

Autumn 2007

# hapsody

An exclusive newsletter for bwL

pay it FORWARD  
Ann Ordinary Lady  
with Extraordinary Dreams

Nutri-FACTS  
Liqui Cal/Mag

beauty TIPS  
DR's Secret Sunscreen

Includes an exclusive  
bwL Spectacular &  
International Convention  
2007 Booklet!



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## Dear Best Worlders,

bwL has had a busy couple of months during the last quarter organizing a succession of events all over the region. First, we had the highly anticipated Indonesian grand launch, bwL Spectacular – Celebrating Youth & Beauty on 21-22 April in Jakarta. Following that, our annual extravaganza, bwL International Convention 07, saw bwL taking this annual event beyond Singapore, home of our Regional Headquarters, to neighbouring Kuala Lumpur, Malaysia for the very first time.

bwL Spectacular – Celebrating Youth & Beauty was a highly anticipated event that drew about 8000 people over 2 days. Although we have merely entered the Indonesian market for less than 2 years, the company has been flourishing well, quickly establishing for itself a positive corporate image and a strong brand identity for our star product, DR's Secret, in particular.

Indonesia has since become one of our group's key strategic markets showing phenomenal growth potential. Last year, Indonesia ranked 3rd after Malaysia and Singapore in terms sales turnover. And in the first half year in 2007, Indonesia claimed the number 1 spot! We applaud the efforts of all our dedicated Indonesian distributors and staff. At bwL Spectacular, we took the opportunity to give thanks to them while at the same time introduce our attractive business offerings to more local friends.

It was highly significant that our Convention took place on a famous mountain peak this year. Just as they have scaled to new levels of success, awardees this year were recognized for their efforts at the mountain top retreat of Genting Highlands, Malaysia. All of the bwL family from all corners of the world assembled for a day of pure jubilation as we celebrated the success of the newly promoted Silver Directors, Gold Directors, Platinum Directors and Million Dollar Achievers. A total of 3000 people were in attendance. We cheered, danced and stood as one family united by our common dream for success.

Special mention must go out to our inaugural DR's Secret SuperStar Contest in Singapore. To replicate the success of a similar event held in Malaysia earlier last year, DR's Secret SuperStar was adapted for the Singapore market. 27 semifinalists vied to be among the top 10 finalists before striving for the top honour at the grand finals on 29 July 2007. The DR's Secret SuperStar 07 top 3 winners and hot favourite were crowned on the night of the finals, which also saw to the celebration of DR's Secret's 7th anniversary.



This eventful quarter leads us to yet another one. Let's move forward for another exciting chapter ahead!

Dr. Dora Hoan, Founder

Dr. Doreen Tan, Founder

## rhapsody

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# **Ann** ordinary lady with extraordinary dreams

**A**nn Chua, an ordinary but highly driven lady, was born into a poor family in Malaysia. After graduating from primary school, she quit her studies to take care of her younger brothers and sisters. Subsequently, Ann worked as an apprentice at a confectionary and at a hair salon. After developing a keen interest in beauty care, she later decided to set up her very own beauty salon.

However, after coming into contact with bwL's products and eventually learning about the culture of the company, she decided that a full time career with bwL was the best way forward for her. Thereafter, she set her mind towards reaching the top at bwL. And when Ann sets her heart to one thing, she goes all out to achieve it. Her boundless energy and ability to seize on opportunities to improve on a personal level are two main factors that have led to her success.

"I used to be afraid of public speaking. To overcome this problem, I attended classes to embolden myself and acquire the necessary speaking techniques. Today, I am able to stand before large crowds giving lectures and sharing my experiences." A bold lady who never gives up fighting for her dreams, Ann is constantly looking to improve herself, upgrade her skills and is often found working harder than most.

"In bwL, the greatest satisfaction does not only come from earning a lot of money or establishing a wide network. It is also about learning about the meaning of life. I have effectively learnt the ways of the world. Also, I'm now better able to communicate with my children and husband and enjoy a blissful family life."

"My dream was to have a beautiful house, a two-storey shop-house of my own and being able to take my parents on vacations. Thanks to bwL, I have realized my dreams."

Her vast experience was culminated bit by bit, thanks to trainings at bwL, her eagerness to learn and her commitment towards the business. Her greatest strength lies in her contagious smile and social skills. With her 'just do it' mentality and positive mindset, she has successfully reached the pinnacle at bwL as a Platinum Director to become an excellent role model for all.

**"Take all challenges as a total package for your success. Nothing can stop you from moving ahead!"**



Ann and her picture perfect family



## Sunny Days & Cloudy Days... Everyday is Sunscreen Day



Love the sun? Enjoy outdoor activities? It's not always sunny and good, you know? Although the sun easily puts us in a cheery mood, we won't stay smiling once the harmful effects of the sun's rays set in. Protect yourself from the aggressive and intrusive sun's rays with a good sunscreen. Well, look no further than DR's Secret Sunscreen!

Everyone loves being out in the sun, soaking up the warm rays of a summer's day. Bright sunshine lifts people's spirits to give a renewed sense of vitality. However, we should beware the sun's potential harmful effects on our skin and overall health. Without taking the necessary precautions, our skin and health can suffer considerable damage simply by being exposed to the sun.

Some people yearn for a sporty, athletic look so they spend a lot of time tanning under the sun. Yet medical science has proved that the sun may not only accelerate the visible aging of the skin, but that it also causes irreversible skin damage. The reason? The sun emits unhealthy radiation.

### UVA, UVB & UVC Radiation

In essence, the Sun's energy can be divided into infrared, visible light and ultraviolet. Ultraviolet can be divided into 3 types, UVA, UVB and UVC. UVC is potentially the most damaging to skin, but all of this is

screened by the ozone layer. UVB causes the most serious damage and is known to cause sunburn, wrinkles, dark spots and skin cancer.

Although it is the least damaging of the three, UVA penetrates the skin more deeply than UVB, reaching the dermis where it destroys collagen and elastic tissue and causes decreased elasticity and the appearance of aging. UVA also weakens the skin's immune system, increasing susceptibility to infections and other skin problems.

Even on cloudy days, up to 80% of the sun's ultraviolet radiation is not filtered. Sand, water, snow and even concrete pavements can act as natural 'reflectors' increasing our exposure to ultraviolet rays.

### Sun Damage

Without the right precautionary measures, the harmful sun's rays can bring about severe consequences. Here is just a couple of sun damage you may suffer.

### Sunburn

This is caused by too much sun exposure. Our surface blood vessels dilate and inflammatory cells release enzymes to fight the damage, thereby causing blisters. Severe redness appears 2 to 8 hours after exposure to strong sun whereas blistering usually occurs after 12-24 hours. The redness often lasts up to a week, followed by severe peeling. In more severe cases, people may experience sunstroke, which is often accompanied by fever, chills and joint pain.

## Premature ageing

The sun may damage collagen and elastic tissue. Sun damage produces many tiny wrinkles and deepens all expression lines especially on the face. The sun also causes freckles, dark spots, mottled discoloration and white spots. The sun is responsible for that rough, leathery appearance of the skin.

### Exposure to UVA & UVB may cause

1. Sunburn, if excessive
2. Suntan
3. Premature ageing: wrinkles, dark spots, loss of elasticity
4. Phototoxicity and photoallergy
5. Decreased natural resistance for the skin

## Protect with DR's Secret Sunscreen

DR's Secret Sunscreen offers you SPF 25 protection and serves not only to block UV rays, but to protect your skin from its harmful effects. Most sunscreens available merely block UVA and UVB rays, whereas DR's Secret Sunscreen is able to both block and effectively reflect the rays and reduce the chances of the sun rays' penetration.

DR's Secret can be applied on all skin types and lasts for about 6-8 hours. Its SPF percentage is an ideal 25% which ensures maximum sun protection while ensuring that its contents are not too rich thereby resulting in pimples.

## DR's Secret Sunscreen Application Tips

- If you plan to take a swim, use the DR's Secret Cleanser before applying two layers of DR's Secret Sunscreen. After your swim, use DR's Secret Cleanser, Toner and Sunscreen. After being exposed to UV rays for 3-4 hours, reapply another layer of DR's Secret Sunscreen as the SPF lifespan will be shortened.
- If you are exposed to the sun and the surrounding environment is dusty and dirty, first pour DR's Secret Toner on a cotton pad and wipe it on your face by way of cleansing and removing dirt and oil. Next, apply DR's Secret Sunscreen.
- If you plan to go for a function and intend to use make up, use DR's Secret Cleanser, Toner and Sunscreen before putting on the make up. The Sunscreen can act as a make up base so you need not put foundation. Follow this up by simply applying loose powder.

## True Story !

Mr Goh Guan Seng wanted to go fishing one beautiful, sunny day. His wife quickly applied DR's Secret Sunscreen on his left arm and told him to apply the rest on his own. However, Mr Goh decided to try Brand X instead and proceeded to use it on his other arm. At the end of the trip, he was astounded by the vastly different results.



DR's Secret provided his left arm with excellent sun protection, whereas Brand X failed to do the same for his right arm.

## New packaging unveiled!

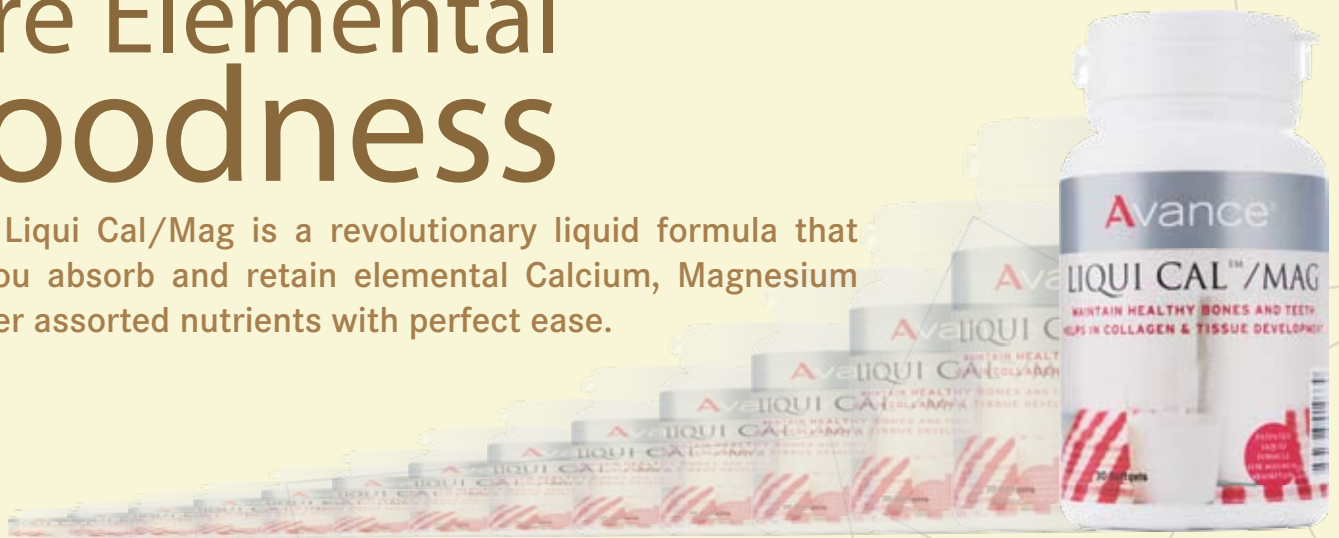


Here's the new and improved packaging for DR's Secret Oil Control Film. Sleek, stylish and sassy, the design stays true to the brand values of DR's Secret - simple, pure and infinitely modern.

**Useful tip!** If you are not able to wash your face immediately, use DR's Secret Oil Control Film to remove excess oil before reapplying DR's Secret Sunscreen.

## Pure Elemental Goodness

Avance Liqui Cal/Mag is a revolutionary liquid formula that helps you absorb and retain elemental Calcium, Magnesium and other assorted nutrients with perfect ease.



### Why is calcium crucial for life?

Calcium performs several important functions in the human body. It is responsible for transporting water, oxygen and nutrients into our cells. Besides being a critical nutrient necessary for the formation of bones and teeth, it also plays an important role in the production of hormones and enzymes, blood clotting, prevention of osteoporosis and lowering blood pressure and cholesterol level.

### Our unique improved formula

Calcium is best absorbed when taken with Magnesium at the ideal ratio of 3:1. A less-than-appropriate intake of magnesium will render all calcium supplements consumed useless.

bwL's Avance Liqui Cal/Mag is specially formulated to contain a calcium-magnesium ratio of 2.5:1 (instead of 3:1) because our regular daily diet, which includes food like vegetables, soy beans, broccoli, tofu and sardines, helps provide us with the remaining calcium that is needed.

Liqui Cal/Mag is unique in that it comes in a liquid calcium formula that is highly soluble, enabling this critical mineral to be fully absorbed by our body for maximum benefits.

Liqui Cal/Mag is formulated with TriCal™ for optimum bioavailability and maximum absorption. TriCal™ is a proprietary blend of 3 types of calcium within each soft gel: calcium citrate, calcium gluconate and calcium carbonate. It is especially helpful for people, like senior citizens and folks with indigestion problems, with a decreased ability to secrete digestive juices.

Furthermore, every soft gel contains elemental calcium and elemental magnesium, to ensure maximum absorption.

The Liqui Cal/Mag formula is also supplemented with Boron, Vitamin D and Lecithin to further aid in absorption. Vitamin D, nicknamed "The Sunshine Vitamin", is known to be essential for proper absorption and utilization of calcium in the body. It is especially essential for ladies who prefer indoor activities, office workers, house-bound elderly and people with insufficient exposure to sun rays.

Boron is essential in the utilization of calcium, phosphorus and magnesium, whereas Lecithin protects cell integrity and structure, thereby promoting calcium and magnesium absorption into cells. The presence of Vitamin E in each soft gel helps to maintain the product's freshness.

## Don't Just Absorb, Be Sure to Retain

It is not just about how much calcium our body can absorb, but also how much we can retain. Liqui Cal/Mag boasts properties that ensure you receive and retain optimal calcium levels in your body.

With the appropriate amount of calcium, you can enjoy good bone structure, healthy teeth and effectively steer clear of muscle cramps, and menstrual cramps in the case of ladies. In addition, you will be protected from problems affecting calcium-deficient folks. These include gallstones, kidney problems and hormonal imbalance.

## Who most needs Liqui Cal/Mag?

Given the importance of calcium and magnesium, everyone needs to supplement their diet with adequate amounts of these minerals to ensure our bodies work at its optimal level.

Although women tend to lose calcium at a more rapid pace, especially during pregnancy, men also lose vast amounts of calcium and need to have it replenished quickly. Meat lovers should also take care to increase their intake of calcium. Too much meat consumed leads to blood turning acidic. In turn, our bones will release calcium, an alkaline mineral, to help balance the system and make it alkaline. (Optimal health depends on an alkaline body system that functions well.)

Athletes, people who are physically active and even vegetarians who consume mock meat will do well to increase their intake of calcium and magnesium to replenish the nutrients lost. Fair and petite individuals are also said to run a higher risk of osteoporosis. Light sleepers and insomniacs are constantly mentally awake but physically tired as their blood is acidic. It is thus also recommended that these individuals supplement their diets with Liqui Cal/Mag too.

All individuals have a peak bone mass age. Usually, after the age of 28, our body will not be able to retain as much calcium as before. Thus it is best to consume additional calcium supplements to avoid being afflicted with backaches and other related problems.

## Specially recommended consumption tips

- Calcium is best consumed at night. As we often consume acidic foodstuff in the daytime, the body is less able to absorb the nutrient then. To prevent brain frequency from overly fluctuating, take 1-2 calcium soft gels at night as they can function as a good tranquilizer, relaxing the muscles and nervous system. It is also particularly useful for hyperactive children.
- People with indigestion problems can take Liqui Cal/Mag to help neutralize the blood acidity levels. For enhanced results, take with SangoCal.
- To protect against osteoporosis and arthritis, senior citizens are advised to consume 2-3 Liqui Cal/Mag soft gels per day, 1 in the morning and 1-2 at night.
- For better quality sleep: take 1 Nonicaps capsule and 1 Liqui Cal/Mag soft gel together.
- People with sinus and skin problems may try halting the consumption of milk and other dairy products for 3 months and take rice milk or soy bean milk together with Liqui Cal/Mag instead.
- For enhanced joint health, consume Joint Comfort with Liqui Cal/Mag.
- For regular health maintenance, take 1 Liqui Cal/Mag soft gel everyday.
- For those aged 12 years and above but below 28 years, take 1 Liqui Cal/Mag soft gel daily for good health and appearance (bones and teeth). Liqui Cal/Mag can also help those experiencing puberty to grow taller and stronger.

**Remember! For an adequate daily intake of calcium, eat a well-balanced diet with lots of green vegetables.**



## Dr. Dora's Realm of Thoughts Harmony is the Best Practice Part 1



Dr. Dora Hoan

### Disharmony is the root cause of all kinds of bad happenings!

Therefore, anyone who wishes to attain good physical health, familial happiness, cohesiveness within the organisation and peace on earth, must first regard "harmony" as a crucial value to adopt and exercise. Harmony is not just an 'end result', a noun, but a 'cause', an active verb. Harmony must not merely be talked about, but acted upon.

Furthermore, harmony is neither about the external environment nor a value to be expected from other people first. Harmony must emanate from every individual's innate "kind nature" and "wisdom", as well as managed well in a disciplined manner to yield harmonious attitude and behaviour.

Before touching on the subject of harmony within the self, the family and in the world, let's first talk about harmony within the network!

Cultivating harmony within the network is not merely about stating that we are a family. Even an ordinary family would

### Because of disharmony

There is no world peace,  
Groups split apart,  
Families are shattered,  
Lives become vulnerable.

require an established set of principles to abide by. Elders within the family ought to have their own set of responsibilities as well as a generous heart in order to gain the respect of the juniors. Juniors ought to abide by certain principles and contribute to the family in order to obtain the love of their elders'. If the responsibilities of the elders and juniors are not suitably distinguished and carried out, there will be chaos within the family system. And just like the family system, distributor networks similarly require a set of principles. This is especially since members in our networks come from all walks of life, from varying stations in life, and are inherently unique as individuals. It is only with the establishment of a good system will chaos be averted.

### 5 rules for network harmony

#### Rule 1: Don't undercut others' lines.

Think about it: If a downline you have worked hard to groom jumps ship due to misunderstandings and others' provocation, you will think it is unfair and naturally become infuriated. If you do not wish for such a thing to happen to you, you must be sure not to do it either. A person who undercuts another person's

downline must be green-eyed for an additional downline who can help improve his sales results, bring forth additional income, or even help meet his promotion criteria. Whatever the case, it is just plain greed. Don't forget that poverty and greed is separated by a mere hairline. Letting yourself be just a little greedy and you may well lose your good reputation or much more.

## **Rule 2: Don't undercut prices.**

Think about it: If a customer you have been servicing suddenly makes purchases from another source because of discounts offered, how would you feel? Naturally, you would be disappointed and indignant. If you too compromised and likewise cut your prices, everyone will then be sucked into a vicious cycle because the 'price' that is being cut is in fact the 'income' that everyone ought to be earning. The person who under-priced the products would have done a disservice both to himself and to others. Why create this lose-lose situation? It's either because you are being foolish or that you have bad motives.

## **Rule 3: Don't gossip.**

Think about it: When others gossip about you, you definitely feel unhappy. However, people are often drawn into the world of gossip even without realizing. There is a Chinese saying, those who sit in the dark gossip about others whereas those standing in the limelight are often the subject of their gossip. People often group together to gossip about others. While indulging in gossip, gossip-mongers are building their enjoyment on others' suffering. How cruel that is! Think through it logically, why do you like to gossip about another individual? Is it because you dislike him/ her? Why then do you dislike him/her? Is it because he/she had offended you, or is it because you are jealous of him/her? Therefore when you begin gossiping about others, ask yourself this: what are your motives for allowing yourself to get involved in the unsavoury world of gossip? Those who gossip turn into petty-minded and dislikeable people. Moreover, gossip is sure to hurt people's feelings.

## **Rule 4: Don't quarrel.**

Many quarrels are avoidable. They simply need to be dealt with in a calm manner. Facts are facts, fabrications are fabrications. The truth will always emerge. However, when people allow themselves

to be carried away by their emotions, quarrels occur and the ensuing consequences may be hard to manage. Once a person is overcome by emotion, the words that are spewed are often said on impulse, the actions taken are often pretty extreme, the judgment made is often irrational and the resulting damage caused can be very significant. Therefore, we ought to control our emotions and avoid entering into disputes. After all, in an argument, no one is ever right! More importantly, arguments most definitely hurt relationships.

## **Rule 5: Don't complain in public.**

The reason people complain may be because they have doubts about others or about a certain issue. Or perhaps, they view matters strictly from their own perspective and consider issues merely in terms of their own costs and benefits. This is as opposed to putting themselves in others' shoes and considering the matter in terms of the other party's costs and benefits too. Often, when something falls below one's expectations, one may in turn feel victimized or feel that other people are not being fair. This may result in feelings of discontent and a venting of frustrations through complaints. Think about it: these complaints do you no good. In fact, they can cause you to feel even more despondent. Complaining to others is not a solution. Instead, it can create even more problems. For instance, it can influence others' judgment of the matter and affect others' confidence and morale. A rational person ought to approach the appropriate person to seek a proper answer when in doubt, rather than venting his grouses to one and all in public.

In short, as long as there are cases of downlines being undercut, prices being undercut, gossip, quarrels and complaints taking place within the network, harmony within the group will be severely affected and the team's unity may well disintegrate.

All of us understand that it is only within a friendly, positive and happy environment where there is mutual trust can people unite and forge ahead. To create such a harmonious environment, every member of the group must have consensus, be disciplined and abide by the established rules of behaviour.

To realize our vision of "Best World, A Better World", every Best Worlder must first abide by the 5 "Don'ts" for network harmony. Only then can we create a harmonious life and a harmonious world!



# Holistic Living with Dr. Doreen

## Understanding back pain and how to manage it

On the average, 80% of the population experiences back pain, particularly lower back pain. 45% of them have repeated “back attacks” whereas 20% of them have spinal injuries, which usually involves the rupture of one or more disks, the gel-filled shock absorbers between the vertebrae.

Unless it is a case of emergency, people with spinal injuries are advised against operating hastily immediately upon diagnosis. It is recommended that you first seek a second opinion while going through physiotherapy and alternative remedies for about 3 months. Many a times, disks can recover completely through physiotherapy and alternative remedies.

Backaches can occur among young people aged between 16 and 24 although it is more common among people in their middle age. Most people with back pain have tight and rigid back muscles and this can be relieved by improved posture and regular aerobic exercise.

### Common causes and preventive measures for back pain

Back pain occurs due to a lack of preventive measures on our part. The following are some common causes of back pain and suggestions for prevention:

#### 1 Improper lifting and bending



People whose occupation or daily activities require much vigorous physical movements are often affected. This includes mothers and housewives.

*Tip: When lifting a heavy object, bend your knees slightly and keep your back straight.*

#### 2 Poor posture



Sitting for long periods of time in poorly designed work tables can cause back pains due to poor blood circulation.

*Tip: Always try to maintain the correct sitting posture. Lift up your chest, tuck in your stomach, tilt your hips forward and move your upper back slightly backwards. Avoid slouching forward, do not hunch your back and shoulders and keep your feet flat on the floor.*

#### 3 Being overweight



The majority of back pain sufferers are overweight people. Reducing your body weight by just 5kg can reduce stress on your back.

*Solution: Maintain a healthy weight. Monitor your weight frequently and do stretching exercises regularly to keep your back and abdominal muscles strong.*

#### 4 Stress



If you are feeling stressed most of the time, this negative energy may be stored up and manifest as back pain. This is the cause of back pain for most working adults and students.

*Tip: Lighten up! Learn to de-stress after a long day of work or studies. Tension and stress reduce blood supply to your muscles and cause muscle spasms leading to back pain. Massages, exercises like swimming, yoga, pilates and qigong, help to de-stress and relieve muscle spasms.*



Dr. Doreen Tan

## 5 Overly Fashion



Wearing uncomfortable footwear and accessories can lead to back pain.

*Tip: Wardrobe offenders, beware! Avoid throwing your back out of balance by staying away from heavy or over-sized bags that cause strain to your petite frame. High-heeled shoes more than 2 inches high may cause you to lean forward and add strain to your lower back.*

### Nutritional Recommendations:

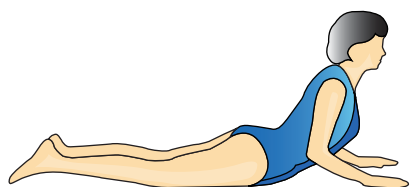
- Glucosamine Sulphate – Research studies prove that this plays a critical role in promoting cartilage building at the joints.
- Chondroitin Sulphate – As noted in research studies, this is a key ingredient for maintaining the structure of cartilage in the joints of our bodies, allowing nutrients and water to move in and out while inhibiting bad enzymes that break down cartilage. The combined efficacy of Glucosamine Sulphate and Chondroitin Sulphate is noted to help relieve joint discomfort at a faster rate, protect joints from natural degeneration and nourishes our joints to function for a longer duration.
- Calcium – Critical for building and maintaining healthy and strong bones. It also boosts collagen and tissue development for better physical dexterity, aids in relaxing the body and eases lethargy.
- Magnesium – Aids calcium absorption.
- Vitamin D – Aids calcium and magnesium absorption.
- Boron – This mineral improves calcium intake. It is essential that you consume boron only until complete recovery, unless you are over age 50.
- Phosphatidylcholine – This is a key ingredient that not only supplies the brain nutrient choline, it is needed to make acetylcholine, a vital neurotransmitter for memory, control of sensory input signals, and especially muscular control in muscles. It aids in the repair and improvement of flexibility of muscles.
- Zinc – Zinc is needed for protein synthesis and collagen formation. It also promotes a healthy immune system.
- Fatty acids - Omega-3 essential fatty acids and GLA fatty acids, both EPA and DHA, are needed for repair and flexibility of muscles.
- Multivitamins and minerals – To supply a balance of nutrients important in the formation and metabolism of bone and connective tissue. They are needed for healing too.
- Vitamin C and bioflavonoids – Essential for the formation of collagen and necessary for the repair of tissues.
- Avoid calcium inhibitors such as excess meat and protein, alcohol, tobacco, coffee, sugar, sweets and excess salt. Animal foods are acidic which puts undue strain on the kidneys. This can contribute to back pain.
- Avoid gravies, oils, fats, sugar and rich or highly processed foods.
- Consume barley, wheat grass, whole alfalfa, oatmeal, brown rice, wheat, rye, oat bran, rice bran or ground flaxseed, sprouts, legumes, algae, asparagus, onions, carrots and most other vegetables and fruits which provide nutrients for repair and maintenance of back pain. Cherries, hawthorn berries, blueberries and other dark red-blue berries are rich sources of flavonoid molecules, which enhance collagen matrix integrity.
- When the pain comes, drink two large glasses of pure water immediately. This often provides relief within a few minutes as back pain and muscle aches are often connected to dehydration. Water allows nutrients to travel to the major organs in the body, helps remove acidic wastes from building up in the muscles and other tissues and helps protect joints and organs. Water is also important for the spine and back.

# Exercise Tips

## To relieve back pain

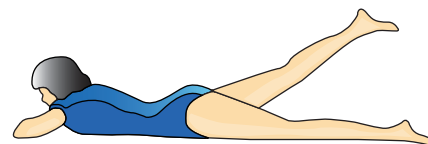
Here are some simple exercises for quick pain relief and for strengthening your back muscles. Perform these exercises as many times during the day as necessary. However, do not hold your breath and remember not to bounce or jerk. Stretch slowly with steady movements and count the durations of each exercise. The following exercise routines are not arranged in any special order.

### Press Up



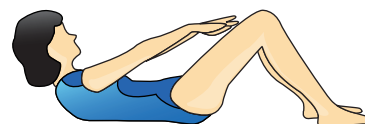
Lie on your stomach on a mat with your elbows bent and your hands on the mat by your shoulders. Press up slightly, straightening your arms. Raise your head to look straight ahead but keep it in line with your spine. Keep your pelvis in contact with the floor and do not tighten your lower back or arch your neck. The intent is not to do a pushup with a straight back. Hold for 10 seconds and return to the starting position. Repeat 5 to 10 times.

### Reverse Leg Raise



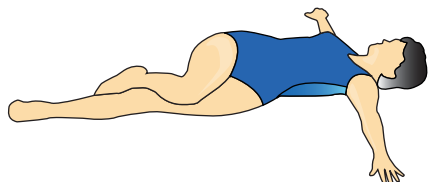
In a face-down position, put your hands under your chin, slowly lift one leg as high as you can and keep it straight. Hold for 5 seconds and repeat with the other leg. Repeat 10 to 15 times.

### Abdominal Crunch



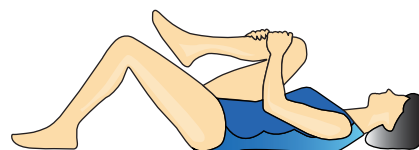
Lie flat on your back. Bend your knees and do abdominal crunches. Hold each crunch for several seconds. Continue until you feel a slight burning sensation in your abdominal muscles. Repeat 20 to 25 times.

### Lumbar Rotation



Lie flat on your back with your arms extended to the sides, forming a T with your body. Raise your right leg and slowly cross it over your body, trying to touch your knee to the floor on the opposite side. Do not over exert and only go as far as is comfortable for you. Try to keep your shoulders flat against the floor. Hold for 10 seconds and return to the starting position and repeat with the other leg. Repeat this 10 times with each leg.

### Knee Lift



Lie on your back with both knees bent with feet flat on the floor. Use your hands to pull one knee to your chest. Hold for 10 seconds and return to the starting position. Repeat with the other leg. Repeat 10 times for each leg.

Continued from page 10.



### Dr. Doreen's Recommendations For Treating Back Pain:

Health Supplements	Morning	Night
Joint Comfort	2	2
Liqui Cal/Mag	1	1
One-Plus-A-Day	1	
PhosChol 565	1	
Chewable Vitamin C	1	1

### Dr. Doreen's Recommendations For Maintaining Healthy Back Muscles & Bones:

Health Supplements	Morning	Night
Joint Comfort		2
Liqui Cal/Mag		1
One-Plus-A-Day	1	
PhosChol 565	1	
Chewable Vitamin C		1

## Recipe for Health

Add pear to the fritillaria bulb soup to enhance the sweetness of the brew. Pear is also said to help lower cholesterol levels and aid bowel movements.



### Pear with Fritillaria Bulb Soup

Cooking Time: 30 min • Serves: 3-4 people

#### Ingredients

- 3 pears
- 40g of fritillaria bulb
- 6 figs
- 120g of rock sugar

#### Directions

1. Wash the pears, remove the stem and cut them into large pieces.
2. Wash the figs and fritillaria bulb and leave them to dry.
3. Boil 2000cc of water and add in all the ingredients. Boil for 30 minutes over a low fire.
4. Dissolve the rock sugar in the soup and serve.

**Tip!** To minimize weight gain and reduce sugar intake, increase the amount of figs in place of the rock sugar.

## DR's Secret SuperStar Semifinals

9 June 2007

The inaugural DR's Secret SuperStar held in Singapore has drawn much buzz and excitement during the last couple of months. Loyal supporters of DR's Secret eagerly signed up as contestants. After much rigorous selection, 27 contestants emerged as semifinalists competing on 9 June 2007 for a place in the grand finals.

That night, the host's hilarious antics ignited the audience's sense of enthusiasm. Everyone in the room was held spellbound by the amazing transformation enjoyed by each of the semifinalists after using DR's Secret. All the contestants looked radiant and many of them appeared more youthful than their actual age. Several of them even catwalked with the confidence of top supermodels!

Guest judges for the night included Dr. Dora Hoan, Dr. Doreen Tan, Ms. Audrey Koh and two other local celebrity models. Their scores were combined with the public's votes before the 10 finalists were finally unveiled. They will meet again on 29 July 2007 to vie for the top spot in the grand finals of DR's Secret SuperStar.



1. Don't you want to personally experience the benefits of DR's Secret?
2. The audience was fully absorbed by the events unfolding on stage.
3. The 27 semifinalists step out in their best finery.
4. Bernard Yeo proclaims, "Because of my youthful looking skin, I was mistaken as my son's older brother!"
5. Candy Ng shares on how DR's Secret improved her outer appearance and inner confidence.
6. Time for games: "Scissors, Paper, Stone!"

# Grand Finals of DR's Secret SuperStar 07

29 July 2007

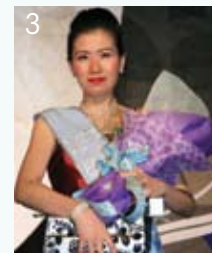


10 beautiful finalists competed on 29 July 2007 at Swissotel The Stamford for the grand title of DR's Secret SuperStar. Judged on the extent of their beauty transformation, confidence, poise, catwalk, image and popularity, the top 3 winners were finally unveiled!

Ms Khoo Bee Lian, 29, was crowned DR's Secret SuperStar 07, Ms Chin Fui Lin, 45, took home the 1st runner up prize and 2nd runner up position went to Ms Goh Hui Ching, 28. The winners walked away with S\$5000, S\$3000 and S\$2000 cash prizes respectively and a DR's Secret hamper each. A Hot Favourite subsidiary award was also given to Ms Joyce Tan, 33, based on popular vote.

Top sales awards were also presented to bwL distributors who achieved the highest sales volume for Avance Health Supplements, DR's Secret, and ÜberAir Space.

In addition, adding to the night's excitement was a host of attractive table and individual lucky draws, games, pyrotechnic displays, entertainment showcase and sharings by regional bwL distributors who have established wide business networks with the help of DR's Secret.

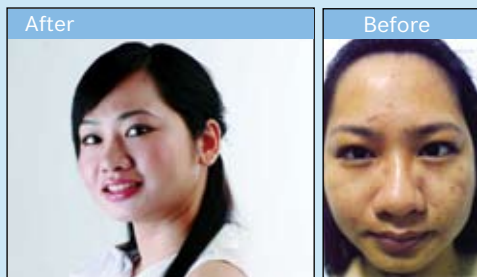


1. The lovely top ten finalists.
2. DR's Secret SuperStar 2007, Ms Khoo Bee Lian, parades down the runway with the easy confidence of a true winner.
3. Say goodbye to sensitive skin! Ms Goh Hui Ching experienced a huge beauty transformation to emerge as 2nd runner up.
4. The overjoyed 1st runner up, Ms Chin Fui Lin.
5. Hot Favourite winner, Ms Joyce Tan, received the highest number of votes from those in attendance.



- 6. Make a wish! It's Dr's Secret's 7th anniversary!
- 7. Mr Huang and ÜberAir Space Top Sales Award winners.
- 8. Senior Country Manager, Singapore and Indonesia, Mr Jerry Lu, was on hand to present prizes to the DR's Secret Top Sales Award winners.
- 9. Avance Top Sales Award winner and representatives with bwL Executive Director, Mr Huang Ban Chin.

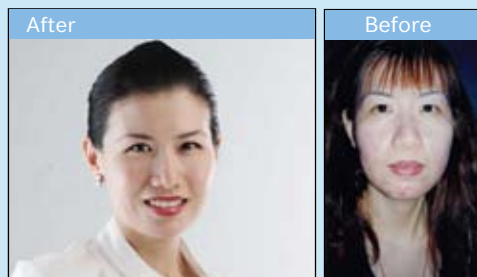
## Up close with the winners



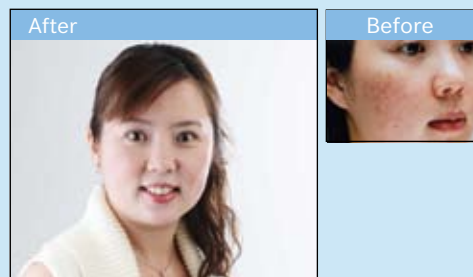
**Khoos Bee Lian, 29 *Winner!***  
**Previous skin problems: White heads, pimples**  
 "I'm ecstatic to be named champion and deeply grateful for DR's Secret. In the past, my skin was full of whiteheads and pimples. But after using DR's Secret, the pimples are greatly reduced. I'm thrilled to be able to stand confidently before all at this event to share my experiences."



**Chin Fui Lin, 45 *1st runner up!***  
**Previous skin problems: Skin damage caused by cosmetic chemicals**  
 "I suffered very bad skin damage from using too many different cosmetic products. But since using DR's Secret, my skin has healed so well, I stick to the product faithfully. I trust it very much and hope to recommend it to others."



**Goh Hui Ching, 28 *2nd runner up!***  
**Previous skin problems: Sensitive skin, whiteheads & large skin pores**  
 "I used to have very sensitive skin and large skin pores. But since I began using DR's Secret, my skin has become more nourished. My skin is no longer as sensitive and is now milky smooth."



**Joyce Tan, 33 *Hot Favourite!***  
**Previous skin problems: Pimples & pimple scars**  
 "I saw visible improvements to my skin after a few months of using DR's Secret. My skin pores have become smaller and my skin is now soft and smooth. Even without wearing makeup, I am full of self-confidence!"

## Opening of Best Wellness Centre

10 June 2007

Yet another bwL authorized Lifestyle Centre, known as Best Wellness Centre, was opened in Melaka on 10 June 2007. The owner of Best Wellness Centre, Mr. Yang Kok Pin, is a young and dynamic Silver Director who would certainly become an iconic figure in bwL, helping to draw more of the younger generation with big dreams and ideals to join the company. bwL caters to people of all ages. The opening of Best Wellness Centre further testifies to the fact that the younger set can also achieve remarkable success in bwL.



1. A grand ribbon cutting ceremony to inaugurate the opening and to usher in good luck for the coming years.
2. A hearty thumbs up for the success we have achieved and for the success yet to come!

## Volunteer Outreach

22 July 2007

bwL Hong Kong's volunteer team conducted its first outreach visit in collaboration with the Richmond Fellowship of Hong Kong on 22 July 2007. The families visited were of diverse backgrounds, including the elderly, patients rehabilitating from mental problems and single-parent families. The volunteers were divided into two teams, with each team visiting two families.

One of the families visited were elderly immigrants from Fuzhou who could not speak the local Cantonese dialect. Fortunately, one of the members of bwL's Volunteer Team was also from Fuzhou, and thus helped bridge the communication gap. bwL also had two young volunteers in the team, who happily played with the underprivileged child and heartily introduced gifts within the "Caring Bag" presented to the families.

It is hoped that bwL's volunteer team could inspire more people to lend a helping hand to the underprivileged. Together, let's foster a harmonious community, a core value of bwL's.



1. Plenty of lessons to learn from the elderly folks from Fuzhou.
2. What's in the "Caring Bag"? Food, stationery, daily necessities... and a lot of heart.
3. Mental workout: piecing the jigsaw together as a team.

# Silver & Gold Director Promotions

2 April 2007 to 1 July 2007

## GOLD DIRECTORS



Wardiyatun Ridwan  
1.4.2007

"With good nature as our foundation, we build and develop bwL."

"Kita membangun dan mengembangkan bisnis bwL dengan lingkungan yang sehat sebagai fondasi."



Muktiarti Saleh  
1.4.2007

"Share your happiness with others and it will be multiplied."

"Berbagi kebahagiaan dengan orang lain dan kebahagiaan tersebut akan berlipat ganda dengan sendirinya."



Rosna Delhi  
1.4.2007

"Believe, Be Confident and Focus. Believe in the products' excellence, be confident about the network's strength and focus on implementing the business."

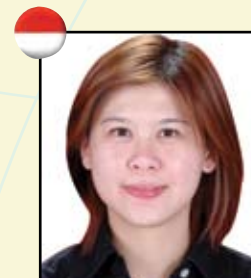
"Percaya, Yakin dan Fokus. Percaya dengan keunggulan produk, yakin dengan jaringan yang kuat dan fokus dalam menjalankan bisnis."



Felix Tenggara Wikarta  
1.5.2007

"Learn from yesterday, live for today, dream for tomorrow."

"Belajar dari kemarin, jalani hidup hari ini, kejar mimpi di hari esok."



Henny Sukmawati  
1.6.2007

"Success comes to those who do their best to make their dreams a reality."

Sukses ada pada orang yang memberikan usaha terbaiknya dalam menjadikan mimpinya sebagai kenyataan."

## SILVER DIRECTORS



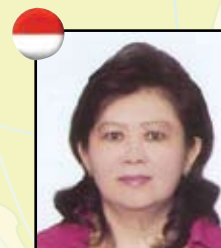
Ir. Daifi  
1 April 2007



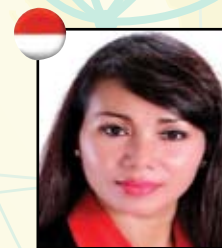
Lim Wie Wie Yusuf  
1 April 2007



A Wulan Sari Okti Utari  
1 April 2007



Fransisca Sri  
1 April 2007



Sugihartini  
1 April 2007

## SILVER DIRECTORS



Eni  
1 May 2007



Oscar Tenggara  
1 May 2007



Zakiah Faried Abdullah  
1 May 2007



Ratna Indra Margono  
1 May 2007



Fenny Budi Wardana  
1 May 2007



Sri Rejeki  
1 May 2007



Zulfikar  
1 June 2007



Mega Tarbiyana  
1 June 2007



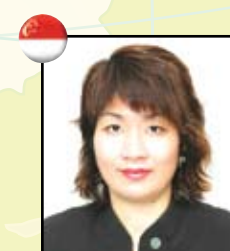
E Widiati  
1 June 2007



Lilis Suriani Ronju  
1 June 2007



Hoang Thi My Ngoc  
1 May 2007



Martina Tay Ling Wei  
1 June 2007



Lorwene G Lusanta  
1 June 2007



1 June 2007



Low Wai Fong  
1 July 2007



Alan Bong Kok Keong  
1 July 2007

Tjhin Khoiek Fah  
1.6.2007



Singapore



Malaysia



Indonesia



Philippines



Vietnam



Taiwan