

**Kathi Witt**

**Subject:** News from Parker Nutrition, The Daily Shake



## Parker Nutrition, The Daily Shaker

### Member Newsletter

October 2007  
Volume 1

**Dear Kathi,**

I hope you're as excited about our first newsletter as I am!! It will be limited to only once a month, so I hope that you'll enjoy the information. If there's something you would like to see or know about, please be sure to let me know!

"Life is not merely to be alive, but to be well"  
- Marcus Valerius Martial

### Immune Solutions for the Entire Family



The fall and winter months are prime time for colds and flu. With children back in school and people spending increased time indoors in close proximity, diseases are more likely to spread. Below, Dr. Luigi Gratton, Vice President of Medical Affairs and Education of Herbalife, answers questions about what you can do to stay healthy during the winter months.

**Q: What Herbalife products can I use to boost my immune system?**

A: Germs have a better chance of infecting us when the immune system is weakened by stress, lack of sleep and environmental toxins. RoseOx®, Schizandra Plus and Ocular Defense Formula dietary supplements may help support your body's natural defenses to protect good health all year long.\*

**Q: How do RoseOx®, Schizandra Plus and Ocular Defense Formula work?**

A: All three supplements function as antioxidants. \* They help protect our body from damage at the cellular level by neutralizing "free-radical" molecules that may be caused by air pollution, UV rays, tobacco smoke, saturated fats and stress. \* Protecting the body from free radicals helps to support the immune function. \*

**Q: How much of each supplement should I take?**

A: With the cold and flu season starting in late August, early September and lasting through March, we recommend one table each daily for RoseOx® and Ocular Defense Formula. For Schizandra Plus, we recommend one tablet two times per day. A healthy diet in combination with these supplements can help to support immune function. \*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to

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### 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.

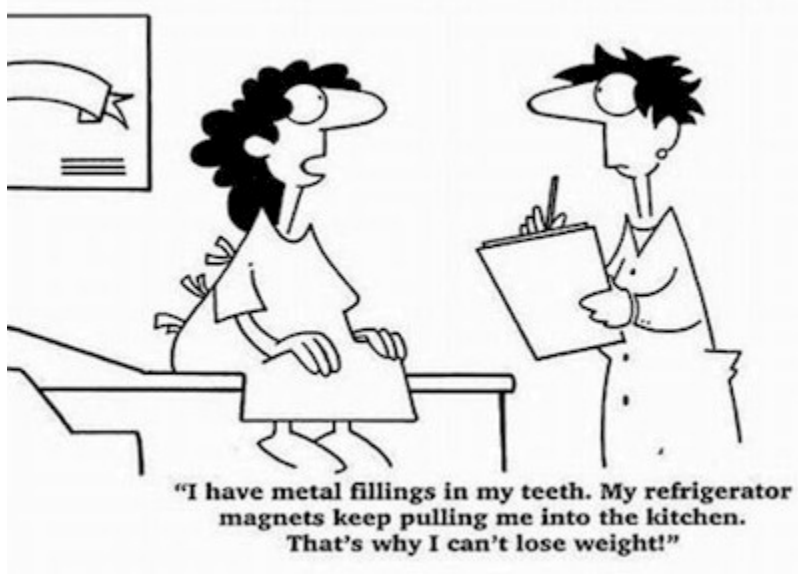
### Daily Shakers Update

#### Weekly Shake Specials:

Oct 1 - Jamoca Almond Fudge  
Oct 8 - Upside Down Pineapple

diagnose, treat, cure or prevent any disease.

## Weight Loss Challenge & Free Nutrition Classes



### Lose Weight, Look Great Before the Holiday Season!!

Looking for motivation to lose 10, 25 or 40 lbs? Join a Weight Loss Contest which includes Free Nutrition Classes. Our next class starts at 6 pm October 16, every Tuesday for 6 weeks.

- 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](#)

## 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.

October 2, 9 - 11:30 am - [Shake it Up Networking](#)  
 October 2, 7 - 8 pm - Weight Loss Challenge, Wk 4  
 October 9, 7 - 8 pm - Weight Loss Challenge, Wk 5  
 October 13, 1 pm - Business Opportunity Meeting  
 October 16, 6 - 7 pm - Weight Loss Challenge, Wk 1  
 October 16, 7 - 8 pm - Weight Loss Challenge, Wk 6  
 October 23, 6 - 7 pm - Weight Loss Challenge, Wk 2  
 October 13, 1 pm - Business Opportunity Meeting  
 October 30, 6 - 7 pm - Weight Loss Challenge, Wk 3  
 October 31, 3:30 - 5 pm - Denver Dataman presents  
 "Are Your Kids Safe Online?"  
 November 6, 9 - 11:30 am - [Shake it Up Networking](#)

Oct 15 - German Choc Cake  
 Oct 22 - Peach Mango Shake  
 Oct 29 - Choc Coconut Cream

### 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

### Strawberry Cheesecake

Milk  
 Formula 1: 1 scoop French Vanilla  
 Formula 1: 1 scoop Wild Berry  
 4 Strawberries  
 1 T. Cheesecake Jell-O  
 On Top: Crushed Graham Crackers

### Quick Links

[Free Member Registration](#)  
[Newsletter Archive](#)

## Classifieds

Business Opportunity Meetings for all positions below on Saturdays at 1 pm at the Club (cancelled on Oct 6th).

**Nutritional Office Assistant**

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.

Sincerely,

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

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!](#)

**Save  
10%**

Good for 10% off of all Immune Solutions Products:  
Best Defense, Garden 7, RoseOx ® and Schizandra Plus.

Discount is available to Parker Nutrition, The Daily Shake members only.

**Offer Expires: October 31, 2007**

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