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## Cinch will now be called "Shaklee 180"

Some wonderful changes for **Shaklee 180 (formerly–Cinch)**.

- Glycemic count will go from 16 down to 10.
- A few ingredients have been tweaked to prevent gas from the cinch.
- You can pick your flavors of Shaklee 180 now when you buy the transformation pack.

Starting January first if you by the transformation pack and have three friends on it with you, yours is free! Your

friends can do the same thing. So by sharing **Shaklee 180** you can lose the weight that you wanted to at the beginning of the year and keep it off for free.

The new transformation pack will come with only one snack pack.

Everything else will be the same. The new cost will be \$269 for everyone with a PV of 200 there will be no differential given on this product. Remember have three friends lose the inches with you and yours is free.

There are 10 of us who started in June and **we have all on average lost over 40 inches off our bodies**. Having an accountability partner is really important and will help you stay focused. If you are interested we are starting our new group in January. Please let us know if you would like to be part of weight loss group. We have our weigh-in on Thursday mornings and for those out of our region we call that same evening to get the numbers.

**Remember on this program you will only lose fat not muscle! This is great for Diabetics! Dave**

## Mercury, Vaccines and Medicine

Mercury toxicity is not rocket science. Our medical establishment simply does not want to admit that a major mistake has been made.  
*Boyd Haley Ph.D*

Mercury and aluminum not only are directly toxic to brain cells but also over stimulate the brain's immune system.  
*Dr. Russel Blaylock*

Until recently most infants have been receiving up to 15 doses of mercury-containing

vaccines by the time they are 6 months old. It is almost inconceivable that these heavy burdens of foreign immunologic materials, introduced into the immature systems of children, could fail to bring about disruptions and adverse reactions in these systems.

*Dr. Harold Buttram*

**The FDA questioned Thimerosal safety several times and decided in 1982 that it was "not safe for 'over-the-counter' topical use,**

*because of its potential for cell damage," The FDA never did anything to question its use in childhood vaccines.*

This entire report can be found by entering in the following website.

[http://gordonresearch.com/articles\\_autism/mercury\\_vaccines\\_medicine.pdf](http://gordonresearch.com/articles_autism/mercury_vaccines_medicine.pdf). Or if you email us or call, we can send this report to you.

Isn't it better to build your own immune system naturally?

**Tips for GETTING THROUGH FLU SEASON without a Flu Shot!**



Extra immune support when you are stressed, fatigued, and feeling that "first tickle."\*



Head-to-toe nutritional and immune function support.



Yes, it's that time of year, usually starting at Halloween (could it be all that sugar?) and ending around Valentine's Day (ditto sugar), known as flu season.

The flu, or influenza, can be a serious problem ... 35,000 Americans die each year from the flu (mostly elderly patients).

Shortage of flu vaccine has been in the news but we do have three special products in Shaklee to consider having on hand for flu season.

First, make sure you are taking a good regular regimen of your Shaklee supplements, including the

**Vitalizer and extra Vita C.**

Then for an extra boost for the immune system add **NutriFeron** -- truly an advanced nutraceutical. Not even vitamins and minerals (it is made from seeds and Flowers!!). This amazing product **prompts the body's natural production of interferon and increases the activity of the immune system cells.** We've had great results with this product with people fighting serious health problems. This could be your flu protection and help you with other things as well.

Next, Shaklee's **"DEFEND & RESIST COMPLEX"** is a combination of organic

Echinacea, black elderberry, larch tree and zinc. **This is not a daily use product--you keep it on hand for the first sign of symptoms of cold or flu (or really anything) and then you take it immediately!** DR, (as we call it), seems to help kick the problem out before it gets a chance to get started. You can swallow the tabs, chew them, and suck on them like a lozenge (turns your tongue purple.. )(You can entertain small children), or make tea from them. **Take six per day for a week at the first sign of the Flu.**

Children may also use DR. If you feel like an amazingly healthy person (like I do ... I've never had a flu shot and have generally been able to avoid the flu even when exposed), you may want to use **"IMMUNITY FORMULA I"** during flu season instead of a product like Immune Building Complex. This is a combination of anti-oxidants and minerals clinically proven to support your immune system. Some people take one capsule per day all year or you could use it for extra protection during flu season.

Obviously, **for your children**, good old **Protein Shakes** (the essential amino acids make antibodies), and our good, balanced multi for kids, **Incredivites, and Vita C Chewable.** If they've had to take antibiotics recently, you may also want the **OptiFlora System** to re-establish the healthy bacteria in their GI tract.. This step also seems to help keep kids well!

***IF YOU FEEL THE FLU COMING ON***—

**Shaklee Defend and Resist**— this not only contains Echinacea but also larchtree extract and elderberry—these 2 herbs surround viruses and help prevent them from reproducing. You do not take this product daily—but only when you're under attack. Two weeks is the max for daily use.

**Shaklee Optiflora**— to replace healthy bacteria (acidophilus and bifidus in your intestines thus enhancing your immune System -an absolute must if you are on antibiotics.

**Shaklee Performance -Fluid Replacement Drink**— replaces essential trace minerals and prevents dehydration common with the flu—easily digested (leaves the stomach faster than water) – **very soothing if nauseated or have diarrhea.**

**NutriFeron, a clinically proven immune-support product**

We are very proud and excited to provide you with the exclusive rights to NutriFeron®, a clinically proven immune-support product created by Dr. Yasuhiko Kojima. Dr. Kojima is a member of the Shaklee Scientific Advisory Board and was the scientist who discovered interferon. Nutriferon is quite remarkable in that there

are four published human clinical studies that support the efficacy of NutriFeron. In addition, as we announced at our Global Conference in St. Louis, a new laboratory study confirms that NutriFeron ingredients are effective in impacting genetic pathways related to the activation, signaling, and proliferation of **natural killer cells.**

NutriFeron's exclusive and patented formula works hard to support your body's built-in defenses to help keep you healthy, and is truly a revolutionary breakthrough in immune health.

**Dr. Jamie McManus M.D. Chairman, Medical Affairs and Health Sciences Shaklee Corporation**

## The Flu - Liqui Lea To The Rescue

About mid January of this year (2008) my husband Lawrence came home from work with the flu bug. This flu bug was a real doozy, he was beginning to feel better when I sensed I was possibly coming down with it also. My allergies set in and I was feeling really poor. I was not feeling up to par. I could sense I was

dragging around and that was not good or acceptable to me. I remembered that Shaklee Liqui Lea got a bottle and started taking a teaspoon first thing in the morning and then later in the afternoon. By late afternoon I am often feeling a bit tired. Liqui-lea has put a "spring in my step"; I am sleeping better and

having allot more energy. Folks are noticing that I am looking bright and cheery these days and I am getting comments from folks that haven't seen me in awhile like, "you are looking great" Liqui-Lea is a terrific product. Since the last time I used this product, Shaklee has a new fruit flavor; it is really great. It's a good life!  
*Pam 2008*



## Crohn's Disease

This is a note to let you know how much Shaklee has helped with my maintenance of my Crohn's. Approximately 6 years ago I had been told I had Irritable Bowel Syndrome and was treated basically with huge amounts of fiber that my body couldn't tolerate since I was not drinking ten gallons of water a day. I was a busy college student and not into

carrying water bottles with me all the time. I ended up with a continuous cycle of constipation and diarrhea. I developed anal fissures which bled and had very low energy levels. Finally I was diagnosed with Crohn's about 4-1/2 years ago. I was put on a course of treatment with taking 16 - 250mg capsules of Pentasa daily. I was treated for the anal fissures and began my recovery. I was told I may not be able to become pregnant and that my chances

of miscarriage would be higher than average if I conceived. When my husband and I moved into our home we had a free Shaklee demonstration. I liked the idea of taking vitamins I felt were safe for my system. I tried the basic vitamins and felt they were helping my energy level and my overall health. I was provided with some information from my Shaklee sponsors about what supplements other people take who have Crohn's. I toned down the amounts a little because I had not had any serious flare-ups since I began my Pentasa.

These are the supplements I take daily:

- **Vitalizer**
- **1 Vita-E plus selenium**
- **1 B-Complex**
- **10-20 Alfalfa Tabs**
- **EZ Gest**

Since taking these supplements, some positive changes have occurred in my life:

- 1. I no longer have any anal fissures.** In fact, the scar tissue has reduced significantly so that I no longer feel them during bowel movements.
- 2. I have had my Pentasa reduced** to 3 - 250mg capsules 2 times daily as maintenance dose.
- 3. I am now 36 weeks pregnant and there been no complications during my pregnancy.** I am not even required to take prenatal vitamins. My doctor's office looked through my supplements and said I should be just fine without additional vitamins.

I know that I am different from others with Crohn's disease and that I have not had as difficult a recovery as some. Each person has a different experience and I hope mine will help you. I owe Shaklee thanks for the help they have provided me. My goal is to get totally of meds and with time and nutrients to heal, I know that is possible!

Sincerely, *Sara Jane Heeschen*

**SHAKLEE DIGESTIVE HEALTH SOLUTIONS** By Dr Stephen Chaney

A healthy intestine is the foundation of good health – AND you don't have to put up with gas, bloating and intestinal discomfort. That's why

**SHAKLEE DIGESTIVE SOLUTIONS** make good sense.

**START WITH SHAKLEE DIGESTIVE HEALTH SOLUTIONS**

**Optiflora Probiotic** - Because Optiflora Probiotic guarantees the delivery of 500 million healthy bacteria (Bifidobacterium longum and Lactobacillus acidophilus) - AND – healthy bacteria improve digestion, strengthen the immune system and prevent the activation of cancer causing chemicals by crowding bad bacteria and yeast out of the intestine.

**Optiflora Prebiotic** – Because Optiflora Prebiotic nourishes the healthy bacteria by providing them

with FOS and inulin – AND –it contains mixed tocopherols, including gamma tocopherol, which is important for a healthy colon.

**EZ-Gest** – Because many of us don't make enough digestive enzymes to prevent gas and bloating as we get older – AND – EZ-Gest uses natural plant-based enzymes to make sure that our intestine functions optimally.

**AND ONCE YOUR DIGESTION IS NORMALIZED, ADD THE SHAKLEE ESSENTIAL FOUNDATION**

**Vita-Lea** - Because most of us do not get all the nutrients we need from diet alone – AND – the American Medical Association recommends that all adult Americans take Multivitamin / multimineral supplements every day to prevent chronic diseases.

**Energizing Soy Protein** - Because soy protein has been shown to lower LDL cholesterol - AND – the American Heart Association recommends soy protein as part of a heart-healthy diet.

**B-Complex** - Because adequate intake of B vitamins decreases blood levels of homocysteine, a newly discovered risk factor for heart disease -AND - most of us don't get all the B vitamins we need from our diet.

**Sustained Release Vita-C** - Because Vitamin C can help protect us from the dangerous free radicals that can oxidize our cholesterol and increase our risk of heart attack -AND-many of us do not get enough vitamin C from our diet.

**Vita-E Complex** - Because vitamin E can reduce important risk factors for heart disease - AND- most of us don't get enough vitamin E from our diet.

**Runner Stops Plateau with Cinch**



I thought I would give you a progress report on my *Cinch* results after one month. I am very excited about these results as I have been running since April and had gone from 250 pounds down to 225 and have been stuck there since July. I have not been able to lose inches or pounds since that time. I

started Cinch a month ago and have lost **13 pounds, but even more amazing to me is that 4-1/2 inches have come off of my waist and 1-3/4 inches off my hips.** I am very, very excited about these results! During that time I was even on

steroids for 8 days, for a bout with poison oak. The doctor said I would gain at least 5 pounds. *Cinch* is really great and we are getting a weekly support group going in Capac for those on *Cinch* to get together and share results starting in October.

**Mike Wagner**



**A Year of Water**  
Pack Contains:

**1) Get Clean® Water Pitcher** - Food Safe: BPA-Free; 10 cup

capacity  
**2)Water refillable Filter Housing Kit** (with 1 filter - 80 gallon capacity); **3)Water**

**Filter Refill 3-pack** (80 gallon capacity each).

**We will send you a \$10 rebate check when you purchase**

**this "Year of Water" package.**

Offer ends 1/31/13

Remember we have **half off shipping the first through the seventh of each month for online orders only.** The one exception is if the 1<sup>st</sup> or 7<sup>th</sup> falls on a Sunday.

Canadian orders included as of 3/31/2013.

**Special**

