

# Sleep Well

## and Wellness Will Follow...



**V**eronica Ong, a State Registered Nurse and a lively lady with three grown children, is the picture of good health. She smiles with her eyes, and her happiness is literally refreshing – not unlike the effect of a good night’s sleep. When we asked her about her brand story, we found out that it was very much her personal story.

### CLOSE TO HOME

Afflicted with acute hyperthyroidism, Veronica searched for a drug-free way to health. In 2010, she found it – a ‘magic mattress’ developed by a local biomedical engineer for treating patients with autoimmune diseases. It contained tourmaline, a therapeutic mineral that emits both Far Infrared Rays (FIR) and negative ions. Within weeks of sleeping on this mattress, her condition stabilised without taking medication. The doctors were stunned, and she was convinced. The life-changing revelation catapulted her into a new career, driven by a desire to help others as she had been helped... by a good night’s sleep.

### EMBRACING ENERGIA

Determined to share her good fortune with others, Veronica searched for a supplier who could deliver a quality

product at a price within the reach of the majority. She found a supplier of integrity, tested the products rigorously for efficacy, and launched Energia: Rev22’s specially developed sleeping system that comprises pillows, comforters, mattress pads, sleeping cocoons, eye masks and bed socks. Each item is made from specially patented fibres interwoven with a combination of semi-precious stones, comprising mainly high quality tourmaline. The manufacturing process involves the high-tech science of nanotechnology.

The buzzwords ‘FIR’ and ‘negative ions’ are bandied about liberally in popular science. Many of you will have encountered them in product literature for everything from air conditioners to water purifiers, registering them as ‘good things’ without fully understanding why. Veronica, a gifted educator, made it crystal-clear.



**Veronica Ong**, the founder and CEO of Singaporean company, Rev22, opens our eyes to the benefits of closing them... every night... in a deeply satisfying sleep enabled by the Energia sleeping system.

### HELLO, SUNSHINE!

“These days we don’t go out in the sun. We’re so afraid of the damaging UV rays that we miss out on the good stuff, the Far Infrared Rays,” said Veronica.

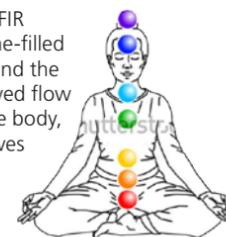
Veronica went on to explain that Far Infrared Rays, or FIR as they are known, are

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invisible light rays that penetrate our body’s tissues and stimulate cellular activity at a subcutaneous level. Once absorbed, the heat slightly expands our blood capillaries, which, according to the time-honoured principles of Traditional Chinese Medicine, opens up the meridians through which ‘chi’ flows. Sluggish ‘chi’ results in blockages at the chakras, the body’s main energy points. Veronica compared it to a public transport system: “Think of a chakra as a busy MRT interchange. When there’s congestion at a chakra, all the surrounding stations – the body’s organs and systems – are affected.”

The absorption of FIR from the tourmaline-filled Energia bedding, and the subsequent improved flow of ‘chi’ through the body, significantly improves blood circulation, metabolism, waste elimination, cardiovascular health, and the functions of the endocrine and nervous systems. Joint aches and pains are eased, and mental acuity is sharpened.

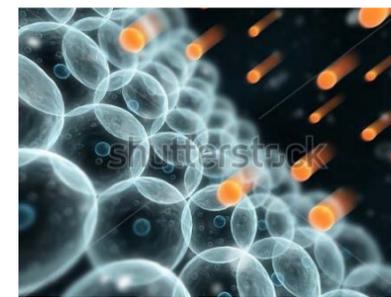


Veronica likens the health-giving properties of Far Infrared Rays to the beauty, goodness and promise of ‘the sunrise’.

### WONDERFUL WATERFALL!

Nature lovers would be familiar with the sense of energy and vitality that seems to fill your being when you walk through a forest, past a waterfall, or along a beach with crashing surf. That feeling of exuberant well-being comes from the negative ions generated by the forces of nature, which deliver a host of health-giving benefits. Thanks to tourmaline’s rare ability to emit negative ions, that selfsame feeling can be enjoyed by sleeping on an Energia mattress.

How exactly do negative ions improve our health? Veronica explained: “When the atoms that make up our blood cells



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are exposed to positive ions, they lose an electron and become unstable. They then roam around our bloodstream as so-called free radicals, sticking to cells at random in a bid to gain an extra electron and stabilise themselves. This disrupts cellular activity, resulting in cell aging and triggering mutations which can cause cysts and tumours, both benign and malignant. Negative ions stabilise free radicals and normalise cellular function,” explained Veronica.

In addition to the absorption of negative ions in our bodies, the negative ions emitted from an Energia mattress also purify the air around it. They attach themselves to particles of bacteria, dust and odour, and neutralise the positive charges, thus improving the quality of the air that you breathe while sleeping and awake. Going back to nature again, Veronica compares the beneficial properties of negative ions to the revitalizing, uplifting effects of ‘the waterfall’.

### SLEEP CHANGES EVERYTHING!

Rev22’s Energia sleeping system has had a profoundly life-changing effect on hundreds of customer’s lives. Veronica shared many amazing stories of how sleeping on an Energia had triggered positive improvements in serious medical conditions from asthma and diabetes to Parkinson’s disease. Some customers testify that Energia had facilitated their recovery after mishaps as mild as a sprained ankle and as serious as a stroke. The accolades pour in, singing the praises of Energia as a natural form of pain relief that liberates them from the side-effects of drug dependency.

### PART OF A WHOLE SOLUTION

Veronica stresses that Energia is not a universal panacea to every physical, mental, emotional and spiritual problem in existence. However, she maintains that it is a key component of a holistic approach to wellness that she calls integrative therapy. Integrative therapy involves seeking ways “to better serve the patient, not just address the disease”, and considers the emotional and spiritual aspects of living with medical conditions. It also incorporates alternative remedies, from TCM to yoga, into western medical practices. In the interests of promoting integrative therapy, Rev22 actively develops engaging programmes of talks and workshops on topics ranging from pain management to parenting workshops.

### CALL FOR A FREE LIVE BLOOD ANALYSIS

If your life could benefit with an integrated approach that begins with 8 hours of rejuvenating sleep every night, Rev22 could well provide the support you need. And we’re talking about much more than just a great pillow. Take the first step by calling or emailing this visionary local company and make an appointment for a free live blood analysis that will help you better understand your body and its sleep-related needs.

May you soon be waking up to the benefits of a good night’s sleep, every morning, with Energia by Rev22.



www.rev22.com