



Shaklee[®]
Creating Healthier Lives™
Independent Distributor

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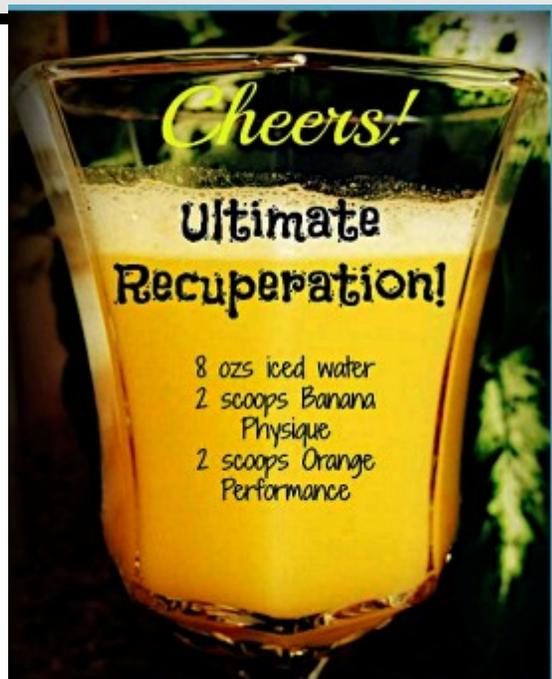
Merry
Christmas

I would like to wish each of you a Merry Christmas and a Happy and Blessed New Year

This is the season that so many look forward to and many look against. The most important gift that is given to us is overlooked so often by the hustle and bustle of the season. Don't let that be you. Remember the reason for the Season. This is also a time of reflection. What has happened to this year, where have you gone with your intentions. Have you or a friend lost their job?

Life's too short to waste it working at a job you don't love. Don't you agree? I have friend who says, Work your job to pay your bills and part time on the side build something that will be there thru retirement and then pass it on to your kids. I made up my mind to squeeze everything I could out of life, and that means taking control of my future by working for myself. If that sounds interesting to you, we have something in common! Since we have to spend so many years earning a living anyway, why not check out of the rat race, earn what we're worth, and have a great time doing it? Shaklee has proven to be a fabulous choice and a huge blessing for my entire family in so many ways. Nina

For allergy sufferers who tend to get sinus infections -- Garlic Complex, by Shaklee will kick it out of the park. Sinus infections manifest as inflammation in the sinus cavity that restricts the flow of mucus. Foreign irritants, allergens or other infection in the sinuses cause tremendous pain, feelings of pressure and headache. While a number of effective home treatments are available, garlic is one of the most valuable and potent natural remedies. Garlic contains a number of unique sulfur compounds including allicin that make garlic an effective antibiotic and anti-inflammatory.



How to order your products: We are here to help! Call our office—920-452-2600. We will process your order the same day OR www.myshaklee.com

LYME DISEASE

During the past several years, after realizing that a debilitating arthritic ankle was due to Lyme disease, I changed strategies from focusing on controlling inflammation to fighting an infection and started to see immediate improvement. Without using "conventional" antibiotic protocols for advanced Lyme, I increased my NutriFeron to 4 per day, added d-Lenolate Olive Leaf extract, colloidal silver, Quantum biofeedback therapy and of course too many Shaklee supplements to mention. At my worst, I needed a brace and could barely climb stairs. The pain wasn't responding to any over the counter NSAIDS or Pain Relief. Over the course of a year I had improved dramatically, but still had some evening pain after a full day on my feet, and still needed to be very careful on the stairs. I added VIVIX to my routine sporadically, and started to notice the lessening of pain. However, in January I started to take Vivix every day



faithfully. Sometime in mid January I had the urge to start "Spring" housecleaning and rearranging! I was sleeping much better and waking at 5:30 all set to begin my day! Lately, I've been able to come down the stairs in the morning carrying things in both hands without rails or leaning on the wall. I

notice I am bordering on obnoxiously PERKY, compared to folks around me. I was even dancing vigorously with my 5 year old grandson last Saturday night after a big day at the shop. How FUN and pain free is that! I am so excited about VIVIX; I've been sharing my delight on a daily basis with friends and customers from my women's retail store. Thank you Shaklee! Lynne Arnold PS: My last biofeedback treatment was clear for all Lyme factors and my "cell vitality" was 10/10! My Quantum biofeedback therapist had never seen this before and ordered Vivix yesterday for herself and her friend!

"80 AND NO DRUGS!" ... by Sharon Maynard My Shaklee story goes back some 50 years ago ... Yes, I'm 80 years old and feeling great! Let me take you back to Litchfield, MN where I owned a Beauty Salon and developed a problem where my hands started breaking out. Nothing I tried worked until a friend who also owned a beauty salon, suggested I switch my shampoo to Shaklee. It was worth a try ... and you guessed it, MY HANDS TOTALLY CLEARED UP! That got my attention, so when my friend suggested I try Shaklee

SHAKLEE WORKS
WE GUARANTEE IT!

Food Supplements, I was very open. The proof of these great products is that at age 80, I am on ZERO medications! Years ago my husband developed high blood pressure and found he was allergic to the beta blockers; I suggested that he take lots of Alfalfa as it would work like a natural diuretic. His blood pressure stabilized and he never needed the drugs. Joint Health has been a big help for me. I had a bone on bone situation in my knees and the Dr., knowing that I wanted to go the natural route, warned me not to wait too long with my experimentation. I started taking Shaklee's Joint Health Complex and except for minor discomfort in going down stairs, my joints felt fine. Two years later I returned to the Dr. for an update on the progression IT HAD NOT PROGRESSED! I am sold on Shaklee products!

NATURE BRIGHT Hey Mom.....I was SO excited today after I took NATURE BRIGHT to my cream colored ceramic sink. Over time the cream color becomes very stained and brown but with just sprinkling the Nature Bright over the dark areas (wet down first) and leaving it for a little bit and rinsing with water, it looked brand new. I seriously couldn't believe my eyes! Thank you Shaklee J ""

**Merry
Christmas**

“I wanted great memories with my family, not just more stuff!”

My story started when I decided to be a stay at home mom. I had a very nice career in technology but couldn't stand spending just 2 hours a day with my 2.5 year old and seeing my health and husband's health go bad. Ed has been able to control his type 2 diabetes but I desired more. I



wanted great memories with my family, not just more stuff. I quit and after 2 years of being at home and seeing the market crash, I

was faced with some tough decisions. Go back to work or use my entrepreneurial background and find another way. Enter Shaklee... At first I was so drawn in by the cleaning products. Being a stay at home mom meant that I am my family's EPA. I was always looking for non toxic cleaners that actually worked. All I did was switch brands and tell my friends about them. If I could earn them for free and have the potential to build a thriving business that would help pay for my kids activities, even better I'm glad to say that I haven't paid for laundry detergent in five years and I have been able to pay for things like piano lessons and preschool. Now I am paying for my husband's new car and vacations I am also my family's chef and nutritionist so Shaklee also has helped me support my family in building better health. We have better immune systems during the cold and flu season as well as allergy season. Shaklee has provided us with quick meals on the go as well as healthy alternatives to the conventional sports nutrition products. The best thing about my Mompreneur journey is that I have not only been able to be a wife, mom, Cheng family CFO, EPA and Nutritionist but also help other moms do the same. Helping others leave a healthy legacy is so rewarding
Ling

MindWorks

MindWorks has helped me focus much better at my job. I have been able to concentrate better and feel less stress at work. My job is in sales, so your patience can be tested a lot during the day

helping customers that are hard to deal with.

MindWorks gives me

a new calm at work and now I feel at peace.

I also have trouble sleeping at night. I often wake up every hour,

but usually fall asleep again. MindWorks helps me to sleep in longer

intervals. Now, instead of waking up every hour, I sleep in blocks of

3 to 4 hours at a time. I love MindWorks!

Mike Lucas

Prilosec, Nexium, Prevacid options Digestion Problems Anyone?

Millions of Americans take these anti acid blocking drugs hoping they will save them from the discomfort of heart burn and acid reflux. For years the purple pill (Prilosec was the best selling prescription drug in the world! But how many people would take this if they knew that it was ... Hallowing out their bones? In a randomize double blind study, the GOLD standard" of medical research, this hugely hyped drug was found to cause a 41% to 61% drop in calcium absorption. What this means for the end user of these types of products is that you can faithfully take your calcium supplements and end up with crippling osteoporosis.

The results of this study are sited in JAMA or the American Journal of Medicine. This really should come as no surprise said Dr. James Balch "You need acid in your stomach to digest your calcium this means that even taking TUMS for calcium is a bad idea. Earlier in this year, the FDA warned that these drugs can deplete magnesium levels. The FDA stated that: "PPI drugs result in Low serum magnesium levels and can result in serious adverse events including: muscle spasm (tetany); irregular heartbeat; arrhythmias and convulsions (seizures Dr. Allen Spreen, M.D. wrote an eye opening article (Cont on Page 4)

in the Boston Globe Magazine warning people of Prilosec's health risks. He said, "That drug stripped misery from the lives of millions and became the world's best selling prescription drug and the number one medication prescribed for seniors taking in \$6 Billion a year. Prilosec is so good, and patients so attached to it, that doctors jokingly call it 'purple crack'." Dr. Spreen went on to say that the solution to Acid Reflux and Heart burn is "ridiculously simple (and cheap using readily available supplements that work in 2/3's of the

cases." These two supplements are a good Probiotic (we are not talking about Activia Yogurt here okay which is not effective in delivering enough friendly bacteria to lower gut and Digestive-Enzymes.

Shaklee Corporation makes one the best **Probiotics** called OptiFlora and one of the best **Digestive Enzymes** called EZ Gest:



Optiflora Probiotic Complex utilizes patented triple layer encapsulation technology, is designed to provide live delivery of **Probiotics** to the large intestine, where they provide the greatest benefit. **EZ Gest** offers as needed relief from incomplete digestion of foods. Alleviates discomfort such as gas and bloating. The ingredients in **EZ Gest** support digestion of fat, protein, and carbohydrates including lactose.



MindWorks... Think Fast & Stay Sharp

- MindWorks stimulates the formation of new neurons.
- Neural connections in our brain start declining as age 20, by age 45, this decline occurs even more rapidly
- MindWorks helps 73% of the people who use it
- Contains less caffeine than a medium cup of decaf coffee

- Improves mental sharpness
- Improves concentration
- Improves reaction time

Benefits

- 3x better memory and focus
- 30% less brain shrinkage/2 year study
- Oritects against age related decline
- Improves cognitive performance

A portion of the proceeds from each bottle of MindWorks™ purchased will be donated to fund brain health research.



- Increases circulation
- Also Known to help with
- Forgetfulness
- Mental confusion
- Foggy thinking / "brain fog"
- Depression
- Migraine headaches
- Alzheimer's disease/dementia
- Parkinson's disease
- ADD/ADHD

#22066 30 tablets/30 servings

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