

## Nodens' Table Newsletter September 2007



Welcome to the **September** issue of the **Nodens' Table newsletter**. Please feel free to pass it on to your family and friends. I hope you have all had a fantastic summer and are now refreshed and ready to get going once again. In this issue we will take a look at our forthcoming events, an exciting new skincare range called **'Skin Activator'** and also some of the highlights from the **Herbalife** training weekend I went on in Cologne last month. We will also have another shake recipe and September's special offer. I hope you enjoy the issue.

### Forthcoming Events

As promised in the July newsletter, this month we will be going for a walk in Holyrood Park instead of having our normal meeting. Please join us. We will be power walking and take the path around **Arthur's Seat**. Weather permitting, we will aim to walk round to **The Sheep Heid** in Duddingston for a meal afterwards. Mind you, if it gets too late or we get too tired, we can always stop at one of the eateries in Newington instead. Please wear warm, comfy clothes and suitable footwear. Also, please let me know whether you will be coming. and bring along any friends that are interested. Energy bars will be provided!

**Date: Sunday 16th September**

**Time: 5.30pm**

**Meeting Point: Outside the New Parliament building, opposite Holyrood Palace.**



### Exciting News

We will shortly have a new meeting place for Nodens' Table. Plans are afoot to move to a bigger space, as Ian makes arrangements to rent a gallery for his fantastic photos. The lease is still to be signed, so watch this space and look out for details that should be coming soon.

### Skin Activator from Herbalife

Launched in Cologne at the end of July, this new age-defying skin care range looks, feels and smells fabulous. I am starting to feel like I need all the help I can get and this range is perfect for me. I have extremely sensitive skin and am delighted that the skin activator range does not bring me out in a rash! If you would like to test the products, or think they might make ideal Christmas presents, please contact me to book an appointment.

The range contains five products: a day lotion, eye cream, lip defining cream, night cream and décolletage cream. Details are as follows.....

## Overview

Reveal your beauty, not your age with this weightless lotion that protects and corrects the signs of aging. Wrinkle-fighting glucosamine provides a difference you can feel immediately. It's perfect for all skin types. This gentle lotion also visibly increases men's and women's skin luminosity and clarity and improves skin smoothness.

## Key Benefits

- Minimizes the appearance of fine lines and wrinkles.\*
- Collagen-building Glucosamine Complex aids hydration and firms skin.\*
- Contains sunscreens including Parsol®\*\* 1789 to provide UVA/UVB sun protection.
- Lightweight, non-greasy.
- Formulated for daily use.



## Recipe corner - Apple Pie Shake

Why not try out the following recipe idea this month, it's delicious!

- 2 scoops of vanilla formula 1
- 1 scoop of protein powder
- 1/4 cup of sliced apple
- a pinch of nutmeg
- a pinch of cinnamon
- 250 ml of soya milk or semi-skimmed cows milk
- 3 ice cubes

Combine all ingredients in a blender, whizz up and enjoy.

## Extravaganza! Cologne 2007

How to describe the energy and excitement of 18,000 Herbalife distributors in the Koln Arena for the weekend?

The following is a link to a video on U-Tube of some of the highlights. The video was made by some Polish Herbalifers, not the group I was with, but this only goes to show the diversity of the people in this business. The country that sells the most products is Iceland. They have a turnover that is 54 times that in the UK! What a healthy country. The top distributors in the world are Mexican. Products are not just bought by the wealthy west.



Anyway, please watch the video. I hope you enjoy it. I was gobsmacked by the sheer size of the event and am looking forward to next year already. Please get in touch if you would like to come with me!

<http://www.youtube.com/watch?v=yESM+4k1IFQ>

### September's Special Offer

It's the time of year when the light starts to draw in and there is a real chill in the air, despite the weatherman's promise of a glorious Indian Summer.

Coughs, cold and winter bugs start to rear their ugly heads and we stock up on winter remedies to keep us going.

Rose-Ox, a powerful antioxidant, has kept me free of 'flu for the last 4 years and I strongly recommend you try it to stay healthy this winter.

This month's special offer.....

.....if you recommend a friend and they book a wellness assessment then you will receive a voucher for £5 off your next order. If your friend places an order then you will be able to try a complimentary week's supply of Rose Ox.

That's all, see you next month!

love

Amanda x