Splash

Zeaxanthin: See more good in E-View™

Last week we learned about all the good lutein can do for your eyes. This week our readers will learn about zeaxanthin, the other powerful antioxidant in *E-View™*! Like lutein, zeaxanthin is a carotenoid found in many plants and microorganisms in nature. It is also the pigment that is responsible for the coloration of peppers, saffron, and wolfberries.

Zeaxanthin is classified as a xanthophyll and in this capacity regulates the usage of light energy. A recent study has found people with a diet rich in zeaxanthin are less likely to suffer from age-related macular degeneration. Because your body can’t produce zeaxanthin on its own, it’s important to eat a diverse diet rich in foods that can provide this crucial element to eye health. By eating foods like eggs, wolfberries, leafy green vegetables, broccoli, and kiwi, you can be sure to protect the health of your eyes from damaging UV exposure.

Protecting your eyesight as you age is one of the most important things you can do! With good eye health, as you grow older you’ll be able to keep your independence while enjoying the sights around you. For more reading on *E-View* click here [http://www.eexcel.net/blog/2014/3/20/e-view-is-excellent-for-your-eyes].

Source: The relationship of dietary carotenoid and vitamin A, E, and C intake with age-related macular degeneration in a case-control study: AREDS Report No. 22. [http://www.ncbi.nlm.nih.gov/pubmed/17846363]

Blk1

There’s always something to learn!

Yesterday, April, 6, E. EXCEL Director of Marketing and Field Development Luis Tirado joined Jade Master Chelsa Tomaqin in Vallejo, California. Together, they delivered an in-depth presentation about the science of Nutritional Immunology. After this amazing learning opportunity, E. EXCEL consumers and Distributors alike spoke about how they’ve benefited from E. EXCEL’s nutritious wholefood products.

Chelsa spoke about her favorite products as well, but also talked about what an incredible business opportunity E. EXCEL offers! Everyone in attendance was motivated as she spoke about how she worked hard to become a Jade Master and her plans for future success. It’s vision like Chelsa’s that creates successful E. EXCEL businesses!

If you’re passionate about E. EXCEL there’s no better way to share your message than at events like this. Your team can host informational events to teach others about the science of Nutritional Immunology and grow your E. EXCEL businesses! For more information about training materials, email Customer Service [[mailto:customerservice@eexcel.net]](mailto:[mailto:customerservice@eexcel.net])!

Blk2

Be safe in Taiwan while you enjoy the sights!

When traveling abroad, it’s important to be prepared! Here’s a list of a few things you can do to protect yourself and enjoy your Destination Taiwan 2014:

* Make a photocopy of your passport and ID in case they are lost or stolen
* Pack light and be sure to only bring valuable items if they are essential
* Be sure your credit and debit cards will work in international locations and if you’ll be assessed any foreign transaction fees
* Always carry cash in the local currency
* To save money on fees, acquire cash from local banks and ATMs instead of the airport

Now that you know how to be safe, explore one of the hottest cultural attractions in Taiwan! The National Palace Museum [http://www.npm.gov.tw/en/] is home to one of the largest collections of Chinese antiques. Each Destination Taiwan 2014 traveler is sure to be wowed by the beauty of the ancient treasures protected at this glorious museum.

Blk3

NOCO

Spring is here! In some areas of North America the snows are finally melting, the sun is shining, and allergens are entering the air. While many E. EXCEL customers know how effective *NOCO*® can be at fighting off your winter cold symptoms, it’s important to remember that *NOCO* can help alleviate your spring time allergy symptoms as well. By combining ginseng, jujube, reishi mushroom, licorice, peppermint, and chrysanthemum, *NOCO* acts as an expectorant, anti-inflammatory, and help improve overall wellness!

Be sure to have some *NOCO* handy before the springtime sneezes begin!