

# LEGACY LIFE



ARMING YOURSELF  
AGAINST COVID-19

THE LOWDOWN ABOUT  
THE INCREDIBLE  
VITAMIN C



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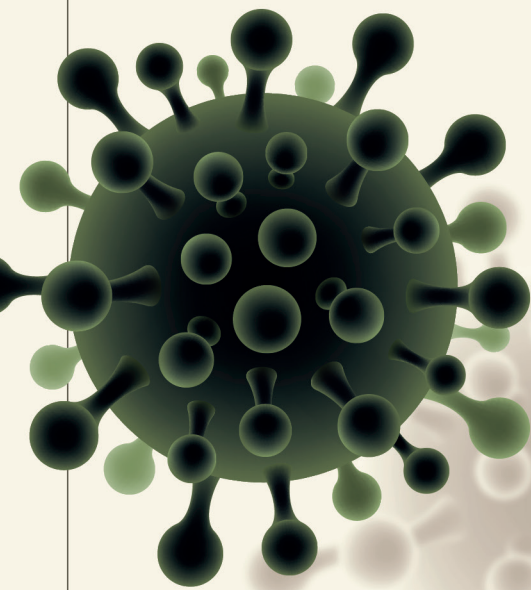
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# KEY MEDICAL DEVICES FOR EMERGENCIES

In life, it is important to always be prepared for emergencies. This is true of medical emergencies as well. Severe medical emergencies can occur in an instant. For this reason, it's an excellent idea to invest in important medical devices, then learn how to use them to prevent or attend to such circumstances.

As the Covid-19 pandemic continues to exert its grip over the world, you might be wondering if the devices to be mentioned in this article can be used for Covid-19 as well. Some certainly can - but only when used in the correct manner and in conjunction with Covid-19 symptoms.

**HERE ARE FIVE CRUCIAL MEDICAL DEVICES WHICH MAY SOMEDAY SAVE YOUR LIFE OR SOMEONE ELSE'S:**

**BLOOD PRESSURE MONITOR**

**PULSE OXIMETER**

**GLUCOMETER**

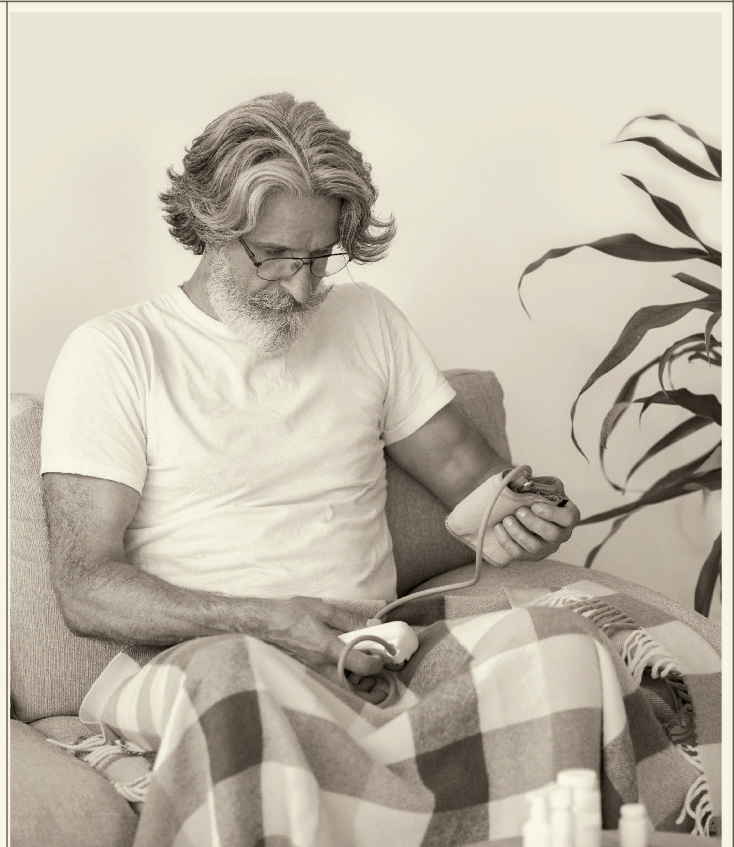
**INHALER**

**MEDICAL THERMOMETER**

## BLOOD PRESSURE MONITOR

A blood pressure monitor is used to measure a person's blood pressure. This monitor is used by placing its inflatable cuff over the upper portion of one of the arms; it should be at around the same vertical height as the heart. The person using it should be seated and have the relevant arm supported.

After a person's blood pressure is found, appropriate steps can be taken if it is too high, too low, or variable. Those with high blood pressure or unstable and variable blood pressure are prone to heart attacks, strokes, heart failure, and chronic kidney failure. Low blood pressure, meanwhile, may indicate sepsis, cardiogenic shock, or hemorrhage. In any case of abnormality of blood pressure, knowing how to use the monitor will help you or the affected person get the medical assistance required as soon as possible.







### PULSE OXIMETER

A pulse oximeter measures a person's oxygen saturation. It is used by being placed on a person's earlobe or fingertip. The oximeter passes two light wavelengths through the body part and sends them to a photodetector. After a few seconds, a percentage will be displayed on the oximeter's screen.

Any percentage of 95% or more is deemed to be a normal level of blood saturation. Pulse oximetry, which also measures the skin's total blood volume, is both simple and non-invasive.

Since pulse oximeters provide immediate and continuous oxygen saturation figures, they are extremely useful for monitoring the conditions of those with cardiac or respiratory issues including Covid-19. Pulse oximeters can also be used to diagnose sleep disorders such as hypopnea and apnea. A pulse oximetry reading of between 70% and 90% may indicate that the person suffers from obstructive sleep apnea.

### GLUCOMETER

A glucometer, also known as a glucose meter, measures the concentration of glucose in the blood. When it is used, the person whose blood glucose is to be measured will have some blood drawn by the use of a lancet. The blood sample is then placed upon a disposable test strip. Following this, the glucometer analyzes the blood sample and displays a reading in milligrams per decilitre.

The primary users of glucometers are people who have either type 1 or type 2 diabetes. The results of tests conducted by glucometer help them take steps to keep their blood pressure stable. By doing so, they can ward off any complications which may either be caused by hyperglycemia or hypoglycemia. Since the most severe of these complications may occasionally cause death, every diabetic must use a glucometer regularly.







## INHALER

An inhaler delivers medicine to the lungs; it is so named because it is powered by a person's breathing. Upon entering the lungs, the medicine delivered by the inhaler is absorbed. This allows the lungs to receive targeted medical treatment. Among the types of inhalers which may be used are nebulizers, dry powder inhalers, soft mist inhalers, and metered-dose inhalers.

Most people who require an inhaler suffer from either chronic obstructive pulmonary disease (COPD) or asthma. To treat these conditions, the inhaler must be filled with the correct type of medicine such as salmeterol, salbutamol, or corticosteroids. These medicines can provide immediate intervention in the event of either a COPD flare-up or asthma attack.

## MEDICAL THERMOMETER



A medical thermometer is used to measure human body temperature. Its use involves placement in the mouth under the tongue, in the ear, on the forehead, under the armpit, or even in the rectum. If the body temperature recorded is too far above or below the standard human body temperature range of 36.5°C to 37.5°C, medical intervention should then be sought.

The main use of a medical thermometer is to detect a fever. Since a fever is a symptom of Covid-19, medical thermometers are a critical device during the ongoing pandemic. Other conditions that can be detected by use of a medical thermometer include heat stroke and hypothermia. Both of these can be life-threatening conditions; thus, the immediate use of a medical thermometer can allow the severity of the condition to be determined more rapidly. The sufferer can then receive any necessary treatment as soon as possible.





# ANTI-AGING PRODUCTS AND WHAT THEY DO FOR YOU

Anti-aging products are, as implied by their name, products which are created to make their user appear younger. As the years pass, your appearance will gradually degrade due to the effects of age. However, by regularly using these products, you can end up looking years or even decades younger than your actual age.

There are several different positive effects which anti-aging products can have on how you look. These products reduce or slow down the signs of aging such as fine lines and wrinkles, sagging skin, and uneven skin tone. These anti-aging benefits will be further discussed in the following paragraphs.

## LESSEN THE APPEARANCE OF WRINKLES

High-quality anti-aging products can do a lot to get rid of those annoying wrinkles. One previous study reported that after 6 months, 43% of participants receiving the anti-aging cream had improved appearance of wrinkles, compared with 22% in the group receiving placebo.

Anti-aging products used on wrinkles aren't just limited to big-brand wrinkle creams - there are also affordable yet highly effective anti-aging products which work well to counter the formation and intensification of wrinkles.

Many anti-aging products work well against wrinkles because they contain peptides. Peptides are short chains of amino acids which stimulate collagen production; this in turn has a positive effect on wrinkles. When more collagen is produced, it can plump skin, and when skin is firmer and plumper, wrinkles and fine lines will be less visible. In any case, no matter the duration, once your wrinkles are gone, you'll certainly be glad you used an anti-aging product!





## SKIN TEXTURE IMPROVEMENT


By using anti-aging products frequently, you can expect the quality of your skin's texture to radically improve. This is because anti-aging products tend to contain high concentrations of active ingredients such as tazarotene, retinol, and tretinoin. Anti-aging products often include antioxidants such as L-ascorbic acid and magnesium ascorbyl acetate; these also make your skin's texture much better.

Anti-aging products which contain those active ingredients counter the effects of environmental and oxidative stress which cause aging. They also increase your skin's production of collagen which in turn enhances its texture. If possible, we recommend that you use serums, essences, or even ampoules for the improvement of your skin's texture. This is because serums, essences, and ampoules usually contain the highest concentration of active ingredients among all forms of anti-aging products.

## TIGHTENING OF SAGGING SKIN

Anti-aging products also prevent your skin from sagging by tightening it. As you get older, collagen and elastin production decreases. These two proteins work together to give skin its shape and firmness. Collagen provides rigidity, while elastin allows skin to stretch when we make an expression. The less your skin sags, the less sunken and hollow you'll look - surely, exactly what you've been hoping for. Although most people associate sagging skin with the face, anti-aging products used to tighten sagging skin can be used on any part of the body.

The anti-aging products which do the most to tighten any sagging skin contain three vitamins: B3, C, and E. Each of these three vitamins facilitates the production of collagen in the dermis. The more collagen is produced, the less your skin will sag.





## RETURN LEGACY'S 2° REDOXY ESSENCE AND 2° LE'GAIN



2° Le'Gain contains peptides that greatly promote cell turnover and inhibit the emergence of wrinkles. 2° Le'Gain also makes your skin much firmer, guarding you against sagging skin.

This is made possible through the hydrolysed sodium hyaluronate and ceramides which protect the skin while also improving the skin's firmness and texture.

Now that you know what anti-aging products can do for you, Return Legacy would like you to try two of our finest anti-aging products -

**2° LE'GAIN** and  
**2° REDOXY ESSENCE!**

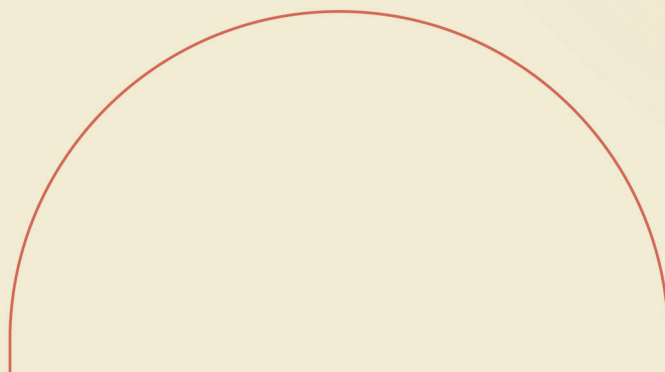


Just like 2° Le'Gain, 2° Redoxy Essence contains a unique Return Legacy skincare technology - Micro-Mineralised Nutrient Technology (MMNT), which causes the speed of your skin's aging to decline. The acetyl hexapeptide-8 in 2° Redoxy Essence also has an anti-aging effect.

It is ideal for the reduction of the appearance of expression lines caused by repeated facial expressions; it does so by reducing the contraction of facial expression muscles.

**LET 2° LE'GAIN AND 2° REDOXY ESSENCE BE YOUR KEYS  
TO THE SKIN YOU TRULY DESIRE AND DESERVE.**





**BY NOW, YOU'VE CERTAINLY HEARD ABOUT THE MOST IMPORTANT  
WAYS TO WARD OFF COVID-19 AGAIN... AND AGAIN... AND AGAIN.**

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Well, we make no apologies for this: you can add another “again”. The reality is that Covid-19 has become endemic; it is now a permanent part of life. Almost every country has accepted the fact that Covid-19 will never be eradicated.

So, on the unlikely off-chance that you somehow haven't heard any of this before, here are five important methods of arming yourself against this dreaded virus known as SARS-CoV-2.





# ARMING YOURSELF AGAINST COVID-19

## VACCINATION

This is the most important point of all and the point which underpins all the others. Every person who is allowed to do so ought to get vaccinated - pronto. Although it is important for everyone to receive Covid-19 vaccination, vaccines are even more critical in countries with low vaccination rates due to the current dominance of the Delta variant. People who live in such countries are especially prone to contracting Covid-19 if they have not been vaccinated.

You should also be aware of the fact that even after you've had all your vaccination doses, you won't be considered fully vaccinated immediately. You must wait for a certain number of days to elapse after your final dose. Only after the last of those days' passes will you be regarded as a fully vaccinated individual and enjoy the reduced restrictions which go with that status.



## HAND SANITIZER

Just about every public area now provides hand sanitizer for passers-by to use. This is for good reason: the majority of hand sanitizers available to the public can be used to attack the Covid-19 virus. It takes about 20-30 seconds for the sanitizer to begin acting upon the virus.

Therefore, hand sanitizer use reduces transmission of Covid-19 while also maximizing the inactivation of the virus.





## MASK-WEARING

It was not so long ago when many of us assumed that mask mandates would soon be coming to an end. Unfortunately, the rapid spread of the Delta variant quashed any possibility of that outcome in the near future. This most dangerous of variants also forced some areas which had already done away with mask mandates to re-impose them.

The wearing of masks is a crucial protective step to take against Covid-19. Surgical masks such as KN95, N95, or KF94 masks provide the most comprehensive defense against Covid-19 because of their considerable powers of filtration.

## SOCIAL DISTANCING

The World Health Organization (WHO) defines proper social distancing as maintaining a distance of one metre or more between yourself and others. Doing so reduces everyone's chances of contracting Covid-19. The more crowded a given area is, the greater the chance that someone there will contract Covid-19.

The higher one's risk of contracting Covid-19, the larger the distance the person is advised to use for the purposes of social distancing. Examples of people who often require a distance of more than one metre include the elderly as well as those with comorbidities including heart and lung problems.





# RETURN LEGACY'S



One final way by which you can ward off Covid-19 is by using Return Legacy's very own I30B! It's a set of three products created to guard your immune system from any disease including Covid-19. These products are REOXlife POTENT, REOXlife Mediterranean Gold PLUS, and REOXlife iMgard. When taken together, these three products promote cell health; this is crucial for an improved immune system because cell damage is a cause of many illnesses.

**REOXlife iMgard defends body against pathogens and strengthens the immune system.**



**REOXlife POTENT helps counteract free radicals, reduces body Inflammation, and repairs damaged cells.**



**REOXlife Mediterranean Gold PLUS enhances self-production of superoxide dismutase, an antioxidant enzyme which shields healthy cells from the harmful effects of free radicals.**



**Return Legacy's I30B: a powerful weapon in the endless struggle against Covid-19**



# THE LOWDOWN ABOUT THE INCREDIBLE VITAMIN C

Among all the vitamins which our bodies need for proper function, one of the most important is vitamin C.

VITAMIN C, also known as ascorbic acid, is made up of six atoms of both oxygen and carbon as well as eight atoms of hydrogen. Vitamin C is not merely a vitamin; it is also classified as an antioxidant at the same time.

## THE USES AND IMPORTANCE OF VITAMIN C

Vitamin C has many different uses within the body. It is necessary to form muscle, blood vessels, cartilage, and collagen in the bones. If you've suffered an illness or injury, vitamin C also helps with accelerating the process of healing.

The lack of vitamin C can cause the onset of scurvy. A person suffering from scurvy experiences bleeding gums, anemia, bruising, and a lack of wound healing. Extreme cases of scurvy can even be life-threatening.

Since vitamin C is an antioxidant, it is capable of shielding the body from harmful effects caused by free radicals which come from sources such as x-rays, solar radiation, and tobacco smoke. Finally, vitamin C aids the body with the absorption of iron.





## VITAMIN C REQUIREMENTS AND WHO NEEDS MORE OF IT

Most adults need about 70 milligrams of vitamin C every day for optimal health. However, certain people need an amount beyond this. For example, smokers as well as those exposed to secondhand smoke require larger quantities of vitamin C daily. This is because tobacco smoke rapidly depletes the amount of vitamin C within the body.

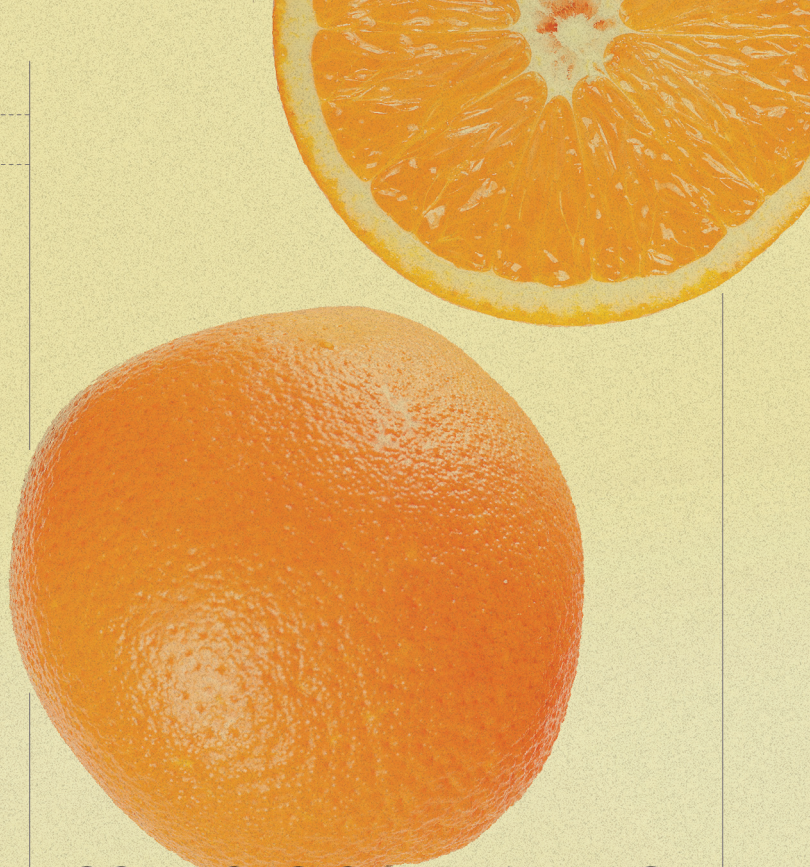
Anyone who is experiencing age-related macular degeneration ought to take more vitamin C than the average person does. Age-related macular degeneration is an eye disease which worsens a sufferer's central vision over time if untreated. The daily consumption of a vitamin C supplement of around 500 milligrams aids in decelerating the progression of the disease.

Other people who might require additional vitamin C are those who consume large quantities of alcoholic beverages, those who are under stress, and those who are either unable or unwilling to consume a vitamin C-rich diet. Each of these lifestyle factors increase one's risk of vitamin C deficiency and thus related diseases.

## SIDE EFFECTS OF VITAMIN C OVERDOSES

Although vitamin C is an important nutrient, it's equally necessary to ensure that any vitamin C supplements taken are not too large. Excessive doses of vitamin C may cause side effects including heartburn, stomach cramps, fatigue, nausea, and headaches. Some people might even suffer kidney damage due to vitamin C overdoses.

In general, vitamin C consumption should not exceed 2,000 milligrams per day. The consistent intake of such a large dose makes the occurrence of side effects much more likely.



## SOURCES OF VITAMIN C

We can obtain all the vitamin C we need through two different sources: foods and supplements. It is not difficult to obtain the body's daily vitamin C needs through the diet. Several fruits and vegetables contain large amounts of vitamin C. These include guavas, bell peppers, berries, citrus fruits, and Brassica vegetables such as kale, turnips, and cauliflower.

Additionally, some foods which do not normally contain vitamin C might sometimes be fortified with it. Among the foods commonly fortified with vitamin C are cereals, jams, breads, and even certain candies and jellies. You might be surprised to learn that vitamin C isn't just good for you - it has a preservative effect as well. Vitamin C can prevent foods from spoiling.

It is also possible to obtain all the vitamin C we need through supplements. These supplements are especially necessary for those who are susceptible to vitamin C deficiency because they keep scurvy and other related illnesses away.



# RETURN LEGACY'S REOXLIFE VITAMIN C

If you're seeking a quick and easy way to get all the vitamin C your body needs, you can try Return Legacy's very own REOXlife Vitamin C. Each REOXlife Vitamin C tablet contains 500 milligrams of vitamin C. It facilitates the body's production of white blood cells which in turn guards the body against infections and free radicals.

## ON TOP OF THAT,

REOXlife Vitamin C doesn't just protect your immune system. Anyone who takes two tablets of REOXlife Vitamin C every day can expect to experience improvements in wound healing, skin health, and ocular health. REOXlife Vitamin C provides the body with a highly bioavailable and easily absorbable form of the vitamin.



**SO,** TO TAKE YOUR GENERAL HEALTH TO  
A NEW LEVEL, LET RETURN LEGACY'S REOXLIFE  
VITAMIN C WORK ITS MAGIC TODAY!



# A WORLD OF

FOUR MUST-KNOW  
HOME DECORATION STYLES



# BEAUTY

FOUR MUST-KNOW  
HOME DECORATION STYLES



# ISN'T GLOBALI- ZATION JUST WONDERFUL?



Today, we can benefit from products, concepts, information, and ideas from all over the world. This is even true of aesthetic elements such as home decoration styles.

No matter where you live, you can give your home a touch of international flavour by decorating it in a style associated with another country. These styles are not only visually appealing; their unique aesthetic characters will make your home stand out and be admired by all who enter it.

Now, let's take a "world tour" and learn about some of the world's most striking and memorable home decoration styles. Perhaps one of them will inspire you to use it in your own "palace".





## American Modern

Our first home decoration style comes from the “Land of the Free” - the United States of America. It is the American Modern style. The American Modern style reflects a fusion of aesthetic and practical elements. It makes use of warm, natural colours such as terracotta, soft blue, brown, beige, and certain shades of green. Wallpaper is sometimes used; this wallpaper tends to have a textured pattern. The furniture in a home decorated in the American Modern style tends to be stable and functional.

Rooms in homes decorated in the American Modern style are often combined. This means that, for example, the living room can be combined with the kitchen; the dining room may also be combined with a lounge. Decorative items are usually arranged in groups rather than separately. These items are then placed on shelves in the living room. Floor coverings in these homes are usually parquet boards made of light wood.





# Japanese Minimalist



The next style we'll look at is the Japanese Minimalist style. The Japanese Minimalist style emphasizes craftsmanship and harmony with nature. Most furniture used in a home decorated in this style is made in a furniture studio rather than being factory-made; the furniture also tends to be made of natural materials. The Japanese Minimalist style makes much use of open spaces. Furniture is placed on one or two sides of a room while the rest of the room is left open. Room walls are usually decorated with wall hangings.

White is the main colour used in the Japanese Minimalist style. This colour evokes feelings of serenity, placidity, and elegance. Sliding doors and screens are common features of homes decorated in the Japanese Minimalist style. These sliding doors and screens save much space while also allowing natural light to enter the home. They can also be used to provide a wall-like structure without actually incorporating an additional wall.

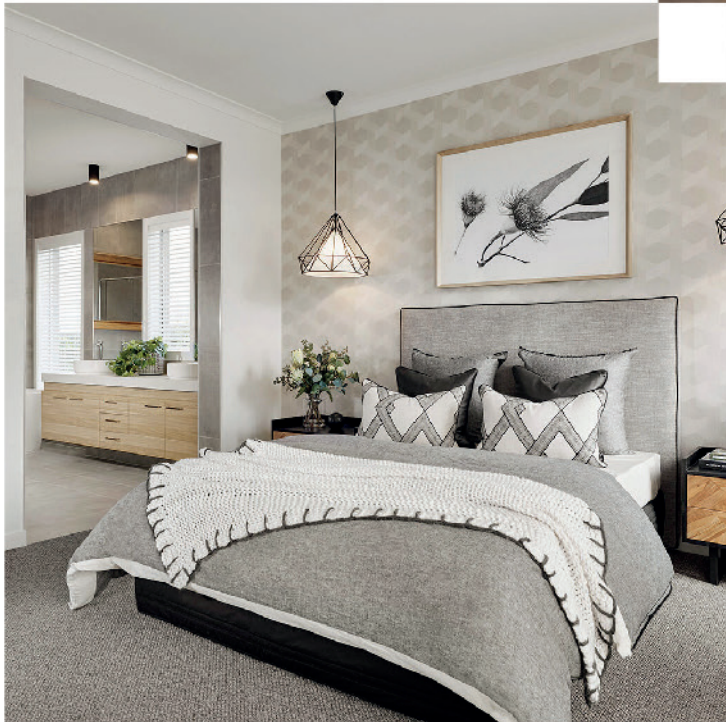


# Argentinian Gaucho

The next style of decoration we'll consider is the Argentinian Gaucho style. This style makes much use of warm, earthy tones and natural materials. Neutral colours are commonly used; colour contrast is also provided through the careful use of chiaroscuro (the contrast of shadow and light). Just as is true of the Japanese Minimalist style, the main colour of the Argentinian Gaucho style is white. Accessories and decorative items are usually placed across a room.



Stone and woods such as cedar and mahogany are the primary materials used in the Argentinian Gaucho style. Homes decorated in this style tend to have large windows to maximize the amount of natural light which enters. In general, the Argentinian Gaucho style of home decoration can be said to balance modern and vintage elements, incorporating aesthetic concepts of yesterday and today in equal measure.



## Australian Contemporary

Our final “stop” is the “Land Down Under” - we will now look at the Australian Contemporary style. This style rejects ornate decorations in favour of muted colours and rich textures. Its primary emphasis is the establishment of connections between the outdoors and indoors. Curves and arch shapes are often seen in homes decorated in the Australian Contemporary style.

The Australian Contemporary style typically makes much use of natural timber furniture. Flooring is usually textured and comes in light neutral tones to convey a sense of comfort and relaxation. The use of carpets,

while not a necessity, is more common in the Australian Contemporary style than it is in the other styles mentioned. Wall tiles are sometimes used; the most common material for such tiles is porcelain.

Has learning about these four decoration styles made you want to spruce up your home? If so, wait no longer - just the right touches based on these styles here and there, and your home's inside will look absolutely amazing. That's why these four styles have withstood the test of time and become some of the world's best-loved interior decoration styles.



**Think of the most likable person you know. Perhaps you might think that the person you chose “just so happens” to be likable and that “it’s the way it is and will always be”.**

If that’s what you think, you should know that this isn’t the case at all. There are some steps you can take to make yourself more likable. While the tips we provide might not necessarily turn you into the most popular person you know, they’ll nevertheless help you make a positive impact on everyone you meet.

# 101: LIKABILITY

Getting Others to  
**Take to You**







# Listen Actively

Active listening is a form of listening which allows you to comprehend the entire message being communicated. If you actively listen to what another person is saying, you'll probably become more likable to that person. To do so, you can provide cues indicating that you are carefully listening to every single word.

One way to prove that you've been listening actively is by summarizing what the other person said. You can also ask follow-up questions to get more information. When the other person speaks, consider nodding and making positive responses every now and again. By listening actively and indicating that you're doing as such, the person you're talking to will feel heard and valued; this increases your likability.

## Exhibit Warmth & Friendliness Around Strangers

Most of us will understandably be somewhat guarded around people we do not know. There is nothing inherently wrong with this. However, if you take this attitude to its extreme, you might come across as standoffish, distant, and unlikable. So, to become more likable, you need to exude a sense of friendliness.

When approaching someone for the first time, it's advisable to adjust your body language so that you appear more open and positive. Maintain proper eye contact and smile at that person. It will also be helpful to start a conversation by asking a few simple questions. These questions can help you establish some common ground between yourself and the other person.





# Ask Open-Ended Questions

An open-ended question is one which you can't answer with a simple "yes" or "no". When you ask someone an open-ended question, you encourage that person to open up to you and tell you more. This establishes rapport between you and the other person because it helps you understand that person's perspective through their feedback.

For the follow-up questions, they should also be open-ended and include relevant information about yourself. This will put you in what is known as a "back-and-forth conversation". Conversations of this type have been proven to make it easier for people to relate to those who are speaking to them.

## Learn & Use Names

When talking to someone, it can be very helpful to find out that person's name for ease of communication. Be polite and not forceful when asking for another person's name. Upon learning the name, take great care to pronounce it correctly. Experts recommend using the person's name a couple of times right away to reinforce it in your mind.

After learning the person's name and its pronunciation, use it as often as possible when speaking to the person to establish a sense of closeness. This has an added benefit of making the person like you more. People like to hear their name. It makes us feel important.

We've saved the most important tip for last - the best way to be more likable is to just be your true self at all times. Don't feel the need to be phony for the sake of being likable. Most people can tell if you're doing so, and it's almost always off-putting. What's more, the definition of what society deems to be likable is changing to become wider than ever before; anyone and their true personalities can now easily exhibit likability.

Don't try to present yourself as being different from the person who you really are. It will become obvious that you are "trying too hard". Remember, no one likes a poser!

Now that you've been given these five tips about likability, you can use them whenever you meet or talk to someone. Before too long, everyone will see just how genial and personable you really are.



Be Authentic







## **RETURN LEGACY SDN BHD**

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