



# The Friendly Force

## Distributors of GNLD International

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### Friendly Team Talk - Newsletter Volume 23 Issue 10 - October 2009







Hi Friendly Folks...

Well done on a terrific September... Retail wise our Friendly Team did a turnover of over R600 000 and here is some really great news! The Team Recruiting is coming along and I would like to take this opportunity of congratulating **Shirley & Richard Aarons on their 3/30 achievement for the month...** Jen Baigent and her team have had an awesome month! The Economic signs are very positive ... Gold Prices have gone through the roof, that means that the country is generating a lot of income! We have it on good authority that house prices are on the rise and car sales are on the up and judging our business ... our retail sales are tipping up as well! So we are quite hopeful that we have turned the corner on recession and we are on our way up again! Roy sends his love and regards to everyone and wishes them a fantastic October! Thanks for all the love and good wishes from everyone in the team and at Head Office ... It's lovely to know that Roy is so loved and missed! From me, I wish you blue and sunny skies and tons and tons of love, happiness, success and ..... Guess? PV! .... LOL, Lyn Banks...

### *Upcoming Events for October - These will blow your mind!*

Date	Time	Event	Location	Speaker	Contact
Saturday 10 October	2-4 PM	TEAM RALLY & ¼ CONFERENCE R10 ea – Guests free!	GNLD HEAD OFFICE 2 AYRSHIRE BOULEVARD Ladies to bring snacks!	Rory Mc Dermid Dr. Barry Bland Lyn Banks Jen Baigent Peter & Dawn Chapman	Lyn Banks 0118800942
Every Wednesday At GNLD Head Office	10:30am	Friendly Training + Team Meeting	GNLD HEAD OFFICE 2 AYRSHIRE BOULEVARD	Lyn Banks Jen Baigent + If available... Gilda Dedekind Wayne Walker Shirley Aarons	Lyn Banks 0118800942
October 14 Wednesday	6:30 PM	Experience Meeting	Farm Inn, PRETORIA EAST Pretoria, South Africa	I Parker/ W Brosnihan	
October 17 Saturday	2:30 PM	President Team Rallies	Golden Pillow Hotel, 57 Thabo Mbeki Street Polokwane, South Africa	Louis Smith	
SATURDAY 17 <sup>th</sup> October	10:30 AM till 12:00 AM	FRIENDLY TRAINING + Opportunity!	MELROSE BOWLING CLUB 18 VENUS STREET, MELROSE	LYN BANKS + EXP. FRIENDLIES	Lyn Banks 0118800942
October 20 Tuesday	7:00 PM	President Team Rallies	Cafe Pierneef, 373 Cape Road, Cotswold Port Elizabeth, South Africa	Barry Bland	
October 23 Friday	7:00 PM	President Team Rallies	Pine Lodge, Pelican Room, cnr Knysna/Saasveld Rd George East, South Africa	Barry Bland	
October 31 Saturday	2:30 PM	President Team Rallies	GNLD Convention Centre, 2 Ayrshire Boulevard, Longmeadow Business Park, Gauteng, South Africa	Charlie Bolton	
Monday 2 <sup>nd</sup> November	If it is to Be, It is up To me!	MONTH END	<a href="http://WWW.GNLD.CO.ZA">WWW.GNLD.CO.ZA</a> Request your PIN No. from Head Office to check your Production	Good Luck with taking your Next Step! PPV\QPV and signings	Lyn Banks 0118800942
Saturday 7 November	2-4 PM	TEAM RALLY & CONFERENCE R10 ea – Guests free!	GNLD HEAD OFFICE 2 AYRSHIRE BOULEVARD Ladies to bring snacks!	Dr. Barry Bland Lyn Banks, Jen Baigent + our Directors And up!	Lyn Banks 0118800942

# Congratulations to Our Qualified Directors!

	<a href="#">Lyn &amp; Roy Banks</a>	2RD		SD	2	1,555	11,759	2 / 6	40,483
1	<a href="#">• Jeanette &amp; Rob Baigent</a>	1RD		SD		2,189	5,985	3 / 3	19,090
2	<a href="#">•• Michael &amp; Margaret Baileymcewan</a>			DIR	QDR	2,058	4,220		4,220
2	<a href="#">•• Erwin &amp; Gilda Dedekind</a>	ED		ED	1	1,297	4,619		4,619
2	<a href="#">•• Carol &amp; Wayne Walker</a>	DIR		QDR		3,157	4,002		4,002
1	<a href="#">• Zelda Roodt</a>	SD		ED		243	4,388	1 / 1	9,669
2	<a href="#">•• Blanche &amp; John Stephenson</a>	ED		ED		444	5,289		5,289

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us. We ask ourselves: Who am I to be brilliant, gorgeous, talented and fabulous? Actually who are you not to be? You are a child of God. Your playing small doesn't serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are born to manifest the Glory of God that is within us. It's not just in some of us - it's in everyone - and as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others."

-- Nelson R. Mandela

PLEASE KEEP MUHSIN AND DEEBA PETERSON IN YOUR PRAYERS!

**From:** [Muhsin Peterson](#)

**Date:** 2009/10/04 11:04:40 PM

**To:** [Lynda Banks](#)

**Subject:** RE: Update on Deeba's Condition.

Hi Lyn,

Thank you so much for your support, prayers and very close communication on Deeba's condition. Please convey my utmost sincerest gratitude to Roy, Jen, Gilda and all the Rest of the Team.

Deeba has been transferred to Bedford view Gardens Hospital in Leicester Street Bedford view near East gate Shopping Centre. They say her heart rate and temperature is too high. The only visible change is stable. And her eyes are open longer now, she smiles occasionally, however she is still not talking nor moving or sitting up by herself, she still needs 24 hour nursing.

This is her 5th hospital in just over 3 months. I know this coming week is month end, we can therefore meet any day after Rally. Please convey my appreciation to everybody for their prayers and well wishes, God willing we will be back with a Bang. Take Care. I greet you all with the Universal Islamic used by all the prophets "ASSALAMUALAYKOM WARAGMATULLAHI WA BARAKATU (Meaning) MAY THE PEACE, BLESSING AND MERCY OF GOD ALMIGHTY BE ON ALL OF YOU,

**From:** [Muhsin Peterson](#)

**Date:** 2009/10/04 11:04:40 PM

**To:** [Lynda Banks](#)

**Subject:** RE: Update on Deeba's Condition.

Hi Muhsin,

Thank you so much for writing to me.... I feel for you guys so much! I am just so sorry that Deeba is so sick... Things must be very difficult for you! Just take comfort in the knowledge that all the team are rooting for you and praying for you and Deeba... Take care of yourselves... And I know that when the time is right ... You will be back with a vengeance! And I will greet you too with a wonderful greeting! ....

**"Many people will walk in and out of your life, but only true friends will leave footprints in your heart! May God hold you in the palm of His hand and Angels watch over you! God bless you and your family always!"** TonSA luv, Lyn

Lyn + Roy Banks 011-8800942 / 082-5645542 [friendly@global.co.za](mailto:friendly@global.co.za) [www.friendlyforce.co.za](http://www.friendlyforce.co.za)

The Friendly Force Team Distributors of GNL International PO Box 87453 Houghton 2041

**Others In Need Of Your Prayers -**

**Laura Aldridge (Nearly finished her Chemotherapy, Merle Du Plooy underwent eye surgery.**

# Do You Remember these?

Superb little examples that you can present and train on doing one-on-one's with your downlines... Distributors networking in a Coffee Shop! Its all to do with recruiting and building a team... 1. Shows the Multiplication Effect ... You recruit Distributors who recruit distributors... 2. Shows the building deep as well as wide for strength!... 3. Use the products + develop a working Customer Base! 4. Building a strong foundation to your business by building a strong downline.

**Napkin Presentation No. 1**  
"Two times two is four"

$$\begin{array}{r} 2 \\ \times 2 \\ \hline 4 \\ \times 2 \\ \hline 8 \\ \times 2 \\ \hline 16 \end{array}$$

The Multiplication Effect

2	3
$\times 2$	$\times 3$
4	9
$\times 2$	$\times 3$
8	27
$\times 2$	$\times 3$
16	81

5	→
$\times 5$	→
25	→
$\times 5$	→
125	→
$\times 5$	→
625	→

7	→
$\times 7$	→
49	→
$\times 7$	→
343	→
$\times 7$	→
2 401	→

You do not have to work with an army of people - only 7 Serious People

**Napkin Presentation No. 2**  
Salesmen Failure Syndrome

Sales People most often do not see the potential of Multi-Level-Marketing.  
Sales Orientated Folk just want to rush out and sell.  
In Multi-Level-Marketing, You do not even need to sell one product.

You

○

You

TEACH Tom

How To TEACH Carol

To Sponsor Betty

Charlie

130

$\times 5$

650

} 780

If Charlie "the Salesperson" (who had rushed out and recruited 130 people) taught each one to sponsor five he would have 780 people in his organization. EMPHASIZE "TEACH"

You have only duplicated yourself when you have developed Down-line 3 levels deep.  
You do this by teaching your personally sponsored people to do the job properly

**Napkin Presentation No. 3**  
"Four Things You Have To Do"

Likens your MLM Business to taking a Trip

GET IN and

GET STARTED!

Step 1 - Get in and get started

FUEL

Use the Products...

FUEL

...and Buy More Products.

Step 2 - Buy Gas and Oil (Products)  
Keep on buying and using the Products.

And keep on Using the products every Day, every month.

Step 3 - Get into High Gear and remember this is not an Automatic

**Napkin Presentation No. 4**  
"Digging Down To Bedrock"

"The Only Losers are Quitters"

When you first begin to sponsor You use a shovel or a spade

You dig down to the 2nd level by teaching your people to sponsor, that's 25 people, now you bring in the Bulldozers

When you have taught your people how to sponsor, you are well on your way to Bedrock and now you begin to excavate with Steam Shovels. When you have 125 people on your 3rd level you have reached bedrock.

When you are 4 levels deep your building now rises quite rapidly and becomes visible

Building wide first level with no depth gives an unstable foundation. Build 3 levels deep for a strong foundation

No. 5... Ships at Sea... Basically, don't waste time with losers! Work with those who want to work! No. 6 ... The 3<sup>rd</sup> Party invitation is the easiest and most effective way of inviting someone to see join your opportunity and to deal effectively and easily with rejection. No.7 Find your Serious Distributors!... No. 8... If a log falls out of the fire it will get cold very quickly that's why attending training + Rallies and getting together with your sponsor is so critical!

Napkin Presentation No. 5  
"Ships at Sea"

Ships at Sea

Expose  
Involve  
Upgrade

Work with the Gold Ships  
Here's how you identify gold ships.

1. They are eager to learn
2. They ask for help.
3. They are excited about the Bus.
4. They are committed + buying prod.
5. They have goals and are recruiting.
6. They have a written list of names.
7. Fun to be with.
8. They are positive.

Zig Ziglar -  
"You can have anything in the world you want, simply by helping enough other people to get what they want."

**Do not work with M.T. Ships as they will drag you down to the bottom of the ocean as they sink**

Napkin Presentation No. 6  
Third Party Invitation

"Carol, I got started in a new exciting business, and you might be able to help me. Do you happen to know anyone that would be interested in earning some extra income?" (Or "Interested in getting into a second Business?")

To overcome the fear of rejection imagine you are standing on a dock launching your ship. If it floats, great, send it out and help it to turn into a Gold Carrying Ship - If it sinks, so what, You are standing on the dock. You must launch many ships so that if some come back empty, so what, lots will be gold carrying ships. Those are the ones you work with.

Napkin Presentation No. 7  
"Where to Spend your Time"

100% of your time in the beginning is spent sponsoring. In MLM you can sponsor someone else into the business as soon as you have been sponsored. If you want your business to be successful you must find 7 SERIOUS PEOPLE. Some folk you sponsor might not be serious but you continue sponsoring until you find the strong seven.

Napkin Presentation No. 8  
"The Sizzle Sells the Steak"

"Nothing"

"Flame"

"FIRE"

"BLAZE"

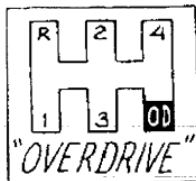
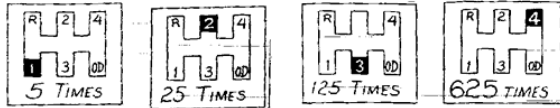
When a log is separated, the fire soon goes out !

If you have Two excited logs you have a flame. Three - you have a fire. Four - You have a blaze.

You are like a twig  
Your Sponsor is like a log  
Together you can get a flame going. If you were to bring someone skeptical (A wet Log) to a sizzle session (A Blaze) they will soon dry out

**No. 9. True Motivation and a Positive Attitude will be easy once you are building the business correctly! Its easy to be excited and motivated when you have a growing a team! No. 10... Get your Business into Overdrive!**

You are in 1st gear with 5 serious people.  
 When each of your 5 people are in 1st gear 5 times -  
 You will be in 2nd gear 25 times.  
 You teach your five people to teach their five to get  
 into 1st gear five times, they are now in 2nd gear  
 25 times each and that puts you in 3rd gear 125 times.  
 When your 1st levels are in 3rd gear you will be in 4th gear  
 (High gear which is much smoother)  
 When your 1st level are in high gear - You will be in overdrive.



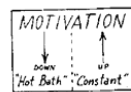
You get into 'overdrive'  
 by simply teaching the  
 people you sponsored  
 to get their people into  
 3rd gear, which puts  
 them into 4th gear.

4 Things Everyone has to do

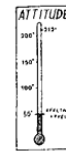


Get the Number  
7 into your Subconscious

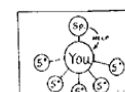
## Napkin Presentation No. 9 "Motivation and Attitude"



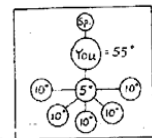
Down Motivation is like taking a Hot bath! You cool off quickly - Rattles



Keep their Attitude above 50 Degrees above 50 Degrees are 5 degrees all the time - How



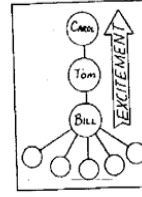
Up Motivation is Constant and lasting - By teaching them to sponsor - People are 5 degrees



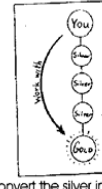
1st Level is 5 Degrees  
 2nd Level is 10  
 3rd is 20 and 4th is 40



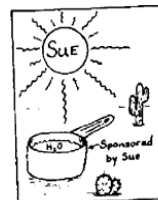
The Deeper you go the hotter it gets



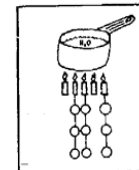
When Bill sponsors five people it excites everyone up-line



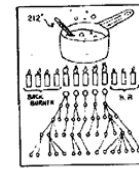
Convert the silver into Gold by working with the gold. This is called rattling the chain.



Sue is the sponsor and the Sun The pot is the Dist. The Sun is very hot but cannot get the pot to boil even in the hottest desert.



Place a few candles (Downline) under the pot - The water heats



Now the water is boiling The sponsor can go away This is True UP-MOTIVATION And causes Residual Income!

## This Month's Quotes!

### POSITIVE vs. NEGATIVE

- "Little progress can be made by merely attempting to repress what is evil; our great hope lies in developing what is good." -- **Calvin Coolidge**
- "Instead of always harping on a man's faults, tell him of his virtues. Try to pull him out of his rut of bad habits. Hold up to him his better self, his real self that can dare and do and win out." -- **Eleanor Porter**
- "Real life isn't always going to be perfect or go our way, but the recurring acknowledgement of what is working in our lives can help us not only to survive but surmount our difficulties." -- **Sara Ban Breathnach**
- "Losers see thunderstorms, winners see rainbows; losers see icy streets, winners put on their ice skates!" -- **Denis Waitley**

### BE FLEXIBLE

Surprises, by their nature, come in disguise, masked sometimes as disappointments or detours when they're in fact dreams turning solid, if you'll just step aside and give them some air....**Nancy Gibbs**

The soul should always stand ajar, ready to welcome the ecstatic experience...**Emily Dickinson**

There have been many queries about Masculine Herbal Complex...

This is an answer to an email query! GNLD had to remove MHF to reformulate it and to re-register this product as the Medical & Dental Health Regulations stipulate that the Damiano herb cannot be used at all in the formulation... Being one of the ingredients, GNLD had to remove it from circulation... GNLD is in the process of reformulating and re-registering this product... How long it will take we have no idea... Lizel Scholtz at Head office is going to find out just how far they are...

Thanks to the Bland's Team / Vision Group we received by e-mail these fantastic price comparisons... Thank you so much!

## COMPARATIVE CLEANING COST PER ANNUM

Application	Annual Usage/Yr	Unit Cost	Cost/Annum	Gnld Product	Cost/Annum
Antiseptic	1 x 500ml	R 16.98	R 16.98	Care (1:10)	R 4.77
Collars Cuffs	3 x 500ml	R 20.49	R 61.47	Super 10 (1:20)	R 7.86
Dishes	18 x 750ml	R 16.19	R 291.42	LDC (1:5)	R 276.75
Floors (Tiles / Vinyl x120sqm)	4 x 1 Litre	R 31.09	R 124.36	Fantastic	R 126.00
General (All purpose)	12 x 750ml	R 19.99	R 239.88	Super 10 (1:20)	R 31.43
Laundry (6 x 5kg washes/week)	312 washes	R 5.48	R 1,709.76	G1 (2kg)	R 424.32
Softener (6 x 5kg washes/week)	312 washes	R 0.62	R 193.44	Soft	R 159.12
Bleach (6 x 5kg washes/week)	312 washes	R 5.18	R 1,616.16	Oxygen Bleach (1kg)	R 580.32
Ovens	6 x 275ml	R 32.22	R 193.32	Super 10 (1:3)	R 45.33
Toilets	12 x 500ml	R 15.24	R 182.88	Care (1:10)	R 57.27
Windows	4 x 750ml	R 28.09	R 112.36	Carpet Glo (1:100)	R 3.57
			<b>R 4,742.03</b>	<b>COMP COST:</b>	<b>R 1,716.74</b>

This reflects a **R 3,025.29** or a **60% saving!**

The following products were utilized to ascertain the average unit cost:

- |  |   |
|--|---|
| <i>Savlon &amp; Domestos</i>                     | 7. All                                  |
| <i>Shout &amp; Bio Tex Prewash</i>               | 8. Vanish Powder & Bio Classic Spot Out |
| <i>Sunlight &amp; Bio Classic</i>                | 9. Mr Muscle & Zeb                      |
| <i>All</i>                                       | 10. Toilet Duck & Harpic                |
| <i>P'n P Green, Handy Andy &amp; Clean Green</i> | 11. All                                 |
| <i>All</i>                                       |   |

\* Select the products you are using and calculate your savings\*

## PRICE COMPARISON - HOMECARE RANGE – MAY 2009

PRODUCT	QTY	PRICE	COMP. PRICE PER LITRE
Super 10 (Mixed 1:10 = 11 L)	1 Litre	R 110.00	R 10.00
Super 10 (Mixed 1:20 = 21 L)	1 Litre	R 110.00	R 5.24
Fabric Freshener	500ml	R 31.49	R 62.98
Green PnP	750ml	R 29.99	R 39.99
Clean Green	2 litre	R 39.99	R 19.99
Handy Andy Gel	750ml	R 21.99	R 29.32
Handy Andy Cream	750ml	R 9.99	R 13.32
Bio Tex Prewash	500ml	R 18.99	R 37.98

Shout	500ml	R 21.99	R 43.98	
P.'n P. No Name All Purpose Cream	1,5litre	R 19.99	R 13.33	
Pre-Wash	750ml	R 16.99	R 22.65	
Super 10 (Mixed 1:3 = 4 L)	1 Litre	R 110.00	R 27.50	
Mr Muscle 3in1 Oven Cleaner	275ml	R 34.99	R 127.36	
Mr Muscle Mildew Cleaner	500ml	R 38.99	R 77.98	
Mould & Stain Cleaner	500ml	R 29.99	R 59.98	
Zeb Oven Cleaner	275ml	R 29.45	R 107.20	
Cobra Multi Floor Cleaner	750ml	R 23.95	R 31.93	
Castrol Engine Cleaner	500ml	R 23.99	R 47.98	
LDC (Mixed 1:5 = 6 L)	1 Litre	R 123.00	R 20.50	
Sunlight	750ml	R 16.39	R 21.85	
Bio Classic	750ml	R 15.99	R 21.32	
Gillette Foam	200ml	R 22.99	R 114.95	
Gillette Gel	200ml	R 43.99	R 219.95	
Wilkinson Sword Foam	200ml	R 16.99	R 84.95	
Woolite	750ml	R 19.49	R 25.99	
Goddards Jewellery Cleaner	250ml	R 38.99	R 155.96	
Lux Foam Bath	300ml	R 23.99	R 79.96	
Radox Foam Bath	500ml	R 30.95	R 61.90	
LDC (Mixed 1:100 = 101 L)	1 Litre	R 123.00	R 1.22	
Glass Master	750ml	R 15.99	R 21.32	
Mr. Muscle Window Cleaner	750ml	R 25.89	R 34.52	
Windolene	750ml	R 28.95	R 38.60	
I.C.U.	500ml	R 22.95	R 45.90	
Car Wash			per wash	100 washes
Wash 'n Wax (5ml)	500ml	R 75.00	R 0.75	R 75.00
Shield X tremé (60ml/wash)	500ml	R 34.99	R 4.20	420.00
Splash (60ml/wash)	1 litre	R 32.99	R 1.98	198.00
Diamond Guard (60ml/wash)	500ml	R 28.99	R 3.48	348.00
Rally Wash & Shine (60ml/wash)	500ml	R 24.99	R 3.00	300.00
Care (Mixed 1:10 = 11 L)	1 Litre	R 105.00	R 9.55	
Domestos	750ml	R 15.95	R 21.30	
Jayes Disinfectant	500ml	R 14.99	R 29.98	
Sanpic	750ml	R 30.49	R 40.65	
Harpic Toilet Cleaner	500ml	R 15.99	R 31.98	
Savlon	500ml	R 26.99	R 53.98	
Toilet Duck Gel	500ml	R 14.49	R 28.98	
Dettol	750ml	R 34.99	R 46.65	
Carpet Glo (1:40 = 41 L)	1 Litre	R 119.00	R 2.90	
Spring Carpet Cleaner (1:12)	1 litre	R 38.99	R 2.99	
Johnson's Dry Foam (1:4)	750ml	R 18.99	R 5.06	
Vanish (1:10)	1 litre	R 57.45	R 5.75	
Carpet Glo (Dilute 1:100 = 101 L)	1 Litre	R 119.00	R 1.18	
Glass Master	750ml	R 19.99	R 26.65	

Mr. Muscle Window Cleaner	750ml	R 24.99	R 33.32	
Windolene	750ml	R 29.89	R 39.85	
I.C.U.	500ml	R 24.99	R 49.98	
Floor Shine			per sqm	166sqms
Fantastic (166sqm / L)	1 Litre	R 126.00	R 0.80	R 132.80
One Step (30sqm /L)	750ml	R 21.99	R 0.98	R 162.27
Mr Muscle (30sqm /L)	750ml	R 22.99	R 1.02	R 169.32
Cobra Brilliant Shine (40sqm / L)	750ml	R 24.89	R 0.83	R 137.78
Laundry Compound			per 5kg wash	133 washes
G1(15g)	2kg	R 181.00	R 1.36	R 180.88
Skip Intelligent (180g)	2kg	R 62.99	R 5.67	R 754.11
Omo Progress (180ml)	2kg	R 54.99	R 4.95	R 650.35
Daisy (240ml)	1kg	R 20.29	R 4.88	R 649.04
Surf (240ml)	2kg	R 54.89	R 6.59	R 876.47
Sunlight (240ml)	2kg	R 49.85	R 5.98	R 795.34
Pick'n Pay No Name (240ml)	1kg	R 19.99	R 4.80	R 638.40
Fabric Softener			per 5kg wash	200 washes
Soft (5ml)	1 Litre	R 102.00	R 0.51	R 102.00
Sta-Soft (100ml)	2 litre	R 25.99	R 0.64	R 128.00
Sunlight (100ml)	2 litre	R 27.45	R 0.69	R 138.00
Country Pride (100ml)	2 litre	R 23.99	R 0.60	R 120.00
Pick 'n Pay Choice (75ml)	2 litre	R 21.99	R 0.55	R 110.00
Bleach			per 5kg wash	67 washes
Oxygen Bleach (15g)	1kg	R 124.00	R 1.86	R 124.00
Vanish Powder (60g)	500g	R 57.49	R 6.90	R 462.30
Bio Classic Spot Out (60g)	500g	R 28.85	R 3.46	R 231.82

# Constipation

Constipation is a condition in which a person experiences a change in normal bowel habits, characterized by a decrease in frequency and/or passage of hard, dry stools. Constipation can also refer to difficult defecation or to sluggish action of the bowels.

The following self-care steps may be helpful in finding comfort from constipation.

## Use a Natural Laxative and Increase bulk

Firstly, clear the blockage by using GNLD's Stage Six.

One can also increase stool bulk by including more fruits, vegetables, beans, legumes, nuts, seeds and whole grains in your diet. Don't forget to drink more water when you increase fibre intake.

Supplement with GNLD's Fibre Supplements and increase your intake of water. Get more fibre and more water in your diet.

The most common cause of constipation is dietary, which is discussed below. However, constipation may be a component of 'Irritable Bowel Syndrome' or other conditions ranging from drug side effects to physical immobility. Serious diseases, including Colon Cancer, may sometimes first appear as bowel blockage leading to acute constipation. One of the most common cancers happens to be Cancer of the Colon...

Stomach Ulcers, colitis, and other types of ulcers in the colon are most often caused by bad bacteria... Use GNLD's Acidophilus Plus, GNLD's Fibre, GNLD's Aloe Vera Plus and GNLD's Carotenoid Complex.

# GNLD INTERNATIONAL ... 25<sup>th</sup> September 2009

Dear Distributors... We are glad to inform you that the much-awaited **GNLD Interactive Distributor Product Guide CD (Code 325)** will be available at all Southern African DC's from the end of September, 2009. This easy-to-use, compact digital version of our comprehensive Distributor Product Guide is available for individual purchase to all Distributors who already own the **Distributor Product Guide (old Code 326)**. As of immediate effect, in all other instances, the two Distributor Product Guide versions (digital and hardcopy) will not be available separately. You will automatically receive a Distributor Product Guide CD when you purchase your printed version. This combined package will be listed on the GNLD computer system on Code 326. A combined cost has been calculated. See table below for pricing structure.

Distributor Category	Item	Price
<b>South Africa</b>		
Distributors <b>with</b> Distributor Product Guide	Interactive CD Only (Code 325)	R35-00
Distributors <b>without</b> Distributor Product Guide	Interactive CD <b>Plus</b> Distributor Product Guide (Code 326)	R200-00
<b>Botswana</b>		
Distributors <b>with</b> Distributor Product Guide	Interactive CD Only (Code 325)	P28-00
Distributors <b>without</b> Distributor Product Guide	Interactive CD <b>Plus</b> Distributor Product Guide (Code 326)	P175-00
<b>Lesotho</b>		
Distributors <b>with</b> Distributor Product Guide	Interactive CD Only (Code 325)	M35-00
Distributors <b>without</b> Distributor Product Guide	Interactive CD <b>Plus</b> Distributor Product Guide (Code 326)	M200-00
<b>Namibia</b>		
Distributors <b>with</b> Distributor Product Guide	Interactive CD Only (Code 325)	N\$36-00
Distributors <b>without</b> Distributor Product Guide	Interactive CD <b>Plus</b> Distributor Product Guide (Code 326)	N\$240-00
<b>Swaziland</b>		
Distributors <b>with</b> Distributor Product Guide	Interactive CD Only (Code 325)	E36-00
Distributors <b>without</b> Distributor Product Guide	Interactive CD <b>Plus</b> Distributor Product Guide (Code 326)	E225-00

## Preventing Dementia

Dementia is a progressive, gradual decline in mental ability, affecting memory, thinking, judgment, attention span and learning. While dementia usually develops after the age of 60, it is not a natural part of ageing.

If you want to help prevent dementia, try the following:

- Exercise. Physical and mental exercises can both help to keep the mind sharp and improve circulation.
- Watch your diet. Be sure to include plenty of fresh, organic vegetables and fruits (rich in antioxidants) as well as foods rich in omega-3 fatty acids, such as walnuts, fish and freshly-ground flax seed.
- Stay positive. A positive emotional state may help ward off cognitive decline. Social ties, involvement in church and community and meaningful relationships all seem to be protective.
- Watch your blood pressure. High blood pressure is the strongest risk factor for multi-infarct dementia.

Consider taking supplements.

GNLD's Mind Enhancement Herbs which contain Ginkgo Biloba, Gotu Kulu and others, fish-oil supplements such as GNLD's Omega 3 Salmon Oil Plus, GNLD's Vitamin B Complex vitamins and GNLD's antioxidants such as Zinc and the Carotenoid Complex or the PhytoDefense can all contribute to maintaining good memory.

## Wise Words for the Month!

“Take Vitamin D each day... and maintain your postmenopausal health. A recent study in Boston, US, reveals that those older women who supplemented their diet with Vitamin D were better protected against Osteoporosis.” Obviously include your Calcium... GNLD Chelated Calmag has the highest and best bioavailability of 83%.



# CHALLENGE!

**WIN** a deluxe Gift Pack brimming with GNLD Products, Sales Tools, and GNLD Gear! A value of \$500!

▶▶ **GET READY TO ATTEND OPPORTUNITY 2010 AND QUALIFY TO WIN!**

Use this fantastic Opportunity 2010 Challenge to boost your sales! Simply qualify during the six months before you attend the Opportunity 2010 meeting in your area, complete the Opportunity 2010 Challenge form, and earn a sensational gift pack bonus prize! Encourage your team to take up the challenge. Free GNLD merchandise to own, to share, to motivate!

## Who can win this fantastic prize?

- All New Directors
- All New Emerald Directors
- All New Sapphire Directors
- All World Team or President's Team Step-ups ( 1 Ruby and above )
- World Team or President's Team members with either 3 Directors, 2 Emerald Directors, or 1 Sapphire Director Step-ups in their World Team group

### QUALIFICATION PERIOD

- Existing Distributors:  
September 1, 2009 – February 28, 2010
- New Distributors:  
Six months from the time you joined GNLD

## September 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

### September

Congratulations to our

#### New Managers

Paulina Tyhutyana, Zohra & Suleman Essack, Roslina Chitanda, Taryn & Karun Murugan, Craig & Monica Duffield, Denise Burgess & Avril Human.

#### Senior Managers

Denise Burgess & Avril Human

#### 3/30 Achievers

Shirley & Richard Aarons

	<b>Top Twenty 2009</b>		<b>Upgrade to</b>	<b>Jan-Aug 2009</b>	
Pos	Distributorship	Start	Current Title	GPV	Recr
1	Jeanette Baigent	1RD	1 Ruby Director	170 351	3
2	Erwin & Gilda Dedekind	ED	Emerald Director	40 671	6
3	Wayne & Carol Walker	ED	Emerald Director	30 284	3
4	Shirley & Richard Aarons	D	Director	22 317	8
5	Susi Muller	D	Director	11 510	3
6	Jean Wetselaar	SM	Senior Manager	8 597	4
7	Chrissie Dorfling	D	Director	7 323	6
8	Daniel & Zodwa Nguessen	D	Director	6 283	3
9	Elthia Mafilika	Distr	Senior Manager	3 602	4
10	Hilary Boada	Distr	Manager	2 712	4
11	Byron + Denise Tait	Distr	Qual. Snr Man.	1 480	4
12	Ralph + Ann Yelverton	Distr	Managers	750	3
13	Fabian & Juanita Kaatz	Distr	Distributor	400	3

**POTENTIAL/POSSIBILITIES...** "Life is a field of unlimited possibilities." -- **Deepak Chopra**

"Just because fate doesn't deal you the right cards, it doesn't mean you should give up. It just means you have to play the cards you get to their maximum potential." -- **Les Brown**

"If you have the courage to step outside of your comfort zone, you will not only be amazed by the marvel and sights of the world, but also with the wonders that lay deep within yourself." -- **Rosanna Ienco**

"It is the nature of man to rise to greatness if greatness is expected of him." -- **John Steinbeck**

**Recognition for September 2009**

**Congratulations to our World Team Members!**

level	Distributorship	Status	Signings	PPV	QPV	Group PV
	<a href="#">Lyn &amp; Roy Banks</a>	2RD	2	1,555	11,759	2 / 6 40,483
1	<a href="#">• Jeanette &amp; Rob Baigent</a>	1RD		<b>2,189</b>	<b>6,249</b>	<b>3 / 3</b> <b>19,090</b> <b>Outstanding Results!</b> <b>WOW!!!!</b>
1	<a href="#">• Zelda Roodt</a>	SD		243	<b>4,329</b>	1 / 1 <b>9,078</b> <b>Great Result!</b> <b>Congrats on Qualifying!</b>

**Congratulations to our Qualified Directors**

level	Distributorship	Status	Signings	PPV	QPV	
2	<a href="#">•• Blanche &amp; John Stephenson</a>	ED		444	<b>5,281</b>	1000 GPV Plus club <b>Congrats on Qualifying!</b>
2	<a href="#">•• Erwin &amp; Gilda Dedekind</a>	ED	<b>1</b>	<b>1,297</b>	<b>4,619</b>	500 PPV Club / 1000 GPV Plus club <b>Congrats on Signing!</b> <b>Congrats on Qualifying!</b>
4	<a href="#">•••• Michael &amp; Margaret BaileyMcEwan</a>	DIR		<b>2,058</b>	<b>4,111</b>	500 PPV Club / 1000 GPV Plus club <b>Congrats on Qualifying!</b>
2	<a href="#">•• Carol &amp; Wayne Walker</a>	DIR		<b>3,157</b>	<b>4,002</b>	500 PPV Club / 1000 GPV Plus club <b>Congrats on Qualifying!</b>
2	<a href="#">•• Shirley &amp; Richard Aarons</a>	DIR	<b>3</b>	<b>676</b>	<b>2,086</b> Nice!	500 PPV Club / 1000 GPV Plus club <b>3/30 Club</b> <b>Congratulations!!!</b>
3	<a href="#">••• Susi Muller</a>	DIR	<b>1</b>	<b>1,005</b>	<b>2,009</b> Nice!	500PPV Club/ 1000 GPV Plus club <b>Congrats on Signing</b>
3	<a href="#">••• Dianne Meek</a>	QSM		106	1,750	1000 GPV Plus club
2	<a href="#">•• Reneta &amp; Gideon Oosthuizen</a>	QSM		206	1,296	1000 GPV Plus club
4	<a href="#">•••• Gillin &amp; Thomas Bertram</a>	QSM		110	1,239	1000 GPV Plus club
2	<a href="#">•• Jenny &amp; Malcolm McConnachie</a>	DIR		150	1,150	1000 GPV Plus club
3	<a href="#">••• Richard Bailey &amp; Kathryn C Bailey</a>	SM		109	1,143	1000 GPV Plus club
2	<a href="#">•• Annette Treagus</a>	SM		643	1,138	500 PPV Club / 1000 GPV Plus club
	<a href="#">• Iris &amp; Frank Malherbe</a>	DIR		312	1,120	1000 GPV Plus club
1	<a href="#">• Merle &amp; Craig Du Plooy</a>	DIR		500	1,105	500 PPV Club / 1000 GPV Plus club
3	<a href="#">••• Annelies &amp; Evert VanLeusden</a>	QSM		1,090	1,090	500 PPV Club / 1000 GPV Plus club
1	<a href="#">• Jean Wetselaar</a>	QSM		316	1,090	1000 GPV Plus club
5	<a href="#">•••• Elizabeth Pearce</a>	SM		1,039	1,039	500 PPV Club / 1000 GPV Plus club
4	<a href="#">•••• Rosemary &amp; Rowan Algie</a>	DIR		1,034	1,034	500 PPV Club /

						1000 GPV Plus club
5	<a href="#">•••• Lorna &amp; Shirley Dixie</a>	SM		486	1,014	1000 GPV Plus club
3	<a href="#">••• Hilary &amp; John Estherhuizen</a>	DIR		479	1,000	1000 GPV Plus club
5	<a href="#">••••• Althea &amp; Jannie Debeer</a>	QSM		171	908	
3	<a href="#">••• Dieter &amp; Joanne Dedekind</a>	SM		201	890	
3	<a href="#">••• Madeline &amp; Ron Gordon</a>	DIR		390	719	
1	<a href="#">• Jo Spies &amp; Linda Van Der Walt</a>	SM		111	713	
1	<a href="#">• Muhsin &amp; Deeba Peterson</a>	DIR		288	660	
1	<a href="#">• Elthia Mafilika</a>	SM		291	649	
1	<a href="#">• Lida Swan</a>	DIR		198	628	
2	<a href="#">•• Richard &amp; Theresa Von Schlehenried</a>	M	<b>1</b>	242	610	<b>New Managers and Congrats on Signing!</b>
2	<a href="#">•• Andries Fourie</a>	SM		100	602	
1	<a href="#">• Denise Burgers &amp; Avril Human</a>	DST		576	576	500PPV Club <b>New Managers and New SNR Managers!</b>
5	<a href="#">••••• Anke Kusel</a>	SM		538	538	500 PPV Club
6	<a href="#">••••• Phyllis Dixie</a>	SM		528	528	500 PPV Club
2	<a href="#">•• Katijah &amp; Abdul Khan</a>	SM		264	524	
3	<a href="#">••• Chrissie &amp; Danie Dorfling</a>	DIR		522	522	500 PPV Club
5	<a href="#">••••• Danielle Rosmary Holcroft</a>	SM		521	521	500 PPV Club
1	<a href="#">• Mike &amp; Laura Aldridge</a>	SM		185	508	
3	<a href="#">••• Lydia &amp; Colin Maake</a>	SM		502	502	500 PPV Club
3	<a href="#">••• Ngoran &amp; Ntombizodwa Nguessan</a>	DIR		163	500	
6	<a href="#">••••• Francis &amp; Len Pawson</a>	SM		174	492	
2	<a href="#">•• Caroline Roodt</a>	SM		409	409	
4	<a href="#">•••• Gale &amp; Alfie Moffatt</a>	SM		105	405	
3	<a href="#">••• Philip Forbes</a>	SM		256	396	
3	<a href="#">••• Maureen Macdonald</a>	SM		395	395	
2	<a href="#">•• Rosalind Walter</a>	SM		114	380	
3	<a href="#">••• Byron &amp; Denise Tait</a>	SM		368	368	
2	<a href="#">•• Winifred Tennant</a>	SM		353	353	
2	<a href="#">•• Hantie &amp; Corrie Hendriks</a>	SM		353	353	
5	<a href="#">••••• Althea &amp; Bob Tizzard</a>	SM		341	341	
3	<a href="#">••• Craig &amp; Monica Duffield</a>	DST		328	328	<b>New Managers!</b>
1	<a href="#">• Elsje Eastaugh</a>	SM		327	327	
7	<a href="#">••••••• Jenny Delacy</a>	SM		197	318	
1	<a href="#">• Jacky Hattingh</a>	SM		222	313	
2	<a href="#">•• Clive Clements</a>	SM		308	308	
4	<a href="#">•••• Hilary Boada</a>	M		268	302	

1	<a href="#">• Anne &amp; Karen Koppenaal</a>	SM	<b>1</b>	261	301	<b>Congrats on Signing!</b>
3	<a href="#">••• Taryn &amp; Karun Murugan</a>	DST		292	292	<b>New Managers!</b>
3	<a href="#">••• Roslina Chitanda</a>	DST		291	291	<b>New Managers!</b>
5	<a href="#">••••• Ilda Fernandes</a>	SM		274	274	
2	<a href="#">•• Shelley &amp; Christopher King</a>	SM		272	272	
3	<a href="#">••• Zohra &amp; Suleman Essack</a>	DST		260	260	<b>New Managers!</b>
2	<a href="#">•• Paulina Tyhutyana</a>	DST		260	260	<b>New Managers!</b>

**GNLD GR<sup>2</sup> WEIGHT LOSS PROGRAMME CHALLENGE**

Yes, I \_\_\_\_\_  
 commit myself to the GNLD GR<sup>2</sup> Weight Loss Programme Challenge.

Distributor I.D.: \_\_\_\_\_ or  
 GNLD Sponsor's Name: \_\_\_\_\_

GNLD I.D. No.: \_\_\_\_\_  
 GNLD Invoice No.: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Current Weight\*: \_\_\_\_\_ kg  
 Height\*: \_\_\_\_\_ cm

Body Fat: \_\_\_\_\_ % (optional)

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

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

Tel No.: \_\_\_\_\_ Cell No.: \_\_\_\_\_ Email: \_\_\_\_\_

Postal Address: \_\_\_\_\_ Code: \_\_\_\_\_

I prefer to be contacted by e-mail  sms  Both  (Tick)


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

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

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Entrants' personal details will remain confidential. All entrants must supply GNLD with a recent full-length photograph (no older than two months) of themselves - mailed to or handed in at their local DC. Participation is subject to the purchase of any one GR<sup>2</sup> Product for every fortnight of the Challenge. Should you take prescription medication or have health challenges it is your responsibility to consult your doctor before starting the GR<sup>2</sup> Weight Loss Challenge. Entrants participate at their own risk.

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




## GNLD International is doing a GR2 Weight Loss challenge

... Starting November till end Feb... whereby you fill in a Registration form (see Attached) with your existing weight and enclose a now 'before' picture and then fill in your goal weight that you wish to achieve by the end of February and if you achieve this there will be Spot prizes included loads of draws! The advertising Flyer will be available soon and registration forms (attached) at your DSC's and will be sent to you with your Bonus envelopes in October/November ... but get started now! ... Add an extra month to your result by getting started now a month earlier ... simply fill in the registration form, include your photo and get started on your weight loss goal today!

## Also...

## Shake Parties

### New and Exciting Wellness Clubs and Shake Parties

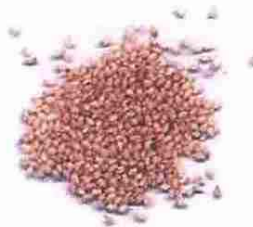
...are being incorporated by Distributors into their normal running of their distributorships to pump up the business, team camaraderie and believability in the products! There will be more news of this in my Month newsletter ... October Newsletter will be sent out next week. In the meantime ... check out the Recipe Sheet for the Shakes ... mmmmm Yummy Baby! What I love about our Protein Shakes is that this is a delicious way to get in all your 22 Amino Acids (high, whole, complete protein), all your vitamins, minerals, digestive enzymes, and EFA's ... my word! No wonder I feel so great all the time!!! I just have to get back on the road again and start training for my next marathon ... I have taken a year off... (Been going to Gym, but its not the same) and now ready to get going again ... (I have completed 64 Marathons since 2000 which

include ultra and Comrades... Can you believe it... man, sometimes I can't even believe it... and I am not even a runner, if you know what I mean)... Hold regular get-together's on the way to work or home from work, or after gym or a run at your place, shake up delicious shakes for everyone, including using the above recipes... (You must charge per glass, obviously!) This will create an awesome vibe! ... And it will increase your sales! ... Good Luck... GNLD will issue Wellness Club Certificates to those who do this!

## GR2 CONTROL SHAKE PARTY RECIPES

### Vegetable Shake

- 2 Scoops of Vanilla GR2
- 1 Cup of Ice
- 2 1/2 Cups of Water
- 2 Cups of Lettuce
- 1 1/2 Table spoons of Sesame Seeds



### Fruity Shake (1)

- 2 Scoops of Vanilla GR2
- 1 Cup of Ice
- 2 1/2 Cups of Water
- 1 Cup of Strawberries
- 1 Cup of Grapes



### Fruity Shake (2)

- 2 Scoops of Vanilla GR2
- 1 Cup of Ice
- 2 1/2 Cups of Water
- 1 Cup of Oranges
- 1 Cup of Peaches



### Cinna-Banana Shake

- 1 Scoop of Vanilla GR2 & 1 Scoop of Chocolate GR2
- 1 Cup of Ice
- 2 1/2 Cups of Water
- 1 or 2 Bananas
- Teaspoon of Cinnamon



### Choco-nuts Shake

- 2 Scoops of Chocolate GR2
- 1 Cup of Ice
- 2 1/2 Cups of Water
- 1 Teaspoon of Instant Coffee
- Crushed Almonds
- 2 or 3 mint leaves

