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E. EXCEL'S WORLD



July – September 2019

# The Meaning of Hard Work

## E. Exceller Peng Chiu-Lun



**Peng Chiu-Lun**

**From:** Taiwan

**Strengths and Hobbies:**

Exercising, playing video games

**Dream:** Travel around the world

**Traveled with E. Excel to:** Hong Kong, Nagoya, Canada, South Korea, Singapore, Malaysia, Royal Caribbean Cruise, India, Sanya

“What are you willing to do for your dream life? In this world, the most shameful realization isn’t the fact that people are more successful than you. It’s the fact that successful people are more hardworking than you!” Chiu-Lun went right to the heart of the matter. “You can say that you’re less talented, less lucky, and that the timing isn’t right. But if you lose at working hard, then there isn’t much to say anymore!” Still young and in his late 20s, Chiu-Lun has the maturity and insight that not many adults, not even those in their forties or fifties, have.

He jokingly calls himself “a child of E. Excel” because his mother Huei-Li already had an established E. Excel career before he was born, and saw some measure of success. “From the time I was born, I was surrounded by E. Excel-related items. Growing up, although I did not understand what my E. Exceller uncles and aunts were doing, I knew they were very happy, proactive, and positive. In my heart, I had already decided to become like them—to become an outstanding adult when I grew up,” Chiu-Lun said laughingly.

He confessed that E. Excel was not his first choice when he entered the working world. “I knew that E. Excel was a good career, but that belonged to my mother. I wanted to carve my own career, like other young people, so I searched for jobs online.” But Chiu-Lun quickly realized something, “To succeed, it’s important to work hard but it’s also important to choose the right place and method to work hard!” He explained, “Times are changing, and so are the people. The older generation scrimps and saves, working their entire lives only to enjoy the fruits of their labor after retirement. Now, young people like myself are most afraid of having to ‘work for life’! We don’t want to enjoy life only when we’re old. We want work-life balance. We want to enjoy a good quality of life now! I saw this opportunity in an E. Excel career, and now there are many young E. Excellers like me who choose to work hard here and lead an extraordinary life!” He revealed that his current monthly income was already more than double that of his annual salary in the past!

As a leader to a group of young E. Excellers, Chiu-Lun has a unique method for training his fellow E. Excellers become independent quickly. “I show them my weekly schedule, and tell them upfront that I can only offer them two hours a week. I ask, how long are they going to wait for me? While waiting for me, other people don’t stay still; they work hard! This



concerns their livelihood and career, so how much time and effort they put in is all up to them. If they're not proactive, how will they get opportunities? How will they get to know the consumers who need them?" This method helps Chiu-Lun discover those who are earnest about managing their careers, so he can focus his time and effort on helping 'the right people.'

The longer he manages his career, gets to know more people, and meets with successful entrepreneurs from abroad, the more he understands that he still has much to learn and do. "Never be satisfied with yourself!" Chiu-Lun said wholeheartedly. "Every time I travel, I see how hardworking the young people overseas are, and I feel that I have to be even more serious with my work. I see many young people who have achieved success, but they still have the mentality that 'it isn't enough!' I also see a lot of industry seniors who, in the view of others, can retire and lead a comfortable life. But they continue to work hard in their careers and complete every task well.

"A senior once asked me, 'Chiu-Lun, what is your dream?' I replied, 'To own three cars.' To my surprise, that senior immediately threw me another question, 'Just that? If I buy three cars for you now, isn't your life over?' At that, I was stunned into silence, but it was an instant wakeup call. Was my motivation to carve a career at E. Excel merely for those three cars? This also led me to recall something my mother once told me, 'When you are successful, you've to turn back and look at the people who started their E. Excel careers because of you. Have they succeeded? Are they leading the same quality of life as you're? If they aren't, then why are you resting?'" Chiu-Lun explained, "To me, success is not about my accomplishments. It's about helping more people become successful, and sharing this success with other E. Excellers and their families! This is what I'll strive to do from now on."

Life Motto—"Success won't fall from the sky; you must work hard for it."

# E. Excel, a Life-Changing Opportunity

## E. Excellers Dr. Zhuo Chen and Mei Yu



**Dr. Zhuo Chen**

**From:** Canada

**Strengths and Hobbies:**

Cancer research in biology, immunology and genomics, cycling, boating, traveling

**Dream:** To have a successful life, be it spiritually, mentally, physically, or financially

**Traveled with E. Excel to:**

China, Hawaii, Malaysia, Caribbean Cruise, Florida, Punta Cana, Alaska Cruise, Taiwan, East Europe, Vietnam Cruise, Spain

Earning a PhD is already a feat. Imagine achieving both a PhD *and* an MD (degree in medicine and qualified to practise as a doctor). One can't help but be doubly impressed by Dr. Zhuo Chen's accomplishments. Dr. Chen began his career in China as a cardiologist. After earning his PhD from the University of Leeds in the UK, he moved to Toronto.

It would be hard to hoodwink someone as intelligent as Dr. Chen. Initially, he had a healthy skepticism when he first encountered E. Excel in Toronto. "I was impressed by E. Excel and the concept of Nutritional Immunology, but I was worried about its marketing strategy."

So what made him change his mind about E. Excel *and* even take up an E. Excel career?

"After learning more about E. Excel, its values, mission, and products, I realized that E. Excel is a company that is on a mission to help others regain their health with wholesome plant foods," Dr. Chen explained. "And E. Excel's marketing strategy is sound!"

Impressed by the science of Nutritional Immunology, convinced of the legitimacy of E. Excel's marketing plan, and touched by E. Excel's caring mission to help people regain their health, Dr. Chen began to do E. Excel on a part-time basis while holding a full-time job managing the Princess Margaret Cancer Center's pharmacogenomics and biobanking center, where he still works as a Lab Manager.

"Everyone can enjoy using E. Excel's products and earn an income with the E. Excel career—whether you are young or old, rich or poor, educated or less educated, or choose to commit full-time or part-time. It is all up to you! I love that I can hold a full-time job while still doing E. Excel on a part-time basis!" Dr. Chen said enthusiastically.

For those just starting out on their E. Excel career, Dr. Chen offers this advice, "Continuously learn and share about Nutritional Immunology and E. Excel's products, and always gather feedback! Regular follow-ups with your customers are also important. Help those around you draw up their plan to achieve their goals. Be a guide and motivate them. Learn to use every business tool available to you."



Dr. Chen has seen many positive changes in his life since joining E. Excel. "I have had many of my happiest moments in life here at E. Excel. I'm especially proud when I see my fellow E. Excellers go on stage to receive recognition for their achievements."

"E. Excel has changed my life completely. I have become a better person with greater drive, passion, and a positive attitude towards life. Now, my full-time job has become even more stable because I am applying useful skills I honed in E. Excel. Thanks to E. Excel, I live a life that any new immigrant would dream about—I have good health, both mentally and physically, I have flexibility in arranging my time, and I have financial freedom. I am so thankful to Dr. Jau-Fei Chen and E. Excel!"

Life Motto—"I would be a nobody if I did not dream of success!"

# A Career Motivated by Filial Piety and Love

## E. Exceller Chng Mei Hwa



### Chng Mei Hwa

**From:** Singapore

**Strengths and Hobbies:**

Sharing about Nutritional Immunology, reading, gardening

**Dream:** Age gracefully, enjoy financial freedom, be healthy and happy

**Traveled with E. Excel to:**

Greece, Macau, Taiwan, Italy, USA, South Korea, Japan, Sanya

Her son is just four years old, but he is already a gentleman. He helps carry Mommy's bag and helps her move things. At the supermarket, he takes the initiative to ask Mommy what they are buying, then pushes the shopping cart and says, "You rest, Mommy. I'll help you get the items!" These touching scenarios often play out in Chng Mei Hwa's daily life. Her heart swells with motherly love and pride when she sees how sensible and responsible her young child is, and she feels comforted and moved.

Her son is the middle child of three children and the only boy in the family. People usually think, in such situations, the child is more doted upon. But Mei Hwa thinks otherwise, "No one should receive special attention just because they're younger, or they're a boy, or for any other reason. Whether boy or girl, children should learn to care for others starting from young. They should have a sense of responsibility, boys even more so! That is the right way to educate them!" Such forward thinking is one of Mei Hwa's biggest takeaways in managing her E. Excel career. "Managing my E. Excel career, learning from my leaders, and leading my own team taught me how to be far-sighted. Only when you have planted the right seeds, will you get the right results!"

Mei Hwa comes across as a striking young lady well-versed in Nutritional Immunology. She speaks in a refined manner and is adept at sharing her knowledge. You would not believe she used to work in an office as a Chemical Engineer years back. She graduated from the National University of Singapore, but, at that time, her academic achievements and job stability still did not help take care of her parents, "My parents were in Penang, Malaysia, but I had a limited number of annual leave days, so I could not see them whenever I wished to. Our situation was tough when I was young, and buying a big and beautiful house for my parents was always my dream. But, I could only dream! I could not afford it on my fixed salary." Deeply filial, she felt a "sense of urgency" to realize that dream while her parents were still around and pushed herself to build a career on a bigger platform.

It was then that Mei Hwa saw the potential in E. Excel. Nutritional Immunology not only helped her own health, but it could also help her care for her parents in practical ways. It was like hitting a home run—she could visit her parents anytime she wanted, share health knowledge with them, pursue a career with a rewarding income and fulfill her dream of buying a house!



Mei Hwa was won over by Dr. Jau-Fei Chen’s charisma, “Dr. Chen sets a brilliant example for us. She gives her all into teaching us about Nutritional Immunology. As I watch her gradually hand over E. Excel to the next generation, I have no doubts about the bright future of E. Excel. I also wish to wholeheartedly invest myself in E. Excel and pass on health and knowledge to the next generation!”

It was then that Mei Hwa decided to pursue the E. Excel career on a full-time basis. When she tendered her resignation, her boss was stunned, as well as her colleagues and friends, “Even with such a stellar academic background, you want to resign and commit yourself to E. Excel. E. Excel seems like a career with a lot of pull!” She even stunned herself, “I’ve always thought about when the ‘right’ time was. I never knew it’d be so sudden. This is it! I don’t want to waste more time. While I’m still young, I want to prove myself!” This was a life-changing opportunity, the pivotal change in her life, and the most dazzling moment of her life.

In Mei Hwa’s group now, are many of her university classmates and former colleagues. Their friendship has strengthened because of E. Excel. “As classmates and colleagues, it was hard to connect at a deeper level. But at E. Excel, we work hard together in a win-win career that multiplies; we grow together. We are a close-knit family! I would like to thank Wei Wee—the person who introduced me to E. Excel, and all of my fellow E. Excellers!”

Mei Hwa has a vision she hopes to achieve by 2047, “By that time, I hope we will all be able to achieve financial freedom, be healthy and happy, pass on this career to the next generation, and eradicate worries of ‘retirement, not having enough money, and having strained relationships with the children’ that many people are facing, so we can age gracefully!”

## Artificial Sweeteners

Obesity rates are rising around the world, and people are becoming increasingly aware about the importance of controlling their weight. For some people, controlling their weight means avoiding sugar. More and more places are introducing a “sugar tax,” likening sugar to some sort of poison that causes ill-health effects, such as cancer.

Despite popular belief, sugar doesn’t cause cancer. In fact, the American Institute for Cancer research states that there is no strong evidence that directly links sugar to an increased cancer risk.



Carbohydrates are broken down in our bodies into simple sugars, which are then used by our cells for fuel. Even carbohydrates that are not sweet, such as plain bread, rice, and potatoes, will be broken down into simple sugars. Sugar is not inherently bad—you just have to avoid eating too much of it and getting fat! Obesity is linked to all sorts of illnesses.

Losing weight is as simple as taking in less calories than you burn. Even so, not all calories are equal. Calories from animal fats, dairy, and cheese, etc., are not as healthy as calories from vegetables and fruits. The former comes with an extra helping of cholesterol and fats, and the latter doesn’t!

Due to these misconceptions about sugar, artificial sweeteners have taken advantage of the weight-loss trends and are becoming more popular. Many “diet” food products, such as “zero calorie” sodas, often use artificial sweeteners, since they contain very little calories. An increasing number of people are using these diet drinks and foods as a way to lose weight. Some diabetics will also choose these foods to help control their blood sugar levels. However, do artificial sweeteners really benefit our health?

### Can Artificial Sweeteners Help With Diabetes?

Researchers have found that artificial sweeteners:

- can raise blood sugar levels more than consuming sugar-sweetened sodas and desserts.
- contribute to problems controlling blood sugar.
- change gut bacteria.

Many diabetics use artificial sweeteners to help them manage their disease. However, there is some evidence that shows artificial sweeteners can actually be detrimental in controlling blood sugar levels. A study published in the American Diabetes Association’s journal, *Diabetes Care*, showed that sucralose, a type of artificial sweetener, actually increased levels of insulin and sugar in the blood and increased insulin resistance.



A different study with 6,800 people found a positive association between diet drinks and metabolic syndrome. Metabolic syndrome is a cluster of conditions that increases the risk of type 2 diabetes, heart disease, and stroke. These conditions include high blood pressure, high blood sugar, abnormal cholesterol levels, and increased body fat around the waist. This study concluded that those who drank diet soda every day had a 67% higher risk of developing type 2 diabetes than those who did not.

Research published in the journal *Nature* showed that artificial sweeteners had induced glucose intolerance in their animal models by changing their gut bacteria.



### **Does Sugar Cause Cancer?**

Sugar does not directly cause cancer or increase the risk of cancer. This has been stated by multiple health organizations, such as the Mayo Clinic, Cancer Research UK, the American Institute for Cancer Research, and the World Cancer Research Fund International, to name a few.

Both healthy and cancer cells in the human body require blood sugar (glucose) to survive and thrive. Sugar is the basic form of energy that the body uses. It is impossible to let only healthy cells have the glucose but not cancer cells.

### **What Are Some Common Artificial Sweeteners? Where Can They Be Found?**

Some common artificial sweeteners are:

- Aspartame
- Acesulfame K
- Saccharin
- Sucralose
- Neotame
- Trehalose

Artificial sweeteners can be found in many food products, such as:

- Protein powders
- Diet drinks, such as diet soda
- "Reduced sugar" products
- Yogurt
- Condiments, such as ketchup
- Breads, even whole wheat breads, muffins, etc.
- Granola and other cereals



### **Can Artificial Sweeteners Help in Weight Loss?**

Artificial sweeteners may actually contribute to weight gain! There is some concern that people who eat more diet foods trick themselves and replace the calories saved in other ways. For example, they may think it is ok to eat cookies because they are drinking diet soda. In this way, many people overcompensate and actually eat more calories, leading to weight gain.

Other studies suggest artificial sweeteners can actually change the way your mind perceives the taste of food. Experts from Harvard warn that constant over-stimulation of the sugar receptors from frequent use of artificial sweeteners can lead to people shunning foods that are healthy but not sweet, such as vegetables. As they continue craving more sweet foods—often foods containing artificial sweeteners over more nutritious foods—they gain more weight.

### What Are Some of the Side Effects of Artificial Sweeteners?

Artificial Sweetener	Side Effect
Aspartame	<ul style="list-style-type: none"> <li>• Headaches and depression</li> <li>• May be linked to thyroid disorders</li> </ul>
Acesulfame K	<ul style="list-style-type: none"> <li>• May contain methylene chloride (a carcinogen)</li> <li>• Accumulates in the blood, and has a harmful effect on cells that line blood vessels</li> </ul>
Saccharin	<ul style="list-style-type: none"> <li>• Evidence of causing cancer in animals</li> <li>• May be linked to allergic reactions</li> </ul>
Sucralose	<ul style="list-style-type: none"> <li>• Possible bloating, skin irritations, anxiety, and depression</li> </ul>
Neotame	<ul style="list-style-type: none"> <li>• May damage the brain and other body tissues</li> </ul>
Trehalose	<ul style="list-style-type: none"> <li>• Could make <i>C. difficile</i> infections worse</li> </ul>

With today’s plethora of calorie-dense foods, it may seem like sugar is the culprit behind rising cancer rates. However, this isn’t true. All of your cells require sugar to live—it is the fuel of life. Without sugar, your cells will starve and die. But eating too much sugar can cause obesity. Obesity is linked to a higher risk of cancer, and multiple diseases, such as heart disease and diabetes. Sugar is not inherently unhealthy or bad for you. Just don’t eat so much sugar and become obese. Consume sugar in moderation and avoid calories without nutrition.



The Lifelong Learning article is contributed by Dr. EE Zhang, MBChB.

*Knowledge is power. Knowledge is instrumental to value-creation and is a critical asset in life. It is in many ways the primary instrument of progress and innovation. However, knowledge can be messy, particularly when false. Today, information spreads rapidly and comprehensively, and websites and social media outlets are easy access points for false information.*

*We're here to help discern fact from fiction. Knowledge becomes powerful in the right culture—collectively sharing in the truth and continually seeking progress and ideas. Building the right knowledge base is neither a short-term effort nor a one-off project. It is a lifelong process of discovery.*

## Vitamin C

### Can I prevent colds by taking vitamin C supplements?

You've heard it a million times—if you feel a cold coming on, take vitamin C. Even on juice cartons, and some candies, you'll see "Provides 100% of the vitamin C you need!"

When it comes to taking vitamin C supplements to prevent the common cold, take it with a mega dose of skepticism.



Dr. Harri Hemilä from the University of Helsinki, Finland conducted meta-analyses on vitamin C and the common cold. His Cochrane review is one of the most comprehensive analyses available. He found that for the general population, vitamin C supplementation does nothing to prevent colds. The use of vitamin C supplements to thwart the common cold may be something to sneeze at after all.

There's also not enough evidence to support the claim that vitamin C supplements will help you recover from a cold faster or reduce the severity of your cold.



In fact, a daily dose of 2 g or more of vitamin C supplements may cause:

- Diarrhea, nausea and vomiting
- Abdominal cramps
- Heartburn
- Headaches
- Insomnia
- Kidney issues, such as kidney stones.

### So how did this widespread misbelief come about?

The two-time Nobel Laureate Linus Pauling published a book, *Vitamin C and the Common Cold*, in 1970, claiming vitamin C is beneficial against the common cold. Yet, even at that time, the stance of the medical community at large maintained that consuming vitamin C did not affect the common cold.

Then, in the 1990s, supplements hit store shelves, including a hugely popular tablet containing vitamin C. Their marketing claimed that it was a “miracle cold buster” and that its claims were backed by scientific research. However, their research involved no doctors, no clinics, and no scientists. It was a place set up exclusively to generate these sketchy claims. Eventually they were sued and fined by the U.S. Federal Trade Commission for their false claims. Yet, this belief persisted among the public.

The best way to recover from a cold is to stay hydrated and get enough rest. It’s not overloading your body with vitamin C tablets. Just eat your oranges. Oranges and many other fruits contain plenty of nutrients that help maintain good health and a strong immune system.



### Can I lighten my skin by applying vitamin C?

What about your skin? Plenty of people will pay extra for vitamins in skin creams to combat the signs of aging, such as wrinkles. But, this, again, is just clever marketing.

Vitamin C doesn’t help lighten the skin. There is not enough evidence to show vitamin C lightens the skin or reduces signs of aging either through injections or application of creams to the skin. Vitamin C also tends to destabilize very quickly in creams.

Vitamin C injections are approved by the U.S. FDA for the treatment of vitamin C deficiency. But they are *not* approved for cosmetic purposes.

The best way to delay signs of aging is to eat well, exercise, and apply sunscreen. Buying expensive creams with dubious claims about vitamins isn’t going to turn back the hands of time, but it will certainly lighten your wallet. Instead, get your vitamins by eating lots of wholesome fruits and vegetables.



The Beyond article is contributed by Dr. EE Zhang, MBChB.

# How Will You Change the World?

## Draw On The Power of Belief

*"He who has a why can bear any how."—Dr. Viktor Frankl*

What would you dare to achieve if you had absolutely unshakable confidence and believed in yourself with such deep conviction that you had no fears of failure? When you've learned how to draw on your power of belief, there's no limit to what you can accomplish.

Beliefs are at the core of who we're. They're part of what defines our concept of self-representation. They're strongly associated with a part of the brain integrally involved with self-representation—the ventromedial prefrontal cortex. When we believe in something, subconsciously, we align our behavior with our belief to preserve a consistent self-image. This power of belief causes things to happen in our lives—it dictates our actions. However, this force of belief works in our favor only when our belief becomes a part of us, inseparable from us, settled into our mind as fact, and embedded in our mind and in our heart.



It's the successful people who are able to draw on the power of belief to achieve great things. Mahatma Gandhi. Nelson Mandela. Martin Luther King, Jr. Bill Gates. Elon Musk. Successful people have a strong sense of self-worth and believe so strongly in their convictions, they refuse to become victims to their situations.

*How many times have you given yourself an excuse? "I'm not smart enough," "I'm not pretty enough," "I'm not good enough."*

*How many times have you placed blame elsewhere? "It's not my fault," "There wasn't enough time."*

*But,*

*How many times have you said, "I can do this," "I believe in my health," "I can make my family happy"?*

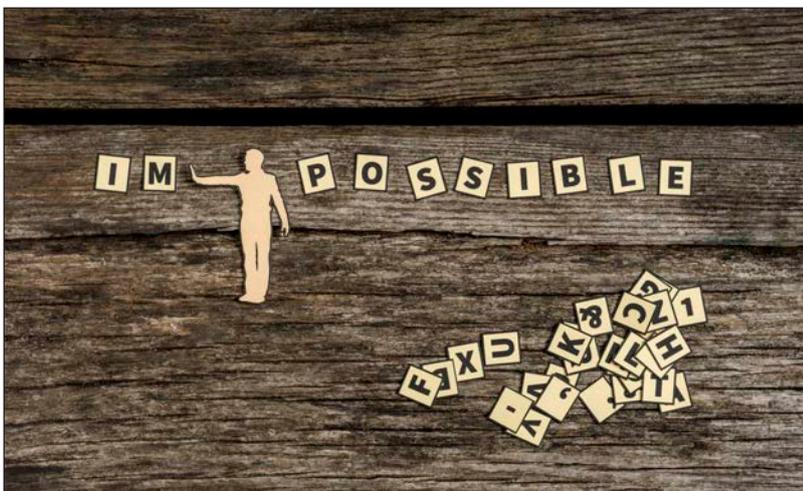
In tough situations, many of us lack self-belief when we need it the most. When we're faced with a challenge bigger than our resources, we naturally shy away. The successful among us, however, stand tall in the face of the challenge, with such strong conviction and with such confidence because **they live for a cause and they fight for it.**

It's this belief that gives them a persistent willingness to get up again and again when they fall. They don't fear failure and they meet challenges head-on. To the successful, setbacks aren't setbacks—they're merely stepping stones in their pursuit to creating the life of their dreams. It's this hardcore belief that allows them to change not just their own world, but *the world*. Their belief gives them extraordinary determination, courage, and resoluteness in the face of extreme stress or adversity. It gives them the impetus to tackle challenges and persevere against all odds.



### Cultivate Your Belief

Cultivating your belief is awakening your potential and invoking visions of your future self. It's seeing beyond your present situation and imagining future possibilities. It's pushing past your barriers and approaching problems with strength. It's taking a leap of faith and trusting in the magic of new beginnings; trusting that when the moment comes, you're able to stand behind your vision and push through with determination. It isn't about making life easy, or pretending that everything's alright; it's acknowledging that life is difficult, accepting your emotions, and persevering anyway. It's when you choose to be courageous instead of being complacent.



The bigger and more profound the belief, the greater your resilience, and the deeper your satisfaction. To be truly successful, you must align your efforts with something bigger than yourself and your own achievements. You must infuse your efforts with passion and purpose.

To believe in E. Excel and to believe in Nutritional Immunology is to live with purpose, to live with integrity, and to live with authenticity. It's a dedication to

something you can unconditionally love. It's adding value to the world and bringing good things to life—bringing health and knowledge to mankind. It's this belief that creates true happiness.



When the time comes, your unwavering belief will imbue you with the courage you thought you never had. Your unwavering belief will forge a new frontier. To the believers in E. Excel: Fight for yourself. Fight for your family. Fight for your dreams. Fight for a disease-free world. Your unwavering belief will show you anything is possible.



The Professional Development article is contributed by Elei Zhang, JD.



**Q1 What is RDA?**

RDA stands for recommended dietary allowance. The Food and Nutrition Board of the U.S. National Academy of Sciences' Institute of Medicine created this general guideline that applies to vitamins and minerals from food. It states how much of a specific nutrient your body needs on a daily basis to avoid illness. For example, if people don't get enough vitamin D, they may get rickets. If they don't get enough vitamin B<sub>1</sub>, then they may get beriberi.

**Q2 What is % DV?**

The percent daily value (DV) is a guide to the nutrients present in your food. For example, if a portion of food lists 10% DV for calcium, it means that portion of food gives you 10% of the calcium you need for the day.

**Q3 Do we need to reach 100% of DV?**

No. You do not need to reach 100% of the DV to be healthy.

The DV is a very general guideline to give us an idea of what we need in a day. It does not take into consideration different individual needs, such as one's activity levels, whether active or sedentary, physical size, diet, health, or environment. For example, if we get a lot of sun exposure, our bodies will synthesize our own vitamin D, thus, we do not need 100% DV of vitamin D. However, if we do not get any sunlight at all, we might need more vitamin D. Moreover, the DV is based on a calorie intake of 2,000 calories a day for a healthy adult, but depending on our circumstances, we may need more or less calories. In addition, our bodies have stores of some vitamins such as A, D, E, and K, so for most of us, we do not need to take in 100% of the DV for all vitamins and minerals.

**Q4 Are the vitamin or mineral labels always accurate?**

The vitamin and mineral values are not always accurate.

Each wholesome food has a different composition, and every batch of food may be different. Natural wholesome foods differ in nature. That's why natural and wholesome fruits and vegetables themselves—the best foods—simply do not have nutrition labels.

**Q5 Why isn't every nutrient listed on the label?**

Wholesome plants contain a variety of phytochemicals, polysaccharides, and other nutrients, most of which scientists haven't even discovered yet.



**Q6 Are nutrition labels artificially inflated?**

For many foods, the nutritional content changes, or leeches out, with time and exposure. For example, vitamin C is easily lost when exposed to air. Many manufacturers will add artificial synthesized vitamins into their products to boost the DV so that their products seem better. For example, ascorbic acid is often added to artificially boost vitamin C content, and costs as little as \$3.50 a kilogram—enough to give 45 people sufficient vitamin C for a year.

**Q7 How are nutrients preserved?**

The manufacturing process plays a large role in preserving nutrients. Wholesome foods should be either frozen or dried to preserve the natural nutrients. If the product is in liquid form, good manufacturers will fill the remaining space in the product with nitrogen, not oxygen, to prevent nutrient leaching.

**Q8 Are vitamins and minerals enough to maintain life?**

No. Relying solely on vitamins and minerals cannot help us maintain normal body functions. If we take in only vitamins and minerals, we may survive for a while but not for long. Hence experts recommend eating a wide variety of fruits and vegetables. In addition to vitamins and minerals, wholesome plants are packed with other nutrients, such as phytochemicals, antioxidants, and polysaccharides, most of which scientists haven't even discovered yet.

**Q9 Can taking vitamins and minerals be harmful?**

Yes, taking too many manmade vitamins can harm your health, and there is a possibility of overdose. Evidence shows that too much of a vitamin can cause a variety of health issues, including cancer.

Taking isolated, concentrated minerals creates physiological imbalances in the body. Multiple studies have demonstrated that taking such vitamins (beta-carotene, folic acid, and vitamin E) increases the risk of cancer, heart disease, and death.

The American Association for Cancer Research looked at research of over 300,000 people in one of their annual meetings in 2015. They found that: selenium could increase the chances of getting non-melanoma skin cancer; vitamin E could increase the chances of prostate cancer; beta-carotene could increase the chances of lung cancer; and folic acid could increase the chances of colon cancer.



Some minerals are heavy metals. Our bodies need them, but too much is toxic and will cause health issues. For example:

Iron	<ul style="list-style-type: none"> <li>• Bleeding in the gastrointestinal tract</li> <li>• Liver damage</li> <li>• Cardiac depression</li> <li>• Metabolic acidosis</li> </ul>
Zinc	<ul style="list-style-type: none"> <li>• Flu-like symptoms</li> <li>• Fever</li> <li>• Stomach and intestinal disturbances</li> <li>• Liver dysfunction</li> </ul>
Selenium	<ul style="list-style-type: none"> <li>• Respiratory system issues</li> <li>• Irritation of the gastrointestinal tract</li> <li>• Inflammation of the liver</li> <li>• Hair loss</li> <li>• Peripheral nerve damage</li> </ul>
Chromium	<ul style="list-style-type: none"> <li>• Bleeding in the gastrointestinal tract</li> <li>• Acute renal failure</li> <li>• Lung cancer</li> </ul>
Manganese	<ul style="list-style-type: none"> <li>• Parkinson-like syndrome</li> <li>• Respiratory issues</li> </ul>

Too much vitamins may cause the following side effects:

Vitamin C	<ul style="list-style-type: none"> <li>• Nausea</li> <li>• Diarrhea</li> <li>• Stomach cramps</li> <li>• Kidney stones</li> </ul>
Vitamin A	<ul style="list-style-type: none"> <li>• Hair loss</li> <li>• Liver damage</li> <li>• Bone Loss</li> </ul>
Vitamin E	<ul style="list-style-type: none"> <li>• Blood clotting issues</li> </ul>
Vitamin B	<ul style="list-style-type: none"> <li>• Nerve damage</li> <li>• Liver damage</li> </ul>

# How to Stay Youthful Looking

It would be a bit of stretch to say that facial rollers and facial exercises help your skin look younger. You might think that stretching, exercising or rolling your skin will make it produce more collagen and therefore help you look younger. Well, it's just the opposite.



Think of your facial skin like a rubber band. It's elastic. And the more you stretch it, the looser it gets.

Laugh lines, crow's feet and forehead wrinkles are caused by excess muscle activity and no laughing matter to many people. In fact, a UK woman hasn't smiled or laughed in 40 years in a bid to prevent wrinkles.

How can we look younger without having to maintain a poker face all the time? Nourish your body from the inside out. And moisturize on the outside.

## 4 simple tips to look and feel young:

### 1. Eat more antioxidant-rich fruits and vegetables.

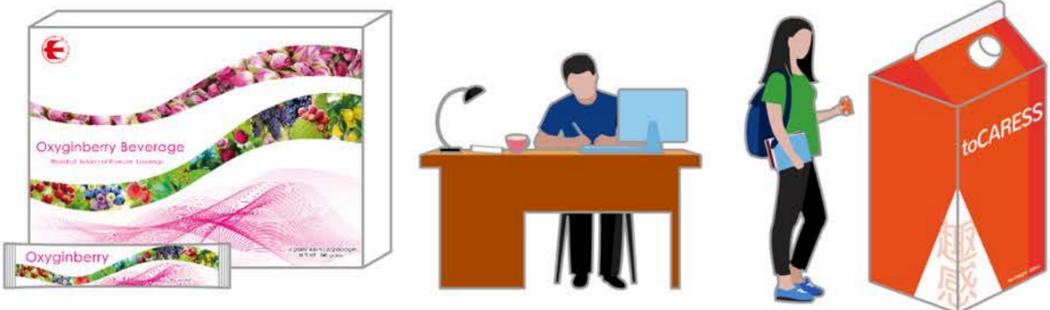
Antioxidants are the body's vacuum cleaners, clearing the body of free radicals. While free radicals speed up skin aging, antioxidants help delay the aging process.

Too busy or tired to buy and prepare fruits and vegetables? *VegeColor* to the rescue! It contains 28 colorful fruits and vegetables to provide a giant range of nutrients.



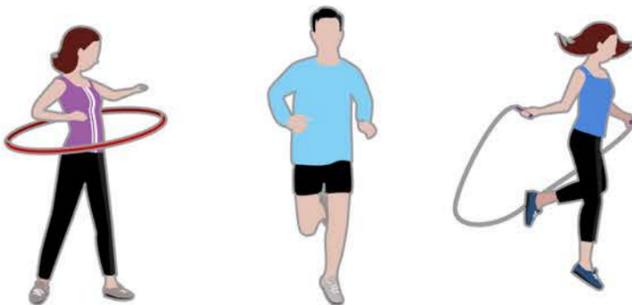
### 2. Stay hydrated by drinking plenty of water.

Don't like plain water? Enjoy a cup of delicious *Oxygenberry Beverage*; just add this powdered beverage to water. On the go? Quench your thirst with ready-to-drink *toCARESS*.



### 3. Exercise regularly.

Research shows that frequent exercisers over the age of 40 had skin that looked like the supple, elastic skin of people in their 20s and 30s. Go, go, glow!



### 4. Moisturize and apply sunscreen.

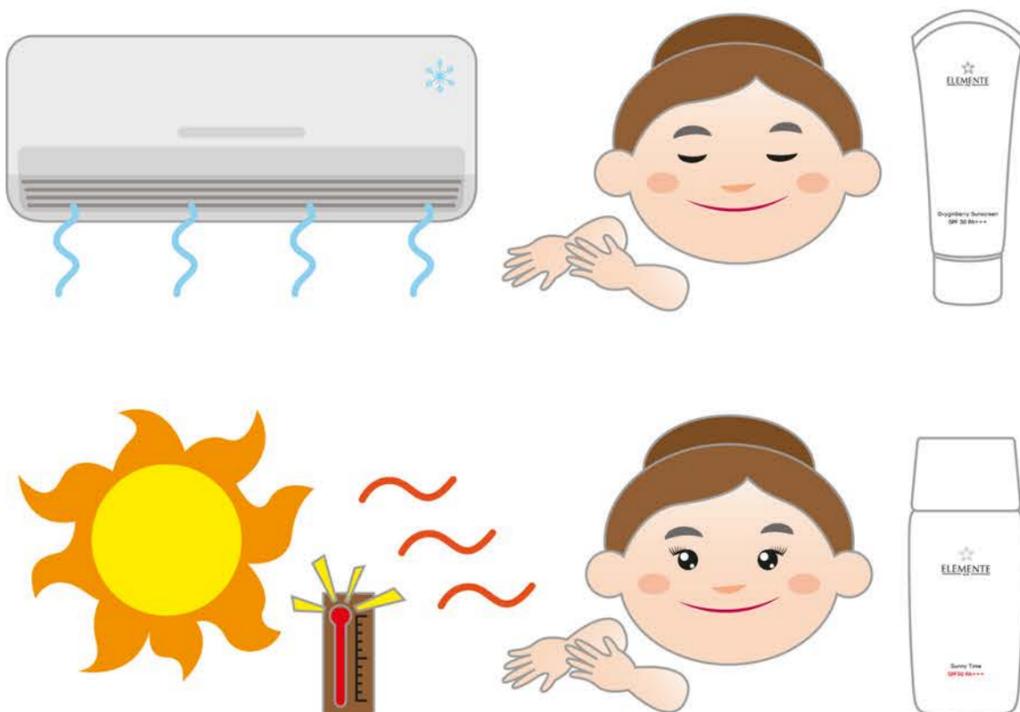
Fine lines appear more easily when your skin is dehydrated. Moisturizer traps moisture in your skin to help your skin appear younger.

Try *Rose Essence Phytolift Firming Moisture Gel*. Its unique water-soluble microparticles nourish skin and form a protective barrier to lock in moisture. *Cactus Essence Aqua Gel* is rich in cactus extracts to protect the skin, supply it with moisture, and lock in the moisture.



Always use sun protection—apply a broad spectrum sunscreen daily, whether you are indoors or going outdoors.

*Oxygenberry Sunscreen SPF 50 PA+++* is ideal for cold climates and long hours in air-conditioned rooms. *Sunny Time SPF50 PA+++* is suitable for hot and humid climates.





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