

Kathi Witt

Subject: News from Parker Nutrition, The Daily Shake



Parker Nutrition, The Daily Shaker

Monthly Newsletter

November 2007
Volume 2

Dear Kathi,

Wow! Can you believe that the Holiday season is just around the corner!! Are you ready? Let us help! Along with the shakes and teas you love so much to give you energy, we've got ***Holiday Party Survival Kits*** and ***Holiday Stress Survival Kits*** (see details below). We've also got great gift ideas for athletes, teenagers and everyone else in the family .. stop on by to check out our gift bags and baskets!

November is National Diabetes Month. Type 2 diabetes is on the rise in adults and children. Our products can help with both Type 1 and Type 2 diabetes symptoms, so if you have someone special in your life that needs help, be sure to ask us what we can do!

Finding ways to prevent, treat and cure heart disease and stroke depends on medical research. Despite major advances in treatment, heart disease is still the country's No. 1 killer and major cause of permanent disability. Heart disease and stroke still afflict our families and friends in epidemic proportions. This month we're featuring ***Heart Health Products*** at 10% off!

Heart Health for You and Your Family



Below, Dr. Lou Ignarro, Ph.D, ***Nobel Laureate in Medicine***, Herbalife Scientific Advisory Board answers questions about Heart Health.

In This Issue

[Feature Article: ***Immune Solutions for the Entire Family***](#)

[Upcoming Events](#)

[Holiday Survival Kits](#)

[Weight Loss Challenge & Nutrition Classes](#)

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

[Daily Shakers Update](#)

[New Shake Recipe](#)

[Classifieds](#)

Ways to Save \$\$

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.

Daily Shakers Update

**Savor the New
Flavor!!
Cafe Latte!!**

Q: Why should Core Complex become part of my daily routine?

A: Core Complex daily supplement packettes target four key areas of heart health maintenance: cholesterol, triglycerides, homocysteine, and oxidative stress. Cholesterol is an important marker for heart health, but triglycerides, another kind of blood fat, are also important markers of cardiovascular health. Homocysteine is an amino acid found naturally in your body, although excessive Homocysteine levels in the blood often leads to serious heart health conditions. And perhaps most importantly, along with a low-fat diet and exercise, supplementation is the first line of defense against numerous heart health risk factors. (Herbalifeline® softgels and Tri-Shield® Neptune Krill Oil softgels are included in Core Complex).

Q: How is Neptune Krill Oil unique?

A: Actually, Neptune Krill Oil or NKO® comes from a tiny crustacean in the Antarctic. NKO® is unique from fish oils in that it contains three groups of heart-healthy compounds; not only the Omega-3 fatty acids, but also a healthy blend of phospholipids and antioxidants. This unique blend helps maintain cardiovascular health by counteracting oxidative stress. * In other words, NKO® is a powerful antioxidant.

Q: Why is it important to start taking heart health supplements now?

A: Don't wait. The best way to maintain a healthy cardiovascular system is to start now, before you have developed risk factors for heart disease. Along with a low-fat diet and exercise, the active ingredients in Core Complex, Tri-Shield®, Niteworks®, Herbalifeline®, and Mega Garlic Plus help to maintain key heart health indicators already within a normal range. * It is wise to consider a heart health program today. Foods containing at least 0.65 gram per serving of plant sterols, eaten twice a day with meals for a daily intake of at least 1.3 grams, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A packette of Core Complex supplies 1.3 grams of plant sterols.

*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. NKO® is a registered trademark of Neptune Technologies & Bioresources Inc.

Upcoming Events

Parker Nutrition, The Daily Shake is here to education you and your family about health and wellness. If you would like some information that we are not providing, please let us know.

Nov 17, 1 pm - Owning your Own Nutrition Club (or working at one)
 Nov 24, 1 pm - Owning your Own Nutrition Club (or working at one)
 Dec 4 @ 9 to 11:30 am - [Shake it Up Networking](#)
 Dec 8, 1 pm - Owning your Own Nutrition Club (or working at one)
 Dec 8 & 9 @ 10 am to 6 pm - [Healthy Holiday Open House](#)
 Dec 15, 1 pm - Owning your Own Nutrition Club (or working at one)

Too cold for a shake?

Ask for a hot chocolate or hot cafe latte with the same nutritional values as the shake!!

Weekly Shake Specials:

Nov 12 - Irish Cafe Latte
 Nov 19 - Pumpkin Pie
 Nov 26 - Candy Cane
 Dec 3 - Choc Peppermint Cafe Latte

Wellness Evaluations - Free

Call for an appointment!!

Do you want to make healthy choices for yourself, but aren't sure where to begin?

Even when you committ to the right choice, you may need support following through and reaching your goals. That's where your Personal Wellness Coach comes in. The evaluation will take approximately 30 minutes.

Work with your Personal Wellness Coach on maximizing the fundamentals of wellness

- Balance Your Diet
- Weight Mangement
- Regular Exercise
- Drinking Lots of Water
- Personal Nutrition

New Shake Recipe

Creamy HOT Chocolate

½ cup vanilla soy milk
 ½ cup heated water
 Formula 1: 1 scoop French Vanilla
 Formula 1: 1 scoop Dutch Chocolate
 1 pkg. Swiss Miss sugar free cocoa
 (makes about 12 oz.)

Quick Links

[Free Member](#)

Dec 22, 1 pm - Owning your Own Nutrition Club (or working at one)
 Dec 29, 1 pm - Owning your Own Nutrition Club (or working at one)

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.

Holiday Survival Kits ... available now!

We want to help make the holidays as stress-free as possible! See how we can help!



Holiday Party Survival Kit Deluxe

\$82.15

(\$92.55 after tax and S&H)

Total Control - Boost metabolism, Appetite Suppressant \$32.95

Snack Defense - Manage your sweet tooth, lower carb absorption \$23.50

Thermo-Bond - Feel fuller longer, blocks fat from system \$15.75

Best Defense - Boosts immune system \$9.95

Holiday Party Survival Kit

\$58.65 (**\$67.51** after tax and S&H)

Total Control - Boost metabolism, Appetite Suppressant \$32.95

Thermo-Bond - Feel fuller longer, blocks fat from system \$15.75

Best Defense - Boosts immune system \$9.95

Holiday Stress Survival Kit

\$27.20 (**\$31.31** after tax and S&H)

Relax Now - Calm stressed nerves naturally \$13.95

Sleep Now - Regulates the sleep-wake cycle, for a good night's sleep -naturally 13.25

Registration

Newsletter Archive

Classifieds

Business Opportunity Meetings for all positions below on Saturdays at 1 pm at the Club (canceled December 1).

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!](#)

Other Wellness Coaches at Parker Nutrition ...

Tracy Fox

Tiffany Groth

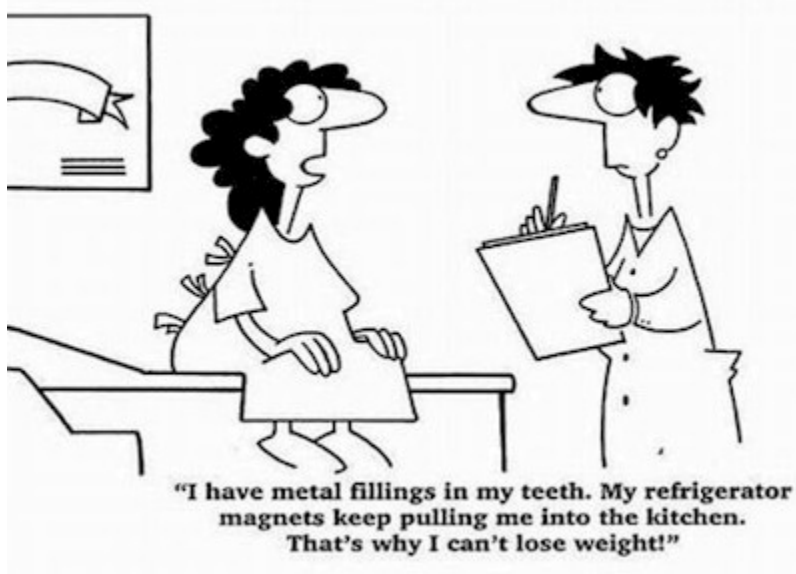
Rich & Beth Kempel

Carol Brown

Weight Loss Challenge &

Kathy Gephart

Free Nutrition Classes STARTING AGAIN IN JANUARY!



REGISTER NOW!!

Classes will start the first week of January on Tuesdays and Saturdays. Additional classes will be added as necessary.

Looking for motivation to lose 10, 25 or 40 lbs? Join a Weight Loss Contest which includes Free Nutrition Classes.

- Free nutritional education to assist in health and wellness.
- Free body analysis to learn your body composition

Only \$30 to enter, entry fees = Jackpot!! Come in or call to register.

Two winners will split the jackpot: 1) Competitor who loses the most inches, and competitor who loses the highest percentage of body weight. [More details](#)

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

Changing Lives with Advanced Nutrition!

I hope you and yours have a safe, happy, healthy holiday season!

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

Save

Good for 10% off of all Heart Health Products:
Core Complex, Tri-Shield®, Niteworks®, Herbalifeline®, and Mega Garlic Plus .

Discount is available to Parker Nutrition, The Daily Shake members

10%

only.

Offer Expires: November 30, 2007

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