

# A Newsletter for our Life Force International Community

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WE ARE  
WINNERS

## We Are Winners!!

### Building Your Business

#### Massive Action – Staying Focused & Leadership

When it comes right down to it, there is really very little that separates the top earning distributors from those who struggle and don't get very far. Provided you are with a solid, long-term company that is small and growing rapidly, you simply need to apply certain success principals and take massive action. Massive action means talking with several people a day about our business opportunity with unshakable belief, enthusiasm and *passion*. If you are not in this state of mind yet, simply use your upline to do some three-way phone calls with you. Remember, it is a fact that it is easier to build fast than slow. Growth creates excitement which creates momentum which attracts new distributors. Develop a plan with your upline.

Focus is another important key. Staying focused is not always easy. It takes a 100% commitment and loyalty to your company. It may be tempting at times to jump into the hottest new Internet business deal because a friend is so excited about it. But you must resist the temptation if you are to succeed in your business. FOCUS is one of the most important aspects of success. Stay focused with your business through the hard times and NEVER quit!

Leadership skills are developed through being open, teachable, highly motivated and involved. You will learn and grow quicker if you work with a mentor (an upline Diamond who agrees to take you under his/her wing), and if you push yourself to do things differently than you are used to doing. Do the things that you fear most. Do the thing that you know would get maximum results, even if it's the hardest, scariest thing for you to do. Also, commit to reading inspiring books and/or listening to audio tape series to increase your communication skills, business skills, motivation, prosperity thinking, or any area of personal growth that interests you. **Are you ready to make a change in your life?** With a little help from your company and your upline success team, you can be a superstar!

**Act Now!!**



## Product Of the Month — Dream Away

At any given time, over 50 million Americans are on a diet of some kind, and most are completely frustrated! The body stores fat because humans have always evolved under the constant threat of famine. So the body makes sure it has a reserve it can draw from. As a result of this, the human body responds to caloric restriction as if starvation were imminent. After only a few weeks on a low calorie intake the body reduces its metabolic rate, and begins to consume muscle mass for fuel in an effort to conserve fat. Why?... Because, given the choice, the body would rather store fat than burn it so that there is always a reserve.

The average person takes in over nine million calories in a ten-year period. That is equivalent to more than a ton and a half of fat! Diet and exercise certainly play a role in weight management, but only to a point. Beyond this is the hereditary factor. Our genes play a major role in our body size. One person's normal healthy weight range may be low, while another's may be relatively high, depending on heredity. Most people don't need to look like an advertisement for the fashion industry! And most people will NEVER look like that, and it is a stressful, fruitless exercise to even try. The important thing is to have a balance with good nutrition and exercise. When there is an inadequate intake of essential nutrients, fat cannot be properly burned and accumulates in the body. This points up how important it is to use ALL the Life Force products, because each one is important for optimum use of the others. A few more examples of this are... calcium and magnesium (Osteoprocare) which are needed for carbohydrate metabolism. Also, without adequate calcium, lipase cannot be activated. This is the enzyme that breaks down fat. Without trace minerals (Body Balance), insulin cannot utilize blood sugar. And so it goes on...

Dream Away is a nutritional supplement as well as a weight management product. Its collagen-based formula supports the body in building lean muscle tissue. For those who carry around excess weight, the building of lean muscle tissue assists the body in burning sugars and fats more efficiently. For those who are trim, Dream Away supports the body by building strength and vitality. Dream Away can actually be supportive for ALL body types. It is a food supplement that enhances the body's natural mechanism of regeneration and repair. Regeneration and repair occur when we go to bed at night, during the first hour or so of sleep. Dream Away, when taken on an empty stomach with eight ounces of water, directly before going to sleep, fuels and feeds the regeneration process. Just like any protein that builds the body, Dream Away enhances the building process when used as directed.

Every person is different and every person will experience unique results. Some will notice immediate changes while others may have to wait up to three months. Others will lose weight steadily, then plateau for a while. Dream Away helps support the process regardless of your body type. A small percentage of people may experience no weight reduction because of problems related to their personal chemistry (thyroid conditions). Nevertheless, these few will still benefit from the nutritional support.

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## Product Testimonial

Dr. Tonnie J. Wulff, Network Spinal Analysis Practitioner: Here are my observations on the use of Body Balance and Osteoprocure in conjunction with Network Spinal Analysis. I opened my Network Spinal Analysis practice January, 2004. Initially, I attracted clients with basic complaints of headaches, low back pain, and various musculoskeletal aches and pains. My practice has been steadily growing and I am now starting to attract more complicated cases including two fibromyalgia clients. My initial treatment protocol with these clients included 3 Network Spinal Analysis entrainments (treatments) per week, for 8-12 weeks.

Under this treatment protocol alone, both of my fibromyalgia clients found improvements in their ability to adapt to weather changes, atmospheric pressure changes, and regular daily life stressors which include physical, chemical and mental/emotional stress. Around week #6 of care, I suggested we add Body Balance and Osteoprocure to their treatment regimens. One of my clients received such an immediate boost of energy with the addition of Body Balance that we actually needed to reduce her serving and gradually increase her up to a standard serving. After several weeks of using both Body Balance and Osteoprocure, this client has felt better than she has in years. Her massage therapist that she's been seeing for years called me to express how impressed she is with the positive changes she's seen in this client.

My other fibromyalgia client also noted a marked increase in energy levels after a few weeks of utilizing Body Balance. With the addition of Osteoprocure, she no longer complains of knee and ankle joint pain. During a re-exam/consultation with this particular client, she shared with me that she had been noticing an increase in overall body aches and pains and a decrease in energy during the last couple of weeks. After my inquiring what had changed, she confessed that she had gotten out of the habit of taking her Body Balance and Osteoprocure. After re-introducing these products to her daily regimen, her aches and pains have subsided and her energy levels are improving. Discontinuing the products was a great way for both her and me to note the difference they were actually making in her overall sense of health and wellness.

I have since attracted a few more Fibromyalgia clients into my practice and feel confident that the combination of Network Spinal Analysis, Body Balance, and Osteoprocure will assist these clients in experiencing the sense of health and wellness that they are looking for.

## Upcoming Events!

**Life Force Summer Celebration 2005 — The Hillmans are Coming!**

**August 25 thru 28, YMCA of the Rockies, Estes Park, Colorado**

Don't miss this opportunity to celebrate the Life Force business sponsored by the Global Leadership Team! Family friendly, financially friendly, top LFI leaders, our own LFI band, special training events for Platinum/Diamond leadership, great food and more!!

Go to [www.gltunited.com](http://www.gltunited.com) for more information. We have limited availability so don't wait to register! Prices also go up the closer we get to the event. For a limited time special blocks of 10 tickets for your groups. *Look forward to seeing you all there!!!*