



# The Friendly Force

## Team Talk Volume 23 Issue 8 August 2009

Business P.O. Box 87453 Houghton 2041 Cell 082-5645542 - Tel/Fax 011-880-0942 CK87/05904/23  
Team Rallies GNLD HEAD OFFICE 2-4PM ... 5 SEPTEMBER, 10 OCTOBER, 7 NOVEMBER, 5 DECEMBER

Newsletter by Lyn Banks  
Lyn & Roy Banks

Hi Friendly Folks...

*Friendly Newsflash! My wonderful Royboy will be flying to the UK on the 22<sup>nd</sup> August with a 6 month plan to build our GNLD Business there! Roy hopes to get our son Gary's GNLD Distributorship up and running along with the rest of our potential GNLD contacts there... We shall all miss Roy terribly, especially me! We wish him Godspeed and every success!*

July was a cold month... Brrrr! It definitely affected the month end results! ... Some of you had a good month! But, what really excited me was that the Friendly Team's recruiting was right up and back on track! Congratulations to all of you who had a signing but especially Well Done to those with a 3/30 result! Congratulations to those attending the All Africa Convention... it was Awesome!

July is over and we expect great results during August, a full four week month and with spring around the corner! So don't waste any time get onto it right away! What I love about our GNLD business is that even in tough, 'recession' times we can stand our ground. With our extraordinary Opportunity we have so much to offer! Scientifically proven Products that offer protection against the illness and disease, vibrant health and energy, being a true positive force against global warming, saving the environment and being able to offer people hope of a better future... an Opportunity to change their lives for the better, permanently! What I truly love about our opportunity is that GNLD is simply the best and easiest ways to recession proof your financial income.

Seven months of 2009 are gone, never to be seen again! Are you excited about the state of your business so far... if you are, then you are right on track! Imagine yourself at the end of 2010 knowing that you have a sustainable business and it is growing! Why not extend your imagination to 2015 when we will have built an even greater South Africa... Where will you be and what will your business be giving you... Imagine being on the Presidents Team, Being a Diamond Director ... earning (R100 000 plus)! Are you excited about life? Are you enjoying a fantastic lifestyle, a life of freedom? Freedom from all money worries... Are you in a position to look after you parents if they need looking after? ... Are you able to give your children the tertiary education they deserve? What about yourself... Are you healthy, vibrant, and looking forward to 2020? .....

Think about it... The end of 2010 is 1 ½ years away ... How does it look! Make the most of August ... Get to grips with your business by inviting a few of your distributors or potentials around for tea and do some training... Involve your sponsor or upline leader! Here's a plan... Imagine if you had 20 Distributors ... 1st level... all doing a turnover of 300PV... That would give you a business of 6000PV ... That would give you a Bonus of plus R11000. What a goal to work towards! This is very exciting because it won't stay there because each of those distributors will want to build a business themselves... they will recruit distributors and they will grow a team... but it all starts with your first level... If it is not there ... it cannot expand! So use GNLD events, training, CD's, DVD's and websites for building your business and make them work for you!

Latest + Greatest News! Recently we were given the opportunity to join forces with the UK's prestigious Royal College of Obstetricians and Gynaecologists (RCOG) in a special initiative to promote awareness of the importance of omega-3 nutrition in healthy pregnancies for both mom and baby. That resulted in a special promotional feature on our Omega-III Salmon Oil Plus appearing in their magazine "You and Your Family" and in their website - Read more about it in the next pages!

<http://www.youandyourfamily.co.uk/article.aspx?CatID=121&ArticleID=1612>

Have an Awesome August, Make it work for you! TonSA luv, Lyn and Roy Banks

Salmon Oil Story!  
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Royal College of  
Obstetricians +  
Gynaecologists  
(RCOG) , GNLD &  
O3  
Page 2

You and Your  
Family and GNLD's  
Omega 3 Salmon  
Oil Plus

The Federation of  
American Societies  
for Experimental  
Biology (FASEB) and  
GNLD

The American  
College of  
Nutrition (ACN)

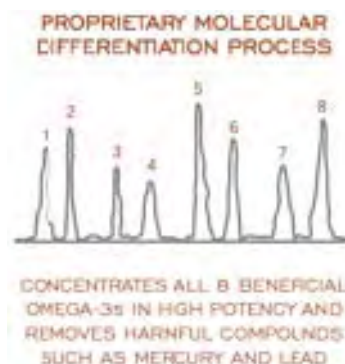
Restore Young  
Skin and fight  
Aging!  
Pages 6-8

Building an  
Awesome GNLD  
Business - The  
10 things you  
need to do!  
Page 8

## The Salmon Oil Plus™ story!

Clinically proven, published results, performance you can trust.

A Recently completed series of human clinical trials on GNLD's exclusive Omega-III Salmon Oil Plus have established a new standard for omega-3 supplementation performance and confirm the powerful benefits this product can provide.



### **Published Results**

Improved Cardiovascular Protective Omega-3 Index – FASEB, April 20081

Reduced Cardiovascular Risk by Lowering Inflammatory Index – ACN, October 20082

Reduced Cardiovascular Disease Risk Factors – Linus Pauling, May 20093

[Click here to download the study results overview \(PDF\).](#)

This is a 5 page document... download it for yourself.

1 Carughi, A. *Effect of Omega-3 fatty acid supplementation on omega-3 index and red blood cell (RBC) membrane fatty acid composition. Annual meeting of Experimental Biology, April 2008*

2 Carughi, A. *Effect of Omega-3 supplementation on markers of cardiovascular health and inflammation. Journal of American College of Nutrition; October 2008*

3 Carughi, A. *Effect of Omega-3 fatty acid supplementation on cardiovascular risk factors and inflammatory markers. Annual Linus Pauling Institute's Diet and Optimum Health Conference, May 2009*

- Whole Food, Human Food Chain Differences You Can Feel  
GNLD's Omega-III Salmon Oil Plus is the world's finest ultra high potency fish oil, complete with standardized amounts of all eight omega-3s, with guaranteed purity..
- Ultra Pure  
Proprietary molecular differentiation process concentrates beneficial omega-3s while helping remove over 200 potential contaminants with an allowable detection limit of ZERO. This sophisticated process also helps reduce fishy taste and smell
- Potent Full Spectrum  
Each 3 capsule serving of our exclusive UHPO3 (Ultra High Potency Omega-3) formula provides 1,070 mg of total omega-3 fatty acids with standardised amounts of all eight naturally occurring omega-3s including 460 mg of EPA, 480 mg of DHA, 50 mg of DPA and 80 mg of other omega-3 fatty acids.
- Natural  
Salmon Oil Plus is based on pure, natural salmon oil, providing all the benefits and whole food goodness of one of nature's richest sources of omega-3 fatty acids.
- Guaranteed Quality
- Our products are backed by more than 50 years of unwavering quality, high safety standards, and proven effectiveness. With our 100% money back guarantee, you have nothing to lose – and a lifetime of health and vitality to gain.



## News Flash from GNLD

31st July 2009

**Omega-3 Salmon Oil Plus**

**Featured in Royal College of Obstetricians & Gynaecologists  
"Healthy Pregnancy" initiative!**

GNLD International has joined forces in a special initiative backed by the UK's prestigious Royal College of Obstetricians and Gynaecologists (RCOG) to promote awareness of the importance of omega-3 nutrition in healthy pregnancies for both Mom and Baby. Through a special arrangement, GNLD's Omega-3 Salmon Oil Plus appears as a promotional feature in their awareness publication "You and Your Family" in both print and website components of their initiative.

For Distributors who have contacts in the UK, the print piece features GNLD's Omega-3 Salmon Oil Plus as a full colour, full page promotion on page 25 in the summer and autumn 2009 issue of their "You and Your Family" magazine. Continued...

Their website also showcases our Omega-3 Salmon Oil Plus and provides links directly to our new Omega-3 Salmon Oil Plus home page, where visitors can find out all about the benefits and clinical research supporting this amazing product. The information presented includes;

The clinical study results that we have presented and published at major scientific events including the American College of Nutrition, and most recently the Linus Pauling Institute.

The complete story behind Omega-3 Salmon Oil Plus, and how this product delivers a full spectrum of ultra pure, highly concentrated omega-3's, to promote heart, brain and joint health in addition to supporting healthy pregnancy and brain and vision development in the baby.

An article, by our own SAB Member Dr. Arianna Carughi that presents up-to-the-minute scientific findings on the importance of omega-3 fatty acids to healthy pregnancies and its benefits for Mom and Baby.

Though the magazines are only available in the UK through the offices of Obstetricians and Gynaecologists, the web-based materials are available to all at the following link:

<http://www.youandyourfamily.co.uk/article.aspx?CatID=121&ArticleID=1612>

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**You and Your Family website... [www.youandyourfamily.co.uk](http://www.youandyourfamily.co.uk)**

**Pregnancy & Birth**

**GNLD - Powerful Nutrition For Mum Means Big Advantage For Baby**

Message from Our Advertiser - GNLD

[Omega-3 fatty acids](#) are critical from the very start!

Eating well is always a good practice to pursue for everyone, young and old. But assuring your body is getting the right nutrition is never more important than it is for women of child-bearing age.

Though vitamins, minerals, protein, and a wide array of whole-food nutrients found in fruits, vegetables, and grains all play important roles in health and vitality, a special group of nutrients found in fish, known as [omega-3 fatty acids](#), deserve special attention for all mothers and mothers-to-be.

There are 8 [omega-3 fatty acids](#) involved in human nutrition, and science has shown that together or individually they are key players in the health of mother and child.

For Mum they are needed to support a healthy heart and cardiovascular system, heart-healthy blood chemistry, strong cell structure and efficient cell function, and protective anti-inflammatory balance for healthy flexible joints.

For Baby they are key building blocks for the brain and central nervous system, as well as development of the optic nerve and retina. Neurological and visual development is fastest during fetal life and continues during infancy, and [omega-3 fatty acid](#) accumulation more than triples during this time. Many studies have shown that mum's dietary intake of [omega-3 fatty acids](#) during pregnancy affects the baby's visual acuity, cognitive development, and even sleep patterns.

From the very beginning, mums always want to give their babies every advantage in life, and good nutrition is an important way to do so. Knowing how to do this safely and effectively is not as easy as it might appear, though. Not all fish are good sources of [omega-3 fatty acids](#), and some fish is known to include contaminants that can be dangerous to both mother and child! What's the solution? Whole-food omega-3 supplementation from [GNLD!](#)

It's potent – delivering a "salmon dinner's worth" of all 8 omega-3 fatty acids in every serving.

It's pure –carefully tested and screened to a "zero-tolerance" standard for contaminants.

It's proven – human clinical trial results, published in prestigious scientific journals like the Journal of the American College of Nutrition show it provides fast and effective omega-3 nutrition...just as mum and baby need.



## Good for Mum—good for baby!

As featured by the Royal College of Obstetricians & Gynaecologists.  
Everything You Need to Know About Omega-3's & Healthy Pregnancy & Healthy Kids...by Arianna Carughi, Ph.D., C.N.S.

[Click here to download the full story \(PDF\)](#)

<http://www.gnldcontent.com/omega3/pdf/Omega-3-and-pregnancy-scientific-review.pdf>

Omega-III Salmon Oil Plus Featured By Royal College of Obstetricians & Gynaecologists!

[Click here to download the full story \(PDF\)](#)

[http://www.gnldcontent.com/omega3/pdf/SalmonOilPlus\\_momAndBaby\\_uk.pdf](http://www.gnldcontent.com/omega3/pdf/SalmonOilPlus_momAndBaby_uk.pdf)

[WWW.GNLD.COM](http://WWW.GNLD.COM)



## **POWERFUL NUTRITION FOR MUM MEANS BIG ADVANTAGES FOR BABY**

- Omega-3 fatty acids are critical from the very start!
- Eating well is always a good practice to pursue for everyone, young and old.
- But assuring your body is getting the right nutrition is never more important than it is for women of child-bearing age.
- Though vitamins, minerals, protein, and a wide array of whole-food nutrients found in fruits, vegetables, and grains all play important roles in health and vitality, a special group of nutrients found in fish, known as Omega-3 fatty acids, deserve special attention for all mothers and mothers-to-be.
- There are 8 Omega-3 fatty acids involved in human nutrition, and science has shown that together or individually they are key players in the health of mother and child. For Mum, they are needed to support a healthy heart and cardiovascular system, heart-healthy blood chemistry, strong cell structure and efficient cell function, and protective anti-inflammatory balance for healthy flexible joints.
- For Baby, they are key building blocks for the brain and central nervous system as well as development of the optic nerve and retina. Neurological and visual development is fastest during fetal life and continues during infancy and Omega-3 fatty acid accumulation more than triples during this time. Many studies have shown that mom's dietary intake of Omega-3 fatty acids during pregnancy affects the baby's visual acuity, cognitive development, and even sleep patterns.
- From the very beginning, moms always want to give their babies every advantage in life, and good nutrition is an important way to do so. Knowing how to do this safely and effectively is not as easy as it might appear, though. Not all fish are good sources of Omega-3 fatty acids and some fish is known to include contaminants that can be dangerous to both mother and child!

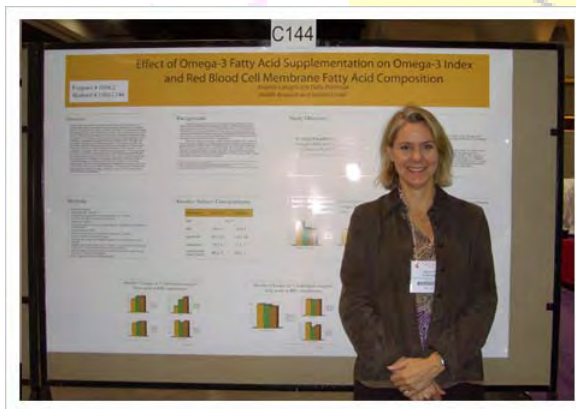
### **What's the solution! Whole-food Omega-3 supplementation from GNLD.**

- It's potent - delivering a "salmon dinner's worth" of all 8 Omega-3 fatty acids in every serving.
- It's pure - carefully tested and screened to a "zero-tolerance" standard for contaminants.
- It's proven - human clinical trial results, published in prestigious scientific journals like the Journal of the American College of Nutrition show it provides fast and effective Omega-3 nutrition - just as mum and baby need

**More on Omega 3 Salmon Oil Plus...**  
**<http://www.gnldcontent.com/omega3/faseb.html>**

**New research—new proof!**

**Cardio Protection—FASEB (Federation of American Societies for Experimental Biology)  
annual meeting, April 2008**



About FASEB  
The Federation of  
American Societies for  
Experimental Biology



(FASEB) is the coalition of societies representing the biological sciences (Physiology, Biochemistry, Immunology, Nutrition, Pharmacology, and Anatomy). It promotes scientific progress and education that lead to improvements in human health. Their annual meeting is Experimental Biology. Scientists from over 50 countries attend the meeting, predominantly researchers from academic institutions. The American Society for Nutrition, the society which accepted the study for presentation at Experimental Biology 2008, is the premier research society dedicated to improving the quality of life through the

science of nutrition.

## **Omega III Salmon Oil Plus Published in FASEB online Journal April 2008 Salmon Oil Plus Study Abstract**

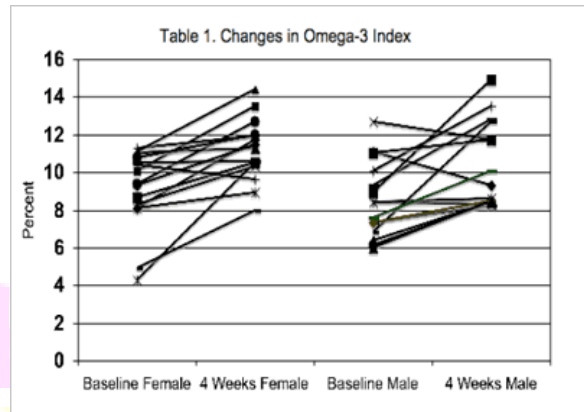
### **Effect of Omega-3 Fatty Acid Supplementation on Omega-3 Index and Red Blood Cell (RBC) Membrane Fatty Acid Composition**

Omega-3 fatty acids (n-3 FA) have been shown from epidemiological studies and clinical trials to reduce the incidence of cardiovascular disease (CVD) in patients with the pre-existing CVD as well as in healthy individuals. In randomised

secondary prevention trials fish or fish oil have been shown to reduce total and coronary heart disease (CHD) mortality at intakes of about 1 g/day. The Omega-3 Index (EPA + DHA expressed as % of total fatty acid) has been proposed as a physiologically relevant, modifiable, independent and graded risk factor for death from CHD. RBC membrane fatty acid composition correlates well with biomarkers of n-3 FA including serum EPA and DHA, whole blood EPA, DPA and DHA and fatty acid composition of cardiac tissue. The present dietary intervention study investigates the effect of a fish-oil based, n-3 FA supplement on Omega-3 Index and RBC fatty acid composition. Thirty healthy men and women consumed a supplement providing 1070 mg total n-3 FA (460 mg DHA, 480 mg EPA, and 80 mg other n-3 FA) daily for 4 wks. At the end of this period there was a significant 23% increase ( $p < 0.01$ ) in the Omega-3 Index (Fig.1). While there were no significant changes in % linoleic, gamma linoleic, and alpha linolenic acid; EPA, DPA and DHA significantly ( $p < 0.01$ ) increased compared to baseline values (0.76% versus 1.4%; 2.30% versus 2.58% and 5.49% versus 6.60% respectively. There was a decrease ( $p < 0.05$ ) in arachidonic acid 19.58% versus 18.83%). This study shows that RBC membrane fatty acid composition and so Omega-3 Index can change in a short period of time with a fish-oil based supplement.

**References**

Harris, WS, von Schacky C: *The Omega-3 Index: A new risk factor for sudden cardiac death?* *Prev. Med.* 2004, 39:212-220.  
 Harris et al. *Omega-3 Fatty Acids in Cardiac Biopsies from Heart Transplant Patients: Correlation with Erythrocytes and Response to Supplementation.* *Circulation.* 2004.

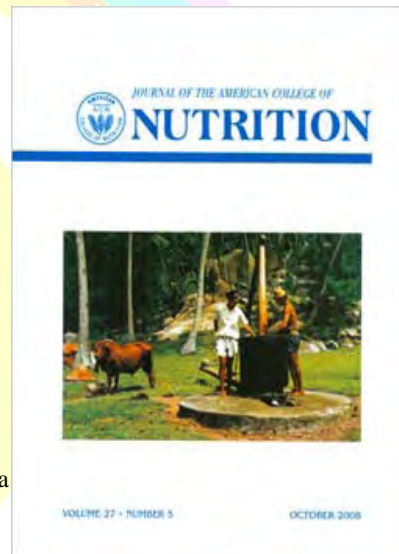


**Performance you can trust!  
 Cardio Risk Reduction—American College of  
 Nutrition annual meeting, October 2008  
 About ACN:**

The American College of Nutrition (ACN) is the leading nutrition education organisation whose focus is to enhance nutrition and metabolism knowledge among physicians and professionals from all disciplines with a common interest in nutrition, and to promote the application of such knowledge to the maintenance of health and treatment of disease. Their annual meeting provides a forum for interchange of views, professional and educational experiences, and research results in the general field of nutrition. It serves the needs of physicians and professionals from all disciplines with a common interest in nutrition.



Published in the Journal of the American College of Nutrition – Volume 27 (5) October 2008



**Abstract 21  
 EFFECT OF OMEGA-3 FATTY ACIDS  
 SUPPLEMENTATION ON MARKERS OF  
 CARDIOVASCULAR HEALTH AND  
 INFLAMMATION**

Carughi A. and Perelman D. Health Research & Studies Center, Los Altos, CA.

Epidemiological and clinical studies have shown the cardio-protective effects of omega-3 (n-3) FA in patients with pre-existing cardiovascular disease and in healthy individuals. While mechanisms of action are not fully understood, n-3 FA are known to influence eicosanoids generating systems from membrane phospholipids and to lower proinflammatory circulating lipids. This study investigated the effects of low dose, marine sourced n-3 FA supplementation on selected markers of cardiovascular health and inflammation in healthy, normo-triglyceridemic volunteers. Thirty-one men and women took a supplement providing 1070 mg n-3 FA, comprising 480 mg docosahexaenoic acid (DHA), 460 mg eicosapentaenoic acid (EPA), 50 mg docosapentaenoic acid

(DPA) and 80 mg other n-3 FA daily for 8 wks. At the end of the supplementation period, % EPA, DHA and DPA in red blood cell membranes (RBCm) were higher than baseline values ( $p < 0.01$ ). Although neither % linoleic acid nor  $\gamma$  linolenic acid in RBCm change, % Arachidonic acid (AA) was significantly lower. There was a 38% increase ( $p < 0.01$ ) in the omega-3 index (%DHA + %EPA in RBCm;  $6.1 \pm 1.8$  vs.  $8.5 \pm 1.8$ ) and a 17% reduction ( $p < 0.01$ ) in serum triglycerides. Lp-PLA2 levels were slightly higher after supplementation ( $147 \pm 43$  vs.  $157 \pm 51$  nm/mL) but were within the normal range. While IL-6 levels did not change, inflammatory index was significantly lower (%AA:%EPA in RBCm;  $2.5 \pm 1.8$  vs.  $0.8 \pm 1.2$ ). This study shows that low dose, marine sourced n-3 supplementation for just 8 weeks can have a positive effect on markers of cardiovascular health and inflammation.

## Restore your Skin to Health and Beauty!

**Restore Young Skin and Fight Signs of Aging...** Many people who are dissatisfied with their fine lines, eye wrinkles and other signs of aging are reluctant to turn to plastic surgery. Even though procedures like facelifts can tighten up skin and reduce other signs of aging, the risks that come with going under the knife, like facial scarring, are too much of a deterrent for many. If surgery's not for you, what exactly can you do to help keep your skin looking young? In order to answer that question, let's take a look at exactly how our skin ages and what causes wrinkles and other signs of aging...

### Slow Sloughing

The smooth, flawless skin that we're born with as babies can become wrinkled and saggy as we advance in age. This is due in part to extrinsic, or external, factors that can oftentimes be controlled or eliminated. They include sunlight, cigarette smoke and pollution. On the other hand, time, which is an intrinsic factor of aging, is unstoppable. Let's take a look at how both these factors result in fine lines and other signs of aging.

The stratum corneum is the outer layer of your skin. It's made up of a protective layer of dead skin that is formed when fresh skin cells push their way to the top of the skin and then die. As new cells die, the stratum corneum is constantly sloughed off, renewing and refreshing itself. Unfortunately, this sloughing process winds down as we advance in age. In a child, cells turn over every 28-30 days, but for a person who's in their sixties, this process only occurs around every 45-50 days. In short, the older we grow, the slower our skin is able to regenerate itself.

### Wrinkles in Time

Collagen is a protein that helps our skin to look young and taut. Collagen is especially susceptible to attacks from free radicals, and over time these attacks lead to a destructive chemical change that causes signs of aging. Healthy collagen molecules slide over each other, giving way to soft, young skin, but after they're damaged they become 'cross-linked' or stiff and rigid, making skin look old. How do these healthy molecules become damaged?

Free radicals harm our cells by randomly bouncing around in their interior and even between them. They can damage every single part of our cells, including the nucleus, where our DNA is stored, and the mitochondria, which makes the energy for our cells. Because the plasma membrane, or the exterior wall, of the cell is the most crowded, free radicals do more damage there than in any other part of the cell.

Free radicals can be triggered by sunlight and pollution, among other elements. When your skin absorbs UV light or is exposed to harmful toxins like cigarette smoke, free radicals are activated. An enzyme that breaks down fat in your skin is also activated. Though fat loss may sound desirable, your skin is one place where fat cells are actually good – they keep skin supple and moist. As fat continues to be broken down, a chemical is produced that paves the way for inflammatory molecules, which cause eye wrinkles, fine lines and other signs of aging.

These inflammatory molecules are called transcription factors. Their job is to send chemical messages to your body, telling your DNA to produce proteins and telling your cells what to do. These otherwise harmless molecules can be turned on by free radicals that have been activated by sunlight or toxins. These molecules then travel to the nucleus and tell your DNA to start producing various chemicals. When the transcription factors are triggered by ultra-violet light, they turn on something called AP-1, which starts secreting enzymes that digest collagen, causing tiny scars. You know these tiny scars by another name: wrinkles.

Other factors that can precipitate signs of aging are sleep deprivation, the use of harsh soaps, stress, excess alcohol consumption, and a diet low in nutrients and high in salt. However, even if you took a clue from Smokey Bear and hibernated in a cave for the rest of your life, your skin would still fall victim to the passage of time. As time passes, your skin will experience: fat loss, dryness (because your skin's ability to produce oil glands will decrease), sagginess and loss of firmness, and a decreased ability to repair damage. Your skin's collagen structure will also break down. But don't give up hope just yet. Although you can't help the fact that time will pass and your skin will look older as you advance in years, it's still important to protect and care for your skin. By doing so, you can put your skin on the right path toward aging gracefully.

### How to Fight Damage

Certain skin care products and nutrients can help combat signs of aging. When choosing an anti-aging treatment, make sure it contains antioxidants, which are a powerful defence against harmful free radicals. Topical vitamin C, one such

antioxidant, helps your body to produce more collagen, thus thickening your skin. GNLD Nutriance Skin care contains ingredients that are Youth Renewing, Skin Protecting and Age Defying...Don't let wrinkles get the best of you!

#### **Nutriance contains ingredients such as ...**

- Antioxidants A, C and E... and Echinacea and Green Tea. All these ingredients offer antioxidant activity and immune support.... They intercept and neutralize free radicals before they have a chance of damaging and aging the skin. Vitamin A offers antioxidant protection for lipid portions of cells stimulates cell production and enhances the texture, firmness and moisture level of your skin. Vitamin C and its related constituents deliver antioxidant protection the watery portions of cells. Vitamin C is also essential for skin healing and the formation of collagen. Vitamin E the skin's ultimate antioxidant protector saturates the lipid areas inside and outside cells, including membranes and constantly protects against free radical attack...
- Pampering and moisturising ingredients such as Swiss Collagen, Natural Aloe Vera, Vitamin A, C + E, panthenol-Pro-vitamin B5 and chamomile. Swiss Collagen prevents sagging and wrinkling by protecting the elastin structure, and the break down of elasticity in the skin.
- Moisturising Rich Complex of Hydroelastin, Mucopolysaccharides, Cucumber Extracts, Squalane, and panthenol.
- Cleansers are non-irritating, and soap free! Nutriance is alcohol free as well.
- Protection factors UVA/AVB rays...SPF 4-15...from harsh indoor and outdoor. Halts accelerated photo-aging. (UVA is for aging ... AVA rays break down the collagen and elastin fibers in your skin and cause wrinkles. UVB is for burns and 'bad' things like skin disorders. When your skin burns, it can lead to melanoma, a deadly form of skin cancer.
- ACR System... peculiar to GNLD's Nutriance Skin Care... Activated Cellular Response... ACR stimulates activities inside cells, reawakens skin metabolism and reverses time for skin cells. Fresh new cells rise to the surface quickly and naturally, filling in lines and wrinkles and enhancing skins moisture retention abilities ... in as little as 10 days tired sluggish metabolism can be reversed. Skin looks acts and feels younger softer and smoother
- Nutriance is clinically proven to stop, prevent and even reverse skin ageing... In fact Nutriance can even stop the signs of aging before they even start.

The above are just a few of the major ingredients and do not include Specially selected botanical extracts - all the powerful herbal blends included in Nutriance targeted for your skin type that are designed to boost antioxidant and immune protection, to tighten pores, and balances moisture/ lipid levels. This makes your skin look softer, smoother, and younger and wrinkles and fine lines and enlarged pores diminish.

#### **GNLD Nutrition for the Skin...**

- For Overall Skin Health - Formula IV Plus
- For extra nutrition for the skin... Nutrishake, Omega 3 Salmon Oil Plus and Tre-en-en. Cont.
- For Mega Nutrition of the skin... the above and obviously the GNLD Carotenoid Complex... Excellent for marks on the skin, for prevention aging and boosts the skin's overall health....
- Follow a healthy diet with lots of vegetables and fruits, nuts seeds and whole, multi grains.... i.e. Avoid too much coffee, sugar, fizzy drinks, cakes and saturated fats etc.
- Drink water... Water keep the skin hydrated, moisturized and cleansed.
- If Constipation is an issue... then include GNLD Fibre and GNLD Stage 6... and drink loads of water... Constipation is the culprit of many a bad skin as well as a host of other undesirable conditions...

#### **Nutritional Skin Tit Bits...**

- Vitamin A - Healthy skin - Helps in the removal of age spots, freckles, acne impetigo, boils, and carbuncles. VA may also assist with the healing of eczema, psoriasis, dermatitis and most skin problems. VA is especially good for a youthfully, soft, disease free skin. Used in the treatment of dry skin. Vitamin A is essential for the renewal of healthy skin Cells.
- Vitamin B - Promotes healthy skin, especially a form of acne caused by stress or a hormonal imbalance, and helps in treatment of eczema.
- Vitamin C - Extends life by enabling protein cells to hold together. It is essential in the formation of collagen (a protein that binds cells together). It therefore is vital in healing especially for torn ligaments, broken bones, and fractures, pulled muscles. A collapse of collagen in the skin for example will result in the creation of wrinkles. This collagen is also vital in the strengthening of the walls of capillaries, veins and arteries and thus will help in the prevention of nose bleeds, haemorrhaging, easy bruising, bleeding gums, Pyorrhoea, anaemia, slow healing of wounds.
- Vitamin E - Keeping you looking younger by retarding cellular aging due to oxidation and free radical damage. Also known as the healing vitamin, healing internally as well as externally... An active anti-oxidant prevents harmful oxidation of cells especially fat compounds... Prevents thick scar formation externally (when applied topically - it can be absorbed into the skin) and internally.

- Protein... Every cell needs protein to function correctly – Protein assists in the production and balance of all the hormones in the body... A Hormonal imbalance can cause appalling skin problems... Watch your overall health and especially your skin glow when taking GNLD Nutrishake or GR2 shake or Protein Powder... but remember that you do have the 8 Essential Amino Acids (major building blocks of Protein)
- Zinc ... is known to be used in the treatment of Acne, sores and ulcers that won't heal...

### **A Repeat Income Booster Tip!**

You've got what people are looking for! According to statistics from the Direct Selling Association, the Number One Group of people interested in a Direct Sales Business are those with children.

Capture the attention of this promising market with our tremendous opportunity that allows Parents to give up their 9 - 5 jobs and work from home. They can be there through the precious years of childhood!

Make a list of all Working Moms and Dads, Single parents and anyone with children or grandchildren... They are all-important prospects - Write down the name of every parent that rushes off to day-care in the mornings. Tap into this Market that can make your Business duplicate and create an Opportunity for better Parenting at the same time!

## **10 points to achieving a great GNLD Business.**

1. Develop a 'No Excuses' Positive Mental Attitude... and avoid negative people and situations. Learn to meditate, use positive self affirmations, Read positive books, use DVD etc.... Develop a 'CAN DO' attitude!
2. Know your products intimately! Use your GNLD products every day and develop a strong belief in them. Study your Product Manual... Get to Training, Rallies, and Conventions etc.
3. Grow your knowledge - Study the GNLD DVD's... Read up on your products and get to know your opportunity and the marketing plan.
4. Know your Company, Your Marketing Plan... Study up on GNLD, the SAB, Policies + Procedures and the Compensation/Marketing Plan...
5. Know your Goals. Be Sure! - Decide what you want, Be Proactive - Write them down, Be specific – Exactly what you want, Believe it – faith moves mountains, Be Seeing it – Visualise your goals often and see yourselves achieving them, your sub-conscious can't differ fact from dream. Be Aware of your goals – Revisit them often, and Be in your Business - Strive towards them! And then lastly and most importantly Be Friendly! (Attract your Success, your Distributors/team to you). Have Personal Goals... Things that you would love to achieve as a result of building your business and earning money. Visualize your Success! Homes, cars, overseas travel, being your own Boss, Studying further or taking a course in sales or Public Speaking... and Savings! You should save at least 10% of everything you make! Also, set Business Goals... Know your 'next step' (Achievement level) in the business and set yourself a target every month that you can strive for. You can also set Monthly targets for PV, Recruiting, upgrading and Personal Sales.
6. Stay focussed on your opportunity. Many people do not make it in GNLD because they are constantly looking around for something bigger and better. Be Loyal and committed. Don't let anyone tell you that they have something better – they don't. Make a decision, and then be committed to your GNLD Opportunity and to your success.
7. Would you like some Pocket Money or Real Money? Treat your Business as a Business and earn real money. Some folks earn pocket money accidentally! Why not earn some real money out of your GNLD business, firstly by setting aside some real time and secondly by putting in some real effort. It brings me back to the 'POWER HOUR' and how 'POWERFUL' that can be. Take an hour out of every day and spend it making appointments to show either your opportunity or your products, and then watch your network thrive! So what is your view of your business ... a way to earn pocket money or Real Money?
8. Develop Good Habits. ...Develop your contact list (list of names). Talk to people about your products and opportunity everyday. You can only have a strong business by building a retail/customer base and by developing a strong team. Develop the good habit of having a POWER HOUR every day... and watch your business grow.
9. Honesty and integrity. Always be honest, sincere and ethical in all your dealings. Always be transparent, truthful and open and you will earn enormous respect from your team and leaders in the business. TRUST and RESPECT are so important when dealing with people.
10. Communication is one of the keys to developing good relationships and hence a great business! Communicate positively and often with your leaders, team and customers... Make use of email, facebook, SMS, Faxing as your business grows a

Learn to have fun. Life can be so serious and laden with the burdens of living. You will be more effecting in attracting people, money and success when people seeing you enjoying what you do.

Congratulations! A very special welcome to our new Distributors! Congratulations to our new Managers and Senior Managers... We wish you tons of success in your GNLD business. Congratulations to those of you who sponsored new Distributors especially those achieving 3in30.

Congratulations to Fabian and Juanita Kaatz who achieved their 1<sup>st</sup> 3/30 pin. (Aarons Team)

# Working with your team...

## **The vital ingredient of building a successful and happy network.**

1. The Kit Orientation... Make sure you go through the kit with your new distributor and explain the price list, How to place an order, how to fill in the Distributor Application form and generally dealing with head office.
2. Explain the marketing and compensation plan... Discuss their first step. What do they want to achieve... Find out what they would love to achieve from their GNLD Business i.e. how much income and goals like overseas trips, savings and investments, paying of debt. Etc.
3. Determine their product needs... help them to order some products for their own use.
4. Give them a list of Impending Events, Contests and Incentives... Attending Training, Rallies, Conventions, Demonstrations and clinics are vital to their growth.
5. Developing that list of names... A "Big Black Hard-cover Book" is necessary for building one of the biggest Assets in their business... People... but here's the Success Tip... Get just three names off their cell phone, there and then, quickly discuss each contact (background knowledge) and phone those names and set up appointments.
6. Follow this recipe... 1) INVITATION of new Distributor's Contacts to...., 2) MEETINGS i.e. Trainings, Opportunity Meetings, Rallies or One-on-One's where their contacts will join up, and then 3) FOLLOW-UP... either Yah, Nah, and if Yes, to organise the Kit Orientation...
7. So... Inviting Friends and family to an appointment with your sponsor or leader for an explanation of the opportunity either in a home or an office, coffee shop etc... Following up on the results thereof... strive to become results orientated.
8. Communication... E-MAIL ADDRESSES... Up-to-date communication is vitally important to your business therefore it is essential for us to have your E-mail Addresses, and if you do not have one, a fax number... but e-mail is definitely more effective and considerably cheaper. Cell phone No.'s are also important for instant messaging and letting teams know about important news or events... If you have forwarded us an e-mail address but you are not receiving mail then please contact me and make sure that your details are correct or check with your service provider as I am receiving returned mail. Please note... the onus is on you to check your e.mail and to question if you are not getting any.

## **Shocking Statistics**

- One in six South African men and one in seven South African women will get cancer during their lives. Cancer is a great equalizer. It knows no boundaries of class, race and gender, sex or age. It can strike anyone at any time.
- 195 people a day die due to some form of heart and blood vessel disease (cardiovascular disease)... of which about 33 people a day die due to heart attacks... About 60 people a day die due to strokes... About 37 people a day die due to heart failure.
- We currently have approx 6,5 million diabetics in South Africa, only 8 000 of whom are registered with Diabetes South Africa (DSA)
- Nearly 50% of adults in the developed world suffer from overweight or outright obesity and South Africa is on par with countries such as the USA and the UK, with up to 40% of women suffering from obesity.
- South Africa is currently experiencing one of the most severe AIDS epidemics in the world. At the end of 2007, there were approximately 5.7 million people living with HIV in South Africa, and almost 1,000 AIDS deaths occurring every day.

It must become our GNLD Mission to empower People around us by educating them on the effects of a healthy diet, good nutrition and exercise on their health status.

# Inflammation - The real killer of our time!

Quick: what causes heart disease, diabetes and cancer? To everyone who said smoking, a poor diet, no exercise, genes: you're not wrong. But scientists are beginning to understand that inflammation may be the real culprit.

Groundbreaking research is at last piecing together the puzzle of how and why certain chronic diseases claim millions of lives every year. Scientists are excited: a large body of evidence indicates that the human body's inflammatory response – that essential body function that helps us heal and which is highly efficient in the short term – may be inherently flawed in the long term.

What the research shows is that, in the process of curing wounds and fighting infections, the body's metabolism is "upgeared" to meet the requirements of healing. In doing so, our infection-fighting white blood cells produce chemicals that are highly reactive. But while these chemicals do a good job of killing the germs, they also seem to damage our cells in the long run.

Projected over several years, this damage becomes highly significant, ultimately altering the functionality of our cells and setting the stage for chronic disease, whether in the form of cancer, heart disease or diabetes.

Fortunately, however, the science is also showing that we're all able to intervene: by simply eating foods that have anti-inflammatory properties, such as fresh fruits and vegetables, and making certain other lifestyle changes, we can help our natural defence and healing mechanisms function optimally.

## What is inflammation?

In its simplest form, inflammation is the body's response to injury, explains Prof Demetre Labadarios, an executive director at the Human Sciences Research Council (HSRC) and former head of the Department of Human Nutrition at the University of Stellenbosch.

If you take a look at a new, small cut on your finger, you'll notice that it's red, slightly swollen, hot and possibly a tiny bit sore. This is because white blood cells have zoomed in on the area to start the healing process and get rid of germs and other foreign particles. In other words, the area is inflamed.

Inflammation is essentially a good thing: it helps us heal and it keeps us alive after suffering injury. Whether the inflammatory response is triggered by a scratch, a burn or an infection doesn't really matter: the body reacts in exactly the same way, sending armies of white blood cells to deal with the problem.

### Ageing: the end product of inflammation

Now, in your mind's eye, compare the skin of a new-born baby to that of a 90-year-old grandpa.

There's a huge difference in what their skins look like, but there's also a big difference in what's happening underneath the skin. "You'll find literally no inflammation under the baby's skin," Labadarios says. "But the 90-year-old's skin will be full of it." So, inflammation also has a role to play in ageing.

This same principle can be applied to the blood vessels. Most of us regard high cholesterol and hypertension as the primary contributing factors to heart disease, which is correct in terms of increased risk for developing the disease. But, mechanistically, they have little in common on their own in predisposing to the disease. Instead, chronic inflammation seems to be the underlying mechanism.

It's also here where the recently publicised link between heart-disease risk and gum disease comes in. "We now know that gum disease is a source of chronic inflammation, and that this is why it's associated with an increased risk for heart disease," Labadarios explains.

### The link to cancer

In terms of cancer, groundbreaking research is also underway, and inflammation has already been linked to cancers of the liver, oesophagus, stomach and colon.

Study results published in a 2006 edition of the Archives of Internal Medicine found that an elevated white-blood-cell count was associated with cancer mortality in older Australians, independent of smoking, diabetes, fasting glucose levels and other related factors.

The body of research on cancer furthermore suggests that inflammation boosts the development of cancer by damaging the DNA – a process that makes our cells "turn over" more rapidly and which increases the development of blood vessels that allow cancer cells to develop and spread.

"The concept of inflammation isn't new," Labadarios notes. "However, a better understanding of its role in terms of chronic disease is developing every day."

### Built-in protective mechanisms

We all know the process of ageing is inevitable and, at some stage, we all have to die of something, right? But if we can find ways of slowing down this life course, of preventing the inflammatory response from being activated over and over again throughout our lifetime, we might just be able to add years to our lives.

Our bodies already have built-in mechanisms to protect us – it's simply a question of activating them. Something as simple as eating more of the right foods can have a major impact. For example, eating at least five fruits and vegetables, as well as other anti-inflammatory foods, every day is one way of counteracting the inflammatory response. Unhealthy eating habits, however, have the opposite effect.

When foods are metabolised to produce the energy we need to keep us alive and enjoy daily activities, the process results in the production of free radicals. These are reactive compounds that inherently cause chronic inflammation, Labadarios explains. A diet poor in variety, excessive eating of refined and fatty foods, and consumption of nutrient-poor foods compromises the body's natural mechanisms that protect against these dangerous compounds.

"The daily choices we make affect the balance of inflammation, healing and protection," he says, noting that this makes the case for eating fruit, vegetables and other anti-inflammatory foods so much stronger. "It's fundamentally important and the beginning of our understanding of what makes food so important in terms of disease patterns and longevity," Labadarios says.

Other lifestyle factors that have been linked to chronic diseases of lifestyle, such as smoking and physical inactivity, also seem to disturb this delicate balance. Scientists worldwide are currently doing research to understand exactly how these factors have an impact.

### **It's also in your genes**

Of course, your individual response to lifestyle factors is also determined by your genes. For example, some people can get away with eating unwisely; others can't. Your body's inflammatory response depends on your genetic make-up. "But this doesn't mean the person who eats poorly won't suffer harm," Labadarios says. "He or she will, but it might not be to the same extent.

To complicate matters further, genes also appear to determine the ill effects of obesity on health.

Obesity is now considered to be a pro-inflammatory condition. "However, the concept is emerging that, in people with a certain genetic background, obesity may not necessarily be associated with ill health effects," Labadarios says. Whether this means that obesity can be healthy for some isn't certain at this stage, but the possibility is certainly there.

### **GNLD Recommendations**

- Follow a healthy diet consisting of vegetables and fruits (mostly with colours), Fish, Nuts + seeds ... Limit refined sugar and refined carbohydrates which can cause considerable inflammation. Drink loads of filtered water... and stay off the booze! Limit yourself anyway!
- Supplement with your 'Anti-inflammatory' Nutritionals... such as GNLD's Omega 3 Salmon Oil Plus, GNLD's Tre-en-en, Vitamin C Sustained Release, and Flavonoid Complex which all have anti-inflammatory properties.
- Supplement with nutrition that will enhance your Digestive System such as Acidophilus Plus, Digestive Herbal Formula and Aloe Vera Plus... Bad digestion and poor absorption will result in inflammation... Vitamin B Complex and/or Lipotropic Adjunct also assist with digestion ...
- Improve your Circulation ... with Vitamin E, Omega 3 Salmon Oil Plus, Tre-en-en and/or Lipotropic Adjunct. Poor circulation will also lead to inflammation in the body. In General, Exercise, eat healthy + Supplement!

## **Swine Flu or any Flu!!! How to Practice Prevention**

When tragedy strikes thousands of miles away, such as in Mexico, or Nepal, or Chad, it's human nature not to get too emotionally involved but things change drastically when tragedy not only strikes close to home, as it has with the swine flu death of a student, but when you're also at risk.

So what now? Self-imposed quarantine until spring arrives? Not likely for the vast majority of us. There are a few simple things you can do: wash your hands regularly and avoid touching surfaces in public places, such as stair railings and lift buttons. Boost your immune system by eating lots of fruit and vegetables, take a multivitamin, try and avoid people who have flu as far as you can, and go to the doctor if you have severe flu symptoms that are not disappearing.

As swine flu continues to spread, experts from the Centres for Disease Control to the World Health Organization to neighbourhood doctors are echoing the call for everyone to practice smart flu prevention techniques. Here are 10 ways to keep your body boosted and your immune system ready to fight infection.

### **Wash Your Hands**

And wash them often, in hot soapy water, and for the amount of time it takes you to sing "Happy Birthday" twice (15-20 seconds).

Use GNLD's PCC to keep your hands soft and clean.

### **Get Enough Sleep**

This means slightly different things to different people, but try to get 8 hours of good rest each night to keep your immune system in top flu-fighting shape...

Remember that GNLD's Aloe Vera Plus and Calmag will help you to have good nights sleep

### **Keep Hydrated**

Drink 8 glasses of water each day to flush toxins from your system and maintain good moisture and mucous production in your sinuses.

Use GNLD's Respiratory Formula and Vitamin A+D for a healthy upper Respiratory System including healthy sinuses.

### **Eat Immune-Boosting Foods**

Keeping your body strong, nourished, and ready to fight infection is important in flu prevention. Fatty foods can slow your metabolism, make you feel sluggish, and compromise your immune system. So stick with whole grains, colorful vegetables, and vitamin-rich fruits...

boost your diet with Phytonutrients by supplementing with GNLD's Phytodefence products.

### **Avoid Alcohol**

In addition to being a mood depressant, alcohol is an immune suppressant that can actually decrease your resistance to viral infections like swine flu. For women, alcohol suppresses estrogen production, which further impairs the immune system. So avoid alcoholic beverages to keep your immune system strong.

GNLD's Betaguard and or Vitamin B Complex, Vitamin C Sustained and Zinc will assist in detoxifying harmful substances from your system and boosting your immune system.

### **Keep Physically Active**

Mild to moderate exercise—for example brisk walking for 30-40 minutes 3-4 times a week by increasing circulation, oxygenating the body, purging toxins through sweat, and releasing tension and stress. So get moving!

Keep up the energy to exercise by using 3 x Tre-en-en, 2 x Multi and a glass of Nutrishake daily.

### **Be Vigilant of Surfaces**

This is as much a mindfulness exercise as anything else. Be aware of what public surfaces you touch, when you've shaken hands with someone, or when you're using something like a pen that others have recently used--and don't touch your face until you've had a chance to wash your hands.

GNLD's Care comes in so handy here... spray surfaces, the air, with care to disinfect and kill germs. Keep an atomizer handy and use to spray your hands when washing is impossible.

### **Avoid Contact with Sick People**

A more blunt way to put this is, don't get spit on. Flu virus is spread when particles dispersed into the air through a cough or sneeze reaches someone else's nose. So if you're coughing or sneezing, cover your mouth (and then wash your hands), and if you have to be around someone who is sick, try to stay a few feet away from them and avoid physical contact.

Spray your work /living space with GNLD's disinfectant CARE... a few drops of CARE in your Rinse water to disinfect your dishes is a must especially in winter when flu is 'flying' around.

### **Know When to Get Help**

Swine flu can look like regular flu, so don't feel like you necessarily are infected if you're exhibiting flu-like symptoms. But do go to your doctor if you live in an area where there are documented cases, or if your symptoms are severe.

### **Keep it in Perspective**

Stress releases hormones into our bodies that can compromise our immune systems and actually make us more susceptible to viruses like swine flu. So keep your concern and vigilance over swine flu in perspective to keep it from taking over your mind and body.

GNLD's Vitamin B Complex, Omega 3 Salmon Oil Plus and Aloe Vera Plus all help to combat stress. Calmag can also be helpful.

### **Use GNLD Nutritional Supplements to boost your Immune System**

- The most important Immune Boosting supplement would be the Phytodefence which consists of Carotenoid Complex, Flavonoid Complex and or Cruciferous Plus which can be purchased separately... all assist in boosting Immunity. All the others mentioned below will assist but if you are looking at cash flow ... your most important product to supplement with has got to be Carotenoid Complex...
- USDA CAROTENOID COMPLEX STUDY PUBLISHED in the "The American Journal of Nutrition" – March 1997 Volume 65 Number 3. Carotenoid Complex increased the immune capacity known as "Lymphocyte Proliferative Response" by 37% in just 20 days compared to Beta Carotene alone. It is this aspect of our immune systems that keeps us healthy from day to day, and fights off bacteria, viruses and other health challenges. (United States Government Study). Carotenoid Complex increased the immune capacity know as "Natural Killer Cells" by more than 20% in just 20 days. Natural killer cells are known as our body's first line of immunologic defence against cancer.
- Vitamin A+D Helps to protect all the wet linings of the body.
- Vitamin B Complex, Calmag and Aloe Vera Plus... All assist in combating Stress!
- Vitamin C Sustained Release and Chelated Zinc and Garlic Allium Plus... Assists in fighting cold, flu and infection and shortens the duration of any illness.
- Vitamin E and Iron... Oxygenate the blood and improve the circulation thus builds up the system
- Drink Protein shakes such as Nutrishake, GR2 Protein Meal Replacement Drink and Protein Powder... Protein assists in Maintain and repairing the body in a healthy way.
- Omega 3 Salmon Oil Plus... Omega 3 for kids... and Tre-en-en... will improve circulation, fight against inflammation and is necessary for nourishing every cell; every tissue, every gland and every organ of the body... don't go a day without your O3 Plus.
- The GNLD Distributor Flu Remedy...2 x Vitamin C and 1 x Zinc hourly for a day or two... then drop to 8 x Vitamin C and 2 x Zinc daily and apply all of the above principles. A+D and Garlic Allium can also be used...

## July Results – Friendly Force Top 20 Business Builder Awards

	Top Twenty 2009		Upgrade to	Jan-July 2009	
Pos	Distributorship	Start	Current Title	GPV	Recr
1	Jeanette Baigent	1RD	1 Ruby Director	135 416	3
2	Erwin & Gilda Dedekind	ED	Emerald Director	32 050	5
3	Wayne & Carol Walker	ED	Emerald Director	23 863	3
4	Shirley & Richard Aarons	D	Director	18 203	4
5	Merle Du Plooy	D	Director	17 713	2
6	Susi Muller	D	Director	8 805	2
7	Jean Wetselaar	SM	Senior Manager	6 497	2
8	Chrissie Dorfling	D	Director	6 210	6
9	Daniel & Zodwa Nguessen	D	Director	5 174	3
10	Elthia Mafilika	Distr	Senior Manager	2 453	3
11	Hilary Boada	Distr	Manager	2 182	4
12	Lettie Ndlovu	Distr	Manager	705	2
13	Fabian & Juanita Kaatz	Distr	Distributor	336	3
14	Mekiya & Sheron Ndlovu	Distr	Distributor	135	2

### January – December 2009

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 2009.

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 2009 but is possible to be a Number 1 in more than one 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 2009 till end December 2009. 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.

## Impending Events

### Things to remember!

- Friendly Training every Wednesday... except for the 1st Wednesday after month end... GNLD HO.
- **MANAGERS SCHOOL PLUS FRIENDLY TEAM MEETING...**Saturday 8<sup>th</sup> August... GNLD HO ... 2.30pm ... Ladies please bring snacks... After the School, the Friendlies are invited to stay on and congregate to wish Roy 'Bon Voyage + Happy 70<sup>th</sup> Birthday!
- **COME WISH ROY 'BON VOYAGE' & HAPPY 70<sup>TH</sup> ... SEE ABOVE!**
- Please note that there are two Manager Schools for Johannesburg... See below... so if you cannot attend the one on Sat 8<sup>th</sup> Aug then you can attend the one on the 18<sup>th</sup>... No Excuses!
- **WOMEN'S DAY** will be celebrated on Sunday 9th August. Let's make our Ladies feel very special. Make this a special day for all the women in your life by giving them some of your GNLD products. Look through your range of products and choose something that you know they would just love. Obviously, do not forget to tell them just how much you love them. Make them feel special, because they are.
- **Month End** will be on Tuesday 1st September.
- **THE FRIENDLY TEAM RALLY** will be on Saturday 5th September at GNLD Head Office at 2pm... We thank the ladies in advance for bringing a plate of snacks and the gentlemen for a cold drink. The ladies always do us proud! Our Guest Speaker will be Dr. Barry Bland... Our very own Doctor in the house!

Impending Events continued Page 14 and page 15....

# Impending Events

Check for Managers Schools and President Team Meetings in your area.

Location	August	Time	Event	Venue	Speaker
Johannesburg ✓ JHB	Sat 8th	14:30	Manager Schools	GNLD Convention Centre, 2 Ayrshire Boulevard, Longmeadow Business Park, Longmeadow, Johannesburg.	Warren Brosnihan
Botswana	Sat 8th Sun 9th Mon 10th	14:00 14:00 18:30	Manager Schools	Maun Lodge, MAUN Cresta Thapama Hotel, FRANCISTOWN Gaberone Sun, GABERONE	Brandon Masondo
Namibia	Tue 11th	18:30	Manager School	Kalahari Sands, Namibia	Brandon Masondo
East London	Tue 11th	19:30	Manager Schools	Selbourne Primary School, East London, South Africa	Warren Brosnihan
Nelspruit	Wed 12th	18:00	President Team Rallies	Protea Hotel Nelspruit, Nelspruit, South Africa	Hansie Cronje
Port Elizabeth	Wed 12th	19:30	Manager Schools	Elizabeth Place, Port Elizabeth, South Africa	Warren Brosnihan
Polokwane	Thu 13th	18:00	President Team Rallies	Golden Pillow Hotel, Polokwane, SA	Hansie Cronje
CAPE TOWN	Thu 13th	19:30	Manager Schools	Hugo Lambrechts Auditorium, Parow, Cape Town, South Africa	Warren Brosnihan
Rustenburg	Fri 14th	19:00	President Team Rallies	Public Library Auditorium, Games Shopping Centre, Mbeki Drive, Rustenburg, South Africa	Hansie Cronje
Johannesburg ✓ JHB	Sat 15th	14:00	President Team Rallies	GNLD Convention Centre, 2 Ayrshire Boulevard, Longmeadow Business Park, Gauteng, South Africa	Hansie Cronje
Johannesburg ✓ JHB	Tue 18th	18:30	Manager School <b>Johannesburg</b>	GNLD Convention Centre, 2 Ayrshire Boulevard, Longmeadow Business Park, Gauteng, South Africa	Warren Brosnihan
Mozambique	Tue 18th August	18:30	Manager School	VIP Hotel, Mozambique	Brandon Masondo
East London	Wed 19th	19:00	President Team Rallies	Selbourne Primary School, East London, SA	Rory McD
Port Elizabeth	Thu 20th	19:00	President Team Rallies	Fig Tree Coffee Shop, 17th Quarter Willam Moffett Rd Port Elizabeth, South Africa	Rory McDermid
George	Fri 21st	19:00	President Team Rallies	Pine Lodge, Pelican Room, Cnr of Knysna and Saasveld Road, George, South Africa	Rory McDermid
Pietermaritzburg	Fri 21st	19:00	Manager Schools	Protea Imperial Hotel, Pietermaritzburg, South Africa	Warren Brosnihan
Parow	Sat 22nd	14:00	President Team Rallies	Hugo Lambrechts Auditorium, Parow, Cape Town, South Africa	Rory McDermid
Westville Durban	Sat 22nd	14:30	Manager Schools	GNLD Convention Centre, 12 Church Street, Westville, Durban, SA	Warren Brosnihan
Klerksdorp	Sun 23rd	14:30	Manager Schools	Pyramids Protea Hotel, Klerksdorp, South Africa	Brandon Masondo
Empangeni	Sun 23rd	14:30	Manager Schools	Protea Hotel Empangeni, Empangeni, S. Africa	Warren Brosnihan
Badplaas	Sat 29	14:30	Manager Schools	Main Hall, Aventura Resorts, Badplaas, S.A.	B. Masondo



## Join Team GNLD

Team GNLD is looking for Distributors to join them and take part in exciting cycle races that'll be taking place in KwaZulu-Natal on the 18<sup>th</sup> of October. It's your chance to represent GNLD in one of two fun events that cater for almost everyone, no matter what fitness level they are at.

If you know you are up to this challenge, join Warren Brosnihan who'll be heading Team GNLD at this race. Warren will be riding in the 106km Amashova National Classic, which kicks off from the Pietermaritzburg City Hall, at 06h30, on Sunday, the 18<sup>th</sup> October. Although this race seems long, it's a downhill race and ideal for intermediate and more serious riders. Lastly, the Sunday Tribune Amashova 39km Fun Ride is for anyone, and starts at Hillcrest High School at 05h45. At this race GNLD will be represented by Vice President of Sales, Ian Parker.

GNLD will be hosting a refreshment area at the finish of all the races - so you can fill up on Nutrishake/Gr2 or get that extra boost from Aloe Vera Plus. You can also order a GNLD cycle shirt to wear with pride while representing the company. A complementary GNLD protein powder and GNLD Health Shaker will accompany every cycling shirt ordered for the race. If you are interested, you need to do your own race bookings online at: [www.amashova.co.za](http://www.amashova.co.za). The closing date for cycling shirt orders and payments is 13h00, on the 1<sup>st</sup> September. Order these shirts by e-mailing with your shirt size at [cycle@gnld.co.za](mailto:cycle@gnld.co.za). Pricing and payment methods for the shirt will be confirmed at a later date, once participation numbers are known.

It's your opportunity to show what GNLD's fantastic Nutritionals are doing for you. We look forward to seeing you at one of these fun events.

Regards

A handwritten signature in black ink, appearing to read "Warren Brosnihan".

Warren Brosnihan  
Director of Sales, Southern Africa

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C'mon Friendlies ... Let's take up this challenge!