

LEGACY LIFE



TAKE IT FOR A SPIN:
PINWHEELS AND THEIR SIGNIFICANCE

MMNT
RETURN LEGACY'S
PRIDE AND JOY

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TAKE IT FOR A SPIN:

PINWHEELS AND THEIR SIGNIFICANCE



A pinwheel is a toy which millions of children around the world have loved over the centuries. It is made of several plastic or paper curls arranged into the shape of a wheel and attached to a stick or pole. When a pinwheel comes into contact with the wind, the wheel will turn.

HISTORY OF THE PINWHEEL

The identity of the pinwheel's inventor remains unknown to this day. However, the first documented use of a pinwheel dates back to 400 BCE in China. By the year 700, children in the Sasanian Empire (present-day Iran, Iraq, and Afghanistan) were commonly using them. Pinwheels eventually made their way to Europe in the 15th century and the United States in the 18th century.

Today, pinwheels can be seen and are used all over the world. They can easily be purchased in almost any toy or department store. Pinwheels come in a variety of colours, sizes, and shapes; they continue to delight generation after generation of children.

PINWHEELS IN CHINESE CULTURE

The pinwheel holds special significance to the Chinese, who as was mentioned earlier, have used them since 400 BCE. During Chinese New Year, the pinwheel serves as the emblem of beauty and pleasure. A classic saying, holds that the pinwheel symbolizes a change of fortunes for the better.

Pinwheels are also known as "auspicious wheels" or "four seasons' protective talismans" in traditional Chinese culture. These ideas imply good fortune, health, peace, and positivity passing through the generations. **Anyone who turns a pinwheel during Chinese New Year is performing a highly symbolic act. Doing so symbolizes new beginnings and new dreams.**

SIGNIFICANCE OF THE PINWHEEL

As a common childhood toy, the pinwheel symbolizes simplicity and nostalgia. Just the sight of a pinwheel sends many people's minds racing back to their childhood - a time when life seemed so much easier, without a care in the world to weigh one down.

However, the pinwheel is not merely a simple toy; it possesses a much deeper meaning. A pinwheel symbolizes qualities such as creative expression, the passing of time, and the cyclical nature of the universe. It is even a representation of cause and effect: whenever the wind blows, the pinwheel will rotate accordingly.



PINWHEELS AS CHINESE NEW YEAR DECORATIONS

It should come as no surprise that pinwheels are common decorations during Chinese New Year. Often, pinwheels form part of a larger set of decorations and are tastefully placed below or beside the main element of those decorations. However, it is sometimes the case that pinwheels can themselves form the primary element of the decorative set. When they do, they are usually placed in a way which makes them stand out without appearing garish.

Pinwheels as Chinese New Year decorations are usually found as part of a garden theme. This is understandable when combined with how the pinwheel ties into the idea of childhood.

After all, it's easy to imagine a child excitedly running through a park or garden, laughing and whooping as the wind sets the curls of the pinwheel in motion.

When pinwheels are used as Chinese New Year decorations, they will usually contain auspicious messages on their exteriors. These messages typically wish the reader good fortune or health, increased wealth, or longevity - all common themes related to Chinese New Year. Thus, it should come as no surprise that Chinese residences, businesses, and even religious buildings have given the pinwheel a place of priority when setting up Chinese New Year decorations.

RETURN LEGACY' S PINWHEEL-SHAPED ANGPAOS

We would now like to take this opportunity to introduce Return Legacy's pinwheel-shaped angpaos. Return Legacy's pinwheel-shaped angpaos come in three colours: **red which signifies divine blessings, purple which signifies the arrival of good luck, and orange which signifies harmony among humanity.**

Our pinwheel-shaped angpaos integrate a rich cultural heritage with outstanding craftsmanship. They represent over 2,000 years of history while at the same time appearing up-to-date and contemporary.

We at Return Legacy wish you the best and brightest of fortunes this Chinese New Year - may you receive all your desires and wishes.





RETURN LEGACY’S PRIDE AND JOY

Micro-Mineralised Nutrient Technology (MMNT) is a technology created by Return Legacy’s very own experts. Developed by our brilliant team at **Legacy Science**, MMNT is an ideal tool for the maintenance of the body’s health and physical appearance. MMNT also does a great deal to protect the body against almost all manner of external threats through the neutralizing chemicals it contains.

The unique qualities of MMNT allow it to stabilize and lock in negative hydrogen ions. Through the extremely powerful antioxidants in MMNT, the harmful effects of free radicals on the body will be mitigated. Additionally, MMNT guards the skin against premature aging because it neutralizes the effects of environmental pollutants and harmful ultraviolet radiation in the atmosphere.

ENVIRONMENTAL POLLUTANTS AND MMNT’S IMPACT ON THEIR EFFECTS

Environmental pollutants are harmful substances which mainly enter the environment through human activities. Among the most common and dangerous environmental pollutants are tobacco smoke, carbon monoxide, particulate matter, and others. It is almost impossible for most environmental pollutants to break down and become harmless because of their high levels of molecular stability.

It is extremely important to ensure that the skin is protected from environmental pollutants. When significant levels of these pollutants come into contact with the skin, the skin which is exposed to these contaminants will suffer harm; this harm usually takes the form of excessive skin damage or premature aging.

Environmental pollutants can cause formation of free radicals. Free radicals are uncharged molecules possessing outer shells containing an unpaired electron.

This unpaired electron makes the molecules highly reactive and unstable. Due to their high levels of reactivity, free radicals in the body seek to become paired with other electrons from healthy cells. This process damages those healthy cells.

Free radicals formed from environmental pollutants inflict various harms upon the skin. They create oxidative damage in the skin which breaks down collagen and damage the barrier function of the skin and facilitates premature aging of the skin.

MMNT is full of ingredients which ward off the negative effects of free radicals. Return Legacy’s skin care products which contain this wonderful substance have anti-aging effects on the skin. They bring about external rejuvenation, giving users that healthy glow while also shielding them from any possible damage which these free radicals might cause.

ULTRAVIOLET RADIATION AND MMNT'S EFFECTS ON IT

There are many types of radiation which exist. One common form of harmful radiation is known as ultraviolet radiation. Ultraviolet radiation can be divided into three types: ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC). Of these three, only UVC does not reach the Earth's surface because it is absorbed by the ozone layer.

Sunlight is the primary source of ultraviolet radiation. Exposure to UV rays causes the skin to suffer burns, premature aging, and hyperpigmentation. UV radiation also induces the production of free radicals which can damage the DNA in the skin cells.

It's even possible for this DNA damage to cause skin cancer.

Once again, MMNT does a tremendous amount to shield the skin against the harmful effects of ultraviolet radiation. Several of Return Legacy's skin care products which contain MMNT have a positive effect on skin burns - a direct effect of exposure to ultraviolet radiation. These products not only alleviate this form of skin irritation; they also shield the skin from any inflammation which may be directly traced to dangerous ultraviolet radiation.

RETURN LEGACY'S REOX series

One of our standout products featuring the incredible MMNT is REOX Series H+. Loaded with large quantities of antioxidants, REOX Series H+ is exactly what anyone's suffering, irritated skin desires. Just a few short, sharp sprays of this amazing fluid will make your skin look and feel so much more refreshed than it had been before.

If environmental pollutants, ultraviolet radiation, or anything else have caused your skin to experience inflammation, redness, or irritation, just let REOX Series H+ take care of it! Whenever your skin might not feel its best, just spray some on the affected area. When you do this, you're not only making your skin healthier - you're also protecting it against dangerous free radicals.

**Put your worries about your skin aside -
give REOX Series H+ a try today!
Your skin will be very glad you did.**



THE KIDS ARE ALRIGHT!

STRENGTHENING A CHILD'S IMMUNE SYSTEM

Is there anything sadder than the sight of a sickly child? Instead of enjoying their early years and living them with pleasure and enthusiasm, children who are constantly battling illnesses will miss out on so many wonderful childhood experiences.

If you have a child of your own, a young niece or nephew, or maybe even a grandchild, you'd surely like to see them in their best possible health as they grow up. With this in mind, we've provided four ways by which any child's immune system can become much stronger.

PRACTICE PROPER HYGIENE

When a child practices proper hygiene, the chances of spreading an infection are lower. The simplest method by which a child can be protected from these pathogens is through regular hand-washing. This is especially critical if the child has just come back from school or any other public area because of the increased likelihood of germ transmission.

Additionally, children should be discouraged from indiscriminately touching objects when they are out and about. There is no way to ensure that these items are fully hygienic; it is possible that dangerous bacteria or viruses have accumulated on their surfaces.





PROVIDE NUTRITIOUS FOODS

In order for a child’s immune system to receive the most protection possible, the child should consume foods containing substantial quantities of immunity-boosting nutrients such as vitamins C and D, zinc, selenium, and iron. Each of these nutrients facilitates the proper growth and function of immune cells in the body.

It is critical for a child to consume sufficient amounts of these nutrients. Not every child does; this is sometimes due to food allergies or intolerances. Other such instances occur because of food aversions - a condition more simply known as “being a picky eater”. Fortunately, at least one of these nutrients can be found in a wide variety of foods. Here is a selection of foods containing large quantities of the nutrients mentioned:

Vitamin C	Berries, potatoes, cruciferous vegetables, citrus fruits
Vitamin D	Egg yolks, mushrooms
Zinc	Beans, grains, seeds
Selenium	Brazil nuts, grains, dairy products
Iron	Nuts, dried fruit, soy flour

There are even certain foods which do not ordinarily contain these nutrients but have been fortified with them. Some foods which may be fortified with these nutrients include juices, cereals, breads, and plant milks.

AVOID SECONDHAND SMOKE

Although children are not permitted to smoke by law, this doesn’t mean that they can’t be adversely affected by cigarette smoke. Secondhand smoke will damage a child’s immune system. When secondhand smoke enters the body, the immune system’s ability to combat illnesses will be jeopardized. Secondhand smoke also destabilizes the immune system’s equilibrium; this may in turn set an affected child up for an adult life full of disease and poor health.

For this reason, children should not be taken to areas where there are many smokers. In addition, at restaurants and cafés, those who are with one or more children should never sit in a designated smoking area.



BASK IN THE SUNLIGHT

Exposure to sunlight has positive effects on a child’s immune system. This is because sunlight stimulates the formation of the immunity-strengthening vitamin D in the body. A lack of vitamin D in the body is a risk factor for the development of certain autoimmune diseases - conditions in which the body’s immune system attacks healthy cells.

Most children can easily obtain all the sunlight exposure they need. In general, just a few minutes spent outdoors in the sun every day will be enough.

RETURN LEGACY'S

REOXlife junior
Mediterranean

ENHANCED
VERSION

KIDS
PROBIOTIC



Return Legacy has just what any child who needs a jolt for the immune system seeks: REOXlife junior MEDITERRANEAN KIDS! Suitable for children from the age of 2 onwards, REOXlife junior MEDITERRANEAN KIDS is a health supplement containing 22 wholesome fruit and vegetable extracts. These extracts are loaded with polyphenols which support the optimal function of any child's immune system.

REOXlife junior MEDITERRANEAN KIDS also contains seven different strains of probiotics which provide balance to the bacteria of the gut and thus ward off intestinal health problems. These live microorganisms also support a child's developing immune system and play key roles in reducing the incidence of rhinitis and colds as well as the severity of inflammation and nasal allergies.

Another key ingredient is **M-GARD®** baker's yeast β -1,3/1,6-glucan. It improves respiratory health while also promoting a healthy inflammatory response within the body. In addition, **M-GARD®** baker's yeast β -1,3/1,6-glucan trains the body's immune cells to react more quickly and pathogenic invasions once the body is able to detect them.

Thus, to help the little ones around you experience peak health, all you have to do is introduce them to **REOXlife junior MEDITERRANEAN KIDS!**



HALE FOR THE HOLIDAYS: STAYING HEALTHY DURING THE FESTIVE SEASON



Since Chinese New Year is approaching, you might already be in the midst of preparations. Putting up decorations, filling angpows, buying new clothes - just some of the things to do before the big day. Those of you who are visiting relatives who live far away might even have bought flight, bus, or train tickets and begun to make travel plans as well.

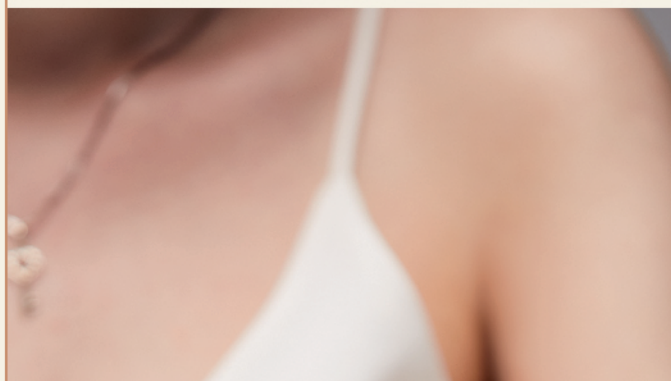
However, even as you're doing all of this, it's crucial to continue to take care of your own health. After all, you certainly would like to enjoy the holidays in good health. To that end, we've listed some pointers to assist you with this.



SKIN HEALTH



Preparation for the festive season can be very hectic and cause you to experience a great deal of stress.



This excessive stress jacks up the amount of cortisol your body produces, clogging your pores and adversely affecting your skin's condition. In addition, those of you who are travelling might not be used to the atmospheric conditions in your destination. Your skin might not react well to sudden changes in temperature and humidity.

To stay on top of skin issues, we recommend Return Legacy's **REOX Series H+** and **2° Activator Instant Hydrating Mask**. **REOX Series H+** is suitable for the soothing and calming of the skin. This counters any adverse effects such as skin irritation or redness which might be experienced as a result of atmospheric changes. **2° Activator Instant Hydrating Mask**, meanwhile, is to be used for rapid hydration of the skin. Should your skin be suffering as a result of the stress brought on by the occasion, **2° Activator Instant Hydrating Mask** will deliver its hydrating effects at once and set your skin right.



IMMUNE HEALTH

Visiting relatives and friends during Chinese New Year is usually an enjoyable experience. It's nice to connect with people you haven't seen for a year (or sometimes more). Certainly, there will be a lot to catch up on and to share about the changes that have taken place in your life.



However, all these visits present a concern. It is impossible to know if the people you visit might be carriers of disease-causing pathogens. Similarly, you might inadvertently be carrying some yourself and might end up exposing others to them. In either case, that can't be what you want to happen, can it?



That's why we recommend that you take Return Legacy's **i30B** this festive season. A package containing **REOXlife POTENT**, **REOXlife MEDITERRANEAN GOLD PLUS**, and **REOXlife iMgard**, the **i30B** package strengthens your immune system, enhances protection against harmful microorganisms, and maintains a healthy inflammation level within your body. The three supplements in the **i30B** package work synergistically to maximize the benefits provided to your immune system - exactly what you need to avoid falling ill this Chinese New Year.



DETOXIFICATION



During any festive period, junk food abounds. Sadly, many of the “comfort foods” we associate with this time of the year have negative effects on our bodies. This is especially true of those who are travelling a long way for the holidays; while on the road or in the air, the only food options available might also be less than ideal as far as health is concerned. As more of these foods are consumed, harmful substances within the body will accumulate. So, what's the next step?

Enter Return Legacy's **NUREOX de'Cleanse Fiber Plus**. A fiber-filled beverage containing multiple health-providing plant-based ingredients, **NUREOX de'Cleanse Fiber Plus** will scrub your gut of toxins and impurities. There's more - it doesn't just detoxify. **NUREOX de'Cleanse Fiber Plus** improves your intestinal health by providing prebiotics which feed the probiotics inside your intestines. Therefore, **NUREOX de'Cleanse Fiber Plus** Powder is your ideal companion for surviving the festive “avalanche” of junk food.





DIGESTIVE HEALTH

Chinese New Year is often a time to try new foods. It's more than likely that at some point while visiting others, you'll be offered a food you've never tried before. Although it can be fun to broaden your taste buds' horizons, you might unfortunately ingest a food which doesn't sit well with your digestive system.



That's where Return Legacy's NUREOX N'ZYME comes in. Once you've taken one or two sachets of NUREOX N'ZYME, you can expect to experience improved gut health and digestion. If you happen to have indigestion, NUREOX N'ZYME also alleviates the associated symptoms. On top of all of these benefits, NUREOX N'ZYME facilitates the ideal breakdown of all food consumed and maximizes the nutrient content absorbed by the body.

Now that you're aware of these potential health issues, do what you need to do to avoid them and you can have one of the best Chinese New Years you've ever had.



RESOLUTION

To Co

At the beginning of every year, many of us make New Year's resolutions. When we do so, we think about what we would like to achieve in our lives by the end of the year ahead. If you're thinking of which New Year's resolutions you should make this year, we've suggested five of them for you to consider and the reasons for doing so. Perhaps you'll be inspired to adopt and pursue one or more of them for yourself.

Become a Better Listener

The importance of proper listening skills must never be underestimated. A lack of listening skills may cause messages to be misinterpreted, thus hindering effective communication. Proper listening involves the listener's full devotion of attention to the message being sent, awareness of both spoken and unspoken messages and meanings, and avoidance of any preconceived ideas or distractions.

Becoming a better listener will be good for you in your personal life as well as your working life. Those who have better listening skills tend to have more friends and larger social networks. They are also generally more confident and have more self-esteem. At the workplace, an improvement in listening skills can lead to increased productivity, fewer errors, and elevated levels of customer satisfaction.



Increase Your Physical Fitness Level



If you've never cared much about your physical fitness, you might as well make it one of your New Year's resolutions. There are many exercise programs which you can try for yourself. With so many programs to choose from, it won't be difficult for you to come across one which fits you perfectly - once you do, stick with it for the long haul and you'll soon find that you're in better shape than ever before.

The more physically fit you are, the stronger your bones and muscles will become. Physical fitness also has a direct correlation with cardiovascular and respiratory health. Additionally, people who have higher levels of physical fitness reduce their cancer, heart disease, and type 2 diabetes risk levels. Thus, you should consider making physical fitness one of your goals in the coming year.

Keep Yourself Informed About World Events

Today, almost everyone has access to all manner of knowledge. Thus, it is not only important to keep up with important events around the world; it's easy to do so as well. You need not limit yourself to reading the newspapers to keep up with what's going on globally. There are online articles, television and radio programs, and even podcasts and blogs which will help you do just that.

By keeping yourself informed about world events, you don't just learn about what's happening elsewhere. You'll get a glimpse into the lives of people who live far away. You'll also learn about the realities of people's daily lives in other parts of the world - both the good and bad. Keeping up with world events will make you a more well-rounded person.



Maintain a Proper Work-Life Balance

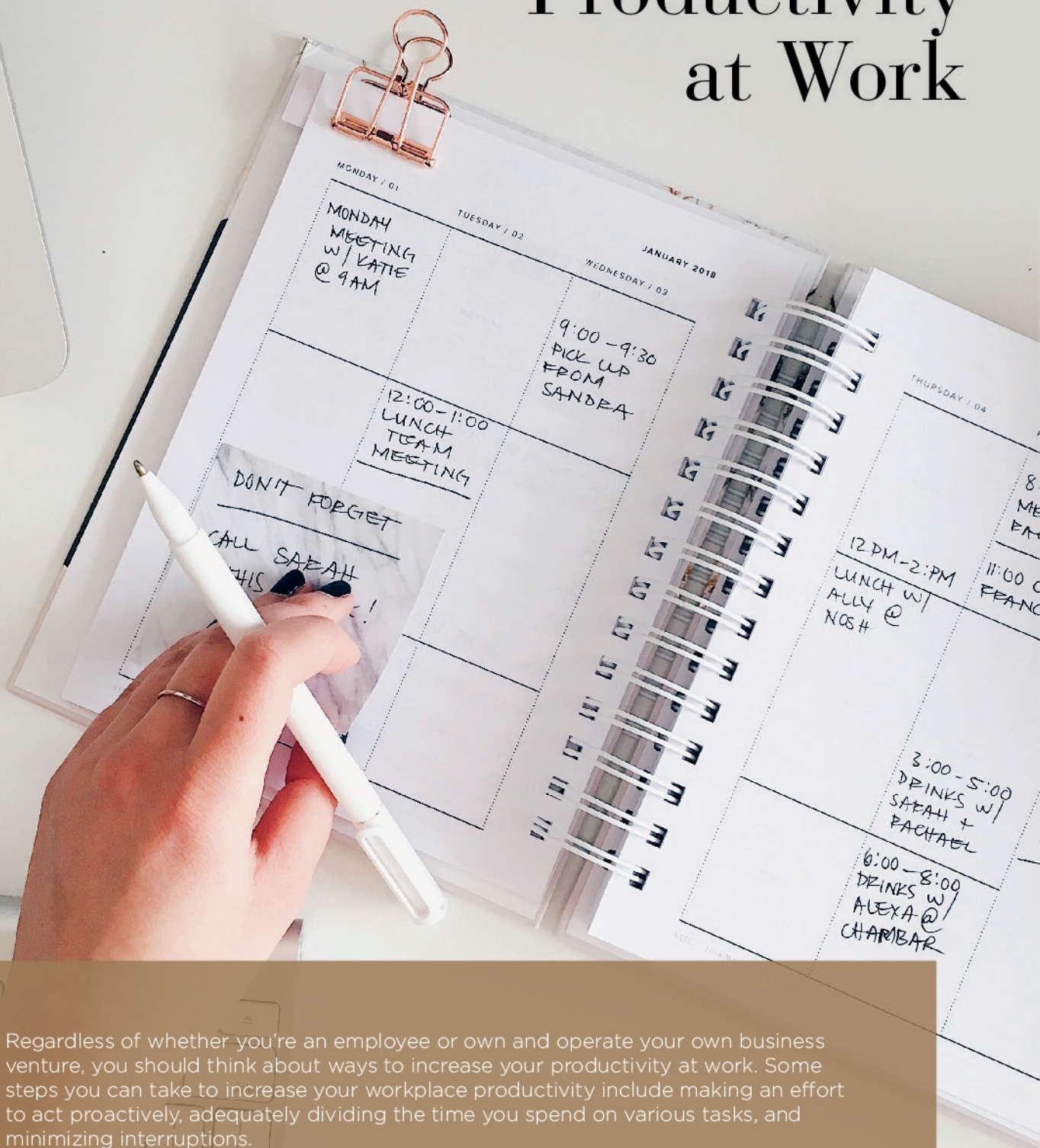
Although everyone seeks a suitable work-life balance, what exactly such a balance entails will differ from person to person. To determine what balance is best for you, consider your current working hours as well as the lifestyle you now lead. Think about how the two intersect, then craft a plan which will let you get the most out of your life - both at work and away from it.

By maintaining a proper work-life balance, you'll experience less stress and be less likely to suffer from burnout at work. This relative lack of stress will in turn make you less susceptible to mental health issues, decreased performance at work, and emotional instability - all advantages which will make your life inside and outside the workplace that much more satisfying.

If you've been convinced to make any of the resolutions we've suggested, pursue them whole-heartedly and with gusto. They might end up being your keys to success in multiple facets of your life.



Increase Productivity at Work



Regardless of whether you're an employee or own and operate your own business venture, you should think about ways to increase your productivity at work. Some steps you can take to increase your workplace productivity include making an effort to act proactively, adequately dividing the time you spend on various tasks, and minimizing interruptions.

The more productive you are at work, the more fulfilled you will feel as you go about your daily tasks. If you deal with customers, you will also become more able to attend to their needs in an appropriate manner. Most importantly, increased productivity at work generates more revenue. You will benefit from this revenue either in the form of a salary raise or an increase in personal income through the greater amount of money generated by your business activities.



RETURN LEGACY SDN BHD

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