

### Thought for the Month ...

Have you ever considered how some people become good recruiters or excellent Distributors who grow a big business?

#### "Practice your habits daily"

There is a saying that goes... If you would like to develop a good habit, then practice doing that habit every day for 21 days and you will have set a new habit.

How did Ernie Els become a great golf player? How did Alan Donald become one of the best bowlers of his time? How did Bruce Fordyce manage to win comrades nine times? They practiced every day. When you practice every day, when you develop good habits every day you become that habit... Have you every heard someone say ... He is a terrific golfer! Or... What an Athlete! How did that person become that... By practicing good business habits every day, you will become a successful Distributor, having built a big business and earning huge incomes.

#### Good Habits to Practice.

Draw up that list of Names (Contacts)... with telephone numbers, addresses, email addresses etc. Look at trying to add names to this list every day! This will become an extremely valuable asset in your business. If you have exhausted everyone you know, then run adverts, do knock 'n drops, hand out Opportunity / Product flyers and most of all talk to people.

#### Have a Power Hour every day.

Set aside at least one hour every day whereby you are phoning people to set up appointments to show your opportunity and your products... This is an extremely good habit to form. Do it every day and watch your business explode! Don't worry about failure or rejection! Some people will say no but some will say YES to your OPPORTUNITY and PRODUCT. Keep the no's for later... People do change their minds. Worry about the chances you miss when you don't even try!

#### Attend every GNLD Event

... Every training, etc. Get into the habit of attending things and you will expose yourself to motivation, inspiration and SUCCESS.

#### Know your Goals.

Write your goals down. Things that you would love to achieve as a result of growing your business. This could include paying off your debt, your bond or growing a Savings Account. Perhaps you would like to buy a new home or a new car or travel overseas or even begin some sort of studies. Then the habit you want to form is to read it every day and to visualize achieving it.

## "Life is great"

Life is great! Have you ever noticed how some people always seem to be "full of life"? How everything they do, and everything they say, radiates a joy of being "truly alive"? It's so refreshing when you meet someone like that - isn't it? You want to be around them because they have a way of helping make you feel good yourself. This is the way to build a strong foundation to your business as well as building good friend and family relationships?

Everyone wants to feel good and to look good... With GNLD we have the products to help us feel and look our best! We have products that slow down the ageing process both internally and externally.

With sharing "Feel Good" "Look Good" products and opportunity with others we can help them to feel good and look good too. One always feels good making a great income too.

Yes, it's true: with GNLD life is great! We feel better, we look better and we are even better off and the future always looks brighter when there is hope.

It is so important to be positive and enthusiastic, particularly in our kind of industry. We are dealing with people from all walks of life, from different cultures and different religions.

Although people can be different in so many ways, they can also be so similar... Everyone wants a beautiful home...

Everyone wants what is best for their children – A Great education, decent clothes, sports, Arts and culture. Everyone wants to be financially secure and to be able to afford wonderful holidays. Everyone wants a financially secure and happy future for themselves and their families. So you see we are so.... "The same" ... in many ways! It should be our purpose to assist as many people as we can to reach their goals and in so doing, this will ensure our success. When you help your team to look good and feel good – believe me – so will you!

## HIV/AIDS

We would never suggest any nutritional supplementation instead of ARVS....

But we would highly recommend nutritional supplements to ensure that you are getting optimum nutrition. ... Please see the attached article...

*We are not Doctors - We do not prescribe - We only recommend – If you have any medical condition, please consult your Medical Practitioner... Do not stop or substitute any medication for supplements.*

## Understanding Your Immune System: How Stress, nutrition & exercise affect your health.

The immune system is responsible for protecting the body against infection. Its major components include lymph nodes, bone marrow, spleen, thymus gland, and tonsils. The immune system creates antibodies, which react to specific infectious agents. In most cases, an antibody is created the first time that the body encounters a germ. The antibody then remains in the body, preventing a second infection by the same germ.

Some diseases, including HIV and Lupus, weaken the immune system. Antibodies do not form normally, and infections easily overtake the body. In some cases, medications can help counteract weakened immune systems but can deplete the body of vital nutrients.

Only in the last ten to twenty years has there been any real understanding of the complexity and importance of the immune system. Scientists have come to realize that stress and improper nutrition can lead to a breakdown in the immune system. The best way to form a strong immune system is through maintaining a healthy lifestyle. Controlled weight, healthy diet and regular exercise can keep the body in the best shape possible to fight infections. Cleanliness, especially regular hand washing, can also help keep germs from invading the system.

Some foods appear to interfere with the body's immune function. Sugars inhibit white blood cells in their attempts to destroy bacteria. Alcohol and high dietary fat also interfere with immune function.

Allergies can also weaken the immune system. Many ear infections are caused by allergic reactions, especially to dairy and wheat. In these cases, antibiotics may treat the infection, but it will recur almost immediately. When allergies are affecting immunity, it may be necessary to discover which food or environmental agent is causing the problem, and avoid it as much as possible.

Nutrient Facts and Recommendations: HIV/Aids... We cannot promise a cure but we can offer quality of life by building up the immune system... We are not Doctors - We do not prescribe - We only recommend – If you have any medical condition, please consult your Medical Practitioner... Do not stop or substitute any medication for supplements.

## **GNLD Nutritional Recommendations...**

- Nutrishake/Protein Powder/GR2 shake - enhances immune function. Produces T-Cells. Repairs and maintains all the cells. Contains a high, whole protein consisting of all 22 Amino Acids. Phytodefense - 1-3 sachets per day - Massive Immune enhancer
- Vitality Pack - 1 sachet per day - All nutrients are necessary for building the immune system. Or the Formula IV (incl. In the Vitality Pack) which contains all vitamins, minerals, Protein, Essential Fatty Acids and Digestive enzymes
- 3-6 Omega 3... Also recommended for boosting the immune system
- Garlic - Powerful immune-stimulant that also aids in digestion, endurance, and strength. It is a natural antibiotic, anti-viral and anti-fungus and is good for conditions such as Candida infection
- 2-4 Betaguard - Detoxifies the system. Powerful Free radical scavengers and boosts the immune system

## **Interesting Facts....**

- Vitamin A helps to strengthen skin and mucous membranes, preventing germs from penetrating these. Supplementation may help prevent infection and speed recovery from certain illnesses, such as measles and diarrhoea.
- Vitamin C acts as an antiviral agent, elevating the body's interferon levels. Even taken in small amounts, it appears to reduce the duration and severity of illnesses. In some studies, Vitamin C has helped reduce the risk of hepatitis infection as well.
- Zinc supplements appear to increase immune response. Taking Zinc lozenges when a cold starts often shortens the duration and severity of the infection. It is unclear whether Zinc also acts to prevent infection.
- The lung is a major target of attack in HIV-positive and AIDS patients because the human immunodeficiency virus inhibits the body's ability to defend itself against infections and some kinds of cancer. People with HIV or AIDS are at a greater risk for contracting "opportunistic" lung diseases such as Tuberculosis (TB), pneumonia, influenza and fungal infections of the lungs. These diseases take advantage of the body's lowered defenses. In addition, the virus itself may cause lung damage... That is why the Carotenoid Complex is so very important.

We are not Doctors - We do not prescribe - We only recommend – If you have any medical condition, please consult your Medical Practitioner... Do not stop or substitute any medication for supplements.

# **10 Points to Achieving a Great GNLD Business.**

1. Develop a positive mental attitude and avoid negative people and situations. Read positive books...
2. Use your GNLD products every day and develop a strong belief in them.
3. Grow your knowledge - Study your manual... Study the GNLD videos... Read up on your products and get to know your opportunity and the marketing plan.
4. Know your next step in the business and set yourself a target every month that you can strive for.

5. Know your Goals. Things that you would love to achieve as a result of building your business and earning money. Visualize your Success!
6. Stay focused on your opportunity. Many people do not make it in GNLD because they are constantly looking around for something bigger and better. Be Loyal and committed. Don't let anyone tell you that they have something better – they don't. Make a decision, and then be committed to your GNLD Opportunity and to your success.
7. Develop Good Habits. Develop your contact list (list of names). Talk to people about your products and opportunity every day. You can only have a strong business by building a retail/customer base and by developing a strong team. Develop the good habit of having a POWER HOUR every day... and watch your business grow.
8. Honesty and integrity. Always be honest, sincere and ethical in all your dealings. Always be transparent, truthful and open and you will earn enormous respect from your team and leaders in the business. TRUST and RESPECT are so important when dealing with people.
9. Communication is one of the keys to developing good relationships and hence a great business! Communicate positively and often with your leaders, team and customers.
10. Learn to have fun. Life can be so serious and laden with the burdens of living. You will attract people, money and success when people see you enjoy what you do.

So many things have happened... and there is loads of information and exciting news in this newsletter ... so take the time to read it and make YOUR PLANS FOR YOUR FUTURE. Think about your future positively today! We had another wonderful month but the Friendly Team is capable of awesome achievements... In April, this month, lets show the rest of them that we are certainly the best of them.

**Yesterday is history, tomorrow is a mystery, and today is a gift. That's why it is called the present...-Unknown**

**The only way to find the limits of the possible is by going beyond them to the impossible...-Arthur C. Clarke**

*Here's to having a fantastic April ... This month always promises great results, so write up your goals and targets for the month i.e. Your Production in points, recruiting and upgrading. Plan your action and get started right away. Remember the saying ... If it is to be, it is up to me.... And "Action takers are Wealth Creators. Failure will never overtake you if your determination to succeed is strong enough... Good Luck and God's richest blessings be with you...  
Lyn Banks... (The Friendly Team).*

**A true friend never gets in your way unless you happen to be going down...Arnold Glasgow**

**M**an has his future within him, dynamically alive, at this present moment! ... Abraham Maslow  
...

**What is happening right now in your life is not happening to you because of chance. Your past consciousness, your past thoughts have helped to create it. Your 'now' has its causes and roots in your past thinking.**

**C**onsider the following analogy: When you look up into the sky and see the stars, what you are actually seeing is the past because some of those stars may no longer exist. It is possible because stars are hundreds and thousands of light years away, meaning that it takes their light, travelling at 186000 miles a second, hundreds or thousands of years to reach the earth. Thus, the light we see from a star a hundred light years away is actually light it emitted a hundred years ago... That particular star could have exploded and disintegrated 25 years ago, but we still see its light, and will continue to see its light, for another 75 years even though the star itself has long ceased to exist. This analogy is crucial to keep in mind when using mind power techniques to change your reality for even when you change your thoughts, your new reality will not immediately follow.

**T**here will always be a certain time lag during which you will be in a position of developing a new consciousness, but still stuck with your old reality. This "waiting for it to happen" period is critical because how you react during this waiting period will either quicken or hinder the new reality you

are attempting to create. You may doubt things are changing. You may feel discouraged and wonder if you are wasting your time. Your mind will try to fool you by telling you nothing will happen - this will not work. These thoughts are natural; they happen to us all. Do not pay them any heed; just continue with your exercises, being patient and diligent in your efforts. It helps to remember that reality is a process, a continuous, happening and not something fixed and rigid.

**E**verything in existence is continually in the process of becoming something else. Your circumstances, too, are forever changing and becoming something else, so how could your new thoughts, if persisted in, do anything but bring you a new reality? Think about it. Relax and enjoy your exercises, ignoring any negative thoughts. Your life will change naturally and effortlessly. You do not have to force it.

The possibilities of thought training are infinite, its consequences eternal, and yet few take the pains to direct their thinking into channels that will do them good, but instead leave all to chance.... Marden. Affirmations are probably the easiest and simple technique we know to influence and affect the conscious mind. They have been used for centuries throughout the world in such spiritual and magical practices as prayers and mantras to replace negative thoughts with more positive ones. Now they are being used by people from all walks of life to close business deals, heal ailments, meet people, win tournaments, and in countless other applications.

Here is an Example... Repeat this to yourself everyday as many times as you can remember to.

**“Everyday, in every way, I am becoming better and better at what I do and am becoming more successful in every aspect of my life.”**

**“Everyday I am getting closer to my dream, my goal of being a Diamond Director in my GNLD business.” “I see myself as a Successful Presidents Team Member!**

### Keep these points in mind:

Be conscious of what you are doing. You are creating your future experiences with your "now" thoughts. Change your reaction to any undesirable conditions in your life. If you are struggling in your career, without a relationship, sick, unemployed, or nothing seems to be working for you, the first thing you must do is accept the situation. Do not try to pretend it is not happening. It is. Do not waste time feeling sorry for yourself or fighting it; work through it with mind power. How you decide to think and react during this period determines what is going to happen to you.

Establish a daily inner "creating" period for yourself free from everyday demands and distractions. It is this inner creating period that gives you power.

“There is no thought in my mind but it quickly tends to convert itself into a power and organizes a huge instrumentality of means”... Emerson

What is it that makes a person a winner?

What distinguishes those who succeed from those who fail...?

“It’s all in the mind,” says movie star and body builder Arnold Schwarzenegger... A multi millionaire, successful real estate tycoon, movie star, body builder, five time winner of Mr. Universe, Governor of Californian, Arnold has it made... However, it was not always so... Arnold can remember back when he had nothing except a belief that his mind was the key to getting where he wanted to go.

## Change is a cumulative process

Those who practice this process half-heartedly soon fall by the wayside, but nothing is beyond the reach of those who have vision, understanding and commitment.

- ◆ Will you dare to believe in your vision as being stronger and more potent than present circumstances?
- ◆ Are you willing to infuse yourself daily, without fail, with thoughts of your desired reality?
- ◆ Will you persevere, trusting in your daily practise and refusing to believe otherwise, even in the seemingly unchanged or contradictory conditions?
- ◆ If you can, then you shall have whatever you desire. You will step forward boldly into the world and the world will give you whatever you ask.

*This is a chapter extracted out of the book written by John Kehoe... Mind Power... Imagine yourself being a Fully Qualified Director in one year or what about being a Ruby Director....Imagine yourself being a Diamond Director. Imagine having a business that will sustain you and your family for all your future.... Imagine being able to achieve your dream... Think it, Believe it, Live it!*

## THE GREATEST OPPORTUNITY IN THE HISTORY OF THE WORLD!

As you may have guessed, The Greatest Opportunity in the History of the World is Network Marketing or Multi Level Marketing.

### **Network Marketing and Residual Income ...**

If you're like most people, you probably earn your income in one of three ways.

**1. You can become an employee.** This is what most people do, whether they're paid by the hour, by commission, or by a salary. Either way, with the exception of some paid holidays and vacations, you only earn money when you do the work. And it's an accepted fact that employees, no matter how good they are, can only earn a maximum of twenty-five percent of their true value. The company needs the rest to operate the business. This is called having a job. Have you ever heard motivational Speaker Zig Ziglar say what the word "job" stands for? **JUST OVER BROKE!**

**2. You can own your own business.** Everyone's Dream. Truth is it's more like Everyone's nightmare! According to the Small Business Administration, ninety percent of all small businesses fail in the first two years. Of those that make it, eighty percent of will fail within the next five. How many businesses do you know of that are ten years old, or Twenty? And as most small business owners will tell you their business really owns them. Seventy to eighty-hour work weeks are all too common for these busy entrepreneurs. Many of them actually own their own Jobs.

**3. You can earn income from your investments.** It's true that you can earn \$5,000 a month or more from wise investments of your capital... The challenge is you've got to have a small fortune to start with. About \$500,000 to \$750,000 will yield the kind of income you want from stocks and bonds, CDs or real estate. Most people don't have that kind of money.

**4. There is another way of earning money.** Inventors, singers, writers and actors have known this for years. It's called residual income. Basically, this allows you to earn from your initial efforts even though you are no longer directly involved on a day-to-day basis. It's like the royalties a singer receives on an album which continues to sell.

**This is the kind of income Network marketing offers. Sound interesting?**

**Here's how it works.**

The 1st step is to choose a Network Marketing Company. One with products that you think are fantastic, Management you respect and trust, and a solid business development program.

You begin by using the products yourself and sharing them with your family and friends, just as you would with a good movie or a book you enjoyed. We call that consumer advocacy. With Network Marketing, however, each time you recommend a product you receive a retail commission. Gradually, as you share the products with others you'll find a number of people interested in the business opportunity—just like you. You then sponsor these people by working with them; training and helping them build Networks of their own. For each person you sponsor, you receive a commission on each sale that they and everyone in their networks, produce. This does not come from their profits but is paid by the Company itself...

In twelve to forty eight months, you can build a business that actually earns \$5,000 to \$10,000 or more monthly residual income. The best part is that you don't have to show up every day to continue to earn those commissions. Beats punching a time clock, doesn't it? This is the advantage of RESIDUAL INCOME!

## Why ...GNLD?

### GNLD INTERNATIONAL

- Is a professional company offering professional backup and support!
- Has been in business since 1958 and operates in 55 countries world wide.
- Is the largest of its kind in Africa and has been operating in South Africa successfully since 1971.
- Have their own SCIENTIFIC ADVISORY BOARD of working Scientists, Biochemists and Doctors.
- Is a risk free company ... Your start up fee is R300 and you can make that back very quickly! There is no pressure or need to carry huge amounts of stock like other companies.

Man improves himself as he follows his path; if he stands still, waiting to improve before he makes a decision, he'll never move. -Paulo Coelho

## Sports Nutrition

Better nutrition results in better performance. Nutritional deficiencies can often result in reduced endurance, fatigue, or inability to perform well. Whether you are simply doing light athletics for health reasons or preparing for competition, your overall nutritional state plays an important part in your readiness and ability to perform well.

A well-balanced diet is essential for an athlete. However, even with the most balanced food intake, strenuous exercise can often cause rapid use of nutrients; in these cases, supplements may be necessary to help improve performance.

NOTE: Nutritional supplements should not take the place of a proper diet for athletic purposes. Even if weight loss is the goal, a balanced diet combined with exercise is necessary.

The following supplements have been shown to be helpful for athletes:

**Amino Acids**, the components of protein, appear to act as performance enhancers. In specific, amino acids appear to help reduce

muscle loss and speed muscle build-up and more importantly muscle repair. GNLD's Protein Supplements contain all 22 Amino Acids found in Nature. Once cannot stress enough the importance of protein with Sports Nutrition.

**Antioxidants**, such as Vitamin C and Vitamin E, and Carotenoids, are an important part of the body's defence against muscle damage from exercise. Strenuous exercise increases the body's production of free radicals, which, in turn, can cause muscle damage which manifests as swollen or painful muscles

**B-Complex Vitamins** help the body to utilize the energy found in carbohydrate-rich foods. In particular, Vitamin B2, Vitamin B6, and Pantothenic Acid appear to be of great use to athletes in reaching their full potential. Carnitine appears to decrease muscle soreness. B-Complex Vitamins gives you the energy and vitality to keep performing at optimal levels.

**Vitamin C** helps to prevent heat fatigue. When you are under stress the body's adrenal glands produce adrenalin hormones to cope

with stress and the body needs Vitamin C to produce these hormones.

**Omega 3, Tre-en-en oils and Flavonoids** have anti-inflammatory properties. These supplements can help to reduce inflammation and ease the pain of muscle soreness. Omega 3 lubricates the joints and keeps them healthy as well.

**Tre-en-en Oils**, comprised of sterols and lipids appear to increase the release of endorphins, as well as the growth of lean muscle tissue...and provide the body with much needed sustained energy!

**HMB**, part of the **amino acid leucine**, found in the **GNLD Nutrishake/ GR2 Protein Shake /GNLD Protein Powder** appear to also increase the growth of lean muscle tissue. Athletes using the supplement have shown more muscle gain than those not taking the supplement over a comparable time period under the same exercise regimen.

**Iron and Vitamin E** is critical when exercising, as it is necessary for the body's transferral of oxygen through the blood to muscles. Low iron levels can result in muscle soreness, fatigue, reduced endurance, and more injuries.

**GNLD's Calmag (Calcium and Magnesium)** Magnesium is necessary for muscle contraction, heart rate regulation, and muscle growth. Strenuous exercise can rapidly deplete the body's stores of magnesium; supplements are often helpful.

**Magnesium** also puts energy back into the muscle. Calcium is imperative for prevention of cramps and heartburn.

**Aloe Vera plus Ginseng** are often used by athletes, as they generally have an energizing effect. Aloe Vera also improves lung function and assists with breathing and calms Asthma episodes.

**Chromium** is used in great quantity during exercise, as is **Zinc**. Low levels of these nutrients are often seen in the blood after

strenuous exercise, and these low levels are often associated with blood sugar fluctuations, decreased energy levels, and slower muscle recovery times.

A Positive and strong mind... Nutrients have proven to affect one's attitude and thinking especially needed in endurance sport and long distance running.

The nutrients are especially **Omega 3, Vitamin B Complex, Zinc and Calmag**.

### From the UK! Greetings from Roy ...

In the town of Preston where I am staying, the flowers are already appearing in the window boxes and the hanging baskets in the streets, a multitude of colour and the scent of flowers everywhere, the transformation is abundant and beautiful.

Congratulations, on spectacular results for March!

May April be an even better, more exciting month! Make the most of it by attending the Senior Manager schools provided by GNLD and making the most of all the exciting New Contests being launched! Have an Awesome April! Roy.

**Courage does not always roar. Sometimes, it is the quiet voice at the end of the day saying, "I will try again tomorrow"**

# Allergies and Intolerances

Allergies and intolerances have different causes. While intolerance is caused by the body's inability to properly break down and absorb a nutrient, an allergy is an immune-system attack on the offending chemical.

Allergic reactions can occur with virtually any food, but most are caused by a limited number of foods, dairy, eggs, wheat Soya, peanuts, fish, nuts and shellfish seem to be the more prevalent allergens.

There is a recent concern about potato being a prominent allergen in eczema.

## **Do you have an allergy?**

An allergic reaction can cause; Tingling in the mouth, Swelling, Itchy eyes, a runny nose, Eczema, Hives, Nausea, Cramping, Diarrhoea, A sudden decline in blood pressure, with sever breathing difficulties.

According to the Allergy Association of SA (ALLSA), food allergies affect one percent of adults and around five percent of children. You are more likely to develop a food allergy if you have a parent, brother or sister with an allergy of any type. There's also some evidence that food allergies may occur more often if you have another immune linked condition such as eczema or asthma. Food intolerance is the inability to completely break down a food into absorbable components because of a lack of digestive enzymes, or because of the way the body processes food additives.

Usually the symptoms are not immediate; however there are some additives than can cause flushing or wheezing in people with asthma soon after eating them. Artificial colourants such as tartrazine, sulphites, benzoates and MSG (a flavour enhancer) are linked to intolerances.

Far more people have food intolerances than allergies. In fact in the case of lactose, it's estimated that 75% of the world's adult population is lactose intolerant, with people of Native American, African and Asian heritage being most likely to be lactose intolerant and people of northern European heritage being least likely to have this food intolerance.

Reactions to food are dose-related, so if you suffer from lactose intolerance, you will suffer more sever symptoms when you eat larger amounts of dairy. If you eat only a tiny amount, you may not suffer any symptoms. This differs from a food allergy; in food allergies, even a small amount of the allergen can lead to a full-blown reaction.

Two common causes of food intolerances are lactose (in Dairy) and gluten (in wheat, barley, rye and sometimes oats). Intolerances to any food can lead to headaches, bloating, abdominal pain, wind, vomiting and diarrhoea.

The allergy that children are least likely to grow out of is a peanut allergy.

Find the culprit!

Discuss your concerns with registered health professionals to ensure that the symptoms are food related and not caused by something else.

Skin prick tests and blood tests can help diagnose a food allergy.

If a potential food intolerance is identified, you'll be asked to eliminate a particular food or ingredient from your diet in a process called elimination-challenge testing. If your symptoms disappear on removal of the item and recur when you reintroduce it, then you need to avoid this food either permanently or reintroduce it in small amounts after a while.

Check the ingredients and allergen list on food labels when shopping.

**GNLD RECOMMENDATIONS :-1-2 x Acidophilus Plus, 1-3 Omega 3 Salmon Oil Plus, 1-3 Carotenoid Complex, 6 x Vitamin C Sustained Release and 2 x Zinc daily!**

## Digestive Health

One in five of us experience digestive problems at any one time, while one million people are diagnosed with a digestive condition each year in England alone!

The gut is responsible for processing the food we eat and absorbing the nutrients required for maintaining health.

Modern living takes its toll on the gut however, and most people find that at least one of the following risk factors for digestive problems applies to them:

- ◆ A poor diet - particularly one high in sugar, processed items, wheat and dairy products and meat, which are all hard to digest, straining your system. Insufficient dietary fibre also of course slows digestive transit to cause problems.
- ◆ Certain drugs, particularly antibiotics - deplete your body's levels of probiotic bacteria in the intestinal tract, which are essential to maintaining healthy digestion and a strong immune system.

- ◆ Stress - diverts energy away from digestion in order to deal with more pressing demands. Chronic stress, as suffered by so many of us at work and at home, results in digestion that is constantly compromised. Stress also depletes the immune system, which is inextricably linked with digestive function.
- ◆ Heavy exercise - inhibits digestive function as it is a non-essential process during times of intense physical exertion. Increased protein intake will also slow digestion.
- ◆ Ageing process - levels of stomach acid decline with age, making it harder to break down our food. We also tend to become more sedentary, increasing the risk of constipation.

The origins of many chronic illnesses can be traced to compromised digestive function, so maintaining a healthy digestion System is of paramount importance not just to avoiding the digestive discomfort such as bloating, constipation or stomach pains that plague so many of us, but in order to protect our overall health now and for the future.

## **GNLD Nutritional Recommendations...**

Acidophilus... 1 Cap per day... Digestive Herbal Formula... Fibre Tablets... Aloe Vera Plus  
See individualized information on GNLD's Aloe Vera Plus below...

## **GNLD's Aloe Vera**

*(GNLD have an Aloe Vera Drink also containing Chamomile and Ginseng.)*

*(GNLD also have a pure Aloe Vera Gel and the Skin Care contains Aloe Vera.)*

**GNLD's Aloe Vera Tastes soooo Delicious!**

**The gel from the Aloe Vera plant contains 18 of the 22 amino acids but only in minute quantities. Also rich in vitamin A, B1, B2, B3, B6, B12, C, E, sodium, potassium, chlorine, calcium, phosphorus, and has traces of magnesium and zinc.**

- Known as the healing plant - Clears up infections - kidney, bladder, urethral area, and acne, healthy for tonsil conditions. Internal - stomach ulcers, peptic ulcers, indigestion, gassing, burping, flatulence etc.
- Aloe Vera has an anaesthetic effect. It numbs while it heals.
- It can kill bacteria, fungi and viruses. Athlete's foot is cleared up very quickly.
- Aloe Vera increases the blood supply to the area that it touches.
- Aloe Vera juice is known to boost energy and vitality.
- It helps to relieve indigestion, constipation, diarrhoea, nausea, vomiting. Often used by folk undergoing chemotherapy treatment.
- It has been used in the treatment of stomach ulcers with great success.
- The intake of Aloe Vera juice together with the application of the Aloe Vera Gel has known to bring relief to arthritis, joint pains, and aching muscles and pain anywhere.
- Aloe Vera cleanses and draws toxins out of the body. Aloe Vera has been used for Alcoholics to help cleanse the body of toxins. May also be used to cleanse the colon.
- Aloe Vera has been used to control blood pressure and in the control of sugar diabetes.
- Has been used in the treatment of shingles as it inhibits the growth of Herpes Zoster Virus that causes it.
- Aloe Vera helps to clear up mouth sores and ulcers and has been used by dentists to reduce irritation and inflammation around exposed roots and sore gums often caused by temporary crowns. It helps to reduce plaque build-up.
- Stimulates healing.
- Aloe Vera has been known to rid dogs of fleas by adding it to their drinking water.
- Known as the beauty plant - it is used in many skin and hair preparations. It moisturises the skin, clears up blemishes, pimples, acne, pigmentation changes - splotches, liver spots - ageing spots, dermatitis, dandruff, dry scalp, Seborrhoeac Dermatitis, rashes, skin and scalp irritations, athlete's foot, lubricates, soothes and heals dry cracked peeling skin. Also used for cold sores, scratches, cuts, chapped skin, chaffing, stretch marks, and sores that won't heal, sties, boils, nappy rash, hair loss, insect stings.
- Known as the burn plant - soothing takes the sting out of the burn within minutes, healing. Good for burns, scalds, blisters down in 2 hours.
- Removes the stress from the body. Physical, Environmental and Mental Stress. Stress has the ability to release enormous amounts of free radicals into the body and free radicals are highly destructive destroying cell tissue and is one of the major causes today of ageing and of ageing diseases such as cancer, heart disease etc.
- Speed up cell Proliferation. Excellent for putting on after burns.

## Twelve Steps to Ageing Well

### 1. EAT A WELL BALANCED DIET.

#### GNLD's Energy Plan -

**Nutrishake** (a Soya based Protein drink containing all 22 Amino Acids).

**Formula IV** (A high potency multi-nutrient formula containing Protein, Vitamins, minerals, Tre-en-en oils, Essential fatty acids, digestive enzymes. Added Tre-en-en is always a great idea... take 3 caps per day to obtain optimal health and vitality!

**Carotenoid Complex** (Antioxidant formula containing a complex of 600 Carotenes).

- Added extras include GNLD supplements such as Calmag, Omega 3 Salmon Oil Plus, Digestive Formula, Garlic, Aloe Vera Plus.
- Your diet should be high in fruits and vegetables and low in saturated fats.
- Cut down on fat laden meats, fatty cheeses, butter etc.
- Especially important are legumes, whole grains, cold-water fish and soy.  
The Japanese who have a low rate of breast cancer, prostate cancer and heart disease eat a diet, which is high in tofu and other soy products.
- Include more slowly releasing carbohydrates in the diet such as pasta's  
(But without all the cheese and cream laden sauces...  
Rather included a tomato-based sauce that is full of Lutein, which is known to help prevent in hormonal related cancers, particularly breast and prostate cancer.

**2. KEEP YOUR IMMUNE SYSTEM STRONG** by eating lots of colored vegetables and fruits and supplementing with extra antioxidants such as Carotenoids, Flavonoids, Cruciferous compounds, Zinc and Vitamins C and E.

With each illness that pervades one's system, the more ageing takes place.

So the less one catches colds, flu etc the better chance one has of not ageing.

Damage occurs with every bout of illness. Don't get sick in the first place.

**3. AVOID EXCESS SUN EXPOSURE...**Protect your skin and vision...by avoiding excess sun exposure - wear sunscreen and sunglasses. Eat foods that contain vitamins A, C and E as well as carotenes, beta-carotene, Lutein, and zeaxanthin...(Use GNLD's Carotenoid Complex).

**4. PROMOTE A HEALTHY CIRCULATION...**Lower the risk of arteriosclerosis, heart disease, high blood pressure, stroke and cancer by limiting Stress, Saturated fat and Cholesterol in the diet and increasing intake of Essential Fatty Acids, Omega 3 oils, vitamins B12, C, D, E and Folate.

The minerals calcium and selenium, as well as fiber, garlic and antioxidants such as Carotenoid Complex, Flavonoids, and Cruciferous are also recommended.

**5. KEEP MENTALLY FIT AND HEALTHY** with B complex vitamins, Antioxidants, Omega 3 oils, and Zinc. Exercise the Brain as well. Read, study and meditate.

The Mind Enhancement Formula containing a complex of herbs to enhance and speed up brain function and to help in the prevention of senility, memory loss, and Alzheimer's etc.

**6. PROTECT BONES FROM OSTEOPOROSIS** with a diet rich in calcium, magnesium and Vit. D.

Take extra Omega 3 Oils and Carotenoids for the lubrication and protection of the joints, which help in the prevention of Arthritis, Rheumatism and Gout.

**7. KEEP REGULAR...**Make sure of healthy elimination by including lots of fibrous foods in one's diet... and supplementing with GNLD's extra Fibre Supplements. Poor elimination may lead to headaches, poor skin tone, cellulite, and cancer of the colon, diverticulitis, crones' disease, and constipation. Fiber may assist with the lowering of cholesterol thus helping to stave of heart disease and sugar diabetes. A build up of toxins in the body may lead to all kinds of cancer. Poor digestion has also been linked to all sorts of inflammatory diseases, indigestion, heartburn, flatulence, bloatedness etc. Take GNLD's Herbal Digestive formula to help alleviate all kinds of digestions problems. The Aloe Vera Plus is a great tonic and aids digestion. GNLD's Herbal Stage 6 also helps alleviate constipation.

**8. EXERCISE...** To maintain strong muscles, mix aerobic exercise with muscle strengthening activities such as weight training. Weight bearing exercises also keep bones healthy. When combined aerobic exercises, they also keep weight down. Nutrishake (Protein drink) comes in handy for building up the muscles.

**9. MANAGE YOUR WEIGHT...** Carrying excess weight has been linked to heart disease, certain forms of cancer and Onset diabetes. The GNLD weight loss program is designed to help you lose weight healthily and effectively and permanently keeping your weight off by properly managing your health.

**10. GIVE UP BAD HABITS...** SMOKING AND EXCESSIVE DRINKING.

**11. Diminish stress, pressure and worrying by using Omega 3, Vitamin B complex and Calmag.**

**12. Drink at least eight glasses of purified water every day. See section on the benefits of drinking water**

## **Make your Dreams come true and Allow Yourself Success and the Riches of the Infinite**

These passages are extracts from the book "Miracle Power for Infinite Riches" by Joseph Murphy, D.D., D.R.S., Ph.D., LL.D.  
Fellow of the Andhra Research University of India.  
This book is a must in anyone's library and a must read book.

### **The Secret of Miracle Power for Infinite Riches.**

It is your God-given birthright to be rich, which means you are here to express the fullness of life along all lines for glorious living. You exist on earth to lead a happy, joyous and glorious life; in other words, the life more abundant.

Infinite riches are omnipresent, and you should begin to realize that the treasure house of infinity is within your own subconscious depths. Begin now to extract from that marvelous gold mine within you everything you need - money, friends, a lovely home, beauty, companionship and all the blessings of life. Whatever you want, you can bring forth when you apply the proper technique, i.e., when you apply the "know-how" of accomplishment.

Dave Howe, an old friend of mine, told me about two geologists who had graduated from the same college and who had been brought up in the same town. One knew about the mind's treasure house within him; the other did not, but he depended on externals such as physical appearances, conditions and general topography of the soil. This man spent three weeks in a certain area in Utah with all the modern equipment of his profession and found nothing. The other - man with the right mental equipment followed up in the same area and found in the first hour a vein of uranium and a vein of silver.

Where was the wealth, the riches? I believe you will conclude that the real riches were within the mind of the second geologist who believed in a guiding principle within his subconscious, which would lead him straight to the hidden wealth.

### **The Greatest Secret in the entire World**

One man recently said to me that the greatest secret being unfolded today was in the genetic field, and that now as a consequence modern science could alter man's basic genes so that we could create as many Einsteins, Beethovens, Edisons, etc., as we would like. He failed to see that the Living Spirit (God) is within man, which can't be changed; it is the same yesterday, today and forever. Man is more than his body, his hereditary characteristics, and his family tree and the colour of his skin, eyes and shape of his body.

Man is transformed only one way, and that is by the transformation of his mind. Be ye transformed by the renewing of your mind (Romans 12:2). Others say that inter-planetary travel and nuclear fission represent the greatest secrets of our times. The greatest secret is that the Kingdom of God is within man, which means that infinite intelligence, boundless wisdom, infinite power, infinite love and the answer to every problem under the sun are locked in his own subconscious mind.

Man is looking for the greatest secret in the world everywhere but within himself. Begin now to tap these tremendous powers within you, and you will begin to lead a full and happy life based on God, who giveth us richly all things to enjoy (I Timothy 6:17). I am come that they might have life, and that they might have it more abundantly (John 10:10).

### **Your Right to Be Rich**

It is normal and natural for you to desire prosperity, success, achievement and recognition in your life. You should have all the money you need to do what you want to do, and when you want to do it. There is no virtue in poverty because poverty is a mental disease, and it should be abolished from the face of the earth. Wealth is a state of mind; like-wise, poverty is a state of mind. We will never eradicate all the slums in the world until we first wipe out the slums and belief in poverty and lack in the mind of man.

During private counselling and when talking to people in foreign lands as well as during interviews with people following lectures, both here and abroad, I hear the constant old refrain: "There is nothing that \$25,000 or \$50,000 would not cure in my life." This refers, of course, to those who suffer from pecuniary embarrassment and who are financially handicapped. They fail to realize that wealth is really a thought-image in the mind, and that if they follow the simple techniques as outlined in this book, in using their

subconscious mind, wealth will flow to them in avalanches of abundance.

It is your right and that of your family to have excellent food, good clothes, an ideal home and all the money you need to buy the good things of life. You need a period every day for meditation, prayer, relaxation and recreation, and the time and facilities necessary should be available to you.

To prosper means that you begin to advance mentally, spiritually, intellectually, socially, financially and along all lines.

### **How He Discovered the Riches of His Mind**

Recently I talked with a man who said that he had had a streak of bad luck and misfortune. He owned a home, but it was mortgaged to the hilt. He didn't have enough money to buy the basic necessities of life for his family. Also, he could not meet the mortgage payment or the grocery bills.

The Life-Principle, which most call God, is forever seeking to be expressed at higher levels through you. There is an inner urge in you always prompting you in the form of a desire to rise higher and higher. This Presence and Power is all-wise, knows all and sees all, and is omnipotent and supreme.

Insist on the best in life; refuse the second best.

Concentrate your thoughts, feelings and attention on your profession, realizing that the infinite intelligence of your subconscious is constantly revealing to you new creative ideas and better ways in which to serve.

Realize that you are one with the Infinite and that the Infinite cannot fail.

Emerson says: "No one can cheat you out of ultimate success but yourself."

It is not fate that blocks your success or riches, nor lack of money, introductions or contacts. It is you. All you have to do is to change your thought-life and keep it changed.

Let your habitual thinking be: "Success is mine, God's wealth is mine, harmony is mine, and I am a channel for all the riches of God."

Your thoughts are creative and you become what you think about all day long.

### **The Riches of a Practical and Working Faith.**

Millions of people have faith in creeds, dogmas, sects, traditions, amulets, charms, icons, shrines, etc., but they have no real workable faith at all, and their lives are chaotic and confused.

Millions suffer from lack and poor health and barely eke out a living because they are unaware of how to tap the treasure of infinity in their own subconscious mind!

Millions of other people have a real workable faith, which they demonstrate in their bodies, their business, their finances, and their human relations and in all other phases of their lives.

Man's faith in God must be personally demonstrated and it will appear in the light in his eyes; his influence, demonstrating his faith in the law of opulence, will surely be indicative, as will his trust and understanding of the bountiful nature of the providence of God.

Man reflects his confidence in himself and the powers within him by his positive manner, gestures, speech and the sunshine of his smile.

*And so it is with all of us. We have been given an exciting Business Opportunity with GNLD with wonderful products and a brilliant Marketing Plan and we have the power within ourselves to build an enormous network, a magnificent GNLD business and a bright future financially and health wise, in every sphere of our lives! We can take charge!*

**Have a wonderful April filled with miracles and blessings... Lyn Banks (The Friendly Force) Distributors of GNLD**

You know, sometimes life just gets too serious...too busy...and too complicated. We don't mean for it to happen, but we wake up one morning to discover the fun has slipped away.

A few years ago a health study determined there are 3 main reasons people can't cope in life:

They live in the past.

They have a low self-esteem.

They can't laugh at themselves.

In fact, the study indicated that we need approximately 12 laughs a day to stay healthy!

I heard a story not long ago about a guy who sent flowers to his friend who was opening a new restaurant. When he arrived at the grand opening, he looked for his flowers. Well, when he found them, he saw that he had sent a white wreath that said, "May you rest in peace." He panicked, of course, and called the florist who said, "Bob, I'm not worried about you because as we speak, there's a guy being buried who got a dozen roses that said, "Good luck in your new location!"

Ah yes...life throws us curve balls when we least expect it! And sometimes, just to stay sane, we need to sit back and laugh!

We had Excitement personified this month!

## Congratulations to all our Qualified Directors!

### Team Breakfast for March Qualified Directors – Saturday 17<sup>th</sup> April – Mug ‘n Bean – Rosebank – 10:30am – Special Recognition to Merle Du Plooy as a new Emerald Director!

Special Congratulations to Merle Du Plooy who is a Brand New Emerald Director... Congratulations Merle – wear that beautiful pin with pride but don't become too attached to it as you need to trade it in for a Sapphire Director Pin! Running for Emerald Director in April are Shirley and Richard Aarons... Good luck guys, we are all holding thumbs for you!

1	<u>• Jeanette &amp; Rob Baigent</u>	1RD		3,465	12,388	2 / 2	24,483 PV - BB
2	<u>•• Erwin &amp; Gilda Dedekind</u>	ED		506	7,410		7,825 PV - BB
2	<u>•• Shirley &amp; Richard Aarons</u>	DIR	3	306	5,199		5,199 PV - BB
2	<u>•• Blanche &amp; John Stephenson</u>	ED		970	4,227		4,227 PV - BB
1	<u>• Merle &amp; Craig Du Plooy</u>	ED		125	4,089		4,089 PV - BB
2	<u>•• Carol &amp; Wayne Walker</u>	ED		1,557	4,026		4,026 PV - BB

### Congratulations to our Qualified Senior Managers and to Directors who achieved 1000 PV + more

**To all our New Managers and Senior Managers...** Please note that to receive your PV-BB (ProVitality Pack from Dr. Barry Bland, you need to attend the Friendly Team Rally on the 10/4/10...

(PV-GNLD) Collect your ProVitality Packs directly from GNLD... (HO Contest).

All Qualified Senior Managers + above can attend the Senior Manager school on the 11/4/10... See Impending Events... Please Pre-book your tickets!!!

	<u>•• Hendrietta &amp; Barlow Kaunda</u>	QSM	2	100	2,451		PV - BB
3	<u>••• Tumelo &amp; Rachel Mosoeu</u>	QSM	4	326	2,271		PV - BB
1	<u>• Iris &amp; Frank Malherbe</u>	DIR		323	2,033		
3	<u>••• Cecilia De Freitas</u>	SM	1	1,717	2,017		PV - BB
3	<u>••• Dianne Meek</u>	QSM		109	1,907		PV - BB
3	<u>••• Dieter &amp; Joanne Dedekind</u>	SM		115	1,903		PV - BB
3	<u>••• Taryn &amp; Karun Murugan</u>	QSM	3	215	1,616		PV - BB
3	<u>••• Joan Stuart</u>	SM		117	1,575		PV - BB
4	<u>•••• Gillin &amp; Thomas Bertram</u>	SM		145	1,554		PV - BB
4	<u>•••• Rita Zuidmeer</u>	SM		1,458	1,458		PV - BB
1	<u>• Jo Spies &amp; Linda Van Der Walt</u>	SM		137	1,456		PV - BB
1	<u>• Muhsin Peterson</u>	DIR		1,129	1,450		
3	<u>••• Chrissie &amp; Danie Dorfling</u>	DIR	1	215	1,403		
3	<u>••• Ngoran &amp; Ntombizodwa Nguessan</u>	DIR		119	1,372		PV - BB
5	<u>•••• Althea &amp; Jannie Debeer</u>	SM		258	1,363		PV - BB
3	<u>••• Hilary &amp; John Estherhuizen</u>	DIR		295	1,358		
3	<u>••• Susi Muller</u>	DIR		990	1,354		
3	<u>••• Madeline &amp; Ron Gordon</u>	DIR	1	300	1,336		
3	<u>••• Lydia &amp; Colin Maake</u>	SM		1,319	1,319		PV - BB
2	<u>•• Jennifer Coetzer</u>	SM		1,000	1,252		PV - BB
1	<u>• Jean Wetselaar</u>	SM		169	1,185		PV - BB
4	<u>•••• Markus Dedekind</u>	DST	3	506	1,135	New Man + Senior Man	PV - BB
5	<u>•••• Danielle Rosmary Holcroft</u>	QSM	1	887	1,063		PV - BB
4	<u>•••• Muriel &amp; Flip Gous</u>	DST	3	100	1,054	New Man +	PV - BB

							Snr Manager
3	••• Annelies & Evert Vanleusden	QSM		1,018	1,018		PV - BB
3	••• Jarryd & Carmen Mildenhall	QSM	2	860	1001		PV - BB
4	•••• Hilary Boada	M	1	320	1,000	New Senior Manager	PV - BB
2	•• Judy & Dave Willis	M		133	768		PV - BB
3	••• Irene Howes	DST		600	600	New Manager	PV – BB+1xPV-GNLD
4	•••• Navi & Losh Naidoo	DST		562	562	New Man + Snr Manager	PV – BB +2xPV-GNLD
5	••••• Huibry & Werner Kluckow	DST		549	549	New Man+ Snr Manager	PV – BB +2xPV-GNLD
7	•••••• Donna-Meri & Brandon Harley	DST		547	547	New Man + Snr Manager	PV – BB +2xPV-GNLD
1	• Angelo Moussouris	DST	1	251	545	New Manager	PV-BB
3	••• Aasiya Salauddin Ahmod	M		524	524		PV-BB
5	••••• Rachelle & Willie Lategan	DST		521	521	New Man +	PV – BB +1xPV-GNLD
4	•••• Sheryl & Rob Ferguson	DST		500	500	New Man	PV – BB +1xPV-GNLD
2	•• Sally Moon	M		181	500		PV-BB
1	• Rachel & Simon Hebron	M		500	500		PV-BB
4	•••• Lorraine Mokone	M	1	326	468		
5	••••• Lehenoe & Ganhi Boo	DST		372	372	New Manager	1xPV-GNLD
5	••••• Cecilia Maphumulo	DST		363	363	New Manager	1xPV-GNLD
3	••• Margaret & Alexander Purves	DST		319	319	New Manager	1xPV-GNLD
3	••• Jean Micklem	DST		310	310	New Manager	1xPV-GNLD
5	••••• Keneoue & Zandile Nhlapo	DST		308	308	New Manager	1xPV-GNLD
4	•••• Mohohlo Maselwane	DST		306	306	New Manager	1xPV-GNLD
2	•• Roland Hatz	DST		294	294	New Manager	1xPV-GNLD
5	••••• Christelle & Jan Kotze	DST		292	292	New Manager	1xPV-GNLD
	Victor Rampolokeng	DST		265	265	New Manager	1xPV-GNLD
	Selena Ndongeni	DST		260	260	New Manager	1xPV-GNLD
	Karel Erasmus	DST		254	254		
	Terri & Rupert Behr	DST		252	252	New Manager	1xPV-GNLD
	Vivienne & Richard Jonker	DST		252	252	New Manager	1xPV-GNLD
	Elizabeth & Zanele Moloi	DST		251	251	New Manager	1xPV-GNLD
	Sekgametsi Kunene	DST		251	251	New Manager	1xPV-GNLD

## New GNLD Incentives!!!

Will be launched this month at the Senior Manager Schools... but in the meantime in a nutshell here is how they will look... bearing in mind that GNLD will put this out in printed format! Starts Now April 1<sup>st</sup> 2010.

### Qualified Director Consistency Incentive

April 2010 to March 2011

At your title as of 1<sup>st</sup> of April 2010 – Qualify for 3 consecutive months (instead of ¼) and earn R1600 Consistency Bonus...

### WOC - World of Championship

All medals only issued once ...thereafter certificates will be issued...

Please note:- No more Travel Bucks ... so redeem your Travel Bucks by the end of this year.

Here's how the WOC points will work!

Earn 2 points for every Personal Distributor recruited with 100PPV in their name.

Earn 1 point for every distributor recruited in your Personal Team who does 100 PPV

Earn 2 points for every 1000 Qualified Point Value.

Earn 5 Points for every New (250PV single order) Manager.

Earn 5 Points for every New (500PV single order) Senior Manager.

Earn 30 points for every new Director..... Continued...

## Beginners Bonanza (Based on above WOC)

**April 2010 till March 2011**

Three Categories

- Qualified Director / Emerald Directors
- Immediate Sponsors
- Upline World Team Member

Qualified Director /Emerald Directors - Based on the above WOC Points and will be awarded to the top 5 in Southern Africa.

1. R24 000    2. R16 000    3. R12 000    4. R8 000    5. R4 000

The Immediate Sponsors of the Top Five QD/ED in SA will each win R2 400. NB. The Immediate Sponsor must be Qualified Directors to pick up these Prizes and it does not ride up to the next QD!

Upline World Team Members of Top 5 QD/ED in SA will each win R1600.

The abovementioned incentives will assist in building our networks! We would love to share our FRIENDLY TEAM DREAM with you. We envisage becoming the FASTEST GROWING TEAM in the world again... and for that to happen; it can include you, which means that if you intend to be part of our dream you will become very successful. Isn't that exciting... I don't know about you but we at the FRIENDLY FORCE are looking forward to the journey with that vision firmly entrenched in our minds. How would you like to be a Diamond Director earning the big bucks?

THIS FRIENDLY VISION starts with loyalty to your GNLD OPPORTUNITY and at this time we encourage you to have faith in your opportunity and believe and KNOW that it can and will work for you and through this GNLD OPPORTUNITY all your dreams will come true! LOYALTY, LOYALTY, LOYALTY... TOTAL BELIEF, COMMITMENT AND DEDICATION TO YOUR GNLD OPPORTUNITY PLUS MASSIVE ACTION WILL EQUAL MASSIVE SUCCESS! AND IT STARTS RIGHT AT THE HEART OF THE HOME!

GNLD IN YOUR HOME!!!! How loyal are you to your business? Is your home a GNLD home or are there other 'brand' products that are taking the place of your own GNLD Products?

If you were a green grocer, would you go to your competitor down the road to purchase your fruits and vegetables? Of course you wouldn't. Then why would you ever consider not buying from your own business?

If you are serious about having a successful GNLD business you would never consider buying any nutritional, herbal, skincare or homecare products from anywhere except your own business.

Do you only use Super 10 and LDC for all your cleaning needs? And in the bathroom does your family only use Nutriance shampoo and conditioner and PCC instead of soap? Of course, you would never consider purchasing any other skincare product to cleanse and moisturise your skin other than Nutriance. And could you imagine any GNLD distributor having any other nutritional or herbal products in their home other than those from their own GNLD business? Of course not!

Ask yourself, are you being loyal to your own business? It just doesn't make sense to buy product from anywhere else except from your own business does it? ...'GNLD' YOUR HOME

If you are not 100% loyal to your business how do you expect your customers to be the same? To have a strong successful GNLD business you must first be loyal to GNLD business before you even consider sharing the products with others. Naturally this applies to your down line team as well.

In fact whenever you sponsor a new Distributor, the first thing you should do is 'GNLD' their home.

Your new Distributors will soon start to look good, feel good and can now speak with confidence about their GNLD products.

Being loyal to your GNLD business is the first step you need to make if you are serious about building a GNLD business and reaping the rewards and lifestyle that come with it. If you have not GNLD'd your home, you are not really in business, but are simply a customer.

How can you expect to share GNLD products and the OPPORTUNITY with others if you don't use them yourself?

**BECOME FOCUSSED ON YOUR GNLD OPPORTUNITY!**

Do not let others entice you to become interested in another opportunity, as this will dilute your effort.

Remember, that if you are a member of a "foreign activity" then

Please refer to your GNLD manual "Policies and Procedures" where it states quite clearly that you are not permitted to "RECRUIT WITHIN GNLD".

Whilst we are on this topic I would like to make a personal appeal to folk that attend our centre and functions to refrain from talking to our team about other "opportunities and products". People doing this display a lack of loyalty and integrity.

Approaching Friendly Force/GNLD distributors at any time in any manner regarding any other opportunities and/or products is considered dishonourable. You might have unknowingly been doing this (Breaching GNLD's/DSA code of conduct) so it is important that we bring it to your attention.

We know that we have great people, a great team. We have the best team in the whole wide world and we love you all.

Now let's get going towards our better and brighter future! "GROW WITH US".

# **GNLD & FRIENDLY IMPENDING EVENTS**

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

## **Friendly Team Rallies – GNLD HO**

Ladies - Please bring a plate of eats (Snacks or Biscuits).  
Please arrive at least 15 minutes before starting time of 2pm!

- Sat 10<sup>th</sup> April ...2pm till 4pm...
- Saturday 8<sup>th</sup> May ...2pm till 4pm...

**R10 Entrance Fee - Free Newsletter - GUESTS ARE FREE!**

**Team Breakfast for March Qualified Directors – Saturday 17<sup>th</sup> April – Mug ‘n Bean – Rosebank – 10:30am – Special Recognition to Merle Du Plooy as a new Emerald Director!**

**Friendly Dem School...Training with Lyn...Saturday 24<sup>th</sup> April 10:30 ...This will consist of demonstration + explanation of the products. 103 Aston Villa, St. Andrew Street, Birdhaven**

## **Month End... Tuesday 3<sup>rd</sup> May 2010...**

### **April 2010 - GNLD Product / Business Basics Training**

We are pleased to present you with the GNLD schedule for April 2010. Senior Manager Training Meetings were a phenomenal success all over Africa and we have yet another set of these essential meetings to specifically help you grow your business and strengthen your team. The Senior Manager Seminars will provide creative ideas to develop knowledge, skills and attitude as the key ingredients for your success.

Don't miss the opportunity to receive deeper insights and information on the skills for growing your GNLD business – make sure you attend a Senior Manager Seminar near you!

.... Also, Exciting new ☺☺☺ ☺ AHA! to be launched... Be there to find out for yourself!

**Do not miss this Event in your area!** These meetings are open to Senior Managers only and will cost you only R20 per Distributorship or R10 per person. Don't Miss Out! Build your Business in 2010 by focusing on the GNLD Advanced Training.

The Product Seminars are for all Distributors and Guests... R10 per Distributor + Guests are Free! ... Dr. Diane Clayton is on the SAB (Scientific Advisory Board) and her Product + Nutritional Training is awesome...Do not miss her sessions! Get yourselves ready for this very essential training which is open to all, bring your guests and be guaranteed to learn more about our life changing products and use this opportunity to grow your business more effectively.

NB. If you pay for both your Senior Manager School and Product Seminar together you will get a R5 discount!

<b>April 10</b>	10:30 AM	Product Seminars with Dr Diane Clayton	Sun coast Casino Sun coast Boulevard Marine Parade, Durban, SA	Dr Diane Clayton, Warren Brosnihan
<b>April 10</b>	11:00 AM	Senior Manager School	Grand Palm Hotel Gaborone, Botswana, South Africa	B Masondo, N Nwaoshai
<b>April 10</b>	2:00 PM	Senior Manager School	Sun coast Casino Boulevard Marine Parade, Durban, SA	Dr Diane Clayton, Warren Brosnihan
<b>April 11</b>	2:00 PM	Senior Manager School	Midrand Conference Centre 661 Pendulum Road Halfway House, Midrand, South Africa	Dr Diane Clayton, Warren Brosnihan
<b>April 12</b>	7:00 PM	Senior Manager School	Protea President Hotel Cape Town, Cape Town, South Africa	Dr Diane Clayton, Warren Brosnihan
<b>April 13</b>	6:30 PM	Product Seminars with Dr Diane Clayton	The Venue, Melrose Arch 17 The High Street Melrose Arch, Gauteng, South Africa	Dr Diane Clayton, Warren Brosnihan
<b>April 28</b>	7:00 PM	Senior Manager School	Elizabeth Place Pickering Street Newton Park, Port Elizabeth, SA	Warren Brosnihan
<b>May 15</b>	2:30 PM	Product Seminars	Emperors Palace Convention Centre Gauteng, South Africa	Dr Andre McDonald, Warren Brosnihan
<b>May 20</b>	7:00 PM	Product Seminars	Protea President Hotel Cape Town, South Africa	Dr Andre McDonald, B Masondo
<b>May 22</b>	10:30 AM	Product Seminars	GNLD Convention Centre 12 Church Street, Westville, Durban, SA	Dr Andre McDonald, W Brosnihan, B Masondo
<b>May 22</b>	2:30 PM	Product Seminars	GNLD Convention Centre 12 Church Street, Westville, Durban, SA	Dr Andre McDonald, W Brosnihan, B Masondo
<b>May 23</b>	2:30 PM	Product Seminars	Umtata Town Hall, York Street, Umtata, South Africa	Dr Andre McDonald, B Masondo

**More scientific research on Cancer**

Obviously from reading this article one would definitely agree that GNLD have the very best Supplement available, which is your Carotenoid Complex.... Use GNLD's Carotenoid Complex, and Vitamins A+D, C, and E Betaguard is also another great supplement containing antioxidants.

**Carotenoids, antioxidants and ovarian cancer risk in pre- and postmenopausal women. *Obstetrics and Gynecology Epidemiology Center, Brigham and Women's Hospital, 221 Longwood Avenue, Boston, MA 02115, USA.***

An inverse association between ovarian cancer risk, carotenoids and antioxidant vitamins has been suggested by several epidemiological studies and 1 experimental trial of a vitamin A analogue. From a population-based study of 549 cases of ovarian cancer and 516 controls, we estimated the consumption of the antioxidant vitamins A, C, D and E and various carotenoids, including alpha- and beta-carotene and lycopene, using a validated dietary questionnaire. Multivariate logistic regression was used to calculate the exposure odds ratios adjusted for established ovarian cancer risk factors. Intakes of carotene, especially alpha-carotene, from food and supplements were significantly and inversely associated with risk for ovarian cancer, predominantly in postmenopausal women. Intake of lycopene was significantly and inversely associated with risk for ovarian cancer, predominantly in pre-menopausal women. Food items most strongly related to decreased risk for ovarian cancer were raw carrots and tomato sauce. Consumption of fruits, vegetables and food items high in carotene and lycopene may reduce the risk of ovarian cancer. *Int J Cancer* 2001 Oct 1; 94(1): 128-34

**Make learning about mom's & children's nutrition child's play!**

**Product Seminars with Dr Diane Clayton...**

**HEALTH SEMINARS WITH DR DIANE CLAYTON**

**PH.D. BIOCHEMISTRY, NUTRITION COMPLEMENTARY HEALTH PRACTITIONER**

Esteemed member of the SAB, Dr Diane Clayton Ph.D. Biochemistry, Nutrition, will be presenting seminars concerning children's nutrition at Product Seminars, being held in major centres across South Africa.

*(Dr Clayton earned her B.S. degree in Biochemistry from the University of Bath in the UK and her PH.D. In Biochemistry and Nutrition from University of Fribourg in Switzerland and has extensive international experience in both research and development within the nutritional healthcare industry. Dr Clayton recently established herself as a health practitioner in Nutritional Therapy and Phytotherapy. She believes strongly in the role and importance of complementary medicine as part of the overall approach to healthcare. She is a member of several Nutrition Research Societies as well as the International Society for the Study of Fatty Acids & Lipids.)*

Good news is that due to overwhelming interest, an extra seminar has been added to the program. GNLD Distributors in Cape Town will now also be able to benefit from Dr Claytons outstanding knowledge, at a Product Seminar, being held on Monday, 12<sup>th</sup> April.

Dr Clayton will be covering subjects related to all aspects of children's health - as well as women's health. Don't miss the opportunity to get important information on GNLD's outstanding range of Nutritionals, which specifically focus on children's and women's wellness. Arm yourself with priceless information - knowledge is strength. GNLD Product Seminars give you the information you need to boost your business and succeed!

FOR THE FIRST TIME IN SOUTH AFRICA WE WILL HAVE THE PRIVILEGE OF SEEING DR. DIANE CLAYTON.

*Come and discover*

**How to protect yourself and your children from the modern day diseases.**

**Nutrition for Mothers and Baby from preconception, during pregnancy, lactation and recovery.**

**How to maintain your wellbeing and not suffer from age related diseases?**

**CHILDRENS HEALTH through preschool, primary & secondary schooling.**

Seating is limited and pre-booking is advised. You are encouraged to invite guests to attend these Product Seminars. Product Seminars offer you a platform to expose others to GNLD's unique Products.

For Cape Town, as with Durban and Johannesburg, should you attend both the Senior Manager Seminar and Product Seminar, with Dr Diane Clayton, the entrance price will be a discounted R25 (only pre-booked tickets).

**Senior Manager and Product Seminar Codes - JHB Code 635 - Durban Code 640 – Cape Town Code 103 - Please inform your teams accordingly.**

Code	Day & Date	City	Venue	Time	Distributors and Guests
631	Sat April 10 <sup>th</sup>	Durban	Suncoast Casino	10h30	R20 each
113	Mon April 12 <sup>th</sup>	Cape Town	Protea President Hotel	17h00	R20 each
491	Tue April 13 <sup>th</sup>	Johannesburg	The Venue, Melrose Arch	18h30	R20 each

PRE BOOKING OF TICKETS VIA GNLD CENTRES IS VITAL ON TUESDAY 6<sup>TH</sup> or ASAP...LIMITED SEATING SO PLEASE ENSURE THAT NO ONE IS DISAPPOINTED.