



Shaklee®
Creating Healthier Lives™
Independent Distributor

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We just returned from our Global Conference and all I can say is Wow. What an amazing company. It seems like it never stops, they continually offer new incentives to help all of our people to move to another level, make extra money, but on top of it all our theme was—Be the Effect... It is so amazing when you see so many people who have had their lives changed one way or another.

*I am asking for your help this month. I am looking for two different types of people. **First Moms that would like to be at home to raise their own children** and still be able to make 20 to 30 thousand a year. I am also looking for people who are either **retired or ready to retire** and would like to also make extra money on their time and at the same time making a difference for others. Last night I was talking to Trudy Krueger who shared her story that they started their business when her husband was 66 years old and on disability from back issues in continual pain, for 10 years. They tried products and in a couple of months Al's pain was gone, they started sharing and are making over \$100K living in their country home and he is not 93 and she is 86. What an amazing business and creating an amazing retirement for others.*

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

PRODUCT INFO NIGHT at Nina's on Monday **September 23 @ 7pm**—come learn and have fun, free drawings. Get your name in again for each guest you bring. Also receive **10% off** that night for all orders if you attend. If you are out of town I have an alternative way for you to also get the 10% discount. Call our office for details.

**Hours: Mon 10-3; Wed 10-4;
Fri: 10-4
Closed Tue, Thurs, Sat and Sun**

How to order your products:
Call our office—920-452-2600. We will process your order the same day. OR www.shaklee.net you will need your Shaklee ID—call us for help

Osteoarthritis

Marsha started feeling a little stiffness 8 years ago. Since her aunt had rheumatoid arthritis she was afraid she had it also. Marsha was age 54 at this time - age 62 today. She went to her Doctor who sent her to a specialist. They did all the tests and said she didn't have rheumatoid but did have osteoarthritis. She did nothing about it for a couple of years because it was minor stiffness and pain. But after a couple of years she realized she had to do something. She was already taking many of the Shaklee supplements including OsteoMatrix. We decided that she should start taking the Joint Health Complex and the OmegaGuard. I can't remember how we knew to add the OmegaGuard but we did some research and found that the OmegaGuard would add to the solution. Since then she has had very little stiffness or pain. She said she hardly ever notices the stiffness or pain any more.

That's it. Roy Hancock

Feeling Good As we Age

My friend, Pete Buntmeyer, whom I had the great pleasure of playing tennis with in Fort Lauderdale, responded to my tennis story with this, and the following message. I think this definitely establishes that Joint Health Complex and Omegaguard, along with the other Shaklee products, are, if not the fountain of youth, at least quite close! Best wishes, Bob

Thanks Bob, glad to hear you are still playing! I'm heading back to Germany to play one last match this summer for my club over there; playing on a 40 and over team in a relatively high league, not bad for 55! With all my injuries, couldn't do it without the Shaklee nutritional support..... take care, Pete

And the next response to whether I could share his story with Shakleefriends:

Sure! For the record, I suffered a very bad surfing accident last September where I dislocated my A/C joint; finally had an MRI done, currently playing tennis (and surfing) with a separated A/C

joint, fluid in my shoulder and a partially torn rotator cuff; that's where the Pain Relief Complex comes in. Take care, Pete



My Turnaround Story....

In October of 2010 I became pregnant with twin boys. I knew I didn't want to put on a whole lot of weight because I knew it would be hard to lose. So I did the Shaklee 180 Lean & Healthy during my entire pregnancy, I craved salads and fruit which was strange for me. During my 36wks of pregnancy I gained 24lbs. the boys were 4lbs 8oz and 5lbs 7oz and healthy. During my one week check up I had lost 38 lbs, 24lbs of prego weight and then an extra 14lbs. I was so happy I continued to do the Shaklee 180 L & H for 2yrs because I just wasn't ready or aware that I needed to lose weight. But in March of 2012 I started running again to relieve stress and from March till August I had dropped around 10lbs and gone down one pants size. So when I got back from Conference in Vegas I decided I needed to do more. I started my Shaklee 180 Turnaround Sept. 2012 and when I completed my 90 days I had lost 25lbs and 2+ pants sizes. I am now back at my high school weight and pants size. I want to lose another 15lbs so that I can be healthier for myself, my boys and my husband. Can't wait for the next 3 months. Melissa Kreiger

*I used to use 'Swiffer Wet' cloths as a quick way to wash my kitchen and bathroom floors but I didn't like the chemical smell. Now I use a **Basic H2 Wipe** and attach it to my Swiffer. I can quickly clean up with no chemicals plus the wipe is recyclable! Elia-beth V.*

31% of Protein Powders & Drinks FAIL ConsumerLab Review

ConsumerLab.com found problems with the quality of five of the 16 protein products it selected for testing and confirmed these findings in a second independent laboratory:

- A protein powder from a popular brand was missing 16 grams of protein per scoop, most of the protein it promised. Instead, it contained an extra 16 grams of carbohydrates (including an extra 3 grams of sugar)
- A powdered meal replacement shake was contaminated with 12.7 mcg of lead per serving (far more than permitted in California without a warning label)
- A popular protein energy meal with spirulina had an extra 6.7 grams of carbohydrates (including an extra 4 grams of sugar) and an additional 25.7 calories per serving
- A protein powder — from a "GMP certified" facility — claiming "0" cholesterol really had 10.2 mg

- A protein supplement claiming 5 mg of cholesterol actually had 14.2 mg

Review Products reviewed in the report are Atkins Day Break, Body Fortress Whey Isolate, Dymatize Nutrition Elite Casein, Endurox R4, Genisoy Soy Protein Shake, GNC AMP Amplified Wheyabolic Extreme 60, GNC Pro Performance, GNC Total Lean - Lean Shake 25, Jay Robb Whey Protein, Whey Protein Complex Gourmet, Mass Gainer Gourmet & Metagenics UltraMeal Rice.

Confusing Messages on Soy ?

For 50 years, Shaklee scientists have recommended soy protein consumption as part of a healthy diet. However, today we are also well aware of the great confusion among consumers and even health professionals about the health benefits of soy, because of a few very limited studies on soy that have received much attention on the internet.

We decided to consult an independent scientific expert on soy to review all the latest data for us and prepare a comprehensive review. We chose Mark Messina, PhD, an adjunct associate professor at Loma Linda University and the Executive Director of the Soy Nutrition Institute. Dr. Messina, an acknowledged leader in soy research, has made studying the health affects of soy his focus for over 20 years and has published more than 60 scientific papers and given more than 500 presentations on soy foods to health professionals around the world. From his comprehensive scientific white paper prepared exclusively for Shaklee, Dr. Messina produced a summary update on soy: Soy and Your Health: An Update on the Benefits, summarized the latest science on the health benefits of soy consumption. It covered a wide range of topics such as how a daily moderate intake of soy can promote heart health and bone health, potentially alleviate certain menopause **symptoms and possibly even help keep skin looking beautiful.**

To read the summary update, gohere:

[http://images.shaklee.com/shaklee/fc/SoyandYourHealth %20 An Update ontheBenefits.pdf](http://images.shaklee.com/shaklee/fc/SoyandYourHealth_%20An%20Update%20ontheBenefits.pdf)

Shaklee uses non-GMO soy protein. Shaklee soy protein is water-washed to retain those critical isoflavones genistein and diadzein to provide you with the whole goodness of soy.

5 Minute Strawberry Ice Cream

- 2-3 cups frozen strawberries
 - 1 cup frozen pineapple (omit and increase strawberries if you don't have)
 - 1/2 cup coconut or almond milk
 - 1 small carton of Greek Yogurt (plain or vanilla)
- 2-3 scoops Shaklee 180 Vanilla or Strawberry Smoothie Protein Blend until ice cream consistency. You may need to add more milk as you do. The mixture will be hard



and frozen so more liquid will help. Just don't add too much at a time! You don't want a Smoothie! And you may need to stop the machine and stir the mixture to remove air pockets. Let us know how you like it!

After taking **Stress Relief Complex** for a week, I felt my energy level increase and felt calmer when handling some stressful situations...taxes were due, a swarm of bees invaded our house and I performed in a choir musical. What I noticed most during

this time was my ability to cope with it all much more effectively than usual. Nancy B.

A friend tried many prescriptions for her foot fungus but nothing worked. One month after starting **Optiflora**, the fungus is gone! Gayle S.

I have acid reflux and have to constantly clear my throat after I eat certain foods: dairy, soda, orange juice, etc. If I take 3 **Stomach Soothing Complex** tablets right after I eat, it clears it up! Janne L

Product Highlight ~ Mental Acuity Plus

Mental Acuity Plus...a unique formulation for mental clarity. Primary ingredient is Ginkgo Biloba shown to support blood circulation to the brain, combined with extracts of Bilberry, Hawthorn and Rosemary along with Vitamin B6, Folic Acid, and Vitamin B12. Gluten free
Nutrition Alert...depression, poor recall, decreased mental capacity, trouble concentrating, frequent use of cell phones, vertigo & tinnitus, high homocysteine levels

Why take it?? Improves cognitive function, enhances brain function, improves concentration, attention span, clarity, memory, decision making, an anti-depressant, promotes heart health, protects blood vessel walls, helps lower homocysteine levels, improves blood flow/circulation, improves/supports eye health, helps diabetic eye disease, counteracts effects



of smoking, little exercise, stress, aging
What issues can it help me with?? Poor memory/forgetfulness, poor concentration, attention and learning difficulties (hyperactivity, ADD/ADHD, etc), Alzheimer's, dementia, senility, poor coordination, Autism, nerve function, varicose veins, cardio & circulatory concerns (Raynaud's disease, atherosclerosis, high

blood pressure, angina, irregular heart-beat, atrial fibrillation, arrhythmia, fragile blood vessels, heart disease, poor circulation to arms, legs, feet, etc), phlebitis, tinnitus/ringing in ears, vertigo/dizziness, anxiety, asthma, allergies, blood sugar imbalances, cataracts, macular degeneration, night blindness, headache, short term memory, erectile dysfunction, respiratory issues, urinary incontinence, bedwetting
 #20637 \$33.75 Member Price 90 count/30 servings