

A Newsletter for our Life Force International Community

September 2005 - Volume 2, Number 9

**WE ARE
WINNERS**

We Are Winners!!

What an incredible month it has been! The Summer Celebration was an AWESOME event, and a wonderful testimonial to all who worked so hard to make it happen. We had people from as far away as Australia and New Zealand, as well as hundreds of folks from across the United States. Everyone I have spoken to since, left the event totally inspired and excited. Afterwards, a small group of us took to the road for a 10-day camping trip around



beautiful Colorado.....here we are at the top of a high mountain pass. I feel so fortunate to be a networker and get to do such great, fun things, and share the journey with other networkers who have the time, freedom and resources to do

Building Your Business — Leadership

Zig Zigler, in his book "See You at the Top," says "The world has a way, not only of stepping aside for men and women who know where they are going, but it often joins and helps them reach their objective."

To reach our full potential as leaders or to recognize emerging leaders in our teams, there are a few common themes that have been identified:

1. Leaders maintain absolute integrity. 90% integrity isn't enough....there has to be 100% integrity to be a leader. Leaders have to be able to give their word and know that it is a done deal, no matter what. They are the ones who are congruent in what they think, do and say.
2. Leaders know what they're doing and believe in it. There are 6 primary areas of belief here: belief in network marketing, the company (Life Force International), the business opportunity (the compensation plan), the products, other people, and yourself. To build a rock-solid belief in all of these areas requires educating yourself. Leaders will go ahead and learn as much as they can and create that belief.
3. Leaders declare their vision. In order to create the life you have the potential

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to live, you have to be able to envision what that is. By declaring your vision, you have already begun the process of manifesting it in this 3D reality.

4. Leaders show uncommon commitment. Leaders don't give up. They are the ones Zig Zigler is talking about above. It is the power of commitment that has the world join in.
5. Leaders expect positive results. Napoleon Hill discovered that hidden within every disadvantage or obstacle lies an equally powerful opportunity. Successful leaders are the people who look for that opportunity. They take action instead of complaining about what isn't working.
6. Leaders take care of their people. We've all heard the saying, "People don't care how much you know, until they know how much you care." Leaders become known for the level of service they give to their people.
7. Leaders stand out in front. They are the ones willing to take risks. They are the people who "feel the fear and do it anyway."

These are the leaders!

Product Question

What is the most effective way to use the Trimwise pack and what else should I do to lose weight?

For weight loss, a colon cleanse is something I would highly recommend.....in fact it is one of the first things I recommend. Some people can lose up to 20 lbs JUST from that!! We all have build-up in our colon, and not only would it get rid of that and its toxifying effects, but it would open the way for a far more effective absorption and utilization of nutrients (nutrients get absorbed through the intestinal walls). What my focus would be here would be to bring the body back into a more balanced place....it would therefore balance the metabolism, endocrine system, etc. so the body can correct itself.

In terms of the Trimwise pack, I would recommend the True Greens and Amino Charge be taken together in a shake/smoothie of some kind, and that you take it three times a day BEFORE meals. (If you want to put the Osteoprocure in here too, that would work great, but you would only do that morning and evening.....not the middle one. I would suggest this if it is possible, as calcium is involved in the activation of lipase, which is an enzyme that breaks down fats.) I would also recommend that you just use one scoop of the Amino Charge at a time rather than two. The Dream Away of course is taken right before bed, approximately three hours after dinner has been eaten.

Be sure to drink PLENTY of water while you are doing this, especially with the Dream Away. You should be drinking at least two quarts a day. Also make sure you are still drinking Body Balance every day in addition to this.....four oz a day would be ideal. This plays a tremendous role in re-balancing the body, and in helping the other products be more effective.

Don't worry about calories so much as about eating the proper foods. Any carbs should be complex carbs rather than simple carbs.....i.e., stay away from refined foods that contain sugar and flour. Eat more complex carbs that also provide protein, such as tofu, beans, brown rice and other whole grains; include protein such as skinless turkey or chicken breast, and white fish (no shellfish). Poultry and fish should be broiled or baked, never fried. Protein and raw vegetables and fruits should be predominantly what your diet consists of. Pay particular attention to the fat in your diet as well. Some fat is

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necessary, but it must be the right kind of fat. Avocados, olive oil, flaxseed oil, RAW nuts and seeds are all sources of "good" fats that contain essential fatty acids. Use them once or twice a week. Eliminate saturated fats completely if you haven't already done so. Avoid animal fat, found in butter and dairy products, mayonnaise, meat, gravies, some dressings, etc. Also, no margarine.

If you need snacks to ward off hunger....although I am thinking this will not be the case after two months on Body Balance and with the Amino Charge and True Greens daily.....here are some suggestions:

- rice cakes with raw nut butter (but not peanut butter)
- unsweetened low-fat yoghurt topped with whole grain unsweetened granola
- fresh fruit
- freshly made popcorn
- lowfat cottage cheese with fresh applesauce and walnuts
- celery sticks and carrots

And the last few words of advice..... Don't drink iced water with meals....this is a horrendous American invention that plays havoc with your digestion. Chew each mouthful thoroughly and eat slowly. If you chew gum, stop it, as this keeps the

Take Charge Of Your Body!!

Product Testimonial—Body Balance Reduces Food Cravings!

All my life I have been overeating at mealtimes and been hungry again soon after... for 20 years I was searching for a healthy diet and have been mostly Vegan and strictly vegetarian in that time with a focus on health improvement through nutrition.

The food I ate became healthier over time, up to the point of mostly growing my own organic - /biodynamic vegetables... However, I was still overeating and always craving more food! At the same time I was very skinny - the tall and skinny body type.

After drinking this amazing combination Sea Vegetable/Aloe Vera Supplement (Body Balance), within the first month I felt my food cravings reducing drastically to the point of eating small meals at mealtimes and NO snacks in between!!!

Over a six-month period my body balanced itself out and I put on some weight, bringing me closer to my ideal weight for my size... I now know what a body feels like when it gets all the necessary nutrients that it needs on a daily basis. I am very grateful to my friend Christa, who introduced me to this drink that has made such a huge difference in my life!

Manfred NZ

