

# FEEL GREAT

## Shaklee Effect

*"Courage isn't the absence of fear.  
Courage is having fear and doing it anyway"*



**CAROTOMAX** ... Each tablet contains 5 mg LYCOPENE equivalent to that found in 2,830 Apricots

### 55% REDUCED Stroke Risk

In an October, 2012 Harvard Health Publication, research showed that there was a dramatic reduction in stroke risk found in men who had the highest blood levels of lycopene, a carotenoid and antioxidant found in tomatoes, apricots, watermelon, etc.

Shaklee CAROTOMAX is a Carotenoid Complex ... which provides 5 mg of lycopene per capsule, equivalent to the lycopene found in 2,830 apricots, along with a whole host of other carotenoids.

NOTE: Another major benefit of Carotomax ... Eye specialists highly recommend lycopene and other carotenoids to support optimal **eye health**, and to reduce the risk of age-related macular degeneration.

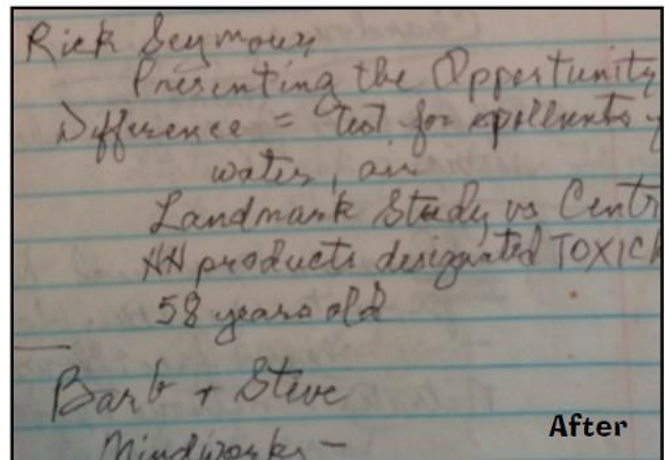
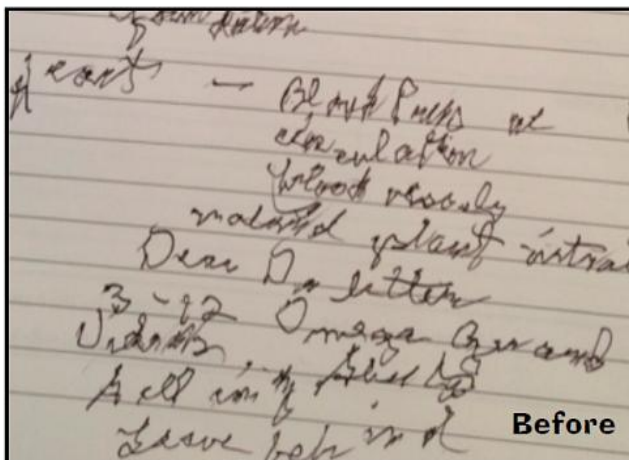


### Essential Tremors ... a family trait

Background: My mother was diagnosed with Benign Essential Tremor at age 60. My 2 sisters and myself developed hand tremors at age 60. My hand tremors progressed to the point that I could not eat soup with a spoon, or hold a cup of

coffee with one hand. I resorted to soup in a mug and holding my coffee with both hands. My handwriting got messier, especially under stress or being tired.

I began searching for a Shaklee solution. In August 2014 Shaklee MindWorks came to market. I started taking 1 a day. There was no remarkable difference. When I started the second bottle in mid-September I decided I would take 2 a day, 1 in the morning and 1 at night. I noticed less hand tremor (others noticed too) and improved handwriting. Below are examples of my writing before and after Mindworks. The "before" notes were written at the Shaklee conference and the "after" notes were written at another meeting a little over a month later. The two situations were very similar in that I was taking notes as speakers presented, writing in a notebook on my lap. Beverly Willingham





## Blood Pressure

I would like to share some great results my husband has experienced with Shaklee's new Blood Pressure product. He had been on a drug for Blood Pressure for the past 3 years. He was experiencing some fatigue and decided to look up the side effects and saw several things listed that were concerning; he decided to stop taking the medication. He checked his pressure just before going off the drug and it was 128/74 ... after being off the drug for 4 weeks his BP was 149/85. At that same time Shaklee introduced Blood Pressure which he began taking immediately. Here are the results:



Began taking Blood Pressure on 8/17/14 BP 149/85

5 days later: 8/22/14 BP 144/79  
10 days later: 8/27/14 BP 144/78  
22 days later: 9/8/14 BP 136/70  
44 days later: 9/29/14 131/73

We are very impressed!  
Sharon Schwartz, R.D.H.



## Gloria's Journey

A story of hope for all stroke victims

At age 47, with a promising career in the legal world, Gloria was suddenly stricken with a debilitating stroke. After 6 years of therapy and medical intervention, her Doctors told Jay, her husband, she was not going to improve any more, and to just go home and enjoy life. Jay refused to believe their prognosis. He wanted his wife back!

After a few months, Jay was presented with the idea of repairing the body with nutrition. With an open mind and lots of prayer, and a money back guarantee, he started the RX for Healthier Living by Shaklee. (180 Shake, Vivix, Vitalizer, NutriFeron)

The results in 4 years are dramatic. The brain has been repaired over time so that now she is able to respond immediately with answers to questions, she sings in the choir at church, she is able to walk and keep up with just a cane to be safe. Her health numbers have greatly improved, she has lost 70 pounds, and most importantly, she is able to enjoy her grandchildren and live a more abundant and productive life.

"My open mind that day, changed our family's entire future. I learned that God places people in our path to help and guide us. Building health is like building a puzzle. Shaklee gave me the piece we needed to add the health and wellness to enhance Gloria's and our family's lives."

## Diabetes . . . no more side effects

I am 34 years old, and I have type 2 diabetes and have had it for five years. I take two oral medications and insulin. I have been on insulin for almost four of those years. I was so frustrated with what I believe are side effects of those medications, I called my diabetes Dr and they referred me to my primary doctor, etc.....so I took matters into my own hands and started taking Shaklee's Glucose Regulation Complex (GRC). I started taking it on Sunday and immediately I felt very good, very in control. I tested my blood sugar before each meal, still taking my meds along with GRC. I took one GRC w/each meal on Sunday. Monday I decided to try only the GRC and go without my meds to see how I would do, making sure I tested every few hours. I took it in the a.m. w/breakfast and in the p.m. w/supper. AMAZING! I did not have the fluctuations in my blood sugar, it is something I am still shocked about. I did not have cravings, and the afternoons had been a struggle. When my count has been a little higher (only two readings over 150 but still under 200), I know it is because of something I ate....I have gone three days so far without any

meds, and today is my fourth day. That may not seem like a milestone to anyone else, but to me it is. I am going to my primary Dr. today. I am sure she will be against it, but it is my decision to keep up w/GRC. I am so excited! I have several coworkers who are type 2 diabetic, they are checking up on me daily to see what my "numbers" are. They are also amazed with my results. Another coworker started taking it today.

Thanks Shaklee!

### After seeing my Doctor ....

My doctor (primary doctor) was very impressed....she told me to keep doing what I've been doing. She has patients always asking her if there is something they can take other than meds, so I gave her the info on GRC. She said she could not argue with my numbers (blood glucose readings). Also, the side effects of the meds. are now gone, no more swelling in my legs. I have been on GRC for one week and everything is going fine!

Becky Blalock



## Vitamins for your face

### Aging 10 years in reverse

Shaklee has applied 50+ years of scientific nutrition research to develop the MOST ADVANCED THERAPEUTIC SKIN CARE SYSTEM IN THE WORLD! With Shaklee Enfuselle, it's like aging 10 years in reverse.

According to one of the scientists ... *"The results are so dramatic, that you can look one person directly in the face and tell which side of the face has been nourished with Enfuselle Nutrition Therapy Skin Care from Shaklee."* And it is 100% Satisfaction Guaranteed or your money will be refunded, so you have nothing to lose when you choose to experiment with these revolutionary products.



## Shaklee Basic H2 vs Vinegar

A friend asked me about using white distilled vinegar to clean her house versus Shaklee Basic H2® Organic Super Cleaning Concentrate. I did the math, and I was surprised to find that the cheapest vinegar one can buy costs at least 3 times as much as Shaklee Basic H2 for all-purpose cleaning. The savings are even greater when using as a windows/mirrors cleaner. Also, vinegar may not be the best for some jobs as its acidity could eat away some finishes over time, especially wood.

Conclusion: Shaklee Basic-H2 is cheaper to use than vinegar AND safer to use, as it's not going to ruin your surface finishes over time like vinegar could. And Basic H2 is unscented, which is a big plus for me. It's a joy to clean my house with Shaklee Suni

## Health Benefits of Stevia

A sweetener with medicinal properties that include:

- possible positive effect on triglycerides, cholesterol and obesity
- anti-inflammatory effect
- may help diarrhea
- negligible effect on blood glucose (i.e. safe for diabetics)
- used in South America to actually treat diabetes
- may lower blood pressure
- may treat heartburn
- may improve skin rashes like eczema and eliminate dandruff



**Stevia is a zero-calorie sweetener** and does not increase your cravings for sweet things, unlike most other sweeteners. Whole stevia leaves are 30 to 40 times sweeter than sugar, and the extract of stevia leaves is 300 times sweeter than sugar.



## 23rd Psalm ... remembered

Thanks to Bruce and Mary Jackson for this excellent Mindworks story. I've spoken to many people who find that words are coming easier, names are remembered, and confidence in restored mental capacity growing. Bob

*"For at least 28 years Bruce and I have said the 23rd Psalm together at bedtime. I know it was at least that long because our youngest daughter Sarah, who is 28, could say it by the time she was two from listening to us. In recent months, even though we had said it every night for so long that you'd think it would be automatic, we found ourselves struggling and grasping to remember what came next. I blamed it on my stressed out overtired caregiver brain. Two weeks ago we started using Shaklee's new MindWorks product. On day seven Bruce said to me, "Did you notice that we said the whole 23rd Psalm right through without hesitation?" Ever since then, we've said it smoothly, without any struggle to think of what comes next!!"*



**"When you have everything to gain if successful and nothing to lose if you fail,  
then by all means give it a try!"**

*Billionaire W. Clement Stone*

### Five Major Trends

It just makes sense. If you're looking for a business, if you want to make money ... you want to be in industries that are growing. Shaklee is at the center of five of the fastest-growing consumer markets projected to grow by nearly \$1 trillion over the next 10 years.

**But as our owner, Roger Barnett reveals:  
Shaklee has money and so much more to offer!**



# plus

**Trips, Cars and the Freedom to enjoy life! Most people want what Shaklee offers!**

