

## Nodens' Table Newsletter - February 2008



Welcome to the February edition of our newsletter. Please feel free to pass it on to your family and friends. This month we have the usual health-related article, a shake recipe, details of our next meeting and an exciting competition for you to enter. I hope you like it!

### Forthcoming events:

Nodens' Table is meeting on Monday 25th February in our new venue. This month we will be sharing tips and ideas for **exercising at home** and coming up with **fitness routines** for us all, so that we start getting back on shape now that the weather is improving - and staying that way! We will also be trying a new shake recipe and I have a Herbalife DVD to show you, time permitting.

**Date for next meeting: Monday 25th February 2008**

**Time: 7pm - 9pm**

**Venue: The Kaya Gallery, 24 Lochrin Buildings, Gilmore Place, Edinburgh.**

Please note that you can park outside the gallery after 6.30pm. Any earlier than that and the Parking Goblins get you!

I have yet to finalize the list of invited guest speakers for Nodens' Table 2008. If you have anyone in mind that would be good to invite along, please let me know. Also, now that the evenings are getting lighter, we could go for a walk on a Sunday afternoon as well. Please let me know if this sounds like a good idea and I will arrange something. Thanks.

### It's Competition Time!!!!

Can you match the following Herbalife supplements with their functions? The first three correct entries taken out of a hat will win a box of Protein Bars and a voucher for £5 off a supplement of their choice. Answers will be in the next newsletter.

The deadline for entries is Saturday 1st March 2008. Good luck!

**NITWORKS**

**CELL ACTIVATOR**

**NRG**

**HERBALIFELINE**

**ROSEOX**

**TANG KUEI**

**MALE FACTOR**

1. A natural antihistamine that will help control hay fever.
2. A combination of these two supplements provides effective menopause relief.
3. Decreases high blood pressure and reduces the chances of having a heart attack.
4. Keeps joints and hearts healthy.
5. A powerful antioxidant that boosts your immune system and keeps colds at bay.
6. Helps your body process nutrients more effectively; so you get the most nutritional benefit from your food.

I am also in need of success stories for my website. If you have an exciting product result and would like to share it with us, please let me know. Articles need only be 200 words long. Anything you send will be gratefully received and I will give you a small gift as a thank you for your efforts.

## Recipe Corner:

Feeling fruity? Why not try this fantastic shake, called .....

### Summer Fruit Sensation

- 2 scoops of Strawberry Formula 1
- 1 scoop of Personal Protein Powder
- 300 ml cranberry juice
- 2 tablespoons of frozen summer berries
- a handful of crushed ice



Whizz up in your blender, pour into a glass and enjoy! Any budding Jamie Olivers out there? If you have a special flavour shake that you would like to share with us, just let me know...

## Get Active, stay healthier!

There's no better time to get active and stay active than right now. Regardless of age or physical ability, nearly everyone can enjoy the health benefits of adding exercise to their daily routines.

The health benefits of exercise are endless. Here are three to motivate you:

- 1) Strong Bones and Muscles

Research has shown that regular physical activity is one of the best ways to maintain bone health. Load-bearing or strength-training exercise, such as walking, jogging or using resistance bands or weights, is helpful in preserving bone mass. Building muscle mass not only supports bone health, but also burns calories throughout the day, helping you maintain a healthy weight.

## 2) Stress Reduction

Exercise produces endorphins in the body, which create feelings of relaxation and well-being. A brisk walk or quick workout could be just the thing to calm you after a stressful day at work.

## 3) Manage Your Weight

Reducing sedentary activities, engaging in more physical ones and burning more calories than you consume are the keys to weight management. In addition, eating a balanced diet rich in green vegetables, calcium and protein not only helps maintain weight but also supports healthy bone maintenance.

Good luck with getting more active now that the better weather is thinking about approaching. I look forward to hearing how you are all getting along!

## This month's special offer:

Have you ever tried Herbalife's **Thermo Complete** tablets? They are designed to help your body adjust to dieting and weight loss. But, if you take a tablet 30 minutes before exercise the effect is incredible. The tablets boost your metabolism, so exercising becomes easier as you use your energy more efficiently - or that is what it feels like! People that have tried them recently are very excited about the difference they make.

So, to encourage everyone to get going and get fit again, Hygeia's Herbs is offering **Thermo Complete** tablets at 15% off in February, while stocks last.

That's all for now, see you next month!

Love

Amanda x

