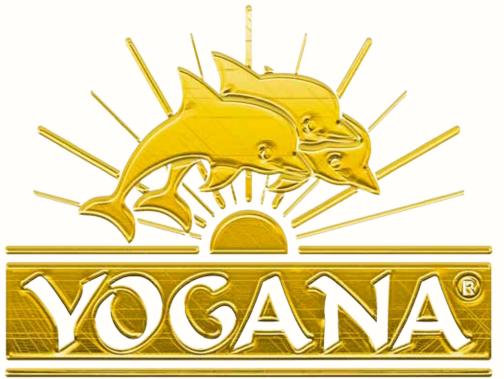
8000-Year-Old Formulation



Gold & Nature



Your track to good health

Information Material for Alternative and Energy Practitioners

Tune 2016



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The Secret of YOGANA®'s Effects From Head to Toe

Every YOGANA® nature product stimulates and harmonizes the flow of universal life force, the so-called chi. As human beings we are – like all life – a bright energy field in motion.

YOGANA® nature products are exceptional and very precious, because they are indeed highly vibrating "light food". In the currently establishing new "Golden Age" with the collective awakening of mankind and the associated emerging difficulties in adaptation, they support us in getting used to the new energy vibration of our Earth. Alchemical gold, the most noble of all metals, has long been known to have a positive effect on our mood and to connect us to the "Divine". Hildegard von Bingen and Paracelsus both placed high value on gold, because they knew that it holds a very special spiritual quality.

Eight of the main meridians that flow like nerves through our body and are indirectly linked with individual organs are connected to our face and head.

The application of YOGANA® nature products on the face strengthens the flow of the meridians in the associated area and the chi-flow of the whole body, down to the very organs, benefits. Thus the complete meridian system is stimulated, the connective tissue strengthened, the blood supply of the skin improved and blocked energies are released. Toxins and waste products can be eliminated and the power of self-healing is stimulated. All of this results in more open and brighter eyes, mellower lines and relaxed, calm and less swollen facial features.

Result:

You look younger and more vital.

Many people report that after only one YOGANA® application they already experience an improved feeling of well-being as well as new and refreshed vitality.



The Secret of Alchemical Gold

Alchemical GOLD supplies new energy, enhances our life force and increases vitality.

It balances mood swings and introduces light into our cells, the very light we need to live. This gold cleanses and strengthens our own vibration, protects us from harmful energies and mind control and creates harmony.

In our present age of spiritual awakening alchemical treasures return into our consciousness and they can assist therapists to support their clients on their own individual paths to health.

Once the GOLD has been refined into its high alchemical essence, all of its power is available for body, mind and soul and it supplies very high energies and holistic information.

Not only the body responds to the forces of metals, but also our soul, spirit and consciousness are affected. Therefore, aside from its scarcity, the characteristic energetic spiritual power as the most noble of all the metals made GOLD very precious for all high civilizations.

In spiritual literature, GOLD is sometimes even referred to as light energy, and it has always held a deep fascination for humanity. Its luster symbolizes purity and grace. We value and enjoy it in ornaments and jewels, but also in its transformed liquid form as ingredient in magical elixirs and healing balms.

The secret knowledge of transforming GOLD to release its cosmic light has been well guarded through the ages. In this state, the light energy of GOLD can be absorbed by the cells, it can develop its comprehensive power of regeneration, cleansing, detoxification, and rejuvenation and it helps us adapt to the gradually manifesting "Golden Age" and constant increase of the Earth's vibration.

GOLD For ages, gold has been a symbol of power and wealth, and this fascinating sense of magic has remained unchanged. The unique properties of this brilliant noble metal have withstood imitation and replacement to the present day.

In the early Middle Ages it was believed that precious metals were created with the rays of the sun and the moon. The Inkas considered GOLD to be sacred, because for them it was the tears of the gods.

<u>ANDERSON DE LA COMPANDA DE LA COMPA</u>



GOOD FOR PEOPLE

How is GOLD Connected to Healing and Health?

GOLD is one of the oldest medications in the history of humanity. For thousands of years physicians, healers and shamans have used the "metal of light" (aurum metalicum) for healing purposes. In Antiquity, it was used to protect the skin from inflammations and to cool down swellings and inflammatory processes. Today we know that GOLD in minimal dosage has a regulatory effect on the human immune system. Aurates prevent a special protein from leaving the nucleus of immune cells, which would otherwise cause inflammatory reactions. In classical homeopathy after Samuel Hahnemann a trace of GOLD was used to lift the mood in depressions and, above all, in menopause, as well as in cases of dysfunctional endocrine systems in puberty.

How is GOLD Connected to Cosmetics and Beauty?

GOLD as micro particle inhibits the loss of collagen and elastin, protects the skin from free radicals and reflects light. It enhances the natural balance of moisture and protects the skin preventatively from premature aging and age spots. GOLD has the ability to bind moisture 300 times its own weight! The detoxifying effect of GOLD leaves the skin looking clear and radiant.

However, it is only the purest 999 REFINED GOLD, ionized in a very sophisticated and complex alchemical process, that enables the energies to flow freely through the meridian system. Like a protective and stabilizing golden network of a most delicate nature it works itself into the dermal coat, flows through our energy systems and strengthens our aura. These properties generate a very effective protection from premature aging and damaging influences on the skin. The skin is our largest organ and covers our complete body (about 2,5 m²) and it represents our outer appearance.

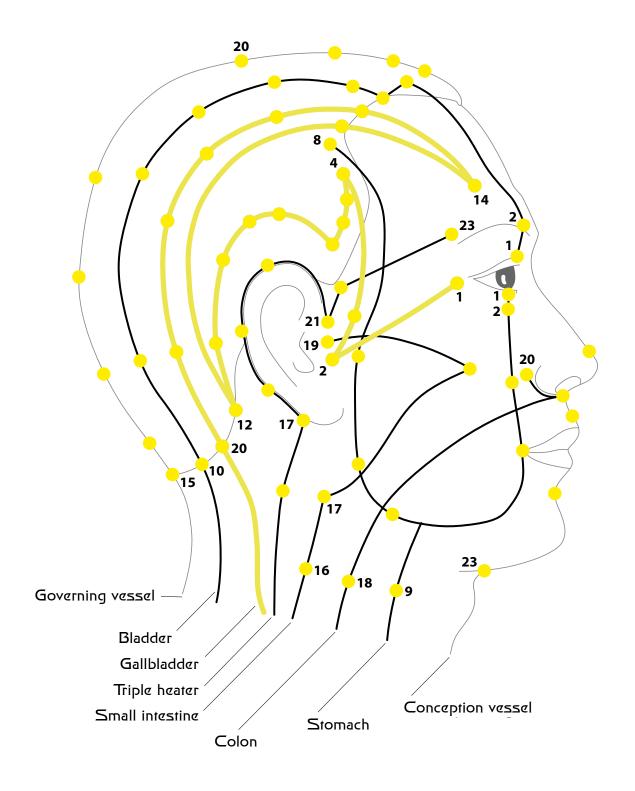
We should care for this precious organ and make it radiant in all its glory – as the mirror of the soul. GOLD is the symbol of the sun – the great giver of life.

A naturally radiant skin is testimony of vitality and inner health.

True beauty radiates from your inside!



Head Meridians





999 COSMIC CROWN Scalp Energizer with Pure Gold

Damascene rose water, (Rosa damascena), organic hyaluronic acid (ultimate moisture), ginseng root extract (Panax ginseng), licorice root extract (Glycyrrhiza glabra – flowering herb, used as food and medicine for thousands of years), jojoba seed oil (Simmondsia chinensis), natural vitamin E (Tocopherol – natural antioxidant from rice, fights free radicals), myrrh oil (Commiphora myrrha), frankincense oil (Boswellia carteri), purest 999 refined gold.

999 COSMIC CROWN with 999 pure gold; according to ancient traditions frankincense and myrrh stimulate the gallbladder meridian, which vitalizes the complete body from head to toe, including the kidney essence. Also effective against hair loss and itching/bleeding scalp. Allows for significantly longer hair washing intervals.

<u>HOW?</u> - Daily, morning and evening, with problematic scalp or hair even several times a day. Can also be applied after hair wash, then dry, brush or comb hair thoroughly. Applied at night, it can facilitate deep sleep.

Rub 999 COSMIC CROWN well into scalp, especially on potentially problematic areas, as well as along gallbladder meridian (for location see left picture), neck, the two dimples on both sides of cervical spine, and down to the shoulders. Longer hair can be parted several times for better access to scalp.

WHY? - According to Chen-medicine a blocked gallbladder meridian can lead to a weak kidney essence and physical or mental problems:

- 1. Physical conditions: loss of hair, bald patches, gray hair, dandruff, itching scalp
- 2. Mental problems: headaches, migraine, nervousness, fatigue, lack of concentration, learning difficulties and bad memory, bad quality of sleep.

Loss of hair results mostly from a deprived liver essence and acidity of the scalp. In ancient Chinese Chen-medicine hair is the outer appearance of the kidneys. During and after menopause women experience a lack of kidney yin and chi, and this deficiency results in increased acidity of the scalp and subsequent hair loss. As opposed to Chen-medicine, in our culture we consider hair loss in older people as normal. Life in our modern society of competitiveness generally requires more chi, which leads to a much earlier onset of hair loss. Another possible cause is a rising liver-fire, which virtually burns a circle into the hair on top of the head. This partial hair loss affects mostly men with unresolved anger. 999 COSMIC CROWN provides a path to keep the channels open, to stimulate the energy flow and to resolve stagnations. 999 pure gold is used to eliminate energetic imbalances and subsequent energy congestions in the meridians, in this case the gallbladder meridian.



999 HAIR CRAFT Setting Lotion with Gold

Damascene rose water, (Rosa damascena), bitter orange blossom distillate (Citrus aurantium amara), emulsion stabilizing sclerotium gum (Sclerotium gum), camellia seed oil (Camellia oleifera seed), ginseng root extract (Panax ginseng), lavender oil (Lavandula angustifolia), chamomile flower oil (Chamomilla recutita), sandalwood oil (Santalum album), frankincense oil (Boswellia carteri), lemon oil (Citrus limon fruit), Damascene rose flower oil (Rosa damascena flower), rose wood oil (Aniba rosaeodora wood), purest 999 refined gold.

999 HAIR CRAFT 100 % nature with gold, strengthens the kidney-chi, the aura, scalp and hair, has a holistic effect, regulates the milieu of the scalp and enables gradually longer intervals of washing. Your hair regains vitality and develops an attractive shine.

HOW?

- Daily (dry hair) at least two times, spray on hair before styling/brushing ...
- and after washing your hair (on towel dry hair) like a setting lotion ...
- ... spray mainly onto hairline (headlong for long hair) and gently massage with both hands,
- blow-dry or dry (pin up long hair for more bounce),
- style / brush

OUR TIP: For blow-dry styling mix 999 HAIR CRAFT and 999 COSMIC CROWN (weigh amounts if necessary), spray onto scalp and hair and blow-dry.

 $\underline{\text{WHY ?}}$ - A vital chi-flow has an emotionally and spiritually uplifting effect. Low chi weakens, among others, the kidneys, the gallbladder meridian and the blood.

Chen-medicine makes a strong connection between healthy hair, balanced yin and yang and the kidney meridian. Too much yang or not enough yin weakens the kidneys. In Chen-medicine weak kidney energy is often associated with massive problems in life. A tragic stroke of fate may, because of suddenly weakened kidney energy, turn hair gray virtually over night.

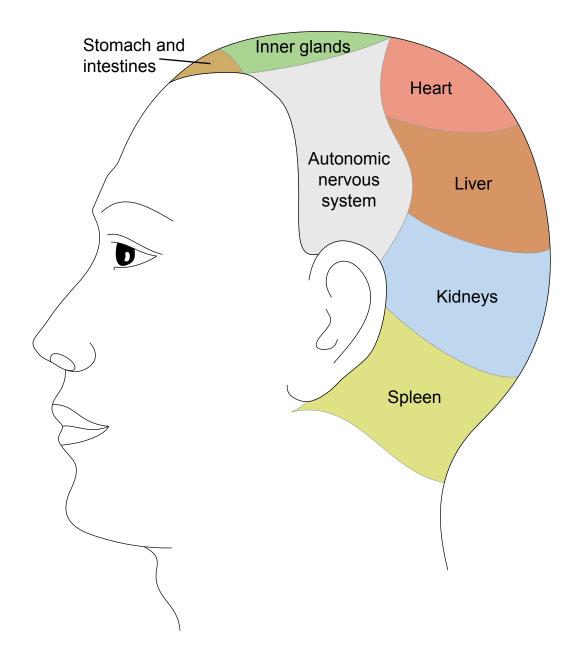
From the point of view of Chen-medicine problematic hair presents a very complex situation. Brittle hair, split ends and hair loss are often the result of excessive work, a hyperactive brain, extreme mental tension, aggression or depression.

In Chen-medicine it is believed that balanced yin and yang and a free kidney meridian are good prerequisites for healthy and shiny hair and camellia oleifera seed oil has long been used in haircare.

<u></u>



Head Areas



According to ancient Chinese Chen-medicine healthy, shiny and full hair in the associated area of the head indicates a healthy and well-functioning organ. Otherwise, the person will experience hair loss and thinning hair in the respective area.

<u>MARIO DE PROPOSO DE P</u>





HAPPY HAIR BASIC Herbal Natural Shampoo

Water, potassium olivate, coconut extract, basil oil (Ocimum basilicum), ginger root oil (Zingiber officinale), ginseng root extract (Panax ginseng), marigold extract (Calendula officinalis), natural vitamin ϵ (tocopherol - natural antioxidant from rice, fights free radicals), geranium oil (Pelargonium graveolens)

HAPPY HAIR BASIC 100 % nature, viscous, balancing natural shampoo, produced in small quantities with high-quality herbal complex and purest natural potassium olivate of highest quality. For all hair types, including dyed hair.

In combination with 999 COSMIC CROWN (also available as Delphinset 1) a wonderful holistic care product for hair, scalp and aura around the head!

HOW ? – Get your hair wet, work HAPPY HAIR BASIC into a good lather (with wet hands) and massage headlong thoroughly onto scalp (important!) let it set for a short period of time, rinse scalp and hair thoroughly. At the beginning use very much shampoo and wash two times. After the first couple of applications the hair may appear irritated on the following day, but you will experience that it gradually still looks well-groomed even days after the wash! Moreover, it does the hair good to let it air-dry now and then.

WHY? - HAPPY HAIR BASIC detoxes and cleanses (also energetically) very well, as it is more alkaline than skin and blood. Impurities are washed out of scalp and hair and therefore cannot go into the body and blood system. Improves the aura around the head, eliminates residues from chemical products (silicones, etc.) or acidification. After several applications, hair and scalp are rebalanced. As a result, the scalp does not become oily so quickly and hair wash intervals can be extended.

Many conventional shampoos contain chemicals/silicones that virtually "seal off" the surface of the hair and scalp, which in turn makes it more difficult for the scalp to naturally cleanse and detoxify. Men (who cannot eliminate toxins through menstruation) normally tend to detox and deacidify more than women through perspiration of the scalp, amongst others. However, because the silicones block this process, they develop too much heat and acidity on the head and scalp, which leads to scalp and hair problems. After menopause women get into a similar situation. HAPPY HAIR BASIC calms and releases this tension.

We recommend using HAPPY HAIR BASIC for a period of time, as it is the YOGANA®-shampoo with the most intense detoxifying/deacidifying effect on the scalp. After several applications, which may last as long as two months, when the product generates more lather, scalp and hair are rebalanced again. Then you can begin to use HAPPY HAIR BASIC only now and then and shift to one of the three HAPPY HAIR products based on the five elements.





HAPPY HAIR

Rosemary / Chamomile / Sandalwood Natural Shampoos

Water, emulsion stabilizing sclerotium gum, organic compound from coconut oil, (Cocamidopropyl betaine), hypoallergenic natural amino acid wetting agent (Sodium cocoyl alaninate), meadowfoam seed oil, white mulberry (Morus alba fruit extract), marigold (Calendula officinalis flower extract, ginseng root (Panax ginseng root extract), rosemary (Rosmarinus officinalis leaf oil), Ylang-Ylang (Cananga odorata flower oil), chamomile (Chamomilla recutita (Matricaria) flower oil), sandalwood (Santalum album oil).

These three hair shampoos are closely linked to the five elements, based on ancient Chinese Chen-medicine. Ideally suited after having balanced your hair with HAPPY HAIR BASIC and your scalp with 999 COSMIC CROWN. THE product for meditators, yogis, vegans, people living on prana, etc!

HAPPY HAIR ROSEMARY (dark) 100 % nature, has a gently cleansing, vitalizing and nourishing effect. ROSEMARY enhances DARK HAIR.

HAPPY HAIR CHAMOMILE (blond) 100 % nature, has a gently cleansing, vitalizing and nourishing effect. CHAMOMILE enhances BLOND HAIR.

HAPPY HAIR SANDALWOOD (grey) 100 % nature, especially suited for dry scalp and naturally curled dry hair of any color (including dyed hair), and for gray/white hair worn with dignity and self-confidence; has a gently cleansing, vitalizing and nourishing effect. SANDALWOOD OIL retains yellowish hues and makes SILVERGRAY/WHITE HAIR BEAUTIFUL AND SHINY.

All our HAPPY HAIR natural shampoos are well suited for dyed hair and make the color last longer.

OUR TIP: Mix and blend the shampoos to create your personal note!

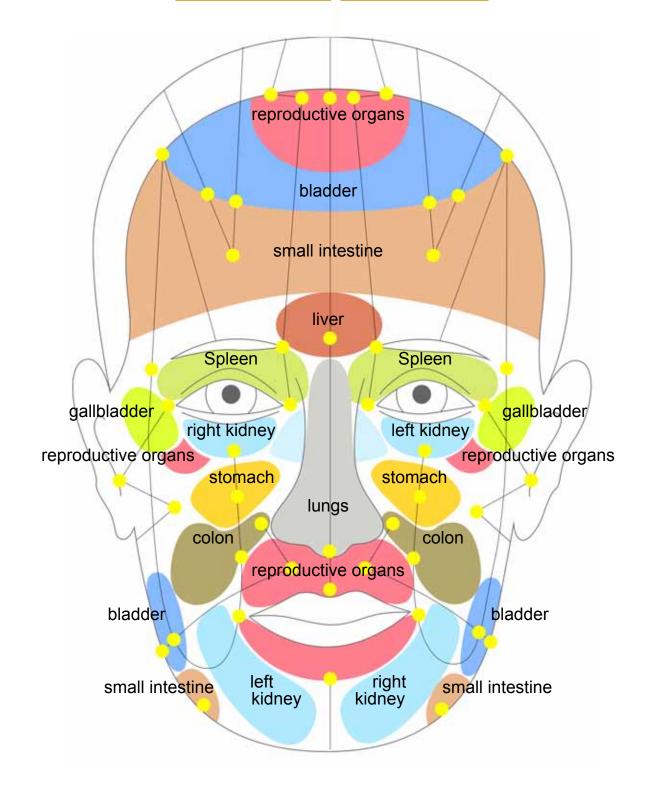
For all hair colors:

Chen-medicine holds that beautiful hair quality is closely connected to healthy kidneys and vital blood. Meadowfoam seed oil, marigold oil, ginseng root extract and mulberry fruit extract nourish the hair and the corresponding meridians. Rosemary, Ylang-Ylang, chamomile and sandal-wood release their wonderful aromas and awaken the senses.

The 5-elements-model states that our dark, blond and gray hair is closely associated with a corresponding meridian. In Chen-medicine everything in nature is intimately connected to the 5 elements. Bearing this in mind, we have composed our three shampoos.



Face Meridians



<u>OPPOPOPOPOPOPOPOPOPO</u>





What Our Face Tells Us

From ancient Chinese Chen-medicine

Dark-skinned, but red as if the whole face were inflamed:

Body reaction: These people have short coughs. They have too much heat in the body, too little blood and too much salt. They prefer strong spices, tend to form blisters and wounds don't heal easily.

laky skin and spots, blackheads, reddishness:

Body reaction: Kidney- and heart-chakras are not in balance, neither are small intestine and bladder.

These problems cannot be remedied with normal conventional care, therefore antibiotics and cortisone are often prescribed, which in turn just flattens the skin, as if applying wax.

Dry, dull skin, red spots: small intestine, bladder

Body reaction: Sometimes hot, sometimes cold; good appetite, because small intestine does not work well.

Pink skin:

Body reaction: higher portion of fat, therefore easily fatigued, i.e. too much intake of protein and calcium (baby fat). Looks healthy from the outside, but inside all organs are already affected.

YOGANA® - differs from other products in two additional aspects:

- * Very good cell renewal especially noticeable in people with "bad" skin. (When we are hungry, we tend to eat faster.)
- * Lowers heightened skin temperature and takes heat away from blood.

The skin ages, amongst others, because of too much heat (a half-eaten apple becomes wrinkly very fast). Chemical products cannot decrease skin temperature, on the contrary, they raise it. The ideal surface temperature of the skin is at 36-36.8 °C.

If it is higher = heated up = too much yang; imbalanced thyroid.

If, on the other hand, the temperature is below $34^{\circ}C = too$ much yin.

YOGANA® thus aligns yin and yang and makes the skin energetically balanced.



HAPPY FACE & BODY Mild Cleansing for Sensitive Skin

Water, potassium olivate, coconut extract, basil oil (Ocimum basilicum), ginger root oil (Zingiber officinale), ginseng root extract (Panax ginseng), licorice root extract (Glycyrrhiza glabra), natural vitamin E (tocopherol - natural antioxidant from rice, fights free radicals), geranium oil (Pelargonium graveolens), Ylang-Ylang oil (Cananga odorata).

HAPPY FACE & BODY 100 % nature, is a viscous cleansing/shower lotion for face and body and for all skin types. As it is tremendously concentrated, it can be used very sparingly. It is produced by hand in very small quantities. Natural lecithin, herbal extracts and purest potassium olivate of the highest quality leave your skin silky soft and vital, starting with the first application.

<u>HOW ?</u> – Wash hands or face and/or body with clear water – take a few drops of HAPPY FACE & BODY between your wet palms and massage gently into wet skin, ideally let it set for a bit (especially under your arms) to increase effect, rinse.

WHY? - HAPPY FACE & BODY has a regulating, holistic, balancing, detoxifying and nourishing effect. It does not only cleanse on a physical level, but also subtly and energetically. Generally reduces skin irritations, red spots, itching and dry skin. Allows acne to heal easier and prevents it from reappearing. Leaves skin wonderfully soft and gentle and stimulates it to produce its own lipids.

In combination with 999 FACE DREAM, 999-THE MIRACLE and 999 HAPPY PEELING HAPPY FACE & BODY is a holistic complex for face and body care. Based on ancient knowledge it can also be considered a preventive product to enjoy good health.

Without SLS, SLES, artificial coloring or petrolatum; no parabens, solvents, GMOs. Produced 100 % vegan and without animal testing.

Important note: In winter and in cold temperatures the product may show white flakes, which is a quality feature and means that no emulsifiers have been used. Placing it in a warmer environment (e.g. radiator $< 70^{\circ}$ C or in the sun) will make it clear again and it won't lose any of its wonderful effect!



999 HAPPY PEELING Natural Peeling with Gold

Water, sheanut butter (Butyrospermum parkii), jojoba seed oil (Simmondsia chinensis), mulberry extract (Morus alba), pineapple extract (Ananas sativus), papaya extract (Carica papaya), licorice root extract (Glycyrrhiza glabra), tiger grass extract (Centella asiatica), sclerotium gum, potassium olivate, cellulose, mannan as natural gelling agent, lavender oil (Lavandula Angustifolia), myrrh oil (Commiphora myrrha), damascene rose flower oil (Rosa damascena), purest 999 pure gold.

999 HAPPY PEELING A precious treasure, indeed, with pineapple, papaya and mulberry extract, enhanced with the power of purest 999 pure gold. The most gentle and refined deep cleansing, regeneration and rejuvenation for your face and body you have ever enjoyed. Pure wellbeing for your skin cells.

<u>HOW ?</u> - Once or twice a week, after cleansing with HAPPY FACE & BODY, moisten your face, neck, and décolleté, with warm water and massage 999 HAPPY PEELING in circular movements. Be especially gentle around the eyes or leave this area out altogether. After 15 minutes, rinse with lots of clear water and apply 999 FACE DREAM and/or 999 - THE MIRACLE.

WHY?

- 999 HAPPY PEELING enhances the opening and closing of the connections to the outer meridians,
- · strengthens and vitalizes the skin's chi,
- refreshes, due to essential fatty acids and moisture (999 pure gold can store moisture in the skin cells 300 times its own weight),
- · initiates sustainable deep cleansing and rejuvenation of skin,
- · mellows surface pigmented moles,
- · eliminates skin waste products, dead subcorneous skin cells and skin impurities,
- gently smoothens out scars, wrinkles and lines,
- improves absorption of 999 FACE DREAM and/or 999-THE MIRACLE

The "Yellow Emperor's Inner Classic" are the most important texts dating back to the ancient Chinese Yellow Emperor (ca. 2600 BC) and they emphasize how important it is to have good chi as protection against external negative forces – in our modern terminology we could call this concept our immune system. Chi flows through the skin and controls the opening and closing of the connections to the outer meridians. Imbalanced chi and blocking skin waste products are also considered the cause of dermal conditions. This situation expresses itself very often as spotty, dry and itching skin.

<u>®®®®®®®®®®®®®®®®®®®</u>





999 FACE DREAM Energy Serum with Gold

Damascene rose water (Rosa damascena), ginseng root extract (Panax ginseng), marigold extract (Calendula officinalis), organic hyaluronic acid (ultimate moisture), lavender oil (Lavandula angustifolia), chamomile oil (Chamomilla recutita), sandalwood oil (Santalum album), damascene rose flower oil (Rosa damascena), rosewood oil (Aniba rosaeodora), purest 999 pure gold.

999 FACE DREAM 100 % nature and 999 pure gold – a light, permeable, highly energetic and regenerating facial serum with high vibration and fast absorption properties - a real "vitamin cocktail" both for youthful, sporty as well as mature and stressed skin. Best applied before 999 - THE MIRACLE.

HOW ? - Apply 999 FACE DREAM on face, neck, and décolleté mornings and evenings after HAPPY FACE & BODY, or, once or twice a week after 999 HAPPY PEELING. For more mature or stressed skin, continue with 999 - THE MIRACLE as precious addition and complete protection.

WHY? - The application of YOGANA® products on your face stimulates the complete meridian system and chi in your body. This, in turn, smoothens lines and little wrinkles. 999 FACE DREAM has a balancing effect - on the one hand, it stimulates dry skin to produce its own lipids and, on the other, it reduces lipid production if the skin is too oily. Should you initially feel some tension, be happy! Your dry skin is starting to nourish itself actively, that's why you are feeling the (initial) tension. Wonderful alleviating effect also on eczema, sunburn and other irritations of the skin, as well as acne in youthful skin.

Some of the active ingredients in this precious formulation:

Ginseng root extract has a general vitalizing effect on our organism and also contains a high number of vitamins.

Licorice root extract is highly valued in Chinese pharmacopeia because of its anti-inflammatory, anti-edematous and gentle bacteriostatic qualities in the treatment of itching, eczema and psoriasis.

Genuine chamomile oil clears, cleanses, calms and is anti-inflammatory.

Pure essential lavender oil has an antibacterial, antiviral, antiseptic and anti-inflammatory effect. It is good for scars and insect bites, acne, eczema and sunburn.

Pure essential sandalwood oil softens and smoothens the skin and soothes irritated and inflamed skin. Rose is the most harmonious creature on Earth, the uncrowned "queen" among the flowers. It is sheer relief, especially for sensitive, tender and dry skin.

999 pure gold features a very high bioelectric conductivity after having been treated in a sophisticated process. It can store moisture in the skin cells 300 times its own weight! Improves the nourishing milieu of the skin cells and their metabolism. This allows for optimal absorption of the precious ingredients and the skin is regenerated sustainably in a very enjoyable way.

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999 - THE MIRACLE Gold Nectar for the Face

Damascene rose water (Rosa damascena), licorice root extract (Glycyrrhiza glabra - flowering herb, used as food and medicine for thousands of years), oryzanol (strong natural anti-oxidant from rice bran oil, more active than vitamin E in fighting free radicals, for lowering the level of cholesterol, reducing cholesterol synthesis in the liver and for treating dysfunctions during menopause), organic hyaluronic acid (ultimate moisture), jojoba seed oil (Simmondsia chinensis), natural vitamin E (tocopherol - natural antioxidant from rice, fights free radicals), myrrh oil (Commiphora myrrha), lavender oil (Lavandula angustifolia), purest 999 pure gold.

999 – THE MIRACLE 100 % nature and purest 999 pure gold – a very special formulation for all skin types, based on ancient Chinese knowledge is back again! A must-have for mature and stressed skin, but also popular for younger skin.

HOW? – Apply gently mornings and evenings on face and décolleté after cleansing with 999 HAPPY FACE & BODY, or once or twice a week after 999 HAPPY PEELING. For more mature skin, 999 FACE DREAM is the ideal complement before 999 – THE MIRACLE.

WHY?

- 999 THE MIRACLE balances yin and yang, stimulates cell metabolism and protein biosynthesis of skin. It significantly reduces dark circles around the eyes, swollen eyes and wrinkles around the eyes. The skin's elasticity is directly improved, the skin is tightened and hydrated.
- By stabilizing the moisture depot it dramatically reduces the skin's need for moisture (999 pure gold can store moisture in the skin cells 300 times its own weight).
- Increases blood- and microcirculation, neutralizes skin-damaging free radicals, smoothens
 and improves the skin's micro-contours. It brings the skin back into energetic balance and
 nourishes it profoundly.
- Leaves the skin silky and soft, balances the complexion and slightly lowers skin temperature, which slows down the aging process. It enormously activates the skin's lipids production, thus making it more and more independent, so it can adapt rapidly to changing environmental stress.

The meridians flow like nerve tracts through the body and supply the individual organs with chi. Eight of the meridians go up to the face and head. When they are stimulated with YOGANA® nature products, the complete organism benefits. Lines and little wrinkles are smoothened.

Should you initially experience some tightness of skin, be happy, because it indicates that your skin is still able to start its own lipids production! In most cases, this feeling lasts about an hour, because the skin has actually supplied itself with the necessary lipids.

<u>MARINA MARINA M</u>



GOOD FOR PEOPLE

From YOGANA® users

Subject: Info

To: Sophie Lautner - YOGANA, Produkte auf Basis der altchinesischen Chen-Medizin

<sophie.lautner@yogana.at>

Dear Sophie

Some details for you about my experiences.

For about 35 years my husband has suffered from psoriasis on his head (large area front and back of head). It was always quite solid with rather large scabs. However, it never hurt him and so he never did anything about it (he believed nothing would help, anyway).

Since about Oct. 18, he has regularly applied Cosmic Crown and is using Happy Hair Basic for washing his hair. The psoriasis is almost gone. People who know him can't believe it.

He has also used Inner Ligth LM; initially it had such a strong effect for a couple of days that I could hardly bear it. Very much was transformed on a subtle level (I had to sleep in another room). For many years he had problems with his liver (according to conventional medicine a virus); I'm excited about his upcoming blood tests.

Another person I know has had extreme hair loss and has used Cosmic Crown and Happy Hair basic for 2 weeks now. Yesterday she told me that her hair loss has already been reduced by more than 50 % - she is very happy.

This is what people experience with Happy Hands & Feet: they feel that their meridians are immediately balanced, they have a higher vibrating energy level, have a better sense of themselves. A young woman had brown spots on the back of her hand, and after only one application (high quantity) the spots were gone the next day – she was more than astonished and could hardly believe it.

I am most happy about my mother (85); for years now she has had pain in her hips and legs (according to conventional medicine muscular rheumatism), and recently also along her back. I have given her Skin Genie, it has been applied on her at least once a day, and after about 12 days her back pain has disappeared. Then she started applying it on her hip and legs. She appears calmer and more relaxed, it is noticeable in her face, she is much more relaxed than in the past years.

All in all, everybody has a more than positive reaction.

I almost forgot; since last week I have applied Happy Life (neck) once a day. The first two days were very intense (I felt so present in my body, almost eerie), and then I noticed that my intestines work better (cleansing), digestion is being optimized (was comparatively good before); in total, I am feeling much better.

Love	
Christine	Franksky s

<u>MARIO DE PARO DE PARO</u>



HAPPY SUMMER Natural Skin Care for Sunny Days

Damascene rose water (Rosa damascena), jojoba seed oil (Simmondsia chinensis), ginseng root extract (Panax ginseng), extract from genuine chamomile (Chamomilla recutita), pearl powder, titanium dioxide (a mineral as old as the Earth), organic hyaluronic acid (ultimate moisture), sandalwood oil (Santalum album), lavender oil (Lavandula angustifolia), damascene rose flower oil (Rosa damascena).

HAPPY SUMMER – 100 % natural skin care for outdoors. Anti-aging directly from nature for face and complete body. Indispensable when you expose your skin to sunlight for a longer period of time.

<u>HOW ?</u> - For face apply after 999 FACE DREAM and/or 999 - THE MIRACLE. Ideal addition for sunny days.

Moreover, a wonderful and light alternative to make-up for lighter skin. Applied around the eyes it leaves these areas slightly lighter.

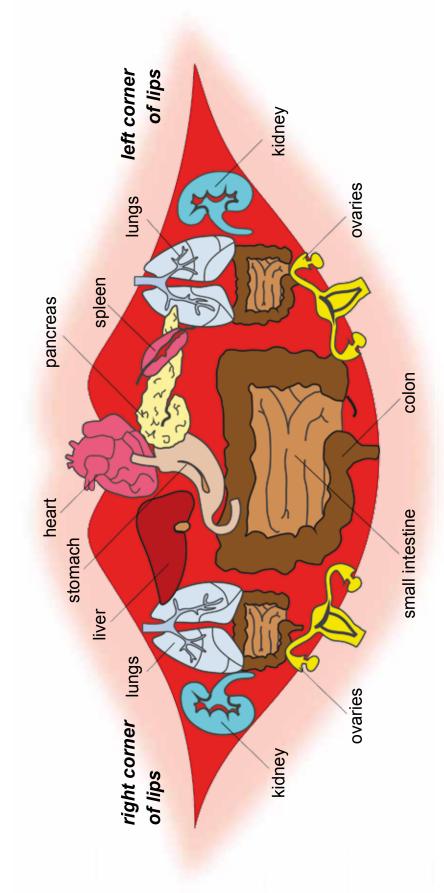
WHY?

- HAPPY SUMMER gradually renders the skin more stable and it learns how to use the sun's rays in a positive way; sun damage can mostly be avoided.
- Sun allergy is gradually improved the skin cells can handle more sun and you can finally have a happy summer.
- Protects from age spots and gradually mellows existing ones. Improves age-related skin damage, e. g. on décolleté.
- Even on less light-intense days HAPPY SUMMER can be applied on face, back of hands
 and lower arms as ideal daily protection against aging of skin and pigmented moles. The
 skin becomes gradually softer, little wrinkles are smoothed and pigmented moles mellowed.
- After insufficient protection of skin from solar radiation or spending too much time in direct sunlight, you can also apply HAPPY SUMMER on reddened areas to enjoy a soothing effect.
- HAPPY SUMMER has a very beneficial influence on skin problems, such as acne, eczema
 and other irritations. It rejuvenates and strengthens the skin, improves its tone and appearance.
- HAPPY SUMMER also protects against disturbing electromagnetic waves by strengthening the universal power of life (chi), like all YOGANA® products do.



GOOD FOR PEOPLE

Lip Argas





GOOD FOR PEOPLE

999 HAPPY LIPS Lip Balm with Pure Gold

Olive oil (Olea europaea), beeswax (Cera alba), carnauba palm wax (Copernicia cerifera), sweet almond oil (Prunus amygdalus dulcis), angelica root extract (Angelica acutiloba), snow-parsley root (Cnidium officinale), ginger root oil (Zingiber officinale), Inka-peanut seed oil (Plukenetia volubilis - used for thousands of years by the indigenous people in the Peruvian Amazon region), oryzanol (a natural reducer of cholesterol, from the fat fraction of rice bran), myrrh oil (Commiphora myrrha), frankincense oil (Boswellia carteri), purest 999 pure gold.

999 HAPPY LIPS contains volumizing and moisturizing 100 % natural, purely herbal ingredients and precious high-quality pure essential oils, as well as carnauba wax (Copernicia cerifera) and refined 999 pure gold. The beneficial effects of this lip balm reach as far down as the abdomen!

<u>HOW?</u> - As required (initially every hour or in even shorter intervals, e.g. when there is a lack of energy in the abdomen, which can express itself in dry and chapped lips). Especially for lines along the upper lip, 999 HAPPY LIPS can be applied beyond the lips.

WHY?

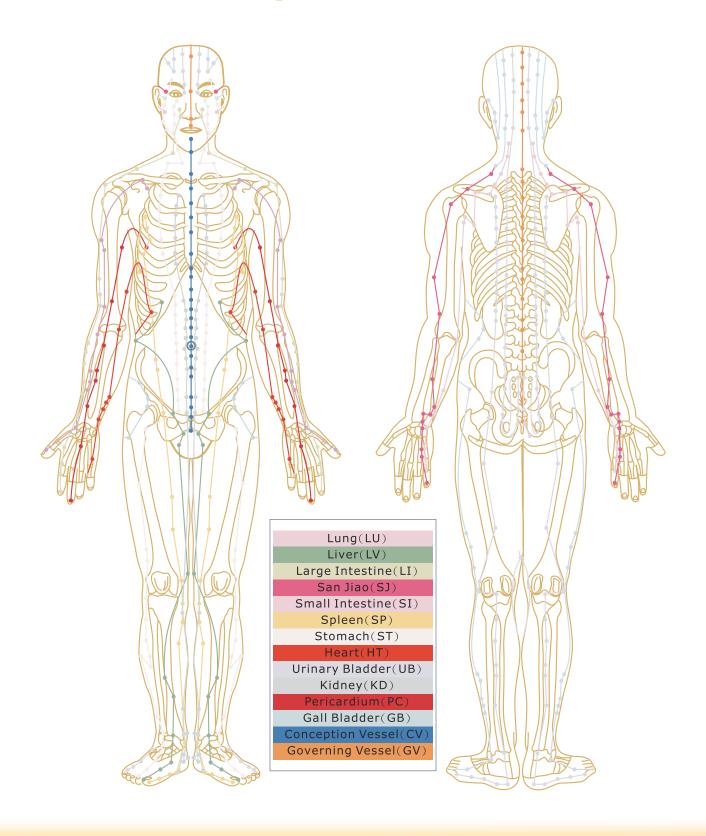
- 999 HAPPY LIPS is ideally suited for improving the outline of lips and creates a soft and silky gloss. The lips gradually gain more volume.
- Very helpful against fever blisters, chapped lips and inflamed corners of mouth.
- Strengthens energy (chi) in the kidneys, the uterus, ovaries, prostate and testicles. In ancient
 Chinese Chen-medicine and TCM there is a strong connection between the lips and the
 abdomen/genitals. If you have a lack of energy somewhere in your genitals, you might feel
 initially that you want to apply 999 HAPPY LIPS more frequently. It is important to indulge
 this feeling until a balance has been created.
- Little lines along the upper lip start to show in menopausal women and are an indication of
 weakening energy supply in the genitals. (Hysterectomies very often cause premature lip
 lines.) Therefore it is important to energetically strengthen this area. With 999 HAPPY LIPS
 you have the ideal anti-age-solution at hand, and you go directly to the root of the problem!
- A lack of yin can cause weak kidneys and menstrual irregularities. A balanced yin-yang energy level is important for prostate and uterus. In Chen-medicine dry lips and dry skin are a sign of disharmony in the spleen and kidneys, and consequently the main cause of obesity and skin problems.

IMPORTANT - 999 HAPPY LIPS is a pure natural product and contains no chemicals at all. Please, do not raise totally, apply with slight pressure and handle gently and with care.

<u>®®®®®®®®®®®®®®®®®®</u>



Body Meridians



<u>OPPOPOPOPOPOPOPOPOPO</u>



GOOD FOR PEOPLE

999 BODY DANCE 1

Body Oil with Pure Gold

Sweet almond oil (Prunus amygdalus dulcis), jojoba seed oil (Simmondsia chinensis), marigold extract (Calendula officinalis), natural vitamin E (Tocopherol - natural antioxidant from rice, fights free radicals), myrrh oil (Commiphora myrrha), frankincense oil (Boswellia carteri), lavender oil (Lavandula angustifolia), rosemary oil (Rosmarinus officinalis), purest 999 pure gold.

999 BODY DANCE 1 100 % natural, with 999 pure gold – slightly aphrodisiac effect, fragrant body oil can be used as "Body Lotion" or as an ideal remover of blocks during meridian/back/full body massages.

<u>HOW ?</u> – As body lotion after shower: do not towel, but spread onto moist body (or apply some squirts with moist hands). Most important is the VIBRATIONAL TRANSFER that takes place! For a wonderfully fragrant and pleasant relaxing bath just add a couple of 999 BODY DANCE I drops to the tub.

WHY? – Frankincense and myrrh protect against negative energy, act as aphrodisiac, dissolve blockages, energize, and are anti-inflammatory. For thousands of years frankincense has played an important role (strengthening/ healing/protective) in various cultures and in religious ceremonies. Today, Western science is discovering frankincense as a new remedy against chronic diseases and it is said to have a great future. It opens the door to the subtle bodies, which harmonizes and raises the vibration on the material and physical level. Frankincense oil used to be called "the liquid gift of gods".

999 BODY DANCE 2 Body Oil with Pure Gold

Sweet almond oil (Prunus amygdalus dulcis), jojoba seed oil (Simmondsia chinensis), marigold extract (Calendula officinalis), sunflower seed oil (Helianthus annuus), St. John's wort extract (Hypericum perforatum), natürl. Vitamin E (tocopherol - natural antioxidant from rice, fights free radicals), rosemary oil (Rosmarinus officinalis), rose gerarnum oil (Pelargonium graveolens), lavender oil (Lavandula angustifolia), chamomile flower oil (Chamomilla Recutita), sandalwood oil (Santalum album), rose oil (Rosa damascena), purest 999 pure gold.

999 BODY DANCE 2 is a "heart opener", a luxurious composition of aromatic essential oils, herbs and 999 pure gold.

HOW? - see 999 BODY DANCE 1

WHY? - 999 BODY DANCE 2 brings joy into the heart and raises the energy. The wonderful fragrance refreshes and vitalizes body and mind. Chen-medicine strongly associates the feeling of joy with the heart, which controls the life-processes and mental activity of which the face is a mirror. When the heart-chi is strong, the power of self-healing is vitalized, which in turn increases our positive sense of life.

<u></u>





999 SKIN GENIE Balm with Pure Gold

Damascene rose water (Rosa damascena), organic hyaluronic acid (ultimate moisture), licorice root extract (Glycyrrhiza glabra – flowering herb, used for millennia as food and medicine), sweet almond oil (Prunus amygdalus dulcis), jojoba seed oil (Simmondsia chinensis), natural vitamin E (tocopherol – natural antioxidant from rice, fights free radicals), myrrh oil (Commiphora myrrha), frankincense oil (Boswellia carteri), purest 999 pure gold.

999 SKIN GENIE 100 % nature and 999 pure gold; healing balm activates powers of self-healing for inflammations, pain, skin problems and injuries.

HOW? - Gently massage into affected/painful areas, also directly on wounds. Apply regularly twice daily! In case of very painful, acute processes more often.

WHY? - 999 SKIN GENIE can be used for a wide variety of conditions, from headaches / migraines, acne, rosacea, facial erythrosis, painful joints and muscles, injuries (bruises, contusions, sprains, hematoma, etc.), inflammations, (open) wounds, eczema, irritated skin, itching, dog bites, insect bites, up to energy blockages and energy weaknesses, as well as undesired influence from outside energies.

Applied onto kidney-area, 999 SKIN GENIE strengthens the life energy of the kidneys. Massaged onto the outer ear area, it strengthens life energy in general.

999 SKIN GENIE vimproves the nourishing environment and metabolism of skin cells, so that the valuable ingredients can be absorbed and integrated perfectly. The effect is sustainable and noticeable, even in problems that go deeper under the skin.

Some of the active ingredients:

Licorice root extract: Licorice is a flowering herb, which has been used for millennia for food and medicinal purposes. It comes from southern Europe, northern Africa or southeast Asia. In Chinese medical literature it is described as anti-inflammatory, anti-edematous and somewhat bacteriostatic. It is recommended for treating itching, eczema and psoriasis.

Jojoba oil: The only natural wax that remains liquid at room temperature, goes deep into the skin and protects it sustainably, regulates moisture level and stabilizes the oil-moisture-film (important for irritated skin, neurodermatitis, rosacea and acne).

Frankincense: With its warm, spicy, long-lasting and intense fragrance it uplifts our mood, strengthens the nerves, calms us, facilitates concentration, deepens our breathing, gives us courage and trust, soothes anxiety, is beneficial for soul and spirit and is very suitable for meditating. Frankincense cleanses our inner spaces, our refined energy channels and allows us to be open for receiving healing, spiritual and cosmic vibrational patterns. Furthermore, frankincense is very effective against stress and can calm down a heightened muscle tone.

Almond oil: high content of unsaturated fatty and linoleic acids, especially nourishes and protects dry, flakey and sensitive skin; reduces pain.

<u></u>



GOOD FOR PEOPLE

Feedback From YOGANA® users

Subject: Yogana - Order

Date: Fri, 10 Jan 2014 09:24:50 +0100 From: <office@lebourness.at>

To: Office YOGANA, Produkte auf Basis der altchinesischen Chen-Medizin <office@

yogana.at>

Dear Ms Lautner.

All the best and a successful New Year.

In the meantime, my children don't say, "Mama, I've hurt myself", but "Mama, YOGANA!". We use Skin Genie for any bruises and falls. Also, to strengthen the kidney energy, as my youngest daughter's weak areas are kidney and bladder. A client with knee prostheses has used Skin Genie with sensational success after she had fallen on her knee. Now, I have a client with massive psoriasis, I am excited to see how YOGANA works in addition to phonophoresis.

Please send me the following products:

Thank you!

Best regards

Angelika Barbara

Subject: ORDER Delivery

Date: Fri, 07 Feb 2014 10:26:16 +0100

From: Claudia **Etandia and Colombia and Colo**

To: Office YOGANA, Produkte auf Basis der altchinesischen Chen-Medizin <office@

yogana.at>

Dear Sophie,

Heartfelt thanks for the fast delivery and I am happy that the two products could be included :-)

I can already report a / MY little miracle with the wonderful light essences. For about 2 months I had constant pain in my left shoulder joint. On Wednesday evening and Thursday morning I applied one Inner Light LM and HN once each, and additionally applied SKIN GENIE and Body Dance and also Miracle for the face. Last night my friend asked me if anything hurt me, and only then I noticed that my shoulder is completely HEALTHY again.

Yipeee!

Thank you so much and best wishes and LIGHTFILLED BEING.

Love

Claudia Maria Cranding

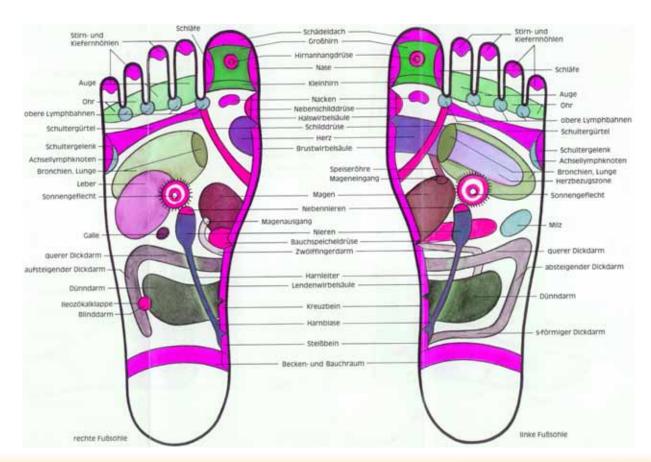
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Reflex Zones





<u>OPPOPOPOPOPOPOPOPOPO</u>



999 HAPPY HANDS & FEET

Hand and Foot Balm with Gold

Water (Aqua), shea nut (Butyrospermum parkii), potassium olivate, camellia seed oil (Camellia oleifera), tiger grass extract (Centella asiatica) – traditional use of Centella asiatica dates back to the 17th century and spread from India to Asia and from Africa to Latin America. Studies have emphasized the effective value against inflammations, tumors and ulcers, angelica root extract (Angelica acutiloba), oryzanol (strong natural anti-oxidant from rice bran oil, more active than vitamin E, lowers the level of cholesterol, reduces cholesterol synthesis in the liver, for treating dysfunctions during menopause), natural vitamin E (tocopheroll – natural antioxidant from rice, fights free radicals), myrrh oil (Commiphora Myrrha), purest 999 pure gold.

999 HAPPY HANDS & FEET 100 % nature with 999 pure gold is a highly energetic balm for hands and feet. Strongly strengthens the healing chakras of the palms, the foot chakras (better grounding) and the aura.

<u>HOW?</u> - Apply on hands and feet mornings and evenings (ideally before going to bed). Used after a footbath, a perfect experience of wellbeing and increased effect can be enjoyed. When the callous skin (mostly on feet) becomes softer, gently remove it with pumice stone.

WHY?

- Our hands and feet need extra care, because unlike other body areas they are not designed
 to supply themselves with sufficient lipids. We use our hands and feet more than other
 body parts to get to feel, touch, stroke, handle or caress. We transfer energy with our
 hand chakras and ground ourselves with our feet chakras. 999 HAPPY HANDS & FEET
 activates, strengthens and facilitates all these functions as it contributes to opening the respective chakras.
- Chapped hands and feet are a common problem, intensified by toxic chemicals, water loss
 and excessive strain, e.g. at work. The skin around the fingertips and heels acts like a buffer
 trying to minimize impact and pressure. This can result in hardened skin and weals, which
 tend to become chappy earlier than normal healthy skin.
- 999 HAPPY HANDS & FEET supplies the skin with natural and nourishing components and regulates the energy flow through the meridians and blood circulation. The great variety of natural oils nourishes dry and cold skin, whereas the added herbs improve the chi, thus intensifying the energy flow in the corresponding meridians. According to ancient Chinese Chen-medicine, a strong chi has a positive effect on our life energy. It states that chapped hands and feet are caused by chi-stagnations and congestion. Gently and consistently flowing chi and blood (without stagnation in liver and spleen) is considered to be the ideal state.
- 999 HAPPY HANDS & FEET makes your hands and feet happy again!

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999 MAGIC DEO Energy Booster with Gold

Rose distillate (Rosa damascena), orange blossom distillate (Citrus aurantium amara), lavender oil (Lavandula angustifolia), flower oil of genuine chamomile (Chamomilla recutita), sandalwood oil (Santalum album), rose flower oil (Rosa damascena), rosewood oil (Aniba rosaeodora wood), purest 999 pure gold.

999 MAGIC DEO - universal energy booster and excellent natural deodorant with purest 999 pure gold.

<u>HOW ?</u> - For the armpit; application can be extended to complete body, including head and hair, and even the aura. In case of strong perspiration, use 999 HAPPY FEELING afterwards. Sprayed around head and body 999 MAGIC DEO strengthens the aura and gets rid of fatigue; sprayed in the car, it promotes alertness on long drives. Also well suited as a cleansing and energizing room spray.

<u>WHY?</u> - Due to the added 999 pure gold 999 MAGIC DEO has a stronger effect on energetically undersupplied areas than conventional products. It nourishes the skin with moisture and regulates the energy flow through the meridians, which in turn improves physical and mental wellbeing and resilience against the ever-growing level of electric smog.

About electric smoq:

According to ancient Chinese Chen-medicine our body energy (chi) is an electromagnetic wave, which can be immensely impacted by the interferences of various electronic devices in our environment. All these devices emit "artificial" electromagnetic waves. Bearing this in mind, we can understand that a strengthened chi makes our body significantly more resilient against such electromagnetic influences.

A disturbed chi-flow can result in:

1) Physical problems:

- Thermal effects temperature increase in the connective tissue increased perspiration
- Associated imbalance of secretions
- Body odor
- · Accelerated aging process of skin
- Decreased power of reproduction
- Hair loss

2) Mental problems:

- Headaches
- Fatique
- · Lack of attention and concentration
- · Weakened learning abilities and memory
- Sleeplessness

<u>MARIO DE PROPOSO DE P</u>





999 HAPPY FEELING Odor-balancing Healing Powder with Gold

Natron (Sodium bicarbonate), Maifan healing stone (Bakuhan), pearl powder, jojoba seed oil (Simmondsia chinensis), licorice root extract - (Glycyrrhiza glabra - flowering herb, used for millennia as food and medicine), tiger grass extract (Centella asiatica), flower oil of genuine chamomile (Chamomilla recutita), purest 999 pure gold.

999 HAPPY FEELING regulates extreme perspiration, which is associated with a disturbed flow of the heart meridian. The healing herbal blend with pearl powder has a very odor-balancing effect, soothes and is ideal for improving the protective function of irritated skin.

HOW? - After 999 MAGIC DEO place tip a finger on the opening of 999 HAPPY FEELING, tilt, and rub the powder on your finger gently under your armpit (or body areas that tend to have excessive perspiration) or use your palm to tap the powder on your underarm etc. After several applications you may want to shake the bottle a bit, so that the different ingredients of the powder are well-blended again.

WHY?

999 HAPPY FEELING

- creates an optimum balance of physical, emotional and spiritual energies
- · regulates the flow of the heart meridian and strengthens the balance of emotions
- gradually leads the skin into a gentle balance and dryness, while still allowing for healthy perspiration (important!)
- is strongly odor-regulating
- allows you to feel wonderfully protected even in the hot summertime

Maifan (Bakuhan) is a healing stone, which has been used in the Far East in conjunction with pearl and tiger grass for skin ulcers, various skin conditions, varicose veins and for facilitating the healing of wounds. It consists mainly of silicates and has the property of balancing chemical imbalances and neutralizing chemical impurities, which makes it a popular water filter. Maifan is beneficial for our complete body system and in ancient Chinese healing modalities it has been an indispensable mineral for everyday life.

Many conventional deodorants contain aluminum. The information has spread that aluminum can facilitate breast cancer and asthma in babies. When they work hard to drink from the breast, they deeply breathe in deodorants.

999 HAPPY FEELING, composed after an ancient formulation with Maifan and herbs, activates the elimination of toxins in the body and has been used for ages as a versatile home remedy.

<u>®®®®®®®®®®®®®®®®®®®</u>





999 HAPPY LIFE

Chi-Balancer with Pure Gold

Damascene rose water (Rosa damascena), angelica root extract (Angelica Dahurica), licorice root extract (Glycyrrhiza glabra – flowering herb, used for millennia as food and medicine), Pagoda tree root extract (Sophora angustifolia), skullcap (Scutellaria baicalensis), organic hyaluronic acid (ultimate moisture), jojoba seed oil (Simmondsia chinensis), natürliches Vitamin E (tocopherol – natural antioxidant from rice, fights free radicals), purest 999 pure gold.

999 HAPPY LIFE makes the white fat with its stored toxins melt and promotes strengthened connective tissue by balancing the respective meridians. Purest 999 pure gold in combination with a healing herbal formula that is thousands of years old and confirmed by latest research findings are the foundation of 999 HAPPY LIFE.

<u>HOW ?</u> – Apply 999 HAPPY LIFE mornings and evenings generously on complete neck for about 3 weeks in order to energize the meridians that flow through that area. Only after this period apply on problem areas of the body (Note: <u>Always</u> include neck!).

WHY?

- Chen-medicine holds that brown fat (as opposed to white fat in which the body also stores waste products) promotes the burning of calories and of white fat. Supporting the growth of brown fat is a major goal in controlling weight, as it "melts" white fat in which, as mentioned before, the body stores toxins and waste products. Brown and white fat have totally different origins. Brown fat is healthy and the result of muscular function. It is also strongly related to bone growth. The white "wobbly" fat carries waste products that the body does not need any longer and cannot get rid of.
- Brown fat decreases with the ageing process. The impulse to produce brown fat is concentrated in the area of the neck. 999 HAPPY LIFE facilitates this process.
- According to ancient Chinese Chen-medicine the main cause of obesity is a lack of vital life
 energy and life force (stagnation). Life energy is the energy we bring with us before birth and
 which we manage in the course of our life. It is stored in the kidneys. A strong kidney-chi,
 therefore, stands for life force, nourishes bone structure and is also noticeable in strong,
 healthy hair, beautiful skin, and full lips.
- For a period of three years these connections based on ancient Chinese knowledge were studied thoroughly and compared with latest research findings. It has been shown that with a general improvement of life energy it is possible to become gradually slimmer in a healthy way. Often healthier shiny hair, full lips and better skin can be experienced as further results. In order to strengthen vital life energy and life force as well as to refine inner harmony, a composition with very special herbs was developed 999 HAPPY LIFE.

<u>MARINA MARINA M</u>



999 INNER LIGHT – L D Universal Chi Gold Oil

Camellia seed oil (Camellia oleifera), ginger root oil (Zingiber officinale), ginseng root extract (Panax ginseng), tragacanth root extract (Astragalus membranaceus), licorice root extract (Glycyrrhiza glabra - flowering herb, used for millennia as food and medicine), purest 999 pure gold.

999 INNER LIGHT - L D 100% nature and 999 pure gold nourishes life energy in the meridians, lungs and colon. A basic product for life - reawakening of the ancient "magic spell" Bu Zhong Yi Qi Tang.

<u>HOW ?</u> – Mornings and evenings ideally before meals, apply 1-2 teaspoons on chakras, in urgent cases more and more often. In the Far East this extraordinary composition is mostly ingested. According to EU-regulations, for example gold and liqueur or gold and champagne may be ingested, but not gold and oil.

WHY? - In Chinese medicine it is very important that colon and lungs work perfectly as these organs are in a direct relationship. An energetic, well-working colon is considered the foundation of good health. Chinese medicine states that an energetic digestive tract supports all the other organs, down to the heart, circulatory and nervous systems. A digestive system with weak chi may cause rheumatoid arthritis, skin allergies, nasal problems and aging of skin. A strong chi in the lungs and digestive system promotes the ability to learn and concentrate, improves memory and mental strength, alleviates allergies, improves chronic fatigue and is indispensable for a long and healthy life. Good chi in the lungs can, among others, be seen in healthy skin and healthy, shiny hair.

From the list of active ingredients:

Pure essential camellia seed oil: One of the oldest oils in ancient Chinese medicine. At the same time calming and stimulating, mood enhancing, slightly antiseptic, also used against insect bites. Promotes healthy, shiny hair and beautiful skin.

Reines ätherisches Ingwerwurzelöl: kraftvolles Antiseptikum, wirkt wärmend auf den Körper, fördert die Durchblutung und lindert so Beschwerden wie Rheuma, Muskelkrämpfe und -schmerzen und ist sehr gut für wärmende Fußbäder geeignet.

Ginseng root: This wonderful and versatile Asian healing plant has been cultivated in China for millennia. The Chinese consider it to have stimulating and universal properties that maintain youth. Ginseng has an overall vitalizing effect on the organism, it contains a wide variety of nourishing substances and vitamins. Ginseng is used as restorative, against fatigue and feelings of weakness, as well as loss of concentration.

Pure gold: It has also been called the "sunlight" for our body; due to complex spagyric preparation it has a very special bioelectric conductivity. It improves the nourishing milieu of the skin cells and their metabolism. The valuable ingredients can be perfectly absorbed, transported and integrated. The effect is sustainable and can be experienced immediately. It eliminates blockages, allows energies to flow again and protects against outside energies and mind-control.



999 INNER LIGHT – L M

Universal Chi Gold Oil

Olive oil (Olea europaea), basil oil (Ocimum basillicum), ginger root oil (Zingiber officinale), ginseng root extract (Panax ginseng), largehead atractylodes root extract (Atractylodes macrocephala), hare's ear root extract (Bupleurum chinense), licorice root extract (Glycyrrhiza glabra – flowering herb, used for millennia as food and medicine), purest 999 pure gold.

999 INNER LIGHT – L M 100% nature and 999 gold allows stagnating energies in the meridians of the liver and spleen to flow again. It is based on the traditional formulation Xiao Yao San (Ease Powder), one of the most popular combinations of ancient Chinese Chen-medicine. Very good companion for a long and healthy life!

<u>HOW ?</u> – Mornings and evenings ideally before meals, apply 1-2 teaspoons on chakras, in urgent cases more and more often. In the Far East this extraordinary composition is mostly ingested. According to EU-regulations, for example gold and liqueur or gold and champagne may be ingested, but not gold and oil.

WHY? - Liver and spleen have a direct relationship. A strong spleen-chi accounts for beautiful red lips. Ancient Chinese wisdom states that the spleen is in charge of transporting and transforming nourishing substances via the blood into the body. The liver stores this essence and releases it into the body when necessary. Healthy nails indicate a good liver-chi. When the liver-chi stagnates, irritation, sleeplessness, premature fatigue, anxiety and premenstrual syndrome result. An energetically strong liver and spleen reduce aging of skin.

From the list of active ingredients:

Olive oil: see page 39

Basil oil (basilicon=royal): has strong anti-inflammatory, antispasmodic, colon-cleansing, mu-colytic, analgesic, and relaxing properties. Good for nerves, brain and mind.

Ginseng root extract: the great remedy in ancient Chinese Chen-medicine to refill chi and strengthen the spleen and stomach meridians. It is used in cases of energetically weak spleen and stomach. Licorice root has harmonizing properties and ginger intensifies the effects.

Pure gold: It has also been called the "sunlight" for our body; due to complex spagyric preparation it has a very special bioelectric conductivity. It improves the nourishing milieu of the skin cells and their metabolism. The valuable ingredients can be perfectly absorbed, transported and integrated. The effect is sustainable and can be experienced immediately. It eliminates blockages, allows energies to flow again and protects against outside energies and mind-control.



GOOD FOR PEOPLE

Liver / Spleen

In ancient Chinese Chen-medicine the main organ of our body

The liver is in charge of transformation, distribution and maintaining the "fuel supply" of our body.

In Chen-medicine the silent power plant in the center of our body

The spleen is the biggest lymphatic organ and reigns the blood ever so silently that we totally forget that we have it.

Most important tasks:

- Filtering toxins from 2000 liters of blood (ca. 90 l/h) daily
- Splitting up fats
- Producing bile
- Involved in functions of the immune system
- Neutralizing intermediate catabolic products, medications and toxins
- Introducing nutrients into blood or, when appropriate, eliminating them from blood
- Supply of vital proteins

Most important tasks:

- Promotes logical thinking, memory, creativity and reason
- Passes the energy from nutrients on to the blood
- Strongest tool of immune system against viruses, bacteria and fungi; has an immediate immunological



response to in vaders, "Eats" denatured blood cells; "blood-molt"

Maintains, with stomach, the balance in body

When the liver becomes "tired", i. e. ill:

- No pain, but chronic fatigue / exhaustion / burnout
- Allergies, intolerances, skin problems, digestion problems
- Hypertension, calcified arteries, smoker's leg, intermittent claudication
- Undersupply of brain, migraine
- Disturbed sleep patterns
- Night blindness (liver does not produce sufficient vitamin A) etc.

When the spleen becomes weak, we quickly have problems:

- Up to 12 different digestive problems
- Main cause of obesity, nausea
- Ravenous appetite for sweets
- Stuffed feeling
- Varicose veins
- Aged skin
- Pale lips

Worrying and brooding weaken the spleen!





999 INNER LIGHT – HA Universal Chi Gold Oil

Pumpkin seed oil, rice bran oil, camellia seed oil (Camellia oleifera), ginseng root extract (Panax ginseng), wolfberry extract, sesame seed oil, purest 999 pure gold.

999 INNER LIGHT - H A 100% nature plus 999 pure gold nourishes life energy in the pituitary gland. Reawakening of the ancient "magic spell" Bu Zhong Yi Qi Tang. A basic companion for life.

HOW? - Mornings and evenings ideally before meals, apply 1—2 teaspoons on chakras, in urgent cases more and more often. In the Far East this extraordinary composition is mostly ingested. According to EU-regulations, for example gold and liqueur or gold and champagne may be ingested, but not gold and oil.

WHY? - The pituitary gland is especially important, because it regulates all the other glands, including the prostate. It has the size of a hazelnut, but its impact is huge!

Unhealthy life habits and unhealthy food (too much animal fat/meat, too much sex and not enough exercise) lead, according to Chen-medicine, to a collection of pathogenic streams in the body and produce heat. This, in turn, results in humid heat, which disturbs the flow in the energy channels and causes swellings. Over time, the inner yin-yang imbalance leads to problems with the glands at a mature age, e.g. problems with the prostate and a general state of bad health.

Following Chen-medicine, strengthening the kidney energy has also a positive effect on the spleen, regulates the chi-flow and consequently vitalizes yang energy (vital energy). Gradually congestions of humid heat are reduced, as well as blood congesting cleared and swellings decreased. The organism can again strive for balance.

From the list of active ingredients:

Pumpkin and pumpkin seeds: Especially in combination with ancient herbal formulations, they can alleviate humid heat, kidney essence, irritation of the bladder and problems with urinating.

Rice bran oil: is wonderful both for health and beauty. In Chen-medicine it is used to diminish the risk of prostate conditions in combination with sesame oil.

Pure essential camellia seed oil (tea seed oil): high content of vitamin E and very anti-oxidant. Can dissolve blood congestion and in Chen-medicine it is often used against premature aging.

Ginseng root: This wonderful and versatile healing plant has been cultivated in China for millennia. The Chinese consider it to have stimulating and universal properties that maintain youth. Ginseng has an overall vitalizing effect on the organism, it contains a wide variety of nourishing substances and vitamins. Ginseng is used as restorative, against fatigue and feelings of weakness, as well as loss of concentration.

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999 INNER LIGHT – H N

Universal Chi Gold Oil

Camellia seed oil (Camellia oleifera), ginger root extract (Zingiber officinale), wild yam root extract (Dioscorea villosa – anti-inflammatory, antispasmodic, keeps us young and vital, natural aphrodisiac), wolfberry extract (Lycium barbarum), red date extract (Zizyphus jujuba), purest 999 pure gold.

999 INNER LIGHT - H N 100% nature plus 999 gold nourishes the life energy in the heart and kidney meridians and makes stagnating life energy flow again. Based on the ancient formulation of Huan Shao Dan.

<u>HOW ?</u> – Mornings and evenings ideally before meals, apply 1—2 teaspoons on chakras, in urgent cases more and more often. In the Far East this extraordinary composition is mostly ingested. According to EU-regulations, for example gold and liqueur or gold and champagne may be ingested, but not gold and oil.

<u>WHY?</u> - Ancient Chinese Chen-medicine states that a strong kidney-chi has a positive effect on life energy and definitely slows down the aging process. At the same time it is believed that weak kidney-chi leads, among others, to impotence. In ancient Chinese Chen-medicine a strong heart-chi results above all in "strong and lively" blood.

Wild Yam: is used in traditional formulations to strengthen the kidney-chi and to make life energy pulsate, but also against urinary tract infections, digestion problems, lack of appetite, fatigue. It stimulates the body's own DHEA-production. DHEA stands for De-Hydro-Epi-Androsterone, a precursor to testosterone (male sexual hormone) and estrogen (female sexual hormone). Our modern life, stress, lack of exercise and wrong diet massively hampers the production of the body's own DHEA. From age 30 it goes down and at age 45 it is normally at 2/3 compared to a 30-year-old person. Healthy, vital people age 60 plus have a significantly higher DHEA-concentration in their blood than their sickly, frail peers and, of course, Alzheimer patients. Latest studies indicate that wild yam also plays a role in preventing coronary/circulation conditions, osteoporosis, overweight and weak memory.

Wolfberry (goji berry): supports the immune system, reduces heightened levels of cholesterol and blood sugar, against hypertension and premature aging, strengthens liver and constrains cancer.

Red date: used against anemia and heart palpitations, which is seen in connection with a weak heart energy.

Pure gold: It has also been called the "sunlight" for our body; due to complex spagyric preparation it has a very special bioelectric conductivity. It improves the nourishing milieu of the skin cells and their metabolism. The valuable ingredients can be perfectly absorbed, transported and integrated. The effect is sustainable and can be experienced immediately. It eliminates blockages, allows energies to flow again and protects against outside energies and mind-control.

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999 INNER LIGHT - B C Universal Chi Gold Oil

Thistle seed oil (Carthamus tinctorius), mulberry tree fruit extract (Morus alba), mulberry tree leaf extract (Morus alba), Chinese tragacanth root extract (Astragalus membranaceus), euphoria fruit extract (Euphoria longan), purest 999 pure gold.

999 INNER LIGHT – B C 100% nature plus 999 gold nourishes the life energy (chi) of the blood, the liver and kidney and is yin-strengthening.

<u>HOW ?</u> – Mornings and evenings ideally before meals, apply 1—2 teaspoons on chakras, in urgent cases more and more often. In the Far East this extraordinary composition is mostly ingested. According to EU-regulations, for example gold and liqueur or gold and champagne may be ingested, but not gold and oil.

WHY? - 999 INNER LIGHT - B C has a positive effect against chronic fatigue, weakness and is generally vitalizing. Reduces excessive perspiration and strengthens concentration of thoughts.

In ancient Chinese Chen-medicine the blood is fundamentally important for our mental/spiritual vitality. A strong blood-chi is expressed in quick, clear and lively thoughts, otherwise there are difficulties to focus the thoughts and the blood stagnates. Excessive waves of perspiration can have a damaging effect on the blood and lead to a yin deficiency. Consequently, any condition with too much dryness is also attributed to a lack of yin.

According to ancient Chinese Chen-medicine there is also a connection between HIV, leukemia, iron deficiency and weak blood-chi. This formulation with astragalus membranaceus root can strengthen the chi and the blood and reduces excessive perspiration.

From the list of active ingredients:

Thistle seed oil: contains one of the oldest highly pure, monounsaturated oleic acids known to mankind and is strongly associated with the energy flow (chi) and blood congestion.

Mulberry: nourishes the yin in our blood. Anemia and a yin deficiency can result in a dry and burning sensation in the mouth, as well as dizziness, tinnitus, deafness, irregular sleeping patterns and premature gray hair.

Pure gold: It has also been called the "sunlight" for our body; due to complex spagyric preparation it has a very special bioelectric conductivity. It improves the nourishing milieu of the skin cells and their metabolism. The valuable ingredients can be perfectly absorbed, transported and integrated. The effect is sustainable and can be experienced immediately. It eliminates blockages, allows energies to flow again and protects against outside energies and mind-control.

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999 INNER LIGHT – A W Universal Chi Gold Oil

Olive oil (Olea europaea), sea buckthorn fruit extract (Hippophae rhamnoides), pineapple extract (Ananas sativus), banana fruit extract (Musa sapientum), ginseng root extract (Panax ginseng), purest 999 pure gold.

999 INNER LIGHT - A W 100% nature plus 999 pure gold is very effective in increasing alpha-wave activity in the brain so that you can walk through life with happier and calmer thoughts. This state allows you to be more creative and intuitive in problem solving and to increase your inner strength.

<u>HOW ?</u> – Mornings and evenings ideally before meals, apply 1—2 teaspoons on chakras, in urgent cases more and more often. In the Far East this extraordinary composition is mostly ingested. According to EU-regulations, for example gold and liqueur or gold and champagne may be ingested, but not gold and oil.

<u>WHY?</u> – It is a documented fact that alpha-wave-activity is increased during meditation, while doing yoga and other spiritual practices that clear the mind. This, in turn, intensifies the body-mind connection and has a calming effect. "Happy fruits" (as often depicted in ancient Chinese Chen-medicine books) strengthen the chi and the blood and help us to become happier and calmer. Ginseng extract is good for the heart-chi and calms the mind, improves life force and slows down the aging process by strengthening yin (strongly associated with life force, inner strength) and yang (regulates the aging process).

- · Improves inner power and opens door between conscious and subconscious
- Purifies and clears mind and body by allowing easy transition to alpha state (meditation state, state of being one/connected with creation)
- Increases power of memory and ability to record new information
- · Charges yin and yang meridians and improves the natural body rhythm
- Leads to increased alpha-waves in the brain (towards ideal state of brain)
- Improves intuition and calms mind, at the same time promotes mental alertness and clarity

In our western, technological and mostly reason-focused lifestyle and school systems, the spiritual part of our existence is hardly cultivated or just some aspect of it in various religions. Our focus is expertly directed to the "iceberg" above the surface, but the much more powerful and hidden part below does not receive the attention it deserves. Such a situation supports and enables the control and directive ambitions of a system based on power,

The early Taoists believed that the physical and spiritual aspects of life are indivisible, and also closely connected to the natural rhythm of the world and nature which are in alpha-state.



Frankincense as Medicine

For millennia frankincense has played a very important role as spiritual fragrance in religious ceremonies throughout many cultures.

Now science predicts a great future for frankincense. Pharmacologists and chemists discover frankincense as new remedy against chronic diseases.

In our society its very long history of healing is not so well known. However, as far back as Antiquity, people knew about the healing properties of frankincense. It was Hippocrates himself, the spiritus rector of modern medicine, who prescribed it to his patients.

In the Near East and northern Africa, frankincense granules were used like lozenges against a sore throat. Best documented, however, is the effect of frankincense in the Indian naturopathic system of Ayurveda.

As far back as 5000 years ago frankincense was known to have a positive effect on rheumatic conditions, chronic inflammations, stomach, intestines and skin conditions, and it was used as powder and as extract in oil and ointments.

A group of researchers from Tübingen, Germany, headed by the pharmacologist Hermann Ammon, has rediscovered frankincense for modern medicine.

Studies in India have given sufficient reason to scientifically examine the properties of frankincense with modern methods.

Frankincense against inflammations

The findings of the German researches, who are most experienced in analyzing the substances in frankincense, have revealed a small sensation.

Frankincense contains acids with a unique property: the boswellia-acids block the formation of so-called leukotrienes (particles in white blood cells that are responsible for chronic inflammations).

Replacing cortisone?

Scientists hope that boswellia-acids will soon be used against all known diseases that are based on leukotrienes: asthma, chronic bronchitis, gout, rheumatic diseases like arthritis, the painful and chronic inflammation of the colon, morbus Crohn, and colitis ulcerosa.

First studies regarding enteritis and asthma confirm the findings of the German scientists.

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Olive Oil as Medicine

In Antiquity it was revered as a gift of the gods, as fountain of youth and beauty treatment. The olive is full of healthy active agents and the olive tree is featured in countless myths and legends. In one of them Athena won the rule of the Greek capital city after planting an olive tree there. Since then olives have played a major role in numerous stories, tales and myths. Olive oil was considered to be liquid gold. In Olympia, the wreaths for the victors were wound with olive twigs and after the biblical flood the olive was seen as sign of hope for new life. Still today, in many regions around the Mediterranean, the olive tree with its noble fruit is the most important cultivated plant, economic foundation, source of food and center of life.

Healing agent and beautifier

As far back as Antiquity the inconspicuous stone fruit was revered as fountain of youth and elixir for health. Gout and stomach pain, insect bites, plaque, wrinkles – hardly a condition that could not be treated with an appropriate olive-formulation. The olive owes its healing power, above all, to the many unsaturated fatty acids. They stimulate the metabolism and help with rheumatic conditions, liver and gall conditions. Polyphenols act as natural anti-oxidants against free radicals. They can have a preventative effect against immune conditions and even cancer. Oleoncanthal, a compound that has not been known so long, is exclusively contained in olive oil and is anti-inflammatory, comparable to the healing mechanism of Ibuprofen. As most acute or chronic diseases are connected to inflammation processes, oleocanthal can inhibit cell damaging reactions.

Cosmetics producers value olive oil because of its high content of vitamin \in and beta-carotine. It brings about beautiful skin, mellows wrinkles and prevents ageing spots.

The olive tree does not share its treasures too readily. It takes at least seven years of patience and good care until the gnarled tree with the silvery shining leaves bears its first fruits. The olive tree is a true survival specialist, being able to grow on meager ground and sustain great heat, so that it is perfectly adapted to the Mediterranean regions where most of the global olive supply is produced.

Several studies have shown unanimously that the population of the Greek island of Crete lives longer and is on average healthier than people anywhere else in Europe. The secret: one third of their daily calory-intake comes from olive oil. The "green gold" has since been recommended by specialists to prevent heart attacks, hypertension and even obesity. According to an old Spanish saying, "Olives are healthy, pleasant on the tongue and nothing about them is useless".

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More cosmic than cosmetics!



YOGANA® products are 100% nature and therefore free from chemical emulsifiers. Due to this quality feature they tend to be naturally more viscous in colder than in warmer temperatures.

(Emulsifiers ensure, amongst others, that cosmetics always maintain the same liquidity.)

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