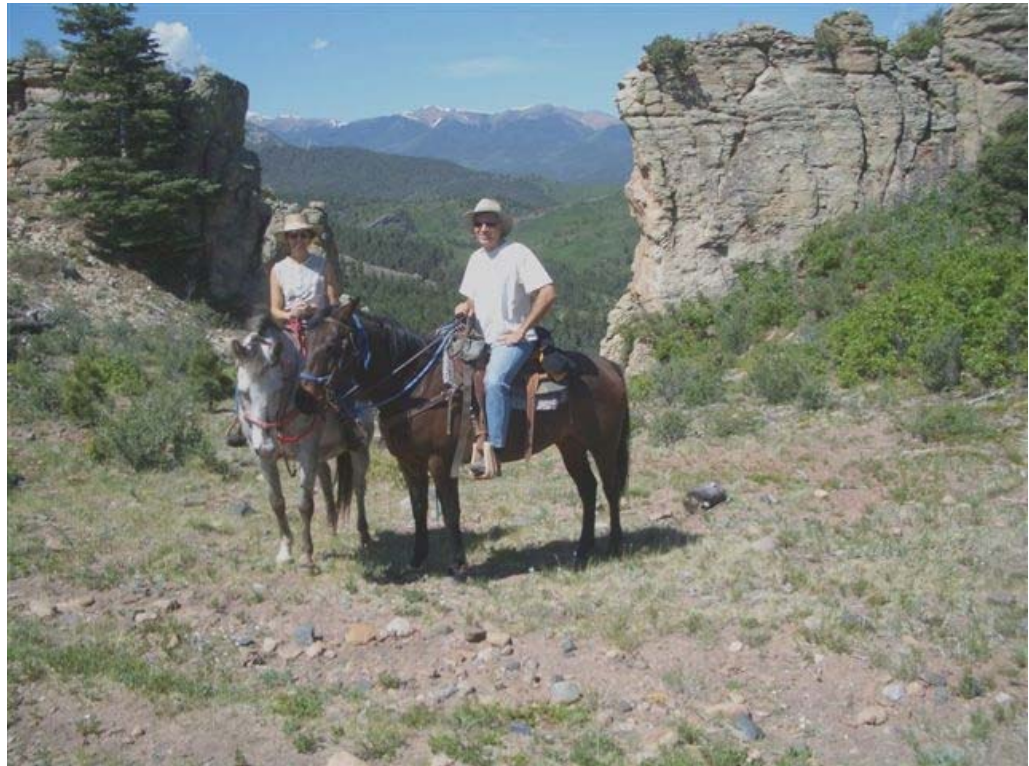


A Newsletter for our Life Force International Community

July 2006 - Volume 3, Number 5

**WE ARE
WINNERS**



We Are Winners!!

Greetings!! It is a glorious summer here and we recently celebrated Michael's 54th birthday riding horses through the spectacular Rocky Mountains of southern Colorado. We had an awesome time and apart from a couple of sore rear ends, were feeling so alive and so in awe of this magnificent place we are so privileged to live in. We wish you all a fruitful and joy-full northern hemisphere summer and southern hemisphere winter.

Building Your Business

Here is our seventh 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 7 - Learn About the Business Building Tools

The reason networking is so doable by so many different types of people is because of a system that can be duplicated. As part of that system we have

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state-of-the-art business building tools that we need to familiarize ourselves with. We have the Life Force company website, conference calls (see the company website for updated information), the flip chart, product brochures and booklets from Sound Concepts, as well as the tools the company gives us to keep in touch with what's happening in our organizations, 3-way calling, and the abundant knowledge and experience of the many upline leaders. These systemized tools assist all of us, whether we are brand new or network professionals. One need not be a professional salesperson to be a successful networker. All it takes is a burning desire to change, linked with a willingness to be coachable, teachable and trainable with the 10 Step system and using the available tools.

In our current technology era, we are able to include these customized tools as part of our system. It is those members who realize that the diligent application of these tools will help them hone their own personal skills, who will reach the goal of financial freedom. Our business model is to create a large network of people throughout the world using and sharing the Life Force products and business opportunity. Such a network is built over time through personal relationships and personal skills using the available tools.

There's a saying I have read that is really applicable here...."Don't try to change or shortcut the system. The system is the shortcut."

Our Immune System and the Life Force Products

It is the immune system that fights off disease-causing microorganisms and which engineers the healing process in our bodies. This system is a wondrous interaction of many different organs, structures and substances that work together to protect the body. However, it can only work as it should if it is cared for properly. This means getting all the right nutrients, providing the right environment, and avoiding those things that tend to depress our immunity.

It is imperative that we give our bodies the necessary nutrients if we are to be in any way vital and vibrant in our health and our lives. Body Balance will supply a balance of nutrients, especially minerals, that is needed for immune system integrity. It also is very high in natural carotinoids, which are the precursors to the anti-infection vitamin A. This is extremely important in the body's defense system. BB is also a wonderful food wherever there is a mal-absorption problem as all nutrients are necessary in balance, and is a powerful antioxidant to protect the cells. As well as all this, it improves oxygenation of tissues and with that, the ability to concentrate and focus. We need to supply the immune system with adequate amounts of nutrients that will promote proper immune function.

True Greens is extremely rich in chlorophyll which is needed for tissue repair, blood cleansing and immune response. It also contains potent antioxidants and immune enhancers.....protecting the cells.

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True Greens also contains probiotics. These are the "good" bacteria that are needed for a functioning immune system and they need to be restored on a regular basis. These foods also contain germanium, a trace element imperative for a healthy immune system. They are naturally digestible foods that aid in protecting and rebuilding the immune system, as well as supplying many nutrients needed for cleansing and healing.

Amino Charge provides protein that is broken down in a form that the body can use. It provides a full spectrum of bioavailable amino acids that are vital in building a healthy immune system. They inhibit the formation of free radicals, aid in red blood cell integrity, reduce quantities of hydrogen peroxide in the body, protect the immune cells, destroy viruses, protect the glands – especially the liver, are an energy carrier and cell membrane protector, and also protect the heart. Take one scoop a few times a day to optimize the response and to regulate blood sugar levels.

Tahebo is a wonderful immune builder and natural anti-microbial, as well as blood sugar regulator. This also acts as a natural antibiotic and anti-inflammatory.

Sunbright contains a number of wonderful herbs that boost the immune system and are powerful antioxidants. As well, the amino acids present are necessary for the immune system to function properly and help to protect the glands, especially the liver. They are also a precursor to the body's production of human growth hormone (HGH), a naturally occurring hormone that strengthens the immune system. St. John's Wort, present in the Sunset, has been shown to fight viruses and is also a natural blood purifier.

Let's make a commitment to supply our immune system with adequate amounts of nutrients so that we can have that ultimate protection – a proper functioning immune system. Let's also not forget that a person's mental state can actually suppress his or her immune system. A positive frame of mind is vital in building up the immune system and keeping it strong.

Be Positive!!

