

LEGACY LIFE



WHAT ALL WOMEN SHOULD **KNOW ABOUT**

Their Bodies THROUGH THE DECADES

THREE-POINT SHOT

THE DETAILS **ABOUT COVID-19 BOOSTER VACCINATIONS**

GACY LIFE 2022



LEGACY COVER STORY

What All Women Should Know About Their Bodies Through the Decades

LEGACY WELLNESS THREE-POINT SHOT: The Details About Covid-19

Booster Vaccinations

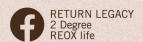
LEGACY BEAUTY TIPS MISTAKES WERE MADE: How You Know You've Picked The Wrong Skin Care Product

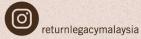
LEGACY LIFESTYLE THE W+ CALENDAR:

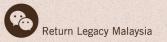
The Tool Every Woman Needs

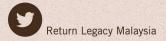
LEGACIAN SELF-ENRICHMENT

Laws of Success and RLEA













PUBERTY

During puberty, a girl's body becomes that of an adult woman. On average, puberty for most girls lasts for the five-year period between the ages of 11 and 16. Puberty involves the growth and development of primary and secondary sexual characteristics including the development of breasts, ovaries, the uterus, and the vagina. After puberty, each of these organs will be fully developed.

One key characteristic of puberty is hormonal instability. Some girls experience acne or skin inflammation as a result of this hormonal instability during puberty. Usually, acne no longer arises after puberty.

For those who experience acne, skin inflammation, or other skin issues as a result of hormonal instability, Return Legacy's REOX Series H+ is a suitable option. It has a soothing effect on the skin and thus keeps even the most severe of acne breakouts at bay.



EARLY ADULTHOOD

A woman who's a young adult may begin to experience difficulties regarding her reproductive health. Menstrual irregularities, infertility, and polycystic ovary syndrome (PCOS) are some of the more common reproductive health issues which might be faced. These issues tend to be hormonal in nature; menstrual irregularities and infertility can be caused by hormonal imbalances, while PCOS is itself a common type of hormonal imbalance.

Those who suffer from any of the aforementioned issues should consider using REOXlife PRO W+. It contains Micro-Mineralised Nutrient Technology (MMNT) and seven plant extracts loaded with phytoestrogens. These phytoestrogens function in the same way that estrogen in the body does - they regulate female hormones in the body.

REOXlife PRO W+ does much to keep one's hormone levels healthy and stable; this enhances the condition of the body and skin while also keeping any hormone-related physical issues at bay.

REOXlife PRO W+ is not only suitable for the regulation of female hormones - it also provides relief from menstrual problems, increases the chance of conception, and alleviates PCOS symptoms.

It is also during early adulthood when a woman's metabolism begins to decelerate. The average woman's metabolism

slows by 10% per decade after the age of 20. This means that with each passing year, the body uses up fewer and fewer calories to maintain itself and thus may make it more difficult for one to remain at a healthy weight.

Young women who seek weight management can turn to Return Legacy's REOXlife Mediterranean GOLD PLUS. This product helps keep the body in shape by breaking down fat which has accumulated within the body while simultaneously limiting caloric absorption. It also facilitates quicker metabolism and thus easier weight management through its many polyphenols as well as various vegetable and fruit extracts.

LATER ADULTHOOD

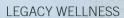
When a woman is in later adulthood, she will experience menopause.

Menopause is defined as the span of time beginning one year after a woman's final period. It usually occurs between the ages of 45 and 55.

Menopause often comes with menopausal symptoms such as hot flashes, headaches, and heart palpitations.

Those who are in the midst of menopause can benefit from Return Legacy's REOXlife PRO W+GOLD. REOXlife PRO W+GOLD relieves menopausal symptoms through the herbal extracts in it. On top of that, REOXlife PRO W+GOLD addresses sudden physical and emotional changes, helps users maintain a stable physique, and keeps the hair, liver, and bones healthy.





THREE-POINT SHOT BOSTER THE VACCINATIONS

COVID-19 HAS BEEN EVOLVING AND MUTATING AT AN ALARMING RATE.

This means that the vaccines which were once used to combat this virus are no longer the optimal means of doing so. Thus, medical scientists and researchers all over the world have been working on the development and release of booster vaccinations in order to better fight any new variants of Covid-19 which have arisen or will in the future.

The protection from Covid-19 provided by one's first two vaccine doses declines over time; however, booster vaccination will restore this level of protection for a given period. Although research is still being carried out, it is likely that the protection supplied by booster vaccinations will not be permanent either.

YOU MUST

GENERAL INFORMATION ABOUT COVID-19 BOOSTER VACCINATIONS

Due to the rapid mutation of Covid-19, there is a possibility that everyone may have to take booster shots at intermittent periods for the rest of their lives. Covid-19 vaccinations only have a temporary effect and do not provide complete immunity against the disease for the rest of the recipient's life. Therefore, a booster vaccination is necessary in order for one to remain protected against Covid-19.

Although those who have received a booster vaccination might contract Covid-19 anyway, a booster vaccination nevertheless remains one of the most important forms of defense against Covid-19. This is because those who contract Covid-19 after getting a booster vaccination will be less likely to develop a serious case of the disease and be less likely to require hospitalization for Covid-19 if they happen to contract it.

THOSE ELIGIBLE FOR COVID-19 BOOSTER VACCINATIONS

According to the World Health
Organization (WHO), anyone who suffers
from a medical condition linked to
immunosuppression is to be prioritized
when booster vaccinations are
distributed. Such people include those
who have recently received an organ
or stem cell transplant, have
been receiving treatment
for cancer, or are taking
immunosuppressant
drugs.

This is because their immune systems are weaker than those of most other people.

All people who are defined as fully vaccinated (after a certain time period has elapsed after the initial vaccination) may receive a booster vaccination. The duration after becoming fully vaccinated varies depending on the brand of vaccine used during the initial vaccination. Most vaccine brands require that the booster vaccination be administered anywhere between two to six months after the original vaccination. However, this duration will typically be shortened if the recipient is an elderly person. This is because the elderly have weaker immune systems; thus, their level of protection against Covid-19 declines more rapidly than that of younger people.

POST VEFFECTS VACCINATION \





THE ISOB PACKAGE

Those who receive a booster vaccination may experience side effects. Although they may be severe in rare cases, most of these side effects are relatively mild and short-term. Some common side effects include pain or swelling in the arm where the vaccination was administered, fever, muscle or joint pain, tiredness, headache, or chills.

However, to stave off these side effects, just take the immune-enhancing health products of Return Legacy's i30B package! The products in this package (REOXlife Mediterranean GOLD PLUS, REOXlife POTENT and REOXlife iMgard) synergize to strengthen the immune system.

The i30B package not only strengthens one's immunity; it also dampens any side effects which may arise after a booster vaccination. This is possible because **REOXlife iMgard** strengthens the body's defense mechanisms against pathogens by modulating the immune cells' responses and thereby making them more able to respond to the threat of infection.

REOXlife Mediterranean GOLD PLUS which contains the incredible LePheno formulation facilitates the body's production of the mightily powerful superoxide dismutase (SOD) - an antioxidant which shields healthy cells and elevates immune function. REOXlife POTENT makes use of Micro-Mineralised Nutrient Technology (MMNT) as well as cantaloupe and wheat protein extracts to assist with cell renewal.

Therefore, i30B works in tandem with the booster vaccination by serving as a further line of defense for the immune system. It's ideal for shielding the body from the threats of any dangerous illnesses or pathogens.



HEAR FROM OUR SATISFIED CUSTOMERS!

GENTLE ON THE IMMUNE SYSTEM

TV & Radio Host Phoebe Yap

130B contains many natural extracts, making it gentle on the immune system and thus better for the body. It's also very versatile - it strengthens the cells, increases nutrient absorption, and boosts immunity all at the same time.

SISTALK FB LIVE 打造良好的免疫系统! 21 OCT 2021 | THURSDAY | 8:00pm GIVEAWAY "免疫30配套" i30B X 3 Atten RM3,084

I don't take the three I30B products one at a time. Instead, I mix them together and take them all at the same time - once every morning and every evening. I also make sure that I don't consume any caffeine with I30B products to avoid any adverse effects.

Phoebe 菲比 SISTERS NEXT TREND

SISTERS NEXT TREND

CUSTOMER 1

" A WHILE BACK, I WAS INFECTED WITH COVID-19!

I lost my senses of smell and taste, suffered from a fever, and experienced an accelerated heartbeat, chest tightness, and constant physical discomfort. Throughout the period when I was infected, in addition to taking fever medicine, I also took the supplements found in the I3OB package to repair tissues and boost the body's immunity.

I took two packets of REOXlifd Mediterranean GOLD PLUS and one packet of REOXlife iMgard with 200ml of water every morning and evening. In addition, I also took two packets of REOXlife POTENT with one litre of water every morning, evening, and night. On the seventh day after having tested positive, my symptoms began to diminish, but my body remained weak.

I went to be tested once again, and tested NEGATIVE. Therefore, for anyone who has contracted Covid-19, I30B is perfect for a rapid recovery without any need for medication. **I

CUSTOMER 2

" I MADE A COMPLETE RECOVERY FROM STAGE 5 COVID-19,

and after three days, I was transferred to the general ICU. Although the doctors and nurses instructed me not to take the oxygen mask off at will, I still insisted on taking it off temporarily every day to take 2 packets of REOXlife Mediterranean GOLD PLUS, 2 packets of REOXlife iMgard, and 3 packets of REOXlife POTENT. As soon as I finished them, I refilled them and continued to consume them every day. Even the doctor himself began to be amazed that even though I was a stage 5 Covid-19 patient, I looked so much more energetic than patients in less severe conditions.

I am very grateful for the I3OB package which not only helped me to recover quickly but also helped my family to avoid contracting Covid-19.

(I had put my family on I3OB when I started feeling ill). I believe this is what prevented them from getting Covid-19.





Picture this scenario:

you've finally found the one skin care product that you've sought for weeks. You happily buy it, take it home, and use it regularly. At this point, you're probably thinking that everything is going well and you're on your way to flawless skin...

...or are you? What if it turns out that your skin doesn't react well to what you've been buying and using? While unfortunate, it does happen sometimes - lots of people buy and use skin care products without knowing in advance how theirskin would react to the products.

Although there are many ways which prove that someone's skin does not react well to a particular product, some effects are more common than others.

Common undesirable effects caused by use of an inappropriate skin care product include a burning sensation, swelling, and a rash.





Burning Sensation

A burning sensation is a form of skin irritation which occurs at the site of the product's application. It is not an immune response.

Many skin care ingredients which could cause a burning sensation include retinol, menthol, benzoyl peroxide, or certain acids. While it is possible for such ingredients to cause such a burning sensation that lasts for about a minute, this sensation becomes problematic if it intensifies with each application of the product.

Although products which contain these ingredients constitute just a small fraction of all skin care products in existence today, it's nevertheless critical to thoroughly read a skin care product's ingredient list before purchasing it in order to avoid a genuine problem.





Swelling and rashes are usually caused by allergic reactions to specific skin care products.

Skin care products which may induce swelling in some people's skin usually contain alpha hydroxy acids, parabens, or formaldehyde. The swelling which these products cause usually comes with minor skin irritation, redness, itching, and discoloration of the skin. Such effects are normally experienced by those allergic to the skin care products; however, many skin care products which have a concentration of alpha hydroxy acids of 10% or greater may cause this effect in anyone. As such, they ought to only be used under the thorough supervision of a dermatologist.

Some people might experience a rash after using certain skin care products to which they are allergic. Specific types of acrylates, fragrances, and preservatives may cause a rash to arise, as might farnesol, benzyl cinnamate, and benzyl benzoate. These substances are most commonly found in certain skin creams.

RETURN LEGACY'S REOX series Ho

Anyone who faces skin issues caused by using an improper skin care product can find relief through Return Legacy's REOX Series H+. Loaded with Micro-Mineralised Nutrient Technology (MMNT), REOX Series H+ refreshes, calms, and soothes troubled skin. It also shields the skin from dangerous free radicals through its antioxidants.

REOX Series H+ acts against inflammation to the greatest possible extent. Inflammation is the condition which lies at the heart of many skin problems. Thus, even if your skin has suffered much damage through unsuitable skin care products, REOX Series H+ will ease your embattled skin's condition.



To use it as a spray, direct the bottle towards the area of your skin which requires it and just give it a spritz. You might also opt to mist a piece of cotton with REOX Series H+ and apply it to your skin as necessary. Either way, you can't go wrong - you can even choose both!

on't despair! You can easily put your skin right without any trouble - just use REOX Series H+!



THE TOOL EVERY WOMAN NEEDS



Every woman's menstruation experience is different. Some undergo the process once a month without facing any notable difficulties. Others, on the other hand, might not be so fortunate. Excessive bleeding, irregular periods, or any of various symptoms before or during menstruation are several issues which some women face shortly before or while having their period.

APPS FOR PERIOD MANAGEMENT





Understanding that many women face certain troubles associated with menstruation, some app developers have created apps designed to assist with period management. These apps can be used to track ovulation patterns, identify and record period-related symptoms, receive advice on menstruation from experts, and track other physical changes which may indicate issues linked to one's period. Some of these apps are even specifically targeted at certain demographics such as teenagers, women seeking to become pregnant, or women with bleeding disorders.

Some women have attempted to use these apps as a form of birth control. This is possible because a woman's fertility window is around the time of ovulation. Therefore, such apps provide information on which days a woman is more or less likely to become pregnant following sexual activity. The information provided by these apps can also be useful when a user's period arrives either earlier or later than usual; this irregularity may indicate a change in one's fertility level. Some of these apps even permit users to note any illnesses or extreme stress which may interfere with menstruation, fertility, or both.



RETURN LEGACY'S W+ CALENDAR



Return Legacy has released an app which does much to help all women understand more about their periods: the W+ Calendar. The W+ Calendar allows users to track the duration of both their periods and ovulation. This way, it can easily be noticed when one's period or ovulation is unusually long or short. All that needs to be done to check for this is to compare the current period or ovulation with those of previous months.

The W+ Calendar also allows users to submit information related to their periods. These may include emotional changes such as abrupt mood swings or a sudden lack of emotional response. Physical period-related symptoms such as headaches or gastrointestinal distress may also be noted. Additionally, while a user's period is still active, users can take note of how intense the bleeding on each specific day is. This way, they will be able to monitor any period-related irregularities that may arise and subsequently act accordingly.



Those who are taking REOXlife PRO W+ or REOXlife PRO W+ GOLD can use the W+ Calendar to remind them to take it whenever necessary. These reminders can be set in the language of the user's choice. Users may also analyze data of their previous periods before setting a reminder.

Finally, users may use the app to consult our qualified and knowledgeable nutritionists anywhere and at any time. Unlike most clinical nutritionists, Return Legacy's nutritionists are armed with vast knowledge about menstrual issues. Therefore, users who are suffering from menstrual symptoms or any other physical discomfort while having their period can make use of their first-class services and invaluable advice. They can also be consulted regarding any matters regarding Return Legacy's products REOXlife PRO W+ or REOXlife PRO W+ GOLD as well as the W+ Calendar itself.

CONCLUSION

With all of these functions in just one app, the W+ Calendar is a true marvel. Versatile, convenient, and easy to use, the W+ Calendar can help anyone take control of their menstrual health as they enter details involving their periods. It's truly an indispensable tool for just about any woman. Just download it today and reap the benefits!



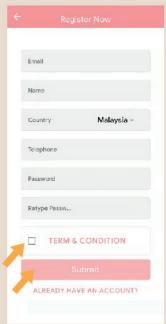
HOW TO USE THE W+ CALENDAR



 Download the app "Wplus Calendar" published by Return Legacy.



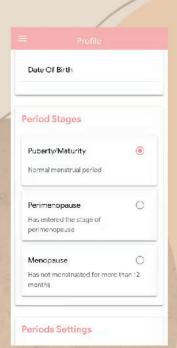
2. Select "Click Here to Register Account".



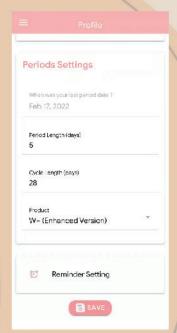
3. Enter personal details including email address, name, country of residence, mobile phone number, and password. Agree to abide by the app's terms and conditions before selecting "Submit".



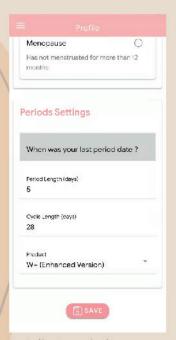
4. Select "OK" to proceed.



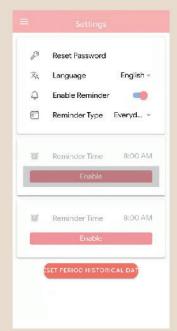
5. Enter date of birth and age group (puberty/maturity, perimenopause, or menopause) on the next page.



6.Enter additional period-related details, then select "Save".



 Adjust reminder frequency in "Reminder Settings" if necessary.



8. Turn on "Enable Reminder", select an option listed under "Reminder Type", and select a language.

"Success" - a word which every person defines differently. No matter what a person deems success to be, everyone can take a step towards achieving their own form of success by following any of several crucial principles. These principles can thus be referred to as the "laws of success".



Laws of Success

One important law of success is performance analysis and management. To become a truly successful person, one must be able to assess prior performance and act accordingly to achieve even better results in the future. It is only through reflection and analysis that one's performance in any field can be elevated. Performance analysis and management allows for measurement of key metrics, tracking of progress, and gathering of information which can then be used to drive further future success.

Another law of success relates to the creation of a vision. It is almost impossible to attain genuine success without a clear mental picture of what is intended to be achieved. Once a vision has been determined, one can then begin to take important steps towards the achievement of that vision. A well-crafted vision is an important driver of success because it provides purpose and motivation.

The ability to add value wherever possible is another law of success. No matter the pursuit or field, there is always some room for possible improvement. With any form of feedback comes the opportunity to add some form of value. By adding value and thus positively impacting the surrounding people, organizations, and entities, avenues towards greater success will open up as positive rapport with those involved accrues.



RLEA and Laws of Success

Return Legacy has provided a pathway for entrepreneurs to put the principles stated in these laws of success into practice: the Return Legacy Entrepreneur Academy (RLEA). RLEA educates Legacians on various topics through its courses and tools, allowing them to achieve greater success in their business pursuits.

Those who remain uncertain about RLEA may refer to our manual. It includes information about how Legacians may expand their business activities, share Return Legacy business opportunities with business partners, and leverage Return Legacy's competitive advantages for the benefit of their own corporate affairs.



RLEA educates Legacians about how to perform at their absolute peak level through three key themes: "Share", "Build", and "Lead".



SHARE

informs Legacians about the unique qualities of Return Legacy products as well as how to use these qualities to make more sales and revenue.



BUILD

is all about communication. It teaches Legacians about interpersonal communication as well as personal branding and team-building.



LEAD

provides Legacians with information about the responsibilities of being a leader. It also educates Legacians about how to conduct workshops for other leaders.

Legacians who are undergoing RLEA's program may make use of Return Legacy's online library. This library will give them the information they need to develop their business and help it grow. Included in the library are company event videos, product information, monthly promotional information, marketing plans, sponsorship tools, guidelines for direct sellers, and a variety of short films.

RLEA and its functions reflect the ideas of the laws of success. Through the education modules which RLEA provides, Legacians will arrive at a clearer picture of where they stand, allowing them to manage their business performance more effectively and setting themselves up for future success.

RLEA will also help Legacians define a vision and work towards achieving it. Training courses such as Legacy Code, NEO (New Entrepreneur Orientation), and NET (New Entrepreneur Training) provide Legacians with stable foundations from which comprehensive, ambitious visions can be built.

Legacians will become more able to add value after having been taught by RLEA's experts. This idea correlates with the central concept that underpins RLEA's existence and function the ability to enrich the lives of others and enhance everyone's quality of life. RLEA seeks to provide Legacians with insight about how lives can truly be changed for the better through Return Legacy and its world-class products.

RLEA is more than just a series of business seminars - in this program, everyone is treated like a friend or a family member. Within this nurturing environment, anyone with the desire, willpower, and moxie to become a successful Legacian can easily do so.



RETURN LEGACY SDN BHD

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