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Parker Nutrition, The Daily Shaker

Monthly Newsletter

May 2008
Volume 8

Hi Kathi !

Summer is just around the corner and that means sunshine! While some sun is good, it is important to protect your skin with at least SPF 15, UVA and UVB protection. It is equally important to put multivitamins on your face as in your body for a great complexion. Our line as vitamins A, C & E - all anti-oxidants, which help your skin look its best. We've got a great product line to do just that .. ask for a sample or schedule a free facial.

We will be **closed for Memorial Day** weekend (Saturday and Monday), so be sure you're stocked up prior to that!

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

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

Skin is your largest organ - what are you doing to take care of it?

Dr. Luigi Gratton and World Wide Outer Nutrition Product Trainer Jacquie Carter, of the Medical Affairs and Education Department, reveal the truth about wrinkles and how to look

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Daily Shakers Update

Weekly Shake Specials:

May 11 - Dreamscicle
May 18 - Turtle Cheesecake
May 25 - Mango Pango
June 1 - Lemon Ice Box

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

Shake Recipe

Chocolate Covered Cherries

8 oz. Milk or Soy
Formula 1: Dutch Chocolate
1/4 c. frozen pitted cherries
1 T. sugar free cherry syrup

your best.

Q: Does dry skin cause wrinkles?

A: Dry skin doesn't create wrinkles -- it just makes them more noticeable. Wrinkles are the result of aging, sun damage, smoking and repetitive facial movements such as smiling, frowning or squinting. Well-hydrated skin decreases the appearance of fine lines and wrinkles on the skin. The better hydrated your skin is, the firmer and smoother it appears. The NouriFusion® Multivitamin Normal to Dry System is perfect for dry skin. The Skin Activator® anti-aging line is excellent in combating fine lines and wrinkles.

Q: Do all sunscreens with SPF 15 prevent wrinkles?

A: Products containing sunscreens with UVA/UVB Broad Spectrum protection help prevent sunburn and wrinkles. All of Herbalife's SPF products contain both UVA/UVB protection. It's the UVA protection that shields the skin from the damaging rays of the sun that age the skin. Herbalife's NouriFusion® and Skin Activator® facial moisturizers contain Parsol 1789™, a revolutionary UVA sunscreen that protects the skin from both the long and short UVA rays of the sun. This same ingredient is found in the Radiant C® Body Lotion with SPF 15 for all-over, daily protection.

Q: What is Glucosamine and does it help reduce the appearance of wrinkles?

A: The entire Skin Activator® line is formulated with a unique, gentle, non-acid Glucosamine Complex, which helps enhance collagen production, aid hydration, repair weak and damaged skin cells and firm skin. Independent clinical studies on the UGL Glucosamine Complex in Skin Activator® show a reduction in the appearance of fine lines and wrinkles by as much as 57% after just 3 months! *1

™ Parsol 1789 is a registered trademark of DSM Nutritional Products, Inc.

* Results of testing performed on active glucosamine ingredient.

1 After three months of regular usage.

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.

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!

May 17 - Week 7 - Dining Out

May 24 - NO CLASS - HAPPY MEMORIAL DAY!

May 31 - Week 8-9 - Fiber & Sugar

June 7 - Week 10 - Exercise & Stress w/ Guest Speaker Francine Juhasz, PhD (see description to right)

(DaVinci's)
1/2 T. SF, FF Chocolate Pudding
Mix

As you know, cherries have many health benefits.

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.

Guest Speakers

Nutrition Class on June 7, 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

Saturday Business Opportunity Meeting - 1 pm

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

May 17, May 31 and June 7

Last Wednesday South Denver Book Club, Motivational Readers - May 28 - 6 pm. At the first review, we'll be discussing [How to Win Friends & Influence People](#) by Dale Carnegie.

First Monday Children's Wellness Fair - June 2 - 3 pm to 6 pm. Open House. Come for samples, knowledge and fun!

First Tuesday Shake it Up Networking - June 3 - 9 to 11 am. Great opportunity to meet local business connections!

First Wednesday South Denver Book Club, Health & Wellness Readers - June 4 - 6 pm. At the next review, we'll be discussing [An Ounce of Prevention](#) by Dr. Anthony Vendryes.

SAVE THE DATE: [June 21](#) from 1 to 4. Fitness Fair and Gift Extravaganze

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.

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](#)

Classifieds

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

Nutritional Office Assistant

Must have outgoing personality, love working with people, be health minded. General office duties, errands, non-smoker, be willing to learn with room for advancement. Part time, 4 hours per day, 5 days a week. \$10 per hour.

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!](#)

Appointments are also available

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
10%**

Good for 10% off of **Outer Nutrition Products**.

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

Offer Expires: May 31, 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: May 31, 2008

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