

January - February 2016 / Issue 70

FORE^{ER}

 GHANA  SIERRA LEONE  LIBERIA



In This Edition
HIGHLIGHTS FROM
EAGLE MANAGER RETREAT
2015-CANCUN- MEXICO
SUCCESS DAY & RECOGNITIONS.
Freetown, Sierra Leone & Kumasi, Ghana
The Power of the PAK

HIGH FLYING IN CANCUN

Managers travel to Mexico for a weekend of inspiration and fun!!



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 favorite 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



Stay the Course

Features

This edition of our newsletter features memorable photos and reports from our first ever Success Day showcase in Freetown, Sierra Leone as well as Success Day celebrations in Kumasi, Ghana. Highlights of the dazzling Eagle Manager Retreat in Cancun are also featured together with educative articles on Fibroids, How FBOs can accelerate their businesses with Forever Paks, testimonies of success, Move Ups on our Marketing Plan and the Forever 2 Drive incentive qualifiers.

Stay the Course

When FBOs encounter the once-in-a-lifetime business opportunity presented by Forever Living Products, they are often highly motivated and full of excitement and enthusiasm. Like a tsunami, the waves of motivation hits them hard and create in them an overarching sense of urgency to harness the incredible opportunity offered by Forever in order to achieve their lifelong dreams. They set in motion all kinds of plans to enable them achieve those dreams. However, motivation as strong as it is can easily evaporate especially in the face of persistent adversity. Daily doses of motivation is therefore critical to keep the fire burning.

The best form of commitment by any individual is doing the things you said you were going to do long after the emotions you said it in have passed! It is those who stick to doing what they said

they were going to do and doing them even in the face of obstacles that eventually end up been victorious and successful. There is no way you can win or succeed when you 'cut and run'.

Some of the obstacles that often reduces FBOs level of motivation are rejections from potential clients and prospective team members, distractions of everyday happenings and social media as well as negative comments from dream killers. Overcoming these obstacles that chip away at your motivations require a constant focus on your dreams for joining Forever. This means constantly reflecting on and reminding yourself of those things that keep you going. These could be the faces of your children, wife, husband, parent, relative, friend or someone that you care so passionately about that you will want to do anything possible to support or please. A mental picture of how things will look like when you have achieved those dreams can also help to keep you well motivated and inspired.

Been in the company of very successful and positive people will also help to keep you motivated as the success and positivity will definitely rub off you. Attending company meetings and events, reading stimulating books,

listening to inspirational audios and watching motivational videos can help keep you well motivated.

Stay the course and keep on keepin' on. Forever is not a 'get rich quick' scheme but it is certainly a 'get rich' scheme if you stay the course and do what is required of you. As you nurture your business, you are bound to reap the harvest with time. With so many incentives like the Eagle Managers' Retreat, the Global Rally and the Forever2Drive, there is so much to gain from staying the course by working your business. The possibilities are endless!

Stay Positive

Remember to stay positive at all times and smile to all the people you meet. You have greatness within you.



Dinah & Michael Boafo

Country Manager

MOVE UP

SUPERVISORS

1. COMFORT KINTINKAWE
2. JEROME TERHIDE BUNDE
3. MERCY DARKWAA SAFAH
4. EMMANUEL SASU
5. FATMATA KOROMA JOSEPHINE
6. ESTHER EFA-QUAYSON
7. SAMUEL ERZOAH
8. AZUMAH AWILU

Sponsor

2015 AUGUST

1. BENJAMIN ANGENU
2. COMFORT KINTINKAWE
3. JEROME TERHIDE BUNDE
4. MERCY DARKWAA SAFAH
5. ABU BAKARR KANNEH
6. LINDA ANAFO ANAPOKBILA
7. LIGHT KWESI OFORI
8. ESTHER EFA-QUAYSON

MANAGERS

1. BENJAMIN ANGENU

ASSISTANT MANAGERS

1. MILLICENT MAKU KWETEY
2. MOSES ABAYATEYE
3. GYAN FERDINAND ABRAHAM

SUPERVISORS

1. ISMAIL ABUBAKAR
2. JEMIMA EGYAM
3. BLESSING AMA DE-GRAFT JOHNSON
4. JOEL GYASI, HOLYFIELD

Sponsor

2015 SEPTEMBER

1. ISRAEL HANSEN AYERTEY

Sponsor

1. BENJAMIN ANGENU
2. MILLICENT MAKU KWETEY
3. MOSES ABAYATEYE

Sponsor

1. MICHAEL AVEVOR
2. GYAN FERDINAND ABRAHAM
3. MARK COLLINS AYEYEH
4. LIGHT KWESI OFORI

MANAGERS

1. ISRAEL HANSEN AYERTEY

SUPERVISORS

1. BEST EMEKA ALIKA
2. PRINCE DJANGMAH
3. LETICIA ASAMOAH ANTWI
4. PERPETUAL NAA AMELEY SAMPAH
5. EVANS KWABENA NARTEY
6. ROLAND AGANA
7. DWAMENA AUGUSTINE
8. AMANFO KWAME OFORI & VIDA AKOSUA OFORI
9. ELFRIDA NAA ADOLEY ADDO
10. SAMUEL ARKOH & FLORENCE ARKOH
11. CHARLES KWAKU BADU
12. PRINCE CHARLES TETTEH & MARY TETTEH
13. SUMAILA SEIDU & REBECCA SEIDU
14. ALIDU SEIDU
15. JAMES PRINCE AMIOLEMHEN
16. YAHAYA AHMED SIDIK SAIBA & AMINA HAJIA
17. SAMPSON AKUTAM NABIIGA & BINTU IBRAHIM
18. MARY DZATUGBUL ZAGALAGO
19. JACQUES EMMANUEL KAMADJEU
20. BOAKYE YAW AIDOO
21. RAKIA MALLAM ALI
22. RASHID ABDUL-RAHMAN
23. JAMES BANNEA
24. WINNIFRED ADOTSOO ANANG
25. AMAR SESAY
26. ABUDUL MALIK SULEMANA
27. JOHN ANSAH
28. CHARLES BAYSAH
29. LEETOR JOHNSON VARPILAH
30. ABDUL RAHMAN SHABAN SAANI
31. AMA BOAKYE AFFRAM COFFIE
32. GEORGE ANKOMAH REV

Sponsor

2015 OCTOBER

1. MARK COLLINS AYEYEH

1. CYRIL MESIEGHUN KANWAYE
2. EMMANUEL OFFEI
3. PRINCE DJANGMAH
4. LETICIA ASAMOAH ANTWI
5. PERPETUAL NAA AMELEY SAMPAH
6. EVANS KWABENA NARTEY
7. ROLAND AGANA
8. JOHN HAGAN
9. DWAMENA AUGUSTINE
10. AMANFO KWAME OFORI
11. SAMUEL ARKOH
12. ELFRIDA NAA ADOLEY ADDO
13. PRINCE CHARLES TETTEH
14. SUMAILA SEIDU
15. ALIDU SEIDU
16. JAMES PRINCE AMIOLEMHEN
17. PAUL SARPAK
18. SAMPSON AKUTAM NABIIGA
19. MARY DZATUGBUL ZAGALAGO
20. CHARLES KWAKU BADU
21. BEST EMEKA ALIKA
22. RAKIA MALLAM ALI
23. JANET AMOANIMAH AGGREY
24. DANIEL ADU ANNOR
25. ABU BAKARR KANNEH
26. RASHID ABDUL-RAHMAN
27. DOREEN ADU-OSEI
28. AMAR SESAY
29. COOPER ELBERT
30. YAHAYA AHMED SIDIK SAIBA
31. MENSAN JOSEPH AGYEI
32. JANET AMOANIMAH AGGREY

MOVE UP

MANAGERS

1. DOREEN ADU-OSEI

ASSISTANT MANAGERS

1. ERIC KESSE

SUPERVISORS

1. ABDUL-RAHMAN IBRAHIM
2. CHRISTIAN DZIKUNU
3. MASAWUDU AMADU
4. RUGIATU BARRIE
5. AMPOFO KWASI BIMPONG
6. BASHIRU ABDALLAH
7. SOLOMON YANKSON
8. HIKMATU SHABAN
9. ALICE AMPOFO BOATENG

Sponsor

2015 **NOVEMBER**

1. FAUSTINA YAA ANTWI

Sponsor

1. MUNIRU MOHAMMED NYANDIBA

Sponsor

1. IBRAHIM SULEYMAN BAMBA
2. RAFATU NAA AYEELEY ARMAH
3. ISMAIL ABUBAKAR
4. SHEKA KAMARA
5. MUNIRU MOHAMMED NYANDIBA
6. ERIC KESSE
7. ERIC KESSE
8. ABDUL RAHMAN SHABAN SAANI

SUPERVISORS

1. DOMINIC ATOYUURE
2. DUAH KWAKU KARIKARI & ROSEMARY DONKOR
3. MANSARAY KEMOH

Sponsor

2015 **DECEMBER**

1. JOSEPH FIANMOI DUUBIK
2. KENNETH NYARKO VICTOR
3. MENSAH JOSEPH AGYEI

Trip to **DUBAI** Qualifiers

Congratulations

1

Getermenah, Arthur Sunday

2

Kwesi Light Ofori

3

Aggrey, Janet Amoanimah



TOP 10's

AUGUST 2015 (GHANA)

FBO'S (PERPRTUAL CC)

1. ALHASSAN, HAMZA
2. AYIMASU, JULIUS
3. AYEH, MARK COLLINS
4. GETERMENAH, ARTHUR
5. AGYEI, MENSAH JOSEPH
6. BAMBA, IBRAHIM SULYMAN
7. AMUAH, ELIZABETH ESI
8. NODJO, FRANCIS
9. TANKO, AYUBA
10. EFFUM, LAURENCE

NON-MANAGER'S CASE CREDITS

1. AYEH, MARK COLLINS
2. AYERTEY, ISRAEL HANSEN
3. ALHASSAN, DAWUDA
4. ANGENU, BENJAMIN
5. GYAPONG, ERIC
6. MENSAH, PROSPER K
7. BOAFO, MICHAEL
8. TAHIDU, HAMZA
9. GAUIS, FLORENCE CHIDINMA
10. ABRAHAM, GYAN FERDINAND

TOP 10 RETAILERS

1. NYARKO VICTOR, KENNETH
2. ABABIO, OWUSU
3. DE-GRAFT JOHNSON, BLESSING AMA
4. AMEDORME, JOYCE DZIFA
5. HAGAN, JOHN
6. AYEH, MARK COLLINS
7. JELSON, CLEARDON
8. AMOAH, EMMANUEL
9. GYASI, HOLYFIELD, JOEL
10. EFFUM, LAURENCE

4CC ACHIEVERS JUL-AUG (A/S)

1. TAGOE, NARTEY EBENEZER
2. DZIMADO, FRANCIS
3. EGYAM, JEMIMA
4. APPIAH, DAISY EKUA AMPEAA
5. KYEI, EBENEZER BEDIAKO
6. AMPONSAH, ISAAC
7. BREW, CHARLES KWAKU

AUGUST 2015 (SIERRA LEONE)

FBO'S (PERPRTUAL CC)

1. KANNEH, ABU BAKARR
2. KAMARA, ZACHARIYA BAIMBA
3. TUCKER, NOAH
4. ISATU, ELIZABETH WILSON
5. WAIRIMU GITU, AGNES
6. SANNOH, MOHAMMED
7. EIWOH, SAO MARY
8. WEEKES ESENAME ADILINE
9. KARGBO, DAVID SANTIGIE
10. VANDI, JUNISA JONATHAN

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1. ISATU, ELIZABETH WILSON
2. KARGBO, DAVID SANTIGIE
3. WAIRIMU GITU, AGNES ANN
4. BANGAIA, MICHAELLA
5. KANNEH, ABU BAKARR
6. TUCKER, NOAH
7. SANNOH, MOHAMMED
8. KHAMA INA, VOILET
9. KOROMA JOSEPHINE, FATMATA
10. DABUNDEH, MOHAMED

TOP 10 RETAILERS

1. KAMARA, ZACHARIYA BAIMBA
2. KARGBO, DAVID SANTIGIE
3. BAH KULSUM, UMU
4. TUCKER, NOAH
5. OSEI, JOSEPH
6. WAIRIMU GITU, AGNES ANN
7. ISATU, ELIZABETH WILSON
8. SESAY RAZAK, ABDUL
9. KANNEH, ABU BAKARR
10. DABUNDEH, MOHAMED

4CC ACHIEVERS JUL-AUG (A/S)

1. OSEI, JOSEPH
2. KHAMA INA, VOILET

SEPTEMBER 2015 (GHANA)

FBO'S (PERPRTUAL CC)

1. ALHASSAN, HAMZA
2. AYIMASU, JULIUS
3. AYEH, MARK COLLINS
4. GETERMENAH, ARTHUR
5. AGYEI, MENSAH JOSEPH
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5. MENSAH, PROSPER K
6. TAHIDU, HAMZA
7. BOAFO, MICHAEL
8. AGYEI, MENSAH JOSEPH
9. ABRAHAM, GYAN
10. FERDINAND
11. AGGREY, JANET AMOANIMAH

TOP 10 RETAILERS

1. TOAH, WILLIAM
2. SABI, ILETUO
3. AMEDORME, JOYCE DZIFA
4. ABABIO, OWUSU
5. AYERTEY, ISRAEL HANSEN
6. AMOAH, EMMANUEL
7. AGYEI, MENSAH JOSEPH
8. BANNEA, JAMES
9. GYASI, HOLYFIELD, JOEL
10. ANGENU, BENJAMIN

4CC ACHIEVERS AUG-SEPT (A/S)

1. SESAY, AMAR
2. KARIKARI, DUAH KWAKU
3. ALHASSAN, OLIVIA HAWA

SEPTEMBER 2015 (SIERRA LEONE)

FBO'S (PERPRTUAL CC)

1. KANNEH, ABU BAKARR
2. KAMARA, ZACHARIYA
3. ISATU, ELIZABETH WILSON
4. TUCKER, NOAH
5. WAIRIMU GITU, AGNES
6. SANNOH, MOHAMMED
7. SEIWOH, SAO MARY
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5. TUCKER, NOAH
6. KAMARA, ZACHARIYA BAIMBA
7. BANGAILI, MICHAELLA
8. BAYSAH, CHARLES
9. JOHNSON ZUPAUL, EMMANUEL
10. KAMARA, SHEKA

TOP 10 RETAILERS

1. KARGBO, DAVID SANTIGIE
2. WAIRIMU GITU, AGNES ANN
3. KANNEH, ABU BAKARR
4. KAMARA, ZACHARIYA BAIMBA
5. ISATU, ELIZABETH WILSON
6. TURAY, ESTHER THERESA
7. MUSA, MARY
8. BARRIE SADU, CHERNOR
9. MANSARAY CLARA, ESTELLA
10. SAMBA LUCY BAINDY NAVO, ALICE

4CC ACHIEVERS AUG-SEPT (A/S)

1. MUSA, MARY

TOP 10's

OCTOBER 2015 (GHANA)

FBO'S (PERPERTUAL CC)

1. ALHASSAN, HAMZA
2. AYIMASU, JULIUS
3. GETERMENAH, ARTHUR
4. AYEH, MARK COLLINS
5. BAMBA, IBRAHIM SULEYMAN
6. AGYEI, MENSAH JOSEPH
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10. NODJO, FRANCIS

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4. MENSAH, PROSPER K
5. AGGREY, JANET AMOANIMAH
6. AGYEI, MENSAH JOSEPH
7. ALHASSAN, DAWUDA
8. NYANDIBA, MUNIRU MOHAMMED
9. BAMBA, IBRAHIM SULEYMAN
10. WIAFE, SAMUEL

TOP 10 RETAILERS

1. OFORI, LIGHT KWESI
2. GETERMENAH, ARTHUR
3. DUDOME, DELALI
4. ANKOMAH REV. GEORGE
5. BANNEA, JAMES
6. AGGREY, JANET AMOANIMAH
7. AMOAH, EMMANUEL
8. ADJEI, HAYFORD
9. ADU-OSEI, DOREEN
10. COFFIE, AMA BOAKYE AFFRAM

4CC ACHIEVERS SEP-OCT (A/S)

1. IBRAHIM, ABDUL-RAHMAN
2. ADEGOKE, AKWESI KARIKARI
3. ATOYUURE, DOMINIC
4. KARIKARI, DUAH KWAKU
5. OSEI, JOHN OWUSU
6. BROBBEY, ROGER ASAMOAH
7. SHABAN, HIKMATU

OCTOBER 2015 (SIERRA LEONE)

FBO'S (PERPERTUAL CC)

1. KANNEH, ABU BAKARR
2. KAMARA, ZACHARIYA
3. ISATU, ELIZABETH WILSON
4. WAIRIMU GITU, AGNES
5. TUCKER, NOAH
6. SANNOH, MOHAMMED
7. SEIWOH, SAO MARY
8. KARGBO, DAVID SANTIGIE
9. WEEKES ESENAME ADILINE
10. VANDI, JUNISA JONATHAN

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1. ISATU, ELIZABETH WILSON
2. KANNEH, ABU BAKARR
3. BANGURA, JOHN
4. BAYSAH, CHARLES
5. KAMARA, SHEKA
6. SANNOH, MOHAMMED
7. WAIRIMU GITU, AGNES ANN
8. BARRIE, RUGIATU
9. BADAMASI ALPHA, MOHAMED
10. KARGBO, DAVID SANTIGIE

TOP 10 RETAILERS

1. KAMARA, ZACHARIYA BAIMBA
2. KARGBO, DAVID SANTIGIE
3. KPAGOI SYLVIA, SATTI
4. KANNEH, ABU BAKARR
5. JOHNSON VARPILAH, LEETOR
6. ISATU, ELIZABETH WILSON
7. BANGAILI, MICHAELLA
8. KARGBO VERONICA, ABIEOSEH
9. MANSARAY, HAWANATU
10. BADAMASI ALPHA, MOHAMED

4CC ACHIEVERS SEP-OCT (A/S)

NOVEMBER 2015 (GHANA)

FBO'S (PERPERTUAL CC)

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3. AYEH, MARK COLLINS
4. GETERMENAH, ARTHUR
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6. AGYEI, MENSAH JOSEPH
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5. ANGENU, BENJAMIN
6. MENSAH, PROSPER K
7. ALHASSAN, DAWUDA
8. HAGAN, JOHN
9. WIAFE, SAMUEL
10. BOAFO, MICHAEL

TOP 10 RETAILERS

1. ADU-OSEI, DOREEN
2. KEMOH, MANSARAY
3. NYARKO VICTOR, KENNETH
4. AMOAH, EMMANUEL
5. YANKSON, SOLOMON
6. GETERMENAH, ARTHUR SUNDAY
7. ABDALLAH, BASHIRU
8. BIMPONG, AMPOFO KWASI
9. NYANTAKYI, ASENSO NANA
10. KESSE, ERIC

4CC ACHIEVERS OCT-NOV (A/S)

1. TAGOE, NARTEY EBENEZER
2. NII-BOAFO, DANYINAA NSE
3. BOATENG, SAMUEL OFOSU
4. AYENSU, AKYERE
5. KEMOH, MANSARAY
6. DOFO, SAMUEL KWAKU
7. ATOYUURE, DOMINIC
8. KARIKARI, DUAH KWAKU
9. KYEI, ABENA AMPONG

NOVEMBER 2015 (SIERRA LEONE)

FBO'S (PERPERTUAL CC)

1. KANNEH, ABU BAKARR
2. KAMARA, ZACHARIYA
3. ISATU, ELIZABETH WILSON
4. WAIRIMU GITU, AGNES
5. TUCKER, NOAH
6. SANNOH, MOHAMMED
7. SEIWOH, SAO MARY
8. KARGBO, DAVID SANTIGIE
9. WEEKES ESENAME ADILINE
10. VANDI, JUNISA JONATHAN

NON-MANAGER'S CASE CREDITS

1. KANNEH, ABU BAKARRISATU,
2. ELIZABETH WILSON
3. BAYSAH, CHARLES
4. WAIRIMU GITU, AGNES ANN
5. TUCKER, NOAH
6. PRATT ONIKE CHERYL, VANESSA
7. KARGBO, DAVID SANTIGIE
8. LAHAI TAILLU, MOHAMED

TOP 10 RETAILERS

1. KARGBO, DAVID SANTIGIE
2. KANNEH, ABU BAKARR
3. ISATU, ELIZABETH WILSON
4. TUCKER, NOAH
5. WAIRIMU GITU, AGNES ANN
6. ERNEST ABU-BAKARR, BOB
7. TARAWALLY, YANDI
8. BROWNE IYEBORBOR, ADAMA
9. KAI KAI, ELIZABETH
10. BAYSAH, CHARLES

4CC ACHIEVERS OCT-NOV (A/S)

1. LAHAI TAILLU, MOHAMED
2. PRATT ONIKE CHERYL, VANESSA

AN INCENTIVE THAT

ACCELERATES

YOU

Thousands are earning this. What is the car of your dream?



MARK COLLINS (EAGLE MANAGER)

Thousand's of FBO's worldwide have already qualified for a new car via Forver2Drive incentive. Do you want to be NEXT?

Latest Qualifier

GETERMENAH ARTHUR SUNDAY (LEVEL 1 QUALIFIER)

LEAD THE PACK.

GLOBAL RALLY
JOHANNESBURG
2016

APRIL 17-25

*Congratulations to Global Rally Qualifier
HAMZA ALHASSAN (Sapphire Manager)*



FOREVER®

The Power

It is easy to get overwhelmed when determining what products will work best for you and your customers. That's why Forever has paired some of our best selling products together to help you make permanent changes in your lifestyle and see results. Discover how you can look and feel better using Forever paks like Vital5®, Clean 9 and Forever F.I.T. and help others do the same!

Did you know that many of our top and fastest-growing Forever Business Owners share paks as a way to help others and grow their business?

Not only do paks take the guesswork out of picking the right products, they also allow you, with a few easy questions, to learn how you can best meet the needs of your customers.

A great way to start with a new customer is to recommend Clean 9. In only nine days, they can have a positive experience with the product and see results.

It also supports healthy habits and helps to prepare their body for other products by helping to eliminate stored toxins that may be keeping them from receiving the maximum nutrients in their food and supplements.

Once a customer has completed Clean 9, you have the opportunity to learn more about their health concerns. For those who want to lose weight, the Forever F.I.T. program can provide the products, exercises and meal plan they need to look better and feel better.

If your customer has achieved their weight-loss goals, you can recommend Vital5® to maintain their healthy habits combined with any F.I.T.™ products they love. If they haven't reached their goals yet, they can repeat the F.I.T. 1 and F.I.T. 2 paks until they do! Or, maybe they're interested in the best daily nutrition to support overall health and well-being. If that's the case, you can introduce them to Vital5®.

Check in with your customers regularly to learn how their health needs may be changing. Offer additional products that they can try or new product paks. Paks are a simple way to help you share Forever, help others AND build your business!

Another great way to share your favorite Forever products with paks!



of the Pak

Building Your Forever Business with Paks

Start by recommending Clean 9 to your new customer.



Clean 9

- Positive experience with results in 9 days
- Supports healthy habits
- Prepares the body
- Eliminates stored toxins

Learn more about your customer's health concerns

Do they want to achieve weight-loss?

NO

YES



Forever F.I.T. program

- Look better and feel better
- Provides products, exercises and meal plan

Do they want to maintain healthy habits?

YES

Vital5®

- Daily nutrition to support overall health and well-being
- Maintain healthy habits



More weight-loss?

NO

YES



Ready for maintenance?

YES

NO



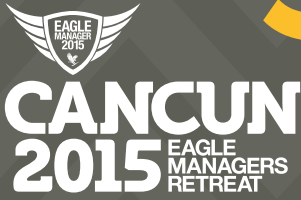
Check-in with your customers regularly to learn how their health needs may be changing.



Repeat **F.I.T. 1** and **F.I.T. 2** paks until they have achieved their goals!

To learn more about Forever paks, visit:
foreverliving.com/paks

High Flying in Cancun



Fifteen couples from North America set out on an adventure to Eagle Managers Retreat in Cancun! Filled with unforgettable training and the opportunity to network with Forever Business Owners all over the world, EMR was an experience to remember!





Achieving Eagle Manager is a powerful accomplishment for any Forever Business Owner. By learning the principles essential to being an Eagle, FBOs can build a sustainable business and use best practices to propel them forward. It is also a stepping-stone to qualifying for another great Forever incentive, Chairman's Bonus!

Our 2015 Eagle Managers arrived at the beautiful Moon Palace Golf Resort & Spa for two days of life-changing training! After registering and getting checked in, Eagle Managers received a special message from Chairman and CEO Rex Maughan before having the opportunity to have their picture taken with him on stage!

Day 1 of training kicked off with a powerful message from President Gregg Maughan about challenging yourself to accept the new normal in Forever – quick and unprecedented growth! Gregg reminded the room that everyone can achieve their goals in Forever with planning, dedication and hard work.

Emma Cooper is a testament to this new reality, only beginning her business in 2014 and this year presenting at EMR as a Sapphire Manager. With about 1,300 eager

Eagle Managers in the crowd, Emma shared what it's like to live a day in her life. FBOs learned the details in the daily tasks that have brought Emma so much success. As Emma explained, "We've all been given the same tools – we all have access to the same trainings and products. There's no reason we can't achieve the same success!"

Another leading FBO from the UK, Becky Deely gave Eagle Managers powerful tips on how to build a brand and be authentic, honest and real as they interact with potential FBOs.

In addition to hearing about best practices from leaders, Eagle Managers also had the opportunity to gain insight into the inner workings of the company from members of the Forever Executive Team and Global Leadership Team.

This year, Eagle Managers dove deeper into the Forever™ Essential Oils line and the Forever Supply Chain with Garin Breinholt, Executive Vice President of the Americas. Andrew O'Hare, Executive Vice President of Digital Technologies, announced the unveiling of the newly redesigned foreverliving.com. His in-depth workshop provided inside looks at FLP360° and other important tools, and explained the power of

having the business right at your fingertips.

One of the most powerful moments took place at Aidan O'Hare's kitchen table – right on our stage! Aidan, our Executive Vice President of Europe and Marketing, sat down with three of Forever's highly esteemed Global Leadership Team to discuss their lives and Forever businesses. The inspiring members of the GLT shared some of their secrets to success, including how they achieved Chairman's Bonus and what it's like to work with the company to improve the Forever Opportunity.

Finally, after two days of training and inspiration, it was time to celebrate the accomplishment of all of our Eagle Managers with the Viva Forever Beach Party! Everyone danced the night away to music from a live band and DJ while enjoying delicious food and reflecting on the amazing experience they had in Cancun.

Eagle Managers Retreat is not just an opportunity to travel to beautiful destinations all over the world, but a chance to learn from Forever's leaders and attend high-level trainings to help propel them to the next level in their businesses.



Success Day Sierra Leone 21st Nov 2016







Recognition of Top FBO's



Recognition of Top Business Builder's



Charles Dwumor Presenting the FLP Opportunity in Twi



Recognitions of Top Retailers



MC, Julius Ayimasu



Country Manager dancing to the tune "We Would Rock You"



Top FBO, Francis Nodjo



Cross section of the audience



Recognitions of Supervisors



Recognitions of Supervisors



Recognitions of Assistant Managers



Top FBO Hamza Alhassan Presenting the FLP Opportunity

Success Day and Recognitions

at Miklin Hotel Kumasi
28th November, 2015



The audience was not left out of the FUN



Recognition of Supervisors



BR Team members showing joy and support after a team member is recognized Manager



Recognition of Assistant Supervisors



Musical performance by Justice Abban



Recognition of Supervisors



'FIT boogie down Dance Challenge'



Recognition of Managers



Mark Collins sharing his Forever testimony



Testimony of Success New Managers

My name is Angela-Kwawu Amenyo, a Police officer by profession, who despite all the busy schedule, still managing to work Forever part time and now celebrating success. My first appreciation goes to God Almighty who inspired Rex Maughan to develop this wonderful opportunity, secondly I wish to thank Mr. Rex Maughan and his great team who through their efforts are touching the lives of many people worldwide with this wonderful opportunity. Thirdly, I wish to thank our Country Manager, Mr. Michael Bofo for his enormous advice and support, May God bless you. My forth appreciation goes to my up-line Senior Manager Francis Nodjo for his immense support; in times of need you were there for me. Finally I wish to thank my wonderful downlines: Eric Gyapong who is now my 1st generation Manager, Dr. Munira, Dr. Atsu, Salasi,

my team members could I have done God richly bless you keep the fire burning. determination and will be surely make it. ne Manager within a few weeks, months or years, I used 7 solid years to get there, and guess what I have no regrets. This is where the motto comes in that "Winners Never Quit and Quitters Never Win", where there is a will, there is a way. I personally call Forever "The Best Health Insurance Opportunity" which I recommend to every human being; so long as you have breath. Forever is the best thing which has happened to me; both in good health and financial terms. Before I joined Forever, I was suffering from chronic malaria which usually lasted a maximum of two months. I suffered from pneumonia which nearly claimed my life; and on top of all this, I also had fibroid which I needed to be operated on before I could conceive; but honestly, I had my baby without the operation and all the health challenges had been a

thing of the past due to the amazing health benefits of using the products. When it was time for God to bless me on the side of the business, in the 5th year, I became a Supervisor, 6th year Assistant Manager and three months into my 7th year I became a Manager. Apart from this, I have also won a projector from a special raffle draw. This simply means Forever delivers on its promises. It's now left for me to qualify for the Forever2 Drive incentive which am working hard towards. "Good health is better than riches". Meanwhile, Forever gives both good health and money, I mean GOOD MONEY. Forever is good; Forever is sweet; Forever is lovely. Buy good health and sell it not. Thank you.
ANGELA KWAWUAMENYO
(Manager)



Glory be to God Almighty for his Grace, mercies and blessings upon my life. My life before Forever was not easy. Coming

from a poor background, basic necessities such as putting food on the table was a challenge not to even

talk about paying utility bills and school fees.

Testimonies of Success



My first thanks goes to God Almighty for bringing me this far in my FLP business. I must say that it has been so marvelous in my eyes what the Lord had done. I want everyone to know that the height attained and kept by great men was not by sudden flight but while compatriots slept they willed throughout the night and by grace, their hard work and diligence paid off.

I discovered Forever Living Products the same time I had an opportunity to travel

outside the country to seek greener pastures. At this point, I had to choose between travelling and pursuing this business opportunity. After critical examination and prayers, I decided to make my life changing decision to choose FLP over my trip abroad to the dismay of my family. But as a good student of success I refused to let the negative comment and remarks cloud my judgment and influence my decision to run with this great opportunity.

I must however admit that it wasn't easy making my dreams a reality. In my initial 8 months in the business I faced numerous challenges which made me question my decision to pursue this business. But as the good book says "I can do all things through Christ who strengthens me", I persevered and with lots of encouragement and motivation from my up line Manager Mark Collins I was able to make it. I want to take this opportunity to specially

thank him and all the other leaders who supported me through my journey in Forever.

To succeed in Forever, put in the right attitude towards work, attend trainings, accept responsibilities, know your why, be consistent and persistent in your daily activities and help others achieve what they want and definitely you would make your way to manager.

Indeed FLP is a life transforming opportunity for people who want to improve their lives. I would like to end with these words of wisdom "Some people want it to happen, others wish it happens and others make it happen" where do you stand?

Thank you all sees you at the very top.
Doreen Adu-Osei



SPECIAL Training and Recognition for Assistant supervisors qualifying from December 2015 - February, 2016



Are You Ready To Reset Your Routine?

C9

Busy schedules, meals on-the-go, not enough energy – there can be many causes of weight gain and fatigue. But, there doesn't have to be. Forever's Clean 9 program can help you build healthy habits and make a permanent change for the better!

Together with an easy to follow meal plan, exercise suggestions and lifestyle tips, the Clean 9 products provide you with the nutrition you need, help you reset unhealthy habits and build the foundation for a healthier lifestyle. Clean 9 is specially designed to help you address all three areas needed for successful weight management by:

- 1** Reducing caloric intake and controlling hunger with Forever Garcinia Plus® and Forever Fiber™
- 2** Increasing the calories burned with Forever Therm™ and regular exercise
- 3** Feeding your metabolism with Forever Aloe Vera Gel®, protein, vitamins and minerals from Forever Lite Ultra® with Aminotein® and healthy food choices – often the forgotten piece of the weight loss puzzle

Can you feel lighter and more energized in only nine days? Yes, you can! Forever's Clean 9 is the first step in establishing lifelong habits that will help you achieve true and lasting weight management.

The Power in the Pak

Clean 9 is made up of five Forever favorites: our delicious protein shake, Forever Lite Ultra® with Aminotein®, the fat-burning power of Forever Therm™, the appetite suppressing strength of Forever Garcinia Plus®, Forever Fiber™ to promote feelings of fullness and Forever Aloe Vera Gel® to support digestive health.

Forever Lite Ultra® with Aminotein®

Forever Lite Ultra® with Aminotein® is the perfect addition to your healthy routine. Each serving provides 17 grams of protein combined with vitamins and minerals to support a healthy metabolism and overall health. Two servings, prepared with non-fat milk, supply 100% of the Daily Value for vitamins A, C, D, E, B6, B12, niacin, folate, calcium and more, along with 18 important amino acids.

Forever Therm™

Forever Therm™ combines ancient tradition with modern nutrition through a specially formulated nutrient blend. This botanical blend includes green tea extract, green coffee extract and guarana, which have been shown to help promote the body's ability to burn fat and enhance metabolism. These botanicals are combined with an exclusive vitamin blend that provides a full complement of vitamins B and C that are critical to provide energy.



The Clean 9 Pak includes:

- Forever Aloe Vera Gel® - (2) 1 Liter Bottles
- Forever Lite Ultra® Shake Mix - Vanilla or Chocolate
- Forever Garcinia Plus® - 54 Softgels
- Forever Fiber™ - 9 Packets
- Forever Therm™ - 18 Tablets
- Tape Measure

475 English/Vanilla

476 English/Chocolate

BUILDING THE FOUNDATION FOR LOOKING AND FEELING BETTER.

Forever Garcinia Plus® is a revolutionary dietary supplement featuring clinically researched levels of the derivative of the fruit of the Garcinia Cambogia tree combined with chromium to help naturally control appetite.

Fiber helps support feelings of fullness, controls appetite, cravings and caloric intake. Forever Fiber™ makes it easy to add more fiber to your diet by providing 5 grams of soluble fiber in each stick pak. That is equivalent to almost 1 1/2 cups of brown rice or two slices of whole wheat toast – without the carbohydrates and calories!

Aloe Vera gel supports healthy digestion and natural energy levels and provides the foundation for optimal health. Forever Aloe Vera Gel® is the first of its kind to be certified by the International Aloe Science Council.

In addition to the fantastic products included in the Clean 9 Pak, the program provides you with the tools you need to transform your body and jumpstart your journey to lasting weight management. This effective, easy to follow program includes healthy eating guidelines, recipes, exercise tips and more.



Fibroids

and its management:

What you need to know

By Dr. Paul C. Onah

INTRODUCTION

Uterine fibroid is a benign tumor of the Uterus composed of smooth muscle and varying amounts of connective tissue. It is the commonest tumor of the Uterus, occurring in about 20 to 50% of women aged 30 years and above.

WHAT CAUSES FIBROID?

The exact cause of Uterine Fibroid formation is not known, although it is believed to originate from somatic mutations in the myometrial cells thereby resulting in progressive loss of growth regulation. It is therefore, suggested that every fibroid within the Uterus has a separate origin from a single muscle cell. Uterine fibroid has both genetic and ethnic predispositions. It has been shown to be sensitive to certain body hormones; hence its development during childbearing age and its regression during menopause.

ARE THERE RISK FACTORS?

The risk factors to the development of uterine fibroids include the combined effects of race, diet and environment, with a higher prevalence among the black race. Additionally, early onset of menses (before 12 years of age), overweight and sedentary life style are known risks. Women who have never been pregnant are at higher risks although uterine fibroids alone are rare causes of infertility. With regards to the size and site of the fibroids, while the risk reduces with both increasing parity and age at last births, women who have carried two pregnancies to term have half the risk.

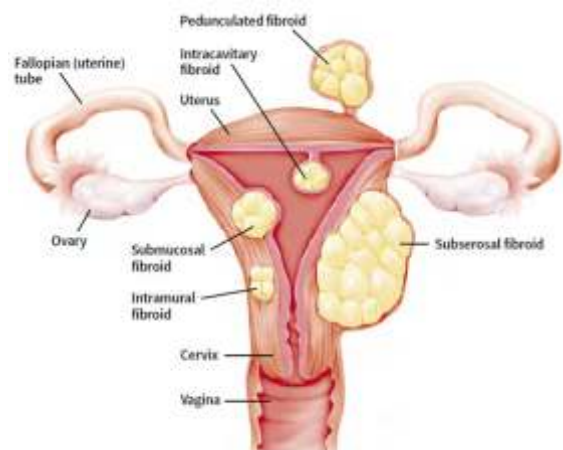
A FEW GENERAL CONSIDERATION

The size of uterine fibroids varies greatly, ranging from tiny to huge sized fibroids. It can be found at any part of the uterus, including the cervix. The uterine fibroids have been variously classified as follows:

- Sub-mucous-within the uterine cavity.
- Intra-mucous-within the uterine muscle.
- Sub-mural-at the outer surface of the uterus.
- Intra-ligamentary-at the sides of the uterus.

HOW DO YOU KNOW THAT YOU HAVE FIBROID?

The uterine fibroid may exist unnoticed when it causes no problems. However, the commonest symptom of uterine fibroid is menorrhagia excessive and prolonged menstrual bleeding thereby requiring intervention. It is worthy of note that menstrual abnormalities especially in a woman over 40 years cannot always be attributed to uterine fibroids even when present.



Other symptoms include chronic pelvic pain, pain during menses or coitus, acute pain (from torsion, degeneration or infarction), urinary symptoms such as frequency or obstruction (especially in cervical fibroids), increased rate of miscarriage, preterm labour, preterm premature rupture of membranes, placenta abruption, partum hemorrhage and puerperal sepsis.

Rarer symptoms are constipation, intestinal obstruction, prolapsed of pedunculated sub mucous fibroids, severe cramping pain, post coital bleeding etc.

In attempting to diagnose uterine fibroids, the history and clinical finding on examination may be enough. Otherwise, the use of ultrasound is standard technique. Hysteroscopy and other investigative modalities may be employed.

Other illnesses that can mimic uterine fibroids include Endometriosis, ovarian tumors, miscarriage, and pelvic inflammatory disease.

TREATMENT OF FIBROID

Treatment of uterine fibroids depends on whether it is symptomatic or not. In those that pose no danger, counseling, reassurance and periodic examination may be all that are needed. However, the symptomatic ones will require either surgical removal or medical therapy, depending on the clinical findings and best medical considerations.

CONSIDERATIONS/ SUGGESTIONS FOR MANAGEMENT OF UTERINE FIBROIDS WITH FLP PRODUCTS.

A: Nature Min or B12 plus; Forever Life or A-Beta Care; Fields of Greens; Bee Pollen (for multivitamins, Minerals and amino acids needed during blood productions).

B: Aloe Vera Gel, Lycium Plus, Absorbent- C (Pain inhibitors and antioxidants).

C: Bee Propolis and/or Probiotic, Garlic Thyme, Aloe Berry Nectar, A-Beta Care (natural antibiotic and strengthening of immune system, anti-inflammation).

D: Forever Nutri Lean, Clean 9, Garcinia Plus (for weight reduction).

“FLP Products (testimony)
Onyekachi charity Anyachor

I am Onyekachi Charity Anyachor, a Supervisor in Forever Living Products. I came in contact with Forever Living Products for the first time because of my health challenges. I had been diagnosed on the 15th February 2010 with fibroid/ovarian cyst. It was a terrible experience for me because I had to visit the hospital twice a week for treatment. I went through several tests and also minor operation procedures. The doctors even took some tissues from my womb lining for more tests.

I was bleeding twice monthly with severe pains and had to wear diapers because whenever I was bleeding I usually experienced paralysis from my waist to my leg. I have bled for a month non-stop before.

As time went on, I was scheduled for a major operation/ surgery on 19th of May 2011. I was a size 16 and my best colour was white; but due to continuous blood stain I started wearing dark colours. This went on for 2 years till I met a friend (now my up-line) who invited me to attend a seminar. There, I met my Team leader, Mr. Tope Akinola. He recommended supplementation to help my condition.

Lo and behold, I started having normal and pain free period after taking the supplements. The continuous use of these supplements gradually helped to push out the fibroid.

I have gone for several tests and scans since then, but the doctors could not find the fibroid/cyst.

I have also helped some women with similar conditions by recommending the same supplements to them. This has not only created an avenue for me to make money, but also touched many lives. These FLP supplements are incredible and the business opportunity is awesome. I am proud to be a product of the product. I have been touched by this amazing company.

Thank you FOREVER

Source: FLP Nigeria September October 2013



Onyekachi
Charity
Anyachor

DISCLAIMER: these products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of disease. You should consult a family physician if you are experiencing any medical problem or condition.



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