

Hong Wei Liao Highlights Canadian Organic Wild Rice as a Wellness Choice Recommended by Botrich



B 博富平台
BOTRICH
博富养生
BOTRICH HEALTH

加拿大有机野米-A级大号
CANADIAN ORGANIC WILD RICE
CANADIEN BIOLOGIQUE RIZ SAUVAGE
GRADE A LARGE

* 脂肪含量低，蛋白质含量比普通白米高50%
* 纤维含量高，降低患糖尿病和心脏病的风险
* 人类必须维生素的良好来源-含丰富的维生素C和B等,有助于
防止细胞损伤并降低患癌症、心脏病和其他疾病的风险
* 含丰富的人体能直接吸收的矿物质，特别是钙和铁，可强健
骨骼和牙齿，让人感到活力四射
* 富含高抗氧化剂，天然无麸质，是长生不老的伴侣

Pro-Cert
ORGANIC

NOBLE RICE **EAT EVERYDAY**
米中贵族 天天食用

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PRODUCT OF CANADA
NET WT. 2.3kg 5 lb

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Toronto, Ontario Feb 11, 2026 (IssueWire.com) - Hong Wei Liao recently shared her personal experience with Canadian organic wild rice, a health-focused food product recommended by Botrich Inc. Known for its natural purity and nutritional value, wild rice has become a regular part of her daily diet and reflects Botrich's broader emphasis on thoughtful, long-term wellness choices.

Canadian organic wild rice is widely recognized for its naturally low fat content, high-quality plant-based

protein, and rich dietary fiber. Compared with common white rice, it offers higher protein levels and a more balanced nutritional profile. Its fiber content supports metabolic balance and sustained energy, while naturally occurring vitamins and minerals—including B vitamins, iron, and magnesium—contribute to overall vitality. Wild rice also contains antioxidants that support daily wellness, making it a simple yet nutritionally robust food choice.

Ms. Liao noted that she has incorporated wild rice into her meals for many years and credits this consistent habit with helping her feel lighter, more energized, and refreshed over time. “It’s not about quick results,” she said. “It’s about consistency and choosing foods that truly support your body. I feel healthier, more balanced, and more energized in how I move and feel.”

Botrich Inc. is a federally registered Canadian technology platform with a global presence, specializing in artificial intelligence applications, digital management, and global resource integration. The organization currently serves more than 2,000 core members worldwide and has outlined a strategic plan to expand into ten major global cities, with the goal of building a community of 10,000 elite members. Its first global flagship hub has been established in Changsha, providing integrated access to professional resources across legal coordination, financial structuring, and health-related services.

Health and lifestyle quality are an important component of Botrich’s broader vision. In addition to technology and resource integration, the platform is committed to helping members identify high-quality products that align with sustainable, long-term living. The recommendation of Canadian organic wild rice reflects this philosophy—simple, trustworthy, and rooted in everyday well-being.

Members interested in learning more about this product or exploring Botrich’s curated health-focused resources may contact Botrich directly for consultation and additional information. Through careful selection and shared experience, Botrich continues to support its members in building healthier, more balanced lives—one thoughtful choice at a time.

About Hong Wei Liao

Hong Wei Liao is a wellness advocate and long-standing member of the Botrich community, where she actively engages in conversations around sustainable living, personal well-being, and long-term lifestyle quality. She emphasizes consistency, balance, and informed choices as the foundation of a healthy life. Through sharing her personal experiences, Ms. Liao aims to highlight practical, everyday habits—particularly around nutrition—that support vitality, resilience, and overall wellness over time.

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Source : Hong Wei Liao

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