# WANT TO FEEL BETTER?

### "80 AND NO DRUGS!" ... by Sharon Maynard

My Shaklee story goes back some 50 years ago ... Yes, I'm 80 years old and feeling great! Let me take you back to Litchfield, MN where I owned a Beauty Salon and developed a problem where my hands started breaking out. Nothing I tried worked until a friend who also owned a beauty salon, suggested I switch my shampoo to Shaklee. It was worth a try ... and you guessed it, MY HANDS TOTALLY CLEARED UP! That got my attention, so when my friend suggested that I try Shaklee Food Supplements, I was very open.

# The proof of these great products is that at age 80, I am on ZERO medications!

Years ago my husband developed high blood pressure and found he was allergic to the beta blockers; I suggested that he take lots of **Alfalfa** as it would work like a natural diuretic. His blood pressure stabilized and he never needed the drugs.

Joint Health has been a big help for me. I had a bone on bone situation in my knees and the Dr., knowing that I wanted to go the natural route, warned me not to wait too long with my experimentation. I started taking Shaklee's Joint Health Complex and except for minor discomfort in going down stairs, my joints felt fine. Two years later I returned to the Dr. for an update on the progression .... IT HAD NOT PROGRESSED!

I am sold on Shaklee products!



SHAKLEE WORKS
WE GUARANTEE IT!

# PDA approved drug deaths include almost 500 deaths per year for OTC Acetaminophen (Tylenol)

# Drugs or Not?

For over 25 years I have been on medications for **Cholesterol**, **Triglycerides and Arthritis**. I started the Shaklee Vitalizer Basics Daily strips, and mentioned to my doctor that I would like to get off all my medications; he told me to go ahead. I weaned myself off over a period of time. In the meantime, I continued with the Shaklee VITALIZER. It is now over two years that I am free of medications and feel great. I am 80 years old - own over 7 acres of land and work in the garden while maintaining the lawns.

Shaklee Life Health Plans	Life Plan	Vitalizing Plan	Essentials Plan
	Less than \$7.35/Day	Less than \$5/Day	Less than \$2.60/Day
No artificial flavors, sweeteners, preservatives	yes	yes	yes
Based on 7 clinical studies	yes	yes	yes
Includes 23 essential vitamins and minerals	yes	yes	yes
Includes omega-3	yes	yes	yes
Includes prebiotics and patented probiotics	yes	yes	yes
100% non-GMO plant based protein	yes	yes	yes
Includes added carotenoids	yes	yes	
Includes added B&C vitamins	yes	yes	
Based on Landmark Study	yes	yes	
Based on Telomere Study	yes		
Includes OmegaGuard® Plus	yes		
Includes Vivix® Liquigels for Cellular Health	yes		

### Life Plan

The best, most comprehensive nutritional system ... 35 patents (Includes coupon ... \$90.00 value)

Life Plan includes the Shaklee Life Energizing Shake (30 servings) and the Life-Strip plus:

- Vivix® polyphenols to help support cellular health and prevent free radical damage
- OmegaGuard® Plus One gram of pure, ultra-concentrated DHA/EPA omega-3 fatty with an enteric coating to prevent burps
- Vita-Lea Life advanced multivitamin
- B+C vitamins

#89383 | Retail Price: \$287.35 | Member Price: \$244.25 | PV: 166.67



### **Vitalizing Plan**

Contains the Shaklee Life Energizing Shake plus:

- Vitalizer (added B & C vitamins, carotenoids, probiotics, and a unique, patented delivery system designed to improve nutrient absorption.)
- Enteric coated omega-3 fatty acids deliver carotenoids, vitamin E, and other fat soluble nutrients to the upper intestine.
- 30 servings of protein

#89384 | Retail Price: \$188.20 | Member Price: \$159.95 | PV: 111.12



### **Essentials Plan**

Covers your basic nutritional needs with:

- Shaklee Life Energizing Shake (15 servings of non-GMO plantbased protein with prebiotic fiber and 1 billion CFU patented probiotics)
- Vita-Lea® (23 essential vitamins and minerals)
- OmegaGuard® (500mg of EPA and DHA omega-3 fatty acids)

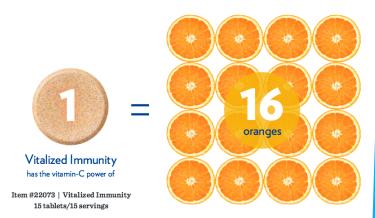
#89385 | Retail Price: \$89.95 | Member Price: \$76.45 | PV: 55.56



### Vitalized Immunity



Simply add to water or put in your water bottle with the Pomegranate Tea and/or Performance Drink Mix.



# flu and cold SEASON

## CBC tests popular brands & Pfizer's Emergen-C fails to meet label claims

By Tyana Grundig / Marketplace, CBC News Posted: Nov 12, 2015

Emergen-C Super Orange 1,000 mg had the poorest results, containing only one-third of the Vitamin C content listed on the product label. The actual content was at 332 mg, not 1,000. That's it, and actually more than 50 percent of this package is sugar. So a little bit of vitamins and a lot of sugar, in a drink.



Lauren: the most important thing we've gained is health for our son. As a 3 yr. he had asthma and two bouts of pneumonia, and was taking five medications around the clock. I went on a mission and plunged into research! I switched to Shaklee's Get Clean line for household cleaners, and got their high-quality vitamins into our routine.

Our son has been free of pharmaceuticals for four years now. But our positive experience led me to want even more: I want more people to understand the importance of nutrition, and how good health can get them off pharmaceutical drugs. I feel that our health care system relies on them far more than necessary. We need to do preventive care first.

That was my big priority, as a mom. But on top of that, I've been able to leave my corporate job, replace my income within a year, and start traveling with our family. My kids have passports full of stamps now! And we've done all that without borrowing from savings, so we can still afford college or weddings or retirement.

### LAUREN AND BRAD NAPOLI



Brad: I like to joke that Shaklee has been the best self-help program we've ever been involved in. It's made our lives better. It's made our marriage better. And it's afforded us the ability to really do the things we wanted to do, and create lasting memories for ourselves and our children as well.

It's enabled us to be a family. We learned that we could live amongst our dreams and think big again. I liked designing our own lives together, instead of just living by default.

### Is Your Home Making You Sick?

### Top 10 Toxins in Your Home:

- Paints and Varnishes
- Fabric Softeners
- Carpets
- Baby Products
- Cheap Furniture
- Household Cleaning Products
- Air Fresheners, Deodorants and Candles
- Vinyl Flooring and Shower Curtains
- Non-Stick Pans and Teflon
- Insulation













Shaklee\*



### GOOD BYE ASTHMA AND ALLERGIES

"Do you have asthma or allergies? I used to. My first step was to get ALL of the chemicals out of my house. I had NO CLUE that the chemicals I used to clean my house were such a trigger for asthma. A friend, who is also a Health Coach, suggested that I switch all of my home products to Shaklee ... which I did. Now, I have yet to use my Albuterol inhaler and have also kicked allergy meds to the curb. I hated Albuterol and Allegra D! I've been allergy free for one whole year and it feels AWESOME!"

### No Asthma & Allergy Meds!

"I'm off asthma and allergy meds for the first time for as long as I can remember, thanks to Shaklee Products.

I use Shaklee's Rx for a Healthier Life (Vitalizer, Soy Protein, Vivix and NutriFeron), and lots of Alfalfa." S. MacKenzie



# Life Protein Pancakes ... (Gluten-free, Dairy-free, Kid-approved)

"My 6-yr old picky eater wanted pancakes this morning, so I used the new Life protein."

Suni Ferrer

### Dry ingredients:

- -2 scoops Vanilla Shaklee Life Energizing Shake Mix
- -1/4 tsp baking powder
- -Pinch of sea salt

### Wet ingredients:

- -1/2 banana, mashed with fork
- -1 egg (organic is best)
- -1/2 tsp vanilla extract

### **Optional Variations:**

For chocolate chip treat: add 1 Tbsp mini chocolate chips

For pumpkin pie pancakes: add ½ tsp pumpkin pie spice (can use ¼ cup pumpkin puree instead of half banana), tastes great with chocolate chips!

### Directions for pancakes:

- -Place all dry ingredients in small bowl and whisk together.
- -In a separate bowl, whisk together wet ingredients, then pour over dry mix, and whisk until batter is smooth.
- -Add chocolate chips last and mix.
- -Heat nonstick griddle/pan to 300F (medium heat).
- -Melt a teaspoon of organic butter or ghee on the hot griddle or sprinkle with oil.

Meals: "one"

