



The Friendly Force cc

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Friendly Newsletter Volume 24 Issue 2 February 2010

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." - Mark Twain

Hi Friendly Folks,

Happy Valentines Day!

First and foremost we hope you and your families had an awesome Christmas and New Year, and that 2010 gives you everything you hope and wish for. I would say, most things that happened in 2009 should just be left there and the door closed. Make a new start in 2010. After all, it is the beginning of a new decade...



An interesting fact about

★ February 2010

4 Mondays
4 Tuesdays
4 Wednesdays
4 Thursdays
4 Fridays
4 Saturdays
&
4 Sundays

It comes in every 11 years

We have had a wonderful start to the year... January is normally a tough month as usually people do not have money, but we had a great 1st month of the year...

People have spent loads of money over December with Christmas, Holidays and all... and then the spending follows on in January with kids going back to school. Well! I salute all you Friendlies ... You did not let this deter you! Some of you have had awesome months... In particular ... Two distributorships must be mentioned and that is Jeanette **Baigent** and her team who have powered through just shy of 23 000GPV and Merle Du Plooy + her team who recruited 17 new recruits.. Our Friendly Force group powered through on over 42 000 GPV (Group Point Value) and then, of course, we have the signings... WOW! A Best Ever in a long, long time... years in fact... with 35 New Distributors joining our fantastic opportunity! There are **four 3 IN 30'S**... Well Done, the Friendlies... See the recognition for the month on the back pages. In my 24 years of experience in this amazing opportunity I have seen how Distributor's attitudes, Mind Sets and belief systems can ultimately contribute to the success or failure of their distributorship!

ATTITUDE

- "A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change." —Earl Nightingale
- "I find that it is not the circumstances in which we are placed, but the spirit in which we face them, that constitutes our comfort." —Elizabeth T. King
- "You cannot tailor-make the situations in life, but you can tailor-make the attitudes to fit those situations before they arise." —Zig Ziglar
- "There is little difference in people, but that little difference makes a big difference. That little difference is attitude. The big difference is whether it is positive or negative." —W. Clement Stone

January ended on an absolute high! The Group finished on over 43 000PV with 35 New Recruits... that is a turnover of R600 000 ... A 'Best' January on production and recruiting since who knows when.

Secret Nine: Get Your Past Out of Your Present

The experience of life means that we inevitably accumulate emotional tension and unresolved memories from the past. The more disturbing of these become deep-rooted negative emotional patterns that unconsciously determine how we react to the stresses of life. Our task, as healthy adults, is to flush out and let go of the emotional patterns from the past that mess up our lives and no longer serve us. By discharging negative emotions attached to past memories we become more able to respond spontaneously in any given moment, allowing us to be more present in our relationships and to the gifts of the world around us.

Emotions literally store in our cellular memory throughout our lives. They can manifest as physical tension, causing a variety of health problems including headaches, ulcers, IBS and more serious illnesses including cancer and cardiovascular disease. Extreme emotions affect heart function, depress the immune system and inhibit digestion.

Top Secret: When we react emotionally these reactions are automatic and physical, literally flooding your brain and body with neurotransmitters associated with the stress response. They take over the rational mind, stop you being able to listen and lead to irrational reactions and behaviour. These reaction patterns are learned early in life and can be changed into more functional responses by coming to an understanding of how our past programs us to respond automatically to current events.

Article by Patrick Holford...

GNLD Recommendations by Lyn on above...

Vitamin B Complex Sustained Release, Tre-en-en and Aloe Vera Plus... will help you to cope with all kinds of mental, emotional and physical stress!

Who Packed Your Parachute?

An excerpt from Aim for the Heart

By Tom Mathews

As a leader, do you honor and appreciate the power of WE? Do you stop to thank and recognize the members of your team? Do you consistently show an attitude of gratitude?

I recently read a great story about Captain Charles Plumb, a graduate from the Naval Academy, whose plane, after 74 successful combat missions over North Vietnam, was shot down. He parachuted to safety, but was captured, tortured and spent 2,103 days in a small box-like cell.

After surviving the ordeal, Captain Plumb received the Silver Star, Bronze Star, the Legion of Merit and two Purple Hearts, and returned to America and spoke to many groups about his experience and how it compared to the challenges of every day life.

Shortly after coming home, Charlie and his wife were sitting in a restaurant. A man rose from a nearby table, walked over and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!"

Surprised that he was recognized, Charlie responded, "How in the world did you know that?" The man replied, "I packed your parachute." Charlie looked up with surprise. The man pumped his hand, gave a thumbs-up, and said, "I guess it worked!"

Charlie stood to shake the man's hand, and assured him, "It most certainly did work. If it had not worked, I would not be here today."

Charlie could not sleep that night, thinking about the man. He wondered if he might have seen him and not even said, "Good morning, how are you?" He thought of the many hours the sailor had spent bending over a long wooden table in the bottom of the ship, carefully folding the silks and weaving the shrouds of each chute, each time holding in his hands the fate of someone he didn't know.

Another New Year...

Another, New Year, has started,
the old year, having departed,
as though it was, a wisp of air,
and it really seems, so unfair!
Time flies by, oh so very fast
With few memories, that seem to last!

Time, seemingly, is in a race,
Forever increasing its pace!
Shall we make this year, last longer
By using every second, to be stronger
To live, love and thoroughly thrive,
And not merely, to just survive.

Maximize this year, let it be!
A year filled, with an eternity...
of great health, wealth and happiness.
A year that's filled, with much success.
And at the end, we will surely find,
Surprisingly, our peace of mind!
Written by Lyn Banks

Plumb then began to realize that along with the physical parachute, he needed mental, emotional and spiritual parachutes. He had called on all these supports during his long and painful ordeal.

As a leader, how many times a day, a week, a month, do we pass up the opportunity to thank those people in our organization who are "packing our parachutes?"

I love great stories. They can speak to our souls. This is one of 28 great stories shared by Tom Mathews in his book: **Aim for the Heart...Leading to Build Great Teams.**

Important Notes for this month

- Bear in mind that February is a very short month... So get going right away to ensure a great result... Go, Go, Go!

● **Happy Valentines Day!**
Spoil the Love of your Life

With something really nice!

Renewing Antioxidant Treatment



- Your age-defying multi-defense system helps you resist time and counteract harsh environmental threats!
- Exclusive ACR (Activated Cellular Response) technology stimulates skin cell metabolism and activates cellular renewal, to parallel youthful behavior.
- Echinacea supports immune power, while antioxidant Vitamins E, C, A, and Green Tea extract intercept and neutralize free radicals that prematurely age skin.
- UVA/UVB sunscreens (SPF 4) help protect youthful structure.
- Renewing Antioxidant Treatment can change the way your skin ages. Applied over your daily moisturizer, this exclusive formula delivers the most effective age-defying ingredients and technical advances in the science of skin care today.
- With each day you use this Treatment, you do something important for the future of your skin — you delay aging. With every week, every month, every year you continue to reap the cumulative benefits of this outstanding achievement in youth protection. Start now to defy aging every single day with Renewing Antioxidant Treatment!



Nourishing Collagen Cream

Drench your skin with luxurious moisture with Nourishing Collagen Cream.

- Clinically tested and proven to minimize the appearance of fine lines and wrinkles.
- this rich, inviting formula bathes skin in a moisture-saturated complex of Hydroelastin, Mucopolysaccharides and pure Swiss Collagen.
- Comforting to the skin, Nourishing Collagen Cream plumps skin cells and supports a youthful moisture balance. Soothes and pampers with natural Aloe Vera, Pro-Vitamin B5 (Panthenol) and Cucumber Extract.
- Skin looks and feels soft, smooth and very moist.

Another great Valentine giveaway and passion thriller is the good old faithful BodyLuv Bath Oil... But do not forget to give your Loved One (LO), the full body massage to go with it... i.e. bathe your LO in a bath of soothing, comforting BodyLuv... put a big bath towel on the bed... invite your LO to languish on your bath sheet and then warm a little BodyLuv in the palms of your hands and gently give your LO a wonderful deep muscle massage that they will never ever forget.... Mmmm XXXX ... Aloe Vera Champagne on ice will complete the exhilarating experience ... XXXX OOOOO

Story Submitted by Clive Clements...

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which said: "I am blind, please help." There were only a few coins in the hat.

A man was walking by. He took a few coins from his pocket and dropped them into the hat. He then took the sign, turned it around, and wrote some words. He put the sign back so that everyone who walked by would see the new words.

Soon the hat began to fill up. A lot more people were giving money to the blind boy. That afternoon the man who had changed the sign came to see how things were. The boy recognized his footsteps and asked, "Were you the one who changed my sign this morning? What did you write?"

The man said, "I only wrote the truth. I said what you said but in a different way."

I wrote: "Today is a beautiful day but I cannot see it."

Both signs told people that the boy was blind. But the first sign simply said the boy was blind. The second sign told people that they were so lucky that they were not blind. Should we be surprised that the second sign was more effective?

Moral of the Story: Be thankful for what you have. Be creative. Be innovative. Think differently and positively.

When life gives you a 100 reasons to cry, show life that you have 1000 reasons to smile. Face your past without regret. Handle your present with confidence. Prepare for the future without fear. Keep the faith and drop the fear.

The most beautiful thing is to see a person smiling and even more beautiful is, knowing that you are the reason behind it!!! LIVE YOUR LIFE WITH AN ATTITUDE OF GRATITUDE!

CREATING A NEW POSITIVE BELIEF SYSTEM

It is because of your belief system that you are where you are in life right now. You have created your success or failure with the beliefs that you have established within yourself.

Most people would be astounded to know how many of their beliefs are based on lack, limitation, and shortage—and that these thoughts reproduce themselves directly into their life experiences.

You owe it to yourself to think only of unlimited prosperity, because abundance IS reality. There is no lack, no shortage. There are no limits except for those we impose on ourselves. Prosperity doesn't start with someone or something outside of you.

Get the picture yet? Your success or failure begins and ends with you.

What Do You Want Out Of 2010?

Imagination... Dreams... Fantasy's of the good life...

...Of living life as we were meant to, in happiness and joy...

...Of enjoying the riches of life, of enjoying the great and fabulous things that life has to offer both materially and spiritually...

Just how do you envision your life to be?

It's been said that if you take any hundred people at the start of their working careers and follow them for 40 years until they reach retirement age, here's what you'll find, according to the Social Security Administration USA: **Only 1** will be wealthy; **4** will be financially secure; **5** will continue working, not because they want to but because they have to; **36** will be dead; and **54** will be dead broke -- dependent on their meager Social Security checks, relatives, friends, even charity for a minimum standard of living. That's 5% successful, 95% unsuccessful.

- Where do YOU want to be?
- What is it that you want out of life?
- What is your goal for 2010?
- What do you plan on accomplishing in the next 12 months?



YOUR 2010 SUCCESS STRATEGY

Become a 'Rain Maker'!

Our vision is to help you achieve everything you desire in 2010.

The remaining question then is HOW? How can we help you achieve everything you desire in 2010?

As Shakespeare said 'THAT IS THE QUESTION'. We are going to show you exactly what you need to achieve everything you desire in 2010.

As great as it sounds, BE WARNED, you will have to work and it will not be easy, but then nothing of real value ever is, is it? Remember the Ultimate Law of Success, do nothing – get nothing.

Strategy No. 1.

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do.

So throw off the bowlines.

Sail away from the safe harbor.

Catch the trade winds in your sails.

Explore.

Dream.

Discover."

- Mark Twain

So What Exactly Is A 'Rain Maker'?

In order for you to achieve everything you desire in 2010 you need to become a 'Rain Maker'.

The dictionary defines a 'Rain Maker' as "one who is known for achieving excellent results in a profession or field".

Let's break down the definition.

1. Be Known
2. Achieve Excellent Results
3. In A Profession or Field

...The 3rd component is simple. You are an entrepreneur. You are a father or mother or son or daughter or athlete or artist etc. For each area of your life in 2010 that you want to achieve in, you simply identify your role and repeat the processes I am sharing in this manual.

The 1st component is an advanced technique called positioning and is in fact one of the MOST powerful marketing techniques in world, used by a majority of the 6 and 7 figure income earners in our industry.

The 2nd component, Achieving Excellent Results, is exactly what it's all about...

Q1. How do some people achieve so many of their goals while others struggle to accomplish even the smallest of goals?

Q2. What is the simplest formula for achievement that anyone can use to achieve more? And do it faster?

After researching Q1 helped to formulate the answer to Q2 and created the '*Simplest Formula for Achievement*' that has since tested with OUTSTANDING and unparalleled results!

Strategy 2 ...In the Beginning...

A high percentage of the 'Rain Maker's interviewed or studied might never make it through even the qualifying rounds of Jeopardy, which is a rather humorous and light hearted way to say that the preponderance of 'Rain Maker's are not defined by their smarts. They are however defined by their **actions** and more importantly the results of those actions.

This in no way demeans or insults the Great 'Rain Maker's of the past but highlights great confidence in YOU and in YOUR SUCCESS regardless of your past experience, mental agility, formal study or otherwise.

In fact the following guaranteed formula WILL WORK and WILL WORK FOR YOU if you can agree in return to bring these 2 qualities to the table:

1. **A burning desire to achieve excellent results, NO MATTER WHAT.** At some point you will have decide whether or not your "why" is greater than the pain and sacrifice (also known as work) you will have to accept.

2. **A decision to never quit. Not now, not ever. PERIOD!**

Vince Lombardi said it best: "Too many people quit on the one yard line, never knowing how close they came to winning." If quitting is an option for you, even in the back of your mind, then you are almost guaranteed failure.

Success is a journey and not a destination.

Achievements are the milestones by which you can gauge your progress.

Strategy No. 3 'The Simplest Formula for Achievement'

Step 1 in the Simplest Formula is to create a written and specific vision for what you desire to achieve.

This first step is titled 'See It'. You must first see what you choose to achieve. All of the 'Rain Maker's' interviewed and studied had strong and specific visions for that which they would later become known for achieving.

All of those visions were REAL, Specific and written down.

Now it's your turn! What's your vision for 2010?

You're looking for success tools and strategies to Achieve Everything You Desire In 2010 right?

So what's your vision? Take some time right now to think about it and write it down. It is extremely important to be as specific as you possibly can. If you want a new car, what type? What color? What about the interior? Is it of the most luxury leather? What color is the interior? Want to move to a new house? How big is the house? How many rooms? Is there a swimming pool in the backyard? Do you have thoughts of travelling the world? Where exactly do you want to go? What do you want to see? What kind of experiences do you want while travelling?

This is Step 1: See It.

If you make the decision to complete this step now and the next few steps in this Simple Formula for Achievement then you will be ready to...MAKE 2010 YOUR BEST YEAR EVER! Write your visions out for 2010 right now. We even encourage you to share with us what your visions are for you life as some already have. And then we can say, "Welcome fellow 'Rain Maker'!"

Step 2: JOIN Your Fellow 'Rain Maker's And SAY IT!!!!

My Vision For 2010 Is...

In the Art Of Rain Making Is To SAY IT!!!

Step 2 in the Simplest Formula is to "Say it". It's simply a dream if it's only in your head! It can only become a vision when you write it down- AND SAY IT! Speak it into existence. Make it real.

And don't just say it to yourself! Say it to the world and to those that are closest to you.

It's not real until you:

1. Say it to yourself, silently and OUT LOUD!
2. Write it down and put copies where you will see it everyday, multiple times and especially in the morning, in the evening and during your "action time" (I actually have some of my key visions written on a business card sized sheet of paper and carry it in my pocket- I should have it laminated)
3. Share it with those closest to you, even if they do not understand or do not believe in you. Telling those closest to you is a powerful accountability technique. It does not matter what they think or say- only that they hear.
4. Say it to those that work with you, your down-line for instance, business partners even employees. The power of sharing your vision with those you work with - not just for you! Its also for them- people want to be a part of something. Sharing your vision with them is VERY Powerful.

5. I encourage you to help your team craft their own personal vision statements as well. In fact, Why Not Invite them to join you in becoming a 'Rain Maker'?

It's simply a dream if it's only in your head!

Supplements can improve more than general health!

Despite our best efforts to eat a healthy, balanced diet, we may not be getting enough nutrition from our diets to maintain good health. To ensure a healthy, balanced diet, and good health, in general, a regimen of taking vitamins and supplements is crucial. Studies have shown that the use of nutritional supplements is essential for the prevention of some chronic diseases, such as cardiovascular disease. You can explore the prospect of supplementing your diet, an inexpensive and effective way to safeguard your health.

The benefits of dietary supplements were clearly illustrated by a recent research study presented at an influential conference, which was attended by leading experts from government agencies, top research universities and health advocacy organizations. One of the main findings was that most Americans do not get optimal amounts of key nutrients through diet alone, and that daily supplements, should be recommended to close the nutritional gap. The findings indicated promising evidence supporting supplement use, specifically Multi-nutrient formulas, for the prevention of some chronic diseases, such as cardiovascular disease.

Dedicated research and clinical studies have given us a multitude of supplements for virtually any health concern or part of the body. Here is an overview of nutritional supplements and sports nutrition supplements, two of the most common types of supplements.

Nutritional Supplements

"Nutritional supplements" is actually an umbrella term for a variety of vitamins, minerals, antioxidants, and herbs found to potentially provide benefits for a wide range of health concerns...

Popular and effective vitamin supplements include: Vitamin C, crucial for ensuring immunity and overall health, B complex nutrients are vital Energy production and for the health of the nervous system including the brain, vitamin E, which boosts immune and cardiovascular function, as well as overall bodily health, and the various nutrients under the vitamin B banner. **Use GNLD's Vitamin B complex, Vitamin C Sustained Release and Vitamin E Capsules..**

Essential mineral supplements include: calcium, which is necessary for muscle function nerve and bone health, magnesium, for nerve and heart health, as well as relaxation, and zinc, which is required for healing, proper immune function, and eye, cardiovascular and prostate health. **(Use GNLD's Zinc)**

A variety of potent and essential antioxidants has been shown to defend the body against the dangers of free radicals. Among the most popular are: **GNLD's Carotenoid Complex, Flavonoid Complex, and Cruciferous Complex (also found in GNLD's Phytodefence)** which is vital for heart and liver health, as well as cellular energy production; for immune functioning and possibly reduced risk of degenerative diseases, including cancer; and which has been shown to offer amazing visual benefits.

...Plus, there are countless herbal supplements shown to possess beneficial medicinal properties. These include: Garlic Allium Complex, renowned for its cardiovascular, cholesterol and blood pressure support, ginkgo Biloba **(Use GNLD's Mind Enhancement)**, shown to support circulation to the extremities and the brain, while also enhancing memory and brain function, and ginseng **(in GNLD's Aloe Vera Juice)**, for natural enhancement of energy and endurance.

While a healthy diet and a regimen of nutritional supplements are essential for normal health, it is also important to incorporate a program of exercise into your routine. And whether it's a daily run, pumping weights in the gym, or just a pick-up game of Tennis with some friends, you want your performance -- and your health -- to be at their best.

Sports nutrition supplements can provide additional nutrition and energy for those times when you need a "boost." There are supplements for such specific exercise-related categories as bodybuilding, weight management and healthy diet, and increased energy and endurance. However, it is important to do a little research before taking a sports supplement, to ensure that you are taking a natural and safe product. Most supplements on the market contain banned substances... GNLD provide awesome sports nutritionals such as the Protein supplements... **GNLD's Protein Shake, Nutrishake + GR2 Protein Shake containing all 22 Amino Acids and a high quality high protein (Soya based)...** **Daily Vitality Pack is a must for sportsmen/women and GNLD's brand new product 'Full Motion' enhances joint health by reducing inflammation, pain and cartilage regeneration.** Vitamin C Found to ensure the effectiveness of the immune system and overall health, this water-soluble vitamin has been shown to decrease recovery time between workouts. **Use the best, GNLD's Vitamin C sustained Release!** Also ... **GNLD's Multi-Mineral plus Alfalfa + Calmag** prevents cramps due to electrolyte imbalance. **Vitamin B complex (Sustained Release)...** enhances energy production and performance and counteracts stress.



Vitamins & Multivitamins Health Benefits

Which is the correct statement?

A. Following a daily regimen of taking vitamins and multivitamins has been found to provide a diverse variety of health benefits for the entire body.

B. After countless studies, vitamin and multivitamin supplementation has been found to offer few, if any health benefits.

If you answered "A," then congratulations are in order! You obviously take great care to ensure your health and the health of your family. These little, nutrient-laden capsules, tablets and soft-gels have actually been proven to display remarkable health benefits for your entire body. The healthful properties of vitamins and multivitamins are so far-reaching that even the medical community is now recognizing the potential benefits of these supplements.

Winning Over the Medical Community

Daily vitamins have been shown to be an inexpensive and effective way to safeguard your health. This was clearly illustrated by a recent research study presented at an influential conference entitled "Multi-Vitamins and Public Health." This study indicated that daily multivitamin supplementation by older adults could lead to more than \$1.6 million in Medicare savings over the next 5 years, as well as potential cost savings from reduction in hospitalizations for heart attack, cancer and infection.

A 2002 *Journal of the American Medical Association (JAMA)* study provided support for these findings. The study's authors indicated that low levels of folic acid, vitamin B6 and vitamin B12 pose a risk factor for cardiovascular disease, neural tube defects, and colon and breast cancers. Additionally, low levels of vitamin D contribute to osteopenia (decreased bone density) and fractures, while low levels of vitamin A, vitamin C and vitamin E may increase the risk of several chronic diseases.

This conference was attended by leading experts from government agencies, top research universities and health advocacy organizations. They concluded that most Americans do not get optimal amounts of key nutrients through diet alone, and that daily multivitamins, should be recommended to close the nutritional gap. The panel's findings indicated promising evidence supporting multivitamin use for the prevention of some chronic diseases, such as cardiovascular disease. Given these results, it is prudent to recommend that all adults take a daily multivitamin.

Within the vitamin world, you can find a supplement for virtually any health concern, including the eyes, heart, brain or immune system, as well as formulations for specific conditions, including allergies, bones/joints, skin, energy and vitality, and cardiovascular and digestive health. There are even nutrients for effective and stable weight management, and healthy sexual stamina, as well as formulas for overall men's and women's health.

However, it is crucial to read the labels of these supplements. Unfortunately, many popular daily vitamins may be missing key nutrients essential for optimal health, such as calcium and magnesium. And, many of the included nutrients do not go past the Food and Drug Administration's (FDA) Daily Value recommendations (DV%), which only require the bare minimums. All of these measurements fall under the banner of the Dietary Reference Intakes (DRI's), which covers all reference values used for planning and assessing healthy diets. The most common may be that of the Recommended Dietary Allowance (RDA). The RDA is the average daily dietary intake level needed to meet the nutritional requirements of 97-98% of the healthy individuals in each age and gender group.

These levels were originally designed to prevent over-deficiency. But today, we are faced with far more pressing threats, such as aging and its associated diseases, including Alzheimer's disease, heart disease and cancer. The best idea is to choose your multi-vitamin based on these terms:

- **Quantity:** Each contained nutrient's level, and whether they are at high enough amounts to provide therapeutic benefits.
- **Quality:** The optimal form of the included nutrients. (Selenium is an excellent example.) You also need a supplement with only the necessary nutrients, and no artificial colors, flavorings, preservatives or fillers.
- **Form:** How the nutrient is present in the product, as well as how it is packaged and presented to the consumer.

A great way to start with supplementation is to take a 'multi-nutrient' formula such as GNLD Formula IV / Plus

Message from Roy...

It's snowing again, and its cold outside... but I feel the warmth of the Friendly Force team and offer my congratulations for a Fantastic January ... 35 Recruits ...WOW! Can't wait to meet Taryn & Karun Murugan and Tumelo (Nat) & Rachel Mosoeu ... Outstanding Guys!!!

May God bless you all with these new contests coming up... Remember, your reward is commensurate with effort ...May you all have an abundant 2010!

Bad Memory?

Forget it!

As scientists claim running improves memory, the tricks that mean you'll never forget a name or that pint of milk again.

By [Jenny Stocks](#) and [Mandy Francis](#)

Last updated at 4:38 PM on 20th January 2010

Do you have trouble remembering where you left your car keys? Do you struggle to recall people's names? A study from Cambridge University suggests that regular aerobic exercise - such as jogging - can significantly boost memory by triggering the growth of grey matter in the brain. But are there other things we can do to develop our brain cells?

We asked eight-times World Memory Champion Dominic O'Brien, author of *Learn To Remember* and a host of bestselling memory books, for his tips...

WHAT IS MEMORY?

Simply put, memory is the mental activity of recalling information that you have learned or experienced.

A memory is stored as a result of complex electrical signals which cause a change in the physical structure of the brain.

Whether a memory is stored as a short or long-term one depends on exactly how the event is received by the brain.



Memory: If you don't want to be as forgetful as a goldfish, there are exercises you can do to get your brain up to speed.

SHORT-TERM MEMORY

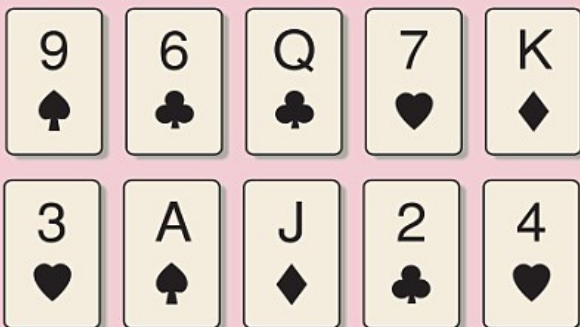
This is a system within the brain that is used for temporarily storing and managing information. We use short-term memory to remember an address we've just looked up or

to compare prices of different items in the supermarket, for example.

Short-term memory generally holds information for only ten to 20 seconds, but it is vital for any activity that requires conscious thought - even something as simple as understanding this sentence.

Items stored in our short-term memory tend to be discarded fairly rapidly, however. It can normally hold approximately seven pieces of information simultaneously - new data displaces whatever is already there. As a result, short-term memory is easily lost.

THE PLAYING CARD TEST



TAKE three minutes to study these ten playing cards, then try to repeat the exact sequence in your notebook. Score one point for each card you can recall before a mistake is made. Add up your scores to arrive at a total. Maximum points: 10, Untrained:

3+, Improver: 5+, Master: 7+ If your score is above the Improver range, then you have great memory potential. Don't worry if your score is below the Untrained range - try some of my memory techniques and you should notice impressive progress straight away.

HOW BIG IS YOUR SHORT-TERM MEMORY?

This exercise will reveal how much data you can hold in your short-term memory before it is replaced. Ask a friend to write down and then read out four random single digit numbers (from 1-9) at the rate of one number per second. Once all four have been read out, try to write them down in order, from memory.

If you can do it correctly, try five numbers. If you are able to recall five numbers correctly, move on to six, and so on. The average memory span for normal adults is six numbers.

LONG-TERM MEMORY

This involves the information you make a conscious or unconscious effort to retain because it has a personal meaning. For example, information about friends and family; the best places to buy certain items - or events and situations that have had an emotional impact on you.

HOW TO PUT A NAME TO A FACE

ONE trick to remembering a person's name is to designate a place for them. You do this by imagining where you might find that person.

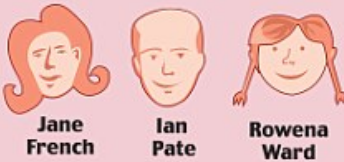
For example, if you met a woman called Margaret who you think looked a bit like a librarian, think of someone you know with her name, such as Margaret Thatcher, and picture her at the library.

The next time you see her, your brain will retrace this chain in a flash.

Another method to use is if someone's surname relates to a place name or an object.

For example, if you are introduced to a woman called Jane French you should immediately connect her name with France. Picture her standing in front of the Eiffel Tower.

The best way to tackle a complicated surname is to break it down into syllables and turn them into images.



EXERCISE: Study the faces above and try to form links to their names. Now cover these faces and look at them in a different sequence below, and try to match the correct names to the faces.



SCORE five points for each correct first name and five points for each correct surname. Maximum points: 60, Untrained: 10+, Improver: 30+, Master: 50+

Some long-term memories require a conscious effort to recall: memories about specific experiences; or facts which can be everything from the names of insects to the colour of your bedroom curtains. Another type of long-term memory is procedural memory, which involves skills such as tying your shoelaces - you can do them 'standing on your head'.

WHERE IS MY MEMORY?

Certain areas of the brain are especially important in the formation and retention of memory:

The hippocampus (so-called because its shape resembles a seahorse) is a structure in the brain that has the main role in processing information as long-term memory.

The amygdala, an area near the hippocampus, processes emotion and helps to imprint emotive memories in the brain.

The cerebral cortex - the outer layer of the brain, stores most long-term memory in different zones, depending on what kind of processing the information involves: speech, sensory input, problem-solving, etc.

Memory also involves communication among the brain's network of neurons, which are millions of cells activated by brain chemicals called neurotransmitters.

HOW DO WE MAKE MEMORIES?

There are three stages the brain goes through to make memories:

1. Acquiring new memories

All day long new information enters your brain along pathways between your neurons (nerve cells). But if you don't stop to concentrate, the data might as well go in one ear and out the other. If you focus intently, whatever you are trying to remember is encoded in the brain, the first step to memory-making.

2. Storing away the words, numbers and pictures

If you've concentrated hard enough to encode something, your hippocampus sends a signal to store the information for the long-term. This is easier if it's related to something you already know, or provokes an emotional reaction from you.

3. Retrieving the information

Every time you need to recall a memory, your brain has to activate the exact same pattern of nerve cells that it used to store it. The more frequently you think about the information, the easier it is to retrieve.

WORD RECALL

ALLOW yourself three minutes to study the following list of 20 words. Then write down as many words as you can recall. The order is not important.

Tree	Wardrobe
Time	Caterpillar
Face	Garden
Pipe	Treacle
Clock	Picture
Mouse	Harness
Engine	Sleep
Planet	Apple
Thunder	Ocean
Necklace	Book

Score one point for each word you can recall correctly. Maximum points: 20, Untrained: 4+, Improver 8+, Master 18+

HOW TO KEEP YOUR MEMORY SHARP

As we saw in the Cambridge University study this week, regular aerobic exercise is very important for brain health as it boosts the circulation and increases the flow of oxygen and nutrients to the brain.

Regular exercise also reduces the risk of disorders such as stress, diabetes and cardiovascular disease, which can adversely affect brain function.

Some experts also believe exercise can enhance the effects of helpful chemicals and protect brain cells.

REMEMBER A SHOPPING LIST

THIS is a quick-fix memory system for those occasions when you want to instantly memorise something, such as a shopping list. It works by associating parts of the body with mental pictures of whatever it is you want to remember. The more vivid or exaggerated the picture the better, because that will help to fix it in your memory – for example, to remember to buy chicken for dinner, picture a chicken perched on your shoulder.

EXERCISE: The diagram far right labels 10 key body parts. Make associations between each body part and each of the 10 items on the shopping list above. When you have created all

SHOPPING LIST

- CARTON OF MILK
- BUNCH OF GRAPES
- RICE
- VITAMINS
- PASTRIES
- ORANGE JUICE
- FILM FOR CAMERA
- FRESH FLOWERS
- BLACK PEPPER
- HOLIDAY BROCHURE

10 images, review the entire sequence in your mind. Then cover this page and see if you can write down all 10 shopping items. Score 10 points for each correctly remembered item. Maximum points: 100, Untrained: 20+, Improver: 50+, Master: 90+

GOOD SLEEP HABITS

A good night's sleep is thought to play an important role in the consolidation of memory. The theory goes that during sleep the brain is relieved from handling the constant barrage of stimuli with which it is bombarded during waking hours. While we are asleep, our minds are free to review, organise and file the experiences of the day. Sleep disorders such as insomnia and sleep apnoea can play havoc with recall, because they leave you tired and unable to concentrate during the day.

STOP SMOKING

Smoking heightens the risk of circulatory disorders that can cause strokes and constrict

arteries that deliver oxygen to the brain.

NUTRITION

A diet based on fruits, vegetables, whole grains, and 'healthy' fats will provide lots of health benefits, and can also improve memory and brain function.

- B vitamins protect neurons by breaking down homocysteine, an amino acid that is toxic to nerve cells. They're also involved in making red blood cells, which carry oxygen. Best sources are spinach and other dark leafy greens, broccoli, asparagus, strawberries, melons, black beans and other legumes, citrus fruits and soybeans.
- Antioxidants such as vitamins C and E have been linked to a slowing of age-related memory loss. Best sources are berries, tomatoes, spinach, broccoli, green tea, nuts and seeds, citrus fruits and liver.
- Omega-3 fatty acids are associated with cognitive function. They count as 'healthy' fats, protecting against inflammation and high cholesterol. Best sources are oily fish, walnuts and walnut oil.

Lyn's Nutritional Recommendations: -

We have the best supplements for Mind Enhancement ...

GNLD's Mind Enhancement, Vitamin B Complex Sustained Release, Omega 3 Salmon Oil Plus, Carotenoid Complex... and ZINC of course!!! Aloe Vera Juice (with its Ginseng) is also fantastic for brain function!

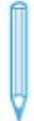
Read up on our Mind Enhancement ... it will blow your mind!

Adapted from How To Develop A Brilliant Memory Week By Week and Learn To Remember by Dominic O'Brien, published by Duncan Baird Publishers.

NEVER FORGET YOUR PIN NUMBER



0 = Ball



1 = Pencil



2 = Swan



3 = Pair of handcuffs



4 = Sails on a boat



5 = Seahorse



6 = Golf club



7 = Boomerang



8 = Snowman



9 = Balloon on a string

THIS system works by translating single digits into pictures based on their shape, for example, a ball 0, a golf club 6, a boomerang 7, a balloon on a string 9 and so on. If you have a series of numbers, such as a PIN, to memorise, visualise a scene using all the pictures. For example, if your PIN number starts with 67, picture a golf club hitting a boomerang.

Look at the examples above, memorise these or make up your own.

EXERCISE: Try to memorise this 20-digit number — 7 9 0 4 6 2 1 3 5 8

5 9 9 4 0 1 3 2 7 6 — by converting each number into its equivalent shape and connecting them in your mind. Start by imagining throwing a boomerang (7) at a balloon on a string (9) and so on.

You should now have created a story involving a chain of 20 linked number shapes starting with a boomerang (7) and ending with a golf club (6). Now try to write down the sequence.

Score one point for each digit you can recall before making a mistake. Maximum points: 20, Untrained: 4+, Improver 8+, Master 18+

Read more:

<http://www.dailymail.co.uk/sciencetech/article-1244597/Bad-memory-Forget-As-scientists-claim-running-improves-memory-tricks-mean-youll-forget-pint-milk-again.html#ixzz0eOLsoy2v>

"Once upon a time there was a bunch of tiny frogs.... who arranged a running competition. The goal was to reach the top of a very high tower. A big crowd had gathered around the tower to see the race and cheer on the contestants....

The race began.... Honestly:

No one in the crowd really believed that the tiny frogs would reach the top of the tower.

You heard statements such as: "Oh, WAY too difficult!!" "They will NEVER make it to the top."

or: "Not a chance that they will succeed. The tower is too high!"

The tiny frogs began collapsing. One by one....

Except for those, who in a fresh tempo, were climbing higher and higher....

The crowd continued to yell, "It is too difficult!!! No one will make it!"

More tiny frogs got tired and gave up....

But ONE continued higher and higher and higher....

This one wouldn't give up!

At the end everyone else had given up climbing the tower. Except for the one tiny frog who, after a big effort, was the only one who reached the top!

THEN all of the other tiny frogs naturally wanted to know how this one frog managed to do it?

A contestant asked the tiny frog how he had found the strength to succeed and reach the goal?

It turned out....

That the winner was DEAF!!!!"

The wisdom of this story is:

Never listen to other people's tendencies to be negative or pessimistic.... because they take your most wonderful dreams and wishes away from you -- the ones you have in your heart!

Always think of the power words have.

Because everything you hear and read will affect your actions!

Therefore: ALWAYS be.... POSITIVE! ...And above all: Be DEAF when people tell YOU that you cannot fulfill your dreams! Always think: God and I can do this! Most people walk in and out of your life.....but FRIENDS leave footprints in your heart! To The World You Might Be One Person; But To One Person You Might Be the World. You have been tagged by the Froggy, which means you are a great friend!! If you fall down 10 times, stand up 11 times!

“I’ve heard that once you have kidney stones, you’re more likely to get them again... is there any way to stop them from recurring?”

Many patients are surprised when I’ve explained to them that restricting their calcium intake is not helpful in preventing calcium oxalate kidney stones. And it could even make the problem worse. But there are other nutrients you need to add and to limit ... Vitamin A (Not beta carotene) promotes healthy functioning of the urinary tract, so people who are deficient in it sometimes form kidney stones more easily than others. Magnesium helps the body dissolve calcium so if you’re deficient in it this mineral it can cause calcium to accumulate into deposits, which increases your risk of forming kidney stones. Decades ago, Harvard researchers found that taking magnesium along with Vitamin B6 can reduce Calcium oxalate stone formation dramatically. Vegetarians tend to form significantly fewer calcium oxalate kidney stones than meat eaters. There are obvious reasons... vegetarian diets include more bulk and fibre, which lowers calcium output. Vegetable protein contains fewer sulfur- rich amino acids than animal protein and those amino acids promote calcium excretions... so cut back on how much meat you eat...

GNLD’s Calmag is one of the most valuable supplements available today, offering the benefits of two important minerals that can dramatically influence overall well-being. GNLD's unique amino acid chelated form of calcium and magnesium contributes to absorption that is more efficient. 3 tablets provide 300mg Calcium (Glycinate) and 150mg Magnesium (Glycinate). **Dosage: 3 tablets daily. Amino acid chelation** employs glycine for better absorption of both calcium and magnesium. The **Preferred ratio is 2:1** calcium to magnesium. Calcium helps maintain healthy bones and teeth while magnesium helps in the utilization of proteins and maintains healthy nervous system metabolism.

Magnesium

- Magnesium... Necessary for the digestion and utilization of calcium. Helps in the proper metabolism
- of calcium, (as well as VC, phosphorus, sodium, potassium) helps prevent calcium deposits, kidney and gallstones.
- Aids in fighting depression.
- Promotes healthier cardiovascular system and helps in the prevention of heart attacks.
- Keeps teeth healthier.
- Magnesium is very alkaline acts as natural antacid, brings relief from indigestion and heartburn.
- Important in converting blood sugar into energy.
- Known as an anti-stress mineral. Alcoholics are usually very deficient.
- Magnesium makes a hormone which controls all the involuntary muscles like the heart,
- Heart beat. Helps with breathing rate e.g. Crib deaths - largest killer of babies - due to deficiency of magnesium. Expecting Mothers should take magnesium.
- Supports reflex (involuntary muscles) i.e. eye-blink, reflexes, and reflex control.
- Deficiency of calcium usually manifests itself in the way of prostate troubles, polio, depression, neurotransmitter disorders, nervousness, temper tantrums, noise sensitivity, diarrhoea, vomiting.

Calcium

- Calcium maintains strong bones and healthy teeth and nails.
- Keeps your heart beating regularly, controls contraction of heart and other muscles and has been beneficial in the treatment of cardiovascular disorders.
- Assists in process of blood clotting - blood coagulation, flow monthly cycles. Controls blood cholesterol levels.
- Aids in muscle cramps in feet and legs and aids in relieving the young suffering from growing Pains.
- Used in treatment and prevention of sunburn, also gives protection against skin damage such as redness and peeling, also protects against sun caused skin cancer. Calcium helps skin to remain healthy. Vitamin A and calcium are a good combination for skin protection.
- Structural rigidity caused by depletion of bone calcium can be helped by regular supplements of calcium - early consumption can help prevent. Also rheumatism can be treated successfully with calcium therapy.
- Calcium also essential for the nervous system - coats the myelin sheaths (liquid coating over nerves) along the nervous system, therefore helping to promote a healthy nervous system especially in impulse transmission. No. 1 priority for the nerves, we have nerve Fibres all over the body, nerves everywhere, 2 million times from finger all the way to the brain. If neurotransmitters not coated with myelin sheaths - you lose memory. Acts as a natural tranquillizer and also alleviates insomnia. The answer is to consume enough calcium so that the body won’t leach the calcium from the bones to feed the nervous system, which is the priority.
- Helps in the prevention of Rickets, osteomalacia and osteoporosis.

- Men need 600 mg of calcium per day. The average women need 1200 mg per day, pregnant and breastfeeding women need 2000 mg and women, during menopause and during the menstrual cycle, need 1500 mg of calcium.
- Hormones - problems of menopause such as nervousness, irritability, insomnia, headaches, have been overcome with administration of calcium. When there is not enough calcium in the body to be absorbed, the output of estrogens decreases.
- Calcium can help prevent pre-menstrual tension and menstrual cramps.
- Older people - Relieves the symptoms associated with ageing such as bone pain, backaches, insomnia, brittle teeth, cavities, tremors of fingers.

GNDL Recommendation... Use GNDL's Betaguard to detoxify and cleanse the system of heavy metals...

Beta-Guard for Adults and Vita-guard for children contain a complex of antioxidants such as Beta Carotene VC, VE, zinc, selenium, chromium, VB3, VB6, **Betaguard 100 tablets**

General Information...

Oxidation causes cells, tissues and organs to break down or decay. It harms your immune system by interfering with the delicate communication technology of the cell. Scar tissue is formed at sensitive locations throughout your body, including your skin, arteries, eyes and brain. This damaged tissue works against rather than for you, causing wrinkles around your eyes, cataracts, and in your brain, Alzheimer's or Parkinson's diseases. Oxidation in your bloodstream forms cholesterol plaque in the arteries that can lead to heart attacks and strokes, or inflammation in your joints and deformities in your bones, resulting in arthritis. Most dangerous of all, oxidation can break down your cells DNA and cause cancer. The villains in the oxidation process are single molecules, called free radicals, which cause cellular havoc as they race around your system. Many are formed around your system. Many are formed during the normal course of events in your body (normal metabolic processes), but most of the oxidants that attack your cells come from poisons you take into your body. Many pollutants and toxins are known to depress the immune system, which may result in illness. Most are avoidable, so minimize your exposure to them where possible. These include: -

1. We are exposed to poisons every day.
2. We are taking in loads of toxins every day through the air we breathe, the water we drink and the food we eat.
3. 129 Known poisons in our drinking water + chlorine + parasites.
4. These toxins include Pharmaceutical drugs.
5. Alcohol and tobacco smoke.
6. Dietary fat, cholesterol.
7. Chemical pollutants.
8. Environmental toxins (for example, herbicides, used on food crops, car exhaust fumes and acid rain),
9. Radiation (including X-rays, excessive UV light).
10. Some heavy metals (Like Aluminium and Mercury).

The most powerful health enhancers in food, ANTIOXIDANTS prevent disease, boost the immune system and even slow the ageing process. They attack the process of oxidation, the culprit behind many, if not most, of today's diseases, including cancer and heart disease. Antioxidants mop up the free radicals, thus slowing down and in many cases, stopping the oxidation process. Scientists believe this may halve the incidence of common diseases and even help with HIV/Aids.

- Works on cellular level building, repairing and healing of cells. Also detoxifies at cell level.
- Detoxifying Minerals detoxifies and cleanses the system of all pollutants, carcinogens and heavy metals.
- Beneficial for combating cancer of all wet linings in the body. Betaguard protects against cancer, starting with wet linings inside the mouth, throat, vaginal, prostate, lungs, stomach, and colon.
- Lungs - protects against Pneumonia, Emphysema, Asthma, colds, flue, and lung cancer.
- Improves the Immune system, promotes proper growth and appetite. Improves metabolic system of fast growing children.
- Improves and protects the sinuses.
- Excellent for detoxifying the tonsils.
- Assists against allergies.
- Eyes - Poor focus, cataracts, cancer, poor vision, any weakness to the eyes, glaucoma. Assists in production of Visual purple, which enables us to see in the dark.

DETOXIFYING MINERALS such as **CHROMIUM, ZINC AND MAGNESIUM**, assist immune functions, and aid natural detoxifying processes. **Betaguard and Vitaguard Includes zinc, GTF chromium and selenium**, which have been shown to play an important role in the body's response to heavy metal exposure.

Betaguard 100 Tablets

Product Description

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

The increasing presence of toxic chemicals in our environment increases the risk of life-threatening illness.

GNLD's Betaguard offers nutritional protection. Its synergistic blend of antioxidant and detoxifying nutrients helps the body neutralize and metabolize toxic materials.

Product Benefits ...Vitamins A, C, E, riboflavin and niacin plus selenium support broad antioxidant activity. Vitamins B6, A, E and niacin, as well as chromium, zinc and magnesium, assist immune functions, and aid natural detoxifying processes.*

Formulated by Dr. Arthur Furst, world- renowned toxicologist and eminent researcher into the processes of healthy cellular growth.

Unique synergistic formula helps guard your health in a world of environmental and free radical challenges.

With the antioxidant vitamins A (from beta- carotene and other carotenoids from a natural carrot source), C, and E, to trap free radical oxygen and protect cells.*

Delivers B-vitamins that assist in detoxifying environmental pollutants.*

Includes zinc, GTF chromium and selenium, which have been shown to play an important role in the body's response to heavy metal exposure.* Betaguard also assist with conversion of sugar into energy - very good for diabetes and sugar imbalances.

Vita Guard for children

A broad spectrum of carotenoids out of whole foods i.e. carrots, apricots, peaches, strawberries, and tomatoes, flavonoids out of whole foods i.e. berries, green tea, lemons, and oranges. Equal to 5-9 portions of vegetables and fruits per day.

Vit A,C,E, Selenium and Zinc. Naturally sweetened with fructose.

Product Description

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

Dosage: 2 tablets daily.

The GNLD Difference Complete antioxidant protection, specially designed to meet the needs of children from the time they can comfortably chew a tablet - with the antioxidant nutrients they're most likely to be missing.

Includes carotenoid and flavonoid blends, exclusive to GNLD. These broad spectrum antioxidants from whole foods protect both lipid regions and watery portions of cells. Convenient dose contains phytonutrients equivalent to one serving of fruits and vegetables.

Chewable tablets, with a great tasting flavour derived from naturally occurring fruit essences. Contains no artificial flavours, no artificial colours and no preservatives.

Naturally sweetened with fructose and fruit juice concentrates. Contains no sucrose and no synthetic sweeteners.

Fulfills What Needs?

Some of the most crucial factors in the nutritional foundation children are building for a lifetime of optimal well-being, are the protective antioxidant nutrients. They receive some of their greatest threats during childhood yet their defence systems are still immature. Antioxidant phytonutrients such as carotenoids and flavonoids from fruits and vegetables have been shown to be immune-supporting. Antioxidant protection is doubly important for children as they burn more energy in a day than many adults twice their size. This high energy output for growth, development and general activity produces unwanted free radicals. Despite this need, studies show that children's diets are often lacking the recommended daily servings of fruits and vegetables and thus are deficient in such antioxidant nutrients as vitamins A, C & E, the carotenoids, flavonoids and zinc.

COMPETITION FOR THE MONTH OF FEBRUARY 2010

Breakfast AT Lyn's for Qualified Directors/4000 QPV



Leader's Breakfast will be held on Sat 13th March for those who achieve Plus 4000 Qualifying PV in this month of February 2010... Accept this challenge this month... and be recognised at a very special breakfast. Venue to be advised!

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

Impending Events – January 2010

Date	Time	Event	Location	Speaker
February 6	2:00 PM	Opportunity 2010	Emperors Palace Convention Centre Emperors Palace Gauteng, South Africa	R Uys , J Brassfield, Dr A McDonald
February 7	2:00 PM	Opportunity 2010	Durban ICC 45 Ordnance Road Durban, South Africa	R Uys , J Brassfield, Dr A McDonald
February 9	6:00 PM	Opportunity 2010	Grandwest Casino 6 Queen Victoria Street Cape Town, South Africa	R Uys , J Brassfield, Dr A McDonald

Sat 6th February 2010 2010 Opportunity Jerry Brassfield Rallies... Emperor's Palace 2pm – 6pm
 Please arrive early to collect Newsletter, Pins + Recognition
 Please check in with Lyn Banks and Jen Baigent.
 Please note that this will take place of the Team Rally.
 Team seating together and Team colours of Yellow + Black.

Mon 1st + Wed 31st March 2010 MONTH ENDS All Day
 In a crisis look forward and keep focused; the race is not over until the finishing line.

Sat 6th March 2010 Friendly Team Rally 2pm
 Opportunity Presentation + Product + Rally
 GNLD 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

Sat 13th March Leader's Breakfast See contest for February 10am
 Lyn's for Breakfast... VTBA

Last Month (February) to Qualify!!!

GNLD's Hamper Contest ... Become a Director by end February and win a Hamper of GNLD Products to the worth of \$500.

"Live a balanced life—learn some and think some and draw and paint and sing and dance and play and work every day some." —Robert Fulghum

Friendly 2010 Awards

January – December 2010

The Friendly Top 20 Business Builder Awards

- ◆ 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 2010.
- ◆ 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 2010 but is possible to be a Number 1 in more than one category if you upgrade!

No. 1 Manager,
No. 1 Director,
No. 1 Emerald Director,
No. 1 Sapphire Director
No. 1 Ruby Director,
And the No. 1 Recruiter

- ◆ Out of this contest we will pick out the top No. 1 Recruiter for the year so bear in mind that you have to be in this category to be a contender for the Top Recruiter.
- ◆ Please remember that you have to recruit to be a contender in this contest...

General Notes and conditions!

- The Qualification period will run from January 2010 till end December 2010.
- The Awards Rally will take place in January 2010 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!

CONGRATULATIONS TO ALL OUR QUALIFIED DIRECTORS ON EXCELLENT RESULTS FOR JANUARY 2010

The Friendly Group finished on 43 159 Group PV...

26 BAIGENT, JEANETTE & ROB	4601	8767	3	3	3	1RD	1RD	1RD	22825
26 DEDEKIND, ERWIN & GILDA	1413	5775				ED	ED	ED	5775
26 WALKER, CAROL & WAYNE	2573	4002				ED	ED	ED	4002
26 DU PLOOY, MERLE & CRAIG	1813	4002				DIR	DIR	ED	4002
26 BAILEYMCEWAN, MICHAEL &	526	4281				DIR	DIR	ED	4281
26 ROODT, ZELDA	339	4693	1	1	1	SD	ED	ED	8695
26 STEPHENSON, BLANCHE & J	1138	4002				ED	ED	ED	4002

GALAXY TEAM DEVELOPING GROUP: SHARE IN A BONUS POOL OF US\$ 5,000. As a team we have to develop 14 new Emerald Directors from Jan to December 2010 and we will get \$5,000 which we will share amongst the sponsors. (This includes us the Friendly Group)...

January 2010 Friendlies Recognition

Congratulations, Friendlies, on a spectacular result for January... Keep going at this rate and our Team will once again become an awesome contender in the GNL Annual Recognition & Growth rankings. The Friendly Team is looking for 20 Qualified Directors and/or Emerald Directors, minimum this year... Will you be one of them??? You'll make loads of money in the process! There are contests in place to assist you on your way to success!

Recognition for January 2010

New Managers

Chitra & Allain Moodley
Tumelo & Rachel Mosoeu

New Senior Managers

Chitra & Allain Moodley
Tumelo & Rachel Mosoeu

3/30's

Tumelo & Rachel Mosoeu	17
Shirley Aarons	4
Taryn & Karun Murugan	3
Chitra & Allain Moodley	3

Top Recruiters for January 2010

1	Tumelo & Rachel Mosoeu	17
2	Shirley & Richard Aarons	4
3	Taryn & Karun Murugan	3
3	Chitra & Allain Moodley	3
5	Jeanette & Rob Baigent	1
5	Erwin & Gilda Dedekind	1
5	Isak & Tulina Malua	1
5	Jennifer Coetzer	1
5	Jean Wetselaar	1
5	Lida Swan	1
5	Elthia Mafilika	1
5	Lebogo Lekgetho	1

The Galaxy team contest

(Dr. Barry & Pat Bland)

This contest will include the Friendly Force Team ... Thank you Barry and Pat... That's awesome stuff! We are all definitely going for it!

Feb 2009

Earn yourself a free ProVitality Pack this month only.

Become a new senior manager

Be a Qualified Senior Manager

Be a Qualified Director

Do the task and get the ProVitality FREE

Use it yourself, or use it as samples for your new customers!

Vision Contests

All 3/30 Star Achievers in 2010 will receive a Vision Gift!

Remember that these new Distributors have to have 100 PPV (Personal Point Value) in their name to count for your 3/30 Star Achievement!

All WOC Achievers in 2010 will win as follows:-

Bronze Medal = R100

Silver Medal = R250 and ...!!!!

Gold Medal = R1000 ... WOW!!!

Speak to your Up-line to understand the World of Champions contests, how it works and what you have to do to achieve this! You will build a huge business in the process as it is based on building a team!

All New Emerald Directors will qualify to be in a Draw for R2000... These draws will be for New Emeralds Jan – June (R2000 draw in July 2010) and New Emeralds July – Dec (R2000 Draw in January 2011) WOW!!!!

The Friendly Top 20 Business Builder Awards

Top 20 for January 2010

1	Jeneatte Baigent	22 282	1
2	Zelda Roodt	8 695	
3	Erwin & Gilda Dedekind	5 596	1
4	Margaret Bailey Mc Ewan	4 216	
5	Wayne & Carol Walker	4 002	
5	Blanche Stephenson	4 002	
5	Merle Du Plooy	4 002	
8	Shirley & Richard Aarons	2 481	4
9	Pearce	2 010	
10	Lorna Dixie	1 680	
11	Mc Connachie	1 538	
12	Cecelia De Freitas	1 429	
13	Frank & Iris Malherbe	1 362	
14	Tumelo (Nat) & Rachel Mosoeu	1 326	17
15	Diane Meek	1 262	
16	Hillary Estherhuizen	1 245	
17	Annette Treagus	1 186	
18	Taryn & Karun Murugan	1 181	3
19	Judy Dos Ramos	1 141	
20	Dieter Dedekind	1 037	