

Summer 2007

# rhapsody

An exclusive newsletter for bWL

## pay it FORWARD

Ricky Tan

## Nutri-FACTS

DORS 2 & DORS 5

## Dr. Dora's Realm of Thoughts

A Date with Success –  
What is Success?

## Holistic Living with Dr. Doreen

Understanding Fibroid  
Tumours & The Fibroid-Healing  
Programme



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## Dear Best Worlders,

In this highly competitive age, we often find ourselves measuring our worth through tangible and easy-to-measure results. The truth is each of us defines success in our individually unique ways. To some people, success means acquiring wealth, power and status, or achieving our dreams and aspirations. To others, success is about being contented and finding happiness in small moments and minor gestures.

Regardless of how you define success, hard work and a positive mind are inevitably key ingredients for achieving it. At bwL, we focus on finding success through pursuing our 4 health values of physical, financial, emotional and social freedom. And, importantly, we believe that success comes to all who live their lives to the fullest with the passing of each day.

Although not everything can be quantified, numbers are sometimes useful yardsticks for measuring success. For one, Best World International's sterling financial results for 2006 serve as a superb indicator of the company's robust growth and continued excellence. In the year 2006, Best World's revenue surged by 40% to reach S\$77.1 million, and membership base went up by 45.4% to number 99,708. From 37 Lifestyle Centres at the end of FY 2005, Best World saw an increase to 54 Lifestyle Centres at the end of FY2006. The company has indeed experienced strong revenue growth in all key markets due to our expanded distribution network, successful product rollouts and forays into new strategic regions.

One such strategic region Best World is taking active steps to penetrate is China. We are fast taking on initiatives to establish our first Regional Centre in the city of Changsha in Hunan province. The Regional Centre is expected to be fully operational within 2007. Let us all work towards capitalizing on the phenomenal growth opportunity in the Chinese market and realizing all aspects of our Asian expansion strategy.

At the annual bwL International Convention, held at Genting Highlands Malaysia this year, we invite you to celebrate the achievements of all our newly promoted Silver, Gold, Platinum Directors and Million Dollar Achievers who had strived for and found the success they desire. Our Convention will also include performances by talented celebrities like Guang Liang, Malaysia Idol champions Jaclyn Victor and Daniel Lee, to cap off our leaders' night of glory.

Consumers these days are faced with myriad brand choices. To build customer loyalty and improve customer awareness and confidence, bwL spares no effort in developing innovative training, branding and marketing initiatives. To improve on our brand management processes, we will be rebranding "bwL" health supplements as "Avance". "bwL" will thereafter be maintained as a corporate brand rather than a product brand in order for us to drive better brand performances.

Consider this today: What does success mean to you? And how do you wish to go about achieving it? However you answer this, bwL will continually support you in experiencing the joy of success.



*Dr. Dora Hoar*  
Dr. Dora Hoar, Founder

*Dr. Doreen Tan*  
Dr. Doreen Tan, Founder

# rhapsody

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# Yesterday's Drop-out, Today's Platinum Director

As a 3 time repeat student in Primary Six, Ricky Tan never let the fact that he did not graduate from primary school be the stumbling block in becoming a top leader in bwL.

Dr. Doreen Tan's teachings left a great imprint on Ricky Tan. "Don't become a laughing stock because of your failure. If you have already set your mind to do something, give your very best!" Having no luck in academic studies, the society is Ricky's best teacher. "There is something to learn from everyone." For someone who did not understand his ABCs, Ricky had to learn by drawing figures and pictures during classes. Ricky learnt everything from scratch. While others could absorb new information just by reading once, Ricky had to work doubly hard to master the facts. However, not once did he allow his lack of academia deter him on his route to success.

Early on in his career, Ricky emulated our founders. From Dr. Dora Hoan, he learnt the ENP system, her dynamism and delivery of speech. He wasted no time in learning medical palmistry and nutrition from Dr. Doreen Tan, understanding the need to have something he can offer others - a set of skills that will allow him to help others. This laid the foundation in aiding his career acceleration in bwL.

Success did not come easy to Ricky. Ricky's first paycheck at bwL was a mere \$68. It is a far cry from the 5-figure pay check he receives every month now. The enlightenment in Ricky's life and career came only after he devoted himself to monkhood. That period proved very fruitful and radically transformed Ricky's life for the better.

"I was begging for alms barefooted and the experience humbled me. The pain on my feet was something I never experienced before. I bawled my heart out for the 10 over years of setbacks I faced." Through the experience, Ricky also realized the importance of teamwork and sincerity. The discipline and simplicity cleared Ricky's mind and provided a lot of insights to him. Though not well-educated, Ricky's mind works fast. He quickly adapted his learnings to his bwL career and expanded laterally thereby building his network in a short span of time. "In this people business, you must learn to express gratitude. Now that I'm a PD, I would like to help my downlines fulfill their dreams, the same way my uplines have helped me reach where I am today. Most importantly, your 'want' must be strong."

Ricky Tan's success serves as an inspiration to everyone. He achieved his personal growth by giving his all in helping others without any grouses or regrets.



"To grow, you have to get out of your comfort zone and if need be, alter your habits and you will experience unprecedented growth."



"Without the right foundation, an organization will not survive. Without my dearest downlines, there will no Ricky Tan."

# DORS You Wonders!

DORS 2 & DORS 5 gives you goodness from the imperial times

The Chinese have a saying, "The more bitter the medicine, the more benefits you receive." With DORS 2 & DORS 5, that saying may be tossed right out of the window!

Most Traditional Chinese Medicine (TCM)'s herbal brews are indeed bitter to taste and a hassle to prepare. But with DORS 2 and DORS 5, the best of Chinese wisdom and Western technology are combined in every single convenient capsule. Using advanced production techniques, DORS draws out the full spectrum of its herbal ingredients' health benefits in each potent capsule.

Based on an ancient Chinese imperial formula, DORS stands for "Dynastic Organs Revitaliser System". Developed and launched by bwl since the early 1990s, DORS 2 and DORS 5 has since enjoyed wide popularity among users due to its formidable health benefits and efficacy.

## Essential Benefits of DORS

DORS is critical for balancing hormones, revitalizing body processes and improving energy flow. Convalescing individuals stand to gain greatly from its restorative properties that will aid them in quickly regaining their strength and sense of vitality. DORS also helps clear unwanted wastes from your body to enhance your overall internal well being.

In a nutshell, DORS' multiple herbal ingredients help

- **Support your body's natural defence system**
- **Remove wastes and bio-accumulations from your body**
- **Revitalize bodily functions and reduces feelings of lethargy**
- **Improve circulation.**



## Balancing the Yin and Yang

Individual conditions vary. Some people's *yin* and *yang* elements are poorly balanced. For some, their bodies contain too much *yang* elements, causing heatiness and inflammation. For others, their bodies possess too much *yin* elements, causing "dampness". In more general terms, the functions of DORS 2 and DORS 5 can help these conditions in the following ways:

**DORS 2: Balances the *yin* and *yang*; balances your internal health, improves circulation and hormone production**

**DORS 5: Boosts the *yang* element; serves as an excellent revitalizing agent**

Appropriate consumption of DORS will balance the *yin* and *yang* within the body which in turn improves hormonal balance. Good hormonal balance in turn improves fertility rates, builds up a stronger defence system and raises energy levels. As such, DORS is particularly effective for individuals weakened by long term illnesses, elderly folk, those recovering from major operations and are in need of an energy boost, those who seek to enhance their body's natural resistance, women with irregular monthly cycles or other hormone related problems.

## A Case of Too Much Yin

The problem of having too much *yin* can manifest in many ways. For one, "dampness" in the body system (some times made worse by the consumption of raw and sour foodstuff) may cause blood clots to swell up into fibroids. These occur in particular in women's lower abdominal areas, like in wombs. The "dampness", or a deficiency in *chi*, results in poor blood circulation and an inability for the body to dissolve and flush out the fibroids. However, by consuming DORS, the body will be warmed up with more *yang* elements, thereby helping the body remove unwanted blood clots.

## A Case of Too Much Yang

DORS' unique formulation is especially useful for individuals who have too much *yin* elements. What about those with who have too much *yang*, you ask? If you fall into that category, it is recommended that you start by consuming DORS 2 to get the *yin* and *yang* elements in equilibrium.

Whichever the case, it is recommended that you first seek the advice of our bwl nutritionists to find out your overall health condition and needs before beginning on your course of DORS.

## Consumption Tips

**Tips for Preparing our Bodies before Consuming DORS**

If you have a "heaty" constitution, take 1 piece of Optrimax Plum Delite and Aloe Bee or SangoCal for 5 days before consuming DORS. This way, you may remove the unwanted bio-accumulations and "heatiness" in your body and better absorb the necessary nutrients. In this case, consume first a bottle of DORS 2 (two capsules a day)

before moving on to DORS 5 (taking one capsule a day), except for special conditions.

Reduce the intake of fried food and "heaty" food to best absorb DORS' various herbal nutrients.

### DORS 2 Consumption Method

Take 1-3 capsules before or after meals.

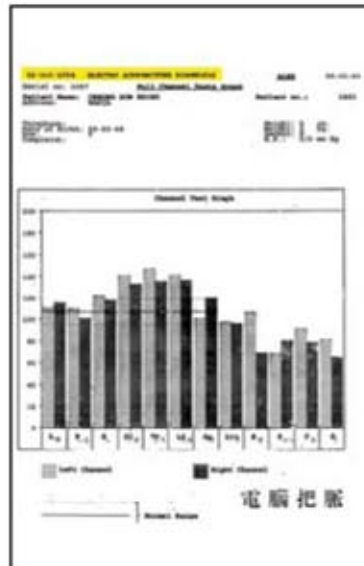
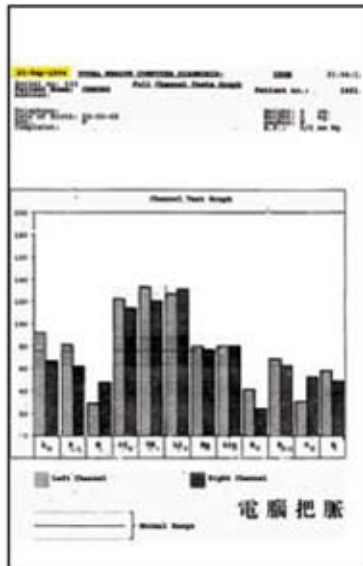
### DORS 5 Consumption Method

Take 1-3 capsules before or after meals.

### Remember! Drink plenty of water throughout the day after consumption.

As DORS aids in the removal of wastes and bioaccumulations, consuming it may result in a dry throat and "heatiness". Therefore, take note to drink lots of water to replenish the water loss. For best effects, take with the alkaline-rich SangoCal or Aloe Bee or Oprimax Plum Delite to help balance your system and alleviate feelings of "heatiness".

## Success Story: Electro Acupuncture Analysis Results



After just 1 month of consuming DORS 5, one consumer was diagnosed to have better-performing organs (Tip: The x-axis represents the different types of organs in the body. The y-axis represents the vitality levels of each organ. The higher the reading, the better the organ is deemed to be functioning.)

## More Success Stories: DORS Babies



Mother: Queency Ng  
Daughter: Amabel Lee



Mother: Audrey Ang  
Son: Eugene Tee



Mother: Maggie Goh  
Son: Sebastian Goh



# Holistic Living with Dr. Doreen

## Understanding Fibroid Tumours & The Fibroid-Healing Programme

Fibroid tumours are solid, non-cancerous growths which are composed of smooth muscle fibres and connective tissue that appear in and on the uterus. They are considered the most common abdominal tumour as 25% of women over the age of 30 have them. However, cancer rarely develops in fibroid tumours; only about 1% of fibroid tumours are malignant.

Sometimes, fibroid tumours cause complications. If they become very large, they may press on surrounding organs like, on the bladder or intestine, which may result in frequent urination or constipation. If they expand into the uterus, heavy and prolonged menstrual periods may result. If pregnancy occurs, the tumours tend to enlarge and may cause complications as the unborn baby grows.

The cause of fibroid tumours is not known, but their growth seems related to estrogen, a female hormone, because these tumours rarely appear before puberty and tend to recede by menopausal years, when the body's estrogen level is at its peak.

Fibroid tumours may occur along with other disorders, like pelvic inflammatory disease (an infection of the fallopian tubes) or endometriosis (the displacement of tissue from the lining of the uterus to outside the uterus).

The symptoms of fibroid tumours are menstrual pain, a gushing of menstrual flow, occasionally, severe abdominal pain, and, if

the tumour is advanced, a noticeably enlarged abdomen is observed. Sometimes, these tumours display no symptoms and are only discovered during routine physical exams.

Currently, more and more women who do not wish to be operated on are seeking relief through alternative or holistic treatments such as nutritional therapy, herbal medicines, exercises and other non-invasive, "natural" modalities.

The basic fundamentals of a fibroid-healing programme include stopping growth, improving symptoms, and hopefully, shrinking fibroids. The 4 basic elements of this healing programme include diet, supplements and herbs, exercise and addressing the mental and emotional aspects (mind/spirit) of the fibroid condition. Other holistic methods, whenever appropriate, like Ayurvedic, traditional Chinese medicine, and homeopathy, can be used. Strong commitment and patience is required. A minimum of 6 months is needed to evaluate the effectiveness of the programme in reducing fibroid sizes and symptoms.

These natural holistic treatments do not conflict with modern orthodox medicine. Instead, the 2 schools of healing work in tandem for the patient's greater benefit. Many holistic health practitioners view fibroids as nature's way of isolating and protecting the body from toxins that are

caused by poor diet and environmental poisons that cannot be disposed of through the organs of elimination. A fibroid condition also indicates underlying imbalances and dysfunction in the entire body system.

Practitioners of Chinese traditional medicine and other ancient Asian modalities blame blockages of *chi* or life force energy in the channels that lead to and back from the female organs and glands. In traditional eastern medicine, the free flow of *chi* through these channels (or meridians) is the essence of optimum health for all.



Dr. Doreen Tan

# Tips on Healing Fibroids

## 1) Diet - Nutritional tips for balancing hormones and shrinking fibroids

- Keep food warm. Cold foods increase both mucous and pelvic congestion in the body.
- Include liberal amounts of fresh fruits and vegetables of different colours, non-glycemic whole grains and deep-sea cold-water fish. Eat plenty of zinc-rich foods like sunflower, pumpkin and sesame seeds to support hormone production and balance.
- Avoid refined, processed, canned, frozen and precooked foods. Choose unprocessed and organic whole foods, raised without the use of antibiotics, pesticides and insecticides.
- Limit shellfish. They may contain contaminants like mercury that aggravate hormone imbalance.
- Drink at least 1.8 – 2L of filtered water daily. Do not leave your soft plastic water bottle inside hot cars or anywhere else as it can heat up under high temperatures and cause plastic toxins to be mixed with the water.
- Limit consumption of alcohol. Alcohol has harmful effects on the liver and metabolism. One way for the fibroid-healing diet to work is by helping the liver detoxify hormones more effectively. Alcohol stresses the liver, impairs estrogen metabolism, thus creating a state of estrogen dominance.

**2) Consume vitamins, minerals and herbs for gynecological health and hormonal balance. Certain vitamins, minerals and nutrients are needed to maintain and**

**restore gynecological health, especially during times of stress or illness. It is recommended for fibroid tumour patients to consume the following health foods daily:**

### DORS 5

3 capsules after breakfast



### Super EPA 2000

1 softgel after lunch



### Borage Seed Oil or Black Currant Seed Oil

2 softgels after breakfast



### Liqui Cal/Mag

1 softgel at night



- Uterine tonic herbs can be ingested either individually or in compound remedies that include several herbs working together to strengthen and tone the uterus.
- Borage is a rich source of calcium and potassium - two important minerals for the nervous system and for calming and strengthening the heart. Borage also tones and stimulates the adrenal glands, thus promoting hormonal balance. Borage contains the highest amounts of gamma-linolenic acid (GLA) which helps your body form beneficial prostaglandins to reduce inflammation and cramping of the uterus. It also helps dilate blood vessels and improve blood circulation to remove toxins from the pelvic area more efficiently.
- It is recommended to supplement essential fatty acids (EFAs) such as fish oil and black currant seed oil which are nutrients that are not manufactured by the body but are still required, especially when you need higher levels of E1- and E3-type prostaglandins to promote hormonal balance, enhance anti-inflammatory responses and relax cramping uterine muscles.

Calcium and Magnesium is a great muscle relaxant and is very beneficial in relieving the cramps of the uterus and other symptoms of fibroids, PMS and menopause. Magnesium is also involved in hundreds of bodily reactions. It helps the liver detoxify hormones, particularly estrogens, and participates in forming "good" prostaglandins. It prevents and treats osteoporosis, helps heart function, stabilizes blood sugar and relieves nervous tension.

## 3) Fibroid-healing exercises and body work

Several types of exercises are supportive of gynecological health and help heal fibroids by promoting overall health, lymphatic and blood circulation and hormonal balance. They are:

Strength training: weights, machines, pilates, yoga, and martial arts

Aerobic activity: running, walking, cycling, aerobics classes, skipping, mini-trampoline, swimming

Sports: dancing, skating, gymnastics; tennis and other racquet sports

## 4) Relaxation, meditation and visualization

Stress can cause hormonal imbalance and fibroids. Over a period of time, the muscular effort of trying to suppress painful memories and emotions can produce a tight band of chronically contracted muscles. Circulation, breathing and energy flow becomes limited, thereby leading to low vitality and health problems, which can include gynecological disorders.

From the eastern medical prospective, this muscular "armour" creates energy stagnation that is a prelude to tumour formation. Thus, it is encouraged to have daily meditation-visualization sessions to help achieve closure with the past, release those rigid tissues and liberating your energy.

never set a goal or worked for a goal would ever feel.

In bwL, I have a team of direct selling leaders who share the same ideals as I. We have worked for many years, bravely setting realizable goals and putting our heart and soul into achieving them. The journey has been fraught with challenges and hurdles but we believe that the more we encounter problems, the tougher and more resilient we become. Indeed, most of us have achieved our goals, however insurmountable they may have initially seemed.

The stage for our annual International Convention is designed for "successful superstars" who have successfully achieved their goals this past year, and the convention is held for those who aspire to be like them. It is a celebration of everyone's fighting spirit and entrepreneurial spirit. Therefore, the theme for this year's bwL International Convention is aptly titled "A Date with Success".

Deep within everyone's heart is a desire for success, a flame that flickers on. But often, people find themselves smothering the flame due to experiences with failure, hectic living schedules and in the face of harsh reality. But if those onstage at our International Convention could succeed, everyone seated below can also experience success. It's all about keeping that flame burning within and acting on it. Success will surely be at hand!

People say success depends a lot on the "right timing," "right place" and "harmonious relationships". The moment you are moved by a strong emotion or desire, that could well be "right timing". The "right place" is about choosing an appropriate platform for success. In fact, this platform is right before your very eyes – bwL. If bwL can create so many success stories among our members, you will not be an exception. "Harmonious relationships" is all about effectively managing your relationships, whether with regards to customers, uplines, downlines, sidelines or the market in general.

I once read a book that shared 7 basic principles for success. To succeed, one must learn to be independent, be proactive and define his goal as a means to guide his life's direction. Then, besides setting priorities for effective self-management, one must also remember to develop good interpersonal relationships. The latter requires one to cultivate a win-win mindset, being understanding and thoughtful to others and embrace teamwork. Last but not least, one must also continually grow and improve as an individual to sustain the success one enjoys.

I sincerely hope that everyone in bwL can attain success, and I hope that all who are already successful would continue to work hard to reach beyond their initial



Dr. Dora Hoan

## Spotlight on Nigeria



Dr. Jerry  
Ariomovuhoma

bwL's ever-expanding network has now reached Nigeria, Africa, through the efforts of Dr. Jerry Ariomovuhoma (SD), his wife Agnes (SBM) and his uplines, Thomas Hoi (SD) and Stephen Yee (GD). We speak to Thomas and Stephen to shed light on the goings-on in Nigeria.

### How did bwL begin entering Nigeria?

**Thomas:** Back in September 2006, we managed a booth at a 3-day medical exhibition in Singapore. Doctors and high profile patients from Asia and Africa attended the event. Among them were Dr. Jerry Ariomovuhoma and his wife, Agnes, from Nigeria. Agnes was having a migraine headache that day, but after trying our bwL Negative Ionizer for 30min, she felt completely revitalized. I then took the opportunity to introduce ENP to them. Dr. Jerry was attracted by the vast opportunity offered in bwL and decided to start his bwL career back in Nigeria. At that time, he was already a successful businessman with a PhD to his name.

### What is the market situation like in Nigeria?

**Thomas:** In Nigeria, the literacy rate is very high at 90%. But, although it is a resource-rich, oil-exporting country, it faces critical unemployment rates of 60%-80%, which includes many university graduates. Of the population of 140 million, we are targeting the wealthier 10% tier.

At the same time, we see that bwL can offer a superb platform for aspiring entrepreneurs and those in the unemployed segment who wish to advance to higher social strata in Nigeria.

**Stephen:** Currently we have more than 100 bwL members in Nigeria. The network, though small, is expanding very quickly.

### What sort of follow up plans do you have to develop and nurture the Nigerian network?

**Thomas:** We will like to experiment with the concept of online training, video conferencing, and coming up with VCDs so members can learn on their own too. This will help a lot since we are not able to fly to Nigeria as often as we could.

**Stephen:** That said, we plan also to fly to Nigeria at least once every quarter to have meet-ups with our Nigerian counterparts, to touch base with them.

### Are there other African nations you view as attractive and viable to enter?

**Thomas:** Definitely. Nigeria is like a nursery bed for now. Here, we train people and build strong networks before moving out to other African nations and beyond. Dr. Jerry has businesses in other countries, so we are exploring the possibility of leveraging on his existing contacts to expand into African states like Kenya and countries like Egypt and London.

### Can you share with us some of the lessons learnt?

**Thomas:** Never disqualify anyone. Professionals or not, any one can discover great value in our business. If you are passionate about the bwL business and show your sincerity, the other party will definitely be won over. To me, it is first sincerity, then good products and a good brand, before a client is ultimately won over.

**Stephen:** Always look for new ways to reach out to overseas markets. We should capitalize on our expertise, our experiences and language abilities to reach out to entrepreneurs locally and overseas. One key personal lesson: stay focused on whatever you are doing. Do not be distracted by other people's differences because we will never know when we may get a good break.



1. Thomas addresses our Nigerian members during a recent talk in February 2007.  
2. Stephen briefs the bwL staff members and shares some essential tips.

# World Vision Hong Kong's "Skip-A-Meal" Event

4 April 2007

On 4 April 2007, Hong Kong's Children's Day, bwL heartily encouraged all staff and distributors to join World Vision Hong Kong's highly meaningful "Skip-a-Meal" event. More than 40 bwL staff and distributors readily participated by skipping a meal, as well as making generous donations to provide malnourished children in

Africa with lifesaving food. Proceeds collected that day totaled HK\$12,300. We were heartened by everyone's wholehearted support and look forward to organizing more such Charity activities to promote bwL's philosophy of living Life at its Best to benefit people located all over the world!



1. World Vision Hong Kong's "Skip-A-Meal" poster helps spread awareness of Africa's critical food situation.
2. Hong Kong & Macau Country Manager, Mr. Pengo Chow, and all local staff actively participated in the Charity event.

## Simply De' Best Lifestyle Centre Opens in Sabah, Malaysia

15 January 2007

Yet another authorized bwL Lifestyle Centre, "Simply De' Best Lifestyle Centre," was established in Kota Kinabalu, Sabah on 15 January 2007 to cater to the rising demand for bwL products and business opportunity in the region. bwL founder Dr. Dora Hoan was present to inaugurate the opening ceremony before a boisterous

crowd which included the Malaysian management team, the local press, bwL distributors, friends and relatives. Although the ceremony was over within a short time, its significance will continue to register in the minds of the local and foreign guests for a long time to come.



1. Lion dance livens up the atmosphere during the ribbon cutting ceremony.  
2. Founder Dr. Dora Hoan joins proud owner, Ms. Winnie Cheong, in the day's celebrations.

## Celebrating the Official Opening of Fang Hair & Beauty Salon

27 January 2007

bwL celebrated the opening of its 39th authorized bwL Lifestyle Centre in Melaka, Malaysia on 27 January 2007. For the past few years, bwL had been meaning to set up a Lifestyle Centre in Melaka to bridge the gap between the central and southern regions of Peninsular Malaysia's West Coast. With the opening of Fang Hair &

Beauty Salon, this gap has been closed. Now, all major cities and towns from the north to the south of Malaysia's West Coast are dotted with bwL Lifestyle Centres, forming the "Malaysian bwL Lifestyle Super Highway" as we like to dub it.



3. The crowd is enraptured by the lively show put up by the lion dance troupe.  
4. Ms. Katherine Cheah, Mr. Robert Ho and Lifestyle owner Ms. Tan Sook Fang pose with other honoured guests.

# Malaysia's 40th Lifestyle Centre, Life World Beauty, opens

**11 March 2007**

Malaysia's 40th authorized bwL Lifestyle Centre, "Life World Beauty", was officially inaugurated in Tawau Sabah by Dr. Dora Hoan on 11 March 2007. This is also the 40th bwL Lifestyle Centre set up in Sabah, East Malaysia, which significantly represents bwL's unabated

growth momentum in the region. May bwL continue to thrive and flourish in Sabah and provide locals with our much vaunted products, plans and training systems!



5. Dr. Dora Hoan graces the opening of Nancy Chan Wyuk Len's brand new Lifestyle Centre.  
6. A bwL cake to mark this great day!

## 2007 New Year Gathering

**4 & 11 February 2007**

After a year of toiling, we were happy to take a break from our schedules to celebrate the Chinese New Year at our Johor Bahru Regional Centre and Kuala Lumpur Regional Centre on 4 and 11 February 2007 respectively. All attending distributors gamely dressed up in crimson red as advised. The vibrant colour denotes auspiciousness and good luck in Chinese culture. The programme

kicked off with Malaysia Senior Country Manager, Miss Katherine Cheah, giving the keynote address, followed by fun-filled games and competitions. The hall was filled with joy and laughter as everyone let their hair down to fully enjoy the day. The gathering proved to be a big family affair. Let's look forward to an even bigger one next year!



7. Good blessings for the coming year!  
8. Sing along to your favourite Chinese New Year ditties! Let's bring the house down!

## Chinese New Year Opening

23 February 2007

bwL opened on the 6th day of the Chinese New Year amidst a buzz of activity and great joy. New year greetings were exchanged and

the celebratory mood brought even greater happiness to one and all in the bwL family.



1. Attend the Negative Ionizer seminar and increase your knowledge.
2. All eyes on the live demonstration of Dr's Secret Q10 mask.

## Golden Landmark 1st Anniversary

24 February 2007

Happy 1st birthday, Golden Landmark! On 24 February 2007, bwL's Regional Centre at Golden Landmark celebrated its first anniversary amidst a cosy setting.



1. Feasting aside, let's get down to serious business – it's time to acquire some knowledge!
2. "With optimax, you are guaranteed a healthy body and svelte figure!"

# Recipe for Health

There's nothing like a warm bowl of soup to end a hectic day with. Indulge in this Japanese dish for a healthy yet satisfying treat!



## Miso Soup with Tofu and Green Onions

Preparation & Cooking Time: 25 Min • Serves: 4 people

### Ingredients

- 5 cups water
- 2 green onions, finely chopped
- 2 teaspoons grated fresh ginger root
- 1 clove garlic, thinly sliced
- 3 tablespoons light-coloured miso paste
- 170g firm tofu, drained and cut into 1/2-inch cubes

### Directions

1. Boil the water in a saucepan over high heat.
2. Stir in the green onions, ginger and garlic.
3. Reduce heat, cover and simmer for 10 minutes.
4. Scoop out about half a cup of soup and pour it over the miso paste. Stir until it dissolves.
5. Stir the dissolved miso paste into the soup, simmer over low heat and leave uncovered for 1-2 minutes.
6. Add the tofu, cover and serve.

# Exercise Tips ~ by Dr. Doreen

Dr. Doreen shares with us an exercise routine that helps massage our internal organs, alleviates the discomfort associated with women's monthly cycles and reduces tummy size.



## Area targeted: Abdominal organs

1. Lie down on an exercise mat, crossing your right ankle over your left ankle.
2. Turn your body 45 degrees to the left, then 45 degrees to the right using strength from the waist and shoulders.
3. Repeat this motion 50 times.
4. Next, cross your left ankle over your right ankle and repeat the entire process 50 times.



# Silver, Gold & Platinum Director Promotions

2 January 2007 to 1 April 2007

## PLATINUM DIRECTOR



**Ricky Tan**  
1.4.2007

"Set your target, don't be afraid of hard work and persevere till the end."  
"设定您的目标, 无畏无惧, 努力奋斗, 坚持到底。"

## GOLD DIRECTORS



**Mega Poladiana**  
1.2.2007

"Success is when you are able to overcome your fears to reach your goals."  
"Sukses adalah ketika anda bisa mengatasi rasa takut dan berhasil mencapai target."



**Gilda Lesty**  
1.2.2007

"Success to me is helping others to succeed."  
"Sukses adalah membantu seseorang mencapai kesuksesan."



**Riona Damaris**  
1.3.2007

"Success is being successful in everything we do, whether it's towards family, work or the society."  
"Sukses adalah keberhasilan dalam semua yang kita kerjakan, apakah terhadap keluarga, kerja & masyarakat."



**Indrawati Haryanto**  
1.3.2007

"Success is a journey to achieve our goals."  
"Sukses adalah sebuah perjalanan yang ditujukan untuk mencapai target kita."



**Yenny Limonta**  
1.3.2007

"Success is when you can follow your heart's desires."  
"Sukses adalah ketika anda boleh sesuka hati melakukan segala hal."



**Dr. Esty Indriyanti M. Kes**  
1.3.2007

"Success is a beginning of a life revolution which needs to be maintained."  
"Sukses adalah awal dari perubahan kehidupan yang perlu dipertahankan."



**Stephen Yee**  
1.4.2007

"Success is a process where every obstacle is a learning point and every attainment is a step to becoming more successful."  
"成功是一个从难题中汲取教训的过程, 而每个收获就是你往上爬的垫脚石。"



**Maggie Pang**  
1.4.2007

"Success is the motivation I get when others experience the freedom of our 4 health values."  
"成功来自助他人成功达到bwl 4大健康的自由。"

## SILVER DIRECTORS



**Jessy Koh**  
1.2.2007

## SILVER DIRECTORS



**Teong Yu Ting**  
1.3.2007



**Mary Tan**  
1.3.2007



**Peggy Chong**  
1.4.2007



**Tay Sai Huay**  
1.4.2007



**Vivi Sabrina**  
1.2.2007



**Gouw Miauw Huang**  
1.2.2007

## SILVER DIRECTORS



**M. Ichwan Saad**  
1.2.2007



**Henny Sukmawati**  
1.2.2007



**Nio Meina Indrawati**  
1.2.2007



**Megawati Gunawan**  
1.3.2007



**Ana Wulandri**  
1.3.2007



**Yati S Iswara**  
1.3.2007



**Albertha Ika Handriyana**  
1.3.2007



**Venty Noviana**  
1.3.2007



**Vivi Tania**  
1.3.2007



**Linda The**  
1.4.2007



**Rini Susilawati**  
1.4.2007



**Drg. Aprilia Lailati**  
1.4.2007



**Nurhidayati**  
1.4.2007



**Nguyen Kim Dung**  
1.4.2007



**Pang Fook Kyun**  
1.2.2007



**Jerry Ariomovuhoma**  
1.2.2007



**梁金龍**  
1.2.2007



**洪鈴雅**  
1.4.2007



**邱雅貞**  
1.4.2007



**施月霞**  
1.4.2007



**司明芳**  
1.4.2007



**邵麗蘋**  
1.4.2007



**姜育明**  
1.4.2007



**溫淑雄**  
1.4.2007



**Ngo Viet Ky**  
1.4.2007



**Luong Thi My Duyen**  
1.3.2007



**Nguyen Thi My Diem**  
1.4.2007

**Janny Kristina Kadiman**  
1.2.2007

**Charles Gunawan**  
1.3.2007