

The Nichols Newsletter

June 2005
Edition No. 62

“Do the Thing and You Will Get the Energy to Do the Thing” – Emerson

May Rank Advancements!

Executives! Richard and Kay Miller, Robin Cash!
Managers! Chessy Latendresse, Sadie Young, Inez Reece, Jesus Nunag, Eddie Gray!
Supervisors! Cindee O'Brien, Rick Olandt, Thomas Coover, David Harrell, Geneva Maxine Dobson, Shanta Deodath, Robin Beam!

Top Ten Volumes – May

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|-------------------------|------|
| 1. Robin Cash | 1601 |
| 2. Jerry Lankford | 1388 |
| 3. Yvette Prater | 1295 |
| 4. Danice Cash | 1270 |
| 5. Dolly & Jill Turpin | 1244 |
| 6. Billie Hatzenbuehler | 1217 |
| 7. Richard Key | 1143 |
| 8. Shirle Sherwood | 1077 |
| 9. Rebecca Redger | 1064 |
| 10. Iva Poole | 1058 |

Congratulations Top Ten and Rank Advancements!!!

My Favorite Product

Sent in to us from Helen Chamlee, El Paso, TX

I think you all might appreciate this testimonial. My husband, Lee, was complaining about no longer having any muscles, so I ordered some Neways Mass Advantage for him.

When it arrived he said “What do I mix this with?”

"I don't know read the label!!" I replied.

After he read the label, Lee said excitedly, "Wow this is great!!! It says I can mix it with my beer!! I like this stuff already!!"

"What???" I said, “Let me see where it says that!”

"Right here, it says “Mix with your favorite beverage!”

Good luck with those muscles Lee! You are now officially Karl's newest hero for your “new use for beer” discovery!

Sexy Foods

“10 Sexiest Foods” From You are What You Eat by Dr. Gillian McKeith

Sauerkraut. Strange as it sounds, McKeith says, “the sexiest food of all is sauerkraut.” It contains enzymes that fire up sex drive and are good for the liver for hormonal balance.

Strawberries. The antioxidants in strawberries increase libido.

Sprouts. Sprouted vegetables are high in digestive enzymes that take the pressure off your body's enzyme production, leaving you more energized.

Blueberries. High in B vitamins and good for the kidneys, blueberries contribute to a health libido because kidneys are the “base organs for sexual prowess,” says McKeith.

Pumpkin Seeds. A small packet daily is all you need; they're rich in EFAs for production of sex hormones, and zinc for healthy sperm.

Avocados. An Aztec remedy for erectile dysfunction, avocados are rich in monounsaturated fats.

Cinnamon. This spice stimulates the brain and has an evocative aroma.

Ginger. This traditional Indian remedy improves circulation.

Parsley. Parsley has B12 or sexual energy, and it improves adrenal function for dealing with stress.

Brown Rice. With B vitamins for kidney function, brown rice improves digestion for better hormonal balance and sex drive.

It's definitely Strawberry season!

Neways Product Calls

If you missed the last two Neways product calls: Neways' Personal Care Products philosophy with Resurrection BioMist or their second call, Health Commitment Packs with Junior Max, go to www.wealthbuildingkit.com and under the Product Talk section of the Training area, you can find the electronic versions of these calls.

The next Neways call is Thursday, June 30th. The topic is Weight Control and Fitness for summer at 7:00 p.m. MST. The phone number is 1-512-305-4620, Access Code: 852255. This call will also be on our website shortly after broadcast.

Aromatherapy for Skin and Hair Care

When Dr. Luba Vazaroba, Neways' Aromatherapy expert made a trip here to Arizona for a training meeting, she outlined the following essential oils for skin, hair and scalp care. I had already experienced wonderful results with the essential oils for hair and scalp, what I hadn't experienced was using the essential oils for skin care.

For my oily skin, as Luba recommended, I now use Cedarwood E.O. with the Extra Gentle Cleanser. I also started using a couple drops of Geranium with the Skin Enhancer and Wrinkle Garde at night to help moisturize. I cannot even begin to explain to you how wonderful the addition of these 2 oils to the skin care has been for my skin.

The skin care line was already one of my most valued lines and now with the essential oils – what a treat. Not only do they smell wonderful but the affects are very apparent. The Cedarwood helps clean my oily skin even better and the Geranium in the moisturizer is so nice - it not only moisturizes but makes your pillow smell lovely.

Skin care

You can use one or a mix for each condition

- Oily skin, non-cystic acne- try cedarwood, bergamot, tea tree, patchouli
- Dry skin – try geranium, rose, sandalwood
- Mature skin – try frankincense, carrot, helichrysum
- Sunburn- lavender, roman chamomile

Mix 3-5 drops of EO into your favorite skin care product in the palm of your hand and apply.

Hint: For Summer time a **must-have** product for the skin is Rebound for sun exposure. Rebound mixed with Lavender for sun or skin burns of any kind is absolutely amazing and very, very effective!

Hair and Scalp

- Oily hair – geranium, lavender, tea tree, cypress, lemon
- Dry hair – roman chamomile, lavender, ylang ylang,
- Healthy scalp – patchouli, tea tree, cedarwood, sandalwood, lemon, rosemary

Mix 3-4 drops into daily shampoo or conditioner, massage – rinse

Hint: For Summer time the must-have product for the hair is Replenishing Mist! It not only helps get those tangles out of long hair it also moisturizes and protects all hair lengths from the suns rays. Add Wild Rosemary for a healthy scalp and great scent!

Using Great Tan for a Great Tan

These are Arizona Distributor, Stephanie

Seifert's top ten tips for applying Great Tan:

1. Make sure your Great Tan is not expired. If the product has a yellowish tint and smells slightly different than a fresh tube you may not have good results.
2. Shower and scrub well with Refresh prior to application, if you're a lady then shave with Close as well.
3. If you have any dry skin, moisturize with any Neways lotion and wait 30 minutes.
4. Either start application from legs or face and work your way up or down.
5. Rub in the Great Tan until it is well absorbed and the skin is no longer slippery.
6. Pay special attention to rub in well on areas with any wrinkles (ankles, elbows, knuckles).
7. When you have completed application use a wet wash cloth with Refresh and wipe of palms and fingernails.
8. If you plan on baring your back be sure you have a buddy to help with application.
9. Keeping up your tan will be a bit different for everyone. If you are already somewhat tan you may only need to apply 2 or 3 times a week. If you are fair you may need to apply more often.
10. My favorite way to apply Great Tan is overnight because you wake up with a GREAT TAN!

P.S. Something to remember...people with fair skin will have a GOLDEN tan, don't confuse this with orange. People who have olive toned skin will have a BRONZE tan.

Vitamin E Lowers Prostate Cancer Risk

High levels of vitamin E cut the risk of prostate cancer by roughly half, according to a recent study involving about 30,000 men. Men with the highest levels of alpha-tocopherol (a component of vitamin E) in their blood were 51% less likely to develop cancer compared with men who had the lowest levels. Those with the highest levels of gamma-tocopherol (another vitamin E component) were 43% less likely to develop the disease.

- *Journal of the National Cancer Institute (2005)*

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