

August 2009

Shaklee News

We would like to welcome all of our New Members to our Shaklee family!

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Heart Disease

What is cholesterol?

Cholesterol is a fatty substance (a lipid) that is an important part of the outer lining (membrane) of cells in the body of animals. Cholesterol is also found in the blood circulation of humans. The cholesterol in a person's blood originates from two major sources; dietary intake and liver production. Dietary cholesterol comes mainly from meat, poultry, fish, and dairy products. Organ meats, such as liver, are especially high in cholesterol content, while foods of plant origin contain no cholesterol. After a meal, cholesterol is absorbed by the intestines into the blood circulation and is then packaged inside a protein coat. This cholesterol-protein coat complex is called a chylomicron.

The liver is capable of removing

cholesterol from the blood circulation as well as manufacturing cholesterol and secreting cholesterol into the blood circulation. After a meal, the liver removes chylomicrons from the blood circulation. In between meals, the liver manufactures and secretes cholesterol back into the blood circulation.

What are LDL and HDL cholesterol?

Cholesterol, like oil, cannot dissolve in the blood unless it is combined with special proteins called lipoproteins. (Without combining with lipoproteins, cholesterol in the blood will turn into a solid substance.) The cholesterol that is secreted by the liver into the blood is combined either with very low-density

lipoproteins (VLDL) or high-density lipoproteins (HDL). VLDL cholesterol is then metabolized in the bloodstream to produce LDL cholesterol. Cholesterol that is combined with low-density lipoproteins is called LDL cholesterol. Cholesterol that is combined with high-density lipoproteins is called HDL cholesterol.

LDL cholesterol is called "bad" cholesterol, because elevated levels of LDL cholesterol are associated with an increased risk of coronary heart disease. LDL lipoprotein deposits cholesterol on the artery walls, causing the formation of a hard, thick substance called cholesterol plaque. Over time, cholesterol plaque causes thickening of the artery walls and narrowing of the arteries, a process called atherosclerosis.

Continued on page 2

Your retirement

ends meet, and then we try to retire on half of what we were making during our working years? It just gets harder." -----

Let me tell you a little bit about our Shaklee opportunity! You are able to work the hours that you want but must be dedicated to twenty people hours a week. At the beginning you will do a lot of work that you will not

get paid for but in the end you will get paid for planting that seed that sprouted! What Shaklee does is give you a sense of security. If you lose your job you still have an income coming in with Shaklee and you are able to have a secure income when you come to retire. Shaklee offers us that guaranteed retirement that so many people are searching for and wondering how they can make ends meet.

by Kimberly Palmer
Friday, June 19, 2009 provided



by
"With the recent government announcement that the Social Security trust fund is set to run out in 2037, four years earlier than previous estimates, many young workers are asking themselves: Why am I paying into a system that might not be there for me when I retire?"

It is not funny that we work our whole life trying to make

Optimal, undesirable, and desirable lipid levels (published in 2001)

LDL cholesterol (mg/dl)

<100 Optimal 100-129 near or above optimal

130-159 Borderline high
160-189 High
> 190 Very high

Total cholesterol (mg/dl)

<200 Desirable 200-239 Borderline high
>240 High

HDL cholesterol (mg/dl)

<40 Low (undesirable)
>60 High (desirable)

Triglycerides (mg/dl)

<150 Normal
150-199 Borderline-high
200-499 High
>500 Very high

HDL cholesterol is called the "good cholesterol" because HDL cholesterol particles prevent atherosclerosis by extracting cholesterol from the artery walls and disposing of them through the liver. Thus, high levels of LDL cholesterol and low levels of HDL cholesterol (high LDL/HDL ratios) are risk factors for atherosclerosis, while low levels of LDL cholesterol and high level of HDL cholesterol (low LDL/HDL ratios) are desirable.

Total cholesterol is the sum of LDL (low density) cholesterol, HDL (high density) cholesterol, VLDL (very low density) cholesterol, and IDL (intermediate density) cholesterol.

What determines the level of LDL cholesterol in the blood?

The liver not only manufactures and secretes LDL cholesterol into the blood; it also removes LDL cholesterol from the blood. To remove LDL cholesterol from the blood, the liver relies on special proteins called LDL receptors that are normally present on the surface of liver cells. LDL receptors snatch LDL cholesterol particles from the blood and transport them inside the liver. A high number of active LDL receptors on the liver surfaces is associated with the rapid removal of LDL cholesterol from the blood and low blood LDL cholesterol levels. A deficiency of LDL receptors is associated with high LDL cholesterol blood levels.

Both heredity and diet have a

significant influence on a person's LDL, HDL and total cholesterol levels. For example, familial hypercholesterolemia (FH) is a common inherited disorder whose victims have a diminished number or nonexistent LDL receptors on the surface of liver cells. The resultant decreased activity of the LDL receptors limits the liver's ability to remove LDL cholesterol from blood. Thus, affected family members have abnormally high LDL cholesterol levels in the blood. They also tend to develop atherosclerosis and heart attacks during early adulthood.

Diets that are high in saturated fats and cholesterol decrease the LDL receptor activity in the liver, thereby raising the levels of LDL cholesterol in the blood. Fats are

classified as saturated or unsaturated according to their chemical structure. Saturated fats are derived primarily from meat and dairy products and can raise blood cholesterol levels. Some vegetable oils made from coconut, palm, and cocoa are also high in saturated fats.

Lowering LDL cholesterol is currently the primary focus in preventing

atherosclerosis and heart attacks. Most doctors now believe that the benefits of lowering LDL cholesterol include:

- Reducing or stopping the formation of new cholesterol plaques on the artery walls;
- Reducing existing cholesterol plaques on the artery walls;
- Widening narrowed arteries;
- Preventing the rupture of cholesterol plaques, which initiates blood clot formation;
- Decreasing the risk of heart attacks; and
- Decreasing the risk of strokes. The same measures that retard atherosclerosis in coronary arteries also benefit the carotid and cerebral arteries (arteries that deliver blood to the brain).

Shaklee offers the following products for Heart Health with no side effects:

Vivix, OmegaGuard , CoQHeart, Cholesterol Regulation Complex, Fiber Plan, Garlic Complex

Benefits of Using Auto ship



Shaklee offers every member the ability to put their orders on Auto Ship. Your products will ship on the same day every month and you will be given notice by email before it ships. You can add one time additions or you can postpone your order if you have to. But this is the greatest

advantage.

If you put *RX for a Healthier Life* on Auto Ship (Cinch Shake of your choice, Vitalizer, Vivix and Nutriferon), you will receive 10% off the entire order AND a \$10 coupon for any item in the catalog - the two most expensive

products that you can get are Vivix or Vitalizer for just \$10.

Another good savings is Vivix and Vitalizer auto ship and you can get a Cinch shake for just \$10. Are you not worth a little investment for your long term health?

Letter from Jason Reed, MD Internal Medicine Mpls. Heart Institute

August 4, 2008

Dear Mr. Nelson,

I have been meaning to write this letter for several months and hope it finds you and your family well. I wanted to formally thank you for introducing me to the Shaklee Vitalizer pack.

In the medical profession, high stress is a given; stress/time management skills are crucial. My practice also presents frequent limitations on routine exercise, proper diet, and efficient sleep. "Do as I say, not as I do" is the old familiar quote.

After only two days of

taking the Vitalizer pack daily, I began to notice remarkable differences.

It was only then that I paid any attention to the products flyer: as I read the claims of improved energy, Libido well-being, focus, sleep, etc. I had felt the pamphlet well have been printed just for me. Even my irritable bowel symptoms have disappeared (it's been years!). I was no less than astounded.

The medical literature supports that, in today's "rat race" society, a daily vitamin/mineral supplement is beneficial for those that cannot

maintain a healthy and balanced diet/lifestyle. My patient's then also ask "which brand should I take?" I have no hesitation in recommending Shaklee's Vitalizer product. I actually sense that Shaklee is truly a company by the people and for the people. I wish I could say the same for the other things I prescribe...

Again, I thank you. Please feel free to use this letter to help or guide others in similar situations to mine.

Jason Reed, MD

Minneapolis, MN 55407



Unemployment high - looking for a job?

With unemployment levels that have not been seen since the early 1980's, a lot of people are searching for jobs. What most people fail to realize is that they are looking for that 40 hour a week job that they just get by on to make ends meet.

With a Shaklee home business you get paid a residual income which continues to increase for you because you shared the information of Shaklee products with someone two three or four years before. A residual income is an income that you receive for work that you did not have to do. Basically it works like this: Heidi signs up Dave who signs up Diana who signs up Anita who signs up 15 of her closest friends. Anita's group over

the next year triples in size and she becomes a Director. Heidi, will receive a 7% income for what Anita's group does the rest of her career with Shaklee. Anita does not pay the 7%, the Shaklee corporation pays the seven percent.

This is why it is important to sign up at least three friends- someone may feel that this is a business that they will enjoy doing that they can make a very nice income and stay at home with their children instead of working 40 hours a week.

When you build your business up to 10,000 PV (Purchase Volume) each month your monthly income will be 34% of that. Shaklee is a nice part time job.

If you have three first line Directors under you that each do 10,000 PV a month you will be paid from Shaklee \$700 for each Director. So on top of your 34% you will get the overrides from the business builder.

Working 15 people hours a week, in 1 year you can be earning \$1500 extra per month. Working 20 people hours a week, in 1 year you can be earning \$2500 per month in bonuses.

Shaklee Corporation gives back to the people what they would spend on advertising. We are the advertisers and get paid for what we do. We can also be our own boss and control our destiny.

A little side note: The last four months have been the highest in sales in our Shaklee business. People are looking for what we have- the environmental cleaners (truly), the best clinical studied supplements, and most pure personal care!

If you are interested in finding out more about a personal business, please give us a call. We would be happy to help you succeed.

The daily value recommended for magnesium is 200 mg. For calcium it's 1200 mg. While taking a supplement the calcium should be paired with vitamin D,K, magnesium, and boron, zinc and copper- the nutrients are what binds calcium to our bones.

A recent inquiry came to me about supplements and leg cramping. I had severe leg cramping when I was pregnant. It was terrible. Most people recommended a banana. That never really helped me. What I also had was terrible PMS and later found out that I was deficient in calcium and magnesium. So it turns out that a common symptom and nutrition alert for calcium and magnesium deficiency is muscle cramping. Over 300 biochemical reactions in the body are regulated by magnesium says the National Institute of Health. Eight out of ten people are

Leg cramping

actually deficient in magnesium.

Prescription drugs, alcohol, smoke, processed or refined foods and physical or emotional stress all inhibit the absorption of magnesium. Foods that are processed or drinking water that is softened actually strips the magnesium from the foods one might normally find in this beneficial mineral. No wonder we are deficient in it! Health benefits from magnesium and calcium

include: 1)builds strong bones and teeth, 2)It's a natural muscle relaxer and tranquilizer, 3)builds peak bone mass, 4)prevents polyps and colon cancer, 5)lowers blood pressure, 6)reduces lead toxicity, 7)regulates heartbeat, 8)protects heartbeat, 9)promotes restful sleep, 10)it is essential for clotting of the blood, and 11)reduces PMS symptoms specifically bloating, cramps, water retention, irritability and moodiness.

Thanks to Karen Hanrahan for sharing

Alfalfa

Alfalfa is my favorite Shaklee product. The deep root system provides many trace minerals that are not available in our foods today. My allergies and headaches are a thing of the past. It's also a great detoxifier.

June Ost

I couldn't live without Alfalfa! I had chronic sinus problems but thanks to Alfalfa, no more headaches or infections. I stopped for a week and the headaches returned. I faithfully take 15 a day.

Barbara Kraska



My midwife recommended Alfalfa as alternative to vitamin K shots. Many pregnancy discomforts are alleviated by Alfalfa, including morning sickness, heartburn, constipation and anemia. Alfalfa raises the vitamin K level of pregnant women, reducing postpartum bleeding. *Lisa Paul*

Specials

Anytime Special for Members only:

WOULD YOU LIKE TO EARN \$50 Cash? Take the Online *Shaklee University* Courses:

The first course must be *Wellness*. When you are finished e-mail us the Certificate of Completion and 5 sentences telling what information that you found interesting on each course. Upon completion of Shaklee University courses, we will mail you a check for \$50.

By growing and building your Shaklee business, you can earn points that will allow you to achieve the trip of your dreams. Can you imagine total relaxation, being waited on hand and foot, fun people, amazing scenery, incredible food - and nothing to do but sit back and enjoy? All of this can be yours when you achieve the Imagine 2010 Incentive Trip. **IF YOU**

INCENTIVE TRIP 2010 POINTS BEGIN ACCUMULATING JULY 1! ARE INTERESTED IN LOOKING INTO THIS FREE VACATION PLEASE CONTACT DAVE OR HEIDI SO WE CAN SET YOU UP ON A PROGRAM TO JOIN US THERE!

With the economy still tough would a little extra spending money help you out? Shaklee business offers you a great part time job where your wages are not limited by a company budget. You actually get paid for the work that you do. Let's say you worked for \$10 hour for 40 hours in a week you would make \$400 that week or \$1,600 for the month. Now let's say you do 5,000 PV in your Shaklee business in a month. Your Bonus would be 5,000 X .30 (30% is the bonus you receive at 5,000 PV) + 5,000 X .10 (Price differential between DN and SN pricing). So your bonus for this month would be 1,500 + 500 = 2,000 for about half the work of that 40 hour job. We are here to help anyone that would like to work with us to build their business. This does not include your tax benefit of having your own business, writing off part of your home, plus all the other business write offs that you will generate.

