



# ENAGIC GLOBAL E-FRIENDS


Vol  
200

July  
2017



***Enagic:***  
***Helping People Declare***  
***Financial Freedom!***

The "True Health" Revolution Is Sweeping The World,  
Changing Lives and Shifting The Way People Think  
About What It Means To Really Live!

A scenic view of a mountain landscape. In the foreground, there is a rocky, light-colored rock face with some small plants growing on it. The background is a vast, dense green forest covering rolling hills and valleys. The sky is hazy, suggesting a misty or early morning atmosphere. The text is overlaid on the image in a white, cursive font.

*"I discovered that my hardships were leading me to a new and revealing Freedom."*

# *Message from Mr. Ohshiro*

## **Freedom: The Offspring of Change**

Freedom. The word evokes different feelings for different people, but one definition that always stuck with me, and one which I think more than a few people would agree with, is that Freedom implies that we have cut the shackles of something which encumbers us.

I know in my own life, I felt encumbered by the very stoic, rigid and uncompromising civic service job I had at a young age. It was the reason that I so enjoyed the "Innovation First" philosophy of Sony. I caught the entrepreneur spirit and rather "freed" myself of limitations. I knew that if I seized the opportunity, I could make a profound difference in the world.

Fortunately or unfortunately, often times our own "freedom" comes about because of hardship. I could have never foreseen that the tumultuous period of the late 1970's would be a rough and tumble turning point in my own life. As I disengaged myself from Sony and took stock of my life, I discovered that my hardships were leading me to a new and revealing Freedom.

What I had thought originally was a "loss" ended up becoming the biggest GAIN of my life: Enagic! So, as your own life ebbs and flows, and you see things both come into fruition and come to an end, I'd ask you to see the freedom inherent in all change. Here at Enagic, we're proud of saying, "Change Your Water, Change Your Life®." In essence, what we are saying is "Be Responsible for the Change that leads to your own FREEDOM!"

May the Spirit of Independence be yours!

**Sincere Appreciation,  
Hironari Ohshiro**





# Distributor Profile

*Stephanie Contreras, 6A2*

Change your water, change your life. Some people may hear our motto and think, that's a cute motto, or how cliché is that? I share this motto with courage because it has been true for my life. My Enagic journey began in April 2010, when my parents purchased a Leveluk machine for each member of the family, they saw the vision of what this product and business opportunity could be for many families. During this time, my family was going through a financial struggle since the recession of 2009 hit my family pretty hard. My parents generated a six-figure income in Enagic in their first year and even with that happening in front of my eyes, I did not see the vision.

I was fortunate that my parents' dream has always been to support me in building my future. My parents decided to place my father under me, and as he built his business, mine expanded as a result of my parents' hard work. However, they would make me cash the checks as they built volume, and I can recall my dad saying, "The day you join us in the business, I will give you the money." I was resistant to joining the vision of Enagic because I did not have the vision they had. I personally thought that Kangen Water was for sick and old people. I would ask myself, "What can Kangen Water do for me while I am "young and healthy"?"

Two years later, I was presented with extensive research at an event that changed the course of my business and how I saw Kangen Water. Today, I understand the true value of not only our Kangen Water, but our Anespa and Ukon products. I am happy that I was not suffering with an illness, but the benefits of drinking Kangen Water were evident in my life: from acne, to a better bowel system, to improved energy, all from having the best hydration possible!

The large part of my personal and business development was made possible as I joined the Hispanic market in building our popular monthly Super Saturday where I became known as "Ms. Kangen Girl", and my efforts in sharing how "Becoming a Product of the Product" can change your life completely. Today, not only do I like to promote our amazing and effective products, but I am now experiencing the benefits of what it is to live a life of total freedom through the Enagic business. At the young age of 25, I have now been full time for two years, with time freedom, social freedom, and truly living a high-end quality of life. I can't say it has been a completely smooth journey. What I can say is that my goals, dreams, and ambitions are what make me continue to push forward along with having a strong faith, great relationships, and a persistent focus on personal development.

In these last two years of my career, I can really say that I am now present to what it takes to build an amazing organization, one of which is continuously developing. My team is currently in a period of development, but the basics of selling and network marketing are what keep me financially succeeding. I remind my team my mission: "To train and develop independent entrepreneurs to live a life that they love, through education and inspiration." I stay true to the basics, which include having a solid **invitation**, a masterful **demonstration**, which will automatically lead to the **close** of a sale. I had to get clear with myself that if I did not produce sales, I would not succeed in this business. And the only way to continuously be selling and closing is to master the art of prospecting. Today, meeting and connecting with people at an intimate level has become second nature in my life. I made it my standard to learn to prospect and sell and now I am realizing that more important than those skills, learning how to teach others to sell is what creates momentum. As I got more ambitious, it seemed that magically, the people who were looking for a change in their life showed up, which made it easy for me to begin to build a team of leaders!

So, TEAM BUILDING! That's a conversation for a whole book. What I have to say about it: "It is the single most important skill to develop in network marketing." After learning the skills of selling, I realized that I could go far, but I could go FAST if I simply shared my skills with those around me. I believe the next level of team building and momentum is accountability. After all, Enagic has provided the structure, the products, and the staff to support our ability to have freedom through this business. Our gift back to Mr. Ohshiro is that we WIN! It is a great privilege to know that in this business, our compensation plan allows for all of us to win TOGETHER! We have the opportunity of a lifetime to create a business that impacts our personal lives and the lives of those around us.



# KANGEN <sup>Turmeric</sup> UKON <sup>SIGMA</sup> $\Sigma$ <sup>TM</sup>

**NATURE'S  
OLDEST  
HEALER AND  
PROTECTOR**

**Detox, energize and strengthen  
your body with the Kangen  
UKON  $\Sigma$  turmeric supplements!**

The Enagic Kangen UKON is enriched with high quality essential oils, derived from organic Spring Ukon (known as wild turmeric) and carefully distilled at the Enagic Ukon Factory. Our unique and effective specially-preserved Kangen Ukon is a must have for any health minded individual!



# OKINAWA KANGEN FOODS 沖縄還元フーズ

沖縄還元フーズ株式会社 やんばる自然素材工場  
米国食品医薬品局 (FDA) 食品施設登録番号: 15226513166





# Branch News

## Enagic HQ

### Enagic 43<sup>rd</sup> Anniversary Happy Anniversary Enagic!

On June 21st, Enagic celebrated 43 years in business with an anniversary celebration at the E8PA Golf Resort in Sedake, Okinawa, the birthplace of the company. This auspicious occasion was attended by over 200 people, which included distributors from all over the world, but mainly from the surrounding Asian countries.

The event started with a slideshow featuring pictures of the company history. Immediately following the slideshow Mr. and Mrs. Ohshiro, walking hand in hand, took the stage and reminisced about the incredible growth and amazing changes the company has made from the time it was founded 43 years ago.

"Water is what everyone in the world drinks. I have continuously stated that your life will change if you change your water. More and more people have discovered this to be true, but we are living in a "self-contained world". Health and economy must be improved by self-responsibility. Ultimately, this means that there is a chance for a person who works hard to thrive both physically and financially", said Mr. Ohshiro during his opening speech.

Mr. Ohshiro continued his words that Enagic has crossed another milestone in its history. "Our global expansion has progressed further since we established the Enagic USA in 2003. True Health has been spreading across the world and we are on track to soon hit our sales goal of 20,000 unit sales per month, and will reach a total of 1 million Enagic families by this autumn. The Enagic business is a people oriented company

and our main focus is on helping people. Please follow your dreams, not only for yourself, but also for your friends and family. This is what will make life more interesting and fulfilling."

The attendees enjoyed an extensive traditional Okinawan entertainment program, with dancers and drums, singers and variety acts, as well as delicious local delicacies and other International cuisine. During the celebration three distributors from Hong Kong, two new 6A and one 6A2, were recognized for their rank achievement and received their rank advancement certificate from Mr. Yamaguchi, Executive Director of the Global Sales Desk.

To conclude the celebration, the Enagic staff surprised Mr. and Mrs. Ohshiro with a beautiful anniversary cake. A big applause occurred when Mr. and Mrs. Ohshiro blew out the candle of the cake after wishing for all of the Enagic Distributors around the world to achieve further growth and prosperity.

Enagic continues to spread our compassion to every person in this world.

**Let's unify!!!!**







# Hong Kong “In The House”

As part of the Enagic 43rd Anniversary festivities 37 distributors from Hong Kong including the top leaders, Eric Wong and Kenneth Wong, visited Okinawa. While the main purpose of this trip was to participate in the Enagic 43rd anniversary ceremony, these devoted distributors made the most of their stay by engaging in as many activities as possible. These included visiting various Enagic related facilities, golf-playing in E8PA resort and attending the training seminar of Mr. Isobe, the master trainer of Enagic Global Training.

The group started by visiting the Nago branch office, where they filled their Enagic water bottles with Kangen Water so they could reenergize. From there they went to Sedake, the hometown of Mr. Ohshiro and the birthplace of Enagic. While there they visited the UKON fields and got to tour the birth home of Mr. Ohshiro. The distributors were very impressed by the modest house where Mr. Ohshiro grew up and felt even closer to him and left with a deeper understanding of his life philosophy.

On the last day of their stay, the team took part in Mr. Isobe's 1-day scheduled seminar.

***“Everybody has the power or talent to be successful. But many people don't know how to use this talent”,*** said Mr. Isobe, as he shared techniques for the business success. The Hong Kong distributors were captivated by Mr. Isobe's seminar and look forward to implementing the new techniques they learned.

In just four short days, these distributors were able to experience the roots of Mr. Ohshiro, the 43rd Anniversary celebration of our amazing company, the incredible sites of Okinawa and facilities of the E8PA resort and the teachings of Mr. Isobe. All of them expressed their excitement and appreciation and look forward to returning to see and learn even more.





# Branch News

## Enagic Indonesia

### K.A.T. – A Team with a Dream

The Indonesian Kangen Amazing Team (KAT), headed by Enagic's leading Indonesian distributor, Andhyka Putra Sedyawan (6A5-4), organized a huge event "Life Celebration Day 2017" to celebrate and recognize new rank in his group in Bandung, Indonesia. Around 3500 participants (2500 guests and 1000 distributors) flocked to the party and Dr. Angger Prasetya (6A3-2) made an inspiring speech on behalf of KAT team that the key to succeed in this business is helping more people in the group to reach their dreams come true.

This was a distributor coordinated event, intended to pump up the KAT team's business motivation and there was a big surprise at the end of the ceremony: a contest for a luxurious car for the best distributor in the group. "It's amazing! The participants came here not only from all over Indonesia, but also Korea, India and New Zealand!" said Andhyka, the leader of the team. "This is the first time in the world that a distributor group has done something like this, providing a new BMW 3 series to the KAT best sales performer of 2016", he proudly added.

The event reached a climax when 6A Linda Anas was announced as the winner of KAT contest.

Over 3000 participants unified to expand the Enagic philosophy across the globe, providing support and encouragement for this community of distributors.







# Branch News

## Enagic Italy New Enagic Office In Italy

During a three day celebration almost 100 distributors converged on the new Enagic Italy Office to officially kick off the new location.

The celebration included distributors from all over Italy, as well as distributors from other countries such as the United States, Germany and Romania.

During these three days, distributors and guests were treated to a very special training program.

On day one, Sebastian Popa, 6A4-3, shared how he got started and what he did to become one of the most successful distributors in Enagic. He explained how to quickly and effectively navigate the road to success.

Then Padraig O'Hara, 6A3-2, through his "Mindset and Empathy: Key to Success" training explained how to successfully build and grow your own business organization.

During the last two days, Mr. Katsumasa Isobe, Enagic International Education Director, conducted an intensive training, which left a deep impact on all the distributors. Mr. Isobe's training focuses on self-improvement power and the development of human resources, which are the essential heart of the Enagic Human Based Marketing concept.

The event included a recognition ceremony for distributors who recently advanced their distributor ranking. During a ceremony Mr. Isobe presented each of them with a certificate recognizing their outstanding achievement.

All three days were filled with positive energy and everyone was very motivated. Distributors were very excited to learn from highly experienced leaders and directly from Mr. Isobe, who flew all the way from Japan, to provide his unique training.

All the distributors said the new office will be the milestone for a new era in Enagic and expressed their commitment to make 2017 the biggest year for Enagic Italy.







# Branch News

## Enagic Dubai

### The Beginnings of a Desert Oasis

For the past decade Enagic has been aggressively expanding all around the world. Those efforts recently included the beginning stages of a new Enagic office in Dubai. Just like an oasis in the desert, when the new Enagic Dubai office opens it will quench the thirst of the people of Dubai and the surrounding regions.

In an attempt to familiarize the local population with Enagic, they participated in the Middle East Direct Selling Forum, which was recently held in Dubai, the United Arab Emirates. Enagic, which was the sponsor of the forum, had both corporate and distributor representatives attend the event.

Mr. Higa, and Nick Nakao, the Malaysia Branch Manager, were there to represent Enagic corporate and the top Malaysian distributor, Sam Sia (6A7-5), was there representing the independent distributor leadership. It was a very successful event, as approximately 200 guests, from not only the UAE and Middle East regions, but also regional and international direct selling members of DSA from USA, Europe and Asia attended.

Later that night, Jalal Zaitouni, who is a Sam Sia's down line distributor, organized a backyard party at his home. He is the first 6A distributor from UAE. 30 distributors gathered to the party for the celebration. The guests were from various countries, Syria, Jordan, Lebanon, India, Uzbekistan, Kazakhstan, Philippines, Egypt, Malaysia, UAE, but now all live in Dubai and Abu Dhabi.

Everyone enjoyed local foods during the buffet style dinner party. To commemorate the special occasion Sam and Jalal prepared a special Enagic logo cake and asked Mr. Higa to cut the cake in honor of the celebration. The night was topped off with traditional songs and dancing.







# ENAGIC®8 PROSPERITY ASSOCIATION

## *Amazing Amenities –*

### *Great Golf...Is Par for the Course!*



An Enagic Distributor from Korea is becoming a regular fixture on the challenging E8PA golf course. Kim Eui Jin, an Enagic 3A and E8PA Member, has visited the E8PA Sedake Resort for the second time this year.

The purpose of his new visit is to introduce the Enagic Company, the E8PA and all the various amenities in Okinawa to his friends, Kim Kwang Tai, Han Dong Hyeon and Kim Jai Jeong. They were immediately captivated by the friendly atmosphere of Okinawa and the historical roots and philosophy of Mr. Ohshiro. They also enjoyed the golf course and the incredible views it offers.

Mr. Kim really loves coming to Sedake, not only does it remind him his quiet home town back in Korea, but he also loves the beaches, as they are absolutely beautiful. He also loves playing the E8PA golf course. Because the golf course is very challenging, he feels a sense of accomplishment every time he plays the course and improves his score.

He feels that his golf game is rapidly improving and that the course is making him a better golfer. In Korea, golf courses are very crowded and restrictive. "At Sedake Golf Course, we have enough space and peace to recharge our batteries before taking on a new week," he said.

Indeed, he will need a lot of energy soon because he plans to organize a special meeting for about 40 of his former classmates and golfing buddies to introduce Kangen Water and recommend the E8PA Sedake Resort.

Kim plans on returning soon with his wife and her parents. He likes it here so much that he already plans to come again in September. He fully intends to get the very most out of his E8PA Membership and everything that Enagic and the E8PA have to offer.

**You too can come and experience the exhilarating freedom of "True Health" at the Sedake Resort.**



# Tech Talk

## *Filters: Getting Genuine Parts*



When it is time to replace the internal filter of your Enagic water ionizer, it is important that you only use “genuine” parts, made by Enagic. Our internal filters are manufactured under strict quality guidelines to ensure they perform at the highest levels. Imitation models are being made available on the Internet and distributors and end users need to beware of these sellers. These imitation filters do not meet the same quality standards as those offered by Enagic and using them will void your warranty.

We all know that things can be made cheaper, but when your goal is making the highest quality product available, cheaper does not become part of the equation. Buying an Enagic water device clearly shows that you care about quality and performance, and the filter inside your machine should reflect that same commitment to quality.

So when it is time to replace your filter, be sure that you, and all your distributors and customers, get only the best...genuine Enagic filters! And be sure to watch for discounts and sales offered by Enagic. The best time to stock up on replacement filters is during one of these sales!

And don't forget that Enagic offers a variety of pre-filters to help make the source water as pristine as possible before ever entering your Enagic device. These include a sediment filter, an acid neutralizer filter, a chloramine reduction filter, the ion exchange filter, a chlorine reduction and scale control filter and a fluoride reduction filter. These pre-filters accommodate for a wide variety of water conditions, but the newest, and perhaps the most effective and powerful pre-filter, is the Ultra-E pre-filter.





The **Ultra-E Submicron Depth Filtration Series** is manufactured using a proprietary, patented, electro-absorptive media technology, and is capable of removing submicron pathogens and inorganic contaminants through electro-adhesion and ion exchange.

This technology makes it possible for a nonwoven media to product filtration efficiency comparable to ultramembrane filtration but at very low pressure drop, with high flow rates and high loading capacity working equally well in fresh, brackish or salt waters.

#### **The ULTRA-E filter reduces, or removes the following pathogens:**

- >99.99% of viruses (polio, rotavirus, norovirus, etc.)\*\*
- >99.99% of bacteria ( e coli, legionella, pseudomonas, etc.)\*\*
- >99.95% of cysts (giardia, cryptosporidium, etc.)\*\*

\*\* Tested by a certified laboratory in the U.S. (testing was done at 6.5pH)

#### **The Ultra-E filter removes or reduces the following heavy metals:**

- >95% Lead \*\*
- >90% Ferrous Iron \*\*
- >95% Arsenic V \*\*
- >95% Cadmium \*\*
- >85% Chromium \*\*
- >75% Selenium \*\*
- >60% Mercury

\*\* Tested by a certified laboratory in the U.S. (testing was done at 6.5pH)

#### **The ULTRA-E filter removes, or reduces the following organic and inorganic chemicals:**

- VOCs (volatile organic compounds)
- PCBs and BPA
- Residual pharmaceuticals
- Bio-fouling precursors: organic acids, proteins, polysaccharides

# Road <sup>to</sup> 6A

## *The Wonder Women of Enagic*

The new Wonder Woman movie is taking the world by storm and breaking box office records around the globe, but Enagic has its own group of dynamic females, who are taking the world by storm in a different way. In the way of True Health! These are just a few of the Wonder Women of Enagic!



Cynthia  
Briganti



Caroline  
Chou



Glenda  
Calinisan



Tamia  
Williams



Koyko  
Nakamura



Daphne  
Sumbillo



Michelle  
Raley



Karani  
Blika



Judy  
Fleming



Jillina  
Dafesh



Keiko  
Ishii



Honor  
Wiltshire



Winnie  
Lo



Jun  
Leung



Liao Chun  
Juan



Elizabeth  
Sumbillo

These incredible ladies come from all walks of life and from all over the world, but they have one very important thing in common; they are ALL amazing women! They have discovered the unbelievable potential of the Enagic business and are now using their own "super powers" to change the lives of people all around the world. But instead of the Lasso of Truth, they use the Circle of Compassion! Instead of deflecting bullets with gold bracelets, they deflect unhealthy lifestyle choices with the power of True Health! And instead of flying around the world in an invisible jet, they fly around the world, well, they actually do fly around in jets, they just aren't invisible!

These wonder women discovered how they could take their passion for helping others, combined with an undeterred drive and dedication, to create a thriving direct sales business which is changing the lives of not only their own families, but the lives of tens of thousands of others. And the direct sales industry is great for women! According to a Direct Selling Association survey women make up over 75% of those participating in direct sales in the

United States. And it doesn't matter what level of business experience a woman has. We have successful distributors ranging in experience from stay-at-home-moms all the way to corporate executives!

The Enagic Independent Distributor program is an attractive business opportunity for anyone, but it is especially appealing to women. Unlike the corporate world, where gender bias, unfair limitations and glass ceilings may hinder advancement and earning potential, the Enagic business is wide open. In Enagic, the only person deciding on your level of success is YOU!

We encourage women around the world to experience the Enagic difference. We invite you to find out what our business is all about and to discover if this incredible opportunity might be right for you. While it may be true that Enagic already has some of the most incredible women on the planet in our business, we hope you will check out what we have to offer...we can always use a few more wonder women!

# Stories of Success

## ***Enagic...allowing individuals to declare FREEDOM!***

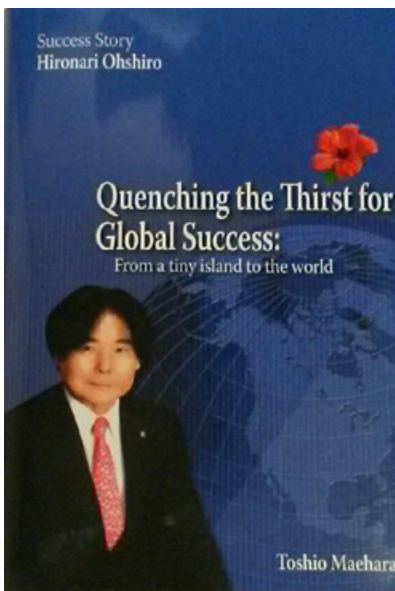
The Enagic business has created tremendous opportunity for people all over the world. For many, this opportunity has turned into success; success which has brought them the most important freedom of all...freedom of time.

"One of our distributors, Eli Dafesh, describes his experiences with Enagic as follows: I fear my words will not do this incredible man the justice that he deserves and that no matter what I might say, it would fall short of truly explaining the honor and privilege it has been to know Mr. Ohshiro. But I was asked to make this contribution, so I will do my best. My first exposure to Enagic was in 2006, at an event on the Queen Mary in Long Beach, CA. Mr. Ohshiro was giving a presentation to a packed house, mainly of Japanese people. He gave his talk in Japanese, with an English interpreter doing his best to keep up with him. While I tried my best to listen to the English version of the information, I was captivated by the passion and conviction of the man speaking. Although I could not understand the language he was speaking, I understood every feeling he uttered. Any language barrier that may have existed at first crumbled and I quickly realized that this man, Hironari Ohshiro, and I were kindred spirits, men that shared a burning desire to succeed and to help others. I immediately knew I wanted to meet and work with this man.

When I first meet Mr. Ohshiro I had already been very successful in business. I had worked in the beauty salon industry for over 20 years and then had tried my hand in the network marketing / direct sales industry, where I became a one million dollar-plus annual earner and a trainer. My experience had taught me to recognize opportunity and potential, but perhaps even more importantly, it taught me to recognize leadership. This is one area that is often lacking in traditional Network Marketing businesses. Making a lot of money and driving expensive cars and wearing flashy clothes and jewelry are not the signs of leadership. Instead, true leadership is often soft spoken and subtle; it somehow finds its way through all the hype and the cheers. Mr. Ohshiro was the embodiment of leadership,

which was one of the things that impressed me most about him. Once I got to know Mr. Ohshiro on a more personal level, he ended up being just as passionate, as driven, as committed as I had thought he was.

It is said that you can tell a lot about a man based on the way he treats his wife. If this is true, then Mr. Ohshiro would be a thoughtful, respectful, faithful and honorable man, which he is. They are an incredible couple, at each other's sides almost all of the time. It has been a pleasure to get to know both of them, and my wife, Jillina, and I consider Mr. & Mrs. Ohshiro as very dear friends.



My life, and the life of my family, has been impacted beyond words by working with Mr. Ohshiro. The incredible products and the unbelievable opportunity of Enagic have created a lifestyle that most cannot even comprehend. It has allowed us one of the most sought after assets available: freedom of time. Of course, we also enjoy a beautiful home and all the luxuries that come with financial success, but frankly, without freedom of time, everything else ends up being pretty insignificant. If you don't have time to enjoy the fruits of your labor with those you love, what is the point? This is a lesson that Mr. Ohshiro has embedded in my mind. Although he has made vast fortunes, he lives very simply and is always looking for ways that he can help others. He has set an incredible example, worthy of being followed by anyone.

Mr Ohshiro has honored me and my family with your compassion, your wisdom, your generosity, your spirit and your love. To show my appreciation I have done my best to be a good husband, a good father, a good distributor, and a good mentor. I humbly thank you for the incredible opportunity you have created for me and so many others and the amazing good fortune you have bestowed on my entire family. Words cannot express the depth of my heartfelt thanks, but I hope you know how much I appreciate all you have done for me and my family.

Above is an excerpt from the book **Quenching the Thirst for Global Success**, the Success Story of Hironari Ohshiro. It is filled with incredible lessons, motivational stories and the actions that were taken to create Enagic.

A must for distributors, it is available at [www.enagic.com/shop](http://www.enagic.com/shop)

# *Cooking with Kangen*

*Summertime*

*Tropical Fruit*

*Breakfast Smoothie*



*This tasty smoothie is low in fat and sodium, and high in calcium, fiber, potassium, Vitamin C, Vitamin E and Vitamin B12. Perfect for breakfast on a hot summer day, it's not only nutritious, but hearty enough to easily keep you satisfied until lunch!*

## *Ingredients:*

- 1-3/4 cup unsweetened vanilla cashew milk
- 1/4 cup pineapple juice
- 1/4 cup 9.5 pH Kangen Water
- 1 tablespoon brown flax seeds
- 1 tablespoon chia seeds
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground turmeric
- 1/2 cup plain Greek yogurt
- 2 medium bananas
- 1 cup cubed mango (frozen is fine)
- 1/4 cup crushed ice (from Kangen ice cubes)

## *Directions*

Add the cashew milk, 9.5 pH Kangen Water, pineapple juice, flax seeds, chia seeds, cinnamon, turmeric and Greek yogurt in a blender.

Blend on high speed until the mixture is smooth and the seeds are pureed, 20 to 30 seconds.

Add the bananas, mango cubes and ice. Blend at high speed until smooth and creamy, 20 to 30 seconds more.

Pour into glasses and garnish with favorite fresh fruit, lime slice or mint leaves. Makes 2 servings.

**Customized Creations:** Making variations of this recipe is easy and delicious. Just substitute the pineapple juice with your favorite fruit juice and the mango with your favorite fruit. Orange juice and papaya or peaches are great substitutions.

*Live Healthy - Live Delicious!*



# Health Hints

## Kangen UKON Supplement

In addition to making the best water ionizing devices in the industry, Enagic also offers a very unique dietary supplement, Kangen UKON. The main ingredient of the UKON supplements is organic turmeric. Other turmeric supplements are often put into jars and oxidize quickly upon opening; but not ours. Each capsule is individually packaged and stays preserved until it is ready to be taken.

The area where the Enagic turmeric is grown is at the northern tip of the island of Okinawa, known as Yanbaru. This region is often referred to as "nature's treasure" (shizen no takara) in Japanese. The Spring UKON, harvested exclusively for Enagic, is organically grown on dedicated farms in Yanbaru and is 100% free of harmful chemicals used in lower-quality, conventional turmeric farming. The soil inherent to Okinawa is perfectly-suited to the cultivation of UKON, providing a rich, densely-nutritious bed layer for the UKON to grow within. It is also said that the angle and length of sunshine during a warm Okinawan day is perfectly attuned to growing UKON.

This is the world's first supplement ever produced by combining curcumin, ionized alkaline water and 100% additive-free Spring UKON essential oils. The patented, 100% plant-based softgel capsule is made complete with antioxidant ingredients such as olive oil, perilla oil, flaxseed and tocotrienol. In addition, carrageenan, a seaweed derivative, is used as an ingredient for the coating of the capsule. Every ingredient is 100% plant-based, vegan-friendly, with absolutely no animal products used in any way. It has no preservatives, artificial colors or additives.

As mentioned, the main ingredient of the Enagic UKON turmeric, which has been found to offer many immune boosting benefits. But what exactly is Turmeric and why is it good for the body?

For centuries, turmeric has been widely used as a spice, medicine, food, and coloring agent across large parts of Asia. In fact, it is often referred to as the 'Spice of Life'! In India, many have considered it to be holy for thousands of years, not only due to its eye-catching color and unique flavor, but also because of the extensive range of health benefits that are associated with it.

Recent research has seen it promoted in the eyes of western science and it has been deemed as highly effective for improving a variety of health issues. It is also full of plenty of

healthy nutrients such as protein, dietary fiber, niacin, Vitamin C, Vitamin E, Vitamin K, potassium, calcium, copper, iron, magnesium, and zinc.

Also known as lipopolysaccharide, turmeric can help to stimulate and strengthen the body's immune system. This is because it is full of antibacterial, antiviral and antifungal agents that work together to fight against colds, flu and coughs, ensuring that your immune system is healthy and strong.

It's also great for pain relief and inflammation. When it comes to pain relief, many people around the world rely on anti-inflammatory medication, such as ibuprofen and aspirin, to relieve the symptoms of headaches, backaches, and other muscular aches and pains. While these medicines are effective at relieving pain and inflammation, they may also lead to many adverse side effects, especially with long-term use.

In fact, the side effects of the long-term use of anti-inflammatory medications include, but are not limited to, nausea, diarrhea, gastrointestinal bleeding, hypertension (high blood pressure) and even an increase risk of heart attack.

You may be wondering, how does Turmeric help with inflammation? Actually, it helps in the exact same way as anti-inflammatory medications, such as ibuprofen. These drugs work by inhibiting an enzyme, COX-2 (Cyclooxygenase 2), which causes inflamed areas of the body to become painful and more inflamed. By blocking this enzyme, the medication blocks the pain and reduces the inflammation.

Turmeric works so well as an anti-inflammatory because it contains high levels of a compound called curcumin, which is a COX-2 inhibitor too. However, while turmeric has the same positive effects as the anti-inflammatory medicines, it rarely causes side effects.

**So, if you are looking for a great supplement try the Kangen**





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From 8/15/2017 to 8/18/2017 (4 days)

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#### **Hilton Vancouver Metrotown**

6083 McKay Ave, Burnaby, BC V5H 2W7  
(604) 438-1200

### PRICE:

#### **CAD \$1000.00/person**

(incl 4days lunch and dinner, no breakfast)

#### **CAD \$500.00/person**

for existing certified trainer or new attendee's spouse.

#### **Eligibility: 6A and above**

**For RSVP and application, please contact [vancouver@enagic.com](mailto:vancouver@enagic.com) or 604-214-0065 by July 20th.**

**Attention:** For all the attendees: It's mandatory to stay at the Hilton Vancouver Metrotown Hotel during the event. There is no option to commute this event from your house even if you live in Burnaby. Please contact Hilton Vancouver Metrotown Hotel regarding their policies and procedures including cancellation/refund policy.



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# *Congratulations to each of you for your outstanding achievement!*

In addition to providing Enagic Distributors with information and resources to help them succeed, the Executive E-Newsletter will also serve as a way for us to recognize the outstanding achievements and rank advancements of our valued Independent Distributors. While we would like to be able to recognize each person who has advanced in rank by name, the sheer volume of new distributors advancing in rank makes it impossible. Instead, we will recognize each person that advances to the rank of 6A and above by name in this section of the newsletter. We are extremely grateful and very proud of the achievement of each person listed below and we encourage every distributor to work hard to achieve the rank of 6A and above so that your name may be proudly displayed with those that are moving up the ranks in the Enagic business.



THIEN VAN NGUYEN	Australia
HIEU THI PHAM	Australia
SCHMIDT DE LIMA - ME (SERGIO JR.)	Brazil
MARIA SALETE GHIZZI BERTOLDI	Brazil
SOUZA & ULLMANN (MOACIR)	Brazil
DUNG LE HONG	Canada
CHRISTINE VALENCIA	Canada
AMELYN VILLEGAS	Canada
MICHAEL T SALAZAR	Canada
SENG NGAU	Canada
1664155 ONTARIO LTD PEACHTREE HEALTH FOODS	Canada
8354570 CANADA INC.	Canada
CARLOS G REGGIARDO	Canada
MATTHIEU COUTURE	Canada
MONICA X L MURCIA	Canada
EVA MARIE SAN GABRIEL	Canada
CHAOMIN CHEN	Canada
AARON R FRASER	Canada
GARETT FRANCIS MARKETING	Canada
MICHAEL JOSEPH MARTIN	Canada
BALLANCE DEBT CONSULTING INC.	Canada
MICHAEL DREHER	Canada
HUY HOANG ANH VO	Canada
ROGER MUNAR	Germany
BRIAN CHITTICK- BRIMAR MARKETING	Germany
NEIL SOGUE	Germany
ANTHONY TAN	Great Britain
ZHANG JIAN PENG	Hong Kong
JALAL NAWAF ZAITOUNI	Hong Kong
LIM CHUN FAI	Hong Kong
LING YEE KWAN	Hong Kong
WONG KAM HA	Hong Kong
NG YAN CHING	Hong Kong
PLATINUM WATER ASIA/NG YAN CHING	Hong Kong
LUI MAN HON	Hong Kong
MOHAMMED MUNAWAR	India
TAUFIK ROKHMAN	Indonesia
IRSMA TRI WAHYUNING ASIH	Indonesia
KONRADUS IKUN PAREIRA	Indonesia
DINDA ALFATAN SHEILA ZAHRA	Indonesia
DIAN EKASARI PUTRI STP	Indonesia
M. IZMIR FADILAH IFDIAL	Indonesia

IKA KARTIKA FADHIL	Indonesia
MUHAMMAD SUFYAN HADI	Indonesia
YULIA MINTARYA PUTRI	Indonesia
JIWANA	Indonesia
AHMAN SUTARDI DRS	Indonesia
ELLY ZULFA	Indonesia
(株)フロシードコンサルティング インター(代)原田裕子	Japan
FOI AH FONG @ CHEAH YOOT YIN	Malaysia
TAN MEE LEE	Malaysia
MILAGRO LIFE TRADING	Malaysia
GERALD ONG WEI KIAN	Malaysia
EZENWA MERCY	Nigeria
SHERELYN VILLAMIN	Philippines
EARL JOSEPH CABAUG	Philippines
DELIO LIWAG	Philippines
PATRICIA CHICO ROSALINAS	Philippines
RODICA CAPTARIU	Romania
TAN KIU KIANG	Singapore
WATER ELIXIR SINGAPORE	Singapore
TIMITHY I NUON #4	USA
TIMITHY I NUON #C	USA
TIMITHY I NUON #E	USA
TIMITHY I NUON #D	USA
TIMITHY I NUON #5	USA
KACHANA T. NUON	USA
ISAGANI L SISTOSO	USA
ADVANCED HEALTHNET CENTER	USA
OMARI ROLAND	USA
LEVI L KIRBY	USA
JONATHAN T WEI	USA
VALLIS R KOLBECK	USA
NATALIE J DEATHERAGE	USA
MARIA CRISTINA DAVIES	USA
JAMES M GILLILAND	USA
CHARLES A DOIRON	USA
ARMON ANDERSON	USA
ESTHER P. WHITE	USA
RICHARD CABILDO	USA
STEPHANIE JOEN CONTRERAS	USA
MAX MOELLMANN	USA
ADAM WENIG	USA
MITRA ZAKARIAEI	USA
LEROY R WERRE	USA
REINALDO R RIVERA	USA
MAMA Q-S WATER INC	USA



GAYLE MARIE BRADSHAW	USA
ALEC S LEUNG	USA
NGOC DOAN	USA
TIMOTHY BACA	USA



## 6A2

THOA THI KIM LE	Canada
ROGELIO R. TAMAYO	Canada
ONTARIO LTD PEACHTREE HEALTH FOODS	Canada
CANADA INC.	Canada
STUWART CASTRO	Great Britain
KANGEN UK IRELAND LTD	Great Britain
FU YUEN TRADING CO	Hong Kong
CHEUNG SHUK FUN	Hong Kong
NG YAN CHING	Hong Kong
KRISHNA REDDY KADENTI	India
YORDAN NIKIJULUW	Indonesia
SIA MING WAY	Malaysia
VILLAMIN MA.CLARE ACELA	Philippines
NUQUE MYLA BUMACTAO	Philippines
ROMEO ROSALINAS	Philippines
RODICA CAPTARIU	Romania
BUKOH SENG HIANG LAURENCE	Singapore
NAOHM LIVING NATURAL NETWORK	USA
VALLIS R KOLBECK	USA
COLETTE A CARMAN	USA
TOTAL SUCCESS INSTITUTE	USA
DAVID G. YUHAS	USA
MT COMMERCIAL LLC	USA

## 6A2-2

OLUSEGUN S. SHOTUNDE	Canada
PLATINUM WATER ASIA	Hong Kong
HEALTH REFORM	Hong Kong
99 PLUS ONE PTE LTD	Singapore
SHAWN BROWN	USA

## 6A2-3

NG KAI LOO	Hong Kong
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