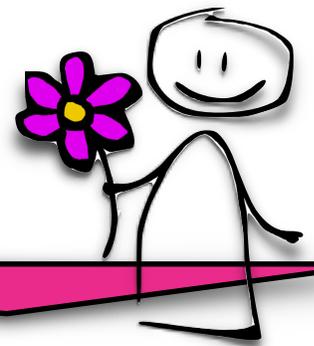
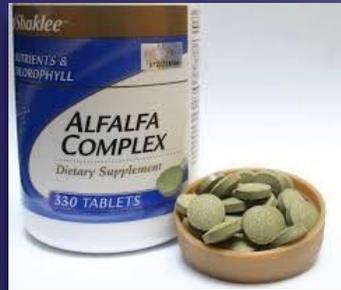


SHAKLEE NEWS



Bad Sinus, Headaches and Face Aches



I used to have very bad sinus problems with headaches and "face aches" that were debilitating. *(Those who have this will know what I mean by a face ache.)* Years ago, when I first discovered Shaklee, I started taking large amounts of Alfalfa whenever I had the beginning of sinus problems. I learned that Alfalfa has an extremely deep root system, allowing it to absorb an abundance of trace minerals. These minerals help to balance the fluid systems in the body. For example, pregnant women can get rid of extra fluid by taking Alfalfa. Alfalfa keeps me free of sinus problems I have not had a sinus infection in many, many years.

Here's what I do: I increase my Alfalfa Tabs to 15 in the a.m. and 15 in the p.m. during sinus season. After learning more about basic nutritional needs I began using more supplements from Shaklee. (Life Strip, Garlic, OptiFlora, NutriFeron, Soy Shakes etc.) I am very grateful for Shaklee! Diane Wilson

Sinus and Allergy Mystery

A friend of mine named Linda had SINUS problems most of her life. Nighttime was a particularly miserable time for her as she couldn't breathe and had to prop herself up on pillows and use nasal sprays and inhalers. Her doctor told her the problem was a deviated septum. So she had surgery on her nose. Do you know what happened? You probably guessed it — there was absolutely no difference!



Yet, Linda now sleeps comfortably and with no congestion. All she changed was her laundry detergent. She changed from the toxic grocery store brands to one that was environmentally sensitive. (Shaklee Laundry Care Products) It made all the difference in the world for her. Interestingly enough, her children's allergies improved, too!



GLA Complex

The body uses GLA to form prostaglandins - potent, hormone-like substances that help regulate numerous bodily processes like:

- inflammation, pain, blood clotting,
- hormone production/regulation;
- improves sexual hormonal response,
- fertility & libido; increases metabolic rate;
- helps prevent hair loss; improves
- dry eye syndrome; lowers blood pressure;
- improves hair, skin, nails;
- reduces clotting of blood platelet;
- regulates calcium metabolism;
- supports immune system; improves nerve
- function; diuretic properties;
- improves circulation; prostate support;
- lowers edema in pregnancy.



A Dose of Reality!

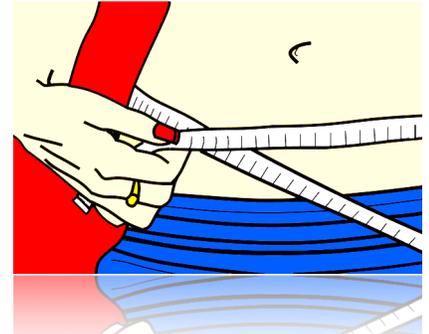
So you've decided to take control of your diet and try and live a healthier life, but you just can't resist soda. In your mind, you rationalize the decision and decide that you can keep drinking it as long as you switch to diet soda instead. It's a choice that millions of people make every year, as the clever marketing departments of large soda

companies convince us that switching to diet is a perfectly healthy alternative. The reality is that these claims are simply untrue! Most soda manufacturers use an artificial sweetener, called aspartame, to replace sugar. A new study carried out by the University of Iowa, has shown that this chemical is linked to an increased likelihood of heart disease. <http://theheartysoul.com/diet-soda-heart-health/?t=MAM&W=Viral>

And there is more "Bad" News!

Drinking diet soda doesn't do your **waistline** any favors, research is suggesting.

A 2015 study published in the Journal of the American Geriatrics Society found that people who drank diet soda gained almost **triple the abdominal fat** over nine years as those who didn't drink diet soda. The study analyzed data from 749 people ages 65 and older who were asked, every couple of years, how many cans of soda they drank a day, and how many of those sodas were diet or regular. Those answers ended up being extremely predictive of abdominal-fat gain, even after the researchers adjusted for factors like diabetes, smoking and levels of physical activity. People who didn't drink diet soda gained about 0.8 in. around their waists over the study period, but people who drank diet soda daily gained 3.2 in. Those who fell in the middle — occasional drinkers of diet soda — gained about 1.8 in. <http://time.com/4323328/aspartame-artificial-sweeteners-sugar/>



A Better Way

"Perseverance has really paid off! I've lost 65 pounds and learned so much about myself through the process. I really strengthened my resolve and found a sense of balance in my life, relating to diet and staying active. The changes I've made are realistic, sustainable, and easy to work into my day. I am especially grateful for the Shaklee 180 Program which has allowed me to stay the course. Shaklee products are **SAFE, PROVEN AND GUARANTEED!**" — Carina



Start your journey with products that really work! Shaklee 180 products are powered by Leucine to help you keep lean muscle, burn fat and lose inches ... all while building real HEALTH.



Lorri's Soy Story

I can't tell you how thrilled I am to have been introduced to Shaklee some 40 years ago for many, many reasons, but I am especially thankful to Dr. Shaklee for being so wise as to have produced Shaklee's Soy Protein through a "water" extraction process. (Note .. most companies process their soy using alcohol thus removing most of the isoflavones so critical for hormonal benefits)

For years I took the Shaklee powdered soy protein in the form of "smoothies" for two major reasons:

1. Increase "Energy"
2. Support my "Weight" goals

Little did I know that it had many more benefits!

Today research indicates that Soy can impact :
CANCER, HEART DISEASE AND HORMONES!

Click: [Breast Cancer and Soy ... New Findings!](#)

No wonder I have been able to "sail" through menopause with very few problems. I never had to entertain the use of HRT and it's potential for "side effects".

Dr. Shaklee said that the most important product he ever produced was Shaklee's Protein product, and he went on to say that the word protein itself means "to come first." He truly was ahead of his time and very, very wise indeed.

Menopause ... what to do?

My approach:

Shaklee Soy Protein, Menopause Balance Complex, Vitamin E, and GLA. I also found Ostaderm, a natural hormonal cream, to be very helpful recommended by Dr. John Lee, MD. (buy at: www.weluvit.net)

**With This Healthy Approach You Will Receive
SIDE BENEFITS rather than SIDE EFFECTS!**

Shaklee Contact:



YUMMY Chocolate Peanut Butter Protein Bars

"KID TESTED"

- 1/2 cup natural peanut butter (just peanuts and salt)
- 2 tablespoons coconut oil
- 1/3 cup honey (use coconut palm syrup if vegan)
- 1 teaspoon vanilla extract
- 3/4 cup Shaklee protein powder .. Life Shake, Plain & Simple, Energizing Soy, or Instant Protein Soy
- 1 cup oats
- 2 tablespoons chia seeds
- 1/3 cup chocolate chips + 1 tablespoon coconut oil .. option: can cut chocolate chips & coconut oil in half
- Sprinkle Himalayan sea salt after the chocolate
- Optional: 1/3 cup dried tart cherries (or dried fruit of choice); 1/4 cup unsweetened shredded coconut; 1/4 cup slivered almonds

Heat peanut butter, coconut oil, honey and vanilla in a saucepan over low heat. Mix together until well combined and smooth, then remove from heat and transfer to a large bowl. Stir in protein powder until smooth, then fold in oats, dried cherries, chia seeds, coconut flakes, and almonds. Place in an 8x4 inch loaf pan lined with parchment paper.

Add chocolate chips and coconut in a small saucepan and place over low heat until melted. Drizzle over the tops of the bars. Sprinkle with sea salt.

Place in fridge for 1 hour before removing from pan and cutting into bars or squares. Store bars in fridge tightly wrapped or in an airtight container for up to 2 weeks.



Vibrant, Healthy Hair



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 who noted an increase in the thickness of their hair	46%	52%	61%

Extensive clinical testing has shown that the **ProSanté hair care system** naturally and dramatically reduces hair loss during combing, increases thickness, and decreases breakage for all hair types. The ProSanté system does not strip or dry your hair and actually helps your hair retain moisture and resist damage. The result is vibrant, lustrous hair that looks, feels, and behaves in the healthiest way imaginable.

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



ProSanté® Nourishing Scalp

Treatment includes 10 powerful vitamins, minerals, and herbs uniquely formulated to create an environment for optimal hair growth and health. Its residue-free formula is clinically proven to strengthen hair and thicken by reducing hair loss during combing. Soothes scalp irritation and protects scalp's natural, healthful oil/moisture balance for healthier hair growth. Nourishing Scalp Treatment can be used daily on wet or dry hair.

The Problem: 50% of men will experience hair damage and related thinning in their lifetime. Less well known is the fact that 40% of women by the age of 35 will also experience similar hair damage and thinning.

The Core Solution: ProSanté Nourishing Scalp Treatment is a nature-based serum for daily use that normalizes the scalp to provide the optimal environment for thick, healthy hair. The exclusive cornerstone of the ProSanté hair care system, Nourishing Scalp Treatment helps you restore and retain the vibrant and healthy appearance of thick, lustrous, bouncy and manageable hair.

