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# The HealthZone

"Keeping in touch with You"  
July 2005

## From the Office Zone...

It's July again! Watermelon, fireworks, and that wonderful celebration of our freedom! We live in one of the greatest countries on the face of this earth and should be grateful for the precious freedom we enjoy – and that's for sure! There is another freedom that many people in this country are seeking and that is the freedom from a JOB. Many people yearn to have the freedom to make their own hours, be their own boss, and have the financial freedom to spend more time with the one's they love. But just as the freedom we enjoy in this country didn't come without a great price and sacrifice, the freedom we yearn for in our personal lives won't come without great effort too. Nothing really worth having comes for free. It's too bad there are so many out there touting something for nothing – get rich quick without effort. To find true success in Network Marketing, one of the greatest opportunities in America today, it takes action - consistent effective action over time.

**"Do not wait; the time will never be "just right." Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along."**

- Napoleon Hill –

Another great freedom people in today's society seek is the freedom that good

health gives. Without your health you're not able to freely enjoy whatever you have acquired in life. Good health is essential to enjoying a full, vibrant, and satisfying life. With *Gifts of Nature* we give you the opportunity to improve your wealth and give you the opportunity to improve your health so you can enjoy all the blessings life has to offer! *Gifts of Nature* is truly an amazing opportunity that we hope you're not taking for granted!

**"To get rich never risk your health. For it is the truth that health is the wealth of wealth."**

- Richard Baker –

**"It's amazing what ordinary people can do if they set out without preconceived notions."**

- Charles Kettering –

## Health Tip of the Month...

We hear a lot about what we should eat to stay healthy, but there's one thing we need even more than food each day - and that's water. At this time of year it is especially important to emphasize the importance of getting enough water. Every part of your body needs water to

work properly, but water is particularly important for keeping the kidneys healthy. Dehydration (lack of water) is one of the reasons why people develop kidney stones. Many people think "I don't need water because I don't get thirsty." But that's because thirst can be slow to develop - often we don't feel thirst even when our bodies need fluid. We often confuse thirst with hunger. Sometimes when you think your body is asking for food, what it really needs is water. This is why it's a good habit to drink water regularly - whether you feel thirsty or not!

### **From the Bizz Zone...**

#### **Do You Want To Achieve Success With Your Network Marketing Business?**

Thousands of network marketers say they want to achieve success, yet 95% + of those who set that goal last year never came close to reaching their goals and dreams. Why? A common reason is they quit before they got started. Many people never get out the starting gate. They continue to believe things will get better, yet they never take the necessary actions to move themselves forward. Building a network marketing business is simple, but not easy. It takes work and many times hard work. Just the thought of hard work sends most people packing and moving onto the next offer of "how to get rich quick." Interestingly, we have also seen people who set goals become successful in network marketing and exceed far greater results than they had set to achieve. Why did these people have success and the others failed? One thing is they hung on after others had let go. They didn't quit before they got started and they made certain they took the necessary actions to help them reach their goals. Most people fail in the network marketing industry. But don't let that fact discourage you because the failure rate is no different than in the traditional market

place. In fact, in any business, 95% of people fail. Look at your downline and I am sure you will find that 95% are failing as well. But it does not have to be that way for you and your team. Begin with your own personal action. Learn to master the basics and then begin to focus on your team. But do NOT stop with your own personal action. Rather use your personal action as the example. Do the things for your own business by taking the personal action you know others must take as well. Being the example by leading with action is one of the best ways to encourage duplication in your business. Always remember that success requires a sustainable motivation. A sustainable motivation is like the Energizer battery... "it keeps you going, and going, and going!" Having a sustainable motivation will allow you to overcome the ups and downs of building your own business without getting derailed from moving toward your main objective. Begin developing your sustainable motivation today by reading at least ten minutes a day. Read something uplifting and positive! Developing a sustainable motivation builds confidence and confidence is important for keeping you on track of building your network marketing business.

**Moral of the story is take action and hang on even after others may let go!**

*Gifts of Nature* products can be purchased online by visiting our website at **[www.zonashealth.com](http://www.zonashealth.com)**

You can also contact us by e-mail at: **[giftsofnature@infowest.com](mailto:giftsofnature@infowest.com)** or by phone at: 1-800-529-4715.