



**WE ARE  
WINNERS**

## A Newsletter for our Life Force International Community

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### **We Are Winners!!**

Our last soaking in of the Australian sun before we headed back to Colorado.....a fond farewell on the deck of our Aussie home. It feels great to be back in Colorado again amidst a glorious Rocky Mountain spring.

Many of you know of the heart-wrenching family tragedy that occurred last month when my sister's children were killed. The blessing of having a Life Force business really came into



its own during this time. I was able to drop everything and just be with my family. While my sister fought for her life in the hospital I was there with her. While my devastated parents needed so much support I was there with them. I was able to be with my family and cry with them and hold them. And I was able to FULLY be there and know I and my family were taken care of. My gratitude is immense. My gratitude to all of our downline team leaders and members who make our situation possible, my gratitude to the Hillman family for their vision in the first place, my gratitude to all of those who prayed and sent their thoughts and blessings.....THANK YOU!! THANK YOU!! THANK YOU!!

### **Building Your Business**

Here is our sixth 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 6 – Use Your Upline

When you work the Life Force business, you are part of a team.....a very important part. One of the huge benefits of this way of working is that you can draw on other people's strengths. Each of us is an independent business owner, but we also need to be interdependent in order to make this thing called network marketing work. We need to be in communication with our upline. What's really important here is that the upline people that you write down in Step 6 need to be doing the 10 Step Pattern for Success. If someone has already done it, all you have to do is duplicate or model just what they did. Success is then pretty much "in the bag" as long as you are persistent.

So take advantage of this opportunity to do so 122%! It's wonderful to know that both the company and your upline has a vested interest in your being successful. Because of that, you can be assured that they want you following the best system possible.

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Using your upline as a coach is an added powerful piece to this relationship. As part of this system they help you get in touch with your dreams and hopes and passion. As a coach they can also help you overcome your fears and doubts, and support you in taking the necessary steps day by day, week by week, until you get what you want.

The other part of this is that you need to take ownership of the results of your business and have a high level of accountability. On any high-performing team, each team member is accountable for his or her own performance. It's not up to your upline to manage your promises.....it's up to you. It's you holding in your heart the fact that you are the source of what's going to make this successful. It's also you holding in your heart that you are part of a team, and as such you are part of a dynamic entity of focused action inside of the 10 Step system.

The bottom line is, we can't do this alone (even if some of us think we can). Your upline's job is to help you develop your business more rapidly while producing satisfying results. Your upline can help you benefit from your failures while keeping the clarity of your goal in front of you. You will become more effective in your execution of the basics and better able to pass this onto your own team. If you use your upline, they can empower you and stretch you and challenge you. Using your upline as much as you can will increase your chances at being successful - and you will be celebrated for doing so!

## **Weight Loss Tips**

Being overweight is a contributing cause of many preventable illnesses. When there is an inadequate intake of essential nutrients, fat is not easily or adequately burned and can accumulate in the system. However, permanent weight loss for most people requires a lifetime commitment to a healthier lifestyle in general. Following is an example of some of the things I have found to be helpful....

For weight loss, a colon cleanse is something I highly recommend.....in fact it is one of the first things I recommend. Some people can lose up to 20 lbs JUST from that!! We all have build-up in our colon, and not only would it get rid of that and its toxifying effects, but it would open the way for a far more effective absorption and utilization of nutrients. (Nutrients get absorbed through the intestinal walls.) My focus here would be to bring the body back into a more balanced place....it would therefore balance the metabolism, endocrine system, etc. so the body can correct itself.

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I recommend that the True Greens and Amino Charge be taken together in a shake/smoothie of some kind, that you take it 3 times a day BEFORE meals. I also recommend putting the Osteoprocure in here too, but you would only do that morning and evening.....not the middle one. Calcium is involved in the activation of lipase, which is an enzyme that breaks down fats, so it is an important product as part of this regime. I also recommend that you just use one scoop of the Amino Charge at a time rather than two. The Dream Away of course is taken right before bed approximately 3 hrs after dinner has been eaten.

Be sure to drink PLENTY of water while you are doing this, especially with the Dream Away. You should be drinking at least 2 quarts a day. Also make sure you are still drinking Body Balance every day in addition to this.....4oz a day would be ideal. This plays a tremendous role in re-balancing the body, and in helping the other products be more effective.

Don't worry about calories so much as about eating proper foods. Any carbs should be complex carbs rather than simple carbs.....i.e., stay away from refined foods that contain sugar and flour. Eat more complex carbs that also provide protein, such as tofu, beans, brown rice and other whole grains. If you feel the need for something more, skinless turkey or chicken breast, and white fish (no shellfish). Poultry and fish should be broiled or baked, never fried. Your diet should consist predominantly of protein and raw veges and fruits. Pay particular attention to the fat in your diet as well. Some fat is necessary, but it must be the right kind. Avocados, olive oil, flaxseed oil, RAW nuts and seeds are all sources of "good" fats that contain essential fatty acids. Use once or twice a week. Eliminate saturated fats completely if you haven't already done so. Avoid animal fat, found in butter and dairy products, mayonnaise, meat, gravies, some dressings, etc. Also, no margarine.

Last, but not least, some form of exercise is vital every day—even if it is just walking for a half hour.

***“Continuous effort -- not strength or intelligence --  
is the key to unlocking our potential.” --Black Elk***