

March / April

2014

Shaklee News



Shaklee Enfuselle-
Clinically proven:

102% increase in skin resilience in 28 days

195% decrease in the appearance of fine lines in 28 days

211% decrease in the appearance of wrinkles in 28 days

Immediately visible results; improvement that lasts for 24 hours

Fine lines are visibly diminished

Hypoallergenic



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Crisis in America-Retirement

Not only do we have a Health Care Crisis in America but we have a retirement crises in America. This comes

Age	Saving yearly	65-100 retirement
25	2,400	100,000
50	2,400	7,187
50	10,000	29,949
50	15,000	44,924

Out of 100 people that start working at the age of 25, by the age of 65 one will be wealthy, 4 have enough money to retire, 63 depend on Social Security or Charity, 29 are deceased.

At the age of 50, 75% of the population has less than \$5,000 in the bank for retirement.

So please look at what the years of saving can mean to you. We will use a 10% return annually to make this easier.

It is also predicted that Social Security will run out of money around 2030. Knowing these statistics it is important that you take your future into your own hands. A recent survey has shown 57% of Americans said they were looking for a new job.

By sharing Shaklee with your friends and learning how to network, you could build your business to the rank of Executive Coordinator at which your average annual income would be \$49,000 annually. **This is one great way to decrease that retirement short fall.**

If you would like further information on how to develop your own home business and save on your taxes please contact us. We would love to help you plan your future!

Statin Drugs-Dr. Lundell *Heart Surgeon*

Heart Surgeon Speaks Out ...

Dr. Dwight Lundell is a renowned cardiovascular and thoracic surgeon who has performed over 5,000 heart surgeries. He is also the author of "The Great Cholesterol Lie" in which he debunks the notion that cholesterol is the main cause of heart disease. Dr. Lundell recently said, "The discovery a few years ago that inflammation in the artery wall is the real cause of heart disease is slowly leading to a

paradigm shift in how heart disease and other chronic ailments will be treated. Simply stated, **without inflammation being present in the body, there is no way that cholesterol would accumulate in the wall of the blood vessel and cause heart disease and strokes.** Without inflammation, cholesterol would move freely throughout the body as nature intended. It is inflammation that causes cholesterol to become trapped." Both Shaklee **Vitalizer**

and **Vivix** (and **Pain Relief Complex** which contains **Boswellia**) have been shown to reduce or stop chronic inflammation in the body. Taking these supplements while avoiding processed foods and further thwarting any unwanted cholesterol build-up with **Cholesterol Reduction Complex**, will help keep your circulatory system in top notch condition. **Alfalfa** is a fantastic natural anti-inflammatory product that also benefits those who have allergies and asthma.

Rachel's - Migraine Story



Shared by Rachel's Mom – Janeen Scortgen, RN, BS, AE-C

"I've been suffering from migraines- the terrible, need absolute quiet and darkness kind- rather regularly for the past few years. Then the migraines started increasing in frequency to the point of being almost daily.

When Ibuprofen wasn't working, even at the maximum dosage, I tried "Excedrin Migraine," but it just made me jittery and dizzy and did not help alleviate my migraines. I tried drinking more water, monitoring my food intake, noting my sleeping habits, and tracking the weather, but could not find any patterns other than they originated in the same physical area every time and overwhelmed the same spot with excruciating pain.

My family doctor prescribed Imitrex with the instructions to take "one or two as needed daily – no more than two days per week."

Taking one was the same as taking none. Taking two make me vomit – and still did not help with the pain or frequency of migraines. Plus, like Ibuprofen, it was hard on the liver.

My dear sister, Renae, asked if I would be interested in trying a Shaklee approach. After consulting our wise Shaklee Distributor, my sister

encouraged me to take 3 B-Complex every 3 hours during the day. I agreed to try it.

The first two days nothing changed, but I had agreed to give it a week, so I kept going.

The third day – no migraine! The fourth day – no migraine.

Before I knew it, I had gone two whole weeks migraine free! There were a few headaches here and there, but they were manageable, and were mild enough that I could continue with my daily activities without much discomfort.

I started to slack off a bit on my B-Complex intake, taking them "whenever I remembered" instead of every 3 hours, and within two days, the dreadful migraines were back! The pain reminded me to be more diligent, and the day I started back on the "3 every 3" regime, the migraines subsided again.

After a month of taking 3 B-Complex ever 3 hours during my wake time, my sister and I decided I could try cutting back to 3 B-Complex 3 times per day.

That was around Easter time. **It is now September and I continue to be migraine-free taking 3 Bs and 1 GLA in the**

morning and some days I will add a Stress Relief Complex. During and especially hormonal week each month I will add second round of 3 Bs and GLA in the afternoon if needed.

I am so thankful to have found a way to be migraine-free, and in a way that does not harm my liver or make me sick to my stomach!"

It only takes one person to change your life – YOU!



Want to get those carpets freshened up?

One happy customer reports the following: "I just finished shampooing our carpets using the following Shaklee Get Clean Formula as the shampoo in a carpet shampooer. There carpets look fabulous."

Carpet Cleaning Formula:

3 ½ cups water
 ½ teaspoon Shaklee Basic-H
 1 Tablespoon Shaklee Nature Bright



Body Burden, Should I do a Detox? Once a year - at least!

Chemicals are now a common component of our cells! Daily exposure slowly adds up, or stockpiles, in our cells, tissues and organs until enough damage is done to trigger a symptom or disease.

A study of people who do not work with chemicals or live near industrial facilities was done. This study was the most comprehensive assessment of chemical contamination in individuals ever performed. Industrial compounds, pollutants and other chemicals found in blood and urine samples;

***An average of 91 different chemicals per person**

***76 cause cancer**

***94 are toxic to the brain and nervous system**

***79 cause birth defects or abnormal development**

The dangers of exposure to these chemicals in combination have never been studied.

Once a year it is a good idea to go through and help clean out the liver and colon. The reason is that we eat a lot of processed foods, have taken antibiotics, or on antidepressant medicine or statin drugs. Do you use toxic free cleaners in your

home?

How do you know if you need a Liver Detox?

Toxic Liver Symptoms

- **fatigue, sluggishness**
- **food and chemical sensitivities**
- **physical weakness**
- **digestive problems**
- **muscle or joint pain**
- **depression or moodiness**
- **difficulty in digesting fat**
- **headaches, faintness, dizziness**
- **itchy ears, ringing in the ears**
- **frequent tension in shoulders & neck**
- **watery, itchy eyes**
- **blurred or tunnel vision**
- **PMS**
- **excessive mucus formation**
- **bags or dark circles under eyes**

Call us for the FULL recommended detox & rebuilding program.

Liver DTX Complex What's in it for ME?



The unique combination of botanical ingredients in DTX support the health and function of the liver in two ways. The extracts of Milk thistle seed, Schizandra chinensis seed, and the Reishi mushroom have antioxidant properties, offering protection to liver cells, and are believed to stimulate protein synthesis for liver cell repair and regeneration. Dandelion, Turmeric, and Artichoke extracts help maintain normal bile flow, supporting one of the vehicles (bile) needed for excreting toxic compounds from the body.

We recommend taking Liver DTX (one month supply) three times a year to help flush toxins and repair damaged liver cells.

**Liver DTX #20616
SRP \$43.80 MP \$37.25**

Cholesterol Reduced Naturally / Arthritis- pain free with Alfalfa

Cholesterol Reduction

I'm 44 years old, slightly overweight, and have had moderately high cholesterol for at least 10 years. For years my doctor told me to cut down on fats, increase my level of exercise and start taking a statin drug. I kept telling him I was game for the first two but didn't want the statin. Finally at age 40 he gave me the ultimatum... either reduce the numbers or go on the

statins. My total cholesterol was 272, HDL 38, LDL 193 and triglycerides 205.

I was at a presentation on **Shaklee's Cholesterol Reduction Complex** and decided it was worth a try. Three months later, my total cholesterol dropped to 224. HDL up to 42, LDL down to 156 and triglycerides down to 128. I expect my numbers will continue to drop for my next test. *Andrew Betts.*

Arthritis I had a severe

back injury followed by surgery. Arthritis developed. I was in constant pain and very depressed. I am a nurse and didn't believe in vitamins. I ate very poorly and took 12-15 Bufferin every day for pain. My friend finally got me to try Shaklee food supplements.

She said if it didn't work I'd get my money back. I started with 15 Alfalfa and increased to 25 daily. Within 30 days I was completely free of pain & NO Bufferin!

Betty Griffin RI



Shaklee 180 explained- why DEEP FAT is reduced



Rusty Ost, Pharmacist

For several years, Shaklee scientists and researchers have been working with athletes... professional athletes, amateur athletes and Olympic athletes. What does this have to do with weight management? Research has shown that the amino acid leucine has some interesting effects on the body. Leucine is an essential amino acid, which cannot be manufactured in the body. Supplements and protein powders that contain leucine are used extensively by bodybuilders and other athletes to promote muscle recovery. It can assist to prevent the breakdown of muscle proteins that sometimes occur after trauma or severe stress. Leucine works with the amino acids isoleucine and valine to repair muscles, regulate blood sugar, and provide the body with energy. Leucine helps burn visceral fat, which is located in the deepest layers of the body and the least

responsive to dieting and exercise. Leucine is the most effective branched-chain amino acid for preventing muscle loss because it breaks down and is converted to glucose more quickly than isoleucine and valine. Increased glucose supplies prevent the body's cannibalization of muscle for energy during intense workouts, so it is no surprise that supplements containing this amino acid are popular among professional bodybuilders.

It is no wonder that Shaklee developed a weight management system around this important discovery. Just think.. a product that causes the burning of that deep visceral fat that before now was unaffected by diet and exercise. Do you know anyone who seemingly eats the right foods and exercises, but still is

unable to lose inches and weight/ and, with Shaklee 180 the inch loss plan, we also get a product that causes the retention of muscle mass which in turn causes the burning of more calories. It is a win-win situation. We now have a product that allows you to keep the muscle you have, lose the fat you don't need, and lose inches you don't want. The clinical studies showed that in just 12 weeks the participants lost an average of 15 pounds, 7 inches, 16 pounds of mean-fat mass, and gained 1 ½ pounds of mean fat-free mass! With Shaklee 180, you lose what you don't want and gain what you do want. Study participants even lowered their cholesterol by 22 points! The Shaklee 180 is just one part... a very important part.. Of the Shaklee 180 inch loss plan.

Shaklee Guarantee & Earth Day



For well over 25 years, Shaklee has had their recommended **basic nutrition program** that guarantees you are going to "feel Better & have More Energy in 30 Days" or bring the product back for a full refund. Once people start using the FULL program faithfully, the product proves the results.

The Basic Program is

Vita Lea, Protein, Vitamin C and Herb-Lax.

April is Earth Day, Think of all the good you can do for yourself and your family by changing over to ***cleaners that are safe for your family and the environment and clean better than the leading brand in every category.*** Plus you will

save money!

A typical family of 4 will save \$200-\$300 dollars a year.

A ***Get Clean Kit*** cost \$99 and has the equivalent cleaning of \$3,400 at Wal-Mart.

Our wonderful **Scour Off** does not come with the kit but we suggest you get it –it should last you for a long time!

