



Shaklee News

WHICH D3 IS BEST ?

In May of 2010 my wife Cathy had her annual physical which showed that her Vitamin D level was low. Dr. Rich wrote a prescription for a Vitamin D 50,000 IU capsule for her to start taking once a week. She was faithful in taking this for 16 months. At her next physical her D levels had gone up from 18 to 30. The Optimal Range is 30-100.

Meanwhile, when I went for my annual physical and blood work my Vitamin D level also showed up low. Dr. Rich suggested the Vitamin D prescription for me also, but I told him that I would rather try a different approach. I called and ordered Shaklee's Vitamin D supplement. I began to add one 1000 IU Shaklee Vita-D to my normal daily Vita-Lea (2). Thus I was getting 12,600 IU of Vitamin D a week from my Shaklee supplements compared to my wife's 50,000 IU in a prescription capsule. I was faithful in taking my supplements daily. One year later, I was happy to find that my Vitamin D level had rose from 20 to 31. So my Shaklee supplements had basically the same results for me as the prescription had for my wife, but with a **substantially less intake of Vitamin D.**

Why the difference? ... I think we all know! Plus, it cost less for me to add the Shaklee Vita-D (less than \$8.00) to my daily routine than it did for my wife to pay for her prescription capsules. Tom Leenheer

What are the experts saying?

Because Vitamin D is so cheap and so clearly **reduces all-cause mortality**, I can say with all certainty: Vitamin D represents the single most cost-effective medical intervention in the United States!"

Dr. Greg Plotnikoff, Medical Director, Penny George Institute for Health and Healing, Abbott Northwestern Hospital in Minneapolis

The Athlete's Edge

FASTER, QUICKER, STRONGER with VITAMIN D

By Dr. John Cannell, M.D.

"Vitamin D gives athletes a definitive advantage over their competitors... improves muscle tone, muscle strength, balance, reaction time and physical endurance as well as immunity and general health."

Powerful Medicine

Dr. Lucinda Messer, M.D.

"Vitamin D deficiency is a worldwide epidemic with over one billion people at risk for its associated diseases. A deficiency in Vitamin D is the main reason we have skyrocketing incidence of Cancer, MS, Diabetes, Osteoporosis, Depression, Seasonal Affects Disorder, Autism, Hypertension and more."

Power of Vitamin D

By Dr. Sarfraz Zaidi, M.D.

"There is a direct link between Vitamin D deficiency and cancer, heart disease, diabetes, high blood pressure, kidney disease, fibromyalgia, chronic fatigue, osteoporosis, arthritis, lupus, MS, asthma, thyroid diseases, dental problems and depression."

NOTE: Dr. Sandy Bevacqua feels that everyone's Vitamin D level needs to be 70 at minimum for optimal health.

Many experts feel that the daily dosage needed by kids is 2,000 units of D3 and for adults it should be 4-5,000 units. Watch these "eye-opening videos for more details.



The **MOST COMMON** medical condition in the **WORLD!**
With sometimes devastating, even fatal consequences!



My wife Cheryl and I are Key Coordinators in Shaklee and Cheryl started the business 16 years ago. I have been mostly a supportive spouse and anyone who knows us knows Cheryl is the brains and the beauty in our operation.

I have been a Sales Manager for a mortgage banking company for about 23 years. When Cheryl decided to start a Shaklee business, I knew nothing about network marketing but the idea of time freedom (choosing your own hours to work) and residual income (training someone else to do what you do, working together with them and building a business you could pass along to your kids) was very attractive to me. In my working life of trading time for money I had never had much control over my hours or income and I had trained a lot of people to do what I do but the only ones who benefited from that were the companies I worked for.

So network marketing seemed interesting but I had a job I enjoyed and Cheryl really liked doing Shaklee, and was very good at it, so I kind of stayed out of the way. But in recent months I have seen more and more people who could no longer afford the homes they lived in. Peoples incomes were getting cut, hours cut and medical expenses were going up.

It seems to me that people need another stream of income now more than ever, everyone we know has some kind of home based business, jewelry, kitchen utensils, etc. but I always thought of these as short term fixes, a quick way to earn some fast money from your friends and family. It seemed to me Shaklee was much more of a career, especially with the residual income aspect. So it was becoming obvious to me, people needed to supplement their income. I had read that as little as an extra \$500 a month could keep up to 85% of people from losing their homes to foreclosure and that the gap between rich and poor was at an all time high with the middle class continuing to shrink.

I found it very interesting that Warren Buffet, self made billionaire, had bought two network marketing companies and he said they were the best investments he had ever made. This could be the result of the fact that in our economy people are needing multiple streams of income to survive and network marketing fills this need.

To me, trading time for money was making less and less sense. Everyone else seemed to have control over my time and money and I didn't see much future in that. Then when the federal government determined that us lowly loan officers, not the big banks, were responsible for all the foreclosures, they legislated new rules that required us to do three times as much work for half the income. Now it appeared another entity had control over my income and hours! Shaklee was beginning to look better and better.

I then read that getting out of debt was the #1 New Years resolution for 2012 and that better health was in the top five. Also an article in Time magazine stated there were four major factors that determined whether or not your economic situation was likely to improve and one of the factors was good health! I was beginning to think someone was trying to tell me something, here I am in the mortgage business slowly dying when our Shaklee business was in a growth market, helping people in two of the top 5 areas where they wanted to change their lives! It began to occur to me that maybe I was in the wrong business and Cheryl was in the right one.

I see people in my office every day who hate their jobs but are stuck. They have family obligations and are not close enough to social security to retire or their 401K has gotten beat up the last few years and now they have to continue in a job they don't like. There are very few options out there, especially for a 57 year old guy whose training is in Mortgage Banking.

How fortunate do you think I feel that Cheryl started our Shaklee business 16 years ago? I know first hand that there are many, many people out there who need what we have now, or will sometime in the future. How selfish of me would it be to keep this to myself because I was afraid of what people might think of me or because I didn't want someone to think I was trying to sell them something. How much different would our lives be if Marjorie Felton- Petry had not shared the Shaklee business with Cheryl?

I thank God every day for our Shaklee business, and our Shaklee income has made it possible for me to walk away from a job that I no longer enjoy after 23 years and not look back. I don't have to worry about how we will pay our bills or how we will eat because the work Cheryl has done for the last 16 years will support us and continue to support us until we pass this business on to our children. I hope I will be able to change peoples lives through Shaklee just as our lives have been changed forever. I hope our story will somehow help someone and I thank you all for the chance to share it with you.

Tom Mangan, former Sales Manager

Dark Days of Winter Can Be Lightened

B Complex (essential for brain and nervous system and happy moods)

Stress Relief Complex (blunts cortisol that can cause anxiety reactions)

Mood Lift (St John's Wort -- helps balance serotonin in the brain)

Vita D-3 -- helps prevent depression

Economical and very effective ... Shaklee **GUARANTEES "Results"!**



In a study published last month in Cell Metabolism, Dutch researchers showed that taking a resveratrol supplement for 30 days significantly lowered multiple markers associated with **heart disease, diabetes, cancer, and many other chronic diseases**. These include markers of inflammation, improved mitochondrial capacity, lowered blood pressure, and blood glucose.

Since **inflammation is at the root of literally hundreds of diseases**, this has immense potential health implications. And we know that chronic inflammation leads not only to age-related diseases but to accelerated aging, as well! This study also showed reductions in both blood pressure and triglyceride levels, both of which are associated with heart disease risk.

Diabetes has increased a whopping 35% in just the past decade. Until now, the only non-pharmacologic way to improve insulin sensitivity and reduce your risk of developing diabetes has been calorie restriction and weight loss—which is so very hard for people. This study would suggest that adding a high potency resveratrol supplement may help improve your insulin sensitivity and lower blood-sugar levels.



"Always losing the weight BUT gaining it back!"

About a year ago, I stepped on the scale and discovered I weighed more than I had ever weighed before - 180 lbs! I remember my mother saying "The middle-age spread - there's nothing you can do about it." I am 5' 9" and have been 150-160 lbs for the last 20 years. I am 62 years old. My weight crept up slowly to 170 lbs. I didn't like it but I thought - well, that's the "middle-age spread".



The morning I stepped on the scale and it said 180 lbs - I decided NO! I have to do something. I have tried many different diets including Weight Watchers and The Biggest Loser Diet - **always losing the weight, but always gaining it back**. Then I heard about the Cinch Program through Dr. Braun's office. I thought - well, it's kind of expensive but I'll try it for a month and see what happens.

When the shipment arrived, I didn't start it right away. I read the information and knew that when I started, I had to be committed and stay with it. I thought I was going to be

starving! But the shakes and bars were delicious and very filling and I was so surprised that I wasn't hungry. I also knew that I had supper to look forward to! I began to lose weight, but I regret not measuring my inches lost. I lost 10 lbs in the first month. I ordered another month's supply and lost another 10 lbs. I am now at 160 lbs and use the Cinch shakes and bars when I gain a pound or two.

I am happy at 160 lbs and I have stayed at this weight for a year now. This program supplies you with breakfast, lunch and snacks throughout the day. I realized the cost wasn't that bad, especially when I succeeded in what I really wanted - **TO LOSE WEIGHT!!**

Thank you Cinch. I highly recommend this to anyone trying to lose weight; I have more energy and I feel so much better about myself. I finally did it!!
Bobbie Trimble

TRANSFORM YOURSELF

Best Cinch Offer Ever

BUY 3 Months

Get the 4th month FREE

Ask your Shaklee Contact for the details or go to the Shaklee member center:

<https://members.myshaklee.com>

**SOY ?
NO SOY ?**

**HOT FLASHES
NO ENERGY
THINNING
HAIR
PEELING NAILS
HAIR LOSS
HELP!**

I have been taking Shaklee for some 20+ years, but I started reading about how soy is not good for you and all the bad side effects from soy, so I **stopped taking my Shaklee Soy protein.**

Things started to change...hot flashes, night sweats, tired all the time. However, I am over 50, so I just figured I was going thru menopause. But then my hair started thinning and falling out, my nails started cracking, chipping, and peeling, along with other medical issues. Knowing my body the way I do, I knew something wasn't right. I started doing fresh juicing and that helped me feel better and not so tired. I finally reached out to my Shaklee upline, who patiently shared with me how I needed to get back on the protein. I decided to go ahead after doing more reading about the SHAKLEE protein.

So amazing ... within just a few days my hot flashes stopped! Such a simple thing. I am feeling better, watching what I eat, and have the Shaklee soy protein drink in the morning with fresh ground flax seed, and I am still doing fresh veggie juices. It has been a couple months and my hair has stopped falling out and it is getting thick again. My nails are taking longer, but I am seeing improvement.

Bea from Washington State



FOSAMAX ... ACTONEL ... BONIVA

My doctor gave me my annual exam and wrote a prescription for either Actonel or Boniva. I told her I would not get it filled. I was in my mid 70's and a strong believer in Shaklee products. I told her I had a better plan without unnecessary drugs. She was noticeably irritated by my refusal to take the prescription and ordered a bone scan. I had been on Vita Lea (3 a day) and Joint Health Complex along with many other Shaklee supplements. I had my bone scan and the doctor's nurse called and said my bone density was good. No comment about filling the prescription.

Here is what doctors don't want you to know:

Actonel, Boniva, Fosamax and similar drugs put a "protective" coating on the bone to make bone appear stronger. Unfortunately, this prevents accumulated old bone from being sloughed away and prevents building new bone. **The end result is spongy, soft bones** and an increase in hip fracture incidence by the third or fourth year of use of these drugs, along with many other serious "side effects". Shirley

BONE BUILDING ADVICE
from Lorri Kreuscher's Doctor:

In addition to taking the Shaklee supplements for building strong bones, use the rebounder for 5 minutes every day to stimulate the building of new bone. Using the treadmill or the elliptical machines would not be a substitute for the rebounder in her opinion.

Did she say 5 minutes? Hey, I can do anything for 5 minutes. A couple commercials later and you've reached the 5 minute mark!



**NO NEED TO
PAINT AFTER
USING BASIC
H2**

One of my customers is a general contractor for remodeling jobs.

- He was interested in using Basic H2 for cleaning shake roofs.
- The product he had been using was very expensive. We couldn't find anything on the Shaklee website regarding this use, but he

was willing to try it on his daughter's house. So, he bought the larger bottle and tried it. He reported back to me that the results were amazing. He had been able to clean the roofs and exterior walls of two houses and still had a little product left over, even after using it at double strength. He said that he had been planning on painting one of the houses, but **Basic H2 had cleaned it so well, all they were going to have to do is paint the trim.**

Gary & Nona Halvorsen

DIABETES

Hey Linda –The information in the news about reversing diabetes supports what I have to tell you!

I am so excited to say that I have reversed my type 2 diabetes by using VIVIX, Vitalizer Gold, cutting out most white foods and eating lots of veggies and fruit,

cutting my portions in half, rapid walking one hour every other day and riding on a stationary bike every OTHER day I miss a day here and there but am fairly consistent. My doctor says it is as though I am no longer diabetic. I have lost 15 pounds and at age 77 I weigh just 20 pounds more than I did at age 21.

Mary Coons

Roasted Squash and Apple Soup

1 (2lb) butternut squash
1 lb. Granny Smith apples + 1 extra apple
1 Tbsp olive oil
2 onions, chopped
4 tsp chopped garlic
2 cups chicken broth + extra in case it needs to be thinned
Maple syrup

Heat oven to 400°.

- Halve squash and remove seeds.
- Peel and core 1 lb Granny Smith apples and cut into wedges
- Put apples and squash cut side down on large baking sheet lined with nonstick foil (or lightly oil foil)
- Roast, turning apples, until squash is tender and apples are golden brown, 25 min for apples and 45 min for squash.
- Heat 1 Tbsp olive oil in pot over medium heat.
- Add chopped onions and garlic and cook
- Add 2 cups chicken broth.
- Bring to a simmer.
- Scoop half of the squash into blender or food processor with half of the apples and half of broth mixture.
- Puree until smooth.
- Repeat with remaining ingredients.
- Season soup to taste (I add a little salt and pepper).

Serve in bowls, topped with (thinly) sliced apple slices and a drizzle of maple syrup. Serves 4.

SHAKLEE ALERTS



NEW COQHEART COMING THIS MONTH!

The new formulation will contain **three times the amount of CoQ10 and Resveratrol** found in our existing product, and Auto Ship customers will benefit from a 10% discount on the new product. [Item number: 20685](#)

CARDIOLOGIST SPEAKS OUT:

Stephen Sinatra, M.D., Board-Certified Cardiologist:

“As a specialist, it is unthinkable for me to practice good cardiology without the help of CoQ10. I believe that it is one of the greatest medicinal advances in the 20th century for the treatment of heart disease.”

COQ10 AND STATIN CONNECTION:

All of us make CoQ10, however, our capacity to make CoQ10 declines after age 20 creating a CoQ10 deficiency for most by age 50.

Even worse, the “statin” medications used to lower cholesterol levels, inhibits the body’s ability to make CoQ10.

Ironically, the very medications that reduce the risk of cholesterol build-up in our arteries may actually increase the risk of congestive heart failure!

WHY SHAKLEE’S COQHEART ?

- ★33% more bioavailable than a leading bioavailability-enhanced soft gel
- ★Up to 333% more bioavailable than soft gels
- ★Up to 500% more bioavailable than dry powders
- ★Includes Resveratrol .. unique to Shaklee

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Help yourself ... \$25.00 credit**

Find the referral “link” at the Shaklee Member Center on the home page ... right side.

<https://member.myshaklee.com>