

Shaklee News

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Doctor Smidt - Shaklee Quality!

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Carsten Smidt, Ph.D., is the Chief Science officer for Shaklee Corporation. Dr. Smidt obtained his Doctorate in Nutrition Science and Physiological Chemistry from the University of California at Davis, 1990. He has been in the dietary supplement and medical industry for 17 years. He is a member of ASNS and ASCN.

• "I know that Shaklee meticulously designs and tests its products to be safe and effective, and that is why I use Shaklee products exclusively."

Shaklee Vitalizer is one of my big favorites – it's a single pack I take in the morning with all my daily nutrients. I use it every day to enhance my overall health and maximize my training."

- **Billy Demong**
2011 Vancouver Gold Medalist Nordic Skier

In his lecture he gave some of the following points on health: Stress makes us age faster. Since 1998 through 2006 we have lost 1.2 years of healthy living due to our unhealthy eating choices.

It is very important to watch what we are eating because all the artificial sweeteners and preservatives are causing severe health problems.

SUGAR SUBSTITUTES / DIET SODAS: **5 RECENT STUDIES** show that in the GI track (colon) we have "sweet" receptors that are wired to the brain and pancreas. It registers sugar substitutes as sugar and will release insulin. This process is very bad for the body because the body needs sugar/quick carbs to negate the

insulin. The person then seeks out carbs to fill that need ... **THUS A WEIGHT GAIN VERSUS A LOSS!** Dr. Smidt talked about the research and testing that Shaklee does on all of their products. He focused on the **fiber bars** on the market. He stated that Shaklee produces their bars at the same plant that produces Nutra-Grain. Shaklee tested several bars from different manufactures and found that many of the popular fiber bars did not contain the amount of fiber that was promised on the box.

Eyes Improve: 20/200 vision to 20/45

I went to Eye Doctor to see if I needed bi-focals...I seemed to have a problem seeing clearly with my left eye. The doctor, after examining me said that I should see a specialist.

On June 25, 2007 I went to a specialist and the diagnosis was *Epiretinal Membrane Macula Tractio*. The vision in my left eye was 20/200. I did not have Macular Degeneration or Cataracts or Glaucoma. As we age the vitreous gel on the eye pulls away and we get floaters and some of the cells create a thin film and, in my case, landed on the center vision of the macula.

It is sometimes called a "macular pucker".

He said it would not get worse OR better. He did say they could do a surgical procedure, called vitrectomy and surgically peel the membrane but said it was a very intricate procedure and not always successful. Since I am not a fan of surgery, I chose to carry on with limited vision in that eye.

Aug '07, I added **Vitalizer** to my list of other Shaklee supplements, and increased my **OmegaGuard** to 6/daily. Six 6 months later (Jan.

'08),

I got another checkup and my vision had improved to 20/100 and on Aug. '08 my vision was 20/70.

I started **Vivix** Aug. '08 and had a recheck just 2 months later (Aug. '08) and my vision was 20/45.

The specialist was **AMAZED** and was so curious that he examined me several times to recheck to see if there was an error in the figures. My doctor could not explain the improvement ... But those of us who use Shaklee know! **I also went down two corrections** in that eye and one in the right.

ARTIFICIAL SWEETENERS *experiment*



Female on aspartame often used her tumor as a pillow.



Male on aspartame whose hind legs became paralyzed.

Victoria Inness-Brown, M.A.

Sixty-seven percent of my female rats developed large tumors

As a private citizen, I performed a 2 ½ year study, putting aspartame in the form of packets of NutraSweet in the drinking water of 60 rats and keeping 48 rats as controls. My female rats received about 45 mg/kg of aspartame per body weight per day. My males received about 34 MG/kg/day. Of the 30 females in the aspartame Group, 20 or 67% developed tumors the size of golf balls or greater. Seven males from the aspartame group developed visible

tumors or 23 % of all males on aspartame.

Females hit harder than males:

The total number of rats with tumors in the aspartame group was 27- 20 females and 7 males. The percentage of females- to males was therefore 20/7 or 286%, which coincides with the observation of H.J. Roberts, M.D. author of Aspartame Disease: An ignored Epidemic, that females are more affected by aspartame than males by a 3:1 ratio.

Other adverse effects

The rats on aspartame also developed miscellaneous health issues, such as paralysis and other apparent neurological problems, eye problems and skin disorders, thinning and yellowing fur, and obesity, which is sad, because many people use aspartame to lose or maintain their weight. If aspartame does this to rats, what will it do to you? **Aspartame is found in Flinstone's Vitamins and other "sugar-free" vitamins.*

You can google the full report for more information.

Doctor Smidt – Shaklee Quality! *continued*

Also, tests showed that the fiber in some **Fiber bars** is fiber that the body can not utilize such as in **Fiber One**. When the body is craving food and we give it poor quality food, we are still hungry.

This adds to our weight gain. Look at the chart to the left; how many bars would you have to eat to equal one Shaklee **Fiber Advantage Bar**? And think of the extra calories!

When Shaklee made their fiber bars, they tested that **8 grams of fiber** are truly in each bar. This irritated the manufacturing company

because they had NEVER BEEN confronted with such quality requirements by ANY company except Shaklee! **Shaklee stated that they guarantee what is on the outside of the label will be in the product and that the ingredients used in the fiber bar would NOT be radiated as found in many other fiber bar ingredients!**

Another interesting point was that the FDA requires companies to check for 40 pesticides. Shaklee tests for 193. Quintozene is a pesticide which is very

toxic and most of the Ginseng on the market is contaminated with this pesticide. **Another one is Methamidophos which is found in most green and black teas on the market. Shaklee has a two year supply of uncontaminated Green Tea for their products!**

Shaklee's Omega-3 fish oil is checked for 357 contaminants down to 1 part per trillion. This is equivalent to 1 grain of salt in an Olympic-sized pool! **Shaklee is the "Best Choice" by Environmental Defense Fund Consumer Labs.**

Fiber Bars		
Brand	grams of fiber	calories
Quaker	1g	100
Fiber one	9g	140
Nature Valley	2g	190
Kashi	4g	140
Market Pantry	9g	140
Kelloggs	3g	90
Nutri Grain	3g	90
Shaklee Fiber Bar 8g		120



Vita-D3™

Add Some Sunshine to Your Day Vitamin D, also called the "sunshine vitamin," offers a multitude of health benefits. Our bodies produce it when exposed to the sun, but a majority of people may not be getting enough of it due to geographical location, the

Vita-D3

time of year, sunscreen use, and skin color. Vita-D3 is the perfect choice for overall health and well-being. Each easy-to-swallow tablet contains 1,000 IU of high potency vitamin D3, the most potent form of vitamin D, to help your body thrive. Studies show Vitamin D -

this essential nutrient- helps:

- Support healthy heart function
- Promote immune system health
- Facilitate healthy cell development
- Maintain strong bones and teeth by increasing calcium absorption

Cleaners could cause Breast Cancer

Women who report greater use of cleaning products may be at higher breast cancer risk than those who say they use them sparingly. Researchers writing in BioMed Central's open access journal Environmental Health asked more than 1500 women about their cleaning product usage and found that women who reported using more air fresheners and products for mold and mildew control had a higher incidence of breast cancer.

Julia Brody, from the Silent Spring institute, USA, worked with a team of researchers to carry out telephone interviews with 787 women diagnosed with breast cancer and 721 comparison women. She said, "Women who reported the highest combined cleaning product use had a doubled risk of breast cancer compared to those with the lowest reported use. Use of air fresheners and

products for mold and mildew control were associated with increased risk. To our knowledge, this is the first published report on cleaning product use and risk of breast cancer."

The researchers questioned women on product use, beliefs about breast cancer causes, and established and suspected risk factors. They found that cleaning products, air fresheners, and insect repellents were associated with breast cancer, but little association was observed with overall pesticide use. Women with breast cancer who believed that chemicals and pollutants contribute much to the risk of developing the condition were more likely to report high product usage. Speaking about this potential bias to the study,

Brody said, "When women are diagnosed with breast cancer, they often think about what happened in the past that might have contributed to the disease. As a result, it may be that women with breast cancer more accurately recall their past product use or even over-estimate it. Or, it could also be that experience with breast cancer influences beliefs about its causes. For example, women diagnosed with breast cancer are less likely to believe heredity contributes, because most are the first in their family to get the disease."

In order to avoid possible recall bias, the researchers recommend further study of cleaning products and breast cancer using prospective self-reports and measurements in environmental and biological media.

Link to journal article abstract and full pdf article:

<http://www.ehjournal.net/content/9/1/40>



You'd have to spend more than \$3,400 at your local store to get the same amount of cleaner found in the Get Clean Starter Kit*!

And, when you purchase the Get Clean Starter Kit you also make a positive impact on the planet:

Keep 108 pounds of packaging waste from landfills.

Eliminate 248 pounds of greenhouse gas.

** Based on comparing number of uses as set forth on product labels of conventional, ready-to-use cleaners.*

A Little Bit of Business-how to earn when buying essentials

With the tough economic climate that we have today, many people are wondering where their next job is going to be or how they are going to pay for a new vehicle.

We go to Target or Walmart to buy everything that we need and walk away with just a bill. You also purchased many cleaners that are toxic and health hazards to you and your family and the environment! .

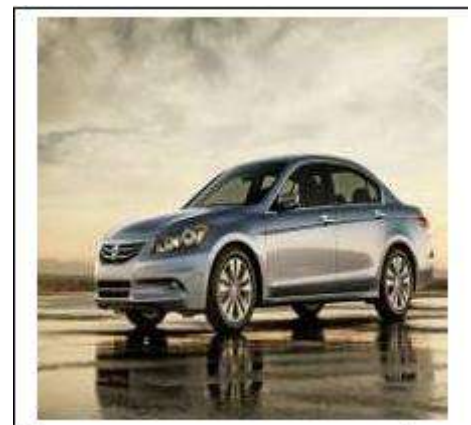
We call it *Shakleeizing your home*. All your cleaners and personal care can be bought from YOUR personal company instead of other companies.

There is a huge difference though. Shaklee's philosophy is that they will not harm one human cell.

By changing your entire house over to Shaklee products, you have taken the first step in beginning your business. Now you will want to share this same philosophy with some of your friends. When your PV (purchase volume, points assigned to each product) reaches 100 PV and your total group reaches 250 PV you become bonus eligible. This is a check back from the company, not just product back or a credit.

250 PV	4%
500 PV	8%
1000 PV	12%
1500 PV	14%
2000 PV	20% + 12 1/2%

At 2000 PV you receive DN pricing that is roughly 12 1/2 % differential on top of the 20% bonus. Reach 3000 PV and have one person reach 2000 PV under you for three consecutive months and you can order your first new Shaklee Car. *Every month that you maintain that 3000 PV, plus a director under you, Shaklee will give you a car bonus of \$225 for a gas car and \$250 for a hybrid.*



Cinch® Blueberry Almond Crisp Meal-in-a-Bar



Need a yummy meal on the go? Reach for the new **Cinch Blueberry Almond Crisp Meal-in-a-Bar**.

Packed with protein and fiber to fill you up, plenty of vitamins and minerals, plus delicious blueberries, these bars have all the goodness you deserve. Even better, they are the newest addition to the scientifically formulated **Cinch Inch Loss Plan**, which means you can enjoy every bite and get a well-balanced

meal. It's a healthy alternative to lighten your day!

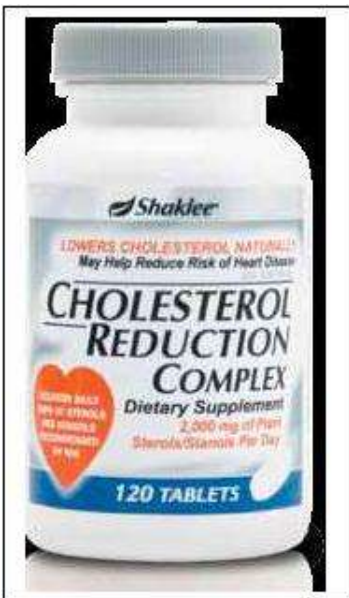
- 260 calories
- 20 grams of hunger-fighting protein
- 6 grams of good-for-you fiber
- No artificial flavors, colors, sweeteners, or preservatives added
- Gluten free

Formulated by a team of medical experts, nutritionists, and scientists, the **Cinch Inch Loss Plan** is an easy-to-follow weight management program designed to help you get healthy for life. It's clinically tested[†] and includes a variety of shakes and bars enhanced with a proprietary protein blend with leucine designed to help you:

- Keep the muscle you have
- Burn the fat you don't need
- Lose the inches you don't want.

What's the Cinch Inch Loss Plan?

cholesterol dropped 44 points in 5 months!



January 21, 2011
Liz Hardy has been taking **Cholesterol Reduction Complex** since Sept.2010.

Liz's lifestyle has been the same for years. There were no changes except for adding the **Cholesterol Reduction Complex**. My doctor called this afternoon and gave me the cholesterol numbers from my blood test last Tuesday. **My Fasting Status**

Cholesterol went from 242 (in July) to 198
My HDL went from 50 to 58. My LDL went from 166 to 116

I said that this was due to Shaklee's new cholesterol supplement.

*My doctor said, "This stuff really works!" Shaklee came out with **Cholesterol Reduction Complex** last August. People have been having wonderful results. It is approved by the FDA and*

contains natural Sterols and Stanols found in plants. It delivers 2000 mg, which is the amount recommended by the National Institutes of Health (NIH)."

How exciting to have a natural way to raise your good cholesterol and lower your bad cholesterol WITHOUT ANY NEGATIVE SIDE EFFECTS.

Cholesterol Reduction Complex can be used with statin drugs. If you would like any other info, let us know.

Upcoming Meetings / Expos / Specials

AT ANY LEVEL OF MEMBERSHIP- with a \$70 order, you can get a \$101 worth of free products!

February was American Heart Month, so there's never been a better time to help new people focus on their heart health and quality of life by managing their weight! When a new person signs up with a purchase of Shaklee products or starts their own Shaklee business they can experience Cinch®, our incredible weight management plan, for FREE! (Ends March 31, 2011)

- When you sponsor a new Member or Distributor with a minimum \$70 MN order, or as a new GOLD Ambassador with the purchase of a GOLD or Super GOLD Mission Pack, they will also receive a Cinch Sampler Pack, an up to \$101 value, for FREE!*
- **The Cinch Sampler Pack Includes:**
 - - 1 canister of Cinch Vanilla Shake Mix
 - - 1 box of Cinch Peanut Butter Crunch Snack Bars
 - - 1 box of Cinch Pomegranate Energy Tea Mix
 - - Program Guide
 - - Also included: three months of introductory membership to CinchWellness.com.

Shaklee Expos

Come to change your life: Healthy Nutrition, Healthy Weight, Healthy Beauty, Healthy Home, and the Shaklee Member Benefits

Mar.12, Saturday 9:30-1:30 at Park Plaza in Bloomington, MN

Shaklee Expo featuring Joyce Hoffmann, RN who will be talking on Children's Health

Apr. 9 = 9:00am-1:00pm, _ Sauk_Centre Senior Center, MN

May 21 = 9:00am-1:00pm-Albany, MN Whispering Acres Retreat

"Your future will be exactly what you think to make it."

Dr. Forrest C. Shaklee

