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Parker Nutrition, The Daily Shaker

Monthly Newsletter

September 2008
Volume 12

Happy Labor Day Kathi!

September is going to be a busy and exciting month here at The Daily Shake! After a great holiday weekend, it's back-to-school time for the kids. Come to the Children's Wellness Fair on the 8th to get some money-saving, healthy ideas to **give your children a head-start**.

Our **Business Networking Events** are expanding too! We have many more events going on, so check out the Calendar of Events below!

It's also a tough time financially for many of us ... remember, if you have a shake at home for one meal a day, **you'll SAVE money!** Our shakes are the perfect meal and cost less than \$3 .. that includes the milk or soy, frozen fruit and extra protein!

I also need your help! My business is built on referrals and word of mouth. I'm looking for friends and family that you want to **share good health and nutrition** with! Please call, email or come by with those you love for a shake, tea and free Wellness Evaluation. Tell them how great you feel after you've had the Perfect Meal!

Also, I need your **vote on Channel 7's A-List** Metro Guide. I'm listed under Healthy Lunch. Please click on this [link](#), and place your vote and comments. I would really appreciate it! The more votes I get, the better my chances of making it onto the local news!

We will be closed for Labor Day on Monday, September

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Classifieds

I'm looking for a **Business Partner** here at the Club .. if you're interested, please contact me directly. I'm looking for someone to share in the hours, as well as the marketing and operations of the club.

Wanted: 23 people to get paid \$\$\$ for losing weight to lose up to 30 pounds in the next 30 days. Natural, Guaranteed, Dr. Recommended.

Many **more positions** are available, and are located on the front page of my website:

www.ParkerNutrition.com

Free Member Registration

[Newsletter Archive](#)

[South Denver Book Club](#)

Quick Links

1. We WILL be open on Saturday, August 30.

Do you need a place to meet with clients? Have a party? Hold a business presentation? We have the perfect facility! Call me or come by to find out more!

Essential Nutrition for Healthy, Active Kids

Fast Facts:

Only 35% of boys and 14% of girls get 100% of the RDA of calcium in their diets daily. -**USDA**

Intake of low-nutrient dense foods, such as soft-drinks, candy, desserts, salty snacks and discretionary fats, accounted for more than 30% of daily calories among children. - **NHANE studies from NCHS and CDC**

Evidence suggests that breakfast consumption may improve cognitive function related to memory, test grades and school attendance. Breakfast, as part of a healthy diet and lifestyle, can positively impact children's health and well-being. -**Journal of the American Dietetic Association**

Herbalife Kids™ line provides essential nutrition that includes protein, fiber and 100% of key nutrients to meet growing kids' daily needs. Because it tastes great, kids will ask for it every day. Other benefits include:

- No artificial colors, flavors or sweeteners!
- Herbs and botanicals, including soothing chamomile, ginger (which aids in digestion), plus rosehips and acerola - two powerful antioxidants.
- Helps kids form healthy eating habits.
- Quick to make and easy to take on the go.
- Kids love the TASTE!!

Upcoming Events

REVISED FORMAT ... since we're adding so many new events, this will only list them. For more information, click on the title, and it will take you to a site with more details and an opportunity to RSVP.

9/2 - [Shake it Up Networking](#) - 9 to 11:30 am. Great opportunity to meet local business connections!

9/3 - [Health & Wellness Book Review](#) - 6 to 7 pm

9/3 - [Business Opportunity Meeting](#) - 7 pm

9/4 - [I Take The Lead](#) - 7:30 - 8:30 am (Business Leads group hosted but not sponsored by Parker Nutrition, The Daily Shake)

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

[Weight Loss Challenge](#)

[Gingah Palmer](#) (Reiki)

Daily Shakers Update

Club Hours:

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

Appointments are also available.

The **NEW MENU** has over 90 flavors! Have you been in to try any of the new ones?! We've also added slushies, pies and specialty shakes (Lactose-free, Wheat-free; Lower-carb, Lower-sugar; Bulk & Muscle)

Parker Nutrition, The Daily Shake is here to educate you and your family about health and wellness. Set up a free Wellness Evaluation for your whole family. 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 for your group.

Corporate Wellness classes are also available.

9/6 - [Weight Loss Challenge & Nutrition Class](#) - 9 -10 am **Guest speaker**
topic: Secrets of Coping with Stress with Qi Gong

9/6 - [Learn How to Open Your Own Smoothie Shop](#) - 1 to 2 pm

9/8 - [Children's Wellness Fair](#) - Open house 3 - 6 pm

9/8 - [Parker Reiki Healers Group](#) - 6 pm (hosted but not sponsored by Parker Nutrition, The Daily Shake)

9/9 - [Parker Personal Development Business Buzz](#) - 12 - 2 pm (hosted but not sponsored by Parker Nutrition, The Daily Shake)

9/10 - [Business Opportunity Meeting](#) - 7 pm

9/11 - [I Take The Lead](#) - 7:30 - 8:30 am

9/13 - [Weight Loss Challenge & Nutrition Class](#) - 9 am

9/13 - [Learn How to Open Your Own Smoothie Shop](#) - 1 to 2 pm

9/16 - [Setting Up a Healthy Emotional Regime](#) for Weight Management - 6:30 - 8:30 pm

9/17 - [Business Opportunity Meeting](#) - 7 pm

9/18 - [I Take The Lead](#) - 7:30 - 8:30 am

9/19 - [Girls Night Out](#) - 4:30 pm to 8 pm

9/20 - [Weight Loss Challenge & Nutrition Class](#) - 9 am

9/20 - [Setting Up a Healthy Emotional Regime](#) for Weight Management - 1 - 3 pm

9/20 - [Learn How to Open Your Own Smoothie Shop](#) - 1 to 2 pm

9/24 - [Business Opportunity Meeting](#) - 7 pm

9/23 - [Parker Personal Development Business Buzz](#) - 12 - 2 pm

9/25 - [I Take The Lead](#) - 7:30 - 8:30 am

9/27 - [Weight Loss Challenge & Nutrition Class](#) - 9 am

9/27 - [Learn How to Open Your Own Smoothie Shop](#) - 1 to 2 pm

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

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? 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.

[Join Our Mailing List!](#)

Save

Good for 10% off of any of our Children's Nutritional Products.

10%

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

Offer Expires: September 30, 2008

**Save
20%**

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

Not valid with any other offer.

Offer Expires: September 30, 2008



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