

LEGACY LIFE

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RETURNLEGACY® | 2020 OCT

MESSAGE FROM CMO OF INDONESIA

**LEADING ONLINE SHOPPING
TREND WITH DIRECT SELLING**

LEGACY WELLNESS

**DON'T LET MENOPAUSE
WRECK YOUR LIFE**



**CREATE FEELINGS OF
PEACE AND SERENITY**

A NUTRITIONIST TELLS ALL ABOUT
MENOPAUSE

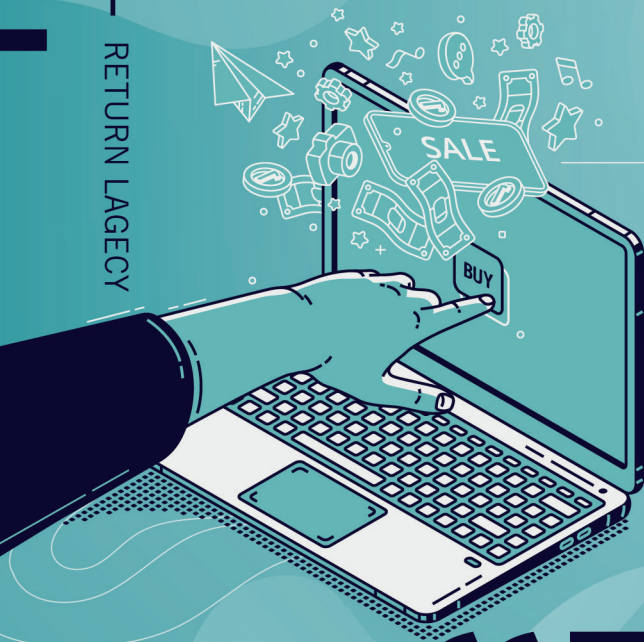
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LEADING ONLINE SHOPPING TREND WITH DIRECT SELLING



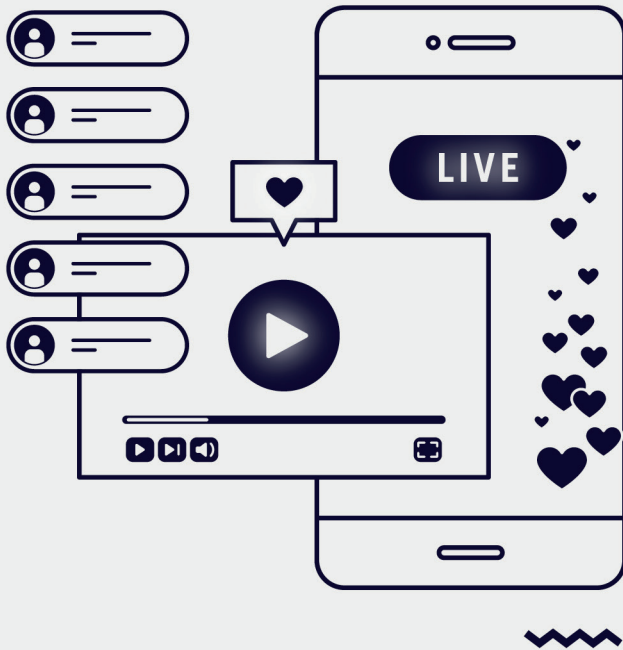
In the past, you might have thought that online shopping is only for youngsters. However, the occurrence of a pandemic has brought changes to not only our lives, but also our shopping habits. In order to minimise contraction, maintain social distancing and adhere to the government's various preventive measures, consumers opt to reduce their outing frequency. During the pandemic, they choose to purchase daily necessities, medical supplies, food and other products online, which in turn promoted the new normal of online shopping.

The surge of online sales has encouraged the conversion of online business for many SME's, focusing on expanding their business platform to meet the needs of a new era of consumption. Without a doubt, the shopping habits of consumers are transforming rapidly. In order for various industries to sustain their business, business owners should integrate online and offline business models in no time and expand new markets by utilising the Internet.

All this while, direct selling has been conducting face-to-face product sharing and services. However, the pandemic's movement control measures have brought major changes to the business model.

CMO OF INDONESIA
JIMMY HWANG

How do we transform our direct selling business from offline to online and seize greater development opportunities brought about by online marketing?



FIRSTLY, we can make use of social media platforms, such as Facebook Live and Instagram Live, which are particularly popular during the movement control order, to recruit new team members. Through real-time interaction and live sharing, we can bridge the gap with our customers. Apart from that, we are also able to attract more attention through diversified topics, share daily skincare tips, do new product testing, share product testimonials, etc. in live broadcasts. Through varied content, we provide different experience to consumers rather than hard-selling products that may cause annoyance. If you find it boring to do a live broadcast by yourself, you can try to conduct it with a partner to make your session more interactive, or even giveaway small gifts to your audience, thereby increasing the loyalty of your followers.

In addition to live broadcasts, we can also utilise various video conferencing platforms such as Zoom, Google Meet and Skype to maintain close contact online and offline, conduct training for new team members, and discuss various topics. When conducting a video conference, remember to give everyone the same amount of attention, and notify your family in advance of your meeting to avoid unnecessary interference during your conversation.

Whether it is a live broadcast or a video conference, you must be fully prepared in advance to answer various questions from consumers online or offline. At the same time, you should build the consumers' basic trust in the brand by displaying pictures or videos of your products. You can obtain product information, videos, pictures and other information on the international business platform and share them on your personal Facebook, Instagram, Tik Tok, WeChat and other social media accounts; from there, you can gradually establish your own groups.



THE SUCCESS OF THE DIRECT SELLING IS BASED ON THE COMMUNICATION AND TRUST BETWEEN PEOPLE.

Despite the fact that the pandemic has changed the social model, we can still enjoy the beauty of direct selling with the utilisation of the Internet as long as we adapt to another model and continue our operations.

A Nutritionist Tells ALL About Menopause

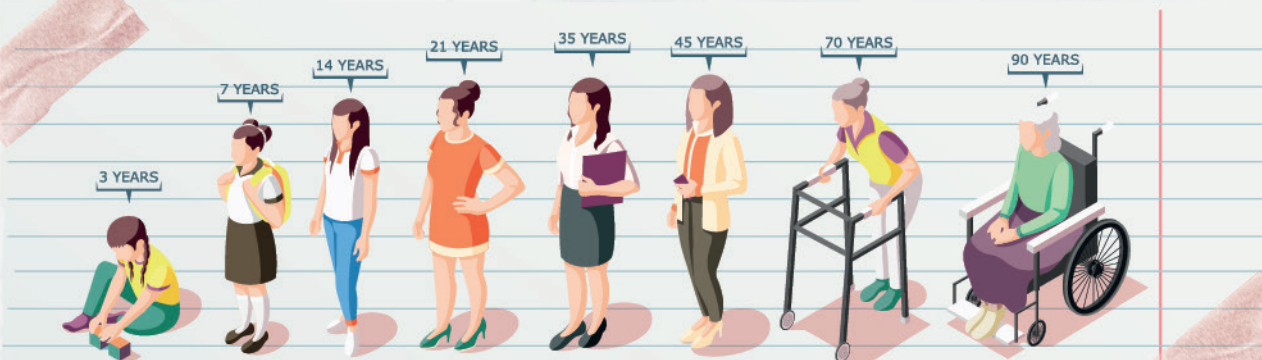
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As the 18th of October is World Menopause Day, we wanted to take the opportunity to shine the spotlight on the phenomenon of menopause.

To truly bring you the best and most up-to-date information, we've sat down with our in-house nutritionist and asked her to give us the lowdown on what menopause is and why it should be regarded as a normal occurrence in every woman's life.

Menopause in the simplest terms is defined as the permanent cessation of the menstrual period. A woman is considered to be undergoing menopause when she has had no menstrual period for 12 consecutive months.



It's actually a natural part of aging that occurs between 45 to 55 years of age.

However, as society is still quite conservative, it's still considered quite taboo to discuss any issue related to a woman's reproductive health. This is a shame, because around one third of a woman's life is lived after menopause.

Not only is menopause a time of vital change, but the lack of awareness and information about menopause may actually hinder women from finding relief from their symptoms. In the decade after menopause, women are also more vulnerable to chronic diseases like cardiovascular disease, osteoporosis, and cognitive decline. If information about proper care is not disseminated and women feel ashamed to talk about their issues, they also miss an opportunity to prevent issues in their future health.

Women will face various health issues, depending on whether they are pre-menopausal, menopausal or post-menopause. Whether mild or severe, without doubt, these symptoms will affect her daily life and her emotions.



It's interesting to note that age is not the only reason for menopause. For example, a younger woman who has undergone chemotherapy may have gone through menopause. Socioeconomics matter as well - The age of the natural menopause of women in developed countries is between 50 and 52 years. In less developed countries, menopause often occurs in the late '40s.

Other factors that affect the age of menopause include the mother's age of menopause, the age at menarche, use of oral contraceptives, gestational age, irregular menstrual cycles, number of pregnancies, body mass index, use of tobacco and alcohol, physical activity, unilateral oophorectomy, serum lead levels, consumption of polyunsaturated fat and educational level. However, even though there are many factors affecting the age of menopause onset, there is currently no general consensus on when a woman might commence menopause.

Given that there are many uncomfortable symptoms associated with menopause that could negatively affect a woman's life, it is fortunate that there are treatments that are currently available. Menopause Hormone Therapy is a well-known treatment used to relieve menopausal symptoms. It's normally recommended by doctors depending on the patient's personal and family medical history.

That's why menopause is seen to be a delicate time for a woman. Here are some of the symptoms and signs:

- Increasingly irregular periods (sometimes the cycles get more frequent and then further apart)
- Hot flashes and night sweats
- Mood swings and crankiness
- Extreme fatigue, so that even a small chore becomes tiring
- Heart palpitations
- Headaches
- Depression
- Insomnia
- Dry skin
- Hair loss
- Vaginal dryness
- Urinary incontinence
- Low sex drive

Other things a woman can do to prepare for menopause include:



Eating a balanced diet



Maintaining a healthy weight



Exercising regularly including doing pelvic floor exercises aka Kegels



Learning stress management techniques



Limiting caffeine and alcohol intake



Getting enough sleep



Getting emotional support from loved ones



Despite the trials and tribulations, menopause can actually be a time of reflection and renewal for a woman. The popular myth that a woman's life is over with menopause is definitely false. With the cessation of the menstrual period, comes an opportunity for women to truly bloom into themselves, without being confined to their biological roles. That's why proper support and self-care is important. For women to view this as a positive instead of a negative, the first step is to normalize the conversation about menopause.



BEAUTY IN NATURE

Why Fruit Extracts Make Beneficial Skincare Products

Fruit extracts are nature's answer to glowing skin. Fruits are nutrient-dense and contain highly effective ingredients that have a buffet of benefits! And today, by combining the power of fruits with modern science, we get to reap the benefits of potent yet natural ingredients in our skincare. That's one good thing about living in 2020, right?

So why are fruit extracts so great? Read on:

EFFECTIVE EXFOLIATION

Some fruit extracts contain alpha hydroxylic acids (AHAs) which gently yet effectively help exfoliate dead skin cells without excess force to the skin. AHAs resurface the skin, allowing a fresh, healthy set of skin cells to breathe free from dead skin cells. And because it's a chemical exfoliation, there is no need to scrub the face with rough, gritty products that may cause microscopic tears and abrasions.

IMPROVED ELASTICITY

Some fruit extracts help increase the elasticity of the skin. This is because the antioxidant properties of fruit extracts support the collagen in the skin, thus helping skin become firmer and more supple. The vitamins and minerals in fruit extracts also help smooth and plump the skin.

ANTI-AGING

Fruit extracts can also help to reduce the signs of aging on the skin. The anti-aging benefits of fruit extracts on the skin are due to the presence of polyphenols. Polyphenols are a natural chemical compound that exhibits strong antioxidant and anti-inflammatory properties. They help to protect the skin from the damaging effects of free radicals and defending against collagen breakdown, hence delaying the skin aging process.



Different Fruits, Different Effects

One fruit extract which has been shown to be extremely therapeutic for the skin is pineapple extract. Pineapple extract is loaded with AHAs as well as many other different enzymes which function to improve skin texture. It also contains vitamin C which can give the skin a vibrant sheen and also increase the production of collagen in the skin.

Blueberry extract also provides the skin with many health benefits. This extract is full of vitamins A and E which help the skin maintain moisture as well as reduce the skin's pace of aging. Blueberry extract also helps to reduce skin inflammation while at the same time stimulating the production of collagen.

A fruit extract which is often overlooked is avocado extract. Avocado extract contains important antioxidants and fatty acids which restore the condition of damaged or dry skin. These substances also mitigate the effects of inflammation.

Another of the most useful and skin-healthy fruit extracts is banana extract. Banana extract has softening and moisturizing properties. Magnesium is another important component of banana extract. Magnesium is vital for the regeneration of skin cells as well as the repair of the skin barrier. It also assists with cellular turnover.



Try The Revolutionary 2° Le'gain To Put A Stop To Aging

If you are interested in experiencing the advantages of fruit extracts in skincare products for yourself, pamper your skin with this luxurious edition of 2° Le'Gain.

It's formulated with Epilibrium 360C™, a tri-function mechanism that combines three layers of anti-wrinkle actives consisting of synthetic peptides, plant peptides, ceramide, hydrolysed sodium hyaluronate, fruit extracts and acetyl glucosamine.

Arming you with the finest anti-aging active ingredients Epilibrium360C™, the distinguished anti-aging arsenal helps you to fight against aging signs, leaving you with a beautiful and youthful glow. 2° Le'Gain works well on any skin type and can therefore be used by anyone.



IT'S NEVER TOO LATE TO ERASE ACNE SCARS

For sufferers, having acne is already a painful problem, but what's worse is the possibility of acne scars. For severe acne sufferers, scars can turn your once beautiful face into a living nightmare. All is not lost however, as nowadays there are ways to improve the condition, with some treatments that can make acne scars fade away.

The first thing that must be done is to treat the acne; otherwise you'll be running around in circles: from outbreak to scarring to outbreak and repeat again and again.

Bear in mind that some scar treatments can't be used alongside certain acne medications, and the treatment's efficacy may be reduced.

TYPES OF ACNE SCARS

THERE ARE TWO TYPES OF ACNE SCARS

1 ATROPHIC SCARS



BOXCAR SCARS

Boxcar scars are defined by round or oval shapes, with sharp edges that go straight down into the skin. They can be either shallow or deep, but occur most commonly in areas of the face where the skin is thicker like the lower cheeks and jaw.



ICE PICK SCARS

Ice pick scars appear as small, obvious holes in the skin. They are sharp indentations that are wider at the skin's surface and narrow as it goes down into the skin. Ice pick scars occur mostly in areas of the face where the skin is thinner, such as the forehead and upper cheeks. Because they can extend far under the surface of the skin, these scars are the most difficult to treat.



ROLLING SCARS

Rolling scars appear as indents in the skin and tend to be quite wide, up to a few millimetres. They are defined by their sloping edges, giving the skin a wavy or uneven appearance. Rolling scars are more common in areas of the face where the skin is thicker, such as the lower cheeks and jaw.

2 HYPERTROPHIC SCARS



These are acne scars that appear commonly in the chest and back area. In some cases, too much collagen is produced during healing, making the scars stand above the surface of the surrounding skin.

AVAILABLE TREATMENTS

Some treatment options are given below, but it is actually best to consult a dermatologist before attempting any do-it-yourself treatments, as the scars may get worse or you might even give yourself an infection.

CHEMICAL PEELS

LACTIC ACID

Lactic acid is a type of AHA. These peels can be once every two weeks for three months have shown to improve the texture, appearance, and pigmentation of the skin and lighten acne scars.

SALICYLIC ACID

A well-known treatment for acne and acne scars, salicylic acid is one of the best treatments for clearing pores, reducing swelling and redness, and exfoliating the skin when applied topically.

It might take a few weeks to see a difference in your skin when using salicylic acid. The only downside to this is that it sometimes causes dryness or irritation on sensitive skin.

RETINOIDS

Topical retinoids have scar-smoothing benefits as they speed up your cell regeneration and improve your skin texture. Retinoids can make scars less noticeable and also help reduce discoloration.

The downside here is that it makes your skin more sensitive to the sun. Wearing sunscreen is always advised when using any product that contains retinoids.

INTENSIVE TREATMENTS

For severe acne scars, there are other treatment options like microdermabrasion, dermabrasion, laser resurfacing, light therapy, microneedling, soft-tissue fillers or even surgical removal of acne scars. These procedures should only be done by a qualified dermatologist, and are costly as the procedures need to be repeated until you get the results you want.

INTRODUCING REOX SERIES H+

REOX Series H+ is a calming, restorative spray that protects skin from the damaging effects of free radicals and maintains your skin's natural beauty.

REOX Series H+ contains Micro-Mineralised Nutrient Technology (MMNT), which can help soothe acne-prone skin, reduce inflammation and creates an antioxidant shield that protects the skin from environmental aggressors.

While it does not work directly in reducing acne scarring, it's actually a good partner to use with your acne scar treatments: use it to calm and soothe irritated or inflamed skin. MMNT also helps protect your skin and hasten healing.

Acne scars are painful and embarrassing, with many people suffering permanent scars. Thankfully today, there are many modern treatment methods to reduce or even remove acne scars, with options within everyone's budget.



GET GORGEOUS HAIR IN YOUR OWN HOME!

Last year, you'd probably have gone to the salon if you wanted to give your hair a treat. Today, you'd probably think twice due to the pandemic and the need for social distancing.

However, pandemic or not, we all would love thick, healthy hair that shines with good health. Pollution and the constant use of heated styling tools and chemicals like hair dye can take its toll.

But fear not, there are things you can do in your very own home and some habits you can try to cultivate to get your hair into a healthier state. **THESE ARE 6 TIPS:**



TIP 1: Prevent hair loss with licorice root

If you suffer from hair loss or a dry, irritated scalp, this herb may be of some help. Licorice root has soothing properties and repeated use may help you get rid of dry flakes and dandruff. To make a traditional remedy, make a paste by adding a teaspoon of ground licorice root and a quarter teaspoon of saffron to one cup of milk. Apply this mixture to your scalp and hair, leaving it on overnight. Next morning, wash your hair. Repeat twice a week. You may wish to put your hair into a cap or line your pillow with a towel to avoid making a mess.



TIP 2: Don't use too much heat on hair

Heat styling, while effective, may cause damage and breakage to the hair shaft. This is especially if you are using a hair curler or straightener on your hair every day. Generally, remember that heat is not good for your hair. Even blow-drying with too much heat can cause hair to dry out and become rough to the touch. If you must style with heat, remember to use a heat protectant product to stave off the worst of the damage.



TIP 3: A green tea tonic to boost hair growth

Green tea is rich in antioxidants, which may help boost hair growth and prevent hair loss. To make a simple traditional remedy, soak two or three teabags in one or two cups of hot water (adjust based on the length of your hair).

When it cools down, pour or spray onto your scalp and hair while gently massaging. Leave for an hour and rinse off.



TIP 4: Use warm and cold water to wash hair

While hot water is great for cleansing, it's not a good idea to use just hot water to wash your hair. Rather, try to start with warm water and rinse with cold. Warm water helps you get rid of dirt and excess oil, while cold water will seal the hair shaft, retaining moisture and helping your hair look shinier.



TIP 5: Beetroot for healthy hair growth

Here's another ingredient for healthy hair - beetroot is rich in vitamins C and B6, folate, manganese, betaine and potassium, all of which are essential for healthy hair growth. If applied, it can also act to detox the hair and keep the scalp clean. To make a traditional remedy, boil 7-8 beetroot leaves and grinding together with 5-6 henna leaves. Apply the paste to your scalp and leave for 15-20 minutes before rinsing off.



TIP 6: Avoid the use of harmful chemicals

One habit you might want to take up is to start reading the ingredient lists for your haircare. You may already know that some chemicals used in everyday products are actually harmful to our health. Among these are sodium laureth sulphate, parabens, formaldehyde and many others. Today, with increased awareness on these issues, people are more empowered to make better choices.

***The above methods is a traditional remedy. If you have sensitive scalp, please seek consultation from healthcare professionals or doctor.**



DON'T LET

MENOPAUSE WRECK YOUR LIFE!

THE MANY PHASES IN A WOMAN'S LIFE ARE UNIQUE AND EXCITING.

From menstruation, to pregnancy, to motherhood, and the transition to golden age, women evolve in a mysteriously unique way. Menopause is a major part of womanhood. It signifies monthly menstrual periods have finally come to an end. Marking the end of a woman's childbearing years can be bittersweet, however, it is an inevitability for women. Some women struggle with it, some embrace it.

Similar to puberty and pregnancy, the menopausal transition is a milestone in a woman's life, with accompany bodily changes and symptoms that can greatly affect her daily life. Menopause can feel odd, uncomfortable and utterly scary for many women. Your body might suddenly do all kind of stuff you do not recognise. Irregular periods, mood swings, hot flashes, vaginal dryness, sleepless nights, waking up to sweat-soaked pyjamas... You can't avoid menopause, but you don't have to let it spell disaster. Hormonal changes bring havoc on your body, but you have the power to combat even the severest of symptoms.

GET OFF THE MENOPAUSE ROLLERCOASTER

REOXLIFE PRO W+ GOLD is changing the way women deal with menopause-related symptoms with innovative yet effective natural remedy. Age is the leading cause of menopause. However, Return Legacy believes that women can be beautiful and confident at every age. In fact, she is moving into a golden age of life. Menopause is a passage into a new phase of life and ushers in a new set of challenges. It can also be a time of gaining wisdom and confidence.

At menopause, the ovaries' production of estrogen comes to a halt, causing a big influence on a woman's body. There is no denying that menopause brings health challenges and risks, affecting the quality of women's life. The early stages are known as perimenopause. A woman would start to experience a range of uncomfortable symptoms due to falling estrogen levels, which can start around the age of 45 and may last for a few years before reaching menopause. You can feel like you are on a never-ending rollercoaster!

Inspired by the ancient herbal remedies which have been used for several hundred years in both Korea and China, **REOXLIFE PRO W+ GOLD**, is a peri- and post-menopausal solution which contains Estro-G, a blend of 3 traditional botanical root extracts of **Cynanchum wilfordii**, **Phlomis umbrosa** and **Angelica gigas Nakai**.

Each of these powerful herbs from Estro-G has amazing benefits on its own.



CYNANCHUM WILFORDII

is traditionally used to promote healthy aging and to improve libido.



PHLOMIS UMBROSA

is popular for improving menopausal symptoms while the "female ginseng".



ANGELICA GIGAS NAKAI

known as "dong quai", has been used as an herbal medication for gynecological issues and to promote healthy blood circulation. It is also effective in treating hot flashes.

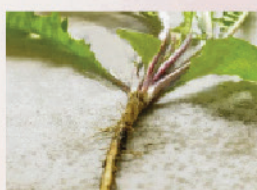
When these 3 natural ingredients from **Estro-G** work together, the formula does not only offer women a safe and natural relief from multiple menopause-related discomforts, while providing incredible benefits.

Furthermore, **REOXLIFE PRO W+ GOLD** combines 4 other plant-derived ingredients - **fennel seed**, **dandelion**, **fenugreek**, **pueraria mirifica** and Return Legacy's signature Micro-Mineralised Nutrient Technology (MMNT) to address both physical and emotional changes caused by menopause.



FENNEL SEED

relieves vasomotor symptoms and maintain intestinal health.



DANDELION

hydrates skins and provides anti-aging effects.



FENUGREEK

relieves menopausal and premenstrual symptoms and improve women's quality of life.



PUERARIA MIRIFICA

increases energy, vitality and enhance blood circulation.

REOXLIFE PRO W+ GOLD is uniquely customised for menopausal women to



- 1 Reduce hot flashes and night sweats
- 2 Maintain sexual health
- 3 Ease sleep problems
- 4 Improve dry skin
- 5 Nourish your hair
- 6 Protect your liver
- 7 Support healthy bones
- 8 Improve depression

TIPS TO RIDE THE MENOPAUSE ROLLERCOASTER

Bear in mind, the rollercoaster ride does not last forever. Do not let menopause make you miserable. There is always something you can do to help yourself. The natural process can be the start of a new and rewarding phase of a woman's life.

Take care of your health and handle your fluctuating hormones with these self-care tips. Eat right, stay hydrated, exercise regularly to improve metabolism, make sleep a priority, meditate to relax your mind and body, interact frequently with your spouse and family, create some "me-time" to maintain life balance and be sure to revive your self-confidence with **REOXLIFE PRO W+ GOLD**. Last but not least, stay positive and embrace who you are!





Create Feelings of **PEACE AND SERENITY**



Do you ever have those days where you just feel physically, mentally and emotionally exhausted? We have all been there! Stress and anxiety have become common issues in our fast-paced lives. It is easy to feel nervous, depressed or swamped when you are busy. It has then led to a rise in stress-related health issues, impacting both our mental and physical health negatively.

Since stress can mess with our mood, carving time out of that never-ending hustle-bustle for a little self-care is important. When you feel yourself getting worked up, overwhelmed or physically tight, incorporate a little aromatherapy is a great way to de-stress and pamper yourself. Essential oils are used in aromatherapy and they are extracted from plants with the ability to soothe our senses and turn our surroundings into a serene Zen-like space.

Essential oils have always been miracle workers that do wonders for our skin and body. Refresh your routine with the natural Serenity Relax and Calming Oil. Serenity is extracted from *Mentha piperita*, or Peppermint plant. Peppermint is famously known for its uplifting minty aroma that helps to relieve tension and restlessness. You will feel lifted with this alleviating blend of fresh, nurturing and balancing essential oil.

Aromatherapy with the use of **Serenity - The Calming and Soothing** blend oil creates a serene atmosphere to calm your mind, body and spirit. It is one of the best ways to practice much-needed self-care. The great minty scent is relaxing and refreshing, providing a safe haven from daily stressors. It does not only ease physical tension, promote relaxation and encourage healthier skin, it also provides benefits to our wellbeing!

For a quick and refreshing boost, inhaling the aroma of **Serenity - The Calming and Soothing** blend oil can change your state of mind and stress level. Simply put a few drops of essential oil on your palms, rub your hands together and lift them up to your nose, slowly inhaling through your nose can help in combating anxiousness and irritability, giving you the energising benefits throughout the day.



The peppermint essential oil contains menthol which has a cooling effect on sore and fatigued muscles. Applying Serenity topically can help in relieving pain from headaches or migraine attacks. Besides, the menthol able to calm nasal sinuses. It is often used as a natural bug repellent too.

Serenity can be used anywhere, anytime to add a pleasant variety to your daily routine. Be it during workday to calm your mind or use it at home when things are a little more complicated or even for a better night's rest. The strong aromatic minty scent is invigorating. Take your time to unwind and find serenity amid a hectic day with **Serenity - The Calming and Soothing** blend oil. It is indeed a supportive addition to your end-of-day routine.

IRON DEFICIENCY ANAEMIA

IT'S ACTUALLY A COMMON PROBLEM!

While it's not a condition that receives much attention, iron deficiency anaemia is actually a common problem which affects many people today.

Iron deficiency anaemia is a condition wherein sufferers do not have sufficient iron to produce haemoglobins. Haemoglobins are a substance that gives blood its red colour and helps to carry oxygen to all the vital internal organs. Iron deficiency anaemia can happen when people lose too much iron or don't consume enough. Sufferers may notice that they often feel tired and short of breath.

WHAT ARE SOME POSSIBLE CAUSES OF IRON DEFICIENCY ANAEMIA?

One obvious cause is blood loss. Blood contains iron; So blood loss from heavy menstrual bleeding, bleeding in the gastrointestinal tract, ulcers or colon cancer may cause iron deficiency anaemia.

Another cause is consuming less than the recommended daily amount of iron. An iron-rich diet includes meat, eggs, leafy greens and iron-fortified food.

Some people with pre-existing conditions like celiac disease, may have digestive problems which reduce the ability of their body to absorb iron from the gastrointestinal tract.

Pregnancy may be another because during pregnancy, more iron is needed for normal development of fetus.

Frequent blood donation, surgeries or injuries that cause a lot of blood loss.

WHAT ARE SOME SYMPTOMS?

Iron deficiency may start out mild and get more severe as the body grows more deficient. Some signs and symptoms include

- Pale skin
- Shortness of breath, chest pain and fast heartbeat
- Fatigue and weakness
- Cold hands and feet
- Headaches, dizziness and light-headedness
- Brittle nails, which is when nails break easily
- Pica, which is an unusual craving for non-food items such as ice, dirt, paint or clay

In the long term, iron deficiency anaemia may lead to heart problems generally. For pregnant women, it could be linked to premature births and low birth weight babies. For children, it could lead to delays in growth and development.

To conclusively diagnose iron deficiency anaemia, doctors may conduct additional tests, especially if they suspect that there may be internal bleeding.

WHO MAY BE AT RISK?

SEVERAL GROUPS OF PEOPLE ARE AT PARTICULAR RISK OF IRON DEFICIENCY ANAEMIA LIKE:

- Women. Menstruation involves blood loss, so women who are in the stages of puberty and maturity are generally at greater risk.

Infants, children and teenagers. Infants may lack iron if they are only breast-fed or fed formula that is not fortified with iron after the 4 months of age. Premature babies are at even higher risk, as iron stores in the body are developed during the third trimester. Cow's milk is also low in iron, so children who only drink cow's milk may also be at risk. Teenagers need more iron during growth spurts.

- Frequent blood donors. Those who frequently give blood must be careful to maintain an iron-rich diet.

- Vegetarians. People who don't have meat in their diet are at greater risk and thus should take care to get their iron from other sources.

Older adults, especially those over the age of 65.

HOW IS IRON DEFICIENCY ANAEMIA TREATED?

Iron deficiency anaemia can usually be treated with iron supplements for several months to replenish the iron stores. Vitamin C is always recommended to be taken together with iron pill as Vitamin C helps to increase the absorption of iron.

CAN I PREVENT IRON DEFICIENCY ANAEMIA?

Iron deficiency anaemia can be prevented by consuming more iron-rich foods such as meat, beans, cereals and grains enriched with iron, and leafy greens.

Besides, it is recommended to increase the intake of Vitamin C as it enhances iron absorption. Avoid drinking black tea which reduces iron absorption. For those who are unable to meet the recommended daily requirement of iron, a dietary supplement may be useful to ward off iron deficiency anaemia.

INTRODUCING NUREOX GRAIN



NUREOX Grain is a beneficial, nutrient-dense beverage that offer you a high level of iron! It's loaded with a natural blend of ancient grains, fiber, vitamins, protein and iron. It's an ideal supplement especially for vegetarians or busy people who are constantly on-the-go with little time to pay attention to their diets.

NUREOX Grain also contains wheatgrass which is a superfood. It contains chlorophyll, essential vitamins and minerals which helps to boost immunity for better health.

FREQUENT DIARRHOEA

? IT DOESN'T
HAVE TO
BE THIS WAY!

Diarrhoea is described as frequent watery stools which may be uncontrollable in severe cases. It is a common problem, often caused by a stomach bug picked up from consuming certain food or drinks. Over-consumption of alcohol is another cause for having the "runs".

In most cases, the diarrhoea lasts no more than a few days and can be subdued with OTC (over the counter) medication. It's also important to drink plenty of water and oral rehydration solution as severe or prolonged diarrhoea can cause dehydration. Diarrhoea that lasts for more than a few days may indicate another problem, for which medical attention should be sought as soon as possible.

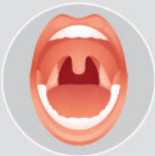
Common Symptoms Of Diarrhoea

For adults, signs to look out for include:

- Urgent and frequent need to empty the bowels
- Loose, watery stool
- Cramps in the abdomen
- Pain in the rectum
- Feeling bloated
- Fever and chills
- Vomiting
- Fatigue, light-headedness (dizziness)

Diarrhoea may cause some serious complications such as dehydration if left untreated.

Symptoms of dehydration in adults may include:



Dry Mouth



Excessive Thirst



Little or No Urination



Dark Coloured Urine



Sunken Appearance In Eyes, Cheeks



Feeling Tired



Light-headedness Or Fainting

For infants and young children, it is also very important to look out for signs of dehydration like:

- Dry mouth
- Crying without tears
- A dry diaper for three or more hours (urinating less than usual)
- Sunken appearance in eyes, cheeks or abdomen
- Thirst
- Lack of energy

Diarrhoea in infants, toddlers, young children, can rapidly lead to severe dehydration, which can be life-threatening if left untreated. Sometimes, diarrhoea may also signal a more serious problem. Seek immediate medical attention if an infant, toddler, young children has diarrhoea:

- That does not subside within 24 hours
- That is accompanied by a fever 38.8°C or higher
- With bloody or black stool
- Severe pain in abdomen or rectum
- Symptoms of dehydration

Possible Causes of Diarrhoea

There are a host of causes, but the most common causes are:

- Bacterial, parasite or viral infections
- Long term use of medicines
- Food allergy and intolerance
- Abdominal surgery
- Other digestive tract problems e.g., Crohn's disease, Irritable Bowel Syndrome, Celiac disease, etc.
- Hormonal changes during pregnancy

Your doctor will need to run some tests for a proper diagnosis and treatment.

PREVENTION OPTIONS

Diarrhoea can be prevented with some simple measures such as:

Practicing good hygiene at home,

like thoroughly washing hands - before / after food preparation, after using the toilet and so on. The same should apply at work too. Sanitizers should contain at least 60 percent alcohol to be effective.

Ensuring food is well cooked,

as viruses, parasites and bacteria may be found in partially cooked or raw food.

Boiling tap water

and letting it cool down before drinking to ensure microorganisms are killed.

Vaccinating against rotavirus

for children. Rotavirus is the most common viral diarrhoea in children. Seek your paediatrician's advice on this option.

Avoiding traveller's diarrhoea. The cholera vaccine

is available for adults who travel frequently to areas of active cholera transmission. However, this vaccine only reduces incidents of diarrhoea caused by enterotoxigenic E.Coli, which causes 20% of traveller's diarrhoea. Cholera is common in areas with poor sanitation. Check with your doctor for more information on the vaccine. If you know that you're travelling in countries where standards of public hygiene are low, it's recommended to be careful to only eat in places that prepare food according to proper methods.

Watching what you eat and drink,

and avoiding the consumption of raw foods, peel or wash any fruits before you consume, unless you are confident of the food outlet's preparation methods.



Diarrhoea normally clears up within a few days with home remedies or OTC medication. Staying hydrated and eating plain food may help settle your stomach faster.

Seek medical attention if the diarrhoea persists or worsens after a few days, especially for children, the elderly and those with low immunity.



Your Comprehensive Guide to the CLEANEST MAKEUP TOOLS

We paint, contour, and highlight our faces with makeup brushes every day, but when was the last time you washed your makeup tools?

Oil and make-up build up on brushes, which makes them an ideal breeding ground for bacteria and other microorganisms.

So if you find that you break out quite a bit, you might want to consider cleaning your makeup tools more often. In fact, breakouts are not the worst of it - dirty brushes could lead to skin infections as well. That's why experts recommend that we clean our tools at least once a week!

Of course, cleaning your makeup tools is quite a chore and a bore. That's why we're listing here a few ways to get your makeup tools super clean with minimal effort.

1 QuickClean With a Spray



This is a good, easy way to clean your tools after each use. Simply spray on your makeup brushes then rub gently on a tissue paper and leave to air-dry on a flat surface. A quick browse in your local makeup alleys will tell you that many brands do stock these cleansing sprays; simply select one that fits your preferences and budget.

2

Quick Cleaning With a Liquid Cleaner

There are also makeup brands selling liquid cleaners. All you need to do is squeeze a little bit of the liquid cleaner into a small bowl, then dip the tip of your brush into the bowl. If it is a makeup sponge, you may put it into the small bowl and soak it for around 2 minutes. After that, gently rub your brush on a clean tissue paper, and gently squeeze your makeup sponge a few times to remove any excess cleanser. Lastly, air-dry your brushes and makeup sponge on a flat surface.



Deep Cleaning With Soap & Water

There are also makeup brands selling liquid cleaners. All you need to do is squeeze a little bit of the liquid cleaner into a small bowl, then dip the tip of your brush into the bowl. If it is a makeup sponge, you may put it into the small bowl and soak it for around 2 minutes. After that, gently rub your brush on a clean tissue paper, and gently squeeze your makeup sponge a few times to remove any excess cleanser. Lastly, air-dry your brushes and makeup sponge on a flat surface.



3

4



Quick Clean With a Makeup Brush Silicone Mat Cleaner

A mat is a handy tool because it helps you truly scrub out your brushes. You simply have to apply soap to the bristles then gently rub your brushes on the mat cleaner till all the dirt is cleaned. Lastly, use a clean paper towel to gently squeeze the water out and lay your brush on another flat and dry paper towel.

Quick Sanitize Your Metal Makeup Tools

Like most people, you may overlook cleaning your metal makeup tools such as eyelash curlers, eyebrow trimmers, nail clippers and so on. But these can also accumulate dirt and bacteria. To wash them, try water and an antibacterial soap. After drying thoroughly, wipe it with an alcohol-soaked cotton ball to truly get rid of all bacteria. Rinse again with water. Lastly, pat dry with a clean towel.



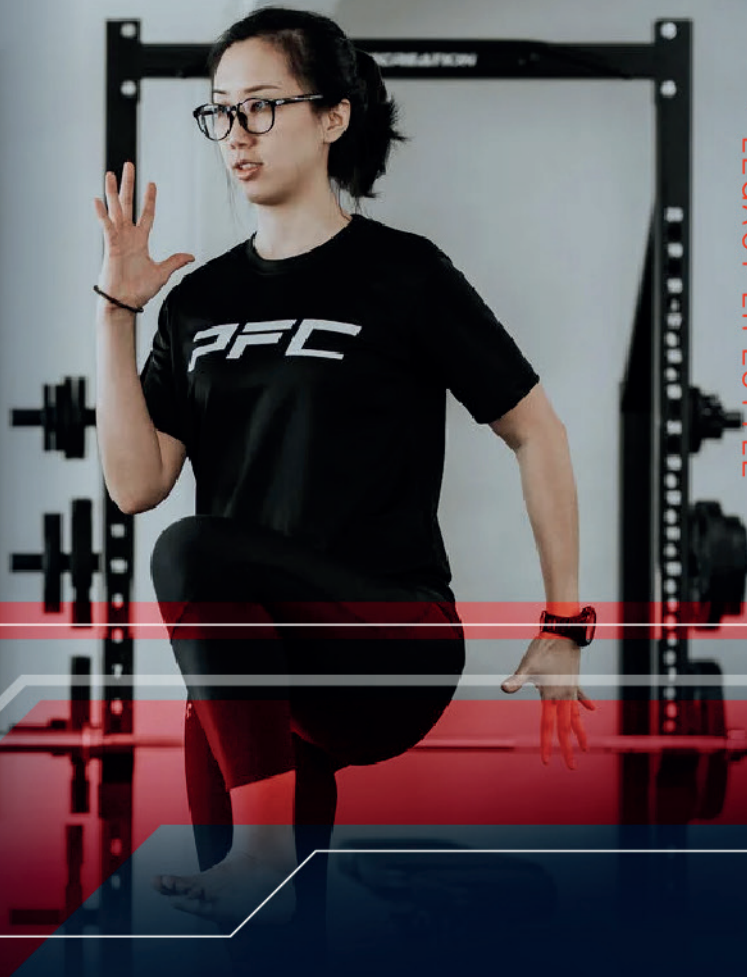
5

CONCLUSION

Proper cleansing not only helps you maintain healthy skin, but helps your tools last longer as well, which is better for your wallet!

ONE THING YOU CAN DO FOR BETTER HEALTH

TODAY



What if we told you there is ONE thing you could do to improve your health today, no matter how old you are and what your fitness level?



The answer is to just get up and MOVE.

And don't just take our word for it, we sat down with Jeremy Ng, master trainer with 2 decades' experience and founder of fitness center **PFC Studio**, to talk about how movement is universal in its benefits.

In addition, he shares on about how the perception of exercise as merely going to the gym is actually misleading, as any form of movement is beneficial, especially as people begin to grow older.

HERE ARE SOME MORE **HIGHLIGHTS:**

Can you tell us a bit about how you define the relationship between health and exercise?

JN: Health is a state of complete physical, mental and social wellbeing; not merely the absence of diseases and infirmity. Simply put, being healthy is a state of being free from illness and injury.

Exercise should not be thought of as something "fancy". It is basically movement, so exercise is moving the body. It's a mode of transport that helps us to sustain or get better health. This is my definition of health and exercise.

We humans are made to move our bodies, so exercise does have a direct impact on our health. The moment we stop moving, our health will definitely go downhill. This is especially important as we get older. I do believe that seniors who stay active enjoy a longer and healthier life.

01



Are there any specific exercises to maintain good health for any age group?

JN: If you follow the ACSM (American College & Sports Medicine) guidelines you need to exercise or move for 30 minutes, 5 days a week or 150 minutes a week. If you want to be more active, you will have to increase the time to more than 150 minutes.

However, I'd love to reiterate that exercise is not limited to going to the gym, but a movement that elevates your heart rate. We don't believe that there's a one-size fit all solution as everyone has different strengths and weaknesses.

Based on our observations, gyms seem to be dominated by the younger generation. Why is rare to see seniors or senior trainers there?

JN: Actually, at my age, I'm considered the "older generation" of trainers! Personal training is considered a fairly young profession and at this point in time health consciousness is on the climb and everyone is starting to pay attention. Health awareness has also started to increase, so that may be the reason why it is attracting a lot of the younger generation who want to build their bodies or become personal trainers.

Do you think seniors find gyms intimidating?

JN: I would say no. My father-in-law is in his late 60s and does more pull ups than me. During his early 60s, he was able to do one arm pull ups, which I have not done in my life. Being in the fitness industry, we sometimes see that seniors are actually able to move better than the younger population. For example, for some seniors, going a full squat is a piece of cake. For a lot of youngsters, they can't do it. Younger people will focus on building the body, looking good, but that's not as important for seniors.

Actually, would you even recommend gyms for seniors?

JN: I think a lot of seniors prefer to go out for a walk, do tai chi in a park. I think this is something that they like to do compared to a fitness centre which is a fancy environment.

They might go there to just use the treadmill to walk, but isn't it better to go out for a walk where they might meet a friend and after a few rounds you know you would have done something and can then relax?

I can relate to that because I don't like using treadmills and prefer to be outside. Again, it comes back to individual preference. So, we are not in a position to say seniors feel intimidated in a gym, but as what I have shared with you, it's the younger population that should feel intimidated.

I think seniors who do keep active will live a longer life. And that's why we should not limit the idea of exercise to the gym. If you walk outside for 30 minutes, that's good! I think everyone deserves to exercise. As long as you can stand up and move around, that's exercise. For people who can't move their lower bodies, there are tons of exercises that help you move your upper body.





What exercises are good for seniors?

JN: I think the list is endless, but one of the main benefits of exercise is to maintain bone health by increasing the bone density. This can be done with weight bearing which can be walking instead of cycling, where you are seated. Weight bearing works against gravity, so swimming also is not a weight bearing exercise. I would strongly recommend weight bearing exercises for seniors; simple things like walking up the stairs, walking up slopes, which will at least help to keep their bone health. If they lose this part of their life, they are losing a big part of their quality of life.

What is your approach at PFC Studio?

JN: I think functional training has to be individualised. My ability to move my body is different than yours. It's safer to conduct personal assessments to find out your baseline before giving you specific movement patterns that won't overwhelm your body. That's our approach. We assess, we gather information of each individual, and from there when you come for the class, the exercises will be tweaked based on the individual.



ABOUT PFC STUDIO

PFC Studio was founded by Jeremy Ng in 2011. The studio works in partnership with the National Academy of Sports Medicine (NASM) USA, and conducts NASM and other fitness-related educational courses for coaches and trainers. Different services include personal training, post-rehabilitation training, performance fitness coaching and professional fitness courses. They are located in Plaza Damas and you can find out more on www.pfc.my



USE SOCIAL MARKETING THEORY TO YOUR ADVANTAGE

The Social Marketing Theory emphasizes on how socially valuable information can be promoted. It emerged back in the 1970s, when people started to be more aware of the usefulness of marketing techniques to sell ideas, attitudes, behaviors and products. Introduced by Philip Kotler and Gerald Zaltman, it's an effective strategy that suggests marketers focus on what a consumer wants or needs instead of just persuading consumers to buy a product.



The world today is rife with social marketing platforms like Facebook, Instagram, Telegram, WeChat, and much more. That makes social marketing that much easier.

To properly take advantage of this, you should use these 6 features of Social Marketing Theory to increase your sales and attract more customers:

CREATING AWARENESS

What's the first thing you should do as an entrepreneur who has a new idea or product to sell? This should be to let your audience know about it by creating awareness. There are various platforms that you can choose to create this awareness such as television, radio or social media. Keep your audience updated on your new ideas or products. With current technology where everything can be shared online, you can reach a larger target audience from a different range of age according to your needs.

TARGETING THE RIGHT AUDIENCE

It is absolutely true that the wider the target audience that you can reach the better it is for your business. However, when crafting your promotions, don't cast as wide a net as you can. Instead, identify the right audience that is suitable for your products. That's important because from there you can optimize your marketing budget by reaching people who are most likely to be interested in what you are selling. For instance, you're selling a product for seniors. Promotions through online platforms may not be an efficient way since most elderly people are not so familiar with online platforms. It might be better to use radio or television instead. Here, you can see that targeting the right audience with the most suitable medium is a good strategy.

REINFORCE THE MESSAGE

It's okay to repeat your key message over and over again. People are bombarded with advertisements from the moment they wake up to the moment they sleep. It's difficult for people to remember each and everything they have seen. Therefore, you should use the power of repetition to reinforce your message. Ideally, you can do this through different channels or platforms to really cover your bases.

CULTIVATE IMAGES OR IMPRESSIONS

Everyone has their own perception of what is beautiful, but most people are powerfully affected by visual imagery. That's why it's important to choose your images carefully. The images you choose will go a long way to evoking emotions. So think of what emotion you want to evoke before choosing. For instance, the image of a couple snuggling up on a couch while sipping a hot cup of coffee can be used to evoke a feeling of happiness, familiarity, comfort, tenderness. It can help viewers picture a sweet moment with their significant other, putting a smile on someone's face.

STIMULATE INTEREST

Do you think everyone knows exactly what they want all the time? Surprise, customers themselves usually do not know what they want until they see it! So it's important to be able to spark their interests with interesting points. Find information that can grab attention to inspire interest in your ideas or products. For instance, a dishwashing product that claims one bottle can wash a thousand plates can trigger customer interest. People are actually easily triggered by interesting information, thus it is important to identify certain points of interest and create messages around those points.

INDUCE DESIRED RESULT

After all the promotion, the message crafting, the choosing of visuals and stimulation of interest, the final desired result is of course, securing the sale. It is very important when crafting your message to lead the consumer to take action! If not, everything else goes to waste. So consider what you want - should the Instant Message you to learn more or purchase? Should they visit your website where your catalogue is waiting for them to peruse? Should they simply Whatsapp you? Always end with a call to action, no matter what it may be.

Ultimately, the most important thing is to understand your consumer well. What do they want? What might they be interested in? Then use the 6 theories to your advantage in creating your marketing plan. We wish you great results and lots of sales!

IMPROVE YOURSELF FOR FREE!

“Self-learning is a process by which individuals take the initiative, with or without the assistance of others, in diagnosing their learning needs, formulating learning goals, identifying human and material resources for learning, and evaluating learning outcomes”.

Malcolm Knowles >

And it's never too late for us to learn. However, the Harvard Business Review also indicates that humans rarely grow alone, and we are actually better equipped to learn and expand our knowledge collectively.

However, as we seek more meaningful pursuits in our lives, the ability to learn for ourselves extends far beyond the workplace. Where there are gaps in knowledge, fear fills the void! In an economy and society that innovates faster than ever in human history, challenges also crop up that require just as swift a resolution. Facing a future that we cannot foresee, the ability to adapt and learn is key.



That's where e-learning can help. For adult learners who are already busy with myriad other aspects of life, technology comes to the rescue, helping people learn collectively through connectivity.

Here are some benefits of e-learning:

01

Helps improve your knowledge retention.



e-Learning helps learners study at their own pace and on their own terms, which can assist in boosting knowledge absorption and retention. Rather than being tied to a strict syllabus and schedule, learners can choose when to move onto the next module. This is particularly important for busy adults; if they feel rushed, they are less likely to retain the information on offer.

02

Fit learning into your schedule

Because learners can access e-learning courses and materials anytime that is convenient to them, e-learning actually fits into any schedule. Learners don't have to attend lectures or tutorials. They can even learn without an internet connection - e-learning course materials can be downloaded and stored in their own machine.



03

There's no need to travel



Logistics are actually one of the major challenges for adult learners who may already be facing a full day taking care of their jobs, homes and families. e-Learning is done virtually, so there is no need to make travel arrangements or fork out extra money for transportation costs. At least, that is one obstacle removed.

04

elearning experiences can be customized

eLearning gives adult learners complete control over what and how they learn. For example, adult learners can further explore a topic that interests them, master a particular skill set, or quickly complete modules that they have prior experience with. They don't have to be bored by tedious modules or feel frustrated by challenging modules that must be completed quickly, because they have control over every aspect of the eLearning process.

**05**

eLearning empowers and motivates you!



It is empowering to learn and take control of your own personal and professional goals. With e-learning, learners can acquire new skills that will help them to further their careers or improve their personal lives. With e-learning, people can take full responsibility over their education and this provides that extra bit of motivation they need to become active participants in their own learning experience.

Conclusion

You can see this in the increasing adoption of the Internet across the world, the rise of online learning systems, the shift in University courses to online, and even social networking sites are having significant impact on society. But due to the pace at which innovation has increased, significant skills gaps are appearing quicker than ever, placing pressure on us to constantly up-skill.





EMOTIONAL INTELLIGENCE : A USEFUL SKILL EVERYONE SHOULD MASTER

The term “Emotional Intelligence” was coined by psychologists Mayer and Salovey in 1990 to refer to an individual’s capacity to perceive, process and regulate emotional information accurately and effectively.

Why is emotional intelligence important?

If you can recognize the emotions you’re feeling and manage them without allowing them to swamp you, you might be able to manage difficult situations better and be happier and more content. If you can motivate yourself to get things done and deal with stress without buckling under the pressure, you might be more productive and fulfilled.

If you can sense the emotions of others and respond effectively, you may have better interpersonal relationships. If you are a manager, it might help you get the job done smoothly. Also, a higher level of EI makes you less likely to be negatively impacted by a negative person or environment.

The 5 categories of emotional intelligence



How to Improve Your Emotional Intelligence



If you find that you're lacking in any of these areas, do not panic! Emotional intelligence is something you can learn. While emotional intelligence comes easier to naturally empathetic people, anyone can train themselves by applying mindfulness and patience.

01

Practice self-awareness:

Emotionally intelligent people are self-aware and intuitive. As a sales person, it is especially helpful if you can learn to read and navigate other people's cues and reactions. It might be helpful in your business and help you to increase your communication skills with prospects and clients. By practicing self-awareness, you will also be aware of your own emotions and how it can affect the people around you.

02

Practice a confident style of communications:

An individual who knows how to communicate in a confident way will definitely be much more convincing. Practice confident communication in front of a mirror or with your close friends. Prioritize communicating your opinions and needs in a straightforward yet respectful way. This is an integral skill for business; communication is vital in nearly every aspect of conducting a successful and smooth-running business.

03

Practice ways to maintain a positive attitude:

A negative attitude can easily affect others; emotionally intelligent people know this and will guard their attitude well. To cultivate a positive attitude, start by noticing negative thought patterns and arresting them. Also try to find joy in small things like a great breakfast, or smooth traffic to work. Engage in prayer or meditation. Life is not always going to be perfect, but a positive attitude goes a long way to helping you make the most of what you have.

04

Practice empathy for others:

Try and put yourself in the other person's shoes to practice empathy. Everyone is on their own journey, with their own struggles. Understand that empathy is not actually weakness, or making excuses, it's a trait that shows emotional strength. Try and truly listen and understand instead of being in a rush to put forth your point of view.

05

Practice responding, not reacting:

A great tool to practice is to respond instead of reacting. Stressful situations can trigger emotional outbursts, anger and impulsive decisions. Try taking a deep breath and stay calm instead of giving into your initial impulse to burst forth with anger.

06

Practice patience in receiving criticism:

A great addition to the above point, it's a good practice to take criticism well. Again, take a few moments to understand where the criticism is coming from, how you might have inadvertently affected others with your actions and how you can constructively resolve issues instead of getting offended and defensive.

Conclusion

Emotional intelligence is a skill that will serve you well in every aspect of your life. Companies that hire employees with high emotional intelligence see great increase in sales and productivity. If you're a manager with high emotional intelligence, chances are you'll have better success in managing and retaining your employees. In your personal life, emotional intelligence will see you enjoy better relationships as well as greater satisfaction in life. It's a win-win situation!

.....



MONTHLY PROMOTION



PINK OCTOBER SPECIAL

LEGACY PLAN

1st October 2020 (12pm MYT) – 31st October 2020 (11.59pm MYT)



Free Gift worth up to **RM 209**



Free Gift worth up to **RM 223.40**

Cleansing Water (50ml) (Exp: Apr 2021)
Hydro (20ml) (Exp: May 2021)



Free Gift worth up to **226.60**

Cleansing Water (50ml) (Exp: Apr 2021)
Moist (20ml) (Exp: May 2022)

**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.*

**Promotion is NOT VALID in conjunction with Legacy Plan PWP. *WP is not earned on FREE products.*

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



RETURNLEGACY®

SERENITY

NEW

THE CALMING & SOOTHING BLEND OIL

1st October 2020 (12pm MYT) ~ 31st October 2020 (11.59pm MYT)



BUY 3 x Serenity

FREE 1 x Serenity

RM119 (WM) RM129 (EM) 15WP

Save Up To
RM 67

*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.

*WP is not earned on FREE products. *For further information, please refer to our promotion details.

*While Stocks Last.



P-WALLET PROMOTION

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



FREE EXTRA 3 BOXES W+ GOLD

**COMBINE ANY P-WALLET
PURCHASE WITH 10 BOXES
W+ GOLD OR ABOVE
(DISTRIBUTOR PRICE)**

*Terms and Conditions Apply. *For Malaysia distributors only. *WP is not earned on FREE products.
*In the event of RMC0/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.

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
- OR
- 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
- OR
- 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**

LP PACKAGE SELECTION



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

*In the event of RMC0/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.



CREATION PLAN

LEGACY ROSE GOLD NECKLACE WITH MOVING DIAMOND

One of a kind RL exclusive Rose Gold Necklace, featuring a sparkling diamond that moves with every twirl, every turn and every heartbeat.

FREE Rose Gold Necklace with Moving Diamond

1st August 2020 (12am MYT) to 31st October 2020 (11.59pm MYT)

Personal Direct Sponsor of
minimum 3800WP accumulation

*Terms and Conditions Apply. *For Malaysia and Singapore distributors only.
*For further information, please refer to our promotion details.

ITALY

TRAVEL INCENTIVE TRIP 2020

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

MILAN



ROME



VENICE



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	
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. of Ticket
		Min. Required Group	WP per Group		
1	1,500WP	3	5,000WP	5	1
2	1,500WP	5	5,000WP	5	2

* 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 campaign period.

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	
1	6,000WP	3	40,000WP	1
2	6,000WP	5	20,000WP	1

* Only one (1) criteria to be fulfilled.

* Terms and Conditions apply.

*For further information, please refer to our campaign details.

*For Malaysia and Singapore distributors only.



RETURN LEGACY SDN BHD

201401004515 (1080589-X) (AJL932074)

K-3-3, PUSAT PERDAGANGAN KOTA DAMANSARA
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LEGACY LIFE

传 承 生 活



RETURNLEGACY® | 2020 OCT

印尼首席营销总监致词
**让直销行业引领
在线购物趋势**

传承健康生活
**别让更年期
毁了您的幸福人生**



打造静谧之意

让营养师带您认识
女性更年期

OCT
2020

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 - 让营养师带你认识女性更年期
- 3 传承美丽贴士**
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 - 在家中也能拥有顺滑漂亮的头发!
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让直销行业引领 在线购物趋势



过往，您或许会认为在线购物只是年轻人的习惯，但一场疫情却颠覆了我们的生活，改变了我们购物的习惯。为了减低感染风险、保持社交距离及响应政府推行的各种措施，消费者除了减少外出次数，疫情期间也转向在线购买生活必需品、医疗用品和食品等，从而推动了在线购物新常态。

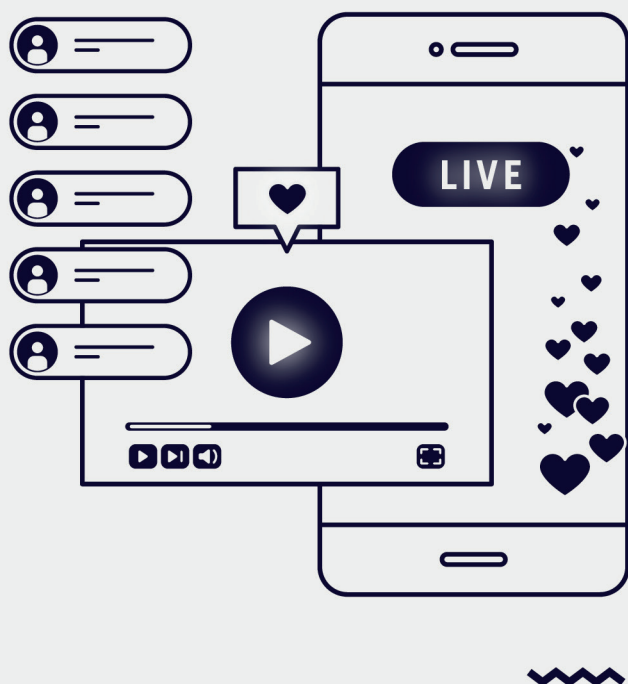
网络销售量的激增，使许多中小型企业纷纷转向线上销售，专注于开拓商务平台以迎合新消费时代的来临。消费者的购物习惯无疑正在发生变革，各行各业想要生存，就必须迅速整合经营模式，线上线下并行，借助网络开拓新市场。

一直以来，直销行业都以面对面的产品分享方式销售产品和服务，但疫情管控措施为传承事业的经营模式带来了重大变化。



印尼营销总监
Jimmy Hwang

究竟，我们该如何从线下转至线上经营直销事业，掌握网络营销能带来的更大发展机会？



首先，我们可以借助社交媒体平台的功能，例如疫情期间特别火红的Facebook Live 和 Instagram Live 招揽新人，通过实时互动和人性化分享拉近与消费者之间的距离。我们可以透过多元化的直播话题吸引更多人的关注，通过聊天的方式分享日常护肤贴士、新品试用、产品见证等，藉由不同的内容分享给予追随者不同的感受，而不是一昧的卖产品引发反感。如果您觉得一个人做直播太无趣，也可以尝试找个搭档进行以提升互动和趣味性，甚至是加插送礼环节让观众赢取，借此增加追随者的忠诚度。

直播之外，我们也可以利用各种视频会议平台如Zoom、Google Meet 和Skype与上下线保持紧密联系、为新晋经销商进行培训，探讨各种议题。进行视频会议时，切记给予所有人同等的关注，并提前通知家人会议的进行，避免谈话受到不必要的干扰。

无论是直播还是视频会议，我们必须提前做好充分准备以回答买家或下线的各种疑问，并通过展示产品图片或视频等信息建立对方对品牌的基本信任。您可以在传承国际商务平台取得产品资讯、视频、图片等资料并分享于个人Facebook、Instagram、Tik Tok、微信等账号，逐步建立属于自己的群组。



直销行业的成功建基于人与人之间的交流与信任，

尽管疫情改变了社交模式，但只要我们切换另一种模式继续经营，一样能透过网路的力量取得成功，延续直销行业美好共享的精神。

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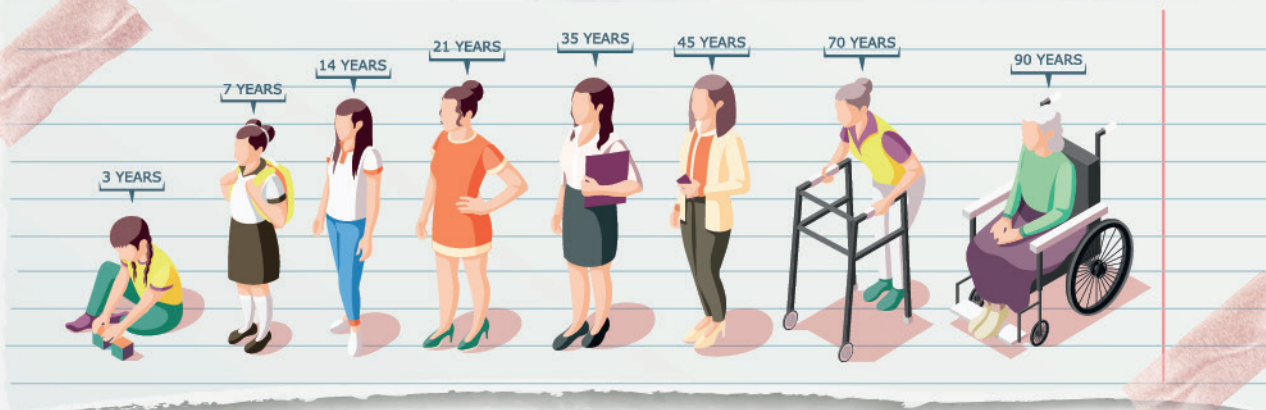
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让营养师带你认识 女性更年期

每年的10月18日是世界更年期关怀日，我们希望通过这节日能聚焦更多有关女性更年期的现象。

为了确保能传达最优质及最新的资讯，我们邀请了公司内部营养师为读者通过浅而易懂的方式解释有关更年期的整体现象，以及为何更年期应该视作平常事。

要简单的定义更年期，那就是当该名女性的月经期永久停止。若一名女性连续十二个月都没有月经，便可以视该位女性为正式进入更年期。



这过程事实上是年龄介于45岁至55岁女性必经的自然生理变化。然而，由于社会依旧抱有保守的风气，因此有关女性生殖健康的课题都会被避讳。但这是十分可惜的事情，因为在女性生命中有三分之一的岁月是在停经后渡过。

更年期不仅是女性所要经历一个重要的变化时期，而且对更年期缺乏相关的认识和信息获取，都有可能让女性无法从更年期所出现的症状中得到缓解。女性在停经后的十年间，会更容易患上慢性疾病，例如心血管疾病、骨质疏松症以及认知能力下降。若有关如何照料的咨询并没有得到传播，而女性也羞于讨论关于更年期方面的问题，那么她们也将错过能预防未来健康问题的机会。

女性在近更年期、更年期和停经后期都会面对各种程度的健康问题。先不论其轻或重，无可否认的是这些症状将会对她们的日常生活及情绪上都带来影响。



更耐人寻味的是年龄并非导致更年期的唯一原因。例如，一名正接受化疗的年轻女性也可能已经进入更年期。从社会经济学的角度上亦是，在发达国家，女性的自然更年期年龄是介于50岁至52岁；而在较为不发达的国家，女性的更年期通常发生在约40岁末。

此外，影响更年期年龄的其他因素包括其母亲的停经年龄、初潮年龄、口服避孕药的使用、受孕年龄、月经周期不规律、怀孕的次数、身体质量指数、吸烟和饮酒、运动锻炼、单侧卵巢切除手术、血铅水平、食用多不饱和脂肪（polyunsaturated fat）及教育水平。但无论如何，尽管还有许多能影响女性更年期年龄的因素，但关于女性何时开始更年期，目前尚未有共识。

有鉴于许多与更年期相关的不适症状，都有可能对女性的生活素质产生负面影响，庆幸的是，目前已有许多应对这些症状的治疗方法。更年期激素疗法是一种用于缓解更年期症状的著名疗法。医生通常会根据患者的个人和家庭病史来决定是否实施这项疗法。

这也是为何更年期对于女性而言是非常关键的时期，以下是更年期所可能会出现的症状：

- 月经紊乱（有时周期缩短，然后又延长）
- 热潮红和盗汗
- 情绪波动和暴躁
- 容易感到极度疲惫，即使是琐事也容易觉得疲惫
- 心悸
- 头疼
- 忧郁
- 失眠
- 皮肤干燥
- 脱发
- 阴道干涩
- 尿失禁
- 性欲降低

女性可以为更年期所准备的其他事项包括：



保持均衡饮食



维持健康的体重



定期锻炼，包括
进行又名凯格尔
(Kegels) 的骨
盆底运动



学习管理
压力的技巧



避免摄取过多的
咖啡因和酒精



保持充足的睡眠



身边的人给予
关爱和精神上的
支持



尽管更年期会带来种种磨难，但更年期也可以是一个女性自省及蜕变的时间。普遍观念上对女性在经历更年期后便是生命结束的想法，是绝对错误的。随着女性开始经历停经后便不再受生物学上所定义的角色，才有机会真正绽放自我。这也是为何适当的支持和自我疼爱会显得更重要。对于女性而言，要将更年期以积极看待并非消极的第一步，便是让更年期这话题变为平常。

天然的美颜圣品

为何水果提取物可制成对皮肤有益的护肤产品？

水果提取物，是大自然给予你拥有光滑肌肤的最佳答案。水果不仅富含营养价值，同时其高效成份能为皮肤带来许多好处。今时今日，科技将水果以及现代科学结合并且让我们能够在护肤方面获取高效且天然的营养补给，这也算是活在2020年的好事之一对吧？

紧接让我们了解为何水果提取物会有如此厉害的功效！

有效去除角质

部分水果提取物含有 α 羟基酸(AHA)，可温和有效地帮助去除死皮同时又不会对皮肤施加过多压力。AHAs能重塑肌肤组织，令幼嫩和健康的皮肤细胞取代死皮细胞，让皮肤可以自由地呼吸。由于这属于化学性去角质，因此无需使用粗糙和摩擦类的产品来擦拭脸部，因为这些产品会引起的肌肤擦伤。

增加皮肤弹性

部分水果提取物有助于增加皮肤的弹性，水果提取物中的抗氧化特性，能帮助维持肌肤的胶原蛋白，使肌肤变得更加紧致和嫩滑。水果提取物中含有的维生素和矿物质也有助于使皮肤变得光滑及饱满。

有效抗老

水果提取物也可减缓皮肤衰老的迹象。而这功效都得归功于其所富含的多酚(polyphenol)所发挥的作用。多酚是一种天然化合物，具有很强的抗氧化和抗炎特性。它们有助于保护肌肤免受自由基的破坏，并防止胶原蛋白分解，从而延缓皮肤衰老的过程。



不同水果, 不同功效

众多水果中, 有一种对皮肤极具治疗作用的水果提取物, 那就是黄梨提取物。黄梨提取物富含AHA及其他许多可改善肌底的酶类物质。此外, 黄梨提取物中所含有的维生素C, 可以使皮肤充满活力及增加皮肤中胶原蛋白的生产。

蓝莓提取物也是另一能为肌肤带来许多健康益处的选项。此类提取物富含维生素A及E, 能帮助肌肤维持水份及减缓肌肤老化的速度。蓝莓提取物能在减少肌肤发炎的同时, 并刺激更多胶原蛋白的生产。

另一种经常会被忽略掉的, 就是**牛油果**提取物。牛油果富含许多重要的抗氧化剂和脂肪酸, 能帮助修复受损和干燥肌肤。这些抗氧化剂和脂肪酸也能减轻皮肤因发炎所带来的不适。

其中还有一种称最有效且最有益肌肤的便是**香蕉**提取物了。香蕉提取物具有软化角质及保湿肌肤的特性。香蕉提取物所富含的镁对皮肤细胞再生、修复肌肤屏障和促进细胞的更新过程中都扮演着非常重要的角色。

试试看具革命性的2°Le'Gain来杜绝衰老!

如果您有兴趣亲自体验护肤产品中含有的水果提取物所带来的好处, 极致奢华的 2°Le'Gain 产品绝对是您呵护肌肤的最佳选择。

采用Epilibrium 360C™ 为核心配方, 针对皮肤三层结构并结合三层抗皱活性物质, 包括合成肽、植物性合成肽、神经酰胺、水解透明质酸钠、水果提取物和乙酰氨基葡萄糖。

抗老活性成份Epilibrium 360C™, 卓越的抗老武器可以帮助您对抗老化迹象, 为您打造动人美丽及焕发活力的美肌, 让您自信展现青春姿态。2°Le'Gain 适用于任何类型的皮肤, 因此任何人群皆可使用。



消灭痘疤 永远不嫌晚

对于痤疮患者而言，痤疮已是令人感到非常痛苦的问题，但更糟的是还有留下痤疮疤痕的可能性，对严重痤疮患者而言，这些疤痕会使曾经漂亮的脸蛋变成是一场噩梦。但庆幸的是，如今有许多方法可以改善这种情况，你可以通过一些治疗方法淡化这些痘疤。

而解决问题的根本方式是治疗痤疮，否则从痤疮冒出到留下疤痕，这整个问题都会周而复始地不断发生。

我们需要谨记的是某些疤痕治疗方式，并不能和某些治疗痤疮的药物一同使用，因为这可能会降低治疗的成效。

痘疤的类型

痘疤的类型主要有两种：

1 萎缩性疤痕 (ATROPHIC SCARS)



车厢型痘疤 (BOXCAR SCARS)

车厢型痘疤大多呈现圆形或椭圆形，有明显垂直边缘。这些疤痕有深有浅，常见于脸部肌肤较厚的区域，例如脸颊和下颌。



冰锥型痘疤 (ICE PICK SCARS)

冰锥型痘疤在皮肤上看起来会有小但明显的孔，其凹陷深，表面开口宽并随着往皮肤底层延伸而逐渐缩窄，呈上宽下窄的长条形。冰锥型疤痕常见于皮肤较薄的脸部区域，例如前额和上颊。由于这类型的疤痕能延伸至肌肤表面底下，因此是最难治愈的疤痕类型。



滚动型痘疤 (ROLLING SCARS)

滚动型疤痕在肌肤上的呈现凹状，疤痕面积可达几毫米的宽度。滚动型疤痕因外观上会呈现不规则的边缘而命名，让肌肤呈现波浪形的纹理或看起来凹凸不平。滚动型疤痕常见于皮肤较厚的区域，例如下颊和下颌。

2 增生型疤痕



这些都是常出现在胸部和背部的痘疤。在一些情况下，伤口在愈合过程中产生过多的胶原蛋白，促使疤痕增生在周围皮肤表面的上方所致。

适合的治疗方式

下面为各位提供几个有效治疗痘疤的方法，但仍建议读者在尝试任何自家治疗方法之前，都需先咨询皮肤科医师的意见，否则疤痕的情况可能会变糟或是受感染。

化学换肤 (CHEMICAL PEELS)

乳酸

乳酸是一种 α 羟基酸。这类型的换肤疗程可以每两周进行一次，为期三个月的时间，可改善肌肤质地、外观和色素沉淀的问题，同时还可以减轻痘疤。

水杨酸

这是一种众所周知可以有效治疗所有痤疮类型的疗法，水杨酸能有效清洁毛孔、减少肌肤肿胀、减缓发红现象，是去角质的最佳方法之一。

使用水杨酸可能需要数周的时间才能看到改善。唯一的缺点是会导致敏感肌肤出现干燥、发炎或敏感的情况。

维甲酸 (RETINOID)

维甲酸具有淡化疤痕的功效，它可以加速细胞再生并改善皮肤质地的功效。维甲酸可以淡化疤痕，减少色素沉淀。

但维甲酸的缺点是可能会让您的皮肤对阳光更加敏感，因此当使用任何含有维甲酸成份的产品时，一定要做好防晒的习惯。

深层治疗 (INTENSIVE TREATMENTS)

对于严重性的痘疤，还有其他治疗方案可选择，例如磨皮、激光换肤、微针、注射填充剂或通过手术去除痘疤，这些治疗方案只能由合格的皮肤科医生进行治疗，费用也较昂贵，因为需要进行多次疗程才能达到您期待的效果。

推荐 REOX 系列 H+ 产品

REOX 系列 H+ 是一个舒敏活肤喷雾能保护肌肤免受自由基损伤，并保持肌肤的自然亮丽。

REOX 系列 H+ 采用微矿化营养技术 (MMNT)，能帮助舒缓痘肌，减缓发炎并且建立抗氧化保护层，保护肌肤免受环境侵害。

虽然无法直接减少痘疤，但它实际上可以与痘疤治疗相配合的伙伴：使用它来达到镇静和舒缓受刺激或发炎的肌肤。同时其微矿化营养技术还有助于保护您的皮肤并加快肌肤愈合的速度。

痘疤的存在既令人痛苦又尴尬，而且还会在许多人的脸上留下永久性的疤痕。但值得庆幸的是，如今有许多可以淡化甚至消除痘疤的治疗方法，不仅种类繁多，让每个人都可以根据自己的预算做选择。



在家中也能拥有 顺滑漂亮的头发！

在去年，您或许会选择去理发店进行头发护理。但如今由于疫情的关系，许多理发店都需要保持社交距离，这可能会让您三思而后行。

但不管是否有疫情，我们都希望能拥有一头浓密以及健康亮丽的头发。空气的污染、重复使用电发棒以及染发剂都会对头发造成很大的伤害。

但不用担心，以下有六种方法让你在家中也能拥有健康的头发，以及分享一些您可以尝试培养让头发变得更健康的方式。



方法1: 使用甘草根预防脱发

如果您面对着脱发、头皮干燥或头皮发炎的问题，那甘草根也许会有所帮助。甘草根具有舒缓的作用，经常使用可以帮助改善头皮发炎以及清除头皮屑。制作这天然的方式，是将一茶匙的甘草根磨碎后与四分之一茶匙的藏红花混合在一杯牛奶中。然后将混合物涂抹在头皮和头发上，并静置一个晚上。隔天早晨，将头发洗净，然后每周重复两次。您也可以将头发放入帽子或者在枕头上面铺上一条毛巾，以免将床铺弄得很难看。



方法2: 不要经常烫发

虽然烫发可以有效帮助头发做造型，但是会导致发丝受损及开叉。尤其是每天都在使用电卷棒或直发器的话，将会更加明显。请记住这些热能对头发是非常不利的，甚至是使用温度过热的吹风筒吹干头发都会导致头发变得干燥和粗糙。如果您真的需要烫发，那么请记得使用一些防热的头发产品，避免头发受到伤害。



方法3: 绿茶可以促进头发的生长

绿茶含有丰富的抗氧化剂，能促进头发的生长以及预防脱发。制作这简单的天然疗法的方式，是将两个或三个茶袋浸泡在一杯或两杯热水杯中（根据头发的长度进行调整）。待绿茶冷却之后，将绿茶倒入或喷洒在头皮和头发上，同时轻轻地按摩头皮。将头发静置一个小时，然后使用清水清洗干净。



方法4: 使用冷水和温水洗头发

虽然使用热水洗头可以有很好的洗净效果，但不建议仅使用热水来清洗头发。也许你可以尝试先使用温水，然后再用冷水清洗头发。温水可以帮助清除头发污垢和多余的油脂，而冷水则是可以封住发干，保持头发水分以及使头发看起来更有光泽。



方法5: 甜菜根助于头发生长

另一种促进发丝健康的成分——甜菜根，富含维生素C和维生素B6、叶酸、锰，甜菜碱和钾。甜菜根的所有成分都是健康头发不可缺少的营养。如果使用这方法，还能为头发进行排毒及保持头皮清洁的作用。制作这天然的治疗法，是将7至8根的甜菜根叶放进锅里熬煮，然后与5至6瓣的指甲花一起研磨。最后将混合物涂在头皮上，静置15至20分钟后冲洗干净即可。



方法6: 避免过量使用有害化学物质

也许您应该考虑养成一种开始阅读护发产品成分的习惯。可能您已经知道我们日常使用的产品中所含有一些化学物，实际上对我们的健康有害。其中包括月桂基硫酸钠，对羟基苯甲酸酯，甲醛等。如今，许多人都已经逐渐意识到这些问题，因此都懂得做出更好的选择。

*以上的方法是民间偏方，如果您有头皮敏感，请咨询医药保健专业人员或医生。



别让更年期毁了 您的幸福人生

女人一生中所经历的每个阶段都是独一无二及无比精彩。

从经历月事、怀孕、为人母亲到踏入老年，经历一次又一次微妙地蜕变。更年期是女人必经而重要的阶段。

这意味着女性的月经周期已停止。女人面对生育期结束喜忧参半，但这是避无可避的。有些女性在更年期的各种不适中挣扎，一些则持坦然积极态度，轻松度过更年期。

更年期的转变与青春期和孕期一样，都是女人生命中重要的里程碑。更年期的到来会给身体带来变化和不适症状，对她们的生活造成极大的影响。她们的身体总感觉有诸多不适和感觉极度恐惧，甚至出现异于常态的症状，如月经失调、情绪起伏大、潮热、阴道干燥、失眠、衣服时常被汗水湿透等等。虽然你无法逃过更年期，但你可以避免让它演变成灾难。荷尔蒙的变化会使你的身体机能遭到破坏，但无论症状有多严重，你绝对有能力对抗。

拒绝过山车，轻松度过更年期

REOXLIFE PRO W+ GOLD 运用创新高效的自然疗法，改变女性应对更年期相关症状的方式。更年期是随着年龄的增长而发生，但传承国际坚信女人无论处在那一个年龄阶段都可以展现美丽与自信。更年期的到来意味着女人已迈入她的黄金岁月，迎接另一个新阶段及各种挑战，同时也是增长智慧与信心的阶段。

一旦入更年期，卵巢将停止分泌雌激素，因此对女性的身体机能产生巨大的影响。无可否认更年期给健康带来了挑战和风险，影响女性的生活质量。早期的更年期阶段被称之为近更年绝。女性会因为雌激素水平的下降而开始出现一系列不适的症状，而这种症状可能在45岁左右便出现，也许会持续几年一直到更年期。您会感觉自己仿佛坐上一趟永不停歇的“过山车”。

受启于韩国及中国使用数百年的古老草药，REOXLIFE PRO W+ GOLD 是专为解决更年期前后症状而设。其所采用的Estro-G 配方结合了**隔山消 (Cynanchum wilfordii)**、**糙苏 (Phlomis umbrosa)** 及 **朝鲜当归(Angelica gigas Nakai)** 提取物三种草本植物。

Estro-G 配方采用的三大草本植物均有着强大的功效。



隔山消

在韩国传统养生保健文化里，隔山消一直被用以促进健康老龄化及提升情趣。



糙苏

在中国，糙苏被用在各种草药茶和补药里，帮助缓解更年期症状和情绪管理。



朝鲜当归

朝鲜当归被誉为“女性人参”，历代在韩国被用于治疗妇科疾病。

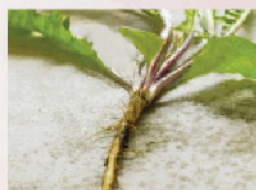
这三种天然成分结合而成的配方，不仅可以安全又天然的方式为女性提供缓解更年期症状，还可以为健康带来极大的益处。

除此之外，REOXLIFE PRO W+ GOLD 还结合了四种安全及高效的植物来源成分，包括**茴香籽**、**蒲公英**、**胡芦巴**和**白高颖**，搭配传承国际独有的微矿化营养技术(MMNT)，有效帮助解决更年期引起的身体及情绪变化。



茴香籽

缓解血管舒缩功能紊乱症状，维持肠道健康。



蒲公英

滋润皮肤及抗老。



胡芦巴

纾解更年期和经前期症状，以助提高女性生活品质。



白高颖

提升能量，活力和促进血液循环。

专为更年期女性而设的 REOXLIFE PRO W+ GOLD,



1. 可减少潮热和盗汗
2. 保持性健康
3. 缓解睡眠问题
4. 改善皮肤干燥
5. 滋养头发
6. 保护肝脏
7. 强健骨骼
8. 改善抑郁症

平稳度过更年期的贴士

谨记这一趟过山车之旅并不会永远地持续。您可以透过一些方法帮助自己平稳及轻松地度过更年期，拒绝痛苦地迎接更年期。相反地，这自然的生理过程可以是女性迈向人生新阶段的转折点。

您可透过以下的保健技巧维持个人健康及调节荷尔蒙。保持正确饮食习惯、确保每日摄取充足的水分、经常锻炼以助改善新陈代谢、保持充足睡眠、透过冥想放松身心、与伴侣和家人维持亲密互动、腾出独处的时间以及使用REOXLIFE PRO W+ GOLD帮助您恢复自信。最为重要的是，时刻保持积极心态和拥抱真实的自己！





打造 | 静谧之意



您可曾感觉身心疲惫？相信我们每一位都有过相同的经历。压力和焦虑已俨然成为快节奏生活的常见问题。忙碌时，我们容易感到紧张、沮丧或喘不过气，以致与压力相关的健康问题不断加剧，对身心健康造成极大的负面影响。

由于压力会扰乱我们的情绪，所以我们一定要在百忙中抽出时间宠爱自己。当您感觉自己情绪紧绷、体力耗尽时，不妨尝试以芳香疗法舒缓压力，给自己多一份呵护。常用于芳香疗法的精油萃取自植物，具有舒缓感官的功效，能为环境添增一份宁静祥和的禅意。

精油一直对肌肤和身体有着神奇的治愈作用。Serenity镇静与舒缓精油萃取自薄荷，其天然香气能唤醒您的活力、缓解紧张与不安情绪。精油的清新、滋养和平衡功效将让您在使用后倍感放松，情绪得到提升。

使用Serenity镇静与舒缓精油进行芳香疗法可为环境营造宁静氛围，使身心灵得到平静。这是自我呵护的最佳方法之一，因为薄荷的清新香气能使人放松和心旷神怡，带您远离生活的喧嚣。它不仅有助舒缓肌肉紧绷，还能促进放松和皮肤健康，特别适合处于紧绷状态的现代人。

想唤醒精神、振奋活力，深呼吸闻入Serenity镇静与舒缓精油香气即可。薄荷的清新香气能及时改变您的心境和压力指数。只要将几滴精油滴于手心，搓揉后将双手靠近口鼻处深深嗅吸，焦虑和烦躁之感将随即消逝，重振您的精神。



薄荷精油所含的薄荷醇具舒缓肌肉痠痛和疲劳的清凉作用。外涂Serenity有助减轻头痛或偏头痛，薄荷醇同时能帮助镇静鼻窦炎症状。此外，它还是天然的驱虫剂。

不管任何时候，您都能使用Serenity为日常生活添加愉悦的感觉。无论是用于舒缓工作压力，还是想减轻家务事带来的烦躁感，或是想让自己有个好眠，薄荷的浓郁芬芳必能消除您的疲惫，点燃您的快乐。在忙碌中给自己多一点时间休息，在Serenity镇静与舒缓调和油的陪伴下，您将完美结束美好一天。



缺铁性贫血 就在你身边！

缺铁性贫血虽是一项少人关注的疾病，但它实际上却是许多人们都会遇到的健康问题。

缺铁性贫血是指身体因缺乏足够的铁质来制造血红蛋白所导致的贫血。血红蛋白是一种使血液呈红色并有助于将氧气运送到各个主要器官的物质。当人体铁质流失过多或是没有摄取足够的铁质时，就会发生缺铁性贫血的情况。缺铁性贫血的患者经常会感到疲倦及呼吸急促。

什么原因导致缺铁性贫血的发生？

其中最主要的原因是失血。人体血液中含有铁质，因此像是月经量过多、消化道出血、溃疡或结肠癌所导致的失血，都有可能都会导致缺铁性贫血产生。

另一个原因是每日所摄取的铁质量不足。而富含铁质的食物包括肉、蛋、绿叶蔬菜和其他添加铁质的食品。

此外，本身患有一些疾病如乳糜泻(celiac disease)的人可能因消化问题而导致身体无法通过肠胃道摄取足够的铁质。

怀孕也可能是导致缺铁性贫血的原因之一。这是因为怀孕期间孕妇需要更多的铁质来帮助胎儿正常发育。

频繁捐血人士、经历手术或是因受伤而大量失血的情况也会出现缺铁性贫血的发生。

缺铁性贫血的症状？

缺铁性贫血早期症状不明显，但会随着身体的铁质不足而逐渐变得严重。一些症状包括：

- 皮肤苍白
- 呼吸急促、胸口痛和心跳加快
- 疲劳和虚弱
- 手脚冰凉
- 头痛、头晕和头昏眼花
- 指甲脆弱、容易断裂
- 异食癖，即渴望食用一些非食品类物品，例如冰块、污垢、油漆或泥土。

长期来看，缺铁性贫血通常会继而引发心脏问题。对于孕妇而言，则会导致早产及出生婴儿体重过轻；对于儿童而言，缺铁性贫血可能会导致他们的生长和发育迟缓的情况。

医生会进行多项检查以准确地诊断出缺铁性贫血，特别是当他们怀疑患者有可能存在内部出血的情况下。

谁有患上缺铁性贫血的风险？

以下是特别容易患上缺铁性贫血的高风险人群，例如：

- 女人：由于女性在月经来潮时会流失部分血液，因此处在青春期和成熟期的女性会有更大的风险。

婴儿、儿童和青少年也是患上缺铁性贫血的高风险人群。如果婴儿在四个月大之后只摄取母乳或只摄取无添加铁质的奶粉配方，这会让他们陷入缺铁的风险中。尤其是早产儿会增加其风险性，这是因为胎儿体内的铁质储备是在怀孕晚期累积的。而牛奶本身的含铁量较低，因此只饮用牛奶可能会提高孩童罹患缺铁性贫血的风险。而青少年则是在成长过程需要摄取更多的铁质，以帮助发育。

- 频繁捐血人士：经常有捐血的人需注意并且通过饮食摄入足够的铁质。

- 素食者：不吃肉的素食主义者因其饮食习惯而面临着更大的风险，因此应多加注意及通过其他食物来源中摄取足够的铁质。

- 老年人士：尤其是65岁以上的老年人

如何治疗缺铁性贫血？

缺铁性贫血可通过服用铁片数月以补充身体内铁质的储存量。强烈建议将维生素C与铁片一起服用，因为维生素C有助于增加铁质的吸收。

如何预防缺铁性贫血？

缺铁性贫血可通过食用更多富含铁质的食物预防，像是肉类、豆类、麦片、添加铁质的谷物及绿叶蔬菜。此外，建议增加维生素C的摄入量以增强身体对铁的吸收。避免喝红茶，因为这会减少铁的吸收。对于那些无法达到铁的每日建议摄取量的人则可通过服用保健品来预防缺铁性贫血。

推荐NUREOX GRAIN营养饮料



NUREOX Grain 是一种富含营养的健康饮料，能提供高含量的铁质。它是综合上谷谷粮、纤维、维生素、蛋白质和铁质的天然混合物。这是一款非常适合素食及日间忙碌人士食用的保健品。

Nureox Grain 营养饮料也含有被誉为“超级食品”的小麦草。它含有叶绿素、人体所需的维生素及矿物质，有助于增强免疫力和改善整体健康状况。

经常 你可以不必这样！ 腹泻？

腹泻是指排便的次数异常增加并伴随着水状的粪便，严重的患者甚至会出现无法控制排便的情况。腹泻是一种常见症状，而因摄取某些特定食物或饮料所引起的胃肠道感染是导致腹泻的原因。过度饮酒也是造成腹泻的另一原因。

在大多数的情况下，腹泻不会持续超过几天并且可以通过非处方药物得到缓解。由于严重或长时间的腹泻会导致人体脱水，因此必须喝大量的水和口服补液盐溶液以帮助身体补充水份。持续超过数天的腹泻有可能是潜在的健康问题引起的，应尽快寻求医疗护理帮助。

腹泻的常见症状

对于成年人，腹泻的迹象包括：

- 迫切并频密地想上厕所
- 粪便稀释，水样便
- 腹部绞痛
- 直肠疼痛
- 感觉腹部肿胀
- 发烧和发冷
- 呕吐
- 疲劳，头晕

如果没有及时治疗，腹泻可能会诱发一些严重的并发症如脱水。

成人脱水的症状包括:



口干



异常口渴



排尿量减少
甚至无尿



尿液呈暗色



眼睛，脸颊或
腹部呈现凹陷



精神疲惫



头晕或昏厥

对于幼儿和儿童来说，

你也必须注意他们是否有出现脱水迹象，例如：

- 口干
- 哭时无泪
- 超过3个小时没有排尿 (排尿量比平时少)
- 眼睛，脸颊或腹部呈现凹陷
- 口渴
- 精力不足

婴儿，幼儿以及儿童的腹泻会导致他们严重脱水，若不及时治疗，可能会危及生命。有时，腹泻也可能潜在着其他更严重的问题。因此，若是婴儿，幼儿或儿童出现以下腹泻情况的话，必须立即就医：

- 腹泻在24小时内仍未消退 
- 伴随着发烧 (38.8度或以上) 
- 粪便呈现黑色、出血 
- 腹部或直肠严重疼痛 
- 出现脱水症状 

导致腹泻的原因

导致腹泻的原因有很多，其最常见的原因有：

- 细菌，寄生虫或病毒感染
 - 长期服用药物
 - 食物过敏和食物不耐症
 - 腹部手术
- 其他消化道问题，例如克罗恩病、肠易激综合征、乳糜泻等
 - 怀孕期间荷尔蒙改变

您的医生将需要进行一些测试以正确的诊断和治疗。

预防腹泻的方法

腹泻可以通过一些简单的措施来预防，例如：

在家中保持良好的卫生习惯，

例如，在准备食物之前、之后以及使用厕所后必须洗手等，在工作场合也应如此。此外，若是想要达到有效的消毒效果，消毒剂里的酒精含量必须达到60%以上。

确保食物彻底煮熟，

这是因为半生不熟或生的食物可能会有病毒，寄生虫以及细菌的滋生。

为了杀死水里的微生物，**水必须煮沸**并且让其冷却后才能饮用。

为儿童施打轮状病毒疫苗

轮状病毒是导致儿童发生严重腹泻的最常见因素。在进行这个选项之前，你必须征求儿科医生的建意见。

避免旅行者腹泻。霍乱疫苗

适用于经常前往霍乱传播活跃地区的旅行者。但此类疫苗只能减少由病原性大肠杆菌所引起的腹泻，而20%的旅行者腹泻都是由这细菌所引起的。霍乱很常发生在卫生条件差的地区。请问医生以获取更多有关疫苗的资料。若是您知道自己要到公共卫生水平较低的国家旅行的话，建议在用餐前必须小心谨慎，仅在遵守食品安全以及卫生清洁的地方用餐。

除非您对该餐厅食物的准备方式充满信心，否则请注意您**放入口中的食物**，避免食用生食并且在吃水果前必须剥皮或将其清洗干净。



腹泻通常能在数天内通过家庭疗法或非处方药得到缓解。确保摄取足够的水份以及清淡的餐点便可以帮您更快地解决胃部不适。

若是您的腹泻症状在几天后仍然持续发生或加重情况，尤其是儿童，老人以及免疫力低下的患者，必须尽快就医。



清洗化妆工具

的完整指南

每一天我们都会使用化妆刷在脸上化妆、刷轮廓、打高光，但试问您最后一次清理化妆工具是什么时候呢？

脸上的油脂和化妆品会在化妆刷上积累，这也成为了细菌和微生物的理想繁殖地。

因此，如果您发现脸部状况变得糟糕了，那可能需要考虑多清洁化妆用具了。事实上，爆痘并不是最糟糕的情况，原因是这些肮脏的化妆刷还会导致皮肤感染。这就是为什么专家建议我们每周至少清洁一次化妆用具！

当然，清洗化妆用具是一件很麻烦且繁琐的事。这也是为什么我们特意列下以下几种方法，帮助您轻松且毫不费力地清洗化妆用具。

1

使用喷雾 快速清洁



这是一个非常好且简单的清洁方式。只需将清洁喷雾喷在化妆刷上，然后在纸巾上轻轻擦拭，最后将化妆刷放在平坦的表面上风干即可。多留意周围有售卖化妆品的地方，你会发现到市面上有许多化妆品牌都有在售卖这些清洁喷雾剂；只需选择一款适合自己喜欢的并且在预算内的即可。

EAU

2

使用液体状清洁剂快速清洁

市面上也有许多化妆品牌有售卖液体状清洁剂。您只需将少量的清洁剂挤入一个小碗中，然后将化妆刷的尖端浸入碗内。若是化妆棉，那可以将其放置碗中并浸泡2分钟左右。然后，将化妆刷轻轻地在干净的纸巾上擦拭，以及轻轻挤压化妆棉数次以去除多余的清洁剂。最后，将化妆刷和化妆棉放在平坦的表面上风干即可。



make up

使用肥皂和水进行深层清洁

这是深层清洁化妆棉的最佳方法。根据专家建议每周需清洁化妆刷一次以及每日需清洗化妆棉！但至少这一个方法是经济实惠的，因为您只需要使用温水和洗碗液或洗手液即可。有些人喜欢使用香皂来去除化妆用具上的遮瑕膏和粉底霜等乳霜产品。切记要轻轻地洗刷化妆用具，冲洗后用纸巾将多余的水分挤出，最后将化妆用具放在平坦的表面上风干即可。



3

4



使用 化妆刷硅胶垫 快速清洁

硅胶垫是一种很方便的工具，因为它可以帮助您深层清洁化妆刷。您只需在化妆刷涂上肥皂，然后在硅胶垫轻轻擦拭化妆刷直到所有的污垢都被清除。最后，用干净的纸巾将水分轻轻挤出，再将化妆刷放在另一张平坦及干纸巾上即可。

快速消毒 金属化妆用具

与大部分人相同，您或许有可能会忽略去清洁金属类的化妆用具，像是睫毛夹、修眉刀、指甲剪等等，但这些化妆用具也是会积聚灰尘和细菌。您可以尝试用水和抗菌类肥皂来清洗它们。等待用具彻底放干之后，再使用浸有酒精的棉球擦净，以彻底清除所有表面细菌。然后再次用水冲洗干净。最后，使用干净的毛巾拍干用具即可。



5

总结

妥善的清洁不仅可以帮您维持健康的皮肤，还可以延长化妆用具的使用期限，更重要的是还能帮您省钱！

维持身体健康的 其一途径

若是我们告诉您，只需做一件事就能让您无论现在什么年龄层、健康水平如何，只要您做了就能改善自己的健康状况，您会相信吗？



这答案就是让身体动起来！

而且，我们也不只是说说而已，为此我们邀请了拥有20多年经验的健身教练，同时也是PFC Studio健身中心的创始人Jeremy Ng来为我们讲解运动的好处。

此外，他也分享了关于大众普遍对只有到健身房才能运动这一想法是非常错误的。因为任何形式的运动对身体其实都是有益的，尤其是随着人们的身体逐渐衰老，运动的重要性变得更为重要。

以下是这场访谈的 **重点摘录：**

请问您如何定义健康与运动之间的关系呢？

JN: 健康指的是您的身体、精神和社会方面处于良好的状态；不仅仅只是身体没有任何的疾病或虚弱体质。简单来说健康就是当一个人免于疾病和受伤时的状态。

运动不应该被视为一件很难达成的事，基本上就是让自己的身体动一动。运动是帮助我们维持健康体魄的其中一种模式。这是我对健康和运动的定义。

生命在于运动，因此运动与我们的身体健康存在着密不可分的直接影响。当我们停止运动的那一刻，我们的健康肯定会走下坡。尤其是随着年龄的增长，运动对我们来说就变得更加重要。我相信时刻保持活跃的老年人会享有更长的寿命并且会过上更健康的生活。



请问是否有适合所有年龄层保持健康体魄的运动呢？

JN: ACSM（美国运动医学学会）建议您每周进行150分钟的运动，相等于一周五天，一天30分钟。

但是，我想重申运动并不是只局限在健身房，而是能提高心率的活动。我们不认为这个世界上存在着一个能够解决任何问题的万能公式，因为每个人身体都有着不同的优点以及缺点。

根据我们的观察，健身房几乎都是被年轻人占据的。为什么鲜少在健身房里见到老年人或年龄较高的健身教练呢？

JN: 实际上，像我这样的年龄，已经是属于“老一代”的健身教练了！私人健身教练是一个相当年轻的专业以及随着现在健康意识的提升，每个人都开始关注的课题。由于人们的健康意识逐渐提高，或许这也是为什么吸引了那么多年轻人开始健身或成为私人健身教练。

您认为老年人会害怕到健身房健身吗？

JN: 我并不这么认为。我的岳父现在已经60多岁了，但他能做引体向上的次数比我还多。在他60多岁初期，他仅用一只手臂就能进行引体向上，这是在我一生中从未做过的事情。在我的健身职业生涯中，有时候我们会发现到老年人在运动方面实际上比年轻人表现得更好。例如，对于某些老年人而言，深蹲根本就是小菜一碟。但是对于许多年轻人来说，他们根本做不到。年轻人会专注于塑造身形，让自己视觉上变得好看，但是这对老年人来说却不是那么重要。

请问您会推荐老年人到健身房吗？

JN: 我认为许多老年人更喜欢出去散步或在公园里耍太极拳。我想这是因为健身房的环境比较奢华。

在健身房的话，他们可能只会在健身房内使用跑步机跑步，但是若他们在户外散步时，它们可能在走了几圈之后去见见朋友，然后再放松一下，这样不是更好吗？

我可以理解他们的想法，因为相较于跑步机，我更喜欢到户外跑步。但，这还是回归到了个人喜好的因素。因此，我们不能说老年人都对健身馆感到畏惧，正如我与您分享的，应该是年轻人对其感到畏惧才是。

我认为经常保持身体活跃的老年人会更长寿。这就是为什么我们不应该将运动只局限于健身房。若是您能到外面走动30分钟，那就再好不过了！我认为每个人都应该锻炼身体。只要您能起身到处走动，那就已经是运动了！对于无法移动下半身的人，还是有许多种运动能有助于您训练上半身。





请问有什么运动对老年人有益？

JN: 我认为适合老年人的运动有很多，但是运动的主要好处之一是能够通过增加骨骼密度来维持骨骼健康。这可以通过负重运动像是步行来实现，而不是坐着骑单车。由于负重运动需要克服重力，因此游泳并非负重运动的一种。我强烈建议老年人可以进行负重运动：像是爬楼梯，走斜坡等诸如此类有助于保持骨骼健康的运动。若是他们少做了这部分的运动，他们将会失去很大部分的生活质量。

请问PFC Studio的训练方式又是如何？

JN: 我认为功能性训练必须个性化。因为我移动身体的能力与你的不同。在为你设定一些不会对你的身体造成负荷之前，先进行个人评估测试找到你的体能基线是较安全的做法。这就是我们的训练方式。我们会评估，收集每个人的信息，而当你来到这里上课时，我们会根据个人的情况来调整训练强度。

值得一提的是许多人认为成为私人健身教练的最大目的就是赚取客户的钱。但是，您必须要知道的是我们的定位、训练方式或是专业是为了锻炼生命。因此，您需要用时间来了解人如何运动以及为什么需要运动，而其真正的原因并不是消遣时间那么简单。这是我想要明确传达的信息，因为让客户进行锻炼其实很容易，但也是相当肤浅。健身教练有很大的责任，所安排的训练都必须个性化，因为每个人的身体素质是不一样的。



关于PFC STUDIO

PFC Studio于2011年由Jeremy Ng创立。该健身工作室与美国国家运动医学研究院（NASM）合作，为健身教练以及训练者提供NASM和其他与健身相关的教育课程。这里提供包罗万象的服务，其中包括私人锻炼服务，康复训练，健身表演训练以及专业健身课程。PFC Studio的位于Plaza Damas，您可以登录www.pfc.my以获取更多相关信息。



利用社会营销理论 以达到优势

社会营销理论强调如何将社会公益价值的提升。这个理论起源于1970年代，当时人们开始更加地注重营销技术来销售概念、态度、行为及产品。这是由菲利普·科特勒（Philip Kotler）和杰拉尔德·蔡尔曼（Gerald Zaltman）所提出的一项有效策略，建议营销人员将注意力集中在消费者的需求上，而不是仅仅说服消费者购买产品。



现今的世界充斥着许多社交营销平台，像是面子书，Instagram，Telegram，微信等。这使社交营销变得容易许多。

为了让您能够正确地利用这一点，您应该使用以下六种社交营销理论以增加销售额并且吸引更多客户：

建立产品意识

身为一名想要销售新想法或新产品的企业家，您应该做的第一件事是什么？那就是通过提高产品意识来让目标群众知道产品的存在。您可以通过电视、电台广播或社交媒体等多种平台来建立产品意识。时刻地让目标群众了解您的新想法或新产品。在这资讯科技共享的时代，您可以根据自己的需求接触到更多不同年龄段的目标群众。

设立正确的目标群众

确实，覆盖的目标群众越广对您的业务就越有利。但是，在制定您的营销计划时，请不要将您的目标范围设置过大。相反，您需要明确地设定适合您产品的目标群众。这是一个很重要的步骤，因为您可以完全善用您的营销预算，有效接触到最有可能对您的产品感兴趣的目標群众。例如，现在您需要向年迈老人出售产品。通过在线平台进行促销可能不是一种有效的方法，因为大多数的老人家其实对在线平台并不熟悉。与其使用在线平台，您可以使用电台广播或电视来达到更好的效果。根据以上的例子，由此可见通过设定合适的传播方式及设立正确的目标群众非常好的策略。

强化信息

请相信，一遍又一遍地重复您的关键信息是完全没问题的。从人们醒来直到临睡前，他们一直都在受到广告的轰炸。因此人们很难记住他们所看到的每件事。因此您需要不断地以重复的方式来强化您的产品信息。您可以在不同的渠道或平台来做到滴水不漏的效果。

利用图片来创造产品的印象

每个人都有自己对美丽的定义，但是大多数人都会被视觉图片所影响。这就是为什么我们必须谨慎地选择图片。您选择的图片会需要走过一段路程才能激发消费者的情绪。因此，在选择图片之前，先想想究竟想要唤起什么样的情感。例如，一对情侣正依偎在沙发上并且喝一杯热咖啡的图片可表达幸福感、熟悉感、舒适感及温柔。这可以帮助受众能想像自己与另一半的甜蜜时光，将笑容挂在另一人的脸上。

激发兴趣

您是否认为每个人都能清楚知道自己想要的是什么？但是令人惊讶的是，客户自己通常都是在看到产品后才知道自己想要的是什么！因此，您必须以独特的卖点来激发他们的兴趣。寻找可以引起消费者注意的信息以激发他们对您的创意或产品的兴趣。例如，一洗碗产品声称一瓶子可以清洗一千个盘子绝对可以引起顾客的兴趣。人们是极其容易被有趣的信息所吸引的，因此能够分析出感兴趣的卖点及环绕这些卖点产生内容信息是十分重要的。

得到您所期望的结果

经过所有的促销制定计划，文案创作，图片的选择以及激发兴趣，最终的预期结果，无可厚非就是要达到销售。撰写文案是在引导消费者采取购买行动上是非常重要的！要不然，您所付出的一切努力将付诸流水。因此，请考虑清楚您所需要的——您是要消费者通过即刻信息您了解更多的产品资讯或是购买？他们是否应该浏览您的网站以看到您的产品目录？还是他们应该直接通过Whatsapp联系你？无论是什么行动，您必须以号召性用语作为文案信息的结尾。

归根究底，最重要的还是您必须清楚了解您的消费者。到底他们想要的是什么？他们会对什么感兴趣呢？然后再使用以上的6个理论来制定您的营销计划。祝您最后取得良好的销售成绩！

不用钱

也能达到自我提升

“自学是个人在有或没有他人帮助下能主动意识到自己的学习需求、制定学习目标、选择自己的学习对象和资料来源及评估学习成果的过程。”

马尔科姆·诺尔斯 >

而学习这件事，永远不会太晚。然而《哈佛商业评论》中却指出，人类鲜少会独自成长，而且我们很多时候更适合集体学习和扩展知识。

不过，随着我们不断在生活中寻求更有意义的事情时，我们的学习能力已经远远超出了工作环境所能提供的。每当知识上发现不足，恐惧便会填补了这个空白！人类历史上不断快速变迁的经济及社会发展，随之而来的就是我们需要能快速变通的能力。面对我们无法预见的未来，适应和学习的能力就显得至关重要。



这就是电子学习（e-learning）可以提供帮助的地方。对于正在忙碌于生活中各个方面的成年学习者，这项技术应运而生，帮助人们通过网络连接帮助人们达到集体学习。

以下是电子学习的好处：



01

帮助提高您的知识留存率



电子学习可帮助学习者按照自己的步调和条件进行学习，有助于促进知识的吸收和存留。学习者可以选择何时进入下一个学习课程，而不必遵守严格制定的课程提纲和时间表。这对繁忙的成年人来说尤其重要；因为若是他们感到仓促，那么他们保留信息的几率将会降低。

02

将学习列入您的日程表

由于学习者可以很方便地在任何时候浏览电子学习上的课程和教材，因此电子学习实际上可以匹配任何作息时间表。学习者无需参加任何的讲座或辅导课，他们甚至可以在没有互联网连接的情况下进行学习，因为电子学习的课程资料可以被下载并存储在自己的电子设备中。



03

你无需移动到一个特定的地方以获取知识！



“运输”对已经需要付出一整天的精力在打理工作、家里及家庭事项的成年学习者来说其实是一大挑战。由于电子学习是通过虚拟方式进行，因此您也无需安排交通或需支付额外的交通费用。至少，一个能阻碍你学习的原因得到移除。

04

定制化的电子学习经验

电子学习让成人学习者完全掌握自己想要学习的课程及方式。例如，成年学习者可以进一步探索他们感兴趣的课题，掌握特定的技能或快速完成已拥有相关经验的课程。他们再也不必对繁琐乏味的课程纲要感到厌烦，也不必对极具挑战性但又需在有限期内完成的课程感到沮丧，因为他们已有完全的决定权，去控制电子学习中的所有层面。



05

电子学习赋予您学习的自主权以及激励您学习！



电子学习让您有能力去掌握及制定自己的个人和专业目标。通过电子学习，学习者可以掌握能帮助他们进一步职场发展或改善个人生活的新技能。通过电子学习人们可以对自己的教育承担全部责任以及为他们，这也提供了他们积极学习的主要动力。

结论

不难发现，随着互联网被全球广泛使用，电子学习的趋势也随之兴起。大学课程皆转为线上，甚至社交网站平台对现今社会也产生重大影响。但随着创新的步伐不断加快，许多技能上的不足也正在以前所未有的速度出现，迫使我们必须不断提升自己的技能。

下列为您提议一些提供免费电子学习的课程！

Real University Course 免费提供许多著名大学及马来西亚政府认证的课程学习。

Learn new skills online with top educators

Learn 100% online with world-class universities and industry experts. Develop your career, learn a new skill, or pursue your hobbies with flexible online courses.

Explore courses

Join for free

线上学习其他语言：



Youtube - Cickgu Rachael

<https://www.youtube.com/c/CikguRachael/videos>

Youtube Seemile korean

<https://www.youtube.com/user/seemile>

Futurelearn.com

<https://www.futurelearn.com/using-futurelearn>



情商：每个人都应该掌握的有用技能

“情绪商数（情商）”一词由著名心理学家心理学家梅尔（Mayer）和萨洛维（Salovey）于1990年提出，指的就是个人能准确且有效地理解、感知、处理和调节情感信息的能力。

为什么情商如此重要？

如果您可以认识自己的情绪，并可以控制自己的情绪不被其影响，那您或许就可以更好地处理困难的情况，同时比较容易获得快乐和满足感。如果您可以激励自己完成任务并且妥善处理压力不走屈，那您或许会感到更有动力及充实。

如果您可以感知到他人的情绪并快速的做出回应，那么您可能会拥有更好的人际关系。如果您是一名经理，情商则可以帮助您顺利完成工作。此外，拥有较高的情商水平能让你更少机会受到负面人事物或环境的影响。

情绪商数的5个类别



自我意识

认识和理解自己的情绪以及对他人能造成影响的能力



自我调节

可以处理自己的负面或扰乱的情绪，可以调节自己适应环境改变的能力



动力

具有自我激励的能力，注重于自我实现或是自我满足，而不是需要外来的称赞或奖励



同理心

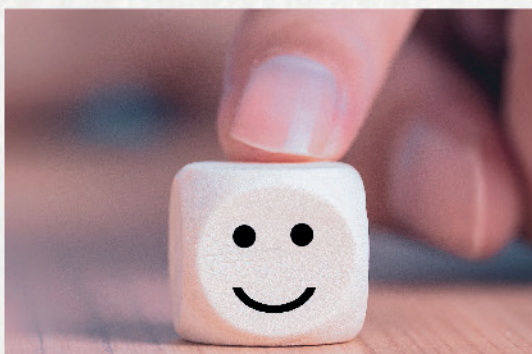
能识别及了解他人的感受及在社交场合内作出回应时，能考虑这些感受



社交技能

透过情感理解的方式来管理他人情绪

如何提升情商？



如果你发现自己缺少这方面的能力，请不要慌张！情商是一种您可以学习的东西。虽然天生较善解人意的人会更容易掌握情商，但是任何人都可以应用正念和耐心来训练自己。

01

学习自我意识：

拥有较高情商的人都有自我意识和直觉。做为一名销售员，如果您可以学习去阅读及浏览他人所给予您的提示和反应，那将对您的事业有特别大的帮助以及帮助你去提高与客户的沟通技巧。通过培养自我意识，您也会注意到自己的情绪以及情绪如何影响在您周围的人。

02

学习有自信的沟通方式：

一个懂得如何以自信的方式与人进行交流的人肯定会比较有说服力。那么您可以在镜子前或与好朋友练习自信的沟通方式。以尊重的方式优先传达您的意见和需求，这也是做生意不可缺少的技能；沟通对于开设成功且顺利运行的生意是至关重要的。

03

学习保持积极态度的方法：

消极的态度很容易就会影响他人；而情商较高的人都会明白这一点，并且很好地保持自己的态度。为了要培养积极的态度，您必须先注意到消极的思维模式并立刻阻止它。另外，可以尝试在一些小事上找到快乐，可以是一顿丰盛的早餐，或是上班的路上畅通无阻。多参与祈祷或冥想的活动。生活总不会是完美的，但保持一个积极的态度能帮助您将自己所拥有的一切发挥到最大效果。

04

学习善待他人：

尝试将自己放在对方的情况以培养同理心。每个人都有自己的路程，也会有自己需要面对的斗争。你需要明白同理心实际上并不是一个弱点，或是借口，它是一种表达情感力量的特质。尝试并且用心聆听及理解对方，而不是急于提出自己的观点。

05

学习给予回应，而不是反应：

另一个很好培养情商的方式，是学习给予对方回应而不是反应。当压力大的情况很多时候会引发情绪爆发、愤怒及冲动的做出决定。这时候可以尝试深吸一口气并保持冷静，而不是让自己的冲动爆发变成愤怒。

06

学习耐心地接受批评：

除了上述要点之外，耐心地接受批评也是一项很好的练习。同样的，请花一些时间去了解这些批评的缘由，或许是您的行为无意间影响了他人，以及您可以学习如何有建设性的解决问题而不是觉得被冒犯和抵御自己。

结论

情商是一项可以在生活的各个方面帮助您技能。许多雇用具有高情商员工的公司也会看到其销售和生产率都有大幅度的提高。如果您是一位具有高情商的经理，那么您在管理和保留员工的方面会比较成功。在个人的生活中，情商将使您拥有更好的人际关系以及对生活有更好的满意度。这将会是双赢的局面！



本月促销



粉红十月特别促销

LEGACY PLAN

1st October 2020 (12pm MYT) – 31st October 2020 (11.59pm MYT)



免费产品高达 RM 209



免费产品高达 RM 223.40

Cleansing Water (50ml) (Exp: Apr 2021)
Hydro (20ml) (Exp: May 2021)



免费产品高达 226.60

Cleansing Water (50ml) (Exp: Apr 2021)
Moist (20ml) (Exp: May 2022)

*需符合条款 *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。

*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



RETURNLEGACY®

SERENITY

NEW

THE CALMING & SOOTHING BLEND OIL

1st October 2020 (12pm MYT) ~ 31st October 2020 (11.59pm MYT)



BUY 3 x Serenity

FREE 1 x Serenity

RM119 (WM) RM129 (EM) 15WP

Save Up To
RM 67

*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.

*WP is not earned on FREE products. *For further information, please refer to our promotion details.

*While Stocks Last.



P-WALLET 特别促销

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

免费
3盒
W+ GOLD



任意组合购买
10盒W+ GOLD
或以上(经销商), 即
可额外获得
3盒免费W+ GOLD

*需符合条规 *只限马来西亚经销商。*免费产品不包含WP。

*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。

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

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

PREMIUM 升级 LP

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

PREMIUM 升级 LP

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

LP PACKAGE SELECTION



OR



2° LE'GAIN SET /
2° LE'GAIN LIMITED SET

*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。



CREATION PLAN

传承玫瑰金项链 镶显移动钻石

独一无二的传承玫瑰金项链，
拥有闪闪发光的钻石随着佩戴者的动作旋转和移动。

免费 传承玫瑰金项链
镶显移动钻石

01.08.2020 (12am, MYT) – 31.10.2020 (11.59pm, MYT)

个人保荐累积至少3800WP

*需符合条规 *只限马来西亚和新加坡经销商
*欲知更多详情，请参考促销活动备忘录。*直到送完为止。

ITALY

TRAVEL INCENTIVE TRIP 2020

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

MILAN



ROME



VENICE



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	
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. of Ticket
		Min. Required Group	WP per Group		
1	1,500WP	3	5,000WP	5	1
2	1,500WP	5	5,000WP	5	2

* 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 campaign period.

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	
1	6,000WP	3	40,000WP	1
2	6,000WP	5	20,000WP	1

* Only one (1) criteria to be fulfilled.

* Terms and Conditions apply.

*For further information, please refer to our campaign details.

*For Malaysia and Singapore distributors only.



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

☎ 03-6144 6399 ✉ customer.service@returnlegacy.com 🌐 www.returnlegacy.com
📘 (Malaysia) www.facebook.com/returnlegacy26 📺 (Malaysia) www.t.me/returnlegacymy