

Shaklee News

March/April Nutritional Conference Calls

You are all invited to listen and learn!

Time: TUESDAY at

8 p.m. Central Standard Time

call: 1-712-432-1699

Access Code: 766232#

***March 12**

Tune Up your Immune System-

Dr. Stephen Chaney

March 19

Prenatal Nutrition Q/A-

Dr. Larry Gould, OB/BYN

March 26

Women's Health from Puberty to Premenopausal

Dr. Jamie McManus

April 2

Cancer- Preventing, Surviving, Thriving -

Drs. Margaret Christensen & Dr. Chaney, MD

April 9

Shaklee for Professional-

Dr. Richard Brouse

April 16

Beyond Resveratrol-

Dr. Stephen Chaney

April 23

Promoting a Health Heart-

Rusty Ost, Pharmacist

April 30

Early Childhood Nutrition and the Advantages of

Breastfeeding-

Nedra Sahr, MS, CS

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.



Dave and Heidi Carlstedt

5011 Hidden Acres Circle

St. Cloud, MN 56301 320-

654-1175 or 320-292-0634

Sharing @cloudnet.com Web: sharing.myshaklee.com

Heidi's Fantastic Weight Loss – 105 lbs

Heidi had eight children in seventeen years thus making it very difficult to lose weight during that time

– she basically gained and never lost. When we got back from a vacation she looked at herself and told me, “Dave, I am going on the *Shaklee 180* weight loss program.”- It was a serious resolution! .

Heidi started by replacing two of her meals each day with *Shaklee 180*, a snack bar, and energizing tea along with *one Metabolic Boost* supplement at each meal.

She also tracked her eating habits, and increased her activity level.

Thanks to the high leucine in *Shaklee 180*, she lost fat and not muscle.

Here are some key points of the *Shaklee 180*:

--- **Be committed**, it does help to have an accountability partner.

--- **Tracking your food** does help to make the life-long changes to keep off the weight that you lose.

--- **Increase your activity level** - Pedometer helps track your step –

10,000 steps each day is a “very active” goal

--- **Ideal ratio of food intake-** Your daily intake of food should contain 30% protein, 30% fat, and 40% carbohydrates (Shaklee's new phone app keeps you right on track!)

Then you can watch the inches come off like Heidi has. **She went from a 2X down to a size 12 – pictures on page 4 – she lost her fat and not muscle- 15.5 inches on her waist!**

Comparison of *Shaklee 180* to other weight loss programs is attached...

Your Incredible Immune System

Your body has powerful microscopic armed forces to combat germs. Billions of white blood cells vigilantly patrol through the blood stream. Special fighting units, cells in your bloodstream called macrophages (Greek for big eaters) attack germs by surrounding them and digesting them. Other cells make powerful chemicals called antibodies. They are anti, or against, these foreign bodies and attack the outsides of germs. They team with other specialized germ fighters called T cells. Each kind of germ has an outer layer that's different than those on other germs. Antibodies your body

produced to fight off last year's flu virus can't get a grip on this year's model.

So your immune system has to go back to the drawing board and make new antibodies. But the good news is germs can't fool your immune system twice. Once your body has withstood an attack by a specific germ, the antibody making cells remain on alert. They're ready to rumble if the same germs show up again.

Last but not least, your immune system makes the almighty fighter interferon. It interferes with invading viruses trying to replicate

themselves inside your cells. Interferon also helps activate macrophages and other immune defenses, including natural killer cells (cells that detect and start killing tumor cells) even before antibodies attach to their outsides, providing a crucial and early assault.

You're immune system may be complex, but some simple lifestyle habits can help keep it strong. **A healthful diet, exercise, supplements, lowering stress, and more can make a difference in maintaining a healthy immune system.** Take care of your immune system, so it can take care of you.

Five Key Strategies for Staying Healthy



Tough on Germs

Bacteria, fungi, and viruses can wreak havoc on your family's health and safety. Used as directed, Basic-G tackles over 40 of these pesky microbes, including several animal viruses. That makes it an excellent choice for use in the kitchen, bathroom, or pet area. In addition to being economical - **one quart makes up to 64 gallons - it's also EPA registered.**
Item #00525
MP \$17.30

Americans get more than one billion colds a year. So why is it that we have Smartphone's but still no cure for colds and flu? It's because we're dealing with smart viruses. Any one of hundreds of viruses could launch a cold or flu attack, and chances are that this year's flu virus won't be the same as last year's. That's because viruses have the uncanny ability to constantly morph into new variations, making it nearly impossible to develop a simple cure.

Having said that, there's still much you can do to stay strong and healthy all winter. Talk to your doctor about the best ways to protect yourself and give these prevention strategies a try:

- **Wash Your Hands:** Washing hands remains the most effective way to protect yourself and your family from colds and flu. Lather, rinse, repeat throughout the day. Do it long enough to sing "Happy Birthday" twice.
- **Get Enough Sleep:** Sleep may be your immune system's secret weapon, according to recent scientific research. Less than seven hours of sleep a night made people three times more likely to catch a cold than

those who got eight or more hours of zzz's.

Exercise: While very vigorous physical activity (like running a marathon) can put a damper on your immune system, most scientists agree that moderate physical activity actually helps boost the immune cells that fight off invaders.

• **Fuel Yourself with Good Nutrition:** An orange a day (along with strawberries, bell peppers, potatoes, and other vitamin C rich fruits and vegetables) can help keep the doctor away. Lean meat, fish, and other protein sources also provide the amino acids needed to help maintain your immune system.

Don't forget to fill in nutritional gaps with immune supporting nutrients like zinc and vitamins D, A, C and E. Harvard scientists even suggest vitamin D supplements may help reduce the occurrences of colds. The scientists found low vitamin D levels in nearly 20,000 Americans increased their cold and

flu risk.

• **Power up with Plant Extracts:** Scientific research has led to the discovery of a combination of plant extracts that naturally boost the body's own production of interferon, a component of the immune system that helps fight off viruses. Other plant compounds found in elderberry and Echinacea extracts can help, too. Take these when you feel the first sign of something coming on, and continue taking them for about a week as needed.

NutriFeron™ – Highest Level of Daily Protection

NutriFeron is an exclusive, patented supplement that increases the production of your body's natural interferon, a key influencer in your immune system. NutriFeron helps build a shield for your immune system, placing it on ready alert so it can better respond to threats.*

A proprietary blend of natural plant extracts from pumpkin seeds, safflower flowers, plantago seeds, and Japanese honeysuckle flower buds, NutriFeron has been clinically proven to support and stimulate the natural immune response.

Some Health Tips from Dr. McManus

Your ability to stay well and not fall prey to circulating pathogens rests upon the vibrant functioning of your immune system, and an optimally healthy immune system occurs when you are doing a few simple things:

1) **Eat a healthy diet**, full of antioxidants and immune supporting nutrients. This means avoiding the fast food restaurants (generally empty calories) and committing to eating at least FIVE servings of fresh fruits and vegetables every day—salads, stir-fry vegetables with chicken breast or salmon or hearty stews or soups made with

plenty of colorful vegetables!

2) **Be sure you are taking supplementations to support immune health.** Your favorite version of Vitalizer™ along with Nutriferon® provides a solid nutritional foundation for immune function. Sustained Release Vita C® (or Chewable Vita C®), Optiflora® Probiotic, and Defend and Resist Complex can be added for additional support on an as needed basis.

For children ages 10 and younger, choose

Increditives™ with immune supporting lactoferrin and more vitamin D, has clinically tested prebiotics.

3) **Wash down your countertops, bathroom wash areas, and other hard, non-porous surfaces that your hands contact with an effective germicidal product such as Shaklee Basic-G®.**

Basic-G has been tested and shown to be effective in neutralizing influenza type A viruses as well as a host of other microorganisms and the EPA has issued a statement that it believes, based on available scientific information, that the currently registered influenza A virus products will be effective against the 2009 - H1N1 flu strain and other influenza A virus strains on hard, non-porous surfaces.

Your body knows the Difference – Research on food with GMOs!

Any car will get you from point A to point B with the only difference being how comfortable you would like the ride. You will find that **your body, if it is not given the best fuel (nutrition) will start to break down before it should.**

Within three generations, rats fed a diet containing GM food will die out. (Makes you wonder about the falling fertility rates of humans, doesn't it?)

Thousands of livestock have died from ingesting plants that are genetically modified. (What is it doing to you?) GM foods damage the immune response in animal experiments. (And autoimmune disease in humankind has skyrocketed in populations where GMOs are in the food supply.)

As soon as GM soy was permitted in the UK, soy allergies increased by over 50%.

In animal experiments, GM foods cause damage to kidneys, testicles, the stomach, the liver, the pancreas, and more. (What is it doing to your internal organs?)

When people consume GM soy, which is in over 80% of packaged foods, the genetically modified material infiltrates gut bacteria and continues to alter its function.

The entire commercial food supply is contaminated to some extent with GMOs - even when non-GMO seeds are used. Midwestern farmers who grow organic corn are reporting more and more crop contamination. And in the European Union, they've pretty much thrown in the towel on trying to keep organic food 100% GMO-free. If organic food is accidentally

contaminated up to a certain threshold, it's still allowed to be labeled as organic.

Here's the reasoning of certified organic bureaucrats: "Certified Organic" refers to the process, not the end result. So if a food is accidentally contaminated, it can still be labeled organic.

Couldn't we test each crop and harvest for GMO contamination? Look at it from the farmer's perspective: if you can't live with the answer, why ask the question? Farmers aren't required by law to test each harvest for GMO contamination... so why should they?

But here's the thing... Even if GMOs were magically eradicated overnight, certified organic food would still not be as pure and healthy as you'd expect. That's because of some legal sleight of hand that allows dangerous toxins to leach into your organic food.

Danger In the Packaging

"Food processing aids" are chemicals that are permitted, by law, to come into contact with organic foods.

Most have not been tested for safety.

One, however, has been tested... and found wanting. It's called BPA - Bisphenol A - (**Shaklee has never use this product in their packaging**) and it's used in food packaging-even for organic products. It leaches into many of the foods it comes into contact with.

BPA is linked to infertility, hormonal disruptions, cancer, insulin resistance, and birth defects.

In March, despite the overwhelming evidence, the FDA decided not to ban the use of BPA in any food packaging, including organics.

When New Is Not Better

Technology often gets ahead of the law, and the organic world is no exception. Now, **nanotechnology threatens the integrity of organic food.** Nanotechnology involves new food ingredients and additives that are 100,000 times smaller than a grain of sand. They're already in use - in food packaging, as food coatings to prevent spoilage, and as flavor enhancers. There are no clinical safety studies-but the limited laboratory studies thus far are alarming. For example, a study published in the journal Environmental Science and Technology showed that nanoparticles of zinc oxide were toxic to human lung cells in lab testing, even at low concentrations. Meanwhile, major food corporations are lobbying for nanotechnology to be permitted in organic foods.

Technology often gets ahead of the law, and the organic world is no exception. Now, nanotechnology threatens the integrity of organic food. Nanotechnology involves new food ingredients and additives that are 100,000 times smaller than a grain of sand. They're already in use - in food packaging, as food coatings to prevent spoilage, and as flavor enhancers. **There are no clinical safety studies-but the limited laboratory studies thus far are alarming. For example, a study published in the journal Environmental Science and Technology showed that nanoparticles of zinc oxide were toxic to human lung cells in lab testing, even at low concentrations.**

Meanwhile, major food corporations are lobbying for nanotechnology to be permitted in organic foods.

Shaklee is the only company that I know that uses CERTIFIED NON-GMO Soy in their products.

Parts of this article were taken from SoLutions From Science Newsletter

Special Natural Helps

Bladder Infection

Get Clean Water-you need to drink adequate purified water, **Optiflora** provides necessary friendly bacteria, **Defend & Resist** is a powerful immune system booster, use 7-15 days only, **Garlic** is a natural antibiotic, **Vita C** anti-bacterial and immune system booster

Sinusitis

NutriFeron strengthens immune system, **Alfalfa** reduces effect of inflammatory endorphins, natural anti-histamine, **Garlic** reduces inflammation, natural sinus and nasal decongestant, **Optiflora** builds immune system, **Vita-C** Anti-inflammatory, thins mucus decongestant, reduces histamine release, **Zinc** promotes healing of nasal passages, **CarotoMax** promotes healing of mucous membranes after infection

Bronchitis

CarotoMax protects lung tissue, heals all tissues, **Garlic** is a natural antibiotic, anti-infection, anti-viral, decongestant, **Vita-C** boosts immunity, decongestant, thins mucus, **Vita-E** improves breathing, heals tissue, powerful free radical scavenger, **Zinc** heals tissue, strengthens immune system, **FlavoMax** and **Nutriferon**

Infection with Arthritis & an Autoimmune Disease – Natural Recovery



I am dealing with Sero-negative inflammatory arthritis AND an autoimmune disease. Being on Prednisone and Methotrexate (form of chemo), my immune system has been compromised and I am susceptible to infections- bronchitis, influenza, etc. I was introduced to Shaklee last fall (2012) and began the *Vitalizer*, *Vivix*, the *Shaklee 180*, *Nutriferon*, and other special-needs supplements.

In February of this year, I felt that I was coming down with a serious

infection which can be dangerous, since my immune system is not working properly. My Rheumatologist doctor and Internist both advised me to go on antibiotics because they did not think my body strong enough to fight off the infection. I decided to go the natural route and stay away from antibiotics as long as possible. I took the *Defend and Resist*, *Nutriferon*, and *Vitalizer*.

I told my friend what was happening and she brought over a *Liqui Lea* and told me to take it throughout the day, along with the rest of the supplements.

I soon felt better and by the fifth day I

was **over the infection!** Normally it takes me weeks to recover. **Amazing- this is the 1st time that I did NOT take an antibiotic when hit with some type of an infectious illness.** AND it usually takes me weeks to recover! **There is a *Shaklee Difference***, since I had been on other supplements before Shaklee and did not have this result! It is wonderful to know that my immune system is getting stronger, thanks to Shaklee! **Lorel M., Saint Cloud, MN**

Liqui Lea #20070
•Contains 10 essential vitamins plus iron to promote long-term good health
• Natural fruit flavor

• Vegetarian formula

How 3 for Free Works



Just put your *Shaklee 180 Kit* on AutoShip, then help three customers get a Shaklee 180 Kit of equal or greater value to your own within the same calendar month. **Then you will get your next month's kit for free.** If they keep on ordering, and you have a kit(s) on AutoShip, you'll keep

getting yours free- Month after month. It's that easy.

Why 3 for Free Works:

- 1) People will be more successful at losing weight if they get others to join them in a 180,
- 2) As your customers reach out to their friends, they're helping you expand your reach. You

have a larger "warm" market, because you can reach new people and host more parties through the person-to-person sharing that happens with your customers,

- 3) You can more easily maintain your volume. Simply help 3 customers to get their product free for your maintenance PV – 9 customers with 200 PV plus your own 200 PV = 2000 PV!

Fantastic results – For a Lifetime!

Heidi – October 2009

Now...



Heidi had lost 80 lbs 3 years ago and kept it off. She has now lost a total of 105 pounds and feels like 20 years old again. **Besides 105 pounds lighter, she – lost 15.5 inches off her waist!** We have weigh-in and measure every Saturday morning from 9:00 – 10:00 at the office. Our long distance *Shaklee 180* partners call or e-mail their weight and measurements once a week. You can participate by coming to the office, calling in, or emailing your numbers on this day. The average person in our group has lost over 40 inches off their body and over 35 pounds.

New Program: When you share *Shaklee 180* packs (autoship) with three friends, you can get yours free!

