



The Friendly Force

Bumper Edition

Distributors of

GNLD International

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Hi Friendly Folks...

A HAPPY, HEALTHY AND PROSPEROUS 2010

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

This is the start of a Brand New Decade!

10 to 20 will be spectacular for you if you want it bad enough! Thus, we would like to take this opportunity to wish everyone a year and a Decade packed full of Happiness, Love, Success, Health and Wealth! May your GNLD Business grow from strength to strength!

May you achieve the perfect 10 in 2010 and may your Personal, Spiritual and Financial wealth for Ten to Twenty be A-Plenty!

Once in a century a man may be ruined or made insufferable by praise. But surely once in a minute something generous dies for want of it.
-John Masfield

We thank all in the **FRIENDLY TEAM** for the effort and growth you put into your GNLD business in the past year! It is

also with great pleasure that we announce **2010 TOP OF THE POPS** to you! As you all know the main criteria of the **YEAR END AWARDS** contest was to recruit FOUR new distributors in the year and this determined the ranking of your team PV production for the year!

We would like to congratulate our **Top Twenty Producers** for the Year... However, it was a requisite that a Distributorship recruited at least 4 New Distributors personally to qualify for the top 20... The top 20 for Certificates of Achievement and prizes!

Most of us understand that December can be a break or make month... It can be a huge success or it can be a total disaster... During the Festive Season, many folk go on holiday, if not physically,... mentally and thus GNLD businesses are affected all around!

A lot of you in the top 20 came a cropper in December with your recruiting...and with your PV production so if there is one thing to learn from this experience is ... Do not leave your qualification till the 'last minute'... Consistency is the key with your recruiting, even though December is one of the best months for recruiting... rather make it a goal to recruit every month... this is the key to building a Successful GNLD business, anyway!

But a True Blue Winner, will stand up, dust them selves off and get going again... The Tough get tougher and just keep going.

If you had a disappointing 2010... learn from your experiences but forget the past! 2010 and a BRAND NEW DECADE has begun and is going to be Exhilarating. Like a Wild Mustang... Make sure you are saddled up and ready, make sure your feet are securely in the stirrups and make sure you have a strong grip on your reigns... because this Mustang (2010) is going to soar with you towards Miraculous Success!

Thirty years ago 'fat' was thought of as a demon: high in calories, bad for your heart and the cause of weight gain. Today we know that certain fats are essential for health and among the most powerful medicines, acting as natural painkillers and more potent antidepressants than conventional drugs. These are the omega-3 fats, and they are not only good for your heart by are now recommended by the NHS to be prescribed to anyone who has had a heart attack, because they cut the risk of having another in half. In addition they are your skin's best friend and may even be an antidote to today's aggression - in fact you can even predict a country's murder and depression rate simply by knowing the average intake of omega-3 fats!

Essential fats are turned by the body into a family of hormone-like compounds called prostaglandins that seem to control just about everything, from your hormonal balance to how your brain reacts and responds. In fact, it looks like our very obsession with low-fat diets has fuelled an epidemic of depression, aggression and inflammatory diseases, including heart disease and arthritis. As our intake of high-fat foods such as oily fish and nuts and seeds has declined, so too has our mental and physical health.

2010, DREAM BIG, ACHIEVE BIG!

Network Marketing... Around the world, the Network Marketing industry is expanding at a record pace and Millions of People are taking advantage of this kind of opportunity which has now approached the \$100 Billion mark.

Why not make sure that you are part of this thriving industry!

At the start of 2005 you can and must start dreaming again... We believe that you are the most important person in your business. You set the pace, you radiate your belief. You radiate your principals and philosophy. You know your commitments towards your team and you make the difference.

Attitude... You can have everything in life you want, if you will just help enough other people get what they want! ...Zig Ziglar

To become a Sapphire, a Ruby or a Diamond Director in GNLD you must develop the desire to dream big, strive and to achieve. You must have the willingness to work and persist until you achieve. Develop the ability to take action even though at first you work on faith. This means working on having an outstanding Attitude towards life, your business, your team and the company. Constantly strive for growth, personal and business growth by learning about your business and products and by attending every GNLD function you can... Knowledge is power!

Make sure that you enforce good, positive communication which the key to unlocking that power! Constantly strive for your next step and remember your responsibility in assisting your down-line to achieve their next steps.

If you have not already done so, write down your goals for this year and indeed for the next 5/10 years ... What about your Life's Goals... YOU MUST BELIEVE AND KNOW HOW IMPORTANT THIS IS TO YOUR SUCCESS!

A goal is the destination of your Desires! A thing to be achieved, a something you want to strive for, a target for our ambition.

KNOW YOUR DREAMS:

(To take time away from family or hobbies to build your future, you must know what you want to accomplish. Set family goals for the family's wellbeing as well.)

Dream building is not "wishful thinking"; it is seeing completed plans in advance. We have to become "Zero excuse people! If we are just interested, we are weak; if we are committed, we are strong.

What will you do with the freedom that additional finances bring? I imagine how you want your life to be in the year 2015 or 2020...

(Travel, pay off debts, finish the home bond, education for children; new car; invest for your early retirement, help others; support your favorite charity)

Write down your goals for 2010 now! (Include how much you would like to be earning each month and what status you need to achieve to enable those earnings.

Things that you have written in the above space help you to HOLD ON TO YOUR BUSINESS. Remember, not everything always happens just when you expect it to. One can be discouraged from time to time! But if you stay involved, immersed and focused in GNLD, if you continue learning, reading MLM and motivational books, if you continue to use GNLD Marketing Plan, AND ALWAYS REMEMBER YOUR DREAMS! Your business will grow and grow!

FOCUS ON YOUR TARGETS IN GNLD

(This is the truth... Targets that are achieved turn dreams into reality)

Become a Consistently Qualified Director

Become a Member of the World Sales Team.

Get onto the International Presidents Team. (IPT)

BECOME A DIAMOND!

If other business minded distributors have been able to achieve these targets, why not you? Read the story below:

Afraid of the Dark

A little boy was afraid of the dark. One night his mother told him to go out to the back porch and bring her the broom.

The little boy turned to his mother and said, "Mama, I don't want to go out there. It's dark."

The mother smiled reassuringly at her son. "You don't have to be afraid of the dark," she explained. "Jesus is out there. He'll look after you and protect you! The little boy looked at his mother real hard and asked, "Are you sure he's out there?"

"Yes, I'm sure. He is everywhere, and he is always ready to help you when you need him," she said.

The little boy thought about that for a minute and then went to the back door and cracked it a little. Peering out into the darkness, he called, "Jesus? If you're out there, would you please hand me the broom?"

The story above could be applied to your recruiting... We are all told to go out and get that new recruit... (Broom which is essential for the home) but we are afraid of the big wide world out there ... the unknown... (The Dark!). By recruiting Distributors into your team you will build a successful Networking Marketing Business and become very successful. Some Distributors believe that they cannot recruit for whatever excuse... Some believe they can for whatever reason... The difference ... "If you think you can, or can't ... You're right..." Henry Ford. Whatever the mind of man can conceive and believe, he can achieve!

If we believe and have faith, we will be given the courage to get out there and recruit, the courage to do whatever we need to do to build this opportunity!

What you think you are, you are! How do you communicate?

- a. Communicate with yourself first.
- b. Respect yourself as somebody – You are!
- c. You are here to succeed – So do it!

The best way to knock the chip off your neighbor's shoulder is to pat him on the back.

Prioritise daily, weekly what is important to the growth of your business this year like recruiting, upgrading and retention in your team and apply action and become results orientated and watch

your GNLD business grow... look at the following and apply this simple Success Technique!

Revolutionize Your Productivity in 2010

"I learned from Earl Nightingale many years ago that making a list of the six most important things to do each day helps you organize your day and accomplish a lot more. I took that idea and made Unlimited Results pads for myself and my clients.

Each sheet in the pad simply contains six lines on which to put down the six most important things to do that day, prioritized in numerical order. This really works!

Without some kind of structure like this, you may get bogged down in the less important tasks. You may not be able to see the forest for the trees. The key is to do the most important things first, and to know how they tie into your desired outcomes, objectives, and strategies. This will help you stay motivated and focused on what really counts.

There will be times when unexpected events occur during your work day and you will need to attend to them, even though they are not on your list of six things to do for that day. That's perfectly fine. It's important to be flexible enough to deal with urgent matters that occur unexpectedly. If you can honestly say this unplanned activity needs to be handled at that time, then you are still doing what you need to do to stay on track.

Having about six clear priorities identified and written down on paper each day can keep your productivity high. Much of success is so simple, and this is one of the best ways to use simplicity to your advantage. If you're not already doing so, try this method of planning and prioritizing your activities, and you may be surprised how it can revolutionize your work!

Your goal:

To take control over your activities so that you remain focused on what is important to you and avoid being distracted by unimportant activities and events.

The result:

Your productivity will improve tremendously as you regularly accomplish the most important tasks needed to reach your goals, objectives and desired outcomes.

Your assignment:

Create your own version of a Results Unlimited pad and put it to good use this month, this year. Set it up in the way that is most effective for you. You may use a stand-alone pad as I do or you may incorporate this idea into your daily calendar, your diary (page a day) or put it on your computer. Find a system that works for you.

If you are already using some type of system to prioritize your activities, take a minute now to evaluate your results. Are you using your system regularly? If not, why not? Is it too complex or time consuming? How can you modify your current system to ensure that you will use it consistently?"

Ready for some shocking news?

A new study has found that the vitamin and mineral content of six vital nutrients -- and perhaps even more -- found in fruits and vegetables have actually decreased when compared to the levels measured in 1950. What is even more startling is that vitamin and mineral levels were shown to be decreased even in 1950. The fact remains that even the healthiest diets may not provide all of the required nutrients at optimal levels for ideal health. Fortunately, taking certain supplements can provide a convenient and effective way to maximize your diet.

Think You're eating healthy? Read this!

This newsletter is so important that it would be highly recommended that you forward it on to family and friends. Have you ever heard your health care professional say, "As long as you eat good, balanced, and healthy meals, you don't need vitamins"? For a start, it is very difficult to eat a well-balanced, healthy diet on a regular basis. However, putting that aside, the information in this article is nothing short of shocking.

In the December 2004 edition of *The American Journal of Nutrition*, Dr. Donald Davis from the University of Texas reported on a study of the vitamin and mineral content of forty-three vegetables and fruits and compared that data to nutritional information from 1950. The team working with Dr. Davis found that there was a decrease in protein, calcium, phosphorous, iron, riboflavin and vitamin C over the last fifty years. He found that six of the nutrients showed apparent and reliable declines from 1950 to 1999. Dr. Davis expressed concern that there may have been declines in other nutrients, such as magnesium, zinc, vitamin B6, vitamin E and dietary fiber, although he states that these could not be measured because they were not reported in 1950.

In point of fact, there were studies in the 1950s looking at other nutrients. A researcher by the name of Dr. Firman Bear from Rutgers University did an extensive study of the food supply in this country over fifty years ago. What he found back then was quite shocking. For example, in one study, in which he compared the mineral content of 3½ ounces of tomatoes in various crops throughout the country, he found that the amount of calcium varied anywhere from 14 mg to 71 mg. The amount of magnesium varied from an amazing 8 mg to 109 mg. Other studies have shown decreases in vitamin C, vitamin A, vitamin E and folic acid, which appeared to be diminished by premature harvesting. It is quite clear that the vitamin and mineral content in our food supply is continuing to diminish.

The reason for this is quite simple. Imagine a plot of land where you are growing various crops. On that parcel of land, there is only so much calcium, magnesium, zinc and other nutrients available. Every year, as crops are grown on that parcel of land, with the nutrients going up into the plant, it only stands to reason that with each subsequent year, the nutrient content would continue to diminish in that plant. Perhaps you are thinking that these nutrients are repeatedly put back into the ground by the farmers. Unfortunately, this is usually not the case. In order to grow a plant utilizing fertilizer, the only nutrients that are necessary are nitrogen, phosphorous and potassium. The farmer gains nothing, but actually loses money by adding nutrients such as magnesium, selenium, zinc and others to the ground. The plant does not grow any better with these other nutrients - it just makes for a healthier and more nutritious product. You as the consumer, however, certainly could not taste the amounts of vitamins and minerals in your piece of corn or broccoli. Although our ancestors did not have the technology, it would be safe to assume that 100 years ago, the crops that were grown in this country were substantially more nutritious than that of our current food supply. So even if you are eating healthy and getting all those vegetables, and avoiding simple sugars, and so on, you still may not be getting all of your required nutrients.

Further, some nutrients, such as lycopene, which is found in red tomatoes, are not absorbed well, or even at all, in their natural food form. Studies indicate that lycopene supplements actually increase blood levels of lycopene and have cardiovascular and prostate health benefits, yet eating raw tomatoes does not increase blood lycopene levels. Additionally, studies indicate that increased consumption of omega-3 fatty acids from fish -- such as DHA and EPA -- have numerous health benefits, but most fish also contain toxins accumulated in their fat. The solution is to use highly purified fish oil that concentrates the DHA and EPA, but removes the toxins. The process of molecular distillation is the best method to remove the toxins.

If this sounds like a lot of hype, let me give you some facts. Every few years, the government conducts nationwide studies on various populations to determine if they are getting the RDA (recommended daily allowance) of particular nutrients. Keep in mind that the RDA, now called DV (daily value), are bare minimum levels geared to eliminate nutritional deficiency diseases, such as scurvy, beriberi, and pellagra, but not heart disease, cancer, Alzheimer's disease, etc. In one study conducted in an elderly population published in 1992, it was found that this group of Americans received intake of nutrients below 2/3 of the RDA. For example, in the case of vitamin C, with 60 mg

being the DV, it was shown that a sizeable portion of this population did not even get 40 mg of vitamin C daily, while the optimal level is 500 mg - 1,000 mg daily. When other populations were looked at, including young men and women, it was quite clear that there were deficiencies in these groups, as well. Don't think that because you are eating well, you are being well-nourished.

Although there have been a few controversial studies published in the last few years regarding vitamins, tens of thousands of studies prove that nutrients found in a superior quality multi-vitamin are highly beneficial.

GNLD International provides a superior Multi Nutrient Formula

- Formula IV and Formula IV plus containing all Vitamins, minerals, Protein -8 Essential Amino Acids, Essential Fatty Acids, O3, O6 and Phyto-lipids and Digestive Enzymes.
- GNLD offers the consumer the highest quality and most effective Nutritional Products on the market, and at the best value. See the whole range and assess what you need to supplement your diet with on a daily basis.

Please remember, don't think that because you are eating properly that you are optimally nourished.



Talk to old-timers, and they'll often tell you that the tomatoes you find in supermarket produce sections don't taste anything like the ones they had in their childhoods in the '30s and '40s. Turns out, they're probably not as nutritious, either.

In researcher Donald R. Davis compiles evidence that points to declines in nutrition in vegetables and (to a lesser extent) fruits over the past few decades.

For example:

[T]hree recent studies of historical food composition data found apparent median declines of 5% to 40% or more in some minerals in groups of vegetables and perhaps fruits; one study also evaluated vitamins and protein with similar results.

He points to another study in which researchers planted low- and high-yielding varieties of broccoli and grain side-by-side. The high-yielding varieties showed less protein and minerals.

The principle seems to be that when plants are nudged to produce as much as possible—whether through lots of synthetic fertilizers and pesticides or through selective breeding—they deliver fewer nutrients. It evidently isn't just the flavor that's become diluted in those bland supermarket tomatoes.

This is a fascinating insight. We should reflect that for at least 50 years, the best-funded agricultural researchers are the ones work to maximize yield—that is, gross output per acre. Even now, the Bill & Melinda Gates Foundation is expending hundreds of millions of dollars in an effort to [increase yields in Africa](#).

Rather than isolate and fetishize yield, perhaps ag researchers should learn to take a whole-systems approach: study how communities can develop robust food systems that build healthy soil and produce nutritious food.

(It should also be noted that last year the Organic Center [compiled](#) peer-reviewed studies finding that organically grown produce tends to deliver significantly higher nutrient levels than conventional.)

"Over three billion of the world's population is malnourished in nutrient elements and vitamins (Welch and Graham, 2004), including in developed countries. Vegetables and fruits are among the richest sources of many nutrients. Thus, declining nutrient concentrations

in horticultural products are most unwelcome. Past and ongoing efforts to increase yields, combined with apparent broad tradeoffs between yield and the concentrations of perhaps half of all essential nutrients, work against recent efforts to increase one or a few micronutrients in individual foods..." Extract from an [article](#) [PDF] published in the February 2009 issue of the HortScience Review, University of Texas...

<http://hortsci.ashspublications.org/cgi/reprint/44/1/15?ijkey=RfqP6D3rRt&keytype=ref>

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2010 has just begun and most people have set New Years Resolutions... including losing weight... Becoming slimmer, fitter and healthier! This weight loss would incorporate goals of losing 'X' amount of kilograms before the end of this year!

Weight Management for Life...

Reaching an ideal, healthy weight is an achievement most are proud of. We like to refer to this process as Weight Loss or Weight Management. The term "Loss" implies that what you had is something that you wanted, and you are likely to look for it until you get it back.

Recent studies indicate that obesity in this country is now at epidemic proportions. The latest studies indicate that more than 71% of American adults are overweight—an all time record. This compares to 56% in 1984. The problem, however, is not just limited to adults since approximately 12 to 14% of children and adolescents are likewise above their ideal body weight.

Obesity increases your risk of many diseases including hypertension, heart disease and even cancer. Obesity can increase your risk of Type II diabetes by as much as an amazing 5000%. Cancer of the colon, rectum and prostate are prevalent among overweight men with cancer of the breast, uterus, ovaries, gall bladder and bile duct found more commonly in overweight women. Approximately 300,000 Americans die each year from obesity. In the United States we are spending an excess of \$33 billion every year on weight loss programs and yet we are still gaining more weight.



According to 'Super Size Me', (the movie about the American who ate nothing but McDonalds food for a month.) obesity has been linked to: hypertension, coronary heart disease, adult onset diabetes, stroke, gall bladder disease, osteoarthritis, sleep apnea, respiratory problems, endometrial, breast, prostate and colon cancers, dyslipidemia, steatohepatitis, insulin resistance, breathlessness, asthma, hyperuricaemia, reproductive hormone abnormalities, polycystic ovarian syndrome, impaired fertility and lower back pain.

It also documents a 2002 report by the World Heart Federation; the most common conditions caused by obesity (heart disease, diabetes-mellitus, high blood pressure and cholesterol) annually contribute to about 17 million deaths around the world.

SOUTH AFRICA'S figures are equally alarming!

Figures in South Africa are equally alarming, according to the 2003/4 South African Health Review. The annual report on the nation's health found that, when combined, all chronic non-infectious diseases usually associated with lifestyle (heart disease, strokes, cancer, chronic obstructive pulmonary disease and diabetes) result in 37 percent of deaths. What are amongst the risk factors for these conditions? Poor diet, lack of exercise, high blood pressure, high cholesterol **AND OBESITY**.

So, with statistics like these, it's time to learn the keys of living healthy and start using them to get healthy. Follow these keys to long-term success and you will see what it means to live a healthy life at a healthy weight:

Key #1: It Is All In Your Head

One of the most important aspects of weight reduction is the expectation of what you hope to achieve or motivation. This encompasses the development of an ideal body image – how you visualize yourself to be – as well as setting realistic weight reduction goals. This is necessary to keep the process moving and avoid discouragement. For example, set a goal of drinking 64 ounces of water or more each day and watch the pounds melt away.

Key #2: Calories

Calorie counting is a tedious process that many endure in their pursuit of weight reduction. It may not be necessary if you make wise choices about the foods you eat. For example, healthy foods like fruits, vegetables, whole grains and lean protein have fewer calories per portion size. So you can eat a little more, and still not be over the top in your calorie count. You do not need to count calories, just use good judgment in your food choices.

Snacks – Friend or Foe?

The fact that you are managing your weight does not mean you can not snack. In Fact, when the right snack is chosen, it can be very good for you. A recent study has shown that eating a portion of peanuts satisfied hunger for two and a half hours while a high carbohydrate snack such as rice cakes only satisfied hunger for 30 minutes. It also concluded that the people who ate the peanuts as a snack lost more weight than the rice cake 'snackers'. So once again, making wise choices about the foods you eat will help you reach your ideal weight.

Carbohydrates – Good and Bad:

Huge portion of the population eat an abundance of carbohydrates – especially the wrong kind. Foods with a high glycemic value raise the blood glucose in our bodies, which increases insulin levels, and are high in calories.

Insulin is absolutely necessary to maintain proper blood sugar balance, but excess levels of insulin may be a large contributing factor to heart disease, hypertension, increased lipids and other chronic illnesses. And, because it impairs the body's ability to use its own stored fat, it inhibits weight reduction.

Foods to Choose:

Low Glycemic Carbohydrates

- 100% Whole Grain Bread

Foods to Avoid:

High Glycemic Carbohydrates

- White Bread

- 100% Whole Grain Pasta
- Sweet Potatoes
- Most Vegetables

Low Glycemic Fruits

- Apples
- Peaches
- Pears

- White Pasta
- Potatoes
- Carrots

High Glycemic Fruits

- Bananas
- Plums

Key #3: The "E" Word

The "E" word most of us try to avoid is exercise! But, in addition to a healthy diet with good food choices, an increase in the daily caloric expenditure is necessary – exercise is a must. Exercise will help you burn those extra calories and boost your metabolism.

The best way to achieve your healthy, ideal weight is to do a combination of aerobic exercise and resistance training. The aerobic exercise, 20 to 30 minutes daily (4x/week) will have many health benefits, and help you burn calories. The resistance training will help you tone your body and add muscle. The benefit to adding muscle is that for every pound of muscle you add to your body you will burn an extra 50 calories per day. This is because muscle is metabolically active and uses energy at a much higher level than fat. Resistance training also helps to strengthen bones, increasing bone density and cutting your risk of osteoporosis.

Key #4: Good Nutrition

A lifetime nutritional philosophy, focusing on the consumption of nutrient-dense, unprocessed foods and vita-nutrient supplementation is the cornerstone of the treatment protocols for a low carb diet.

High carbohydrate meals tend to leave you less satisfied than those that contain adequate fat levels; so you eat more and get hungrier sooner. So what should you do? Get off the insulin generating roller coaster of the low-fat diet and start cutting down on your carbohydrate consumption, especially the worst offenders: sugar, white flour and other simple carbohydrate-based products.

There are also certain minerals, vitamins and herbs that can actually cause the body to burn excess fat. Other nutrients can control sugar cravings and generally curb your appetite. GNLD has it all...

Nutrient Facts and Recommendations and GNLD's Highly Recommended Products:

GR2 Appetite Reducer

- Exclusive formula enhances your feeling of fullness! Works with your body's natural "feedback network" to make you feel full on smaller portions.
- Helps you to control your glycemic response by slowing carbohydrate release into the bloodstream, thereby encouraging the body to burn fat for fuel, instead of placing it in storage.
- Fiber plays a critical role in carbohydrate metabolism and controlling glycemic response.
- Think of fiber as a broom that sweeps out fat from the body. Start with 2 tablets of fibre before meals and at bedtime.

"Am I overweight or obese?"

You can tell by looking at your body mass index (BMI).

Your BMI = your mass in kilograms / (your height in metres)².

(Multiply your height by itself, and divide this total into your mass).

If your BMI is between 25 and 30, you're considered to be overweight. If it's more than 30, you're obese.

A simple test for obesity

Measure the circumference of your body halfway between your lowest rib and your hip bone.

If you're a man and the

measurement is more than

102cm, you should go for a

medical checkup. Women who

measure more than 88cm should also get checked out.

Your organs are likely to be

enlarged because they've been

infiltrated with fat. So you're at a

high risk of developing high blood

pressure or one of the other

medical conditions associated with

obesity.

GR2 Thermogenic Enhancer

- Unique herbal blend naturally re-energizes your metabolism.
- Provides a “metabolic advantage” to help you burn fat and stay energized, without the use of potentially harmful drugs or addictive stimulants.
- Unique herbal formula works with the body’s natural signaling system to promote healthy weight loss.
- Garcinia cambogia and Green Tea help the body burn fat for energy. Also assists in preventing carbohydrates from turning into fat. Gymnema sylvestre and Garcinia also assist in controlling appetite. In addition, Green Tea, Cayenne and Garcinia help increase energy levels.
- Gymnema sylvestre decreases taste response to sugars, effectively reducing appetite for sugar and other carbohydrates.
- Every herb is based on the blueprint developed by renowned Medical Herbalist, Dr. Ann Walker.

GR2 Meal Replacement Protein Shake

- Keeps your glycemic levels in a safe range and satisfies your cravings!
- Helps to minimize fat storage and increase the amount of fat your body burns.
- Contains “glycemic edge” carbohydrates that provide energy and encourage your body to keep those fat-burning fires fueled!*
- Unique high-protein, low-carbohydrate formulation helps you control your glycemic response and keep your hunger cravings in check.*
- Supplies all 22 amino acids involved in human nutrition. All the Building Blocks of Protein... With these your body can manufacture all proteins needed by the body.
- You receive 32% of RDA Vitamins, Minerals, EFA’s, Digestive Enzymes with every serving!
- Manufactured using GNLD’s exclusive “Protogard Process.”
- Fantastic chocolate and vanilla flavors conveniently mix with water and replace two meals. Replace more if you want to... makes a great in between snack too.

Chromium, Chromium is a trace mineral that cuts sugar cravings and reduces fat storage in the body. The usual dose is 200 to 600 mcg daily. It helps modulate blood sugar levels, and also may preserve lean muscle mass. It has also become very popular for weight reduction. This nutrient is found in the GR2 Control Meal Replacement Protein Shake and the Formula IV Plus... **VB Complex Vitamins** also have a similar role!

NB!

One note of caution - Ephedra, otherwise known as **ma huang** is used quite commonly in this country as a diet adjuvant. This nutrient, although considered "natural", can be extremely dangerous since it works as a stimulant. It can cause cardiac arrhythmias and a host of other problems including the potential for death. It is the recommendation of the vitacost.com Scientific Advisory Board that this nutrient should NOT be taken under any circumstance. This ingredient is not in the GNLD products!

Statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat and cure or prevent disease. Always consult with your professional health care provider before changing any medication.

Month Ends

Mon 4/1, **Mon 1/2**, Mon 1/3, Wed 31/3, Mon 3/5, Tue 1/6,
Thu 1/7, Mon 2/8, Wed 1/9, Mon 4/10, Tue 2/11, Wed 1/12

Team Rallies

All on the 1st Saturday after Month End!

Rally 2-4pm

Please bring a packet of biscuits.

9/1, **6/2**, 6/3, 10/4, 8/5, 5/6, 10/7, 7/8, 4/9, 9/10, 6/11, 4/12

**Another Great Reason
to take GNLD's Vitamin B Complex
on a daily basis...**



Promote Healthy Cholesterol Ratios with Pantethine

2010 has arrived in a whirlwind and many of you are already integrating your New Year's resolutions. For the millions of you with elevated cholesterol, there is exciting news, and certainly something that could easily be incorporated into your resolutions.

At the American Heart Association's annual meeting in New Orleans last November 2004, researchers from the University of Minnesota presented a study on the nutrient pantethine. Researchers reported that 600 to 900 mg a day of pantethine significantly improved lipoproteins associated with both bad and good cholesterol. A particular protein called apolipoprotein A, which is associated with HDL lipoprotein ("good" cholesterol that protects against heart disease and stroke), increased, while the protein apolipoprotein B, which is associated with LDL cholesterol ("bad" cholesterol that causes heart disease and stroke), decreased.

Pantothenic acid, also known as vitamin B5, is a nutrient that is involved in the manufacture of coenzyme A (CoA). CoA plays a vital role in energy production via the Krebs cycle. Pantethine is the active metabolic precursor (a substance from which another is formed) of pantothenic acid. Interestingly, while pantethine appears to have tremendous benefit as a lipid (fat)-lowering agent, pantothenic acid seems to have very little benefit in this regard. Prior studies have indicated that pantethine will typically reduce triglyceride levels by about 20%, while also typically lowering total cholesterol levels by about 10%. Pantethine appears to reduce cardiovascular risk by decreasing platelet clumping. It also appears to help improve energy levels. And, pantothenic acid is essential for adrenal gland function. As a final benefit, there have been several animal studies in the medical literature indicating that pantethine appears to inhibit the formation of cataracts.

2005 should be an exciting year. Seriously consider adding pantethine to your daily supplement regimen by including...

GNLD's Vitamin B Complex Sustained Release.

Lyn & Roy Banks...PO Box 87453, Houghton, 2041... Tel/Fax/Answer - 011-880-0942
Cell - 082-5645542 friendly@global.co.za www.friendlyforce.co.za



As the New Year begins, why not resolve to improve your cholesterol ratio? The nutrient pantethine has recently been shown to actually increase HDL, or "good" cholesterol levels, while decreasing LDL, or "bad" cholesterol levels, and without serious side effects. Additional studies also indicate that pantethine may provide health benefits for energy production, cardiovascular health, adrenal gland function, and possibly even vision.

Free Radicals, Dude

Myth or Matter of Fact?

MYTH! Free radicals really do exist! Although it might sound like a music band from the 70's, free radicals are simply super-charged oxygen-containing compounds in the body that can cause damage to cellular membranes. Each cell in the body is encased by a membrane that protects the contents within, including it's DNA. Free radicals are oxygen-containing compounds in the body that are produced from normal metabolic processes, as well as from air pollution, tobacco smoke, UV rays, and even stress. These metabolic by-products end up with an unpaired electron, causing them to be unstable. The free radical, an unstable molecule, will then produce a negative chain of events in the body as it tries to gain electrons from other molecules in order to become stable. In fact, they will steal these electrons from healthy cells leaving those cells damaged.

To make it easier, you can think of it like a 4-legged chair that has lost one leg and now has only 3 legs. If you sit down on a 3-legged chair, chances are that you are going to fall over and hurt yourself because the chair is missing one leg. These "3-legged chairs" (free radicals) in your body are constantly looking for a "4th leg" (electron). The free radical steals these electrons from healthy cells in the body, causing them harm. Free radical damage to these cells promotes damage to the cell's DNA, either causing it to die off or mutate, which can lead to cancer.

Free radical damage can be counteracted by the use of antioxidants. These compounds can destroy free radicals, therefore stopping the damage they could inflict. Since free radical damage occurs from naturally occurring metabolic processes, as well as from environmental pollutants, it is suggested that everyone take a multivitamin containing antioxidants, especially if your diet is lacking in fruits and vegetables - both of which contain powerful antioxidants.

GNLD Recommendations...

Phytodefence which contains Carotenoid Complex, Flavonoid Complex and Cruciferous Complex... each of these are available individually.

Vitamin C Sustained Release or Chewable Vitamin C, Vitamin A, Vitamin E.

Annual income twenty pounds, annual expenditure nineteen nineteen and six, result happiness. Annual income twenty pounds, annual expenditure twenty pounds ought and six, result misery. - David Copperfield

"Takipar bich che meloljinge ma".

Traditionally, in Tugen society, the elders would sit around the fire and Discuss issues of the community to maintain stability and untiy. The kindling of the fire is symbolic in that it warns that the people will be easily defeated in a time of trial if they do not value or appreciate each other... Kenyan parable -

**GNLD GR²
WEIGHT LOSS PROGRAMME
CHALLENGE**

Yes, I _____
commit myself to the GNLD GR² Weight Loss Programme Challenge.

Distributor I.D.: _____ or
GNLD Sponsor's Name: _____

GNLD I.D. No.: _____
GNLD Invoice No.: _____
Age: _____ Sex: _____
Current Weight: _____ kg
Height: _____ cm
Body Fat: _____ % (optional)

I want to achieve a goal weight of _____ kg within 6 months (subject to review by GNLD Dietician).

Personal Motivation: I want to gain control of my weight and _____

Tel No.: _____ Cell No.: _____ Email: _____
Postal Address: _____ Code: _____
I prefer to be contacted by e-mail sms Both (Tick)


*Use the same scale and measure throughout the Contest Period. Ask your local pharmacy, healthcare or fitness professional to help you.

Contest Period 1st November 2009 – 31st April 2010 (24 Weeks)

Date: _____ Signature: _____

Entrants' personal details will remain confidential. All entrants must supply GNLD with a recent full-length photograph no older than two months of themselves - mailed to or handed in at their local DC. Participation is subject to the purchase of any one GR² Product for every fortnight of the Challenge. Should you take prescription medication or have health challenges it is your responsibility to consult your doctor before starting the GR² Weight Loss Challenge. Entrants participate at their own risk.

Scan and email the completed form to gr2challenge@gnld.co.za or fax to 011 409 3890 for attention Anel van der Merwe or Nokuthula Nwaoshai.




GNLD International is doing a GR2 Weight Loss challenge

... Starting November till end Feb... whereby you fill in a Registration form (see Attached) with your existing weight and enclose a now 'before' picture and then fill in your goal weight that you wish to achieve by the end of February and if you achieve this there will be Spot prizes included loads of draws! Get started now! Simply fill in the registration form, include your photo and get started on your weight loss goal today!

The Art of Wishing

By Noelle Oxenhandler

On the brink of my fiftieth year, I took stock of my life--and the tally was grim. I was alone after a long marriage, seemingly doomed to perpetual house rental, and separated from the spiritual community that had once sustained me. Though skeptical of "create your own reality" thinking, I launched a year-long experiment in wishing—to see if there was, indeed, any power in "putting it out there," as so many people proclaim. It wasn't easy, but I forced myself to suspend my doubts and go for it all: a new love, a healed soul, and the sweet stucco house of my dreams.

Over the course of the year, I was amazed to discover that all three of my wishes really did come true—in ways that met, subverted, and overflowed my expectations. Based on the experiences recounted in my book "The Wishing Year," here's how to launch your own year of wishing!

It's OK to Wish for Things

Early on in my quest, one of my great epiphanies was that, inadvertently, I was a terrible "wish snob." I had grown up with the very strong belief that it was acceptable to wish for spiritual qualities and for cosmic conditions—such as grace,



forgiveness, world peace—but not for tangible personal desires like a nice house and a romantic love. But gradually, I began to see that it's simply a very human quality to wish for a great range of things: from a nice pair of shoes to a world without war. I began to appreciate that, from ancient times; human beings have regarded the most simple material things as being sacred: corn, rain, arrows, the reeds from which to make baskets, and the art of basket-weaving itself. The ancients couldn't afford to be snobs about wishing for tangible things because their very survival depended on them.

Why This Works: Once you let go of rigid compartments, the "spiritual" and "material" dimensions begin to intertwine in surprising ways. For instance, a Buddhist teacher asked me to edit his book, and that connection was both spiritually healing for me...and helped to pay for the down payment on my house!

Lyn & Roy Banks...PO Box 87453, Houghton, 2041... Tel/Fax/Answer – 011-880-0942
Cell – 082-5645542 friendly@global.co.za www.friendlyforce.co.za



Set Aside Doubts

For me the beautiful phrase “a willing suspension of disbelief,” coined by the American psychologist William James, was the perfect antidote to my skeptical nature. I learned that when you dare to “put your wishes out there,” you don’t have to commit to a new set of beliefs. All you have to do is to set your doubts aside enough to see what happens. I eventually discovered that many of my doubts themselves quite superstitious—the result of certain unquestioned fears and patterns of resignation, like assuming that someone like me could never buy a house in my expensive northern California town!

Why This Works: When I put my doubts temporarily out of play, it gave me a chance to notice opportunities, accept support, and be receptive to new possibilities previously wouldn’t have shown up on my radar. For instance, I met a young flamenco dancer who was looking for a room to rent, and she became the several wonderful tenants who have broadened my horizons...and helped me to afford my “impossible” mortgage.



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Try This Time-Tested Strategy



I permitted myself to discover what sort of strategy seemed to work best for what sort of wish. When it came to my wish for a new love, for example, I chose a combination of the apparent and the hidden. In fact, I resorted to the old-fashioned ritual of writing down my wish on a piece of paper and slipping it under my mattress! When it comes to the desire for a new love, we can’t just will that new love into being. We can articulate what it is we desire, we can make ourselves available to receiving it, but on some level we have to let go and surrender—and what better way than to sleep on it? Amazingly, within a matter of

weeks, the man I wished for came into my life. Having read a book of mine, he called to see if he could meet me—and, believe it or not, this was exactly the way that I had wished to meet a man.

Why This Works: As silly as this may seem, writing down a wish and burying it is actually a potent metaphor for the bringing together of conscious and subconscious forces.



Make It Tangible

When you attempt to make a wish come true, you’re attempting to move from the possible to the actual. For this reason, it’s very helpful to make a three-dimensional object to represent your wish, whether in the form of a shrine, a home altar, or a collage. Because I had such difficulty believing that I could actually own a house, it seemed especially important for me to make this wish concrete and keep it in view. I actually made a little money shrine, filled with gold coins and miniature dollar bills. At first it felt like quite a transgression to do so, as though I were mixing the sacred and the profane. But within months I had gathered a down payment and the house was mine!

Why This Works: When you make a symbolic object, it helps you to acknowledge that you truly do wish for something, to clarify what it is, to honor and stay focused on your goal. And these behaviours are much more likely to bring that goal about.

Wishing and Working Go Together



From my experience, the people who are best at fulfilling their dreams are those who permit themselves to make a wish—and then work like dogs to make it happen! Certainly this is true of my “wish-muse,” Carole Watanabe, whom I write about in the book. She’ll announce a wish, build a shrine—and then spend months making contacts, raising funds, researching sites, renovating properties...doing whatever it takes to actualize her vision. For me, this dual approach was confirmed when I reread the book “Magic, Science and Religion” by anthropologist Bronislaw Malinowski. He wrote that in ancient and indigenous cultures, people evoke magic at the start of a new venture in order to help them face those mysterious and unpredictable forces that are beyond human control. But then they do everything within their own power to grow their crops, hunt for food, and vanquish their enemies.

Why This Works: Divine magic, it seems, is most likely to happen when we’ve done our human homework.



Attract Others to Your Wish

One of the things that happen when you openly announce a wish and remain committed to it is that others become attracted to your wish. You let friends know that you want to buy a house in a certain area within a certain price range, and all kinds of people come out of the woodwork to give you the information you need. In my case—once I’d come out with my desire for a house and dared to make my money shrine—a family member suddenly woke up in the wee hours of the night and remembered that, years ago, she’d put a little stash of money in case she needed to buy a car. She had completely forgotten

about this account. Since she no longer needed a car where she lived, she gave me the money toward my down payment. And though it wasn't a large amount, it definitely helped me round the bend from possible to actual.

Why This Works: When you commit to your wish, it creates a certain momentum. That momentum intensifies when others come on board and contribute their resources to your objective, whether in the form of time, money, labor, materials, sound advice or simple encouragement.

Take the Risk

When we wish, we open ourselves to the unknown. This is why many of us are afraid to wish: we'd rather stay with the safe predictability of the known, however confining, than take the risk of actively wishing for something new. Something always happens when we actually dare to articulate a wish and set about working to make it come true. That "something" may turn out to be different from what we imagined, but it is always valuable. For instance, one woman I know had been convinced for years that she had made a mistake in becoming a lawyer because she was truly meant to be an artist. When at last she dared to articulate her wish, she gave herself a six-month leave to enroll in art school where she discovered that—lo and behold—she really couldn't stand the chaos and uncertainty of the artist's life! Though she was disappointed, she was released from years of clinging to an unrealistic dream and free to fully embrace the life she had chosen...or to make a new wish come true!

Why This Works: A committed act of wishing always brings about a change—and that's scary, but it's also exciting and creative. If we don't risk the new, we're resigned to our ruts.



Savor What Is

One of the dangers of wishing is that we forget to appreciate what we already have. It's in the very nature of a wish to be oriented toward the future—and there's nothing inherently wrong with that, so long as we remember that it is in the present moment that we are actually living our lives. Sages the world over have told us that the greatest happiness comes when what we wish for comes together with what is. The simple term for that is gratitude.

Why This Works: Savoring is a way of noticing and appreciating the wishes that have already come true in our lives and saying thank you. It stops us from dispersing our energy in constant, restless wanting and keeps us strong, calm, and grounded. And that's precisely the sort of launching pad that is most likely to result in successful wishes!



The Friendly Top 20 Business Builder Awards January - December 2010

- ◆ 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 2009 WINNERS!

Year 2009 Results - Friendly Force Top 20 Business Builder Awards

Pos	Top Twenty 2009	Start	Upgrade to	Jan-Dec 2009	
	Distributorship		Current Title	GPV	Recr
1	Jeanette Baigent	1RD	1 Ruby Director	216 574	6
2	Erwin & Gilda Dedekind	ED	Emerald Director	53 490	9
3	Wayne & Carol Walker	ED	Emerald Director	39 260	4
4	Shirley & Richard Aarons	D	Director	28 903	10
5	Merle Duplooy	D	Director	27 650	5
6	Susi Muller	D	Director	15 779	4
7	Jean Wetselaar	SM	Senior Manager	11 549	4
8	Chrissie Dorfling	D	Director	10 453	7
9	Daniel & Zodwa Nguessen	D	Director	9 425	5
10	Elthia Mafilika	Distr	Senior Manager	5 214	10
11	Hilary Boada	Distr	Manager	3 550	7
12	Byron + Denise Tait	Distr	Qual. Snr Man.	2 366	4

Top Manager

1. Jean Wetselaar
2. Elthia Mafilika

Top Director

1. Shirley & Richard Aarons
2. Merle Du Plooy

Top Emerald Director

1. Erwin & Gilda Dedekind
2. Wayne & Carol Walker

Top Ruby Director

Jeanette Baigent

Top Recruiters (Tie) -

Elthia Mafilika
Shirley & Richard Aarons

Top Recruiters for 2009

1. Shirley & Richard Aarons.. 10 Recruits
Elthia Mafilika 10 Recruits
2. Erwin & Gilda Dedekind 9 Recruits
3. Hillary Boada 7 Recruits
Chrissie Dorfling 7 Recruits
4. Jen Baigent 6 Recruits
5. Merle Du Plooy 5 Recruits
Daniel & Zodwa Nguessen 5 Recruits
6. Susi Muller 4 Recruits
Wayne Walker 4 Recruits
Byron & Denise Tait 4 Recruits
Jean Wetselaar 4 Recruits

The Friendly Top 20 Business Builder Awards January - December 2009

Results for 2009 will be celebrated on the 9th of January 2010
At the Top Twenty Awards to be held at GNLD Head Office, 2-4pm

Congratulations to our Leaders on their awesome production for the month of December 09...

Recognition for December 2009

3/30's

Elthia Mafilika (Banks),
Taryn & Karun Murugan (Dedekind),

2/30's...

Isak & Tulin Malua
Erwin & Gilda Dedekind
(Flash! The Dedekind Team recruited 8
new Distributors in December)

1/30's...

Doreen Mabuza,
Henrietta & Barlow Kaunda,
Susi Muller,
Shirley Aarons,
Hillary Boada,
Michael Aldridge.
Total signings for Month 20...

New Managers

Lebogo Lekgetho (Mafilika)
William vd Merwe (Muller)

Senior Manager :

Taryn & Karun Murugan (Dedekind)

The Friendly Group finished on over 34 000 Group PV and 20 signings ...
Awesome Stuff!

In retail terms that is a turnover of plus R500 000... Flash, we need to wake up to the fact that your future is in your recruiting just look at the above figures ... people who are consistently in the top 10 are people who recruit... The people who are earning the bonuses are the people who recruit and the people who stay in this business are the people who recruit and have teams!

If you had a good month, good on you and we know who you are, keep it up and keep on keeping on! This Opportunity is fantastic and worth every bit of effort you put into it... It's your future... Your pension one day... Make the most of it now!

We take this time to remember truly wonderful people, distributors, friends who passed away during 2009 ... They will be truly missed and remembered with great fondness and love... Our sincerest condolences to family and friends always!
Deeba Peterson – 11/09,
Phyllis Forder 22/12/09,
Jacqui Aldersley 5/1/10
and Anwar Allie earlier this year.



Impending Events...

Mon 4th January 2010 MONTH END **All Day**
 In a crisis look forward and keep focused; the race is not over until the finishing line.

Sat 9th January 2010 Friendly Team Rally **2pm**
 Friendly Top 20 Awards for 2009
 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

Sat 16th January Vision Start Up Meeting **1pm**
 Opportunity Meeting 1:30
 Eagles Nest, Cnr. Leslie + William Nicol, Fourways. for
 Rory Mc Dermid, Barry Bland. 2-4pm
 Network Marketing made easy for 2010
 Don't miss this one ... it could make all the difference to your
 business and the way your new Distributors get started...

Mon 1st February MONTH END **All Day**
 In a crisis look forward and keep focused; the race is not over until the finishing line.

Sat 6th February 2010 2010 Opportunity Jerry Brassfield Rallies... **2pm**
 Emperor's Palace
 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.

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

LIVE THE LIFE WITH OPPORTUNITY 2010

Distributors from every corner of the world are getting excited about GNLD's global tour, OPPORTUNITY 2010, which welcomes in the New Year. GNLD Executives will be travelling around the world to share the Opportunity with this once-in-a-lifetime Event, taking place in Africa in the first part of the year

- Saturday 6 February
Johannesburg Emperor's Palace
- Sunday 7th February Durban Int.
Conference Centre
- Tuesday 9th February Cape
Town Grandwest Casino
- Saturday 13th February Lagos
Welcome Centre, Airport Rd
- Sunday 14th February Oweni
TBA
- Saturday 20th February Abuja
Sheraton Hotel
- Saturday 8 May Nairobi Moi
International Sports Centre
- Sunday 9th may Kampala Serena
Hotel
- Tuesday 11th May Dar-es-Salaam
Diamond Jubilee Hall