

JUAN TRUJILLO

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DISTRIBUTOR OF THE MONTH

MR. JUAN TRUJILLO Chino, California



Juan Trujillo, Chino California

I have always been hesitant to join Multi-level Marketing companies because for the most part, they seemed to recruit people simply for personal consumption and not to sincerely build a real business. When I came to learn the power of four and the concepts of TIENS, everything changed. I joined TIENS North America in October of 2008 and our team has many

testimonials in regards to the great results achieved by people who are using TIENS Products. Personally, TIENS products have helped me tremendously. In 1998, I had surgery performed on one of my knees and in 2002, the second knee also had to be done. After the operation, I was under constant pain and swelling. I was taking Ibuprofen 800mg just to calm

the pain at night and allow me to sleep. I started taking Mobility Enhancer and in just a few days, my pain and suffering had stopped. After I finished my first bottle, I decided to stop taking it for a few weeks and came to learn that the pain never returned! Chitosan is another favourite of mine because it helped get rid of my gastritis. I noticed relief from burning in my upper

abdomen and made me feel full even though I was hungry. I did research for gastritis and was amazed to find out that everything I had been doing to calm the knee pain was hurting my stomach! Now with Mobility Enhancer and Chitosan, I was able to get rid of both problems, including lowering my cholesterol levels. **I LOVE THESE PRODUCTS!** Furthermore, the immediate monetary results have helped us build a good team in a short period of time. My team is on a mission to introduce these products and this wonderful

opportunity to everyone they know simply based on all of the great results achieved! I always insist that people study and really review the compensation plan before enrolling as a TIENS distributor. Our team doesn't want anyone to join us based on emotions, but rather on logic because once they completely understand the structure, they can confidently enroll as active participants. I understood the compensation structure, saw the potential and the results are quickly exceeding my expectations

and it is only getting better with time. Way to go team!!! Now that the conventions are coming up, I urge everyone (especially my team) to shoot for it and hope to see all of you at the convention in Peru or China! Go for it! Shoot for the moon and you may end up in 8 stars!!! - Juan Trujillo

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Juan Trujillo Recommends:



TIENS MOBILITY ENHANCER



TIENS CHITOSAN

(Not Available In Canada)



Dr. John Soliven-Llaguno,  
RN, DHMS, HD, NMD

## ASK THE DOCTOR

If you have a question for Dr. John Soliven-Llaguno, RN, DHMS, HD, NMD,  
email us at [connection@tiensna.com](mailto:connection@tiensna.com)

### How Often Should People Consume Supplements?

Question from Tatiana Gendelman , 5 star TIENS Distributor from Brooklyn, New York.



Tatiana Gendelman  
Brooklyn, New York

Although a common one that is asked by many IC's and patients alike ; it's not an easy question to answer. TIENS health products embrace a 5000 year old system of medicine known as Traditional Chinese Medicine (TCM). Traditional Chinese Medicine is an individualized medicine ; therefore, no two patients are alike and each patient may respond differently to the dose and frequency of the supplement. One of the most important emphases of Chinese medicine is prevention. Specific to Immune System also known as Cordyceps in Canada, planning ahead and taking supplements accordingly, can drastically reduce the frequency and severity of catching a cold and or flu; however, taking Immune System every day for a year will not provide the same health benefits experience when taken only for a 2-4 week period. In general there are two types of supplements, short duration and long duration.

Short duration supplements like Immune System/ Cordyceps, are meant to modulate and enhance your own body's individualized immune response. If taken too often, the body may get use to – adapt to the supplement and after awhile will not respond positively as compared to taking the supplement over a short period of time i.e 2-4 weeks. In addition, when taking short duration supplements for 2-4 weeks, allow for 1-2 weeks between each regimen. This allows your body to rest and rebalance itself before restarting. Combining Immune System/Cordyceps, with proper nutrition, fluid intake, good hygiene and sleep and you have an excellent prevention strategy towards colds and flu.

Long duration supplements like High absorption Calcium, are highly recommended to take every day when you are at risk to develop osteoporosis and are not able to get your daily calcium supplement from dairy products and other foods. This is where calcium supplements are a safe and potent way to get calcium long term.

Before starting any supplements, contact your registered Homeopathic and or Naturopathic Doctor, registered health care professional, or company representative for assistance, follow the label and manufacture guidelines and always combine supplementation with other healthy habits to insure optimal health.

And in closing remember:

When you listen to your body when it whispers, you will never have to listen to it scream.

Dr. John Soliven-Llaguno

## CONGRATULATIONS

Congratulations to the following Distributors who have gone above and beyond in achieving their goals and making it to the next level. Your work is a reflection of who we are and we couldn't thank you enough for your passion and loyalty. The below mentioned TIENS Independent Consultants are some of those who reached 5, 6 and 7 star levels during the month of February!

Radik Shegayi, NY

Marina Avanesyan, CA

Arkady Shcheslavsky, CA

Galina Mandzyuk, WA

Liliya Stepanchuk, WA

Vladimir P. Groz, OR

Irina Connick, CA

Antonina Lutsenko, WA

Yury Kletser, CA

Liliya A. Yalova, OR

Roy Ward, ON



## TIENS Regional & International Convention Promotion NOW IT'S YOUR TURN TO WIN!



### WIN A YACHT

All Independent Distributors who have reached Bronze Lion or higher by January 1, 2009 are eligible to win a YACHT!!!



### WIN A LUXURY CAR

All Independent Distributors are eligible to win a LUXURY CAR!!!



### WIN A TRIP

#### TO THE CHINA CONVENTION

All Independent Distributors are eligible to win a TRIP TO CHINA!!!



### WIN A TRIP

#### TO THE PERU CONVENTION

All Independent Distributors can enter to win a TRIP TO PERU!!!

**VISIT OUR WEBSITE FOR MORE INFORMATION!!!!!!**

**WWW.TIENSNA.COM**

VISIT OUR WEBSITE AS  
OFTEN AS YOU CAN!!!

There are always plenty of updates and important information for our Independent Distributors! If you have any suggestions about our website, we want to hear from you!!! Contact us at:

connection@tiensna.com

[www.tiensna.com](http://www.tiensna.com)



## WHO IS TIENS

Our Mission is to offer high quality products and services that provide the Keys to Health and Wealth for our family of customers in harmony with the highest international professional standards and ethical values.

TIENS Group envisions a community knit together with the common goal of health, wealth and welfare for all of humanity.

## SUMMER IS ALMOST HERE

Get in shape and feel great the healthy way! TIENS Bloc is an extremely effective, stimulant free, all-natural blend, and when taken before meals, helps to block and can substantially reduce the amount of fat and starch absorbed from the foods you eat! TIENS Bloc can reduce digestion of about 85% of starch and 10-21 grams of fat per serving. It helps to bloc excessive "bad fats" and unwanted carbohydrates/starches and is totally safe. Eat the foods you love and cheat with TIENS Bloc! TIENS Bloc is currently available at 50% off. Only while quantities last!



## BENEFITS OF JOINING TIENS

Extra Income

Flexible Hours

Meet & Socialize With New People

Low Risk

Build Confidence

Build Communication Skills

Work From Home

Incredible Rewards

For more information, visit our  
website:

[www.tiensna.com](http://www.tiensna.com)

## TIENS CONNECTION

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