



Shaklee[®]
Creating Healthier Lives™
Independent Distributor

August
2013

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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. We never know what effect we will be part of in someone's life. 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 to my Aunt for telling me about this company. Maybe I did not understand what I do now, but where would my life 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

PRODUCT INFO NIGHT at Nina's on August 26 @ 7pm—come learn and have fun, free drawings. Get your name in again for each guest you bring. Two times a year we will have a large drawing for Shaklee Products. 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.

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

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

My Shaklee 180 Story

I decided to tell my Shaklee 180 story since most of the info that's out there is about younger folk!

Since I will soon be 3/4 century-old and have probably tried most of the plans that have been out there, over that time, learning about Shaklee 180 was a God-send! When I entered the hospital to have my first child in 1962 I weighed 194 lbs.! Of course, he was three weeks late and weighed 9-1/2 lbs., but that meant his mom would need to lose about



another 50+ lbs. to get back to her pre-baby weight! When I was younger I could make up my mind and lose it with no problem. (Little did I know THEN that I was losing muscle along with the weight!) When this first child was 9-1/2 years

old, his fifth sibling was born. Over the years I would gain 10 or 15 lbs and take it off - no problem. After the children were grown and I began to get older, I noticed that as I would put weight ON it would be more difficult to take it OFF...and that's an understatement!!

In 1994, we moved back home to help take care of my parents who were in their early 80s. Not long after returning, my "baby brother" came to visit and introduced us to Shaklee. We immediately "Shaklee-ized" our home and began reaping the benefits of a non-toxic home.

Fast-forward to early 2007. In those thirteen years we had buried my parents, moved four times and I then lost my husband of 46 years to esophageal cancer. God then brought me the perfect man for the "rest of my life" in an old friend, our previous rector, who had lost his wife in '06. Now fast-forward to 2011. After being a "happy" priest's wife while he served as an interim for 15 months, I had packed the pounds on and was back up to a size 16! Not a happy camper! I tried, but was really struggling to get the weight off. Along came SHAKLEE 180 and it changed my life! From May 2011 to March 2012 I took off 45 lbs. and dropped FOUR dress sizes. It has now been well over a year and, not only has it been easy to maintain, I have also lost another 10 pounds and another dress size - from a size 16 to a size 6! Thank you, Shaklee180!

CLEANERS MADE A HUGE DIFFERENCE - Kids

Continues her story: I had heard something about fumes from cleaning supplies causing children to Be "hyper" and out of control. I gave it little thought until one day I was cleaning the bathroom with bleach and made myself sick with the smell of Clorox bleach in my nostrils. I

thought that if it could cause me, an adult, to feel so ill, what must it do to a child? Several days later, my boys were playing in the basement, and suddenly my oldest became very mean--spirited, bossy, and LOUD. Immediately I thought, "What has he had to eat?" I couldn't think of anything he'd eaten that would make him act this way. Looking in the direction of the noise, I realized that the dishwasher was on. I couldn't imagine that it possibly could be the fumes from the dishwasher detergent however, I decided to experiment during the next few days. Each day, while my son was doing well, I'd turn on the dishwasher, and as soon as the steam began seeping out with the smell of detergent, he would go crazy!!

It was as if he responded on cue, a phenomenon I would not have believed if I hadn't seen it with My own eyes! Needless to say, we have changed to Shaklee's Dish Wash Powder and we also Use Basic H and Basic G. I have seen no ill effects from these cleaners on my kids, and I have watched my boys while I used the products, so that I could monitor any changes in their behavior.Beth Shaum

**Does Enfuselle make a difference?
This is only one time think about your face using regularly.**



I've attached a picture of someone's hands in my group for anyone who would like this for their presentation. If hands could talk...one on left is untreated hand...one on the right is treated with Enfuselle anti-aging skincare with just one application. We have the BEST anti aging skin care products!!

BEHAVIOR ISSUES AND POOR GRADES

My 7 year old son was having problems in school with learning and conduct. I started giving Him a children's multivitamin and fish oil... I knew the DHA would help his developing brain. I gave him these supplements all last schoolyear, BUT Nothing changed. He still had poor grades and received behavior notices from his teachers. Then I found Shaklee and immediately started using the kids' Incredivites and the Mighty Smarts (fish oil). Within The first month ---: my son was getting A's each week and compliments from his teachers on his Good behavior! Yea!



I wasn't sure Shaklee's brand could make that much difference. So when I ran out... I didn't rush to re-order! Big mistake! After a few weeks of no Shaklee supplements, the poor grades. And behavior started again! Dana Allemand

HOW IS YOUR PERFORMANCE?

With the summer heat, it is very important to be using a product like Performance.! It's not only for workouts, it has great value throughout the day. Jenny Utrie reports: "What a difference Performance makes! I have never doubted the science behind Shaklee's products, but having a personal experience demonstrating the effectiveness of Shaklee's products is very powerful.! I began an outdoor boot camp class and our first class was on a 95 degree day. I prepared Performance and drank it before, during and after. I felt great throughout the class; I was able to push myself and left feeling like I had a hard workout.! Two days later the temperature barely hit 60 degrees. On this day I chose not to take Performance and brought water instead. I started out strong and really pushed myself, however, by the second half of the workout I began to struggle in keeping my body moving. I started to get a stomachache and felt spent. I was shocked at the difference I felt between these two workouts just two days apart. It was apparent to me that the difference was in the Performance. Needless to say, I have not gone to boot camp without my Performance and I have had some great workouts."



Clinical tests showed that using Vita-Lea consistently for one year reduced sick days 65%.

Mother Praises Shaklee NutriFeron

Dottie shares the following: "My daughter had been on three different **antibiotics**, but her doctor couldn't find what was wrong. Further tests were to be done, but since her college classes were beginning, she started taking NutriFeron, and began to make an immediate recovery." NutriFeron is an exclusive blend of clinically proven immune-supportive phytonutrients. When used every day, it provides natural unsurpassed support for the immune+

Breast Cancer & Vivix

I share my story to help all who have been afflicted with breast cancer. While there are no guarantees, what if Vivix could do for you what it did for me?

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 August of 2008. In October 2008, I had my yearly checkup and tumor marker done. When I got the results I was amazed. 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!!! Thank you Shaklee!!!

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 do work. Blessings to all, Nancy R

We recommend that everyone begin a supplement program with:

Vita Lea or Vitalizer

Energizing Soy Protein and/or Cinch Shakes

Add ons.....

OmegaGuard—to lower inflammation—Alfalfa also helps with this.

OsteoMatrix—to relax muscles and to keep bones and teeth healthy.

Joint Health Complex-rebuilds lost cartilage

5 Minute Muffins – High Protein, Sugar and Grain Free!

Prep time: 5 mins
Cook time: 8 mins
Total time: 13 mins
Serves: 24



Ingredients

- 1 cup any nut butter (cashew, peanut, almond, and sunflower seed. favorite is cashew)
- 2-3 VERY ripe banana w/ tons of black spots (use some prunes,help sweeten, in place of the some of the banana)
- 2 eggs
- 1 teaspoon vanilla

- 10 drops liquid vanilla creme stevia, or a a tablespoon or two of honey to taste (optional) This amount here greatly depends on personal taste and the sweetness of your bananas.
- ½ teaspoon baking soda
- 1 teaspoon apple cider vinegar

Instructions

Preheat oven to 400 degrees. Place all ingredients into a blender or food processor. Blend until well mixed: batter will be sticky. Pour batter into a greased mini muffin tins.

Bake in a 400 degree oven for 8 minutes or so, slightly longer with chia eggs. I am sure you could use regular muffins too, but you will have to increase the cooking time to 12-15 minutes.

HealthyOates Protein Bars
1 cup **plain, vanilla, or chocolate Shaklee Protein**

- 1 cup oats, + more oats as needed
- 1 cup almonds or walnuts, chopped
- 1/3 cup flax meal (optional)
- 3 Tbsp. flax seed (optional)
- 1 cup almond butter or peanut butter
- 2/3 cup raw agave or raw honey
- 1 tsp pure vanilla extract (optional: I LOVE it with this added in!)

Optional Mix-Ins:
Sunflower seeds, Pumpkin seeds, Coconut, Chocolate Chips or Nuts For details check out:



<http://www.nathanandjenni.com/blog/2010/06/healthyoates-protein-bars/>

Product Highlight ~ Shaklee 180 Smoothees...Not Just For Weight Loss!!

All the nutritional benefits of a meal...all the taste benefits of a dessert. Suppresses the appetite, but feel full. Burns fat but maintains 100% muscle mass, increases metabolism and energy, lose inches and weight, lower cholesterol & triglyceride levels, lowers blood glucose levels, helps normalize blood pressure.

- *24 grams of protein per serving (when prepared as directed)
- *Powered by leucine to preserve and build lean muscle
- *35% of the daily value for 21 vitamins and minerals
- *6 grams of dietary fiber per serving *Lactose-free and Non-GMO soy protein, gluten free *No artificial flavors, color or sweeteners *Low glycemic (perfect for diabetics)

Shaklee 180 smoothees contain a proprietary formula of Protein Amino Acids including Leucine.

Say goodbye to Cellulite...Leucine deficiencies are often to blame for the buildup of fat. Increased leucine levels signal the body to shed this stubborn surface fat.

Build & Preserve Lean Muscle...Leucine stimulates protein synthesis & suppresses protein breakdown. Therefore, it helps preserve & build lean muscle. The body has more than 640 muscles including your heart, arteries, capillaries, digestive system, etc. **Leucine is a wonderful gift to every muscle of the body**



The amount of fiber in one serving of Shaklee 180 Smoothie is 6 grams...equal to the fiber in 2 ½ bowls of oatmeal. Fiber acts like a 'sponge' and absorbs:

Toxins and takes them out in waste helping to DETOXIFY the body. **Cholesterol & triglycerides** and takes them out in waste...a natural answer to the #1 heart health problem today.

Who would use Shaklee 180 Smoothees:

People who are too busy...working people who rush off to work without breakfast every morning...students who don't take time for breakfast, people on the run who miss meals, busy moms who take care of everyone else but themselves

People who want to lower cholesterol...the 6 grams of fiber acts like a sponge to absorb cholesterol and triglycerides and take it out of the body in waste

People who don't eat well...the elderly person who has great nutritional needs but no appetite, the sickly who have no appetite but need excellent nutrition for health recovery, children who are picky eaters

Diabetics...people looking for a high protein/high fiber meal, people who want to control carbohydrate cravings
And of course for anyone who wants to lose weight...