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## RX for a Healthier Life

What is your health worth to you? As we grow older our bodies have been bombarded on a daily basis by outside forces that are sometimes beyond our control such as, chemicals, sun, pesticides... all these things change the make up of our cells and the health that we once had.

So each one of us has the ability to either take a stand and do something about it or just let Mother Nature take its toll with the aging process on

our bodies.

**In 7 days ... you can change the chemistry of your blood, In**

**7 weeks ... you can change the composition of your cells, In 7 months ... you will have made changes in major body organs,**

**In 7 years ... there is a whole new you** - every cell in the body has died and replaced itself in a healthier environment, as long as you are giving your body a smorgasbord of nutrients which is why taking Shaklee is so important.

Rx for a Healthier life is the basic building block for

getting us back and maximizing our everyday health! **Vivix will repair all four ways that cell's age and become corrupted.**

*Vitalizer* gives the average person all the basic nutrients that we need to stay healthy. *Nutriferon* builds our immune system. *Vivix* and *Nutriferon* combine to work on building a healthy immune system. This is capable of significantly improving anyone with any type of inflammation disease such as arthritis, allergies...

*Continued on page 3*

## Protecting your Teeth

Ongoing acid attacks weaken your tooth enamel.

Bacteria in your mouth cause cavities when tooth enamel is damaged.

If you have a receding gum line, acid does more damage below the gum line than above it. This is particularly a concern for adults.

View a Chart on [Sugar & Acid in Soft Drinks](#) on page 3.

### How to reduce decay

Drink soft drinks in moderation (*or not at all*).

**Don't sip for extended periods of time. Ongoing sipping prolongs sugar and acid attacks on your teeth.**

Use a straw to keep the sugar away from your teeth.

After drinking, swish your mouth out with water to dilute the sugar.

Never drink pop or juice before bedtime because the liquid pools in your mouth and coats your tongue and teeth with sugar and acid.

Read labels. Regular pop is high in sugar. And diet or "sugar-free" pop is high in acid. Sugar and acid are bad for your teeth.

### Drink water instead of pop. It has no sugar, no acid and

no calories. Get regular checkups and cleanings to remove bacteria buildup (plaque). Flossing helps, too.

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The first part of this article came from [www.MnDental.org](http://www.MnDental.org). **Here's how you get cavities**

Sugar in pop combines with bacteria in your mouth to form acid.

Diet or "sugar-free" pop contains its own acid.

**Acid in soft drinks, whether they contain sugar or not, is the primary cause of weakening tooth enamel.**

The acid attacks your teeth. Each acid attack lasts about 20 minutes.

**The acid attack starts over again with every sip.**



Dave and Heidi being recognized on stage in New Orleans.



Resting after a day of learning about Vivix!



[OsteoMatrix - Swallowable Calcium](#)



Chewable Cal Mag Plus  
120 tablets / 30 servings ■  
**Calcium, Magnesium,  
Vitamin D & More.**

**Because Drinking Milk Isn't Enough-** Osteoporosis is responsible for 1.5 million bone fractures every year. Do your hips (and all of your other body parts) a favor by slowing down the natural decline in bone mass that happens as we age.

Chewable Cal Mag Plus provides 1,000 mg of elemental calcium to help build bones and optimize peak bone mass, maintain bone density, and slow bone breakdown, reducing the risk of osteoporosis later in life. And its chewable, tasty berry formula makes it easy to add this unique combination of nutrients and trace elements to your daily regimen. For those with a preference, this formula does not contain vitamin K.

*I had a bone density test performed last week. The nurse was clearly shocked. She said I was "off the chart." I got scared for a second thinking that it was a bad thing but it was the complete opposite. There wasn't even a line showing I was in the OK area, just an arrow pointing up and off the chart! I guess I won't have to worry about*

## Bone Density

*breaking bones as long as I continue taking OsteoMatrix every day. Thank you Shaklee! Kathy Parr*

*I just chatted with a member who joined Shaklee years ago when she had Lyme disease. She's done very well since starting on Shaklee vitamins- VitaLea, Immunity Formula I, OsteoMatrix and Soy*

*Protein. Her doctor recently recommended a bone scan after a physical... When the results came in, he told her she had the bones of a "much younger woman."*

*He told her to keep doing whatever she was doing. He did not recommend Dolomax or anything else. Do we have a preventative solution for osteoporosis? I think so! Gerri Stiner*

## Bones, Acid/Alkaline Body chemistry

We are what we put into our bodies. So if we consume a lot of acidic foods, soda pop, red meats, any and all dairy products, all sugar containing products, Caffeine containing products, coffee, pop, alcohol, processed and refined foods, deep fried oils, trans fats, chemical pollutants, toxins (pesticides, hormones...) all these type of products have the effect of changing our body chemistry more towards the acidic side.

**The side effect of this chemistry change in our bodies is that the acid leaches calcium from the most ready available source in our body which happens to be the hips.** It is interesting that the United States has the highest rate of hip transplants in the world and we are also the largest consumers of soda pop beverages. Please look at the acid content in the article on teeth on page three of this newsletter.

Items that have an alkaline influence on our bodies are fresh fruits, vegetables, some unprocessed whole grains, and some unprocessed legumes. So when we refer to the pH

(potential Hydrogen) balance within the body it can become quite confusing. When we have the proper acid/alkaline balance, we have homeostasis -blood chemistry balance. (Side note: For the outside of the body- Basic H is so good to use because it has a perfect pH for our skin of 7.)

Have you ever noticed how certain environments attract certain things? For example, a swamp (acidic) has many mosquitoes; however, a field of flowers (alkaline) attracts beautiful butterflies. Science has discovered that disease organisms prefer an acidic environment over an alkaline environment. Most people in North America, unfortunately, maintain very acidic body chemistry, due to our dietary choices. Maintaining a dietary ratio of 4 parts alkaline to 1 part acid provides the best protection from the disease process.

It should be noted that one way the body alkalizes high acidic levels is to use calcium as a buffering agent. If acid levels are high and there is not enough calcium available in the diet, calcium may be

pulled from the body's storage depots, bones and teeth, to buffer the acidity. Left unchecked, this process can have a negative effect on the bone density and dental health.

Contrary to belief, **many nutritionists believed that cow's milk is not a good source of calcium.** Consider the following, If pasteurized milk is fed to baby calves, they will die.

The essential requirements for those of us who have the following issues: fractures, broken bones, shin splints, bone or heel spurs, osteoporosis, low bone density, scoliosis, high acid level in our bodies...

### Basic Necessities:

Protein  
Vitalizer  
OsteoMatrix (Calcium)  
Alfalfa  
OmegaGuard  
GLA

Calcium works better if you take it right before you go to bed. This will also help you sleep better because it works as a muscle relaxer.

**Restless legs** will be a thing of the past with enough Calcium.

## Protecting your Teeth *Continued from page 1*

### SUGAR & ACID = DOUBLE TROUBLE Acid\* Sugar\*\*

Low = Bad Per 12 oz serving  
Pure Water 7.0 (neutral) 0 tsp

Barq's Root Beer 4.0 11 tsp

Minute Maid (R) Orange Juice 3.8 9

tsp Propel (R) Fitness Water 3.4 1 tsp

Red Bull (R) 3.3 10 tsp

Sprite (R) 3.3 10 tsp

Mountain Dew (R) 3.3 12 tsp

Diet Coke (R) 3.1 0 tsp

Sierra Mist 3.1 10 tsp

Full Throttle Energy Drink 3.0 11

tsp Diet Pepsi (R) 3.0 0 tsp

Gatorade (R) 2.9 5 tsp

Sunkist (R) Orange Soda 2.9 13

tsp Dr. Pepper (R) 2.9 10 tsp

Vault Energy Soda 2.9 12 tsp Amp—

Mountain Dew (R) 2.8 11 tsp SoBe

(R) Energy Citrus 2.6 12 tsp Minute

Maid (R) Lemonade 2.6 10 tsp Pepsi

(R) 2.5 11 tsp

Diet Schweppes Tonic Water 2.5

0tsp Coca-Cola (R) Classic 2.4 10

tsp Battery Acid 1.0 0 tsp School of

Dentistry, 2007.

\*\* 4.0 grams = 1 teaspoon sugar 2002.

### Fluoride Will Ruin Your Teeth - And you're Health!

When I think of fluoridation, two words come to mind: medical experiment.

And the guinea pig is Y-O-U. That's right: Without any solid proof that ingesting fluoride was beneficial for your teeth-and with no safety tests conducted to

determine its potential effects on the rest of your body - the government moved forward with the mass medication of the country's water supply.

Think about it: With the exception of fluoride, every other chemical added to tap water is for the purpose of improving the water's safety. **Fluoride is the only chemical added for the purpose of medication.** And just like all drugs doled out by Big Pharma, this one comes with a litany of potential side effects. The difference? There's no black box warning on your faucet like there is on a bottle of pills.

**But there should be. Did you know that for years fluoride was classified as a toxic waste in this country?** In fact, not too long ago its only approved uses were as an insecticide and a RAT POISON! **And that's just how your body treats it - as a poison.**

Plenty of studies have been done over the years - and the results are frightening.

**Fluoridation has been linked to immune system alteration, musculoskeletal harm, genetic damage, thyroid dysfunction, and even cancer. Do you think all that's worth preventing cavities?**

Before you answer that, I have one more question for you to ponder. More and more studies are showing that ingesting fluoride has absolutely no bearing on preventing tooth decay. And now the American Dental

Association is advising that parents NOT give fluoridated water to babies - BECAUSE IT CAN CAUSE BRAIN DAMAGE!

Heard enough? Well, there's more. A lot more. Did you know that the United States is the only industrialized country to still put fluoride in their Drinking Water.

According to **Dr. William Campbell Douglass**, you don't need fluoride to have healthy teeth. Calcium is also is extremely important for healthy teeth.

Shaklee New Concept® Dentifrice, Wintergreen 2.7 ounces #31779, Spearmint-#31780

### A Reason to Smile

For those who prefer clean and brightened teeth without a lot of additives or artificial sweeteners, Organic Dentifrice is the perfect natural alternative. Its highly concentrated formula removes stains and leaves breath minty fresh and has Xylitol.

**Our New Concept Organic Dentifrice is on special this month for \$.50 off. Each tube of Shaklee New Concept contains approximately 250 brushings. You use very little - the width of your tooth brush.**

## Rx for a Healthier Life

What feeds and nourishes a healthy cell? Excellent, unprocessed diet choices, unheated, whole-food vitamin/mineral supplements, quality protein, purified good fats, & pure water

What does not feed & nourish a healthy cell?

Processed food, synthetic supplements OR fragmented or isolated vitamin/mineral supplements, and prescription drugs. **Dr.**

**Miller says if it does not rot in a short period of time**

**(days, not weeks or months) don't eat it.**

With RX for a Healthier Life you also get a Cinch shake which will give you fifteen breakfasts or lunches. Just mix in milk or water and it supplies you with 35% of your daily allowance of vitamins and minerals.

On top of this if you order this on the internet and put it on autoship you will receive a coupon for another product for only \$10.00 including another

Vitalizer for some else in your household! This is a \$69.00 savings! The system is \$244.05 MN pricing.

What is your health worth to you? This Rx system recommended by Dr. McManus is an excellent way to get the nutrients per day for a healthy life! Again, all of Shaklee products are 100% money back guaranteed for **purity, potency, and performance!**

### Product Packs





**Achievers are recognized by Shaklee**

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5011 Hidden Acres Cir  
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Business Leader Recognition

**New Rank Achievement** ☆  
**NEW RANK ACHIEVEMENT**

- All Business Leaders who achieve a new rank, Director and above, for the first time (or for the first time in 5 years).

**Personal Group Sponsoring**

All Business Leaders who sponsor 200 points during the present trip incentive time which ends July 31, 2009. 1 point for a \$20 membership, 2 points for a \$40 membership with a

\$50 PV order, 5 points for a Global ambassador Ship.

**Personal Group Volume Growth**

**PERSONAL GROUP VOLUME GROWTH**

- All Business Leaders who increase their PGV by 15% or more over the prior year.

**Through the end of November for every Global Ambassador you**

**sign up**, (you also have to be one) you will receive **ten points** towards **Paradise 2009**. This is double the points. If you would sign up 20 new Global Ambassadors in November you would max out on the 200 points allowed for signing up and only be 150 points away from your free 2009 Paradise vacation! The question is can you achieve this at your current job? Please let us help you if you have any questions.

**Hand and Body Lotion**

**Enfuselle , the revolutionary breakthrough in skin care. Protected by eight patents. Clinically proven and exclusive to Shaklee.**

**Behind the science of skin care**  
While a healthy diet supported by dietary supplements can help keeps your skin healthy and younger looking, it takes even more to protect skin from the outside world- it takes the very best "skin" vitamins, minerals, and nutrients, highly effective when incorporated into anti-aging skin care products.

**Skin care ahead of its time**  
Recognized as pioneers in the development of nutritional supplementation for almost a half-century, Shaklee scientists Focused their scientific expertise on investigating the causes of aging. They found that accelerated aging occurs, in part, because of increased exposure to the sun and environmental pollutants, which creates

free radicals on the skin. This in turn takes its toll on the skin, the body's largest organ, by causing effects that you may not even see for a long time.

A concept borne out of research a decade ago led to the discovery and development of Vital Repair+® Complex, a patented comprehensive combination of proprietary ingredients that you would expect to find in a dietary supplement. This exclusive complex is the heart of the Enfuselle skin care line and remains your best defense against the chain of damage caused by time and environmental assaults. A revolutionary breakthrough in skin care.

**Skin infusing nutrition – the name tells the story**

Enfuselle infuses skin cells to combat aging assaults. The exclusive antioxidant formula, Vital Repair+ Complex, systematically breaks each link in the chain of free radical damage with seven nutrients for the skin, all of which work

In synergy, providing greater benefit

together than when used separately. It's a formula so unique that it holds three patents.

No other skin care line offers better support. Many others include nutritional ingredients, but Enfuselle Comprehensively blocks all the free radical reactions that take place on the skin, reactions that can lead to the Premature signs of visible aging. And, because Shaklee takes a new approach to skin nutrition, Enfuselle never includes harsh ingredients that others do To achieve short-term results, but that may not lead to a lifetime of beautiful, healthy skin. With Shaklee and Enfuselle, You feel your best, and look your best now-- and for life.

**Shaklee is the difference and we have the proof:**

Shaklee has invested over 1 million in research, development, and clinical studies on the products that make up

The Enfuselle skin care system.

Enfuselle products have been proven safe and effective in laboratory and human testing. One test included 2,000 people world wide. Test subjects were selected due to their skin sensitivities. Test results were so remarkable that they exceeded Shaklee expectations and those of the independent laboratories that conducted the testing.

**Plus, all Enfuselle formulas are:**

- Clinically formulated
- Botanically-based
- PH balanced
- Hypoallergenic
- Non-comedogenic (won't clog pores)
- Dermatologists tested
- Never tested on animals
- Contains no animal-derived ingredients
- Free of occlusive oils, soap, and dyes

OsteoMatrix: Save \$1 on 360 Tablets and \$.50 on 120 count.



New Concept® Organic Dentifrice

**A Reason to Smile**

For more information, see the items below

Save \$.50 on either wintergreen or spearmint



Enfuselle® Hand and Body Lotion 8 fluid ounces \$1.00 off hand and body lotion

