

# A Newsletter for our Life Force International Community

August 2007 - Volume 4, Number 6

## We Are Winners!!



**Greetings, everyone!** Time to return to my desk after a wonderful "time-out" time. Pictured here are a gorgeous group of successful Life Force women who know how to have fun and celebrate! Julie Reynolds, on the far right, made Three Star Diamond at the end of June, and invited us to her special island to celebrate, along with her awesome team members who made it possible for her to achieve this. What an incredible business it is when this is how we get to do business together!! We had a very special and precious time, and a real first-hand experience of this business being all about community! Along with Julie, there were 2 other new Three Stars in the month of June – Steve and Jennifer Godlewski, and Julie Ferranti.

CONGRATULATIONS!! An awesome achievement!

## Building Your Business

### Let's Get Real About our Business - It's About Money

We are going to talk about money. Whether you admit it or not, you are doing this business for the money. When you started this business, it was either because you wanted to save money (get your products for free) or you wanted to make money...either way, it is for the money. You might think that you're in this business to help people, and for most of us that is true. After all, that is what network marketing is all about. However, helping people here involves money! For example, if you want to help someone with their health by using the Life Force products, it is going to take money to do that. Or if you want to help people have more of what they want in their lives by doing the business, it is going to take money. No matter how we look at it, money is at the core of our business.

As you are reading this, stop a minute and check in with yourself...see what you are thinking and feeling. Does it feel uncomfortable? Do you want to interrupt me and say "Yes, but..."? This is a REALLY important piece of successful business building...how you think about money is going to directly impact the growth of your business. If you are uncomfortable with the thought "I'm in this for the money" you will be uncomfortable asking people to spend money, you will be uncomfortable with making money, and your business will stall.

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This is not an unusual response, which is why I am devoting this issue to looking at money and our relationship to it. Think for a moment about all the ways money has been devalued in your life. Messages like "money doesn't grow on trees", "money isn't everything", and "it is harder for a rich man to get into heaven than for a camel to pass through the eye of a needle". Was money the subject of arguments or anxiety as you were growing up? What about the messages we receive about wealthy people? "They're only doing it for the money" (implying they don't care about anything else). If you grew up in an atmosphere of wealth, what were some of your impressions? The same result can ensue if you were surrounded by an attitude of "money IS everything". Then there could be a tendency to discount or devalue money as a way of rejecting these old messages. It is such a taboo subject for us in this society...we are taught not to talk about how much money we make, or how much money we have, and we certainly don't ask other people what they make. Whatever your experience, all of these in some way have taught us that money is uncomfortable.

In order for us to be successful here and have a financially abundant business, we need to heal our relationship with money. Most of what we have been taught or have unconsciously taken into ourselves is about the scarcity of money. The fear of not having enough, or running out of money is a strong driver for most of us, and it's these fears that underpin people's saving and spending habits. How often have you invited someone and they've said "I can't afford it"? Instead of seeing the opportunity for having MORE money by investing some of what they currently have, their focus is on the lack...how much it will cost them. One of the key learnings I have experienced along this journey is that what I am harboring inside myself is going to show up in the responses I get from others. So if I have any discomfort about money, or if I experience my invitation as asking someone to spend money, that is exactly what I am going to get as a response. The tricky part here is we may not be conscious of having these thoughts, feelings or beliefs. However, if you become observant, you will notice yourself avoiding what's uncomfortable. Working really hard for money and then spending it all, is one way of avoiding having to deal with money. By spending it all, you get rid of it...pretty smart avoidance tactic! And this is the primary relationship most of us have with money...there's an avoidance tactic we use, which only creates MORE discomfort. How comfortable are you talking about money? How comfortable would you be talking to someone about YOUR PERSONAL money situation? How comfortable would you be hearing about their personal money situation?

In fact, it becomes SO uncomfortable and gets pushed SO far into the background (another avoidance tactic...if I don't acknowledge it, I can pretend it's not there), that being UNCOMFORTABLE financially is what we tell ourselves is COMFORTABLE!

So we need to learn the skill of being comfortable with money if we are going to succeed here. We need to come out of the closet. We need to develop a healthy relationship with money. Start by talking about money to someone you feel the most comfortable with. Stretch yourself and start talking about it to others. Read books about money. There are lots of good ones out there. One of my favorites is by an Australian man called John de Martino called "How to Make a Hell of a Profit and Still Get to Heaven". Start paying attention to money. Do a current budget for yourself...get clear about where your money comes from and where it goes. Get a money mentor in your life.

The last piece is gratitude. Give thanks for ALL that you have in your life already. Only then are you eligible to receive more.

## Product Of the Month Our Emotional Health

Knowledge of the part that minerals and amino acids play in the formation and health of the neurotransmitters in the brain is key to understanding why the Life Force products are not just wonderful for our physical well-being, but also for our emotional health. The two are intricately linked.

Let's start with Body Balance. The body needs all the minerals before it can function properly. Nutritional

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deficiencies are almost always associated with depression, especially mineral deficiencies like zinc, chromium and lithium, which have all been found to be deficient in people with depression. A balanced highly nutrient-rich food like Body Balance™ has been reported by many to increase energy and sense of well-being. It is also high in natural carotinoids, which are important antioxidants that aid in protecting brain function. As well, the aloe vera increases oxygenation of tissues, which is vital.

In addition, a number of things happen when people are taking anti-depressant medication. The first thing being that most of these medications lower carnitine levels in the body, which if left unchecked can create Reye's syndrome or liver damage. These meds can also inhibit absorption of other vital nutrients, including copper, zinc, selenium, Vit. D, Vit B, esp. Folic Acid, and Vit.K. And these are just the ones that have been named. I would guess that if these are deficient, then there are many other deficiencies that are also present. So the body needs this input of vital nutrients even more so!

Amino acids are also vital for emotional well-being. As well as the carnitine issue, tyrosine is needed for proper brain function, as well as raising dopamine levels which influence moods. Taurine is necessary for neurological function as well as for white blood cell activation. Each of the amino acids plays a particular role in our emotional well-being. The Amino Charge provides a readily bioavailable form of amino acids, which directly influence moods and are essential for all neurological function. Also the Amino Regulator has 5HTP as one of the main ingredients. 5HTP increases the body's production of serotonin.

I would also look at the Osteoprocure as part of our emotional health because calcium is vital for normal nerve impulse transmission, and magnesium is needed to calm the nervous system. As well, the other ingredients, including Vit. D and the minerals, are really important, especially zinc which the body needs to protect the brain cells and is already deficient in people with depression before you even add the medication. Osteoprocure is a wonderful source of calcium and other co-factors which provide nourishment for the nervous system. Calcium has the added benefit of having a calming effect on the body.

True Greens also provides much-needed nutrients. A diet too low in raw fruits and vegetables and complex carbohydrates like whole grains and seeds can cause serotonin depletion and depression. Adding True Greens to the daily diet gives us a wonderful spectrum of fruits, veggies and other nutrient dense foods including EFA's, another essential nutrient piece of the health spectrum.

Another couple of things that I love are Sunbright and Sunset. Sunset contains St. Johns Wort, which acts in much the same way as MAO inhibitors, but less harshly. This may help if a little boost is needed. Sunbright is a wonderful energizer and I found it really helped me with depression...made me feel much more positive and joyful in myself...ingredients in the product have impact mainly on the hormonal system, as well as all the body's major organs and the immune system.

I have also cut out wheat products from my diet. Wheat gluten has been linked to depressive disorders. Avoid diet sodas and other products containing the artificial sweetener aspartame (NutraSweet, Equal etc.) This additive can block the formation of serotonin and cause headaches, insomnia and depression, especially in individuals who are serotonin-deprived already. Sometimes having a comprehensive allergy test done can be helpful, as food allergies can contribute to or actually cause depression.

Let's do what we can to keep ourselves vital, alive, and emotionally in balance, so we in turn can positively impact the lives of others in our lives.

## UPCOMING EVENTS

Please check the [TeamCrown.net](http://TeamCrown.net) website for a schedule of upcoming events.

