

Success Forum



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Herbalife Independent Distributor
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HERBALIFE24 CREATINE

We Just Got BACK from Minneapolis and the 44th Annual Herbalife Extravaganza!! It's always great to connect with cross line and down line friends and with our amazing company. Herbalife is going strong and Michael and I are proud to be a part of it. And, as always, we love hearing about new products!

We are excited to introduce **Herbalife24 Creatine!**

Serious athletes know exactly what this stuff is, and Herbalife athletes are excited to have this in our product line.

Many in my audience are going to immediately jump to a conclusion. "The stuff in the black containers isn't for normal people." Or, "I'm not an athlete by any stretch, why would I want that stuff?" Hang on and I will tell you why you might want to consider it. In fact, you aren't going to believe a testimony I have for you.

Let's start with a definition. Google says, "About half of the creatine in our bodies is made from amino acids in the liver, kidney, and pancreas. The other half comes from foods we eat. Wild game is considered to be the richest source of creatine. But lean red meat and fish (particularly herring, salmon, and tuna) and animal milks (*not* oat milk) are also good sources." Creatine is not considered an essential nutrient, since our body can make it.

However, the amino acids your body uses to make creatine come from the protein you eat. If



you have a low protein diet, you most likely have low levels of creatine as well.

Believe this or not, one place I often go for information is to the Gatorade Sports Science Institute (GSSI). I would never drink their products, but they do a really good job of explaining science. I found this article: *The Safety and Efficacy of Creatine Monohydrate Supplementation: What We Have Learned From the Past 25 Years of Research*. That's how long people have been studying this stuff. The

safety record is unparalleled. Every study I read talked about the safety of creatine supplementation.

The GSSI article reports that creatine was discovered by French chemist Michel Eugène Chevreul in 1832. "Nearly 100 years later, it was determined that creatine plays a central role in energy production during muscle contraction. In humans, the majority of creatine is stored in skeletal muscle where creatine, phosphocreatine (PCr) and the enzyme creatine kinase, react with adenosine diphosphate (ADP), to resynthesize adenosine triphosphate (ATP) (Sahlin, 2014)."

I don't want you to get lost in all of that. It says creatine is part of the process to make **ATP** in muscle mitochondria. **ATP** is literally **CELLULAR ENERGY**. Do you have trouble walking any distance? Perhaps your muscles do not have enough energy - literally an **ATP deficiency** - because you don't have enough creatine. Let me prove it.

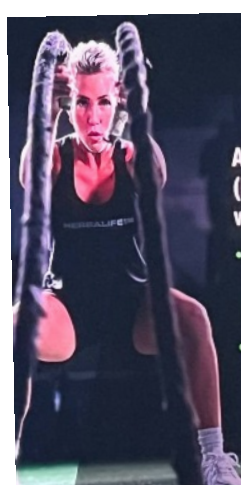
Clinics in Sports Medicine, Volume 18, Issue 3, 1 July 1999, Pages 651-666. *Creatine Supplementation: Its Role in Human Performance.* “In the phosphorylated form, creatine serves as an energy substrate that contributes to the resynthesis of adenosine triphosphate (ATP) during maximal exercise. Phosphocreatine has been implicated as a causative factor in the development of **muscular fatigue** based on data demonstrating correlations between phosphocreatine depletion and reduced force production. In 1992, investigators found that several days of creatine supplementation significantly enhances accumulation of both free creatine and phosphocreatine in skeletal muscle.

During the product introduction at Extravaganza, they put this slide up. While they have a picture of this young lady, note that it says, “creatine ... in postmenopausal females can maintain skeletal muscle size and function.” !!! Do you know that the majority of falls in older women is due to weak thigh muscles!!! And just in case you are thinking you can just take creatine and get stronger, you’re wrong. You need to MOVE and work those muscles even if it’s just doing some shallow squats while holding a chair.

Still with me? Summary. We need creatine in our muscles for energy. We can make creatine from amino acids. We can get it in meat, milk and seafood and we can take it as a supplement.

If I may make just one comment about the 2024 Olympics, one of the first stories I heard was about the horrible food available to the athletes. You now know that creatine is critical for muscle strength. The Olympic Committee, in order to be as “green” as possible, decided to feed the athletes vegan food!! How much creatine can be made from fruit and vegetables? NONE. Their cry has been “Where’s the meat??”

How about Brain Health? Brain Health, you ask? I was surprised as well because they didn’t mention that at Extravaganza. But look at what I found. Back to the GSSI article, “Brain Adaptations: Several groups have demonstrated improved cognitive processing subsequent to creatine supplementation (reviewed in Dolan et al., 2018; Gualano et al., 2016; Rawson & Venezia, 2011). For instance, the decline in cognitive processing caused by sleep deprivation and exercise is attenuated by creatine supplementation.”



WOMEN'S HEALTH

According to the International Society of Sports Nutrition (ISSN) creatine supplementation (5 grams per day) in women can support:

- Alleviating oxidative stress to help muscles recover faster from high-intensity training when compared to people with low creatine stores
- During a loading phase, a high dose of creatine supplementation (20 grams per day for 5-7 days and maintaining at 5 grams per day after) in postmenopausal females can maintain skeletal muscle size and function

Then I found an article on *WebMD* that said this: *Creatine - Uses, Side Effects, and More* “Creatine is a chemical found naturally in the body. It's also in red meat and seafood. It is often used to improve exercise performance and muscle mass....People commonly use creatine for improving exercise performance and increasing muscle mass. It is also used for muscle cramps, fatigue, multiple sclerosis (MS), depression, and many other conditions...” One site said it can be used for “neuroprotection.”

What? They did say more research is needed, so I searched Google just for grins. That led me to an article in *Psychology Today* written by Austin Perlmutter M.D. *Should You Take Creatine to Boost Your Brain? The latest science on this compelling compound finds many benefits.*

<https://www.psychologytoday.com/us/blog/the-modern-brain/202311/should-you-take-creatine-to-boost-your-brain#:~:text=Creatine%20supplementation%20may%20benefit%20brain,dose%20for%20brain%20boosting%20effects>.

“Creatine and the brain's energy metabolism: Our brains are incredibly energy intensive, using over 20 percent of our body's energy despite only making up around 2 percent of our weight. With this in mind, creatine's energy-supplementing effect could, in theory, present a significant benefit for the brain. Research has revealed that supplemental oral creatine does increase the brain's creatine levels and may help counteract mental fatigue. Access to extra brain fuel may help explain the diverse brain benefits of creatine supplementation.

“Creatine and memory. Despite the litany of claims on the market, very few supplements have been shown to enhance memory statistically. Creatine is somewhat unique in this regard. In a robust 2022 meta-analysis, it was concluded that

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creatine supplementation significantly improved memory (compared to placebo). This improvement was particularly impressive among older adults (aged 66-77).

“Creatine, intelligence, and reasoning. Like memory, few supplement-based interventions are linked to improved intelligence scores. That's what makes the data on creatine all the more interesting. In a systematic review of randomized trials published in 2018, researchers concluded that oral creatine supplementation may improve healthy individuals' intelligence and reasoning abilities.

“Who could benefit most from creatine? To date, the best data for the brain benefits of creatine supplementation appear to be in older adults, and potentially especially those who are vegan or vegetarian. Given what we know about its role in brain energy, it may be worth special consideration when our brains are under higher levels of metabolic stress (for example, if we're sleep-deprived or psychologically stressed).”

I don't know about you, but WOW! Let's talk quickly about how to take it, then I'll tell you some stories.

Dosing. It's best if you do a Loading Dose. For the first 5 to 7 days, take 20 grams a day, then drop to a maintenance dose of 5 mg a day. Our product serving size is 2 little scoops = 5 grams. Eight scoops for 5 - 7 days then 2 scoops a day. Put it in anything. Timing doesn't matter. Just get it in. We typically put it in a shake, a glass of milk or juice. Once I even just put it in water, just to get it in. It's a little gritty, but doesn't have any taste.

Quick story about Murphy. If you have not met him yet, this is my husband Michael. I just call him Murphy. This picture was taken last month (July 2024) while we were on our honeymoon (a year late). He is 71 years old, and as you can see, he takes good care of his body. He likes to work out. He just finished his loading dose.



He says definitely feels stronger, not just when working out, but also working around the farm - and there is a lot of work to do here.

And now meet Linda! She is 73 years old, (correction - 77!!) and she was diagnosed with multiple sclerosis (MS) over 30 years ago. At our nutrition club, we have a double stack gym and offer custom workout sessions we call HIT Fit, which is High Intensity Training Fitness. Each session is 20 minutes long and gives you a total body workout. It's based on the book *Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week*, written by McGuff and Little. It's amazing. Michael is our trainer. Linda asked Michael, “Do you think I could do that?” He said, NO. I don't think - I KNOW you can. She's been working out for about six months.



When we introduced creatine, she was interested in the brain support aspect of it. If you don't know, MS is an autoimmune disease that causes the body to attack the nerves in the brain. The next time I talked to Linda was shortly after a workout and she had just finished her creatine loading dose.

“The first day, I had less back pain. I'm feeling much stronger and my brain seems to be working better. Oh, and my blood pressure dropped! Now it's in a healthier range.”

Linda walks with a cane. One leg is much, much weaker than the other. Normally, she does an exercise then grabs her cane to safely move to the next position. Michael was shocked. This time she leaned her cane against the wall and didn't use it at all during the workout! And Michael said her bad leg was obviously stronger.

You can't top that testimony. I am not making medical claims, just reporting the facts.

SKU 386K Retail price is \$21.15 for a 30 day supply. Give it a try!

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We have Protein Snack Chips!!!

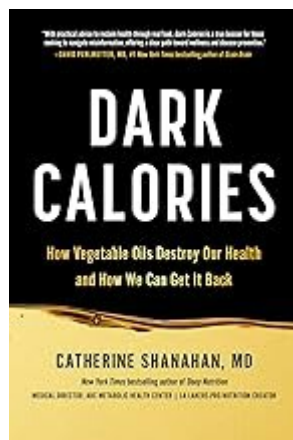
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Enjoy!



Catherine Shanahan MD (Dr Cate) has a new book. Do you want to know why you don't have any energy? Why you can't lose weight? Why you feel older than you think you should? Dark Calories may have the answer for you.

Dark Calories: How Vegetable Oils Destroy Our Health and How We Can Get It Back. Get your health back by making a relatively small change. Okay, I'll not lie. For some of you, they would be big changes, but wouldn't it be worth it?

In her previous book, *Deep Nutrition*, Dr Cate introduced the world to what she refers to as "The Hateful Eight." These are "vegetable oils," which should technically be called industrial seed oils. They are extremely dangerous for all living things. But we are SO conditioned to eating them, and they are SO prevalent, we don't even question them any more.

The book goes into a lot of detail about things like how you get cellular energy - ATP - like what I talked about in the creatine article. But here's another piece of the puzzle. If you are constantly consuming these bad fats, your mitochondria - where you make the ATP - get all gummed up and don't work properly. Bad fats = low energy.

The Big Three to AVOID: 1) Anything that comes out of a deep fat fryer - to include potato chips. 2) Dump any salad dressing that contains any of the Hateful Eight, and 98% of them do. 3) Margarine or any oil-based spread. Butter really IS better for you! I don't care what the American Heart Association says. They have been paid off and don't care about your health.

In this book, Dr Cate introduces the Delightful Dozen Cooking Fats. It's too new for a graphic, so I'll just list them here in the order she presented them. Butter (her hands down favorite). Extra Virgin Olive Oil. (Make sure it's a good quality oil.) Unrefined Peanut Oil. Unrefined Coconut Oil. Unrefined Avocado Oil. (Chosen Foods makes a fabulous mayo. Don't get the vegan version.) Ghee. Sesame Oil. Unrefined Palm Oil. Bacon Fat. Tallow (beef fat). Lard (pig fat). Schmalz (chicken fat).

This is a quick look, but I know that making these changes can literally change your life. *Blessings*





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A New Supervisor!

Jennifer Weaver



Congratulations!!!

Many Thanks to EVERYONE for all Your Hard
Work! You are changing lives every day with these
products and this business opportunity!!!



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