

SHAKLEE NEWS



Harley Pasternak

TRAINER TO THE STARS ... ENDORSES AND USES SHAKLEE 180 PRODUCTS



When an "A" list trainer like Harley Pasternak endorses your product, you know you have something special. He personally trains some of Hollywood's biggest stars, including Lady GaGa, Jessica Simpson, Kanye West, Robert Pattison, Megan Fox, Katy Perry, and many more. Harley is the "go to" guy in a market where looking great is a must. So you know he wouldn't risk his reputation on anything less than the best. He personally uses Shaklee 180 products and recommends them to his clients.

If you would like to hear Harley's endorsement it can be found on the new "TURNAROUND TODAY" DVD, item number 67062. Call or go online and order this informative "transformational" DVD.

Shaklee: 800/742-5533; **Members:** www.myshaklee.com
Harley's Website: <http://harleypasternak.com>

Blueberry Bliss

- 2 scoops Vanilla Shaklee 180
- 8 oz non-fat/light soy Milk
- ¼ cup Blueberries (fresh or frozen)
- ¼ Banana
- Ice



YUMMY !
Fills you up ... Not out.

Shaklee Contact:

Protect Yourself



Our bodies naturally produce a critical protein called interferon that helps strengthen our immune system. This protection helps keep us healthy all year long.

Don't be caught with your guard down

NutriFeron, designed by the scientist who discovered interferon, naturally stimulates your body's production of interferon so your immune system stays healthy and "balanced". The key word is "balanced" NutriFeron does not speed up or slow down the immune system, but rather modulates or helps to get it into a balanced and healthy state.

DOCTOR'S COMMENT:

At my wellness check up my Dr. asked if I wanted a flu shot; respectfully "no - never." I have known too many friends who have had terrible results with the shots. I told her I use Shaklee's Immune building NutriFeron product. She said,

"I know what is in that and you will be well covered"!

Dr. Kojima explains how to improve your immune system .. [CLICK HERE](#)

Why diabetics have success with Vivix

Antioxidants are known to prevent premature cellular aging and have been the subject of much investigation and discussion among researchers for decades. Shaklee's entry into the field of longevity includes a most remarkable antioxidant known as **VIVIX**. Clinical studies suggest that it could extend cellular health by 25 years.

Vivix works on 4 levels:

- 1) DNA damage from chemicals and radiation
- 2) Genetic repair regulators
- 3) Mitochondrial energy production in the cell
- 4) Reduction of AGE proteins from metabolism. These AGE proteins are essentially trash in our cells that tend to stick to blood vessel walls and cause diabetic complications.

The potent blend of polyphenols in **VIVIX** decreases insulin resistance of the cell while enhancing glucose's ability to enter the cells. Additionally, studies have confirmed that polyphenols are potent anti-inflammatories that reduce free radicals and inhibit the formation of AGE proteins (metabolism trash).

Vivix has 10X the antioxidant capacity of other consumer products such as Noni, Mangosteen, Goji and Acai.

Prevent the Flu

Vitamin D3 is growing in popularity as a way to prevent flu. Current medical research has identified a correlation between seasonal Vitamin D levels and influenza. The more sun, the less illness. The less sun, the more flu. Research has also shown that vitamin D prevents respiratory infections in adults and children. Lots of flu remedies provide flu relief, but Vitamin D actually prevents the flu. Here's how to use vitamin D safely and effectively.

Take 5,000 IU of D3 per day for adults, when healthy, to boost the immune system and prevent the flu. The Vitamin D Council recommends 1,000 IU for children under the age of 1 and 2,000 IU for children between the ages of 2-4 years. From the ages of 4 through 9 the suggested dose is 3000 IU. At the age of 10, children may take the adult dose of Vitamin D.

Source: <http://www.ehow.com>

SHAKLEE D3: item # 21214

Frozen Windows –

Wife texts husband on a cold winters morning:
"Windows frozen"

Husband texts back:

"pour some luke-warm water over it."

Wife texts back:

"computer completely messed up now!"



THE NEW NEL ...

Yep, that's me, an embarrassing size 20. I always tried to lose weight for a special occasion, but the minute it was over – that was my license to get off the deprivation and restrictions. My discipline had a start and end date. I finally realized that life is just a series of training – so I started on Shaklee 180 (formerly Cinch) and trained to run a

half marathon in 2011. And I did it.

One year later you see the new and improved Nel Prentiss – 85 pounds lighter, size 4, and lovin' it! And the best part is, the Shaklee 180 maintenance program gives me the convenience that I need for my busy schedule and the important nutrients to go forward into a successful new "skinny & fit" lifestyle!



My son has Cystic Fibrosis

Patty Tweed, from Winnipeg, Manitoba, shares the following ...

"I practiced as a Registered Dietitian for over 20 years, doing clinical work, public health education, and for ten years directed a Dietetic Internship in Saskatoon. I became very disillusioned with the health care system, particularly because they kept telling us that there was money being put into 'prevention', when in fact they were continuing to build monuments to disease! My son has Cystic Fibrosis. We have worked long and hard to keep him healthy. I consider CF to be one of the great nutritional challenges of our time. My hat is off to my son, Devin, for his discipline and self care, a regimen that requires focus and strength, but one that has brought him to the age of 28 years as a relatively healthy man with a full life of family, friends, and professional career. **I have no doubt that Shaklee has played a huge role in underpinning his health.** We have been strong Shaklee consumers ever since I discovered the Shaklee difference some seven years ago. We had used other products previously, but none hold a candle to Shaklee. Devin works full time as a City Planner. He plays hockey at least twice a week almost year round, and also plays Ultimate Frisbee in the summer."

Spiced Smoothee

2 scoops Vanilla or Chocolate Shaklee 180

8 oz non-fat/light soy Milk

½ tsp. Pumpkin Pie Spice or Cinnamon

Ice



Fluoride Detrimental to Health?



Dr. Shaklee has always been ahead of his time. He **KNEW** that swallowing fluoride was detrimental to your health. Open your Shaklee Catalog and read about our wonderful Dentifrice. In the book "The Tooth Trip"-- our Shaklee Toothpaste was listed as one of the best organic toothpastes on the market--It was tested at Forsyth University. And science is now proving that New Concept's nonabrasive, plaque cleansing ground eggshells and its sweetener Xylitol are exactly what we need to be using for cleaner, whiter, teeth with no tummy aches. **And now they are finding xylitol actually aids in reducing the bacteria that can cause ear infections.**

"... for decades we have believed that fluoride in small doses has no adverse effects on health. But more and more scientists are now seriously questioning the benefits of fluoride, even in small amounts."

UNICEF - A United Nations Organization

Hair Loss

"For the past five years, I've been steadily losing my hair, with strands being removed as I comb it. In August 2002, I was introduced to ProSante by Shaklee and, after reading about its clinical research, I decided to try the system. Lo and behold! After about one month of using it, my wife, June-Marie, started to observe that my bald spot was disappearing. Today - some six weeks after starting to use ProSante - my bald spot has grown over! It's totally covered with new-growth hair."



Noel Gayle

Neuropathy Gone!

When the Vivix testimonials came out I read one about Neuropathy. My brother in law is a Type 1 diabetic and has been since 18 years of age. He has had neuropathy forever. But when he read the testimonials about how Vivix helped, he immediately became a member and ordered Vivix. He had taken Neurontin for a long time. And after 3 days of taking Vivix his neuropathy was gone. He could not believe it. So now he takes no Neurontin, just Vivix and has talked to a lot of people about taking Vivix. Hope this helps someone who reads this.

Sherry Mindy

Herb Lax helped relieve inflammation

Herb Lax helps relieve inflammation - who knew! After bilateral knee replacements, three Herb-Lax daily seemed to promote a better, more gentle release of the fluids caused by inflammation. Inflammation may contribute to pain and stiffness. For me, it seemed to work better than prescription strength Ibuprofen! I took three at the end of the day. I love it !

Laurie



Item: 20141

Is Soy "Bad" for Hypothyroidism ?

I was diagnosed with hypothyroidism about nine years ago. 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, my wife, 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 Soy protein shake and a product called Stress Relief Complex. Dr. Richard Brouse told me that these two products would most likely stabilize my thyroid.

About 9 months after starting this regimen 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 regimen 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 program **I've lost 60 pounds and my BMI is 23.**

There are so many things that affect 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 as the pro-goitrogenic factors are removed -- tyrosine levels are NOT affected. Steve Bennett



Take your HEALTH and your SHAPE in a whole new direction



Diet Soda Linked to Higher Health Risks

Most people think of diet soda as being harmless because it does not add calories or nutrients to the diet. However, drinking diet sodas has been linked to developing metabolic syndrome, a group of risk factors for diabetes and heart disease including high blood pressure, blood fat (cholesterol) problems, and higher than normal blood glucose levels. Some people believe this link must be related

What is the problem and what is known about it ?

to other unknown factors, such as diet, exercise, or personal characteristics. And some have speculated that the non-sugar sweeteners in diet soda may actually cause people to want more high-calorie foods or hinder their ability to estimate how many calories they need throughout the day. For now, no one really understands the relationship between drinking diet sodas and developing metabolic syndrome.

What did the researchers find?

People who drank diet soda at least once a day had a 36% greater chance of having a high waist measurement and high blood glucose levels, both of which are features of metabolic

syndrome. People who drank diet soda at least once a day also had a 67% higher chance of getting diabetes compared to those who did not drink diet sodas, and this was not related to body fat measurements.

What are the implications of the study?

Although the causes are not yet known, drinking diet soda daily may lead to weight gain, problems processing glucose in the body, and eventual diabetes.

<http://care.diabetesjournals.org/content/32/4/688.full?sid=3d24412f-6e4c-4dd6-a3ec-4de7956fc291>