



TIENS

Tianshi Times

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Be a Balanced Being...

For optimal health and wellness, Yin and Yang must maintain complete balance and harmony with each other. You may find that when one element in your life is not "right", it can affect other areas in your life. Your body works the same way. Our TIENS Balancing Series contains a variety of products that can help you achieve a balanced being so you can live in harmony and be able feel a sense of comfort with whatever life may bring you.

TIENS Triple Ginseng - Ginseng is world renowned as an excellent herbal energy supplement. Triple Ginseng Plus is specifically designed to increase your energy level efficiently, while giving you an immediate and balanced energy boost.

Three prominent types of ginseng have been included in this product to provide you with the best balance of energies: Chinese Ginseng, American Ginseng and Siberian Ginseng. Chinese Herbal doctors recognize different types of ginsengs to have distinctive properties and function independently: Chinese Ginseng - Yang Energy, American Ginseng - Ying Energy, Siberian Ginseng - Neutral Energy. Red Rooted Sage (Salvia) is included in the product to help balance the three ginsengs and to act as a vehicle in transporting them more efficiently to every part of your body. This ginseng trio, along with Salvia, helps your body adapt to stress in everyday living; giving your body more energy balance.



TIENS Women's Formula is a combination of 19 Chinese herbs that have been carefully assembled in precise amounts to create kidney Yin-Yang balance. These herbal ingredients work together with each other, providing maximum herbal support for healthy function of the reproductive system. TIENS Women's Formula uses high quality, natural herbs to restore hormonal balance in the female system. These plant-based herbs have powerful beneficial effects upon the endocrine (hormone) system. Proven Effective: In clinical studies conducted at the Tianjin Chinese Medical College, Women's formula was shown to be 98% effective at reducing the symptoms associated with menopause (hot flashes, irritability, headaches, insomnia, sore back and knees, vaginal dryness, and more). TIENS Women's Formula also helps prevent and treat urinary tract infections, helps regulate appetite and decrease body fat.

TIP OF THE MONTH:

Offer coaching with your products as a value-added service. Your prospects will get better results, your autoships will increase and you will build better relationships that will lead to more recruits.

TIENS Di Huang Brilliant (CAN) / TIENS Clear Vision (USA) provides maximum herbal support for the healthy functioning of the eyes, blood and liver. The Chrysanthemum helps support eye health and has been used for centuries in China for reducing blurred vision and fatigue. This formula is also known to help nourish the blood and replenish vital essence. It helps restore balance to the liver and kidneys, which in turn helps improve blood supply to the eyes and brain. The herbal ingredients in this formula help detoxify and support the liver. A clean liver ensures bright and vibrant eyes. This product provides relief to those who use the computer or television frequently and need recovery from vision fatigue.



Congratulations!

Congratulations to the following Independent Consultants who have achieved a rank promotion of 4 Stars or higher in the month of March! Your work is a reflection of who we are and we thank you for your passion and loyalty. We are proud to have you as part of our TIENS family and continue to wish you great success in the future.

EIGHT STARS

Zoya Geller



SEVEN STARS

Slavik Muratov

Natalia Maslak

SIX STARS

Iride Gramajo

Rafael Prieu

Daisy Bernard

Gulmira Schaefer

FIVE STARS

Silvia Gonzalez

Mishelle Muratova

Tatiana Maslak

Valentina Pokotilo

Nadezhda Tsymbalyuk

Nelya Ilyaeva

Yevgeniy Belilovskiy

Yelena Pysmenova

Nerio Rubinov

Valeriy Borukhov

Ryspekov Maripbek

FOUR STARS

Lyudmila Tovt

Oksana Cohen

Olga Iskhakova

Alla Shapovalova

Galina Agapov

Sergiu Malancea

Elmira Tskarova

Feruza Rakhimova

Unonna Lechtchenko

Ganna Shtogryn

Viktoriya Luhechko

Laura Rodriguez

Trinidad Marquez

Ramon Castillo

Luis Dario Robles

Milana Davidova

Marina Kaykova

Susanna Rubinov

Tammy Kuyenov

Gulmira Boyer

Zarina Ryspekova

Eugene Talanov

Lyudmila Marusina

Maripbek Kubanychbek

Roselyn Agustin

Cheorghe Dumitrascuta

TOP HONORS

The Importance of Women's Health

It is imperative for women to be healthy as they play a very vital role in maintaining the health of their family and the community as well. At TIENS North America, our focus this month is on Women's Health. We have put together our list of the Top Five Women's Health Tips. We encourage all women to try and include these health tips into their daily regimen.

- 5) **Relax at Home:** A lot of us have come to believe that the best way to unwind from our daily doses of stress is to squeeze some time into our busy schedules for a getaway at the spa. However, we do not need the spa to catch up on much needed rest. We can loosen up and relax inside our very own homes. Try enjoying a nice warm bath with salts and minerals. Another option to help you relax is to indulge in a healthy home-cooked meal and enjoy your down time with your family.
- 4) **Cleansing & Detoxing:** The TIENS Triple Yellow Herbs / TIENS Internal Cleanser and the TIENS NutraCleanse allow you to safely and effectively cleanse your body and get rid of the accumulated junk in your system. Each of these products is designed to help our bodies eliminate the "bad" things that we have ingested over the years. Often after cleansing, one can feel less fatigued and energized.
- 3) **Exercise Regularly:** Try to incorporate regular exercise times into your schedule as daily exercise is a critical component to good health. Just 30 minutes a day can offer substantial health benefits to your life. People who exercise regularly have been shown to have more energy, a healthy weight, better balance and coordination, a more fulfilling sex life and an all around better quality of life. Try incorporating three 10-minute walks throughout your day. Get started today!
- 2) **Take the Proper TIENS Herbal Supplements:** As you process food for energy, your body produces substances called free radicals. Free radicals are believed to contribute to aging and certain diseases. To neutralize free radicals, your body uses antioxidants (certain vitamins, minerals and enzymes) that come from the food you eat. Some research suggests that antioxidants can prevent chronic diseases, such as heart disease, cancer and diabetes. TIENS North America offers some wonderful products that can assist with the anti-aging process. The TIENS OPC Plus / TIENS Antioxidant Plus provide powerful antioxidant protection. It can help reverse cellular damage caused by free radicals to slow down the body's aging process. The TIENS Seabuckthorn Oil / TIENS Youth & Health is a formula specifically designed to improve the quality of your skin and hair. The main ingredient in this product is Seabuckthorn Seed Oil which is nature's own formulation of essential fatty acids which include Omega 3, Omega 6, Omega 7, Omega 9, and Calcium. The TIENS Seabuckthorn Oil / TIENS Youth & Health can be used both internally and externally. This natural treasure has been refined with modern technology to help you enhance your complexion and hair by supporting the proper functioning of your digestive system. The TIENS Women's Formula can be another great solution to help you achieve optimal health. TIENS Women's Formula is a combination of 19 Chinese herbs to create kidney Yin-Yang balance. TIENS Women's Formula uses high quality, natural herbs to restore hormonal balance in the female system. TIENS Women's Formula also helps prevent and treat urinary tract infections, helps regulate appetite and decrease body fat.
- 1) **Eat Healthy and Eat Consciously:** In addition to incorporating a healthy leisure and exercise regimen and the proper TIENS herbal supplements into your diet, we recommend for you to try and watch what you eat. First, eat healthy foods. In order to do this, you need to know what you are consuming. Be sure to read the nutritional facts on the foods that you buy from the grocery store. Avoid products with excessive amounts of additives and preservatives. Try to incorporate more fresh produce into your diet. Foods that are high in antioxidants are fresh fruits and vegetables and whole grains. Fresh fruits and vegetables that are rich in color like tomatoes, red peppers and broccoli are particularly high in antioxidants. Second, eat consciously. Make sure that there are no distractions. Let eating be the only activity in which you are engaged while you are consuming a meal. When you pay close attention to the process of eating, you will also notice when your body has had enough. It will, in fact, let you know when it is satiated. You will also come to a point when you become thirsty. Often, one may decide to reach for food when what is really needed is something to drink. So, if you think you're hungry, try drinking something first. This may be what your body wanted. Remaining conscious of the foods that you consume will help contribute to a healthier lifestyle.



Independent Consultant Testimonials

Lioubov Asimakopoulos, 4 Stars Independent Consultant

Suriside Beach, South Carolina, USA



Lioubov Asimakopoulos & Marie Flores

My name is Lioubov Asimakopoulos. I am a 4 Stars Independent Consultant. I would like to thank TIENS for helping me reach my dreams. I dream to see all my family and friends healthy and happy; working for TIENS has made this possible! Thanks to my TIENS' friends who have helped me along the way, specifically Tatyana Vlasuk from Greece, Ludmila Skosoreva from Greece and Gold Lion, Oleg Tatsuk from Chernovtsy, Ukraine.

My name is Marie Flores. I am a friend of Luba Asimakopoulos; we live in Myrtle Beach, South Carolina. In September 2009, I was diagnosed with high blood pressure which caused blood clots in my eyes. I was blind for about 4 months and could not work or drive my car. In June 2010, Luba suggested I take Clear Vision and Cardio Herbal Tea, which I took for three months. Prior to taking these TIENS products, I had had 5 laser eye surgeries. I was told that I

might not see very well and would always have to wear glasses and that my vision would most likely remain the same without any improvement. My Doctor was amazed with the results because my vision was restored! My doctor told me that it was not necessary for me to continue to wear eye glasses! Thank you TIENS and Luba for introducing me to these amazing products. They really work!

By: Lioubov Asimakopoulos & Marie Flores
<http://mytiensna.com/lioubov>

Меня зовут Любовь Асимакополос. Я - независимый консультант уровня 4 звезд. Я хочу поблагодарить Тяньши за осуществление моей мечты. Моя мечта - это видеть всех своих родных и близких мне людей здоровыми и счастливыми. И это все возможно сделать, если ты работаешь с Тяньши. Спасибо всем моим друзьям, кто привел меня в Тяньши: это - Татьяна Власюк (Греция), Людмила Скогорева (Греция) и Золотой Лев - Олег Тацюк (город Черновцы, Украина).

Меня зовут Мари Флорес. Я подруга Любы Асимакополос. Мы живем в Миртл Бич Южной Каролины. В сентябре 2009 года я была диагностирована с высоким кровяным давлением, что вызывало образование тромбов и кровоизлияния в глазах. Я была ослепнувшей в течение 4 месяцев, я не могла ни работать, ни водить машину. В июне 2010 года Люба посоветовала мне принимать Clear Vision и Cardio Herbal Tea, которые я принимала в течение 3 месяцев. До того, как я начала принимать эти продукты, я перенесла 5 лазерных хирургических операций глаз. Мне сообщили, что я больше уже никогда не смогу хорошо видеть, мне придется всегда носить очки и мое зрение скорее всего будет таким же, но не лучше. Однако, после принятия продуктов Тяньши, мой врач был удивлен, потому что мое зрение было восстановлено. И врач сказал, что мне больше не нужно носить очки. Большое спасибо Тяньши и Любе за то, что она открыла для меня такие замечательные продукты. Они действительно работают!

Любовь Асимакополос, Мари Флорес
<http://mytiensna.com/lioubov>

Super Saturday in Ontario, California

held on April 9, 2011



Tianshi Wellness Clinic

featuring Dr. John Soliven-Llaguno

At TIENS, we pride ourselves on providing our family of customers with the Keys to Health and Wealth. TIENS North America is proud to introduce the new Tianshi Wellness Clinic! After every Super Saturday meeting at the regional headquarters, Dr. John Soliven-Llaguno will be available for private consultations. He will be able to better assess your health needs during the consultation. Whether it be the need to lose weight, manage stress or how to lower your blood sugar or relieve joint pain, Dr John Soliven-Llaguno will be able to offer you a variety of innovative options on how to achieve your health goals and maintain them.

Private consultations are by appointment only. To make an appointment please contact our Customer Service Department for details and availability.

Customer Service Dept.:

Toll Free: 1.877.842.6744 ext. 6512

Email: TianshiTimes@tiensna.com



Dr. John Soliven-Llaguno
RN, Ph.D, DTCMA, DHMS,HD
Registered Homeopathic Doctor
& Certified Acupuncturist

May Promotions

Buy One, Get One Free!

Purchase any Aprotie product and get a second one FREE!*

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Mother's Day!


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*Buy any one Aprotie product at regular price and receive the second one free. Offer is valid from April 26, 2011 to May 25, 2011 or while quantities last. Offer is subject to change without notice. Prices exclude applicable taxes and shipping & handling fees. Offer is available only in Canada and the United States. Offer is not valid online and cannot be used in conjunction with the Autoship Program. All Sales Final. No Returns. No Refunds. No Exchanges.

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<http://twitter.com/TianshiTimes>

Upcoming Corporate Events...

Super Saturday



Where: TIENS North America Region Headquarters
When: Saturday, May 7, 2011 from 9:30am to 12:00pm
Registration begins at 9:30am
Hosted by: Mark Borromeo
Special Guest Speaker: Dr. John Soliven-Llaguno
RSVP: RSVP with Customer Service by April 29, 2011
Agenda: Come and join us on Super Saturday and learn about Dr. John's advice on how to balance your body and maintain optimal health. This event is open to everyone. Enjoy door prizes, exclusive promotions and complimentary food and drinks. We hope that you and your guests can join us for Super Saturday!

TIENS Opportunity Meetings (select Thursdays & Saturdays)



Where: TIENS North America Region Headquarters
When: Thursday evenings from 7:00pm to 9:00pm
Saturday mornings from 10:00am to 12:00pm
RSVP: RSVP with Customer Service at 1.877.842.6744
Conducted by: Independent Consultants: Glen Cudia
Ricky Cruz
Irene Delos Santos
Agenda: Join us on Thursday evenings and Saturday mornings to learn about the TIENS Opportunity and more. This event is FREE and open to everyone. Enjoy complimentary refreshments. Call Customer Service and reserve your seat today!

SPRINGTASTIC Sales Event



Where: TIENS North America Region Headquarters
When: Monday, May 16, 2011 to Friday, May 20, 2011
Hosted by: Mark Borromeo
RSVP: RSVP with Customer Service by May 13, 2011
Agenda: Come and join us for the TIENS Springtastic Sales Event! This week-long affair is event is open to everyone. Enjoy exclusive Region-wide promotions. We hope that you and your guests can join us for this spectacular sales event!

Super Saturday



Where: TIENS North America Region Headquarters
When: Saturday, June 4, 2011 from 9:30am to 12:00pm
Registration begins at 9:30am
Hosted by: Mark Borromeo
Special Guest Speaker: Dr. John Soliven-Llaguno
RSVP: RSVP with Customer Service by May 30, 2011
Agenda: Come and join us on Super Saturday. Our focus will be on the importance of Men's Health. This event is open to everyone. Enjoy door prizes, exclusive promotions and complimentary food and drinks. We hope that you and your guests can join us for

Business Opportunity Events



Are you interested in having our company host an official corporate event in your city? TIENS North America would be happy to bring the keys to Health & Wealth directly to you and your group. We hope to come to your city very soon!

Please send your written requests to:

Email: TianshiTimes@tiensna.com

Mail: **TIENS North America c/o Business Development Department**
15 Allstate Parkway, Suite 105
Markham, Ontario, Canada L3R5B4

VISIT OUR WEBSITE

There are always plenty of updates and important information for our Independent Consultants on our website. If you have any suggestions about our website, we want to hear from you.

Contact us at:

TianshiTimes@tiensna.com

www.tiensna.com



Official Personal TIENS Website

Now is your opportunity to obtain your own personalized webpage! The official TIENS North America personal webpage is specifically designed for our Independent Consultants who wish to expand their TIENS Business via the internet.

You can personalize your webpage with your picture, contact information, favorite TIENS products, and more. The personal website also allows your customers and potential recruits to place orders and enroll for a new membership directly online. This is an easy and convenient way to grow your TIENS Business!

Contact our Customer Service Department today and ask us about registering for your personal webpage!

TIENS
TIENSHI HEALTH PRODUCTS
YOUR KEYS TO HEALTH AND WEALTH

YOUR NAME HERE
Welcome to your personal, Tianshi website.
Call customer service and get your website today!
p: 877 842-6744 e: websites@mytiensna.com

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Shop Now @ Tiensmart where you will have access to our complete product offering with information and specials right at your finger tips. We bring you a safe and easy way to shop online and convenience by delivering your order right to your door!

Teinsmart - The smart choice!

A FEW OF MY TOP PRODUCTS ARE...

Weight Loss Tea Cordyceps Tiens-OPC Plus Seabuckthorn Oil Gel

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