

AMAGRAM

安利月刊 Helping People Live Better Lives

11.2009



雅姿細胞再生系列提升緊緻眼霜 卓越科研成就 重現明眸青春

- 高瞻遠矚 看清創業路
- 繁忙都市人的健康選擇
- 一紐崔萊代餐營養條(藍莓味)
- 雅姿秋冬彩妝示範—瑰麗花容



雋語箴言



美國安利公司總裁德·狄維士（右）及主席史提夫·溫安洛（左）。
Amway Corporation President Doug DeVos (right) and Chairman Steve Van Andel (left).

矢志追求：優於預期

Our favorite goal: Exceed expectations

古語有云：「沒有寫下的目標只是希冀。」

訂立目標，繼而努力將之實現，甚至取得勝於預期的成果，是安利一貫堅守的方針。即如於創業之初，安利也須計算首年的銷售額，確立首批推售的產品，和團結第一代的直銷商。

多年以來，安利業務突飛猛進，從小型家庭企業演變成大型跨國集團，經營地點也從小的一個地庫，擴展成自設的辦公室和廠房，乃至近年遍佈多個地點的大規模製造廠。

於此可見，安利不但成功超越預期目標，而且其成就之大，更遠遠超乎創辦人所能想像。他倆憑藉睿智白手興家，以雄心、遠見奠定了安利事業的磐石，自不待言。

猶如一眾企業家，我們不斷開拓業務，為此致力製造多元產品，還借助科技方便顧客隨時隨地購買安利貨品，同時接觸志同道合者，協力締造全球獨當一面的安利事業昭著品牌。

市場在變，我們的經營模式固然在變，然而安利始終帶領業界潮流，因為我們不只志於成功，更求制定策略成就目標。我倆孜孜攜手超越以往，繼續領先，傲視同儕。

There's an old quote that says, "Goals that are not written down are just wishes."

Setting goals and meeting them – and even better, exceeding our own expectations – is how our business has grown from the very start. Measuring the first year of sales. Establishing the first offering of products. Assembling the first generation of distributors.

Amway grew quickly, moving from the family basement and trading up to an office and manufacturing plant. It didn't take long to expand into a multi-site manufacturing complex and transform into an international enterprise.

Amway not only exceeded expectations, but it also was successful even beyond the wildest dreams of our founders. That's saying a lot when you're talking about two smart, self-made entrepreneurs who excelled in bold, visionary thinking.

Like all business owners, we want and plan for this business to grow. And it has – by changing the mix of products we offer. Leveraging technology to go where and when our customers want to buy. And reaching out to people who share our goals to "be the brand" of one of the world's greatest business opportunities.

As the market changes and our business model evolves, our company still inspires some of our industry's most innovative ideas. That's because we don't just wish to be successful. We've written the strategic plan to get the results we desire. And by working together, we intend to continue leading the way – and exceeding the goal.

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美國安利機構於1959年在美国密西根州亞達城創立，是全球最大的直銷機構之一，辦事處遍佈全球80多個國家及地區。• 安利(香港)「安利月刊」由美國安利(香港)日用品有限公司出版。• 香港銅鑼灣希慎道33號利園38樓。• 香港銅鑼灣郵政信箱30704號。• 電話：2969 6333 • 香港直銷協會及世界直銷協會會員 • 安利(香港)互聯網址：www.amway.com.hk • 電子郵件信箱：ahkinfo@amway.com • 版權所有，翻印必究。

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卓越科研成就 重現明眸青春

Artistry Time Defiance
Lifting Eye Creme

**Advanced Technology
for Beautiful Eyes**

我們的眼晴每天眨動過萬次，而眼部肌膚比面部皮膚脆弱得多，衰老的速度可能快好幾倍。不想您的一雙明眸成為了暴露年齡秘密的元兇，便要洞悉眼部肌膚的需求，讓雙眼看起來更迷人，更具神采。

Did you know that we blink our eyes more than 10,000 times a day, and that the skin around the eyes is more fragile than anywhere else on the face and hence more vulnerable to ageing? Your eyes don't lie, so you need to work hard to make sure they don't reveal your inner secrets!

年輕明眸 由眼部需要開始

隨著年齡增長，皮膚的膠原蛋白及彈性纖維逐漸流失，容易令眼部出現以下7大問題：鬆弛、細紋、皺紋、浮腫、眼袋、黑眼圈、乾燥，令雙眼失去神采。雅姿皮膚健康研究中心與全球專家共同努力，並以連鎖細胞再生技術（Derma Cell Exchange），共同研製出細胞再生系列提升緊緻眼霜，配合全新高效成分，重點擊退眼部問題的成因，重拾明眸青春輪廓。

連鎖細胞再生技術3部曲

— 活化肌膚

高效保濕的持濕脂類基質，能活化肌膚的天然滋潤功能，舒緩乾燥肌膚。

— 聯繫細胞

專利的再生細胞複合物 I、II、III，能促進細胞傳送，激發細胞能量，增強皮膚自我修護能力，減少幼紋及鬆弛現象。

— 高效修護

雅姿獨家研製的眼部微脂體，能留住眼霜的豐富養分，充分發揮眼霜的功效，全面改善浮腫及黑眼圈等問題。

Understand the Needs of Your Eyes

Collagen and elastic fibre in the skin around the eyes will loosen with age, creating seven major problems in the eye area: sagging, fine lines, wrinkles, puffiness, eye bags, dark circles and dryness. All of these conspire to make your appearance look dull and tired.

Help is hand from the new Time Defiance Lifting Eye Creme, developed by scientists at the Artistry Center for Skin Health Research, which uses Derma Cell Exchange technology and a range of highly effective ingredients to tackle all the above problems and lift eye contours.

The Three Phrases of Derma Cell Exchange

— Stimulate

Hydro Lipid Matrix+ effectively supplements natural moisturisation while soothing the skin.

— Connect

The patent-pending Derma I, II, III Complex fuels cellular communication and increases cellular energy to reduce sagging and fine lines.

— Protect

Artistry exclusive Eye Liposome can hold and control the release of ingredients, helping diminish the appearance of puffiness and dark circles.



5532 DP\$270/15g



黃淑秀 鑽石直系直銷商



李蓮妮 藍寶石直系直銷商



湯紹裘 直系直銷商

高瞻遠矚 看清創業路

Start your Business
with Clear Vision!

創業做老闆一直以來是很多人的夢想，但夢想背後的辛酸血汗和暗藏的危機卻不是每位創業者事前估計得到的。三位曾在商場上打拼了多年、擁有豐富實戰經驗的生意人將為您解構傳統創業路的種種問題和危機，以及他們選擇了安利事業後所踏上康莊大道，避免走上冤枉路。

Being an entrepreneur is a big dream for many, but all too often the potential hardship and underlying risks are overlooked. Three experienced entrepreneurs, who have been sharing for many years the pros and cons of starting up a traditional business, explained to Amagram why they ultimately choose the Amway business to forge a fulfilling career path in direct selling.

把握良機 事業雙倍提升 Seize the Opportunity, Double Your Business

黃淑秀 鑽石直系直銷商 (商人)

Annabella Wong, Diamond Direct Distributor (Merchant)

曾從事會計的黃淑秀，做生意的經驗豐富，過往曾開設食品專門店和童裝店，以至北上開廠，生意頭腦靈活。她於1980年代中期開始認識安利，但若說真正深入接觸，則始於90年代初。她說：「聽了整個安利的銷售計劃後，我便明白它原來是一門零投資的生意，從會計的角度來說，實在很划算。」

傳統生意的壓力

她綜合自己過往從事十多年經營傳統生意的經驗，最後得出的結論，還是安利優勝。她表示：「安利事業有太多好處了，它的自主度高，工作時間由自己控制，亦沒有任何心理壓力。在香港做生意並不容易，而且經常受制於市場變化，加上舖租、水電、員工薪金等等雜項都需要用錢，因此往往造成很大的心理壓力，自己的臉孔亦不期然繃緊起來。但安利便沒這些制肘了，就算今天的業績不如理想也沒有問題，因為客路是不斷累積下去的，過了若干時日，他們仍會再找你。」

雙線發展的商機

她並鼓勵剛參與安利的的朋友，不一定需要辭去本身的工作，雙線發展反而可以互惠互利，創造更多商機。「如我在經營童裝店時，因為服務好，與很多新任媽媽建立了互信的關係，於是我便將安利的產品介紹給她們，令我的安利生意有所增長。」希望有朝一日，當業績達到一定程度時，可以參與義務工作，以及開設兒童中心。精於計算的她，相信只要繼續努力，這個夢想，終有一天會達成的。

Annabella Wong used to work in the accounting field but she also has plenty of experience running her own business. She has a sharp business mind that helped run a food specialty shop, a children's wear boutique and even a factory in China.

She came to know about Amway in the 1980s and started to explore the business in more depth in the early 90s. "After I listened to Amway's sales plan I realised that this was a business which didn't require any capital investment. From an accounting point of view it really did seem the right kind of business to be in."

The pressure of a traditional business

Annabella considered all her experience in running traditional business and came to a firm conclusion: Amway is better. "There are so many advantages in Amway," she says. "The business is highly controllable and I also have control over my working hours without any pressure."

She says that doing business in Hong Kong is not easy because it can easily be affected by market changes. "Rent, electricity, employee salaries and other overheads all require funds, so there was a lot of pressure and I often felt tense," Annabella says. "In Amway, however, there are no such worries. There is no problem even if you don't enjoy good sales figures because customers are being accumulated and they will still call you even after a number of years."



Mutual benefits of developing the Amway business

With years of experience under her belt, Annabella encourages those who start an Amway business not to resign from their jobs. Instead she recommends developing both careers simultaneously to enjoy mutual benefits and create more business openings.

"When I ran my children's wear boutique, I was able to build up lasting, trusting relationships with many of the mothers. I introduced some of them to the Amway products and it helped to build my Amway business," she says.

Annabella hopes when she finally reaches her business goals she can become more active in volunteer works and even opening a child care centre. She believes her dream will come true, "as long as I continue to work hard."

「在香港做生意並不容易，而且經常受制於市場變化，加上舖租、水電、員工薪金等等雜項都需要用錢，因此往往造成很大的心理壓力。」

黃淑秀 鑽石直系直銷商



最合理的生意經 The Most Reasonable Business Opportunity



李蓮妮 藍寶石直系直銷商 (秘書)

Lee Lin-nie, Sapphire Direct Distributor (Secretary)

李蓮妮一家都是營商的，所以談起生意經來自然說得頭頭是道。她的父親經營眼鏡店，丈夫經營化工生意，去年她更開始將家族生意擴展至紅酒零售方面，她漸漸發覺傳統生意與安利生意之間的分別。「做生意要有資金和經驗，而且很困身，就算去旅行，手提電話亦要長開，往往令你不能安心享受難得的假期。」

易受外圍因素影響

紅酒零售的成本高昂，為了增加銷量，可謂扭盡六壬，既要聘請營業員，刊登廣告，又要經常舉辦不同類型的試酒會，藉此打開新的市場，但所有努力最終都可能因為外圍經濟的負面影響而令生意急轉直下。「相對來說，安利的生意實在容易得

多，既不用資金，而且成本低，亦沒有風險，是一盤穩中求勝的生意。」

穩健的事業機會

她欣慰地表示，由加入安利至今，生意都不斷增加，從未試過減少，就算是2003年沙士期間，更是有增無減。「做安利，永遠是有危便有機。記得沙士期間，兩個兒子都停學了，於是我便銷售空氣清新機及其他消毒用品，最後竟然可以賣至斷市，若是經營傳統生意，一早便結業了。所以安利對我來說，是最好的選擇，可以作長線投資，我從來沒有擔憂過，因為一切事情都掌握在自己手上。萬一業績差，我相信只有一個理由，那就是由於自己不夠動力之故。」

「相對來說，安利的生意實在容易得多，既不用資金，而且成本低，亦沒有風險，是一盤穩中求勝的生意。」

李蓮妮 藍寶石直系直銷商

Lee Lin-nie's family members run all kinds of different businesses, so she has a lot to say about the pros and cons of being an entrepreneur. Her father runs an optical shop, her husband is in the chemistry business and last year she herself expanded the family business into wine retailing.

She came to realise the difference between a traditional business and the Amway business. "To run a business you need to have enough capital and experience, and your time will always be occupied," she says. "You need to keep your phone switched on even when you're on holiday and you rarely find time to relax."

Vulnerable to external factors

The cost of running a wine retail business is high. To increase sales volumes and open up new markets, Lin-nie used lots of energy in hiring salespeople, mounting advertising campaigns and running wine-tasting sessions. In the end, however, she was vulnerable to external factors, and there was always a chance her efforts would be wasted if the economy dived and demand for red wine dropped.

"By comparison it is so much easier running the Amway business because it's free of risk and you don't need much capital due to the low entry cost," she says. "This is a stable business where you can make breakthroughs at your own pace."

Stable business opportunity

Lin-nie is grateful that since joining Amway her business has continued to grow, never taking a downward slide. Even during SARS in 2003 her sales continued to boom.

"In Amway it's always possible to grow in a crisis," she says. "I remember how during the SARS outbreak, when both my sons could not go to school, I started selling the air purifier and other sterilizing items. I quickly sold all my stock! In a traditional business I would probably have gone bankrupt."

"The Amway business is the best choice for me - and it is very much a long-term option. I don't need to worry because everything is in my control and if I fail it will be for one simple reason - I didn't work hard enough."



積極人生 開拓新里程 Think Progressive – Set Yourself a New Milestone

「安利的生意是零風險的，所有物流庫存都有專人負責，在背後提供強大支持，就算是沒有營商經驗的人，一樣可以勝任。」

湯紹裘 直系直銷商

湯紹裘 直系直銷商 (銷售經理)

Victor Tong, Direct Distributor (Sales Manager)

性格積極進取的湯紹裘，年紀輕輕已踏足社會工作，並持續度過了12年半工讀的艱苦日子，期間一直從事電子業。「我在這個行業已工作了22年了，那段時間的進修歷程，可說奠定了我在安利的發展基礎，令我習慣了以學習來為自己增值，不斷求進。」

轉型電子 尋求新突破

他曾任一間美國上市公司的亞太區客戶總監，於兩年前為了尋求事業突破，開始從事電子零件生產，同時兼營安利生意，為他帶來新的體會。「電子行業於80年代開始興盛，到90年代紛紛北上發展，工作模式亦有所改變，例如經常需要應酬，對身體及家庭均帶來負面影響。經營這類傳統生意，競爭激烈，產品價格受市場影響，市場需求大時，便一窩蜂地生產，市場一旦飽和，價格驟跌一半以上，加上不時被拖欠貨款，令廠房的現金周轉出現困難，最終導致結業。我以穩健的作風經營，沒有遇到這些問題，算得上較幸運。」

這兩年的創業經驗，令他更加明白安利的好處及其獨特性。「安利的生意是零風險的，所有物流庫存都有專人負責，在背後提供強大支持，就算是沒有營商經驗的人，一樣可以勝任。安利的生意能夠幫助別人，同時惠及自己，因為它不是建立在單純的利益關係上。在經營安利生意的過程中，亦改善了夫妻間的關係，我結婚20年了，慢慢發覺大家少了共同話題，但參加了安利後，我們之間多了溝通機會，一起朝著目標進發。」

助人自助 生活更健康

他認為參加安利，最重要的是為他開拓了人生新的一頁，助他建立個人的健康專

業。「健康就是財富，我修讀了營養學，以及考獲健身教練執照。那與安利的整體理念是一致的，既追求健康，又有美好的將來。我喜歡將這方面的知識與朋友和團隊一同分享，令大家一同成長。」

由於安利的生意不會困身，時間由自己控制，所以他亦會參與慈善機構的義務工作，有時兩位兒子亦會參與，促進親子關係。當大部分人都要為生活營役役，而他如今可以學為己用，化興趣為工作。原來，夢想並非遙不可及，最重要在於選擇及主動爭取。

A progressive and energetic individual, Victor Tong started working in electronic industry since young while continuing his part-time studies in parallel for 12 years. "I've been in this industry for 22 years. The period that I keep pursuing my studies set as my foundation to start my business in Amway. This gives me the motivation to keep learning new knowledge and strive to enhance my future to another level."

Making a breakthrough in life

Victor Tong had a successful career working as an account director in the Asia-Pacific region for a listed US company. Two years ago, however, he looked for a new challenge and set up a business producing electronic components, at the same time starting up an Amway business to enjoy another brand-new experience. "The electronics industry changed a lot after its rise in the 1980s, and many people moved to China in the following decade as the industry went through restructuring," says Victor. "All the social meetings had a bad influence on my health and family life, while the keen competition, market instability and problems in capital flow meant there were always a lot of challenges. However, I managed to run business in a stable manner so I wasn't too affected by such problems. I guess I'm the lucky one."

The experience of running his own business over the past two years has made Victor realise the advantages of Amway business. "There is no risk at all. I don't have to handle the logistics and stock. And with the strong support behind you, you will succeed even if you don't have any prior experience," he says. "But it's not purely about business. Amway has given me more time and opportunity to communicate with my wife, and the fact that we are now working together towards the same goals has boosted our relationship."

Working towards a healthier life

Joining Amway was a major milestone in Victor's life - a step that also boosted his professionalism in the fields of health and nutrition. "Health is a wealth," he says. "I studied nutrition and qualified as a personal trainer, adhering to Amway's mission to create better health for a better future. I love sharing my knowledge with others to strive towards a healthier life."

Another benefit of running the Amway business is the flexibility it provides, and Victor is able to be active in different voluntary efforts relating to teaching sports. He sometimes invites his two sons to join the volunteer works, enabling the family to get closer still. "I want to learn together with my sons as it's important to be a role model for them. Lifetime learning is also part of the spirit of Amway," says Victor. While most of us still lead bustling lives, Victor enjoys his life by applying what he has learned through his work. "Unexpected", is how he describes his present life. "My vision has become broader and I have gained more experience," he smiles. Dreams are not unexpected or unachievable; as Victor Tong has shown, they are already there for you to fight for!



恭賀新晉直銷商

Congratulations to Our New Qualifiers



紅寶石直系直銷商

Ruby Direct Distributor



戴良民 王藝樺 (公司東主/家庭主婦)

最初因家人介紹紐崔萊產品，令體格得到改善而認識安利，之後更藉著各類講座而看到保障之路。參加安利計劃後，思想不再落後，與丈夫的距離拉近了，自信心亦大大加強了，連兒女都另眼相看。現在女兒都一同在安利發展，小兒子亦對健康的知識很感興趣。我希望不只自己和家人，甚至所有親友都能一同躋身鑽石直系直銷商的行列！

Tai Liang Min & Ngai Wah (Business owner/housewife)

I came to know about Amway when I was introduced to Nutrilite products to help improve my health. Through the various seminars organised by the company I have seen the road to success and security. After starting my Amway business I was more open to new ideas and became a more confident person. I grew much closer to my husband and even my children were surprised at how much I changed. Now my daughters are following their own paths in Amway and my son is developing an interest in health care. I hope not only my family but also my friends and relatives can all enjoy the same goal of becoming a Diamond Direct Distributor!



直系直銷商

Direct Distributors



周志文 羅文婷 (總物業經理/家庭主婦)

我們最欣賞安利生意的地方是沒有風險、時間自主、收入多勞多得。安利有多元化的產品，所提供的資訊亦非常充足。既然有充足的支援，我們便開始帶領團隊。當一位領導人並不容易，需要用心與下線相處了解，耐心地給他們分析，以及定期提供適當培訓，並做個好榜樣。這對我們的個人成長非常有幫助。安利是幫助人的事業，我們希望與下線共同成長，幫助他們達到理想。

Chow Chi-man & Man Ting (Property manager/housewife)

What we like about Amway is the ability the business gives us to have full control over our time without having to bear any risk. We also appreciate that the more you give, the more you get back. Amway provides a wide variety of products and a plethora of information, and with such strong support we were able to start leading our team. Being leaders has helped our personal growth, but it's not always an easy task. We need to know our downlines, analyse their situation with patience, provide proper training and also act as role models. However, at the end of the day the Amway business is a helping business. We hope to grow with our downlines, helping them to reach their goals.



直系直銷商 Direct Distributors



顏治國 張曉華 (運輸助理/家庭主婦)

我們最欣賞安利的企業文化，給予每個人平等的機會去創業。相比以往時間長、壓力大的工作，安利計劃給予我們一個助人自助的機會。非常感謝上線給我們的方向及鼓勵，讓我們開展生意。現在我們一家人可以過一些更優悠的生活，到我們想到的地方旅行。日後我們希望做得更好，不但幫助自己，亦能幫助更多人，發揚助人自助的精神。

Ngan Chi Kwok & Hiu Wa (Delivery assistant/housewife)

We appreciate very much the corporate culture at Amway, where each and every person is offered an equal opportunity to start their own business. Compared to the long hours and huge pressure we had to endure in our previous jobs, being an Amway distributor offers more freedom and the chance to help ourselves and others. We are grateful to our uplines for their constant encouragement and help in setting us on the right direction in our own business. Now we go to the places we want to visit and live much more fulfilling lives. In the future we hope to do more - and do it better!



金章直銷商 Gold Producers



吳佩卿 (地產代理)

我一直有創立自己事業的念頭，而且曾經也做過老闆，可是創業確實不是一件容易的事。參加了安利計劃後，體會到這雖然是自己的生意，卻不需自己一個人去面對所有事情。有了安利團隊在背後支持，我有更多時間發展自己的事業。未來我會朝著鑽石直系直銷商的目標前進，實現免費環遊世界的夢想！

Ng Pui Hing (Real estate agent)

I always had in the back of my mind the idea of running my own business. Indeed, I once was the owner of a business, but I never found it easy to manage. Since joining Amway as a distributor I have come to realise that even though the business is my own, I don't need to face all the challenges without support. With the help of the Amway team I can focus more clearly on my career. My goal is to become a Diamond Direct Distributor and achieve my dream of being able to travel around the world!



江綽中 (商人)

以前覺得金錢非常重要，會把它放在人生的首要位置。參加安利計劃後，體驗到生活質素其實比財富更重要。與傳統生意模式不同，在安利，生意越成功，便越擁有時間自由，和家人共處。我的夢想是讓家人和身邊好友看見我的成功，並且帶領他們一起邁向成功。「思路決定出路」—我非常有信心達成夢想！

Kong Cheuk Chung (Merchant)

I used to think that money was everything – the only thing that counted in my life. After joining Amway as a distributor, however, I came to realise that a good quality life is more important than wealth. Unlike a traditional business, the more successful you are in Amway the more freedom you have to manage your time and be together with your family. My dream is that my friends and relatives see my success and join me in Amway. "What you think determines the way you go" – and I am very confident about making my dreams come true!



金章直銷商 Gold Producers



錢安臨 蔡婉珊 (商人/鋼琴老師)

參加安利計劃後，我們的生活圈子大大擴闊了，認識了很多朋友，亦學到了很多知識，覺得生活更有目標、更充實。藉著安利計劃和產品，我們不但改善了自己的生活，亦在健康和經濟上幫助到很多有需要的人。我們相信安利計劃讓我們在年老時仍然得到收入的保障。

Chien On Lam & Yuen Shan (Merchant/piano teacher)

After joining Amway as distributors we suddenly saw our social circle get bigger and bigger. As our business developed we made many new friends and increased our knowledge. We have a very clear target now and our lives have become more substantial. Amway and its quality products have helped to bring about significant improvements in our lives and at the same time we can help others in need of greater health and wealth. We believe our future security will be ensured through Amway.



黃少強 吳敏儀 (電子工程師/家庭主婦)

除了享受到工作上的自由，安利生意還讓我們感受到互相幫助和支持的精神，與以往的工作需面對同事間明爭暗鬥的情況非常不同。參加安利計劃後，我們都變得積極了。而且安利這個品牌早已深入人心，親友都很樂意加入。未來我們希望一年比一年進步，向鑽石直系直銷商邁進！

Wong Siu Keung & Man Yee (Electronic engineer/housewife)

Apart from the freedom we can enjoy in our work, we also get a real feeling of help and support for one another in the Amway business. This is very different from the constant struggle and strife we encountered between colleagues in previous jobs. Since becoming Amway distributors we have become more positive, and the popularity of the business meant that many of our friends and relatives were happy to join us. We hope to continue making progress year by year, heading towards our goal of Diamond Direct Distributors.



余志恒 陳艷美 (連鎖快餐店老闆/會計文員)

做飲食生意，當生意越大，時間便越少，身體狀況也相對差了。相反在安利，生意越大，時間便越自由，最重要是學懂了保養身體。參加安利計劃後，覺得助人自助乃人生一大要事；有積極的人生和態度，對下一代亦有正面的影響。在安利，我倆能透過產品改善身體，同時在中年再開拓另一個商機。

Yu Chi Hang & Chan Yim Mei (Chain restaurant owner/account clerk)

When you're running a restaurant and the business gets bigger, you have less time for yourself and your health may begin to suffer. In Amway, however, when your business grows larger you actually get more freedom to enjoy your time and, most important of all, you learn how to cherish your body. After joining Amway as a distributor I realised how important it was to help yourself through helping others. With a positive attitude we can have a positive influence on the next generation.



余淑筠 (採購員)

參加安利計劃後，我找到並找對了人生方向，更覓到了一個值得一生奮鬥的目標。安利令我內在的潛能不斷提升、不斷被開發。現在我變得正面積極，做人處事越見成熟，活著有夢想、有意義。我相信，今天我願意做別人不願意做的事，將來我必得著別人得不著的精彩。

Yu Suk Kwan (Merchandise)

After joining Amway as a distributor I felt I had found the right direction in life, and that I now had clear goals to work towards. I discovered my inner potential and I've been able to explore it again and again. I have become more positive and much more mature in dealing with issues since starting this business. I am now living a meaningful life where my dreams can come true, and I believe that with a spirit of adventure I can enjoy great experiences that others cannot.



銀章直銷商 *Silver Producers*



馮桂雄 梁藹懿 (司機/家庭主婦)

最初參加安利計劃只是打算購物自用，但後來發現只要下定決心，凡事都有可能實現。現在我們健康改善了，自信心增強了，還擁有財務自由。未來我們會專心一致，勇往直前，向更高的目標進發！

Fung Kwai Hung & Oi Yi (Driver/housewife)

When we first joined Amway as distributors, our original plan was to buy products solely for our own use. Later, however, we came to realise that if we were determined we could achieve whatever we had in mind. We have gained so much through the Amway business, including better health, greater confidence and real financial freedom. In the future our focus will be on heading for ever-higher targets!



蔡文輝 (商人)

我一直幫助父母打理生意，雖然能自給自足，但是卻非常困身。經朋友介紹下認識安利生意，發覺不但能賺取額外收入，更能享受到時間上的自由。現在我能夠常常陪伴家人，而無須擔心任何經濟問題。

Choi Man Fai (Merchant)

I have been helping my parents to run their business and, while we've managed to be self-sufficient, we always seem to be tied up in business matters. When my friend introduced me to the Amway business I quickly discovered that I could earn extra income and enjoy much more freedom to use my time as I pleased. Now I find I can accompany my family all the time without having to shoulder the burden of financial worries.



直系直銷商 (相片欠奉) *Direct Distributor* (Photo not available)

林俊柑 黃玲 (商人/會計文員)

每位直銷商在開始發展事業的起步階段都是最困難的，即使很努力，仍會遇上很多挑戰，但只要盯緊目標、鎖定方向，就有成功的機會。每當安利推出各項獎勵計劃，我們都會帶領團隊完成自己的目標。每次我們一起成功地完成每個小目標，我們都會感到非常驕傲。最重要的是，在過程當中，我們能緊密聯絡、溝通。我們明白必須以身作則，先做好自己，才能帶領團隊。

Lam Chun Kam & Wong Ling (Merchant/account clerk)

Getting started is always the hardest part for every distributor. Challenges appear again and again, even when you try your best, so the secret is to remain focused. Keep your eye on your goals, maintain your direction, and success will never be far behind. Whenever Amway offers an incentive plan we can lead our team to accomplish their targets. Once achieved, we can all feel very proud. We understand that we must do our best and set a good example before we can enjoy success in leading the team.



金章直銷商 (相片欠奉) *Gold Producer* (Photo not available)

林帥 何軍蓉 (商人/個人理財經理)

參加安利計劃時並沒想過能夠創一番事業，但參加後，我倆找到了健康、美麗和信心，生活亦變得多彩多姿，亦漸漸發覺安利生意在時間及形式上比現有工作更自由、更有長遠的保障；自己的改變亦影響到身邊的親友。我們未來的目標是以經營健康作為自己的事業，讓健康伴隨著理想走。

Lam Sui & Ho Kwan Yung (Merchant/financial planning manager)

We never really thought we could achieve much when we first joined Amway as distributors. But it didn't take long to enjoy better health and beauty and increased confidence, and the quality of our lives improved greatly. We gradually discovered we were having more freedom in our time and greater long-term protection through the Amway business. Our friends and relatives have also been influenced by our change and our goal now is to realise our dream of a healthy life.

零售推薦龍虎榜

Rolls of Honour – Retailing & Sponsoring

2009年7月
July 2009

10大個人 Top 10 Personal

零售 Retailing

Lee Keen Ping & Chiu Chun
Yip Chun Kit & Yu Yan
Lee Ka Lun & Siu Shuk Yee
Yam Pun Kwan
Suen Wai Kin
Ip Kam Man & Ho Irene
Wong Siu Keung & Man Yee
Lam Sui & Ho Kwan Yung
Cheung Ho Kin & Wai Ling
Chan Chak Hung & Yau Ying

推薦 Sponsoring

Yu Seng Kwong & Wai Ying
So Wing Man
Chap Kwong Kan
Chan Che Keung & Yin Wan
Mok Sai Kit & Lai Po Chu
Lau Shing Fat & Shin Lin
Tong Siu Kau & Mun Yee
Lau Wan Chun & Sze Lan
Lee Yuen Kwan & Hang Fun
Chan Chak Hung & Yau Ying
Chan Si Kao & Sio Kai

10大直系小組 Top 10 Group

零售 Retailing

Fu Clement & Anita
Chan Ellina
Lai Man Pan & Kam Ping Cora
Li Yat Hong & Ling Por
Miura Takuya &
Sze Wan Francisca
Lau Shing Kwok & Chan Kit
Ng Bill & Mabel
Fu Chen Chien & So Hok
Chuang Chien Hsin & Yuen Hing
Leung Kwok Pui & Yu Wa

推薦 Sponsoring

Leung Kwok Pui & Yu Wa
Cheong Chi Wa
Ho Chi Leung
Chan Fuk Sang & Lee Sui Bing
Lam Kwok Leung & Sim Lin
Mok Sai Kit & Lai Po Chu
Ho Ping Chuen & Shuk Fung
Hung Yat Lam Veronica
Li Man Bong
Lam Quoi Tri & Oi Ching



推薦獎勵計劃

Amway Sponsoring Campaign

安利於2009年4月至6月推行新一輪推薦獎勵計劃，希望直銷商把握機會，壯大團隊，提升業績。經過三個月的時間，推薦獎勵計劃經已圓滿結束，感激各直銷商的踴躍參與，創造了超卓業績，讓安利事業更上一層樓。

Amway launched its Sponsoring Campaign in April to June 2009 to encourage Distributors to expand and foster their own Amway business. The campaign, which ended in June, had a considerable impact and Amway congratulates the following winners for their great achievements.

傑出個人推薦競賽首三名 Top Three Personal Sponsoring Distributors



1

黎殷歧



2

余晨光 陳惠英



2

陳女金



3

梁金勝 何桂芳



3

鄧炳權 馬鳳貞



3

習廣勤

傑出小組推薦競賽首三名 Top Three Group Sponsoring Distributors



張芷華



何子亮



傅文峰 黃月明

卓越推薦獎名單 Distinguished Sponsoring Distributors



勞宜良 崔寶寶



林帝興 張玉嬌



廖穎枝



許皓然 王藝靜



WONG MAN YEE



李頌樑 李潤嬌



陳亞深 黎鳳霞



蔡衍慶 夏秀芳



羅露華



黃茲堅 黃玉峰

卓越推薦獎名單 Distinguished Sponsoring Distributors



黃國新 周玉嬌



李嘉欣



陳福生 李小冰



王國忠 龐啟香



黃肇芝



黃志鈿 劉燕梅



葉明 黃鳳蓮



李玉華



何艷娟



蔡建志 熊健芳



羅錦榮 陳碧穗



鄧廣材 區麗娟



黃志榮 黎寶珠



李源坤 蕭杏芬



陳錦泉 梁淑貞



梁偉超 黃帶妹



吳永盛 陳愛娟



袁茂聰 李惠蓮



陳雪山



陳澤洪 黃柔瑩



郭志宏



何寶明 楊秀雲



梁凱迪



何安儀



余偉明 胡麗筠



鄭家強 蘇啟鑾



邱立達



戴良民 王藝樺



張芷華



李建雄

卓越推薦獎名單 Distinguished Sponsoring Distributors



冼伯謙



紀岩 劉純芳



謝佩佩



葉佩珊



鄭宗侃



劉冬冬 余智茵



黃劍玲



余志恆 陳艷美



楊偉俊



何勁龍



陳秀霞



秦碧君



徐杏鳳



陳伯雄



HONG UN CHI



孫志輝 郭淑貞



洪貝特 余桂嫻



傅文峰 黃月明



高富增 蔡梅麗



何子亮

相片欠奉 Photos not available

曹天賜 李紅 LEE MARK & JOSEPHINE

楊遠兒 曾家文 陳靜萍

何錦雄 黃寶勳

綠色有機健康跑

Take Part in the 2010 Health Run!

日期：2010年3月14日（星期日）

地點：大埔香港科學園

Date：Sunday, March 14, 2010

Place：Hong Kong Science Park, Tai Po

詳情容後公佈。

More details to be announced soon!



主辦機構：



香港浸會大學
HONG KONG BAPTIST UNIVERSITY

贊助商：



NUTRILITE®
BEST OF NATURE. BEST OF SCIENCE.



美國安利（香港）日用品有限公司

現今社會，在職人士每日為口奔馳，為工作廢寢忘食，又或是為求省時，草草解決一餐，久而久之養成偏食的不良飲食習慣，不單導致反應遲緩，思考及工作能力降低而影響日常工作表現，長遠更會增加患上骨質疏鬆、糖尿病、血壓偏高等慢性疾病的風險。

生活繁忙缺乏營養

香港人生活繁忙，而且食無定時，又或者因加班工作而沒有時間用膳，夜了進食又怕肥胖，因此索性不吃，又或只吃零食充飢，但零食的營養價值往往極低，其中高糖份及高鹽份的零食更會令體重上升。這樣的飲食習慣，對健康會造成不良影響，也會令集中力及記憶力降低。

此外，快餐文化令不少人養成偏食肉類、少吃蔬果的飲食習慣。根據香港衛生署於2008年4月進行的「行為風險因素調查」，18至64歲人士每天食用少於五份蔬果人數接近八成。要知道蔬果含有豐富維他命如維他命A、B、C及人體必需的礦物質，攝取蔬果不足的人很大機會出現營養不良的問題。

紐崔萊代餐營養條(藍莓味) 健康美味

全新藍莓口味的紐崔萊代餐營養條，含12克優質蛋白質、5克纖維及22種人體必需的維他命及礦物質，提供人體每餐所需的營養素。而每條代餐營養條只含200卡路里，而且方便攜帶，適合工作繁忙的您，是追求高營養，同時低卡路里的營美新選擇。

紐崔萊代餐營養條(藍莓味)每條含22種維他命及礦物質：

Nutrilite Meal Bar (Blueberry Crunch) contains 22 vitamins and minerals:

	名稱	每日所需量*(%)
Vitamin A	維他命A	25%
Vitamin D	維他命D	15%
Vitamin E	維他命E	15%
Vitamin C	維他命C	25%
Folate	葉酸	25%
Thiamin	硫胺酸	25%
Riboflavin	核黃素	25%
Niacin	菸草酸	30%
Vitamin B6	維他命B6	25%
Vitamin B12	維他命B12	4%
Biotin	生物素	20%
Pantothenic Acid	全生酸	20%
Calcium	鈣	30%
Iron	鐵	20%
Phosphorus	磷	30%
Iodine	碘	25%
Magnesium	鎂	15%
Zinc	鋅	25%
Selenium	硒	15%
Copper	銅	25%
Manganese	錳	50%
Chromium	鉻	8%
Molybdenum	鉬	25%

* 美國建議每日所需量 US Recommended Daily Intake

繁忙都市人 紐崔萊代餐營 A Healthy Choice Nutrilite Meal Bar



的健康選擇 養條(藍莓味) for City Dwellers (Blueberry Crunch)

新產品

藍莓味

(每盒12條)

7388
DP\$275

限量發售
售完即止



In this modern world, people work so hard for a living that they sometimes overlook the basic necessities of life such as getting enough sleep or eating the right food. Many city dwellers scoff whatever is close to hand to save time, gradually developing bad eating habits and suffering from an imbalanced diet.

This kind of neglect can lead to a slow response, a reduced capability to think and work, and affect your overall performance at work. In the long run it can also increase the risk of chronic diseases such as osteoporosis, diabetes and high blood pressure.

Busy lives, irregular eating habits

Hong Kong people always seem to lead busy lives, and irregular meal times have become a way of life for many. Sometimes we don't have enough time to sit down and eat proper meals, opting for snacks of fast food as alternatives. However, such foods are usually of extremely low nutritional value and are high in sugar and salt, all of which can lead to weight gain.

The modern-day fast food culture is having an impact on health because it means people are eating more meat and less fruit and vegetables. According to the "Behavioural Risk Factor Survey" conducted by Hong Kong's Department of Health in April 2008, almost 80% of adults aged 18 to 64 have less than the recommended five servings of fruits or vegetables each day. Fruits and vegetables are rich in vitamins, such as Vitamin A, B, C, and contain minerals essential to our body. An insufficient fruit and vegetable intake could easily result in nutritional issues.

Nutrilite Meal Bar (Blueberry Crunch) - healthy and tasty!

The all-new Blueberry Crunch Nutrilite Meal Bar contains 12 grams of high-quality protein, five grams of cellulose and 22 vitamins and minerals essential for the human body, providing most of the nutrients needed in every meal. Each meal bar contains only 200 calories. It's easy to carry and it's ideal for busy adults. This is a great new choice for those looking for a high-nutrition snack that's also low in calories.

* 葡幣價格的計算方法約為港幣價 X 1.032。 Price in PTC equals to HK\$1 X 1.032.
* 售貨額BV = 直銷商價目DP

植物營養素 對抗緊張生活 的必需品

Phytonutrients – A Daily Necessity to Help Beat the City Blues

生活在繁忙的大都會，每天營營役役，面對著沉重的工作壓力，經常超時工作不但令人身心疲累，而且容易食無定時，食慾不振，每天難以吸收到所需的營養，容易出現疲態、抵抗力下降、眼睛疲勞及集中力下降。加上環境污染物日益嚴重，空氣中的懸浮粒子、食物添加劑、紫外線等，都會令身體產生游離基，在不知不覺間影響健康，甚至損害DNA，導致慢性疾病及癌症。

Everyone in Hong Kong seems to live a hectic, bustling life. Long hours and pressure at work leaves us feeling drained, while irregular mealtimes and too much junk food make it difficult for us to get enough nutrition. Tiredness, diminishing of immune system, eye fatigue and decline in concentration will easily appear. And that's not all. As pollution in the city gets ever worse, suspended particulates, food additives and UV rays work together to form free radicals that attack our bodies and damage our health. Free radicals can also damage the DNA in our cells, leading to higher incidences of chronic disease and cancer.

植物營養素 21世紀維他命

要在繁忙生活中保持健康體格，營養補充品的作用非常重要。但以往人們只注意到具有抗氧化功能的維他命，如維他命A、C、E等，但在最新的研究中發現，植物中含有重要的植物營養素，有助身體健康，它們更被稱為「21世紀的維他命」。

隨著近十多年來全球學者的深入研究，發現多種植物營養素對健康和預防疾病有很好的助益。研究發現，植物營養素對人體代謝過程中產生的有害健康物質有針對性的抵禦作用與效能，例如護眼精華含有的花青素及葉黃素，具有抗氧化作用，能避免游離基對DNA的攻擊與損害。植物營養素更能與其他維他命起互補作用，加強維他命的功效，為身體打造健康基礎。大部分植物營養素均具有抗氧化、抗發炎的功效，能抵抗游離基的侵害，預防糖尿病、癌症、老化及肥胖等慢性疾病。

紐崔萊針對某些重要產品進行臨床實驗，發現含有植物營養素的配方可有效減少游離基對DNA的破壞，提升身體健康狀態。憑藉研製植物營養素的豐富經驗與悠長歷史，紐崔萊助您以簡單、方便、可靠的方式，每天吸收充足的植物營養素，達致優質健康，遠離病患。

Phytonutrient – The vitamins of the 21st century

Supplements are essential for every city dweller in the fight for good health. In the past, people only considered taking supplements such as vitamins A, C and E for their antioxidation ability, but recent research has found that plants also contain essential phytonutrients – the “vitamins of the 21st century” - that are beneficial to health.

The study of phytonutrients has been ongoing around the world for more than a decade and the general consensus is that they are beneficial to overall health and play a role in disease prevention. Studies have shown that phytonutrients help to resist the harmful elements released during the metabolism of our bodies – so, for example, Nutrilite Bilberry & Marigold contains anthocyanins and lutein whose antioxidation effect helps protect against free radical damage. Phytonutrients are also complementary to other vitamins, with the synergy effect helping to maintain good health. Most phytonutrients help to enhance the antioxidation and anti-inflammation processes, defending against free radicals to prevent ageing and chronic diseases such as diabetes, cancer and adiposity.

Nutrilite – the phytonutrients expert

Nutrilite has conducted many clinical tests on key products and found that ingredients containing phytonutrients help to protect against DNA damage and enhance overall body health. With a long history and expertise in developing products using phytonutrients, Nutrilite offers a simple and reliable way to get the phytonutrients you need to maintain good health and keep disease at bay.





多寶營養片 對抗游離基

4300 DP\$293

多寶營養片提供紫花苜蓿、歐芹、水芹、菠菜、針葉櫻桃等10種蔬果的植物營養素，配合24種維他命及礦物質，為健康打好強健的基礎，其特強抗氧化能力有別於一般合成補充品，有助提高人體DNA穩定性，減低患上慢性疾病的風險。

Double X Fighting Free Radicals

Double X contains 10 kinds of phytonutrients such as alfalfa, parsley, celery, spinach and acerola cherry, together with 24 vitamins and minerals to provide a strong foundation for good health. It differentiates from other products by also containing antioxidants that can enhance the stability of cell DNA and reduce the risk of chronic disease.



輔酵素Q10 強效抗氧化

8601 DP\$499

輔酵素Q10含柑橘生物類黃酮，增強抗氧化能力，為腺粒體提供酵素，促進細胞內的呼吸反應，加快細胞能量供應，有助細胞對抗氧化及游離基的傷害。

Coenzyme Q10 Complex Super Antioxidants

Coenzyme Q10 Complex contains citrus bioflavonoids to enhance its antioxidation effect. Mitochondrial enzymes of the oxidative phosphorylation pathway are essential for the production of the high-energy phosphate adenosine triphosphate (ATP), upon which all cellular functions depend to protect against the damage caused by oxidants and free radicals.



護眼精華 明眸必需品

0087 DP\$270

歐越莓滋潤眼睛黏膜，促進眼部血管健康及血液循環，維持正常眼壓。金盞花含豐富葉黃素，有助預防黃斑部退化，促進視網膜健康，減輕眼睛疲勞，預防眼乾。

Bilberry and Marigold Best for Your Eyes

Bilberry moisturises the eye membrane, enhances blood circulation and helps maintain normal eye pressure, while marigold contains a high amount of lutein that can help prevent macular degeneration, boost retina health, relieve eye fatigue and prevent xerophthalmia.



香蒜甘草片 增強抵抗力

5615 DP\$190

香蒜內含蒜素，有助增強身體抵抗細菌的能力。它更具抗氧化作用，幫助對抗游離基，減低患上長期嚴重疾病的機會。

Garlic with Licorice Building Immunity

The allicin in garlic has an antibacterial function that strengthens the body's immune system – vital for city-dwellers who are bombarded by germs every day. Garlic also has an antioxidant function that helps protect against harmful free radicals and lowers the risk of severe illness.

植物營養素推廣優惠 Phytonutrients promotion!

由2009年11月2日起，凡購買紐崔萊產品滿BV\$1,000，當中包括一件指定植物營養素保健產品(多寶營養片或香蒜甘草片或輔酵素Q10或護眼精華)，即可享有\$188折扣優惠。產品數量有限，售完即止。

Starting from November 2, 2009, for any purchase of Nutrilite products valued at BV\$1,000 or above, including one selected phytonutrients health supplement item (Double X or Garlic with Licorice or Coenzyme Q10 Complex or Bilberry and Marigold), you can enjoy a discount of \$188. The offer is available while stocks last.

植物營養素 Phytonutrients





四補四戒 心臟危機全面瓦解

——中國營養學權威蔣卓勤教授
Lowering the Risk of Heart Disease

人人都說現代醫學昌明，人類壽命屢創新高，然而惡疾卻同時更普遍及趨於年輕化，尤其是心血管病、肝功能衰退及骨骼疏鬆等都市病均無明顯徵兆，一旦發病，病情往往已非輕微，猶如計時炸彈，即使能及早治療，身體狀態也難回復狀態。如何能夠及早拆解這些健康威脅？中山大學預防醫學研究院副所長蔣卓勤教授以下為你逐一剖析，今期先解說世界第一殺手——心臟病。

While it's generally true that today's advanced medical science can help us to live longer, we are now seeing more and more younger people developing critical illnesses such as cardiovascular disease, hepatic impairment and osteoporosis. None of these so-called "urban diseases" show any clear symptoms, so when sufferers fall ill the problem may already be well advanced – and even if the condition can be treated in time the body may not be able to fully recover. How can the threat from these diseases be reduced? In this new series of articles, Dr. Jiang Zhuoqin, Vice Director of the Institute of Preventive Medicine at Sun Yat-sen University, shares his thoughts through Amagram, starting with one of the world's biggest killers – heart disease.

都市人的計時炸彈

心臟病是心臟及心血管疾病的統稱，在香港位列第二殺手，僅次於腫瘤而已，更有日趨年輕化的傾向，而每一百名15歲或以上的人當中，便有27人出現高血壓，都是構成心臟病的危險因素。蔣教授指出心血管的罪魁禍首就是：肥，這不是指外形的肥，而是心血管的肥，亦即高能量、高脂肪、高血壓。

心臟是人體最辛勞的器官，不眠不休，它的能量就是由血管運輸的血液及養分，健康的血管光滑順暢，一旦積聚脂肪及氧化，脂肪便會粘在血管上，加厚血壁，令血管硬化，血量變少，心臟得不到充足能量，無力操作，容易導致心跳、心怯，更甚會出現胸口灼痛，代表心臟病的警號已響起。

心臟病的形成不是一朝一夕，蔣教授認為要主動預防血管阻塞及氧化，其實十分簡單，就是「補」及「戒」，當中又可綜合為「四補」及「四戒」：

第一補：優質單元飽和脂肪

有益的單元飽和脂肪如橄欖油、核桃及深海魚類海產，可令血脂下降。蔣教授說一些沿海地區國家如格陵蘭、日本、希臘，意大利等，人民都以魚類為主食，吸收大量奧米加3脂肪酸、DHA及EPA，心血管疾病發病率明顯偏低。

第二補：多元維他命及礦物質

血管氧化是引起心臟病的主因，只有補充維他命C、E、胡蘿蔔素及硒，就能有效為血管抵擋氧化，令脂肪不會沉澱於血管之內，保持血管光滑暢順。此外，同型半胱氨酸偏高亦是引起心血管疾病的其一禍首，含葉酸、維他命B6和B12的均衡營養就能大大降低同型半胱氨酸的指數。

第三補：卵磷脂

卵磷脂有「血管清道夫」之稱，具有乳化作用，能如洗潔精去除油漬般沖走血管中的脂肪。黃豆及茶葉中的茶多酚及茶黃素，均是卵磷脂的重要來源。

第四補：蛋白質

蛋白質主要可分兩種，一種是以肉及奶類為主的酪蛋白，另一種是由植物取得的大豆蛋白，當中以大豆蛋白對心臟最好，有效提升可降血脂的高密度膽固醇及降低膽固醇。中國人由於以米飯為主食，血脂中的甘油三脂特別高，大豆蛋白就能有效將之抑制。

第一戒：飽和脂肪

壞脂肪稱為飽和脂肪，來自牛、羊、豬等肉類，雖然香口惹味，卻會令血脂跳升。動物油如牛油、棕櫚油等亦是壞脂肪來源，少吃為上。



蔣教授的健康講座吸引了眾多關注健康人士到場聽講，座無虛設。

第二戒：反式脂肪

快餐食物多用油炸方式烹調，令食物的油含量超高，變成有害心血管的反式脂肪；另外亦須避免食用即食麵及酥餅。

第三戒：汽水甜食

汽水、可樂等含極高糖分，糖分會轉化為三酸甘油脂；另外，雪糕、蛋糕等奶油製品，亦對血管有害無益。

第四戒：多鹽

中菜味道偏濃，容易吃下過多鹽分，令血壓變高，影響心臟健康。

A time bomb for urban citizens

Cardiopathy and cardiovascular disease, generally labeled as heart disease, is the number-two killer in Hong Kong, just behind cancer. There is an increasing tendency for younger people to get heart disease, with 27 out of every 100 people over 15 years old having high blood pressure – one of the key risk factors. The culprit, according to Dr. Jiang, is fatness – not just fatness in terms of body shape but high levels of fat in the heart and blood vessels.

The heart never sleeps. It is the most hard-working human organ, getting its energy from the nutrition transported by blood vessels. Healthy blood vessels are smooth and flow unhindered, but as fat accumulates and oxidises it will adhere to the blood vessels, thickening the arteries and hardening the blood vessels themselves. As a result, the blood flow decreases and the heart doesn't receive the energy it needs, causing a rapid heartbeat or palpitations – both possible symptoms of a more serious heart problem.

Heart disease is not caused overnight. Dr. Jiang said it is easy to prevent blood vessel blockage and oxidation by adhering to the “four supplements” and “four abstentions” rule.

Supplement 1: High quality monosaturated fat

Good monosaturated fat of the type found in olive oil, walnuts and deep-sea fish can help to lower the level of blood fat. Dr. Jiang said the people of coastal countries such as Greenland, Japan, Greece and Italy mainly eat fish and absorb large amounts of the Omega 3 fatty acids, DHA and EPA. Subsequently their incidence of cardiovascular disease is lower than in other countries.

Supplement 2: Polyvitamins and minerals

Oxidation in the blood vessels is one of the main causes of heart disease. Taking vitamins C and E, carotene and selenium is effective in inhibiting oxidation, preventing the accumulation of fat in the blood vessels and enabling them to travel more smoothly. In addition, a balanced nutritional intake with folic acid, Vitamin B6 and B12 will greatly lower the levels of homocysteine – another risk factor in cardiovascular disease.

Supplement 3: Lecithin

Lecithin can emulsify and wash away fat in the blood vessels, much like dishwashing detergents clean fatty deposits off dirty plates. Polyphenols and theaflavins found in soybeans and tealeaves are both important sources of lecithin.

Supplement 4: Protein

There are two kinds of protein – casein, found in meat and milk, and soy protein, extracted from plants. The latter is best for the heart as it can decrease cholesterol by increasing the level of high-density lipoprotein, which reduces blood fat levels. Chinese people, who eat a lot of rice, have high levels of triglycerides in their blood fat, which soy protein can help inhibit.

Abstention 1: Saturated fat

The kind of saturated fat found in beef, mutton and pork is often called “bad fat”. While foods containing saturated fat often taste good, they can also lead to a leap in blood fat levels. Animal fats such as butter and palm oil are also bad fats whose intake should be limited.

Abstention 2: Trans fats

Frying is the most commonly used technique for preparing fast food, which adds extra oil to food. Such oil later turns into trans fats, which are harmful to the blood vessels. Other processed foods such as instant noodles, potato chips and biscuits are also best avoided.

Abstention 3: Soft drinks and desserts

Soft drinks contain extremely high levels of sugar, which the body will convert into triglycerides. Desserts made with cream, such as ice-cream and cakes, are also harmful to blood vessels.

Abstention 4: Salt

The flavour of Chinese food tends to be strong. However, an extra intake of salt can result in high blood pressure, which in turn can affect the heart.



Double X 多寶營養片

多寶·多補

對於繁忙的都市人來說，蔣教授的建議看似複雜，其實當中也有省時的秘訣，那就是服用營養補充品。蔣教授曾於中山及北京進行實驗，證實食用多種營養素能有效提升體內的維他命E、胡蘿蔔素、維他命C及抗氧營養素，降低血脂；所以蔣教授笑言紐崔萊 Double X 多寶營養片稱為「多寶」十分貼切，因為「多寶」就是保護心臟的最佳秘訣！另外，日常補充卵磷脂、奧米加三脂肪酸及蛋白質粉等營養素，亦可令心血管更輕盈健康。

Double X · Double Advantages

To busy urban citizens, Dr. Jiang's suggestions for good heart health may seem complicated, but there is a timesaving secret – a regular intake of nutrition supplements. From experiments he's conducted in Zhongshan and Beijing, Dr. Jiang has confirmed that an intake of multinutrients can increase Vitamin E, carotene, Vitamin C as well as antioxidant nutrients within the body, which in turn will help to decrease blood fat. He agreed that the multinutrients found in Nutrilite's Double X can be the secret to a stronger heart. In addition, a daily supplement of lecithin, Omega 3 fatty acid and protein will also help to keep blood vessels healthier.

下期預告：蔣卓勤教授將於下期續談保護肝臟及骨骼的秘訣，請密切留意！

Next Issue: Dr. Jiang shares his secrets on liver and bone care. Don't miss it!



關於蔣卓勤教授

現任中山大學、預防醫學研究所副所長、保健食品檢測中心質量負責人、公共衛生學院營養學系主任、博士生導師、國家自然科學基金會項目評議人，主要研究項目為營養與健康。

雅姿IRS14與Creme L/X 延展青春歲月 從細胞修護開始

Artistry IRS14 and Creme L/X Revitalise Your Youthful Radiance

隨著歲月流逝，細胞受損及衰老會令肌膚變得脆弱暗啞。要保持肌膚細嫩緊緻，便要從細胞健康開始，從肌膚底層煥發肌膚的青春光采。雅姿兩款皇牌產品能有效抵禦內外因素傷害及延緩衰老，共同發揮最大功效，先以IRS14極速修護受損的細胞DNA，然後再用Creme L/X為細胞提供能量，自行補充骨膠原及水分，保持肌膚青春狀態，由內至外帶來全面呵護。

Ageing of the skin accelerates as time passes, resulting in a more fragile texture and duller appearance. To restore the fine, firm texture of your skin, Artistry IRS14 and Creme L/X form the perfect solution to help protect against external damage and slow down the ageing process, with IRS14 first boosting cell DNA renewal and Creme L/X then fueling up the cells and restoring collagen and moisture to maintain the skin in an optimal state.

IRS14全面改善肌膚質素

皮膚細胞會受空氣中與陽光的游離基及紫外線傷害，若細胞內的DNA無法自行修護，便會加速老化，皮膚容易變得暗啞和出現細紋。IRS14採用先進的「微脂囊傳輸技術」，令豐富養分直達肌膚底層，自動修護受損細胞，延展青春光采。

DNA修護 — T4酵素可促進皮膚的天然修復功能，減輕環境因素造成的損害，重建受損DNA。

保護膠原蛋白 — 月桃葉精華可抑制膠原蛋白素，保護肌膚中的膠原蛋白，保持肌膚彈性。

激發細胞更新 — 己糖及燕麥能促進細胞更新，使護膚品成分可被充分吸收。

重組肌膚角質層 — 迷迭香精華能修護已受損肌膚，並提高保濕功效，持久滋潤肌膚。

全面抗氧化 — 含抗氧化生物類黃酮的甘草根精華，能抵抗游離基對肌膚的損害。

IRS14 – overall restoration of skin radiance

Free radical attacks and UV radiation can both cause a lot of damage to skin cells. If the DNA in the cell nuclei is not able to renew itself then the ageing process will be accelerated, with fine lines appearing more easily on the face. The “Advanced Capsulation Technology” used in IRS14 swiftly carries nutrients to cell cores, boosting the skin’s self-renewal process and helping to restore its youthful radiance.

Repairs DNA - T4 Endonuclease boosts skin renewal, helping to repair damage caused by external factors and reconstruct damaged DNA.

Restores collagen - Alpinia Speciosa Extract helps to restrict the formation of collagenase and prevent collagen loss, boosting the skin’s elasticity in the process.

Activates skin cells - Hexose and Hydrolysed Oats improve cell metabolism and help the skin to absorb nutrients.

Rebuilds skin - Rosemary Leaf Extract stimulates the lipids of the outer skin and helps boost moisture in the skin.

Antioxidation - Licorice Root Extract, containing the antioxidant bioflavonoid, helps to protect against free radical attacks.

臨床實驗證明，使用IRS14十四天後見效。

幼紋明顯減淡，皮膚瞬間回復柔滑細緻。

Effective in 14 days according to clinical tests.
Fine lines diminished, skin smoothness and radiance restored.



1.5ml/支
(14支)

0282
DP\$1,460

Creme L/X破解肌膚老化秘密

皮膚細胞內的粒腺體是身體的「發電機」，不停為肌膚細胞提供能量及骨膠原，但當其功能隨著歲月流逝而減低，皮膚便會衰老，容易出現乾紋。雅姿Creme L/X率先掌握全球最尖端的CELL EFFECT細胞青春技術，重新啟動細胞內輸送能量的粒腺體，全面抗氧及抗游離基。

4大完美功能

- 心磷脂為細胞補充能量
- 左旋肌肽可為粒腺體抗氧化及清除游離基
- 菠菜萃取物有效提升抗氧功能，修復受損細胞
- 擬南芥精華能修復粒腺體的DNA，讓細胞重返健康軌道

經臨床實驗證實時，Creme L/X能讓肌膚抵抗外來侵害，自行補充骨膠原及水分，令肌膚保持彈性。實驗結果顯示，使用Creme L/X達6星期後，肌膚的彈性度可年輕達15年。

Creme L/X helps restore skin vitality

Mitochondria perform a vital energy synthesis and collagen formation function in the skin but their impact diminishes with ageing, which in turn leads to a higher incidence of wrinkles and fine lines.

CREME L/X signals a new era in biotechnology with its innovative CELL EFFECT helping to turn back the clock from within to protect against the harm caused by oxidation and free radicals.

Four main features:

- Cardiolipin helps to fuel up the cells.
- L-Carnosine protects against oxidation and free radical attacks.
- Spinach Extract enhances antioxidation and repairs damaged cells.
- Roxisome repairs DNA damage and restores energy to the skin.

Clinical trials have shown that using Creme L/X for six weeks can help the skin act up to 15 years younger!

IRS14及Creme L/X推廣優惠

即日起凡同時購買IRS14及Creme L/X，即獲贈離子導入按摩器乙個(價值\$1,800)，並可享6個月免息分期優惠*。

IRS14 and Creme L/X Promotion

Purchase IRS14 and Creme L/X and receive a complimentary Skin Enhancer (value \$1,800) in addition to a six-month period of interest-free instalments*.

* 參與銀行包括匯豐、恒生、花旗及渣打銀行。

* Participating banks include HSBC, Hang Seng Bank, Citibank and Standard Chartered Bank.

優惠細則 Terms & Conditions

- 離子導入按摩器數量有限，送完即止。
Available while stock lasts.
- 此優惠不可與其他優惠同時使用。
The offer cannot be used in conjunction with other promotional offers.
- 離子導入按摩器不設保養。直銷商及優惠顧客可分別享有90天及30天品質滿意保證的退換期，該贈品如出現任何操作問題，可享有上述保證。
The Skin Enhancer is not entitled to maintenance support. Distributors and Privileged Customers are entitled to exchange or return products within 90 and 30 days after the purchase date respectively. This guarantee is applicable to malfunction of the product.
- 如使用優惠券購買以上優惠套裝，折扣後金額必須為港幣\$3,000或以上，方可享有6個月免息分期優惠。
The discounted amount must be HK\$3,000 or above to enjoy six-month interest-free installment when using product coupons to buy the above promotion pack.

離子導入按摩器 Skin Enhancer

送Free
價值 Value
\$1,800



瑰麗花容 *Mademoiselle Fleur*

華麗高貴的氣質，浪漫的藝術風格，雅姿秋冬彩妝為這個季節締造明艷嫵媚的眼部妝容。金黃閃亮的眼影令雙目更添神采，在冷艷的秋冬，一雙明眸猶如盛放中的玫瑰。再配上柔和的胭脂及嬌艷的唇色，令妝容更添完美。

Artistry colour cosmetics are set to fill the season with a glamorous yet romantic ambience. A soft touch of gold and shimmering colours will light up your eyes for autumn/winter, with fresh cheek and lip colours completing the total look.

Mademoiselle Fleur



Color Your Eyes



- 1 先以(a)琥珀掃於眼瞼。
Apply (a) Sunburst along the eye lash in an upward movement.
- 2 然後用(b)金黃掃於眼窩，增加閃亮效果。
Then brush (b) Gold Ingot on the eyelid to highlight the shimmer effect.
- 3 用(c)柔紫掃於下眼線，從眼尾向內眼角推開。
Apply (c) Tulle along the lower eye line from the outer to the inner corner.
- 4 於內眼角輕輕點上(d)粉紅。
Softly add (d) Tickled Pink at the inner corner of the eye.
- 5 於眉骨位掃上(e)亮白，增加眼部立體感。
Apply (e) Starry Night at the brow bone area to add an accent effect.
- 6 於鼻影位掃上(a)琥珀，塑造立體輪廓效果。
Softly brush (a) Sunburst on each side of the nose for a contouring effect.

眼影 Eye Colour Refill

DP\$59

	(a) 琥珀 <i>Sunburst</i>	3862
	(b) 金黃 <i>Gold Ingot</i>	3875
	(c) 柔紫 <i>Tulle</i>	3864
	(d) 粉紅 <i>Tickled Pink</i>	3871
	(e) 亮白 <i>Starry Night</i>	3842

色彩潤唇膏 Sheer Colour SPF15

DP\$117



亮粉紅 Princess

3367

凝亮唇彩 Lip Shine

DP\$98



閃櫻桃 Candid

7200

胭脂粉 Powder Brush Refill

DP\$74



淺豆沙紅 Rosewood

3884



海底椰淮山螺頭鵲湯

Sea Coconut with Conch & Pigeon Soup

烹煮器皿 Utensils



準備時間：20分鐘

烹調時間：1小時30分鐘

Preparation time: 20 minutes

Cooking time: 1 hour 30 minutes

材料

淮山	5片
老鴿	2隻
薑片	3片
海底椰	3個
螺頭	1-2個
水	3.5公升
蜜棗	4粒
杞子	少許

Ingredients

Dried yam	5 pieces
Pigeon	2
Ginger	3 slices
Sea coconut	3
Conch	1-2
Water	3.5 litres
Honey dates	4
Chinese wolfberries	suitable amount

食譜筆記

- 螺頭本身帶腥味，要去除腥味，先以白鑊將薑片及螺頭爆香，再灑水煲沸成螺汁，煮成的湯才會鮮甜而不腥。
- 將老鴿汆水略灼，可除去多餘的脂肪及帶腥味的血水，令湯更清甜。
- 皇后煲採用上等精煉不銹鋼製造，煲蓋與煲身緊密連接，令蒸氣不會外洩，具備燉湯效果，減少水分及營養流失。以慢火烹調，也能令材料煲出鮮味，而且湯水較清澈美觀。

Notes

- To eliminate the peculiar smell of the conch, fry together with the ginger slices. Add water to make conch juice for a tasty and odourless soup.
- Blanching the pigeon helps to remove excess fat and blood, making the soup clearer and more delicious.
- Made from high-quality stainless steel, the Queen Cookware range is designed to lock in moisture and retain the nutrition in the food, giving the effect of double-boiling. Cooking on a low heat helps to enhance the flavour and colour of the soup.

做法 Method

- 淮山略浸，備用。
Soak the dried yam and set aside.
- 老鴿去皮去內臟，放入沸水中略灼，取出，備用。
Remove the skin and innards of the pigeon. Blanch the bird in boiling water for a while and then drain.
- 燒熱3公升鋼煲，白鑊爆香薑片，下螺頭煎香，注入3杯水，加蓋煮沸，保溫備用。
Heat the Queen Three Litre Saucepan and sauté the ginger slices. Lightly fry the conch and add three cups of water. Cover and bring to a boil.

- 以6公升焗鍋，將餘下的水煲沸，下老鴿、淮山、蜜棗、海底椰、杞子、螺頭連螺頭水及薑片同加蓋煮沸，沸後轉小火煲90分鐘，即可飲用。

Pour the remaining water into the Queen Six Litre Dutch Oven and add in all the ingredients. Bring to boil on a high heat then simmer on a low heat for 90 minutes. The soup is ready to serve.



糯米黨蔘肉

Steamed Glutinous Rice with Minced Pork & Radix Codonopsis



烹煮器皿 Utensils



準備時間：20分鐘

烹調時間：1小時30分鐘

Preparation time: 20 minutes

Cooking time: 1 hour 30 minutes

材料

黨蔘片	1湯匙 (1/3條，浸軟切碎)
肉碎	150克
馬蹄	4-5粒
糯米	1杯
水	1杯
生抽	1湯匙
香菇	50克 (切絲)
醬油膏	少許
芫荽碎	少許

肉碎調味

生抽	1湯匙
麻油	2茶匙
生粉	1茶匙

冬菇調味

生抽	1+1/2茶匙
麻油	1茶匙
糖	少許

Ingredients

Radix codonopsis (soaked and diced)	1/3
Minced pork	150g
Water chestnuts	4-5
Glutinous rice	1 cup
Water	1 cup
Light soy sauce	1 tablespoon
Mushroom (shredded)	50g
Soy sauce paste	to taste
Fresh parsley (chopped)	suitable amount

Minced pork seasoning

Light soy sauce	1 tablespoon
Sesame oil	2 teaspoons
Corn flour	1 teaspoon

Mushroom seasoning

Light soy sauce	1 1/2 teaspoons
Sesame oil	1 teaspoon
Sugar	to taste

食譜筆記

- 1 如想肉餅更彈牙，可選用後腿肉，因肉質有彈性及帶點脂肪，容易打至起膠。
- 2 醬油膏乃稠身帶甜味的醬油，來自台灣，台灣雜貨店有售。也可用生抽、老抽或素蠔油代替。
- 3 皇后牌不銹鋼煲可以架疊式煮食，利用煲湯的蒸氣來蒸米糕，既方便、美觀、節省燃料又環保。

Notes

- 1 The texture of the minced pork will be springier if you use hind leg meat, which has more fat and is more elastic.
- 2 Soy sauce paste is a thick, sweet soy sauce that is sold in Taiwanese stores. You can substitute with light soy sauce, dark soy sauce or vegetarian oyster sauce.
- 3 The stack cooking system employed by Queen Cookware enables you to cook soups and steam glutinous rice simultaneously, saving you both time and energy.

做法 Method

- 1 糯米洗淨，浸水半小時，瀝水備用；水與1湯匙生抽混合，備用。
Wash and soak the glutinous rice for 30 minutes. Drain and set aside. Mix the water with one tablespoon of light soy sauce.

- 2 肉碎加入調味及黨蔘水，以同一方向拌勻，再下馬蹄碎及黨蔘碎同攪拌至起膠有彈性。
Add the water and minced pork seasoning together with the meat. Blend in the same direction and add the water chestnuts and radix codonopsis until the texture turns springy.



- 3 鋼杯內，放入少許香菇絲，下1湯匙瘦肉碎，再加入2湯匙糯米及2湯匙的生抽水。

Place some of the shredded mushroom in the utility cups. Add one tablespoon of minced pork, two tablespoons of glutinous rice and two tablespoons of the mushroom seasoning.

- 4 將杯放入鑊中，隔沸水蒸20分鐘，再焗20分鐘，扣出米糕，淋少許醬油膏及芫荽碎伴食即可。

Put the cups into the Queen Cookware pan, steam for 20 minutes and then set aside for another 20 minutes. Serve with the soy sauce paste and garnish with a sprinkle of chopped parsley.





美國安利公司總裁德·狄維士帶領鑽石及以上領導人向來賓祝酒，並讚揚安利（香港）領導人屢創佳績，同時預祝安利（香港）創建更多個光輝35載！



美國安利公司總裁德·狄維士與安利（香港）鑽石及以上領導人，以及一眾安利（中國）和安利（香港）的行政人員，共賀安利（香港）35週年。



美國安利公司執行副總裁詹柏隆感激安利（香港）一眾領導人努力不懈，在逆境中仍能創下驕人成績。



紐崔萊營養與健康研究中心總裁森姆·宏邦博士藉此盛會，答謝安利（香港）領導人能夠帶領紐崔萊，成為人均銷售額最高的地區之一。

安利（香港）35週年優勝者餐舞會 閃耀人生 非凡成就

2009年10月11日，安利（香港）假座洲際酒店隆重舉行了35週年的盛大慶祝活動——安利（香港）35週年優勝者餐舞會，主題為「閃耀人生，非凡成就」，不單體現了當晚星光熠熠的盛況，亦充分代表了安利（香港）各位領導人過去35年的卓越成就。

安利（香港）成立35週年不只是值得慶賀的大日子，更標誌著過去35年所取得無數驕人成就，在香港穩佔直銷翹楚的地位，如此佳績全憑一眾傑出領導人的努力。

為隆重其事，美國安利公司總裁德·狄維士遠道而來，偕同美國安利公司執行副總裁詹柏隆、美國安利公司執行副總裁鄭李錦芬女士和紐崔萊營養與健康研究中心總裁森姆·宏邦博士，以及一眾安利（中國）和安利（香港）的行政人員，共賀輝煌的一刻。

當晚，紳士淑女紛紛穿上雍容華貴的晚禮服，盛裝赴會，共賀安利（香港）35週年，並攜手創造非凡成就，締造閃耀人生！



美國安利公司執行副總裁鄭李錦芬喜與在座的安利老朋友聚首一堂，也為越來越多年青新面孔加入而驕傲。



美國安利公司總裁德·狄維士向皇冠大使傅南生及吳彩雲夫婦頒贈紀念品，答謝他們多年來對安利作出的貢獻。



美國安利公司總裁德·狄維士與安利（香港）鑽石及以上領導人，以及一眾安利（中國）和安利（香港）的行政人員，共賀安利（香港）35週年。

Amway Hong Kong 35th Anniversary Winner Circle Success & Glory

October 11, 2009 marked a memorable moment as the Amway Hong Kong 35th Anniversary Winner Circle was held at the InterContinental Hotel. Themed "Success & Glory", the star-studded evening symbolised the remarkable achievements of Amway Hong Kong's leaders over the past 35 years.

The 35th anniversary of Amway Hong Kong is not only an important day for celebration, it commemorates the brilliant achievements throughout the years. As a leader of direct selling industry, Amway Hong Kong plays an active role in initiating innovative strategies which builds a solid foundation in the industry. This is undoubtedly the result of the successful leadership of Distributors over the past 35 years.

Mr. Doug DeVos, President of the Amway Corporation, flew all the way to Hong Kong to celebrate this very special event. Joining him were Mr. Jim Payne, Executive Vice President of Amway Corporation, Mrs. Eva Cheng, Executive Vice President of Amway Corporation and Dr. Sam Rehnberg, President of Nutrilite Health Institute Center for Optimal Health.

Also present for this gala occasion were all executives from Amway China and Amway Hong Kong, with everyone gathered together to celebrate 35 years of operations in Hong Kong and to look forward to an even brighter future.

鑽石酒會 衣香鬢影 The Glamorous Diamond Cocktail

入席前舉行的鑽石及以上領導人酒會衣香鬢影，男士們卓爾不凡，女士們高貴閃爍，一同分享非凡成就。



精彩表演 目不暇給 Filled with Brilliant Performances

安利大中華行政總裁
顏志榮以一曲《My
Way》獻給Amway。



草蜢獻唱首本名曲，台上載歌載舞，台下起舞拍和，把氣氛推至最高峰。



安利領導人以生動有趣的演繹方式，體現安利35年來營運模式、創業機會與產品質素的演進歷程，令人拍案叫絕。

傾城之夜 共享光輝

A Sparkling Night for Leaders



安利（香港）新人輩出，矢志創一番事業的年青領導人有了團隊的幫助，同樣可以成就大業。



這晚既是安利（香港）與嘉賓共享成就的重要時刻，各位領導人當然要留下最美好回憶。



歡樂氣氛注滿全場，帶給現場每一位來賓最難忘的一夜。



如此盛會，當然少不了獎品豐富的抽獎環節，得獎者人人笑逐顏開。

時尚人的綠色生活態度

My Green Lifestyle

炎炎夏日，不少人都愛躲在家中嘆冷氣、看電視，表面上的確很舒服，但實際上卻很不健康，又不環保。難得與友人在這個八、九月份的周末假期，學會了如何在生活上作出一點改變，就可實踐到綠色健康生活！

Some people regard staying in an air-conditioned home and watching TV as a great way to spend time during the hot summer months, but it's neither a healthy nor an environmentally friendly thing to do. In August and September I had the chance to spend my weekends attending a series of demonstrations and talks, inspiring me to experience a greener life simply by modifying some of my living habits.

上月相約友人吃過午飯後，他提議前往安利九龍陳列室及購貨中心，心想也許是想購買一些日用品吧。踏進店舖，意想不到原來這裡已搖身一變，成為綠色健康生活的體驗中心！不同的產品示範、健康美容測試及專業健康美容講座，令綠色健康元素融入生活態度。

環保「煮」意

走進場內，現場剛好進行「節能健康煮食層層疊」產品示範，看著廚師輕輕鬆鬆煮出三鏹一飯一湯及甜品，原來是用了皇后煲的架疊式煮食方法，加上煲具獨有的鎖水設計和極高傳熱效能，大大節省時間和燃料，原來自家煮食不單對身體更健康，更可以實踐節能環保，實在是一家之「煮」的必然選擇！



有了皇后煲，煮一頓豐盛飯餸變得輕而易舉。



大家對架疊式煮食都甚表興趣，湧躍向廚師提問。

有「營」健康

健康綠色生活，當然不可忽視每天攝取的營養。場內正好舉行天然植物營養素成分分析示範，當然不會錯過。日常食用的蔬菜水果中除了宏量及微量營養素外，原來還蘊藏著一些對人體健康非常重要的「植物營養素」，它們有助維他命的吸收、增強抗氧化能力。平日雖然也有食用紐崔萊營養補充品的習慣，卻不曾親眼看過它是怎樣製造出來，透過體驗日當天的「天然植物營養素示範」，這些看不見的秘寶便一一呈現我們眼前。



天然植物營養素成分分析示範精彩有趣，大家都對紐崔萊營養補充品加深了認識。

強「骨」護「心」

最近家中兩老患有骨質疏鬆症的緣故，令我對骨骼健康也份外關注。所以得知有理工大學康復治療科學系助理教授曾偉男主講的「骨骼健康全面睇」講座，當然一個箭步走過去。聽畢講座，才知道關節疼痛主要成因大多源自錯誤的坐立姿勢。當日還有物理治療師即場教授「坐式太極訓練」，可以學會從生活習慣及細節上保養好關節及肌肉，帶來莫大裨益。活動當日特別設有骨質密度測試及膽固醇及血糖測試，可以讓我們早一步知道身體的狀況，及早發現問題，以便盡快改善。

近年心臟病患者數字不斷上升，令人的警覺性提高，因此，安利舉辦的「關心你心」講座，由心臟專科黃品立醫生暢談預防心臟病貼士，解釋高脂、高膽固醇的飲食習慣、缺少運動、壓力等等導致心臟毛病的主要成因，並用了很多生活化的例子向我們展示心臟健康的重要性，齊齊防患於未然。



心臟專科黃品立醫生為生活緊張的都市人提供了預防心臟病貼士，全場座無虛席。

物理治療師向台下觀眾教授坐式太極。



測試後，安利專業營養師即場講解。



理工大學康復治療科學系助理教授曾偉男全面剖析骨骼及關節之護養。

豐「姿」綽約

近日面容好像有點憔悴，可能因為工作太忙吧。平日護膚化妝，怎也想不到也可融入綠色生活元素！美肌植物精華按摩法示範由專業美容師展示如何以蘊含豐富植物精華的雅姿護膚品，配合穴位按摩技巧，促進血液循環，令肌膚回復亮澤。另外更有仲夏透麗彩妝示範，助我們由內至外提升肌膚質素。還以為講座就這麼多，原來還有星級化妝師Jonathan Li介紹各種化妝竅門，包括日間剔透妝容和晚間出席派對或宴會的閃耀彩妝。

想不到短短一個下午，跟朋友同行到安利，就有如此豐富收穫，下次再有這類精彩活動，當然不容錯過！



著名化妝師Jonathan Li示範了日妝與晚妝的技巧，受用非淺。



美肌植物精華按摩法和仲夏透麗彩妝示範為女士帶來由內至外的美容妙法。



實現紅樹林的「綠色夢想」 Reviving the Mangrove Forests



志願者們在「共建生態海灣」環保橫幅上寫上名字。



泰國、緬甸等國的青年代表與自治區林業局官員共同為「中國——東盟青年生態友誼林」揭開牌匾。

關注北部灣生態的環保志願活動——「生態北部灣青年行動」是安利(中國)環保公益基金專案之一，由共青團廣西區委、廣西自治區林業局、環保局及安利廣西分公司等單位共同舉辦，這次意義深遠的活動吸引了來自東盟各國和中國的400多名中外志願者，攜手種下了3,000多株象徵著「綠色夢想」的紅樹苗，因為村民世代代賴以生存和棲息的紅樹林——海岸線的保護神，正以驚人的速度減少。

The "Beibuwan Ecology Youth Operation" - a voluntary conservation project that pays close attention to the ecology of the Beibuwan coastal region - is backed by the Amway China Environmental Protection Foundation and jointly organised with the Chinese Communist Youth League Guangxi Committee, the Forestry Administration of the Guangxi Autonomous Region, the Environmental Protection Administration and Amway's Guangxi Branch.

This notable project brought together more than 400 local and foreign volunteers from China and Association of Southeast Asian Nations (ASEAN) countries recently to plant over 3,000 mangrove saplings to symbolise the "green dream". The villagers rely on the mangroves, which have also been protecting the coastline, but sadly the coastal forests are disappearing at an alarming speed.

紅樹林原來是綠色的

廣西北侬河口國家級自然保護區管理處主任蘇博來到植樹地點，他的講解讓每個人得以瞭解紅樹林背後巨大意義：「紅樹林有『海上森林』之稱，是熱帶海岸的重要生態植物，既是良好的海岸防護林帶，又是海洋生物繁衍棲息的理想場所，對淨化海水有極重要的作用。」

攝影愛好者朱時廷亦深諳紅樹林的特性，此行是他第三次進入北侬河口保護區，堪稱半個紅樹林專家。「開始我也以為紅樹林像楓樹一樣是紅的，紅的葉、藍的海相映在一起，要多美有多美。」帶著這樣的想像，帶著攝影器材來尋找紅樹林的朱時廷，一到海邊，就為自己的孤陋寡聞臉紅了。如今，他已經可以如數家珍地向別人介紹：「紅樹林的葉子是綠的，剝開樹皮後，才現出它紅色的面目，過去人們常用樹皮提煉紅色染料……。」

中外志願者同種「希望樹」

當天，志願者穿著雨衣，每人手裏拿著一把小鏟，挖下一個個小坑，種下一株株幼苗。原本只有綠色和褐色的海灘上，一下子增添了赤橙黃綠青藍紫。來自防城港的劉曉楓和劉曉燕姊妹倆是安利公司的行銷人員，姐姐劉曉楓幾乎每年都跟著不同的部門和社團來種植紅樹苗。來自南寧市的安利志願者陳宇也一口氣種下10餘株紅樹苗，他說：「參加這樣的活動能夠讓中國和東盟的青年都意識到環境保護的重要性，從而聯手開展世界性的環保大行動，真的非常有意義。」而生活在防城港的安利志願者周林亦每週抽出一點時間，到附近的紅樹林景區清理掛在紅樹林根部的塑膠袋，維護紅樹林的生長環境。

在志願者的隊伍中，更有75名來自柬埔寨、緬甸、菲律賓、泰國等東盟國家的志願者，他們是廣西國際青年交流學院國際青年幹部高級研修班的學員。來自柬埔寨的政府要員利先生說，以前種樹都是在山上，這次卻種在海裏，別有一番感受。回國後，他會向政府推薦這種環保行動，同時希望這樣的活動能在更多的東盟國家開展。

安利公司自成立以來，一直視環保為己任，非常願意為紅樹林的保護工作做出一些實踐和努力，同時也希望更多的企業共同履行社會責任，來關注環保事業，保護紅樹林。

10年內恢復1,000公頃紅樹林

400多名志願者的熱情，也吸引了當地的居民和防城區江山中心小學的學生們加入到種植紅樹林的隊伍。然而，人工種植紅樹林成活率低，而且生長速度慢，被海浪沖走、爆發蟲害都是影響紅樹林生長的因素，而應對的措施用蘇博的話說，就是「少一棵種一棵，能種多少就種多少。」

談到未來的目標，蘇博說，未來10年，保護區將在北侬河口、珍珠灣、黃竹江三個核心區內嚴格保護各類型的紅樹林群落及其生態環境，恢復種植1,000公頃的紅樹林，以維護海灣紅樹林生態系統的自然性和完整性。還將建設一座鳥類救護中心和五座永久性鳥類瞭望塔。蘇博笑說：「到那個時候，這裏就變得截然不同，海水將和紅樹林連成一片，看不到邊，沒有盡頭，廣西的生態環境將得到很大改善。」儘管目前困難重重，但他和志願者們對未來都充滿信心。



人工種植紅樹林的成活率僅在15%左右，是需要堅持的艱苦工作。



來自不同國家的志願者，一同種下綠色的希望。



「只要把根部埋進泥巴裏，讓樹苗的種子紮根發芽，無論潮漲潮落都不會被沖走。」



安利志願者和菲律賓青年交流環保心得。



「我們是小小紅樹林護衛隊！」

Why mangroves must be preserved

Su Bo, Supervisor of the National Natural Reserve of Beilun Estuary in Guangxi, came to join the volunteers at the planting area to explain the underlying significance of mangroves. "Mangroves, also called 'the forest on the sea', are trees and shrubs that grow along the coast in tropical areas," he said. "They are good protectors of the coastline, provide an ideal habitat for ocean creatures, and have an important impact on water purification."

Zhu Shi-ting, an amateur photographer, also has a deep understanding of mangroves. This was the first time for him to visit the Beilun Estuary preservation zone and he now almost considers himself a mangrove specialist. However, when he first arrived he expected the mangroves would be red – "What a beautiful picture, red leaves against the blue sea!" he smiled.

He was embarrassed about his ignorance when he discovered mangrove leaves were actually green. "You cannot see the red part until the bark is peeled – in the past people used to extract red dye from the mangroves," he said.

Volunteers plant "trees of hope"

On the day of the planting, volunteers from Guangxi and overseas, wearing raincoats and each carrying a trowel, got busy digging pits and planting saplings. The beach, which was originally a dull green and brown, was suddenly brought to life with a vibrant splash of colour.

Liu Xiao-feng and Liu Xiao-yan, both Amway distributors, are sisters from the city of Fangchenggang. Liu Xiao-feng, the older of the two, said she joins different departments and associations for mangrove planting almost every year.

Chen Yu, from the city of Nanning and also an Amway volunteer, planted more than 10 saplings in an instant. "For the youth of China and from ASEAN countries to join an activity such as this will arouse their environmental awareness and encourage them to join hands to work towards global environmental protection. It really is very meaningful."

There was definitely a greater feeling of urgency among the volunteers for taking action to protect the environment. Amway volunteer Zhou Lin, who lives in Fangchenggang, spares some time every week to clear up plastic bags stuck in the roots of mangroves in a nearby scenic area, protecting the environment and promoting further mangrove growth.

Among the volunteers, 75 were from countries belonging to ASEAN including Cambodia, Myanmar, Thailand and the Philippines. They were students from the Senior Study and Research Programme for International Young Cadres organised by the Guangxi International Youth Exchange Institute.

Mr Li, a senior government official from Cambodia, said he used to plant trees in the mountains, so it was a really special feeling to plant in the sea. He said that after returning to his own country he would suggest that his government organise similar environmental protection activities – and he hoped other ASEAN countries would follow suit.

From the very beginning Amway China has taken the issue of environmental protection very seriously, and that Amway was very keen to be involved in the mangrove planting. He expressed the wish that more enterprises would bear a social responsibility and show their concern for environmental protection.

10 years to restore 1,000 hectares of mangroves

The passion of the 400 volunteers attracted local residents and primary students from the Jiangshan Centre Primary School in Fangchenggang to join the mangrove planting team. It was a great effort, but success is not guaranteed because the survival rate of artificially planted mangroves is low and the growth rate is also slow. Factors such as tidal erosion and attacks from pests can seriously impact mangrove growth.

To cope with the problem Su Bo said volunteers should "plant one when losing one and plant as many as you can". Regarding future targets, Su Bo said the preservation zone would strictly protect all kinds of mangrove communities and their ecological environment in three core areas - Beilun Estuary, Zhenzhu (Pearl) Bay and Huangzhu River.

The ultimate aim is to restore 1,000 hectares of mangroves and protect the natural surroundings and integrity of the mangrove ecological system along the coast. Su Bo added that they would also build a rescue centre and five permanent observation towers for watching birds.

"Within the next decade it will become completely different here. The sea and mangroves will be connected, and you won't be able to see where they begin or ends. The ecology and environment of Guangxi will be greatly improved as a result," he said, adding that he and all the volunteers are confident about the future.

安利愛心傳遍中國

Amway Spreads Love Around China

安利成立至今已半個世紀，現已發展成為一家業務遍及全球的跨國企業。除了繼續拓展業務，同時亦積極投入社區活動，儘管各地文化各有不同，安利都貫徹同一理念。踏足中國，這種精神繼續傳遍神州大地，為有需要的人帶來愛心與關懷。多年來，安利(中國)舉辦了超過4,000多個公益活動，以實際行動來回饋社會。

Amway has been operating for more than 50 years and is now a multinational corporation with extended networks around the world. In addition to its focus on business development, Amway also devotes a great deal of time and effort on community activities – a mission which Amway China has been proud to continue, spreading care and concern to people in need across the Mainland.

In recent years, Amway China has organised more than 4,000 community and charity events as part of its contribution to the society it serves.



安利環保旗幟登陸珠峰。



水上小學的孩子專心學習。



安利都江堰分公司的員工和志願者運送救災物資給受災群眾。

為兒童帶來希望

對每個孩子來說，未來都是充滿憧憬與希望的。可惜在全國仍有數以億計的兒童在邊緣上掙扎，因生活貧困而未有機會走進校園接受教育。有見及此，安利(中國)近年與不同的國家部門及機構合作，例如國家教育部、中國兒童少年基金會、中國青少年發展基金會、北京大學、清華大學及復旦大學等，積極推行多項教育計劃，包括陽光計劃、名校支教、希望小學及電影《志願者》等項目，捐助興建學校及圖書館，並提供支教及文化教育，為他們帶來合適的學習及成長環境。此外，安利(中國)亦舉辦了安童基金及微笑行動，幫助無助孤兒、殘疾及患有唇腭裂的兒童，讓他們重現笑臉。

Igniting hope for China's children

Every child has a future full of dreams and wishes, but the sad reality is that there are millions of youngsters around the world who live in poverty and don't have chance to enjoy a proper education. With this in mind, Amway China has worked with a variety of government departments and organisations - including the Ministry of Education, the China Children and Teenagers' Fund, the China Youth Development Foundation, and various major universities – to organise a range of educational projects including the Sunshine Plan, the Education Aid Programme, Project Hope Schools and Movie Volunteers.

These and other projects helped to promote educational and cultural support by building schools and libraries and providing better learning environments for children around China. Amway China has also run the An Tong Fund for Orphans, to help youngsters left without parents, and Operation Smile to assist children with disabilities and youngsters suffering from cleft lips and palates.



美國安利公司總裁德·狄維士親臨探訪兒童。



於洪澤湖上建造水上小學。



安利(中國)推行「陽光計劃」教育活動。

災難無情 人間有愛

天災橫禍誰都無法預料，雖然痛失家園及親人的悲痛無法掩蓋，但唯有在危難一刻救傷扶危，伸出溫暖的援手，可將希望重燃。在2008年汶川地震發生後，安利(中國)第一時間籌組救災行動，安利(中國)向災區累計捐款捐物超過3,600萬人民幣，捐助予中國紅十字會，並召集過萬的志願者一同抗災，透過各方渠道將捐款及物資送往災區。而在年初發生的南部雪災令大部份地區缺水缺電缺糧，在飢寒交迫之際，來自北京、上海、廣州、合肥及湘潭等全國31個城市的2,800名安利志願者率先行動，運送救援物資，並為他們送衣送食，向災民獻上自己的一份關懷和心意。



極富營養價值的蛋白質粉等救援物資運往災區。



35名綿陽志願者前往綿陽市第三人民醫院，把受傷群眾送上通往武漢漢口的愛心列車。



安利大中華營運總裁侯偉德在中央電視台愛的奉獻晚會上代表安利捐款1,000萬元人民幣。

Love and care in times of real need

Those who lose family and loved ones in natural disasters suffer unbearable sorrow, but a helping hand can help to relieve the sadness and loss. Following the Wenchuan earthquake in 2008, Amway China acted fast to put in place an earthquake relief programme. The company raised more than RMB 36 million for the Red Cross Society of China and assembled over 10,000 volunteers to help deliver relief materials to the affected areas.

The company also pitched in with a relief effort when severe snowstorms struck southern and eastern China earlier the same year, causing shortages of water, electricity and food. Some 2,800 Amway Volunteers from 31 cities, including Beijing, Shanghai, Guangzhou, Hefei and Xiangtan, sprang into action to deliver food and clothing to those affected.



於珠峰清除垃圾，令河水更美麗。



中國最大的極地考察船—雪龍號。

愛惜地球資源

自創立那一天起，安利便已視保護環境為己任，從健康環保的產品，到遍及大江南北的綠色行動，都不遺餘力，積極實行綠色生活。從2002年起，安利(中國)一直支持珠峰環保行動及南北極科學考察活動，在三極地區宣揚環保意識。同時亦先後舉辦多個保護環境生態的活動，包括「安利林」植樹活動、「打掃名山大川」、安利杯「人與水」環保活動，以及持續在邕江、漓江及柳江等多個水域投放魚苗及蝦苗，以維持生態及水質。此外，安利(中國)積極推行環保教育，並連續6年透過不同渠道宣揚環保理念及哲學，同時亦籌組各項志願者活動，例如去年由員工自發成立的「綠成安利」小組及「i 環保論壇」網站。

Treasuring the planet

Right from the early days Amway has seen environmental protection as a major corporate responsibility. Amway China has put endless effort into boosting green living, from the production of its products to participating in environmental events nationwide.

Since 2002, Amway China has provided full support to scientific surveys on Mount Everest and in the Polar regions, helping to send a strong environmental message. In addition the company has run various environmental and ecological projects including Amway Wood, Clean the Landscape, Human and Water, and the release of marine life into the Yongjiang, Lijiang and Liujiang rivers to help maintain the ecological balance and boost water quality.

Amway China has also established a range of environmental education programmes, promoting green concepts through different media for six consecutive years. The "Green Amway" team and "i Green Forum", formed by volunteers from Amway China, have also been helping to boost awareness of the need to limit man's impact on the world.



現今新一代孩子面對愈來愈多衝擊和挑戰，令他們承受不少壓力。

有見及此，美國安利（香港）日用品有限公司與香港小童群益會，攜手舉辦為期兩年的「安利陽光兒童成長計劃」，目的是協助面對情緒及心理困擾的大埔及北區9至14歲兒童及青少年處理情緒壓力，同時提升抗逆力，共同為締造健康和愉快的社會環境而努力。

