

SHAKLEE



In The Best Shape Of My Life at 50 Plus

I was introduced to Shaklee products almost 20 years ago when I was a competitive water skier/wakeboarder, business owner of a cable water ski park in NC, and mother of 2 young children. My life was extremely busy at this point and I wasn't feeling very healthy, had terrible cravings for sweets and lacked energy to make it through the day.

I started using the sports nutrition products Performance for hydration, Physique for after exercise recovery, a Shaklee protein supplement to add to my cereal and the multi vitamin Vita Lea. The products made a tremendous difference in my energy level and literally transformed the look of my body within a month's time. Muscle tone improved, energy levels went up and cravings were gone.

Shaklee has fueled my body during many different sports over the years from running marathons to many triathlons. As a personal trainer and group fitness and yoga instructor I've introduced all of my clients to the Shaklee sports and weight loss products with great success. A highlight in my career was training an athlete with disabilities over a 6-month period and watching her earn the bronze medal in rowing in the 2012 Games in London.

About 2 years ago I started competing in my toughest sport yet, World Class Weightlifting. In 2015 I became State Champion for Florida in World Class Weightlifting in Masters 58kg division. After competing at Nationals a few months ago and coming in 3rd in my weight class in the Pan Am games in June, my dream of qualifying for World Masters in Germany in October 2016 has come true. Training 6 days a week and competing at a very high level would not

I rely daily on Physique, Performance, the Life Plan Regimen of vitamins and protein shakes, and Advanced Joint Health Complex as well as NutriFeron to keep me healthy and strong.

be possible without the very potent and effective Shaklee products.

Tina F.





Pumpkin Chocolate Chip Energy Balls

My husband, kids and grandkids LOVED these healthy little gems!!

- 1 C Oatmeal
- 1/2 C Shaklee Protein Powder
- 1 C Pumpkin Puree
- 1 C Peanut Butter or Almond Butter (or combination)
- 2/3 C Maple Syrup
- 1 tsp. Cinnamon
- 1/2 tsp. Pumpkin Pie Spice
- 1 Tbsp Vanilla Extract
- 6 Tbsp Flax or Chia Seeds
- 1 C chopped nuts or dried fruit (walnuts, almonds, raisins, mango)
- 1/2 C mini dark Chocolate Chips

Combine thoroughly, roll into 1" diameter balls. Put in freezer for 1 hour. Store in refrigerator for up to 1 week. Choose "organic" ingredients whenever possible.

Shaklee Distributor

FDA Orders Antibacterials Removed From Consumer Soaps

Say goodbye to those "antibacterial" soaps. The Food and Drug Administration says they do little or nothing to make soap work any better and said the industry has failed to prove they're safe.

"Consumers may think antibacterial washes are more effective at preventing the spread of germs, but we have no scientific evidence that they are any better than plain soap and water."



- *Antibacterial soaps have the potential to create antibiotic-resistant bacteria
- *These soaps could act as endocrine disruptors
- *They might lead to other health problems — (allergies/immune system/hormones)
- *Antibacterial soaps are bad for the environment

FORMER SHAKLEE EXECUTIVE SPEAKS OUT:

It is moments like these when I am more certain than ever that Shaklee was the right independent business choice for me. I am so thankful for the integrity of the Shaklee science team and commitment to Dr. Shaklee's founding philosophy. I remember as this trend for antibacterial soap was growing, we discussed as a company, should we offer something? We chose NOT to do so. NOT to get on the bandwagon of consumer demand, sales, and profits, because our science team knew this was not effective and could be harmful. Over and over again in Shaklee history what we have chosen NOT to do, eventually is shown as the right decision. Along with what we have known is best to do. "Follow the laws of nature" ~Dr Shaklee. Laura E.

Shaklee Hand Wash Concentrate

SPA Treatment for your Hands
gentle, lovely fragrance, ph balanced, economical

A Fabulous Option:

Shaklee's Hand Wash goes beyond the hands for our family. We use it as an "All Over" body wash and we love it!
Lorri

Ingredients

- To Moisturize: Wheat Germ Oil, Algae Extract
- To Soothe: Aloe, Marshmallow Extract, Linden Flower Extract
- To Energize: Rosemary Extract, Arnica Extract





The Perfect Way to START your Child's Day

Food supplements and a good protein source is key to giving a child's brain the fuel needed to think and perform at optimum.

This is what one happy Mom shared:

"My 7 year old son was having problems in school with learning & conduct. I went to the store and purchased a children's multivitamin & fish oil. I gave him these supplements all last year, BUT nothing changed. He still had poor grades and received behavior notices from his teachers. Then I found Shaklee and immediately changed brands. Within the first month, my son was getting improved marks and compliments from his teachers on his good behavior. There truly is a difference, and we experienced it firsthand!"

American's Eat "DESSERT" for breakfast!!

1073 CALORIES

Percent of calories:

74% CARBS

9% PROTEIN

17% FATS

For a high protein, "brain feeding" and low calorie breakfast: Give the family a Shaklee 180 Smoothie.



HEALTHPRINT is a digital Personalized Health Assessment carefully designed by credible doctors, scientists and nutritionists.



You are one of a kind ... shouldn't your approach to wellness be too?

ASK your Shaklee Distributor for ...

HEALTHPRINT,
a Personalized Health Assessment as unique as YOUR FINGERPRINT



Let's Get Healthy NOW !!

I started using Shaklee cleaning products in 2007 and have always loved them. When my son was born, I felt good knowing that he was not inhaling the toxic fumes from typical household cleaners bought at the store, not to mention the money I saved using Shaklee's products. It wasn't until Christmas time, 2010, that I started looking at some of their other products - specifically the children's supplements. My son was suffering from horrible allergies, and for the first 2 years of his life he had bad eczema and trouble sleeping. Someone suggested I put him on a regimen of Shaklee supplements for a month, and see if that helps. He was already taking vitamins so I wasn't sure this would make a difference, but I was to a point that I would try anything. 2 years of not sleeping all night had really worn on me and my husband! His **allergies** were causing horrible congestion, and a really scary sounding cough. After 2 days on the Shaklee supplements his cough disappeared, and shortly after his congestion disappeared as well. This was amazing to me, because after 2 months of him being sick, a couple doctor's visits telling me "sorry, it's just allergies....we can put him on allergy medicine".....now 2 days later I could see SUCH improvement! This led me to change my daily vitamins to the Shaklee brand as well, and after a week I could tell a major improvement in my energy level, and more importantly, my **MOOD!** My husband was very happy about that.

It is my mission to help as many people as possible learn how to improve their health NOW, rather than wait until they get sick and then make changes. So many people wait until something drastic happens to their health before they decide to DO SOMETHING about it! Let's get healthy NOW - and never have to deal with those horrible health problems that are in so many people's future.

Laura H



Ken's Journey Continues

Ken's road to optimal health is progressing as he learns more about the body and Shaklee's incredible products. He is now taking the Life Strip which includes VIVIX — an extraordinary product that has far reaching benefits. Vivix works at the cellular level, building and repairing the cells and reducing inflammation.

And since Ken's issues will be greatly helped by boosting his immune system, Ken has started to experiment with Shaklee's amazing product NutriFeron. NutriFeron is all about building a healthy immune system the natural way!

If we take a look at almost any disease imaginable ... we could estimate that nearly 100% could be dramatically helped by reducing inflammation and building a properly functioning immune system.

Ken's story has brought me back to the many "wonders" of ALFALFA!! It was alfalfa that turned my "nerve allergies", (as the doctor called them) around. I had itchy welts on my body as a result of nerve problems. The other issue that was greatly helped was stomach issues ... again from nerves/stress.

The KEY : Be willing to "experiment" with these amazing products! Lorri



HARD-HEADED MASTER ELECTRICIAN!

I have a life changing story to tell. I have always been skeptical of so-called health products. My wife of 21 years has been taking and trying to get me to take, Shaklee products, but being "hard headed" I refused.

I began to develop an autoimmune disease in my late twenties, beginning with psoriasis, which finally lead to **severe psoriatic/ rheumatoid arthritis**. In trying to combat this disease I have took methotrexate, a cancer drug that had little effect, other than to make me feel terrible. I have since worked my way through different biologics, which at first seemed like miracle drugs, but eventually my disease adapted and I became allergic to ALL of them. It was just over a year ago that my current Doctor told me if I became allergic to this last medication I was taking, that was it. There was no other place to turn.

With the last few shots, I began to break out over my entire body. Lumps forming under my skin, the itching so severe that I would scratch my skin until it bled. I had come to my wits end. With my wife's suggestion, I began to take alfalfa. It works taking toxins out of the body as well as decreasing inflammation. I noticed my itching decreased.

I remember my wife telling me about Vitamin B helping her mood. I asked about it and she immediately opened the cabinet with her stash of Shaklee supplements and I took my first two pills. Within two to three days I felt a big difference in my mood. It's hard to find the right words to explain how I felt, just vibrant, energetic, happy, I just felt great. I had felt so poorly, for so long, I did not realize how bad I felt ... It had become the norm.

Upon my wife's further suggestions, I also began taking Shaklee's CorEnergy and Mind Works. I already had more energy taking Vitamin B, but CorEnergy keeps me energized the whole day. I have since begun walking during my lunch break, and regularly meet my 10,000 steps daily goal.

Now, to MindWorks - I am a Master Electrician by trade. My job requires a tedious amount of time looking at drawings and estimating costs on projects.

Since adding MindWorks to my regimen, I have noticed a marked improvement in my focus and memory. I know it sounds like a cliché to say I feel amazing, but I do honestly feel amazing.

I know I will always have my health challenge, but I now feel I can face it head on without it dragging me down. Shaklee has changed my life! My goal is to help as many other people feel "amazing" as well. Join me on the road to a better, healthier life.

Ken