



July

2015

**Happy New Year!!!
Wow, July is here!**

We are very excited to be starting our new year this month. There is so much that is promising and lots of new exciting things from Shaklee.

This is the time of the year for all kinds of fireworks, family get togethers and vacations. Are there fireworks in your household or your friends and family? Lots of excitement for their future. I am looking for 5 couples who would like \$50,000 annual income and that would like to have that excitement in their home. To have a common goal to work together on and have a future together building their dreams, with the freedom and flexibility of their own that working for another you do not have.

Call your own hours, your own income, and your own time off with pay and vacation together. I have taken this business for granted for many years and now see what I have that others would love to have. I am looking for new partners. Call me if you or one of your friends might be interested. We will sit down and then you can decide if this is for you. Don't say no until you know what you are for sure saying no to.

We have lots of excitement happening here, As we have chosen to have an exciting, bright and fun future. You know when you make a difference for others, you create fireworks that keep bursting. Not the duds that make a lot of noise but a shining difference. What a wonderful life, giving people hope and excitement for their health or their future. Remember what America was founded on and for.

FREE ENTERPRISE.

Have a wonderful month.

Nina

Mother and Daughter Karate Bonding

In 2000 I was 27 and involved in competitive Taekwondo. I felt invincible. However, I made the mistake of overtraining, and “working through” minor injuries. This led to a severe injury of my hip and back and muscle spasms on my right side, which at times made it very difficult to walk and do simple tasks. I believed my martial arts career was over. And after years of tests and physical therapy, I was told by my doctors that I would likely have chronic life long pain. I didn't want to embrace such a diagnosis... and so I looked outside of traditional medicine for some solutions. Through massage and some targeted stretching, I was able to alleviate most of my pain. However, I was not doing any significant exercise and I could feel the negative effects of a sedentary lifestyle.

In 2008 I was introduced to Shaklee. I began using the products in the **Rx for a Healthier Life** – and I did feel significantly better!

In 2010 when my daughter started taking karate, I decided to sign up too. I figured I would do it for fun and exercise, but I didn't have high expectations.

Knowing the quality of Shaklee products, I started using the Sports Nutrition line to support my new endeavor: **Physique, Performance** and **Joint Health Complex**. I immediately noticed the benefits of **Physique** and **Performance**. With **Physique** I had little to no pain after intense workouts and I gained strength very quickly; after weight training I noticed I made progress every single day, both in terms of lifting more and doing more reps. When I drank Performance before working out I had significantly more stamina than on the days I didn't.

In the first few months of training, I did have some minor pains in my hip. When I felt a twinge, I backed off a little (being wiser in my 30^{'s}) However, the pains in my hip soon vanished. And I noticed I was getting significantly more flexible, I was able to kick higher, and 8 months into my training, I was able to do a split again! Even without an injury I am amazed that I am now as flexible as I was 10 years ago. Hooray for **Joint Health Complex!**

And in a few months I plan to start competing again. Thank you, Shaklee! - *Gretchen P.*

Mosquitoes Gone



The other night at cub scouts meeting the boys were working on a project and my step-daughter was sitting watching and being bitten by mosquitoes. I sent her to the van for a Basic H wipe to rub over her skin. About 30 minutes later the boys were taken on a 20 hike in a wooded area (and she went with them).

When they returned they were all covered with red welts of being bit! I asked my step-daughter if she had been bitten on the hike and she had not one new bite!

- Karen McCormick

Kidney Stones

I'm a kidney stone maker, and have had so much trouble over the years. Shaklee can really help and stop it altogether.

First, I stopped eating oxalic types foods -- spinach, rhubarb, cottage Cheese, etc. And, started drinking 3 quarts of water a day. Used 6 Cal-Mag a day and 6 Calcium Complex, plus 8 Lecithin. I also use all the other supplements, including Vita-Lea. But, if I cut back on the calcium and lecithin, in a short time the "sand" starts to form and I can feel that in my kidneys. B-Complex is essential, and so is the Energizing Soy Protein. Also I realized that if my diet was low in Vitamin A, I tended toward the formation of the stones.

It seems that a deficiency of magnesium leads to the increase of urine alkalinity, which results in the formation of the stones.

- Janice & Bob Jeans

Vitalizer

Vitalizer every morning means no more Tyle-nol PM every night and no more Caffeine boost every morning for me. I threw my Alieve bottle (pain medication) away over two years ago! Now instead of needing Alieve ... I am Alive! - Terri Thoman



**HAPPY
4th OF
JULY**

THYROID

There are so many things that effect the thyroid gland, protein, minerals, stress, allergies, viral damage, chemical toxicity, radioactive exposure and the list goes on. Certainly some soy products fall into this list especially Textured Soy Protein (meat substitute). Again I have to defer to Shaklee's process for isolating the protein, an enzymatic digestion step in the processing deactivates the "anti-tyrosine" compounds found in RAW soy eliminating any potential risk. Growth & thyroid function are not inhibited by consuming Shaklee's soy protein; the pro-goitrogenic factors are removed; tyrosine levels are NOT effected.



Personally I was diagnosed with hypothyroidism about nine years ago, I'd never knowingly had soy protein in my life. I started taking the prescribed synthetic thyroxin and was told that I would be taking it for life. Fast forward four years, I decided that I was not going to be dependent on the drug companies for my wellness and I stopped taking the drug. Well my thyroid levels shot up, I had less energy and started gaining weight (I was already over weight). This was about the time that Linda found Shaklee so I decided to see what I could do about this condition naturally. I started by replacing my usual breakfast with a Shaklee protein shake and I started taking a product they call Stress Relief Complex, Dr. Richard Brouse told me that the two products would most likely stabilize my thyroid problem. About 9 months after starting this regiment I had my blood tested and low and behold my thyroid levels were the same as they were when I was on the drug. I've been on this regiment for almost 5 years now, getting my blood tested every

April, and my thyroid levels have remained right where they should be. I have to admit that there have been a few side effects from taking the Shaklee products instead of the drug. I have more energy, I sleep better and Linda says I'm less grouchy. Oh and thanks to the Shaklee 180 Turn-around program I've lost 60 pounds and my BMI is 23. Be the Change!
- Steve Bennett

Pregnancy after 14 years

Steve and I have been married for 14 years. The first 5 years of our marriage, we spent so much time with infertility doctors. I was told that I would not be able to have children without invitro. We have 9 year old boy/girl twins because of the invitro. In 2011 we started using Shaklee. I slowly stopped taking all my medication for severe allergies, asthma, and endometriosis. My body started healing itself. We then started the Vitalizer and continued to feel better. My entire family was now off all medication. Then in 2014 my husband and I started the RX for Health (protein, NutriFeron, Vivix, and Vitalizer). We just found out we are 10 weeks pregnant!! My dream has always been to become pregnant all by myself. My twins started their life in a lab and then were put inside me. This baby was created with just my husband and me. We did not have a room of doctors and nurses wishing us well as they implanted the embryos. I am so thankful for Shaklee!!!

SPEECH DELAY

At 3, Devlin was diagnosed with a 25% delay in his speech and language. He started speech therapy, but was making slow progress. Then, the summer he turned 4, I started him on Mighty Smart every day in addition to his daily speech therapy, and he started making significant progress much more quickly. A couple weeks ago, after recent evaluations were done, he was found to be exactly on track for the 4-7 age group! Therapy has stopped completely and he's finally able to stay at home with me and be a normal 4-year-old! We've been busy doing fun stuff together and making up for lost time - and he has a lot to say about what we should do each day!





10 chocolate chips
2 scoops vanilla or Latte Shaklee 180 Smoothie Mix

- 1 to 2 handfuls spinach or kale
- 1/4 tsp pure mint extract
- optional: 1 T Cocoa powder (with vanilla mix)
- 4-6 ice cubes or as desired

Blend and enjoy!

Granola Power:

1 cup unsweetened almond milk
1/4 cup granola
10 frozen raspberries
1 frozen banana
2 scoops Vanilla or Strawberry Shaklee 180 Smoothie Mix

Mocha Madness

1 cup unsweetened almond milk
1 tsp instant coffee

Green Thin Mint Smoothie

- 2 scoops Vanilla or Chocolate Shaklee 180* Smoothie Mix
- 1 cup unsweetened almond milk or water
- 1/4 frozen Banana or 1/8 Avocado for creaminess

Thin mint continued...

Lemon Meringue Pie

- 2 scoops Vanilla Shaklee 180* Smoothie Mix
- 1 cup unsweetened almond milk
- 1/4 frozen Banana
- Juice of 1/2 Lemon or 1 lime
- 1/2 tsp pure vanilla extract
- Optional: 1-2 tsp lemon curd

**~Product Highlight~
Defend & Resist Complex
Echinacea**

Defend & Resist Complex ~ Contains Echinacea, Black Elderberry, Larch Tree and Zinc. Tablets may be swallowed, dissolved in the mouth, chewed, or even crushed and mixed as a tea without compromising the benefits of the herbs.

Recommended ~ Take at the first sign of a cold or flu. It has maximum cold and flu fighting power to supercharge the immune system when you start to feel the need.

Nutrition Alert ~ Signs include colds & flu, sore throat & coughs, swollen glands, wounds & ulcers,

bacterial infection, viral infection, fever, herpes, boils & poison ivy, and tonsillitis.

Benefits ~ Stimulates body's natural resistance, pumps up the immune response, promotes production of white blood cells, stops viruses from duplicating, anti-inflammatory, anti-cancer properties, attacks foreign invaders, can be swallowed or crushed and made into a soothing tea along with sucking on the tablet for relief of sore throats.



90 tablets **#20613**
SRP: \$20.35 MP: \$17.30