

Shaklee NEWS

Healthy as a Horse

by Darren Hardy

"I live close to the Del Mar Racetrack, one of the biggest horseracing facilities in the country. A week before the start of the race season, a good friend of mine took me down to the track to visit the owner of a prized racehorse.

The owner told me how he had made a science of the exact nutritional value in every that horse ate—what was perfect for its digestion, energy, and dental care. He explained how he had only the best licensed veterinarian check the horse thoroughly week, how he exercised the horse twice daily, how he made sure the horse had the appropriate social interaction with other horses to keep his spirit up in order for the horse to perform at it's best.

I was impressed with this man's nutritional acumen, attentiveness, and discipline ... until the trainer walked lunch. McDonald's hamburgers, fries, and a giant soda. I had already noticed that the owner probably did. After seeing the meal, I understood that poor eating habits had contributed to his weight. So I asked him when he last visited the doctor for a checkup. His answer? He hadn't been in years. He had his horse checked every year but had not seen a doctor in years!

Do you get my point? Here was a guy with a priceless body to his family and friends—yet he cared more for his health than his own. Sadly, he is not alone. I know people who feed their dogs more carefully than they do themselves. Can you imagine that? Just doesn't seem smart, does it? Remember this always: Your health IS your wealth. Treat yourself at least as good as a prized race horse."

Editors note: Include top quality food supplements in your diet to insure that you fill the nutritional 'gaps' in the diet. Here again, you can opt for the cheap vitamins or go for the best -- the kind that your body deserves and the kind that will get real results. Read John's story on Prostate Health and you'll see that there really is a difference in supplements.

Is Your Home Sick?

We tend to think the big, bad world outside is where the unhealthy air is. But for the main source of air pollution in your life you need to look closer to home. In fact, it is your home. The EPA says that in the average home, levels of organic pollutants are **two to five times higher than outdoors**, sometimes much, much higher. We're talking about volatile

organic compounds (VOCs) here -- which off-gas from household cleaners, pesticides, dry-cleaning, paint, fireplaces, stoves, cabinets, furniture, paneling, upholstery, mattresses and carpets.

Take a cue from Mother Nature with green products for a healthy home and a healthy family. Shaklee offers a 100% guarantee that you will love Shaklee's "Get Clean" green products or you get your money back.

Non Toxic -- They Really Work -- SAVE Money

What more could you ask?



A HEALTHY "WINNER"

Avocados (1 small avocado per person)
½ cup quinoa
1 can black beans (rinsed)
½ chopped red pepper
½ cup corn
½ chopped red onion
¼ cup chopped cilantro + some for garnish
1 tbsp taco seasoning
Cilantro sour cream:

1 cup cashews soaked for at least 2 hrs
2 tbsp cilantro
1 tsp apple cider vinegar
1 tsp agave (optional) + dash of salt



Start by rinsing your quinoa well and then place it in a sauce pan and toast for about two minutes until the quinoa starts to smell 'toasty.' Add one cup of water or vegetable broth and bring to boil. Once boiling, reduce heat to simmer and cover. (To get fluffy quinoa, it's really important to not stir it, just let it be, keeping a close eye on it) Chop the red onion and red pepper and add all the ingredients, minus the quinoa, in a bowl and mix well with the taco seasoning. Once the quinoa is finished and has cooled, add it to the vegetable mixture. Put the mixture in the refrigerator to cool.

Cilantro Sour Cream:
Drain the cashews and place them in a blender. Add ¼ cup water, apple cider vinegar, agave, and salt

and blend. You may want to add more water until the mixture is silky and smooth but I recommend doing a little at a time. Once you have the consistency you want, pour into a bowl and place in the refrigerator to cool. To assemble the avocados, begin by cutting them in half, removing the skin and the pit. I also scooped out part of the avocado to make a little room for more stuffing. Scoop ½ cup or more of the quinoa mixture into each avocado, Finish with a little cilantro 'sour cream' and some chopped cilantro and serve.

PROSTATE HEALTH

"My daughter told me about Shaklee's Saw Palmetto and how it could help me, so I decided to give it a try. It worked great! I ran out and picked up some Saw Palmetto at a Health Food store, since I was a big believer that all supplements are created equal. A few days after starting on the new brand of Saw Palmetto, I noticed my symptoms had returned, and I was having trouble going to the bathroom. When my daughter asked me how I was doing, I asked her to order more Shaklee Saw Palmetto for me. Once I started on it again, my problem went away. That sure made me see the Shaklee Difference and I will stick with Shaklee from now on." — John L.



Saw Palmetto Complex: With age, the prostate gland enlarges, causing a nonmalignant enlargement of the prostate gland called benign prostate hyperplasia (BPH) which causes pressure on the urethra. The result is a weak urinary stream, increased night time frequency, urgency, dribbling, etc. While a man aged 31 to 40 has only an 8% chance of having BPH, the risk increases to 40-50% in men aged 40 to 60 and over 80% in men older than 60. For the past several decades, European doctors have routinely prescribed a variety of plant-based remedies to treat BPH, including Saw Palmetto, beta-sitosterol, and pumpkin seed oil. Shaklee's **Saw Palmetto Complex** contains all three of these ingredients (2 tablets per day is recommended). Other products of benefit for the prostate include **Shaklee Soy Protein, Zinc** and **Saw Palmetto #20607**.

Ability to Focus *"I began using Vivix Saturday morning and by Monday noticed a marked improvement in my ability to focus on one task at a time through the day. This has always been an issue for me; beginning one thing after another and having difficulty completing any. Even with using Mental Acuity Plus, I still had some degree of difficulty. I'm absolutely amazed that I've been so clear-headed, focused and energetic this week. Viva Vivix!"* Susan Stephens

Not Stiff or "Old" Looking *"Phil Truelove shared an awesome story with us. He has had many injuries over the years and OmegaGuard, Pain Relief and Joint Health have really helped with the stiffness and pain BUT since Vivix, he can get right up out of bed without being bent over (he fell off a ladder years ago), he can walk down the stairs without holding onto both side rails, he is not stiff or "old" looking as he walks."* Linda Dietz

Your Shaklee Representative:



Are YOU causing your child's **ASTHMA?**

My son Spencer had just turned three when, one day, I noticed he was coughing a lot. At first, I didn't think anything of it. Kids get sick. I told him to lie down, thinking he'd be fine -- it was just a cough. A short time later, I realized that his heart was pounding, as if it were trying to beat right out of his chest.

Terrified, my husband, Roger, and I rushed him to the hospital. We spent the next two nights in the ICU. The doctors told us he had something called reactive airways dysfunction syndrome -- a form of asthma. Neither my husband nor I had any family history of asthma, going back four generations. So we concluded that the cause was environmental.

It didn't take long to discover that the U.S. is in the midst of an asthma epidemic. The number of people diagnosed with asthma grew by 4.3 million in the last decade. About one in 10 American children currently suffer from [asthma](#) -- a nearly threefold increase from 3.6 percent in 1980. A suspected cause of these stunning changes?

At least six well-designed epidemiological studies have pointed to one answer: A strong link between the use of certain [cleaning products and asthma](#). That stopped me cold. The cause of my son's asthma may have been me. I may have been poisoning my own son.

The good news is that this is one area where easy, affordable solutions are available. First and foremost, you should avoid what can be the strongest asthma triggering chemicals present in conventional cleaners such as bleach, [hydrochloric acid and ammonia](#). These chemicals are often mixed together to create an even more dangerous combination. Next go out and buy yourself non-toxic, biodegradable, green cleaning products.

1. Gather all your cleaning products and read the labels.
2. Notice how dangerous and toxic they are. Then, take a deep breath (but not near the cleaning products).
3. Take all the ones that say "danger," "poison" or contain chlorine bleach and ammonia and put them in a garbage bag.
4. Call your local sanitation department and ask them how to dispose of them safely.
5. Buy green cleaning products, and breathe deeply and safely.

By the way, my son is 11 and hasn't been to the emergency room in 1,825 days. But who's counting? Sloan Barnett

1960 Shaklee introduces Basic-H Concentrated Organic Cleaner, one of the first nontoxic, biodegradable cleaners.

1990 Shaklee household cleaners and personal care products are selected for use in the Biosphere 2 Project in Arizona.

1990 Nontoxic and biodegradable Basic-H is chosen as one of the first official Earth Day products.

OUR STORY: Allergies brought us to Shaklee 40 years ago! Our then toddler daughter was experiencing chronic ear infections, croup, rhinitis which lead us to a Pediatric Allergist. First, we had to "de-sensitize" our home of dust, mold, fungus as well as toxic chemicals in cleaners and laundry products. A timely introduction to BASIC H helped in my search for toxin free products, as well as to the supplements to help strengthen her immune system.

CHANGING BRANDS CHANGED ALL OF OUR LIVES. I have not had a sinus infection in 40 years; our son was able to avoid the severe allergy experiences; Bob no longer had migraines and that toddler daughter is now a healthy wife and mom of two healthy teenagers, choosing to be a Shaklee Business Leader to share "healthy homes and lifestyles" with other families. Pfeffer Family

ProSanté Hair Care by Shaklee

Science and Nature – Working Together – To Stop Thinning Hair

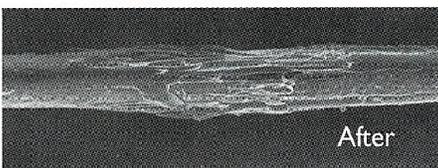
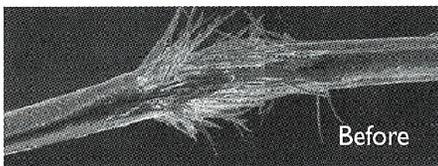
Untouched photos of Dr. Nick Campanella, Bel Air, MD ... results in 3 months of using ProSante Scalp Treatment



Nourishing Scalp Treatment
#31642 2 fl oz 59 ml



Visibly Stronger Hair



ProSante® Hair Care



Independent clinical studies have shown the following results with consistent use of the ProSanté system of products.

	30 Days	60 Days	90 Days
Reduction of hair loss during combing	11%	54%	65%
Decrease in the number of broken hairs	37%	61%	73%
Percentage of subjects that noted an increase in the thickness of their hair	46%	52%	61%

At the heart of the ProSanté hair care system is Scalp Health Complex, an exclusive blend of 10 vitamins, minerals and herbs in a complete complex designed to comprehensively counterbalance the potential stressors which can interfere with normal, healthy hair follicles. This unique complex features:

- Vitamin B6
- Ginseng Extract
- Green Tea Extract (Camellia Sinensis Leaf Extract)
- Saw Palmetto Extract (Serenoa Serrulata Fruit Extract)
- Swertia Extract
- Tea Tree Leaf Oil
- Panthenol
- Superoxide Dismutase (SOD)
- Dipotassium Glycyrrhizate
- Zinc PCA