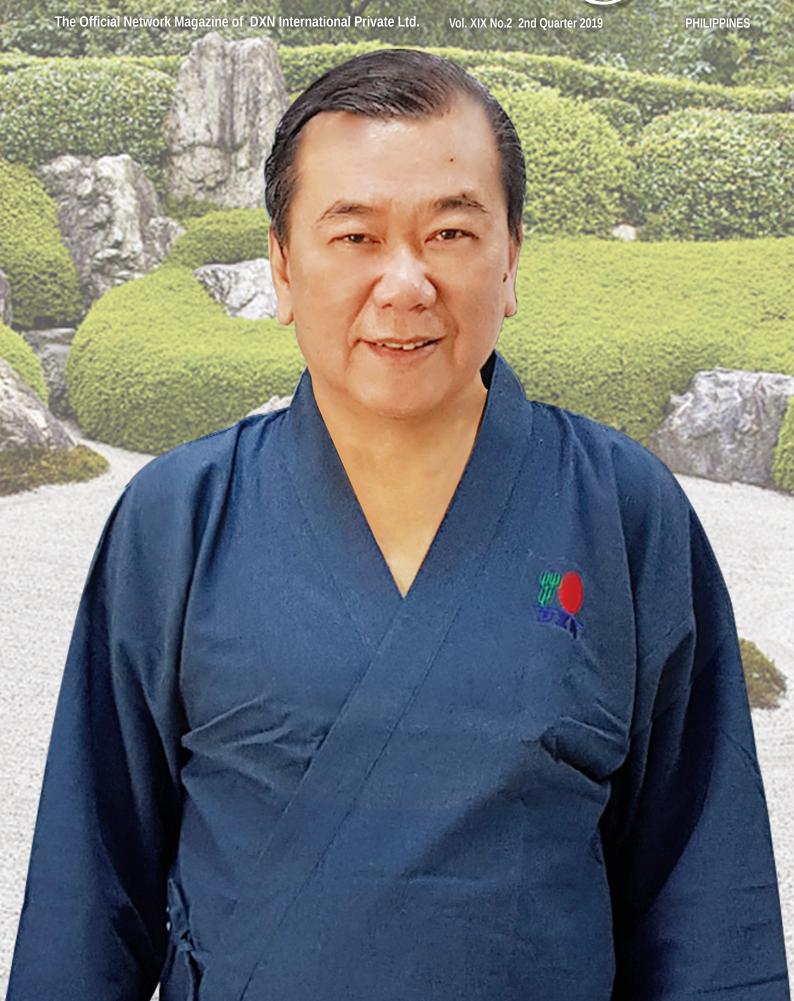
Good Morning







The Official Network Magazine of DXN International Private Ltd. 2nd Quarter 2019



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Message FROM THE CHIEF EXECUTIVE OFFICER

Greetings to all valued DXN people!

The DXN Philippines' 20th year marked another period of wins for us, with our company continuing to be among the MLM leaders in the world. We have significantly expanded our scope and evolved into the solid MLM industry that we are today. DXN is ranked as the Top 15 direct selling company worldwide in "2019 DSN Global 100 — a listing of the top 100 direct selling (network marketing) companies in the world based on revenue.

After establishing a massive manufacturing plant and two distribution centers in China, DXN Holdings Bhd. is continuing its global expansion, with the latest being its new factory in the southern Indian state Telangana that is set to be completed in 2020.

Truly, our impressive achievement would not have been possible without the complement of highly capable and talented DXN people. As we face tougher challenges and bigger hurdles ahead, I expect nothing less of you all the DXN members – I trust that you maintain your focus and observe the highest standards of service and professionalism, as we envisage our collective aspirations to build a better future.

My best wishes for your continued success in the future.

Listoit .

Dato' Dr. Lim Siow Jin DXN Founder and CEO



FROM THE CHIEF MARKETING OFFICER

Dear Valued Distributors.

Good Morning!

Once again we have seen the magnificent achievement of DXN to be ranked #15 in the DSN Global 100 this year. This is a spectacular jump in ranking from the previous year of being #22. With the annual growth rate of 20% for last year, the annual sales of DXN have surged to USD1.25 B. Surely, we feel great about setting the new milestone for DXN.

The recent Leadership Camp at Manila, Baguio, and Davao attended by our CEO Dato' Dr. Lim has brought about great motivation to the market. He has briefed about the 3 phases of growth for DXN over 26 years from survival phase to the expansion phase and now stability phase with so many leaders who have achieved financial freedom and be a free man. He also stressed on the need to practice Sunyata which will lead to a neutral mind for overcoming an agitated mind. Hundreds of DXN leaders who attended this session of exercise would surely have gained new experience about Sunyata or emptiness. Reset your mind to righteousness doing away with unwanted attachment, delusion, and differentiation giving rise to the freedom of mind full of wisdom. The Kimono wear will soon become the new casual uniform of DXN to practice Sunyata or attend mega event of DXN. This is the kind of healthy way of DXN life for our members besides having healthy products.

In China, we have good news to share. We have gone through the inspection of our factory for manufacturing Spirulina Noodle and certified as approved for the Manufacturing License. This simply means we can start producing Spirulina Noodle in China. If product registration can be obtained in the Philippines, then importation for sales will soon be possible. This will be another newproduct for launching in the market.

We are progressively working on the company expansion plan to penetrate into the market of Russia for this year. Most likely 2 branches will be set at Ulan Ude and Uzbekistan in the coming few month time. Philippines being the pioneer country of DXN, we hope our great leaders can be as aggressive as in the early days to follow this expansion program of the company to venture into these new markets overseas.

TEOH HANG CHINGChief Marketing Officer

Message FROM THE COUNTRY MANAGER

Greetings to all our valued DXN members,

The big news - DXN is the 15th Best Direct Selling Company in the World as declared by DSN Global Ranking. It is proven repeatedly that DXN will be very soon the world's biggest direct selling company. Our Mission & Vision has always been very clear: We have been working strategically in the right direction with the mindset of go-getters. DXN always offer the best Product, the best System, and the best Income. We firmly believe that what is good for the people is good for the company, that is why we keep it simple & natural understanding the human need for Health, Wealth and Family's financial security.

DXN has produced many entrepreneurs in the last 2 decades. With DXN, one can easily achieve their dreams as it drives you through C.L.E.A.R path to success

C – create "Can Do Attitude, perhaps a better name for this attitude should be "Can do it eventually if I don't give up". Success come in CAN's not in CANNOT's

L – Let go any excuses we think hold us back. Our thinking either contributes or contaminates our ability to succeed. Seek to be mindful of thoughts that empower us and endeavor to be mindless of thoughts that expire us. Letting go is not Giving Up.

E – Elevate our vision of a Compelling future to pull us towards its realization. It's the accumulation of our daily actions, over time, that delivers us to our intended and imagined future. We must strive to see and hold our full potential.

A – Act Accordingly. As we take action, we need to act with a deep knowing that the action is leading to the realization of the goals that will bring us to our vision We are the generators of our success and well-being.

R – Regenerate. Do it again and again and again, each time bringing an increased capacity of new learnings, skills that will expand the "Can Do" attitude and elevate our vision to inspire our actions to clear the path to greater success.

DXN will endeavor new milestones soon and I wish great luck to all our 8.2 million distributors worldwide to keep working hard and make this world healthy, prosperous, eventually a good place to live for us and for our coming generations.

God Bless You!

God Bless DXN Philippines!!!

DEBYA PRAKASHInternational Marketing Director
Country Manager, DXN Philippines



How to Avoid Diabetes?



Written by Rustum 'Jojo' B. Alcuezar

iabetes occurs when your blood glucose, or blood sugar, levels are too high. Glucose is the energy that fuels your body's internal functions (builds, maintains, and repairs cells and body tissues) and supports its external activities (walking, working, dancing, playing, etc.). Your body converts the food you eat into glucose for energy and storage. However, glucose cannot be absorbed by your cells directly without the help of insulin - a hormone produced by the pancreas, which helps regulate, or control, your blood sugar. Insulin helps keep your blood sugar level from getting too high (hyperglycemia) or too low (hypoglycemia).

You have diabetes if your levels of glucose or sugar in your blood are higher than normal. With diabetes, your body either doesn't produce enough insulin (type 1 diabetes) or can't effectively use the insulin it does produce (type 2 diabetes). Without sufficient insulin, the glucose stays in your system. Over time, this can cause serious complications. It can damage organs and tissues throughout your body, e.g., your kidneys, eyes, heart, and nerves. Diabetes can cause stroke, heart disease, blindness, severe dehydration, recurring infections (because elevated glucose levels make it difficult for the body to heal), possible amputation, and coma.

It's just normal to experience slight fluctuations in blood sugar levels; it also happens on a regular basis in people who do not have diabetes. But when your blood sugar levels get too high you will develop hyperglycemia. This usually happens if your diabetes is not treated properly. Other factors, like food and physical activity choices, illness, prescription medications, or not properly taking your diabetes medication could also contribute to hyperglycemia.

Hypoglycemia, on the other hand, occurs when your blood sugar levels are too low. This usually happens when you use insulin or

take medication to reduce high blood sugar levels improperly, especially when you skip your diabetes medication. Other factors that may cause your blood sugar to drop very low include drinking too much alcohol, unplanned physical activity, or eating meals later than usual or eating less than normal.

Complications from Hyperglycemia

Persistent hyperglycemia can lead to stroke, heart attack, or circulation disorders which may lead to amputation, kidney disease (nephropathy), nerve damage (neuropathy), diabetic eye disease (retinopathy). If not treated immediately, hypoglycemia can result in severe confusion and disorientation, unconsciousness, seizures, coma, or death.

Causes of diabetes

The real cause of diabetes is not yet established. People with type 1 diabetes cannot produce sufficient insulin because something is wrong with their pancreas, thus they will need insulin injections to allow their body to process glucose. Scientists assume that the immune system mistakenly attacks and damage insulin-producing beta cells in the pancreas. A virus infection could have triggered the disease. Genes and environmental factors may also play a role in some patients.

Type 2 diabetes usually begins with insulin resistance (your body is not able to use insulin properly). Type 2 diabetes may also be caused by a combination of genetics, environmental, and lifestyle factors. You are more likely to get this disease if you are not physically active and are overweight. Being obese makes your cells resistant to insulin. Sometimes certain medicines can impair or disrupt the way insulin works.

TIPS to help you avoid diabetes:

- 1. Eat a balanced, healthy diet. Eat a diet lower in carbohydrates, more fruits, and vegetables.
- 2. Monitor your weight, blood pressure, cholesterol, and blood sugar levels.
- 3. Manage your weight.
- 4. Drink water and stay hydrated.
- 5. Exercise regularly.
- 6. Limit your alcohol intake.
- 7. Don't smoke.
- 8. Cut back on salt.
- 9. Limit processed foods.

- 10. Control your blood pressure.
- 11. Control stress levels
- 12. Reduce your fat intake, especially saturated and trans fats. Too much cholesterol accumulates in your bile, the substance made by your liver to help digest fats that can harm your pancreas.
- 13. See your doctor for regular check-ups.

Diabetes-related complications include heart disease, stroke, kidney disease, blindness, and problems with feet and nerves.

Boost Your Immune System with Ganoderma

One of the most superior medicinal plants in the world!



Ganoderma is a red mushroom, also known as Reishi or lingzhi, often known to strengthen the immune system. This ultimate herbal substance is a potent source of **antioxidants** — compounds thought to fight against disease, premature aging, and to neutralize free radicals — substances which cause cellular damage that can lead to many diseases, including heart disease, liver diseases, and certain cancers). Ganoderma lucidum is also known to reduce high blood pressure, lower bad cholesterol, and promote blood flow.

Ganoderma's potent quality can be attributed to its 3 powerful substances proven to boost the immune system:

- ORGANIC GERMANIUM helps improve blood circulation, improve oxygen supply especially to the brain cells, reduce bad cholesterol levels and blood pressure, stabilize blood sugar, improve heart and liver functions, and strengthen bones and the immune system. Organic germanium also helps facilitate the body's natural response to inhibit free radicals that cause cancer in humans.
- POLYSACCHARIDES. These complex carbohydrates are used as potential energy sources: to promote cardiovascular, liver, and intestinal health; to help stabilize blood sugar and blood pressure; to help in weight loss; to support the immune system; to help heal common ailments and wounds; and to provide many other vitamins and minerals necessary for overall health. Polysaccharides exhibit antitumor (prevents or inhibits the formation or growth of tumors); anti-mutagenic (reduces the rate of mutation); immunomodulatory (allows the system to selfregulate: to strengthen it when it is weakened and to suppress it when it is overactive); antithrombotic (prevents stroke);

anticoagulant (prevents coagulation or clotting of blood); anti-inflammatory (reduces inflammation); antimicrobial (kills microorganisms or inhibits their growth), and antiviral (fights viral infections) activities. Polysaccharides detoxify the body.

• TRITERPENES have been known for its anti-inflammatory (helps reduce inflammation), antiviral (helps fight virus), antimicrobial (helps fight bacteria), and antitumoral (helps prevent tumors or cancer) capacity, as well as being immunomodulatory (having the ability to improve immune functions) compounds. Triterpenes have a strong antioxidant activity which is also a promising agent in the prevention of diabetic complications.

Ganoderma also contains the following active ingredients: Proteins, Vitamins, Minerals, Dietary Fiber (All these are essential for human health and life); Adenosine (regulates the body's hormone functions, improves blood circulation, revitalizes the metabolism, controls cholesterol level, reduces obesity, boosts energy levels, fights off stress); and Ganoderic Essence (keeps the skin healthy).

DXN RG / GL

With Ganoderma extract, these powerful duo provides both NUTRITIVE and HEALTH benefits to the human body.



DXN PORIA MUSHROOM S



Is formulated from the mycelium of Poria cocos

DXN Poria Mushroom S is formulated from Poria cocos, a 100% mycelium of Poria cocos. Widely used in Chinese herbalism, Poria Mushroom is traditionally used for strengthening the body and for maintaining health.

Poria cocos

Poria cocos is a type of mushroom that is used extensively as a medicinal mushroom. Traditionally, Poria has been used for its tonic effects (restoring or improving health or well-being). Poria's potentially beneficial pharmacological actions can be attributed to its two main chemical components: polysaccharides and triterpenes.

- Polysaccharides (See Ganoderma)
- Triterpenes (See Ganoderma)

Poria's other useful compounds are ergosterol (helps regulate cell fluidity and structure), caprylic acid (possesses potent antibacterial, antiviral, antifungal, and anti-inflammatory properties), undecanoic acid (exhibits antifungal properties), lauric acid (could potentially help with weight loss and lower bad cholesterol levels), and dodecenoic acid (helps fight infections).

Bee Pollen

Bee pollen contains a wide variety of beneficial substances, including protein, vitamins, minerals, carbs, fats, and enzymes. Bee pollen also contains antioxidants, substances which protect your body against free radicals. Damage caused by free radicals is linked to dreaded diseases,

including cancer and diabetes.

DXN bee pollen's main component, bee pollen, has been highly regarded as "Nature's Most Complete Food". It is a natural source of protein, minerals, amino acids, and enzymes.

DXN BEE POLLEN



DXN LION'S MANE TABLET



Nature's nutrients for your nerve cells

Lion's Mane

Lion's Mane mushroom has been considered as a very nutritious and valuable food in China and in Japan for hundreds of years. Containing almost all types of amino acids needed by the body, this unique mushroom is also rich in nutrients, minerals, polysaccharides, adenosine, and vitamin B12, among others. It has long been considered a medicinal mushroom and may help regulate blood lipid (energy storage) levels and may help reduce blood glucose levels.

DXN ANDRO-G

Andrographis paniculata

Due to its powerful immune-enhancing properties, Andrographis paniculata has been highly regarded as having a preventative effect against many ailments.

Due to its powerful immune-enhancing properties, Andrographis paniculata has been highly regarded as having a preventative effect against many ailments.

Studies reveal that this potent herb also exhibits anti-inflammatory (reduces swelling); antibiotic (fights bacterial infections); hepatoprotective (has the capacity to protect liver and gall bladder damage); antipyretic (reduces fever); antimalarial, (prevents and treats malaria), anti-thrombotic (blood clot preventative); hypoglycemic (lowers blood sugar level); anti-microbial (ability to fight common cold, flu, respiratory infections); expectorant (facilitates the secretion or expulsion of phlegm, mucus, or other matter from the respiratory tract); vermicidal (kills parasitic intestinal worms); antifungal (treats fungal infections) activities.



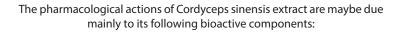
DXN Andro-G contains 100% pure Andrographis paniculata.

DXN CORDYCEPS



Cordyceps sinensis

Also known as Chinese caterpillar fungus, this rare type of fungus grows on the caterpillar until the larva dies, at which point it germinates a mushroom. Cordyceps is valued for its activity (in traditional Chinese medicine) in helping the following: restoring energy, strengthening the immune system, rejuvenating and enhancing sexual energy, facilitating the prevention of diabetes, regulating the metabolism, and maintaining proper blood viscosity.

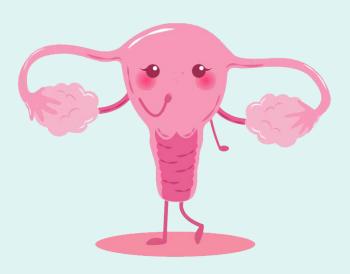


- Cordycepin (3-deoxyadenosine) has interesting properties as an anti-fungal, anti-tumor, anti-viral agent.
- Adenosine an anti-inflammatory agent
- Polysaccharides has antimetastatic (having to do with reducing inflammation) and antitumor effects, effective in regulating blood sugar.
- Peptides are good for skin care
- Polyamines are important in the regulation of cell proliferation and cell differentiation.
- All of the essential amino acids necessary for good health
- Vitamins (E, K, B1, B2, and B12) are substances that our body needs to grow and develop normally.
- Trace elements (K, Na, Ca, Mg, Fe, Cu, Mn, Zn, Pi, Se, Al, Si, Ni, Sr, Ti, Cr, Ga, V, and Zr) – for maintaining and recovering health.
- Proteins are what our body needs to repair and maintain itself.



Your natural remedy for some health conditions

DXN takes active role on



Cervical Cancer Prevention

Written by Rustum 'Jojo' B. Alcuezar

n recognition of Cervical Cancer Awareness month, DXN conducted seminars to raise awareness on cervical cancer prevention and to educate the public about important steps women can take to stay healthy.

Cervical cancer (CC) is the third most prevalent cancer in women worldwide and is the leading cause of death among women aged 15-50. The Human Papilloma Virus (HPV—a sexually transmitted infection) is the common cause of CC. Almost every women is at risk of developing cervical cancer, married, single and even those who has no experience when it comes to sexual intercourse.

The good news is that cervical cancer is a highly preventable and treatable cancer. Community education (bringing awareness to cervical cancer prevention), vaccination (to prevent HPV), regular screening and follow-up care, proper nutrition, diagnosing the disease at an early stage and carrying out effective treatment significantly reduce the risk of cervical cancer.

Harnessing your body's own healing power, by eating enough immune boosting foods, has shown to be effective in fighting off many diseases including cancer.

Details and Photo credit: Sales & Training Department



Dr. Michaela Sadsad shares some tips for preventing cervical cancer. "Preventing cervical cancer before it really starts is the best way to fight this disease," the doctor explains. "The more healthy foods you eat, the better your chances of avoiding serious illness."



The attendees listen attentively during the lecture. What they learned from the seminar are priceless. Having multiple sexual partners is one of the risk factors of human papillomavirus (HPV) infection — a major cause of cervical cancer. If you have a strong immune system, HPV doesn't last very long because your body is able to fight it. But in some women, for those who have weakened immunity, it can last longer and most likely will develop into cervical cancer.

Diet and nutrition could offer some protection!





Proper diet and regular exercise is an important part of maintaining a strong immune system to help ward off infection and illness, may help reduce the risk of heart disease, obesity, type 2 diabetes, stroke, and certain type of cancers.

Black Cumin

Nature's wonderful gift!

Helps regulate an imbalanced and dysfunctional immune system to defend your body optimally, Black Cumin has been used by people as a natural remedy for thousand of years. This black seed contains thymoquinone, which possess antioxidant, anti-inflammatory, tumor-reducing, and hepato-



The DXN **Black Cumin**



Specially formulated from selected quality Black Cumin seeds, the DXN Black Cumin is added with clove and black pepper to enhance its efficacy.

Lemon and its **Proven Health Benefits**

Written by Rustum 'Jojo' B. Alcuezar

emon is a good source of vitamin C, a substance that has many scientifically proven health benefits. A primary antioxidant that helps fight free radicals, vitamin C may help reduce your risk of stroke and cardiovascular disease, and lower blood pressure.



Lowering stroke risk

Researches have validated that a high consumption of fruits and vegetables, which are a major dietary source of antioxidants (a substance such as vitamin C or E that can prevent or slow damage to cells caused by free radicals), is associated with a reduction in the risk of stroke. According to the study, low level of vitamin C is a risk for spontaneous brain hemorrhages. A hemorrhagic stroke happens when a weakened blood vessel bursts and bleeds into the surrounding brain.

Reducing cardiovascular disease

Vitamin C may help prevent the progression of hardening of the arteries (atherosclerosis) - a disease in which plaque (made up of fat, cholesterol, calcium, and other substances) forms inside your arteries. The hardening of plaque narrows your arteries, which can lead to heart attack, stroke, peripheral artery disease, or kidney problems, depending on which arteries are affected. Aside from keeping your arteries flexible and preventing damage to bad cholesterol, vitamin C can also provide some protection through several ways, including antiinflammatory effect and improved blood vessel function.

Helping you lose excess weight

Lemon may help reduce body's excess weight. The polyphenols (a form of antioxidant) present in this fruit can help prevent body weight gain and body fat accumulation.

Maintaining a healthy blood pressure

Vitamin C has shown to have blood pressurelowering effects. Taking vitamin C, especially in fruits like lemon, may help relax the blood vessels, which helped reduce blood pressure levels. High blood pressure puts you at risk of heart disease.

Reducing uric acid in the blood

Vitamin C-rich foods may help reduce blood levels uric acid, thus lower the risk of gout.

Improving your skin quality

Bringing a healthy glow to the skin, lemon may also help prevent the development of wrinkles, dry skin from aging, and damage from the sun. The vitamin C in lemon plays a vital role in the formation of collagen, a major component of your skin, which plays a role in maintaining healthy skin complexion, improving skin texture, elasticity and hydration. As you get older, your body produces less collagen, leading to dry skin and the formation of wrinkles.

Boosting immune system function

Vitamin C may boost immunity by helping white blood cells function more effectively, strengthening your skin's defense system and helping wounds heal faster.







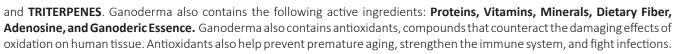
Ganoderma Lucidum

The "Miraculous King of Herbs"

Written by Rustum 'Jojo' B. Alcuezar

Considered as one of the most important herbs in Asian healing, Ganoderma lucidum is prized more on its pharmaceutical rather than its nutritional value. This red mushroom has been making its way to the west, too. Aside from promoting health and longevity, Ganoderma is believed to have unique components that may contribute much to the strengthening of the immune system.

Ganoderma contains 3 powerful substances proven to boost your immune system: ORGANIC GERMANIUM, POLYSACCHARIDES,



(For the details of all the above-mentioned components, please refer to page 9 of the "Good Morning" magazine 2018 fourth





Drinking tea may help improve your health

Researches reveal that the benefits of drinking tea go far beyond refreshment. It also offers numerous health benefits. Studies have shown that teas may help reduce your risk of heart attack and stroke, as well as possibly even helping to boost your brain and mental state; lower the chance of having cognitive impairment; lower stress hormone levels, bad cholesterol levels, and blood pressure; ease irritability, headaches, nervous tension and insomnia; increase your metabolism; strengthen your immune defenses; and help fight infection.

In line with the wellness trend, DXN introduces



DXN New Product Attracts Consumers!

Grand Launching of the DXN Lemonzhi: A Big Success!

Written by Rustum 'Jojo' B. Alcuezar Photo credit: MSSD



n April 24, 2019, the DXN Philippines brings a new product to market – The DXN **Lemonzhi!** It's a tea mixed with lemon and Ganoderma extract. Specially formulated from high quality natural extract of lemon, tea, and Ganoderma, the DXN Lemonzhi is a healthy variation and refreshingly delicious beverage, a perfect boost of energy to turn you into the ultimate powerhouse. The DXN Lemonzhi is a refreshing drink well received by the audience. The crowd went into a frenzy the day of the launch as the products were sold out in a matter of few minutes.

While strong sales results are a fantastic indicator of the product launch success, other goals can also be given due consideration, such as increasing brand awareness, which ensures long-term growth and success. The event was participated by the big-time DXN personalities like CA Jaime Quedding, CA Markwin Lopez, TCD Marlon Mapa, ESCD Eric Dumlao, SCD Frederick & Bevelyn Lauron, ECD Joseph & Ruth Estrada, ECD Elvira Aquines, active Diamonds, the Speakers Bureau and the Service Center Directors from Metro Manila, North Luzon, and South Luzon.



DXN International Marketing Director and DXN Philippines Country Manager Debya Prakash, with the DXN Gano mascot behind him, greeted the attendees. The launching of the DXN Lemonzhi is successfully held in April 24, 2019 at the DXN Philippines Headquarters and to all DXN branches nationwide simultaneously. Considerable number of visitors and distributors participated in this activity and enjoyed the DXN new product.



Every attendee received a snack and a free-taste of the lemonzhi juice.



Attendees get to learn from seasoned MLM experts like Crown Ambassador Jaime Quedding, placing emphasis on how the product can affect and benefit the audience.



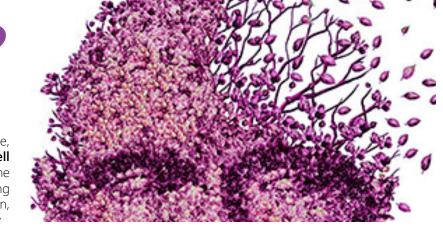
The DXN Management team and some DXN leaders share light moment on stage.

What is Alzheimer's disease

and how is it treated?

Written by Rustum 'Jojo' B. Alcuezar

Alzheimer's is a **neurodegenerative** disease, which means there is progressive brain cell death that gradually worsens over time. The disease slowly destroys memory and thinking skills, weakens certain parts of the brain, diminishes the ability to carry out everyday



tasks, and on its final stage, brain tissue shrinks significantly (atrophy). The victim can no longer communicate and are completely dependent on others for their care. As the disease progresses to severe stage, the patient may be in bed for the rest of his life until the body shuts down.



What causes Alzheimer's?

Scientists are not yet fully aware what really causes Alzheimer's disease. They believe that the disease is caused by a combination of genetic, lifestyle and environmental factors that affect the brain over time. Latest research suggests that Alzheimer's happens when plagues containing beta amyloid protein (brain's sticky defense against invading microbes) form in the brain. Microbial infection could be triggering the formation of these plaques, as brain's response to fight off the invading microbes. However, once these plaques aren't cleared away fast enough, they may then lead to the progression towards Alzheimer's disease.



Treatment of Alzheimer's disease

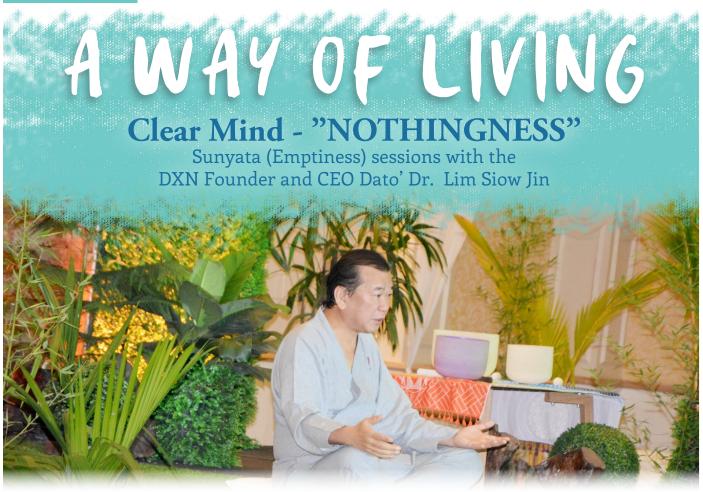
No one drug or other intervention can effectively treat Alzheimer's disease due to its complex nature. Modern medications may temporarily improve symptoms or slow the rate of progression. Scientists hope to take up several possible interventions and therapies targeting specific mechanisms to stop or prevent the cause of the disease. Changing lifestyle patterns can, to some degree, alter your risk of developing Alzheimer's disease. For example, regular exercise and a healthy diet rich in fruits and vegetables.



A balanced immune system is key

While there are lots of ways and treatments available to combat disease, one of the best ways to get over it is to prevent it. A proper working immune system (your body's natural defense system) is the key to preventing infections and achieving optimal health. However, when your immune system doesn't work the way it should (weakened immune system), you would constantly get sick, and the effects could be serious — even fatal!

Your immune system is greatly affected by your lifestyle, emotional state, level of stress, eating habits, physical activity, sleeping habits, and nutritional status. But nutrient deficiency is the most frequent cause of a weakened immune system.



Written by Rustum 'Jojo' B. Alcuezar

DEMONSTRATING YOGA POSES: DXN Founder and CEO Dato" Dr. Lim Siow Jin was conferred the Doctorate of Philosophy (PhD) in Alternative Medicine by the Indian Board of Alternative Medicine in 1997. In 2002, he was conferred the Doctorate of Science (Alternative Medicine) by Indian Board of Alternative Medicines, Millennium Award by the International Association of Educators for World Peace, Albert Schweitzer Award by the Positive Life Foundation and Physician of the New Millennium Award by the Alternative Medicines Research Institute (Canada). Dato' Dr. Lim started the DXN business in his quest of the benefits of mushroom on human health.



Working with DR. Lim is Dr. Rajesh S. Savera, an Ayurveda physician, psychotherapist and counselor, author, wellness speaker, and behavioral therapist. Dr. Rajesh cultivates the idea of wellness through following the principles of Ayurveda - a sophisticated and powerful mind-body health system.

Headed by Dr. Lim Siow Jin, the DXN Philippines offered Sunyata (Emptiness) sessions which offered techniques to help the participants strengthen their body, tone down their emotions, and clear their mind. Why emptiness? In Buddhist philosophy, we are empty of self-essence. It means that "all things are empty of elemental existence and nature. All phenomena exist interdependently and are void of self-essence. So, things and beings "exist" only in a relative way. This concept is so profound that trying to interpret it without absolute wisdom would only lead us to worldly knowledge not its deeper implication.

"Sunyata is a life-changing activity and that everyone should be able to enjoy its benefits," Dr. Lim stressed. Participants were guided towards attaining happiness, improving their quality of life, helping them enrich their mind, body, and spirit, leading them to the right path: avoiding disorientation and excessive mental overload.

Just like a computer, our mind has its boundaries and needs rebooting when it is overloaded. In a stressful environment, we now live in, we must learn how to break

from the hustle and bustle of everyday life. Sunyata therapy is spending one moment calming your mind of all thought. We all have bad thoughts sometimes. But if you constantly having negative thoughts it can be a habitual pattern and become toxic. The more you try hard to stop thinking negatively, the more those thoughts sink in and linger there, making you sleepless, draining your energy. This can suppress your immune system and cause you to get sick more easily. Resisting them can actually just make things worse. To get rid of negative thinking, you need to practice Sunyata. This can help clear your mind of those pesky negative thoughts. It is about spending one minute CLEARING YOUR MIND of all thought, THINKING ABOUT NOTHING! Try to empty your mind and then fill it with something positive.

PUT A POSITIVE SPIN IN YOUR THINKING!

Poor perspective can result in negative thinking. Instead of thinking, "My illness is getting worse every day for I do not have money to buy medicine. It seems that everything in life is going downhill," think "I'm facing some tough times, but I'm working on finding solutions."

Fine tuning your thought patterns can make a huge difference in your life. Yes! There is always a solution. When it comes to providing good health and income opportunity, DXN is your good partner.

Sunyata is about maintaining health and well-being. It will help you harmonize your physical (boosts immune system, strengthens your body), emotional (leads to optimism and compassion, making you happier), mental (leads to deeper self-knowledge -knowing one's true nature), and spiritual levels (ultimately leads to "enlightenment"), resulting in an awareness of higher levels of existence.

"This is one of our numerous ways of helping you, aside from offering you the best products and services that you deserve," Dr. Lim pointed out. "We care for your well-being and your future because we value your dynamic partnership with us, which forms the bonds of a lasting relationship." The DXN founder concluded amidst thunderous applause.

n two separate occasions, the DXN Philippines invited everyone to experience an integrated wellness exercise program that allowed participants to enhance and promote their physical, emotional, mental, and spiritual well-being.



Baguio City: May 19, 2019, Azalea Hotels & Residences



Davao City: May 21, 2019, Davao Convention & Trade Center

EAT RIGHT, DON'T EAT LESS



PURPLE

Anthocyanins, a compound which has an antioxidant effect. According to herbal medicine, anthocyanin-rich substances have long been used to treat a number of conditions (including high blood pressure, colds, and urinary tract infections).

Anthocyanins may also help fend off major health problems, including heart disease and cancer.

YELLOW

Bioflavonoids, or flavonoids, are a large class of powerful phytochemicals.

Not only are bioflavonoids impressive in and of themselves, but they also help maximize the benefits of vitamin C by inhibiting its breakdown in the body.

RED

Lycopene is cancer-preventative phytonutrient — an antioxidant with a laundry list of amazing benefits which is commonly found in tomato nutrition, lycopene's antioxidant capabilities can protect your body from the damage induced by pesticides.

EAT THE COLOR

GREEN

Chlorophyll plays an important role in making plants green and healthy. It also has antioxidants and therapeutic properties that may benefit your body. You can get chlorophyll from plants or supplements eliminating fungus in the body. Its anti-viral effects make it a strong skin protector.



RANGE

Beta-carotene is a pigment found in plants that gives yellow and orange fruits and vegetables their color to be converted in the body as vitamin A. It is a powerful antioxidant that plays a critical role in maintaining healthy vision, skin and neurological function.



Contributor: Shawn Abigail Go Te

BEE POLLEN



Bee beautiful inside and out. Bee Pollen is often referred to as "The Nature's Most Complete Food" Bee Pollen helps rejuvenates your body, stimulates organs glands, enhances vitality, retards aging effects, improves normal fertility in women, enhances activity, sexual and reduces excessive cholesterol levels.



MORINZHI

Morinzhi is specially formulated from Morind a citrifolia (Noni) and is enriched with Roselle. Morinda citrifolia helps prevent important end (occurrence of disease symptoms) of hypertension, such as heart attack, stroke and heart failure. Rich in natural enzymes, Morinda citrifolia helps enhance digestionand nutrient absorption, and assists

SPIRULINA

World's nutritious food! Rich in antioxidants, B-vitamins, protein, iron, organic iodine, calcium, and other nutrients, Spirulina possesses health-boosting some great qualities. This blue-green algae is a free radicalneutralizer. Spirulina contains 5 major nutrients: protein, lipids, carbohydrates, vitamins, and minerals. This blue-green algae is a free radical neutralizer and has a 100% Alkalinity.



ROSELLE

DXN Roselle Juice/Tablet. The natural source of vitamin C. DXN Roselle Juice is specially made from the extract of Roselle calyces. It contains vitamin C, calcium, carbohydrates, iron, and sodium. DXN Roselle Juice is a refreshing and a healthy beverage suitable for you and for anyone else. DXN Roselle is also available in tablet form.

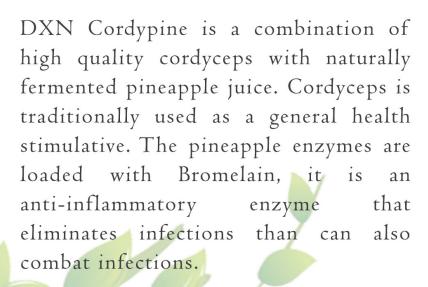




CORDYCEPS

"Believed to be a longevity-promoting fungus" Cordyceps is a fungus that attaches itself to a caterpillar or to other host insect, replaces its tissue. Eventually, the host insect dies and the fungus grows out, and releases spores into the air, infecting other hosts. Although not actually a mushroom in the taxonomic sense, Cordyceps has been traditionally used as herbal medicine for centuries in classical Asian pharmacologies, such that as Chinese traditional and Tibetan medicines.

CORDYPINE



Pineapples are known for treating coughs. Hence, it is more powerful than any store-bought cough syrup.



NUTRIZHI

A mixture of soybeans, malt and Ganoderma extracts, NutriZhi contains vitamins minerals, protein, antioxidants, and some amino acids that can provide some essential nutrients for your body.

Soy has a complete protein that contains to have all nine essential amino acids which are high in protein, vitamin C, and folate and low in saturated fat. A good source of calcium, fiber, iron, magnesium, phosphorus, potassium, and thiamin.

Moreover, soybeans naturally contains a class of phytoestrogens called isoflavones. Some men would hear "estrogen" in the term "phytoestrogens" which makes them assume that means soy has estrogen-like effects. Worry no more since phytoestrogens have a weak affinity for our estrogen receptor sites.





ITSI 2019

SYDNEY, AUSTRALIA JUNE 14-19, 2019

Written by Rustum 'Jojo' B. Alcuezar

It was a fun-filled 7 days and 6 nights journey that showed the beauty, diversity, and style of the stunning city of Sydney, Australia.

The DXN qualifiers enjoyed the breathtaking views of Sydney. They toured at St. Mary's Cathedral, Parliament House, Art Gallery, Sydney Town Hall, King Cross, Eastern Suburbs Homes, Bondi Beach, and Paddington. They feasted on delicious 3 buffet meals per day with an array of international dishes including fresh seafood. And what's even surprising was that Emu, the largest bird in Australia, and Kangaroo meat were served at the buffet dinner in a Revolving Restaurant Sydney Tower, 375 meter high up, rotating 360 degrees, presenting sweeping views of the entire Sydney.

















Then, they escaped Sydney city's hustle and bustle to soak up panoramic views of Featherdale Wildlife Park and the enchanting Blue Mountains for a great adventure to see up close native Kangaroos and Koalas; explored Waradah Aboriginal Center to watched live performances transformed into a fantastic new experience that encompass and celebrate the significant events in Australia's colorful history; and enjoyed Echo Point Lookout at Katoomba for stunning views of the Jamison Valley and the iconic Three Sisters. Their day tour included winding down with a relaxing river cruise from Olympic Park along the Parramatta River to Darling Harbour. Other spectacular places they visited were Sydney Manly Beach, Bondai Beach, Sydney Chinatown, and Birkenhead Factory outlet.

ITSI 2019 was really a phenomenal experience that DXN bestowed upon its hardworking and dedicated members. Life is a journey filled with celebrations and special moments when you have found your best self. Yes, you can be the successful version of you if you just take the initiative to change and take the opportunity to attain new heights. Reflect where you are right now and see what you can achieve.

DXN offers vast opportunities waiting to unfold for those who are willing to work.



















Give Love, Give Blood

BLOOD LETTING EVENT YEAR 2



Written by Rustum 'Jojo' B. Alcuezar

Photo credit: MSSD Details: S&T

DXN Promotes a Culture of Voluntary Blood Donation

April 6, 2019 at the 3rd floor, DXN Head Office

True to its mission of promoting health and wellness and saving lives, the DXN Philippines once again joins the Mass Blood Donation Program - a project of the Philippine Red Cross (PRC) - a bloodletting event open to all volunteer blood donors. The program encourages voluntary non-remunerated blood donation to give sufficient supply of safe and quality blood and to meet national blood requirements, thus helping save lives especially to the most vulnerable. Blood donation activities will not only save the lives of the vulnerable ones or a simple humanitarian act, but the donors will also reap health benefits from it in return. According to medical experts, donating blood helps keep the iron in the blood at a healthy level. It also helps reduce the risk of a heart disease and reduce the risk of developing cancer.



SCREENING OF ALL BLOOD DONATIONS: To ensure the safety of the donated blood supply, blood donors, led by IMD and DXN Philippines Country Manager Debya Prakash, undergo a mandatory rigorous blood screening conducted by the National Red Cross medical personnel.



DXN employees and independent distributors were gathered to share their lives voluntarily by means of giving their blood. This is aimed to collect a variety of blood supply that will be utilized in saving the lives of patients especially among the poor in-patients who are in need of blood.



HONORED AS HEROES: DXN officers and staff as well as its independent members who volunteered provided support for the blood donation program were acknowledged on stage of their noble act of rescuing lives through their gift of blood. The company promotes a culture of altruistic cause of saving lives, making it a way of life.

Leadership Training Camp 2019 Leads to Insight and New Skills

Written by Rustum 'Jojo' B. Alcuezar

Photo credit: S&T and MSSD Details: BDU

eadership Training Camp is a dynamic, two-day leadership development program designed specifically for DXN members who ullet lead or influence others, helping them reach the nextlevel of their career and helping the organization cultivate the next generation $of top \, leaders. \, The \, training \, emphasizes \, the \, idea \, that \, leadership \, skills \, need \, to \, evolve \, and \, expand \, to \, meet \, changing \, conditions \, and \, expand \, to \, meet \, changing \, conditions \, and \, expand \, to \, meet \, changing \, conditions \, and \, expand \, to \, meet \, changing \, conditions \, and \, expand \, to \, meet \, changing \, conditions \, and \, expand \, to \, meet \, changing \, conditions \, and \, expand \, to \, meet \, changing \, conditions \, and \, expand \, to \, meet \, changing \, conditions \, and \, expand \, to \, meet \, changing \, conditions \, and \, expand \, to \, meet \, changing \, conditions \, and \, expand \, to \, meet \, changing \, conditions \, and \, expand \, to \, meet \, changing \, conditions \, and \, expand \, to \, meet \, changing \, conditions \, and \, expand \, to \, meet \, changing \, conditions \, and \, expand \, changing \, conditions \, and \, expand \, changing \, conditions \, changing \, changi$ to prepare for future challenges at the same time, identifying the skills essential for success at each leader-level, so faster results can be achieved. At this seminar, participants walk away with new insights they can use to broaden their horizon, tackling strategic issues: setting and realizing vision, direction and goals; building a network of supportive leaders for continued development.



The Cebu Leadership Camp was held in Bai Hotel, Cebu on February 16 – 17, 2019. Guest speakers: SCD Jesse Corpuz, ETCD Osler Sto. Tomas, IMD, CM DXN Philippines Debya Prakash.

Important personalities involved in the event: CA Jaime Quedding, CA Trifina Suelto, ECD Letecia and Devin Sihiyon, ECD Ruth and Joseph Estrada, ECD Ferdinand and Marie Fagyan, CD Allan Esmeralda, TCD Jose Tan, ESCD Eric and Teresita Dumlao, SCD Frederick and Bevelyn Lauron, SCD Delia Plocios, CD Sua Grace.



The Baguio Leadership Camp was held in Azalea Hotels & Residences, Baguio on May 18-19, 2019. Guest speakers: SCD Jesse Corpuz, ETCD Osler Sto. Tomas, IMD, CM DXN Philippines Debya Prakash, and Dr. Rajesh S. Savera-International Trainer, author of Dr. Lim's book entitled "My Journey with DXN".

Attending this seminar is a powerful learning experience that participants often describe as life-changing, career-making events.



Congratulations TSI 2019 Qualifiers

INTERNATIONAL TRAVEL SEMINAR 2019

Sydney, Australia

730,000 SD Qualifying Points

6 Days / 5 Nights

BAAY, ROSITA S.

BANAL, HERNANI R.

CORPUZ, JESSE Q.

DESABILLE, MARIO G.

DUMLAO, ERIC A

ESTRADA, RUTH P.

FAGYAN, FERDINAND D.

FERNANDEZ, MERCY QUEDDING

LALAS, FLORENTINO Z.

LAURON, FREDERICK B.

LOPEZ, MARKWIN L.

MAPA, ROSE ANNE S.

QUEDDING, JAIME B.

REYES, EDCEL A.

SALONGA, LEONARDO R.

SANTOS, LOURDES B.

SAVELLANO, EUSTAQUIO JR B.

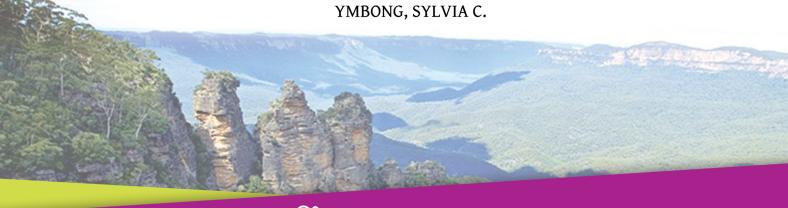
SIAPNO, JULIO C.

STO. TOMAS, OSLER G.

SUELTO, TRIFINA F.

SUELTO, KRISTINA MARIE F.

VILLANUEVA, DOMINADOR R.







Turning your Dreams into Reality via



Written by Rustum 'Jojo' B. Alcuezar

Details and Photo Credit: BDU

Grand BOM with ECD Joseph Estrada and ECD Ferdinand Fagyan in Vigan City, April 14, 2016. "Starting a DXN business provides a number of advantages. With a little capital, you can have a ready-made product or service, marketing tools, training and support. The key to your success is your willingness and commitment to follow the actions required in doing the business," ECD Joseph Estrada points out.

he DXN Business Orientation Meeting (BOM) is aimed to provide participants a continuing education, training and development. It helps stimulate the attendees and keep them challenged, and growing professionally. It also assists new members become confident and competent in their role – which ultimately accelerates their learning curve and increases productivity and profitability, ensuring they are given a solid foundation.

In this seminar, DXN conducts on topics such as health management, personal development and entrepreneurship. The attendees will learn concrete and practical ways on how to become financially free. The company's mission is to help poor Filipino families achieve their dreams, through financial education and business opportunities.

The DXN Business Orientation Meetings (BOMs) are regularly held in different parts of the Philippines, and other key cities. On April 5, 6, and 7, motivational BOMs with ETCD Osler Sto Tomas were held at Butuan branch, Bayugan City, Agusan del Sur, and San Francisco, Agusan del Sur respectively; April 8, 2019, motivational BOM with SCD Devin Sehiyon and ECD Joseph Estrada at the DXN Headquarters; April 26, 2019, Grand BOM with ETCD Osler Sto Tomas; May 4, 2019, Mega BOM with ECD Ferdinand Fagyan, SJDM, Bulacan; May 24, 2019 Grand BOM with ETCD Osler Sto Tomas, Valencia Service Center, Bukidnon; May 25, 2019, Grand BOM with ETCD Osler Sto Tomas, Cagayan de Oro DXN Branch, and many more. For those who found it difficult to attend the live sessions, the seminars could also be viewed online, they happened live, as a webinar.



Grand BOM, City Mall, Cotabato City, March 24, 2019. "Success in DXN business $comes from \, helping \, others \, reach \, their \, goals, {\it ''} \, ECD \, Ferdinand \, Fagyan \, emphasizes.$



Grand BOM at Vigan Culture and Trade Center, April 14, 2019. The lucky attendees who received free DXN products share light moments on stage with ECD Joseph Estrada and ECD Ferdinand Fagyan (sitting front row).

Regional Sales Assembly

Written by Rustum 'Jojo' B. Alcuezar

Photo credit: MSSD Details: BDU

he Regional Sales Assembly (RSA) is an important DXN business event. It is aimed specifically to motivate, set goals, recognize top performers and present possible sales strategies. DXN also use the program to introduce new products, clarify organizational vision, develop clear action plans for organizational challenges and priorities. This is also a good opportunity to allow successful members to teach others and hone their sales skills to ensure continued development.

Several RSAs were held in different venues all over the country. The Dumaguete RSA was held on February 23, 2019 at Plaza Maria Luisa Suites Inn. On the other hand, the Pangasinan RSA was on March 17, 2019 at the Monarch Hotel, while the Calabarzon RSA was on April 9, 2019 at Paseo Uno de Calamba. The Bicol RSA was held on June 12, 2019 at Villa Caceres Hotel, Magsaysay Avenue, Naga City. It covered the areas of Albay, Catanduanes, and Sorsogon.



RSA Metro Manila: Elements of Centris- Eton, Quezon Avenue, Quezon City Guest Speaker: Crown Ambassador/Service Center Director/Advisory Council Member of Davao TRIFINA"Neng" SUELTO



RSA Calabarzon: Paseo Uno de Calamba, Calamba Laguna. Guest Speakers: Senior Crown Diamond/Service Center Director DEVIN SIHIYON and Crown Ambassador /Advisory Council Member of Metro Manila MARKWIN LOPEZ



RSA Dumaquete: Plaza Maria Luisa Suites Inn. Dumaguete.

Guest Speakers: Crown Ambassador/Service Center Director/Advisory Council Member of Davao TRIFINA"Neng" SUELTO and Senior Crown Diamond/Service Center Director DEVIN SENO SIHIYON.



RSA Pangasinan: Monarch Hotel, Calasiao, Pangasinan.

Guest speakers: Triple Crown Diamond/International Motivator/Speaker/Advisory Council Member Representative of Davao Area OSLER STO. TOMAS and Senior Crown Diamond JESSE CORPUZ.



DIAMONDS GATHERING 2019

22ND NOVEMBER 2019 SEDA HOTEL, VERTIS NORTH, QUEZON CITY

MECHANICS:

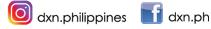
(TERMS AND CONDITIONS APPLY)

- 1. Be an enlisted "Active Star Diamond" as of October 2019.
 - (An Active Star Diamond is a QSD who has maintained 3,000 PPV for 3 consecutive months in July, August & September 2019 and with IOC purchase either before or during promotion period).
- 2. Must have One (1) new recruit in 1st generation or 2nd generation (non-Diamonds) who becomes a Star Agent (SA) during promotion period (February – September 2019). A qualifier will not be considered for his up line's qualification.

(A Star Agent is a member who has achieved an accumulated Group PV of 45,000)

DXN INTERNATIONAL PRIVATE LTD.

www.dxn2uasia.com









Isulong ang Tagumpay! Mabuhay DXN Philippines

Ika-23 Ng Nobyembre Taong 2019

Sabado, 1:00 – 6:00 ng hapon Filoil Flying V Centre, San Juan City

With Celebrity Guest Performer Ticket Price: Php 250.00

Raffle Prizes!

1st Prize- (1) DXN Malaysia Farm Visit 2nd Prize - (3) IOC basket of Products 3rd Prize - (2) Leadership Camp Free Registration for 2

TOP (3) TICKET SELLER - (3) DXN Malaysia Farm Visit

Buy 50 tickets in cash and get a Special Raffle Ticket and get a chance to win the Top Ticket Seller.

Tickets are available at all DXN Branches and Service Centers nationwide.

#mabuhaydxnph20

And Sulling There

