

Nodens' Table Newsletter - March 2008



Happy Easter! Welcome to the March edition of Nodens' Table Newsletter. Please feel free to pass it on to your family and friends. This has been a very hectic month, so please forgive the late arrival of the newsletter. In short, I have had a laptop meltdown! My hard drive just stopped working, so I had to get a new one. Of course, nothing

was backed up so it took ages to find everything and get the laptop back up to scratch. The moral of this story is to **ALWAYS** back up computer files!!! I have even lost my address book!

That aside, this month we have the usual health and nutrition tips for you, along with another shake recipe to try. There is also an article written by **Margaret Minto**, an extremely inspirational **life coach**.

I hope you enjoy everything we have to offer - even if it is a bit late!

Forthcoming events:

1) Monday 24th March - Nodens' Table. All welcome

This month we will be looking at what constitutes a healthy diet, comparing how much protein we eat with how much we actually should eat and then looking at ways to make improvements. There will also be the usual shake tasting and a chance to buy more supplies if your stocks are running low. Please invite any friends that you think might be interested.

Date: Monday 24th March

Time: 7pm - 9pm

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

Please note that there is unrestricted parking outside from 6.30 pm but before this you will get a ticket.

2) Monday 31st March - Spring into a New You!

An evening with **Fashion Pixie** and **Hygeia's Herbs**

Do you want to be fabby instead of flabby in time for summer?

Do you want to dress to impress?

If so, join us for an inspirational and fun evening when we will show you how to turn your dreams of looking and feeling good into reality.

Date: Monday 31st March

Time: 7 - 8.30 pm

Venue: 1 St Colme Street St. Edinburgh

Cost: £10 - going to **The Ectopic Trust**



Now, here is the article from Margaret. For more information about her work and the services she offers, please do not hesitate to contact her:

I'm Margaret Minto and I would like to tell you about my work as a Personal Life Coach.

Now that March has arrived your thoughts may be turning to Spring and what lies ahead for you. As you move forward into the new season, are you going to "walk your talk?" Or "stumble your mumble?"

Move like you mean business.

One of the quickest ways to look more confident is to move with purpose. Don't saunter along. Walk tall like you know exactly where you are going as well as what's going to happen when you get there.

Do you feel you want to move forward in your life? What do you want to achieve? My clients experience and benefit from:

- sustained focus & clarity
- greater self-awareness
- regular support & encouragement
- positive motivation
- feeling fulfilled
- feeling more loving & accepting of self & others
- progress
- success

I find it so rewarding to accompany clients on their coaching journey and to be part of their "success story." If you would like to experience a confidential taster session, at no charge, please do get in touch. I look forward to meeting you.

- Guess who has a Personal Life Coach?
- DRAHCIR NOSNARB

Call me on 0131 662 6818 or 07962 858 736 or by www.mintolife.co.uk

"There are seasons, in human affairs, ... when new depths seem to be broken up in the soul, when new wants are unfolded in multitudes, and a new and undefined good is thirsted for. These are periods when ... to dare is the highest wisdom." William Ellery Channing 1829

It's competition time (again)!

I haven't had many entries for our February quiz, so it will stay open for another month. The closing date is now Friday 25th April. Good luck!

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

TANG KUEI MALEFACTOR

- 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 chance of having a heart attack
- 4) Keeps joints and hearts healthy
- 5) A powerful antioxidant that boosts your immune system and helps keep colds away
- 6) Helps your body process nutrients more effectively, so you get the most nutritional benefit from your food.

The wonders of Evening Primrose Oil:

Have you ever tried this amazing supplement? I used to think it was only good for women with PMS symptoms. How wrong I was! In addition to effective PMS relief, these incredible little pills control acne and eczema. They also provide an anti-inflammatory function and can be used to treat rheumatoid arthritis - in men as well as women. I have very sensitive skin and constantly battle with acne. Not only that, recent use of a new type of moisturizer gave me nasty eczema on my forehead - not a pretty sight. Not wanting to use drugs to clear up the eczema, I battled with it unsuccessfully for a few months. About three weeks ago I tried Evening Primrose Oil and the eczema cleared up pretty fast. Wonderful!

You can buy this supplement fairly cheaply in the supermarket. However, GLA, the active ingredient, is only present in low quantities in the cheaper brands. Unfortunately, Herbalife does not sell Evening Primrose Oil in the UK. I have to buy my supply from ISO in Newington, Edinburgh. These more expensive (huge) 1000mg capsules contain sufficient GLA for my skin issues to be finally under control. I am very happy!

Recipe Corner:

Like dried fruit? You'll love this new shake idea, called

Prune Passion

- 2 scoops of Chocolate Formula 1
- 1 scoop of Personal Protein Powder
- A handful of pre-soaked prunes
- 300ml of soya milk

Simply whizz up in a blender, pour into a glass and enjoy!

That's all for now, see you in April!

Love

Amanda x