“Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.”

- ALBERT EINSTEIN
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With billions spent on medical drugs to combat diseases, and the seemingly insurmountable problem, more people are starting to look for alternatives, and are changing their diets, lifestyles and healthcare models.

“Malaysia has an obesity rate of about 45%. Diabetes (the prevalence amongst adults is approaching 20%), hypertension (about 45%), heart disease, stroke and cancers are becoming pandemic.”

Health begins with a healthy attitude which will translate into a healthy lifestyle. But, a healthy lifestyle not only means doing things that will keep our body healthy. It also encompasses a respectful and caring attitude towards the health of the environment and the sustainability of the earth’s resources.

The realisation that the earth’s health is on a frightful downward spiral and that the health of the environment is closely linked to our wellbeing have spurred many initiatives towards a wholesome values-based lifestyle incorporating healthy living, natural therapies, organic farming, eco-sustainability, green initiatives and other efforts.

RELIGIOUS WISDOM
Returning to the basics of good health, we remind ourselves of the good practices that religion taught us. Below are some health tips taught to, although not limited to, Muslims.

Muslims are taught to only eat when hungry. The Prophet (peace be upon him) used to start his meals with supplications, and then tasted a little bit of salt. This stimulates more enzymes to be released in the stomach and intestines and also helps reduce overall salt intake.

Muslims are advised to only fill up one-third of their stomach with food, another third with liquid, and leave one third for air. It is also emphasised to stop eating well before becoming satiated, which will prevent feelings of lethargy and sleepiness after each meal.

Muslims are reminded that it is not only permissibility (Halal) that matters, but also the good and beneficial (Toyyib), i.e. Muslims are to consume or practice only that which is permissible, good, and beneficial.
Upon reflection, the healthy, responsible and sustainable lifestyle was actually the lifestyle of our forefathers, and is the lifestyle that God or Nature meant for us to live by. Humans are meant to live happily on earth, enjoying all its rich resources, while being in harmony with all other life forms.

“It was reported recently that if we continue our present rate of carbon emissions, about half of the living space available for over 55% of plants and 35% of animals will disappear by 2080 due to global warming.”

We must therefore urgently embrace a lifestyle of health and responsibility (LOHAR) – one step more than LOHAS (lifestyle of health and sustainability), which has gained steady acceptance in the last decade or so. We must not only ensure sustainability of our home planet, but also take responsibility for things that determine our health and happiness, and survival of the earth and all its inhabitants.

Join us in returning to the original lifestyle of health, responsibility and sustainability. Together we empower our efforts into a global phenomenon. Together we shall improve our lives and help restore the earth to its original healthy condition. Together we shall create a healthier and happier world for us and our children to live in. This is what we are about. Welcome to The Originals Guide.

HIPPOCRATIC WISDOM

“Let food be thy medicine and medicine be thy food.”
-- Hippocrates

About 2,400 years ago, Hippocrates – the father of Modern Medicine – was the first to separate medicine from religion and philosophy, and was the first to recognise that diseases were the product of environmental factors, diet, and living habits. He thoroughly believed in the healing power of healthy living, and the healing power of nature.
RESPONSIBLE FARMING
In our relentless effort to increase yield, indiscriminate and irresponsible farming and fishing methods have threatened to reduce the source of food production, and affect the quality of food we produce. Massive clearings of jungles and forests have eliminated and decimated many animal species. Widespread use of pesticides has caused immense problems to insects, bees, birds and other small life forms, and has caused human diseases including cancers. Chemical fertilisers cause the gradual depletion of nutrients in the plants we cultivate. Genetically-modified varieties may pose special and unknown problems to our health and environment.

Fortunately, there are now many farming methods that are clean, productive and sustainable, such as organic farming, biodynamic farming, agnihotra farming, permaculture and various innovative methods to preserve and enhance the soil and environment while producing nutritious food for us and the farm animals too.

RESPONSIBLE CONSUMERISM
Perhaps the most important factor is being responsible as a consumer. The producers and suppliers only provide what we demand and consume. As consumers, we can dictate that we only want food, products and services which come from or are provided by those who practice sustainable and responsible business ethics.

It takes a bold and definitive decision collectively to choose what is good and sustainable to guarantee a safe future. We have to change the way we think, eat, work, play and live. We have to return to the original responsible lifestyle.

Returning to a healthy responsible & sustainable lifestyle will not only save ourselves, but also the world which our children will inherit.

-- Dr. Amir Farid Isahak
**USING THIS GUIDEBOOK**

Individuals or groups who wish to adopt the lifestyle of health, responsibility, and sustainability do not readily have the relevant information available at their disposal. The Originals Guide is designed to be user-friendly providing an array of contacts and necessary information for users to connect with the featured enterprises for personal or professional use.

**ORGANISATION**

This guidebook is divided into six distinct categories namely:

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Listings are provided in alphabetical order under each category.
All listings contain the following:

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<th>Description</th>
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<td>Contains (where applicable) the listed companies’ full address, telephone number, mobile number, fax number, email address, website, and operating hours.</td>
<td>A short introduction to each listed company.</td>
<td>Interactive symbols providing each listed company’s practices that enable them to fall under the umbrella of The Originals Guide.</td>
<td>Interactive symbols for listed companies’ range of products.</td>
<td>Any certifications relating to the concept of The Originals Guide i.e. organic, Halal, Fairtrade, or others that the listed companies may have.</td>
<td>Provides social media presence of each listed company on the platforms of Facebook, Twitter, and YouTube.</td>
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In our attempt to include all the players that are taking a stand in improving our daily livelihood, The Originals Guide is an all-encompassing umbrella that constitutes all the advocates of a natural, organic, green, and sustainable lifestyle.

The following symbols are used for each listed company to explain why they made it into The Originals Guide.

**Primary Symbols**

![Natural](image)

**Natural**
Since there is no legal definition describing what the term means, Natural is used to indicate minimally processed and preservative-free items.

![Organic](image)

**Organic**
The Organic Trade Association mentions that: “Organic refers to the way agricultural products are grown and processed. It includes a system of production, processing, distribution and sales that assures consumers that the products maintain the organic integrity that begins on the farm.”

![Green](image)

**Green**
With no legal definition present, Green generally refers to products that have less of an impact on the environment or are less detrimental to human health than traditional equivalents.

![Sustainable](image)

**Sustainable**
The Brundtland Commission of the United Nations defines sustainable as “development that meets the needs of the present without compromising the ability of future generations to meet their own needs.”

**Sub-Symbols**

- ![Minimised salt levels](image)
- ![Minimised sugar levels](image)
- ![Minimised oil levels](image)
- ![Minimised fat levels](image)
- ![No Monosodium Glutamate (MSG) used](image)
- ![No artificial colourings or flavourings used](image)
- ![No preservatives or chemical additives used](image)
- ![No antibiotics or growth hormones used](image)

**Product Range Symbols**

These symbols are used to describe the range of products for the categories of ‘Distributors & Retailers’ and ‘Brands’.

- ![Agriculture](image)
- ![Food](image)
- ![Apparel](image)
- ![Household](image)
- ![Baby Care](image)
- ![Personal Care](image)
- ![Books](image)
- ![Technology](image)
These are the certifications found in The Originals Guide:

**Organic Certifications/ Associations**

- United States Department of Agriculture (USDA)
- Skim Organik Malaysia (SOM)
- The National Association for Sustainable Agriculture, Australia (NASAA)
- Ecocert France
- COSMEBIO (Professional Association for Ecological and Organic Cosmetics)
- BIO-GRO New Zealand

**Other Certifications/ Labels**

- Halal by the Department of Islamic Development Malaysia (JAKIM)
- Fairtrade
- Beyond Fair Trade
- Real Bread Campaign

**Social Media Presence**

You can check out the listing’s social media presence when you see the following symbols:
“Consider this: all the ants on the planet, taken together, have a biomass greater than that of humans. Ants have been incredibly industrious for millions of years. Yet their productiveness nourishes plants, animals, and soil. Human industry has been in full swing for little over a century, yet it has brought about a decline in almost every ecosystem on the planet. Nature doesn’t have a design problem. People do.”

- WILLIAM MCDONOUGH, MICHAEL BRAUNGART

IN ‘CRADLE TO CRADLE’
THE ORIGINALS GUIDE

Eateries

Natural Colours | Photo: Loving Hut
The first Be Lohas Healthy Cuisine organic café located at Bandar Puteri Puchong was founded in 2007. Be Lohas Healthy Cuisine uses organic ingredients and natural spices, herbs, and flavourings. The food prepared is with low calorie levels with no microwave cooking and high temperature deep frying used. The cooking methods used are mainly steaming and stewing. Be Lohas Healthy Cuisine has other outlets located across the Klang Valley. Visit the Be Lohas Healthy Cuisine website for specific outlet locations.

Chef Lim Organic Kitchen is a restaurant that serves organic and vegetarian cuisines that are prepared with less salt, sugar, and oil. The food prepared is high in fibre and nutrition. They do not use any eggs, onions or garlic in their meals.
Chef Low Organic Kitchen

C-G-42, Block Camilia, 10 Boulevard, Lebuhraya Sprint, PJU 6A, 47400 Petaling Jaya, Selangor, Malaysia
• T: +603 7725 7154
• M: +6016 391 5923
• E: info@cheflow.com.my, chefloworganickitchen@gmail.com, www.cheflow.com.my
• Operating Hours: 10.30am - 09.30pm (Tuesday to Sunday)

Chef Low Organic Kitchen is a restaurant serving organic vegetarian meals. They offer local cuisines as well as Chinese, Thai, Japanese, and Western cuisines. Chef Low Organic Kitchen also provides catering services. The ingredients for the food are sourced from organic farms. The meals contain no eggs, garlic, onions, or Monosodium Glutamate (MSG).

Originals Practice(s):

Doi Chaang Coffee Malaysia

Unit-E, No. 49, LG2, Block D, Jaya One, No. 72A, Jalan Universiti, 46200 Petaling Jaya, Selangor
• T: +603 7932 2628
• M: +6012 688 1344
• E: doichaangmsia@gmail.com
• Operating Hours: 09.00am - 07.00pm (Monday to Saturday)

After 20 years of cultivating and processing coffee, the farmers of the Doi Chang Village in Thailand decided to establish themselves as independent coffee producers. A partnership was established between the growers and a small Canadian group of coffee enthusiasts to bring Doi Chaang Coffee into the international market. Doi Chaang Coffee is available in over 400 stores and 200 coffee shops worldwide. It sustains the 8,000 villagers of Doi Chang.

Originals Practice(s):

Certification(s):
Earth Kid Enterprise

No. 62A-1, Jalan Temenggung 11/9, Seksyen 9, Bandar Mahkota Cheras, 43200 Cheras, Selangor, Malaysia
• M: +6012 233 6062
• E: earth.kid.ent@gmail.com
• W: www.earthkident.blogspot.com
• Operating Hours: 10.00am - 07.00pm (Monday to Saturday)

Earth Kid Enterprise is a natural and organic vegetarian health food café. Alongside being a café, Earth Kid Enterprise also has an organic grocery store for customers, providing natural and organic food, personal care, baby care, and household items.

Originals Practice(s):

EcoGreen Organic

125, Jalan Aminuddin Baki, Taman Tun Dr Ismail, 60000 Kuala Lumpur, Malaysia
• T: +603 7725 8388
• M: +6017 378 8232
• E: mail@ecogreen.com.my
• W: www.ecogreen.com.my
• Operating Hours: 10.00am - 10.00pm (Monday to Sunday)

EcoGreen Organic restaurant believes that slow food is soul food. Their mission is to serve real food enhancing people’s health and maintaining a sustainable environment. The food served is prepared with ingredients made in their kitchen or from organic producers (local or imported) instead of being obtained from large scale food manufacturers.

Originals Practice(s):
Fit For 2 Café

Lot 3F-1B, Third Floor, Bangsar Village II
2, Jalan Telawi 1,
59100 Kuala Lumpur, Malaysia
• T: +603 2287 5001
• F: +603 2287 5002
• E: kim@fitfor2.com.my
• W: www.fitfor2.com.my
• Operating Hours: 09.00am - 05.00pm
  (Monday to Sunday)

Fit For 2 was established in 2004 by Debbra Lee to create a place where parents and expecting parents could find suitable exercise classes and healthy food options for themselves and their kids. Fit For 2 café serves the health conscious with home baked breads, salads, and soups. The café has a private baby feeding area, a baby changing table, as well as a small kid’s play area. Fit For 2 have weekly gatherings called ‘Bumps, Mums and Muffins’ where talks are held on subject related matters. Fit For 2 also cater for children’s parties.

Green Garden Organic Recipe

No. 1, First Floor,
Jalan 3/62A, Bandar Menjalara,
52100 Kuala Lumpur, Malaysia
• T: +603 6262 1561
• M: +6018 669 1313 (Mr. Theng Lok, Manager)
• E: admin@greengardenorganic.com.my,
  thenglok@gmail.com
• W: www.greengardenorganic.com.my
• Operating Hours: 10.00am - 10.00pm
  (Monday to Sunday)

Green Garden Organic Recipe is a restaurant that serves organic Malaysian, Chinese, Thai, and Western cuisines. The Green Garden Organic Recipe menu is inspired by seasonal local Malaysian fruits and vegetables. The ingredients for the meals are sourced from organic farms where they are grown without any application of artificial fertilisers or synthetic chemicals.
GreenLicious

Unit A-G-12, Block Allamanda,
10 Boulevard, Lebuhraya Sprint, PJU 6A,
47400 Petaling Jaya, Malaysia
• T: +603 7724 1109
• F: +603 7732 1471
• E: greenlicious@gmail.com,
• W: www.greenlicious.com.my
• Operating Hours: 11.30am - 10.00pm (Monday to Sunday)

GreenLicious started its organic concept from Green Green Organic Kitchen in 2009, to promote a healthy and nutritious organic diet. GreenLicious’ team includes a doctor, nutritionist, beautician, and an artist. The aim of GreenLicious is to promote trendy, tasty and healthy food to the public. The food consists of 100% natural and healthy ingredients.

Originals Practice(s):

Kindori Japanese Ice Cream

Pavilion KL outlet:
Pavillion KL, Level 6, Lot P6.14.00
(Tokyo Street),
No. 168, Jalan Bukit Bintang,
55100 Kuala Lumpur, Malaysia
• T: +603 2141 0439
• M: +6012 669 9209 (Mr. Wong)
• E: kindori.malaysia@gmail.com
• W: www.kindori.com.my
• Operating Hours: 10.00am - 10.00pm (Monday to Sunday)

Originally from Japan, Kindori Ice Cream is a natural, real-fruit ice cream indulgence. Fresh seasonal fruits are “blast-frozen” and blended with a fresh-milk base. Kindori Ice Cream is made of natural ingredients, with no preservatives, colourings, or water being added providing a concentrated flavour that is naturally sweetened with fruit sugars and has health-giving benefits of milk calcium, protein, and fruit vitamins. Kindori Ice Cream also serves fresh fruit juices. They have other outlets located in Sunway Pyramid, Penang, and Johor Bahru. Check out their website for further details.

Originals Practice(s):
Levain Boulangerie Patisserie

No. 7, Jalan Delima,
55100 Kuala Lumpur, Malaysia
• T: +603 2142 6611
• F: +603 2142 6615
• E: info@levain.com.my
• W: www.levain.com.my
• Operating Hours: 07.30am - 09.00pm (Monday to Sunday)

Levain Boulangerie & Patisserie (Levain) is housed in a renovated bungalow offering premium breads, pastries, cakes, pasta and pizzas. Levain’s Japanese master baker works together with the local bakers to come up with new items monthly. All breads and pastries are baked using natural yeast, and are freshly handmade in Levain daily using both local and imported ingredients. Breads and pastries are made in small batches every hour. At Levain, breads and pastries are baked in a stone oven that ensures even heat circulation and retention.

Living Food Bistro Café

G-04, Menara Tan & Tan,
Jalan Tun Razak,
55100 Kuala Lumpur, Malaysia
• T: +603 2181 2778
• M: +6016 888 9123
• F: +603 2181 2778
• E: livingfoodcafe@gmail.com
• W: www.livingfoodmy.com
• Operating Hours: 08.00am - 06.00pm (Monday to Friday), Brunch 10.00am - 03.00pm (Saturday)

Living Food is a café that serves meals prepared at low temperatures to preserve nutrients. The café provides meals containing rich whole foods using real ingredients your grandmother would recognise; from homemade grass-fed lamb burgers to a raw enchilada. Among other foods, Living Food also provides Kangen coffee made from alkaline ionised water and raw desserts that contain no sugar, no dairy and no flour, and are not heated above 42 degree Celsius.
Loving Hut Malaysia

15, Jalan Puteri 2/7, Bandar Puteri Puchong, 47100 Puchong, Selangor, Malaysia
• T: +603 8062 7769
• F: +603 8064 2138
• E: contact@LovingHutMalaysia.com
• W: www.LovingHutMalaysia.com
• Operating Hours: 11.00am - 10.00pm (Monday to Sunday)

Loving Hut opened its first store in Malaysia in 2008. Currently, there are more than 40 Loving Hut restaurants spread over Southeast Asia, Australia, and the USA. Loving Hut’s cuisine is made with fresh vegan ingredients that are low in calories and free of Monosodium Glutamate (MSG). Olive oil, sea salt, and herbal spices are used as flavour substitutes. At Loving Hut, all waste is recycled or composted whenever possible. Every month, Loving Hut invites residents from orphanages and old folks’ homes to dine at its premises for free. Visit the Loving Hut website for other Malaysian outlet locations.

Originals Practice(s):

Organic Recipe

B3-07-09, Casa Utama, Lorong Lebuh Bandar Utama, PJU6A, 47400 Petaling Jaya, Malaysia
• T: +603 7729 0236
• F: +603 7729 3039
• E: organicrecipe@hotmail.com
• Operating Hours: 10.00am - 09.00pm (Monday to Sunday)

Organic Recipe is a restaurant that serves Asian and Western cuisines. The meals are prepared using natural ingredients where possible. Organic Recipe also has a health food store which customers can browse through while waiting for their food. The store contains a collection of organic and health food, personal care, and household products.

Originals Practice(s):
Purple Cane Tea Restaurant

LG 206, Lower Ground Floor,
The Gardens, Mid Valley City,
Lingkaran Syed Putra,
59200 Kuala Lumpur, Malaysia
• T: +603 2283 6090
• F: +603 2283 6093
• E: purplecane@purplecane.my
• W: www.purplecane.my

Founded in 1997, Purple Cane Tea Restaurant is a lifestyle dining experience inspired by the Purple Cane Tea Culture. The cuisine is prepared, infusing tea in every dish to bring out the natural aroma. All dishes are low in salt, fat, and seasoning keeping the flavour natural. Purple Cane Tea Restaurant is a suitable destination for tea lovers and discerning health conscious individuals. Purple Cane Tea Restaurant can be found in Kuala Lumpur as well as in Perak. Check out their website for specific outlet locations.

Real And Wholesome (R.A.W.)

150, Jalan Ampang,
50450 Kuala Lumpur, Malaysia
• M: +6019 313 8978
• E: marcus@rawcoffee.my
• W: www.rawcoffee.my
• Operating Hours: 07.30am - 07.30pm (Monday to Friday),
09.00am - 06.00pm (Saturday)

RAWcafé is a wholly vegetarian café. Dishes include toasted sandwiches, a variety of salads, soups, couscous and desserts. Organic ingredients are used wherever possible. RAW stands for Real and Wholesome which is something the café strives to be. RAWcoffee, which is housed in RAWcafé, is a small batch boutique coffee roaster – expertly roasting quality green beans from around the world. Skilled and passionate baristas help create a great coffee experience. Only fresh milk and organic Pacific soy milk is used.
Simple Life Healthy Vegetarian Restaurant

Bangsar South outlet:
GF 13, No. 5, Jalan Kerinchi,
59200 Bangsar South,
Kuala Lumpur, Malaysia
• T: +603 2242 2621
• W: www.simplelife.com.my

Simple Life Healthy Vegetarian Restaurant (Simple Life) is a restaurant serving vegetarian meals which are organic, natural, nutritious, and high in fibre. Simple Life has other outlets in Melaka, Mont Kiara, Petaling Jaya SS2, KLCC, Cheras, Sunway, Shah Alam, Mid Valley and Bukit Tinggi. Browse the Simple Life website for specific outlet locations.
Health Paradise

43 & 45, Jalan USJ 1/31, Taman Subang Permai, 47500 Subang Jaya, Selangor, Malaysia
• T: +603 8023 3835, +603 8023 6020
• F: +603 8023 4835, +603 8023 0875
• E: info@healthparadise-organic.com
• W: www.healthparadise-organic.com

Established in 1997, Health Paradise imports bulk certified organic products and then repacks and distributes them. They are the first organic wholesaler in Southeast Asia to be certified in the repackaging of certified organic products. Health Paradise distributes a wide range of quality and fresh organic products such as organic groceries, vegetables, fruits, breads, and organic nutritional food supplements. They also have an in-house organic café.

Product Range:

Originals Practice(s):

Certification(s):

Radiant Code

2A, Jalan Meranti Puchong, D’25 @ Meranti Puchong, 47120 Puchong, Selangor, Malaysia
• T: +603 8066 6336
• F: +603 8066 6333
• E: info@radiantwholefood.com.my, gm@radiantwholefood.com.my
• W: www.radiantwholefood.com.my

Radiant Code is the first importer and distributor of organic foods in Malaysia that has been organically certified since the year 2000. Products sold are free from Genetically Modified Organisms (GMOs), artificial chemicals, pesticides, colourings and herbicides, and are minimally-processed, non-irradiated, and eco-friendly. Radiant Code supplies a comprehensive range of organic products to complement a healthy lifestyle with distribution to organic health shops, supermarkets, grocers, pharmacies and health stores. Visit the Radiant Code website for more information.

Product Range:

Originals Practice(s):

Certification(s):
**Eco Circle Store**

16, Jalan Rebung 3, Bandar Botanic, Klang, 41200 Selangor, Malaysia  
- M: +6012 229 1531  
- E: ecocircle.sdnbhd@gmail.com  
- W: www.ecocircle.com.my

Founded in 2011, Eco Circle Store is an online store that sells Momiji Natural Cloth Sanitary Pads and Handmade Soaps. They also distribute the Momiji Natural Cloth Sanitary Pads to baby care and eco-stores within Malaysia and Singapore such as Fabulous Mom, Blue Dot Baby, Natural & Eco Republic, One Baby World and NaturaWorks Singapore.

Product Range:

Originals Practice(s):

Facebook

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**Organic2u.com.my**

18, Jalan BP 5/11, Bandar Bukit Puchong, 47100 Puchong, Selangor, Malaysia  
- T: +603 8068 3643  
- M: +6016 210 1033 (Ms. Cecile Chai)  
- F: +603 8060 4739  
- E: online@bmsorganics.com  
- W: www.organic2u.com.my

Organic2u.com.my targets busy consumers in bringing them a convenient service of obtaining organic natural products online. Products sold at organic2u.com.my are free from Genetically Modified Organisms (GMOs) and chemical additives. All consumers wishing to make a purchase are required to register on the organic2u website. Purchased products are then delivered to the consumer's doorstep.

Product Range:

Originals Practice(s):

Facebook
**BMS Organics**

LG 310, One Utama Shopping Mall (New Wing), 1, Lebuh Bandar Utama, Bandar Utama City Centre, Bandar Utama, 47800 Petaling Jaya, Selangor, Malaysia  
**T:** +603 7725 0828  
**E:** info@bmsorganics.com  
**W:** www.bmsorganics.com  
**Operating Hours:** 10.00am - 10.00pm (Monday to Sunday)

BMS Organics started out as a small organic shop. Today, it has grown into nearly 34 outlets. Originating from a desire to promote an organic and healthy lifestyle, BMS Organics sells products from a variety of brands as well as their own. All staffs are trained to guide customers in making purchasing decisions. Products sold at BMS Organics contain no Genetically Modified Organisms (GMOs) or chemical additives. BMS Organics have a wide range of outlets across Malaysia. Check out their website for specific outlet locations.

**Product Range:**

**Originals Practice(s):**

![Facebook](https://via.placeholder.com/15)  
![Twitter](https://via.placeholder.com/15)

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**Alive Organic**

1st Floor, Bangunan WSF, 42-A, Jalan Sultan Ismail, 50250 Kuala Lumpur, Malaysia  
**T:** +603 2148 3606  
**E:** info@alive.my  
**W:** www.alive.my

Alive Group is a home-grown company which focuses on producing and distributing energised organic products and promoting educational programmes on personal transformation and spiritual richness. All of the Alive Group products are infused with Bio-Activated Energy through a proprietary technology for better absorption by the body. Alive Organic distributes to most of the major supermarkets and organic retail stores in Malaysia. Browse the Alive Organic website for specific store locations.

**Product Range:**

**Originals Practice(s):**

![Facebook](https://via.placeholder.com/15)  
![Twitter](https://via.placeholder.com/15)
Country Farm Organics

Head Office:
Lot 9, Unit C2, Natco Industrial Park, Lorong Keluli 1B, Kawasan Perindustrian Bukit Raja Selatan, Seksyen 7, 40000 Shah Alam, Selangor, Malaysia
• T: +603 3342 4401, +603 3342 4402
• F: +603 3342 4404
• E: info@countryfarmorganics.com
• W: www.countryfarmorganics.com

Country Farms Organics is a 100% owned subsidiary under Berjaya Group Berhad and was founded in 1998. The company believes in the importance of organic food to health and the accessibility of organic products to consumers. Country Farm Organics offer a wide range of high quality certified organic or 100% natural products. Visit the Country Farm Organics website for specific store locations.

Product Range:

Originals Practice(s):

Certification(s):

Green Image Organic

Marketing & Business Development Office:
18, Jalan BP 5/11, Bandar Bukit Puchong, 47100 Puchong, Selangor, Malaysia
• T: +603 8060 8313
• F: +603 8061 8322
• E: info.biogreen@biogreen2u.com
• W: www.biogreen2u.com

Founded in 1999, Green Image Organic provides a range of products from the brands Biogreen, Organic Forest, and Genius Innovation. Green Image Organic is inspired by natural and organic agriculture, and the ongoing cause of sustainability (both of health and of the environment) thus using 100% vegetarian ingredients.

Product Range:

Originals Practice(s):

Certification(s):
Justlife Group

15, Jalan PJU 3/47, Sunway Damansara, 47810 Petaling Jaya, Selangor, Malaysia
• T: +603 7880 8035
• F: +603 7804 9466
• W: www.justlifeshop.com
• Operating Hours: 09.00am - 06.00pm (Monday to Friday)

Justlife is an organic retail store providing products that are not only organic but have other value added components such as: Fair trade grains that help farmers out of poverty; healing remedies with ancient wisdom; herbs grown according to lunar cycles; culinary oil produced using the traditional screws press method; and carrot juice from the harvest of heirloom seeds. Justlife has an emphasis on products that are produced with respect for people and the environment.

Product Range:

Originals Practice(s):

Kaoprise Bath & Spa

Kaoprise Center & Showroom
No. 17D, Jalan Wawasan 2/2, Bandar Baru Ampang, 68000 Ampang, Selangor, Malaysia
• E: monwomenmalaysia@gmail.com
• W: www.elevyn.com/shop/kaoprise

Kaoprise Beauty is a social enterprise run by and for the Mon women refugees from Myanmar living in Malaysia. It empowers Mon women refugees by teaching soap-making and business skills, providing income generation opportunities and supporting community projects for women and children. Half of the revenue from sales is reinvested in the Mon community and used to fund special projects for women and children such as educational classes and financial support for health issues.

Product Range:

Originals Practice(s):
Little Green Planet

Lot G107 & G108,
Ground Floor Centrepoint, No. 3,
Lebuh Bandar Utama, Bandar Utama,
47800 Petaling Jaya, Malaysia
• T: +603 7728 8288
• M: +6012 649 3226 (Mr. Edward Yap)
• E: estore@littlegreenplanet.com.my
• W: www.littlegreenplanet.com.my
• Operating Hours: 10.00am - 10.00pm (Monday to Sunday)

Little Green Planet is a retailer providing natural, healthy and organic food and personal care products that are safe for everyone. Little Green Planet sources their produce from their own organic farm with most of their food items being gluten free, lactose free, and chemical free. Little Green Planet educates and advocates change for a healthier lifestyle through creating awareness of green issues and organising events for sustainability.

Product Range:

Originals Practice(s):

Medifoods

59, Jalan SS18/6,
47500 Subang Jaya,
Selangor, Malaysia
• T: +603 5632 5714
• F: +603 5636 5338
• E: medifoods@gmail.com
• W: www.organicliving.com.my

The Medifoods stores are a combination of a restaurant, farmer’s market and retailer where meals are prepared from the organic produce of the Medifoods contract farmers. Medifoods stores have trained nutritionists to provide professional advice on good dietary habits, benefits of particular foods, recommended foods for certain ailments, and others. Medifoods ensures that all their contract farms abide by sustainable farming methods, such as crop rotation, natural fertilisers and zero pesticides. There are four Medifoods stores located across Malaysia. Visit the Medifoods website for specific store locations.

Product Range:

Originals Practice(s):
Melvita Malaysia

L’Occitane Malaysia Sdn Bhd
Unit 18.05, Level 18, Amoda,
22, Jalan Imbi, 55100 Kuala Lumpur,
Malaysia
• T: +603 2141 7311
• E: annie.tay@melvita.com.my
• W: www.melvita.com.my
• Operating Hours: 10.00am - 10.00pm
(Monday to Sunday)

. As a retailer, Melvita prefers to use ingredients that are organically farmed or responsibly picked and ensures that their packaging materials are recyclable. Melvita makes effort to promote fair partnerships with growers from local areas and the underprivileged areas of the world and is against animal testing. Melvita has three outlets in Malaysia in KLCC, 1 Utama, and Mid Valley Megamall.

Product Range:

Originals Practice(s):

Certification(s):

Natural Merit - Functional Wear

19A-24-3A, Level 24, UOA Centre (Business Suite), No. 19, Jalan Pinang, 50450 Kuala Lumpur, Malaysia
• T: +603 2166 3588, +603 2181 3599
• M: +6019 359 9177 (Ms. Jacqueline)
• F: +603 2162 3589
• E: naturalmerit@gmail.com
• W: www.naturalmerit.com.my

Natural Merit (M) Sdn Bhd is a subsidiary of Natural Merit in Taiwan. In 2004, the company expanded into retail with a new concept of “Functional Wear” aimed to create a healthy, sustainable and environmentally-conscious world through stylish, comfortable and functional clothing made with natural fibers. The “Green Product” range includes the brands 100% Natural Organic cotton, Seacell algae, Bamboo Charcoal, Antioxidant Far Infrared (FIR), WarmUp and CoolDown.

Product Range:

Originals Practice(s):

Certification(s):
Simple Taste Artisan Bakery

No. 6, Jalan 17A, Selayang Baru, 68100 Batu Caves, Selangor, Malaysia
• M: +6017 665 3988, +6012 299 4266
• F: +603 6138 9871
• E: simpletastebakery@gmail.com
• W: www.simpletastebakery.com

Simple Taste Artisan Bakery began in 2009 providing bread items made using traditional methods without the use of additives and preservatives. The breads are made using organic ingredients. Simple Taste Artisan Bakery products can be obtained directly from the bakery or they can be obtained at Justlife stores. Visit the Simple Taste Artisan Bakery website for further information.

Product Range:

Originals Practice(s):

Tanamera Tropical Spa Products

Headquarters:
Lot 3726, Jalan Tembusu, Kampung Melayu Subang, 40150 Shah Alam, Selangor, Malaysia
• T: +603 7842 2458
• F: +603 7842 2460
• E: info@tanamera.com.my
• W: www.tanamera.com.my

Tanamera raw materials are sourced from the soil of tropical rainforests. Their products are formulated as naturally as possible with no use of artificial colouring, perfume, chemical actives and preservatives. Tanamera is an eco-friendly brand that draws inspiration from traditional Asian treatments. Alongside retail stores, Tanamera also has a Spa and Wellness Centre. Browse Tanamera’s website for further details.

Product Range:

Originals Practice(s):


The Body Shop Malaysia

The Body Shop West Malaysia
No. 5, Jalan USJ10/1C,
47620 Subang Jaya,
Selangor, Malaysia
• T: +603 5632 4313
• F: +603 5632 4317
• E: marketing.my@thebodyshop.com.my
• W: www.thebodyshop.com.my

The Body Shop is a global manufacturer and retailer of naturally inspired, ethically produced beauty and cosmetics products founded in the UK in 1976 by Dame Anita Roddick. The Body Shop is committed to seeking and sustaining natural materials and ingredients through its Community Fair Trade program. The Body Shop is 100% Vegetarian, and is opposed to animal testing and animal cruelty. The Body Shop actively supports causes related to the brand’s values.

Product Range:

Originals Practice(s):

Certification(s):

White Brick Oven - Artisan Bakery

Jalan Gajah 14, Kampung Kubu Gajah,
47000 Sungai Buloh, Selangor
• M: +6018 350 3068
• E: martinwprior@gmail.com
• W: www.whitebrickoven.com
• Operating Hours: 03.00pm - 06.00pm
(Sunday, appointment needed for other times)

Located in the village of Kubu Gajah, Sungai Buloh, Selangor, White Brick Oven - Artisan Bakery produces bread made with organic and natural ingredients. Most of their bread is fermented and raised with natural levain and no additives or preservatives are used. White Brick Oven - Artisan Bakery’s flour comes from organic grains sourced locally, but grown in Australia, Turkey, and the USA.

Product Range:

Originals Practice(s):

Certification(s):

Facebook
YMM Organic World

43, Jalan Kuning, Taman Murni, 83000 Batu Pahat, Johor, Malaysia
• T: +607 438 9831
• F: +607 438 9831
• M: +6017 772 2415 (Ms. Nico Soon)
• E: nico@ymm2u.com
• W: www.ymm2u.com
• Operating Hours: 11.00am - 07.00pm (Monday to Saturday), 11.00am - 04.00pm (Sunday)

YMM Organic World is a retailer providing organic and natural products. Customers can purchase their items either online or through their walk-in store.

Product Range:

Originals Practice(s):

Facebook icon

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“All men by nature desire knowledge.”

- ARISTOTLE, ON MAN IN THE UNIVERSE
THE ORIGINALS GUIDE

Brands
Borneo V Wellness & Spa provides head-to-toe range of beauty, spa and skincare products. This comprises of body care, skin care, hair care, spa accessories, and herbal teas. Borneo V Wellness & Spa products are formulated as naturally as possible where the use of artificial colouring, perfume, chemical additives and preservatives are avoided. Borneo V Wellness & Spa products are currently available at their Kelana Jaya headquarters and at the Subang Skypark Terminal Airport.

Product Range:

Originals Practice(s):

ALTERNI is the first and only direct-to-customer healthcare company providing 100% natural health supplements. Their philosophy is based on the principles of alternative therapy without the use of synthetic drugs. ALTERNI fulfils the healthcare needs of today’s discerning consumers by utilising the latest technologies and the finest all-natural ingredients from all over the world. ALTERNI also provides a full money back guarantee on all their products.

Product Range:

Originals Practice(s):
Buds Organics

- T: +603 5518 9166
- E: enquiry@budsbaby.com

Buds Organics is an organic range of baby care and kids care formulated with organic, mild and safe ingredients such as hydrating plant extracts and butters. Buds Organics avoids the use of synthetic ingredients and preservatives in their products. The products are designed to protect against pollutants, environmental hazards and bacteria and are enhanced with blended essential oils. Buds Organics can be found in most of the baby care stores in Malaysia. Visit the Buds Organics website for specific outlet locations.

Product Range:

Originals Practice(s):

Compostech

Head Office:
5-3, Jalan Setiawangsa 9, Taman Setiawangsa, 54200 Kuala Lumpur, Malaysia
- T: +603 4257 9432
- M: +6012 919 7340
- F: +603 4260 1455
- E: info@compostech.com.my
- W: www.compostech.com.my

The Compostech machine recycles food waste into compost within 24 hours. Compostech machines are environmentally friendly. The food waste is converted into organic feed which can be used to enrich plants or for landscaping purposes. Machine sizes can be tailor-made based to order and volume of food waste generated by customers. Compostech machines can be used at several places such as garbage sites, recycling corners, café/restaurants, and loading areas etc.

Product Range:

Originals Practice(s):
Legenda Madu

Kompleks Sentral
Unit 2026 & 2027, 2nd Floor, Block C, 33, Jalan Segambut Atas, 51200 Kuala Lumpur, Malaysia
• T: +603 6250 9315
• F: +603 6250 0175
• E: legendamadu@hotmail.com
• W: www.lmorganicfertilizer.com

Legenda Madu’s primary function is to market organic fertilizers that are composted using an eco-friendly composting process producing organic fertilisers for agriculture, horticulture, flora farm, and plantation use. Their production facilities are built on the site of palm oil mills ensuring responsible recycling of palm oil biomass. Legenda Madu provides solution specific compost for plantation and farm owners’ customised requirements. They also provide consultation for the implementation of palm oil biomass composting facilities.

Product Range:

Originals Practice(s):

Esmeria Organics

• T: +603 5518 9166
• E: enquiry@esmeria.com

Esmeria Organics is a line of organic skincare products for adults. Esmeria Organics uses only mild and safe natural and organic ingredients that are not harmful to the skin and the environment. Esmeria Organics products can be found in most of the major pharmacies, organic and other retail stores across Malaysia. Check out their website for specific store locations.

Product Range:

Originals Practice(s):
Love Earth

Wide Tropism Trading Sdn Bhd
143, Jalan Jasa Tiga, Taman Jasa, 68100 Batu Caves, Selangor, Malaysia
• T: +603 6189 8703
• F: +603 6189 9703
• W: www.myloveearth.com

Love Earth is an organic brand established by Wide Tropism Trading Sdn Bhd. Love Earth brings everyone only organic and natural food products. Their products can be found in most of the major supermarkets and many organic outlets across Malaysia. Browse the Love Earth website or Facebook page for more information.

Product Range:

Originals Practice(s):

MyEcoSense

No. 113, Jalan Tempua 3, Taman Puchong Jaya, 47100 Selangor, Malaysia
• M: +6019 275 2782
• F: +603 5882 9844
• E: myecosense@gmail.com
• W: www.myecosense.net

MyEcoSense is a company that distributes biodegradable baby care and household products. All the products sold are made from biodegradable materials, do not contain any toxic materials, and are eco-friendly. Most of the MyEcoSense raw materials are derived from natural sources such as corn, rice, hinokitiol, coconut, and lecithin. MyEcoSense products are available in most of the baby care stores across Malaysia. Browse the MyEcoSense website for specific store locations.

Product Range:

Originals Practice(s):
**Nature Profusion**

Nature Profusion through its brand Ciéra™ provides natural-based antiseptics and disinfectant products as an alternative to chemical-based antiseptics and disinfectants. Ciéra™ Eco-Friendly Multipurpose Disinfectant uses a unique plant extract mixture as its active ingredient enabling it to clean effectively and be environmentally friendly. Ciéra™ can be found in selected stores nationwide such as Aeon Jusco, Jaya Grocer, Central Hypermarket, Kiara Supermarket, Hock Choon Supermarket, SJ Kota and Vitacare Pharmacy.

**Product Range:**

**Originals Practice(s):**

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**NanoXan Gold**

NanoXan is a joint venture between Maziah Omar from Malaysia and Don Lyon from Australia. It specialises in providing chemical free, natural products for health and well being made from the extracts of the Southeast Asian fruit, mangosteen. NanoXan Gold is a pure concentrate of mangosteen juice and is free from preservatives and pesticides. There are no artificial colours, flavours or sweeteners used.

**Product Range:**

**Originals Practice(s):**

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**NanoXan**

NanoXan Sdn Bhd
No. 21, Jalan Putra Mahkota 7/8C, Putra Heights, 47650 Subang Jaya, Selangor, Malaysia

- T: +603 5103 5390
- M: +6019 364 1413 (Mrs. Maziah)
- F: +603 5103 5391
- E: don@nanoxan.com.my, maziah@nanoxan.com.my
- W: www.nanoxan.com.my

Nano Xan is a joint venture between Maziah Omar from Malaysia and Don Lyon from Australia. It specialises in providing chemical free, natural products for health and well being made from the extracts of the Southeast Asian fruit, mangosteen. NanoXan Gold is a pure concentrate of mangosteen juice and is free from preservatives and pesticides. There are no artificial colours, flavours or sweeteners used.

**Product Range:**

**Originals Practice(s):**

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For over 20 years, NewLife™ has been advocating natural healing and holistic health based on the concept that our body can self-heal, self-repair and self-rejuvenate. One favourite is Datin Dr. Lynn Tan’s 7-day Detoxification and Rejuvenation Programme which is aimed at helping the body get rid of poisons and restore balance so the body is in a position to heal itself. NewLife™ products are available through its distributor channels. Browse their website for further information.

Product Range:

NewLife

Originals Practice(s):

Okamizu International

13-2, Jalan Tanjung SD 13/1, Bandar Sri Damansara, 52200 Kuala Lumpur, Malaysia
• T: +603 6273 2282
• F: +603 6277 1281
• E: klyee@okamizu.net
• W: www.okamizu.net, www.okainternational.com

Okamizu International markets health-related appliances used to provide a chemical free living to both the consumer and corporate market. Okamizu created their flagship product, The Okamizu Food Detoxifier, which has proven to remove harmful chemicals such as pesticides, hormones, antibiotics, and formaldehyde from food. Their products have won awards such as the iTEX Innovative Product 2009 & 2010, Gold Medal Invention 2011 & 2012, Best Invention 2012, Quality Award 2009 and Top SME100 Award. Okamizu’s other products include the air detoxifier, car detoxifier, alkaline biostick and alkaline water system.

Product Range:

Okamizu International

Originals Practice(s):
**Yuan Soap**

Origin Living Sdn Bhd
10-2, Jalan 1/109E, Desa Business Park, Taman Desa, 58100 Kuala Lumpur, Malaysia
- T: +603 7981 1668
- F: +603 7980 2247
- E: info@yuansoap.com.my
- W: www.yuansoap.com.my

Yuan Soap is a range of 100% natural herbal handmade soap from Taiwan. Herbs are cultivated in their own farm in Yangmingshan National Park in Taipei. Their product range includes shampoos, body shampoos, essential oils, and skincare amongst others. Yuan Soap can be found in most major organic shops and leading departmental stores in Malaysia. Browse the Yuan Soap website for more information.

**Product Range:**

**Originals Practice(s):**

**Ronasutra Mineral Makeup**

50-4-13A, 4th Floor, Wisma UOA Damansara, Jalan Dungun, 50490 Kuala Lumpur, Malaysia
- T: +603 2094 0855
- F: +603 2289 0718
- E: info@ronasutra.com
- W: www.ronasutra.com

Ronasutra Mineral Makeup is a range of mineral-based cosmetics designed to be suitable especially for problematic and sensitive skin types. Ronasutra Mineral Makeup is free from harsh chemicals which help in the relief of blemishes, excessive skin oiliness, and skin congestion. Ronasutra Mineral Makeup products are available at the Ronasutra Beauty Counters in Plaza Shah Alam and Subang Parade. Check out the Ronasutra website or its Facebook page for more information.

**Product Range:**

**Originals Practice(s):**
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Growers

Growing nature | Photo: C&C Group of Companies
Agripearl
Lot 676 & 678, Kampung Sungai Dua, 72000 Kuala Pilah, Negeri Sembilan, Malaysia
- T: +03 8011 4300
- M: +6012 782 8618
- E: naturefarm@gmail.com
- W: www.misaikucingherbaltea.wordpress.com

Agripearl is an organic herbal farm that provides herbal tea known as Misai Kuching Tea. The farm offers employment to the local community therefore most of the employees are women from neighbouring areas. The company is a participant in the Malaysian Herbal Initiative (Projek Pembangunan Kluster Herba) which stands to develop the herbal industry in Malaysia. Agripearl’s products can be bought directly from the farm or from Natures Organic Solutions in Subang Jaya. Agripearl also exports Misai Kucing Tea (known as Java Tea in Europe) to the United Kingdom, Republic of Ireland, and Norway.

C&C Group of Companies
Lot 6, Kawasan Perindustrian Grisek, 84700 Grisek, Muar, Johor, Malaysia
- T: +606 972 7250
- F: +606 972 7930
- M: +6017 668 2788 (Ms. Chew Yili)
- E: chewsk@ccgroup.com.my
- (CEO, Mr. Chew Swee King),
  yili_1123@hotmail.com (Ms. Chew Yili)
- W: www.ccgroup.com.my

C&C Group of Companies (C&C) was founded in 1987 specialising in the organic growing of oyster mushrooms. The mushrooms are cultivated in greenhouses at a farm located in Grisek, Muar. Currently, there are 80 units of greenhouses with a total production area of 360,000 square feet. Their products include the mushroom variety of baby oysters, grey oysters, yellow oysters, pink oysters, white oysters, and linzi mushrooms. C&C mushrooms are promoted and distributed through Vita Agrotech to supermarket outlets such as Giant and Tesco in Malaysia, and NTUC FairPrice in Singapore.
i-Veg Organic

56-5-1, Cantonment Road, Canton Square, 10250 Pulau Pinang, Malaysia
• T: +604 228 8648
• F: +604 227 0850
• M: +6012 491 8122 (Ms. Rachel)
• E: sales@i-veg.net
• W: www.i-veg.net

Founded in September 2006, i-Veg organic farm uses natural organic composites and herbs abstract to cultivate their vegetables. Grass and weeds in the farm are controlled manually without any usage of chemicals. i-Veg organic farm’s water supply comes from a man-made pond used to capture water from the mountains. The farm breeds animals and insects such as birds, moths, dragonflies, butterflies, and fishes in order to keep a diverse ecosystem. i-Veg organic farm delivers their produce daily to wet markets in Penang. Farm visits can be arranged for interested customers. Visit the i-Veg website for further details.

Originals Practice(s):

Certification(s):

DQ Clean Chicken

Lot 3.19, Level 3, Plaza Ampang City, 50450 Jalan Ampang, Kuala Lumpur, Malaysia
• T: +603 4257 1311, +603 4251 6580
• M: +6016 212 8506
• F: +603 4251 6604
• E: suriadq@gmail.com
• W: www.dqcleanchicken.com

DQ ‘Clean’ Chicken is the only local pastured chicken producer since 2001. The chickens are grown without antibiotics, chemicals and growth enhancers. Chickens are fed a high-fruit diet of farm-grown fruits and are pastured in organic permaculture fields grown with legumes, various grasses and vegetables. A home delivery service is offered through ‘Good4U Delivery’ via online orders (www.good4u.com.my) at RM3.00 per address regardless of the number of chickens. The chickens are sold in Village Grocers, Jaya Grocer, Cold Storage, Isetan, and most Jusco outlets and organic shops in the Klang Valley.

Originals Practice(s):

Certification(s):
Green Chicken

B-5-8, Plaza Mont Kiara, Mont Kiara, 50480 Kuala Lumpur, Malaysia
• T: +6012 222 7726, +6016 983 0597 (Mr. Azman, CEO)
• E: info.greenchicken@gmail.com
• W: www.greenchicken.com.my

Green Chicken is a farm that produces free range ‘Cornish Rock’ birds that contain no hormones, artificial growth enhancers, or antibiotics. More than half of the birds’ feed come from organically grown vegetables that are cultivated within the farm. The Green Chicken birds are released onto green pastures (rather than kept in coops) where they roam freely. Orders for the chicken can be made online or through telephone. Green Chicken provides free delivery services to Petaling Jaya, Hartamas, Mont Kiara, Damansara Heights, and Bangsar. A nominal delivery charge is imposed on other areas within the Klang Valley.

Kahang Organic Rice Eco Farm

Km 43, Jalan Mersing, Kahang, 86000 Johor, Malaysia
• T: +6012 768 3149 (Mr. Tam)
• E: koref.tamps@gmail.com
• W: www.organic-kahang.com

Kahang Organic Rice Eco Farm (Koref) is located in a small inland valley of the Madek River in the state of Johor, Malaysia where tropical rainforests and rivers are preserved in its original state. Koref is used to reflect the integration of organic rice farming, aquaculture and sustainable eco-tourism. Ducks, fishes and other natural predators are integrated with rice to improve the field ecology system. Crop nutrients are managed using compost, organic fertilisers and the naturally-occurring mineral, phosphate. Koref has many other activities for guests wishing to visit or stay. Check out the Koref website for bookings and further details.
Nasuha Herba dan Rempah Karya Sari
Km 19, Jalan Muar-Pagoh, 84500 Muar, Johor, Malaysia
• T: +606 973 7231, +606 973 7608
• M: +6013 613 6800 (Mr. Jaafar)
• F: +606 973 7879, +606 973 7610
• E: info@nasuhaherbsparadise.com
• W: www.nasuhaherbsparadise.com

Founded by Mr. Nasuha Kasian, this herbs and spices plantation land covers an area of over 3,200 acres. The plantation uses an organic system of cultivation without any usage of chemical fertilisers and herbicides, artificial preservatives, and artificial colouring agents. It is known to be one of the largest herbs and spices plantations in Asia producing 6 to 10 metric of raw herbs and spices each day. In promoting the healthy living concept, the company has built log cabins and dormitory accommodation for guests who wish to stay overnight. Company field trips, conferences or seminars, can also be arranged.

Originals Practice(s):
Certification(s):

The Lord’s Garden Organic Farm
420/7, Jalan Stesen, 48100 Batu Arang, Klang Valley, Malaysia
• M: +6017 370 8326 (Mr. Yahqappu James Adaikkalam)
• E: yahqappu74@gmail.com
• W: www.yahqappu.blogspot.com

The Lord’s Garden Organic Farm was created in May 2002 by the founder Mr. Yahqappu who converted 1.5 acres of land into an organic vegetable and fruit farm. Seeking the meaning of life was the main driving force that lead Mr. Yahqappu into pursuing organic farming. Some of the produce varieties grown are radish, long beans, french beans, groundnut (used to make homemade organic peanut butter), papaya and many others. The Lord’s Garden Organic Farm currently supplies their produce to Justlife, EcoGreen, Country Farm Organics, Medifoods, and Health Paradise outlets.

Originals Practice(s):

©
Titi Eco Farm Resort

Lot 1706, 1708, 1203, 1349 & 1916, Jalan Sungai Rotan, Titi Jelebu, 71650 Jelebu, Negeri Sembilan, Malaysia
HQ Office: No. 28, Jalan SS1/22, Kampung Tunku, 47300 Petaling Jaya, Malaysia
• T: +603 7874 8122
• M: +6012 306 3322 (Lim Mok Lai)
• F: +603 7873 8191
• E: sales@titieco.com.my
• W: www.titieco.com.my

Titi Eco Farm Resort consists of 40 acres of land founded by Mr. and Mrs. Lim Mok Lai comprising of organic farms and accommodation for the guests. Titi Eco Farm Resort uses organic fertilisers and practices crop rotation, mixed planting, and the use of natural predators for pest and disease control. Their organic products can be found through their distribution network in Malaysia and Singapore. Check out their website for details.

TM Organic Farms

28A, Jalan Kati F U19/F, Taman Medan Mas, Sungai Buloh, 47000 Shah Alam, Selangor, Malaysia
• T: +603 6150 3228
• M: +6016 337 0490 (Mr. Tony Tan, Director)
• F: +603 6150 3229
• E: organicbox@tmorganicfarms.com, tonytan@tmorganicfams.com
• W: www.tmorganicfarms.com

TM Organic Farms started out as a farm used for the training and development of the ‘Orang Asli’ in Perak. The farm soon turned into an enterprise and now supplies its produce to supermarkets. TM Organic Farms have an organic box scheme where delivery to individual customers is done around the Klang Valley on a weekly basis. Their produce is sourced directly from their farms and varies according to season. Visit their website for more details.
Zenxin Agri-Organic Food

No. 8, Jalan Teknologi 1, Kawasan Perindustrian Mengkibol, 86000 Kluang, Johor, Malaysia
• T: +607 759 5196
• M: +6019 773 8985, +6017 710 2320
• F: +607 759 5193
• E: weeleong@zenxin.com.my
• W: www.zenxin.com.my

Zenxin Organic Food is an organic producer in Malaysia and Singapore. It was founded in Malaysia in 2001 and offers over 100 varieties of fruits and vegetables grown organically without chemicals and pesticides. Zenxin has certified organic facilities, complete with a cold room dedicated for organic food repacking. Zenxin Organic Park opened in 2006 in Kluang and is a centre demonstrating the benefits of sustainable living and organic farming. It is an educational and recreational landmark for Malaysian and Singaporean visitors.

Originals Practice(s):

Certification(s):
“To eliminate the concept of waste means to design things - products, packaging, and systems - from the very beginning on the understanding that waste does not exist.”

– WILLIAM MCDONOUGH, MICHAEL BRAUNGART IN ‘CRADLE TO CRADLE’
CETDEM

17, Jalan SS2/53, 47300 Petaling Jaya, Selangor, Malaysia
• T: +603 7875 7767
• F: +603 7875 4039
• E: ed@cetdem.org.my
• W: www.cetdem.org.my

CETDEM has been ‘Always Promoting Sustainable Development’ since 1985, as an independent, non-profit, training, research, consultancy and development organisation. Committed to improving environmental quality through the appropriate use of technology and sustainable development, CETDEM offers training courses in the areas of environment, energy, technology, organic farming, and development. It publishes reports on studies in various fields. CETDEM also manages a documentation centre which is open to public. CETDEM membership has a ceiling of 50 persons. There’s no limit for associate members to join the Organic Farming Project (Kitchen Gardening, Organic Farmers, FCOFP). CETDEM is run by a seven-member Board of Directors.

Eats, Shoots & Roots

Bukit Gasing, Petaling Jaya, Selangor, Malaysia
• E: hello@eatsshootsandroots.org
• W: www.eatsshootsandroots.org

Eats, Shoots & Roots is a social enterprise with a simple aim: To empower urban individuals and communities with skills and tools to grow their own food, and build a sense of resilience in the city. They do this by offering a range of workshops and courses, edible garden design consultancy, and organic garden build packages to suit homes, organisations, institutions and businesses.

Originals Practice(s):

Facebook Twitter YouTube
Ecocentric Transitions

- M: +6019 368 9890 (Ms. Nisha)
- E: ecocentrictransitions@gmail.com
- W: www.ecocentrictransitions.com

Ecocentric Transitions is a local social enterprise which promotes sustainable living practices in Malaysia. They provide ecological landscape consulting, resident engagement programmes in line with the GBI and various workshops. Ecocentric Transitions believe in continuous learning, sharing, and exploring, and conduct interactive workshops on Climate Change, Ethical Consumption, Food Security, Environmental Empathy and Community Edible Gardening for the youth, corporate and urban communities. Their workshops encourage discussions and hands-on construction.

Originals Practice(s):

Permaculture Perak

Ladang Teh Lenggong, 
c/o Pejabat Pos Lenggong, 
33400 Lenggong, Perak, Malaysia
- E: permaculture.perak@gmail.com
- W: www.permacultureperak.com

Permaculture Perak is an experiential education centre dedicated to natural and sustainable living, healing, and farming located next to the Bintang Hijau Forest Reserve in Lenggong, Perak. Permaculture Perak offers farm stay holidays, educational workshops and apprenticeships in the topics of sustainable farming, living, eating and healing for both adults and children. Visits to Permaculture Perak can be made either as apprentices or as guests. Check out the Permaculture Perak website for reservation details.

Originals Practice(s):
MG EcoTech Group uses biotechnology and process engineering to provide effective and economical waste management solutions to treat organic waste generated by various industries. MG EcoTech Group transforms organic waste materials into commercial-grade bio-organic fertilisers and other agro-related products. The group’s mission is to conserve the environment by means of environmentally responsible waste management. MG EcoTech Group has been providing waste management solutions to various industries such as the palm oil industry, animal husbandry industry, and the food manufacturing industry.

Tatana Roots

VLA 01-06, Villa Lagenda, Jalan 4/2B, Selayang, 68100 Kuala Lumpur, Malaysia
• E: tatana@tatanaroots.com
• W: www.tatanaroots.com

Established in 2009, Tatana Roots is a group whose objective is to create awareness on the importance of the preservation and conservation of the Malaysian natural heritage through environmental education. Tatana Roots designs environment-based programmes for both children and adults. These programmes include tailor-made environmental education programmes, outdoor activities, and organising nature-inspired birthday parties. Tatana Roots believes strongly in giving back to the community. Tatana Roots Thread, their newest adventure, focuses on responsible buying. Tatana Roots works closely with the community and purchase the items directly from them so they can benefit from the sales of their crafts/products.

Originals Practice(s):

MG EcoTech Group

C710, Level 7, Block C, Kelana Square, 17, Jalan SS7/26, Kelana Jaya, 47301 Petaling Jaya, Selangor, Malaysia
• T: +603 7494 2666
• F: +603 7494 2555
• E: hr@microgreen.com.my
• W: www.microgreen.com.my

Originals Practice(s):

N  S

Facebook
Be Urban Wellness
11th Floor, Work@Clearwater,
Jalan Changkat Semantan,
Damansara Heights,
50490 Kuala Lumpur, Malaysia
• T: +603 2095 1999
• F: +603 2095 8718
• E: balraj@beurbanwellness.com
• W: www.beurbanwellness.com
• Operating Hours: 07.00am - 10.00pm
(Monday to Friday), 07.00am - 08.00pm (Saturday to Sunday)

Be Urban Wellness provides anti-aging, optimal health and peak wellness through natural means. This award winning wellness center has many classical and cutting edge therapies in sophisticated and elegant settings. They offer a combination of options (including facials, spa packages, floatation tanks, oxygen chambers and personalised supplements) all designed to bring out health and wellness. It is an experience of increased vitality and beauty naturally.

Originals Practice(s):

CA Care
Teo Herbal Centre, 5, Lebuhraya Gelugor,
11600 Pulau Pinang, Malaysia
• T: +604 659 5881
(09.00am - 01.00pm only)
• F: +604 658 0422
• W: www.cacare.com,
www.CancerCareMalaysia.com,
www.cacare.org

CA Care started from the home of Dr. Chris K. H. Teo (former Professor of Botany at Universiti Sains Malaysia), when a patient came to seek help for his colon-liver cancer. The word spread resulting with hundreds of patients from Malaysia, Singapore, and Indonesia over the years. The main mission of CA Care is to provide an option for patients who have already gone to see their doctors, undergone all the necessary medical treatments and failed. These people go to CA Care as a last resort. Consultation is free of charge.
Tanah Aina Resort

Lot 874, Jalan Tras,
23400 Raub, Pahang, Malaysia
• M: +6012 356 4717 (Ms. Sara)
• E: booking@tanah-aina.com
• W: www.tanah-aina.com

Tanah Aina Resort offers an eco-tourism experience set in the rainforest of Malaysia. The property consists of five separate pieces of land consisting of the following:
• Tanah Aina Farrah Soraya: 125-acre eco-resort in Bentong, Pahang
• Tanah Aina Farhana: 50-acre beachfront resort in Desaru, Johor
• Tanah Aina Fareena: 12-acre eco-resort in Lentang, Karak, Pahang
• Tanah Aina Farouq: 48-acre eco-resort, durian orchard and fish ponds in Raub, Pahang
• Tanah Aina Azareena: 12-acre seafood steamboat restaurant in Bentong, Pahang

Each Tanah Aina Resort serves its own purpose in preserving nature.

My Beauty Cottage

K-1-3, SohoKL @ Solaris Mont Kiara, No. 2, Jalan Solaris, 50480 Kuala Lumpur, Malaysia
• T: +603 6204 9322
• M: +6010 263 0322
• F: +603 6204 9322
• Operating Hours: 11.00am - 08.00pm (Monday to Saturday), 11.00am - 06.00pm (Sunday)

My Beauty Cottage is the winner of Malaysia’s Best Organic Spa Centre awarded by Women’s Weekly Spa Awards 2013. It is a beauty house that provides services for both men and women. With the tagline “Takes You Home”, My Beauty Cottage is intricately designed with the interior mirroring an English cottage. The organic skincare line contains a combination of organic fruits and vegetables, organic plant oils, and organic preservatives. My Beauty Cottage has another outlet located at 1 Utama Shopping Centre and a new one opening in Gurney Paragon, Penang.

Originals Practice(s):

Originals Practice(s):
The Frangipani Langkawi Resort & Spa

Jalan Teluk Baru, Pantai Tengah, Mukim Kedawang, 07100 Langkawi, Kedah, Malaysia
• T: +604 952 0000
• M: +6013 496 1754
• F: +604 952 0001
• E: rsvn@frangipanilangkawi.com
• W: www.frangipanilangkawi.com

The Frangipani Langkawi Resort & Spa is an eco-friendly resort situated on a 400m stretch along Pantai Tengah, Langkawi. It is located 10km away from the airport and is a 2-minute drive from the bustling Pantai Cenang. The resort implements green practices to preserve the environment, such as an award winning natural water treatment system, energy efficient light bulbs, recycling, organic gardening and rain water harvesting amongst others.

Originals Practice(s):

The Chateau Spa & Organic Wellness Centre

Km 48, Persimpangan Bertingkat, Lebuhraya Karak, 28750 Bukit Tinggi, Pahang, Malaysia
• T: +609 221 3888
• F: +609 221 3886
• E: clientrelation@thechateau.com.my
• W: www.thechateau.com.my

The Chateau Spa & Organic Wellness Resort is the world’s first organic spa and wellness resort. It is the winner of the prestigious World Luxury Spa Awards™ in the Best Luxury Destination Hotel & Spa category. Located in Berjaya Hills amongst a tropical rainforest, the resort sits on 34,000 square meters of land and is located 3,000 feet above sea level. Inspired by the 12th century “Haut Koenigsbourg” castle in Alsace, France, The Chateau Spa & Organic Wellness Centre offers a complete organic wellness experience and comprehensive wellness and lifestyle programmes.

Originals Practice(s):
Wellness Medical Qigong Center

27B, Jalan BPU 6, Kawasan Perniagaan Bandar Puchong Utama, 47100 Puchong, Selangor, Malaysia
• M: +6012 283 7588 (Ms. Connie Lee)
• E: connie.wmq@gmail.com
• W: www.wellnessmedicalqigong.com

Wellness Medical Qigong Center provides energy healing and consultation services on the techniques of self-healing using natural energy and Medical Qigong techniques. Medical Qigong follows the principles of Traditional Chinese Medicine. It is a way of influencing and directing Qi (Chinese word for ‘life force’) for medical benefits rather than using needles, herbs, or massages. The Center focuses on health maintenance and enhancement, self-healing methodology and the techniques of treating others. It teaches participants to activate, enhance, circulate, direct and store internal Qi and to harness external Qi. Visit the Wellness Medical Qigong Center website for other branch locations.

The Jasmin Foundation

No. 9, Lorong Aminuddin Baki 4, Taman Tun Dr. Ismail, 60000 Kuala Lumpur, Malaysia
• T: +603 7732 3755
• M: +6013 690 5901 (Appointments), +6012 331 9717 (Other enquiries)
• F: +603 7725 2155
• E: mail@thejasminfoundation.org
• W: www.thejasminfoundation.org

The Jasmin Foundation is a nonprofit organisation specialising in treating cancers and chronic diseases holistically. They integrate cutting edge medical technology devices with natural medicine (without the use of drugs). The Jasmin Foundation administers homeopathic remedies, natural supplements and provides advice on the correct diet for patients. A range of tests are available at The Jasmin Foundation. Visit their website for further information.
**DSY Wellness & Longevity Center**  
Federation of Complementary and Natural Medical Associations Malaysia (FCNMAM) Member  

B.07/G, Ground Floor, Block B,  
Garden City Business Centre,  
Jalan Dagang Besar, Taman Dagang,  
68000 Ampang, Selangor, Malaysia  
• T: +603 4270 1266  
• F: +603 4270 1831  
• E: info@dsywellness.com  
• W: www.dsywellness.com

DSY Wellness & Longevity Center (DSY) is a practice registered with the Traditional & Complementary Medicine Division, Ministry of Health Malaysia. DSY offers professional services either directly to clients (patients) or in collaboration with doctors and licensed health therapists especially from the ASEAN Region. These services include:  
• Adjunct nutritional therapy for patients suffering from cancer and tumour growth; and  
• Complementary treatment for the known causes of chronic metabolic health disorders such as heart diseases, hypertension, insulin resistance, diabetes, sinus, allergies, skin problems, fatigue, being overweight, obesity, and accelerated ageing.

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**Malaysia Society for Music in Medicine (MSMM)**  
Federation of Complementary and Natural Medical Associations Malaysia (FCNMAM) Member  

06/02, 2nd Floor, Block B,  
Garden City Business Centre,  
Jalan Dagang, 68000 Ampang,  
Selangor, Malaysia  
• T: +603 4270 4683  
• F: +603 4270 3678  
• E: sharondsy@gmail.com  
(Ms. Sara Chong)

Malaysia Society for Music in Medicine (MSMM) creates awareness and promotes the use of music as therapy/medicine in various clinical settings through education and research. This is done via interdisciplinary research collaborations between musicians, music therapists, educators and healthcare professionals. MSMM aims to create public awareness of the roles, benefits and effectiveness of music therapy and music medicine in various states of health.
The Association of Nutritional Medicine Practitioners, Malaysia (ANMP)
Federation of Complementary and Natural Medical Associations Malaysia (FCNAM) Member

Suite B-06/2, Block B, Garden City Business Centre, Jalan Dagang Besar, Taman Dagang, 68000 Ampang, Selangor, Malaysia
• T: +603 4270 4300
• F: +603 4270 4200
• E: info@anmp.org.my
• W: www.anmp.org.my

The Association of Nutritional Medicine Practitioners, Malaysia (ANMP) is the sole professional society for practitioners in nutritional medicine, nutritional therapy, non-invasive anti-aging therapy, and orthomolecular medicine recognised by the Ministry of Health, Traditional & Complementary Division. The profession is regulated by the Traditional & Complementary Medical Act 2012. Any collaborations and affiliations are welcome through writing to the Hon. Secretary at the address above.

The Association of Hypnotherapy Practitioners, Malaysia (AHPM)
Federation of Complementary and Natural Medical Associations Malaysia (FCNAM) Member

D2-2-8, Level U2, Block D2, Solaris Dutamas, No.1, Jalan Dutamas Satu, 50480 Kuala Lumpur, Malaysia
• M: +6012 321 4859 (Ms. Suba), +6012 345 0466 (Ms. Hasena), +6012 216 1132 (Mr. Patrick)
• E: hypnomalaysia@gmail.com

The Association of Hypnotherapy Practitioners, Malaysia (AHPM) is the only government-linked association for hypnotherapists and other mind science practitioners in Malaysia. AHPM is tasked with registering all mind science practitioners in Malaysia such as hypnotherapy, Neuro-Linguistic Programming (NLP), and others. AHPM is also a one-stop information centre and complain bureau for public seeking information or recourse about qualified hypnotherapists and hypnotherapy courses. The association holds regular seminars, public talks and conferences to promote and educate the public about hypnotherapy and related mind sciences in Malaysia.

Originals Practice(s):

Originals Practice(s):

THE ORIGINALS GUIDE
Halal consumers | Photo: World Halal Forum
Eco & Green Exhibition

- T: +603 8737 3323
- F: +603 8737 6330
- E: ecogreen.exhibition@gmail.com
- W: www.ecogreenexhibition.com

Eco & Green Exhibition brings eco-friendly and green living consumer exhibitions to Malaysia in order to encourage Malaysian companies to devote more time in creating and developing ‘green’ technology. Eco & Green Exhibition’s mission is to gather the companies in Malaysia that offer ‘green’ products or services by creating a platform to showcase their products or services for the benefit of consumers.

Originals Practice(s):

Kuala Lumpur Eco Film Festival

Kuala Lumpur Eco Film Festival, c/o EcoKnights, 41, Lorong Burhanuddin Helmi 11, Taman Tun Dr. Ismail, 60000 Kuala Lumpur, Malaysia
- T: +603 7731 8361
- E: info@ecofilmfest.my, KLEFF2013@ecoknights.org.my
- W: www.ecoknights.org.my

Conceptualised and organised by a non-profit environmental organisation called EcoKnights, the Kuala Lumpur Eco Film Festival (KLEFF) helps in building ecologically conscious businesses, individuals, and communities through on-ground activities and film screenings on critical environmental issues. Partnering with sustainability leaders in the country such as Publika, KLEFF aims to encourage and inspire grassroots communities to adopt a sustainable lifestyle. KLEFF works closely with Malaysian higher institutes of learning with the aim of assisting in the development and progression of environmental communication. The Festival offers film screenings, workshops and talks, nature craft activities for children, performances, and exhibitions amongst others.

Originals Practice(s):
“It is your future that concerns me and that of your grandchildren, and theirs too. That is how far we should be looking ahead. I have no intention of being confronted by my grandchildren, demanding to know why on Earth we didn’t do something about the many problems that existed when we knew what was going wrong…”

- HRH PRINCE CHARLES, THE PRINCE OF WALES
Do you know of an enterprise that should be in The Originals Guide?

Then provide us with the following details and we will try our best to include it into the next issue.

Name of Enterprise: ____________________________
Address: ______________________________________
________________________________________________________________________
Tel: ______________ Fax: ______________ Mobile: __________
Email: ______________________ Website: ______________________
Contact Person: _____________________________________________
Description of the Enterprise: ____________________________________________

Symbols, please tick:

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Your name: ________________________________________________
Address: ________________________________________________
________________________________________________________________________
Tel: ______________ Mobile: ______________ Email: ______________________

Please send the above details to info@kasehdia.com. We will inform you when the next issue has been assembled.

We’ll be in touch!
The healthy, responsible and sustainable lifestyle of our forefathers is how we are meant to live. Today, this lifestyle resonates within concepts of natural, organic, green, sustainable, and the likes, which requires careful consideration of responsible practices and consumption.

A healthy lifestyle, however, is not just about keeping our body healthy. It encompasses a respectful and caring attitude towards the health of the environment and the sustainability of the earth’s resources.

‘The Originals’ guide helps you embrace and practice this lifestyle of health and responsibility (LOHAR), bringing you an array of contributors and supporters of a responsible lifestyle ranging from eateries, distributors, retailers, brands, growers, service providers, events, and movements.

www.originals.com.my