



## COMPANY NEWSLETTER SEPTEMBER 2019 Organic Vision Issue 88.2018

### FROM SICK TO PREGNANT!

Hi my name is Teresa Chan and I have worked as a recruiter for over 8 years. I would consider my job to be stressful. Meeting with many people face to face every day, hitting our quotas every month is taxing to say the least. That is not to say I don't enjoy it. Getting to know people and their stories brings great enjoyment to my life. But admittedly, because of this, other parts of my life - like taking care of my health - do take a back seat.

When I was in my twenties, I met a friend named Piano. She was the one to talk to me about health - how our bodies work, why choosing what to eat is important and

why detoxing periodically is important. At that time I was a bit dismissive; I was young and I didn't really care, I was busy with other more important things. That is until I started noticing my periods were irregular. I shared this with my family and found out my little sister shared this problem. I decided to go to the Doctor to find out what was wrong. It turned out I had Polycystic Ovary Syndrome. The Doctor told me I had to lose weight. I was scared and a bit clueless. I've never had to do this before and on top of that I was going to get married soon and we wanted to have a baby, something that would be very hard with this problem.

I went back to Piano and asked for help. She told me about Organic Vision's detox program and some of the experiences others had had with it. Now I took it seriously, I finally willing to listen and try it. I had a problem to fix and I wanted results fast. In the usual program you would normally run a 2 day liquid day, 5 day solid food day and 2 liquid day. I instead opted for a 2 day liquid, 2 day solid and 2 day liquid. This was not easy, not one bit, but I was determined. Two gruelling weeks later, my hard work paid off. I went back to the doctor for a check up and to our surprise the growths I had were no more! I didn't have Polycystic Ovaries anymore! I was cautiously optimistic, I knew that it could come back. Therefore I decided to continue with this 2-2-2 detox for two months. After those two months I eased back a bit and went to 2-3-2 and then back to the normal 2-5-2. Now I'm healthy, happy and even expecting a baby in November 2019!

I really appreciate the help and support I got from my friends and family. I'm also thankful that I got to know Organic Vision's products, without them and the great education I got I wouldn't be sitting here today pregnant with my child.



## CATWALK & AWARDS 2019

This year's 2019 30days detox 2-5-2 challenge has been perfectly finished. The contestants also achieved outstanding results! OV also held 2019 Catwalk on September 7 this year and also added elements that are different from the past.

Charity fundraising activities allow participants to be healthy and help others. This year we have



chosen to work with the nursery fund to donate all the donations to them.

Thanks to the participants and donors. Support this year to raise funds for \$12,314!

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## ENTRY LEVEL NUTRITION COURSE



Entry Level Nutrition Course has come to an end! Participants have learned more about nutrition during the course and deepened their understanding on how Full Detox can Benefit your own body. Everyone has very much enjoyed every class, and takes each test very seriously!

The nutrition course is taught by Afreen, a 30-year-old nutrition expert. Before each lesson start, MC will kick off with some interesting exercises to get everyone

warm-up for the lesson. In each class, Afreen teaches a variety of nutritional knowledge in a lively and interesting way. Participants are very committed and drop their notes carefully.

Each participant will also scan the QR code to answer 20 questions' test carefully prepared by Afreen each lesson. After the test is completed, Afreen will also discuss the answers to the questions with the participants, to enable the students to have a deeper understanding of the

nutritional knowledge they have learned.

On the 30th of September, OV will hold a graduation ceremony for Entry Level Nutrition Course to celebrate the successful completion of the participants!

Outstanding students will also recognize during the ceremony! Welcome everyone to attend the graduation ceremony and share the joy together!

