



THE FRIENDLY FORCE

FRIENDLY NEWSLETTER VOLUME 24 ISSUE 10 OCTOBER 2010

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REPRODUCTION OF THE FRIENDLY FORCE

Hi Friendlies, **The best Team in the whole world!**

Congratulations on another great month! The Friendly Group experienced wonderful overall results with the most important achievement coming from the Baigent Team. Erwin and Gilda Dedekind and their motivated team achieved their 1st leg to Sapphire Director. Congratulations, Guys and good luck with the 2nd and 3rd leg to SD. We are rooting for you!

GNLD's Team Talk - 8th September 2010 - Dear Distributors,
Just a reminder of how GNLD makes it easier and more convenient to run your life and your Business. Moving forward from September 2010, an Auto Order Form is available to help cut down on the monthly hassle of paperwork.
The Auto Order Form (attached) enables you to automatically have a repeat order of your favourite GNLD products placed on a monthly basis.
There are 3 payment options - credit card, bank deposits, or if you are a World Team Member payment can be automatically deducted from your monthly commission. With the credit card and commission options your payment will be deducted monthly. Bank deposits must be made before the 20th of each month before the order can be processed.
Fill in the Auto Order Form ONCE and wait for your order to be delivered, or if you prefer you can collect your order from your local Distributor Centre after the 5th of each month. With GNLD you are in business for yourself but not by yourself. Regards...GNLD Southern Africa

Constantly developing loyal Customers and Distributors will ensure a strong and healthy GNLD Business... Imagine having customers that religiously buy from you every month and Distributors that stay in the business and who continue working their GNLD Opportunity!

"All successful men and women are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose." *Brian Tracy*

How do we develop this loyalty?

Remember ... You are the difference to your Distributor/Customer... You help them make their decisions... How? People very seldom make their decision based on PRICE... other buying emotions come in to play... such as PRIDE, ENVIRONMENT AWARENESS, TIME, SAFETY, HEALTH, and SENTIMENT!

You change your life and your business by changing your attitude ... Forgiveness of the past can determine the success rate of your future. Success is available to everyone! God has equipped all of us to touch people in different ways - Let's work on fulfilling our own potential and by doing that we will affect 1000's of people around us... Remember these words and use them when you need to... "I can do this" -You might be despondent but you have to believe that you can do it.

Are you setting your goals? - Dreams and hopes will keep you striving... Are you a prisoner of the circumstances of your mind and the key is nowhere to be found... We all have our own tremendous potential... Nelson Mandela, even when in Prison, never gave up on his dream. Your future is in your hands... the first step is the freedom to forgive... keep in mind; it is not what is happening to me that counts - but how I react to the situation. Worrying is like a rocking chair - you are doing something (rocking/worrying) but it does not take you anywhere. Life without purpose is tragic; why not turn Lemons into Lemonade ... Get rid of the words 'Impractical' and 'I can't'. The power to change comes from within...

Together, Towards Health Wealth and Success

developing a good positive mental attitude, because whatever you are striving to achieve, Attitude is important.....In GNLD, We HAVE MANY EXCITING events one can attend, to help us develop a PMA and we have to make sure that we maintain a PMA so that we can pass this kind of excitement onto our New Distributors.....The basics of our Business are very simple. New people - they are the lifeblood of our GNLD Business. If we have a good attitude, even if we are new in the business and don't understand fully about it, our attitude will cause people to want to be part of GNLD.

People are important! And only with the right attitude do we make them feel important, recognizing even the smallest of their achievements...

Another important part of your goal-setting should be to have 'Best Ever's', no matter how small they are, because personal "Best Ever's" cause us to want to strive for team and Company "Best Ever's".

We are very blessed in GNLD to have the means of not only developing a positive attitude as a habit, but by attending the exciting impending events, we can help maintain this positive attitude.

Having fun with GNLD also comes from having a positive attitude, making GNLD different for new people than normal business. FUN, FEELING AND DREAMS are what most people are really looking for. You should have fun with your distributors while taking care and feeling for them, building up their businesses, and helping them to achieve their dreams.

A Positive attitude will enable you to fight and win every new challenge in all aspects of your life....." Graham Caldwell

Always turn negative emotions into positive ones... It takes Discipline = Always think and say 'I can!' - Work on being fired up and enthusiastic... ask yourself... 'What changes do I want in my life'... with regard to:-

- 'The Growth of my GNLD Business'

- 'Keeping fit and healthy'....

- 'Losing weight'...

- 'Personal Growth'...

- 'Relationships'.

Don't live other people's dreams... Live your own... Change is up to you but you must accept the responsibility - take charge of your destiny otherwise it will take charge of you....

'Winners never quit and Quitters never win!' You do

make the difference! Strive to be a blessing to those around you... Remember that you add value - to your products and to your Opportunity! You do make a difference ... Give to others and encourage people to strive ... Generate HOPE. Where you are now is not important... It's where you are going that is important! Keep on Keeping on... Keep going! Change is a dynamic ongoing process which is constantly worked at ... 'Delayed gratification' ... Pay now and play later ... Everything in life has a price ... You have to pay the price; we all do, for the contentment of success.

Obviously, this all affects how you treat your customer and how you communicate with your distributors (Everyone around you) thus you need to heed the following:-

- ♥ Be vigilant of what you say, what you feel, what you do... How you express yourself and constantly ask yourself this question ... 'do I care?'...
- ♥ Just looking at verbal communication... Make sure your customer or distributor understands you... Sometimes you have to ask questions to make sure that they have understood correctly what you are trying to convey to them...
- ♥ Knowledge -
Daily increase your knowledge on the plan and the products.
- ♥ Believability - Believe in your GNLD Opportunity that it can and will work for you, Believe in your products, Believe in the Company and its Leaders, Believe in your Sponsor and your upline Leaders but most of all BELIEVE IN YOURSELF!!!!
- ♥ You are the example! So watch your posture, your humour, your follow up. Do they relate to you...?
- ♥ Remember that you add the value to your opportunity and your products... by being the best you can!
- ♥ Never underestimate your own importance as the sales person or as a sponsor/leader.
- ♥ Earn your distributors/customers confidence by doing what you say you will do... Show your interest, caring and concern.
- ♥ Don't sell the products/Opportunity... sell the benefits! Use phrases such as; because...So that...Which means...Therefore you...
- ♥ Choose the right benefit for your customer/Distributor. This would also apply to selling impending events, contests, the importance of training etc.
- ♥ Don't sell; help your customer / distributor to 'buy'. See objections as challenges... (Objections simply mean tell me more - convince me!) Remember that objections are basically part of life... Whatever the outcome make sure that your distributor/customer feels like they have won... If you come out feeling like you have won the argument/discussion/objection ... you have actually lost ... You have lost your customer!
- ♥ NB! You make the difference! Be a blessing to those around you.

Nine differences:

What you think

What you said

What you thought you said

What they wanted to hear

What they heard

What they wanted to learn

What they thought they learned

What they learned...

...May all be different!

So, there are nine possibilities for being misunderstood!

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More on Flavonoids

What Are Flavonoids?

Food is energy, right? When we eat food it's because we are hungry and our body needs nourishment. We all learned that in kindergarten. The amazing thing about food is that its benefits don't stop there. Certain compounds found in the foods we eat can also help us to stay healthy by bolstering our immune system and protecting our cells against cancer, among other benefits.

Flavonoids are a functional food found in all kinds of plants. They are found mainly in fruits and vegetables but are also found in seeds, nuts, flowers, green tea, and buckwheat. Water-soluble antioxidants, Flavonoids are a natural source of blues, purples, emerald greens and some reds and yellows in many fruits and vegetables. The best sources of Flavonoids are tea, apples, onions and red wine. Citrus fruits are also a great source, supplying an abundance of Flavonoids in the white material between the peel and the fruit. Flavonoids are most effective when consumed as families.

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.

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.

These are all available in the GNLD's Flavonoid Complex, but usually in nature one would find the following flavonoids in the following foods.

- ◆ Quercetin – found in onions and apples
- ◆ Hesperetin & Rutin – found in citrus fruits
- ◆ Procyanidolic oligomers – found in grape seed extracts and red wine
- ◆ Anthocyanosides – found in bilberries
- ◆ Polyphenols – found in green tea Polyphenols - broken into five classes according to chemical structure: flavones, flavanones, catechins, flavanols, anthocyanins.
- ◆ Genistein – found in soy
- ◆ 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.

The GNLD Difference

How Do Flavonoids Work?

Now that we know where to find it, what does it do? The primary job that Flavonoids do is give color to the fruits and vegetables that contained them. They also act as powerful antioxidants, slowing the progression of oxidation to the skins and pulp of the fruits and vegetables. In our bodies, these antioxidants do the same thing by protecting our cell membranes from free radicals, which can cause irreversible damage and promote cancer.

Flavonoids provide antioxidant protection from free radical damage for the watery portions of both the inside and outside of cells and tissues.

Flavonoids have an anti-inflammatory effect as well, helping to ease pain, and are often used to treat back and leg pain. Those suffering from arthritis can benefit from Flavonoids as they provide pain relief from joint and muscle pain associated with rheumatoid arthritis. Providing anti-inflammatory properties it also helps different types of skin conditions, ranging from the average bug-bite to chronic skin conditions, such as eczema.

Allergy and asthma sufferers will be happy to hear that Flavonoids also help to block the release of histamines during the allergic response. Histamine is responsible for the watery eyes, runny nose, and congestion associated with many different kinds of allergies, as well as the difficulty in breathing associated with asthma. In addition to these benefits, Flavonoids are being studied for their potential benefits in protecting against heart disease, cancer, and stroke, as well as shielding the eyes from cataracts.

How Can I Make The Most Out Of Flavonoids?

How do you know if you're not getting enough Flavonoids in your everyday diet? A deficiency of Flavonoids will also cause you to bruise more easily. There are no RDA's for Flavonoids, but recommended intakes are given as 500 mg 2-3 times per day. Flavonoids should be taken at the same time as Vitamin C because they help to increase the absorption of this vitamin as well as to prolong its effects. Eating fruits and vegetables every day is absolutely essential to good health. The USDA recommends consuming 5 servings of fruits and vegetables each day.

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GNLD RECOMMENDATIONS :-

There are 4000 known Flavonoids so to get all of them daily simply supplement with GNLD's Flavonoid Complex every day... READ MORE!

GNLD Is Here For You! GNLD's Flavonoid Complex contains all 4000 Flavonoids...

GNLD's Flavonoid Product Description

- ◆ 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 - Convenient serving, each tablet provides the full water soluble antioxidant profile of an optimal serving of Flavonoid-rich fruits and vegetables.

♥ GNLD Quick Reference...

♥ **PhytoDefence** (3 x Carotenoid Complex, 2 x Flavonoid Comp. + 1 x Cruciferous Co)

- **Carotenoid Complex** contains all 600 Carotenoids. USDA CAROTENOID COMPLEX STUDY PUBLISHED in the "The American Journal of Nutrition" – March 1997 Volume 65 Number 3. This scientific testing was done by the United States Departments of Agriculture on GNLD Carotenoid Complex which contains all 600 known carotenoids. 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.
- **Flavonoid Complex** Contains 4000 Flavonoids.
- **Cruciferous Complex** (from Cruciferous vegetables) Cruciferous compounds may offer several health benefits like preventing hormonal mediated and other cancers, including: breast, prostate, digestive tract, uterine lining, and colon and lung cancer.
- ♥ **Formula IV** contains 8 Essential Amino Acids, Vitamins, Minerals, Essential Fatty Acids + Digestive Enzymes.
- ♥ **Nutrishake/Protein Powder + Gr2 Protein Shake** contains all 22 Amino Acids, Nutrishake and GR2 Shake contains Vitamins + Minerals, Digestive Enzymes as well.
- ♥ **Acidophilus Plus** for a Healthy Digestive Balance...Contains 5 Billion live lactobacilli.
- ♥ **Full Motion** to the rescue ... Reduces inflammation, eliminates pain, builds healthy cartilage (Contains Glucosamine, 3 Minerals, 3 herbs).
- ♥ **Lipotropic Adjunct**... Includes B vitamins B6, B12 Folic Acid, Choline + Inositol, Betaine Hydrochloride, Bioflavonoids, Hesperidin - controls Homocysteine Levels.
- ♥ **Daily Vitality Pack**... Contains 30 sachets- Each Sachet = 2 x Formula IV caps, 1 Vit. B Complex, 1 Vitamin C Sustained, 1 x Vit E + 1 x Multi Mineral Plus Alfalfa.
- ♥ **Multi Mineral plus Alfalfa**... Contains the 8 Macro Minerals and 72 trace elements.
- ♥ **Calmag** ... GNLD's Calcium Magnesium supplement ration 1:2 respectively... as Magnesium assists in absorption of calcium... GNLD's Calmag... Glycinate... 83% bioavailability...
- ♥ **Vitamin C + B Complex** ... High Potency and Sustained Release ... releases into system over 8-10 hours...vitally important especially with water soluble nutrients.
- ♥ **Vitamin E**... A complex of all 8... There are eight primary compounds that make up the Vitamin E family. Broken down into 2 groups - Tocopherols and Tocotrienols each having alpha, Beta, Gamma and Delta components. (Nothing like it on the market).
- ♥ **Tre-en-en**... Besides containing phyto-Lipids such as Omega 6 and Omega 3 fatty acids, Tre-en-en also contains the phyto-STEROLS beta-sitosterol, gamma-oryzanol, stigmasterol, and campesterol, plus octacosanol, which is a closely related component. (Nothing like it on the market).
- ♥ **Omega 3 Salmon Oil Plus**... Contains all 8 Omega 3 Master Molecules which works in every cell, every tissue, every gland and every organ. (Nothing like it on the market) Another GNLD first. Salmon Oil Plus is the first—and only— supplement to assure a standardized amount of all eight members of the omega-3 family. Meet the whole family of Omega 3 Fatty Acids...ALA -Alpha-linolenic acid, SDA -Stearidonic Acid, ETrA(3)-Eicosatrienoic acid, ETA – eicosatetraenoic acid, EPA – eicosapentaenoic acid, HPA – heneicosapentaenoic Acid, DPA – docosapentaenoic acid, DHA – docosahexaenoic acid.

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Did You Know?

Every home in South Africa, in Africa, in the World... should be using Super 10! Right? Right!

If you sold 150 bottles (1500PV) of Super 10 in a month, you would make yourself R2 700 profit and together with your 10% Bonus of R 1 350 will give you an Income of R4 050... Interesting... That is selling 5 bottles of Super 10 per day... If you bought your S10 in cases would make an extra R4 per bottle profit ... so your profit would be R3 300 plus your bonus of R1 350 = an income of R4 650. Very interesting!

Now imagine if you had 3 people distributing 150 bottles per month...

They would earn the R4 050... and if all you were doing was using 100pv... your bonus would be a Whopping +R6 000 per month...

See the power! Not only are you empowering yourself but others as well...

Please see the attached flyer on Super Ten... and get this little Project into action! Wrap this flyer around a Spray Bottle filled with a 10 in one dilution of Super Ten... Do a knock and drop of these ... Why not get 10 Spray Bottles going at the same time... Arrange to

Collect these in a few days (Your Spray Bottles) having had the Potential Customer/Distributor use the contents... When collecting your sprays, make sure to close the sale by taking the order for your Super Ten.



SUPER 10

- ❖ Non-Caustic
- ❖ Non-Toxic
- ❖ Non-Poisonous (Child safe)
- ❖ Non-Flammable
- ❖ Biodegradable
- ❖ Environmentally Friendly
- ❖ Concentrated – Saves Space, Time and Money
- ❖ Replaces many Products
- ❖ Safe as water
- ❖ Highly Efficient and Effective!



- ♥ Super 10 is tried, tested and proven.
- ♥ Super 10 can clean anywhere where it is safe to use water.
- ♥ Just spray on and wipe off!
- ♥ Leave on for a few minutes when cleaning stains or where it is particularly dirty or greasy.
- ♥ Remember... You must dilute Super Ten with Water to make it work!

Dilute 1-10	Dilute 1-20	Dilute 1-100/200
<ul style="list-style-type: none"> ◆ Carpet Stains ◆ (Spray, massage with finger tips and blot) ◆ Oil and grease ◆ Ink, shoe polish ◆ Blood Stains ◆ Juice Stains ◆ Wax and crayon ◆ Hand Cleaner ◆ Cleans Ovens and Grills ◆ Cleans Car Engines ◆ Shower Stalls ◆ Baths ◆ Just R10.27per litre 	<ul style="list-style-type: none"> ◆ Bath, Tiles, grouting and Shower doors ◆ Toilets ◆ Counter tops, Fridges, Stove tops ◆ Microwave ovens ◆ Walls and floors ◆ Light switches ◆ Plastic, Vinyl, Formica, seat covers, ◆ Toys, Children's Rooms, ◆ Luggage ◆ Leather ◆ Woodwork, fingerprints, doors and casings ◆ Brushes and combs ◆ Just R5.38 per litre 	<ul style="list-style-type: none"> ◆ Windows ◆ Mirrors ◆ Shower doors ◆ Glassware ◆ Spectacles ◆ Windscreens ◆ Just R1.13 /R0.56 cents a Litre <p style="text-align: center;">Concentrated Price Only R113.00 per Litre</p>

Contact your Distributor for your Litre of Super 10 today! However, by ordering a 5xLitre S10 will work out even more cost effective! You save more money because you virtually get 5 litres (R 439) for the price of 4!

Your GNLD Distributor:-

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Building Your GNLD Business will Ensure...

Your Secure Financial Future!

✚ Be your own best customer!

✚ Convert your Friends and Family to GNLD.

obviously, **the more you personally sell the more profit you make...** 20% on Retail Sales plus the bonus at the end of the month. So imagine building a Retail Business of Note and the money you can make...

1000PV - R2000 + Bonus R 900 = R 2 900

2000PV - R4000 + Bonus R2700 = R 6 700

3000PV - R6000 + Bonus R5400 = R 11 400

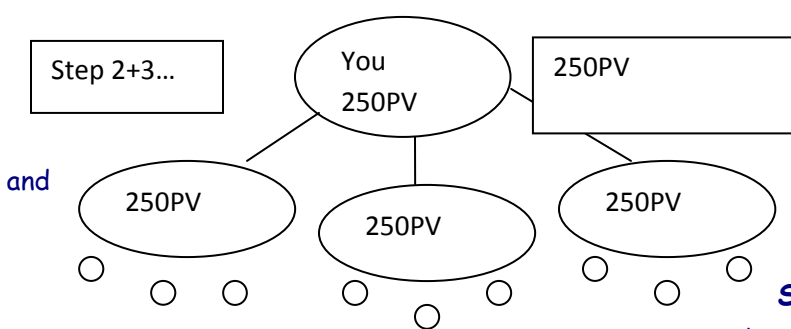
4000PV- R8000 + Bonus R6000 = R 17 000

"Dreams come a size too big so that we can grow into them."

-- Josie Bisset

The above is purely profit and bonus made on retail sales. This can be hard work! The best way to secure financial success and a great future is to build a team! This will give you residual INCOME!

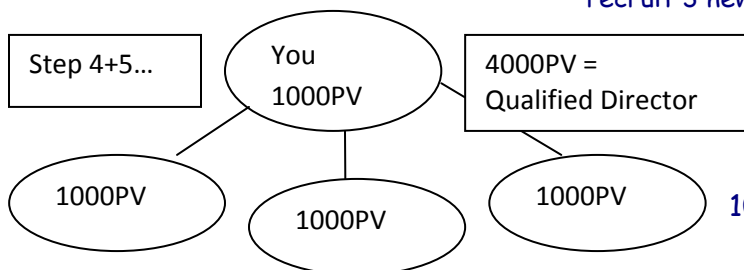
Recruiting and working with your new Distributors is imperative in building a fabulous GNLD Business and an awesome future! Let's take a look at the basic requirements to building a successful GNLD Network.



Step One... Building your own usage and your Customer Base to 250PV

Step Two... Recruit 3 new Distributors teach them to do the same thus giving you a total business of 1000PV...

Step Three... Assist those same 3 distributors to recruit 3 new distributors each with a customer base of 250PV thus making each leg 1000PV strong...



Step four... Start again with step one and two yourself... and together with your 3 legs each 1000PV strong will give you a business doing 4800PV.

Step Five... Qualify with 4000PV+ every month for 3 months and you will be an **EMERALD DIRECTOR!** ...Your Earnings could be in the region of R7000pm!

Someone's sitting in the shade today because someone planted a tree a long time ago... - Warren Buffet

The Aforementioned Steps Will Make You A Very Strong **Emerald Director** ...Well Onto Your Way To **Sapphire Director**. Of Course ... You Could Always Personally Retail 4000pv in a Month ... Hard work....It has been done and you will earn a Load of Money!

This is just the beginning... What are your dreams and aspirations... As we approach 2011 make a conscious decision to formularize your goals for the New Year and for the next five year... Look at how quickly the last five went... WHERE

WILL YOU BE IN 2010... WANT TO BE THERE... FINANCIALLY SECURE! **There is so much to look forward to! Life can be so much fun! What are we waiting for?**

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Friendly 2010 Awards

The Friendly Top 20 Business Builder Awards - January – December 2010

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!
- ◆ This contest is for everyone in the business irrespective of status.
- ◆ Your Position in this Top Twenty Contest will be determined by your Team. (Group PV).
- ◆ You must do 100 Personal PV (PPV) to pick up your Qualifying PV. (QPV)
- ◆ You must personally recruit 1 new distributor every quarter thus = 4 for the year or you can 'catch up' by recruiting 6 new distributors before the end of December 2010.
- ◆ Recognition will be published monthly.
- ◆ There will be Certificates for each quarter.
- ◆ The top 20 for the year will receive Certificates and Prizes according to rank.
- ◆ Out of this contest, further recognition will be given to the top No. 1 'Business Builder' in each of the following categories and will be determined by your Status at the beginning of January 2010 but is possible to be a Number 1 in more than one category if you upgrade!
 - No. 1 Manager, No. 1 Director, No. 1 Emerald Director, No. 1 Sapphire Director
 - No. 1 Ruby Director ...and the No. 1 Recruiter
- ◆ Out of this contest we will pick out the top No. 1 Recruiter for the year so bear in mind that you have to be in this category to be a contender for the Top Recruiter.
- ◆ Please remember that you have to recruit to be a contender in this contest...

Friendly Competition for the Month!

Calling all Sponsors! This is for you...

To qualify for this contest you must have 250 Personal PV in your name!!!!

Recruit 3 New Distributors and receive a Surprise!

Produce a New Manager and receive a Surprise!

Produce a New Senior Manager and receive a Surprise!

(If your Distributor achieves Manager + Senior Manager on fast start you receive one prize)

September 2010 Friendlies Recognition

Congratulations to All Our Managers, Senior Managers and Directors on Excellent Results for August 2010 ... The Friendly Group finished on +38 000 Group PV... Qualified Directors = Baigent, Dedekind, Roodt.

Special Congratulations to Erwin & Gilda Dedekind who achieved 1st Leg to Sapphire Director...

All our South African Congratulations to our Awesome Team who qualified as Directors last month!

Congratulations to our Top 20 for the year so far... Don't forget to get that 4th recruit in to stay in the top 20 and to get into the Top 20 if you are not already there! Good Luck and Success for the last Quarter!

Pos	Distributorship	Jan	Feb	March	April	May	June	July	Aug	Sep	YTD	Sign YTD
1	Baigent	22825	17682	24483	27834	23103	22071	35957	17960	20536	212451	3
2	Dedekind	5775	5760	7825	8527	8143	7221	11035	7416	10404	72106	19
3	Aarons	2481	4007	5199	4406	4200	4012	4000	3151	2374	33830	15
4	Walker	4002	1069	4026	4000	4000	2430	2296	2066	1001	24890	3
5	Murugan	1181	1189	1616	1485	1513	1310	2169	1318	1567	13348	18
6	Holcroft	1013	1051	1063	773	1293	1126	1398	1122	1230	10069	3
7	Mosoeu	1326	1563	2271	1160	349	314	447	0	0	7430	32
8	Wetselaar	645	507	1185	719	1000	558	1440	799	315	7168	4
9	Kaunda	0	1696	2451	1263		420	832	0	353	7015	3
10	Stievenart		501	267	406	550	1016	1003	1196	563	5502	3
11	Mafilika	509	461	568	571	780	1000	548	221	684	5342	3
12	Mildenhall	0	627	1001	1581	290	560	508	0	0	4567	9
13	Moodley Chitra	729	352	148	328	273	183	711	625	1171	4520	8
14	Dedekind M+S	0	0	1135	1085	268	323	640	262	253	3966	6
15	Boada	136	130	1000	731		615	139	212	259	3222	3
16	Freemantle	0	149	561	300		468	348	633	0	2459	6
17	Gous			1054	0	270	0	0	180	128	1632	3
18	Lekgetho						126	0	0		126	3

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The Friendly Year End Awards...

I am not saying anymore except that if you don't have 4 Distributors recruited this year ... you are out of the contest... so make sure you have your 4 recruits for the year! ... Do this by the end of December 2004.

Have a stunning last Quarter October, November and December and may all your personal targets and goals concerning your GNLD Business be a realisation!

Lyn Banks

Recruiting so far for the Year... Congratulations to the following!

<i>Pos</i>	<i>Distributorship</i>	<i>Jan</i>	<i>Feb</i>	<i>Mar</i>	<i>Apr</i>	<i>May</i>	<i>June</i>	<i>Jul</i>	<i>Aug</i>	<i>Sep</i>	<i>YTD</i>
<i>1</i>	<i>Tumelo & Rachel Mosoeu</i>	<i>17</i>	<i>5</i>	<i>4</i>	<i>6</i>						<i>32</i>
<i>2</i>	<i>Erwin & Gilda Dedekind</i>	<i>1</i>	<i>3</i>		<i>3</i>	<i>4</i>	<i>4</i>	<i>1</i>		<i>3</i>	<i>19</i>
<i>3</i>	<i>Taryn & Karun Murugan</i>	<i>3</i>	<i>3</i>	<i>3</i>	<i>2</i>	<i>2</i>	<i>1</i>	<i>3</i>	<i>1</i>		<i>18</i>
<i>4</i>	<i>Shirley & Richard Aarons</i>	<i>4</i>	<i>4</i>	<i>3</i>	<i>3</i>				<i>1</i>		<i>15</i>
<i>5</i>	<i>Jarryd & Carmen Mildenhall</i>		<i>3</i>	<i>2</i>	<i>4</i>						<i>9</i>
<i>6</i>	<i>Chitra & Allain Moodley</i>	<i>3</i>	<i>2</i>			<i>2</i>		<i>1</i>			<i>8</i>
<i>7</i>	<i>Jacob & Delia Freemantle</i>			<i>3</i>	<i>2</i>	<i>1</i>					<i>6</i>
<i>8</i>	<i>Markus Dedekind</i>			<i>3</i>	<i>2</i>					<i>1</i>	<i>6</i>
<i>9</i>	<i>Jean Wetselaar</i>	<i>1</i>					<i>1</i>	<i>1</i>	<i>1</i>		<i>4</i>
<i>10</i>	<i>Lebogo Lekgetho</i>	<i>1</i>				<i>2</i>					<i>3</i>
<i>10</i>	<i>Carol & Wayne Walker</i>		<i>1</i>		<i>2</i>						<i>3</i>
<i>10</i>	<i>Danielle Rosmary Holcroft</i>			<i>1</i>	<i>2</i>						<i>3</i>
<i>10</i>	<i>Hendrietta & Bartlow Kaunda</i>			<i>2</i>	<i>1</i>						<i>3</i>
<i>10</i>	<i>Cherith Stievenart</i>			<i>1</i>	<i>1</i>	<i>1</i>					<i>3</i>
<i>10</i>	<i>Muriel & Flip Gous</i>			<i>3</i>							<i>3</i>
<i>10</i>	<i>Elthia Mafilika</i>	<i>1</i>					<i>2</i>				<i>3</i>
<i>10</i>	<i>Vanitha & Namalan Chetty</i>							<i>3</i>			<i>3</i>
<i>10</i>	<i>Hilary Boada</i>			<i>1</i>	<i>1</i>					<i>1</i>	<i>3</i>

FEED THE RIGHT WOLF!

A Native American grandfather was talking to his grandson about how he felt.

He said... I feel as if I have two wolves fighting in my heart. One wolf is the vengeful, angry, violent one. The other wolf is the loving, compassionate one. The grandson asked him, 'which wolf will win the fight in your heart?' The grandfather answered, 'The one I feed.' --Unknown

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Time Management your GNLD Business Now!

We can't personally manage the economy, weather events, or even when our own municipality is going to fix the potholes on our street. All we can manage is our own actions. That's the serious point of this week's lighthearted take on time management. If you see yourself in any of these time management "types" it's time to break some habits that are preventing you from accomplishing what you want to accomplish.

Do you feel the need to be more organized and/or more productive? Do you spend your day in a frenzy of activity and then wonder why you haven't accomplished much?

Time management skills are especially important for small business people, who often find themselves performing many different jobs during the course of a single day. These time management tips will help you increase your productivity and stay cool and collected.

The key to time management is knowing ourselves, as we can't actually "manage" time; all we can manage is our own behavior.

For many of us this is more than enough of a challenge. While we claim that effective time management is a top priority and that we just have to get more organized, our actions don't match our stated desires. I've invented these time management personality "types" to describe patterns of behavior that sabotage many people's attempts at time management.

Which of the following time management "types" are you? While intended as fun, this time management exercise may provide you with some clues for more effective time management.

- ◆ **The Fireman** - For you, every event is a crisis. You're so busy putting out fires that you have no time to deal with anything else - especially the boring, mundane things such as time management. Tasks pile up around you while you rush from fire to fire all day. **Typically seen** - Running to car.
- ◆ **The Over-Committer** - Your problem is you can't say 'No'. All anyone has to do is ask, and you'll chair another committee, take on another project, or organize yet another community event. You're so busy you don't even have time to write down all the things you do! **Typically seen** - Hiding in rest room.
- ◆ **The Aquarian** - There is such a thing as being too "laid-back" - especially when it starts interfering with your ability to finish tasks or bother to return phone calls. Getting to things when you get to them isn't time management; it's simple task avoidance. **Typically seen** - Hanging out with feet on desk.
- ◆ **The Chatty Kathy** - Born to socialize, you have astounding oral communication skills and can't resist exercising them at every opportunity. Every interaction becomes a long drawn out conversation - especially if there's an unpleasant task dawning that you'd like to put off. **Typically seen** - Talking on cell phone.
- ◆ **The Perfectionist** - You have a compulsion to cross all the "t's" and dot all the "i's", preferably with elaborate whorls and curlicues. Exactitude is your watchword, and you feel that no rushed job can be a

good job. Finishing tasks to your satisfaction is such a problem you need more time zones, not just more time. **Typically seen** - Hunched over latest project.

Hopefully none of these time management personality profiles is a photograph of you! But perhaps these descriptions will provoke some thought about the different ways we manage or mismanage time, and some clues about how we might change our behaviors to make our time management efforts more successful.

Time Management Tips

1) Realize that time management is a myth.

No matter how organized we are, there are always only 24 hours in a day. Time doesn't change. All we can actually manage is ourselves and what we do with the time that we have.

2) Find out where you're wasting time.

Many of us are prey to time-wasters that steal time we could be using much more productively. What are your time-bandits? Do you spend too much time 'Net surfing, reading email, or making personal calls? Tracking Daily Activities will explain where your activities are spent so you can form an accurate picture of what you actually do, the first step to effective time management.

3) Create time management goals.

Remember, the focus of time management is actually changing your behaviors, not changing time. A good place to start is by eliminating your personal time-wasters. For one week, for example, set a goal that you're not going to take personal phone calls while you're working... Find out if you're a Fireman, an Aquarian or a Chatty Kathy!

4) Implement a time management plan.

Think of this as an extension of time management tip # 3. The objective is to change your behaviors over

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time to achieve whatever general goal you've set for yourself, such as increasing your productivity or decreasing your stress. So you need to not only set your specific goals, but track them over time to see whether or not you're accomplishing them.

5) Use time management tools.

Whether it's a Day-Timer or a software program, the first step to physically managing your time is to know where it's going now and planning how you're going to spend your time in the future. A software program such as Outlook, for instance, lets you schedule events easily and can be set to remind you of events in advance, making your time management easier.

6) Prioritize ruthlessly.

You should start each day with a time management session prioritizing the tasks for that day and setting your performance benchmark. If you have 20 tasks for a given day, how many of them do you truly need to accomplish? Start The Day Right With Daily Planning.

7) Learn to delegate and/or outsource.

No matter how small your business is, there's no need for you to be a one-person show. For effective time management, you need to let other people carry some of the load. Determining Your Personal ROI explains two ways to pinpoint which tasks you'd be better off delegating or outsourcing.

8) Establish routines and stick to them as much as possible.

While crises will arise, you'll be much more productive if you can follow routines most of the time.

9) Get in the habit of setting time limits for tasks.

For instance, reading and answering email can consume your whole day if you let it. Instead, set a limit of one hour a day for this task and stick to it.

10) Be sure your systems are organized.

Are you wasting a lot of time looking for files on your computer? Take the time to organize a file management system. Is your filing system slowing you down? Redo it, so it's organized to the point that you can quickly lay your hands on what you need.

11) Don't waste time waiting.

From client meetings to dentist appointments, it's impossible to avoid waiting for someone or something. But you don't need to just sit there and twiddle your thumbs. Always take something to do with you, such as a report you need to read, a checkbook that needs to be balanced, or just a blank pad of paper that you can use to plan your next marketing campaign. Technology makes it easy to work wherever you are; your PDA and/or cell phone will help you stay connected.

You **can** be in control and accomplish what you want to accomplish - once you've come to grips with the time management myth and taken control of your time.



The following article was submitted by Tarryn Amarugam ... Thank You Tarryn.

Live Your Dreams: Goal Setting Tips

By Joan Breiner & Susyn Reeve

Your dreams can become a reality by using these tips for setting goals, as you improve your self-esteem and nourish a positive attitude.

Do you have a dream or a vision for your life? Have you identified the thoughts and actions that will allow your dream to come to form? Not having a vision, dream, or goal for yourself is like being on a boat with no destination in mind, drifting aimlessly wherever the wind and currents take you.

Often people with a negative attitude and low self-esteem feel they have no control of their destiny. They spend time reacting to life as opposed to creating the life they want. Setting goals for yourself puts you in control, sets your course - you choose the direction for your life. When you have a clear focus, you have less stress, more self-confidence, improved concentration and greater peace and happiness.

You are responsible for your life, not your husband, not your parents, not your boss, not your friends. This recognition puts you in the driver's seat and automatically builds self-esteem.

There are different types of goals. Life Goals are the general desires and big dreams that you want to achieve during your lifetime, such as a fulfilling job, financial security, a beautiful home. Action Goals are measureable, specific goals related to time-specific events - the 'stepping stones' leading you towards your life goal. For example: You may desire to have a fulfilling job in an exciting field, and to reach this goal you must first complete the specific action goal of finishing the necessary schooling.

Remember: Since you don't know how long your life will be -- if you aren't focused on your Life Goals each day and if your Action Goals don't relate to your Life Goals then it will very hard for you to be successful in accomplishing your Life Goals.

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This is why it is so empowering to first identify your Life Goals and then determine your Action Goals.

It is crucial that you have a strong desire and passion for any Life Goals you set for yourself. They shouldn't be based on what other people think you ought to do. If you are not absolutely passionate about the goal, vision, or dream, then you will be easily discouraged and more likely to lose your focus and quit as soon as you are faced with obstacles and challenges.

Remember: Blocks and Obstacles give you the opportunity to survey the territory and strengthen your commitment to your goals.

Once you define your vision, imagine yourself living your life with your Life Goal fully accomplished. Does it make you feel excited and energized or tired and overwhelmed?

Ask yourself, "If I could have it, would I take it?" If your answer is, "No," then adjust your goal until you are able to answer this question with a resounding, "Yes." Then Go For It!

Live Your Dreams - Goal-Setting Process:

1. Identify your dreams, visions, goals: Answer the following questions:
 - a. What do I want?
 - b. What would I like my obituary to say about my life?
 - c. What's on my 'bucket list' of things I would like to do, accomplish in my life?
 - d. What is my heart song?
2. Ask the Test Question -- If I could have it, would I take it? Adjust your goal until you can answer the test question with a resounding, YES.
3. Affirm your dreams, vision, goals: Create the following:
 - a. Affirmations written in the present tense reinforcing your desired result: I am financially secure. I have loving, supportive, nourishing relationships with my family.
 - b. A Vision Board Collage of images and words that represent your vision fully accomplished. Look at your Vision Board daily to connected in your heart and mind with your hearts' desire.
4. List the thoughts, words and actions that support the full accomplishment of your goals.
5. Specify the Action Goals including specific deadlines.
6. Take Action in your thoughts, words and behavior that reflect your commitment to your vision.
7. Acknowledge Success along the way. When you acknowledge your success along the way you energetically nourish yourself and deepen your focus on your desired result.
8. Create and Adjust make adjustments to your Action Goals as you become aware of new information along the way.
9. Allow Success by affirming your desired result before you can even see it.
10. Ask for Support and help when you become unsure of success and are discouraged by obstacles and challenges.

Remember: Allow time for setting your Life Goals. Once you know what you want, and your heart and mind are aligned the next steps will present themselves and your actions will naturally support your hearts' desire. Your main tasks in living your dreams is to define your goals, have faith in your ability to be successful and take actions in your thinking, speaking and behavior that reflect your hearts' desire...©2009 Susyn Reeve & Joan Breiner - All Rights Reserved –

Another Great Article submitted by Roy Banks... Roy sends greetings from across the waves!

To develop the powers of your mind... start running!

There are so many methods of personal development that it's always hard to choose one to help you make progress on the road to success and happiness. And yet, most of these methods fail when people try to put them into practice. It's not that they aren't good in theory, but the advice they give on paper doesn't seem to provide satisfactory results when applied in real life.

To develop your mind you have to develop your body!

One reason for their failure is that they don't take the physical aspect of personal development into account, and concentrate only on the mental aspect. In other words, these methods ignore the fact that man is an ensemble of body – mind – and spirit, and that you can't develop one (mind, for example) by neglecting the other (body). I won't get into the aspect of the spirit here, which lends itself to polemics more than the other two.

It's difficult to deny that we have a body and mind because we can see them at work every day. Our mind allows us to think, and our body is its support. The existence of the soul is harder to prove. Personally, I believe in it, but I don't think it's necessary to convince anyone else to think the way I do. Belief in the existence of the soul is a question of faith, while everyone can easily accept the existence of the body and mind. No one would question them. As for the soul, there are innumerable theories to choose from, but since this section is called "How to Develop Your Mind" and not your soul, we won't discuss them here.

Stress can cause many illnesses!

To get back to our subject...

Many methods designed to improve and develop your mind forget that the mind resides in a body, that the body has a

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huge influence on the way you think, and vice versa.

To understand this point of view, think about psychosomatic illnesses, which were rejected and ridiculed by official science for years, but which have now become the object of serious scientific study.

By definition, a psychosomatic illness is characterized by the influence of the mind (psyche) on the body (soma). In other words, many physical illnesses are caused by a negative state of mind: depression, stress, moodiness, etc. This cause-and-effect relationship is now officially recognized as by scientists around the globe.

Disorders like skin problems, hypertension, asthma, backache (to name just a few) are now often considered to be psychosomatic. The number of illnesses included in this category is steadily rising and proof about the links between mind and body is accumulating.

Physical activity is life; inactivity the start of the end!

The link can be seen not only in certain illnesses, but in our daily moods as well. People in good health are often happier and make more rapid progress on their quest for success than others. They have the mental vigor and physical strength they need to meet and overcome the challenges life presents.

Most of these people practice some kind of physical activity or sport. There are very few inactive billionaires, successful business people and celebrities, except if they've reached an advanced age and their fortunes are fairly secure.

Some celebrities let themselves go after attaining great wealth, thinking they have no more challenges to face. They stop taking part in sports or physical activities and fall prey to all kinds of abuse (alcohol, tobacco, drugs, sexual deviation, etc.). The result is a slow decline, a loss of cerebral capacity, weight gain, the appearance or worsening of illnesses linked to aging like high cholesterol and diabetes... eventually leading to a shortened lifespan and premature death.

Just read the newspapers and magazines, or watch TV. You'll find many examples of celebrities who have succumbed to inactivity and become mired in excesses of all kinds. They abandon their stardom, their idol status, and keep spiraling downward until they come to a bad end.

Psychosomatic illnesses and the lapses suffered by celebrities are two striking examples of how the mind can influence the body, and vice versa. It's often when people who are suffering from a psychosomatic illness regain control of their mind and body that their illness disappears.

Be happy and move!

If you really want to be happy and have a better and more enriching life, make sure to take care of your body with a healthy diet – remember, you are what you eat – and enough exercise.

You don't have to be a top athlete to keep your body in shape. Find some sport or physical activity you like, and do it regularly. If you start something new after a long period of inactivity, go gradually, at your own pace, until the activity becomes a healthy habit in your everyday life.

Produce your own energy hormones!

Doing sports or physical exercise stimulates your organism to produce various hormones that help not only reinforce your body, but your mind as well. Physical activity generates endorphins and norepinephrines, among others. These substances have an extremely positive effect on your body and mind.

Endorphins are called the "hormone of pleasure" because they're involved in keeping you in a good mood, and making your thoughts positive and optimistic, three ingredients that are indispensable for developing the powers of your mind rapidly and effectively.

Do you think it's possible to experience happiness if you're always full of anxiety, assailed by dark thoughts? Endorphins naturally provide you with an essential weapon on your quest for happiness, and Norepinephrine helps fight depression, bad moods and pessimism, which are often obstacles to your access of happiness.

On your mark, get set, go!

You can generate these powerful substances yourself, in a totally natural way that's also completely free, simply by doing some physical exercise. So don't wait and get started! You can begin by running at your own speed for half an hour every day, gradually increasing it to an hour. If you can't run, you can at least walk, so do some walking whenever the opportunity arises. If you can climb stairs instead of taking the elevator, go ahead! If you can walk to work, do it! Or at least cover the equivalent of a few metro or bus stops on foot.

You have to have a strong body to overcome the challenges life has to offer, and a strong mind to learn the lessons you need to learn from each step in your development, until you attain the life you desire.

GnLD Recommendations!

Get into the mood for movement by using GnLD supplements such as **GnLD's Omega 3 Salmon Oil Plus** (I take 3 before any workout – it gives me extra energy during the workout), **GnLD's Full Motion** is a must to prevent joint problems and arthritis. Another great supplement is **GnLD's GR2 Program for Weight loss + Weight Management**, Controls sugar levels and gives you loads and loads of strength, power and energy!

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Impending Events to Remember

Friendly Team GNLD Training on the products and the business every Wednesday 10:30 till 12:00

The Friendly Team Rally is on Saturday 9th October @ GNLD Head Office 2-4pm R10 per head – Ladies to bring snacks!

Month End is on Tuesday 2nd November 2010

The Friendly Team Rally is on Saturday 6th November @ GNLD Head Office 2-4pm R10 per head – Ladies to bring snacks!

GNLD OPEN DAY – GAUTENG @ HO all day SAT 23rd October 2010

GNLD OPEN DAY – DURBAN @ HO all day SAT 30th October 2010

Training at Lyn's on Products, Nutrition and Business skills – Saturday 30th October 2010

"We can't solve problems by using the same kind of thinking we used when we created them!"

Albert Einstein

GNLD Team Talk

Dear Distributors, (6th September 2010)

GNLD is pleased to announce an easy and convenient way for you to step-up to Manager or Senior Manager. Starting 6th September 2010, anyone can simply place an order for the specially pre-packed Manager or Senior Manager Product Packs. Make the first move to building a stronger GNLD business or use these options for your monthly order. The Manager and Senior Manager Product packs are available in two unique options (A & B) depending on your specific needs. Both options consist of different quantities of various GNLD's Nutritional and Homecare products. So no matter what choice you make, this is the first step to a stronger business and a healthier life for you and your family.

Manager Product Pack

Pack A ...Code 1022

(Protection Plus Pack contains 3 of each product below)

Tre-en-en 120's

Omega-3 100's

Carotenoid Complex 90's

Multi-Mineral + Alfalfa 60's



	PV	BV	DP	SRP
Botswana	261	1404	1827	2196
Lesotho	261	1635	2391	2847
Namibia	261	1680	2440	2900
South Africa	261	1737	2455	2950
Swaziland	261	1695	2181	2547
Swaziland	256	1962	2596	3020

Pack B

Code 1023 (Vanilla)

Code 1024 (Strawberry)

Code 1025 (Chocolate)

(Renew Pack contains 2 of each products below)

Tre-en-en 120's

Omega-3 100's

Nutrishake 500g

Carotenoid Complex 90's

Vitamin C S/R 100's

Cal-Mag 100's

Multi-Mineral + Alfalfa 60's

Health Drink Shaker



	PV	BV	DP	SRP
Botswana	256	1602	2156	2564
Lesotho	256	1900	2842	3350
Namibia	256	1920	2850	3355
South Africa	256	1968	2850	3390

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Swaziland	256	1962	2596	3020
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Senior Manager Product Pack

Pack A

(Double Renew Pack contains 4 of each product below)

- Tre-en-en 120's
- Omega-3 100's
- Nutrishake 500g
- Carotenoid Complex 90's
- Vitamin C S/R 100's
- Cal-Mag 100's
- Multi-Mineral + Alfalfa 60's
- Health Drink Shaker

Code 1026 (Vanilla)

Code 1027 (Strawberry)

Code 1028 (Chocolate)



Country	PV	BV	DC	SRP
Botswana	512	3204	4290	5105
Lesotho	512	3800	5662	6676
Namibia	512	3840	5675	6680
South Africa	512	3936	5680	6757
Swaziland	512	3924	5170	6016

Code 1029

Pack B

Healthy Home Pack contains 5 of each Nutritional

- Tre-en-en 120's
- Omega-3 100's
- Carotenoid Complex - 90's
- Multi-Mineral + Alfalfa 60's
- PLUS 4 of each Home Care**
- Super 10 Fragranced 1 liter
- LDC 1 liter
- Spray Bottles
- Mixing Bottles



Country	PV	BV	DC	SRP
Botswana	515	2860	3805	4528
Lesotho	515	3377	4803	5723
Namibia	515	3440	4870	5785
South Africa	515	3555	5060	6045
Swaziland	515	3489	4385	5107

Summer has just begun and most people have great goals for summer... including losing weight... Becoming slimmer, fitter and healthier! This weight loss would incorporate goals of losing 'X' amount of kilograms before the end of this year! GNL has the best Weight Loss Program ever!

Get onto your GR2 Program today and see the difference this Summer!

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Weight Management for Life...

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

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

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

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

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

SOUTH AFRICA'S figures are equally alarming!

Figures in South Africa are equally alarming, according to the 2003/4 South African Health Review. The annual report on the nation's health found that, when combined, all chronic non-infectious diseases usually associated with lifestyle (heart disease, strokes, cancer, chronic obstructive pulmonary disease and diabetes) result in 37 percent of deaths.

What are amongst the risk factors for these conditions? Poor diet, lack of exercise, high blood pressure, high cholesterol **AND OBESITY**. So, with statistics like these, it's time to learn the keys of living healthy and start using them to get healthy. Follow these keys to long-term success and you will see what it means to live a healthy life at a healthy weight:

Key #1: It Is All In Your Head

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

Key #2: Calories

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



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Snacks – Friend or Foe?

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

Carbohydrates – Good and Bad:

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

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

Foods to Choose:

Low Glycemic Carbohydrates

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

Low Glycemic Fruits

- Apples
- Peaches
- Pears

Foods to Avoid:

High Glycemic Carbohydrates

- White Bread
- White Pasta
- Potatoes
- Carrots

High Glycemic Fruits

- Bananas
- Plums

Key #3: The "E" Word

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

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

Key #4: Good Nutrition

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

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

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

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

GR2 Appetite Reducer

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

GR2 Thermogenic Enhancer

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

GR2 Meal Replacement Protein Shake

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

NB!

◆ **Chromium**, Chromium is a trace mineral that cuts sugar cravings and reduces fat storage in the body. The usual dose is 200 to 600 mcg daily. It helps modulate blood sugar levels, and also may preserve lean muscle mass. It has also become very popular for weight reduction.

This nutrient is found in the GR2 Control Meal Replacement Protein Shake and the Formula IV Plus... **VB Complex Vitamins** also have a similar role!

One note of caution! - **Ephedra**, otherwise known as **ma huang** is used quite commonly in this country as a diet adjuvant. This nutrient, although considered "natural", can be extremely dangerous since it works as a stimulant. It can cause cardiac arrhythmias and a host of other problems including the potential for death.

"Am I overweight or obese?"

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

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

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

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

A simple test for obesity

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

If you're a man and the measurement is more than 102cm, you should go for a medical checkup. Women who measure more than 88cm should also get checked out.

Your organs are likely to be enlarged because they've been infiltrated with fat. So you're at a high risk of developing high blood pressure or one of the other medical conditions associated with obesity.

Together, Towards Health Wealth and Success

GNLD IMPENDING EVENTS!

Experience Meetings in Gauteng - October, November & December 2010

For more information please check the GNLD Website: www.gnldevents.com Entrance Fee for Distributors – R10.00 & Guests are Free

Date	Area	Venue	Time	Co + Prod	Bus. Opportunity
Thursday 14TH October	Edenvale	GNLD Convention Centre 2 Ayrshire Boulevard, Longmeadow Business Park, Edenvale	12:00 FOR 12:30 18:00 FOR 18:30	Brandon Masondo	Pascal Oloo
Saturday 20th November	Soweto	Diepkloof Hall Corner Immink & Eben Cuyler Street, Zone 3 Diepkloof Opposite Post Office	11:30 FOR 12:00 14:00 FOR 14:30	Brandon Masondo	Florence Mathumbu & Simon Jele
Tuesday 23rd November	Edenvale	GNLD Convention Centre Longmeadow Business Park, Edenvale	12:00 FOR 12:30 18:00 FOR 18:30	Brandon Masondo	Simon Jele
Saturday 4th December	Soweto	Diepkloof Hall Corner Immink & Eben Cuyler Street, Zone 3 Diepkloof Opposite Post Office	11:30 FOR 12:00 14:00 FOR 14:30	Brandon Masondo	Florence Mathumbu & Simon Jele
Thursday 9th December	Edenvale	GNLD Convention Centre Longmeadow Business Park, Edenvale	12:00 FOR 12:30 18:00 FOR 18:30	Brandon Masondo	Simon Jele
Tuesday 14TH December	Edenvale	GNLD Convention Centre Longmeadow Business Park, Edenvale	12:00 FOR 12:30 18:00 FOR 18:30	Brandon Masondo	Simon Jele

GNLD Open Day!

You don't get a Second Chance to make a First Impression"

GNLD has created an event that allows Distributors to invite guests to the GNLD Opportunity in an environment that is inviting, relaxed, informative and professional, yet warm. The all-new **GNLD Open Day**.

This exciting concept is designed to help sponsor new people by providing them with an opportunity to fully experience our Products and Business. It's an event that allows people to interact with GNLD, leaving them with a desire to be part of this amazing company.

On arrival guests will be able to touch, taste & see the products, after which there will be a 40-minute Opportunity presentation (Company, Products and Opportunity). Following the presentation, you will have time to "close the deal" by signing up new Distributors whereby you can purchase the GNLD Kit immediately and/or purchase products on the day.

All products ordered in Cape Town on Sat 2nd October will be delivered FREE. Products ordered in Johannesburg and Durban will be issued immediately on the relevant Open Day. Please note **NO** cash will be accepted for GNLD Kits or product orders, payment can be paid by credit or debit card.

There will be 3 sessions run throughout the day, your entrance ticket of R20 enables you to attend all 3 sessions and your guests can decide which time they would like to attend.

Don't miss out on the opportunity to be at these events being held in Cape Town, Durban and Johannesburg – see below for details.

*** Please note** Session 2 starting time has changed to 12h00.

DAY/DATE	TIME	CITY	VENUE	DOOR PRICE
Saturday, 2nd October 2010	Session 1 09h30 -11h30	Cape Town	Lagoon Beach Hotel, Lagoon Gate Drive, Milnerton	Distributors R20 Guests free
	Session 2 12h00 – 14h00 *			
	Session 3 14h30 – 16h30			
Saturday, 23rd October 2010	Session 1 09h30 -11h30	Johannesburg	GNLD Convention Centre, 2 Ayrshire Boulevard, Longmeadow Business Estate, Longmeadow	Distributors R20 Guests free
	Session 2 12h00 – 14h00 *			
	Session 3 14h30 – 16h30			
Saturday, 30th October 2010	Session 1 09h30 -11h30	Durban	GNLD Convention Centre, Standard Bank Centre, 30 Church Rd, Westville	Distributors R20 Guests free
	Session 2 12h00 – 14h00 *			
	Session 3 14h30 – 16h30			

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