

A Newsletter for our Life Force International Community

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**WE ARE
WINNERS**



We Are Winners!!

Hi there everyone! What an awesome Convention we have just had!! It was the biggest ever in the history of Life Force, and the enthusiasm and excitement of the participants was palpable. This picture is of Wayne and Geri with the Australasian team (members from Australia and New Zealand) who made a massive effort to be part of this Convention. An incredible commitment of money, travel and time was made by these people coming halfway around the world.

Everyone I have spoken to who attended the Convention has come away SO inspired to get home and build their Life Force business! It is such a powerful occasion to get seven hundred and fifty people together, all with the same focus and excitement. We feed each other! And what I have seen is that those who attend events like this, their business really takes off after being infused by such energy. It is a force that can carry you to the next level. So if you weren't at the Convention, I REALLY encourage you to attend whatever Life Force events are happening if you are at all interested in having your business be successful.

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Building Your Business

Here is our eighth 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 8 - Learn the Basics of the Compensation Plan

Network marketing is based on the law and reality of leverage. Learn to understand this amazing universal law. It means working with other people's knowledge and efforts instead of just your own. It means attracting the support you need so your business can grow faster in less time with less effort and everybody benefits.

Our compensation plan is our road map. We need to be familiar with it, particularly those parts most relevant as we progress toward our goals. Study the comp plan on the Life Force website, particularly the following points....

- a) How do I earn cash as soon as possible? Look at the Fast Start Bonus, the New Member Bonus, and the Retention Bonus.
- b) What does it take to start earning a RESIDUAL income, and what does that actually mean?

A great way is to figure out your actual income for one month, based on a scenario that will give you the financial goal you have set. Make a diagram of it and put it somewhere where you can see it every day.

Understand that our compensation plan offers us freedom.....the freedom to truly contribute to others and to know that we are making a difference in the world. The freedom to truly have the life we only dream about, to know that we have real choices. It gives us the ability to show people a way to achieve their goals, whether it's overcoming a difficult financial situation, escaping the stress of corporate life, or spending more time with the family. It's all about working with people to create new possibilities.

Understanding this incredible gift can provide the kind of personal satisfaction that's hard to find in the competitive world of traditional business. Also understand that the leverage of the compensation plan is available RIGHT NOW for achieving far more than you ever did in the past.

Keeping Our Blood Pressure Healthy

When the heart pumps blood through the arteries, blood presses against the walls of the blood vessels. High blood pressure is present when this pressure is abnormally high. The heart then has to work much harder to pump an adequate amount of blood to all the tissues of the body. Blood pressure can be affected by the nervous system and certain hormones. Nutrition plays a major role in how the body functions, and has a direct impact on imbalances like this that occur. The body needs its tools so that it can function properly. If those tools aren't present, then the body has to do what it can to compromise and keep itself going as best it can. And those tools, of course, are nutrients.

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Deficiencies of calcium and magnesium have been linked to high blood pressure, as have deficiencies of potassium. Researchers at the State University of New York found that the lower the level of magnesium in the body, the higher the blood pressure. Amino acids also play a vital role, e.g., arginine lowers blood pressure and cholesterol levels; carnitine and glutamine transport long fatty acid chains and together aid in preventing heart disease. Glutamine also detoxifies ammonia....etc.

True Greens contains a truckload of nutrients, e.g., bromelain is an enzyme that aids in the digestion of fats. In fact, all the enzymes in there aid in cleaning the circulatory system. Concentrated greens contain all sorts of vital nutrients. The high concentration of antioxidants promotes cardiovascular function and circulatory function. EFAs are an intrinsic part of lowering blood pressure. Lecithin has also been shown to help. Body Balance is a wonderful foundation, as all nutrients are needed in balance, especially the micro nutrients that aren't readily available in our normal diets.

In terms of diet, garlic has been shown to be very effective at helping the body lower blood pressure. Follow a strict salt-free diet (this is added sodium I am talking about). Lowering salt intake is not enough – you need to eliminate all added salt from your diet. One of the things I have recently discovered is that a lot of bottled mineral waters are now adding sodium! So you need to read labels very carefully, and avoid those that have "salt," "soda," "sodium" or "Na" on the label. Anything containing baking soda should also be avoided, as should all animal fat. Other things to avoid: chocolate, aged cheese, sour cream, yogurt, avocados, all alcohol, caffeine and tobacco of course.

This is all commonsense stuff, but we need to be educated so we can keep ourselves as vibrantly healthy as possible, to live our lives as fully as possible and fulfill what we came here to do.

