

## VITAMIN C BENEFITS

- \*Helps the body absorb iron & calcium
- \*Natural antihistamine
- \*Help allergies
- \*Reduces risk of heart disease up to 40%
- \*Reduces risk of cancer
- \*Powerful antioxidant
- \*Reduces risk of cataracts
- \*Increases resistance to ligament & tendon injury
- \*Protects from radiation
- \*Frequently used in the prevention & treatment of common cold



### Need for VITAMIN-C

#### Bleeding gums

Frequent illness Weak immune system

#### Varicose veins

#### Bruise easily

Smoke cigarettes  
Nosebleeds

#### Allergies

#### Arthritis

High levels of stress

#### History of cancer

Take oral contraceptives

#### Slow wound healing

#### Drink alcohol regularly

Eat smoked or processed meats

#### Iron deficiency anemia

Weakened teeth or enamel  
Macular degeneration

#### Toxic exposure

Heavy metal poisoning

#### Heart disease

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## Vitamin C Research

There have been so many negative reports about supplementation recently because the investigators asked the wrong questions. Someone has finally asked the right question.

Dr. Gladys Block and colleagues at UC Berkeley recently published (Free Radical Biology and Medicine, 46: 70-77, 2009) a study on the effects of vitamin C supplementation on blood levels of something called C-reactive protein (CRP).

In case you didn't know, CRP is a marker of inflammation and a number of studies have suggested that an elevated (> 1 mg/L) level of CRP in the blood is an independent risk factor for heart disease.

In fact, after a recent study called the JUPITER trial some cardiologists are recommending that people with elevated CRP be given a statin

drug even if their cholesterol levels are normal.

This is why the study by Dr. Block and her colleagues is so significant.

They gave healthy, non-smoking adults (both men and women) with an average age of 44 either 1000 mg of vitamin C or placebo each day for two months and asked whether the vitamin C supplementation caused a significant reduction in CRP levels.

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## The Building Blocks of Life

The word protein means of "first importance". Next to water, protein is the most abundant substance in the body. Proteins are the basic building blocks for everything in the body.

Proteins are the building blocks for all living tissues, providing for a cell's structure and behavior. They are also the true workhorses of the body, carrying out virtually all biochemical processes. A protein molecule consists of a number of amino

acids linked together in a particular order, and a very particular shape. The blueprint for each protein is specified by a gene's DNA sequence.

Amino Acids are divided into two groups: One type is the Essential Amino Acids. These 9 are considered essential which means that the body cannot produce them; therefore, they must be supplied through the diet on a daily basis. The second type is called Non-Essential Amino Acids. The body can

manufacture these amino acids but only if all essential AA's are present. Note: if even one essential AA is deficient or missing this will create a rippling detrimental effect on all non-essential AA formation. This can manifest as an issue anywhere in the body.

**Many North Americans are lacking in Quality protein.** The typical American diet includes plenty of red meat, chicken,

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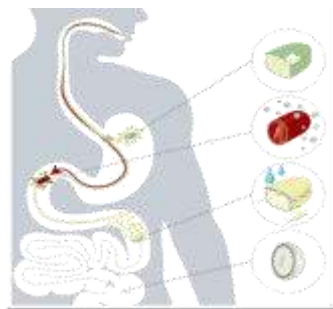
## Vitamin C Research

### **Vita-C®**

#### **Help Your Body Fight the Good Fight**

As a powerful antioxidant, vitamin C is a do-everything kind of nutrient, supporting heart health, immune health, and more. **But important as it is, our bodies can't store it.** To make it available, we need it at regular intervals. Hour after hour, Vita-C is clinically proven to perform.

***VITALIZER- has sustained release Vita-C***



**"The cost of just one of our delivery systems, the pH-activated release, is higher than the total cost of all vitamins and minerals in leading multivitamin products."**Carsten R.

Smidt, Ph.D., FACN,  
Chief Scientific Officer,  
Shaklee Corporation

If they had just asked whether Vitamin C reduced CRP levels in the total population group (the wrong question) you would have been reading about another negative study that showed supplementation didn't work.

But they were smart enough to ask the right question. They divided their study group into those who had elevated CRP levels and those whose CRP levels were normal.

For those people whose CRP levels were normal (and were, therefore, at low risk of heart disease according to their CRP levels), Vitamin C had no effect on their CRP levels.

As Dr. Block observed those results were not particularly surprising. She said "Common sense suggests, and our study confirms, that biomarkers are only likely to be reduced if they are not already low."

However, in the group with CRP levels > 1 mg/L, vitamin C supplementation decreased CRP levels by 25% (34% if their CRP levels were > 2 mg/L).

In fact, for individuals with elevated CRP levels, vitamin C supplementation was just

*continued from p. 1 ...*  
as effective at lowering CRP levels as statin drug treatment!

Dr. Block concluded by saying: "It has recently been suggested by some researchers that people with elevated CRP should be put on statins as a preventive measure. For people who have elevated CRP but do not have elevated LDL cholesterol, our data suggest that Vitamin C should be investigated as an alternative to statins, or as something to be used to delay the time when statin use becomes necessary."

In short, because she and her colleagues asked the right question we now know that vitamin C supplementation does make sense for people with elevated CRP levels rather than mistakenly assuming that vitamin C supplementation is worthless.

I do want to make the distinction here that elevated CRP is only one risk factor for heart disease and this study alone does not prove that vitamin C reduces the risk of heart attack or stroke.

However, this study is fully consistent with the Women's Health Study

(Lee et al., JAMA, 294:56-65, 2005).

In one of my previous health newsletters, vitamin E supplementation did not decrease the risk of cardiovascular death, heart attack and stroke in the total population group studied and the headlines said "Vitamin E is ineffective at reducing heart attacks and stroke in women".

**Yet when they looked at women who were over 65 (the ones actually at high risk for heart disease), vitamin E supplementation reduced cardiovascular deaths by 24%, heart attacks by 26% and strokes by 21%.**

Dr. Block and her colleagues concluded that "[future] research on clinical benefits of antioxidants should limit participants to persons with elevations in the target biomarkers [risk factors]"

Now that is the right question!

*To Your Health!*  
*Dr. Stephen G Chaney*

## Building Blocks

*continued from p. 1 ...*

dairy products, etc., so these people should have more than enough protein, right? Sadly, no. How can that be?

Remember that animal protein requires a well-functioning digestive system to properly process and utilize amino acids. MOST Americans have faulty or low-functioning digestion. Many sources do not contain all 9 essential AA's. The MAD

(Modern American Diet) tends to have most of us choosing protein items such as hamburgers, hot dogs, processed meats, cold cuts, bacon, fried chicken strips, canned tuna... **Unfortunately all these contain high levels of fat, antibiotics, hormones, additives, preservatives,**

**pesticides, nitrates, flavors and a whole host of detrimental substances.** All these substances increase the workload of our already limited digestive ability, making the utilization of any amino acids that much less efficient.

What are quality protein sources? Organic meat whenever possible to avoid antibiotic or hormone and chemical contamination, lean meats, poultry, eggs, fresh deep-ocean fish, sea vegetables such as Nori, avoid farm raised fish, fresh non-roasted/ non-salted nuts and seeds, beans, legumes, grains - note these are incomplete proteins and must be properly combined.

A high quality, alkaline, soy based complete protein supplement is Shaklee's Protein. When people are allergic to **soy products, it is because of the processing of the soy product. The quick way to process soy it to high heat it or wash it with chemicals which denaturizes the Urase in the Soy.** This unbalanced soy is what people are allergic to. Shaklee takes the longer processing method of cold washing which does not denaturize the Urase and therefore people who say they are allergic, can tolerate Shaklee's Protein. Catherine was tested to be allergic to Soy and we have had her on it her whole life with phenomenal success!



Soy Protein Drink Mix

### Biologically Complete Protein From Non-GMO Soy

Shaklee uses an independent certification process called the Identity Preserved Program (IPP), **which ensures that our soybeans are free from exposure to genetically modified soybeans.** From seed to shelf, you can trust Shaklee's commitment to natural, quality ingredients.

## An Update on Catherine

Catherine is now nine years old and doing very well with what she has. At two she was diagnosed with Autism and at four we found out that she had RETT Syndrome.

This is just a brief synopsis of what RETT Syndrome is: effects only girls, 99.9% are mutes, 65-70% of them seizure 15-20 times a day, which they take medication for, all of them have severe constipation, and their head, hand and feet size in the bottom 10% of the normal child that age, Catherine had 72 food allergies that were confirmed by blood and skin tests.

Today Catherine is a Healthy 9 year-old. She has had only six isolated

cases of seizures that lasted one day. She has had none in the last three years! She is in the 80-90 percentiles in head, hand and feet size for a normal child. She has regular daily bowel movements and is on no medication.

To try to heal her body of the allergies, we put her on 2 NutriFeron, 1 Caratomax and 1 Flavomax along with her other supplements. **Nine months later we did the same tests (skin and blood) for allergies and found out that she was allergic to nothing!**

She is now in a study, as of March 2010, at Gillette's hospital in the

Twin Cities. The research doctor wrote a glowing report stating that the only thing he can attribute Catherine's incredible ability to is taking Shaklee on a regular basis! Yes, it shows what a body can do when it is given the nutrients that it needs in such quality and purity as Shaklee!

**Catherine has taught us, her parents, that you need to take your health into your own hands. Doctors are here to get us over humps in the road. But if Doctors were the answer than the person on the most medications should be the healthiest. Right?**

We have seen example after example that shows building the body up nutritionally will help to heal many health issues.

Catherine & Diana



## No Place like Home for Babies to Collect *Toxins*



pediatrician at Stanford University's Lucile Packard Children's Hospital. Because of that dust, **babies are more likely to be exposed to pesticides and other potentially harmful chemicals inside the home than outside**, he says.

**Children younger than 2 are also more vulnerable to toxins than adults because they're still developing, Greene says. On average, children that age who are exposed to carcinogens are 10 times more likely than an adult to develop cancer, according to the, Environmental Protection Agency. (Remember from an earlier newsletter Windex and Formula 409 both contain Carcinogens!)**

Yet toxic exposures often start long before

babies can crawl. Babies today are typically born "pre-polluted," exposed to potential carcinogens even before birth, a report by the President's Cancer Panel said in May.

**In a study of umbilical cord blood by the Environmental Working Group, researchers found 180 carcinogens in babies and 217 chemicals that were toxic to the brain or nervous system.**

The American Cancer society estimates that about 6 percent of cancer deaths - nearly 34,000 a year - are caused by environmental pollutants...

***Isn't it wonderful to have Shaklee cleaners to use that do NOT have harmful chemicals for your little ones! They not only help to save the health of your family, but also save you \$\$\$\$.***

**USA Today June 5, 2010:**

A crawling baby learns about his the world with every step. But research shows that babies pick up more than new skills as they explore their environments.

**Infants may take in two to five times as much household dust as adults, even though they weigh only one-eighth as much,** says Alan Greene, a

### **Get Clean® Starter Kit**

With Fresh Laundry Fragrance Free HE

**YOU'D HAVE TO SPEND MORE THAN \$3,400 TO GET THE EQUIVALENT CLEANING POWER IN THE GET CLEAN STARTER KIT!**

And when you purchase the *Get Clean Starter Kit* you also make a positive impact on the planet:

- **Eliminate 108 pounds of packaging waste from landfills for each kit!**

## Basic H Formulas

**Burns:** Apply Basic H directly to the burn. This could be a flame burn or sun burn 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.

**Carpet Cleaning:** In a five gallon pale of water mix ¼ cup Basic D, ¼ cup 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. Carpets will remain cleaner, longer!

**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 4 drops of Basic H with 8oz of water. Water as needed.

## Shaklee info

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

*When you take the Shaklee University, you can earn up to \$50.00.*



When we give Nutritional Information Sessions, people with large families ask, "What are the very basics that a person needs to be on for health?"

The 4 essentials are  
**PROTEIN**-builds healthy cells  
**VITA-LEA**- "feeds" the cells  
**VITA-C** - "glues" the cells together  
**HERB-LAX** - keeps the

bowels detoxed and wastes moving out  
 Price Per Month:  
 Retail: \$ 64.91 MN:  
 \$54.69

