

A Newsletter for our Life Force International Community

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**WE ARE
WINNERS**

We Are Winners!!

Many of you are aware that last month on the 17th of November, John Cervenka passed away. It has been a shock to those of us who knew John, and who knew him as the vital, alive, dedicated leader that he was. For Michael and me personally, it is a huge loss - loss of a dear friend, as well as colleague and business partner. Our relationship with John and Keneen goes back before Life Force and goes beyond Life Force, as we have been part of each other's lives in so many ways over the last 13 years. He will be greatly missed by those of us who loved him, and let us each in our way hold Keneen in our prayers and in our hearts. The photo shows John on the left, Keneen in the middle, surrounded by David, Gabe and Cliff, at the Life Force Convention in August.



Keys to Becoming a Team Leader—Part 2

How do you build a team of people that will become a successful and healthy organization? There are many skills that are learned along the way, and many that are purely common sense. Effective leaders are those who have learned the skills necessary to stand in that place. The great news is anyone can learn them! Here are some of the things I have discovered along the way.

The first is to cultivate relationships. Take the time to get to know your team members. Meet with them one-on-one with no interruptions. You will be amazed at what you discover, and they will feel cared for and appreciated. Remember, people don't care how much you know until they know how much you care! And when they do, they will most probably feel like doing their best, and you will have

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served them as well as yourself. Let people know that their input makes a difference. When people are acknowledged, they are more likely to do more. And let people know when others have praised them to you – even though they weren't there to hear the compliment. This is like double recognition! Acknowledgement is one of the greatest motivators.

People need to know that you are there to support them and to stand by them. This is another of the great motivators. Let your team see and hear you cheering them on! Share any resources that you may have that are helpful to them achieving their goals. A little help and encouragement can achieve amazing results for everyone.

Always talk in terms of "we." This reminds everyone that we are all in this together. Nobody wants to feel that they are out there on their own. Remember, they joined a team. People thrive in an atmosphere of unity. When there is this sense of us working together and that they are an integral part of it all, there is satisfaction and a sense of belonging. People are more likely to help each other, which results in a job done more effectively and efficiently.

The second thing vital to powerful leadership is to have a clear vision.....for yourself and also for your team. Your team needs direction, and they want you to lead the way. First envision where you are going and a plan to get you there. Our 10 Step Pattern for Success is a wonderful tool for doing this. The next step is to then share and shape that clear vision with your team. When everyone is moving in the same direction, your efforts as a leader are more focused. The team needs to work towards powerful outcomes. Powerful outcomes are specific and challenging, yet attainable. They stretch people a little, sometimes a lot, and can really pull a team together. Sit down together and set specific goals for each of your team members. This allows the whole team to check their progress more easily, and it also ensures that they know what is expected of them.

People also want to know what you stand for, and they want to see that your values and beliefs guide you. They want to see your integrity. Your team will learn far more from what they see you do than from what they hear you say. Remember always that this is a business of duplication, and that means duplication on every level! Whether or not you intend to, when you have even one person in your downline, you ALWAYS lead by example.

Tips for a Healthy Life—Part 2

What we take into our bodies goes beyond just the food we eat. Although a healthy diet is the backbone of a healthy life, we need other pieces of the picture to make it more complete.

WATER – The human body is about two-thirds water, and it is essential for every function of the body. While we can live for many weeks without food, we can only survive a few days without water. On a micro level, water helps to transport nutrients and waste products in and out of cells. On a macro level it is the primary transporter of nutrients through our systems and is essential for carrying waste products out of the body. So it is necessary for all digestive and excretory functions. It is needed for maintaining proper body temperature and much more. As we sweat and lose water through all of our elimination processes, it is vital that we keep replacing that with good quality, clean water. Most city tap water is NOT good quality water, and contains a lot of chemicals that could be potentially harmful to our long-term health. Invest in a good water purifier or have good quality water delivered on a regular basis. As an adult you should be drinking 8-10 full glasses of good quality water every day. If you don't drink enough water, poor muscle tone, joint and muscle soreness, and even excess body fat may be the result.

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SUNSHINE – Sunshine is the most powerful nutrient in our solar system and is the one we seem to be most afraid of these days. It is made up of many different rays, each with its own benefit. Almost every living thing, whether it is a blade of grass, a flower, a fruit or an animal, draws its life from solar energy. All living things depend on the sun for their very existence, and we are no exception. Sunshine is a tonic. It is a natural relaxant and also a natural stimulant to the body's vital energies. When the body is exposed to the sun's ultra-violet (UV) rays, a compound in the skin is activated as a precursor to Vitamin D. Exposing clean skin to the sun's rays for about 20 minutes a day, at least every other day, ensures that we have enough Vitamin D in our bodies. Because this is impossible in certain parts of the world, especially during winter, Vitamin D needs to be supplemented. As we will discuss a little later on, Vitamin D is required for the absorption and utilization of calcium. It is especially important for the healthy growth and development of bones and teeth in children. UV rays are also instrumental in the body's production of melatonin, which allows us to relax and sleep. This is why we often feel tired and relaxed after sitting in the sun.

SUPPLEMENTATION – I believe that most, if not all people, should supplement their diets with the proper nutrients to achieve wellness. Nutritional deficiencies can cause a wide variety of symptoms, in addition to weakening the body's defenses against serious illnesses. Nutritional requirements are also increased by many things in a person's life. People who smoke, drink alcohol, use prescription or recreational drugs, have a lot of stress, diet to lose weight, are at a greater than normal risk of having deficiencies. Also adolescents, elderly people, pregnant and nursing women, women taking oral contraceptives, people who have chronic illnesses, people with certain genetic disorders, and of course people with poor dietary habits all have that same risk factor. Unfortunately, a large percentage of the population fits into one or more of these categories.

Data compiled by the US Dept of Agriculture indicates that at least 40% of the people in America consume only 60% of the RDA of ten selected nutrients. That means that close to half of the population suffers from a deficiency of at least one important nutrient. Very likely it is a lot higher than we think. So as well as a healthy diet, we need to supplement to get the amount of nutrients our bodies need to be optimally healthy. It is important to know that whenever we are looking to correct a vitamin or mineral deficiency, we need to be aware that nutrients work synergistically together. This means that there is cooperation between the nutrients. Most work as catalysts, promoting the absorption and assimilation of other nutrients. Correcting the deficiency of one vitamin or mineral requires the addition of a whole host of others, not simply the replacement of the one you think you are deficient in. This is why taking a single vitamin may be ineffective, or even dangerous. And this is why a whole-food or balanced supplement should always be used whenever possible.

FOOD – A healthy diet, as I said, is the basis of a healthy body. Food must provide a proper balance of nutrition, and must also be free of harmful chemicals and additives. Then it must be prepared in a way that preserves the nutrients. Whole foods that are unprocessed with nothing added or taken away are the most healthy. In addition, plant foods like fruits and vegetables contain thousands of phytonutrients which help to keep our bodies healthy. They are our front-line defenders against cancer and free radicals. The best way to eat these is fresh and raw as much as possible, and the most healthy are those grown organically without harmful chemicals. If you do cook your vegetables, then just cook them lightly so they retain most of their goodness, and limit your intake of table salt.