

Shaklee News

Congratulations to our new Directors

We would like to welcome the following new members to our Shaklee Family

Mexico was beautiful!



Our follow-up trip to Chicago for our daughter, Catherine who has Retts Syndrome-the researchers found her to be AMAZING, thanks to Shaklee.

For example, she has NO muscle deterioration which is normal in Retts girls! We have her on 6 tablespoons of Shaklee Soy Protein a day.



Dave & Heidi Carlstedt
5011 Hidden Acres Circle
Saint Cloud, MN 56301 320-654-1175 or 320-251-9431
sharing@cloudnet.com

Protein – Dr. Jamie McManus

The Power of Protein

Protein is essential to the growth, repair, and maintenance of all body tissues. It is also required for making enzymes - catalysts essential to all life processes, and hormones - powerful chemical messengers that circulate through your bloodstream to specific target cells, where they generate a wide range of biological responses. It also helps your body maintain fluid and electrolyte balance, provides a source of energy, and helps your body fight off disease. These are the powers of protein!

These powers are made possible by consuming adequate amounts of dietary protein from a variety of lean meats, fish, and poultry, as well as soy and milk, which supply the body with amino acids, the basic building blocks from which the body can make its own body proteins.

Not All Protein Is Created Equal

Foods provide about 20 different amino acids, of which more than half are considered to be “nonessential.” In other words, the body can make them for itself. However, nine other amino acids are considered “essential,” meaning the body is unable to make them on its own. And unlike the

carbohydrates and fats we consume, amino acids are not stored in the body. Therefore, the body must rely on a constant and steady supply from the protein-rich foods we eat every day.

So what are the best sources of dietary protein? And is there a difference between animal and vegetable sources? Well, it’s true that not all dietary protein is created equal. It really is the protein quality of one’s diet that, in large part, determines how well a child will grow and develop and how well an adult will maintain his or her health. Put simply, high-quality proteins provide enough of all the essential amino acids needed to support the body’s work, and lower-quality proteins don’t. **Two key factors that influence protein quality are the protein’s digestibility and its amino acid composition.**

Protein digestibility is a measure of the amount of amino acids absorbed from a given protein intake, and amino acid composition refers to the simultaneous availability of all the needed amino acids from a food we choose to eat. In general, animal-sourced proteins (meat, fish, poultry, eggs, and

dairy) are considered high-quality proteins, as is soy, a vegetable-sourced protein. However, other vegetable proteins tend to be of much lower quality and are often referred to as “incomplete” proteins because they do not provide all the essential amino acids the body needs. Incomplete proteins can come from fruits, vegetables, grains, and nuts.

Continued on page 3

Protein Deficiency

- Fatigue or lack of energy
- weakness, in general
- mood swings
- poor muscle tone
- dry, lifeless hair
- splitting nails
- difficulty concentrating
- hormonal imbalances
- menopausal symptoms
- excessive sweating

Helps..

- Retain normal cholesterol levels
- osteoporosis, low bone density
- heart, breast, and prostate health
- regulate hormonal balance in women

Lack of Protein Symptoms – (Hypoglycemic Symptoms)

- emotional on empty stomach
- shakiness, headaches relieved by food
- weak spells or tiredness midafternoon
- irritable before breakfast
- or if meal missed
- intense, frequent thirst

Shaklee News Page 2 of 4 How your Teenagers can fight Acne

As soon as my sisters and I hit the teenage years we started suffering the same fate as most other teenagers. We faced the dreaded skin enemy – **ACNE.**

How did we deal with it? After washing our faces with the Shaklee line **Enfuselle**, which consisted of a *cleanser, toner, and moisturizer* we would put a small gob of the **Acne Clarifying Complex** on any surface of our face which had clusters of Acne or even one pimple.

We would do this at night right before going to bed and let it crust over the spots where we had applied it. In the morning we would wash off the crust (what was

left on our faces) and again do the cleanser, toner, and moisturizer.

This repeated process not only nourished our skins but helped us combat Acne. Because we applied the **Acne Clarifying Complex** none of us ever dealt with huge whiteheads or purple Acne surfaces. **Our faces were like - FLAWLESS.**

We still continue using the **Acne Clarifying Complex** but now we use it only when we feel a pimple coming, since our teenage years are coming to a close (at least mine is) the **Time Repair A.M.** and **C+E Repair P.M.** now do the job of protecting and repairing our skins from harmful particles and air pollution which had caused

the plugging up of the pores and our acne.

When we had blackheads – really bad, we learned that by applying **Infusing Mineral Masque** once a week quickly cleared them up and then we would go back to applying it only once every two weeks.

Enfuselle helped keep our faces glowing, moisturized, and free of Acne. It all works together: the **Cleanser, Toner, Moisturizer, Acne Clarifying Complex,** and the **Infusing Mineral Masque.**

Do you or your teenagers want to try out flawless skin? Give your sponsor a call to try the products.

Diana Carlstedt

Congratulations to Kimberly & Paul Winrod under Dorine and Virgil Loecken!

Congratulations to Kimberly and Paul Winrod for becoming New Directors. Kimberly & Paul have set their goal to becoming a Master Coordinator so her family can live a comfortable life and be able to travel.

We enjoyed taking all of our new rank increase groups out for dinner at the *Coyote Moon Restaurant* in early December. Thank you Leticia and Heidi for all the help and information!

great passion for helping out everyone that they meet. They want everyone to live a healthier life and they have found that there is no better way than with Shaklee!

Kimberly and Paul have a **Saw Palmetto**

A New Life: When I first learned of Shaklee, I was an old man or thought and felt I was really old! I had lots of health problems including knee pain that was so intense, I could only climb stairs by turning my body sideways and moving slowly. I was taking lots of medicine including something to

stop the dripping after I would urinate. I had lots more problems but when I discovered Shaklee, everything changed. Saw Palmetto helped the swollen prostate and the dripping. I use Vita-Lea Gold, 6 OmegaGuard, 4 GLA, 3 Nutriferon, Vita E, Garlic, 6 B Complex, Zinc and Vita C. Optiflora

*and 2 EZ Gest corrected the gas, IBS and Stomach problems. **The bursitis and terrible knee pain are gone.***
Ed Weber

Note: A good way to tell if you are getting enough B Complex is that your urine should be a florescent yellow, not cloudy or white.

Protein continued from page 1

Health Benefits: When most of us think about the health benefits of dietary protein, its role in bodybuilding comes to mind—and rightly so. No new body tissue can be built without it. However, research also suggests that the intake of high-quality protein in the context of an overall healthful diet may also have positive effects on our body weight and body composition as we age, as well as play a role in the prevention of chronic diseases such as heart disease, certain types of cancer, and osteoporosis.

Weight Management: Studies have shown that achieving a healthy weight and maintaining that weight can help add years to your life, and scientists believe that dietary protein may play an important role in weight management.

High-protein diets may promote significantly more weight loss compared to lower protein diets because of protein's role in

promoting satiety. In a fairly recent study published in the *American Journal of Clinical Nutrition*, researchers studied the effects of increasing dietary protein while maintaining carbohydrate content on weight loss, appetite, calorie intake, and fat mass in a small group of study participants. Initially, participants were instructed to follow a weight-maintaining diet (50% carbohydrate, 15% protein, 35% fat) for two weeks. Then for the following two weeks, they were asked to follow a diet providing the same amount of calories but with 50% of calories coming from carbohydrate, 30% from protein, and 20% from fat. Two weeks later, they were given an *ad libitum* diet of 50% carbohydrate, 30% protein, and 20% fat to follow for an additional 12 weeks. Even though subjects could eat as much food as they wanted in those 12 weeks, they actually reduced their calorie intake by an average of 441 calories per day. They also lost an average of 10.8 pounds in body weight and 8.2 pounds of body fat.

Age-Related Muscle Loss: After about age 40, most adults will lose anywhere between 0.5% and 1% of their skeletal muscle mass each year. And in the early years, this gradual loss may go unnoticed because it might be masked by a concurrent increase in body fat. **However, chronic muscle loss—or what is known as sarcopenia—is estimated to affect about 30% of people over age 60 and may affect more than 50% of those over age 80. Insufficient protein intake in older adults can contribute to a loss of muscle, and although the optimal amount of protein to prevent or offset the progression of sarcopenia has yet to be established, research findings suggest that protein intakes, modestly above the present recommended dietary allowance of 0.8 grams per kilogram of body weight per day (i.e. 1 gram per kilogram of body weight per day or higher), enhance muscle mass in older adults who regularly perform resistance exercise.**

Protein intake in older adults also appears to have a more beneficial effect when consumed within an hour or so of resistance exercise. Emerging research also suggests that dairy protein, especially whey protein, may minimize sarcopenia because of its high concentration of leucine, an amino acid known to stimulate muscle protein synthesis. For example, findings in older adults suggest that increasing leucine intake may help restore the protein synthesis response to protein-containing meals, which has been shown to diminish with age. (NOTE: Shaklee Cinch products are very high in leucine)

Cardiovascular Disease: One concern that has been raised about the trend in high-protein diets for weight loss has been that eating diets high in protein and fat, and low in carbohydrate, would harm the heart. However, recent research findings suggest that if done in a healthy way, eating a little more protein, especially vegetable protein, while cutting back on refined carbohydrates may actually benefit the heart. A 20-year prospective study of 82,802 women found that those who ate low-carbohydrate diets

high in vegetable sources of fat or protein had a 30% lower risk of heart disease, compared to women who ate high-carbohydrate, low-fat diets. But women who ate low-carbohydrate diets that were high in animal fats or proteins did not have a reduced risk of heart disease.

Osteoporosis: Prevention of osteoporosis is a public health priority and among nutritional factors, most attention has focused on the beneficial role of calcium. However, in addition to calcium, many other nutrients are necessary for bone health, including protein. Findings from many, but not all, epidemiological studies point to a beneficial role for dietary protein in bone health. High-protein intakes have been associated with reduced bone loss, high bone-mineral density, and reduced fracture risk in older adults. In a recent trial, increasing protein intake, especially when accompanied by calcium and vitamin D, reduced bone loss, improved muscle strength, and shortened the hospital stay in older patients with hip fractures whose usual intake of dietary protein was low.

How Much Protein Is Enough?

Although no one-size-fits-all answer exists for that question and research on the topic is still emerging, the current recommended dietary allowance for protein is 0.8 grams per kilogram of body weight per day for healthy young adults. That comes to about 62 grams of protein a day for a person who weighs 170 pounds. Although growing children, pregnant women, nursing mothers, and older adults may need a little more (1.0–1.3 grams per kilogram of body weight), getting the minimum daily requirement of protein is fairly easy. Cereal with milk for breakfast, a peanut butter and jelly sandwich for lunch, and a piece of fish with a side of beans for dinner adds up to about 70 grams of protein.

Vegetable sources of protein, including soy protein beverage mixes, are also an excellent choice and many also provide healthful amounts of other essential nutrients such as fiber, vitamins, and minerals. The best animal protein choices are fish and poultry. If you are partial to red meat, such as beef, pork, or lamb, stick with the leanest cuts, choose moderate portion sizes, and make it only an occasional part of your diet.

Allergic to Cleaners

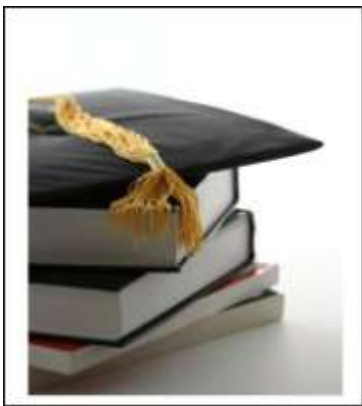


I suffered from chemical reactions to my old household cleaners. Few people knew I was having fits of rage and depression. I would have days when I felt great and would clean the house like there was no tomorrow. Then the next day, I would be on the couch. I would be angry but I didn't know why. I didn't feel like getting dressed and I didn't want my kids around. I was frustrated;

these reactions were very severe. I thought I must be a bad mother or, even worse, was going nuts. Then I found Shaklee. The first Shaklee tape I listened to talked about the effect chemicals have on our emotional and mental states. I knew I was chemically sensitive and had adverse reactions to caffeine, sugar and antihistamines. I began keeping track of my

outbursts and my down times and discovered my couch days followed the days I cleaned my house. I immediately got rid of all my cleaning products and replaced them with Shaklee cleaners. Shaklee worked better and saved me money. I also began taking Soy Protein, B Complex and other supplements. Changing brands changed my life!
Lorraine Smikle

A Great way to pay for College-Congratulations, Diana!



Let us face the facts. The job market is not good out there! If you are just out of high school and looking for a job let's say you find one that pays you ten dollars an hour. So 40 hours times ten is \$400 a week or \$1,600 a month. On top of this you will have to study and carry a full load of courses.

Enter Shaklee 101 You help your child share

Shaklee with people, sign them up under them and they achieve 2,000 PV a month. Their bonus is 16% + 10% differential or \$520. If they build their business up to 2,500 PV their bonus would be 20% + 10% differential or \$750 per month.
3,000 PV X 24% + Diff. = \$1,020
4,000 PV X 28% + Diff. = \$1,520 a month.

Basically the same as working those 160 hours a month.

5,000PV X 30% + Diff. = \$2,000 a month.

You also teach your child how to communicate and run their own business and share Shaklee.

You are giving them not only a job, but a career of helping people!
Congratulations DIANA CARLSTEDT on becoming a New Director!

Specials



Vitalizer™

Wellness Pack

With Energizing Soy Protein
Vanilla

Lifelong Vitality

Get 10% off with
autoship Item #: 81929 —

SRP Price: \$ 177.85

MN Price: \$ 151.15 5.04 —
a day

DN Price: \$ 130.45 **\$4.34 a day**

Remember RX for a healthier life once you are on Auto Ship you get a coupon your second month for an additional item for \$10 each month that you maintain your auto ship. This could be an extra Vivix for only \$10.00!

VIVIX-Anti-Aging



Vivix 4-Pack # [80018](#)

Save 10% on Vivix, without AutoShip, by ordering the new 4-Pack

