



# THE FRIENDLY FORCE

## Distributors of GNLD International

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Friendly Team Talk

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Hi Friendly Folks,

## Achieve your Biggest Dreams!

February was a fiddly but fabulous month! It proved to be very exciting at the end with the Friendly Force finishing over **50 000 Group PV...**

So, Congratulations Team on an awesome month! Mentioning a few outstanding achievements... Jeanette **Baigent's** team powered through on over 20 000GPV and congratulations to our Qualified Directors...**Baigent, Dedekind, Stephenson, Aarons, Peterson and Du Plooy.** 30 New Distributors joined our fantastic opportunity! There are **Six 3/30'S Achievers – WOW! Erwin+Gilda Dedekind, Beryl+Trevor Schreuder, Chrisie Dorfling, Muhsin+Deeba Peterson, Wallied+Farieda Flashman and Rayhaan Peterson** ... Well Done, the Friendlies...

March is a four week month and so we expect to have a bumper month! Get the month off to a flying start by working every day to its fullest.

**The TEAM NEEDS YOU!** The Friendly Team is looking to achieve the status of fully qualified four Ruby Director! (President's Team)... and we would like to challenge you to step up and be counted! The Team needs consistently Qualified Senior Managers and Qualified Directors at all levels... Fully Qualified Sapphire and Ruby Directors would be absolutely grand! Which status will you fulfil...?

## Important Notes for this March

**March – a four week month!** Bear in mind that March is a full four week month... So make the most of March and use this precious month to grow your team... set a target for 3 recruits personally (that is less than 1 per week) and encourage your down-line to do the same...

### Easter Weekend 21-24 + Human Rights Day – Friday March 21st

People will be celebrating a long weekend... this is the perfect time to get the team together and do some training/ team-building... GNLD is truly the most Empowering 'Human Rights' opportunity, you could give to anyone... That is why we need to promote our opportunity more and in so doing empower people... that is really what Human Rights are all about and we have the power to do so, through your GNLD Opportunity!

<b>21 March</b>	Human Rights Day
<b>21 March*</b>	Good Friday (Friday before Easter Sunday)
<b>24 March*</b>	Family Day (Monday after Easter Sunday)

**GNLD Prices will be going up in April/May...** we know that the prices are going up... whether it is April or May... it's inevitable and upgrading and taking your next step, especially becoming a Director, in these couple of months leading up to the price increase is the right thing to do. So get together with your

team and do some strategic team planning... and assist everyone in taking their next step and in so doing take your next step hopefully to being a Qualified Director! We all know that the prices of petrol and energy have impacted greatly on the South African market and as a result inflation has risen and has affected everything from food to plastics! So plan the next few months carefully and lets have everyone in the team upgrading against the Price Increase!

Take a leaf out of this man's life! What an incredible example.

### Sunday Times... 1<sup>st</sup> March 08... News Flash... **Legendary runner Flying Phil dies at 104**

One of South Africa's greatest athletes "flying Phil" Rabinowitz, has died at the age of 104... He first made international headlines in 2004 when he became the fastest 100 year-old to run 100min a time of 30.86 seconds, He turned 104 just two weeks ago but suffered a stroke last Saturday and was admitted to hospital in Cape Town, where he died on Friday. He is survived by his daughters Joyce Kruger and Valerie Smith, five grandchildren and eight great-grand children. For years Rabinowitz featured in the Guinness Book of Records as the oldest competitive walker – something he was very proud of... "Every time I run I just feel younger and younger. I'm not quitting anytime soon... As long as I can get up in the morning I will run and walk," he said after breaking the world record. Rabinowitz walked between 20 and 25km every week, drank fresh orange juice every morning, ate fish and chicken and lots of veggies and three apples a day... - Nashira Davids.

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## Why You Need Nutritional Supplements for the Rest of Your Life!

If you think you may not need dietary supplements, read this. It could change your health for the rest of your life.

Finally, after more than 50 years, leading medical journals now recommend all adults take multivitamins. Both the New England Journal of Medicine and the Journal of the American Medical Association have concluded that:

- ◆ "Most people do not consume an optimal amount of all vitamins by diet alone"
- ◆ "Inadequate intake of several vitamins has been linked to chronic diseases, including coronary heart disease, cancer, and osteoporosis."
- ◆ "Suboptimal folic acid levels, along with suboptimal levels of vitamins B6 and B12, are a risk factor for cardiovascular disease, neural tube defects, and colon and breast cancer; low levels of vitamin D contribute to osteoporosis and bone fracture; and low levels of the antioxidant vitamins (vitamins A, E and C) may increase risk for several chronic diseases."
- ◆ "It appears prudent for all adults to take vitamin supplements."

A large body of research has clearly demonstrated that the nutrients found in dietary supplements reduce your risk of chronic disease, improve quality of life, and increase longevity.

### Why You Can't Depend on Food Alone for Essential Nutrition

Listed below are 22 reasons why you cannot depend on food alone to provide you with all of the nutrition you need to stay healthy.

- ◆ Reason #1. Overfed and undernourished. The average American is overfed and undernourished. It's no secret. Just look around you. Most people are gaining weight. Even kids are overweight these days. You or someone you know has a chronic disorder of some kind. If you're like most Americans, you're consuming fabricated convenience foods high in calories but low in food value (nutrition). South Africa is following this trend as well... This type of diet leads to "sub-clinical" or marginal deficiencies that lead to vague health complaints such as nervousness, listlessness, recurring minor infections, general aches and pains, difficulty concentrating, irritability, depression, muscle weakness, fatigue, insomnia, and just not feeling right. A large body of research has demonstrated that most Americans are not getting what they need from their diet. For example, in one recent U.S. Dept. of Agriculture survey of 20,000 people, not a single person was consuming adequate levels of all the vitamins and minerals. In this study, the percentage of Americans were found to be deficient as follows: 90% in vit. B6, 75% in magnesium, 68% in calcium, 57% in iron, 50% in vitamin A, 45% in vitamin B1, 41% in vitamin C, 34% in vitamin B2, 34% in vitamin B12...and the list goes on. There are literally hundreds of medical studies to suggest it's a virtual certainty that you and every member of your family are deficient in one or more essential nutrients.
- ◆ Reason #2. Soil depletion. Modern mass-production agriculture depletes nutrients from the soil without replenishing them. The application of synthetic fertilizers stimulates the growth of beautiful-looking plants. However, the nutrient content is missing. So when you bite into that healthy salad or slice of whole-wheat bread, you're getting less nutrition today than from the identical foods grown in the same soil fifty years ago.
- ◆ Reason #3. Commercial food processing. Much of the food you eat is processed in one way or another. When foods are processed, they are exposed to heat, light, oxygen, or drastic change in temperature or humidity. This exposure causes the destruction of vital but fragile nutrients. Examples of processing include baking, extruding, milling, grinding, boiling, cooking, recombining, spray-drying, etc.
- ◆ Reason #4: Food storage and transportation. All foods deteriorate as they age. This is a problem for the food industry, because many foods are shipped over great distances. Therefore chemicals are added to preserve foods and give them a longer "shelf life". Unfortunately, in spite of chemicals, the nutrient content of foods decline over time, even though they may look the same. Even fresh fruits or vegetables may be sprayed, gassed or fumigated in order to make them look "ripe" and "fresh". So what looks healthy isn't necessarily as healthy as you may think.
- ◆ Reason #5: Preparation and cooking of foods. Many people eat out or bring something home from the market that is already cooked. Even if you prepare your meals at home, most of your

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food is probably cooked, not raw. Here's the problem: the more you cook a food, the less its nutrient value. Of course, there are some foods, such as grains and dried legumes that you have to cook because they're inedible when raw. You're obviously not going to eat a bowl of raw rice. However, if you overcook rice, you lose nutrients.

- ◆ Reason #6: Home storage of food. Have you looked in your refrigerator lately? How long has that head of lettuce been in there? What about those leftovers from three days ago? Refrigeration does slow down the deterioration of food, but it certainly does not stop it. As every day goes by, whatever is in your refrigerator is losing its nutritional value. Some people will eat something out of the refrigerator that is three weeks old, or something from the pantry that is a year old. By this time, some vital nutrients have been completely lost.
- ◆ Reason #7: Food irradiation. Exposing foods to gamma rays, x-rays or other radiation extends their shelf life by destruction of microorganisms, inhibition of sprouting, and delay of ripening. Some meats, chicken, and vegetables are irradiated. Foods served in restaurants or schools may be irradiated. The problem with irradiation is that vital nutrients, especially antioxidants and fat-soluble vitamins, are destroyed. There's no label to tell you if a food has been irradiated.
- ◆ Reason #8: Pesticides in foods. A pesticide is a poison. A little bit of pesticide will kill a bug. A lot of pesticide will kill you. Most foods contain pesticides. Even organic produce contains pesticides, although a lot less than regular produce. Pesticides may be applied to the soil, to the growing plant, or to the food while in storage or shipment. Keep in mind that you can't see, smell or taste these pesticides. So you have no way of knowing if what you're eating contains pest poisons. But your body knows. Some pesticides can accumulate in the body and cause problems. Your body has to deal with the problem by expending valuable vitamins and minerals to detoxify and try to eliminate these poisons.
- ◆ Reason #9: Genetically modified foods. Millions of acres of genetically modified corn, cotton and potatoes have been planted in the U.S. (Cotton is mentioned here because cottonseed oil is found in many processed foods, and cottonseed meal is fed to cattle.) These foods, which are now in our food supply, have been engineered to produce a naturally occurring pesticide that is supposedly toxic only to insects. There are no long-term human studies to indicate that genetically modified foods are safe. However, rats fed genetically modified potatoes had increased intestinal infections, reduced immunity, and reduced weight of intestine, pancreas, kidneys, liver, lungs and brain. Since you may be unknowingly consuming genetically modified or irradiated foods, you would need dietary supplementation to offset the invisible but potentially negative effects of such foods.
- ◆ Reason #10: Environmental pollution. We dump nearly six billion pounds of chemicals into our environment every year. While some of it ends up in our food, much of it is in our air and water. If you breathe air and drink water, you are ingesting chemical pollution. Medical research has clearly established that environmental chemicals contribute to degenerative diseases. You have no choice but to eat food, drink water, and breathe air. Therefore, you will need dietary supplements to help you process and detoxify the pollution entering your body every day.
- ◆ Reason #11: Bioaccumulation of pollution in animal foods. There are certain "persistent" pollutants that tend to accumulate in any living thing, whether animal or plant. The higher up the food chain, the greater the accumulation. Take swordfish for example. Swordfish is known to have high levels of mercury, a toxic metal. The problem starts when small bait fish eat organic material that contains mercury. They metabolize the organic material but retain the mercury. Small predatory fish then eat the bait fish, thus inheriting their accumulated mercury. The more bait fish they eat, the more mercury they accumulate. Finally a swordfish comes along and eats a bunch of small predatory fish, and picks up a load of mercury. So a big swordfish can gather a lot of mercury over time. But the swordfish is not the end of the chain. You are! You eat the swordfish, and now all that accumulated mercury is stored in "your" body. Swordfish is only one example out of hundreds. Here's the point. You're at the top of the entire food chain on earth. Therefore, you unknowingly accumulate heavy metals and chemical pollutants, which are proven to be detrimental to your health. If you consume animal foods, you need dietary supplements to help you handle the pollutants they contain.
- ◆ Reason #12: "Energy" pollution. Energy pollution invisibly burdens your body. The form of energy pollution you're familiar with is radioactive fallout, like that from nuclear testing in Nevada which caused an increase in cancers downwind from the test site. Another, less well known form of energy pollution is altered magnetic fields from electrical motors and circuits, and all kinds of energy transmissions (microwave, radar, cell phone, etc.). Not only can energy pollution destroy or damage cells directly, but it causes a stress reaction in the body which leads to hormonal imbalances. For example, energy pollution reduces your levels of

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melatonin, an essential hormone. Once again, dietary supplements are a method to assist your body to compensate for another type of pollution from which there is no escape.

- ◆ Reason #13: Genetic weaknesses. Each of us is genetically and biochemically unique. But none of us is perfect. We all have some kind of genetic weakness. For example, you might have a genetic abnormality in methionine metabolism called homocystinuria (methionine is an amino acid required to make your body function). In this case, taking large doses of vitamin B6 is a way to compensate for this weakness. There are hundreds if not thousands of possible genetic abnormalities. Many of them can be minimized with dietary supplementation.
- ◆ Reason #14. Chronic Stress. "Stress" occurs when your body has a "fight or flight" response to any situation. Most of the time, you're not aware of it. Stress can come from anywhere at any time. It could be a barking dog, a disagreeable boss, a car that needs repair, an unpaid bill, a relationship that isn't working, or living alone. Anything at all. You become so accustomed to stress that you consciously tune it out – but your body doesn't. When stress is repeated over and over, it is called chronic stress, which seriously depletes your body of energy and vital reserves. Chronic stress produces hormones that have a long-term weakening effect on your body which accelerates the aging process and leads to chronic degenerative disease. Supplements reduce the detrimental effects of chronic stress.
- ◆ Reason #15. Your lifestyle. How you behave may increase your need for supplementation. For example, smoking or drinking alcohol to excess dramatically saps your reserves of vital nutrients. In both cases, dietary supplementation is not an option - it's a requirement. On the other hand, if you're an avid mountain climber or high-performance athlete, you use up nutrients faster than the average person. The same is true if you work in a physically demanding occupation. Your performance will be improved with dietary supplementation.
- ◆ Reason #16: GI problems. Any kind of digestive or gastrointestinal problem will diminish your absorption of vitamins, minerals, protein, essential fats, and plant substances required to maintain a healthy body. Irritable bowel syndrome, colitis, Crohn's disease, or chronic diarrhea hurt your ability to absorb nutrients. Ditto for bacterial, viral, yeast or parasitic infections. Food allergies are notorious for causing GI problems. In short, any inflammation in your GI tract means trouble. Therefore, you will need supplements to help you deal with the inflammation, as well as to increase the amount of essential nutrients you are consuming and absorbing.
- ◆ Reason #17: Weak digestion. Heartburn, bloat after eating, burping, or gas may suggest you have an impaired ability to digest your food. If you can't digest your food, it can't be absorbed into your body. Supplementary digestive aids may be indicated.
- ◆ Reason #18: Getting older. Medical studies have proven that you lose your digestive power as you get older. By the time you're "elderly", you could have a serious problem that can only be corrected by supplementation. In addition, studies have shown that many elderly people eat less well than they did in earlier years. In this case, dietary supplements can augment an otherwise inadequate diet.
- ◆ Reason #19: Teenager. It's no secret that adolescents eat and drink things that are very unhealthy, i.e., "junk food". This is no way to nourish a maturing body. Most teenagers need dietary supplementation.
- ◆ Reason #20. Chronic disease or disorder. It doesn't matter what the disorder is. It could be arthritis, macular degeneration, cancer, diabetes, high blood pressure, asthma, eczema, PMS or anything else. Specific dietary supplements can help almost any disorder.
- ◆ Reason #21. Medications. Americans and South Africans alike are consuming an astounding quantity of prescription and over-the-counter medications. However, nothing in your body operates in isolated compartments - everything interacts with everything else in some way. Many drugs interact with supplements, or cause an increased need for them. For example, women on birth control pills may have an increased need for vitamin B6. People on Glucophage need more calcium, B12 and folic acid. The list is endless. So if you're on medication, consult with one of our physicians to determine the specific supplements you need.
- ◆ Reason #22. Pregnancy. Your requirement for nutrients undergoes a big shift when you become pregnant. It's to your and your baby's benefit to take supplementation to reduce your risk of a miscarriage or pregnancy complications, and to have a healthier baby.

**BOTTOM LINE:** Because of worldwide pollution and degradation in the quality of our food supply, it's hard to imagine anyone who will not need nutritional supplements for the rest of his or her life. In addition, many people have health problems, a lifestyle, or special situations where supplements are advisable.

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## **What You Need to Know When Buying Nutritional Supplements**

Experience shows that you'll get healthier if you buy the highest quality dietary supplements. There are no standards for quality, so buy wisely.

### **Quality Does Matter**

When it comes to buying dietary supplements, you essentially have two choices: buy according to price, or buy according to quality. If you buy the cheapest supplement, you'll end up with an inferior product that may not improve your health. Therefore buying the cheapest is a waste of your money. In fact, the lowest-price products may contain impurities or additives that could actually make you worse.

Our clinical experience indicates that you're definitely better off buying the highest quality supplements. By doing so, you maximize the probability of improving your health and thus minimizing future medical expenses. So, not only will you be healthier by taking the highest quality supplements, you will also save money in the long run.

**GNLD goes to great length** to ensure their products are based in nature and backed by science and of the highest quality. But how exactly is this philosophy reflected in the manufacturing process, and what is the benefit for you, the consumer?

**GNLD believes in** a methodical system that allows it to trace and monitor every step of the production...from the quality of the seed stock to the inspection process on the packaging line. The detailed organizational structure means that only the best products end up with you.

**Step 1. Farm Fields...** when and how, something grows can be important determinants of quality... GNLD's standards make certain that only fields in the least- disturbed and most natural environments are used.

**Step 2. Raw Crop Analysis...** The resulting crops are continually analyzed for nutrient content and quality. This means only the purest whole-foods are used in every supplement.

**Step 3. Processing...** Cutting edge technology guarantees the cleanest extractions and concentrates with an absolute minimum of processed alternation.

**Step 4. Lab Analysis and Confirmation...** All raw materials are held under strict quarantine and cannot be released until lab tests for purity and potency are verified. Only then is the product delivered to the warehouse.

**Step 5. Manufacturing...** State of the art machines combine raw materials into different shapes with maximum efficiency, guaranteeing consistency from batch to batch.

**Step 6. Quality Control ...** All final products are tested and certified by the most reliable scientific methods to ensure safety, quality and effectiveness.

**Step 7. Inspections...** Quality assurance doesn't stop with the products. Meticulous inspections continue on the packaging line, as samples are retained and collected to facilitate future tracking.

**Step 8. Product Delivery ...** Even after GNLD products are delivered right to your door, batch numbers on every label allow the company to continue its tracking process.

Use the very best – GNLD Nutritional Supplements

## **List of illnesses caused by poor nutrition**

Many diseases in humans are directly or indirectly caused by improper eating habits and malnutrition. These include, but are not limited to, deficiency diseases, caused by a lack of essential nutrients. Additionally, several diseases are directly or indirectly impacted by dietary habits, and require very close attention to the nutrient content of food.

### **Over-nutrition (eating too much) Food**

Overeating and taking in too many Calories can cause Obesity, which in turn can lead to diseases such as cardiovascular disease and diabetes.

Obesity is a condition in which the natural energy reserve, stored in the fatty tissue of humans and other mammals, is increased to a point where it is associated with certain health conditions or increased mortality.

### **Deficiencies (eating too little) Malnutrition**

#### **Proteins/fats/carbohydrates**

Protein-energy malnutrition, kwashiorkor, Marasmus, Mental and Physical Retardation.

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## **Vitamin Deficiencies: avitaminosis,**

Avitaminosis is any disease caused by chronic or long-term vitamin deficiency or caused by a defect in metabolic conversion, such as Tryptophan to niacin.

Avitaminosis includes:

- ◆ Vitamin A ... deficiency causes xerophthalmia or night blindness
- ◆ Thiamine (B1) ... deficiency causes beriberi, Wernicke-Korsakoff syndrome
- ◆ Vitamin B2 (riboflavin) deficiency leads to Ariboflavinosis.
- ◆ Niacin... deficiency causes pellagra
- ◆ Vitamin B12 deficiency leads to Megaloblastic anemia
- ◆ Vitamin C (ascorbate) deficiency causes scurvy, deterioration of tissues throughout the body due to reduced collagen synthesis.
- ◆ Vitamin D deficiency - is known to cause several bone diseases including:
- ◆ Vitamin D deficiency causes rickets
- ◆ Vitamin K deficiency causes bleeding

## **Poor immune system function, brought on by malnutrition and undernourishment can potentially lead to a wide range of other illnesses.**

- ◆ Spina bifida – Condition of Spinal Column - A congenital condition in which part of the spinal cord or meninges protrudes through a cleft in the spinal column, resulting in loss of voluntary movement in the lower body
- ◆ Rickets - a childhood disease characterized by impeded growth, and deformity, of the long bones.
- ◆ Osteomalacia - a bone-thinning disorder that occurs exclusively in adults and is characterised by proximal muscle weakness and bone fragility.
- ◆ Osteoporosis - a condition characterized by reduced bone mineral density and increased bone fragility.
- ◆ Metabolic or nutritionally related diseases such as diabetes mellitus or endemic goitre.
- ◆ Osteoporosis - caused by calcium deficiency ... Calcium is essential to the formation of bones and teeth.
- ◆ Growth Retardation brought on by a Zinc deficiency.

## **Glossary – Key words and meanings.**

**Malnutrition**... Inadequate Nutrition... a lack of healthy foods in the diet, or an excessive intake of unhealthy foods, leading to physical harm.

**(Xerophthalmia**... Eye Disease causing dryness of eyeball...an eye disease caused by vitamin A deficiency, marked by dryness and ulceration of the conjunctiva and cornea. If untreated, it may cause blindness.)

**(Megaloblast**...Large Red Blood Cell...an unusually large red blood cell that has failed to mature properly, found especially in people affected by anaemia).

**(Ariboflavinosis**...Deficiency of Vitamin B2 Riboflavin...a condition caused by a dietary deficiency of vitamin B2riboflavin. The symptoms are mouth lesions and excessive oiliness of the skin and hair).

**(Wernicke-Korsakoff syndrome**... Brain damage in Alcoholics... A form of brain damage occurring in long-term alcoholics and is caused from severe nutritional deficiencies).

**Spina bifida**... A Condition of Spinal Column... A congenital condition in which part of the spinal cord or meninges (the three membranes that surround and protect the brain and the spinal cord, called the dura mater, the arachnoid mater, and the pia mater)... protrudes through a cleft in the spinal column, resulting in loss of voluntary movement in the lower body.

**Osteomalacia** ... Bone Disease...A disease occurring mainly in women that results from a lack of vitamin D or calcium, causing softening of the bones and resulting pain and weakness.

**Osteoporosis**... a disease occurring especially in women after the menopause in which the bones become very porous, break easily, and heal slowly. It may lead to curvature of the spine after the vertebrae collapse.

**Goitre**... enlargement of the thyroid gland appearing as a swelling of the front of the neck. Iodine deficiency is one of several causes.

**Diabetes mellitus**...Metabolic Disorder affecting Blood Sugar Levels... a disorder in which there is no control of blood sugar, through inadequate insulin production Type 1 or decreased sensitivity to insulin Type 2, causing kidney, eye, and nerve damage. Type 1 usually develops in childhood and requires lifelong injection of insulin, while Type 2 typically develops in middle age and can usually be controlled by diet and drugs.

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**Premenopausal**...Before the Menopause... describes the stage in a woman's life just before the onset of the menopause, or a woman at this stage. Such a woman is still menstruating, but may show some signs of the menopause, e.g. irregular menstrual periods.

**Microcytic anemia**...Small Red Blood Cell-an unusually small red blood cell

**Anemia** ... Blood deficiency... a blood condition in which there are too few red blood cells or the red blood cells are deficient in haemoglobin, resulting in poor health. Common causes include a lack of dietary iron, heavy blood loss, or the production of too few red blood cells due to disorders such as leukaemia.

**Pica**...Craving to eat nonfood things... the indiscriminate craving for and eating of substances such as paint chips, clay, plaster, or dirt

## Iron deficiency

(or "Sideropenia") is the most common known form of nutritional deficiency. In the human body, iron is present in all cells and has several vital functions—as a carrier of oxygen to the tissues from the lungs in the form of haemoglobin, as a transport medium for electrons within the cells in the form of cytochromes, and as an integral part of enzyme reactions in various tissues. Too little iron can interfere with these vital functions and lead to morbidity and mortality.

The direct consequence of iron deficiency is iron deficiency anemia. Groups that are most prone to developing this disease are children and premenopausal women.

Total body iron averages approximately 3.8 g in men and 2.3 g in women. There are several mechanisms that control human iron metabolism and safeguard against iron deficiency. The main regulatory mechanism is situated in the gastrointestinal tract. When loss of iron is not sufficiently compensated by adequate intake after some time that is determined by the state of body iron storage, iron deficiency develops.

Iron deficiency anemia is the most common type of anemia, and is also known as Sideropenic Anemia. It is the most common cause of microcytic anemia.

Iron deficiency anemia occurs when the dietary intake or absorption of iron is insufficient, and hemoglobin, which contains iron, cannot be formed. In the United States, 20% of all women of childbearing age have iron deficiency anemia, compared with only 2% of adult men. The principal cause of iron deficiency anemia in premenopausal women is blood lost during menses. Iron deficiency anemia can be caused by parasitic infections, such as hookworms. Intestinal bleeding caused by hookworms can lead to fecal blood loss and heme/iron deficiency. Chronic inflammation caused by parasitic infections contributes to anemia during pregnancy in most developing countries.

Iron deficiency anemia is the final stage of iron deficiency. When the body has sufficient iron to meet its needs (functional iron), the remainder is stored for later use in the bone marrow, liver, and spleen. Iron deficiency ranges from iron depletion, which yields little physiological damage, to iron deficiency anemia, which can affect the function of numerous organ systems. Iron depletion causes the amount of stored iron to be reduced, but has no effect on the functional iron. However, a person with no stored iron has no reserves to use if the body requires more iron. In essence, the amount of iron absorbed by the body is not adequate for growth and development or to replace the amount lost.

### Symptoms

Iron deficiency anemia is characterized by pallor (reduced amount of oxyhemoglobin in skin or mucous membrane), fatigue and weakness. Because it tends to develop slowly, adaptation occurs and the disease often goes unrecognized for some time. In severe cases, dyspnoea (trouble breathing) can occur. Unusual obsessive food cravings, known as pica, may develop. Hair loss and lightheadedness can also be associated with iron deficiency anemia.

### Other symptoms

Other symptoms patients with iron deficiency anemia have reported are:

Constipation, Tinnitus, Palpitations, Seeing Bright Colors, Fainting, Feeling faint, Depression, Breathlessness, Twitching Nerves, Tingling, Numbness, Burning sensations, Sleep apnea (rare), Missed menstrual cycle, Heavy menstrual cycle, weak/ brittle nails, slow social development, sore/ swollen tongue, weak immune system, Poor appetite.

### Infant Development

Iron deficiency anemia for infants in their earlier stages of development may have significantly greater consequences than it does for adults. An animal made severely iron deficient during its earlier life cannot recover to normal iron levels even with iron therapy. In contrast, iron deficiency during later stages of development can be compensated with sufficient iron supplements. Iron deficiency anemia affects neurological development by decreasing learning ability, altering motor functions, and permanently reducing the number of dopamine receptors and serotonin levels. Iron deficiency during

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development can lead to reduced myelination of the spinal cord, as well as a change in myelin composition. Additionally, iron deficiency anemia has a negative effect on physical growth. Growth hormone secretion is related to serum Transferrin levels, suggesting a positive correlation between iron-Transferrin levels and an increase in height and weight.

### **Impact of Vitamins**

There is an observed correlation between serum retinol (Same as Vitamin A)... and haemoglobin levels. Women with a low serum retinol concentration are more likely to be iron-deficient and anemic, compared to those with normal to high levels of retinol. While vitamin A deficiency has an adverse effect on hemoglobin synthesis, even a slight increase in vitamin A intake can lead to a significant rise in hemoglobin levels. However, vitamin A is less effective in alleviating severe iron-deficiency anemia. Without a doubt, low levels of iron in the body cannot be relieved by vitamin A supplementation alone. Additionally, a low ascorbic acid (Same as Vitamin C)...stores in the body causes an impairment in the release of stored iron in the reticuloendothelial cells. Ascorbic acid plays an important role in modulating Ferritin synthesis and iron storage.

### **Glossary of key words...**

**Serotonin**...Neurotransmitter chemical... a chemical derived from the amino acid Tryptophan and widely distributed in tissues. It acts as a neurotransmitter, constricts blood vessels at injury sites, and may affect emotional states. Formula: C<sub>10</sub>H<sub>12</sub>N<sub>2</sub>O.

**Cytochromes**... Protein- Containing Compound... a protein belonging to a group that contains iron and plays a role in cell respiration

**Myelination**... Material surrounding nerves... a whitish material made up of protein and fats that surrounds some nerve cells in concentric sheaths, insulating adjacent nerve fibres and enabling transmission of nerve impulses.

**Haemoglobin**... Oxygen-transporting substance in blood... an iron-containing protein in red blood cells that transports oxygen around the body

**Ferritin**... Iron Containing Protein... an iron-binding protein found in the liver, which stores iron in the body. When required, iron is released and used in the production of haemoglobin in red blood cells.

## **Pellagra**

**Pellagra is a vitamin deficiency disease** caused by dietary lack of niacin (B3) and protein, especially proteins containing the essential amino acid Tryptophan. Because Tryptophan can be converted into niacin, foods with Tryptophan but without niacin, such as milk, prevent pellagra. However, if dietary Tryptophan is diverted into protein production, niacin deficiency may still result.

Pellagra is an endemic disease in Africa, Mexico, Indonesia and China. In modern societies, a majority of patients with clinical pellagra are poor, homeless, alcohol dependent or psychiatric patients who refuse food. Tryptophan is an essential amino acid found in meat, poultry, fish, and eggs. If your diet contains these foods your need for niacin from other sources will be reduced. The relationship between lysine and pellagra is unclear.

**Symptoms:** The symptoms of pellagra include: High sensitivity to sunlight, Aggression, Dermatitis, alopecia, oedema, Smooth, beefy red glossitis, Red skin lesions, Insomnia, Weakness, Mental confusion, Ataxia, paralysis of extremities, peripheral neuritis, Diarrhea, Eventually dementia. The main results of pellagra can easily be remembered as "the four D's": diarrhea, dermatitis, dementia, and death.

Frostig and Spies (acc. to Cleary and Cleary) described psychological symptoms of pellagra : The elementary syndrome: Psycho-sensory disturbances (impressions as being painful, annoying bright lights, odours intolerance causing nausea and vomiting, and dizziness after sudden movements)... Psycho-motor disturbances, such as restlessness, tense and a desire to quarrel increased preparedness for motor action, and Emotional Disturbances.

### **Epidemiology**

Pellagra can be common in people who obtain most of their food energy from maize, since untreated corn is a poor source of niacin (vitamin B3). Corn is also a poor source of Tryptophan. This disease can be common among people who live in rural South America where corn is a staple. The symptoms usually appear during spring, increase in the summer due to greater sun exposure, and return the following spring. It is one of several diseases of malnutrition common in Africa. It was also endemic

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in the poorer states of the U.S. South, like Mississippi and Alabama, as well as among the inmates of jails and orphanages, where it was studied by Joseph Goldberger who conducted experiments in the penal colony in Rankin. Alkali treatment of the corn corrects the niacin deficiency, and was a common practice in Native American cultures that grew corn. The amino acid deficiency must be balanced by consumption of other sources of protein. It was common amongst prisoners of Soviet labor camps, the infamous Gulag. It can be found in cases of chronic alcoholism.

### **Prognosis**

Untreated, the disease can kill within four or five years.

Pellagra can be treated by treatment with niacin (usually as niacinamide). The frequency and amount of niacinamide administered depends on the degree to which the condition has progressed.

### **Impact on Skeletal Tissue**

Gillman and Gillman related skeletal tissue and pellagra in their research in South African, African people. They provide some of the best evidence for skeletal manifestations of pellagra and the reaction of bone in malnutrition. They claimed radiological studies of adult pellagrins demonstrated marked osteoporosis. A negative mineral balance in pellagrins was noted which indicated active mobilization and excretion of endogenous mineral substances, and undoubtedly impacted the turnover of bone. Extensive dental caries were present in over half of pellagra patients. In most cases caries were associated with severe gingival retraction, sepsis, exposure of cementum, and loosening of teeth.

# **Protein**

Take away the water and about 75 percent of your weight is protein. Protein found throughout the body. It's in muscle, bone, skin, hair, and virtually every other body part or tissue. It makes up the enzymes that power many chemical reactions and the hemoglobin

that carries oxygen in your blood. At least 10,000 different proteins make you what you are and keep you that way.

Twenty two building blocks, called amino acids, provide the raw material for all proteins. Following genetic instructions, the body strings together amino acids. Some genes call for short chains; others are blueprints for long chains that fold, origami-like, into intricate, three-dimensional structures.

Because the body doesn't store amino acids, as it does fats or carbohydrates, it needs a daily supply of amino acids to make new protein.

Until recently, protein got little attention; it was often overshadowed by fat, carbohydrates, and vitamins. That's changing. Lately there's been an explosion of interest in protein, largely triggered by high-protein low carbohydrate diets for weight loss.

We know that adults need a minimum of 1 gram of protein for every kilogram of body weight per day to keep from slowly breaking down their own tissues. That's about 9 grams of protein for every 20 pounds.

Around the world, millions of people don't get enough protein. Protein malnutrition leads to the condition known as kwashiorkor. Lack of protein can cause growth failure, loss of muscle mass, decreased immunity, weakening of the heart and respiratory system, and death...

[GNLD's Protein Supplements include all 22 Amino Acids – Nutrishake, GR2 shake and Protein Powder.](#)

## **Questions and Answers**

**Questions about the safety of Soya...**

**Answer : STATEMENT ISSUED BY THE SAB**

### **SAFETY OF SOYA IN GNLD PRODUCTS**

First, soy products are considered a staple in many countries, and have been safely consumed for centuries. Despite some of the concern issues surrounding soy, there is still not enough scientific evidence that soy should not be included in a healthy diet. A balanced diet, abundant in vitamins, minerals and other nutritional factors

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are essential to overall good health. Within the healthy diet there are factors which may be especially helpful in preventing certain health difficulties. Hundreds of studies have revealed that soy actually has a positive effect on many disease areas in human health. In fact, scientific evidence supports the addition of soy products to your diet, especially because of the number of beneficial effects it has on human health. We would like to address a few key points about soy:

Myth #1: Soy protein increases the risk goitres and adversely affects thyroid function.

Fact: Studies in humans have not shown clinically significant changes in thyroid function. Additionally, Asian populations have a long history of safe use consuming soy products, without a significant occurrence of goitre.

Myth #2: Protease (trypsin) inhibitors in soy reduce the digestion efficiency of dietary proteins, and can also cause pancreatic cancer.

Fact: This is true only if soybeans are consumed raw. When heated, protease inhibitors are inactivated. Moreover, while raw soybeans can cause enlargement of the pancreas in rats, there is no evidence to indicate the same would be true with a human pancreas. Furthermore, if this was even remotely possible, there would be high rates of pancreatic cancer in South East Asian countries that consume large quantities of soy: this is not the case. Additionally, several studies have found protease inhibitors to be anti-cancer agents both in vitro and animal studies. Finally, another study shows that Seventh Day Adventists who consumed soybeans as their primary source of protein have a reduced, not increased, rate of pancreatic cancer.

Myth #3: Lectins in soybeans, also known as agglutinin, reduces growth.

Fact: This contention is based on a single, questionable rat study. What they don't say in the article is that the scientist who conducted the research stated that the low levels of lectin found in soy products would be very unlikely to be a risk to human health.

Myth #4: Phytate in soybeans reduces the bioavailability of calcium, iron, and zinc.

Fact: Soy consumption does not appear to have an overall negative effect on calcium balance. Plus, many soy foods are very high in calcium. Additionally, the absorption of calcium from soybeans is almost identical to the absorption of calcium from a glass of milk. And while soy does inhibit iron absorption, the overall effect on iron balance has not been shown to negative. Lastly, if there is a sufficient amount of zinc in the diet, phytates in soy should not cause any deficiency problems.

Myth #5: Nitrosamine, nitrate, lysinoalanine, and isoflavone content make soy protein unsafe for consumption.

Fact: There is simply no science to support that soy protein is unsafe. This is just a rumour fuelled by the internet.

Myth #6: Soy protein based infant formulas are not safe.

Fact: Soy protein based infant formulas are, in fact, well tolerated and can be made nutritionally complete. While there are some concerns about the effects of the soy compound isoflavones on infants, there are no published peer-reviewed scientific reports linking soy protein based formulas to adverse reactions in infants. Additionally, historically it's clearly been demonstrated that soy formulas support normal growth and development.

**Finally, we would like to take this opportunity to assure you that the SAB members and GNLD's Global Science Network would never allow a questionable ingredient to be used in any GNLD product. Additionally, the members of the SAB continue to maintain a close watch on any research that might call into question the safety any of the ingredients we use.**

Furthermore, our "What's Right" philosophy ensures that each product developed and manufactured by GNLD will be of an exceptional offering, made with only the highest quality, highest purity, raw materials available.

**GNLD - SAB**

**Did You Know**

**The little known Soya product** that can reverse the effects of crippling osteoporosis. A new development in the treatment and prevention of osteoporosis is ipriflavone, a compound derived from Soya beans. The hundred or so clinical trials conducted so far show that ipriflavone is not only very effective in halting bone loss and increasing bone density, but can also reduce the pain of osteoporosis-related fractures. A review of over 2500 patients has established ipriflavone's long-term safety and lack of side-effects (*Calcij Tissue Int.* 61 (Suppl. 1): 523-27, 1997). GNLD Protein Shakes are an excellent source of Soya... So drink up and enjoy all the benefits of Soya and indeed Protein (all 22 Amino Acids)

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# Question... Glyconutrients... ????

As requested, information on Glyconutrients....Please read attachment which is from our SAB which refers to a previous query. Regards, Bev Gunning, Product Management

## GNLD - SAB COMMENTS REGARDING GLYCONUTRIENTS.

Regarding "glyconutrients, they've been around awhile. The situation has remained unchanged for the last few years though. There's a fatal flaw in their story. Here are a couple of points to consider:

1. There is no such thing as "essential sugars". It's a concept created by and perpetuated by only those that would have you believe that story, but it is without a scientific basis. Surely, the body cannot create "sugar" and must get it from the diet, but essentiality is not a factor none the less.
2. The sellers of "glyconutrients" make claims that suggest their product has a beneficial effect on cell -to -cell "gap junction" communication. They base that on the fact that their product contains saccharides and saccharides are involved in cell-to-cell communication. The problem is that though their product contains some saccharides, and saccharides are involved in cell-to-cell communication, that's where reality ends. There is no data to support that the saccharides in their product actually get to the cell. In fact, last we looked there was no data to support that their product was even bio-available. And indeed, you wouldn't want it to be. You understand the absorption stage of the Stages of Nutrition. The body doesn't absorb saccharides, but rather simple sugars. And it's a good thing too. Saccharides are relatively large molecules and you, and Nature, don't want them floating around in your blood. You'd soon die of arterial blockage. Nor is there any evidence that these simple sugars reassemble in the blood once absorbed. That would be a problem too.
3. Just as a related note, cell-to-cell communication was something first discussed by the SAB back in the late 1980's / early 1990's. When we launched Carotenoid Complex we noted at the time that emerging science suggested that cancer cells "cloak" themselves from identification by other healthy cells, and thus escape detection by the immune system, by disrupting cell-to-cell communication by breaking the polysaccharides that function as the communication links between cells. It had been shown in emerging research that carotenoids act to defend those communication links from destruction and thus help the immune system detect and eliminate emerging cancer cells. SAB members, including Dr. Furst, mentioned this in several talks.

Since then we have followed this area of investigation closely, including having the world's leading Carotenoid researcher, Dr. John Bertram of the Cancer Research Institute at the University of Hawaii attend a recent global symposium on Carotenoids as our representative. (A one-off project, he is not an SAB member.)

**Ref: J. Miller – GNLD SAB**

**From:** [Barry & Pat Bland](#)

**Date:** 2008/03/03 09:54:59 PM

**To:** [Lyn](#)

**Subject:** RE: glyconutrients

Hi Lyn... I think John's comments on "essential sugars" and the polysaccharide go together as "they" portray the saccharides as essential, and as John says you do not absorb saccharides whole, they are broken down to simple sugars (which you can only be deficient in if you are in a starvation situation, i.e. no food)

Ian Parker, as a pharmacist, worked out that you would need 50 mls of Aloe Plus to get your requirements of simple sugars per day!

Having waded through hours of DVDs and looking at the web site you finally discover that the source is Aloe and a 10 second pic shows that the essential requirements for everything to work are:

Protein

Vitamins

Minerals

Phytonutrients

and then glyconutrients!

Without the foregoing, the glyconutrients can't function correctly. The rest of any presentation is then focused on the glyconutrients. The SAB has always advocated the use of a balance and not large quantities of any one nutritional substance.... I hope this helps?

Barry

**(Dr. Barry Bland)**

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# Questions and Answers about Aspartame...

## ASPARTAME FACTS AND FICTION

The Internet has been flooded with negative allegations about Aspartame. Aspartame has been reported to be responsible for Multiple Sclerosis, Systemic Lupus, Alzheimer's Disease, Parkinson's Disease, Birth Defects, Neurological damage and is especially deadly for Diabetics. It says Aspartame is not a diet product, it makes you crave carbohydrates and will make you fat. Is any of this true? Aspartame is a non-nutritive sweetener found in a variety of foods. In the USA it is marketed as 'Nutrasweet', 'Equal' and 'Spoonful'.


According to Amy L Meinstein of Oxychem when the temperature of 86°F, the wood alcohol Aspartame converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. The methanol toxicity mimics Multiple Sclerosis, thus people are being diagnosed with having Multiple Sclerosis in error. She says the methanol toxicity caused by Aspartame is deadly. According to her Aspartame keeps the blood sugar level out of control causing many diabetics to go into a coma. Meinstein reports that seizures were rampant because the phenylalanine in Aspartame breaks down the seizure threshold and depletes serotonin, which causes manic depression, panic attacks, rage and violence.

According to the Monsanto company who own Nutrasweet none of the symptoms described above have been substantiated in any clinical scientific studies. In Monsanto's response to the allegations they assure consumers Aspartame is not associated with any adverse effects.

Aspartame is composed of two amino acids, aspartic acid and the methyl ester of phenylalanine. Aspartame is completely and quickly metabolised to its two amino acids (Aspartic acid and phenylalanine) and methanol through normal pathways. Amino acids from Aspartame are handled by the body the same way it handles other foods, such as bananas, milk, etc. The methanol is identical to that which we consume in much larger concentrations in fruits, vegetables and their

juices. Scientific studies were conducted in which extreme doses of Aspartame were administered to normal adults. Blood levels of methanol and formate (the toxic metabolite formed from methanol) were measured. Not only were the methanol levels far below those associated with toxicity, but there were no detectable changes in blood formate concentration. On the entire methanol issue, the FDA has stated that the amount of free methanol absorbed from Aspartame does not produce a significant and rapid plasma rise of alcohol and formate levels Aspartame ingestions when above 86°F does not cause metabolic acidosis. When Aspartame is exposed to high temperature for prolonged periods of time or in the presence of moisture some breakdown of Aspartame is inevitable. The result is simply a loss of sweetness. Allegations that Aspartame causes Multiple Sclerosis, Systemic Lupus, Alzheimer's Disease etc. are not true. These sad diseases existed many years before Aspartame came onto the market. Since 1965, Aspartame has been studied extensively resulting in an impressive collection of scientific data. With approximately 200 studies conducted in humans and animals, the safety of Aspartame is well established. The only people who must restrict their intake of Aspartame are people with Phenylketonuria (PKU). As dieticians we are responsible for giving the lay person sound,

Epidemiology Study Confirms Safety of Aspartame Page 1 of 2



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## Information

**Five-Year, Government Funded, Epidemiology Study Confirms Safety of Aspartame**

A new epidemiology study from the United States National Cancer Institute confirms previous study conclusions that there is no link between aspartame consumption and leukemias, lymphomas and brain tumours. The study, presented at the American Association of Cancer Research meeting in Washington, D.C. on the 4 April, evaluated over 500,000 men and women between the ages of 50 and 69 over a five-year period. The researchers found that there was no evidence of an increased risk of leukemias, lymphomas and brain tumours among people who use aspartame. The researchers report, "Our findings from this epidemiologic study suggest that consumption of aspartame-containing beverages does not raise the risk of hematopoietic or brain malignancies."

The study confirms the findings of a recent 2005 report, Review of Lymphatic and Hematopoietic Cancer Incidence Trends & Consumption of Aspartame, in which researchers concluded, upon examining cancer trends from the National Cancer Institute's Surveillance, Epidemiology and End Results (SEER) program that there is no consistent pattern (of leukemias or lymphomas) that parallels the rise in aspartame consumption. Further, the findings also support those of three recent animal studies conducted by the National Toxicology Program (NTP) designed to evaluate whether aspartame is capable of causing cancer. These U.S. government funded and managed studies were conducted using Good Laboratory Practices (GLP). The results of these cancer studies, in which aspartame was fed to mice bred to be especially sensitive to cancer-causing agents, unequivocally indicated that "there was no evidence of carcinogenic activity of aspartame."

Dr. Robert Bursey, President, Ajinomoto Corporate Services, LLC, said of the findings, "While we have always been confident in the safety of aspartame, this study overwhelmingly reinforces that conclusion and should put to rest any speculation to the contrary."

Aspartame is composed of two amino acids, aspartic acid and phenylalanine, as the methyl ester. Amino acids are the building blocks of protein. Aspartic acid and phenylalanine are found naturally in protein containing

**Other News**

[Media Archive](#)

<http://www.aspartame.info/nci.html> 2006/07/18

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scientifically substantiated nutrition information, make sure you know the facts about Aspartame and other sweeteners.... Ref: Diaeta Journal Reviews

## **ALL ABOUT ASPARTAME**

Aspartame, made from two amino acids (protein components) L-phenylalanine and L-aspartic acid, was discovered in 1965. It is a low-calorie sweetener which is approximately 200 times sweeter than sucrose. In 1981, aspartame became the first low-calorie sweetener approved by the Food and Drug Administration in more than 25 years. It was approved for use in tabletop sweeteners, various foods and dry beverage mixes. Two years later, in 1983, the FDA approved it for use in carbonated beverages.

Today, aspartame has established itself as an important component in hundreds of foods and beverages and is primarily responsible for the growth of the sugar-free market in the last two decades. Its excellent taste and suitability for a wide variety of products make it an appropriate choice for the weight conscious and diabetic market.

Over 100 million people around the world consume aspartame-containing products. It is used in a variety of applications, including tabletop sweeteners.

## **UPDATE 29 JUNE 2007**

A U.S. consumer group has asked the FDA to re-examine aspartame's safety, citing a new study that indicates that eating high doses of the sweetener caused several types of cancer in rats, including leukemia, lymphoma and breast cancer. The FDA's response: "The FDA finds no reason to alter its previous conclusion that aspartame is safe." Aspartame is used in soft drinks and is sold under the brand names NutraSweet and Equal

## **Statement Issued by the SAB TO WHOM IT MAY CONCERN Aspartame**

This is to confirm that aspartame; a sweetener used in GNLD's Protein Powder was approved by the FDA as a **safe** ingredient.

Concern over aspartame safety has been fuelled by people outside the mainstream scientific community. To date, there have not been any **credible** scientific studies which demonstrate any difficulty with regular use of aspartame; if there had been, GNLD would not be using aspartame.

From all that has been studied about this ingredient, and from information obtained from 70 countries worldwide which do approve the use of aspartame, the conclusion is that aspartame is safe.

Dr. William Campbell Douglas states that aspartame chemically breaks down into methanol, formaldehyde and formic acid. We would like to assure you that this does not happen within your body! Aspartame is a single molecule made from the two amino acids Phenylalanine and Aspartic acid. On digestion, a small amount of methyl alcohol is in fact formed. However, the amount formed is very, very small, just a few micrograms per serving. Let us put this in perspective of the methyl alcohol found in nature.

Methyl alcohol is normally and naturally present in eggs, fruits and other foods. For example, one glass of tomato juice normally contains about 48mg of methyl alcohol. The toxic dose of methyl alcohol is in the order of between 49,000 mg and 24,000 mg.

Methyl alcohol in the body is converted to formic acid which becomes part of the normal metabolism on the carbon cycle. In the body, methyl alcohol does not form formaldehyde. Furthermore, formic acid is not carcinogenic.

In closing, aspartame has been one of the most widely tested food additives in history. If there was even one credible study which demonstrated some harm from aspartame, GNLD would cease using this component. Consequently, the members of the Scientific Advisory Board (SAB) continue to maintain a close watch on any research that might call aspartame safety into question. To date, all indications are that aspartame will continue to receive a clean bill of health.

**The SAB would like to reassure the Distributors that they are watching out for the Distributors' health and welfare on this and other issues and will never allow a questionable ingredient to be used in any GNLD product.**

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## Last Question: Is there a relationship between the amount of sugar in fruit and the immune system?

**Answer:** There are definite links between the ingestion of sugar and immune system suppression. Yet, while fruit does contain sugar it also contains many other valuable nutrients that are important for health. In fact, many of the nutrients it contains such as antioxidant phytonutrients-including carotenoids and flavonoids-have been found to be extremely protective of health. These phytonutrients have antioxidant functions that can help reduce the development of cancer. This does not mean that we should eat fruit to excess. Their sugar content can raise blood sugar levels, notably if eaten without fat or protein containing foods to blunt their blood sugar elevation effects. This is especially true for individuals sensitive to sugar such as diabetics or those with other blood sugar dysregulation conditions. Like many other public health organizations, we recommend 2-4 servings of fruit per day. Use GNLD's Phytodefence to make sure you get all your antioxidants.

# Sports Nutrition

## Better nutrition results in better performance.

Nutritional deficiencies can often result in reduced endurance, fatigue, or inability to perform well. Whether you are simply doing light athletics for health reasons or preparing for competition, your overall nutritional state plays an important part in your readiness and ability to perform well. A well-balanced diet is essential for an athlete. However, even with the most balanced food intake, strenuous exercise can often cause rapid use of nutrients; in these cases, supplements may be necessary to help improve performance.

**NOTE:** *Nutritional supplements should not take the place of a proper diet for athletic purposes. Even if weight loss is the goal, a balanced diet combined with exercise is necessary.*

## The following supplements have been shown to be helpful for athletes:

**Amino Acids**, the components of protein, appear to act as performance enhancers. In specific, amino acids appear to help reduce muscle loss and speed muscle build-up and more importantly muscle repair. Nutrishake, GR2 Shake and Protein Powder contain all the 22 Amino Acids... found in Nature... It is these that combine in different ways to make all the proteins needed by the body.

**Antioxidants**, such as **Vitamin C** and **Vitamin E**, and **Carotenoids**, are an important part of the body's defense against muscle damage from exercise. Strenuous exercise increases the body's production of free radicals, which, in turn, can cause muscle damage which manifests as swollen or painful muscles. These are all available from GNLD but are also contained in products like the Formula IV and the Nutrishake/ Protein Shakes. Carotenoid Complex contains

**B-Complex Vitamins** help the body to utilize the energy found in carbohydrate-rich foods. In particular, Vitamin B2, Vitamin B6, and Pantothenic Acid appear to be of great use to athletes in reaching their full potential. Carnitine appears to decrease muscle soreness. GNLD's Vitamin B Complex Sustained Release is the very best one can do.

**Vitamin C** helps to prevent heat fatigue.... This helps especial for endurance athletes. GNLD's Vitamin C Sustained Release is the best.

**Omega 3, Flavonoids and Tre-en-en oils** have anti-inflammatory properties. These supplements can help to reduce inflammation and ease the pain of muscle injuries. Check out our New Omega 3 Salmon Oil Plus...

**Tre-en-en Oils**, comprised of sterols and lipids appear to increase testosterone levels and the release of endorphins, as well as the growth of lean muscle tissue.

**Amino Acids** found in the GNLD Nutrishake/ GR2 Protein Shake /GNLD Protein Powder appear to also increase the growth of lean muscle tissue. Athletes using the supplement have shown more muscle gain than those not taking the supplement over a comparable time period under the same exercise regimen. **GNLD's Nutrishake.**

**Iron and Vitamin E** is critical when exercising, as it is necessary for the body's transferal of oxygen through the blood to muscles. Low iron levels can result in muscle soreness, fatigue, reduced endurance, and more injuries. **GNLD's Iron and Vitamin E Complex...**

**Magnesium** is necessary for muscle contraction, heart rate regulation, and muscle growth. Strenuous exercise can rapidly deplete the body's stores of magnesium; supplements are often helpful. **GNLD's Calmag** is the best... Calcium and Magnesium actually work synergistically together...

**GNLD's Aloe Vera plus Ginseng** are often used by athletes, as they generally have an energizing effect. Aloe Vera also improves lung function and assists with breathing. ... More importantly, Aloe Vera Juice is especially great for long distance runners who suffer with stomach cramp, wind and runny tummy. Drink a glass or so before running a marathon or ultra...

**Chromium** is used in great quantity during exercise, as is Zinc. Low levels of these nutrients are often seen in the blood after strenuous exercise, and these low levels are often associated with blood sugar

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fluctuations, decreased energy levels, and slower muscle recovery times. **Chromium is contained in the GNLD's Formula IV Plus + Multi-Mineral Plus Alfalfa.**

**GNLD's Multi-Mineral Plus Alfalfa – A Huge must for Endurance Athletes....**

## Multi-Minerals plus Alfalfa

- Alfalfa is high in the eight essential amino acids, calcium, trace minerals, beta-carotene, vitamins E, K, C and the B vitamins. When combined with other food factors such as Watercress, Irish moss, Parsley, Kelp and Chlorophyll as well as dietary significant amounts of macro, micro and trace minerals, those individuals concerned about the mineral content of their diet, could find broad-spectrum mineral supplementation in one product. **Dosage: 1 tablet daily. It contains a Broad-spectrum formulation** containing macro, micro and trace minerals. It is a **Custom Trace Mineral Blend**: containing Atlantic kelp, watercress, parsley, chlorophyll and Irish moss for broad-spectrum mineral availability. The **Alfalfa is grown without pesticides and is field ripened. Alfalfa is air-dried**: low temperature natural drying protects nutrient value. Diet is the only source of minerals for the body. Although only relatively small amounts of minerals are required, they are essential to normal mental and physical functioning. Many mineral functions are interrelated with those of vitamins although mineral deficiencies appear to be more common than vitamin deficiencies. A blend of macro, micro and trace minerals with alfalfa, a particularly nutrient rich plant and one of the most complete in our food chain, provides broad-spectrum mineral content in forms drawn directly from nature.

### MULTIMINERAL PLUS ALFALFA

- **NATURAL, RICH AND PURE IN ESSENTIAL MINERALS.**
- **WIDE SPECTRUM FORMULA INCLUDING MACRO, MICRO AND TRACE ELEMENTS.**
- **CONTAINS THE 8 MACRO MINERALS**
- **CONTAINS THE 72 TRACE ELEMENTS.**

**For Comrades Training...** I would recommend... (Lyn Banks)

GNLD's Nutrishake or GR2 Shake (1 Shake per day after training for complete body repair), Daily Vitality Pack (1 sachet daily), Omega 3 Salmon Oil Plus ... Leading up to Marathons and ultras... increase your Multi-Mineral plus Alfalfa and vitamin C. Use GNLD's Vitamin C Sustained Release... and of course plenty of training... Good Luck!

Ps. Use GNLD's Full Motion for protection and recovery of the joints... Read up on Full Motion.

## HEART FAILURE

Heart failure is due to the reduced ability of the heart to pump blood efficiently around the body. However, this does not mean the heart is about to fail or stop completely. Congestive heart failure is the term used to explain the typical symptoms that occur in heart failure from excessive fluid that causes congestion in the body.

Heart failure can occur as a result of damage to the heart muscle (resulting from heart attack or high blood pressure) or as a result of disease (eg viral infection, alcohol damage, valve problems, congenital heart disease).

When the heart does not pump efficiently, the heart has to beat faster and will gradually enlarge to cope with the workload. As a result, the heart weakens and the amount of blood pumped to the body is restricted.

The circulation becomes sluggish causing excess fluid normally excreted by the kidneys to be retained in the body.

### Warning signs of Heart Failure

- ♥ Shortness of breath – may be more obvious on exertion or when lying flat.
- ♥ Swelling (oedema) around the ankles and legs.
- ♥ Some people may feel weak and tired.
- ♥ Poor appetite.
- ♥ A dry cough may also be present (due to fluid in the lungs).
- ♥ Excess fluid can cause unusual weight gain.

### Action

- ♥ Consult a doctor.
- ♥ Diuretic medication or water tablets to reduce the excessive fluid may be prescribed
- ♥ Vasodilators or ACE inhibitors to open up the blood vessels reducing the pressure the heart has to pump against may be prescribed
- ♥ Lavoxin may be used to strengthen the heart muscle
- ♥ Sleep well-supported with pillows to help shortness of breath
- ♥ Check weight fluctuations.

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- ♥ Regular walking within the limits of your comfort and symptoms.
- ♥ Follow a heart healthy diet and take GNLD Nutritional Supplements as listed in heart health.

### Reduce salt intake by:

Using herbs rather than salt for flavourings.

Reduce intake of processed foods (where salt is often used as a preservative).

Become diligent about reading food labels (e.g. some bottled waters are high in sodium)

Avoid adding salt at the table

If a smoker, then try to give up.

Tuesday, February 26, 2008

## More of the Elderly Living with Heart Failure

Incidence has declined, but survival gains place burden on Medicare, analysis finds

(HealthDay News) -- While the number of elderly Americans newly diagnosed with heart failure has declined, the number of those living with the condition has increased, new research finds.

The Duke University study analyzed data on 622,789 Medicare patients, aged 65 and older, diagnosed with heart failure between 1994 and 2003. It found that the annual occurrence of heart failure decreased from 32 per 1,000 person-years (years of observation time during which each person is at risk to develop the disease) in 1994, to 29 per 1,000 person-years in 2003.

When the researchers looked at specific age groups, they found a sharper decline among people aged 80 to 84 (from 57.5 to 48.4 per 1,000 person-years), and a slight increase among those aged 65 to 69 (from 17.5 to 19.3 per 1,000 person years).

Between 1994 and 2003, the number of people living with heart failure increased, from about 140,000 to 200,000. More men than women live with the condition.

"The proportion of [Medicare] beneficiaries with a heart failure diagnosis increased from 90 per 1,000 in 1994 to 120 per 1,000 in 2000, and remained at about 120 per 1,000 through 2003," the authors wrote.

The findings are published in the Feb. 25 issue of the Archives of Internal Medicine.

"Although the incidence of heart failure has declined somewhat during the past decade, modest survival gains have resulted in an increase in the number of patients living with heart failure," the researchers concluded. "Identifying optimal strategies for the treatment and management of heart failure will become increasingly important as the size of the Medicare population grows."

Almost 5 million people in the United States have heart failure, which kills more than 300,000 patients a year. Since it's primarily a disease of older people, it places a significant and increasing burden on Medicare, said the study authors, who noted that the number of people age 65 and older hospitalized for heart failure increased by more than 30 percent from 1984 to 2002.

More information ...The American Heart Association has more about heart failure.

-- Robert Preidt SOURCE: JAMA/Archives journals, news release, Feb. 25, 2008



## Healthy Heart Nutrition

### Antioxidants and Immunity...

**GNLD's Antioxidants include the following products:**

- **Carotenoid Complex**, 90 capsules
  - **Flavonoid Complex**, 60 Tablets
  - **Cruciferous compounds**, 60 tablets
- The above three are also available in 1 x Phytodefence Pack x 30 sachets each containing 3 x Carotenoids, 2 x Flavonoids and 1 Cruciferous.....30 sachets.
- Each **PhytoDefence pack** contains GNLD's exclusive, patented Carotenoid Complex™, which delivers antioxidant protection from free radical damage for the lipid portions of cells; Flavonoid Complex™ to help protect the watery portions inside and around cells; and Cruciferous Plus™ which provides nutrients that work with naturally-occurring hormones and enzymes to promote good health. PhytoDefence delivers the broad phytonutrients protection of six optimal servings of fruits and vegetables in one convenient pack.
  - **VA, VC, VE**,
  - **Beta-Guard** for Adults and Vita-guard for children contain a complex of antioxidants such as Beta Carotene VC, VE, zinc, selenium, chromium, VB3, VB6, Betaguard 100 tablets

**2) Nutrients that promote healthy homocysteine levels.** Over 500 studies have been published in the medical literature about the dangers of homocysteine. Elevated homocysteine is up to 5 times

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more deadly than elevated cholesterol. Vitamins B6, B12, Folic Acid amongst other B's promote healthy homocysteine levels.

The following are recommended nutrients and levels to promote healthy homocysteine levels:

#### **GNLD's Lipotropic Adjunct**

4 tablets contain		% RDA
Vitamin B6 (As pyridoxine Hydrochloride)	8mg	400%
Folic Acid	600 mcg	150%
Vitamin B12 (As Cyanocobalamin)	100 mcg	1666%
Choline Bitartrate	200 mg	
Inositol	200 mg	
Betaine Hydrochloride	200 mg	
Lemon Bioflavonoids	100 mg	
Hesperidin	100 mg	

#### **GNLD's Vitamin B Complex...**

**3) Nutrients that promote healthy cholesterol levels and ratios.** Cholesterol levels are not the best indicators of cardiovascular health, the ratio of HDL (good) versus LDL (bad) are far superior. A ratio of 4 or less is good with 3 being optimal. Ways to Lower Your Cholesterol naturally, GNLD's Omega 3, GNLD's Tre-en-en Complex, GNLD's Garlic Allium Complex and GNLD's Vitamin E

Heart disease is the #1 killer in the U.S., responsible for one death every 35 seconds. No matter how old you are, it's never too early or too late to protect your heart. And there's no better time to do it than now –

**4) Nutrients that promote strong and healthy blood vessels.** Many people's diets do not supply enough Vitamin C and Bioflavonoids to promote healthy blood vessels. Vitamin C and Bioflavonoids are critical to collagen formation, the major connective protein that maintains and promotes strong blood vessels. The following nutrients are recommended to promote strong and healthy blood vessels: Vitamin C (500 - 2,000 mg per day), Flavonoid Complex (100 - 500 mg per day), Phytodefence (1 x Sachet per day)...

## **Bits & Pieces...**

**Various products have been discontinued, they are**

Vitamin A Local, Vitamin C Local, Vitamin E Local

Vitamin B Local... will be back in the near with a new improved formulation...

Masculine Herbal Formula and Rest 'n Relax...

There is an investigation by the FDA on the effects of Damiana and both these herbal formulas contain the herb which has been withdrawn for the moment due to recent findings...

SAB....Our GNLD Scientists are fully investigating these so called findings and doing their own research and will be negotiating re-entry.

## **CATARACTS...?**

If you have been diagnosed with beginning cataracts then there are natural treatments you could try... Putting ophthalmologists out of business...

There was a recent article by an ophthalmologist who wrote that his income from cataract surgery had declined by 2/3 since he started recommending Vitamin A to individuals with early cataracts. He noted that few cataracts actually disappeared, but that progression of most of them did slow drastically, and often stopped where it was... It was impressive that this ophthalmologist cared more for his patients than for his bank account. Recommendation .... Add 40,000IU of Vitamin A (Not Beta-carotene) to your program each day...

GNLD's Vitamin A+D is simply the best!

## **Little Recipe for Success!**

1. Check your attitude often throughout the day... remember that you **attract** to yourself what you are thinking about... Thoughts become things... so think about your success, your big team; visualize a wonderful future filled with health, wealth and happiness.
2. Recruit 3 people... or more this month!
3. Talk to people every day about your Business Opportunity and your products.
4. Believe that you are and will be a DIAMOND in the business.
5. Gratitude... be grateful for all your blessings you have on a daily basis.
6. NB, NB, NB....Attend trainings, GNLD functions...Rallies etc... it is here that you realize that you can have whatever you want... through the GNLD Opportunity! Get inspired, get motivated, and get going!!!!

# ***Distributors of GNLD International***

# Friendly Impending Events

Sat 8th March 2008

**Opportunity Meeting (Business Presentation) 1-1:45pm**

Open to all Guests...

We invite you to have a look at the most wonderful Business Opportunity...

The Presentation is free!

**Friendly Team Rally 2-4 pm**

FRIENDLY TEAM-UP RALLY! (Closed to Friendly Force Distributors).

Friendly Guests are invited to stay for this Rally!

SPEAKERS... JEN BAIGENT - (1RD) - GNLD NUTRITION

Muhsin & Deeba Peterson (SD's)

Others TBA....

HOSTS - Roy & Lyn Banks

**GNLD International GNLD Conference Room, Longmeadow Business Estate,**

**2 Ayrshire Boulevard, Longmeadow R10.00 for Distributors –& Guests are Free**

Sat 29<sup>th</sup> Mar 2008

**Opportunity Meeting + Training with the Banks'**

**10am**

**Melrose Bowling Club, 18 Venus Street, Birdhaven.**

Tue 1st April 2008

**March 2007 Month End**

**All Day!**

Sat 5<sup>th</sup> April 2008

**Team Rally – This is a Must!**

**Opportunity Meeting (Business Presentation) 1-1:45pm**

Open to all Guests...We invite you to have a look at the most wonderful Business

Opportunity... The Presentation is free!

**Friendly Team Rally 2-4 pm**

FRIENDLY TEAM-UP RALLY! (Closed to Friendly Force Distributors).

Friendly Guests are invited to stay for this Rally

**GNLD International GNLD Conference Room, Longmeadow Business Estate,**

**2 Ayrshire Boulevard, Longmeadow R10.00 for Distributors –& Guests are Free**

**Experience Meetings - Entrance Fee for Distributors – R10.00 & Guests are Free**

March	Town	VENUE	TIME	SPEAKERS		
				COMP	PRODUCT	B/OPP
SAT 1 <sup>ST</sup>	MTHATHA (UMTATA)	HOLIDAY INN	14:30	K VAUGHAN	B MASONDO	L SMITH
SUN 2 <sup>ND</sup>	KOKSTAD	COMMUNITY HALL CNR AVENUE AND MURRAY STR	14:30	K VAUGHAN	B MASONDO	L SMITH
WED 12 <sup>TH</sup>	NEWCASTLE	CENTURY CASINO	18:00	B MASONDO	N DUBE	S CELE
THU 13 <sup>TH</sup>	VANDEBBIJL PARK	RIVERSIDE HOTEL VANDEBBIJL	18:30	R BOSTOCK	LOCAL DISTRI	S SHABALALA
THU 13 <sup>TH</sup>	VRYHEID	STILWATER HOTEL	18:00	B MASONDO	N DUBE	S CELE
SAT 15 <sup>TH</sup>	SOWETO	DLAMINI MULTI PURPOSE CENTRE KOMA RD NEAR MOROKA POLICE STATION	14:30	K VAUGHAN	LOCAL DISTRI	S SHABALALA
SAT 15 <sup>TH</sup>	CAPE TOWN	BELMONT SQUARE CONF CENTRE	14:30	H CRONJE	LOCAL DISTRI	J CLOETE
SAT 15 <sup>TH</sup>	ULUNDI	HOLIDAY INN/ ULUNDI	14:30	B MASONDO	N DUBE	S CELE
SUN 16 <sup>TH</sup>	RUSTENBURG	LIONS CLUB RUSTENBURG	14:30	K VAUGHAN	LOCAL DISTRI	S SHABALALA
SUN 16 <sup>TH</sup>	KHAYALITSHA	LOOKOUT HILL, SPINE RD, KHAYALITSHA, OFF THE N2, CAPE TOWN	14:30	H CRONJE	LOCAL DISTRI	J CLOETE
SUN 16 <sup>TH</sup>	EMPANGENI	PROTEA HOTEL EMPANGENI	14:30	B MASONDO	N DUBE	S CELE

***Distributors of GNLD International***

# Competition for the Month

Leadership Breakfast Meeting... Leadership Breakfast will be held in Gauteng for those who achieve a point value of 250/2000PV plus 1 signing or more.... At the Rosebank mall, at the Mug and Bean...or if necessary another appropriate venue... Accept this challenge this month... and be recognised at a very special breakfast. Let me list the qualifications again....

- ♥ You do personal PV of 250 points through your own name at head office.
  - ♥ You must achieve a group PV of no less than 2000PV's
  - ♥ You must personally sign up 1 distributor....
- "If you think you can or if you think you can't you're right!" ...John Paul Getty.

**Winners for February Baigent, Dedekind, Walker, Peterson.... Saturday 22 March 2008 10am @ the Mug 'n Bean, Rosebank.**

## The Comfort Zone...by Unknown

I used to have a comfort zone where I knew I wouldn't fail.  
The same four walls and busywork were really more like jail.  
I longed so much to do the things I'd never done before,  
But stayed inside my comfort zone and paced the same old floor.  
I said it didn't matter that I wasn't doing much.  
I said I didn't care for things like commission checks and such.  
I claimed to be so busy with the things inside the zone,  
But deep inside I longed for something special of my own.  
I couldn't let my life go by just watching others win.  
I held my breath; I stepped outside and let the change begin.  
I took a step and with new strength I'd never felt before,  
I kissed my comfort zone goodbye and closed and locked the door.  
If you're in a comfort zone, afraid to venture out,  
Remember that all winners were at one time filled with doubt.  
A step or two and words of praise can make your dreams come true.  
Reach for your future with a smile; Success is there for you!

# Recognition - February 2008

**There are Six 3/30'S Achievers** – Erwin+Gilda Dedekind, Beryl+Trevro Schreuder, Chrisie Dorfling, Muhsin+Deeba Peterson, Wallied+Farieda Flashman and Rayhaan Peterson...

## 500 Club Achievers...

	PPV	GPV
Merle Du Plooy	2 521	4 000
Jeanine Du Toit	500	500
Lydia Maake & Colin Bockel	587	587
Erwin & Gilda Dedekind	1 597	5 172
Lynette Powell	603	603
Carol & Wayne Walker	1 539	2 171
Annelies van Leusden	1 021	1 021
Cecelia de Freitas	592	592
Hillary Estherhuizen	806	2 343
Francis & Len Pawsen	518	861
Danielle Holcroft	1 188	1 327
Zelda Roodt	597	3 245
Caroline Roodt	500	500
Annette Treagus	678	1 338
Shirley & Richard Aarons	879	4 134
Maureen Mac Donald	546	546
Susi Muller	812	1 086
Ingrid & Chris Warning	1 085	1 085
Rowan & Rosemary Algie	1 020	1 020
Chrissie Dorfling	1 075	1 075
Paul & Lorna Marwick	667	667
Muhsin & Deeba Peterson	720	4 001
Wallied & Farieda Flashman	640	801

## New Senior Managers...

Jo & Zaitoon Rubidge, Lynette Powell, Ingrid & Chris Warning, Paul & Lorna Marwick.

30 New Distributors joined our fantastic opportunity! Well Done, the Friendlies...

**Breakfast will at the Mug 'n Bean** - Rosebank, Sat 22<sup>nd</sup> March 2007 10:30am Baigent, Dedekind, Walker and Peterson....

## London!

Only a few months to go... March, April, May... JUNE! ... Training + Preparation starts in earnest right now... Its almost like training for the Comrades... in fact, the Comrades race is at exactly the same time... You can still do it... but you need to start now and make every day count... work at taking your next steps toward Director in the next three months! It will be worthwhile going as a Director as you would have made money along the way! Of course, one can always capitalise and book for a little longer seeing one is already there! 20-22nd June, we will celebrate the World Convention in London and every Distributor is invited to attend... It will be GNLD's 50th Anniversary and Wow ... are we going to have a Gigantic Celebration! It will end with a Gala Evening with GNLD securing Brian Adams for this 'Best Ever' Party...

**Do you prefer that you be right, or that you be happy?**

*-A Course in Miracles*

Build a strong GNLD Business from today as we do not know what the future may bring... Those with jobs, careers and such, might just find themselves being retrenched, pensioned or side lined and having your own GNLD business that you can fall back on and rely on will bring a future that is secure and bright and full of promise... GNLD gives you the opportunity of earning Residual Income for the rest of your life! Start Building today! Don't wait until....!!!!

## 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

February 2008

Congratulations to the following ... Keep it up!

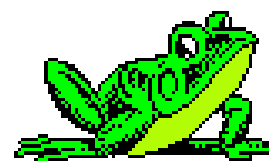
Pos.	Distributorship	Grp PV	Recr
1.	Jeanette Baigent	44 873	
2.	Zelda Roodt	27 018	
3.	Blanche Stephenson	11 632	3
4.	Erwin & Gilda Dedekind	9 584	6
5.	Muhsin & Deebe Peterson	8 365	6
6.	Shirley & Richard Aarons	8 140	2
7.	Jenny Mc Connachie	6 062	
8.	Hillary Esterhuizen	5 483	
9.	Merle Du Plooy	5 466	
10.	Lida Swan	5 094	
11.	Margaret Bailey Mc Ewan	5 069	
12.	Wayne & Carol Walker	4 415	1
13.	Judy Dos Ramos	3 632	
14.	Gillan Bertram	3 426	
15.	Althea De Beer	2 834	
16.	Susi Muller	2 741	1
17.	Danielle Holcroft	2 501	
18.	Annette Treagus	2 347	
19.	Annelies Van Leusden	2 330	
20.	Iris & Frank Malherbe	2 280	

At least 1 signing is required by end of March

Those with no signings at the end of March will drop out!

## The story about the tiny Frogs....

There once was a bunch of tiny frogs, who arranged a running competition. The goal was to reach the top of a very high tower. A big crowd had gathered around the tower to see the race and cheer on the contestants... The race began... Honestly: No one in crowd really believed that the tiny frogs would reach the top of the tower. You heard statements such as: "Oh, WAY too difficult!! They will NEVER make it to the top." or: "Not a chance that they will succeed. The tower is too high!" The tiny frogs began collapsing. One by one... Except for those who in a fresh tempo were climbing higher and higher... The crowd continued to yell "It is too difficult!!! No one will make it!" More tiny frogs got tired and gave up... ..But ONE continued higher and higher and higher... This one wouldn't give up! At the end everyone else had given up climbing the tower. Except for the one tiny frog that after a big effort was the only one who reached the top! THEN all of the other tiny frogs naturally wanted to know how this one frog managed to do it? A contestant asked the tiny frog how the one who succeeded had found the strength to reach the goal. It turned out... That the winner was DEAF!!!! The wisdom of this story is: Never listen to other people's tendencies to be negative or pessimistic.....because they take your most wonderful dreams and wishes away from you. The ones you have in your heart! Always think of the power words have. Because everything you hear and read will affect your actions! Therefore: ALWAYS be...POSITIVE! And above all: Be DEAF when people tell YOU that YOU can not fulfill YOUR dreams!



Always think: I can do this!

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