



OCTOBER 2008

TIENS

CONNECTION

VOLUME 1, ISSUE 1

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LOOK LIKE A STAR THIS SEASON

Fall/Winter beauty trends are the most exciting time of the year. If you look at the September issues of fashion magazines you'll notice they're approximately three times the size of a July issue! Fall/winter beauty means a chance to wear more make-up than during the sweaty, humid days of summer! This season is all about bold, dramatic eyes & rich lips emphasizing the strong character of the modern woman!



Take advantage of the fantastic line of trendy colors and leave a long-lasting impression with Aprotie Cosmetics!!!



ASK THE DOCTOR

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



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

As evening darkness arrives earlier and the temperature drops, we are reminded that cold and flu season is approaching. Nobody likes to get a cold or the flu. The question is:

WHAT CAN I DO TO PROTECT & IMPROVE MY IMMUNE SYSTEM.....NATURALLY?

The first step is listening to your body's signals. It may be a sense of fatigue or a tickle in your throat that serves to indicate an impending illness.

Bacteria and viruses love an acidic environment, so take a baseline pH or visit your local Homeopathic and or Naturopathic Doctor who will help you understand how to measure your potential of hydrogen. Move your body's pH to the preferred state of alkalinity by eating dark leafy vegetables, increasing your calcium intake and reducing and eventually eliminating acidic foods such as red meat, sugar, alcohol and caffeine.

Strengthening the immune system is key to prevention; in addition to nutrition and good hygiene, natural supplementation is a beneficial means of shortening symptoms and recovering rapidly. Herbal medicine has strong evidence supporting its powerful effects on strengthening the immune system. Both Asian Ginseng and Eleutherococcus (Siberian Ginseng) found in TIENS brand Triple Ginseng formulation have immune-enhancing properties, which may play a role in preventing infection.

Finally, don't forget about anti-oxidants like TIENS brand OPC Plus containing 100% grade extract of grape seed and blueberry. Grape seed extract is 20 times more potent than Vitamin C and 50 times stronger than Vitamin E.

TIPS FOR PREVENTION

GOOD HYGIENE : WASH YOUR HANDS
Don't forget that the primary defense is good hygiene. That means covering your mouth when you cough and washing your hands with soap and water.

GET REST & MANAGE YOUR STRESS
Sleep is nature's way for the immune system to clean up; like the night shift cleaning crew, to prepare the body for the next day.

GOOD NUTRITION & PLENTY OF FLUIDS
Drink water, water, water. Avoid excessive consumption of pro-inflammatory fats such as red meat and dairy products, excessive alcohol & sugar that limits the immune response. Eat dark leafy vegetables providing zinc, selenium, vitamin E, C & A and proteins that help manufacture antibodies, and supplement with TIENS brand Spirulina.

BOOST YOUR IMMUNE SYSTEM
Natural supplementation using TIENS brand Triple Ginseng & OPC Plus to modulate your immune system



A MESSAGE FROM OUR GENERAL MANAGER, MR. PETER GOTHE

Dear TIENS Consultants!

Welcome to the first edition of our new monthly newsletter – the TIENS Connection! I am pleased that TIENS North America will have this new publication to communicate with you on the latest news, views, events, training, and recognition at TIENS.

Jennifer Zoller is our new Marketing & Communications Coordinator and the editor of our newsletter. She has done a terrific job putting this first edition together for you.

We will make this newsletter available to you in as many ways as we can – printed copies will go out in orders, they will be available in Markham and Everett at reception, an electronic copy will be on the website, and you can request more copies through Customer Service. This newsletter can be a great tool for you as well in introducing your prospects to the TIENS company, products, and opportunity.

Make sure you take a moment to read our feature called “What’s Your Story” which this month features Yelena Gubarik from Seattle. By the time you read this she will have come back from her all-expense paid trip to our Global TIENS Convention in Tianjin, China! I’m sure she will have so many amazing experiences to share with her family and her TIENS family when she gets back.

Let me share some thoughts on the great opportunity we have in associating with TIENS and being part of the Direct Selling Industry. We often talk about the opportunity to achieve financial freedom, to improve our health, and to share our achievements with others. But what is it that really makes the difference for everyone as they get involved in this business? Isn’t it the chance to make a difference – to make a difference in our personal lives, to make a difference in our families, to help others overcome health and financial challenges, and to experience the true rewards that come from doing something worthwhile.

Ultimately, **health is wealth**. If we can be healthy - physically, financially, emotionally, and spiritually – and help others do the same, true wealth will come to us, and in more ways than just financially. This is the true test of any worthwhile endeavour!

With all my best wishes for your health!

Peter Gothe

P.S. Don't forget to subscribe to my blog – www.tiensnorthamerica.blogspot.com – for my latest updates.

F A Q FREQUENTLY ASKED QUESTIONS

1 WHAT SHOULD I TAKE? / WHICH PRODUCTS SHOULD I RECOMMEND TO MY CLIENTS? We have a four step process that covers all areas of the body; you should have at least one from each of the following areas:

Cleansing—It is absolutely essential for everyone to cleanse on a regular basis. TIENS carries two cleansing products: Triple Yellow Herbs (CAN) / Internal Cleanser (US) and Nutracleanse.

Replenishing—Our key replenishing product is Calcium since this is so important to overall health, TIENS carries three replenishing products: High Absorption Calcium I, High Absorption Calcium II, and TiensPro (CAN) / TIENS Super ProCal (US).

Strengthening— TIENS carries three strengthening products: Cordyceps, Chinese Herbal Tea and Spirulina.

Balancing—We have several products under this heading geared at specific ailments, the most popular—a product very unique to North America—a product you can put on your face or take orally: Seabuckthorn.

2 WHAT IS SPECIAL ABOUT THE TIENS BEDDING? HOW IS IT BENEFICIAL TO YOUR HEALTH? Our everyday life is over-run with environmental stressors like **exhaust fumes, cell phones, computers, electric appliances, pesticides, etc.** These turn into free radicals in our bodies which in turn weaken the immune system. The TIENS Bedding set is designed to improve your health while you sleep. What is it that gives this bedding its health properties? We add tourmaline (which is a semi-precious gemstone) to the elastic pipes and lining of the products in a liquid crystal form. Tourmaline is known to generate a weak electric current producing far infrared rays and converting moisture in the air to negative ions - It is the only mineral to show permanent electricity on earth. That means that its benefits will never run out. Tourmaline is a natural (non-manufactured) source of: Negative Ions, Photon Energy, Far-infrared Energy and Alpha Waves. TIENS North America now has a fantastic promotion on the very unique bedding set this holiday! For more information on the TIENS bedding set, please see our website.

3 IS THERE A TOOL I CAN USE THAT WOULD HELP ME TO ADVERTISE MY SERVICES AND COMMUNICATE WITH MY TEAM? SURE!!! Purchasing an E-Business Solution subscription is a great way for you to promote your business and advertise your products. Statistics have proven that the internet has become the number one search tool that many people turn to in lieu of alternatives for communicating and for finding information. Please call Customer Service for more information. 1.877.842.6744



WHAT'S YOUR STORY???

YELENA GUBARIK

Interview by Stanislav Mazur



Mother of seven children, Yelena Gubarik has been an Independent Consultant with TIENS North America since January 2008. With a university degree in fine arts from Russia (Siberia), she was first introduced to TIENS by a friend named Lala Gaidaichuk. Lala invited Yelena to a seminar that was prepared by Natasha Vulina, our great leader in Everett. She was pleased with the seminar and left with the raffle



Yelena Gubarik, her husband and her seven children.

draw winnings - a box of "Cardio Herbal Tea" (Chinese Herbal Tea). After just a few days of presenting the tea to her husband who was struggling with kidney problems, he began to notice incredible results. Without hesitation, Yelena enrolled under Lala as an Independent Consultant. The health of her husband and family was a major inspiration and motivation to work at TIENS and having the ability to spread the great effect of

health to others continues to inspire her everyday. Shortly thereafter, Yelena began purchasing products in large amounts to ship back home to her family in Russia, although surprisingly, her family were already members and had been using TIENS products for

"The great benefit of TIENS is that you can work whenever you want and for how long you want; this business is really flexible."

more than a year! After learning about the popularity of TIENS in Russia, she was even more motivated to build her business here in North America. Yelena soon began to see financial improvements in her life and developed a feeling of

satisfaction after watching the health of others improve because of TIENS. She knew she was in the right business. How does a mother of seven children ranging from ages 2 – 16 find the time for this? Yelena works while her children are at school and devotes her time to her family when they return after 3pm. Yelena confessed "the great benefit of TIENS is that you can work whenever you want and for how long you want since this business is really flexible". Yelena would like to become a 7 star by the end of the year and would like to continue providing her downline with quality training so they can also become more independent and successful. Yelena was the prize winner for our trip to China! Congratulations Yelena! You deserve it!



Peter Gothe, General Manager North America, presenting Yelena Gubarik with a Certificate of Achievement.

Yelena's advice to new Independent Consultants:

1. Try the products yourself—when you see the results you will feel more confident and passionate about introducing them to others.
2. Learn as much as you can about the business—visit the website, communicate with Customer Service and attend as many seminars as you can. Communicating with other Independent Consultants can be a great learning experience.
3. Try to prepare your own weekly seminars and training school—it is a great way to create interest in TIENS. If you don't have much knowledge, then invite an experienced Independent Consultant to be your guest speaker.

"I always begin my presentations by telling people how after just a few days, the Cardio Herbal Tea (Chinese Herbal Tea) really helped my husband!"

Yelena's favorite products: Cardio Herbal Tea (Chinese Herbal Tea), Spirulina, High Absorption Calcium I and Super ProCal (TiensPro)

If you have an inspirational story that you would like us to publish, please contact the editor at: connection@tiensna.com

TIENS UPDATES

CHECK OUT OUR WEBSITE AS OFTEN AS YOU CAN!!!

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

connection@tiensna.com



WHO IS TIENS ?

We are a direct selling company that is based on advanced biotechnology devoted to developing health and wellness products and a culture for a healthy lifestyle. Our business opportunity is unique and trend setting in that it rewards successful Independent Consultants for personal sales and leadership. We support the opportunity by offering products such as: herbal supplements, personal, home, skin and body care.

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.

For more information, visit our website:

www.tiensna.com

TIENS SUPER SATURDAY EVENT IN MARKHAM, ONTARIO

is always on the first Saturday of each month! Our Super Saturday event is an EXCELLENT networking opportunity for you and your guests to meet corporate members and other Independent Consultants. You and your guests will learn valuable information on our health products and the tools to help build your business. You will also receive the latest business and product news from your local home office! This event is FREE!

Next Super Saturday takes place on

October 4, 2008

TIENS North America

15 Allstate Parkway, Suite 105

Markham, ON L3R 5B4

SUPER SATURDAY

Saturday October 4, 2008 10:00am-11:30am

Hosted by Peter Gothe, General Manager, TIENS North America.



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



BE THE FIRST
to hear about our
Holiday promotion!!!

STAY IN TOUCH
Take this opportunity to communicate
with your peers and familiarize
yourself with the TIENS Family

KEEP UP TO DATE
with each of our products as Dr. John
Soliven-Llaguno introduces the
benefits of each one with his fantastic
overview.

BRING A FRIEND
and allow them to see the benefits of
becoming
A member of the TIENS Family!

FREE BREAKFAST !!!
&
PRIZE GIVE-AWAYS !!!

TIENS
15 Allstate Parkway, Suite 105
Markham, ON L3R 5B4
Tel: 905-475-8300



CONFERENCE CALLS

Stay in touch every second Thursday of each month 9:00pm (EST)

TIENS North America General Manager, Mr. Peter Gothe will be hosting the conference calls. Topics will include the latest news from TIENS North America, International Convention, New Promotions, and the latest trends in the Direct Selling Industry. We will also be joined by Dr. John Soliven-Llaguno, RN, DHMS, HD, NMD, who will help us understand TIENS products and the Health & Wellness Philosophy.

For Canadian ICs: 1.866.212.7554 Pass Code: 452336#

For USA Ics: 1.866.212.0875 Pass Code: 452336#

Next Conference Call takes place on Thursday October 9, 2008

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