



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

Your Ideal Breakfast

CLEANSE YOUR DIGESTIVE SYSTEM
FEEL ENERGETIC ALL DAY LONG
ENRICH YOUR BODY WITH ALL THE VITAL NUTRIENTS
CONTROL YOUR WEIGHT
FEEL GOOD AND LOOK GOOD

Aloe Vera Beverage



- Supports internal cleansing and digestive health
- Anti-inflammatory
- Soothes the digestive system

Herbal Drink Mix



- Natural energy boost
- Fat burner
- Reduces appetite
- Natural antioxidant
- Natural detoxification

Formula 1 nutrition Shake



- Best source of soy protein
- 21 essential amino acids
- 20 essential vitamins, minerals & herbs
- Healthy source of fiber
- 200 calories

Our Mission is Nutrition!

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

In this Issue:

- **Event Update:** **Shake Partayyy!**- Join us for a night of nutritious fun and sampling - **FREE and FUN!**

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-



Midwest Nutrition is hosting a shake party!!

OPEN to all customers, Members & families

Delicious shake tasting, fun, music and mingling with our Wellness Coaches!

Wed, Sept 28, 2016 7:30pm

at Midwest Nutrition

Come join us for a night of fun and tasty sampling and high energy!

Success Story of the Month - Frisco



Before 140lbs .. not happy

After 125lbs- Happy! & lost 10% Body Fat
While keeping 102lbs of lean muscle

"I never knew how bad I felt until I felt great! Herbalife helped me crave healthy foods and eliminate toxins. I feel dramatically better!"



Weight Loss Challenge Update

We're getting ready to payout our Summer winners! Stay tuned for pictures.

Congrats to everyone changing their lives - we are so excited for you all!

The Back to School, Back to Shape Weight Loss

Challenge is NOW OPEN for registration.

Are YOU ready to make a change?



READY TO COMMIT TO THE BEST YOU THAT YOU CAN BE?

See more at www.MidwestWellnessClub.com/weight-loss-challenge

You can also 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!



what do you
have to lose?

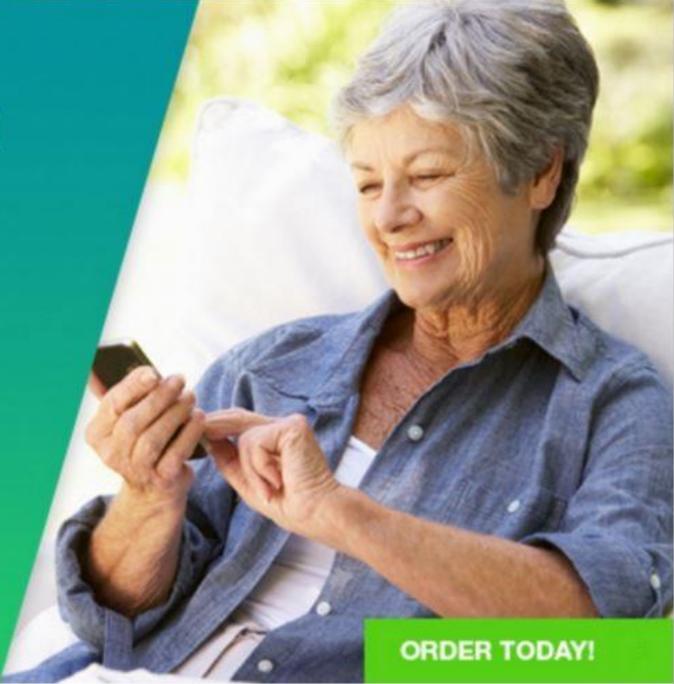
Featured Products



Want fabulous lips? Here's a solution!

To get the softer, smoother, healthy-looking lip you want, try exfoliating them with **Herbalife SKIN® Instant Reveal Berry Scrub**. Learn more and see for yourself!

Set your sights
on healthy vision



ORDER TODAY!



SPOTLIGHT

Nuts and Seeds, Organic VS. Non-organic

You have probably noticed that a number of the vegetarian recipes use seeds and nuts. These versatile ingredients actually make you feel like you are having meat in your vegetarian recipe. There are a number of recipes for raw nut pates that are great to serve as a vegetable dip or as a part of a filling salad.



Nuts have been an important food as a part of a raw food diet. Nuts contain healthy, unsaturated fats which can help lower the risk of heart disease. They also provide magnesium, which helps maintain bone structure; and chromium, which helps to ensure proper insulin function. Nuts contain zinc for growth and wound healing, and manganese, which protects against free radicals.

All nuts are a good source of vitamin E, an important antioxidant. Like all plant foods, they are high in fiber and phytochemicals—both of which help protect against cancer and other chronic diseases, but it is important to know whether you should buy organic or non-organic nuts.

Let's take a look at the different types of nuts and seeds:

Almonds are not actually raw unless you purchase them from the grower. The USDA pasteurization laws require them to be pasteurized before they are sold in the super market. These nuts easily absorb pesticides because of their high oil content so it is best to purchase organic almonds.

Cashews have been treated with endosulfan which is highly toxic to humans and animals. They are also not actually raw since part of the process to bring them to market requires they are heated. Purchase organic cashews!

Pistachios may be treated with phosmat. Cornell University completed a study that indicates phosmat causes liver tumors and carcinoma. And on top of this, phosmat is extremely toxic to honey bees. Again, buy only organic pistachios.

Sunflower Seeds like almonds have a high amount of oil and fat content that absorbs pesticides easily so it is best to buy organic.

Walnuts have a lot of pest issues and as such are saturated with pesticides and more chemicals than any other nut. Their fat content allows them to absorb these chemicals so again buy organic.

Sesame Seeds are grown in Africa and Asia where pesticides are not monitored so it is best to buy organic

Macadamia Nuts are treated with atrazine which has been shown to harm aquatic organisms and there is some evidence that it has a negative impact on human reproduction. Buy organic only.

Peanuts are not really a nut; they are a legume and are grown in the ground where they have ample time to absorb all of the pesticides. Along with this, peanuts grown in certain regions where there is high humidity grow a mold that produces aflatoxin which is a potent human carcinogen. Organic peanuts are grown in the South West where the humidity is not a problem.

So in a nutshell, it is extremely important to purchase organic nuts and seeds!



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