

A Newsletter for our Life Force International Community

October 2006 - Volume 3, Number 8

**WE ARE
WINNERS**

We Are Winners!!

Michael and I and our daughter have just returned from spending time with family. Michael's Dad has been unwell, and being able to go spend time with him has been a great gift. Here Michael and his sister are lounging with their Dad at the back of his sister's home in Maryland. I am continually in gratitude for the awesome life this business gives us and the people we love.



Building Your Business

Here is the final 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 10 - Your Next 30 Days

We build our Life Force businesses by being in conversations with people. Our first 30 days are critical to our future success. To succeed here we need to be inviting people during these first 30 days not just on a sometime basis, but on an all-the-time basis with velocity. Velocity is doing something with intention and speed. Doing things in a slow or procrastinating way will bring slow or procrastinating results. Actions you take that are guided by intention are on purpose, consistent, and at the same time done quickly, leading to very powerful results. You need to keep this in mind if you want to quickly create genuine momentum and grow your organization.

Those who achieve great success in network marketing understand that there is a difference between activity and acumen....between doing and knowing how to do. They also know the difference between brawn and brains....between working every

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waking moment and using the system. Motivation is one of the secrets to success here. When you are on fire about the inevitability of being successful, you will be enthusiastic, courageous, energetic, persistent, and creative. These are the fundamentals of getting things done and attracting the things and the people you need. Remember, the energy you put out dictates the results you will get back. The resources that build your success are your time, energy, focus and passion. And your personal example inspires others. By earning money quickly, then helping others to earn money quickly, you set the pace for your entire organization.

Anything worthwhile will take time to create. If it is your desire to replace your current full-time income with your Life Force income, you can expect that achieving that success will usually require at least 10 hours per week for three to five years. In a successful network marketing career, first comes massive action and development, then comes massive money – THEN comes life beyond money...a life where you are present to those you love...a life with the freedom to do whatever you want, where you want, with whom you want.

The great news is that if you follow the system, take all-out action especially in these first 30 days, and go to work on getting better at doing this, you may actually be able to cut that three to five year time frame down! What a great reward if you are truly committed to achieving time and financial freedom. And then?....you get to design your life beyond money!!

Structural Support

In healthy joints, the synovial membrane is thin, the cartilage that covers the bone is smooth, and a thin layer of synovial fluid covers the bone surfaces. A problem in any of these areas can result in what we call arthritis. It is estimated that more than 65 million people in America suffer from some form of musculoskeletal inflammation. Arthritis is not a modern ailment. It has been with us since the beginning of time. Archeologists have discovered evidence of arthritis in the skeletons of Neanderthals and even dinosaurs! As long as this disorder has plagued humankind, conventional medicine remains confounded as to why it occurs. What we have discovered in recent times, however, is that conditions like this can be reversible with proper diet and lifestyle changes. These simple changes can not only relieve the inflammation and pain, but stop degeneration and rejuvenate the affected joints.

One of the key things is to give the body the nutrients it needs so it can perform its healing processes and put the body once again on the road to good health and vitality. The Life Force products are an excellent way to provide these nutrients to your body, and ensure that the body has what it needs to do its job properly.

Body Balance is a wonderful foundation, as all nutrients are needed to aid in repairing tissues and cartilage. This is also good for removing excess metals from the body and balancing out the mineral content. A rich source of minerals is needed for good skeletal health.

Osteoprocure contains so many vital elements to support the body....bio-available calcium needed to prevent bone loss, magnesium needed to balance with calcium, Vitamin D3 needed for calcium uptake and bone formation, plus other co-factors like copper (strengthens connective tissue and bone formation), zinc (needed for bone growth..... often deficient in people with this condition), boron (a trace mineral required for healthy bones and uptake of calcium), silicon (important for formation of apatite crystal which is the primary constituent of bone), and selenium (a powerful antioxidant). It also contains glucosamine, which is very important for the formation of synovial fluid as well as bones, tendons, ligaments and cartilage. And also chondroitin, which works with the glucosamine to provide support for strengthening the joints, ligaments and tendons.

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Both Osteoprocure and BB are highly alkalizing, as is the True Greens. This is very important because there is a tendency with a situation like this towards acidosis. If the blood is too acidic, this can cause the cartilage in the joints to dissolve, so you get a double whammy. True Greens contains nutrients also essential for bone formation and to support the whole body. It is also very high in Vitamin K, which is what the body needs to deposit minerals into the bone matrix.

FlexeoPlus is a great source of MSM, which is sulfur. This is needed by the body for the repair and rebuilding of the bone, cartilage and connective tissue. It also aids in calcium absorption. It is needed for reducing inflammation as well. It also contains extra glucosamine (a plus!) and ipraflavin, a nutrient that stimulates the osteoblast cells, which are the cells in the body that build new bone. It contains Vitamin K, which we have already mentioned. This is also wonderful to use topically as well as internally.

Amino Charge contains highly bio-available amino acids, which are needed for tissue repair. Protein is a major component of bone tissue. It also aids in building joints and connective tissue and is essential for detoxifying. Amino acids can also help pain relief. And Taheebo is a wonderful natural antiinflammatory and painkiller, as well as a powerful immune support.

Another thing that may be really helpful is the Herbal Body Wrap, as I have had personal experience of the wraps pulling inflammation out of my body. They are also wonderful detoxifiers. And finally I would suggest doing a colon cleanse.

In terms of diet, eat more sulfur-containing foods, such as asparagus, eggs, garlic and onions. Other beneficial foods include fresh vegetables, non-acidic fresh fruits, whole grains, soybean products, fish and avocados. Also, tart red cherries can relieve pain and inflammation. If you can get fresh, RIPE pineapple, it is a wonderful food. It contains bromelain which is an enzyme that helps to stimulate the production of protoglandins and reduces inflammation. Eating a good source of fiber every day is also really important.

Avoid “nightshade” vegetables as these contain a substance called solanine, which people with this condition are highly sensitive to. It interferes with enzymes in the muscles and causes pain. These foods include peppers, eggplant, tomatoes and potatoes. I would also delete the following foods from the diet as much as possible: all dairy products, red meat, caffeine, citrus fruits, salt (unless it is pure, dried sea salt), tobacco, and everything containing refined sugar.

Let's Eat Our Way to Wellness!

