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Parker Nutrition, The Daily Shaker

Monthly Newsletter

April 2008
Volume 7

Hi Kathi !

Spring is here!! Are you ready for those shorts and swimsuits?! I lost 30 pounds in 6 weeks and I've kept it off for over 2 years (and lost another 20)!! I can help you do the same thing!

We've got lots of activities to help you learn more about nutrition and weight management. Just come by and I'll help you get started on a personalized program just for you.

For those activities outside, don't forget our **Energy and Fitness drinks** that are good for you!! Replenish your energy, mental alertness and electrolytes!

What Aloe Can Do For You!

Everyone knows how great Aloe is for your skin, but did you know everything it can do for your insides?!

Takes stress off the immune system by helping to stop the bleeding, damage and leakage of the intestine wall.

Relieves auto-immune response and allergic conditions by helping to effectively balance and restore proper immune system function.

Reduces inflammation -- it's a very strong anti-inflammatory agent.

Your body will naturally restore the intestinal protective mucosa lining once symptoms have been reduced.

Encourages and increases the tissue healing process.

Prevents the production of too much stomach acids which leads to heartburn, acid reflux disease or "gastro esophageal reflux disease" known as GERD.

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NEW!! Book Club

We are hosting the Health and Wellness Readers, part of the [South Denver Book Club](#).

We'll be meeting at 6 pm on the first Wednesday of each month here at the club.

At the first review, we'll be discussing [What Color is Your Diet?](#) by David Heber, MD PhD. Dr. Heber is the Director of the UCLA Center for Human Nutrition.

Will maintain or correct fluid levels within the colon after continued use which will eliminate both diarrhea and constipation.

By helping all the body's systems work together as they should, proper digestion, absorption of foods and nutrients are no longer a problem.

Will help to correct and protect the healing of former damaging processes in the digestive tract.

Helps people who have a problem with maldigestion and all the pathological reactions associated with maldigestion.

Will cure and prevent anti-viral, anti-fungal, anti-yeast, anti-parasitic infections and viruses.

Protects and encourages healthy flora in the digestive track.

Controls chronic yeast growth to insure that normal healthy flora may remain.

Increases blood circulation through the body.

Balances blood sugar throughout the body.

Works as an intracellular antioxidant cleaning out all cells.

Is absorbed by every cell in the body.

Absorbed through receptor sites which are located within the human digestive tract.

Upcoming Events

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

SPECIAL EVENT ON MAY 5!!!

[Boutique for the Soul](#) - 3 pm to 6 pm

Support women in business who are passionate about the products and services they sell. Buy small exercise/Pilates equipment, health products, candles, purses, jewelry, massages, and more. Grab your friends and head out for an afternoon of good times, networking and shopping. Free.

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!

April 12 - Week 2 - Water

April 19 - Week 3 - Metabolism

April 26 - Week 4 - Carbs, Shopping & Villi

May 3 - Week 5 - Nutritional Labels, Fats & Portion Control w/ Guest Speaker Hans Houtman (see description to right)

Saturday Business Opportunity Meeting - 1 pm

Want to own your own Smoothie Shop? Or want to make an Extra \$500?

Go to the website (link above) to vote on the next books we'll be reviewing.

This is a great way to keep up with the latest information in Health and Wellness!!

NEW!! Regular Blood Drives!

We are considering hosting regularly scheduled blood drives for Bonfils. In order for them to come out, we need 25-30 interested in donating blood.

If you would be interested in donating, please let me know what time of day would work best for you so I can schedule it.

Daily Shakers Update

Weekly Shake Specials:

April 6 - Turtle Cheesecake
April 13 - Banana Creme Pie
April 20 - Raspberry Fluff
April 27 - Key Lime Pie

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

Shake Recipe

Mango Pango

8 oz. Milk or Soy
Formula 1: French Vanilla
1/4 c. Mango Chunks
1/4 Banana
1 t. Cinnamon

Guest Speakers

Nutrition Class on May 3, when we discuss Nutritional Labels, Fats and Portion Control, Hans will be joining us. In this talk, *Exploring the Health Matrix Within*, **Hans Houtman, M.A.** discusses how to find and explore your underlying mental and emotional issues that can get in the way or even sabotage your conscious efforts to develop a healthy nutritional regime. Some negative inner

This is for you!

April 12, April 19, April 26, May 3

First Monday [Children's Wellness Fair](#) - **May 5** - 3 pm to 6 pm. Open House. Come for samples, knowledge and fun! Guest speaker: Randi Levin (see description to right)

First Tuesday [Shake it Up Networking](#) - **May 6** - 9 to 11 am. Great opportunity to meet local business connections!

First Wednesday [South Denver Book Club](#) - **May 7** - 6 pm. See details at right and on the website.

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.

NEW!! RECYCLE CELL PHONES AND 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.

NEW!! Massage Therapist

I'm excited to welcome Kristi Davidson, CMT, ATC to Parker Nutrition, The Daily Shake!! She is a Certified Massage Therapist and Athletic Trainer specializing in **sport** and **deep tissue** massage. She is nationally certified in Therapeutic Massage and Bodywork since 2003.

She will be available Mondays, Wednesdays and Fridays by appointment only. Schedule one today!

55 minute Sport/Deep Tissue massage - \$60
50 minute Full Body Relaxing (Swedish) massage - \$45
30 minute Swedish massage - \$25

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!!**

patterns are highlighted plus tips are offered on how to change those. Hans Houtman is a psychotherapist, transformational coach and Kripalu Yoga teacher. For more information, call 303-955-4186 or email hanshoutman@comcast.net or visit his website: www.syncscapes.com

Children's Wellness Fair, May 5, our guest speaker will be **Randi Levin, aka The Muffin Lady**, and she will be speaking on "Making Better Food Decisions for Your Kids". She will begin her presentation at 5 pm. She will also have healthy recipes and suggestions for snacks.

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](#)

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

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.

Don't forget our new hours ...

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

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

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!](#)

**Save
10%**

Good for 10% off of **Herbal Aloe Drink** - which comes in Quart, Gallon and Concentrate. Also available in Kosher.

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

Offer Expires: April 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: April 30, 2008

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