

# A Newsletter for our Life Force International Community

December 2004 - Volume 1, Number 12

WE ARE  
WINNERS

## We Are Winners!!

I took a picture of this koala in a park close to our place in Australia. Isn't he gorgeous?! We're loving the summer here and hope those of you in the other hemisphere are not freezing too much. We wish you and yours a very happy and prosperous New Year!



## Building Your Business

**Desire, Belief & Commitment – the ONLY Foundation for Your Success**

Believe it or not, you cannot succeed without developing within yourself these three fundamental principals. Desire is the fuel that drives your progress. If you have enough desire (motivation), it will lead you to all of the other vital keys to success in your business. But how do you get this powerful, burning desire, and how do you maintain it through the challenges and disappointments of your business? We have found that the best way to create strong desire is to do a few simple things:

1. Understand the HUGE benefits of network marketing and residual income. This can be done by reading success stories of network marketing millionaires, by talking with your upline Diamonds, by researching the industry (on the Internet or **Network Marketing Lifestyles** magazine), by watching the video "Brilliant Compensation," and by attending a large regional company event or convention.
2. Dream-Build with your spouse/partner and your sponsor. Talk about your dreams and goals, bring them to the forefront of your mind, and develop a plan to make them a reality.
3. Set specific, written goals with your spouse/partner and your sponsor. This helps your mind to focus on a specific achievement that has energy and emotion attached to it.
4. Visualize and involve all of your senses in the experience of achieving your dreams. Practice this as often as possible, especially when you go to bed at night. Your lifestyle of total freedom is very near.

Belief is another essential key to your success. You will need to build your belief **in yourself, in the network marketing industry, in your company's products and in your unique business opportunity.** You can build your belief by reading success books and listening to tapes, by doing 3-way phone calls with your upline leaders, by attending company events, by using your products extensively, by participating in training calls and conference calls, and by throwing yourself fully into the business. Your belief needs to be stronger than being rejected, stronger than the disappointment of unmet expectations, and stronger than your own mind that will try to keep you in your familiar "comfort zone." This means you will need to work on creating and maintaining an

*(Continued on page 2)*



# A Newsletter for our Life Force International Community

Page 2

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

unshakable belief! Don't skimp in this area; do ALL of the above mentioned belief building activities and more!!!

Commitment comes naturally when you actively build your desire and belief. Make a firm, 100% commitment (preferably as a team with your spouse/partner) to do this business full out, with massive action, following your upline leaders and mentors for a minimum of one full year. Take it very seriously and treat it like a million dollar business. Many serious business builders will fly into the company's corporate headquarters to check everything out before they launch their business. Even though it may cost you a few hundred dollars, this is highly recommended.



## Product Of the Month—Flexioplus

This is one of my favorite products and I have discovered many, many uses for it. For instance, did you know that one of the underlying causes of psoriasis is a deficiency of sulfur in the body? MSM, one of the main ingredients in Flexioplus, is the prime source of bio-available sulfur. It originates in the ocean and reaches the human food chain through rainfall. As a nutrient, it is highly volatile...which means that it is destroyed by any kind of processing, cooking, storage, and even by simply washing fresh vegetables and fruits. Hence our deficiencies. Sulfur is one of the most abundant minerals in a healthy body, along with sodium and calcium, and is present in every cell of every animal and plant. It is critical to the formation of connective tissue of all types, and it inhibits muscle spasm and increases blood flow. It is also needed by the body for proper enzyme activity and hormone balance, as well as keeping the immune system functioning properly. One of the most significant applications of organic sulfur is its ability to alleviate pain associated with systemic inflammatory disorders. But what else does it do?... MSM has anti-allergic properties better than most antihistamines that you can buy over the counter! Clinical studies show that it improves lung problems such as bronchitis, damage due to smoking, emphysema, pneumonia, etc.

Ipriflavone is another major part of Flexioplus. Ipriflavone has been shown to actually support the building of new bone in the body!! It does this by stimulating the cells in the body that build new bone, called osteoblast cells. At the same time, it inhibits the osteoclast cells, which are the ones that break down bone. This is really exciting!! The most rapid bone loss in women occurs in the first 5 years of menopause, so why not start before that and build us strong! Four years ago I underwent a bone transplant. A year later I had to go in for a check-up and have samples drilled from the core of the transplant to see how it was progressing. Much to the astonishment of the doctor, the transplant had become solid bone. He said he'd never seen that before, and he wouldn't have thought it possible, especially in a woman close to 50. During nine months of that previous year I had been using Flexioplus (along with Osteoprocure and Body Balance) religiously three times a day.

One of the more fun things to look at with this product is using it cosmetically. It is wonderful to use topically on sore joints and inflamed areas of the body, but it is also a WONDERFUL addition to a natural cosmetic line.....and here's why: I have started using it every day on my face, and am monitoring the results. Probably the most important job of MSM in the body is to keep cell walls permeable and the bond between the cells flexible. Think of what this means to your skin! Wrinkling occurs when the cell walls clog up and the connecting bonds become brittle and inflexible. Added to that is glucosamine, which is a key ingredient in the formation of healthy skin and connective tissue. And Vitamin C and zinc are needed for collagen formation. What a combination!! One of the great things is that a tiny amount goes a long way...massage it in really well. Also try it for hair loss, both topically and internally. MSM is used to manufacture keratin (protein that is the major component of hair). There are many ways to market this product!

# A Newsletter for our Life Force International Community

Page 3



## Testimonial from Our Business Group

To Dear Manfred (my Friend, Sponsor and Multilevel Marketing Mentor),

As 2004 has come to an end, my involvement with Life Force has reached a new plateau. Over the last few years I have learnt much from the Life Force structure and my very competent upline teachers. The most wonderful benefit for me has been learning a new way of conducting business, gaining insight into the structure and energy Life Force is using for its phenomenal growth. The caliber and quality of my upline teachers is very much appreciated.

Anyone who is fortunate enough to come into contact with you, your upline and the Life Force business is blessed. If they earn not a dollar from Life Force, they will be in a position to gain immensely from the Life Force Business lessons. Life Force's wonderful products enable me to live a full-on lifestyle with energy to spare.

Thank you, Jon

## Upcoming Events!

If you're in the Rocky Mountain Region be sure not to miss this one!

**WELLNESS RESOLUTIONS - A Life Force Regional Training Event**  
**Friday Evening, January 21, 6:30 - 8:30 p.m.**  
**&**  
**Saturday, January 22, 9:30 a.m. - 5:00 p.m.**

### Friday Night

*Why We Love Our Life Force Business & Optimum Health with Liquid Nutrition*

Benefits of Life Force Products and this home-based business with Paul Devlin, Mary McHenry & other leaders.

### Saturday

*The 7 Delicious Power Secrets of Unstoppable Passive Income!* - Do not miss this presentation... it WILL change your business! And don't forget to bring some new people to hear it because that will change your business even faster!

Other presentations: *Global Leadership Team Presentation, Life Force Products for Optimum Health, Creating Community* and More

Held at Shepherd of the Hills Presbyterian Church  
11500 West 20th Avenue (20th and Simms)  
Lakewood, CO

\$20 Members for Friday and Saturday or \$10 for Friday and \$15 for Saturday if paying separately  
Guests are FREE