

# Shaklee News

## Conference Educational Calls

*You are all invited to listen and learn about health challenges!*

Time: TUESDAY at 8 p.m. CST

call: 1-712-432-1699

Access Code: 766232#

### July

- 16 - Vivix
- 23 - Shaklee Better Than Organic
- 30 - Natural Solutions for the Challenge of Cancer

### August

- 6-Natural Approaches to ADD/ADHD
- 13 - Regain & Maintain Your Energy
- 20 - Nutriferon
- 27 - ADD/ADHD

### Shaklee's Incentive Year

*Begins in July 2013-June 2014*

If you are interested in finding out about how to make a career in Shaklee – a way to share a healthier lifestyle with your friends - give us a call or e-mail us for more information.

**It truly is a family business where you get paid to help make the world a better place because Shaklee products are Always Safe, Always Green, Always Works**



*Dave and Heidi Carlstedt*

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## **Fish Oil, Exercise helps prevent Cardiovascular Disease**

Heart Disease is the number one killer in the United States. This is 80% preventable. Diseases of the heart and circulation are so common and the public is so well acquainted with the major symptoms that result from cardiovascular disorders that patients, and occasionally physicians, wrongly attribute many unrelated complaints to cardiovascular disease (CVD). It should not be a surprise that this occurs since most patients are aware that cardiovascular disease remains the leading

cause of death in the United States. There are four principle properties of the cardiovascular system that can be evaluated to provide information to help manage cardiovascular disease. These include movement of electrical signals through the heart, heart pump function, blood flow through the heart, and anatomy.

There are many risk factors for cardiovascular disease. Three that cannot be changed are older age, male gender, and a family history of

CVD. Additionally, three other major risk factors include cigarette smoking, high cholesterol and high blood pressure. Other identified factors associated with increased risk for cardiovascular disease include lack of exercise, diabetes, obesity, too much alcohol, increased homocysteine levels, certain infections and inflammation, estrogens, androgens, and certain psychosocial factors.

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## **Liz - Four Decades Hives / Allergies- Gone**

**When I was 15 years old I was in horrible pain, my entire face was swollen.**

When my parents took me to the emergency room my own doctor did not recognize me. My face was deformed and grotesque from the swelling. It was determined that I was having some sort of allergic reaction and the diagnosis was "hives". Also at the same time I had mononucleosis which is an autoimmune disease. I was given cortisone pills and it took three days for my face swelling to go down. The doctors thought that my problem was just hives so I was referred to an

allergist. I went through weeks of needle testing where they found that I was allergic to molds and house dust. In addition to the frequent hives I also had acute hay fever, particularly in the spring. I was put on allergy shots for three years. The shots alleviated the hay fever problems, but not the hives. This condition will occur at any time of the year but is more intense in the spring.

**Almost four decades later I was still suffering with acute hives, swelling and debilitating deformities of body**

**parts.** I did not receive any help from the medical establishment because they could not figure out what caused them. I was always prescribed massive doses of drugs. It was not until after hours of research on the internet I was able to put a name to the acute type of hives I had.

They were called *Angioedema hives*. *Angioedema hives* are a very serious condition because one's tongue and throat can swell up in an instant and suffocate a person to death. A large percentage of these deaths occur during sleep.

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## Fish Oil, Exercise and Cardiovascular Disease



The combination of multiple risk factors must also be considered. A recent study published in the American Journal of Clinical Nutrition stated that fish oil which contains long-chain n-3 fatty acids (FAs) and regular exercise can improve cardiovascular and metabolic health. In this study, 75 overweight volunteers with high blood pressure, cholesterol, or triacylglycerols were assigned either fish oil, fish oil and exercise, sunflower

oil, or sunflower oil and exercise. The aerobic exercise involved walking 45 minutes 3 times a week. The results showed in comparison to the sunflower oil group, the group receiving fish oil supplementation had lower triacylglycerols, increased HDL cholesterol and improved arterial vasodilation. The exercise groups had

better arterial compliance (change in the arterial blood volume due to change in the arterial blood pressure) than those who did not exercise. The authors concluded that fish oil supplementation and regular exercise independently reduced body fat and improved cardiovascular and metabolic health.

Source: American Journal of Clinical Nutrition. May 2007

## Summer Sports and Workouts

### Clinically Proven to Accelerate Recovery

Physique with BIO-BUILD® has been clinically proven to naturally activate the body's recovery process. Plus, the intelligent-release protein blend allows your body to absorb a full spectrum of amino acids over time to help re-energize depleted muscles.

### Shaklee Physique Improves Recovery

Recover faster. Recover more completely. Physique restores energy to your muscles when taken immediately after working out and again two hours later.

Sports nutrition products are sold at big-box retailers, drugstores, and even grocery stores. **However, many conventional sports nutrition products, especially the most popular retail brands, contain artificial flavors, sweeteners, and preservatives.**

Conventional sports products may be untested or they may contain ingredients that are unproven. Rather than testing products in clinical tests or with world-class athletes, many companies choose to introduce new products without scientific substantiation.

*Additionally, ingredients that can provide important benefits may be missing from some products.*

It doesn't make sense to put unproven or untested ingredients in your body at the same time you are asking your body to deliver maximum effort and optimal performance.

### Shaklee Sports Nutrition™ Put in the Best, Bring out the Best

Shaklee Sports Nutrition products are used at the highest levels of competition so you can trust them every time you take them— before, during, and after your workouts. Train longer. Recover faster. Perform better. And don't worry, these are

natural products with no artificial flavors, sweeteners, or preservatives. Everything you need. Nothing you don't.

### Fluids

Dehydration is the number one source of decreased performance in trained athletes. Because dehydration can compromise athletic performance, athletes should strive for optimal hydration levels before, during, and after exercise. Drinking small amounts of cool liquids early and often during exercise is recommended. Shaklee Performance is clinically proven to hydrate better than water and to significantly increase endurance.

### Electrolytes

Electrolytes are minerals that control fluid balance, blood volume, heart rate, and body temperature. Electrolytes help balance the need for fluids with thirst to properly hydrate athletes. **The OPTILYTE blend in Performance contains six electrolytes to support optimal hydration; the leading brand contains only four electrolytes.**

### Carbohydrates

Hardworking muscles need carbohydrates. The harder and longer you work out, the more your body needs to replenish carbohydrates to generate energy. Carbohydrates should make up at least 50% of an athlete's calories during and after athletic events.

Shaklee Performance® and Shaklee Physique® are both excellent sources of carbohydrates.

### Proteins

Muscles are made of protein. Athletes need to consume high quality, easy-to-digest protein to help repair, rebuild, and build new muscle mass in response to exercise. Extremely high intakes of protein are not necessary to increase muscle growth or performance.

**Physique provides the right ratio of proteins to carbohydrates** and is clinically proven to stimulate an anabolic state that promotes muscle growth and energy recovery after a workout.

**Performance works very well for children who have fevers. Their fever will never spike because it hydrates faster than water. It replaces their needed electrolytes.**



## Liz - Four Decades Hives / Allergies *Cont...*

Swelling like this happened many times throughout the years. I oftentimes would perform and play music with painfully swollen hands. If it was my face I could not go out from my home. I would wake sometimes only to see my husband listening to my breathing with an epinephrine pen in hand. The only thing that would even start to bring down the swelling was epinephrine shots, cortisone shots and more recently Prednisone. I have had swellings on every part of my body. Hands, feet, knees, face, lips, tongue, eyes, throat, arms, etc. If I bumped my hand on something or was exposed to cold my body would react and swell up. I tried many antihistamines throughout the years with oftentimes terrible

adverse side effects with little or no results.

**This year, again I was resigning myself to another horrible spring. We still prayed to God for healing but this time we asked God for wisdom.** Then I met a delightful young lady named Theresa at a music event in St. Cloud (2013). She was talking about Shaklee products which naturally I was very interested in hearing more about. First I went on the Detox - then I took the probiotic, Alfalfa complex, NutriFeron, Vita-Lea Gold, Vita-C, Vita-D and Omega Guard and Energizing Soy protein. I have been on

them since the end of March about two months. **It is spring time and I am astounded that I have not had any angioedema hives at all. I am absolutely thrilled and so thankful that my immune system is now working and I don't have to dread whether or not I might wake up with disfiguring pain and swelling.**

I had been taking various nutritional supplements for years without any results. I have found that only Shaklee supplements really work!  
*Liz R. Duluth, MN*

*Liz also changed out all her cleaners to Shaklee's non-toxic cleaners.*

Liz – Hives gone!



Hives- sores on skin



Swelling hands



## Allergy, Sinus - Heart Stronger with Vivix

### ALLERGY / SINUS Infections

I had allergy/hay fever/sinus infections every 6-8 weeks for years and had another one coming on. Then a co-worker gave me 20 Alfalfa and said to take them ALL before leaving work that afternoon. I was stunned that anyone in their right mind would suggest Alfalfa to someone with hay fever, let alone the idea of taking that many pills in just one day, but I trusted him enough to do it. Anyway, I did manage to take them all, and felt a little better the next day (even though I refused to admit it to my friend). I took 20 more the second day, and was breathing clear and free the next morning! I bought a bottle, and continued to take 20 per day for at least 3 months. (I took no other vitamin or herb of any kind at that time.) Eventually I began reducing the quantity of Alfalfa as I increased other Shaklee supplements until I found that my

body seems to need only 12 Alfalfa per day for maintenance. I take the full shelf of products now, and my annual physical lab test results have improved dramatically. It is now 10 years later, and I have not had a single episode of allergies/sinus issues since that day in the office! HHP

### TESTIMONY HEART PROBLEM & EXERCISE CHANGES

I have a history of heart problems since my early 20's. My average heart rate was 213 beats a minute for 10 years, called Super Ventricular Tachycardia. My heart would pound so hard, you could literally see it. I was always weak, dizzy and light headed. I didn't want to take drugs because of the side effects. After 10 years of this, I had 2 heart surgeries (because my symptoms kept coming back). I was still having problems - a fast heart rate and feeling weak. I was in and out of the hospital every month for a year—test after test – and they still couldn't figure out why my heart rate was so erratic and fast.

I heard about Shaklee products and how great

they were from a friend years before, so decided to try them. Within 6 weeks of taking the products, it was like night and day for me .... I was no longer weak and I didn't have to stop at the top of the stairs and catch my breath and my bearings. The protein powder made the biggest impact on my health.... I can't live without it. I had been told back then that I couldn't have kids because they would have birth defects due to lack of oxygen. Since being on the products, I had a baby who is very healthy and is now 11 years old.

ENTER VIVIX: I've always been an avid exerciser since I was 20 years old— aerobic type of activity and weights. I have a particular machine that I work out on called the gauntlet. I typically work out on it for about 35 minutes. It has taken me 3 or 4 years to get to this level of intensity otherwise my heart flips and I get weak and have to stop my workout. It takes me a long time to work into another level in my workouts. In 2 weeks of starting on Vivix, I increased my intensity without my heart flipping and I didn't get that weak feeling. My face used to get VERY red and not – not anymore! This is HUGE for my heart! *Jodi B 2008*



## FLAVOMAX AND CAROTOMAX

We need antioxidant protection more today than ever before. **Pollution, exposure to sunlight, stress, and even normal metabolism can produce free radicals**, which damage the cells and DNA in our bodies. Antioxidants help protect cells from free radical damage.

### FLAVOMAX AND CAROTOMAX

**Maximize Your Antioxidant Defenses.** Unless you happen to live on a farm, getting the five to nine recommended servings of fruits and vegetables is not only difficult, but also not very likely. Most people simply don't eat a sufficient quantity or variety of deep-green, yellow, blue, and red fruits and vegetables every day. As a result, few get the

broad-base phytonutrient defense to help fend off free radicals. Shaklee found a way to maximize your antioxidant protection. They developed a dynamic antioxidant duo: **water-soluble Flavomax** and **fat-soluble Carotomax**. Working together, these nature-based supplements provide a broad spectrum of high-power antioxidants that help protect cells from free radical damage.

## July is the start of the new calendar year with Shaklee

### Shipping Savings

1<sup>st</sup> through the 7<sup>th</sup> day of each month  
There is ½ off shipping charges on orders placed on-line from the company.

Shaklee does not pay to advertise on TV, the radio, magazines or the paper. Sharing Shaklee products is an education. Because Shaklee is an education business, those people who share Shaklee are paid to do the "advertising" in bonuses. For those who grow their business substantially they have the ability to earn a bonus trip. Ask yourself if you are

ready? Could you use an additional \$500, \$1,000 or even \$5,000 a month? Shaklee rewards you for wanting to help others live a healthier life. It is **so worthwhile** to be able to change a person's life for the better like Liz R. who suffered for 40 years before someone talked to her about Shaklee. And what a difference it can make in other people's lives!

So when you are listening as your friends talk about all their health issues, ask if they would like some information on products that have a **money-back guarantee**. Contact us and let us help you give your family and friends a higher quality of life and help you to financial freedom. If you help one person a month this would be a start.

## TESTIMONY VIVIX: Basel Cell (Skin Cancer) / A1C lowered



In October of 2007 I was diagnosed with skin cancer. The Dermatologist cut and scraped it out and asked to see me again in 6 months. In July of 2008 the lesion had not healed and appeared to be even larger. We scheduled a surgical procedure to remove the entire lesion including going deeper all the way around (about the size of a

quarter). In August I began using VIVIX. Four weeks later, I went for the surgery and the cancer was essentially gone! I've been a dedicated Shaklee nutrition user for many years and VIVIX was the only difference in my supplement program. *Sherri C.*

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Ed has been **diabetic** for many years and on insulin for a number of

them. He has struggled for a long time to get his A1C levels below 7 (these levels are measured every 6 months and are more important than the daily sugar levels in determining how well you are managing your disease). After 4 weeks on VIVIX his A1C levels went **from 7.2 to 6.6**. We're expecting even better results at the next check up.  
*Ed & Beverly C*