



# The Friendly Force

## Distributors of GNLD International

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### Do You have your Goals for 2011

"Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved."  
William Jennings Bryan

HI WONDERFUL FRIENDLIES, THE BEST TEAM IN THE WORLD! Congratulations and Celebrations on an AWESOME RESULT for JANUARY 2011...The first month of the year... if this is an indicator of what the year has in store for us then we are truly blessed... The Friendly Group sponsored 23 New Distributors and finished on just shy of 50 000 Group PV. (This in Retail Turnover equates to R750 000). The Baigent Team CAME IN WITH A FANTASTIC RESULT OF 27094Group PV! (+R400 000).

BANKS, LYN	2RD	49530
BAIGENT, JEANETTE	SD	27225
ROODT, ZELDA	SD	10284
DEDEKIND, ERWIN & GILDA	ED	7981
BAILEYMCEWAN, MICHAEL & MARGARET	DIR	4547
STEPHENSON, BLANCHE	DIR	4245
AARONS, SHIRLEY & RICHARD	ED	4038
PETERSON, MUHSIN	DIR	4033

Have you set your goals yet for the year, for the next 3 to 5 years? Next 10 years? Why not? We the Leaders of the Friendly Group encourage you to make this next year of your life a year for achieving the success you've only dreamed possible. We encourage you to stop waiting for things to happen, and instead take action. Make a decision to go from where you are now, to where you really want to be in your life.

"What scientists now know about how the brain works is that you must first decide WHAT you want, before your brain can figure out HOW to get it! As soon as you commit to a big dream and really go after it, your subconscious creative mind will come up with big ideas to make it happen. You'll start attracting the people, resources, and opportunities you need into your life to make your dream come true.

You should set a goal big enough that in the process of achieving it, you become someone worth becoming.

Something else you'll discover is that when your dreams include service to others -- accomplishing something that contributes to others -- it also accelerates the accomplishment of that goal. So it is true with your GNLD Business Opportunity! You can truly succeed in this business by helping others to achieve their dreams as well!

Turn Your Dreams into Goals and Objectives. Once you are clear about what you want, you must turn each item into a measurable specific objective. I.e. how much and by when. Write your goals down in detail, and read your list of goals every day." Jack Canfield: The Success Principles. We encourage you to take up the challenge in February and start making your dreams a reality!

Have a Fabulous February!... Lyn Banks

### MASTERY

"We have not wings we cannot soar; but, we have feet to scale and climb, by slow degrees, by more and more, the cloudy summits of our time." -- Henry Wadsworth Longfellow

"A professional is a person who can do his best at a time when he doesn't particularly feel like it." -- Alistair Cooke

"With more success, come greater problems along with greater ability to solve them." -- Mark Victor Hansen

"Challenge everything you do. Expand your thinking. Refocus your efforts. Rededicate yourself to your future." -- Patricia Fripp

## Friendly Feel Better Programs

Most people ask me what supplements I take and what they should be using... My answer is always standard! If you are basically healthy, but don't quite feel fantastic and want to change to better health then supplement with my 'Feel Better Program'. Whether you are ill, sick or healthy ... Within 30 days of taking the Feel Better Program you should feel better than you did when you first started on the program. Obviously, there are no guarantees but try it and you should feel the difference! After all, your health is your responsibility! You decide, you make the choices... It's up to you! Just remember that your health is your greatest wealth!

**"When Health is absent, Wisdom cannot reveal itself, Art cannot become manifest, Strength cannot be exerted, Wealth is useless, and reason is powerless."**

*Quote by Herophilus 300BC ... Physician to Alexander the Great.*

**The Following Feel Better Programs consists of:-**

■ **The FEEL BETTER Program**

- 2 x tins GR2 Protein Shake – 1 Shake per day (30 day supply)
- Multi – 1 tab per day
- Tre-en-en 3 x caps per day
- Carotenoid Complex 1-3 caps per day

■ **The FEEL GREAT Program**

- GR2 Protein Shake – 1 Shake per day
- Multi – 1 tab per day
- Tre-en-en 3 x caps per day
- Carotenoid Complex 1-3 caps per day\*
- Omega 3 Salmon Oil Plus 1-3 caps per day\*  
\*The older you get the more you need  
– You decide how much is good for you!

■ **The SUPER FIT & HEALTHY FEEL FANTASTIC Program**

- GR2 Protein Shake – 1 Shake per day
- Multi – 1 tab per day
- Tre-en-en 3 x caps per day
- Carotenoid Complex 1-3 caps per day\*
- Omega 3 Salmon Oil Plus 1-3 caps per day\*  
\*The older you get the more you need  
– You decide how much is good for you!
- Vitamin B Complex – Sustained Release. 1 per day is more than enough! Our Vitamin B's potency is fantastic!
- Vitamin C Sustained Release. 1- 4 per day.
- Multi Mineral Plus Alfalfa – 1-4 per day
- Vitamin E – 1-2 Caps per day
- Iron – 1 per day – This is only necessary if you are iron deficient (Vegetarians, Vegans and endurance athletes etc)  
Deficiencies will include extreme fatigue, irritability, mood swings and depression.

### The SUGAR bomb in beverages

Your drinks could be making you fat

Beverages are there to quench your thirst. Water is at the top of the list for doing just that. But it's not much of a taste sensation. Enter the beverage manufacturers. While most drinks contain no fat, they do contain a staggering amount of sugar. A can of cider has as many kilojoules as four slices of bread, and you would not consider that a light pre-dinner snack.

Right at the top of the kilojoule's-culprit list are beers, semi-sweet wines, sugary soda drinks, red and white wines. Good drinks would be soda water, water, sugar-free drinks, and tea or coffee (with very little sugar). .. From Health 21.

### How do you respond to challenges or adversity?

Do you fight or do you lie down? Do you choose success or do you choose failure? When adversity strikes, it's not what happens that determines our destiny; it's how we react. You have to believe you can do something and then have the courage and determination to see it through. That's what Finish Strong by Dan Green is all about. The book is filled with amazing stories about people from all walks of life who, in the face of adversity, against all odds...finished strong!

### Low GI: best fruit and Vegetables

Fruits and vegetables are extremely important in anyone's diet. Even more so if you are diabetic. Here are some suggestions on which fruit and vegetables are best to have:

- Fresh fruit – concentrate on low-GI fruits such as citrus (oranges, grapefruit), cherries, strawberries and other berries, peaches, pears, apples, plums, kiwifruit and mango.
- Carrot or celery sticks, baby tomatoes, cucumber wedges, lettuce and gherkins.
- Potato salad made with low-fat mayonnaise, chopped onions, gherkins and celery (potatoes have a high GI, but when they're cooked and cooled down, their GI is lowered – add plain, fat-free yoghurt to the mayonnaise to reduce the fat content even further)
- Baked sweet potatoes, or lightly cooked green beans, peas and snap peas. (mangetout – Pea with Edible Pod – A variety of pea in which the whole pod is eaten.)

### GNLD Recommendation... By Lyn Banks

Use your GR2 Protein shake with any meal to immediately lower the GI status of that meal! When you lower the GI content of what you are consuming you have a better chance of keeping your sugar levels balanced and this comes with a host of health benefits including efficiently burning fat into energy thus feeling Alive and energetic, fuller for longer, efficiently + consistently losing weight & maintaining a healthy weight and metabolism. The most important benefit would be the added prevention of Diabetes, heart disease and cancer!  
Go Well! Go GNLD GR2!

**Finish Strong is more than a statement...it's an attitude.** I'd like to share a story from the book that'll give you the courage to face and win...against whatever adversity you may be facing.

*An excerpt from Finish Strong ... by Dan Green*

*It was a perfect day for surfing off the coast of Maui. A 13-year-old surfing protégé had just finished riding a 20-foot wave and was lying face down on her surf board. Preparing to paddle out to catch another wave, her thoughts of becoming a professional surfer shifted in an instant. Without warning, she felt a tug on her left arm and in a split second she realized that she'd been attacked by a shark.*

*As she struggled to gain her composure she realized something even more horrifying-the 14-foot tiger shark had bitten clean through her board, taking her left arm in a single bite. At that moment in time, survival and surfing became a priority.*

*Bethany Hamilton learned to surf at the age of 4. When she was 8, she entered her first contest and won both of the events she competed in. At the age of 10 she placed 1st in the "11-under girls," 1st in the "15-under girls," and 2nd in the "12-under boys" division at the Volcom Puffer Fish contest. She was determined to become a professional surfer and was certainly on track to make it happen. Then, in one violently swift moment on that fall day in 2003, it seemed her dreams would be shattered.*

*However, Bethany was born with the heart of a lion and the competitive spirit of a thoroughbred. She was determined to return to the water to surf. Leaning on support from her friends, family and her faith in God, Bethany recovered rapidly and within ten weeks from the attack was surfing again. Convinced she could overcome her physical challenge, she worked hard to learn to surf around her disability. But she also had to overcome the psychological fear of another attack. Bethany would face her fears by singing and praying when she was out on the water.*

*Incredible as it seems, less than a year from her attack, Bethany returned to competition taking fifth place at the National Surfing Championships and first place at the first event for the Hawaii National Scholastic Surfing Association. She was recognized by ESPN in 2004 and received an ESPY award for Best Comeback Athlete of the year.*

*Bethany's ability to overcome her physical and mental challenges puts her in an elite class of achievers. She chose to...Finish Strong.*

*Her unique ability to confront her fears, embrace them and then continue moving forward in the direction of her goals is the perfect definition of courage.*

Remember, this is your Life! Your chance to make a difference! Your GNLD Business Opportunity! You can make all the difference to yourself, family and friends, so when the going gets tough, hold onto your dreams with all your might and get tough! Refuse to give up and you will break through to your success! Have a Wonderful and Successful February!

#### MODELING BEHAVIOR

"Act the way you'd like to be and soon you'll be the way you act." -- George W. Crane

"You can't think your way into acting positively, but you can act your way into thinking positively." -- Nido Qubein

"If you envy successful people, you create a negative force field of attraction that repels you from ever doing the things that you need to do to be successful. If you admire successful people, you create a positive force field of attraction that draws you toward becoming more and more like the kinds of people that you want to be like." -- Brian Tracy

"Imitate until you emulate; match and surpass those who launched you. It's the highest form of thankfulness." -- Mark Victor Hansen



## **COMPETITION FOR THE MONTH**

### **500 Clubs and The Path to Director Club**

1. **500 Club Certificates** will be handed to everyone who achieves 500 QPV in January 2011 ... this Certificate will facilitate 12 months of 500 QPV which can be done in any month ...Recognition at Team Rallies.. And who knows?
2. **Path to Director Certificates** will also be given to All who are Qualified Senior Managers who are striving for Director... Recognition at Team Rallies.

**"If you think you can or if you think you can't you're right!" ...John Paul Getty.**

## INSPIRATION OF THE MONTH

### The Whale...

If you read a recent front page story of the San Francisco Chronicle, you would have read about a female humpback whale that had become entangled in a spider web of crab traps and lines. She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her body, her tail, her torso, a line tugging in her mouth. A fisherman spotted her just east of the Farallon Islands (outside the Golden Gate) and radioed an environmental group for help. Within a few hours, the rescue team arrived and determined that she was so bad off, the only way to save her was to dive in and untangle her. They worked for hours with curved knives and eventually freed her. When she was free, the divers say she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, and nudged them, pushed them gently around as she was thanking them. Some said it was the most incredibly beautiful experience of their lives. The guy who cut the rope out of her mouth said her eyes were following him the whole time, and he will never be the same.



## Obesity and Health Risks (Article from Harvard School of Public Health Nutrition Source)

When it comes to nutrition, it's easy to spend a lot of time worrying about what to eat. But how much you eat puts as much of a stamp on your long-term health as picking the right kind of fat or choosing the right mix of vitamins.

How much you weigh (in relation to your height), your waist size, and how much weight you've gained since your mid-20s strongly influence your chances of:

- dying early,
- having, or dying from, a heart attack, stroke, or other type of cardiovascular disease,
- developing diabetes,
- developing cancer of the colon, kidney, breast, or endometrium,
- having arthritis,
- developing gallstones,
- being infertile,
- developing asthma as an adult,
- snoring or suffering from sleep apnoea,
- developing cataracts, or
- Having a poorer quality of life.

Although researchers are quibbling about just how many people die each year as a direct cause of excess weight and what it costs our health-care system, excess weight takes an enormous toll—all the more worrisome, given that we are in the midst of an obesity epidemic.

If your weight is in the healthy range and isn't more than 10 pounds over what you weighed when you turned 21, great. Keeping it there—and keeping it steady—by watching what you eat and exercising will limit your risk of developing one or more of the chronic conditions noted above. If you are overweight, doing whatever you can to prevent gaining more weight is a critical first step. Then, when you're ready, shedding some pounds and keeping them off will be important steps to better health.

### What's a Healthy Weight? Body Mass Index (BMI) Defined

Although nutrition experts still debate the precise limits of what constitutes a healthy weight, there's a good working definition based on the ratio of weight to height. This ratio, called the body mass index (or BMI for short), takes into account the fact that taller people have more tissue than shorter people, and so tend to weigh more.

Here's how to determine your body mass index: Divide your weight in pounds by your height in inches. Divide the answer by your height in inches. Multiply the answer by 703. For an easier way, the National Heart, Lung and Blood Institute offers an online BMI calculator or simple BMI tables.

#### English BMI Formula

$$\text{BMI} = (\text{Weight in Pounds} / (\text{Height in inches} \times \text{Height in inches})) \times 703$$

#### Metric BMI

$$\text{Formula BMI} = (\text{Weight in Kilograms} / (\text{Height in Meters} \times \text{Height in Meters}))$$

Dozens of studies that have included more than a million adults have shown that a body mass index above 25 increases the chances of dying early, mainly from heart disease or cancer, and that a body mass index above 30 dramatically increases the

chances. Based on this consistent evidence, a healthy weight is one that equates with a body mass index less than 25. By convention, overweight is defined as a body mass index of 25 to 29.9, and obesity is defined as a body mass index of 30 or higher.

Nothing magical happens when you cross from 24.9 to 25 or from 29.9 to 30. These are just convenient reference points. Instead, the chances of developing weight-related health problems increases across the range of weights.

Muscle and bone are more dense than fat, so an athlete or muscular person may have a high body mass index, but not be fat. It's this very thing that makes weight gain during adulthood such an important determinant of weight-related health—few adults add muscle and bone after their early twenties, so nearly all that added weight is fat.

## Waist Size Matters, Too: Abdominal Fat and Health Risks

Some research suggests that not all fat is created equal. Fat that accumulates around the waist and chest (what's called abdominal obesity or abdominal adiposity) may be more dangerous for long-term health than fat that accumulates around the hips and thighs. (1)

Some studies suggest that abdominal fat plays a role in the development of insulin resistance and inflammation, an overactivity of the immune system that has been implicated in heart disease, diabetes, and even some cancers. It's also possible, of course, that abdominal fat isn't worse than fat around the hips or thighs, but instead is a signal of overall body-fat accumulation that weight alone just doesn't capture.

In people who are not overweight, waist size may be an even more telling warning sign of increased health risks than BMI. (2) The Nurses' Health Study, for example, looked at the relationship between waist size and death from heart disease, cancer, or any cause in middle-aged women.

At the start of the study, all 44,000 study volunteers were healthy, and all of them measured their waist size and hip size. After 16 years, women who had reported the highest waist sizes—35 inches or higher—had nearly double the risk of dying from heart disease, compared to women who had reported the lowest waist sizes (less than 28 inches). Women in the group with the largest waists had a similarly high risk of death from cancer or any cause, compared with women with the smallest waists. The risks increased steadily with every added inch around the waist. And even women at a "normal weight"—BMI less than 25—were at a higher risk, if they were carrying more of that weight around their waist: Normal-weight women with a waist of 35 inches or higher had three times the risk of death from heart disease, compared to normal-weight women whose waists were smaller than 35 inches. The Shanghai Women's Health study found a similar relationship between abdominal fatness and risk of death from any cause in normal-weight women. (3)

## Waist vs. Waist-to-Hip Ratio

Scientists have long debated about which measure of abdominal fat best predicts health risk: waist size alone, or waist size in comparison to hip size.

Measuring your waist is easy, if you know exactly where your waist really is. Wrap a flexible measuring tape around your midsection where the sides of your waist are the narrowest. This is usually even with your navel. Make sure you keep the tape parallel to the floor.

An expert panel convened by the National Institutes of Health concluded that a waist larger than 40 inches for men and 35 inches for women increases the chances of developing heart disease, cancer, or other chronic diseases. (4) Although these are a bit generous, (5) they are useful benchmarks.

Waist size is a simple, useful measurement because abdominal muscle can be replaced by fat with age, even though weight may remain the same. So increasing waist size can serve as a warning that you ought to take a look at how much you are eating and exercising.

## Keeping Things Level

Middle-aged spread is the source of millions of New Year's resolutions. Gaining weight as you age increases the chances of developing one or more chronic diseases.

In the Nurses' Health Study and the Health Professionals Follow-up Study, middle-aged women and men who gained 11 to 22 pounds after age 20 were up to three times more likely to develop heart disease, high blood pressure, type 2 diabetes, and gallstones than those who gained five pounds or fewer. Those who gained more than 22 pounds had an even larger risk of developing these diseases. (6–10) A more recent analysis of Nurses' Health Study data found that adult weight gain—even after menopause—can increase the risk of postmenopausal breast cancer. (11) Encouragingly, for women who had never used hormone replacement therapy, losing weight after menopause—and keeping it off—cut their risk of post-menopausal breast cancer in half.

**What Causes Weight Gain? Whether or not your weight changes depends on a simple rule:**

**Weight change = calories in - calories out**

If you burn as many calories as you take in each day, there's nothing left over for storage in fat cells and weight remains the same. Eat more than you burn, though, and you end up adding fat and pounds.

Many things influence what and when you eat and how many calories you burn. These turn what seems to be a straightforward pathway to excess weight into a complex journey that may start very early in life.

A growing body of research suggests that there's a link between how much people sleep and how much they weigh. In general, children and adults who get too little sleep tend to weigh more than those who get enough sleep. (14) Learn more about the relationship between sleep and obesity.

**Genes:** Some people are genetically predisposed to gain weight more easily than others or to store fat around the abdomen and chest. It's also possible that humans have a genetic drive to eat more than they need for the present in order to store energy for future. This is called the thrifty gene hypothesis. (12) It suggests that eating extra food whenever possible helped early humans survive feast-or-famine conditions. If such thrifty genes still exist, they aren't doing us much good in an environment in which food is constantly available.

**Diet:** At the risk of stating the obvious, the quantity of food in your diet has a strong impact on weight. The composition of your diet, though, seems to play little role in weight—a calorie is a calorie, regardless of its source.

**Physical activity:** The "calories burned" part of the weight-change equation often gets short shrift.

The more active you are, the more calories you burn, which means that less energy will be available for storage as fat. Exercising more also reduces the chances of developing heart disease, some types of cancer, and other chronic diseases. (13) In other words, physical activity is a key element of weight control and health.

## **What Leads to Weight Loss?**

Just as weight gain is fundamentally caused by eating more calories than you burn, the only way to lose weight is to eat fewer calories than what you burn. People can cut back on calories and lose weight on almost any diet, as long as they stick to it. (15) (Read about the latest diet study showing the importance of finding a diet that you can follow, so you can stick to a low-calorie plan and lose weight.) The real challenge is finding a way to keep weight off over the long run.

Low-fat weight loss strategies don't work for most people. Low-fat diets are routinely promoted as a path to good health. But they haven't fulfilled their promise. One reason is that many people have interpreted the term "low-fat" to mean "It's OK to eat as much low-fat food as you want." For most people, eating less fat has meant eating more carbohydrates. To the body, calories from carbohydrates are just as effective for increasing weight as calories from fat.

In the United States, obesity has become increasingly common even as the percentage of fat in the American diet has declined from 45 percent in the 1960s to about 33 percent in the late 1990s. (16, 17) In South Africa, nearly 60 percent of people are overweight even though the average diet contains about 22 percent of calories from fat. (18, 19) Finally, experimental studies lasting one year or longer have not shown a link between dietary fat and weight. (18,19) And in the eight-year Women's Health Initiative Dietary Modification Trial, women assigned to a low-fat diet didn't lose, or gain more weight than women eating their usual fare. (20)

Low-carbohydrate, high-protein strategies look promising in the short term. Another increasingly common approach to weight loss is eating more protein and less carbohydrate. Some of these diets treat carbohydrates as if they are evil, the root of all body fat and excess weight. That was certainly true for the original Atkins diet, which popularized the no-carb approach to dieting. And there is some evidence that a low-carbohydrate diet may help people lose weight more quickly than a low-fat diet, although so far, that evidence is short term. (21-23) More recently, a two-year head-to-head trial comparing different weight loss strategies found that low-carb, low-fat, and Mediterranean-style diets worked equally well, and that there was no speed advantage for one diet over another. (40)

Q. What are the best fruits and vegetables to eat if I want to lose weight?

Dr. Walter Willett, Chair, Dept. of Nutrition, Harvard School of Public Health

A. Chose a wide variety of vegetables and fruits every day, but don't include white potatoes as a vegetable. Potatoes are a rapidly digested starch; nutritionally, they have more in common with white bread than with other vegetables, and they should be eaten only occasionally. Go easy on fruits that are higher in carbohydrate—oranges, bananas, apricots, cherries, grapes, mangoes, pineapples, and pears. Also, avoid fruit juice since it contains a lot of sugary calories; choose whole fruit instead since it has more fibre and will make you feel fuller.

Why, in some studies, do high-protein, low-carb diets seem to work more quickly than low-fat, high-carbohydrate diets, at least in the short term? First, chicken, beef, fish, beans, or other high-protein foods slow the movement of food from the stomach to the intestine. Slower stomach emptying means you feel full for longer and get hungrier later. Second, protein's gentle, steady effect on blood sugar avoids the quick, steep rise in blood sugar and just as quick hunger-bell-ringing fall that occurs after eating a rapidly digested carbohydrate, like white bread or baked potato. Third, the body uses more energy to digest protein than it does to digest fat or carbohydrate. (24)

No one knows the long-term effects of eating little or no carbohydrates. Equally worrisome is the inclusion of unhealthy fats in some of these diets.

If you want to go the lower-carb route, try to include some fruits, vegetables, and whole-grain carbohydrates every day. They contain a host of vitamins, minerals, and other phytonutrients that are essential for good health and that you can't get out of a

supplement bottle. Choosing vegetable sources of fat and protein may also lower your risk of heart disease and type 2 diabetes. (25,26)

**Mediterranean-style diets may be effective.** Eating a so-called Mediterranean-style diet—one that includes plenty of fruits and vegetables and that is low in saturated fat but has a moderate amount of unsaturated fat—offers another seemingly effective alternative. In a controlled trial conducted by researchers at Harvard-affiliated Brigham and Women's Hospital, 101 overweight men and women were randomly assigned to a low-fat diet or a Mediterranean-style diet. After 18 months, volunteers on the low-fat diet had gained an average of 6 pounds while those on the Mediterranean diet lost 9 pounds. (27) By the study's end only 20 percent of those in the low-fat group were still following the study diet, compared to more than half of those on the Mediterranean-style diet. Other trials have also found a Mediterranean-style eating plan to be effective for weight loss: Read more about POUNDS LOST and the Dietary Intervention Randomized Controlled Trial (DIRECT).

## Lessons from Losers

Since 1993, more than 5,000 women and men have joined the National Weight Control Registry. This select "club" includes only people who lost more than 30 pounds and kept them off for at least a year. What was their secret? (28)

- They exercised. Registry participants burn an average of 400 calories per day in physical activity. That's the equivalent of about 60 to 75 minutes of brisk walking, or 35 to 40 minutes of jogging. (29)
  - They ate fewer calories. On average, registry volunteers consume about 1,400 calories a day. That's significantly less than the calories consumed by the average American. This doesn't mean, however, that you should aim for 1,400 calories a day. What's right for you is based on your weight, height, and activity level.
  - They watched less television, limited fast food intake, cut back on sugars and sweets, and ate more fruits + vegetables. (30, 31)
- In the early years of the registry, about a third of the volunteers reported eating low-fat diets. Lately, though, fewer volunteers report eating low-fat diets, and more report eating moderate-fat diets. Relatively few volunteers report eating low-carbohydrate diets, but those who do seem to have had as much success in maintaining their weight loss, compared with other members of the Weight Control Registry. (32)

## General Strategies for Achieving or Maintaining a Healthy Weight

It's easy to gain weight in what Yale psychologist Kelly Brownell calls our "toxic food environment." How, then, can you lose weight if you need to? Here are some suggestions that work:

**Set a realistic goal.** Many people pick weight goals they'll have a hard time achieving, like fitting into a size 8 dress or a wedding tuxedo from 20 years ago. A better initial goal is 5 to 10 percent of your current weight. This may not put you in league with the "beautiful people" profiled in popular magazines, but it can lead to important improvements in weight-related conditions such as high blood pressure and diabetes. (4) You don't have to stop there, of course. You can keep aiming for another 5 to 10 percent until you're happy with your weight. By breaking weight loss into more manageable chunks, you'll be more likely to reach your goal.

**Slow and steady wins the race.** Dieting implies deprivation and hunger. You don't need either to lose weight if you're willing to take the time to do it right. If you cut out just 100 calories a day, the equivalent of a single can of soda or a bedtime snack, you would weigh 10 pounds less after a year. If, at the same time, you added a brisk 30-minute walk five days a week, you could be at least 20 pounds lighter.

**Move more.** While the precise amount of physical activity needed to maintain a healthy weight may vary based on your diet and your genes, the American College of Sports Medicine and the American Heart Association conclude that "more activity increases the probability of success." (13) For

more tips on fitting physical activity into your day, read *Staying Active: Every Body's Path to Better Health*.

**Keep track.** It's easy to eat more than you plan to. A daily food diary can make you more aware of exactly how much you are eating. Include everything, no matter how small or insignificant it seems. Small noshes and drinks of juice add up to real calories.

**Tame your blood sugar.** Eating foods that make your blood sugar and insulin levels shoot up and then crash may contribute to weight gain. Such foods include white bread, white rice, and other highly processed grain products. As an alternative, choose foods that have a gentler effect on blood sugar (what's called a lower glycemic index). These include whole grains such as wheat berries, steel-cut oats, and whole-grain breads and pasta, as well as beans, nuts, fruits, and vegetables.

**Don't be afraid of good fats.** Fat in a meal or in snacks such as nuts or corn chips helps you feel full. Good fats such as olive or canola oil can also help improve your cholesterol levels when you eat them in place of saturated or trans fats or highly processed carbohydrates.

**Reach for slow foods.** Fast food is cheap, filling, and satisfying. It also delivers way more calories, not to mention

harmful saturated and trans fat, than you need. People who eat at fast-food restaurants more than twice a week are more likely to gain weight and show early signs of diabetes than those who only occasionally eat fast food. (36)

**Bring on the water and skip the soda.** When you are thirsty, reach for water. Drinking juice or sugared soda can give

you several hundred calories a day without even realizing it. Several studies show that children and adults who drink soda or other sugar-sweetened beverages are more likely to gain weight than those who don't, (37, 38) and that switching from these to water or unsweetened beverages can reduce weight. (39)

### **The Bottom Line: Recommendations for Healthy Weight**

What's sometimes lost in the dire predictions about overweight and obesity in America are the enormous benefits of staying lean or working toward a healthier weight. Maintaining a healthy weight throughout life is associated with lower rates of premature death and heart disease, some cancers, and other chronic conditions. What if you're past that point? Losing 5 to 10 percent of your weight can substantially improve your immediate health and will decrease your risk of developing such problems. The best time to start losing weight is with the first signs that your weight is straying upward. The more overweight you are, the more difficult it can be to lose weight. But as participants of the National Weight Control Registry have proven, anyone can lose weight.

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**The above Article just verifies that GNLD are spot on with the GR2 Weight Loss Program...if you are overweight, obese or simply want to maintain a healthy weight then get with the GNLD GR2 Program and feel the difference!**

**PO Box 87453 Houghton 2041 Cell 082-5645542 Tel/Fax/Ans 011-487-1142/3120 0861-FRIEND  
E-mail: friendly@global.co.za Web Site Address: www.friendlyforce.co.za www.friendly.gnld.net  
(1987/005904/23)**

## Get to know your Marketing Plan (As at February 2011) Spot the Great News!!!!

- Personal PV (PPV) means all orders placed through GNLD Head Office in your own Name (Your GNLD ID No.).
- Qualifying PV (QPV) means your personal PV plus all the PV of your unqualified Directors.
- Qualifying Unit... (+ 4000 QPV). This is a Senior Manager or above who with their team are generating 4000 QPV in a month.
- Once achieving the status of Distributor/Manager/Senior Manager/and Director you never lose your status or your pin.
- Once you have recruited someone into the business, that person can never pass you... They might attain a higher status on the marketing plan but they will always be part of your team.

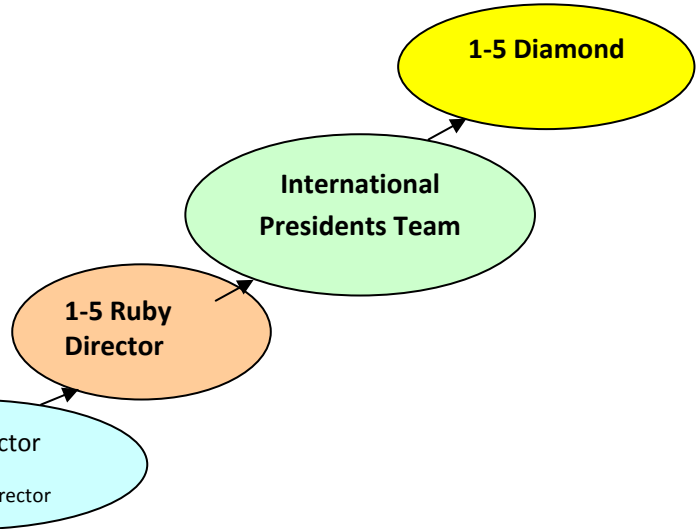
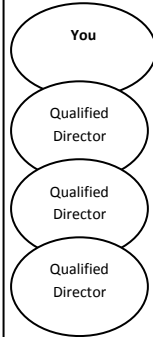
## The GNLD Marketing Plan

**SD & Up... Qualifications + Bonuses**  
Achieve 3 Months x Qualification in a six month period and maintain Status by qualifying 3 x in a current year.

Dir.	Total Gr.	Status	Leg/Group PV	LDBon.	NWBon.
Dir.	4000	GPV	5/2/1%		
SD	1/10000	GPV	6/2/1%		
1RD	3/20000	GPV	6/3/2%		
2RD	4/30000	GPV	6/4/3%		
3RD	5/50000	GPV	6/4/4%		
International Presidents Team					
4RD	6/100000	GPV	6/4/4%	.05%	
5RD	8/150000	GPV	6/4/4%	1%	
1DD	10/200000	GPV	6/4/4%	2%	
2DD	12/250000	GPV	6/4/4%	3%	
3DD	14/300000	GPV	6/4/4%	3%	
4DD	16/400000	GPV	6/4/4%	3%	
5DD	18/500000	GPV	6/4/4%	3%	

**Sales Volume Bonus (SVB)**

4000	25%
3000	20%
2000	15%
1000	10%
500	5%
250	3%



**To Become an Emerald Director**  
Achieve 3 Consecutive Months of 4000 QPV  
Maintain Emerald Director Status by Qualifying once in a current 3 month period

**To Become a Director**  
Do 10 000 QPV within a 6 month period with the last month being a +4000 QPV month.  
NB... Once a Director, always a Director!

### Points to Remember....

- You must always do 100 Personal PV to achieve your next step and in order to earn your Bonuses...
- A Single order of 250 Personal PV (PPV) will earn you the status of Manager + a bonus of 3%.
- A Single order of 500 PPV will earn you the status of Senior Manager + a bonus of 5%.
- You can jump from Distributor to Senior Manager by doing a single order of 500 Personal PV.
- You could become a Director within 2 months of joining the business – Senior Manager followed by a month of 9000 PV.

Distributor

Manager

Senior Manager

**To Become a Distributor**  
Application Form + R450  
This includes a Literature kit Plus 2x TRENN 60's  
1 Years Membership + Distributor Pin and most importantly your GNLD Buying/ ID Number for dealing directly with GNLD. Also PIN 4 Website!  
Thus you can see you team results @ any time!

**To become a Manager**  
1 Month of 500 Team PV (GPV)  
**Fast Start!**  
1 single order of 250PPV or 1 x Month 250 Personal (PPV) Accumulated throughout the month! This includes the KIT PV OF 34PV.

**To become a Senior Manager**  
1 Month of 1000 Team PV (GPV)  
**Fast Start!**  
1 single order of 500PPV or 1 x Month 500 Personal (PPV) Accumulated throughout the month! This includes the KIT PV OF 34PV.

## **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...

GNLD's VitaGuard also contains Zinc...

**People Proceed from Poverty to Prosperity Provided they are Prepared to Pay the Price of Persistence and Perseverance! Purposefully Perpetrate a Personal and Professional Plan!**

Great GNLD News!

## **Fast Start Incentive Program**

GNLD is excited to announce an adjustment in the Fast Start to Manager and Senior Manager Incentive Program, effective February 2011.

This Incentive is an alternative option to the normal Marketing Plan for Distributors stepping up to Manager or Senior Manager.

### **Fast Start to Manager**

Step up to Manager by doing 250 Personal PV in any single month.

This PV can be accumulated from multiple Orders or from a single order within a month.



### **Fast Start to Senior Manager**

Step up to Senior Manager by doing 500 Personal PV in any single month. This PV can be accumulated from multiple orders or from a single order within a month.



# Friendly 2011 Awards

## The Top Ten's - The Friendly Force 2011

### Awards - January – December 2011

- This competition is for all Distributors/Managers/Senior Managers as at the beginning of January 2011... This does not include Directors and up... If you become a Director during the course of this year you will still be participating in this contest until the end of the year... There are three categories...  
1. Recruiting 2. Personal PV 3. Qualifying (Team) PV.  
Must do 100 Personal PV to pick up Team PV.

#### Top 10 - January 2011

##### Distr, Man, Snr. Man on Personal PV

Elizabeth Pearce	SM	2,007
Anke Kusel	SM	1,182
Annelies & Evert Vanleusden	SM	1,119
Greg Okwuchukwu Orabasili	QSM	904
Danielle Rosmary Holcroft	QSM	749
Cherith & Melanie Stievenart	QSM	679
Lorna & Shirley Dixie	SM	576
Tiffany G Krupke	SM	544
Nadiah & Nasif Allie	SM	544
Charles Mgbeahuru	M	534
Caroline Roodt	SM	534
Phyllis Dixie	SM	528
Mavis Serasengwe	M	519
Desmond & Maria Yelverton	M	517
Belinda & Bernard Ford	DST	506
Rosalind Walter	SM	506
Onicca Nkgathane Thobane	SM	502

#### Distr/Man/Snr. Managers

##### Top 10 on Sponsoring – Jan 2011

Jarryd & Carmen Mildenhall	SM	3
Taryn & Karun Murugan	QSM	3
Cherith & Melanie Stievenart	QSM	3
Rubekkah Moonsamyh	M	2
Onicca Nkgathane Thobane	SM	2
Shireen Surjoo	M	1
Danielle Rosmary Holcroft	QSM	1
Greg Okwuchukwu Orabasili	QSM	1
Muzamani & Alfridah Bilankulu	DST	1
Auntlate Tindleni	DST	1
Elthia Mafilika	SM	1

#### Top 10 – January 2011

##### Distr/Man/Snr Man – Qualifying PV (Team PV)

1	Greg Okwuchukwu Orabasili	QSM	2,124
2	Elizabeth Pearce	SM	2,007
3	Taryn & Karun Murugan	QSM	1,716
4	Jean Wetselaar	SM	1,393
5	Reneta & Gideon Oosthuizen	SM	1,257
6	Dianne Meek	QSM	1,218
7	Anke Kusel	SM	1,182
8	Richard Bailey & Kathryn C Bailey	QSM	1,177
9	Annelies & Evert Vanleusden	SM	1,119
10	Lorna & Shirley Dixie	SM	1,104
11	Cherith & Melanie Stievenart	QSM	1,047
12	Danielle Rosmary Holcroft	QSM	1,007
13	Gillin & Thomas Bertram	SM	998
14	Ilda Fernandes	SM	868
15	Onicca Nkgathane Thobane	SM	676
16	Jarryd & Carmen Mildenhall	SM	623
17	Ralph & Anne Yelverton	SM	622
18	Althea & Jannie Debeer	SM	585
19	Chitra & Allain Moodley	SM	545
20	Tiffany G Krupke	SM	544
21	Nadiah & Nasif Allie	SM	544
22	Charles Mgbeahuru	M	534
23	Caroline Roodt	SM	534
24	Phyllis Dixie	SM	528
25	Mavis Serasengwe	M	519
26	Desmond & Maria Yelverton	M	517
27	Belinda & Bernard Ford	DST	506
28	Rosalind Walter	SM	506
29	Annette Treagus	SM	504
30	Olivia Dacosta	SM	499

- Recognition will be reported on in the Friendly Newsletter every month which will include monthly results and year to date Results.
- The Awards Rally will take place in January 2012 AT A GNLD EVENT!
- **The top 10's** for 2011 will receive **Certificates** and an invite to a **'Top Ten Gala Event'**.

#### And Now for the Directors

## And Now for the Directors...

- This competition is for all Directors as at the beginning of January 2011 ...The Top 10's in the following three categories... with the following obvious condition...  
1.Team Recruiting 2.Personal PV 3.Qualifying (Team) PV. Must do 100 Personal P.PV to pick up Team PV.
- NB...The Top Ten on Team Recruiting - A Director & their Downline will be considered a Team. This will be self monitored and reported and checked by Lyn Banks... so phone in after month end clarifying your total Team Recruits.
- Recognition will be reported on in the Friendly Newsletter every month which will include monthly results and year to date Results.
- The Awards Rally will take place in January 2012 AT A GNLD EVENT!
- **The top 10's** for 2011 will receive **Certificates** and an invite to a **'Top Ten Gala Event'**.

<b>January 2011</b>		
<b>Top 10 – Directors Team Sponsoring</b>		
Erwin & Gilda Dedekind	ED	9
Jeanette Baigent	SD	5
Banks Personal Team	2RD	4
Shirley & Richard Aarons	ED	2
Muhsin Peterson	QD	1
Susi Muller	DIR	1
Merle & Craig Du Plooy	DIR	1

### **Congratulations on Sponsoring**

**Total Signings –January 2011 = 23**

**Congratulations to our 3/30's**

**Jarryd & Carmen Mildenhall 3**

**Taryn & Karun Murugan 3**

**Cherith & Melanie Stievenart 3**

Rubekkah Moonsamyh 2

Onicca Nkgatlhane Thobane 2

Shireen Surjoo 1

Danielle Rosmary Holcroft 1

Greg Okwuchukwu Orabasili 1

Muzamani & Alfridah Bilankulu 1

Nazlie Cassiem 1

Shirley & Richard Aarons 1

Auntlate Tindleni 1

Muhsin Peterson 1

Elthia Mafilika 1

### **January 2011**

#### **Top 10 Directors on Personal PV**

Jeanette Baigent	SD	3,654
Erwin & Gilda Dedekind	ED	1,323
Blanche & John Stephenson	DIR	1,051
Chrissie & Danie Dorfling	DIR	956
Muhsin Peterson	DIR	868
Susi Muller	DIR	858
Rosemary & Rowan Algie	DIR	690
Shirley & Richard Aarons	ED	432
Hilary & John Estherhuizen	DIR	422
Merle & Craig Du Plooy	DIR	332

### **January 2011**

#### **Top 10 Directors on Qualifying PV**

Jeanette Baigent	SD	14,160
Lyn & Roy Banks	2RD	13,534
Erwin & Gilda Dedekind	ED	7,502
Michael & Margaret Baileymcewan	DIR	4,547
Blanche & John Stephenson	DIR	4,245
Shirley & Richard Aarons	ED	4,038
Muhsin Peterson	DIR	4,034
Jenny & Malcolm Mcconnachie	DIR	1,845
Merle & Craig Du Plooy	DIR	1,739
Hilary & John Estherhuizen	DIR	1,639
Carol & Wayne Walker	DIR	1,430
Judy Dosramos	DIR	1,217
Susi Muller	DIR	1,017
Chrissie & Danie Dorfling	DIR	1,006
Rosemary & Rowan Algie	DIR	690
Iris & Frank Malherbe	DIR	516
Madeline & Ron Gordon	DIR	466
Wallied & Farieda Flashman	DIR	130

## **JAN 11 FRIENDLY RECOGNITION**

### **New Senior Managers**

DESMOND & MARIA YELVERTON

ALLIE, NADIAH & NASIF

KRUPKE, TIFFANY G

SERASENGWE, MAVIS

### **New Managers**

Belinda & Bernard Ford

Mpho Ngombane

Kasturi & Allan Varley

# Impending Events - January 2011

Date	Time	Event	Location	Speaker	Contact
February 5	10:00AM 13:00PM 15:00PM	GNLD Open Day Experiences	Dlamini Multi Purpose Hall 1802 Koma Road, Next to Old Vista Dlamini 2 Soweto, Gauteng,	Brandon Masondo	Muret van Rensburg 011 4093015
February 5 SATURDAY	2-4pm	Friendly Team Rally @ GNLD Head Office	GNLD Head Office, 2 Ayeshire Boulevard, Longmeadow Business Estates, Edenvale. Opposite Greenstone Shopping Centre. Entr. to Longmeadow Business Estate is from Modderfontein Rd	Dr. Barry Bland, Jen, Erwin + Gilda and Lyn. <b>Cash 'Roll Over' Draw on R2500 !!! You have to be there to win!</b>	Lyn Banks 0861-FRIEND
February 5	10:00AM 12:00PM 14:00PM	GNLD Open Day Experiences All Day! Get there at 9am	Lagoon Beach Hotel Lagoon Beach Gate Drive, Milnerton, <b>Cape Town, SA</b>	Warren Brosnihan	Muret van Rensburg 011 4093015
February 16	7:00 PM	Product Seminar - Code 202	Elizabeth Place 1st Floor, Pickering Park, Pickering Place Newton Park, <b>Port Elizabeth, SA</b>	Dr Barry Bland	Muret van Rensburg 011 4093015
February 17	7:00 PM	Product Seminar - Code 293	Sports Science Institute Boundary Road Newsland, <b>Cape Town, SA</b>	Dr Barry Bland	Muret van Rensburg 011 4093015
February 19	11:00 AM  2:00 PM	Product Seminar - Code 630  Product Seminar - Code 632	GNLD Convention Centre 2 Ayeshire Boulevard, Longmeadow <b>Edenvale, Gauteng,</b>	Dr Barry Bland	Muret van Rensburg 011 4093015
February 26	2:00 PM	Product Seminar - Code 28	GNLD Convention Centre, Standard Bank Centre, 30 Church Street <b>Westville, Durban.</b>	Dr Barry Bland	Muret van Rensburg 011 4093015
<b>March 5 Tuesday</b>	<b>All Day</b>	<b>Month End !!!</b>	<b>Remember! It's not over till it's over!!! And... Action Takers are success Creators!</b>		
March 5	2-4pm	Friendly Team Rally @ GNLD Head Office	GNLD Head Office, 2 Ayeshire Boulevard, Longmeadow Business Estates, Edenvale. Opposite Greenstone Shopping Centre. Entr. to Longmeadow Business Estate is from Modderfontein Rd	Dr. Barry Bland, Jen, Erwin + Gilda and Lyn. <b>Cash 'Roll Over' Draw!!! You have to be there to win!</b>	Lyn Banks 0861-FRIEND

## Convention Time!

### It's all about timing!

March 12	1:00 PM	GNLD Convention - Code 634	Emperor's Palace Convention Centre 64 Jones Road Kempton Park, Gauteng, S. Africa	Roget Uys, Dr Fred Hooper	Muret van Rensburg 011 4093015
March 13	1:00 PM	GNLD Convention - Code 648	ICC 45 Ordnance Road Durban, S. Africa	Roget Uys, Dr Fred Hooper	Muret van Rensburg 011 4093015
March 14	1:00 PM	Distributor Rally - Code 215	Crystal Towers Hotel, Cnr Lotter & Century Boulevard Century City, Cape Town, South Africa	Roget Uys, Dr Fred Hooper	Muret van Rensburg 011 4093015

## Convention Booking - It's all about timing!

With President & CEO, Roget Uys and SAB Member, Dr Fred Hooper

### Convention Booking

Spread the news! All GNLD Distributors are invited to experience the excitement of **Convention 2011**, taking place in two major South African cities in March. Book now (complete the Convention Booking Form) to secure your place **AND** also take advantage of the special lower Pre-booking price. Pre-booking is strongly advised as seating is limited. Remember this is a Distributor-only event, please do not invite guests.

### Cocktail Party

Convention will be rounded off with a glittering Cocktail Party where **invited guests** will have the opportunity to mingle with the cream of the GNLD World. All World Team Members (Sapphire Directors & Up) who would like to attend can do so by paying R100 per person and filling in the attached booking form. If you already qualify for the discount and would like to attend, simply complete the booking form to secure your place. Should you qualify after paying, you will receive a full refund

### Cocktail Party Discount

Who's Invited	How to qualify for a 100% discount
World Team Members	Qualify at title1 in 3 months in the period from December 2010 to February 2011.
Top 10 Achievers	Qualify in the 2010 Top 10 for: Founder's Award President's Team Award Personal Sponsoring Team Sponsoring Rookie Award
<b>A special invitation:</b> Qualifying Emerald Directors	Qualify consistently in both January and February 2011.



## SOUTH AFRICA BOOKING FORM

Please print all your details clearly, in block letters. This form is for you and your partner, please  in both your names if you are attending together. Note that all prices are per person attending, not per Distributorship.

Code	Date	City	Event	Venue
634	Sat 12th March	Johannesburg	Convention	Emperor's Palace
37	Sat 12th March	Johannesburg	Cocktail Party	Emperor's Palace
648	Sun 13th March	Durban	Convention	Durban ICC
58	Sun 13th March	Durban	Cocktail Party	Durban ICC

Yes, you can count on us to attend!

Drop off, or fax, completed form and proof of payment to your local Distributor Centre

GNLD I.D. No.: \_\_\_\_\_

Main Member's Full Names: \_\_\_\_\_

Partner's Full Names: \_\_\_\_\_

No. of Attendees:  1  2 (Tick appropriate box)

Convention registration pre-booking cost R30 (per person) Code

Cocktail Party cost R100 (per person) Code

Cocktail Party Attendance fee of R100 per person MUST be paid by 14th February 2011

Tick appropriate box below should you qualify for the 100% Cocktail Party discount

Johannesburg - Code 37

Durban - Code 58

Signature \_\_\_\_\_

Please remember to bring your GNLD Invoice as proof of payment when you attend these events

Bring along lunch money as refreshments and meals are available at the venue. GNLD will not be responsible for these costs. Due to health regulations self catering is strictly prohibited in the venue.

# CONVENTION 2011

**2010 Top 20 Business Awards...**

**Pics of the Top 20 Award and Prize Winners**

Congratulation to all our Winners for 2010! You are Awesome!

Lyn Banks With Team Jen Baigent, Erwin&Gilda Dedekind  
Taryn Taryn Murugan, Richard & Shirley Aarons



**The Top Achievers for 2010**

**Top Manager**

Karun & Taryn Murugan

**Top Director**

Shirley & Richard Aarons

**Top Emerald Director**

Erwin & Gilda Dedekind

**Top Ruby Director**

Jeanette Baigent

**Top Recruiters for 2010**

- |                               |    |
|-------------------------------|----|
| 1. Tumelo & Rachel Mosoeu     | 32 |
| 2. Erwin & Gilda Dedekind     | 23 |
| 3. Taryn & Karun Murugan      | 22 |
| 4. Shirley & Richard Aarons   | 19 |
| 5. Jarryd & Carmen Mildenhall | 10 |

**We wish all our 2010 Award Winners loads of congratulations on a superb result!**

**The 2011 Top 10 Business Builder Awards** has already begun...1 month down and 11 to go , check the Recognition page to see if you are already in this and if not, make it a goal to be in the top 10 by the end of this year! It will assist you in Building a big MLM Business!