

Shaklee News

Lye- Potassium Hydroxide



Sodium Hydroxide



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Depression and Anxiety

I started taking Shaklee products April of 2008 at the age of 27. I was suffering from stress and depression due to a high stress job. I was introduced to the Shaklee vitamins which I was very unsure of. My body was becoming depleted of the vitamins and minerals due to the high stress leading to depression, anxiety, loss of appetite and insomnia.

Also, I suffered from Chronic sore throats and

swollen tonsils.

When I went on the Shaklee program I started with the Detox and the rebuilding because of the seriousness of my problem.

About a month after being on the Shaklee Vitalizer, B-Complex, Herb-lax, Alfalfa and Energizing Soy Protein, I noticed a huge difference. I no longer have the chronic sore throats and swollen tonsils. The Energizing

Soy Protein shake has also stabilized my hypoglycemia.

So I intend on staying on Shaklee products forever! Knowing that Shaklee products work for me I am now starting my own business with helping others get on the healthy track with Shaklee. I am very excited to make this my career dream!

*Wishing best health to all,
Jenny C. MN*

What is in your cleaners

Most poison exposures happen in our own homes.

We do not think of the brands that we grew up on as causing problems but prolonged inhaling of these house hold brands can cause serious problems to us and our little ones.

Sodium Hydroxide: causes 75% of all caustic injury to the esophagus of kids under 5 years old. Can cause burns in tissues, chronic skin irritation, irritation to the respiratory tract and can cause liver and kidney damage. Where is this chemical found? *Cascade* rinse formula, *409 Degreaser*, *Clorox* clean up spray with bleach, *Soft Scrub Liquid Gel*, *Lysol* toilet

bowl cleaner, *Comet*, *Tide* ultra liquid, *Palmolive* gel lemon scent...

Butyl Cellosolve: Linked to reproductive harm, can cause irritation and tissue damage from inhalation, a study in California showed that exposure for 15 minutes, while cleaning shower, made women inhale 3x the acute exposure limit. This chemical can be found in products like: *Windex* original, *Simple Green* cleaner, *Glass Plus*, *Fantastic* lemon scent cleaner, *409 Wipes*, *409 All Purpose Cleaner*, *Fantastic Oven Cleaner*, *Pledge Electronics*....

Monoethanolamine (MEA)

this chemical has been linked to Asthma. Products that contain this chemical would be: *Tide* liquid laundry, *Tide* free ultra liquid, *Dreft* liquid, *Cheer* liquid laundry, *409 Spray Degreaser*, *Easy Off* oven cleaner, *Spic & Span*...

How can you avoid all these problems? Switch your cleaners to Shaklee. Basic H – main cleaning agent – is made from Corn and Coconut. Not many people are allergic to that! **An independent lab verified that Shaklee's cleaners are 30% more efficient at cleaning than the leading brand in each category. Save money and be Healthier!**



What's all the Fuss about Fiber

Did you know that fiber can do a lot more than provide digestive support? Studies show fiber may even help lower cholesterol, control blood sugar, and help with weight loss. Yet most Americans are getting only about half the amount of fiber they need every day. So how much of it should you eat, and where exactly does fiber come from?

Eat more fiber! That's what the National Institutes of Health, the American Heart Association, and the American Dietetic Association all say we should do. Yet, if you're like most Americans and you're eating white bread and fries instead of brown rice and broccoli, or drinking apple juice instead of eating a fresh apple, you're

probably getting only half the amount of fiber you need every day. And if you're not getting enough fiber, you're missing out on a whole bunch of health benefits. So what exactly is dietary fiber and why is it important?

Dietary fiber includes all parts of plant foods that your body can't digest or absorb. Unlike fats, protein, and carbohydrates in the foods you eat, your body does not break down, digest, or absorb fiber. Therefore, it passes relatively intact through your stomach, small intestine, colon, and out of your body. It might seem like

fiber doesn't do much, but it plays several important roles in maintaining your health, as mentioned in the opening of this segment.

Strive to meet the recommended dietary intake for an adult, which is 25–35 grams a day, and get the fiber you need by eating a variety of plant-based foods daily. Good choices include oatmeal; beans; berries; nuts; dark, leafy, green vegetables; and whole grain breads and cereals.

Also to make it even simpler try Shaklee *Fiber Advantage Bars* to get about 1/3 of your daily intake.



Shaklee Fiber Plan® Unflavored

10.6 ounces / 60 servings
Item #: 20307

Shaklee Fiber Plan® Tablets

75 tablets / 15 servings
Item #: 20376



Stress is perhaps the number one cause of headaches. Nearly half of all Americans between the ages of 18 and 49 experience everyday stress.

And the Health impact of prolonged stress can be huge.

The

Centers for Disease

Control estimates that 75-90% of trips to the doctor's office are stress related.

Some people try to relieve tension with destructive behaviors, such as drinking, smoking, or overeating ... that actually increases stress and people's own health risks. Stress can also cause over-eating which can lead to unhealthy weight gain. More than a third of Americans have tried to alleviate stress with supplements, especially the herbal supplement Kava. But Kava can produce unwanted drowsiness, and on March 25, 2002, the Food and Drug Administration (FDA) advised consumers of the potential risk of severe liver injury associated with the use of Kava-containing dietary supplements.

Are you stressed out?

Stress Relief Complex

Stress Relief Complex offers nutritional support to help you quickly relax and stay calm without drowsiness. Stress Relief Complex contains a unique blend of natural ingredients (with no Kava) that provide quick relief from tension while promoting alertness.

Stress Relief Complex:

1. Promotes relaxation without drowsiness. L-Theanine, a naturally occurring amino acid found in green tea, facilitates the generation of alpha waves that are associated with a relaxed yet alert mental state.
2. Enhances the body's ability to adapt to continuing stress. Stress relief Complex contains Ashwagandha, an Ayurvedic herb traditionally used to enhance the body's ability to adapt to stress.
3. Helps you avoid the

effects of stress on long-term health by blunting the cortisol response to stress. Beta sitosterol, a natural plant sterol, helps to blunt the response of cortisol, A hormone produced during physical stress. Chronically high cortisol levels have a negative association with good long-term health.

4. Helps make norepinephrine, which is involved in mood regulation. L-tyrosine is an amino acid used by the body to make the neurotransmitter norepinephrine. Studies suggest that norepinephrine levels may decline with stress.

Stress Relief Complex*

30 caplets /
30 servings

Ease Stress in 30 Minutes*

Lecithin: The Cholesterol Cleanser

Lecithin is a nutrient found naturally in plant and animal tissues and is produced commercially from soybeans, corn oil and egg yolk. It is a source of linoleic acid, the essential fatty acid needed by the body to metabolize cholesterol, triglycerides and other lipids. Since linoleic acid cannot be produced by the body, Lecithin's role as a source of this essential fatty acid is critical.

As a natural part of every cell of the human body, lecithin also helps to emulsify cholesterol in the body. It consists of ordinary fat, unsaturated fatty acids and choline. Lecithin combines with iron, iodine and calcium to provide energy to the brain and aids in digestion and absorption of fats.

Because lecithin is a source of linoleic acid, as well as choline and inositol, it plays a number of important roles in the body. Several sources emphasize that lecithin's primary role is in cardiovascular health, especially in its ability to lower cholesterol level. Other sources report that lecithin has been found to increase immunity against viral infections and to prevent the formation of gallstones. Because it is found naturally in the myelin sheath (a fatty protective covering for the nerves), lecithin has been cited for its ability to maintain a healthy nervous system.

To the Heart

Lecithin's connection to the cardiovascular system deals with its ability to control the body's level of both HDL and LDL cholesterol. Research indicates that lecithin can help in the control of triglyceride levels, reduce total serum cholesterol, and lower the LDL type while raising the HDL

type. Lecithin works to rid the body of cholesterol in two ways. First, it stimulates the transportation of cholesterol to the liver, before the cholesterol has a chance to accumulate. Secondly, after cholesterol has already accumulated, lecithin prompts the production of the enzyme LCAT (lecithin acetyl transferase) that dissolves the cholesterol and eases its transport to the liver. This helps to prevent many cholesterol-related diseases, such as atherosclerosis.

Regarding the ratio of HDL to LDL cholesterol, some studies have indicated that lecithin supplementation has been extremely effective in both increasing HDL level as well as lowering LDL level. A study performed in Sweden in 1974, for example, has shown that five 50-year-old men increased their LDL cholesterol level as high as 30 percent by taking 1.7 grams of lecithin per day for nine weeks.

Various sources note that some of lecithin's constituents are responsible for its ability to raise the HDL cholesterol level. Choline and inositol, two of the B-complex vitamins, are reported to utilize fats and cholesterol in the body. Choline combines fatty acids and phosphoric acid within the liver to form lecithin. Memory disorders, such as Alzheimer's disease, have also been connected to a deficiency in choline. Choline is said to form acetylcholine in the diet and acetic acid in the body. Acetylcholine transmits nerve impulses from one neuron to another, a process essential to memory function. Like choline, inositol is found in high concentrations in lecithin, and is effective in promoting the body's production of lecithin. It also aids in the metabolism of fats and helps reduce blood cholesterol. In combination with choline, inositol prevents the fatty hardening of arteries and protects the liver, kidneys and heart.

Sources of Help

There are a number of sources of lecithin, some of which are more effective. The common natural sources of lecithin are egg yolk, corn oil and soybean. The former two, experts say are saturated lecithin, while soybean is unsaturated. Therefore, the best natural source of lecithin is soybean, since unsaturated lecithin is said to be more effective in cleaning accumulated cholesterol from the arteries.

Research also indicates that the lecithin found in corn oil produces little change in the HDL cholesterol levels. Soybean lecithin, however, has been found to provide a proper ratio of HDL over LDL cholesterol, and is effective in removing accumulated cholesterol. When it is not feasible to take lecithin in its natural form, it is readily available as a supplement in capsule, liquid and granule forms. Most sources recommend a daily intake of two tablespoons. However, lecithin is reportedly non-toxic up to 20,000 mg. In this day and age, when cardiovascular problems are so prominent, and more people are concerned over cholesterol levels, lecithin supplementation is one way of ensuring both a healthy heart and a healthy mind.

(Sources: Your Personal Vitamin Profile by Dr. Michael Colgan; EPA with Lecithin by Dr. Bruce B. Miller; Trace Elements, Hair Analysis and Nutrition by Hicharu A. Passwater, PH, D and Elmer M. Cranton, M.D.; and Nutrition Almanac by John D. Kerschmann with Tavon J. Dunne)

MN Price: \$ 13.85
SRP Price: \$ 16.30
Item #:20182



