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 <h2 style="margin: 0;">Parker Nutrition, The Daily Shaker</h2> <h3 style="margin: 0;">Monthly Newsletter</h3>		<p>August 2008 Volume 11</p>
<p>Hi Kathi !</p> <p>Wow .. August has cruised by and I'm just getting to this .. it will be appreciated and I'll get back to normal in September.</p> <p style="text-align: center;">*****</p> <p>The NEW MENU has over 90 flavors, have you been by to try an of the new ones?! We've also added slushies, pies and specialty shakes:</p> <ul style="list-style-type: none"> • Lactose-free, Wheat-free Shakes • Lower-carb, Lower-sugar Shakes • Bulk & Muscle Shakes <p style="text-align: center;">*****</p> <p>We will be closed for Labor Day on Monday, September 1. We WILL be open on Saturday, August 30.</p> <p style="text-align: center;">*****</p> <p>Do you need a place to meet with clients? What about have a party? We have the perfect facility! Call me or come by to find out more!</p>	<h4 style="background-color: #008000; color: white; padding: 5px;">In This Issue</h4> <p>Belly Buster Inch Loss</p> <p>Calendar of Events</p> <p>Daily Shakers Information</p> <p>Shake Recipe</p> <p>Classifieds</p> <p>Recycle for a Cause</p> <p>Ways to Save \$\$</p>	
<h2 style="background-color: #008000; color: white; padding: 5px; text-align: center;">Featured Health Article</h2> <p style="text-align: center;">Will return in September</p> <h2 style="background-color: #008000; color: white; padding: 5px; text-align: center;">Belly Buster Inch Loss Program!</h2> <p style="text-align: center;">New program to help you lose inches in your belly!</p>	<h4 style="background-color: #008000; color: white; padding: 5px;">Daily Shakers Update</h4> <p>Club Hours:</p> <p>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</p> <p>Appointments are also available.</p>	
	<h4 style="background-color: #008000; color: white; padding: 5px;">Shaker Recipe</h4> <p style="text-align: center;">Slushilicious Tea (not a shake, but great energy drink!)</p> <p>16 oz. Ice - crush in blender</p> <p>In 4 oz. of hot water, mix 1 t. Lemon Green Tea, 1 t. "On the Go" flavoring.</p> <p>Pour the hot mix into the blender and mix until "slushie"! Great drink!! My favorite is Cherry Pomegranate.</p>	

In addition to our basic program, add in the "Belly Buster" ... [This has been VERY popular](#), so be sure to call ahead to make sure I have it in stock!

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

Upcoming Events

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

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!

August 23 - Dining Out

August 30 - Fiber

September 6 - Guest speaker!

Francine Juhasz, Ph.D., **emotional health counselor and Qi Gong energy coach**, gives fascinating tips on what to do inside our bodies when we are feeling anger or depression. Left untouched, they can work against us and hinder the personal goals we set for ourselves. You will learn how to treat these tricky and sometimes dangerous inner states as energy events, and change them into agreeable, positive energy.

Saturday Business Opportunity Meeting - 1 pm

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

August 23, September 6

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

First Monday Children's Wellness Fair - **September 8** - 3 pm to 6 pm. Open House. Come for samples, knowledge and fun!

Friday, September 19 - 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!

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!

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!!

[Join Our Mailing List!](#)

Recycle cell phones and printer cartridges for a

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 for your group.

Corporate Wellness classes are also available.

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!

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

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.

**Save
10%**

Good for 10\$ off of either of our 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: August 31, 2008

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

**Save
20%**

Not valid with any other offer.

Offer Expires: August 31, 2008



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