



The Friendly Force

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Greetings!

Hi Friendly Folks...

April was a very successful month even with having all those holidays... so well Done, the Friendly Team... Having finished on OVER 54 000 Group PV plus 42 new recruits! See team results on 2nd last page.

We are on a major growth path and it should be another booming month in **May, Month End being on Tuesday 1st June 2005.** So have a magnificent month... Make it a 'best ever'! Check the impending events section and you will see that there is a lot of Opportunity for building your GNLD Network! Make use of the Product Seminars bearing in mind that guests can attend these fantastic events... There are loads of

opportunities to grow your business, particularly with all the sporting events taking place such as the World Soccer, Comrades Marathon, Cricket and Rugby... Invite all your sports people... and Friends and Family to these events! Also, check out the amazing new contests... for recruiting and for upgrading to a Director... Use these contests to your advantage... Believe in yourself... The greatest challenge that faces all of us is to believe in ourselves, in our own ability to achieve those goals we have set. It is not difficult to believe in the Products - they have proven their performance for so many years or in the Company that has supported the Opportunity for so many people. It is not difficult to believe in our Leaders who have guided so many to success - the only limiting factors to our success is the sincerity of our belief that we are deserving of success and that this opportunity can and will eventually work for us - persistent performance, patience and perseverance will take us all towards a better tomorrow. Believe in Yourself... That is the greatest challenge of all. You have the best opportunity, GNLD, (a multi-level-marketing) whereby you can truly make use of the principle of **leverage** ... check out the following and be inspired, knowing that you are involved in something truly wonderful!

LEVERAGE!!!!

Leverage - the mechanical advantage gained by being in a position to use a lever
GNLD is the Fulcrum (F)
Rock is PV (Bonus)
You are the man
People are the Leverage (L)
More People = more PV you pick up...



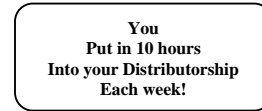
Multi-level Marketing's secret key to success...

Leverage

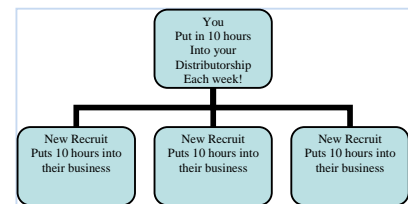
'Aristotle once said give me a lever and a place to stand on, and I will move the Earth'. We do not want to work like a Type A workaholic, this is an employee mindset, and Multilevel Marketing is designed for the entrepreneur. Mastering leverage takes time, and this time is based on perceiving the results of your prior actions. With the knowledge of leverage in the back of your mind, you can start implementing leverage in your work from home business opportunity and make decisions which bring you more results than the effort you put in

The best way to build your business in a fast and efficient way is to leverage your business... how do you do that! You do that by leveraging your time and effort through others who duplicate what you do! Network Marketing is the answer... It is one of the most effective mediums for multiplying your time and effort and it's done through empowering others to do the same... It is definitely a way for ordinary folk to achieve extraordinary results! GNLD provides a Networking Marketing Plan that is safe, lawful, ethical which is designed to assist people in achieving their dreams... GNLD is the answer! By building a team of Distributors you are leveraging your time and efforts...

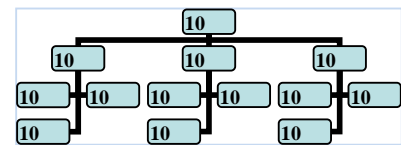
take a look at the following examples...



With just you on board that could only equate to 10 hours a week worth of effort and time... now recruit 3 new people into your distributorship and see how your time and effort are leveraged...



Your Distributorship is now benefiting from 40 hours of time and effort being leveraged....



You now have 12 People in your team plus yourself ... and if you are all putting in only 10 hours a week this will give you a business that is reaping the reward of 130 hours per week of time + effort... Imagine if you had a more than 1000 people in your team? You can turn the hours into PV (GNLD Currency) and let's say each person is achieving 1000PV only per month... = 13 000GPV per month!

To leverage is sometimes overlooked by people who would like to do everything by themselves. These people believe that they cannot trust somebody or develop somebody else to do a task to their satisfaction. When we talk about leveraging in multilevel marketing we again do not mean that you sit down and wait for others to do the business for you. Here you as a sponsor train and coach your down-line to an extent that they can do the business on their own. As they continue doing the business, you will

be leveraging on their skills, time, and effort!

Regarding a MLM Co. such as GNLD ... Instead of putting money into Advertising, Distribution, SuperMarketing...premises /staffing /expenses etc... GNLD put the month into you in the form of bonuses on your Total turnover in the form of Profit, and various lucrative bonuses. In a recent article... Donald Trump and 'Rich Dad, Poor Dad' author – Robert Kiyosaki fully recommend MLM... It also nice to know that MLM is being studied at universities such as Harvard.

How to Motivate your Team???

Article Submitted by Roy Banks...

Check what Abraham Maslow has to say!

Maslow's hierarchy of needs can be used to motivate people. According to Maslow, any need that is unfulfilled can be used as a motivator. One need only find the things that would satisfy a particular person's need. On the other hand, once a need is fulfilled it can no longer be used to motivate. For example, if people have their physiological, safety, and belonging needs met, they can be motivated by offering them opportunities to fulfill status and self-esteem needs. It would be better to offer these people recognition or a new title, rather than something from the lower three needs. Once the self-esteem and status needs are met, it would be less effective to try to motivate someone through personal awards or a mention in the employee newsletter. According to Maslow, the self-actualizing need should be appealed to next. Offering new challenges, tuition reimbursement, or work time for learning might be some ways to appeal to self-actualization. Although most books end with self-actualization because this was Maslow's original hierarchy, he actually added a sixth and seventh step later. The highest two steps in the final Hierarchy are knowledge and aesthetics. The need for knowledge is expressed in some people's desire to know all there is to know. While this is not possible today, some people still feel the need to try to

know all, or at least as much as possible. These people find almost every subject interesting. The seventh step is aesthetics and is seen in the need for artistic qualities, fine design, balance, etcetera, in things.

You can use Maslow's Hierarchy by first determining your location on the hierarchy. Next, you can look toward fulfilling unmet needs. Realize though that not all needs can be met through work. If your need for status is unfulfilled and cannot be filled at work, look to other activities. Often, people can achieve status through volunteer work or community activities.

Motivational for May

Confidence: You Sell Only You by Dr. Denis Waitley

This article is written to help keep you ahead of the pack and on the inside track in your business and personal life. Our focus is on self-confidence and self-esteem.

In my opinion, there is nothing more important than your belief in your own potential for success and happiness, regardless of your age, gender, ethnicity, looks, education or background. The truth is, every day "You only sell you. You don't sell products or a business concept. You sell the value of the person offering the products and services. The decision of the buyer is based on the value of the seller. Just as products are branded as "the best", "cheap", "ineffective", "trustworthy" or "unreliable", so, too, are individuals branded by others as "winners" or "also-rans." Who you are shouts so loudly, that people either can't hear, don't want to hear, or listen carefully to what you are saying. Everybody loves a winner, and we all want to buy from winners who pass their own value on to us.

Self-confidence isn't something you were born with. It's something you develop. Many of us were cultivated like weeds as children. We played inferior roles to the adults around us, who frequently reminded us of our faults and shortcomings more than our successes and abilities.

If you had that type of childhood, as I did, you face a special challenge in building up your self-confidence as an adult. Here are some basic points to remember about yourself:

Realize that the most important opinion about you is the one that you hold. Ultimately, nobody else is responsible for your life but you. Nobody else is accountable for your actions but you. Therefore, nobody's opinion about you is more important than yours.

Recognize that the most important conversations are the ones you have with yourself. Whether or not you are aware of it, you have a running conversation with yourself from the time you get up to the time you go to sleep. Your thoughts and ideas are "you talking to you." Have daily conversations with yourself that are supportive and reinforcing. We know the value of talking to people who praise us, reward us, recognize us, are happy to see us, and let us know they genuinely enjoy talking with us. Talk to yourself with those same qualities – silently as well as audibly.

Develop a strong system of internal values. Weigh what you hold to be true, good and lasting. Write down some of your values for periodic review. Read material that reinforces what you hold to be significant in life. Know what you believe and why you believe it. At times, have discussions – even debates – with yourself. Draw conclusions about life. Think about deeper issues. Your values will greatly affect how you relate to others. The stronger your values are, the greater the impact. If you are lacking in internal values, you will tend to draw from and even use other people to try to mimic their behaviors, if only superficially. Instead, seek to become a model, one who can help and give strength to others.

Don't reinforce your failures. Failure is a detour, not a dead-end street. Failure is a temporary setback, not a residence. Failure is a learning experience, not a person. Like success, failure is a growth process, not a status. Don't wallow in your mistakes. Correct them and move forward.

Don't demand perfection of yourself.

An A is usually awarded to the person who scores 90 percent or better, and sometimes the score doesn't need to be that high. Professional basketball players only make half their shots. Professional quarterback complete only half their passes, and professional baseball players reach first base less than 40 percent of the time, and that includes walks. And we all know what our averages are in picking stocks to invest in that are always going up. That would be never! Give your best effort every day and keep ratcheting forward. Perfection is not only totally unrealistic to expect and virtually impossible to achieve, but it greatly deters your ability to move forward. The person who is constantly looking over his or her shoulder at what might have been done better can't possibly be focused on the future. Drive with your eyes ahead; don't drive by concentrating on the rearview mirror.

Give each job or task your best effort. Countless individuals say, when confronted with a chore, "I'm too good to be doing this." They have contempt for their current situation and position, and get discouraged easily. Success is an accumulation of what you do in the minutes of each day. No task is too unworthy to do well. There are no small parts – only small actors.

View the big picture of life. Step back from the landscape of your life today and take a long walk, ride a bike, or just sit silently, observing the wonder and abundance of God's creation in nature. You are a part of a much bigger whole. Listen to the subtle rhythms of your environment. Recognize that you have rhythms and cycles of change in your life. Relax and open up to the vast creative and interrelated world around you.

To develop confidence, you must see yourself ultimately as a unique part of creation. You must recognize, with pleasure that nobody else is just like you. No one else has exactly your temperament, history or experiences. No one else has your footprints, your finger prints, your voice print or your genetic code. No one else has precisely your set of talents, capabilities and skills. You are one of a kind. The value is there. It just needs to be dusted off and polished.

“The article above has helped many Distributors gain their confidence and a Positive Mental Attitude which is imperative in our type of industry... Have a great May and keep on making a positive difference in the lives of people around you”... Lyn Banks

News from GNLD Head Office...30 April 2010

GNLD Southern Africa is excited to announce the launch of our new-look GNLD Kit, available from 6th May, 2010. The fresh concept GNLD Kit is presented in a custom designed box that's attractive, hard wearing and easy to store.

GNLD Kit Pricing (Effective from 6th May, 2010)				
Code	Region	Price	BV	PV
1001	South Africa	R450	188	34
1001	Botswana	P340	128	34
1001	Lesotho	M455	184	34
1001	Namibia	N\$460	182	34
1001	Swaziland	E420	194	34

GNLD Business. When you sign up new Distributors and they purchase the kit they will also be starting their first month with a 34 PV boost! Note: the free 40 PV no longer applies. What's also exciting is that for the first time Distributors will receive their Membership Card immediately.

In keeping with the changing identity of GNLD, some existing items have been redesigned and reworked, like the Marketing Plan (Code 322). There are also some totally new literature items, for instance Getting Started (Code 409) and the Presentation Guide (Code 410) - which replaces the previous Corporate Flip Chart. These Items will be available for sale individually, shortly after the initial GNLD Kit launch.

In the stylish new GNLD Kit Box you'll find:

Along with your Kit Box you will receive a separate envelope, specially packed for the relevant country, containing:

The price of the GNLD Kit includes a one-year registration, essential literature for starting a GNLD Business and 2 x Tre-en-en (60 Capsules). The Tre-en-en is intended for personal use, but also gives new Distributors the opportunity to share the product with others - a key to building any

Box Contents
Welcome Letter - New
Fax Friendly Order Forms
Lifestyle Magazine
Product Brochure
Policies & Procedures
Presentation Guide - New
Marketing Plan - New
Getting Started - New
GNLD Distributor Pins x 2
Tre-en-en 60's x 2

Envelope Contents
Membership Card
Member Distributor Application Forms - Country Specific
ABSA Deposit Slips x 3 – South Africa Only
Suggested Retail Price List - Country Specific
Distributor Confidential Price List - Country Specific

CHROMIUM RELIEVES DEPRESSION

Chromium, an essential mineral commonly deficient in the British diet, has been found to provide major relief for two thirds of depressed patients,

according to a study published today. Researchers at Cornell University gave 117 people suffering from 'atypical' depression either chromium supplements or placebo. Two thirds of those taking chromium had significant relief of their depression, compared to a third on placebo.

Chromium is naturally found in wholefoods but up to 98% is removed

in refining sugar, rice or flour, so it is exceptionally low in a highly refined diet. What's more, eating sugary foods robs the body of chromium. This is because chromium is essential for the hormone insulin to work properly, and insulin is released whenever a person's blood sugar increases, for example after eating sweets or sugared drinks.

Continued...

According to director of the Brain Bio Centre, Patrick Holford, who has pioneered this approach in Britain “The classic picture of depression is someone who doesn’t eat enough, doesn’t sleep enough and loses weight. We are seeing more and more patients who are gaining weight, feel tired all the time, crave carbohydrates and could sleep forever. People with this kind of ‘atypical’ depression often get instant relief by taking a 200mcg chromium supplement twice a day.”

The discovery of the link between chromium and depression was made by a psychoanalyst Professor Malcolm McLeod by accident. McLeod was treating a patient called George who had been depressed for several years. He suddenly got completely better after taking a nutritional supplement. “It was unbelievable. Without the supplement his depression returned. I narrowed it down to the chromium in the supplement.” McLeod then ran a small trial giving fifteen depressed patients either chromium or placebos and reported highly significant improvements. This latest trial, published today in the Journal of Psychiatric Practice, confirms that chromium supplements are highly effective natural anti-depressants.

“For many people chromium is the missing link” says Holford from London’s Brain Bio Centre “Most the patients we see with depression respond to simple diet changes and supplements. For some its chromium, while others respond to omega 3 fats or an amino acid called 5-HTP. We find out exactly what’s out of balance and correct it with nutrients rather than drugs. This is the future. Most of our patients are off anti-depressant drugs within a year.”

Chromium has no known toxicity of side-effects at 100 times the ideal level of 400mcg a day for depressed people.

**GNLD Recommendation:
Chromium is available in the
Formula IV Plus.**

DIABETES

There are two basic types of diabetes: diabetes insipidus and diabetes mellitus. Diabetes insipidus is a rare metabolic disorder caused either by a deficiency of

the pituitary hormone vasopressin or by the inability of the kidneys to respond properly to this hormone. Failure to produce adequate amounts of vasopressin is usually the result of damage to the pituitary gland. Diabetes insipidus is characterized by extreme thirst and by the production of enormous amounts of urine, regardless of how much liquid is consumed. Diabetes mellitus results from a defect in the production of insulin by the pancreas. Without insulin, the body cannot utilize glucose (blood sugar), its principal energy source. As a result, the level of glucose circulating in the blood is high and the level of glucose absorbed by the body tissues is low. Perhaps more than most diseases, diabetes mellitus is associated with diet. It is a chronic disorder of carbohydrate metabolism that over time increases the risk of kidney disease, atherosclerosis, blindness, and neuropathy (loss of nerve function). It also creates a predisposition to infections such as candidiasis and can complicate pregnancy. Although genetics may make a person susceptible to diabetes, a diet high in refined, processed foods and low in fiber and complex carbohydrates is believed to be behind most cases of the disease. Those who are overweight face the greatest risk of developing diabetes. Diabetes mellitus is generally divided into two categories: type I, called insulin-dependent or juvenile diabetes, and type II, or non-insulin dependent diabetes. Type I diabetes is associated with destruction of the beta cells of the pancreas, which manufacture insulin. This type of diabetes occurs mostly in children and young adults. Recent evidence implicates a viral cause in some cases of this disorder. Autoimmune factors may also be involved. Symptoms of type I diabetes include irritability, frequent urination, abnormal thirst, nausea or vomiting, weakness, fatigue, weight loss despite a normal (or even increased) intake of food, and unusual hunger. In children, frequent bedwetting especially by a child who did not previously wet the bed is another common sign. People with type I diabetes are subject to episodes in which blood glucose levels are very high (hyperglycemia) and very low (hypoglycemia). Either of these conditions can lead to a serious medical emergency. Episodes of hypoglycemia, which strike suddenly, can be caused by a missed meal, too much exercise, or a reaction to too much insulin. The initial signs of hypoglycemia are hunger, dizziness, sweating, confusion, palpitations, and numbness or tingling of the lips. If not treated, the individual may go on to experience double vision,

trembling, and disorientation; may act strangely; and may eventually lapse into a coma. In contrast, a hyperglycemic episode can come on over a period of several hours or even days. The risk for hyperglycemia is greatest during illness, when insulin requirements rise; blood sugar can creep up, ultimately resulting in coma, a reaction also known as diabetic ketoacidosis. One of the warning signs of developing hyperglycemia is the inability to keep down fluids. Possible long-term complications include stroke, blindness, heart disease, kidney failure, gangrene, and nerve damage. The second category of diabetes mellitus, often referred to as maturity-onset diabetes, is most likely to occur in people with a family history of diabetes. In this type of the disorder, the pancreas does produce insulin, but the insulin is ineffective. Symptoms include blurred vision, itching, unusual thirst, drowsiness, fatigue, skin infections, slow wound healing, and tingling or numbness in the feet. The onset of type II diabetes typically occurs during adulthood and is linked to a poor diet. Other signs that may be associated with diabetes include lingering flu like symptoms, loss of hair on the legs, increased facial hair, and small yellow bumps known as xanthomas anywhere on the body. Balanoposthitis (inflammation of the penile glands and foreskin) often is the first sign of diabetes and is usually associated with frequent urination day and night. Some individuals have impaired glucose tolerance (IGT), indicating an asymptomatic sub clinical, or latent, form of diabetes. IGT describes those whose plasma glucose levels and responses to glucose are intermediate, somewhere between those of a diabetic and a healthy person. An estimated 5.5 million Americans are being treated for diabetes. Studies indicate that there are 5 million adults with undetected type II diabetes, and another 20 million have impaired glucose tolerance that may lead to full-blown diabetes. The National Institutes of Health report that undiagnosed diabetes has caused millions of people to lose their vision. In addition, complications of diabetes are the third leading cause of death in the United States. Urinalysis can often detect unsuspected diabetes.

DIABETES SELF-TESTS (Better Still – Consult a Medical Practitioner). There are several ways to test yourself for diabetes. The tests for type I diabetes are also used for self-monitoring by persons diagnosed with the condition.

Type I Diabetes (Insulin-Dependent or Juvenile-Onset diabetes)
To test for type I diabetes:

1. Purchase chemically treated plastic strips at a drugstore.
2. Prick your finger and apply a drop of blood to the tip of the strip.
3. Wait one minute and compare the color on the strip to a color chart, which lists various glucose levels.

There are also electronic devices available that can analyze the test strip for you and give you a numerical readout of the glucose level. The Bayer Corporation of Elkhart, Indiana, manufactures two glucometer kits- Glucometer Elite and Glucometer Encore-for testing blood sugar in the convenience of your own home. You simply prick your finger with the spring-loaded needle, apply a drop of your blood to the test strip, and place it in the machine for analysis. This test gives you an immediate blood sugar result. It is a device that all people with diabetes should own.

Type II Diabetes (Maturity-Onset Diabetes)

Those with type II diabetes mellitus often cannot perceive sweet tastes. This abnormality may play an important role in how individuals with diabetes perceive the taste of their food, and also in how well they comply with the dietary aspects of treatment. Because our society as a whole is addicted to sugar, this distorted taste perception is very common among the population in general.

The following test can detect an impaired ability to taste sweets.

1. Do not consume stimulants (coffee, tea, soda) or sweets for one hour before the test.
2. Fill seven identical glasses with 8 ounces of water each and label the glasses as having no sugar, 1/4 teaspoon sugar, 1/2 teaspoon sugar, 1 teaspoon sugar, 1 1/2 teaspoons sugar, 2 teaspoons sugar, and 3 teaspoons sugar. Add the appropriate amount of sugar to each glass, and then ask someone else to rearrange the order of the glasses and hide the labels.
3. Take a straw and sip from each glass, then write down the amount of sugar you think it contains. Between sips, rinse your mouth with pure water. Healthy people generally notice a sweet taste when a teaspoon or less of sugar is added to 8 ounces of water. By contrast, people with adult-onset diabetes usually do not notice sweetness until 1 1/2 to 2 teaspoons of sugar have been added to the water.

Nutrients that are helpful
The Nutrients mentioned below can all be found in GNL D's Formula IV Supplement.... But can be bought separately as well.

- Vitamin A... An important antioxidant needed to maintain the health of the eyes.
- Vitamin B Complex ... The B vitamins work best when taken together. The B Vitamins improves the metabolism of glucose and is important for circulation and preventions of atherosclerosis.... Vitamin B12 is needed to prevent diabetic neuropathy.
- Vitamin C... Deficiency may lead to vascular problems in people with diabetes.
- Vitamin E... Improves circulation and prevents complications through its antioxidant properties.
- Chromium... Improves insulin efficiency, which lowers blood sugar levels ...
- GNL D's Zinc Supplement...Zinc... Deficiency has been associated with diabetes and is also necessary for healing.
- GNL D's Calmag contains Calcium... Important for pH balance... and magnesium.
- Magnesium ... important for enzyme systems and pH balance ... protects against coronary artery spasm in arteriosclerosis.
- GNL D's Multi-Mineral plus Alfalfa contains the 8 Macro Minerals and the 72 Trace elements. Copper... Aids in protein metabolism and in many enzyme systems.
- Manganese needed for repair of the pancreas. Also a cofactor in key enzymes of Glucose metabolism ... Deficiency is common in people with diabetes.
- GNL D's Garlic Allium ... Stabilizes Blood sugar and enhances immunity and improves circulation.
- GNL D's Carotenoid Complex... A powerful antioxidant that also enhances the Immune system.

GNL D's Best Remedy for Diabetes... The GR2 (Glycemic Response Squared) Program Consisting of ...

- **The GR2 Protein Meal Replacement Drink...** This Protein supplement contains all 22 Amino Acids, 33% of all your required vitamins and minerals per serving, slow release Complex Carbohydrates, Digestive Enzymes. This shake is delicious and helps to balance sugar levels. It is easy to mix up any where... just add water and is completely nutritious.
- **GNL D's Appetite Reducer...** Don't worry about the name... as the GR2 Program is for folk wanting to lose weight as well... The Appetite Reduces consists of a complex of 6 different kinds of Fibre found in nature including Conjac Fibre which swells to 50 times its size... Absorbs excess sugars and fats and toxins.
- **GNL D's Thermogenic Enhancer...** A combination of 7 herbs... speeds up the metabolism and increases healthy circulation... This supplement is not really that necessary ... unless the diabetic person needs to lose weight as well.
- With the abovementioned supplements ... GNL D also recommend literature to assist with a Healthier way of eating and of lifestyle... a) The Success Guide... b) the Enjoy/Avoid booklet which contains lists of foods from all categories that one can enjoy and foods to avoid... Eating from the Enjoy lists of food will assist with balancing your sugar levels and avoid those glycemic spikes that happen from eating the wrong things.

We have had really good results with diabetics who have been able to reduce their intake of insulin quite dramatically... Please check out GNL D website... www.gnld.co.za or www.gr2control.co.za
For more information and to check out the success stories.

PLEASE REMEMBER THAT ANY PERSON WITH DIABETES OR WHO SUSPECTS THAT THEY HAVE A SUGAR PROBLEM NEEDS TO CONSULT THEIR MEDICAL PRACTITIONER... WHAT IS MENTIONED HERE ARE RECOMMENDATIONS FOR A HEALTHIER LIFESTYLE.

Recommendations ...

- Eat a high complex – carbohydrate, low fat, high fiber diet including plenty of raw fruits and vegetables as well as fresh vegetable juices. This reduces the need for insulin and also lowers the level of fats in the blood. Fiber helps to reduce blood sugar sugars. For snacks eat oat or rice bran cracker with nut butter or cheese... Legumes, root, vegetables and whole grains are also good.
- Eat smaller meals ... more often – to stabilize sugar...
- Get your protein from vegetable sources, such as grains and legumes. Fish and low-fat dairy products are also acceptable sources of protein.
- Avoid saturated fats and simple sugars (except when necessary to balance an insulin reaction).
- Eat more carbohydrates or reduce your insulin dosage before exercise... Exercise produces 'insulin' like effects in the body... Talk to your doctor about the right approach for you.
- Avoid salt and white flour products. Consumption of these products results in an elevation of blood sugar.
- Avoid tobacco ... in any form ... It constricts the blood vessels and inhibits circulation.

Healthy Hair

Proper nutrition can play a HUGE part in the condition of your hair. Being deficient in certain nutrients can contribute to hair loss caused by weakening of the hair shaft, which results in easy breakage and slow re-growth.

The following should be included as part of a healthy-hair regimen, to minimize loss of hair: Vitamin A or Beta Carotene (in dark green leafy vegetables; orange, yellow and red fruits and vegetables; eggs); the B Vitamins -- B6, Folic Acid, B12 (in whole grain products, cereals, nuts, legumes, soybeans, broccoli, avocado, orange juice, wheat germ, eggs); Biotin (in breads, cereals, eggs); Vitamin C (in citrus fruits, berries, melon, peppers, potatoes, tomatoes); Iron (in spinach, red kidney beans, dried fruit, bran); Zinc (in eggs, whole grain products, nuts, seeds, legumes). Also be sure that you are getting

adequate protein, and drinking lots of water.

It may also be wise to take a good multivitamin which contains the above-mentioned nutrients. This can serve as a sort of backup plan for when your diet isn't as balanced as you'd like it to be. In addition to helping prevent hair loss, a diet rich in vitamins and minerals benefits countless other areas of your health -- so overall, you'll be looking good, feeling great, and eating well!

New Risk Factors for Heart Disease

Most folk know that high cholesterol is a major risk factor for heart disease, yet about half of all people who suffer heart attacks have normal cholesterol levels. Clearly, more is involved. Recent research has been turning up other risk factors for heart disease besides the "big four"—high cholesterol, high blood pressure, smoking, and diabetes. (Obesity, inactivity, and family history are also well-established risks.) Below are some newly identified risks—which may also contribute to existing heart disease—and tell you what to do about them. There are supplements that may help prevent or treat heart disease.

Five Emerging Risk Factors

Inflammation plays a major role.

Cardiologists now believe that inflammation may be an underlying cause of atherosclerosis (hardening of the arteries). Indeed, recent research has linked high blood levels of C-reactive protein, a marker of inflammation, with increased risk of heart attacks and stroke. Inflammation of the coronary arteries is thought to influence not only the build up of arterial plaque, but, more importantly, whether or not patches of unstable plaque are likely to rupture, triggering a heart attack or a stroke. We don't yet know what's causing this inflammation, but scientists are exploring the role of infection with *Chlamydia pneumoniae* and other bacteria. It's also possible that oxidative stress caused by free radicals and even emotional stress may play a part.

Advice While research continues, it's a good idea for everyone to follow these steps to reduce inflammation: Steer clear of foods containing polyunsaturated vegetable oils and trans-fatty acids, which promote inflammation, and include dietary sources of omega-3 fatty acids (which inhibit inflammation) such as salmon, sardines, and flax meal. To protect against oxidative stress, take a daily antioxidant regimen: 500 mg of vitamin C, 400 IU of natural vitamin E, 200 mcg of selenium, and Carotenoid Complex. Use a relaxation technique to reduce emotional stress. If you're already on daily aspirin therapy to prevent or manage heart disease, the drug's anti-inflammatory effects offer more reason to continue. Although a blood test for C-reactive protein is now available, cardiologists are still debating who may benefit from taking it.

Syndrome X spells trouble.

Syndrome X, a cluster of symptoms triggered by insulin resistance, is increasingly being recognized as an important risk factor for heart disease. Some researchers estimate that it may be responsible for up to half of all heart attacks. The signs and symptoms of Syndrome X, also called metabolic syndrome, include high triglycerides, low HDL ("good") cholesterol, high levels of glucose (blood sugar), central obesity (a tendency to gain weight in the abdomen), and high blood pressure. All are linked to insulin resistance, in which the body's tissues don't respond normally to this hormone. Insulin resistance can also lead to type-2 diabetes, itself a risk factor for heart disease.

My advice If you suspect you have Syndrome X, ask your doctor to test for the various signs. If you're diagnosed with it, you may need medications for certain problems. In addition, you can help reverse insulin resistance by losing excess weight, getting regular exercise, eating foods rich in omega-3s, avoiding high-glycemic-index (GI) carbohydrates such as white rice and corn flakes, and relying on low-GI carbohydrates such as whole

grains, beans, vegetables, and non tropical fruits.

GNLD's Recommendation... The GR2 Program

Homocysteine hurts the heart.

A growing body of evidence suggests high blood levels of homocysteine—an amino acid formed in the breakdown of dietary protein, especially animal protein—may significantly increase the risk of heart disease and stroke. At elevated levels, homocysteine is believed to damage arterial walls and contribute to the build-up of arterial plaque. High levels may also make blood platelets more sticky, promoting blood clots, and even raise the risk of Alzheimer's disease and cancer.

My advice Fortunately, it's easy to keep homocysteine levels in check if you get adequate amounts of vitamin B-6, B-12, and folic acid (another B vitamin), all of which help break down homocysteine in the body. It is recommended that everyone take a daily B-complex supplement; make sure it contains 400 mcg of folic acid. A blood test is now available to check your homocysteine levels, but it's probably not worth getting if you're taking B-complex.

"High-normal" blood pressure is risky. While hypertension is recognized as a major risk factor for heart attacks and stroke, a recent study suggests blood-pressure readings that are slightly elevated but still below the threshold for hypertension are also cause for concern. The study, reported in the *New England Journal of Medicine* (November 1, 2001), involved nearly 7,000 men and women. People with high-normal blood pressure were about twice as likely to suffer a heart attack, stroke, or heart failure over a 10-year period compared to those with optimal blood pressure. High blood pressure is defined as above 140 (systolic) over 90 (diastolic), high-normal is 130 to 139 over 85 to 89, normal is 120 to 129 over 80 to 84, and optimal is less than 120 over 80.

My advice First, know your blood pressure. Nearly a third of people with high blood pressure don't even know they have it. If you have high-normal blood pressure, try to reduce it by following the same lifestyle measures that are recommended to people with *high* blood pressure: lose excess weight, get regular exercise, eat a healthy diet, practice relaxation, supplement with antioxidants, and don't smoke.

Emotions make a difference. Doctors have long thought that emotional well-being is important to cardiovascular health. Now, mounting evidence is supporting this idea. Recent studies suggest that depression raises the risk of heart disease, and heart patients who suffer from depression are more likely to die prematurely. People who are quick to anger are at greater risk for heart disease than their calmer counterparts. A new study of older men (*Psychosomatic Medicine*, November/December 2001) found that the most optimistic ones were less than half as likely to develop heart disease compared to the most pessimistic. And emotional stress can increase blood pressure and blood clotting as well as promote higher cholesterol and homocysteine levels.

My advice I believe daily practice of a relaxation technique—such as breath work, meditation, or yoga—is an important component of a heart-healthy lifestyle. It's even more important if you have heart disease or are at high risk for it or if you're feeling stressed or experiencing emotional problems. If you're having trouble coping on your own, seek help from a mental-health professional.

GNLD's Vitamin B Complex and Omega 3 is also recommended for a Healthy Mind, Mental conditions and prevention of Depression etc.

Can Supplements Help the Heart?

Clearly, a healthy diet, regular exercise, and stress reduction are all key to preventing or managing heart disease, and people with certain cardiovascular conditions may also need medication to control symptoms. But can supplements also play a role? As noted, it's a good idea for everyone to take a daily antioxidant regimen and a B-complex supplement. In addition, the supplements below—may help with specific cardiovascular problems. Some may benefit the same

conditions, but that doesn't mean you should use them all at once. Instead, work with your doctor to develop an overall treatment plan.

GNLD's Healthy Heart Regime... Omega 3, Vitamin B Complex, Vitamin E and the Garlic Allium Complex.

Omega-3 supplements. Studies have linked omega-3s from fish and other foods with a reduced risk of heart attacks and stroke, and there's evidence that omega-3s in the diet can reduce insulin resistance in diabetics. While I prefer that most people get omega-3s from diet rather than from supplements, people with heart disease, diabetes, or insulin resistance might consider taking fish-oil capsules *in addition* to regularly eating foods with omega-3s. However, be aware that fish-oil capsules may interact with anticoagulant drugs. GNLD's Recommendation ... Omega 3 Capsules... 3 per day.

HRT and the Heart

For many years, doctors believed hormone replacement therapy (HRT) helped protect women against heart disease. But recent studies have cast doubt on this idea, suggesting that HRT doesn't shield women who already have heart disease from further problems. Also, there's mixed evidence that HRT can protect healthy women from developing heart disease. As a result, the American Heart Association advised physicians last summer to not put women with heart disease on HRT in hopes of warding off more heart trouble, and said that healthy women shouldn't go on HRT for the sole purpose of preventing heart disease.

Deciding whether or not to use HRT can be difficult. I encourage women to work closely with their doctors to weigh the possible benefits (including relief from menopausal symptoms and reduced risk of osteoporosis) and risks (including increased risk of breast cancer).

GNLD' Healthy Alternative to HRT...

Nutrishake or GR2 Protein Shake, Formula IV Plus...
Feminine Herbal Formula,
Calmag (Calcium and Magnesium)...
Cruciferous Complex...
Extra Iron should be recommended if there is a deficiency.
Then for Healthy Homocysteine levels add the Lipotropic Adjunct and/or Vitamin B Complex...

Team Recognition for the Month of April 2010! The results were absolutely Awesome! Lets do this again and more in May!

The Friendly Force Year 2010 Awards Contest!

Top 20 Business Builder Awards - Top 20 for Jan - April 2010

CONGRATULATIONS TO OUR TOP 20 FOR THE YEAR SO FAR. We are now in the second quarter of the contest... so by now you should be recruiting your second person to stay in the top Ten... Don't forget that prizes will only be given to the Top 20 who have recruited four distributors for the year...Not a lot to ask considering that one should be striving for recruits every month! See article on Leverage!

<u>The Friendly Top 20 Business Builder Awards January - December 2010 - Contest Rules</u>			Status @ Start	Jan	Feb	March	April	YTD	Signings
	Pos	Distributorship							ytd
	1	Baigent	1RD	22825	17682	24483	27834	92824	1
	2	Dedekind	ED	5775	5760	7825	8527	27887	7
	3	Aarons	Director	2481	4007	5199	4406	16093	14
	4	Du Plooy	Director	4002	4000	4089	4000	16091	1
	5	Walker	ED	4002	1069	4026	4000	13097	3
	6	Mosoeu	Distr	1326	1563	2271	1160	6320	32
	7	Murugan	SM	1181	1189	1616	1485	5471	11
	8	Kaunda	Manager	0	1696	2451	1263	5410	2
	9	Peterson	Director	618	604	1450	1736	4408	1
	10	De Freitas	SM	1429	272	2017	392	4110	1
	11	Dorfling	Director	763	1012	1403	805	3983	1
	12	Holcroft	SM	1013	1051	1063	773	3900	1
	13	Gordon	Director	781	696	1336	1000	3813	1
	14	Mildenhall	Manager	0	627	1001	1581	3209	9
	15	Wetselaar	SM	645	507	1185	719	3056	1
	16	Dedekind M+C	Distr	0	0	1135	1085	2220	5
	17	Swan	Director	565	456	448	644	2113	1
	18	Mafilika	SM	509	461	568	571	2109	1
	19	Boada	Manager	136	130	1000	731	1997	2
	20	Howes	Distributor			600	1091	1691	1

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. Recognition will be published monthly. 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!

April 2010 Team Recognition Cont... Congratulations to all our Upgrades for April - Stunning Stuff!

New Managers

Keryn Lea Smit, Joanna Maja, Fayson Malulkeke, Previn & Kerus Ramsamy, Barry & Debbie Mondahl, Salauddin & Aasiya Ahmod, Zoliswa & Mlungi Binza

New Qualified Senior Managers

Amelia Damatta, Cecilia Maphumulo, Irene Howes

3/30 Recognition

Shirley & Richard Aarons
 Jarryd & Carmen Mildenhall, (Star)
 Erwin & Gilda Dedekind, (Star)
 Tumelo (Nat) & Rachel Mosoeu (Double Star) (6 Signings on Star - WOW!)

EXCITING NEW CONTESTS FROM GNLD!

3/30 CONTEST

Achieve '3 signings in 30 days' Strive for Super Star Status and win prizes along the way like Pen, Pencil, A5 Executive Notepad Holder, Travel Wallet, A4 Presentation Folder and an Exclusive 3/30 Briefcase. After your first 3/30 achievement, you need to make sure that each of your three recruits have +100 Personal PV in their name to achieve 3/30 Star Status... This starts at 1 Star and climbs to 4 Star and ultimately to your Super Star Status... 3/30 Recognition Pins are presented to you in accordance with your achievement.

Consistency Bonus

Qualification: You have to be an Emerald Director to participate!
 Period : April 2010 till March 2011
 Qualify 3 consecutive months in your status (ED/WTM/PTM)...on a trot (This will include the month that you become an ED)...and you will earn a Consistency Bonus of R1600. This is a continuous contest ...so you can win again and again.

World of Championships

You must be a Qualified Director to earn your WOC points... You get points for

Each QPV	2
New Distributors (100PPV)	2
Other new Distr in yr team	1
New Fast Start Manager	5
New Fast Start Snr Man	10

New Director in yr team 30

Gold 200 WOC Points
Silver 150 WOC Points
Bronze 100 WOC Points

After receiving 4 consecutive Gold Achievements, you will earn GNLD's prestigious Platinum award

Beginners Bonanza

You have to be a Qualified Director to participate in this one! This contests will be based on the above WOC points but will also include the following :-
New Managers on 500PV = 5
New Snr. Man on 1000PV = 10
The Top 5 in the Country will earn as follows and their immediate sponsors and WTM as well according to the schedule below:-

Dir/ED	Sponsor	WTM
1. R24 000	R2 400	R1 600
2. R16 000	R2 400	R1 600
3. R12 000	R2 400	R1 600
4. R 8 000	R2 400	R1 600
5. R 4 000	R2 400	R1 600

Everyone has to be qualified in status to be able to claim their prizes... These do not roll up to the next level.

For detailed information please consult GNLD Brochure on these contests.

EXCITING NEW CONTEST FROM THE VISION (RORY & NOLA MC DERMID)

From: goldenvision

Date: 2010/05/04 09:06:28 PM

To: goldenvision

Subject: FW: CONTEST : MSC SINFONIA - VISION TEAM LIFESTYLE CRUISE

SPREAD THE GREAT NEWS FOR ALL VISION EMERALD DIRECTORS UP.....

A CRUISE FROM DURBAN TO MAPUTO TO BARRA LODGE AND HOME AGAIN

4 fun filled nights and as many meals per day (!!) For the hard working Emeralds –

YOU ARE WORTH IT!

Two berth cabins (category 3) costs R4615 per person.
Deposit is R3220 per cabin (2 people) within 72 hours of booking and the balance within 6 months of going and you save 30% on your cruise fare.
i.e. R4615 per person and get a 30% deposit if paid in full by end August = R3230 pp.

(Details of the booking agent you need to deal with: Chane Cannon at STA Travel
Westville Mall 031 2661405
Chanec@statravel.co.za)

NOW LOOK AT THE VISION INCENTIVES for the team cruising with us:

CONTEST PERIOD IS FROM MAY TO DECEMBER 2010

1. All Existing Emerald Directors who qualify 8 / 8 months i.e. May to December will receive R500 per distributorship.
2. All NEW EMERALDS during the contest period will receive a TRAVEL BONUS of R1000.
3. Emerald Director who develops TWO first level new EMERALD DIRECTORS will receive a R1000 travel bonus.
4. All this will create World of Champion points and Directors will still receive the Vision Rewards quarterly.

We encourage you to decide if you will be part of this FUN, and book ASAP because Of the popularity of this cruise. Then get to work and earn your extra bonuses over and above the GNLD PLAN.

Vitamin C comes to the Rescue!

With the onset of winter and the world Soccer Games around a close corner, it is prudent to remind you to build your Immunity! Your immunity is your body's ability to protect you against disease, colds and flu... but also to heal you when you have caught /developed a problem... Your Phytodefence is the obvious answer and is the Rolls Royce as far as building your immunity but if your cash flow is a prob ... no probs... take at least the Carotenoid Complex... Visit www.gnld.co.za /com for scientific information /proof on GNLD's Carotenoid Complex and also visit www.gnldu.com for informative audio's presented by our GNLD Scientists. However, another Vitamin which has taken the back seat to the Phyto-nutritionals in the last few years is Vitamin C but it shouldn't as there is so much evidence to prove that VC does so much more than just build the immune system. For instance, coping with poisons, toxins, pollution and neutralizing them is another of VC's magical tricks...but because it is a water soluble nutrient it has be supplemented on a daily basis... here is more interesting facts on VC.

Vitamin C reduces Mortality Rate!

In the current edition of the *American Journal of Clinical Nutrition*, researchers in Great Britain randomly selected individuals between the ages of 75 and 84 years old for a clinical trial. Over 1,200 participants provided an initial blood sample and were interviewed about their dietary habits. These individuals were then followed for a median of over four years. At the conclusion of the study, it was found that those individuals who had the highest blood levels of ascorbate (vitamin C) reduced their risk of dying by almost 50% compared to those individuals who had the lowest blood levels of ascorbate. The conclusion of the study was that low blood vitamin C concentrations in the older British population were strongly predictive of mortality.

Think about that for a moment. You can possibly reduce your incidence of mortality by almost 50% by having higher levels of ascorbic acid in your blood. This is not the first study to show such benefit. In a twenty year follow-up study also performed in Great Britain, there was a 30% reduction in death rates from stroke in those individuals with higher levels of blood ascorbate. Other clinical trials have clearly demonstrated that ascorbate levels in the blood of smokers are significantly lower compared to that of non-smokers. The reason for this is probably that smokers produce a higher amount of free radicals that cause heart disease and cancer when compared to non-smokers, consequently depleting their vitamin C levels in the blood by fighting these free radicals.

The right amount of vitamin C can fight disease and add YEARS (yes, years!) to your life. Are YOU getting enough?

Article By Jonathan v: Wright, M.D.

A few years ago, a research group reported that taking 1 gram of vitamin C daily increases life expectancy for men by as much as six years and for

women by as much as one year. (Sorry, ladies, but your life expectancy is longer anyway!)

This information may sound incredible - even impossible! But very recently the prestigious medical journal *Lancet* published the results of a study that supports those same findings and adds another dimension. The researchers decided to check for themselves after noting previous studies claiming that vitamin C "might be protective against several chronic diseases" (including cardiovascular disease and cancer), and what they found was that blood levels of vitamin C were "inversely correlated with mortality from all causes."

In English: The lowest blood levels of vitamin C were associated with the highest risk of death from any illness. Similarly, the highest blood levels of vitamin C were associated with the lowest risk of death from any illness of any sort.

In this case, almost 20,000 men and women between the ages of 45 and 79 were followed for four years. In addition to bringing about a decrease in mortality from any and all causes, higher blood levels of vitamin C were associated with lower risks of heart disease and blood-vessel disease in both men and women and a lower risk of cancer for men (though not for women). The researchers also noted that blood levels of vitamin C were an "independent" risk factor; in other words, they were *not* associated with age, blood pressure, blood cholesterol, cigarette smoking or diabetes.

Vitamin C is essential to human health because of a metabolic defect that actually reflects a mutation in human DNA.

Supplementing through diet alone could reduce the risk of mortality by 20%

This study also took a look at the sources of vitamin C, as well as the necessary quantities of vegetables and fruits required to elevate vitamin C blood levels through diet alone. Researchers noted that "small increases in fruit and vegetable intake, of about one serving daily, offer

encouraging prospects for the prevention of disease." They went on to calculate that a 50-gram increase in vegetable and fruit consumption was associated with a 20% reduction of risk in mortality from all causes!

But what about the other 80%?

Many researchers consider vitamin C as just another "ordinary" vitamin, in the same general category as vitamin A, the B-complex vitamins, vitamins D, E and so on. It is very different. Vitamin C, unlike the rest, is a substance that's essential to human health because of a *human metabolic defect* that actually reflects a *mutation in human DNA*. This isn't just my viewpoint; it's a well-researched fact, known for decades and printed clearly in "mainstream" textbooks of human genetics, paediatrics and internal medicine. As these textbooks all tell us, the human requirement for vitamin C is not strictly a matter of nutrition or how much vegetables and fruit we can eat.

It's a basic genetic defect that all humans share, a biochemical inability to manufacture vitamin C internally.

By contrast, vitamin C is synthesised internally by nearly all other species of animals (excluding chimpanzees, monkeys and other primates; guinea pigs; an obscure bat found only in India and humans). Cats, dogs, elephants, birds, horses, cows and all other species need no vitamin C in their diets at all! These animals synthesise vitamin C from glucose (blood sugar) by an identical-to-all-species series of four enzymes. (Remember that enzyme production is genetically controlled, which is why "missing-enzyme" diseases like scurvy are all "genetic diseases".) When under stress, nearly all other species immediately start to internally synthesise much larger quantities of vitamin C. They do not rely on just their intake of vegetables and fruit (or in the case of some species, raw, uncooked meat, which is another source of vitamin C).

Humans are genetically prevented from producing these important anti-stress and Detoxifying molecules present in all of nature.

When animals ingest carcinogens, their bodies immediately start to

synthesise 10, 20, even 50 times as much vitamin C to help detoxify and get rid of the carcinogen. Human bodies "try" to make more vitamin C but can't. When animals are injured, for example, their bodies synthesise much more vitamin C to aid in tissue repair. (Vitamin C is key to the synthesis of collagen in connective tissue.) Human bodies "try" but can't. And, when animals are given a drug of any kind (including alcohol, nicotine and caffeine), their bodies synthesise much more vitamin C until the drugs are detoxified. Human bodies "try" but can't.

Human liver cells contain the first three of the four enzymes in the "vitamin C synthesizing series," but the fourth enzyme is totally missing! When humans are stressed, the activity of those first three enzymes is greatly increased, but no vitamin C is produced.

Humans need more fruits and vegetables to receive maximum health benefits.

It's obvious to those who take this approach that we'd all be considerably healthier, and live longer, if we didn't have this genetic problem or, if we'd take more vitamin C than what can be found in vegetables and fruits. Unfortunately, "mainstream" medicine is actively in favour of treatment of all other genetic diseases to the maximum extent possible but is (for mostly political reasons) silent on the subject of full correction of this one.

Fortunately, we can (and should) take care of it on our own. And it's easy: Just eat lots of fruits and vegetables and take an optimal quantity of supplemental Vitamin C! What little is present in our food is enough to prevent death from scurvy (a total lack of vitamin C), and, as the studies noted above show, if we eat more vegetables and fruit, we can add enough vitamin C to increase longevity and decrease our risk of mortality from all causes, but the "fruit and vegetable" amount is not nearly enough to produce maximum health benefits. We need to supplement with ENOUGH vitamin C to mimic internal vitamin C synthesis (thus correcting for our genetic defect) for optimal health and longevity.

How much vitamin C is necessary? It's time to re-evaluate your supplement plan!

To determine a base-line amount to take when you're not stressed, ill, or injured and not in the process of detoxifying nicotine, alcohol, caffeine or other drugs or carcinogens we can look at nature. A few scientists who've seriously studied this question point out that, on an equivalent-weight basis with animals that synthesise their own vitamin C, healthy adult humans (if not for our genetic defect) would produce (internally) from 2 to 4 grams (2,000 to 4,000 milligrams) of vitamin C daily. Other scientists have observed that adult gorillas (another non-vitamin C synthesising species) living in an area identical to the "original" human environment consume approximately 3 to 4 grams of vitamin C daily (calculated on a "human-weight basis").

These comparisons give us general guidelines about appropriate baseline quantities, but, since we're all individuals, it is recommended as an individualised approach, using feedback from your own body. Popularised as the "body-tolerance" approach, it's quite simple. Slowly increase your supplemental vitamin C each day until you start getting excess gas or loose bowels. At that point, your body isn't absorbing or able to use that quantity; so then back off to the largest amount that doesn't produce loose bowels or excess gas. Most adults work with find their tolerance point (when they're not ill or stressed) to be 3 to 6 grams daily. When illness occurs, however, that point frequently increases to at least 20 to 30 grams daily. Occasionally, people who've had severe viral illness have told me they've taken up to 100 grams daily for a day or two without any bowel problems at all. (Since vitamin C is water-soluble and rapidly used by our bodies, it's logical to spread it out over at least two or three intervals daily when healthy and as often as hourly when ill.)

Caution: Individuals who have formed calcium oxalate kidney stones or who come from families who've had them

should limit supplemental vitamin C to 1 gram daily unless they're working with a health-care professional knowledgeable in nutritional therapy. There's a remote possibility that more vitamin C will increase the production of oxalate in those individuals. Fortunately, however, it's easy to test for this possibility, and the risk is very small. It is recommended to take Natural organic Vitamin C, such as GNLD's Vitamin C Sustained or Chewable All-C, as apposed to a synthetic VC which is most likely to cause kidney stones.

Take the Best... Take GNLD's Vitamin C High Potency, Sustained Release... Vitamin C 500mg, Rose hips 10mg, Rutin 10mg, Lemon Bioflavonoids 10mg, Hesperidin complex 10mg Acerola cherry 15mg.

Dosage: 1 tablet daily.	
Each tablet contains:	
Vitamin C	500mg
Rose hips	10mg
Rutin	10mg
Lemon bioflavonoids	10mg
Hesperidin complex	10mg
Acerola cherry	15mg

More on Vitamin C in a Nutshell ...Orange?

GNLD Vitamin C (Water Soluble Antioxidant Nutrient) VC Sustained Release 500 mg (100's)

Releases over 8 - 10 hours. Vitamin C is water-soluble and among the most fragile of our nutrients. GNLD supplies vitamin C as nature intended, with all the elements naturally occurring in whole citrus. Proven a powerful antioxidant, GNLD's VC tablet's release into the system is slow and monitored due to the inclusion of Sustained Release technology.

Each tablet provides 500mg Vitamin C
Dosage: 1 tablet daily.

Vitamin C

What it can do for you.

➤ Accelerates and improves the Immune System. Alleviates susceptibility to infections, viruses and diseases including cancer. Acts

as in activator against viruses including herpes, measles, polio, hepatitis and pneumonia and increases the bodies defence system against any bacteria.

- Heals wounds, burns, and bleeding gums.
- Accelerates healing after surgery.
- Helps in decreasing blood cholesterol.
- Aids in preventing many types of viral and bacterial infections.
- Acts as a natural laxative.
- Lowers incidence of blood clots in veins.
- Aids in the treatment of the common cold.
- Extends life by enabling protein cells to hold together. It is essential in the formation of collagen (a protein that binds cells together). It therefore is vital in healing especially for torn ligaments, broken bones, and fractures, pulled muscles. A collapse of collagen in the skin for example will result in the creation of wrinkles. This collagen is also vital in the strengthening of the walls of capillaries, veins and arteries and thus will help in the prevention of nose bleeds, haemorrhaging, easy bruising, bleeding gums, Pyorrhoea, anaemia, slow healing of wounds.
- Reduce effects of many allergy-producing substances. VC acts as natural anti-histamine thereby assisting in alleviating allergies, asthma, hay-fever, and sinusitis.
- Prevents scurvy.
- Decrease infections by 25% and cancers by 75% if taken in 1,000 mg to 10,000 mg. Daily dosage according to Dr. Linus Pauling.
- Also vital for counteracting Stress. When the body is under stress the body produces an adrenaline hormone that utilises a tremendous amount of Vit. C. Large concentrations of VC are found in the adrenal glands and the vitamin is essential in the formation of adrenalin - during stress the level of adrenal ascorbic acid is rapidly used up. Also helps victims of shock from injury, electric shock, and lightning.
- Prevents the formation of carcinogenic nitrosamines from nitrites and nitrates found in some foods. Successfully used in the treatment of snakebites, insect bites stings and rabies. Vital in neutralising the harmful effects of pollution, smoke etc.
- Help in the treatment of oedema and dizziness due to disease of the inner ear.

Team Recognition for the Month of April 2010! The results were absolutely Awesome! Lets do this again and more in May!

Congratulations to all our Qualified Directors!

Lvl	Distributorship	Status	Recr	Pers PV	Pers Team	Legs/ Qfd Dir	Grp PV
The Friendly Group		9,353	3 / 8	53,794
1	• Jeanette & Rob Baigent	1RD		3,847	11,229	3 / 3	27,834
2	•• Michael & Margaret Baileymcewan	QDR		1,001	4,023		4,023
2	•• Erwin & Gilda Dedekind	ED	3	1,614	8,527		8,527
2	•• Carol & Wayne Walker	ED	2	1,954	4,000		4,000
1	• Merle & Craig Du Plooy	ED		1,942	4,000		4,000
1	• Zelda Roodt	SD		1,031	4,524	2 / 2	12,950
2	•• Blanche & John Stephenson	ED		1,210	4,020		4,020
2	•• Shirley & Richard Aarons	ED	3	559	4,406		4,406

Congratulations! Brand New Emerald Directors – Shirley & Richard Aarons!

May your business grow from strength to strength! You are Diamonds in more ways than one!

FRIENDLY TEAM + GNLD IMPENDING EVENTS

EVERY WEDNESDAY...FRIENDLY TEAM TRAINING ...STARTS 10:30AM TILL 12:00 ... USE THIS GROWING MEETING TO BUILD YOUR BUSINESS!

Friendly Team Rallies – GNLD HO

Ladies - Please bring a plate of eats (Snacks or Biscuits).

Please arrive at least 15 minutes before starting time of 2pm!

- Saturday 8th May 2010 @ GNLD Head Office 2-4pm – Team Rally
- Saturday 5th June 2010 @ GNLD Head Office 2-4pm - May Team Results Rally

R10 Entrance Fee - Free Newsletter - GUESTS ARE FREE!

(Team Rallies are there to provide recognition of achievements, product, skill and Marketing Plan education and inspiration/motivation in building your GNLD Network Marketing Business).

Team Breakfast for March Qualified Directors – Saturday 22nd May 2010 @ Mug 'n Bean -

Rosebank – 10:30AM ...Breakfast Meeting for April Qualified Directors.

Special Recognition to Richard & Shirley Aarons as new Emerald Directors!

Friendly Dem School...Training with Lyn...Saturday 29th May 10:30 ...This will consist of demonstration + explanation of the products. 103 Aston Villa, St. Andrew Street, Birdhaven.

May Month End... Tuesday 1st June 2010...

GNLD PRODUCT SEMINARS

Date	Time	Event	Location	Speaker	Contact
May 15	2:30 PM	Product Seminars	Emperors Palace Convention Centre Gauteng , South Africa	Dr Andre McDonald, Warren Brosnihan	Muret van Rensburg +27114093015
May 20	7:00 PM	Product Seminars	Protea President Hotel Cape Town Cape Town, SA	Dr Andre McDonald, B Masondo	Muret van Rensburg +27114093015
May 22	10:30 AM	Product Seminars	GNLD Convention Centre 12 Church Street Westville, Durban,	Dr Andre McDonald, W Brosnihan, B Masondo	Muret van Rensburg +27114093015
May 22	2:30 PM	Product Seminars	GNLD Convention Centre 12 Church Street Westville, Durban,	Dr Andre McDonald, W Brosnihan, B Masondo	Muret van Rensburg +27114093015
May 23	2:30 PM	Product Seminars	Umtata Town Hall York Street, Umtata, South Africa	Dr Andre McDonald, B Masondo	Muret van Rensburg +27114093015

Have a fantastic May filled with health, happiness, wealth & Success! Have a Successful GNLD Month...Remember...If it is to be it is up to me'...Make May a Best Ever Month and don't forget to wear your Soccer T/Shirt and support our wonderful country with positive affirmations! Let's make SA proud! ...Lyn Banks