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A-1 OF MERGE & DEM

hapsody

An exclusive newsletter for bwL

Beacon of bwL

Elin Chung

bwL Negative Ionizer

Enjoy vitamins in the air

Success System

205 Science of Leadership

StarLight

Convention 2006

Dora's Realm of Thoughts

Happiness is Priceless



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pg1 **founders' NOTE**

pg2 **pay It FORWARD**
Elin Chung

pg3 **product TALK**
bwL Negative Ionizer

pg7 **beauty TIPS**
DRS Pimple Clear Serum

pg9 **nutri-FACTS**
BifiMax Excellent

pg11 **motivation TALK**
"Happiness is Priceless"

pg13 **regional BUZZ**

- (i) 205-Science of Leadership
- (ii) 103&203-Success System
- (iii) bwL StarLight Convention & International Convention 2006
- (iv) Golden Landmark Official Opening
- (v) Proud to be yourself-bwL Thailand Gala Dinner Party
- (vi) Opening of Causeway Bay Lifestyle Centre, Hong Kong

rhapsody

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Dear Best Worlders'

What a fruitful quarter!

Our financial results were presented to the public at the end of February 2006. We have created yet another astounding result in 2005. Our Group revenue enjoyed an increase of 77%. This is the fifth consecutive year that we have enjoyed more than 50% increase. By end of 2005, we have a total of 9 Regional Centres, 37 Lifestyle Centres as well as more than 68,000 active distributors in the 6 regions we have presence in.

The launch of the oprimax weight management range last year also generated 8.6% of our total turnover. Marching into the first quarter of 2006, we have arranged a whole list of plans and activities. We have successfully launched the first 203 - (Attitude Intermediate programme), under the Success Training System, in both Singapore and Malaysia. The leaders who graduated from these training programmes have benefited tremendously in terms of personal development. Before that, most of our leaders went through 205 - (Science of Leadership) in Nacli Camp, Singapore, as well as in Malacca and East Malaysia. 203 - aims to strengthen our "software" while 205 sets out to enhance our "hardware" thereby creating a stronger bond and also honing leadership skills.

Malaysia's "Live Life at its Best!" seminar received overwhelming response. In the last quarter of 2005, we introduced our up and coming star product - the bwL Negative Ionizer. At the same time, we have engaged Billy Wang, popular MediaCorp Radio DJ, to be our Negative Ionizer ambassador. The official launch of this star product was at our Press Conference on 27 March 2006. It has been a busy period for bwL. It is no wonder our March sales volume have reached another peak. Singapore and Malaysia have each created a new high in their sales volume, especially Malaysia, which has hit the RM13,000,000 mark! This is very good tidings indeed!

In the coming quarter, there will be even more exciting events coming up! The marketing campaign for bwL Negative Ionizer will be more intense than ever. At the same time, May 2006 will see the gathering of all Best Worlders'. Leaders from the region will gather at Singapore. StarLight Convention 2006 will be on 20 May where our Million Dollar Achievers' get recognition for their hard work amidst the cheering of more than 7,000 supporters. At the same time, we have also invited Superstars to add glamour to this important event. The Superstars include Superstar hosts like Kym Ng and Gurmit Singh, Superstar DJ Billy Wang, Superstar Singapore Idol Taufik Batisah and also Superstars Taiwanese group 5566. This is your chance to "Be a Superstar at bwL!" It is going to be a night to remember.

Our International Convention 2006 will be held on the next day, 21 May 2006, to reward our SDs, GDs and PDs who have worked hard in the past year. On this note, we would like to congratulate Elin Chung and Molly Cheong on achieving the highly coveted status of Platinum Director. This is very significant indeed! The programme highlight for the day will include "Words of Wisdom" from the inspired and successful. The joy of being a part of the Best World family is something money cannot buy, so how can you give it a miss?

Last but not least, we would like to congratulate all bwL Superstars. Best Worlders', strive hard to pave your very own Superstar route, fulfilling Physical, Financial, Emotional and Social Health, where you can be truly free and happy, living life at its best! With this, we thank you from the bottom of our hearts.

We love you all! ●●●



Dr. Dora Hoan
Founder

Dr. Doreen Tan
Founder

Elin Chung - The beacon of bwL, providing light to 'lost ships'

**Elin Chung, bwL newly promoted Platinum Director -
Passive, considerate, gentle?**

Elin Chung is one of the longest serving distributor with bwL. Her petite frame makes her appear to be in need of protection. Little would anyone guess that she is one of the most successful person in bwL. Recounting her pre-bwL days from a seamstress to a beautician, when she was passive, considerate and gentle, Elin praises both Dr. Dora and Dr. Doreen for being two of her greatest mentors in becoming what she is today.

Greatest Motivation & Role Models

Dr. Dora and Dr. Doreen put in their heart and soul in all that they do. Their burning passion towards the direct selling trade has rubbed off Elin. Dr. Dora and Dr. Doreen also play the roles of counsellor and advisor to Elin and she has learnt many lessons from these two fabulous ladies. Dr. Dora and Dr. Doreen are the living examples of living life at its best, never allowing external factors to deter them from their end goals. And now Elin is a role model, providing the much needed light to 'lost ships'.

Taking Setbacks In Her Stride

Over the years, Elin has learnt to view obstacles that come her way as challenges. "When faced with setbacks, we should analyze the situation and be clear of our goals. I knew what I wanted and I also knew that bwL can give it to me and I persevered with bwL. True enough, I'm a Platinum Director today."

In Elin's line of work, obstacles are not uncommon. Her 2 greatest obstacles would be time management and also the fast expansion of her network. A career woman's top concern is predictably striking a fine balance between work and career. And in Elin's case, she is very fortunate to have an understanding and supportive husband, Raymond, who is her best partner at work and at home.

Fulfilling Dreams - An On-going Project

Now that Elin has finally attained the coveted Platinum Director status, she can finally fulfill her promise of a vacation to her only son. Yet to Elin, this is not the end. Elin also sees herself taking up more courses to improve herself in the near future. Among these are self-improvement courses at Carnegie as well as English language and Computer classes.

Life Is How You Want It To Be

Life may throw us many challenges. However, what matters is how we react to what life throws at us. Elin, a bwL icon, has shown us the importance of knowing what we want and going after our dreams. Coupled with Elin's never say die attitude, it is with no doubt that Elin will continue to be the beacon in bwL, shedding light and providing direction to everyone, very much like Dr. Dora and Dr. Doreen. ●●●



Enjoy vitamins in the air with bwL Negative Ionizer!

Do you think the quality of the air around us is important?

Have you noticed how fresh the air is when you are in nature and after thunderstorms?

Did you know that when you feel alert, you are enjoying vitamins in the air?

These are actually negative ions.

What are Negative Ions and why we need them

Negative and positive ions coexist in the air we breathe in. Negative ions are abundantly found in nature especially at waterfalls, forests and mountain tops, accounting for the feel-good factor. Negative ions also have the ability to purify the air. Positive ions, on the other hand, are harmful towards our health. Sadly, positive ions are in abundance, especially in an industrial, urban environment, especially big cities where the majority of our time is spent in air-conditioned areas, with computers and television as our daily companions.

Moreover, the imbalanced diet we consume everyday is taking its toll on our bodies. We no longer rely on nature to supply us with sufficient negative ions because they cannot travel far. If you notice, you will realize that most ailments today are caused by internal rather than external factors. Therefore, it has become more and more pressing to take care of our own health.

Therapeutic effects of negative ions

The benefits of negative ions are featured in documentaries as broadcasted via SBS Morning Wide and Korean Broadcasting System (KBS). Negative ions can help:

- Neutralize positive ions and promote smoother blood circulation, as shown by a simple test
- Alleviate sleep disorders, stress and increase work efficiency
- Strengthen immunity and provide antioxidant effects
- Relieve discomfort, indigestions, allergies etc
- Strengthen recuperative power and reduce chances of ageing problems

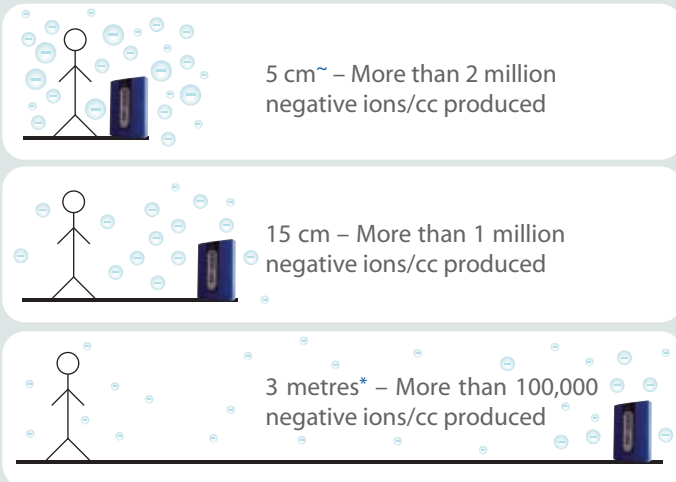
bwL Negative Ionizer can help you enjoy vitamins in the air!

Unique features of the bwL Negative Ionizer

- Emits over 2 million negative ions/cc within 5cm*
- Cluster-ions technology allows negative ions to be emitted even up to 3 metres*
- Low consumption of electricity
- Detachable cartridge for easy replacement every 6 – 9 months**
- Ozone-free[†]. Light, portable, stylishly designed, quiet and long-lasting

**Dependent upon usage conditions

Negative ions emission rate



Ozone+ emission = 0 (at all distances)

*The unique cluster-ions technology allows negative ions to be emitted even up to 3 metres as certified by Korea Testing & Research Institute for Chemical Industry & Korea Far Infrared Association (KIFA).

~The bwL Negative Ionizer is certified by Korea Far Infrared Association (KIFA) to emit more than 2 million negative ions at a distance of 5cm.

+The bwL Negative Ionizer is certified by Korea Testing & Research Institute for Chemical Industry (KOTRIC) to be 100% ozone free.

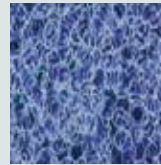
The bwL Negative Ionizer comes with certification of authenticity.

How it works



The Negative Ionizer Experience

Experience the immense benefits of negative ions! The Negative Ionizer Experience is a simple before and after test where we prove to you, in a short span of 30 minutes, how the bwL Negative Ionizer actually improves your blood circulation and makes you feel more energized as a result.



Before

Before being exposed to bwL Negative Ionizer, red blood cells are stuck together in clumps. This results in slow blood circulation and the inefficient delivery of oxygen to different parts of the body. As a result, people tend to feel lethargic, are less alert and have lower concentration levels.



After

With only 30 minutes exposure to bwL Negative Ionizer, the red blood cells separate and the improvement is very visible. The separated red blood cells are more efficient in delivering oxygen to all parts of the body and this improved blood circulation will make us feel more energized and is a great boost to our health and alertness.

bwL Negative Ionizer brings nature to you!

Intensive scientific studies have demonstrated the beneficial effects of negative ions. Emitting ONLY negative ions, the bwL Negative Ionizer's patented cluster-ions technology and design makes it the only Negative Ionizer in the market that allows negative ions to travel further and remain in the air for longer. Not only that, the Negative Ionizer is ozone-free, light and compact as well.

bwL Negative Ionizer Press Conference

With a record sales of close to 3000 sets since the soft launch in December 2005, the bwL Negative Ionizer was officially launched at our first-ever Press Conference on Monday, 27 March 2006, at Toa Payoh Headquarters. Media representatives, journalists and photographers from various publications packed the entire training room.



Dr. Dora and Billy Wang at the Press Conference



Our guests helping themselves to the delectable spread

Our bwL Negative Ionizer ambassador, MediaCorp radio DJ Billy Wang appeared at the Press Conference and passionately shared with us the reason he took up the endorsement of the bwL Negative Ionizer.

2 volunteers, from the management of MediaCorp Radio, also went through the Negative Ionizer Experience and saw with their very eyes, how the bwL Negative Ionizer improved their blood circulation within a short span of 30 minutes. The latest star product from bwL has spoken for itself.



The media fielded queries regarding the Negative Ionizer



The media showed great interest in our star product



Our volunteers gamely took on the Negative Ionizer Experience

Simultaneously, our product is also introduced to the Singapore and Johor Bahru listeners on FM 97.2, every Tuesdays and Thursdays, from 10am to 2pm. Not only that, the press coverage of the bwL Negative Ionizer was published in the Business Times, Lianhe Wanbao and TODAY.

最爱 LOVE 97.2FM



At the same time, the bwL Negative Ionizer workshops encouraged readers of Lianhe Zaobao, Lianhe Wanbao, TODAY as well as U-Weekly to visit our HDB Hub showroom and learn how this product can enhance their health at our workshops. Response has been overwhelming.

We are looking forward to the day when the bwL Negative Ionizer becomes a necessity in all households, very much like how television and personal computers has become a way of life in modern society!

Sounds too good to be true? Let's hear what our bwL Negative Ionizer ambassador, Billy Wang has to say...

"I have always believed in the importance of negative ions towards health. However, in view of our current lifestyle and environment, the negative ions in the air are definitely way lesser than what we actually need. And this is one of the main reason why many people, especially those with breathing related illnesses, are becoming younger and younger these days.

The bwL Negative Ionizer, emits ONLY negative ions which are actually countable. bwL Negative Ionizer is guaranteed to increase your standard of living!

bwL Negative Ionizer gives you 'vitamins in the air', bringing you the crispness of nature like Niagara Falls and forests right into your home and office.

I firmly believe good health begins with the first breath of air!"

Billy Wang
bwL Negative Ionizer Ambassador

Our Testimonials

Let's hear it from our users!



Testimonial

1

Zhang Qing Xing Raymond, 55
Occupation: Freelance
Problem: Sinus problem cured

Zhang Qing Xing sinus problem has been plaguing him for 20 years. Diagnosed with sinus, Zhang Qing Xing has always had breathing difficulties. Zhang Qing Xing says, "The doctor suggested I undergo the knife yet there was no guarantee of a 100% recovery. Therefore, I adopted the use of medicated drip for my nose to ease the condition."

In the past 20 years, he has to resort to applying the medication every 2 hours to loosen his mucus stuck in his passageway. To prevent occasions where he may experience a breathing seizure, Zhang made sure that he has a bottle of nose drip at home, on his body as well as in his car. He says, "In the event of breathing difficulties and where the nose drip is nowhere to be found, it's like the end of the world. I would not be able to speak properly and food becomes tasteless. It's plain torture."

In the past few years, when the Indonesia fog enveloped Singapore, Zhang practically remained in his air-conditioned room and even bought various types of air purifier. However, Zhang says, "Ultimately, this does not solve the root of the problem. It's impossible for me to remain at home the entire day, not going anywhere."

Approximately 2 months ago, Zhang's wife learnt about a machine that is able to produce negative ions and is particularly effective towards people with sensitive noses, and bought it immediately. Zhang says, "In the beginning, I even asked her not to be so easily cheated. Would such an amazing machine exist?"

However, Zhang's wife switched on the lonizer duly every night and also during the times when they are at home. About a month later, Zhang discovered that he seldom wakes up in the middle of the night to drip medication into his nostrils. And now when he's out and about, even if the air quality is not good, or when people smoke, Zhang no longer feels suffocated or breathless.

Zhang says, "Besides having a sensitive nose, I enjoy deep sleep every night. And when I wake up in the morning, I feel refreshed!"



Testimonial

2

Chen Qing, 59
Occupation: Homemaker
Problem: Long term insomnia brought about by diabetes

In the past 30 over years, Chen Qing has been plagued by diabetes and hypertension. The medication she has been prescribed has made it very difficult for her to fall asleep. Often, she would find herself waking up suddenly and having great difficulty falling asleep again. This in turn leads to her emotional upheavals. Her long term insomnia problem also caused her blood pressure to remain high.

According to Chen Qing, "If I do not sleep well the night before my consultation, the blood level for the next day will be very high. In order for me to have a good night's rest, the doctor has prescribed numerous sleeping pills for me." However, Chen Qing is worried she may become reliant on sleeping pills. Therefore, she will resort to sleeping pills only when her insomnia problem is very serious.

2 months ago, Chen Qing bought a set of the bwL Negative lonizer and her condition improved tremendously. She used to wake up in the morning around 1 or 2am and can only fall asleep around 5am or so. However, upon using the bwL Negative lonizer for about a month, even when she was to wake up all of a sudden in the night, she will find herself falling asleep easily. After using the bwL Negative lonizer for 2 months, Chen Qing now enjoy undisrupted sleep throughout the night, waking up feeling refreshed. Chen Qing adds, "With adequate rest, my blood pressure has stabilized to a normal level and this certainly helps in controlling my diabetic problems." ●●●



Available colours:

Cobalt Blue, Metallic Silver

For more product information, log on to www.bwL.com.sg or call our hotlines at:

Singapore – (65) 6311 5111

Johor, Malaysia – (607) 5575575

Kuala Lumpur, Malaysia – (603) 90571133



DRS Pimple Clear Serum

“Out troubled spot! Out!”

Remember how you wished to grow up faster so that you can escape the clutches of adolescent pimples? However upon adulthood, you discover, to your horror, that pimples are not only something we have to deal with at puberty but also in adulthood. When you were younger, you could blame your bout of bad acne on raging hormones but what about now?

What is acne?

Acne is a disorder of the skin's oil glands (sebaceous glands) that results in clogged pores and outbreaks of lesions commonly called pimples or zits. Acne lesions usually occur on the face, neck, back, chest and shoulders.

Acne can be considered the bane of everyone - teenagers and adults alike. Acne not only leaves unsightly scars, it can also cause a lot of anguish, embarrassment and even a low self esteem.

So, is there a solution to this age-old problem?

The variety of medicated applications that promise to turn around problem skin is simply mind boggling. From tea tree formulations to antiseptic creams to astringents and alcohol based products, each promises to deliver the results you desire. But is there a single product that is affordable, leaves no unsightly residue, user-friendly, easy to carry around and actually delivers what it promises?

DRS Pimple Clear Serum has been used by thousands since its launch in 2001.

Why Choose DRS Pimple Clear Serum?

1. Effectively reduces pimple outbreaks and severe acne.
2. Anti-inflammation properties fight against skin infections.
3. Soothes blemishes and relieves pain caused by outbreak.
4. Balances secretion of sebum.
5. Refines pores.
6. Translucent formula leaves no residue.
7. Fragrance and colouring free.

DRS Pimple Clear Serum is suitable for:

1. People of all ages, as long as the skin needs it.
2. Those with severe acne problem.
3. T-zone combination skin.
4. Recent pimple outbreak and controlling the situation.

Achieve maximum results when combined with DR's Secret Nos 1 – 5!

A. Normal to Combination Skin



B. Young & Congested Skin



Note: *Apply Pimple Clear Serum on T-zone or oily areas only. Those with dry skin are not advised to use DRS Pimple Clear Serum.

Apart from hereditary reasons, there are many causes to the development and exacerbation of acne. Here's what you should take note.

Acne develops or worsens....

- During puberty (when you experience an increase in androgens/raging hormones).
- 2 to 7 days before the menstrual cycle.
- During pregnancy.
- When starting or stopping birth control pills.
- When stressed or under prolonged emotional tension.
- Consuming acne causing drugs including androgens, lithium, and barbiturates.
- Greasy cosmetics may alter the cells of the follicles and make them stick together.
- Bad habits like picking on the skin and lack of care.
- Friction caused by leaning on or rubbing the skin or the pressure from bike helmets, backpacks, or tight collars can contribute to or worsen acne.

- Environmental irritants (such as pollution and high humidity), squeezing or picking at blemishes, and hard scrubbing of the skin can make acne worse.

Keep acne at bay!

Bright, clear looking skin does not come about without any effort. It is all the more important for people with bad skin conditions to take extra care on a daily basis. Here's how:

Clean Skin Gently

- Scrubbing will only make the problem worse. Gently wash acne skin with DR's Secret No. 1 Cleanser.
- Those with oily hair should shampoo every day as the debris and dirt accumulated tends to brush against the face.

Avoid Frequent Handling of the Skin

- People who squeeze, pinch, or pick their blemishes risk developing scars.
- Acne lesions can form in areas where pressure is frequently applied to the skin. Frequent rubbing and touching of skin lesions should be avoided, especially since fingernails are full of germs and bacteria.

Avoid Suntanning

- A suntan or sunburn that reddens the skin can make blemishes less visible and make the skin feel drier only temporarily.
- The sun can seriously damage skin, promote ageing of the skin and cause skin cancer. Furthermore, many of the medications used to treat acne make a person more prone to sunburn.

Detox your internal system!

- Accumulation of toxins in the body and the lack of water will lead to acne. The toxins will circulate to various body parts through blood circulation --- causing the formation of acne.
- This is especially so for those who suffer from constipation, as the intestines actually absorb toxins from the faeces. By neutralizing and discharging accumulated toxins out of the body, acne condition naturally improves.
- Increase your fibre intake and drink plenty of water throughout the day. To get the daily recommended amount of water to consume, Body Weight (kg) x 30 (ml). eg. 50 kg x 30ml = 1500ml.
- Reduce consumption of all deep fried, oily, heaty foods and also chocolates and nuts.

With these beauty tips in mind and the help of DRS Pimple Clear Serum, you can finally keep those unsightly spots at bay! ●●●

BifiMax Excellent

How healthy are you? (please tick)

Is your poo ...

- black fingerlike size smelly
 brown sticky

Your stool is a reflection of your health status. If you have ticked any one of the above, you have static stool which is an indication that your health is not in tip-top condition.



Checklist of your stool:

1. Black/Brown: When you consume too much protein (protein includes meat and beans)
2. Smelly: Too much chemically processed food in the diet
3. Fingerlike size: Static stools are stuck along the intestinal walls
4. Sticky: Due to heatiness, toxins & plaque formation along the intestinal walls that are caused by high proteins, high fats and chemically processed foods.

Healthy Stools should be:

- ✓ Yellowish
- ✓ Soft with a layer of mucus
- ✓ Not smelly
- ✓ Big

So what should you do if you are not that healthy?

Why we need BifiMax Excellent?

With urbanization, our lifestyle, unhealthy diet (ie. high fat, high protein) as well as the environment has undergone a complete overhaul. On top of that, other factors like ageing, antibiotics, alcohol, various diseases and stress also cause the number of beneficial bacteria to decrease significantly. This in turn causes conditions like constipation, low immunity, poor indigestion and diseases of the intestines. It is no longer enough to rely on our existing diet and lifestyle to remain healthy and this is why we need BifiMax Excellent.



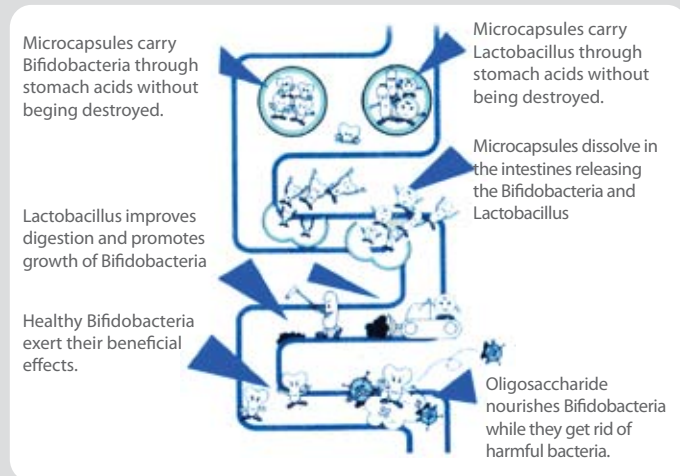
What's BifiMax Excellent And What's So Good About It?

Japan is the country which boasts one of the highest longevity rate. And one of their secrets to long life is the regular consumption of good bacteria. BifiMax Excellent, packed with good bacteria, is made in Japan and has been known to ease some of these repercussions brought about by modern living.

Every stick of BifiMax Excellent contains 10 billion Live Bifidobacteria and 1 billion Live Lactobacillus protected within double coated seamless microcapsules (US Patent no. 5,478,570), which remains intact even in stomach acids and only dissolves in intestinal fluid.

1. Bifidobacteria contains more than 30 strains out of which Bifido Longum is the best and is the key ingredient in BifiMax Excellent. Lactobacillus is also another active ingredient in BifiMax Excellent.
2. With its world patented technology, Hydrophilic Seamless Capsule*, BifiMax will ensure that you get the good bacteria into your large intestines successfully.
3. It is the ONLY product in the world to combine Lactobacillus acidophilus and Bifido Longum.
4. As Bifidobacteria and Lactobacillus are heat, acid and oxygen sensitive, even the material used for the sachet is specially designed to be packed with only nitrogen air thereby protecting the good bacteria.

How BifiMax works



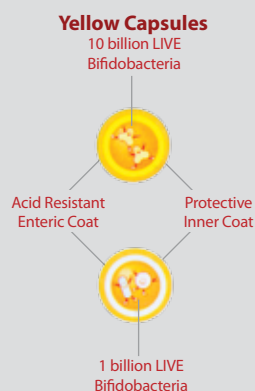
*World Patented Hydrophilic Seamless Capsule

Good bacteria will only be released in alkaline environments. The small intestines are where food nutrients are absorbed while the large intestines are where toxins and solid wastes are stored.

Bifidobacteria (also known as the good bacteria), is the main ingredient of BifiMax Excellent and is extremely sensitive and can only survive in pH 6.5 to 7. Due to the very acidic condition of our stomach (pH 1.2 to 3.5), harmful germs which enter the body with our food are mostly killed, and also killing beneficial bacteria like the Bifidobacteria in the process.

Therefore, in the case of the yoghurt and probiotic foods, it becomes very questionable if any bacteria survived the stomach to reach the ultimate destination - the intestines. Therefore, regular supplementation of BifiMax Excellent is advised.

BifiMax is a unique product manufactured by a patented process known as the hydrophilic seamless encapsulation. This technology allows the Bifidobacteria to be protected in a 2 layer capsule with the outer layer, referred to as the 'enteric coat', is manufactured to withstand the acidic conditions of the stomach and only dissolves in intestinal fluids.



The inner layer, known as the 'protective coat', only dissolves in large intestines to release both the good bacteria. This mechanism will safely transport all the good bacteria into the intestines, where they will exert their beneficial effects.

Benefits of Lactobacillus

- Major source of lactase, the enzyme needed to digest milk, which is lacking in lactose-intolerant individuals
- Produce lactic acid that kills and prevents the growth of disease-causing bacteria
- Produce enzymes which promote digestion

How does Bifidobacteria longum enhance health?

- Produce lactic acid, acetic acid and natural antibiotics that kill and prevent the growth of disease-causing bacteria
- Boost immune function and increase resistance to infection
- Promote good digestive system
- Promote good bowel movement which removes waste and toxin from the body.

BifiMax Excellent is suitable for men, women and children of all ages. Here's help for your ailments:

Here's help for your ailments:

Ailment	Method of consuming BifiMax Excellent*
For below the waist problems: <ul style="list-style-type: none"> • Too much wind • Burping sensation • Constipation • Indigestion • Problem skin • Urinary tract infections • Excess white discharge/vaginal infection 	Swallow the entire sachet with water
For serious conditions: <ul style="list-style-type: none"> • Hand Foot & Mouth Disease • Bird Flu • Dengue Fever • Diarrhoea 	<ul style="list-style-type: none"> • Swallow 1 sachet with water, 3 times a day • Swallow 2 sachets with water. If diarrhoea persists, swallow another sachet with water, an hour later
For above the waist problems: <ul style="list-style-type: none"> • Mouth Ulcer • Sore Throat 	<ul style="list-style-type: none"> • Chew and allow contents to linger on the wound before swallowing • Chew contents

* For best results, take at least 30 minutes before breakfast. If not, take before sleep, 2 hours after food.

Dora's realm of thoughts

Happiness is priceless

The best thing in life is happiness. Enjoying a moment of happiness is not difficult. But how can we ensure constant happiness?



When you are ridden with illness, how can you be happy?
 When you are poor, how can you be happy?
 When you are in pain, how can you be happy?
 When you are lonely, how can you be happy?

The very basis of happiness lies in our 4 Health Values --- Physical, Financial, Emotional and Social Health as well as strong values leading to a happy well-being!

Happiness derived from Physical Health

The importance of good health is often neglected especially when we are fit and healthy. Gradually, as good health begins to slip away from us, faced with illness or impending death, we go desperately in search of all sorts of medication and even seek help from Heavens. Often by then, it will be too late. Therefore, it is important to maintain good health by abiding to a healthy lifestyle and diet.

The primary step in establishing good health lies in a balanced diet, which includes the amount of food we take in and the speed with which we consume our food. Otherwise, it is necessary to include supplementation in our daily diet.

Besides food, we also need to drink at least 6 – 8 glasses of healthy, purified water to cleanse our internal system, breathe in clean, fresh air and also take up adequate exercise.

A product-focused company like bwL is devoted to introducing quality products and maintaining our competitive edge through continuous innovation and advanced R&D techniques. We aim to provide the solution to enrich our consumers' lives, because we strongly believe that a healthy person is a happier person.

bwL is the preferred choice when it comes to enjoying the happiness brought about by Physical Health.

Happiness derived from Financial Health

We all know how uncomfortable it is to be sick and how tough it is to be poor. But to be sick and poor at the same time is really pathetic! Although money is not everything, it is a fact we can't live without money. Especially when we are living in a commercialized society, having money is definitely a good thing. This is because only with money can we provide for our family and also have the power to do good deeds. It is when we have the ability to do as we please and enjoy the well wishes of people around us can we enjoy true happiness.

Therefore, do not let slip any opportunity to establish your own Financial Health.

Establishing financial freedom means having the ability to control your own future, destiny and carving your very own entrepreneurial route. Where else can you find a business that offers a lower risk level, greater returns and which is more fulfilling?

Our Enterprise Network Programme is based on fairness and legitimacy. Everyone has an equal chance at establishing an everlasting networking business. At bwL, it is not only easy for you to begin, you can also see the monetary returns quickly. The main thing is that you will be able to earn big bucks steadily.

To enjoy the happiness brought about by Financial Freedom, bwL is definitely your premier choice.

Happiness derived from Emotional Health

Everyone needs to experience growth. And growth stems from learning. We don't only need knowledge, we also need to improve on our skills and we need wisdom and also spiritual growth in order to establish emotional health.

We need to be able to grasp product knowledge, professional knowledge in terms of nutrition, skin care and weight management, fitness and health as well as the operations of direct selling. Not only that, we also need to elevate our knowledge in the areas of sales techniques, communication, public speaking, leadership and also interpersonal relationship.

"A person's wisdom stems from his attitude and life philosophy."

bwL's Success System allows all Best Worlders' to climb up the hierarchy as they take up training after training to strengthen themselves in terms of Knowledge, Attitude, Skill and Habit.

And when you transform into a knowledgeable, confident and wise person having been through bwL's Success System, the happiness derived from Emotional Health is something money cannot buy. Naturally, you will feel that bwL is your best business partner.

Happiness derived from Social Health

When you are all alone on a deserted island, even when you own the biggest mansion, the most luxurious car, the most delectable feast, the most dazzling jewellery and endless cash, you will not be happy. This is because, happiness not only comes from within, it is also dependent upon human-to-human interaction.

For example, even when you tell yourself a thousand times that "I'm beautiful," it definitely cannot beat having someone else tell that to you, therefore we need to live in a community. This is especially so for teams. A large amount of time is spent with your team and when there is politicking, distrust and bad blood, your life will be a living hell. In such cases, a sense of security will be sadly missing while happiness is far from reality. To get out of such a situation, everyone has to put in the effort to establish harmony. Everyone must be clear on the limitations in harmonious living, what should not be done and what should not be said. When relating to others, we should always treat everyone with magnanimity, possess a positive and forgiving attitude, be sincere as well as bear in mind the importance of teamwork.

In such a small community like bwL, our values are based on harmony, integrity and positivism. Long as each of us behave well, we will be able to positively influence others in establishing a HIP community which is warm, harmonious, energetic and happy family.

Happiness is a feeling. Building the foundation to happiness involves encompassing all areas of our lives. Let us constantly enrich our souls, establish physical, financial, emotional and social health at bwL, living life at its best! ●●●



205

**Science of Leadership
Leadership Training
cum Health/Diet Camp
(Singapore & Malaysia)**



8 – 10 January, Nacli Camp, Singapore
17–19 February 2006, Century Mahkota Hotel, Melaka
21–23 April 2006, Medeka Place, Kuching

205-001 & 205-002 enjoyed many firsts in the history of bwL. The highlights of the camp were:

- Health Talks • Motivation Talk • Leadership Talks
- Role-playing Games • Weight Loss Contest



For the first time ever, 205 participants are introduced to a set of good lifestyle practices to be applied to their everyday lives. This camp introduced a holistic approach towards effective weight management through a healthy diet, reduced intake of calories, inner cleansing, regular exercise and also the right way to consume your food and drink. ●●●

1. 205 was conducted with PDs, GDs, SDs and BMs – the first time bwL conducted a camp with bwL members from all ranks.
2. Come on everybody! Let your hair down and go wild!
3. Through our various group activities, the participants got to know more about their group members and themselves.
4. The secret to a delicious bowl of congee is carrots, cabbages, sliced chilli and pepper! It's Congee time!
5. Dr Dora Hoan sharing her wealth of knowledge.
6. Rise & shine! Time to shed those extra kilos.
7. Our 205 participants displayed their creativity, humour and knowledge on the direct-selling business.



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8. Hone your teamwork! Don't let that ball touch the ground.
9. The importance of proper communication was instilled to our participants through the innovative way of origami.
10. "Good morning, Ohaiyo, Selamat pagi."
11. Our Malaysian 205 participants beaming upon graduation.
12. Mr Jerry Lu, Country Manager of Singapore and Indonesia, sharing his words of wisdom.
13. Why my age is an advantage in the direct selling business.
14. How do we make it as a team? By embracing one and all!

103 & 203 Success System

bwL is very proud of our training system that has been carefully integrated into the development programme aimed at nurturing well-rounded leaders. Our training system follows a systematic series from 1 – 3. Organised in the spirit of education and discovery, bwL groom and instil in all individuals the necessary social skills, in-depth product knowledge as well as personal development skills that help them excel towards living life at its best! ●○○



Our 103 students flew all the way from Indonesia to attend 103 conducted by trainer, Ms Audrey Koh



Our Indonesian participants expressing their appreciation to trainer, Ms Audrey Koh



Participants proudly showing off their final artwork



Here's the first batch of 203 participants, grinning from ear to ear during graduation



The second batch of proud 203 graduates

bwL StarLight & Convention International Convention 2006

The greatly anticipated Convention will be back in May 2006. This time round, to express the heavyweight status of our Million Dollar Achievers, we have set aside a StarLight Convention specially for them! And our newly promoted Silver Directors, Gold Directors and Platinum Directors will have their field day at our International Convention 2006! Get inspired by the words of wisdom by our top distributors!

StarLight Convention 2006

Date: Saturday, 20 May 2006
Time: 6.00pm
Venue: Singapore Indoor Stadium

International Convention 2006

Date: Sunday, 21 May 2006
Time: 1.30pm
Venue: Orchard Hotel ●●●



Billy Wang
MediaCorp Radio Love 97.2FM DU



Taufik Batiliah
Artiste Networks Artiste



Golden Landmark Official Opening Saturday & Sunday, 18 & 19 March 2006

"The landmark for the Malay community to seize golden opportunities."
Dr. Dora Hoan and Dr. Doreen Tan ●●●



The official opening enjoyed great fanfare with our founders' Dr. Dora Hoan and Dr. Doreen Tan gracing the event.



bwL Tristar branch has shifted to Golden Landmark, #03-28. Call (65) 6348 9949 for enquiries.



Attractive prizes were given away to participants, children and adults.



A.B. Shaik bringing much fun and laughter to our founders and all present.



The winner for the Puzzle Game walked away with an IQ set.

Proud to be Yourself

bwL Thailand Gala Dinner Party



Top distributors like Ms Chada Tingha, Ms Kritsada Sae-Tan and Ms Mayurin Assawawong Kasen were presented with tokens of appreciation by Mr BanChin Huang.

The Annual bwL Thailand Gala Dinner was held at the grand Swissotel Le Concorde Hotel on Saturday, 21st January, 2006. It was held as a gesture of appreciation towards our Thai distributors in the past year. The event also saw the unveiling of bwL's latest star product - the bwL Negative Ionizer, by Mr BanChin Huang, Executive Director. ●●●



bwL Business Managers having a whale of a time at the KTV session.



bwL supporters came from various provinces within Thailand for this happy gathering.



Opening of Causeway Bay Lifestyle Centre, Hong Kong

Following Mongkok Lifestyle Centre, the second Lifestyle Centre in Hong Kong, Causeway Bay Lifestyle Centre is open! The Grand Opening on Thursday, 23 March 2006 was graced by our Chairman Dr. Doreen Tan.

Dr. Doreen Tan captivated the audience with her secret to her youthful looks and svelte figure - DR's Secret and **optrimax**. Our distributors also shared their magical experience in terms of product usage and career development with bwL. May Causeway Bay Lifestyle Centre in Hong Kong enjoy many more happy days and great success in the days to come! ●●●

Contact us at:
 Room 1903, 19/F Fortune Centre, 44-48 Yun Ping Road
 Causeway Bay, Hong Kong
 Tel: (852) 2882 2148
 Fax: (852) 2882 2787



Dr. Doreen and Dr. Pengo at the official opening



Our Platinum Director, Irene Ng, sharing the joys of being part of the Best World family



The DR's Secret & **optrimax** talks conducted by Dr. Doreen enjoyed an overwhelming response