

BALAKONG

Taman Dutamas (with Be Lohas Healthy Cuisine)
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BATU CAVES

Prima Sri Gombak G-07, Jalan Prima SG 1 ☎03-6185 3871

KLANG

Bukit Tinggi (with Be Lohas Healthy Cuisine)
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AEON Shopping Centre Bukit Tinggi G13 ☎03-3324 0680
Klang Centre 21, Lrg Gudang Nanas 2 ☎03-3343 2377
Taman Eng Ann 4, Jalan Kawasari 5 ☎03-3342 0250

KUALA LUMPUR

Kepong-Metro Prima (with Be Lohas Healthy Cuisine)
E-30, Vista Magna, Jln Prima 1 ☎03-6250 8164
Ampang-Great Eastern Mall Lot 4B, LG Floor ☎03-4253 4808
Bukit Jalil 8, Block 2, Jalil Link, Jalan Jalil Jaya 2 ☎03-8994 0563
Cheras-Alam Damai 22, Damai 23, Jalan Alam Damai 1 ☎03-9105 5720
Cheras Taman Segar 24, Jln Manis 4 ☎03-9132 4740

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Damansara Utama (with Be Lohas Healthy Cuisine)
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1 Utama Shopping Centre LG 310 (New Wing) ☎03-7725 0828
SS3 31-A, Jalan SS3/29 ☎03-7873 7536
SS 2/32, SS 2/10 ☎03-7875 4777

PUCHONG

Bandar Puteri (with Be Lohas Healthy Cuisine)
71, Jln Puteri 5/3 ☎03-8062 6571
Pusat Bandar Puchong 8, Jln Bandar 3 ☎03-5880 6471
Puchong Jaya 39, Jln Kenari 21 ☎03-8070 8302
Puchong Utama 70, Jln BPU 1 ☎03-5891 0311
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SHAH ALAM

Kota Kemuning (with Be Lohas Healthy Cuisine)
25, No.8, Jalan Anggerik Vanilla Be 31/BE ☎03-5131 5182

SUBANG JAYA

Taipan (USJ 10) (with Be Lohas Healthy Cuisine)
26, Jalan USJ 10/1E ☎03-5631 4482
Empire Shopping Gallery (ESG) LG 18, ESG, Jln 16/1, SS16 ☎03-5631 4158
USJ 9 44-1, Jln USJ 9/5P ☎03-8024 1476
SS 15 11, Jln SS 15/4G ☎03-5638 1596
SS19 95, Jln SS19/6 ☎03-5635 2184

IPOH

Seri Ampang 9, Jln Seri Ampang 1 ☎05-313 9849
Ipoh Garden South 29A, Jln Sultan Azlan Shah Utara ☎05-547 7349

The Body·Mind·Soul Holistic Health Handbook

e

Thanks for supporting GREEN. Pass this handbook to those in need or return it to your nearest BMS Organics outlet.



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Retail Price: RM6.90
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BMS Organics
Be Lohas Healthy Cuisine

思源
BMS Organics®
body·mind·soul

Your Healthy Diet Consultation Centre

Big Organic Dream in Little Wheat Grass

More than a decade ago, a shop in Subang Jaya, Selangor, which shared on how to live the healthy lifestyle through wheatgrass planting, has grown into over 20 chain outlets and five vegetarian organic restaurants. All of these originated from the passion and mission of organic healthy life.



BMS Organics chain outlet offers one-stop service outlet, a wide variety and ample stocks. BMS Organics is your health dietary consultation centre.



BMS Organics chain outlet located at Subang Empire Gallery, Selangor.



During the economic crisis in year 1997, livelihood problems troubled everyone. Organic healthy lifestyle at that time was an impossible dream to many. However, the harsh reality has not stopped us. We uphold our initial commitment, have faith in our mission to popularise organic enterprise, and to educate the public that environment conservation is intertwined with what we eat. We worked hard quietly. BMS Organics is the result of our hard work.

Sincere Healthy Diet Consultation Centre

BMS Organics treats customers with utmost sincerity, giving them the "home coming" feeling. It shares professional healthy diet information generously, with the hope that the concept of organic healthy living will spread far and wide. BMS outlets are always frequented by the family members of young and old. They come forward to buy BMS organic products and to share with us their organic practice experiences.

Purify Body, Mind and Soul – The Most Comprehensive Health

How do we obtain the most comprehensive health condition? Besides the right organic dietary, we also stress on spiritual health. BMS Organics emphasizes the purification of body, mind and soul, hence providing counselling service to our customers, for them to bring back tons of positive energy and share it with their family & friends.

Say NO to GMO and Chemical Additives

A nature lover, say NO to Genetically Modified Organisms (GMO) products is the principle of BMS. We insist non-polluted organic products for the welfare of our next generation and the world. Products sold at BMS outlets are stringently selected to give our customers peace of mind, whilst playing our part as a responsible corporate in environment conservation.

International and Local Quality Certifications

Products sold at BMS Organics have passed through many local and organics organisation's certifications. Our house brand has even passed through GMP recognised by Malaysian government and is a certified organic re-packaging trader by Australia NASAA.

Be Lohas Healthy Cuisine provides cosy environment for our customers to enjoy delicious cuisine.

Our staffs are well-trained and able to provide you professional information about healthy diet & lifestyle



Wide Varieties, Competitive Pricing

BMS Organics has launched one-stop service outlet for customers to buy a wide variety of organic products they need more easily. Meanwhile, BMS does its best to support small organic enterprises and organic farms towards the path greater professionalism and better quality. With the expansion of BMS chain outlet, we pledge to offer more high quality organic products at competitive prices to our customers.

Love our planet, love our parents, love ourselves, be an appreciator!

That is BMS Organics. We promote peaceful co-existence between humankind and nature. We are also grateful for all that we have, to protect them and to pass them down to next generation.

Be Lohas Healthy Cuisine – The Genuine Healthy Vegetarian

BMS Organics started promoting healthy organic vegetarian 4 years ago. The first Be Lohas healthy cuisine organic cafe sited at Bandar Puteri Puchong. It has never been easy to be in organic vegetarian F&B business, of which it requires sheer determination and persistence to spread the message across. We uphold our initial commitment to promote real healthy vegetarian cuisine, and promise our customers only the best, delicious healthy organics vegetarian dishes. For more information, please refer to page 35.

More about us?
Scan me!





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Biogreen's Full Product Range

Feedback Form



How to become healthy?

Obtaining good health cannot be view from the physical aspect only; it must be at mental, spiritual and environment aspects as well. Any imbalance will automatically lead to illness, whether it is physical or non-physical.



PHYSICAL HEALTH

Health begins with eating habits

- **Eat on time.** Reinjures always occur when the person is hungry hence it is advised to carry small snack-bag of fresh nuts or raisins to work to munch when you are late for a meal to keep up your blood sugar level.

- **Have a balanced diet,** includes carbohydrate, protein, fat, vitamins, mineral salts and fibre in the correct proportions.

Carbohydrate: main source of energy.

Protein: source of materials for growth and repair.

Fat: source of energy and contains fat soluble vitamins.

Vitamins: required in very small quantities to keep you healthy.

Mineral Salts: for healthy teeth, bones, muscles and etc..

Fibre: help your intestines function correctly; it is not digestible.

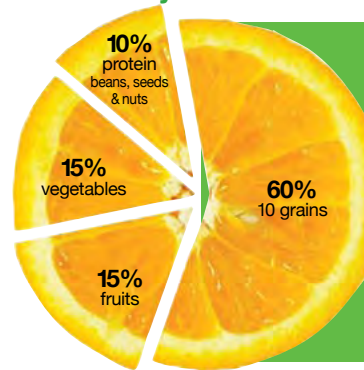
- **The Basic Eating Style: 5 Lows, 3 Highs** :Low protein, low salt, low sugar, low fat, low calories and high nutrients, high fiber and high energy.

- **Choose to consume food** that is fresh, natural, organic, colouring free, artificial-free, no preservatives, GMO Free and no harmful chemical.

- **Reduce to consume meat, cow milk and egg** because it will cause our body to be acidic. **Reduce to consume white rice, white flour,**

white bread, white sugar and white salt, as all these foods have been highly refined and the imbalance nutrients will cause our body to be acidic.

Food Pyramid & Health Balance



What is 10 grains?

It is the mixture of 5 common type of grains such as wheat, barley, spelt, rye, oats, corn, rice, brown rice, buckwheat and millet. Grains have more nutritious and supply balance nutrient as it is lower in fat (especially animal fats), higher in fiber and cholesterol free. Many people are not aware of the benefits of consuming grains in their daily diet – it can help to lower your risk in getting heart disease, cancer and obesity. As there are no specific ways on how to consume five grains, you can be creative in creating your own five grains recipes.

The Right Eating Procedures

- Eat fruits before meal as fruits will tend to be oxidized before it is digested, if we consume it after meal.
- Drink juice/ water/ soup before meal or half an hour after meal, to avoid from diluting together with the digestion enzymes that are release out to digest the food as it can cause digestion and gastric problem periodically.
- Eat some raw vegetables before meal, as raw vegetables contain enzymes that helps in digestion process.

3 The Food Digestion Time

- Fruit - ½ to 1 hour
- Carbohydrate - 2 to 3 hours
- Protein - 4 to 6 hours
- Fat/ oil - 6 to 8 hours

It is noticeable that protein and fat/oil take longer time to digest. So we should consume less of both categories.

Understanding Our Body Biological Clock



• 4am –12pm

Detoxification period is when our body does detoxification during this time.

• 12pm - 8pm

Nutrient absorption period is the best time for our body to absorb nutrient, so best to consume food during this period of time and try not to eat dinner after 8 p.m.

• 11pm - 1am

The period of body cells rebuilding/ replenishing process, the time for our body to rest, rebuild body cells and actively perform metabolism process and it is better to sleep before 11 p.m.



Small Tips:

Do some simple exercise while executing our daily tasks, opt to walk-up the stairs instead of taking elevator at work.

Do hand squeezes by clenching and releasing your hands on the count of 5 and alternate, to help relieve tension and relaxes fingers, lower arms and wrists.

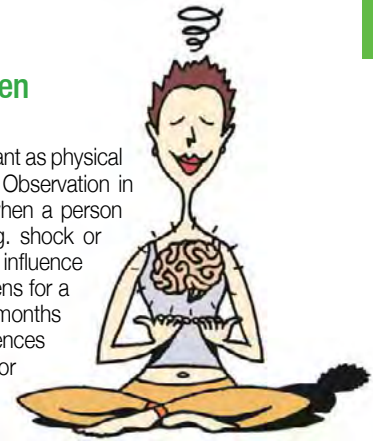
Exercise

It is important to be healthy in all aspects, including our physical aspect but many of us have forgone our physical health due to our busy schedule. However, exercise is vital in keeping our mind and body fresh and healthy. It also helps to prevent diseases, improves our stamina and the quality of our life. Hence, it is not an excuse to skip exercise despite the busy daily schedule.

It is important to do exercise at least 30 minutes everyday – you do not need to complete a full set of exercise with weights or machines but simple exercise method such as walking, jogging or cycling (basic stretching to relax body muscles before exercising is vital) can help you feel fresh, healthy and keep sickness away!

MENTAL HEALTH The Relationship between Emotion & Illness

Mental health is equally as important as physical health as it is both inter-related. Observation in medical literature showed that when a person suffered emotional problems (e.g. shock or conflicts with others) it greatly influence the body's immunity and it weakens for a duration of approximately three months i.e. when a person experiences emotional stress, stimulation or contradiction; the body would be at its most vulnerable state.



Illness like cancer have a close relationship with how our mind thinks and reacts. This is well-documented scientifically in the study of psycho-neuroimmunology; a new science that deals with the interrelationship between the immune system and the central nervous system. Information collected through this study shown that cancer patients generally suppress their emotions and according to an American statistics, breast cancer patients are often women who could not express their anger and project a good image of themselves to others thus others will not find anything amiss.

Another comprehensive scientific statistics based on no less than ten thousand individual cases compiled by Dr. Hamer of Germany; indicated that different aspects of emotional depression give rise to different forms of cancer. This discovery was made when the loss of his beloved son caused deep grievances to him and his wife, and both were diagnosed with cancer within a short period of time. He realized it was caused by their emotional depression so he thought of methods to relieve his own grief and quickly recovered but his wife was unable to overcome the grief and died from cancer. Consequently, Dr. Hamer begins observing emotional problems of the patients and discovered that patients have an emotional crisis 3 to 6 months prior to the discovery of their illness. Similarly, if they could overcome their emotional shock or conflict, they would quickly recover.



Such findings are in line with ancient findings of Chinese physicians who made such observations over thousands of years ago; the Chinese physicians believe that “the seven



3 Steps to Change Our Frame of Mind

Our perspective of life, ourselves, belief and health have a very intricate and close relationship with each other, as described previously. How do we change our mind frame then?

Know ourselves and to perceive what is beneficial or harmful to us. Adopt a positive attitude and render thoughts that benefit us and others. For example, when we are criticized, we should encourage others; when we are ill, we should save lives.

Adopt different methods of repentance to expel the defilements in our minds. Any action that are not motivated by a loving mind are defiled, whether the object is a human, animal, insect or even ourself. Repentance is a simple beginning but often brings unexpected benefits; when our defilements are reduced, our moods will improved, things will go smoothly for us and our "luck" will also improved.

Deeply contemplate the objective of life, to seek our aspiration and goals. We will discover that when we are of service to others, we are at the happiest. This goal is not short-term but rather consistent and of sincere service to others.

emotions and six desires" is root of all illnesses, for example, extreme fear damage the kidneys; bad temper and anger damage the liver; sadness damages the lung; even excessive joy and happiness damage the heart. If one cannot forget a certain matter and constantly pondering over it, then one's spleen might be damaged. In the same way, Dr. Hamer found that when a person has been mistreated and harbored anger, the anger possibility leads to the development of liver cancer.

This showed that both our mind and body are inter-related and it is important to keep both healthy.

Be Op+imistic

At any situation, look from a positive point of view and you may be able to let go the pessimistic feeling or thought. Basically, every situation can be viewed from many different angles and whether the outcome is good or bad, it depends entirely on which angle you are looking at. We must train ourselves to always be optimistic when assessing any situation. Many things in this world cannot be explained but when we are optimistic, we attract good things; consequently, we attract bad things when we are pessimistic. We can observe amongst our friends that some of them are always lucky and some are always unlucky; when you scrutinize their attitudes, it will be obvious that the lucky ones are those who are optimistic and the unlucky ones are those who are pessimistic.

Positive Thought and Intention

Thought is considered as an abstract but it has the capability to influence the reality of our physical body. For example:

A person that always have positive thought and good intention will have a better immune system compared to a person that is always angry, fear, sorrow, depress or sad, will always fall sick and feel weak.

According to many ancient beliefs, human body resemble as a micro cosmos in correspond to the external macro cosmos. There are smaller cosmos within our micro cosmos (e.g. tissues, cells). Besides human being, microorganism, plants, animals and etc are other spheres of being which is interconnected thus forming the holistic macro cosmos. As a result, each of our thought and intention will not only affect our cells, tissues and organs internally, but also all beings in the universe. Hence, positive thoughts create positive reality and negative thoughts create negative reality. It is all a matter of choice!

Compassion and Qi

It is commonly said, "Your face reveal your thoughts" which means when you are performing good deeds, your heart will be "open" and happy, thus your body's "Qi" will flow strong and smooth which will improve immune system, endocrinal system and blood system. In Chinese Tradition system, "Qi" is more important than blood as "Qi" can produce blood and when "Qi" is strong, it will enhance blood circulation, natural detoxification, improve immune system and directly promote a healthier physical body. In short, a compassionate heart and doing good deeds lead one to better health and happiness in life.

Yoga

Yoga is another form of popular health practice where it helps you to be aware of your body, mind and environment. There are many types of yoga practices and it is important to find one that fits your lifestyle.

Here are few 15-minutes yoga practices that you can practise:

The Mountain Pose: Stand straight with your hands rest aside your body and open a small gap between your legs and stand still for 15 minutes. This posture helps to promote the experience of stillness, relaxed power, strength and immovable stability that is associated with mountains hence the name.

Double Leg Raises: Lie down on your back on a yoga mat (or towel as alternatively), resting on the floor and your neck and shoulders are relaxed. Raise both legs to the air.

Final Corpse: Lie down on the floor and spread out your arms and legs comfortably and relax.

** Please take note the yoga practices above are just samples of yoga exercises. You should enlist the help of Yoga instructor.*



More about organics? Scan me!



Organic?

Redder tomatoes, greener vegetables, juicier apple! Organics foods - free from pesticides and harmful chemicals for greener, fresher vegetables and fruits for a better, healthy living you!

WHAT IS ORGANIC FOOD?

Organic food is grown organically with zero pollution, produced from natural farming systems that do not damage the environment, without using pesticide, herbicide, chemical fertilizer and it is GMO (Genetically Modified Organism) free. During the process of manufacturing, it is strictly monitored without adding any artificial colouring and preservatives.

Organic food is grown by methods which:

- Maintaining soil fertility long-term by fostering the creation of humus through replenishing organic matter, balancing mineral levels and increasing microbe life.
- Crop rotation: It is the practice of growing a series of dissimilar types of crops in the same area in sequential period for various benefits. It is balance in using the soil nutrients, able to control and prevent harmful pest and disease by improving soil structure and fertility.
- Avoid materials which cause pollution or are known to be harmful to health such as synthetic fertilizer, insecticides, fungicides, herbicides, hormones or antibiotics.

How is Most Food Grown?

Conventionally produced food has sacrificed quality for quantity and low cost as farmers are forced by competition to use methods that produce maximum yields without concerning for possible health risks or damage to our environment. The methods using are:

- Degrades soil structured with the use of highly soluble fertilizers that harm soil organisms and deplete organic matters thereby causing erosion.
- Depends on toxic materials to control weeds, pests and diseases that will cause environmental contamination and health hazards.
- Conventional agriculture places short-term profit ahead of the long-term sustainability of farmland.

Ten Reasons Why Choose Organic

• Protect Future Generation

An average child receives 4 times more exposure than an adult to at least 8 widely used cancer causing pesticides in food. The food choices you make now will impact your child's health in the future.

• Restoration of Natural Ecosystem

Organic farming does not contaminate the soil with synthetic chemicals and it restores the natural ecosystem.

• Protect Water Quality

The absence of synthetic chemicals ensures our water supplies are not polluted with farm chemicals.

• Save Energy

Synthetic fertilizers consumed more energy to be produced but organic farming reduces the need to transfer and dispose the dangerous chemicals through transportation.

• Improve Lifestyles and Value Systems

Organic farming required its practitioners to respect nature and conserve all environment resources, that it will help to improve lifestyles and value systems through it.

• Maintain Optimum Nutrition

Organic produce contains more minerals and vitamins than food grown with chemical fertilizers. Researchers at Rutgers University reported that non-organic products had as little as 25% as much minerals content as organic products.



• Keep Chemicals Off Your Plates

Organic products are free from pesticides, fungicides and other harmful chemicals.

• Tasty Flavour

There is a good reason why many chefs use organic foods in their recipes – they taste better! Organic farming starts with nourishment of the soil which eventually leads to the nourishment of the plant and ultimately, our palates.

• Supporting a True Economy

Although organic foods might seem to be more expensive than non-organic products but the prices of non-organics products do not reflect hidden cost such as health and environmental damages.

• Promote Bio-Diversity

Supporting organic products will promote bio-diversity due to the practice of crop rotation instead of mono cropping. Mono cropping is the practice of planting large plots of land with the same crop year after year. While this approach tripled farm production between 1950 and 1970, the lack of natural diversity of plant life has left the soil lacking in natural minerals and nutrients. To replace the nutrients, chemical fertilizers are used often in increasing amount. Single crops are also much more susceptible to pests, making farmers more reliant on pesticides. Despite a tenfold increase in the use of pesticides between 1947 and 1974, crop losses due to insects have doubled! This is partly because some insects have become genetically resistant to certain pesticides.



ORGANIC FARMING

Can you ever imagine seeing bugs on your vegetables? There is a misperception that seeing bugs on your vegetables means that the vegetables are spoiling and dirty. This is not true because it shows that the vegetables are free from harmful pesticides or chemicals thus making it much healthier and beneficial in consuming the vegetables.

In an organic farm, you can get up-close and personal with many different types of farm bugs that are commonly found in vegetables that are free from harmful pesticides. The fertilizer used here is naturally fermented from spoiled vegetables and fruits. All in an organic farm is just about 100% natural planting & fertilizing system. It is very educational to the young children as they will be able to experience hands-on in seeing how organic farming operates and also understand the importance of organic farming with our environment.



More about organic farming?
Scan me!

BUG'S PARADISE
昆虫的天堂
Organic 有机

[Organic] 有機
Vegetables & Fruits
蔬菜 and 水果

No Pesticide! No Chemical Fertilizer
无农药! 无化学肥料

Bug's Paradise Farm
昆虫的天堂果菜园

See these veges! All are full of energy and free from pesticides and any chemical.
蔬菜们都得到充足的养分, 无农药杀虫剂也不含任何化学药物。

The earth worm is hiding in the cabbage.
蚯蚓躲在包菜内。谢谢你泥土变得更肥沃。

Plastic container is used for fermentation in order to get the enzymes and good bacteria.
发酵过程使用塑胶桶, 以得到酵素和有益细菌。

Protective Netting to protect the veges from rain & bugs!
护网是为了预防蔬菜被雨水或害虫侵害

The farmer collected the spoiled vegetables and let it ferment naturally here to become fertilizer.
别浪费蔬菜。农夫会把腐坏了的蔬菜收集一起再自然发酵成为天然肥料。

Wow! The cherry tomatoes look so yummy!
哇! 这些樱桃番茄看起来 很美味可口呢!

Niwaymind, Mr. Snail, climb slowly, no one is going to disturb you.
没关系, 蜗牛先生, 慢慢爬吧, 没有人会打扰你的!

Compost that is ready to be used.
已可使用的有机堆肥。

有機 [Organic]

Bakeries · 烘焙類

- No Egg • No Artificial Colouring • No Bleaching Agent
- No Chemical Preservatives • Non-Chemical Improver



Walnut Muesli



Bamboo Charcoal Loaf



Black Sesame Bun



Burger Buns



Cocoa Bun



Black Sesame Loaf



Rye Loaf



Wholemeal Loaf



Multigrain & Seed Loaf



Scone Raisin



Banana Cake



Fruit Cake



Green Tea Cake



Pink Lady Cake

ORGANIC BAKERIES

Breads are consumed on a daily basis and it is advisable to choose organic bread as it is a healthier choices for many reasons:

- Free from egg, colouring, bleaching agent and chemical preservatives.
- Sugar Free range – without adding in sugar, so is recommended for people that are sensitive to sugar.
- Gluten Free range – suitable for people that have colieac disease (allergy to gluten food), people allergy to wheat, cancer patient, people with indigestion problem and hyperactive kids.
- It contains non-chemical improver. The texture is much rougher than normal bread but it contains more nutrients and is healthier.
- Best ingredients are selected in making organic breads such as choosing organic unbleached and whole meal flour, salt that rich in mineral, organic sugar and grape seed oil (instead of commonly used hydrogenated oil).



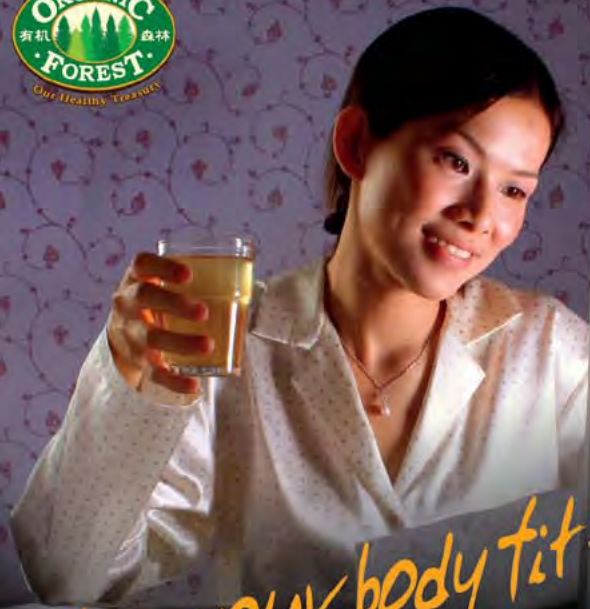
More about organic bakery? Scan me!

ORGANIC FRUITS ENZYMES

Enzymes are vital protein molecules in the foundation of our life, responsible for our cells biological activities and fruit enzymes are the new popular health DIY among many health enthusiasts today. It consists of a bundle of goodness such as purifying our blood circulation, maintains good digestion system with its balance friendly bacteria thus help to regulate our body function, reduces tiredness and improves our skin complexion. Fruit enzymes are naturally fermented and are free from any colouring, flavouring or preservatives.



Notably, fruit enzymes are good but organics fruit enzymes would make much more differences for very simple reasons - organic food are free of pesticides or harmful chemicals and it is more fruity in terms of flavour and rich in vitamins. This will be added plus benefit in choosing organic fruits to make fruit enzymes.



Keep your body fit,
A glass of enzymes before sleep



Biogreen Prune Enzymes
• Organic Prunes fermented with raw honey
• Helps to increase red blood cells, nourish lungs and aid constipation problem

Biogreen Bio-Enzymes Vinegar
• Apple cider vinegar fermented with raw honey
• Boosts immune system, helps with digestion, reduces body heat, reduces body cells and nourishes lungs.

Organic Forest Organic Zi Enzymes
• Fermented with organic fruits and vegetables
• Contains various types of enzymes
• Boosts immune system, reduces body heat, helps with digestion and improves energy and vitality

BMS Organics 思源
body • mind • soul
Your Healthy Diet Consultation Centre



Think Different Think Biogreen
www.biogreen2u.com

叶剑锋

Owen Yap
Newscaster, TV Host
Biogreen Ambassador



A Healthy Day starts with
Plant-based Milk
早晨一杯植物奶，
健康由此開始



Biogreen plant-based oatmilk and soyamilk series for everyone in your family

BIOGREEN HEALTH LINE (健康服务热线) 03-8070 8310

ORGANIC HEALTHY KITCHEN

A healthy family starts from a healthy kitchen. Kitchen is a place for women to start taking care of family member's health. It is crucial on selection of raw food, seasoning condiments to add to your meals and cookware to meet the requirement of health and protect the earth.

Choose the healthy 7 daily necessities: woods (coals), rice, oil, salt, sauce, vinegar and tea

• Benefits of Brown Rice

When rice is milled and polished, 20% of the protein and fats from the bran portion of the grain is removed. Unfortunately, this important food source is usually eaten in most parts of the world in its least nourishing form – that is, milled and polished to remove the bran and germ, which contain valuable nutrients. Therefore, white rice contains less nutrition value as compared with brown rice.

Brown rice contains 8 types of amino acid, 16 types of minerals and 21 types of vitamins that give us complete nutrients. Sprouted brown rice after soaking in water is very high in energy and full of life. Consuming brown rice helps in purifying the blood, improves digestive system, prevents colon cancer, lowers cholesterol level, improves blood circulation and reduces chances of being leukemia diagnosis. Brown rice is beneficial to diabetic patients and helps in losing body weight too. Mixture of grains, 5 grains and 10 grains provide a higher concentration of the nutrients.

• Healthy Oil Selection

Grape seed oil, with high smoke point of 480 Fahrenheit (above 200 Degree Celsius), suitable for deep frying, prevents free radical that causes cancer. Organic coconut oil is made of cold pressed organic fresh coconut. Coconut oil contains Lauric Acids (MCT) easily to digest



Enzymes • Oxygen • Friendly Bacteria • Vitamins • Minerals
• Body cells & immune system strengthening

All in a glass of pure juice

Special features of Green Power

- ★ Twin gear extraction, retains the natural nutritions
- ★ Capable of juicing herbs, leafy vegetables with tough fibre & wheatgrass
- ★ Minimizing loss of nutrition, produces fresher juice
- ★ Separating pesticides and heavy metals



8 machines in 1

- ✓ Fruit juicer ✓ Vegetable juicer ✓ Wheatgrass juicer ✓ Food mill
- ✓ Grinder ✓ Pasta maker ✓ Fruit ice cream/dessert maker ✓ Soya milk maker

Nutrition Comparison Chart				
	Composition	Nutrient extracted		The ratio of extracted nutrient Green Power VS ordinary juicer
		Green Power	Ordinary Juicer	
Spinach enzyme content	140 mcg	130 mcg 93%	36 mcg 26%	3.6 times
Celery Vitamin C content	115 mcg	98 mcg 85%	18 mcg 16%	5.4 times

Start your healthy lifestyle with Green Power Life Enzyme Activator

Green Image Organic Enterprise Sdn. Bhd. | www.greenimage.com.my
03-80708310

and deliver to liver for detoxification and boosts immune system, improves digestive system and metabolism to burn body calories for slimming purposes. Cold pressed coconut oil is very stable under high cooking temperature hence it is very suitable for deep frying. Organic olive oil helps in lower LDL (bad cholesterol) and increases HDL (good cholesterol). Organic olive oil contains mono-unsaturated fats hence it is good for stir-frying vegetables and used for salad dressing.

• Benefits of Sea Salt

Refined salt lacks of many trace minerals provided by natural sea salt. White salt is manufacture from explosives, chlorine gas, soda, fertilizers and plastics that will cause heart diseases, hypertension and kidney diseases. Active live sea salt is hand harvest, sun and wind dried that contains 84 types of elements and trace minerals. Active live sea salt is naturally moist with magnesium that helps to discard excessive potassium from our body thru kidneys. It can help to regulate blood pressure and hence suitable for high blood pressure patients.

• Great Sauce, Great Taste

Sauce is a flavourful seasoning or relish served as an accompaniment to food. There are so many types of sauce such as organic soy miso, organic brown rice miso and 540 days of fermentation organic barley miso. These miso are traditionally fermented, high in nutrients and suitable for making soup and stir-frying vegetables. People are encouraged to take miso soup at least 2 times in a week because miso protects against radiation from computer and television. Use Biogreen G Seasoning Powder to add flavour to your dishes. Biogreen G Seasoning Powder is made of shiitake mushroom extract, kombu



extract, vegetable protein, nutritional yeast, natural spices and sea salt. Hence, it is a healthy seasoning powder for you and your family.

• Choose the Right Vinegar

Drinking vinegar improves metabolism, helps in digestive system, reduces fatigue and prevents hardening of arteries. You can use vinegar in your cooking, seasoning and drinking in daily life for health benefits. For examples, drink Apple Cider Vinegar (ACV) for energy boosting, helps in digestion, reduces arthritis and relieves gout pain, boosts metabolism and helps you to lose weight. Red Plum Vinegar is weak alkaline that balances body pH, improves digestive system, improves appetite and reduces body heat. Brown Rice Vinegar is made only from well water and organic brown rice using traditional process, no chemical additives and no preservatives added; it is aged for 12 months in partially buried clay crocks. Drinking Brown Rice Vinegar is good for diabetes and hypertension, helps to reduce body fat and reduces stomach congestion problem.

Reduce Oil Smoke Emission

Researchers say that, oil smoke from the kitchen is related to the cooking oil that you are using. Acrolein is a major content in the oil smoke after 200°C of high heat cooking oil that can irritate eyes, nose and throat that cause rhinitis, sore throat, chronic bronchitis and sickness related to respiration system. Acrolein concentration causes chronic poisoning when the cooking oil is heat up till 300°C. Therefore, it is important to install a cooker hood in your kitchen and reduces deep frying to have a better health on you and your family.

Say No to Microwave Oven

Microwave ovens are a great time saver in the kitchen. In just a few minutes, we can heat up our dinner, even make a bowl of porridge for breakfast or make popcorn for a snack. However, microwave ovens create toxic substances when heating up foods; destroy the nutrition value of your foods. Long term of exposure to microwave cooked food is harmful to your health. Microwave cooked food causes cancer, hormone imbalance, lymphatic system and digestive system disorder, abnormal changes in human blood and immune systems, emotional instability and brain damage as well as heart diseases. Hence, lose your microwave oven and save your health.

Safety & Healthy Kitchen Electrical Appliances

Keep your eyes on the electricity, gas and water in your kitchen for you and your family members' safety. Safety and health issues are your main criteria when choosing an electrical appliance for your home kitchen. It is very important to choose a good quality of electrical appliance to prepare food for you and your loved ones.

千年

紫砂煲

Purple Clay Cookware Series

- With thousands years of history, purple clay cookware brings "good health, good taste and culture" in the food.



- Heating process releases a wealth of far infrared, can be activate lipase, break down fats, soft food, stimulate the deep flavour, lowering fats and cholesterol absorption especially when you use it to cook meat.

- Releases a wealth of minerals, especially iron that helps to improve red blood cells count.



- Has been proven to alkaline water and food, suitable for human body.

系列



Purple Clay Speedy Pot (Soup Pot)



Purple Clay Rice Cooker



Purple Clay Steaming Mug



Purple Clay Herbal Kettle



Purple Clay Baby Pot

21 ORGANIC CAFÉ

Mention about organic cuisines, most people might frown and think it is not delicious and assumed that their family will not be able to accept having organic cuisine for their meals. However, this perception is not right. Organic food can be much more delicious than you imagine, especially when you have visited us at Be Lohas Healthy Cuisine.

Be Lohas Healthy Cuisine

Be Lohas Healthy Cuisine is a cafe by BMS Organics and it is first opened on 1st October 2007 at Bandar Puteri Puchong. Within 3 years time, it has opened branches at Damansara Uptown, Subang USJ10 Taipan, Metro Prima Kepong, Klang Bukit Tinggi, Taman Dutamas Balakong, Kota Kemuning and expanding to few more branches in near future.

What is "LOHAS"?

LOHAS stands for "Lifestyle of Health and Sustainability" which means healthy lifestyle, environmental friendly and sustainable living. Chinese had intelligently translated the term to "Le Huo" which means living happily.

Objectives of Be Lohas Healthy Cuisine

- Enable everyone to enjoy most affordable and "good for value" organic healthy vegetarian meal.
- To share the joy of LOHAS.
- To promote the concept of "love ourselves, love our families and love our planet".

Why Be Lohas Healthy Cuisine?

- The food is prepared with love, patience, care and compassion
- The food is prepared in low-salt, low sugar and less-oil cooking methods
- Our selection of high-energy, organic and natural vegetables and herbs
- Uses only natural seasoning (GMO-free) and uses non-artificial colouring, no preservatives and no MSG added as seasoning
- Uses only GMO free, artificial colouring free and preservative free vegetarian food to cook



More about Be Lohas? Scan me!

Organic Soya Curry Noodle

Love eating curry noodle but worried about high cholesterol? Worry no more with Be Lohas's Organic Soy Milk Curry Noodle. Made from organic soya milk, taste the same as coconut milk but much healthier choice of curry noodle; the taste is as good as coconut milk curry noodle has made many Be Lohas Café customers surprised that it is actually made from organic soya.

Be Lohas chef once said: "the ingredients of a bowl of organic soya milk curry noodle must be selected from fresh grinding spices."

In preparation for the tasty organic soy milk curry noodles, fresh ingredients are prepared daily by Be Lohas chef and kitchen assistants. Among the ingredients used in the recipe are blue ginger (known for its hardness to be cut), turmeric, pepper, onion and garlic. The next step would be the grinding process which is very labor-intensive. Then the chef will put in the grinded spices into a wok and fry with medium fire, adding in organic soya milk, sea salt and natural seasonings. Then boil slowly to produce the perfect curry for about half an hour and a sweet-smelling organic soy milk curry noodle will be ready for you.

Many customers asked why the chef chooses such an intensive method when there are many ready-made ingredients in the market. This is because the secret recipe in making a delicious organic soy milk curry noodles does not lie in using most traditional way but using "heart" to prepare will make a difference in taste eventually.



Be Lohas Healthy Cuisine @ Metro Prima, Kepong

23 Nasi Lemak



Nasi Lemak is one of Malaysia's infamous trademark local foods that have gained an international reputation. Made from organic soya milk, Be Lohas Healthy Cuisine's Nasi Lemak makes you free from worrying from health concern such as high cholesterol. The Rendang is prepared using organic soya milk with fresh spices added to the vegetarian mutton, hot and spicy chilli and comes with hard and soft delicious brown rice. It will give you a memorable healthy delicious Nasi Lemak that you have ever tasted.

Hin Hua Mee Sua



Hin Hua Mee Sua is traditional cuisine from Hin Hua community (part of Chinese Hokkien clan) that is served whenever they celebrates a festival. It is a plain-looking dish with simple ingredients but it will give you an unforgettable taste the moment you try it. The Ingredients of making Hin Hua Mee Sua are prepared in traditional ways, such as hand-pulling noodles, Hin Hua style Tofu and crispy laver. Come to our café to enjoy our Hin Hua Mee Sua. A bowl of Hin Hua noodles served with a bowl of vegetable soup that can satisfy your taste buds and provide a wonderful aftertaste that lingers in your mouth.

Five Colours Energy Lei Cha



An organic interpretation for the traditional hakka savory brew that gives you a healthy twist! Having 5 different colour organic vegetables as a solid base for the total nutritional boost, each contributing different texture and flavour to the dish. Here is the most anticipating moment, pour in the specially brewed soup, which is mixed from various organic nuts, grains, spices and tea. It is thick and rich and makes rice delicious, not to mention its high nutritional benefits that gives your body a boost for enzymes and Vitamin C!

Miso Cold Noodle

All too often, there has been the assumption that healthy food is necessarily bland. Here is the proof that the chef's creativity makes all the differences. Introducing the Japanese healthy secret — Miso cold noodle! Miso is no stranger to Japanese food fans. It is anti-radiation which keeps your body unpolluted and cancer-free. Knowing that clients appreciate wholesome, natural food, our chef has blended the spinach noodle with bountiful healthy organic ingredients - the 5 different fresh uncooked organic vegetables and apple cider, which infuses the dish with natural tartness.



Bamboo Charcoal Burger

Bamboo Charcoal contains strong absorption edge; it can help detoxification and colon motility. Bamboo Charcoal Burger contains a lot of fresh crisp organic vegetables; it is rich in fiber, vitamins and energy. Self-made soy taste hamburger meat not only taste good, but it also provide us with good protein. It will certainly make you would like to give a try. You have no worry on gaining weight after eating a Bamboo Charcoal Burger! It is really delicious and healthy! You must not miss it!



The Genuine Healthy Vegetarian!

organic!
vegetarian

Ingredients used include organic vegetables and spices, healthy grape seed oil, olive oil, sea salt or rock salt which are rich in minerals.

SIX "NO'S"

- No MSG added, No GMO vegetarian food,
 - No artificial colouring, No chemical preservative,
 - No microwave cooking, No deep frying
- (mainly use steaming & stewing as cooking method)



Assam Laksa



Spaghetti



Ginger Duck Rice



Baguette with Tomatoes



Soy Milk Curry Laksa



Black Sesame High Calcium Drink



Miso Cold Noodle



Korean Bulgogi Rice



Chicken Oat Porridge



Tuna Burger



Tuna Croissant

Four Lows,
Three Highs

Low salt, Low sugar, Low oil, Low calories,
High energy, High fiber, High nutrients



Use safe and Healthy
Purple CLAY
cookware

Purple Clay Speedy Soup Pot Purple Clay Rice Cooker

Infra Red that released by the cookware can decompose the fats in food and it helps to lower the cholesterol absorption by our body. The minerals released from the cookware can turn food and water into alkaline, while the iron released helps in blood building.

Be Lohas Healthy Cuisine's Branches

- BALAKONG** Taman Dutamas D1-30-G, Jalan Dutamas 1 ☎ 012-932 2418
 - KUALA LUMPUR** Kepong Metro Prima E-30, Vista Magna, Jln Prima 1 ☎ 03-6250 8164
 - PETALING JAYA** Damansara Utama 37, Jalan SS21/60 ☎ 03-6250 8164
 - KLANG** Bukit Tinggi 22a, Lorong Batu Nilam 3D ☎ 03-3324 3960
 - PUCHONG** Bandar Puteri 71, Jalan Puteri 5/3 ☎ 03-8062 6571
- Setia Walk Coming Soon!!
- SHAH ALAM** Kota Kemuning 25, No.8, Jalan Anggerik Vanilla Be 31/BE ☎ 03-5131 5182
 - SUBANG JAYA** Taipan 26, Jalan USJ 10/1E ☎ 03-5631 4482

Join us on Facebook to share more tips about LOHAS

*Honour Your Body
with Consciousness*



GROOMING WITH CONSCIOUSNESS. GO ORGANIC!

The simple step of making yourself feeling good starts from your body and appearance and as the old saying goes “first impression comes from our appearance”, and nothing can be compared with natural beauty.

Natural beauty is the talk of today in the fashion world with the visualisation of one's natural beauty ranging from the face, hair and skin. It is an attainable goal as long as we are discipline from our diet and also facial care.

There are many organic products available for facial care in the market today. Organic facial products are made from organic fruits, herbs and botanical grown which the goodness of the organic are passed on to your skin and you can rest assured that the amount of synthetic chemicals used are very little or close to none. Using organic products are safe option as it reduces exposing your skin (largest organ of your body) to harmful effects and maintain the natural beauty of your skin.

Apart from organics facial care, there are also organics hair-care ranging from organic hair shampoo, organic conditioner, organic colouring that are free from damaging chemicals and free from ammonia. Hair is known as the most important accessory to a person's appearance and using an organic hair-care products help to utilize the proteins of your hair and can enhance the colour of your hair.

So, let's groom with nature, guilt-free beauty. Brings out the natural you from head to toes with organic grooming products.



Body Cleansing



More about
body detox?
Scan me!

The purity and vitality of good health is determined by many factors which includes cleansing of our body externally and internally, in order for us to feel good about our body physically and mentally. Body cleansing can help to make you feel fresher and healthier, inside out of your body. Get ready to feel good!



Balance is Important

The Chinese phrase of "Impurities in the blood cause ten thousand sickness, and thousand diseases begin with acidity in the body" is coincide with Hippocrates's theory "when the blood and fluid in the body are maintained at balanced state, one will be healthy." This phrase affirmed the importance of acidity balancing in the human body.

Causes of Over Acidity in Human Body

- Excessive proteins e.g. meat, milk, egg, dairy products
- Artificial additives e.g. colourant, preservatives etc
- Excessive refined oil, sugar and salt
- Emotional pollutants e.g. stress, anger, jealousy
- Food pollutants e.g. chemical fertilizer and pesticide
- Air and water pollutions
- Unhealthy cooking method e.g. deep fry
- Polluted working or living environment

Stages of Toxin Accumulation

1st stage of symptoms: fatigue, forgetfulness, stressfulness, skin itchiness, cough and cold are among the symptoms.

2nd stage of symptoms: bad odor, bad breath, skin irritation, sweaty palm/feet, constipation, menstruation pain, habitual headache/flu/cough, frequent urination and etc.

3rd stage of symptoms: diseases developed e.g. arthritis, migraine, insomnia, cancer, high blood pressure, kidneys failure, infertility and etc are among the many diseases that could developed when toxins are accumulated inside our body for a long period.

EXTERNAL CLEANSING METHOD

Vinegar Bath

The vinegar bath is good for cleaning the aura. Add one cup of apple cider vinegar to half a tub of hot water and soak for twenty minutes.

Walking Barefoot

Insomnia and many other illnesses could be due to the accumulation of static electricity in the body. Being in touch with the ground by walking barefoot for ten to twenty minutes daily discharges static electricity from the body and helps promote good health. When walking barefoot on the ground, energy in the body is two times higher than when wearing shoes.



Sea Salt and Baking Soda Bath

This combination is highly recommended to remove radiation from the body, especially after a flight or after radiation treatments. Soak in a tub of hot water with one pound of sea salt and one pound of baking soda for twenty minutes. For those who are undergoing radiation or chemotherapy, repeat bath once a week for several months.



Epsom Salt Bath

Soak in a tub of water where three to four pounds of Epsom Salt has been added. This is an effective way of drawing out the toxins from the skin.

INTERNAL CLEANSING Colon Detox

Colon is the main organ of excretory system. If the excretion process is not smooth, it may cause chronic poisoning phenomenon. To those who mostly consume cooked food, they might accrue as much as 5-25 pounds of waste in their colon. These toxins are absorbed in the colon and then affect our body health. Therefore, fresh fruits and vegetables, exercises are very important in order to keep the colon clean and our healthy body.

Liver Flush DIY

Nutritionist's Recommendations

- Organic Forest Demeter Lemon Juice
- Biogreen Organic Molasses • Organic Forest Olive Oil • Cayenne Pepper

The following formula is given by Jack Schwartz:

Drink consistently every morning before breakfast for 10 days

warm water (1/2 glass) + lemon juice (2 tablespoons) + molasses (1 tablespoon) + olive oil (1 teaspoon) + a dash of cayenne pepper

Friendly Reminder

During the liver flush period, your body and stomach may feel uncomfortable, may be headache, fatigue and other reactions. This shows that the body has entered cleansing condition, it is an excellent detoxification phenomenon. These reactions will gradually disappear in short term, your body will feel better than before.



Gallstone Flush DIY

The gallbladder and the liver are connected as such a weak liver will benefit from gallstone flush. The formula below allow to do gallstone flush at home.

Nutritionist's Recommendations

- Organic Forest Demeter Apple Juice • Organic Forest Demeter Lemon Juice
- Organic Forest Olive Oil • Epsom Salt

The first 5 days

Four glasses (1 litre) of apple juice per day and eat normal healthy diet with less oil.

On the 6th day, cease eating after lunch. At 6pm & 8pm (2 times)
a glass of warm water + Epsom Salt (1 teaspoon)

At 10pm

lemon juice(1/2 cup) + olive oil (1/2 cup)



Apples help to soften gallstones. Lemon juice helps to soften the bile duct. Olive oil stimulates excretion of bile which helps flush the stones out of the body. On the seventh day, look for stones in stool. Most people have some gallstones even if they do not have acute symptoms and many people has tried on this formula and some claiming to have flushed out as many as 100 stones. The stones come out in the stool and are green in colour.

Kidney Stones Flush DIY

Nutritionist's Recommendations

- Organic Forest Demeter Lemon Juice • Biogreen Honey

Drink consistently everyday for 10 days

Drink 12 tablespoons of lemon juice (every 2 tablespoons of lemon juice equals to 1 lemon) it can be consume seperately for a few times and diluted or sweetened

Friendly Reminder

Kidney stones are result of weak kidneys hence besides following the kidney flush formula; one must strengthen the kidney to avoid having any more stones.

The critic acid of lemon juice will dissolve the calcium deposit. After some time, the stones that come out will be like sand and will come out through the urinary tract. When experiencing the passing of the stones in stool, it could be quite painful, especially for those who have a lot of stones.

You may also choose the following method: Boil 1 tablespoon of dried Dandelion Root and 4 cups of apple juice for 10 minutes. Sieve the mixture. Drink 2/3 cups three times a day.

HEALTH FORMULA

The following health formulas are developed from our company in-depth R&D (research and developments) and each formula are designed specifically based on our research and experiences.



Healthy Slimming Formula

Nutritionist's Recommendations

- Biogreen Phytoessence • Biogreen Green Balance
- Organic Forest Zi Enzymes • Biogreen 211 Omega Oil

Every morning 1 hour before breakfast

Phytoessence (2 tablespoons) + Green Balance (2 teaspoons)
+ Zi Enzymes (2 tablespoons) + 211 Omega Oil (2 teaspoons)
+ 300ml lukewarm water, follow by another 300ml of lukewarm water

Every evening 1 hour before sleep

Phytoessence (2 tablespoons) + Green Balance (2 teaspoons)
+ Zi Enzymes (2 tablespoons) + 211 Omega Oil (2 teaspoons)
+ 300ml lukewarm water, follow by another 300ml of lukewarm water

Food to avoid

Cheese, animal protein, egg, refined salt, refined oil and white sugar

Friendly Reminder

The result will be better with consistent exercises

Colon & Liver Detoxification Formula

Nutritionist's Recommendations

- Biogreen Phytoessence • Organic Forest Aloe Vera Detox Formula

Every morning & evening before meal

Phytoessence (2 tablespoons)
+ Aloe Vera Liver Detox Formula (4 tablespoons) + 300ml water
(lukewarm), follow by another 300ml of lukewarm water

Food to avoid

Caffeine, animal protein, refined salt & sugar, less oil intake
and chocolate

Prevent Hair Loss Formula

Nutritionist's Recommendations

- Avalon Rosemary Shampoo • Avalon Biotin-B Shampoo
- Biogreen Green Balance • Biogreen 211 Omega Oil

Wash hair using

Avalon Rosemary Shampoo + Avalon Biotin-B Shampoo

Every morning before breakfast & every night 1 hour before sleep

Green Balance (2 teaspoons) + 211 Omega Oil (2 teaspoons)
+ 150ml water (room temperature)

Immune System Enhance Formula

Nutritionist's Recommendations

- Biogreen Green Balance • Organic Forest Demeter Lemon/Orange Juice
- Biogreen Propolis • Organic Forest Organic Manuka Honey

Basic Protection

At least once daily

Manuka Honey 15+ (2 teaspoons) + Propolis (2 drops for every 10kg
of body weight) + 200ml water (room temperature)

Advance Protection

At least 3 times daily

Green Balance (1 tablespoon) + Lemon Juice (100ml) + Propolis (2 drops
for every 10kg of body weight) + Manuka Honey 15+ (2 teaspoons)
+ Zi Enzymes (1 tablespoon) + 200ml water (room temperature)

P/s: Kids age 1-5 years old may take half of the dosage.





Natural Protection Web for your little ones

The greatest gift you can give them is the protection for good health & free from illness. Healthy babies happy family.



Vitamin C, strengthen immune system

Antioxidant, strengthen immune system, contains 70% of chlorophyll, purifies blood & antibacteria

High UMF level, antibacteria, antivinus & antibiotic

Natural antibiotic

BMS Organics
body · mind · soul
思源
Your Healthy Diet Consultation Centre

Memory Enhance Formula

Nutritionist's Recommendations

- Biogreen Green Balance • Biogreen 211 Omega Oil
- Organic Forest Lecithin granules

Every morning before breakfast

Green balance (2 teaspoons) + 211 Omega Oil (2 teaspoons) + Lecithin Granules (1 tablespoon) + 150ml water (room temperature)

Every evening 1 hour before sleep

Green balance (2 teaspoons) + 211 Omega Oil (2 teaspoons) + Lecithin Granules (1 tablespoon) + 150ml water (room temperature)

Constipation Treatment Formula

Nutritionist's Recommendations

- Biogreen Phytoessence • Organic Forest Organic Zi Enzyme

Every morning & night before meal

Phytoessence (2 tablespoons) + Zi Enzymes (2 tablespoons) + 300ml water (luke warm), follow by another 300ml of lukewarm water

Cough Treatment Formula

Nutritionist's Recommendations

- Organic Forest Organic Manuka Honey 15+ • Biogreen Propolis
- Organic Forest Demeter Lemon Juice • Organic Forest Demeter Pear Juice

Every 4 hours consume once

Manuka Honey 15+ (1 tablespoon) + Propolis (2 drops for every 10kg of body weight) + Lemon Juice (30ml) + Pear Juice (30ml) + 100ml lukewarm water

P/s: If the cough persist, please consult doctor

Sore Throat Treatment Formula

Nutritionist's Recommendations

- Biogreen Green Balance • Biogreen Propolis
- Organic Forest Manuka Honey 15+

At least 4 times daily

Green Balance (1 tablespoon) + Lemon juice (100ml) + Propolis (2 drops for every 10kg of body weight) + Manuka Honey 15+/20+ (2 teaspoons) + 200ml water (room temperature)



Think Different Think Biogreen
www.biogreen2u.com

Beauty
Complexion
Inside Out!

Stay Young,
Keep Wrinkles Away

O'Young Collagen

Plant-Based Collagen Drink

Biogreen O'Young collagen drink is made up of 20 types organic and natural ingredients; processed by organic fermentation method. This greatly enhances the nutrition of O'Young to replenish and nourishes skin complexion. This product is specially formulated for visibly younger-looking skin. Improve internal organ health, from inner shine to outer bright.

BIOGREEN
Beauty Secret

BIOGREEN HEALTH LINE(健康服务热线) 03-8070 8310



叶金峰

Owen Yap
Newscaster, TV Host
Biogreen Ambassador



Ulcer Treatment Formula (For mouth)

Nutritionist's Recommendations

- Biogreen Green Balance • Organic Forest Demeter Organic Lemon Juice
- Organic Forest Organic Manuka Honey 15+

At least 3 times daily

Green Balance (1 tablespoon) + Lemon Juice (100ml)
+ Manuka Honey 15+ (2 teaspoons) + 200ml water (room temperature)

Better result:

Apply propolis onto the wound to help in curing the ulcer.

Beauty Skin Formula

Nutritionist's Recommendations

- Biogreen O'Young Collagen Drink • Biogreen Phytoessence
- Organic Forest Organic Aloe Vera Detox Formula • Biogreen Omega 211 Oil
- Biogreen Organic Prune Paste

Every morning before breakfast

Phytoessence (2 tablespoons) + Aloe Vera Liver Detox Formula
(4 tablespoons) + 211 Omega Oil (2 teaspoons) + Prune Paste (2 teaspoons)
+ 300ml water (luke warm) follow by another 300ml of lukewarm water

Every afternoon before lunch

O'Young Collagen Drink (4 tablespoons) + 300ml water (luke warm)

Every evening before dinner

Phytoessence (2 tablespoons) + Aloe Vera Liver Detox Formula
(4 tablespoons) + 211 Omega Oil (2 teaspoons) + Prune Paste (2 teaspoons)
+ 300ml water (luke warm) follow by another 300ml of lukewarm water





Think Different Think Biogreen

www.biogreen2u.com



A Healthy Day starts with Plant-based Milk
早晨一杯植物奶，健康由此開始

O'Kid Oatmilk



O'Kid High Protein Soya Milk



Biogreen plant-based oatmilk and soya milk series for everyone in your family

BIOGREEN HEALTH LINE(健康服务热线) 03-8070 8310

Nutritious Plant-Based Milk Formula

Nutritionist's Recommendations

- Biogreen Oatmilk • Biogreen Soya Milk • Biogreen Green Balance
- Biogreen Pre Balance Powder • Biogreen Black Sesame Powder
- Biogreen Wild Rice Powder

Adult Formula

Any flavour oatmilk/ soya milk (2 tablespoons) + Green Balance (1/2 teaspoon) + Pre Balance Powder (1/2 teaspoon) + 150ml warm water

High Calcium Formula (for elderly)

Organic Beta Oatmilk Energy/soya milk (sugar free) (2 tablespoons) + Green Balance (1/2 teaspoon) + Pre Balance Powder (1/2 teaspoon) + Black Sesame Powder (1 teaspoon) + 150ml warm water

Kid Formula (suitable for 1 year old and above)

O'Kid Oatmilk (2 teaspoons) + O'Kid High Protein Soya Milk (1 teaspoon) + Green Balance (1/2 teaspoon) + Wild Rice Powder (1/2 teaspoon) + 150ml warm water

5 Reasons for Choosing Plant-Based Milk

1.High absorption and utilization of calcium and phosphorus

In plant-based milk, the ratio of calcium:phosphorus is 2:1 while in animal milk, the ratio of calcium:phosphorus is approximately 1:1 causing a low absorption and utilization of calcium in our body.

2.Better and higher plant-based protein absorption

Soya bean is the meat substitution for vegetarians, contains 30% protein which is 2 times higher than beef meat. Plant proteins can serve as a complete and well-balanced source of amino acids for meeting human physiological requirements.

3.High in water soluble fibre

Beta glucans transports glucose to brain, enhances memory and learning ability, regulates and improves peristalsis, reduces bad cholesterol, heart diseases and high blood pressure.

4.Higher concentration of nutrients

Plant-based milk contains lecithin, oligosaccharides and omega-3.

5.Plant-based milk – Green Milk

Livestock are responsible for 18 % of the greenhouse gases that cause global warming, more than cars, planes and all other forms of transport put together. And their wind and manure emit more than one third of emissions of another, methane, which warms the world 20 times faster than carbon dioxide. Therefore choose only plant-based milk to love our mother earth land!

FASTING

Fasting is an effective and safe method of detoxifying the body – a technique that has been used for centuries to heal sickness. Fasting regularly helps the body to heal itself, stay well and allow our organs a rest that it deserves. Fasting can help reverse the ageing process and if we fast appropriately, we will live longer and lead a happier life. Each time you complete a fast, you will feel better. Your body will have a chance to heal and rebuild its immune system by regular fasting and can fight off illness and degenerative diseases which is quite common in the chemically polluted environment that we live in. It is best to fast when you feel a cold, any illness oncoming or when you feeling depressed.

Extracted from James Balch, M.D., Prescription for Nutritional Healing

Procedures for One Day Fasting

Day 1

Breakfast

1 glass of plant-based milk
(Organic Sugar Free Soya Milk: 2 tablespoons + 5 Grain Oatmilk: 2 tablespoons
+ Oat Cereal: 2 tablespoons + 200ml warm water)

Lunch

1 apple + 1 glass of plant-based milk
(Organic Sugar Free Soya Milk: 2 tablespoons + 5 Grain Oatmilk: 2 tablespoons
+ Oat Cereal: 2 tablespoons + 200ml warm water)

Dinner

1 apple

Day 2 (Fasting Day)

Drink only vegetable & fruit juice and water regularly

Day 3

Breakfast

1 apple

Lunch

1 apple + 1 glass of plant-based milk
(Organic Sugar Free Soya Milk: 2 tablespoons + 5 Grain Oatmilk: 2 tablespoons
+ Oat Cereal: 2 tablespoons + 200ml warm water)

Dinner

1 glass of plant-based milk
(Organic Sugar Free Soya Milk: 2 tablespoons + 5 Grain Oatmilk: 2 tablespoons
+ Oat Cereal: 2 tablespoons + 200ml warm water)

Day 4

Back to ordinary diet

Friendly Reminder

You may choose anywhere convenient to you for fasting, such as your home or your office. However, the fasting person must be 18 years old and above. People with diabetes, gastric, chronic health problem and pregnant women are advised NOT to practise.

Formula for Pregnant Mother

Nutritionist's Recommendations

- Biogreen Oatmilk • Biogreen Soya Milk • Biogreen Green Balance
- Biogreen Golden Flax Seed Oil • Biogreen Black Sesame Powder
- Organic Forest Lecithin Granules • Biogreen Organic Prune Paste
- Biogreen Organic Spirulina Vita 7

Every morning before breakfast

Green Balance (2 teaspoons) + Golden Flax Seed Oil (2 teaspoons) + Prune Paste (1 teaspoon) + Organic Spirulina (5-10 tablets)
+ 200ml water (room temperature)

Breakfast beverages

Oatmilk (2 tablespoons) + Soy milk (2 tablespoons) + Lecithin (1 teaspoon)
+ Black Sesame Powder (1 tablespoon) + 200ml warm or hot water (take together with your breakfast, for example bread, noodles or etc)

Every evening 1 hour before sleep

Green Balance (2 teaspoons) + Golden Flax Seed Oil (2 teaspoons)
+ Prune Paste (1 teaspoon) + 200ml water (room temperature)

Formula for Lactating Mother

Nutritionist's Recommendations

- Biogreen Oatmilk • Biogreen Soyamilk • Biogreen Green Balance
- Biogreen Golden Flax Seed Oil • Biogreen Black Sesame Powder
- Biogreen Organic Prune Paste
- Biogreen Organic Spirulina Vita 7

Every morning before breakfast

Green Balance (2 teaspoons) + Golden Flax Seed Oil (2 teaspoons)
+ Prune Paste (2 teaspoons) + 50ml water (room temperature)
+ Organic Spirulina (10-15 tablets)

Breakfast beverages

Oatmilk (2 tablespoons) + Soyamilk (2 tablespoons) + Black Sesame Powder (1 tablespoon) + 150ml warm or hot water (take together with your breakfast, example bread or noodles or etc)

Every evening before dinner

Green Balance (2 teaspoons) + Golden Flax Seed Oil (2 teaspoons)
+ Prune Paste (2 teaspoons) + 50ml water (room temperature)
+ Organic Spirulina (5-10 tablets)



Organic & Demeter Juice 活性高能量蔬果汁

- 100% pure fruits & vegetables juice • No sugar added
- Non concentrated juice



Organic Forest Juice is extracted from Demeter fruits and vegetables. Crystallization test proved that the juice is rich in enzymes, vitamins and high in energy. Hence it brings the reputation as being called as healing life juice in European countries. The juice tastes like fresh grinded juice. Organic Forest Juice is preserved with friendly bacteria, so by consuming the juice, it promotes the amount of friendly bacteria in our body.

What is Demeter?

Demeter fruits and vegetables are plant according to the natural ecosystem and harmony with cosmic cycle. Hence, it preserves the most nutritious values and energy of fruits and vegetables. Demeter standard adopts methods such as harvest the fully grown or ripe fruits and vegetable at full moon period to retain their highest energy.



Highly Recommended for
Fasting Programme



Product of Germany

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More eco tips?
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Protect Our Planet

Cleaner air, lower temperature is all possible. The future of our planet lies on our hand- to protect and love it for the sake of all mankind.



What is GLOBAL WARMING?

Global warming is a topic discussed not only by scientists but also by citizens of earth where the increasing of average temperature of the Earth's surface air and oceans. It is caused in part by an increase in greenhouse gases such as CARBON DIOXIDE (CO₂) in the atmosphere. It can cause changes in the patterns, amount, and severity of weather events that can affect agriculture, the spread of diseases and species survival.



What is CO₂?

Carbon dioxide (CO₂) is an important gas in the earth's atmosphere. Carbon dioxide and other gases warm the surface of the planet naturally by trapping heat. However too much carbon dioxide in the atmosphere may be the cause of global warming because carbon dioxide and methane gas absorb the heat from the sun, which produces the "greenhouse effect." Methane gas is another carbon byproduct which is released from sewers, swamps and other marshy areas. The heavy usage of fossil fuels like coal and petroleum, breed of livestock for human consumption also contributes to global warming as carbon dioxide escapes from the soil when organic matter like manure decays. It also enters the atmosphere when animals exhale hence releases carbon dioxide into the atmosphere.

In 2001 the Intergovernmental Panel on Climate Change predicted that by the end of the century global temperatures would have risen by between 1.4°C and 6.4°C and each increase of the temperature will have severe consequences as explained below:

+1°C

Western USA will face severe droughts and large parts will be turned into desert.

+2°C

Greenland's ice sheet will melt away, causing global sea levels to rise by seven meters.

+3°C

3°C is the "tipping point" where global warming runs out of control, leaving mankind powerless to intervene as planetary temperatures soar. The Amazon, where the tropical rainforest would burn down in a firestorm of epic proportions.

+4°C

Southern Europe will become unlivable due to extreme heat. The West Antarctic ice sheet will melt away and add another five meters to the global sea level and it will be the complete extinction of polar bears and all other ice-dependent species.

+5°C

Water temperatures of 20°C within 200km of the North Pole, no ice left at either pole and mass extinction in the seas due to methane hydrates.

+6°C

Fireballs will rain from the sky and mankind will not survive.

Consequences of Global Warming

World Health Organization (WHO) has identified five major health consequences of climate changes

1st Consequence

The agricultural sector is extremely sensitive to climate variability. Rising temperatures and more frequent droughts and floods can compromise food security and increases in malnutrition are expected to be especially severe in countries where large populations depend on rain-fed subsistence farming. Malnutrition, much of it caused by periodic droughts, is already responsible for an estimated 3.5 million deaths each year.

2nd Consequence

More frequent extreme weather events mean more potential deaths and injuries caused by storms and floods. Extreme weather events such as flooding can be followed by outbreak of diseases such as cholera, especially when water and sanitation services are damaged or destroyed. Storms and floods are already among the most frequent and deadly forms of natural disasters, for example, Hurricane Katrina that occurred in New Orleans in 2005 caused severe destruction in many aspects and it is known as the deadliest hurricane in the United States.

3rd Consequence

Both scarcities of water which is essential for hygiene and excess water due to more frequent and torrential rainfall will increase the burden of diarrheal disease, which is spread through contaminated food and water. Diarrheal disease is second leading infectious cause of childhood mortality and accounts for a total of approximately 1.8 million deaths each year.

4th Consequence

Heat waves, especially in urban "heat islands" can directly increase morbidity and mortality, mainly in elderly people who suffered from cardiovascular or respiratory disease. Apart from heat waves, higher temperatures can increase ground-level ozone and hasten the onset of the pollen season contributing to asthma attacks.



5th Consequence

Changing temperatures and patterns of rainfall are expected to alter the geographical distribution of insect vectors that spread infectious diseases - malaria and dengue are among these diseases which they are also the greatest public health concern.

22 Steps To Save Our Planet

There are literally thousands of things that you can do, big and small, to help the environment. Most of things benefit you in addition to help the planet that we are living in. Some are cheap, some are expensive but many are free. Below are few steps that we can do to help our planet.

5R-Reduce, Reuse, Recycle, Rethink, Respect

It is not necessary to spend big amount of money to help reduce carbon by purchasing carbon offsets or consider a hybrid. The first and foremost step is to shift your mindset. Reuse, reduce, recycle - it's fundamental for anyone who wants to go green. There are many things that we owned at home or purchase on a daily basis can be reuse or recycle and many usages of purchases that we can reduce. Rethink before you buy or throw away something. We should respect to the mother nature and take care of her by giving her more greenie space.



The Link between CO2 and Electricity

Carbon emissions are created when fossil fuels like coal, oil and natural gas are burned at a power plant to produce electricity. Minimize the usage of electricity at home. Always turned off the lights or power supplies that we are not using to reduce electricity usage. This can help us to save cost on our electricity bills too.

Save Energy and Water

To save energy and water, operate dish and clothes washers only when full and use your dishwasher's energy saving no heat-drying feature, if available.

Heat Water Efficiently

You can heat your water efficiently by reduce the tank setting.



Don't Waste Water

Turn on the faucet only when we need to use it and close it when we are not using in our daily activities, for examples, brushing teeth, washing the car or bathing our pets. Take shorter showers or turn off the water while you're soaping up to help in saving a big amount of water on a daily basis.

Light Home Efficiently

Switch to energy-saving light bulbs. It may cost a bit more but can save you up to 10 times the price over their lifetime and use at least two-thirds of the energy of standard 'incandescent' bulbs.



飲水思源

節約用水，由我做起

Save water,
I'm the first!

According to a recent survey on domestic water consumption, compared to Singaporeans and Thai with an average of 155 litres per day and 90 litres of water, Malaysians consume up to 226 litres of water everyday, topped the highest rank in the region!

The survey also indicate that in order to maintain the quality of life, our basic daily water consumption could be as low as 80 litres, including 3 litres for drinking. Hence, every Malaysian can save up to 135 litres of water everyday.

Up to today, 884 million people lack access to safe water supplies worldwide; 3.575 million people die each year from water-related diseases.

As a Malaysian and the globe citizen, we should action now to save water, to be the first!



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Cool Down Home Efficiently

Use ceiling fans instead of air conditioners. For every degree you set back your thermostat for 8 hours, you save about 1% of your annual heating costs.

Use Refrigerator in Energy Saving Way

To save electricity, set refrigerator temperatures between 2°C (37°F) to 4°C (40°F) for fresh food and -18 °C (0°F) for freezer. Vacuum condenser coils (usually located at the back of the refrigerator) once a year to help your refrigerator run more efficiently.

Don't Drive When You Can Walk or Ride A Bike

Walking and biking not only helps the planet but it helps your health too. However, if you must drive, kick the idling habit. Unnecessary idling is bad for your wallet, your vehicle, the environment and the health of people around you. Contrary to popular belief, the best way to warm up your car is to drive it at a medium speed compared to idling for 10 minutes a day produces almost a quarter-ton of carbon dioxide emissions!

Bring Reusable Bags and Shops Eco-Friendly Way

Remember to bring your own cloth bag or reusable bag when you go shopping. This will help reduce the usage of plastic bags. Hang a reminder in your home or your car to help you remember to grab your bags when heading out. Shops wisely by writing down a grocery list and sticks to the list. This will help to reduce the amount of waste you produce by buying only as much as you need and choosing products that come in packaging that can be recycled.

End Your Plastic Water Bottle Habit

Buy an eco-friendly reusable water bottle which is safer to use and last longer. Purchase a filtration system if the water from your tap isn't to your liking for drinking. This will help to minimize your habit of purchasing mineral water bottles.

Buy Organic Food

Buy organic fruits, vegetables (apples and potatoes are very high on the pesticide hit list and retain huge amounts of the chemicals sprayed on them) and grains grown without chemical pesticides and fertilizers. In supporting organic food, we are supporting organic farming as it increases soil fertility, prevents erosion and is more cost effective for farmers.



Cook the Right Amount of Food

Try and cook just the right amount of food for your family and friends because nothing is worse than wasted food.

Becoming Vegetarian

This is one of the most important and effective action you can take to ease the strain on our Earth's limited resources, protect the planet from pollution, prevent global warming and save countless species from extinction. According to Dr. David Brubaker, PhD, at Johns Hopkins University's Center for a Livable Future,

"The way that we breed animals for food is a threat to the planet. It pollutes our environment while consuming huge amounts of water, grain, petroleum, pesticides and drugs. The results are disastrous."

Use Eco-Friendly Cleaning Products

There are so many great and highly effective green products on the market now, that there's almost no excuse for this one. You can even make up your own cleaning agents as there are many DIY kits available in the Internet or supermarkets that make it easy to blend up your own non-toxic household cleansers.

Use Regular or Recycled Dishware

Purchase recycled paper products, if you need to have disposable plates and cups. Otherwise, use regular plates and cups that can be washed so you don't produce any waste.

Plant a Tree

Plant a tree as part of the family affair. Tree absorbs carbon dioxide, a greenhouse gas that contributes to the greenhouse effect and global warming. By planting one tree, in one year, that tree will absorb roughly 26 pounds of carbon dioxide and return enough oxygen to supply a family of four.

Give Up Paper Napkins, Paper Towels or Both

Buy a few sets of organic cloth napkins so you always have clean ones available. Clean up spills with old recycled towels cut into smaller squares, and then just toss them in the laundry when soiled.

Support Recycled Paper

Let's face it, it would be very difficult to do away with paper totally but we can seriously reduce on how much we use. Use recycled content paper for everything (in home and office). Use both sides of the paper. If one side is still clean, put that in the printer or fax and only print out materials or emails if you absolutely must have a hard copy of the item.

Use E-Cards

Make a list of the birthdays you honor throughout the year and send out creative e-cards. No shopping trips in the car, no postal service vehicles in use and no paper used.

Donate Unused Items

Donate clothes or household items you don't use to your local thrift shops or other places that can use them. Reduce clutter at your home and give others the chance to turn your trash into their treasure.

Volunteer in Your Community

Sign up for your local clean-up day, tree-planting day, volunteer at a local park or a community garden. Improving your hometown's environment is so rewarding.



MEAT FREE MONDAY

我行我素, 星期一无肉日!

Why go vegetarian is equal to go GREEN? This is because meat consumption is not GREEN when the globe's arable land is employed to grow food for livestock. Livestock production causes greenhouse gas emissions, water pollution and vital damage to the natural eco system.

According to a report published by the United Nations Food and Agriculture Organization, Methane (greenhouse gas) that released by 1.05 billion of cow from the world is 18 percent of the total global greenhouse gas emissions, it is also 1/3 of the total Methane emission from the world.

In America, 5kg of crops needed just to produce 1kg of beef, 7kg of crops needed to produce 1kg of pork and 2.6kg of crops needed to produce 1kg of chicken meat... You must be truly amazed by these figures of crops that are using to feed the livestock.

If we go for vegetarian 1 day in a week, we are able to save 12 million tons of crops which can save 6000 million starving people of the world. If we save all the crops for livestock feeding and we will manage to save at least 5 billion people from hunger!

Make a move. Create a change. Save the earth. Start from you! Join us now for MEAT-FREE-MONDAY!



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GARBAGE ENZYMES



It is important to care and protect our environment for a very simple reason – our environment is where we live and how we live affect the environment in many ways, for example, our choice of food products indirectly contribute or how we choose to dispose our garbage affects the environment surrounding us. For example, purchasing organic products will boost organic farming which uses non-harmful chemicals and in return, boost the ecosystem at the same time.

How we dispose our garbage is important because garbage is categorized as hazardous waste that can generate risks to the ecosystem and environment and

improper disposal of garbage affects the environment that we live in.

How can we protect our environment? One method is through garbage enzymes, which has been seen as a way that can help to recover the ozone layer and fight against global warming as it helps to reduce the temperature during the process-making. Garbage enzyme is easy to make at home. It has multiple usages and many benefits.

How to DIY your own garbage enzymes?

Ingredients	Ratio	Example 1	Example 2
Brown Sugar/Molasses	1	1KG	2KG
Vegetable and fruits skin	3	3KG	6KG
Water	10	10Litres	20Litres

Step 1

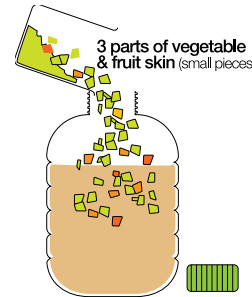
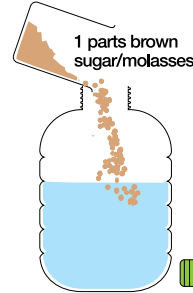
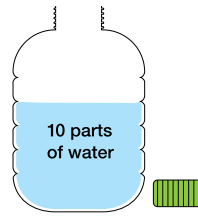
Use an air-tight plastic container. Add in 10 parts of water.

Step 2

Dilute 1 part of brown sugar/molasses in water.

Step 3

Add-in 3 parts of vegetables and fruit skins (recommended to cut into smaller pieces)



Close tight
Keep for 3 months. Open once daily for first month to let out built-up gas



Step 4

Leave some spaces in the container for fermentation and close it tightly. Release the bottle cap at least once a day for the first month to release built-up gas; Push the floating garbage downward every once in a while.

Step 5

Keep at cool, dry and well ventilated area. Avoid direct sunlight and let it ferment for a minimum period of 3 months.

Step 6

Filter the residue after 3 months and the garbage enzyme is ready for use. Use the residue as soil fertilizer.

Important Notes:

- Only use kitchen waste like vegetables and fruit skins, do not use cooked food, meat, fish and non-food items (e.g. plastic bags, plastic containers).
- Do not use glass or metal containers.
- The colour of the enzymes after 3 months fermentation should be brown colour, but if the enzyme turns black, you may add the same amount of brown sugar to re-ferment it for another 3 months.
- It may have white, black or brown layer on top of the enzyme, ignore it and continue the fermentation. If you encounter worms in the container, leave it for a while and close the cover tightly.
- If you have not gathered enough kitchen waste, you may fill up the container gradually. The fermentation period (3 months) starts from the last day you add in kitchen wastes.

Uses and Usage Dilution Ratio of Garbage Enzyme in Households

Household cleaning liquid(floor soap or dish washing)	1:500
Anti odour, grime, mold in the kitchen, pet, toilet and car	1:200-500
Drive away insects	1:500-1000
Cleaning cars	1:10-50
Acts as fertilizer/insecticide	1:1000
Laundry washing	Add in 20-50 cc
Cleaning vegetables or fruits	Add in 20-30 cc into 1 litre water and soak for 40 minutes

Benefits of Garbage Enzymes

Using garbage enzymes is beneficial due to its multiple usages and the benefits are:

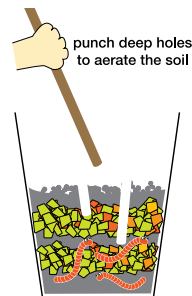
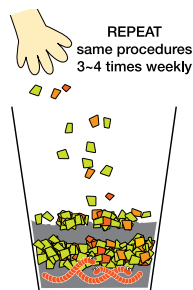
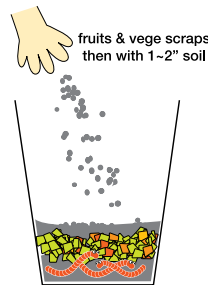
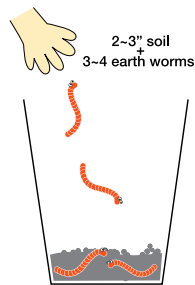
- Save money as you make your own DIY natural household cleaning liquid.
- Environmental friendly: It reduces pollution, act as natural pesticides and purifies the air and underground water.
- Natural antiseptic with its anti-bacterial and virus factor.
- Can prevent blockage for drainpipe by releasing residues accumulated in the drainage pipes.

COMPOSTING IN TRASH CAN



Composting is important as soil fertility produces nutrients that are vital for the plants and environment and it is natural way of building new soil through the decomposition of natural plant materials.

Composting costs nothing and takes little effort as all sorts of organic wastes can be used -table scraps, leaves, grass clippings, weeds, etc. Compost is more than fertilizer; it is the process of continuing life and a true gardener appreciates the valuable assistance of earthworms since they will aerate the soil and enrich the mineral content.



The earthworm eats and digests the soil. Its excrement is richer in minerals than the ingested worms from natural country soil or from a bait and tackle fishing store. If you do not have a shed or an area in the basement you can section off and use for decomposing soil, you will need one or more large trash cans, whatever space permits. Obtain the best soil you can find, preferable soil which has not been sterilized or chemically treated. If you are unable to obtain earth from the country, or a backyard, use the sterilized earth sold in stores. The earthworms and decomposing table scraps will add life to it.

How to make composition in trash can

Step 1

Fill the bottom of your trash can with soil, about 2 to 3 inches deep and add 3 or 4 earthworms.

Step 2

On top of this layer, place fruit and vegetable scraps. Cover it with an inch or two of soil.

Step 3

Each day, follow the same procedure and covering the scraps with soil and greens.

Step 4

Three to four times a week, aerate the soil by punching deep holes into it with a broomstick or mop handle.

For further ventilation, make sure the top of the can fits loosely and it is open enough for air to get in and circulates.

When filled, the soil inside the can will be ready for use in 8 to 12 weeks.

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- 1 Organic Premium Japanese Green Tea
- 2 Organic Raw Pumpkin Seed
- 3 Organic Raw Sunflower Seed
- 4 Organic Raw Wheat Germ

- 5 Brewer Yeast Flakes
- 6 Lecithin Granules
- 7 Demeter Organic Juices
- 8 Organic Raw Honey
- 9 Organic Manuka Honey 15+
- 10 Organic Manuka Honey 10+
- 11 Comb Honey
- 12 Organic Aloe Vera Herbal Stomach Formula
- 13 Organic Aloe Vera Liver Detox Formula
- 14 Organic Aloe Vera Gel
- 15 Organic Aloe Vera Juice
- 16 Organic Brown Rice Vinegar
- 17 Organic Zi Enzymes

- 18 Organic Apple Cider Vinegar
- 19 Organic Extra Virgin Olive Oil
- 20 Organic Light Black Soya Sauce
- 21 Organic Thick Black Soya Sauce
- 22 Toasted Black Sesame Oil
- 23 Organic Tamari Soy Sauce
- 24 Shoyu Soy Sauce
- 25 Grape Seed Oil
- 26 Organic Soy Miso
- 27 Organic Brown Miso
- 28 Organic Barley Miso
- 29 Organic Black Bean Taucu
- 30 Organic Preserved Beancurd Spicy

- 31 Organic Instant Baby Oat
- 32 VQ 5 Grain Rice
- 33 Organic Brown Rice Meal
- 34 Organic Multi Grain Meal
- 35 Prebiotic Morning Cereal
- 36 Fiber Morning Cereal
- 37 Organic Goat Milk Powder
- 38 Multi Grain Paste
- 39 Black Sesame Paste
- 40 Wheat Germ Crackers
- 41 Vege Chips
- 42 Seaweed Soy Floss





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- 5a Organic Soya Milk Powder (Low Sugar)(Sachet Pack)
- 6 Organic Soya Milk Powder (Cane Sugar Free)
- 6a Organic Soya Milk Powder (Cane Sugar Free)(Sachet Pack)
- 7 Enrich Oatmilk Energy
- 7a Enrich Oatmilk Energy (Sachet Pack)
- 8 Five Grain Oatmilk Energy
- 8a Five Grain Oatmilk Energy (Sachet Pack)
- 9 Pink Lady Oatmilk
- 10 Oates' Cocoa Oatmilk
- 11 O'Kid Oatmilk
- 11a O'Kid High Protein Soya Milk
- 12 Organic Beta Oatmilk Energy
- 13 O'Tigres Organic Black Bean Powder (Cane Sugar Free)
- 14 O'Tigres Organic Black Bean Powder (Low Cane Sugar)
- 15 O'Young Collagen Drink
- 16 Organic Green Balance Powder
- 17 100% Pure Black Sesame Powder
- 18 PreBalance Powder
- 19 Organic Spirulina Vita 7
- 20 Energy Tumbler



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| 21 Ocean Derived Sea Minerals | 34 Organic Oligo Answer Liquid | 42 Sliced Young Shiitake Mushrooms | 48 Organic Raisins |
| 22 Red Plum Vinegar | 35 Organic Oligo Answer Powder | 43 Sesame Vege Mix | 49a O' Candy Propolis Honey |
| 23 Bio-Enzymes Vinegar | 36 O' Blue Organic Agave Nectar | 44 Chili Miso | 49b O' Candy Apple Sour |
| 24 Prune Enzymes | 37 O' Kid Instant Noodles | 45 G-Seasoning Powder | 50a O' Lolli Propolis Honey |
| 25 100% Organic Prune Paste | 38 Organic Omega Rice | 46 NutriSoy Crackers | 50b O' Lolli Apple Sour |
| 26 Organic Virgin Coconut Oil | 39 84 Live Sea Salt - Coarse | 47 PreBalance Crackers | 51 O' Tasty Candies |
| 27 Organic Extra Virgin Golden Flax Seed Oil | 40 84 Live Sea Salt - Fine | 47a PreBalance Crackers (small pack) | 52 5 Grain Nutrient Bars |
| 28 211 Omega Nutritional Oil | 41 Shiitake Mushrooms & Beancurd Paste | | |





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意见表格

您的提议, 有助我们成长及改进。您的评论, 能让我们反省及避免犯错。您的赞美, 是鼓励我们继续前进的动力。我们愿意聆听, 务求不断提升我们的服务。

1. 我们合格的职员, 正在受训的职员除外, 能够回答您大部份的产品及健康问题吗?

能 不能

2. 您满意我们职员的服务水平吗?

满意 不满意

3. 您满意我们店所提供的购物环境如整齐, 乾淨及亮度吗?

满意 不满意

4. 您满意我们的产品品质吗?

满意 不满意

5. 您满意我们多样化的产品吗?

满意 不满意

您对于我们的建议与评语

请填写您的资料:

姓名: _____

会员编号 (如有): _____

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请把此意见表格寄至

Customer Service Affairs - Headquarter of BMS Organics
18, Jalan BP 5/11, Bandar Bukit Puchong, 47100 Puchong,
Selangor Darul Ehsan, Malaysia.

或您可以电邮至 customerservice@bmsorganics.com



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