

Summer 2009

Products Issue Vol. 1

Rhapsody

An exclusive newsletter for bwL

HEALTH NOTES

by Dr. Doreen The Importance of Respiratory Health

TOPNOTCH

Omega 3 is Brain Power for your Child

HOMELIFE

Love Where You Live!

SUPER SUPPLEMENT

"A Gift of Life"
Interview with Professor Jean-Marc Schwarz on the benefits of Super EPA 2000

SANGOCAL Special Feature

bwL Team on Tour to "Long Life Village OKINAWA" !

BEAUTY BREAKTHROUGH

Healthy Hair at Any Age



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Editorial Note

As part of our continuing commitment to improve bwL's communications portfolio, *Rhapsody* undergoes some changes. From here onwards, every issue of *Rhapsody* will be devoted to a particular aspect of bwL operations anchored on our 3 Ps strategy – People, Products and Plan.

We envision a journal that embraces positive change while maintaining fundamental beliefs in the best principles of the *Rhapsody* we have known over the last few years. This balance between strong fundamentals and change has always characterized bwL at its best.

For the Summer issue, we feature Products. We talk about our commitment to bring innovative, revolutionary products that offer the best solutions and add value to our customers' life.

Rhapsody

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Life Harmony Approach ~The *Tao* of Product Value Innovation

Life Harmony and Wellness

At bwL, we believe that life harmony leads to wellness and happiness. This belief underscores our product development efforts. Our products are based on the Life Harmony Approach that focuses on enriching our customers' lives on three integral aspects of wellness:

Inner harmony for our advanced nutritional and weight management products for optimum health. Outer harmony for our range of skin care and personal products for radiance and youth. Lifestyle Harmony with healthcare equipment that neutralizes the adverse effects of environmental pollution and leads to a healthy lifestyle.

The *Tao* of Product Value Innovation

Product innovation is among our key core strategies. We believe in the *tao* or universal principle of product value innovation. This has helped us break into new markets across the region. As a product-focused direct selling company, this has enabled us to guarantee a profitable business for our distributors and members across the region and beyond.

A lot of innovative skills go into the way we think: how much more benefits and value can we give for every dollar the consumer pays?

In response, we constantly explore new technology, and aim for products with either unprecedented features or offer a better outlook in terms of significant improvements to benefit our customers' healthy lifestyle.

We make it a point to focus on reliability. We gather, monitor and measure consumer feedbacks and testimonials. It means we care about the rate at which our product will perform the benefits it claims. We guarantee freshness which safeguards the efficacy of our products through excellence in packing and distribution system. We make sure we conform to existing standards in countries where we operate. We take care of the perceived value of our products by constantly innovating to enhance its features and usefulness.

A Leap Up the Next Curve

On top of all these, what sets bwL apart is the company's commitment to equip its people with valuable knowledge in products and holistic health care through our comprehensive training programs. We have the best people to pitch the best products. We have distributors and members who are a step ahead of ordinary salespeople. They have been trained as capable entrepreneurs who are also knowledgeable health and nutrition consultants. Possessing the skills as well as the mindset to make a difference in the world – they are able to guide customers through the process of thoroughly understanding the health problems they face. In turn, we are able to offer our customers the best solution through our range of excellent products.



Go Bestworlders!



Dr. Dora Hoan, Founder

Dr. Doreen Tan, Founder

Power Breakfast with Activv Honey



You want to go full-speed ahead? Well, don't start on an empty tank.

Without a healthful breakfast, you may not go very far, not even up to lunch time. Cravings for a mid-morning sugar fix can store up fats, make you crave junk foods and slows you down at work.

For your power breakfast, eating complex carbohydrates along with proteins helps to usher the amino acids from these proteins into the brain, so that the neurotransmitters can work better. Complex carbohydrates and proteins act like biochemical partners for enhancing concentration, learning, performance and behavior.

A breakfast with the right balance of both stimulating and calming foods starts you off with a brain that is primed to concentrate, learn, and perform well and emotions that are balanced.

Hey, honey.

Try this one –a recipe rich with antioxidants, fiber, and vitamin C from the berries; protein and calcium from the yogurt; and protein, fiber, and B vitamins from the waffles ! Honeyed Yogurt and Mixed Berries with Whole-Grain Bread

Ingredients

2 cups low-fat yogurt
3 tablespoons Activv Honey
2 cups quartered small strawberries
4 whole-grain loaf bread, toasted

Preparation

Drain yogurt, spoon into a bowl. Add honey, stirring to combine with rest of ingredients

Yield

4 servings (serving size: 1 bread, 1 cup fruit mixture, about 1/3 cup yogurt mixture, and 1 teaspoon wheat germ - optional)

Activv Honey

As Good as Taking it Direct from the Beehives!
250g

Key Benefits

- Replenish our body with enzymes to promote vitality and well-being
- Assist our body's ability to repair tissues and ward off age-related ailments
- Promote synchronized health, stamina and radiance
- Aid in digestion and serve as healthy alternative to commercially refined sugar

Active Ingredients

97% Organic Honey, 3% Organic Pollen

For Enhanced Effects

To further regulate appetite and aid digestion, take with V-Propolis and BifiMax Excellent.

To further boost your complexion and general well-being, take with V-Propolis and Black Currant Seed Oil/Borage Seed Oil.



Omega 3 is Brain Power for Your Child

"One of the most striking discoveries in recent years is the finding that omega-3 fatty acid known as DHA (docosahexaenoic acid) is required for optimal brain development. DHA improves neurodevelopment as well as learning in early infancy development during fetal and early infant life."

Prof. Jean-Marc Schwarz, PhD



Children are our future.

Children's physical and mental health is of fundamental importance to ensure they live up to their potential, develop their talents and skills and afford them the chance to live life to the fullest.

Groundbreaking Facts: Omega 3 and Brain Development

Inadequate DHA nutritional status of pregnant and lactating women has been pointed out as the cause of impaired brain development of their offspring, manifesting as lower IQ and an increased propensity for learning disabilities.

The fetus is dependent upon the mother's body for much of its DHA requirement. After birth, infants continue to require DHA from breast milk during the first three months of life for optimal brain development to continue.

It is critically important for women to ingest preformed DHA prior to becoming pregnant, during pregnancy and during their child's first three months of life, if breast-feeding. This is the best time to achieve ideal brain development and function.

First-born child generally has a higher IQ than the children that follow. This has been attributed to the fact that the first-born child gets the benefit of acquiring the DHA the woman has accumulated in her tissues over her lifetime, followed by additional DHA that is available from her breast milk.

Woman must adhere to a very aggressive omega-3 fat replenishment program from food and supplements for her subsequent children to be afforded access to the same concentration of available DHA.

Why the human fetus has such need for DHA?

Most of the dry weight of the brain is lipid (fat). This is related to the fact that brain activity depends greatly upon the functions provided by its outer, fatty waxy membrane to act as an electrical nerve conduction cable. Compared to other body tissues, the brain content of DHA is very high. Thus, the developing brain has a very high need for DHA, which must be provided from the mother's body.

DHA is an omega-3 fatty acid found in many fish, as well as in supplements that contain fish oil. The body can also synthesize DHA from ALA and EPA.

Your Child Depends on You

The greatest dependence on dietary DHA occurs in the fetus during the "last third of pregnancy" and to a lesser extent in the infant during the first three months after birth. It is during this period that brain synapses are forming most rapidly, and an infant's demand for DHA exceeds the capacity of the enzymes to synthesize it.

As such, the fetus extracts DHA provided by the placenta during its development. After delivery, the infant is reliant upon the amounts of DHA available in breast milk in order to optimize development of brain structure and function.

The increase in brain size during the final three months of pregnancy is threefold, and this rapid growth in brain development requires appreciable amounts of DHA. (Of note is the fact that DHA is also required for vision.)

Pregnant and Lactating Women

Bifimax	1 satchel for 14 consecutive days. After that, 1 satchel for 2-3 days. 30 minutes before breakfast.
Phoschol 565	1 soft gel either after breakfast or lunch (alternate day consumption with Super EPA 2000)
Super EPA 2000	1 soft gel either after breakfast or lunch (alternate day consumption)
Liqui/Cal Mag	1 soft gel daily before sleep or 2 hours after dinner
Immugain	1 capsule before breakfast Or
DORS 2 and 5	1 each, after breakfast (ideally during confinement period)

Give your kid a head way with Super EPA 2000 !

The ideal is to consume fish twice per week during their entire adult life. However, it is no longer advisable because of the risk of mercury, toxicity and other contaminants associated with fish consumption.

A daily supplement of one soft gel of Super EPA 2000 is recommended for general health maintenance and disease protection. The additional EPA and DHA acquired from this supplement is a highly efficient way to help women saturate their tissues with DHA prior to their first pregnancy, and to replenish their tissues with DHA between pregnancies, so all of their children have access to the levels of DHA required for their optimal brain development.

Apart from prenatal vitamins and mineral supplement, doctors now give specific instruction for women to take an essential oils supplement during the breast-feeding stage.

The great thing about Super EPA 2000 is that it does not contain any mercury or contaminants, but rather is a purified oil product that delivers many key benefits:

- Improve mental dexterity and concentration
- Help in maintaining visual functions
- Aid blood circulation through its anti-thrombotic (anti-clotting) properties
- Help in circulation for the overall body
- Help to reduce triglycerides

Super EPA 2000

500mg / DHA 310mg, 30 softgels

Active Ingredients

Omega 3 Vitamin E (D-Alpha Tocopherol),
first Fatty Acids (EPA, DHA).

Directions

One softgel daily, after meals

Sources:

The World Association of Perinatal Medicine (<http://www.wapm.info/>)
Child Health Foundation (<http://www.kindergesundheit.de/home.html>)
and the Early Nutrition Foundation. (<http://www.metabolic-programming.org/>)



*Prof. Jean-Marc Schwarz
in his Laboratory.*



An Interview with Professor Jean-Marc Schwarz

It is probably the best thing you can do for your health now and into the future. All the well-known benefits of fish oil are enough to justify its daily use.

But distinguished professor of biochemistry and leasing research endocrinologist from Touro University underscores the importance of using only high grade quality fish oil free of contaminants and with the greatest concentration of EPA and DHA. He found it in Avance Super EPA 2000.

Our Rhapsody team got up-close with Professor Jean Marc Schwarz and he revealed to us amazing insights of his study and why he uses only Pure Super EPA 2000 to establish the link of fish oils to a healthier, fuller, longer life.

How were the benefits of fish oil discovered?

"I guess the enthusiasm for fish oils began with the observation that Greenland Eskimos, whose diet is rich in marine oils, rarely suffer heart attacks or strokes caused by blood clots. Effects of fish oils have been cited as the probable explanation for this association.

Is this phenomena well accepted by traditional medicine?

"Recent medical research leaves no doubt on the benefits of fish oil to health. In the United States, the American Heart Association, the American Diabetic Society and American Health Institute, and international bodies like the World Health Organization -- all have officially endorsed the use of fish oil supplementation."

What contributes to the health benefit of fish oil? How does it work?

"It's the Omega-3 fatty acids, mainly Eicosapentaenoic Acid (EPA) and Decosahexaenoic Acid (DHA). These are essential fatty acids that cannot be produced by the body. We can only get them from an adequate diet of fish and certain green leafy vegetables.

The tricky part however is what to take to get the full benefits of fish oil. For instance, green leafy vegetables could provide Omega 3 but the conversion of DHA has mechanism that varies with every individual. There's also risk in eating the same kind of fish for an extended period as contaminants like mercury, and other heavy metals and toxins present in the fish may build up on human body. That brings us to the importance of fish oil supplementation."

Where does the fish get the Omega 3 from?

"Fish ate alga, which actually has Omega 3 and accumulates it to a form that human body can directly absorb."

Why can't we just eat alga directly to get the Omega 3?

"The Omega 3 in alga is in a form that can hardly be absorbed by the human body. Omega 3 is sensitive to oxidization."

How do we choose the quality fish oil supplement?

"It must be of the purest form with concentration of about 80 % EPA and DHA for it to be of beneficial use to the body. It is the dosage necessary in order to balance the effects of Omega 6. In the food of our forefathers, we can see that the presence of Omega 3 outnumbers that of Omega 6."

How important is ratio in the use of Omega 3 and Omega 6?

"Clinical studies indicate that the ingested ratio of n-6 to n-3 (especially Linoleic vs Alpha Linolenic) fatty acids is critically important to maintaining good health, particularly cardiovascular health. When the ratio between Omega 6 and Omega 3 in our body has reached a certain level, it can do us harm.

It can be said that Omega 6 and Omega 3 are fighting for the same seats for same enzyme. When the Omega 6 gets the better opportunity for those "enzyme seats", we will not absorb the benefits of Omega 3. Rather we will absorb too much of Omega 6, which could be harmful to our health. Striking the best balance here means optimum benefits for health."

What made you choose Avance Super EPA 2000 for your studies to establish the benefits of fish oil?

"Back in the year 2002, I was about to begin this highly-controlled study on the effects of fructose supplementation and fish oil administration. I needed the best quality fish oil. I had the best advice from a colleague, the leading fish oil expert in the US who told me about Avance Super EPA 2000 which he said is free of contaminants and has 81% of DHA. I thought that was perfect for my study.

What have you concluded in your study?

"We looked into the effects of fructose supplementation and fish oil administration on hepatic de novo lipogenesis (metabolic route by which body converts carbohydrates into fats) and insulin sensitivity and the production of lipids in the liver, metabolism of fats and sugar.

Super EPA 2000 has been very consistent. It reduced triglyceride in both diabetic lean and obese persons. What's more is that it lowered triglyceride level without affecting the level of glucose for both subjects. From these results, the benefits of fish oil in lowering triglyceride and therefore its ability to protect from heart diseases and its benefits to those afflicted with diabetes."

Who can benefit from fish oil?

"Young and old alike can benefit from the use of fish oil. A baby's brain uses a large amount of omega 3 fatty acids in the form of DHA and EPA. With these crucial substances sorely lacking in today's diet, I am convinced that the best way to ensure a healthy start to a baby's life and a good guarantee to maximize his brain power is for the mother to use the highest grade fish oil supplements. For elderly folks, the heart and brain benefits of fish oil are well worth spending for."

How important is consumer guidance in the selection of fish oil?

"An informed choice is of crucial importance. Most fish oil products contain 1000mg of fish oil, only about 30 per cent of which is EPA and DHA. The remaining 70% are seemingly harmless filler materials that we fear may contain saturated fats, trans fats, cholesterol and other potential heart-stopping fats. In this case, what you don't know will really hurt you."

How do you manage your own health? Do you take Avance Super EPA 2000?

"I have always believed that good health is maintained through prevention rather than cure—I try to eat a well-balanced diet and do adequate exercise. That was so consistent in my life when I used to live and work in the Bay Area where I used to walk on my way to work. I have slackened a bit on my exercises as I travel a lot. But I am determined to find a way to fit that into my new schedules. And yes definitely, I take Super EPA 2000 daily."



Love where You Live!

Spring is a great time to think about what you could do this year to green your home, reduce your carbon footprint and make a conscious effort to purify the air that surrounds you.

Watch your VOCs

Volatile organic compounds (VOCs) are emitted as gases, or what is often referred to as "off-gas". VOCs include a variety of toxic chemicals, some of which are known to have short-term and long-term adverse health effects. These are carbon-based chemicals that easily evaporate at room temperature acetone, benzene, ethylene glycol, formaldehyde, among others. Concentrations of many VOCs are consistently ten times more indoors than outdoors.

The RISKS

These pollutants put stress on your immune system, which can lead to other health problems. The effects of poor indoor air quality on an individual can vary greatly based on age and relative health. However, in general, poor indoor air quality leads to allergy symptoms, respiratory problems, and weakened immune systems.

Children are especially susceptible to the health risks of polluted indoor air since their lungs are smaller and they have to take more breaths throughout the day. If you experience allergy symptoms or asthma attacks in your home, check your indoor air quality. Other sources may include poor ventilation, lingering odors, environmental changes like recent construction, new furniture, or a new pet.

Quicklist - Sources of VOCs Indoors

Building Materials

Carpets and adhesives, paints, sealants and solvents, Upholstery fabrics, Varnishes, Vinyl Floors, flooring, plywood, particleboard, adhesives, cabinets, countertops, insulation, paneling and other building products.

Home and Personal Care Products

Air Fresheners, Air Cleaners, Cleaning and disinfecting chemicals, Cosmetics, Fuel oil, Gasoline, Moth balls, Vehicle Exhaust from attached garage

Harmful gas from daily home activities

Cooking, Dry-cleaning, Hobbies, Newspapers, Non-electric space heaters, Photocopiers, Smoking, Stored paints and chemicals, Wood burning.

Take Action !



1 Control the source of air pollution.



2 Improve ventilation.



3 Purify indoor air quality with Uber Aire Space.

Improve Your Indoor Air Quality with Uber AirSpace

What does it take to shield your home from the toxic effects of these off gases? Most indoor pollutants are positively charged. Nearly all airborne particles, including dust, smoke, bacteria and other harmful air pollutants including VOCs have a positive charge, while the negative ions in UberAir, as the name implies, have a negative charge.

As a result, of their opposite charges, the negative ions and positive particles magnetically attract each other. The more negative ions there are in the air, the more that stick to the potentially harmful positively charged particles and the heavier these particles become. Eventually, the particles become too weighed down by the negative ions to stay afloat and they fall to earth where they're removed by normal cleaning activities such as vacuuming or dusting. This prevents them from being inhaled, which in turn, helps to reduce your risk of many illnesses.

What makes UberAir Space Powerful?

2,000,000 Negative Ions Surrounding you

UberAir Space emits 2 million negative ions in a distance of 10cm, 1 million negative ions in a distance of 70cm, and 105,000 negative ions in a distance of 3.2m equivalent to the size of an office or bedroom.

Negative ions can be found in nature. It is found in abundance around moving water -- storms, oceans, rivers, waterfalls.

No wonder we get this high from a day at the beach!

The best ratios of negative to positive ions are associated with waterfalls and the time before, during, and after storms. The worst are found in windowless rooms and closed, moving vehicles.

Exposure to the maximum amount of negative ions gives the following benefits.

- Neutralizes undesirable effects of positive ions and enhances our blood circulation
- Promotes sleep quality and alleviates stress
- Promotes better concentration and increases efficiency
- Enhances the body's natural resistance
- Relieves discomfort
- Antioxidant effects
- Effectively removes odour in the air



Secrets Revealed from the Far East to the World!

DR's Secret 9 Years, Thousands of Lives, 1 Product



Revealing the Secret

It is every woman's dream – a radiant, healthy, youthful skin. In Asia, countless women have had this dream come true since eight years ago, when we launched DRs Secret – a revolutionary skin care range has been received with such enthusiasm in over 15 countries in Asia.

Hundreds of thousands of women has benefitted from these products. By achieving their ideals of beauty and regaining self confidence, these women have been empowered to live the best of life!

DRs Secret beauty ideals

We want you to gain the DRs Secret beauty ideals: happiness and health.

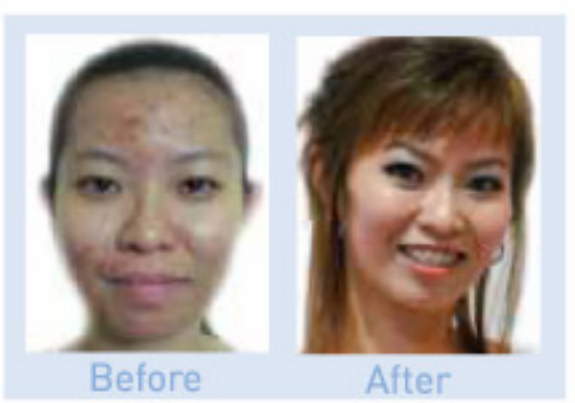
Happy

--natural reflectors of how you feel, and they help define what is beauty. When we are happy, our brain let off adrenalin, there is light in our eyes, we walk with vigor, and we have hope for living

Healthy

--means having good skin, being energetic and having no obvious disability or disfigurement. We lead the way to achieve health and wellness in various degrees--Eating right, sleeping well, exercising regularly and learning to manage stress..

Since DRs Secret..... It's a Charmed Life !



Tan Siaw Min
Age, 29
DRs Secret T Series

"I have oily and acne-prone skin with seriously clogged pores. I've tried all kinds of skin care products in the market, but to no avail. Until I met my up line, Vivian Choo. Her supple and near-perfect skin has attracted me. Since then, under her recommendation, I began using DR's Secret T Series. Within a short period of 2 months, my acne and skin problems have improved, to top it off, my skin tone has become lighter and softer. My friends were all amazed with the changes and commented that I look much younger and prettier!

With Vivian Choo's encouragement, I've also joined bwL's DR's Seager Skin Contest this year, and I was crowned Miss DR's Seager 2008! I'm really grateful towards bwL for introducing these one-of-a-kind skincare products that yields positive results!



Janet Chan Pui Yee
Age, 28
DR's Secret T Series,
Miraglo, Borage Seed Oil

I've been having pimple problems since I was a teenager. My face was oily, dull, and there were blackheads on my nose. This killed my confidence; I've tried seeking help from the skin specialists, however after taking the medications, my skin problems persisted.

This went on until I met my upline, Elsie who introduced me to bwL's DR's Seager products; I also consumed Borage Seed Oil to regulate my hormones. In less than 3 months, my skin has improved tremendously – pimples were gone, facial skin no longer oily, the pores shrunk significantly, and the skin tone became more even and fairer! I'm really amazed with the speedy result DRs Seager has brought me; because of DRs Seager, I've become more confident, beautiful, and youthful! Thank you DRs Secret!



Yew Siew Khoon
Age, 16
DR's Secret T Series,
Miraglo, Q10 Clear Mask,
Healthfood consumed:
SangoCal, Borage Seed Oil,
Plum Delite, Fish Oil

From the beginning of the fourth grade, my face was covered with acne. I tried many brands of skin care products I have no way to remove the trouble, which made me a very sad woman with no confidence in myself. Until a year ago my mother introduced me to use DR's Secret skin care products, together with SangoCal, borage seed oil, plum delite and Super EPA. After five months of continuous program, my blemishes disappeared without without a trace. My skin had the rosy glow of youth, I felt very beautiful. It is the happiest I had been in years! Thank you DRs Secret !



Healthy Hair at Any Age



Problem:

That hair. It used to be her crowning glory. No, it does not seem to be just a bad hair day anymore. Suddenly her hair has lost its luster. She needs to look her absolute best – for work, for family, for herself. What to do?

Our Take:

It's the years – the hormonal ups and downs, as well as wear and tear, normally takes a toll on those precious locks, leaving them duller, coarser and thinner. Times have changed. There are ways to have healthy hair at various ages, in a way that was not available to us before. Here are some age-specific solutions:

That 30's hair

Baby your hair. Go light on styling gels, sprays, lotions, and mousses. Residue from these products is very drying for your hair. When shampooing, do not neglect to gently massage your scalp for five minutes to encourage better blood circulation to the area.

De-stress for your hair's sake. Juggling work and home life and everything else can boggle your mind and affect your hair. De-stress, it can be a regular yoga class, a meditation ritual, or anything you find relaxing like taking a good hot bath or reading a good book. .

Hair in your 40's

Skimp on styling. Curling irons, hot blow dryers, and other gadgets have left your hair dried-out and brittle. The follicles can actually stop growing new hair from all the torment.

The good news: The damage is reversible. Simply limit any hair-styling tool that puts off a lot of heat to special occasions or a few days a week and check on our product solutions for a serious hair restoration program. Talk about hair loss.

Each strand of hair usually grows about an inch every two months for four years, and then it falls out and is replaced by a new one. But in female pattern baldness, which affects up to 40% of women, hair begins to thin on the top of the scalp and sometimes all over the head. Aside from genetic factors hormone imbalance can also be a culprit.

Silver hair in your 50's

Deep-condition if you've gone gray. Gray or silver hair, although beautiful, may be drier and more prone to breakage and sun damage than pigmented hair. Protect it by going on a deep-conditioning program.

Hair Problem Solved!

Regain Your Crowning Glory with PentaLab Serum and PentaLab Hair Wash

It's a Powerful Duo

PentaLab HairWash gives you multiple benefits. It has all the proven goodness from All Natural Australian Eucalyptus. Eucalyptus has exceptional stimulating properties for hair and scalp protection, healing and regeneration for your precious locks. It is infused with Green Tea Extract which is a powerful antioxidant, about 100 times more powerful than Vitamin C & E thus protecting the hair from the damaging effect of free radicals.

It is lavished with Honey Extract which lavishes minerals, amino acids and oligosaccharides for infusing moisture balance to dull, dry hair.

PentaLab Scalp Care Serum's unique and revolutionary scalp permeable technology, PentaFuse, consists of sponge-like solid microspheres which are absolutely compatible with human cells and tissues. PentaFuse allows nutrients to be timely released and absorbed into the dermis layer of the scalp.

Activ Amino Complex is the active ingredient in PentaFuse, which works directly on the scalp by stimulating collagen production. It also enhances dermis metabolism which contributes to the regeneration of the dermis. It reverses the aging process of our scalp.

Best after cleansing hair and scalp with PentaLab HairWash with Conditioner, make it a nighttime ritual to massage PentaLab Scalp Care Serum if you want to grow healthier, shinier, fuller locks.

With PentaLab's revolutionary properties, healthy hair at any age is made possible. Turn back the clock -- regain healthier, fuller, shinier locks, just as you had when you were younger.

Hair-friendly Foods**Eat orange foods.**

Antioxidants can help your hair cope with hormonal changes. And a good way to get them is by eating orange foods—like sweet potatoes and carrots. .

Beans

As the saying goes, they're good for your heart...and your hair. The protein makes hair grow faster and stronger.

Walnuts

Nuts are loaded with omega-3 fatty acids, which play an active role in hair health.

Eggs

High in vitamin B12, a nutrient often lacking in women with hair loss.

Spinach and red meat

For sufficient iron intake

Check your supplement intake!

The years' wear-and-tear, poor nutrition, environmental factors, the demands of work and family life are too hard on your hair. To counteract such changes, we also have this **recommendation to ramp up your daily vitamin regimen!**

Start with **Avance One-a-Day Plus** for your supply of Vitamin A, Vitamin D3, Vitamin C, Vitamin E, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B12, Niacinamide, Magnesium, Calcium, Biotin, Pantothenic Acid, Zinc, Folic Acid, Copper, Iodine, Iron.

Pure, Potent and **Effective Borage Seed Oil** or Black Currant Seed with Gamma-Linolenic Acid promotes better skin, hair and nail condition, they strengthen the integrity of hair follicles and make strands less prone to breakage. -.

The Omega-3 fatty acids in **Super EPA 2000** is known to be helpful in stimulating hair growth.



Healing from Within Managing Chronic Illness by the Power of Your Thoughts

Are you suffering from chronic illness? Or is someone you love going through it? Depending on how we react, prolonged illness has its challenges but it also carries with it your greatest potential for hope.

Chronic illness means long-term illness which includes conditions like allergies, depression, physical disability, some types of heart disease. Among the chronically ill, the main point of the emotional trauma is caused by loss of a valued level of functioning, such as the inability drive or dance, or to lead an active lifestyle. To the severely ill person, this gives the feeling that life is a total failure or that you are deprived of an expectable future.

Is there an approach to life that can help you overcome the displacement and depression and the loss of goals and dreams as we used to know?

The answer is an unqualified YES!

There is an approach to survive chronic illness by developing a deep understanding of your severe illness. Adapt creatively and use the power of your thoughts to bring back joy and vigor into your life.

It's an Upward Spiral

You are often told, accept and learn to adapt. And you thought, "I am stuck in this rut..." On the contrary, adaptation should ideally be going upward and not downhill. Central to wellness is creativity.

Get Real

Make your expectations realistic. It means being limited by time. "What can I do now on the basis of the way I feel at this moment?" You can make positive thoughts run like this "Within the limits of my physical ability I will do whatever it is I want to do, for as long as I can."

Active Approach

Every energy expended should be a step towards a solution. Define what you want and then use every ounce of creativity you possess to determine how you are going to make it happen.

Make Every Moment Count

The most wasteful expenditures of energy are for resentment and anger. While these emotions may be valid and are not bad in themselves, they do wear you out.

Participate

Put positive energy back into the world. You can do this with family, friends, with self-help groups connected with your illness, or with community groups.

Live In the Moment

Another skill, that is a challenge to learn, is to look neither too far backward nor too far forward. Living in the moment with consciousness, patience, compassion, and appreciation for yourself and others.

Cherish the Good Times

These are moments that need to be framed and stored for you to hold on to when the times get tough. The final skill is learning how to hold onto the positives, to cherish them sufficiently so that they do not drop out of your reservoir of beautiful life events.

PentaLab Bath and Body Care A Bathing Ritual When the Stresses of Life Brings You Down

You have decided to recognize what is positive in your life, how do you hold on to them? The best way is to slow down -- to use relaxation, meditation, and your own internal capacity for joy. Aromatherapy advocates practices of taking a soothing,

meditative bath with the use of essential oils. PentaLab is made from All Natural Australian Eucalyptus -- an exotic essential oil with the most known benefits not only for radiant beauty but for total body wellness.

Invigorating Eucalyptus also called the "oil of life" has amazing benefits:

Body Therapy

Detoxifies, regenerates and rejuvenates the body, breaks up congestion and reduces inflammation.

Aromatherapy

Scent of Eucalyptus helps relieve mental fatigue, clears the mind, sharpens the senses and improves mental clarity and alertness.

Skin Protection

Gently cleanses and shields your skin with its naturally mild yet powerful antibacterial properties.

Tension Relief

Unique healing properties of Eucalyptus relieve tension from painful and sore muscles and replenish moisture to dry skin.



Understanding the Yin and Yang of Healing Your Lungs

by Dr. Doreen Tan



For millions of people across the world, respiratory illness is the number one reason for turning up at the doctor's clinic. Among the most common of these are nasal and sinus congestion, which is the main cause of respiratory problems. There are many other conditions that can impact the health of your lungs from simple coughs and congestion, asthma, bronchitis, pneumonia, and pleurisy to other more severe lung condition.

The lungs are a pair of organs in the chest which are primarily responsible for the exchange of oxygen and carbon dioxide between the air we breathe and the blood which carry food and oxygen to cells among its essential life sustaining functions. About 70% of our body waste is discharged in the form of carbon dioxide and other gases through our lungs, making it such a vital system for the sustenance of life and the maintenance of good health.



There is a holistic option to long-term respiratory health. Traditional Chinese Medicine, which is among these holistic approaches, treats the human body as an integrated whole. Yin translates as "in the shade" and represents the moon, darkness, coldness, and passivity. Yang translates as "in the sunlight" and represents the sun, light, heat, and activity. The Yin-Yang philosophy emphasizes the need for harmony, balance, and moderation in every aspect of life and nature in order to support the vital force of life, called Qi -- equated with "energy," "air," and "breath" and healthy body is dependent on the balance of yin and yang. When Qi is out of whack, we develop illnesses and diseases.

This Yin and Yang philosophy is the proper balance that is required as a way towards long-term respiratory healing by living better, eating healthier and striving for wholeness.

Take on a New Diet Philosophy for better and stronger functioning lungs

- 1.** Eat whole grains like brown rice or 5-grain rice instead of white rice as brown rice has more nutrients than white rice and is especially beneficial for weak lungs.
- 2.** Black soybeans are very beneficial for the lungs. As weak lungs improved, tofu, tempeh, miso and natto beans, may be consumed.
- 3.** Consume vegetables that are small, more compact leafy greens like watercress, mustard greens, and parsley, to strengthen lungs. Besides, root vegetables like burdock (Niu bang), carrot, white radish, and red radish are also helpful. In addition, lotus roots and lotus seeds, broccoli, cauliflower, Brussels sprouts and natural seaweeds are nourishing for the lungs.

4. Foods that have spicy taste are helpful to strengthen lungs and support the large intestine organ. This is because spicy taste provides a warming effect on the body and promotes circulation of blood, qi (energy), lymphatic fluid, sweat, saliva and tears. Spicy taste also disperses toxins that are stuck in the digestive and circulatory system, and reduce excessive mucus production. Hence, breathing becomes easier.

Choose good quality soy sauce, ginger, mustard or rice vinegar as seasonings. (However, excessive spicy taste scatters energy and can exhaust energy reserves; this taste should be limited for individuals who have low energy levels. For example, people with chronic fatigue syndrome. Foods with spicy taste are fresh ginger, mustard, mint and black pepper.

5. Hard, baked flour products should be avoided ideally, if not, minimized intake of these food as they can produce mucus to be stagnant in the lungs.

6. Try to balance your health and body by not consuming foods from both extremes, that is either too yang or too yin. Foods that are too yang are red meat, eggs, poultry, dairy, refined grains and grain products; nuts and nuts products, except for chestnuts. Foods that are too yin for the body are excessive intake of fruits and juices; alcohol; stimulants; spices; and drugs.

7. Sweets and sweeteners are best to be avoided as these cause more mucus production and hinder breathing.

8. Recommended cooking styles that are suitable for lungs concerns are steaming, broiling, stewing and stir-fried instead of deep fried.

Engage in a Healthy Lifestyle

- 1.**Wake up early for morning walk. Enjoy the fresh, early morning air at the parks or seaside.
- 2.**Wear cotton clothing and use cotton sheets and pillowcases, instead of materials that are made of synthetic fibers, wool, silk, and other fabrics that hinder breathing and energy exchange.
- 3.**Avoid industrial fumes, gases, smog, dust, and other polluted environments.
- 4.**Do a dry, body scrub every morning for about 10 minutes to detox the lymphatic system and promote better circulation, energy flow and breathing.
- 5.**For people who are exposed to long hours of artificial electromagnetic radiation for their work, try to reduce or avoid excessive exposure to electronic appliances like computers, laptops, television, handphones and other handheld electrical appliances when they finish work.

This is because artificial electromagnetic radiation is harmful and weakening to the respiratory system, especially to the lungs.

- 6.**Avoid smoking or secondhand smoke as this can cause lungs irritation and result to more cough and breathing problems.
- 7.**Lung concerns correlate to the proper functioning of the intestines. When there is regular bowel movements, the lungs can function better and there will be improved breathing. Proper and thorough chewing can help to restore normal elimination and assist the lungs simultaneously.
- 8.**Breathing exercises are helpful but do not exercise till exhaustion, Purify indoor air quality with UberAir Space.
- 9.**Emotional health can affect lungs and other body concerns. When one is unhappy, depressed, and miserable, one may get lung problems more easily. Strive to be positive, cheerful, and hopeful every day.

YANG (HOT) LUNGS CONCERN

There are people with Yang (Hot) constitutions who have excessive internal heat and are likely to experience dry cough, thirst, phlegm that is hard, sticky and yellow, laryngitis (voice box infection) and anxiety.

- BifiMax** : Take 1 satchel for consecutively 14 days. After that, 1 satchel for every 2-3 days. Swallow (do not chew) with water, before sleep or 2 hours after dinner.
- SangoCal** : 1 satchel in 2L warm water daily.
- V-Propolis** : 40 drops, empty stomach, morning and night.
- Super EPA 2000** : 1 soft gel, after food, daily.
- PhosChol 565** : 1 soft gel, after food, daily.
- Uber Air** : 8 -10 hours, daily.

YIN (COLD) LUNGS CONCERN

On the other hand, those with Yin (Cold) body constitution are likely to experience wet, wheezing cough with white and foamy or liquid phlegm, shortness of breath, tiredness and low energy and even depression.

- BifiMax** : 1 satchel for consecutively 14 days. After that, 1 satchel for every 2-3 days. Swallow (do not chew) with water, before sleep or 2 hours after dinner.
- SangoCal** : 1 satchel in 2L warm water on alternate days.
- V-Propolis** : 40 drops, empty stomach, morning and night.
- PhosChol 565** : 1 soft gel, after food, daily
- Dors 5** : 1 capsule, daily. (Ideally to start on the 15th day, after consuming BifiMax for 14 consecutive days.
- Uber Air** : 8 -10 hours, daily.