



# The Friendly Force

## Distributors of GNLD International

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### Friendly Team Talk - Newsletter Volume 22 Issue 5 – May 2008

#### Happy Mother's Day for the 11<sup>th</sup> May 2008

Hi Friendly Folks... April was a great month even with having all those holidays...60 000Group PV plus a bit... so well Done, the Friendly Team... Special Congratulations to Jen Baigent (Gauteng) and Blanche Stephenson (Cape Town) and their respective teams on spectacular results! Check out the results on Page 18-20.

We are back to normal in May, Month End being on Monday 2nd June 2008 but with a major exception... There will be a PRICE INCREASE, Prices go up on the 24<sup>th</sup> May (Page 6)... so the last day for shopping at the old prices will be the Friday 23<sup>rd</sup> May. This is going to be an AWESOME month! **Our recommendation is to treat the 23<sup>rd</sup> May as your Month End... and any production that happens after that will top off your results and be the 'Cherry on the Top'...**

This will indeed be a month of business and busyness as this is the month for qualifications and for taking your next step in the business. ... Attending the Senior Manager Seminars around the country is an absolute must (See Page 2). We would love to see all the Gautengers at our Friendly Training on Saturday 31<sup>st</sup> May, Business Building Techniques! Check the impending events section below and you will see that there is a lot of Opportunity for building your GNLD Network this month! Make use of the SENIOR MANAGERS SEMINARS around the continent and get excited about your GNLD Opportunity! Here's to having the best Month ever in the Merry month of May! Our Greetings to Jen and Rob Baigent – Ruby Directors in the Friendly Force and to their family and their grandchildren visiting with them this month, all the way from America! Happiness and Success ... Lyn and Roy Banks (Stay Friendly).

Begin and end each day with a positive affirmation and repeat it to yourself throughout the day.

For example, tell yourself, "I am healthy!" or "Today is going to be a great day!"

Replace negative thoughts with positive thoughts. Good mental health will lead to good physical health.

Great thoughts will lead to great Success! Maintain a positive inner voice and smile. It makes all the difference in the world.

**Available Now! GNLD's New Product Manual is out on Sale... Code 326... R150... Get yours today! It looks fantastic!**

## Impending Events

Senior Managers Seminars happening around the country – Check Flyer for your venue!

<b>Sat 10<sup>TH</sup> May 2008</b>	<b>Friendly Team Rally - Longmeadow</b> GNLD Head Office, 2 Ayshire Boulevard, Longmeadow Business Estate. Product Dem + Opportunity Presentation Ladies please bring snacks	<b>2.00 pm</b>  2.00 pm R10 pp
<b>Every Mon</b>	<b>Muhsin &amp; Deeba Peterson – Team Training (Open)</b> (Mon 19 <sup>th</sup> Bus. Building Workshop Banks/Peterson ...7.00 pm) Bosmont Library, Maraisburg St, Bosmont	<b>7.00 pm</b>
<b>Every Wed</b>	<b>Daniel + Zodwa – Closed Team Training (Rosettenville)</b>	<b>7.00 pm</b>
<b>Tuesday 13<sup>th</sup> May</b>	<b>Leaders Meeting for Qualified Directors + Up</b>	<b>2.00 pm</b>
<b>Wed 14<sup>th</sup> May</b>	<b>Lenasia Team Training @ Rookshana's</b>	<b>10.30 am</b>
<b>Thu 15<sup>th</sup> May</b>	<b>Nutrition Address –Wanderers GOLF Club, Entr Rudd, N of Corlett, Illovo</b> Dr. Barry Bland (Degenerative Diseases) (Bring Guests) Dr. Brendan Barnes (Heavy Metal Pollution) (Plus Quick Opportunity) Free Entr.	<b>7.00 pm</b>
<b>Sat 17<sup>th</sup> May</b> <b>Sat 23 + 24<sup>th</sup> May</b>	<b>Gauteng Senior Managers workshop – Kyalami</b> <b>23<sup>rd</sup> buy @ old prices... 24<sup>th</sup> GNLD prices go up!</b>	<b>See Flyer</b>
<b>Sat 31st May</b>	<b>Friendly Workshop</b> Opportunity will be included in training if necessary Melrose Bowling Club, 18 Venus Street, Birdhaven Module 2 – "Friendly Selling Techniques" Recruiting + Products GNLD Difference... Ladies, please bring snacks	<b>10.00 am</b>    R5 per head
<b>Monday 2<sup>nd</sup> June</b>	<b>Month End!!!!</b>	<b>All Day!</b>
<b>Sat 7<sup>TH</sup> June</b>	<b>Friendly Team Rally - Longmeadow</b> GNLD Head Office, 2 Ayshire Boulevard, Longmeadow Business Estate. Product Dem + Opportunity Presentation Ladies please bring snacks	<b>2.00 pm</b>  2.00 pm R10 pp
<b>Whoopeeee!</b>	<b>It's also our 23<sup>rd</sup> Wedding Anniversary... Bring Champaign</b>	<b>we will!</b>



# EXTREME MAKEOVER

GNLD Edition

INTERNATIONAL

NEW TOOLS

NEW MONEY

NEW ATTITUDE

# GNLD EVENTS



Ian Parker



Kemble Morgan



Olusanmi Asalu



Brandon Masondo



Jane Nkatha Mwenda



Anastasia Agbenyegah



Nat Fleisher



Cyrus Methu

For all African and World Events... Please go to [www.gnld.co.za](http://www.gnld.co.za) and click on GNLD EVENTS ... then choose the region that you are interested in...

## Senior Manager's Seminars - May 2008

Date	Time	Event	Location	Speaker	Contact
May 14	7:30 PM	Senior Manager Seminar	Boardwalk Conf Centre Port Elizabeth Port Elizabeth, South Africa	Ian Parker/Brandon Masondo	Muret van Rensburg +2711 4093015
May 17	2:30 PM	Senior Manager Seminar	The Castle Kyalami Midrand, Gauteng, South Africa	Ian Parker/Brandon Masondo	Muret van Rensburg +2711 4093015
May 18	2:30 PM	Senior Manager Seminar	Protea Hotel Empangeni Empangeni, South Africa	Ian Parker/Brandon Masondo	Muret van Rensburg +2711 4093015
May 19	6:30 PM	Senior Manager Seminar	GNLD Convention Centre 30 Church Street Westville, South Africa	Ian Parker/Brandon Masondo	Muret van Rensburg +2711 4093015
May 20	6:30 PM	Senior Manager Seminar	Protea Imperial Hotel Pietermaritzburg Pietermaritzburg, South Africa	Ian Parker/Brandon Masondo	Muret van Rensburg +2711 4093015
May 21	7:30 PM	Senior Manager Seminar	Protea President Hotel Cape Town Cape Town, South Africa	Ian Parker/Brandon Masondo	Muret van Rensburg +2711 4093015
May 22	6:30 PM	Senior Manager Seminar	Nampower Conference Centre Windhoek Namibia, Namibia	Ian Parker/Brandon Masondo	Muret van Rensburg +2711 4093015
May 23	6:30 PM	Senior Manager Seminar	Grand Palm Botswana Gaborone, Botswana	Ian Parker/Brandon Masondo	Muret van Rensburg +2711 4093015
May 25	3:00 PM	Senior Manager Seminar	Tums George Manzini Swaziland, Swaziland	Ian Parker/Brandon Masondo	Muret van Rensburg +2711 4093015

# Success is easy when you know the basics!

## The basics should be exercised every day!

Success is easy to achieve once you know the basics – simple things that you need to focus on daily that will lead you consistently closer to the life of your dreams. And the good thing is there are only a handful of these things. Your challenge is to find out how to effectively do this handful of things, and then spend most of your time doing them. Become skilled at the basics and the only way to do that is to “Just do it!”.

1. Use the Product
  2. Share the Product
  3. Share the Opportunity  
With others who will...
1. Use the Product
  2. Share the Product
  3. Share the opportunity  
With others who will...
1. Use the Product
  2. Share the Product
  3. Share the opportunity  
With those who will....

In a Nutshell...Use the product, Sell the Product and Recruit/Sponsor People into your team... coach your Down-line to do the same... It's easy... Get your Sponsor / Leader to help you in the beginning but do it yourself as soon as you are able to... you can have a lot of fun and it will build your confidence!

Most people try to find out the simple secrets to success by themselves... through painful trial and error. But you don't have to, because there is a shortcut... Use your Sponsor / Upline leader especially those who have had a lot of experience in recruiting... But folks remember this when sponsoring people into your GNLD Business... Work with the ones who show results... don't waste time and effort with those in your team that just don't do anything... Sure! Stay in touch with them, encourage them and remind them when there is training etc... (People can change but they have to change themselves so staying in touch helps when things do change and you there to support them) but do not waste your time and effort... here's what Jim Rohn has to say and it applies to your GNLD Business as well...

"Success is nothing more than a few simple disciplines, practiced every day; while failure is simply a few errors in judgment, repeated every day. It is the accumulative weight of our disciplines and our judgments that leads us to either fortune or failure." -- **Jim Rohn**

## *Don't Send Your Ducks to Eagle School*

The first rule of management is this: don't send your ducks to eagle school.

Why? Because it won't work!

Good people are found not changed. They can change themselves, but you can't change them. You want good people, you have to find them. If you want motivated people, you have to find them, not motivate them.

I picked up a magazine not long ago in New York that had a full-page ad in it for a hotel chain. The first line of the ad read, "We do not teach our people to be nice." Now that got my attention. The second line said, "We hire nice people." I thought, "What a clever shortcut!"

Motivation is a mystery. Why are some people motivated and some are not? Why does one salesperson see his first prospect at seven in the morning while the other sees his first prospect at eleven in the morning? Why would one start at seven and the other start at eleven? I don't know. Call it "mysteries of the mind."

I give lectures to a thousand people at a time. One walks out and says, 'I'm going to change my life.' Another walks out with a yawn and says, "I've heard all this stuff before." Why is that?

The wealthy man says to a thousand people, "I read this book, and it started me on the road to wealth.

Guess how many of the thousand go out and get the book? Answer: very few. Isn't that incredible?

Why wouldn't everyone go get the book? Mysteries of the mind...

To one person, you have to say, "You'd better slow down. You can't work that many hours, do that many things, go, go, go. You're going to have a heart attack and die." And to another person, you have to say, "When are you going to get off the couch?" What is the difference? Why wouldn't everyone strive to be wealthy and happy?

Chalk it up to mysteries of the mind, and don't waste your time trying to turn ducks into eagles. Recruit people who already have the motivation and drive to be eagles and then just let them soar.

- Excerpted from “Leading an Inspired Life”. To Your Success, Jim Rohn

# BASICS/FUNDAMENTALS

Friendly Folks... I am all for doing your bit every day ... Accomplishing the basics every day... and not leaving it till month end and hope like hell that things will come together in the end!... You want stress... That's stress! So here's the next story (The Ant Philosophy)... and I am sure that it will make sense to you... and you will have so much more fun and excitement in your business! Remember this is, after all your business! You should "Open your doors" everyday! You do this in GNLD by doing the basics every day ...use the products, share the products and sharing the Opportunity.... That's opening your shop doors. Believe me ... Procrastination stinks! It spoils everything including your dreams! The best way forward to building a successful GNLD business is to work your business, work your basics; every day...It's fundamental! Let's take an example from the humble ant.

## The Ant Philosophy

Over the years I've been teaching children about a simple but powerful concept - the ant philosophy. I think everybody should study ants.

They have an amazing four-part philosophy, and here is the first part: ants never quit. That's a good philosophy. If they're headed somewhere and you try to stop them; they'll look for another way.

They'll climb over, they'll climb under, and they'll climb around. They keep looking for another way. What a neat philosophy, to never quit looking for a way to get where you're supposed to go.

Second, ants think winter all summer. That's an important perspective. You can't be so naive as to think summer will last forever. So ants are gathering in their winter food in the middle of summer. An ancient story says, "Don't build your house on the sand in the summer." Why do we need that advice? Because it is important to be realistic. In the summer, you've got to think storm. You've got to think rocks as you enjoy the sand and sun. Think ahead.

The third part of the ant philosophy is that ants think summer all winter. That is so important. During the winter, ants remind themselves, "This won't last long; we'll soon be out of here." And the first warm day, the ants are out. If it turns cold again, they'll dive back down, but then they come out the first warm day. They can't wait to get out.

And here's the last part of the ant philosophy. How much will an ant gather during the summer to prepare for the winter? All he possibly can. What an incredible philosophy, the "all-you-possibly-can" philosophy. Wow, what a great philosophy. Never give up, look ahead, stay positive and do all you can.

To Your Success, Jim Rohn

**"Believe there is a great power silently working all things for good, behave yourself and never mind the rest." -- Beatrix Potter**

## Success IS Everything by Jim Rohn

Someone once said to me that success isn't everything and I think I know what they really meant. I believe they really meant that money wasn't everything and I certainly agree with that. But I do believe that success IS everything.

First you need to succeed to survive. We must take the seasons and learn how to use them with the seed, the soil and the rain of opportunity to learn how to sustain ourselves and our family. But then second is to then succeed to flourish in every part of your life.

Good question to ask mature people "If you could do better should you?" And I think almost everybody would answer the question in the positive. If you could improve your health shouldn't you do that? If you can learn more shouldn't you do that? If you could earn more and share more, shouldn't you do that?

If you can improve your relationships and spirituality shouldn't you do that? And I think that is what success is really all about.

It is not just a destination that is set for everybody to try and go for. It is like Zig said, "improving in every area of your life to see if you can't with satisfaction at the end of the day, week, month and year and say 'I have made excellent progress this year, for myself, for my family, for my business, my career and my health.'" I think that kind of success everybody recognizes is legitimate and something we should all strive for.

Interesting phrase in the bible that says strive for perfection - not that we can ever reach it. But it is in the striving, to be a little bit better today than yesterday, in our speech, our language, our health, everything we can possibility think of...So yes, in my opinion it is good to succeed!

**"Sometimes when I consider what tremendous consequences come from little things. I am tempted to think there are no little things." -- Bruce Barton**

# The Four Emotions That Can Lead to Life Change

Emotions are the most powerful forces inside us. Under the power of emotions, human beings can perform the most heroic (as well as barbaric) acts.

To a great degree, civilization itself can be defined as the intelligent channeling of human emotion. Emotions are fuel and the mind is the pilot, which together propel the ship of civilized progress.

Which emotions cause people to act? There are four basic ones; each, or a combination of several, can trigger the most incredible activity. The day that you allow these emotions to fuel your desire is the day you'll turn your life around.

- 1) **DISGUST**...One does not usually equate the word "disgust" with positive action. And yet properly channeled, disgust can change a person's life. The person who feels disgusted has reached a point of no return. He or she is ready to throw down the gauntlet at life and say, "I've had it!"  
That's what I said after many humiliating experiences at age 25, I said. "I don't want to live like this anymore. I've had it with being broke. I've had it with being embarrassed, and I've had it with lying. "Yes, productive feelings of disgust come when a person says, "Enough is enough."The "guy" has finally had it with mediocrity. He's had it with those awful sick feelings of fear, pain and humiliation. He then decides he is not going to live like this anymore." Look out! This could be the day that turns a life around. Call it what you will, the "I've had it" day, the "never again" day, the "enough's enough" day. Whatever you call it, it's powerful! There is nothing so life-changing as gut-wrenching disgust!
- 2) **DECISION**...Most of us need to be pushed to the wall to make decisions. And once we reach this point, we have to deal with the conflicting emotions that come with making them. We have reached a fork in the road. Now this fork can be a two-prong, three-prong, or even a four-prong fork. No wonder that decision-making can create knots in stomachs, keep us awake in the middle of the night, or make us break out in a cold sweat. Making life-changing decisions can be likened to internal civil war. Conflicting armies of emotions, each with its own arsenal of reasons, battle each other for supremacy of our minds. And our resulting decisions, whether bold or timid, well thought out or impulsive, can either set the course of action or blind it. I don't have much advice to give you about decision-making except this: Whatever you do, don't camp at the fork in the road. Decide. It's far better to make a wrong decision than to not make one at all. Each of us must confront our emotional turmoil and sort out our feelings.
- 3) **DESIRE**...How does one gain desire? I don't think I can answer this directly because there are many ways. But I do know two things about desire: a. It comes from the inside not the outside.  
b. It can be triggered by outside forces.  
Almost anything can trigger desire. It's a matter of timing as much as preparation. It might be a song that tugs at the heart. It might be a memorable sermon. It might be a movie, a conversation with a friend, a confrontation with the enemy, or a bitter experience. Even a book or an article such as this one can trigger the inner mechanism that will make some people say, "I want it now!" Therefore, while searching for your "hot button" of pure, raw desire, welcome into your life each positive experience. Don't erect a wall to protect you from experiencing life. The same wall that keeps out your disappointment also keeps out the sunlight of enriching experiences. So let life touch you. The next touch could be the one that turns your life around.
- 4) **RESOLVE**...Resolve says, "I will." These two words are among the most potent in the English language. I WILL. Benjamin Disraeli, the great British statesman, once said, "Nothing can resist a human will that will stake even its existence on the extent of its purpose." In other words, when someone resolves to "do or die," nothing can stop him. The mountain climber says, "I will climb the mountain. They've told me it's too high, it's too far, it's too steep, it's too rocky, it's too difficult. But it's my mountain. I will climb it. You'll soon see me waving from the top or you'll never see me, because unless I reach the peak, I'm not coming back." Who can argue with such resolve? When confronted with such iron-will determination, I can see Time, Fate and Circumstance calling a hasty conference and deciding, "We might as well let him have his dream. He's said he's going to get there or die trying." The best definition for "resolve" I've ever heard came from a schoolgirl in Foster City, California. As is my custom, I was lecturing about success to a group of bright kids at a junior high school. I asked, "Who can tell me what "resolve" means?" Several hands went up, and I did get some pretty good definitions. But the last was the best.  
A shy girl from the back of the room got up and said with quiet intensity, "I think resolve means promising yourself you will never give up." That's it! That's the best definition I've ever heard: **PROMISE YOURSELF YOU'LL NEVER GIVE UP.** Think about it! How long should a baby try to learn how to walk? How long would you give the average baby before you say, "That's it, you've had your chance"? You say that's crazy? Of course it is. Any mother would say, "My baby is going to keep trying until he learns how to walk!" No wonder everyone walks.

There is a vital lesson in this. Ask yourself, "How long am I going to work to make my dreams come true?" I suggest you answer, "As long as it takes." That's what these four emotions are all about. To Your Success,  
Jim Rohn

**"IF IT IS TO BE IT IS UP TO ME"**

# NUTRITIONALLY SPEAKING

Cravings usually are more psychological than physical. You can avoid cravings by eating small, frequent meals. When you get hungry between meals, enjoy a healthy snack. Another tip is to drink water instead of searching for a snack. Oftentimes, we confuse thirst with hunger. By not giving into cravings, you'll be amazed at the amount of empty calories you save.

Use the GNLD GR2 Appetite Reducer Fibre Tabs as well as the GR2 Thermogenic Enhancer for conquering cravings and reducing hunger... Add the GR2 Protein Shake and follow the GR2 Weight Loss Program and you are completely insured against weight gain during these Winter Months! You will emerge the dreary Winter Months like a beautiful butterfly come Spring Time... Start today with your metamorphosis!

## Immunity Is Critical to Good Health

### Protection, Especially in the Winter Months

Here's a simple fact: No matter how healthy our diet or how much we exercise, we are only as healthy as our immune system. Immunity is all that stands between good health and an onslaught of bacteria, viruses, cancers and other harmful pathogens. But how can you ensure that you have optimal immune function? Well, you can start with the correct supplementation of antioxidant nutrients shown in recent studies to support optimal immune function and reduce the risk of cancer, heart disease, HIV, Aids related illnesses and the common cold. Your health is under constant attack from free radicals, which may contribute to aging, cell damage, and various health concerns. But natural and effective hope lies with antioxidants. Without a properly functioning immune system, we as human beings would cease to exist. Our bodies would be virtually overrun by various bacteria, viruses, cancers and other pathogens in hours to days.

Fortunately, however, the majority of us have an adequately functioning immune system. But is it optimal? Bear in mind that our immune system is constantly under assault from various toxins in the air we breathe, in the water we drink, and even in the food we eat. For example, studies now indicate the over consumption of sugar and simple carbohydrates can potentially decimate the immune system, and even double the rate of breast cancer. Maintaining optimal immune functioning cannot be overstressed.

Build up your immune system by exercising regularly, getting proper rest and eating a healthy diet consisting of Vegetables, fruits (particularly ones that have colours), whole grains, nuts, seeds and good quality protein like fish and lean chicken... Cut down on red meat and animal fat. Add to this, supplements including antioxidants...

**GNLD Is Your Ultimate Destination for the Most Popular and Potent Antioxidants,  
Including Vitamins A, C, and E, Zinc, Chromium and Selenium...**

**These Antioxidants Are Found in GNLD's Formula IV and Betaguard...**

**Other Very Powerful Antioxidants Are:**

**GNLD's Carotenoid Complex, Flavonoid Complex and Cruciferous Complex.**

**All Three of These Are Found In the Phytodefence Pack**

**(30 Sachets Incl. 3 Carotenoids, 2 Flavonoids and 1 Cruciferous).**

**Stock Up Now and Experience Everyday Protection of Your Good Health!**

**PRICE INCREASE:** The prices are going up on average by 7%, however, Homecare and Nutriance ranges increase by 9%, Herbals by 9%, GR2 between 2 + 9% and the Nutritionals vary between no increase and 2-3% on imported and 9% generally and right up to 16% for the Nutrishake... Please check your new price list and study so that you can advise your customers and distributors... but do take advantage because of the gearing effect i.e. Super 10 ... Buy now at R77 with a profit of R16 but if you buy at old price and sell at new price of R101 you will make a profit of R24, which represents a 50% increase in your profit earnings... It's makes financial sense... We're in this business long term so having stock is a great advantage especially when you have geared for it.

**Happy Mothers Day for Sunday 11<sup>th</sup> May 2008 ... We hope that all mothers and Grandmothers out there blessed with health, happiness and Love!**

# KIDS NUTRITION

**Food supplements means less illness. One of the biggest problems in raising a family is illness.**

**The immune system is devastated by junk food and sugar. Runny noses, fevers and infections tell the story of an immune system that is weak in many children ... Food supplements won't cure the world's ills but they do raise the family up a few notches on the health ladder and sometimes they make dramatic improvements...**

## **Food Supplements reduce Birth Defects...**

The following article in "The Oregonian", Portland, Oregon, Dec 3 1988: "Women who took vitamins around the time they fell pregnant were much less likely than other women to have babies with birth defects of the brain and spine, a comprehensive study has found." The research interviewed mothers of 347 babies born with the defects, and 2,892 mothers of effect-free babies, chosen randomly for comparison. "We found that women who reported using multivitamins three months prior to conception and in the first three months after conception had a 50 to 60 percent reduction in risk of having a baby with Anencephaly or Spina Bifida compared with woman who reported not having used any vitamins in that same period...

"Years ago, Dr. Ruth Harrell conducted a study in the New York school system, in which she demonstrated that school-age children who took nutritional supplements performed better in school than their peers.

Dr. K. Michael Hambidge, a paediatrician who conducted a study through the University Of Colorado School Of Medicine, found that many children of short stature in Denver's Head Start program who missed breakfast and snacked on nutritionally inadequate foods throughout the day or dinner were zinc-deprived.

Zinc is an essential nutrient for growing children and, in fact, when they received adequate zinc supplementation, a number of these children experienced increased growth and development. Zinc is just one of more than 30 nutrients which are essential for brain development and function.

Many children in this country derive most of their calories from "empty-calorie foods", snacks, convenience and fast foods which are high in calories but low in vitamins and minerals.

The human brain is a powerhouse. Although it represents only six percent of our body weight, it utilizes up to 25 percent of our energy fuel, the blood sugar glucose. The conversion of glucose in our brain to energy requires an impressive array of vitamin-derived factors. When it is deprived of these nutrients, the brain cannot adequately produce neurotransmitters, substances that control mood, memory, and behaviour.

Although it might not result in such overt signs of nutritional deficiency as scurvy, beriberi, or pellagra, an empty-calorie diet can result in "less than optimal" brain chemistry, which translates into subtle changes in behaviour, learning ability and mood.

In a recent study of the association between vitamin, nutrition, and learn ability, Drs. D Benton and G. Roberts examined the effect of vitamin and mineral supplementation on intelligence in school children. Reported in The Lancet, Vol 1, p 140-143, 1988 their study demonstrated that vitamin supplementation in school age children resulted in a measurable increase in I.Q. and enhanced learning ability. This enhanced learning ability. This paper generated a wave of controversy and commentary among the medical and nutritional communities, including criticisms of the study methodology. The message that emerged, however, was there might be something to the connection between children's vitamin and mineral status and their brain chemistry and I.Q. A special British television show highlighting the implications of this study generated such interest among parents that, by the Monday following the airing of the show, it was virtually impossible to find any vitamin or mineral supplements for children in stores in England.

As a result of the British public's strong response to the Benton and Robert's work, a new research group, the Dietary Research Foundation, was established to examine, under more controlled conditions, the relationship between children's I.Q. and vitamin supplementation. During the course of its research, the Dietary Research Foundation found improvement in test scores measuring verbal and nonverbal reasoning in school children who received vitamin and mineral supplementation (Lancet, Vol 335, p 744-47, 1990). This study was a multi-centred trial in both Britain and the United States, overseen by Dr. Stephen Schoenthaler, a well-known nutrition and behaviour expert and professor at the California State University in Turlock.

Dr. Schoenthaler and his group performed a very large intervention trial with school-age children, with some children receiving vitamin and mineral supplementation at one of three levels, and other children getting a similar-sized placebo. All were given a battery of tests to evaluate behaviour

and intelligence characteristics before and after the supplementation program. When the data were evaluated, the results were quite clear. Children who received the multivitamin and mineral supplement had a very substantial statistical improvement in intelligence.

You would think with all the nutrition information now available that parents were waking up to the fact that nutrition plays an important role in maximizing their children's functional ability. You would also think that parents recognize, as a consequence of all the publicity surrounding vitamins, that a child should get optimal levels of these important nutrients every day for promoting proper brain function. However, it appears many parents still do not recognize the importance of their children's nutrition. Recently published polls indicate that children are not eating any better, in fact, even many nutritionally aware parents do not translate their knowledge into action in their children's nutrition.

It often takes a long time for scientific discoveries to filtered down into societal acceptance and ultimately be integrated into action. The first reports concerning nutrition and children's intelligence were published in the 1960s; some 30 years later we are still debating the issue. As the number of scientific papers demonstrating value in children's intelligence as a consequence of nutritional supplementation mounts, there is less and less reason for parents not to do something, particularly when the level of nutrients which is found to be effective is not extraordinary and at least does not harm. When we examine the diets of today's American children, we can see the average fare does not contribute significantly to meeting the goals represented by the RDA. Instead, the foods kids typically eat are the nutrient-depleted foods that contribute to the malnutrition of over-consumption/under-nutrition, or too many calories without enough vitamins and minerals. For these reasons, a daily broad-spectrum vitamin and mineral supplement based on the RDA may be very beneficial for children, not only for growth and development, but also for other benefits, including contributions to immunity, wound healing, intelligence and behaviour...." (Jeffrey S. Bland Ph.D. is a biochemist specializing in nutritional medicine)

## VITASQUARES

...are the only children's chewable or crushable vitamins with grain oil concentrates... Many Manufacturers use synthetics and mask the bad taste with strong artificial flavours and sugar... GNLD have developed "micro-encapsulation" technique where natural vitamins are enclosed in tiny bubbles which are pressed into a healthful, good tasting real food tablet which is flavoured with natural fruit flavour, without sugar. The result is a product with no preservatives and one that really delivers nutrition in a superior way. Fast Facts about Children's Chewable Vita Squares...

Building a foundation of well-being that will last a lifetime requires a commitment to good nutrition. It's never too early to assure your children receive the lipids, sterols, vitamins, minerals and other nutrients necessary to lay the protective groundwork for immediate and future well-being. Vita Squares help provide the building blocks growing children need to achieve their physical, mental and emotional "bests."

## WHY MULTIVITAMINS FOR CHILDREN?

- ◆ . To help provide children with the nutritional building blocks they will need to form healthy bodies and minds.
- ◆ To help supply key nutrients which research has shown play a role in promoting emotional well-being in children.
- ◆ To support the exceptional growth demands of childhood, when body weight doubles several times over and new cells are created at a phenomenal rate.
- ◆ To assist in the development and maturation of tissues and organ systems.
- ◆ To help meet the high energy demands and special metabolic needs of childhood.
- ◆ To aid in the maturation of the defence system, this in childhood is called upon to respond to some of its greatest challenges!
- ◆ To fill nutritional gaps that is the rule rather than the exception in children's diets.

## WHY GNLD CHILDREN'S CHEWABLE VITASQUARES?

- ◆ . Vita Squares provide optimal cellular nutrition that supports children's physical and mental growth and development and emotional well-being. The formulation specifically addresses the nutritional needs of children.

- ◆ More than just a multivitamin. The most complete children's supplement available, Vita Squares contain vitamins, minerals, lipids, sterols and other whole-food- based nutrients that are deficient in many diets but that are essential for optimal well-being.
- ◆ Contains Tre-en-en Grain Concentrates. Our exclusive formulation from whole wheat berries, rice bran and soybeans supplies lipids and sterols that are often processed out of the foods that make up children's dietary staples.
- ◆ Broad-spectrum antioxidant protection from the entire vitamin E family of naturally occurring mixed tocopherols and tocotrienols, not just the most common member (alpha-tocopherol) or the synthetic form.
- ◆ 100% naturally occurring sweeteners and flavourings. Sweetened with fruit juice concentrates (oranges, apples and grapes) and fructose and flavoured with berry essences. Contains no sucrose. Tastes great!
- ◆ Optimal mineral supplementation. Chromium has been added and Zinc included for its part in strengthening the body's defence system. Concentrations of Copper have been increased while elevated levels of Iron help maintain healthy red blood cells, which play a role in oxygen transportation. The product also features Iodine shown to be an essential component of important hormones (thyroid).
- ◆ More choline and inositol. Choline and inositol have been shown to be important for cognitive functions (for example, learning and memory).
- ◆ Chewable tablets are easy to digest and absorb.
- ◆ No preservatives or artificial colours.
- ◆ Low-allergy formula.

## PRODUCT FEATURES

- ◆ More than just a multivitamin! Contains vitamins, minerals, lipids, sterols and other essential nutrients that are deficient in many diets.
- ◆ Tre-en-en Grain Concentrates from whole wheat berries, rice bran and soybeans.
- ◆ The entire vitamin E family, not just alpha-tocopherol.
- ◆ 100% naturally occurring sweeteners and flavourings. Contains no sucrose.
- ◆ Choline and inositol to support cognitive functions such as learning and memory. . Chewable and delicious!
- ◆ No preservatives or artificial colours.
- ◆ Unique square shape.

## THE STORY OF CHILDREN'S MULTIVITAMINS

### BUILDING A FOUNDATION OF WELL-BEING TO LAST A LIFETIME

If you were going to build your dream house, you'd first create a strong foundation and then assemble the finest building materials available to complete your project. Constructing a foundation of well-being that will last a lifetime requires the same commitment to quality materials. Good whole foods and good whole-food supplements provide the nutritional diversity and density that form the foundation for optimal well-being.

It's never too early to assure your children receive the building blocks they need to achieve their physical, mental and emotional "bests." Good nutrition during childhood will help lay the protective groundwork for immediate and future well-being.

Why are children's nutritional demands exceptional? . Children produce MORE THAN A BILLION new cells each day and it takes a lot of nutrients to support this extraordinary growth! Children's body weights double many times over from the time they're born. For example, 50% of adult weight is attained during puberty alone!

- 1) Young tissues and organ systems need nutrients to develop properly. For instance, children's immature defence systems are constantly exposed to challenges and many nutrients have been shown to boost their defences. In addition, children's delicate lungs are often exposed to smog, automobile exhaust, cigarette smoke and other pollutants and antioxidant nutrients may offer protection from such insults.
- 2) Childhood is a time when cognitive skills (learning, memory) and personalities are developing and scientific studies have found associations between levels of certain nutrients and mental

performance and mood. . Children's metabolic rates are very high - probably the highest they will ever be - and vitamins and minerals are necessary to keep the body running smoothly.

- 3) Children's levels of physical activity, growth and renewal create enormous energy demands. Vitamins and minerals work together to help the body better absorb and assimilate other nutrients from foods.
- 4) Children's poor diets are characterized by inadequate consumption of fruits, vegetables, whole grains and excessive consumption of highly processed, sugary and fatty foods. For instance, children consume 20-30% of their kilojoules as sugar, which means that the remainder of kilojoules must supply all of the nutrients displaced by sugar. Studies show that this isn't happening, however; children's diets often don't supply 100% of the Recommended Daily Allowance (RDA) for key nutrients.

During childhood a time of great nutritional need the diet may well be at its worst. Science has shown supplements can replace nutrients that have been stripped from the foods we eat or that are missing from typical children's diets.

### THREE REQUIREMENTS FOR OPTIMAL CELLULAR NUTRITION IN CHILDREN

- 1) Feed their cells. The well-being of the trillions of cells in the human body depends on their ability to receive nutrients that fortify the "Chain of Life": carbohydrates, lipids/sterols, protein, minerals, vitamins and enzymes. As a chain is only as strong as its weakest link, inadequate nutrition can undermine well-being, both now and later. To create and maintain a strong cellular foundation in childhood, when cellular growth, renewal and rebuilding peak, good nutrition is essential. Without it, cell membranes become compromised in their ability to absorb nutrients and excrete wastes. Cells become "sluggish" and unable to perform their number one function: producing energy for life! If your child's cells are "sickly," your child isn't going to be functioning optimally. But if your child's cells are functioning optimally, so is your child!
- 2) Renew and rebuild their cells. Due to body growth and overall development, children's cells undergo renewal and rebuilding more often than those of normal adults. To grow, for instance, the body needs protein, a major cellular building block made up of strings of amino acids. Children's bodies cannot make 10 of the 22 amino acids required to replace old cells and rebuild damaged ones, so these essential amino acids must be supplied in the diet.
- 3) Protect their cells. But feeding, renewing and rebuilding cells isn't enough. Cells also need protection. Since children's bodies burn a lot of energy, they also produce a lot of free radicals. Free radicals are also generated by sunlight, cigarette smoke, smog, ozone, pesticides, food additives, drugs and several other chemicals to which we and our children are routinely exposed. Antioxidant nutrients can neutralize free radicals. Nutrients such as vitamin C and flavonoids protect the watery regions of cells, whereas those such as the vitamin E family and carotenoids defend their fatty regions, particularly the membranes.

### THREE WAYS TO MEET THE NUTRITIONAL NEEDS OF CHILDREN

GNLD's "Feel Better" programme for children supports optimal cellular nutrition by providing products to fulfil the specific needs of growing children. Vita Squares provide the lipids, sterols, vitamins, minerals and other nutrients that help address the need to *feed the cells*. Our delicious Nutrishake protein supplement provides the amino acids necessary to support *renewal and rebuilding the cells*. And GNLD's antioxidant supplement for children, Vita Guard, delivers a broad spectrum of naturally occurring, whole-food antioxidants to help meet the challenge to *protect the cells*.

### POOR DIETS HANDICAP CHILDREN

Nutritional gaps are the rule rather than the exception in children's diets. Many children fail to get the nutrients they need each day, handicapping their abilities to meet enormous challenges for physical activity and growth and cognitive development. Defence systems can also be weakened, leaving children vulnerable to a variety of challenges.

Children do not eat enough whole grains, fruits, vegetables and legumes. These are some of Nature's richest sources of vitamins, minerals and other key nutrients. Virtually all of the world's major public health organizations recommend high-produce diets. For example, Cancer Institutes recommend 5-9 servings of fruits and vegetables each day for optimal well-being.

Even healthy diets have occasional nutritional gaps. Children's preferences also tend to create dietary shortfalls. "Picky eaters" may avoid healthful foods, such as Brussels sprouts and spinach, while sticking to a narrow range of less healthy favourites, such as sugary cereals and high-fat chips. Processed foods, poor in fibre and essential nutrients, often supplant whole grains in the diet.

The result? Children aren't getting enough of the essential nutrients they need at a time of exceptional growth, activity and learning.

## **NUTRITIONAL GAPS IN CHILDREN**

Population surveys and scientific studies 1 in 3 indicate children's diets are often deficient in: Vitamin A, Niacin, Folic Acid, Vitamin B6, Vitamin C, Vitamin E, Carotenoids, Flavonoids, Calcium, Iron, Magnesium, Zinc.

Supplements are an excellent way to fill dietary gaps. Scientific studies have demonstrated that vitamin and mineral supplements:

- Improve mental development in infants
- Improve appetite and growth rates in children
- Build bone mass in youngsters

## **VITA SQUARES FILL THE GAP**

Vita Squares can make a positive difference. Since they contain semi-essential nutrients, such as choline and inositol and our exclusive Tre-en-en Grain Concentrates, Vita Squares are more than just a multivitamin. The most complete whole-food children's supplement on the market,

GNLD's chewable Vita Squares provide the nutrient diversity and density cells need for optimal growth, maintenance and rebuilding. Children love them because they're delicious, but you'll love them because:

**Vita Squares** deliver the finest naturally occurring-source ingredients on the market.

Naturally occurring sweeteners and flavourings create a great-tasting supplement without the added sugar, preservatives and artificial colourings found in other children's chewables.

**Tre-en-en Grain Concentrates** from whole wheat berries, rice bran and soybeans provides Whole-grain nutrients that are removed from the processed foods children tend to favour.

**Our vitamin E offers broad-spectrum antioxidant protection** from the entire vitamin E family -not just its most well-known member, alpha-tocopherol.

As science supports important biological roles for zinc, copper, iron, iodine and manganese, these essential minerals are an important part of the formulation.

Choline and inositol help support important cognitive functions such as learning and memory.

In sum, Vita Squares contain key whole-food nutrients to support the Chain of Life and give your children a head start!

### **TECHNICAL INFORMATION**

3 tablets contain : Vitamin A 3000 IU; Vitamin D 400 IU; Vitamin E (with mixed tocopherols 10 IU); Vitamin C 60mg; Vitamin B1 1,5mg; Vitamin B2 1,5mg; Niacinamide 13mg; Vitamin B6 1,4mg; Folic Acid 200j.lg; Vitamin B12 3j.lg; Biotin 150j.lg; Pantothenic Acid 10mg; Iron 6,0mg; Iodine 75j.lg; Zinc 7,5mg; Copper 0,5mg; Manganese 1,0mg; Chromium (yeast) 20j.lg; Choline 4,5mg; Inositol 4,5mg; Stabilized Tre-en-en Grains 70mg.

### **DOSAGE**

Take 3 tablets daily.

*Note: As calcium and magnesium are macro-minerals - meaning they are required in the diet in large amounts - they were too bulky to include in the Vita Squares formulation, but good sources for both are Cal-Mag and Nutrishake, respectively, both of which are part of the GNLD's "Feel Better Programme" for Children.*

### **REFERENCES**

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(2) Basch, C.E. Zybert, E and Shea, S. 5-A-DAY: Dietary Behavior and the Fruit and Vegetable Intake of Latino Children. Am. J. Public Health 84:814-818, 1994. (3) von Petrykowski, W Healthy Nutrition in Childhood and Adolescence. Off Gesundheitswes 52:456-463, 1990.

## **FORMULA IV**

### **Formula IV promotes growth and development**

Formula IV is the best supplement available for both adults and older children... As soon as a child is able to swallow a capsule, Formula IV together with the Tre-en-en oils is doctor designed to improve the function of the glandular system. A child with lazy adrenals will have many physical problems that are hard to diagnose, and Formula IV goes to work normalizing the glands, allowing them to function as they should.

### **Formula IV helps during Puberty**

It is a well known fact that a child cannot develop properly unless his endocrine gland systems functions properly. A poor diet and hereditary factors work against many children in this area... holding them back from developing as they should... Formula IV is especially helpful as the child approaches puberty. At this stage of development, hormone production and balance is critical... Mental, emotional and physical developments are at an all-time high. This is

where Formula IV works at its very best. This product helps normalise and balance the output of the entire endocrine gland system, producing the smoothest possible transition from childhood to adulthood.

**Formula IV promotes Energy and Stamina...** Most children have more energy than their parents know what to do with (until it comes to work). But then there is the child who is constantly tired. There has to be a reason for fatigue. Very often it may be caused through a poorly functioning endocrine system. Formula IV was designed by doctors 50 years ago to help this very problem... Endocrinologists in a Southern California hospital discovered a way to help strengthen the glandular system by supplementation they found that they could improve the output of the endocrine glands through nutrition and this brought improved energy levels.

**Vitamin A and Zinc help prevent Acne... All in the Formula IV/BetaGuard...**

The skin, as well as the mucous membrane is nourished and protected by vitamin A. Teenagers who are plagued with acne have often previously suffered from other symptoms of VA deficiency such as bladder problems, poor night vision or ear infections. VA and Zinc on a regular basis can help prevent an embarrassing case of acne. While some people are wary about too much VA, too little is just as bad. Those of us who suffer these deficiency problems may need more than the average person just to maintain normal levels. GNLD VA and chelated zinc will safely restore the normal level and help prevent these skin and mucous membrane diseases from arising.

Nutritional Research supports the fact that Food Supplements Boost IQ and restore the hyperactive child

**Use GNLD's Nutrishake, Formula IV/Vitasquares, BetaGuard/Vitaguard, Calmag and Omega 3.**

## Could a stroke steal your future?

### Know your risk and prevent it from happening!

By Jonathan Wright, M.D.

You probably know someone who's had a stroke - wheelchair bound or walking with difficulty, unable to use an arm or a leg (or both). In seconds, a stroke can render you physically helpless, without the ability to speak or even to smile. It always makes me sad to see a patient who was active, happy and independent suddenly turn into a shell of their former self after a stroke. It can literally steal your quality of life - with absolutely no warning. But while strokes sneak up on us, we are certainly not defenceless against them. By following some simple guidelines, you can significantly reduce your risk of suffering a stroke.

### Not all strokes are created equal, but they are all preventable

First, let me clear up a common misconception that allows far too many of us to assume we're "stroke-proof." It's not true that you're only at risk if you have high blood pressure or high cholesterol levels. While high blood pressure a major risk factor, men and women with perfectly normal blood pressure have strokes too. Other non-dietary stroke risk factors include tobacco smoking, heavy alcohol consumption and physical inactivity. To understand how to avoid a stroke, you need to understand how it happens. There are at least two "basic" types of stroke: Hemorrhagic (bleeding) and ischemic/thrombotic (lack of blood flow associated with a clot).

**"While high blood pressure is a major risk factor, men and women with perfectly normal blood pressure have strokes too".**

So, either a blood vessel in the brain breaks, spewing blood into brain tissue where it doesn't belong, or the blood vessel gets blocked with a clot, depriving an area of the brain of blood. Or just maybe, the blood vessel goes into an intense spasm with the same result. In any of these cases, the affected area of the brain can't function, and often dies. Common sense tells us that strengthening blood vessels will reduce their risk of breaking and causing hemorrhagic stroke. Common sense also says that reducing the tendency of blood to clot abnormally and increasing blood's clot-busting potential will reduce the risk of thrombotic/ischemic strokes. Reducing the tendency of blood vessels to spasm will likely reduce your risk of stroke too. But how can you possibly do all of that when you can't even see the area needing improvement, you might wonder?

The results aren't quite as easy to measure - in a visual sense. You can't stand in front of a mirror and see if your blood's ability to clot has been regulated. These results are ones you're more likely to feel in the form of more energy and an overall sense of well being. And even better: you don't need a gym membership to get your blood vessels "pumped up" and strong. This is where Mother Nature steps in and gives us all the tools we need to get strong and to protect ourselves from strokes. Forget pumping iron... Strengthen your blood vessels with vitamins, minerals and herbs

There are many, many nutrients and herbs that help to strengthen blood vessels; I'll just mention a few of the basics and particularly important ones here. Let's start with vitamin C. Without enough vitamin C, blood vessels simply break down. Although only a few milligrams of vitamin C daily are enough to prevent blood vessels from breaking easily, it takes much more to maximise blood vessel strength - though research has yet to determine precisely how much more. Since there's no definitive conclusion on this point yet, and since vitamin C is so important for so many reasons. There are two recommendations. Choose the one that works best for you.

If you want to optimise health and even fight the ageing process, take "bowel tolerance" levels of vitamin C. ("Bowel tolerance" is as much vitamin C as your intestines will tolerate without provoking excess gas and loose stools.) For most people this is between three and nine grams a day. You should take the amount you need in divided - between two and four - doses daily.

However, it is understood that the "bowel tolerance" amount can be quite large and involve taking quite a few pills every day, which some people are hesitant to do. So it isn't absolutely essential to take that much (though it will make a considerable improvement in your health, I guarantee it). But the bare minimum you do need to take is one gram of vitamin C, twice daily. Just like thunder and lightning, vitamin C and flavonoids go together for a reason.

Where there's vitamin C, there are flavonoids... At least in nature. Vitamin C and flavonoids are always found together, probably because when they're together they work better to keep you healthy. In the 1930s, flavonoids were found to correct the fragility of the smallest blood vessels (capillaries) in cases of scurvy. Over the decades, they have been found to strengthen all sizes of blood vessels, as well as ligaments, tendons, connective tissue and many other body tissues.

So where do you find flavonoids? Check the bowl of fruit on your table, or the "crisper" in your refrigerator. Flavonoids (along with carotenoids) give fruits and vegetables most of their colours. The best way to ensure you're getting enough flavonoids to reduce your stroke risk is to eat as many differently coloured fruits and vegetables as possible.

**Comment Insert – Lyn Banks “CONSIDER SUPPLEMENTING WITH GNLD’S VITAMIN C SUSTAINED RELEASE / AND/OR FLAVONOID COMPLEX AND INDEED THE CAROTENOID COMPLEX.” “GNLD’s Vitamin C contains flavonoids as is the Flavonoid Complex contains Vitamin C – This is because GNLD supplements are taken from nature.**

### Stroke prevention in one easy-to-follow outline!

Here's what you need to do:

- eat more vegetables and fruits
- eat whole grains (not refined flour products)
- eat more fish (and reduce animal protein)
- quit smoking
- cut alcohol consumption to no more than one drink daily
- Exercise!

And here's what you need to take: GNLD Recommendations...

- vitamin C Sustained Release: 2 per day - (more for optimal health)
- Omega 3: 3 x capsules per day
- vitamin E: 400IU daily – 2 Capsules per day
- Ginkgo Biloba, Gotu Kola and others – All found in the Mind Enhancement Complex.
- turmeric: put turmeric into your cooking regularly
- Calmag - magnesium: 250-400 milligrams daily
- Multi Mineral plus Alfalfa...Copper: two milligrams daily
- Not mentioned in the article but should definitely be on the list is Carotenoid Complex – 1 capsule per day... and
- GARLIC ALLIUM PLUS

Diets high in vegetables and fruits and lower in animal protein are associated with fewer conditions of all kinds, including stroke. In a 12-year study of 859 men and women, *only one additional* serving of vegetables or fruits daily lowered the risk of stroke by 40 percent! (And just as a side note while I'm talking about your diet, consider that eating whole grain products lowers the risk of ischemic stroke, but refined flour products give no protection.<sup>4</sup>)

### **Herbs and minerals: More blood-vessel-strengthening tricks up Mother Nature's sleeve**

Sometimes even I'm amazed at just how many options nature has for us (and I've been doing this for 29 years now!). In addition to vitamin C and flavonoids, there are a number of herbs - and at least one mineral- you can take to help strengthen your blood vessels. You've heard of most of these before, so instead of spending a lot of time giving you their history, I'll just outline what they do and how much you'll need for maximum stroke protection. Hawthorn has been is the No.1 traditional European botanical for blood vessel strengthening for centuries. Modern scientific research confirms hawthorn's effect on the heart and blood vessels. Ginkgo has been most heavily advertised for

preservation and improvement of memory, but it's been demonstrated beyond a doubt that it also strengthens blood vessels and improves blood flow all over the body.

Ginkgo helps prevent strokes in other ways too, by helping to prevent clots and blood vessel spasms. It's even helpful *after* a stroke has occurred, by reducing brain swelling, promoting better ATP (energy) production and blood sugar use following ischemia (lack of blood flow.)

While flavonoids strengthen the blood vessels themselves, centella asiatica (also known as gotu kola) strengthens the connective tissue sheath that surrounds blood vessels, thus providing an additional layer of protection against blood vessel rupture. Gotu Kola also reduces hardening of the blood vessels and improves blood flow.

**Comment Insert – Lyn Banks – GNLD MIND ENHANCEMENT FORMULA CONTAINS GINGKO BILOBA AND GOTU KOLA AS WELL AS OTHER IMPORTANT HERBS FOR BRAIN FUNCTION AND CIRCULATION HEALTH.**

It's also important for larger blood vessels to maintain their elasticity, and not become hardened or stiffened. Copper is absolutely essential to the formation and repair of elastic tissue throughout the body, including blood vessels. Make sure you're taking at least two milligrams daily. But you may not need to take a separate copper supplement. Most multiple vitamin-mineral supplements have at least two milligrams, so check the label on yours before buying more.

**Comment Insert – Lyn Banks**

**COPPER IS FOUND IN GNLD’S FORMULA IV AND THE MULTI-MINERAL PLUS ALFALFA.**

## Keeping clots out of your strengthened blood vessels

Strong blood vessels are the first part of the stroke prevention equation. Next on the list is eliminating blood clots and keeping things flowing smoothly in your body.

The essential fatty acids contained in fish oil lessen the risk of abnormal blood clotting. Fish oil makes platelets (the tiny blood elements that clump together into clots) more "slippery," so they can't stick together easily. Fish oil literally does a "lube job" on platelets.

Eating fish two or three times weekly is the best way to get a start on fish oil consumption. However, if you're really concerned about stroke prevention, take 3 capsules of GNLD Omega 3... (Of course, Omega 3 Salmon oil helps prevent osteoporosis reduces your risk of heart attack and heart rhythm disorders, and many other things, too!) And remember, additional vitamin E should always accompany essential fatty acid supplementation. They work extremely well together. Take at least 400IU of vitamin E daily.

### **Comment Insert – Lyn Banks**

#### **Supplement with 3 x GNLD's Omega 3 Salmon Oil Plus + include 2 x GNLD's Vitamin E Caps.**

"Fibrinogen" is a precursor of "fibrin," a key element in clot formation. Elevated levels of fibrinogen are an "independent risk factor" for easy blood clotting. Turmeric helps reduce abnormally high levels of fibrinogen. Using turmeric in cooking is the easiest way to use a turmeric supplement. You only need 20 milligrams daily to do the job.

## Stroke risk: more than just a plumbing problem!

So far, I've been using common-sense "plumbing principles": Stronger "pipes" with smooth flowing blood will cut the risk of stroke. But blood vessels aren't just pipes, they're alive, and can do at least two things a regular pipe can't. Blood vessels can spasm, and they can become inflamed.

Magnesium is by far the most important essential nutrient needed to prevent spasm in your blood vessels. And even though deep green vegetables are excellent sources of magnesium, most of us should be taking an additional 250-400 milligrams daily, not only to help prevent blood vessel spasm and potential stroke, but also to reduce the risk of nearly every cardiovascular problem known. Cardiovascular research has increasingly focused on blood vessel inflammation as a triggering event for blood vessel damage. It appears that much of the plaque in blood vessels (which was previously thought to be caused solely by excess cholesterol and other blood lipids) is actually formed as the body's response to inflammation.

If you're eating fish and taking Omega 3 supplements along with vitamin E you've got this one covered already- these all help prevent blood vessel inflammation from occurring in the first place.

Make sure, tests for cardiovascular inflammation such as "C-reactive protein" are (or should be) part of your routine check-ups. Ask your doctor if he's ever given you this test. If he hasn't, tell him you'd like to have it done on a regular basis.

## The sum of the stroke prevention equation

You owe it to yourself to take care of yourself! Just do it!

## GNLD's Calmag – Magnesium +'s

(Magnesium deficiencies – Stress, Tiredness, Irritability, Nervousness, Weakness, Muscle cramps, Insomnia, Heart palpitations, Poor memory, Mood swings, and fatigue.)

Magnesium benefits - Increases energy levels, relieves fatigue, aids in rapid recovery after physical activity, relaxes muscles and can therefore be used to ease cramps and sports injuries, may also be helpful for nervousness, anxiety, insomnia and depression, helps and maintains a healthy nervous system, activates enzymes that are important for protein and carbohydrate metabolism, aids in the production and use of insulin, expands the airways and relaxes the muscle around the bronchial tubes which aids in the treatment of asthma and bronchitis, and helps prevent and treat heart disease and lower blood pressure.

**"You stop being average the day you decide to become a Champion, because the average person won't make that decision." -- Tom Hopkins**

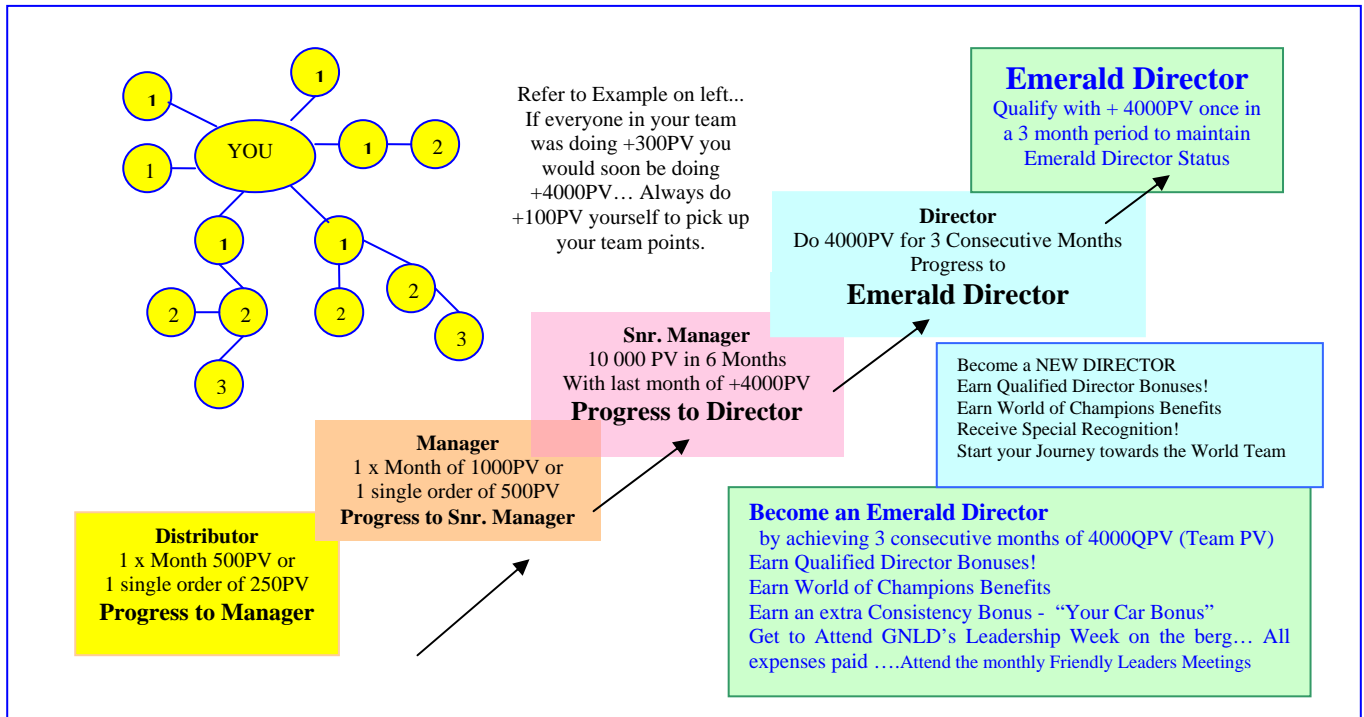
**"Take pride in what you do. The kind of pride I'm talking about is not the arrogant puffed-up kind; it's just the whole idea of caring - fiercely caring." -- Red Aurbach**

**"Good is not good where better is expected." -- Thomas Fuller**

**"If criticism is mistaken or mean-spirited, rise above it. Maintain the high ground when you're under fire. No victory is worth winning at the expense of picking up the mud that has been slung at you and throwing it back." -- Rubel Shelly (If its true, do something about it... if its not, forget about it... Lyn)**

Please note that it is not necessary to do 1000pv in a month to get to Director... Once becoming a Senior Manager, achieve 10 000 PV in a 6 month period with the last month consisting of a qualifying 4 000 PV  
 This does not mean that those of you doing your regular 1000pv can slack off... Remember why you are doing at least 1000PV+++ every month – to get to Director... Keep your Goal in mind every month when building your business!

**Become a New Director and Be Successful!**  
**To Become a Director.... Look at this Example...**



This is for the woman... seeing that it is Mothers day on the 11<sup>th</sup> May 2008.  
 Wednesday, May 7, 2008

## Women Who Quit Smoking Lower Heart Risks Quickly

**Study saw significant declines in several death risks within 5 years of stopping**

By Amanda Gardner

New research shows that women who quit smoking have a 21 percent lower risk of dying from coronary heart disease within five years of extinguishing their last cigarette.

The risks of dying from other conditions also decline after quitting, although the time frame varies depending on the disease.

"The harms of smoking are reversible and can decline to the level of nonsmokers," said study author Stacey Kenfield, whose report is in the May 7 issue of the *Journal of the American Medical Association*. "For some conditions like chronic obstructive pulmonary disease, it can take more than 20 years, but there is a rapid reduction for others."

"It's never too early to stop, and it's never too late to stop," added Kenfield, who is a postdoctoral research fellow in the department of epidemiology at the Harvard School of Public Health in Boston.

Smoking is still the leading preventable cause of death in the United States. Not only does tobacco smoke cause lung cancer, it is also implicated in heart disease, other cancers and respiratory diseases.

According to the World Health Organization, an estimated 3 million people in industrialized countries will have died as a result of tobacco use by 2030, and an additional 7 million people in developing countries face the same fate.

This research is a continued follow-up on the Nurses' Health Study, a large trial involving more than 100,000 women. Scientists now have 22 years of data on the participants.

Current smokers had almost tripled the risk of overall death compared with women who had never smoked.

Current smokers also had a 63 percent increased risk for colon cancer compared with never-smokers, while former smokers had a 23 percent increased risk. There was no significant association between smoking and ovarian cancer.

And women who started smoking earlier in life were at a higher risk for overall mortality, of dying from respiratory disease and from any smoking-related disease.

However, a smoker's overall risk of dying returned to the level of a never-smoker 20 years after quitting. The overall risk declined 13 percent within the first five years of abstaining.

Most of the excess risk of dying from coronary heart disease vanished within five years of quitting.

For chronic obstructive pulmonary disease, the return to normal took almost 20 years, although there was an 18 percent reduction in the risk of death seen within five to 10 years after quitting.

And the risk for lung cancer didn't return to normal for 30 years after quitting, although there was a 21 percent reduction in risk within the first five years compared with women who continued to smoke.

Many previous studies on tobacco use had focused on men and on lung cancer, the authors stated. They also only looked at smoking status at the beginning of the study. "We got smoking information every two years, so we feel we have a more accurate estimate of current and past smoking," Kenfield said. "We saw increased risks for current smokers [than previous studies], and we think that's because we know who the current smokers are."

"This shows the power of quitting smoking," said Dr. Jay Brooks, chairman of haematology/oncology at Ochsner Health System in Baton Rouge, La. "We've known this for a number of years, but the beauty of this study is it is a very large and well-studied group of people. When I tell people to quit smoking, I say the effect of the heart precedes that of the lungs. If you've smoked, you need to be cognizant that you're still at an increased risk of lung cancer."

**GNLD Recommendation...** GNLD's Beta Guard was first launched to assist with people wishing to give up smoking and to assist in detoxifying the system of the harmful carcinogens and chemicals and nicotine making it easier to stop smoking... Remember that when you smoke, your children smoke too, through passive smoking, so Vita Guard for children is a must.

Dosage: 2 tablets daily.		% RDA for persons 10 years and older
<b>1 tablet contains:</b>		
Beta-carotene	1.36 mg	*
Vitamin E	15 I.U.	100
Vitamin C	150 mg	250
Niacinamide	12.5 mg	69
Vitamin B6	12.5 mg	625
Vitamin B12	3 µg	300
Chelated Zinc (Amino)	5 mg	33
Selenium (Yeast)	7.5 µg	11
Chromium (Yeast)	15 µg	*
Hesperidin	7.5 mg	*
Lemon Bioflavonoid	7.5 mg	*
Orange Peel Powder	7.5 mg	*

\* No RDA established for this ingredient.  
Contains no animal derived ingredients

## Beta Guard for Adults

Beta-carotene, VE, VC, B3, B6, B12, Zinc, Selenium, Chromium, Hesperidin, Lemon Bioflavonoid, Orange Peel Powder.

Beta Guard is a comprehensive and synergistic blend of antioxidant and detoxifying nutrients. Sourced from whole carrot concentrates combined with B vitamins and specifically selected minerals, it provides complete support of the body's nutrient based protective function.

**Dosage: 2 tablets daily. Formulated by Dr. Arthur Furst**, world renowned cancer researcher and toxicologist.

**Unique synergistic formula** includes antioxidants, beta-carotene (and other carotenoids from a naturally occurring carrot-source), vitamin C and vitamin E, to trap free radical oxygen and keep cells healthy.

**B vitamins** assist in detoxifying environmental pollutants.

**Zinc, GTF Chromium and Selenium** have been shown to be important in the body's ability to combat the very negative effects of the presence of heavy metals. Many of the negative factors that influence the optimal functioning of our bodies can be attributed to harmful agents in our food, water and air. Scientific investigation has found that certain nutrients may offer a measure of protection.

## Vita Guard for children

Another GNLD 'first' which provides complete antioxidant protection for children, sourced from fruit and vegetable concentrates. Antioxidants help to neutralise the negative activity of free radicals. Importantly, Vita Guard fills vital nutritional gaps (particularly fruit and vegetables) while containing NO preservatives, artificial sweeteners, colourings or flavourings.

**Dosage: 2 tablets daily. Complete antioxidant protection**, specially designed to meet the needs of children from the time they can comfortably chew a tablet - with the antioxidant nutrients they're most likely to be missing.

**Includes carotenoid and flavonoid blends**, exclusive to GNLD. These broad-spectrum antioxidants from whole foods protect both lipid regions and watery portions of cells.

**Convenient dose** contains phytonutrients equivalent to one serving of fruits and vegetables.

**Chewable tablets, with a great tasting flavour** derived from naturally occurring fruit essences. Vitaguard contains no artificial flavours, no artificial colours and no preservatives. Vitaguard is **naturally-sweetened** with fructose and fruit juice concentrates. It contains no sucrose and no synthetic sweeteners. Some of the most crucial factors in the nutritional foundation children are building for a lifetime of optimal well-being are the protective antioxidant nutrients. They receive some of their greatest threats during childhood yet their defence systems are still immature. Antioxidant phytonutrients such as carotenoids and flavonoids from fruits and vegetables have been shown to be immune supporting. Antioxidant protection is doubly important for children as they burn more energy in a day than many adults twice their size. This high energy output for growth, development and general activity produces unwanted free radicals. Despite this need, studies show that children's diets are often lacking the recommended daily servings of fruits and vegetables and thus are deficient in such antioxidant nutrients as vitamins A, C & E, the carotenoids, flavonoids and zinc.

Dosage: Take 2 tablets with food.		
<b>2 Tablets contain</b>		% RDA
Vitamin A (from beta carotene & other carotenoids)	2500 I.U.	75
Vitamin E (with mixed tocopherols)	15 I.U.	100
Vitamin C	60 mg	100
Zinc	7.5 mg	50
Selenium (yeast)	20 µg	*
Carotenoid Blend	150 mg	*
Flavonoid Blend	100 mg	*

\* No RDA established for this ingredient.  
GNLD's exclusive Carotenoid Blend includes carrot extract, apricot, peach, strawberry and tomato concentrates. GNLD's exclusive Flavonoid Blend includes extracts of cranberry, green tea and mixed berry, lemon bioflavonoid complex and orange concentrate.  
Contains no animal derived ingredients

## Why Betaguard and Vitaguard?

- We are exposed to poisons every day.
- We are taking in loads of toxins every day through the air we breathe, the water we drink and the food we eat.
- 129 Known poisons in our drinking water + chlorine + parasites.
- Foods contain preservatives, additives, artificial flavouring and colourings.
- Cereals contain BHA and BHT's that preserve cereals for many years - these may be linked to cancer.
- Nitrates and Nitrites in processed meats convert into nitrosamines in the system. Scientists use these under laboratory conditions to induce cancer in mice.
- Over 2000 chemical additives in food passed by Food & Drug Administration. However, there are thousands of other chemicals used in foods that have not been tested at all.
- Carcinogens in cigarette smoke.
- Use of Insecticides and pesticides.
- Mercury in Drinking water, tooth fillings, skin on fish, shark etc causes dangerous mutations of cell tissue, damages the pancreas thus causing sugar related problems i.e. diabetes, high and low blood sugar, nightmares, depression, fatigue etc. CHROMIUM detoxifies mercury.
- Lead from exhaust fumes gets into the lungs, destroys the Alveoli, which inhibits oxygen supply causing the blocking of blood cells manufactured in marrow of bones. This has been linked to bone marrow cancer and cancer of the lungs.
- Aluminium from cooking utensils, underarm deodorants, etc have been linked to Senility, slowness of thinking and Alzheimer.
- Free Radical damage from oxidation of cells, stress, pollution etc.
- A Broad group of antioxidants thus counteracting the free radicals and oxidation of cells thus preventing ageing diseases such as cancer, heart disease, arthritis, rheumatism, senility, Parkinson, Alzheimer, ageing etc.

## Betaguard and Vitaguard

What it can do for you.

- Works on cellular level building, repairing and healing of cells. Also detoxifies at cell level.
- Detoxifying Minerals detoxifies and cleanses the system of all pollutants, carcinogens and heavy metals.
- Beneficial for combating cancer of all wet linings in the body. Betaguard protects against cancer, starting with wet linings inside the mouth, throat, vaginal, prostate, lungs, stomach, colon.
- Lungs - protects against Pneumonia, Emphysema, Asthma, colds, flue, and lung cancer.
- Improves the Immune system, promotes proper growth and appetite. Improves metabolic system of fast growing children.
- Improves and protects the sinuses.
- Excellent for detoxifying the tonsils.
- Assists against allergies.
- Eyes - Poor focus, cataracts, cancer, poor vision, any weakness to the eyes, glaucoma. Assists in production of Visual purple, which enables us to see in the dark.
- Betaguard also assist with conversion of sugar into energy - very good to include in programs for diabetes and for weight loss. This is attributed to the chromium.
- Can be used with Stage 6 as a very effective detoxifying Programme.
  - 4-6 x Stage 6 at night every night for a month (Start this slowly say 2-3 per day and build up to 4-6 per day...
  - 6 x Betaguard every day for a whole month
  - Start the Stage 6 gradually and build up to the dosage of 6.

### Three Keys to Greatness by Jim Rohn

Eight years ago I went into the studio and recorded a 56-minute video for teenagers called, "Three Keys To Greatness." Although my focus was for teenagers, the principles I shared certainly apply to adults as well.

Recently I was asked to list these three things using one to two sentences for each. Now for your benefit here they are again.

**1) Setting Goals.** I call it the view of the future. Most people, including kids, will pay the price if they can see the promise of the future. So we need to help our kids see a well-defined future, so they will be motivated to pay the price today to attain the rewards of tomorrow. Goals help them do this.

**2) Personal Development.** Simply making consistent investments in our self-education and knowledge banks pays major dividends throughout our lives. I suggest having a minimum amount of time set aside for reading books, listening to audiocassettes, attending seminars, keeping a journal and spending time with other successful people. Charlie Tremendous Jones says you will be in five years the sum total of the books you read and the people you are around.

**3) Financial Planning.** I call it the 70/30 plan. After receiving your Bonus or paying yourself, simply setting aside 10% for saving, 10% for investing and 10% for giving, and over time this will guarantee financial independence for a teenager.

If a young person, or for that matter an adult, focused on doing these three simple things over a long period of time I believe they will be assured success!

To Your Success, Jim Rohn

## Garlic is nature's wonder drug.

Its medicinal value has been understood by herbalists for at least 2000 years. While modern research is confirming this ancient tradition, don't expect to hear much about it from the pharmaceutical companies or their puppets: allopathic doctors (i.e. "conventional medical doctors"). Garlic cannot be patented and exploited as such. They will attempt to find an "active ingredient," derive a drug from it, and patent and promote that.

Garlic contains hundreds of minerals and nutrients. It is very likely that no one ingredient is the "active ingredient." It is very likely that garlic's effectiveness and safety comes from these ingredients working together in concert. And if any particular ingredient should be found more potent than the others, and that ingredient were isolated and made into a medicine, it will probably have powerful negative side effects like virtually every other drug in use today.

Garlic has powerful antibiotic, antiviral and antifungal characteristics. Garlic is as effective as many modern antibiotics, without the dangerous side effects. What's

more, garlic is an antiviral. Antibiotics are ineffective against viruses. In fact, in all of modern pharmacology, there are no effective antiviral drugs. This has important implications for AIDS patients, and in preventing colds and flu's. In animal studies, Garlic nose drops have proved to be 100% effective in preventing influenza. Considering the danger of allopathic flu inoculations, of which one of the side-effects can include death, this is welcome news.

Then there are these words from Dr. Herbert Pierson, of the United States National Cancer Institute:

Garlic is a veritable pharmacopeia. That's why garlic has been found in every medical book of every culture ever. For thousands of years, garlic had been used for the treatment and prevention of disease. So there has to be something there. *The Healing Power of Garlic* is a valuable book and one which is well worth having on your bookshelf.

Healing traditions have recognized garlic as a natural "wonder drug" for thousands of years. Now medical research indicates garlic

may prevent and even reverse high blood pressure, heart disease, and cancer, as well as a host of other serious health problems. In fact, a recent head-to-head comparison proved garlic just as effective as the leading cholesterol-reducing drug in lowering cholesterol levels.

Use garlic as a versatile, powerful, and effective medicine for a tremendous variety of common illnesses such as preventing cancer, lowering your cholesterol level, reversing high blood pressure, boosting your immune system, overcoming fatigue, resist colds and flues.

Supplement especially now with

**GND's Garlic  
Allium complex**

**Friendly Quote... All receive advice. Only the wise profit from it...-Syrus**

# 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! See Results so far ... next/ Congratulations so far...

The Friendly Force 2008 Annual Awards – Jan - April 2008				
Pos	Name	Title	GPV	Recr
1	Blanche Stephenson	ED	24 800	3
2	Muhsin & Deeba Peterson	SD	22 369	12
3	Erwin & Gilda Dedekind	ED	20 274	9
4	Shirley & Richard Aarons	ED	15 632	4
5	Wayne & Carol Walker	ED	13 876	1
6	Susi Muller	D	6 176	1
7	Wallied & Farieda Flashman	D	6 080	5
8	Cecelia De Freitas	SM	5 011	1
9	Danielle Holcroft	SM	4 566	1
10	Chrissie Dorfling	SM	4 448	4
11	Anwar & Fawzia Allie	D	3 131	1
12	Elsje Eastaugh	SM	2 508	1
13	Daniel & Zodwa Nguessen	SM	2 445	1
14	Rayhaan Peterson	SM	2 086	9
15	Beryl & Trevor Shreuder	SM	1918	3
16	Dieter & Joanne Dedekind	SM	1 313	1
17	Mohasoa Alphonsina	SM	1 228	3
18	Lucia Mazibuko	SM	787	1
19	Tholakele & Nomcebo Zuma	M	783	3
20	Nicole & Pierre Mamfoumbi	SM	697	1

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

**Billie Jean King: Champions keep playing until they get it right.**

**Christopher Morley: Big shots are only little shots who keep shooting.**

**Nido Qubein: Nothing can add more power to your life than concentrating all you energies on a limited set of targets...(Being focussed).**

# Recognition for April 2008

Congratulations to all our Qualified Directors...

1	<a href="#">• Jeanette &amp; Rob Baigent</a>	1RD <i>Pro</i>	3/30's	4,705	12,763	3 / 3	26,237
2	<a href="#">•• Michael &amp; Margaret Bailey mcewan</a>	DIR		1,215	4,364		4,364
2	<a href="#">•• Erwin &amp; Gilda Dedekind</a>	ED <i>Pro</i>	3	771	4,836		4,836
2	<a href="#">•• Carol &amp; Wayne Walker</a>	ED <i>Pro</i>		1,772	4,274		4,274
1	<a href="#">• Zelda Roodt</a>	SD <i>Pro</i>		1,000	8,349	1 / 1	15,517
2	<a href="#">•• Blanche &amp; John Stephenson</a>	ED <i>Pro</i>		1,094	7,168		7,168
	Frank & Iris Malherbe	DIR		1,536	4,001		4,001
	Muhsin & Deeba Peterson	SD	3	281	4,124		4,124

**Decide carefully, exactly what you want in life, then work like mad to make sure you get it! When you wake up in the morning and all you can think about is your GNLD business and all you want to do is build your business, you have found the secret of Success.**

## BEING THE BEST YOU CAN BE IS A BEAUTIFUL THING TO SEE!

Congratulations to all our New Managers...

Gastar Mdluli, Nicole & Pierre Mamfoumbi, Laurel Gobey, Ronald & Maria Daniels, Sarah Mahlalela Nhlapo, Faried & Thogi Domingo, Liesl & Richard Christian, Nonhlanhla Tshabalala.

Congratulations to all our New Senior Managers...

Nicole & Pierre Mamfoumbi, Ronald & Maria Daniels, Verna & Salath Mzezewa, Pamela Clouston, Liesl & Richard Christian, Nonhlanhla Tshabalala,

## Congratulations to all our Qualified Senior Managers

5	<a href="#">•••• Lorna &amp; Shirley Dixie</a>	SM			1,590	2,141	(500 Club)	
5	<a href="#">•••• Elizabeth Pearce</a>	SM			1,008	1,008	(500 Club)	
2	<a href="#">•• Reneta &amp; Gideon Oosthuizen</a>	SM			599	1,906	(500 Club)	
3	<a href="#">••• Annelies &amp; Evert Vanleusden</a>	QSM			1,307	1,307	(500 Club)	
4	<a href="#">•••• Gillin &amp; Thomas Bertram</a>	SM			220	1,195		
5	<a href="#">•••• Althea &amp; Jannie Debeer</a>	QSM			510	975	(500 Club)	25 short?
3	<a href="#">••• Cecilia De Freitas</a>	QSM			1,638	1,638	(500 Club)	
2	<a href="#">•• Jenny &amp; Malcolm Mcconnachie</a>	QSM			277	2,281		
5	<a href="#">•••• Danielle Rosmary Holcroft</a>	QSM		1	825	1,009	(500 Club)	
2	<a href="#">•• Caroline Roodt</a>	SM			1,004	1,004	(500 Club)	
3	<a href="#">••• Richard Bailey &amp; Kathryn C Bailey</a>	SM			101	2,694		
4	<a href="#">•••• Rosemary &amp; Rowan Algie</a>	DIR			2,014	2,014	(500 Club)	
3	<a href="#">••• Beryl &amp; Trevor Schreuder</a>	SM			379	1,000		
2	<a href="#">•• Annette Treagus</a>	SM			431	2,178		
3	<a href="#">••• Chrissie &amp; Danie Dorfling</a>	QSM			874	1,151	(500 Club)	
3	<a href="#">••• Ngoran &amp; Ntombizodwa Nguessan</a>	SM			303	1,000		
1	<a href="#">• Jean Wetselaar</a>	QSM <i>Pro</i>			253	1,186		
2	<a href="#">•• Hosian &amp; Feroza Kaldine</a>	QSM <i>Pro</i>			523	1,377	(500 Club)	

## Congratulations to all our April 3/30 Achievers...

3/30 Club Sep 07 Onwards...	2007				2008				Times Completed
Distributorship	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	
Erwin + Gilda Dedekind	3		3	3	3	3		3	6
Muhsin + Deebea Peterson	3	3	3	4	3	3	3	3	8
Rayhaan Peterson						3	3	3	3

**“Courage is being afraid but going on anyhow.” ...Dan Rather**

## Congratulations to all our April 500 Clubbers (500PPV Personal PV) Plus

500 Club... Sept 07 Onwards...	2007				2008				Times Compl
Distributorship	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	
.... Margaret + Michael Bailey Mc Ewan	1 050				1032			1215	3
.....Lorna & Shirley Dixie	1 529				933			1590	3
.....Phyllis Dixie	1 014				516			551	3
Elizabeth Pearce					2042			1008	2
Reneta & Gideon Oosthuizen								599	1
•••Annelies & Evert Vanleusden	1 072	1 210	1 344		1309	1021	1010	1307	7
••Erwin & Gilda Dedekind	1 947	1 255	1 142	921	1415	1597	1504	771	8
Althea & Jannie De Beer					554			510	2
Verna & Salathiel Mzezewa								506	1
Ronald & Maria Daniels								541	1
Gail & Ellis Humphries								642	1
••Carol & Wayne Walker	2 037	1 071	1 105	2 599	1564	1539	1351	1772	8
Cecelia De Freitas	1 479			1 404		592	2429	1638	5
Hillary Estherhuizen		747		576	1045	806	985	747	6
••••Danielle Rosmary Holcroft	1 001	1 001	1 007		1174	1188	1056	825	7
•Merle Du Plooy		836	508			2521	727	648	5
. Zelda Roodt			1269	720	1265	597	600	1000	6
.. Caroline Roodt			1000		808	500		1004	4
••Blanche & John Stephenson	792	990	1435	568	1097		805	1094	7
•••Susi Muller	519	565	828	732	1058	812	1167	815	8
••••Rosemary & Rowan Algie	1053	730	1030		834	1020		2014	6
Cheryl Walker								579	1
Liesl & Richard Christian								521	1
Pamela Clouston								837	1
••Shirley & Richard Aarons	638	586	831	679	1125	879	890	856	8
•••Chrissie & Danie Dorfling		503	929		1005	1075	806	874	6
•Iris & Frank Malherbe		502	506	694	546		504	1536	6
Nicole & Pierre Mamfoumbi								697	1
Verna Rufus								531	1
Colin Bockel + Lydia Maake		506				587	592	512	4
Eric & Val Tiedemann								621	1
. Elsje Eastaugh	565		598					593	3
Laurel Gobey								510	1
Hosain & Feroza Kaldine								523	1
Nonhlanhla Tshabalala								581	1
.. Wallied + Farieda Flashman			510	879	617	640	516	502	6

Lee Iacocca: “Boys, there ain't no free lunches in this country. And don't go spending your whole life commiserating that you got the raw deals. You've got to say, I think that if I keep working at this and want it bad enough I can have it. It's called perseverance.”