

Shaklee News

Dave & Heidi Carlstedt

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Save Money!

Basic H2 is an organic Super Cleaning Concentrate. One 16oz bottle will make the equivalent of 5,824 bottles of 26oz Windex. Or you could use the same 16oz bottle and make 48 gallons of super-powerful cleaner, equivalent to 409. Basic H can be used for all household jobs- removes dirt, grease, and grime from washable surfaces, inside and out, walls, windows and mirrors, countertops, floors, appliances, stoves, sealed woodwork, and furniture.

We also use it in our showers to bathe with. When you use it in this manner dilute 1 part Basic H2 to 3 parts water. Your skin will soon not need all the moisturizers because Basic-H2 will allow your own oil glands to work, unlike the other soaps that coat your skin and cause dryness. One 16oz bottle costs \$10.35 MN.

If you add the three pack spray bottle, you will have the formulas on how to mix the Basic-H2 properly so you won't waste a drop.

These are very convenient!

A 14 lb Fresh Laundry Concentrate powder costs \$40.25 MN. This box will wash 240 loads. When you do the math that comes to \$.17 per load.

Remember when you share Shaklee with three or more friends you will pay the lower DN price and everything that your group purchases you will get credit for. This will give you roughly a 15% discount on all your Shaklee purchases from then on. **No coupons to worry about!**

Vivix



BROWN SPOTS & SPUR GONE: I can't believe that Vivix. I had a couple of light brown spots that showed up on my face a few months ago and was considering seeing a dermatologist to have them checked. After just 10 days on Vivix I noticed they were gone. Also, the spots on my hands are fading fast. But the absolute best testimony I have after three weeks on Vivix is the following: I developed a spur in my big toe four years ago after I stepped wrong and got a hairline crack on the side of my foot. I eventually couldn't move my toe even a fraction. The doctor called

it a 'stiff toe' and said it was a spur. He said my only solution was surgery and wearing ugly shoes the rest of my life. The pain was horrific for months. I couldn't even stand a sheet on my toe. As soon as the doctor said "spur" a light bulb went off. I remembered hearing years ago that Shaklee calcium was the only calcium that broke up arthritic spurs while other types may cause them, so I knew I had to increase my Shaklee calcium and alfalfa. Within 3 days the spur was dissolving, but I developed a lump on the bone above my toe which continued to cause me some pain.

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Vivix

FIGHTS CELLULAR AGING AND MORE: IN LABORATORY STUDIES, VIVIX INGREDIENTS

- HELP PROTECT AND REPAIR CELLULAR DNA
- POSITIVELY IMPACT GENETIC REGULATORS
- PROMOTE MITOCHONDRIAL BIOGENESIS
- SLOW AGE PROTEIN FORMATION

NO MORE PAIN

MEDS: Nancy Douglas shares the following: "Tom and I have been on the Vivix for 1 week and 2 days and after about 5 days Tom noticed that his ankles no longer hurt. He had broken them both as a youth playing sports. Tom is 65 and arthritis hit his ankles this year. He had to get up and take pain meds so he could sleep. After taking Vivix for just 5 days he no longer needs pain meds to sleep."

Cinch 83 Pounds and 52 inches healthier!



Debra M. from Michigan
Before: Size 18
After: Size 4



*I had put on some weight, and my son John got me started on the **Cinch Plan**. What a lifesaver!! Not only did I lose **83 pounds***, but I was **not hungry** on the plan and my horrible cravings for sweets and carbohydrates went away. I felt satisfied, energized and **HEALTHY!** Before I tried the Cinch Plan, my cholesterol, blood pressure and blood sugar were all inching upward due to my weight. After I had been on the Cinch Plan for a while, I went to the doctor for a physical and his first comment was,*

“Where did the rest of you go?” Because of my weight loss, my cholesterol, blood pressure and blood sugar improved and he was totally blown away.

*I have now **lost a total of 83 pounds and 52 inches**. I went*

*from a **very tight size 18 to a loose size 4**. * I am thoroughly enjoying my new life. I am golfing for the first time in 20 years and I run and weight train with my son at the local health club. We have a beautiful pool, which I had only been in once or twice in 22 years – I never wanted to be seen in a swimsuit. This year was different. I bought a new swimsuit this past summer and enjoyed the pool along with everyone at our 4th of July party.*

*Now, through my **Shaklee business**, I am helping others get healthy and lose weight with the Cinch Plan. Guiding them through **the process is great fun because the Cinch program really works** and they are completely thrilled. My clients*

*experience a renewed energy; and they are amazed that they not only lose weight, but they are not hungry, they feel fabulous and the inches literally melt away. The big bonus is that the **products taste wonderful!** My clients say they will continue with the shakes forever because they are full of nutrition, they are very satisfying, and they give them the energy they need to keep up with their busy lives. What a wonderful thing to be able to help people feel this kind of vitality! **I know of no other business that offers you flexible hours, the potential to earn a great income, the chance to meet an abundance of wonderful clients and colleagues; and, at the same time, be able to help people feel better and lead full and rewarding lives.***

Liver DTX: Even Healthy People get Sick

From Kay Wingert

After many years of enjoying good health, I started having health problems which is unusual for someone with my healthy Shaklee lifestyle, “a berries and twigs” kind of diet, with a cholesterol of 110/ cardiac risk of 0.5/high HDL and low LDL. An unusual weight gain was blamed on this stage in life when women over 50 have that hormonal thing. My doctor at the time said, “When you eat too many calories you gain weight”: I assured her a 50 pound weight gain so quickly was not commensurate with my lifestyle: she concluded with “Well, you cheat”. It was time to get another opinion.

I was getting very concerned about the puffiness all over my body, extreme fatigue, pain in my abdomen under my ribs radiating thru to my back; I just felt very ill and I looked sick. I chose a **medical doctor who embraced alternative medicine and**

nutrition. It didn’t take him long asking the right questions with follow up tests to discover the diagnosis of liver toxicity failure resulting in very low function of the liver, thyroid, adrenal gland system, digestive and intestinal systems. My cardiac system was doing okay but working very hard. He assured me because of the 25+ years of Shaklee nutrition there was a good chance I could reclaim a healthy liver; it was my wish to keep the one I had and not wait for a liver transplant. He tried an oral detox program but in 30 days I continued to lose ground, then switched to IV detox which stabilized the rate of loss but didn’t improve performance: Silymarin (milk thistle) was added to

no avail. It was at this crucial time Shaklee Health Science released Liver DTX: interesting to note that the previous brand needed 8 tablets to only one of the Liver DTX. My next blood test occurred in 2 weeks which showed an amazing improvement in liver function and performance. We were on the right track.

How does a person who has been on Shaklee Nutritional products end up with a toxic liver? In my case it was insecticide and pesticide exposure. Getting too many hits too quickly caused an overload of poisons for the liver to handle. Exposure resulted from termite treatment in our home, chemicals to kill a neuro-toxic mold and topped off with a

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Message from All of Us

Dear Shaklee Family,

In this New Year, we would like to take just a moment to send each of you our deepest thanks for everything that you did in 2008 and are doing to make Shaklee the incredible opportunity that it is today. We have so much to be thankful for!

Leaders in Shaklee are thriving, and in these uncertain times, that in itself is a blessed gift. The Shaklee Family is experiencing some of the most successful

months in our history, with 9 consecutive quarters of growth, and great potential for more of the same in 2009.

The interest that has been generated by the launch of Shaklee's revolutionary Anti-Aging product Vivix™, coupled with the Tru-Infinity™ program has been nothing short of miraculous. Demand for Vivix continues to grow daily, and Shaklee already has over 100,000 loyal Vivix consumers!

The future of Shaklee is exciting! Roger Barnett's goal in 2009 is to provide an

opportunity for one million families to dream again, to get on a path toward financial independence and to have both the hope and the means to achieve a better future.

We are privileged and grateful to be a part of your family, and to have the chance together to make a significant and meaningful impact on the world.

May you have a wonderful and prosperous New Year!

Dave & Heidi Carlstedt & Family

With so many companies scaling back or out right firing their employees **would it not be a good time to take your future into your own hands**, be your own boss, set your own time to work, be with your children when they need you? Does this sound to good to be true? **In your present job do you get paid for helping others feel better, or save them money on their daily cleaning? With Shaklee you can make a difference in their lives!**

Vivix Testimonies *continued*

I eventually could wear one inch heels as long as the shoe wasn't too tight. I had to buy shoes 1/2 size larger because of the sore. That was definitely better then the doctor's only solution of surgery and 'ugly shoes' but it just wouldn't heal completely. Then "Vivix" came along. I had taken it for 2 1/2 weeks when I noticed the lump was gone and no more soreness. I wore 2" heels this week for the first time in four years and was pain free. I still had some crystallization in my big toe, but I noticed that is completely dissolved now and I can wiggle my toe perfectly and bend it up, which is probably why I can wear the high heels now (the spur and lump are both completely gone). If I really push where the lump was there is still a slight

soreness, but I'm sure that will be gone soon. I am so excited. Thank you Shaklee for this unbelievable product. I had no idea it would help with such a problem. I've missed so much not being able to wear heels as I'm short and they just make me feel more feminine, plus I'm pretty tired of the pain. I was just taking the Vivix to become younger, like we all are. Viva Vivix! I also have a friend in Shaklee who said her bunions are gone and her husband's dark shadows on his face are practically gone. I don't understand how this works so quickly. It's almost scary, but in a good way. I think Shaklee is going to be receiving some truly amazing testimonies as a result of this product. I think

we've only touched the tip of the iceberg. I just had to share this with someone. Thank you for listening. *Mary McGaffic*

FIBROMYALGIA: A fibromyalgia client on Vivix, Vitalizer, and Cinch shakes for 4 days reports: "I noticed I slept really well last night for the first time in many weeks. My pain has lifted some and my energy level is starting to increase."

TREMOR IS GONE: My brother in law who is 75 and recently had some physical problems, got a strong tremor of his right hand. He started Vivix, and within a few days his tremor is gone and he is writing normally again! He is duly impressed and thankful. *Linda Dietz*

VIVIX ALSO SUPPORTS:

- HEART HEALTH AND CARDIOVASCULAR FUNTION
- BRAIN HEALTH
- IMMUNE FUNTION
- JOINT HEALTH
- PROMOTES CELLULAR LONGEVITY
- PROMOTES GOOD HEALTH AND WELL BEING
- SUPPLIES ANTIOXICANTS, FIGHTS FREE RADICALS
- INCREASES CELLULAR ENERGY

Help Wanted: Would you like to get paid for as hard as you work? Shaklee offers a very flexible schedule. All you need is a passion to make your family and friends feel better and save money. sharing@cloudnet.com

Liver DTX Product Brief

CHALLENGE

A healthy liver is essential to normal nutrient metabolism and overall health.

A unique internal organ, the liver plays many crucial roles in normal metabolism, including detoxification. A healthy liver can regenerate itself and deal with a wide range of toxic substances; however, prolonged and frequent exposure to toxins may influence the level of stress on liver cells and functioning. Fortunately, supplying the body with herbal compounds that have antioxidant properties and eliminating toxins from the body by maintaining normal bile flow can help keep your liver functioning at an optimum level. Liver DTX Complex gives your liver the tender loving care it needs.

LIVER DTX COMPLEX

Liver DTX provides your body with the nutrients it needs to maintain healthy liver function. Its unique combination of botanical ingredients features:

·Milk thistle seed extract to help make proteins that help regenerate liver cells*

·An Enhanced Proprietary Blend of Schizandra chinensis extracts, reishi mushrooms, herbs with antioxidant properties, dandelion extracts, turmeric, artichoke, and other herbs that maintain normal bile flow*

WHO WILL BENEFIT FROM LIVER DTX COMPLEX?

·Active adults who want to support normal liver function over a lifetime of potential exposure to environmental and dietary toxins

·People whose lifestyle, dietary choices, or occupation may increase their exposure to certain toxic substances

HOW SHOULD LIVER DTX COMPLEX BE USED?

·The recommended serving of Liver DTX Complex is 3 caplets daily.

·Liver DTX Complex can be taken with or between meals. · Not intended for pregnant or nursing women.

·For children under 12, consult a health care professional.

Liver DTX Complex provides nutritional support for healthy liver function. This unique herbal formula has antioxidant and bile flow enhancing properties which combine to protect and stimulate the body's normal ability to maintain healthy liver cells.*

Liver DTX Complex
90 caplets # 20616



The trip to Hawaii was informative and fun. We would love if you would join us in Mexico in 2009. Go to the Shaklee website and click on **Get Yourself to Mexico** link.

Diana, Heidi, Caela,
Bob, Dave, Juanita

(continued from page 2)

...Potent fly spray used at a stable I visited. Since the poison Control Center told my doctor that many termite insecticides stay in the body at the cellular level for quite sometime. I

Toxic Liver *continued*

decided it was wise to stick with Liver DTX and Shaklee food supplement program. It was important to include non-toxic, chemical free household cleaners with the get clean products. Blood test

have since landed in the normal range with absence of symptoms that started this journey back to good health. My heart felt thanks to Shaklee for science based, clinically proven, safe natural products for good health.

January/February Specials

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 e-mail us the Certificate of Completion and 5 sentences telling what information that you found interesting on each course. Upon completion of Shaklee University courses, we will mail you a check for \$50.

Online orders: During January and February, on line orders there will be 1/2 off shipping.

January/ February Specials

- \$1.00 off Protein**
- \$1.00 Joint Health Complex**
- \$1.00 off Vita-E cap (only)**
- \$2.00 off Hand & Body Lotion**
- \$1.00 Vanilla (only)**
- Cinch \$1.00 Liver DTX**
- \$5 Cinch starter kit**
- \$1.00 cinch variety pack bars**



