



**April
2013**

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**April Showers bring
May Flowers!!!**

Now is the time to get everything ready for the planting. We all know that if we don't plant the seeds and water them we can not expect any crops. What kind of seeds are you planting. Just imagine if no one had shared Shaklee with you, how would your life be different today. I can not imagine where I would be today, both physically and financially. I am very thankful to my aunt who brought me into this company.

I am looking for five families that would like to make \$50,000 or more a year part time. If you know someone who, is in management and unhappy with their current situation at work or if you have a friend that is worried about not being able to make their house payment please have them contact me. They will be thankful to you for the gift you have given them. We always start out as a Plan B if someone is working and build until we can go and fire your Boss. People are looking for us and you have a gift to hand them. Make a difference in someone's life today, use your heart not your head. They will be thanking you down the road. Nina



How to order your products:

Call our office -920-452-2600. We will process your order the same day. OR www.myshaklee.com you will need your Shaklee ID—call for us for help
Hours of Business: Mon 10-4; Wed 10-4; Fri 10-4

I wanted to share this remarkable story of goal setting, courage, perseverance, hard work — and Shaklee 180 (formerly Cinch).

Edgar Ortiz has lost **200 pounds** and in the process, changed pretty much everything about his life. Take a close look at these photos. If I didn't know better, I would think this was the work of some very talented photoshop guru. From the guy on the far left, to where he is now — is what 200 pounds looks like.

Take a look at Edgar's inspirational Facebook page where he chronicles his amazing weight loss journey — which, by the way, he is still on.



Product Highlight ~ Herb Lax

In the Shaklee product guide, it says Herb Lax is for occasional irregularity...well it actually is SO much more than that. A Shaklee Signature Formula originally developed by Dr. Shaklee to encourage a mild cleansing action to aid the body's natural process. It not only helps cleanse the colon, it also cleanses and detoxifies the liver, lymph glands, tissues, blood-stream along with the entire digestive tract! It also nourishes, strengthens and 'retrains' the colon.

Over 90% of degenerative disease conditions can be related directly to the stagnant, fermenting condition within the bowels and related organs.

This doesn't necessarily correspond to actual known constipation. A person can move their bowels every day and still have dead cells, decaying food, poisonous chemicals, parasites, pus, mucus, etc; all of which contribute to the circulation of toxins throughout the whole body and contributing to an endless chain of disease.

The body's response to starting on a nutritional supplementation program can be to start releasing stored toxins from the cells which in turn can show up in symptoms of nausea, weakness, headaches, rashes, and tiredness. To prevent this from happening, Dr Shaklee created Herb-Lax. It's a combination of 9 herbs that help detoxify the body. If there is a build up of waste material in the colon, nutrients cannot be absorbed properly.

What issues can Herb-Lax help with: gastrointestinal problems, relieves constipation, helpful for diarrhea, regulates bowels, cleanses and detoxifies, helps acne, helps headaches, promotes a healthy liver, moves bile from liver into colon causing stools to be softer and easier to eliminate, reduces body odor, improves bad breath, relieves hemorrhoids, relieves boils, digestive complaints such as flatulence, bloating, pain, etc, removes toxic substances from bowel preventing reabsorption, preventative measure against bowel disease, aging and other disease processes.

What can I expect from starting on Herb-Lax:



People using Herb-Lax for the first time get different results. Some say they don't notice any difference except the bowel movement is larger. Others have experienced diarrhea. They often mistakenly assume that this means their bowels are working too well and they stop using Herb-Lax. Actually, diarrhea is a severe form of constipation. The loosening of what's on the walls of the intestines gives the colon so much work to do that a 'pile-up' prevents the fecal matter from moving on out...all that gets through is

liquids...actually more Herb-Lax is needed to soften the waste along with lots of water to wash it out. Some people say they can not believe how much was built up inside of them. Cause they just go and go. It is hard to say how many Herb-Lax a person should use. Try starting out with 2 at night and regulate how many to take that will produce 2 to 3 soft, easy bowel movements daily...yes I said 2 to 3

bowel movements a day. Those who are faithful in using Herb-Lax for internal cleanliness will get surprisingly good side effects as the days, weeks and months go by; including a better complexion, less headaches, less bad breath, little odor during bowel movements, plus more energy and clearer thinking.

20144 60 tablets/15 servings MP \$6.90

20141 240 tablets/60 servings MP \$21.70

Shaklee 180 Testimonies!!

I love my Shaklee 180 Smoothee in the morning, it not only tastes wonderful but has kept me full until lunch when I have my meal bar which is Yummy also!!! Been doing the 180 for three weeks and have hit my first goal, I am so thrilled. Renee Sherrett, Littleton, CO

--Love my Shaklee 180 breakfast. Easy, delicious, and slimming. I don't like to be without because then I feel like I am eating all day just to get enough protein to fill up. I am less cranky when I have my Shaklee 180 also. Melissa Kreiger, Valparaiso, IN

--Since I am a busy mommy of 4, the simpler my meal planning is the better. The Shaklee 180 program is soooo Easy for me!! Plus, it tastes soooo Good. I look forward to it. It tastes so Yummy and I lose inches all over my body. Shallyn Brandy, Valparaiso, IN

Lingering Headache Gone !

My daughter, Amber, talked about how she had a guest who complained about a headache. She gave the guest Shaklee's electrolyte balancing product called Performance, and the headache quickly disappeared. Unfortunately, when I had a headache that lingered for 2 days I did not remember her comment. But upon hearing about my headache, Amber again, suggested the Performance, and guess what? After taking the Performance, the headache was gone before I knew it! In looking back, I had gotten



busy and had not fixed my usual "Energy Tea Mix" drink for a few days, and apparently my diet had been off and it had not provided me with the good electrolytes that I needed ... thus my lingering headache. Lorri Kreuzscher

That's all I have till late morning or early afternoon is my Shaklee 180 Smoothee because I'm not hungry. Then I have a Shaklee 180 bar or a bag of the 180 crisps then I am good till supper. Larry Evans, Valparaiso, IN

..... story continued

After being on a protein shake from a fitness center in my area, and having some some pretty scary side effects, I am now doing the Shaklee 180 program, and very happy to say that I am having great results..... Thanks Pat for all those questions that got me to thinking..... Cathy Lattanzi, DeMotte, IN

IRRITABLE BOWEL AND REFLUX TESTIMONY

"I had been diagnosed with Irritable Bowel Syndrome and Esophageal Reflux over a year ago. I was given a prescription for the reflux condition, but tried to control the IBS with diet - no dairy products, roughage, chocolate, caffeine, etc. In other words, taking the fun out of eating! Even then I had flare ups and be on a liquid diet for several days to allow my intestinal tract to settle down. I lost about 15 pounds in a short time.

Optiflora was a Godsend when Shaklee introduced it. Chris recommended I take 2 capsules and 1 Herb Lax with the prebiotic to start with. I soon cut back to one capsule and only teaspoon of the Prebiotic powder

and been taking that each night at bedtime ever since. My condition has subsided - no diarrhea, bloating, or cramping. I can eat anything as long as I don't overdo it and have not had a spell of IBS for months. By adding 3 Peppermint Ginger after meals, I no longer need a prescription medicine for the Reflux condition either. All thanks to Shaklee's wonderful research and commitment to "the best". Lorraine K

If you want to jump start or restart or get over a plateau with your Shaklee 180 do a reset.... I have lost 25# and got stuck so I did the reset. Three Smoothies a day and 2 snack bars, lots of water for five days. I lost 8 pounds in those five days, and now I am on the next part of the journey. Nina

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 "an-tyrosine" compounds found in RAW soy eliminating any potential risk. Growth Θ thyroid funcon are not in-hibited by consuming Shaklee's soy protein; the progoitrogenic 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 me that Linda found Shaklee so I decided to see what I could do about this condition on naturally. I started by replacing my usual break-fast 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 staring 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 Turnaround program I've lost 60 pounds and my BMI is 23. *Be the Change! Steve Benne*

Banana Oatmeal Protein Cookies!

Only 3 Ingredients... (guess what they are ;)

Just 2 Bananas and 1 cup of Quick Oats with 3 scoops of Shaklee 180 protein (Choose your flavor)! Mash together and separate into "cookies". You can add your own



"fixins" too: Chocolate Chips, Nuts, Coconut, Raisins... This list goes on and on.... and on ;)

Bake at 350 for 15 Minutes... That's IT!

• 4-6 ice cubes
Blend until creamy.

Mango Coconut Shake

1 cup Coconut milk
¼ C Lemon Mango Juice
2 scoops Vanilla Shaklee 180
Mix and enjoy

Iced Latte Shake

1 cup Coconut milk
1 tsp vanilla
1 tsp instant coffee
2 scoops Latte Shaklee 180
Mix and enjoy your iced Latte



Vanilla Almond Delight

- 2 scoops Vanilla 180
- 8 oz. non-fat milk or Almond milk
- 1/2 tsp. almond extract
- Sprinkle of cinnamon

COMMENTS ON A RECENT WEBINAR ON GET CLEAN

..My mother can't breathe right for a few days when she uses tilex mold and mildew remover to clean her bathroom

..When I shop at resale shops, the clothing almost always has the strong odor of fabric softener, and it takes several washings in Shaklee laundry products to remove the residue.

... My Basic H2 bottle lasted almost 2 years.

... I starting using the 14lb box of powder laundry detergent on 12/29/11 and I am still using it. doing 2 -3 loads of laundry per day. \$40

... Even with tax and shipping, the 14# box of laundry powder only works out to about 27 cents per load!!!

...look at the amount of space you save in comparison to the amount of products you have to buy for the same purposes

BASIC H

...bubble bath for the boys.

... I used basic H today in my carpet shampooer and was amazed with how black the water was,

especially since I shampooed the same couch last week!!!!

...mosquito repellent

...I like Basic H2 degreaser spray for getting rid of ants in my kitchen.

...fly spray for horses and dogs

... I started blacking out when I used Tilex. I was pregnant at the time!

...Fragrances and chemicals give me headaches too. I had to quit my walking club at the mall because of all the fragrances in the mall corridors.

... My boys friends spend the night or when they ride in the car with us, I can't handle the smelly laundry products on their clothes! Especially the fabric softeners .

... I just heard that all of the fragrances are one of the main causes for Estrogen imbalance

... I started blacking out when I used Tilex. I was pregnant at the time!

... I think Simple green is because of the dyes...not sure what else it is supposed to be biodegradable

...I worked in a company packaging cascade and my Dr. told me it would kill me.

