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LOVE, FAMILY AND

Christien Larvin

CHRISTMAS



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Lavin Loves BerryGen

Lavin Seow, our NaturCare BerryGen Brand Ambassador, is a bubbly, on-the-go mother of two. The former runner-up in the 1997 Miss Malaysia/Miss World pageant, and well-known actress with over 80 drama series to her name, talks about her lifestyle and why she loves NaturCare BerryGen!

"My daily schedule is packed with many roles I play in real life and on screen. Often, it takes a toll on my health and vitality. Now, I have found it easier with NaturCare BerryGen. It helps me stay healthy so I can live life to the fullest. The good health shows on my skin too!"

MY ROLES

My daily schedule is packed with the roles I play in real life, as a mother and wife, and on screen, as an actress.

Being under harsh lights and heavy makeup, really takes a toll on my skin, my health and vitality, too. But now I find it easier with BerryGen. It helps me stay healthy so I can live to the fullest, plus the good health shows on my skin too!

MY DAILY DOSE

Just a sachet a day, I feel younger and my skin feels youthful! The amazing thing is that I noticed results after 2 weeks! I could see my skin getting firmer and the texture becoming brighter, clearer and fairer. There's also a glow to my skin nowadays.

It used to be a struggle to keep going because I only sleep for 5-6 hours a night, but now, I feel great! I was surprised that it helps me stay fit as it boosts my metabolism levels. It must be the L-Carnitine! I'm really impressed! Natural and safe, and I love the taste! It's so refreshing!

Christien, my husband loves it too! He's quite a picky person, and doesn't like all this 'girly' stuff, but he never complains about BerryGen! He feels healthier after taking it. And I can see a difference in his skin as well...his face is more firm and there's a significant reduction in fine lines.

You must try BerryGen! It will make you feel healthier, more energetic and you'll have more youthful-looking skin, too. Enjoy your BerryGen!

I ♥ BERRYGEN!

Lavin

Live Well, Stay Youthful, Be Beautiful



Lavin Seow
Miss Malaysia/World
runner up,
Artiste-Media Corp
Singapore

What Our Satisfied Customers Say



Anne Thoo
Puchong

我美白及年轻的秘诀

"爱美是女人的天性,尤其是年过40的我,我面对肤色不均匀,小腿皮肤干如蛇皮及关节痛的问题,在得知BerryGen能改善我面对的问题后,我决定奖励自己,先买一盒试试。

我开始因为认为价钱高而隔天喝,一个月后发现只是小腿有点改善,正想放弃,刚好听到我的上线与其朋友分享BerryGen的好处,询问后知道问题在自己,在每天饮用后,见到我的朋友都问我美白及年轻的秘诀,当然是BerryGen啦!我最开心的是上下楼梯时不必再受膝关节如刀割的折磨,也照自己的见证而开始享用更便宜的BerryGen."



Angeline Sim
Singapore

More Radiant Hair And Skin

"I have very fine hair, and every time I wash my hair and comb it, I see a lot of it end up in the sink. But after drinking BerryGen for 42 days, I noticed that I'm not losing as much hair as before. It was awesome!

My hair now looks more radiant and bouncy and my complexion has also improved. For beauty everyday, drink BerryGen! It's Berrilicious!"



Anne Sagar
Puchong

My Sweet Secret

"I tried BerryGen only after studying the ingredients closely. The pleasant taste also made it easy to drink. After a week, my face was very much brighter and my wrinkles less obvious. My skin also looked more taut, thanks to the collagen in BerryGen.

After the second week, I noticed that my aching knee no longer ached. My nails are shinier and don't break so easily. In my third week, my friends asked me the secret to my youthful looks and I said, "Friends, the secret is BerryGen!"

Another Quality Product By



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Two years ago, the press labelled them 'Beckham' and 'Posh'. As a celebrity couple, they attract a legion of fans. Editor Grace Kang-Ong meets Christien New and Lavin Seow to learn their secret to keeping love alive.

Photo: Lim Hock Sang, retouch: Grace Kang-Ong
Christien's hair & make-up: Hanna Liew (012 321 1874)

They are famous for their dedication to each other. They are love personified.

Christien New was voted one of the hottest husbands last year. Lavin Seow won the Global Arts Award (GAA) in 2005. Together, they are ChristienLavin!

How do the News keep their five-year marriage exciting and alive? The couple reserves a day in the week exclusively for each other – aka as their 'date'.

The 38-year-old Christien says: "We try to do something together for two hours, at least once a week. The key is togetherness. It can be a walk in the mall or park, watching a movie, working out in the gym."

Lavin adds: "Otherwise, we just watch a DVD at home. After God, my husband is my priority. Then come my children, followed by work."

To hone their relationship and parenting skills, the couple attended courses on marriage and parenting. Both understand the importance of their roles as parents. "It's a life-time responsibility," Christien emphasises.

On how to become good role models to their children, Lavin says, "My husband and I have a little agreement – we don't argue in front of our children. We don't even raise our voices at each other."

Lavin conceived Gabriel after half a year of marriage. The couple confess that they didn't prepare for a family.

"Our second baby, Raphael, was a miracle baby. He arrived when we were planning for a baby, right in the middle of my pre-pregnancy vaccinations and medications," says Lavin.

"That's why both of us are ambassadors for World Contraceptive Day. We learned our lesson. I dare not think what I would do if something bad had happened to Raphael."

Christien and Lavin strongly believe in developing their children's personalities. Not only academically, but holistically. "Books and knowledge are important, but characters are more so. We need to mould them the right way when they are young," Lavin explains.

"In fact, I started educating my children when they were in my womb. I talked to them a lot and I read to them. I enjoy listening to classical music, so I was doing that most of the time during my



LOVE, FAMILY AND CHRISTMAS



pregnancy," the beautiful and slim Lavin discloses. It's hard to believe she is a mother of two.

"I remember an interesting incident that happened when they were about 1-2 months old. They were throwing tantrums, as all babies do, but when I played the same piece of music I had listened to during pregnancy, they immediately relaxed and calmed down. It happened to Gabriel and then Raphael," Lavin says earnestly.

Contrary to common practice, the couple enrolled their children in school at an early age – as young as two years old. "Many people think children won't be happy, but have they really considered what their children are thinking?" Lavin asks.

"My children enjoy school. Rather than being bored at home, crying and playing toys by themselves, they attend playschool. They play with other children and learn something along the way."

Although Christien and Lavin are busy with work – they are preparing for the production of an international film 'Life is Good' – they try to spend time with their children every day.

Christien shares his parental principles: "We make it a point to personally send and pick up our children from school. No matter what happens, we must come home to spend some time with



them at the end of the day."

Lavin tries to spend a few minutes each day teaching her children. "I will tell them, 'Let's play a game' and teach them a new word. I will test them the next day, and they love it. It's only for five minutes, so they will be excited for the session tomorrow. And it's fun!"

They surround four-year-old Gabriel and two-year-old Raphael with books to instill a love for reading. Christien puts it in a nutshell, "Learning should be fun."

On inculcating the right values, Lavin says: "We started them on Bible studies when they were young. We also inject the right moral values in them, although others may think they are too young to comprehend.

"For example, if they accidentally watch violence on

TV, we take time to explain the reason why the villain must be destroyed, why violence happens and so on. We can't stop them from watching violence; it's just a matter of time."

Christien and Lavin also make fitness a part of family life. "Every week, we take them to a playground," says Christien. "And they just love it," Lavin chirps in.

Christien says, "The two of us also make visiting the gym a part of our quality time together." Whenever Lavin needs to build certain muscle groups, she consults her husband, who is an expert when it comes to fitness.

The couple has big dreams for their children. "Firstly, our children should be God-fearing. We planned that since day one. Even if they are to stray, there's still a restraint," says Christien.

"Besides that, we also want our children to have happy

lives and to help those in need," says Lavin.

The News enjoy celebrating Christmas and every member of the family is involved in the preparation. "Last Christmas was unforgettable as we had relatives from all over the world coming to celebrate with us," says Lavin. "It's very important that we don't miss the real meaning of Christmas. It's not just exchanging gifts; it's about knowing the real meaning of love.

"This year, I'm preparing for Christmas one month ahead," Lavin smiles as she shares her Christmas plans. After all, it would be a waste if the beautiful Christmas decorations are displayed for only a month! **HT**