A DIFFERENT PATH TO F.I.T.

By Del Tanner

HAVE YOU SET YOUR 2016 GOALS?

Sapphire Manager, Diana Page shares her Secrets
TAKE YOUR BUSINESS TO NEW HEIGHTS.

COSTA NAVARINO
GREECE 2016
EAGLE MANAGERS RETREAT

High Flying in Costa Navarino. Incentive period ends April 30.
Explore an exotic destination while you elevate your business!
Join the prestigious Eagle Managers on a journey with top level training, unforgettable experiences and life-changing networking.

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Message from our CHAIRMAN AND CEO - REX MAUGHAN

Message from our COUNTRY MANAGERS - RICK AND EVE

MOVE UPS - NOVEMBER 2015

ACHIEVER’S CLUB - NOVEMBER 2015

100 CLUB - NOVEMBER 2015

FOREVER2DRIVE - NOVEMBER 2015

TOP 10 - NOVEMBER 2015

A DIFFERENT PATH TO F.I.T.

NEW INCENTIVES - 100 CLUB

HAVE YOU SET YOUR GOALS FOR 2016

GLOBAL RALLY EXCITING OFFER

FOREVER PROMO ITEMS

GLOBAL RALLY BUS PACKAGES

Message from our OPERATIONS MANAGER - MARGARET ROSS
Un-Break Your Resolution

If there was a way to measure the number of un-kept New Year’s Resolutions, what do you think that number would be?

Think of all of the unused gym memberships, broken diets, budgets forgotten and new hobbies that have been quickly cast aside. Why does that happen? Why are so many of us in such a hurry to get right back to where we started?

We’ve all missed resolutions – that’s the wonder of life, each January we get a clean slate to decide what we want to do differently and how we want to be better than last year. Successful people do something that others don’t. They believe. We’ve all heard the Henry Ford quote, “whether you think you can, or think you can’t – you’re right.” That’s one of the things that makes Forever so magical to those who are willing to work hard.

Forever gives ordinary people the opportunity to live extraordinary lives if they believe they can and commit to doing things differently. You get to be the author of your own story and decide how it ends. Think of how powerful that is!

As you plan your year and set out your resolutions, ask yourself what you’re truly willing to do differently to accomplish your goals. Then do it and stick to it! Only you can decide if this year will end differently than those that came before. Set your sights on Chairman’s Bonus, join us at next year’s Global Rally at an amazing destination around the world or help more customers by sharing your favourite products – it’s up to you!

You have everything that you need to be successful. I can’t wait to see everything you can accomplish in the New Year!

Forever Yours,

Rex Maughan
CEO
2016... A Year of Positive Change!

Happy New Year to all of our Forever Business Owners! We are confident that 2016 is going to be another great year for FOREVER (Southern Africa)

We hope that you have already set your Goals both personally and with your Team and that you have broken them down into Monthly, Weekly and Daily Targets. It is absolutely vital for you to plan your FOREVER BUSINESS for 2016!

As you look back on 2015 and if you feel in any way dissatisfied with your performance, then ‘CHANGE’ your course of action this year. If you feel that your FOREVER BUSINESS was not as successful as it should have been, then don’t continue doing the same things as you did last year. Be open to ‘CHANGE’ and make the necessary plans and improvements.

LET’S MAKE 2016 A YEAR FOR POSITIVE CHANGE!

To our Managers who are planning to qualify for Chairman’s Bonus in 2016, we encourage you to start your planning and preparations NOW. Do not wait…when you are busy, the months seem to fly by and, before you know it, you will be under pressure to meet the Chairman’s Bonus requirements if you do not start your planning EARLY!

ABOVE ALL, STRIVE TO BECOME AN EAGLE MANAGER IN 2016!

MAKE 2016 YOUR YEAR!

Best Regards,

Rick and Eve
Country Managers
(Southern Africa)
On The Move

MOVE UPS - NOVEMBER 2015

SAPPHIRE MANAGERS

NOVEMBER 2015

Siphiwe & Mihloti Sibeko • Gauteng

SOARING MANAGERS

NOVEMBER 2015

Nqobile & Percy Mseleku • Kwa-Zulu Natal
SENIOR MANAGERS

Nicolette Crawford • Zimbabwe

Moses & Sindile Mavundza • Gauteng

Mbali Gcabashe • Kwa-Zulu Natal

Theetsa Makgoka • Gauteng

SOUTH AFRICA

Regina & Mthokozisi Maphumulo
• Kwa-Zulu Natal

Nokuthula & Sibongile Sidlayi
• Kwa-Zulu Natal

ZAMBIA

Felistus Ntambu

MANAGERS

Achieved by reaching 120 CCs in 1 or over 2 consecutive months
(full details in Company Policy)

Sandi & Bulelwa Jali
Eastern Cape

Busisiwe Dondolo
Gauteng

Lindiwe Genu-Dyakophi
Gauteng

Solly Gololo • Gauteng

Gadifele Mamphaga
Gauteng

Please email your photographs to Lee@forever.co.za before the last day of the month to appear in the magazine
Achieved by reaching 75 CCs in 1 or over 2 consecutive months (full details in Company Policy)

ASSISTANT MANAGERS

NOVEMBER 2015

SOUTH AFRICA

Giyose, Pumza • Eastern Cape
Mabiala, Thozeka • Eastern Cape
Magida, Loyiso • Eastern Cape
Nkasa, Linda • Eastern Cape
Titi, Fundiswa • Eastern Cape
Tshuku, Nobunto • Eastern Cape
Addolphus, Moses • Gauteng
Gqada, Noxolo • Gauteng
Jumba, Sibabalwe • Gauteng
Ketelo, Vuyokazi • Gauteng
Khoza, Dorothy • Gauteng
Lefete, Jane • Gauteng
Mackay, Matimba • Gauteng
Makhabane, Mildred • Gauteng
Malakoane, Dhlahleng • Gauteng
Mananele, Nhiamulo • Gauteng
Mashilwane, Jacob • Gauteng
Masina, Bernet • Gauteng
Masuku, Bathabile • Gauteng
Matlala, Salomone • Gauteng
Mbane, Luboana • Gauteng
Mdluliwa, Wanderiso • Gauteng
Mnyakeri, Sibemiso • Gauteng
Moleletsi, Mamesesothe & Ramoleboge • Gauteng
Mogale, Moloko & Matsobane • Gauteng
Mokone, Mabile & Stoabbus, Ulrich • Gauteng
Nduvula, Tshidi • Gauteng
Nengani, Vulezhani • Gauteng
Nthiako, Cwatyia • Gauteng
Ramoramola, Gillian • Gauteng
Rona, Nombulelo • Gauteng
Sibathu, Dineo • Gauteng
Sibhatha, Yonela • Gauteng
Zulu, Nomkhosi • Gauteng
Rodina, Sibusile • Gauteng
Siqungu, Tshuluvuna • Gauteng

NOVEMBER 2015

NAMIBIA

Setsepu, Mammei

ZAMBIA

Hamooma, Eunice
Mutabwa, Yvonne & Mosesa
Stachwie, Meliya & Kambohwe, Bwembya

ZIMBABWE

Mangwandhi, Lorraine

Received by reaching 75 CCs in 1 or over 2 consecutive months (full details in Company Policy)
# Achiever’s Club South Africa

## South Africa

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## Zambia

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The number in brackets indicates how many times these Forever Business Owners have appeared in the 100cc Achiever’s Club in 2015.
This incentive is based on Personal and Non-Manager case credits and, for your efforts as Teambuilders, you will receive the following:

Level 1

These Forever Business Owners will receive a GOLD “100 CLUB” PIN

100 PERSONAL AND NON-MANAGER CASE CREDITS FOR 3 CONSECUTIVE MONTHS

SEPTEMBER 2015 - NOVEMBER 2015

Mballi Gcbashe • Kwa-Zulu Natal
Looky & Enos Matshete • Gauteng
Namia Dlulane • Eastern Cape

Level 2

These Forever Business Owners will receive a WEEKEND AWAY at a selected resort

100 PERSONAL AND NON-MANAGER CASE CREDITS FOR 6 CONSECUTIVE MONTHS

JUNE 2015 - NOVEMBER 2015

Gabisile & Bhekisisa Mbatha • Gauteng
Lungile & Mlungisi Dlamini • Gauteng
Whether your car is a status symbol or part of the family, feel great about your next adventure.

LEVEL 2 - R6 300
Christoffal & Christine Jansen • Gauteng

LEVEL 3 - R8 400
Ncumisa Majezi • Gauteng

LEVEL 2 - R6 300
Tsungai & Paradzai Gumbo • Zimbabwe

LEVEL 2 - R6 300
Mbali Gcabshe • Kwa-Zulu Natal
Join many of our Forever Business Owners who have benefited from our FOREVER2DRIVE INCENTIVE! This INCENTIVE BONUS gives you the freedom and financial confidence to improve your lifestyle.

LEVEL 1 - R4 200
Katlego Mogale Makoni • Gauteng

LEVEL 1 - R4 200
Somikazi Mahlati • Gauteng

LEVEL 1 - R4 200
Rebecca Megele • Gauteng

LEVEL 1 - R4 200
Nozipho Mnisi • Kwa-Zulu Natal

LEVEL 1 - R4 200
Zivai & Tafara Matondo • Zimbabwe

LEVEL 1 - R4 200
Kudakwashe & Bekithemba Dube
Zimbabwe

LEVEL 1 - R4 200
Erick Simukonda • Zambia

LEVEL 1 - R4 200
Raimundo Langane & Victoria Mathabela • Gauteng
### TEAM BUILDERS

#### SOUTH AFRICA

1. Mbatha, Gabisile & Bhekisisa
2. Mseleku, Nqobile & Percy
3. Majezi, Ncumisa
4. Sibeko, Sphiwe & Mihloti
5. Mwamba, Nmonde & Dikanda
6. Dihatle, Nokuthula
7. Makgoka, Theetsa
8. Megele, Rebecca
9. Simelane, Gugulethu
10. Ntoza, Mbali

#### NAMIBIA

1. Shindodi, Ulania & Melele, Joel
2. Shikongo, Regina & Jason
3. Angula, Rosalia
4. Setsepu, Mammei
5. Kandindima, Maria
6. Ngorosi, Anna & Karl
7. Rahavoe, Blasius & Eunice
8. Shimbulu, Rosalia & Shimi, Linus
9. Kalomo, Fenni & Onesmus
10. Jason, Wilhelmina & Joronima

### RECRUITERS

#### SOUTH AFRICA

1. Matlala, Salome
2. Moyo, Mona-Clare
3. Siwahla, Judith
4. Chingubo, Helena
5. Mdumela, Mamadia
6. Molefe, Ellen
7. Mhlongo, Patrick
8. Qwabe, Silindile & Gqokinsimbi
9. Sibanyoni, Monkacwe & Amos
10. Banda, Catherine

#### NAMIBIA

1. Jason, Wilhelmina & Joronima
2. Lisho, Ernest
3. Kalomo, Fenni & Onesmus
4. Shumubwa, Naftal
5. Hamukwaya, Katrina
6. Ajayi, Olatunde David
7. Mbala, Regina
8. Thomas, Gloria
9. Hailkali, Frieda
10. Shipunda, Josefa & Erastus

NE = New Entry  ( ) = position held in previous month
### Forever Business Owners

**Zambia**

1. Damaseke, Mildred & Mlotha 1
2. Tembo, Tasilia & Kantenga, Henry 2
3. Sichula, Philimon & Mugamya, Patricia 3
4. Muchemwa, Violet & Albert 4
5. Chinyama, Caroline & Ngombe, Masauso 5
6. Serra, Elizabeth & John 6
7. Mwimanzi, Thomax & Helena 7
8. Sunkutu, Wezi 9
9. Sobongo, Catherine & Sekwela, Marcus 8
10. Ngungu, Assarh & Tshili, Sitembinkosi 10

**Zimbabwe**

1. Gumbo, Tsungai & Paradzai 1
2. Matondo, Zivai & Tafara 2
3. Dube, Kudakwashe & Bekithembwa 3
4. Rich, Elaine & Roland 5
5. Dari, Shorai & Junica 4
6. Stodart, Tracey & Alan 6
7. Nyakuvambwa, Barbara & Batsirai 7
8. Gomes, Dolores & Mario 10
9. Machake, Sawman & Akuulo, Mary 8
10. Crawford, Nicolette NE

### Team Builders

**Zambia**

1. Damaseke, Mildred & Mlotha 1
2. Simukonda, Erick 2
3. Mwimanzi, Thomax & Helena NE
4. Sunkutu, Wezi 3
5. Serra, Elizabeth & John 9
6. Mwewa, Reah NE
7. Muchemwa, Violet & Albert NE
8. Tembo, Tasilia & Kantenga, Henry 10
9. Ngungu, Assarh & Tshili, Sitembinkosi NE
10. Chela, Thresser NE

**Zimbabwe**

1. Gumbo, Tsungai & Paradzai 1
2. Chawatama, Precious & Herbert 4
3. Pondai, Sandra & Moyo, Nkosinathi 8
4. Gomes, Dolores & Mario 2
5. Mangwandi, Lorraine NE
6. Dube, Kudakwashe & Bekithembwa NE
7. Murombwi, Edmore & Hope 5
8. Matondo, Zivai & Tafara NE
9. Bopoto, Linda & Kizito 3
10. Rich, Elaine & Roland NE

### Recruiters

**Zambia**

1. Hlongwane, Thomas NE
2. Ngungu, Assarh & Tshili, Sitembinkosi NE
3. Simukonda, Erick 9
4. Simukonda, Isaac 10
5. Kanyanta, Micheal NE
6. Ndombembe, Phobia NE
7. Banda, Joseph & Chimenge, Joyce NE
8. Sikalangwe, Adjiah NE
9. Banda, Carol NE
10. Sikazwe, Mary NE

**Zimbabwe**

1. Gomwe, Ignatious NE
2. Kativhu, Tendai & Tatenda NE
3. Chawoneka, Ephraim 3
4. Chimburo, Rudo NE
5. Nhlovu, Shieila & Emmett NE
6. Kunaka, Farai & Ideas NE
7. Mangena, Sophie NE
8. Mangwandi, Lorraine NE
9. Runochinyo, Mufaro & John NE
10. Nyakuvambwa, Barbara & Batsirai NE

*NE = New Entry  ( ) = position held in previous month*
Unhealthy Habits

“I didn’t really think I was overweight,” he says. “I had some really unhealthy habits and over time they had taken a toll on my health that I hadn’t realized.” Those bad habits? Energy drinks and unhealthy snacking. Del admits sheepishly that he was drinking up to ten energy drinks a day. So many, that he started to hide the habit from his family.

“I would pick them up at the gas station on my way to work, and it got to the point that I was buying gift cards to purchase my energy drinks with so no one would notice how much money I was spending on my unhealthy habits.”

Del’s habits were affecting more than just his weight. He describes feeling sluggish and tired – to the point where he was taking prescription sleep aids at night. “No matter how many energy drinks I had during the day, I still felt tired and didn’t have much energy,” Del shares. “It was affecting my home life too. My wife and my kids would want to go outside or go for a hike and I just didn’t have the energy to do it.”

Time to Make a Change

A father of three girls, the wake up call came after his wife, Jen, drove cross-country with their oldest daughter to take her to college. “Our daughter expressed concern for his health and his unhealthy choices,” Jen explains. “She had become really interested in nutrition and was truly worried about what her dad was doing to his body.”

When Jen came home and shared the story with Del he laughed it off at first. “I didn’t think she was worried about my health – I thought she just was pointing out that I was fat,” he remembers. But after thinking about it for a few days, Del knew he had to make a change.

“I had learned about the F.I.T.™ program from a friend and jumped in right away. I cut out the energy drinks and followed the program and the results were pretty instant,” Del says. “At this point, I have lost 52 pounds (almost 24 kilograms)!”

A Different Path to F.I.T.™
But the changes that were the most impactful were beyond just the way that he looked. Without the energy drinks and the sugar, Del found that he actually had more stamina throughout the day. He slept better at night and he craved healthier foods.

“Honestly, it was so easy once I got into the program to stay with it. Between the supplements and the healthier foods I was eating, I was able to drop weight quickly,” he admits.

Finding His Own Way to F.I.T.™

“The greatest part of the program for me was the supplements. I really felt like they made such a difference and helped me see results. I swear by them and make sure I have them whenever I travel so I can keep my routine going,” Del shares.

Even though he found the supplements to be hugely beneficial and credits the program with helping him eat healthy and making change for the better, there’s one thing that Del is a little hesitant to admit – he didn’t exercise, at least, not in the traditional way.

“I am just someone who does not enjoy exercise,” Del admits. “My wife works out every day and she loves it. But it’s just not my thing.” Despite an aversion to exercise, Del does enjoy being active. He explains that his active lifestyle is more of a product of his transformation rather than part of the reason for it.

“I think it’s such a huge testament to the program and the power of the products and healthy eating that I’ve been able to accomplish so much without exercise,” he says. “Now that I’ve lost weight, I’m able to see a difference in my level of athleticism when I play tennis or go wakeboarding. I have so much more energy and I can move better because I’m lighter. I’m able to spend more time being active with my family, which I really enjoy.”

Del’s advice to others considering trying the F.I.T.™ program?

“Trust the program. Find ways to make it work in your life. It’s all about balance.”

To see Del’s entire transformation, look for his I Am Forever F.I.T. Video on the Forever North America Facebook page.
Exciting New 100 CLUB Awards

Starting January 2016

It has come to our notice that many of our Managers who have previously qualified for a 100 Club Weekend/Week away, are not able to take the time off from their Business to enjoy this Incentive.

Starting January 2016, we are now going to give our 100 Club Managers an award that is going to enhance and promote their Business, without taking them away from their Teams!
100 Personal/Non-Manager Case Credits - 3 consecutive months
These 100 Club Achievers will receive a GOLD 100 CLUB PIN

100 Personal/Non-Manager Case Credits - 6 consecutive months
These 100 Club Achievers will receive a LIMITED EDITION YELLOW ALOE VERA GEL TRAVEL BAG

100 Personal/Non-Manager Case Credits - 12 consecutive months
These 100 Club Achievers will receive an iPAD OR ANDROID TABLET PLUS A 12 MONTH SUBSCRIPTION TO FLP 360°
HAVE YOU SET YOUR GOALS FOR 2016?

Diana Page is a Sapphire Manager, Forever2Drive Level 3 qualifier and she holds the record for achieving seven years of 100 Club. She has also achieved 5,000CC in the year – which well and truly secured her place at the Global Rally – and she is a Level 2 Chairman’s Bonus qualifier. Diana, one of Forever UK’s top Business Owners, built her business on a reputation of integrity and strong business-building skills.

Like many Forever Business Owners, Diana left her corporate life behind in pursuit of a more appealing lifestyle, but she confesses that she never fully understood the mechanics behind the business. “I went along to a BP out of curiosity and I remember being absolutely captivated by what I saw. To be honest I didn’t really understand all the circles and percentages, but what I did see was an opportunity where someone like me, just an ordinary person, could go on to live a truly extraordinary life. I was hopeful, but I didn’t really know what to expect,” Diana says.

Although in the beginning Diana was full of enthusiasm, she didn’t seem to be getting very far in her business, and this is a frustrating sticking point that many Forever Business Owners also encounter. “I faffed around a lot in the beginning, but I’m a millionaire today! And it’s because I realised I needed to be really clear about what I wanted. I began to think about why some people seem to instantly excel whilst others, although busy, don’t seem to progress at all. And at the heart of this I realised it’s about clarity and vision and what you are prepared to work for.”

Diana realised that she needed to change her tack, and one essential element that she implemented played a significant part in her ability to progress up the Marketing Plan. “Goal-setting, goal-mapping, vision boards… you can call it whatever you want, but you need to know the destination before you start your journey,” she says.

You’re not alone if you struggle with goal-setting. In fact, many people associate negative connotations with setting a goal – it reminds them of having to set targets at work, or even worse, school! But if you are able to push those feelings aside and give it a go, you will expose yourself to a whole realm of possibility. Have a go at imagining you are at the end of your life, looking back at everything you have ever done. What regrets do you want to avoid having? What do you want to have achieved? How do you want to be remembered? When you consider the answers to these questions, you will find it a lot easier to compose your list of goals, and you will have taken the first necessary step in moving your business forward.

We challenge you to consider what goals you want to achieve, and if you are finding it hard to think long-term, then just consider what you want to accomplish in 2016. Writing your goals down is an excellent starting point, but Diana actually identifies four key ingredients that, when combined, will enable you to effectively achieve these goals...

DIANA RECOMMENDS:

Wayne Dyer: 10 Secrets for Success and Inner Peace
Jim Rohn: 7 Strategies for Wealth & Happiness
Brian Mayne: Goal Mapping
Stephen R. Covey: The 7 Habits of Highly Effective Network Marketing Professionals
1. COURAGE

The fear of failing at something can have a serious impact on the way we approach our daily lives, and often such anxiety will prevent us from achieving our full potential. It takes real courage to dream a big dream and break away from the norm, and if you do decide to pull away from what everyone else is doing, you need to prepare for criticism. Often people are too afraid to admit what they really want from this business because they’re embarrassed and think people will judge. Too often people are told things like, ‘People like us won’t achieve things like that’ and this can knock their confidence. “It’s hard to hear things like this,” Diana says, “and it certainly takes courage to ignore such negativity.”

It’s unquestionably hard to muster enough courage and stand up for your dreams, but one thing that may help you is figuring out what it is that gives you that strength. “What helped me access my courage was the understanding that you have to get to the ‘why’ behind the ‘what’ of the goal. The ‘what’ can be holidays, school fees, being debt-free, paying off the credit card, helping out the family etc., but the ‘why’ is the emotion behind it; and ultimately our emotions drive our decisions and behaviour,” Diana explains.

2. VISION

It’s one thing to make a passing comment about something you hope to achieve in life, but somehow that hope takes on a whole new form when you write it down – it becomes concrete. Creating a physical visual dream board is the tool that will give you the momentum to achieve exactly what is portrayed. “I was a corporate head; far too busy to sit, cut out and stick down pictures! I thought it was all a bit airy-fairy and American,” Diana admits, “and yet the proof was in the pudding! Jayne Leach was showing her dream board, Adam May was sharing his, and I thought to myself, ‘If it worked for them, what have I got to lose?’”

Diana went on to create her dream board and quickly discovered there was a whole science dedicated to the concept of vision boards. In fact, according to an article entitled ‘Seeing Is Believing: The Power of Visualization’, published by Psychology Today in 2009, “The brain is getting trained for actual performance during visualization. It’s been found that mental practices can enhance motivation, increase confidence and self-efficacy, improve motor performance, prime your brain for success, and increase states of flow.” In other words, there is seen to be a direct link between visualisation and achievement.

However, be careful not to make your vision board all about the ‘what’; your boards should also focus on the ‘why’ – how you want to feel. Follow the paths already paved by the top leaders in Forever and take on board their advice. As Diana says, “A vision board will bring your dream to life so don’t use the excuse that you’re too busy!”

3. BELIEF

Once you have designed your vision board it’s important that you believe what you hope to achieve can actually come to fruition. This is sometimes the hardest part of goal-setting. If you are struggling, try to draw from the experiences of other people. “I have read loads of autobiographies and they have been instrumental in building my belief, and they have helped to give me the courage to keep going in the face of adversity,” Diana says. “Take inspiration from outside of Forever because you will find stories that resonate with you: you’ll think, ‘If they can overcome their obstacle, I can overcome mine’.”

4. ACTION

The final ingredient necessary for goal-setting requires taking action. “Although change is hard, and learning new things is hard, you have to take action and take responsibility,” Diana advises. “You need to improve your skills, better yourself and learn; you have to embrace new tools and new ideas. Disciplines may not change, but tactics need to.”

Success does not happen in a straight line, and unless you have these four ingredients in place, you will find yourself veering off course. And you may well experience some disappointments along the way, but when you do come through the other end, it’s totally worth it.

1 https://www.psychologytoday.com/blog/flourish/200912/seeing-is-believing-the-power-visualization
HEAR US ROAR.

Imagine the pride you’ll feel as you’re surrounded by hundreds of FBOs from around the world learning, celebrating and experiencing Forever!

#FGR16
Exciting Offer!

This offer is for ALL Forever Business Owners (New and Existing) in Southern Africa

Move up to Manager Level during the period
3rd September 2015 to 29th February 2016 (this is a six month period)
and we will GIVE you a Rally Ticket for the most exciting and prestigious
Forever event ever held in South Africa, the 2016 Global Rally!

Qualify as a Manager and get a guaranteed seat!
As New Managers, qualifying in the above period, you will also be invited to
attend an EXCLUSIVE TRAINING MEETING with JAYNE LEACH &
JOHN CURTIS (Diamond Managers – UK), ADAM MAY (Diamond-Sapphire
Manager – UK), ANGE LOUGHRAN (Sapphire Manager – UK) and EMMA
COOPER (Sapphire Manager – UK) who will share their Success Tips and
Business Building Tips with you. This will be an awesome experience and
the Meeting will be exclusively for New Managers who develop between 3rd
September 2015 to 29th February 2016!
Make sure that you are part of this Training Meeting.

BE THERE!!

This promotion does not include transportation to the Global Rally or Accommodation
Let’s get Ready to

6024 Key Rings sold in packs of 10 (2 of each animal)

6026 Silicone Wristbands sold individually (green or yellow)

6025 Shoppers sold individually

6018 Button Badges
### Global Rally Merchandise

<table>
<thead>
<tr>
<th>CODE</th>
<th>FOREVER GEAR</th>
<th>South Africa (Rand)</th>
<th>Namibia (N$)</th>
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<td>15.09</td>
<td>11.33</td>
<td>0.98</td>
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**HURRY! Limited Stock Available**
Global Rally
Bus Packages

Nelspruit
For Bookings contact Guy, Product Centre Manager
AS400 code: 6064
Price: R2210 per person sharing
Check in date: 21 April 2016
Check out date: 24 April 2016
Includes:
- Bus transport
- Accommodation at Road Lodge
- Breakfast
- Global Rally Entrance Ticket

Durban
For Bookings contact Rani, Product Centre Manager
AS400 code: 6063
Price: R2160 per person sharing
Check in date: 21 April 2016
Check out date: 24 April 2016
Includes:
- Bus transport
- Accommodation at Road Lodge
- Breakfast
- Global Rally Entrance Ticket

GLOBAL RALLY
JOHANNESBURG
2016
17-25 APRIL
2016 Forever Diary
Includes One to One Presentation + DVD

ONLY 2500 AVAILABLE!

1207 | 2016 Annual Diary
R 150.10  N$ 150.09  ZMW 130.35  $ 20.00  BWP 125.08

1206 | Aloe Vera Gel Bag

6023 | Cell Phone Protector & Sticky Screen Cleaner
Remove cleaner from card, then stick on to the back of your phone. To wipe down your screen, remove from the phone, stick to your finger and wipe the screen

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## Eagle Managers Retreat 2016 - Greece Shirts

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## FIT T-Shirts & CAP

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### TRAINING DATES

**JHB • KZN • NELSPRUIT**

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**CAPE TOWN**

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<td>WYNBERG</td>
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**ZIMBABWE • ZAMBIA • NAMIBIA • MOZAMBIQUE**

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<tr>
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<th>ZAMBIA</th>
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<td>NOVEMBER</td>
<td>26</td>
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<td>12</td>
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**MONDAY**

- **CAPE TOWN**: 7:00 pm
- **JHB**: 11:00 am
- **DURBAN**: 10:00 am - 12 noon
- **NAMIBIA**: 2 pm
- **NELSPRUIT**: BY APPOINTMENT DURING THE DAY
- **MOZ**: Office Manager from Nelspruit travels to Maputo once a month to hold meetings - please confirm with Nelspruit Product Centre
- **ZIMBABWE**: 10 am - 12 noon
- **ZAMBIA**: 11 am - 12:30 pm

**TUESDAY**

- **CAPE TOWN**: 6:30 pm
- **JHB**: 11:00 am 7:00 pm
- **DURBAN**: 5:30 pm - 6:30 pm
- **NAMIBIA**
- **NELSPRUIT**
- **MOZ**
- **ZIMBABWE**: 10 am - 12 noon
- **ZAMBIA**: 2:00 pm - 3:30 pm

**WEDNESDAY**

- **CAPE TOWN**: 11:00 am
- **JHB**: 11:00 am
- **DURBAN**: 10:00 am - 12 noon
- **NAMIBIA**
- **NELSPRUIT**
- **MOZ**
- **ZIMBABWE**: 10 am - 12 noon
- **ZAMBIA**: 11 am - 12:30 pm

**THURSDAY**

- **CAPE TOWN**:
- **JHB**: 4:00 pm
- **DURBAN**
- **NAMIBIA**
- **NELSPRUIT**
- **MOZ**
- **ZIMBABWE**: 10 am - 12 noon
- **ZAMBIA**: 2:00 pm - 3:30 pm

**FRIDAY**

- **CAPE TOWN**:
- **JHB**:
- **DURBAN**: 11:00 am Internet Training
- **NAMIBIA**:
- **NELSPRUIT**
- **MOZ**:
- **ZIMBABWE**: 10 am - 12 noon
- **ZAMBIA**: 11 am - 12 noon

**SATURDAY**

- **CAPE TOWN**:
- **JHB**:
- **DURBAN**:
- **NAMIBIA**: 2 pm
- **NELSPRUIT**
- **MOZ**:
- **ZIMBABWE**: 10 am - 12 noon
- **ZAMBIA**: 10 am - 12 noon

Please confirm venues and dates with relevant Product Centres.

**SUCCESS DAYS**

- **JHB**
- **KZN**
- **NELSPRUIT**
- **CAPE TOWN**
- **ZIMBABWE**
- **ZAMBIA**
- **NAMIBIA**
- **MOZAMBIQUE**
"If you are ever unsure of the Company's Rules and Regulations or Policies, please refer to the Company Policy Booklet which is available at any of our product centres. or online at www.foreverliving.com”

<table>
<thead>
<tr>
<th>Enquiry</th>
<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td>I have not received my NCP or bonus payment</td>
<td>Naeim, Wilhemina, Jenny or Margaret</td>
</tr>
<tr>
<td>I need or have lost my password</td>
<td>Wilhemina, Naeim, Jenny or Margaret</td>
</tr>
<tr>
<td>I want to place an order via TELESALES (excludes Gauteng, Durban, Mpu</td>
<td>TEL: 080-FOREVER (080-3673837).</td>
</tr>
<tr>
<td>mulanga, Namibia and other neighbouring countries)</td>
<td>Alpha • Email: <a href="mailto:alpha@forever.co.za">alpha@forever.co.za</a></td>
</tr>
<tr>
<td>I want to place/track an order (for courier from Longmeadow Product Ce</td>
<td>TEL: +27 11 579 7440 / FAX: +27 11 608 4000</td>
</tr>
<tr>
<td>ntre)</td>
<td>Bronwyn • Email: <a href="mailto:capetown@forever.co.za">capetown@forever.co.za</a></td>
</tr>
<tr>
<td>I want to track a WEB order</td>
<td>Bronwyn • Email: <a href="mailto:capetown@forever.co.za">capetown@forever.co.za</a></td>
</tr>
<tr>
<td>I want to place an order for Eastern Cape</td>
<td>TEL: +27 11 579 7440 / FAX: +27 11 608 4000</td>
</tr>
<tr>
<td>I want to place an order for Mozambique</td>
<td>Bronwyn • Email: <a href="mailto:capetown@forever.co.za">capetown@forever.co.za</a></td>
</tr>
<tr>
<td>I want to place/track an order for Lesotho</td>
<td>TEL: +27 13 752 2024 / FAX: +27 13 752 5824</td>
</tr>
<tr>
<td>I want to place an order for collection at my local product centre</td>
<td>Guy • Email: <a href="mailto:nelspruit@forever.co.za">nelspruit@forever.co.za</a></td>
</tr>
<tr>
<td>I want to place/track an order</td>
<td>TEL: +27 21 797 6329 / FAX: +27 21 797 6029</td>
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<tr>
<td>Bonus Recap enquiries</td>
<td>Bronwyn • Email: <a href="mailto:capetown@forever.co.za">capetown@forever.co.za</a></td>
</tr>
<tr>
<td>Company Policy enquiries</td>
<td>TEL: +27 11 579 7440 / FAX: +27 11 608 4000</td>
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<tr>
<td>Marketing Plan enquiries</td>
<td>Bronwyn • Email: <a href="mailto:capetown@forever.co.za">capetown@forever.co.za</a></td>
</tr>
<tr>
<td>Chairman’s Bonus enquiries</td>
<td>TEL: +27 13 752 2024 / FAX: +27 13 752 5824</td>
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<tr>
<td>Global Rally enquiries</td>
<td>Bronwyn • Email: <a href="mailto:capetown@forever.co.za">capetown@forever.co.za</a></td>
</tr>
<tr>
<td>Product/Literature/back order enquiries</td>
<td>TEL: +27 21 797 6329 / FAX: +27 21 797 6029</td>
</tr>
<tr>
<td>Business Cards/Stickers/ Car Magnets and X-Banner enquiries</td>
<td>Bronwyn • Email: <a href="mailto:capetown@forever.co.za">capetown@forever.co.za</a></td>
</tr>
<tr>
<td>Submit or change bank details, address, contact details</td>
<td>TEL: +27 11 579 7440 / FAX: +27 11 608 4000</td>
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<td>Courier: <a href="mailto:Courierorders@forever.co.za">Courierorders@forever.co.za</a></td>
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<tr>
<td>Manager’s Convention, Global Rally, Eagle Managers Retreat</td>
<td>Wendy or Margaret</td>
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</tbody>
</table>
| "If you are ever unsure of the Company's Rules and Regulations or Policies, please refer to the Company Policy Booklet which is available at any of our product centres. or online at www.foreverliving.com”"
## Western Cape

- **Contact Persons**: Bronwyn
- **Address**: Shop No. 7
  - Riverstone Mall
  - 36 Main Road
  - Wynberg 7800
- **Telephone**: +27 21 797 6329
- **Fax**: +27 21 797 6029
- **Telesales**: 080-Forever (3673837)
- **E-Mail**: Capetown@forever.co.za

## Kwa-Zulu Natal

- **Contact Persons**: Rani/Catherine
- **Address**: Convention House
  - 216 Stalwart Simelane Street
  - Durban 4001
- **Telephone**: +27 31 368 1753
- **Fax**: +27 31 368 1743
- **Office Manager**: Rani
- **E-Mail**:
  - Orders E-Mail: Rani@forever.co.za

## Gauteng

- **Contact Persons**: Eutricia/Edgar
- **Address**:
  - 3 Guerney Drive
  - Longmeadow Office Park
  - Longmeadow
  - Gauteng 1609
- **Telephone**: +27 11 579 7440
- **Fax**: +27 11 608 4000
- **Office Manager**: Eutricia
- **E-Mail**:
  - Jhb-Eutricia@forever.co.za
- **Fax To Pc**: 086 762 4270
- **Asst Office Manager**: Edgar
- **E-Mail**:
  - Edgar@forever.co.za
- **Fax To Pc**: 086 685 6464
- **Orders For Collection**:
  - Ayanda
  - E-Mail:
    - Jhb-Ayanda@forever.co.za
  - Fax To Pc: 086 263 8724
- **Orders For Courier**:
  - Tc (Thokozani)
  - E-Mail:
    - Courierorders@forever.co.za
  - Fax To Pc: 086 623 2470
- **Training**: Edgar
- **E-Mail**: Edgar@forever.co.za
- **Despatch Manager**: Patric
- **E-Mail**:
  - Patric@forever.co.za

## Namibia

- **Contact Persons**: Clowey/Steven
- **Address**:
  - 39 Tal Street
  - Windhoek 9000
- **Telephone**: +264 61 22 6186
- **Fax**: +264 61 22 6699
- **E-Mail**:
  - Flpnamib@mweb.com.na

## Mpumalanga

- **Contact Persons**: Guy
- **Address**:
  - EL Building
  - 48 Bester Street
  - Nelspruit 1201
- **Telephone**: +27 13 752 2024
- **Fax**: +27 13 752 5824
- **Office Manager**: Guy
- **E-Mail**:
  - Nelspruit@forever.co.za
- **Fax To Pc**: 086 516 5203
- **Despatch Manager**: Brenda
- **E-Mail**:
  - Nelspruitorders@forever.co.za
- **Fax To Pc**: 086 515 9040

## Zambia

- **Contact Persons**: Harrison/Leon
- **Address**:
  - 9945 Kabelenga Road
  - Interchem Building
  - Fairview
  - Lusaka, Zambia
- **Telephone**:
  - +260 211 22 0672
  - +260 211 22 0673
- **Fax**:
  - Harrison@foreverzambia.com
  - Leon@foreverzambia.com
  - Isaac@foreverzambia.com
- **E-Mail**:
  - Dispatch@foreverzambia.com

## Zimbabwe

- **Contact Persons**: Sawman/Paul
- **Address**:
  - 3 Armadale Road
  - Borrowdale
  - Harare, Zimbabwe
- **Telephone**:
  - +263 485 3283
  - +263 485 3284
- **Fax**:
  - Sawman@forever.co.zw
  - Paul@forever.co.zw
- **Office Manager**:
  - Paul
- **E-Mail**:
  - orders@forever.co.zw
  - Paul@forever.co.zw

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F.I.T.™
Look Better. Feel Better.

C9

It only takes 9 DAYS to cleanse your body and make a change.

FOREVER

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www.foreverliving.com

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