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RETURNLEGACY | 2020 NOV

LEGACY COVER STORY

THE US-CHINA TRADE WAR: WHAT YOU MUST KNOW

WHAT YOU CAN DO TO REDUCE OF THE RISK OF BREAST CANCER



WHITE HAIR:

IS IT POSSIBLE TO TURN BACK TIME

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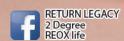
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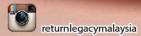
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THE SHIFT OF CONVENTIONAL DIRECT SELLING

Due to the effects of the Covid-19 pandemic, many have become more health-conscious. As a result, most people have become more inclined to pay more attention to their health issues. This has been to the benefit of the health industry and should therefore usher in new developments in the industry as the public has become more aware about the importance of disease prevention.

As a result, everyone's awareness of health has gradually increased; immunity products have now unsurprisingly become highly demanded by consumers. Thus, the pandemic has increased the public's desire for immunity products.

One of Return Legacy's very own products, REOXlife Potent is a healthcare product that enhances immunity. It contains Micro-Mineralised Nutrient Technology (MMNT), an advanced technology developed by the Legacy Science, REOXlife Potent helps to fight off radicals and thus defend the body's cells. As a leading distributor in the healthcare industry, we believe that we will benefit from a tremendous boost in our direct sales of REOXlife Potent as the pandemic continues.

CMO OF THAILAND

PAUL TAN



The Covid-19 pandemic has increased the use of the Internet as a tool for commerce. It has helped remove the barriers between industries while also bringing people closer together. Return Legacy encourages distributors to use e-commerce platforms to conduct trade activities, switch offline business opportunities to online, and develop online health services as well as the accompanying business opportunities. We also include product information on e-commerce platforms so that distributors can fully utilize these resources to establish their personal branding and share information.

Life as an entrepreneur can be difficult, especially during the Covid-19 pandemic. Many entrepreneurs have come to realize the importance of side jobs as well as how to achieve both health and freedom through the platform they have. In Return Legacy, we focus on enriching lives and benefiting society. We believe that everyone should have fair and equal opportunities to learn, change, and grow. Direct selling has always provided a platform for everyone to create a career of their own and take charge of their own fate. At Return Legacy, this is a belief to which we strongly hold.

THE US-CHINA TRADE WAR: WHAT YOU MUST KNOW

There was once a time when the primary economic and sociopolitical conflict in the world was the Cold War. The Cold War lasted for almost 50 years and was a standoff between the United States and its allies and the Soviet Union and its allies. However, after the collapse of the Soviet Union in 1991, the US remained unchallenged until recent years.



Today, China has filled the void vacated by the Soviet Union.

For various reasons, the relationship between these two global superpowers is antagonistic and fraught. One of the consequences of this uneasy and tense relationship is a trade war which is and will play a vital role in the world's socio-political and economic spheres for decades to come.

If you own a business that deals with many international clients, read on - this information will be important for you to know.

How did the trade war start?



The trade war between the US and China began in 2018. In that year, US President Donald Trump began to impose tariffs and various other trade barriers on certain products originating from China. President Trump also claimed that the purpose of the tariffs was to force China to cease what he believed to be unjust trade practices as well as infringement of American intellectual property rights.

China was swift to react. The government of China accused the US government of using protectionist tactics to unethically undermine China's economy. Chinese President Xi Jinping would soon announce tariffs on US products as a counter-measure against the tariffs imposed by the US. This would lead to a protracted standoff between the two countries we now know as the US-China trade war.

Who is affected by the trade war?

The US-China trade war has had a significant impact on the countries in the Asia-Pacific region. There are several reasons why this is the case. The first and most important of these is that the US and China are major trading partners of almost every country in the Asia-Pacific region.

Almost every Asia-Pacific country is also politically allied with either China or the US. Furthermore, China and the US, as are most Asia-Pacific countries, are members of the Asia-Pacific Economic Cooperation. For these reasons, it is not surprising that the trade war has disrupted the ordinary economic processes of the region.



Therefore, if you are heavily involved in business dealings in the Asia-Pacific region, you've probably already felt the effects of the trade war on your business. Not every country has been affected in equal measure; certain countries in the Asia-Pacific region are more affected by the trade war than others. Among the notable countries which are heavily impacted by the trade war include Vietnam, Indonesia, South Korea, Japan, Mongolia, and Australia.

South Korea and Japan are primarily affected by indirect tariffs because many of their exports go through China before being sent out to the rest of the world.

The additional tariffs placed on China have reduced China's domestic demand which in turn has impacted exports arriving from Mongolia and Australia.

However, Vietnam and Indonesia have benefited from the trade war because many companies which are no longer interested in being based in China due to the trade war have chosen to relocate to those countries. These countries also have relatively advanced trade infrastructure at fairly low operating costs.

Thus, they are considered viable options for people looking to relocate their headquarters.

Which are the affected industries?

Electrical and optical equipment industries are the most heavily affected industries because of indirect tariffs. Other industries affected by the trade war include recycling, machinery, textiles, basic metals, chemicals, and leather. Many of the countries which have been affected by the trade war make significant contributions to one or more of these industries on a global scale.

Many businesses located in the Asia-Pacific region such as Return Legacy have also experienced the fallout of the trade war. One result of the trade war which impacts businesses in the Asia-Pacific region is that of changes to customer base.

Many of these companies deal with international clients, including those from the US and China. It is likely that these companies may suffer from a decline in net profit because the trade war has adversely affected the economies of both countries. This in turn leads to fewer US or Chinese clients patronizing the companies; thus, a reduced profit results.



Thus, it's actually in your best interest to actively market your brand to clients from all over the world so that your business will be less vulnerable to the effects of the trade war.

The trade war has also forced many Asia-Pacific companies to change their product pricing in order to better accommodate the changes to operating costs. Companies selling products from either China or the US are likely to suffer in this regard because tariffs will either force retailers to increase their prices and potentially drive customers away or reduce their profit margin by absorbing the increase in costs brought about by the tariffs.

Business headquarters may need relocation

Many international companies with headquarters located in China might be seeking to relocate. The trade war has increased operating costs in China; furthermore, the overall demand within China has reduced as well. Many such companies are currently targeting Southeast Asian countries such as Vietnam, Thailand, and Indonesia as an alternative base for their headquarters. Vietnam in particular appears to be especially attractive for many such companies.

What are the expected outcomes?

The trade war between the US and China has had profound effects on the US, China, and Asia-Pacific region as a whole. A study has shown that in the US, over 300,000 jobs and 0.3% of the country's real GDP had been lost from the beginning of the trade war to September 2019. US company stock prices over this same period declined rapidly, while US companies paid billions of US dollars in tariffs.

The trade war has also harmed China. The trade war has caused its labor costs to increase significantly. Market access has become more restrictive than it has been for many years, while competition from state-controlled entities has increased. The expected outcome of the trade war between the US and China appears most likely to be an uneasy trade truce with occasional negotiations and perhaps more trade reforms in China.

The unpredictability and volatility of the US-China trade war has also affected the Asia-Pacific region due to the accompanying declines in international free trade and globalization of the countries' economies. The Asia-Pacific region's trade activities with both China and the US have declined and are expected to continue to do so. Nevertheless, the net value of Asia-Pacific business equities remains fairly stable when compared to those around the rest of the world.

Conclusion

It remains unclear for how long the US-China trade war will last; however, its impact on the Asia-Pacific region and its businesses cannot be questioned.

Thus, if you wish to become a savvy business owner in this region, you should attempt to invest in fields which are less susceptible to US or Chinese supply or demand, invest accordingly as global economic conditions demand, and diversify so as to reduce their risk of being harmed by the trade war. These are important steps because even after the trade war ends, its effects will be felt for generations.

IS IT POSSIBLE TO TURN BACK TIME?

IT'S PRETTY NORMAL FOR HAIR TO TURN WHITE WITH OLD AGE.

Our bodies have millions of hair follicles which generate hair and contain pigment cells that produce melanin to give hair its colour. Over time, hair follicles lose these pigment cells thus resulting in white hair. And pretty much everyone will turn white – a study from 2006 shows that 50% of the population will have 50% of grey hair white hair by the age of 50.

Asians and Africans tend to go white later than Caucasians but there are many other reasons and factors influencing why and when white hair starts to appear.



For some people, they might start noticing white hairs in their teen years or their 20s.

While it's actually not a condition to feel insecure about, of course we may wish to prevent going prematurely grey. However, the exact causes of premature greying are unknown. It is associated with premature aging disorders, atopy and autoimmune diseases. Other reasons may be smoking, vitamin b12 deficiency, certain chemotherapy drugs or oxidative stress caused by UV rays, pollution, psychological stress or inflammation.

When greying is genetically caused, it's not possible to restore your hair's natural colour. However, if the cause is a deficiency in the diet, you may be able to slow down the rate of greying with lifestyle changes.

LEGACY BEAUTY TIP

GENETICS



According to a 2013 study in the Indian Journal of Dermatology, Venereology and Leprology, if you notice white hair at an early age, it is most likely because your parents also had white hair at an early age. That means it's simple genetics, which you can't change. Hair is said to grey prematurely if it occurs before the age of 20 in Caucasians, before 25 in Asians and before 30 in Africans. In this case, there is little you can do. We suggest dyeing your hair if you really can't stand it or simply embracing the silver-fox look!

VITAMIN AND MINERAL DEFICIENCIES



If you're going white before your time and there are no genetic causes, you might want to take a good look at your diet. Deficiencies in protein, vitamin B12, vitamin D, copper, or iron may be the culprit. These are the vitamins and minerals needed to help maintain healthy hair growth and colour. So if you believe this is the cause, it might be time to reboot your diet (try walnuts, fish, seed and greens like kale or broccoli) or add supplements to close the nutritional gap.

OXIDATIVE STRESS



Oxidative stress is caused by an imbalance in your body between free radicals and antioxidants. The impairment of the antioxidant system leads to the accumulation of reactive oxygen species, which leads to oxidative damage that damages melanocytes, the melanin-producing cells. Oxidative stress can also be generated by exposure to pollution, UV light, psycho-emotional or other inflammatory stress. This may overwhelm the hair follicles' melanocyte antioxidant capacity which ultimately results in terminal damage in an aging hair follicle.

STRESS AND LIFESTYLE



Chronic stress not only causes sleep issues, anxiety, high blood pressure, but may also contribute to premature greying. This may explain why some world leaders appear to age or grey faster when they are in office. The effects of stress may be further compounded by lifestyle factors like smoking, unbalanced diet and lack of exercise and sleep.

SMOKING



Smoking is one of the most relevant lifestyle causes of premature white hair. You may know already that it causes lung cancer and heart disease, but smoking has other profound negative effects as well. Smoking generates huge amounts of reactive oxygen species that leads to increased oxidative stress. This pro-oxidant effect of smoking may be what leads to damage of the melanocytes, which are the melanin-producing cells.

MEDICAL CONDITIONS



Unfortunately, medical conditions like autoimmune disorders can raise the risk of premature greying. Thyroid dysfunction may also cause abnormalities of hair growth and pigmentation as thyroid hormones can directly alter human hair follicle functions.

IF THE FACTORS ARE NOT GENETICS OR AGE, HERE ARE SOME REMEDIES YOU CAN TRY TO REVERSE PREMATURE GREYING:

EAT MORE ANTIOXIDANTS

In addition to addressing vitamin and mineral deficiencies, it's beneficial to eat more antioxidant-rich foods to combat the free radicals we're exposed to on a daily basis. Add these to your diet: fruits and vegetables, green tea, olive oil, blueberries, pecans, strawberries and red cabbage.

QUIT SMOKING

Smoking is bad for your health. Not only does it contribute to white hair, there are just so many adverse effects that can seriously, negatively impact your health. Find a way to quit. Don't be disheartened if you find that it's difficult. No matter how many times you fail, what matters is that you keep trying.

NATURAL REMEDIES

There are numerous hair dye products on the market that help you to cover your white hair. However, chemical-laden hair dyes may make the problem worse or cause allergic reactions. Try natural remedies as an alternative way to slow down hair-whitening without harming the body. Here are some you can try:

Indian gooseberry: Indian gooseberry can be used to reverse premature greying by promoting pigmentation as it is rich in antioxidants and anti-aging properties.



Black tea: Black tea can make hair darker, shinier and softer. You can try steeping 3 to 5 tea bags in 2 cups of boiling water. After that, apply onto your hair. You can also mix black tea with hair conditioner, and leave in your hair for an hour before rinsing out.



Curry leaves: Curry leaves are a good remedy to retain black hair color and prevent premature greying. The bonus is that curry leaves are readily available in supermarkets and grocery stores.

Consume more Vitamin B12-rich foods including seafood, eggs, meats, milk, salmon, and cheese. You can also find a range of vitamin supplements over the counter in your local pharmacy at any price range.

We can't promise that the remedies suggested will turn your white hair black. However, if the problem is not genetics or age-related, it can only be good for you to try a more balanced diet, quit bad habits and to take better care of your hair, right?



Inspired by the concept of the Mediterranean diet, REOXlife Mediterranean Gold PLUS's polyphenol-rich formulation LePheno®, together with 22 types of fruits and vegetables extracts is vital for your health and wellness. LePheno® - a scientific and innovative wonder crafted and produced exclusively to Return Legacy in collaboration with Fytexia from France.

Consist of vitamins and high potent polyphenols from various extracts of Grapefruit, Grape, Green Tea, Guarana and BlackCarrot. A polyphenol-rich formulation that works in synergy with various other fruit and vegetable extracts to helps to reduce oxidative stress caused by free radicals, reduce the advent of adverse metabolic conditions. In turn, this helps to slow down the process.



WHAT YOU CAN DO TO REDUCE THE RISK OF BREAST CANCER

Breast cancer is a terrifying diagnosis for any woman. And rightfully so as it is one of the leading causes of cancer death for women worldwide.

Breast cancer occurs when the cells in the milk producing glands or the ducts become abnormal and divide uncontrollably. These abnormal cells begin to invade the surrounding breast tissue. They may eventually spread to the lymph nodes, lungs, bones, brain and liver via blood vessels and lymphatic channels.

It's one of the most common forms of cancer affecting women in Malaysia with 1 in 19 women at risk.

According to a study by the National Cancer Registry, Chinese women seem at greatest risk,
followed by Indian women and Malay women. 64% of cases reported in Malaysia in 2003 afflicted
women between the ages of 40 to 60 years old.

ACCORDING TO THE NATIONAL BREAST CANCER FOUNDATION, OTHER FACTORS THAT INCREASE A WOMAN'S RISK FOR BREAST CANCER:



Older age, especially 55 years or over



Family history of breast cancer or ovarian cancer



First menstrual period (menarche) before age 12



Menopause at a later age (after 55)



First pregnancy and childbirth at an older age



No children

We have no control over many of the risk factors. However, knowing which ones apply to you can empower you to understand your risk and seek for ways to lower it. If you do feel like you're at high risk, do speak to your doctor about what you can do to mitigate your fears and worries.

EGACY WELLNESS

Note that there is lots of good news about breast cancer these days. Treatments keep getting better, and we know more than ever about ways to reduce the risk of getting the disease.

To really maximise your chances of lowering your risk, there are simple lifestyle changes that you can make. These may not apply to every woman, but doing what you can may help make a big impact:





1. KEEP YOUR WEIGHT IN CHECK

It's easy to tune out because it gets said so often, but maintaining a healthy weight should be a goal for everyone. Being overweight can increase the risk of many different cancers, including breast cancer, especially after menopause. A healthy diet can help lower the risk of breast cancer, especially one with lots of fruits and vegetables.





Smokers and non-smokers alike know how unhealthy smoking is. On top of lowering quality of life and increasing the risk of heart disease, stroke, and cancer - including breast cancer - it also causes smelly breath, bad teeth, and wrinkles. There is really no good reason to smoke, and every reason to quit. However, quitting is not easy. Don't be afraid to get help; there are lots of different methods and products out there. The most important thing is your mindset.

5. BREASTFEED, IF POSSIBLE

Breastfeeding lowers your risk of breast cancer slightly. The longer you breastfeed, the more you reduce your risk of breast cancer. It also has other great health benefits for mother and child.

2. STAY PHYSICALLY ACTIVE



Exercise is as close to a silver bullet for good health as there is. Evidence is growing that exercise can actually reduce your risk of breast cancer, with the American Cancer Society recommending 45-60 minutes of physical exercise 5 or more days a week. Regular exercise is also one of the best ways to help keep weight in check.

4. AVOID DRINKING TOO MUCH ALCOHOL

While moderate drinking can be good for the heart in older adults, breast cancer risk increases with the amount of alcohol a woman drinks. If you don't drink, it's best not to start. If you drink moderately, there's likely no reason to stop. But, if you drink a lot, try to cut down or quit.



6. SCREEN REGULARLY

Although screenings cannot help prevent cancer, early detection through screening with mammography can help save lives. If you find out early, you can get treated early. For most women, regular mammograms can begin at the age of 40.

HOW ABOUT TRYING REOXLIFE PRO W+ GOLD FOR OVERALL GREAT HEALTH?

REOXLife PRO W+ GOLD is a great supplement for women age of 45 and above. It's formulated with three botanicals that have been used for several hundred years to provide natural relief for menopausal symptoms. It works to improve sexual health, promoting restful sleep, providing relief from hot flashes and night sweats while improving depression and anxiety.

Additionally, W+ GOLD helps promote healthy hair, maintains ideal physique and healthy complexion, while supporting healthy bones formation.





REDUCING THE RISK OF PROSTATE CANCER IN YOUR SUNSET YEARS

Prostate cancer is a great fear for many men, especially as we advance in age. It is an irony, that even as we grow older, our risks for serious diseases like prostate cancer, grows exponentially as well.

The prostate is a small gland in men that makes semen. Located just below the bladder, it wraps around the tube that carries urine and semen out of the body.

01

According to the World Cancer Research Fund International, prostate cancer is the second most common cancer worldwide and the fifth most common cause of cancer death for men. Over 1.1 million men around the world were diagnosed with prostate cancer worldwide in 2012, accounting for 15% of all new cancer cases in men.

As prostate cancer can be fatal, it's actually very important to understand the risk factors that increase one's chances of developing it.

KEY RISK FACTORS

AGE

the chances of developing prostate cancer significantly increase after the age of 50.

H

RACE

Prostate cancer is most common among African-American men, followed by Hispanic and Native American men. Asian-American men have the lowest rates of prostate cancer. All men are at risk for prostate cancer, but African-American men are more likely to get prostate cancer than other men.

03

GENETIC FACTORS

if you have more than one first degree relative with prostate cancer, including relatives in three generations on your mother's and father's sides.

04

DIETARY HABITS

especially frequent consumption of high-fat foods.

It is crucial that we take the necessary precautions to guard against the development of prostate cancer, especially for those who have one or more risk factor. Lifestyle changes might be necessary, for not just a longer life but one with greater quality of life.

SO WHAT ARE SOME THINGS YOU CAN DO TO REDUCE THE RISK OF PROSTATE CANCER?

MANAGE YOUR WEIGHT

CHANGI 70UR DIE

Getting older reduces the pressure to have a buff body; it's tempting to indulge if we can, as long as we can. However, one of the most important things you can do to reduce the risk of prostate cancer is to manage your weight. Excess weight is a contributing factor to many diseases; with prostate cancer being one of them.

Your risk of getting prostate cancer increases if your Body Mass Index (BMI) is 30 or more. This number indicates obesity, and ideally you would begin managing your weight before obesity strikes.

In line with managing your weight, dietary changes may also be required in order to reduce the risk of prostate cancer. One important substance which has been shown to have a protective effect against prostate cancer is lycopene. Lycopene combats the effects of free radicals which not only protect against the development of prostate cancer, but reduce the risk of several other forms of cancer as well as heart disease. It works by enhancing the antioxidant response of prostate cells, and can even inhibit the proliferation of prostate cancer cells.

A reduction in fat intake may also help reduce the risk of prostate cancer. For many, a diet high in tasty meat and luxurious fat is considered rich and good. However, reducing the amount of fat you eat each day can help you improve your health, control your weight and help your heart. Therefore, it only makes sense to rethink your idea of what constitutes "good food".

SCREEN Regularly

For any of us, it's crucial to undergo screenings especially as we get older. This is true, regardless of whether you're in good or ill health. It is especially important the older you are, to undergo prostate cancer screening because approximately 20% of all diagnosed cases of prostate cancer are found in those who are 75 years old or older. Talk to your doctor today about this if you're not already attending regular screenings.

NOW, IS THERE ANY OTHER SUPPLEMENT THAT MAY HELP YOU IN PRESERVING YOUR GOOD HEALTH?

Here's a vital tool from Return Legacy to help men everywhere preserve the good health of their prostates: REOXlife PRO Mandiva. REOXlife PRO Mandiva contains saw palmetto, a natural ingredient which helps maintain prostate health and normal prostate size.

With all-natural ingredients like pine bark, protein concentrates, butea superba and epimedium, REOXIIfe PRO Mandiva helps you age gracefully with improved blood circulation, protection against osteoporosis, improved immune system function, and maintenance of muscle mass.

And REOXlife PRO Mandiva is not just for seniors. It's actually a great tool to help men maintain their good health at any age.





If the body part you're most insecure about are your "thunder thighs", take heart and know that many women face the same issue. It's tough to stay in good shape, especially given the demands and obligations of work, household and family. However, there are definitely things that you can do to reduce fat in the thigh area.

One thing you should know is that while you can definitely do specific exercises to target the thigh area, the best way to reduce thigh fat for good is to reduce weight overall. The benefit of weight loss is not just creating a body you're happier with, but also to enjoy better health.

HERE ARE SOME TIPS TO GET START GETTING RID OF THIGH FAT:

1. DO MORE CARDIO

Simply explained, cardio means any activity that gets your heart rate up. Aerobic activities like walking, hiking, running, jumping rope, biking, dancing, Zumba class, kickboxing and swimming all count as cardio. Regular cardio exercise is great to strengthen your heart, burn calories, control your appetite, boost your mood and help you get better sleep at night. If your legs and thighs are your target area, walking, running and dancing will be particularly helpful.

3. REDUCE SALT INTAKE

Consuming too much salt makes your body retain water. This can make your body look puffier and bigger than it actually is. So it may actually be beneficial to reduce your salt intake. You may even see immediate changes in your body size. The American Heart Association recommends less than 1 teaspoon of salt a day – take a look at your diet to see if you're going overboard. If you're a big fan of eating out or snacks like chips and fried chicken, chances are your salt intake is more than the recommended.

2. GO UPHILL

To add on to the point above, going uphill not only helps your heart rate go up, but is a great way to help you get those lean and toned thighs. Try walking or biking uphill or change our treadmill incline settings upwards and remember, always take the stairs instead of the elevator.

4. DRINK MORE WATER

Staying hydrated is incredibly important for your overall health. Eliminate sugary drinks completely-these add hundreds of empty calories to your diet for no good reason. Water will keep you hydrated and optimise your body's ability to burn fat and build muscle, while also helping you keep full for longer.





A protein and fibre-rich diet is key to help you lose fat and build muscle. Proteins and fibre keep you feeling full for longer, reducing the need to snack. Pro-tip: Get your proteins into your breakfast. It's the first meal of the day, kick-starting your metabolism. If you don't eat breakfast, you might feel sluggish, tired and hungry which may cause you to eat sugary or unhealthy snacks for an energy boost. So start your day right with a protein-laden breakfast that gets your body up and ready to take on the day.

6. TRACK YOUR MEAL

It may be helpful for you to keep a meal diary to really be able to keep track of your calorie intake. Remember, exercise alone will not actually help much if you're eating mindlessly. When you keep track of what you eat, it's less likely that you will snack unhealthily, simply because you are being more mindful of what you're putting into your body. If you don't like the pen-and-paper method, remember there are lots of apps you can use to do this. Also try not to go in the other direction – don't consume less than 1200 calories a day. You need to keep your energy up to perform those thigh-trimming exercises!

7. GET ENOUGH SLEEP

No matter what exercises you do or what diet you choose to adhere to, the most important thing is to get enough rest. Sleep is so important for our bodies and minds to recharge. If you're not getting enough rest you won't have energy to exercise. You might also reach for unhealthy snacks to stay awake throughout the day. You definitely won't see the results that you want! So make sleep a priority.

It is impossible to reduce fat on the thighs alone. However, exercise and a proper diet will help you reduce fat overall, which will lead to trimmer thighs. Aerobic exercises and simply walking more could get you the results you want as long as you're consistent. And remember this: Everyone has a different body. You may never look like the girls on Instagram and that's ok. If you're feeling good, eating well and exercising consistently, you'll be in the best shape possible and that's an achievement to celebrate.





TRY THE NUREOX PROTEIN PROMIX YOUR BEST MEAL REPLACEMENT DRINK.

The NUREOX Protein ProMix is formulated and designed to help you manage your weight with ease. Combining pea protein, soybean powder, isolated soy protein and other valuable ingredients, it serves as the perfect mixture to boost your daily protein consumption and serves as a healthy meal replacement choice.

The high protein formulation controls hunger and curbs cravings while providing essential amino acids to keep body strong and healthy. It helps maintain a balanced diet, boosts the immune system and energy levels. NUREOX Protein ProMix also helps muscle and strength building while preventing muscle loss during the dieting process.

While it won't directly help you achieve slimmer thighs, it's a vital tool to help you sculpt the body that's perfect for you!





mpathy is the ability to cultivate feelings that everyone should have regardless of their age. Empathy allows anyone including children to put themselves in someone else's shoes and understand the truth behind that person's feelings.

Beyond that, cultivating a sense of empathy also means making children understand other people's conditions. Especially in the development of children aged 6-9 years who are meeting many people and have a great sense of curiosity, empathy is certainly very necessary.

ot only does empathy allow children to feel a sense of concern, it also makes them feel and think as if they are in other's situation. Such empathy should be nurtured in kids from a young age for them to become more considerate toward others who might not be as fortunate as they are.

It may be difficult to nurture empathy in children. However, parents' guidance in shaping their children's personality and helping their children to develop a strong sense of empathy is important. It will be very much beneficial not only during their childhood but in their adult lives as well.



But it is important to take note that children should never be forced to develop feelings and empathy toward others. In fact, hash methods are used to create empathy, the child will only develop conflicting emotions within. That is the last thing that we want to do to our little ones.

Parents should be able to create empathy in their children by using different methods which are less forceful, encouraging and fun in order to motivate them to become empathetic. For kids, it will often only work if you try to attract them with something that will stimulate their interests and they will only find joy in things that make them happy. In return, they will be willing to act empathetically and be more driven to do more and more in the future.

If you are searching ways to start motivating your kids, you can start by inspiring them to be more active and take part in contests or campaigns that may indirectly link them to contribute to the people in need. As an example, they can participate in a contest in which the funds received will be channelled or donated to the needy, underprivileged children, and others.

This may help to open up our children's eyes that they too can do something to help the people in need. Parents should remind them that although their contributions may seem insignificant on the surface, they mean the world to other people.



Here, you can motivate your kid to start participating in such events such as LCAM Kids' Fundraising Drawing Campaign. The campaign aims to encourage them to lend a helping hand to refugee children in Malaysia. If you have a kid that is below 12 years old, then this is the right place to encourage them.



- A full-colour single-page painting/drawing in A3 art block size is required.
- A description of the drawing must be attached at the back of the drawing with a minimum of 10 words and above.
- Take a picture of the complete artwork (JPEG format) and submit it together with the participant details to the QR code below.
- Like the Legacy Care Association Malaysia LCAM Facebook page and share your kid's drawing from LCAM website to encourage more participants and donations.
- An e-Charity Appreciation Certificate will be awarded to the selected participants.
- All selected artworks will be announced and published on LCAM's website and Facebook page.

If you are wondering how this will help the refugee kids, all funds raised will be used as funding for food supplies to Shalom Education Centre Kuala Lumpur, a safe haven that provides education for (an ethnic group) refugees from Myanmar. Let this be the first step for your kids to contribute to society! Even the smallest thing that we do will eventually lead to bigger things.

Bear this in mind that it is never too little help and too little to be part of the change we need. If we wish to live in a kinder world, then these changes should start to take place within our surroundings,





THE SECRET USES OF

Baking Soda

You may know baking soda as a common ingredient for baking. Perhaps you also already know that it can be used for various cleaning tasks you have around the home. But baking soda also has another secret use: *for beauty.*

Because it's slightly abrasive, baking soda may be used in place of harsher exfoliators. It can also deodorise. It's generally well tolerated by most people, but of course, like you would for any product, it's always a good idea to do a patch test first to see if you're sensitive to it or not.

Learn how to make the most of this pantry staple, whether you're needing to save time or simply looking to cut one product off your list:

1. DIY Dry Shampoo

Baking soda works to absorb excess oil in your hair, so it's an ingredient you can try in a DIY dry shampoo. Whether you're running late in the morning, or just trying to extend time between hair-washes, dry shampoo is a useful product to get refreshed and volumized hair, without washing.



How to make?

Mix equal parts baking soda and corn starch. Sprinkle the powder onto your hair and use your fingertips to massage the powder into your scalp and roots. Let sit for 10 minutes to allow the starch to absorb oils, and brush out.



2. DIY Toothpaste

You already know that baking soda is a good household cleaning ingredient. That same cleansing action makes baking soda a good cleaning agent for your teeth that helps whiten as well. You can even use it with your regular toothpaste for extra cleaning power.

How to use?

To brush with baking soda, simply wet your toothbrush, add a sprinkle of soda, and brush teeth as usual. As always, use a soft brush and don't brush too vigorously.



3. DIY Natural Deodorant

Baking soda doesn't just mask odor—it can actually absorb stinks and smells. If you're a fan of natural deodorant, you might want to try and DIY with baking soda as the star ingredient.

How to use?

Mix four tablespoons of baking soda with four tablespoons corn starch. Stir in six tablespoons of coconut oil to form a paste. Add a few drops of your favourite essential oils if you like a fragrance. If not, just use as is. Just apply with your fingers as needed. For this application, do a patch test first as you won't be rinsing off.



4. Soothing Relief for Itchy Skin

Have a minor rash or pesky bug bite? Or maybe your skin is aggravated after shaving? You will find that baking soda can actually help you find relief. If you're using for a rash or bite, wash the area first with soap and water. Then blend baking soda with enough water to form a paste and apply directly on to the bite. You can try mixing it with witch hazel for even more soothing relief.

For use post-shaving, Add one tablespoon of baking soda to one cup of warm water. This soothing solution will help alleviate any discomfort from razor burn!



4. DIY Pedicure

This is really simple. Harness the exfoliating powers of baking soda by throwing in a few spoonfuls into warm water. Soak your feet for a few minutes then proceed to rub or scrub to get rid of the dead skin. Voila, baby smooth feet!

What a wonderfully versatile household ingredient - try it and see if you love it as much as we do!

FITNESS ACTIVITIES

THE WHOLE FAMILY
CAN DO
TOGETHER



EXCERCISE

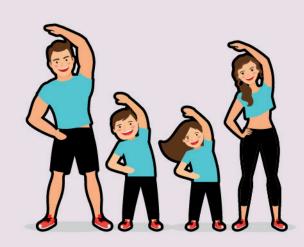
is a good thing. Family time is also a good thing. Add both together for an awesome good time!

Children generally have lots of energy so getting them active is definitely preferable to letting them while away their time in front of the television.



Exercise is good for everyone as it can help improve sleep, reduce stress, improve your health and minimize illness.

Also remember, your children will do as you do. If they see that you staying fit and active, this sets them up to stay fit and active as they grow up. Therefore, it's a win-win situation to find fitness activities that the whole family can do together.



HERE ARE SOME

SUGGESTIONS:



WALKING OR RIDING BICYCLES

A simple yet effective one – simply go for a walk or a bike ride around the neighbourhood or a nearby park. If children are restless or bored, try setting a goal. See who can complete a run in the shortest time, or see who can go faster (safely!). Healthy and fun competition can encourage children to participate and stay focused.



2

SIMPLE FITNESS ACTIVITIEST

According to the World Health Organization, adults should do at least 30 minutes of fitness activities per day and children should get 1 hour per day. Below are simple fitness activities that you can do along with your children in your own home:

MOUNTAIN CLIMBERS

Organize a competition among you and your child on who can 'climb the mountain the fastest. Mountain climbers are good to exercise your upper body.



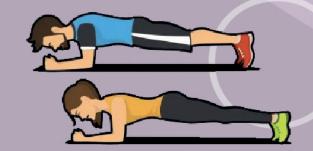


PUSH-UPS

Kids can often do these better than adults. To simplify the movement, ask them to try doing push-ups with their knees on the floor first before gradually lifting up the knees as well.

PLANKS

Planks helps your children to build core muscles and burn calories. Parents can give awards for those who hold the plank for the longest time.



WORK FITNESS INTO YOUR **DAY-TO-DAY**

Getting more physical activity doesn't always have to be a planned event. Every family member can look out for some other simple, fun or creative ways to be more physically active. For example, you can try to park your car further from the main entrance of a mall to encourage your child to walk. Besides, you can also encourage your child on walking stairs instead of taking the elevators or walking to the schools or shops instead of driving.







HOUSEHOLD CHORES

Involving your child in household chores is one of the best ways to keep your child moving. It also teaches children to be responsible and this helps them feel like a valuable member of the household. Give them age-appropriate chores like keeping toys away for younger children, helping with the laundry, dusting, vacuuming or sweeping as they grow older. Introduce them to gardening, and if you have pets, teach your children how to care for those pets.



REDUCE SCREEN TIME

While it's not strictly a fitness activity, it's a good idea to reduce your child's reliance on technology. The screen is extremely beguiling and addictive for young users and they can very easily spend the entire day on their devices. The only thing they may actually like better is one-on-one time connecting and playing with family. So put some time aside to read a book, do some painting. Put on some music and dance around the house, sing out loud in your own karaoke competition. Involve your children in your day-to-day activities as much as you can and set strict rules on when the screen is allowed.



Regardless of what you do, what's important is that everyone is enjoying themselves. Having fun together as a family is as important as the activity itself. Especially in these unprecedented times when we're discouraged from going out unnecessarily, it's a great time to cultivate good habits and meaningful connections with those we hold dearest.





Let's be honest: we all want to stand out and get noticed.

And what's wrong with that? We're not born to fit inin fact, when we act in a way that is true to ourselves, we'll stand out in a good way.

This is definitely important both for our personal and professional lives. In the office, it's not enough to simply perform well. If you're forgettable, then you may miss out on promotions and pay raises. If you're in business, then standing out from the crowd is even more important.

After all, if you have no differentiating factor, why would anyone want to buy from you?

The good news is that there are certain things you can do to create a positively unforgettable impression.

Here are 7 tips:



KNOW YOURSELF.

Don't be shy about getting to know yourself. IF you know your weaknesses and strengths, you can emphasise your strengths and hide your weaknesses. If you need help, get feedback from peers or clients. Ask specifically how they feel about the way you come across. Are you a bit cold? Hard to talk to? Get to really know your weak points so you can work on them and change for the better.



BE CONSCIOUS.

Your actions affect other people. If you act in a conscious manner, you demonstrate respect for the other party which is always a good thing. This means being on time, doing what you say, honouring your commitments and being well-prepared. It's not charming to be forgetful or lackadaisical.



BE CONFIDENT.

It's very attractive to be confident. If you really, truly believe in your vision, this really helps to overcome any other weaknesses you may have. And let's be real, none of us are completely bullet-proof. But if your attitude shows that you truly believe that you can overcome obstacles and you're not afraid to try, if you show that you have mastery of yourself and are conscious of where you may be lacking, this makes you outstanding.



PRACTICE LISTENING.

How many of us really, truly listen? And we mean more than simply putting your phone away when others are talking. Many of us tend to listen to reply – meaning that we don't actually hear what's being said beyond words. Practice truly listening to others' needs and wants. Don't interrupt- if you feel an urge to interrupt, take a deep breath and calm this instinct. When you can really listen, you'll get the chance to help fulfil your client's true desires. This will help you stand out, create a good impression and hopefully you'll be allowed to prove your value further.



BE KIND TO EVERYONE.

This is such an attractive quality when so many people are only nice to so that they get something in return. You'll have the upper hand if you treat everyone as important and interesting, even those who can do nothing for you in return. Sincerity and kindness can really go a long way so cultivate this whenever you can.



TAKE YOURSELF SERIOUSLY.

It only takes a few seconds to make an impression. Make those seconds count! Whether you're an entrepreneur, a leader, an executive, you're a competent person who brings value. While you shouldn't be arrogant, you also shouldn't second-guess yourself. Believe in and take yourself seriously so others will too.



ALWAYS BE OF SERVICE.

Along with being kind, it's also nice to be useful and helpful. It's typical of human nature to just stand by and let others step up. Try being the person who steps up. Show your empathy and willingness to help. An attitude of service makes people interested in what you have to offer; it shows that you're not just out to make a profit.

Start by truly valuing and loving yourself. If you believe that you're a person of worth, everyone you meet will believe this too. These tips are only a foundation upon which you can build. If you consistently practice them and follow through with thoughtful and useful service, you will go far.





COMMON COMMUNICATION ERRORS

you need to avoid!

Sometimes, we are not always able to properly convey our thoughts when communicating because of several communication errors. These errors may be merely a little embarrassing or inconvenient, but others might have major repercussions. Such errors may end up tarnishing people's reputations, upsetting clients, and sometimes even cause losses of revenue.

In today's diverse global business environment, effective communication skills will definitely set you apart from your peers and competitors. Optimal use of these skills involves minimizing the errors that hamper proper and clear communication.



If you are an agent or sell, it is critical to take note of the points raised in this article because when dealing with clients, you will need to be wary of the mistakes which may be made so that you can avoid them and achieve outstanding results for yourself and the brand.

The following are some of the most common communication errors which are often made.

Not truly listening

When we communicate with clients, we might not always be paying full attention. We might be looking at our phones, watching television, or even daydreaming about something else. When we don't actively listen to our clients when speaking to them, we not only run the risk alienating clients, but we also ignore important nonverbal cues and thus misunderstand the clients' messages. Thus, we might end up losing sales or prospects. For this reason, when communicating with a client or anyone else, you should face the speaker and maintain eye contact, listen carefully without being distracted or interrupting,

Assuming you know the message before the person finishes

In many cases, people who are listening to a client's words might assume that they know what the client will say before the client has finished speaking. When we assume we know what another person will say, we will often miss the main point of the message. Therefore, we ought to wait for the person to finish speaking and perhaps ask several questions to get to know and understand them better in order to improve engagement. We should always respond with respect and dignity so that the person being spoken to feels valued.

Interrupting the speaker

Everyone has interrupted another person mid-sentence at some point. It can happen accidentally however, in some cases we get so excited about what we want to say and worry about forgetting our response if we don't voice it out at once. If you don't give a chance for your clients to speak and continue to interrupt, your clients might fee offended.

Furthermore interrupting can make them feel as though what they have to say is unimportant. Therefore, we ought to show respect and allow people to finish the message entirely before responding.

Reacting, not responding

Reacting instead of responding is a grievous mistake in business communication, especially when dealing with disgruntled customers, employees, or colleagues or employees. Instant reactions show disregard for long-term effects of what you say or do; you will likely come to regret such reactions. Conversely, careful responses are more thoughtful and usually guided by logic and reason. It helps to practice mindful awareness which will allow you to be more able to notice your automatic reactions.

Avoiding difficult conversations

Nobody likes to have tough conversations that could lead to conflict. Topics such as dealing with dissatisfied customers, firing someone, providing negative feedback, apologizing for a mistake, or relaying bad news might be avoided by some. However, in general there is no reason to avoid such topics. There is no need to fear others' reactions or even one's own emotions. It is most important to be prepared, stick to the facts, and take responsibility if necessary.

It's not a good idea to leave such problems alone because doing so might cause further damage.

Dealing with your raw emotions can minimize anxiety and also simplify difficult conversations.

Everyone makes communication mistakes from time to time. However, you can improve your reputation and earn your clients' trust by avoiding communication errors. Communication is a two-way process. Always be ready to answer questions openly and respectfully while also carefully listening to your clients' words.



HARNESS THE ART OF SELF-AWARENESS TO IMPROVE YOUR LIFE

"What is necessary to change a person is to change his awareness of himself." - Abraham Maslow

Being self-aware seems like an easy enough task. Basically, it means to understand our own personality, feelings, motives and desires. We're all grown up, we've got this, right?

However, our motivations, thoughts, desires and even personality do not just exist. They are influenced and shaped by a complex range of factors including our society, our family, our environment, our upbringing, the biases of those close to us and the pressure exerted on us from all these forces.

Yes, we believe that we are all independent, free beings. Yet when we look closer, how many of us are actually free? And while we are perfectly capable, how many of us are able to live as we want and do what we love?

Many of us live our entire lives feeling not quite happy or satisfied, despite ticking all the boxes of what might, on the surface, constitute as success or happiness.

This may mean that we are not as self-aware as we think. But fret not, self-awareness is something that can be cultivated. Over time, we can learn to be more aware of ourselves, our values, our goals and passions. Harnessing the art of self-awareness can help us to be better leaders, partners, parents and friends. It can help us be more confident businesspeople and more productive employees.

Here is a general check-list of the benefits of being self-aware. If you are in agreement with most of these benefits, you may indeed be a person who is aware of yourself and the environment around you:

- You're happy because your actions align with your ideals.
- You know what you're good at, what you like to do and where you need to improve.
- You make the effort to strengthen personal and work relationships.
- You put effort into managing your emotions, for example you don't fly off the hook or stomp off in a huff when you're angry.
- You realise that being a leader does not make you flawless; rather, you actively take steps to improve as a leader.
- You follow your true passions.
- You know and avoid situations or jobs that don't bring joy to you.
- You don't stay in a situation that does not resonate with you just because that's what is expected of you.
- — You can show empathy and can take other's perspectives.

However, If any of the above needs improvement, know that there are ways to improve your self-awareness. Here are 4:



MEDITATE

We don't mean that you need to check yourself into a cave for the weekend! Meditation simply means taking moments to pause, focus on your breathing and becoming aware of what is going on around you and inside you. It doesn't have to be ritualistic or formal, you don't need soundbaths or essential oils. Simply find pockets of time where you can sit with yourself and focus on your inhales and exhales. Some people find it helpful to do an activity like yoga or mundane tasks like gardening or working on their bikes or even house chores.



TALK TO PEOPLE

None of us know exactly 100% how we come across. But we can ask our partners, friends or mentors. Take them out for a meal and ask them to be honest with you. Ask them what they feel your weaknesses are and listen carefully. Tell them to be very candid and honest; and on your part, don't be defensive. You're here to listen, learn and then see what you can do better.



WRITE IT DOWN

It's a good idea to write down your plans and priorities. That way you have a record. Warren Buffett used to write down all his reasons for making a particular investment. Over time he had a record that helped him assess whether or not he had good judgement or simply plain luck. Another thing you can write down is the good and bad of your personal traits. Then you can see if you grow as a person or not over time.



TAKE PSYCHOMETRIC

While tests like the Myers-Briggs Personality Index may not be 100%, they can help you understand which traits you most likely have. They can help you understand your character and thus gain greater self-awareness.

"Being self-aware is not the absence of mistakes, but the ability to learn and correct them." – Daniel Chidiac.

All things said and done, remember that being self-aware does not make you a perfect person! Rather, it helps you understand and know yourself so that you're empowered to do better in the future. Instead of being helpless and just going along with the flow, you realise that you, after all, are the only person who can steer the course of your destiny.



COST-BENEFIT ANALYSIS: MAKING DECISIONS THAT MAKE BUSINESS SENSE

Whether you're making decisions for your own small business or for running a country (!), Cost Benefit Analysis (CBA) is a tool that helps you make a decision that makes sense.

In fact, we all use it in our regular lives as well – questions like should I buy or rent a house? Should I go on a holiday or invest my money? An easy way to think of CBA is listing down the pros and cons of a particular decision.

Of course, when preparing a CBA for corporate or government planning, the process is much more complicated as there are so many variables to take into account.

But the bottom line is anyone can learn to do a simple CBA and it would be advantageous for you to know how.

FIRST, WHAT IS COST BENEFIT ANALYSIS AND HOW IS IT USED?

CBA is a process that weighs out the advantages and disadvantages of a potential plan. For businesses, advantages would be financial gain or profit. Disadvantages would be the costs involved. If the costs outweigh the benefits, it makes sense to defer or drop a project.

CBA takes Ringgit value for intangible benefits as well as opportunity cost into its calculations.

Tangible benefits are quantifiable and measurable, for example buildings, equipment, cash in hand, and other assets.

Intangible benefits are benefits that cannot be seen or held, but add value to a business. That's why a numerical value can be attached to each of these benefits. Examples include:

- § GOODWILL,
- S TRADEMARKS,
- S CUSTOMER LISTS,
- **S** BRAND RECOGNITION,
- S COPYRIGHTS, AND
- S PATENTS

You may use CBA to look at long-term potential for your business or also to make short term decisions. It's a fairly accurate way to predict the financial prospects of your business, so you may use it to see if a potential business can be profitable or not.

This process also takes into account intangible benefits or costs, like customer satisfaction, brand reputation or employee satisfaction. Opportunity cost is also a big factor in making a final decision, and rightly so. The moment you pursue one path, you are closing the door on another because time and money are finite. Therefore, it's not just important to make a sound decision but to be happy with the decision you've made.

HOW DO WE CALCULATE COST BENEFIT ANALYSIS?



Several templates can be found online that can help you calculate your Cost Benefit Analysis.

A simple formula is: Benefit / Cost Ratio (b/c)

CBA specialists may use very complex formulae for corporate or governmental decisions, but essentially the benefit / cost ratio is taking a total of all the benefits and dividing them by the total of all the costs, to find out which side outweighs the other. There should also be consideration for the duration of the decision and opportunity cost. There's no harm performing multiple analysis to take into account different scenarios.

STEP BY STEP COST BENEFIT ANALYSIS

- **STEP 1:** Compile your lists of benefits and costs in the potential project.
- **STEP 2:** Work out the monetary values for each cost or benefit. An approximate but realistic value will be fine.
- **STEP 3:** Take the total figure from the benefits and the total figure from the costs and insert the figures into the b / c equation.

You can vary the values of the benefits and costs, so you can see different potential business options to consider.

From the b / c equation, you can see if the project is indeed profitable and has sufficient potential, or whether it is too expensive and should be scrapped.



A SIMPLE EXAMPLE OF A COST BENEFIT ANALYSIS.

A company wants to increase its sales by RM100,000, and is thinking of hiring two new sales staff to handle the increased sales. The management decides to run a Cost Benefit Analysis to see if such a decision will be beneficial.

The CBA uses a time frame of one year to prepare a projection if two sales staff are recruited.

The CBA should use the following basic benefits and costs:

BENEFITS		COSTS TO RECRUIT 2 STAFF		
Estimated Additional Sales: RM100,000 Increased Customer Satisfaction by 10%: RM10,000		Recruitment: Training: Annual Salary: Computers + Software:	RM4,000 RM3,000 RM60,000 RM8,000	
Total Benefits:	RM110,000	Total Costs: RN	RM75,000	

Inserting these figures into the b / c ratio equation, RM110,000 / RM75,000 would give a BCR (Benefit Cost Ratio) of 1.47. As the value is positive, meaning the Total Benefits are more than Total Costs, the CBA indicates the decision to hire two new sales staff would benefit the company by increasing its sales.

THE ADVANTAGES AND DISADVANTAGES OF A CBA

CBA can definitely be a helpful tool for individuals and businesses when it comes to charting a new course of direction. This is especially the case for smaller enterprises in a more immediate scope of time.

However, it can be disadvantageous for larger corporations and bigger decisions with a longer time frame. This is because there are factors that impact the long term that aren't immediately apparent like fluctuating interest rates, inflation, wars, natural disasters and so on.



At the end of the day, a CBA is a tool. It is based on numbers and cannot take into account sudden or unforeseen circumstances. For example, no one could have predicted the Covid-19 pandemic, the MCO and the damage it has caused to the global economy. Businesses that performed CBA for 2020 definitely suffered some rude shocks, as did us all.

So as you would with any tool, wield your CBA in a careful and precise manner and it may be of great help to you and your business.



 1^{ST} NOVEMBER 2020 (12PM MYT) – 11^{TH} NOVEMBER 2020 (11.59PM MYT)

IMMUNE 30 PACKAGE

2 x Mediterranean Gold PLUS + 2 x Potent + 2 x Potent Mini (10 sachets)

> FREE 2 x H+ (60ml)

RM786 (WM) RM816 (EM) 130WP

Save up to RM482!

2

3 x Mediterranean Gold PLUS + 3 x Potent + 3 x Potent Mini (10 sachets)

> FREE 4 x H+ (60ml)

RM1179 (WM) RM1224 (EM) 195WP

Save up to RM723!

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RM1060 (WM) RM1097 (EM) 140WP

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*For further information, please refer to our promotion details. *While Stocks Last.



CREATION & LEGACY PLAN

NEW PACKAGES

AVAILABLE ON 1ST NOVEMBER 2020 ONWARDS



DETOX 215

CREATION PLAN

→ 1x de'Cleanse 2x Enzyme 1x Grain (750g) 1x ProMix (Chocolate or Vanilla)

RM350 (WM) RM378 (EM) 32WP

IMMUNE 30

- LEGACY PLAN

1x Mediterranean Gold PLUS 1x Potent 1x Potent Mini (10 sachets)

RM393 (WM) RM408 (EM) 65WP

WGOLD 30

LEGACY PLAN

→ 1x W+ GOLD 1x Mediterranean Gold PLUS 1x Potent 1x Potent Mini (10 sachets)

RM492 (WM) RM512 (EM) 68WP

LEGACY PLAN

→ 1x de'Cleanse 2x Enzyme 1x Grain (750g) 1x ProMix (Chocolate or Vanilla)

RM350 (WM) RM378 (EM) 40WP

W 30

LEGACY PLAN

→ 1x W+ 1x Mediterranean Gold PLUS 1x Potent 1x Potent Mini (10 sachets)

RM483 (WM) RM503 (EM) 68WP

M 30

LEGACY PLAN

→ 1 x Mandiva
1 x Mediterranean Gold PLUS
1 x Potent
1 x Potent Mini (10 sachets)
1 x Mandiva Mini (10 sachets)

RM530 (WM) RM548 (EM) 70WP

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*New package is VALID in conjunction with Legacy Plan PWP. *For further information, please refer to our promotion details.





DETOX 215

NEW PACKAGE SPECIAL

1ST NOVEMBER 2020 (12PM MYT) - 30TH NOVEMBER 2020 (11.59PM MYT)

CREATION PLAN

1x de'Cleanse

2x Enzyme

1x Grain (750g)

1x ProMix (Chocolate or Vanilla)

RM350(WM) RM378(EM) 32WP

LEGACY PLAN

1x de'Cleanse

2x Enzyme

1x Grain (750g)

1x ProMix (Chocolate or Vanilla)

RM350(WM) RM378(EM) 40WP



FREE 1x RL SHAKER



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PROMOTION IS BACK!

1ST NOVEMBER 2020 (12PM MYT) - 30TH NOVEMBER 2020 (11.59PM MYT)

6 X ENZYME FREE 2 X ENZYME

6 X DE'CLEANSE FREE 2 X DE'CLEANSE

RM528(WM) | RM570(EM) | 60WP

SAVE UP TO RM236!

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LEGACY PARTNER PROMOTION

NEW JOIN LP

1ST OCTOBER 2020 (12PM MYT) - 31ST DECEMBER 2020 (11.59PM MYT)

- 16 x Distributor Price Products + 8 x PWP Products
- 1 x *LP PACKAGE + 6 x Distributor Price Products + 3 x PWP Products

EXTRA 1 FREE PRODUCT FOR ALL NEW JOIN LP

BEFORE 60 DAYS

1ST OCTOBER 2020 (12PM MYT) - 31ST DECEMBER 2020 (11.59PM MYT)

ELITE TO LP

- 16 x Distributor Price Products + 8 x PWP Products
 - 1 x *LP PACKAGE +
 - 6 x Distributor Price Products + 3 x PWP Products

PREMIUM TO LP

- 6 x Distributor Price Products + 3 x PWP Products
 - ---- OR -
- 1 x *LP PACKAGE

AFTER 60 DAYS

1ST OCTOBER 2020 (12PM MYT) - 31ST OCTOBER 2020 (11.59PM MYT)

ELITE TO LP

- 16 x Distributor Price Products + 8 x PWP Products
- 1 x *LP PACKAGE +
 6 x Distributor Price Products +
 3 x PWP Products

PREMIUM TO LP

- 6 x Distributor Price Products + 3 x PWP Products
 - 1 x *LP PACKAGE

LP PACKAGE SELECTION



*Terms and Conditions Apply. *For Malaysia distributors only.

*In the event of RMCO/peak/promotion periods, the shipment of your order may experience longer than usual.

*For further information, please refer to our promotion details. *While Stocks Last.



TRAVEL INCENTIVE TRIP 2020

EXTENDED TO 28th February 2021 (11:59pm, MYT)



Qualification:

A For rank Classic membership to Crown Ambassador

*Criteria	Personal Direct Sponsor and/or Personal Maintain (Accumulate)	Direct Sponsor Group Maintain In Legacy Plan (Accumulate)		No. of Ticket
		Min. Required Group	WP per Group	Ticket
1	5,000WP	5	5,000WP	1
2	10,000WP	5	2,000WP	1
3	10,000WP	5	10,000WP	2
4	10,000WP	10	5,000WP	2
5	20,000WP	5	4,000WP	2

^{*} Only one (1) criteria to be fulfilled.

B For rank Royal Ambassador to Royal Prime

	*Criteria	Personal Maintain (Accumulate)	**Direct Sponsor Groups' Maintain (In a calendar month)		Required Month	No. o	
		(Accumulate)	Min. Required Group	WP per Group		Here	
	1	1,500WP	3	5,000WP	5	1	
	2	1,500WP	5	5,000WP	5	2	

OR

Add On Criteria (Effective 1st August 2020)

	*Criteria	Personal Direct Sponsor and/or Personal Maintain (Accumulate)	Direct Sponsor Group Maintain In Legacy Plan (Accumulate)		No. of Ticket
			Min. Required Group	WP per Group	пскет
1	1	6,000WP	3	40,000WP	1
Sec.	2	6,000WP	5	20,000WP	1
14	*Only one (1)	Criteria to be fulfilled.			



Only one (1) criteria to be fulfilled.
 Direct Sponsor Groups' Maintain sales must be fulfilled in a calendar month of any 5 months during the



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传承热题 关于中美贸易战 你必须了解的事情 如何降低患上 乳癌的风险



白发:

时光可否倒流?

泰国首席营销总监致词直销运营思维转换

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- 泰国首席营销总监致词

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传承健康生活

- 如何降低患上乳癌的风险
- 降低在晚年时期患上前列腺 癌的风险
- 如何摆脱大腿内侧脂肪

传承趣味生活

- 如何培养孩子的同理心
- 小苏打的使用秘笈
- 与家人一起进行健身活动吧!

充值人生

- 7个让人留下深刻印象的技巧
- 您需要避免的常见沟通错误!
- 成本效益分析: 做出有意义的决策
- 培养自我意识的艺术

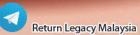
传承资讯站

- 本月促销











直指连續

在疫情过后,人们会更加重视和关注自身健康方面的问题,健康意识也会逐渐增强,从而促使大健康产业或将迎来新的发展政策。无论是国家还是群众,都变得更加重视防范的重要性,大家对健康的意识逐渐增加, 也让免疫力产品成为新的消费需求。经过这次的疫情,人们才对免疫力产生全新的认识。

传承国际其中主要的产品之一,REOXlife Potent以增强 免疫力为主的保健品,此产品含微矿化营养技术 (MMNT), 是一项先进的尖端技术,也是传承科团队所研发的, REOXlife Potent 旨在对抗自由基,从而增强细胞保 护机制。作为保健业的领头样,我们相信直销行业 在疫情后将迎来发展的春天。

泰国营销总监

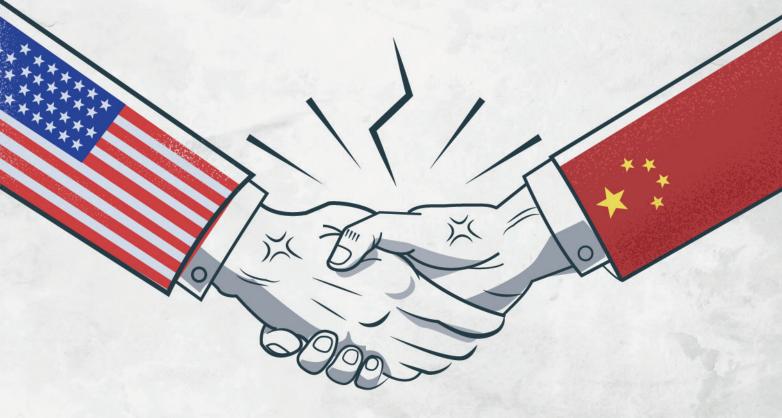
PAUL TAN



新冠疫情后,互联网成为了我们交易的桥梁, 因为它帮助各行各业去掉中间环节,让人与 人之间拉近了距离。传承国际鼓励经销商利 用社交平台进行交易,从中扩展商机,把传 承事业转移至线上,开展线上健康服务的商 机。我们也在电子商务平台放了许多相关的 产品资料,让经销商们可以好好利用这些资 源建立个人品牌和资料分享。 每一位创业者都不容易。疫情让许多人发现有一份副业的重要性,也发现了健康和自由原来是需要一个平台才能双得。在传承国际,我们着重于丰富生命、造福社会,并相信每个人都应获得公正和平等的学习、改变与成长机会。直销,一直为每一位想开创个人事业、主宰个人命运的人提供发展平台。

关于中美贸易战你必须了解的事情

曾经世界上发生过主要的经济和社会政治冲突是我们已知的冷战。当时的美国连同其同盟国与苏联同盟持续冷战了将近50年。然而随着苏联在1991年解体之后,美国便维持了其不可撼动的国际地位,直到最近。



今天,中国已经填补了苏联解体后所空缺的位置。

由于各种原因,这两个世界强国之间的关系是具对抗性且令人担忧。其中一项造成这两大强国关系紧绷的原因,是因为贸易战争。这贸易战争在未来几十年内都会深深影响着世界各国的社会政治及经济圈发展。

如果您的事业需要与许多国际的客户联系,那么请继续阅读下去-因为接下来的这些信息对您来说非常重要。

中美贸易战是如何开始的?



中美两国之间的贸易战始于2018年。那一年,美国总统唐纳德·特朗普开始对各种源自中国的产品征收关税和各种其他贸易的限制。特朗普总统也声称,收取关税的目的是迫使中国停止他认为是不正当的贸易手法以及其侵犯美国知识产权的各种行为。

中国也迅速对此作出了回应。 中国政府指责美国政府使用不正当的保护主义手段破坏中国经济。 中国国家主席习近平将在不久后宣布对美国进口产品征收关税,以作为对付美国向其货品征收关税的对策。 这导致两国之间的长期僵持,也就形成了我们现在所知的中美贸易战。



谁将被这场贸易战影响?

中美贸易战对许多亚太地区国家产生了重大的影响。造成这个局面的原因有几个,其中最主要的原因是因为美国和中国在整个亚太地区都是主要的的贸易伙伴。

几乎每个亚太区国家在政治上都与中美两国有联盟关系结盟。 此外,与大部分的亚太国家一样,中国和美国也是亚太经合组 织的成员国。由于以上这些原因,这场贸易战会对亚太地区正 常经济流程造成破坏并非是一件稀奇的事。



因此,如果你有牵涉许多在亚太地区的生意买卖,那你可能许早就已经感受到贸易战对你生意所带来的冲击。然而,并不是每个国家都受到同等程度的影响;一些亚太地区的国家会比其他国家受到更大的影响。**其中受到贸易战严重影响的著名国家包括越南、印度尼西亚、韩国、日本、蒙古和澳大利亚。**南韩和日本是主要受到这些间接关税所影响的国家。因为它们许多出口产品需要先经过中国,然后再出口到世界各地。

对中国征收的额外关税也减少了中国本地的需求,进而影响蒙古和澳洲的出口贸易。但是,越南和印度尼西亚却从此次贸易战中获得利益,因为许多原先驻扎在中国的公司因贸易战而不再对中国感兴趣,选择迁移至上述国家。这些国家不仅运营成本较低,也同样拥有先进的贸易基础设施。

因此,对于希望搬迁总部的人来说,上述国家地点是可行的选择。

哪些行业被影响?

由于间接性关税的征收,**许多电子和光学设备行业都遭受到严重影响。其它受贸易战影响的行业包括回收、机械、纺织品、碱性金属、化学品和皮革。**这些受贸易战影响的国家,都是对上述行业在全球范围内有巨大贡献的地区。许多位于亚太地区的企业,例如传承国际也经历了贸易战所带来的影响。其中贸易战对亚太地区企业造成的影响是客户群的变化。



许多与国际客户打交道的公司,包括来自美国和中国的企业。这些公司有很大可能面对利润下滑,因为贸易战对两国的经济都产生了不利影响。这会影响美国或中国客户对该企业的忠诚度,因此导致利润减少。

因此,实际上能符合最大经济效益的,就是积极地将品牌推销 给至世界各地的客户,这样就能减少您的业务因贸易战争所造 成的冲击。

中美贸易战争也导致许多亚太公司更换他们产品的价格,以更好配合运营成本的变化。

许多售卖着来自中国或是美国产品的企业也会受到贸易战所带来的冲击。因为关税的征收会除了促使零售商提高售卖价格,驱使客人离开;或是选择自身承担因关税征收所导致的成本增加,降低零售所得利润。

企业总部可能需要迁移

许多位于中国的国际公司可能在寻找机会迁移总部。此次贸易战大大提高了企业在中国的运营成本;此外,中国本地整体需求量也减少了。如今,许多公司将目标皆转移至东南亚国家为另一总部基地,例如越南、泰国和印度尼西亚。其中越南是许多公司特别吸引的国家。

我们能预期的结果?



中美之间的贸易战对美国,中国以及整个亚太地区产生了巨大影响。有一项研究显示,美国自贸易战开始至2019年9月间,损失了超过300,000个工作岗位,美国的实际GDP也在这期间损失了0.3%。与此同时,当美国企业支付了数十亿美元的关税,美国公司的股市也在这期间有迅速下跌之势。

此次贸易战其实也对中国造成了损伤。贸易战促使他们的劳动力成本大幅增加。市场进入的限制比起过去那么多年以来,变得更加严格,同时来自国家控制的实体竞争也正逐日增加。美国和中国之间的贸易战争所能预期的结果是未来两国谈判贸易协商不再是一件容易的事情,以及中国可能会更新更多的贸易政策。

中美贸易战的不可预测及易变性的也因为国际自由贸易的减少和各国经济全球化而影响了亚太地区。亚太地区国家与中美两国的贸易活动也呈下降之势,并预测会继续下降。尽管如此,与世界其他地区相比,亚太地区企业的股票净值仍然相当稳定。



中美贸易战将持续多长时间依旧是个未知数。但是,毋庸置疑的是它对亚太地区及对当地业务所造成的影响。

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因此,如果你想成为该地区的精明业主,你应该尝试在不太容易受到美国或中国供应或需求影响的经济领域进行投资,根据全球经济状况的需求进行相应投资,并且进行多元化经营以降低受到贸易战伤害的风险。这些步骤都非常很重要,因为即使在贸易战结束后,这余波也会影响到下一代。



随着年龄的增长,头发变自是很正常的。

我们的身体含有数百万个毛囊,这些毛囊可生成头发,并含有产生黑色素的色素细胞,从而赋予头发颜色。随着时间的流逝,毛囊会失去这些色素细胞,进而导致白发的产生。最终,几乎每个人的头发都会变白。 2006年的一项研究表明,人类活到50岁时,他们当中将会有一半的人拥有50%的灰发与白发

亚洲人和非洲人产生白发的时间比白种人稍微晚些,但是还是会有许多原因会导致白发的出现以及白发出现的时间。



对于某些人来说,他们可能会在20多岁时就开始注意到自己 长出了白发。

过早的白发不仅仅是因生活方式因素引起的失衡或不足。尽管它与过早的衰老疾病、特应性疾病或自身免疫性疾病有关,但确切的病因仍是未知的。研究还证明了活性氧对头发变白的作用。吸烟,缺乏维生素b12,某些化学治疗药物或紫外线,污染,情绪因素(心理压力)或发炎引起的氧化应激也可能导致头发过早变灰。

如果是因遗传引起的白发,则无法恢复头发的自然色。然而,若是因你的饮食不均衡,您可能可以通过改变生活方式来减缓变灰的速度。

以为出发常原下长自的见因

遗传因素



根据2013年《印度皮肤病学、性病学和麻风病学杂志》的一项研究指出,如果您在年轻的时候发现白发,很可能是因为您的父母在年轻的时候就已经有了白发。这意味着它属于遗传性白发,您无法做出改变。若是白种人,头发过早变灰现象会出现在他们20岁之前;亚洲人是在25岁之前;而非洲人则是在30岁之前。在这种情况下,您还可以做一些事来改善这个情况。如果您无法忍受白发或是"银狐"外观,我们建议您染发!

2 缺乏维生素及矿物质



如果您的头发在年轻的时候就变白,并且不是先天性遗传造成的话,您可能需要注意自己的饮食习惯。蛋白质,维生素B12,维生素D,铜或铁的缺乏可能是导致您头发变白的罪魁祸首。这些都是维持头发健康生长以及颜色所需的维生素和矿物质。因此,若您认为这就是问题所在,那么是时候重新开始调整您的饮食习惯(摄取核桃、鱼、种子、羽衣甘蓝或西兰花等青菜)或摄取保健品以拉近身体的营养差距。

3 氧化应激



氧化应激是因人体中的自由基和抗氧化剂之间的不平衡引起的。抗氧化剂系统的受损会导致活性氧的积累,从而导致氧化损伤并损害由黑色素产生的黑素细胞。空气污染、紫外线、心理情绪或其他炎性应激会引起氧化应激。这可能会使毛囊的黑素细胞抗氧化能力不堪重负,最终导致萎缩的毛囊受损。

4 压力与生活习惯



慢性压力不仅会导致您面临睡眠问题,焦虑,高血压,甚至会导致你的头发提早变灰。这就能够解释为什么有一些世界领导人在上任时似乎会衰老得很快,而头发也容易变灰。压力的影响可能会进一步加剧诸如吸烟、饮食不均衡、缺乏运动和睡眠等生活习惯。



吸烟是一项最为普遍的生活习惯而导致头发提早变白。或许您已经知道了吸烟会导致肺癌与心脏疾病,但吸烟也会有其他的负面影响。许多研究证实了吸烟会促使大量活性氧的产生,进而导致氧化应激的增加。吸烟的这种促氧化作用可能会导致黑色素生成细胞(黑色素细胞)受损。

6 本身患有疾病



很不幸的是,诸如自身免疫性疾病等疾病会增加头发提早变灰的风险。甲状腺功能异常会导致头发变得异常,这是因为甲状腺激素可以直接改变人的毛囊色素沉着。

若您不是因遗传因素或年迈而生出灰发,以下为让灰发变黑的补救措施:

3 摄取抗氧化食品

除了解决维生素和矿物质缺乏的问题外,多摄取富含抗氧化剂的食物有助于抵消我们每日在外所接触的自由基。记得在饮食中摄取这些食物:水果和蔬菜,绿茶,橄榄油,蓝莓,山核桃,草莓和红卷心菜。

停止吸烟

吸烟有害健康。它不仅会助长白发,而且还会有对您的健康带来许多严重的负面影响。您必须寻找适合自己的戒烟方法。如果您觉得困难,干万不要灰心。就算您失败了很多次,重要的是您在不断地尝试。

自黙疗法

市场上有许多染发产品可帮助您遮盖白发。但是,富含化学物质的染发剂会让问题变得更严重或引起过敏反应。您可以尝试自然疗法,并将其当作在不损害身体的前提下,减缓头发变白的方法。您可以尝试以下方法:





红茶: 红茶可以使头发变得更黑,更亮和更柔软。您可以尝试将3到5袋茶叶浸泡在2杯开水中。之后,将其涂抹在头发上。您还可以将红茶与护发素混合,将其涂抹在头发上,并在一个小时之后冲洗头发。



咖喱叶: 咖喱叶是保持黑发和防止头发过早变灰的好方法。 咖喱叶还有一个好处,那就是您可以轻易地在超市和杂货 店买得到。

4 增加维生素B12的摄入量

摄取更多富含维生素B12的食物,包括海鲜,鸡蛋,肉,牛奶,鲑鱼和奶酪。您还可以在当地的药店寻找一系列任何价格的维生素补充剂。

我们不能保证以上所建议的补救措施会使您的白发变黑。但是,如果问题与遗传因素或年龄 无关,那么尝试均衡饮食、戒掉不良习惯以及更注重头发养护,对您来说绝对是件好事,您 说对吗?



受到地中海饮食概念的启发,融合高浓缩多酚配方 - LePheno™ 以及蕴 含22种蔬果萃取物的 Mediterranean GOLD PLUS, 能高效助您维持健康。

LePheno™是由传承国际与FYTEXIA合作精心研发的专属配方,融合创新与高端科技,富含维生素和高效多酚,萃取自葡萄柚、葡萄、绿茶、瓜拉纳和黑胡萝卜。此高浓缩多酚配方与丰富的蔬果精华,有助于降低自由基对人体造成的氧化损害和促进新陈代谢,从而减缓老化过程。



如何降低患上乳癌的风险?

乳癌是女性最可怕的一个疾病,而且乳癌是全世界女性的头号杀手。当乳腺或导管中的细胞变得异常并不受控制地分裂时,就会发生乳癌。然后,这些异常的细胞就会开始侵入乳腺周围的细胞组织。最终,它们可能通过血管和淋巴通道扩散到淋巴结,肺,骨骼,脑和肝。

乳癌是马来西亚女性最常见的癌症之一,每19名的女性中就有1名处于危险之中。根据国家癌症登记局指出,华裔妇女患上乳癌的风险是最高的,其次是印裔和巫裔妇女。在马来西亚于2003年报告的64%的乳癌病例当中,40至60岁之间的妇女受到折磨。

根据全国乳癌基金会指出,以下这些因素将会增加女性患上乳癌的风险是:



年龄阶层较大,尤其是55岁以上



55岁以后才绝经



拥有乳癌或卵巢癌的家族病史



初产年龄大



12岁之前来月经 (初潮)



未生育

我们无法控制许多风<mark>险因素,但</mark>是,了解那些适用于您可以使您了解乳癌的风险,并寻求降低风险的方法。 如果您觉得自己处于高风险当中,请询问您的医生看看可以采取哪些措施来减轻您的恐惧以及担忧。 但如今已传来许多关于乳癌的好消息,其治疗方法不断在改善,而且我们也更加清楚知道如何减少患上乳癌 的风险。为了真正以最大的程度降低患癌的风险,您可以简单地改变自己的生活方式。这些改变或许不适合 用于每位女性,但尝试了也许会带来很大的影响。



1.控制体重

体重是最常被讨论的课题,但是保持一个健康的体 重必须是每个人的目标。体重超重会增加许多不同 癌症的风险、尤其是在更年期之后、其中包括乳癌。 那么健康的饮食可以帮助降低患乳癌的风险, 尤其 是高营养价值的水果和蔬菜。



吸烟者和不吸烟者都知道吸烟是多么的不健康。吸 烟除了会降低生活质量以及增加患心脏病、中风和 乳癌的风险之外,它还会引起口臭、损坏牙齿以及 导致皱纹。我们没有一个好的理由去吸烟,只有戒 烟的理由。但是, 戒烟并不是一件容易的事, 千万 不要害怕寻求帮助。如今已经有许多不同的方法和 产品可以帮助您戒烟, 最主要的是有想要戒烟的 心态。



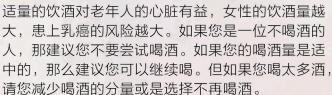
5.母乳喂养

母乳喂养可以稍微降低患上乳癌的风险。如果母乳 喂养的时间越长,罹患乳癌的风险就越低。另 外,母乳喂养对妈妈和孩子也有其他很好的 健康益处。

2.保持身体活跃_

运动或锻炼对身体健康是至关重要的,它几乎就像 我们的灵丹妙药一样。如今有越来越多研究证明, 通过运动其实是可以降低患上乳癌的风险。而美国 癌症协会建议,每周至少有五天或以上都坚持进行 45至60分钟的运动。另外,定期的进行运动也是 控制体重的最佳方法之一。

4.避免饮用太多酒





6.定期做检查

尽管检查不能帮助预防癌症,但通过乳房摄影术进 行早期检查是可以挽救生命的。如果发现的早,就 可以尽早得到治疗。对于大部分的女性而言,大家 可以从40岁开始定期进行乳房摄影术检查。

或许可以尝试 REOXLIFE PRO W+ GOLD 来改善整体健康状况

REOXLIFE PRO W+ GOLD 是年龄介于45岁或以上女性的最佳保健品。 它是由三种植物被使用了数百年的植物配方制成的,它可以帮助女性缓解 更年期的症状。它也可以改善性健康、促进较好的睡眠质量、缓解热潮以 及改善抑郁和焦虑。

此外, W+ GOLD 有助于促进健康的头发、保持理想的体质和健康的肤色, 同时支持健康的骨骼形成。

W+ GOLD 的 Estro-G 配方蕴含古代草药隔山消 (Cylanchum wilfordii) 根、糙苏 (Phlomis umbrosa) 根和朝鲜当归 (Angelica gigas Nakai) 萃 取物,以及结合4种高效的植物来源成份以解决更年期所带来的生理和情感 变化。W+GOLD很容易被人体吸收,它也为女性带来许多益处,使她们 在美好的黄金岁月中过着美丽而自信的生活。





降低在晚年时期患上前列腺癌的风险

前列腺癌是许多男性的一大噩梦,尤其是在他们 进入晚年时期。讽刺的是,即使我们变老了,我 们患上前列腺癌等严重疾病的风险也呈指数增长。

男性小腺体里的前列腺是用来制造精液。它位于膀胱的下方,包裹着输出尿液和精子的管子。

根据国际世界癌症研究基金会,前列腺癌被列为全世界第二常见的癌症。前列腺癌在所有导致男性死亡的癌症中排名第五位。在2012年,全球超过110万男性被确诊患有前列腺癌,占所有男性新癌症病例的15%。

由于前列腺癌可能导致死亡,所以了解一个人 是因为什么因素而增加患上此病的风险是至关 重要的。

主要的 风险 因素

年龄

02

50岁之后,患上前列腺癌的几率大幅度的增加。

种族

前列腺癌在非裔美国人中最为常见,其次是美国西班牙裔和本土美裔男性。亚裔美国人患上前列腺癌的机率是最低的。所有男性都有患前列腺癌的风险,但 非裔美国人男性比其他男性更有可能患前列腺癌。

基因因素

如果您有多过一位亲戚患上前列腺癌,包括了母亲和父亲三代以内的旁系血亲。

★ 饮食习惯

尤其是经常摄取高脂食品。

采取预防措施来抵抗前列腺癌的产生是至关重要的,特别是对于那些具有一个或以上致癌因素的人。 改变生活习惯是必须的,那不只是为了延长寿命,也是让您的生活品质提高。

那么. 您可以采取哪些措施来减低患上前列腺癌的风险呢?

管理 ^{自己的} 体重

随着年龄的增长,维持强健体格的压力也会减少,我们会情不自禁地放纵自己。但是,减低患上前列腺癌风险的最重要措施之一就是控制自身的体重。超重是引发许多疾病的因素,前列腺癌就是其中之一。

如果您的身体质量指数(BMI)在30或以上,您患上前列腺癌的风险就会大大提升。 这个数据表示你患上了肥胖症,您应该要在肥胖症引发之前就开始控制自身体重。

改变 饮食

在控制体重的同时,也需要改变饮食习惯以便降低患上前列腺癌的风险。其中一种 具有保护作用对抗前列腺癌的重要物质是番茄红素。番茄红素能对抗抵消自由基对 身体的影响,这不仅可以预防前列腺癌的引发,还可以减少罹患心脏病以及其他癌 症的风险。它通过增强前列腺细胞的抗氧化保护作用,甚至可以抑制前列腺癌细胞 的增殖。

减少脂肪的摄取量也能减低患上前列腺癌的风险。对许多人而言,饮食内含有美味的肉类和丰盛脂肪量被认为是丰富而有益的。但是,每日减少脂肪的摄取量能促进健康,控制体重和对心脏有益。因此您需要重新定义"有益的食物"的意义。

定期 检查

对于我们任何人而言,随着年龄的增长,定时进行体检是非常重要的。不管您的身体状况如何,都需要定时进行体检。上了年纪后,进行前列腺癌检查更是重要,因为在所有75岁或以上的患者中,约有20%的人被诊断患上前列腺癌。若是您没有定期进行体检的习惯,请立即与医生咨询。

那么现在市场上有没有 可以帮助强身健体的保健品呢?

Return Legacy 推出了REOXlife PRO Mandiva,能帮助全世界的男性维持前列腺的健康。REOXlife PRO Mandiva 中含有锯棕榈,它是一种有助于维持前列腺健康和维持其正常大小的天然成分。

再加上,在 REOXlife PRO Mandiva 里的这些天然成份,松树皮、浓缩蛋白、红葛根和淫羊藿,可改善血液循环,促进骨骼健康 ,增强免疫系统功能并维持肌肉质量,从而帮助您优雅地衰老。

此外,REOXlife PRO Mandiva 不仅仅是让年长者服用。其实它是能帮助各个年龄层的男性都保持健康的保健品。





如果您最没有安全感的身体部位是"大腿内侧肥肉",请您振作起来,现今有许多女人都面临着同样的问题。 保持良好的体态非常困难,尤其是还要面对排山倒海而来的工作,家庭及家庭事务。然而,您可以采取一些措 施以减少大腿内侧的脂肪。

这里有一件事您必须知道,虽然您可以针对大腿内侧部位进行特定的锻炼,但是减少大腿脂肪最好的方法就是减轻全身的体重。减肥的好处不仅是让您更加满意自己的身体,还可以让您享有更好的健康。

以下是让您摆脱大腿脂肪的方法:

1. 多做有氧运动

简而言之,有氧运动指的是可以提高您心率的任何活动。有氧运动包括了散步、远足、跑步、跳绳、骑自行车、跳舞、尊巴舞、跆拳道及游泳。定期进行有氧运动有助于增强心脏、燃烧卡路里、控制食欲、提高情绪并帮助您在晚上能有更好的睡眠。如果您想对腿部以及大腿内侧进行减脂,那么散步、跑步和跳舞将有效地帮助您解决以上问题。

3. 减少盐分的摄入量

摄取过多的盐分会促使身体储存水份。这会使您的身体看起来比实际上更臃肿,更庞大。因此,减少摄入盐分对身体是有益的。您甚至会立即发现自身的身材有着显著的变化。美国心脏协会建议每天摄入少于1茶匙的盐-您可以注意自己的饮食习惯,以检测自己是否摄取过量盐分。如果您是经常外出就餐或是薯条和炸鸡等小吃的狂热爱好者,那么您的盐分摄取量就有可能超标了。

2. 经常走上坡

补充一点,经常走上坡不仅可以帮助您提高心率,还可以帮助您瘦大腿以及对大腿进行健美。您可以尝试步行或骑自行车上坡,或者将跑步机的倾斜度设置成上坡,切记,一定要选择走楼梯而不是乘坐电梯。

4. 多喝水

保持水分对您的整体健康至关重要。完全舍弃含糖饮料-这些空卡路里饮料会平白无故地在您的饮食中添加数百大卡路。水可以让您保持水分并优化身体燃烧脂肪及建造肌肉,同时还可以帮助您保持更长时间的饱腹感。





5. 多吃纤维和蛋白质

富含蛋白质和纤维的饮食是帮助您减少脂肪和锻炼肌肉的关键。蛋白质和纤维可使您长时间保持饱腹感,减少对零食的需求。专家提示:您可以通过早餐摄取蛋白质。开启新陈代谢就从一天中的第一餐开始。如果您不吃早餐,您可能会感到呆滞,疲倦和饥饿,进而导致您为了增加能量而摄取糖分或不健康的零食。因此,您可以摄取富含蛋白质的早餐以开始新的一天,并让您的身体恢复活力以准备好迎接一天。

6. 记下您的每日饮食

每日记下自己的饮食是真正掌握卡路里摄取量的最佳方法。切记,如果您不注意饮食,单纯运动并不会带来多大的帮助。当您将每日饮食记录下来时,您摄取不营养的零食几率会减少,您会更加注意放入口中的食物。如果您不喜欢用笔和纸来记录,现今有很多应用程序可帮助您做饮食记录。另外,尽量不要朝着逆向走-每天摄取的卡路里不可低于1200卡。您需要保持精力来进行瘦腿运动!

7.充足的睡眠

无论您进行什么运动或选择坚持哪种饮食习惯,最重要的事还是获得充足的休息。睡眠对我们的身心恢复至 关重要。如果您没有得到足够的休息,您将没有精力锻炼身体。您还可能因此而摄取不健康的零食,以帮助 您全天保持清醒。这绝对不会是您想要的结果!因此,您必须将睡眠放在首位。

仅针对大腿减脂是无法完全奏效的。然而,运动和良好的饮食习惯将帮助您减少全身的脂肪,进而促使大腿变得纤细。只要长期地保持有氧运动及多走路就能为您带来意想不到的结果。切记:每个人的体质不同。您可能永远都不可能看起来像Instagram上的女孩,但是没关系。如果您的感觉良好,饮食均衡并且坚持运动,那么您将会处于最佳状态,而这也是值得庆祝的成就。





尝试 NUREOX Protein ProMix 您最佳的营养代餐。

以轻松控制体重为研发方向,NUREOX Protein ProMix 结合了豌豆蛋白、大豆蛋白、大豆分离蛋白和其他有丰富营养价值的成份为配方,是提升每日蛋白质摄取量和健康代餐饮料的完美选择。

其高蛋白质配方除了帮助减低机饿感和控制 食欲,还为身体提供所需氨基酸以维持健康 体魄及增强免疫系统及提高能量水平。此外, NUREOX Protein ProMix 亦有助肌肉与力 量的建造,并防止肌肉在节食过程中流失。

虽然它不能直接帮助您获得纤细大腿,但它 是帮助您塑造完美身形的重要工具!





司 理心指的是能理解他人感受的能力。这项能力不仅仅是受用于成人,它对孩童也极其重要。拥有同理心的孩子在做任何事情之前都会站在别人的角度思考以及了解他们的情绪。

此外,拥有同理心的孩子能明白他人所面对的处境。实际上,6-9岁成长阶段的孩子会结识许多人并且 对新奇事物带有好奇心,因此他们更需具有同理心。



司理心不仅能帮助孩子设身处地的为他人着想,他们还能感同身受,仿佛身临其境。同理心非常需要在幼儿时期就开始培养,因为这能让他们在面对其他成长环境不一样的孩子时能给予更多体谅。

培养孩子的同理心不是一件容易的事, 父母的引导在塑造孩子的人格形成及帮助他们自小培养强烈的同理心是非常重要的。这不只是对他们的童年有利,即使是成长之后的人生也是。



但是,有一件事情必须注意的是,家长不能强迫孩子向他人表达情绪或是同理心。事实上,若是家长的态度过于强硬,反而会造成孩子内心的矛盾。

家长应采取不同的方式,以鼓励或是有趣的形式来培养他们的同理心。对孩子们而言,当他们遇到有兴趣的事物才有可能得到他们的注意力。当孩子的兴趣被激发时,那他们便会乐于执行,并且会更积极地参与。

若是您还在寻找鼓励孩子的方式,或许您可以先开始通过鼓励他们参与各种能够为他人做出帮助的活动。例如,参与一个能募资捐赠予那些有需要的人,弱势孩童等等的活动竞赛。

这种活动有助于让孩子大开眼界,并且让他们能直接或是间接地帮助有需要的人。家长应该提醒孩子 们,一些看似微不足道的帮助,在其他人的眼中可能就意味着是全世界。



您可以鼓励孩子参加由Legacy Care Association Malaysia(LCAM)所主办的孩童绘画慈善募款竞赛。该比赛的宗旨是鼓励孩子们向身在马来西亚的难民孩童伸出援手。如果您有孩子的年龄是12岁或以下,那么您干万不要错过这个能鼓励孩子们的机会!



这项绘画比赛的参赛详情如下:

- 参赛者必须提交单面**全彩色**,**A3图纸规格**的绘画稿。
- 2 绘画稿的背面必须写下该画作的想法及背后的故事,其故事长度需超过10个字数以上。
- 参赛者必须将自己绘制的画作以照片(JPEG格式)的形式拍下,联同个人资料一同提交至海报右下角的二维码连接即可。
- 4 投稿完毕后,家长需到Legacy Care Association Malaysia的官方面子书按 赞并且将孩子的作品分享出去,让更多人能够参与这个富有意义的筹款活动。
- 斯出者将会获得一张电子版慈善感谢证书。
- 6 LCAM 将会在官方网站以及面子书专页上通知以及发布被选上的绘画作品。

所有在比赛中获胜的画作将会在**LCAM 网页**进行拍卖,并将筹获款项转交至位于吉隆坡的Shalom教育中心作为粮食供应资金。这所教育中心是一间为缅甸少数民族难民提供教育的避风港。让这比赛成为您的孩子为社会提供帮助的第一步吧!不管是多渺小的事,都会导向更大的变化。

切记,年龄的大小并不会成为阻止对社会付出关爱的因素。若是我们想要生活在一个更友好的世界,那么改变就应该从我们的自身开始,再延伸到家庭及社会!







小苏打的使用秘笈

相信大家都知道小苏打是烘烤常见的材料。也许您也已经知道小苏打可以用在各种家庭中的清洁任务。但是,小苏打其实还有另一个秘密用途,那就是美容。

由于小苏打略带磨蚀性,因此它可以用来代替质地较粗糙的去角质产品,而且它也可以用来除臭。通常大部分的人都可以使用它,不过,依然建议在尝试任何一款新产品时,可以先在肌肤进行小测试来查看自己是否对小苏打敏感。

一起来了解如何充分利用这种烘焙材料,无论是需要节省时间还是只是想从购买清单中减少一种产品也好:

1. DIY 干洗发剂

小苏打可以吸收头发中多余的油脂,所以您可以尝试使用它来自制干洗发剂。无论是早晨通勤来不及洗头发,或是想要延迟洗头发的时间,干洗发剂可以让您无需洗头就可以使头发恢复干爽以及蓬松头发。



如何制作?

将适量的小苏打与玉米淀粉混合。然后将混合物撒在头发上,再用指尖将混合物按摩到头皮和根部。静置10分钟之后,待玉米淀粉充分吸收油脂,然后再将其从头发刷落。



2. 自制牙膏

相信您已经知道小苏打是一个很好使用的家庭清洁材料。同样的,小苏打也可以是很好的牙齿清洁剂,有助于美白牙齿。您甚至可以将其与平常使用的牙膏一起搭配使用,以增强清洁能力。

如何制作?

如果要用小苏打刷牙,您只需要将牙刷弄湿,然后再撒上一点小苏打水,最后照常的刷牙。一如往常,请使用质地柔软的牙刷刷牙,并且不要过于用力刷牙。



3. 自制天然除臭剂

小苏打不仅可以掩盖异味,而且还可以吸收臭味和异味。如果您也喜欢天然除臭剂,那您不妨可以尝试使用小苏打作为DIY天然除臭剂的成分。

如何制作?

将四汤匙的小苏打与四汤匙的玉米淀粉混合,然后加入六汤匙的椰子油,再搅拌成糊状。如果您喜欢香水味,您也可以添加几滴精油,若不是也无需加入精油。使用的时候,只需要用手指涂抹即可。涂抹之前可以在肌肤上做个敏感测试。



4. 舒缓皮肤瘙痒

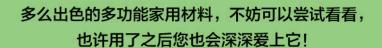
有轻度的皮疹或是被虫咬?或在剃须之后皮肤超痒?小苏打绝对可以帮助您缓解这些不适感。如果您要用于皮疹或是虫子叮咬部位,请先使用肥皂和水清洗该部位。然后将小苏打与适量的水混合,再将其涂抹在该部位。您也可以尝试将小苏打与金缕梅混合,以增强舒缓的作用。

如果是要在剃须后使用,请将一汤匙的小苏打加 入一杯温水中。这种舒缓的方法有助于减轻剃刀 带来的不适感。



4. 自制足部护理

十分简单,只需将几勺汤匙的小苏打加入溫水中來增强去角质的能力。然后将足部浸泡在水里大约几分钟后,将其擦洗以去除死皮,最终您将会得到光滑的双脚。



与家人一起进行

健身活动吧!



传承

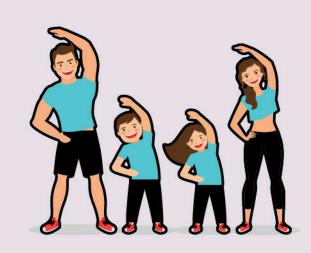


但是时刻要记得,你的小孩是跟着大人有样学样的。如果他们看见你经常保持健康活跃,这样的 观念会注入在他们成长过程中,灌输着他们要维持健康体魄的习惯。因此,找到一家人能一同进行的健身活动绝对是双赢的局面。

运动是一件好事

和家人在一起的时光也是一件好事。将这两件事加起来就是最好不过的事了!

基本上小孩子的体力是非常的充沛,所以让他们保持活跃是让他们减少在电视面前的一种好方法。运动对人体有很大的帮助,它可以促进睡眠,舒缓压力,使身体健康和减低病痛产生。



以下是一些建议:

1

1 散步或骑自行车

简单即有效的方法之——只需要到小区附近或者邻近的公园散步或骑自行车。如果小孩感到乏力或无聊,尝试为他们设定的一个目标。 看谁能在最短的时间内抵达终点,或者谁能跑得最快(安全为主!)健康又有趣地进行比赛可以鼓励孩子参与其中以及保持全神贯注。



2

简单健身的活动

根据世界卫生组织研究显示,成人一天需要做至少30分钟的 健体活动,而小孩则需要1个小时。以下是你能和小孩在家里 进行的简单健体活动:

爬山

和小孩之间进行竞赛,看看谁能以最快速度到达山顶。爬山对强健上半身很有帮助。





伏地挺身

小孩往往能做得比大人更好。为了简化其动作,让 他们先试试将膝盖放在地板上做伏地挺身,过后才 慢慢地将膝盖也一起抬起来。

平板支撑

平板支撑能帮助孩子建立核心肌群和消耗卡路里。家长可以为那些能支撑最长时间的人给予奖励。



3 将健身列入你的日常

想要进行更多健身活动其实不一定需要有规划。每位家庭成员可以寻找一些简单,有趣或创意的方法来提高身体的活跃度。比如说,你可以把你的车停在离商场门口更远的地方,鼓励你的孩子多走路。此外,你也可以鼓励孩子多使用楼梯,而不是乘坐电梯,或者步行去学校或商店而不是选择开车去。





4 做家务

让你的小孩参与家务事是最好保持孩子活跃的方法之一。这 也会教孩子责任感,以及让孩子觉得自己在家中的重要性。 给予适合他们年龄做的家务事,如年纪较小的孩子可以自己 收玩具、帮忙洗衣、除尘、吸尘,或者随着他们长大,还可 以帮忙扫地。此外,还可以带他们了解种植花草,如果家里 有宠物的话,还可以教导孩子如何照顾它们。

4 减少看着荧幕的时间

严格来说,这不是健身的活动,但它是一个能让孩子减少依靠科技的好方法。荧幕这科技非常诱人和上瘾,尤其是对于年轻人而言,他们可以花一整天的时间于科技产品上。唯一一件能让他们感兴趣的,应该是和家人进行一对一的交流和玩耍。所以抽点时间阅读一本书,或是画画。在家里播点音乐一起跳舞,自己家中办个卡拉ok比赛,大声歌唱。尽可能让你的孩子能参与你日常活动和严厉规定使用科技产品的规则。



不管你做什么,最重要的是大家能开心的享受自己。和家人一起进行的快乐的时光和活动本身一样重要。尤其是在这样史无前例的状况,没必要出门的时候不需要出门,这是一个很好的时间和最亲爱的人一起培养好的习惯和创造有意义的时光。





老实说:我们都想脱颖而出并受到关注。

这样做怎么了吗?实际上,我们并非生来就能适应 环境,当我们以对自己真实的方式行事时,我们会 以出色的方式脱颖而出。

这对于我们的个人生活与专业领域是相当得重要。 在办公室里,仅靠表现是不够的。如果你被遗忘了,那很可能就会错过升职或加薪的机会。 从商业的角度上来看,在人群中脱颖而出其实更为重要。毕竟,如果没有众不同的因素,要怎么吸引人们向前来向你购买?

好消息是,这里有一些技巧可以通过某些事情来营造一个令人深刻的印象。

以下是7个提示:



了解自己

不要觉得了解自己是一件害羞的事。如果你了解自己的弱点和优点,就可以加强自己的优点也间接的隐藏起自己的缺点。如果你需要帮助,可以从同事或客户中得到一些意见。具体的询问他们对你自己是怎样的感觉。是冷酷的吗?还是很难说话?真正了解自己的弱点,就能从中继续努力并不断改进。



有自觉性的

你的行为会影响其他人。如果你有自觉性的方式行动,你就会表现出对对方的尊重,这总是一件好事。像是要准时,按你所说的去做,兑现您你的承诺并做好充分的准备。经常健忘或平淡无奇无法让你出众。



要有信心

自信是很有魅力的一件事。如果你真的非常相信自己的目标,那么这确实有助于克服可能遇到的任何弱点。让我们认清现实,并不是谁都能够完全防弹。但是,如果您的态度表明出你真的非常相信自己,愿意克服障碍并且不害怕的去尝试,这显示出了你对自己的能力很有把握,并且意识到自己可能欠缺的地方,这将使您表现出色。



学会聆听

我们当中有多少人会真正地去聆听?而我们的意思不仅仅是在别人说话时将手机放一边。我们当中有许多人倾向于倾听然后答复-这意味着我们实际上并没有在意文字中想表达的真正含义。学习如何去真正的倾听他人的需求。不要插嘴-如果真的有打岔的欲望,请深呼吸并平息这个意识。当你真的学会如何去真正聆听时,你将有机会帮助满足客户的真实需求。这可以帮助你脱颖而出,给人留下深刻的印象,并希望可以进一步证明自己的价值。



善待每个人

当如此多的人选择乐于助人只为了得到回报时,那么真正打从心里去善待他人,就是一种吸引人的品质。如果你把每个人都视为重要和有趣的人,即使他们无法为你完成任何事情的人,你也会在这段关系上拥有主导权。真诚和友善可以帮助你走很长远的路,因此,请用心培养这样的真诚。



认真对待自己

给人留下印象的瞬间,只需几秒钟。别让那些秒数默默溜走!无论是企业家、领导者、高管,你是能带来价值并且有能力的人。虽然你不应该自大,但也不要怀疑自己。相信自己,并认真对待自己,别人也会这样对你。



永远服务

除了仁慈外,对人有用和乐于助人也是一件好事。人的天性都是喜欢袖手旁观,然后等其他人站出来,尝试做一个挺身而出的人,表现出你的同理心和自愿帮助他人的意愿。乐于服务他人态度会使人们对你也感兴趣;那也表明了你不仅仅是为了获得利益。

今天起开始真正地珍惜和爱自己。如果你相信自己是一个有价值的人,那么遇到你的每个人也会相信这一点。这些技巧只是从自己身上建立的基础。如果你不断的练习它们,并提供周到且有用的服务,那么未来的路就可以走得更远。





常见沟通错误

我们往往会因为一些沟通错误而导致我们在沟通时无法正确地表达自己的想法。这些错误或许有点尴尬或是不便,但有的错误则是会造成一些重大的影响。这种错误最终可能会损害别人的声誉,使客户不满,甚至有时会导致公司的收入损失。

在现今全球商业发展多样化的环境中,有效的沟通技巧必将帮助您 拉开与同行及竞争对手之间的距离。充分利用这些沟通技能有助于 让你进行有效且清晰沟通并最大限度地减少沟通上所错误。



如果您是一位代理商或卖方,请务必将本文的重点记录下来。这时因为每当你与客户打交道的时候,您必须要警惕自己接下来可能犯的错误以便您可以避免这些错误并从中为自己及品牌取得出色的成绩。



以下是一些最常发生的沟通错误。

没有仔细聆听

当我们与客户交流时,我们并没 有做到真正的全神贯注。我们可 能正在看着手机,看电视,甚至 在做着白日梦或幻想着其他事情 。当我们正在与客户交谈并且不 积极地听取客户的意见时,我们 不仅会冒着客户疏离的风险, 积极地听取客户的意见时,我们 会忽略重要的非语言提们可能会 会然重要的中桩买卖或是合作何 会。 因此而失去一桩买卖或是合作的 机会。 因此,您应该面向对方心 或是被打扰的情况下仔细倾听并 采用主动聆听的方式。

勿在对方将讯息传达 完毕之前就认为自己 知道对方想表达什么

在许多情况下,正在聆听客户说话的人会认为自己在客户说完话之前就懂得客户所要表达的事。 当我们假设我们知道对方要说什么,我们总是会错失谈话当中的一些重要讯息。因此,我们应该等待对方把话说完并且问几个问题以加深对它们的了解,进而提高参与度。我们应该始终给予他们尊重及体面的回应以让对方认为我们之间的交谈是有意义的。

打断发言人的 说话

每个人都曾经在某个时候打断了某人的发言。它可能只是偶然发生的;但是,在某些情况下,和心总是对我们想要传达的内容而感到兴奋,并且担心如果我们对那代事情的直观感活力,我们对那件事情的直观感话,我们对那份不会。如果您没有给客户机会说话,有人说完话之后,我们应该对发言者表示,我们应该对发言者表示,我们应该对发言者表示,我们应该对发言者表示,我们应该对发言者表示,我们应该对发言者表示,我们应该对发言者表示,我们应该对发言者表示,我们应该对发言者表示,我们应该对发言者表示,我们应该对发言者表示。

只为提出反应, 而不是回应

给反应而不是回应是一个在商业 沟通中所犯下的严重错误,尤其 是在与心怀不满的客户,员工, 同事或员工交涉的时候。即时反 应只会让您所说或所做的都被长 期无视;您可能会因给出这样的 反应而后悔。相反的,谨慎地回 应则更加地设想周到并且通常都 是以逻辑及理性来作出回答。您 有助于锻炼你的正念意识,使您 能够更加注意您的自主动反应。

避免困难谈话

没有人会喜欢导致冲突的困难对话。一些话题例如与不满意的客户打交道,开除某人,提供负面反馈,因错而道歉或传达坏消息等话题都是他人会想要避免的。但是,我们无法避免此类的话题。因此,我们无需惧怕别人的反应甚至某个人的情绪。我们必须做好准备,坚持事实并在必要时承担责任才是最重要的。

把这些问题搁置一 旁并不是一个好主意, 因为这样做可能会造 成进一步的损害。

处理您的原始情绪 可以最大程度地减少 焦虑并简化艰难的 对话。

每个人都会不时地犯下沟通错误。但是,您可以通过避免沟通错误以提高声誉并赢得客户对您的信任。沟通是一个双向过程。我们必须随时都以开放以及恭敬的态度来回答问题并且同时间认真地倾听客户的话。



培养自我意识的艺术

"唯有认识自己才能改变自己。" – 亚伯拉罕・马斯洛

具有自我意识似乎是一件很容易的事。基本上,拥有自我意识意味 着我们了解自己的个性,感受,动机及欲望。既然我们都长大了, 那么,我们应该了解自己了对吧?

但是,我们的动机,思想,欲望甚至个性并不是与生俱来的。它们是受到各种因素而逐渐形成的,其中包括了我们的社会、家庭、环境、成长过程、与亲近的人以及上述因素对我们施加的压力。

确实,我们都相信自己是独立且自由的生物。但是,当我们仔细观察时,实际上有多少人是真正得到自由的? 尽管我们拥有足够的能力,但是我们当中又有多少人能够按照自己的意愿生活并且做我们所爱的事呢?

尽管将所有表面上象征着成功或幸福的框框都打勾,但是我们当中任然有许多人对自己的生活感到不太幸福或满意。这可能意味着我们并不像自己认为地那般具有自我意识。但是不用担心,自我意识是可以培养的。随着时间的推移,我们可以通过学习来更加了解自己,甚至了解自己的价值观、目标以及对什么事情有热情。



培养自我意识能够帮助我们成为更好的领导者,合作伙伴,父母和朋友。它可以帮助我们成为更有信心的商人及更有效率的员工。

以下的清单为具备自我意识的好处。如果您同意多数的好处,那么您确实是一个了解自己和 周围环境的人:

- ── 您很高兴因为您的行为符合您的理想。
- 您知道自己擅长的领域,喜欢做的事情以及需要改进的地方。
- ── 您正在努力地加强人际以及工作关系。
- ●── 您会努力地控制自己的情绪,例如,生气时不会暴走,也不会因此而喘不过气。
- ── 您意识到成为领导者并不能够证明你是完美的;相反,您会积极采取行动提高自己的领导能力。
- 你坚持做自己热爱的事
- ── 您知道并且避免无法为你带来欢乐的情况或工作。
- —— 您不会因为那是您所期望的而停留在无法引起您共鸣的处境。
- ── 您可以表现出同理心并且能够采取他人的观点。

但是,若是您需要在上述任何一项选择上获得改进,以下是4项助你增强自我意识的方法:



軍棋

我们并不是要您在周末的时候进入洞穴进行冥想!这里的冥想意味着你必须花一些时间让自己停下脚步,专注于呼吸,并察觉周围及自身所发生的状况。冥想不需要太有仪式感或太过是正式,也不需要声频浴缸或是精油。你只需在空余的时间,独自一人坐在一处,专注于吸气及呼气。有些人发现进行瑜伽或从事园艺,骑自行车甚至做家务之类的日常任务对增强自我意识有很大的帮助。



与人交流

我们谁都不是百分百地了解自己这一路是如何走过来的。但是我们可以询问我们的伙伴,朋友或是导师以了解更多。你可以带他们出去吃顿饭并让他们对你诚实。询问他们您的弱点并且认真聆听。你必须让他们对你坦率和诚实;而您也不要怀有戒心。您需要做的就是聆听,学习,然后看看哪里可以做得更好。



将重要的事记录下来

写下您的计划和优先事项是个不错的提议。 这样,您做每件事情之前就会有个记录。沃 伦·巴菲特曾经将他进行特定投资的理由给 记录下来。久而久之,他便拥有一个完整的 投资记录以帮助他评估自己是否有良好的判 断力或仅仅只是靠运气而已。此外,您可以 将个人特质的好与坏给记录下来。随着时间 的流逝,您也可以查看自己是否成长。



进行心理测验

尽管迈尔斯-布里格斯性格分类指标并不具有100%的准确性,但它们可以帮助您了解您最有可能具有的特征。它们可以帮助您了解自己的个性,从而提升自我意识。

"具有自我意识并不会让你从此不犯下任何错误,而是一种学习及纠正自身错误的能力。" 一丹尼尔·希迪亚克。

总的来说,自我意识并不能够让您成为一个完美的人!但是,它却能够帮助您了解自己并且 让您能够武装自己以使您在未来能够做得更好。您会发现自己毕竟是唯一可以掌控自己命运 的人,而不是继续成为一个无所适从并随波逐流的人。



成本效益分析 做出有意义的决策

无论您是为自己的小型企业还是为经营国家做出决策,成本效益分析(Cost-Benefit Analysis)可以帮助您做出有意义的决策。实际上,我们所有人在日常生活中都会使用到它,例如应该买或租房子之类的问题或者应该去度假或投资我的钱等问题。那么思考成本效益的一种简单方法就是列出决策的利与弊。另外,在为公司或政府计划成本效益分析时,自然而然要考虑的变量会多,所以计划的过程中也会变得比较复杂。但任何人都可以学习做一个简单的成本效益分析,而且学到了之后将会对您是有利的。

什么是成本 效益分析? 如何使用它?

成本效益分析是一个衡量计划优点和缺点的过程。对于企业而言,优点将会是利润或是经济利益;而却带你将会是所涉及的成本。如果成本超过收益,那么推迟或是放弃项目将会是明智的选择。

成分效益分析将会以令吉来计算无形的 益处以及机会成本。那么有形的收益是 可以计算和衡量的,例如建筑物、设 备、现金以及其他资产;而无形的利 益将会无法看到或是持有的,但它可以 为企业增加利益价值。这就是为什么可 以将数字值附加到一些好处上的原因。 比如说:

- ⑤ 信誉
- **⑤** 商标
- **⑤** 客户名单
- **⑤** 品牌认知度
- \$ 版权
- ⑤ 专利

您可以使用成本效益分析来查看企业的 长期潜力股或是短期的决策。这也是一 种预测企业财务前景较准确的方法,所 以您可以使用它来查看业务是否会有利 润。那么此过程还考虑了无形收益或成 本,例如客户的满意度、品牌声誉或员 工满意度。

另外,机会成本也是做出最终决定的重要因素。当您决定实行一个方案时,同时您也在放弃另一个可行的方案。因为时间和金钱是有限的,所以我们也没有多余的时间和金钱去兼顾太多。因此,做出明智的决定固然重要,但您对自己做出的觉得也要感到满意。

如何计算 成本效益分析?

在网路上,我们可以找到几个成本效益分析的模板,那么这些模板可以帮助您计算成本效益分析。最简单的一个公式是,收益除以成本比(Benefit / Cost Ratio)。成本效益分析的专家有可能会使用非常复杂的公式,但实质上说,收益/成本比是所有收益的总数,然后除以所有成本的总数来找出哪一方比较多。您也应该要考虑做出决策的时间以及机会成本,那对于进行多种分析以及考虑不同的情况是好的。



成本效益分析的步骤

步骤一:汇集项目的收益和成本的清单。

步骤二: 计算出每样成本或收益的金钱价值, 只需一个概数, 但如果有一个准确的数目为佳。

步骤三:从收益中获得总数;而成本中也获得总数,然后将其放入收益除以成本比的计算法里。

您可以看出收益和成本的价值差别,因此您也可以其他值得考虑的业务选择。在收益除以成本 比的计算法中,您可以看到该项目有是否确实有足够的潜力和利益,或者它是否过于昂贵且应 该放弃。

成本效益分析的一个例子

一家公司希望将销售额增加**10**万令吉,并正考虑雇用两名新的销售人员来达到目标。那么管理 层决定进行成本效益分析,以查看该决定是否有益。成本效益分析将会使用一年的时间范围来 预测招聘了两名销售人员的收益。

以下将会是基本的收益和费用:

收益		招聘2名员工的费用	
预计的额外销售额: 增加10%的客户满意率:	RM100,000 RM10,000	招聘费: 训练费用: 年薪: 电脑以及软件:	RM4,000 RM3,000 RM60,000 RM8,000
总收益:	RM110,000	总成本:	RM75,000

将这些数字放入收益除以成本比的计算法中,RM110,000/RM75,000将得出1.47的收益成本比率。成本效益分析结果显示总收益大于总成本,所以雇用两名新销售人员的决定可以帮助公司增加销售额。



成本效益分析的好处以及坏处

对于制定新的企业或是个人的发展方向,成本效益分析绝对是实用的工具,尤其是小型企业可以在更短的时间范围内做出决策。但是,这对于大型企业来说这将会需要用较长的时间范围做出较大的决策,所以会比较不利。这是因为某些长期的因素并未立即出现,例如利率波动、通货膨胀、战争、天灾等等。



归根结底,成本效益分析只是一种工具。它的分析是基于数字的,所以不能考量到突发或是不可预测的情况。比如说现今没有人能预料到新冠肺炎疫情以及行动管制令会影响全球的经济。在2020年执行成本效益分析的企业肯定遭受到了一些打击,相信所有人也是一样。因此,请小心谨慎的使用成本效益分析,这有可能会对您和企业有很大的帮助。



IMMUNE 30 配套

1

2 x Mediterranean Gold PLUS + 2 x Potent + 2 x Potent Mini (10 sachets)

> **免费** 2 x H+ (60ml)

RM786 (西马) RM816 (东马) 130WP

节省高达 RM482!

2

3 x Mediterranean Gold PLUS + 3 x Potent + 3 x Potent Mini (10 sachets)

> **免费** 4 x H+ (60ml)

RM1179 (西马) RM1224 (东马) 195WP

节省高达 RM723!

W 30 配套

1

2 x W+ +
2 x Mediterranean
Gold PLUS +
2 x Potent +
2 x Potent Mini (10 sachets)

免费 2 x H+ (60ml)

RM967 (西马) RM1007 (东马) 136WP

节省高达 RM720!

2

3 x W+ +
3 x Mediterranean
Gold PLUS +
3 x Potent +
3 x Potent Mini (10 sachets)

免费 4 x H+ (60ml)

RM1450 (西马) RM1510 (东马) 204WP

节省高达 RM1080!

WGOLD 30 配套

2 x W+ Gold +
2 x Mediterranean
Gold PLUS +
2 x Potent +
2 x Potent Mini (10 sachets)

免费 2 x H+ (60ml)

RM985 (西马) RM1025 (东马) 136WP

节省高达 RM743!

3 x W+ Gold +
3 x Mediterranean
Gold PLUS +
3 x Potent +
3 x Potent Mini (10 sachets)

免费 4 x H+ (60ml)

RM1477 (西马) RM1537 (东马) 204WP

节省高达 RM1114.50!

M 30 配套

1) 2 x Mandiva +
2 x Mediterranean
Gold PLUS +
2 x Potent +
2 x Potent Mini (10 sachets) +
2 x Mandiva Mini (10 sachets)

免费 2 x H+ (60ml)

RM1060 (西马) RM1097 (东马) 140WP

节省高达 RM982!

2 x Mandiva + 2 x Mediterranean Gold PLUS + 2 x Potent +

2 x Potent Mini (10 sachets) + 2 x Mandiva Mini (10 sachets)

免费 4 x H+ (60ml)

RM1590 (西马) RM1645 (东马) 210WP

节省高达 RM1473!

*需符合条规 *只限马来西亚经销商 *EMCO/CMCO/RMCO/繁忙/促销期间,您的订单可能会比平常发货花较长的时间。 *Legacy Plan PWP 在促销中无效 *免费产品不包含WP *欲知更多详情,请参考促销活动备忘录。*直到售完为止



GREATION & LEGACY PLAN

全新配套

从 2020年11月1日 起



清体轻体 215

CREATION PLAN

── 1x de'Cleanse 2x Enzyme 1x Grain (750g) 1x ProMix (Chocolate or Vanilla)

RM350 (西马) RM378 (东马) 32WP

免疫 30

LEGACY PLAN

1x Mediterranean Gold PLUS

1x Potent 1x Potent Mini (10 包)

RM393 (西马) RM408 (东马) 65WP

WGOLD 30

LEGACY PLAN

→ 1x W+ GOLD 1x Mediterranean Gold PLUS 1x Potent 1x Potent Mini (10 包)

RM492 (西马) RM512 (东马) 68WP

LEGACY PLAN

→ 1x de'Cleanse 2x Enzyme 1x Grain (750g) 1x ProMix (Chocolate or Vanilla)

RM350 (西马) RM378 (东马) 40WP

W 30

LEGACY PLAN

RM483 (西马) RM503 (东马) 68WP

M 30

LEGACY PLAN

→ 1 x Mandiva 1 x Mediterranean Gold PLUS 1 x Potent 1 x Potent Mini (10包) 1 x Mandiva Mini (10包)

RM530 (西马) RM548 (东马) 70WP

*需符合条规。*只限马来西亚经销商。*EMCO/CMCO/RMCO/繁忙/促销期间,您的订单可能会比平常发货花较长的时间。 *新配套适用于Legacy Plan PWP。*欲知更多详情,请参考促销活动备忘录。





请加强加215

全新配套促销

1ST NOVEMBER 2020 (12PM MYT) - 30TH NOVEMBER 2020 (11.59PM MYT)

CREATION PLAN

1x de'Cleanse

2x Enzyme

1x Grain (750g)

1x ProMix (Chocolate or Vanilla)

RM350(WM) RM378(EM) 32WP

LEGACY PLAN

1x de'Cleanse

2x Enzyme

1x Grain (750g)

1x ProMix (Chocolate or Vanilla)

RM350(WM) RM378(EM) 40WP



免费 1x RL SHAKER



(备有5种颜色)

*需符合条规。*只限马来西亚经销商。*不适用于促销配套。 *EMCO/CMCO/RMCO/繁忙/促销期间,您的订单可能会比平常发货花较长的时间。 *免费产品不包含WP。*欲知更多详情,请参考促销活动备忘录。直到售完为止。



优惠来了!

1ST NOVEMBER 2020 (12PM MYT) - 30TH NOVEMBER 2020 (11.59PM MYT)

6XENZYME **免费** 2XENZYME

6 X DE'CLEANSE **免费** 2 X DE'CLEANSE

RM528(西马) | RM570(东马) | 60WP

若音声性RM236!

*需符合条规。*只限马来西亚经销商。*不适用于促销配套。 *EMCO/CMCO/RMCO/繁忙/促销期间,您的订单可能会比平常发货花较长的时间。 *免费产品不包含WP。*欲知更多详情,请参考促销活动备忘录。直到售完为止。



LEGACY PARTNER

促销活动

新晋LP

1ST OCTOBER 2020 (12PM MYT) - 31ST DECEMBER 2020 (11.59PM MYT)

- 16 x 产品 (经销商价格) + 8 x PWP 折扣
- 1x*LP PACKAGE + 6x产品(经销商价格)+3xPWP 折扣

LP新晋LP可获得 1x免费产品

60天之前

1ST OCTOBER 2020 (12PM MYT) - 31ST DECEMBER 2020 (11.59PM MYT)

ELITE 升级 LP

- 16x产品(经销商价格)+8xPWP折扣
 - 或
 - 1 x *LP PACKAGE +
 - 6x产品(经销商价格)+
 - 3xPWP 折扣

PREMIUM 升级 LP

- 6x产品(经销商价格)+ 3xPWP折扣
 - 或
- 1 x *LP PACKAGE

60天之后

1ST OCTOBER 2020 (12PM MYT) – 31ST OCTOBER 2020 (11.59PM MYT)

ELITE 升级 LP

- 16 x 产品 (经销商价格) + 8 x PWP 折扣
 - 一或
 - 1 x *LP PACKAGE + 6 x 产品 (经销商价格) +
 - 3xPWP 折扣

PREMIUM 升级 LP

- 6x产品(经销商价格)+ 3xPWP折扣
 - 一或
 - 1 x *LP PACKAGE

LP PACKAGE SELECTION



*需符合条规 *只限马来西亚经销商。

*由于有恢复行动管制令(RMCO)/繁忙/促销期间,您的订单发货可能会比平常花较长的时间。 *欲知更多详情,请参考促销活动备忘录。*直到售完为止。



TRAVEL INCENTIVE TRIP 2020

EXTENDED TO 28th February 2021 (11:59pm, MYT)



Qualification:

A For rank Classic membership to Crown Ambassador

*Criteria	Personal Direct Sponsor and/or Personal Maintain (Accumulate)	Direct Sponsor (In Legacy Pla	No. of Ticket	
		Min. Required Group	WP per Group	Heket
1	5,000WP	5	5,000WP	1
2	10,000WP	5	2,000WP	1
3	10,000WP	5	10,000WP	2
4	10,000WP	10	5,000WP	2
5	20,000WP	5	4,000WP	2

^{*} Only one (1) criteria to be fulfilled.

B For rank Royal Ambassador to Royal Prime

	*Criteria	Personal Maintain (Accumulate)	**Direct Sponsor Groups' Maintain (In a calendar month)		Required Month	No. o	
		(Accumulate)	Min. Required Group	WP per Group		Here	
	1	1,500WP	3	5,000WP	5	1	
	2	1,500WP	5	5,000WP	5	2	

OR

Add On Criteria (Effective 1st August 2020)

	*Criteria	Personal Direct Sponsor and/or Personal Maintain (Accumulate)	Direct Sponsor Group Maintain In Legacy Plan (Accumulate)		No. of Ticket
1			Min. Required Group	WP per Group	пскет
1	1	6,000WP	3	40,000WP	1
Sec.	2	6,000WP	5	20,000WP	1
14	*Only one (1)	Criteria to be fulfilled.			



Only one (1) criteria to be fulfilled.
 Direct Sponsor Groups' Maintain sales must be fulfilled in a calendar month of any 5 months during the



RETURN LEGACY SDN BHD

201401004515 (1080589-X) (AJL932074)

K-3-3, PUSAT PERDAGANGAN KOTA DAMANSARA NO 12 JALAN PJU 5/1 KOTA DAMANSARA 47810 PETALING JAYA SELANGOR

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