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Shaklee News

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Understanding the Shaklee Difference!

Cholesterol Reduction Complex Results!

I had blood work done in June 2010. At that time my **total cholesterol was 225**, and my **LDL was 144**. I started on the *Cholesterol Reduction Complex* Nov. 1. Here at the end of January, 2011 my total **Cholesterol now is 191** The **LDL is 106**. So I am feeling good about that! My **HDL has always been high and was usually 68. Now it is 69.**
Helen Routier, MN

With all the choices out there on the market why should you use Shaklee? Five years ago our family was challenged with dealing with our daughter who was diagnosed with Rett Syndrome. Knowing this syndrome has a regression part of it that takes place by age five, we had a lot of research to do.

We looked at many different companies and found that nutrition companies are not regulated. What this means is that food supplementation is considered food but not regulated. You do not have to prove that what is on the outside of the bottle will get into your blood system- this is

bioavailability. This is where Shaklee stands out like a "crown jewel"! Shaklee does over 80,000 quality tests every single year. This is with raw materials, before processing, during processing and the finished product. The closest company does 352 quality tests on 750 different products. Which products are not getting tested?

Shaklee has over 90 published articles in Peer Review Journals on their products. The next five companies combined don't come close to Shaklee.

Shaklee's promise is that what is on the outside of the bottle will get into your blood system!

This is NOT guaranteed by any other company out there.

Shaklee offers a money back guarantee on all their products and the basics are ALWAYS available to you: **Protein, Vita-Lea, Vita-C, and Herb-Lax**. If you take these for 30 days and don't feel any better, you can get you money back!

Shaklee follows the research, not the hype, and that is why we always get **long-term results**. *The 20-year study proved that!*

Catherine, our daughter, according to the neurologist in March, 2011, is unbelievably healthy, and is doing what is normally impossible for a Rett's girl! We are thankful for Shaklee!

Fitness - Research Update: *Shaklee Protein, Taken after workout, shown to Increase Muscle Mass*

Over the past few years, a considerable amount of research has been published related to protein supplementation and muscle/strength development. Recent work has documented significantly greater gains in muscle mass and strength when protein is ingested in close time proximity to a resistance-training session. In a 12-week study conducted with previously untrained men, researchers examined the effects of consuming supplemental protein immediately after versus two hours after a strength-training session. Those who consumed protein immediately after their workout gained significantly more muscle size and strength than those who consumed it two hours removed from their workout.

After age 35, adults may lose 3 to 8 percent of their muscle mass per decade, and higher rates are commonly observed after age 60. Therefore, the ability to preserve or regain muscle and strength is an important factor with respect to aging and health. In fact, there is ample evidence that an average muscle loss of 5 pounds per decade is associated with a 3 percent-per-decade reduction in resting metabolism, which can predispose individuals to a dramatic increase in body fat. Thus, many have speculated that a significant part of the obesity problem may be due to muscle loss and the resulting metabolic slowdown. If so, well-designed strength-training programs should play a larger role in weight management and the many degenerative diseases/problems associated with obesity (e.g., diabetes, heart disease, stroke, back pain, arthritis).

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LOWERING TRIGLYCERIDES with Glucose Regulation



My husband has used most of the supplements everyone has already mentioned and had good results with lowering his cholesterol with Fiber Plan, Cholesterol Regulation Complex, Omega Guard, Vita E, Soy, CoQ10, Alfalfa, Lecithin, plus dietary improvements. But his triglycerides never would go down, and his were very high. I read somewhere that Glucose Regulation Complex helps some people lower triglycerides, he made that

one addition (2x/day) and they came down over 50%, almost to within normal range! Hope it works for you! *Mary D*

Glucose Regulation Complex*

60 capsules / 30 servings

Contains: Chromium, Vanadium, Colosolic Acid, Alpha Lipoic Acid, & More
 Maintain Your Energy Level
 Glucose Regulation Complex offers a diverse set of nutrients that provide natural support for efficient glucose metabolism. Alpha

lipoic acid, for example, helps make your cells more responsive to insulin so they get the energy they need. Vanadium works with chromium, magnesium, and zinc to help balance your blood sugar, preventing energy ups and downs. With Glucose Regulation Complex, you'll regulate your blood glucose more efficiently. You'll have more energy and fewer food cravings. By retaining normal blood sugar levels, you'll even be contributing to overall health.**

CARPAL TUNNEL



I have used Shaklee supplements for 22 years. I have a hair style which requires daily washing and blow drying and have been doing that since 1976. Several years ago, it was early spring; I started having a lot of pain in my wrist. It increased to the point that it was causing me to wake up during the night. It became very difficult to lift things, even a piece of paper. It was my right wrist, and I am right-handed. The chiropractor confirmed it was CTS and suggested I get a new hair-do, since he knew I would not have surgery for the condition. I went through the summer with the pain, then in September Shaklee introduced Formula I. We immediately began taking the recommended one per day.

About 4 days later when I woke up that morning I realized my wrist did not hurt. I did not have any pain as I

moved the blanket to get up, nor when I turned off the alarm clock.

Throughout the day there was no pain. This continued for several more days, and then went into weeks. After me while I started thinking about what changes I had made and the Formula I was the only thing different. At that point I began to tell people I believed Formula I may have arrested the pain of my CTS. After several months someone suggested I try not taking it to find out if the supplement really was the reason. After about a week of considering, (I hated the thought of the pain returning!) I decided to stop taking it. On the third morning I woke with such horrible pain, from my fingertips to the

shoulder; my arm felt as if it weighed five pounds--I could not lift it up! I had a 9am dental appointment. I got up just long enough to cancel it, took two Formula I and returned to bed. I woke up at 2pm with no pain in my arm, wrist, etc. Needless to say, I truly believe this product helped me and I do not miss one day of taking it--in AM. When I first had the pain and discussed it with various people I was questioned as to: Did I take Lecithin (Yes); did I take B6 (Yes), since these have been shown to help CTS. My body must have needed the extra punch of Formula I. Of course, I take the protein and the "shelf", as long-time users of Shaklee say, which means, we take all the supplements Shaklee offers.....*Mary B*

Cholesterol Reduction Complex lowers Cholesterol

When I had my annual physical a year ago, my blood cholesterol was 240 and the HDL and LDL was "out of whack". So I was instructed to get a doctor that could help

me get my cholesterol lower! Well - instead of going out and find a doctor to stick me on some medicine, I turned to Shaklee for help. I started taking

the Shaklee Cholesterol Reduction Complex. This year when I went for my annual physical, my blood cholesterol was a whole different story. *Rita C Look at Rita's results on the left!*

Here are the results:
 Triglycerides 165
 (should be <200)
 Cholesterol, Total 183
 (should be <200)
 HDL-Cholesterol 63
 (should be >34)
 LDL-Cholesterol 87
 (should be between 0-130)
 Chol/HDL Ratio 2.90
 (should be <4.45)

Even the doctor wrote "great" on my report!! I LOVE SHAKLEE! Rita C

Fitness - Research Update: Protein and Body Composition

Large-scale studies conducted at the South Shore YMCA, Quincy, Mass., have shown that previously sedentary adults who perform two to four months of regular strength exercise can add 3 pounds of muscle tissue. Resistance training has also been shown to elevate resting metabolic rate by approximately 7 percent, which equates to the expending of roughly 100 additional calories per day in a 175 pound individual, or 1.75 calories per pound. This is good news for men and women who want to slow the loss of muscle that accompanies the aging process, and establish or maintain a healthy body composition.

New study: Middle-aged men and women seem to be particularly prone to muscle loss, forfeiting about one-half-pound to 1 pound of muscle every year of life. In addition, they tend to eat less protein and have more difficulty assimilating the amino acids in the protein they do ingest. Consequently, we, the study team at the South Shore YMCA, decided to examine the effects of a standard strength-training program — with and without supplemental protein — on body composition in a group of adults averaging 59 years in age.

Although we have previously conducted strength-training studies in adults, most have been eight to 12 weeks in length. For this study, we examined body composition changes over a six-month training period, in which half of the participants consumed a protein shake immediately after performing their strength exercise.

We enrolled 68 middle-aged men and women in a supervised, 23-week strength-training program with a frequency of two to three days per week. Below is a brief description of the exercise protocol, which was adapted from American College of Sports Medicine (ACSM) guidelines:

- 11 weight stack machines: leg extension, leg curl, leg press, incline press, seated row, triceps press, biceps curl, low back extension, abdominal curl, torso rotation and neck extension
- One set of each exercise was performed, with resistance that permitted eight to 12 good repetitions.
- Exercise resistance was increased by about 5 percent when 12 good repetitions were completed.
- A controlled movement speed (about 6 seconds per repetition) with full range of motion was used.

To ensure comprehensive physical conditioning, during each session, subjects also performed 20 minutes of endurance exercise (treadmill walking and stationary cycling at 70 to 80 percent of maximum heart rate), and completed a 20-second stretch for the target muscle group following each strength exercise. For example, immediately after completing the leg extension exercise, participants stretched the quadriceps muscles, and immediately after completing the leg curl exercise, they stretched their hamstrings muscles.

All of the participants performed the same exercise program in our research facility under close supervision of our instructional staff (two instructors for each six-person class). Forty-six subjects completed the 23-week program. Twenty-four participants consumed a protein drink following their training session, and 22 subjects did not receive supplemental protein. The protein drink (Cinch, manufactured by Shaklee Corp., Pleasanton, Calif.) was prepared by mixing 1.5 servings in water, and provided about 270 calories, 4.5 grams of fat, 35 grams of carbohydrate and 24 grams of protein, and was fortified with free l-leucine.

Research results After 23 weeks of training, all 46 exercisers experienced significant improvements in body composition, including a 4.7-pound gain in lean (muscle) weight and 7-pound loss in fat weight (see Table 1). These changes appeared to be consistent throughout the six-month training period. For example, subjects added 2.2 pounds of lean weight during the first three months, and 2.5 pounds of lean weight during the last three months. Furthermore, participants lost 3.3 pounds of fat weight during the first three months, and 3.7 pounds of fat weight during the last three months. Study subjects also experienced reductions in resting blood pressure over the six-month exercise period. On average, diastolic blood pressure decreased by 4 mmHg, and systolic blood pressure decreased by 6 mmHg.

Subjects who ingested the post-exercise protein drink increased their lean weight by 5.5 pounds, and decreased their fat weight by 9 pounds — a 14.5-pound improvement in body composition. Those who did not receive supplemental protein increased their lean weight by 3.9 pounds, and decreased their fat weight by 4.9 pounds — an 8.8-pound improvement in body composition. As shown in Figure 1, the participants who consumed post-exercise protein added 1.6 pounds more lean weight and lost 4.1 pounds more fat weight than the no-supplement subjects.

Discussion and application: This study confirmed the favorable effects of a fitness program on body composition and anthropometric measurements. An interesting finding was that the beneficial effects of a basic exercise program were observed at a relatively even rate over a six-month training period. Our 12-week findings are in agreement with previous short-term studies that reported approximately 3 pounds of lean weight gain and 4 pounds of fat weight loss. However, some have questioned whether the rate of these adaptations would continue over longer training periods. Our subjects experienced comparable changes in body composition during both halves of the six-month exercise program. Over the first three months they added approximately 2.5 pounds of lean weight and lost approximately 3.5 pounds of fat weight. Likewise, over the second three months they added about 2.5 pounds of lean weight and lost about 3.5 pounds of fat weight. Therefore, it appears that previously sedentary adults can attain significant and consistent muscle gains and fat losses over the first six months of a standard exercise program.

