

Nodens' Table Newsletter May 2007

Thanks to everyone that came along to **Nodens' Table** this week. **Julia Presly**, a consultant with her company, **Homespaworks**, came along to show us her fabulous



products and teach us all some self massage techniques. We had a great time and learnt how to massage our heads, necks, shoulders and hands to relieve stress. I for one am very grateful to learn how to do this. My tension headaches can be awful and now I can try to get rid of them without painkillers. Thanks Julia, we hope you can come back some time soon! Some of Julia's methods are described later in this newsletter, so you don't miss out if you were unable to join us.

Our next meeting will be held on **Tuesday 5th June 2007** (yikes, it's almost June already!), **from 7 - 9pm at 50 Albion Road**. This time we will be having a discussion on the **G. I. Index** and what exactly those "good carbs" are. Please come along and join us.

Recipe Corner

Our shake this month was very simple and aimed at introducing you to a new flavour
Formula 1 - **Cookies and Cream**:

2 scoops cookies and cream Formula 1

1 scoop protein powder

300 ml soya milk

Whizz up in a blender (but not for too long or the biscuit bits disappear!) or mix in your plastic shaker, pour into a glass and enjoy. Another tasty shake. If you haven't tried this flavour yet, why not give it a go?

Don't forget that you can tell me your favourite shake recipe for us all to try at our next meeting. Does anyone fancy trying a savoury one next month?

Julia's Self Massage Tips.

For more information, please visit her website: <http://www.homespaworks.com/asianspa>

Hand Massage

1) Stroke the back of your hand between each finger in turn, with the thumb of the other hand.

- 2) Make a rolling movement on each finger, with the forefinger and thumb of your other hand, working from the knuckle to the fingertip, then stretch and release.
- 3) Rub swiftly up the arm with firm pressure, to stimulate the circulation.
- 4) Now working on your palm, make a circular movement with the thumb of the other hand.
- 5) Repeat on the other hand and arm.
- 6) Interlock your fingers of both hands and stretch your palms.
- 7) Shake your hands to loosen them up.

Customer Success Story: Maureen (Welton, E. Yorks)

Some four or five years ago I was advised (medically) to lose about a stone in weight (at this time I weighed 11 1/4 stone). I have asthma and carrying extra weight can make me even more breathless than I normally am. "This is going to be easy" - or so I thought.

Well, it was summer-time and salads were easy; I also happen to like fruit and vegetables. Unfortunately, I also like puddings, chocolate, pies etc. - which have been my downfall over the years. I did manage to lose about 6lbs with quite a bit of effort and I was hungry between meals and feeling tired. Fortunately I was introduced to Herbalife at this point by a very keen saleslady!

I started a different eating regime, with Formula 1 shakes and the supplements; interspersed with the occasional protein bar. Not to forget the Herbal Teas. Shopping took longer because I was checking the fat content of almost all the food I bought. Also, there were the continual trips to the loo because of the extra volumes of water that needed to be drunk. Extra physical activity took the form of walking, which was very enjoyable as the area where I live is on the edge of the Yorkshire Wolds with quite a few hills.

Gradually, my weight went down, my clothes began to feel more comfortable and the inches dropped off. A good excuse to buy some new clothes! I did not feel tired: in fact, I had quite a bit of energy. I felt very well and my breathing tests at the respiratory clinic had much improved.

I am ashamed to say that over the last Christmas period, December 2006, I did put on a few pounds, so I am now on phase two with the aim to weigh less than I did at the end of my first session.

There is so much support from Amanda while you are on the diet: I can thoroughly recommend the Herbalife way to lose weight!

(Note - this is my Mum!)

Product news / Offer of the month.

This month's featured product is **Tang Kuei**.



This supplement is an ancient Chinese remedy. It has long been known to ease muscle cramps and discomfort after exercise. This Herbalife supplement has chamomile included with it - ensuring a good night's sleep with its calming properties. It also helps relieve symptoms associated with PMS and menstrual cycles.

As a special offer this month, Nodens' Table members can try an introductory pot of Tang Kuei for 25% of its full retail price. Normal price is £27.40. You can try this product in May for £20.55

See you in June!

Love

Amanda x

P.S. To contact me about anything in this newsletter, or to unsubscribe, please send an email to amanda@hygeias-herbs.co.uk

Please feel free to pass this newsletter on to your friends and family if they are interested. If they want to know even more then please invite them along to join us around Nodens' Table. There will always be room for more people, even if we have to find a bigger venue!