



# May

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# 2013

## May Flowers and much more are Springing!!!

With Spring here we are starting to see some of the benefit of our rain and not some sunshine. Some of the planting from last year is showing its beauty. This is so exciting to see creation with all of the beauty of nature. When you stop and think about all of the intricate details and design of the human body, it starts you to think, how do I know what I need to keep it healthy. We are the managers of our bodies. How do we know what we need. I always think about what Dr. Shaklee said—If we don't know what our body needs IT does, give it a smorgasbord of nutrients and let it decide. Good weight is very important. This month as we share some more exciting testimonials, if you or a friend could benefit from them it will be the benefit of the seed planting for us. HAVE A WONDERFUL MONTH. Nina

### How to order your products:

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

OR [www.shaklee.net](http://www.shaklee.net) you will need your Shaklee ID—call us for help

### New Hours of Business:

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

Shaklee just announced a wonderful special for those interested in getting started with Shaklee 180. When NEW members join with any [Shaklee 180 Kit](#) in May for the next 3 months, Shaklee will pay the shipping cost for the kits. At the end of 3 months, Shaklee will also give this new member a Gift Certificate for \$100 to be used on any Shaklee product purchase in August and beyond. Pretty Great. So if you are looking to earn Your Shaklee 180 for free, this is the time to reach your friends and family to share Shaklee 180. If you get three people on one of the 180 kits you not only get your product FREE, you get FREE shipping and \$100 FREE products. What a gift!!!

## Back Pain Gone

I suffered from back pain from years of physical labor at a previous job. It would flare up for a couple days then subside for a time being until I would aggravate it again.

Then I got a job that didn't involve any physical lifting or labor. In September 2011, as I was taking a bag out of my Jeep I tweaked my back so bad that I was unable to stand up straight for the entire day and dealing with excruciating spasms. The next morning it seized up so bad I couldn't move...I called for an ambulance. In the ER while they gave me muscle relaxers and pain pills. X-rays and MRI came back with a lower back full of arthritis, degenerative disk disease, a few tears and damaged disks. I started physical therapy...that didn't help. Next were spinal injections. I had numerous ones, and my insurance was charged between \$2000-3000 an injection! Some worked, some didn't. My doctors discussed to have the Facet Joints injected but that was only temporary relief. I continued on pain management of Tramidal...the only pain medication that would work.

Through all of this I was getting very frustrated with being limited with my life. A constant state of pain. The next step was a dekegram...inserting a dye into the disks at a certain amount of pressure to see if the pain I feel was related to the disk that was worse off...L3-4, which is very compressed and appears to have the most damage. My doctor was hoping it was the L3-4 for then that disk would be removed and my lower back fused together. And at that point, I was hoping the same. Anything to be out of this constant pain. So, my results were in and I cried. My L3-4 wasn't the cause of my pain. The L5-S1 was the cause of the daily pain I felt. My damage is the L2-3, L3-4, L4-5, and L5S1. And they told me nothing could be done. I said forget it... I am going to run then...something he advised me against, but I figured I would injure it more until they could fix it. And yes, I'm aware of everything that could have happened, but my life was being limited by this, by 4 disks. And at 33 years old, I was frustrated, disgusted and wanted to live my life to the fullest.

In January I had had enough...I asked my mom if she had any health testimonies of people with back pain that had been helped with Shaklee products. She said yes and suggested a few prod-

ucts... Vitalizer, Osteomatrix, Alfalfa and Shaklee 180 smoothies. I decided to start the Lean and Healthy kit (Vitalizer and Shaklee 180) along with the other products mentioned. The next day I started on my products and this is something I will never forget, 3 days later I didn't have pain. It was a feeling that was foreign to me. I have tears in my eyes as I am writing this...it is a feeling that so many take for granted, but why wouldn't they if they have never experienced back pain I feel like I have a new lease on life! I am able to move, I am able to get off pain medicine, but the best is I have my life back!! Shandra Evans, Valparaiso, IN

Note from Pat Evans...this is my youngest daughter's story...I asked her more than one time if she would like to know what products could help her back...it was hard to watch her be in such pain when I knew that Shaklee products have helped so many people...but until she was open to try the products, I just had to be patient...that can be hard for a mom to do...lol ;-)

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## Peg Lewis (Executive Coord)

### *I'm excited right now...*

I'm excited right now because we broke out four new Directors in our group in January and February. That's an increase of four in one downline group that previously had never broken out *any* Directors.



### *I love Shaklee 180™ because...*

I love Shaklee 180™ because it allows regular folks to see results and share their stories of success with their friends... *and* receive rewards for their choice to become healthier. Some of these people will stay right where they are, living their lives. Others will see the possibility of what building a business can mean for them and commit to the business at some level. Shaklee 180™ has made this possible through the 3 for Free program. Never before have we had a way for a Member to become a Director essentially without becoming a Distributor! And for some people that is important. They love to share, but they don't want to 'sell'. Today we have a place for them.

### *Something I learned recently that has helped my success...*

I learned that there's no reason to go slowly any more -- if there ever was! We have a simple proposition, easily understood and implemented, and if we just go tell people about it, we should be able to create Shaklee 180™ Directors hand over fist!

The next testimonies reflect the fact that VIVIX must have some very powerful anti-inflammatory benefits!

## Child with Bowel Issues

"From the time my son, Kaden, was an infant, he has had problems with bowel movements. I was able to nurse him for a very short time before complications resulted in having to feed him formula. Almost immediately, he began having problems with his stool. At five weeks old, he would cry and strain until he was exhausted. It was so bad, that we actually had to "dig" the excretions out of him. The ordeal was terrible.

We talked to multiple pediatricians about the issue. Each time, we were told to switch his formula until we found one that worked. We finally settled on a formula that is partially broken down, which is supposed to aid with digestion. Though the formula helped with his acid reflux, it did nothing for his bowel problems. Once Kaden began eating solid foods, the problem worsened. He would go a week or more without being able to relieve himself. The pain became so bad, that we were referred to Riley Hospital for Children, so that he could have an ultrasound done on his lower abdomen. The results showed that he was insanely backed up, and was full of hardened fecal matter. The only suggestion they gave us was to feed him more fiber (our son is incredibly picky!) and to start him on two doses of Miralax, daily. Kaden was a little over a year old when the ultrasound was performed. He is now three years and six months old.

Potty training a child is a hard enough task; doing it with a child that has last minute "explosions" is an even greater task. After several months and ruined pairs of undies, I knew something else had to be done. I was tired of feeding my kiddo synthetic fiber and having to clean up the horrid messes it created. When I would skip his doses of Miralax, he would become so backed up, once again. I was feeling pretty helpless.

One of my friends from high school had been talking to me about Shaklee and all the benefits of the many, many products. She is a director for the company, and invited me to come to a 180 party she was hosting. During the course of the party, I had mentioned to her about my



son's bowel issues. She suggested that I try the Shaklee dietary supplement, Optiflora Probiotic Complex. She told me she gives it to her kiddos, and has friends that give it to their kiddos, as well. Although I was a bit skeptical, I trust Jenni, and figured I would give it a try.

Once my order arrived, I took one of the capsules (which are like a tiny little pearl) and put it into a bite of Kaden's yogurt and told him to swallow. That very evening, he had an enormous bowel movement, without the crying and pushing. At first, I thought it was a coincidence, but the following three days, I gave him his daily Optiflora and it resulted in more bowel movements!! SOLID, soft bowel movements!! At this point, I knew it had to be the Optiflora. I sent Jenni a text thanking her.

Kaden has been on the Optiflora for two weeks now, and has consistent, soft, solid bowel movements. I am blown away by this, and wish I would have known about this fabulous product three years ago. Thanks to my dear friend, Jenni, and her concern for my son, I now have a natural and pain free way for my son to be regular. I am a Shaklee customer for life!! :)"

## **Colitis... Diverticulitis.... Crohns**

In February of 2008 I was diagnosed with Colitis and Diverticulitis, but tests also showed a possibility of Crohns. I was on various medications throughout 2008 and 2009 with nothing really helping.

Then one day in late January of 2010 I was introduced to VIVIX and I was encouraged to try it for at least 3 months.

After reading the testimonials Amber shared with me, I started taking VIVIX in February. **After just 2 months I could see improvements. By the third month I was SYMPTOM FREE and I still am .**



**Remember Shaklee Cures Nothing your body is an amazing machine and can heal itself if given what it needs to repair cells.**

## Strawberry Cheesecake Smoothie

- 2 scoops Vanilla Shaklee 180\* Smoothie Mix (or Strawberry)
- 1 cup unsweetened almond milk or water
- ½ cup of organic Greek yogurt
- 1 cup strawberries (fresh or frozen)
- ½ tsp cinnamon
- stevia (to taste)
- 4-6 ice cubes or as desired



Blend and enjoy! Sunivana Wellness

## Neuropathy

I have been diabetic since 1996. I have neuropathy in my legs and feet. On the days at work when I have to be on my feet for 5 hours or more, I would leave here limping because my feet were so swollen I could barely walk. I would have to go home and elevate my feet and legs for an hour or two just to be able to function in the evening.

I started taking VIVIX in 2008 and **within about 3-4 months** I noticed that when I left work -I did

not have to go straight home - I could go grocery shopping or run errands and the **pain and swelling was no longer in my feet.** I can't say that the VIVIX gave me more energy per se but rather I describe it as more endurance. I won't go a day without it! Mike F

## This month's Product Highlight ~ GLA Complex

GLA stimulates the body to manufacture the 'good' prostaglandin PGE1 which can produce amazing benefits and has worked wonders for problems faced by many women including:  
Hot flashes...helps stabilize the female cycle and stop the blood vessels from causing the 'flushed' feeling. Premenstrual Cramps...these often have to do with inflammation which GLA lessens. GLA also aids in normalizing the female hormone cycles and is used by many women to maintain a sense of well-being throughout their monthly cycle. Also helps Fibrocystic breasts. Unique to Shaklee, it contains GLA (gamma linolenic acid) as well as Vitamin E.  
**But GLA is not just for women...**it can help with many



health problems faces by men and women alike...

**What other issues can GLA help with??** Fibrocystic breasts, weak/splitting nails, allergies, asthma, dry eyes, eczema, acne, dry hair, hyperactivity, ADD/ADHD, diabetes, heart disease, blood pressure, high cholesterol, MS, Lupus, fibromyalgia, chronic fatigue syndrome, constipation, inflammatory bowel issues, weight control, alcoholism, depression, rheumatoid arthritis, lowers edema in pregnancy, diuretic properties, inflammatory issues including injuries, arthritis, aches & pains, PMS, stops and reverses diabetic neuropathy, reduces tremors associated with Parkinson's Disease, helps with hormonal headaches, helps prevent hair loss, improves nerve function, protects cells from trans fats, improves circulation, plus more!

#20608 \$28.65 Member Price 60 softgels/60 servings