

Expand your freedoms with

Shaklee

A Vegan Doctor Addresses Soy Myths and Misinformation

By Holly Wilson MD
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TRIGLYCERIDES LOWERED NATURALLY

My triglycerides were 290 when I decided to give Shaklee a try.
I took 6 Shaklee OmegaGuard and 8 Lecithin daily for one month.

My Triglycerides dropped to 145

My doctor could NOT believe these results were possible without medication!

I'm thanking God ... Don V

Soy has long been recognized as a nutrient-dense food and as an excellent source of protein by respected dietitians and clinical nutritionists. (1) The soybean contains all of the essential amino acids, as well as an impressive list of micronutrients (vitamins and minerals). Micronutrients in rich supply in soy include: calcium, iron, magnesium, manganese, phosphorus, potassium, vitamins B1, B2, B3, B5, B6, B9, C and zinc. Fiber and omega-3 and 6 fatty acids are also present in soy. The composition of these nutrients varies among preparations, but is in the highest quantity in whole soy foods such as edamame (whole soy beans), soy milk, tofu and tempeh.

Shaklee Soy

Shaklee soy is the best that can be found - cold water washed and non GMO. Dr. Shaklee knew how to maintain the natural enzymes through the use of low temperature production methods unique to Shaklee.

Love, Love My Shaklee Soy Shakes

**INSTANT ENERGY SOURCE
FEEL FULL AND SATISFIED
GREAT FOR WEIGHT CONTROL
HORMONE BALANCER
A GREAT TASTING, QUICK BREAKFAST
LORRI**



Yet despite the powerful health benefits of whole soy foods, myths and misinformation regarding the 'dangers' of soy consumption are being widely circulated and presented as fact. I will address a few of these myths by taking a closer look at some of the sources of confusion and controversy.

Read the rest of this article: <http://freefromharm.org/health-nutrition/vegan-doctor-addresses-soy-myths-and-misinformation/>

**Feel the difference—
The Shaklee Difference!**



**Small Steps, Big
Results**

"I got my life back!"

On my 46th birthday, I had a heart attack which resulted in an emergency quintuple bypass and 13 months later I needed two stents. Over the next four years my health continued to deteriorate. I was eating better, and I was walking for the prescribed 30 minutes per day 3-4 days per week, but I was also taking a high dose of an antidepressant, 40 mg of cholesterol lowering drug, and two separate medications for high blood pressure. I was exhausted every day and on my way to work every morning my one constant thought was, "I can't wait till I get home so I can go back to bed!" I weighed 202 pounds.

At 51, my friend told me about Shaklee. I started with Vita Lea and after two months began drinking the 180 shakes. The weight began to come off slowly at first, and my doctor explained that some of the medications I was on would make weight loss more difficult. I could tell a big difference in my energy level and outlook in general. I remembered thinking, "So, this is what it feels like to have good nutrition...." I had

been taking a popular cardiac multi-vitamin ever since my heart attack, but had not felt any difference at all in my health or energy level.

I spoke with my Shaklee distributor and she suggested I try the Vitalizer. This was awesome! My energy level went even higher! I started losing more weight and I was singing on the way to work in the morning. I also noticed that I was getting out of bed without aches and pains in my feet, legs and back which was something I thought was my destiny since I was aging.

After losing 10 pounds, my doctor said I could try doing without one of the blood pressure medications. After a recheck 6 weeks later I was officially off of it. As I continued to lose weight my cholesterol medication was cut in half, then the second blood pressure medication was cut in half. Around this time my husband asked if he could also take the Vitalizer because he couldn't believe how happy and energetic I was and he wanted to see if it helped him too!

It has been a year since I began my Shaklee life journey. Today I weigh 176 pounds and at last count lost 20 total inches off of my body. I have, under my doctors supervision, weaned off of the antidepressant, and have started jogging. I can currently jog 3.5 miles and do so 3-4 times per week. I can look down and see parts of my body I haven't seen in years! I can't ever remember feeling this good. I'm happy, energized and confident.

Shaklee literally gave me my life back. It didn't happen overnight, and I was in very poor health. But, it is true what they say, "Small steps lead to big results."

Dale Baker

**Guys Love Shaklee
Basic H2**

**It is a multi-tasking
superstar ... an organic
super-cleaning concentrate**

Hand cleaner: A few drops of Basic H2 with water makes a powerful hand cleaner ... and it's pH balanced so it does not cause dry or cracked hands and fingers.

Windshield Washer Fluid: Add 3-4 drops of Basic H2 per liter of water and fill the windshield washer container. (Add anti-freeze solution in the winter).

Washing Vehicles: Use 1 1/2 teaspoons Basic H2 to 1 gallon of water. Wash small area at a time. Hose off. Wipe windshield, windows, and chrome after rinsing. SPOTLESS!

Barbecuing: Soak greasy grills in 1 tablespoon of Basic H2 per one gallon of water.
Fire extinguisher: When barbecuing, the flames from grease frequently flare up and scorch the food. Add 1/4 teaspoon of Basic H2 to 16 oz of water in a spray unit and spray flames. (This non-toxic

**Peaches &
Cream
Smoother**

2 scoops
Shaklee
180™



Energizing Smoother Mix Vanilla, 8 oz nonfat milk or low-fat soy milk, 1/2 cup chopped frozen or fresh peaches, ice, blend until creamy. ENJOY!

High Performance Skin Products for Men

Enfuselle System for Men has been clinically proven to perform.

Just 3 minutes a day, and your skin will look firmer, healthier and younger ... or your money back.

SHAVE: Lather-rich Cleansing Bar sets up your beard, foams away dirt and dead skin cells.

AFTER-SHAVE: One splash of Purifying Toner tightens pores and neutralizes free radical damage triggered by iron in tap water.

PROTECT:

- **Day:** Time Repair A.M. SPF 15 counteracts the aging effects of sun, time and the environment
- **Night:** Help your skin recover from the day's assaults with C+E Repair P.M.



CRAMPS?

According to Dr. Oz, Dr. Weil, the Mayo Clinic, and other leading authorities, **magnesium** deficiency is the major hidden cause of muscle

cramps throughout the entire body (including leg and foot cramps), and no prescription medication can fix it. In fact, 78% of muscle cramp sufferers have a severe magnesium deficiency. Without magnesium, your body is missing its most important natural defense against pain, swelling, tension and inflammation. Studies show that aggressively fixing a magnesium deficiency can eliminate muscle cramps and prevent them in the future.

Scientific Reference: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2146789/>

Avid Athlete Won't Go Without Shaklee

"Since my early teens, I have been an athlete used to training for hours every day. As an avid athlete, I bike 200-300 miles per week during the season, and my performance depends on quick recovery after high intensity workouts.

Several months ago, I began taking Shaklee's Liver DTX Complex, Vita -Lea Gold and the Soy Protein, and I noticed that I suddenly had increased energy. Within only a week, I noticed that taking Shaklee's Liver DTX Complex and Vita Lea Gold somehow appeared to add a glow to my skin as well as vitality to my life.

During my weekly 100 mile rides, I began filling water bottles with Shaklee's Soy Protein and noticed that my endurance increased tremendously. The Energizing Soy Protein actually added fuel to my body during the long rides, and I didn't get that intense hungry feeling any longer. The biggest bonus, however, was that after biking the first 75 miles

or so, I still had plenty of energy.

Then the strangest thing happened. I had gotten used to having a shake following all my daily bike rides, but due to a glitch, my Shaklee shipment was delayed, and I had to endure several weeks without the product. Suddenly, I noticed a most unfortunate dip in my energy levels and training performance, which were mercifully restored to normal once I resumed taking Energizing Soy Protein.

Over the past many years I have used a large selection of expensive herbal supplements, vitamins, as well as many kinds of protein powders recommended for endurance athletes, yet I have never used anything as effective as Shaklee's products, which is why I won't go without them."



Shaklee Distributor:

There I was straight out of college starting my career in retail management. There was nothing standing in my way of success, and nothing could slow me down...or so I thought! Then, the pain began -- doctor visits and pain meds that didn't touch my pain, and finally the diagnosis!

The doctor suspected that I had lupus. She said that while it was not a "death sentence" it was an extremely volatile disease that could lead to disability. I tried to stifle the lump in my throat from emerging and a few tears slid down my face. How could this happen?! I was only 24 years old! There were no answers to be found. Well fast forward through about a year of appointments, various medications, and still no answers. To my surprise, I found myself pregnant. I quickly found that work without pain meds was nothing short of impossible for me. After stopping all my medications, I lasted a week or two at most before I had to resign from work.

The doctor flat out told me it could KILL me to carry a child. And with the loss of my job came the onslaught of all these emotions and worries. I worried if the baby would be okay, if my hubby would get sick of taking care of me and I was overwhelmed by grief over the loss of the future I had envisioned for myself.

Well, the doctor was wrong. Not only did I survive the long months of pregnancy, but I gave birth to a perfectly beautiful baby girl. And when she was born so was a new hope inside of me. I knew I had to fight this disease to the best of my ability so that I could be the mom that she deserved! Six weeks later, I was settling quite nicely into life with my new soul mate. And, BAM! My lupus was back with a vengeance, and I quickly spiraled into the worst lupus flare of my life. For me this meant spending days doing nothing but laying in bed, sleeping, eating, feeding my baby, and taking quick trips to the bathroom. I was miserable!

Back to the doctor ... more tests. **The diagnosis; lupus and fibromyalgia.** More medication meant no more breastfeeding - something that I had come to truly love sharing with my sweet baby

girl. We transitioned to bottles and I began taking steroids, Plaquenil, and a pain medication in addition to many other pills. I struggled everyday to endure the emotional strife in addition to all the pain, fatigue, insomnia, muscle spasms, nausea, widespread hives, and mental fog that took over my life.

I started seeking additional help to lessen the symptoms ... chronic pain counseling, physical therapy, new drugs, changes to my diet and home environment. In the process of finding a laundry product that would stop exacerbating my hives, I discovered that not only did all my products have nasty, TOXIC chemicals like formaldehyde in them, but so did all my baby's trusted Johnson & Johnson products!

One day, a Face book friend of mine unknowingly answered my prayers when she posted about how much she loved her all natural Shaklee brand cleaners.

After doing a bit of research, we decided it was worth a try! Not only were the cleaners all natural and toxin free, but the \$30 bottle (Basic H2) was a good bargain too! This one bottle could clean everything in my house, and would last us a few years!! Within a week my hives came less and less frequently. I had spent the last year and a half itchy every single day! I was pretty impressed!

NOW ... THE SHOCK OF MY LIFE!

I was getting better at managing my illness, but it still consumed my life. I was filing for permanent disability, and I came to accept that my ability would

lessen as my illness progressed. HOWEVER after hearing great things about **Vivix** (including how it had helped my friend with infertility and her husband with hair loss), I decided to give it a try! A short time later, I went back to my



rheumatologist to have some more blood work done and had a new med prescribed. Afterwards, I drove home in so much pain! I just knew these tests would show the same findings as the tests taken three months prior -- that I was a mess! Two weeks later I went back to review the results. I was happy to report to the Dr. that the steroids (the same one I had been prescribed countless times before) had worked much better than I had expected. Within two days I felt like a completely different person! When I told my doctor this she crinkled her face, confused. She said, "Well, your tests results came back". I braced myself. **"The tests show no signs of lupus. You are in remission".**

This is NOT possible! I had been feeling better, but that was just because of the new meds...or so I thought. This doesn't just happen so abruptly out of nowhere! I was shocked!

I began examining every aspect of my life and the timeline of changes I had made to my diet, habits, home, etc. The only factor I can attribute the sudden change in my immune system activity was the Vivix! Once I came to this realization, I started reading through comments I found in the results Google had compiled when I searched for 'lupus and Vivix'. I found other people who had had almost the same experience! I was amazed to find so many people healed by this awesome supplement!

I was so thrilled with the results I found with Shaklee that I decided to start my own Shaklee business. I am so eager to share these products with others, and I hope by doing so I can help transform others' lives as well! I could not be more thankful to be in remission! I absolutely would have never guessed that I would ever live a day without pain. I definitely would have never thought that simply trying a few products would lead me to recovery so quickly... but here I am!

So, the real question is... What can Shaklee do for you? You'll never know unless you try!

Trish