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Parker Nutrition, The Daily Shaker

Monthly Newsletter

June 2008
Volume 9

Hi Kathi !

Summer is HERE!! The weather is gorgeous and it's time to get outside and get some exercise!

June is National Fresh Fruit and Vegetable Month. Every Sunday, the Town of Parker hosts a Farmer's Market, so do your shopping there! Everything tastes better because it's fresh. If you can't eat 7-9 servings of fruits and vegetables every day, ask me about our Garden 7!

[My business is built on referrals, so please talk to your friends!!](#)

I'm excited to welcome Gingah Palmer to Parker Nutrition! She has rented out the room in the back and will be offering Reiki and Personal Development.

Thanks for your patience with the backorders we've been experiencing lately! If you are running low, please call me before you're out to let me know so I can be sure to have what you need in stock.

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Daily Shakers Update

Weekly Shake Specials:

June 1 - Lemon Ice Box
June 8 - Blueberry Almond Cheesecake
June 15 - Cherry Cobbler
Juen 22 - Samoa Girl Scout Cookie
June 28 - Hawaiian

Ask about our pies!! They're awesome!!

Energy & Fitness

Dr. David Heber, M.D. Ph.D, Chairman of the Herbalife Scientific and Medical Advisory Boards answers your questions. Author of [What Color is Your Diet?](#) and the [LA Shaped Diet](#).

Q: How do Herbalife's Energy & Fitness drinks promote endurance?
A: The natural caffeine in Herbalife's Energy and Fitness drinks promotes the body's release of fat from its fat cells* This release of fat spares the body from using all of its carbohydrate stores too rapidly. * The carbohydrates are stored in the muscles and liver as glycogen. By helping the body use its carbohydrates more slowly while burning more fat, the caffeine in Liftoff™ effervescent energy drink increases the amount of time that the body can sustain intense exercise.*

Shake Recipe

Key Lime Pie

8 oz. Milk or Soy
Formula 1: French Vanilla
1 t. Key Lime Jello
1 t. Key Lime Yogurt
Top with Vanilla Wafer Crumbs

Guest

Q: Professional cyclists and runners sometimes use caffeinated sports drinks like Liftoff™ before a race. How does caffeine benefit performance?

A: Caffeine improves performance in prolonged events such as cycling and running by increasing the amount of fat released by the fat cells to be burned as energy. In fact, during endurance exercise activities, like running a marathon, the majority of energy used comes from body fat.

Q: How does the new H3O™ Fitness Drink keep you hydrated?

A: Our H3O™ Fitness Drink is a 3-in-1 powder drink mix that QUENCHES your thirst and gives your body what it needs to keep you hydrated and energized all day long. It's appropriate for those who are thirsty throughout the day, especially active people and exercise enthusiasts. H3O™ provides rapid hydration, sustained energy and powerful antioxidants. It is a healthier alternative to high-calorie/high-sugar beverages. Use this during and after your workout to replace lost fluid and rehydrate cells, increase rate at which water is absorbed by the body and protect against fatigue and soreness.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

New-Reiki Healing at Parker Nutrition!

Reiki is the Japanese technique of laying on hands to promote stress reduction, relaxation and healing. Derived from the Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy, Reiki is 'spiritually guided life force energy.'

Loving Light Reiki

Gingah Palmer, Reiki Master of Loving Light Reiki invites you to discover your spiritual life force of healing through a higher power. Whether you are seeking a 'treatment' to improve your wellbeing or instruction into untapping your life force energy, please contact me anytime! I look forward to hearing from you.

Reiki Treatment typically \$50.00 for 1 hour. First time clients will receive a 20% discount with coupon in this newsletter.

Classes for Level I, II, III and Master/Teacher available at competitive rates.

Treatments and Attunements available by appointment only: Phone: 720-810-0664

Upcoming Events

Details of all events can be found at [Our Meetup Site](#) where you can also RSVP.

Saturday [Weight Loss Challenge & Free Nutrition Classes](#) - 9 am You can join at ANY time!! Stay motivated and learn how to maintain your weight loss!! Win \$\$ and prizes!

June 7 - Sugar

June 14 - Exercise & Stress w/ Guest Speaker Francine Juhasz, PhD (see description to right)

June 21 - Maintenance & Long Term Health

June 28 - Final Weigh In!! Winners announced w/ Guest Speaker Daphne Hutton of Main Street Style doing "Measure N' Balance" consultations

Speakers

Nutrition Class on June 14, when we discuss Exercise & Stress, **Francine Juhasz** will be joining us to give us an introduction to Qi Gong. Discover startling energy secrets, and learn new ways to relate to the inside of your wonderful body -- without resorting to strenuous out exercises.

Do you know anybody that would like to be a guest and one of our events? Do you have a topic you would like to discuss? Let me know!

Quick Links

[Free Member Registration](#)

[Newsletter Archive](#)

[South Denver Book Club](#)

[Need an Extra \\$500 or More?!](#)

[Weight Loss Challenge](#)

[Gingah Palmer](#)

Classifieds

Business Opportunity Meetings for all positions below on Saturdays at 1 pm at the Club.

Weight Loss Challenge Instructors

Must have outgoing personality, love working with people, be health minded and in shape (or getting there). Non-smoker, be willing to learn, with room for advancement. No experience necessary, we will train. Classes can be held at your schedule and here at the club or near you!

Nutrition/Wellness Coach

Seeking self-motivated person in the fastest growing wellness company in the industry. Our company needs excited individuals to help others reach their goals. Will train. Full-time and part-

Saturday Business Opportunity Meeting - 1 pm

Want to own your own Smoothie Shop? Or want to make an Extra \$500? This is for you!

June 7, 14, 21 & 28

FITNESS FAIR AND GIFT EXTRAVAGANZA!

June 21 from 1 pm to 4 pm

This special event will bring together several local business owners for you to meet. Each month, we will have different products for you to peruse and we'll be doing different samples. This month, we will have Party Lite, Loving Light Reiki, Avon, Upper Case Living and more! No high pressure sales ... just fun and casual networking!

Last Wednesday South Denver Book Club, Motivational Readers - June 25- 6 pm. At the first review, we'll be discussing [The Seven Habits of Highly Successful People](#), by Stephen Covey.

First Monday Children's Wellness Fair - July 1 - 3 pm to 6 pm. Open House. Come for samples, knowledge and fun!

First Tuesday Shake it Up Networking - July 2 - 9 to 11 am. Great opportunity to meet local business connections!

First Wednesday South Denver Book Club, Health & Wellness Readers - June 3 - 6 pm. At the next review, we'll be discussing [An Ounce of Prevention](#) by Dr. Anthony Vendryes.

Parker Nutrition, The Daily Shake is here to educate you and your family about health and wellness. We have many reference books, DVDs, CDs and websites for your review - just tell us what you need! If you would like some information that we are not providing, please let us know.

Do you want to have a **Weight Loss Challenge at your office** or other facility? We'd love to bring it to you! Just call us to make the arrangements! We can also do a short **Nutrition class** to your group.

Ways to Save \$\$

Host a shake party or facial party here or at your home and get FREE product!!

Refer **three** friends to me for a shake, tea and body analysis and receive your next shake and tea for **FREE!!**

Ask about our VIP Membership to save 25% to 35%!!

Do you have one of our DVDs or Catalogs that are still in good shape? Each are good for \$1 off of your order.

Our hours are still...

Monday, Tuesday and Thursday - 7 am to 5 pm
Wednesday - 7 am to 7 pm
Friday - 7 am to 4pm
Saturdays from 9 am to 1 pm.

time positions at the club are available. Commission only. Bilingual a plus!

Ground Floor Smoothie Shop

Unique in concept and is the fastest growing smoothie shop in the three industries. Low startup costs, high profits. Opening anywhere!!

[Join Our Mailing List!](#)

Recycle cell phones and printer cartridges for a great cause!

Do you have printer cartridges or old cell phones and you don't know what to do with them? I'm collecting them for "[The Herbalife Family Foundation](#)" (HFF) and will be donating the proceeds to the foundation.

Created by Herbalife Founder Mark Hughes, HFF creates partnerships with charities to help meet the nutritional needs of children at risk. At the same time, HFF is there to provide funds to organizations assisting victims of natural disasters, HFF is a global non-profit organization working in communities around the world.

Appointments are also available.

We will be closed for on 4th of July (Friday) but will be open on the 5th.
Be sure you're stocked for the weekends!

Take care of your body, because it's the only one you've got!

Our Mission is Nutrition!

Kathi Witt, Owner
[Parker Nutrition, The Daily Shake](#)
303-61-SHAKE (72453)
Kathi@ParkerNutrition.com

**Save
20%**

Good for 20% off of first time Reiki Clients at Parker Nutrition.

Not valid with any other offer.

Offer Expires: June 30, 2008

**Save
15%**

Good for 15% off of both **Energy and Fitness Drinks** - Liftoff® Effervescent Energy Drink or H3O™ Fitness Drink.

Discount is available to Parker Nutrition, The Daily Shake members only.
Not valid with any other discount.

Offer Expires: June 30, 2008

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