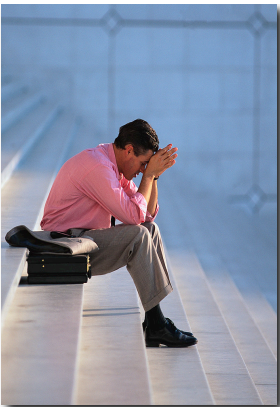


# Life Changing SHORT STORIES

Second Edition



## Balance - Sleep Apnea - Weight - Stamina



Last fall I was talking to my Mom and related to her that I was unhappy with my health and the amount of time I missed from work

because of it. I have suffered for years with an inability to maintain my sense of **balance**, and I was prescribed medication for it. One of the symptoms was the sensation that the ground was shaking beneath me

when I walked. It was like the jarring effect of the first minutes of "Saving Private Ryan". Other times it was just as if someone had come up to me and given me a hard shove, forcing me to lose my balance. I was also diagnosed with severe obstructive **sleep apnea**.

Mom suggested that I try the Shaklee Vitalizer. Within a month of using these products, my balance issue improved dramatically. I was able to cut my medication in half, and after another month I was able to get off of it altogether, using it only for the occasional episode. I have used only 2 doses of my medication in the last 3 months.

I also noticed that there was a change in the way my **appetite** worked.

Portion control was a problem .... I would go from no appetite at all to being famished in a matter of minutes. After a few weeks of using the Vitalizer, that changed ... my hunger started to build gradually and I was able to control myself. As a result, **I lost 20 lbs** without dieting, and I have kept it off for the past 3 months.

I also experienced an increase in **vitality and stamina**. I no longer need those two big cups of coffee to get me moving in the morning. **Vitalizer is an amazing product.**

Ross Ehrich, Chicago

## Eye Sight Returns

After gradually losing his eyesight, our friend Rich was diagnosed with a rare, hereditary degenerative eye disease. He was seen at the U of Minnesota and at the Mayo Clinic, but it wasn't until he was referred to the eye department at Iowa State University in Ames that he was given the diagnosis. Sadly, there was nothing they could do for him.

Rich and his wife sold their house so he wouldn't have stairs to climb or yard work to do. He lost his driver's license and had to use a



*Back in the driver's seat!*

powerful magnifying glass to read or use the computer. In August 2008, I asked Rich if he would agree to be my guinea pig and try our

new product called Vivix. After being on Vivix for a year, his sight returned and the doctors in Iowa were amazed. He got his driver's license back and can do everything he used to do before losing his sight. He never misses a day of Vivix and we are both so grateful to Shaklee for the amazing research they do and for the wonderful, life-changing products they make.



Vicki Case

# CHOLESTEROL TRIGLYCERIDES

LDL



Dear Friends,  
I was thrilled to send an email back to my MD after he suggested over a year ago that I take a statin drug for my cholesterol. I asked him to give me a year to do it on my own, and indeed I did! **I lowered my**

**cholesterol from 266 to 176!**

He was so pleased with my results that he sent me a note on 1/14/11:

*"I could not believe it when I saw it. I will have to say that you are one of*

*maybe 5 of 2200 patients that I care for that has been able to do something like you have."*

*Troy Long, MD*

I did this with some exercise, a diet adjustment with additional raw foods, and adding **Cholesterol Reduction** complex. My triglycerides also went down as well as my LDL. Yea Shaklee!

*Tommie Hearell*

## Varicose Veins Essential Tremors

I've been using Vivix, Vitalizer, Nutriferon, OsteoMatrix, as well as Cinch for almost 4 months and I have noticed a **50% DECREASE** IN SIZE, COLOR AND PUFFINESS OF MY VARICOSE VEINS. I feel that Vivix, in particular has been the most effective in this process because of the quick action it has at a deep cellular level.

My brother-in-law takes Vitalizer and Vivix and noticed a decrease in his essential tremors, plus an increased feeling of well-being. My husband has also had decreased tremors from his Parkinson's and feels much better overall after being on the supplements for the same period of time.

*Louise Digrandi*

## Seizures

In 2008 my epilepsy got worse. Despite taking 19 pills daily, I was experiencing seizures or side-effects every single day. I had heard about Shaklee supplements and asked my neurologist if he saw any problem with me taking them and, not surprisingly, he was skeptical, but he gave me a reluctant OK. January of 2009 I ordered Rx for a Healthier Life (Vitalizer, Vivix, NutriFeron and Cinch protein shake). Amazingly, within one week my seizures and side effects went away completely! It's been over a year and still no seizures!

*Doug Smith*

## ALZHEIMERS

By MARY HAMMON

My Mom has Alzheimer's and has been living with Jeff and me for the last 10 years as she requires 24/7 care.

For the first time in a few years, my mom made a sandwich for herself!! We are really starting to think that Vivix is making a difference.

Her appetite is definitely improved and she referred to me as her daughter to someone the other day! We're actually thinking of discontinuing her Aricept



completely. Seems like it may be doing more harm than good? What a surprise!

We started her on Vivix as soon as it was available to the public. When it went on backorder we all got off it for a month or so, maybe even 8 weeks. I'd say, in total, she's been on it for 3-4 months...maybe a bit less.

Last week, my sister Maureen showed Mom her wedding photo and Mom said: "That's me!" Maureen then said: "Who's that next to you?"

Mom said: "That's my husband!" Today I showed her another photo from her wedding (a group photo) and she did recognize her father. I think I'm going to give her 2 teaspoons per day and see what happens!

## KIDS CORNER

**TUMMY ACHES:** When my daughter was 4, she had terrible stomach pains after every meal. She would eat her meal and lay on the sofa while the rest of us finished. This went on for some time. We had her stool tested but the doctor couldn't explain the problem. Finally, someone suggested Alfalfa and Stomach Soothing Complex. 2 Alfalfa and 1 Stomach Soothing Complex and her pain stopped. *Jeanne Dart*



**Note:** *This works wonders for adults ... just increase the amounts. Also, consider taking EZ-Gest with your meals for digestion.*

**WARTS:** My 6 year old daughter complained about the warts on her hands. I had read that OptiFlora could get rid of warts, but as a nurse I was skeptical. However, as she continued to get more ... a total of 12 very painful warts ... I added OptiFlora to her supplement routine. In two months, one large wart fell off, leaving perfect skin. By the 4th month they were all gone!  
*Kay Beers*

**CHRONIC ILLNESS:** From newborn on, my son hadn't been off antibiotics for more than 3 weeks at a time. He suffered from bronchitis, pneumonia, sinus infections and a persistent cough. We were told to STOP MILK and to add more nutrition to build his immune system. He took higher than normal amounts of Vita Lea (adult), C, Carotomax, and OmegaGuard. It was like a miracle! This little boy is now 12. He hasn't been sick in six years!  
*Cindi Green*

## Breast Cancer

I am a breast cancer survivor now 11 years out. For the last four years I have had a tumor marker done during my yearly oncologist visit. The range is between 0-35 (of course no one has 0). In 2004, it was around 18. Each year it has slowly ticked up and in 2007 it was up to 20.7. This was a red flag for me although my oncologist dismissed it.

I started using Vivix in Aug. 2008. In Oct. '08, I had my yearly checkup and had my tumor marker done. **My tumor marker was down to 9.3.** Wow! The only thing I am doing differently is taking Vivix. Thank you God! Thank you Vivix!

Since my encounter with breast cancer, I have made it my mission to help others to live a healthier life. I was not looking for Shaklee. Shaklee found me and I am so very thankful every day of my life. Shaklee has helped me turn something so negative into a positive by giving me the opportunity to share my story and to help people just like me with products that really work. *Nancy R, Raleigh, NC*



## DOWN 15 POUNDS AND 7 INCHES IN 21 DAYS

I've been on the Cinch Program for 21 days and have given away 15 pounds and 7 inches!

The Cinch program focuses on "Fat" loss ... but losing FAT is not only important from a personal perspective but equally or more important from the medical perspective. Cinch attacks the visceral (organ) fat that is a dangerous risk factor for disease.

As I write this I am sitting in jeans that I could not zip a month ago! I weigh less than I have in about 10 years. Cinch removes fat while it maintains and builds muscle which helps to maintain metabolism. Metabolism is crucial to life long weight management.

Even if you have tried everything else, **especially** if you have tried everything else, give Cinch a try. Cinch could do for you what it has done for me and hundreds of other folks.  
*Brenda K. McCumons R.N.*

**CONTACT:**

# Kids & Adults Receive Amazing ALLERGY RESULTS

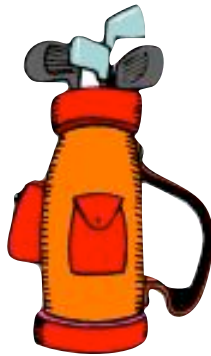
Every Spring and Fall, 9 year old Kade Stees would be very sick with allergies ... but not this year! After having "tried everything", Kade's mom Mary introduced him to Formula I. Enough of the other stuff ... from now on it's Formula I for Kade!

He takes 2-3 Formula I, all at once, every day. Kade is "sold". He asks for Formula I because he knows what works and what makes him feel good. *Mary Stees*

\* \* \* \* \*

Last year, Stan Pulliam sent out an email about allergies. He said that Shaklee's Formula I was miraculously alleviating allergy symptoms — even cat allergies! By taking four "Formula I" in the morning, I wouldn't sneeze for the rest of the day!

Made sense to me, because Formula I enhances the immune system with 9 immunoactive vitamins and minerals all in one capsule, so I tried 4 daily. That's what I've been doing ever since and it's worked beautifully for me! No more sneezing! No more itchy eyes! I'm out playing springtime golf again! Ain't life grand!" *Jerry Aldrich*



**7** ebruary of 2008 I was diagnosed with Colitis and Diverticulitis, but tests also showed a possibility of Chrons.

I was on various medications throughout 2008 and 2009 with nothing really helping.

Then one day in late January of 2010 Amber called and talked to me about Vivix and offered to send more information along with testimonials. After reading the material I ordered Vivix and after a month thought it wasn't going to help me but I remembered Amber saying to try it at least for two months.

I started taking Vivix in February and after two months I could see improvement and **by three months I was symptom free** and I still am nearly a year later.

Before taking Vivix I had diarrhea, bloody stools, and mucus discharge to the point I didn't leave the house but for a short time. I was basically living on toast and yogurt and drinking only water. I had no energy. Now I watch my diet but I can eat most things and I still drink mostly water but occasionally have tea or a soda. I am now able to do my regular activities.

I am so thankful for that call from Amber in 2010. *Louise Branch*

COLITIS ... DIVERTICULITIS ... CHRONS

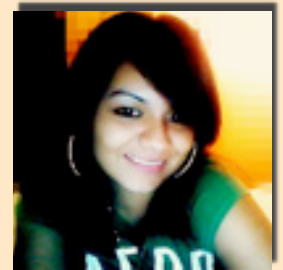
Healthy  
WEIGHT  
Healthy  
INCOME

My mom has used Shaklee products for over 17 years, so most of my life I've grown up around Shaklee. In 2007, I was 15, overweight and depressed about my weight.

Thankfully my mother recommended that I try Cinch and I fell in LOVE!

After a month I was back to a healthier weight and *back in*

*my size 7 jeans!* Then I started adding other Shaklee products and the more I tried, the more in love I fell with Shaklee.



Even though I loved the products, I wasn't interested in having my own Shaklee business until I took a class in college on International Business Administration and noticed how the Shaklee business model was better than traditional business models. Then after an incident at my job, I realized that having a boss and being paid so little in comparison to what I could earn with Shaklee didn't make sense.

So I left my job and set my mind to building my own Shaklee business. Now I'm on my way to Senior Director and with that income I am going back to college in the spring and plan to *pay for my own tuition!* Even at my age, Shaklee is the vehicle to achieve your DREAMS. *Nancy Leon*