



August
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What an amazing company. It seems like it never stops, Shaklee continually offers new incentives to help all of our people to move to another level, make extra money, but on top of it all our theme is—Be the Effect... It is so wonderful when you get to know so many people who have had their lives changed one way or another. We never know what effect we will be part of in someone's live. That is the major difference with Shaklee. We are about changing peoples lives wither it be in Health or Wealth. We continually hear so many stories in regards to either. When you know you have been the person responsible for sharing Shaklee with someone whose life has been changed forever, think about how you feel. There is no price that you can put on that.

Imagine sharing the business with someone who has no plans for their future, they feel like they have lost hope and you share with them & they get it. They will be grateful always. I am so thankful for what Shaklee has given my family as well as my team and all of my clients. I did not understand that before but I do now, Think about where would you be without Shaklee. I don't even like to think about it. I just thank the Lord that I was brought to this company not having any idea the impact or effect it would have on me and my family.

So my question is whose life would you like to make a lasting effect on by sharing. I will be happy to help you share the story with them.

Just give me a call.

Nina

The Energy Effect

When her family noticed the impact Vitalizer made on her mood, Alyson knew she had found something special. When you come across a good thing, something that works really well for you; you can't help but share

it. Alyson, a board certified health coach and nutritionist, knows this for a fact after finding out about Vitalizer. As a person committed to health of her family and her clients, she felt that Vitalizer was different from anything she had used before.



Acid Reflux or GERD



Deb Kammer

My family has had acid reflux for at least two generations that I am aware of. My grandfather was a food broker and sold Tums. He always had them in his pocket to chew on. Even as a child I thought it was strange and being they were not candy. My mother

told me he had digestion issues, it was called "Gastroesophageal Reflux Disease or some call GERD".

I did not think much of this until my daughter was born and she had issues at very young age. Doctors told me the only way to treat her reflux was with medication and she was prescribed Tagamet, Aciphex, and Nexium over the years.

At the young age of 14 she had a procedure called a Nissen Fundoplication because none of these medications were helping. By college years she had different issues and we discovered the years of medication had thrown off the balance in her body and now she had no acid. We tried all different natural products with little success. In 2005 she was struggling in college because of her health.

I had used Shaklee products before I had my children and then lost contact with my distributor and stopped taking them. Carol Hartley reintroduced me to Shaklee and told me about the new products. We first started with NutriFeron and then began taking Stomach Soothing Complex and EZ-Gest. She later added Optiflora and it has taken years to repair all the damage done by the medication. Now her stomach problems are finally under control.

I also have GERD but not as severe as my daughter. I use EZ-Gest before meals and Stomach Soothing Complex after. I found that once I added more Optiflora and Alfalfa my reflux was under control. I drink warm water before a big meal to help break up the fats and lemon in my tea or water almost daily.

Avid Athlete Won't Go Without Shaklee

"Since my early teens, I have been an athlete used to training for hours every day. As an avid athlete, I bike 200-300 miles per week during the season, and my performance depends on quick recovery after high intensity workouts.

Several months ago, I began taking Shaklee's Liver DTX Complex, Vita-Lea Gold and the Soy Protein, and I noticed that I suddenly had increased energy. Within only a week, I noticed that taking Shaklee's Liver DTX Complex and Vita Lea Gold somehow appeared to add a glow to my skin as well as vitality to my life.

During my weekly 100 mile rides, I began filling water bottles with Shaklee's Soy Protein and noticed that my endurance increased tremendously. The Energizing Soy Protein actually added fuel to my body during the long rides, and I didn't get that intense hungry feeling any longer. The biggest bonus, however, was that after biking the first 75 miles or so, I still had plenty of energy.



Then the strangest thing happened. I had gotten used to having a shake following all my daily bike rides, but due to a glitch, my Shaklee shipment was delayed, and I had to endure several weeks without the product. Suddenly, I noticed a most unfortunate dip in my energy levels and training performance, which were mercifully restored to normal once I resumed taking Energizing Soy Protein.

Over the past many years I have used a large selection of expensive herbal supplements, vitamins, as well as many kinds of protein powders recommended for endurance athletes, yet I have never used anything as effective as Shaklee's products, which is why I won't go without them."

Brain Clarity and Improved Eyesight

I was in a car accident 2 years ago. From then on, I wondered what had happened to my mind; everything was so confusing! My first day with MindWorks felt like my brain got cleansed... clarity returned. The after effects of the car accident on my brain were gone. I think it is improving my eyesight as well. I had to use a magnifying glass for small print all the time and have noticed a huge improvement.

- Mary



Small Steps, Big Results ***"I got my life back!"***

On my 46th birthday, I had a heart attack which resulted in an emergency quintuple bypass and 13 months later I needed two stents. Over the next four years my health continues to deteriorate. I was eating better, and I was walking for the prescribed 30 minutes per day 3-4 days per week, but I was also taking a high dose of an antidepressant, 40 mg of cholesterol lowering drug, and two



separate medications for high blood pressure. I was exhausted every day and on my way to work every morning my one constant thought was, "I can't wait till I get home so I can go back to bed!" I weighed 202 pounds.

At 51, my friend told me about Shaklee. I started with Vita Lea and after two months began drinking the 180 shakes. The weight began to come off slowly at first, and my doctor explained that some of the medications I was on would make weight loss more difficult. I could tell a big difference in my energy level and outlook in general. I remembered thinking, "So, this is what it feels like to have good nutrition..." I had been taking a popular cardiac multi-vitamin ever since my heart attack, but had not felt any difference at all in my health or energy level. I spoke with my Shaklee distributor and she suggested I try the Vitalizer. This was awesome! My energy level went even higher! I started losing more weight and I was singing on the way to work in the morning. I also noticed that I was getting out of bed without aches and pains in my feet, legs and back which was something I thought was my destiny since I was aging.

After losing 10 pounds, my doctor said I could try doing without one of the blood pressure medications. After a recheck 6 weeks later I was officially off of it. As I continued to lose weight my cholesterol medication was cut in half, then the second blood pressure medication was cut in half. Around this time my husband asked if he could also take the Vitalizer because he couldn't believe how happy and energetic I was and he wanted to see if it helped him too!

It has been a year since I began my Shaklee life journey. Today I weigh 176 pounds and at last count lost 20 total inches off of my body. I have,

under my doctors supervision, weaned off of the antidepressant, and have started jogging. I can currently jog 3.5 miles and do so 3-4 times per week. I can look down and see parts of my body I haven't seen in years! I can't even remember feeling this good. I'm happy, energized, and confident. Shaklee literally gave me my life back. It didn't happen over night, and I was in very poor health. But, it is true what they say, "Small steps lead to big results."

Dale Baker

Cramps?



According to Dr. Oz, Dr. Weil, the Mayo Clinic, and other leading authorities, magnesium deficiency is the major hidden cause of muscle cramps throughout the entire body (including leg and foot cramps), and no prescription medication can fix it. In fact, 78% of muscle cramp sufferers have a severe magnesium deficiency. Without magnesium, your body is missing its most important natural defense against pain, swelling, tension and inflammation. Studies show that aggressively fixing a magnesium deficiency can eliminate muscle cramps and prevent them in the future.

Triglycerides Lowered Naturally

My triglycerides were 290 when I decided to give Shaklee a try. I took 6 Shaklee Omega Guard and 8 Lecithin daily for one month. My Triglycerides dropped to 145.

My doctor could NOT believe these results were possible without medication!
I'm thanking God... Don V

Shaklee Soy

Shaklee soy is the best that can be found— cold water washed and non GMO. Dr. Shaklee knew how to maintain the natural enzymes through the use of low temperature production methods unique to Shaklee.

Love, Love, My Shaklee Soy Shakes...

- Instant Energy source
 - Feel full and satisfied
 - Great for weight control
 - Hormone balancer
 - A great tasting, quick breakfast
- Lozzi



Basic G

vs

Chlorine Bleach

	Basic G	Chlorine Bleach
Registered as a disinfectant by the EPA	Yes	Some brands
Residual Effectiveness	Up to 3 days after application	No more than 1 hour
Shelf Life	Over 3 years	Variable, up to one year
Scent	Fresh and clean	Pungent, noxious fumes
Concentration	1 qt. makes 64 gallons	1 qt. makes 7.5 gallons
Stainless Steel & Aluminum	Not corrosive in solution	May cause corrosion
Mixing with other Cleaners	Mixing with other Shaklee cleaners is safe	Mixing with other chemicals may cause deadly fumes (ammonia)

- Acid Reflux
- Athlete Won't Go Without Shaklee
- Small Steps, Big Results
- Cramps
- And More...

In this issue of August Health

Blazing Radiance
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ADDRESS SERVICE REQUESTED

~Product Highlight~ Stress Relief Complex

Did you know... Stress Relief Complex promotes tranquility, helps relax the body and mind, and promotes alertness while enhancing the body's ability to adapt to stress.

This blend of natural ingredients also helps blunt cortisol, a hormone produced during stress that affects long-term health.

Nutritional Alert— Helps relieve chronic stress, anxiety, fear, lack of focus, frequent illnesses, irritable bowel/heartburn, stiff, sore neck/headaches, weight gain, quickened heart beat, elevated blood pressure, and PMS symptoms.



Benefits— Quick relief from tension, able to concentrate during stress, helps blunt cortisol, a hormone produced during stress, enhances body's ability to adapt to continuing stress, maximizes peak mental and athletic performance, helps combat depression/moodiness, lowers blood pressure, contains no Kava, which can cause severe liver damage, and had no side effects.

30 caplets **#20656**
SRP: \$32.35 MP: \$27.50