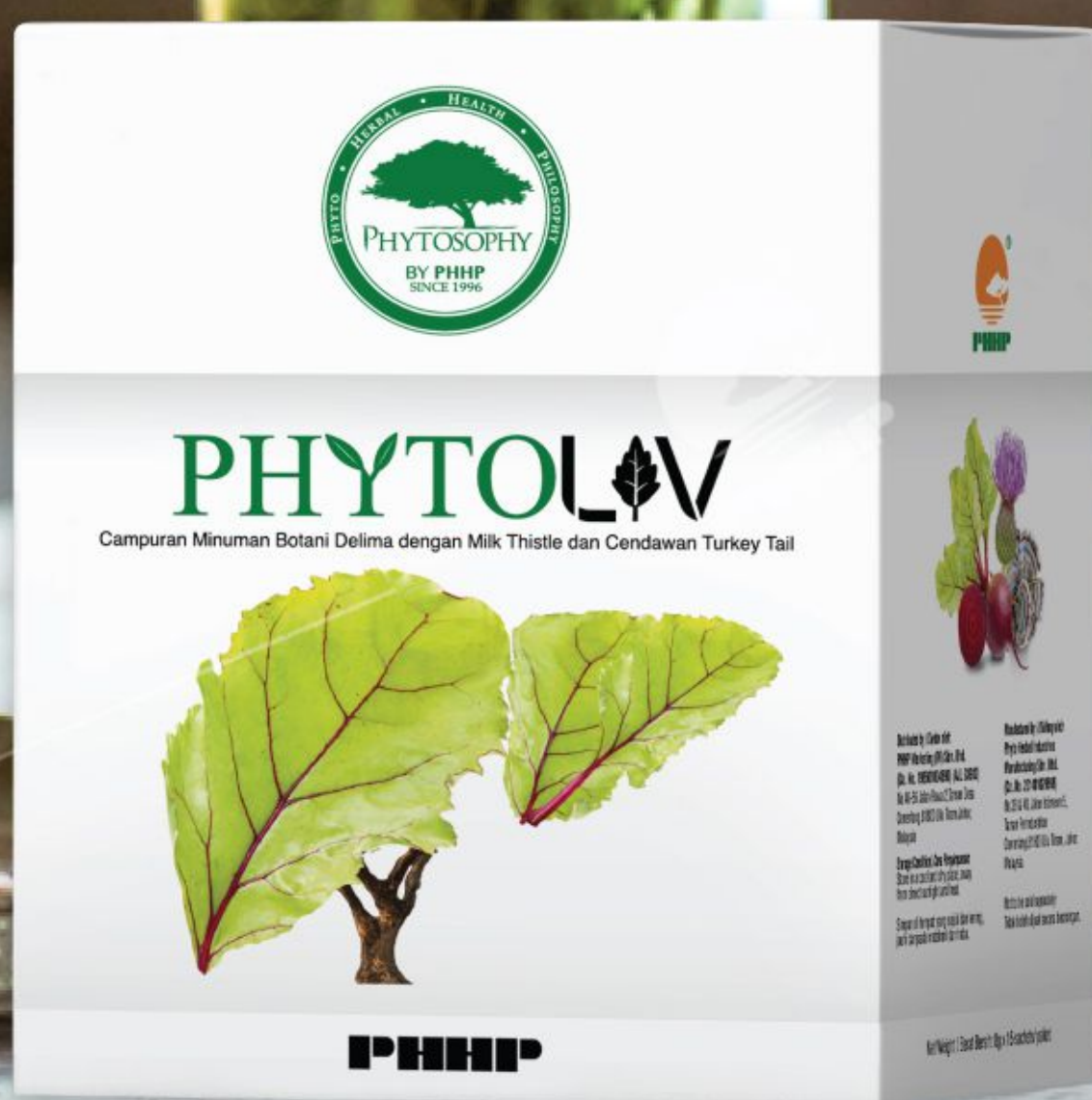


P'Health

people happily helping people world



精选初乳, 强健免疫
Best Choice for Your Immunity
详情请游览

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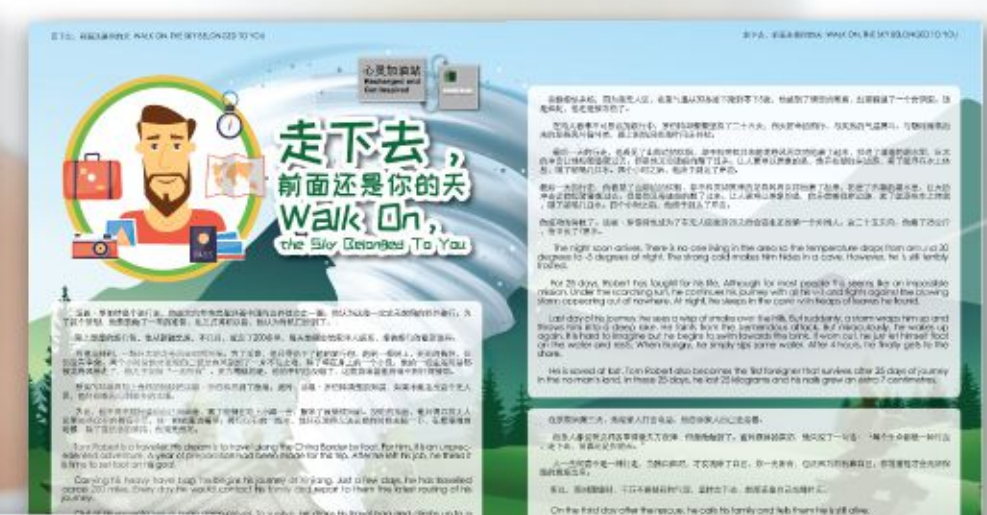
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编辑手记 Editor's Note


在我们日常生活中，有许多繁琐的事需要我们处理与面对。日复一日的作息，是大多人的生活常态。上班族上班工作，孩子们上学学习，家庭主妇与一家之主一同携手打造幸福美好的家庭，照顾好一家大小的生活起居。但有时沉下心来，您是否发现那些容易被忽视的细节，才是最重要的呢？人有人心，我们的身体也有它的自在运作模式。身心合一，才是健康的平衡。

我们往往容易忽视健康的重要性。虽然我们理所当然地了解到健康是多么的无价，但我们却常常轻视防范的必要性。疾病是一视同仁的，无论您身在何处，男女老少，罹患任何疾病的风险都的确存在。

一个健康的体魄，需要的是强壮的免疫系统，这是我们每人都需要的基础。有了强健的免疫力，就有了面对一切的能力。默默劳作的肝脏，天天辛劳地为我们排解体内的毒素。也别忘了您的骨骼与关节，我们之所以能自在地走动，也归它对我们的支持。这些，您发现了吗？在您还没生病时，这些器官和操作机能都是真实存在的，也的确是需要我们好好珍惜的。

预防胜于治疗，拥有健康是您最大的富有。

在未来的路上，让我们一起加油，争取更美好的未来与健康！



In our daily lives, there are many mundane issues we need to face. Every day, many of us live through the same routine. Office workers go to work, children go to school and learn, housewives and the breadwinners work together to build a better home for their family, trying their best to take care of everyone's needs. However, have you noticed the small things that we often overlooked? In fact, they could be the most important thing for us. We often take care of our hearts, but our body also has its own way of working. The healthy balance can only be achieved when our body and our mind are in harmony.

We often overlooked the importance of health. It is undeniable that health is priceless, almost everyone knows that. However, not everyone realises the need to take suitable measures to prevent themselves from getting sick. Everyone is treated the same in the face of illnesses, the risk of suffering from any illness truly exists, regardless of who you are or what you have been.

A healthy body needs a strong immune system, this is the basis we need. With stronger immunity, we then will be able to face the challenges. Our liver works silently every day, it helps us to eliminate the toxins in our body. We can move around freely, it is all because of our bones and joints, they are the ones that support us always. Have you noticed? They exist all the time even when you are healthy, not only when you are sick. They also need our love and care.

Prevention is better than cure, being healthy is being rich.

In the coming days, let us fight together for a better future and health!

什么是What is 免疫力? Immunity?

自然界中充满了各种各样的病毒、细菌、真菌、寄生虫等致病物质，我们之所以能够身居其中而顽强生存，最大功劳归于人体的免疫力。免疫力是我们最好的医生，它能够识别和消灭外来侵入的任何有害异物。

In nature, there are different kinds of germs, bacteria, fungus, parasites and other pathogenic substances. The reason we can survive and live in this environment is because of the power of immunity in our body. Immunity is our best doctor, it can identify and eliminate the harmful foreign invaders in our body.

牛初乳 Bovine Colostrum

大自然赐给人类的健康礼品

A healthy gift given by nature for human beings

母牛产犊后3天内的乳汁与普通牛乳明显不同，称之为牛初乳。

The milk produced within the 3 days of post-calving is very different from the usual milk, it is called bovine colostrum.

牛初乳蛋白质含量较高，而脂肪和糖含量较低。

Bovine colostrum contains higher protein content but lower fat and sugar content.

它含有特殊营养素如免疫因子与生长因子，可以帮助抵抗外来病原和促进生长发育。

It contains 2 special nutrients: immune factors and growth factors, which may help to resist foreign pathogens and aid in growth and development.

科学研究表示，牛初乳不仅对婴儿或小孩有益，对成年人或年长者也有很大的益处。

Scientific researches show that bovine colostrum is not only beneficial for infants and children but also bringing huge health benefits among adults and elderly.

有哪些适合人群? Who is suitable for bovine colostrum?



手术后及烧伤病人 Postoperative patient and burn victim

牛初乳有助于提高免疫力，减少手术、烧伤后的感染机会，而生长因子更可以帮助加速伤口愈合。

Bovine colostrum is said to be able to improve immunity, decrease the chances of being infected after medical operations or when suffered from burnt wounds, whereas the growth factors may help to quicken the wound healing process.



孕产妇 Pregnant woman

牛初乳有助于增强孕妇体质，减少病原入侵机会、让胎儿在母体内健康发育。产后食用牛初乳还能帮助促进刀口愈合。

Bovine colostrum is said to help to strengthen the physical health of pregnant women, reduce the chances of being invaded by foreign pathogens so that the fetus can grow and develop healthily in the mother's body. Bovine colostrum may also help to heal the wound during the postpartum period.



容易感到不适的人 Individuals who often feel sick

经常泻肚子、口腔发炎、伤风、咳嗽等都是免疫力低下的症状。食用牛初乳后有助于改善身体状况。

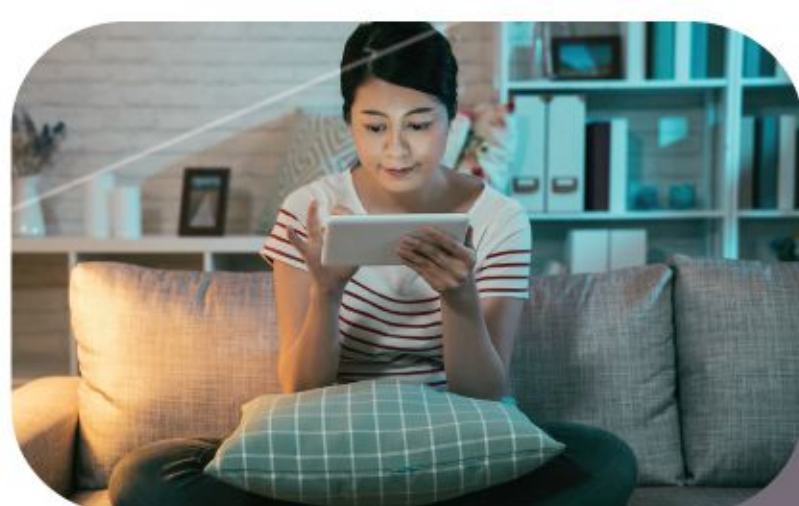
Always have health problems like diarrhea, oral inflammation, cold, cough, etc. These are the symptoms of low immunity. Consume bovine colostrum may help to improve the health condition.



年长者 Elderly

人体免疫力在56岁以后逐渐老化，其免疫球蛋白量仅为年轻时的40%。牛初乳内的免疫球蛋白可帮助提升免疫能力。

Human immune system will start to age gradually at the age of 56 years old. The content of IgG will become only 40% that of young age. IgG in bovine colostrum may help to increase immunity.



经常熬夜的人 People who always stay up late

长期通宵熬夜会严重破坏人体免疫系统，从而更容易感染病毒。牛初乳能够帮助协调免疫系统。

Always staying up late for a long period will cause damages to our immune system and thus being infected by virus easily. Bovine colostrum may help to balance the immune system.

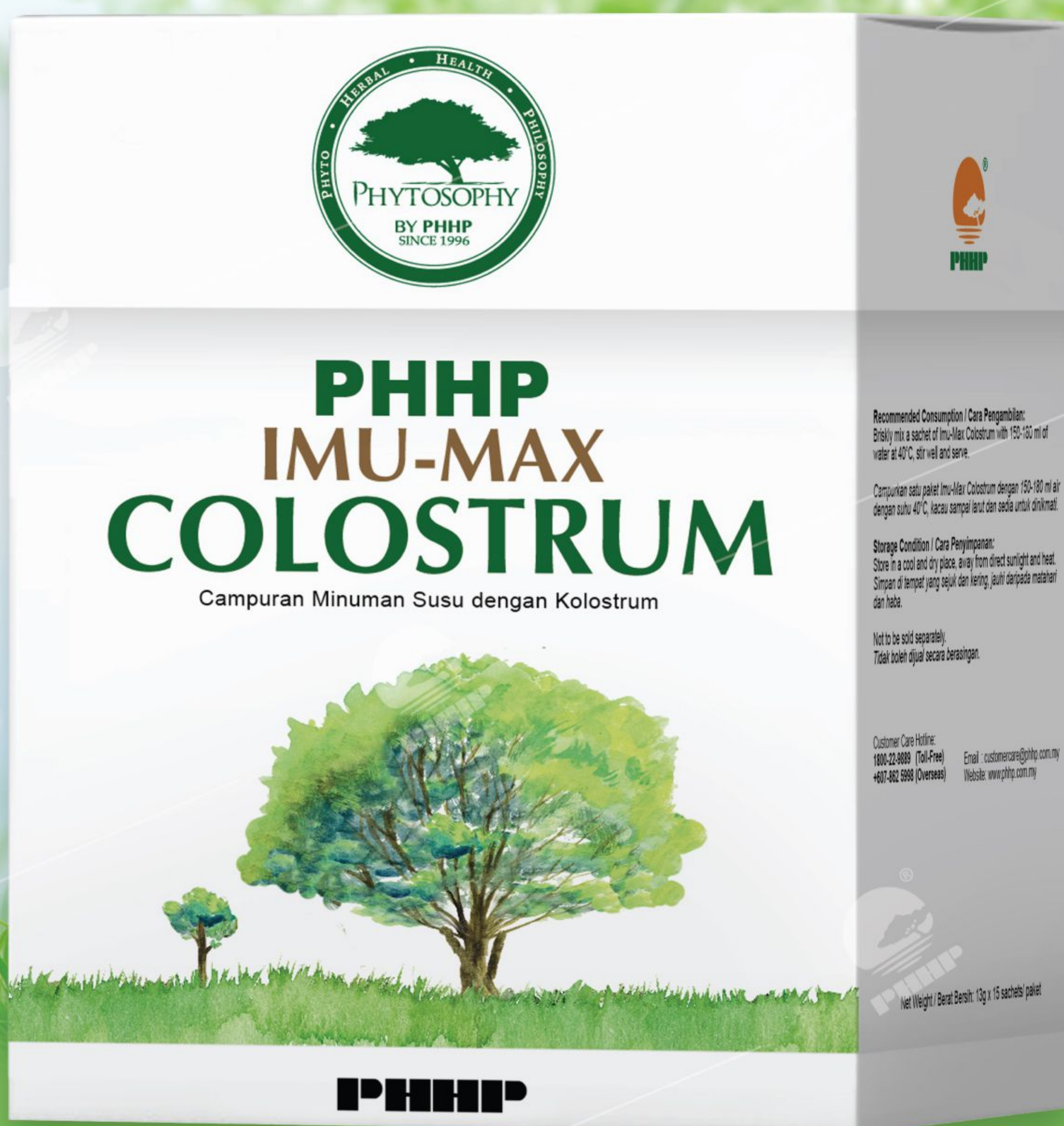


饮食不均衡的人 People with imbalanced diet

挑食，营养不良，进食时间不规律等会影响到免疫系统的正常操作。牛初乳的免疫因子能帮助改善免疫系统。

Picky eating, malnutrition, irregular meal timings, etc will affect the normal function of the immune system. Bovine colostrum with immune factors is said to help to improve the immune system.

PHHP IMU-MAX COLOSTRUM 長春免疫宝



精选初乳，强健免疫
Best Choice for Your Immunity

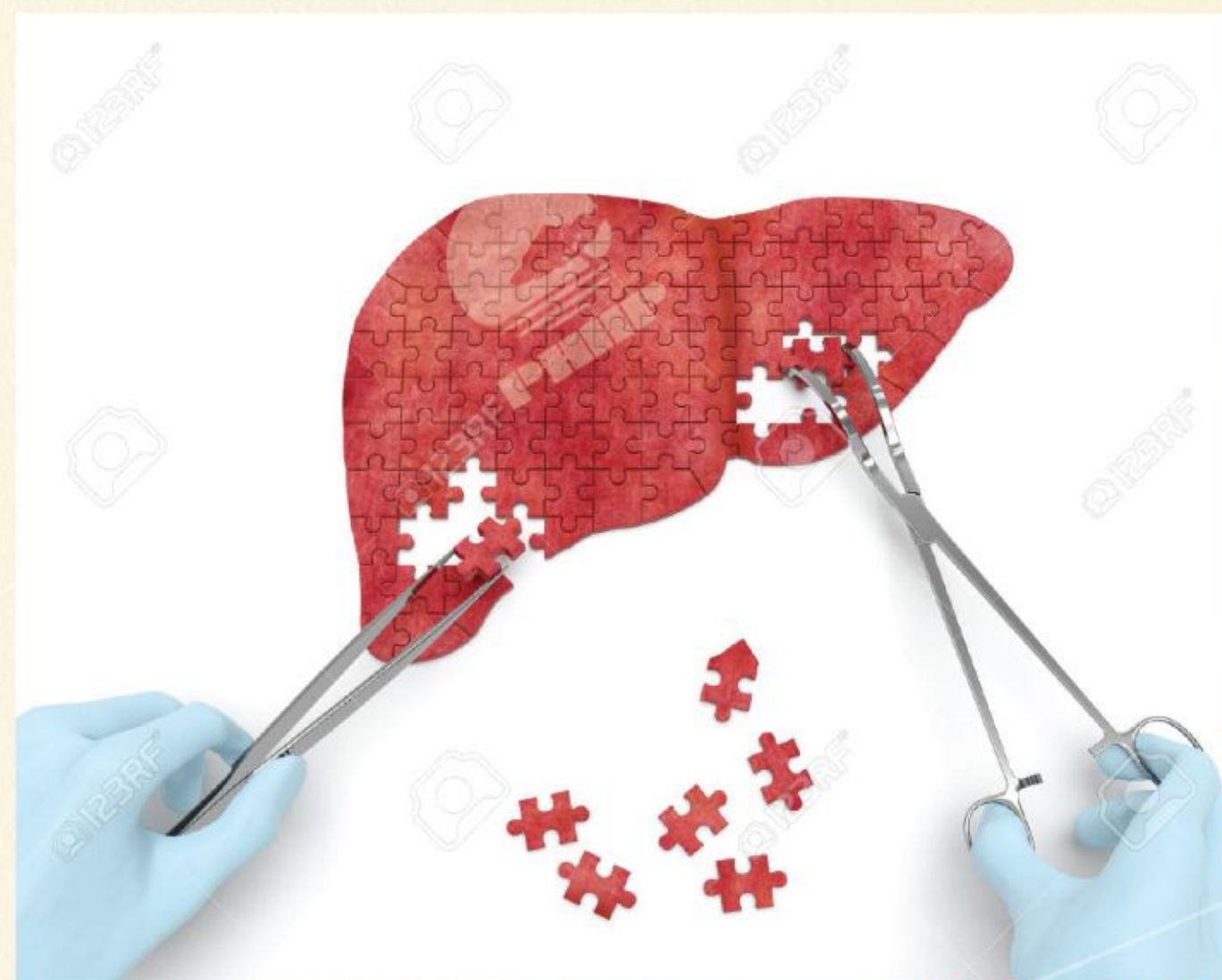


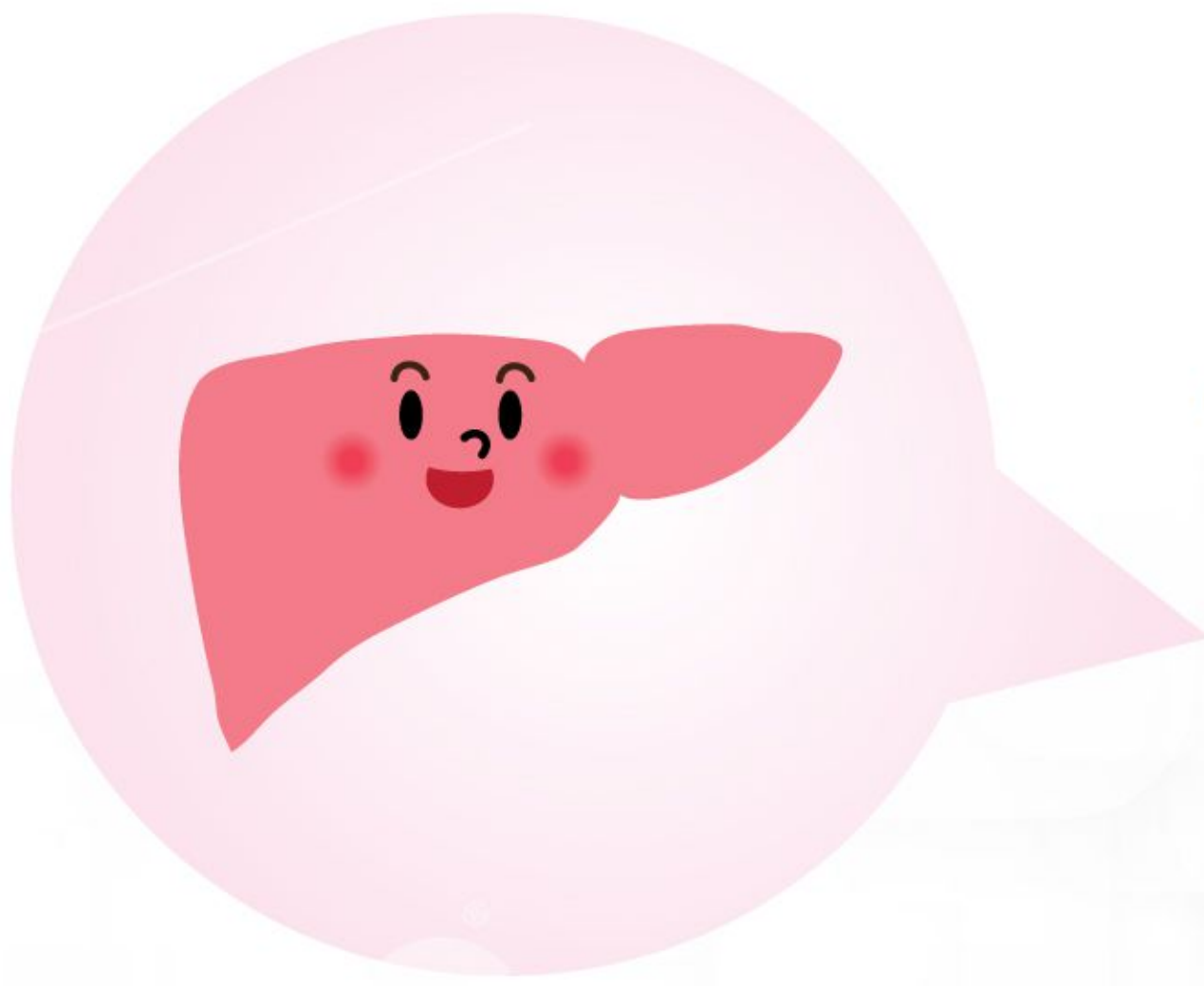
肝脏 Liver



肝脏是内脏中最大的器官。其主要功能以代谢食物与毒素为主，并有自愈能力。它也是我们人体最沉默的器官，当肝损伤真正发生时，往往已经太迟了。只有损伤高达70%后，肝脏本身才有感觉。因此，在察觉肝损伤之前，我们就该多加照顾好肝脏。

Liver is the largest internal organ. It is capable of metabolising foods and toxins and has self-healing power. We tend to neglect our liver health. It is often too late when we get noticed of any liver disease. One will only realise if 70% of the liver is damaged. Therefore, we need to take good care of our liver before the damage is noticeable.





补元气，养肝护肝的小贴士：

Some tips to help you replenish your body vitality and protect your liver:

1. 早睡早起 Early To Bed, Early To Rise



肝脏需要在深度睡眠中进行自我修复，最佳修复时间是11pm-1am之间。长期熬夜晚睡，同于消耗肝脏功能，让肝脏排毒功能逐渐下滑。体内毒素长时期累计在体内无法代谢，就会让身体感到疲倦乏力；另外也会反应在脸上，如：痘痘肌及皮肤暗沉等。

Our liver will have self-healing process during our deep sleep, the best time for body recovery is between 11 pm-1 am. If we often stay up late, our liver function will also decline, its detoxification performance will be highly affected and decreased. The toxic accumulated in the body for a long time will not be metabolised, our body will become weak and lacking in strength; some other effects also arise, including acne on the skin and darkened skin colour, etc.

酗酒伤肝是众所皆知的事情，特别是在空腹饮酒时，酒精会更快吸入血液里，不仅会对肝脏造成伤害，也会对身体有不良的影响。

Liver damages due to alcohol abuses are very familiar to most of us. Especially when you drink alcohol on empty stomach, the alcohol will be absorbed into the blood vessels quicker. This is not only damage to our liver but also our whole well-being.

2. 远离酗酒 Stay Away From Alcohols



3. 适量运动 Exercise Moderately



适量锻炼身体能让肝脏保持正常的疏泄功能。依据个人身体状况选择适合自己的运动方式，让身体毒素通过汗水排泄出来。

Exercise moderately can help our liver to maintain the normal function of metabolism. Based on your health condition, choose the exercise mode that suits you the best, and let the toxin in your body expelled through sweating.

饮食习惯与肝脏有着密切的关系，暴饮暴食、油炸辛辣的饮食能加重肝脏负担。在饮食方面以清淡为主，应多补充新鲜蔬果，少吃油腻高脂肪食物。

Eating habits are closely related to liver health. Overeating, spicy and oily diets will increase the burden put upon our liver. Have light meals in our diet, take in more fresh fruits and vegetables, reduce the intake of oily and high-fat content foods.

4. 饮食清淡 Light Diet



5. 注重保健 Pay Attention To Healthcare



预防胜于治疗。现今社会，人人都需要保健，只有摄取均衡的营养食品才能维持身体健康。选择正确的营养才能元气满满度过每一天。

Prevention is better than cure. Nowadays, everyone needs to take care of their health, balanced and nutritious diet may help us to maintain our body health. Choose the right nutrients to pump up your vitality throughout the days.

PHYTOLV

Campuran Minuman Botani Delima dengan Milk Thistle dan Cendawan Turkey Tail

長春护肝宝



PHYTOLV

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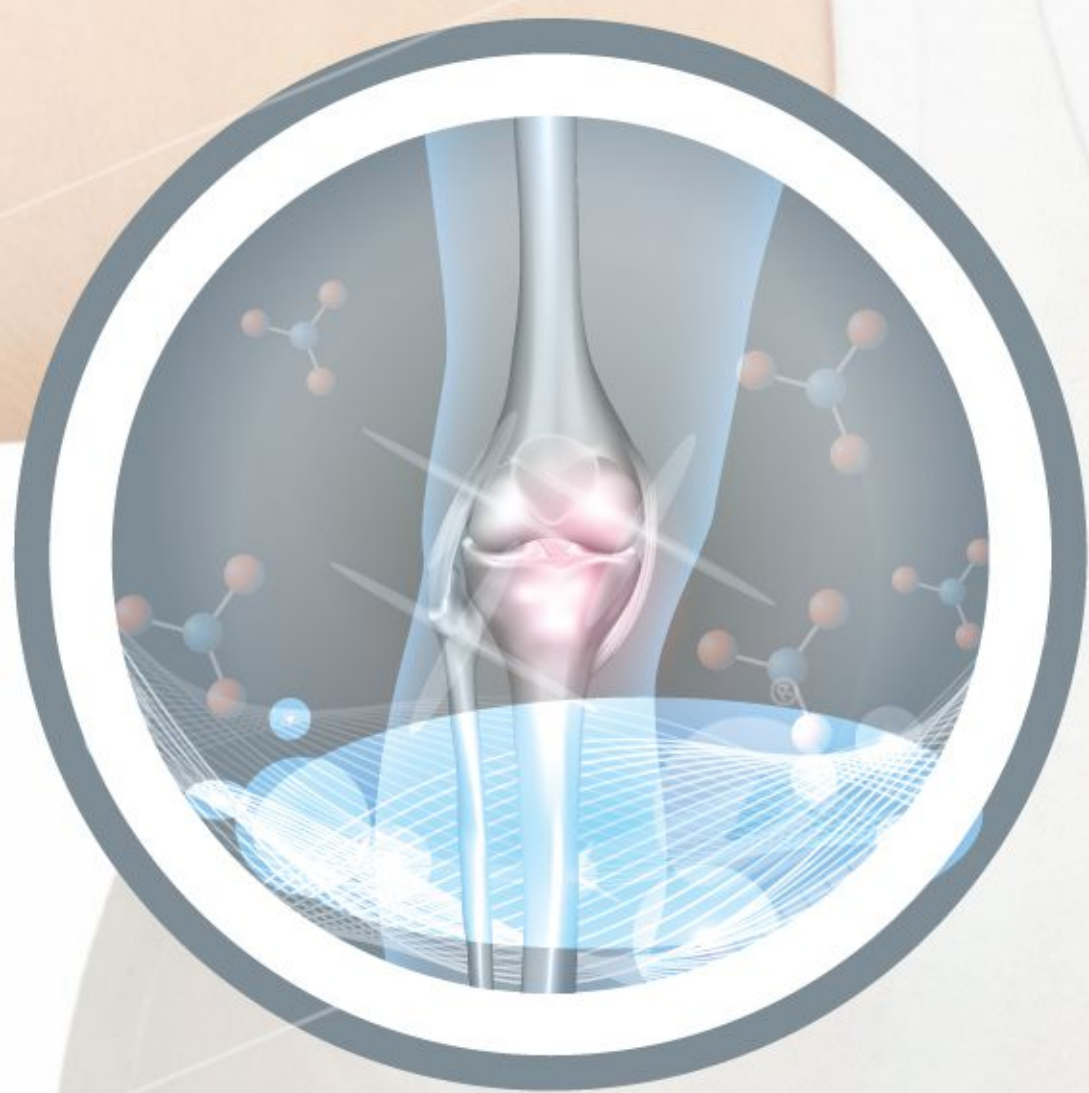
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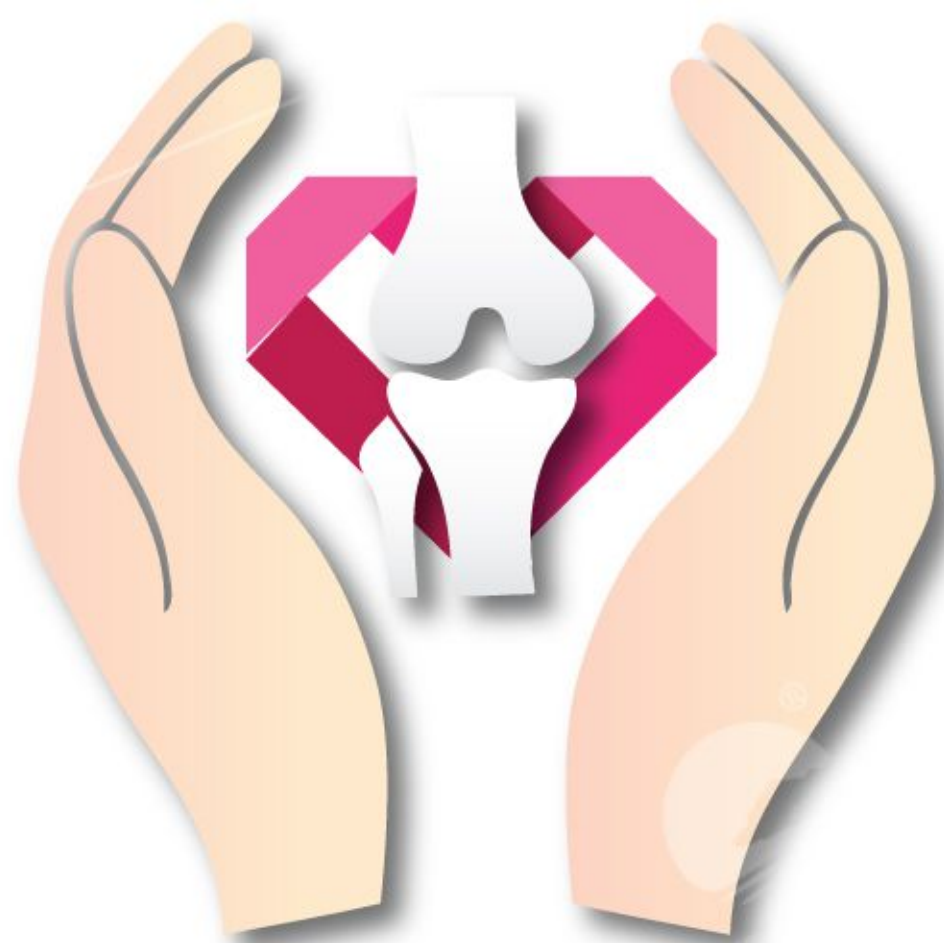
养肝之妙，护肝有道 Healthy Liver, Healthy Life



你知道吗? Do you know?

人体里，其中一个最重要的支柱就是骨头，全身上下既有206根骨头。骨头与骨头之间的连接称为关节，人体一共有146个关节。有了这强健、牢固的骨架，才造就了人们能敏捷地活动着，活跃地过每一天。关节与骨头看似那么坚固，但是随着年龄增长也会逐渐萎缩。人们也越来越意识到关节疼痛与不适已经不再是老年人的专利。那到底应该怎么做才能‘冻龄’关节与骨头呢？看下去就知道啦！

In the human body, one of the most important supports is bone. There are a total of 206 bones in our body. Between the bones, there are connections called joints. The human body is constituted by 146 joints. This strong and firm skeletal framework allows us to move freely and live our lives actively. The joints and bones seem very sturdy and strong but it will become weaker as we age. Now more and more people are aware that joint pain happen not only among the elderly but also younger ages. So how do we slow down the ageing of joints and bones? Read more to find out how!



爱护关节与 骨骼小贴士

Tips to protect your joints and bones



多伸展与活动身体

Stretch and Move Your Body More Often

♥ 久坐/久站或保持同一个姿势太长时间，肌肉关节会变得很僵硬，血液不循环。建议在读书、工作或看戏时，多伸展胫骨，不时转换姿势，有助于保持关节健康。

Sit and stand, or remain in the same position for a long time could stiffen the muscles and joints, besides causing poor blood circulation problem. Change your positions once in a while when reading, working or watching television, stretch your tibia often can help to protect your joints health.



适量运动

Exercise Moderately

♥ 散步、慢跑及游泳等冲击力较小的运动能帮助保护关节。相反的，冲击力大的运动会提高关节承受压力，而导致关节受伤的风险。

Walking, jogging, swimming and other exercises with little impact forces can help to protect joints. In contrast, exercises with huge impact forces will increase the stress endured by joints and eventually increase the risk of joints getting hurt.



先热身，后运动

Warm-Up Before Exercise



中度运动是对关节与骨头最重要的锻炼，但是在运前更需要做好热身，让关节、韧带及周围的肌肉做放松动作，以减少关节与骨头在运动过程中受伤。

Moderate exercises are the most important practice for the joints and bones, but we need to have a good warm-up before doing the exercises. It is to relax the joints, ligaments and the muscles, other than reducing the wounds in joints and bones during exercises.



了解关节极限

Get to Know The Limits of Your Joints



在锻炼后，身体肌肉疼痛是再正常不过的事了，但如果疼痛维持48小时以上，说明关节在运动中受力过大。这时候的关节需要修复，完全修复后才能再进行锻炼。切记下一次锻炼需要调整运动量，避免持续进行过于激烈的运动。如果忍着痛进行锻炼，关节很可能受伤或磨损。

Muscle pains after the exercises are very common, however if the pain continues over 48 hours, it indicates the overloaded stresses endured by joints. At this moment, the joints need recovery and the next exercises can only be continued after complete recovery. Remember to adjust the amount of exercise in the next session to prevent the harm caused by continuous intense exercises. If keep on exercising with untreated pain, the joints could be hurt and even worn out.



摄取强化骨骼的营养

Consume nutrients for your bones health



多摄取骨骼健康的营养。健康的骨骼，能撑起人体的重量，每日生活也能行动得更踏实，从而防止关节损伤。

Consume more nutrients for your bones health. Healthy bones are able to support our weights, our daily movements could become much stable and it is able to prevent the damage in our joints.

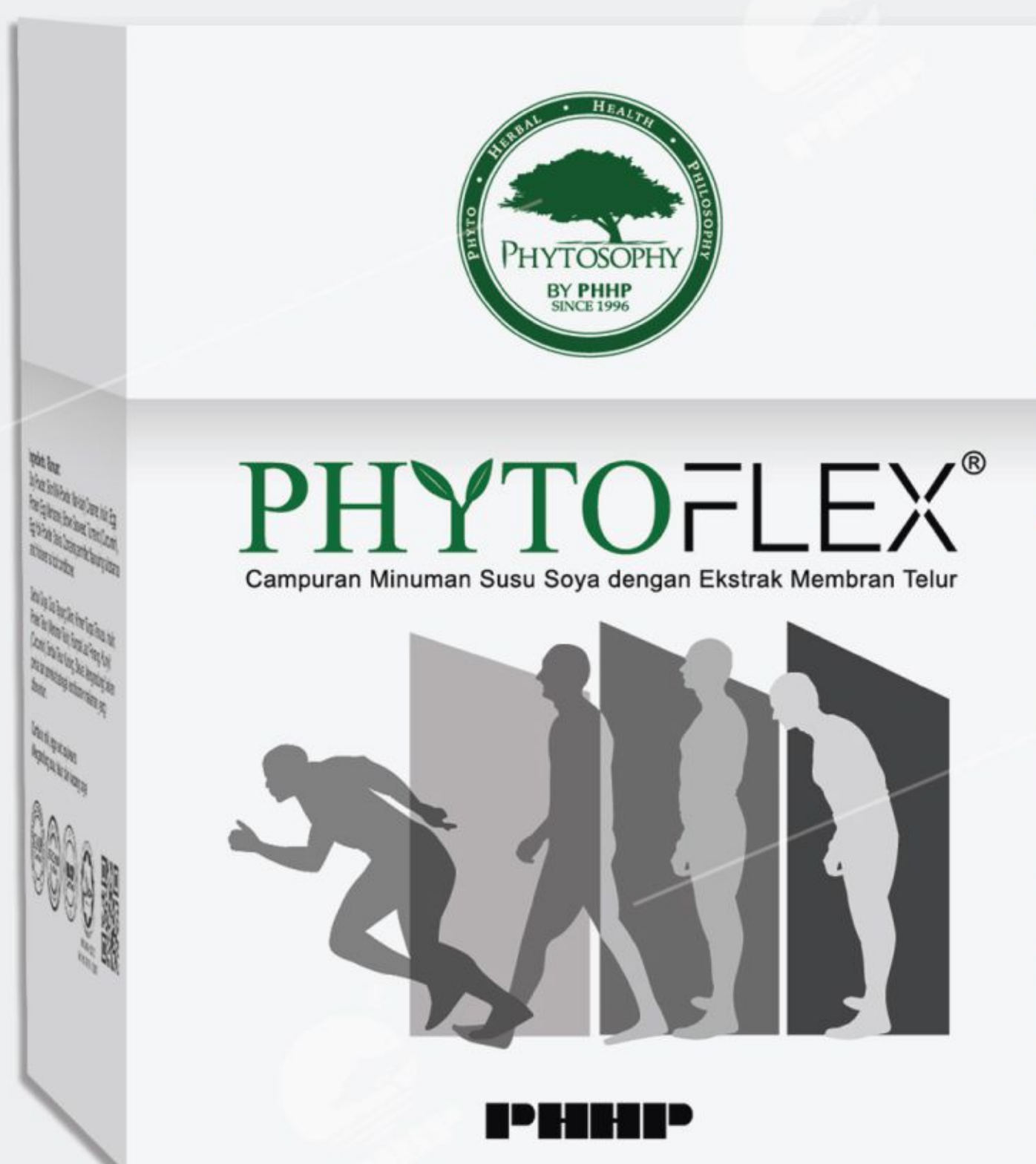


关节与骨骼也需要保健

Joints and Bones Need Protections Too

PhytoFlex 长春护捷灵，由蛋卵膜萃取、姜黄素、水解蛋黄萃取与海藻钙质调配而成的健康饮品。天然的配方，赋予人们所需的营养，在生活中也能更敏捷更有活力！养生之道，爱护关节不能少！Love Your Joints, Love Your Health!

PHHP PhytoFlex is a healthy drink formulated with egg membrane extract, curcumin, hydrolysed egg yolk extract and seaweed calcium. It is a natural remedy with essential nutrients gifted to human beings so we can live our life more energetically. Protecting your joints is key to a healthier life! Love Your Joints, Love Your Health!



心灵加油站
Recharged and
Get Inspired



走下去， 前面还是你的天 Walk On, the Sky Belonged To You

汤恩·罗伯特是个旅行家，他最大的梦想就是沿着中国的边界徒步走一圈。他认为这是一次史无前例的野外旅行。为了这个梦想，他整整做了一年的准备，在正式离职以后，他认为时机已经到了。

背上厚厚的旅行包，他从新疆出发，不几日，就走了200多里，每天他都会给家里人联系，报告旅行的最新进程。

可他没料到，一场巨大的龙卷风会如期而至。为了活命，他只得扔下了他的旅行包，跑到一棵树上，死死的拽住，但仍没有幸免。两个小时后他才发现自己被龙卷风刮到了一片不毛之地，除了垮在身上的一个小包，他的一切生活用品都被龙卷风带走了，他几乎变得“一无所有”。更为糟糕的是，他的手机也没电了，这就意味着他将得不到任何援助。

恶劣的环境再加上食物的短缺把汤恩·罗伯特推到了绝境。此时，汤恩·罗伯特清楚的知道，如果不能走出这个无人区，他将很难再见到家乡的太阳。

为此，他不得不强行逼迫自己向前走，累了就倒在路上小睡一会，醒来了就继续向前。没吃的东西，他只得寻找无人区里那些仅存的稀有小草，抹一把就塞进嘴里。挎包仅有的一瓶水，他只在渴得无法忍受的时候去舔一下，在最艰难的时候，除了靠信念的维持，他别无所托。

Tom Robert is a traveller. His dream is to travel along the China border by foot. For him, it is an unprecedented adventure. A year of preparation had been made for this trip. After he left his job, he thinks it is time to set foot on his goal.

Carrying his heavy travel bag, he begins his journey at Xinjiang. Just a few days, he has travelled across 200 miles. Every day he would contact his family and report to them the latest routing of his journey.

Out of his expectation, a huge storm arrives. To survive, he drops his travel bag and climbs up to a tree. He tries to cling onto the tree and wishes he could take it as a shelter, but everything goes against his will. After a few hours, he finds himself blown by the storm and waking up in the middle of nowhere. Except for the small bag clutched to his body, he loses everything in the storm, including all his essentials. Now, he has nothing. What is worse is that his phone battery has run out and he will not have any help coming to him.

The dreadful environment with the shortage of food pushes Tom Robert to the edge of his life. At this moment, Tom Robert realises that if he could not walk out of this no man's land, the idea of returning to his hometown would just be a joke.

Because of this, he can only force himself to move forward. When feeling tired, he would take a short nap beside the road and continue his journey afterwards. There is nothing to eat, so he would find some grasses to fill his stomach. When the thirst is unbearable, he would lick a small drop of water from the tiny bottle in his bag. In the darkest moment, his belief is the only thing that gives him support.

夜晚很快来临，因为是无人区，夜里气温从30多度下降到零下5度，他感到了明显的寒意，赶紧躲进了一个岩洞里。饶是如此，他还是被冻伤了。

在常人看来不可思议的旅行中，罗伯特却整整坚持了二十五天，白天拼命的前行，与炙热的气温搏斗，与随时席卷而来的龙卷风斗智斗勇，晚上则钻洞找落叶同床共枕。

最后一天的行走，他看见了山那边的炊烟，却不料突如其来的龙卷风再次将他裹了起来，扔进了浩瀚的湖水里，巨大的冲击让他短暂昏厥过去。但是他又奇迹般的醒了过来。让人更难以想象的是，他开始朝往岸边游，累了就浮在水上休息，饿了就喝几口水。四个小时之后，他终于到达了岸边。

他成功的得救了。汤恩·罗伯特也成为了在无人区跋涉25天后奇迹生还的第一个外国人。这二十五天内，他瘦了25公斤，指甲长了7厘米。

The night soon arrives. There is no one living in the area so the temperature drops from around 30 degrees to -5 degrees at night. The strong cold makes him hides in a cave. However, he is still terribly frosted.

For 25 days, Robert has fought for his life. Although for most people this seems like an impossible mission. Under the scorching sun, he continues his journey with all his will and fights against the blowing storm appearing out of nowhere. At night, he sleeps in the cave with heaps of leaves he found.

Last day of his journey, he sees a wisp of smoke over the hills. But suddenly, a storm wraps him up and throws him into a deep lake. He faints from the tremendous attack. But miraculously, he wakes up again. It is hard to imagine but he begins to swim towards the brink. If worn out, he just let himself float on the water and rests. When hungry, he simply sips some water. After 4 hours, he finally gets to the shore.

He is saved at last. Tom Robert also becomes the first foreigner that survives after 25 days of journey in the no man's land. In these 25 days, he lost 25 kilograms and his nails grew an extra 7 centimetres.

在获救后第三天，他给家人打去电话，他告诉家人自己还活着。

很多人都觉得这样的事情像天方夜谭，但是他做到了。面对媒体的采访，他只说了一句话：“每个生命都是一种行走，走下去，前面还是你的天。”

人一生何尝不是一种行走，当独自面对，才发现除了自己，你一无所有，也正因为只有靠自己，你的潜能才会无所保留的激发出来。

所以，面对困境时，千万不要郁闷和气馁，坚持走下去，前面还是自己的那片天。

On the third day after the rescue, he calls his family and tells them he is still alive.

Many people think this is some kind of tales that would not happen in real life, but he did it. Facing the media, he says: "Every life is a walk, walk on, the sky belonged to you."

Life is indeed a walk. When we are in the face of challenges, you will realise that you only have yourself to rely on. And only because of this, your true potential will be unleashed.

So, when facing difficulties, do not ever give up and get unmotivated. Be determined, as the sky belonged to you.

来源: <https://www.ppzuowen.com/book/xinlingjitangxiaogushi/174197.html>

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