

Spring 2007

rhapsody

An exclusive newsletter for **bwL**

Ibu Inne
The road less travelled

ÜberAir Ride
Bring Nature into Your Car!

Dr. Dora's Realm
Of Thoughts

Holistic Living
with Dr. Doreen

Nutri-facts
PhosChol® 565



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Dear Best Worlders,

A new chapter begins with the arrival of 2007. Are you now recharged and ready to take on fresh opportunities and challenges this year? We invite you to make a date with success at bwL! 2007 promises to be an exciting year ahead as we have lined up a superb series of programmes, including new store openings, training workshops and promotional events that are definitely not to be missed.

bwL celebrated the official grand opening of our Taiwan Regional Centre and Hong Kong Regional Centre on 25 November 2006 and 8 January 2007 respectively. The highly anticipated openings were a resounding success as large crowds flocked to our openings to show their support. We appreciate the encouraging response and your overwhelming vote of confidence in bwL's continued growth. We look forward to you attending our Annual International Convention, "A Date with Success", at Genting Highlands Kuala Lumpur, Malaysia on 5 May 2007!

We have enjoyed fantastic growth for the last 6 years and we are optimistic bwL will continue to experience steady growth in every new market we enter. The company will continue to locate markets with high growth potential and maximize our capabilities through continued expansion.

bwL's constant rollout of new products fulfils the needs of the market and propels us towards new levels of success. Hence, we are proud to announce the launch of the groundbreaking UberAir Ride in line with our promise to introduce products that promote holistic healthy living. UberAir Ride produces an impressive 2 million cluster negative ions/cc; it is ozone-free; and minimal maintenance is needed. This highly beneficial product newly added to our Lifestyle Harmony range promises to boost both distributors' physical health and financial health.

Speaking of physical health, we are sure most of us consume bwL health supplements on a regular basis and have gleaned numerous wonderful benefits. The good news is that even more people can now gain from our excellent range. The Islamic Food and Nutrition Council of America recently accorded our health supplements with Halal-food certification. In other words, the Muslim community can now benefit from our health food with full assurance that our ingredients and production methods accord with Islamic standards. In addition, we are now poised to fully tap on the large Muslim market!

It is always a pleasure to receive recognition from our industry peers. bwL is proud to obtain the 2006 Top 10 Direct Selling Brands in Great Credibility in Asia-Pacific Region and the 2006 Top 10 Influential Systems in Asia-Pacific Region at the recent Third Global System Leader Summit & First Asia-Pacific Regional Forum of Genuine Direct Selling. Our branding efforts and unique 663 system were once again judged as effective, meaningful and well designed. But, rather than rest on our laurels, we hope the two awards will serve to encourage everyone at bwL to constantly press onwards in our path to success!

Cheers to a year of unlimited success!




Dr. Dora Hoarf, Founder


Dr. Doreen Tan, Founder



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Meiyanne Saad

The woman who dared to take the road less travelled.

Fearlessly treading the road less travelled, Meiyanne Saad is wife, mother, daughter, student and entrepreneur all at one time.

Affectionately known as Inne, she has been kicking up a storm in the financial industry as a professional for a good 12 years prior to becoming an entrepreneur with bwL. In a bid to recharge her intellectual ability, she left in pursuit of a Ph.D in Financial Management, embarked on the bwL business and has never looked back since. Since then, Inne's life has been a never-ending learning experience filled with excitement, intellectual stimulation and fulfillment.

In a short span of 2 years, Inne has climbed up the ranks achieving the highest status in bwL – bwL's Platinum Director (PD). On the source of her success, Inne summed it up as having a mix of "Perseverance, strong-mindedness, open-mindedness, positivism, versatility, high level of tolerance and integrity." Her tip for success to aspiring entrepreneurs is to "Work hard, set realistic goals, be open to new challenges and to remain positive at all times."

"When you become a better person, you will bring it to all areas of your life." True to her own words, Inne is an advocate of 'human investment'. She never skips any bwL trainings and urge her members to do the same. She has also acted as a participant and facilitator for bwL's popular 'Attitude' trainings and benefited immensely.

Her growing membership across the region has also placed a huge responsibility on her shoulders. A great life juggler, the demands of entrepreneurship in bwL inevitably led her to re-prioritize her life. The newly promoted Platinum Director's objective is to achieve a harmonious balance in all aspects of her life – family, business and studies.

Her family, members and friends are her greatest motivating factors. Whenever Inne is not tied up with work, she will dedicate her weekends and weekday dinners for her family. She also travels at least four times a year with her family. By this year, Inne would like to create a fourth Gold Director line and assist one of her GDs to PD status. Now that she has attained PD status, Inne's next top priority is to complete her Ph.D within this year, reserving a minimum of 8 hours to studies every week.

Inne's belief has led her to where she is today - A belief that gave her strength to continue even when the road was rough and achieve the challenges that she has set. Here's to a woman who dared to take the road less travelled – **Meiyanne Saad.**



Ibu Inne with her loving husband, Hari Susanto and sons, Hannif, age 6 and Haikal, age 3 1/2 on a trip to Canada.



ÜberAir Ride – Bring nature into your car!

How confident are you about the quality of your car cabin air?

We travel hours in our vehicles daily and inevitably breathe in the recycled air-conditioned air within the cabin. The air in our vehicles may smell fresh from the air-conditioner. But is it really?

Even when you only drive with the air-conditioner switched on, you will nevertheless be forced to breathe outside air tainted with exhaust fumes, dust and soot particles, many of which may pose a serious hazard to your health. At the same time, microorganisms and bacteria grow easily in vehicles, causing the accumulation of odour, dust, smoke and other harmful stimulants.

But how often do we clean our car? And how clean is clean? Continuous exposure to recycled cabin air may lead to feelings of uneasiness, irritability, loss of concentration and even headaches. These symptoms may even lead to ill health (including poor blood circulation and allergies), road rage, and even accidents.

Introducing ÜberAir Ride – bwL's negative ionizer for the car.

The therapeutic effects of negative ions have been proven and widely recognized. The negative ions emitted by ÜberAir Ride can effectively remove pollution from the road that enters your vehicle, allergens as well as 'freshen up' the air in the car.

Why ÜberAir Ride ?

- Emits over 2 million cluster negative ions/cc* within a distance of 35cm.
- Absolutely ozone-free†.
- Negative ions ensure smooth blood circulation.
- Negative ions supply fresh air to the brain enhancing concentration.
- Essence cartridges contain 100% all-natural aromatherapy essence. Essences are made from plant extracts with no artificial fragrance.
- Aromatherapy combined with negative ions neutralizes air pollution in the car, thereby relieving physical fatigue and headaches.
- Minimal maintenance required.

What is Aromatherapy?

Aromatherapy is derived from the ancient practice of using natural plant essences to promote health and well-being. It consists of the use of pure essential oils obtained from a wide assortment of plants, which have been steam distilled or cold-pressed from flowers, fruit, bark and roots.

The use of aromatherapy essence in ÜberAir Ride aims to act on the central nervous system, relieving depression and anxiety, reducing stress, relaxing, uplifting, sedating or stimulating, thereby restoring both physical and emotional well-being.



*Certified by Korea for Infrared Association (KIFA).

†Certified by Korea Testing & Research Institute for Chemical Industry (KOTRIC).

We put **ÜberAir Ride** to the test!



1 Place ÜberAir Ride in a box and pump cigarette smoke into the box.



2 The entire container is filled with cigarette smoke.



3 Within a short span of a few minutes, the smoke is dissipated with the help of ÜberAir Ride.

ÜberAir Ride effectively dissipates polluted air and neutralizes them into clean air that is not health threatening within a short period of time.

ÜberAir Ride **Essence Cartridge-**

The ÜberAir Ride comes with 2 choice essence cartridges – 'Relax' and 'Refresh', aimed at both the driver and passenger.

Relax is a combination of **Lavender, Chamomile, Bergamot.**
Refresh is a combination of **Lemongrass, Geranium, Lavender.**

Lavender essential oil, well known for being a great stress reliever, balances the central nervous system, soothes the spirit, relieves anger, tension and hyperactivity.

Chamomile essential oil, though mild, has proven its effectiveness in relaxing, soothing and calming the nerves without being a sedative.

Bergamot essential oil is refreshing, uplifting and antiseptic. Expressed from the peel of the fruit orange, Bergamot oil has a delightful citrus aroma that is uplifting to the emotions.

Lemongrass essential oil is an antiseptic that can be used in many different ways. Lemongrass essential oil also makes a wonderful air freshener. It purifies and cleans the air and is also a natural insect repellent. Not only that, it's been known to uplift your spirits, is stimulating, energizing and great for overcoming jet lag.

Geranium essential oil, with a fragrance closest to the rose, has the ability to lift you from depression.

Who can ÜberAir Ride benefit?

- All drivers, especially those who need to stay in their vehicle for long periods of time. Eg. Taxi Drivers, chauffeurs and delivery men.
- People who travel in their vehicles on long journeys.
- Those who are stuck in traffic jams.

With ÜberAir Ride in your vehicle, you and your passengers will always enjoy a pleasant ride wherever you go. Get your very own ÜberAir Ride today and bring nature into your car!

New Year, New Beauty Resolutions

It's a new year once again! Time to set those new year resolutions? Or do I hear you say that it's silly to set resolutions you have no intention to keep? If that is the case, may we suggest sticking to beauty resolutions this year. A pretty face may be marred by a wrinkly neck, pimply back or nails with fungal infection. By abiding to beauty resolutions, you will pat yourself on your back in time to come!

Here are 10 beauty resolutions everyone should adopt as a daily routine:

1

Beauty Resolution

I will clean my hands before using facial cleanser.

Most people do not realize this necessary step before we cleanse our face. How clean would our face be when our hands are not clean in the first place? Do yourself a favour, wash your face only after you have washed your hands with handwash.




2

Beauty Resolution

I will moisturize my neck and eye areas.

The neck and eye areas are two areas which are frequently neglected. Ever saw a beautiful, well-maintained face with hard and ugly lines around the neck and eye areas? Whenever you give tender loving care to your face, take note of the neck and eye areas as well. As the skin around the eye area is very thin, it is important to use gentle strokes. Use DR's Secret Q10 Clear Eye Mask weekly to improve eye bags, dark circles and fine lines. Whenever you are applying DR's Secret #6 Moisturizer to your face, continue all the way to your collar bone.



3

Beauty Resolution

I will take good care of my teeth.

Using anti-tartar toothpastes and mouthwashes, as well as spending extra time brushing the teeth near the salivary glands (the inside of the lower front teeth and the outside of the upper back teeth), may slow the development of new tartar. Dentica, a Medical Liquid Toothpaste, is ideal as an alternative to brushing your teeth. Be it at work, camping or situations where water supply is not in abundance, Dentica will rid your teeth of bacteria, tartar and even bad breath. Use it before brushing or on its own. We only have 1 set of teeth - It pays to take good care of them.



4

Beauty Resolution

I will use mask treatments once a week for both my face and hair.

For that radiant complexion, the DR's Secret Q10 Clear Mask is an effective compliment to the DR's Secret range #1 - #5. It helps to replenish collagen, minimize pores as well as reduce melanin production. Applying hot oil treatment or hair mask once a week will give you a head-turning shine. Your weekly routine will show on your glowing face and lustrous locks!



5

Beauty Resolution

I will scrub my back.

Another easily neglected part of the body is the back. Pimply backs immediately cancel out a lot of fashion's must-haves; eg. halter necks, bare are back tops and even tank tops. Scrub your back regularly to achieve a smooth and sexy back. Apply DRS Pimple Clear Serum on pimply spots and see them clear up in no time!



6

Beauty Resolution

I will take care of my nails!

Your nails are not only a dead giveaway on how much you take care of yourself, but also an indication towards your health. Take Liqui Cal/Mag, Black Currant Seed Oil, Borage Seed Oil, Natural Chewable Zinc to ensure strong and healthy nails. Pamper your nails with manicure and pedicure sessions at least once a month.




7

Beauty Resolution

I will apply sunscreen even on cloudy days.

It's common for us to protect our face. Our body also needs all the protection it can get. Apply SPF of at least 15 before stepping out of the house. DR's Secret #5 Sunscreen with SPF 25 offers good coverage, allowing you to be protected under the sun's harmful rays. Remember to reapply especially when you sweat or swim. Be sure to cover often-missed spots: eyes, neck, hands and feet.



8

Beauty Resolution

I will take care of my diet.

You are what you eat. A diet rich in trans-fats and deep, fried foods are bad not only for your health but your complexion as well. Take antioxidant-rich foods, for example, fruits and vegetables in rich and dark colours like strawberries, blueberries, broccoli and spinach. You may also supplement your diet with our Super One A Day, a multi-vitamin and multi-mineral formula that packs all your essential nutrient needs into one convenient tablet.

9

Beauty Resolution

I will scrub & moisturize my hands & feet.

Your face may belie your age with good personal grooming. However, your hands and feet are usually tell-tale signs of your age or how well you groom yourself. Before you sleep, make it a practice to moisturize your hands and feet with our DRS Intensive Treatment Cream and wear socks and gloves to sleep to lock in the moisture.



10

Beauty Resolution

I will not leave any traces of make-up when I sleep.

Whoever says make-up clogs up the pores must be oblivious to the vast improvement in research and technology over the years. Our C'Bon range is non-comedogenic and is gentle on the skin. C'Bon's micro-porous powder is incredibly moisturizing to the skin, leaving it ultra smooth and supple, allowing your skin to breathe all day long. It also comes with UV ray protection. Having said so, no matter how fine the quality of your make-up, it makes perfect sense to totally cleanse your face of make-up before you sleep.



There is a saying, "There are no ugly people, only lazy ones." How true. Abide by the above 10 Beauty Resolutions and enjoy the fruits of your labour in the future!

Look out for the new DR's Secret VCD! For more information on the DR's Secret range, log on to www.mybwl.com.

Do physical exertions easily tire your mind and body, leading to a general sense of lethargy and a lack of attentiveness? Are you suffering from poor liver health or high cholesterol? Do you desire better memory recall and a boost to your mental prowess? An increased intake of Phosphatidylcholine (PC) is a possible solution for you!

To get pure, unadulterated PC goodness, look no further than bwl's highly popular PhosChol 565. Containing 100% pure PC, PhosChol 565 is a critical dietary supplement for a healthier you!

What is Phosphatidylcholine (PC)?

PC provides us with immense benefits as it is a key supplier of choline, a vitamin-like nutrient with numerous important functions. Chief among choline's functions is its construction of the nerve cells, acetylcholine. Acetylcholine regulates memory recall and retention, aids concentration levels and helps to lengthen one's attention span. According to **The Optimum Nutrition Bible**, a lack of acetylcholine will in turn result in poor memory, lethargy and a dry mouth.



bwl uses cutting-edge technology to extract the best nutritional benefits of PC. Observe the nutritional value chain illustrated in Graph 1 showing the extraction process to yield 100% genuine PC goodness. Few other commercially available Lecithin, on the other hand, extract beyond the third tier.

Introducing PhosChol[®] 565

Premium Brain Food with 100% Pure Phosphatidylcholine

Choline is also a constituent of cell membranes, functioning to maintain cellular structure and regulating the exchange of nutrients that pass in and out of each cell. In other words, it helps filter waste products and other materials, emulsifies fats to regulate cholesterol levels and aids in the removal of unwanted cholesterol from the bloodstream. The body is then rid of the harmful effects of toxins and other environmental pollutants.

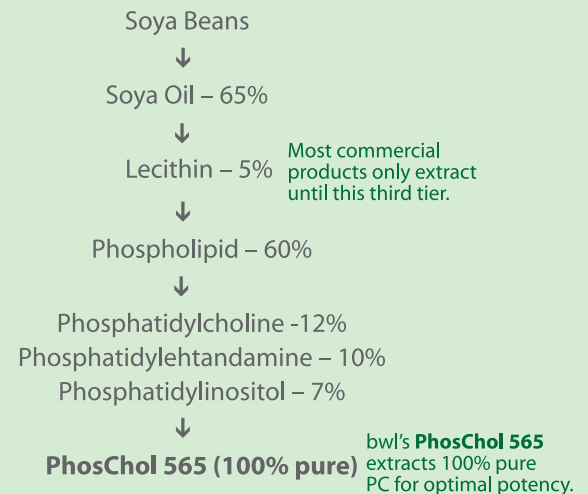
Why supplement with PC?

PC is the best source of choline. Although healthy people do naturally produce choline in their bodies, it is often not at sufficient levels for sustenance of good health. Dietary supplements of choline are therefore needed.

Why bwl's PhosChol 565?

Most of the commercially available Phosphatidylcholine (PC) is referred to as Lecithin, which usually contains only 20% PC*. bwl's PhosChol 565, on the other hand, contains purely 100% concentration of PC, giving you PC's total benefits in every capsule.

What is 100% Pure Phosphatidylcholine?



Graph1

Benefits of bwL's PhosChol® 565

Regular intake of PC can help you in the following areas:

- Improve your memory and concentration (US patent number: 4221784)
- Maintain liver health through the proper removal of toxins from your body (US patent number: 5284835)
- Reduce fatigue (US patent number: 4626527)
- Improve sensory abilities, particularly smell and taste (US patent number: 5001117)

What do PhosChol 565's patent numbers signify?

bwL's PhosChol 565 has been awarded several patents, giving further proof of the product's efficacy.

US patent number: 5284835

- PhosChol 565 is effective in helping users enjoy quicker recoveries and quicker normalization of liver functions, increasing cellular membrane fluidity and repairing liver cell membranes.

US patent number: 4221784

- PhosChol 565 can help alleviate manic-depressive diseases, memory impairment and tardive dyskinesia.

US patent number: 4626527

- PhosChol 565 helps with muscular performance. After physical activity, choline in brain cells and muscles quickly depletes. PhosChol 565 decreases feelings of fatigue by increasing acetylcholine levels in the brain and other tissues.

US patent number: 5001117



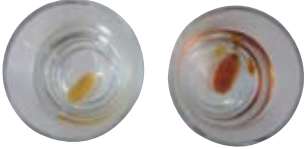

- PhosChol 565 helps restore sense of smell and taste.

bwL's PhosChol 565 vs alternative sources of PC

PC can be found in egg yolks, liver and soya beans. However, the former two are high in cholesterol as well as protein. PhosChol 565 does not contain any plant oil or protein. Individuals suffer from joint aches can consume the supplement to gain the benefits of PC without worry.

bwL's PhosChol 565 vs commonly available Lecithin

We put PhosChol 565 to the test! After dissolving PhosChol 565 and a commercially available Lecithin in two separate glasses of hot water, we witness two vastly different results!

PHOSCHOL 565	UNPURE LECITHIN
 <ul style="list-style-type: none"> - Melts entirely - Liquid looks opaque white - No clumpy solids - Smells like soya milk 	 <ul style="list-style-type: none"> - Does not melt entirely - Dark brown oil globules float on the surface of the water - Thick and clumpy - Smells slightly fishy
 <p>PhosChol 565 Unpure Lecithin Seconds after being placed in warm water</p>	
 <p>PhosChol 565 Unpure Lecithin PhosChol 565 dissolves completely unlike unpure Lecithin.</p>	

Only truly pure PC can emulsify completely in water. As such, simply by dissolving the capsule in water, patients with feeding problems are likewise able to consume the goodness of PhosChol 565.

Who would benefit from PC?

Individuals who would benefit from PC include those with nerve problems, liver problems like Hepatitis A, B and C, cirrhosis, depression, migraine, eye sight problems, cholesterol problems and body aches, among others. PC is also very helpful for children and adults with Attention Deficit Hyperactivity Disorder (ADHD).

In addition, elderly people, children, pregnant women and highly stressed white-collared workers, students, athletes stand to gain from its multiple benefits.

Recommended Consumption Methods:

Take 1 to 2 softgels after meals. PhosChol 565 may also be taken before medication to help protect the liver from possible side effects of medication.

Tip! PC is often sold in the form of capsule, granule or powder. When purchasing PC, do check the label to ensure that the product contains at least 30% concentration of PC in order for the product to exert its benefits.

Holistic Living with Dr. Doreen Management of Health using Holistic Treatment

bwL's range of premium health supplements is built on the philosophy of holistic treatment. You may have heard Dr. Doreen advocate "holistic treatment" during her many lectures. But what is holistic treatment, you may ask? Here's help. This is the beginning of a series of articles to shed some light on Dr. Doreen's health philosophy.

What is Holistic Treatment?

Holistic treatment assists and cooperates with the body's healing forces by using natural healing methods. It also assists in the cleansing and eliminating processes of the body since no drug is competent in the restoration of cell normality, achieved by establishing normal biochemistry in the body with the aid of nature.

Holistic treatment is also an approach to wellness that divests itself from commercially promoted drugs and products. It is a method of treating symptoms by determining the underlying cause rather than by addressing individual symptoms.

Holistic treatment seeks to build a healthy mind, body and spirit. It increases the vitality of the patients so that he or she can throw off disease by means of his or her own self-healing mechanisms.

Homeostasis = Optimum Health

Homeostasis is a state whereby the body is functioning optimally and is maintained by the body's self-regulating, self-healing, self-repairing ability. However, for these to function well, the diet must be balanced. Otherwise, it will fail to supply the host of essential nutrients like enzymes and antioxidants, necessary for these functions, and for the protection of the body against free radicals and waste.

When homeostasis is disturbed, disease results within individual cells which in turn, make up specific tissues and organs. When a cell's normal regulating and communication processes are altered, the disease process begins.

Ill-health is thus, considered to be a failure of the body's organizing force to maintain normal chemical and physical reactions. The body's controlling force fails only when we deviate from living by the laws of nature, and micro-organisms invade when the body's defenses are weak. Hence, an unhealthy body allows normal internal micro-organisms to evolve into a toxic form, while providing external microbes with the toxic conditions that are required in breeding and multiplying.

Signs and symptoms of diseases are a result of the body's self-healing attempts that require careful management by strengthening the health of the person, rather than suppression through drugs.

Holistic treatment employs the healing powers of nature involving only therapies which support self-healing. It also recognizes that intervention is sometimes necessary and in doing so, avoids interfering with the self-regulating process. Hence, carefully selected natural treatments like dietary changes, vitamins, amino acids, herbs, homeopathy, acupuncture, hydrotherapy are used.

Even when using these types of treatment, the person is always considered as a whole and not as a disease because ill health results from the various organs being in a state of disorder. Treatment based on this can result in seemingly unrelated conditions being cured at the same time using a single remedy.



Dr. Doreen Tan

Holistic treatment always aims at building the health of the individual and removing the cause of disease at the same time as restoring normal body activity. It treats causes, not symptoms, as that is the only way to restore vibrant health. In addition, the herbs may

be used concurrently to strengthen the immune system and support detoxifying organs. The end result is an improved circulation, elimination of toxic waste and replacement of nutritional deficiencies. Living by the laws of nature involves living

in a manner where optimum health of the organs is maintained. These include a clean environment both externally and internally.

Tips on Achieving Optimum Health ~by Dr. Doreen

- ✓ Breathe in healthy air
- ✓ Drink clean water (To calculate the adequate amount of water needed daily, take your body weight multiply by 30ml.)
- ✓ Consume healthy food
- ✓ Pay attention to the body's elimination channels
- ✓ Be exposed to adequate amounts of sunshine (5 – 10 minutes of morning sun before 10am will increase vitamin D in the body, helping to retain calcium in the bones)
- ✓ Live in a temperature zone for which the body was designed – avoid extreme temperatures for individuals with weak immune system
- ✓ Enjoy adequate rest of about 7 – 7.5 hours of sleep daily
- ✓ Exercise via walking, yoga, tai qi, or qi gong, at least 5 times a week, each session lasting at least 30 minutes
- ✓ Pay heed to personal hygiene
- ✓ Eat whole foods with no additives, preferably organic in a pleasant environment and to the point of adequacy
- ✓ Adopt a healthy, balanced and relaxed state of mind, remaining positive, creative and constructive.

As explained by Dr. Doreen, achieving optimum health is no rocket science. Start the new year bearing these health tips in mind!

Dr. Dora's Realm of Thoughts

You are what you think... of yourself and others



Dr. Dora Hoan

If you don't believe you will succeed, you will definitely not succeed! This is because you will not expend any effort in working hard to achieve success. On the other hand, if you think well of yourself, you will definitely push yourself to become better and better to attain new levels of success.

Therefore, you are what you think you are!

Think well of yourself. Confidence is always the key to success.

A confident individual is more passionate, positive, optimistic and brave when faced with challenges, and unerring when overcoming difficulties.

On the contrary, individuals who lack confidence are often timid, pessimistic, depressed, overly-sensitive and sometimes despondent to the extent of giving up on themselves. When these individuals encounter problems, they invariably lose heart, fail to persevere to the end, surrendering to the challenge altogether.

I once read a book. The protagonist in the story was an extremely ordinary worker with a secondary school education. In one IQ test, he discovered he possessed an IQ higher than regular people. From that day on, he worked very hard to improve himself and eventually became a scholar and a highly successful individual.

Different degrees of confidence lead to different kinds of attitudes and behaviour, which in turn lead to different outcomes and destinies.

If a confident person is said to have a 50% shot at success, an individual lacking in confidence will surely have a 0% chance.

1 The first step to building confidence is to cultivate a right attitude and mindset.

2 The second step is working diligently to learn new skills and knowledge and improving on one's ability and efficiency.

3 The third step is to set goals regularly and taking massive action.

4 The fourth step is to constantly review, fine-tune and continually grow.

As a result, your confidence will be built up day by day.

Our bwL KASH training programme and 663 system are specially designed to build a confident and successful Best Worlder.

Having confidence is half the battle won. The remaining half depends on how you think of others.

Consider the following scenarios:

- i.** If you think your prospect will not purchase from you, this individual will never be your customer because you will not engage in sales talk with her.
- ii.** If you believe your prospect is likely to use DR's Secret, you will persuade and may finally convince the individual of DR's Secret's efficacy in helping her regain beautiful skin.
- iii.** If you view your prospect as a potential BM, you will inform her about the benefits of becoming one. As a result, you may motivate her into becoming a BM, or perhaps convince her to invest in a DR's Secret set for starters.
- iv.** If you think your prospect has the potential to become an SD, you will patiently follow up with her, explaining the wonderful benefits of joining the direct selling industry, the core capabilities of bwL, as well as the infinite potential for rewards. The individual may become moved by your words and strive towards the SD goal. Or perhaps, she may start at the BM level or try the products first.

In conclusion, if you think that another individual possesses lots of potential, eventually, the resulting outcome may create value for both of you. On the other hand, if you think poorly of another person, it does not add any value for either of you.

To take off on the path towards success, on top of hard work, ability and luck, of equal importance is the possession of the right attitude and mindset.

Dear Best Worlders, besides learning and working hard, remember that we must cultivate the right attitude, broaden our mindsets, expand our hearts, think well of ourselves and of others. This way, **there is nothing you cannot achieve!**



Hari Raya Celebration

18 November 2006

Our Malay group had the privilege of celebrating Hari Raya at Crown Prince Hotel amidst good food, great entertainment and a sumptuous buffet.



1. A.B.Shaik, host of the event (seated first from left) enjoying a delectable meal with our Malay group.
2. Fun & laughter all around.
3. Mesmerizing performances held the audience spellbound.



Welcome 2007 Grand Party

30 December 2006

2007 Grand Party where food, product seminars, lucky draws brought a smile to everyone's faces. Let's party!

4. "It's me? I won the first prize!"
5. Our top cash prize winner of \$1000, beaming with joy.
6. The Grand Prize winner showing off her product hamper.



Goh Boon Guek

Aini Binte Mohamed Arshad

Glamorous Night

24 September 2006

bwL Malaysia's "Glamorous Night" was a meaningful event with assorted programmes that reflect the larger-than-life character of our Malaysian distributors. Close to a thousand distributors from all over Malaysia thronged in to celebrate.

The night kicked off with the recognition of 2005's Top Three Lifestyle Centres and the Sales Consistency Award. These awards are unique features of bwL Malaysia. Award winners served to represent the pride and glory of all the local distributors.

DRs Seager Beauty Contest was another major highlight. The contest showcased DRs Seager's efficacy and its success in Malaysia. Finally, the Drama Show presented by bwL leaders was the night's most touching, amusing and meaningful segment. The well-coordinated show highlighted the leaders' sense of unity and team spirit. As the event drew to a close, memories of the night remained indelible in everyone's hearts.



1. Winners of the Top 3 Lifestyle Centre Sales Award pose with Ms. Cheah and Mr. Ho.
2. Dazzling stars of the night.
3. 2006's Ms DRs Seager is crowned!



103 Attitude

10-13 November 2006

4. A new crop of 103 graduates emerges in Kuala Lumpur.
5. The thrilled participants flank their trainer, Ms. Audrey Koh (fourth from left), on both sides.



205 Science of Leadership

4,16,18 November 2006



6. Kuala Lumpur participants shout out "Let's reach for the skies!"
7. The training room in Johor was filled to the brim.
8. Attendees in Kuching eagerly absorbed all Dr. Hoan said.

301 Business Planning

2-4 December 2006

New goals for the new year! Gold Directors from Singapore and Malaysia converged for an event-packed 3-day seminar in Kuala Lumpur, Malaysia from 2-4 December 2006.

The top leaders had a blast catching up with one another while determining their goals, sales targets and business plans for the coming year.



1. Dr. Hoan holds court as mentor, trainer and friend.
2. Stretch your arms and then stretch your minds.
3. Outdoor fun for all!
4. Clearing obstacles through perfect teamwork.

3rd Global System Leader Summit & 1st APAC Regional Forum of Genuine Direct Selling

29-30 November 2006

Over a thousand direct selling experts came from all over Asia for the Third Global System Leader Summit & First Asia-Pacific Regional Forum of Genuine Direct Selling held in Malaysia. bwL was lauded with the title "2006 Top 10 Direct Selling Brands in

Great Credibility in Asia-Pacific Region" and its 663 system was named "2006 Top 10 Influential Systems in Asia-Pacific Region". Bravo to everyone who helped make this happen!



5. Platinum Directors, Elin and Maggie, are honoured for their marvellous work in the direct selling business.
6. Another feather in their caps: Dr. Hoan and Dr. Tan are once again recognized for their contributions to the direct selling industry.

Grand Opening of Taiwan Regional Centre



25 November 2006

bwL's Taiwan Regional Centre was officially opened in the presence of bwL founders, Directors, VIPs, bwL members, staff and over 200 guests at the auspicious time of 3.33pm sharp on 25 November 2006. A flurry of enriching and fun-filled activities ensued for 3 days. On Day 1 of the celebrations, Dr. Doreen Tan unveiled the mysteries of DR's Secret at the "Everlasting Youthfulness" seminar. On Day 2 (the day of the official opening), spirits soared to a high as guests from all over the country arrived in droves to show their support.

That day, Dr. Hoan's seminar on "bwL's Blue Ocean Strategy" left no seats empty. The massive turnout helped create an atmosphere of excitement that spilled over to Day 3. Day 3 saw Executive Director Mr. Banchin Huang moving the crowd with his lively presentation on "Good health begins with the first breath of air!" bwL's foray into the Taiwanese market certainly marks yet another step towards realizing our dream of global reach!



1. Everyone reaches forward for a share of 'Best World'.
2. Top Taiwanese distributors receive a plaque of recognition for their outstanding performance.
3. Lucky coincidence: Many in the audience were attired in bright and auspicious colours of red and pink.
4. bwL bigwigs give their big thumbs up!

Hong Kong Regional Centre Officially Opens



8 January 2007

On 8 January 2007, at 2:08pm, bwL's Hong Kong Regional Centre celebrated its official opening in the presence of officiating VIP, Invest Hong Kong's Associate Director-General, Mr. Simon Galpin. The office and hallway were packed with distributors not only from Hong Kong but also from Singapore and Malaysia. Everyone in attendance took the opportunity to share with one another their

invaluable knowledge and experience in direct selling and sponsoring and also grabbed the chance to introduce bwL to their friends and relatives in Hong Kong. Hong Kong's Country Manager, Mr. Pengo Chow said, "I am thankful to our distributors for their support. I look forward to collaborating with them and serving to meet their needs in the years ahead."



1. From left: Mr. Huang, Dr. Hoan, Mr. Galpin, Dr. Tan and Mr. Chow.
2. Local and overseas guests fully enjoyed themselves.
3. The bwL family is thrilled with the successful launch.
4. Founders and staff of bwL's Hong Kong Regional Centre.
5. bwL members beamed with excitement.





205 Science of Leadership



27-29 October 2006, Hong Kong

Dr. Hoan and Mr Pengo Chow cheer on as Hong Kong's pioneer group of 205 participants graduate with flying colours.



205 Science of Leadership

19-21 December 2006, Vietnam

Success! The smiles on everyone's faces say it all.



202-1 Basic Nutrition



12-13 December 2006, Indonesia

Congratulations to all graduates of Indonesia's 202 training!



Taiwan's 103 Attitude

11-13 December 2006, Singapore

The visiting Taiwanese group completed their 103 training course in Singapore with huge grins.



Thailand's Health, Cuisine & Beauty Festival and Health & Beauty Show

23-27 August 2006, 8-12 November 2006



1. Friendly bwL ambassadors at the Health & Beauty Show in November.
2. Ah...this is the life! Three ladies try out the Q10 clear mask at the Health & Beauty Show in November.
3. A Negative Ionizer Experience participant saw firsthand how his blood cells originally clumped together.
4. Visitors flocked to bwL's booth at the Health, Cuisine & Beauty Festival in August.



bwL's 2nd Brunei Lifestyle Centre opens!

20 December 2006, Brunei



5. Mr. Chua and Dr. Tan inaugurate the opening amid loud cheers and applause.
6. bwL's 2nd Brunei Lifestyle Centre, Beauideal Enterprise, officially opens in the presence of many loyal supporters.

Recipe for Health

Highly nutritious and delicious salmon to keep you healthy and your belly happy!



Grilled Salmon

Preparation Time: 15 Min • Cooking Time: 8 Min • Serves: 6 people

Directions

1. Brush olive oil lightly on salmon fillets.
2. Place salmon in a bowl. Marinate salmon fillets with black pepper and garlic powder. If necessary, add salt to taste.
3. Cover the bowl and place it in the refrigerator for between ½hr - 2hr.
4. Preheat grill for medium heat.
5. Oil the grill grate lightly with a brush.
6. Place the salmon on the grill.
7. Cook the salmon for about 4 minutes on each side.
8. Squeeze fresh lemon juice over salmon.

Side Dip

- ½ lemon
- diced chili
- diced onions
- honey (optional)

Directions

Squeeze half a lemon into a bowl and mix in the chili, onions and honey. Ready to serve.

Ingredients

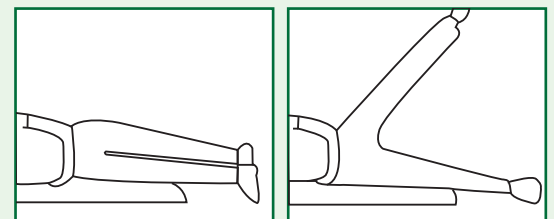
- 680 g salmon fillets
- black pepper to taste
- garlic powder to taste
- salt to taste (optional)
- olive oil
- onion slices
- lemon juice

Exercise Tips

Are you tired of your chubby thighs but too busy to exercise? You can get rid those unwanted fats by toning them even while watching TV!

Muscle Group Targeted: Outer Thigh

1. Lie on your side with your hips placed one on top of the other, leaving your head resting on your arm or propped up on your hand.
2. Move your legs about 45 degrees in front of you for balance.
3. Lift the top leg off at about an inch from the bottom leg. Hold it parallel and flex the foot (toes pointing forward, not up.)
4. Slowly raise and lower the top leg without touching the other leg between repetitions.
5. Repeat 10-15 times. Be careful not to rock forward. Alternate legs and repeat.



Great Tip!

For best results, apply bwL's optrimax Anti-Cellulite Body Gel before exercise! Made with the latest cosmetology technology, this gel effectively eliminates unwanted fats around the abdomen, hips, buttocks, thighs and upper arms, and prevents them from re-appearing.



Silver, Gold & Platinum Director Promotions

from 1 June 2006 to 1 January 2007

PLATINUM DIRECTOR

DOUBLE PROMOTION – GOLD & SILVER DIRECTORS



Meiyenne Saad
Platinum Directors
"When you become a better person, you will improve all areas of your life."
"当您的人格变得更加完善时,自然会把它体现在生活上的所有领域。"



Tjo Wan Ha
"Be happy, have a big spirit and keep focused on my goal."
"快乐至上,振奋精神,全神贯注实现目标。"



Phety Soekiato
"I see being a part of bwl as a great opportunity and blessing from above."
"我认为加入bwl的大家庭,是天赐的良机 and 福气。"



Dra. Rahayu Dwi Astuti
"Working hard and being focused are my keys to success."
"勤奋工作和集中精神,是我的成功秘诀。"



Hari Susanto
"Success is a journey, not a destination."
"成功是一段旅程,不是终点。"



Su Chu Fa
"A heart filled with gratitude can lead us to achieve wonders."
"一颗感恩的心可以推动人实现所有设定的目标。"

GOLD DIRECTORS



Felicia Tan
"Never do to others what you don't want others to do to you. Always be happy."
"己所不欲,勿施于人。不论做任何事,一定要做得开心。"



James Wong Kwan Meng
"Integrity and hard work will bring me real success in life."
"诚信和勤奋会带给我真正成功的人生。"



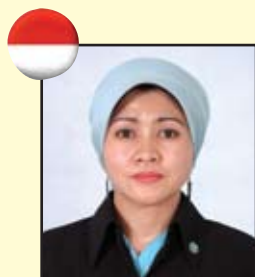
Selleen Tan Sze Hwee
"My belief is to persevere to the end and never giving up easily."
"我坚定信念,支持到最后一刻,绝不轻言放弃。"



Skyachievers International Cindy Lum
"Teamwork is power. With a strong team, we can achieve multiplying effect and grow the network."
"团队合作就是力量。一支强大的团队能获得多倍效益,茁壮成长。"



Sam Lee Boon Joo
"At bwl, I am motivated when others experience the freedom our 4 health values bring."
"bwl策励我帮助身旁的人体验我们的四大保健价值观所带来的自由。"



Maulinawati Dra
"Be positive to everyone. Kindness is the noblest weapon to conquer with."
"积极对待每一个人。慈悲为怀具有无坚不摧的力量。"



Safrina Salman
"Success comes from a dream. A big step comes from a small step. Keep on dreaming."
"成功源自于梦想。先跨出一小步,才能有大跃进。继续编织梦想吧。"



Evita Isretno
"I believe in working smart and doing it with love."
"我坚信以精明的态度工作,凡事以爱心为出发点。"



Elizabeth Maria
"I believe in team work, positive thinking, continuous learning and never giving up."
"我坚信团队精神,积极思考,不断学习和永不放弃。"

SILVER DIRECTOR



Lui Ho Chiang

SILVER DIRECTORS



Bernard Yeo



Wendy Soh Soo Ing



Lim Wee Chuan



Maggie Pang



Yang Kok Pin



May Chan



Pauline Khoo Poh Suan



Ace Toh Chye Thiam



Dorothy Ong



Lu Fei Fei



Elta Tan



Joanne Ng Siok Kwan



Lim Choon Eng



Doris Huang Shi Ning



Wan Xue Rong



Joyce Tan Su



葉媛香



Shiu Yuet Wah



Phan Thi Kim Anh



**Malar Setia Marketing
Lim Chee Wah & Winnie Liew**



**Beauideal Enterprise
Chua Thian Jin**



Wadiyatun Ridwan



Nurhafizah



Ida Daniar Royani



Dr. Yunni Dwi Gandini



Esty Indriyanti



Rini Singgih



Lim Ay Tjie



Andriani Setiowati



Gilda Lesty



Monica Astrid



Lie Linda



Veronika Sulistyoningsih



Riona Damaris



Irene Zhora Wijaya



Ari Yunarwigati Marsono



Floren Sisca Della



Diana Soewandi



Anita Setiawardi



Indrawaty



Dinny Afriyani

7 GDs and 19 SDs were promoted in Malaysia from 1 June 2006 to 1 January 2007. Please refer to Malaysia's copy of Rhapsody for details.

International Convention₂₀₀₇

A Date With Success 2007 年bWL 国际大会 与成功有约



Guang Liang 光良



Jaclyn Victor



Daniel Lee 李吉汉

"Make a date with success,
make a date with us!"
“与成功有约，
与我们相约！”

A Date With Success 与成功有约

Date日期: 5/5/2007, Saturday 星期六

Venue地点: Arena of Stars, Genting Highlands 云星剧场, 云顶高原

It's a date with the heavyweights of bWL.
A date with our bWL Platinum Directors. A Date with Success.

一个云集bWL重头人物的约会。
与bWL 铂阶企业经理之约。与成功有约。

Highlights of A Date with Success 与成功有约精彩项目:

- Guang Liang of Tong Hua fame 光良 (童话)
- Jaclyn Victor, Malaysia Idol 2004年大马偶像冠军
- Daniel Lee, Malaysia Idol 2005 年大马偶像冠军李吉汉
- Mystery guest performer 神秘表演嘉宾

Be sure to make a date with success! 别忘了与成功有约!



Maggie Goh



Irene Ng



Molly Cheong



Elin Chung



Rita Ong



Meiyenne Saad