

LEGACY LIFE

HOW ADOLESCENTS
CAN MANAGE &
PREVENT ACNE



PATHOGENS
AND DEFENSE AGAINST THEM

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COVID-19 VACCINES

IN LATE 2019, a person living in Wuhan, China, contracted a viral infection transmitted through a bat. At that point, no one could have foreseen that this one infection would soon spread all over the world at an alarming rate and become one of the most severe pandemics the planet has ever seen. Of course, we now know this virus by one name which strikes fear into the hearts of almost all: Covid-19.



WHAT WE KNOW SO FAR

MERCIFULLY, after millions of cases and tragic deaths all over the world, the Covid-19 pandemic will soon be reaching its end. **WHY?** Well, it's because vaccines for this disease are now ready.

Governments and health authorities the world over have been doing the very best they can to enable as many people as possible to receive this most vital of vaccines. Their efforts are paying off - millions of people have now been vaccinated. Before too long, almost the entire planet will have been vaccinated against Covid-19, ending the virus's stranglehold.





THE ANTI-VACCINE MOVEMENT

& COVID-19 VACCINES

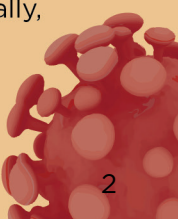
Astonishingly, in spite of the highly positive effects of the Covid-19 vaccines in use today, there is a movement which peddles the dangerous idea that all vaccines, including those to be used against Covid-19, are harmful for human health. This is the principle that guides the anti-vaccine movement.

One reason why some might choose to follow the principles of the anti-vaccine movement is the spread of conspiracy theories regarding vaccines. These conspiracy theories make spurious claims which imply that Covid-19 vaccines alter human DNA, implant tracking devices into the body for surveillance purposes, or even kill those who receive these vaccines. The proliferation of social media in today's world has, unfortunately, contributed to the spread of these conspiracy theories.



Some oppose vaccines because they believe that pharmaceutical companies do not have customers' best interests at heart. Although vaccine developers have emphasized the safety and efficacy of the vaccines with which they will provide those receiving them, some scandals involving pharmaceutical companies have made some people become doubtful about Covid-19 vaccines and what they will do. Examples of these scandals include the opioid scandal, unjust drug prices, and inflated executive remuneration packages. Some have had their viewpoint of the pharmaceutical industry coloured by such scandals and have in turn become extremely skeptical of anything coming out of the industry - including Covid-19 vaccines.

Still others in the anti-vaccine movement have been influenced by entertainers, athletes, and other prominent public figures who themselves oppose vaccines. For example, a professional basketball player recently took to social media to state that not only would vaccines be ineffectual, but that Covid-19 itself was being used as a form of social control. A well-known rapper, meanwhile, claimed that she would rather die of Covid-19 than receive a vaccine. When fans of these celebrities absorb their idols' beliefs without thinking critically, these fans might themselves be sucked into the anti-vaccine movement. Though we can admire these celebrities' skills and talents, we should remember that they are not health experts; their words about vaccines therefore do not carry any weight.



ADVANTAGES OF THE COVID-19 VACCINES

In spite of the anti-vaccine movement's claims, Covid-19 vaccines provide a variety of advantages beyond merely protecting a person from this potentially deadly virus. For example, according to the US-based Centers for Disease Control and Prevention (CDC), it is safe for a large group of people who have all been fully vaccinated to gather without the need for social distancing or even masks.

Additionally, **by receiving a vaccine, those who are pregnant can provide the baby which they will birth with some immunity to Covid-19.** This is because those who receive a Covid-19 vaccine will develop antibodies to the virus. A pregnant person will then pass these antibodies to the fetus through the placenta, giving the fetus a degree of inherited immunity to Covid-19.

A Covid-19 vaccine protects those around us who have not yet been vaccinated. After receiving the vaccine, we will neither be able to contract nor spread the virus. This is especially important when interacting with the sickly or elderly; they are the people at greatest risk of contracting Covid-19. Most importantly of all, Covid-19 vaccines will save (and are saving) the world. Covid-19 has not only infected and killed millions; it has harmed virtually every facet of life such as commerce, education, and leisure, among others.

After everyone has been vaccinated against Covid-19, the so-called "new normal" will no longer have a reason to exist. Life will pick back up from where it left off before the pandemic began. As helpful as a Covid-19 vaccine is on the personal level, it does not even begin to compare to what will do at the macro level.

Inequality of access to Covid-19 vaccines has become perhaps the greatest problem regarding the distribution and administration of these vaccines. Residents of different countries have unequal levels of access to these precious vaccines. This inequality is often directly related to inequalities in national wealth and development. For example, wealthy countries such as the United Kingdom, United States, Bahrain, and Qatar have all vaccinated large portions of their populations.

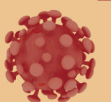
However, at the other end of the scale, impoverished nations including Sierra Leone, Afghanistan, Honduras, and Mozambique have vaccinated less than 1% of theirs. For this reason, several organizations have urged vaccine providers to increase the production of safe and effective Covid-19 vaccines. This way, those who live in poorer countries will be more likely to receive those much-desired vaccines.

Inequality of access to Covid-19 vaccines also persists within countries. Some of the factors which may impact a person's level of access to these vaccines may include age, income, possession of insurance, and even race and citizenship.

A pattern can clearly be seen in every country of the world: regions of a country with high poverty rates, high populations of racial minorities, many undocumented migrants, or a combination of more than one of the preceding are likely to have low vaccination rates. **Thus, the onus is on each country's government and health department to ensure that these vulnerable people get the vaccines they need. Doing so will not only bring the pandemic a step closer to its end; it will also show such a government to be one which truly cares about all who live in the country.**

The Covid-19 pandemic is so close to ending; it's vaccines which will provide that final push to finish it off once and for all. Though we now know a lot about Covid-19 vaccines, there will definitely be so much more to learn as vaccines continue to be rolled out and administered. One thing remains certain, though: once you can, get yourself vaccinated. **Do it for yourself, your family, your country, and the world.**

INEQUALITY OF COVID-19 VACCINE ACCESS



Pathogens

and Defense Against Them

You might not necessarily be familiar with the word “pathogen”; however, you are well-acquainted with pathogens themselves. Viruses, bacteria, fungi, parasites - the microorganisms that can cause diseases are all examples of pathogens.

As you probably know, there are many of these microorganisms inside your body. As long as none of them breach your immune system, you'll be fine. So, for the most part, many pathogens are nothing to get too worked up about.

That said, many microorganisms do indeed cause health damage. These are the organisms which your body must do its level best to combat.

PATHOGENS

Defined

A pathogen is a disease-causing microorganism. It makes the body suffer from any of various diseases by infecting the body.

A pathogen needs nothing but a host to survive. Inside the host's body, the pathogen avoids the body's immune defenses and uses the body's resources to replicate itself, affecting host tissues function and damage the host cells.

Pathogens can be transmitted through an infected host to another in several different ways. Some pathogens can be spread through skin contact, bodily fluids, airborne particles, contact with feces, touching a surface with which an infected person has made contact, or close contact with an infected individual.

Types of

PATHOGEN

There are four primary types of pathogens: viruses, bacteria, fungi, and parasites.

VIRUS

A virus is an infectious agent which replicates within an organism's living cells. Virus particle, known as virion, are made of nucleic acid and protected by a coating of protein known as a capsid. After entering the host's body, a virus uses the components of the host's cell to replicate.

Some of the diseases caused by viruses include the following:

- Common cold
- Influenza
- Meningitis
- Yellow fever
- Dengue fever
- Human immunodeficiency virus(HIV) / acquired immunodeficiency syndrome (AIDS)

BACTERIA

Bacteria are single-celled organisms which were among the first forms of life to exist on Earth. They can survive in almost any environment. Not all types of bacteria are harmful; those which are dangerous may also be known as pathogenic bacteria. Those who have weakened immune systems are more susceptible to bacterial infections and more severe symptoms.

The following are some well-known bacterial infections:

- **Strep throat**
- **Urinary tract infection (UTI)**
- **Bacterial gastroenteritis**
- **Bacterial meningitis**
- **Lyme disease**

PARASITES

Parasites are organisms that live in a host and feed off it. Parasitic infections are more common in tropical and subtropical regions. Protozoa, helminths, and ectoparasites are the three main types of parasites that may cause diseases. Parasites can be spread through food, blood, sexual contact, or insect bites.

Diseases caused by parasites include:

- **Giardiasis**
- **Trichomoniasis**
- **Malaria**
- **Toxoplasmosis**
- **Intestinal worms**
- **Pubic lice**



FUNGI

Fungi are organisms which primarily serve as decomposing agents within any ecological system. Research has shown that there are about 300 species of fungi which may cause diseases in humans, and very few are able to affect healthy people. They cause infection when they overgrow. Fungi can be found in a large variety of environments, but they thrive in cool, dark, moist places.

Several common fungal infections are as follows:

- **Vaginal yeast infections**
- **Thrush**
- **Ringworm**
- **Athlete's foot**
- **Jock itch**

Protection Against PATHOGENS

There are several ways by which we can protect ourselves against pathogens. By doing so, we will be able to live healthier and more satisfying lives devoid of the harm that pathogens cause.

Here are some of the ways to protect yourself against pathogens:

- ✓ Wash your hands frequently
- ✓ Get vaccinated
- ✓ Do not share your utensils with others
- ✓ Do not travel to countries in which communicable diseases are endemic
- ✓ Practice safe sex
- ✓ Use insect repellent to protect yourself against insect bites



For Protection Against PATHOGENS!

A high-quality lifestyle supplement, REOXlife iMgard contains M-Gard®, a baker's yeast beta-1,3/1,6-glucan. M-Gard® is the result of thorough scientific research and development that adheres to strict Norwegian quality standards.

REOXlife iMgard also contains resveratrol and vitamin C. Resveratrol, an extremely healthful plant compound, provides the body with anti-aging capabilities while also promoting improved brain health. Vitamin C is an essential vitamin which provides ample support to the function of antioxidants in the body. These three substances work together to improve the body's immune reactions and thus provide the support which the immune system needs for optimal function.



Designed to strengthen the immune system and improve your general health and well-being, a daily dose of REOXlife iMgard will serve as a powerful line of defense against pathogens. This wonderful supplement keeps your body's defenses primed to counteract any infection. It enables the body's immune cells to react more rapidly, allowing the body to better fight any invading pathogens.

REOXlife iMgard improves respiratory health by assisting the body with its defense against respiratory viral infections. It also promotes healthy inflammatory responses in the body.

REOXlife iMgard is truly the ideal immunity booster that strengthens the immune system and keeps pathogens at bay. Try REOXlife iMgard now - it's the best decision you'll ever make for your immunity!



EVERYTHING YOU NEED TO KNOW ABOUT ELIMINATING TOXINS

It's become very trendy to consume or use items that eliminate or purge toxins from our body. And certainly, the idea of being exposed to toxins on a regular basis is very scary!

In the context of detox diets, toxins are typically pollutants, synthetic chemicals, heavy metals, processed foods, and other substances that affect health in negative ways. That is why it is understandable that we want to detox every now and then.

Toxin refers to the substances that can be poisonous or cause health effects. **They arise from three main sources:**

- **Food or beverage we consumed but could not digest or metabolize completely**
- **Natural biological wastes from cells and the internal process in the body**
- **Exposure to environmental pollution and chemicals**

HOW DO YOU KNOW THAT YOUR BODY IS OVERFLOWING WITH TOXINS?

Fortunately, our body has a sophisticated way of eliminating toxins and wastes. Our liver, kidneys, digestive system, skin and lungs are our natural detox system, they all work together to eliminate toxins everyday. However, this can only be true for organs that are healthy.

A hectic lifestyle compounded by lack of exercise, over-consumption of processed foods, lack of sleep and abundance of stress may cause our natural detox systems to perform less effectively. **That's why toxins can build up and cause symptoms including:**



BAD BREATH



**GAS AND
BLOATING**



DULL SKIN



**LOWER
BACK PAIN**



**FOUL SMELLING
SWEAT**



**ANXIETY AND
RESTLESSNESS**



**CONSTIPATION
OR DIARRHOEA**



HEADACHES



**EXCESSIVE
COATING
ON TONGUE**



FATIGUE



**FREQUENT
COLDS**



**DIFFICULT TO
LOSE WEIGHT**

If your body is overloaded with toxins and your natural detox systems are not working as efficiently as they can, following a detox program is a great way to **improve your health and to reset and recharge your mind and body.**

DETOX HELPS TO:

- Give your organs a chance to recover
- Stimulate your liver to get rid of toxins
- Promote toxin elimination through feces, urine, and sweat
- Improve body circulation
- Encourage intake of healthy nutrients

HERE ARE SOME LIFESTYLE TIPS YOUR CAN TRY TO IMPROVE YOUR CHANCES OF NATURAL DETOX:

- Perform more cardiovascular exercises, which helps to eliminate toxins through the circulatory system
- Try the dry brushing massage technique to promote circulation in the lymphatic system. It's also very relaxing and it exfoliates your skin.
- Rehydrate by drinking more water to flush out toxins
- Eat fiber-rich foods to improve your digestion and promote regular bowel movements, eliminating that stuck and heavy feeling.
- Limit the consumption of alcohol to reduce your liver's burden.
- Ensure you're getting good quality sleep to support your health and aid natural detoxification
- Reduce intake of refined sugar and processed foods to prevent fatty buildup in liver
- Decrease salt intake to prevent excess fluid retention

If you're looking for an all-in-one detox plan that eliminates toxins and supports the natural function of your digestive system, **look no further than our DETOX 215 plan!**

DETOX215



DETOX215

NUREOX DE'CLEANSE FIBER PLUS

Made with all natural, plant-based ingredients, this beverage is loaded with dietary fiber which aids the detoxification and cleansing of your body. It helps to soak up potentially harmful compounds before they can be absorbed by the body, flush out toxins in your gut, and maximize the amount of nutrients absorbed.



NUREOX E'ZYME

By consuming NUREOX N'zyme, your body will be less likely to suffer due to toxins caused by improperly digested food. It helps to improve your digestion and ensures that you will get all the necessary nutrients you consumed for the maintenance of your body's health as it detoxifies.



NUREOX GRAIN

Containing a unique blend of ancient grains, NUREOX Grain is just what you need to get all the nutrients you need in just one glass. The complex carbohydrates in NUREOX Grain helps you to start the day right with a healthy meal.

NUREOX Grain contains excellent sources of complex carbohydrates which serve to nourish and provide a sustainable foundation for your body's nutrition. You can even replace breakfast with this highly nutritious beverage especially if you're on the go and in a hurry.



NUREOX PROTEIN PROMIX

Protein is an essential nutrient because the body requires amino acids to form enzymes and other molecules which aid with detoxification. In order to remain healthy and avoid fatigue during detox, adequate protein intake is necessary.

NUREOX Protein ProMix contains pea protein, soybean powder, isolated soy protein, and other highly nourishing ingredients are the ideal mixture to increase daily protein consumption. It is a healthy meal replacement choice.



RECOMMENDED FOR 15 DAYS EVERY 2 MONTHS

We recommend a 15 days cleanse to enjoy the optimum effects and give our bodies a break from processing high-fat and high sugar foods, many of which feature in our daily diets. It's also good to use your detox period as a time to kickstart and get used to a clean diet.

The reason why we recommend a cleanse every two months is because our red blood cells have a lifespan of 4 months before they are replaced. Therefore, a cleanse every half cycle helps improve the health of our blood cells, helping them carry more oxygen to our vital organs. This in turn leads to an increase in energy levels, more effective weight management, improved metabolism and enhance nutrient absorption.

CONTACT US TODAY TO PURCHASE THIS AMAZING DETOXIFYING PACKAGE!



ADOLESCENTS CAN MANAGE AND PREVENT ACNE


When we look back on our teenage years, there will undoubtedly be many memories that once again flood our minds. From our first crush (and maybe even our first boyfriend or girlfriend!) to those dreaded high school exams to the unique, quirky pop-culture trends of back then - yes, adolescence was a strange yet memorable time for so many of us.

However, for a lot of us, there's one memory from those years we'd like to forget forever: acne. Though acne can happen to anyone at any age, it is most strongly associated with adolescence. This is because it's during the teenage years when acne first develops and is often at its peak intensity.

Perhaps you have a teenage child, niece, nephew, or even cousin or sibling who's struggling to deal with this scourge of the skin. Although we will discuss how adolescents can prevent and manage acne later in this article, let's first discuss acne itself and why so many adolescents suffer from it.



ACNE AND WHY ADOLESCENTS ARE PRONE TO IT



The primary cause of acne is the overactivity of oil glands in the skin. When this overactivity is combined with the buildup of dead skin cells, bacteria, and oil in the skin, the pores become inflamed. This inflammation presents itself in the form of acne.

Adolescents are typically the most likely people to suffer from acne. This is because during those years, the body produces large quantities of a hormone known as androgen. The presence of androgen stimulates production of sebum. Sebum is a substance which gets its name because it's produced by the sebaceous glands. Ordinarily, sebum has a positive effect on the skin because when it coats the skin, it has a protective and moisturizing effect.

However, a problem arises when a person reaches the age of puberty. At this point, sebum production can increase significantly - for some, their bodies might yield a five-fold increase in sebum production. It is this excessive production of sebum makes most adolescents prone to acne. When adolescents become adults, acne tend to subside because sebum production reaches its highest point prior to adulthood.

MANAGING AND PREVENTING ADOLESCENT ACNE

Adolescents who are already experiencing acne can take heart in the fact that there are steps they can take to manage their condition. Perhaps the most important thing they can do to keep acne in check and help their skin heal is refraining from touching or picking the most acne-prone areas of the skin. Doing so might cause the acne to worsen. Not only that, though - it can even cause infection or scarring!

An adolescent who has acne should avoid using sunscreens, cosmetics, or hairstyling products which are oily or greasy. They will make acne more severe. Suitable alternatives are products which are water-based or noncomedogenic; these products won't cause anyone's acne to intensify. Adolescents with acne should also stay away from astringents and facial scrubs. Though not many of us think they would, they do irritate the skin and thus make acne worse.

OF COURSE "AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE."

Therefore, adolescents who have been fortunate enough to avoid acne thus far should remain vigilant in keeping it at bay. There are several ways to do so; one of the most important is that of maintaining a proper hair care routine. If excess oil in the hair makes contact with the skin, acne can sometimes be the result. When washing the face, it's important to scrub it gently. Vigorous scrubbing, especially with rough cloth pads or washcloths, can cause or worsen acne.

SPEAKING OF THE FACE keeping facial care products such as makeup and facial sponges and brushes clean is so incredibly important. Clean them regularly with soap and water to stave off acne-causing bacteria. All brushes must also be completely dry before use.



2° Setitik

Acne Treatment Cream

Any adolescent whose skin is going through a tussle with acne should consider Return Legacy's 2° Setitik Acne Treatment Cream. It's an acne treatment cream which is just perfect for reducing sebum secretion, removing dead skin cells, guarding the skin and pores from inflammation, and eliminating whiteheads and blackheads. Exactly what any youngster's acne-prone skin yearns for!

Filled with a plethora of plant-based essential oils and natural extracts, 2° Setitik Acne Treatment Cream contains elements of top-class skincare technology to deliver outstanding results. After just two weeks of using 2° Setitik Acne Treatment Cream, a remarkable 92% of our test subjects reported significant acne and acne scar reductions! Isn't that fantastic?

2° Setitik

Acne Treatment Cream

FOR THAT
GLEAMING,
FLAWLESS
SKIN AT
ANY AGE.

OZONE DEPLETION

A CONSTANT THREAT TO THE SKIN

If you've been keeping up with the news, you've undoubtedly heard about ozone depletion at some point. Even if you've heard of it before, maybe you've never given it a second thought because you may have assumed "it doesn't affect me at all". Nothing could be further from the truth; ozone depletion affects all of us in profound ways.

The phenomenon of ozone depletion has made everyone in the world more prone to specific health problems. Among these are eye cataracts, immune system damage, and genetic damage.

OZONE DEPLETION also does major damage to our skin. Smaller quantities of ozone in the atmosphere mean that the sun's rays and the ultraviolet radiation that comes with them are more able to penetrate the protective ozone layer and cause skin damage. Among the most serious skin health issues caused by ozone depletion are three types of skin cancer:

SQUAMOUS CELL CARCINOMA

MALIGNANT MELANOMA

BASAL CELL CARCINOMA



OZONE DEPLETION AND HOW IT COMES ABOUT



Before discussing just how ozone depletion harms the skin, we will look at ozone depletion and its causes. Ozone is an extremely reactive gas with molecules which include three oxygen atoms. In the atmosphere over the Earth, there is a layer of ozone which shields the Earth and every organism on it from dangerous UVB radiation. Atmospheric ozone should not be confused with tropospheric ozone which exists at ground level; ozone in the atmosphere is beneficial while ozone on the ground is a pollutant.

For many years, the quantity of ozone in the atmosphere was stable. However, the findings of MARIO MOLINA and SHERWOOD ROWLAND caused alarm bells to ring within the scientific and environmental communities. Their research proved that the ozone layer was being depleted at an alarming rate. Molina and Rowland also found that chlorofluorocarbon (CFC) gases from aerosol sprays as well as various electrical appliances were damaging the ozone layer.

It was for this reason that the MONTREAL PROTOCOL was finalized in 1987. Since its introduction, the Montreal Protocol has done much to eliminate CFCs from use all over the world. However, ozone depletion continues to this day due to effects of other substances such as tetrachloride and methyl chloroform.

OZONE DEPLETION AND SKIN HEALTH

The more depleted the ozone layer, the more impactful that ultraviolet radiation from the sun will be on our skin. This is because the ozone layer serves to protect the Earth from the sun's ultraviolet radiation. Sunlight which reaches the Earth contains two types of ultraviolet radiation: ultraviolet A (UVA) and ultraviolet B (UVB). Around 95% of this radiation is UVA while the remaining 5% is UVB.

UVA RAYS are low-energy ultraviolet rays. They affect the inner cells in the top layer of the skin. Long term exposure of UVA rays damages the tissues in the inner skin layer, playing a major role in premature skin aging, wrinkling, and even certain types of skin cancer. UVA rays can even penetrate through glass and clouds to reach your skin.

UVB RAYS have more energy than UVA rays. They also have shorter wavelengths. UVB rays cause a great deal of harm to the skin's outermost layers.

Overexposure to UVB rays can cause sunburn. Blistering may also result from this same overexposure. They also contribute to premature skin aging and are among the leading causes of various skin cancers.

NOW that we understand just what ozone depletion is doing to our skin, let's work to keep our wonderful ozone layer stable and effective. Avoid electrical appliances or aerosol products that contain CFCs, have air conditioners and refrigerators serviced regularly, and do not burn either plastic or rubber products. Your skin (and the planet!) will thank you for it!



It's a water-resistant sunscreen containing a highly protective substance known as Ectoin. Ectoin not only prevents ultraviolet radiation from ravaging our skin; it even protects it from the effects of atmospheric pollution, alleviates sunburns, and hydrates and tightens the skin.

2° L.UV includes a second crucial ingredient: vitamin D3. Vitamin D3 improves the epidermal barrier function, thus improving the skin's protective capabilities. Through its carefully-formulated mix of ingredients, 2° L.UV is the skin's perfect counter to ultraviolet rays, radiation, and photo-aging. It's easy to use, too - just apply it on the surface of your skin and reap the rich benefits it affords.

THANKS TO 2° L.UV, YOUR SKIN WILL NEVER AGAIN FEAR
EITHER OZONE DEPLETION OR ULTRAVIOLET RAYS.



DASH

TO REDUCE YOUR

BLOOD PRESSURE



HYPERTENSION,

or high blood pressure, is known as the "silent killer" for a reason. It sometimes goes unnoticed, but it is a significant risk factor for heart disease and stroke.



Is there a way to stop hypertension, or high blood pressure? You might be able to if you maintain healthy eating patterns, such as the DASH diet.

Dietary Approaches to Stop Hypertension (DASH) is a style of eating that's high in fruits and vegetables, beans, nuts, seeds, whole grains, fish, poultry and low-fat or fat-free dairy products and is low in foods and beverages with added sugars, red meats and sodium.



DASH has many advantages for health and may help to reduce cardiovascular risk factors. This heart-healthy eating plan, which focuses on whole foods, is higher in nutrients that have been shown to lower blood pressure - dietary fiber, potassium, calcium, magnesium and protein - and lower in saturated fats, trans fat, cholesterol, added sugars and sodium.

It's a way of eating that may reduce the risk of stroke, heart disease and kidney stones. It's also suitable for the whole family; in fact it's a great idea to start young for life-long good health.



Help yourself reduce your blood pressure, follow these DASH tips:

EAT MORE **FRUITS & VEGGIES**

Consider fruits and vegetables your first line of defense. Fruits and vegetables are natural sources of potassium which is important in managing blood pressure. Since some studies show that low intakes of potassium may be related to hypertension, making half your plate fruits and vegetables will help you increase your intake.



LIMIT INTAKE OF **SODIUM & SATURATED FAT**

The DASH eating plan limits sodium to 2,300 mg per day, although additional benefits may be seen in reducing blood pressure for those who limit sodium to 1,500 mg.

Studies also show that a diet low in saturated fats can decrease the risk of heart disease and hypertension. Plant-based foods are a great way to get nutrients, including protein, without too much saturated fat. Beans, lentils and tofu are excellent choices.



CHOOSE
LOW-FAT

OR FAT-FREE DAIRY

Calcium is not only important for the health of your bones, but also for the blood vessels. While dairy foods are rich in calcium, high-fat dairy contains saturated fats which are not good for heart health. Choose low-fat or fat-free milk and dairy products in place of full-fat options or calcium-fortified soymilk.





SNACK ON NUTS


Unsalted nuts are an excellent source of unsaturated fats, the type which have been shown to help lower “bad” (LDL) cholesterol when substituted in place of saturated fats. Rich in antioxidants, nuts contain compounds which may reduce damage to blood vessels. These compounds also help keep blood vessels healthy for unrestricted blood flow. Snack on these instead of reaching for a bag of high-sodium chips!



EAT LESS PROCESSED FOOD

Processed foods are convenient; yet eating them everyday can be disastrous for our health. The majority of the salt in your diet comes from canned foods and restaurant foods. Deli meats, canned soup, pies, popcorn, and other packaged snacks are all rich in sodium.

Cutting down on the consumption of processed food will help you consume less sodium, fat, and refined carbohydrates. This can help lead to a reduction in blood pressure.



Lastly, make checking labels a regular habit. That's how you'll know exactly what goes into your food. Then you can make an informed decision. A diet that is too restrictive is unlikely to be successful. So make small changes bit by bit and increase your knowledge for the best chance at making lasting changes in your health.



Basic Marketing Strategies:

Grow Your Business, Fast!

Marketing is one of the most important facets of your business, yet one that is not easy to get right.

New company owners may find themselves fretting that their their marketing campaigns aren't producing the desired results. They usually bemoan the fact that they've put out a few advertisements yet gained very few authentic leads with them. They might feel discouraged that their Facebook ad has not doubled their sales overnight.

The truth is that marketing and advertisement are not interchangeable, and "placing a few advertisements" can never achieve the revenue that a small company requires to succeed.

Marketing is a process, not a one-time operation. It is a lengthy process that

requires commitment of time, money and effort. You will notice that the top brands in the world like Nike and Coca-Cola are still marketing today!

Marketing is a long-term thing, not a short-term fling. It entails setting marketing objectives and putting in place marketing plans to accomplish them. Then you will need to put in some capital and a ton of effort to get your marketing going. Results are not guaranteed, but failure should not mean giving up. Rather, take it as impetus to tweak your communications and try again!

LEGACIANS, if you are struggling to grow your business, why not take a look at some basic marketing strategies? You just might find something that will work for you!



Grow Your Business, Fast!



Use social media

Like it or not, people love social media. For businesses, it is undeniably a worthwhile investment to learn to use social media to your advantage. Instagram could be the better option for companies who are focusing on posting visual content, but if you only have a small amount of time and visual content, Twitter is the fastest and simplest option.

For example, Legacians can use direct messages on platforms like Instagram, Snapchat, and Twitter to communicate with potential customers who may be interested in your products and services. You can start by posting your thoughts, products or services details or anything that is relevant to your audience. This information can help entertain and educate your audience and you might find that they approach you first, without you needing to do anything else.



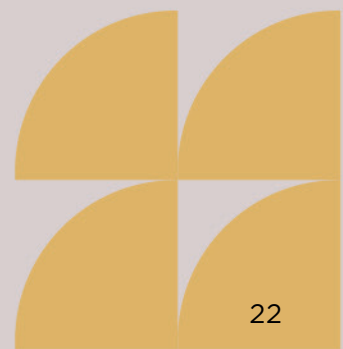
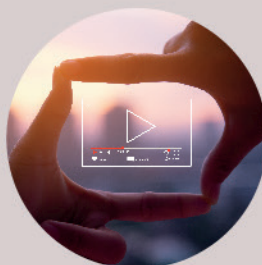
Create Video Tutorials

Video is a hot medium that is only gaining in popularity. The good news is that anyone can create a video. You don't need a massive budget; you just need a strong message and some creativity.

Creating video tutorials is one of the most popular ways to spread the word about your business. People will love to learn from you if you teach them something valuable. People love to see the process of creation as well as behind-the-scenes videos. Take their hands in yours. Step-by-step instructions are all the rage these days. The better you are at it and the more value you give, the faster you will be able to increase your exposure and, as a result, your profits.

For examples, YouTube is also the world's second-largest search engine, only behind Google. People go to YouTube if they want to learn something visually. You've probably done it a hundred times before.

So, Legacians please consider delivering your content (either the services or products that you provide) through Youtube videos to resolve your customer's problems in an engaging way.



Utilize Search Engine Optimization (SEO)

SEO can be extremely effective. And when you know how to use it and how to practise SEO properly, you will definitely get twice the results with half the effort.

Any advice on how to go about it properly? Don't overuse keywords. This is one of the most common blunders people make. Legacies, you can create content that is both human-friendly and search engine-friendly. But, most importantly, make sure that everything you're saying is informative, entertaining, and unique.



Ask for referrals

The simplest and least time-consuming campaign strategy is to ask for referrals. Nowadays, numerous companies use it as part of their communications strategy. After all, word of mouth is an evergreen marketing strategy that still works!

If you have a decent product or service, your clients should have no issues recommending you to their friends and relatives. As an added incentive, why not offer your consumers a discount or some other form of reward for each referral that results in a transaction?



Use Facebook ads

Although we did touch on social media as a strategy above, we really must emphasise on Facebook advertisements. They really are one of the most effective ways to promote anything these days. You can target a very small audience on Facebook, and you can do it quickly. Facebook will let you refine your targeting closely, letting you reach people based on their interests, age, marital status, geographic position, and so much more.

This means that whatever budget you choose to put behind your ad will be utilized more effectively because you'll be speaking directly to people who are already interested in your product. This is undeniably more effective than blasting out a generic commercial just hoping that it will hit.

You can install the Facebook Pixel on your site. It helps you to build your audience,

and market directly to a targeted audience who want to buy your product or service.

In shorts, advertising itself is not as effective when it stands alone. A combination of simple marketing tactics, such as ads, in addition to the strategies mentioned above, will yield the desired marketing performance.

However, as mentioned above, some patience is also key! None of these marketing tactics will attract customers immediately. Try and test your communications and fine-tune your targeting; nowadays on social media especially it is easy to tell what works and what does not.

Assuming you have a decent product or service and you're focused on it, you can expect a rise in customers and revenue over time. Good luck!

WHY IS A **SERVICE BLUEPRINT**

So Important to Business Growth?

As hard as it is, we have to accept that nothing is perfect and a business cannot operate at 100% capacity at all times. Although that would be wonderful, perfectionism itself is an obstacle to getting things done.

That's why the ability to troubleshoot and a willingness to try is an absolute integral part of a successful business.

This Is Where Service Blueprint Goes In.



Service is a complicated, multi-layer process that involves lots of people and technology. A service blueprint is a guide of your service process. It visualizes each step in the service process and each personnel involved. It helps you understand who is carrying out what activity on which channel at every point in your service process. It shows you how and where your customers communicate with your company, and it's easy to see how those interactions affect the next step of the process.

Therefore, when something goes wrong, it is easy to trace back to when, how and what could be improved. As soon as an error is identified, steps can be taken to mediate or resolve it. That makes a service blueprint invaluable in creating a smooth-running process.

An Effective Service Blueprint Is Made Of 7 Elements:

1 Customer Touchpoints

Customer touchpoints are the places where customers communicate with your company, such as social media, website, a phone call, a chat with a customer service executive and so on.

2 Customer Actions

Customer action are the steps a customer must take in order to use your service, such as making a reservation, driving to a store, visiting the website, or reading a menu.

3 Frontstage Interaction

These are all the interactions between your company and your customers. It could be from a physical employee, or a piece of technology for tech-heavy businesses. Examples include a warm greeting as a customer approaches your restaurant, a phone conversation while a customer is booking a seat or a bot reply on your Facebook page.

4 Backstage Interaction

There are all the other interactions that are necessary to provide the service but are not apparent to the customer, such as a waiter noting a table reservation or a chef cooking the meal.

5 Support Processes

All behind-the-scenes acts that facilitate the operation, such as a head chef placing a food supply order, social media campaigns to reach more customers and delivery and payment systems.

6 Lines

Lines divide each group in service blueprints, clarifying how elements in a service phase communicate with one another. This helps staff and management consider their roles and, most specifically, potential causes of customer frustration during a service encounter.

7 Optional Categories

It also helps to provide a timeline to illustrate how long each step takes, a performance indicator to track progress, or a customer's feelings as the project progresses.

WHY All Businesses

Need A Service Blueprint

1

Improving Your Service

By gaining a better understanding of how your services are delivered, you can recognise and remove your customer's pain points. This helps smoothen the process, improve your service and convince the customer that you're a valuable addition in their lives. You can also figure out what fits your target market best.

2

Designing New Services

A service blueprint helps you to prototype and evaluate your concepts. For example, if you want to launch a new reservation system for your restaurant, you can prototype and test it with your service blueprint. You can compare the results with that of your previous blueprint and decide which works better.

3

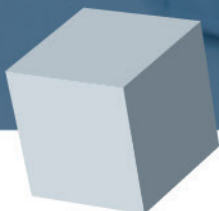
Gain More Traffic

Service blueprints help you to understand your customers better which ultimately can help you increase your sales, as well as help in business growth.

4

Scalability & Flexibility

Service blueprints may have as much or as little information as is necessary. They can show high-level overviews as well as detailed steps.





5 Cross-functionality & Knowledge Transferability

Employees and administrators may lose sight of the larger picture, or how their actions impact other teams, co-workers, or even customers. Service blueprints break down silos and explain relationships. It's also helpful to have a physical document that anyone can refer to.



6 Competition

You may use service blueprints to compare what you expect your service to be with what it is today, or to compare your company's offerings to that of a rival.



7 Failure Analysis

It's a lot easier to figure out what's wrong if you know who's doing (or should be doing) what. Troubleshooting becomes easier and more efficient when you can go right to the source of the issue.

This is a point which is overlooked by many brands; however, it's nonetheless a critical part of marketing to Generation Z. Surveys have shown that Generation Z is more prone to loneliness. For this reason, they are often seeking ways to connect and engage with people similar to them. One way that brands can make this happen for their Generation Z customers is by developing a sense of community through the brand.





IMMUNE 30 BOOSTER CREATION PLAN SPONSORING CAMPAIGN

1ST JUNE 2021 (12:00AM) - 31ST JULY 2021 (11:59PM)

**ACHIEVED PERSONAL DIRECT
SPONSOR OF ELITE AND ABOVE WITH
IMMUNE 30 BOOSTER**



AND GET FREE PRODUCTS

***Note! For Immune 30 Booster new/upgrade member registration using P-Wallet, please ensure that you have purchased P-Wallet with Immune 30 Booster package to entitled free products.**

***Terms and Conditions Apply. *For Malaysia distributors only. *WP is not earned on FREE products.**

***The company reserves the right to change, amend, delete or add to these terms and conditions at any time without prior notice.**

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

***For more information, please refer to campaign details.**



CLASSIC MEMBERSHIP PROMOTION

1ST JUNE 2021 (12AM) - 31ST JULY 2021 (11:59PM)

FREE

CLASSIC MEMBERSHIP
WORTH **RM48**



1 X SETITIK ACNE TREATMENT CREAM
RM86 (WM) RM96 (EM) 12WP

APPLICABLE TO LEGACY PLAN ONLY

*Terms and Conditions Apply. *For Malaysia distributors only. *Promotion is NOT VALID in conjunction with Legacy Plan PWP.
*The company reserves the right to change, amend, delete or add to these terms and conditions at any time without prior notice.
*In the event of FMCO/peak/promotion periods, the shipment of your order may experience longer than usual.
*WP is not earned on FREE products. *While Stocks Last.



MEDITERRANEAN KIDS PROMOTION

LEGACY PLAN

1ST JUNE 2021 (12AM) - 30TH JUNE 2021 (11:59PM)

BUY 3 FREE 1

RM369 (WM) RM399 (EM) 42WP

BUY 4 FREE 2

RM492 (WM) RM532 (EM) 56WP

*Terms and Conditions Apply. *For Malaysia distributors only. *Promotion is NOT VALID in conjunction with Legacy Plan PWP.

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*WP is not earned on FREE products. *While Stocks Last.



ACNE BASIC SET

LEGACY PLAN

FROM 1ST JUNE 2021 (12AM) ONWARDS

1X SETITIK ACNE TREATMENT CREAM

1X FRESH

FREE

1X INSTANT HYDRATION MASK

1X LUV (2ML)

1X HYDRO (2ML)

RM209 (WM) RM226 (EM) 27WP



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