

Autumn 2008

An exclusive newsletter for bwl

# Top 500



## Beauty Tips

The Perfect Skin  
aN-Tidote

## Nutri-Facts

Nothing Quite Like Noni

## Motivational Talk with Dr. Dora

The Business Values of  
Direct Selling

## Health Talk with Dr. Doreen

The Importance of  
Liver Health



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- 1 **Contents Page & Founders' Note**
- 2 **Words of Wisdom**  
- A Tale for Thought  
- Top Tip
- 3 **Nutri-facts**  
Nothing Quite Like Noni
- 5 **Beauty Tips**  
The Perfect Skin aN-Tidote
- 7 **Motivational Talk with Dr. Dora**  
The Business Values of Direct Selling
- 10 **Health Talk with Dr. Doreen**  
The Importance of Liver Health
- 13 **Regional Buzz**
- 17 **Portraits of Life**  
The Original Tale of SangoCal

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## Dear Best Worlders,

bwL had something grand and momentous to cheer about recently. We were invited to participate in the historical international event, the Olympic Torch Relay in Hunan, China. bwL's China General Manager, Mr Lau Chong Guan, was selected as one of the torch bearers of the Yueyang, Hunan leg of the relay on 3 June 2008. He was selected as both a representative of the Overseas Chinese community and a foreign investment company. As Mr Lau held on to the Olympic Torch, a highly symbolic representation of hope and the pursuit of peace, he carried on his back the support and immense pride of Best Worlders from all over the world.

While the world waits with immense anticipation for Beijing Olympics 2008, China's Sichuan province was struck by a devastating earthquake that resulted in a significant loss of lives, homes and perhaps for many families, hope. Best Worlders from all over the region once again united in support for the less fortunate, contributing generous monetary donations and well wishes. The fundraising campaign we organized from 23 to 28 May 2008 raised a total of S\$84,729.80 for the victims of the Sichuan disaster. With contributions from China, Hong Kong and Taiwan channeled through the International Red Cross, contributions from Indonesia, Thailand, Vietnam and Singapore channeled through MediaCorp's Sichuan Earthquake Charity Show and contributions from Malaysia channeled through Yayasan Nanyang, we hope our combined efforts will go towards offering the victims much needed hope and support.

bwL continues to break new ground in terms of product innovation. Our popular DR's Secret skin care range now boasts both N Series and T Series to address all skin issues. T Series' Skinlight T3 and Skinrecon T4 were launched during the last quarter and this quarter, we proudly present you with N Series' Melablock N3 and Renewal complex N4 and T Series' Toner T2. For more information on these products, do turn to our Beauty Tips pages!

Indeed, learning is a lifelong journey. Our KASH training system has recently been incorporated with various new elements. Since the re-launch of the 4 and 5 series courses, we have received a lot of positive feedback from distributors from all over the region. 4 series course equips you with the necessary skills for entrepreneurial success whereas 5 series courses enhances your attitude and allows you to lead the Best Life. To work towards fulfilling our vision of "The World at its Best", let's continue to focus our energies on lifelong learning and growing!



 Dr. Dora Hoan, Founder

 Dr. Doreen Tan, Founder

# A Tale for Thought

## A Second Skill

### The Tale:

There was once an agile cat that was very skilful at catching rats. Not a single rat dare enter its master's house. Thus its master was especially fond of the cat and fed it the best food money can buy. Gradually, the cat grew fat and would pant after running just a short distance. Rats in the neighbourhood were very happy when they discovered this and grew complacent increasingly. One rat in particular boldly stole the cat's food when it was not looking. Now whenever the cat chases after it, it would simply hide in its rat hole. The cat was determined to catch that rat and so, stood at the entrance of the rat hole. Just then, the rat heard sounds of a dog's barking and the panic-stricken shrieks of a cat. Thrilled, the rat ran out of the hole only to be caught immediately by the cat. The shocked rat said to the cat, "Weren't you being chased by a dog?" The cat laughed, "If I didn't learn this second skill - barking like a dog, I would not have been able to catch you, would I?"



### The Thought:

The environment is ever changing. Competitive advantages you possess today may be obsolete the next day. Thus, we should not solely rely on our current set of skills and feel contented. We must constantly acquire new skills and evolve as individuals in order to keep in pace with the demands of society.

## Top Tip

### Clothes Maketh the Man

Some people think that appearances are not important but the truth is we often judge others based on appearances. In particular, the way we dress and look colour almost 55% of one's first impression. People guess at our social statuses, educational levels, family backgrounds and even our personalities through our appearances. Even our hairstyles and accessories reveal a lot about ourselves. For instance, the accessories a woman wears may be an expression of her personality and even her educational level. Similarly, a man's choice of tie is indicative of his personal style.

Clothes, accessories and hairstyles influence others' assessment of us. More importantly, they affect our personal attitude too. If our hair is untidy, our face unshaven and we step about in slippers, we would inevitably conduct ourselves in a laidback manner. Conversely, when we are dressed neatly, we would conduct ourselves elegantly and gracefully.



Do use your dressing to express your inner charisma. Give others a striking first impression, cultivate a positive and trustworthy demeanour and you would find yourself obtaining many new opportunities. Judging others based on appearances may be a most superficial and inappropriate thing to do, but most of us assess others in that manner anyway. A famous psychologist once said, "God looks at people's hearts, while Man looks at people's appearances. Do not treat Man as God."

by Nora Cheng



# Nothing Quite Like Noni

Made in Hawaii at FDA-approved modern freezing facilities and certified by Islamic Food & Nutrition Council of America to be halal, Nonicaps contains extensive natural healing properties that support body's natural resistance and improves overall health. Truly, there's nothing quite like Noni.

## A Natural Healer

Noni is a fruit with extraordinary healing properties and widely known to improve a great variety of health conditions. It has been successfully used for over 2000 years in Polynesia, China, India and South Pacific islands like Tahiti and Hawaii.

In the book *Liquid Island Noni*, Dr. Neil Solomon, M.D., Ph.D., a renowned, John Hopkins-trained medical doctor, reported that 78% of more than 8000 noni users had found that noni improved their health in some way, such as relieving digestive discomfort and supporting circulatory health (see table 1.1).

Noni is particularly beneficial to those with arthritis, weak natural resistance, gout, allergies, gastric discomfort, dry skin, joint problems, poor digestion, sleeping problems, nerve problems and hormonal and mood imbalance. It also

aids in reducing fatigue and pain, increasing body's energy levels, enhancing mental alertness, relieving sore muscles after gym workouts, and balancing blood pressure. Found to be one of the most effective of all known antioxidants, Noni also helps to promote an alkaline body pH, which is the optimal state for good health.

Noni may be taken with all other medications. In some instances, it even works synergistically with other supplements and medications for increased overall efficacy.\*

### Noni's Key Benefits

- Helps to regulate blood sugar levels
- Helps to reduce incontinency & cramps during women's monthly cycles
- Helps to enhance body's natural resistance
- Helps to strengthen body's ability to cope with stress conditions
- Helps to regulate sleep & mood cycles
- Acts as an anti-inflammatory agent.
- Aids in counteraacting allergies.
- Has antibacterial & antifungal properties

\*As noted in *Liquid Island Noni*, page 27, by Neil Solomon, M.D., Ph.D.

Noni contains large amounts of proxeronine and the enzyme, proxeroninase. When consumed in appropriate amounts, proxeronine combines with proxeroninase in the intestines to produce xeronine (see fig 1.2).

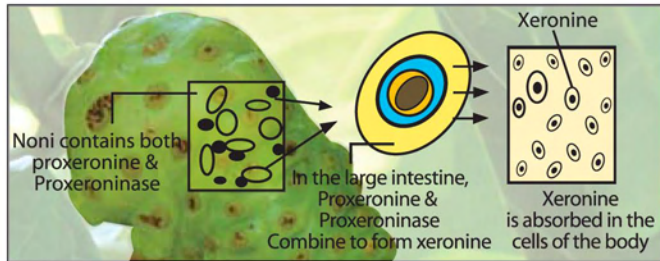


Fig 2

Xeronine is a vital nutrient that occurs naturally in all healthy cells of plants and animals. An inadequate supply of it means that illness is prolonged and injuries are slower to heal. The nutrient works at the molecular level to repair damaged cells. When combined with proteins, it produces energy and promotes proper and healthy cell growth and maintenance. As these proteins have different functions within the cells, noni is thus effective in promoting a wide range of physiological benefits.

**Besides its health benefits, what else does Nonicaps promise?**

**1) Quality manufacturing standards**

Nonicaps uses Noni fruit grown in Hawaii. Not only does this ensure that the fruits are cultivated according to the rigorous agricultural and processing standards of the US Department of Agriculture, it also allows the fruit to be flash-frozen and freeze-dried in a US Food & Drug Administration-approved facility within 2 hours. The Noni fruit is known to ferment after being harvested, thereby producing alcohol that will damage its fragile active ingredients. This is in fact damaging to health if consumed on a long term basis. In the case of Nonicaps, the unique freeze-dried methods employed ensure that only the water is removed without damaging the plant's vital enzymes and nutrients. Every capsule of Nonicaps consists of pure Noni fruit powder without any filler.

**2) More economical than noni juice**

Nonicaps is much more economical compared to a bottle of noni juice. In the case of noni juice, its ingredients usually comprises of water or fruit juice (usually citrus ones like pineapple, mango or lime is used to mask the smell of noni fruit), fillers, sugar, and finally noni powder. Indeed, much of what the consumer pays is for the juice/water and fillers, instead of the essential noni nutrients. On the other hand, each capsule of Nonicaps contains 100% pure noni fruit powder as it is freeze-dried. No sugar, juices or fillers are added either.

In more concrete terms, 1 bottle of Nonicaps (30 capsules) is equivalent to 5.5 bottles of Noni juice (32 oz. per bottle), which indeed converts into a staggering price difference!

Condition	# Who took noni for that condition	% Helped*
Cancer	847	67%
Heart disease	1,058	80%
Stroke	983	58%
Diabetes, Types 1 & 2	2,434	83%
Low energy	7,931	91%
Suboptimal sexually	1,545	88%
Building body muscle	709	71%
Obesity	2,638	72%
High blood pressure	721	87%
Smoking	447	58%
Arthritis	673	80%
Pain	3,785	87%
Depression	781	77%
Allergy	851	85%
Digestive problems	1,509	89%
Respiratory problems	2,727	78%
Sleep problems	1,148	72%
Fuzzy thinking	301	89%
Increased feeling of well being, felt good	3,716	79%
Increased alertness & mental acuity	2,538	73%
Kidney problems	2,127	66%
Stress	3,273	71%

\* Pooled percentage of people who experienced objective and/or subjective improvement of their signs and/or symptoms after taking noni. The majority of noni users who did not get optimal results failed to do so because they took a lesser dosage and/or took it for a lesser amount of time than recommended.

Table 1.1: Conditions Helped by People Who Took Noni (n=>8,000)

**Consumption Methods**

- For regular health maintenance: take Nonicaps on an empty stomach, either 1 hour before or after dinner.
- Those with sleeping problems: take 1 Nonicaps capsule and 1 Liqui Cal/Mag capsule 1 hour after dinner/1 hour before bed.
- Those with diabetic conditions: take 1 Nonicaps capsule and 1 Borage Seed Oil capsule, once in the morning and once at night, 2 hours after medication.
- Those with fungi problems: take 1 stick of BifiMax Excellent and 1 Nonicaps capsule before breakfast, as well as 1 Nonicaps capsule either 1 hour before or after dinner.
- Those who wish to relieve nerve pain: take 1 Nonicaps capsule and 1 PhosChol 565 capsule, morning or night.

**More Consumption Tips**

- \* Suitable for vegetarians as its ingredients are all plant-based.
- \* Reactions like body odor or fatigue may occur. But these symptoms should disappear after 2 to 3 weeks. To alleviate the symptoms, drink more than 10 glasses of water a day and reduce dosage should symptoms persist.

\*Nonicaps is sold in Singapore, Malaysia and Hong Kong.

# The Perfect Skin

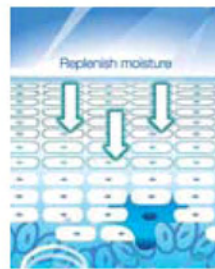
## AN-Tidote

Now with DR's Secret's newly enhanced N and T Series, you can achieve a radiant complexion like never before.

DR's Secret knows that there is just no shortcut to healthy and translucent skin. We believe that a radiant complexion can only be achieved with a comprehensive and effective regime.

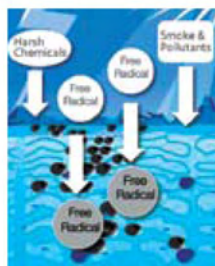
Specially developed for and tested on Asian skin, every DR's Secret formula is extremely effective yet gentle on the skin. When used together, they complement and synergise one another's effect, showing up as miraculous results on your skin.

### DR's Secret T Series - Treatment of Pigmentation, Acne & Uneven Skin Tone



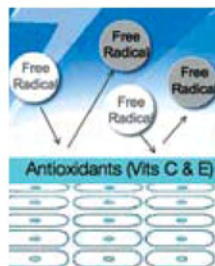
#### Soothe

Infused with botanical extracts, Toner T2 is an extremely hydrating and comforting formula that strengthens and soothes skin from within.



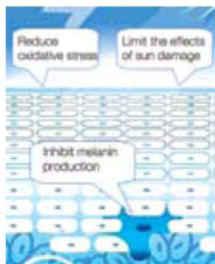
#### Neutralise

UV rays induce free radical production in the environment, causing skin cell damage and accelerate the breakdown of collagen and elastin, resulting in fine lines and wrinkles. Infused with antioxidants like Idebenone, Vitamin C and Vitamin E, DR's Secret T Series neutralises free radicals and minimises cellular damage.



#### Enhance

Formulated to intensively treat dull looking skin, acne marks and uneven pigmentation, Skinlight T3 promotes skin renewal by gently stimulating micro-exfoliation of surface layers for enhanced anti-aging and brightening effects.



#### Strengthen

Studies have proven that Idebenone is one of the most potent antioxidants which counters skin aging, stimulates collagen and elastin production, reduces the appearance of fine lines and wrinkles, smoothens and strengthens skin.

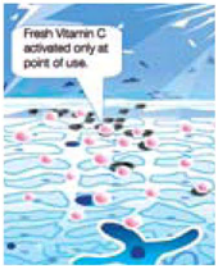
### Nourish

Developed based on a synergistic blend of multi-functional active ingredients such as Vitamins C and E, Skinrecon T4 offers exceptional skin calming properties while renewing, restoring and nourishing your skin.

### Revive

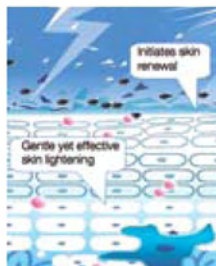
Skinrecon T4 accelerates skin renewal and activates the skin's natural defence mechanisms to block out external irritants that can trigger future damage, keeping complexion crystal clear and even.

## DR's Secret N Series - Gentle Lightening of Pigmentation & Uneven Skin Tone



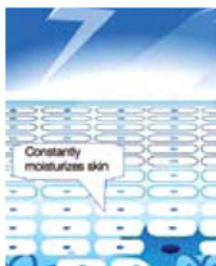
### Lighten

Conventional skincare has pre-mixed Vitamin C contents that are unstable and loses its efficacy through oxidation. In DR's Secret N series, our patented Bioconversion Technology ensures Vitamin C is activated only at the instant you need to use it, giving you enhanced lightening effects.



### Firm Up

Ascorbic-Acid-2-Glucoside (AA-2G) is an inactive form of Vitamin C that locks in the goodness of the ingredient. Upon bioconversion, the freshest Vitamin C is activated to stimulate collagen production, allowing skin to regain its firmness and elasticity.



### Moisturise

Our daily exposure to stress, pollution and free radicals accelerates skin aging. DR's Secret N Series maintains a constant supply of moisture and nutrients to our skin.

### Renew

Accumulation of dead cells affects our skin's ability to breathe and retain moisture. The special mixing of Melablock N3 and Renewal Complex N4 encourages self-exfoliation to eliminate dead cells.

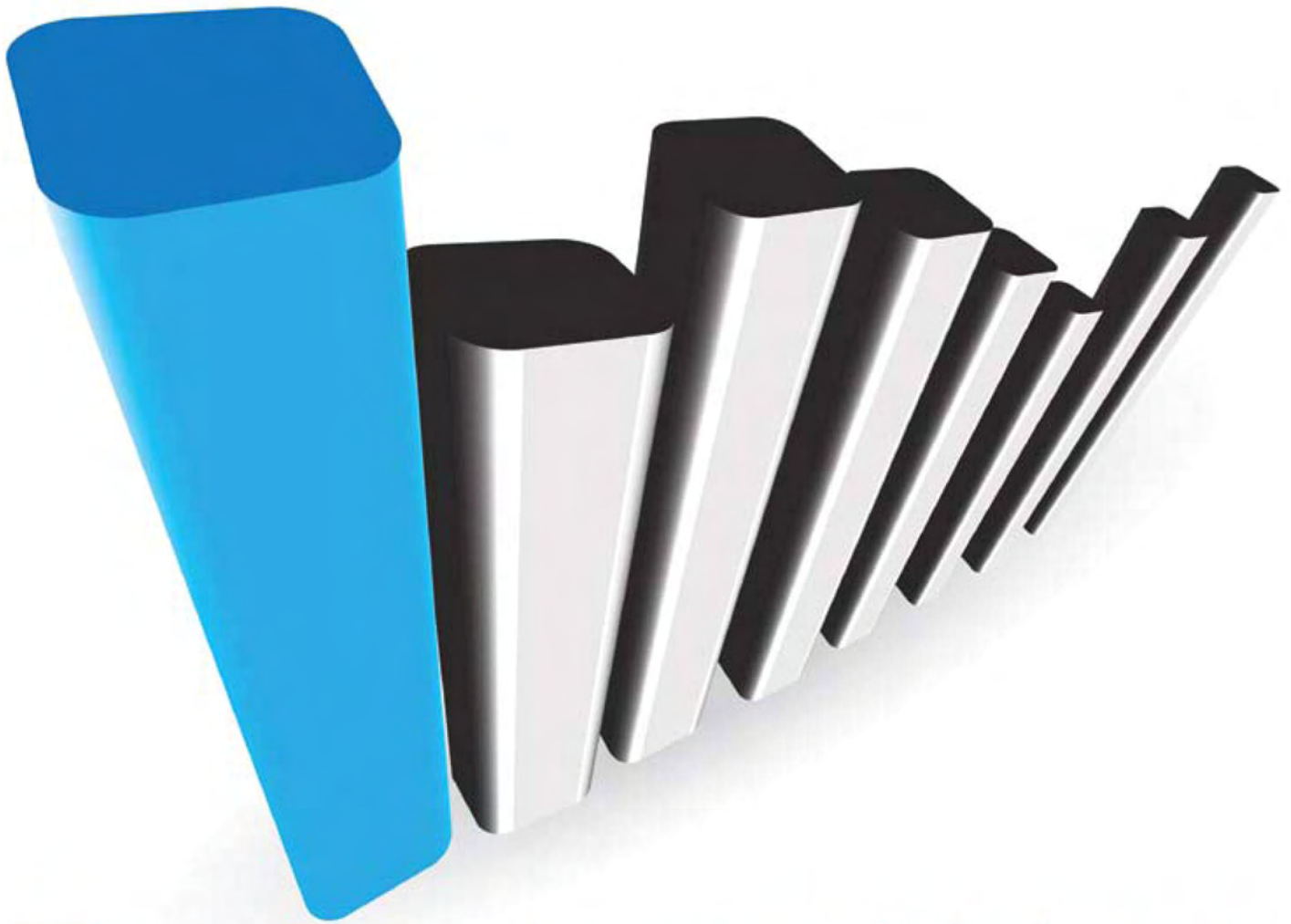
### Maintain

DR's Secret N Series promotes and maintains better blood circulation, to enhance nutrients and oxygen supply to our skin.



\* For usage directions, please refer to our DR's Secret N & T Series brochure.

\* Not recommended for those with eczema skin, psoriasis, silicon implant on face



# The Business Values of Direct Selling

The criteria an individual uses when selecting a direct selling company is telling of his direct selling experience and business values. If he emphasizes on products and operates primary from a consumer's perspective, he could be a newbie in the industry. However, if a direct seller overly emphasizes on maintaining a consumer's attitude, he could enter and leave the company along with the trends of the product.

If he emphasizes on the marketing plan, he is operating primarily from a business building perspective. However, if he is overly focused on the amount of benefit he can reap from the marketing programme, he may gradually become materialistic and constantly seek for higher rewards elsewhere, eventually becoming a direct selling "industry-hopper". Even if he is won over by an attractive marketing programme at this instant, he could very easily be drawn away by other companies subsequently.

Usually, an experienced network business builder will know that a company's management support and training system are more critical compared to its products and marketing plan. A complete training system can nurture talent, whereas a good management style can retain talent. By constantly nurturing and retaining talent, the network is able to continually grow and expand. In turn, the network business builder is able to experience self-transformation as well as receive maximum rewards.





**It is a pity that few people in the direct selling industry understand that besides having quality products, a unique marketing plan, a good training system and strong management support, a company's true competitive edge lies in its corporate culture and values. A good corporate culture is a powerful magnetic field and the network's focal point. Good corporate values, on the other hand, are the key to the company's management philosophy, and determine to a large extent if the company is able to be an everlasting business.**

Therefore a good direct selling company does not only have to build a distinctive product range and marketing programme, it also has to create a strong training system and management support. Following that, it has to determine its unique corporate values and strengthen its corporate culture. Only then may the foundation for an everlasting enterprise be built.

There are some companies that like to refer to, follow, copy, imitate and compete with other companies' ideas and directions. I believe that corporate values and culture that are copied or imitated from others cannot stand on its own nor be everlasting.

Corporate values and culture are neither things that are simply created by design, nor are they slogans or mere fabrications. They are developed over time by the company's core centres of influence. These could refer to the founders, CEO, management team or network leaders as well as their actions, attitudes and beliefs.

The values that these centres of influence hold come together to form a unique style. Their actions and examples attract like-minded people, while their personality traits influence others around them. As direct selling is a "people-centric" business that focuses on a "people network", members lead others in, people influence one another, and birds of a feather flock together. The sort of magnetic field a company is directly affects the kind of people it attracts.

Furthermore, as the Chinese proverb goes, "One who stays near vermilion gets stained red, and one who

stays near ink gets stained black", one takes the behavior of one's company, so it's important to watch the company you keep. People learn and influence one another and over time, the behaviour a group of people cultivates eventually becomes the entire team's behaviour and corporate culture.

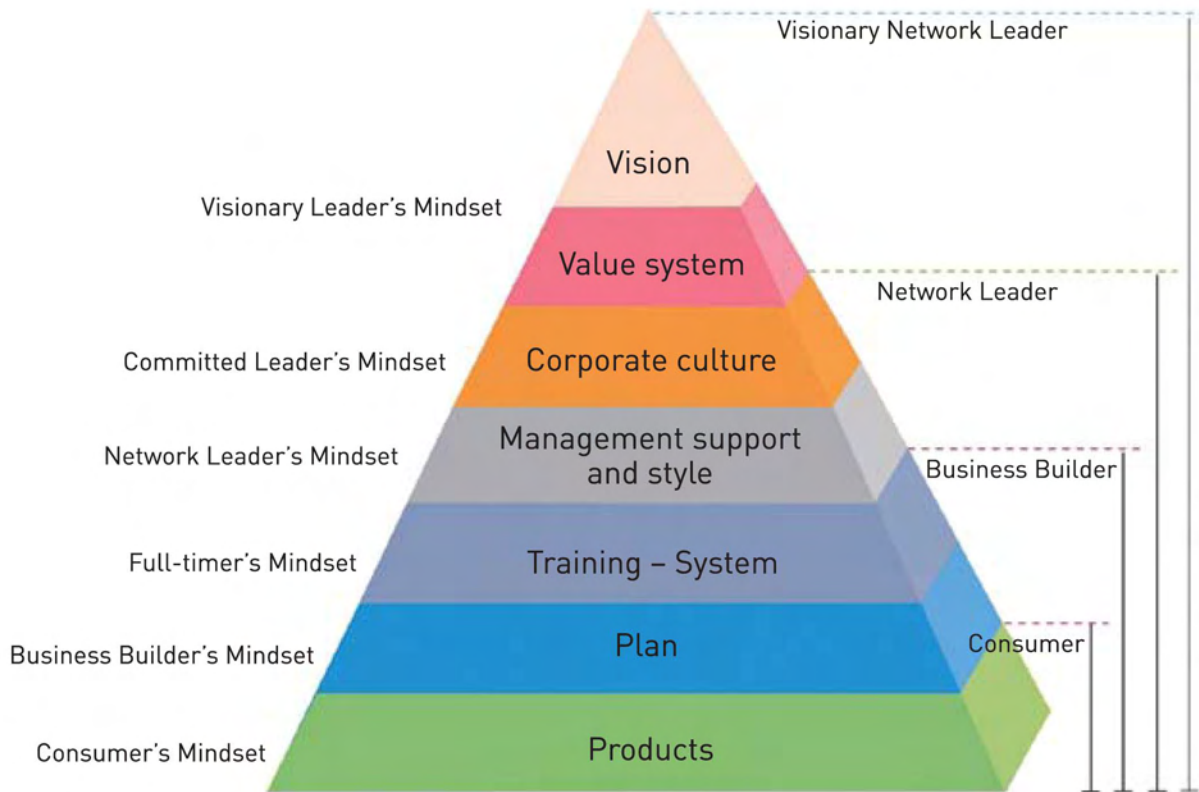
**If the centres of influence in the company as well as its corporate culture contain aggressive elements, not only would they be antagonistic towards other industry players, there would be a lot of infighting and antagonism within the company too. If the corporate culture is a selfish one, uplines and downlines would likewise be calculative. Networkers would thus often find themselves negotiating for better deals in an antagonistic position against the company.**

If the company's management team emphasizes on integrity, it will likely attract people of integrity too. If the company's leaders are arrogant, they will likewise attract arrogant people as well.

As the saying goes, you reap what you sow. Values advocated by a company's leader would naturally attract like-minded people. Over time, values held by both parties' would synthesize into a unique style, behaviour, system and culture.

**Thus the company and network must find their true value system and strengthen it, so that it may later be branded and the corporate culture accentuated. This would make it easier for the company to attract people with the same values and build upon the company's magnetic field.**

If the corporate culture is overly complex and multi-faceted, confusion may arise and an effective system may be difficult to build. Merely copying from others may also result in a severe lack of personality, or perhaps a bad, ineffective copy. It takes all sorts to make up the world. Every company's leaders possess different qualities and values. Different styles can attract different followers. Direct selling is a people-centric and corporate culture-centric business. Hence this industry will forever produce fascinating results. Every company has its own personality and space for growth. No company would be able to gain a monopoly in this industry.



Respectable companies should have mutual respect for one another and not engage in ugly battles or slander one another. Direct selling emphasizes on the creation of an entrepreneurial platform, transforming lives and benefiting society. It is a business borne out of love. As such, it is important for us to have a broader worldview, embrace members from other networks and even other companies.

Our true rivals are neither members from the company within, nor members of other respectable direct selling companies, but unlawful and unethical industry players who break the rules of direct selling. These rogues are harms to society as they hurt the image of the direct selling industry.

These unethical industry players are motivated by greed and are blinded by short term benefits. They bait similarly greedy individuals as well as unknowing victims into the company through dangling a "highly attractive" reward system before them. These companies will receive bad karma eventually. Their leaders may abscond with the funds and lead to the company's closure, or their members may leave the company en masse to join another, thereby leading to the company's closure. These unlawful and unethical companies and teams would continually cause hurt to their victims.

Many people have been duped by these companies partly because of their lack of knowledge of direct selling and partly because of the prevalent conservative mentality in society. The society-at-large should instead understand the golden adage of the business world – "Big risks yield big rewards". As long as one is practical and does not harbour greedy notions, it is unlikely that one would be duped.

**Respectable companies should teach their members to analyse the industry, the rules and restrictions put up by the industry's association or the government. If the industry attracts more upright players & fewer unlawful players, in time to come, people will stand to benefit and not be victimised. The industry will in turn win widespread approval among the society and our future will be ever brighter. Direct selling will then become a more mainstream distribution channel and gain greater dominance.**



# The Importance of Liver Health



Liver, one of our body's vital organs, is listed in the Yellow Emperor's Classic, an ancient authority on Oriental medicine and philosophy, as the second most important organ next to the heart. The liver performs many functions in the body, actively coordinating the digestive, circulatory and excretory functions.

The liver stores and regulates blood, filters toxins away, makes and transports bile, controls blood sugar levels, converts carbohydrates, fat and protein into smaller and easily digestible molecular sizes, manufactures hormones and enzymes, and creates proteins, especially those needed for the blood to clot. The liver also controls the movement of the joints and tendons and is closely related to our mental activities. Although it is impossible to live without a liver, even if up to 80% of the liver has been removed, it will regenerate and continue to function.

Major liver disorders include hepatitis, jaundice, cirrhosis and liver cancer. A variety of strong emotions and abnormal behaviours are also associated with this organ. A healthy liver contributes to the cultivation of a calm, patient character and disposition, courage and endurance, a clear vision or goal and an adventurous spirit. A well-balanced diet that is centered on whole grains and vegetables can lead to the development of these qualities and assist in the recovery process of liver conditions. Maintaining patience, a sense of calmness and a peaceful personality can also help to strengthen and stabilize the liver and its functions.

## **Symptoms that may accompany liver problems include:**

1. Feeling of tightness, soreness, swelling or pain in the liver or liver area. For a simple diagnosis, place your fingers under the ribcage on the right side. If you are unable to insert your fingers here without sensing any feeling of hardness or if you feel any discomfort or tension, it is quite likely that the liver is swollen. If the liver is healthy, you should be able to insert all four fingers without any pain.



**2.** Feeling of tightness in the abdominal centre on the left side of the body.

**3.** Swelling, pain or other abnormalities on the big toe, especially on the inner part of the toe along the liver meridian.

**4.** Feeling of hardness, stiffness or swelling along the liver meridian which runs along the inner area at the back of the legs.

**5.** One or more vertical lines in the centre of the forehead between the eyebrows or puffiness in this region. Deep lines tend to be caused by contraction and indicate an over consumption of animal food, salt or baked food. Puffy lines tend to be caused by expansive *yin* items like sugar, alcohol, fat and oil.

**6.** Eye problems are associated with the liver since the liver meridian passes through the eyes. They may become inflamed, swollen or lose focus. Keeping the eyes in good health is beneficial to the liver. Avoid straining the eyes especially from prolonged watching of television programmes or computer use. Eye exercises, bird watching, stargazing and looking at the greenery are helpful activities as they stimulate the eyes naturally.

**7.** Impatience, sadness, anger, rage, aggression and violent thoughts, emotions or actions.

**8.** Inability to stay in one place and a tendency to move about constantly.

*The liver is one of the most yang organs of the body. It is compact, active, centrally located and has multiple functions to govern. Therefore, the liver is very much affected by the consumption of excessive amounts of yang foods. It also attracts its opposite, strong yin, in the form of sugar, alcohol and oily, greasy foods of both animal and vegetable origin. All of these items are extremely damaging to the liver.*

### **Dietary Recommendations for Preventing and Assisting in the Treatment of Liver Problems:**

**a)** Eat whole grains instead of refined grains as the main dish of every meal. Whole barley and whole wheat are particularly nourishing for the liver.

**b)** Avoid overeating and overly consuming foods that contribute to the stagnation and feeling of tightness in the liver. This includes excessive quantities of flour products like bread, cookies, crackers, chips, muffins and cakes.

**c)** Avoid over consumption of foods that weaken the liver. For example, excessive quantities of products made of simple sugars like refined white sugar, chocolate, carbonated drinks, fruits, fruit juices, reused vegetable-quality oils, dressings, sauces and spreads.

**d)** Avoid or reduce consumption of *yang* animal foods as much as possible as these are high in fat and cholesterol. This includes meat such as beef, chicken, eggs, pork, dairy, fish, seafood, poultry, as well as eggs, milk, cheese and other dairy products which may cause the liver to harden and become swollen. A hard, swollen liver causes feelings of irritability, frustration and impatience that can easily further manifest as anger, rage, aggression and violence.

**e)** Avoid over or under consumption of salt. A deficiency in salt in the diet may weaken the liver, while too much salt may harden the liver.

**f)** Late-night meals burden the liver and do not allow it to rest. This is because the golden time for repairing the liver is 1am-3am.

**g)** Excessive intake of drugs for long periods of time may overly burden the liver.

**h)** Those who lack exercise, especially individuals with sedentary lifestyles, should start to lead more active lifestyles. Once digestion, nutrient absorption and blood circulation fail to function smoothly, liver functions may be affected. Walking outdoors for 30 minutes each day and doing stretching exercises like yoga and *tai chi* are very useful for the liver.

**i)** Too much tension and stress may cause additional stress to the liver and contribute to mental and emotional problems.

**j)** Leafy greens are especially soothing for the liver as these help to improve stagnation in the body caused by the consumption of *yang* foods. In particular, consume more dandelions (*tang oh*), chives (*jiu cai*), and scallions (young onions with a long, thin white base not yet developed into a bulb and long straight green stalks that look like giant chives. Both the white base and the green stalks are commonly eaten).

**k)** Avoid or reduce consumption of night shade plants like tomatoes, egg plants (brinjals), and peppers if you suffer from joint and tendon aches because the liver also controls the movement of these areas.

**l)** Naturally fermented plant products like miso are especially beneficial for the liver. However, do not over cook the miso or the enzymes that are helpful for the liver's healing process will be destroyed.

**m)** Sour foods like lemons, limes, sour apples, sour plums, vinegar, leeks, raspberries and blackberries naturally nourish the liver and its functions. They function as a solvent to break down fats and proteins to counteract the effects of rich and greasy foods. However, if the liver is infected, swollen or inflamed, sour foods should be avoided for several months or until the condition improves.

**n)** Avoid raisins and raisin bread as these are not helpful for the liver. This is because they have a high content of simple sugars and excess sugar in the body is stored by the liver in the form of glycogen. Over consumption of simple sugars may cause the liver's storage capacity to be exceeded. This not only overly burdens the liver, but also allows the carbohydrates to enter the bloodstream and weaken the body as a whole as the pH level of the blood becomes more acidic and reduces the ability of the immunity system from responding to diseases.

**o)** Barley malt relieves feelings of tightness in the liver. However, eat it sparingly to avoid the accumulation of excess sugar in the body.

**p)** Reduce the total volume of food consumed, and chew more thoroughly (perhaps at least 50 times per mouthful before swallowing).

## Health Supplements to Improve Liver Health:

Health Supplements	Morning	Night	Remarks
SangoCal	Soak 1 SangoCal sachet in 1.5 – 2L water daily		SangoCal water to be drunk throughout the day, using water management therapy.
Plum Delite		1	To be taken after dinner. Take 1 Plum Delite for 7 consecutive days. Following that, take 1 piece every 2 days.
Super EPA 2000	1		After food, preferably 2 hours after medication.
PhosChol 565	1		Before medication.
Nonicaps		1	Before bed, preferably 2 hours after medication.

## To Enhance Liver Wellness:

Apply pressure on the *YangLingQuan* acupoint. It is believed to be beneficial to the liver and gall bladder, clears damp heat, eliminates phlegm, strengthens tendons and bones and deeply relieves small intestinal ailments, excessive stomach acid and pain.



*YangLingQuan* (Gall bladder Meridian, G-34)  
Apply DR's Secret Touch on this area (choose facial, vitamin C or eyezone mode). Location: 1 inch, or place the width of your thumb, below the bone that is protruding outwards, next to the knee cap (external side). Apply this morning and night, 3-5 minutes each time.

# ASEAN Outstanding Woman Entrepreneur Award

Let us join one another in congratulating Dr. Dora Hoan on being nominated as SBP and ASME's Singapore representative and finally being awarded as the top 8 "ASEAN Outstanding Women Entrepreneur". Dr. Hoan was selected from nominees from across the region based on the criteria of Leadership and Entrepreneurship, Social Involvement and Contribution and Business Achievement. The Award Ceremony was broadcast live on Vietnam national television during the 18th Global Women Summit convened in Hanoi, Vietnam from 5-7 June 2008.



1. Dr. Hoan is honoured at the prestigious 18th Global Women Summit.  
2. Dr. Hoan adds yet another trophy to her collection.



# bwL General Manager as Olympics Torch Bearer



bwL is proud to be represented at the historic pre-Games Olympic Torch Relay. bwL's General Manager in China, Mr Lau Chong Guan, was selected as one of the torch bearers of the Yueyang, Hunan leg of the relay. He said, "I am ecstatic to be part of the Olympic Torch Relay. As an overseas Chinese and a representative of a foreign investment company, I am honoured to be able to do my part in China's nation building efforts. When I first received the torch, I felt nervous and excited at the same time. Many people cheered me on along the way. That sense of community was indescribable and filled me with deep elation."



1. Basking in glory: Mr Lau Chong Guan holds up the Olympic Torch with pride.

# Sichuan Earthquake Fundraising Drive

To do our bit for the victims of the Sichuan earthquake disaster, bwL called upon all distributors and staff in the region to donate generously to the cause. Best Worlders united in a show of support for the less fortunate and raised a total of S\$84,729.80.



1. bwL's Senior Country Manager, Malaysia, Ms Katherine Cheah, presents a cheque to a representative from Yayasan Nanyang.

## bwL Featured in the Book “Asia’s Top Investments & Franchise To Make Your First Million”

**Choice excerpts from the book published by Certified Consultants Network:**

**bwL founders on who bwL is created for:**

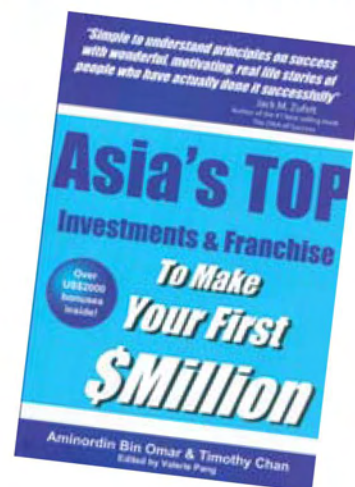
“Those who have the will and desire to change and those who dare to dream and to take action, Best World would provide a platform for them to reach their goals and live life at its best.”

**On the company’s product philosophy:**

“Products are not a commercial tool but effective solutions to people’s problems.”

**On success:**

“A truly successful person is not one who only achieves financial and material success, but who achieves harmony with himself and his loved ones, possess solid integrity, is able to energize others positively and have a passion to share his success to make a significant contribution to the community.”



# From the Classroom...

Attendees of our newly revamped 104 & 105 training sessions continue to respond positively and express how these courses have had a transformative effect on their lives.

## Responses from 104 attendees:

"In the newly revamped 104 training session, I felt that everyone was united in working towards advancing our careers in bwL. It was an eye-opener and very refreshing. I now understand better how to pass on my KASH learnings, improve on my presentation skills and duplicate by way of promoting and growing our business. During the course, I had a tighter grasp on the essence and importance of bwL's 4 key values of harmony, integrity, positivism and community. Thus I now appreciate better all that I have at bwL. I'll set my sights further, expand my horizons and work towards completing my career goals and bwL's mission!"

**Liang Jinlong, Taiwan**

"I have become clearer about the company's profile, vision and direction after attending the training. These give me greater confidence when persuading my downlines to attend the training."

**Choo Me Kwan, Malaysia**

"I find the training very effective and practical. I can use the skills learned to duplicate my downlines."

**Teo Gek Hwee, Malaysia**

"I dare to dream big now having attended the training. I have become more positive and dynamic."

**Yap Sou Lan, Malaysia**



# 105

1. Singapore attendees beam with pride after completing a meaningful session of 105.
2. Here's to yet another excellent 105 session!
3. Certified winners in life!

## We've Moved!

### **MOLY BEAUTY PRODUCTS**

Address: 37A, Jalan 20/16,  
Taman Paramount, 46300 Selangor  
LC owner: Ms Molly Cheong  
Tel/Fax: 03-78768318

### **J & Y BEAUTY & HEALTH**

Address: NO. 6-3, Jalan Pju 5/7,  
Dataran Sunway, Kota Damansara,  
47810 Petaling Jaya  
LC owner: Mr Lim Hang Boo  
Tel: 03-61421003

### **ABLE LIFESTYLE SDN BHD**

Address: 468 & 468A Jalan Tunku  
Abdul Rahman, 30010 Ipoh, Perak  
LC owner: Ms Lin Yee Kum



# 104



1. Presenting the graduates of Malaysia's 104 course, held on 9-10 May.
2. "Let's *press* on to achieve our wildest dreams!"
3. Singapore participants of 104 receive an excellent confidence booster from the course.

## Responses from 105 attendees:

"The course has taught me to look at things from a bigger prospective. I have learned to solve many of my past problems."

**Hii Hiong Moi, Malaysia**

"I have learned to become more observant and sensitive to the feelings of others. In other words, I would put myself in others' shoes."

**Yap Gaik Hoon, Malaysia**

"105 made me realize that I am my greatest enemy."

**Wendy Lau, Singapore**

"Not only have I been saved, my family will also be more blessed."

**Lui Ho Chiang, Singapore**

"Once I learned to let go, I felt a sense of relief that I've never experienced before."

**Renling, China**

"105 offers us a lesson of a lifetime. Miss it and you will not have led a complete life."

**Lu Changyou, China**

## Several of our Malaysia Lifestyle Centres have moved to the following new addresses:

### SEAGER SKIN CARE & LIFESTYLE

Address: 17 Jalan Pasar Pulau Tikus,  
10350 Penang

LC owner: Ms Mar Swee Peng

Tel: 04-2266145

### MELOYEE BEAUTY & SLIMMING CENTRE

Address: 99 Jalan Bentara Satu,  
Taman Ungku Tun Aminah,  
81300 Skudai, Johor

LC owner: Ms Teh Choon Lam

Tel: 07-5569722 Fax: 07-5547919

### DEMAN BEAUTY CENTRE & STOCKIST

Address: 25 Taman Sasa 4, Taman Gaya,  
81800 Johor

LC owner: Ms Ann Chua

Tel: 07-8637019

# The Original Tale of SangoCal

## 珊瑚钙的由来



### Hometown: Okinawa, Japan 日本冲绳岛

SangoCal contains marine minerals from the coral reefs found in the clear Okinawa sea, off the southern coast of Japan. The richness in calcium and magnesium carbonates of this coral has been proven to effectively improve the water by changing the water from acidic to alkaline.

SangoCal珊瑚钙含有来自日本南海岸，冲绳海的海洋矿物质。据悉，富含钙质及碳酸镁的珊瑚可以有效的中和水的酸性并调高至碱性。

### SangoCal: A Life Story 我们如何取得SangoCal珊瑚钙？

You are assured of SangoCal's high quality standards as we inspect and perfect every step in the production process, from the harvesting of SangoCal until it is packed into the boxes.

您大可以放心，为确保顾客可以享有最高品质标准的Avance SangoCal珊瑚钙，从首次取得珊瑚钙至包装入盒，制造过程的每一步骤都经我们视察并完善化。



- 1 Coral calcium is harvested from the pollution-free waters of Okinawa, the only prefecture in Japan where coral calcium can be legally collected by licensed harvesters.

珊瑚钙是取之于水质未经污染的冲绳岛，是日本唯一可以合法取得珊瑚钙的省份。



- 2 The amount of coral calcium that can be harvested each year is strictly regulated thus your SangoCal is precious and highly valued.

因受到严格管制，每年珊瑚钙的产量有限，于是珊瑚钙相当稀有及珍贵。



- 3 The coral calcium is transported to the manufacturing plant for purification and processing.

珊瑚钙被送到制造厂进行净化并特别处理。



4 To uphold the high standards of purity of coral calcium, multiple patented techniques are used to clean the coral calcium of impurities and bacteria.  
为了把珊瑚钙维持在最高质量，珊瑚钙将经过一系列的专利技术来去除杂质及细菌。



5 Automated processes package the coral calcium into small bags to control and minimize exposure to the environment.  
自动化的包装技术把珊瑚钙装入小袋子内，降低受到环境污染的几率。



6 The production workers seal the small bags into aluminium foil sachets to ensure maximum freshness. The expiry dates are printed onto the aluminium foil sachets.  
制作员工把珊瑚钙封入铝箔袋里以维持它的新鲜度。产品有效期日将被印制在铝箔袋上。



7 Finally, the finished products are sent to the various countries so consumers can enjoy the numerous benefits of SangoCal.  
终于，成品将被送到各地区，让所有顾客的可以享有SangoCal珊瑚钙的种种益处。

### SangoCal: Its Unique Profile 珊瑚钙的益处:

- Maintains water at healthy alkaline pH level  
把饮用水维持在碱性水平
- Removes chlorine, making beverages more palatable  
去除氯，使饮料口味更佳

- Contains ionic minerals which allows for faster and improved absorption by body cells  
含促进身体细胞吸收能力的矿物质
- Enriched with 74 different types of essential minerals  
74种丰富矿物质及微量元素
- Supports a healthy circulatory system  
改善循环系统

### Let's hear from these satisfied SangoCal users 听听他们怎么说:



**Dr. Anna Landrita Pulungan,**  
41, Indonesia 印尼

"Sangocal has benefited my health and my family's. I put Sangocal in my drinking water everyday. I believe it helps to strengthen our body's resistance. My son, Dava, drinks plenty of water with Sangocal and does not get sick easily like other children at his age. He doesn't get coughs and colds easily and even when he is sick, he is able to recover quickly. Also, our urine usually appears clear, which probably signifies a fairly healthy urinary system."

“SangoCal珊瑚钙已带给我和家人的健康很大的效益。我每天都会把SangoCal珊瑚钙放入我的饮料里。我相信它可以增强我们的抵抗力。我儿子，Dava，喝很多的SangoCal珊瑚钙水，我发现他不会像一般同年龄的孩子一样经常生病。他不轻易的感冒或咳嗽，即使他生病了也很快就康复了。此外，我们的尿液也显得比较清澈，代表我们的泌尿系统运作良好。”



**Soong Mun Wah 宋漫華**  
39, Malaysia 马来西亚

"I suffer from edema and arthritis. Whenever I have a relapse, my elbows, soles and ankles would ache badly. Medicines for relieving the pain obtained from doctors unfortunately aggravated the water retention problem. After taking SangoCal, I noticed I urinated frequently and tiny spots appeared on my face and back. I was told these were signs that my body was undergoing a healing process. Three weeks later, the red spots disappeared and my edema and arthritis problems were greatly alleviated."

“我有水肿和关节炎的问题，发作时，我的手肘，脚板和脚跟都会疼痛，我去看医生吃西药，水肿的问题变得更严重。在服食SangoCal初期，我一直要上厕所，而且我的脸和背部出现了很多类似热疹的红斑。我被告知说这些症状是身体正在进行着排毒。三星期过后，我脸和背部的红斑及水肿的症状都消失了，关节炎的问题也大有改善。”