

“Do The Thing And You Will Get The Energy To Do The Thing” – Emerson

Look What Happened in June!

Executives: David Whyte

Managers: Audrey Platt

Supervisors: Maria Quiroz, E. Lee Weir, Mark Dachota, Charles Dolinger, Thomas Morgan, Ronee Patee, BJ Klingensmith, Patrick Vaccariello, Gerald Hinds, Helen and Lee Chamlee

Please Note: All rank advancements and name spellings are for the month of June as defined on our Neways Downline Report

New Distributors for June 38

Keep up the good work and remember persistence and steady consistent effort is a powerful force!

Words For Thought

“Investing in mailing, products, wealth building kits and other business supplies and then not following up or doing three way calls to your new prospects with your upline is like going to a stock broker, not knowing a thing about stocks, giving him or her your money and then deciding to handle your own stock investments yourself. You’ve just turned a potential investment into a definite loss!” -Billie Hatzenbuehler, Master Executive, Kennewick, Washington

Eileen’s Guidance

“As you think, so you are. If you think you are a moody, touchy person who is easily upset, you will be. But if you know that you are strong and as steady as a rock and cannot be affected by anyone or anything, that your security lies in Me, that you can find perfect peace and stillness within no matter how chaotic outer circumstances may be, then you really can sail through life on an even keel and nothing can touch you or affect you and you can be of more help to all concerned and to everyone you come into contact with.

Decide here and now never to allow outer circumstances to disturb that inner peace and stillness, never again to allow those low moods and depressions to master you, never to allow those petty little irritations and annoyances to throw you off balance. You can do it when you really choose to do it. It all rests in your hands.”

- By Eileen Caddy. Sign up for Eileen’s free guidance email blasts at www.findhorn.org

Woods-Nichols Training Call

The next Woods-Nichols training call is scheduled for **Monday, July 28th** at 6 p. m Pacific, 7 p.m.

Mountain, 8 p.m. Central and 9 p.m. Eastern!

Dial (620) 584-8200, access # 9649

All calls are rebroadcast for 30 days.

Breaking the Code

“Those tiny stickers on loose fruits and vegetables at the market have a worthy purpose. Besides telling the store’s computer database at checkout what the item is and how much it costs, the price lookup code (PLU) tells you how it was grown. Conventionally grown produce carries a four-digit code. On organically grown items, a number 9 precedes that basic code, on genetically modified produce a number 8. The number on a conventionally grown apple, for instance, might be 4133; on an organic apple, 94133; and on a genetically modified one, 84133.”

- Linda Lau Anusasananan, Sunset Magazine, Page 140, July 2003 Issue

Are Neways’ Products All Natural?

Have you ever had someone ask you “Are Neways products all Natural?” This is how Australian Diamond Ambassador John Smart answered this question when he was here in Arizona giving a Neways presentation in March.

“Poison Ivy is all natural but you don’t want to use it in lotion now do you?” I think his response makes the point that just because something is “all natural”, it doesn’t mean it is effective or even safe for the body.

So if someone asks you this same question you can answer with something like Neways’ products are designed to be biologically safe and effective and have been tested over and over and over again for their non-harmful ingredients which I think you’ll agree is more important than “all natural”.

Furthermore, many products that are labeled as “all natural” are not and contain many harmful chemicals. Neways is also the only company to date that has received the Safety Seal of Approval from the Cancer Prevention Coalition for their personal care products. I’m sure you can now see why Neways products are better than “all natural”!

Summer Time Weight Loss

Just recently I had a request from Clinton and Thora Buck, distributors in Sandpoint, Idaho, for ideas on weight loss and how to incorporate the Neways products into this endeavor. Although I certainly am no expert, I was thrilled to address the weight loss issue on my own VERY small level but I hope you'll find the following information helpful.

When I personally decided that it was time to loose weight (20 down, 18 more to go) I knew that I wanted to do it in a way that was a lifestyle change and that I wasn't as concerned with loosing it fast as I was with loosing it consistently, keeping it off and being healthy about it at the same time. In other words, I really wasn't interested in any fad diet, loose weight quick and gain it all back again plan. I wanted permanent results, no matter how long it took!

As far as I know from Dee Mower, Neways has the same view on weight loss and they have never been interested in loose weight quick or compromise one's health type diets. At an event here in Arizona, Dee Mower mentioned the following tips that I have been using ever since:

- 1. Keep a food journal and write down what you eat each day.** Personally I think Weight Watchers has a great system for this and I was very surprised at the things I was eating too much of (even the good fats) and how I was eating too many empty calorie foods and not enough veggies and fruits.
- 2. Know where you are at (current weight) and where you want to go (goal weight).**
- 3. Strive to loose 1 to 2 pounds per week!**
- 4. Incorporate some sort of exercise into your routine that works for you.**
- 5. Add more fiber to your diet.** Feelin' Good, vegetables, etc...may make you feel fuller and help your digestion work better, making you "feel" less fat and wanting less food. Try it, it does help.
- 6. Drink plenty of water.** This is a no-brainer and no Karl Nichols, not the kind of water with hops and barley in it.
- 7. Incorporate ProThin shakes as a possible meal replacement, ProMega to enhance the effects and the other Neways nutritionals for energy and cellular support.** Arizona distributor Stephanie Seifert and I both agree that having a ProThin shake for breakfast is great for leveling out our blood sugar and we both found that we crave less carbohydrates and sugar in the day if we start out with a ProThin shake as opposed to eating cereals or breads.

Weight Loss Is Also Mindset, Mindset, Mindset!

In addition to the previously listed activities, I found the thing that's made the biggest difference for loosing weight is a change of mindset! Here's what I've done and what I suggest to you:

Get rid of all those pictures in which you think you look fat! Put them away! Far, far away for another day when you are strong enough to look at them without judgment! If you keep thinking and finding proof for your fatness, the fatness will continue! No doubt about this one.

Find out those little negative conversations in your head that may be preventing you from loosing weight and change them! For example, I realized that I had been associating loosing weight with being sickly or ill and most likely because when I was in my 20's AIDS was just really being diagnosed so I linked weight loss to being sick. This may sound funny to some of you but it is something that really bothers me and I still have to remind myself that I need to loose weight to be healthy. So ask yourself "What fears do I have about loosing weight?" You may be as surprised as I was at the answer.

Quit thinking or saying "I am fat". You've got to get this out of your head! That's why you should loose those "fat" pictures. And if you look in the mirror and start to only look at how "fat" you are. Walk away. REFUSE to see yourself this way any longer!

Find a picture of you at your ideal weight or use a picture of someone else for positive motivation. For example, I have a picture of a gal who looks quite a bit like me that I got off of the Weight Watchers website. She is my age, my height, was my original weight and is my weight goal. I have this picture various places around the house including on my night stand. I have changed my name for hers and concentrate on how I am going to look every day. At first, this may seem awkward but after a while, you will be so convinced that the picture is you that you will be driven and motivated every day to do what your body needs to do to become healthy and at your ideal weight.

Remember: Patience, Persistence, a Plan and a Positive Mindset! Sounds a little like building a Neways business doesn't it?

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