



The Friendly Force

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Newsletter for Friendlies on the move!

Volume 22 Issue 4 April 2008

Hi Friendly Folks, The best Team in the whole wide world!

58 000 Group PV and 22 Signings! WOW! Well Done on an Awesome Result!

We have an exciting era ahead of us, for those of us wanting to build our GNLD Business and a better future. April is a going to be a whopper of a month... It is a five week month... tons of time! ... and don't forget that the prices are going up... A birdie has whispered 'Mid May' ... if that is the case, we should all use April Month End to sell the price Increase... and then we will resell again Mid May... whichever way you look at it... April is going to be a whopper! So, don't waste any time! ... Get onto it straight away! Use your GNLD Impending Events to build your business ... Hold your own trainings! Product demonstrations will do especially well using the price increase to close your sales! This is also the best time to recruit people and to give them the chance to buy in products for their own usage and to buy in a bit of stock... Remember ... if you are going to buy in stock, this is the best time to do it as you leverage your profits! Always see a price increase as a 'salary' increase... and we can all do with making more money! GNLD constantly has our best interests at heart and we know that even with the price increase ... our products will be advantageously priced against the market. As mentioned elsewhere in this newsletter there are major benefits to having a big Retail Base as this can come in handy for qualifications at the end of the month! Use April to build your customer and distributor portfolio. Use this month to contact all your customers old and new, all your family and friends... and have an Awesome April... You deserve it! "Be Friendly, What a force!" Love always, Lyn and Roy Banks

Give me a sense of humor,
Give me the grace to see a joke,
To get some pleasure out of life
And pass it on to other folk.

Impending Events

Sat 5TH APRIL 2008

Eagles Nest Conference Ctr.

1.00 pm

Cnr. William Nicol + Leslie Ave, Fourways

'Kids Nutrition' Hour by Dr. Barry Bland

1.00 pm

Tea Break

Combined Rally

2.00 pm

Friendly Team Recognition

2.30 pm

Ladies please bring snacks

R10 per head

Guest Speaker - Dr. Barry Bland

Thu 10th April 2008

Daniel + Zodwa - Closed Team Training

7.00 pm

Sat 3rd May 2008

Friendly Workshop

10.00 am

Opportunity will be provided... RSVP

Melrose Bowling Club, 18 Venus Street, Birdhaven

Module 2 - "Friendly Selling Techniques" Recruiting + Products GNLD

Difference... Ladies, please bring snacks

R5 per head

Monday 5th May

Month End!!!!

Sat 10TH May 2008

GNLD Head Office, 2 Ayshire Boulevard,

1.00 pm

Longmeadow Business Estate, Longmeadow

Product Dem + Opportunity Presentation

1.00 pm

Friendly Team Rally

2.00 pm

Ladies please bring snacks

R10 per head

Tuesday 13th May

Leaders Meeting for Qualified Directors + Up

2.00 pm Cont...

GNLD HO Events

Experience Meetings - April 2008

DAY/DATE	TOWN	VENUE	TIME	SPEAKERS		
				COMP	PRODUCT	B/OPP
SAT 5 TH	WITBANK	PROTEA HOTEL	14:00	B MASONDO	B MASONDO	S JELE
THURS 10 TH	JHB (BOKSBURG)	BIRCHWOOD HOTEL & CONF CENTRE	18:00	R BOSTOCK	K VAUGHAN	S JELE
SAT 12 TH	CPT	BOE CONF CENTRE	14:00	B MASONDO	K VAUGHAN	B MASONDO
SAT 19 TH	PIETERMARITZBURG	PROTEA IMPERIAL HOTEL	14:00	B MASONDO	B BLAND	P JOUBERT
SUN 20 TH	DBN	DURBAN DC	14:00	B MASONDO	B BLAND	P JOUBERT
THURS 24 TH	NEWCASTLE	CENTURY CASINO	18:00	B MASONDO	B MASONDO	S CELE
FRI 25 TH	NELSPRUIT	ORION PROMENADE HOTEL	18:00	P JOUBERT	I PARKER	S JELE
SAT 26 TH	SWAZILAND	TUMS GEORGE HOTEL	14:00	P JOUBERT	I PARKER	S JELE
WED 30 TH	PRETORIA	HOLIDAY INN PTA	18:00	B MASONDO	R BOSTOCK	P OLOO

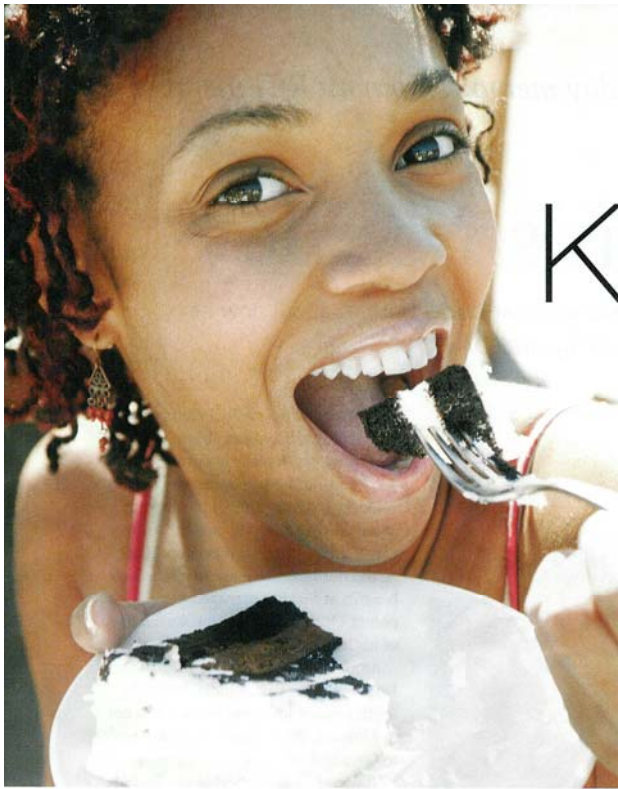
*Entrance Fee for Distributors – R10.00 & Guests are Free
Please advise your teams accordingly*

LONDON

...Make this event work to your advantage... We have the GNLD World Golden Jubilee in London coming up in June 18-20 an ideal opportunity to build YOUR team in the UK! Any Distributor can attend... so get hold of all your contacts now and get the ball rolling.

In 1958 Jerry Brassfield was entering the world of Network Marketing. After nearly four decades of helping others enjoy the success he created, in 1995 Jerry united Neo-Life, Golden Products, and Diamite — three companies based on products of superior quality and people of impeccable integrity — to create GNLD International.

GNLD will celebrate a significant milestone — our 50th Anniversary! To celebrate this momentous occasion, all regional conventions will be replaced by the once-in-a-lifetime GNLD Golden Jubilee World Convention 2008! This incredible event will bring together GNLD Distributors from all over the world — to London, For three unforgettable days at the world-class ExCel Convention Center in London, GNLD Distributors will gather to celebrate the three jewels of our company: our Past, our Present, and our Future. The GNLD Golden Jubilee World Convention 2008 will be the greatest event in our company's history. A Fantastic Three Day Convention ending with a Spectacular Event in which Brian Adams will be entertaining us... This event will celebrate the exciting history of a company that has made a significant difference in the lives of thousands and thousands of people throughout the world, an event that will acknowledge and thank those who have contributed to the creation and success of GNLD over the past five decades, an event that will recognize those who are today making GNLD one of the most exciting businesses of our time. Quite simply, it will be a time to celebrate our unparalleled past and our unlimited future... **and what a perfect time to showcase GNLD to Distributors ... Make the most of this awesome opportunity!**
It is so important to get all the people you know attending this Incredible event.



Advertisement

Killing you sweetly

South Africans eat too much junk food, are overweight and get too little exercise. Little wonder that chronic disease, like type 2-diabetes, is on the increase

What is Diabetes?

People with diabetes have a shortage of insulin or their bodies cannot use it properly. Insulin is a hormone produced by the pancreas which converts sugar from the foods we eat into energy for the body's cells. When Diabetes is left untreated, glucose, a form of sugar, builds up in the blood and then, instead of being used to provide energy to the cells, is flushed

out in the urine. Over time uncontrolled diabetes can damage the kidneys, eyes and blood vessels as well as lead to strokes, heart attacks and eventually death. The two most common types are : -

- ◆ Type -1 Diabetes, which normally appears during childhood or adolescence ... In this type, the pancreas is unable to produce insulin and the patient needs to take insulin.
- ◆ Type -2 Diabetes occurs when the body is unable to use insulin properly. It usually targets people over the age of 40, but these days growing numbers of children and teens are being diagnosed with this type.

Insulin, Carbohydrates and Blood Sugar...

Virtually everything we eat is digested and turned into glucose, also called blood sugar. The glucose is then carried to the body's cells, where it is burned for energy...

This process is made possible by the pancreas, which allows glucose to penetrate the cell walls. Whenever the level of glucose in the blood starts to rise the pancreas produces more insulin to keep sugar levels stable. When we eat simple carbohydrates (sugar and refined foods such as white bread, cake and junk food), that are rapidly absorbed, blood sugar levels also rise rapidly. The pancreas reacts by releasing more insulin to keep sugar levels stable.

Unrefined foods... unrefined goods like whole grains, lentils beans, nuts, seeds fruits and vegetables, first have to be broken down in the digestion tract before they can be absorbed and used in the body. As a result, the blood sugar level will rise gradually as digestion proceeds, reaching only moderately elevated levels. The insulin converts the excess sugar into a substance called glycogen and then into fat for long-term storage. This sugar and insulin roller coaster can lead to insulin resistance – that's when the body no longer responds to normal amounts of insulin and the pancreas starts producing more and more insulin. The pancreas eventually becomes exhausted and the end result can be diabetes.

We are becoming a nation of fat people. As a result, more of us are also suffering from chronic diseases, particularly type-2 diabetes.

And we only have ourselves to blame. Apart from eating more junk food and less wholesome food, we also are less active and smoke and drink too much, warn the experts.

These factors all contribute to weight gain and toxic overload. There is no doubt that obesity and type-2 diabetes go hand in hand. And both are reaching pandemic proportions. According to the Medical Research Council (MRC), the number of South Africans suffering from type-2 diabetes is expected to double in the next few years.

South Africans are also getting fatter. The MRC found that 56% of all women and 29% of men are overweight, while more than 40% of women from age 35 onwards are obese.

Whereas type-2 diabetes has previously been regarded as a disease affecting mostly people over 40, it nowadays is becoming more common among young people and even children.

According to statistics, eight percent of all South Africans suffer from type- 2 diabetes, making it one of the country's major diseases.

The problem is that many people with the disease do not even know they have it. However, early detection can slow its progression.

Type-2 diabetes is preventable. Some people do have a higher risk of developing the disease, particularly those with a close family member (brother, sister or parent) with the illness. But even if you are at risk you can take a number of steps to prevent developing the disease from developing.

Research has shown that the main causes of type-2 diabetes are too little exercise, obesity and eating the wrong foods. An unhealthy diet not only gives you chronic high blood sugar levels, but also deprives you of the vital nutrients your body needs to function properly and stay healthy.

Some of the important nutrients you need for good health are antioxidants. Their main function is to protect your cells against free radical damage. Free radicals are thought to play a part in the destruction of the beta cells in the pancreas. These cells are responsible for producing insulin.

Free radicals are the natural by-products of breathing and burning food for energy. Free radicals can cause serious damage in the body if their levels aren't controlled. Diabetics suffer from an abnormal glucose metabolism, which leads to increased free-radical production.

Free radicals and constantly high blood sugar levels eventually damage capillaries and cells. Capillaries are tiny body blood vessels and their main function is to carry nutrients to tissues and individual cells and remove waste.

When they are damaged, cells and tissues will suffer, because they do not receive the nutrients they need. This can also lead to complications such as nerve and kidney damage and heart disease.

An effective way to prevent or limit this damage is to increase your intake of antioxidants. Antioxidants neutralise free radicals before they can damage cells.

The body produces its own antioxidant enzymes to keep free radicals under control. But, to produce enough of these enzymes, the body needs fuel in the form of foods rich in antioxidants, like fresh fruits and vegetables.

Unfortunately, few people nowadays eat sufficient quantities of these to boost their antioxidant systems. Many nutrients also are lost in the harvesting, storing and cooking of food.

Taking the correct nutritional supplements can be highly beneficial but supplements alone cannot prevent diabetes. You also have to follow a healthy, low-fat diet and lose weight. Statistics show that more than 90% of people diagnosed with type-2 diabetes are overweight or obese.

It's also essential to do some form of exercise 3 to 4 times per week for 10 to 20 minutes if you want to reduce your risk of developing type-2 diabetes, or to help control your blood sugar levels if you already have the disease.

Exercises such as walking up and down a flight of stairs instead of taking the lift, walking to the shops or getting off a bus/taxi a couple of stops early will help. Or, you can buy yourself a skipping rope and do 50 to 100 skips daily. Always start slowly and gradually increase the number of skips.

A healthy diet is the foundation for good blood sugar control in any type of diabetes.

GNLD Recommendations...

- ◆ GNLD's Phytodefence (or Carotenoid Complex)... Powerful families of Antioxidants....
- ◆ GNLD's Vitamin C Sustained Release (+ Flavonoid Complex found the Phyto) helps to strengthen the walls of Arteries, veins and capillaries...
- ◆ GNLD's Omega 3 Salmon Oil Plus for the prevention of heart disease and healthy circulation.
- ◆ GNLD'S GR2 WEIGHT LOSS PROGRAM is recommended which is excellent for Diabetics as it not only assists with weight loss but is designed to control sugar levels as well.

"A person will not buy from you until he is convinced that you are a friend and are acting in his best interest. You must make this clear." -- **Brian Tracy**

Two weeks to bursitis relief – minus the aspirin, NSAIDS's and cortisone shots... by Dr. Jonathan Wright.

What is bursitis?

Bursitis is the name given to a painful, tender, sometimes swollen bursa. A bursa is a very slender, usually unnoticeable structure located at body angles where bone lies almost immediately under the skin, as it does in shoulders, elbows, hips, knees and heels. A bursa contains a very small sack of fluid, which allows it to function as a shock absorber, protecting bony prominences from damage when you occasionally whack them into walls, doors and other solid objects.

Once the pain and any swelling from acute injury is gone, an injured bursa usually returns to its usual unnoticed shock- absorbing role until the next inadvertent whack. But that's not always the case, especially once you reach 50. Whether it's due to years of recurrent injury or other reasons, some bursae don't recover normally from a whacking. Sometimes the pain continues for an extended period of time. At other times the bursa will seem to recover but then become painful again, often repeating the on-off pain cycle for months or even years. I've also worked with many people who were absolutely certain they hadn't recently whacked or even lightly bumped their shoulders, knees or elbows, yet they still developed bursitis.

You'd be amazed at how many symptoms can be linked to a single underlying cause. And you'd be even more amazed at how ineffective conventional medicine is in treating something that can be nipped in just two weeks. One such example is bursitis. And I see it frequently at the Tahoma Clinic.

Take Bill, for instance. Bill was 63 years old when his wife Rose was finally able to drag him to see me. Bill had on and off shoulder pain for two to three years. When the pain flared up, he took aspirin C for a few weeks until it went away...but the last time the pain flared up, aspirin hadn't worked. And stronger painkillers didn't work either. When he couldn't work anymore, his doctor injected him with a dose of cortisone. The pain went away, but three months later (it was back again. Bill was geared; up to get another cortisone shot when his wife put her foot down. She'd found out that Bill hadn't been given real cortisone. Instead, his doctor had given him a formerly patented and much more - powerful "space alien" version called Kenalog. Once Rose read about the potential side effects, she~ convinced Bill to see if I had any other treatments. At his appointment, Bill tried to lift his arm away from his body. As he raised it, he grimaced with pain and stopped before his hand was level with his shoulder. I checked his shoulder by putting

pressure at the point just past the bone where it sloped down into his arm. He jumped a little, squirmed and said, "Enough! That's it!" That was all I needed to know that he had bursitis.

In another case, a 56-year-old woman named Ellen came to the Tahoma Clinic because she was always tired and low on energy. She also had some general aches and pains. The most bothersome pain was in her right hip, but it usually only hurt her when she lay in bed. If she unconsciously rolled onto her right side during the night, the pain often woke her up. I asked her to stand up and applied pressure to the area of her upper right hip where the bone came closest to the surface. She had a similar reaction to Bill's - jumping and saying, "That's it! And I hope that's enough pushing!"

Although it was in a different spot than Bill's, Ellen also had bursitis. Sixty-seven-year-old Jay's bursitis was a bit more obvious than Bill's or Ellen's. His left arm looked as if he'd had a golf ball inserted under the skin at the point of his elbow. The swollen area was red and tender and it felt as if it were filled with fluid (which, in fact, it was). He kept his arm bent, since it hurt too much to straighten it out. "I know its bursitis" Jay said. I've had it right at the point of my elbow before,

but it never swelled up like this. I'm told it might need to be drained, but my chiropractor said you might be able to help it without that, so here I am." His chiropractor was right: Jay had come to the right place. But before I tell you how I treated him, Bill and Ellen, let me tell you about Sharon.

Sharon was only 45, she'd been diagnosed with depression. She didn't want to take any of the synthetic antidepressants because she suspected such drugs could have contributed to her mother's suicide. She had also read a lot about them in books and on the Internet (on sites like www.drugawareness.org) and was disturbed by the high proportion of high school shooters who'd been taking synthetic antidepressants at the time they shot up their schools. But aside from her depression, Sharon mentioned a few other problems, including pain in her right knee. Although she could feel it hurting when she stood up, her knee bothered her the most when she tried to kneel down in her garden or at church. Sometimes she couldn't kneel down at all on her right knee for days at a time. I asked her to stand up and I applied gentle pressure to the skin over the bone a centimetre or two below her right knee. I knew it was the right area when she flinched and leaned away from the pressure. "It's likely bursitis," I said. "And I think I may know why you've been experiencing depression."

The vitamin that beats bursitis

Routine treatments for bursitis include everything from aspirin and other NSAIDs to more dangerous COX-2 inhibitor drugs and "space alien" varieties of cortisone (such as the Kenalog). But these are just temporary treatments and don't get at the root of the problem. Plus they all come with a long list of potential side effects. But over the past 33 years, I've had an entirely different treatment for bursitis sufferers. And surprise, surprise it's completely natural, with no side effects. And even though Bill, Ellen, Jay and Sharon's symptoms were all different, I gave them the same advice.

Now you can be pain-free in just a few hours

You see, nearly 50 years ago, Dr. Irving Klemes discovered that the best treatment for bursitis 1 pain is vitamin B12. Nothing has come close to it since then. When Dr. Klemes treated 40 of his patients with vitamin B12 shots, they all experienced rapid pain relief. In some cases they felt relief in just a few hours. And that complete

relief was often achieved within a few days. All but three people were completely pain free within two to three weeks.

Dr. Klemes recommended that 1,000 micrograms of vitamin B12 be injected every day for a week. After that it can be tapered to three times weekly, then to twice weekly and then to once weekly

1 until the pain is completely gone. Early on, I asked bursitis sufferers to follow these instructions exactly. Later, I discovered that taking 2ccs of vitamin B12 every day until the pain went away with no tapering - worked even better. And that's exactly what I told Bill, Ellen, Jay and Sharon to do. And like hundreds of others before them, they all made complete recoveries within two weeks!

Digging deeper: Rooting out the cause of bursitis pain

Unlike conventional medicine, that's obsessed with symptom relief, natural medicine seeks to find the cause of the problem and eliminate it. In some cases the cause can't be found, but with bursitis it's usually clear. That's why I asked Sharon, Bill and Ellen to have a gastric analysis done. As I suspected, they all had low levels of stomach acid. Bill wanted to know what his stomach acid levels had to do with his shoulder. I explained that certain cells that line the stomach are supposed to secrete a molecule responsible for vitamin B12 absorption. When these cells are impaired, they don't make either stomach acid (or this vitamin B12 molecule) very well. Sometimes they don't make them at all. And that's why they needed to be injected with vitamin B12 to ease their pain. However, correcting your Digestion health would not only fix this vitamin B12 absorption problem they'd experience better health all round.

Why your bursitis and depression are linked

Now that I've explained how a lack of stomach acid can stop vitamin B12 from being absorbed into your blood - let's take this a step further... Essential amino acids are responsible for making the neurotransmitters to your brain. Most people who suffer from mental health conditions are low in essential amino acids! Sharon was one such person. "No wonder I'm depressed and no wonder you knew why right away," she told me. You see brain cells can make neurotransmitters on their own if they get enough essential amino acids. But

if your stomach isn't working properly you're depriving yourself of essential amino acids and vitamin B12. Taking a patented antidepressant just sidesteps the issue. Instead of giving your body what it needs it just artificially raises the level of neurotransmitters.

Sharon and I then looked at two other tests: A mineral analysis and a folic acid test called a neutrophilic hypersegmentation index. Not only did she need more folic acid, but most of her essential minerals were below normal. I explained that in the long run, she'd likely need to take hydrochloric acid capsules along with injections of vitamin B12 and folic acid. But if she did that alone, her recovery would take months or maybe even years. The surest and most rapid way for her to recover, would be through a series of infusions

of essential amino acids and essential minerals. She took the series of infusions and her depression and insomnia cleared up completely. Her bursitis stayed away too.

Beyond bursitis relief

Even though their bursitis had gone away with the vitamin B12 treatments, Ellen, Bill and Jay all decided to take the hydrochloric acid capsules and essential amino acids and essential minerals. It wasn't long before Ellen's energy returned to normal. Both men admitted that they gained back some energy, too. Jay said he'd been a little depressed but hadn't noticed it until it was gone. And Rose joked that Bill "wasn't quite as much of an old grouch any more..."

GNLD Recommendations... by Lyn Banks

Vitamin B Complex Sustained Release... 2 per day

Lipotropic Adjunct ... 4 per day...

Acidophilus Plus... 1-2 per day...

A Glass of Nutrishake every day...

Oh yes and always include your Omega 3 Salmon Oil Plus... 3 per day!

MLM has created thousands of Successful, Financially Secure Entrepreneurs around the world...

Multi-level marketing (MLM) also referred to as Network Marketing is a business distribution model that allows a parent multi-level marketing company to market their products directly to consumers by means of relationship referral and direct selling.

Independent unsalaried salespeople of multi-level marketing referred to as distributors (associates, independent business owners, franchise owners, sales consultants, consultants, independent agents, etc.), represent the parent company and are rewarded a commission relative to the volume of product sold through each of their independent businesses (organizations). Independent distributors develop their organization by either building an active customer base, who buy direct from the parent company and / or by recruiting a downline of independent distributors who also build a customer base, expanding the overall organization. Additionally, distributors can also earn a profit by retailing products which they purchased from the parent company at wholesale price.

Distributors earn a commission based on the sales efforts of their organization, which includes their independent sale efforts as well as the leveraged sales efforts of their down-line. This arrangement is similar to franchise arrangements where royalties are paid from the sales of individual franchise operations to the franchisor as well as to an area or region manager. Commissions are paid to multi-level marketing distributors according to the company's compensation plan. There can be multiple levels of people receiving royalties from one person's sales....Cont...

MLM Recommendations...

1. Join the Best MLM Company in the world – GNLD International!
2. Join now – don't wait... The sooner you get started the sooner you can grow your own 'Franchise'....
3. Get to use, know and love your products... after all this is your very own business.... Start by buying (at cost) products for your home and family.
4. Get to as many of the GNLD training events as possible and / or hold your own... Your sponsor will assist you.
5. Recruit as many of your family and friends as soon as possible! Remember that they could be recruited by others, either in GNLD or worse, another MLM Company. I have in my 22 years in the business seen many disappointed Distributors when they find out that one of their family has been recruited by someone else... that's a real bummer!
6. Get to know your Marketing Plan... and find out what your next steps are and what you have to do to take them... PLAN YOUR GROWTH.
7. Learn how to do an Opportunity Presentation either on a one on one or to a group of people either large or small... You can use your sponsor until you are ready!!!
8. A lot of emphasis is placed on recruiting people, and yes it is the most important part of your business... But this business is made up of three basics... 1. Use the Products (Believability), 2. Share the products (Retailing) and 3. Share the Opportunity (Recruiting and building a Team). Remember that building your Customer base (personal PV) (as well as your team) will go a long, long way to helping you reach a qualification at the end of the month!
9. Have faith in your Opportunity, in the Company, your Products and in yourself ... Know that you can and will do this!!!!
10. Remember! You don't have to be at the top (Presidents team or Diamond Director) to earn a very comfortable income... So start building today towards your Financial Future ... and always save 10% of your earnings! Its what you do with all the money you are going to make that's so vital for your future... Be Friendly and Be Wise!

Building a Successful Team



Recruiting and working with your new Distributors is imperative in building a fabulous GNLD Business and a bright future.

Follow these easy steps...

Step One... Build your own usage and your Customer Base to 250PV. You are making a profit of approximately R2 per PV.

Step Two... Recruit 3 new Distributors and teach them to do the same thus giving you a total business of 1000PV...

Step Three... Assist those same 3 distributors to recruit 3 new distributors each with a customer base of 250PV thus making

each leg 1000PV strong... **Step four...** Start again with step one and two yourself... and together with your 3 legs each 1000PV strong will give you a business doing 4000PV.

Step Five... Qualify with 4000PV+ every month for 3 months and you will be an EMERALD DIRECTOR! Your Earnings could be in the region of Plus R5000pm! (Not a lot of money, you might say but this is extremely part-time!)

Replace the above formula with 500PV and following the aforementioned steps will make you a very strong EMERALD DIRECTOR well onto your way to SAPPHIRE DIRECTOR. OF COURSE ... YOU COULD ALWAYS PERSONALLY RETAIL 4000PV IN A MONTH ... IT HAS BEEN DONE AND YOU WILL EARN A LOAD OF MONEY! On 4000PV...Earnings Could be +R15 000!

6 New medical breakthroughs that could save your life

Knowledge could save your life. It's as simple as that. That's why it's important to make sure you're aware of the latest health breakthroughs. Here are some of the most important advances that could transform your health (and life):

1. Take a (quantum) health leap... Consider undergoing a SCIO (Scientific Consciousness Interface Operating System) treatment. This amazing bio-feedback machine scans your body and measures various processes and levels. Just some of the things measured are: Hormones, vitamins, amino acids, bacteria and enzymes, allergies, nutritional deficiencies, viruses and toxicity. The machine gives a detailed report on the state of the body and suggests various treatments to correct your imbalances. It also transmits various corrective energies to help reestablish your body's energetic balance for maximum health. The treatment is completely non-invasive and is used very effectively for diagnosis on "those who cannot speak for themselves" - namely small children and pets! Check out: [Www.scio.co.za](http://www.scio.co.za), [Www.scioqxi.co.za](http://www.scioqxi.co.za) or [Www.sciohealth4life.co.za](http://www.sciohealth4life.co.za) for more info and names of practitioners.

(Comment by Lyn: Supplement with GNLD's Formula IV/ Plus to prevent any deficiencies ... Add GNLD's Iron if necessary... However the 'Feel Better' Guarantee program is superb ... GNLD's Nutrishake, Formula IV and Carotenoid Complex... For Allergies include GNLD's Acidophilus, Tre-en-en and Omega 3 Salmon Oil Plus).

2. You know your ABC's... and don't forget the D! Recent studies on the sunshine vitamin prove that Vitamin D, in addition to helping calcium absorption to strengthen bones, may also prevent gum disease, diabetes, multiple sclerosis and possibly even colon cancer. The suggested dosage for preventative supplementation is a minimum of 1,000IU daily. Some researchers suggest increasing the dosage to 2,000IU daily, depending on the amount of natural sunlight you get. For certain folk, such as the elderly, it is also recommended that vitamin D be taken with a calcium supplement of approximately 1,000IU daily for maximum bone strengthening benefits!

(Comment by Lyn: Vitamin D has also now been found to prevent against certain cancers.... Take Vitamin D in the way of GNLD's Vitamin A+ D or the Formula IV Plus)...

3. The 90% effective treatment for ADD - that's drug-free. If your child has ADD, ADHD, dyslexia or other behavioural and learning disorders you've

probably been told to put your child on hardcore prescription drugs. Enter the Dore Method... This treatment stimulates the cerebellum to build the correct neural pathways. This way the brain can process information speedily and accurately. It's done through an individually prescribed programme that lasts approximately 12 to 18 months. The programme itself involves exercises done twice a day for 10 to 15 minutes. While many of the exercises are amazingly simple (such as throwing a beanbag), the programme has proven a breakthrough in this field, with an approximate 90% success rate. The programme, which has been independently researched and endorsed by experts from Britain's leading universities and five British school districts, is suitable for children over seven. Visit www.dore.co.za for more information and to locate your nearest Dore Centre.

(Comment by Lyn : Children should be on Vitasquares (Formula IV for 12 yrs + Older), Vitaguard (Betaguard for 12+ Older), Nutrishake, Calmag and Omega3).

4. Are you drinking too much water? We all know you have to drink enough water to keep the body hydrated, but not many people know it's possible to drink too much water. This is known as hyponatremia or "water intoxication". It can overburden the kidneys, and cause a drop in sodium blood levels that causes water to enter into the brain. Symptoms include confusion, disorientation, severe fatigue, seizures, coma and even death. So find out how much water you need for your body weight, exercise level and climate by visiting <http://tinyurl.com/2awg72>. Other tips to remember are: Don't glug down bucket loads of water in one go after a bout of strenuous exercise! Rather drink a sports drink that will replace your body's electrolytes. Spread your water out over the course of the day. Store your water in glass and not in plastic (this contains chemicals that can leach into the water). Whilst pure water is the optimal source of your daily fluid intake, it can also consist of tea (preferably herbal), fruit/vegetable juice and broth - but unfortunately, being diuretics, coffee and alcohol don't count!

(Comments by Lyn: Drink at least 8 glasses of water daily and supplement with GNLD's Multi-Mineral Plus Alfalfa)...

5. Chew your way to clearer sinuses... According to a recent report in the British Medical Journal, chewing gum containing xylitol is beneficial: This is a natural sugar alcohol that can dramatically decrease cavities, sinus and ear infections and may (if the first animal studies prove applicable to humans) be an osteopathic breakthrough as it prevents loss of bone minerals and the subsequent weakening of bones leading to osteoporosis. Xylitol can be found as granulated sweetener for culinary use and dilution for use in a nasal rinse or spray, as well as in toothpaste, gum and candy. Go for products that contain 100% xylitol as the natural sweetener and have at least 6 grams per day for maximum benefit.

(Lyn's Comments ... Supplement with GNLD's Acidophilus, Vitamin C, Calmag and Multi-Mineral Plus Alfalfa).

6. A glass of (red) wine a day keeps memory-loss at bay... Good news for lovers of the ruby red vine! It contains an antioxidant compound called resveratrol, with benefits including skin regeneration, calmative effects, anti-inflammatory properties, improved heart and circulatory health and decreased memory loss. That's the good news. The bad news is that these benefits will decrease, not increase, proportionately to the amount of red wine consumed. So, sorry, but that's just one glass of red wine a day!

(Lyn's Comments... Most wines on the market today include chemicals that can cause allergies and reactions ... so my advice is to take your GNLD Flavonoid Complex which is more potent, healthier and far better for and contains the family of all the flavonoids)...

Diagnosis...

A man walks into the doctor's office.

He has a cucumber up his nose, a carrot in his left ear and a banana in his right ear.

"What's the matter with me?", he asked.

"You're not eating properly", replied the Doctor.

"Let us, thank be what we are, and speak what we think and in all things keep ourselves loyal to truth and the sacred professions of friendship." -- **Longfellow**

Warning: The 6 deadly dangers hiding in your home

Did you know your day-to-day habits could affect your health?

There's new evidence from America's Environmental Protection Agency that suggests your home could be more harmful to your health than ever before. From paint to light bulbs, carpets to taps, it's likely your home is a hotbed of potentially lethal bacteria and toxins. It's enough to make you want to get the industrial cleaners in! But don't panic, we have the best guide to avoid becoming a victim of illnesses caused by your home. Find out now how to protect yourself...

1. Why "do-it-yourself" furniture could be lethal...
If you don't have an item of furniture that required self-assembly you are probably in the minority. And if you thought putting it together was painful enough, you're in for a shock because the chipboard that makes up this furniture is usually kept together with a toxic resin (formaldehyde, if you're interested!). This resin releases nasty vapours that can irritate your skin and eyes. But don't throw your wardrobe in the car and run for your nearest dump. There's a solution that'll reduce these deadly vapours immediately... Simply take your furniture and coat it with a clear varnish. That way you seal in the formaldehyde and stop the vapours escaping. It couldn't be easier.
2. Cosy carpets? Not quite... Cosy they may be, but your carpets could be polluting your living space. BFRs or 'brominated fire retardants' can

be found in synthetic household textiles such as carpets. They're known to release small levels of toxic emissions. And although research into these toxins is fairly limited, it's thought that exposure over long periods could cause cancer. The best way to avoid these toxins from escaping into your home is to replace all synthetic carpets with ones made of natural fibres such as wool. If the thought of replacing all your carpets leaves you balking, don't worry. .. Until you can afford to get in the carpet fitters, just vacuum your existing flooring as regularly as possible to reduce build-up of toxins. And, if possible, replace synthetic carpets with washable, natural fibre rugs that can be thrown in the washing machine on a regular basis.

3. The nightmare living in your bathroom ... Because of the constant use of showers, baths, basins and toilets, the air in your bathrooms is

full of moisture. And where does this moisture end up? On bathroom surfaces, stagnating and causing mould. And while mould isn't going to kill you, it's thought that if left to grow and stagnate over a long period, it could cause mood swings and general lethargy. The solution is pretty straight-forward: First clean your bathroom at least once a week with a white vinegar solution. Walls, tiles, sink, basin and toilet, this will kill the mould in the first instance. Secondly ensure that you keep your bathroom well ventilated with extractor fans on (if you have one) and windows open at all times.

4. Why light bulbs could damage your kidneys... You might think you are reducing your carbon footprint by replacing all your incandescent bulbs with energy efficient lights... But did you know that these bulbs contain mercury and if broken they release mercury vapour that attacks your nervous system and causes chronic kidney damage? Scary, isn't it? The answer is to take real care when you replace the bulbs. Hold them by the plastic base at all times and never unscrew using the glass element.

5. Exposed! The deadly bacteria that lurk in your pipes ... Water pipes and air conditioning systems can be a breeding ground for a certain type of bacteria that grows in water known as Legionella. If left untreated Legionella can cause pneumonia. Luckily, you can flush these nasties out of your water system easily every couple of months by turning your hot water up to its maximum. Run it through all the taps in the house for at least 10 minutes. This will kill the bacteria off and keep your pipes in tip-top condition.
6. Killer clematis ... Finally, you need to take a look outside your property at your garden because whilst your beautifully cultivated, gorgeous clematis may look stunning it could literally kill you... It sounds so shocking but if your climbing plants are anywhere near vents or gas flues they may be the cause of lethal carbon monoxide fumes entering your home. To avoid being a victim of carbon monoxide poisoning check all around your house every month and clear away plants that are getting anywhere near the air vents or gas flues.

GNLD Recommendations...

1. Use GNLD's Non-Toxic, Biodegradable, Cleaning range of products to clean and disinfect your home... Especially use the care for disinfecting and getting rid of mould.
2. Use GNLD Nutritional supplements for protection... namely the Antioxidant range – Phytodefence, Carotenoid Complex, Flavonoids, Cruciferous And Betaguard for detoxification. Acidophilus is also essential ... see notes on Acidophilus...

Probiotics

What are some of the best food sources for Probiotics and prebiotics?

The terms "probiotics" and "prebiotics" aren't really food terms and don't apply very well to food. These terms come from the dietary supplements industry. "Probiotics" usually refers to a dietary supplement that contains bacteria (usually freeze-dried) in amounts likely to remain viable in our digestive tract after we've swallowed the supplement. In order to guarantee that some of the freeze-dried bacteria become alive and viable in our digestive tract, large numbers of bacteria are usually contained in a single capsule. For example, a one-gram capsule of *Lactobacillus* bacteria might contain 250 billion colony-forming units (or cfu) of the bacteria.

"Prebiotics" usually refers to a dietary supplement that contains nutrients eaten by digestive tract bacteria. FOS, or fructo-oligosaccharides, is one example of a nutrient often contained in a "prebiotic" supplement. Inulin is another commonly encapsulated "prebiotic."

If you compare the world of supplements to the world of food, you will find that "probiotics" and "prebiotics" are somewhat strange terms. The vast majority of the World's Healthiest Foods are not foods that we eat in order to obtain their bacteria. Although there are almost always bacteria present in any food

that we eat, bacteria are seldom concentrated in the World's Healthiest Foods and it would not make sense to have any concentrated bacteria in them.

One exception to this rule would be cultured dairy foods. Cultured dairy foods such as yogurt and kefir can be great sources of "healthy" or "friendly" bacteria. In this case, "friendly" bacteria simply means bacteria that are needed for healthy digestion in our intestinal tract, but aren't present in the amounts needed. (The use of prescription antibiotics, for example, can deplete populations of needed bacteria in our digestive tract, including *Lactobacillus* and *Bifidobacteria*). We would just be careful to read the labels and choose a high quality product that says it contains live active cultures. Because dairy products are often cultured with these exact bacteria, they can be highly beneficial in this regard, provided that a person can tolerate them without any adverse reaction.

In most pre-packaged, processed foods, however, we are unable to get any sizable quantities of live bacteria ("probiotics") due to the use of heat and chemicals in food processing. This same situation can take place with cultured dairy products, such that yoghurts and kefirs can contain no live bacteria cultures even though live bacteria were at one time added to the milk. For this reason, it's important to select cultured dairy products that indicate it "contains live cultures" or "contains active cultures" on the packaging. Some manufacturers will actually report the amounts of live culture contained in the product.

Live bacterial cultures can be added to other foods besides dairy foods. Sauerkraut-another name for fermented cabbage-is an example of a cultured vegetable. An Asian version of fermented cabbage, particularly popular in Korea, is called kim chee. A basic fermentation process is used to culture the cabbage in kim chee, and chili pepper, garlic, and salt are typically added to give this cultured vegetable its pungent character. As with cultured yogurts and kefirs, these fermented vegetables may or may not contain active bacterial cultures. Once again, the manufacturers who are sensitive to these issues will often indicate the presence of live bacteria cultures (if they are present) on the packaging. Miso, a thick paste often made from soybean, is another example of a cultured food that can contain live bacterial populations.

It might be difficult to determine whether live culture foods were needed or not needed in a meal plan. Most of us would not know whether the bacterial populations in our intestine were well-balanced or not. For this reason, it might be necessary to consult with a qualified healthcare practitioner in order to determine the potential benefits of these foods.

During the fermentation process, friendly bacteria both enrich and preserve the food. Lacto-fermentation neutralizes enzyme inhibitors and breaks down the glutens, sugars, and other elements that are otherwise difficult to digest. These friendly bacteria are beneficial for the digestion, increase the availability of vitamins, and promote the growth of healthy flora throughout the digestive tract.

"Prebiotics" (like "probiotics") is a somewhat odd word in relationship to food. In general, all of the World's Healthiest Foods are meant to pass through the human digestive tract, and all can indirectly help keep our digestion strong and vital. This digestive support by the World's Healthiest Foods would include support of intestinal bacteria. However, in the supplement world, "prebiotics" has a much more specific meaning, and it refers to nutrients found in food that are directly used by intestinal bacteria as energy sources. The most common of these nutrients are (1) fructans, including both fructo-oligosaccharides and inulin, and (2) short chain fatty acids, including butyrate. Since Jerusalem artichokes and chicory root have concentrated amounts of the fructo-oligosaccharides, both of these foods would be considered "prebiotic" in the dietary supplement sense of that term. Many root vegetables contain the fructan inulin. Onion, jicama root, dandelion root, and burdock root would be included in this group. Leeks and asparagus are also inulin-containing foods.

Many foods also contain "resistant starch" or other non-digestible carbohydrates that can make it all the way to our large intestine largely intact. Because these foods can pass these substances all the way to our large intestine, bacteria in our large intestine can often benefit from the presence of these substances. Whole grain rice would be a good example of a World's Healthiest Food that contains resistant starch. Additionally, fibers found in such foods as oats, barley and apples are fermented into short chain fatty acids that help to feed the beneficial bacteria in our intestines. In this same vein, we would also tend to think about other high fiber

foods found in our World's Healthiest Foods list as "prebiotic" since many of these foods contain non-digestible fibers that can be fermented inside our digestive tract and converted into butyrate, propionate, and other short-chain fatty acids that are used by our intestinal bacteria for energy.

GNLD's Acidophilus Plus

GNLD's Acidophilus Plus for a Healthy Digestive Balance...

Includes 5 Billion live lactobacilli

- ◆ Just one Acidophilus Plus Capsule per day helps you maintain a constant healthy balance of Intestinal flora to support optimal digestive tract function.
- ◆ One Acidophilus Plus capsule equals 10 servings of Yoghurt or 5 servings of Acidophilus Milk.

Why you need beneficial bacteria...

There's a war going on right now inside your gastrointestinal tract! The battleground is a complex ecosystem containing more than 400 types of bacteria - both beneficial and potentially harmful. The "good" micro-organisms promote comfort and wellness, generate nutrients, and discourage growth of "bad" bacteria, while the bacterial villains produce harmful toxins and even carcinogens!

With GNLD Acidophilus Plus, you can send in 5 billion microscopic reinforcements to "crowd out" bad bacteria. GNLD's exclusive Gel-Guard protection system shields beneficial bacteria so they safely reach your intestines to help promote healthy digestive balance!

7 Ways GNLD Acidophilus Plus helps create healthy balance...

1. **Whole-food-based.** Beneficial micro-flora are selected from a variety of cultured dairy foods, including: European yoghurt acidophilus-fermented milk, bifidus-fermented milk, and Yakult, a popular Japanese fermented milk.
2. **Broad-spectrum micro flora exclusively from the human food chain.** Delivers a unique combination of five superior types of beneficial bacteria that promote a more stable intestinal environment: Lactobacillus acidophilus, B. bifidum, L.bulgaricus, S. thermophilus, and L. casei.
3. **Targeted Delivery Technology.** Each capsule contains GNLD's exclusive Gel-Guard Enteric Protection System to protect beneficial bacteria against destruction by harsh stomach acid and deliver them safely to the intestines.
4. **Concentrated, active cultures.** Delivers 5 billion beneficial bacteria, as many as 10 servings of yoghurt or five servings of acidophilus milk!
5. **High potency guaranteed.** GNLD's bacterial strains are cultivated under strict conditions to guarantee high levels of active bacteria. Plus each capsule provides complete systems of support and protection to keep micro-organisms potent and viable.
6. **An excellent and completely safe choice for lactose intolerant individuals.**
7. **No artificial flavours, colours or preservatives...**

The Science behind the supplement...

Why GNLD's Scientific Advisory Board created Acidophilus Plus...

When beneficial bacteria are in short supply, undesirable bacteria can multiply, causing an unhealthy balance. This balance is further upset by stress, infection, antibiotics and a diet high in processed, low fibre foods. Restoring balance is tough when most of today's cultured milk products and cooked foods don't contain live cultures. And digested in the stomach long before they reach the intestines, where they're needed!

Knowing this, GNLD scientists developed revolutionary Acidophilus Plus to help restore balance, encourage the growth of beneficial bacteria and tip the scales toward wellness.

A Numbers Game ... you can win!

Thanks to GNLD Acidophilus Plus, your "acidophilus army" is 5 billion strong, ready for action in your intestinal "ware zone"!

DECLARE WAR ON BAD BACTERIA... AND WIN... WITH ACIDOPHILUS PLUS!

With Acidophilus the numbers add up to 5 Billion!

Thanks to GNLD's Acidophilus Plus, You can be assured of 5 Billion Beneficial bacteria ready to spring into action in your intestines!

Research has shown that beneficial bacteria may:

- ◆ Transform naturally-occurring sugars, especially lactose, into lactic acid, promoting a more balanced and stable intestinal environment.
- ◆ Colonise the intestines and discourage growth of harmful bacterial and fungi such as E.coli, Salmonella, and Candida.
- ◆ Help maintain a healthful ratio of a variety of intestinal micro-organisms.
- ◆ Produce important vitamins, especially B- Vitamins and Vitamin K.
- ◆ Assist in the absorption of minerals especially calcium.
- ◆ Support healthy immune system function and promote resistance to pathogenic bacteria.
- ◆ Healthfully combine with bile acids and toxins, which may include cholesterol, heavy metals and carcinogens. This action supports the normal healthy elimination of toxic products from the body.
- ◆ Encourage normal cellular growth and activity, and normal tissue growth throughout the body.
- ◆ Help normalise digestion, bowel function, and intestinal environment.
- ◆ Promote a healthy metabolic response to ingested chemicals and environmental pollutants.

This product is not intended to diagnose, treat, cure or prevent any disease.

What are free Radicals?

They are groups of atoms that can cause damage to cells and impair your immune system. They are thought to be the primary cause of ageing, and some experts go so far as to say : eliminate free radical damage and you do away with ageing.

Read more and see just how fantastic it is to take *Acidophilus* plus bearing in mind that *Lactobacillus Acidophilus* is just one of the complex used ... *Lactobacillus acidophilus*, *B. bifidum*, *L. bulgaricus*, *S. thermophilus*, and *L. casei*.

Lactobacillus acidophilus

From Wikipedia, the free encyclopedia...

Lactobacillus acidophilus is one of several bacteria in the genus *Lactobacillus*. It is sometimes used commercially together with *Streptococcus salivarius* and *Lactobacillus delbrueckii* ssp. *bulgaricus* in the production of acidophilus-type yogurt. Also known as the Boas-Oppler bacillus after Ismar Isidor Boas, a German gastroenterologist (1858-1938) and Bruno Oppler (-1932) a German physician from Breslau.

Lactobacillus acidophilus gets its name from lacto- meaning milk, -bacillus meaning rod-like in shape, and acidophilus meaning acid-loving. This bacterium thrives in more acidic environments than most related microorganisms (pH 4-5 or lower) and grows best at 45 degrees Celsius. *L. acidophilus* occurs naturally in the human and animal gastrointestinal tract, mouth, and vagina. *L. acidophilus* ferments lactose into lactic acid, like many (but not all) lactic acid bacteria. Certain related species (known as heterofermentive) also produce ethanol, carbon dioxide, and acetic acid this way. *L. acidophilus* itself (a homofermentative microorganism) produces only lactic acid. Like many bacteria, *L. acidophilus* can be killed by excess heat, moisture, or direct sunlight.

Some strains of *L. acidophilus* may be considered a probiotic or "friendly" bacteria. These types of healthy bacteria inhabit the intestines and vagina and protect against some unhealthy organisms. The breakdown of nutrients by *L. acidophilus* produces lactic acid, hydrogen peroxide, and other byproducts that make the environment hostile for undesired

organisms. *L. acidophilus* also tends to consume the nutrients many other microorganisms depend on, thus outcompeting possibly harmful bacteria in the digestive tract. During digestion, *L. acidophilus* also assists in the production of niacin, folic acid, and pyridoxine. *L. acidophilus* can assist in bile deconjugation, separating amino acids from bile acids, which can then be recycled by the body.

Some research has indicated *L. acidophilus* may provide additional health benefits, including improved gastrointestinal function, a boosted immune system, and a decrease in the frequency of vaginal yeast infections. Some people report *L. acidophilus* provides relief from indigestion and diarrhea. A University of Nebraska study found that feed supplemented with *L. acidophilus* and fed to cattle resulted in a 61% reduction of *Escherichia coli* 0157:H7. Research has indicated *L. acidophilus* may be helpful reducing serum cholesterol levels.^[5]

L. acidophilus is part of the normal vaginal flora. The acid produced by *L. acidophilus* in the vagina helps to control the growth of the fungus *Candida albicans*, helping to prevent vaginal yeast infections. The same beneficial effect has been observed in cases of oral or gastrointestinal Candidiasis infections. Certain spermicides and contraceptive creams can kill *L. acidophilus* in the vagina, clearing the path to possible yeast infections.

Antibiotics taken orally will also kill beneficial bacteria such as *L. acidophilus*. After a course of antibiotic therapy,

patients are occasionally instructed to take an *L. acidophilus* treatment in order to recolonise the gastrointestinal tract. *L. acidophilus* is often sold in health stores in pill or powder form as a nutritional supplement. Research on the nutritional benefits of taking *L. acidophilus* supplements is inconsistent and

inconclusive. Most such claims boil down to a link between *L. acidophilus* and a possible decrease in the incidence of certain diseases, including yeast infections, gastrointestinal disorders, and a weakened immune system. Most researchers agree further study is needed before substantiating many of these claims.

Start your Family's Day with a good solid Nutritional Foundation with Nutrishake!

Put an end to breakfast time battles and give yourself one less thing to feel guilty about once and for all with **GNLD's Nutrishake...**

If your family can't stomach food in the mornings serve them a delicious glass of Nutrishake which contains all 22 Amino Acids, Vitamins, Minerals, Essential Fatty Acids and Digestive Enzymes and tastes so good too! Nutrishake provides your family and your children with all the nutrients their brain and body needs at this crucial stage in their development. Give your child a head start in the mornings with Nutrishake. Give yourself one less thing to feel guilty about by ensuring that your child is optimally nourished to support their learning ability, concentration and behaviour, not to mention keep their immune system fighting fit. Nutrishake makes optimum nutrition easy by removing the need to take supplements. Instead this delicious blend of powdered whole foods provides optimum nutrition in a glass - simply blend with Milk or fruit Juice (One can add chunks of fruit) and create a shake or smoothie. Packed with vitamins, minerals, protein, fibre and essential fats!

WORLD OF CHAMPIONSHIP

How do you earn WOC Points?

Each 1000 QPV	- 2 Points
Each new Manager	- 5 Points
Each new Senior Manager	- 10 Points
Each 3-in-30 Achieved (each month)	- 15 Points
Each New Director Achieved	- 30 Points

This contest is for Directors and up...

100 WOC points will give you a Bronze Medal

150 WOC Points will give you a Silver Medal

200 WOC Points will give you a Gold Medal

You will earn Travel Bucks and but more importantly you will grow your GNLD Business

Take the first step in faith. You don't have to see the whole staircase, just take the first step.
-Martin Luther King. Jnr.

Happy 80th Birthday,
Iris Malherbe turns
80 on Tuesday 15th April
and looking great! Way to
go Mum, Keep it up!

Wise words for the Month!

"Obstacles cannot crush me, every obstacle yields to stern resolve. He who is fixed to a star does not change his mind." - *Leonardo da Vinci 1452-1519, Scientist, Inventor, Artist*

"Whatever relationships you have attracted in your life at this moment, are precisely the ones you need in your life at this moment. There is a hidden meaning behind all events, and this hidden meaning is serving your own evolution." - *Dr. Deepak Chopra Author and Speaker*

To Reflect and ... to Act!

The difference between the poor countries and the rich ones is not the age of the country! This can be shown by countries like India and Egypt that are more than 2000 years old and are poor. On the other hand Canada, Australia and New Zealand, that 150 years ago were inexpressive, today are developed countries and are rich.

The difference between poor and rich countries does not reside in the available natural resources. Japan has a limited territory, 80% mountainous, inadequate for agriculture and raising cattle, but it is the second world economy. The country is like an immense floating factory importing raw material from the whole world and exporting manufactured products. Another example is Switzerland, which does not plant cocoa but has the best chocolate of the world. In its territory they raise animals and plant the soil during four months per year. Not enough, they produce dairy products of the best quality. It is a small country that transmits an image of security, order and labour, which has made it the world's strong box. Executives from rich countries who communicate with their counterparts in poor countries show that there is no significant intellectual difference. Race or skin colour is also not important: Immigrants labeled lazy in their country of origin are the productive power in rich European countries.

What is the difference then?

The difference is the attitude of the people, framed along the years by the education and the culture. On analyzing the behaviour of the people in rich and developed countries, we find that the great majority follow the following principles in their lives:

1. Ethics, as a basic principle.
2. Integrity
3. Responsibility
4. Respect to the laws and rules.
5. Respect to rights of other citizens.
6. Work loving,
7. Strive for saving and investment.
8. Will of super action.
9. Punctuality

3/30 Signings

Muhsin & Deeba Peterson

Rayhaan Peterson

Tholakele & Nomcebo Zuma

In poor countries only a minority follow these basic principles in their daily life.

We are not poor because we lack natural resources or because nature was cruel to us.

We are poor because we lack attitude.

We lack the will to comply with and teach these functional principles of rich and developed societies.

If you do not forward this message... nothing will happen to you.

Your pet will not die, you will not be fired, you will not have bad luck for 7 years and you will not get sick.

If you love your country let this message circulate to a major number of people who could reflect on this . . . and . . . CHANGE, and ACT !

••Annette Treagus	799	920	568	754	668	678		5	
...Anne Spann	522		555					2	
Marilyn + Jock Adan	514			535				2	
.. Patricia Llewellyn			614					1	
••Shirley & Richard Aarons	638	586	831	679	1125	879	890	7	7
Malitaba Alphonsina Mohasoa	504							1	
Jacob & Delia Freemantle							509	1	1
•••Chrissie & Danie Dorfling		503	929		1005	1075	806	5	5
Paul & Lorna Marwick						667		1	
... Fatima Vally			609						
•Iris & Frank Malherbe		502	506	694	546		504	4	4
Daniel + Zodwa Nguessen	509							1	
Agnes Gaskell & Win Ives				898				1	
Radhika + Kamaal Ramdass	503						600	2	2
Jeanine Du Toit						500		1	
Colin Bockel + Lydia Maake		506				587	592	3	3
Tanya & Michael Ludick							534	1	1
Herbert + Natalia Strasser				1077			594	2	2
Jean + Leo Wetselaar	500							1	
. Elsje Eastaugh	565		598					2	
. Lida Swan			2028		2473			2	
•Muhsin & Deebea Peterson	514	1033	509	511		720		5	
Lucia Ntombizodwa Mazibuko							522	1	1
Rayhaan Peterson					541			1	
Patric Snyman							540	1	1
Bhadia & Rashid Farred							540	1	1
Raylene & Che Alexander							543	1	1
••Anwar & Fawzia Allie	867	514	501					3	
Nicolette & Robert Samuels							540	1	1
Maydon + Collett Mashinini	815								
.. Wallied + Farieda Flashman			510	879	617	640	3363	5	5
.. Barnabus + Desree Robertson			500					1	
Charles & Joanna Jacobs				502				1	
Christopher Smith				522				1	
Ndienze John Tsjianken					502			1	

Bitz 'n Pieces...

March Breakfast Qualifiers...

Please note that this is the last one of its kind ... Congratulations to those qualified to attend...Banks, Baigent, Cecelia De Freitas, Aarons, Dorfling, Petersons, and Flashman. To be held at Maxi's - Rosebank 26th April 10:30am

News Flash!

Calling all Directors who qualify in April...

You will be invited to attend the Friendly Leaders Meeting to held at Wanderers on Tuesday 13th May at 2pm

Please email us in advance with anything you wish to put on the agenda for discussion...Also ... please bring along your targets for May...

Congratulations to all our Qualified Directors...

1	• Jeanette & Rob Baigent	1RD <i>Pro</i>	SD		4,130	12,060	2 / 2	23,061
2	•• Erwin & Gilda Dedekind	ED <i>Pro</i>	ED		1,312	5,814		5,814
2	•• Carol & Wayne Walker	ED <i>Pro</i>	ED		1,351	5,187		5,187
1	• Zelda Roodt	SD <i>Pro</i>	SD		600	5,487	1 / 1	11,475
2	Shirley + Richard Aarons	ED	ED	2	1,455	4,000		4,000
2	•• Blanche & John Stephenson	ED <i>Pro</i>	ED		805	5,988		5,988
1	• Muhsin & Deeba Peterson	SD <i>Pro</i>	ED	3	168	5,047	1/1	10,000
2	Wallied + Farieda Flashman	Dir	QD	1	3,363	4,000		4,000

Congratulations to all our Qualified Senior Managers and Up with 1000PV + Up

level	Distributorship	Status	S/U	PPV	QPV	Legs/QU	Group PV	
	Lyn & Roy Banks	3RD <i>Pro</i>	1RD		1,253	13,744	3 / 6	53,327
1	• Jeanette & Rob Baigent	1RD <i>Pro</i>	SD		4,130	12,060	2 / 2	23,061
3	••• Madeline & Ron Gordon	DIR <i>Pro</i>		457	833			
3	••• Annelies & Evert Vanleusden	QSM		1,010	1,010			
5	•••• Ilda Fernandes	SM		511	1,515			
6	••••• Olivia Dacosta	SM		670	1,004			
2	•• Erwin & Gilda Dedekind	ED <i>Pro</i>	ED		1,312	5,814		5,814
5	••••• Althea & Jannie Debeer	QSM		400	1,376			
2	•• Carol & Wayne Walker	ED <i>Pro</i>	ED		1,351	5,187		5,187
3	••• Cecilia De Freitas	SM	1	2,429	2,469			
3	••• Ingrid Woermann	SM		1,038	1,038			
2	•• Jenny & Malcolm Mcconnachie	QSM		213	3,254			
3	••• Hilary & John Estherhuizen	DIR		985	3,041			
4	•••• Judy Dosramos	DIR		1,000	2,056			
5	••••• Danielle Rosmary Holcroft	QSM		1,056	1,056			
1	• Merle & Craig Du Plooy	DIR <i>Pro</i>		727	1,260			
1	• Zelda Roodt	SD <i>Pro</i>	SD		600	5,487	1 / 1	11,475
2	•• Blanche & John Stephenson	ED <i>Pro</i>	ED		805	5,988		5,988
3	••• Philip Forbes	SM		920	1,039			

2008 Friendly Force Annual Awards

The Friendly Top 20 Business Builder Awards January – December 2008

- ◆ This contest is for everyone in the business irrespective of status.
- ◆ Your Position in this Top Twenty Contest will be determined by your Team. (Group PV).
- ◆ You must do 100 Personal PV (PPV) to pick up your Qualifying PV. (QPV)
- ◆ You must personally recruit 1 new distributor every quarter thus = 4 for the year
Or you can 'catch up' by recruiting 6 new distributors before the end of December 2008.
- ◆ Recognition will be published monthly.
- ◆ There will be Certificates for each quarter.
- ◆ The top 20 for the year will receive Certificates and Prizes according to rank.
- ◆ Out of this contest, further recognition will be given to the top No. 1 'Business Builder' in each of the following categories and will be determined by your Status at the beginning of January 2008 but is possible to be a Number 1 in more than category if you upgrade!
 - No. 1 Manager
 - No. 1 Director
 - No. 1 Emerald Director
 - No. 1 Sapphire Director
 - No. 1 Ruby Director
 - And the No. 1 Recruiter
- ◆ Out of this contest we will pick out the top No. 1 Recruiter for the year so bear in mind that you have to be in this category to be a contender for the Top Recruiter.
- ◆ Please remember that you have to recruit to be a contender in this contest...



General Notes and conditions!

- The Qualification period will run from January 08 till end December 08.
- This event will be hosted by your leaders Roy and Lyn Banks.
- The Awards Rally will take place in January 2009 AT A FRIENDLY FORCE EVENT!

You must attend the event to collect your prize unless you reside outside the Gauteng area.

- Recruiting will have an effect on your results both in the Top 20 and in the success of your business!

The Friendly Force 2008 Annual Awards – March 2008

Pos	Name	Title	GPV	Recr
1	Muhsin & Deeba Peterson	SD	18 365	9
2	Blanche Stephenson	ED	17 632	3
3	Erwin & Gilda Dedekind	ED	15 398	6
4	Shirley & Richard Aarons	ED	12 140	4
5	Wayne & Carol Walker	ED	9 602	1
6	Wallied & Farieda Flashman	QD	5 428	4
7	Susi Muller	D	4 764	1
8	Cecelia De Freitas	SM	3 373	1
9	Chrisie Dorfling	SM	3 297	4
10	Anwar & Fawzia Allie	D	2 577	1
11	Elsje Eastaugh	SM	1 845	1
12	Rahaan Peterson	SM	1 458	6
13	Daniel & Zodwa Nguessen	SM	1 445	1
14	Malitaba Alphonsina & Michael Mohasoa	SM	1 228	3
15	Beryl & Trevor Shreuder	SM	918	3
16	Dieter & Joanne Dedekind	SM	689	1
17	Raylene & Che Alexander	SM	543	1
18	Veronica Cloete	M	512	1
19	Tholakele & Nomcebo Zuma	M	500	3
20	Mathafeni & Anna Radebe	M	365	1

Congratulations to the Top Twenty so far...Remember Recruiting + PV production will do it!

"There is nothing better than the encouragement of a good friend."

-Katharine Butler Hathaway