

WE

LOVE

SHAKLEE



“Taking care of YOU is the least selfish thing you can do.”

**"Hamburger, chips, & soda = \$7
Shaklee Life Protein Shake & Vitamins = \$5**

To me, this is a no brainer. Why on earth would you pay more for something that is inferior, and is literally killing you from the inside out? Has our health moved so low on the totem pole that we honestly no longer care?

I'll be honest, I was there. I get it. It's hard. I would rather eat that pint of ice cream than workout or I would choose that pizza over a salad, and it got me into quite the pickle.

215 pounds, on two blood pressure medications, hypothyroid meds, depressed, and just flat out unhealthy. But there came a point that I realized, I didn't have to stay in this situation. I put myself there so I could get myself out. It's a long hard road that I'm still traveling because I struggle every single day but I'm worth it. I'm worth paying a little extra for food, I'm worth "expensive" vitamins, I'm worth an hour of exercise a day, I'm worth organic purchases....and so are you. You have the power to change whatever situation you are in." Chrystal Hubbard, MO

**“I NO LONGER NEED
ADVIL FOR PAIN”**

Jerry Baker writes: At a business meeting this AM, the owner and chief mechanic of a local car repair shop came up to me after the meeting and showed me his closed fist. Now, ordinarily, this is not a good sign! However, since he is a client who recently started taking Shaklee's Life Strip, I was fairly confident this was going to be a positive encounter!

"See this?" he said. "I haven't been able to make a fist for years. Since I started the Life Strip, not only can I make a fist, but I no longer need Advil for pain in my hands!"

This is the part of my business I enjoy the most - hearing people talk about how much better they feel, and knowing I've played a role in that!



Vitamin D and Chronic Pain

Some recent studies are showing that how much Vitamin D you have in your system may be connected to certain types of chronic pain, notably osteoarthritis and fibromyalgia.

The U.S. Department of Agriculture supported a study that indicates if you're not getting adequate Vitamin D in your diet, you may be at increased risk of developing osteoarthritis, which affects nearly 28 million Americans. It is a degeneration of joint cartilage and the underlying bone, most common from middle age onward. It causes pain and stiffness, especially in the hip, knee, and thumb joints.

Low levels of vitamin D have been reported in patients with inflammatory rheumatic conditions such as **rheumatoid arthritis (RA)**, **osteoarthritis (OA)** and **fibromyalgia syndrome (FMS)**. Vitamin D is acquired either from dietary sources or from exposure to ultraviolet B (UVB) radiation, which converts the precursors in the skin into cholecalciferol.

If you are looking for ways to increase your Vitamin D intake, the best source is sunlight. That makes some dermatologists nervous given the risk for skin cancer, but it's by far the best source of Vitamin D. In addition, fatty fish like salmon and tuna, fortified milk and egg yolks are other sources of Vitamin D. And of course, you may also buy Vitamin D supplements to augment your intake.



AMAZING RESULTS!

Every winter my Shaklee Member gets horrible eczema on her foot. Enough was enough ... she was ready for a change. Even though she had a healthy lifestyle she was missing some key ingredients in her diet. Things like fish oil and the polyphenols found in Vivix to mention a few.

She ordered the **Life Plan** and has been seeing great results not just with her foot, but improvements with energy, fatigue, hair and nails and overall health. Angela Koin



AVOCADO IN THE MORNING SHAKE

$\frac{1}{2}$ **Avocado**; $\frac{1}{2}$ **Banana** (not overly ripe)

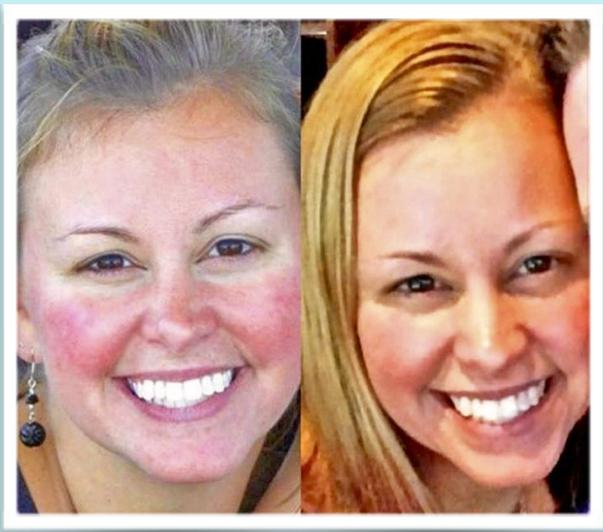
Generous squirt of organic **lemon juice** (I buy the bottled organic Lemon Juice at Costco)

Ice, Water

Vanilla Life Shake (Soy or Non-Soy - my favorite is $\frac{1}{2}$ serving of each)

Option: Add a favorite fruit to above items ... Pineapple; Blueberries; Mango; Strawberries etc.

This is a tasty, creamy shake with: Healthy Fat, Good Potassium, Great Protein. What a way to start (or end) your day! Lorri



My 15 Year Struggle

"Today I'm stepping out of my comfort zone and sharing my health transformation.

For nearly 15 years prior to finding Shaklee, I struggled terribly with my health. Doctors could only diagnose my symptoms as an auto-immune condition of unknown origin. **It left me feeling constantly tired and weak with joint pain and many other crazy symptoms including loss of pigment in the skin on my arms and legs as well as a burn-like rash covering my face.** I was young when all this started and had plans for my life, so I took every medication the doctors recommended to get better.

After 15 years of doing everything I thought I could, I was sicker than ever because my body had become immune to all the medications from being on them for so long and I was still getting flare-ups. I had a beautiful family that I couldn't enjoy. My friend had told me how different Shaklee was but I was so skeptical. I mean I had tried EVERYTHING. Why was this going to be different, but at the same time, what did I have to lose??

I started with Vitalizer and one Protein Shake a day and within a week, I felt a real difference. I thought I was crazy and that it was the placebo effect. Within the first month, I had weaned off all medications. That was June 2014 and I have not had to be on a single one since - it's the longest span I have been medication-free in almost two decades! The pure nutrition in Shaklee products was enough to rebuild my body. With just one Shake a day and Vitalizer, I was able to become a better version of myself and was able to be the wife and mom I had wanted to be for so long! **And the icing on the cake ... I lost 47 pounds within one year of consistently using the Shaklee products ... simply because I finally had my health and enough energy to run, exercise, and be active!** Plus, due to the great Shaklee protein (with leucine) I lost the fat, but was able to retain my muscle! The surprises didn't stop there! Shaklee nutrition allowed my body to be healthy enough for a surprise Shaklee baby that will enter this world come February! My children are just now learning what it is like to have a mom who isn't always sick! Now I'm over the moon to be bringing another child into this world who will never know that version of me! I'm beyond grateful."

Stacey Moran

FDA Finds Majority of Herbal Supplements at GNC, Walmart, Walgreens, And Target Don't Contain What They Claim – Instead Cheap Fillers

HealthMagazine January 3, 2016

The New York State attorney general's office conducted an investigation into store-brand supplements at four national retailers – GNC, Target, Walgreens and Wal-Mart. The investigation found that these giant retail stores sell dietary supplements that do not contain the herbs specified on their labels. Moreover, many of these supplements included potential allergens which were not identified in the ingredients list.



Alfalfa

- Nature's complete herb & best source of trace minerals
- Natural antihistamine
- Natural diuretic
- Anti-inflammatory
- Digestive Aid
- Contains chlorophyll, known body cleanser & deodorizer
- **Aids in regulation of alkaline/acid balance**
- Blood purifier/Toxin relief



Fabric softener is the #1 cause of indoor air pollution. Whenever you smell that "laundry smell," you are inhaling toxic VOC's.

AIR FRESHENER

In a 16 ounce spray bottle mix 1 capful of Shaklee's Soft Fabric Concentrate & 1/2 teaspoon of Basic-G. Fill with purified water.

	TAMIFLU	NUTRIFERON
Restrictions?	By prescription only	Non-prescription supplement
Active Ingredients?	Synthetic chemical compounds	Natural plant extracts
Effectiveness?	Only effective against influenza virus types A & B.	Overall boost to immune system.
Known side-effects?	Nausea, vomiting, diarrhea, bronchitis, stomach pain, dizziness, headache. (FDA says this is <u>not</u> a complete list.)	None
Repeat Treatment?	"The safety and efficacy of repeated courses of treatment have not been established." – FDA	"Taken daily, NutriFeron strengthens immune response by boosting the body's natural interferon." – Shaklee
Cost?	Pay for Doctor visit: \$50 - \$150 to get the prescription. Pay Pharmacist \$79.00 for just <u>10</u> capsules.	RETAIL: one month for \$45.00 OR BECOME A MEMBER: Just \$38.25 for monthly supply
Does it work?	"Two other antiviral medications, oseltamavir (Tamiflu) and zanamavir, would probably work to treat flu caused by the H5N1 (bird flu) virus, <u>but additional studies still need to be done to prove their effectiveness.</u> " – Centers for Disease Control (CDC) http://www.cdc.gov/flu/avian/gen-info/facts.htm	"NutriFeron is a patented, clinically proven blend of immune-strengthening plant extracts." "The formula for NutriFeron is proven by four published human clinical studies." – Shaklee

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