

A person is holding an open, light blue box with a gold-colored inner lining. Inside the box, four skincare products are neatly arranged in a row. From left to right: a large pump bottle, a small dropper bottle, another small dropper bottle, and a medium-sized pump bottle. All products are light blue with gold accents and the Fohow logo. The background is a blurred green lawn. The text 'Fohow Catalogue' is overlaid in a large, white, serif font across the center of the image.

Fohow Catalogue

Rita Dorodnikova 2021

The full Fohow range includes...

Supplements for:

Digestion

Recovery

Cleansing

Regulation

Products for:

Moisture

Hydration

Daily Hygiene

Feminine Hygiene

And specialist Fohow massage and circulation tools

To help with digestion:

Luwei Tea

Product advantages:

- **Pu-erh tea:** Normalizes stomach function, promotes weight loss, reduces blood fat, prevents atherosclerosis, coronary heart disease, reduces blood pressure, slows down aging, counteracts cancer, lowers sugar content, slows down the growth of harmful bacteria, removes inflammation, weakens the effect of nicotine, reduces the effects of salts heavy metals on the body, removes the effects of radiation, stimulates the central nervous system, acts as a caries prevention, clarifies vision, promotes digestion, is a detoxifier, acts as a prevention of constipation, breaks down alcohol, is a diuretic, etc.
- **Astragalus plant:** Strengthens inside and out, removes toxins, diuretic.
- **Red sage:** Revitalizes blood, removes stagnation; dissolves tumors, stops pain.
- **Ginseng (five-leaf panax):** Prevents cancer, slows down the division of cancer cells; reduces blood fats; has a cosmetic effect.
- **Chrysanthemum:** Stabilizes liver function, improves vision; dissipates "wind", removes heat.
- **Japanese Honeysuckle:** Removes heat; cools the blood, removes stagnation; detoxifier.

If you can take a few sips of Luwei tea during a meal, it will help to significantly reduce the amount of fat absorbed by the body. Thus, tea will really serve as a loyal protector against vascular diseases of the heart and brain, diabetes and other diseases. In addition, tea will always help the body cope with the digestion and assimilation of food in the stomach, protect against the appearance of fatty deposits in the body and the formation of cellulite, slows down the division of cancer cells, reduces blood fats and has a cosmetic effect.

£15



Rose Fruit Paste

Research by Fohow led to the production of Meigui fruit paste (the origin name being rose oligosaccharides). Oligosaccharides are insoluble organic compounds, classified as carbohydrates (saccharides), which are also called prebiotics. Oligosaccharides play an important role in the human intestine by providing favourable conditions for intestinal microflora to develop, feeding the beneficial probiotic bacteria and stimulating their growth. Recent research proved that oligosaccharides are able to directly remove bacteria and viruses from the organism. If there are enough oligosaccharides in the organism, the immune system strengthens, metabolism is improved, the balance of minerals is regulated and toxins are removed from the digestive tract much faster, which is very important after a course of antibiotics. The product has a pleasant taste and an obvious effect, used for healthcare purposes. It is possible to include in your diet instead of sugar and use regularly.

Functional effects:

- strengthens immune system
- removes toxins
- relaxing the bowel
- preventing hypertension and arteriosclerosis
- protecting the liver
- preventing obesity
- clear skin glow

Ingredients: rose blossom extract, oligosaccharides, stachiosis, etc. No sugar.

Package: a tube of 120 g.

Expiration date: 18 months from the production date.

Storage: in a dry and cool place.

£15



To help with cleansing:

Gaoqian Nutrition Tablets

A natural health care supplement effective in lowering blood sugars and losing weight. Recommended for those suffering from hyperlipemia, hypertonia, hyperglycemia and excessive weight. This excellent, high quality product containing konjak, chitosan, plant fiber and spirulina cleanses and restores.

Functional effects:

- Lowering blood sugar
- Lowering blood-lipid
- Weight loss
- Moisturizing the intestine
- Relaxing the bowels
- Eliminating toxins

Main ingredients and their effects:

Konjak - reduces fat, sugar and cholesterol in the blood. Konjak is exceptionally rich in unique nutrients.

Chitosan - strengthens the immune system, lowers blood pressure and reduces the amount of sugar and lipid in the blood. Chitosan actively eliminates fats, toxins and heavy metals. It aids in preventing obesity and cardiovascular diseases.

Plant fiber - large molecule cellulose, and just like Chitosan, it occupies more space in the digestive tract, creating the feeling of being full, decreases appetite and thereby helps to lose weight. When consumed with meals, it stimulates intestinal peristalsis and digestion, preventing diabetes and constipation, and reduces the amount of sugar in the blood.

Spirulina - a well-known, natural green seaweed – high concentration of amino acids, vitamins, microelements and phytocyanine which stimulates the metabolism and strengthens the immune system.

Recommended duration of use:

For weight loss, use up to 8 tablets, twice a day, half an hour before a meal with glass of water. As a preventive measure, use up to 4 tablets half an hour before a meal twice a day.

Ingredients: konjak, chitosan, spirulina, plant fibers.

Package: 144 tablets.

Expiration date: 18 months from production date.

Storage: in a dry cool place.

Note: Smaller doses can be used in the beginning of a treatment. For better results, it is recommended to use together with Rose Oligose Meigui Paste and drink lots of water (2 - 3 ltr a day).

£45



Sanqing Oral Liquid

Oral liquid "Sanqing" is the most effective natural product created in China for body cleansing. The product is recommended to people suffering from constipation and hyperlipidemia, in the cases of digestive tract inflammation, acne, pigment marks.

Functional effects:

- cleanses the intestine
- cleanses toxins from the organism
- cleanses lipids from the blood
- relieves constipation
- treats enteritis and gastritis

Main ingredients and their effects:

Aloe gel - contains 160 active components, including aletin, which strengthens the organism in fighting off viruses, and aloemycinus which affects cancer cells. Aloe stimulates the organism and slows down the aging processes. Additionally aloe aids constipation and hemorrhoids, heals wounds, treats heart and blood vessel diseases and has other beneficial effects.

Oligosaccharides - high quality, water-soluble nutritious fibers, which improve the work of the digestive tract and have noticeable healing effects. It works as a laxative to prevent constipation, reduces the amount of lipids in the blood, strengthens immunity and has other beneficial effects.

Usage:

Up to two bottles per day for 10 days (one treatment) which can then be repeated. For a more intense effect, a 3-day break of non-use is recommended between treatment courses. For complete cleansing, use for no less than 15 days.

Effects of use:

In 2 to 3 hours after the first time the elixir is used, stagnant excrement begins to decay in the intestine followed by flatulence. In 2 to 3 days after use, the stagnant excrement begins to separate from the walls of the intestine. There is a need to defecate, and the excrement is liquid, very foul smelling and dark. In 4 to 10 days after use, there are fewer inflammation processes in the stomach and intestine, the unpleasant smell from the mouth disappears, constipation or diarrhea gradually disappears and the excrement is a normal color and shape. After 2 to 3 courses of such treatment, the work of the digestive tract noticeably normalizes, and defecation eases and becomes regular. Gradually the skin roughness that had appeared due to constipation and the accumulation of toxins in the body disappears, and the complexion becomes a normal pink. Bad breath disappears. Gradually skin blemishes, acne and rashes also disappear, because their causes have been eliminated.

Ingredients: aloe, oligosaccharids, chitin, ginkgo

Package: 4 bottles, 30 ml each

Expiration date: 18 months from production date

Storage: in a dark cool place

£45



Xueqinfu Capsules

Blood Cleanser Capsules have a very natural effect in treating high blood pressure, high blood lipids, high blood sugar, coronary heart disease, cerebral thrombosis, arteriosclerosis, insufficient blood supply to the heart and brain, climacteric syndrome and anti-ageing. It also improves elasticity of blood vessels dissolving thrombus (blood clots).

Functional effects:

- Lowering high blood pressure, high blood lipids, high blood sugar
- Treating coronary heart disease, cerebral thrombosis, arteriosclerosis
- Insufficient blood supply to the heart and brain
- Slows the aging process and climacteric syndrome
- Improves the elasticity of blood vessel walls
- Prevents thrombus formation and stimulates their dissolution
- Reduces pain in the joints and muscles under intensive physical loads
- Reduces lymph viscosity

Main ingredients and their effects:

- Nattokinase - Natto is made by fermenting boiled soybeans with beneficial bacteria – the *Bacillus subtilis* or natto. The resulting nattokinase enzyme intensively multiplies and synthesizes, providing the beneficial qualities of natto. Millions of people all over the world who regularly take the popular anticoagulants – aspirin and its analogs – suffer from bleeding, especially in the digestive tract. Nattokinase is a safer and more effective remedy. Unlike aspirin and other pharmacological products, nattokinase has no side effects and causes no allergic reactions. In fact nattokinase is a natural alternative to aspirin, when used to treat and prevent heart and blood vessel diseases.
- Grape stone extract - rich in natural bioflavonoids, such as proanthocyanidins and catechins, and a source of irreplaceable fatty acids and vitamins. This entire complicated and balanced biocomplex works positively on the body, especially on the heart and circulatory systems. Bioflavonoids are known for the P-vitamin, which regenerates, slows the aging processes, resists the development of inflammations and neutralizes free radicals. Grapes stones contain polyunsaturated acids, which activate lipid circulation and restore the skin's barrier functions. Polyphenols increase blood vessel elasticity and tonicity, effectively prevent atherosclerosis and hypertonic disease and have an anti-inflammation, detoxification and antiallergenic effect.
- *Gynostemma Pentaphyllum* - achieving a substantial healing effect in cases of heart and blood vessel diseases, in cases of arterial hypertension, oncological diseases and AIDS.

Ingredients: nattokinase, grape stone extract, *Gynostemma pentaphyllum* extract.

Package: 120 capsules.

Storage: in a dry and cool place.

Usage: 2 to 3 capsules twice a day.

Note: increase dose gradually, one capsule per day during the first week, increasing by one capsule per week.

£60



To help with recovery:

Haicao Gai Calcium

Haicao Gai Calcium soft capsules are produced from green Liuca seaweed found naturally in the sea. The implementation of exclusive processing technology provides a possibility to acquire an absolutely new product in order to restore a normal calcium content level in the body. It also contains numerous vitamins including beta-carotene, C, E, B and others, minerals such as magnesium, iodine, iron, selenium, zinc and others along with calcium.

Calcium from the seaweed is easily absorbed by the human body. It has to be mentioned that the Fohow calcium contains B group vitamins which make calcium better absorbed in the intestine and remain in the bones. Gradually a deficit of calcium develops in the human body: at the age of 40 it is typical to 50% of people, at 60 – 90%; it causes tiredness, early aging, reduced attention concentration, calf muscle spasms, heart and blood vessel system diseases and respiratory diseases. When getting older, the process of bone tissue restoration slows down, it can cause bone disease – bone osteoporosis, resulting in the reduction of bone tissue volume.

Indications for use:

- Aging process
- Lack of vitamins and minerals
- Thyroid deficiency
- Increased permeability of blood vessel walls, bleeding
- Allergies, diathesis
- Skin diseases like rashes, eczema and psoriasis
- Osteoporosis, rachitis, arthritis
- Restless leg syndrome and spasms
- Climacteric and post-climacteric periods
- Broken bones
- Concentration disorders

Ingredients: calcium from seaweed, vegetable oil, gelatin.

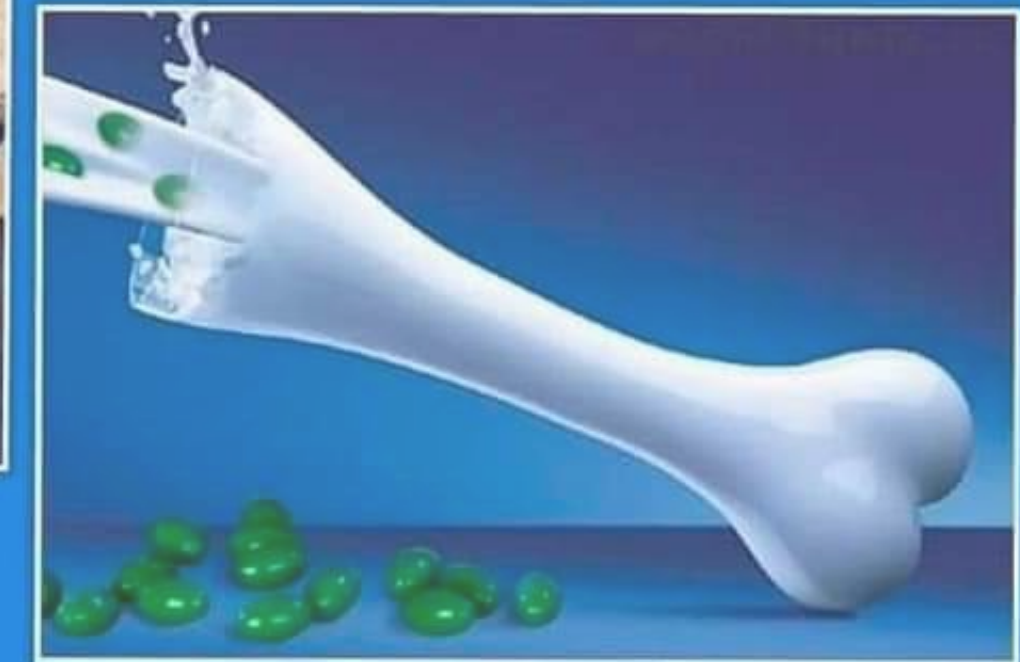
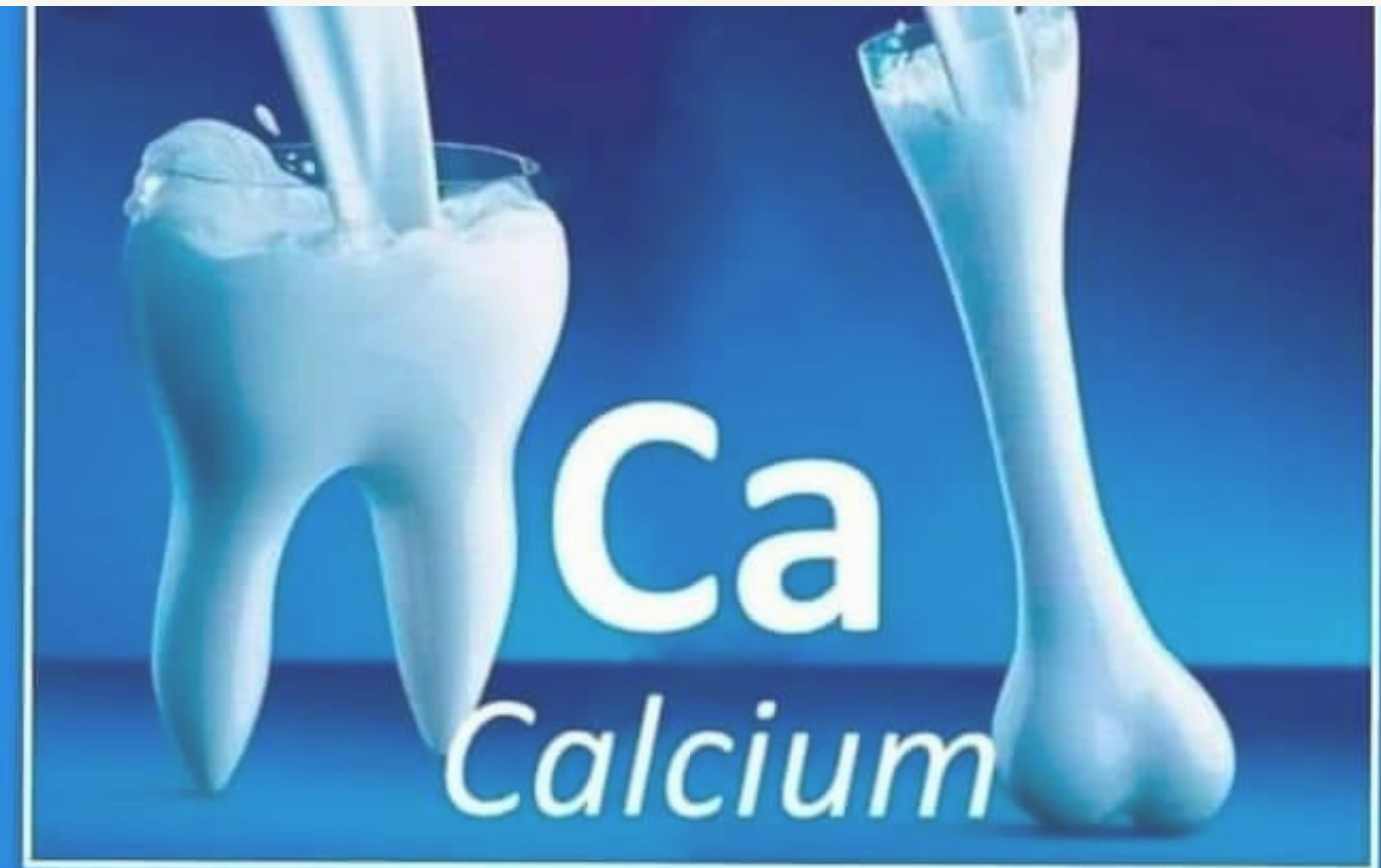
Package: 100 capsules.

Use: up to 2 capsules per day.

Expiration date: 18 months from the production date.

Storage: in a dry cool place.

£30



Sanbao Oral Liquid

Oral Liquid Sanbao is developed on the basis of Oral Liquid Phoenix - with added industrial substance – an extract of Mountain ant and Polyrhachis vicina (Pv Roger). Each bottle contains some grains of ant extract. Production involves freezing ants and splitting their cell membranes by using sub-nanometric technologies along with crio-extraction.

Different disorder indications and recommended duration of use:

- Rheumatoid polyarthritis and other joint diseases, use for several months
- Hepatitis B and C, use for several months
- Diabetes type 2 and for preventing type 1 diabetes complications, use for several months
- Respiratory organ diseases, such as bronchitis, especially chronic pneumonia, lung emphysema and bronchial asthma, use for several weeks up to several months, and longer for lung tuberculosis cases
- Rhinitis, sinusitis and otitis, drip a few drops into the ear or nose, twice a day, until the symptoms disappear.
- Urogenital diseases use from several weeks to several months. For male cases of prostate hypertrophy and adenoma, reduced potency, spermatorrhea and premature ejaculation, use from several weeks to several months. For female cases of excessive urination at night, menstruation cycle disorders, pelvic pain, use for several months.
- Precancerous conditions and malignant tumors, especially during chemo- and radio-therapy, follow a 1 to 2-pack course of treatment.
- Lipids, cholesterol and triglyceride increases in the blood, use for no less than 2 months or until the laboratory analysis result is normal.
- Cancer and haematological disease cases, the recommended usage is to drink the forms of cordyceps liquids one after the other, in turns or to drink the Phoenix and Sanbao elixirs simultaneously.
- Endocrine and urogenital system cases and brain cancers, doses of Linchzhi capsules may be added.

Preventive use:

For adults 3 to 5 ml per day, for 1 to 2 months.

For children, Sanbao is especially carefully prescribed because it stimulates blood circulation in the urinary tract and the reproductive system. Children are usually prescribed Oral Liquid Phoenix as a preventive measure.

Main ingredients: Chinese cordyceps 80%, Linchzhi 8%, Mountain ant extract, Shiitake mushrooms and Himalaya honey.

Package: 4 bottles, 30 ml each.

Expiration date: 18 months from production date.

Storage: in a dark and dry place, once a bottle is opened keep it in a cool place.

£40



To help with regulation:

Phoenix Oral Liquid

The pride of Traditional Chinese Medicine's modern technologies. An immune system regulator, it is widely used as an effective preventive measure and in treating oncological, cardiovascular, endocrine, digestive tract disorders, viral diseases, nervous system exhaustion and allergies. In the production of Oral liquid Phoenix, Chinese Cordyceps is used which grows in China, in the Qinghai-Tibet mountains. This product also contains other fungus: linchzhi, aromatic fungus and other components. In the production of Oral liquid Phoenix, the most advanced methods of cell splitting and extraction methods are used: multifunctional low-temperature extraction, multi-component purification, colonial chromatography and vacuum concentration.

Different indications and recommended duration of use:

- Heart and blood vessel system diseases (atherosclerosis, cardiosclerosis, angina pectoris, ischemic heart disease, myocardium infarct and its post condition, blood vessel thrombosis, thrombophlebitis, irregular heartbeat, hypertonia and others), use for 2 to 3 months.
- Digestive tract disorders (gastritis, ulcers, chronic pancreatitis, enterocolitis, colitis, dysbacteriosis and others), use for 1 to 3 months.
- Liver diseases (hepatitis, cirrhosis and bile cyst stone, use for 1 to 3 months.
- Endocrine system diseases (tirotoxicosis, diabetes and others), use for 2 to 3 months.
- Pre-cancer dysfunctions (first treatment stage), use 1 pack of 4 bottles.
- Malignant tumors (first treatment stage), use 1 pack of 4 bottles.
- Haematology diseases (first treatment stage), use 1 pack of 4 bottles.
- Acute virus diseases (adenovirus, flu), use for 5 to 10 days.
- Other viral diseases (herpes, hepatitis and others), use for 15 days to 2 months.
- Purulent angina, rinse the throat for 2-3 minutes and drink the liquid 2 -3 time a day, for 2 weeks.
- Eye diseases (cataract, glaucoma), drip drops into the eyes, twice per day, for up to 2 months. If there is a burning sensation dilute the liquid with distilled water 1:1 proportion and continue dripping into the eyes.
- Nervous system exhaustion (insomnia, touchiness, neurosis, apathy and chronic tiredness), use for 1 to 2 months.
- Overall exhaustion, use for 2 to 3 months.
- Limb diseases (arthritis, arthrosis and others), use for 1 to 2 months (different cordyceps products are used for the long-term).
- Allergies, use for 3 to 4 months.
- Autoimmune diseases, use for 3 to 4 months.
- For blood diseases (first treatment stage), use 1 pack.
- For sudden fevers with different virus and bacterial infections, large one-time doses are recommended – about ½ of a bottle for adults. If the effect is insufficient, more may be taken. Disease symptoms either disappear or weaken, and fever subsides from 20-30 minutes to 2-3 hours.

(1 of 2)



Phoenix Oral Liquid

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- Nervous system exhaustion (insomnia, touchiness, neurosis, apathy and chronic tiredness), use for 1 to 2 months.
- Overall exhaustion, use for 2 to 3 months.
- Limb diseases (arthritis, arthrosis and others), use for 1 to 2 months (different cordyceps products are used for the long-term).
- Allergies, use for 3 to 4 months.
- Autoimmune diseases, use for 3 to 4 months.
- For blood diseases (first treatment stage), use 1 pack.
- For sudden fevers with different virus and bacterial infections, large one-time doses are recommended – about ½ of a bottle for adults. If the effect is insufficient, more may be taken. Disease symptoms either disappear or weaken, and fever subsides from 20-30 minutes to 2-3 hours.

(1 of 2)



Linchzhi Capsules (Reishi)

Since ancient times it has been known that linchzhi is characterized by “soul soothing”, “wisdom awarding” and “memory sharpness” effects. Linchzhi (reishi) is called “a plant of eternal youth”. The ingredients of linchzhi capsules include spawns and ascospores of Chinese Ganoderma (fungus) – the most valuable kind of linchzhi. The preparation is a source of polysaccharides, amino acids, vitamins and minerals. Cell membrane splitting technology helps to save the active ingredients of the raw material to the maximum, and high technologies multiply the absorption of the active components many times.

Functional effects:

- Slow down the ageing process
- Improves mood and increase working capacity
- Improves head and spinal cord blood stream
- Regulate the nervous system
- Has an anti-tumor effect

Different indications and recommended duration of use:

- Eyesight and hearing deterioration (especially for the elderly): 1-2 capsules a day, 1 pack
- Mental exhaustion, reduced attention: 1 capsule a day, 1 pack
- Migraine, sleep disorders: 1-2 capsules a day, 2 packs
- Blood vessel vegetation dystonia: 1 capsule a day, 2 packs
- Brain blood vessel atherosclerosis: 2 capsules a day, 3 packs
- After stroke condition: 3 capsules a day, 2 to 4 packs
- Mental development retardation: individualized doses for several months
- Memory deterioration, Alzheimer’s disease: 1-3 capsules a day for several months
- Multiple sclerosis, Parkinson disease: 2-4 capsules a day for several months
- Depression, stress – 1 capsule a day for several weeks
- Epilepsy: individualized doses, usually 1-2 capsules a day, for several months

Usage: an hour before a meal (better in the morning) to be swallowed with water

Ingredients: Spawn powder of Chinese Ganoderma (fungus), Linchzhi ascospore powder, Chinese Cordyceps spawn powder.

Package content: 24 capsules.

Expiration date: 18 months from the production date.

Storage: in a dry and cool place.

Notes: It is recommended to use Linchzhi in the morning or during daytime hours. Evening use sometimes can disturb sleep.

£20



Mineral Recovery Concentrate

Based on long-term research of the world famous water sources of the Chinese village of Bama, the German Lake Titisee, the French resort of Evian, the region of the Japanese mountain Rocco, the Fohow research team has developed a unique product - a highly concentrated Fohow serum with natural minerals, extracted using the most advanced technologies. Due to deep penetration into the skin, the serum fills the skin with the necessary nutrients and minerals, evens out skin color, reduces the amount of harmful substances in the skin, provides long-term hydration, making the skin smooth and elastic.

Features of action:

- Application of the Nobel Prize-winning PCR (PCR) method has an amazing effect of aging retardation:

The product uses a PCR (polymerase chain reaction) method. This is a molecular biology method that allows, in a short time, to achieve a significant increase in certain DNA fragments in biological material. The invention of this method is a major breakthrough in the field of dermatology. This method allows the active ingredients to penetrate into the tissues of three layers of the skin: epidermis, dermis and hypodermis, affect the deep layers of the skin, restore elasticity, smooth wrinkles, and effectively prevent skin aging.

- Rich content of natural minerals:

Minerals are the "energy key" of skin cells, "liquid" minerals can participate in the metabolism of more than 300 enzymes and can increase the amount of bio enzymes by 200-400%.

- Long wave infrared radiation:

Long-wave infrared radiation allows resonance of water molecules in cells, thereby maintaining a high cell tone and the ability of the skin to withstand the effects of ultraviolet radiation, improving microcirculation and metabolism.

- Anions:

Anions effectively remove free radicals from the body and inhibit oxidative processes, promoting cellular metabolism.

£150



Moisture & Hydration:

Meridian Energy Collateral Cream

An ideal combination of modern world technologies and ancient recipes of Chinese medicine.

It has a directed thermal effect, restores the body's energy, removes pathogenic factors of "moisture", has anti-ageing and cosmetic effects, improves the condition of tendons and the conductivity of meridians, promotes burning of subcutaneous fat. It is one of the most effective natural remedies for the removal of free radicals. Due to its unique antioxidant properties, it also helps to strengthen blood vessel and capillary walls, improves microcirculation and increases blood activity.

6 special features:

- Targeted heating effect. The effect of heat can last for 24 hours or more.
- Increased body vitality. When active components penetrate into the skin, there is a noticeable improvement in blood circulation.
- Removal of moisture, an increase of body resistance. Use of the product allows you to remove moisture from the body, restore Yin and Yang energy balance and enhance immunity.
- Cosmetic effect, slow down aging processes. Increases cell activity, improves body regeneration, slows the ageing process. Helps eliminate toxins and reduce the pain.
- Cleaning and activating energy channels. Active ingredients present in the product improve blood flow, body energy and physiological channels throughput.
- Weight normalization. Suitable for overweight people. Use of the product allows accelerating metabolism, eliminating excess calories and body fat, giving the body a healthy and proper look.

£40



Massage Oil

Contains the essence of oriental plants such as *Zingiber officinale* (ginger), *Ligusticum chuanxiong*, *angelica* (ginseng) and cinnamon cassia which is easy to be absorbed, gently nourishes and nurses the skin, and makes your skin moist, elastic, energetic and radiant.
£15



Massage Cream

Specialised plant based massage cream. Extracted from plants. Packing in moisture and whitening skin. Specially designed to use with Fohow Yang-Sheng Meridians Massager.

£10



Aloe Gel

Aloe vera gel contains the active matter and moisturizing elements of the herbaceous plant: aloe vera. The special tender formula can relieve discomfort of the skin, supply the skin with moisture and nutrition, lock in water content to renew your skins' flatness and elasticity. After using this product, your skin will be smooth but not sticky and greasy. The feeling of freshness, moisture and smoothness will bring you a good day. Aloe vera gel contains no hormones, flavor or coloring. The natural and pleasant aromatic plant is pure, which is safe to your skin without irritation and suitable for all skin types.

Functional effects:

- Refresh and smooth the skin; prevent the skin from drying; repair the damage on skin by radiations, like sunlight radiation, etc.; allow convergence, softness, moisture and whitening of the skin; effectively resist the ultraviolet light and protect the skin cells. Eliminate the harm to the skin by oxygen free radicals produced by UV radiation and promote the healing of wounds by advancing the proliferation and differentiation of the epidermal cells.
- Diminish the inflammation, stop the pain and accelerate the healing of wounds. The product can stop the pain and accelerate the healing on wounds of burns, cuts, acne, insect bites, etc.. It can also prevent and mitigate the formation of scars.
- It has the functions of anti-wrinkle and slowing down the aging of skin. The product can improve the water retention ability of the skin, continue to moisture the skin and promote the blood circulation. It is helpful for the absorption of nutrition and has a function of anti-wrinkle, increasing the skin's elasticity and slowing down its aging.
- The product has antibacterial, anti-inflammatory, acesodyne, detoxification, anti-allergy, deodorant and anti-oxidation functions. It bears antibacterial, anti-inflammatory, detoxification, anti-allergy and deodorant functions without side effects. It can prevent the irritation and allergic effects on skin by chemical agents and has functions of dispelling the freckle and sunscreen. The product is definitely good skin wound healing and anti-ulcer medicine.



Moisturising Face Mask

Rich in natural extracts of Dendrobium extract, it nourishes and improves skin texture, leaving skin hydrated and delicate. Natural, no preservatives, without any flavor, suitable for any skin type. This face mask is rich in extract of natural dendrobe essence and can provide intensive nourishment and improve skin texture, resilience, delicacy and smoothness.

Product Ingredients:

Water, Tremella Fuciformis (Mushroom) Extract, Dendrobium Officinale Extract, Glycerin.

Dendrobium Candidum (orchid):

- * Chinese traditional medicines for replenishing rituals are known as "Saving Immortals";
- * Dendrobium candidum is rich in active polysaccharides, which can increase cell viability, repair cell mucous membranes, and make skin more full and lustrous;
- * Dendrobium contains a large amount of gum, which can nourish the skin quickly, deeply repair dry and rough, lasting moisture, lock water, make the skin plumper, more abundance, and more elasticity!

Tremella Extract (fungus)

Tremella is a natural moisturizing emollient that is rich in natural colloids and nourishes the skin's stratum corneum. At the same time, Tremella is rich in protein and vitamins, etc. It has the functions of removing wrinkles, firming skin, and anti-aging, and it can bring smoothness to the skin.

Suggested Usage:

Apply mask to cleansed face and gently press to make it fit the skin. Leave on for 20-30 minutes. Gently remove the mask and gently massage the face until fully absorbed. Not necessary to cleanse face after removal and massage.

£100



Daily Hygiene:

Princess Pearl Guifei Bao

Tamponized capsules, containing many herbs that have antibacterial and inflammatory effects. Cleanses, controls, restores - therefore these capsules can be used in a number of gynecological diseases.

Tamponized Capsules Guifei Bao are recommended for:

- Prevention and as an additional tool, in the treatment of vaginitis, cervical erosion, pelvic inflammation, uterine miomos, fungal infections
- Cervical cleaning - dead tissue and menstrual blood residues, unpleasant smell is removed
- Stimulating female sex hormone secretion
- Reconstruction of physiological reproductive organs functions
- Reconstruction of the vaginal wall elasticity and vaginal sensitivity
- Maintenance and restoration of the inner vaginal acid - base balance and natural microflora of the vagina and uterus
- Achieving exterior cosmetic effect: brighten pigmentation, whiten skin and wrinkle reduction.
- Tamponized capsules Princess Pearl are recommended to use as an auxiliary therapy in a number of gynecological diseases and as a preventive measure against them.

Application:

Open the foil package and check for external damage .

Wash and dry vagina. Put on the sanitary gloves and place a tamponized capsule into the vagina, the tip of the cord must remain outside.

After three days, the capsule must be replaced.

Gently pull out the cord and the capsule easily pulls out.

Wash vagina.

Health care course - consistent use of six capsules.

Note: Guifei Bao may dry the skin. To moisturize and soften the skin we recommend to apply Fohow Aloe Vera Gel. Capsules are not recommended for pregnant women and young girls that did not have sexual relations. Capsules shall not be used during menstruation, breastfeeding period and on appearance of bodily allergic reactions. Be careful after pregnancy termination.

Ingredients:

Dragon tree seed extract, Sorrel roots, Pseudo Larch, Catechu acacia, Colorific saflor, Yellow sophora borneol, Bura and other rare traditional Chinese plants.

Package: contains 6 capsules

£30



Sanitary Pads

Our sanitary pads are divided into daytime-use / night-use and every day sanitary pads. They are high-tech and patented menstrual health and hygiene supplies for females which combine physical effects of nano-silver ions, infrared and negative ion together. All these products are green, natural, healthy and safe with unique efficacies of being antibacterial, dispelling peculiar odors, promoting the microcirculation and maintaining the micro-ecological balance of the body.

Functional effects:

- nano-silver ions and far infrared effect
- generate the negative ions
- antibacterial and dispel peculiar smell
- promote the microcirculation
- maintain the micro-ecological balance of the body.

Included in each pack: vaginal test card (apply the vaginal secretions on the test paper with cotton swab; compare with the color card under normal light after 30 seconds, then you will reach a conclusion).

Main materials: three-in-one function chip, perforated non-woven fabrics, macromolecule composite paper, dust-free paper, permeability back film, food-grade adhesive, non-fluorescent release paper.

First option: Day-time use (4 packs) & Night -time use (2packs)

Second option: Sanitary pads 6p.

£22



Toothpaste

Extracted from cordyceps and ganoderma (fungus).

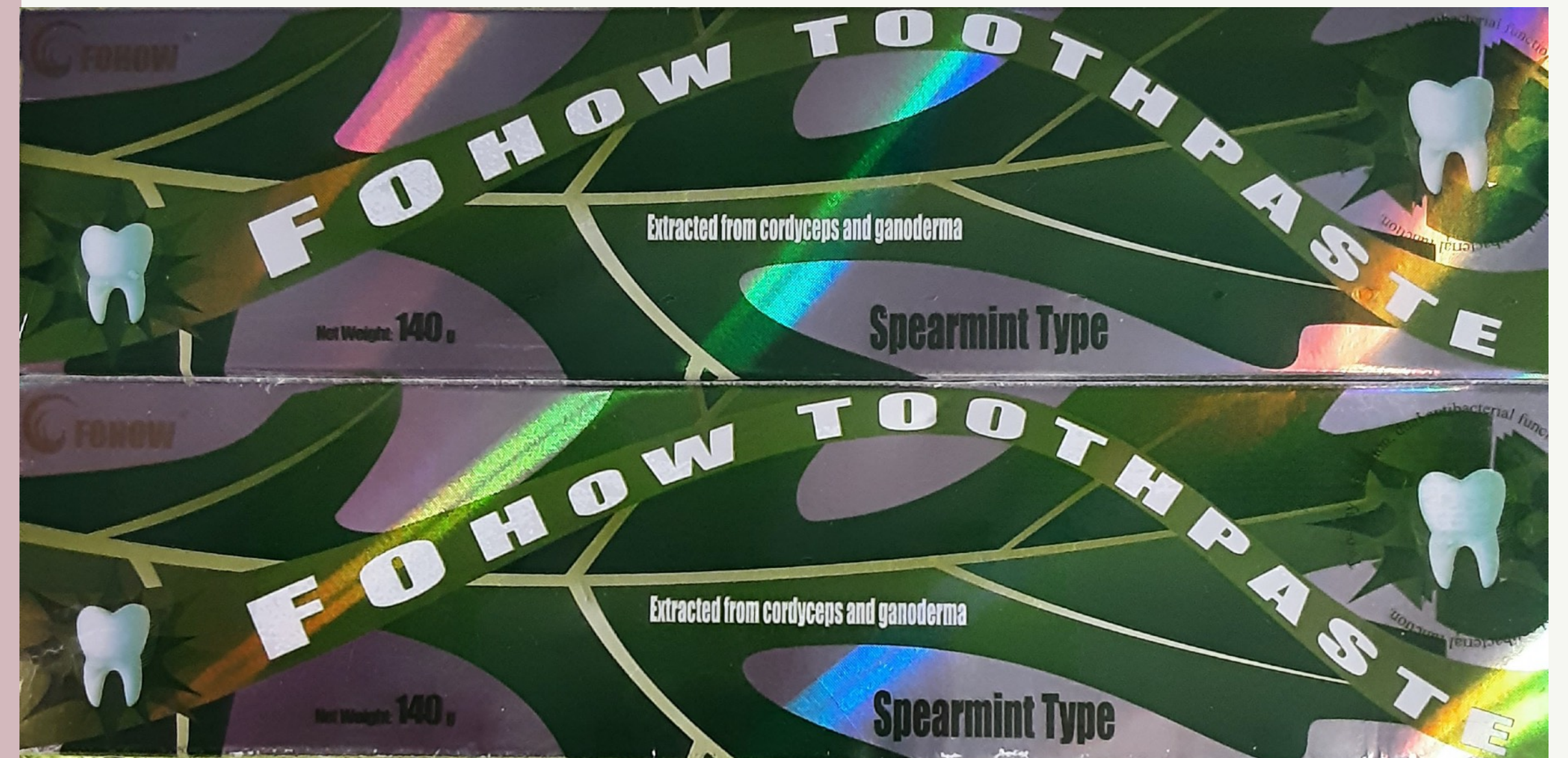
Helps to normalize the balance in the oral cavity. The extract of cordyceps reduces breeding of harmful bacteria and improves the condition of the teeth and gums. Helps to eliminate inflammation and pain in the teeth. Using toothpaste helps prevent tooth decay.

Reduces risk: the Sodium Phytate (a natural extract of rice bran) slows down the oxidation process, protects the natural color of teeth, removes wine, coffee, tea or nicotine plaque, reduces the risk of tartar formation and plaque buildup.

Effectively protects: the natural extract of rice bran (Sodium Phytate) has an extensive cleaning effect, makes teeth whiter and healthier.

This peppermint flavored toothpaste will give you a clean, fresh feeling and a healthy, whiter, stronger smile.

£15



Hydrogen Water Bottle

What is it?

Hydrogen water is known as plain water in Japan. It tastes very neutral, similar to the taste of purified water - colourless, tasteless and odourless. Hydrogen itself is one of the best natural antioxidants, so the hydrogen water has a strong restoring function, which can neutralise the body's blood and active oxygen (free radicals) in the cells.

Hydrogen Water Bottle is the latest invention to provide strong antioxidant hydrogen-rich water. No water filters to change. Feel energized and fresh with better hydration. Powerful Antioxidant Water For Boosting Your Immune System And Cellular Protection.

Hydrogen water has more antioxidants than that of vitamins A, C, E, or green tea. It's negative potential reaches up to -550mV, which is a powerful ORP (Oxygen Reduction Potential). So it can fully remove malignant active oxygen from the body. Malignant active oxygen is the source of many diseases, such as cancers, common life degenerative disease etc. If you place mild steel into normal water, it will rust. But if you place it into the hydrogen water, it will not rust as there is it cannot oxidise. It is similar when you drink the water. No longer is the water harmful to your body but it soaks up dangerous free radicals and thereby positively improves your health.

Hydrogen Water Benefits:

- It can balance the body's pH and prevent a variety of diseases effectively. Hydrogen water easily enters the cell channel, to participate in metabolism, so as to promote cell detoxification, increase the cell's hydration and enhance the body's immune system.
- Enhance immunity system
- Improve sleeping
- Detoxification
- Anti-aging
- Prevent arteriosclerosis
- Prevent diabetes
- Prevent high blood
- Helps loose weight
- Beautifying effect

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Hydrogen Water Bottle

How is Hydrogen Generated in the Hydrogen Bottle?

Electrolysis of water (H₂O) generates Hydrogen and Oxygen gas, and their volume ratio is about 2:1. When DC power is applied to the electrodes in the Hydrogen Bottle and into the water, there is a decomposition reaction which leads to Hydrogen and Oxygen gas being produced. This thereby enriches the water with hydrogen. When tested, the resulting water is pH 9, meaning the water is healthily alkalized. If this water is then added to an alkalizer flask, the pH of the water further rises to 12.

Recommendations:

Recommended Daily Drinking Volume: 1.5 - 2L per day.

Water temperature: At room temperature 15-20C.

Drinking program: 6-8 times a day with a glass of 150-200mL at a time.

Hydrogen Therapy and Diabetes:

Diabetes researchers are using hydrogen gas therapy at the moment to assist their diabetic patients. Hydrogen gas is also known as di-hydrogen, di-atomic-hydrogen, or molecular hydrogen, and it is a very unique antioxidant. It is so tiny it can pass through cellular membranes, including the blood-brain barrier. Therefore it can have far-reaching positive health effects on every cell in the body. It can fight even the most devastating free-radicals there are, and offers no harmful effects to the body or the environment. Free-radical damage and chronic inflammation are the two reasons diabetics have such overall health-difficulties later on in life.

Molecular Hydrogen, or Hydrogen Antioxidant molecules (H₂-), have unique properties which enables them to be able to enter cells and fight free-radicals where no other antioxidant can. This is particularly beneficial for diabetics, because they have so many complications related to free-radical damage caused by their diabetes. Ionized water, rich in Hydrogen gas, has been used with great success by diabetics. Does it offer a cure? Not in the sense that it will repair islet cells, but it offers prevention to many conditions caused by free-radicals which are life threatening.

£300

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Fohow Tools:

Iontophoresis Massager

It detoxes eye meridians by Chinese detoxification therapy, breaks through the skin isolation barrier and enhances comprehensive nutrition, automatically heating the 360 degree ball massage head, and keeping the temperature at a constant level that is comfortable for eyes.

Benefits:

- *helps to relax eye muscles
- *accelerate lymphatic detoxification
- *increase and promote circulation metabolism
- *eliminate fatigue
- *effectively promotes the absorption of nutrient solution

For massage use with Fohow Facial Mineral Recovery Concentrate and Fohow Moisturizing face mask.



Bioenergetic Massager

Yang-Sheng Fohow Meridians Massager combines the principles of traditional teachings in Chinese medicine concerning the meridians and the internal organs with the latest achievements of modern science in fields such as Bioinformatics, Bioenergetics, and Neurology. It simulates the effects of physical therapies and traditional Chinese medicine techniques, such as:

- Acupuncture
- Gua Sha
- Tui Na massage
- Moxibustion
- Vacuum therapy.

The meridians massager provides a rapid and tangible physiotherapeutic effect through a directional impact on the biologically active points. It instantly clears the meridians, improves blood circulation, increases the body's energy and restores the Yin-Yang balance of the internal organs. It can be used to prevent and to treat diseases, as well to maintain good health.

The meridians massager is the perfect combination of traditional Chinese medicine techniques and modern scientific developments. The appliance kit includes special gloves that enable the biologically active points to be stimulated in the correct direction to achieve best results.

The principal of the operation of the meridians massager:

This device combines the techniques of traditional Chinese medicine and modern science. A key aspect of which is the expression: "where there is no obstruction - there is no pain, where there is an obstruction - there is pain". The obstructions, in this case, refer to disturbance of meridians activity, Chi energy and blood circulation, which forms congestion and causes pain.

Chinese medicine states "the meridians determine life and death, they can get rid of hundreds of diseases, and they can regulate the empty and full, so they should not be closed". The meridians of the human body are the life lines. They link the five tight and the six hollow organs and limbs of the body, and they play a crucial role in the therapeutic and health-improving techniques of traditional Chinese medicine.

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Bioenergetic Massager

Main functions:

- Elimination of toxins and cleansing the blood;
- Improvement of blood circulation;
- Acceleration of metabolism;
- Strengthening immune system and increase in cellular activity and body's ability to self-repair;
- Elimination of pain
- Strengthening muscles and bones
- Regulation of the autonomic nervous system and improved sleep quality
- Regulation of the endocrine system
- Purification of the meridians

Recommendations for use:

Diseases of the cervical and lumbar spine, diseases of the joints. Shoulder peri-arthritis, cervical spondylosis, pain in lower back and hips, hyperostosis, bruises, damage of the soft tissues, damage to the bone tissue, rheumatoid arthritis, rheumatism, etc.

Diseases of the gastrointestinal tract, stomach and intestines, chronic gastritis, chronic colitis, constipation, chronic diarrhoea or hemorrhoids.

Diseases of the nervous system, insomnia, nervous exhaustion, dizziness or noises in the ears.

Gynaecological and urological diseases, prostatitis, chronic hyperplasia of the prostate gland, menstrual pain, amenorrhea, pelvic inflammatory disease, adnexitis or menopausal syndrome.

Cardiovascular and cerebrovascular diseases, hypertension, hyperlipidemia, diabetes, complications after brain concussions, various ischemic diseases or anemia.

Skin diseases.

£1380

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Faradization Belts

Made with the help of nanotechnologies and designed using a special material with finely minced, low-power magnets and over fifty minerals. Their placement follows acupuncture principles to stimulate points located along different meridians. Semi-precious minerals (mainly nephrite) and low power magnets are inserted into a layer of some special material and situated in a special way. Meteorite origin minerals are included because they are able to radiate infrared rays. This comprises the basis of the Faradization thermal belt

Waist belt

Indications faradization thermal belt usage:

- Heart and blood vessel diseases - hypertonic disease Stages I and II, rheumatism and blood vessel dystonia
- Nervous system diseases and traumas - spine and brain traumas, inner disc ruptures, spine osteochondritis, spinal cord blood circulation disorders, strokes, neuritis, neuralgias, neurosis, paralysis
- Peripheral blood vessel diseases - eliminating atherosclerosis, thromboangiitis, rein disease, chronic venous and lymphatic venous deficiency, surface and deep venous thrombosis phlebitis
- Support and movement diseases and injuries - deforming osteochondritis (acute stages and remission phases I and II), infectious toxic arthritis, bursitis and periarteritis, slow-healing broken bones, bruises, tendon and joint capsule strains and dislocation
- Respiratory system diseases - chronic pneumonia, chronic bronchitis, bronchial asthma (excepting hormone dependency cases)
- Digestive tract diseases - stomach pain, gastritis and gastro-duodenitis, chronic pancreatitis
- Urological genital system diseases - Cystitis, Urethritis, Pyelonephritis, Adnexitis, Prostatitis, Impotence, Infertility, Climacteric syndrome, tumors (mioma, fibromioma, breast fibroadenoma)

£390



Faradization Belts

Knee belt

Functional effects

- Normalizes blood circulation in the knee and other large joints
- Eases and eliminates pain in these joints
- Curative effects in cases of knee and other large joint disorders, including m areas
- Improves blood circulation in the brain
- Eases and eliminates headaches and fatigue
- Regulates the nervous system
- Aids sleep
- Treats rhinitis, haimoritis, pharyngitis, otitis, laryngitis, tracheitis and ear nerve inflammation
- Curative effects in cases of medium joint functional disorders, including arthrosis, arthritis, polyarthritis, bruises, strains and dislocations
- Treats nose and throat diseases: vasomotor rhinitis, Chronic rhinitis, Haimoritis, Chronic pharyngitis, Chronic otitis, Aural nerve inflammation.

£390



Faradization Belts

Neck belt

Functional effects:

- Normalizes blood circulation in the neck area
- Eases and eliminates pain in the neck, shoulder and arm areas
- Improves blood circulation in the brain
- Eases and eliminates headaches and fatigue
- Regulates the nervous system
- Aids sleep
- Treats rhinitis, haimoritis, pharyngitis, otitis, laryngitis, tracheitis and ear nerve inflammation
- Curative effects in cases of medium joint functional disorders, including arthrosis, arthritis, polyarthritis, bruises, strains and dislocations
- Treats nose and throat diseases: vasomotor rhinitis, Chronic rhinitis, Haimoritis, Chronic pharyngitis, Chronic otitis, Aural nerve inflammations .

£100

Usage:

- *Moisten the working surface of the belt prior to usage by spraying it or by smoothing your palm dampened with water.*
- *Then place the belt on a problematic area and affix the stickers on the belt.*
- *It takes 5-10 minutes to feel the belt working (depending on the skin sensitivity). There is a sensation of a light, needle-like prickling and heat.*
- *There is no limit of procedures, however the best curative and preventive effects are achieved by regular sessions rather than frequent ones.*
- *Recommended time of usage per session is 15-30 minutes. If the heat is too strong for you or if there is a burning sensation, the belt can be removed sooner for a shorter treatment. Do not use the belt for over 5 hours per session. Thermal neck belts can be used twice a day.*
- *Do not use the belt while sleeping.*
- *Clean the biological working area of the belt with a soft damp cloth. Do not use any detergent when washing it.*
- *Do not crumple the belt. Do not dry it in direct sunlight.*
- *Store in a dry and dark place.*



Contact me to purchase products or ask any questions:

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