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**New business shakes up weight loss**

By Chris Michlewicz, Staff Writer 06/15/2007

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When the owner of a nutrition store displays a "before" photo of herself, it's a sure sign she believes in her products.

There is no "after" photo. Kathi Witt, owner of Parker Nutrition, the Daily Shake, is there in person to show what kind of results are possible. Since beginning as a customer and independent representative with Herbalife a year ago, she has transformed her figure by drinking nutritious and balanced shakes. Witt has lost 45 pounds and 5 sizes, and counting.

With such convincing results, she decided to create a storefront for her operation and now has a loyal clientele. Some stop by for breakfast and lunch a few times per week; some stop by daily.

Of course, the shakes not only help with weight loss but also act as a meal supplement for weight gain and a catalyst for healthy aging. Witt's mother has several health issues, but after a few weeks on the shakes, she was able to cut her medications in half. Now she takes one prescription medication, and Witt's family is convinced of the effectiveness of the shakes.

"We get to help people by making a difference in their lives and make money at the same time," Witt said, adding the business is so lucrative, she broke even in the first two months.

The shakes come in many flavors, from a blend of mango and banana to a sweet mix of chocolate and cappuccino. Parker Nutrition, which opened March 30 and is the first store in Colorado that exclusively offers Herbalife products, is continuing to broaden and improve its services.



Don Peitzman/dpeitzman@ccnewspapers.com

Kathi Witt, owner of Parker Nutrition, 17800 Cottonwood Drive, serves 32 shake flavors and four green teas. A former telecommunications project manager, Witt opened her business March 30.

Partly cloudy 63° 5 Day Forecast

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Witt began a weight-loss challenge, which motivates clients to reach for their goals and keep tabs on their progress. The store has weigh-ins every Tuesday. While it might sound daunting, it allows Witt and the client to monitor specific caloric and protein intakes. Parker Nutrition uses a Shape Scan machine to measure deficiencies in the body and body fat. Witt also divulges tips for dining out, minimizing the affect on peoples daily activities.

Parker Nutrition, the Daily Shake, 17880 Cottonwood

Drive, opens at 7 a.m everyday. For more information, call 303-61-SHAKE or visit [www.parkernutrition.com](http://www.parkernutrition.com).

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Added: Monday June 18, 2007 at 10:16 AM EST

**New business shakes up weight loss**

Just wanted you to know that we are open 7 am Monday through Friday and 9 to 1 on Saturdays. Also, my mom's story was not correct .. it was a few MONTHS on the shake with some targeted nutrition. Results, however, were correct!

Kathi, Parker, CO

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