

Great Ways to Save!

The first seven days of each month we will offer half price shipping on Member Direct Orders only (orders from the company).

Are you looking for that continuous coupon on savings?

If you have ten members signed up under you, we will move you to DP (Distributor Price) permanently.

This is roughly a 12 percent savings on every product.

With your 100 PV order and if your ten members put in a 100 PV order so your total for the month is 1100 PV, your Shaklee Bonus will be \$132. This should be very close to paying for your products.

This sounds like the best Coupon out there!

Do you know anyone who has the following issues:

*High blood pressure *Allergies
*Fibromyalgia *Often are sick *Weight loss

*Would like to have healthier Skin

*Look for a second income
*Use or are looking for truly Bio degradable cleaners

If you need any information on the above to give to your friends, let us know. It is such a wonderful thing to help people live healthier lives and make such a positive difference in the world.

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What is Heart Disease?

Definition

Mayo Clinic staff

Heart disease is a broad term used to describe a range of diseases that affect your heart. The various diseases that fall under the umbrella of heart disease include diseases of your blood vessels, such as coronary artery disease; heart rhythm problems (arrhythmias); heart infections; and heart defects you're born with (congenital heart defects).

The term "heart disease" is

often used interchangeably with "cardiovascular disease." Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as infections and conditions that affect your heart's muscle, valves or beating rhythm, also are considered forms of heart disease.

Many forms of heart

disease can be prevented or treated with healthy lifestyle choices.

How the heart works

To understand heart disease, it helps to know how the heart works. Your heart is a pump. It's a muscular organ about the size of your fist and located slightly left of center in your chest. Your heart is divided into the right and the left side. The division protects oxygen-rich blood from mixing with oxygen-poor blood. Oxygen-poor blood returns to the heart after circulating through your body.

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Allergy Season

Allergic disorders affect an estimated 1 in 5 adults and children

(40 to 50 million people) and are the sixth leading cause of chronic illness in the United States, according to the Allergy Report from the American Academy of Allergy, Asthma and Immunology (AAAAI).

What Are Allergies?

Allergies are the immune system's inappropriate response to a foreign substance, called an allergen. Exposure to what is normally a harmless substance, such as pollen, causes the immune system to react as if the substance

were harmful. Being exposed to allergens when the body's defenses are low or weak, may also contribute to the development of allergic rhinitis (hay fever) symptoms. Sneezing, congestion, itchy, watery nose and eyes and/or asthma symptoms such as wheezing, chest tightness, difficulty breathing and coughing, are no fun. We've the many commercials for various prescription drugs, but is that the only answer?

Are there Natural Solutions to Allergies?

Yes. By strengthening your immune system, you

can replenish your arsenal of defenses. Probiotics can help.

Things that weaken your Immune System are -
Stress (emotional, physical)
-Sugar/Alcohol
-Over exposure to toxins
-Poor diet Lack of rest -
Aging Genetics

Things that Strengthen your Immune System are

-Exercise -avoid sugar/
baked goods -reduce toxic
exposure -diet rich in veggies
& fruits -adequate rest (8
hours/day) -water -fat -
protein -whole grains -
nutritional supplements

FACT: In 2000, United States sugar consumption was 160 pounds per capita per year. In 1985 it was 124 pounds. In 1900 it was 10 pounds.

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Sustained Release Vita-C® 500 mg
Size: 180 Tablets Item #20095 **Cellular
Antioxidant and Immune Protection**
*Your body is capable of many things,
but it can't make or store vitamin C.*

Shaklee Sustained Release Vita-C 500 mg offers sustained-release protection hour after hour, using a proprietary sustained release system.

Item #20095

Retail Price (SRP): \$25.50

Member Price (MN): \$21.70

Allergies continued...

FACT: Sugar is the anti-nutrient. It depletes vitamins and minerals essential for the immune system (B vitamins, antioxidants, iron, zinc,). It also displaces natural nutritious foods in the diet like fruits, vegetables, water, or milk (with soft drinks).

Did you know that 70% of the body's immune cells are located in the intestinal tract?

Did you know that

antibiotics often kill off your beneficial bacteria along with the harmful ones? After taking an antibiotic, most doctors will recommend that you take a probiotic to replenish the beneficial bacteria that reside in your intestinal tract.

Vitamin C boosts the Immune System. **Vitamin C is depleted by** stress such as infections, illness, fatigue, surgery, anxiety, pollution, and extremes in temperatures, birth control

pills, smoking, and alcohol. As we age, there is a greater need to regenerate collagen, which requires more vitamin C.

Vitamin C is a natural antihistamine, helps the body absorb iron and calcium, and is frequently used in the prevention and treatment of colds. **Vitamin C is a powerful antioxidant that reduces the risk of cancer, heart disease, and cataracts.**

Vitamin C also increases resistance to ligament and tendon injury.

NutriFeron and Allergies



4 Bottles of NutriFeron

NutriFeron® Share It Pack Item #59193 Save 10% when you order NutriFeron Share It pack

Retail Price (SRP): \$165.24

Member Price (MN): \$140.40

The proprietary blend of natural plant extracts in NutriFeron have been clinically proven to support and stimulate the natural immune response process at the cellular level.* Exclusive patented formula providing our highest level of daily immune protection*The only supplement created by the discoverer of interferon Naturally increases levels of interferon* Proven by 4 human clinical studies Contains MACH*, a patented blend of interferon-boosting plant extracts (500 mg) and a Shaklee exclusive. This proprietary blend of natural plant extracts is derived from pumpkin seeds, safflower flowers, plantago seeds, and Japanese honeysuckle flower buds, which have been clinically proven to support and stimulate the natural immune response process at the cellular level.*

I'm allergic to pollen, dust, grass, weeds, trees, feathers, fur, certain scents, dogs, cats, and certain foods (citrus, fish, cashews or anything processed in a plant with tree nuts). I also have asthma. I suffered oozy itchy rashes on my hands so bad I could hardly bend my fingers and couldn't work as a nail tech. for years I would break out all over my body every time the wind blew. I was always getting nose bleeds. I was constantly sick with bronchitis, and pretty much had no voice for 4-6 months out of the year. I tried over-the counter, and every prescription med, inhalers, nose sprays, you name it. Zyrtec worked the best but made me absolutely crazy and I had to quit taking it. I was getting allergy shots for a while and they helped a lot, but the series were sporadic, due to red tape in the Medical system, and a couple times I had anaphylactic reactions to the shots. That is really scary! The last time Medical stopped my shots was when the **NutriFeron** first came out. I

was freaking about the shots because if I didn't get them every week I'd be back to the same symptoms and end up with bronchitis and losing my voice, etc.

I was a non committed Shaklee user, **but decided to give the NutriFeron** a try at the urging of my sponsor, Julie Colegrove. My Goodness! What a difference! I doubled up on it the first few days, and then took two a day regularly for a long time. I did go without it for about a week at one point, and that is where I really saw the difference because the symptoms came back! Other than that, I've been basically symptom free since I started taking the NutriFeron, and I've gotten friends who were distributors for other companies taking it for their allergies and asthma because they saw the difference in me and how much better I was since I

started taking the **NutriFeron**.

I've only been taking one a day for a while now, along with the foundation vitamins, alfalfa, and calcium. I have seven children, one with severe allergies who also takes NutriFeron. My oldest daughter who is in college in Santa Cruz, takes it every day and she was the only one in school that didn't get sick the whole year, except once, and that time she recovered very fast when she doubled up on the **NutriFeron**. The other kids take it when others around them are getting sick at school and work. It feels good to be able to go outside on a beautiful day and not be afraid of breaking out in a rash. I even go outside when it is windy and still have my voice! Recently I went on a five-mile hike when everything was blooming and didn't even sneeze or get wheezy! **NutriFeron** is amazing stuff-I can't help but be excited about it! God bless the doctor who developed it!
Tara Colvin. MN

Heart Disease *continued from page 1*

The right side of the heart, composed of the right atrium and ventricle, collects and pumps blood to the lungs through the pulmonary arteries. The lungs refresh the blood with a new supply of oxygen, making it turn red. Oxygen-rich blood then enters the left side of the heart, composed of the left atrium and ventricle, and is pumped through the aorta to supply tissues throughout the body with oxygen and nutrients.

Four valves within your heart keep your blood moving the right way. The tricuspid, mitral, pulmonary and aortic valves open only one way and only when pushed on. Each valve opens and closes once per heartbeat — or about once every second while you're

at rest.

A beating heart contracts and relaxes. Contraction is called systole, and relaxation is called diastole. During systole, your ventricles contract, forcing blood into the vessels going to your lungs and body — much like ketchup being forced out of a squeeze bottle. The right ventricle contracts a little bit before the left ventricle does. Your ventricles then relax during diastole and are filled with blood coming from the upper chambers, the left and right atria. The cycle then starts over again.

Your heart also has electrical wiring, which keeps it beating. Electrical impulses begin high in the right atrium and travel through specialized pathways to the ventricles, delivering the

signal to pump. The conduction system keeps your heart beating in a coordinated and normal rhythm, which in turn keeps blood circulating. The continuous exchange of oxygen-rich blood with oxygen-poor blood is what keeps you alive. The following is essential for a healthy Heart:

*Anti-oxidants ... in the **Vitalizer**

*Omega 3 Fatty Acids ...in **Vitalizer, OmegaGuard**

***CoQHeart** to prevent congestive heart failure, particularly if you are on statins

***Vivix** to do just about everything else that's good for

*Exercise

*A healthy weight with **Cinch** Inch Loss Plan



CoQHeart® Size: 30 Softgels
Item #20647
Strengthens the Heart Muscle* Every cell in the body needs coenzyme Q10 to create energy. A healthy heart has an especially high demand for CoQ10. As an antioxidant, it also helps prevent LDL cholesterol oxidation.*

The Bare Necessities for your Heart



Omega 3 Fatty Acids Makes red blood cells slippery, thus reduces risk of plaque & blood clots Reduces inflammation Lowers triglycerides Lowers blood pressure Raises HDL...Lowers LDL

Ultra pure, pharmaceutical grade, full spectrum of 7 Omega 3 fatty acids Reduces risk of heart disease and stroke But that's not all...

Also improves eczema, colitis, arthritis, MS, psoriasis, migraines,

reduces C-reactive protein, Important for brain, eyes, joints, help ADD & ADHD, memory loss and depression



Side Effects of Statin Drugs

Statin drugs block production of important liver enzymes One that produces cholesterol when insulin levels are high (that's good) Blocking Coenzyme Q10 (That's bad)

A vital enzyme needed for energy and cardiovascular health Recommended to "boost heart function, repair heart damage and protect against congestive heart failure"

Important for cognitive function

Up to 500% more bio available than powders

UP to 333% more bio available than soft gels

- Reduces risk for congestive heart failure
- Every cell in the body requires CoQ10 to create energy, especially the heart and brain.
- Prevents oxidation of LDL (bad) cholesterol up to 80%
- Reduces platelet aggregation and helps maintain proper blood viscosity.

Vivix

- **Inhibits the liver enzyme that produces cholesterol**
- By decreasing insulin resistance, it:
 - Lowers triglycerides
 - Raises HDL
 - Lowers LDL
 - Lowers blood pressure
 - Lowers blood sugar

Decreases inflammation!

Healthy Hearts Helps :
Anti-oxidants, Omega 3 Fatty Acids, CoQ10
Which are in the Vitalizer, OmegaGuard, CoQHeart - helps to strengthen the heart muscles particularly if you are on statins
Vivix help to repair the cells
Exercise
A healthy weight with **Cinch** Inch Loss Plan

Pain Relief



Relief from Fibromyalgia Pain: I have had Lyme disease and Fibromyalgia, but thanks to Shaklee I have been able to lead a full and pretty normal life. I have my limitations and when I go past them I pay. I recently started the Pain Relief Complex™ and am thrilled with the results. I slept through the night for the first time in probably 25+ years, and I can go on long trips and hop out of the car

pain free. Also, I had an emergency root canal. Having a problem with inflammation anyway, it was horrible.

Nothing was helping and the dentist was preparing me for the worst, losing the tooth. Within less than an hour after taking two of the Pain Relief Complex™ I realized that the pain was gone. My dentist ordered six to start some of his patients on. *Karen Burroughs*

Relief From Severe Back Pain: My son has had severe back pain for several weeks and even with strong pain medication (Percoset) still felt pain and discomfort.

He applied Shaklee's Joint and Muscle Pain Cream™ and after 20 minutes called to tell me he could feel a difference and could tell it was working. *Celeste Edwards*

Chiropractor with severe Tendinitis

Pain Relief Program (#81395):
Joint Health Complex
Pain Relief Complex
Pain and Muscle Cream

I developed severe tendonitis in my right shoulder and was not responding to anything because I was constantly working. I was getting very concerned because I was in so much pain it was making it very difficult to offer proper care to my patients. I prayed for help. I was selected to test trial Shaklee's NEW Pain Management products and

immediately saw about a 30% improvement. I did an experiment and purposely stopped the products to see if the pain would come back. It didn't. So I continued again, and after 30 days, I can honestly tell you that I had full function back and the Pain Was Gone!! These products are so needed in our

profession. Everyone has had some pain in their life. I have seen so much pain in the 22 years I have been practicing. So go out and try to spread the news to everyone, especially doctors who are out there who can help numerous amounts of people. I am thanking Shaklee for these wonderful products, and more importantly, I am thanking God for Shaklee Corporation.
Dr. Joy Buscemi, M.S. Nutrition, Chiropractor

Specials

Join with \$70 Product Order and Get a FREE* Sports Nutrition Pack Ends July 31,2011!

Shaklee Sports Nutrition has fresh new packaging and tools! The same **Physique®**, **Performance®**, and **Energy** product formulas you know and trust now have an exciting, inspiring, integrated packaging design. And we want to help you share them with everyone!

For a limited time, everyone you sponsor with a \$70 MN product order or any GOLD Pak, will receive this great combination of products, with a retail value of \$75, FREE:

- 1- pack of Shaklee Energy™ Chews*
- 1- 30 oz. canister of Shaklee Physique® (Natural Banana flavor)
- 1- 19 oz. canister of Shaklee Performance®

One Shaklee Sports Nutrition™ brochure.*

Benefits of AutoShip
AutoShip Offers Give You 10% Off and Rewards

- Save time
- Save money
- Earn loyalty rewards
- Easily manageable online!

You can change your terms, set up multiple AutoShips, send products to your downline, or specify the date and frequency you want products shipped.

You can even use the icon



to add an item to your existing AutoShip just once!

Price Tier Name Changes

What's in a name? Sometimes it is just a simpler and easier way to remember things that are important. To make the names of our price tiers a little easier to explain and for new people to remember, we'll be instituting the following changes that you'll soon see reflected in all of our price materials and online.

MN will change to MP -Member Price,
DN will change to DP -Distributor Price

PV will still be PV, but we'll refer to it as **Point Value** in all of our consumer-facing publications.

SRP - Suggested Retail Price remains the same, and there are no other changes. None of these changes indicate a change to the prices themselves.