

**WE ARE
WINNERS**

A Newsletter for our Life Force International Community

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We Are Winners!!

Greetings to you all and wonderful holiday season wishes! Beautiful Palm Beach in Australia is our home at this time of the year, and it is truly glorious here right now. It is the middle of summer and we are swimming in the ocean and walking on the beach every day, giving eternal thanks for the freedom to be able to have this life.



Building Your Business

Here is our second installment of looking at each of the steps in the *10 Step Pattern for Success* to help you become a stronger, more effective leader and coach.

Step 2 - Make a Commitment

Knowledge without action is the same as no knowledge at all. Now that the new person has the information, they have to be willing to use it! And not only use it, but be persistent and give it a chance to prove itself. So many people sit on new-found knowledge, waiting until the time is "just right" before doing something with it. What they fail to realize is that "just right" is right now!

Action must be taken in order to move your current reality from where it is now to where you desire it to be. And to commit to a certain time frame is actually a freedom that the new person can work within. It gives a sense of

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containment, so that this brand new thing is not stretching out there endlessly, but has a finite boundary when it can be reviewed.

So why would someone possibly NOT want to commit to get started and stick with it for a year? One reason is fear. "What if it doesn't work? Then I'm really in trouble." (Or I'll really look like a fool.) Or "If I don't try it, I'll never have to go through the disappointment of discovering that I can't do it." Or it's laziness. Learning something new can take time and effort. There are probably lots of other reasons as well.

The point is, to be successful in any way requires someone to commit to using the system, and to begin immediately. Otherwise they fall victim to "The Law of Diminishing Intent," which states, "The longer you wait to do something that you know you should do now, the greater the chances are that you will never actually get it done."

So just do it! You have nothing to lose - really - and everything to gain.

Some Simple Golden Rules for Nutrition and Health

The closest thing to a "magic bullet" for maintaining youth and optimal health is a well-balanced combination of proper nutrition and eating habits and regular exercise. Health for me is the ability to lead a happy and creative life. Dis-ease is a limitation on that freedom. Here are some simple "golden rules" to follow to maximize your chances of a healthy and productive life.

1. Don't overeat. Leave the table before you are feeling really full. It is better for the food to rot and be composted in the earth than to rot and be composted in your body.
2. Chew your food properly. 20-30 times is a good average. By chewing your food properly, you are allowing the proper breakdown of the food so that your body has the nutrients available to assimilate. It is also a really good discipline to prevent overeating.
3. Be relaxed when eating, as much as possible. If you are stressed or eating when you don't really feel like it, you compromise your parasympathetic nervous system.
4. Eat whole foods and eliminate as much processed food as possible.
5. Whenever possible eat uncontaminated and organically grown food.
6. Eat simply. It is a treat to really get to taste the food itself and enjoy it.
7. Eat a varied diet with as many different fruits and vegetables as you can, as each one has a different set of phytonutrients in it.
8. Eat as much locally grown food as possible.
9. Eat a large percentage of your food raw, and remember to chew it well.
10. Don't eat right before going to sleep. One of the things that happens right after we fall asleep is that the anterior pituitary gland produces human growth hormone that burns fat tissue, promotes lean muscle, and stimulates immune function. If you eat right before going to sleep, insulin is produced that blocks the growth hormone release.
11. Exercise on a regular basis.....even if it is just walking around the block each day. Regular exercise improves digestion and elimination, increases endurance and energy levels, and lowers overall blood cholesterol. It also reduces stress and anxiety which are contributing factors to many illnesses and conditions.

