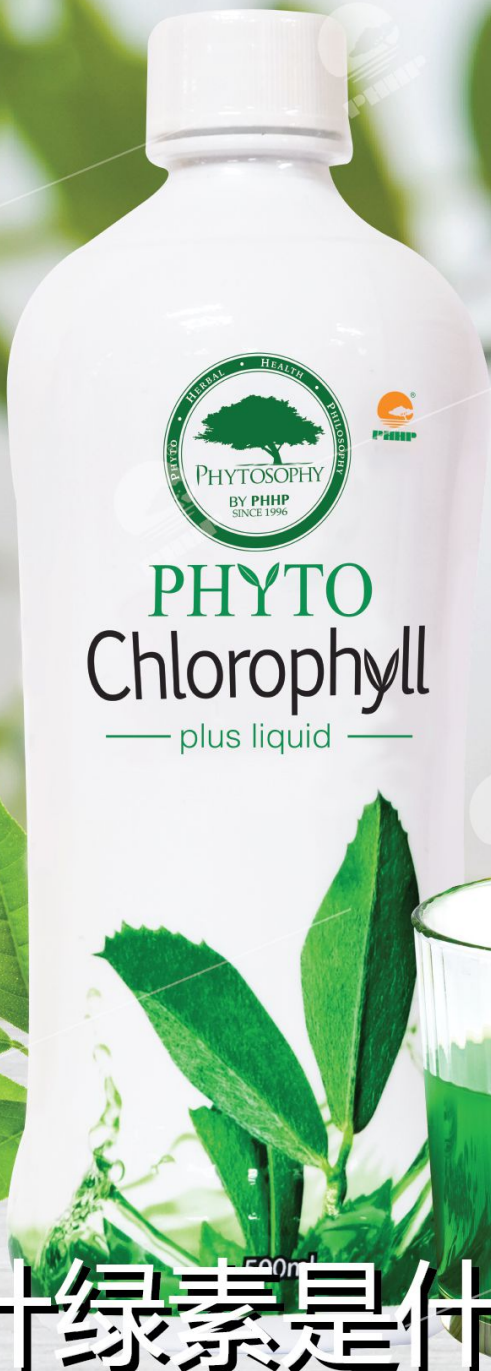


phhp world

# P'Health



我们将来到“新常态”的世界，  
您做好准备了吗？

Are You Ready for The New Normal?

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# EDITORIAL BOARD

## Headquarter

**PHHP MARKETING (M) SDN. BHD. (198601004690) NO: AJL 93902**

46-56, Jalan Rawa 2, Taman Desa Cemerlang,  
81800, Ulu Tiram, Johor, Malaysia.

Tel : 07-861 9889 / 07-862 5989 Fax : 07-861 5037

Email : [customercare@phhp.com.my](mailto:customercare@phhp.com.my)

Web-site : [www.phhp.com.my](http://www.phhp.com.my)

## Branches

**Muar Service Center :**  
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Fax : 06-959 2885

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Fax : 0066-4528 5813

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**Batam Service Center :**  
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29411 Batam, Indonesia.  
Tel : 0062-778-460 559

## Overseas Companies

**Singapore : PHHP MARKETING (S) PTE.LTD. (200305087-H)**

10, Anson Road, #16-02 International Plaza, Singapore 079903.  
Tel : 02-6238 8336 Fax : 02-6223 9141

**Thailand : PHHP (THAILAND) LTD (0107554802690)**

8/1 Ramkhamhaeng Road (between Soi 164-166),  
Min Buri Sub-district, Min Buri District, BANGKOK 10510 THAILAND  
Tel : 0066-2540 1881 , 0066-2540 1887 Fax : 0066-2540 8018

**Indonesia : PT.PHHP PEMASARAN INDONESIA**

Ruko Elang Laut Boulevard Blok D50 Jl. Pantai Indah Selatan 1,  
Kamal Muara, Penjaringan, Pantai Indah Kapuk, Jakarta Utara, Indonesia.  
Tel : 0062-21-2936 5178 Fax : 0062-21-2936 5176

## Stockist Service Centers

**Batu Pahat :** No. 9, Jalan Murni 2,  
Taman Murni, 83000  
Batu Pahat, Johor.

**Tel :** 07-431 3333  
**Fax :** 07-431 3333

(Ms Soh Bee Har) (Mr Sim Kim Chong)



PHHP  
Corporate  
Website

## Hotline

### Distributor Affairs Hotline

**Tel :** 07-862 5877

**Email :** [enquiry@phhp.com.my](mailto:enquiry@phhp.com.my)

### Customercare Hotline

**Toll Free :** 1800-22-9889

**Overseas :** +607-862 5998

**Email :**

**Address :** [customercare@phhp.com.my](mailto:customercare@phhp.com.my)

## Editorial Board

**Editor :** Beatrice Lam Kai Yuan

**Writer :** Jessnie Yee , Julie Ng,  
Beatrice Lam Kai Yuan

**Graphic Designer :** Lau Hsin Yee

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# 新常态 新生命！ New Normal New Life!



随着国内的新冠疫情持续得到控制，我国政府决定进一步放松相关限制措施，允许跨州出行和国内旅游，在遵守相关规定的情况下，逐步恢复社会、教育、经济等领域的活动，学校也将分阶段复课。

政府表示，上述措施将持续至8月31日。在此期间，政府将致力于维护公共卫生、保护高风险人群、恢复经济、管控出入境等工作。同时也呼吁民众持续遵守政府的各项管理措施，共同避免疫情出现反弹。

为了良好控制疫情的蔓延，我国已开始了新的生活模式，相比之前，我们的生活将会截然不同。社会各阶层人士都在这“新常态”中扮演着重要的角色，一同为大众尽一份力，齐心对抗疫情。换个角度看，我们也正是在此刻见证了人与人之间的齐心协力，以及它所能及的美好祈愿。

“面对新冠肺炎我们更需要学习将心比己。新常态不只限于日常生活，心理上更需要自我调适。” - 曾子曰（马来西亚著名专栏作家）

一个人的力量并不渺小，一份爱心、一桩善举也能使世界走向更美好的未来和改变。付出与贡献，可以通过许多方式来实现。仔细一看，你会发现幸福一直都在你左右，有很多值得我们感恩的人事物等着我们去发掘去实践。而这份喜悦，也能被传递给更多的人。所谓分享就是喜乐，喜乐因分享而变得有价值。这丰盛的果实，是大家共享的喜乐。

Recently, our country's epidemic status has been under well control and our government had announced to take considerable ease on the restrictive measures. Transcontinental travels and domestic trips are allowed, by following certain regulations, activities involving social, education, economy and other fields are also gradually recovered. In future days, school classes will soon be resumed in stages.

Government has declared the above measures to be continued until 31st August. In this period, the government will be committed to conserving public health, protect the high-risk groups, and recover the economy status meanwhile other jobs related to customs and border protection. The public is also encouraged to follow the management measures arranged by the government to avoid the possible rebound of the epidemic.

To curb the epidemic spread, our country has begun a new routine in our daily lives. Compared to before, our lives will be much of a change. Every individual plays important roles in this "New Normal" by contributing our best to the public, to fight against the epidemic. In other words, this is also the moment where the power of humanity and our ideal wish being realised.

"While facing the coronavirus, there is even more the need for us to learn to be more considerate and understanding. The New Normal is not only about practising it in our daily lives but also meaning for a better self-adjustment psychologically." - Ceng Zi Yue (Well-known Malaysian Columnist)

The power within us is not insignificant, to realise a better future and a new change, every act of generosity and kindness counts. There are countless ways to contribute our efforts. If you look closely, you will see that there are happiness all around you, not to mention the things that are worthy of our gratitude and appreciations. More people will experience happiness as we share it with others; it is the power of sharing that makes it all worthwhile. This fruit of abundance belonged to everyone.

# 未来的新常态，我们一同前行! New Normal, here we come!





我们将来到“新常态”的世界，您做好准备了吗？ Are You Ready for The New Normal?

ARE YOU  
Ready?

# 我们将来到“新常态”的世界， 您做好准备了吗？

Are You Ready for The New Normal?

新冠肺炎疫情的爆发让全世界陷入一片混乱，但也成为各国公共卫生意识和医疗上的变革。接下来又将迎来怎样的后疫情时代？

当各国的疫情降低至可以控制的低水平但未完全消除病毒的阶段时，世界将会逐渐重新开放。一旦世界卫生组织取消国际公共卫生紧急状态，则预示着全球同步进入“新常态”。

The outbreak of the coronavirus epidemic has brought the world into troubled waters. However, it also brings gradual changes in worldwide public health awareness and medical treatments. The question is, what is waiting for us in the post epidemic period?

When the epidemic has come to a remission where it can be controlled at a certain level, the world will gradually be opened again. Once the Public Health Emergency of International Concern is recalled by The World Health Organization (WHO), it indicates the world will start a new normal in their lives.





# 何谓 新常态？

What Is The New Normal?



当疫情来临之前，我们处在“旧常态”的世界中，过着我们想过的生活。之后，就算有了病毒疫苗，我们也很难回到疫情来临前的那个世界了，反而将处在“新常态”中。

世界仍然需要恢复经济，照样得开工、复学、复市。其实，不难发现，现在大家外出已逐渐养成了戴上口罩、勤洗手、保持个人卫生，与人保持至少一米距离等等的习惯。

Before the epidemic occurred, we were in a world of “old normal”, living the life we always long for. But now, even if we have invented the vaccine for the virus, it is much harder for us to go back to the previous routine. We are living in a new normal now.

The world needs to recover from the economic pause, we still need to work, study and begin businesses again. It is very common to see everyone wearing masks, washing hands, taking care of their hygiene and keeping their distance when they are outside.





## 空气稀薄时， 呼吸的可贵。 Every Breath You Take, Is Precious.

疫情爆发后，我们处在的环境中或多或少存在着有害微生物如细菌或病毒。另外，空气污染如烟霾、工厂废气、汽车废气，二手烟及厨房油烟等也影响了整体空气质量。

随之，我们将有可能面临这些呼吸系统问题：鼻子敏感、鼻窦炎、哮喘、咳嗽、气管炎、肺炎等等。若呼吸系统被病毒感染，更会导致呼吸急促，甚至死亡。

虽然空气是免费的，但是也是无价的，我们的肺部能够正常呼吸其实是恩赐。因此，千万别把能够自在呼吸当成是理所当然的事。

Since the epidemic outbreak, there are more or less some harmful microorganisms such as bacteria and viruses exist in our surroundings. Besides that, air pollutants including smog, industrial waste, automobile exhaust, second-hand smoke and cooking oil fumes also affect our air quality.

Because of this, we will be facing various respiratory health problems: sensitive nose, sinusitis, asthma, coughs, tracheitis, pneumonia and others. If our respiratory system is infected by a virus, it will cause shortness of breath and even death.

Even though the air is free but it is also priceless. It is a gift that our lungs can function normally, being able to breathe cannot be easily taken for granted.



我们将来到“新常态”的世界，您做好准备了吗？ Are You Ready for The New Normal?

# 趁早保护好我们的呼吸系统

Take Good Care Of Your Respiratory Health Before It Is Too Late

想要维持良好的呼吸系统，摄取有助于呼吸系统健康的天然原料是务必的。从众多草药当中，精心挑选出以下三大原料，各个原料都有其特殊疗效。

Want to maintain a good respiratory system? It is important to consume natural ingredients that help to maintain our respiratory health. Choose the following three well-selected ingredients that possess its curative effects.







## 肺 疗 草 Lungwort

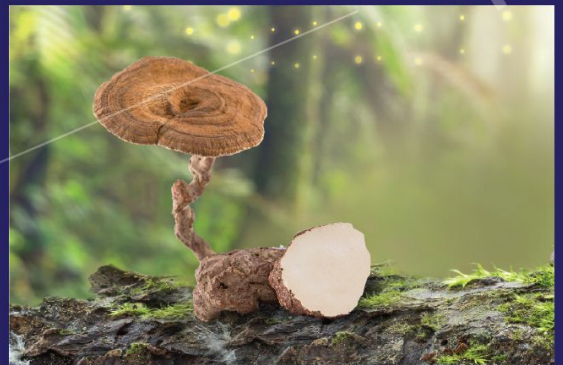
- 疗肺草在欧洲传统草药界具有悠久的历史。

Lungwort has been traditionally used as traditional herbs in European history.

- 疗肺草含有天然活性成分 – 多酚。多酚具有很強的抗氧化作用，可以帮助清除体内大量的自由基，把肺部毒素排出体外。另外，疗肺草能够帮助加强肺部免疫力，抵抗病菌感染。

Lungwort contains natural active ingredients – Polyphenols. Polyphenols have strong antioxidant properties, which help to remove a large number of free radicals and toxins from the lungs. Lungwort may also help to strengthen lung immunity and fight against bacterial infection.

## 虎 奶 芝 Tiger Milk Mushroom



- 400多年前，虎奶芝的药效早已被人们发现并使用着。在马来西亚，虎奶芝被视为国宝级药用真菌。

400 years ago, Tiger Milk Mushrooms have been used as a health tonic. In Malaysia, Tiger Milk Mushroom is renowned as "Cendawan Susu Harimau" and hailed as Malaysia's national treasure.

- 虎奶芝含有多糖体，能够改善季节性过敏症状，例如：哮喘，鼻子敏感，鼻塞，咳嗽及感冒等问题。虎奶芝能够帮助缓和发炎肿胀的支气管，并舒张支气管。因此，它让呼吸更舒畅，肺活量也相应增强。

Tiger Milk Mushroom contains polysaccharides which are helpful for seasonal allergy symptoms such as asthma, sinusitis, nose block, cough, flu and etc. Tiger Milk Mushroom helps to relieve inflammation that occurs in the bronchi and relax the muscles around the bronchi. Thus, it helps in breathing and improving lung capacity.





百里香  
Thyme

- 百里香有着清香优雅的气味。它也是一种具有食用和药用的香草植物，如今已广泛用于烹饪、芳香精油及食物摆设等。

Thyme has a delicate and elegant scent. Thyme is an edible plant with medicinal properties. It is now widely used in cooking, aromatic essential oils and ornamental usages.

- 百里香含有天然抗炎剂，有助于祛痰消炎。它主要能够分解支气管或是鼻腔内的浓稠分泌物，使分解后的分泌物更容易通过咳嗽排出体外。另外，其抗菌特质可帮助降低感染病菌的风险。

Thyme contains natural anti-inflammatory properties, which help to eliminate mucus and reduce inflammation. Its main function is to decompose thick secretions in the bronchi or nasal cavity so that the decomposed secretions can be discharged out of the body through coughing. Apart from that, its antibacterial properties may help to reduce the risk of infection.





# PHYTORESPI

Campuran Minuman Botani Lungwort dengan Thyme dan Cendawan Susu Harimau

## 長春益肺宝

含有三大天然原料：疗肺草、虎奶芝及百里香，能够帮助维持健康的呼吸系统。另外，長春益肺宝还添加了雪梨，因此味道非常清香可口。整体来说，这些健康原料调配在一起，其效果会更加好，适合一家大小服用。

PhytoRespi contains three natural ingredients: Lungworts, Tiger Milk Mushroom and Thyme, they help to support healthy respiratory system. PhytoRespi contains snow pears and has a very refreshing and tasty taste. The combination of these healthy ingredients makes the best of a healthy drink and it is suitable for all your family members.





# 自由呼吸 健康气息

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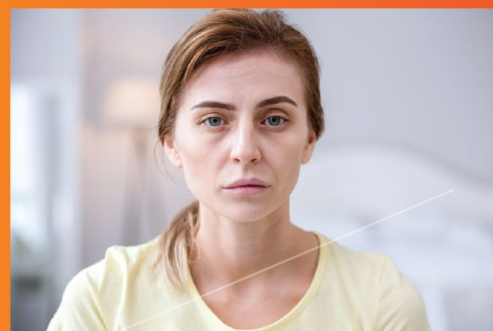


**有些健康症状虽然算不上是什么大病，  
但它的存在确实会困扰着人们的生活。**

Although some sub-health conditions are not taken into account of some serious illnesses, it is still affecting our life.

有些人常常容易感到头晕。在公司上班长时间对着电脑，突然站起时，突然有一阵天旋地转的感觉。尤其是女性，生理期来的时候情况可能会更糟，甚至还会手脚冰凉、头晕目眩、脸色苍白，也容易觉得疲累乏力。向医生救助检查后才警觉发现原来自己有红血球指数偏低的问题。

Some people often feel dizziness. While facing the computer after long hours in the office, people do feel spinning when they get up from their seats. Especially females when they are having periods, the problems might become worse. They might experience coldness, dizziness, a tallow-faced complexion and feeling lethargic. After seeking medical advice from the doctor, only then they are aware that it was due to low haemoglobin count.





# 叶绿素 是什么? What Is Chlorophyll?



在小学科学课就学过，绿色植物和藻类需要叶绿素吸收阳光才能进行光合作用。叶绿素最大的特点就是拥有与人体红血球非常相似的分子结构，唯一的差别就是红血球的中心原子是铁离子，而叶绿素的中心原子是镁离子。因此叶绿素也被成为“绿色的血液”。

Back in the days when we learned science in our primary school, we learned that green plants and algae need sunlight to carry out photosynthesis. The most unique thing about chlorophyll is its similar structure that resembles human red blood cells. The only difference lies in its centre - the iron ion in the red blood cells, the magnesium ion in the chlorophyll. Therefore, chlorophyll has long been known as the "Green Blood".





# 植物中的天然色素

美好的绿色能量，  
带领我们走向健康生活

The Natural Essence From Nature  
The Wonderful Green Power  
Leads Us To The Healthy Life



# 叶绿素到处都有， 人体却吸收得少

## Chlorophyll Is Almost Everywhere But Human Body Takes In Less

在1817年法国一名科学家佩尔蒂埃博士发现了绿色的叶子中含有叶绿素。换句话说，人们只要每天吃菜，就应当可以每天摄取叶绿素。

但是由于叶绿素不耐高温，大多在高温烹煮中被破坏并流失。另外，叶绿素无法直接被人体吸收，需要通过科技萃取才能转换成人体能吸收的叶绿素才能吸取其中的营养素。

In 1817, a scientist in France called Dr Pelletier discovered chlorophyll in green plants. In another word, humans can take in chlorophyll every day if we eat green vegetables daily.

But the problem is, chlorophyll cannot stand the heat, the nutrients will be destroyed and lost during the process of high heat cooking. Besides that, the human body cannot absorb chlorophyll directly, it needs technology extraction to convert it into the chlorophyll that can be consumed by the human body so that we can fully absorb its nutrients.



# PHYTO Chlorophyll

— plus liquid —



MS 2424 : 2012  
Ref. No. 1 015-11/2007



# 長春叶绿素 Plus Liquid

## Phyto Chlorophyll Plus Liquid

萃取于桑叶的叶绿素。另外还添加了薄荷，喝起来非常清爽解渴以外，还能让口气更清新。長春叶绿素中还额外添加了营养价值极高的超级食品 - 小球藻，让营养素更胜一筹。

叶绿素属性寒，而小球藻属性热，两个健康原料搭配在一起就成了温和属性，无需担心喝了导致体寒或燥热情况。天然又安全的产品，美好的绿色能量，帮助维持身体健康。

Chlorophyll extracted from mulberry leaves. Added with natural peppermint, giving you a refreshing taste that quenches your thirst. Phyto Chlorophyll Plus Liquid is also added with a nutritious superfood containing high nutritional values - Chlorella, brings you the best core nutrient.

Chlorophyll is cold natured whereas Chlorella is hot-natured, the combination of the two creates the considerate mildness, there will not be any problems of coldness and heatiness after consuming. A natural and safe product with great green power helps to maintain general health.





# 感恩之美

## The Beauty of Gratitude



随着近来新型冠状病毒肺炎的到来，全球各地人们的生活都受到了很大的影响。或许我们未曾意识到，人与人之间的联系是如此的密切，个体命运与社会力量是如此地关联。

Since the start of coronavirus outbreak, millions of people's lives around the world have been affected. Oftentimes, we would overlook the fact that every individual is closely related to one another and plays a big part in our society.



在这非常时期，我们感谢坚守前线的医生、护士、清洁人员，以自己的生命勇敢坚韧地挡在了最前线，守护着我们，我们才能期待更美好的未来。

其实，生命中的每一分每一秒，我们身边都存在着值得我们去感恩与珍惜的人事物。

In this critical moment, we appreciate the boundless generosity given by the doctors, nurses, cleaners and mass community who always hold fast to the needs of people on the front line, giving us the protection we need so that we can look forward to a better future.

In fact, there are many things we should be appreciative of in every second of our lives.



感恩人间有爱，让人们团结起来，互相扶持，一同走向光明。从市井小民到社会企业，大家都不分贫贵为彼此的未来奋斗，为身边的你我他，献出一份关怀，一份温暖。

Appreciate the love that exists among us. The humane spirit that unites us all, brings us together with continuous assistance provided by one another. Regardless of our social roles and differences, we try to give our best to support the ones who are in need by sharing the kindness and warmth.



感恩拥有健康产品，被赐予健康的身体，享有珍贵的生命，是我们一生都在追求的福气。如今，我们才真正意识到保持身体健康和自身免疫力的重要性。

Appreciate having to enjoy the healthy products. Having a healthy body and the opportunity to live a precious life are always the blessing we long for. These days, we have come to realise that keeping a healthy body and a strong immune system is a very crucial thing in life.







感恩发达的科技，不管你我之间的距离有多么的遥远，我们都能在彼此生命中创造出更多的可能性。通过电子网络平台，我们能更安全方便地添购我们日常所需，同时还能通过网上学习丰富自己的知识。

Appreciate the advanced technology nowadays, regardless of the distances between us, we can now create more possibilities in each other's lives. Through online platforms, we can fulfill our daily needs in safer and convenient ways, at the same time, deepens our knowledge by attending online classes.



感恩長春大家庭的守望相助，互相关怀，在艰难时把最真切的关怀传递给彼此。伙伴们不分你我，无私分享，只为了帮助大家一同成长，拥有更美好的人生。

Appreciate PHHP Big Family for helping each other out, sending the warmest hearts in the midst of the difficulties. Selfless sharing and guidance regardless of you and me, to grow and have a better future together.





当然，也不忘感恩我们的父母亲，若不是他们所付出的心血与辛劳，我们也不会有这机会，能学习把这份感恩的心传递出去。非常庆幸的是，你我拥有着彼此的陪伴，愿意肩并肩一同面对眼前的挑战，迎接新的希望！

Big thanks to our parents, as they contributed their whole lives for us so that we can have this opportunity to learn and share this appreciation with more people. We should be grateful having each other on this long and never ending journey, facing new challenges and welcoming our brightest hope in the near future!



長春与您一起共享这份感恩之心，  
愿每个生命都能感受到这份喜悦。

Come along and join this heart of gratitude with PHHP,  
every life is part of this happiness.