

## Hygeia's Herbs Nutrition Club Newsletter February 2007

Welcome to the first edition of the newsletter for members of Hygeia's Herbs Nutrition Club. Please feel free to pass this on to your friends and family.

A big 'thank you' to everyone who came to the first Nutrition Club, on Tuesday 6<sup>th</sup> February. I hope you all had an enjoyable evening and will come back next month.

Our next meeting is on Tuesday 6<sup>th</sup> March from 7 - 9pm at 50 Albion Road. The theme for the evening is 'Cholesterol' and we have a health practitioner coming along to tell us everything we need to know. More details nearer the time but keep that day in your diary clear as it should be good.

### Competition Time

We need a name! Something more catchy than "Hygeia's Herbs Nutrition Club"!



Get your thinking caps on and let me know your ideas. The closing date for the competition is Monday 5<sup>th</sup> March and results will be announced at our next meeting. The winner will receive a Limited Edition 2006 Herbalife Bear.

He is soft and fluffy and very, very cute, so you better hurry and try to win him before he decides to stay with me!

You can submit as many ideas as you like. The more you send me, the better your chances of winning.

I look forward to seeing your ideas.

### Recipe Corner

A quick recap of the shake we made at Nutrition Club. We will look at a new one each month. Any budding Jamie Olivers out there? If you have a particular favourite shake and would like to make it for us, let me know so I can have the ingredients ready for you.

## Bannoffee Shake

300ml of soya milk

2 heaped scoops of chocolate flavour formula 1

1 heaped scoop of protein powder

half a Muller Light toffee yoghurt

half a banana

Whizz everything up in a blender. You can also add crushed ice to make it really special. Pour into a glass and enjoy!

## Testimonials

This month Camayo has a very special testimonial for us. I am always looking out for success stories for my website. If you would like to write a short article describing your experiences with Herbalife products, please drop me a line.

### Camayo's story:

I've had high blood pressure now for about 4 years. It was discovered during a routine check up by a nurse. I'd just flown back from New Zealand so we assumed it was high due to the long flight. I was booked back in for another appointment with the doctor to check it again and when I went back it was still high; the flight hadn't changed it at all. I went through various blood tests, was given different leaflets, told to change my diet and try not to stress – not so easy when you're a sales person in London! Nothing I tried changed it, including yoga, but it was never on a dangerous enough level to warrant going onto drugs for it.

On moving to Scotland I thought that the change in lifestyle might bring it down, but in fact it seemed to do the opposite and went a little higher such that the nurse told me I would need to go onto drugs – the last thing I wanted to do. I knew of Niteworks and that it had been proven through medical trials to bring down high blood pressure and thought I should give it a go before the doctor gave me the dreaded pills.

My blood pressure was tested when I started taking the product at 140/90 and after only 2 months of using it, every night, it had gone down to 120/90. A much healthier result and no longer medically termed as high.

Having gotten into the habit of having the product in water before I go to sleep, its now part of my nightly ritual and also helps me to sleep well. I am over the moon with how quickly it has worked and how much healthier my heart is.

## Product News / Special Offer

Each month our newsletter will feature a different product and give you the chance to try it out at a special price.

### LiftOff



LiftOff is a new type of energy drink, from Herbalife. It contains natural caffeine, guarana, ginkgo and is loaded with vitamin C to give you a kick start when you start to flag.

If you need to focus your mind on work or just want an extra boost to help you play a bit harder, LiftOff could help you.

Simply drop a tablet in a glass of water, wait until it dissolves and then drink.

Comes in two delicious flavours – Lemon/Lime and Orange.

As a special introductory offer for Nutrition Club members, you can try LiftOff at 25% discount. Usual price is £20 for a box of 10 tablets. You can buy your first box for £15. Just send me an email to place your order.

That's it for this month.

See you in March!

Love Amanda x

To contact me about anything mentioned in this newsletter, or to unsubscribe, send an email to: [amanda@hygeias-herbs.co.uk](mailto:amanda@hygeias-herbs.co.uk)