



SHAKLEENews

From Athlete to Obese!

"I was a defensive lineman in high school and college football. Then I graduated and transitioned to a sedentary job. Quickly I found myself 60 pounds above my highest playing weight. If I ran a quarter-mile, I would need a break ... not only that, but I would be incredibly sore after each workout, often needing a day or two recovery before my knees and back could take another run.

85 Pounds Healthier!

To date, using Shaklee 180, plus Vitalizer, Vivix, Alfalfa & CorEnergy, along with Shaklee's sports products, I am no longer the obese 23 year old with impending health risks. Instead, I am an energetic athlete, husband, and father who has competed in dozens of races and triathlons, including a half-ironman. Thank you Shaklee!

Scott S.



Prilosec, Nexium, Prevacid options

Digestion Problems Anyone? Millions of Americans take these anti-acid blocking drugs hoping they will save them from the discomfort of heart burn and acid reflux. For years the purple pill (Prilosec) was the best selling prescription drug in the world! But how many people would take this if they knew that it was ...

Hallowing out their bones?

In a randomize double-blind study, the GOLD standard" of medical research, this hugely hyped drug was found to cause a 41% to 61% drop in calcium absorption.

What this means for the end user of these types of products is that you can faithfully take your calcium supplements and end up with crippling osteoporosis. The results of this study are sited in JAMA or the American Journal of Medicine. This really should come as no surprise said Dr. James Balch

"You need acid in your stomach to digest your calcium This means that even taking TUMS for calcium is a bad idea.

Earlier in this year, the FDA warned that these drugs can deplete magnesium levels.

The FDA stated that: "PPI drugs result in Low serum magnesium levels and can result in serious adverse events including:

muscle spasm (tetany); irregular heartbeat; (arrhythmias) and convulsions (seizures)

Dr. Allen Spreen, M.D. wrote an eye-opening article in the Boston Globe Magazine warning people of Prilosec's health risks. He said, "That drug stripped misery from the lives of millions and became the world's best-selling prescription drug and the number one medication prescribed for seniors - taking in \$6 Billion a year. Prilosec is so good, and patients so attached to it, that doctors jokingly call it 'purple crack'."

Dr. Spreen went on to say that the solution to Acid Reflux and Heart burn is "ridiculously simple (and cheap) using readily available supplements that work in 2/3 's of the cases."

These two supplements are a good **Probiotic** (we are not talking about Activia Yogurt here okay which is not effective in delivering enough

friendly bacteria to lower gut) and **Digestive Enzymes.**

Shaklee Corporation makes one the best probiotics called OptiFlora and one of the best Digestive Enzymes called EZ-Gest:



Optiflora
Probiotic Complex utilizes patented triple-layer

encapsulation technology, is designed to provide live delivery of probiotics to the large intestine, where they provide the greatest benefit.

EZ-Gest offers as-needed relief from incomplete digestion of foods. Alleviates discomfort such as gas and bloating. The ingredients in EZ-Gest support digestion of fat, protein, and carbohydrates including lactose.





"I wanted great memories with my family, not just more stuff!"

My story started when I decided to be a stay at home mom. I had a very nice career in technology but couldn't stand spending just 2 hours a day with my 2.5 year old and seeing my health and husband's health go bad. Ed has been able to control his type 2 diabetes but I desired more. I wanted great memories with my family, not just more stuff. I quit and after 2 years of being at home and seeing the market crash, I was faced with some tough decisions. Go back to work or use my entrepreneurial background and find another way. Enter Shaklee... At first I was so drawn in by the cleaning products. Being a stay at home mom meant that I am my family's EPA. I was always looking for non toxic cleaners that actually worked. All I did was switch brands and tell my friends about them. If I could earn them for free and have the potential to build a thriving business that would help pay for my kids activities, even better! I'm glad to say that I haven't paid for laundry detergent in five years and I have been able to pay for things like piano lessons and preschool. Now I am paying for my husband's new car and vacations!



I am also my family's chef and nutritionist so Shaklee also has helped me support my family in building better health. We have better immune systems during the cold and flu season as well as allergy season. Shaklee has provided us with quick meals on the go as well as healthy alternatives to the conventional sports nutrition products. The best thing about my Mompreneur journey is that I have not only been able to be a wife, mom, Cheng family CFO, EPA and Nutritionist but also help other moms do the same. Helping others leave a healthy legacy is so rewarding!

Ling

Doctor Endorses MindWorks instead of Medication

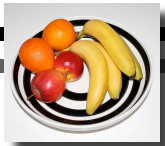


In 2006, budding artist, Matthew Kurz was blinded by the sun while driving to school and rear-ended a school bus.

This accident would forever change his life. Matthew, suffered a traumatic brain injury. Following the accident, he was unable to walk, talk or create art. In spite of a

lengthy time spent in a coma and an ongoing recovery time, his mother, a Shaklee Distributor, has continued to provide him with abundant supplements and Shaklee proteins. At present, Matthew writes in cursive, walks some, talks softly and jokes with others, rides a horse named Frito for therapy and attends an art class at State Fair Community College. In his mother's own words, she says: "Matthew is doing beyond great ... 2 weeks ago he walked 2 steps with no cane or help. Two months ago his Dr. said to only use Shaklee MindWorks (instead of the medication he was taking.) With MindWorks, his short term memory showed greater improvement than the medical prescription he was using. Amazing!"

Shaklee Distributor



Joint pain isn't on my agenda.

As we age, our bodies lose the ability to maintain the structures surrounding our joints. For millions that means even simple activities can become a challenge. Advanced

Joint Health Complex contains concentrated forms of glucosamine that promote mobility, flexibility, and improved joint function.

Joyce commented: "Your Joint Product really works for me I noticed a big difference, and it worked so fast."

Veterinarian Speaks Out ... Basic G and more

There are two employees at my clinic that are very sensitive to chemical odors. Since we have been using the Basic-G, there have been no complaints of **headaches** from chemical fumes.



The kennel employees indicate that it **removes dried blood** better than any product that we have used in the past. The clinic

uses Basic-G in the mop buckets, so we are able to disinfect the floors of the clinic throughout the day. In the past my hands have been dry, red, and cracked from washing with harsh soaps. Basic-H doesn't strip the natural protective coating from one's skin. **My hands are all healed.**

I have been using Shaklee's nutritional products to help animals with **allergies**, and **hip dysplasia**. I have been quite happy with the results. Shaklee's Joint Health Complex is the best glucosamine product on the market. It has worked better than I expected in dogs with hip dysplasia.

Molly C. Spicuzza, DVM

White Lake Veterinary Clinic, White Lake Michigan

Are you dealing with "CORTISOL" overload?

Block the Hormone that interferes with Weight Management

Cortisol is produced in response to STRESS ... See what it does to your body!



Increases cravings for sweets



Breaks down muscle for energy. Less muscle = less calorie burning



Increases abdominal fat storage.



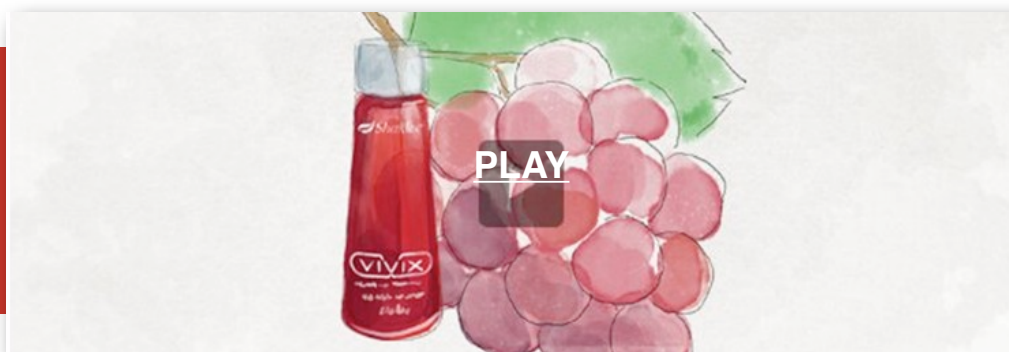
Reach for a
"NATURAL CORTISOL BLOCKER"

Shaklee Stress Relief Complex

Feel the difference in 20 to 30 minutes

Promotes calmness and relief from tension without drowsiness

Contains 4 key ingredients: Ashwagandha, L-theanine, L-Tyrosine, Beta-Sitosterol



<https://www.youtube.com/watch?v=Py4AiMPlwPk&feature=youtu.be>

LYME DISEASE: During the past several years, after realizing that a debilitating arthritic ankle was due to Lyme disease, I changed strategies from focusing on controlling inflammation to fighting an infection and started to see immediate improvement. Without using "conventional" antibiotic protocols for advanced Lyme, I increased my Nutriferon to 4 per day, added d-Lenolate Olive Leaf extract, colloidal silver, Quantum biofeedback therapy and of course too many Shaklee supplements to mention.

At my worst, I needed a brace and could barely climb stairs. The pain wasn't responding to any over the counter NSAIDS or Pain Relief. Over the course of a year I had improved dramatically, but still had some evening pain after a full day on my feet, and still needed to be very careful on the stairs.

I added VIVIX to my routine sporadically, and started to notice the lessening of pain. However, in January I started

to take Vivix every day faithfully. Sometime in mid-January I had the urge to start "Spring" housecleaning and rearranging! I was sleeping much better and waking at 5:30 all set to begin my day! Lately, I've been able to come down the stairs in the morning carrying things in both hands without rails or leaning on the wall. I notice I am bordering on obnoxiously PERKY, compared to folks around me. I was even dancing vigorously with my 5 year old grandson last Saturday night after a big day at the shop. How FUN and pain free is that!

I am so excited about VIVIX, I've been sharing my delight on a daily basis with friends and customers from my women's retail store. Thank you Shaklee!

Lynne Arnold

PS: My last biofeedback treatment was clear for all Lyme factors and my "cell vitality" was 10/10! My Quantum biofeedback therapist had never seen this before and ordered Vivix yesterday for herself and her friend!

Basic G

vs

Chlorine Bleach

	Basic G	Chlorine Bleach
Registered as a disinfectant by the EPA	Yes	Some brands
Residual Effectiveness	Up to 3 days after application	No more than 1 hour
Shelf Life	Over 3 years	Variable, up to one year
Scent	Fresh and clean	Pungent, noxious fumes
Concentration	1 qt. makes 64 gallons	1 qt. makes 7.5 gallons
Stainless Steel & Aluminum	Not corrosive in solution	May cause corrosion
Mixing with other Cleaners	Mixing with other Shaklee cleaners is safe	Mixing with other chemicals may cause deadly fumes (ammonia)

On cleaning day we wipe everything down with Basic G (1 Tbl. per gallon of water) ... sinks, tubs, tile, floors, toilets, showers, appliances, cabinets, phones, garbage cans etc! It cleans, disinfects, deodorizes and sanitizes! I will often add Basic "G" when washing clothes; the clothes come out fresh and clean -- germs and odors GONE!

Lorri Kreuscher