

# A Newsletter for our Life Force International Community

July 2004 - Volume 1, Number 7

## We Are Winners!!

### Building Your Business

From Christa: When we want to achieve something in life we often have to face self-sabotaging patterns that reside deep inside us. These come up during the course of building our Life Force business, so what can we do about them?

We all know that having visions and goals is the first step to creating the life we want and that if we map out a plan of action and do the action steps required, there's a fair chance we will achieve what we set out to do. And yet there are ways that we constantly sabotage ourselves along the way.....if we didn't, then we would already have what we wanted. One of my favorite sabotage strategies was believing deep down that "I couldn't do it," even though I was doing all the necessary steps on the surface. And from time to time I still recognize that voice as it attempts to stop me from having my life. There are many times when building my Life Force business has looked so hard that I almost gave up. But I discovered some ways to overcome these sabotaging patterns.....and I still have to work at it. I thought I would share them in the hopes that something in here may be helpful to you:

1. Follow thought with action as quickly as possible. The longer it simmers in there the more of a challenge it becomes.
2. Speak your commitment in front of others. This is an extremely powerful thing to do. First, you create accountability. Second, by speaking it out physically you have already begun manifesting what it is you want to achieve.
3. Seek support from your team. This was one of the hardest things for me to do. I have always "done it myself" and it was a huge learning for me to work as a team member. But remember... Together Everyone Achieves More.
4. Affirmation—Owning the fear and doing it anyway. This was how I overcame most of my fears. It's uncomfortable to grow! In order to achieve anything in life we have to grow to meet whatever it is we want. We will all have fear that can stop us. So just acknowledge that it is there, and go ahead and do it anyway.
5. Create a positive attitude. This is the most important one of all and it is something that requires us to continually work at to build. Learn to see the positive potential in everything. When you do this, you can sabotage the saboteur!
6. Visual reminders—This is also a powerful way to keep going when the going gets tough. If you can clearly SEE what it is you want and where you want to get to, that connection can pull you through. One way is to create a "dream board" that you look at every day. This is a collage of pictures and words that represent your vision. It is a wonderfully productive and creative project to spend time doing. If you are an auditory person, make yourself a tape and play it every day.
7. Give yourself treats and rewards for weekly achievements. You deserve it if you did what you committed to doing!
8. Lateral thinking—Do some brainstorming with yourself or others if you are stuck.
9. Plan for free time. That can look like any number of different things, from meditating to taking a walk to reading a good book. It is essential that you do this on a regular basis to keep a balance in your life.....otherwise you will burn out and that sabotage voice will get REALLY strong.
10. Learn as much as possible about the company, the products and the opportunity that we are offering to people. This builds belief, and the stronger your belief, the easier it is to use that belief as an anchor to hold onto.



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## Product Testimonial

In this newsletter we're featuring TRUEGREENS.

As well as having vitamins and minerals, food is a complex mix of thousands of phytochemicals. These are the factors that we need, along with enzymes, to fully utilize the vitamins and minerals. Studies consistently show that people who have a high intake of phytochemical-rich fruit and vegetables have lower levels of disease. TRUEGREENS is a "super botanical" that is a phytochemical-rich powerhouse! TRUEGREENS is FULL of antioxidants. Antioxidants (in the fruits, vegetables and herbs) act as our body's first line of defense against damage. They neutralize or scavenge (gobble up) substances called free radicals which would otherwise damage cells in our bodies, including our DNA. This, by the way, is one of the major causes of aging!

The grains and seeds in TRUEGREENS contribute trace elements, valuable amino acids and isoflavones. They are also a wonderful source of EFA's (essential fatty acids). EFA's are fats essential to the diet because the body can't produce them. They are present in every healthy cell in the body and are critical for normal growth and functioning of the cells, muscles, nerves and organs. EFA's are also used by the body to produce hormone-like substances called prostoglandins, which are the key to many of the body's important processes.

TRUEGREENS is a WONDERFUL source of chlorophyll. Chlorophyll is a natural deodorant for the body. It helps detoxify the liver and bloodstream and helps eliminate body odors. It also stimulates new tissue growth and the production of red blood cells. It strengthens all the body's cells and acts as protection against carcinogens. The greens in TRUEGREENS are powders made from both the whole leaf (providing valuable fiber), and from juices (extracted without heat to preserve enzymes and nutrients). TRUEGREENS provides probiotics (friendly intestinal bacteria) and FOS (a super-food for the probiotics, that helps increase beneficial bacteria in the intestines). It also contains lecithin. Lecithin is a fat emulsifier, so it supports the circulatory system and helps absorb fats. It is also a potent antioxidant.

There is SO MUCH in TRUEGREENS we could literally fill an entire book with its benefits. I know that by eating TRUEGREENS every day (and I wouldn't be without it!) I am getting the tools my body needs to do its job of regeneration. It is also great traveling food, and has sustained a number of friends during long flights overseas, leaving them energized and alive.

## Newsletter Testimonial

I have been taking Body Balance, Osteoprocure, Taheebo, Colloidal Silver for three years with wonderful improvements in my overall health, many of which are mirrored in your four newsletters. I have just read Jan, Feb, Mar, Apr. I resigned my full time job of nine years just a few weeks ago for the express purpose to work with Life Force full-time. I appreciated that your newsletters talked about both the business and the product testimonials. It is so helpful to me to hear the stories of successful members. They are just the right length for me to remember them easily. I like to "read" as well as "listen" to internalize all the nuances so that I own them and then I can be a much better listener with my future customers and partners. Thank you, again, for making them available. Ann R Payne

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## Product Question

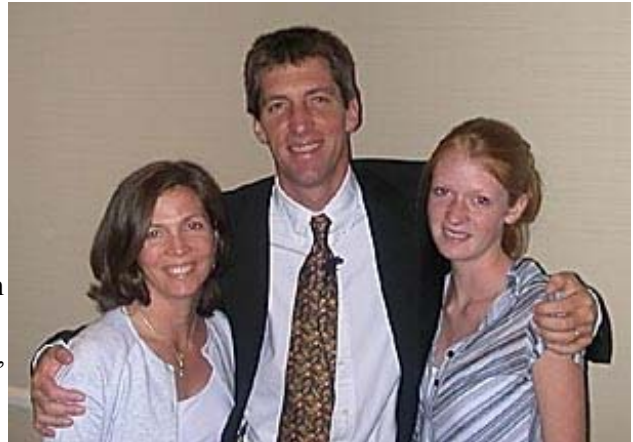
One of our business partners has a customer who is trying the Baseline pack, but she needs to know how much and what kind of Vitamin D is in OsteoProCare.

There are 200 iu in each oz (2 TBL), which is 50% of RDA. There are several forms of Vitamin D. Vitamin D3 is what is in Osteoprocure. D3 is cholecalciferol, which is normally synthesized in the skin in response to the sun's ultraviolet rays. It is considered the natural form of vitamin and is the most active. Among other things, it is required for the absorption and utilization of calcium.

## Acknowledgements

This month we'd like to feature Paul Devlin who has been doing Life Force for four and a half years and is at the Three Star Diamond level. Here are some of his words of wisdom.

If I could only **share one thing** with you about me it would be that I'm passionate about giving people (who REALLY want it) a pathway to personal freedom. That includes health "freedom" because without health, life is a long, grinding endurance test -- and that's no way to live! It includes time freedom, because time is short -- so why waste it in a cubicle building someone else's dream? And of course, financial freedom, because without sufficient cash flow, it's tough to be free to create what matters in your life. So that's the message I'm into... FREEDOM. And what I've found out is anyone with the will to go after it, can get it. But they need the right vehicle... Life Force is such a vehicle. Aside from that I'm married to Jeanine -- a beautiful brunette, and the love of my life. We have four kids: Hannah-16, Paul-14, John-11, and Sean-3. Mainly, I'm a family man—they come first. They are the reason I'm working as hard as I am, and why I love passive income. I can spend time with them every day, in large quantities if I choose, and no job can keep me from them. Life Force enables me to live this dream.



## Upcoming Events!

Email us any events you want us to include in our newsletter!

The Biggie!! – Our Annual International Convention is just around the corner!  
August 13, 14 and 15 in San Diego, California....home of Life Force International  
We hope to see lots of you there to celebrate with us!

The Convention is THE one event I would not miss. It is a time to really get to hang out and play with the Life Force family, to learn from highly successful people, to be inspired, to have fun and to celebrate who we are, and to take back incredible richness to share with those who could not be there. All the people I have taken to the Convention have gone on to create successful Life Force organizations, and most have returned the following year as Diamonds. It is an investment into your success and the life that you deserve! See you there!!