

**WE ARE  
WINNERS**

## A Newsletter for our Life Force International Community

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

Greetings everyone as we go into the second quarter of 2007. We have just finished an inspiring three-day training event in Auckland, New Zealand. In the photo with us are some of the New Zealand leaders with Life Force Managing Director for Australasia, David Raphael. Next to David in the middle of the back row is New Zealand's brand new Platinum Sebastian Davy. Congratulations, Sebastian! Australia has also just produced a brand new Platinum, Paul Knight. Congratulations, Paul! You are both inspirations to us all. There is a lot of excitement in the aftermath of the event, and we are expecting new rank advancements during the coming months.



### **Building Your Business—Be The Diamond Now**

I recently read an article about a study on human behavior and success. While the article spoke about the importance of affirmations and positive thinking, this was not what made the greatest difference in the people who were studied. Those who experienced the greatest and most rapid success were the people who changed the way they behaved. In other words, they acted out the results that they wanted.

It's the same for us. We become the Diamond the moment we decide to act like one. The same way we become great parents when we begin to act like great parents. So, how about you? Are your actions those that belong to a healthy, wealthy, successful Life Force Diamond? Or are they the actions of a person who is unhealthy and broke, thinking this is too hard? You will start thinking like a Diamond when you start acting like a Diamond.

*(Continued on page 2)*

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Page 2

(Continued from *Building Your Business*, page 1)

Begin by making a list of behaviors that you believe exemplify Diamonds you admire. How would a Diamond present her/himself at a meeting? How would they invite someone to look at this opportunity? How would they BE doing a presentation?

When you have a list, begin to model that behavior. ACT yourself into Diamondhood. I believe if you do this consistently and as fully as you can, you will increase your chances of attracting opportunities that will ensure you become a Diamond. Start making invitations from this place of the Diamond within and watch what happens.

Here's the fascinating part....it doesn't really matter whether or not the behaviors you think Diamonds have are accurate in any detail. It only matters that they are aligned with your values, beliefs and integrity. When you begin to follow through with these actions, something triggers in your subconscious, telling you that you ARE a Diamond. All you have to do then is wait for the check to catch up to you.

## Toxic Heavy Metals and Cleansing

Every one of us is exposed to both external and internal toxins. We can't avoid it. We are exposed to toxins in many forms – in polluted air and water, in the home and workplace, as well as in our food. We even form some of the most dangerous toxins within our own bodies. To effectively and efficiently remove these toxins is critical to our health and longevity. Every system in our bodies has its own method of detoxification. Over time, the onslaught and accumulation of these toxins, coupled with our body's inability to deal with the clean-up adequately, takes its toll on our health and quality of living.

Toxic heavy metals have been shown to increase free radical activity in the body, a major cause of degeneration. Many enzymes critical to good health require vitamin and mineral co-factors for proper activation. Toxic heavy metals can take the place of the proper mineral co-factors, interfering with the proper functioning of these enzymes. In this way, accumulation of heavy metals can contribute to premature aging and degenerative disease conditions. Heavy metal toxicity can also lead to abnormal immune function, learning disorders, and degenerative disorders associated with the brain.

In the late 1980s an interesting experiment was conducted by Dr. Gary Price Todd, MD, author of the book *Nutrition, Health and Disease*. The study involved individuals with heavy metal poisoning, specifically lead, mercury, cadmium and aluminum. Patients were placed on a program of full spectrum bio-available organic, micro trace minerals. After 16 months the study demonstrated levels of toxic metals in the patients were much reduced. It was concluded that organic, ionic minerals naturally chelate or remove the inorganic heavy metal form of mineral from the body. There have been other studies done with similar results. I believe Body Balance works like this in the body. I have two doctors in my downline who did a number of hair analysis studies on their patients who were on BB and the results definitely showed a removal of heavy metals from the body. Studies done at McGill University reveal algin, a component of sea vegetation, binds to heavy metals and other chemical pollutants, allowing them to be safely eliminated from the body, including radioactive substances. Body Balance is also very high in natural carotinoids which are potent anti-oxidants that destroy free radicals and protect

(Continued on page 3)



## A Newsletter for our Life Force International Community

Page 3

*(Continued from page 2)*

the cells from damage due to lead or other heavy metal poisoning. The aloe vera softens bowel movements and aids in removing heavy metals from the digestive tract. So there are many reasons to be on BB!!

The sulfur-containing amino acids in Amino Charge also act as detoxifiers and remove heavy metals from the body, and the other aminos are powerful anti-oxidants that protect the liver, kidneys, heart, and central nervous system. (There are also amino acids in BB, although in a much smaller amount.) Flexioplus contains MSM as one of its main ingredients. This also helps the body detoxify heavy metals. Calcium that is bio-available prevents lead from being deposited in the body tissues, and Osteoprocure is THE most bio-available form I know of. True Greens has many wonderful ingredients as well. Foods high in chlorophyll such as alfalfa, algae, chlorella, etc. also help absorb toxic metals, as well as being rich in valuable nutrients.

The last thing I would recommend is the colon cleanse program. The Activated Charcoal and the Intestinal Tone are both wonderful for absorbing and eliminating toxic heavy metals from the digestive tract. There are some specifics for different heavy metals, e.g., selenium neutralizes the toxic effects of mercury (it also helps with other heavy metals as well); zinc can displace lead and lower the burden on the body (low levels of zinc have been found consistently in people with high levels of lead), etc., etc. All of these minerals are found in abundance in these products.

A little bit about why these substances are so toxic and hard to get rid of. I'll use lead as an example. First of all, it is a cumulative poison that is retained in the body. Even at low levels, lead that is not excreted through the digestive system accumulates in the body and is absorbed directly from the blood into other tissues. When the lead leaves the bloodstream, it is stored in the bones, along with other minerals, where it continues to build up over a lifetime. Detoxifying from the bones is virtually impossible unless you use something that can be absorbed similarly, like other minerals. Lead from the bones may then re-enter the bloodstream at any time as a result of severe biological stress, such as pregnancy, menopause, illness or prolonged immobilization. When it is in the body, it inhibits some basic enzyme functions. In toxic amounts it damages the heart, kidneys, liver and nervous system. The body cannot seem to distinguish between calcium and lead. Once it enters the body, it is assimilated in the same manner as calcium. So people with deficiencies of calcium are more susceptible to lead toxicity as well, which is pretty scary when we consider how starved our population is for calcium.

Other heavy metals follow the same process, except they are retained in different areas of the body. With mercury, it is in the pain center of the brain and in the central nervous system. Aluminum is also deposited in the brain. Again, calcium deficiency really aggravates the situation.

