

BECAUSE

it's for you

MAY 08



Achievers 2009 Tokyo, Japan

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- 20 THE JEWEL OF WHITENING PRODUCTS





A perfect balance to natural white beauty

Take your natural skin from ordinary to purely extraordinary. Powerfully effective yet extremely gentle, the ARTISTRY holistic, balanced approach to whitening prevents, treats and protects the skin. Perceived flaws diminish and skin is luminously returned to glowing health. Pure White unveils the natural beauty you were born with.

The Pure White range features:

- Pure White Cleanser – a rich foam cleanser that feels luxuriously silky
- Pure White Toner – a milky toner that removes makeup, traces of dirt and any left over cleanser
- Pure White Essence – brightens the skin with the exclusive Pure White Balancing Complex, which features natural White Tea Extract
- Pure White Moisturiser – a milky lotion containing SPF 15 that protects the skin against harmful UV rays and reduces the darkening effects of sun exposure
- Pure White Crème – a night-time crème that increases moisture levels by 112%.

The new and improved Pure White range is available now.

Order today.



VS	DESCRIPTION	PV	BV	W'Sale	RRP
103415	Pure White Cleanser	11.91	40.61	\$44.67	\$60.30
103417	Pure White Toner	11.91	40.61	\$44.67	\$60.30
104020	Pure White Essence	20.46	69.76	\$76.74	\$103.60
103419	Pure White Moisturiser	15.71	53.57	\$58.93	\$79.55
103421	Pure White Crème	15.71	53.57	\$58.93	\$79.55

ARTISTRY®

AVAILABLE
NOW



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ACHIEVING RESULTS

We are very excited to announce that Achievers 2009 will take place in Tokyo, Japan. What a unique destination! Tokyo is a megapolis where the ancient East confronts the West and the gigantic confronts the minute. In 2008, you will be relaxing in Mauritius. In 2009, you will be amongst the bustle of one of the busiest cities in the world. It is time to start working hard to qualify for this great event. Give your State Sales Manager a call today for more details and turn to page 6 to find out more about Tokyo.

This month we show you how you can laugh yourself to health with the help of Nutriway vitamins and supplements, and we launch the new EMMA PAGE Euphoria collection. We also take a look at the new and improved Artistry Pure White range. If you would like more information about Pure White and skin whitening in general, make sure you attend the Pure White training that is occurring all around the country this month.

The Business Centres continue to evolve. While some are still in development, those already operating are being embraced by IBOs as destination sites where the business can be introduced to prospects. The Chinese celebrations at the Business Centres were a great success for the growing number of Chinese IBOs.

We hope you enjoy this May issue.

BECAUSE it's for you is designed and produced for AMWAY by Blue Gecko Design and Communication Pty Ltd.

BECAUSE it's for you is published by AMWAY of Australia ABN 49 004 807 756. 46 Carrington Road Castle Hill NSW 2154 PO Box 202 Castle Hill NSW 1765 Australia Telephone (02) 9843 2000 Facsimile (02) 9680 2868.

Views expressed are not necessarily those held by AMWAY or Blue Gecko.

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John Haines

John Haines
Head of Business Relations
Australia/New Zealand

WHAT'S HOT

WARMING UP

Are you planning on walking or running the City2Surf or Bridge to Brisbane fun run this year. If you are joining TEAM NUTRIWAY® and the thousands of people who participate in these great events every year, it's time to start warming up. Start walking or running regularly. Drink lots of water, take your NUTRIWAY supplements, and make sure you have a balanced diet. If you would like more tips on preparing for these two fun events, email our naturopaths at naturopath@amway.com.au.



OUT WITH THE OLD

To keep the air in your home pure and fresh, you should replace your ATMOSPHERE™ Air Purifier filters regularly. The Particulate (HEPA) filter lasts three months to five years, depending on the conditions under which you use it. The carbon odour filter lasts from four months to a year, again depending on how much it is used. By ensuring that you replace your filters regularly, you can relax knowing that the ATMOSPHERE Air Purifier is effectively removing 99.99% of airborne particles, down to 0.01 microns.



EXTREME PROTECTION

For more stamina and endurance, try NUTRIWAY Siberian Ginseng and Ginkgo Biloba. Siberian Ginseng is a herb that has long been studied for its direct effect on the adrenal glands. Ginkgo Biloba may improve blood flow, thus assisting circulation. The blend also contains Acerola Cherry Concentrate which provides additional bioflavonoids, antioxidants and phytonutrients that play a valuable role in protecting your health.

Always read the label. Use as directed. If symptoms persist, see your healthcare professional.



NEW EUPHORIA KITS

The Autumn/Winter 08 Collection for Euphoria by EMMA PAGE® is now available. Pick up your Euphoria Kit now with a 20% PV/BV uplift and a FREE Euphoria Sling Bag, valued at \$24.95.

Visit amway.com.au to download a kit order form.



SUSTAINED ENERGY

NUTRIWAY DOUBLE X® can give you sustained energy that lasts all day. This multivitamin/phytonutrient supplement provides you with important B vitamins that are essential for energy production and cellular metabolism, and helps to relieve stress.

Always read the label. Use as directed. If symptoms persist, see your healthcare professional.

MAINTAIN HEALTHY ENTERTAINING THIS SEASON

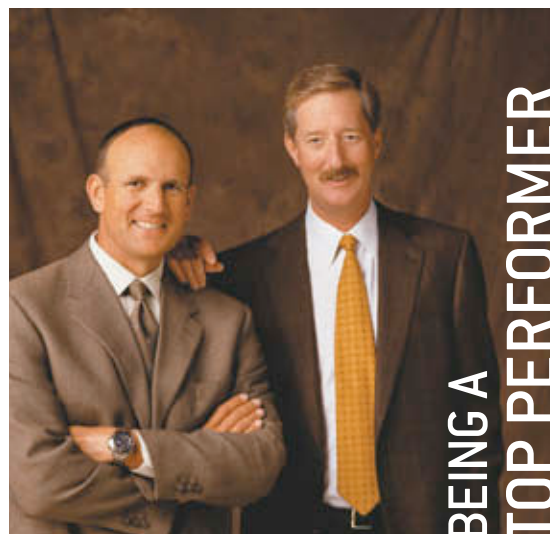
As we approach the cooler months, our palate begins to crave warm soups and dishes that nourish the mind and soul. So prepare for winter entertaining by cooking lots of casseroles, soups and roasts for your family and loved ones. iCook® has the unique Vitalok™ cooking method that retains one-third more nutrients and flavour, so entertaining becomes a healthy, delicious experience! With the iCook stack cooking technology, you can cook up a feast in no time, giving you less time in the kitchen and more time with your guests! Cook healthier and live better with iCook Cookware.

For more information on the iCook range, order the brochure on VS 207411.



DASH OF COLOUR

Add gorgeous new colours to your world with the new ARTISTRY eye and cheek colours. These long-lasting sheer colours have replaced all the old ones in the catalogue, so order the brochure today for a full list of the new shades. Order the brochure on VS 209950.



We all strive for success in this business and an opportunity to make it to the top. But people that make it to the top do not get there by accident. It is hard work and dedication that leads them to success.

And, actually, it's also because a top performer is not only focused on their individual success. A top performer is focused on the success of others. They drive the people around them to greater success – they infuse their energy into the team.

Once they recognise their strengths as an individual, their success and innovative thinking is contagious. It inspires others. It benefits everyone.

Being a top performer also means connecting ideas and inspiration with business results, and investing in technology that will help you – our sales force – reach your goals and fulfil your dreams. And our goal is to provide you with the best support possible.

One way we are doing so is by investing in a new technology infrastructure through two large scale projects named ATLAS and MAGIC. They will provide consistent, real-time sales, inventory, and financial information, all around the world, because we know that when you are running a business having accurate, fast access to data is important.

It helps us to better help you. And it will help you as you build your business and become a top performer.

By working together we can all perform at the highest level possible!

Doug DeVos,
President

Steve Van Andel
Chairman

ACHIEVERS 2009 TOKYO



笑夢笑夢

TOKYO AT A GLANCE

Population

- There are 12.64 million people who live in Tokyo. That's more than half the population of Australia and around three times the population of New Zealand.

Shopping

- Omote-sandō and Harajuku are the best districts in Tokyo for quirky Japanese fashion.
- High end shoppers will love the Ginza district.
- Tokyo is still very much a cash-based society. So make sure you have some yen handy when you head out, instead of relying on your credit card.

Food

- Prices for meals range from a modest ¥2,000 to a staggering ¥20,000.
- The best sushi breakfast in Tokyo can be had at Daiwa Sushi, located in Tsukiji Central Fish Market.

**AMWAY TAKES YOU TO TOKYO FOR ACHIEVERS 2009!**

In the past you've walked on the Great Wall of China, swum with dolphins in Hawaii, and in a few months time you'll be soaking up the sun in Mauritius. Next year, Achievers is taking you to Tokyo, Japan, a city that despite all of its neon lights, eccentric Harajuku fashion, and obsession with anime (Japanese cartoons), is still very much steeped in tradition.

It will be against this rich setting where you will learn from the best leaders in AMWAY and celebrate the achievements of the leaders in the making. You will also be the first in Australia and New Zealand to find out about new product launches that are planned for the following year. It is your chance to be informed about the direction of the AMWAY corporation and all the innovative strategies that have been implemented to help you grow your business.

Now is the time to start working towards qualifying for Achievers 2009. Ask your upline for inspiration and advice. Enthusiastically talk to your downline about what it will mean to qualify and call your State Sales Manager for more details. Here is a small taste of what you will be able to experience in Tokyo.

WHAT TO SEE?

For those of you who love learning about history, a visit to the Tokyo National Museum is a must. It features five galleries which display a selection of the 89,000 pieces of Japanese and Asian art that have been collected by the museum over the years. If you don't have enough time to visit all five galleries, make sure you at least see the Gallery of Hōryū-ji Treasures. It features thousand-year-old Buddhist pieces from the Hōryū Temple – one of the seven great temples of Nara.



If sushi interests you more than priceless artefacts, then take a stroll down to Tsukiji Produce and Fish Market. Wake up early and head to the markets at 7am to see workers busily hauling and slicing enormous bluefin tuna and eel. Watch the wholesale market spring to life as local store owners buy the freshest seafood around. Unfortunately, the public aren't able to purchase anything, but it's fun watching the busy market in action.

WHERE TO SHOP?

Shopaholics beware: the shopping in Tokyo will have you feeling happily overwhelmed. Those of you who love to splurge should head straight to Ginza, the most glitzy and glamorous district in Tokyo. For everyone else, there are many stores to visit. So many, in fact, that we could dedicate a whole article to shopping alone. Some standouts are Isetan (for crazy displays that are worth seeing even if you don't intend to shop) and Takashimaya (for expensive gifts to bring back home), both located in Shinjuku. There are also numerous markets for the budget conscious.

Here's a tip for you: If you know that shopping is your vice, bring an extra empty suitcase along with you. By the end of

all that shopping, your suitcase will be so full you'll be wishing you had brought two extra suitcases instead.

WHAT TO EAT?

For a traditional Japanese meal, you can't go past kaiseki-ryori dining. Each small course is carefully prepared, with each ingredient meticulously chosen. This is Japanese cuisine at its best. If dinner with a view appeals to your senses, then visit La Ranarita Azumabashi at the Asahi Beer Tower. And if a Hollywood-style meal is what you are craving, the New York Bar at the Park Hyatt Tokyo, where *Lost in Translation* was filmed, should fulfil your needs.

The qualification period for Achievers 2009 has already begun. Call your State Sales Manager today for more details or download a copy of the 2008/2009 Sales and Incentive Brochure.

We hope to see you there!



HOTWHEELS



COME TOGETHER

With your help, we are changing the lives of Australian children One by One. The FREEDOM WHEELS program is our special gift to the community. In association with the Technical Aid to the Disabled (TAD), we are giving disabled children the miraculous opportunity to ride a bike for the very first time. Here's an update on FREEDOM WHEELS in the past month.



FUNDRAISING STARS

A huge thank you goes to all who attended the IDA West Coast Summer Conference. The group headed by Diamonds Peter and Pauline Shack raised \$1,100 for this worthy cause.



ROLLING OUT NEW VANS

FREEDOM WHEELS is ready to bring even more joy to children with disabilities around Australia. Two new Super Long Wheelbase Toyota Hiace vans with high roofs have been delivered to Queensland and Victoria. The two new vans are fitted to enable them to carry enough bikes and parts to the assessment clinics. TAD Queensland CEO Maureen O'Brien thanks you for your support. She says, "TADQ is delighted to be offering this program to Queensland children. Many very happy children will now receive a dream bike usually only available to children without disabilities. We are grateful to AMWAY and AMWAY IBOs for their support." Our vision to spread the FREEDOM WHEELS service across Australia is coming to fruition!

NEW 2008 FREEDOM WHEELS SPONSORS

Thank you to all generous FREEDOM WHEELS sponsors! Your heartfelt generosity is directly accelerating the project and helping more kids get on bikes sooner.

Jonathan Harding, WA
Ford & Armstrong, VIC

THANKS TO FREEDOM WHEELS SPONSORS

BRONZE MEMBER
Sandra Tenardi, WA
Yvonne Smolenski, SA
Mervyn Aston, ACT

Email us at freedomwheels@amway.com.au to find out how you can get involved.



BUSINESS BREAKTHROUGH

HERE ARE THE LATEST UPDATES FROM THE
AMWAY BUSINESS CENTRES IN MAY.

● AUCKLAND

More rewards at your Business Centre!

Be rewarded when you shop with the new Loyalty Shoppers Card! Spend over \$100 per day and receive a stamp. When you have collected four stamps you receive a FREE mystery gift. What a fantastic way to be rewarded for all your retailing and shopping at the Business Centre.

During May, you can also take advantage of our special training room offer. If you hold a meeting between Monday and Friday, with 20 people or more in attendance, everyone at that meeting will receive a FREE Q Café mystery gift. Contact Leah Walker to make a booking on (09) 9198835 or email her at leah.walker@amway.com.

The Winter Lecture Workshops start this month in the Auckland Business Centre. Each month there will be a new topic, so check your emails for details of the monthly Winter Lecture Workshop.

Simon Bennett

Sales and Marketing Manager, New Zealand



● LOGANHOLME

The Loganholme Business Centre is well underway. It looks more like a finished building everyday – beyond bricks and mortar! It's really exciting because I know this Business Centre is going to change the way you do business. The Business Centre will be a permanent advertisement for your business proposal! Hundreds and hundreds of passers-by will see the new flash building. Some of those passers-by may be the next people you prospect. I can't wait to walk into the new Loganholme Business Centre. It's just going to be fantastic!

Nadia Zeaiter

State Sales Manager, Queensland and Northern Territory



Amway
Business
Centre

Your Community, Your Business, Your Opportunity



LUKE ROWLINSON AND AMANDA BRIGGS

QUEENSLAND, AUST.

OCCUPATION –ARCHITECT/PHOTOGRAPHER

In the first year of their AMWAY business, Luke Rowlinson and Amanda Briggs were still only qualifying at 15%. So how did they manage to become Emeralds within three years of starting the business after such a slow start? It was all due to a change in their mentality.

“We started to treat the business like we invested half a million dollars into it. We realised that if we had invested that type of money and had mentorship available, we would be taking it up,” says Luke.

“The mental shift that took place was about owning the business, doing the work and getting the results.”

The difference the business has made to their personal lives has been rewarding. Luke used to work between 60 to 100 hours a week as an architect and spent a lot of time working in Asia. Amanda admits that they didn’t have much of a relationship during that period of his life.

Luke says about his old work, “In architecture you don’t see people retire, you see them die.”

Now the couple aren’t slaves to their jobs. Their thriving AMWAY business gives them the option to get out of bed whenever they are ready to wake up. They catch up with friends and their group over coffee, go jet skiing, wind surfing and read. Luke and Amanda also value the time they get to spend with their family.

At the moment, Luke and Amanda are looking forward to the Emerald Plus trip on the Seabourn Spirit. Not only will they be enjoying themselves on the luxurious ship that goes from Istanbul to Venice with their fellow high achieving IBOs, but they will also be getting married on the cruise. What other business could offer you such a gorgeous setting for a memorable day?

Luke says, “It feels like a new start.”

SUCCESS TIP

Tell others your goals and have the integrity to fulfil them.



EMERALD



CELEBRATE ACHIEVEMENT...



Celebrate 50 years of innovation, leading products and changing lives with AMWAY®. At Founders Council 2009, you will join the very best leaders from around the world for a historical event. Held in Grand Rapids and Ada, Michigan just prior to the Global Executive Diamond Council, you will be treated to world class entertainment and speakers. It marks a homecoming to the birthplace of AMWAY as we celebrate the company's golden anniversary.



Both Founders Council and the Global Executive Diamond Council events are scheduled in the days leading up to AMWAY's 50th Anniversary Global Diamond Forum to be held in Las Vegas, Nevada in May 2009. These events will take your breath away with fabulous entertainment and support for your business.



All three events are based on qualifications achieved during 2008. For more information about qualification, please speak to your State Sales Manager or download the Business Seminars and Incentives 2008 brochure from the AMWAY website.

...CELEBRATE THE FUTURE





STEELE AND SHEILA BISHOP

WESTERN AUSTRALIA, AUST.

OCCUPATION

WATCH24 FRANCHISEE/

INSOLVENCY ADMINISTRATOR

Achievers is a magical experience; it is even more so for this Perth couple. On the big island of Hawaii, among a group of 20 close friends and a number of curious onlookers, Steele and Sheila became Mr and Mrs Bishop. The two were married by the beach at the Hilton Waikoloa Village. A year earlier, Steele had proposed to Sheila during Achievers 2006 in Shanghai. On the Great Wall of China, he asked the former Insolvency Administrator to be his wife.

"I'm pretty smart, you know, because on every anniversary I take Sheila away on a lovely trip," Steele says. "We're planning to qualify for Achievers in Mauritius this year."

It's not only the fabulous trips that keep the Bishops working hard on their business. As Sheila says, they are headed for the Diamond club. The couple are determined to succeed. Sheila adds jokingly, "We have to be one-eyed, maniacal, plan showing monsters."

She continues, "You've got to be completely focused on one goal and our goal at the moment is Emerald through to Diamond. We share our vision with our group and we all know where we are all headed. Our getting there means helping them achieve their goals."



GOLD PRODUCERS



Larry and Hima Armytage, NSW
 Amber De Florio, NSW, Aust.
 Kanti and Lata Gala, NSW, Aust.
 Coleman and Erica Levin, VIC., Aust.
 Peter and Denise McCarthy, WA, Aust.
 David and Katie McKibbins, NSW
 Sanil Narambarath and Bindu Sanil Kimar Shaji, VIC, Aust.
 Arun and Anita Kumar, Auckland, NZ
 Andrew O'Meagher and Bridgett Ah Ben, QLD, Aust.
 Mathew Rogers and Chloe Maxwell, QLD, Aust.
 Sandip and Kartika Sharma, Auckland, NZ
 Erik and Daphne Steeman, VIC, Aust.
 Andrew Wheatland and Belinda Smith, QLD, Aust.
 Maxwell and Teresa Wright, WA, Aust.

SILVER PRODUCERS



Atul and Rupal Bhanushali, NSW, Aust.
 Joseph and Sarah Cooper, QLD, Aust.
 Paul and Nicole Dunn, NSW, Aust.
 Anil Hari and Sasi Lata Prasad, Auckland, NZ
 Hee Young Kim, Auckland, NZ
 Sungmin Kim, Auckland, NZ
 Tan Le and Tamara Nguyen, QLD, Aust.
 Lisa Lin, Auckland, NZ
 Min Luo, Auckland, NZ
 Tai Shan Ma, Auckland, NZ
 Pravin and Prasilla Maharaj, Auckland, NZ
 Toeola Maumaga and Margaret Toetu, Auckland, NZ
 Natasha McKee, QLD, Aust.
 Bhaskar and Sailaja Medapuram, NSW, Aust.
 Alain Quah, WA, Aust.
 Ait Tiang Siah and Kee Jin Wee, Auckland, NZ
 Kevin and Vicki Shaw, QLD, Aust.
 Kyoho Shibata, Auckland, NZ
 Christian and Beatrice Stauber, NSW, Aust.
 John and Kitty Suen, NSW, Aust.
 Jonathon and Robyn Tait, NSW, Aust.
 Anthony and Natasha Vella, QLD, Aust.
 Koy and Siew Voon, Auckland, NZ
 Hai Ou Wang, Auckland, NZ
 Jun Rong Wu, Auckland, NZ
 Jason Xu, Auckland, NZ
 Shu Qin Yang, Auckland, NZ
 Wai Cheong Yap and Lynda Lim, QLD, Aust.

鼠年

Year of the Rat

Australian IBOs welcomed in the Year of the Rat with a glorious celebration at the Castle Hill Business Centre. According to Chinese astrology, this year is the time to take advantage of great opportunities that come your way. What a perfect year to be building your Amway business.

Amway got into the spirit of Chinese New Year by decorating the Castle Hill Business Centre with red lanterns and fans. On the day, the festivities kicked off with a traditional lion show and a kung fu demonstration. Crown Ambassadors Jack and Ying Zhou helped everyone focus on their goals this year with an inspirational speech and impressed the crowd when they revealed that their downline includes 350 Diamonds. Founders Platinum IBO Ceceila Poon later demonstrated the wonderful benefits of cooking with the iCook® range.

It was a fun-filled day and many IBOs were proud to bring prospects to the centre for Chinese New Year. More Business Centre Open Days are planned for the future so that you can give your prospects a memorable first impression of the business. Listen out for more details soon.



Good Hair Day

Every day is a good hair day with SATINIQUE®.

Having great hair is easier than you think. Just follow these quick and easy steps for gorgeous hair.

Problem #1: Split ends

A great way to mend split ends is with SATINIQUE Hair Repair Masque. And it only takes 10 minutes! You can use it weekly or whenever you feel like your hair needs extra care. It reduces up to 85% of split ends and also repairs any structural damage that has been caused by environmental factors.

Problem #2: Heat damaged hair

Blow drying hair, and using curling tongs or a straightener is very damaging. Protect your hair using SATINIQUE Colour and Heat Protector. It is enhanced with exclusive Capture Colour Complex and UV filters to protect your hair against heat styling, frizzing and colour fading.

Problem #3: My hairstyle won't hold

You've taken the time to style your hair only to have it fall out within hours. To fix that problem, all you need to do is use SATINIQUE Sculpting Spray Gel to add shape and volume as you style. Then for an extra strong hold, finish off with SATINIQUE Final Step Finishing Spray.

HAIR CARE QUICK GUIDE

PROBLEM	SOLUTION
Split ends	SATINIQUE Hair Repair Masque
Stressed hair from using hair dryers, curling tongs, straighteners	SATINIQUE Colour and Heat Protector
I need a strong, naturally looking hold	SATINIQUE Sculpting Spray Gel
I want my hairstyle to last all day	SATINIQUE Final Step Finishing Spray



SATINIQUE®



LAUGH LINES

AGE GRACEFULLY WITH THE HELP OF NUTRIWAY® VITAMINS AND SUPPLEMENTS.

There are countless jokes circulating on the internet about how you can tell you're getting older. One favourite is "You know you're getting old when your investment in health insurance is finally paying off." But this doesn't have to be you. Here are some great "You know you're getting old when..." jokes and what you can do now to prevent these statements becoming real for you.

YOU KNOW YOU'RE GETTING OLD WHEN... ...YOUR BACK GOES OUT MORE THAN YOU DO

Exercise isn't only important for controlling your weight. It is equally essential for maintaining strong bones and muscles, and sustaining a healthy heart. Your exercise routine should include a mixture of core strength (pilates, yoga and weights) and cardio (walking, aerobics, swimming and running). All you need to do is 30 minutes of exercise, three to four times per week.

...YOUR IDEA OF WEIGHT LIFTING IS STANDING UP

Food affects more than just your waistline. It has implications for your heart health, cholesterol levels, and even your mood. A healthy diet of whole grains, fresh fruits and vegetables, fish, nuts and seeds, lean meats and organic chicken provides optimal benefits for healthy ageing. Also limit the amount of sugar, saturated fats and processed foods that you consume.

...YOUR DOCTOR CALLS YOU FOR AN APPOINTMENT

By taking vitamins and supplements every day you can increase your overall health and wellbeing, and minimise the time you spend at the doctor. When supplementing, it's best to start by ensuring your basic nutritional needs are taken care of. NUTRIWAY DOUBLE X®, Concentrated Fruits and Vegetables and Omega-3 Complex are the ideal supplements to start with.

...THE TWINKLE IN YOUR EYE IS ONLY THE REFLECTION OF THE SUN ON YOUR BIFOCALS

Poor eye health such as strained eyes, bad night vision and low antioxidant protection for the retina can be common as we age. NUTRIWAY Bilberry and Lutein can help protect our eyes and support healthy eyesight. Bilberry is high in antioxidants that have been shown to help improve night vision and aid the function of the retina. Lutein is derived from the marigold herb and is also a potent antioxidant for supporting healthy eyes.

...YOU LOOK FOR YOUR GLASSES FOR HALF-AN-HOUR, THEN FIND THEY'VE BEEN ON YOUR HEAD ALL THE TIME

Do you want to hold onto those memories from the good old days and make sure you don't lose objects all the time? Ginkgo Biloba is a herb that has been extensively studied for its ability to help maintain memory function. Take NUTRIWAY Ginkgo Biloba & DHA Blend to aid in the maintenance of memory and peripheral circulation.

...YOU DON'T CARE WHERE YOUR WIFE GOES, JUST AS LONG AS YOU DON'T HAVE TO GO ALONG

Hot flushes, sweating, sleep disturbances, nervous tension, irritability and mood swings are just some of the unwanted symptoms that come with menopause. NUTRIWAY Black Cohosh & Soy can help relieve all of those symptoms, plus muscular aches and pains during menopause. If you are going through menopause, it is also important to increase your intake of calcium in order to decrease the likelihood of developing osteoporosis. Take NUTRIWAY Calcium Magnesium everyday for added protection.

...YOU LEARN WHERE YOUR PROSTATE IS

Men over the age of 40 should be tested every year for prostate health. An enlarged prostate can be caused by benign prostatic hyperplasia (BPH). Symptoms of BPH include strain when beginning to urinate, a delay in starting to urinate, a dribbling urine stream, a thin flow of urine instead of a strong and steady flow, a need to urinate again shortly after urination (especially at night), and a sudden need to urinate. NUTRIWAY Saw Palmetto & Nettle Root Blend may assist in reducing the symptoms of medically diagnosed BPH.

...YOU MAKE CONTRACTS YOUR BODY CAN'T KEEP

Cardiovascular disease is one of the biggest killers in Australia and New Zealand. High blood pressure and cholesterol are strong indicators that the heart is under stress. NUTRIWAY Garlic Heart Care assists in maintaining healthy cholesterol levels, thus maintaining a healthy heart. NUTRIWAY Cholesterol Health contains green tea extract with antioxidants, which has been proven to assist with maintaining a good balance of LDL/HDL cholesterol in the body. The ratio of the two types of cholesterol is very important to heart health as high levels of LDL cholesterol can lead to blockages in the arteries.

...HAPPY HOUR IS A NAP

Good sleep is important to not only how we feel the next day, but also to our long term health. We need to have a minimum of six to eight hours of good quality sleep per night. Any less has been shown to increase the risk of obesity, heart disease and diabetes as well as reduce our productivity and happiness. NUTRIWAY Valerian & Hops has been clinically proven to help promote sleep and improve sleep quality.

To ensure you have the best chance of ageing gracefully, eat a healthy diet, exercise regularly, get enough sleep, maintain a healthy weight, drink adequate clean water and take the recommended NUTRIWAY supplements.

For further information contact the naturopaths in Australia on naturopath@amway.com.au or New Zealand at naturopath@amway.co.nz.



Always read the label. Use only as directed. If symptoms persist see your healthcare professional.

STREAMLINE

Bold-coloured shapes, ambitious curving forms, horizontal lines stretching far into the future with precision, speed and the promise of possibility; this is the revelation of the legendary streamline aesthetic, a convergence of refined forms, brazen colour and unmistakable style into the essence of beauty. E. FUNKHOUSER New York™ presents Color Collection 007: Streamline.

Streamline features an exciting offering of professional-grade, luxury colour cosmetics specially developed by make up artist Eddie Funkhouser.

As a working professional in the industry, Eddie spends a great deal of his time developing new, trend-defining shades, exquisite formulas and exclusive, must-have new products.

The **E. FUNKHOUSER™ New York Color Collection 007: Streamline** features the following categories and products:

Lip: Lip Line & Shine / Lip Color / Lip Gloss

Eye: Eye Color Trio / Liquid Liner Duo

Cheek: Cheek Color Duo

Multi-Purpose: Bronzing Powder

Nail: Nail Lacquer

Slipstream Look

For detailed instructions on how to apply this and other C007 looks, log on to www.amway.com.au and download your free booklet.



Order your E.FUNKHOUSER New York C007 Range Brochure on VS210035 (pack of 5) for \$14.95, packed with information on the new colour collection, the ongoing professional product series and step by step instructions on how to apply the latest looks.





E. FUNKHOUSER™
NEW YORK

GOO7
COLLECTION GOO7

WHITE GOLD

THE NEW AND IMPROVED ARTISTRY® PURE WHITE RANGE IS THE JEWEL OF SKIN WHITENING PRODUCTS.

Women who are in search of a lighter, brighter complexion don't have to risk their health to get it. It all comes down to choosing a product you can trust. Skin whitening products are one of the most complex cosmetics to produce. ARTISTRY has a major research centre with dedicated scientists who specialise in skin whitening and pigmentation. Their efforts have resulted in a holistic, natural process that makes whitening gentler and more effective than ever before. Not only that, the scientists have taken a revolutionary approach and come up with a range of products designed to work together to brighten your skin and to prevent, treat and protect it from discolouration.

WHY ISN'T MY SKIN AS LIGHT OR EVEN-TONED AS I WANT IT TO BE?

The answer lies in the melanin that your skin produces. On the positive side, melanin is a naturally occurring skin protectant. Unfortunately, if your skin produces too much melanin, it becomes discoloured and uneven in tone – a classic case of too much of a good thing. The main causes of this overproduction of melanin, or hyperpigmentation as it is called, are ultraviolet rays (the tanning effect), stress, hormones and pregnancy.

WHAT CAN I DO ABOUT IT?

You have to make sure that you treat the visual effects safely and effectively but also that you prevent it

from occurring again, and that you provide your skin with protection to be able to defend itself against hyperpigmentation.

This is where the ARTISTRY Pure White range can help you. The Pure White range takes a holistic, balanced approach to skin whitening. Each product in the range works with the others to achieve a healthy, beautifully luminous complexion by brightening the skin.

HOW DOES THE PURE WHITE SYSTEM WORK?

- **Treatment:** Pure White treats the skin with eight brightening ingredients.
- **Prevention:** Pure White helps prevent hyperpigmentation.
- **Protection:** Pure White helps protect the skin cells from further damage.

Brightening your skin is one thing. Protecting your skin while you do it, is quite another. ARTISTRY Pure White is the only brand to balance these two functions. Protection is critical, as skin with reduced melanin is more vulnerable to damage from the sun and other environmental assaults.

The new Pure White range contains the Pure White Balancing complex. This complex contains 10 powerful ingredients to brighten, soothe, exfoliate and protect your skin. The products also have powerful antioxidant effects.

HOW DO I USE THE SYSTEM?

You can either incorporate Pure White Essence in your current ARTISTRY skincare regime (for example with TIME DEFIANCE), or you can use the full Pure White range to restore balance to the skin. Using the full range will give the best result. Pure White Essence used together with the rest of the range is twice as effective at improving the appearance of skin tone and dark spots than Pure White products on their own.

The Pure White range has a cleanser, toner, moisturiser and a night crème, so you can use it as a daily skincare routine. If your main skin concern is ageing and you prefer to use the TIME DEFIANCE range, then you can integrate the Pure White Essence for its whitening effects. If you are using the ARTISTRY Essentials skincare range, you can add Pure White Essence for whitening and Pure White night crème for additional cell protection.

IMPORTANT PURE WHITE INFORMATION

- The Pure White range is designed for fair Asian and fair Caucasian skin tones only. If you use the range on

PURE WHITE ROUTINE

Pure White Essence is now 38% more potent than the previous formula, and 92% of users noticed that Pure White Essence made their skin brighter in just 12 days. Clinical tests show visibly whiter skin in less than two weeks, with a 45% improvement in skin transparency.

Pure White Cleanser: for all skin types. This is the first step in your skin whitening regime.

Pure White Toner: adds moisture content and cleans traces of makeup, dirt and cleanser.

Pure White Essence: contains Pure White balancing complex, plus added brightening extracts such as liquorice oil, lotus root, wheat germ, plum, black cohosh, asparagus and glutathione.

Pure White Moisturiser: for normal to dry skin types. The moisturiser increases skin's moisture content by 112% and protects the skin against UV rays with a broad spectrum SPF 20.

Pure White Crème: for all skin types. This night crème contains natural wheat extract and ARTISTRY HLM+ increases the moisture content of the skin by 114%.

darker skin tones, you may get uneven pigmentation in your skin. If you do have darker skin tone, we don't recommend that you use Pure White.

- If you are using Pure White Essence on its own, make sure you use a sunscreen. A lighter skin tone means you need extra protection from the sun.
- Pure White is safe for sensitive skin.



ARTISTRY®



Nightingale Cherry necklace



Phoenix bangle



Bowerbird Sky & Rose necklaces



Raven Sky bracelet



Firefly earrings



Maggie White/Gold earrings



Barnacle bangle



BACK IN BLACK

This season, the new Euphoria™ by EMMA PAGE collection shines the spotlight on black.

EMMA PAGE is always on top of the trends in jewellery and couture and the latest Euphoria by EMMA PAGE collection is full of striking new fashion.

The Autumn/Winter 08 collection for Euphoria by EMMA PAGE is enriched with style. The spotlight is on metallic hues framed by the ever fashionable black. Glossy black glass beads on the Nightingale necklace and the black lacquered Barnacle cuff are complemented by the textured silver, marbled and bronze beads from the Beetle necklace and Skylark pieces.

The vintage Bowerbird necklaces and Raven bracelets are enhanced with pink and blue beads that add a touch of colour. The collection is capped off with the glittering Phoenix mirrored bangle and hand carved wooden Ivy necklace and Fern earrings. Once again Euphoria by EMMA PAGE presents luxe for less and intrigues the young at heart.

Euphoria by EMMA PAGE is out now and is available only while stocks last. Don't miss out!

homehints

For a pristine living room that always looks perfect for unexpected guests, rely on L.O.C. cleaners.

CRYSTAL CLEAR

Do you want to know how to clean windows and glass surfaces effectively without leaving any streak marks? It is a question that many people ask us and one that we can easily solve by recommending L.O.C. Plus Window Cleaner and L.O.C. Plus Glass Cleaner. You can use these cleaners on your television screens, computer screens, coffee tables, windows and mirrors. It will leave all of your surfaces with a crystal clear finish every time.

ONE CLEAN SWEEP

One of our favourite cleaning products is the L.O.C. Multi-Purpose Cleaner, especially for rooms like the living room which have a variety of different surfaces from furniture, to cabinets and wooden floors. L.O.C. Multi-Purpose Cleaner and L.O.C. Towelettes are the world's most versatile cleaners and are gentle enough to use on almost any surface. These two products cut through grime and leave a streak-free shine.

KEEP ORNAMENTS NEW

Do you have decorative pieces that you proudly display in your living room? We are often asked how can you keep these pieces looking new. L.O.C. Plus Metal Cleaner can be used on all your brass, copper and stainless steel pieces.



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- AFS™ Home & Contents will pay up to \$20 towards your current insurer's cancellation fee (if applicable)

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NUTRIWAY® FAQs

Q: WHAT DOES NUTRIWAY SIBERIAN GINSENG & GINKGO BILOBA BLEND DO?

If you suffer from stress, want more energy, or would like to be more mentally alert, then NUTRIWAY Siberian Ginseng & Ginkgo Biloba Blend could work for you. The first main ingredient, Siberian ginseng, has been shown to help improve stamina, endurance and the body's ability to handle physical stress. It is also known as a traditional aid in the maintenance of general wellbeing. The second main ingredient, ginkgo biloba, can help peripheral circulation by strengthening blood vessels and reducing the stickiness of blood platelets. It also helps maintain memory function and has strong antioxidant properties.

Q: I HAVE A FAMILY HISTORY OF HIGH CHOLESTEROL. WHAT CAN I DO TO MAINTAIN MY CHOLESTEROL AT A HEALTHY LEVEL?

First, let's take a look at what cholesterol is and why our bodies need it. Cholesterol is a waxy, fat-like substance that is found in the membranes of all our cells. It is produced by the liver and intestines and is also obtained through diet. It is important for many biological functions, including the synthesis of vitamin D as a pre-cursor to steroid hormones. Excess cholesterol in the cell membrane can make the cell membrane too rigid. High cholesterol levels are considered to be anything over a total cholesterol level of 5.5 mmol/L, and they increase your risk of coronary heart disease.

Many recent studies have shown that garlic may help maintain healthy blood cholesterol levels and support a healthy heart. NUTRIWAY Garlic Heart Care contains the equivalent of 1200mg of fresh garlic with a natural mint flavour. As the tagline says, it is garlic that DOESN'T TALK BACK®. NUTRIWAY Garlic Heart Care should be taken twice daily with meals.

NUTRIWAY Cholesterol Health contains a green tea extract which helps to maintain healthy cholesterol levels. It also assists in balancing two types of cholesterol LDL/HDL, which is just as important as maintaining healthy cholesterol levels. Take two NUTRIWAY Cholesterol Health capsules twice daily with meals to help support heart health.

For diet and lifestyle tips contact the NUTRIWAY naturopaths on naturopath@amway.com.au or naturopath@amway.co.nz



Always read the label. Use only as directed. If symptoms persist see your healthcare professional.

YOUR SPACE

Ben Markwell

AGE 20

OCCUPATION
Sales Assistant

PIN LEVEL
Platinum



At only 20, Ben Markwell dreams of becoming financially free by the age of 21. This Platinum IBO from Queensland knows that he can achieve this goal just by building a successful AMWAY® business.

Why did you join AMWAY?

I hated working for a boss and was drawn to the leaders in this business as they had it all together.

What do you love most about your AMWAY business?

Being part of a team which has a vested interest in my success is amazing. But what blows my mind is how someone who is 18 can get into this business and be financially independent before their 21st birthday. That fires me up!

What do you do for fun?

I enjoy active sports such as surfing, snowboarding, wakeboarding and motorcross. I'm looking forward to riding a Harley Davidson with my upline team in the near future.

What advice do you have for young people who want more out of their lives?

What else is there in the world today besides this business that can give you time and money to fulfill your dreams? Dream big; there is no limit.

What is your motto?

What you believe and can conceive you will achieve!



You can be a master of the kitchen and look the part too with the beautifully crafted range of cookware from iCook. Made from premium grade surgical stainless steel, this superior range far outshines the competitors. All pieces distribute heat evenly thanks to advanced OPTITEMP™ technology and retain more nutrients and flavour in food with VITALOK™. The DURAMIC™ coating means that you can cook without oil or butter and stylish ergonomic handles resist heat. The pieces are also designed so that you can stack them one on top of the other to cook multiple dishes simultaneously, so dinner can be ready in no time.

Try this delicious Pasta Primavera recipe on your family and friends and taste the iCook difference.



Bon appetite!
iCook® Italia

Pasta Primavera

Utensils

12" Frypan, 8 Litre Dutch Oven and Lid
Steamer/Colander

Ingredients (Serves 6)

- 450g pasta of choice
- 1 tablespoon olive oil
- 2 red onions, chopped
- 225g fresh mushrooms
- 3 carrots, cut into matchsticks
- 1 green, red, yellow, and orange capsicum
- 900g broccoli florets
- 1 butternut squash
- 1 leek
- 1 garlic clove minced
- ½ cup white wine
- 6 cups tomato sauce
- 1 tablespoon chopped herbs (basil, oregano, marjoram)
- ½ cup parmesan cheese, grated

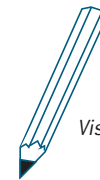
Directions

1. Heat water in 8 Litre Dutch Oven. Cook pasta according to package directions until *al dente*. Drain in steamer/colander.
2. Heat oil in 12" Frypan. Add onion, mushrooms and carrots. Cook for 3 minutes. Add remaining vegetables and cook for 1 minute.
3. Add garlic and wine. Simmer for 3 minutes. Place pasta and vegetables into 8 Litre Dutch Oven; cover.
4. When mixture is heated, add tomato sauce. Fold in herbs and 1/3 of the cheese. Toss and serve with additional cheese on the side.

May Training Dates to watch out for!

A quick reminder of the great training coming up in May. Training costs \$5.00

MAY	ADELAIDE	MELBOURNE	
ARTISTRY® PURE WHITE TRAINING	Wednesday 7 The Sebel Playford 120 North Terrace Adelaide 7.00pm-8.30pm VS 210001	Thursday 8 Rydges Melbourne 186 Exhibition St Melbourne 7.00pm-8.30pm VS 210002	<p><i>Please Note: All tickets are non-refundable. Unfortunately children are not permitted into Training Sessions.</i></p> <p><i>Ticket purchases online can only be placed as a separate order with no other products included.</i></p> <p><i>For more details visit www.amway.com.au or call 1800 45 46 47.</i></p>
	SYDNEY Thursday 22 Castle Hill RSL Lyceum Room 77 Castle St Castle Hill 7.00pm-8.30pm VS 210003	BRISBANE Friday 30 Mercure Hotel Brisbane 85-87 North Quay Brisbane 7.00pm-8.30pm VS 210004	



PENCIL THESE
DATES IN YOUR
DIARY TODAY...

Visit www.amway.com.au
for more information.

PURE WHITE

ARTISTRY introduces the latest product advancements in skin whitening technology with the new Pure White range. Learn everything you need to know about this natural approach to whitening with our corporate trainer during the month of May. Stay and complete the evening with The Beauty Essentials workshop. Both workshops are only \$5.00 each.

Exclusive training
from Pure White



ARTISTRY®

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GET THE LOOK

AUTUMN 08 COLOUR COLLECTION

Rare beauty finds inspiration in nature's rich palette, timeless yet always modern. Two palettes for eyes offer deep suede soft colour; choose intense earth tones or violet tints with a touch of gold. New ARTISTRY Lip Shine completes the look in three shimmery sheer shades.

Order your Rare Beauty brochure on VS 209949 for only \$3.50 (pack of 5). Brochures are available while stocks last.



VS	DESCRIPTION	PV	BV	W'Sale	RRP
104669	ARTISTRY Rare Beauty Eye Colour – Indulge	12.04	41.05	\$45.16	\$60.95
104670	ARTISTRY Rare Beauty Eye Colour – Discreet	12.04	41.05	\$45.16	\$60.95
104671	ARTISTRY Rare Beauty Lip Shine – Unrivaled	7.14	24.35	\$26.79	\$36.15
104672	ARTISTRY Rare Beauty Lip Shine – Signature	7.14	24.35	\$26.79	\$36.15
104673	ARTISTRY Rare Beauty Lip Shine – Gifted	7.14	24.35	\$26.79	\$36.15
209949	ARTISTRY Rare Beauty Brochures (PK5)	N/A	N/A	\$3.50	\$3.50

ARTISTRY®

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