



## COMPANY NEWSLETTER NOVEMBER 2021 Organic Vision Issue 100.2021

### OV STAYCATION



We all know that we have not been able to travel internationally in the past two years. So, it has become very popular to enjoy staycations around Hong Kong instead. In order to reward our newly graduated students from our Advanced Nutrition Courses, as well as those who received excellent results from



our 2021 detox competition, the Organic Vision' s September Travel Awards brought our winners to a five-star hotel in the commercial hub of Hong Kong to enjoy a short two-day and one-night staycation.



### OV AFTERNOON MEETINGS

Two luncheon gatherings will be held every month

The first week of September was Afreen' s last Facebook Live session. However, she has not stopped helping working on helping and educating us on how to become healthier. So, starting in October, Afreen will be holding two lunchtime meetings each month. The first meeting will be held on the first Friday of each month, and the second meeting will be on the

following Monday ten days after that.

The meeting officially starts at 1 pm. Each meeting will introduce a different theme. The theme of the first Friday in October was "New Product Experience Journey". Although we had a black rainstorm that day, many distributors and newly interested ones still attended through Zoom. In addition to Afreen's main lecture, the conference also fea-

tured a Q&A section, so that everyone could ask Afreen questions, and participate in the group discussion.

The content of each of the luncheon meetings will be uploaded to OV Podcasts, so stay tuned!!

The theme for November 5 (Friday) is "Bone Spurs" , and November 15 (Monday) is "Glaucoma" . If you are interested, don't miss it!



## 2021 DETOX CHALLENGE' S VIDEO

The 2021 detox competition has attracted many participants this past year. We believe that everyone must be very interested in hearing their stories about their detox journeys, including how they felt during their program, as well as the results they experienced after completing the detox program. In order to share their experiences with a wider audience,

Organic Vision has successively uploaded the testimonial videos of our detox contestants onto YouTube! We welcome everyone to watch their stories on our YouTube channel. Remember to give us a LIKE & subscribe to our Youtube channel, and then click the notification bell next to the subscribe button, so that you won't miss out on our new videos

uploaded every week!



### DETOX EXPERIENCE – FRANKIE

Hi everyone. My name is Frankie. I am a businessman and I run a factory in mainland China.

Years ago, suddenly there was a period of time when I often felt down. At that time, my son was only a few years old, and having him should have brought immense joy to my life. Unfortunately, having a child did not help the depression I was feeling at the time.

Pressure from work caused me to feel dark and down in the dumps every day. My emotions gradually evolved into full blown depression, and sometimes even thoughts of suicide would enter my mind. But remembering how young my son was at the time, as well as the fact that my wife was also very young, gave me the strength to keep on going, as I knew I had to provide for them and not abandon them.

I knew I had a mental problem that needed to be solved. There were friends around me who had developed depression due to stress, but they did not trust the methods given by their psychologists. Some people recommended that I try Chinese medicine to help with my mental health. But because I was exposed to the unhygienic and disorganized methods of producing and packaging Chinese medicine materials in China where I used to work, I did not feel comfortable taking such Chinese herbal remedies.

The long-term depression I suffered, coupled with poor eating habits, ended up in me gaining lots of weight. The more stress I felt, the more depressed I became, and the bigger I became.

Whether at work or at home, I was



unwilling to communicate with others, and I would mentally hide myself away and pushed others away. Even when my family members would show concern, I would just casually say that I was tired from "too much work" and "too busy" to deal with it.

I had a certain understanding of nutrition at the time. I knew that stress could produce toxins and affect the body in a negative way.

I decided to go ahead and try out Organic Vision's Full Detox Program, and adjusted my unhealthy messy eating pattern. I also decided to be inspired by other positive, optimistic and cheerful individuals, and I made it a goal to imitate them by asking them tips and secrets they had to maintain their joy in life.

After one to two months of detoxing, I lost weight. I lost my belly pooch, my waist was reduced by 5 inches, and I was 20 pounds lighter.

What made me the happiest was not only the physical improvement, but the psychological improvement I experienced. Whilst detoxing, my moods started to improve. Instead of waking up tired and grumpy, dreading

to start my day, I started to wake up each morning in a happy and joyful mood.

Sometimes, when I am alone, negative emotions start to resurface, but I have learnt to cry, to let my emotional toxins release through tears. Everyone around me could see and feel a huge difference in my aura and energy. They all expressed curiosity about my improvement. What makes me the happiest is that my relationship with my family is much better than before. My wife would hug my waist and say jokingly, "Finally, I can hold you tightly, and I can even touch my two hands!" My son is also happy that I communicate with him more. We are much closer than ever before.

The final lesson? You may not need to see a psychiatrist or psychologist for your depression. You could try detoxing just like me! With the correct nutrition, the right way of releasing negative energy and emotions through detoxing, as well as having a great detox coach to help you step by step, can help you on your journey to better mental health and wellness.