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Parker Nutrition, The Daily Shaker

Monthly Newsletter

July 2008
Volume 10

Hi Kathi !

I hope everyone had a safe and exciting 4th!

Our recent **Weight Loss Challenge** ended with exciting results!

1st Place:

Nancy Petersen lost 11.06% & won \$156!

2nd Place:

Susan Evans lost 10.61% & won \$93.60!

3rd Place:

Pam Page lost 9.21% & won \$62.40!

4th Place:

Nancy Abercrombie lost 17.75 in. & won \$54!!

Our **next session starts this Saturday, July 12th at 9am** .. come join us and lose weight while having fun!

I'm also excited to announce a **NEW MENU** starting July 13th ... not only will we have the "old standby" shakes but we'll also have:

- Lactose-free, Wheat-free Shakes
- Lower-carb, Lower-sugar Shakes *
- Bulk & Muscle Shakes

Also, our flavors will be expanded to almost 100 different choices!

In This Issue

[Get the Scoop on Energy, Circulatory & Cardiovascular Health](#)

[Belly Buster Inch Loss](#)

[Calendar of Events](#)

[Daily Shakers Information](#)

[Shake Recipe](#)

[Classifieds](#)

[Recycle for a Cause](#)

[Ways to Save \\$\\$](#)

Daily Shakers Update

Club Hours:

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

Appointments are also available.

Weekly Shake Specials:

July 6 - Cinnamon Bun
July 13 - Butterfinger
July 20 - Banana Cream Pie
July 27 - Mudslide

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

Get the Scoop on Energy,

Shake Recipe

Circulatory and Cardiovascular Health*

Introducing Niteworks® ... Scientific Breakthrough is too small a term!

The result of a collaboration between Herbalife and ***Nobel Prizewinning scientist Dr. Louis Ignarro***. This patented product is changing the way people think about protecting their health.

Niteworks® helps the body produce more Nitric Oxide, supporting energy, circulatory and vascular health.*

A [recent news story on MSNBC](#) talks about athletes taking Viagra to enhance performance. "The drug works by increasing the effects of nitric oxide, which makes blood vessels expand. That should theoretically allow blood cells to travel to the lungs more efficiently and to also receive more oxygen. It may also improve heart function". Click on the link above to see the entire article.

Rather than taking a very expensive drug, we have Niteworks®, which gives the same benefits, without the "side effects".

Niteworks

®:

- **Keeps vessels toned, flexible and youthful for improved circulation.***
- **Enhances blood flow, supporting function of the heart, brain and other organs.***
- **Helps support healthy blood pressure levels already within the normal range.***
- **Supports energy levels.***

This great product is great for everyone that has a heart!

* 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.

Belly Buster Inch Loss Program!

New program just announced to

help you lose inches in your belly!

In addition to our basic program, add in the "Belly Buster" ...

2 or 3 Activated Fiber Tablets (to create feeling of fullness as it expands in the stomach)

2 or 3 Thermobond (as it binds with fats for elimination)

2 or 3 Florafiber (dietary fiber adding in acidopholus friendly bacteria)

Testimonials:

- The first couple of days I did 3x3, then cut back to 2x3 because I had to be away from the home and didn't want any "problems". After 24 hours, I had lost 1.5 inches off my waist. After 5 days, I have lost 2.8 pounds and 2.75 inches off my waist. ~ Carole
- I've lost an additional 5 inches overall and 1 inch off my waist. ~ Candy

Cinnamon Bun

8 oz. Milk or Soy
Formula 1: French Vanilla
1 t. Cinnamon
1 T. Carmel Syrum
Top sprinkle of Walnuts

Quick Links

[Free Member Registration](#)

[Newsletter Archive](#)

[South Denver Book Club](#)

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

[Weight Loss Challenge](#)

[Gingah Palmer](#) (Reiki)

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-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!!

- I've lost 2 inches off my hips and one inch off my waist. ~ Joyce

[Join Our Mailing List!](#)

Upcoming Events

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

Monday, July 28 - 10:00 to 11:50 and 1 to 3:30
Bonfils Blood Drive. Bonfils is expecting a larger than normal demand in Denver for blood during the Democratic Convention. We will have the Bonfils bus here for blood donations. Please call me for an appointment! **I expect this to be a regular event, so please help me fill up the bus!**

Friday, August 1 - 4 pm to 8 pm. **Girls Night Out.**
 Come by for an afternoon/evening of shopping, FUN, networking, FUN and information!! Beverages (wine, margs or shakes) and appetizers will be provided. Drawings every 1/2 hour!! Vendors include PartyLite, Uppercase Living, Pampered Chef, Permier Jewelry, Avon, Passion Parties and more!

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

July 12 - NEW SESSION BEGINS - Protein
July 19 - Water
July 26 - Metabolism
Aug 2 - Carbs, Shopping & Villi

Saturday Business Opportunity Meeting - 1 pm
Want to own your own Smoothie Shop? Or want to make an Extra \$500? This is for you!

July 12, 19, 26 and Aug 2

First Monday **[Children's Wellness Fair](#)** - **August 4** - 3 pm to 6 pm.
Open House. Come for samples, knowledge and fun!

First Tuesday **[Shake it Up Networking](#)** - **August 5** - 9 to 11 am. Great opportunity to meet local business connections!

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.

My business is built on referrals, so please talk to your friends!!

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

Our Mission is Nutrition!

Recycle cell phones and printer cartridges for a great cause!

Do you have printer cartridges (any size or brand!) 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.

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.

Kathi Witt, Owner
[Parker Nutrition, The Daily Shake](#)
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**Save
20%**

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

Not valid with any other offer.

Offer Expires: July 31, 2008

**Save
10%**

Good for 10% off of Niteworks or Belly Buster Program.

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

Offer Expires: July 31, 2008



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