



COMPANY NEWSLETTER MARCH 2021 Organic Vision Issue 97.2021

ADVANCED TRAINING COURSE FOR DETOX HEALTH COACHES

At the end of January, we finished our basic nutrition training course for our detox coaches. Now our advanced training course has now officially begun on February 20th. January 23rd, 2021 — This was our very last class of the basic nutrition training course. We discussed topics including the benefits of fasting and detoxing, as well as how to

strengthen our immune systems. Our final class ended on a warm and encouraging note.

In our advanced training course, our company's founder Afreen has designed a comprehensive curriculum, including topics such as understanding the intricacies of our body's immune system and detoxification

systems. This course includes a total of 12 classes, and features in-depth health and nutrition knowledge. This will help our students to gain further understanding on the human body, and healing it through the right nutrition. This course has also been designed to help you learn how to establish healthy habits for life!

BEP THROUGH FACEBOOK'S LIVE STREAMING VIDEO CONFERENCE

We live in a digital era of technology. Everywhere you look, everyone owns a smartphone.

Back in the old days when Hong Kong TV dramas were popular, everyone would gather around the television while having a family meal. These days, most of us are on YouTube or live Facebook/Instagram broadcasts while having a meal or relaxing.

In order to adapt to the times we live in today and educate more people about health, OV has also created its own

Organic Vision【香港首創 有機排毒 斷食專家】was live.
Published by May 4 at 8:36 PM

講座主題：《輕鬆有效消腫塑型攻略》
主講：Ducky Leung
有任何關於這個話題的健康資訊想查詢，可透過鏈接在Whatsapp上與講者查詢：<http://bit.ly/3seTCqf>

2,141 People Reached 518 Engagements Boost Unavailable

45 138 Comments 73 Shares

Facebook group and Youtube channel, where we broadcast live!

The current BEP business expansion meeting is still divided into two parts. The first part is presided over by Paul Ng, and is conducted in the form of a Q and A format. It has been designed to share his many years of direct marketing experience and secrets of the trade with our distributors and business builders. Distributors can also seize this opportunity to motivate and encourage each other in their business goals.

The second half of the meeting will be hosted live by various different distributors

of the company.

This meeting is held every Tuesday at 8:30 on OV's FaceBook page live. Topics such as immunity, chronic diseases, gynecology are carefully prepared and openly discussed as a forum. So there will always be a topic that might interest you!

On the first Tuesday of every month, at 9 p.m., Afreen hosts a live streamed meeting as well, open only to members of OV's Facebook group. In order not to miss out on these live streaming programs, please be sure to Like and subscribe to our Facebook page, and join our membership group!

Organic Vision【香港首創 有機排毒 斷食專家】was live.
Published by Afreen Kh May 11 at 8:57 PM

講座主題：《「攝食」攝住打疫苗，身體要點標打好底？》
主講：Afreen Khan
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1,664 People Reached 1,257 Engagements Boost Unavailable

You and 61 others 246 Comments 122 Shares

Love Comment Share

Organic Vision【香港首創 有機排毒 斷食專家】was live.
Published by April 27 at 8:52 PM

講座主題：《有糖尿病下一步隨時變壞？》PART2
主講：Ashley Zhang
有任何關於這個話題的健康資訊想查詢，可透過鏈接在Whatsapp上與講者查詢：<https://bit.ly/3eD6Tn4>

1,915 People Reached 377 Engagements Boost Unavailable

You and 34 others 109 Comments 55 Shares



I am a postman, and my daily job is to deliver letters. Walking every day may seem like a fair amount of exercise, so I really should be in good health. However, over the years, I gradually became overweight and struggled with my health.

The doctor told me that I needed to lose weight, but because of having pain in my knees, I struggled with exercise. Because I loved to eat, it was hard for me to lose the extra weight. Due to my sore knees, I had to often take painkillers to deal with the pain, even though I knew they weren't good for me.

I was introduced to Organic Vision through my friend Ducky. I gradually got to know a little bit about the health benefits of probiotics through OV's Facebook page. I also learned about taking care of our gut health, and how having sufficient amount of good bacteria may even help us lose weight. Because I had a bad knees and could not exercise properly, Ducky suggested I start with changes in my diet through Organic Vision's detox program.

After just a week of starting with the pre-detox program, my knee pain disappeared! I could finally start to go running, and it felt amazing. At first I was worried about whether there would be any difficulties fasting intermittently for 16 hours, but after trying it out for a week, I was completely fine. In fact, I doubled my weight loss, which gave me the confidence to go on. So I decided to start the full detox 2-5-2 program soon after.

Although there were two days of liquids only, it wasn't as difficult as I

thought it would be. When I would feel hungry, I would drink a lot of vegetable juices, as well as almond milk to curb the hunger pangs. Overall, my 2 liquid days went smoothly. The only thing that I was not used to and was exceptionally difficult was the liver flush. For the first time in my life, I learnt how to clean my liver and get rid of gallstones from my gallbladder. Although the process was very hard, I was motivated to go through with it as I learnt how good and important it was for my body to cleanse and heal itself.

In just a month and a half, I went from 214 pounds to 188 pounds, which meant I had lost a full 26 pounds in just 6 weeks! I lost 12-inches in my waist, and I went from having a metabolic age of 64 to 57 years old, finally matching up with my actual age. Before the detox my visceral fat was at a high of 18.5, and after a month and a half it had been reduced to 13, a reduction of 5.5!

After my detox, my belly, arms, and whole body slimmed down a lot, I'm so happy that my round belly no longer existed! Many of my colleagues were very curious, and asked me how I lost

the weight. I have lost my cravings for sugar, and I continue following the intermittent fasting program of 16:8. My weight loss results are a good example of how powerful healthy eating can be!

During this month and a half, I consumed lots of Organic Vision's organic health care products. If I relied solely on intermittent fasting or diet alone, my results would not be as powerful or obvious. I fully believe that it was the combination of OV's health supplements, a healthy clean diet, plus



healthy lifestyle habits that helped me lose the weight. At the same time, I strengthened my body and protected it against developing chronic diseases such as diabetes, cardiovascular disease etc...

I used to find it difficult to lose weight, but now I don't anymore. At first I was skeptical about OV's detox program. However, I think we have to be brave and take a leap of faith. If I hadn't been courageous and stepped up to the challenge, I wouldn't be as slim, healthy and more positive towards my future as I am today!

