

A Newsletter for our Life Force International Community

August 2004 - Volume 1, Number 8

**WE ARE
WINNERS**

We Are Winners!!

We have just returned from a truly AWESOME Life Force Convention. When hundreds of people with a similar vision of changing people's lives for the better, all come together in one place, the power that is created is far beyond what we could ever achieve as individuals. I witnessed a huge transformation for people, a solidifying of their commitment to create their dreams and bring their visions into reality. I experienced people being tremendously inspired by the stories of others. I experienced a wonderful generosity of sharing from many individuals sharing with each other to the corporate team, unveiling exciting new enhancements in our already top-of-the-line compensation plan. And I experienced us **HAVING LOADS OF FUN!!** I met new friends and revisited with old ones....we laughed, we cried, we were moved in our hearts, we learned, and we played. Personally, I have come away SO excited about where Life Force is and where we are going, and the fact that we are going forward as a solid and committed team. I am more excited now than I have ever been, and have a HUGE amount of gratitude for what we are given here. To those of you who are new, I would like to share our story.....to those of you who know us, it's always good to hear something more than once!



Michael and I joined Life Force in 1998, after spending 3 months researching the company. We had been in networking for a few years prior to that, but hadn't found anything that was really working for us. Because we had been looking for a company that we could really get behind (we could see the incredible potential the networking model had), by the time we said yes to Life Force we had about \$60,000 in credit card debt. We were both doing part-time work, but it was hardly paying the bills. We were on a downward spiral, trying to keep our heads above water enough to keep breathing. When we decided this was it, we jumped in boots and all.....still had to have part-time work to live, but every spare hour went into Life Force. By April 1999 we were 2 Star Diamond, mostly due to the wonderful addition of Dr. Barry Burns to our team. In November that same year we went 3 Star. My position went to Crown Diamond in July 2001, and Michael's position went to Crown Diamond in 2003. So in 5 short years, we had both achieved the level of Crown Diamond. And we had also gained an

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incredible team of people who helped us get there. It has been an extraordinary journey for us both....we have learned HEAPS and given heaps and grown heaps and BEEN given heaps! I look at the person I am now, and the person I was when I started on this journey.....I was so afraid of people back then that I would literally physically shake if I had to speak to anyone—even on the phone! Now I can talk to anyone.....whether it's one person or a thousand.....and be totally at ease and confident. I have seen the Life Force products change the lives of thousands of people, and the business opportunity have just as much impact! I have seen families who were struggling become whole, with time to be with each other; people on welfare be able to buy a house; some have vacations for the first time in years.....there are hundreds of stories.

Now we are in the awesome position of having not only an incredible income, but also the time to really do what we love in our lives. We have homes in Colorado, New Zealand and Australia, and we divide our time between all three. I have been able to contribute to my family in ways I never dreamed possible. Last year we formed a non-profit foundation to give back to those who are less fortunate. We are so blessed in our lives! And to think there were times when I almost quit because it was too hard and taking too long!! Dogged determination and the support of each other kept us going.....and believing that it had to be possible to get here.....and just not giving up.

Product Testimonial

Colon Cleanse—This is perhaps the most important part of a wellness program. Your food is only as good as the soil it's grown in and your body is only as good as the nutrition it can absorb. The poor colon is a much ignored internal organ. And yet, keeping your colon healthy may just be the most important thing you ever do. Colon cancer is currently the #3 killer of Americans!

Dr. John Harvey Kellogg, a colon specialist, maintained that “90% of the diseases of civilization are due to an improperly functioning colon.”

Dr. Bernard Jensen, a modern-day physician who has done extensive research into the findings of many earlier doctors said, “Every organ and tissue is dependent upon the health and well being of every other organ and tissue in order for there to be total well being. If there is faulty functioning in the bowel, this deficiency is passed along to the rest of the body. We literally poison ourselves in illness in this manner.”

According to the book, “Healing Within” by Stanley Weinberger, colon therapists and researchers in degenerative diseases have shown that much of the body weight can be just waste accumulated within the 60,000 miles of blood vessels, the lymphatic system, bone joints, and intra- and extra-cellular regions.

Here's what to do! If you follow these directions, cleansing your colon can be fun and enjoyable. Use fruit juice and water. My favorite is unfiltered organic apple juice with lots of pulp. Take 6 oz. of juice and water mixed, then add the fiber and the charcoal. Mix it well by shaking it in a small lidded jar QUICKLY and then drink it QUICKLY using a STRAW. The charcoal comes in little chips so it is the most effective in absorbing toxins in your intestine. If you drink it without a straw it is easy to get the charcoal caught in your teeth. But if you use a straw...it's a breeze! Keep adding water if it starts to thicken up.

Next, simply take the Herbal Tabs with water. As far as the tabs go, start with one tab twice a day. Some people

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need two tabs twice a day to get the job done. If you find things aren't moving along, then increase your tabs even up to two tabs three times a day. If things get too "loose" too fast, then slow down. Everybody is different so be ready to adjust up or down as needed.

Do the colon cleanse two times a day. You don't need to be near a toilet. Because it is a powerful detoxifier and absorbs everything it comes in contact with, take it two hours after a meal (so that you can absorb the nutrition from your meal) and/or two hours before a meal (so that it can pass through before you eat). Example: If you have breakfast at 8:00 a.m., do the Colon Cleanse at 10:00 a.m. or vice versa. Also, if you are on medication, do the Colon Cleanse either two hours before or two hours after you take your medication. If you do it right, you should be able to cleanse your colon in one to two weeks. Do it until you get the desired results as stated below.

Drinking enough water is probably the single most important thing to do when doing the Colon Cleanse. You will notice that the psyllium gets very thick very quickly. You must follow it with two glasses of water or the effects will reverse and you will become constipated. No fun! If this happens, drink more water and up the Herbal Tabs until things are moving again.

As a side note, if you even think you have food poisoning, take one rounded tablespoon of the Activated Charcoal immediately in some kind of liquid. Activated Charcoal is in every emergency hospital in the world for overdose or poison of any kind. It is inert and in no way will hurt you and should be in every medicine cabinet. You may still need to go to the hospital to get your stomach pumped, but at least you will have gotten a jumpstart on getting the toxins and poisons absorbed into the charcoal.

When you do the cleanse, it might take a few days to get things moving and then you might notice some very dark and unusual material coming out that's probably been there for a long time. This is VERY good! People can store 10, even 20 pounds of waste in their gut, which often accounts for people's distended abdomens. People have even been known to pass buttons and safety pins that they swallowed as children!!!

For the most thorough cleansing, especially if you've never done one before, you might want to do the cleanse for a full 30 days. After that, we recommend 4 times per year or once every 3 months for 4-7 days each. So the normal cycle of 4-7 days would mean that one Life Force Colon Cleanse would last for a year. Now you are ready to nourish and let the magic happen.

Upcoming Events!

Prepare for Liftoff!! Building a World of Health One Person at a Time!

A Colorado Regional Life Force Event – Sept 17th and 18th

Friday: 6:30-9:00 p.m.

Saturday: 9:30 a.m.-5:00 p.m.

Friday: \$5; Saturday: \$10; Guests Free!!

Exciting New Programs—Details and Practical Applications

Presenters: Michael Jude, Christa Way, Paul Devlin, Annie Taylor,

Michael Moore, Jim Murphy, Lyn Corona

Shepherd of the Hills Presbyterian Church, 20th and Simms, Lakewood
(11500 West 20th Street)

RSVP with your Team Leaders

**Don't
Miss This
One!!!**