



# The Friendly Force

## Distributors of GNLD International

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### Friendly Team Talk - Newsletter Volume 23 Issue 2 – February 2009

Hi Friendly Folks,

January tends to be a challenging month, what with kids going back to school, school fees and of course the aftermath of the Christmas and New Year Holidays... So the fact that the Friendlies finished just shy of 40 000 GPV. Multiply that by 12 to get the Retail Value = R 480 000 needs a special congratulations! Well Done Team!

However, I need to warn you to be on guard... Protect yourselves and your GNLD businesses ... Protect your distributors ... It's a fact that the bulk of morons out there think that's its OK to be negative. I know that's its tough out there but I can quote stories in history of folks who have had it a lot tougher... I am always amazed at how Negativity, pessimism, criticism, doubt and fear can creep in and immobilise a nation, a group of people, and indeed change an absolute gem of a person, a potential Diamond into a worthless bit of gravel... Actually even gravel has uses... but its mostly to be trodden on... People allow themselves to be powerless and become good for nothing, not even for themselves! Don't you Friendlies succumb to all the madness and beware of the positive negative person... they say good things but there is always the 'but'. Watch for people who bemoan their fates because they have the power to change their lives ... and you have just the opportunity for them... Remember this... if a customer complains about the price then offer them the opportunity to get it at cost and through the opportunity to pay for their products... i.e. Sponsor a family to use the product i.e. 100PV and they in turn can Sponsor families to use 100PV ... and so to buy at cost and be in line to earn bonuses... Wow... who earns bonuses when they shop at Pick 'n Pay.

Having got that out the way... You need to remember the law of Attraction... You attract to yourself what you think about... your thoughts become actions and your actions become your life! Today, right here and now, there is no excuse, we have an Awesome business Opportunity in GNLD and anyone struggling to make ends meet can increase their income... Throw them the life line... throw them GNLD... How do you improve your income... well, you work your GNLD business... you sell more products, get more people started in your opportunity! Get more of your people to training, events, and conventions... That requires work... its hard work when you need to make a difference in the lives of yourself and your family but the rewards are humongous... Are you brave enough! I believe that if you are a friendly, you are brave... cause when the going get tough, the tough get going!

*"A ship is safe in harbor, but that's not what ships are for." -- William Shedd*

We have a lot of work to do folks... The whole world is in your hands...

Again, congratulations on a fantastic month!

**Special Congrats to Hilary Boada who achieved 3/30..**

Congratulations to all our qualified Directors and all our new Distributors who have just joined our fantastic GNLD Opportunity! We look forward to working with you.



In line with the aforementioned, I received a fantastic email that will lift everyone spirits and lift your expectation of results in your businesses. I believe that Alan Knott-Craig is right on the Button!

This Email was sent to me by Lida Swan from Nelspruit

Subject: FW: Allan Knott Craigs year-end summary to I-Burst

An interesting article written by Alan Knott-Craig (MD iBurst) - to his employees...a realist view on things!

Hi guys, Why am I writing this email? Because I'm getting the impression there are some depressed people walking around. So let's recap:

At the beginning of the year people were panicking about

- ♥ The Oil Price,
- ♥ Inflation,
- ♥ Electricity
- ♥ And the Economic Recession.

Of those big 4 concerns, 3 have taken care of themselves.

Oil is now below \$40 a barrel, almost one Quarter of the price of 4 months ago inflation is not such big deal because oil is cheap nowadays so food & all other costs are falling and .. We haven't had any crazy power outages since February (the Eskom saga is a complete mystery to me - The NEWSPAPERS said it would last 4 years??)

What about the Recession? Well, as it turns out, that was something that deserved panic. Especially if your name is Dick and you run a New York investment bank... Fortunately we don't have any Dick's at iBurst. After the merry-go-round of bad news at the beginning of the year, capped by the xenophobic attacks it's been quite surreal to watch the "u-turn" executed by those heading for the exit door! It's a bit like watching naïve tourists run into the sea off Camp's Bay, scream in pain, and then race back onto the beach. The water looks so nice... But don't go in there unless you're an Eskimo! Suddenly foreign shores aren't as attractive when there are no jobs, no credit, and no sunshine so people who left are returning to tell those who haven't left not to go.

Just to put a couple of financial things in perspective, here is some info on the year-to-date performance of world stock markets (as of 10 Nov):

Iceland	-89%
China	-64%
Russia	-64%
India	-48%
Hong Kong	-46%
Brazil	-40%
Japan	-40%
USA	-36%
Australia	-35%
UK	-32%
New Zealand	-29%
South Africa	-26%



..SA is not so bad is it? I'd rather be here than in Iceland?? !!

Sunny SA is certainly not immune to the global economic crisis. Our companies are suffering too, which means fewer bonuses and more retrenchments (always a winning recipe for unhappiness). How long will it last? Who

knows, but brace yourselves for a tough 2009. The good news is that after every tough time comes good times, so at least we all have something to look forward to!

What is the silver lining for SA? Our interest rates are still high, but will decrease soon to ease the burden on your back pocket. The UK and USA do not have that luxury, their interest's rates are already too low to cut further and it hasn't helped them at all yet!

What else? "Mad Bob" can't last forever. When he heads off into the sunset there will be an absolute bonanza of investment and aid flooding into Zimbabwe, and a large chunk of that windfall will be via sunny SA... oh happy days. Who said there were no plusses to having a failed state as a neighbour?

What else? Anyone noticed the cranes everywhere you look? Seen the Gautrain progress? I went down to CT 2 weeks ago, and virtually the entire highway is under construction. Durban has a new Stadium; a bigger harbour AND a new Airport all finishing in the next 18months the unintended consequence of the government procrastination on infrastructure investment over the past 10 years is that now that it's finally underway - just in time to prop up our economy! Gotta love those bureaucrats.

What else? The Soccer World Cup is coming. If we get it right we'll be the hottest spot on the planet - and we'll have a real shout for hosting the Olympics in about 2020.

But don't crack open the champagne just yet, we still have our fair share of challenges. Your average Yank may be swapping his house for a trailer, but at least he's not worried about being shot in the head on the way to his next job interview. If any of you have a relative or friend in the government, please pass on this message, "Crime is out of control and most of our schools and hospitals are in disarray." Don't for a second fool yourself that we can ignore these structural problems and live the rest of our lives in blissful ignorance. We must constantly remind the politicians to do their jobs, but we cannot absolve ourselves of our responsibility to make individual contributions.

It is our business to make this land a success. Report crime, pick up litter, give to the needy, create jobs, look after the children, practice safe sex, and drink filter coffee. We've all got a responsibility to make the magic happen; otherwise you'll just end up lying in bed in 50 years time, looking back and saying "What if?" The time of opportunity is upon us, now it's up to us to seize the day. I've said it before, I'll say it again: Life is not about waiting for storms to pass, it's about learning to dance in the rain.

Looking forward to dancing in 2009!

Subject: FW: Allan Knott Craigs year-end summary to I-Burst

An interesting article written by Alan Knott-Craig (MD iBurst) - to his employees...a realist view on things!

Hi Lyn,

When I met Olga she was highly pregnant. But of course this doesn't stop me from signing anyone up. And Training was carried out at GNLD West Rand in the Board Room. Whilst baby was sleeping on the table - we carried on with the training.

Olga was on Maternity leave and was expecting to go back some time in the New Year. However, whilst she was absent from the company, they went under. Needless to say, Olga is now stressed.

I explained in the training how she could make some money with selling products and she could accommodate baby whilst doing this. He is such a good baby.

Regards,  
Shirley



**DARE TO DREAM AGAIN**  
by Chris Widener

"Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy nor suffer much, because they live in the gray twilight that knows neither victory nor defeat." **Teddy Roosevelt**

Do you remember when you were a child and no dream seemed too big? Some of us thought we would walk on the moon; some dreamed of riding with Roy Rogers; others imagined stepping to the plate in a big-league game. Every one of us, when we were young, had a common trait - we were dreamers. The world hadn't gotten to us yet to show us that we couldn't possibly achieve what our hearts longed for. And we were yet still years from realizing that in some cases we weren't built for achieving our dream (I realized about my junior year of high school that I was too short and too slow to play professional basketball. The dreamer is always the last to know).

Eventually we started to let our dreams die. People began to tell us that we couldn't do the things we wanted. It was impossible. Responsible people don't pursue their dreams. Settle down, get a job, be dependable. Take care of business, live the mundane, be content.

Do you know what I say to that? Hooey! It is time to dream again!  
Why? Here are just a few reasons:

\* **Avoid regret.** The facts are in, and someday we will all lie on our deathbed looking back through the history of our lives. We will undoubtedly think about what we wished we had done or accomplished. I for one don't want to regret what could have been, what should have been. So I am deciding today to pursue my dreams.

\* **The world needs people like you** to dream of something great and then to pursue it with all of your heart. Maybe you belong to a business, school or organization that started out with good intentions but has settled into the same ol' same ol'. Shake them up and remind them of how they could really help people if only they would dream!

\* **Personal and family fulfillment.** One of the things that happens when we stop pursuing our dreams is that a little piece of us dies and we become disheartened, if only in that area of our lives. Stepping up and pursuing your dream rekindles that passion and zeal that everyone has the capacity for and lets us experience fulfillment. Having a purpose puts the zip in our step and the zing in our emotions!

\* **Making the world a better place.** All of the great accomplishments that have ever happened began with a person who had a dream. Somebody rebuffed the naysayers and said to himself or herself, "This can be done, and I am the one who will do it." And in many instances they changed the world for the better. It isn't just the Martin Luther King's and the J.F.K's either. Think of all the people we have never heard of who have started things large and small that help people world-wide every day.

\* **Leaving a legacy.** How will your children remember you? As one who sought all that life had to offer, using your gifts and talents to their fullest extent, leading the family with a zest for life, or as an overweight couch potato who could have been? Our children need to see that we dream; that we search for something better. They in turn will do the same!

## **RISK-TAKING**

"If you wait to do everything until you're sure it's right, you'll probably never do much of anything." -- **Win Borden**

"Risk! Risk anything! Care no more for the opinions of others, for those voices. Do the hardest thing on earth for you. Act for yourself. Face the truth." -- **Katherine Mansfield**

"Man cannot discover new oceans unless he has the courage to lose sight of the shore." -- **Andre Gide**

## Renew your GNLD Membership!!!!

We have had a spate of people who have forgotten or neglected to renew their GNLD Memberships...  
Look at what you have to lose out on:-

- ♥ You will lose your GNLD BUSINESS and that could be tragic. Think of all the missed opportunities and earnings!
- ♥ You will lose your status.
- ♥ You will lose your Team (Down lines) due to not renewing on time and your downline will ride up to your sponsor.... This would be tragic!
- ♥ You lose your ID Number (Buying Number) which forfeits you being able to buy all your household, nutritionals, skin and personal care products at cost which is a major saving...
- ♥ Plus which the GNLD publications such as 'News you can Use', and Quarterly Magazines is the next most important accessory to staying fit, healthy and motivated in your business. GNLD periodicals are filled with powerful information that will help you run your business faster and farther — and have more fun doing it!
- ♥ GNLD run your admin for you and keep track of your business throughout the month and ongoing...you will get all this information, by monthly printouts, once you are a Sapphire Director.
- ♥ In the meantime with your ID number and renewal paid up., you are entitled to obtain a PIN number from GNLD Head Office whereby you can access your Team Stats and Figures on GNLD's website.

Renew your membership, note it in your diary and do it before it expires, to ensure uninterrupted membership of your business. **Pay only R130 for your renewal ... it's a give away!**

## Could a stroke steal your future? Know your risk and prevent it from happening!

You probably know someone who's had a stroke - wheelchair bound or walking with difficulty, unable to use an arm or a leg (or both). In seconds, a stroke can render you physically helpless, without the ability to speak or even to smile. It always makes me sad to see a patient who was active, happy and independent suddenly turn into a shell of their former self after a stroke. It can literally steal your quality of life - with absolutely no warning.

But while strokes sneak up on us, we are certainly not defenceless against them. By following some simple guidelines, you can significantly reduce your risk of suffering a stroke.

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

First, let me clear up a common misconception that allows far too many of us to assume we're "stroke-proof." It's not true that you're only at risk if you have high blood pressure or high cholesterol levels. While high blood pressure a major risk factor, men and women with perfectly normal blood pressure have strokes too. Other non-dietary stroke risk factors include tobacco smoking, heavy alcohol consumption and physical inactivity.

To understand how to avoid a stroke, you need to understand how it happens.

There are at least two "basic" types of stroke: Hemorrhagic (bleeding) and ischemic/thrombotic (lack of blood flow associated with a clot).

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

So, either a blood vessel in the brain breaks, spewing blood into brain tissue where it doesn't belong, or the blood vessel gets blocked with a clot, depriving an area of the brain of blood. Or just maybe, the blood vessel goes into an intense spasm with the same result. In any of these cases, the affected area of the brain can't function, and often dies. Common sense tells us that strengthening blood vessels will reduce their risk of breaking and causing hemorrhagic stroke. Common

sense also says that reducing the tendency of blood to clot abnormally, and increasing blood's clot-busting potential will reduce the risk of thrombotic/ ischemic strokes. Reducing the tendency of blood vessels to spasm will likely reduce your risk of stroke too. But how can you possibly do all of that when you can't even see the area needing improvement, you might wonder?

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

### Forget pumping iron... Strengthen your blood vessels with vitamins, minerals and herbs

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

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

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

### Just like thunder and lightening, vitamin C and flavonoids go together for a reason.

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

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

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

Diets high in vegetables and fruits and lower in animal protein are associated with fewer conditions of all kinds, including stroke.<sup>2</sup> In a 12-year study of 859 men and women, *only one additional* serving of vegetables or fruits daily lowered the risk of stroke by 40 percent! (And just as a side note while I'm talking about your diet, consider that eating whole grain products lowers the risk of ischemic stroke, but refined flour products give no protection.<sup>4</sup>)

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

Sometimes even I'm amazed at just how many options nature has for us (and I've been doing this for 29 years now!). In addition to vitamin C and flavonoids, there are a number of herbs - and at least one mineral- you can take to help strengthen your blood vessels. You've heard of most of these before, so instead of spending a lot of time giving you their history, I'll just outline what they do and how much you'll need for maximum stroke protection.

Hawthorn has been is the No.1 traditional European botanical for blood vessel strengthening for centuries. Modern scientific research confirms hawthorn's effect on the heart and blood vessels. Ginkgo has been most heavily advertised for preservation and improvement of memory, but it's been demonstrated beyond a doubt that it also strengthens blood vessels and improves blood flow all over the body.

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

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

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

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

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

Here's what you need to do:

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

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

- Omega 3: 3 x capsules per day
- Lipotropic Adjunct 2-4 per day
- vitamin C Sustained Release: 2 per day - (more for optimal health)
- vitamin E: 400IV daily – 2 Capsules per day
- Ginkgo Biloba, Gotu Kola and others – All found in the Mind Enhancement Complex.
- turmeric: put turmeric into your cooking regularly
- Calmag - magnesium: 250-400 milligrams daily
- Multi Mineral plus Alfalfa...Copper: two milligrams daily
- Not mentioned in the article but should definitely be on the list is Carotenoid Complex – 1 capsule per day... and
- GARLIC ALLIUM PLUS

Comment Insert – Lyn Banks - COPPER IS FOUND IN GNLD'S FORMULA IV AND THE MULTI-MINERAL PLUS ALFALFA.

### Keeping clots out of your strengthened blood vessels

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

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

Eating fish two or three times weekly is the best way to get a start on fish oil consumption. However, if you're really concerned about stroke prevention, take 3 -6 capsules of GNLD Omega 3... (Of course, Omega 3 Salmon oil helps prevent osteoporosis reduces your risk of heart attack and heart rhythm disorders, and many other things, too!) And remember, additional vitamin E should always accompany essential fatty acid supplementation. They work extremely well together. Take at least 400IV of vitamin E daily.

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

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

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

Magnesium is by far the most important essential nutrient needed to prevent spasm in your blood vessels. And even though deep green vegetables are excellent sources of magnesium, most of us should be taking an additional 250-400 milligrams daily, not only to help prevent blood vessel spasm and potential stroke, but also to reduce the risk of nearly every cardiovascular problem known.

Cardiovascular research has increasingly focused on blood vessel inflammation as a triggering event for blood vessel damage. It appears that much of the plaque in blood vessels (which was previously thought to be caused solely by excess cholesterol and other blood lipids) is actually formed as the body's response to inflammation.

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

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

## The sum of the stroke prevention equation

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

## *Candida albicans*

An Article from Health 24.com

Do you suffer from fatigue, digestive disturbances, sinusitis or even allergies? If yes, you might suffer from an overgrowth of Candida, yeast that normally lives in harmony with your body and probably needs to be controlled with "good" bacteria.

Candidiasis is an infection caused by an overgrowth of the *Candida albicans* organism – a tiny, common yeast-like fungus that lives in the mouth, throat, digestive tract, urinary and vaginal tract, as well as on the skin of healthy people.

Under normal conditions, Candida lives in healthy balance with the other bacteria in the body. It is essentially harmless, and of no concern to us. Trouble begins, however, when the Candida is allowed to rocket out of control. When *Candida albicans* is out of control, it can result in general in weakening of the immune system. When the immune system is weakened, infections are more likely to occur.

### Factors at play

But how does Candida get out of control? The major cause is antibiotics. While effective in killing harmful bacteria, antibiotics destroy necessary friendly bacteria as well. Without friendly bacteria, your first line of defense against Candida is eliminated, and these organisms are free to proliferate. Diet, certain medications, hormonal changes associated with the menstrual cycle and pregnancy, diabetes and continuous infections which slow down immune system cells, making them less able to deal with Candida overgrowth, are all contributing factors.

When a person's immune system is compromised by diseases such as cancer and Aids, they are particularly susceptible to fungal infections, like Candida and it can cause more serious infections. Because candidiasis can affect various parts of the body – the most common being the mouth, ears, nose, toenails, fingernails, gastro-intestinal tract and vagina – it can be characterised by a wide array of symptoms. These include:

- **Gastro-intestinal tract:** constipation, diarrhoea, colitis, abdominal pain, persistent heartburn, intestinal gas and bloating, nausea, irritable bowel syndrome, bad breath

- **Respiratory allergy:** rhinitis, sneezing and/or wheezing, canker sores, sore throat, congestion, nagging cough, clogged sinuses, burning tongue, white spots on the tongue and in the mouth
- **Central nervous system:** mood swings, depression, memory loss, poor concentration, anxiety, irritability, panic, "spaced-out" feelings, autism, hyperactivity and attention-deficit disorders
- **Urogenital problems:** rectal itching, impotence, prostatitis, vaginitis, kidney and bladder infections, urinary frequency and urgency
- **Menstrual abnormalities:** PMS, irregular menstruation, infertility, endometriosis
- **Skin complaints:** acne, athlete's foot, eczema, psoriasis and general "itchiness"

Many of us relate to some of these symptoms, and the first line of defense might be to take friendly bacteria. In fact, one of the most important responsibilities of your essential friendly bacteria, also known as Probiotics, is to keep *Candida albicans* under control.

Probiotics enhance immune function and increase resistance to infections. Since a compromised immune system is an underlying cause of candidiasis, probiotic supplementation may be a valuable intervention.

### Probiotics more strain-specific

1. The actions and qualities of Probiotics are becoming more and more strain-specific. Research has shown that *Lactobacillus acidophilus*, the most popular species of probiotic bacteria, produces substances that slow the growth of *Candida*, or when taken continuously, prevent the overgrowth of the yeast.
2. Although there are no human trials, supplementation of acidophilus to immune-deficient mice infected with *Candida* produced positive effects on immune function and reduced the number of *Candida* colonies.
3. This has also been proven when specific strains of acidophilus are added to Petri dishes containing cultures of *Candida*. These strains have demonstrated the ability to inhibit and stop the *Candida*'s growth.
4. Research on one specific *Lactobacillus* strain, namely *Lactobacillus acidophilus* LAFTI L10 has been shown to enhance the immune system and also reduces the duration of a *Candida* infection.
5. This means that selected strains of Probiotics, like *Lactobacillus acidophilus* LAFTI L10 are of high value for protection against pathogenic yeast infections of the vagina, intestinal and oral cavity, and can be described as one of the body's primary defense mechanisms against *Candida*.
6. So, the first step in preventing or treating a *Candida* infection would be to take your good bacteria. For best results, it is recommended that you take a high-potency, high-quality, strain-specific probiotic supplement. - (Martie de Wet, Registered Dietician)

### Reference:

1. Chakir et al. 1994. Different pattern infections and immune response during experimental oral candidiasis in BALB/c and DBA/2 (H-2d) mice. *Oral microbiology Immunol* 9:88-94.
2. Lacasse M, et al. 1993. Acquired resistance and persistence of *C.albicans* in the mouse: a mouse model of the carrier state in humans. *Oral microbial Immunol* 8:3131-3118.
3. Lilic et al. 2003. Deregulated productions of protective cytokines in response to *Candida albicans* infection in patients with chronic mucocutaneous candidiasis. *Infect Immun* 71(10); 5690-5699.
4. Elahi S et al. (In press 2005). Enhanced clearance of *Candida albicans* from the oral cavities of mice following oral administration of *Lactobacillus acidophilus*. *Clin Exp Immunol – Abstract*.

## GNLD Recommendations

GNLD's Acidophilus Plus... See attached Notes

GNLD's Garlic Allium Complex... See attached Notes

To Detox...

1. GNLD's Stage Six... 4-6 per day for a month
2. GNLD's Betaguard... 2-6 per day ongoing
3. GNLD's Garlic Allium... 6-10 per day for 10 days

Use one or all of the above 3.

# Osteomyelitis

Osteomyelitis is a bone infection usually caused by bacteria or fungus. The infection usually occurs when bacteria travels from another site of the body via blood to the bone. If the bone has been traumatized previously, it is likely for an infection to occur.

The infection occurs in long bones in children and in pelvic bones and the vertebrae in adults. When an infection occurs, it may cause puss within bone and abscess formation. These abscesses could decrease blood supply to the bone.

People most at risk are diabetics, those who undergo hemodialysis and those who use drugs intravenously.

The problem with this infection is that it may become chronic if not treated on time.

A course of intravenous antibiotics is started first to clear the infection.

In chronic osteomyelitis, things are not as easy. If insufficient blood supply has led to the bone dying, then the bone needs to be removed.

## GNLD Recommendations by Lyn

Acidophilus Plus daily... 5 billion good bacteria will kill off the bad bacteria in the system.

Vitamin C – Boosts the immune system and helps to clear infections and shortens the duration of any illness or disease.

Zinc – A Mineral also helps to clear infection.

With Children... use Vitasquares and Vitaguard... but crush extra VC Sustained and Zinc and increase the intake of these... One can also use the Chewable Vitamin C.

Aloe Vera can also be used... it's delicious and also healing.

Garlic Allium Plus... Its antiviral, antifungal and antibacterial properties will assist greatly in clearing up the infection.

## WHY ACCEPTING CHANGE IS VITAL TO YOUR PROFESSIONAL SUCCESS

Like it or not, changes is an integral part of today's business climate. In tough times like these, Distributors who embrace and initiate change will thrive, while those who complain and fear change may be headed for a difficult time.

### What's Wrong with Change?

Commitment to change when it's necessary is essential. Knowing that, then, why are so many people resistant to it? The number one reason is fear, although very few people are willing to admit it, none of us want to acknowledge that we doubt our ability to integrate new ideas, use new technology, or adapt to new strategies. We don't even want to think about what's ahead: new ways of doing things. Fear can have several components:

1. Fear of the unknown: What will happen to my organization, my career, my life, as I know it now? How secure is my future?
2. Fear of not being in control: What should I do? Should I just wait around until things get better!
3. Fear of being inadequate: I know how to do the basics now, but will I be able to do it as well as expected when everything has changed? And if I can't, what happens then?
4. Fear of moving outside your personal comfort zone: I've been doing my business this way for years, and I'm very good at it. Why do we have to change what has worked so well for so long?

No matter which category your fear falls in, one thing is for sure. The more we fight and resist the change, the more painful and frightening the changes will be. Resisting doesn't keep a new idea from taking hold; it simply makes the process longer and more painful. Change will happen no matter what. We will handle it better when we learn to move with the change-not against it. Plus, this is definitely not the time to drag your feet particularly if you want to succeed against the odds.

Be Creative, and take the initiative to try different methods of say, recruiting, selling your products... Training your team... You might just find what you've been looking for and what works for you!

# 2008 Hall of Fame



**The Friendly Top 20 Business Builder Awards  
January to December 2008**

Congratulations to our 2008 Winners!

Pos.	Distributorship	Grp PV	Recr
1.	Jeanette Baigent <b>No 1 1RD</b>	257 975	4
2.	Blanche Stephenson <b>No 1 ED</b>	67 038	4
3.	Erwin & Gilda Dedekind (ED)	60 675	13
4.	Muhsin & Deeba Peterson <b>No 1 SD+ No 1</b>	49 708	<b>Recr</b> 31
5.	Shirley & Richard Aarons (D)	44 255	15
6.	Wayne & Carol Walker (ED)	40 158	6
7.	Merle Du Plooy (D) <b>No 1 Director</b>	27 859	4
8.	Chrissie Dorfling (D) <b>No 1 Manager</b>	14 729	7
9.	Daniel & Zodwa Nguessen (D)	13 743	9
10.	Wallied & Farieda Flashman (D)	12 597	7
11.	Cecelia De Freitas (SM)	10 188	4
12.	Lucia Ntombizodwa Mazibuko(SM)	2 837	4
13.	Rayhaan Peterson (SM)	2 341	9
14.	Tholakele + Nomce Zuma (M)	1 285	5
15.	Claudia Andre (M)	511	5
16.	Boada Hillary (D)	217	6

NB...You must have had 4 Recruits by End December

These are your No 1's for 2008  
 Muhsin + Deeba (No 1 Sapphire Director)  
 Merle Du Plooy (between Lyn + Roy) No 1 Director  
 Jen Baigent (Next to Roy) No 1 RD + Top Business...  
**No 1's**



**Blanch Stephenson**  
**Cape Town**  
**No 1 Emerald Director**



**Chrissie Dorfling**  
**No. 1 Senior Manager**  
 Unable to attend  
 Gauteng - Westrand

# The Friendly Top 20 Business Builder Awards 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...

<b>Top Twenty 2009</b>			
Pos	Distributorship	GPV	Recr
1	Jeneatte Baigent	16 509	
2	Zelda Roodt	9 649	
3	Erwin & Gilda Dedekind	4 718	
4	Blanche Stephenson	4 392	
5	Muhsin & Deebea Peterson	4 328	
6	Wayne & Carol Walker	4 000	1
7	Shirley & Richard Aarons	2 182	
8	Dianne Meek	1 996	
9	Jenny & Malcolm Mc Connachie	1 837	
10	Wallied & Farieda Flashman	1 683	1
11	Gillan Bertram	1 547	
12	Hillary Esterhuizen	1 496	
13	Merle Du Plooy	1 392	1
14	Susi Muller	1 333	1
15	Iris & Frank Malherbe	1 280	
16	Althea & Jan De Beer	1 265	
17	Annelies van Leusden	1 234	
18	Jean Wetselaar	1 233	
19	Annette Treagus	1 185	
20	Cecelia de Freitas	1 024	
	<b>3/30 Achievements...</b>		
	<b>Hilary Boada achieved 3/30</b>		

## 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!

Want to be in the Top Twenty this Year? How about a No. 1?

## **Achieve Your Dreams:**

### **Six Steps to Accomplish Your Goals and Resolutions**

Don't let your goals and resolutions fall by the wayside. Chances are that to achieve your dreams and live a life you love, those goals and resolutions are crucial. Goal setting and goal achievement are easier if you follow these six steps for effective and successful goal setting and resolution accomplishment.

- **You need to deeply desire the goal or resolution.** Napoleon Hill, in his landmark book, *Think and Grow Rich*, had it right. "The starting point of all achievement is desire. Keep this

constantly in mind. Weak desires bring weak results, just as a small amount of fire makes a small amount of heat." So, your first step in goal setting and achieving your dreams is that you've got to really, really want to achieve the goal.

- **Visualize yourself achieving the goal.** Lee Iacocca said, "The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." What will your achievement feel like? How will your life unfold differently as a result? If the goal is a thing, some gurus of goal setting recommend that you keep a picture of the item where you see and are reminded of it every day.

**If you can't picture yourself achieving the goal, chances are – you won't.**

- **Make a plan for the path you need to follow to accomplish the goal.** Create action steps to follow. Identify a critical path. The critical path defines the key accomplishments along the way, the most important steps that must happen for the goal to become a reality. Stephen Covey said, "All things are created twice. There's a mental or first creation, and a physical or second creation of all things. You have to make sure that the blueprint, the first creation, is really what you want, that you've thought everything through. Then you put it into bricks and mortar. Each day you go to the construction shed and pull out the blueprint to get marching orders for the day. You begin with the end in mind." ...He's right.
- **Commit to achieving the goal by writing down the goal.** Lee Iacocca said, "The discipline of writing something down is the first step toward making it happen." I agree completely. Write down the plan, the action steps and the critical path. Somehow, writing down the goal, the plan and a timeline sets events in motion that may not have happened otherwise. In my own life, it is as if I am making a deeper commitment to goal accomplishment. I can't fool myself later. The written objective really was the goal.
- **Establish times for checking your progress in your calendar system,** whatever it is: a day planner, a PDA, a PDA phone or a hand written list. If you're not making progress or feel stymied, don't let your optimism keep you from accomplishing your goals. No matter how positively you are thinking, you need to assess your lack of progress. Adopt a pessimist's viewpoint; something will and probably is, going to go wrong. Take a look at all of the factors that are keeping you from accomplishing your goal and develop a plan to overcome them. Add these plan steps to your calendar system as part of your goal achievement plan.
- **Review your overall progress regularly.** Make sure you are making progress. If you are not making progress, hire a coach, tap into the support of loved ones, analyze why the goal is not being met. Don't allow the goal to just fade away. Figure out what you need to do to accomplish it. Check the prior five steps starting with an assessment of how deeply you actually want to achieve the goal.

This six step goal setting and achieving system seems simple, but it is the most powerful system you will ever find for achieving your goals and living your resolutions. You just need to do it. Best wishes and good luck....

## *The 10 Things in Life that You Control*

Most people in South Africa, Africa and around the world are complaining about the economy. People are worried about their country going into recession, the petrol prices and interest rates...These are things that we cannot control but there are so many things

that we can... There are aspects of life that we can truly control, and it's useful to know just what those areas are. So be prepared and learn the 10 things in life that you DO control:

**What you think...** The things that you think about whether negative or positive such as your beliefs, your ideals, and your dreams will determine your future. Thoughts become habits, Habits become actions and actions become your life! Thoughts are things ... treat them with respect.

**What you say...** Likewise, the words you speak (or write) should also be consciously chosen. they have an impact on your life and the lives of those you communicate with.

**What you do...** Your actions are yours alone. You choose to make them or not make them and you are responsible for the effects of those actions. Your actions will affect your life and the lives of people around you. Action takers are success creators... Manifest your positive thoughts into positive actions!

**Your work...** Many people like to overlook this one, it being much easier to say "Oh, I'm trapped in my job because... It's your job and you chose it. Do it well... If you stay or go, that's a choice as well. Here is where you can choose to make a difference by choosing your GNLD business and working it like a 'job'... Imagine how successful you will be giving your opportunity the time it deserves... and you would be the boss!

**Who you associate with...** There's a famous t-shirt that states: "It's hard to soar like an eagle when you're surrounded by turkeys." Your friends can either lift you up or bring you down. You make the decision which type of friends you wish to have.

**Your health...** to some extent, our health is a factor of genetics, environment, and exposure but more importantly, most of our health is simply a matter of the things we choose: diet, exercise, nutritional supplements, avoiding drugs, sleep, routine physicals and check-ups. etc. The environment you live in... Your house, the condition of your home, the town you live in, the amenities available to you are all things you can control. (i.e., you decide to tolerate them or move someplace else)... A big question here is ... are you using environmentally friendly products such as GNLD... or do you have a polluted, poisonous home... Are you using your GNLD supplements... remember people buy you before they look at what you are selling!

**Your finances...** Having or not having enough money is a factor of what you make versus what you spend.... With GNLD it's easier to make more money needed simply by selling more products and building a bigger team... increasing you and your team's recruitment numbers and improving your retention figures.

**Your time...** You choose how to "spend" your time and how much of your time to give to various activities. You'll never get more time than the 24 hours you're given each day. Use your time where it counts. Even 5 Diamond Directors only have 24 hours in a day.

**Your legacy...** All your actions, words, and knowledge that you share while you are living become the gift that you leave when you are gone... Did you know! You can leave your GNLD business to your family, to your children or to whoever you would like to take over your business! Imagine leaving a 5 Diamond Director business to someone you love!

Having your goals and target and plans in place will be a great start to improving all of the above. I know that most of you have already done it, great but this is another great opportunity to review your goals for the year and for those who have not done it ... to 'Just do it!'

### **STRATEGIC PLANNING (See ProVitality Pricing for February and March)...**

"The will to win is important, but the will to prepare is vital." -- **Joe Paterno**

"The difference between great people and everyone else is that great people create their lives actively, while everyone else is created by their lives, passively waiting to see where life takes them next. The difference between the two is the difference between living fully and just existing." -- **Michael E. Gerber**

"Expect the best, plan for the worst, and prepare to be surprised." -- **Denis Waitley**

"I can give you a six-word formula for success: Think things through - then follow through." -- **Captain Edward V. Rickenbacker**

# My Goals for 2009

Name \_\_\_\_\_

“The discipline of writing something down is the first step toward making it happen. Writing down the goal, the plan and a timeline sets events in motion that may not have happened otherwise”

Your Goals are your dreams.... Dreams of what you would love to have, to do and to be.... To help you set some goals please consider the following....

**WHAT THREE (or more) THINGS DO YOU NEED TO CHANGE AND IMPROVE YOUR LIFE RIGHT NOW?** Think about this and write them down.... These will manifest into goals!

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Most will involve three common things... Money, Health, Time.

**Continued...**

**What GNLD Status would you like to achieve and by when...**

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By following the marketing plan, it enables you to take the steps that you need to grow in this business like becoming a Director, a Sapphire Director, a Ruby Director, a Diamond Director, etc... and by completing simple targets such as your recruiting, your upgrading, your PV production... this will keep you on the plan towards Director.

## Monthly Targets...

Targets are tasks you need to do to assist your growth on the marketing plan... Targets consist of Recruiting and PV Production... Upgrading and Retention will come later in the business as you grow.

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
PPV												
Actual												
QPV												
Actual												

Recruits												
<b>Actual</b>												
Next Step												
<b>Actual</b>												
Attending Rallies	10/1	See ProVitality	7/3	4/4	9/5	6/6	4/7	8/8	5/9	10/10	7/11	5/12
<b>Actual</b>												
Attending Training	31/1	28/2	28/3	2/5	30/5	27/6	1/8	29/8	26/9	31/10	28/11	12/12
<b>Actual</b>												
Dems/ Cell Training												
<b>Actual</b>												
Attending GNLD Events		ProVitality 7 <sup>th</sup> Feb						DBN Africa Conv... 10+11 July				
<b>Actual</b>												

(Pencil in your targets as they need to be reassessed at the start of every new GNLD Month.)

## Plans...

With GNLD it is easy to have plans in place.... By following the Marketing Plan one can plan to succeed... Those who fail to plan... plan to fail! Always know what your next step is in the business and what it is you have to do to get there... Refer to, study and memorise the marketing plan....3/30 Incentive Plan.... An Incentive set up by GNLD (Recruit 3 new Distributors in a month each doing 100PPV) ...PPV-Personal Sales can mean money in your pocket daily...

Strive for 250 / 500 / 1000 / 4000 in a month....Get to know your Marketing Plan... next page...

## With Immediate Effect...

### Launch of ProVitality

Please see Impending Events for Launch Rallies in your Area... Don't miss the launch of GNLD's New Product, ProVitality and invite loads of guests to attend with you!

### ProVitality Pack Launch Special Pricing...Feb to March 09 only

#### HEALTH CARE

#### CASES

#### SINGLES

Code	Description	Units	SRP	BV	PV	DP	MP	SRP	BV	PV	DP	MP
2594	ProVitality 4x30 sachets	4	1496.00	884.00	100	1188.00	1348.00	374.00	221.00	25	308.00	337.00

### Prices Effective from April

#### HEALTH CARE

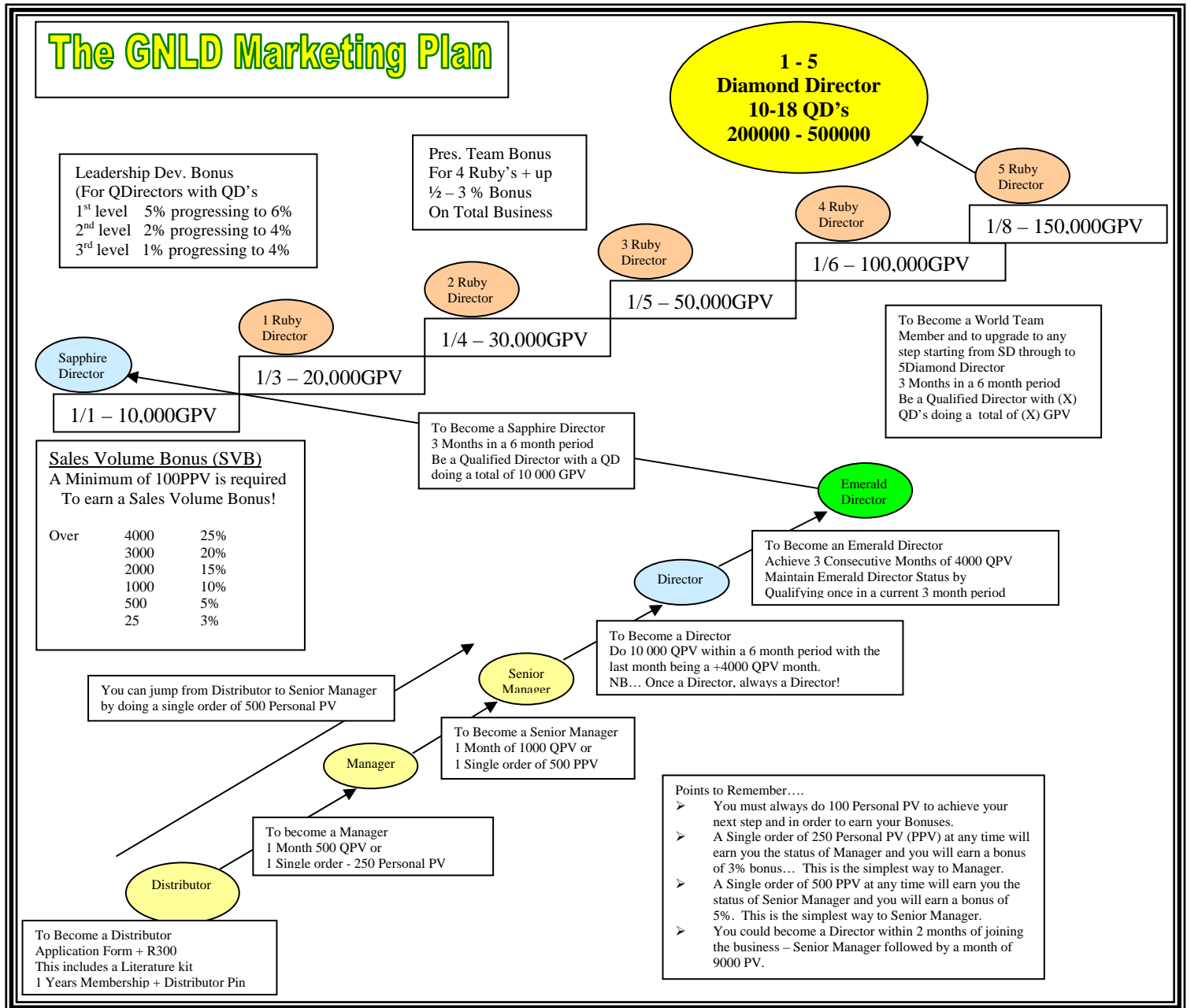
#### CASES

#### SINGLES

Code	Description	Units	SRP	BV	PV	DP	MP	SRP	BV	PV	DP	MP
2594	ProVitality 4x30 sachets	4	1660.00	984.00	100	1320.00	1496.00	415.00	246.00	25	342.00	374.00

Plan Your ProVitality Plan and then Follow through and use this promotion and New Product Launch to create success in your GNLD Business ... Good Luck!

## Get to know your Marketing Plan



### Notes...

- 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 distributors...
- 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.

# Impending Events...

**Sat 7<sup>th</sup> February 2009 ProVitality Launch** **2pm**  
 Emperor's Palace near the Airport  
 Take guests... you will be sorry if you don't!  
 Please arrive early to collect Newsletter, Pins + Recognition from Jeanette Baigent.  
 Please check in with Lyn and Roy Banks.  
 Please note that this will take place of the Team Rally.

**Sat 28<sup>th</sup> February** **Friendly Management and Guidance Meeting** **9am-10:30**  
 A Must for everyone in the team, particularly the leaders.  
 Opportunity Meeting **10:30-11:30**  
 Having trouble recruiting ... Come learn a new way!  
 Melrose Bowling Club  
 18 Venus Street, Birdhaven.

In a crisis look forward and keep focused; the race is not over until the finishing line.

**Sat 7<sup>th</sup> March 2009** **Friendly Team Rally** **2pm**  
 Opportunity Presentation + Product + Rally  
 GLD Head Office,  
 2 Ayshire Boulevard, Longmeadow Business Estate.  
 Ladies please bring snacks... Gentlemen, please bring a coldrink.  
 Entrance Fee for Distributors – R10.00 & Guests are Free

**Breaking News!** **All Africa Convention**  
10 & 11 July 2009 – please diarise and plan to be there!  
 International Convention Centre, Durban.

**Sat 14<sup>th</sup> February**  
**Valentines Day**

Spend this day together with you loved one... and don't forget the special products that you can use to make it even more special!

1. Body Luv is a must as it makes a superb massage oil, also to be used in the bath before for relaxation.
2. Vitamin E and Zinc to be taken in advance to jack up your sensuality.
3. Aloe Vera Plus aka Jungle Juice because it brings out the animal in you.

**Love Comes Unexpectedly**

Love comes unexpectedly,  
 An arrow to the heart,  
 But stays only reluctantly  
 Through patience, will, and art.

The full-length version of the story  
 Has both joy and pain,  
 Boredom, lust, betrayal, glory,  
 Anger, comfort, shame.

It ends in grief, inevitably,  
 Through death or separation,  
 The harshness of the agony  
 As strong as the relation.







So why, then, love? And why persist  
 In love long after passion  
 Has gone its way? And why resist  
 An urge one need not ration?

The answer is in something more  
 Than fantasy and pleasure --  
 A passion passion never saw,  
 A hunger beyond measure;







A longing for the One in one  
 One longs for all one's life,  
 And is, and has, and will become  
 In time as man and wife.

# Friendly Team Results for January 2009





## Congratulations to our qualified Directors...

1	<a href="#">• Jeanette &amp; Rob Baigent</a>	1RD 	16,509
2	<a href="#">•• Erwin &amp; Gilda Dedekind</a>	ED 	4,718
2	<a href="#">•• Carol &amp; Wayne Walker</a>	ED 	4,000
1	<a href="#">• Zelda Roodt</a>	SD 	9,600
2	<a href="#">•• Blanche &amp; John Stephenson</a>	ED 	4,392
1	<a href="#">• Muhsin &amp; Deeba Peterson</a>	SD 	4,328

## Congratulations to all who achieved 1000 QPV and more!

3	<a href="#">••• Annelies &amp; Evert Vanleusden</a>	SM	1,234	1,234
3	<a href="#">••• Dianne Meek</a>	QSM	135	1,836
4	<a href="#">•••• Gillin &amp; Thomas Bertram</a>	SM	156	1,547
5	<a href="#">••••• Althea &amp; Jannie Debeer</a>	SM	268	1,265
3	<a href="#">••• Cecilia De Freitas</a>	QSM	508	1,024
2	<a href="#">•• Jenny &amp; Malcolm Mcconnachie</a>	DIR	341	1,837
3	<a href="#">••• Hilary &amp; John Estherhuizen</a>	DIR	643	1,496
1	<a href="#">• Merle &amp; Craig Du Plooy</a>	DIR 	172	1,392
3	<a href="#">••• Susi Muller</a>	DIR 	831	1,333
2	<a href="#">•• Annette Treagus</a>	SM	643	1,185
2	<a href="#">•• Shirley &amp; Richard Aarons</a>	DIR 	960	2,182
1	<a href="#">• Iris &amp; Frank Malherbe</a>	DIR 	350	1,280
1	<a href="#">• Jean Wetselaar</a>	QSM 	567	1,233
2	<a href="#">•• Wallied &amp; Farieda Flashman</a>	DIR 	479	1,683

## Congratulations to all who sponsored new People

2	<a href="#">•• Wallied &amp; Farieda Flashman</a>	DIR 	1	479	1,683	
3	<a href="#">••• Ngoran &amp; Ntombizodwa Nguessan</a>	DIR	1	508	764)	
4	<a href="#">•••• Hilary Boada</a>	DST	3	0	200)	
5	<a href="#">••••• Letty Ndlovu</a>	DST	1	25	80)	
1	<a href="#">• Merle &amp; Craig Du Plooy</a>	DIR 	1	172	1,392	
3	<a href="#">••• Susi Muller</a>	DIR 	1	831	1,333	
4	<a href="#">•••• William Vandermerwe</a>	DST	1	40	80	
1	. Kevin & Claire Banks	DST	1	40	40	
2	<a href="#">•• Carol &amp; Wayne Walker</a>	ED 	ED	1	2,702	4,000

Team = 14

# Pro Vitality Launch - February 2008

## NEW Pro Vitality Pack Launch Southern Africa February 2009

GNLD is excited to start 2009 with the much-anticipated Pro Vitality Pack Launch taking place in February!

GNLD Distributors and guests can look forward to hearing the dynamic international speaker Anjana Srivastava, (Vice President of Product, Science and Technology). Anjana, an expert on nutrition and health, will launch this amazing new product at the following venues:

Additional Pro Vitality Launch Events will be launched by International Vice President of Sales, Ricco Brown.

In JHB, our CEO, Roget Uys will be sharing our GNLD Future with you.

Attend the Southern Africa Launch in the area near you, see details below:

DAY/DATE	TOWN	VENUE	TIME	SPEAKERS		
				COMP	PRODUCT	B/OPP
SUN 1 <sup>ST</sup>	GABORONE	GRAND PALM HOTEL	14:30	<i>B MASONDO</i>	<i>N NWAOSHAI (NOKUTHULA)</i>	<i>R BROWN</i>
TUES 3 <sup>RD</sup>	WINDHOEK	NAMPOWER CONF CENTRE	18:30	<i>B MASONDO</i>	<i>N NWAOSHAI (NOKUTHULA)</i>	<i>R BROWN</i>
WED 4 <sup>TH</sup>	KLERKSDORP	MAYFAIR VILLAGE	18:00	<i>B MASONDO</i>	<i>N NWAOSHAI (NOKUTHULA)</i>	<i>R BROWN</i>
SAT 7 <sup>TH</sup>	JHB	EMPERORS PALACE	14:30	<i>I Parker</i>	<i>A SRIVASTAVA</i>	<i>R UYS</i>
SAT 7 <sup>TH</sup>	<b>DURBAN (ZULU)</b>	COASTLANDS CONVENTION CTR, MARINE DRIVE, DBN	14:30	<i>B MASONDO</i>	<i>N NWAOSHAI (NOKUTHULA)</i>	<i>R BROWN</i>
SUN 8 <sup>TH</sup>	SWAZILAND	TUMS GEORGE	14:00	<i>R BOSTOCK</i>	<i>A SRIVASTAVA</i>	<i>P JOUBERT</i>
SUN 8 <sup>TH</sup>	EMPANGENI	PROTEA HOTEL	14:30	<i>B MASONDO</i>	<i>N NWAOSHAI (NOKUTHULA)</i>	<i>R BROWN</i>
<b>MON 9<sup>TH</sup></b>	<b>DURBAN (ENGLISH)</b>	<b>DBN DC CONVENTION CENTRE</b>	<b>19:00</b>	<i>W BROSNIHAN</i>	<i>A SRIVASTAVA</i>	<i>B BLAND</i>
TUES 10 <sup>TH</sup>	EAST LONDON	SELBOURNE PRIMARY SCHOOL HALL	19:30	<i>W BROSNIHAN</i>	<i>A SRIVASTAVA</i>	<i>L SMITH</i>
TUES 10 <sup>TH</sup>	MAPUTO, MOZAMBIQUE	VIP HOTEL	18:00	<i>B MASONDO</i>	<i>N NWAOSHAI (NOKUTHULA)</i>	<i>R BROWN</i>
WED 11 <sup>TH</sup>	PORT ELIZABETH	ELIZABETH PLACE	19:30	<i>W BROSNIHAN</i>	<i>A SRIVASTAVA</i>	<i>J RIELLY</i>
THURS 12 <sup>TH</sup>	CAPE TOWN	PROTEA PRESIDENT HOTEL	19:30	<i>W BROSNIHAN</i>	<i>A SRIVASTAVA</i>	<i>C DOLLMAN</i>
FRI 13 <sup>TH</sup>	UMTATHA	HOLIDAY INN UMTATHA	18:30	<i>B MASONDO</i>	<i>N NWAOSHAI (NOKUTHULA)</i>	<i>R BROWN</i>

*For more information please check the GNLD Website: [www.gnldevents.com](http://www.gnldevents.com)*

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

*Please advise your teams accordingly*