

You are receiving this email from Parker Nutrition, The Daily Shake and Kathi Witt because you are a networking partner, purchased a product/service or subscribed on our website. To ensure that you continue to receive announcements, invitations, and emails from us, add Kathi@ParkerNutrition.com to your address book today. If you haven't done so already, please click to [confirm](#) your interest in receiving email campaigns from us. Should you decide to "unsubscribe" to this publication, please send a reply to this email with the words "remove me from The Daily Shaker Newsletter" in the subject line. Using the "unsubscribe" link below will automatically permanently remove you from our publication database.

You may [unsubscribe](#) if you no longer wish to receive our emails.



## Parker Nutrition, The Daily Shaker

### Monthly Newsletter

February 2008  
Volume 5

Happy February Kathi!

February is **Heart Health Month** and then of course there's **Valentine's Day!** We can help you with both!

Your cardiovascular system is literally at the heart of your overall health. Maintaining it is crucial for a variety of reasons. It gives you energy and the ability to keep up with the daily demands of life. A healthy cardiovascular system is also essential for mental clarity and protecting you against stress. Additionally, cardiovascular health contributes to overall vitality.

*What kinds of things can I do to improve my cardiovascular health?* There are several things you can - and should - incorporate into your life to maintain a healthy cardiovascular system. Exercise is crucial! Brisk walks, sit-ups, light weight training, swimming and biking are all excellent, low-impact and efficient exercises for any fitness level. The important thing is to do something every day. Another important factor is proper eating- and that means getting the right amount of essential vitamins and other nutrients, as well as antioxidants. Weight management also contributes to your heart health which we can help you with, and ask us about our incredible heart health supplements. BMI (Body Mass Index) is more important than weight and if you don't know your BMI, come in and we'll test you for free.

My mom used to be on six different medications for high blood pressure, high cholesterol and high triglycerides. After a year of one shake a day, Core Complex and Niteworks®, her doctor has taken her off all but one, but soon she'll be off of all medications! Her triglycerides were over 300, now at 55; her cholesterol was over 250, now at 162 and her blood pressure is in the normal range. Yeah!!! We're very excited to have her healthy again!

**Valentine's Day** ... What to buy?! We have pamper-me gift baskets, exercise gift baskets, you name it! Be sure to

### In This Issue

[Feature Article: Heart Health](#)

[Daily Shakers Update](#)

[Upcoming Events](#)

[Weight Loss Challenge & Nutrition Classes](#)

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

[Shake Recipe](#)

[Classifieds](#)

## Weight Loss Challenge & Free Nutrition Classes

STARTING  
FEBRUARY 5!

**REGISTER  
NOW!!**

**Classes will start Tuesdays, February 5th at 6 pm. Additional classes will be added as necessary.**

**If Saturdays work better, it's not too late to join in!**

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

check them out at the club. Gift cards are also available!

## Heart Health Don't Wait!!



This month, Dr. Luigi Gratton, M.D., M.P.H., and Herbalife's vice president of medical affairs and education, answers your questions about our heart health products.

### **Q: What is Alpha Lipoic Acid and how does it support the heart?**

A: Alpha Lipoic Acid (ALA), an ingredient in Niteworks®, is a potent antioxidant first discovered in the 1950s and later recognized in 1988 for a variety of health-promoting activities. ALA works in the mitochondria, the body's energy-producing cells, where it has been shown to protect the DNA from damage. Many antioxidants, like Vitamin C, work well in areas of the body where there is water, while others, like Vitamin E, work well in areas of fat. ALA has the unique capability to work in both water and fat, and, moreover, helps to recycle our natural Vitamins C and E. In the heart, ALA helps protect the cardiovascular system from free radical damage.

### **Q: If Nitric Oxide is a gas, why does Niteworks® come in a powder form?**

A: Herbalife developed Niteworks® with Dr. Lou Ignarro, who won the Nobel Prize in Medicine. Dr. Ignarro's research showed that Nitric Oxide helps to keep vessels toned, flexible and youthful for improved circulation.\* His research further showed that Nitric Oxide enhances blood flow, supporting function of the heart, brain and other organs.\* His additional research has shown that the combination of two amino acids, L-Arginine and L-Citrulline, helps to support Nitric Oxide production in the body. Herbalife developed Niteworks® as a powder with these two amino acids. This product also contains Alpha Lipoic Acid and Vitamin E for antioxidant protection.\*

### **Q: How does garlic contribute to cardiovascular health?**

- 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. **This 12-week program will teach you how to keep the weight off too!**

Three winners will split the jackpot: The top three competitors who lose the highest percentage of body weight. [More details](#)

## 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.

## Shake Recipe

### Turtle Cheesecake

Light Chocolate Soy Milk  
Formula 1: Cookies 'n Cream  
1 cap Carmel Syrup  
1/2 T. SF Choc Fudge Jell-O  
1/2 T. SF Cheesecake Jell-O  
1 scoop pecan pieces

ENJOY!! This is my dad's favorite!

## 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 commit to

A: Garlic has long been recognized as a high-quality supplement to support healthy circulation and a healthy heart. One of the key active components is called Allicin, which helps to support cholesterol lowering, antioxidant, blood thinning and antimicrobial activity. Garlic supplements should be specially coated to be effective because stomach acid inhibits activity. Herbalife developed Mega Garlic Plus with an enteric coating to safely pass through the stomach for full absorption.\*

\*These statements have not been evaluated by the Food and Drug Administration.

## Daily Shakers Update

### 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:

February 4 - Chocolate Peanut Butter  
 February 11 - Chocolate Chunky Money  
 February 18 - Blackberry Hazelnut Cafe Latte  
 February 25 - Peaches & Cream

## Upcoming Events

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

February 2 - 9 am - Weight Loss Challenge - Wk 5

February 4 - 3 to 7 pm - Children's Wellness Fair  
 February 5 - 9 to 11:30 - Shake it Up Networking  
 February 5 - 6 pm - Weight Loss Challenge - Wk 1  
 February 9 - 9 am - Weight Loss Challenge - Wk 6  
 February 9 - 11-1:30 pm - Tagawa - Samples & Presentation on the Power of Protein

February 11 - 5:30 pm - Facial Party  
 February 12 - 6 pm - Weight Loss Challenge - Wk 2  
 February 16 - 9 am - Weight Loss Challenge - Wk 7  
 February 16 - 1 pm - Business Opportunity Meeting

February 19 - 6 pm - Weight Loss Challenge - Wk 3  
 February 23 - 9 am - Weight Loss Challenge - Wk 8  
 February 23 - 1 pm - Business Opportunity Meeting

February 26 - 6 pm - Weight Loss Challenge - Wk 4  
 March 1 - 9 am - Weight Loss Challenge - Wk 9  
 March 1 - 1 pm - Business Opportunity Meeting

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.

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 30-45 minutes.

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

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

Your coaches are: **Kathi Witt, Tracy Fox, Rich & Beth Kempel, Carol Brown, Kathy Gephart and Rebekah Welch**

## 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

Chew on this !!

## WE HAVE PIE!!!

Want to chew on something and still have something healthy?! Instead of a shake, get a pie! Our individual size pies freeze great too, so take some to go! They have 20-25 grams of protein and all the same nutritional values as the shakes plus 50 calories (the crust). We will have the following flavors:

- Creamy Peanut Butter Pie
- Turtle Pie
- Chocolate Peanut Butter
- Oreo Pie
- Coconut Pie
- Lemon Supreme Pie
- Cheesecake Pie
- Hawaiian Pie
- Banana Split Pie

Check them out ... they are YUMMY!

Don't forget that we're here Monday through Friday from 7 am to 7 pm, or Saturdays from 9 am to 1pm. 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](mailto:Kathi@ParkerNutrition.com)

Unique in concept and is the fastest growing smoothie shop in the three industries. Low startup costs, high profits. Opening anywhere!!

### Quick Links

[Free Member Registration](#)

[Newsletter Archive](#)

[Need an Extra \\$500 or More?!](#)

[Join Our Mailing List!](#)

# Save 10%

Good for 10% off of **all Heart Health Products**- Niteworks®, Herbalifeline® (Omega 3), Core Complex, Tri-Shield® (KrillOil), or Mega Garlic Plus.

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

**Offer Expires: February 29, 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: February 29, 2008**

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to [kathi@parkernutrition.com](mailto:kathi@parkernutrition.com), by [kathi@parkernutrition.com](mailto:kathi@parkernutrition.com)  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Parker Nutrition, The Daily Shake | 17880 Cottonwood Drive | Parker | CO | 80134