

Shaklee News

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Congratulations to Dennis & Reggie for Becoming New Directors

We are so proud of Reggie and Dennis for becoming new Directors from Phoenix, Arizona in our organization. They joined Shaklee in the beginning of September and in seven months have become Directors.

There is a saying. ***If you want to get something done, ask a busy person to do it.*** Reggie and Dennis are parents to nine children and home school them.

Dennis works for UPS and looks at Shaklee as a way to change their lives so they can spend much more time with their family.

By spending some of their personal time helping others, they are able to get their products free and are working at increasing their PV so it will pay for the rest of their expenses. It's easy to succeed when you have goals like this to

work for. This is how their Business Group Volume grew per month.

1. 112.12	6. 1145.70
2. 109.75	7. 2480.35
3. 318.02	8. 3350.52
4. 1053.52	
5. 1798.16	



Continued: What symptoms to expect when you improve your Diet

Continued from Dr. Stanley S. Bass M.D.

In the first part we were talking about exchanging quality foods for those low grade foods. Removing those foods that act as stimulants in our system such as coffee, tea, chocolate, tobacco, salt, pepper... **As we change to a superior diet some of the symptoms that you will encounter are being more tired and lethargic for awhile. This will last for several days until the body starts to detoxify and grows accustomed to the healthier diet.** The things that should be taken from Shaklee during this process are DTX to help clean out and rebuild the liver, (Also for those people that take a

lot of medications; you take DTX (Liver Detox) three tablets daily until the bottle is gone. When the bottle is gone you are done taking it for a year. Herb lax which puts muscle tone back into the colon, and Optiflora Pre and Pro Biotics which puts healthy bacteria back into your colon. Fiber and Alfalfa should also be taken on a regular basis.

The above program will get the sluggish bowels moving again. What you eat today should be out of your system by the next day. What this means is that you should be having a bowel movement two, to three times a day as the bare minimum.

Remember a key component of better nutrition and why many people stop is that after two or three days they say they felt better when they were eating the poorer quality foods.

During the initial phase the vital energies which are usually in the periphery or external part of the body such as the muscles and skin begin to move to the vital internal organs and start reconstruction. This shunting of much of the power to the internal region produces a feeling of less energy in the muscles, which the mind interprets as some, weakness.

Actually, the power is increased, but most of it is being used for rebuilding the more important organs and
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Better Diet Continued from page 1



Cinch is a great meal replacer for those that are always on the run. Instead of getting fast food for \$5 to \$7 a meal how about a healthy meal for 2.72 plus a cup of milk.

less of it is available for muscular work. Any weakness which is felt here is not true weakness, but merely a re-deploying of forces to the more important internal parts.

Here it is important for the person to stop wasting energy, and to rest and sleep more. This is a crucial phase, and if the person

resorts to stimulants of any kind, he will abort and defeat the regenerative intent of the body. It is important that he have patience and faith and just wait it out, and after a while he will get increasing strength which will exceed by far what he felt before he began the new program. Remember the body is using its main energies in more important internal work and not wasting it in external work involving muscle movements.

As one continues on the improved diet and gradually raises the food quality, interesting symptoms begin to appear. The body begins a process called "retracing." Basically this is the cells looking at the higher quality food coming in and saying "smorgasbord". Now with this added quality the elimination of the gunk in the cells can start and the start of a new beautiful new house begins. **Vivix plays a huge roll in the cleaning out of cells and adding more energy to each cell.**

During the first phase (called catabolism), the accent is on eliminating, or breaking down of tissue. The body begins to clean house in short, to remove the garbage deposited in all the tissues everywhere. Wastes are discarded more rapidly than new tissue is made from the new food. This becomes evident as weight-loss. This

persists for a while and is then followed by the second phase stabilization.

Here, the weight remains more or less stable. During this phase, the amount of waste material being discarded daily is equal to the amount of tissue which is being formed and replaced by the newer, more vital food. This occurs after the excess of obstructing material in the tissues has been removed. This stage persists for a while and is then followed by a **third phase, a build up period called anabolism**, where your weight starts to go up, even though the diet is lower in calories than it was before. At this point, much or more of the interfering wastes have already been discarded. The tissues which have been formed since the diet was raised in quality are more durable and do not break down easily. New tissues are now being formed faster. This is due to the improved assimilation made possible by the ceasing of wrong food combining.

The body's need for the usual amounts of food decreases, and we are able to maintain our weight and increased energies with less food. Many are able to function very efficiently on two meals a day and eventually even on one meal a day. As the body progressively increases in efficiency and decreases in tissue breakdown under exercise, so do we gradually need less and

less food to maintain life. The higher the percentage of raw food one lives on, the slower the rate of tissue deterioration which one evolved into. A sick body requires a gradual carefully worked out entry into this stage, where one is able to live on 100% unrefined diet.

Returning to the symptoms which occur on a superior nutritional program- people who have had tendencies in the past to recurring skin rashes or eruptions will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes or eruptions. If they go to a doctor now who is not familiar with this aspect of nutrition, he will diagnose it as an allergy.

They ask, "How come; I'm eating better now than I heave ever done before, and instead I'm getting worse?" They don't understand that the body is retracing. The skin is getting more alive and active. It's throwing out more poisons more rapidly now that the body is building more power which is saved from those hard to digest meals which have been discontinued. These toxins being discarded are saving you from more serious disease which will result if you keep them in your body too much longer possibly hepatitis, kidney disorders, blood disease, heart disease, arthritis, nerve degenerations or even cancer depending upon your hereditary or structural weaknesses. Be happy you're paying your bills now in an easy payment plan.

With some, colds which haven't appeared for a long **Continued on the next page**



Nutriferon is a great way to increase your own immune system for those that get colds easily, or have allergies.

Symptoms to becoming Healthier

time may occur, or even fevers. This is nature's way of housecleaning. Understand that these actions are constructive even though unpleasant at the moment. Don't try to stop these symptoms by use of certain drugs, or even massive doses of vitamins which will act as drugs in huge concentrations.

Headaches may occur at the beginning, fever and/or colds also may appear, the skin may break out, there may be a short interval of bowel sluggishness, occasional diarrhea, feeling of tiredness and weakness, disinclination to exercise, nervousness, irritability, negativity or mental depression, frequent urination, etc... However, the great majorities of people find their reactions tolerable and are

encouraged to bear with them because of the many improvements which have already occurred and are becoming more evident with each day. This acts as an inspirational force to them.

The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination and the amount of energy you have available. The more you rest and sleep when symptoms are present, the milder they are and the more quickly are terminated. Realize deeply that your body is becoming younger and healthier every day because you are throwing off more and more wastes which would eventually have brought pain, disease and much suffering.

Don't expect to go on an ascending scale of quality that improving your diet will make you feel better each day until you reach perfection... The body is cyclical in nature, and health returns in a series of gradually diminishing cycles. For example you start a better diet and for a while you feel much better. After some time, a symptom occur. You may feel nauseous for a day and have diarrhea with a foul smelling stool. After a day you feel even better than before and all goes fine for a while. Then you suddenly develop a cold, feel chills and lose your appetite. When this passes you feel even better than before. This is the natural progression of losing all those toxins in your body. So stay with your rebuilding process because given time you will be healthier!

RX for a Healthier life is the Best way to achieve total health!



MN price for Rx for a healthier life is \$244 or \$8.13 a day. After the first month of having this on Auto Ship you will receive a coupon on your home page for a free product each month that you maintain your auto ship. This can be either a Vivix \$85 MN or a Vitalizer-\$79.25 value.

Understanding the Twenty Year Study "Vitalizer"

Shaklee had to go through a number of hurdles to get this study completed. The premier research institution that had experience with the NHAINES study was UC Berkeley with Gladys Block. Dr. Block is considered one of the top epidemiologists in the country. We wanted to use the NHAINES data and add a third arm to this study as NHAINES is considered the most reputable study of its kind ever done. We proposed to Dr. Block and UC that we add an extra arm to the study for long term supplement users. **Dr. Block's organization required full control over how the study was to be conducted, had full control over the study write up results, and also had full**

control on publishing the study whether or not the results were going to be beneficial to Shaklee. We had to pay for the study, but if we had a bad outcome the study would have been published. (Personal Note: Heidi's uncle worked for the Health Department in Washington for most of his career. He was very impressed that a company like Shaklee would put their credibility on the line- But Shaklee said that they knew their products and the incredible results showed the research behind every Shaklee product!)

UC Berkeley ran all the statistics, analyzed all the

blood draws and wrote the study, and had 100% control of publishing any outcome (good or bad).

Next step for UC Berkeley was to contact a publisher. We wanted them to use a peer reviewed publication, which means that other 3rd party scientists review everything UC Berkeley did to punch holes in the data. This review process goes on over several months with questions from the reviewing scientists and requests for clarification... the importance of doing 'peer review' studies is that these are the gold standard for clinical trials, because you have an independent scientific panel

Continued next page.



20 Year study continued



With the twenty year study it would be nice to thank Bob and Bernice who started all of us on our road to health!

of experts scrutinizing the data to make sure that it is absolutely accurate when published.

Gladys Block said, "I guarantee no other company would have done this study, because they would be worried about the possible outcome."
Cindy Latham SVP of

Marketing Shaklee Corporation: We believed in our products and gave UC Berkeley full control... you should be extremely proud of the results and because it will be 'peer reviewed' nobody should argue with you regarding the merits of the data.

Because of this study,

Shaklee scientists came up with Vitalizer which is a convenient strip of vitamins that you take once a day, with cutting edge technology that puts all the nutrients at the appropriate spots in your stomach and upper intestines. **We have enclosed a portion of the study along with this newsletter.**

Extra Ways to use Shaklee

Bee stings: Take beauty mask and apply it on and around the bee sting. This will help suck out the poison and the stinger itself.

Burns: Apply Basic H directly to the burn. This could be a flame burn or sunburn. Just let it sit on the burn. Remember Basic H makes water 260% wetter. This puts moisture back into the

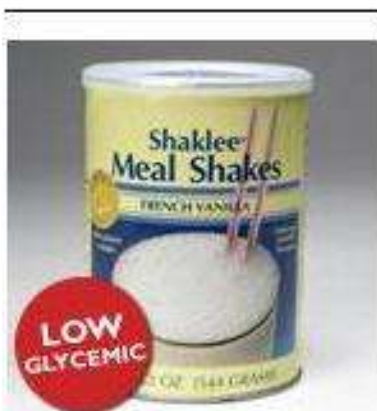
affected area and helps remove the sting of the burn.

Spring Carpet Cleaning: In a five gallon pail of water, mix ¼ c Dish Wash Conc., ¼ c Nature Bright, a full pump of Basic L, and a squirt of Basic H and if you have Pets, a squirt of Basic G. Put this mixture in a Wet carpet cleaner and watch the results.

Orchards: ½ oz Basic H in a gallon of water. Spray trees before blossoms appear. Spray every 9-10 days for best results. Spray right up until harvest.

House plants: For healthy plants use 2 drops of Basic H with 8oz of water. Water as needed.

Shaklee University-available online...



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 with each course, you send us 5 sentences telling what information that you learned. Upon completion of all Shaklee University courses, we will mail you a check for \$50.

Online Specials are available on the Shaklee website. **Example:**

Buy 2 Basic-H2 wipes, get one Germ off wipes FREE.

