

THE BPG NEWS

Fort Lauderdale, FL • April 2011



Business & Professional Group

www.bpgftl.com

THIS MONTH

Speakers

Peter Meyerhoefer • Business Development Consultant
Collis Kimbrough • Psychotherapy
Thom Carr • Real Estate
Tom Millner • Church of the Holy SpiritSong

Events

Cruise Ship Bon Voyage Pot Luck Dinner Arlen • Leight
Open House • Collis Kimbrough & David Fawcett

Photos

Open House • Cal Steinmetz
Habitat For Humanity

New Member



PETER MEYERHOEFER

Meyerhoefer Ideas

I am excited to be part of this friendly professional group. About six months after closing my art gallery in early 2009, I was having lunch with a friend. We were talking about our work and he said, "Peter,

you need to quit giving away your ideas, people will pay for them." That day I quit giving away my ideas and Meyerhoefer IDEAS was started. A week later, I had my first monthly client, an upscale catering company. This client was an ideal client for me. He owned a very successful business and had expanded into gourmet takeout. He knew he should be doing marketing but could not add more work to his already busy day or add a marketing person to his staff. I offered a perfect solution: his personal marketing department. Through meetings with the owner, we created a marketing plan with monthly action plans for the takeout business. The plan included monthly story ideas, press releases, tasting events and special promotions. I used old school methods such as press releases and direct mail with new school methods of Facebook and Constant Contact.

I can relate to independent business owners from my experience as a gallery owner. My partner and I started thinking about opening an art gallery back in 2001. We were living in South Beach and the Wynwood Art District in Miami was just starting. We looked at warehouses in the district for a gallery and living space for ourselves. Prices rose fast and we ultimately decided living in a warehouse was a little too urban for us. Fast Forward to 2005 and we move to Lake Worth Florida. It has a cute historic downtown with two main streets. Lucerne Avenue already had 4 galleries and in the middle of them was a vacant store front. I signed the lease in September 2006 and opened two months later.

The gallery brought together two loves: art and marketing. I used my work experience to market and promote the gallery.

My first job was as director of advertising for a real estate company in Tampa Florida in 1984. We managed a yearly budget of \$1 million in print advertising. This was back in the day before computers and clip art came in a large book. In 1987, I went back to MBA School while still working. I received my degree and started a marketing department for an engineering firm. They had never hired anyone to do their marketing. I walked in to an empty office the first day. It was exciting and challenging.

In 1997, my partner changed careers and we headed out to the San Francisco Bay area. I took this opportunity to start my own event and design business. My business was growing but a family health issue brought us back East and my partner's new Miami based job in 2000.

I took my event experience and started working for an event company in Fort Lauderdale. As director of sales for the Bahamas, we created events at the Atlantis Resort in Nassau and the Our Lucaya Resort in Grand Bahamas. I have a passport filled with Bahamian Stamps.

My unique work background allows me to bring to my clients experience in public relations, client management, trade shows, event planning and social media.

On a personal note, my partner of 26 years Steve and I live in Hollywood. We met in Tampa in 1985. He works for the Federal Court System in Miami. We are both from the Midwest: Ohio and Indiana. We have a 7 year old German Shorthair Pointer named "Beck" and a six year old Maine Coon Cat named "Niki". We both are avid readers (love our new kindles), enjoy local theater and football (Steve's 25th anniversary present was season tickets to the Dolphins.)

Meyerhoefer

DO BUSINESS WITH A MEMBER

Business & Professional Group

P.O. Box 4587
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www.bpgftl.com

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*BPG Members meet for breakfast every Thursday at 8:00 a.m. at Hugh's Catering
4351 NE 12th Terrace
Oakland Park, FL 33334*



PRESIDENT'S MESSAGE

Hello everyone.

There is no President's Message...

APRIL FOOLS!!!!

~ La Prez



BPG BOARD OF DIRECTOR'S MEETING

March 2011 Meeting

The BPG Board Meeting was held on Wednesday March 2, 2011 at John Hand's Office at Keller Williams Realty.

In attendance: Donna Watson, John Hand, Steve McAleer, Arlen Leight, Matt Gill, Chris Traini, Susan Kissinger, Beverly Shaffer, Jim O'Keeffe and Debby Meltzer

Meeting was called to order at 7:05pm

Steve McAleer made a motion to approve the minutes from the last meeting and Matt Gill seconded it and it was unanimously approved.

OLD BUSINESS:

The Board discussed the proposed By-Law change that has been circulated to the membership and reviewed feedback from membership. Voting will close on March 18 and replies are to be sent to Steve McAleer, VP of Membership, at email address membership@bpgftl.com.

Susan Kissinger, Treasurer, presented the Treasurer Report. It is as follows:

Opening Balance:	\$ 3872.86
Deposits & Other Credits	\$ 3402.50
Checks Written:	\$ 3247.21
Other Withdrawals & Service Fees Charged:	\$ 37.88
Closing Balance:	\$ 3990.27

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MEMBERSHIP ACTIVITIES

SCHEDULED SPEAKERS

April 7

Peter Meyerhoefer

Business Development Consultant

April 14

Collis Kimbrough

Psychotherapy

April 21

Thom Carr

Real Estate

April 28

Tom Millner

Church of the Holy SpiritSong

MEMBER BIRTHDAYS

April 17 Bev Shaffer

April 20 Howard Zucker



SOCIAL CALENDAR

Cruise Ship Bon Voyage Pot Luck Dinner

**Saturday, April 2nd
at 5:00 p.m.**

Hosted by Arlen Leight.
Point of the Americas Phase II.
On the ocean, right at the port!
2200 S. Ocean Dr. Please RSVP to
Matt and let me know what
you'll be bringing:
mac_swim1956@yahoo.com

**Open House
Collis Kimbrough and
David Fawcett**

**Friday, April 15th
6:30 p.m to 8:30 p.m.**
2655 E. Oakland Park Blvd., Suite 2
RSVP to:
mac_swim1956@yahoo.com

MEMBERSHIP REPORT - MARCH 2011

Our Guests

Armando Vera, Armando Vera Productions

Referred by Beverly Shaffer

Peter Calvo, The City Wide Group

Referred by Cal Steinmetz

Steve Gray, Better Homes and Gardens

Referred by Cal Steinmetz

Norm Kent, South Florida Gay News

Referred by Peter Jackson

Josef Pace, Michael Leigh Salon

Referred by Michael Leigh

Billy Grimes, Bank United

Referred by Chris Truster

Betty Ducenor, Alum Financial Inc.

Referred by Paulette Halpern

Jason Parsley, South Florida Gay News

Referred by Peter Jackson

Marc Lyons, Lyons, Snyder & Collin, PA

Referred by Cal Steinmetz

*When you attend breakfast, introduce yourself to our guests and welcome them to the BPG!
Please bring a business associate or friend to a BPG breakfast, networking or social event.*

Thank you for your support!



BPG BOARD OF DIRECTOR'S MEETING

Continued from page 2

Jim O'Keeffe, Director of Community Relations, reviewed the event coverage for the booth for Pridefest. He is still looking to fill the Sunday shift from 12noon-3pm. The group will pay for the entrance fee for those volunteering to represent the group at our booth.

Chris Traini, Director of Networking, presented his report. He is all set with prizes for March.

Debby Meltzer, Director of Communications, presented her report and is working on completing the next newsletter.

Bev Shaffer, Friendship Director, reported there are no birthdays in March.

Steve McAleer, VP for Membership, presented his report. Steve reported that no postcards were redeemed at breakfast for the targeted new member promotion to the Wilton Manors Business Association. Also, it was discussed to postpone the printing of the membership directory until after the new business year begins in July. Matt Gill made the motion to postpone the printing of the membership directory until July in order to reflect new members and removed non renewing members. In addition, publish an insert directory for new members periodically throughout the year. Steve McAleer seconded the motion and all were in favor.

Arlen Leight, VP of Programs, presented his report. The speaking calendar is completely open in April and he will be soliciting members to speak.

Matt Gill, Director of Social Activities, presented his report. A-la-carte dine around will be held at Texas Hold 'em on March 5. Cal Steinmetz will be holding an Open House on March 18. Collis Kimbrough and David Fawcett will be holding a joint open house 4/15/11.

The meeting adjourned at 8:20pm.

The next meeting will be held on April 6 at 7:00pm at John Hand's office at Keller Williams Realty.



SALES TIP

You have competitors. Your customers have options.

Submitted by Paulette Halpern, Sandler Training

The biggest competitors you have in gaining a new client, isn't 'the representative from another company, it's the status quo'. One of the options your prospective customer has is continuing to do the very same thing he has been doing. Change is difficult. People may be very willing to exclaim they want and need something, but when given the option of actually changing or fixing a problem, they decide to live with the situation. Why....because it is easier. When you are with your customers, don't refer to your competitors as competitors. For example by asking a question like "Who are some of our competitors that you are considering?", it conveys a very traditional sales image of concern about the competition in the sales process versus concern over the customer's situation. A better question could even be, "What are some of the options you are considering?" Then can ask, "What have already tried and why didn't they work?" You can further ask, "How important is it to resolve the problem that you are currently facing?" And remember that your real competition is not your competitors, but is in fact the willingness and ability of your prospect and customer to change.

For additional information, please contact Paulette Halpern of Sandler Training at 561-715-6892, www.noonangroup.sandler.com, paulette@sandler.com, www.linkedin.com/in/paulettehalpern.

DR. DONNA'S CORNER

Submitted by Dr. Donna Watson,
A Place Of Health

Arnold Schwarzenegger and Lou Ferrigno Note Importance of Chiropractic



On March 5 2011, in Columbus Ohio, the sports and fitness world shared a common interest in performance with the chiropractic world. It was on this day that the Arnold Classic Sports Festival was held along side the International Chiropractors Association (ICA) Sports and Fitness Symposium. The Arnold Classic brought thousands of athletes including the elite in fitness and bodybuilding. The ICA brought some of the best chiropractic experts on care for athletes and performance enhancement.

Celebrities were aplenty at these events but several stars made special appearances at the chiropractic event to specifically address the chiropractors. One such celebrity was Lou Ferrigno, an actor and former champion bodybuilder, who won the International Federation of Body Builders Mr. America title and two consecutive Mr. Universe titles. He spoke to the group of doctors and stated, "I have to say thanks to you because you people will help a lot of people, keep them from having surgery unless they have to have surgery". Ferrigno noted that he recently had to have his knee and hip joints replaced due to years of heavy training. He credited chiropractic for helping him recover and noted, "I need to have chiropractic once a month, or twice a month. Sometimes I go every week because I think it is very vital."

The most anticipated portion of the chiropractic event was when Arnold Schwarzenegger gave a talk to the attendees. He started his address by praising the relationship that his fitness expo has had with the chiropractors over the past 19 years. He noted that in past years the bodybuilding world and the chiropractic world both had a problem with their image in some peoples' minds. He explained by saying, "Some people have a terrible image of chiropractic. This is why you are at this convention here. This is why I myself have always been out there campaigning and talking well

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about chiropractic." Arnold continued, "We've got to let the people know that there is a necessity, it's not even an option, it's a necessity to have a chiropractor. As much as it is a necessity to have a dentist, if you have a dentist for the family, you should have your chiropractor for the family."

Former California Gov. Schwarzenegger then talked about how chiropractic has personally helped him and his family by saying, "I have seen it over the years, over the 40 years since Franco Columbu, my dear friend, became a chiropractor, and how this has helped our family, how many times he has saved the day in our family. So we know the value. We talk about it all the time. Every seminar that I do about exercising and training, weight resistance training, good nutrition, I talk about the importance of chiropractic."

A YouTube video of Gov. Schwarzenegger making the above remarks can be seen at the following address: <http://www.youtube.com/watch?v=OgKIXPS9Jr4>.

For more information, please contact **Dr. Donna Watson of A Place of Health at 954-568-9355**. You may also visit her website at **www.aplaceofhealth.com**.

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DR. DONNA WATSON, CHIROPRACTOR

2009 AMERICA'S TOP CHIROPRACTORS
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2009 BEST CHIROPRACTOR OF FORT LAUDERDALE
U.S. COMMERCE ASSOCIATION

2008 BEST CHIROPRACTOR
THE NEW TIMES MAGAZINE



Submitted by Darcy Beeman

Your 401(k) offers tax-deductible contributions, tax-deferred growth of earnings potential and a variety of investment options — so it's a great tool for building retirement savings. Yet like all tools, your 401(k) must be used properly to get the best results. That's why you should review your 401(k) at least annually and make whatever adjustments are needed.

Depending on where you work, you may get some 401(k) review help from your plan provider. But if that assistance isn't available, you might want to consult with a financial professional to make sure you're getting the maximum benefit from your plan.

As you begin to review your 401(k), your first question should probably be this:

"How much should I contribute?" At the very least, try to put in enough to receive your employer's matching contribution, if one is offered. If you don't earn this match, you are essentially walking away from "free money." Beyond this, though, the amount you put into your 401(k) might depend on what other retirement savings vehicles you have available. For instance, if you're eligible, you may also want to contribute to a Roth IRA, which offers tax-free growth potential, provided you've had your account for five years and don't start taking withdrawals until you're 59½.

Of course, it's not only how much you put into your 401(k) that determines its success — it's also how you choose to allocate your investment dollars. (Keep in mind that asset allocation does not guarantee a profit or protect against loss.) Your 401(k) may have a dozen or more investment choices, such as stock funds, bond funds and money market funds. To choose the right investment mix, you'll need to consider a variety of factors, including these:

- Your age — Generally speaking, the younger you are, the more aggressive you can afford to be with your 401(k) investments, because you'll have decades in which to potentially overcome the inevitable down periods of the market. As you get older, you may wish to invest somewhat more conservatively, but you'll still need some growth potential in your 401(k) portfolio.
- Your goals — Everyone has different goals for retirement. You might want to retire early and travel the world, while your co-worker desires to work as long as possible and then, upon retirement, stay close to home and pursue hobbies. Because you each have different goals, with different income needs, you also may need to follow different investment strategies within your 401(k).
- Your other retirement income sources — If you have a variety of retirement income sources — a pension from another job, an IRA, a spouse with generous retirement benefits — you may need to invest differently, perhaps less aggressively, than if you had fewer options for retirement income.

Apart from putting away as much as you can into your 401(k) and choosing the right investment mix, what else can you do to get the most out of your plan? Here's a suggestion: If you have worked at various jobs and acquired multiple 401(k)s, consider rolling them over into one account. You might save money on fees and reduce paperwork, but more importantly, you'll be able to concentrate your resources and pursue a unified investment approach, with your investment dollars working together toward your ultimate retirement goals.

As you can see, a 401(k) review and rollover can reward you in many ways — so do whatever it takes to maximize your 401(k)'s performance.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Darcy Beeman located at 2500 N. Federal Hwy #102 in Fort Lauderdale 954-566-4252.

SIMPLE WAYS TO DETOXYFY YOUR BODY AND RECLAIM YOUR HEALTH AND VITALITY

Submitted by Marcie Sharp

Written by Allison Biggar, citizen journalist

Detox, short for detoxification, is the purification of the body by removing toxins. Our bodies naturally eliminate toxins through our skin, liver, kidney and lungs. However due to the massive amount of toxins in our air, water and food supply today our bodies are unable to “keep up” with the amount of toxins invading us daily. This leads to fatigue, weight gain and a whole host of health problems. Therefore it is necessary for us to take steps to detoxify our bodies in order to reclaim our health and vitality.

If you are struggling to lose weight you are not alone. According to USA Today over 65% of Americans are overweight or obese. About 45 million Americans diet each year, but most diets fail and we continue to become more and more overweight.

So why do 95% of diets fail?

The diet industry is a multi-billion dollar industry. These companies are in the business to make money, not to make us thin or happy. They spend more money on advertising and marketing than they do on actually developing products that work. Think about it: if the products worked, the diet industry would be out of business!

The only way to lose weight and get healthy is to know why we are fat in the first place and then take the necessary steps to make a change.

So why are we fat?

Toxins. From the food we eat to the air we breathe to the water we bathe in, toxins invade our body daily.

Toxins are stored in our body fat. Toxins cause our livers to become sluggish and to not function properly. This causes our organs to stop metabolizing fat effectively and we gain weight. The more toxins we accumulate, the more weight we gain. Even worse, the more we weigh, the more toxins we can then store.

Our bodies and metabolism are designed to eliminate these toxins. However, because of the massive amount of toxins in our food supply today, and because we are exposed to them on a daily basis, our bodies become overwhelmed and unable to properly process and eliminate them.

So how do we lose weight and reclaim our health and vitality?

Detox.

You must detoxify your body in order to lose weight. Here are ten tips to help you start detoxing today without drastically changing your lifestyle:

1. Eat organic fruits and vegetables.

Conventional fruits and vegetables are full of chemicals that harm your body. Organic food is grown without the use of pesticides and artificial fertilizers. The sooner you stop polluting your body, the sooner you will start to look and feel healthier.

2. Eat kosher meat.

When you eat a burger the growth hormones that were given to the cow are then passed on to you thus making you grow and gain weight! Organic meat is produced without giving the animal

antibiotics or growth hormones. Only buy certified organic meat and only eat free-range chicken. Your body will thank you.

3. Do a juice fast.

The juice fast essentially means you drink juice throughout the day, every day. Your juice must be fresh and organic. This can be done for 3 days, 10 days or 30 days. It depends on your level of discipline, your size and your health goals. If you have never done a juice fast before then you will start seeing results right away!

4. Add apple cider vinegar to your diet: You can use it as salad dressing or drink it with water. Apple Cider Vinegar helps detoxify your liver. Take 2 teaspoons of apple cider vinegar mixed in water before every meal to aid in weight-loss.

5. Add coconut oil when you cook: Virgin coconut oil can be added to your everyday meals as a substitute for your cooking oil. It improves digestion, promotes weight-loss and helps keep skin and hair looking young and healthy.

6. Drink green tea: EGCG, an antioxidant contained in green tea, helps the body burn fat. Antioxidants such as vitamins A, C, E, and the polyphenols found in green tea also help your body reduce the time that toxins stay in your system.

7. Dry-brush before you shower.

Go to your local health food store and buy a dry brush. Then brush

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Continued next column

BANKRUPTCY: BEFORE AND AFTER

Submitted by Robin L. Bodiford, Attorney at Law

Preparing to file for bankruptcy:

Filing a Chapter 7 bankruptcy petition triggers an automatic stay of most collection actions against the debtor's property and creates a "bankruptcy estate", which then is administered by a bankruptcy trustee. One of the major benefits of the bankruptcy is that debt collection efforts must stop once bankruptcy is filed.

After filing all property becomes the property of the court and cannot be sold or given away without the court's permission. However, the debtor can exempt certain property, which he/she then retains. These exemptions are specific and will be discussed with your attorney. The average Chapter 7 debtor will keep most, if not all, of his or her personal property. However, after filing, and before the trustee has abandoned his or her interest in you property, you must remember that your nonexempt property is not yours to do with as you please. For example if you have a 2010 Jaguar that you own outright, and you are filing for a Chapter 7 bankruptcy (that is, a complete discharge of all debt) that car must be turned over to the trustee who will convert it to cash for distribution to the creditors.

In the event that you have personal or real property that is not exempt, and you qualify, you may want to file a Chapter 13 bankruptcy proceeding in which you enter into a plan to re-pay a portion of your debt, and retain your non-exempt property.

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Your attorney will caution you against certain improper exemption tactics and prohibited transfers prior to filing: The debtor must be cautious about converting nonexempt property to exempt property. Actions that deplete the estate (such as selling your boat to your brother for less than fair market value) or that favor one creditor over others may be avoided by the trustee or may threaten the debtor's right to a discharge.

While a bankruptcy filing will usually be noted on a debtor's credit rating for up to ten years, you may still repair your credit and move on with your life. Moreover, as a general rule, no governmental agency or private employer may discriminate against a debtor for filing bankruptcy.

If you believe you are unable to pay your debt, you should stop using all credit cards and obtain no further cash advances or loans. When you file, all debts and assets must be disclosed. The possible consequences of non-disclosure, dishonesty, or lack of cooperation could be denial of discharge of all debts, revocation of the discharge, and/or a charge against the debtor for perjury (a felony) or other bankruptcy crimes. The Justice Department vigorously pursues bankruptcy crimes.

After filing, discharge may take from three months to six months, or more, if creditors object - however, if you are honest with your attorney, he or she should be able to anticipate possible problems and avoid any creditor objections. In the vast majority of Chapter 7 bankruptcy filings, the debtors keep all of their home, car, and other personal property, and there are no problems with creditors.

What will life after bankruptcy be like?

Your attorney will help you understand your options in rebuilding your credit score and how to face life after bankruptcy. Many debtors are under the mistaken impression that once they file for bankruptcy it will take years to rebuild their credit, if at all. This is simply not the case. While it will take time to rebuild your credit score, there are ways that you can apply for and obtain credit, even in the few months following the completion of your bankruptcy case. By keeping current on your bills and mortgage payment if you have one, you will qualify for a low balance credit card. You can also apply for a "secured" credit card. If you use that card responsibly and pay off the balance, your credit score will improve and you may be able to get higher limit credit cards.

With patience and responsibility, it is possible to fully recover from bankruptcy and rebuild your good credit. Following are some specific actions that you can take in order to rebuild your life after bankruptcy:

Get a secured credit card.

Use your credit card wisely – you do not want to be in the same situation as you were before.

Pay all of your bills on time.

Create a budget and stick to it, spending money only on necessary expenses.

Save as much as possible.

Track your credit report to keep an eye on your progress.

ATTORNEY **Robin L. Bodiford** JD, MSW

Committed to Our Community, Dedicated To Your Legal Rights

My office provides an informal, relaxed atmosphere where you will meet with me personally to make important decisions about your life, your loved ones, and your property

Author: *Fresh Start Bankruptcy* (John Wiley & Sons, 2003) and *A Simplified Guide to Creating a Personal Will*

Co-Author: *The Broward County Domestic Partnership Ordinance* (1998)

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www.RobinBodifordLaw.com

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ANNOUNCEMENTS

DR. DONNA WATSON FROM A PLACE OF HEALTH CHIROPRACTIC RECEIVES 2011 BEST OF FORT LAUDERDALE AWARD

NEW YORK, NY, March 5, 2011

U.S. Commerce Association's Award Plaque Honors the Achievement. For the third consecutive year, Dr. Donna Watson A Place Of Health Chiropractic has been selected for the 2011 Best of Fort Lauderdale Award in the Chiropractors category by the U.S. Commerce Association (USCA).

The USCA "Best of Local Business" Award Program recognizes outstanding local businesses throughout the country. Each year, the USCA identifies companies that they believe have achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and community.

Nationwide, only 1 in 120 (less than 1%) 2011 Award recipients qualified as Three-Time Award Winners. Various sources of information were gathered and analyzed to choose the winners in each category. The 2011 USCA Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the USCA and data provided by third parties.

FINAL DATE TO RENEW MEMBERSHIP AND BE LISTED IN THE NEW MEMBERSHIP BOOK IS JUNE 30TH.

For additional information, please call Steve McAleer at (954) 205-5333 or email him at membership@bpgftl.com. **DON'T MISS OUT ON THIS GREAT ADVERTISING OPPORTUNITY!**

MONK'S CORNER LIQUIDATIONS

Monk's Corner has been liquidating the contents of estates and home sales for over thirty years in South Florida. We have been sought by attorneys, realtors and families to assist those who find it necessary to empty homes of all personal contents.

We spend several days in homes pricing all furniture, books, electronics, jewelry, clothes and personal affects. Next, we invite antique dealers and second-hand store owners to the home to buy items of interest to them for resale. We then invite the shoppers on our private list who we've known to attend our sales over the years for a "private showing" before the sale is opened to the general public.

We generate advertising in newspapers and web-sites for the public sale, which may last one or two weekend days, depending on the amount of goods to sell. After the sale is completed, we sometimes are able to sell any remaining items to flea market dealers or we can donate the items to a charity of the family's choosing. A donation receipt will be given for tax write-off.

Our fee for conducting the above activities is one-third (33%) of the amount of sales generated.

We have served many satisfied customers and would be happy to provide references on request. **Please call us (954.561.5036) to discuss any liquidation need.**

Dennis Gluck, co-owner, Jim Fowler, co-owner
Monk's Corner Liquidations
2524 NE 26 Terrace • Ft. Lauderdale, FL 33305



HAVE A SPECIAL PROMO?

If you have a promotion or a special event that you want the whole membership to know about, you can create an article or announce it in the monthly Newsletter. You can also ask BPG to have it sent out via the BPG Facebook page.

Thank you for being a member!

PLACE YOUR AD NOW

Get great exposure through the BPG Newsletter! Place your ad now and let the networking and new business begin! At our last Board meeting, the Board Members felt that, since the newsletters are now in print again, they should be more accessible to members. The newsletters should also be used as a tool for us to encourage others to join and for YOU to also advertise your business! If you'd like to promote the group to your clients and colleagues, please let us know how many copies of the newsletter you will need. We will also provide a stand for you that can be used to display copies of the newsletter in your reception area or at your desk in your office. In addition, we'd like to remind you of a great opportunity to gain exposure for your business. You can place an ad in our newsletter and, depending on the month of placement, your fee will be prorated since we normally invoice quarterly. **Contact Debby Meltzer, at communication@bpgftl.com.**

BANKRUPTCY

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For more information on managing your debts, and federal bankruptcy relief visit her bankruptcy website: www.SouthFLBankruptcyLawyer.com. You may also contact **Robin at the Law Offices of Robin L. Bodiford, P.a., 2550 North Federal Hwy, Suite 20, Fort Lauderdale, FL 33305, Telephone (954) 630-2707**, and visit her [website www.robinbodiford.com](http://www.robinbodiford.com).

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DETOXIFY

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your skin before every shower. This removes dead skin cells and toxins helping you lose weight and have glowing skin.

8. Get a shower filter.

Your tap water can contain pesticides, toxic bacteria, viruses and traces of human and animal waste. Every time you take a shower or drink out of the tap you are ingesting dangerous toxic chemicals. Filtering your water also improves your hair and skin!

9. Add fiber to your diet.

Fiber keeps your meal moving along your gastrointestinal tract and helps flush your body of metabolic waste. Fiber also keeps your energy levels high, and slows your rate of carbohydrate digestion, which helps you maintain your blood sugar levels.

10. Use only natural and organic beauty products.

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