



My active life?  
It's powered by protein.

## Life Plan

Buy the Life Plan and Receive a \$10.00  
Coupon on AutoShip

Redeem the Coupon  
for any product up to

**\$100.00!**

### LIFE PLAN IS

The Best, Most Comprehensive Nutritional  
System in the World

Feel amazing in 30 days

Feel younger for the rest of your life

35 patents/pending

### LIFE PLAN INCLUDES

Vivix Liquigel Caps - slow aging, decrease  
inflammation, improve eye health & more!

OmegaGuard Plus - Heart and Brain health

Advanced Vita Lea - Bone & Joint & more

B + C Complex for Immune Health, Stress, and  
Energy.

Energizing Shakes - Soy and Non-Soy.

Increase energy, weight control, one billion  
probiotics for digestive and immune control.



## 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, etc.  
I am on none!



Most people my age are sedimentary. 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

## Start your day with an Energy Shake

2 scoops Non Soy or Soy Shaklee Energy Shake Mix  
2-3 tsp. Lemon Juice; 1/2 Banana, Ice, Water, Blend. Enjoy!



**Bed Sores** ... When I worked as a junior nurses' aide at Stamford (CT) hospital, we were taught to be aware of bedsores developing on our patients' backs. We were instructed to tell the medical staff right away.

**Bad news.** So in 1999 when I got a call from the nurse, John C, who ran a group home for the elderly, that my mother was developing a bedsore, I knew enough to be concerned. He never called unless it was serious.

My mother had been bedridden for weeks due to pneumonia. The pink spot had turned to red and then began to break down. Nothing the nurse did showed any signs of stopping or reversing the damage.

When I got off the phone, I had a thought. Shaklee had recently come out with their Enfuselle line of nutritionally based skin-care products, which I was using. One is called C&E Repair. I knew it had helped with sun-damage on my face.

I took some over to my mom and requested they try it. John C said they had tried all sorts of creams and nothing had worked. But I asked him to try it.

**Good news.** I got a call a few days later that the bedsore had closed up and began to lighten in color. And then it was gone.

A few weeks after I started using this product a friend asked me what I was doing to my face, and please to get her some. More recently another friend who swears by an expensive brand has made the change and is very pleased (and she looks great!).



Peg

Fake Food Watch writes:

**Ensure Drink: Sugary Fake Food Pseudo-Wonder Tonic by Vicodin Maker**

Meet Ensure "nutrition shakes," one of the most spectacularly selling fake foods in America. \$1 billion in sales in 2009, and growing.

Bought by seniors in the millions as meal replacements. Used to supplement the diets of picky children. Hawked as a solution to build muscles, meet nutritional needs, fortify calcium, restore vigor, aid recovery from illness and surgery.



The sapphire-and-navy plastic 8-oz bottle of vanilla Ensure Nutrition Shake (which retails for

an exorbitant \$1.33 per bottle!) here on my desk lures on the label:

- complete, balanced nutrition
- to help get strong on the inside
- #1 doctor recommended brand

"Ready to take charge of your health? Check out how Ensure ready-to-drink shakes and drinks can help you reach your goal," exhorts Abbott Nutrition, part of Big Pharma corporate giant Abbott Laboratories on their website. (Abbott Labs, the maker of addictive painkiller Vicodin and dozens of other highly profitable drugs...)

**Problem is...**

Ensure is mainly sugar and water, spiked with innumerable chemicals. Laced with preservatives, additives, and artificial flavorings and colors. And salt. Ensure is not real food, but is the quintessential fake food, manufactured by a modern industrial conglomerate.

Shaklee Distributor:

## Signs of Dehydration

Increased thirst  
Headache  
Dry mouth and swollen tongue  
Weakness  
Dizziness  
Palpitations (feeling that the heart is jumping or pounding)  
Confusion  
Sluggishness  
Fainting  
Inability to sweat  
Decreased urine output  
Constipation  
Sunken eyes



Shaklee Performance Hydration Drink provides carbohydrate energy for endurance along with fluids and electrolytes to prevent dehydration. Provides 67% more muscle fuel than Gatorade. Great for young and old.

## 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 time, 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 may 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 everything from GI issues from constipation and diarrhea to IBS to ulcerative colitis and Crohn's, as well as mood disorders and depression. 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.

### FIND POWERFUL PROBIOTICS IN SHAKLEE'S "OPTIFLORA" AND THE "LIFE ENERGIZING SHAKES"



Can you use more  
money?

With Shaklee, it's your business, you decide how, when, and where to work. It's an amazing opportunity that fits neatly into the corners of your busy life. Earn extra cash, glamorous trips, car payments, even an unlimited career income. Men and women from all walks of life have found Shaklee to be their "dream" job .... full of freedom and flexibility.

# Help your cells repair and protect against daily damage\*

Laboratory studies show that Vivix key ingredients protect and repair DNA. In a clinical study, key ingredients were shown to blunt the inflammatory response that normally occurs from an unhealthy meal, which over time can lead to cellular aging.\*

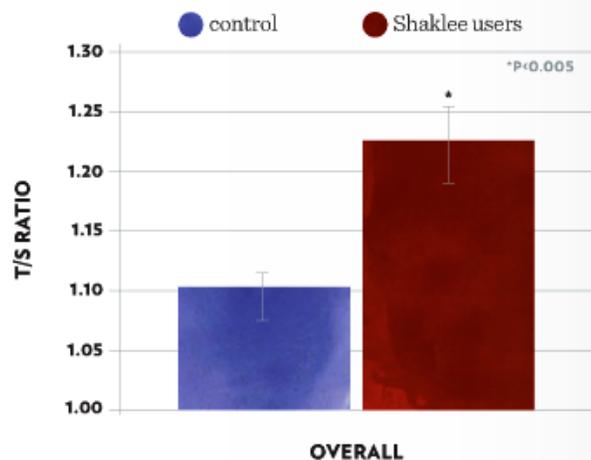


## DNA damage

Daily stress, eating a meal, environmental exposure

## Longer telomeres

In a preliminary clinical study, Shaklee users who took Vivix had a 40% lower rate of telomere shortening across the adult age range compared to a healthy control group.\*



Now!

# 13x

MORE POWERFUL  
THAN RESVERATROL ALONE



13x more powerful than resveratrol alone in slowing a key mechanism of aging

In laboratory studies, Vivix key ingredients help slow the formation of AGE proteins, which can lead to cell damage.\*

The Shaklee LIFE PLAN was the nutrition used in the clinical study that revealed a 40% lower rate of telomere shortening by those who were using these products versus a healthy control group not on these products.

