

Shaklee News

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Cholesterol Reduction Complex



Fact: One in three adults in the U.S. has high cholesterol,

which can affect anyone at any age, and can negatively impact heart health and cardiovascular function over time. People with high cholesterol have a higher risk of developing heart disease compared to those with optimal levels. Among the culprits are genetics and diet. Some people are predisposed to high cholesterol and produce more of it in the liver, while others get too much from the foods they eat—foods such as bacon, hot dogs, and sausages that also contain high amounts of saturated fat. These foods may sit well on your

palate, but without proper measures to control intake and reduce body cholesterol levels, they can lead to some major health challenges.

- A 10% reduction of LDL (“bad”) cholesterol equates to a 10%–20% decrease in heart disease risk.
- If you eat foods such as pizza, hamburgers, and steak on a regular basis, you may be increasing your chances for developing high cholesterol.
- The American Heart Association (AHA) recommends consuming no more than 300 mg of cholesterol a day; those with heart disease should consume less than 200 mg of

cholesterol.

- According to the AHA, eating one egg for breakfast, drinking two cups of coffee with 1 tablespoon of half-and-half each, lunching on 4 ounces of lean skinless turkey breast with one tablespoon of mayonnaise, and eating a 6-ounce serving of broiled short loin porterhouse steak for dinner yields 510 mg of dietary cholesterol. That’s nearly twice the recommended daily amount!
- Men tend to have higher cholesterol than women. However, after menopause, cholesterol levels in women increase due to a decline in estrogen production.

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Dr. Steven Chaney- Natural solutions to LOWER CHOLESTEROL

Dr. Stephen Chaney is a frequent spokesman for health and nutrition issues. As a professor of biochemistry, biophysics and nutrition at the University of North Carolina, Chapel Hill, he teaches nutrition to medical students and has conducted a cancer research project for nearly 30 years. His name is on over 80 published studies in peer-reviewed journals.

Dear Shaklee Family,

How would you like to be able to help the 80 million Americans who have elevated cholesterol lower their cholesterol naturally? You almost certainly know friends and family with elevated cholesterol. 20 million of them

are on statin drugs and 25 million of them have been prescribed statin drugs but are not taking them because of side effects or because they want a more natural approach.

Now you have a solution for all those people - actually two solutions. **Shaklee has a one-two punch to help all of the people that you know reduce their cholesterol naturally. And the best part about it is that the National Institutes of Health recommends them - so when you or your customers ask their physician about them he or she will say "Absolutely. These products are good for you. Use them."**

Solution number 1 is Shaklee's new **Cholesterol Reduction Complex**. It contains

the NIH recommended 2 grams of plant sterols and stanols. Clinical studies show that this amount of plant sterols and stanols reduce LDL cholesterol (the bad cholesterol) levels by around 10% - which translates into a 20% reduction in heart disease risk.

Solution number 2 is Shaklee's new **Fiber Advantage bars**. They provide 8 grams of fiber (7 of those soluble fiber). The NIH tells us that high fiber diets lower cholesterol by another 8%. So when you combine the two you get an even more impressive decrease in LDL cholesterol. To Your Health!

Dr. Steve Chaney

Cholesterol Reduction Complex

THE SHAKLEE DIFFERENCE

Always Safe

- ✓ Lowers cholesterol naturally
 - ✓ No artificial flavors sweeteners, colors, or preservatives added
 - ✓ Gluten free
 - ✓ No significant side effects observed with intakes of 2,000 mg of plant sterols and stanols per day
- Always Works

✓ Delivers 2,000 mg of plant sterols and stanols per day, which is 100% of the National Institutes of Health's (NIH) recommendation for plant sterols and stanols*

✓ Plant sterols and stanols have been clinically proven in over 80 clinical studies to lower LDL ("bad") cholesterol

So how, exactly, do plant sterols and stanols work?

1. Plant sterols and stanols are ingested from food or supplements.
2. Because they are structurally similar to cholesterol, plant sterols and stanols compete for absorption in the intestines.
3. Plant sterols and stanols bind to receptors in the intestines, leaving cholesterol behind.
4. The net result is that less cholesterol is absorbed by the body, and less ends up in the bloodstream.

Lower Your Cholesterol Naturally with Cholesterol Reduction Complex! Plant Sterols and Stanols The Smart choice

High cholesterol is one of the major controllable risk factors for coronary heart disease. As blood cholesterol rises, so does

the risk of developing heart disease. Your chances of having high cholesterol are greater if you are a male, are older, are a woman experiencing post menopause, have a family history of high cholesterol, or if your diet is high in saturated fat and cholesterol.

The good news is you can lower your cholesterol and reduce your risk of heart disease by taking responsibility in managing your cholesterol levels. This product is not intended for pregnant or lactating women and children under 12 years of age. Consult your physician if you are using cholesterol lowering medication.

Follow these tips from the National Institutes of Health's Therapeutic Lifestyle Changes Program to help lower your cholesterol:

1. Decrease your intake of saturated fat to less than 7% of total calories
 2. Decrease your dietary cholesterol intake to less than 200 mg per day
 3. Lose 10 pounds if overweight
 4. Add 5–10 g of soluble fiber to your diet each day
 5. Add 2,000 mg of plant sterols and stanols to your diet each day
- Cholesterol Reduction Complex† provides 2,000 mg of plant sterols and stanols daily. To get that same amount of sterols and stanols, consider what you'd have to Eat every day:

6.5 cups of soybeans
Or 59 oranges
Or 47.5 cucumbers

HDL Versus LDL: What's the Difference?

Not all cholesterol is bad. The good kind—HDL cholesterol, short for

high-density lipoproteins—offers some great health benefits. It's the LDL ("bad") cholesterol, or low-density lipoprotein ones, that we really need to watch

out for. In general, cholesterol—a type of fat—plays a role in maintaining cell membrane structure and hormone production. However, excess LDL cholesterol can build up in the arteries, leading to an increased risk of heart disease.

The heart-healthy choice that provides 2,000 mg of plant sterols and stanols per day

Shaklee Cholesterol Reduction Complex is a proprietary formulation with clinically proven ingredients that help prevent the absorption of cholesterol and lower LDL ("bad") cholesterol. It contains plant sterols and stanols that, when added to a healthy diet, have been shown in numerous studies to significantly reduce LDL cholesterol.

- Made with a powerful blend of sterols and stanols, which are found naturally in plants, fruits, vegetables, and grains
 - Delivers 2,000 mg of plant sterols and stanols daily
 - Plant sterols and stanols have been clinically proven by more than 80 studies to lower LDL cholesterol
 - Delivers daily 100% of the National Institutes of Health's (NIH) recommendation for plant sterols and stanols*
 - Gluten free
 - Star-K certified
- plex†



Bob Sis's Master table: Tom & Michele, Paul & Kimberly, Leticia, Jacinta, Diana, Heidi and Dave



Carlstedt family at the Shaklee headquarters.

At the Shaklee convention in August, 2010, Theresa, our daughter, talked to Marcie Scott, a regional sales manager for Shaklee who invited our family to tour the Shaklee head quarters, whenever we arrived in Pleasanton, CA. We arrived at 7pm on Sunday and Marcie graciously gave us a **private** tour of Shaklee's headquarters! Wow, Shaklee really lives what it preaches! The place was fantastic with everything designed to use the best that **nature** and architecture have in common!



A free trip to San Francisco can be earned by anyone who becomes a Director which includes a tour of this spectacular place along with a trip to the Napa Valley- wine tasting tour.

Living your Dreams

Shaklee is a very unique company. They do not pay for any advertising; they pay those people who share with others, their belief in the unmatchable Shaklee products. **Remember that Shaklee is Always Green, Always Works, and is Always Safe.** On top of this, Shaklee was the first company in the world to become Carbon Neutral. This means that it offsets all of its carbon emissions with solar energy and planting trees and using recycled materials in its head quarters...

Many people in today's economy need a new car but simply cannot afford it. They would like to take a nice vacation with their family but the finances are not there right now. Shaklee is not a welfare program but a work program. By just asking your friends to

change over what they are already using in their homes, you could get back the American Dream. What is in it for you and your friends? - helping to save the planet from all the toxic chemicals out there and have very healthy lives with the use of the Shaklee-products, as shown in the 20-year published study! Everything is economical and **Dr.**

Shaklee's philosophy is still alive in that the Shaklee Company will not produce a product that will harm one human cell which is like NO other company on the market!

In return for sharing Shaklee's products they would like to reward those who grow their business each year with the opportunity of being able to earn a free car.

take a nice vacation and even pay for their mortgage payment or even their children's education with no debt when they get done.

When we go to our job we trade our time for a wage. We get paid every two weeks or so and this is how many of us live. We scrimp and save for everything we have and hope we have enough to retire on. Wouldn't it be nice to build a business that you could make five or six thousand a month and use this as your Retirement, not having to worry about your 401K or how much will be left of it in this shaky economy.

The other great part of building your Shaklee business is that when you pass on you can leave it to your children. This is better than my father's pension which is gone when he dies!



Date: November 2nd - 7th 2011
Location: Atlantis Resort, Paradise Island, Bahamas
Qualification Period: July 2010 - June 2011
Points: 350

Three Great New Products

Vitamin D Add some sunshine to your day with Vita-D3™! Recent research shows that vitamin D—the "sunshine vitamin"—offers a multitude of benefits including supporting healthy heart function, immune and bone health. But, depending on where you live, the time of year, and your skin color—you may be among the many Americans who aren't getting enough of this essential nutrient. Boost your level of vitamin D with Shaklee Vita-D3. The perfect choice for overall health and well-being, Vita-D3 provides 1,000 IU of high potency vitamin D3 to help your body thrive! # 21214

Shaklee Fiber Advantage Bar

100% natural and 100% delicious. Shaklee Fiber Advantage Bars have everything your taste buds crave. Delicious apples, dates and whole grain

rolled oats packed into each scrumptiously chewy, cinnamon bar. The best part? You get 8 grams of healthy soluble, insoluble and prebiotic fiber to help keep your digestive system running smoothly. This is a great healthy snack for the whole family. Gluten Free, Star K and Low glycemic. # 21220

Get Clean® Water

A fresh take on healthier water, Get Clean Water is a new multipatented water filtration system. Unlike other water pitchers, Get Clean Water uses a solid block of carbon to clean your water, reducing some pretty nasty contaminants—including up to 99 percent of lead. 1 Get Clean Water is the first pitcher to use a refillable carbon-block filter system so there's less

plastic to throw away. **And it filters 80 gallons of water per filter— twice as much as Brita® and PUR® pitcher filters.** 2 Cleaner, healthier,

water and a cleaner, healthier planet? We can all drink to that!

The good news is that cleaner, healthier water is just a pitcher away!

Beats Leading Brands!

- **Certified to reduce lead** (Brita and PUR are not!)
- **Certified to filter 80 gallons— twice as much as leading brands**

- First-ever pitcher with **refillable carbon-block filter system** **The Smart Choice!**
- Costs only **pennies a gallon**
- First automatic pitcher **meter** that shows gallons filtered
- Healthy, **great-tasting** water Safe for you, your home, and our planet.®





Energy Chews Helping over in Iraqi

My name is Ryan Pevey. I am a Captain in the US Army, forward deployed in Iraq with the 130th Engineer Brigade. I am writing this testimonial as a thank you to Shaklee and as a message to anyone seeking a healthy means of energy during the day.

As the ISF Officer for the Brigade, I am constantly coordinating with US and Iraqi organizations echelons above and below my unit. All this coordination translates into long hours in front of a

computer and sitting in non-stop meetings; often times struggling to stay awake and focused. I have only used Shaklee's Energy for a week, yet on the first day I took, it I noticed not only an immediate boost of energy but also enhanced clarity of thought and increased motivation.

I am so grateful my mother, who is a Shaklee Director, sent this to me! It has made such a big difference in my ability to

accomplish any mission given to me and stay true to the sixth stanza of the Ranger Creed. The only downfall is I have to wait the time it takes to ship it into Iraq. Thank you again Shaklee and I look forward to sharing it with my fellow service men and women. CPT Ryan Pevey

The Energy Chews and the Energy Teas are GREAT for college students and anyone who needs a natural boost of energy.

Autistic Granddaughter

I have an autistic granddaughter who just turned 7 years old. She, until recently, was not very responsive or verbal. She would answer in one or two words to a question. She would choose not to look a person in the eye most of the time, and would not follow most requests, seeming to ignore any request.

After a couple weeks on the Shaklee Mighty Smarts (1 a day), Incredivites (2), Meal Shakes (1 AM serving), and OptiFlora Capsule (1) per day, along with a diet where her sugar was greatly decreased, something phenomenal happened. One day while I was babysitting her, Abi was coloring (scribbling)

on a picture from a coloring book, and looked at the crayons before her, wanting to choose another color. I picked up the green crayon, showed it to her, and said, "Why don't you use the green crayon." She put her crayon down, looked right at me, and said, "I like the purple crayon better," picked up the purple crayon, and continued to color. My mouth dropped open in amazement. Then I noticed that when I asked her to take her lunch plate into the kitchen and put it on the counter near the sink, she followed directions and did exactly what I asked. She dropped nothing, and didn't crash it into the sink as I expected. She had less "fits" and they were less severe. Then I noticed throughout the rest of the afternoon that she

was speaking in full sentences and looking right at me when she spoke. WOW! I asked her mother if she noticed any changes. She said, "Oh, yes, and so has her teacher." Then EZ Gest was introduced as well, because we heard Autistic children are deficient in digestive enzymes. She did very well with this program. I know Shaklee and diet change together can make a real difference for Autistic children. Just try it! And be patient. PJ Myers

How our blood and cells change

Is it possible to reverse damage that has been done to the body, such as major health issues? The following summarizes why your body has the capability of healing itself. This is from a nutritionist and MD in Canada who only recommends Shaklee supplements due to their clinical research. This is why, when given time, you can repair damage that has been done to the body.

What Difference Does 7 days, 7 weeks, 7 months & 7 years make? We can become healthier in the next 7 years or

we can become unhealthier in the next 7 years based on our everyday decisions and choices ...

WHY? The bloodstream is the "smorgasbord table" which every cell self-feeds. By choosing to incorporate a full Shaklee supplement program into your daily diet routine ... you make your bloodstream an optimal smorgasbord of the nutrients, essential fats, amino acids, etc.

In 7 days ... you can change the chemistry of your blood, In 7 weeks ... you can change the composition of your cells, In 7 months ... you will have made

changes in major body organs, In 7 years ... there is a whole new you (every cell in the body has died and replaced itself in a healthier environment)

What feeds and nourishes a healthy cell? ... Excellent, unprocessed diet choices, from unheated, whole-food vitamin/mineral supplements, quality protein, purified good fats, & pure water

What does not feed & nourish a healthy cell? ... Processed food, synthetic supplements OR fragmented or isolated vitamin/mineral supplements, and prescription drugs.

