



IMMENSE HEALTH IMPLICATIONS

In a study published in *Cell Metabolism*, Dutch researchers showed that taking a resveratrol supplement significantly lowered multiple markers associated with **heart disease, diabetes, cancer**, and many other chronic diseases. These include markers of inflammation, improved mitochondrial capacity, lowered blood pressure, and blood glucose.

Since inflammation is at the root of literally hundreds of diseases, this has immense potential health implications. And we know that chronic inflammation leads not only to age-related diseases but to accelerated aging, as well! This study also showed reductions in both blood pressure and triglyceride levels, both of which are associated with heart disease risk. Diabetes has increased a whopping 35% in just the past decade.

Until now, the only non-pharmacologic way to improve insulin sensitivity and reduce your risk of developing diabetes has been calorie restriction and weight loss—which is so very hard for people.

This study would suggest that adding a high potency resveratrol supplement may help improve your insulin sensitivity and lower blood-sugar levels.

Note: Shaklee's Vivix provides "resveratrol" and even more.



Have you ever had a time in your life when a seemingly insignificant event turns out to be life-changing?

That was me 12 years ago, eavesdropping on a conversation while waiting with other dance moms. Intrigued by the description of the Shaklee Company, its integrity and standards for high-quality nutrition, I investigated and found Shaklee had exceptional

and quality products.

Taking the plunge, I began a Shaklee nutrition program. **My health quickly changed**—more energy and no more of the mysterious staph infections that regularly sent me to the doctor.

Shortly after regaining my health, a new challenge! My husband unexpectedly lost his job. Once again Shaklee was there for us - this time to help **regain our financial balance**. Because I'm a homeschooling mom with six kids AND passionate about

helping others, the flexibility of a Shaklee business became a perfect fit for me to contribute to our family's financial health.

While I love Shaklee's products and their potential for changing a person's health, I also care deeply that many are looking for a way to change their financial health and better their future. My New Year's wish list is to be a part of helping 50 people build healthier lives, and if they choose, healthier pocketbooks.

Sara Jo

"CALM AND IN CHARGE" UNDER STRESSFUL CIRCUMSTANCES

I absolutely LOVE the Stress Relief Complex! It is an awesome product. It helps you relax when you and your muscles are tight; it helps when you are stressing out and need to calm down, but still be alert. I **race cars** and there are times that I need to relax between rounds, but do not want to be drowsy obviously, so Stress Relief allows me to relax and still perform at my best. It is really good at helping the back muscles to relax when they are tight. Julie McKee-Leigh



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Enfuselle works night and day
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In only 28 days Enfuselle will produce results so dramatic, even scientists did a double-take. Clinical studies confirmed a remarkable 665% increase in SKIN FIRMNESS in just 28 days!

"Look at what Enfuselle has done for the hand that I applied it on compared to the one that I did not use it on." Sandy Abrams

If hands could TALK




Ruptured Disc – I had a car accident in 2010 causing a ruptured disc in my neck. I doctored for over a year with 3 different doctors and a massage person to no avail! The medical doctors wanted to operate and my oldest daughter didn't want me to do this as she had seen too many of her clients operated on for the same thing as I had and they were worse off after surgery than before the surgery!

After an MRI, they also told me I had a lot of arthritis in my neck that was pressing on a nerve and causing the disc to hurt also! I started going to a Chiropractor in Jefferson by the name of Dr. Martin Miller who was different than any of the others I'd been too! I doctored with him three times a week for about 2 months and then cut back to 2 times and then once a week. After 3 months he set me free and he told me to take 3 **Omega Guard** in the AM and 3 in the PM.

I now have no pain in my neck, shoulder or wrist!

Praise God, I finally found a Dr. who could relieve my problem without an operation! I discovered that the Omegas are also good for heart health, brain health, inflammation and much more! Shirley Welder



B VITAMINS PROTECT BRAIN FROM DEMENTIA

Vitamin cocktail leaves dementia in the dust

As I've gotten along in years, I've been forced to face two unpleasant truths — I don't appear to be getting any smarter or better looking. And it seemed like the minute those first strands of gray started creeping around my temples, the old "senior moments" started flaring up. Some mornings, I have a better chance of finding the lost ark than where I placed my keys — and if you offered me a penny for my thoughts, you'd have a right to expect change.

I don't just want you to live long, friend — I want you to live well. And keeping your brain healthy is essential to maintaining the quality of life we all deserve as we age.

Now, thanks to an amazing new breakthrough from Oxford University, a simple vitamin cocktail may be all you need to keep your brain razor sharp as you age and ward off the ravages of dementia and Alzheimer's disease FOREVER! In fact, three simple vitamins could work together like a well-oiled machine to offer your brain up to 90% protection against the most common cause of dementia!

Here's the scoop. Researchers tracked 156 people over the age of 70 who were suffering from mild memory loss and high levels of homocysteine — a protein that shrinks your brain and can lead to devastating cognitive decline, such as dementia. The research volunteers ate balanced diets, exercised regularly, and consumed a daily cocktail of vitamins B6, B12, and folic acid. The results weren't just impressive. The head of the Imaging Genetics Center at UCLA's School of Medicine said they were the most amazing brain scans he had ever seen!

People who took the daily combo of B6, B12, and folic acid had a whopping 90% less brain shrinkage than folks who took a placebo.

Let's put that into some context — previous research had shown that other lifestyle changes like reducing alcohol consumption or dropping excess weight resulted in an already impressive 25% less brain shrinkage. This vitamin cocktail of B6, B12, and folic acid appears to be 350% more effective!

(B vitamins aren't the only way to beat homocysteine. Beets have been found to be surprisingly effective at lowering levels.)

If you're anxious to give this vitamin cocktail a go, a quick word of caution on folic acid. You can find it cheaply in any store that sells supplements, but it still may be no bargain. That's because, as you age, folic acid might not do your brain a darn bit of good. That's why Dr. Wright has been recommending folate* over folic acid for years.

You see, human cells can't use folic acid, and we depend on our livers to convert it to all the folate our brains need to stay sharp. But as we age, our bodies become less efficient at converting folic acid to folate — and some folks can't convert folic acid to folate at all. So you're better off incorporating folate into your vitamin regimen, instead of folic acid.

Our Creator may have given us two eyes, two ears, two lungs, and two kidneys, friend, but he only gave us one brain — and you need to do everything you can to keep your noggin in tip-top shape. Talk with your doctor about giving this safe, natural vitamin remedy a try, and see if you just might be able to leave dementia in the dust for good. Dr. Jonathan Wright

*EDITORS NOTE: Shaklee uses "folate" in their supplements

Oh, to lose those last few pounds!

Words cannot express how much I appreciate learning about the Shaklee 180 program! For the past 20 years I have tried to lose 7 pounds. Even though it was only 7 pounds I have never been able to lose those last few pounds which for someone as short as I am, makes a BIG difference. I would lose a pound and then put it back on!

On the Shaklee 180 program I lost the seven pounds in a month -- I am beside myself with excitement! My clothes look fabulous and physically and mentally I feel like a different person.

To add to it, I had a physical and my cholesterol level has never been so good. In fact my overall health, since being on this program, has been outstanding. And my energy level is at an all time high! Thank you Shaklee. Jennifer



rohn's

I have Crohn's and use Shaklee's Vita Lea Multi. It has been the only Multi I have been able to use that doesn't cause digestive distress and nausea. This is huge with me, as I struggle with enough digestive issues as is! Also, I notice a marked difference in my energy level on Vita Lea. Fatigue has always been one of the biggest and overwhelming symptoms of my Crohn's. When I ran out for a few weeks, I truly missed it, and felt much more fatigued. I have done B12 shots in the past, but this is much better, and it had much better effect on my energy levels than those shots ever did! My sister has Crohn's also, and I gave her some samples of Vita Lea since fatigue is a major factor with her too. After two weeks she saw such a difference, she ordered her own! And she is going to try the probiotics as well (OptiFlora).

I am an RN that gives injections for Crohn's patients as part of my job. I have seen and heard a lot of people's stories. I am impressed with Shaklee's vitamins and how digestible and good quality they are. Faith Cross

SHAKLEE CONTACT:

HOT FLASHES, ENERGY, MOOD SWINGS

A few years ago I started using the **Shaklee Menopause Balance Complex**. It worked great. I recently ran out -- I thought I had an extra bottle in the cupboard for back-up but discovered I did not. Unfortunately, Shaklee had them on backorder for about 3 weeks.

In the meantime, I tried another product ... Big Mistake. I had no results and the mood swings were unbearable not only for me but for my family. My Menopause Balance Complex arrived on Friday, May 24, 2013. Within 2 days I was back to what I feel is normal. Fewer mood swings and the hot flashes are back to a minimum. I really don't know what I would do without it. **When taking the Menopause Balance Complex I don't feel like I'm losing control or can't remember things.** I have been using this product since November 2010 and will keep using it as long as Shaklee makes it.

This time Tom is going to order extra so I don't run out. I think he was ready to trade me in!

Kim

My STRESS RELIEF Stories

I have 2 stories to share:

1. I learned that Stress Relief Complex could help with a more restful **sleep** so I decided to try it as things were a bit stressful ... boy, did it work! Each night I took it I never heard the alarm in the morning. I now take my Stress Relief in the morning.
2. Coming back from a conference in Las Vegas we were on a "red eye" flight, leaving just before midnight. I ALWAYS take 2 Stress Relief about 15 minutes before boarding as I'm not a good flyer. However, because I wanted to sleep, I took 3. We hit turbulence which lasted quite a while, and while I was very uncomfortable emotionally, I did not **panic**. I was able to breathe deep and survive the flight! Susan Havlik-Prazenka