

ENGLISH • 华语 • BAHASA MALAYSIA

DXN Life

Product Information

DXN PINEAPPLE CAKE

VOL 84

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KDN PP 13265/03/2013 (031580)

Health Information

The Physics of Weight Loss -
Metabolism

Success Story

Celina Chin-Lian &
Frankie Lian Labang

Amira Hamad Alyoubi

Leaders Corner



Congratulations

DXN has been crowned
The Best Direct Selling Company (Global)

by the Ministry of Domestic Trade and Consumer Affairs (KPDNHEP)
in the Domestic Trade Award 2020 (APDN 2020).

HAPPY CHINESE NEW YEAR 2022



“NEW YEAR, NEW CHALLENGES

新的一年，迎接新的挑战 TAHUN BAHRU, CABARAN BAHRU”

DATUK DR. LIM SIEW JIN

DXN's Founder and CEO

Good Morning DXN!

Happy new year 2022! A new year means new opportunities and challenges are awaiting you. At DXN, we believe that the new year will bring lots of great opportunities to be explored and experienced. Let us turn over a new leaf and start afresh, by working harder and smarter, so that at the end of the day, success will be in our possession.

Despite living with this pandemic for almost 2 years, DXN and its members have proven that even a pandemic could not stop them from achieving success. One of the proof of this is that in the year 2021 alone, DXN produced another 4 new Crown Ambassadors. The 4 new Crown Ambassadors are Mr. Niel Gustavo Arroe Aguirre, who became Crown Ambassador in February 2021, Mr. Minaram Khadka and Mrs. Kamala K.C. Khadka, who achieved their status in March 2021, Mr. Marlon T. Mapa and Mrs. Rose Anne S. Mapa, who achieved their status in August 2021, and also Mr Pravin Mohan Salunkhe and Mrs Arati Pravin Salunkhe from India, who were crowned Crown Ambassadors in November 2021. The 4 Crown Ambassadors demonstrated that nothing can stop you from achieving success. As long as hard work and passion are in you, success will surely be yours.

DXN is planning to expand even further in the coming years. Another DXN project, DXN Cyberville, will be completed in 2022. DXN Cyberville is the latest DXN attraction, a wellness and retreat center with apartments, in Cyberjaya, Malaysia. It will offer space for DXN members to receive treatments of Ganotherapy and other natural health treatments using a wide range of DXN Products. DXN Cyberville was designed in an intelligently operated environment, driving innovation to reduce carbon emissions, improve resident comfort and extend building performance which follows the regulations of the Green Building Index. With the completion of DXN Cyberville, DXN members will have a one-stop center, where they can do their business and spend their leisure time.

Another project of DXN is in Langkawi, which focuses on lifestyle. The Ayer Hangat Village offers a total relaxation experience to visitors, where they can indulge themselves in the relaxing saltwater hot spring and experience Malay wellness and spa treatment, as well as Malay culture and art. Other than that, the Ayer Hangat Village also offers visitors an up-close and personal experience of how mushroom is being cultivated and harvested by the local Langkawi folk. The lifestyle offering is one of DXN's latest project that aims in promoting sustainability not just to DXN, but also to the surrounding community.

Without its members, DXN cannot be where it is today. With almost 11 million members worldwide, DXN is very grateful to have such strong support from day one of our inception, until today. We have been in the industry for almost 29 years and it is hoped that we will be getting more and more support from more members so that success could be ours together.

A new year comes with a new opportunity to start over. Forget the failure or negativity, and focus on achieving success. Let's always treasure our near and dear ones, who have always supported us in every step on our way to success. With our busy lives, we tend to forget to look around and appreciate those who keep us going. Thank and cherish them even more. It is hoped that this year will bring more success and happiness in all our lives.

我们顶峰见!
谢谢您!

See you at the top!

Thank you.

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BNEE THOLUNG SUBBA
BHARATI CHMLAGAIN RAI
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CHEE DER PHOON
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CHET KUMARI BHARATI
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MIN BAHDUR PANDAY CHHETRI
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PURNA BAHADUR MATARA
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PUSPAKALA ANDEMBE
PUTERI NUR ADILLA BINTI
WAN AHMAD SYALI
RABBI ISLAM
RABI LAL RAI
RABINA KUMARI CHAUDHARY
RABINDRA KUMAR SAH
RABINDRA PRASAD YADAV
RACHID EL FELLAHI
RACHIDA MERABTI
RAHMA BENMOUFFOK
RAI SANGAM
RAJ KUMAR RAI
RAJ KUMAR WAGLE
RAJA EL BOUAMAMY
RAJA GOPAL A/L NARAYANAN
RAJENDRA BHATTARAI
RAJENDRA KUMAR THING
RAJIB CHAUDHARY
RAJKAPUR MUKHIYA BIN
RAJMAN MUKTAN
RAJU RANA
RAM BAHADUR TAMANG
RAM DARESH MAHARA
RAM KUMAR KOHAR
RAM PUKAR PARSHAD KUSHWAHA
RAMBALI KUMAR DAS
RAMESH A/L KARUPPIAH
RAMESH CHAMAR
RAMESH PUN MAGAR
RAMKRISHNA SHRESTHA
RAMU KAMAT
RASHMI SHRESTHA
RASMIKA BHUJEL
RAUDI SAH TELI
REEMA THAPA
REKHA A/P T. GOPALAN
RESHAM SINGH
REWAT KUMAR RAI
RIKAN SAKAI
RIRAJ KUMAR YADAV
RITHYA SARKI
ROSIIKA RAI
ROSNAH BINTI NARAWI
ROWDY SURANG KEBING
ROWEN BARITOS QUIRANTE
RUBEL AHMED
RUDRA BAHADUR LIMBU
SAADA SALIHA
SAADIA AMRINSSE
SAADIA BOUJIKI
SABARIAH BINTI BULAT
SABIN TAMANG
SABINA LO
SABITRA RAI
SABITRI GHARTI
SABRINA GUERA
SAH RAMA NAND
SAIGENDRA SHAH
SAJANA GURUNG
SAJINA RAI
SALIMAN BIN A.BASIR
SAMIKSHA RAI
SAMITA RAI

SAMSHUDDIN
SAN MOTI RAI
SANGEETHA A/P RAJAMANICKOM
SANGITA SHRESTHA
SANGITA THARU
SANJEET RAI
SANTHI A/P GOVINDA RAJ
SANTHIRA A/P SUBRAMANIAM
SANTOSH MAHATO
SANTOSH PODDAR
SANTOSH RAI
SAPANA PARIYAR
SAPRAH BINTI SAMLAN
SARAH REGGAD
SARAN BAHADUR TAMANG
SARASWATHY A/P VELAYUTHAN
SARAVANAN A/L GANGATNARAN
SARI PETRUS EVAN @ JULIA
SARIFAH A/P BAH JALAN
SARITA RAI
SAROJ PANDIT
SASHIKALA DEVI A/P R.M MANIAM
SATHI A/P MUTHAIAH
SAURAJ RAI
SAVITRI CHHETRI
SENTHILKUMARAN MURUGESAN
SHайдур راھومان
SHAMBHU KUMAR SAH
SHANTI BUDHA MAGAR
SHANTI KUMARI POUDEL
SHARADA KUMARI DANGOL
SHEILA MAE SALIENDRA
SHELTON DASON ROW A/L ANTHONY ROW
SHER BAHADUR OLI
SHER BAHADUR SHRESTHA
SHIRLEY BAY RAMOS
SHUSMA GURUNG
SHYAM LAL SUNAR
SHYAM BAHADUR RASKOTI
SILVIA TING YUEN YEE
SITA RAM GURUNG
SITA THAPA MAGAR
SITI AMINAH BINTI JAAFAR
SITI BINTI KAMARULZAMAN
SITI HAFAH HJ MOHAMAD HASHIM
SITI NUR FAIZHA BINTI JULKARIM
SIVARASA A/L K. RASIAH
SOE EI EI PHYU
SOE YEE WIN
SOHAG
SOMNATH KALWAR
SONAM DOMA
SRI DHARA A/L KAMALANATHAN
SUBBA SUNAR
SUHADA KESUMA
SUJITA SHRESTHA
SULANG @ IYOT AK RAJE
SUMIRAN MALLAH
SUMIT RAI
SUNIL SAH
SUPRIHATIN
SWE ZIN WIN
SWE ZIN WIN @SHWE ZIN WIN

SYAZA NADIAH BINTI BAHRI
TAHA ZUHDI TAHA
TAIB BOUCHAIB
TAKENDRA YADAV
TAMANG SUKBIR
TAMILARSEE A/P SANIYNADAN
TAN SIOK CHENG
TAN SOK SIN
TARAMAN GURUNG
TENGKU NOR MOHIJRAH BINTI
TENGKU ISMAIL
TEZ MAN RAI
THAMIL SELVI A/P MUNIANDY
THAN TUN
THANALETCHMI A/P VELAYUTHAM
THANGA A/P KRISHNAN
THILAGA A/P SUBRAMANIAM
THWE THWE WIN
TIKA DEVI GURUNG
TIKA KUMARI THAPA
TIKA RAM KHADKA
TIN TIN WAI
TIN TIN WIN
TIN TUN NAING
TIN ZAR WIN
TLAYTMASSA BELKACEM
TOPARAM BHUSAL
TOYANATHA BASTOLA
TRACY RUNGUH JOHN IRUP
TUL BAHADUR GURUNG
TULASI MAYA MONGER
U LWIN OO
UDAYAPPAN
UMA KUMAI
UTHAMA SEALAN A/L P.KULANDAIVELOO
VIJAY RAI
VIJAYA LETCHUMY A/P ARUMUGAM
WASSILA MESTAOUI
WIDAD TEDGHOUI
WIN HTAY
WONG SIEW MOI
WONG SONG MING
YAK RAJ (B.K.)VISHVKARMA
YAM BAHADUR KHATRI
YAM LAL NEPALI
YAM RASAILI
YAMIN KHIN
YEAP JIA CHUAN GERARD
YOGENDRA KUMAR CHAUDHARY
YOUSEF
YUNISHA MADHI LIMBU
YUNUS@MOHD YUNUS BIN DAMIN
YUSOF BIN AHMAD
YUVAMALAR A/P VARADARAJOO
ZAID OSAMAH ZOHDI
ZAINUDDIN BIN HASIN
ZAINUDY BIN JASMAN
ZAKIYA ELKAMIRI
ZALINA BT ABU SALAM
ZERROUKI MAAMAR
ZIDANE NADIA
ZIN MAR HTWE
ZOUBIDA ASSABBANE

رقية جمال
شرفي نعيمة
عائشة شومان
مازن مجدي محمد عبدالجيد
منتصر منير
نصرية حسني



HONG KONG

CATHERINE DELA CRUZ
CHEUNG YIU TAK
GURUNG RANI
KWOK CHI MING
LI LAI YEE
MICHELLE JULIANO
PREM LAMA & RAMKUMARI GURUNG
RAI NAUMAYA
RAI LAXMI
SUNITA PUN
YANEZ MARILOU A



Celina & frankie



EXECUTIVE
Double Diamond

"Stop chasing the money and start chasing the passion"

**“停止追逐金钱，
开始追逐激情吧！”**

**“Berhenti mengejar wang.
Sebaliknya, kejarnlah cita-cita”**

Good Morning DXN!

Hi there! I am Celina Chin-Lian from Kuching, Sarawak, Malaysia.

My journey with DXN is not by accident or coincidence. I know that my Lord and Saviour Jesus Christ have predestined my journey with DXN from the very beginning and I am forever grateful to Him who have strategically placed the right people in my life and at the correct time ensuring each step forward remains a miraculous journey. Out rightly this is indeed by the grace of Almighty God Jesus Christ.

I started my DXN journey in 2018 where my health was a major issue. Due to the many years of not taking care of my system, bad eating and sleeping habits, I was faced with serious challenges concerning my health. Upon consistently consuming the Ganoderma products, I saw a turnaround in my health.

I take this opportunity to thank DXN founder - Datuk Dr. Lim Siew Jin for the gift and ability to see the healing properties in Reishi Gano (RG) and Ganocelium (GL). I salute him for his brilliance, his vision, and his far-sightedness. He is truly a remarkable man and an exceptional Malaysian business leader.

As my health improves, my loving husband, Frankie Lian Labang and I started sharing aggressively the wonders of Ganoderma. We share about DXN and its wonders, as well as holistic value wherever and whenever we can. We were very keen on helping others to attain a healthy system and it is our personal interest, we took up an iridology course and practised iridology. With this powerful knowledge coupled

with the amazing DXN products, we were able to help many people who became our members. When they saw improvement in their own health, the DXN products and business were further shared.

With the duplication method and the One World One Market system, the world is your oyster - follow the advice of your leader, duplicate their discipline and good work ethics, always consult your leader for guidance, listen and have a teachable mind and heart.

Through the years, we learned that in order to succeed, we must first and foremost help our members to grow together. It is always about teamwork. No one is left behind. Yes, there will always be differences and ideologies. Due to this, we make it a point to work around any problems or obstacles faced along the journey. Avoid confrontational attitude. Humility goes a long way. Comradery is paramount in our DXN team family. Outdoing each other is not part of the DXN journey to attain success. Helping each other is the ultimate key.

I wouldnt be where I am without my mentor, CA Dr. Sivakumaran Karuppiah and Mdm. Maliga, and most importantly my team members. Slow and steady - eventually everyone will reach the top. This is not a race to outdo each other but a personal race to financial freedom.

"Stop chasing the money and start chasing the passion" - Tony Hsieh

Thank you and see you at the top!

早安德信！

大家好！我是 Celina Chin-Lian, 来自马来西亚砂拉越古晋。

我与德信的旅程并非偶然或巧合，想必是主耶稣基督从一开始就安排了我和德信的缘分。因此，我永远感激他，让我在对的时间遇见对的人，为我开启了这一段奇妙的人生旅程。感恩主耶稣基督所赐予的一切。

我于 2018 年开启了与德信的旅程，但当时的我刚好面临着严重的健康问题。由于多年来没有照顾好自己的身体，养成了不良的饮食及睡眠习惯，导致健康状况每况愈下。但在后来尝试服用灵芝产品后，我发现我的健康状况逐渐获得改善。

我想借此机会，感谢德信创始人——拿督林孝仁博士，他凭借着自己的天赋与能力发掘了灵芝 (RG) 和灵芝菌丝 (GL) 的愈合特性。不得不说，拿督林孝仁博士确确实实是一名具有远见卓识，才华洋溢的大马商业领袖，我在此向他致敬。

随着健康状况的好转，我与亲爱的丈夫 Frankie Lian Labang 开始积极地与他人分享灵芝的神奇功效和价值。我们非常热衷于激励更多人追求健康之美。此外，我们还报读了虹膜学培训课程，学习透过检测眼睛来观察身体的健康状况。因此，凭借此丰富的知识和德信卓越的产品，我们便能够帮助更多的人加入德信。然而，当他们意识到健康状况有所改善后，他们将会分享更多关于德信产品和业务。

Selamat Pagi DXN!

Salam sejahtera. Saya Celina Chin-Lian dari Kuching, Sarawak, Malaysia.

Perjalanan saya dengan DXN bukanlah suatu kebetulan. Saya percaya ini adalah perancangan yang Maha Esa, yang telah merencanakan perjalanan saya dengan DXN sejak dari awal lagi dan saya amat berterima kasih kepada Nya kerana telah mengurniakan saya dengan orang-orang yang betul dan tepat pada masanya, bagi memastikan setiap langkah akan berjaya dan terus menjadi sebuah perjalanan yang penuh dengan rahmat. Segalanya berlaku dengan kehendak dan ketentuan Tuhan.

Perjalanan saya dengan DXN bermula pada tahun 2018, ketika saya sedang bergelut dengan masalah kesihatan. Oleh kerana bertahun-tahun mengabaikan kesihatan, makan secara tidak sihat, dan tabiat tidur yang tidak baik, saya berhadapan dengan masalah kesihatan yang serius. Setelah menggunakan Ganoderma secara berterusan, kesihatan saya semakin bertambah baik.

Saya mengambil peluang ini untuk berterima kasih kepada pengasas DXN – Datuk Dr. Lim Siew Jin untuk hadiah yang tidak ternilai ini, serta kebolehan beliau melihat aspek penyembuhan yang terdapat pada Reishi Gano (RG) dan Ganocelium (GL). Saya amat menyayangi beliau atas kebijaksanaan, visi, dan dasar pandang ke hadapan beliau. Beliau adalah seorang individu serta usahawan yang hebat.

Apabila kesihatan saya bertambah baik, saya bersama suami tercinta, Frankie Lian Labang, mula berkongsi secara agresif mengenai kebaikan Ganoderma. Kami berkongsi mengenai DXN dan kehebatannya, serta nilai holistiknya dimana-mana sahaja, pada bila-bila masa. Kami sangat berminat untuk membantu ramai orang untuk mendapatkan kesihatan yang baik, dan disebabkan minat, kami telah mengambil kursus iridologi dan mengamalkannya. Dengan ilmu yang hebat ini, berserta produk-produk DXN yang hebat, kami telah membantu ramai orang yang kemudiannya menjadi ahli. Apabila mereka nampak perubahan yang berlaku pada kesihatan mereka, mereka berkongsi dengan lebih banyak lagi mengenai produk-produk DXN dan perniagaan ini.



凭着“一个世界一个市场”的理念，世界就是您的牡蛎——听从领导的建议，遵守纪律，树立良好的道德风尚，经常向领导请教学习，仔细聆听并且始终保持一个虚心好学的态度。

通过这几年的直销经验，意识到若要成功，就必须与团队成员互相帮助，一起共同成长。个人能力固然重要，但团队的合作才是成功的关键。虽然团队成员之间会有不可避免地冲突与分歧，但正因如此，我们才要设法去解决旅程中所遇到的任何问题和障碍。此外，我们还必须始终保持谦虚的态度，因为在德信大家庭中，同志情谊才是最重要的，超越彼此并不会在德信旅程中取得成功，互相帮助才是关键。我在此感谢皇冠大使 Sivakumaran Karuppiah 博士，Maliga 女士以及我的团队成员们，如果没有你们，我就不会拥有今时今日的成就。缓慢而稳定——最终将会到达顶峰。这不是一场超越他人的竞赛，而是一场实现财务自由的旅程。

“停止追逐金钱，开始追逐激情吧！”-Tony Hsieh
谢谢，我们顶峰见！



Dengan teknik duplikasi dan sistem Satu Dunia Satu Pasaran, dunia kini dalam genggaman anda – ikut nasihat ahli atas anda, contoh disiplin dan etika kerja baik yang diamalkan, selalu dapatkan nasihat dari ahli atasan, dengar dan buka hati serta minda.

Selama beberapa tahun, kami belajar bahwa untuk berjaya, kita perlu membantu ahli-ahli kita yang lain untuk turut berjaya. Kerjasama adalah kunci kejayaan, dan tiada siapa yang akan ketinggalan. Ya, akan ada perbezaan dari segi ideologi. Oleh itu, kami sentiasa kuat untuk menghadapi segala masalah dan cabaran yang mendatang sepanjang dalam perjalanan untuk menuju kejayaan. Elakkan sikap suka berkonfrontasi. Rendah diri adalah sikap yang perlu ada. Persaudaraan adalah sesuatu yang sangat bernilai dalam keluarga DXN. Berlawan di antara satu sama lain bukanlah jalan untuk menuju kejayaan. Saling bantu membantu adalah kunci kejayaan. Saya tidak akan berada di mana saya berada sekarang tanpa mentor saya, Duta Mahkota Dr. Sivakumaran Karuppiah dan Puan Maliga, dan yang paling penting sekali, ahli kumpulan saya. Lambat tetapi seimbang – akhirnya semua akan mencapai puncak kejayaan. Ini bukanlah sebuah perlawanan di antara satu sama lain, tetapi adalah merupakan sebuah perlumbaan dengan diri sendiri untuk mencapai kebebasan kewangan.

“Berhenti mengejar wang. Sebaliknya, kejarnlah cita-cita” - Tony Hsieh

Terima kasih dan jumpa anda di puncak kejayaan!





DXN Lingzhi Pineapple Cake & DXN Spirunanas

德信灵芝凤梨酥与德信蓝藻凤梨酥
Kek Nanas Lingzhi DXN & Spirunanas DXN



Pineapple is a tropical fruit that is highly relished for its unique aroma and sweet taste. Pineapples are low in calories and rich in Vitamin C, and it has been in high demand in the local market and overseas for their impressive nutrient content. Pineapples are commonly eaten raw but people love to enjoy them in dry, jam, and juice forms. Nevertheless, most commonly it is used as a pastry filling or in baked desserts.

DXN bring good news to all Pineapple lovers! We proudly introduce you to our first cake series namely DXN Lingzhi Pineapple Cake and DXN Spirunanas. DXN Lingzhi Pineapple Cake is specially added with Ganoderma mushroom while DXN Spirunanas is specially added with Spirulina for the outer crust. Both of the products have condensed pineapple jam as the filling inside. DXN Lingzhi Pineapple Cake and DXN Spirunanas were bar in shape and baked at a suitable temperature to make the outer layer of the pastry crispy yet nearly melt-in-mouth. The combination of sweet and tangy pineapple jam coupled with the crumbly and buttery crust of DXN Lingzhi Pineapple Cake and DXN Spirunanas will definitely excite your taste buds.

DXN Lingzhi Pineapple Cake and DXN Spirunanas are individually packed and come in attractive boxes. It is perfect as an everyday grab-and-go snack or as a tasty companion with your evening tea. It can also be a wonderful gift for friends and family during festive occasions and celebrations.

凤梨是一种常见的热带水果，它因其馥郁的香气以及独特的甜味而深受人们的喜爱。除此之外，凤梨的营养价值也非常丰富，不仅低热量，同时还富含维生素C，因此备受国内外市场欢迎。除了直接食用，人们更是喜爱以凤梨干、果酱和果汁等形式享用凤梨。然而，它最常见的用途是作为糕点馅料或是甜点烘培。

德信为所有凤梨爱好者带来了好消息！我们很自豪地向您推介德信首个糕点系列——德信灵芝凤梨酥与德信蓝藻凤梨酥。德信灵芝凤梨酥特别添加了灵芝，而德信蓝藻凤梨酥则在酥皮中特别添加了蓝藻。德信凤梨酥以香甜浓郁的凤梨果酱作为馅心，外形呈正方块状，并且在严格控温的烘烤下，饼皮变得无比酥脆且入口即化。甘香扑鼻的酸甜果馅搭配奶香四溢的饼皮，绝对会令您的味蕾兴奋不已。

德信灵芝凤梨酥与德信蓝藻凤梨酥采用独立包装，外盒精美得体，非常适合作为日常随身携带的零食，同时也是搭配下午茶的最佳伴侣。此外，精美包装的德信凤梨酥亦是佳节赠送亲人朋友的首选佳礼。

Excite Your
Taste Buds!





The Physics of Weight Loss - Metabolism

减重的原理 – 新陈代谢

Fizik dalam Pengurangan Berat Badan - Metabolisme

People often talk about speeding up metabolism to lose weight, but do you know what "metabolism" really means? Metabolism is a set of chemical reactions that break down calories that we eat into energy for body functioning, which can be divided into 3 components^[1]:

人们经常说，提高新陈代谢有助于减轻体重。但是，您是否真正明白“新陈代谢”的含义？新陈代谢指的是一组化学反应，将我们所摄入的热量转为生存所需的能量。新陈代谢可分为三个部分^[1]：

Ramai sering berkata, untuk menurunkan berat badan, seseorang perlu meningkatkan tahap metabolisme badan, tetapi tahukah anda makna sebenar 'metabolisme'? Metabolisme adalah gabungan reaksi kimia yang memecahkan kalori yang telah dimakan menjadi tenaga untuk badan berfungsi, yang boleh dibahagikan kepada 3 bahagian^[1]:



BASAL METABOLISM 基础代谢 METABOLISME ASAS

Even if you are inactive or sleeping, your body is still using energy for all its basic functions, such as breathing, keeping your heart beating, adjusting hormone levels, growing, and repairing the body cells.

即使您正处于不活跃或睡眠的状态，但体内的能量仍然被用于维持正常的生理功能，如呼吸、保持心跳、调节激素水平、成长及修复人体细胞。

Jika anda tidak aktif atau sedang tidur, badan anda masih menggunakan tenaga untuk fungsi asas, seperti bernafas, memastikan jantung berdegup, menyeimbangkan tahap hormon, tumbesaran, dan memperbaiki sel-sel badan.

Thus, by knowing what to do to speed up metabolism, you are likely to lose weight more easily. Here are some tips to boost your metabolism:

因此，掌握与了解提高新陈代谢的方法，更能有效减轻体重。以下是促进新陈代谢的方法：

Oleh itu, dengan mengetahui apa yang perlu dilakukan untuk meningkatkan tahap metabolisme, anda akan lebih mudah menurunkan berat badan. Ini adalah beberapa tips untuk meningkatkan metabolisme anda :



PRACTISE REGULAR PHYSICAL EXERCISE 定期进行锻炼 MELAKUKAN AKTIVITI FIZIK DENGAN KERAP

Exercise can help increase lean muscle mass. When you increase your muscle mass, you boost your basal metabolism and that makes your body burn more calories. Basal metabolism after exercise is said to remain elevated for up to 48 hours^[2].

锻炼有助于增加肌肉量。当您的肌肉量增加时，基础代谢率就会随之提高，从而燃烧更多的热量。据说运动后的基础代谢在四十八小时内仍将继续保持较高水平^[2]。

Bersenam dapat meningkatkan jisim otot. Apabila jisim otot anda meningkat, metabolisme asas anda juga akan bertambah baik dan akan membantu badan untuk membakar lebih banyak kalori. Metabolisme asas selepas bersenam dikatakan akan kekal diparas tinggi sehingga 48 jam^[2].

EATING AT CONSISTENT TIMES 规律进食 WAKTU MAKAN YANG KONSISTEN

Eating food can increase your body's metabolism. This is called the thermal effect of food. Ideally, a person should eat several small meals or snacks about 3 or 4 hours apart^[3]. Remember to manage your calories intake while boosting metabolism!

规律进食可以提高新陈代谢能力，这种现象被称为食物的热效应。最理想的方法是少量多餐，每隔大约三或四小时吃些分量少的小食或餐点^[3]。谨记，促进新陈代谢的同时别忘了控制热量和脂肪的摄入量。

Makan dapat meningkatkan metabolisme badan. Ini dikenali sebagai kesan termik makanan. Secara idealnya, seorang individu perlu makan beberapa hidangan kecil atau snek dalam jarak 3 ke 4 jam^[3]. Ingat, kawal pengambilan kalori sambil meningkatkan tahap metabolisme anda.



ADOPT A PROTEIN-DIET AT EVERY MEAL 定期进行锻炼 MENGAMALKAN DIET BERASASKAN PROTEIN DALAM SETIAP HIDANGAN

Protein causes the largest rise in the thermal effect of food, as it increases your metabolism by 15-30%, compared to 5-10% by carbohydrates, and 0-3% by fats^[4].

蛋白质的食物热效应最大，约占 15 至 30%，碳水化合物的食物热效应为 5 至 10%，脂肪的食物热效应最低，为 0 至 3%^[4]。

Protein menyebabkan kenaikan terbesar dalam kesan termik makanan, memandangkan ianya meningkatkan metabolisme badan dalam 15-30%，berbanding 5-10% oleh karbohidrat, dan 0-3% oleh lemak^[4].





INCLUDE COCONUT OIL IN YOUR DIET 在饮食中加入椰子油 MENGABUNGKAN MINYAK KELAPA DALAM PEMAKANAN ANDA

Coconut oil is rich in Medium Chain Triglycerides (MCTs). Studies suggested that MCTs are 'instantly' metabolised by the body rather than being stored; MCTs are more satiating than longer-chain triglycerides; and MCT consumption speeds up basal metabolism, thus may have modest benefits for weight loss [5].

椰子油中富含中链甘油三酯(MCTs)。研究表明，中链甘油三酯(MCTs)不会被储存在体内，而是立即被肝脏消化和代谢；中链甘油三酯(MCTs)比长链甘油三酯(LCTs)更容易消化以及更有饱腹感；不仅如此，中链甘油三酯(MCTs)还有助于促进基础代谢，因此对减轻体重有很大帮助 [5]。

Minyak kelapa kaya dengan Medium Chain Triglycerides (MCT). Kajian menunjukkan bahawa MCTs diproses dengan 'segera' oleh badan dan tidak disimpan; MCT lebih mengenyangkan berbanding triglicerida berantai panjang; dan pengambilan MCT meningkatkan tahap metabolisme asas, sekaligus memberi faedah dalam menurunkan berat badan [5].

GRAB THE MORNING COFFEE 早上喝杯咖啡 MINUM KOPI DI WAKTU PAGI

Start your day with a cup of coffee, a little bit of caffeine is a great way to energize your day while boosting your metabolism. Research shows that 100 milligrams of caffeine (about how much you would find in an 8-ounce cup of coffee) can boost resting metabolic rate by anywhere from 3 to 11 percent [6].

美好的一天从一杯咖啡开始，适量的咖啡因不仅让您元气满满，同时促进新陈代谢率。研究显示，100毫克咖啡因(相当于一杯8盎司的咖啡)可将静息代谢率从3%提高至11% [6]。

Mulakan hari anda dengan secawan kopi. Pengambilan sedikit kafein adalah cara terbaik untuk memberikan tenaga kepada hari anda sambil meningkatkan kadar metabolisme. Kajian menunjukkan 100 miligram kafein (jumlah biasa yang boleh didapati dalam 8 auns kopi) boleh meningkatkan kadar metabolisme ketika berehat dari 3 ke 11 peratus [6].



THE HABIT OF DRINKING TEA 饮茶的习惯 TABIAT MEMINUM TEH

Not a coffee person? No worries, you can get a similar boost to your metabolism. Tea drinking is believed to have metabolism-boosting and fat-burning properties. Green tea, white tea, and oolong tea have been shown to increase metabolism by 4-5% and they can help convert fat stored in the body into free fatty acids, which may increase fat burning by 10-16% [7]. Moreover, teas are low in calories, making them a perfect choice of beverage during weight control.

不爱喝咖啡？别担心，饮茶同样能够促进您的新陈代谢。饮茶被公认为具有促进新陈代谢和燃烧脂肪的特性。绿茶、白茶和乌龙茶均可将新陈代谢提高4至5%，并且有助于将储存在体内的脂肪转化为游离脂肪酸，将脂肪燃烧速率提高10至17% [7]。茶的热量非常低，绝对是控制体重的最佳饮品。

Bukan penggemar kopi? Jangan risau, anda masih boleh mendapatkan penggalak yang sama untuk metabolisme anda. Minum teh diperlukan mempunyai ciri-ciri pengalak metabolisme dan membakar lemak. Teh hijau, teh putih dan teh oolong telah membantu meningkatkan kadar metabolisme kepada 4-5% dan ia boleh membantu menukar lemak yang disimpan dalam badan kepada asid lemak bebas, yang boleh meningkatkan pembakaran lemak kepada 10-16% [7]. Tambahan lagi, teh rendah dengan kalori, menjadikan ia pilihan minuman terbaik semasa mengawal berat badan.



DRINK PLENTY OF WATER 多喝水 MINUM BANYAK AIR

Coffee is great for the morning but for the rest of the day, stick to water. Drinking water appears to stimulate thermogenesis, or heat production, in the body, thus increasing body metabolism. A study published in 2003 in the Journal of Clinical Endocrinology & Metabolism found that drinking 500 ml of water increases metabolic rate by 30% and the effect was sustained for more than an hour [8].

早上喝咖啡是很好的选择，但在接下来的时间里，还是坚持喝水吧。饮水可以增加产热，从而促进新陈代谢。2003年《临床内分泌与代谢杂志》上的一项研究表明，饮用500毫升的水可以使新陈代谢率提高30%，而且这种效应能持续约一个多小时 [8]。

Kopi sememangnya sesuai untuk diminum pada waktu pagi, tetapi untuk keseluruhan hari, minum air putih. Minum air putih dapat membantu menggalakkan termogenesis, atau penghasilan haba dalam badan, sekaligus meningkatkan tahap metabolisme badan. Sebuah kajian yang dikeluarkan pada tahun 2003 dalam Journal of Clinical Endocrinology & Metabolism mendapati bahawa minum 500ml air dapat meningkatkan tahap metabolismik sehingga 30% dan kesannya boleh didapati dalam kurang sejam [8].



With these useful tips in your repertoire, you are on the right track in bringing up your metabolism and achieving that coveted weight loss goal that you desire. But remember, like any other long-term goal, losing weight takes perseverance and discipline to achieve. With the right mindset and the right intentions, however, your dream of a healthier, happier you is within reach.

按照以上正确和有效的方法，将帮助您提高新陈代谢，从而实现减肥的目标。但请谨记，成功并不是一步登天，减肥也一样，需要毅力和高度的自律才有成功的一天。然而，只要您拥有正确的心态，便能实现健康快乐的梦想。幸福即触手可得。

Dengan mengamalkan tips berguna ini, anda berada di landasan yang tepat dalam meningkatkan tahap metabolisme anda dan mencapai berat impian anda. Tetapi ingat, sama seperti lain azam, menurunkan berat badan memerlukan ketabahan dan disiplin untuk berjaya. Dengan minda dan niat yang tepat, impian anda untuk mendapatkan kehidupan yang lebih sihat dan bahagia akan pasti menjadi milik anda.



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AMEERA AL-YUBI

I joined DXN around two and half years back. The respected Ms. Fatima Al-Qahtani is the one who introduced the company to me and convinced me to join. At the beginning, I hesitated to join because I am already a businesswoman myself and is always busy and have no time to focus on any other jobs. After a year of insistence and persistence to join, I consulted my husband who did his research and investigations on DXN. After thorough check, he allowed me to join DXN.

When I first joined DXN, I decided to give the products a try before letting my family to use them. After experiencing the benefits from the products, I then let my husband and children to try, after ensuring that the products are good and

effective for the health. After three months of trying the products, I was ready to start my business with DXN and to carry out its marketing plan. I started talking enthusiastically about DXN as a real project. Soon, a great interest for the products was developed among my fans, as I have a large fan-base exceeding one million people, that I built for almost 7 years.

I spent a lot of time and effort to train my team, because the idea from the company's marketing plan was new to them, let alone the wrong information campaigns against the company disseminated at that time through media, which caused a considerable confusion among many members at that time. Nevertheless, no obstacles

stopped me from continuing to head towards my strong and overwhelming desire to reach my goal (the Crown Ambassador status) that I dreamed of every day and night.

All thanks to God in the first place for His blessings granted to me, that has enabled me to constantly stay devoted with my effort that managed to make me to achieve the highest bonuses a member could achieve in a short period of time. I have made a copious amount of money before completing my first year after joining DXN. Behind this success, there are times of hardships and moments of despair. However, my enthusiasm, activeness and energy have always been renewed.



我大约在两年半前加入了德信。当时是由备受尊敬的 Fatima Al-Qahtani 女士向我介绍了德信这家顶尖的直销公司并邀请我一起加入。起初时，我犹豫是否该加入德信，因为那时的我已经是一名女商人，且繁忙的工作使我没有多余的时间经营副业。加入德信的念头也因此持续了一年，却还是迟迟无法作出决定。于是，丈夫便帮助我对德信进行了更深入的了解与分析，也终于在他的深入了解后，决定支持我加入德信。

刚加入德信的时候，为了确保德信产品有效益，我决定先自行尝试使用德信产品。然而，德信产品果然有效，在体验了其产品所带来的益处后，我让丈夫和孩子们也一起使用。试用产品三个月后，我已准备好通过遵循德信营销计划开展德信业务。由于我拥有一个用了将近7年时间所建立的百万粉丝群，所以我便开始在我的粉丝群中向我的粉丝们推荐德信和德信产品。毫无疑问，德信产品在我的粉丝群中获得热烈的反应，纷纷对德信产品产生了兴趣。

我花费了大量的时间和精力来培训我的团队，这也是因为公司的营销计划对他们来说非常新颖，再加上当时的媒体传播对公司不利的错误报道，导致当时的会员们陷入一片混乱。尽管如此，这并不能阻止我追求梦想的步伐，我将继续朝着成为德信皇冠大使的梦想前进，全力以赴实现。

我感谢上天赐予我的祝福，还有感谢自己坚持不懈的努力，让我在最短的时间内获得丰厚的奖金。加入德信未满一年，我已成功赚取了人生的第一桶金。成功的进程中会遇到许多艰难、困苦挫折与失败。然而，我从未想过放弃，热情和积极向上的态度仍然保持如初，勇敢的克服种种障碍和难关。

我目前是德信上升最快的皇冠大使，在此，我要向这位敬重的 Fatima Al-Qahtani 女士，以及我亲爱的朋友 Rokayya Al-Sheikh 深表感谢。我衷心地感谢我亲爱的丈夫 Ali Al-Zahrani 博士，无论任何时候，他都在背后给予我行动上、情感上和心理上的支持，所以他是我取得成功的主要



Today, after becoming the fastest Crown Ambassador in DXN, I would like to express my deep and profound gratefulness to Ms. Fatima Al-Qahtani, the wonderful person, and also to my dear friend Rokayya Al-Sheikh. My special and heartfelt thanks to my dear husband, Dr. Ali Al-Zahrani, who has been and still giving me a lot of physical, emotional and psychological support whenever I need, which is the main factor that has helped me to achieve this incredible success. I am very thankful to my dear children: Omar, Abdullah, Saja, and Saud who have been my source of strength in my journey to achieve the status of Crown Ambassador. With God's help, I pray that all my family and team members will achieve the status of Crown Ambassador too in the future.

My advice to every DXN member is: history will continue to act as a witness. I regret for every minute that I have wasted, as I could have achieved the status of Crown Ambassador earlier. Therefore, do not waste any more time. I would like to thank Mr. Suleiman Abo Himid, Main Stockist in DXN Saudi Arabia, for facilitating with DXN business to all DXN members in Saudi Arabia. Mr. Suleiman preserves members' rights and always ensures that DXN products are not running out of stock. He maintains development in all DXN branches in Saudi Arabia, and he has a wonderful staff.

I would also like to thank DXN Middle East Management represented by Mr. Saleem, Mr. Sheby, and Mr. Sebastian who have been a major impact on my success. I also wanted to express my gratitude to Dr. Hasan Al-Katheeri who has always been a father, an instructor and a guide, not only to me, but also to all DXN members of the Middle East in particular and the world in general.

Thank you!

Ameera
Crown Ambassador



因素。我也非常感谢我亲爱的孩子们 Omar、Abdullah、Saja 和 Saud，他们是我努力实现成为皇冠大使的动力源泉。我向上天祈祷，愿我的家人和团队成员们在未来也能取得皇冠大使的荣誉。

至诸位德信会员一句鼓励的话语：时间不等人，当机会敲起了们，就把握时机采取行动。因为我曾浪费的时间感到遗憾，因为我或许可以更早取得皇冠大使的阶级。因此，请您必须抓紧现在的每分每秒去强健自己，丰富自己。我要感谢德信沙特阿拉伯的主库存商 Suleiman Abo Himid 先生，他为沙俄阿拉伯的所有德信会员提供德信业务。Suleiman 先生维护会员们的权利，并始终确保德信产品不缺货。他负责监督和看管所有德信沙特阿拉伯的分行。因此，不得不称赞 Suleiman 先生确实是一名优秀的员工。

我还要感谢德信中东管理部的代表，Saleem 先生、Sheby 先生及 Sebastian 先生，他们是我通往成功道路上助我一臂之力的贵人。最后，我要衷心感激 Hasan Al-Katheeri 博士。他不仅仅只是对我，而是对中东乃至世界各地所有的德信会员而言，他就像是我们人生路上的一盏指路明灯，引导我们走上光明的道路。

谢谢！

Ameera
皇冠大使

Saya telah menyertai DXN lebih kurang dua tahun setengah yang lalu. Puan Fatima Al-Qahtani merupakan individu yang telah memperkenalkan saya kepada syarikat ini dan meyakinkan saya untuk menyertai. Setelah setahun saya mempertimbangkan sama ada untuk menyertai atau tidak, saya telah mendapatkan nasihat dari suami saya yang telah melakukan kajian mengenai DXN. Setelah mengkaji, beliau membenarkan saya untuk menyertai DXN.

Ketika saya mula-mula menyertai DXN, saya telah memutuskan untuk mencuba produk-produk DXN sebelum memberi kepada ahli keluarga saya untuk menggunakan. Saya telah merasai sendiri kesan baik dari produk-produk ini dan kemudiannya membiarkan suami dan anak-anak saya menggunakan. Setelah memastikan bahawa produk-produk ini benar-benar bagus dan berkesan kepada kesihatan. Setelah tiga bulan mencuba produk-produk DXN, saya sudah bersedia untuk memulakan perniagaan dengan DXN dan mengikuti pelan pemasarannya. Saya mula berkongsi mengenai DXN sebagai sebuah perniagaan yang menguntungkan. Ini telah menyebabkan ramai pengikut saya tertarik kepada produk DXN, memandangkan saya mempunyai pengikut melebih satu juta orang, yang saya bina dalam tempoh 7 tahun.

Saya telah menghabiskan banyak masa dan tenaga dalam melatih ahli kumpulan saya, kerana pelan pemasaran DXN adalah sesuatu yang baharu buat mereka, ditambah lagi dengan maklumat palsu mengenai syarikat yang disebarluaskan oleh media pada ketika itu, yang telah menyebabkan kekeliruan dalam kebanyakan ahli. Walau bagaimanapun, cabaran ini tidak mematahkan semangat

saya dalam mencapai impian dan cita-cita saya (status Duta Mahkota) yang saya impikan setiap masa.

Saya amat bersyukur kepada Tuhan kerana telah mengurniakan saya dengan keberkatan, yang membuatkan saya terus bersemangat dan menjadikan saya penerima bonus terbanyak yang pernah diperolehi oleh seseorang ahli dalam jangka masa yang pendek. Saya telah berjaya meraih pendapatan yang agak lumayan sebelum cukup setahun menyertai DXN. Disebalik kejayaan ini, terdapat cabaran yang saya temui dan kehampaan yang saya alami. Namun, semoga dan tenaga saya sentiasa diperbaharui.

Pada hari ini, saya adalah Duta Mahkota terpantas di DXN. Saya ingin berterima kasih kepada Cik Fatima Al-Qahtani, seorang individu yang sangat baik, dan juga kepada sahabat saya, Rokayya Al-Sheikh. Saya juga ingin memberikan penghargaan yang tidak terhingga kepada suami saya, Dr. Ali Al-Zahrani, yang telah memberikan sokongan fizikal, emosi dan psikologi setiap kali saya memerlukannya, yang menjadi faktor utama yang membantu saya dalam mencapai kejayaan hebat ini. Saya amat berterima kasih kepada anak-anak saya : Omar, Abdullah Saja dan Saud yang telah menjadi sumber kekuatan saya dalam perjalanan saya untuk mencapai status Duta Mahkota. Dengan bantuan dari Tuhan, saya mendoakan agar kesemua ahli keluarga dan ahli kumpulan saya juga akan mencapai status Duta Mahkota di masa hadapan.

Nasihat saya kepada semua ahli DXN; sejarah akan terus menjadi saksi. Saya menyesal atas setiap saat yang telah saya

bazirkan, yang jika digunakan sebaiknya, akan membolehkan saya mencapai status Duta Mahkota dengan lebih awal. Oleh itu, jangan buang masa lagi. Saya ingin berterima kasih kepada En. Suleiman Abo Himid, Stokis Utama di DXN Arab Saudi, kerana telah membantu semua ahli DXN di Arab Saudi dalam menjalankan perniagaan DXN. Encik Suleiman telah menjaga hak ahli DXN dengan sentiasa memastikan bekalan produk-produk DXN sentiasa mencukupi. Beliau membangunkan cawangan-cawangan DXN di Arab Saudi, dan mempunyai staf yang sangat baik.

Saya juga ingin menzahirkan penghargaan kepada pihak pengurusan DXN Timur Tengah yang diwakili oleh Encik Saleem, Encik Sheby dan Encik Sebastian yang telah memainkan peranan yang besar dalam kejayaan saya. Saya juga terhutang budi kepada Dr Hasan Al-Katheeri yang telah menjadi seorang ayah dan pengajar yang memberi tunjuk ajar, bukan hanya kepada saya, tetapi juga kepada semua pengedaran DXN di Timur Tengah secara khususnya, dan di seluruh dunia secara amnya.

Terima kasih!

Ameera
Duta Mahkota



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31				01	02	
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02 FEBRUARY

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28						

03 MARCH

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04 APRIL

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05 MAY

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06 JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
	01	02	03	04	05	
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

07 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

08 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

09 SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
	01	02	03	04		
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

10 OCTOBER

MON	TUE	WED	THU	FRI	SAT	SUN
31		01	02	03	04	05
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

11 NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

12 DECEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
	01	02	03	04	05	06
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



DXN Marketing Sdn. Bhd.

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