



## Healthy Weight

*Shaklee 180® is a revolutionary program with meal replacements, support and tools to help you not only lose weight but learn how to keep it off. Powered by Leucine® to help you retain muscle and lose fat.*

Are you *Ready* for a New You?

## SHAKLEE 180

### 5 Day Mini Cleanse

safe — natural — works



Lemon water all day

No Sugar

No Alcohol

Low Calorie Dressing

No Caffeine

No Dairy

Use "organic" as much as possible along with "purified" water. You can use low calorie fruit like strawberries & blueberries in the smoothies.

#### Breakfast

Tea\* and Lemon Water  
180 Smoothee\*  
5 Alfalfa\*  
1 Liver DTX\*

#### Snack

raw veggies

#### Lunch

180 Smoothee\*

#### Snack

180 Snack Bar\*  
unlimited raw veggies

#### Dinner

180 Smoothee\*  
Veggie Salad  
2 Liver DTX\*  
5 Alfalfa\*  
2 Herb Lax\*

Starred\* items are Shaklee Products

### CLEANSING BENEFITS:

remove waste ... lose weight ... increase energy  
strengthen immunity ... increase mental focus  
clear skin ... feel amazing

Another embarrassing picture of me for the greater good ... The picture on the left was taken shortly before I became pregnant with my daughter. The picture on the right was taken about a year ago. Total weight loss = 30 lbs. I've kept it off for 3 years now and counting!

Kristina Yeouze



**Shaklee 180 Works!**

**Amazing!** It only takes 26 seconds for the “chemicals” in your personal care products to enter your bloodstream? The same is true of the chemicals in your cleaners that come in contact with your skin! Have you looked at your shampoo, body creams, facial creams, bath products, laundry and all of your household cleaners? Do you experience headaches on cleaning days in particular? When you bombard your system with chemicals, your immune system has to work overtime. Could there be a direct connection between chemicals and the growing immune problems? Read Jill's story below and you'll switch to Shaklee today!

## WHAT'S IN YOUR PRODUCTS?

### OptiFlora to the Rescue!

Here is my 4 month old after 1 week on Shaklee's OptiFlora probiotic (was previously on one from the health food store) This is why I love Shaklee! Ashley S



### A Few Helpful Tips for Eczema ...

Get rid of the chemicals in the home, avoid dairy, make sure Candida is not an issue, apply Calming Complex to soothe the area and experiment with these supplements: OptiFlora, Alfalfa, GLA, Omega Guard along with a Multi Vitamin.

### Dogs LOVE Shaklee



**PET ALLERGIES:** A colleague posted this picture the other day. She has removed grains from her dog's diet and added Shaklee Alfalfa and Shaklee OptiFlora and in less than 2 months look at the change. Her dog, Stella, has improved SO much! Beth

### JILL'S ALLERGY & ASTHMA STORY

"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 until I was educated. Because of the recommendation of a friend who was also a Health Coach, I switched all of my home products over to Shaklee. Since then I have yet to use my Albuterol inhaler and have also kicked allergy meds to the curb. I hated Albuterol and hated Allegra D! I've been allergy free for one whole year and it feels awesome!"



# Did You Know?

Featured in architectural publications, Shaklee's award winning headquarters is a model for energy efficiency and ecology efforts. Between the lighting, interior furnishings and layout for minimal environmental impact and maximum use of sustainable energy/materials, companies around the world study its design.



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Will Steger, renowned Polar Explorer (pictured with Richard Branson), has fueled his expeditions with Shaklee nutrition for decades.

75% of **Muscle Cramps** are due to a magnesium deficiency. Shaklee VitalMag has become a very popular and appreciated supplement ... WHY? Magnesium is a natural defense against pain, swelling, tension and inflammation. According to Dr. Oz, Dr. Weil, and the Mayo Clinic, a magnesium deficiency is the major hidden cause of muscle cramps throughout the entire body, including leg and foot, and no prescription medication can fix it.

**Stress** depletes magnesium and magnesium in the soil has decreased due to the commercial farming and the processing of our food. Cooking will also remove magnesium from our food.

Easing **Constipation** ... is one of the health benefits of MAGNESIUM. Peristalsis moves food through the intestine, so if you are deficient in magnesium, this function may become slow and sluggish.

**Reach for ... SHAKLEE VITALMAG!**

**Inflammation** is a hot topic in the world of health and nutrition. It's the body's natural response to an infection or injury. Without it our body would not be able to heal. However, inflammation that persists—known as chronic inflammation—plays a role in serious illnesses such as obesity, heart disease, diabetes, Alzheimer's disease and many types

of cancer. Thankfully healthy food choices among other lifestyle choices can reduce risk of developing chronic inflammation.

**Foods that help fight inflammation:** cranberries, sweet potatoes, apples, dates, pumpkin, pecans, turnip greens.

How would you like to make sure that you get a potent and proven "inflammation fighter" into your diet EVERY day? Taking Shaklee's **Vivix** will be your answer ... available in Liquigel caps or in Liquid form.



# Sharon Tells All . . . .

All my life I was overweight and could only dream about how I would look and feel if I got rid of the extra weight. I had tried almost every weight loss pill, diets, weight loss drinks or any quick fix program. Nothing worked! I knew being obese was contributing to most of my health issues and something had to be done before I ended up with more health issues than I already had. I came across Shaklee 180 and figured I would give it a try since Shaklee guarantees that their products will make you feel better with a money back guarantee. What did I have to lose? Yes, I did have

something to lose and it was a lot of weight. Needless to say, I did not have to utilize the money back guarantee that Shaklee offers because **I lost 85 pounds in 14 months**. Thanks to Shaklee I regained my health and my life!



## There's MORE ....

**High Cholesterol, Acid Reflux,  
Irritable Bowel, Severe Anxiety,  
Asthma, Cervical Neck Issues**

From 2007 to 2010 I was diagnosed with all of these health problems and I was put on many different medications including steroids and had thousands of dollars in mounting medical bills.

Working as a Certified Medical Assistant for years I have seen many sick people each and everyday. I learned that the more medications people would take the more ill they would become. I then realized that I was doing the same thing as all these people were doing by going to the Dr. to just add one more pill to the regimen to try and feel better! Before I knew it I was taking lots of medications and all they were doing was masking my issues and not healing my body. So I took one last look at myself and said "This is enough", I need to heal my body naturally and get off of every medication I am taking!" This is where my journey began in 2010.

## Then the worst of all diagnoses .... **CANCER**

Two months after I started taking Shaklee in 2010 I got this scary diagnosis — I was sure that it was connected to all those medications I had been on for so many years. I had weakened my immune system and ended up with this horrible disease. I continued my Shaklee supplements each and every day but added NutriFeron to my daily program to build my immune system. I had a lumpectomy and was so happy that the results were Stage 0! The Dr. wanted me to start radiation and take Tamoxifen, but I refused and told him that Shaklee would help my body heal itself. He was not happy with my decision, but I knew that I was going down a positive path with Shaklee. I'm happy to say I will be 5 years **CANCER FREE** in January 2016 and attribute this to a healthy body, free of the toxic drugs. Had I chosen the drug route, my cancer could have easily returned as it does for so many people!

## Why did I choose Shaklee?

My research led me to Shaklee, a company I had heard about years prior. Shaklee not only had natural products with years of scientific research, but a 100% guarantee! What did I have to lose? I contacted Amber, a Shaklee distributor, and told her about all of my health challenges. She was so awesome and explained the many benefits of taking Shaklee supplements. I was a bit skeptical but I placed my order and kept telling myself if it didn't work I would get my money back. Well, needless to say it has been 5 years and I am off all of my medications, lost 85 pounds and have never felt better in my entire life. I will be forever grateful to Shaklee for changing my life!

Shaklee Distributor: