



Nodens' Table Newsletter - May 2008

Welcome to the May issue of the Nodens' Table newsletter. Please feel free to pass it on to family and friends that may be interested. In this issue we have the usual health tips and shake recipe, along with the date of our next meeting. This month's special focus is an article on the 'hidden calories' in things we drink and a special offer for spring. I hope you like what you read!

Forthcoming Events

A HUGE thank you to Jane Quinn for leading us through 'The Wheel of Life' at our last meeting. It was a really inspirational evening and I know that everyone who came along found it useful as well as interesting.

Our next meeting will be held on **Monday 19th May**. This time we have style coach **Karen Swanston**, from **Fashion Pixie**, coming along to talk to us about colours and how to wear them. It should be another fantastic evening. Please bring any interested friends with you so that we can have a roomful for Karen. See you there!



Date: Monday 19th May 2008

Time: 7pm - 9pm

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

Please note that there is plenty of parking space outside the gallery after 6.30 pm. Any earlier than that and the traffic wardens will get you!

The London Triathlon

The Mazda London Triathlon (<http://www.thelondontriathlon.com>) is being held on the weekend of 9th and 10th August this year. Anyone who has watched this event on the TV in recent years will have seen the **Herbalife** banners in prominent positions around the place. **Herbalife** is the official nutrition sponsor of the event and also individually sponsors two young competitors in the race - Olly and Henny Freeman - who are both champions and find real benefits from using our products to increase their sporting performance. This year **Herbalife** also has its own training academy and is helping even more people to increase their health with top nutrition. Have a look at the website for more info on the event. If you would like to take part in the team races I can put you in touch with others who are doing so and still looking for people to complete their teams. If you would like to



find out more about using **Herbalife** products to get fit and healthy please drop me a line and I will be delighted to tell you more about the product range.

Recipe Corner

Why not try out a **Melon Masterpiece**?

To make this delicious shake place the following ingredients into a food processor:

2 scoops tropical fruit flavour Formula 1

1 scoop personal protein powder

250 ml of apple juice

½ cup of fresh mango

½ cup of fresh cantaloupe melon

3 ice cubes



whizz up, pour into a glass and enjoy!

You are what you drink - the hard facts about soft drinks

I found the following article in The Tesco Healthy Living Magazine. It makes you think...

Have you ever thought that what you drink could be making you gain weight? We should drink a minimum of 2 litres of liquid a day to stay fully hydrated. Water is the best way to do this but many people don't like the taste - and that is where the soft of fizzy drinks creep in.

Almost without noticing, the calories in what you drink can have a dramatic effect on your waistline....

1) Flavoured waters and low-calorie drinks - these contain artificial sweeteners, which can cause the body to crave sugar. Try enhancing the taste of a glass of water with slices of lemon or lime instead.

2) Fizzy and energy drinks - both the diet and the regular versions of fizzy drinks can contain phosphoric acid, which can damage your bones and teeth. A 330 ml can of pop also has 140 calories in it. Energy and sports drinks are high in calories, so watch when you use them. A typical drink contains 270 calories - more than 10% of the recommended daily calorific allowance for women!

3) Juices and Smoothies - these contain vitamins and count towards your '5-a-day'. However, they also have significant levels of natural sugar and are high in calories. One 330 ml glass of pure juice, for example, has 145 calories! It doesn't seem much but it all adds up.

4) Hot drinks - tea and coffee are calorie free but if you add one teaspoon of sugar to 4 cups of coffee each day, that is an extra 140 calories a day without even trying!

These points in themselves don't seem too bad but one look at the following table is enough to make you drink nothing but water from now on!

Time of Day	Beverage	Calories
Breakfast	250 ml glass orange juice	120
Mid-morning break	200 ml glass whole milk	140
Lunch	330 ml can fizzy drink	140
Evening gym session	380 ml of energy drink	270
Dinner	115 ml glass red wine	80
	TOTAL CALORIE INTAKE:	750 (!)

There's a bit more info in the article that I haven't included here, including recipe for a natural bitter lemon drink. Let me know if you would like a copy of the whole thing.

And finally.....

It would be nice to have a monthly 'exercise tip' section in this newsletter as well as a different shake recipe each time. If you have any top tips that you would like to share with everyone please send them to me and I will include them, starting from next month.

Many thanks.

That's all for now!

See you in June.

love

Amanda x