



Women's circle of health

Women's Health Newsletter from [Adora Calcium](#)

A Note From the Nutritionist You Are Positively Perfect

January 2009

Keeping with my [annual tradition](#), I am not forcing any New Year's resolutions on you. Instead, as we start 2009 I encourage you to adopt a positive approach to dieting, and an all-natural take on beauty that will save you money and time.

THANKS FOR STAYING WITH US! You recently had to confirm your subscription to the Women's "circle of health". We are sorry for that inconvenience, but your confirmation helps us maintain our strict "no spam" policy. The newsletter has a slightly different look, but still contains monthly health articles, Adora Calcium specials, and our contest of the month. We also welcome your suggestions for new information and features (just e-mail us at editor@adoracalcium.com). *Thanks so much for your continued support! – Michelle Gibeault Traub, R.D*

Adora Calcium Special

15% off entire order

We have never offered such huge savings! The more you buy, the more you save. And, no online coupon needed. Just add items to your cart in the [Adora Online Store](#) (store.adoraCalcium.com) and your 15% savings are automatically applied.

SALE ENDS JANUARY 31st! [ORDER HERE](#)

A Positive Diet

Focusing on what you can eat

The start of a new year often comes with lots of new diet information – much of it negative. We are often so focused on what we shouldn't eat that we forget there are loads of healthy options to explore. Try this [[Positive Approach to Dieting](#)]

Natural Beauty

Inexpensive products from nature

We are bombarded with advertisements for the latest beauty treatments. Most come with a hefty price tag, and loads of artificial ingredients. Going green with your beauty regimen means more than just saving the environment; it can also improve your health and save you money as well. Click for [[Natural Beauty Products](#)]

SAMPLE

Adora Calcium Contest of the Month



How to Win: Read this month's "circle of health" articles and answer the following:

"What kind of oil can help clear up acne?"

Then send your answer as an email with the subject "Adora Answer – January" to editor@adoracalcium.com, along with your full name, mailing address, and your Adora calcium flavor preference (Dark Chocolate or Milk Chocolate). Contest ends **January 31st**.

The winner will be chosen at random from the subscribers who submit a correct answer, along with all required contact information. Please be assured your information will only be used to mail your prize.

Thanks for participating!

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