



"To Make A Difference"

A Healthy New HU, 2014

As part of our jump start to a "Healthy New HU" program, we are highlighting DETOX and the healthy benefits of YOGA, for beginner to the seasoned Yogi. Yoga is for all ages and can be done at all stages of life - adolescent to elderly and produces life long benefit. We love YogaFIT and they are our feature.

And along with the great healthy benefits of yoga, with YogaFIT, we get to have great fashion style as wellread on

Namaste.

Get Healthy - Get YogaFIT & Fashion

Beth Shaw, Founder & President of YogaFit Training Systems Worldwide is responsible for building the Yoga Market in the United States. As the largest yoga school in North America and the leader in Mind Body Education since 1994, YogaFit has trained over 250,000 fitness and yoga professionals worldwide. Beth is the author of several books including the best selling *YogaFit* (Human Kinetics) and *YogaLean* (Random House) She appears frequently on TV, authors several columns and is published in numerous fitness and business publications and magazines. An international presenter and popular speaker, Shaw has lectured and taught on six continents. An Anger Management Specialist and Meditation teacher, Shaw holds a degree in Business Management from Long Island University and numerous mind - body modalities. She sits on the Board of many non profit animal rights organizations and an outspoken animal advocate. She is passionate about the transformation of others, and we at HUmineral are grateful to experience her warm, intelligent embrace and her passion for health, which is channeled through her personal practice of yoga and is carried throughout the YogaFIT family. Beth works tirelessly and diligently to always enhance the YogaFIT organizations, practices and principles in the purposeful pursuit of total health and life wellness. She has dedicated her life to YogaFit.



YogaFIT Fashion:

Do you like to feel comfortable, look good, feel sexy, want yoga wear that can go from day wear to the mat, and feel like you have good Yogi fashion sense? Well, you MUST browse

YOGAFIT, BETH SHAW

www.yogafit.com

QUICK LINKS

www.yogafit.com

www.humineral.com



CORPORATE
 1540 S. Robertson Drive
 Los Angeles, CA 90305
 888-786-3111
 Yoga Classes
 available here with Beth!
yogafit.com



www.yogafit.com

YogaFITS Fantabulous, couture. YogaFIT does it all ...pants, shirts, halter, tanks, tops (long/short & mid sleeve), throws, and has chosen an array of smart fabrics for yoga flow comfort, from comfy cottons (made of Algodon, which originated in Peru, and has long, thick fibers that are ideal for soft-spun yarns), to Polyamide fabric pants (with PU material), which aids in water resistance, which wears well for those heated classes or newbies to Yoga, who may easily sweat, to chamonix, which is soft and gentle suede like material, which keeps its luster without scrapes or snags on your "wears surfaces". There is variety for all, size 0 to plus sizes, from basic black to natural colors that do not fade from wash or exposure to sunlight. Additionally, YogaFIT's pieces wear well and pack well for travel. To sign up for a class at their studio or register for a MBF conference (held in 12 states each year, and international), and if you are interested in Teacher Training classes, or to receive 10% bonus discount on any YogaFIT clothing, call 310+205+0430 and mention HUmineral a "Healthy New HU", when ordering. Learn more at www.yogafit.com

MBF - Mind, Body, Fitness Conference - Long Beach, CA
January 14-16, 2014. Retail Shop and classes open to public.

BENEFITS OF YOGA: Physical and Natural Strength Builder, Weight Loss, Increased Flexibility/Posture, Improved Immunity, Improved Focus/Concentration, Increased Energy, Inner Peace, Stress Reducer, and so much more.

YOGA TIPS FOR THE BEGINNER:

1. Be Open.
2. Begin Slowly, take a beginners class (consult studio)
3. Arrive early, pick your spot, lay on mat with eyes closed.
4. Rest in Childs Pose, when YOU need to.
5. SMILE (Relax)

TIME TO DETOX? - Q & A

It's brand new year, and time for a brand new HU.

Start the year with a cleanse DETOX that you can take every day.

If we are breathing, we are taking in toxins. We need to Detox!

ANSWER



www.humineral.com



HUmineral will begin offering Fitness Training Classes in Austin, Texas beginning February 10th, 2014.

For more information:
888-765-0087



Valerie Rutherford
Fitness - Diet - Nutrition



Q - What is Zeolite?

A - Zeolite is Volcanic Ash, which forms a molecular trap that has the ability to selectively sort molecules, based on size. Particularly well suited to capturing inorganic metal ions in its lattice work structure.

Q - What does Zeolite do in the Body?

A - The body under normal circumstances, picks up through foods, the environment and various other sources of contamination, heavy metals that are not in an organic form which can be assimilated and/or excreted by the body. These metals can have toxic effects and are generally very destructive free radicals. Zeolite has been shown to capture and help eliminate these inorganic metal ions through the body's natural detoxification process.

HUmineral Zeolite product, is a combination product. While supplying zeolite to help remove potentially toxic metal ions from the body, our product also contains Humic/Fulvic Acid Mineral, supplying 79 organic major & trace minerals in organic form which replenish necessary minerals to the cell, restoring balance to the body.

Candice's Corner



"To Make A Difference"

**Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; for it becomes your destiny.**



~Upanishads~

- **EREWON Natural Markets - Opening Calabasas, CA - March 1.**
- **Honey Colony - "Bee" Knowledgeable**
- **(learn more in February's Newsletter)**



888-765-0087 + humineral.com

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