

the Connector

August 2006

A Newsletter for Members of the Professional Business Women's Association

Vol. 06/Issue 8

networking notes

MONTHLY NETWORKING MEETING

Wednesday, August 2, 2006
The Clarion, Shepherdstown
12 Noon • **\$15.00** at the door
Please email Joyce Ervin ASAP to RSVP (by July 26th)

MONTHLY NETWORKING BREAKFAST

Wednesday, August 16, 2006 • 8:30 to 9:30 a.m.
Shepherdstown Breakfast networking Meeting
Shepherdstown Sweet Shop
German Street, Shepherdstown
Phone: 304-876-2432.

MONTHLY NETWORKING MEETING

Wednesday, September 6, 2006
The Purple Iris at Hartwood
12 Noon • \$12.00 at the door

MONTHLY NETWORKING BREAKFAST

Wednesday, Sept 20, 2006 • 8:30 to 9:30 a.m.
Shepherdstown Breakfast networking Meeting
Shepherdstown Sweet Shop
German Street, Shepherdstown
Phone: 304-876-2432.

CONNECTING WITH THE CONNECTOR

To have your news items included in the next issue of The Connector, enclose them in the body of an email or as a Microsoft Word attachment and send by the 20th of each month to: terry@thewritemarket.com

2006 MANAGEMENT COUNCIL

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Professional Business Women's Association

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NEW MEMBER CORNER

Donna Hubbard
Seaside Tan & Spa

Lori Brindle
Divine Designs/Mary Kay

Dr. Catherine Silver Ridell
Family Chiropractic Center

MONTHLY 50/50 RAFFLE

We're continuing to offer our 50/50 raffle. Bring those extra dollars to lunch! At the end of the year, all monies raised will be donated in PBWA's name. (charity still to be determined).

MEETING TOPICS

Meetings: Based on the responses at the January meeting, the 2006 Management Council has planned the following events for the year:

- July: Health and fitness panel
- August: Meeting in Shepherdstown at The Clarion
- September: SBDC (bring your mailing labels! We'll be addressing postcards for the October Expo!)
- October 4- 4th Annual Women in Business Expo
- November: Open
- December: evening Holiday Gala

ANNOUNCEMENTS

PBWA member Ellen Hoffman, freelance writer and author on retirement and personal finance, will be one of the afternoon workshop speakers at the West Virginia Money Conference 2006 on August 25 at The Clarion in Shepherdstown. This free all day event is sponsored by the West Virginia State Treasurer. Register by calling 800-422-7498 or at www.wvtreasury.com.

A fun time was had by all at our June Luau. Check out the photos taken by Meg Hughes: <http://pbwa.org/luau/>

Make sure you contact one of the council members if you would like your door prize submission for the Expo listed on any advertising we have coming up. (Contact one of us by August 15th). Thanks!

...continued on page 2

HEALTH TALK

By Holly Taylor Lemieux

I'm Holly Taylor Lemieux, owner of a business called Hollmark Health Consulting. I have been a physical therapist for over 20 years and my passion is preventive health education and health improvement, without the use of pharmaceutical drugs, which have so many side effects. I'm an independent consultant and Executive Regional Vice President with Arbonne International. Arbonne's products fit perfectly into the mission of my business, because the company was founded to provide pure, safe, and beneficial natural products. Arbonne International products include plant based skin care, nutrition, weight loss products, health and wellness products. In addition to marketing Arbonne products I also do health consulting and health education seminars.

I would like to talk to you about how to reduce toxin exposure to improve your health. Our skin is the largest respiratory and elimination organ in our body. It works with our kidneys and our liver to remove toxins. Our skin is semi-permeable, and is meant to release toxins, while it also absorbs moisture and antioxidant vitamins. We know that it can absorb some medications in the form of transdermal patches including hormones, nitroglycerin, medication to prevent seasickness and even nicotine. Unfortunately the skin can readily absorb harmful toxins as well.

The majority of household products for cleaning, polishing, and even personal hygiene contain petroleum byproducts from crude oil. These are easily absorbed through the skin within 26 seconds of exposure. In addition to causing cancer, these petroleum derivatives act as neurotoxins and false estrogens in the human body. Common symptoms of neurotoxicity are fatigue, memory loss, personality changes, headaches, sleep disturbances, muscle incoordination, visual disturbances, aches and pains, and sexual dysfunction. Xenoestrogens are substances in our environment which act as endocrine disrupters, in that they alter our hormones, resulting in symptoms such as PMS, hot flashes, mood swings, anxiety, sleep disturbances, auto immune diseases, fatigue, unexplained weight gain, loss of sex drive, osteoporosis, lack of concentration, and fibrocystic breasts. These are only a few of over 80 symptoms of hormone imbalance that xenoestrogen exposure can cause.

On June 17, 2002, the Cancer Prevention Coalition stated in a press release, "Cancer and health risk experts just concluded reviews that indicate main stream cosmetics and personal hygiene products hold the highest cancer risk exposures to the general public, higher than smoking. Everyone comes in contact with chemicals in food, water, and air, but the biggest risk now appears to be absorption

and inhalation of chemicals in hair care products, mouthwash, cosmetics, tooth paste, lotions, skin care products, sun tan items, etc."

Although we can't completely prevent exposure from harmful substances, we can significantly reduce exposure by making changes in our homes. Most household cleaning agents are made from petroleum ingredients and other harsh chemicals. We can replace unsafe cleaning agents with safe alternatives such as baking soda and vinegar in many household uses, and cleaning agents made from plant oils that can be obtained in health food stores and even some of our local grocery stores. Some examples are products by Seventh Generation, Sun and Earth, and Ecover.

Although cleaning solutions are not required to list ingredients, many cosmetics do. We should read labels and avoid skin care products and cosmetics with mineral oil and petrolatum, which are refined from crude oil. Other petroleum derivatives to avoid are paraffin, microcrystalline wax, ceresin, polybutane, polyethelene, etc. There are over 5 thousand chemicals used in personal hygiene products! 98 % of skin care products on the market contain mineral oil, petrolatum, or other petroleum ingredients. Mineral oil is refined crude oil that has been processed to remove the odor and color. The molecular size of the oil or fat, itself is too large to penetrate the skin, though the chemicals in it can penetrate the skin into the blood stream. Oils are added to skin care products to act as a humectant, which means that it attracts moisture to the skin. If the molecular size of the oil is too large to penetrate the skin, it sits on the surface, blocking the pores and blocking natural respiration and secretion processes. Though it attracts moisture from the atmosphere and might make the surface feel moist, it also attracts the moisture from the skin cells, and draws it out of the skin, drying it and aging it over time. Toxins can't escape and moisture and nutrients can't be absorbed.

Animal by-products have a similar effect because the molecular size of the oils are too large to penetrate the skin as well. An example of this is evident with those who use bar soaps in the shower or tub. They are left with a grayish ring around the tub or shower that does not rinse off. It must be scrubbed to remove it. This same film is left on your skin, preventing toxins from escaping and beneficial ingredients from absorbing.

The ideal base for skin care products are botanical or plant ingredients. Plant oils have a molecular size small enough to penetrate into the skin cell, similar to our own natural oils. This allows moisture and beneficial nutrients to penetrate into the skin with the oil, without clogging the pores

or interfering with the natural respiration of the skin. Plant based products are safe for the skin!

I personally became involved with Arbonne International's products from head to toe, because they use only safe, botanically based ingredients. The company was founded in 1980 with the purpose of providing only pure, safe and effective botanical products for the skin. For over 26 years they have expanded their pure and effective product line to include nutrition, weight loss, natural Aromatherapy, makeup/color, health and wellness products as well. Arbonne does extensive testing and research of their own, on all ingredients and formulations, and they are committed to removing any ingredients that are found to be unsafe by outside unbiased testing.

In conclusion, the care of your skin also effects your health. So not only is taking care of your skin good for the health and appearance of your skin, but it's important for your health in general.

Contact Holly Taylor Lemieux for Arbonne product information at 304-229-7650, Hollmark@myarbonne.com or visit my website at www.holly.myarbonne.com

References

Debra Lynn Dadd, *Home Safe Home*; New York; Jeremy P. Tarcher/Putnam, 1997, p. 167-168; p. 18.
Cancer Prevention Coalition press release, June 17, 2002. Dr. Rita Goad (Ph.D.), *Toxin Awareness Workshop*, September 2002.
Howard F. Lyman, with Glen Merzer; *Mad Cowboy*; New York: Touchstone Books, 1998; p. 11-13.
"Major Cosmetic and Toiletry Ingredient Poses Avoidable Cancer Risks," PR Newswire, February 22, 1998.
Ruth Winter, M.S., *A Consumer's Dictionary of Cosmetic Ingredients*; New York; Three Rivers Press, 1999; p. 1-3.

FIT FACTS

By Karla King

- I. Three Things every exercise program should include:
 - A. Aerobic Exercise
 1. Large muscle groups in continued, rhythmic fashion for sustained periods.
 2. Intensity
 - a. 3-4 days for general maintenance.
 - b. 4-6 days for weight loss
 - B. Muscular strength and endurance conditioning.
 1. Calisthenics
 2. Free weights or machines - 3x 8-12 reps for 2-3 times a week.
 - C. Flexibility Exercise
 1. Warm-Up stretching 10-30 seconds.

- II. Determine the best time and place to exercise.
 - A. Rhythm: It's not just for dancing.
 1. Circadian Rhythm - warm is best. (exercise at the time of day when your temperature is at it's highest)
 2. Do not fix if it's not broken
 - a. Exercise any time is better than no exercise at all.
 - b. Morning exercisers are most successful at making it a habit.
 - B. Place to Exercise.
 1. Fitness Center
 2. Independent
(Whichever works best for you.)
- III. Do not deprive yourself of the rewards of exercise.
 - A. Individuals who exercise regularly are less likely to develop: Heart Disease, Diabetes, High Blood Pressure, High Cholesterol Levels, Certain Forms of Cancer and Osteoporosis.
 - B. Individuals who exercise regularly are more likely to: Maintain a healthy body weight, effectively control the pain and joint swelling that accompanies arthritis, maintain lean muscle which is often lost with increasing age, have higher levels of self-esteem and self confidence, continue to perform activities of daily living as the grow older, experience overall feelings of well-being and good health.

Karla King operates King Physical Therapy, an orthopedic private practice specializing in spinal care utilizing the McKenzie approach. Karla King is the only internationally certified McKenzie therapist in the Eastern Panhandle and 1 of 12 in WV. She can be reached at: 304-262-8161.

WOMEN IN BUSINESS EXPO

Wednesday October 4, 2006 5:30 to 7:30

We thought we'd give everyone a rundown on how the EXPO is shaping up. We've sold out all the tables!

Our Gold Sponsors:

The Neighborhood Welcome
The Village Spa at Locust Grove
The Write Market, LLC
Allstate
Premier Bank
SBDC

Our Silver Sponsors:

Color Me Beautiful
Eden Design
Platinum PR

The AIDS Network
Jefferson Security Bank
Red Rover Graphics
Tahitian Noni International

Exhibitors:

Southern Living at Home
RE/Max Success Realty
J.J.'s Jewelry
Arbonne International
Rugs for the People
Mary Kay Cosmetics
Peterson Fine Arts
Donna's Custom Creations
Good News Mountaineer Garage
Seaside Tan & Spa
The Eclectic Skillet Personal Chef Service
Insight Services
Organized at Last, LLC
Goddess Creations

We currently have one workshop in the works:

The Evolution of Business.

Members discuss how their business is evolving or how it got to where it is today.

Currently, some of our doorprizes include: a luggage set and a trip to Atlantic City, restaurant gift certificate, bracelet, body soufflé and scrub, Arbonne foot cream, oriental rug pillow, Mary Kay satin hands, granny square afghan, a television, a framed photographic print and MORE! (Must be present to win)

If you'd still like to exhibit, feel free to contact some of the current exhibitors that might compliment your own business and see if they may like to share a table and split the cost.

Flyers will be available shortly to hand out or post in your place of business. Don't forget to bring your mailing labels to the September meeting, we'll have postcards ready to be addressed.

We do need volunteers to help with registration and the PBWA exhibit - contact one of the Management Council members to volunteer.

PBWA

