

The Friendly Force

The Friendly Newsletter – October 2007

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Newsletter – Volume 21 Issue 10 – October 2007

Hi Friendly Folks,

Congratulations on a fantastic September ... Our Friendly Group finished on Just under 60 000 Group PV. The most exciting news is that we have brand new Emerald Directors – **Wayne and Carol Walker**.... Congratulations on an awesome achievement!

We expect to have an even better October.

There are Experience Meetings and Trainings available to help you build your GNLD business ... Please check the Impending Events, diarise them, so that you can make good use of these!

World Team Members Qualified in Status

Jen Baigent (1RD) 23,584PV, Muhsin +Deeba Peterson (SD) 10 001PV,

Zelda Roodt (SD) 12 135PV.

New Managers ... Beryl + Trevor Schreuder, Peter Higgs, Lorna Heher, Tahera + Rafiq Rasool, Daborah Ellwood, Yusuph Beukes, Donovan + Michelle Playandi.

New Senior Managers... Beryl and Trevor Schreuder, Elsie + John Xaba, Sarah Madikgetla, Yvonne + Soloman Malefe, Beatrice + Prudence Sigasa, Marilyn + Jock Adan, Gale + Joe Claase, Donovan + Michelle Playandi.

The Africa Convention in Cape Town

We need to develop a sense of urgency regarding the Africa **Convention in Cape Town. 9th and 10th November**. It is going to be a spectacular 'not to be missed' event... We hope to have a great contingency going to Cape Town and we already have many of our Friendly Cape Town distributors attending.

We are going to get together as a team 'going Dutch' on the Saturday night at a restaurant on the seafront... which Blanche Stephenson will be organising for us but we need to have numbers of who would like to be included... if you are interested in this, please let us know as soon as possible.

Please be aware that all Friendlies attending should be wearing yellow and black on the Saturday with all your pins including the Friendly 'Smiley' Team pin. These pins will be available from Lyn and Roy at the Convention at R15 a pin... All Senior Managers get these pins free! ... Another reason to go Senior Manager!

Blanche has a fantastic deal for anyone still looking for accommodation for this weekend ... A special offer of a Unit for R500 per night ... sleeps four.... And transport is easy to the convention centre ... if you are interested; please contact Blanche urgently on 0217884016 or 0836264138.

October, the new month of the last quarter of the year will be a month that will prove to be a fantastic month! This is a big reminder for everyone running for the Top Ten Friendly Awards which will be presented at January's Rally. Remember that the Top Ten get certificates with the Top Three in each category winning Awesome Prizes... so make the most of this last quarter starting with this month... Check out the New 500 Club and 3/30 Club and make sure that you achieve these prestigious Awards... Good Luck and Success for October Lyn + Roy Banks.

In this Issue

Amendment to GNLD

Marketing Plan

Exciting New Contests

500 Club & 3/30 Club

Gauteng Impending Events

The Africa Convention

Year End Awards to date...

Vitamin C + Zinc - Healers

Motivation and Inspiration

Read on each day!

Read all about Deeba's

Successful fight with cancer.

G1Laundry by Tiedemann

Amendment to the GNLD Marketing Plan

How to become a Manager & Senior Manager Effective End September 2007

Please note that the Manager & Senior Manager qualifications have been adjusted to help you the GNLD Distributor achieve success & financial rewards, faster!

As of September 2007 the following will apply to Distributors stepping up to Manager and Senior Manager:

1. Become a Manager by:

- Placing a **single order** directly with GNLD **of 250 PV in a month**, this can be achieved during any month from joining GNLD.
- **Accumulating 500 PV in one month**, with at least 100 Personal PV in the month, and this can be done during any month from joining GNLD.
- Bonuses will be paid according to the GNLD Marketing Plan.

2. Become a Senior Manager by:

- Placing a **single order** directly with GNLD of **500 PV in a month**, this can be achieved during any month from joining GNLD.
- **Accumulating 1,000 PV in one month**, with at least 100 Personal PV in the month, and this can be done during any month from joining GNLD.
- Bonuses will be paid according to the GNLD Marketing Plan.
- A NEW DISTRIBUTOR in GNLD who places a single order of 500 PV during the **first full month in the business** will receive an additional 500 PV as a personal qualification credit towards their 10,000 PV Director Qualification.

ProPlan

1. All **unpaid ProPlan Bonuses** will now be paid to the *next qualified ProPlan Director*.
2. Your single Order of 100 PV before 20th of the month now counts as your ProPlan Auto Order. Distributors can still use the Auto Order Program as their 100 PV monthly order as qualification for ProPlan Bonuses.
3. All Loyalty points will expire in December of the year following from when they were earned, as an illustration, all points earned in 2007 will expire 31 December 2008.

Please Note: Your 100 PPV MUST BE in place for any qualification.

Pearls of Wisdom to Embrace You on Your Journey to Success!

Below are nine 'summaries' that will guide your way to success... I recommend taking one each day and reading it, understanding it... and applying it to your life... Better still get the books... Think and Grow Rich by Napoleon Hill, Awaken the Giant by Anthony Robins, The Success Principles by Jack Canfield etc and others as mentioned below... Enjoy!

1. Total Responsibility = Total Success

The first step towards achieving your dreams is to take 100% responsibility for your life. Winners never point fingers. They assume total responsibility for everything they visualise, think and do. In the process, they achieve true success.

The reason for this, as Jack Canfield explains in his book, *'The success principles'*, is that accepting responsibility for your life means that you create your reality.

"You will never become successful as long as you continue to blame someone or something else for your lack of success. If you are going to be a winner, you have to acknowledge the truth - it is you who took the actions, thought the thoughts, created the feelings and made the choices that got you to where you are now."

If you are unhappy with your current reality, you need to give up all your excuses, all your victim stories, reasons and circumstances. Instead, you have to realise that it is your attitude and behaviour that create your experiences.

"You only have control over three things in your life - the thoughts you think, the images you visualise and the actions you take. How you use these three things determines everything you experience," says Canfield.

A large part of assuming total responsibility for your life is to stop complaining. Ironically, people only complain about the things they can change. We do not complain about gravity for instance, because there is nothing we can do about it. We like to complain about things that we know could be different but are too lazy or afraid to change.

Fear is the biggest reason why most of us never get past complaining. Acting involves risks. It means we could fail or be wrong. And so, in order to avoid feeling those uncomfortable emotions or experiences, we remain stuck. The remedy, according to Canfield, is to replace complaining with making requests and taking the action that will lead to achieving your desired outcomes. This is what successful people do.

"Successful people face facts squarely. They do the uncomfortable and take steps to create their desired outcomes. Successful people do not wait for disasters to occur and then blame something or someone else for their problems" In fact, it is so simple it borders on common sense. To be successful, all you have to do is act in ways that produce more of what you want. This means being results-orientated.

"The easiest, fastest, and best way to find out what is or is not working is to pay attention to the results you are currently producing. Do more of what is working, do less of what is not and try on new behaviours to see if they produce better results. You have to give up the excuses and justifications and come to terms with the results you are producing"

However, just because it is simple does not mean it is easy. Canfield acknowledges that accepting 100% responsibility requires concentrated awareness, discipline, and a willingness to experiment and take risks. Do this and you will be well on your way to achieving your life's vision.

"Successful people do not wait for disasters to occur and then blame something or someone else for their problems" Jack Canfield.

2. How to get what you really want

Have you ever asked yourself what you really want in life? Most people do not know. We say we want a house, a car, and lots of money but once we have these things, we still crave more. We then want a bigger house, a more expensive car, and even more money.

Perhaps you should ask yourself why you want these things "You want these things because you see them as a means to achieving certain feelings or emotions," says Anthony Robbins in *Awaken the Giant Within*. You want a swanky car because it gives you feelings of accomplishment and prestige. You want a great family life because you desire feelings of love and connection. All we really want is to change the way we feel.

Feelings are easy to change if you know how "Emotions are nothing but a flurry of biochemical storms in our brains. We must learn how to take control of them consciously instead of living in reaction"

You can have the grace of Fred Astaire, the intellect of Albert Einstein, or the endurance of Lance Armstrong, but if you are constantly submerged in negativity, you will never achieve your full potential "Your behaviour is not the result of your ability but of the state that you are in at that moment"

There are two ways to change our emotional states: changing the way we use our physical bodies, or changing our focus.

According to Robbins, everything that we feel is a result of how we use our bodies "Emotion is created by motion" Minute changes in our facial expression or gestures will shift the way we are feeling.

Just laugh continuously for five minutes and see how it alters your mood. Through physical acts you are creating a neurological pathway to pleasure. Laugh for five minutes every day and the pathway will become habitual, firing up more easily in future.

Through changing your physiology, you can change your level of performance. The key to success is to create patterns of movement that produce confidence, a sense of personal power, and fun "You do not have to have a reason to feel good - you are alive; you can feel good for no reason at all."

The ability to focus the mind is a key factor in changing your emotional states. We are quite capable of feeling depressed at a moment's notice just by focusing on an event in the past. You can feel good just as easily by directing your focus.

"Your behaviour is not the result of your ability, but of the state that you are in at that moment" - Anthony Robbins

Race car drivers know very well that when they skid not to look at obstacles, because this is a sure way to hit them... if they look at the barrier, that is where the car will go. Focus on where you want to go, not on what you fear"

Changing your focus does not mean there will be an immediate change in direction. It takes time. You have to condition the new thought pattern through repetition and to do this you need to discipline your mind "A mind out of control will play tricks on you. Directed, it is your greatest friend."

Once you know what you want, and once you know how you want to feel, all you need to do is keep your attention on the goal "Does this guarantee I will always succeed by controlling my focus? No. Does it increase my chances? One hundred fold."

3. Without Desire You Are Going Nowhere

**THINK
& GROW
RICH**

A vague idea that you would like to be successful one day is never going to get you anywhere. In his classic motivational book, Think and grow rich, Napoleon Hill notes that successful people desire their success with every fibre of their beings. Desire is more than a notion. It is more than a mere hope or a wish. Rather, it is a powerful sensation that Hill likens to obsession "Every human being who reaches the age of understanding of the purpose of money wishes for it.

Wishing will not bring riches. But desiring riches with a state of mind that becomes an obsession, then planning definite ways and means to acquire riches, and backing those plans with persistence which does not recognise failure, will bring riches."

Although he is speaking about wealth, the same principle applies to all goals and ambitions. To desire something means you need to be able to visualise it. You need to be able to touch, taste, feel and experience it in your mind's eye. It needs to be real to you

"There is a difference between wishing for a thing and being ready to receive it"

"There is a difference between wishing for a thing and being ready to receive it," says Hill "No one is ready for a thing until he believes he can acquire it The state of mind must be belief Open-mindedness is essential for belief Closed minds do not inspire faith, courage, and belief"

Hill provides six steps to turn desire into riches.

1. "Fix in your mind the exact amount of money you desire It is not sufficient merely to say I want plenty of money be definite as to the amount.
2. "Determine exactly what you intend to give in return for the money you desire (There is no such thing as something for nothing).
3. "Establish a definite date when you intend to possess the money you desire.
4. "Create a definite plan for carrying out your desire, and begin at once, whether you are ready or not, to put this plan into action.
5. "Write out a clear, concise statement of the amount of money you intend to acquire, name the time limit for its acquisition, state what you intend to give in return for the money, and describe clearly the plan through which you intend to accumulate it.
6. "Read your written statement aloud, twice daily, once just before retiring at night, and once after arising in the morning As you read - see and feel and believe yourself already in possession of the money".

The last step is the most critical in maintaining a state of desire and commitment to reaching your goals Carrying out the steps does not require hard labour, sacrifice or a great degree of education All they call for is sufficient imagination and the ability to focus all your energy on achieving your goals.

The wisdom contained in Think and grow rich is the result of over 20 years of research based on Hill's close association with a number of individuals who achieved great wealth during the course of their lifetimes. The steps outlined above are endorsed by Andrew Carnegie and Thomas A Edison, and may be applied for the attainment of any goal.

4. Flying in the face of fear

Never fear that which does not exist. Franklin D Roosevelt, the thirty-second president of the United States, said it best. "The only thing we have to fear is fear itself – nameless unreasoning, unjustified terror, which paralyses needed efforts to convert retreat into advance".

When we look back on our lives there are moments, precise and to distinct, where we were faced with choices. Our actions may have been determined by calculated risk assessment, bravado or fear. Fear is debilitating. Often, we will look back and wonder what it was that we were afraid of in the first place. To be free of fear is tantamount to being free to live.

This is the sage advice of Napoleon Hill, American author and doyen of personal-success literature. Hill's works centered on the power of personal belief and the role it plays in ensuring success. Hill believed, 'What the mind of man can conceive and believe, it can achieve.'

In his book, 'Grow rich! With peace of mind', Hill defines seven fears that debilitate individuals and consigning them to mediocrity or worse.

The fear of poverty is something that many carry as a banner for their misfortunes. However, there are individuals who have taken charge of their lives and used their poverty as a springboard to better things. "Let your intimate knowledge of the unwanted condition become a sustaining force as you drive toward the condition you do want- prosperity, even opulence"

Criticism is a fear that we all fear at some point. We take to heart the opinions of people around us and this influences our decisions, leaching away the very best parts of who we are, our individuality and creativity "It is one thing to listen to advice from a person qualified to give advice. It is quite another to allow adverse criticism to blunt the fine edge of your own conquering mind."

The fear of poverty is something that many carry as a banner for their misfortunes." - Napoleon Hill

Fear of ill health, loss of love and liberty often creep into the subconscious and cause tangible manifestations "The mind tends to transmute all beliefs into their physical equivalent," says Hill If you wish to feel ill all the time, you will If you love in fear of rejection, you will be rejected, and if you worship money as opposed to realising that it is merely a means to and end, you have lost your liberty.

Hill concludes with comments on the fears of old age and death which are, in essence, unavoidable "I shall do what I can to remain in good health and good spirits and avoid obvious threats to life, but as for death itself - why worry about the uncontrollable?"

There is one fear that Hill failed to deal with and that is the fear of change Things were perhaps a little more sedate, a little less rushed in his day; but in today's dynamic, ever-evolving society, the fear of change can be fatal. To hang on to outdated notions of morality, racial prejudice or suffer from technophobia can be the death knell for any individual, corporation or society.

5. How to win cooperation from others

No one likes being told what to do. To win cooperation, it is more effective to give people the space to make suggestions than to try to force your ideas on them.

As Dale Carnegie points out in *How to win friends and influence people*, the key point to keep in mind is that each person wants to feel important and ultimately in charge of his or her actions. This is true for all interpersonal relationships, from business to politics and family.

According to Carnegie, there is a lot to be gained by simply asking people for their input He uses the example of Eugene Wesson, a textile salesperson who attended one of his courses. Wesson had been approaching a particular stylist for three years with no results. The stylist would look over a few sketches and turn them down. Wesson then decided to try Carnegie's approach.

He showed up at the stylist's office with incomplete sketches and asked how the stylist would like them to be finished. The stylist kept the sketches for a few days and made some suggestions. Then Wesson had the designs made according to the stylist's ideas. Every single design was bought Wesson finally achieved success when he allowed the stylist to be more involved in the creative process.

In a similar case, an X-ray equipment salesperson achieved phenomenal success by using the same principle Instead of calling doctors like all the other salespeople, he invited them to critique machines Invariably, the doctors felt flattered and bought machines as a result.

Marketers think of it as a pull strategy versus a push strategy A pull strategy presents a concept in a way that draws people naturally A push strategy actively forces a people to take action.

**“There is a lot to be gained by simply asking people for their input”
Dale Carnegie**

Carnegie points out that this is not a new concept. To prove it, he quotes Lao-tse, an ancient Chinese sage who lived 25 centuries ago: "The reason why the rivers and seas receive homage of a hundred mountain streams is that they keep below them. Thus they are able to reign over all the mountain streams. So the sage, wishing to be above men, putteth himself below them, he putteth himself behind them. Thus though his place be above men, they do not feel his weight; though his place be before them, they do not count it an injury."

6. Know your purpose

There are many ways to run a successful business, but without an underlying purpose, all the efforts of the business merely amount to random acts. Inspirational author and speaker.

Dr John F Demartini believes that to be truly successful, you have to have a life purpose first, and then apply this to everything you do.

Demartini has studied fields as diverse as quantum physics, theology and chiropractic to better understand all the different facets of human existence. According to his book, *How to make one hell of a profit and still get to heaven*, he proposes that finding your purpose gives you the enthusiasm and energy to realise your potential.

According to Demartini, our "wealth is proportionate to what you intend to do with it. Little causes attract little wealth, great causes attract great wealth, and immortal causes attract vast wealth"

He says that if the purpose behind your actions is important enough, the resources needed to achieve it follow naturally. Firm belief in this great purpose is what drives people to achieve beyond what they thought possible. Those who do not make an effort to become aware of their purpose will have their destinies partly determined by other people.

Demartini says that he often comes across people who claim that they do not know what they would love to do with their lives. His experience has taught him that this is not true. It is fear and feelings of guilt that deter people from admitting their true passions. "When people say that they would not love to do what really inspires them, it just means that they have not figured out a strategy to do it"

Although many people cannot say what their perfect job or purpose is, they could easily give you a list of 10 or 20 jobs that they definitely would hate to do. If you know what you do not want to do, you must know what you want to do.

Once the 'what' becomes clear, the next step is the how. Instead of remaining paralysed by the fear of failure, break your purpose down into manageable steps.

Demartini describes approaching one's purpose in the same way top architects design a skyscraper. Despite the impressive size of these structures, the architect knows the exact location of each nut and bolt. The same detail should be applied to outlining one's purpose in life.

It is also important to differentiate between goals and purpose. Goals are milestones you set and reach, such as a desired yearly income, while purpose is your lifelong direction, which has no end. The longer the timeframe of your vision, the greater its power.

Demartini says that purposes are grander than goals. "Goals are necessary stages that you shed like booster rockets on the path to your purpose. The greater your purpose, the greater the power you can bring to bear upon your goals. A great purpose keeps your goals in perspective, and they seem much easier to achieve when measured against an immortal challenge"

Little causes attract little wealth, 1, great causes attract great wealth, and immortal causes attract vast wealth"- John Demartini

When a purpose transcends immediate material needs, great achievements and financial rewards are more likely to arise. Just desiring money is not a purpose. The will to build a children's shelter, put your children through college or travel the world are clearly defined purposes that attract funds. It is important to have an overarching purpose because you will never attract additional wealth beyond the point of your vision.

Visualisation is a powerful tool and the first step towards realising your life purpose. The next step is to write it down. This is also a powerful act, because it takes your purpose from the world of imagination into the physical realm.

Even with a clearly defined purpose, you will pass through periods of depression. This is because what you are doing at that time has no direct link to your purpose. As everything in life is intertwined, everything you do should bring you closer to your purpose.

Gearing your life towards your purpose is challenging. Only those individuals willing to do the hard work and face their fears will reap the rewards.

7. Do some good

Strange as it sounds, making money was never Richard Branson's main aim in life. I always believed that it was our duty to help others and to do good when we could.

Before Branson became a household name, he and his sister were trying to sell copies of their magazine, Student, in the street. A homeless person asked Branson for money, and since he did not have a penny, he gave him the clothes he was wearing at the time. The rest of the day Branson spent wrapped in a blanket, poor but feeling noble.

Branson spent the next few decades building up Virgin. When he turned 40, he reached an all-time low. Despite Virgin Airways being voted Best Business Class Airline of the year, it was a constant fight to keep the company going. Virgin Airways was battling with British Airways for space in the skies, and it was only Virgin Music's string of hit records keeping the company afloat. There were only two options close the airline or sell the record company. The bank said if Branson did not sell, they would withdraw the loans "It was one of the few times when I felt totally lost," says Branson in his book Screw it, let's do it.

In the middle of this worrying time, August 1990, Iraq invaded Kuwait Branson watched thousands of refugees flooding over the border into Jordan He called his friends, King Hussein and Queen Noor of Jordan, and asked if he could help. The queen said they needed 100 000 blankets to give shade during the day and warmth at night Young children were dying.

Virgin Airline staff got to work and two days later Branson set off in one of Virgin's jumbo jets to Jordan with 40 000 blankets, tons of rice and medical supplies. The aeroplane returned with British citizens who had been stranded in Jordan When the head of British Airways got wind of this, he subsequently rushed a load of blankets to Jordan. "I was pleased that our example had partly pushed him into helping," says Branson

A few days later Branson saw on television that Saddam had taken British hostages and was using them as a human shield He got the idea that perhaps Saddam would exchange the hostages for medical supplies Branson flew to Jordan, and spent three days talking to King Hussein who agreed that something had to be done quickly Branson wrote a very polite letter by hand to Saddam "I asked if he would release all the foreigners who were trapped in Iraq To show goodwill I would fly in medical supplies that Iraq was short of"

The plan worked Saddam agreed and Branson, with former prime minister Sir Edward Heath, flew to Iraq with the supplies Because of the risk of Saddam seizing the plane, Branson could not get insurance "If Saddam did seize the plane, we would go bust. I was risking everything on this venture - but too many people depended on me. There was no backing out"

Branson left Iraq with the hostages and Edward Heath safely on board. Everyone was happy, except one person - the head of BA "Who the hell does Richard Branson think he is - part of the bloody Foreign Office?"

In the end Branson managed to keep both Virgin Music and Virgin Airways. A few years later the government decided to let Virgin Atlantic into Heathrow Airport, despite fierce opposition from British Airways. Today Virgin Airways is one of the most successful airlines in the world.

What is clear from Branson's story is that everyone can afford to do some good. Whether you donate the clothes on your back or fly medical supplies to Iraq, it is the intention that is important As Branson says, "You do not need to be rich to do good"

"You do not need to be rich to do good" - Richard Branson

8. If you have failed, are you a failure?

Achievers are able to keep moving forward no matter what happens. The reason is that they do not take their mistakes personally. They rise above their circumstances because they know that failing does not make them failures.

As John C Maxwell puts it in Failing Forward, achievers are able to dust themselves off after a mishap and move on because they remove themselves from their failings.

"I think it is safe to say that all great achievers are given multiple reasons to believe they are failures but in spite of that, they persevere. In the face of adversity, rejection and failings, they continue believing in themselves and refuse to consider themselves failures"

"Achievers continue believing in themselves and refuse to consider themselves failures" - John C Maxwell

This is certainly true of geniuses like Wolfgang Mozart, Thomas Edison and Albert Einstein Maxwell gives an account of celebrated humour columnist, Erma Bombeck. She had 15 books published in her lifetime and was voted one of the 25 most powerful women in America - not bad for someone who was told to "forget about writing" when she started out

"I speak at college commencements, and I tell everyone I am up there and they are down there, not because of my successes, but my failures," she says "Then I proceed to spin all of them off - a comedy record album that sold two

copies in Beirut... a sitcom that lasted about as long as a donut in our house... a Broadway play that never saw Broadway. What you have to tell yourself is, 'I am not a failure I failed at doing something' There is a big difference"

Maxwell believes it is possible to cultivate a positive attitude about yourself, no matter your circumstances or history.

He gives a list of seven abilities that are needed if you want to fail forward.

1. Achievers reject rejection...Do not base your self-worth on your performance Cultivate your self-image on your internal character traits "Take responsibility for your actions but do not take failure personally."
2. Achievers see failure as temporary "When achievers fail they see it as a momentary event, not a lifelong epidemic."
3. Achievers see failures as isolated incidents ...Do not let a single incident colour your view of yourself
4. Achievers keep expectations realistic "The greater the feat you desire to achieve, the greater the mental preparation required for overcoming obstacles and persevering over the long haul It takes time, effort and the ability to overcome setbacks"
5. Achievers focus on strengths ...Winners focus on what they can do, not on what they cannot "If a weakness is a matter of character, it needs much attention. Focus on it until you shore it up Otherwise, the best bet for failing forward is developing and maximising your strengths
6. Achievers vary approaches to achievement ...If your strategy is not working, find alternative means to get to where you want to be.
7. Achievers bounce back...Take time to assess the outcome of your actions "If the outcome is what you want, figure out what you did right. If it is not, figure out what you did wrong so you do not do it again:-that is the key to bouncing back"

9. Staying Optimistic about the Future

Your level of optimism has the most direct impact on your ability to handle adversity and cope when bad things happen in your life Optimistic emotions about the future like hope, faith and trust are what give us the mind set to help us succeed. According to Martin Seligman, author of Optimism about the future, there are two factors affecting your level of optimism: permanence and pervasiveness. Permanence is about time Pervasiveness is about space.

If you tend to give up easily, chances are you believe that negative events are permanent and have a lasting effect on your life. When good things happen to pessimists, they may still give up because they believe positive experiences to be flukes. Optimists, on the other hand, see negative events as temporary. They believe in the permanence of positive experiences and relate them to positive aspects of their personalities.

Failure sets us all back temporarily. Likening the experience to a punch in the stomach, Seligman says we all recover. Some bounce back instantly. The pessimist, however, takes days or even months to deal with setbacks.

Seligman gives an example of two accountants, Nora and Kevin, both fired from their respective firms... They both become depressed... Nora, however, continues to exercise, keeps up her active social life and remains a devoted wife. Kevin stops going to parties because he cannot stand to be around people. He stops laughing at jokes and ignores his wife and child. He gives up jogging and gets sick as a consequence.

The difference is that optimists compartmentalise their lives. When things go wrong, they contain the trouble in a given area and carry on with the rest of their lives. Pessimists allow the trouble in one area to bleed into everything. The good news, according to Seligman, is that optimism can be learned and helplessness unlearned.

The first step is to treat self-depreciating thoughts as though they have been told to you by a rival, because humans are less likely to believe negative comments from others. The next step is to look at the facts Look at all the things that make the statement false.

Once you recognise a pessimistic thought, approach it using Seligman's ABCDE model A represents adversity and B represents the belief you hold about it, while C stands for the consequence The turning point is D, which represents disputing the belief, and E is the resulting energy you feel when you do. Going through these steps can change your reaction from one of despair and hopelessness to increased activity and good spirits.

You have to be factual, clear and accurate when arguing with yourself. Most pessimistic thoughts are overreactions, and the implications exaggerated. However, if there is some truth in a negative statement, Seligman

"Failure sets us all back temporarily, but the pessimist takes days or even months to deal with what is sometimes only a small setback"- Martin Seligman

recommends 'decatastrophising' the situation. This is done by recognising that it applies to just one area of your life and then deciding how to change it. You also have to look at how useful the belief is. If you cheat your diet and tell yourself: "I'm a glutton" you are giving yourself permission to break the diet completely. If, on the other hand, you tell yourself that you are a person of strong character, then the cheating was only an accident from which you will recover immediately.

10. Uncovered! Wattle D. Wattle's secret scientific process of creating wealth

There is a definite system for creating wealth and if you follow the system exactly you will both become wealthy and generate excess cash. It is vital to create the two separate distinctions because first you become wealthy and then you generate excess cash. It does not take place the other way round. So the first step in the science of creating wealth

deals with how to become wealthy. This leads to the second step which deals with how and what we must do to generate excess cash, in order to have the benefits of being wealthy.

Be... Do... Have... The scientific process of wealth creation is be, do and have - in that order. And the reason most people fail to create wealth is because they get it back to front. They want to know what they must do to have excess cash, so that they will have a lot of money and will then be wealthy. It does not and cannot work this way, no matter how determined you are.

The very best exposition of the exact process involved in the science of creating wealth is the now well known classic written in 1910 by Wallace D. Wattles entitled: *The Science of Getting Rich*, the book that is now the power behind *The Secret*, the internationally acclaimed DVD that is capturing the attention of millions of would-be wealth-creators world wide.

The secret law of attraction - revealed!

At the core of the science of wealth- creation is the power of attraction. We all have thoughts that dominate our minds: Things that we think about all day long. Our brains become magnetised with these dominating thoughts and these "magnets" attract to us the forces, the people and the circumstances of life, which match with the nature of our dominating thoughts.

The big question with regard to our desire to create wealth for ourselves is: How aligned are our dominant thoughts with the thoughts of a wealth-creator? Do we think and believe in our daily life the thoughts and beliefs that attract wealth to us? Or do we think thoughts of scarcity and low self-worth which attract the forces, the people and the circumstances of mediocrity? Despite what we are lead to believe life does not happen to us. We are the masters of our own destiny through the power of attraction.

How to grow the seed of wealth

Everything in life grows from a seed - humans included. Wealth is no different. The seed of wealth lies within the human soul. And it is in our soul that we must first have a sense of being wealthy before wealth will manifest in the material world. But it is here that most people make their first wrong move. They have the false notion that they must act like wealthy people... in as much as they need to have material things... i.e. drive an expensive car and live in an expensive home and this is entirely incorrect. You have to be wealthy... in your core, your essence... To create wealth you have to dominate your daily self-talk or inner conversations with a sense of peace, gratitude and fulfilment... the same sense of peace, gratitude and fulfilment that the wealthy have. You need to banish the fear, anger and resentment that dominate a state of poverty or mediocrity.

The difference between being rich and wealthy - and why it's so important

But let's make another distinction at this point. Today we can differentiate between wealthy and rich. Wealthy means money works for you. You have recurring income, excess cash, excess time and fulfilling human relationships. Rich on the other hand involves chasing money on a daily basis, shortages of time and money and inadequate human relationships. Here are some of Wattle's secrets to becoming truly wealthy:

- ♥ You must have a specific and definite mental picture of what wealth looks like to you and you must keep your eye on it at all times.
- ♥ Your results are the outcome of what we do which is the direct outcome of what you think about; if your dominant thoughts are to do with poverty we will remain poor. If your dominant thoughts are to do with wealth we will become wealthy.
- ♥ You create and sustain wealth when you work in a mode of cooperation with all other beings. When your goal is to create with and not compete with others so that we all win.
- ♥ Wealth builds on success and so every day must be a successful day. If you fail to do what is needed today, either by your neglect or failure to do some small act, or by acting inefficiently, you may cause a long delay in achieving your goal.
- ♥ By dominating our daily thoughts and inner conversations with a sense of gratitude to the universe and those with whom we come into contact for delivering to us a life of joy and enriching human relationships, we attract the forces of wealth into our life. By then doing the things that wealthy people would do on a daily basis, like disciplining ourselves to get our money to work for us and investing money wisely we set ourselves up for reaping the rewards of our fully integrated being and doing.

Barry + Pat Bland's Incentive

Incentives for 3rd Quarter 2007 - (Jul/Aug/Sep)

Earn EXTRA by working YOUR business to the basics

For All Distributors, Managers, Senior Managers and Directors

3:30

Do a 3:30 in any month of the quarter and earn R50.00 bonus!

Do it 2 months in 3 and receive R100.00!

Do it three times in the 1/4 and receive R150.00!

For all Qualified Senior Managers

In each month of the quarter:

1) Be Qualified as a Senior Manager (Team PV of 1000PV)

2) Have a Personal PV of at least 250

3) Introduce 1 new Distributor each month (or introduce at least 3 new Distributors in the 1/4)

Do the above each month of the 1/4 and earn an extra R300.00

Build your business for the future and earn more this 1/4!

NB You must be at the Quarterly meeting to receive your incentive

These incentives will be paid out at the end of the quarter i.e. Oct 2007

The following Distributorships earned on Bland's incentive on 3/30's... Peterson (R200) Aarons (R150) Dedekind R100 Freemantle (R50) Momfoumbi (R50), Banks (R50).

G1 Laundry Compound

A good detergent must have many features.

- ♥ It must be able to wash away a wide variety of different types of dirt from various textiles without causing damage.
- ♥ It must work well under various conditions, in different types of washing in a machine or by hand, at different temperatures, and in both in hard and soft water.
- ♥ Finally, the washing must not only be clean, it should also look and feel clean, and whites should be white and colours clear and pure.

With these challenges in mind, G1 is for you!

“Features & Benefits”

- Biodegradable!
- Effective at different temperatures and in hard or soft water.
- Safe on all washable fabrics.
- Colour-safe oxygen bleach to remove severe spots.
- Enzymes to break down protein and fatty stains.
- Free rinsing, leaving no residue to cause graying or skin irritations.
- No build-up of detergent scum on tubs or in pumps.
- Measuring scoop to ensure economical use.
- Optical brighteners – prevent whites from yellowing and keep colour in those garments treated with optical brighteners during manufacture.
- Sodium Silicate – prevents corrosion in the washing machine and helps in the cleaning cycle.
- Perfume – helps laundry to smell fresh.

“Dosage Recommendations”

- ♥ Use 1 to 3 scoops depending on size of load ... 1 scoop per 5 kg washing Machine.
- ♥ Can be used in Washing Machines or by hand.
- ♥ Because of the effectiveness of G1 most washing can be done at 40°C temperature,
- ♥ Dosage depends entirely on the degree of soiling and the size of the wash load.
- ♥ Heavily soiled washing generally requires higher dosage levels... 3 scoops for extremely dirty washing.
- ♥ For more soiled wash – Oxygen Bleach can be added.
- ♥ Addition of Oxygen Bleach requires water temperature to be increased to 60°C

Available in 2Kg and 25Kg packs

GNLD “Simply the Best”

Name	Price Per box	Weight Per box	Scoop Size	Scoops Per box	Price per scoop	Scoops Per load	Cost Per load	Comments
G1 laundry compound	R152.00	2 Kg	11 gm	181 level	.84c	1 - 3	.84c 1 scoop	Most cost Effective
G1 Laundry Compound	R1582	25 Kg	11 gm	2272 level	.70c	1 - 3	.70c 1 scoop	Most cost Effective

“Comparisons of washing powder”

Figures below are recommendations of manufactures taken off actual boxes.

Name	Price Per box	Weight Per box	Scoop Size	Scoops Per box	Price per scoop	Scoops Per load	Cost Per load	Comments
G1 laundry compound	R152.00	2 Kg	11 gm	181 level	.84c	1 - 3	.84c 1 Scoop	Most cost Effective
G1 Laundry Compound	R1582	25 Kg	11 gm	2272 level	.70c	1 - 3	.70c 1 Scoop	Most cost Effective
Skip	R49.99	2 Kg	180 ml	11.12	R4.40	1 ½	R6.60	
Bio Classic	R47.49	2 Kg	25 g	80	.60c	3	R1.78	
Omo Auto	R45.79	2 Kg	180 ml	11.12	R4.11	1 ½	R6.17	
Sunlight	R35.69	2 Kg	190 ml	10.5	R3.39	1	R3.39	
MAQ	R33.95	2 Kg	100 g	20	R1.69	1	R1.70	
Daisy	19.49	1 Kg	400 ml	2.5	R7.79	1	R7.79	
No Name	R37.79	2 Kg	240 ml	8.33	R4.53	400 g	R7.55	

Vitamin C and Zinc – The two Natural Healers...from infection to ulcers to a host of diseases...

Zinc Improves Recovery from Pneumonia

A study in *The Lancet* has shown that young children with acute pneumonia have a faster rate of recovery, if they take zinc supplements. The study included 270 infants aged between two to twenty-four months. They were given either 20 mg of zinc per day or a dummy pill as well as traditional antibiotics.

Pneumonia is the leading cause of mortality in children, particularly in developing countries. Two million children die from pneumonia each year. Children with low birth weight or weakened immune systems, due to malnutrition or disease, are particularly affected.

Medical staff at the Centre for Health and Population Research said that taking zinc could help to save many children's lives. Zinc may accelerate recovery through reduction of inflammation and lower obstruction in the airway. Doctors also state that further research is warranted to discover precisely how zinc works.

Use GNLD's Chelated Zinc... 2 tablet contains 30 mg. Break up tablet or crush and put into Yoghurt etc. GNLD's Vitasquares also contains Zinc...3 tablets contain 7.5mg...

Zinc (Mineral)

What it can do for you

- Metabolism - 25 enzymes are produced because of zinc - also the enzyme to break down alcohol - zinc essential for protein synthesis. Zinc acts as a policeman, directing and overseeing the efficient flow of body processes, the maintenance of enzyme system and cells. Governs the contractibility of muscles. Is important for blood stability and in maintaining the body's acid-alkaline balance (the utilization of the build up of lactic acid during exercise). Also proper glandular functions - present in all tissues but is specially concentrated in the thyroid gland. Necessary for the transport of blood and in the removal of carbon dioxide from the lungs.
- Healer - Accelerate healing time for internal and external wounds. Cold sores, mouth ulcers, ulcers and wounds inside and outside the body. Especially good for rapid healing of burns.
- Get rid of white spots on the fingernails.
- Skin - zinc keeps UV rays from sun damaging the skin and zinc is used in the treatment of acne. A lack of zinc causes a thickening and hardening of the skin and loss of hair.
- Help eliminate loss of taste.
- Aid in the treatment of infertility. Known as the food for love, a natural aphrodisiac.
- Help avoid prostate problems. Cancer of the prostate is very prevalent today and can be prevented with adequate levels of zinc. Will also prevent lack of sex drive and incontinence. High concentration of zinc throughout the entire male Productive
- System: prostate, seminal fluid, and esp. in the sperm.
- Promote growth - Zinc plays a major role in growth, especially adolescent growth and
- Sexual development – DNA's will not function without zinc.
- Exerts a normalising effect on the prostate and is important in the development of all reproductive organs. Male hormone cannot be produced without zinc.
- Promote mental alertness. Studies indicate its importance in brain function and the treatment of Schizophrenia. Neurotransmitter problems - helps with palsy, shakes, seizures.
- Absorption - Helps in normal absorption and action of vitamins especially calcium and the B vitamins.
- Help decrease cholesterol deposits. Used in the treatment of arteriosclerosis.
- Scientists have linked low levels of zinc to lowered resistance to cancer and TB.

The right amount of vitamin C can fight disease and add YEARS (yes, years!) to your life. Are YOU getting enough?

By Jonathan v. Wright, M.D.

A few years ago, a research group reported that taking 1 gram of vitamin C daily increases life expectancy for men by as much as six years and for *women* by as much as one year. (Sorry, ladies, but your life expectancy is longer anyway!)

This information may sound incredible - even impossible! But very recently the prestigious medical journal *Lancet* published the results of a study that supports those same findings and adds another dimension.

The researchers decided *to* check for themselves after noting previous studies claiming that vitamin C "might be protective against several chronic diseases" (including cardiovascular disease and cancer), and what *they* found was that blood levels of vitamin C were "inversely correlated with mortality from all causes." In

English: The lowest blood levels of vitamin C were associated with the highest risk of death from any illness. Similarly, the highest blood levels of vitamin C were associated with the lowest risk of death from any illness of any sort.

In this case, almost 20,000 men and women between the ages of 45 and 79 were followed for four years. In addition to bringing about a decrease in mortality from any and all causes, higher blood levels of vitamin C were associated with lower risks of heart disease and blood-vessel disease in both men and women and a lower risk of cancer for men (though not for women).

The researchers also noted that blood levels of vitamin C were an "independent" risk factor; in other words, they were *not* associated with age, blood pressure, blood cholesterol, cigarette smoking or diabetes.

Vitamin C is essential to human health because of a metabolic defect That actually reflects a mutation in human DNA.

Supplementing through diet alone could reduce the risk of mortality by 20%

This study also took a look at the sources of vitamin C, as well as the necessary quantities of vegetables and fruits required to elevate vitamin C blood levels through diet alone. Researchers noted that "small increases in fruit and vegetable intake, of about one serving daily, offer encouraging prospects for the prevention of disease." They went on to calculate that a 50-gram increase in vegetable and fruit consumption was associated with a 20% reduction of risk in mortality from all causes!

But what about the other 80%?

Many researchers consider vitamin C as just another "ordinary" vitamin, in the same general category as vitamin A, the B-complex vitamins, vitamins D, E and so on. It is very different. Vitamin C, unlike the rest, is a substance that's essential to human health because of a *human metabolic defect* that actually reflects a *mutation in human DNA*. This isn't just my viewpoint; it's a well-researched fact, known for decades and printed clearly in "mainstream" textbooks of human genetics, paediatrics and internal medicine. As these textbooks all tell us, the human requirement for vitamin C is not strictly a matter of nutrition or how much, vegetables and fruit we can eat.

It's a basic genetic defect that all humans share, a biochemical inability to manufacture vitamin C internally.

By contrast, vitamin C is synthesised internally by nearly all other species of animals (excluding chimpanzees, monkeys and other primates; guinea pigs; an obscure bat found only in India and humans). Cats, dogs, elephants, birds, horses, cows and all other species need no vitamin C in their diets at all! These animals synthesise vitamin C from glucose (blood sugar) by an identical-to-all-species series of four enzymes. (Remember that enzyme production is genetically controlled, which is why "missing-enzyme" diseases like scurvy are all "genetic diseases".) When under stress, nearly all other species immediately start to internally synthesise much larger quantities of vitamin C. They do not rely on just their intake of vegetables and fruit (or in the case of some species, raw, uncooked meat, which is another source of vitamin C).

Humans are genetically prevented from producing these important Anti-stress and Detoxifying molecules present in all of nature.

When animals ingest carcinogens, their bodies immediately start to synthesise 10, 20, even 50 times as much vitamin C to help detoxify and get rid of the carcinogen. Human bodies "try" to make more vitamin C but can't. When animals are injured, for example, their bodies synthesise much more vitamin C to aid in tissue repair. (Vitamin C is key to the synthesis of collagen in connective tissue.) Human bodies "try" but can't. And, when animals are given a drug of any kind (including alcohol, nicotine and caffeine), their bodies synthesise much more vitamin C until the drug is detoxified. Human bodies "try" but can't.

Human liver cells contain the first three of the four enzymes in the "vitamin C synthesising series," but the fourth enzyme is totally missing! When humans are stressed, the activity of those first three enzymes is greatly increased, but no vitamin C is produced.

Humans need more fruits and vegetables to receive maximum health benefits.

It's obvious to those who take this approach that we'd all be considerably healthier, and live longer, if we didn't have this genetic problem or, if we'd take more vitamin C than what can be found in vegetables and fruits.

Unfortunately, "mainstream" medicine is actively in favour of treatment of all other genetic diseases to the maximum extent possible but is (for mostly political reasons) silent on the subject of full correction of this one.

Fortunately, we can (and should) take care of it on our own. And it's easy: Just eat lots of fruits and vegetables and take an optimal quantity of supplemental Vitamin C! What little is present in our food is enough to prevent death from scurvy (a total lack of vitamin C), and, as the studies noted above show, if we eat more vegetables and fruit, we can add enough vitamin C to increase longevity and decrease our risk of mortality from all causes, but the "fruit and vegetable" amount is not nearly enough to produce maximum health benefits. We need to supplement with ENOUGH vitamin C to mimic internal vitamin C synthesis (thus correcting for our genetic defect) for optimal health and longevity.

How much vitamin C is necessary? It's time to re-evaluate your supplement plan!

To determine a base-line amount to take when you're not stressed, ill, or injured and not in the process of detoxifying nicotine, alcohol, caffeine or other drugs or carcinogens we can look at nature. A few scientists who've seriously studied this question point out that, on an equivalent-weight basis with animals that synthesise their own vitamin C, healthy adult humans (if not for our genetic defect) would produce (internally) from 2 to 4 grams (2,000 to 4,000 milligrams) of vitamin C daily. Other scientists have observed that adult gorillas (another non-vitamin C synthesising species) living in an area identical to the "original" human environment consume approximately 3 to 4 grams of vitamin C daily (calculated on a "human-weight basis").

These comparisons give us general guidelines about appropriate baseline quantities, but, since we're all individuals, it is recommended as an individualised approach, using feedback from your own body. Popularised as the "body-tolerance" approach, it's quite simple. Slowly increase your supplemental vitamin C each day until you start getting excess gas or loose bowels. At that point, your body isn't absorbing or able to use that quantity; so then back off to the largest amount that doesn't produce loose bowels or excess gas. Most adults work with find their tolerance point (when they're not ill or stressed) to be 3 to 6 grams daily. When illness occurs, however, that point frequently increases to at least 20 to 30 grams daily. Occasionally, people who've had severe viral illness have told me they've taken up to 100 grams daily for a day or two without any bowel problems at all. (Since vitamin C is water-soluble and rapidly used by our bodies, it's logical to spread it out over at least two or three intervals daily when healthy and as often as hourly when ill.)

Caution: Individuals who have formed calcium oxalate kidney stones or who come from families who've had them should limit supplemental vitamin C to 1 gram daily unless they're working with a health-care professional knowledgeable in nutritional therapy. There's a remote possibility that more vitamin C will increase the production of oxalate in those individuals. Fortunately, however, it's easy to test for this possibility, and the risk is very small.

Vitamin C reduces Mortality Rate...

In the current edition of the American Journal of Clinical Nutrition, researchers in Great Britain randomly selected individuals between the ages of 75 and 84 years old for a clinical trial. Over 1,200 participants provided an initial blood sample and were interviewed about their dietary habits. These individuals were then followed for a median of over four years. At the conclusion of the study, it was found that those individuals who had the highest blood levels of ascorbate (vitamin C) reduced their risk of dying by almost 50% compared to those individuals who had the lowest blood levels of ascorbate. The conclusion of the study was that low blood vitamin C concentrations in the older British population were strongly predictive of mortality.

Think about that for a moment. You can possibly reduce your incidence of mortality by almost 50% by having higher levels of ascorbic acid in your blood. This is not the first study to show such benefit. In a twenty year follow-up study also performed in Great Britain, there was a 30% reduction in death rates from stroke in those individuals with higher levels of blood ascorbate. Other clinical trials have clearly demonstrated that ascorbate levels in the blood of smokers are significantly lower compared to that of non-smokers. The reason for this is probably that smokers produce a higher amount of free radicals that cause heart disease and cancer when compared to non-smokers, consequently depleting their vitamin C levels in the blood by fighting these free radicals.

Take the Best... Take GNLD's Vitamin C High Potency, Sustained Release... Vitamin C 500mg, Rose hips 10mg, Rutin 10mg, Lemon Bioflavonoids 10mg, Hesperidin complex 10mg Acerola cherry 15mg... and now we have the Delicious Chewable All-C as well to top up our needs of Vitamin C...

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 WANDERERS CLUB...or if necessary another appropriate venue... Accept this challenge in the month of October ... and be recognised at a very special breakfast. Let me list the qualifications again...

1. You do personal PV of 250PV's through your own name at H/O.
2. You must achieve a group PV of no less than 2000PV's
3. 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.

May Breakfast Qualifiers ... Jen+Rob Baigent, Shirley+Richard Aarons, Muhsin+Deeba Peterson, Maydon + Collett Mashanini, Elsie + John Xaba.
24th October - Mug 'n Bean Cresta Shopping Centre.

Friendly Impending Events

Sat	13 Oct	Training in Nelspruit 2-4pm Opportunity 1-2pm... run by Roy + Lyn Banks	14h00
Wed	16 Oct	Training in Lenasia @ Katijah's	10h30
Sat	20 Oct	Training with the Banks' Melrose Bowling Club, Venus St, Birdhaven	10h30
Wed	24 Oct	Leadership Breakfast Meeting Mug 'n Bean – Cresta Shopping Centre.	10h00
Wed	31 Oct	October Month End	All Day!
Sat	3 rd Nov	Opportunity Meeting, Eagles Nest Conf Ctr.	13h00
Sat	3 rd Nov	Team Rally Eagles Nest Conf. Ctr. Cnr. William Nicol and Leslie Ave, Fourways Great speakers including Dr. Barry Bland.	14h00
Fri 9 th + Sat 10 th Nov		Ladies! Please bring a Packet of Biscuits or Plate of snacks. Convention in Cape Town - Exciting Stuff – See you there!	

OCTOBER 2007 - EXPERIENCE MEETINGS

All Teams are welcome to attend these exciting Experience Meetings in a town near you; an opportunity to introduce new people into this great GNLD business. Distributors – R10.00 & Guests are Free.

DAY/DATE	TOWN	VENUE	TIME
SAT 13 TH	CAPE TOWN	Belmont Square Conf Centre	14:00
SUN 14 TH	KHAYALITSHA	Look Out Hill, Spine Rd, Khayelitsha, Off The N2, Cape Town	14:00
TUES 16 TH	PORT ELIZABETH	Summerstrand Hotel	19:00
WED 17 TH	GRAHAMSTOWN	Rhodes University	19:00
THURS 18 TH	EAST LONDON	Premier Hotel King David	19:00
WED 24 TH	JHB	Crown Reef Convention Centre	19:00
SAT 27 TH	PRETORIA	Southern Sun Pretoria C/O Church And Beatrix Sts, Arcadia	14:00
SUN 28 TH	GABORONE	GRAND PALM HOTEL, Okavango Room	14:00
MON 29 TH	FRANCISTOWN	CRESTA THAPAMA	18:00
TUES 30 TH	MAUN	MAUN LODGE	18:00

Friendly 2007 Awards

The Top Ten Results - January to December 2007

Top 10 Managers Jan - Sep 2007

		Group PV	Signings
1	Wallied + Farieda Flashman	26 701	17
2	Jean + Leo Wetselaar	12 610	4
3	Maydon & Collet Mashinini	10 690	5
4	Katijah Khan	10 048	3
5	Hosain + Feroza Kaldine	9 468	9
6	Lydia Maake + Colin Bockel	8 723	7
7	Barnie & Desree Robertson	7 878	5
8	Alphonsina Malitaba	6 261	6
9	Aysha + Shammieg Ismail	5 711	4
10	Aziz + Aasiah Badsha	5 505	3

(NB! You must have 4 recruits by end December to stay in this contest)

Top Businesses

(Emerald Dir+Up) Jan - Sep 2007

1	Baigent	215 663	(1RD)
2	Roodt	128 806	(SD)
3	Peterson	82 348	(SD)
4	Stephenson	55 569	
5	Dedekind	47 272	
6	Aarons	37 426	
8	Baigent P	33 324	
7	Swan	32 897	
9	Walker	32 380	
	FRIENDLY FORCE	578 338	(3 RD)

Top 10 Recruiters Jan - Sep 2007

		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Total
1	Aarons	3	3	3	3	3	3	3	3	3				27
1	Peterson	3	3	5	2	1	1	6	3	3				27
3	Flashman	3	3	3	3	3	0	1	1	0				17
4	Nguessen	3	3	1	4	0	1	0	1	0				13
5	Kaldine	3	0	1	0	3	1	1	0	0				9
5	Freemantle					2	3	3	1	0				9
7	Baigent	0	0	4	1	1	0	0	2	0				8
8	Dedekind						1	3	3	0				7
8	Maake/Bockel	3	3	1	0	0	0	0	0	0				7
10	Goqo	3	0	3	0	0	0	0	0	0				6
10	Malitaba				3	1	1	1		0				6

Top 10 World of Championship Medals Jan - Sep 2007

NB. 100 W.O.C Points will give you 100% towards your London Trip!

This is totally un-audited and needs confirmation!

		1st 1/4	1	2	3	2nd 1/4	1	2	3	3rd 1/4	1	2	4th 1/4	Total
1	Peterson	392	47	73	27	147	72	27	45	144				683
2	Aarons	143	63	58	83	204	53	28	19	100				447
3	Baigent	88	25	18	22	65	17	33	14	64				217
4	Flashman	126	24	34	2	60	8	4	2	14				200
5	Allie	96	0	2	2	19	0	2	48	50				165
6	Dedekind	59	8	8	8	24	38	27	18	73				156
7	Malherbe	90	17	2	2	21	2	17	2	21				132
8	Stephenson	42	8	8	10	26	8	8	30	46				114
9	Swan	56	8	23	2	33	8	8	2	18				107
10	Roodt	26	4	8	8	20	18	18	20	46				92
11	Estherhuizen	22	2	4	2	8	38	4	2	46				78
12	Walker	36	0	8	4	12	8	8	8	24				72
13	Gordon	46	8	2	2	12	2	0	2	4				71
14	Du Plooy	12	23	2	2	27	2	4	2	8				47
15	Muller	23	0	2	4	6	2	2	2	6				35
16	Baily McEwan	8	8	0	0	8	0	0	8	8				24
17	Algie	6	2	0	2	4	2	2	2	6				16
18	Dosramos						8	2	2	12				12

FIFTIES

DEEBA PETERSON (56),

married, three children, three grandchildren, retired

I was lying down thinking it was time to go to my doctor for a general health I check-up in March this year and I started examining my breasts, which I hadn't done for a while. I felt a lump in my left breast and my GP sent me for a mammogram, which is when I received the diagnosis. I'm currently undergoing chemo. I'll be having a lumpectomy after I've completed all my sessions.

*I'm a very positive person so I wasn't scared at all: I know breast cancer can be cured. I'd also recently watched *The Secret* and saw how a woman had beaten breast cancer through positive thinking, which also encouraged me. So did the fact that for the past two years I've been on a very good nutritional regimen, which I believe will help my body cope with this and get me through it.*

*I have become even more positive and much closer to all the special people in my life who continue to support me. I look at fellow breast cancer survivors with great admiration, as they are all so optimistic in their approach to life. They all refuse to give in to the disease: not one of them has ever mentioned giving up. *Life today is far more precious* and whatever I do I do with enthusiasm, because I feel that I must now appreciate every day. I make a point of sharing my story with others and encouraging women to examine their breasts every single month.*

My advice to other women my age is to take good care of yourself, because as you get older you need to do everything you can in order to prevent disease. So make sure you exercise, eat correctly and take a good nutritional supplement.



This is the most common age in which women detect a cancer - 65 to 70 percent of breast cancers are detected in this age group

LIFESTAGE COMMENT: The renowned existential crisis often confronted by people in their 40s, has shifted. This now tends to confront us in our 50s, when life has to mean something. So, cancer in the 50s also needs to mean something. Deeba's tendency to renew her appreciation in others and give back to them and the community is not unusual. While going for regular check-ups, living healthily and retaining a positive outlook is conventional wisdom for most women this age, those who avoid finding or creating meaning in their lives tend to become psychologically frightened or avoidant of their diagnosis, and fail to employ their life's accumulated wisdom.



90 OCTOBER 200

The above is Deeba's section of an article on breast cancer titled "WE PULLED THROUGH". This was featured in the Longevity Magazine, October edition... and due to their policy on not allowing unsolicited advertising... Deeba could not talk GNLD... but those of us who have been in contact with her, all know the incredible benefits that Deeba has experienced from using her GNLD Nutritional Regime, we have been astounded by Deeba's ability to recover after chemo, her energy/vitality and her healthy manifestation... One can see from the pictures of all the ladies featured in this article Deeba is the one who really stands out as she is glowing with health... and so I asked Deeba to share her success with us all... and this is what she had to say....

"Hi Lyn ...

As you can imagine, I am so grateful for my health, wellbeing and am excited about my future!

What absolutely amazed me is that I did not have all the side effects that oncology staff believed I would get, like mouth ulcers, diarrhoea, constipation and other dreaded symptoms.

My first Chemotherapy... I suffered with a headache and slight nausea but that was before I went onto the full GNLD Nutritional Program.

My second Chemo... I felt much better because of all the nutrition I was taking... the lump was no longer tangible - I could feel the lump in my breast!

My third Chemo... I did not stop taking nutrition two days before and two days after as is usually advocated ... After speaking to Dr. Barry Bland I decided to follow his recommendation and I took my GNLD nutrition during the chemo as well... I felt even stronger and healthier than before, because after all, nutrition is food and you are allowed to eat when receiving chemo treatment. (Our GNLD Nutrition is encapsulated food).

My Eight Chemotherapy treatments... I have now successfully completed all my treatments but it was after my fourth chemo that my doctor was convinced that the lump was already gone...

On the 16th I will have a little op just to remove the 'dead' cells and I will look forward to a long, fruitful and healthy life.... I can only give credit and thanks to Our CREATOR, My Support System (Family, friends) and the best nutrition in the world, GNLD.

My Nutritional Regime...Formula IV Plus, Phytodefence, garlic Allium, Nutrishake, Betaguard, Aloe Vera Plus and a few others.

I would like to take this opportunity to thank GNLD Head Office for sponsoring me with products over a period of three months and for their invaluable advice and support!Thanks and Love, Deeba.