

Chosen from the content:

Interview with Andrea Papp

Big summer competition

Topic of the month – Therapeutical mushrooms



Ayurveda doctor, psychotherapist, counselor

Dr. Rajesh Savera

**You ask,
he answers.**

Feel free to send you questions to:
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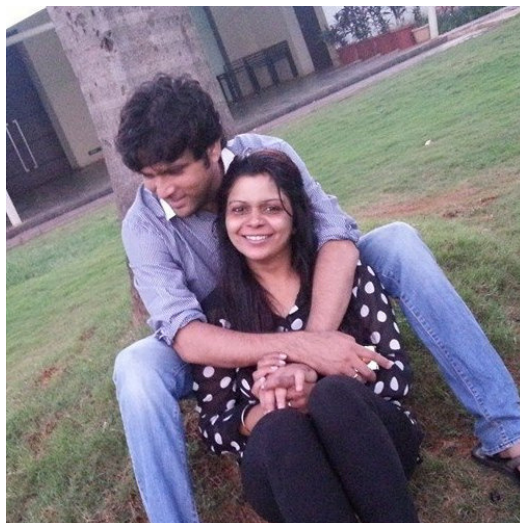
Dear friends, readers, Ganoderma coffee lovers!

Summer has officially began and I 'm looking forward to seeing more sun, to enjoy swimming, our great coffee and making new friendships. In summer the workflow is slower, we enjoy seated on the terraces, having barbeque parties with friends. And based on this we have got the idea for you to share with us your summer experiences and have prepared a big summer competition for you. We got inspired by Mrs. Alenka Hlavicová who had brought us a small gift (a beauty set) to the seminar in Senec. As a thanks we created this magazine for you, with love. Besides, exclusively just for Teamtime magazine you can ask questions dedicated to Dr. Rajesh Savera, whose answers will be published in the next issue. Let me wish you a pleasant reading with cup of coffee and I 'm already happy to receive your questions and your first pictures!



by Andrea Molnárová, Editor-in-chief





He lives in India with his family. He has one daughter. Thanks to the DXN he travels all around the world, he presents, coaches, motivates, meditates. He is an ayurvedic doctor and psychotherapist.

This time I do the writing in 'How we don't know them' – by my eyes about Dr. Rajesh Savera. I met him at 3rd European Leadership camp in Sofia, Bulgaria, in 2014. In Bulgaria he was master of ceremony for the first time and for the whole camp. For the last three years he „has grown“ and his charisma has multiplied. I'm pretty sure he loves Slovakia and will be coming back. For me he is a great inspiration of humility, of love, living the present moment of life and enjoying the life. He is a great motivator, coach, speaker and now you have great opportunity to ask him anything. Use this great opportunity and send us your questions for him.



Photos: Fb Rajesh Savera and private profile of AM

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Publication date: 25th of June 2017, monthly, no. of issue 04/17

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We will be happy to create this magazine together. So will be great to have your posts to different topics, which you can send by email in a word document and pictures in .jpg or .png form to the current issue till 10th of the month always.

Hotel Park
Stupava

INFO

Zabávať sa budeme:
od 10:00h do 16:00h

Vstup:
20€ - dospelý
5€ - dieťa do 12 rokov

Prosíme Vás, zaregistrujte sa
na daxensk@dxn2u.com
najneskôr do 28.6.2017!

Family Day

Rodinný deň

8.7.2017
sobota



by team :-)

Story of Roland from Austria

My name is Roland Hebenstreit from Vorarlberg, located in beautiful Austria. It all started in 2012 when my first black coffee from DXN was tried by my future wife. I liked both of them at the first sight and started with DXN in 2014 too. We met Ezster from Vienna and she was like my wife, hungarian and brought DXN products to Austria. So we started to consume more and more. Spirulina, GL and Lion 's Mane are now our standard equipment. Our favourite coffee is black coffee and Maca Vita coffee. Thanks to the super quality of DXN products it is possible for us to have healthy life. We would recommend everyone to join DXN. The health of three of us has improved. Our son Daniel loves the products especially Spirulina since he was 1 year old. We hope that he will join our path in the future.



Sulaiman visits Slovakia

I am Sulaiman Abdulrahman from Saudi Arabia and me and my friends Mr. Hassan Katheri and Mr. Sultan Al Alawi from Oman had visited Slovakia recently.

When we arrived, the country manager of Slovakia Zuzana along with DXN staff had extended us a very warm reception. They took us on a short tour around the office and further. We visited a nice restaurant for a sumptuous lunch, where the view was wonderful from. Ms. Katka briefed us with information to explore the city. I was impressed with the center of the city, the vegetable and fruit market next to the DXN office was amazing .

I was touched by my visit to Slovakia for its nature and the preservation of the authenticity of the old civilization with its modern mix. This trip had been concluded as one among our most memorable trips and we have enjoyed the warmth and comfort of our great global DXN family.



by Katka Mikušová

On 22nd of June DXN company welcomed a great visit from the Mycological Consultancy of the Slovak National Museum, Mrs. RNDr. Ivona Kautmanová, PhD., who presented the topic of therapeutical mushrooms for us. Special part she dedicated to „Holy trio“, which is the basis not only in Traditional Chinese medicine (TCM), but also Ganotherapy, where Dr. Lim Siow Jin, Dato' was responsible for the extension of DXN – Ganoderma, Lion's Mane and Cordyceps.



The very first interesting information for me was the pharmaceutical companies all over the world have been finally passing from herbal medicines to the ones containing mycelium and body of the mushrooms. Still more information come out that mushrooms are filled with more nutrition than many other kind of herbs, fruits and vegetables. For example, Cantharellus – Chanterelle has much more vitamins A than carrot. Ganoderma, Lions mane and also Cordyceps we can find in slovak woods. Yes, these jewels of chinese emperors can be found in Slovakia too. But before you get basket be prepared, I will have to stop your mushroom passion a bit. The legend amongst the mycologists Mr. Paul Stamets advises that to be healed on your own and for long term process of healing he recommends mushrooms which are cleaned in a lab from tannin and other potential dangerous substances as carcinogenic, mutagenic and teratogenic substances (I'm not a mycologist, but these –genic names don't seem to be trusted). In practice for common people it means, that commercial mushrooms are better choice for our body than wildy growing ones.

Vegetable or animal proteins? Before meat and vegetable lovers declare „first (non) meat war“, I will tell you a secret. The most complex proteins are not from herbs, nor animals, but mushrooms. Because we have already put them to pedestal of glory, let's say more about these „three kings of west“.

Hericum erinaceus (Lion's mane)

Is your appetite on a high level and you are looking forward to collecting? No problem. Prepare your baskets and wallet full of money. This mushroom is protected by the law of Slovakia and its collection is punished by 100 Euro per piece. There are some kinds of Hericum, the most common are Hericum coralloides and Hericum flagellum, but the best content of nutritions has Hericum erinaceus which is better known for its look as Lions Mane.

Ganoderma lucidum

It grows on oak trees and it is a culinary speciality for the inhabitants of forests, because in three weeks it is completely eaten from inside. Ganoderma can be woody with a little foot or softly without, if it is *Ganoderma applanatum*. But if we want to get most of it, we should look for her woody sister, *Ganoderma lucidum*. It's been recognized as a mushroom of eternal youth for thousands of years. Its main nutrients polysaccharides slows down the process of aging of body because it helps the body react against cancer and degenerative brain disorders as dementia, Alzheimer's or Parkinson's disease.

Cordyceps sinensis

When a person out of mycology's field talks about Cordyceps, not just one mycologist has its head confused about what he is actually talking about - and rightfully so. Cordyceps is a type of mushroom with 900 kinds, where each of them having different effects on the human body. We can also find better and the best of the types here. The better is *Cordyceps militaris* and the best is *Cordyceps sinensis*. It is better known for three Chinese runners who achieved 5 world records. They went through anti-doping commission but none of prohibited substances were found. As times passed, all information got out that they were consuming Cordyceps sinenses on regular basis, which is not doping but one of the best mushroom in TCM.

Mostly the mycellium has been sold, and if some companies know how to process the fruit, they keep safe this process as their business secret. It's good to know that Cordyceps is really expensive. Just the example, 1 kilo of Cordyceps costs the same as a kilo of gold. Many chinese and world pharmaceutical companies found out about this price and in the interest of savings and better earnings they use unfair practices as creating cordyceps from a carrot. They have the same color, and a common user doesn't have a chance to find out about this. Mycologists are still surprised when checking through the microscopes how original are some manufactures who would like to be more profitable. But people educated at this field and know the value of Cordyceps knows it is not possible to find around a price of 20 Euro. So if anybody will offer you so cheap „Cordyceps“ from Hungary or Romania, beware. From time to time there is a company which is faking Cordyceps with other mushrooms, or Cordyceps contains unbelievable unbeatable 0% of Cordyceps!

Ladies, would you love to have a bed champion at home? Give him Cordyceps. It's called Himalayan viagra. For this benefit can thank to the substances which positively influence to hormone testosteron. If we would prepare the ranking of popularity of picking and consumption of mushrooms, the very tail would be French, Italian, Bulgarian, Anglo-Saxon and Scandinavian nations and Indian tribes from all american continent. But on the other hand Slavs, especially Russians have their first in the ranking.

Mushrooms are known for its ability to choose hard metals from the body, but you need to be careful too. The important thing is where they grow. For example, lots of mushrooms grow in the area of mines. They are not suitable for consumption due to arsenic intoxication.

Let me give you good advice in the end – if you would like to sell a mushroom mixture and you have not the knowledge of nature, just leave it to a legal person, if you want to keep yourself out of prison. DXN company is legal entity and has the world's most stringent quality certificates.

by Marianna Guzmanová

Andrea Papp

1. Could you introduce yourself to slovak people?

Good morning DXN :-)

My name is Andrea Papp, I am Hungarian, but I live in Spain with my husband and our two children.

I am not only mother of these little boys, but I am the mother of DXN Spain too.

I wanted to work from home and on internet, so DXN was the best choice. Now I am working together with my husband, so we can organise the family life with the business. In this moment I am at the position of Executive Triple Diamond.



2. Can you tell us the secret of your starting in Network Marketing ?

The secret is that I was always completely sure that my business will work, that is MY business and my life. I knew that I have not only chosen a business, but a way of life too.

The start was very hard: I was very busy with the fast growing network, with the administration of the company and with the logistic too.

I knew that I should go faster at the beginning of the business but I had never any doubt about the DXN business. It was very clear that it would work if I work on it.

So the secret? Decision, dedication and passion. And not only at the start, but always. :-)

3. What is your best experience with the products?

I have a lot of experiences with the products and it is quite complicated to choose the best...

I think it is sufficient to say that the pediatricians almost never have seen our sons. In this age the children are continually sick, but our little boys are almost never. I think they are unique kids, they don't miss any days in the school for being sick. They missed some days because we were with DXN on the cruises. :-)

The best experience with the product is the result of the whole business: a healthy and wealthy life which we can give thanks to DXN.

4. How was your feeling to see the real farms in Malaysia, and how all products have been produced?

It was a really amazing experience! I was excited and so happy to see the farm and to see the members of our team enjoying Malaysia. I have seen tears of happiness, we lived unforgettable days there.

I had never doubt about the company, about the products, but I should recognize that what I have seen in the farm, has confirmed me 100% the reality of the DXN business. DXN members and distributors are in the best company of the world. I do not think only, but I know because I have seen and because I am living it.

All distributors should go to visit the farm, to see with their eyes what is DXN: the real Ganoderma company.



by Andrea Papp

by Katka Mikušová

Photos: FB of Andrea Papp and private archive of Andrea Molnárová

Send us a picture and
win!!!



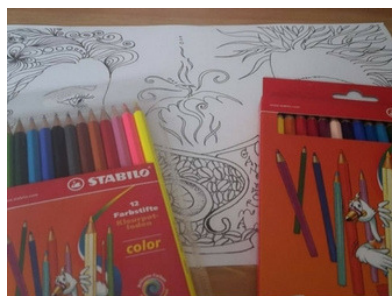
It's so simple!!!

Just send us your picture of where you are or just part of you ☺, your family with coffee and from the place you enjoying summer from, from your vacation...

Photos will be published continually in next issues of Teamtime magazine.

Photos can be sent to an email: teamtimesk@gmail.com.

Up to 10 people will be rewarded with these great gifts. **Only for Slovakia.**



Hráte o 10 cien:

1x set AROMA náramok

s olejčekom Hojnosť

1x knižka Liečivé rastliny

2x Spirulina Cereal a

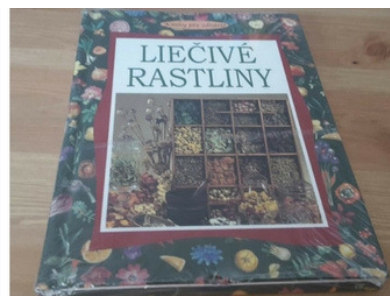
Tea Latte

2x šálka

1x podložka Coffee time

1x dóza na kávu

2x omaľovávanka+farbičky



**Súť až trvá od
26.6. do 31.8.2017**

I still have been working on my personal development. From the childhood I knew I 'm different and everything is different :-) But the last 8 years I have been intensely involved to, so I can help the others. From this issue I will be preparing this topic regularly.

Just imagine, when we are born to this world, to parents our soul did choose, we already know, why we are extraordinary. You know, just few of us were really supported by their parrents and they let them to grow in natural talent. I don 't say, it 's useless to try more things or hobbies to be clearer. I do remember my childhood, I usually were creating something, and from my 5-6 years I still have been made things, I was dragged to humanity subjects, to teaching (today I realize I do pass knowledge further), I wanted to study slovak language, but nothing happened.

My parents sent me to the place, which were „the best“ – Gymnasium high school and later on to University of economy. How many of you went there too? Just because you will have bright future in the bank or so. Yes, I did, till my health broke down. My soul was pushed away and didn 't let her show freely. But it 's not the fault of our parents, they did the best in the moment they knew. So as years passed and we got layers of their programs, programs from teachers, colleagues, partners, we lost somewhere...

Women in their 40 's re-evaluate very intensively their lives and think if this is the way they want to walk in.

I have met my mentor, the author and fashion therapist Mrs. Táňa Havlíčková, who has given me new view to the world. And I 'm really thankful for that. She helped me to show my true me, find my uniqueness. I work with her method Octo Codes (8 fashion keys), which tells about individual style, woman and men and also children can be found. It 's really liberating and you don 't have to fight anymore or to prove



How many of us live a life without judging, doing things, others expect or should do? But if we don 't know who we are, we also don 't know what we should pass to others. But this is the purpose of our lives. To help others. If we don 't believe to ourselves, is really easy to manipulate us by others where our self-value can be damaged. And the result?

We don 't believe to ourselves, we compare with each other, we are not good enough, we don 't know to ask for money, we can 't find a man, we don 't understand our parents and everything is wrong. We don 't know where we do mistake and why still the same cycles are coming back to us. I know the way to get out of this, because I have benn already through. There is just one tick, it needs to work on ourselves, it needs our soul, our inside to understand. It 's a way, a transformation to take of our mask and let to live in our own authenticity. Reveal your vulnerability, show your soul and admit to yourlself, to your family and the rest of the world. There is no force anymore to hurt your self-confidence, or your value.

Next issue I will be talkinb deeper about basic division of each style.

by Andrea Molnárouá
www.andreamolnarova.sk

"The joy of living a fulfilling and accomplished life comes by making a difference in the lives of others, and this difference mostly comes from the act of giving. As human beings, we all want to be part of something larger than ourselves.

As a Business Student I worked in my profession for 13 years, but I only worked for my family and myself. However, when I switched my career in 2015 to become a Network Marketer and an Business coach, I found my real passion.

I believe we can achieve total freedom in life through Network Business, I am working today to help thousands of people around the world to Achieve their freedom— freedom from disease, freedom of time, travel and financial freedom.

Today, I am a Star Diamond in DXN , the first Star Diamond in Scandinavia I will continue to dedicate the rest of my life in helping people from all walks of life with their financial and health problems.

I would also like to take the chance over here and thanks my teacher Mr. Fatemi Ghani, my works reflects him, nothing was possible if he didn't hold my hand and helped me, map my freedom".



by Ashar Mohammad
by Katka Mikušová

My name is Dada Hronecová and have been registered in the company since 2013 and couldn't wait, because my sponsor Andrejka Molnárová kept a secret till the very last :-)

I love the most a coffee I drink several times per day. And what to celebrate? Ganozhi Toothpaste with Reishi mushroom. It's not I wouldn't believe in its effects, but I have asked a specialist – my dentist to measure the results. After 7 months of daily use the Ganozhi toothpaste I have asked how my problems are.

She was so surprised, as she mentioned at the beginning, I don't have any cover on my tongue and my gums are really pinky and strong together even dental instrument couldn't go through. At the seminar of Ingrid Kollárová in Modra I also found out, our Bratislava's dentist have been tested our toothpaste and result were one of the best toothpaste ever.

More positive effects as helping to heal pimples, herpes or cough are not doubted anymore. This is my best experience with this miraculous toothpaste with Ganoderma mushroom.



by Dada Hronecová



Great seminar at first weekend of July we attended in Senec with exceptional guests as Alenka Hlavicová and József Katona.



We had enough time to dance and celebrate their birthdays they had at the same day :-)

Thank you Ingrid and Dagmar

Our great coffee, culinary food as aubergines and fantastic homemade cake from our Romana Sagulová has brought us to beautiful afternoon in June to Devín. We enjoyed the best.

Thank you Romana and we are looking forward to next one :-)





The best cake party ever. Salty/sweet recipes and all tasty and healthy with DXN products. I was completely full as I wanted to try all of it :-)

Petra Nelka Kubešová said on her FB profile.

Thank you Robo, Marika, Anežka and Majka

And let me thank you for a great presentation about mushroom from Mrs. RNDr. Ivona Kautmanová, PhD. – who work as mycologist for 20 years in Slovak national museum. The complete information from the presentation you can find at page 5-6 in the topic of the month.

Share with us your action, meetings or where you read TEAMtime magazine.

All posts feel free to send at our email: teamtimesk@gmail.com

by Andrea Molnárouá

Source of photos: personal profiles at FB

Salty/sweet recipes were awesome at yesterday Cake Party. But especially in this snack I got really interested in as you can have it on lunch. Was really tasty and got a recipe from Róbert for you, so let me share it here.

Advantages:

- * Without baking
- * No added sugar
- * No coloring
- * Easy to prepare
- * Tasty

Ingredients:

250g of oat flakes
1 mug of poppy
1 mug of chia seeds
1 piece of lemon (use only juice)
Rice syrup (or honey)
2-3 PL of coconut oil
10 tablets of Spirulina
(Crush on dust)
1 tea spoon of Reishi Powder



How to prepare:

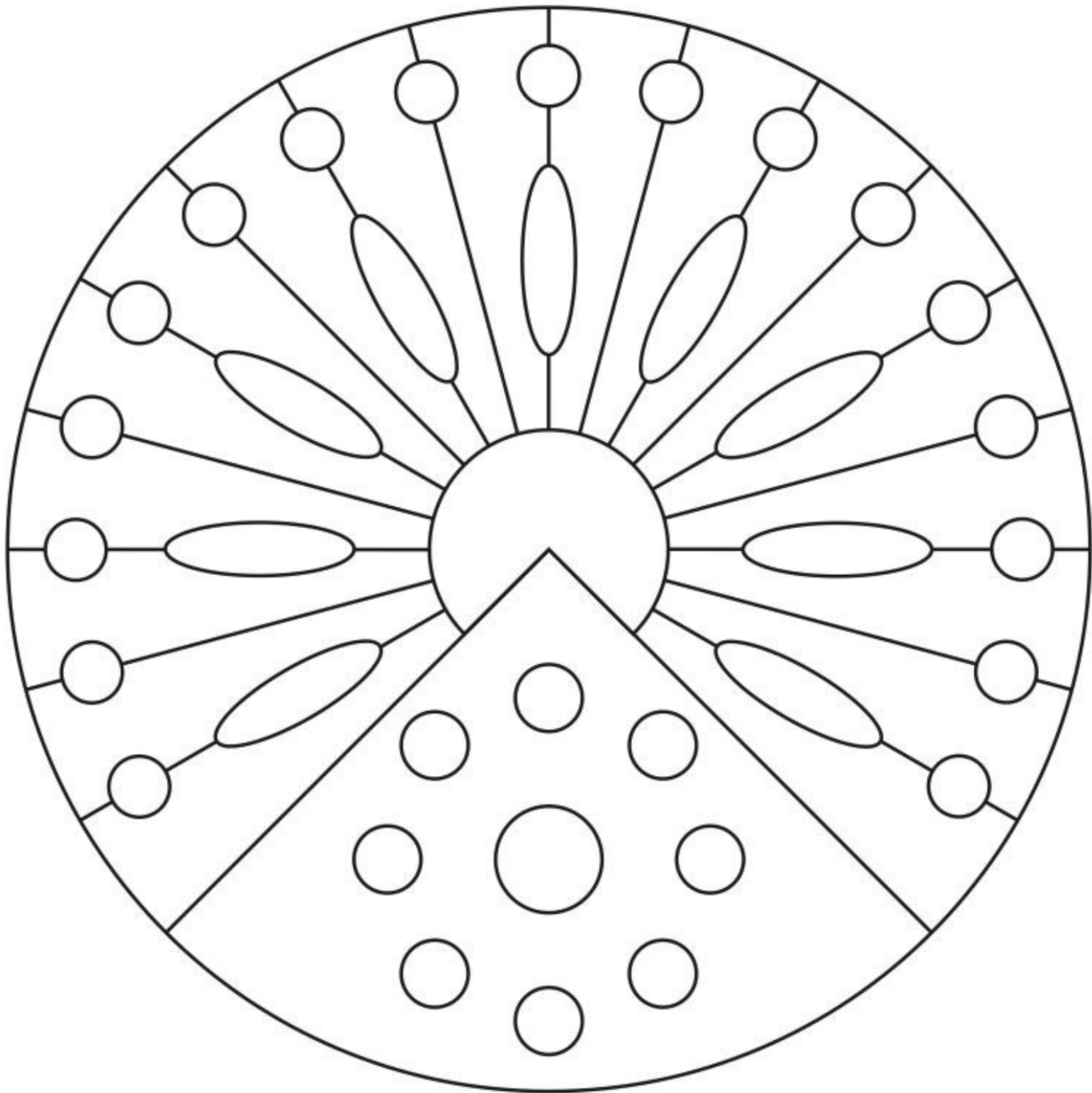
Oat flakes mix to the dust. Add all of the rest from ingredients and put a bit rice syru pif necessary. A sticky mixture will be created, which need to be put to food paper and squeeze to cylinder or to the form. Put a snack to the refrigerator to solid (per night the best). Then cut to pieces (decorate) and serve.



by Andrea Molnárouá
Source: robertkoncal.sk

The summer has begun few days ago officialy and could experience summer solstice. This mandala reminds me of it. So let your intuition work and color :-)

Put relaxing music on and with cup of coffee just enjoy comfort and relax.
Turn off your head – your thoughts and join your creativity, colors.



마음놀이방 ©AMIND

by Andrea Molnárová