



MISSION STATEMENT:

Our mission is to build a solid group of highly qualified professionals who are dedicated to building a strong networking referral group based on the philosophy that you have to give to get.

**August 31st, 2017
Volume 5, Issue 32**

Nova Networking meets every Thursday from 11:30 am to 1:00 p.m.



FIONA'S Irish PUB

5810 Kingstown Center

Alexandria, VA 22315

UPCOMING MEETINGS

- 9/7 Jerry Haley
- 9/14 Ron Reyner
- 9/21 Affinity Groups
- 9/28 Linda Rodgerson

Leadership Team

President

Kevin Cook

Vice President

Elaine O'Malley

Recording Secretary

Robin Wulff

Webmaster

Matt Callen

Training Facilitator

Kathryn Young

Membership Team

Brook Mitchell
Elaine O'Malley
Theresa Gunlicks

Treasurer

Donna Wilson

Guest Hosts

Jerry Haley
Linda Rodgerson

Social media

Laura R Drain

Featured Speaker:

Elaine O'Malley

Elaine O'Malley was lucky enough to be severed from Corporate Telecom in 2009, after 23 years of Finance and IT management. She is partnered with Isagenix International; a solution based global health and wellness company offering science-backed products for weight-loss, athletic performance and healthy aging.



She has helped friends lose as much as 50 lbs and Isagenix has helped customers lose weight up to 400 lbs.

Her business partners include Isagenix's top income earner, the fastest millionaire, a globally renowned trainer of 11,000 athletes, one of the top trainers in the industry, and a retired NFL player. Elaine loves her new career helping others achieve life transformations

Meeting Agenda

- ❖ Casual networking
- ❖ Recognition of first time guests
- ❖ Introduction of Leadership Team
- ❖ Words of Wisdom
- ❖ Secretary's Report
- ❖ Induction of New Members
- ❖ Elevator speeches
- ❖ Featured Speaker: *Elaine O'Malley*
- ❖ Activity Reports
- ❖ Announcements
- ❖ Drawing
- ❖ Final Thoughts

Anyone Interested in Becoming a Member Please Contact:

- Elaine O'malley
- Brook Mitchell
- Theresa Gunlicks

Notes:



Nutritional cleansing assists the liver, a primary detoxifier.

Featured Article: **Why You Should Cleanse for Life**

Announcements

Ladies! We are proud to announce our next Women In Business!! Seating is limited Northern Virginia Women In Business Quarterly Meeting

When: November 15, 2017
Time: 1:30 PM to 4:00 PM
Cost to attend:\$35
Where: Trio Grill 8100 Lee Hwy, Falls Church, VA
RSVP <http://bit.ly/womenexponov>

Small Business Summit:
This year's program features a great lineup of entrepreneurs, CEOs, business executives, innovators and strategists from some of the nation's top brands.

When: September 11 and 12
Where: the Omni Shoreham Hotel (2500 Calvert Street, NW, Washington, DC 20008).
RSVP: <http://www.smallbusinessseries.com/register>

At checkout, enter the code **DCSmallBiz** to redeem the complimentary discount on each pass.

Interview at Comcast Channel 28, members are invited to participate in a conversation with Laura Drain @cafelatinoTV about Nova Networking. You will have opportunity to talk about your business

When: October 4, 2017
Time: 12:00 to 12:30 PM
Where: Comcast Productions Channel 28
12345 Sunrise Valle Reston VA 20191
Limited to 6 people
RSVP Carmen@cafelatinotv.com
More info www.cafelatinotv.com

Every day we're continually exposed to toxins in the food we eat, the air we breathe, the water we drink, and the items we touch. Learning more about these potentially harmful chemicals can be critical for making decisions to protect long-term health. As with any subject, toxins are best understood through a little history.

Toxins—or xenobiotics—have always been part of the natural environment. Many of them are made by plants, bacteria, and animals as defenses to keep predators at bay. The greater the abundance of toxins in a species, the more likely they will survive. This natural arms race has produced millions of different kinds of toxins including venoms and poisons.

Human exposure to toxins also depends on how food is prepared. The use of fire was a novel way to deal with food toxins. Heat breaks down many plant and animal defenses. Another example was fermentation, in which microorganisms produce a food that is edible. As our ancestors improved upon their culinary talents, they were able to expand their palates.

In our modern environment, pollution and food processing has increased our toxic load considerably. Humans have added thousands of new chemicals that pollute our air and [water](#). These toxins can often end up in our foods, not just in plants, but concentrated in the animals that we eat. Food is also laden with chemicals in form of [pesticides](#), processing agents and artificial ingredients.

Age-old traditions of nutritional cleansing have now been combined with modern technologies. Isagenix is a company that has achieved this task with [Cleanse for Life™](#), a drink specialized to support the liver, the immune system and cellular health with vitamins, herbal teas and other botanical ingredients. The ingredients were chosen to help protect the body from daily pollutants and promote their detoxification. For more information Elaine O'Malley @ ejomalley@verizon.net

Notes:
