



# SHAKLEE NEWS



Enjoy a Cup of Medicinal Energy Tea from Shaklee

28 tea sticks per box



## Liquid Oomph!



A Combo of Matcha, Red, White and Green Tea + Taurine

For Sustained Energy with "NO CRASH"  
Reach for Shaklee Energy Tea

Powerful ANTIOXIDANT BLEND

Provides a stable 3 to 6 hour energy boost

Initiates detoxification

Boost your metabolism and burn calories

**White Tea** ... Antioxidants and polyphenols are found in the highest levels in white tea. (WebMD Medical News, March 11, 2003)

**Matcha Green Tea** ... is a "greener than green super food" ... containing up to 200x the antioxidant levels of normal green tea.

**Red Tea** ... is native to South Africa where it is known as "The Miracle Tea" or "Long Life Tea".

**GREAT COMBINATION: PUT THE ENERGY TEA IN A WATER BOTTLE, ADD SHAKLEE PERFORMANCE DRINK MIX (ORANGE OR LEMON/LIME). TASTY AND SUPER HYDRATING!**

## Busy times call for "Stress Relief"

Before I started taking "Stress Relief Complex", every day, I felt tense, anxious, and stressed. I work at the window at the Post Office and at Christmas, it can be even more stressful.

I began using Stress Relief Complex and the Vitalizer daily strip two months ago. Since then, I have felt significantly less anxious and because I am not as stressed, I seem to have more energy. I always keep 3 back-up bottles at our home because I never want to run out.

Steve





# Probiotics are POWERFUL ....

Your overall health depends on a healthy digestive system. Probiotics are bacterial organisms, which inhibit the presence of other harmful microorganisms within your digestive tract. While they do most of their work in the intestines, probiotics can provide a wide range of other health benefits.

### Probiotics help those suffering from IBS.

Irritable bowel syndrome, or IBS, is a chronic condition that is estimated to affect up to 25% of the general population. Researchers reviewed 20 clinical trials and found that probiotic use was strongly associated with improvement in IBS symptoms and reduction in abdominal pain.

In addition, several studies presented at the American College of Gastroenterology's 73rd Annual Scientific Meeting in 2008 highlighted the safety and efficacy of probiotics in improving symptoms and normalizing bowel movement frequency in patients suffering from constipation or diarrhea related to IBS.

### Probiotics diminish antibiotic side effects.

Researchers at John Hopkins Bloomberg School of Public Health did a meta-analysis of 34 trials and found that probiotics significantly reduced diarrhea associated

with antibiotic use by 52%.

### Probiotics Boost Immunity.

It's been said that 70% of your immune system is located in your digestive tract! Maintaining the right balance of microorganisms in your intestines is key to optimal immune function. In fatigued athletes, the production of a natural virus fighter, known as interferon, is decreased. However, new research suggests it can be restored to normal levels with a "probiotic" pill that contains Lactobacillus acidophilus.

### Probiotics also lower bad cholesterol.

If heart disease is an issue for you, you may have a reason to pop probiotics. Researchers reported that probiotics was associated with decreased levels of a specific type of LDL lipids which have been associated with vascular inflammation, endothelial dysfunction and coronary atherosclerosis.

**SHKAKLEE'S "OPTIFLORA" IS PROVEN AND IS GUARANTEED TO DELIVER LIVE PROBIOTICS TO THE LOWER INTESTINES, WHERE THEY PROVIDE THE GREATEST BENEFIT. #20639**

## Tired of smudges all over your **Stainless Steel** appliances?



**Note:** I also mix the Message Oil into my Shaklee Hand and Body Lotion for "baby" soft skin.



- My appliance repair guy gave me a GREAT "Smudge Proof" idea:
1. Clean the appliances with warm Basic H2 water, wipe dry.
  2. Apply Shakleebaby "Message Oil" to all surfaces and let sit overnight.
  3. Use a soft absorbent cloth and buff the stainless steel.

I'm LOVING the beautiful "smudge-proof" results. Not sure how long this will last, but so far it's amazing!  
Lorri Kreuzcher

JOIN US ... ENJOY LIFE

*Flexibility*

*Lifestyle*



*"With eight kids? If I can fit Shaklee into my busy life anyone can."*

*Maggie*



*"Shaklee is not work, I love it, and I can't believe I'm getting paid to do it."*

*Laurie*



**THE LARKINS  
LOST THE  
WEIGHT AND  
FEEL GREAT**

Are you ready to take off those extra pounds? Get a fresh and healthy start with Shaklee's 180 Program.

Shaklee 180 is a revolutionary program with meals and snacks designed to help you burn fat and keep muscle; daily support to track your progress; and rewards that keep you motivated. Shaklee 180 helps you lose the weight and learn to keep it off.

**We Have  
Lost 160  
Pounds  
With The  
Shaklee  
180 Plan!**



Shaklee Distributor:

# MindWorks

Rusty Ost, RPh & Member of Association of Natural Medicine Pharmacists

Who wouldn't want to increase their memory and focus by three times? And, at the very same time decrease their brain shrinkage by 30%? These are two very powerful statements that now can be made (clinically proven) because Shaklee scientists have developed a new brain-power product. Better yet, it is now available for us to use on a daily basis. But, first, let's discuss the need...

Did you know that beginning at age 20 years, our brains begin to decrease in size? Shaklee MindWorks™ protects against this age-related mental decline. This is not something that you must wait days or weeks to realize the benefit. The benefit is **immediate!** Yes immediately, according to a

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## GETTING OLDER IS NOT AN OPTION...BUT AGING IS!

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pilot study showed that, **after just one use**, MindWorks™ enhanced healthy circulation, which is fundamental to brain function. It is a known fact that one's brain represents just 2% of our bodies' weight, but requires up to 20% of our nutritional intake to maintain proper function. When circulation is compromised, so is brain function. MindWorks™ fixes that!

Key nutrients in MindWorks™ have been also been shown in three clinical studies and dozens of laboratory studies to **immediately** enhance mental sharpness. Mental sharpness means better memory and focus. In clinical trials, MindWorks™ proved to improve test scores by 3.6 times! Reaction times were also tested, because as we get older, our reaction times increase. MindWorks™ made reaction times 3.3 times better! That alone could be life-saving!

MindWorks™ is powered by an exclusive chardonnay seed extract and a special guarana extract. Why the seed from chardonnay grapes? It seems that the seeds from exclusively chardonnay grapes contain a chemical compound with polyphenols that improve brain function. The amount in the seeds is tiny...just 12 parts in 10,000 parts! Only available to Shaklee, the unique chardonnay grape seed polyphenol blend is made with a patent-pending extraction process that concentrates specific polyphenols that are clinically proven to be more bioavailable and impact blood vessel function. This extract is designed to help make vital nutrients available to the brain by supporting healthy circulation.

Why the special guarana extract? Guarana has been used by Amazonian Indians for centuries for alertness and optimal health. Most guarana extracts are used for their stimulant effect because of the caffeine contained in the extract which is two times a much caffeine as in coffee beans. Shaklee scientists searched the globe for a guarana extract that was especially low in caffeine. The guarana extract Shaklee uses in MindWorks™ contains caffeine equal to less than a half cup of decaffeinated coffee, making it safe to take by everyone.

The bottom line is that we are all getting older which means our brains are getting smaller and our reaction times are getting slower. A natural process of aging, I guess. Like it or not, it is happening to all of us. Now we no longer have to take this sitting down, and we have a positive action to take which will further slowdown the aging process. I don't know about you, but getting older is not an option... but aging is! Do the right thing for you and your family...take care of your mind!

## RESULTS

### RESTLESS LEG SYNDROME

My mom has severe Restless Leg Syndrome - it runs in her family and I have it too. She says that MindWorks is helping her RLS tremendously. When we researched RLS a bit more it says that it is caused by a disruption in the brain, the same disruption that causes Parkinson's, and that people with Parkinson's also often have RLS.

### MORE CALM -- SLEEP BETTER

MindWorks has helped me focus much better at my job. I have been able to concentrate better and feel less stress at work. My job is in sales, so your patience can be tested a lot during the day helping customers that are hard to deal with. MindWorks gives me a new calm at work and now I feel at peace. I also have trouble sleeping at night. I often wake up every hour, but usually fall asleep again. MindWorks helps me to sleep in longer intervals. Now, instead of waking up every hour, I sleep in blocks of 3-4 hours at a time. I love MindWorks! Mike Lucas

### ENERGY .... STROKE SYMPTOMS

I started taking MindWorks last week and I can tell you for certain my energy level has increased greatly! I suffered a stroke this past January and my recovery has gone well, but since taking MindWorks not only has my energy level increased but I have also greatly increased the use of my right arm and hand! I have to admit I was a little skeptical but it is definitely something I would highly recommend to everyone! Jeff