



**WE ARE
WINNERS**

A Newsletter for our Life Force International Community

May 2006 - Volume 3, Number 3

We Are Winners!!

A short newsletter this month as we're in transition from Australia to the Rocky Mountains. What a wonderful life we have with this company, never having to deal with winter! We promise a more robust newsletter in June. Happy Spring to all!



Building Your Business

Here is our fifth installment of looking at each of the steps in the *10 Step Pattern for Success* to help you become a stronger, more effective leader and coach.

Step 5 - Learning the Life Force Workflow

In previous articles we have talked about the necessity of following a system in order to achieve any type of consistent success. To follow any system you need a map. If you don't become familiar with the map, then you can't follow the system. The Life Force Workflow is the map to our success.

You'll find that success in almost all areas of life comes from doing what works over and over again. You have to follow a step-by-step map to success, and you cannot move to the next area until you have learned and completed the previous one. Learning what these areas of the system are keeps everyone focused and doing the same thing. And it becomes foolproof and easily duplicated.

Want to be a big earner with Life Force?..... It's simple!..... Learn the Life Force Workflow, follow the Life Force Workflow, and don't get side-tracked.



What About Stress?

We now know for a fact that our thoughts, beliefs and attitudes translate directly into biochemical changes that control our health, and particularly our heart. Clear associations exist between heart disease and psychological and social risk factors such as depression, time urgency, impatience, hostility, and work and marital stress. In one recent study, young men with high levels of hostility were found to have more calcium plaque around their coronary arteries than men with more peaceful natures. Stress-related risk factors pose as great a threat to our health as high blood pressure, high cholesterol or smoking.

These "mental" stresses have powerful physical effects. Besides increasing unhealthy behaviors such as smoking, binge eating, alcohol and drug abuse, they promote a whole host of measurable biological changes, such as alterations in hormones and neurotransmitters, increased platelet stickiness (a cause of blood clots), increased inflammation, and something called metabolic syndrome, which is a precursor to diabetes.

Given the stresses of our world and the different sensitivities of each of our nervous systems to stress, we must all find a way to relax. In our over-stimulated, over-caffeinated, overactive world, finding the pause button or the volume control for our lives is a challenging but essential component of living a healthy life. Using the Life Force products gives us a very solid foundation that the body can use to help with these negative responses.

The other thing I didn't mention is that stress uses up nutrients in the body like nothing else! Nutritional deficiencies, particularly mineral deficiency, have been associated with such conditions as depression and mental disorders. Amino acids directly influence moods and are essential for all neurological functions. Bio-available calcium and its co-factors provide nourishment for the nervous system and have a calming effect. A diet too low in raw fruits and vegetables and complex carbohydrates like whole grains and seeds can cause serotonin depletion and depression. And on and on.... We also have Sunset, a product containing herbs that are directly related to calming down the nervous system.

When our bodies are properly nourished we actually make different decisions in our lives! Studies have shown that proper nourishment results in a more positive and upbeat attitude, and we are able to cope with the stresses that we do have to deal with in a whole different way.