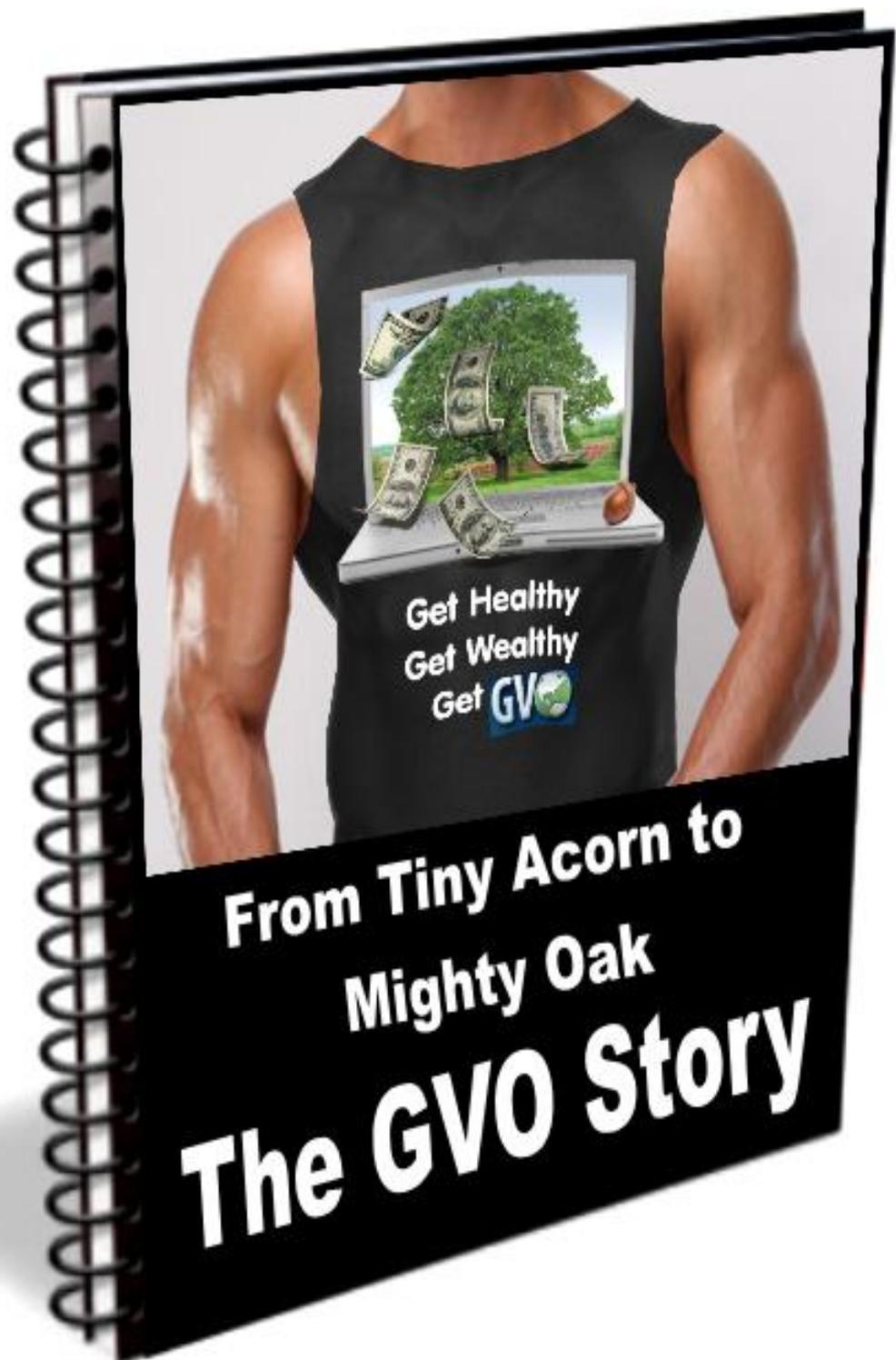


This is a FREE excerpt from the full story...



Jean Shaw

The GVO Story

**How Joel Therien's Vision Grew From A Tiny Acorn Into A Mighty Oak Making
Internet Marketing And Keeping Healthy Accessible To ALL!**

Jean Shaw

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The GVO Story



Jean Shaw

“Everyone thinks the principal thing to the tree is the fruit, but in point of fact, the principal thing to it is the seed”

Friedrich Wilhelm Nietzsche

About The Author



Hello and thanks for taking the time to check out this book.

It's just a small insight into Joel Therien, the CEO of **Global Virtual Opportunities**, and the things I've come to learn since my introduction to the global hosting opportunity which has changed the lives of many people throughout the world.

My name is Jean Shaw and I'm best known for my published books on autism, and mercury poisoning from dental amalgams.

I have various websites and you can find them listed on **JeanShawOnline.com**, or you can check out my main blog at **JeansMenopausalMoment.com/blog**, if you like, and NO – it isn't about the menopause!



It's about personal change and my thoughts on all sorts of subjects.

We all only have one life to live so may as well make the most of it and have, do and be the best we can, don't you agree?

That's certainly the message Joel Therien likes to give.

I hope you get a lot from this report.

It could potentially change your life!

Jean

Dedication

To all people who take action to achieve their dreams and help others at the same time.

The GVO Story

How Joel Therien turned a debilitating health problem into several multi-dollar business opportunities providing a one-stop, tool and marketing solution for anyone wishing to succeed on line.

Things Happen For A Reason

There's an old saying – "*Those who can do, and those who can't, teach*".

Sometimes, you come across people who do both.

There's also another old saying – "*When one door closes another one opens*", and that's certainly been the case for Canadian born Joel Therien as this story will reveal.

Since early childhood, Joel has been a natural athlete with a passion for fitness.

He played football at school and although he initially started a course in environmental engineering after he left, it soon became evident his heart wasn't in it.

When everyone else was studying calculus, Joel was reading his Health and Fitness magazines and eventually he dropped out of college much to the disappointment of his parents.

They knew their son had potential.

He just needed pointing in the right direction, and despite his requests, they refused to let him have a year off college to find himself.

Instead, they insisted he continue his academic career, and Joel found himself studying Exercise Psychology.

This was something he really loved and identified with, so much so, he became a top student.

Joel specialised in Cardiac Rehabilitation at Concordia University in Montreal, and was offered an internship with a cardiologist in Ottawa.

This relationship led to Joel achieving a position at the Montfort Hospital, the only one in Ontario offering a full range of services in both French and English.

Having been raised in Quebec, the French side of Canada, the bilingual teaching services were no problem for Joel and he found himself in a prestigious position not long after graduating from university.

Life **was** good.

At the same time Joel was adding to his income by competing as a Natural Body Builder, and gained a great understanding of how the body works.

He achieved sufficient success and recognition to be considered one of the top natural body builders in his native country, (which means he didn't resort to steroids to bulk up his muscle).

He competed all over the USA in international competitions, and his fame grew after achieving success in the Mr Canada Natural Body Building event.

Joel found himself not only in demand as a personal trainer but was also pursued by various fitness magazines.

His high profile meant he needed to look good at all times.

Image was important.

Joel needed to maintain a low amount of body fat all year round, not just when competing, and like so many other athletes and health conscious individuals, he drank diet soft drinks and took various protein powders.

Unfortunately, that wasn't such a good idea.

His quest for perfection almost left him "dying" to be beautiful.

Joel's Health

Whilst training for an important competition in Florida, Joel suddenly found himself very dizzy.

After about three or four days, he could hardly remember his name and found himself sitting in his car unable to find his way back home.

It was a scary and distressing time because he went on to develop multiple chemical sensitivities, and his weight dropped from a lean and muscular 240 lbs to a mere 160 lbs in just a few months.

Life **wasn't** good.

It later transpired Joel had developed Aspartame poisoning.

What most people don't realise when they opt for "sugar free" or diet drinks is they usually contain aspartame.

This is an intense artificial sweetener used to replace sugar, and is a toxic substance.

According to the FDA's own records, of all the reported adverse reactions to food additives, aspartame accounts for more than seventy-five per cent and I have heard lab results have shown it to eat holes in the brains of rats!

My son has autism and as this is partly a brain disfunction, aspartame is certainly one of the major recommendations to avoid in both food and drink items.

Going back to the FDA, there have been ninety different symptoms documented as being caused by aspartame, including -

anxiety attacks, breathing difficulties, depression, dizziness, fatigue, headaches/migraines, hearing loss, heart palpitations, insomnia, irritability, joint pain, loss of taste, memory loss, muscle spasms, nausea, numbness, rashes, seizures, slurred speech, tachycardia, tinnitus, vertigo, vision problems, , and weight gain.

Also, various studies have shown the following chronic illnesses can be triggered or worsened by ingesting aspartame –

Alzheimer's, birth defects, brain tumors, chronic fatigue syndrome, diabetes, epilepsy, fibromyalgia, lymphoma, mental retardation, multiple sclerosis, and Parkinson's disease.

Apart from the aspartame poisoning, Joel later discovered he'd also developed lead poisoning, and this was most likely from contamination of the protein powders he'd taken during his body building days.

Lead is a heavy metal and can create all sorts of medical problems if you can't get rid of it. You can experience a variety of symptoms like -

abdominal pain, constipation, difficulty concentrating, headaches, irritability or behavioural problems, loss of appetite, pallor (pale skin) from anaemia, metallic taste in mouth, muscle and joint weakness or pain, pica (eating of non-nutritious things such as dirt and paint chips), seizures, sluggishness or fatigue, vomiting or nausea, and weight loss.

Clearly, over time, Joel's consumption of diet drinks and protein powders had built up a collection unwanted toxic ingredients.

He began to suffer extreme migraines and his liver and kidneys began to fail.

Joel lost weight, couldn't tolerate perfumes, car fumes, additives and preservatives, and became so ill he had to give up both the work he loved, and his dream of reaching the top of his body building profession.

He was down but not out.

Despite feeling so ill he was determined NOT to be just another statistic and end up as a disabled person living on social security.

Troubled with his intense daily migraines, and other debilitating symptoms, Joel sought answers on the internet.

He desperately needed to find out what was wrong with him because he didn't want to blindly accept the varying depressing diagnosis offered by different doctors.

Also, he desperately needed to find something to do, and that was how he discovered the opportunity of creating wealth from home using the power of the internet.

The rest, as they say, is history!

However, before he became the success story he is today, Joel had to overcome his health issues, and luckily he eventually discovered chelation.

I can empathise with him, because I suffered from mercury poisoning at one stage.

This was caused by my dental amalgam fillings.

When the myriad of inexplicable symptoms started to worry me so much I began to fear for my future, I had an electro-dermal screening test done and it was discovered I had not only high levels of mercury, but also aluminium, arsenic, cadmium, lead, and nickel.

I too turned to chelation.

There are certain products available with the capacity to bind and remove toxic chemicals from the body.

However, here is a word of caution. You do have to be very careful how you use them because sometimes they remove important minerals as well.

Another consideration is how they remove the toxic chemicals. Some eliminate via the gut and others through the kidneys.

When you go on a de-toxification program you need to eliminate the toxins QUICKLY and if you know you have an underlying renal problem this can be difficult.

The last thing you want to do with your liver and kidneys is flood them with toxins and heavy metals if they aren't working properly.

That's why any form of chelation should ALWAYS be taken under the supervision of a health care professional.

I personally used a chelating product called Humet-R, which I can highly recommend.

Anyway, returning now to Joel, and by taking chelation to de-tox his body, following a sensible diet and using acupuncture, this self confessed "health nut" eventually began to feel better.

It took several years and whilst still not back to his pre-toxic days, he's now much improved.

The headaches no longer plague him daily and he can once more bear to be out in the sun and in bright lights.

Life **is** good.

Now, you remember Joel worked in Cardiac Rehab?

He gave it up because of ill health, but even prior to that he'd become a bit disillusioned.

The job was interesting but somewhat repetitive, plus he soon realised his financial prospects would never be brilliant.

As in any *JOB* there's a threshold to how much money you can earn, which is why the word is sometimes associated with being "Just Over Broke"!

Joel discovered the annual salaries of his more experienced work colleagues were only a few thousand dollars more than he earned, and he questioned whether he really wanted to spend the rest of his life in that career.

So, when, through necessity, he started to dabble on the internet, he soon realised there was money to be made from the home computer, and this appealed to his entrepreneurial spirit.

Remember that saying – "*When one door closes another one opens*"?

Well, this one did and it was called **Opportunity!**

Welcome To The Internet

Joel began to study internet and network marketing and could see the direction businesses were going.

They needed an online presence.

His friends and family weren't so sure and were less than enthusiastic when he confided his ambitions to them.

Joel knew deep down it could work though.

***"All dreams appear impossible
until someone makes them happen"***

- Barry Neil Kaufman

Before he became so ill, Joel was the personal trainer for a very wealthy gentleman who was a friend of the cardiologist for whom Joel had been an intern.

This man was the CEO of a huge corporation and lived the kind of lifestyle most people only ever see in films.

The Lamborghini, Porsche and other top of the range vehicles parked outside his massive white marble mansion were testament to his wealth.

Joel was impressed.

However, when he pulled up outside for the first training session in his somewhat more modest motor car, Joel felt a bit "intimidated".

He thought to himself -

"I don't care how much this guy pays me, if he treats me like a jerk, I'm leaving".

That's the thing about money, it can be intimidating if you let it, but it's also true, money doesn't make the man.

Strip away the fancy clothes, the luxurious cars and the cash, and even the wealthiest person is just the same as you and I, no better, no worse.

It's something worth remembering if ever you find yourself questioning your own value.

Joel's exceptionally wealthy client turned out to be a really friendly, easy to get along with, "regular" type of person, and during the allotted training time with him, J

Joel found himself opening up and sharing his dreams.

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<http://JeansBestRecommendedProducts.com>

After listening to Joel's aspirations, his new found confidant said,

"You're stupid"

Needless to say Joel was somewhat taken aback.

That's just what his own friends and family had thought when he'd revealed his dreams and ambitions to them, but as much as he loved them, they hadn't achieved what he wanted, and didn't live the lifestyle he desired.

This man did.

Joel felt crushed; until the man went on to tell him,

"You're stupid because if you don't go and take action on this right away - I will".

What a difference it makes when someone you admire and respect believes in you.

Joel's spirits lifted.

Often people are thwarted in their tracks by comments and advice offered by people who know little about what they want to achieve.

It doesn't matter how excited you are about trying something you believe in, it only takes a few negative comments to stop you going forward.

However, if your belief is strong enough and your "Why" big enough, nothing will stop you going on to follow your dream.

The only way you can fail is to give up or never even start.

The Secret To Success

This was the first time Joel realised the only difference between self made millionaires and those who struggle is they take action.

His philosophy from then on was he'd rather die poor knowing he'd taken risks and tried something, rather than never to have tried at all.

He owes an immense debt of gratitude to the man in the white marble mansion who'd helped him see the benefit of stepping out of his comfort zone.

No-one gets wealthy and successful by playing "safe", and whilst many deluded people think the internet will bring overnight riches simply by having a computer and setting up a website, it simply doesn't work like that.

It's like singing.

Anyone with a voice can do it, but it takes lots of practice, persistence and determination to be able to do it well.

Not many people make a fortune from singing in the shower or pretending their hairbrush is a microphone!

You absolutely have to step out of your comfort zone, and get "out there".

Joel studied hard from some of the best internet marketers, discovered what worked and more importantly what didn't.

We often hear people advise us to learn from their mistakes, but we rarely do. Usually we learn far more from failing ourselves a few times, picking ourselves up and then trying again a different way.

It builds character, determination and persistence, and unless you have all three, you're likely to fall at the first hurdle.

More significantly though, you have to believe in yourself and never doubt you CAN do it, whatever "it" is.

We all have great ideas, but seldom do we do anything about them.

Why?

Maybe it's fear of failure?

After all, no-one wants to be laughed at or ridiculed if something they tried didn't quite work out the way they'd anticipated, do they?

Or maybe, it's a fear of success?

What IF you tried something a bit different to anything you'd ever done before and it actually worked?

Imagine becoming so successful your whole world changed?

What would your friends and family think?

When things get a bit difficult there are always more reasons to give up than go on and usually people quit too soon.

Here's a poem about it, appropriately called, "***Don't Quit***".

I have absolutely no idea who wrote it, but it was clearly someone very wise, and I'm guessing someone who'd learned from their own experiences and seen every set back not as a "failure", but as a beneficial "learning experience".

One of my very successful mentors regularly encouraged his students to "fail forward".

Alex Jeffreys recommends you try something, fail, learn from the experience and move on...FAST!

Don't wait to get everything perfect because you never will.

It's hard, I know, but you have to prepare as much as you can and then instead of taking the usual "Ready, Aim, Fire" approach, you go for "Ready, Fire, Aim".

As uncomfortable as it may seem at the time, it means you take action, see what happens, then adapt and improve as you go on.

There's a saying, "*Money likes Speed*", so you just have to get things out there and don't wait for tomorrow...

... it never comes!

DON'T QUIT

**When things go wrong as they sometimes will
When the road you're trudging seems all uphill
When the funds are low and the debts are high
And you want to smile but you have to sigh.
When care is pressing you down a bit
Rest, if you must, but Don't You Quit.**

**Life is queer with its twists and turns
As every one of us sometimes learns
And many a failure turns about
When he might have won had he stuck it out.
Don't give up though the pace seems slow
You may succeed with another blow**

**Success is failure turned inside out
The silver tint of the clouds of doubt.
And you never can tell how close you are
It may be near when it seems so far
So stick to the fight when you're hardest hit
It's when things seem worst, You Must NOT Quit!**

Author - Unknown

Long before I started on the internet I gave that poem to one of the students I supported when he left college.

He had dyslexia.

Later, he told me the poem changed his life.

But, back to Joel whose life was also about to change.

The Internet Seed Is Planted

At that time, his parents ran a successful business providing ads to local business owners in a Yellow Pages directory.

When Joel gave up work at the hospital, he was bored, and although he spent time researching on the internet, he still needed something to occupy him.

His dad gave him the opportunity to go door to door selling ads.

For the first two weeks Joel admits he felt very uncomfortable and wasn't very successful at bringing in new business, but the experience proved to be a great learning process.

Once he overcame his nervousness, Joel started to enjoy the challenge and found it very empowering.

It also gave him the opportunity to listen to what people actually wanted and needed, and based on his findings, his parents' directory was the first to offer business web listings within the telephone book.

At first many businesses didn't see the point of having a web presence because most of their trade came from people who lived within a five to ten mile radius.

They didn't understand why they needed someone else in another country to be able to see their site since they wouldn't be customers anyway.

However, Joel explained the advantages of having a local portal, because it opened the potential for joint ventures.

Each business could exchange details and recommend complementary products and services.

It proved a great hit and in 1998, Joel began providing web hosting to the businesses in his local area.

They, like Joel, began to realise the Yellow Pages would soon become obsolete and the way forward was to have an internet presence.



Joel called his Canadian web hosting company Kiosk.

His little acorn had been planted and it was just a matter of time before it developed into a mighty oak

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Kiosk Web Hosting

In order to understand what a web hosting company actually is, you need to see the relationship between the information sitting on your computer and the websites out in cyberspace.

Joel had successfully convinced the local business owners they needed to take their businesses "online", because that was the way of the future.

Always thinking ahead, he realized the internet was making the world a very small place. Peoples shopping habits were changing and it would soon no longer be possible to rely on passing trade.

Businesses needed to create a website, a sort of virtual store which could be open 24 hours a day; seven days a week and which didn't require permanent staffing.

These websites would provide sufficient information for prospective clients and customers to decide whether they wanted to do business with their website owners or not.

They also provided the contact details to make trade possible.

It made perfect sense and still does, but it's no good creating a website unless people can see it, so the sites have to somehow be made "live".

They need an address somewhere out in cyberspace.

Websites are actually little computer files, and each one has its own "domain" name. It's like the name of an offline shop or business, but is known as an 'URL'.

Each one begins with "www", which stands for **World Wide Web**.

Back when Kiosk first began it was expensive to register domain names, and you could expect to pay about \$100 per year for just one.

Since then prices have come down considerably and the domain registrar companies really took a blow when **GoDaddy** began offering them for \$8.97 per year.

It saw the start of the internet revolution and the desire for websites grew.

It hasn't stopped and there's no indication it ever will as the internet receives thousands of new users daily.

When businesses and individuals decide they want a website, they buy their URL's from domain registrars.

However, if they want people to access their site, they need to open the doors.

That's where website hosting companies fit into the picture.

These provide powerful massive servers, which "host" the domains, allowing many people to visit each site at the same time no matter where they live in the world.

Your site will sit on the server of the domain hosting company you choose, and be given an I.P. address, which belongs to that particular server.

Provided nothing goes wrong, your site will be visible globally, and safe from hackers.

The problem is, somehow you have to let people know where your site is.

Unlike in the movie *"The Field Of Dreams"*, it's not just a case of putting it up and they'll come!

Soon Joel realized whilst his clients now had their own websites, many of them had no idea how to generate income from them, so in 2004, he introduced a downloadable product known as Hot Conference.

It was the first part of what would eventually become his grand plan.

This web conferencing tool cost almost \$60 per month, was only in English and had a few problems, but his clients loved it.

For the first time his website owners were able to communicate and interact with their customers, and Hot Conference proved so popular, within a few months his hosting company ran out of bandwidth.

Time To Move

Kiosk approached their cable provider and was told it wouldn't be possible to get any more. Not only had they used up all of their allowance, but most of that assigned to the local community as well!

What could he do?

His clients loved Hot Conference, and more were eager to access it, but without additional bandwidth, reliability would suffer and his clients wouldn't be happy.

Joel had to do something or he would lose the good reputation he'd worked so hard to achieve.

Now, remember, I told you Joel was a man of action?

Well, he did what any self respecting good CEO who puts his customers first would do ...

...he moved to where there was more bandwidth.

It wasn't just a few miles down the road either.

Instead, Joel moved to a totally different country, which was a bit extreme by anyone's standards, and amazingly he took not only his family, but most of his loyal staff with him.

On 14th June, 2007, they uprooted and moved their families and the Kiosk operation several thousand miles from Canada to San Antonio in Texas.



Now you may recognize that name from the Battle of the Alamo, but it's also considered to be the fiber optic capital of the USA.

That meant no more bandwidth problems ...ever!

It's a lesson any business person can learn from

Start small but always plan for growth!

Staying In Touch

Now you might expect during the bandwidth fiasco and the huge upheaval of the move, the number of Kiosk and Hot Conference users would tail off.

Infact they increased, and that was without any promotion.

Why?



Well, apart from the fact they were amazing products and services, Joel and Mike Potvin gave out regular updates on their blog as to what was happening.

Joel and Mikey P as he is often referred to have been friends since their early school days, and whilst they went their separate ways after college, their re-union later on can only be described as a match made in heaven.

Their different skill sets complement each other and both share a passion for making their clients experience as inexpensive, stream lined and rewarding as possible, so their blog updates were very important.

For those who don't know, a blog is like an online journal and you can update it at will, just as you would your home journal or diary, but there's one significant difference.

If you wanted to view the most recent entry in a physical journal you would need to go to the end, but for a blog, the most current entry is always the first thing the reader sees, (unless you set it up differently).

As Joel and Mike regularly updated their online blog during the transition period, their customers and clients felt involved. It was the only way they could leverage their time and speak to everyone.

Clients felt part of the situation, understood the temporary difficulties, and followed along as Kiosk gradually evolved and changed its name to **Global Virtual Opportunities** in October 2009.



GVO Poem

You've heard the expression "gut feeling"
When you know something feels really right
It's the answer to all of your problems
Those keeping you up every night

Well, something powerful's here now
For anyone who's in the know,
It's affordable, unique, and exciting
Titanium hosting from new GVO

So what makes this hosting so special?
You can get it all over that's true
But it's the tools that come with the package
That will make all the difference to YOU!

There's a change in the way people work now
Old school no longer rules
The internet creates opportunity
And GVO provides all the tools

Apart from unlimited hosting
And support, which is second to none
There's video, audio and e-mail
Conferencing too, which is fun

In addition, you get Downtime Witness
Plus training from some of the best
Internet and networking gurus
Reveal secrets to aid your success

But, that isn't all with Titanium
It's a business opportunity too
With its built in 2 by 10 matrix
Extra money could head out to you

The timing just couldn't be better
Really, no time should be lost
Never before has there been such a package
It's cheap too, so what does it cost?

Let's just say GVO's a real bargain
Look for yourself, see what it's about,
Take the \$1 trial, try the tools out
You'll be wanting to keep them no doubt

For every successful marketer
Understands Know, Like and Trust
In business you need to be open
And branding yourself is a must

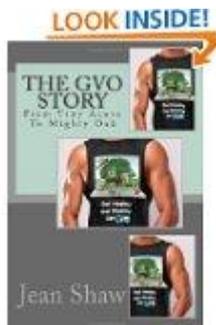
I think you'll find GVO's hosting
Provides all the tools you will need
They're all in one place, and affordable
Making it easier for you to succeed

So, please do yourself a big favor
Go and give GVO a quick test
Promote yourself and your business
Let the world know why YOU are the best!

By **Jean Shaw**

I hope you've enjoyed this brief excerpt.

You can read the rest of The GVO Story in either the paperback or the Kindle version at Amazon.com



[Paperback - ISBN-10: 1466363983](http://Amazon.com)



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I realise you don't really know anything about these products yet, but in case you don't want to [purchase my book](#) as either a [physical](#) or [kindle](#) version, you can learn more by following the links below.

More Information on GVO and 7MinuteWorkout

Listen to my two interviews with Joel Therien regarding **GVO** and **7MinuteWorkout** at

www.JeanShawInterviews.com

Discover more about **GVO** and the following associated products at the GVO page at www.JeansBestRecommendedProducts.com

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