

A Newsletter for our Life Force International Community

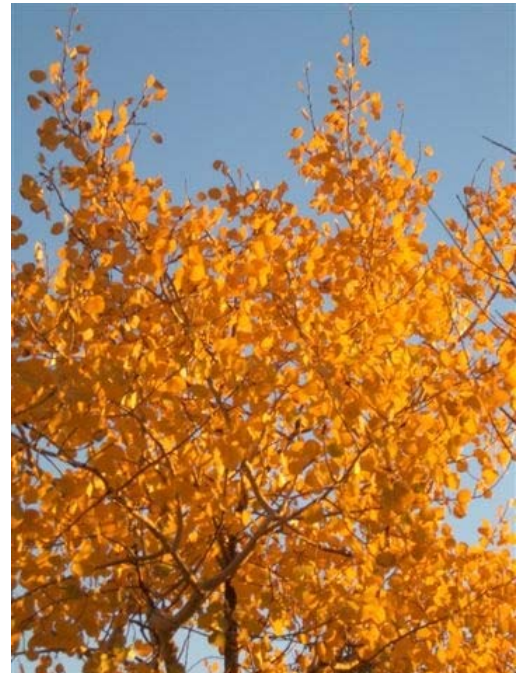
November 2005 - Volume 2, Number 11



**WE ARE
WINNERS**

We Are Winners!!

Winter is finally upon us, after a truly glorious fall season here in Colorado. The aspen trees were the most spectacular I've seen, with whole mountainsides glowing with gold. We are now off to our home "Down Under" for the winter (summer in Australia and New Zealand), and looking forward to connecting with all our team over there. Isn't this just the best business?? We can be anywhere and still be in contact with our team....even sitting on the beach in Australia!



Building Your Business

Over the next 10 months we are going to do a month-by-month look at each of the steps in the *10 Step Pattern for Success*, to help you become a stronger, more effective leader and coach.

Step One - Set Some Goals

All successful leaders know that the most effective way of learning is self-discovery, and that a key leadership strategy is to help people discover crucial things about themselves. A large majority of people are actually unaware of what really makes them tick and what really motivates them. A leader understands that the only way to help people unlock what is hidden inside is through asking probing questions. So don't be afraid to keep asking questions, and take careful note of the answers!

Facilitating this introspective process in another person requires patience and time. Be willing to invest that time. It is well worth it. The payoff comes not only in the form of better results, but also in a deeper connection between you and your new person.

Human beings are primarily emotional creatures when it comes to living in the world. Once someone is convinced that you care about what he or she thinks

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and feels, the stage is set for a strong and bonded relationship. All of us have a fundamental need to belong. People who feel emotionally connected to their sponsor and their team will very rarely quit or change to another company.

Step one of the system is the start of harnessing the power of this type of relationship, and of leadership. So start with a question like, "What do you really want out of life more than anything else?" Remember that your goal is for this person to be comfortable enough to answer you as fully as they can. Once they begin to explain, you can follow up with other questions, such as:

What exactly do you mean by that?

What does that look like?

Why do you feel that way?

Tell me more about that.

Why is that important to you?

What does having that mean to you?

Take lots of notes during this process and tell the other person exactly what you are doing. The goal is for both of you to uncover the emotional motivators that burn deep within this person. And again, don't be surprised to find out that most people have no idea what is driving them emotionally. They've never thought about it, and nobody ever bothered to ask.....that is, before you did.

Feed Your Brain with Life Force Products!

Product Testimonial—Our Brain and its Memory Function

One reason people suffer from memory loss is an insufficient supply of nutrients to the brain. The life of the body is in the blood. It literally feeds and nourishes every cell within our bodies. The brain is surrounded by a protective envelope called the blood-brain barrier, which allows only certain substances to pass from the bloodstream into the brain. If the blood is "thick" with cholesterol and triglycerides, the amount of nutrient-rich blood that can pass through the blood-brain barrier decreases. Over time this can result in the brain becoming malnourished. By using Body Balance on a daily basis, a person is getting a tremendous amount of nutrients not normally available to the body, and hence to the brain, as the nutrients in Body Balance are able to pass directly into the bloodstream and through the blood-brain barrier.

One of the most important factors involved in the deterioration of memory is exposure to free radicals. Body Balance is very high in antioxidants, which act as scavengers and "gobble up" the free radicals. True Greens is also exceptionally high in antioxidants. One of the things that we are starting to

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discover is that the more antioxidants we can get into our system on a daily basis, the more profound will be their ability to act.

In addition, brain functioning depends on substances called neurotransmitters. These are brain chemicals that act as electrical switches in the brain. If the brain does not have an adequate supply of neurotransmitters or the nutrients to make them, it begins to develop the equivalent of a power failure. The nutrients that the body uses to make neurotransmitters are amino acids. So we come to Amino Charge... amino acids serve as fuel for the brain and prevent excess ammonia from damaging the brain. They are vital for normal brain function. They also enhance brain metabolism and slow deterioration of memory, as well as reduce the production of free radicals. They help sharpen learning, memory and awareness, elevate mood, and aid in preventing depression.

Sunbright is also an excellent contributor. We used Sunbright with my mother-in-law when she was dying of Alzheimers, and she gained a certain amount of lucidity to the point where we could have short conversations before she died. Sunbright also contains herbs which are known to enhance memory and brain function, as well as the amino acids. Gingko biloba has been shown to increase blood flow to the brain. Gotu kola is also known to be helpful for memory.

Body Balance

A New Lease on Life!

Product Testimonial

Since taking a phytonutrient supplement made from Aloe Vera and nine different sea plants (Body Balance), I get up in the morning feeling quite refreshed. I used to find it hard to wake up, and I felt sluggish for a couple of hours each day. I also feel happier most days than I used to. I believe this product has detoxified my body and stopped the craving for sweets and doughnuts. I recommend using it for a healthy body and mind.

Joe Western, Australia

