

Message from Mr. Ohshiro

Moving forward. It's the ONLY direction to go...

I was born in 1941, which according to the Asian cyclical calendar, falls upon the Year of the Snake. See, snakes don't know how to wiggle backwards, so I've always taken that as a sign within my life to plunge forward, never accepting backwards movement.

But what exactly does this mean? Moving forward is a mindset and will reward you time and again if you stick to it. It means not accepting any other notion in this world other than "life is ALL in MY favor!" Whether you move inch by inch, or mile by mile, you are gravitating to your OWN best good, and this is always forward.

Sure, it's easy to get hurt through the rumblings of life, the curt words of others or even our own stumbles along the way. But when we can pick ourselves up, dust off and move forward, we are the victors. We are better than what HAPPENS to us, because we are masters of our ships, firmly in charge of our destinies and the things which happen for us.

So, March is YOUR opportunity to not only solidify your OWN commitment to move forward, but also to instill in your partners, family and acquaintances, that they can borrow my snake motif and never wiggle backwards! March is our month to blaze new trails forward, which are filled with personal success for us all.

And it's our opportunity to live a free life, a healthy life and a rewarding life of True Health.

I'll see you on the trail ahead, Hironari Ohshiro



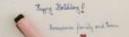


















Mr. Ohshiro, we wish you could live forever! 17 March 2020





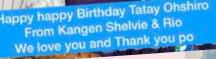
















Maligayang Kaarawan, Mr. 0!







Contests are subjected to change. For more information, please contact your corresponding branch.



The Newly Renovated Ukon Factory!

Okinawa Kangen Foods (turmeic factory) was established 17 years ago from an idea by Mr. Ohshiro for a project that would make use of the local Yanbaru turmeric, and has just been renovated and upgraded with new equipment! Let's take a look inside to learn how the factory processes Enagic's locally grown turmeric, which is used as the raw ingredient in Kangen Ukon Sigma and Ukon Tea, top-quality products that offer safety and peace of mind.

How to create safe and reliable Kangen Ukon



Local farmers harvest the Ukon roots in the field and transport them to the factory in crates.



Strong Kangen (pH11.0) Water. is used to pre-washer & loosen soil.



The ukon are lifted on a conveyer belt where the soil and any other impurities are briskly sprayed off.



After being lightly scrubbed, they are peeled and re-washed.



The crates of Ukon are soaked and sanitized in larger containers of running Strong Acidic (pH2.5) Water for 2-5 mins.



The Ukon is into one millimeter slices and spread on a tray.



The Ukon trays are slid into a heat-dryer for about 7 hours in 72°C (161.6F°).



The Ukon is coarsely ground into a powdery form with a fine grinder.



A higher concentration of turmeric is slowly extracted throuh another 3-hour process for use in the Ukon Σ and Ukon

Enagic's Kangen Ukon Products





Kangen UKONΣ



Kangen Ukon & Honey Soap



Mr. Ohshiro had all these beautiful flowers planted for everyone to enjoy during the March 17 event. Although the event was unfortunately cancelled. The flowers have bloomed as scheduled! These beautiful flowers will eventually be turned into a nourishing fertilizer for the turmeric in our Ukon Valley. Can't wait to see you all again soon!





It was this spirit of unity through understanding which served as the inspiration for the Enagic 2020 Lunar New Year Celebration. Held at the Enagic Malaysia office, Enagic staff and distributors from countries such as Malaysia, China, and India gathered for the festive event. The celebration, which was organized by Enagic staff and led by Enagic Malaysia Branch Manager, Ms. Angeline, started off with a lucky draw that created a buzz of excitement and set the tone for the rest of the event. It was followed by a wonderful

rendition of the Chinese New Year Song, sung by celebrity distributor Ms. Connie Chew(6A2). The performance was the perfect lead into the most anticipated part of the night, the Lion Dance.

In Chinese and many other Asian cultures, the lion symbolizes power, wisdom and prosperity, and, as such, is one of the most important traditions of Chinese New Year. The Lion went around to individual tables and performed amazing dances which are believed to bring good luck to





those who witness them. Once the Lion had graced each table with a dance of good luck it was time for everyone to enjoy Yee Sang, one of the most popular traditional dishes served for Chinese New Year. It contains a myriad of ingredients, such as, shredded carrot, radish, pomelo, ginger, plum sauce, raw fish, crushed nuts and lime juice. The blending of so many ingredients created a delicious dish which also exemplified the spirit of Enagic's 2020 motto of "Unification" through the blending of Enagic's diverse and distributors.

With the cooperation between Enagic Staff and prominent distributors, 6A7-6 Sam Sia and his wife 6A5-5 Cora Loh, 6A5-4 Puan Norly, 6A2-4 Mr. Brice, 6A3-3 Dorcas, 6A2-2 May Chiang and 6A2 Encik Zahid, the event went off without a hitch and worked as a fabulous way to start the new year off. With so much energy and excitement built up, Enagic Malaysia is looking to use this spirit of unity in tandem with Mr. Ohshiro's philosophy of True Health to craete the greatest success Enagic Malaysia has ever seen!





year, it is important to look back and honor the accomplishments and accolades which have been achieved. In the "traditional" workplace, these incredible feats of hard work and determination get overlooked far too often, which can lead to a lack of motivation or even a complete halt in productivity. But the Enagic independent distributor program is anything but traditional and it is for this exact reason that Enagic makes it a point to acknowledge and honor those who show the drive and determination to help spread Mr. Ohshiro's message of True Health to as many individuals as possible.

Nearly two hundred and fifty distributors from Singapore and Sri Lanka gathered this past december and were treated to a recognition ceremony by Enagic Singapore for new 6As, 6A2s, and 6A2-2s. Often regarded as one of the favorite experiences for both new and seasoned distributors, seeing distributors take the stage to be recognized for their tremendous contributions and successes with Enagic unlike anything else. The huge smiles, the giddy excitement, the pride of being recognized by your peers, all of these create an unforgettable experience for all in attendance.

The event started off with an inspiring speech given by Enagic Singapore Branch Manager Mr. Kent Liew, and some of the top distributors in Enagic, including 6A2-3 Kelvin Mok, 6A2-3 Andrew Khoo, 6A4-4 Judy Fleming, and 6A3-5 Bernard Chan shared many insightful

and powerful stories and testimonies. The event concluded with an exciting giveaway and wonderful entertainment you can only find at an Enagic soiree! With so many successful distributors moving up the ranks in Enagic, it's clear that the future is bright for Enagic Singapore. The region has set a new target of 250 units distributed per month for the year 2020, ensuring that Mr. Ohshiro's message of True Health has the maximum potential of being spread to as much of the world as possible!















Road to 6A

Enagic is very fortunate to have distributor leaders with extensive experience in direct sales and the network industry. These people have taken it upon themselves to share their knowledge with their fellow distributors. This article was created with input from outstanding Enagic leaders from around the world.

Forward...March!

Forward...March! While this might sound like something you would hear during military training, this month, it is the Enagic battle cry! "Forward!!" This is the message which we hope every distributor embraces and allows to motivate them this month, and every month afterwards. The idea of moving forward is an easy enough concept to understand; simply make progress. Move a little closer to your goals than you were yesterday. When it comes to moving forward it doesn't really matter how far you move, just that you continuously move forward.

Obviously the faster you move forward, the faster your success will come, but every distributor needs to remember that in Enagic we aren't in a sprint, we are in a marathon, so if achieving the desired level of success takes a little time, it's okay! In this business it can be easy to get caught up in comparisons of others and how quickly they have moved forward to their own success. But these types of comparisons can actually be counterproductive, often times creating feelings of inadequacy and disappointment. But why? Because someone did something faster than you? What every distributor should remember is that you run your own race and that the race someone else has run or is running really doesn't matter when it comes to your outcome!

It's easy to see when a person achieves success, but often what it actually took to get there is something not very many people get to see. There have been distributors who have achieved the rank of 6A within just a few months, while others have taken years to do it. At the end of the day, one distributor is no better or worse than the other. They both achieved the same thing; it just involved a different time frame to do it, which is more than alright!

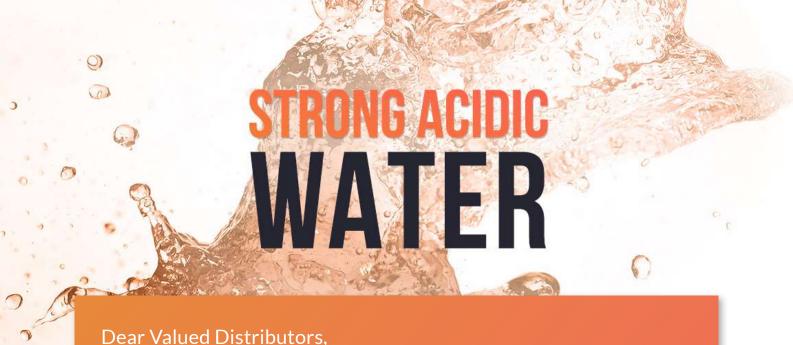
Implementing what other people are doing- or have done, when it comes to building an Enagic business is great, but using them as a comparison to gauge where you are in your business is a different story. Because distributors in the Enagic business are so different, with diverse backgrounds and experiences, you have no idea what advantage a person might have which helped accelerate their success. They might have vast sales experience or have participated in other successful direct sales or network programs, with a sizable contact database. You never know how the experience of one person will influence the speed of their success, which is why it is completely unfair to you to compare your business growth and success to that of anyone else. Remember that you may not have all the facts and since you're not the same person, it is easy to become disheartened and feel inferior, especially when comparing yourself to distributors who moved up the ranks the fastest, but this is an unrealistic comparison and one which simply should not be made.

Most people have the ability to run; some fast, some slow. Imagine basing your ability to run on a comparison to the running ability of someone like Usain Bolt. What does that do to your self-esteem and view of your abilities? Even if you were fast, when comparing yourself to one of the fastest people on the planet, you may seem slow. This is why these comparisons are dangerous. Comparing to something so far out of reach will only end in disappointment and a lack of confidence in your own abilities, which is why it shouldn't be done!

The reality is that if there are two distributors with the rank of 6A2-3, and one achieved the rank in six months and the other in three years, they BOTH enjoy the privileges and rewards which come with achieving that rank. While achieving it in six months sounds impressive, they both received the same incentive, they both are invited to the 6A2-3 and above leadership meetings, they both stand on the same stage, side-by-side when 6A2-3s are asked to take the stage. The honor and accolades they receive are not based on how fast they did it, but that they did it! They kept moving forward until they arrived at their desired destination.

While it is great to be able to quickly move up the ranks of Enagic and achieve your goals and levels of desired success, the most important aspect of your journey is constant forward movement. That is what will ultimately ensure accomplishing your goals and achieving success. As you move through the month of March with your Enagic business, be sure that you are focused on moving forward, even if you are only making small steps. The journey of a thousand miles starts with a single step, so every inch of forward movement is important to arriving at you destination. Don't become discouraged because your steps don't seem big enough, just remember that every step, no matter how big or small, puts you closer to your goal, and that is what matters!

So, during the month of March, and every month for the rest of 2020, march forward with drive and determination; with passion and perseverance; with desire and tenacity! Keep moving forward and we will see YOU at the top!



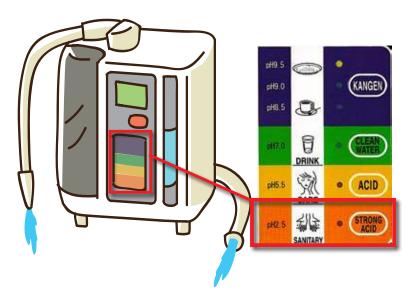
Dear valued Distributors,

We hope you are safe and taking sensible precautions during this extraordinary Coronavirus (COVID-19) outbreak.

Apparently, some false claims are being circulated about Strong Acidic Water (2.5 pH - 2.7 pH) and its ability to kill Coronavirus. Please understand: Strong Acidic Water has NOT been tested against Coronavirus and it is a violation of Enagic Policies and Procedures, and against the law, to claim otherwise.

It is okay, however, to say that Strong Acidic Water is ideal for cleansing, cleaning and washing.

Thank you for your understanding and cooperation!



Strong acidic water is not for drinking.

This water has disinfecting properties. Use Strong Acidic Water to sanitize kitchen utensils, countertops, and more to prevent cross-contamination.

Check out our website for more ways you can use Strong Acidic water!

*Strong Acidic Water flows out of the secondary (bottom) hose.

PET SALON OWNERS!

The Enagic Super SD501 is YOUR secret weapon to optimize cleaning throughout your pet salon. Now you can reduce those chemical cleaners by leveraging Enagic's amazing:

- 2.5 ph Strong Acid Water to safely clean pet bowls and trimming areas.
- 2 Strong Kangen Water to economically reduce laundry detergent and chemical cleaners.



Cooking with Kangen

Vegan Chocolate Avocado Milk-less Shake

Delicious Chocolate Decadence... without all the Guilt!

Every now and then, we need to indulge! With dining, indulgence often involves eating or drinking something which tastes delicious, but usually isn't very good for us. But not this time!! This scrumptious, dairy-free vegan recipe will satisfy the desire for chocolaty richness and satisfy even the sweetest sweet tooth...without all the guilt!

Ingredients:

- 2 small ripe bananas (1 cup chopped)
- 1 large avocado (1 cup chopped)
- 1 1/2 cups coconut milk (or almond milk)
- 1/2 cup 9.5 pH Kangen Water
- 1/4 cup unsweetened cocoa powder
- 1/4 cup maple syrup (for blending)
- 1 teaspoon vanilla extract
- 1 pinch salt
- 1 cup Kangen Water ice cubes
- 1 tablespoon maple syrup (optional, to taste)

Directions:

- 1. Peel bananas and avocado. Chop into 1/2-inch pieces and arrange in a single layer in a zipper bag set on a baking sheet in a single layer. Freeze fruit until frozen, at least 3 hours. Stores up to 2 months for future use.
- 2. In a large sauce pan, heat olive oil over medium Pour coconut milk into a blender and add frozen bananas and avocado, cocoa powder, maple syrup, vanilla, salt, and ice cubes. Blend on high speed until smooth and creamy, about 1 minute, stirring and scraping down blender sides as needed.
- 3. Taste and blend in additional maple syrup if needed. If your shake is too thick, add additional Kangen Water in 1/4 cup increments until desired thickness is reached.
- 4. Divide the shake between glasses, serve



Stories of Success

Forward!

"Ohshiro was almost sick of hearing how the health industry was going to be the big thing for the twenty first century. It was during the time when "wellness" was becoming a buzzword among executives of many companies in the USA. Once a society has become

wealthy, people begin to spend increasing amounts of money on themselves: their face, their hair, right down to the toes on their feet. Ohshiro realized that Kangen Water® offered a chance for people to keep their health in balance. His business plan was starting to take shape.

First, Ohshiro began by selling the equipment needed—an electrolysis machine—to make Kangen Water® back home in Okinawa. His business strategy was once again based on the door-to-door sales techniques he had learnt over the course of his career. He ran the business

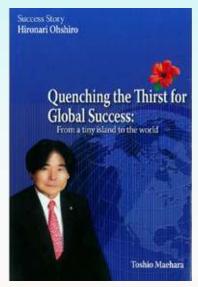
this way for 5 or 6 years. The response was lukewarm; certainly not enough to satisfy Ohshiro. He decided, on instinct, that the business was better suited to an urban market and started, once again, to plan for a return to Tokyo. His dreams were still in Tokyo, he could not shake that conviction. So, once more, he left the island for the mainland.

Ohshiro and Yaeko set up a small office in Shinagawa. This was their first step along the path to the dream of Tokyo success. They say that even a journey of a thousand miles must begin with a single step. But they certainly had a long way ahead of them, not least the question of how to tackle a market of more than thirteen million people. Opening a retail store would require a significant capital investment: deposits for rent, building up stock, and plenty

of other costs besides. But Ohshiro had returned to Tokyo still saddled with the after-effects of winding up his Sony business. Even so, he felt that Tokyo was his opportunity to break into a massive market. And you don't always need money to make the most of opportunity.

After mulling over his options, Ohshiro decided to once again adopt a door-to-door sales approach; it was an approach he knew well, after all. This method meant that products were sold direct from the manufacturer to the consumer, allowing him to leapfrog over the margins taken

by middle men and the complicated two-fold, three-fold distribution infrastructure that had taken hold of most industries in Japan. It also meant that the inevitable fixed cost of staff could be kept to a minimum too. This means big cost savings. All he had to do was add his margin to the profit taken by the sales agent and he would have an exciting product with a decent margin. This firm belief was the fuel he needed to push forward with his sales. It was also to become the foundation of his "eight point system", which will be introduced later.



Above is an excerpt from the book **Quenching the Thirst for Global Success,**the Success Story of Hironari Ohshiro. Toshio M. (2015)
It is filled with incredible lessons, motivational stories and the actions that were taken to create Enagic.
A must-read for distributors, it is available at **www.enagic.com/shop**Also available in Chinese, Italian, French, Spanish and Japanese! Contact your local branch office for details.

Congratulations to each of you for your outstanding achievement!

January 2020 New 6A and Above Title Achievers

6A

| TONI H C UYGUANGCO | Australia |
|------------------------------------|-----------|
| JENNIFER TRISTAN | Australia |
| ROSEMARIE MAU | Australia |
| AARON NAM BUI-LE | Australia |
| EL JIREH PTY LTD | Australia |
| SATO PROMOCOES E MARKETING LTDA ME | Brazil |
| LUCIANA APARECIDA SECCO ALVEZ CRUZ | Brazil |
| QUAN NHAT NGUYEN KHOA | Canada |
| DANNY CARVALHO | Canada |
| MARITES F. ALLAM | Canada |
| RACQUEL S. ZALAMEDA | Canada |
| TAI PHAN LUONG HO #3 | Canada |
| #1235030 B.C. LTD | Canada |
| 1230521 B.C. LTD. | Canada |
| #1230636 BC LTD. | Canada |
| DR. ZHENZI LIU HOLDINGS INC. | Canada |
| 1235395 B.C. LTD. | Canada |
| #1230340 B.C. LTD | Canada |
| #1230847 B.C. LTD. | Canada |
| 1230679 BC LTD | Canada |
| BRUNO OLESEN | Canada |
| ELANE L RIVERAL | Canada |
| MARIA C. LAGUITAN | Canada |
| TRISHA J G MENDOZA | Canada |
| ALAN J KRAUSE | Canada |
| TERRA S CZUCHRO | Canada |
| ASENEFETS GKERMOU #4 | Canada |
| GERGANA GICHEVA-STOEVA | Spain |
| JASMIN DUE | Germany |
| RUUD NIJSSEN KANGEN | Germany |
| SANDRA HOEDL | Germany |
| THUY VU THI | Germany |
| HUYEN TRAN TRAN PHAM | Denmark |
| BUZOIANU DUMITRU | Romania |
| RUSLAN FLISTOC | Romania |
| G&G KANGEN PITESTI SRL | Romania |
| NG KAI LING | Hong Kong |
| | |

| SANJAY HARI SARODE | India |
|-----------------------------|-------------|
| D SAVITHA | India |
| ABHISHEK ANUP | India |
| KORRAVANDA CHINNAPPA | India |
| ARYENDER SINGH | India |
| SUKESH KUMAR | India |
| AMITKUMAR J SONI | India |
| MAYANK KUMAR B PATEL | India |
| NILESH JASHVANTRAY JOSHI | India |
| GOPAL RAM GODARA | India |
| MADHU SUDHAN B | India |
| BOLLOJU VENUGOPAL | India |
| LIKITHA A | India |
| V V V GURUNADHA RAO THUTTA | India |
| NAGALAKSHMI BUNGA | India |
| ARTI RUHELA | India |
| KANTABEN HARIBHAI PATOLIYA | India |
| MANTHAN ASHOKKUMAR PATEL | India |
| RAMESHBHAI GOKALBHAI PATOLI | YA India |
| MUKESHKUMAR HARILAL PATEL | India |
| RAKESH PRAVINBHAI KUKADIYA | India |
| BHARAT KUMAR HIRALAL PATEL | India |
| NAMRATABEN VIPULBHAI MANGU | KIYA India |
| ARUN GUPTA | India |
| RAM PRAVESH PRABHAKAR | India |
| SHAILENDRA TIWARI | India |
| NIKHIL PURANIK | India |
| UMESH PATHAK | India |
| RANJANA O GUPTA | India |
| YOHANES JUANDA | Indonesia |
| DINA HERMAWATI | Indonesia |
| ARIF RAHMAN HAKIM | Indonesia |
| ABDULLAH HANIF | Indonesia |
| 齋藤 芳子 | Japan |
| MOHD NAZIR BIN YUSOFF | Malaysia |
| SHAMSUDIN BIN HASSAN | Malaysia |
| MARY ROSE AGUILAR MONATO #3 | Philippines |

| MA. CAMILLE CABAHUG #2 | Philippines |
|------------------------|----------------------|
| OLEG KONANYKHIN | Russia |
| THAM CHEE CHUNG | Singapore |
| TRAN KHANH SON#2 | Thailand |
| TRAN KHANH THANH | Thailand |
| VA VUTHEAWAT | Thailand |
| NIKOLAOS KOLOVOS | United Arab Emirates |
| TIGIST M ARGAW #1 | USA |
| DEAN RATAJESAK | USA |
| MINH CAM SINH | USA |
| TIMOTHY BACA JR | USA |
| TOAN DUC PHAM | USA |
| T&T PHAM LLC | USA |

| INGRID ANETTE SOLBERG | USA |
|--------------------------|-----|
| JASON P TALAVS LLC | USA |
| THANH DOAN VO | USA |
| TEODY B. PANOPIO | USA |
| FULL FRAME MEDIA #B | USA |
| DAT TAN PHAM | USA |
| HEALTHY DETOX WATER INC | USA |
| MARGO WATSON | USA |
| WATER FOR WELLNESS LLC 2 | USA |
| TOAN THIEN VO #2 | USA |
| NGUYEN THUY NGUYEN | USA |
| MEGAN PHAM LLC | USA |
| | |

6A2

| HA THI THU NGUYEN | Australia |
|---|----------------|
| NKS PROM. DE VENDAS E SERVICOS LTDA ME | Brazil |
| KHAI HOANG MINH LE | Canada |
| TAI PHAN LUONG HO #2 | Canada |
| TAM T NGUYEN#3 | Canada |
| EDISON P. SABEROLA | Canada |
| ALLYSSA DENISE ARCEO SICAM | Canada |
| MKCJ ENTERPRISE CORP. | Canada |
| KST MARKETING CORP. | Canada |
| DYANNE D. DOCTOR #2 | Canada |
| HERMENIA CHRISTENSEN #2 | Canada |
| MARTIN HINTERLEITNER GMBH | Austria |
| MINH KHANH DANG | Czech Republic |
| RYAN ROBERTS | United Kingdom |
| DO THI PHUONG LY | Slovakia |
| IN-HEART HEALTH CULTURE/LEE YAN YAN KARTWIN | Hong Kong |
| HEMANT LAVEKAR | India |
| NAVEEN H.P | India |
| GURPREET SINGH | India |
| | |

| PINANK VASANT CHANDIWALA | India |
|--------------------------------|-------------|
| SHUKLA VIJAY PRAKASH | India |
| ISHA ENTERPRISE | India |
| SANJAY NAGYAN | India |
| PATOLIYA NIKUNJ KUMAR HARIBHAI | India |
| MAHESH HADA | India |
| ANDRY BARLIAN | Indonesia |
| JULIANTO LIE | Indonesia |
| JALALUDDIN DR.MPSA | Indonesia |
| JACINTO MONATO JR 2 | Philippines |
| LILIANA ZOLOTYKH | Russia |
| SAMNANG SVAY | Thailand |
| LOAN HO | USA |
| CRISTINA NGUYEN LEE | USA |
| T&T PHAM LLC | USA |
| CANAGUE DOUBARIA #5 | |
| SAMOU DOUMBIA #5 | USA |
| ANNAHAVEN LLC #1 | USA |

6A2-2

| ERMY & STEPHANE INC. | Canada |
|-------------------------|-------------|
| LINH NGUYEN THI THUY #3 | Slovakia |
| GIRISH BALDEVRAJ KAPOOR | India |
| SHUKLA NAGESHWAR NATH | India |
| SATPAL SAGAR | India |
| MONATO ANNABELLE | Philippines |

| MEANSEREY CHOU | Thailand |
|----------------------|----------|
| MIMITHO | USA |
| VLADIMIR SHCHEGLOV | USA |
| KHUONG LAY TANG | USA |
| THAO ROSA | USA |
| 3TRUE HEALTH MPF LLC | USA |

6A2-3

| KHOA ANH NGUYEN | USA |
|-----------------|-------|
| AMIT PATOLIYA | India |

6A2-4

| KHOA NGUYEN | USA |
|----------------|-------|
| UP ENTERPRISES | India |



Setting the standard for over four decades!