



# The Friendly Force

Distributors of GNLD International

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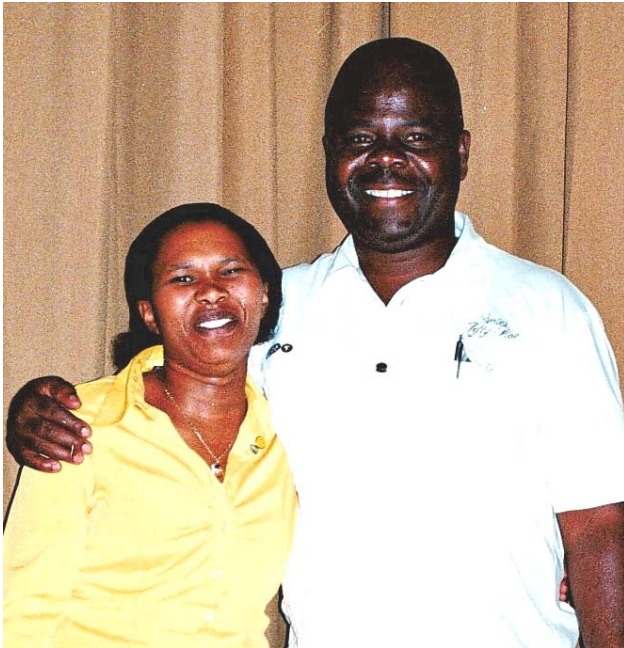
Friendly Team Talk - Newsletter Volume 22 Issue 9 - September 2008

Hi Friendly Folks...

*There are no misunderstandings; there are only failures to communicate.*  
-- Senegalese Proverb

August was an unusual but exciting month ... we did loads of GNLD training and we are so excited about all the distributors who attended... those who have done the 'Presenting the Opportunity' course so far have one module to go and will receive momentous certificates at the Team Rally on 4th October... September, a 4 ½ week month, promises to be a propitious month!

*"The Bible says, 'If you wish to find, you must search.'  
I believe that is true, rarely does a good idea interrupt you." -- Jim Rohn*



## Hot Off The Press! Exciting News! Brand New Directors! Daniel & Zodwa Nguessen

Special Congratulations to our brand new Directors, *Daniel and Zodwa Nguessen* and to their up-line Sponsors, *Frank and Iris Malherbe*. As we mentioned in last month's Newsletter, Hard work, focus, guts, dedication and a positive attitude is the key. *Daniel and Zodwa joined this business because of their health issues...*

Zodwa was born in KwaZulu-Natal and married her wonderful Frenchman, Daniel, from the Ivory Coast. They joined GNLD in September 2006 to 'treat' themselves because before they joined GNLD they were sick all the time. They visited doctors at least 4 times a month and they got to the stage where they were sick and tired of

being 'sick and tired'. They joined GNLD because of this suffering and because they wanted to earn extra money. *They believe that GNLD is the greatest Business Opportunity with excellent products which has changed their lives for the better.* They are so committed that they have opened their own office in town and do Team Training twice a week, on a Wednesday night at their home and on a Saturday afternoon at their little office in town which seats about 20 and already they are full up. No wonder they are growing so fast ... they have a big dream, determination, and are dedicated to the success of their team. Their dream is to bring GNLD to the Ivory Coast, Cameroon, Gabon and the Congo.

"It's good to be in GNLD, to be healthy with the excellent nutrition. Since we joined GNLD we never go to the doctor any more. Before we joined we could not make or save money as we were always sick and always going to the doctor... and every time it was injections... yet

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**GNLD International – The largest, fastest growing Company of its kind  
The very Best Personal Health Empowerment company in the world  
The Friendly Team – Positive, Excited and Self Motivated People on the move!**

to go back for yet more injections... and of course this cost more and more money! And now we are thrilled to be Directors... We have a growing team of wonderful people and we thank our team for all their hard work, their great attitude, determination and loyalty! Thank you, GNLD for fixing our lives....” Daniel and Zodwa Nguessen... See Team Photo ...Page /2...

**Some of Daniel and Zodwa Nguessen’s team – a powerful, excited and wonderful group of people**

### **A whole lot has happened over the last month...**

The Beijing Olympics - A dazzling Opening Ceremony—the best ever—with a blend of technology, art and incredible live performances with 15000 performers in the ceremony, 91000 spectators and 14000 athletes. Awesome new architecture—not only the “Birds Nest” Olympic

Stadium, Water Cube Aquatic Centre, International Broadcast Centre, Gymnastics Hall but skyscrapers including the CCTV tower. It made for awesome television, watching all the wonderful Olympians performing... Need I say it—that amongst the Michael Phelps, Usain Bolt, Debaba and other headlines and incredible performances, Team SA was generally disappointing except for our long jumper – Mokoena, who saved the day with one silver medal... But as Arnold Schwarzenegger always says... “I’ll be back!”... And we will be back!

I have fully recovered from my hysterectomy... thanks to the loving care of my wonderful Husband Roy and of course, the GNLD nutrition.

We had two very special people turn 80 during the last month... of which both of them have in the Friendly force for +20 years! One of them being me own wonderful Dad, Frank Malherbe (Mom turned 80 earlier in the year) and other our Special Friend Leo Lokkers who threw a spectacular Dinner Dance Celebration... If you look at these Octogenarians you will see just how fantastic the GNLD nutrition is ... the look so great cause the eat (supplement) so great!

In the last couple of months, we have come through a GNLD price increase, the London Convention, rates and electricity hikes, rising inflation, Olympic games, hysterectomies and the like... but seriously folks... SA is not for sissies and we must soldier on... Let’s shake of the shackles of winter and chase GNLD into a productive and profitable summer...Negativity disenables its over! Procrastination is over! If our Olympians cannot bring back the medals ...lets us bring back the medals! ... GNLD World Of Championship medals be it bronze silver or the more sought-after gold... Remember this famous quote ... “No pressure, no diamonds”... Mary Case.

We start a whole new chapter in September... This especially with spring in the air... Spring clean your business by starting anew, afresh with a spirit of commitment and vigour towards building your GNLD Network! Breathe new life into your business by bring in new blood... fresh recruits who are excited and enthusiastic about building GNLD. Spring-clean your existing Distributorship by breathing fresh new ideas and motivation into your teams... This can be a powerful and positive move if you want it



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to... Make use of this incredible 'spring phenomena' to build your business for the better! See this change as a step forward and a great chance to transform your GNLD Distributorship into a powerful one! Start afresh today... Start with spring cleaning your attitude ... dust off all the old cobwebs of negativity and dust off all the bad habits of procrastination, apathy, condemnation, blaming and finding fault... i.e. With GNLD, your leaders, your down line and the country... Start attracting success and good things into your life by changing your attitude into a great one of hope, love and faith and remember ... If it is to be it is up to me! Start fresh and new today!

In South Africa, and in Africa, we also have the best People's Empowerment Opportunity! GNLD International... GNLD is a Personal Health Care Company designed to help people become the Architects of their own futures! We can help people achieve brighter futures in all areas of their lives.... - Physically, Mentally, Emotionally and Financially. Just look around you and you will come up with ideas to approach and help people in this awesome opportunity!

Have you ever asked yourself ... What is Motivation?

Your self-knowledge and self-awareness (Wants, Desires, Commitment) makes you more or less able to motivate yourself.

### HOW DO GNLD DISTRIBUTORS SUSTAIN MOTIVATION?

Motivation is the fuel needed to make you reach your goal. You have committed yourself to building a GNLD Network, and in order to make this decision work, you need motivation to help you reach your potential. This real desire or motivation for something has to come entirely from within the self. The most effective way to get motivated and stay motivated is by planning and setting GOALS. When you set goals you give yourself a direction in which to move- just like a kite catching the wind. Think about how you can achieve your goal of becoming an Emerald/Ruby/Diamond Director. Decide on HOW this will be done and devise a step-by-step program.

Know how long each step will take and by what dates each step should be completed.

....Now this is important!

Open your diary to **today's** page and **start NOW**. Monitor your progress by reporting back to your diary every day. Reward yourself every week for achievements even if they are only small gains and tell yourself you are getting there.

Have a Spectacular September, and remember... whatever you do... Know what your next step is on the Marketing Plan and keep striving towards taking your next step... In that way you will be growing your business. Talk to People...(TTP)... and then talk to more people...( TTMP)... Don't ever let a day pass where you have not spoken to someone new about your opportunity and your products.

Tons of Success always,  
**Lyn and Roy Banks – Ruby Directors**

### **Distributors of GNLD International**

#### IDEAS

*"Ideas are the root of creation." -- Ernest Dimnet*

*"The ideas are the important thing. If you're successful in getting the ideas across from your mind to the minds of your audience, you're as successful as a speaker is supposed to be. Audiences have a way of knowing when you're more interested in what you're saying than in how you appear." -- Earl Nightingale*



Folks please note the changes to the World of Championship Points ... Page /5

***The Friendly Team Be Friendly! What a Force!***

# The 10 Things in Life that You Control

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There are just a few aspects of life that we can truly control, and it's useful to know just what those areas are. If you don't know, you'll spend a lot of time blaming others for your own failings. Try and exert too much control in areas you shouldn't and the universe will create some interesting ways to remind of your place.

So be prepared and learn the 10 things in life that you DO control:

- **What you do**

Your actions are yours alone. You choose to make them or not make them and you are responsible for the effects of those actions.

- **What you say**

Likewise, the words you speak (or write) are also consciously chosen. Like actions, they have an impact on your life and the lives of those you contact.

- **What you think**

Yes, there are some subconscious thoughts that you can't control. But the things that you really think about, your beliefs, your ideals, etc. are concepts you have chosen to accept and believe in.

- **Your work**

Many people like to overlook this one, it being much easier to say "Oh, I'm trapped in my job because I don't have a degree, experience, etc." Hogwash! That's simple a way of denying one's responsibility in having chosen the job in the first place.

It's your job and you chose it. If you stay (or go), that's a choice as well.

- **Who you associate with**

There's a famous t-shirt that states: "It's hard to soar like an eagle when you're surrounded by turkeys."

Your friends can either lift you up or bring you down. You make the decision which type of friends you wish to have.

- **Your health**

Much of our health is a factor of genetics, environment, and exposure. Much more of our health is simply a matter of the things we choose: diet, exercise, drugs, sleep, routine physicals, check-ups, etc.

- **The environment you live in**

Your house, the condition of your home, the town you live in, the amenities available to you are all things you can control, although some to a lesser degree (i.e., you decide to tolerate them or move someplace else).

- **Your finances**

Having or not having enough money is a factor of what you make versus what you spend.

- **Your time**

You choose how to "spend" your time and how much of your time to give to various activities. You'll never get more time than the 24 hours your given each day.

- **Your legacy**

All your actions, words, and knowledge that you share while you are living become the gift that you leave when you are gone

**The Serenity Prayer**  
**God grant me the**  
**serenity to accept the**  
**things I cannot change;**  
**Courage to change the**  
**things I can;**  
**And wisdom to know the**  
**difference.**  
**Living one day at a time;**  
**Enjoying one moment at**  
**a time;**  
**Accepting hardships as**  
**the pathway to peace;**  
**Taking, as He did, this**  
**sinful world**  
**As it is, not as I would**  
**have it;**  
**Trusting that He will**  
**make all things right**  
**If I surrender to His Will;**  
**That I may be reasonably**  
**happy in this life**  
**And supremely happy**  
**with Him**  
**Forever in the next**  
**Amen**

**Apply these 10 points to your life and indeed to your GNLD Business and watch your success in every area of your life change for the better!**



# **Team Talk** | Sales & Marketing

DIRECT COMMUNICATION WITH GNLD WORLD TEAM MEMBERS

14 August 2008

## **Dear Distributor,**

Good news is that the new World of Champions Medals & Travel Bucks Incentive has started. You qualify if you are a Director and above with minimum of 100 PPV each month. Points are awarded for all downline Distributors' activity to the next titled Director in your organization. The points system works as follows.

<b>Your Personal Team Achievement</b>	<b>WOC Points Earned</b>
<b>Each 1 000 QPV</b>	<b>2</b>
<b>Each New Manager</b>	<b>5</b>
<b>Each New Senior Manager</b>	<b>10</b>
<b>Each New 3-in-30 (First Time 3-in-30 Pin)</b>	<b>10</b>
<b>New! Each 3-in-30 Star Sponsoring "Activity"</b>	<b>15</b>
<b>Each New Director developed</b>	<b>30</b>

With the new 3-in-30 Star Sponsoring "Activity" Incentive you earn 15 WOC Points for every 3-in-30 Star achievement that you develop within your Director Team!

The valuable new benefits are that this score is awarded each time the "Activity" of sponsoring 3 New Distributors with 100 PV in the month that they join is achieved. This means that it does not matter whether the Distributor achieving this is a New 1 Star or already a Superstar! Also, if you or a Distributor in your Director Team start 6 New Distributors in one month and each has 100 PPV, you earn 30 Points because the "3-in-30 Star Activity" was achieved 2 times.

For Example: If you sponsor 8 New Distributors this month and 6 of them start with 100 PPV, and 2 Distributors in your downline each start 3 New Distributors each with 100 PPV, you earn 60 WOC Points! (15 WOC Points per Star Activity x 4 = 60 Points).

World of Champions Medals are awarded quarterly, based on your total WOC Points as follows:

<b>Total WOC Points Earned</b>	<b>WOC Medal Awarded</b>
<b>200 World of Champions Points</b>	<b>Gold</b>
<b>150-199 World of Champions Points</b>	<b>Silver</b>
<b>100-149 World of Champions Points</b>	<b>Bronze</b>

When you earn your World of Champions Medal, you automatically earn valuable Travel Bucks that you can redeem at GNLD Events. GNLD Travel Bucks are paid out in your local currency.

WOC Point validity is strictly regional, based on the continent you are registered in (e.g. Africa). For instance WOC Points accumulated in Europe or the UK cannot be transferred to you or your team's regional total. Note that this condition also applies to all 3-in-30 Incentives.

Kind Regards

*Ian Parker*

*Vice President Sales and Marketing*

## **High Vitamin C Level Linked to Decreased Stroke Risk** **Content provided by Reuters Saturday, February 9, 2008**

NEW YORK (Reuters Health) - A person's level of vitamin C may predict his or her likelihood of having a stroke, according to a long-term study of some 20,000 middle-aged and older residents of Norfolk, United Kingdom. During an average follow-up of 9.5 years, 448 strokes occurred in the study population. Researchers found that people with the highest vitamin C concentration at the start of the study had a 42 percent lower risk of stroke over 10 years compared to those with the lowest levels of vitamin C.

The protective effect of vitamin C against stroke remained after accounting for factors that could affect the risk, such as age, sex, smoking, alcohol intake, body mass index, blood pressure, cholesterol, physical activity, diabetes, prior heart attack, supplement use, and social class.

Dr. Phyo K. Myint from the University of Cambridge, UK, and colleagues report the study results in the American Journal of Nutrition.

Myint noted that the level of vitamin C in the blood is a "good biomarker of fruit and vegetable consumption, which have many nutrients that may be biologically active and protective for stroke; this study supports the existing body of evidence that indicates the high fruit and vegetable consumption is protective for stroke."

In a related commentary, Drs. Sebastian J. Padayatty and Mark Levine of the National Institutes of Health in Bethesda, Maryland, emphasize that fruits and vegetables are associated with many health benefits, including a reduction in strokes. "Because we do not know why or how the benefit occurs or what fruits and vegetables are effective, it is prudent to consume a wide variety," they add.

"The optimum intake for reduction of stroke and cardiovascular disease is unknown," they point out, "but an intake of 5-9 servings daily is associated with benefit and the public should aim toward the higher intakes."

SOURCE: American Journal of Medicine, January 2008.

### **GNLD RECOMMENDATIONS:**

Most people do not consume 5-9 servings of fruit and vegetables on a daily basis for many reasons... cost, time, pressures of life... and even if they are many of the nutrients are lost from fruit and vegetables during storage, cooking, freezing, canning and even fresh today does not insure nutrient efficiency... that is why supplementing your diet is imperative...

**GNLD's Vitamin C Sustained Release and chewable Vitamin All C are great options... Don't forget GNLD's Phytodefence consisting of Carotenoid Complex, Flavonoid Complex + Cruciferous Plus.**

## **Chronic disease is preventable!**

The WHO considers the top 5 causes of death all to be chronic diseases—all of which are preventable, or at least delay-able.

And they're not the only ones. The US Centers for Disease Control and Prevention (CDC) and most major health authorities world-wide agree. To fight the ever-increasing risk and presence of chronic disease we need to do three things: stop smoking, get active, and **FIX OUR DIETS!!!**

### **Top Five causes of death world-wide are all "chronic diseases"**

Heart disease, Cancer, Stroke, Chronic respiratory diseases, Diabetes

Source: World Health Organization (2006) [www.who.int/chp/en/](http://www.who.int/chp/en/)

The WHO sees nutrition as the foundation of health. The formula is simple and compelling; Poor nutrition equals poor health and greater disease. Good nutrition equals good health and less disease. It's simple and it's irrefutable.

**GNLD Recommendation: Use a Multi-Nutrient Formula every day... such as GNLD's Formula IV or Formula IV Plus or Daily Vitality Pack.**

# GNLD's Carotenoid Complex

**Broad spectrum**, lipid soluble nutrient supplementation. More than just beta-carotene, Carotenoid Complex provides a variety of carotenoid family members as they naturally occur in the human food chain in fruit and vegetables.

Lipid-soluble antioxidants, Carotenoids are a natural source of red, yellow and orange

pigments in many fruits and vegetables. Many provide vitamin A Activity.

Carotenoids are classified by their chemical structure - carotenes (e.g. alpha, beta, gamma, and zeta-carotene), xanthophylls (e.g. Lutein, lycopene, cryptoxanthin and zeaxanthin). There are more than 600 known carotenes.

**Wholefood ingredients.** Approximately 3 servings a day: Our exclusive blend of carotenoid rich extracts and concentrates is derived from wholefood tomatoes, carrots, spinach, red bell peppers, strawberries, apricots and peaches, broccoli, butternut, pumpkin, rock-melon, paw-paw, peaches, pink grapefruit, red capsicum, sweet potatoes, and Swiss chard.

**15 powerful carotenoid family members.** Our unique formula has been tested and shown to deliver alpha-, beta-, cis-beta-, gamma- and zeta-carotene, lycopene, cis-lycopene, lutein, zeaxanthin, alpha- and beta-cryptoxanthin, violaxanthin, canthaxanthin, capsanthin and cryptocapsin.

**Independent Research Studies.** Significant immune supporting benefits verified by USDA.

**Natural base of pure olive oil.** Promotes ingredient stability and helps optimise carotenoid absorption.

**Pure lecithin from soybeans** helps maximise stability of carotenoid nutrients and aids their dispersion during digestion

**Exclusive Nutrimax Process.** Advanced technology yields a 98% extraction efficiency. Also includes low temperature processing and oxygen free encapsulation to guarantee high potency of lipid - soluble carotenoid nutrients.

## What they can do for you.

- **USDA CAROTENOID COMPLEX STUDY PUBLISHED** in the “The American Journal of Nutrition” – March 1997 Volume 65 Number 3.
- Carotenoid Complex increased the immune capacity known as “Lymphocyte Proliferative Response” by 37% in just 20 days compared to Beta Carotene alone. (Reclaimed lost immune power and boost overall immune capacity). 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 known as “Natural Killer Cells” by more than 21% in just 20 days. Natural killer cells are known as our body’s first line of immunologic defense against cancer. More than twice the effect of beta-carotene alone!
- Daily Carotenoid Complex has been shown to:
- dramatically enhance both immune cell levels and overall immune cell responsiveness.
  - Boost levels of lymphocytes which are the body's first immunologic line of defense against disease.
  - High bioavailability: the ingredients in Carotenoid Complex are absorbed and utilized by the body.
- \*NOTE: measured as an increase in overall lymphocyte proliferation, a recognized standard for measuring immune competence and capacity to respond to an immune challenge.
- Research suggests that diets with high levels of Carotenoids may offer several health benefits such as reduced risk of some cancers, reduced risk of heart disease and cataracts, enhanced immune function.
- Provides antioxidant protection from the free-radical damage for the lipid (fat) portions of the cells and tissues. Carotenoids are most effective when consumed as families, referred to as ‘Super Antioxidants’ the Carotenoids are the most potent antioxidants yet discovered. Works alongside vitamin A and E in protecting the fat portion of the cell against free radical damage.
- Experts say eat 5-9 daily servings of fruit and vegetables a day to receive a rich source of protective Carotenoids. (This does not include bananas, potatoes and apples, as they do not contain Carotenoids. 6 mg of Carotenoids needed per day. Current eating habits are estimated to provide 1, 5 mg per day.

Carotenoid-rich vegetables linked to lower risk of stomach cancer. In their report published in the October 2006 issue of the journal *Cancer Epidemiology Biomarkers & Prevention* (Vol. 15, pp. 1998-2001) researchers from the Karolinska Institute in Sweden reported that people who had the highest fruit and vegetable carotenoid consumption in the 7-year study of more than 90,000 participants had a 46% to 57% lower risk of stomach cancer compared to those with the lowest intake. Lead researcher Susanna Larsson concluded “We are evaluating the association between dietary intake of carotenoids and risk of gastric cancer. These findings add further support to the current dietary recommendations to increase vegetable consumption.”

# GNLD's Flavonoids

## *What they can do for you*

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

# GNLD's Cruciferous Nutrients

## **What they can do for you.**

- Lipid and water-soluble health protecting nutrients form cruciferous vegetables characterised by a pungent, biting taste.
- All contain glucosinolates, the cause of the pungent taste. Two principle groups are:
  - Indole Cabinols, Isothiocyanates, (e.g. Sulforaphane).
- Approximately 1 serving a day - bok choy (Chinese cabbage), broccoli, brusselsprouts, cabbage, calabrese, collard greens, horseradish, kale, kohlrabimustard, mustard greens, radish, rutabaga, turnips, turnip greens, watercress.
- Research suggests that diets with high levels of cruciferous compounds may offer several health benefits like preventing hormonal mediated and other cancers, including: breast, prostate, digestive tract, uterine lining, colon and lung cancer.
- It is likely that cruciferous vegetables and related plants help because they - stimulate enzymes that neutralise problem compounds, detoxify carcinogens and flush them from the body. They prevent the conversion of good oestrogen to bad oestrogen. (Correlated with lower risk of breast cancer). Neutralise toxins and prevent chemicals from becoming active carcinogens. Block interaction of carcinogens with DNA.
- Closely related Phytonutrients

### **Japanese research links broccoli with fight against stomach cancer**

Presenting their findings at the November 2, 2005, meeting of the American Association for Cancer Research that focused on "Frontiers in Cancer Prevention," Japanese researchers from the University of Tsukuba presented important new data. Their study showed that sulforaphane from broccoli has the ability to fight the organism known as *Helicobacter pylori*. *H-pylori* is known to cause gastritis and is considered a major factor in peptic ulcers and stomach cancer. In their study, the Japanese researchers showed that sulforaphane glucosinolate from broccoli had the ability to keep *H-pylori* at bay, causing lead researcher Akinori Yanaka to conclude that a diet rich in sulforaphane glucosinolate "may help protect against gastric cancer."

### **Lung Cancer...**

#### **less likely with cruciferous vegetable consumption**

Scientists at the International Agency for Cancer Research have determined that while cruciferous vegetable consumption is good for all of us, some of us get more for the effort. Focusing on two specific gene-types common in the population (GSTM1 & GSTT1), they showed that weekly consumption of cruciferous vegetables equated to lung cancer risk reduction ranging from 33% for GSTM1 to 72% for GSTT1. In a research letter published in the October 28, 2005, issue of *The Lancet*, lead researcher Dr. Paul Brennan states: "These data provide strong evidence for a substantial protective effect of cruciferous vegetable consumption in lung cancer."

similar activity as cruciferous nutrients.

- A study presented at the Experimental Biology meeting in New Orleans in Louisiana concluded that exclusive blend of extracts from Cruciferous vegetables found in Cruciferous Plus can inhibit the growth of breast cancer cells by more than 37%.
- Large volume of research points to the protective benefits of regular consumption of cruciferous vegetables. Cancer Institutes and other health organizations recommend one daily serving of cruciferous vegetables. Many people find the taste of these foods too pungent; on average, we currently eat only 1 serving per week. The crucifers contain two main phytonutrients that science has shown to be particularly impactful on major risks to our well-being - indole carbinols and isothiocyanates such as isoflavones. Other beneficial phytonutrients include terpenes and chalcones.

### **Cabbage may fight breast cancer**

Researchers from the United States and Poland have shown an anti-breast cancer link to cabbage. Cabbage, like other cruciferous vegetables, is rich in glucosinolates, compounds already demonstrated to have anti-cancer activity. At November's prestigious American Association for Cancer Research meeting, a team of researchers from Poland and the United States showed a direct connection between cabbage consumption—raw, cooked, or prepared as sauerkraut—and the risk of breast cancer. Following a group of Polish immigrants to the United States, they found the lowest rate of breast cancer among women who consumed high amounts of cabbage during adolescence. High consumption during adulthood—three servings a week—also provided significant protection for women who had not eaten cabbage regularly during their adolescence. "The observed pattern of risk reduction indicates that the breakdown products of glucosinolates in cabbage may affect both the initiation phase of carcinogenesis—by decreasing the amount of DNA damage and cell mutation—and the promotion phase, by blocking the processes that inhibit programmed cell death and stimulate unregulated cell growth," proclaimed University of New Mexico researcher Dorothy Rybaczyk-Pathak

## **Raw Cruciferous Veggies May Protect the Bladder Content provided by Reuters Tuesday, December 25, 2007**

NEW YORK (Reuters Health) - Eating raw, but not cooked, cruciferous vegetables may help protect against the development of bladder cancer, according to research reported today during the Sixth Annual International Conference on Frontiers in Cancer Prevention, sponsored by the American Association for Cancer Research.

Cruciferous vegetables, such as broccoli and cabbage, "are chock full of isothiocyanates (ITCs), which are a well-known class of cancer prevention agents especially promising in bladder cancer chemoprevention," the researchers explain in their abstract.

But it's been unclear how much one needs to eat to reap the protective benefits or if cooking alters the chemo-protective punch of cruciferous vegetables.

Dr. Li Tang and colleagues from Roswell Park Cancer Institute in Buffalo, New York, collected detailed dietary information from 275 individuals diagnosed with primary bladder cancer and 825 individuals without cancer.

They found that eating three or more servings a month of raw, but not cooked, cruciferous vegetables, such as broccoli, cabbage and cauliflower, reduced the risk of bladder cancer by roughly 40 percent overall.

"Most importantly, smokers, even heavy smokers, may also benefit from eating raw cruciferous vegetables," Tang said. The risk reduction associated with eating at least three servings of raw vegetables per month for the smokers and heavy smokers was around 40 to 54 percent, Tang reported. The reduction in bladder cancer risk was greatest -- 73 percent risk reduction -- among non-smokers eating three or more servings per month of raw cruciferous vegetables.

"Cooking can substantially reduce or destroy ITCs in vegetables," Tang added, "which is why you need to eat raw cruciferous vegetables to receive the food's maximum benefit."

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**GNLD RECOMMENDATIONS: Supplement with GNLD's Cruciferous Plus.**

*The Friendly Team Be Friendly! What a Force!*

# GNLD: A BETTER WAY OF LIFE



As an independent GNLD Distributor, you can take charge of your life and carve out your own road to success! With all the advantages a GNLD business offers, you'll never want to settle for *just a job* again. Everyone with whom you share the GNLD opportunity could also become the owner of their own business! There are as many reasons for owning an independent GNLD business as there are Distributors. Here are just a few:

## **Education**

Whatever your level of education, you have an equal chance of success with GNLD. If you are willing to listen and learn, and you have a desire to succeed, then there are no limits to what you can achieve with your business.

## **Age**

Every age is the perfect age for starting a GNLD business!

## **Pay**

Being your own boss gives you total control of your time and income. If you want to earn more, you work more. Your income matches your effort.

## **Promotion**

With your own business, you promote yourself! There's no ceiling on your potential in GNLD.

## **Recognition**

GNLD offers recognition for every achievement. There are many awards, prizes, bonuses, and rewards as you build your own GNLD business.

## **Time**

The best thing about owning your own GNLD business is the freedom and control you have over your time. You have the flexibility to set your schedule to suit your family's needs. You decide when you want to work—and when you don't!

## **Vacation**

With GNLD, you can take your vacations to suit your own schedule. Even better, you can earn travel incentives to luxurious destinations and experience a lifestyle others only dream of.

## **Job Security**

With GNLD, your future is in your hands, not in the hands of others.

## **Retirement**

In GNLD, you can earn a substantial income and retire early, or continue to enjoy the GNLD friends you make and exciting travel for as long as you like. The choice is yours!

## **Assets**

In GNLD, your business is a financial asset you can count on. Many GNLD Distributors have been able to pass their GNLD businesses on to their sons and daughters, providing them with a secure future. Some GNLD Distributorships are in their 4th generation!

## **Stability**

The stability of a network marketing company can often be measured by its ability to endure in the marketplace. GNLD has been providing health, personal, and home-care products since 1958 and has steadily grown in size and reputation.

## **Integrity**

GNLD's philosophy of "What's Right" is based on the Golden Rule. We guarantee the quality and integrity of our products and our marketing plan because we truly believe that this is the only way to guarantee long-term success in business and in life.

## **Unique Products**

No other network marketing company can claim the scientific, research-based product development and quality assurance, in both raw materials and manufacturing that GNLD can.

## **Global Business Support Structure**

GNLD is in the business of making dreams come true. So helping people realize their potential is of paramount importance. That's why we developed the Global Business Support Structure (GBSS): a step-by-step support system that provides each new distributor with both corporate and fellow-Distributor support, plus all of the tools and training you need to ensure your success. No matter where you are or where you want to go within the GNLD global markets, we'll be there to help.

# JAMA AND HARVARD RESEARCHERS RECOMMEND ALL ADULTS USE

Two Harvard researchers in a review, submitted to the *Journal of the American Medical Association* (JAMA, 2002, 287:3116-126), suggest that all adults should take at least a multi-vitamin/mineral tablet, daily. This is a landmark position since the American Medical Association has traditionally suggested that adults receive their nutrients from diet alone. This new recommendation suggests that the traditionally conservative, and non-pro-supplement, medical establishment is finally accepting the benefits of nutritional supplements. JAMA is acknowledging the fact that many adults do not receive a sufficient intake of vitamins and minerals from diet alone, and that a nutritional supplement is insurance to safeguard against inadequacies. The article suggests that many groups are at risk for inadequate intake or absorption of certain vitamins. The elderly, vegans and alcohol-dependent individuals in particular are primarily at risk for insufficient vitamin/mineral intake. The researchers point out that deficiencies in vitamins B<sub>6</sub> and B<sub>12</sub>, are associated with heart disease, and vitamin E and lycopene may decrease the risk of prostate cancer. All of these nutrients can be found in nutritional supplements. This recommendation substantiates what GNLD has been touting for 45 years—your diet alone cannot support your nutritional needs and help you achieve optimum health. GNLD was founded on the basis that modern, processed foods were “stripped” of certain nutrients, vital to overall health. It’s taken the mainstream medical community over forty years to catch up to GNLD!

## HAVE YOU HAD YOUR “GREENIES” TODAY?

Formula IV® and Formula IV Plus®, GNLD’s legendary “Greenies,” offer something unique to health-conscious consumers: They contain not just vitamins and minerals, but also lipids, sterols, enzymes, and a complex array of other naturally derived nutrients.

## BEYOND THE BASICS

Each Formula IV product provides GNLD’s exclusive Tre-en-en® Grain Concentrates, providing lipids and sterols that support your health at the cellular level. The Tre-en-en in Formula IV and Formula IV Plus works in synergy with the vitamins and minerals in the products to insure that the cells in your body are fully able to receive and process these critical nutrients. No matter how good your diet, your vitality and health won’t be well supported if your cells don’t receive the nutrients they need. Whereas other supplements don’t even begin to cover the “basics” of human nutrition, Formula IV and Formula IV Plus clearly go well beyond just the basics.

**JAMA recommends  
Multi-Vitamins for all  
adults!**

## BALANCED AND POTENT

Formula IV and Formula IV Plus deliver balanced ratios of broad-spectrum nutrients, rather than the mega-doses of isolated nutrients found in many other supplements. These products are produced under strict laboratory conditions with the same care for quality, purity, and potency that has come to be expected of GNLD. No manufacturer goes to greater lengths to produce safe and effective formulas.

## FORMULA IV AND FORMULA IVPLUS : “DIETARY INSURANCE” TO BE YOUR HEALTHY BEST

Superior supplements enhance your body’s general health, energy level, and stress-coping capabilities by addressing dietary gaps”—this describes Formula IV and Formula IV Plus to a “T”! For decades, literally thousands of GNLD customers have reported increased energy and vitality while using Formula IV. This effect can be attributed to synergistically filling in dietary gaps with important nutrients and then making certain those nutrients are delivered into the cells where energy is produced by including Tre-en-en.

## DON’T MISS A DAY

Ensure that you, your family and friends are getting the nutrients that your body need to be its healthy best. Take Formula IV or Formula IV Plus every day.

Love and time—those are the only two things in the entire world and all of life that cannot be bought, but only spent... - Gary Jennings

## **Life's #1 Rule: Master It and Thrive!**

Here's an important rule for life: It's not all about you. To develop a thick skin you must first remember that you are not the centre of the universe. Yes, sorry to say, you are not the fixed point around which the universe turns.

Say someone isn't paying you enough attention. So you brood and brood. "Is that person mad at me?" "Did I say something wrong?" Your gloomy thoughts intensify, leaving you emotionally crippled and thinking that you have ruined everything.

Yet there may be a good reason for their inattention. Maybe they are having a rough week at work or at home, and they have personal problems to deal with. All of these things could be putting them in a bad mood. Think about it in another way... Maybe they are behaving badly and are being jerks. But why are you fussing over it?

If this is how your mind works, you may indeed be overly thin-skinned. And some rethinking is in order. You will need to learn a few skills and think outside yourself.

### **Here are a few tips to developing a thick skin:**

- Don't take things personally: Sometimes you may need to reframe a person's bad behaviour by remembering that it's not about you.
- Don't let others get to you: Refuse to get overly responsive to the negative feelings and provocations of others. Adopt strategies that regulate emotional arousal; otherwise negativity hijacks the thinking brain. Try simple deep breathing or declare time out.
- Remember that everyone gets rejected sometimes. Pick yourself up, dust yourself off and move on. Don't be discouraged if it takes a few times to get it right. Successful people are rejected over and over, but never stop trying.
- When you're rejected or something doesn't go your way, counter-propose a new solution. Often, the person declining your offer is not rejecting you. He may even want to hear another idea. Successful individuals come back from rejection with new proposals. They're creative at coming up with additional ways of looking at things and solving problems.
- Don't hesitate to un-stick sticky situations. If you're discussing an issue and the conversation is going off track, stop it and restart it on the right track. You could say: "This isn't going productively. Let's re-shoot this scene from the beginning." Or, "Can we take it from the top?"
- Don't be self-focused. If you do focus on yourself, you'll likely dwell on your shortcomings. Instead, think about your goals and what steps you need to get there.
- Stop the self-talk: Counter self-defeating self-talk with truth-talk: "You can be your own worst enemy, so give yourself a break."
- Don't worry about looking stupid. If you are asked a question and you don't know the answer, you can simply say, "I need to think about that and get back to you later."
- Learn to be patient: Don't be impulsive or react to a situation without giving yourself time to cool off.
- Don't be quick to blame: Recognize that other people have their ups and downs.
- Think about others: Enter social interactions with this thought of making the experience itself enjoyable. Ask yourself, "What can I do to make you feel more comfortable?"

### **More Wise words for September**

Recognize that you have the courage within you to fulfil the purpose of your birth. Summon forth the power of your inner courage and live the life of your dreams. - Gurumayi Chidvilasananda

Never think that God's delays are God's denials. Hold on; hold fast; hold out. Patience is genius... - Comte de Buffon

## The Friendly Top 20 Business Builder Awards January – December 2008

- ◆ 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 2008.
- ◆ 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 2008 but is possible to be a Number 1 in more than 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...

### The Friendly Top 20 Business Builder Awards

January to August 2008

Congratulations to the following ... Keep it up!

Pos.	Distributorship	Grp PV	Recr
1.	Jeanette Baigent (1RD)	179 153	3
2.	Blanche Stephenson (ED)	45 952	3
3.	Erwin & Gilda Dedekind (ED)	40 625	9
4.	Muhsin & Deeba Peterson (SD)	38 356	25
5.	Shirley & Richard Aarons (D)	32 085	11
6.	Wayne & Carol Walker (ED)	25 790	3
7.	Merle Du Plooy (D)	16 682	2
8.	Chrissie Dorfling (D)	11 681	6
9.	Daniel & Zodwa Nguessen (D)	11 026	4
10.	Susi Muller (D)	10 954	2
11.	Wallied & Farieda Flashman (D)	9 357	6
12.	Richard & Kathrine Bailey (SM)	7 298	2
13.	Cecelia de Freitas (SM)	6 878	2
14.	Hozain & Feroza Kaldine (SM)	6 855	2
15.	Anwar & Fawzia Allie (D)	5 327	2
16.	Nicole & Pierre Mamfoumbi (SM)	5 152	3
17.	Lydia Maake + Colin Bockel (SM)	4 352	2
18.	Joan Stuart (SM)	2 998	2
19.	Lucia Ntombizodwa Mazibuko(SM)	2 837	4
20.	Malitaba Alphonsina Mohasoa (SM)	2 780	3

**NB.....You must have 3 Recruits by End September to enter or stay in Contest...!!!! 8 Places coming 4 grabs!**

### General Notes and conditions!

- The Qualification period will run from January 2008 till end December 2008.
- This event will be hosted by your leaders Roy and Lyn Banks.
- The Awards Rally will take place in January 2009 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!

*Check out GNLD’s website... it has been revamped...*

*What’s more exciting is the Marketing tools provided for you to download and use on your computer or laptop. Click on the Distributor Section...you will need a PIN no. from Head Office ...Exciting stuff ... Check it out!*

# GNLD Company Events...

Date	Time	Event	Location	Speaker	Contact
September 10	7:30 PM	Experience Meeting	Swing Cafe 34 Newton Street, Newton Park <u>Port Elizabeth,</u> South Africa	Brandon Masondo	Muret van Rensburg +2711 4093015
September 11	7:30 PM	Experience Meeting	Selbourne Primary School Hall Ken Schaffer Centre, Frere Rd <u>East London,</u> South Africa	Brandon Masondo	Muret van Rensburg +2711 4093015
September 17	7:00 PM	Product Seminars	Protea President Hotel Sea Point <u>Cape Town,</u> South Africa	Fred Hooper/Brandon Masondo/Warren Brosnihan	Muret van Rensburg 011 4093015
September 18	7:30 PM	Product Seminars	Boardwalk Conf Centre Summerstrand <u>Port Elizabeth,</u> South Africa	Fred Hooper/Brandon Masondo/Warren Brosnihan	Muret van Rensburg 011 4093015
September 19	7:00 PM	Product Seminars	Mayfair Village OR Tambo Street <u>Klerksdorp,</u> South Africa	Fred Hooper/Brandon Masondo	Muret van Rensburg +2711 4093015
September 20	2:30 PM	Product Seminars	Birchwood Hotel & Conference Centre 1627 Viewpoint Street Bartlett <u>Boksburg,</u> South Africa	Fred Hooper/Brandon Masondo	Muret van Rensburg 011 4093015
September 21	2:30 PM	Product Seminars	GNLD Convention Centre 30 Church Street <b>Durban,</b> South Africa	Fred Hooper/Brandon Masondo/Warren Brosnihan	Muret van Rensburg 011 4093015
September 27	1:00 PM	Experience Meeting	Oshakati Country Hotel Oshakati, South Africa	Brandon Masondo	Muret van Rensburg +2711 4093015

## GNLD & Friendly Events for September/October 2008

Month End will be on Monday 1st October... September is a 4 ½ week month.

### Gautengers!

Sat 6<sup>th</sup> September 2008

#### Friendly Team Rally

2pm

GNLD Head Office,  
2 Ayshire Boulevard, Longmeadow Business Estate.R10 pp  
Opportunity Presentation + Product Dem + Rally  
Ladies please bring snacks  
Entrance Fee for Distributors – R10.00 & Guests are Free

#### Leaders Meeting at Wanderers Club.

TBA

Remember that this is a vital meeting for all Qualified Directors for August, all Emerald Directors in title and all World Team Members in Title.

13<sup>th</sup> September

#### Friendly Training

10am

Melrose Bowling Club, 18 Venus Street, Birdhaven  
Product & Marketing Training  
(3<sup>rd</sup> + Final Module – Presenting the Opportunity)  
Run by Roy + Lyn Banks (Certificates on Completion)...  
West Rand – Monday 15<sup>th</sup> September  
South – Wednesday 10<sup>th</sup> September

See GNLD Impending Events Schedule above on Page 14 for other dates and venues.

September 20	2:30 PM	GNLD Product Seminars	Birchwood Hotel & Conference Centre 1627 Viewpoint Street Bartlett <u>Boksburg</u> , South Africa	Fred Hooper/Brandon Masondo	Muret van Rensburg 011 4093015
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NB...See previous page for your event in your area in the rest of South Africa and Upper Africa...

Dr. Fred Hooper is one of our Scientists on GNLD Scientific Advisory Board... This is not to be missed! Make sure to advise your teams!

Wed 1<sup>st</sup> October

**MONTH END**

All Day

**In a crisis look forward and keep focussed; the race is not over until the finishing line.**

Friday 3<sup>rd</sup> October 2008 Roy's Birthday... lets make a fuss of him at the rally!

Sat 4<sup>th</sup> October 2008

#### Friendly Team Rally

2pm

The Eagles Nest, Cnr. Leslie Ave & William Nicol, Fourways  
Opportunity Presentation + Product Dem + Rally  
Ladies please bring snacks  
Entrance Fee for Distributors – R10.00 & Guests are Free



### The 2009 Diamond Convention in San Francisco...

**You have to be a Sapphire Director + Up to attend  
Believe, Commit, Focus and take action starting today!**

"The best thing about the future is that it comes one day at a time."

Abraham Lincoln

## **What you do today will determine your tomorrow!**

Too many people set goals for the future and then believe that they only have to start taking action in the future, tomorrow, next week, next month, next year?... and their goals/dreams never become a reality! It's so important to realise that what you do today, this minute, this hour will help you to realise your dreams. So action today, do today, live today, to make things happen in your life! Don't keep putting things off ... putting off your required actions today... otherwise there won't be a great tomorrow! It's like dreaming of a great body... to make that happen, you need to exercise today, eat correctly today, supplement today, now! If you want a Diamond Director Business, you need to recruit and work with team today, this minute, this hour...

## **All Africa Convention 6 – 7<sup>th</sup> February 2009 International Convention Centre Durban, KwaZulu-Natal**

Its time for you to join a celebration of success when GNLD Distributors from across our beautiful continent gather at the All Africa Convention in February 2009. Be among the 3000 expected Distributors welcomed to this glittering event in the majestic setting of KwaZulu-Natal.

Its no secret ... all GNLD Conventions are known for their unparalleled excitement, power and energy. You and your team can look forward to an unforgettable showcase of the People, Products and Opportunity making GNLD the leader that has changed the lives of tens of thousands of people all over Africa, and indeed the entire world. We will be recognising achievers' accomplishments, past and present, at the Regional Annual Awards where GNLD Distributors like you will be honoured. Hear inspiring testimonies and ignite you and your team's imagination and drive. To empower you with passion this year's convention line-up will include some of the finest business and most influential motivational speakers available both locally and internationally.

The upcoming All Africa Convention will also be filled with news, inspiration and information. You could be among the first Distributors to be at the groundbreaking Pro-Vitality Pack launch that's planned.

But that's not all. Invite as many guests as you can and attend the convention's hugely exciting Experience Meeting. Remember that this is an outstanding event for guests to share people's real-life GNLD success stories and find out more about the amazing lives they are living. It's a great chance for you to introduce prospects to the Opportunity and also let them experience informative product demonstrations first hand. Capitalise on this unique approach to exposing others to the magic of GNLD.

### **Discount on Registration Costs (per Person)**

Qualification	August	September	October	November	December	Registration Packs	
<b>Senior Managers</b>	<b>1000QPV</b>	<b>1000 QPV</b>	<b>1000QPV</b>	<b>1000QPV</b>	<b>1000QPV</b>	<b>Need to pay R56</b>	
	<b>20% off</b>	<b>20%</b>	<b>20% off</b>	<b>20% off</b>	<b>20% off</b>	<b>per person per Pack</b>	
<b>Directors</b>	<b>4000 QPV</b>	<b>4000QPV</b>	<b>4000QPV</b>	<b>4000QPV</b>	<b>4000QPV</b>	<b>Receive Pack</b>	
	<b>20% off</b>	<b>20% off</b>	<b>20% off</b>	<b>20% off</b>	<b>20% off</b>	<b>Per person Free*</b>	
<b>World Team/PT</b>	<b>Fully Qfd</b>	<b>Fully Qfd</b>	<b>Fully Qfd</b>	<b>Fully Qfd</b>	<b>Fully Qfd</b>	<b>Receive Pack</b>	
	<b>20% off</b>	<b>20% off</b>	<b>20% off</b>	<b>20% off</b>	<b>20% off</b>	<b>Per person Free*</b>	

The Registration cost to attend the All Africa Contention is R105\*, you then have the option to purchase a Registration Pack for R56\* (9 registration + pack cost total = R161). However, Distributors can qualify to attend absolutely free by simply achieving the qualifications as shown in the table below. Remember your 100 personal PV must be in place each month of the contest for you to qualify for the contest. ... or equivalent local currency.

## Attend for Free!

Any Distributor stepping up to Manager, Senior Manager and/or Director during the contest period will get a 33% discount off the Registration Cost for each step-up. Step up to Director and receive 100% discount on Registration Cost as well as one free Registration Pack per person... A Director step-up in any of the contest months qualifies you to attend free....

\*Should you only qualify 1,2 or 3 months out of the 5 months you will need to pay for the Registration Pack... The Registration Pack is only free if you qualify 4 or more out of 5 months....

## Travel Incentive for Southern Africa Only

### Managers, Senior Managers...

- The Travel Incentive is per Distributorship attending the All Africa Convention.
- Your 100 personal PV must be in place each month of the contest period to qualify for the Travel Incentive.
- 500QPV is applicable exclusively to Managers...
- Senior Managers must do a minimum of 1000 QPV to participate.

	Qualification	August	September	October	November	December
Managers Only	<b>500QPV</b>	<b>R 25</b>	<b>R 25</b>	<b>R 25</b>	<b>R 25</b>	<b>R 25</b>
Senior Managers	<b>1000QPV</b>	<b>R 50</b>	<b>R 50</b>	<b>R 50</b>	<b>R 50</b>	<b>R 50</b>
	<b>2000QPV</b>	<b>R 100</b>	<b>R 100</b>	<b>R 100</b>	<b>R 100</b>	<b>R 100</b>
	<b>3000QPV</b>	<b>R 150</b>	<b>R 150</b>	<b>R 150</b>	<b>R 150</b>	<b>R 150</b>
	<b>4000QPV</b>	<b>R 200</b>	<b>R 200</b>	<b>R 200</b>	<b>R 200</b>	<b>R 200</b>

Managers and Senior Managers who step up to Director in the contest period will only participate in the Director Incentive in the month of the step up.

After step up they will no longer qualify for the Manager and Senior Manager travel incentive but the money accumulated before the step up will count ... e.g. Senior Manager who qualifies at 4000 QPV for Aug, Sept & Oct and then steps up to Director in November will receive the following R600 plus November and December Director Travel Incentive (not both for November & December).

### DIRECTORS, WORLD TEAM AND PRESIDENT'S TEAM MEMBERS

The Travel Incentive is per Distributorship attending the All Africa Convention. With every World of Champion medal you earn you receive additional money for travelling to the All Africa Convention in Durban... The 2 Quarters that will apply are July to Sept, and Oct to Dec 2008

World of Champion Medals	Travel Bucks	Plus Travel Incentive
<b>Bronze</b>	<b>R175 or equivalent in loca currency</b>	<b>R 125</b>
<b>Silver</b>	<b>R350 or equivalent in loca currency</b>	<b>R 250</b>
<b>Gold</b>	<b>R700 or equivalent in loca currency</b>	<b>R 400</b>

#### Please Note:

- Your 100 personal PV must be in place each month of the contest period to qualify for any of the incentives mentioned in this flyer.
- You will receive an additional Travel Buck Voucher only redeemable at the the All Africa Convention, (You must be at the All Africa Convention in Durban to receive your money back).
- The discount for Registration and Registration Pack is per person attending to a maximum of 100% - No additional rebates will be given.
- The Travel Incentive is per Distributorship attending the All Africa Convention.

# August 2008 Recognition

Congratulations to all our Qualified Directors

Special Congratulations to Daniel & Zodwa Nguessen – New Directors!

	<a href="#">Lyn &amp; Roy Banks</a>	2RD <i>Pro</i>	2RD	1	1,544	7,920	4 / 6	43,307
1	<a href="#">Jeanette &amp; Rob Baigent</a>	1RD <i>Pro</i>	SD		1,974	8,020	2 / 2	16,705
2	<a href="#">Erwin &amp; Gilda Dedekind</a>	ED <i>Pro</i>	ED		299	4,682		4,682
2	<a href="#">Carol &amp; Wayne Walker</a>	ED <i>Pro</i>	ED		3,443	4,003		4,003
2	<a href="#">Blanche &amp; John Stephenson</a>	ED <i>Pro</i>	ED		521	4,112		4,112
1	<a href="#">Zelda Roodt</a>	SD <i>Pro</i>	SD		2,264	10,615		10,615
1	<a href="#">Ngoran &amp; Ntombizodwa Nguessen</a>	QSM	QSM		2,041	4,026		4026
1	<a href="#">Muhsin &amp; Deeba Peterson</a>	SD <i>Pro</i>	ED	4	1,701	4,041		4,041

## Congratulations to M/SM/D who achieved Plus 1000GPV

3	<a href="#">Madeline &amp; Ron Gordon</a>	DIR <i>Pro</i>			180	1,051		
3	<a href="#">Annelies &amp; Evert Vanleusden</a>	QSM			1,016	1,016		
5	<a href="#">Ilda Fernandes</a>	SM			304	1,005		
4	<a href="#">Gillin &amp; Thomas Bertram</a>	SM			219	1,127		
3	<a href="#">Verna &amp; Salathiel Mzezewa</a>	SM			1,002	1,002		
1	<a href="#">Merle &amp; Craig Du Plooy</a>	DIR <i>Pro</i>		2	1,565	2,012		
2	<a href="#">Annette Treagus</a>	QSM			813	1,364		
2	<a href="#">Shirley &amp; Richard Aarons</a>	ED <i>Pro</i>		1	849	2,551		
3	<a href="#">Ngoran &amp; Ntombizodwa Nguessen</a>	QSM	QSM		2,041	4,026		
4	<a href="#">Lanata Moussounda</a>	DST			130	1,885		
5	<a href="#">Nicole &amp; Pierre Mamfoumbi</a>	QSM			503	1,755		
6	<a href="#">Armand Obiang</a>	QSM			1,045	1,212		
1	<a href="#">Lida Swan</a>	DIR <i>Pro</i>			100	1,117		

We are especially proud of our growing Friendly Team and below are August's upgrades through to Director!

### New Managers

Moussonda Lanata, Robyn Stephenson

### New Senior Managers

Moussonda Lanata, Sune Meadon-Bester, Robyn Stephenson

### New Directors

Daniel & Zodwa Nguessen

(Congratulations to all and best of luck for September)



Congratulations to all our 500PPV Club Achievers					Pers PV	Times Completed	
1	<a href="#">Jeanette &amp; Rob Baigent</a>	1RD <i>Pro</i>	SD		1,974	8,020	8
3	<a href="#">Annelies &amp; Evert Vanleusden</a>	QSM			1,016	1,016	11
3	<a href="#">Verna &amp; Salathiel Mzezewa</a>	SM			1,002	1,002	2
3	<a href="#">Sune Meadon-Bester</a>	M		1	509	549	1
2	<a href="#">Gail &amp; Ellis Humphries</a>	M			514	514	2
2	<a href="#">Terry &amp; John Sadie</a>	SM			550	550	3
2	<a href="#">Carol &amp; Wayne Walker</a>	ED <i>Pro</i>	ED		3,443	4,003	12
3	<a href="#">Cecilia De Freitas</a>	SM			560	560	7
5	<a href="#">Danielle Rosmary Holcroft</a>	QSM			502	502	10
2	<a href="#">Cecil Norman</a>	SM			892	892	4
1	<a href="#">Merle &amp; Craig Du Plooy</a>	DIR <i>Pro</i>		2	1,565	2,012	8
1	<a href="#">Zelda Roodt</a>	SD <i>Pro</i>	ED		2,264	10,615	9
2	<a href="#">Blanche &amp; John Stephenson</a>	ED <i>Pro</i>			521	3,847	11
4	<a href="#">Rosemary &amp; Rowan Algie</a>	DIR			500	500	9
3	<a href="#">Robyn Stephenson</a>	DST			509	509	1
2	<a href="#">Annette Treagus</a>	QSM			813	1,364	9
3	<a href="#">Anne Spann</a>	SM			509	509	3
2	<a href="#">Shirley &amp; Richard Aarons</a>	ED <i>Pro</i>		1	849	2,551	12
3	<a href="#">Chrissie &amp; Danie Dorfling</a>	DIR			575	575	10
3	<a href="#">Ngoran &amp; Ntombizodwa Nguessan</a>	QSM	QSM		2,041	4,026	3
5	<a href="#">Nicole &amp; Pierre Mamfoumbi</a>	QSM			503	1,755	3
6	<a href="#">Armand Obiang</a>	QSM			1,045	1,212	1
5	<a href="#">Radhika &amp; Kamaal Ramdass</a>	SM <i>Pro</i>			756	756	2
1	<a href="#">Muhsin &amp; Deeba Peterson</a>	SD <i>Pro</i>	ED	4	1,701	4,041	8

Congratulations to all who achieved signings in the month of August...  
 Especially to Muhsin & Deeba who achieved their 3/30... (3 in a month!).

5	<a href="#">Althea &amp; Jannie Debeer</a>	QSM			1
3	<a href="#">Sune Meadon-Bester</a>	M			1
3	<a href="#">Ronald &amp; Maria Daniels</a>	SM			1
4	<a href="#">Elaine Daniels</a>	DST			1
1	<a href="#">Merle &amp; Craig Du Plooy</a>	DIR <i>Pro</i>			2
2	<a href="#">Shirley &amp; Richard Aarons</a>	ED <i>Pro</i>			1
7	<a href="#">Claudia Andre</a>	M			1
6	<a href="#">Cenarsy Pambou</a>	DST			1
4	<a href="#">Nobuntu &amp; Lumko Twazi</a>	DST			1
2	<a href="#">Rosalind Walter</a>	SM			1



1	<a href="#">• Muhsin &amp; Deeba Peterson</a>	SD <b>PTD</b>	ED	4	12X
2	<a href="#">•• Anwar &amp; Fawzia Allie</a>	DIR <b>PTD</b>		1	
2	<a href="#">•• Mahamed &amp; Fadumo Rage</a>	QSM		1	

**17 new Recruits**

## Competitions for the Month...

- ❖ 500 Club Achiever (500PPV) and 3/30 Club Achiever (3 personal recruits)
- ❖ Calling all Distributors, Managers and Senior Managers...  
Achieve 1200GPV and win R50, Achieve 2400GPV and win R100, Achieve 3600GPV and win R150... if you achieve 3/30 in the month as well you will double what you have won... WOW! Extra on top of your bonus!

### Monthly 1200PV Contest

2	<a href="#">•• Annette Treagus</a>	QSM		813	1,364	<b>R50</b>
3	<a href="#">••• Ngoran &amp; Ntombizodwa Nguessan</a>	QSM	QSM	2,041	4,026	<b>R150</b>
4	<a href="#">•••• Lanata Moussounda</a>	DST		130	1,885	<b>R50</b>
5	<a href="#">••••• Nicole &amp; Pierre Mamfoumbi</a>	QSM		503	1,755	<b>R50</b>
6	<a href="#">••••• Armand Obiang</a>	QSM		1,045	1,212	<b>R50</b>



On his death bed, a fruit farmer called his sons to make an announcement. "You know, I own a much larger land than I processed until now. And want you to know that there is a pot of gold hidden somewhere in my property. I want you to dig it out after my death."

His sons wanted to ask where it was, but their father died before he could give the answer.

Soon after the funeral, they started digging furiously. They dug acre after acre. The land was too big to finish digging in one season. So, when it was time to plant new trees on the old section, they planted new plants on the new sections to take advantage of their hard work in digging and aerating.

This went on a few seasons, and finally they finished digging for the pot of gold.

But, there were no gold to be found.

Once the feeling of disappointment left their souls. They realised that their harvest was hugely more than it was a few years earlier!

This was the "pot of gold" they were searching for! It was not only worth more than a pot of gold, but was like finding a pot of gold every year!

This would be a little like looking for your Pot of Gold in GNLD... That diamond of a Person who is going to build a huge successful GNLD business ... By recruiting everyone you can into your distributorship hoping to find that diamond... you would have built a huge successful Distributorship yourself...

"Adversity has the effect of eliciting talents, which, in prosperous circumstances, would have lain dormant."

Horace 65-8 B.C., Poet and Satirist.

**If it is to be ...It is up to me! Have a Fantastic September!**

*The Friendly Team Be Friendly! What a Force!*