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CAN YOU DREAM?

Can you allow yourself to dream with all that is happening in in our Nation? Where is the certainty today? We still live in a country of free enterprise where your dreams are realities if you want to believe them and work for them. I am excited to tell you that our company is expanding. Some days I think how can I help everyone that needs our help. Now with the health of our nation becoming such a huge issue, we have even a bigger job. But we do it one at a time. It is fun to see how we are making a difference in so many peoples lives whether it is financially or physically. Our team is expanding and we need your help to educate people more now than in the any time in my 36 years in Shaklee. If you are looking for extra money to help pay for some bills or your products, if you are looking for an extra \$1000/month or if you are looking to have the security of a Plan B just incase you are one of those who all of a sudden finds yourself without a job. I am seeing there is no security when you are working for someone else. Now may be the time to look into what the amazing company can offer. With the cash, cars and trips incentives, but most exciting is that YOU can make a difference in other peoples lives. Our CEO & owner is an amazingly intelligent and caring man. If you want to be involved with a company who will be the largest force for social change in the world call us for more info. We want to offer as many people as possible a new dream & a healthier life. Have a great month. Nina

Dr. Elizabeth Blackburn, Shaklee Scientific Board Advisor, was awarded the 2009 Nobel Prize for Medicine for the discovery of an enzyme that lengthens and protects chromosomes. Over time, our telomeres gradually become shorter and telomere length is thought to be a marker of overall health. Shaklee conducted a telomere study that compared people using Shaklee supplements (Vivix, Vitalizer, and the 180 Shakes) for at least 5 years to healthy nonsmokers living in the San Francisco Bay Area, and showed that the rate of telomere shortening in Shaklee users was 40% lower than the healthy control group.



A statistical analysis shows that an 80 year old Shaklee user would have the same telomere length as a 41 year old healthy person in the Bay Area. AMAZING!!

How to order your products:

Call our office—920-452-2600. We will process your order the same day.

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

Awesome Health At Age 70+

"I am so grateful for Shaklee nutrition. I have used Shaklee supplements since I was a teenager. I had an awesome Mom who was always looking for the best supplements for her family. When she found Shaklee supplements, she knew she need look no further.

That was a while ago! I am now in my 70's and feel like I am in my 40's. The majority of people my age are on 6-8 medications for cholesterol, blood pressure, diabetes, ect. I am on none!



Most people my age are sedentary. I walk 3-4 miles almost every day, I weight train with my trainer at the gym 3 days a week for an hour, and I practice yoga and take 2 yoga classes weekly. One day at the gym, while doing arm pulls, my trainer said, "Wait, I want to take a picture of your back muscles!"

Exercise, good diet of fresh veggies and fruits, AND Shaklee products is the winning combination for awesome health all through my life.

-Suzanne Chaney

"New" Shaklee Life Plan "35" patents! Proven by Science



NEW:
Vivix in Liquigel Caps
Vivix caps in Life Strip
Soy & Non Soy Shakes
One billion probiotics in Shakes

The best, most comprehensive nutritional system in the world Clinically proven nutrients to help provide the foundation for a longer, healthier life Feel amazing in 30 days Feel younger, longer—for the rest of your life Guaranteed 35 Patents/ Pending Delivers the same nutrients "plus" as those referenced in the "telomere" study above with Dr. Blackburn



Shaklee Life Energizing Shakes

16 grams of proprietary, plant-based, nonGMO protein with precise ratios of 9

essential amino acids Added leucine to help preserve lean muscle and achieve a healthier weight Powerful combination of prebiotics and one billion CFU of patented Probiotics to support digestive and immune health Contains pure, potent omega-3 (ALA), an essential fatty acid that supports heart and brain health Gluten-free, lactose free, low glycemic, Kosher, and no artificial, flavors, sweeteners or preservatives Available in more packaging choices, including: 15-serving canister, 30-serving pouch, and 14 single-serve packet cartons

Additional Features of the Non-Soy Formula: It contains an exclusive blend of non-GMO protein from sacha inchi, potato, rice and pea. It has more ALA (omega-3) than the soy formula with 420 mg per serving, or 26% of the daily requirement. It qualifies as an excellent source of ALA.

Sacha Inchi

Sacha Inchi is touted by many as one of the best new super foods.

One of the richest sources in the world of omega fatty acids, Inca

Peanuts are also loaded with protein, fiber, and antioxidants. Grown in the Amazon Rainforest and the high Andes Mountains of Peru, Sacha Inchi has been part of the Inca diet for 3000 years.

Sacha Inchi's benefits for health and nutrition have been widely publicized recently, especially by medical personality Dr. Oz, who lists it as his best snack for weight loss. Medical studies have shown the Sacha Inchi's high concentration and proper balance of omega-3 and omga-6 fatty acids reduces the risk of heart disease, and its fats are largely monounsaturated and polyunsaturated. Finally, as a complete protein, Inca Peanuts contain ever amino acid.



MindWorks after a Stroke

I started taking MindWorks last week and I can tell you for certain my energy level has increased greatly! I suffered a stroke this past January and my recovery has gone well, but since taking MindWorks not only has my energy level increased but I have also greatly increased the use of my right arm and hand! I have to admit I was a little skeptical but it is definitely something I would highly recommend to everyone!

Jeff

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 open 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 314 hours at a time. I love MindWorks! Mike Lucas

RESTLESS LEG SYNDROME My mom has severe Restless Leg Syndrome I it runs in her family and I have it too. She says that MindWorks is helping her RLS tremendously. When we researched RLS a bit more it says that it is caused by a disruption in the brain, the same disruption that causes Parkinson's, and that people with Parkinson's also often have RLS.

Shaklee "Get Well Tea"

Drink "Get Well Tea" whenever you are feeling less than well, or when you feel as though you are coming down with a cold, cough, flu, virus, ect. This tea provides almost instant results!! Enjoy!!



- Add one rounded teaspoon of the ingredients to hot water and stir.
- Add honey to taste. Hint: I love to mix mine with my Energizing Tea + Performance
- Sip from spoon or cup, stirring constantly.
- Drink all granules in your cup.
- For BEST RESULTS, drink another cup in a half hour.
- Continue with one cup every hour until you are feeling better.

The granules are the result of crushing the following Shaklee products in a blender or coffee grinder:

- **6 Alfalfa**
- **2 Zinc**
- **4 Defend & Resist Complex**
- **4 Garlic Complex** (may be taken separately)
- **4 Mental Acuity Plus** (Hawthorne, Rosemary)
- **2 Flavomax** (remove from capsule)
- **4 Osteo Matrix** (Calcium, Vit. D)
- **6 Gentle Sleep Complex**



- **4 Herb-Lax** (Includes alfalfa, buckthorn bark, fennel, ect)
- **4 NutriFeron** (Immune Building)
- **4 Stomach Soothing Complex** (Peppermint & Ginger)
- **3 Vitamin C 500 mg Sustained Release**
- **3 Tbs Performance**

Dr. Henry Cohen shared this recipe with us... I don't know who originally created this recipe, but I will keep it on hand this winter!



Shaklee's Calming Complex

This is probably one of the most undersold, magnificent products in Shaklee!! I've had notorious dry skin all my life; and now at 71, it hasn't gotten better—but thanks to

Shaklee's Calming Complex, people younger than me want to know my secret.

I use Enfuselle, but the C&E Repair and Calming Complex—what a wonder!!! I've used it over the last several years on people with Eczema; jungle fungus from Korea where nothing else would agree with their skin; people with medication that was drying out their skin who had smeared everything from a \$75 a jar product and then used Enfuselle Calming Complex.

At a much younger age, the only good thing I can say about dry skin is I did not have the worries of acne, but dry skin causes cells to flatten down and not accept moisture. With dry skin and all, wrinkling much younger than the rest of the populace with my dry skin, I have aged much, much, much more gracefully than my wonderful friends with "normal skin" thanks to Shaklee for my most secretes product of all.

-Vivian P

The Power of Probiotics

By Carolyn Brown, MS, RD

You've probably heard the term "Probiotics" tossed around recently on labels and in the news. I swear by them and recommend them to many clients. People tend to think of bacteria as something to get rid of, but actually a huge amount of the bacteria in your body are the good guys, in fact your gut is home to over 500 bacterial species or Probiotics. And a lot of the times, if you take antibiotics or just generally have a pretty processed diet, many of these good guys get wiped out.



Here's the "good bacteria" 101:

1. Probiotics help with digestion and help break down nutrients. So if you have any tummy issues, whether chronic or acute, Probiotics can help.
2. They are also major immune boosters. The more Probiotics in your belly and along your digestive tract, the harder it is for the bad bacteria and viruses to get in. Probiotics also make a compound called bacteriocins which researchers think may quash harmful bacteria.
3. Research is showing that Probiotics may benefit eve-

rything from GI issues from constipations and diarrhea to IBS to ulcerative colitis and Chron's, as well as

mood disorders and de-



pression. When I'm feeling off, whether from traveling or a little too much fun, I make sure that Probiotic is getting in my supplement regimen daily.

Powerful Probiotics in Shaklee's "Optiflora" and the "Life Energizing Shakes"

Product Highlight ~ Liver DTX Milk Thistle

Liver DTX Complex: Supports liver health in two ways. Milk thistle seed, Schizandra chinensis and Reishi mushroom extracts have antioxidant properties, protecting cells and supporting protein synthesis for liver cells repair.

Turmeric, Artichoke, and Dandelion extracts help maintain bile flow necessary to eliminate compounds detoxified by the liver.

Nutrition Alert: If you have liver problems, sluggish, hepatitis, live, work or commute in polluted areas, work with hazardous chemi-



cals, smoker or second hand smoke, overindulge in alcoholic beverages, use over the counter or prescription drugs, or have food poisoning.

Benefits of Liver DTX: Protects and detoxifies the liver, regenerates liver tissue, used to treat cirrhosis of the liver, used to treat viral hepatitis, stimulates bile flow, reduces the risk of gall stones, antioxidant, and lowers serum cholesterol.

Editors comment: I encourage people to do this every other month if not every day.

#20616 90 Caplets **MP:** \$37.25 **SRP:** \$43.80

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