

# Shaklee ...



*"My recent trip to Taiwan involved a 21 hour flight ... going I did not drink my Performance and when I landed in Taipei, my ankles and legs were completely swollen and it took two days to remedy that problem. Returning to the States, I drank lots of Performance in the water I was served in flight and during the connecting time. NO PROBLEM with swelling -- my legs and ankles were fine!*

No Problem with  
**SWELLING!**

*I carry Performance in baggies so it's easy to mix and it does the trick, and it's more economical than any other product on the market"*

Gerri

## Shaklee "Performance"

Shaklee Performance is clinically proven to hydrate better than water. In fact, it has more electrolytes and provides more energy than the leading hydration drink. Our proprietary OPTI-LYTE™ electrolyte blend plus our unique mix of carbohydrates delivers instant and sustained energy and supports optimal hydration.

### Clinically Proven

- \* Minimizes fluid loss for enhanced hydration
- \* Maintains blood-glucose levels to sustain intense energy output and to increase stamina
- \* Increases endurance for better athletic performance

No artificial flavors, sweeteners or added preservatives. Available in natural lemon lime and natural orange

*Mexico last year:  
Size 20*

*Mexico this year:  
Size 10*

*"It is much more enjoyable looking at this year's Mexico pictures!"*

*Laurie Baldwin-Hogg*

**Say goodbye to last year's weight by using Shaklee 180 Weight Management Program!**



*Mexico last year before Shaklee*



*Mexico this year "after" using the Shaklee 180 Program!*

## SINUS INFECTIONS

For allergy sufferers who tend to get sinus infections --

### Garlic Complex,

by Shaklee will kick it out of the park.

Sinus infections manifest as inflammation in the sinus cavity that restricts the flow of mucus.

Foreign irritants, allergens or other infection in the sinuses cause tremendous pain, feelings of pressure and headache. While a number of effective home treatments are available, garlic is one of the most valuable and potent natural remedies.

Garlic contains a number of unique sulfur compounds including allicin that make garlic an effective antibiotic and anti-inflammatory.



pms - eczema - psoriasis - autoimmune  
multiple sclerosis - chronic fatigue  
neuropathy - cholesterol

## GLA Plus

by *Rusty Ost*

*RPh & Member of Association of Natural Medicine Pharmacists*

Gamma Linoleic Acid. This was one of the first natural products embraced by the traditional medical community in modern times. I remember being asked by a local gynecologist to find a "reputable" supply of evening primrose. That was a difficult task because of the limited number of manufacturers at that time. And no supplier that I could find was using the borage plant as a source of gamma linoleic acid. All suppliers were using evening primrose. The best part of this story is that the patients were getting results!

In addition to its use in alleviating the symptoms of PMS, GLA is licensed in the United Kingdom to treat atopic eczema, cyclical and non-cyclical mastalgia (breast tenderness) and the aforementioned PMS. It is also commonly used for psoriasis, multiple sclerosis (MS), chronic fatigue syndrome, diabetic neuropathy, alcoholism, and to reduce blood cholesterol and blood pressure. GLA has also been shown to be a potent treatment for auto-immune disorders.

On a personal note, my cardiologist attributes my survival from coronary artery disease (CAD) to my program of supplementation...especially the GLA. Because my coronary arteries were clogged between 93% and 100%, the only reason I hadn't dropped over dead according to him was the fact that GLA causes coronary arteries to dilate; and that because of the amount of essential fatty acids in my blood, my blood cells were "slick" and wouldn't stick together.

It has been found that an increase of GLA assists more efficient incorporation of other important essential fatty acids into cell membranes and tends to decrease inflammation and cramping of smooth muscles.

Why then would Shaklee choose to use the borage plant for its source of GLA rather than evening primrose? The answer is simple...it appears that the concentration of GLA in the borage plant is twice that of evening primrose! Imagine that? And in addition, Shaklee adds vitamin E, which acts as an antioxidant. Should you choose to add GLA to your daily regimen of supplementation? Only you can answer that. I'm here telling you that without GLA Plus in my diet, I wouldn't be here offering you that choice!

## NATURE BRIGHT

Hey Mom.....I was SO excited today after I took **NATURE BRIGHT** to my cream colored ceramic sink. Over time the cream color becomes very stained and brown but with just sprinkling the Nature Bright over the dark areas (wet down first) and leaving it for a little bit and rinsing with water, it looked brand new. I seriously couldn't believe my eyes! Thank you Shaklee ☺

*Amber Bernhardt*

## Knock Out a Cold in 24 hours!

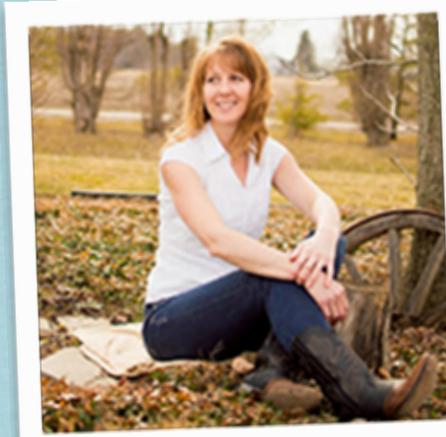
Last week for the first time in at least a decade, I got sick with a nasty cold and congestive flu. I was shocked! And this was so awful it put me in bed!

When **NutriFeron** came out several years ago, I took it to keep my immune system strong while teaching. This worked, but I was surprised that it also eliminated the seasonal allergies and sinus problems I'd suffered with for many years.

Since then I've faithfully taken two a day and have never had any more problems with either of those conditions. Plus, I haven't had any colds UNTIL last week!

As I was in bed, miserable and emptying a kleenex box, I thought that if a person can take two Tylenol every four hours when sick, then I could surely take two NutriFeron every four hours. That's what I

## DESIGNING MY LIFE



Like many Leaders in Shaklee, Julie Veenstra started as a happy consumer of Shaklee products - not looking at first for a way to earn an income. But when she became a single mom with no financial support and a bunch of debt, the bonuses and rewards from her Shaklee business became a way to independently design the life

she wanted for herself and her four year old son. That life included driving a Shaklee car, buying a home of her own, finishing her university degree and sending her son to private school. Along the way she has been taken on trips to the Bahamas, Mexico, Hawaii, Paris and even Kenya!

did and by the next morning all of the symptoms were totally gone! I was really amazed and so happy that I could get up and get going again!

I think the immune system, just like any part of the body, benefits from being fed what it

needs, and when it's overtaxed, it just needs more help. For me, it's been a matter of experimenting a bit to discover which Shaklee products and what amounts of those products are needed.

Jan from Minnesota

## Can "MINDWORKS" really make a difference when you are 95 years old



*Just wanted to let you know how MindWorks has helped my 95 year old mother. She has been on it for 4 weeks now and her whole life seems to be brighter. In two weeks she had not complained once about anything. Before she was not able to remember things, whereas*

*now she remembered a week after my husband had surgery and called twice to see how he was. She remembered to schedule a ride to get her flu shot. She is not groggy when talking on the phone etc. A month ago we thought she would not make it till Christmas. Today we feel she will be around for several years. We think her Shaklee friend is a real "angel."*

**Donna from Bakersfield CA**



## MINDWORKS FOR THE YOUNG? REALLY?



by Rachel Saffen  
(Norma Schad's granddaughter)

I have struggled with severe migraines and headaches for most of my adult life. So severe that I become sick and am unable to function. From what I've been told, they are mainly tension migraines that start in my neck and become knotted through the back of my head. After years of ibuprofen and several other OTC medications I had found no relief. Then my grandmother introduced me to "Shaklee Stress Relief Complex." This was a miracle. it worked!

In August of this year I attended the Shaklee Live Conference in Long Beach. I set out to make the three hour drive with a glimpse of a headache and a 13 month old who hates being in the car seat. I was out of the Stress Relief Complex and prayed that it was just a headache this time. By night two of the conference I had a blaring migraine and got sick. Great, I thought. The next morning we got our product pack of new products and in it was Shaklee MindWorks. Everyone was anxious to know the effect it could have on a young 25 year old, so I took one. **Within 20 minutes my migraine had vanished.** Completely 100% gone. No resonating headache, no threats of its impending return. Just gone.

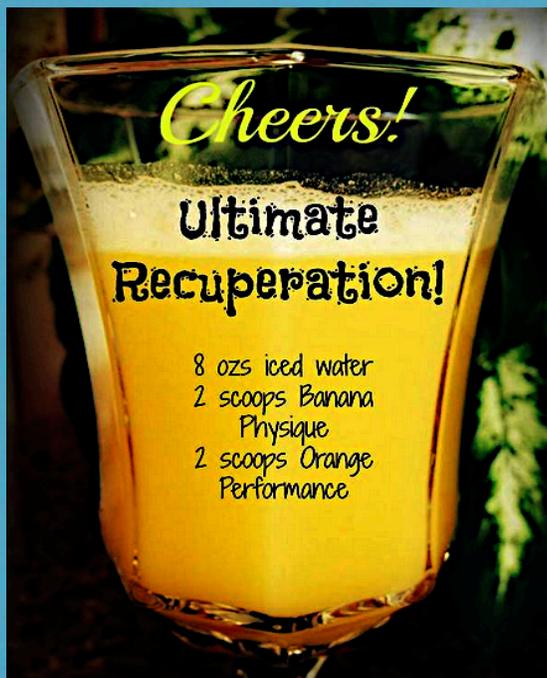
This must be a coincidence, right?

Surely something to increase focus and brain function would have no effect on headaches, let alone migraines. So I waited for it to come back. It didn't. Day 3 after taking just one Shaklee MindWorks and still no whisper of a migraine. This got me thinking. What would happen if I took this every day?

After two months of taking Shaklee MindWorks I rarely get migraines, and the ones I have gotten are due to other factors. I have increased mental awareness, and feel much less tired mentally. I am able to compartmentalize my crazy busy life and keep track of things way easier. Now my only question is, where was this when I was in college?!

### GOING BACK TO SHAKLEE!

Mary G writes: I tried using a different **dishwasher soap** (Seventh Generation brand) thinking it would just be more convenient for me to purchase when I'm at the store and that it was "eco-friendly." Well, it may be eco-friendly, but it doesn't clean very well. Plus, you have to use so much more of it in your dishwasher, so it's really not a bargain or a convenience. After it left most of my glasses with a film on them, I said "that's it, I'm going back to Shaklee!" Live and Learn!



Shaklee Distributor: