

The Friendly Force

The Friendly Newsletter – November 2009

Volume 23 Edition 11

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Hi Friendly Folks... Congratulations on a superb result for October! The Friendly Group finished on over 36 000 Group PV and 23 signings ... Awesome Stuff! In retail terms that is a turnover of plus R500 000! This is the month in which it all comes together for us. Summer, friends, preparation for the hectic December month, Christmas and holidays - it's all happening!
Now is the time to be positive and enthusiastic about your life, about your GNLD business and about your products... Become passionate about what you do and say and in the way you behave towards others... People will buy you before they buy your opportunity or your products... so imagine that GNLD International was your business, and that like Jerry Brassfield, the Founder Member, you only have the best wishes and desires for your company to succeed and then apply that attitude to your very own GNLD Distributorship and see the difference in your success... go to ... <http://www.212amovie.com/>
... And see what a difference your attitude can make!

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Have a fantastic November ... Lyn Banks

Life Changing Impending Events for November!

FRIENDLIES Every Wednesday Morning !!!	10:30AM Till 12am	FRIENDLY TRAINING Awesome Training provided By Friendly Leaders	GNLD Head Office 2 Ayrshire Boulevard Longmeadow Business Estate, Edenvale , SA	Lyn Banks Jeanette Baigent Also by Dedekind, Walker + Aarons	Lyn Banks 011 880 0942 082-5645542
FRIENDLIES Saturday 7 November	11am till 1pm Finger lunch provided	Leadership School – An absolute must for those wishing to build a big MLM business! Followed by a Finger Lunch 1-2pm	GNLD Head Office 2 Ayrshire Boulevard Longmeadow Business Estate, Edenvale , SA	Rory Mc Dermid (4DD) Dr. Barry Bland Lyn Banks Jeanette Baigent	Lyn Banks 011 880 0942 082-5645542
FRIENDLIES Saturday 7 November	2-4pm	Friendly Team Rally	GNLD Head Office 2 Ayrshire Boulevard Longmeadow Business Estate, Edenvale , SA	Rory Mc Dermid Dr. Barry Bland Lyn Banks Jeanette Baigent	Lyn Banks 011 880 0942 082-5645542
FRIENDLIES Tuesday 10 November	10:30 till 12am	Friendly Training In Westonaria	VTBA Team in Westonaria - starting to grow! Produced 2 Managers last month!	Lyn Banks Would anyone like to Offer their training skills here ...should you have potential contacts in Westonaria?	Lyn Banks 011 880 0942 082-5645542
Wednesday 11 Nov	12:00 PM	Experience Meeting	GNLD Convention Ctr 2 Ayrshire Boulevard, Longmeadow Business Estate Edenvale	B Masondo, N Nwoashai, S Jele	Muret van Rensburg +27114093015
Wednesday November 11	6:00 PM	Experience Meeting	GNLD Convention Ctr 2 Ayrshire Boulevard, Longmeadow Business Estate Edenvale	B Masondo, N Nwoashai, S Jele	Muret van Rensburg +27114093015
FRIENDLIES Tuesday 17th	6:30pm	Opportunity + Products	The Moth Village 278 Johannes Street Fairlands Beyers Naude Side!	Lyn Banks + Other Friendly Leaders	Lyn Banks 011 880 0942 082-5645542
☺☺☺☺☺☺☺ FRIENDLIES Wednesday 18 November	5:30 till 6:30	Opportunity & Products	GNLD Convention Ctr 2 Ayrshire Boulevard, Longmeadow Business Estate Edenvale	Lyn Banks Jen Baigent + Other Friendly Leaders	Lyn Banks 011 880 0942 082-5645542
FRIENDLIES 21 November See next page!	10:30AM Till 12AM	Intimate Distributor Training Meeting + Opportunity by	Lyn's Place RSVP 0118800942 103 Aston Villa,	Lyn Banks + Other Friendly Leaders	Lyn Banks 011 880 0942

		personal Invitation Cake & Tea will be served!	St Andrew St, Birdhaven		082-5645542
November 21 Saturday	2:30 PM	Experience Meeting	The Royal Hotel Ladysmith Ladysmith	N Nwoashai, Mantombi Nkosi	Muret van Rensburg +27114093015
November 21 Saturday	2:30 PM	Experience Meeting (ENGLISH)	Southern Sun Cullinan 1 Cullinan Street Cape Town Waterfront (ENGLISH), S Africa	B Masondo, M Mokoena	Muret van Rensburg +27114093015
November 21 Saturday	2:30 PM	Experience Meeting	Protea Imperial Hotel 224 Jabu Ndlovu Street Pietermaritzburg, South Africa	W Brosnihan, Local PT Member	Muret van Rensburg +27114093015
November 22 Sunday	2:30 PM	Experience Meeting	Century Casino Conference Centre 100 Allen Street Newcastle, South Africa	N Nwoashai, P Mathonsi	Muret van Rensburg +27114093015
November 22 Sunday	2:30 PM	Experience Meeting (ZULU)	Khanyolwethu Secondary School Strand Cape Town (ZULU MTG), South Africa	B Masondo, M Mokoena	Muret van Rensburg +27114093015
November 22 Sunday	2:30 PM	Experience Meeting	GNLD Convention Centre 12 Church Street Durban, South Africa	W Brosnihan, Local PT Member	Muret van Rensburg +27114093015
November 24 Tuesday	2:30 PM	Experience Meeting	GNLD Convention Centre 2 Ayrshire Boulevard, Longmeadow Business Estate Edenvale, South Africa	B Masondo, N Nwoashai, S Jele	Muret van Rensburg +27114093015
November 25 Wednesday	2:30 PM	Experience Meeting	GNLD Convention Centre 2 Ayrshire Boulevard, Longmeadow Business Estate Edenvale, South Africa	B Masondo, N Nwoashai, F Mathumbu	Muret van Rensburg +27114093015
November 25 Wednesday	6:30 PM	Experience Meeting	GNLD Convention Centre 2 Ayrshire Boulevard, Longmeadow Business Estate Edenvale, South Africa	B Masondo, N Nwoashai, F Mathumbu	Muret van Rensburg +27114093015
November 28 Saturday	2:30 PM	Experience Meeting	Eagle's Nest Lodge & Conference Centre 373 Lesley Street Fourways, South Africa	W Brosnihan	Muret van Rensburg +27114093015
November 28 Saturday	2:30 PM	Experience Meeting	Community Hall Mamelodi West Mamelodi, South Africa	B Masondo, N Nwoashai, E Khiba	Muret van Rensburg +27114093015
FRIENDLIES Tuesday 1 st Dec	If it is to Be, It is up To me!	MONTH END	WWW.GNLD.CO.ZA Request your PIN No. from Head Office to check your Production	Good Luck with taking your\ Next Step!PPV\QPV and signings	Lyn Banks 011 880 0942 082-5645542
FRIENDLIES Sat 5 th Nov	2PM till 4PM	Friendly Team Rally	GNLD Head Office 2 Ayrshire Boulevard Longmeadow Business Estate, Edenvale , SA	Dr. Barry Bland Lyn Banks Jen Baigent Other Team Leaders	Lyn Banks 011 880 0942 082-5645542
Sun 6 Dec	TBA	Jhb	Vision Year End Party - Barnyard Theatre Cresta Shopping Centre, Randburg, Jhb	Host – Rory & Nola Mc Dermid By Invitation on Qualification	Rory Mc Dermid
December 9 Wednesday	12:00 PM	Experience Meeting	GNLD Convention Centre 2 Ayrshire Boulevard, Longmeadow Business Estate Edenvale, South Africa	B Masondo, N Nwoashai, S Jele	Muret van Rensburg +27114093015

December 9 Wednesday	6:00 PM	Experience Meeting	GNLD Convention Centre 2 Ayrshire Boulevard, Longmeadow Business Estate Edenvale, South Africa	B Masondo, N Nwoashai, S Jele	Muret van Rensburg +27114093015
☺☺☺☺☺☺☺☺☺☺ FRIENDLIES Sat 12 th Dec	2pm onwards	FRIENDLY SOCIAL GET TOGETHER	Bring 'n Braai Venue to be advised Bring the kids!	All the Friendlies ☺☺☺☺ ☺☺☺☺☺☺☺☺☺☺☺☺ Lets have some fun!	Lyn Banks 011 880 0942 082-5645542

Vision Durban Impending Events

NOVEMBER:	Oct Month end Mon 2	
Nov		
Wed 4 Nov	Dbn	9.30 am at GNLD DC a getting started meeting for new distr.
Wed 4 Nov	Dbn	18.30 at GNLD DC LEADERSHIP TRAINING for all new Senior Managers (special gift for them!) and Directors.
Mon 9 Nov	Dbn	7 - 7.30pm Business presentation at DC in Westville. 7.30 - 8.30 product and business training for all distributors
Tues 10 Nov	PMB	7pm business pres. 7.30pm training at Sinodale Centre Pmb
Sat 14 Nov	Dbn	9.30 -11.30 Zulu Training on how to step up & products
Mon 16 Nov	Dbn	7 - 7.30pm Business presentation at DC in Westville. 7.30 - 8.30 product and business training for all distributors
Wed 18 Nov	Dbn	8.30 -9.30 Young Moms Morning - Speaker Dr Bland – TARGETED NUTRITION
DECEMBER		
Wed 2 Dec	Dbn	10 - 11.30 Business and Product training on how to move up 10 am will be a business presentation in small office
Wed 2 Dec	Dbn	18.30 at GNLD DC LEADERSHIP TRAINING for all new Senior Managers and Directors.
Tues 8 Dec	PMB	7pm business pres. 7.30pm training at Sinodale Centre Pmb
Wed 9 Dec	Dbn	10 - 11.30 Business and Product training on how to move up 10 am will be a business presentation in small office
Wed 9 Dec	Dbn	6.30 - 8pm Leadership for all new Senior Managers and Fully Qualified Senior Managers and Directors
Sat 12 Dec	Dbn	9.30 -11.30 Zulu Training on how to step up & products -Speaker Brandon Vision Year End Party Barnyard
Sun 13 Dec	DBN	Theatre
Mon 14 Dec	Dbn	7 - 7.30pm Business presentation at DC in Westville. 7.30 - 8.30 product and business training for all distributors
Wed 16 Dec	Dbn	10 - 11.30 Business and Product training on how to move up 10 am will be a business presentation in small office

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 Owerri 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

Throw out the Soap!

South Africans spend millions on body products every day, but are they buying the right ones. How much do you really know about what your skin needs, what type of skin you have, what kind of soaps and lotions are the best for your skin? Here's some advice that will help you maintain naturally healthy skin and overall beauty.

- Soapless soap, lotions and body cleansers are better for your skin because most soaps actually strip the moisture out of your skin. Most Soapless soaps have a combination of water and oils. So actually, they remove the dirt and debris and actually replenish the moisture at the same time without drying the skin out. But do they clean?
GNLD provides a unique, soap-free cleansing bar suitable for sensitive and allergic skins. Mild cleansing agents and 32% moisturizing ingredients provide a rich, creamy lather that glides over the skin while gently yet thoroughly cleansing both the face and body. Leaves the skin feeling soft and satiny and the pH in perfect balance. GNLD also provide the same in a Liquid formula... PCC... Personal Care Concentrate... Both are excellent.
- Moisturize after washing your skin whether you use a traditional soap or a cleanser. When the water evaporates, the skin will dry out. So the best time to moisturize is right after bathing.
GNLD's Body Lotion - Moisturizing and protective Aloe Vera, blended with soothing Pro-Vitamin B5 (Panthenol) and calming Chamomile ensure that Nourishing Hand and Body Lotion counters the moisture robbing and damaging effects of all the different stresses skin is exposed to. This exceptional body lotion counters the moisture-robbing effects of sun, wind, cold and other environmental challenges by adding moisturizers and supporting the skin's moisture-retention barrier with Aloe Vera Gel, Glycerine and Panthenol. It is clinically confirmed 45% moisture increase in skin's layers, even four hours after application for long-lasting moisturizing benefits. Soothing Chamomile Extracts: Bisabolol and Matricaria help nourish and revitalize your skin's healthy glow. Readily-absorbed oil-free formula leaves skin feeling smooth and refreshed.
Subtle fragrance virtually disappears upon application. It will not conflict with your favourite cologne or perfume.
- **GNLD's Nutriance range of skin care products are a must!**

One of the most important nutrients for the skin is water. Imagine a balloon filled with water – taut and firm to touch. Allow some of the water out and the balloon will shrink; the rubber may even become a little shriveled. Deprive a skin cell of water and it will produce a similar result. Without an adequate supply of water, your cells cannot rebuild your body, they cannot clear waste products which stack up in the cells and blood. Without essential fats the skin cannot stay smooth and supple. Without enough antioxidants in your diet your skin cannot protect itself from sun damage and pollution. So, drink loads of purified water, take your Omega 3 Salmon Oil Plus and use your Carotenoid Complex and watch your skin glow!

It's a matter of urgency... Start now!

It has become imperative to build your Immunity to maximum strength... If you study the following quotes ...It will scare the living daylights out of you.... Forget Halloween, Horror Movies like Psycho, Dracula, or blood sucking vampires... they don't have a patch on what you are about to read.

That is Why ProVitality makes so much sense ... visit <http://www.friendlyforce.co.za/joomla/the-gnld-products/319.html> and http://www.gnld.co.za/provitality.aspx?STORE_ID=7&NAV_CATEGORY_ID=3407&CATEGORY_ID=4250

It's enough to make you sick!

"Growing GLOBAL CANCER burden

Each year, almost 7 million people die from cancer and close to 11 million new cases are diagnosed. In today's world, everyone will be touched by cancer - as a patient, a family member or a friend. In 2020, if current trends continue, more than 10 million people will die of cancer and the number of new cases will increase to 16 million per year. If these rising global trends are to be reversed, then present knowledge must be put into effect on a wider scale.

Cancer is a worldwide public health problem

Cancer kills one in eight of those who die worldwide and claims twice as many lives as AIDS. Often it is regarded as a disease of the developed world, but with improved living standards and longer life expectancy, cancer incidence in developing countries is on the rise. **Cancer is the second leading cause of death in developed countries, and epidemiological evidence shows that the trend in developing countries is in the same direction.** By 2020, three out of every five new cancer cases will occur in the developing world." (IUAC: <http://www.uicc.org/index.php?id=516&L=0>)

"About one-third of women and fully half of men age 40 or younger are destined to develop coronary heart disease in their lifetimes, according to the results of a study in the British health journal Lancet.

...Every year, roughly 500,000 Americans die from coronary heart disease.

...Researchers and cardiologists say that while cancer, AIDS and other diseases may inspire more fear and funding, **coronary heart disease remains the leading cause of death and disability in the Western world.**" --CNN Health

Did you know that over 10,000 Americans die from Cancer every week? In 1930, 1 out of 3,000 people contracted cancer. Today, 1 out of 3 will contract cancer. Over 10,000 people die a week from coronary heart disease in the U.S. Heart attacks were virtually unknown before the turn of the century.

RITALIN use Linked to Cancer Causing Chromosomal Abnormalities...

Study Shows Methylphenidate Linked to Chromosomal Changes

"A new study found that every one of a dozen children treated for attention deficit/ hyperactivity disorder with methylphenidate experienced a threefold increase in levels of chromosome abnormalities—occurrences associated with increased risks of cancer and other adverse health effects.

"In a small but startling preliminary new study, Texas researchers have found that after just three months, every one of a dozen children treated for attention deficit/hyperactivity disorder (ADHD) with the drug methylphenidate experienced a threefold increase in levels of chromosome abnormalities—occurrences associated with increased risks of cancer and other adverse health effects."

"The researchers say that to their knowledge this is the first study addressing the potential chromosome-breaking effects associated with treatment of children with methylphenidate, the generic name for a **group of drugs that includes Ritalin, Concerta, Metadate CD and others.**"~Newswise

"...New research bolsters evidence that stimulants like Ritalin used for attention deficit problems may stunt children's growth..." <http://www.newswise.com/articles/view/510069>

Alternatives to Ritalin: Ritalin-Free Kids: Safe and Effective Homeopathic Medicine for ADHD and Other Behavioral and Learning Problems

"Death by Medicine, demonstrates that **the leading cause of death in America is not heart disease or cancer, but medical mistakes.** In a seminal research paper authored by Gary Null, Ph.D., Carolyn Dean, MD, Martin Feldman, MD, and others (2003), all of the relevant statistics regarding deaths caused by medicine have been collected into a single research report. According to the report, **the most conservative reading of statistics culled from government and peer reviewed journals shows that 751,936 Americans die every year as a result of medical error, also known as iatrogenesis. This is the equivalent of over six jumbo jets filled with passengers falling out of the sky every day. Never before have all the death rates from adverse drug reactions, unnecessary surgeries, medical errors, infections, malnutrition, bedsores, and nursing home mistakes been collected into a single research report.** The paper is still undergoing peer review, revisions, and an analysis of its compiled statistics and it seems that the final report will be a scathing indictment of allopathic medicine and how it is practiced in the United States today. A summary of the paper's basic findings were published in Nexxus Magazine." ~Nutrition Institute of America
<http://www.nutritioninstituteofamerica.net/ResearchOverview.htm>

"A definitive review and close reading of medical peer-review journals, and government health statistics shows that **American medicine frequently causes more harm than good. The number of people having in-hospital, adverse drug reactions (ADR) to prescribed medicine is 2.2 million.**¹ Dr. Richard Besser, of the CDC, in 1995, said the number of unnecessary antibiotics prescribed annually for viral infections was 20 million. Dr. Besser, in 2003, now refers to **tens of millions of unnecessary antibiotics.**^{2, 2a} The number of **unnecessary medical and surgical procedures performed annually is 7.5 million.**³ The number of people exposed to **unnecessary hospitalization annually is 8.9 million.**⁴ The total number of **iatrogenic deaths shown in the following table is 783,936. It is evident that the American medical system is the leading cause of death and injury in the United States. The 2001 heart disease annual death rate is 699,697; the annual cancer death rate, 553,251.**⁵ ~ Nutrition Institute of America Report: Death By Medicine, Abstract; Gary Null PhD, Carolyn Dean MD ND, Martin Feldman MD Debora Rasio MD, Dorothy Smith PhD, October 2003
<http://www.nutritioninstituteofamerica.net/research/DeathByMedicine/>

"**Every hour, an estimated 1,500 people worldwide die from infectious diseases. Developing countries are the most ravaged...**" --

MSNBC Health
<http://www.msnbc.com/news/wld/Health/Libraries/infectiousdiseases/description.htm>

"**...infectious diseases are not just a developing country problem.** Unless checked, the crisis threatens the industrialized countries as well. Old scourges such as tuberculosis and diphtheria have occurred in explosive epidemics in Europe and other industrialized countries"

--World Health Organization Report on Infectious Diseases
<http://www.who.int/infectious-disease-report/pages/textonly.html>

"We are losing the winnable war against cancer. Over recent decades, **the incidence of cancer in industrialized nations has escalated to epidemic proportions,** with lifetime cancer risks in the United States now approaching one in two for men and one in three for women. For 2001, the estimated number of new cancer cases was 1.3 million; the estimated number of deaths from cancer, 550,000 **...While cancer rates have escalated, our ability to treat and cure most cancers (with the notable exception of the relatively rare childhood and testicular cancers), has remained largely unchanged for decades.** ... The modern cancer epidemic cannot be explained away on the basis that longevity has increased."

--Reversing the Cancer Epidemic ~Samuel S. Epstein
<http://www.tikkun.org/magazine/index.cfm/action/tikkun/issue/tik0205/article/020521.html>

"**Every minute of every day someone dies of cancer in the United States. Ten thousand Americans die from this dreaded disease every week – month after month – year after year.** Compare this ongoing slaughter to at least four 747 plane crashes killing

everyone on board 365 days a year, while never having it reported in the media. ...**In 1930, 1 out of 3,000 people contracted cancer. Today, 1 out of 3 will contract cancer. What's wrong with this picture?"**

--Don't Become A Victim Of The Cancer Conspiracy ~Dr. Gary Tunsky
<http://cancertruth.org/Victim-Cancer-Conspiracy.htm>

"Retail pharmacies filled 3 billion prescriptions in the U.S. in 2000. We are currently spending 1.4 trillion dollars for healthcare in the US, or 14% of our current overall budget. That is projected to double in the next 8 years to 3 trillion dollars, a staggering 17% of our total national output."

--The American Medical System is Nearing Collapse ~Dr. Joseph Mercola
http://www.mercola.com/2002/aug/21/medical_system.htm

"INCREASE IN KILLER DISEASES DURING THE PAST 70 YEARS....[Written in 1957]

Insanity increased 400%

Cancer increased 308%

Anaemia increased 300%

Epilepsy increased 397%

Bright's Disease increased 65%

Heart Disease increased 179%

Diabetes increased 1800% (In spite of or because of insulin)

Polio increased 680%

Never in the history of this country have preventable diseases flourished with such wild abandon, continuously being fed by the very drugs and commercialized irritants that set them into operation in the first place.

..."Why has not success in treating disease kept pace with the extraordinary progress of knowledge of other sciences? The answer is ready: A successful practice of the healing art must be based upon the laws of life, the economy of vitality. The only foundation, therefore, of true healing is correct physiological principles; and here is precisely where the whole orthodox medical system of the present day fails — utterly and totally fails. It has no physiological and biological science upon which to truly practice the healing art." R. T. Trall, M.D."

--THE POISONED NEEDLE Suppressed Facts About Vaccination ~by Eleanora I. McBean, Ph.D., N.D.
<http://www.vaccinationnews.com/DailyNews/June2002/PoisonedNeedle18.htm>

"The medical establishment works closely with the drug multinationals whose main objective is profits, and whose worst nightmare would be an epidemic of good health. Lots of drugs MUST be sold. In order to achieve this, anything goes: lies, fraud, and kickbacks. Doctors are the principal salespeople of the drug companies. They are rewarded with research grants, gifts, and lavish perks. The principal buyers are the public - from infants to the elderly - who MUST be thoroughly medicated and vaccinated...at any cost! Why do the authorities forbid alternative medicine? Because they are serving the industry, and the industry cannot make money with herbs, vitamins, and homeopathy. They cannot patent natural remedies. That is why they push synthetics. They control medicine, and that is why they are able to tell medical schools what they can and cannot teach."

--[THE MEDICAL MAFIA: How To Get Out of It Alive and Take Back Our Health and Wealth](#) by Guylaine Lanctot, M.D

"...**General Electric**, which owns NBC, manufactures medical equipment. [HS Note: Also prev. one of the nation's leading manufacturers of nuclear reactors] GE Medical Systems manufactures very expensive equipment used by both cancer doctors and heart disease doctors:

"In addition to its industrial holdings, General Electric owns NBC which controls the following assets: 9 television stations including ones in New York, Los Angeles and Washington DC

25% of more of the following cable channels: CNBC, CourtTV, Bravo, MSNBC, A&E, the History Channel, Plus these key news programs: The Today Show, Meet the Press, Dateline, NBC, NBC Nightly News with Tom Brokaw" <http://www.brasscheck.com/nukenews.html>

Now do you understand why you have never hear anything positive about alternative treatments for cancer or alternative heart disease prevention programs?

It is all about money, not people. Follow the pharmaceutical industry money trail and you will know with perfect certainty who is on their side. If someone that receives Big Pharma money says anything truthful about alternative medicine, the money dries up immediately."

--Chapter 13: Who Do You Believe - Follow The Money Trail
http://www.cancertutor.com/WarBetween/War_Believe.html

"Why does a particular story not receive the coverage it deserves in the media? While a variety of reasons may be at cause, foremost among them ...seems to be **conflict of interest issues involving the financial concerns of major media advertisers.**"

--Peter Phillips, in his book, Censored 1997: The News That Didn't Make the News-The Year's Top 25 Censored News Stories (Censored)

"As a retired physician, I can honestly say that unless you are in a serious accident, your best chance of living to a ripe old age is to avoid doctors and hospitals and learn nutrition, herbal medicine and other forms of natural medicine unless you are fortunate enough to have a naturopathic physician available. Almost all drugs are toxic and are designed only to treat symptoms and not to cure anyone. Vaccines are highly dangerous, have never been adequately studied or proven to be effective, and have a poor risk/reward ratio. Most surgery is unnecessary and most textbooks of medicine are inaccurate and deceptive. Almost every disease is said to be idiopathic (without known cause) or genetic - although this is untrue. In short, our main stream medical system is hopelessly inept and/or corrupt. The treatment of cancer and degenerative diseases is a national scandal. The sooner you learn this, the better off you will be." --Dr. Allan Greenberg 12/24/2002

"As a chemist trained to interpret data, **it is incomprehensible to me that physicians can ignore the clear evidence that chemotherapy does much, much more harm than good.**" --Alan Nixon, Ph.D., Past President, American Chemical Society.

"**It amazes me how much of what passes for knowledge in cancer therapy turns out to be incomplete, inadequate, and anecdotal.**" --Ralph Moss, Ph.D.

"**Your toxic concoctions (chemo) are actually the false hope you worry so much about.**"

-- William Kelley Eidem, author "The Doctor Who Cures Cancer"

"**Conventional cancer treatments are in place as the law of the land because they pay, not heal, the best.**"

--John Diamond, M.D. & Lee Cowden, M.D.

"**Finding a cure for cancer is absolutely contraindicated by the profits of the cancer industry's chemotherapy, radiation, and surgery cash trough.**" --Dr Diamond, M.D.

"**We have a multi-billion dollar industry that is killing people, right and left, just for financial gain. Their idea of research is to see whether two doses of this poison is better than three doses of that poison.**" --Glen Warner, M.D. oncologist.

"**Chemotherapy is an incredibly lucrative business for doctors, hospitals, and pharmaceutical companies... The medical establishment wants everyone to follow the same exact protocol.** They don't want to see the chemotherapy industry go under, and that's the number one obstacle to any progress in oncology." --Dr Warner, M.D.

Excerpts from: **Death by Medicine** ~Dr Mercola http://www.mercola.com/2004/apr/3/death_by_medicine.htm

Natural medicine has come under attack as pharmaceutical company lobbyists push lawmakers to deprive Americans of the benefits of dietary supplements. Drug-front groups have implemented slanderous campaigns in attempts to undermine the value of natural health lifestyles.

These attacks to natural medicine prompted **an independent review of government-approved medicine, which revealed that conventional medicine was the leading cause of death in the United States.** This review of government health statistics showed that **in most cases, American medicine does more harm than good.** Compelling evidence from this study unveiled astounding statistics on the **783,936 deaths per year that have resulted from conventional medicine.**

The purpose of this article was to memorialize the failure of the American medical system by exposing the horrifying statistics of the inadequacies of today's health care system with the goal of beginning some meaningful reform.

Highlights from the findings in the review:

- **U.S. health care spending has reached \$1.6 trillion in 2003, which represents 14 percent of the nation's gross national Product**
- **In a 1992 survey, a national pharmacy database found a total of 429,827 medication errors from 1,081 hospitals.**
- **In 1974, 2.4 million unnecessary surgeries were performed that resulted in 11,900 deaths compared to the year 2001, where 7.5 million unnecessary surgeries were performed resulting in 37,136 deaths.**
- **A 1998 study reported an estimated 106,000 deaths from prescription medications per year.**
- **Nearly 9 million people were unnecessarily hospitalized in 2001.**

If prescription drugs are so good, where are all the healthy drug takers?

When observing the state of modern medicine and the unprecedented influence of pharmaceuticals, an interesting paradox arises. **The drug companies claim that pharmaceuticals can do wonders for people:** lower their cholesterol, end clinical depression, reverse osteoporosis, eliminate allergies, calm your children and many other similar promises. **But if prescription drugs are so good for people, where are all the healthy medicated customers? There aren't any to speak of. There's nobody taking twelve prescriptions who has a clean bill of health. In fact, the more prescriptions a person takes, the worse their overall health."**

~News Target Network Commentary
<http://www.newstarget.com/001352.html>

"Leading killers include tuberculosis, malaria, measles, AIDS and acute respiratory diseases like pneumonia and the flu.

Viruses, bacteria, fungi, parasites and other micro organisms can cause infectious illnesses. **Diseases can spread from person to person directly through sneezing, coughing, touching or sexual activity.** In some cases, **a pregnant woman can infect her developing fetus in the womb. Micro organisms also can be spread indirectly when people touch a surface or ingest food that has been handled by an infected person.** Some micro organisms can be spread when **infected blood or other bodily fluids** are exchanged with another person." --MSNBC Health www.msnbc.com/news/wld/Health/Libraries/infectiousdiseases/description.htm

The body must be *stimulated* to deal with the CAUSE of the discomfort. Drugs do not stimulate and invigorate your body's healing mechanisms, but instead *suppresses* them. **Drugs do not cure diseases. They temporarily stop symptoms.** The big drug companies along with their own back pocket doctors keep ill people coming back for more symptom reducing medications, which then cause side effects that need additional medications... and the cycle goes on, while **the original cause of the symptoms goes unchecked and will many times erupt later in a different manner.**

REMEMBER: Elimination of the symptom is NOT the same as elimination of the disease.

Now that you have read all the scary, frightening stuff... Take comfort in knowing that there is something that you can do about your health and the health of your family!

Here's to the Shape of True Health Care to come...

Protect Yourself.... Take out Real Health Insurance! This is the answer!

To truly eliminate disease, we must be in top shape. Our immune systems have to be strong and healthy, but it does not occur overnight.

Our bodies are shaped by what we do to them. What we put in is what we become. You are what you eat, breathe, drink, and touch... whether you ingest poisons in your food and beverages or have a brief interlude with a stranger and exchange bodily flu, your body has to deal with all of those things, and if it is not being properly cared for, it will move into a state of disease. In essence, we do become from what is put into our bodies through all these methods, and people the world over are suffering greatly from them.

It is time to get back to basics.

The only reason that we survive at all is due to our amazing immune systems.

Our immune systems are a complex network of cells and chemicals that protect and defend our bodies.

Our bodies were meant to heal from injury, and never be sick or infirm -- they have that ability if we will give them the proper nutrition and environment. This means STOP the repetitive unhealthy lifestyle choices.

"We can solve well over 90% of all the chronic diseases with simple, inexpensive natural therapies."

--The American Medical System is Nearing Collapse ~Dr. Joseph Mercola http://www.mercola.com/2002/aug/21/medical_system.htm

"Medications are palliatives. They are not designed to cure the degenerative diseases of the body." --F. Batmanghelidj, M.D.

"My opinion, however, is that they (herbs) are superior 95% of the time to any pharmaceutical drug!" --Dr Willner, M.D.

"I look upon cancer in the same way that I look upon heart disease, arthritis, high blood pressure, or even obesity, for that matter, in that **by dramatically strengthening the body's immune system through diet, nutritional supplements, and exercise, the body can rid itself of the cancer, just as it does in other degenerative diseases. Consequently, I wouldn't have chemotherapy and radiation because I'm not interested in therapies that cripple the immune system**, and, in my opinion, virtually ensure failure for the majority of cancer patients." --Dr Julian Whitaker, M.D.

THE ISOLATION PROCESS, A POWERFUL PATH TO MORE SALES

by Jeffrey Gitomer

Psst -- hey -- com'ere. I've got a secret to tell you...

Sometimes prospects will stall you, sometimes they will lie to you, sometimes they won't tell you the real reason they won't purchase. When a prospect gives you some lame excuse (stall) about why they won't buy now, he's really saying, "not yet."

There are two basic types of stalls. People stalls and thing stalls.

Thing stalls are when prospects say -- I'm too busy now, your price is too high, I have too many other obligations.

Frustrating isn't it? Want to make the stall go away? Simple. Here's the strategy: Isolate the stall or objection as the only obstacle, and then eliminate it from the situation by asking "what if it was gone, or was not the situation...would you buy?"

Isolating and eliminating creates a new situation AND a possible sale.

You repeat the stall back to the prospect, and then take it away. For example -- you say, I understand, Mr. Johnson. So what you're telling me is if it wasn't the fact that you were too busy, this would be a perfect opportunity for you, is that correct? (get the commitment). (then double qualify) In other words, if you had the time, you would get involved? (then say) Well let's look at the situation closer, you say you have no time, but you also said that you're not earning all the money you need. Maybe there's a way to use this opportunity to buy back some of your time with increased earnings.

Antioxidants

GNLD's Antioxidants include:

- Carotenoid Complex,
- Flavonoid Complex,
- Cruciferous compounds,
- The above three are also available in 1 x **PhytoDefence Pack** x 30 sachets each containing 3 x Carotenoids, 2 x Flavonoids and 1 Cruciferous.
- Vitamin A, Vitamin C, Vitamin E,
- Beta-Guard for Adults and Vita-guard for children contain a complex of antioxidants such as Beta Carotene VC, VE, zinc, selenium, chromium, VB3, VB6. This formulation is used for detoxifying the body and building the Immune system.

The most powerful health enhancers in food, **ANTIOXIDANTS** prevent disease, build the immune system and even slow the ageing process. They attack the process of oxidation, the culprit behind many, if not most, of today's diseases, including cancer and heart disease. Oxidation causes cells, tissues and organs to break down or decay.

PhytoDefence ...

For full information check Carotenoids, Flavonoids, and Cruciferous.

SUGGESTED USE: 1 Sachet daily with food.
1 Sachet contains: 3 Carotenoid Complex capsules, 2 Flavonoid Complex tablets, and 1 Cruciferous Plus tablet.

Vitamin C	50 mg	% RDA 83%
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PhytoDefence is the first product of its kind to offer scientifically-proven phytonutrient protection. A convenient way to supplement the diet with a broad-spectrum of naturally occurring carotenoids, flavonoids and the active constituents in cruciferous vegetables; PhytoDefence delivers the equivalent of 6 optimal servings of whole food phytonutrient vegetables - 3 carotenoids, 2 flavonoids and 1 cruciferous serving. These are all known to play important roles in human nutrition and the body's general well-being - available in one convenient sachet.

Dosage: 1 sachet daily.

First product of its kind to offer scientifically proven phytonutrient protection.

Convenient individual sachets deliver optimal daily supply of recommended phytonutrients.

A balanced mix of the equivalent of 6 optimal servings of whole-food phytonutrient fruit and vegetables.

Each sachet contains: 3 brown, soft-gel capsules providing a broad spectrum of naturally occurring, oil soluble carotenoids; 2 purple tablets providing water soluble antioxidant diversity from a broad flavonoid spectrum of fruit and vegetable extracts and concentrates and 1 light green tablet providing the phytonutrient profile of an optimal serving of cruciferous vegetables containing a broad spectrum of bioactive ingredients.

Research suggests that diets with high levels of carotenoids, flavonoids and the active constituents from the recommended amount of cruciferous vegetables will help to combat oxidative damage to cells and offer significant benefits to our general well-being. It appears that these nutrients, termed phytonutrients, are most effective when several types are consumed together. Only a minority of people eat adequate amounts of the fruits and vegetables that would provide these carotenoids, flavonoids and cruciferous constituents. It is also apparent that some consumers are not aware of how many of each nutrient to consume on a daily basis.

What it can do for you... For full information check Carotenoids, Flavonoids, and Cruciferous.

- Build your Immune System - Your immunity is your body's ability to fight and overcome disease and infection, prevent illnesses and to repair and heal itself.
- The Immune System is a complex system that depends of the interaction of many different organs, cells and proteins. Its chief function is to identify and eliminate foreign substances such as harmful bacteria that have invaded the body. The liver, spleen, thymus, bone marrow, and Lymphatic system all play vital roles in the proper functioning of the immune system. Antioxidants particularly the PhytoDefence, a pack of 30 sachets which contains 3 Carotenoid Complex Capsules, 2 flavonoid Complex tablets and 1 cruciferous complex fully and powerfully support and build the immune system.
- Prevents ageing and ageing diseases such as the arthritis, rheumatism, gout, senility, Alzheimer's, hardening of the arteries... etc the list goes on and on.
- PD Mops up Free Radicals... Free Radicals are highly destructive molecules that destroy cell tissue and are one of the major causes of ageing and degenerative diseases such as the above including heart disease and cancer.

What is Osteoarthritis? Osteoarthritis is a gradual degeneration of joint cartilage which results in the bones grating against each other, causing pain, inflammation and often a crippling effect on one's lifestyle.
What is Osteoporosis? Osteoporosis is a degenerative disease of the bones, where they lose density making them more susceptible to breaks and fractures.

Carotenoids (3 caps also found in the PhytoDefence)

GNLD's Carotenoid Complex is a broad spectrum, OIL SOLUBLE antioxidant complex derived completely from whole food sources. Each capsule provides a broad carotenoid spectrum that matches an optimal serving of fruit and vegetables. Carotenoid Complex is the only product of its kind to provide this exclusive blend of carotenoid-rich concentrates in a form that the body can easily recognize and utilize.

Dosage: 3 capsules daily. This product contains a **Broad spectrum**, lipid soluble nutrient supplementation. More than just beta-carotene, Carotenoid Complex provides a variety of carotenoid family members as they naturally occur in the human food chain in fruit and vegetables. **Wholefood ingredients.** Our exclusive blend of carotenoid rich extracts and concentrates is derived from wholefood tomatoes, carrots, spinach, red bell peppers, strawberries, apricots and peaches. **15 powerful carotenoid family members.** Our unique formula has been tested and shown to deliver alpha-, beta-, cis-beta-, gamma- and zeta-carotene, lycopene, cis-lycopene, lutein, zeaxanthin, alpha- and beta-cryptoxanthin, violaxanthin, canthaxanthin, capsanthin and cryptocapsin.

Dosage: Take 1-3 capsules daily.

Each capsule contains 900mg of Carotenoid Complex Blend comprising:

Carrot extract	
Red Bell Pepper extract	
Tomato extract	
Spinach extract	
Apricot concentrate	
Strawberry concentrate	
Peach concentrate	
Beta Carotene	1300mcg
Alpha Carotene	550 mcg
Lycopene	340mcg
Lutein/Zeaxanthin	130 mcg
D-alpha tocopherol	6 iu
Formulated in a base of pure olive oil	

Independent Research Studies. Significant immuno-supporting benefits verified by USDA. **Exclusive Nutrimax Process.** Advanced technology yields a 98% extraction efficiency. Also includes low temperature processing and oxygen free encapsulation to guarantee high potency of lipid - soluble carotenoid nutrients. **Natural base of pure olive oil.** Promotes ingredient stability and helps optimize carotenoid absorption. Carotenoid Complex contains **Pure lecithin from soybeans.** Helps maximize stability of carotenoid nutrients and aids their dispersion during digestion. Carotenoids refer to the naturally occurring colourful family of red, yellow and orange pigments found in the fruit and vegetables we eat. They also exist in many green plants but are masked by the

presence of chlorophyll. Carotenoids contribute to antioxidant activity in cellular lipids, support normal cellular growth and renewal and promote immune cell activity. Carotenoids also assist in supporting the function of the cardiovascular system.

What they can do for you.

- Lipid-soluble antioxidants, Carotenoids are a natural source of red, yellow and orange pigments in many fruits and vegetables. Many provide vitamin A Activity.
- Classified by their chemical structure - carotenes (e.g. alpha, beta, gamma, and zeta-carotene), xanthophylls (e.g. Lutein, lycopene, cryptoxanthin and zeaxanthin). There are more than 600 known carotenes.
- Approximately 3 servings a day: apricots, broccoli, butternut, pumpkin, rock-melon, paw-paw, peaches, pink grapefruit, red capsicum, spinach, strawberries, sweet potatoes, Swiss chard, tomatoes.
- Research suggests that diets with high levels of Carotenoids may offer several health benefits such as reduced risk of some cancers, reduced risk of heart disease and cataracts, enhanced immune function.
- Provides antioxidant protection from the free-radical damage for the lipid (fat) portions of the cells and tissues. Carotenoids are most effective when consumed as families, referred to as ‘Super Antioxidants’ the Carotenoids are the most potent antioxidants yet discovered. Works alongside vitamin A and E in protecting the fat portion of the cell against free radical damage.
- Experts say eat 5-9 daily servings of fruit and vegetables a day to receive a rich source of protective Carotenoids. (This does not include bananas, potatoes and apples, as they do not contain Carotenoids. 6 mg of Carotenoids needed per day. Current eating habits are estimated to provide 1,5 mg per day.
- Studies conducted by USDA researchers suggest that a carotenoid-deficient diet compromises immune power and that the broad spectrum of carotenoids in Daily Carotenoid Complex could enhance the immune response of otherwise healthy people.

Daily Carotenoid Complex has been shown to:

- Dramatically enhance both immune cell levels and overall immune cell responsiveness.
- Boost levels of lymphocytes, which are the body's first immunologic line of defense against disease.
- Increase natural killer cell levels by more than 21% above baseline values in just 20 days: more than twice the effect of beta-carotene alone!
- Reclaim lost immune power and boost overall immune capacity by 37% in just 20 days.* (Supplementation with beta-carotene alone did not provide this benefit).
- Highly bioavailability: the ingredients in Carotenoid Complex are absorbed and utilized by the body.

*NOTE: measured as an increase in overall lymphocyte proliferation, a recognized standard for measuring immune competence and capacity to respond to an immune challenge.

- USDA CAROTENOID COMPLEX STUDY PUBLISHED in the “The American Journal of Nutrition” – March 1997 Volume 65 Number 3.
- Carotenoid Complex increased the immune capacity known as “Lymphocyte Proliferative Response” by 37% in just 20 days compared to Beta Carotene alone. It is this aspect of our immune systems that keeps us healthy from day to day, and fights off bacteria, viruses and other health challenges. (United States Government Study).
- Carotenoid Complex increased the immune capacity know as “Natural Killer Cells” by more than 20% in just 20 days. Natural killer cells are known as our body’s first line of immunologic defense against cancer.

Dosage: 2 tablets daily as a dietary source of naturally occurring flavonoids.		
Each tablet contains:		% RDA for person 10 years and older
Cranberry extract		*
Kale concentrate		*
Green tea extract		*
Beet concentrate		*
Mixed berry extract		*
Red and black grape extract		*
Orange extract		*
Lemon extract		*
Grapefruit extract		*
Vitamin C	50 mg	83
* No RDA established for this ingredient.		
Contains no animal ingredients		

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USDA CAROTENOID COMPLEX STUDY PUBLISHED in the “The American Journal of Nutrition” – March 1997 Vol. 65

Flavonoids (2 tabs also found in the Phytodefence)

Flavonoid Complex is a broad spectrum, WATER-SOLUBLE antioxidant complex derived from whole food sources of flavonoid-rich fruit and vegetables. Other compounds commonly found with flavonoids such as vitamin C and ellagic acid, both of which work to increase the overall activity of flavonoids, have been included in the formulation. (Note: Flavonoids complement the OIL-SOLUBLE antioxidants naturally occurring in red, yellow and orange fruit and vegetables provided by GNLD’s Carotenoid Complex.)

Dosage: 2 tablets daily. Broad spectrum, representing all flavonoid classes: flavones, flavanols, flavanones, anthocyanins and catechins.

Exclusive blend of whole food extracts and concentrates derived from whole cranberries, kale, green tea (without caffeine), beets, berries, red and black grapes, oranges, lemons and grapefruits.

Added benefit of ellagic acid, closely related to flavonoids (found in strawberries and cranberries for example), which has been associated with reduced risk of some aggressive threats to our well-being.

Convenient serving, each tablet provides the full water-soluble antioxidant profile of an optimal serving of Flavonoid-rich fruits and vegetables. Research suggests that diets with high levels of flavonoids, one of the natural sources of the brighter colours in many fruits and vegetables, may offer several benefits for optimal well-being; they may also be immune supporting. Antioxidant flavonoids work with vitamin C to provide increased protection from oxidative damage for the water-based portion of the cell. Although a few bioflavonoids have become relatively well-known, there are over 4000 unique flavonoids and it appears they may be most effective

when several types are consumed together. It seems that only a minority of people eat an adequate amount of the fruits and vegetables, in their daily diet, which would provide the flavonoids they need.

What they can do for you

- Water-soluble antioxidants, Flavonoids are a natural source of blues, purples, emerald greens and some reds and yellows in many fruits and vegetables.
- Polyphenols - broken into five classes according to chemical structure:
- Flavones, flavanones, catechins, flavanols, anthocyanins.
 - There are more than 4000 known Flavonoids. Ellagic acid closely related to Flavonoids.
 - Research suggests that diets with high levels of Flavonoids may offer several health benefits such as reduced risk of some cancers and heart disease and enhanced immune function and anti-inflammatory action.
 - Approximately 2 servings per day - apples, beets, berries, cherries, endive, French beans, grapefruit, grape juice, green tea, kale, leeks, lemons, oranges, parsley, pears, red onions, red wine.
 - Antioxidant protection from free radical damage for the watery portions of both the inside and outside of cells and tissues. Flavonoids are most effective when consumed as families.
 - Flavonoid Complex is scientifically proven to slow the spread of cancer by 90%

Cruciferous Complex (1 tab also found in the Phytodefence)

Dosage: Take 1 tablet daily with food as a dietary source of naturally occurring phytonutrients from cruciferous vegetables.

Each tablet contains: Extracts of broccoli, radish, kale, black mustard and concentrates of brown mustard and watercress. Orange extract. Liquorice root extract. Formulated in a base of high-isoflavone soya milk concentrate. Contains no animal ingredients.

Cruciferous Plus is a combination of powerful phytonutrients (plant nutrients) derived from naturally occurring whole food concentrates and extracts, including beneficial phytonutrients from oranges, liquorice root and soybeans. One tablet daily will help us to meet the recommendations of Cancer Institutes and Health Organizations worldwide, to eat at least one portion of cruciferous rich vegetables each and every day.

Dosage: 1 tablet daily. Broad spectrum, cruciferous vegetable and related phytonutrients provide protection from certain particularly negative threats to our well-being. **Exclusive Cruciferous Blend** contains broccoli, radish, kale, black mustard, brown mustard and watercress. These provide indole carbinols and isothiocyanates such as sulforaphane.

Added benefit of additional phytonutrients: D-limonene - a terpene, chalcones from liquorice root and isoflavones such as genistein from soybeans.

Convenient serving: each tablet provides the phytonutrients of one optimal serving of cruciferous vegetables and other related phytonutrients. A large volume of research points to the protective benefits of regular consumption of cruciferous vegetables. Cancer Institutes and other health organizations recommend one daily serving of cruciferous vegetables. Many people find the taste of these foods too pungent; on average, we currently eat only 1 serving per week. The crucifers contain two main phytonutrients that science has shown to be particularly impactful on major risks to our well-being - indole carbinols and isothiocyanates such as isoflavones. Other beneficial phytonutrients include terpenes and chalcones. The research is compelling.

What they can do for you.

- Lipid and water-soluble health protecting nutrients from cruciferous vegetables characterised by a pungent, biting taste.
- All contain glucosinolates, the cause of the pungent taste. Two principle groups are:
 - Indole Carbinols, Isothiocyanates, (e.g. Sulforaphane).
- Approximately 1 serving a day - bok choy (Chinese cabbage), broccoli, brusselsprouts, cabbage, calabrese, collard greens, horseradish, kale, kohlrabi, mustard, mustard greens, radish, rutabaga, turnips, turnip greens, watercress.
- Research suggests that diets with high levels of cruciferous compounds may offer several health benefits like preventing hormonal mediated and other cancers, including: breast, prostate, digestive tract, uterine lining, colon and lung cancer.
- It is likely that cruciferous vegetables and related plants help because they - stimulate enzymes that neutralise problem compounds, detoxify carcinogens and flush them from the body. They prevent the conversion of good oestrogen to bad oestrogen. (Correlated with lower risk of breast cancer). Neutralise toxins and prevent chemicals from becoming active carcinogens. Block interaction of carcinogens with DNA.
- Closely related Phytonutrients - D-Limonene, a citrus terpene from oranges, chalcones from liquorice root, and isoflavones from soybean have similar activity as cruciferous nutrients.
- A study presented at the Experimental Biology meeting in New Orleans in Louisiana concluded that exclusive blend of extracts from Cruciferous vegetables found in **Cruciferous Plus can inhibit the growth of breast cancer cells by more than 37%.**

Broccoli Compounds May Protect Joint Health (Found in GNLD's Cruciferous Complex...)

Antioxidant-boosting compounds found in broccoli and other plants appear to block an enzyme that triggers inflammation in joints. The compound called sulphoraphane has already been shown to fight cancer cell growth. But new experiments on human cells show that a diet rich in sulphoraphane might also be good for arthritic joints, or for sportspeople putting their joints under a lot of pressure.

A team from Johns Hopkins University added the broccoli compound to a dish containing chondrocyte cells from human joints. After 24 hours, the cells were subjected to a stress test designed to mimic aspects of strenuous exercise on a joint.

Heavy exertion can cause the joints to increase the levels of COX-2 enzyme in joints, which triggers inflammation and pain, and suppresses the activity of phase 2 enzymes. This ultimately kills chondrocytic cells, and when chondrocytes stop functioning properly, arthritis can develop. But sulphoraphane has previously been found to boost the activity of helpful phase 2 enzymes, and the laboratory test confirmed this effect.

"The beneficial phase 2 enzymes somehow seemed to prevent the activation of the inflammatory COX-2 enzyme," said graduate student Zachary Healy, lead author of the study. "The phase 2 enzymes inhibited the inflammation and the apoptosis - the cellular suicide we'd observed." Healy suggests that supplements of the natural compounds could be used prior to sport.

Further, prescription drugs like Vioxx keep COX-2 enzyme at bay by temporarily blocking its ability to send the biochemical signals that set off pain and inflammation. When the medication is stopped, the stockpiled COX-2 enzyme can resume its damaging ways. But the phase 2 enzyme inducers seemed to stop the increasing activity of COX-2 enzyme.

"This has the potential for stopping pain and inflammation before they start," said Healy.

The findings prove timely as the withdrawal of Cox-2 inhibitor drugs last year encourages consumers to look at natural substances to relieve joint pain. At the same time, incidence of osteoarthritis is rapidly rising around the world due both to ageing populations and increasing levels of obesity.

Healy stresses that the results need to be further investigated.

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THE ISOLATION PROCESS, A POWERFUL PATH TO MORE SALES

by Jeffrey Gitomer

Psst -- hey -- com'ere. I've got a secret to tell you...

Sometimes prospects will stall you, sometimes they will lie to you, sometimes they won't tell you the real reason they won't purchase. When a prospect gives you some lame excuse (stall) about why they won't buy now, he's really saying, "not yet."

There are two basic types of stalls. People stalls and thing stalls.

Thing stalls are when prospects say -- I'm too busy now, your price is too high, I have too many other obligations.

Frustrating isn't it? Want to make the stall go away? Simple. Here's the strategy: Isolate the stall or objection as the only obstacle, and then eliminate it from the situation by asking "what if it was gone, or was not the situation...would you buy?"

Isolating and eliminating creates a new situation AND a possible sale.

You repeat the stall back to the prospect, and then take it away. For example -- you say, I understand, Mr. Johnson. So what you're telling me is if it wasn't the fact that you were too busy, this would be a perfect opportunity for you, is that correct? (get the commitment). (then double qualify) In other words, if you had the time, you would get involved? (then say) Well let's look at the situation closer, you say you have no time, but you also said that you're not earning all the money you need. Maybe there's a way to use this opportunity to buy back some of your time with increased earnings.

RELATIONSHIPS

"Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down." -- **Oprah Winfrey**

"Good friendships are fragile things and require as much care as any other fragile and precious thing." -- **Randolph S. Bourne**

"The purpose of life is to develop loving relationships, and to become a totally loving person." -- **Brian Tracy**

"Sooner or later we all discover that the important moments in life are not the advertised ones, not the birthdays, the graduations, the weddings, not the great goals achieved. The real milestones are less prepossessing. They come to the door of memory unannounced, stray dogs that amble in, sniff around a bit and simply never leave. Our lives are measured by these." -- **Susan B. Anthony**

DO YOU NEED TO ACHIEVE MORE IN YOUR DAY...YOUR LIFE?

LEARN THE SECRET – TIME MANAGEMENT!

Time Management is the key... Manage you time properly and you will be amazed at how much you get done! Manage your time concerning the basics of this business, (Sharing your GNLD Opportunity and Products), and watch your business grow...

What it `s about?

- Assessing Yourself – Asses your strengths and weakness and work on them i.e. your recruiting skills...
- Setting Priorities – Do what needs to be done to get the desired results in your business.
- Decision Making – Decide what it is you want in life and in your business and focus on that.
- Procrastination – Action takers are wealth creators ... as long as the action brings meaningful results.
- Identifying & Avoiding Time Traps and Time Wasters – You know what/who they are – get rid of it/them.
- Developing a Personal Sense of Time – each day, know what has to be done and manage your time accordingly.
- Radiant Thinking with Foresight – Get excited about your business and your future and plan that future!
- Identifying Goals the Easy Way – Really decide what you want out of life and set your goals accordingly.
- Managing Paperwork – Deal with a piece of paper only once.
- Organising your Office, Workstation and Life – Being organised can save you 'weeks' of time.
- Feeling More Motivated, More Energetic & Less Stressed! Being organised, prioritising your tasks, planning your time and taking action and getting things done daily, weekly, monthly will inspire, excite and motivate you.... So start today!

HAVE YOU GOT YOUR 2010 DIARY YET?

Eight Ways to Keep Your Prostate Healthy

Written by Patrick Holford **GNLD Recommendations in Red Bold by L. Banks.**

All men have one, only half of them know where it is and none of them can spell it. The prostate (not prostrate – which means ‘lying flat’) is a small gland, about the size of a walnut, that sits under the bladder by the urethra (the urine duct) and makes fluid that passes into the seminal duct to help sperm swim along. It’s a bit like the refuelling station in a marathon for your sperm.

If it gets swollen it can act like a clamp, making it harder to urinate. This is very common in men later in life. It’s either caused by inflammation of the prostate (prostatitis) or, more commonly, benign prostatic hyperplasia (BPH) and affects one in three men over the age of 60. Although there is no clear link between BPH and prostatic cancer, other than difficulty peeing, too many men avoid going to their doctor. In both cases, the earlier you know what’s happening, the better.

Prostate cancer is increasing at an alarming rate. Currently, roughly one in ten men will be diagnosed with prostate cancer; however the World Cancer Research Fund estimates that one in four men will have a diagnosis of prostate cancer during their lives by 2018. Prostate cancer can vary from a relatively harmless condition to a serious illness, and its frequency increases with age. A small amount of prostate cancer is commonly found in older men who have died from other causes, with up to 80 per cent of 80 year olds. According to Professor Jonathan Waxman of Imperial College, London, little spots of cancer occur in 70 per cent of 70 year olds, 60 per cent of 60 year olds and 50 per cent of 50 year olds, but their relationship with the development of aggressive cancer is unknown. A non-aggressive type of prostate cancer is known as prostatic intra-epithelial neoplasia or PIN. Some doctors regard PIN as being a precursor of cancer, however not all agree.

The most commonly used screening test for prostate health is a blood test measuring PSA (prostate-specific antigen). This is produced by the prostate gland. High levels of PSA may be an early indicator of prostate cancer. However, it also gives many false positives. It is also raised in BPH so a high level doesn’t mean you have a problem. Generally, having a PSA below 2.5, if you’re under 60, or 4 ng/ml if you are over 60 is consistent with good health. Doctors also carry out a digital rectal examination; however this is also prone to false positives.

How to keep your prostate healthy

Reduce animal fats – fats from dairy products, meat, and eggs are the highest sources of hormone-disrupting chemicals and high consumption of these foods is more likely to increase risk. So, moving more towards a vegetarian diet, using bean, lentil, nuts and seeds for protein is consistent with keeping your prostate healthy. Fish, especially if organic or wild, or omega-3 rich eggs are probably the best of these foods. **GNLD’s Lipotropic Adjunct is key!**

Increase omega-3 fats - Fish oils may be protective against prostate cancer. A study published in the Lancet followed more than 6,000 Swedish men age 55 for up to 30 years. Its conclusion: eating fatty fish, such as salmon, sardines, herring and mackerel, could reduce the risk of prostate cancer by a third. The men who ate no fish had a two-fold to three-fold higher risk of prostate cancer than those who ate moderate or high amounts. Supplementing purified omega-3 fish oils (EPA and DHA) provides a guaranteed PCB free source of these powerful anti-inflammatory agents. If you’re suffering from BPH or prostatitis supplement the equivalent of 1,000mg of EPA a day. **Take GNLD’s Omega 3 Salmon Oil Plus capsules – 3 capsules per day...**

Eat more fruit and vegetables – The higher your consumption the lower your risk. Particularly beneficial are tomatoes, rich in lycopene, and kale, cabbage, broccoli, tenderstem and cauliflower. These are profoundly cancer protective. **GNLD’s Carotenoid Complex... and GNLD’s Cruciferous Complex**

Take an antioxidant supplement – While individual antioxidants haven’t always come up trumps, with selenium being one of the most beneficial, a recent trial giving over 5,000 men a combined antioxidant supplement containing vitamin C, vitamin E, beta-carotene, selenium and zinc daily for eight years proved protective. However, the protective effect was far higher in those men with a normal PSA level (below 3µg/l). The antioxidants did not, however, appear to either lower PSA or IGF levels. (1) **GNLD’s Betaguard contains all aforementioned nutrients... but GNLD’s Phytodefence is the Rolls Royce when it comes to Antioxidant power.... Refer to article on Phytodefence, Carotenoids, Flavonoids and Cruciferous....**

Eat more beans, lentils, nuts and seeds – Soya produce is particularly protective because it prevents excessive oestrogenisation. You need 15mg of phytoestrogens a day from these foods for maximum protection. That means eating either a small serving of tofu or tempeh, a third of a glass of soya milk or a serving of chickpeas or other beans, plus a handful of seeds, nuts or rye bread every day. Alternatively, you can supplement these. **GNLD’s Protein shakes are derived from Soya... and contain all 22 Amino Acids which is instrumental in the production of all hormones in the body...**

Lyn’s GNLD Recommendations... These are musts! GNLD’s Nutrishake, Omega 3 Salmon Oil Plus, Cruciferous Plus and Zinc!

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Gift Ideas...

Nutriance – superb! Personal Care – great. Vitasquares... All the products make great gifts... put it with something else to add value i.e. PCC with a back scrubber... etc...

Holiday Musts...

GNLD Moisturiser, LDC, Super 10, Care to disinfect, PCC, Body Luv for the Mosquitoes, Aloe Vera Drink, Aloe Vera Gel... Shampoo, Conditioner, Hand + Body Lotion.

Nutrition to handle the holiday stress, and over indulging. Use Aloe Vera Plus, VB, VC, Zinc. Formula IV/Vita Squares is a must for every day, so don't forget to take it.

There are two months left for this year... two whole months to make a difference in your business. Most Christian families are starting to shop now for Christmas presents... You can make the most of it by offering your products as prezzies... for example, Imagine receiving the Renewing Antioxidant Treatment as a gift... (or the whole Nutriance range) What a special Gift for that special lady in your life!

Make November a 'Best Ever' month as this will be your last bonus before the end of the year! This is the most rewarding time for recruiting, work hard at your business and you will be rewarded! Lyn Banks...

Amazzing Aloe Vera – Get the Juice on it!

Aloe Vera ... Soothing, Healing!

A properly functioning Digestive tract is essential to well-being, but did you know that the anxiety and irritability of stress can also take its toll on this vital body system? And we have all experienced the symptoms of poor Digestion uncomfortable cramping, bloating and constipation which make life miserable! But there is a way to maintain the well-being of your digestive tract and reduce the Affects of stress on the body, naturally and gently... with Aloe Vera Plus!

The Scientific Advisory Board answers all your Questions on Aloe Vera Plus

Finest Quality gel-only Aloe Vera Juice

Aloe Vera has long been used to soothe cuts and burns on the skin, but this revered plant can also soothe the body from the inside when taken internally. Aloe Vera Plus contains pure gel-only Aloe Vera Juice that works gently to help the digestive tract function quietly and efficiently.

Passion flower and chamomile

Every day, people around the world use these herbs to help them relax and unwind. Aloe Vera Plus contains passion flower and chamomile because of their ability to relax and quiet spasms associated with unsettled digestion. Siberian ginseng - an ancient herb long used to promote stamina and energy - is also included in Aloe Vera Plus in a special 3x Herbal Tea Blend to give you the stamina to get through even the most stressful of days!

Aloe Vera Plus also **contains 100mg of Vitamin C per serve**, fructose for improved endurance and stamina as well as electrolytes to help regulate muscle response and nervous system transmissions!

Harmonious digestion!

You can't go past Aloe Vera Plus

Aloe Vera Plus is a natural, safe, effective and delicious way to not only maintain the well-being of your digestive tract, but also to help you better cope with every challenge you face! As John Miller says, "Aloe Vera is the perfect wellness enhancer". Use it to enhance your health and well-being today!

Isn't Aloe Vera only beneficial if used externally for skin Problems?

"Certainly not!" Aloe Vera has been used internally with success for centuries! Dioscorides, the writer of some of the earliest references to herbal Medicine, recommended it for several internal disorders. Today we know that the soothing and anti-inflammatory properties of Aloe Vera can assist people who have some forms of chronic gastro-intestinal discomfort"... John Miller, Vice President of Science and Technology, GNLD International and Scientific Advisory Board Member.

Is there any scientific research showing the benefits of consuming Aloe vera?

"There is a certain volume of research showing the benefits of taking aloe vera internally.

For example, the polysaccharide component of aloe vera, acemannan, appears to undertake significant physiological and antibacterial activity." ...Dr David Shepherd, GNLD Scientific Advisory Board member.

Why does Aloe Vera Plus taste so good? I thought aloe vera wasn't pleasant tasting!

"There is no doubt that Aloe Vera in its raw state doesn't taste very good! Many aloe vera products are made with the 'whole leaf', in which there are a number of undesirable components that contribute to the leaf's bitter taste. In Aloe Vera Plus, our aloe vera is derived from a filleting process that takes the gel from the centre of the leaf and avoids these undesirables. That process advantage, coupled with our herbal tea blend and natural fruit sugar (fructose), deliver all the benefits of aloe vera and a great taste too!" John Miller, Vice President of Science and Technology, GNLD International and Scientific Advisory Board member.

Who would be most suited to taking Aloe Vera Plus?

"Aloe Vera Plus is particularly good for people who suffer from stress and related intestinal upsets - its calming effect is very effective for such problems. It can also be taken as a general tonic and pick-me-up," Dr David Shepherd, GNLD Scientific Advisory Board member.

The GNLD Difference

- 50% finest aloe vera juice. Harvested with the base of leaves intact and sealed, then processed right at the farm, GNLD aloe vera maximizes purity and retention of natural botanical healing properties. "Gel only" filleting process avoids undesirables found in whole-leaf aloe.
- 50% GNLD's special 3x Herbal Tea Blend. Includes Siberian ginseng, "Nature's energizer," plus chamomile and passion flower to calm and relax. Traditionally steeped and tested for potency and purity.
- Important Electrolytes...Potassium and Magnesium for metabolic support of the body especially the cardiovascular and nervous systems.
- Vitamin C. Each serving provides 170% of the Daily Value for vitamin C, an antioxidant that supports immunity, cardiovascular health, skin tone, and more.
- "Glycemic edge" beverage. Sweetened with fructose for quick and sustained energy.
- Great natural flavour...Pleasant tasting aloe gel, delicious herbal tea blend, natural lemon flavor, and natural sweeteners add up to great taste.
- Only 16 calories per 2 oz. serving.
- Vitamin C. Each serving provides 170% of the Daily Value for vitamin C, an antioxidant that supports immunity, cardiovascular health, skin tone, and more.
- "Glycemic edge" beverage. Sweetened with fructose for quick and sustained energy.
- Great natural flavour. Pleasant tasting aloe gel, delicious herbal tea blend, natural lemon flavor, and natural sweeteners add up to great taste.
- Only 16 calories per 2 oz. serving.

STRESS: It steals your energy and your health

For virtually everyone in our modern world, stress is a fact of everyday life. It's not just people living in big cities or working at demanding jobs that get "stressed out" Even joyful events like becoming a parent or buying a new home carry with them extra burdens of stress.

Stress undermines your well-being in every aspect of your life:

- Financial stress - National surveys constantly report that money is the number one cause of stress in our society Bills, taxes, mortgages, insurance, college tuition – all take your hard-earned money
- Mental stress - Deadlines, job politics, and lack of control over your day to day circumstances can add up to constant, exhausting worry
- Emotional stress - Caring about people takes a lot of energy, and when your personal relationships are strained, a lot of the joy can go out of life.

STRING SIZE	ACTIVITY
Small about 70 to 650 "bead's"	May lower blood sugar (help fight diabetes); anti-inflammation (help alleviate arthritis, ulcerative colitis)
Medium about 1500 "beads"	Antioxidant activity (may lessen free-radical-linked disease such as cardiovascular disease and cancer, and may protect against free radicals such as environmental toxins, food additives, etc.)
Large 4,000 to 5,000 "beads"	Antibacterial properties (may help prevent ulcers); healing properties
Very Large 8,000 to 9,000 "beads"	Support and improve immunity (stimulate antibody production, increase natural killer cells, release anti-tumor substances, release factors to draw white blood cells into areas of injury)

Vitality Aloe Vera Plus' is a soothing solution to daily stress - refreshing and re-energizing the body, naturally.

Over time, chronic stress can lead to a range of health 'problems, including depression, insomnia, headaches, ulcers, or recurring digestive distress.

Fortunately, there's a safe and effective solution that's been helping people for centuries to keep their bodies and minds strong, healthy and active: **Aloe Vera** restoring natural vitality!

Aloe Vera – Rich History of HEALING

Perhaps the earliest depiction of the medicinal use of Aloe Vera is on Mesopotamian clay tablets dated 1750 B.C. In what is considered to be the first book of medicine ever written, ancient Greek herbalist Dioscorides recommended aloe vera for wound healing, constipation, insomnia, stomach disorders, pain; hemorrhoids, itching, headache, hair loss, blisters, skin care, sunburn, and beauty care.

1934, a medical radiologist tried aloe vera gel on victims of x-ray burns and found it more effective than any other agent. For generations households have kept potted aloe vera handy 'whenever someone has a cut, scrape, or burn, an aloe vera leaf is broken and the soothing gel applied to the injury to reduce-pain and swelling.

Today, consuming Aloe Vera internally has become a popular and effective solution to the-many' stresses of modern life. Nutrient-rich and naturally soothing Aloe Vera beverages help your body cope with stress by refreshing, re-energizing and restoring natural vitality and health.

Research confirms aloe vera offers a wide range of benefits

How does aloe vera create so many different effects?

Some scientists think the key may be its polysaccharides, by far the largest group of aloe constituents.

Think of polysaccharides as simple sugar units linked together like beads in a necklace. Just as a string of beads may have different colors and lengths, the simple sugar units may be of different types (glucose or mannose) and the polysaccharide "necklaces" may be of different lengths, each of which may have different biochemical activities:

Range of Benefits

To date, science cannot explain all of the healing powers that have been attributed to aloe vera throughout the centuries. But we do know this: Life can be hectic, an soothing Vitality Aloe Vera Plus can help minimize the impact of s on your health.

What is Aloe Vera?

A member of the lily family, which includes asparagus, garlic, onion, and turnip, the inner leaf of the aloe vera consists of a pleasant-tasting gel that is more than 95% water and contains more than 200 different constituents, including mucopolysaccharides, enzymes, sterols, prostaglandins, fatty acids, amino acids, proteins, vitamins A and C, thiamin, riboflavin, niacin, calcium, phosphorus, potassium, magnesium, iron, boron, copper, zinc. Manganese, chromium, and more!

RECOGNITION

"The hunger for love is much more difficult to remove than the hunger for bread." -- Mother Theresa

"Appreciate people. Nothing gives more joy than appreciation." -- Ruth Smeltzer

"We can secure other people's approval, if we do it right and try hard; but our own is worth a hundred of it." -- Mark Twain

"Praise is a powerful people-builder. Catch individuals doing something right." -- Brian Tracy

October 2009 Results - Friendly Force Top 20 Business Builder Awards

Rules and regulations for this contest can be obtained through Last month's newsletter or through me/Lyn

Recognition for October 2009 3/30's

Lyn Banks, Jen Baigent, Emma Chaana (Aaron's team), Bongiwe Sibiya (Nguessen Team).

2/30's...Merle Du Plooy

1/30's...Carol & Wayne Walker, Chrissie Dorfling, Fabian Kaatz, Daniel & Zodwa Nguessen, Hillary Boada, Vicky O' brien, Paulina Tyhutyana, Richard & Theresa Schlehenried, Alletta Venter...

Total signings for Month 23...

New Managers

Aletta (Wilma) Venter, Veronica Van Vuuren, Baby Mokhethi, Bongiwe Sibiya, Fabian Kaatz, Sally Moon

Senior Manager : Bongiwe Sibiya,

	Top Twenty 2009		Upgrade to	Jan-Oct 2009	
Pos	Distributorship	Start	Current Title	GPV	Recr
1	Jeanette Baigent	1RD	1 Ruby Director	184 762	6
2	Erwin & Gilda Dedekind	ED	Emerald Director	45 058	6
3	Wayne & Carol Walker	ED	Emerald Director	34 614	4
4	Shirley & Richard Aarons	D	Director	25 373	8
5	Merle Duplooy	D	Director	22 784	4
6	Susi Muller	D	Director	12 585	3
7	Jean Wetselaar	SM	Senior Manager	9 598	4
8	Chrissie Dorfling	D	Director	8 326	7
9	Daniel & Zodwa Nguessen	D	Director	7 847	5
10	Elthia Mafilika	Distr	Senior Manager	4 130	4
11	Hilary Boada	Distr	Manager	2 993	5
12	Byron + Denise Tait	Distr	Qual. Snr Man.	1 834	4
13	Bongiwe Sibiya	Distr	Senior Manager	1 000	3
14	Ralph + Ann Yelverton	Distr	Manager	750	3
15	Fabian & Juanita Kaatz	Distr	Manager	727	3

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

The Friendly Group finished on over 36 000 Group PV and 23 signings ... Awesome Stuff!

In retail terms that is a turnover of plus R500 000... Folks, 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! Here are just some the leaders over 2000 Group PV for the month... Well Done and Congratulations! We are so proud and excited for you!

Baigent (14 411), Roodt (8 981), Dedekind (4 387), Walker (4, 330), Stephenson (3 582), Aarons (3 056),

Du Plooy (2, 190), Malherbe (2, 145)... 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!