

A Newsletter for our Life Force International Community

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**WE ARE
WINNERS**

We Are Winners!!

Two wonderful Life Force women, Dania and Sherry, were among about 60 people who came together at our home here in Colorado last week, to hear Paul Devlin and other leaders talk about the new 10 Step system and issue a challenge to us all to bring in LOTS of new people!! This is such an exciting time to be building a business with Life Force, as we are taking our first thrust towards a huge wave of momentum.....for new people there really isn't a more opportune time to be joining this company!



Building Your Business— Systems and Success

A key to success in any area in which one wants to succeed, whether it is building a business or losing weight, is finding a system that has been shown to work, and then simply duplicating the system. Brian Tracy says "Just find out what successful people do, and do the same things until you get the same results." And it really is that simple. So if it is that simple why don't more people succeed??.....Can you guess what the challenge could be?

It's the same thing that is always the challenge.....human nature! The tricky part about teaching the importance of using a system is trying to get people to stay with the basics and not get too creative.....to be content with the fundamentals. And it's not about never doing anything creative ever again. Creativity is a wondrous gift given to us all. However, when we are building an organization, it is extremely important to base it upon a foundation of knowledge and wisdom. What a system will do, in any area of life, is allow you to accomplish your goals in a much more predictable fashion. So while creativity is a very important aspect of being human, to be effective it operates best when flourishing out of the bedrock of the well-learned basics.

Michael Jordan is a brilliant basketball player, and every move he has ever made on the court comes out of practicing the basics over and over again. Great musicians know that in order to be great musicians they need to know the basic musical notes and chords and practice them over and over again. Look at all the people who follow weight-loss systems...the people who created these

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systems don't say "Hey, try it my way for a couple of days, but feel free to add your own new stuff in there as you go along." They create systems that have been proven to work - if you follow the system!

And it is the same way if you are serious about building a Life Force business. Following the system faithfully means you don't invent your own variations along the way. You stick with it! If you have doubts or questions, you ask someone in your upline who is most likely to have the answer. Let your focus be on the results. Once you've attained the highest results you want, then you can get creative...if you still want to. Of course, once you attain the highest results you want, you might choose to keep doing what has already worked!

"The best businesses and the best houses get built from clear blueprints, solid foundations and proven frameworks."

Life Force Products Testimonial

I started using all the Life Force Products when I had come to a state of debilitation due to multiple, painful symptoms declared as chronic fatigue and fibromyalgia, amongst many other names. Thankfully, a naturopathic doctor and his wife who have since become my friends started working with me concerning diet and nutritional supplementation. Life Force products are what they advised me to put into my body to supply the lacking nutrients I needed to function. These products contain the raw materials that we are made of: minerals, vitamins and all the good components that are supposed to be in our food.

At the time I was introduced to the Life Force products, I had five young daughters who kept me physically and emotionally drained daily and I was getting frequent ear infections, was extremely tired all the time, and in time I started hurting all over my body with headaches, body pain that didn't quit, insomnia, and the list goes on. I would get lost while driving around with the children because my short-term memory seemed to not recall the things I would normally do every day. For those of you who are where I was, you know what I'm talking about.

After changing my diet and supplying my body with the essential nutrients it needs to repair and rebuild healthy new cells, I began to regain my health. The Life Force products supplied what I needed. I used all of their products except the Herbal Body Wrap. Little did I know at the time, but the actions of the Herbal Body Wrap were amazingly tied in with regaining health. I say this because the Herbal Body Wrap has natural herbs in it that actually cause the body to release toxins as it dilutes the fat.

As time passed, needing to loose some weight, I took a closer look at the Herbal Body Wrap. When I measured after the first wrap, I had lost a total of 9 inches! It really did leave me feeling rather invigorated and tingly all over. I do know that toxins are encased by fat. When the fat is burned, the toxins are released. I learned that this is exactly what the Herbal Body Wrap does. So, I started looking at getting toxins out of my body. Have you ever heard of eating chicken soup when you are sick and somehow after you did, you seemed to get better? The toxins adhere to the sticky fat.

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By ridding the body of toxins, the products I was using to regain health would be more beneficial.

To make a longer story shorter, I no longer have the multiple symptoms that the professionals told me they didn't understand and couldn't help me with except to give me drugs. I didn't take their drugs, but just put in me whole food liquids like Body Balance and Osteoprocure. I took Taheebo to help rid my body of things that were bad for it and other Life Force products that supplied me with nutrients needed for repairing and rebuilding.

I am so thankful that there are those who know the body and what it takes to regain health. Life Force Products can help YOUR body regain or maintain YOUR health too! I look at it as my kind of Health Insurance...Prevention.

Nancy Walters

What is an Ionic Substance?

I have had a number of emails from people wanting to know the definition of an "ionic" substance, and the difference between ionic and colloidal minerals. Here is an explanation as I understand it...

An ionic substance is also called an electrolyte. This is a substance that dissociates into ions when fused or in solution, thus becoming capable of conducting electricity. Within the body, the electrolytes play an essential role in the workings of the cell and in maintaining fluid balance and a normal acid-base balance. Different ionic nutrients are found in different parts of the cell, and the difference in the electrolyte composition of these fluids causes an electrical charge to develop across the cell membrane. This electrical charge allows the many electrochemical reactions necessary for regulation of the functions of the cells to occur.

Colloids, on the other hand, are composed of single large molecules or groups of smaller molecules in a solid, liquid or gaseous state. These are dispersed in a continuous medium which may also be solid, liquid or gas. Colloids do not dissolve into a true solution and are not capable of passing through a semi-permeable membrane. The colloidal minerals suspended in an aqueous solution are not capable of conducting electricity, and are not associated with bio-electric activity in the body. There is a definite use for colloids, e.g., colloidal silver contains particles of silver in suspension. Because they cannot enter the cell wall, they work in a different way to inhibit bacterial growth around the cells. As such, colloidal silver acts as a natural antibiotic.

I read somewhere about plant physiology showing that when a mineral attempts to enter a root of a plant in a non-ionic complex form, the complex is first broken down in the exterior of the root into an ionic form. Therefore, any mineral from a plant source, such as we have in Body Balance and True Greens, is a true ionic substance.

