

**Buzz**

Issue 2 / March - May 2014

ENHANCE  
YOUR LIFE WITH  
**REAL**  
WATER



**QNET**

# Q NEWS!



## TOP 100

HEARD WHAT'S IN  
STORE FOR 2014

The top 100 leaders and V Ambassadors from around the world were invited to join the annual ICE summit.

Word on the street is that many exciting new products are in the works this year.



## MARUSSIA'S NEW FERRARI POWERED RACE CAR HAD ITS DEBUT

Marrussia F1 team's new car named MR-03 had its first test lap. It is the first car born out of a partnership with Ferrari who supplied the engine.

The season kicks off in Melbourne this March. Watch out for opportunities to attend an F1 race this year.

## EXPERT ADVICE

ON 3 WAYS  
TO PREVENT  
WRINKLES



According to our skin expert Sunny, you can improve your skin's condition in a variety of ways:

1. Prevent damage from the sun by applying UV protection when heading outdoors.
2. Include high protein meals in your diet to support collagen production.
3. Invest in a high quality skin care regimen to nourish your skin. Sunny recommends Physio Radiance!

Sunny is our resident Personal Care Expert with 23 years' experience as an aesthetic specialist.



**TRUSTE**  
PRIVACY  
CERTIFICATION

QNET's web and mobile sites are certified by the world's largest data privacy management company, TRUSTe.

We go the extra mile to safeguard your personal information and value your online privacy in line with our corporate values of Service and Integrity.

# MORE FOR 2014

## QNET COMPENSATION PLAN ENHANCEMENT

2014 is the year of MORE. QNET believes in giving you MORE – MORE time, MORE freedom, MORE opportunities. So start living with MORE and the enhanced QNET Compensation Plan is giving you just that...MORE!

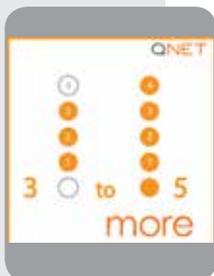


### 1. MORE OPTIONS!

ANOTHER WAY TO ADVANCE TO SILVER STAR RANK!

### 2. REPEAT FOR MORE

THE WAY YOU LOOK AT RSP WILL NEVER BE THE SAME AGAIN.



### 3. MORE VALUE

GET MORE BUSINESS VOLUME FROM YOUR REPEAT PRODUCTS! REACHING AND MAINTAINING RANKS HAS NEVER BEEN THIS EXCITING!

### 4. BETTER WAY TO BECOME A PLATINUM STAR.

REACH PLATINUM STAR RANK WITH THE IMPROVED RANK ADVANCEMENT REQUIREMENTS PROMO.



### 5. FASTER ROAD TO DIAMOND.

SPARKLE ALL THE WAY TO BECOMING A DIAMOND STAR WITH OUR COMPENSATION PLAN PROMO!

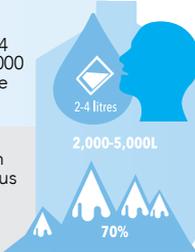
Can't wait to get **more**? Visit your Virtual Office for details.

# WATER'S

## WHAT, WHERE, WHY AND HOW.

### HOW MUCH WATER DO I NEED AND WHERE DO I FIND IT?

The daily drinking water requirement per person is 2-4 litres, but it takes 2,000 to 5,000 litres of water to produce one person's daily food.

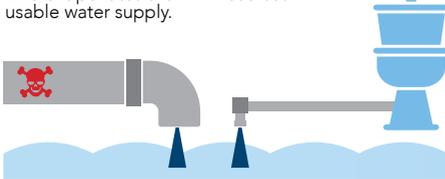


About 70% of freshwater is in the form of ice in mountainous regions, Antarctica and the Arctic.

### WHAT AM I DOING TO MY FRESH WATER?

In developing countries, 70% of industrial wastes are dumped into waters where it pollutes the usable water supply.

Every day, 2 million tons of human waste are disposed off in water courses.



### DID YOU KNOW...

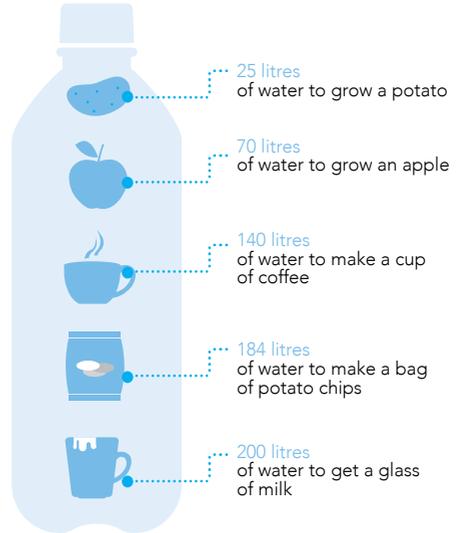
More than **1/6** of the world's population does not have access to clean and safe drinking water every day.



Globally, diarrhoea is the leading cause of illness and death; and 80% of diarrhoea deaths are due to a lack of access to sanitation facilities, together with unsafe drinking water and inadequate availability of water for hygiene.



### DID YOU KNOW THAT WE NEED...



### WHAT DOES THE FUTURE LOOK LIKE?

#### By 2025

Water withdrawals are predicted to increase by 50% in developing countries and 18% in developed countries.



1,800 million people will be living in countries or regions with absolute water scarcity.



2/3 of the world's population could be under stress conditions caused by water scarcity.



# REAL WATER

## LET'S MAKE SMALL CHANGES FOR A BETTER LIFE BY DRINKING REAL WATER.

REAL water is clean and safe water with natural minerals that energises your body and at the same time balances its pH level.

Drinking REAL water regularly means

- Less chance of contracting waterborne diseases as the water is filtered using the best processes while keeping the essential natural minerals untouched.
- Less chance of dehydration and fatigue as the water is energised and improved at the molecular level allowing the body to absorb water and its minerals easily.
- Less chance of illness as REAL water protects you from dangerous acidity levels caused by lifestyle habits.



## HOW TO ENJOY REAL WATER



Place the Amezcua Energy Shell 2 on the hose on top of your HomePure 7-Stage Water Filtration System.



Fill your glass or water jug with HomePure 7-Stage Water Filtration System water energised with Amezcua Energy Shell 2.



Place the HomePure Alkaline Stick in the water for 3 to 5 minutes for every 500 ml of water.

LIVE HEALTHY.  
FEEL REFRESHED.  
GET REAL.



# INSHAPE MEAL SHAKE'S REAL RECIPES



## Vege Soup

While a vege soup meal shake may not sound appealing at first, this InShape meal replacement tastes just like the creamy vegetable soup your grandmother probably used to make. Made with REAL water, you'll be energised and harmonised until your next meal!

- 1) 100 ml of room temperature low-fat milk
- 2) 1 sachet of InShape Meal Shake Vegetable Soup
- 3) Blend or mix
- 4) 150 ml hot REAL water
- 5) Pinch of salt to taste
- 6) Blend or mix and serve

## Choco Berry

Who said meal replacements had to be boring? Here's a recipe to turn your InShape Meal Shake into a mouth-watering treat. Energise and achieve your weight management goals!

- 1) 100 ml REAL water
- 2) 1 sachet of Chocolate InShape Meal Shake
- 3) Blend
- 4) 1 serving of low-fat, unsweetened yoghurt
- 5) 4 chopped strawberries
- 6) Blend
- 7) Add Ice
- 8) Blend until smooth

Save time by using low-fat strawberry yoghurt. But watch out as this often contains added sugar.

Vege Soup



Choco Berry



INSHAPE  
FOR A HEALTHIER, HAPPIER YOU!

## PRODUCT HIGHLIGHTS



**PHYSIO RADIANCE**

Paris

Activate Your Skin Cells

DID YOU KNOW...  
YOU CAN SAY GOODBYE  
TO AGEING SKIN?



Expectation: Waking up to rejuvenated skin, ready to tackle a new day.  
Reality: Waking up to find wrinkles and puffiness!

### **Is this you? Do you wish there was a way to kiss goodbye to ageing skin?**

Here's a secret: Evening primrose! Well-known for its healing properties, evening primrose is one of the 'MUST HAVE' ingredients for anti-ageing skincare. Evening primrose contains high amounts of gamma-linolenic acid (GLA) which has moisturising, anti-ageing and skin rejuvenating properties, making it ideal for the treatment of wrinkles and other signs of ageing.

Evening primrose is the key ingredient the Physio Radiance Age Defying Patch. So now you can say "goodbye" to wrinkles and fine lines and "hello" to a younger-looking you. Simply apply the patch and leave on your face overnight (6-8 hours) and you'll wake up to discover that your fine lines and wrinkles are gone!

Personal Care Expert Sunny Shaper recommends taking one tablespoon of Olé and drinking 400 ml of REAL water every morning. He says "your last meal should be at 19:00. So when you wake up, your body has fasted and will absorb anything you consume in the morning. Therefore, the first meal of the day should contain high levels of antioxidants and nutritional value. At night, our body rests, recuperates and repairs itself, removing harmful toxins from the body and that's where REAL water and Olé are essential to help flush these toxins out."

HomePure

Energy Shell2



Olé  
Olive Leaf Extract

Combat fatigue and remain fresh even after a long day. NutriSky® is your personal assistant to help boost your vitality and stamina. With its most important ingredient Swietenia macrophylla, NutriSky® has natural energy-boosting features which considerably help improve stamina and endurance. Drink one sachet of NutriSky® mixed with 200 ml of REAL water when you need that extra boost of vitality.



NutriSky 

Whole grains are an important part of a healthy diet, they help lower elevated blood cholesterol and stabilise blood sugar levels. It is recommended that at least 3 servings of whole grains should be eaten daily.

Adding more fibre to your diet by increasing the amount you eat each day does not have to be difficult. FibreFit is your answer, introduce the soluble fibre you need into your diet easily by adding it to the food you already eat. To be sure you receive your recommended daily intake of soluble fibre, you can eat ten bowls of oatmeal... or simply take 3 sachets of FibreFit a day. Each sachet of FibreFit mixed with 200 ml of REAL water will keep your body in balance.



# YOUR VOICE!

“

The most important thing in my life is my family, especially my children. I want nothing but the best for them. When I found out about REAL water I immediately knew that I could trust in it and that this is what would keep my family safe and healthy. In just one week, I could feel the difference between the water I used to drink and REAL water. This is the only water in the market I would recommend to anyone. ”

– Tameezunnisa Hakeem, UAE

“

The technology that is used to make REAL water is amazing. It takes care of every single one of my requirements for water. Its all-round benefits made me realise that I have moved on to consuming the best water there is. ”

– Atif Cheema, UAE

