

# BECAUSE

it's for you

DECEMBER 08

## Double Diamonds Gad and Melissa Ghabrial

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**Amway**<sup>®</sup>

# Double Diamonds Gad and Melissa Ghabrial

AS GAD AND MELISSA GHABRIAL CELEBRATE THEIR DOUBLE DIAMOND RECOGNITION, THE COUPLE LOOK BACK ON THE PIVOTAL MOMENTS IN THEIR 20-YEAR BUSINESS THAT HAVE MADE THEM THE LEADERS THEY ARE TODAY.

## FROM PLATINUM TO EMERALD

"When you go Platinum the focus is on you, achieving your goals and reaching 21% each month for six months. When you go Emerald, the focus is on other people and helping them achieve their goals. So that was a learning experience ... during that time there was a lot of personal development for both of us. We immersed ourselves in the business, functions, journey and process. We were hungry to grow. We were hungry to be around the business. Basically the business was our life.

We did the basic things that we needed to do every day and that developed into daily habits which then translated into tangible results. All that is, in one word, is discipline. Why do some people go on diets and lose weight and some don't? It is because some stick to it and some get slack. There's no other explanation for that other than you decide to be disciplined. You decide, "No I have to listen to a mentor today, even if I don't feel like it." You decide, "No, I

will read even though I'm not in the mood" or "I need to go out and show that plan even though there's something on telly and it is raining".

## TAKING THE STEP UP TO DIAMOND

It took us four years to go from Emerald to Diamond. Someone could look at that as being fairly quick. Emerald was when we sold the dental practice and our daughter Brittany was born (their son Jake was born two years later). Financially our business was great.

For every goal that you want to achieve, you have to want it really badly. If you don't want it really badly, then the distractions and circumstances will override the desire. When we went Emerald, we didn't want to go Diamond badly enough right away.

In 1995 we went to a conference in Hawaii. People were standing up and saying "We're going Diamond!" We'd been saying, "We're going Diamond!" for three years and we just



“...WE DID THE BASIC THINGS THAT WE NEEDED TO DO EVERY DAY AND THAT DEVELOPED INTO DAILY HABITS WHICH THEN TRANSLATED INTO TANGIBLE RESULTS”.



felt sick that we hadn't moved on. We were disillusioned and disappointed in ourselves. We made a decision at that event.

We stood with our mentor, Nancy Dornan [US Amway IBO legend], and said that if we are not Diamonds in 12 months from now, you'll find us both dead on the floor. That's a decision. It's not just, "Wouldn't it be lovely to be Diamond." Everyone wants to be a Diamond. You've got to have some guts and do uncomfortable things and that's what it takes to move on to any level in the business. We made the decision at that event and then we publicly declared it. And of course, guess what? It was done 12 months later.

#### EXECUTIVE DIAMOND TO DOUBLE DIAMOND

It took us nine years to get to Executive Diamond in 2005. We didn't give up. This is a bit corny, but we felt that the business was a calling in our lives; our destiny. It was a massive jump for us to go from Diamond to Executive Diamond. The turning point came when Jim and Nancy Dornan asked us, 'What's your goal?' We knew our lines. Our lines were, 'We just want to be joyful and happy.' Nancy replied, 'Oh, that's interesting.' Nancy is very wise. We thought she wanted us to keep building the business for our financial future, but she said, 'What concerns me most is that you have so much potential and there are lives that will go untouched as a result of you not having a goal.' When we had a goal we had to be out there making

a difference so people would be influenced positively by the fact that they are in the business. That was a lightning bolt moment.

Now moving onto the next level isn't about us moving onto the next level. It is about how many lives we can impact in the process of that, by developing our teams and making a difference. We have learnt a lot of life's lessons along the journey and we believe we can share those at whatever level people need that input in their lives.

#### ONWARDS TO CROWN AMBASSADOR

Over the next 10 years, we hope to follow in the footsteps of our sponsors, new Founders Crown Ambassadors, Peter and Debbie Cox, who have provided us with a great example. Our ultimate goal – it may be a 20 year goal – is to have 20 Diamond legs.

As we have been inspired by Jim and Nancy's kids being involved in the business, building the business and succeeding in the business, we would like to think that in 10 years our kids, with no pressure from us, would consider the business. I think there's no better endorsement than if your children are living with the business, seeing it, and seeing the way you are and they choose to build it – that's a pretty strong endorsement. Brittany and Jake will make their own decisions, but the prospect of generational leadership is very exciting and we have witnessed that in countries around the world."



New Double Diamonds, Gad and Melissa Ghabrial, talk about the daily practices that have helped them gain momentum in the business.

#### WORK HARD ON YOURSELF

Our number one success tip to always work harder on yourself than on other people. You are the only person you can change. We are avid readers. We probably read two books a month and we apply them to our lives. That is the key, to apply what you have learnt and not just read the books. Fill yourself with positive ideas – it helps you build your business.

#### RESET YOUR GOALS

Always reset your goal when you are about to achieve something in the business. Start working straight away on a new vision and a new goal, otherwise you will lose time in the business.

#### STRENGTHEN YOUR RELATIONSHIPS

We have worked hard as a couple, so that when we are together, the business seems to build faster and we work quicker. Everything happens when we are encouraging one another. When we are good – and we consistently work on that – everything falls into place.

#### ASPIRE FOR MORE

Always associate with people who have a bigger vision and a bigger dream than you because it will give you inspiration and pull you up to where they are.



## Passing on beauty secrets

New Double Diamond Melissa Ghabrial hopes to help her children build their own successful AMWAY businesses one day. In the meantime, she shares her beauty secrets with her 14-year-old daughter Brittany.

"Just like other women, I want to stay looking young for as long as I can," Melissa says.

"ARTISTRY Crème L/X is the most luxurious product you could ever buy for yourself."

"I can't help but talk about it all the time. All the girls in our group have gone crazy for Crème L/X. It is to die for. I tell the girls that they just have to have it. And, people see the difference in your skin as well."

The difference is in the scientific research behind the product. Clinical tests show that Crème L/X helps skin act 15 years younger. It includes Cellaffect to re-energise the skin for optimum performance and revitalised appearance. Crème L/X is the first product in the ARTISTRY range that addresses so many of the causes of skin ageing.

"It is a very luxurious crème certainly for women over 35 whose skin is a bit dry – like mine. Crème L/X feels like it is working from the minute that it goes onto your skin. Everyone wants to stay looking young and it is certainly worth an investment in yourself."



*"ARTISTRY Crème L/X is the most luxurious product you could ever buy for yourself."*

– Melissa Ghabrial

VS 103564 P7800B26599W29260 \$395.00 RRP

# ARTISTRY®

# Imperial Palace

RIGHT IN THE MIDDLE OF BUSTLING TOKYO IS AN OASIS OF PEACE, TOKYO'S IMPERIAL PALACE. A LANDMARK OF SIGNIFICANT HISTORICAL HERITAGE, IT IS ANOTHER STOP TO CONSIDER ON YOUR JOURNEY AT ACHIEVERS 2009 IN TOKYO.

The Palace is a large park-like area located in Chiyoda, Tokyo, close to Tokyo Station and contains various buildings such as the main palace (Kyuden) and the private residences of the imperial family. The total area including the gardens is 3.41 square kilometres.

The Palace is actually home to Japan's Emperor (much like Kirribilli House in Australia) and is accessed via a series of serene moats. Visits are limited to the lush parks and East Gardens. Throughout the grounds, some walls remain from the original 1888 building and give you a glimpse into how sumptuous the old palace must have been.

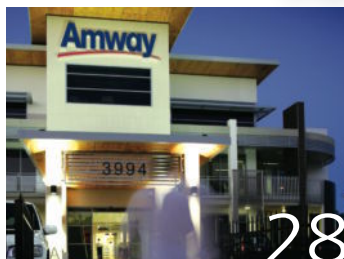
The property stands on the site of the former Edo Castle. The East Gardens are where Edo Castle's innermost circles of defense, the honmaru (main circle) and ninomaru (secondary circle) formerly stood. Today only the moats, walls, entrance gates and some guardhouses remain. The contrast of the old and the new is heightened by the palace itself.

Tokyo's Imperial Palace (the Imperial court shifted to Tokyo from the Kyoto region after the resignation of Tokugawa Yoshinobu and the Meiji Restoration) was destroyed by Allied bombing during World War II, even though it was not supposed to be targeted. It was rebuilt in 1968, but this left much of the architecture more bland (in line with Japan's interpretation of the global 60's architectural utilitarianism).

It certainly does not display the beauty one may expect from a royal residence after seeing so many wonderful temples and shrines throughout the rest of Japan. However the gardens are generally exquisite, the best being in the Imperial Palace East Gardens.

The inner palace gardens and buildings are closed to the public except on 2 January and 23 December, when the imperial family makes a public appearance. Foreigners can also sometimes join a guided tour, at other times and, depending on demand, you can sometimes get in at relatively short notice, but expect to share your tour with hundreds of other tourists. Tours are conducted in Japanese, but an English audio guide is provided free of charge.





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# DOUBLE TAKE

It was only in February this year that Gad and Melissa Ghabrial graced the cover of the *Because it's for you* magazine to celebrate their Founders Executive Diamond pin and bring in the new year. It only seems fitting then that the Sydney couple appear on the cover of this December issue to farewell 2008 as new Double Diamonds. Read the story on page 2 as Gad and Melissa reveal what it takes to become Double Diamonds.

The news just keeps getting better with the opening of the Loganholme Business Centre. Just like the Business Centres in Castle Hill and Auckland, this new Business Centre will do amazing things for your business. It features incredible training rooms, state-of-the-art shopping, café – this centre is the bricks and mortar of your business. Queensland IBOs were thrilled to attend the official opening celebrations in November. Flip this issue over and see what all the fuss is about!

With Christmas just around the corner, make sure that you take advantage of the Christmas shoppers rush. The Christmas catalogue has a number of specials that you can promote to your customers (order on VS 210406 for \$2.95). Also have a look at the Emma Page gift ideas on page 20.

Have a very merry Christmas and a wonderful 2009, from all of us here at Amway.



John Haines

**John Haines**  
Head of Business Relations  
Australia/New Zealand

# WHAT'S HOT

## CHRISTMAS SPECIALS!

Choose from an amazing selection of Christmas offers available from all of your favourite brands in this year's Christmas Catalogue. There are specials from ARTISTRY®, NUTRIWAY®, E. FUNKHOUSER™ New York, EMMA PAGE® Jewellery, TOLSOM™ and SATINIQUE®.

We've got brand new goodies to add to your Christmas hampers from Ashmore's, Kez's Kitchen and Gingerbread Folk. You will find products to suit all budgets from \$6.50 for a Christmas Lolly Mixture to \$189 for Ashmore's hampers (includes delicious savoury and sweet products).

This year, we also have big brand names in the toy section, including Disney titles such as *Cinderella*, *High School Musical* and *Hannah Montana*, plus the Wiggles, Barbie, Ben 10 and Miffy – at competitive prices. Order the Christmas Catalogue on VS 210406 for only \$2.95.



## FREE MP3 PLAYER

Purchase NUTRIWAY® DOUBLE X® 62 day refill, Concentrated Fruits & Vegetables and receive Omega-3 Complex for half price plus a free NUTRIWAY MP3 Player. Don your shorts and joggers, clip on your armband and MP3 player and hit the ground running!

*Offer ends 31 December 2008. While stocks last. See the Amway website for more details.*



VS 210329 NUTRIWAY Offer P5713B19481W21429 \$287.91 RRP

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*If symptoms persist, see your healthcare professional.*

## WEIGHT LOSS HELP

Get into shape this summer with a little help from NUTRIWAY® TRIM CHOICE. This new supplement contains a balanced blend of four herbal extracts including green tea and yerba mate that helps enhance weight loss and fat loss. In a clinical trial\*, participants who exercised, consumed a balanced diet, and took TRIM CHOICE, lost 47% more weight/fat compared to the control group which solely relied on diet and exercise.

*\* A Polish study on the TRIM CHOICE formula involving obese women, ingesting a low kilojoule diet.*



VS 105348 TRIM CHOICE P1128B3845W4230 \$57.10 RRP

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*If symptoms persist, see your healthcare professional.*





## TRAVEL IN STYLE

Since its introduction, the chic, intelligently-designed E. FUNKHOUSER™ New York Travel Brush Ensemble has achieved critical acclaim from makeup artists, beauty editors, and fashion magazines from around the world. This all-time favourite has been re-envisioned with a fierce new look that will ensure you are always travelling in style.

The E. FUNKHOUSER New York Travel Brush Ensemble also includes an instruction and maintenance reference guide that explains how to use and care for these indispensable tools of the trade.

VS 105558 Travel Brush Ensemble P1914B6527W7180 \$89.75 RRP

## NUTRIWAY ANSWERS

Find the answers to all of your NUTRIWAY questions in the fifth edition of *What Could Be More Natural?* This NUTRIWAY product bible includes detailed information on essentials for optimal health, common health concerns and supplements to suit, a nutritional reference guide and key features and benefits of each NUTRIWAY product. You can purchase *What Could Be More Natural?* for \$4.95 on VS 210236.



VS 210236 What Could Be More Natural P000B000W495 \$4.95 RRP



Winning is an interesting concept. Think about it. It's not something you can just stumble into.

You win because you work harder than your competitor. You win because you want it more than the other person or the other team. And to get there you need to do the preparation that's necessary to succeed.

For our team to win, we need to be aware of the competitive landscape around us. So we keep an eye on our competitors. We pay attention to what they're doing. We do this because we believe we're the best out there ... but we want to make sure.

That's because our goal is to be the best business in the world with the best products that provides the best opportunity to anyone, anywhere. We've looked closely at our sales plan this year in every market, and we found that our plan is competitive. We're committed to doing what we need to do to keep it competitive.

Our goal is to make sure that the reward is right at all levels of the business. The new distributor needs to be making money sooner. Platinums need the correct compensation for what they do. Your reward needs to be tied to your level of performance in the business. That's only natural.

And we may need to make changes to improve our business – for the new person, for you. Although we don't believe in changing just to change. That's not right.

But we do know that strong companies, companies that survive 50 years and look toward 50 more, don't stay competitive by feeling good about themselves.

They constantly challenge themselves to win.

**Doug DeVos**  
President

**Steve Van Andel**  
Chairman



## DENNIS STEVENSON

QUEENSLAND, AUSTRALIA

OCCUPATION – CATTLE FARMER

As a cattle farmer in central Queensland, Dennis Stevenson learned all about persistence – a lesson that would pay off handsomely in the business.

“Any successful business or undertaking requires persistence and some sort of goal to aim at.”

Dennis says his vet showed him the plan in 1996.

“He asked me: ‘Where do you see yourself in the next five years?’ I said, if cattle prices go up and if interest rates go down and if there is no disease or fire or flood, then pretty good. He said: ‘If is a very small word with a big meaning’.”

“I saw that the system depends on your effort and your team’s effort. You can leverage time which made perfect sense. You have more control. I am a fifth generation farmer. After 150 years or so of farming, we were working just as hard if not harder than my grandfather with no lifestyle to show for it.”

The ongoing income aspect of the business appealed strongly.

“I became very excited about that because whenever I did have any money to invest (in other places) they gave me 4% a year, not 4% a month!”

Dennis’s business grew quickly.

“The general approach was to keep showing the plan. The business is always driven by new people. The similarities between this business and farming is that you sow, then you nurture and then somewhere down the track you reap. With this business, if you keep going, you will eventually reap the 4% benefit. In the process, we have to sow, which is to find the people. Then we have to nurture them, which is to put them in an environment of success, and then you reap success through helping others. It’s a win, win situation. So just plug in tight to the team and keep reading, keep listening, keep turning up – become a student of the success system.”

### SUCCESS TIP

*Keep yourself in the environment where success is possible.*



## MICHAEL AND DANIELLE MISENER

QUEENSLAND, AUST.

OCCUPATION – CONTRACT CARPENTOR/FULL-TIME MOTHER

Michael and Danielle Misener don't let distance get in the way of success. Many would find living in far north Queensland with two young children, a hindrance to building the business. Not this couple – they often journey to functions that keep them away for days. It's the hardest part of the business for them, but as Danielle says, they were captured by their dreams.

Michael adds that it was a while before they got serious:

"We decided to build the business at the summer conference in February last year. We went there to say, 'look, we're not ready for this', but when we got there, we got fired up and made a decision and by December we were 21 percent."

Michael and Danielle are aiming for Diamond by the end of 2010. To get there, they will follow the advice that they have for new IBOs:

"Believe in your upline and their belief in you – they are there for you and they are not successful unless you are, so trust them. They will make your business grow faster."



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# Naturally TRIM

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### LEADERSHIP MEETINGS

Motivation, Training, Products and Pricing, and Consumer Focus, are the four pillars of growth that AMWAY® will focus on in 2009. That is what leaders around Australia and New Zealand were told during the annual AMWAY End of Year Leadership Meetings. During the exclusive meetings, leaders also met the new Managing Director for Australia, New Zealand, and South Africa Marek Florczuk.

Leaders were thrilled to find out that Elton John and Sting would be entertaining them at the 50th Anniversary event in Las Vegas! Swimming legend Kieran Perkins made a guest appearance at the Australian meetings and told of his amazing victory at the 1996 Atlanta Olympics. After leaders and senior staff shared ideas on moving forward together, we're confident that 2009 is shaping up to be a huge year!



### NEW PLATINUM SEMINAR

New Platinums from Australia and New Zealand were overwhelmed by the extravagant treatment bestowed upon them at the New Platinum Seminar. Staying at the luxurious five-star Shangri-La Hotel in Sydney's famous Rocks area, the new Platinums were spoiled, pampered and given a new insight into the enormity of AMWAY in Australia and New Zealand. A visit to headquarters in Castle Hill, an exclusive meet and great with XS Founders Scott Coon and David Vanderveen, and an inspiring speech from new Double Diamonds Gad and Melissa Ghabrial were the highlights of the weekend.



Celebration Central!

# Chinese welcome

Double Diamonds Jack and Ying Zhou, along with fellow IBOs and AMWAY staff, introduced the Melbourne Chinese community to the best business opportunity in the world.

On Saturday, 13 September 2008, AMWAY IBOs and Chinese prospects were treated to a special presentation by Jack and Ying at Melbourne's most glamorous waterfront space, the Peninsula at Central Pier Docklands. It was all part of the very first Melbourne Chinese Open Meeting and Product Expo. Jack and Ying captivated the audience by explaining how they built a successful business that now includes 450 downline Diamonds in China. It was an inspiring example of what could be achieved with AMWAY.

The presentation from Jack and Ying topped off an impressive product expo. Two new XS™ Energy Drink flavours, Tea Berry Blast and Tropical Blast Caffeine Free, were sampled by the crowd. Prospects also had the opportunity to taste the eSpring™ difference, learn about the health benefits of supplementation with NUTRIWAY® and watch the world-famous ATMOSPHERE™ smoke chamber demonstration. The highlight of the product expo was the special iCook® presentation by Founders Platinums Cecilia Poon and Bosco Lau. A few lucky people were chosen to try the fine food prepared by Cecilia and Bosco.

More Chinese Open Meetings are planned for 2009. Look out for details soon and we hope to see you there!



# NUTRIWAY® FAQs

**Q: AT CHRISTMAS, I WANT TO ENJOY MYSELF AT FUNCTIONS WITHOUT PLACING ANY EXTRA STRAIN ON MY LIVER. WHAT SUPPLEMENTS CAN HELP SUPPORT ME THROUGHOUT THE FESTIVE SEASON?**

NUTRIWAY® Milk Thistle and Dandelion is the ideal festive season partner. Your liver performs hundreds of vital functions from filtering toxins to processing fats and alcohol but if you over-indulge, its ability to function is impaired.

NUTRIWAY Milk Thistle and Dandelion contains a powerful blend of herbs including milk thistle, dandelion and tumeric that help support the normal functioning of the liver and helps stop you feeling sluggish. It acts as an effective tonic by helping protect the liver from free radical damage and assists in the digestion of fats. Give your liver a merry Christmas with Milk Thistle and Dandelion, available on VS 100352.

**Q: I'VE BEEN TO A FEW BBQS LATELY WHERE I'VE BEEN EXPOSED TO SMOKE AND TOBACCO FUMES. I KNOW ANTIOXIDANTS FIGHT FREE RADICALS CAUSED BY SMOKE AND POLLUTION SO WHAT CAN I TAKE TO BOOST THE LEVEL OF ANTIOXIDANTS IN MY BODY?**

You're right – antioxidants do help to fight free radicals generated by pollution and smoke. One way to reduce the risk of free radical damage is to eat more than five to nine servings of fruits and vegetables a day. Unfortunately this is not always possible; however a daily serve of just two NUTRIWAY Concentrated Fruits & Vegetables tablets will give your body the valuable phytonutrients needed to help protect you from nasty free radical damage and two tablets provide phytonutrients equivalent of more than 10 servings of fruits and vegetables. Order today on VS 102992.



 **NUTRIWAY®**  
BEST OF NATURE. BEST OF SCIENCE.

*Always read the label. Use only as directed.  
If symptoms persist see your health care professional.*

## YOUR SPACE

### Amber de Florio

AGE 20

OCCUPATION  
Event Coordinator

PIN LEVEL  
Platinum



**Amber de Florio first joined the business when she was only 18 years old. Now a Platinum IBO, Amber wants to keep on building the business to set up her future.**

**What is your favourite part about this business?**

It is refreshing and exciting that this business can enable anyone of any age, background or occupation to create an ongoing income in two to five years.

**Has this business benefited your career at all?**

The education and training has greatly benefited my career. My confidence and self esteem has increased, allowing me to get the job that I wanted, rather than the one which my qualifications would allow.

**What advice do you have for other young people who want to join the business?**

I highly recommend this business to anyone and everyone. Even if you are not interested at the moment or the timing isn't right, getting your spot sooner rather than later will definitely benefit you in the long run. It doesn't matter if you are interested in making money or saving money, there is something here for you.

This business has offered me the chance to have an amazing life, associate with successful people and be the best person that I can be.

I am setting up my future.



# UNSILLY SEASON

## STAY HEALTHY DURING THE FESTIVE SEASON WITH A LITTLE HELP FROM NUTRIWAY®.

The festive season often means over indulgence, followed by regrets and guilty New Year's resolutions. Surviving the celebrations comes down to balance, and not losing sight of the important things in life.

Follow the advice of NUTRIWAY Ambassador Adam Gilchrist. This outstanding international sportsman is used to being feted and admired, and has been to more than his fair share of functions and parties. Adam's secret to a happy and successful life is balance – in all things.

You don't have to avoid the festivities. Planning ahead can help you keep a balance between having fun and keeping healthy. Keep the structure of your healthy lifestyle in place and allow for some indulgences. This way you avoid the guilt trap that prompts us to abandon our good intentions completely. Here are a few tips to help you make the most of the season.

### BE SELECTIVE

Choose the functions that matter and keep a balance between business events and those involving family and friends. Also, pace yourself so that you have enough rest days between party days.



## DIET

Don't try to lose weight over Christmas but try to avoid putting any on. Keep indulgent days to a minimum and drink lots of water to flush out toxins.

Don't starve yourself but stop eating when you feel full. Have your regular healthy meals and never go to a function hungry. Set a limit to the number of savouries you are going to eat. Drinks contain calories, so dilute them where possible and alternate each drink with water.

Include plenty of antioxidants in your diet. Antioxidants inhibit the many oxidation reactions caused by free radicals and help prevent or delay damage done to the cells and tissues. Antioxidants are what give fruit and veg their bright colours – so choose oranges or berries over apples, cos lettuce over iceberg lettuce and red wine over white. The key is variety.

## SUPPLEMENTS

At this time of year, it is difficult to keep to a balanced diet, so taking a supplement makes sense. The following supplements will help you keep on track health-wise during the party season and beyond.

NUTRIWAY DOUBLE X® supplies significant amounts of 12 essential vitamins and eight minerals. It helps control the metabolism of fat, glucose, carbohydrate and protein, converting it to energy while building stronger bones to assist in the prevention of osteoporosis.

NUTRIWAY Omega-3 Complex helps to maintain healthy cholesterol levels and can help relieve the symptoms of arthritis. The capsules also contain vitamin E to prevent oxidation.

NUTRIWAY Concentrated Fruits & Vegetables provide the benefit of a variety of important phytonutrients and antioxidants equivalent to more than 10 servings of fruits and vegetables. NUTRIWAY Multi Carotene provides a broad spectrum of carotenoids closer to the mix of carotenoids found in fruit and vegetables than Beta Carotene alone. It helps support the immune system.

Vitamin C is often a casualty of the festive season. For children, NUTRIWAY Chewable Natural C helps with the development of their bones, cartilage, teeth and gums. For adults, try NUTRIWAY BIO-C PLUS or NUTRIWAY C-500.

Prepare for the times when you are eating on the run. Protein Powder is a convenient way of providing support for healthy muscles, energy and all nine

## PARTY FOOD GUIDE\*

After many great years as a top class international sportsman, Adam Gilchrist knows what a difference the right nutrition and dietary supplements can make.

### Foods to choose

- Vegetable sticks for dipping
- Oven baked pita chips
- Pretzels, rice crackers, rice crisps
- Baguettes, focaccia or bread or bread rolls
- Fruit salad and a slither of the best dessert available
- Open sandwiches, kebabs, fresh seafood.

\* From Nutrition Australia.

### Foods to limit

- Chips, corn chips
- Salted nuts
- Garlic bread
- Large pieces of cheesecake, mud cake, caramel tarts or anything topped with cream!
- Deep fried savouries
- Quiches, cheerios, cabanossi.

essential amino acid building blocks needed for growth and development. POSITRIM Protein Bars are a great alternative to unhealthy snacks and one that is high in protein to provide sustained energy.

Party food being what it is, you can't avoid diet-busting foods altogether. This is where NUTRIWAY Carb Blocker Plus comes in. It reduces the absorption of both simple and complex carbohydrates in foods such as breads, cereals, pasta and rice, and sugars. Simply take one tablet 30 minutes before eating a carbohydrate meal.

## REST AND EXERCISE

Scientists are discovering that lack of sleep can cause serious problems such as diabetes, obesity and heart disease, so make sure you get enough sleep. Most of us need seven to eight hours of sleep every night.

With your diet under pressure, exercise becomes even more important. Try to keep your exercise routine going. Finally, set a firm New Year date to get back on track. A few parties over the silly season are not what makes you unhealthy, it's what you do the other 360 days of the year.



**NUTRIWAY®**  
BEST OF NATURE. BEST OF SCIENCE.

*Always read the label. Use only as directed.*

*If symptoms persist see your healthcare professional.*

# TRUE SCIENCE

## 20<sup>s</sup> & 30<sup>s</sup>

### THE ART OF EVERYDAY SIMPLICITY.

#### Simply Serious Science.

Basic Systems: The ARTISTRY basic skincare systems moisturise, condition, protect and balance the skin whether it needs instant hydration or oil control. Soothing ingredients leave the skin feeling healthier and cleaner with a smooth and refreshed finish.

High performance ingredients achieve optimal skin health with maximum ease of use.

VS 30725 ARTISTRY Delicate Care System\*

VS 30724 ARTISTRY Clarifying System\*

VS 30665 ARTISTRY Moisture Rich System\*

P2765B9430W10373 \$140.05 RRP

\*Each system includes Cleanser, Toner and Moisturiser.

10% Discount given when ordering under this number.



## 30<sup>s</sup>+

### THE ART OF AGELESS BEAUTY.

#### Beauty products that protect against the test of time.

TIME DEFIANCE®: The ARTISTRY TIME DEFIANCE products deliver an innovative targeted moisture delivery system. The system helps visibly repair areas of dryness whilst restoring moisture balance for a refreshing after-feel.

Formulations to preserve and restore the appearance of youthful skin and prevent the visible signs of ageing.

VS 210416 ARTISTRY Time Defiance System\* with Crèmes.

VS 210417 ARTISTRY Time Defiance System\* with Lotions.

P5171B17633W19396 \$261.90 RRP

\*Each system includes Cleansing Treatment, Conditioning Toner, Day Protect Crème/Lotion, Night Recovery Crème/Lotion.

10% Discount given when ordering under this number.



ARTISTRY®

# TRUE BEAUTY AT EVERY AGE

THE ART OF SIMPLE SOLUTIONS  
TO ALL YOUR SKINCARE NEEDS.

## THE ART OF LIGHTER BRIGHTER NATURAL BALANCE.

### A Perfect Balance to Natural White Beauty.

Pure White: ARTISTRY Pure White products continuously moisturise skin, resulting in skin translucency and suppleness with an added future protection against hyper-pigmentation.

Skin is luminously returned to glowing health, unveiling the natural beauty you were born with.

VS 210184 ARTISTRY Pure White System\* P6812B23231W25554 \$344.98 RRP

\*The system includes Cleanser, Toner, Essence, Moisturiser and Crème.

10% Discount given when ordering under this number.



## THE ART OF THE RICH AND LUXURIOUS.

### Experience the truth of transformation.

Crème L/X: Firmer, softer, smoother, and more radiant skin. New ARTISTRY Crème L/X utilises its unique "CellEffect" approach to repair skin and help your skin act up to 15 years younger.

The most technically advanced and effective moisturiser formula for achieving younger looking skin.

VS 103564 ARTISTRY Crème L/X P78B26599W29260 \$395.00 RRP

# 35<sup>s+</sup>



# CHRISTMAS IS EASY WITH EMMA PAGE



Anniversary ring



Marine pendant



Maggie wears Regal set, Opera ring and Blossom earrings.

## CELEBRATION COLLECTION

The stunning Celebration Collection from Emma Page® is taking the market by storm with great pieces for Summer, and perfect for Christmas gift giving. Try these beautiful combinations:

- Marine earrings and matching Marine pendant on the classic Spectacular necklace. Dress it up with the Anniversary ring or Star anklet
- Experiment with sophisticated colour using the stunning Regal necklace and bracelet set (pictured) – a beautiful gift with the eye-catching Opera ring
- Just for the boys; Package together the new Reaction ring with the Identity bracelet (available in three sizes) or substitute the new Bolo bracelet in black, matched with the classic Metropolis necklace.

See the full Classic Range, including all these amazing pieces, in the Celebration Catalogue Pack – VS 207388 or QO 6128 for only \$12.50.



EMMA PAGE®  
JEWELLERY



Bolo bracelet

Regal necklace

## A NEW YEAR AND A LITTLE LOVE IN JANUARY

Keep an eye out in your January orders for a special Valentine's Day Offer which is coming from Emma Page – this exclusive piece launching mid January is a beautiful gift to give or receive...and a great way to get the New Year started.

Visit the Amway website from 5 January to see the full details.



## EUPHORIA COLLECTION

Don't forget the fashionable Euphoria by Emma Page Spring/Summer range – full of great stocking stuffers and affordable matching sets:

- Layer colours with the fun Candy bangles – only \$26.00 RRP each
- Discover pretty florals in the Lotus necklace and earrings – available in shades of pink or blue for only \$66 RRP (necklace and earrings)
- Let your customers discover their inner 'gypsy' with the Caravan bracelet and earrings – available in fashionable burnished gold or silver for just \$47 RRP per set. Add a Polka necklace for only \$29 RRP to complete the look.

Pick up a pack of five catalogues for only \$8.00 on VS 210297 or QO 210298.



Candy bangles



Caravan earrings

Lotus necklace



Jess wears Lotus set and Candy bangles.

*Merry Christmas from the entire Emma Page Team!*

# Air Diva

SUMMON YOUR INNER BEAUTY AND OUTER POWER WITH MYSTIC & MAGIC, THE LATEST COLLECTION 008 FROM E. FUNKHOUSER™ NEW YORK. JUST FOLLOW THESE STEPS TO RECREATE THE AIR DIVA LOOK FOR YOUR CUSTOMERS.

- 1 Begin your make up application by creating a base with E. FUNKHOUSER New York Stick Foundation and E. FUNKHOUSER New York Concealer + Eye Base. Select the shades that are right for you.
- 2 Enhance and refine your natural features using the E. FUNKHOUSER New York Highlighting Wand and E. FUNKHOUSER New York Contouring Powder. Select the shades that are right for you.
- 3 Begin your eye application by applying Entranced E. FUNKHOUSER New York Eye Color Trio to the entire eyelid and up towards the brow bone with an all-over eye brush. Apply the same colour to the full length of the lower lash line. Next, apply Vision E. FUNKHOUSER New York Glitter Eye Pencil to the crease of the eye, creating a cat-like effect. Blend with the smudger at the end of the pencil. Then apply Graphite E. FUNKHOUSER New York Creme Eye Liner to the crease of the eye, allowing Vision Glitter Eye Pencil to still be seen.
- 4 Next, line the full length of the upper lash line with Vision E. FUNKHOUSER New York Glitter Eye Pencil, tapering the line as it reaches the outer corner of the eye. Next, apply E. FUNKHOUSER New York Lash Volumiser to the upper and lower lashes. Complete your eye application with a liberal coat of Black Onyx E. FUNKHOUSER New York Mascara.
- 5 Using a blush brush, apply a soft amount of Cheeky E. FUNKHOUSER New York Face Palette onto cheeks using circular motions, beginning at the apple of the cheek and blending outward toward the hairline.
- 6 Apply Hocus Pocus E. FUNKHOUSER New York Lip Line & Shine to the lips. Start by lining the lips, then apply a healthy coat of gloss. Finish by lining the lips a second time.
- 7 Complete the look by applying a coat of Voila E. FUNKHOUSER New York Nail Lacquer on the nails for an all-over dazzling finish.

Products from Collection 008: to create the Air Diva look.

	Product	Shade
EYES	Eye Color Trio	Transfixed, Entranced and Spell Bound
	Glitter Eye Pencil	Vision
CHEEKS	Face Palette Cheek Color	Cheeky
LIPS	Lip Line & Shine	Hocus Pocus

Glitter Eye Pencil VS/QO 105547



Lip Line & Shine VS/QO 105553



Face Palette VS/QO 105548



Eye Color Trio VS/QO 105556

E. FUNKHOUSER™  
NEW YORK

# Chores for a cause

Edward and Sharon Penn vividly recall watching the launch DVD of the FREEDOM WHEELS program and seeing how it was changing the lives of children with disabilities.

"It just touched our hearts straight away and we wanted to get on board and help out immediately," says Edward.

Yet it was their two sons Bradley (11) and Blake (9) who really took up the challenge of becoming passionate fundraisers of the program. The brothers have already raised more than \$100 from doing chores around the family home and have been rewarded with a Bronze membership through the Friends of FREEDOM WHEELS Club!

The FREEDOM WHEELS customised bike program modifies standard push bikes so kids with disabilities such as cerebral palsy, are able to ride a bike independently. The program was launched in New South Wales through TADNSW (Technical Aid to the Disabled) with the help of therapists, engineers and volunteers. Thanks to the generous support of AMWAY® and AMWAY Independent Business Owners, the program is now available in Queensland and Victoria with plans to expand into other states.

"Our boys love getting out and about on their bikes, so we really felt strongly about helping other children experience the simple joy of riding a bike," says Edward.

"But when our sons saw the FREEDOM WHEELS DVD they went all out doing extra jobs to raise funds for the program."

Sharon says she and Edward have always encouraged their children to "give a little and learn a lot."

Edward and Sharon who home school Bradley and Blake say "Every week the boys earn \$5.00 each by doing jobs around our home such as taking the rubbish out, clearing up around the house, vacuuming the floor – and even washing our neighbour's car for extra money.

"Out of every earned dollar they put 10% into a savings pot for something they want, 10% into a wealth pot which goes into a bank account, and 10% into their FREEDOM WHEELS pot to help give other children the opportunity to ride a bike as the boys are able to do. Finally they get to spend the remaining 70%.

"Now they have reached the Bronze level they are working towards raising a further \$200.00 so they can become Silver members of the program!"

## GET ON BOARD

Amway of Australia provides generous ongoing support for the FREEDOM WHEELS program, through the One by One Foundation.

Since 2007, more than \$410,000 has been donated by AMWAY of Australia, AMWAY IBOs, suppliers and employees to the Freedom Wheels program.

To find out more about how you can be a part of the FREEDOM WHEELS program, contact Nadia Zeaiter or Deb Campbell on 1800 45 46 47. You can also email [freedomwheels@amway.com.au](mailto:freedomwheels@amway.com.au)





# WELLBEING SUMMER SPECIALS

Big Ticket Discounts on **ATMOSPHERE™**, **iCook®** & **eSpring®**  
**PV UP FRONT · NOTHING TO PAY UNTIL MARCH 2009\***  
**FREE LIMITED EDITION GIFTS**



Because your family's wellbeing comes first

Ensure your family's wellbeing this summer by taking advantage of these great specials.  
Enjoy cleaner air, crystal clear water and benefit from more nutrients  
using iCook's unique VITALOK® cooking technology!

**SAVE 20%**  
on **ATMOSPHERE** air purifier

**SAVE 15%**  
on **iCook** cookware sets

**SAVE 20%**  
on **eSpring** water purifier





{etiquette/06}

*SHOPPING:*

*Upon entering a store, the employees often greet you with a smile and a bow. Believe it or not, the polite thing to do is to completely ignore this, or, if you must, acknowledge them with a brief smile, but don't actually engage them – it's considered impolite!*

# {Shikki}:

Shikki is the art of Japanese lacquerware and it became so synonymous with Japan that, for many decades, the generic term for this treatment has been “Japanning”. Traditionally, the lacquer was made of wood sap and the contemporary masters still insist it's the best material. It is highly polished with a range of materials that traditionally include hemp cloth and charcoal, made especially for the purpose. While in Tokyo, during Achievers 2009, you will have the opportunity to see this intricate work being undertaken and even to buy some exquisite pieces.

To find out more about how you can qualify for Achievers Tokyo 2009 contact your State Sales Manager.





**YOUR PLACE TO MEET**

Your group and your prospects will be blown away by the training facilities and meeting rooms at the Loganholme Business Centre. The magnificent Crown Conference Room, located on level two, is suitable for large training seminars, product launches and sales meetings. The room is equipped with state-of-the-art audiovisual, lighting and display technology to accommodate all aspects of your event. The Platinum Room, located on level one, can accommodate up to 50 to 80 people theatre style. This room is perfect for smaller meetings and events. The Gold Room seats up to 10 people



and the Executive Room is furnished with a desk and chair plus four visitors chairs. To book, please contact Annemarie on 07 3412 9115 or email [annemarie.mcbride@amway.com](mailto:annemarie.mcbride@amway.com).

If you would like to have a casual catch up with friends or prospects, you can also head to Caffé Migliore. Located on level 1, this café provides a friendly and relaxed atmosphere for you to take in the best opportunity in the world.

So come and visit us at the Loganholme Business Centre. We are located at 3994 Pacific Highway, Loganholme, Queensland 4129. We will see you soon!



*Crown Conference Room*



## YOUR PLACE FOR HEALTH

Meet Angelique Kahmann, your NUTRIWAY® Naturopath at the Loganholme Business Centre. Angelique has a passion for health and helping you understand everything you ever wanted to know about supplementation and the NUTRIWAY brand. Tuesday - Saturday, Angelique holds a free demonstration on the shop floor – covering

a new topic every week. She even offers one-on-one consultations including a live blood screening, risk assessment, and basic health check.

"I love it," Angelique says about her role at the Business Centre. "I love the whole concept of helping people get healthy and teaching people about health, herbal remedies and what they do in the body."



## YOUR PLACE FOR BEAUTY

Imagine having your own professional beauty consultant on hand to teach you the tricks of the trade and even give you the occasional pampering? Celsus Pearse is here for all of your beauty needs. Celsus brings 12 years of experience into her role as a beauty therapist.

"I'm here to help you learn more about ARTISTRY® and E. FUNKHOUSER™ products and how you can

recommend them to clients. I can give little tips and hints on how to best look after their skin. Ultimately, I'm helping you build your business," Celsus says.

Celsus conducts free demonstrations on the shop floor and is also available for private consultations. You can book Celsus for a makeup lesson, facial treatment demonstration, and skin diagnosis.



## YOUR PLACE TO SHOP

Have you ever seen the entire AMWAY range under one roof? Now you have. The Loganholme Business Centre has it all. The displays are filled with products from all of your favourite brands – this is the most impressive introduction a prospect will have of the AMWAY business and an opportunity to see the range in its entirety. Along the aisles, you will find interactive LCD screens that contain information about all of the brands and even business building information with special messages from Diamond IBOs. There are a number of customer service specialists on the floor to help you with any of your enquiries as well. If there's anything you need to know, just ask!

BUSINESS



OPEN FOR



BUILDING YOUR BUSINESS STARTS HERE AT THE LOGANHOLME BUSINESS CENTRE. HERE IS AN EXCLUSIVE TOUR OF THE EXTENSIVE FACILITIES LOCATED OVER 2,000 SQUARE METRES ON THREE IMPRESSIVE LEVELS.

Annemarie McBride, AMWAY Business Centre Manager for Loganholme, welcomes you to the impressive facilities. After working in various roles in AMWAY for almost 18 years, Annemarie is excited to be part of the first Business Centre to open outside of Sydney and Auckland.

"The Business Centre is the perfect opportunity to really showcase the AMWAY business opportunity," Annemarie says. "Everything is here at your fingertips, from a state-of-the-art shopping experience, to your very own resident naturopath and beauty consultant. You can even conduct your own business building seminars in one of our training rooms."



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it's for you

DECEMBER 08

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**Loganholme Business Centre**  
Where Business Builders Meet  
Now Open

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