



[CHECK OUT OUR DELICIOUS AND NUTRITIOUS MENU](#)

Remember Thanksgiving is one day...not a week!



Our Mission is Nutrition!

[Click to see hours of operation & upcoming club events](#)

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-

 HERBALIFE.
SPOTLIGHT



BROOKE T.

“After graduation, I wasn’t sure what to do next. I knew that I could create change and possibility for others through the business opportunity. As for my own weight loss, along with my eating and exercise routines, I started with two Formula 1 Healthy Meal Nutritional Shakes a day combined with Protein Drink Mix, Herbal Tea Concentrate and Cell-U-Loss®.”

“Physically my body has never felt this good in my entire life, even when I was a college athlete. I stay committed because I want to show others it’s possible. I post daily on social media to share my journey. It keeps me accountable. My best advice is to take a chance on yourself.” *

Here’s how: Staying committed and taking a chance on yourself

Get with your coach to learn more about how you can be our next success story!

LEARNING AND BURNING!!

Our Back To School, Back To Shape 2015 Weight Loss Challenge is going strong!



UPDATE: Our 11 Week Back to School, Back to Shape challenge is coming into the home stretch and we have just posted our first leaderboard!! **Don't miss the next contest starting Jan 4 - REGISTRATION IS NOW OPEN.** Get with your coach or visit <http://click.icptrack.com/icp/relay.php?r=926835&msgid=747084&act=ZVAA&c=116233&destination=http%3A%2F%2Fwww.MidwestWellnessClub.com%2Fweight-loss-challenge>.



Get with the Coach who sent you this newsletter for more info.

Each nutrition session is followed by a group fitness session - coaches are on hand for questions and counseling as well.

These nutrition and weight loss events are the talk of the town and we want YOU to be our next challenger!





SPOTLIGHT

Guys, here's an herbal blend just for you.

Formulated to support men's health,*
Herbalife® Male Factor 1000® is a
proprietary blend of green oats, nettle,
ginseng, calcium and Vitamin C.



Moisturize and protect with this daily step.

Herbalife SKIN® Protective Moisturizer
with Broad Spectrum SPF 30 Sunscreen
reduces the appearance of fine lines and
wrinkles, and provides protection year round.

Feature Articles



The "Dirty Dozen" and the Clean 15"

Nearly two-thirds of the 3,015 produce samples tested by the U.S. Department of Agriculture in 2013 contained pesticide residues - a surprising finding in the face of soaring consumer demand for food without agricultural chemicals.

EWG's Shopper's Guide to Pesticides in Produce calculates that USDA tests found a total 165 different pesticides on thousands of fruit and vegetables samples examined in 2013.

The USDA findings indicate that the conventional fruit and produce industries are ignoring a striking market trend: American consumers are voting with their pocketbooks for produce with

less pesticide. [USDA's Economic Research Service](#) estimates that the organically produced food sector, though just 4 percent of all U.S. food sales, has enjoyed double-digit growth in recent years. The trend is particularly strong for sales of organic fruits and vegetables, which account for the lion's share of all organic food sales: USDA economists reported that organic produce sales spiked from \$5.4 billion in 2005 to an estimated \$15 billion last year and increased by 11 percent between 2013 and 2014.

Pesticides persisted on fruits and vegetables tested by USDA, even when they were washed and, in some cases, peeled.

USDA EWG's Shopper's Guide to Pesticides in Produce recognizes that many people who want reduce their exposure to pesticides in produce cannot find or afford an all-organic diet. It helps them seek out conventionally grown fruits and vegetables that tend to test low for pesticide residues. When they want foods whose conventional versions test high for pesticides, they can make an effort to locate organic versions.

Highlights of Dirty Dozen 2015

EWG singles out produce with the highest pesticide loads for its Dirty Dozen list. This year, it is comprised of apples, peaches, nectarines, strawberries, grapes, celery, spinach, sweet bell peppers, cucumbers, cherry tomatoes, imported snap peas and potatoes.

Each of these foods tested positive a number of different pesticide residues and showed higher concentrations of pesticides than other produce items.

Key findings:

- 99 percent of apple samples, 98 percent of peaches, and 97 percent of nectarines tested positive for at least one pesticide residue.
- The average potato had more pesticides by weight than any other produce.
- A single grape sample and a sweet bell pepper sample contained 15 pesticides.
- Single samples of cherry tomatoes, nectarines, peaches, imported snap peas and strawberries showed 13 different pesticides apiece.

The Clean Fifteen

EWG's Clean Fifteen list of produce least likely to hold pesticide residues consists of avocados, sweet corn, pineapples, cabbage, frozen sweet peas, onions, asparagus, mangoes, papayas, kiwis, eggplant, grapefruit, cantaloupe, cauliflower and sweet potatoes. Relatively few pesticides were detected on these foods, and tests found low total concentrations of pesticides on them.

Key findings:

- Avocados were the cleanest: only 1 percent of avocado samples showed any detectable

pesticides.

- Some 89 percent of pineapples, 82 percent of kiwi, 80 percent of papayas, 88 percent of mango and 61 percent of cantaloupe had no residues.
- No single fruit sample from the Clean Fifteen??? tested positive for more than 4 types of pesticides.
- Multiple pesticide residues are extremely rare on Clean Fifteen??? vegetables. Only 5.5 percent of Clean Fifteen samples had two or more pesticides.

[See the full list.](#)

Dirty Dozen PLUS???

For the third year, we have expanded the Dirty Dozen??? with a Plus category to highlight two types of food that contain trace levels of highly hazardous pesticides. Leafy greens - kale and collard greens - and hot peppers do not meet traditional Dirty Dozen??? ranking criteria but were frequently found to be contaminated with insecticides toxic to the human nervous system. EWG recommends that people who eat a lot of these foods buy organic instead.

Genetically engineered crops

Most processed food typically contains one or more ingredients derived from genetically engineered crops. GE food is not often found in the produce section of American supermarkets. A small percentage of zucchini, yellow squash and sweet corn in the produce cooler is GE. Most Hawaiian papaya is GE.

Others GE foods are currently being tested. The USDA may approve them in the future. Since U.S. law does not require labeling of genetically engineered produce, EWG advises people who want to avoid GE crops to purchase organically-grown foods or items bearing the "Non-GMO Project Verified" label. EWG recommends that consumers check [EWG's Shopper's Guide To Avoiding GE Food](#), and [FoodScores database](#) and app which can help identify foods likely to contain genetically engineered ingredients.

Pesticides in baby food

The USDA's most recent pesticide monitoring data included hundreds of samples of applesauce, carrots, peaches and peas packaged as baby food (USDA 2014a, USDA2014b). Because cooking reduces levels of pesticides and baby food is cooked before packaging, it tends to contain fewer pesticide residues than comparable raw produce.

The European Commission has set an across-the-board limit of no more than 0.01 parts per million of any pesticide in baby food, assuming that infants are more vulnerable than adults and older children damage by to harmful chemicals (European Commission 2006). Some samples of

American baby food, particularly applesauce and peaches in baby food tested in 2012 and green beans tested in previous years, exceed the European limit. In contrast to the EU's position, the U.S. has no special rules for pesticide residues in baby food.

The USDA detected 10 different pesticides on at least five percent of 777 samples of peach baby food sold in the U.S (USDA 2014a). Nearly a third of the peach baby food samples would violate the European guideline for pesticides in baby food because they contain one or several pesticides at concentrations of 0.01 part per million or higher.

The USDA tested 379 baby food applesauce samples for five pesticides (USDA 2014b). Some 23 percent of the samples contained acetamiprid, a neonicotinoid pesticide that European regulators singled out for additional toxicity testing because it might disrupt the developing nervous system (EFSA 2013). Another 10 percent of the samples contained carbendiazim, a fungicide.

The USDA found six pesticides in apple juice, a staple of many children's diets (USDA 2014b). About 17 percent of the apple juice samples contained diphenylamine, a pesticide banned in Europe in 2012. Grape juice samples tested positive for six pesticides, most common was carbaryl, a potent insecticide not allowed in Europe but found in about 25 percent of the 176 U.S. grape juices tested (USDA 2014b).

USDA tests have not detected significant pesticide residues on carrots and peas packaged as baby food.

Dirty Dozen Plus???

Leafy greens and hot peppers carry toxic pesticides

Two American food crops - leafy greens and hot peppers - are of special concern for public health because residue tests conducted by the U.S. Department of Agriculture have found these foods laced with particularly toxic pesticides. Among the chemicals at issue are organophosphate and carbamate insecticides. These are no longer detected widely on other produce, either because of binding legal restrictions or voluntary phase-outs.

Leafy greens did not qualify for EWG's Dirty Dozen??? list this year under the traditional EWG Shopper's Guide rating system, which highlights produce with the highest number and concentrations of pesticides. Still, because of the extraordinary toxicity of the pesticides detected on them, we are highlighting them in this special Plus section.

USDA tests of 739 samples of hot peppers in 2010 and 2011 (USDA 2010, 2011) found residues of three highly toxic insecticides ??? acephate, chlorpyrifos, and oxamyl ??? on a portion of sampled peppers at concentrations high enough to cause concern. These insecticides are banned on some crops but still allowed on hot peppers.

In tests conducted in 2007 and 2008, USDA scientists detected 51 pesticides on kale and 41 pesticides on collard greens (USDA 2007, 2008). Several of those pesticides ??? chlorpyrifos,

famoxadone, oxydemeton, dieldrin, DDE and esfenvalerate ??? are highly toxic. Although many farmers may have changed their pesticide practices since 2008, chlorpyrifos and esfenvalerate are still permitted on leafy greens. Organochlorine pesticides DDE and dieldrin were banned some years ago but persist in agricultural soils and still make their way onto leafy greens grown today.

EWG recommends that people who frequently eat leafy greens and hot peppers buy organic varieties. If you cannot find or afford organic types, cook them, because pesticides levels typically diminish when food is cooked.

The federal Food Quality Protection Act of 1996 mandated that the U.S. Environmental Protection Act improve its regulation of pesticides and reduce the risks of pesticide exposure for children. The act prompted EPA to restrict the use of many chemicals, including organophosphate pesticides, which are potent neurotoxins. Even in low doses, they can impair children's intelligence and brain development. Over the past two decades, organophosphates have been withdrawn from many agricultural uses and banned from household pesticides. Yet they can still be applied to certain crops.

Several long-term studies of American children initiated in the 1990s found that children's exposures to toxic organophosphate insecticides in not only agricultural communities but also cities were high enough to cause subtle but lasting damages to their brains and nervous systems (Bouchard 2011, Rauh 2011, Engel 2011).

The EPA and some in the agriculture industry argue that restrictions enacted after these children were born would ensure that contemporary children's exposures to these pesticides from food are safe.

**WELLNESS COACHES
WANTED**

\$500-\$2,500 Part Time per month
\$5,000-\$10,000 Full Time

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**LET'S CHANGE LIVES TOGETHER.
NO EXPERIENCE NECESSARY**

 **HERBALIFE**
Independent Distributor

Midwest Nutrition is so grateful of the many blessings that our Coaches have received and we want YOU to be part of it!

This opportunity will not last long!

We are hosting our 3-Day Trial Opportunity Information Session

**Wed, Nov 18, 2015 7:30pm
at Midwest Nutrition**

The opportunity is yours... come take a look at how you can take control of your financial future now and be part of this incredible movement! #payitforward #3daytrialkc

Note: If you are not in the Kansas City Metro and would like to participate - reply to the coach who sent this to you and get details on how you can participate in your area via video conference!

	
<p>This fall, "Prepare" to get active and competitive.</p> <p>Before a workout, use Herbalife24® Prepare, formulated with arginine and creatine to support blood flow and muscle strength, plus caffeine for focus.</p>	<p>Goodbye, clogged pores. Hello, refreshed and revitalized skin!</p> <p>With jojoba beads in a citrus gel, Herbalife SKIN® Polishing Citrus Cleanser is a must for normal to oily skin. It's great for removing makeup or preparing a shave.</p>



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