



Shaklee news

DAN RESOLVED TO BE AS "DRUG FREE" AS POSSIBLE ...

Dan has eliminated 11 prescription drugs and feels fabulous!

58 year old Dan wants everyone to know his success story ... he started to follow the Shaklee 180 inch loss program, plus Shaklee Vitalizer, Alfalfa, Vivix, Vitamin D3, and OmegaGuard. He is now off of his cholesterol drug, three blood pressure meds, two diabetic meds, two anti-depressants, one anti-acid, and two pain killers. That's eleven prescription drugs

that he no longer uses ... and he feels fabulous.

Dan is thrilled with the decision he made 13 months ago. What about YOU ... What are your personal goals for your health in 2014? Dan recommends that you take Shaklee's Guarantee at face value ...

"Feel Better, or Get Your Money Back!"



Shaklee has provided for our family in so many ways we never thought possible. One way is allowing a flexible schedule so I can spend more time with my family. I used to work as a teacher—and the job demanded so much of my time—and I was always stressed! But with Shaklee, I have been able to stay home and spend more time with my daughter. In addition, we have received an amazing Car Bonus, great income, wonderful health, and free trips. And when our family recently went through some difficult challenges, Shaklee was there for us as a business to support us through those hard times. I feel that what I have created with Shaklee is too good not to share. So many people are looking for what Shaklee has to offer: better health, great income, and amazing relationships. And with the flexibility and incredible compensation plan, Shaklee makes it possible for anyone to succeed.

Katie Odom

DIET STARTS WITH D!

"...being vitamin D deficient interferes with the secretion of an appetite-suppressing hormone called leptin, which signals the brain when a person has consumed enough fat. Building the vitamin D in a person's bloodstream to normal levels will restore that process. ...Rebalancing the appetite hormone can have a dramatic effect on an individual's effort to put an end to obesity and adopt a healthier life!"

Dr. Michael Holick

FABULOUS NEW BROCHURE

YOU WILL WANT TO PASS THIS ON!

[SOY BROCHURE](#)

SOY:
THE REAL DEAL
MYTHS VERSUS FACT



ENFUSELLE CLINICAL RESULTS

Some of the Enfuselle clinical studies utilized contra-lateral (half face) studies. Bio-instruments were used to objectively measure the depth of fine lines and wrinkles on one side of the face where Enfuselle was being applied and compared these results to the control side where no skin care products or makeup was used.

ENFUSELLE TIME REPAIR A.M. CLINICAL RESULTS

Dramatically improves the skin by increasing skin resilience, reducing the appearance of fine lines and wrinkles, and significantly improving other critical properties of all skin types. Abstract: Enfuselle Time Repair A.M.® was evaluated under clinically controlled conditions. Twenty-two women and men between the ages of 30 and 70 used a regimen consisting only of their normal cleanser and Time Repair A.M. twice a day for a period

of 84 days. The product was applied to one-half of the face in a controlled and supervised manner. The other half served as the control. The treated and untreated sides were randomized to avoid bias. Subjects were only allowed to cleanse the untreated side with their normal cleanser. No makeup or other skin care products were worn by the subjects.

☞ **245% increase in skin resilience and firmness in 28 days.**

☞ **421% decrease in the appearance of fine lines of the skin in 28 days.**

☞ **421% decrease in the appearance of skin wrinkles in 28 days.**

☞ **37% increase in retained skin moisture in 84 days.**

☞ **A definitive evening of skin tone in 84 days.**

Conclusion: Enfuselle Time Repair A.M. SPF 15 significantly improves skin elasticity and significantly reduces the visible signs of aging.

"I've been doing this for 15 years and I was surprised to see some rather remarkable changes... really significant changes in skin conditions over the course of the study."

Lawrence Rheins, Ph.D., California Skin Research Institute

SUPER IMMUNE BOOSTER

I have auto-immune challenges: thyroid, arthritis, hepatitis. My doctor and I tried many products to balance my system but none of them worked. Two and half years ago, I was introduced to NutriFeron -- my doctor tested me and said that I needed three a day. This past year, I was diagnosed with lung cancer and had to undergo radiation. I was just told two weeks ago that my cancer is gone. What has amazed me and my doctor was that while going through the cancer and radiation, my immune system was able to function very well. And, my liver doctor told me that he was totally surprised that my liver was able to function through the cancer and not get out of balance and cause trouble. I am so grateful for NutriFeron -- It not only helped to keep my immune system functioning properly but it has also helped me through cancer without added immune challenges. What a blessing. Thank you Shaklee.

Maggie

Your Shaklee Distributor:

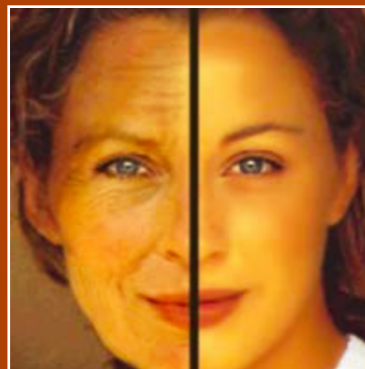
ENFUSELLE

If Hands Could Talk...



Melanie's hands "Before" and "After" using Enfuselle products (AM and PM Repair primarily.)

She also uses Vitalizer, 180 Soy Protein, Joint Health Complex and Osteomatrix. And instead of diet pop she drinks Shaklee Performance.



ENFUSELLE TIME REPAIR A.M. CLINICAL RESULTS

... surprises Lawrence Rheins, Ph.D from the California Skin Research Institute

"SOY RESEARCH"

by Dr. Messina

For 50 years, Shaklee scientists have recommended soy protein consumption as part of a healthy diet. However, today we are also well aware of the great confusion among consumers and even health professionals about the health benefits of soy, because of a few very limited studies on soy that have received much attention on the internet.

We decided to consult an independent scientific expert on soy to review all the latest data for us and prepare a comprehensive review.

We chose Mark Messina, PhD, an adjunct associate professor at Loma Linda University and the Executive Director of the Soy Nutrition Institute. Dr. Messina, an acknowledged leader in soy research, has made studying the health affects of soy his focus for over 20 years and has published more than 60 scientific papers and given more than 500 presentations on soy foods to health professionals around the world.

From his comprehensive scientific white paper prepared exclusively for Shaklee, Dr. Messina produced a summary update on soy: *Soy and Your Health: An Update on the Benefits*, summarized the latest science on the health benefits of soy consumption. It covered a wide range of topics such as how a daily moderate intake of soy can promote heart health and bone health, potentially alleviate certain menopause symptoms and possibly even help keep skin looking beautiful.

To read this update, click here <http://images.shaklee.com/shaklee/fc/SoyandYourHealth%20AnUpdateontheBenefits.pdf>

We hope you will find this information useful. Field Communications

What's the deal with soy?

There is a lot of misinformation percolating on the Internet about soy, and finding accurate and relevant facts to make an informed decision can be difficult at best. This guide should help shed some light on the peskiest falsehoods and help you navigate between the myths and the benefits of soy.

WHERE ARE THE SOY MYTHS COMING FROM?

There are actually only a few so called "soy bashers" who are the main instigators in the war on soy. These anti-soy enthusiasts happen to be very vocal, and they're shouting most loudly about the effects of *isoflavones*, a group of naturally occurring, estrogen-like (read: estrogen-like, *not* estrogen) plant chemicals that are found in soybeans ^[1].

But, really, almost all of the negative reports about soy stems from studies that involve rodents. The thing is, rodents *metabolize soy much differently than humans* ^[2], so using these studies as a scientific model for how soy foods affect humans isn't all that helpful. So let's take a look at **human** data.

HUMANS AND SOY

Other than those who are allergic to soy (statistics say less than 8%) ^[3], the vast majority of the medical and scientific communities agree that people can safely consume soy foods. Numerous scientific results obtained from human data, population studies, and clinical research all validate a variety of health benefits as well as the safety of regular consumption of soy foods ^[4]. In fact, there are strong indications that soy foods offer *significant* health benefits, including reducing the risk of heart disease ^[5].

Not all SOY foods are EQUAL!

"consider some of the many soy powders and concentrates on the market. Choose one that wasn't extracted with alcohol, a process that removes most of the isoflavones Processing makes a big difference; some soy products have lots of isoflavones, some none at all."

Health Magazine by Christine Gorman

A soy protein that was obtained through WATER extraction will, on the average, contain 8 times the isoflavone content of the ALCOHOL extracted soy protein.

The average amount of total isoflavones in soy protein concentrate when extracted by the use of water is 102.07 milligrams of isoflavones per 100 grams of edible product. When alcohol is used to extract the soy protein, this number is reduced to 12.47 milligrams!

Shaklee has always used water extraction whereas most companies use alcohol extraction since that method is cheaper.

Superior Quality and Science ... This is "The Shaklee Difference."

MYTH 01

Consuming soy can increase the risk of breast cancer

Breast cancer and the effects of soy is probably one of the most controversial arguments out there online and in real life. Regardless of who is yelling the loudest, the fact of the matter is that **for more than 20 years the U.S. National Cancer Institute and laboratories around the world have been rigorously investigating the role of soy in breast cancer prevention** ^[6]. **Breast cancer P-R-E-V-E-N-T-I-O-N**. Why? Well, Asian populations who traditionally consume soy as a dietary staple typically have far lower breast cancer rates than populations consuming a typical Western diet ^[7]. And because roughly two-thirds of breast cancer is estrogen-sensitive, the anti-estrogenic effects of soy isoflavones may actually help **decrease breast cancer risk**. To top it off, studies have found that soy foods and soy isoflavones don't increase breast tissue density or cause breast cells to multiply ^[8], unlike hormone therapy. In fact, consuming soy during the early years of life (the first 20 years, to be specific) may help to reduce the risk of breast cancer later in life ^[9].

And, in two recently published studies, soy consumption has also been shown to actually be associated with reduced recurrence rates and improved survival in people with breast cancer ^[10, 11].



The
**SHAKLEE
DIFFERENCE**

AUTISTIC SON

**The doctors told us our Autistic Son would never speak.
He can now talk and tell us his needs!**

Lynda shares: "My son is now 7, but at 3 he was diagnosed with autism. When he was diagnosed, we were told that he was very severe on the autism spectrum chart. The doctors told us he would never speak, would learn very little, and not to expect much from him. We read that some parents have voluntarily taken their children off casein and gluten and have found remarkable results. My husband and I chose not to take our son off gluten, but by age 6 he was diagnosed a celiac, so we had no choice. He has always been a vegetarian, not by a conscious choice, but probably because of texture. My friend introduced us to Shaklee supplements, and our personal experience has PROVEN to us that the QUALITY and BIOAVAILABILITY of the supplements make all of the difference in the world with regard to results. I have put him on lots of Shaklee supplements. Being vegetarian he takes 1/2 cup Shaklee Soy protein throughout the day along with the following supplements: 2 B-complex, 1 Optiflora Probiotic, 2 OmegaGuard, 4 Vitamin D3, 2 Vita Lea with iron, 2 Sustained Release Vitamin C, 3 Super Cal/Mag Plus, 1 GLA, 2 Lecithin, 2 Mental Acuity, 1 Zinc, 3 Alfalfa.

He has been on this for about 18 months and we have noticed major improvements in him overall. **He can talk and tell us his needs.** He is gaining social skills slowly. I just had a meeting with his teacher and he has met or exceeded every goal we set for him on his IEP except the one about typing 10 words per minute. I put all his supplements in applesauce, mix in the protein, add a little cinnamon for flavor and it tastes like an apple pie. He is now to the point where he is swallowing the supplements whole. He has this for breakfast, I send protein in his applesauce to school for lunch, and he has supplements again after school. If he gets wound up, I give him up to 3 Gentle Sleep Complex to take the edge off. I think the biggest change I saw in him was when we began the Optiflora. His expressive language really took off. His behavior is much more manageable now -- he is a wonderful little boy."

Tough On Germs

Bacteria, fungi, and viruses can wreak havoc on your family's health and safety. Used as directed, Basic-G tackles over 40 of these pesky microbes, including several animal viruses. That makes it an excellent choice for use in the kitchen, bathroom, or pet area. In addition to being economical - one quart makes up to 64 gallons - it's also EPA registered.

**BASIC
"G"**

My "main" product on cleaning day is Basic G. Only 1 Tablespoon per gallon of water for general cleaning. I use it to wipe down/wash floors, cabinets, appliances, toilets, sinks, woodwork, garbage cans etc.

I wash my clothes with Shaklee's Fresh Laundry Concentrate and I add a squirt of Basic G for most loads. The clothes will never "smell" even when you forget to take them out of the washer a day or so later!

Years ago my son and a friend ended up with poison ivy on their legs and while this is not endorsed by Shaklee, I had my son soak in a solution of Basic G and water. The poison ivy was gone in no time with no drugs and no down time from his job. His friend ended up going to the doctor, taking medication and missing work. WE ARE SOLD ON BASIC-G!

Lorri Kreuscher

Dynamic Duo

Vitalizer & Vivix

*"My Mom has been taking both Vitalizer and Vivix for 2 months. She is 83 years young, is still teaching piano to school-aged children, but has **ARTHRITIS** in both her hands. In the last three weeks she has had little to no arthritic pain.*

*My Dad has been on Vivix for 2 months and Vitalizer for one month. He is 89 years young and has had a combined pacemaker/defibrillator for five years. He now does an hour a day on his stationery bike and says he has more energy and feels better all over. But wait, the best news is he has had **GLAUCOMA** for 40 years. In the last two years his eye sight has drastically declined. He has no peripheral vision, is legally blind in his right eye and has very limited vision in his left eye, which has edema (swelling) of the cornea. On his last visit to the specialist the doctor asked him, 'What have you been doing with your eye? It is so improved.' He is now able to do little things for himself - things that we take for granted like putting toothpaste on his toothbrush and plugging in a razor. When he gets up close to a person, he can now see their features instead of a blur, and just this past Sunday he came up to me after church, all excited to tell me he was able to actually see the chairs and the priest on the altar. I can't wait to see what progress they both make in the months to come." Anne Marie Jenkinson*