

DAY 21

Hi All,

It is the end of week 3 and most have fantastic results so far and are feeling invincible.(Let's remember our weekly measurements.) I also know that a few people feel that they are just not strong enough to make the right choices every day. That's where the environment is critical. Lean on the strength of those positive influences around you!!

Don't be the ignorant teenager who touches the paint just to see if it wet, or needs to do the opposite just to assert their individuality. Stupid yes, but I have done it too!

One of the points the professor of endocrinology (metabolic/glandular disease) made to me was about surgery options for obesity. He said that surgery was very successful.

- Mortality rates were low between 1 in 1000 and 1 in 100 depending on the severity of surgery

- Weight loss results were good between 47 and 70%

- Cost was \$30,000 to \$40,000.

- Results were better for people's health if they voluntarily made the dietary and lifestyle changes (vs having the surgery)

- Long term results were dependant on follow up (budget \$5000 per annum for nutritionist, psychologist, exercise etc) but most surgery recipients did not do this because the surgery cost was enough.

(My comment- Still surgeons can justify doing the surgery knowing the individual can't/won't do the follow up)

So what is our follow up system and how much does it cost? Free emails! \$5 weekly meetings! (not 50 or 100) \$20 monthly meetings! And \$195 weekend seminars 3 times a year! Media Apps that allow you to have positive material with you everywhere!!! Add it all up and it is a fraction of the cost. Also you have a bunch of friendly faces that are, at worst, happy and encouraging.

As I sat in 2 Business development seminars yesterday for a total investment of \$20 (QLD Australia cost) I was reminded again of how cheap and how critical the Network 21 environment is to my long term weight loss goals. Again I was inspired to become a better me and again I was amazed at the incredible value of the Network 21 support system. Thank you Jim and Nancy!!

I also remembered the words of one of my university lecturers who said, "the one who does the teaching learns the most", so I share and teach as much as possible so I continue to learn. Why don't you do the same?

My suggestion is always come to more of the environment, bring more people to the environment and share and teach as much as possible so you will learn the most. Why? Because it is a battle!! Every day you are told you can get 2 for 1 chocolate bars, or these biscuits are 50% off, or its cheap Tuesday, or you will have more friends and more fun if you drink this soft drink, the messages are endless. The marketing is clever and insidious. We must purposefully protect ourselves and our health!!

Do you want those faceless marketers to win or do you want to be the healthiest you possible?

Jamie