

A Newsletter for our Life Force International Community

June 2004 - Volume 1, Number 6

**WE ARE
WINNERS**

We Are Winners!!

Hello everyone. We just had a wonderful LFI weekend in Colorado with Ron Hillman and had a chance to introduce him to our Rocky Mountain LFI family. Great fun was had by all.



Building Your Business

What does it mean to be a GREAT sponsor?

- Trust and follow your intuition. This will tell you when and where things are not going well, when and where and how to offer support, and when to take initiative to ask for what you want. Intuition keeps you keenly aware of how to respond to the people and opportunities around you, and can assist you in responding with power and clarity. We all have the ability to be perceptive and in tune with the people around us. So allow your heart to speak to you and show you the way. Did you know that there are more neurotransmitters in your heart than there are in your brain?
- Become committed to the success of the people in your team. Commitment is a powerful generator of energy, momentum, action and results. Remember, when you commit "...providence moves". Through your own commitment to others' success, you will create successful people. The stronger your commitment, the greater will be the foundation on which your business will grow. Your commitment to your people will come back to serve you many-fold. This way of working is so wonderful because it is working with one of the fundamental laws of the universe....the more we give, the more we will receive. You are the hub in the center of your wheel and can be a source of empowerment and success to all those around you. Build a network of solid relationships where there is commitment to mutual healthy success.....partnerships depend on shared commitment.
- Become known for the high level of service you provide. This is essential for the success of any business, and for your effectiveness as a GREAT sponsor. People love to be taken care of in a way that is healthy, and with quality. Also they want to know that anyone they want you to work with will be treated well. Focus on giving customers more than their money's worth. Deal with people in an honest and professional way.....that is with respect and confidence. Express recognition and appreciation to your teammates.

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- Become an active and perceptive listener. Communication is vital to a healthy relationship in any area of life, and we are in the business of building healthy relationships. Communication is the transfer of information....speaking and listening. The more we listen, the more we learn. Practice listening to tone and expression as well as words. It's amazing how much we can learn through active listening. This also includes reflecting back or paraphrasing what the other person said. Verbal feedback confirms that the message has been received clearly.

Successful people can build a strong group on their own. However, with a GREAT sponsor who is committed to helping them build, they are twice as strong and twice as likely to succeed!

Product Testimonial

Christa here. Let me tell you about the benefits of Amino Charge:

To understand the importance of Amino Charge, we need to understand protein. Protein is essential to life. It is protein that provides the structure for all living things, whether it is a tiny microbe or a huge whale. We are all composed of protein. Next to water, protein makes up the greatest portion of our body weight. And protein plays a part in all of the vital processes that sustain life, including regulating the body's water balance and pH, hormone and enzyme action, bone growth, organ function, glandular function, even the production of our DNA. Every new cell that the body builds needs a full compliment of amino acids to be healthy. Proteins are made up of amino acids. Dietary protein has to be broken down into amino acids before the body can use them for its needs. Herein lies a challenge that we face today....most people cannot break down protein adequately to be able to utilize the amino acids properly. First of all, we need to chew the food really well, which most of us don't, as the saliva begins the breakdown process. Next we need adequate hydrochloric acid in the stomach to continue the process. Again, most people, especially older people, are deficient in HCl. We also need adequate amounts of enzymes, of which most of us are also deficient. If the food isn't broken down properly at this point, we end up with toxic waste products that clog up the system, and a deficiency of amino acids with which to rebuild and repair the body.

Amino Charge is a form of protein that provides active bio-available amino acids to our bodies. It is easily assimilated, and is powered by a patented process that ensures we are receiving the full compliment of aminos in a way the body can fully utilize them. There are two categories of amino acids: "essential" and "non-essential." Essential amino acids **MUST** be obtained through the diet, as the body cannot produce them. We also need the full spectrum of essential amino acids to be present **SIMULTANEOUSLY** in order for the other non-essential amino acids to be utilized. An inadequate supply of even one of the essential amino acids and the body cannot do its work. As different foods contain a different spectrum of amino acids, we cannot always be sure we are getting what we need. So a product like Amino Charge ensures that we get the full spectrum on a regular basis.

Amino acids also enable vitamins and minerals to perform their jobs properly. Even if vitamins and minerals are absorbed and assimilated by the body, they cannot be effective unless the necessary amino acids are present. If your diet fails to supply adequate amounts of the essential amino acids, sooner or

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later this will become apparent as some type of physical disorder. And many factors can contribute to deficiencies even if you eat a healthy diet. Things like infection, trauma, stress, age, and imbalances or deficiencies of other nutrients, as well as impaired absorption, can all affect the availability of amino acids.

I have Amino Charge two or three times a day. On a regular basis like this it also regulates blood sugar. I have built three pounds of muscle mass since starting Amino Charge on a daily basis, and that is with no exercise routine. I definitely feel more alive using this product.

Product Question — Osteoprocure

I have a new person who is wondering if there is Vitamin K in Osteoprocure, as she thinks it is necessary for calcium absorption. Can you comment on this? Also how is calcium actually absorbed and how is the calcium in Osteoprocure different?

There is no Vitamin. K in the Osteoprocure. (It is in the Flexioplus). Vitamin. K is used in the synthesis of osteocalcin, which is the protein in bone tissue. It actually doesn't concern calcium itself and its absorption into the system. It is of course very necessary for healthy bone formation, but can readily be sourced elsewhere. (Green foods are particularly high in Vitamin K - True Greens is a wonderful source.)

Calcium is absorbed primarily via active transport in the duodenum (some via passive infusion). Active transport requires the assistance of Vitamin D, which is of course in Osteoprocure, as well as other minerals that are required for assimilation and utilization. Following absorption, calcium enters the bloodstream and is transported to body tissue. The FORM of calcium determines where much of the calcium is deposited, eg. calcium aspartate penetrates and delivers calcium to inner layer of outer cell membrane; calcium arginate penetrates and delivers calcium to both cell plasma and inner layer of outer cell membrane.....etc. Calcium orotate is the only form that actually penetrates the ENTIRE cell membrane and delivers the mineral to intracellular structures, i.e. mitochondria. In addition, calcium orotate has a special affinity for bradytrophic tissue - cartilage, for example - where it is metabolized.

Upcoming Events!

From Christa:

Our biggest event of the year is just around the corner..... The Life Force Annual International Convention! It is the highlight of our whole year and we encourage everybody to be there. I LOVE the Convention....all the glitz and dressing up and fun and celebration and parties and being together as a huge wonderful family to celebrate US is not worth missing! It is a time to really BE a part of Life Force in a very real physical sense.

Where: Beautiful San Diego, where you can get to visit the Life Force facility and actually see how our products are made, and meet the staff of Life Force.

When: August 12th through 15th

If you haven't yet purchased tickets contact Cathy Smiley at the Life Force U.S.A. office by emailing her at smileyc@lifeforce.net -- Let's get together and CELEBRATE!