

Success Forum

Cheryl Wisdom Murphy, MS RN FAARFM
Herbalife Independent Distributor
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Happy New Year! Happy New Products! Happy FREE Shipping!

Happy New Year to each of you! Michael and I pray health and happiness blessings for all you and your families. We are excited about what this year will bring, especially on the health front, for our country.

Let's get right to the good stuff. FREE shipping!

People have been asking for years, "Why doesn't Herbalife have free shipping? Company X gives me free shipping." Well, the time has come!

Let's understand that nothing is "free." Any time a company offers free shipping, the shipping costs are wrapped into the price. I used to explain to my folks that the difference with Herbalife is that they broke it out, so you would know the real price of the products and real price of shipping.

With each new year, there are often price increases announced. Some how, Herbalife managed to keep the increase to the absolute minimum AND announce free shipping!! They explained it to us, but I'll be honest, math is not my strong suit and I am simply leaving the accounting to the CPAs and tax attorneys at Herbalife.

So let's see how this will work. This newsletter goes out to my clients but also my Herbalife downline network, so I will cover both.



Are you a Preferred Member? If not, maybe it's time to upgrade. Also, if you are listed in the Herbalife computer as a Distributor, but you are not selling products to clients it would definitely be in your best interest to switch your status to that of Preferred Member.

As of January 6, when you place your Preferred Member order, or a Retail order, for at least \$150 retail (before your discount) your shipping is FREE! If you have an order of less than \$150, there will be a \$12 flat rate shipping fee. So plan your shopping in advance to take advantage of this change.

And remember that with the Preferred Member program, you can work your way up to a 40% discount on all orders!! AND remember that all of your purchases count toward FREE stuff such as water bottles and other cool swag with the Herbalife Rewards program.

Distributors, Herbalife has not left us behind. When we place an order of at least 100 volume points, the shipping will be at no additional charge.

I just noticed that Herbalife is referring to this as "shipping-inclusive retail pricing." Whatever they want to call it, we'll take it! Thank you!!

Yea!! Free Shipping!!

Company Updates: Coming Soon!

Enhancements for Herbalife Distributors

January 6th: 2.3% Earn Base Increase!

This information is strictly for Herbalife Distributors who sell products.

For those of us who sell products to customers, we get paid based on something called Earn Base. Again, the accountants understand this stuff. I don't. I just know that they always have the best interest of the Distributor in mind at all times. This is the statement from Herbalife: "Without this new shipping inclusive pricing structure, our routine inflationary price increase would have been 2.3%. Therefore, Earn Base values will increase by 2.3%." The bottom line for us that we will be paid 2.3% more for each sale. A very good thing.

February 3rd: We Can Document Full Product Sales through HN My Club!

This information is strictly for Herbalife Distributors who own and operate a Nutrition Club.

For those of us who own Nutrition Clubs, we have to document all sales such as when we sell a protein shake, a shot of aloe, a cup of tea, etc. There is an app called HN MyClub that we use to enter the name of the client and what they ordered.

When we sell a full sized container of the same product, we have to log into a separate system to document that sale. Why do we even have to document these sales? That's a long story but it has to do with a US Federal Government requirement. So, that's what we do.

Starting February 3rd, we will be able to document both the shake/aloe/tea service and the full sized product sale within the HN MyClub app. This is good news! I have no idea how it will work, but it will save time and effort.

March 2025: New E-Commerce Sites Coming and New Digital Distributor Enrollment Kit!

As an Herbalife Distributor, we automatically have access to an online presence at no additional cost. It's a wonderful thing to have a website that we don't have to create or maintain. But, there have been some hiccups along the way, especially with the payment side of things. And even the Distributor enrollment process has been a bit arduous. But all of that is going to change in March! The website piece is really going to be a game changer because Herbalife will be the merchant of record, which means the individual Distributor does not have to have a merchant account. That's a BIG deal. More info is coming! Stay tuned!

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New Products: Best Defense!



SKU 352K and 328K
10 tablets per container
Retail MSRP \$ 21.20

Supplement Facts

Serving Size: 1 tablet (4.6 g), Servings Per Container: 10, Amount Per Serving: Calories 15, Total Carbohydrate 3 g (1% DV***), Vitamin C (as Ascorbic Acid) 1000 mg (1111% DV), Vitamin D (as Cholecalciferol) 10 mcg (50% DV), Zinc (as Zinc Sulfate) 8 mg (73% DV), Sodium (as Sodium Bicarbonate) 115 mg (5% DV), Potassium (as Potassium Bicarbonate) 140 mg (3% DV). **Herbal Blend:** [Echinacea purpurea Extract (Aerial Parts and Root), Maltodextrin, Astragalus Extract (Root), Schisandra Extract (Fruit), Ginger Extract (Root), and Echinacea angustifolia Extract (Root)] 350 mg†.

*** Percent Daily Values (% DV) are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

Usage:

- * Drop one effervescent tablet in 8 fl. oz. of hot or cold water, let fully dissolve and drink
- * Take up to two times per day as needed
- * Be mindful of taking other products that contain zinc to not exceed the recommended daily value of 30 mg (as with Echinacea, too much suppressed the immune system).

Two New Flavors of Best Defense!!

Many of you have used our amazing Best Defense Orange Boost, which is still available. Now we have Best Defense PLUS - Honey Lemon Ginger and Watermelon Lime!

Best Defense is a fizzy tablet with Echinacea, Schizandra, vitamin C and zinc. Take one or two a day when you are coming down with something, have been exposed to something or when you are going into a precarious environment, such as an airplane or in a large group. DO NOT take Best Defense every day. Echinacea enhances your immune system, but when taken on a continuous basis, can actually suppress the immune system.

Best Defense Plus! What's the Plus? The new flavors of Best Defense tablets now also contain vitamin D! Now, for those of you who know me, vitamin D is a big deal and I actually custom compound my own product because I wasn't happy with what's available on the market. So the question was, "Yea, vitamin D, but how much?" My answer, not enough but it's a start. Each tablet contains 10 micrograms of vitamin D, which equates to 400 IU. I personally take 7,500 IU of vitamin D in a capsule that also contains 100 mcg of vitamin K2. To me that means that for folks who do not take any supplemental vitamin D, any is better than none. For those of us who do take vitamin D, the amount present in Best Defense Plus is not enough to put us into a situation where we have to worry about getting too much. It's hard to overdose on vitamin D, especially if you're sick.

What's NOT in Best Defense Plus? Generically modified ingredients!! And it's certified Gluten Free!

I want to just comment that this is the direction our company is taking with new products. Clean ingredient labels. A good thing.

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New Product:

N-R-G Tea Select

Passionfruit Hibiscus

This product has actually been out for a couple of months, and let me tell you that it's been a BIG hit!

What is N-R-G? That stands for Nature's Raw Guarana. Herbalife has been around for more than 45 years, and N-R-G Tea has been in the catalog since the beginning.

What is guarana? www.Healthline.com says "Guarana is a plant used medicinally by Amazonian tribes for centuries." They list 11 Health Benefits of Guarana:

1. Rich in antioxidants
2. Can reduce fatigue and improve focus
3. May help you learn better (probably from the caffeine)
4. May promote weight loss
5. May relieve chronic diarrhea and treat constipation
6. May boost heart health
7. May provide pain relief
8. May improve skin appearance
9. Has antibacterial properties
10. May protect against age-related eye disorders
11. Safe with few side effects

Here is the part where I say that we do not diagnose, treat, cure or prevent disease with Herbalife products. Also, many times when you look up something online, they give you the effects experienced when taking a certain supplement, it's when you take pharmaceutical levels of the supplement. That's more than you're going to get in a cup of N-R-G Select, but continued use of one or two cups a day, may assist in these areas.

As with the Best Defense Plus, the N-R-G Select product has no genetically modified ingredients and it is gluten free. The taste is delightful. Enjoy hot or cold!!

SKU 293K
60 servings
Retail MSRP
\$ 29.60

Also available
in individual
packets!
SKU 412K
30 packets
Retail MSRP
\$21.45



INGREDIENTS: Polydextrose Powder, Guarana Seed Extract, Citric Acid, Orange Pekoe Extract (Leaf), Natural Passionfruit Hibiscus Flavor, Caffeine Powder, Rebaudioside A (from Stevia Leaf Extract), Purple Carrot (Color), and Hibiscus Flower Powder.

Introduction to a New Series: The Problem of Pain.

I have pain issues every day. It's pretty much been my life. I can remember significant health issues ever since I was a kid, but not anything that traditional medicine could help me with. I do remember about a six week period in my early 30's when I felt really well. Then I injured my back in a patient lift situation at the hospital. That began years of horrible back and sciatic pain. Then the rashes started. Horrible rashes, followed by the pain I talk about in my oxalate journey. On and on. The interesting thing is that when I finally figure things out, I meet someone else who has the same problem. In part, my ministry here on Earth is helping people with pain. Continue on the next page.

The Problem With Pain Part 1: Nicotine

<https://thedrardisshow.com/episode-04-10-2024-the-other-n-word>

Part 1 of my new series talks about nicotine. Please understand that this has nothing to do with Herbalife. I continue to take the majority of the Herbalife products, and they continue to be very helpful, but this series will cover non-Herbalife products that I have also found helpful.

I have heard about using nicotine patches from a variety of sources and for a variety of reasons. Nicotine? Isn't that stuff addictive? Short answer: NO. The link above is 3-hour presentation by Dr Bryan Ardis that will literally blow your mind. He covers the history of nicotine and blows the lid off the lies that we have been told.

If you had a covid "vaccine" and/or have any symptoms referred to as "long covid," you need to watch this podcast. One of the things that caught my attention is that the pain, muscle aches and fatigue associated with long covid were alleviated within six days of using a 7 mg nicotine patch!!!! Six days! Then those folks went on to fully recover without continuing to use a patch!

What are some of the other maladies covered in the podcast? Check this out!!

- *Cured, prevented, improved addiction issues.
- *Improved memory and cognition issues, including Alzheimer's disease.
- *Useful for patients with Parkinson's, Multiple Sclerosis and similar issues.
- *Anti-inflammatory especially for asthma, arthritis and ulcerative colitis.
- *Can decrease aggression in autism.
- *Can reduce hyperglycemia and protect the pancreas health of diabetics.
- *Can "cure" myocarditis, esp related to covid.
- *Can dissolve brain tumors !!! Not kidding.
- *Can help the body fight breast and lung cancer, among others !!!

Watch the podcast!!

I started experimenting with nicotine patches because of my oxalate removal symptoms. Dropping my oxalate intake has helped greatly, but I still have pain with elimination and this horrible heaviness and discomfort in my pelvis.

Within an hour of applying my first patch - it went away!! It was like a miracle! I started using a 7 mg patch every 24 hours. I can tell when the 24 hours is about up. There were times that I was having some break through pain, so I would put on an additional patch. The pain went away. Now, I do still have some other pain issues that it doesn't seem to be helping, but the pelvic issues? Gone. Amazing.

If you have pain issues, or some of the other situations that I list, I encourage you to give this a try. The patches, available in your local pharmacy or on Amazon, are available in 7, 14, and 21 mg doses. I have played with all doses. I'm currently wearing a 21 mg patch while waiting for my 7 mg box to show up. I can't say that more is necessarily better.

Why nicotine? Did you know that we have nicotinic receptors all throughout the body? Nicotine is also found in many of the foods we eat. See the box below. It's interesting to me that many of those foods are high in oxalate, so I have eliminated them. Maybe that's why I am still having issues? At least I have the patches now.

A quick warning. When I first stated using a patch, I did get a little nauseated from the nicotine. Especially as a former smoker, it was not nice, but within two days, it was gone.

I hope this has been helpful! Please watch the podcast! Blessings!

VEGETABLE	HIGHEST REPORTED MEAN NICOTINE CONTENT ng/g	REFERENCE	AMOUNT OF VEGETABLE REQUIRED TO OBTAIN 1 µg OF NICOTINE*
Cauliflower	16.8	Davis et al. ⁴	59.5
Cauliflower	3.8	Present study	263.4
Eggplant	100.0	Castro and Monji ²	10.0
Potato peel	4.8	Davis et al. ⁴	208.0
Potato pulp	15.3	Davis et al. ⁴	65.4
Potatoes	7.1	Present study	140.4
Green tomatoes	42.8	Castro and Monji ²	23.4
Pureed tomatoes	52.0	Castro and Monji ²	19.2
Ripe tomatoes	4.3	Castro and Monji ²	233.0
Ripe tomatoes	4.1	Present study	244.0
Tomatoes	10.7	Sheen ³	93.5

*One microgram of nicotine is the amount a passive smoker would absorb in about three hours in a room with a minimal amount of tobacco smoke.