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



We're here to help you get through sweet temptations of Halloween!



Healthy Meal Smoothie  
"The Perfect Meal"



Energizing Herbal Tea  
"Cardio in a Cup"



Soothing Mango Aloe  
"A Shower Inside"

### Our Mission is Nutrition!

*Here we are - beginning the final quarter of 2015....and what a beautiful time of year it is!! It's my favorite time of year and a good time for change, sort of like the seasons.....change is good and healthy! 20 years ago this month- I decided to make a change .....I decided I wanted more than to work for someone else, so I took control of my life, got healthy and took control of my financial future. YOU CAN TOO! Ask us how.*

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

In this Issue:

- **Success Story of the month:** Heidi - No more seatbelt extensions!! Will YOU be next?
- **Event Update:** Weight Loss Challenge in full swing! - First leaderboard posted
- **Herbalife Spotlight:** Relax and Minimize Wrinkles - Sounds like a good day!
- **Feature Article:** 6 Ways To Add Protein To Everyday Dishes - Muscle Up!
- **Event Update:** Wellness Coach Opportunity Meeting - Oct 28 - come see what the buzz is about!

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## Success Story of the Month - Heidi



Before



Now

Before Herbalife, I always had to ask for a seat belt extender when flying, which was rather embarrassing. I have flown 12 times in the past few months and not once needed the extender. The other thing I am so happy to report is that on my last 4 flights in the past 2 weeks I could put down the tray table on my flights. I have never been able to do this in my 8+ years of flying on a pretty regular basis, it was truly a celebration that I could set my drink on my own tray table. It brought me back to when I met my Herbalife coach and I remember her kindness in allowing me to use her tray table on the flight from Denver to Iowa years ago. A very sweet moment for me! Some people measure success by weight loss, inches loss, how their clothes fit, but for me, my flying experience has really showing my success! The picture is me weighing 69.5 lbs more than I do now versus what I look like today. I still have more to lose, but every little bit lost is so much gained! ---Heidi

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 Summer Sizzler challenge is in week 3 and we have just posted our first leaderboard!! **Don't miss the next contest starting Jan 4.** Stay close to this newsletter or get with your coach.



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



**Take stress in stride with Relax Now.**

Herbalife® Relax Now combines jujube seed and passionflower to help you cope with occasional stress and maintain a calm, healthy mood.



**Minimize the appearance of fine lines and wrinkles around the eyes.**

Before bedtime, use Herbalife SKIN® Hydrating Eye Cream to moisturize and nourish the skin around the eyes, and reduce the appearance of fine lines and wrinkles.

## Feature Articles

by Susan Bowerman

### 6 Ways to Add More Protein To Everyday Dishes

- **Personalized Protein Powder (SKU 0194)** is a natural in our shakes, but you can also stir it into hot cereals, scrambled eggs, cottage cheese or yogurt. You can also "power up" your baked goods by adding protein powder to your recipes for items like bran muffins, whole grain pancakes or banana bread. Or, try making a "protein chai" blend vanilla protein powder into a smooth paste with a little water, then top off with hot tea and a sprinkle of cinnamon.
  - **Eggs** are super-versatile protein boosters and a single egg, or two whites, contributes about 5-7 grams of protein. Hard-boiled eggs are great to keep around to round out a snack, to chop into a tossed salad, slice onto a sandwich or as a source of protein in a vegetable curry. You can give a protein boost to soup by slowly pouring beaten eggs into simmering broth (they'll cook almost immediately). Or, try stirring some egg whites into oatmeal as it cooks it will help thicken up the cereal, but won't change the flavor.
  - **Soy milk** (not almond or rice milk, which have very little protein) can replace other liquids called for in recipes and boost the protein. Depending on the recipe, milk can often stand in for broth, juice or wine in lots of dishes. Make your oatmeal with milk instead of water, and you'll get an extra 7 to 10 grams of protein, or give soups a creamy protein boost by substituting milk for part of the broth or water.
  - **Beans** are a good source of protein and can be added either whole or mashed to foods like soups, stews, casseroles, pasta sauces, curries, salads or guacamole. Hummus can be used as a spread for sandwiches or wraps to add some extra protein, or it can be thinned down with a little water and used as a salad dressing. Mild-tasting white beans can even be added to protein shakes their flavor is hardly noticeable, and beans add a thick, creamy texture.
  - **Tofu** has such a mild flavor that it can be sneaked into a lot of dishes for a protein boost. You can add it to protein shakes, or blend it until smooth and add to sauces, casseroles, eggs and pasta dishes, or use as a base for a healthy dip for veggies. You can also cut firm tofu into cubes and add to salads, soups and stir-fries.
  - **Plain, nonfat yogurt** adds a tangy protein boost to protein shakes, oatmeal, soups, sauces and curries. If you're adding to hot foods, stir in at the last minute to prevent it from curdling. Plain yogurt can also replace mayonnaise in tuna, chicken or egg salads. Even salad dressing can get a protein boost from yogurt whisk plain nonfat yogurt with salt, pepper, garlic, herbs and a drizzle of olive oil for a tangy dressing for your greens. Ed Note: use this sparingly if in fat loss mode as dairy impedes fat loss.
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# 3-Day Trial System Opportunity Training

Wed, Oct 28

7:30PM

@

Midwest  
Nutrition



## 3 DAY TRIAL PACK

Get paid to help us to reach as many people as possible. We're out to change people's lives!



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, Oct 28, 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!



**Gentlemen, gain the comfort of enhanced prostate function.**

Ultimate Prostate Formula is formulated with saw palmetto, shown to support prostate health and urinary function,\* and is an excellent source of the antioxidant Vitamin E.



Midwest Nutrition Newsletter

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