



Get into shape before Winter

Inside this Issue

- Shape Up Before Winter
- Digestive Health
- Special of the Month
- Recipe of the Month
- Imagine Yourself at Your Best
- Unhealthy Eating vs Healthy Eating
- How Successful People Think
- Our Products Really Do Work!

CONTACT YOUR DISTRIBUTOR TODAY:

Marie Hennessy
Ph: 07 3013 3911
Email: marie.hennessy@bigpond.com
www.herbal-nutrition/marieh

Who We Are ...

Herbalife is a Premier Nutrition and Weight-Management Company with an Unparalleled Business Opportunity...

Global:- Improving lives in over 65 countries, on six continents through a network of over 1.7 million Herbalife Independent Distributors and growing.

Opportunity:- Offering anyone, anywhere, a proven business opportunity that empowers people to achieve their dreams, goals and ambitions.

Personalised:- Focusing on each customer's unique needs and providing the personal attention to help them achieve their goals.

Innovative:- Developing the best weight-management, targeted nutrition, energy & fitness, and personal care / outer nutrition products, backed by world-renowned doctors and scientists.

Shape Up Before Winter



Did you make New Year resolutions to lose weight? Autumn is the perfect time to refocus your weight-loss goals and renew your commitment to a healthy, active lifestyle. Here are some simple, but effective, ways to put your weight-loss resolutions into action.

Set Realistic goals

Too often we set lofty goals that are difficult to achieve. Instead, make sure that you set small, manageable goals you can stick with. Try narrowing down your weight-loss to specific things, like losing 10% of your body weight, not eating after dinner, or scheduling exercise three days a week. These are attainable resolutions that you can track. Achieve one or more of your goals and your self-esteem will increase and you'll be motivated and inspired to keep going.

Tea it up

A great complement to any weight-loss program is drinking green tea. Studies show that plant-based substances found in green tea, called polyphenols, increase thermogenesis, the rate at which calories are burned. Green tea can also help promote weight loss by inhibiting the movement of glucose (sugar) in fat cells. A great way to get the weight-loss and antioxidant benefits of green tea, is with Instant Herbal Beverage.

It also provides an energy boost to help you stay active.



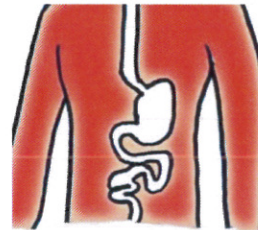
Snack Wisely

Some people find themselves hungry in between meals and give in to the temptation of unhealthy snacks like junk food. But snacking can actually be good for you, providing you stick with healthy options. Try incorporating 5 to 7 servings of colourful fruits and vegetables into your day, as they are packed full of nutrients and healthy antioxidants. Fruit and vegetables will also help satisfy your hunger and keep your energy level high. Protein Bars are another way to tide you over until the next meal. They contain healthy protein to satisfy hunger, without packing on kilos.

Luigi Gratton, M.D., M.P.H.
Vice President of Medical Affairs and Education, Herbalife

Digestive Health

A healthy digestive system can help increase your metabolism making it easier to lose weight or maintain a healthy weight. It can also improve the absorption of nutrients and help to prevent many diseases. When it comes to Digestive Health, Herbalife has it covered.



"A poorly functioning digestive tract prevents the absorption of nutrients we need to maintain

good health and to avoid increased risks of chronic disease." Dr Luigi Gratton

Herbal Aloe Drink & Concentrate

- The goodness of the Aloe Vera plant for a healthy digestive system.
• Supports internal cleansing and digestive health.
• Soothes the digestive system.

Key Ingredient Properties:

Made from premium quality Aloe Vera, Herbal Aloe Concentrate and Drink contains important enzymes, amino acids, vitamins and minerals.



Chamomile has been included for its gentle, soothing, calming qualities. It is a well-known and widely used ancient herb, sacred to the Anglo-Saxons. Due to its positive attributes and calming properties it is particularly popular with herbalists.



Natural Lemon - an antioxidant.

Florafibre

- A probiotic supplement for improved intestinal health. Encourages the growth of 'friendly' bacteria for healthy intestinal flora.
• Fibre supplement blended with Fenugreek to assist with the suppression of appetite and maintenance of regularity.
• Contains Lactobacillus acidophilus for improved intestinal health.

Key Ingredient Properties:

Lactobacillus acidophilus enhances the body's ability to control pathogenic micro-organisms; helps support the immune function; and naturally improves bowel function. Acidophilus is

found naturally in fermented foods such as yoghurt and sauerkraut.

Cellulose is a complex carbohydrate (dietary fibre). Cellulose cannot be broken down by gastric juices and therefore helps with the evacuation of waste products from the digestive tract.

Psyllium Seed Husks – herbalists consider Psyllium to be one of the richest sources of dietary fibre available in any food. For centuries, Psyllium was used to treat ulcers, colitis and constipation.



Apple Pectin – a good source of soluble fibre.

100% Discount

Special of the Month

Order a bottle of Herbal Aloe Concentrate and receive 10% off a bottle of Florafibre.



Recipe of the Month

Apple Pie Shake

3 Scoops Formula 1 Vanilla Protein Powder
250ml soy milk
Heaped dessert spoon tinned apple
Cinnamon
Nutmeg
Powdered cloves
Vanilla essence
Ice cubes



Blend and Enjoy!

Imagine Yourself at Your Absolute Best...

... Nourished, healthy and raring to go!

Nutrition, at any age, is important for a healthy and fulfilling life. Even if you do eat well, your body can still suffer ill effects from daily stress, poor nutrition, the environment and aging – all of which can contribute to you feeling less than healthy.

Unhealthy Eating Versus Healthy Eating

Fast foods are excessively high in calories and deficient in the nutrients your body needs. They make you gain weight and your health can suffer.



UNHEALTHY

Fat, sugar, white flour, salt, preservatives and food colouring.

.....

Well-balanced, healthy meals provide a variety of essential nutrients. Good nutrition helps you maintain a healthy weight and overall wellness.



HEALTHY

Vitamins, minerals, fibre, protein, amino acids and antioxidants.

How Successful People Think

- Everything begins with a thought.
- What we think determines who we are. Who we are determines what we do.
- Our thoughts determine our destiny. Our destiny determines our legacy.
- People who go to the top think differently than others.
- We can change the way we think.

John. C Maxwell

Our Products Really Do Work!

Chloe was 18kg overweight. She lacked energy, had high blood pressure and high cholesterol. She felt different after a couple of days on the products. In her first week Chloe lost 3kg and 12 cm, her cholesterol was below 5 and her blood pressure improved. In 3 weeks she has lost 1 dress size, 6kg and 17cm.

.....

Before Herbalife, Lisa was lethargic, overweight and couldn't keep up with her 2 boys. Now she has more energy, lost her chocolate cravings and lost 8kg and 28cm in 7 weeks!

.....

Liz was lethargic, overweight and stressed. She felt a difference as soon as she started using Herbalife products. Her energy went up and her weight and stress down. In her first week she's lost 2kg.

.....

Ken's blood pressure was so high that he wasn't allowed to join a gym. Now his blood pressure is down, he's lost 9kg and joined his local gym!

.....

"I use Herbalife® products during training and matches for increased energy and concentration. They give me what I need to be in the game 100%." *Donovan Ricketts (USA World Cup Soccer Player)*

.....

"You can train your body to the limit, but what you put inside your body is what will push you over the top. Herbalife® products give me good nutrition to train and perform well." *Amanda Lim (Singapore National Record Holder - Swimming)*

.....

"When I am feeling tired or cannot concentrate, I take Liftoff® for training and competitions. I recommend it to everyone." *Attila Vajda (Hungarian Olympic Gold Medallist – Canoeing)*

.....

"The healthy protein I get from Formula 1 shakes help me run farther and recover faster." *Claudia Hille (Champion German Triathlete)*

.....

"I use Herbalife® products every day. I notice an improvement in my overall physical condition and I have increased energy for games." *Hanno Mottola (1st native Finland Basketballer to play regularly for NBA)*