

SHAKLEE NEWS

Scientists learn why stress can kill you

It's no surprise that constant stress can make people sick, and now a team of researchers has figured out why.

"This really makes a link to why chronic stress can actually kill people. We haven't had a good mechanism before."

— JANICE KIECOLT-GLASER

Professor of psychology and psychiatry at Ohio State University



A STUDY focused on 119 men and women who were taking care of spouses with dementia. The health of the caregivers was compared with that of 106 people of similar ages who were not living under the stress of constant care giving.

Blood tests showed that a chemical called Interleukin-6 sharply increased in the blood of the stressed caregivers compared with blood of the others in the test. Previous studies have associated IL-6 with several diseases, including heart disease, arthritis, osteoporosis, type-2 diabetes and certain cancers.

EFFECT CAN LINGER FOR YEARS

The study also found the increase in IL-6 can linger in caregivers for as long as three years after a caregiver had ceased that role because of the spouse's death. Of the test group, 78 spouses died during the survey.

"This really makes a link to why chronic stress can actually kill people," said Janice

Kiecolt-Glaser, professor of psychology and psychiatry at Ohio State University. "We haven't had a good mechanism before."

She explained that people under stress tend to respond by doing things that can increase their levels of IL-6.

For example, they may smoke or overeat; smoking raises IL-6 levels, and the chemical is secreted by fat cells. Stressed people also may not get enough exercise or sleep, she added. Exercise reduces IL-6, she said, and normal sleep helps regulate levels of the chemical.

It clearly points to the need to control stress better, she said.

The findings by the research group, headed by Kiecolt-Glaser and her husband, Ronald Glaser, a professor of molecular virology, immunology and medical genetics at Ohio State, appear in this week's issue of Proceedings of the National Academy of Sciences.

CAN STRESS MAKE YOU "FAT"?

Our bodies will produce higher and more prolonged levels of cortisol in the bloodstream when experiencing chronic stress. Cortisol is a "stress response hormone" and has been shown to have negative effects on the body such as increased abdominal FAT, along with many other negatives.

SOLUTION: RELIEVE STRESS AND BLUNT CORTISOL WITH "STRESS RELIEF COMPLEX"

Stress Relief Complex helps relax the body and mind, and promotes alertness while enhancing the body's ability to adapt to everyday stress. Includes L-theanine, ashwagandha, beta sitosterol, and L-tyrosine. Helps blunt cortisol, a stress-response hormone that can have a very negative effect on long-term health. In a preliminary, seven day, double-blind, placebo-controlled trial conducted by Shaklee, significantly more people taking Stress Relief Complex* experienced benefits in every category measured, over those who consumed a placebo. These benefits included: **being more relaxed, being more alert, feeling less tense, and having better concentration.**

#20656



NATURAL APPROACHES to Digestive Disorders

The factors that cause an unhealthy gut are:

- Antibiotics and medications
- Lack of probiotics.. (the natural healthy friendly bacteria essential to the gut)
- Acid-suppressing medications
- Undigested & partially digested food, especially protein, (because you are not breaking down your food properly)
- Wheat and genetically-modified grains (see Wheat Belly by William Davis)
- Sugar and refined carbohydrates



Americans suffer from a wide range of digestive disorders —

Acid Reflux or GERD affects 100 million

Irritable Bowel Disease affects 1 out of 5

PLUS

Gas, Bloating, Irregularity etc are common digestive complaints.

DIGESTION AIDS:

EZ Gest (#20633): Comprehensive digestive enzyme to help the stomach break down and digest food properly (fats, carbohydrates and proteins). Taken with your largest meal of the day, brings relief from gas, bloating, burping, etc.

OptiFlora Probiotic (#20639): This tiny, easy-to-swallow capsule, the size of a pearl, restores the essential microflora in the lower intestines. It is particularly effective because it is coated with 3 layers to protect the very fragile probiotics from stomach acid, which traditionally destroys 90% of most probiotic products. This is the first step in healing the gut ... helping to reduce overgrowth of candida yeast, and other pathogens. Optiflora is also essential for the immune system because 80% of immunity resides in the gut. Helps prevent lower intestinal gas.

Stomach Soothing Complex (#20601): a combination of herbs, peppermint, and ginger that relieve queasy stomach and motion sickness... and soothe a nervous stomach.

Omega Guard (#21253): fish oil capsules... not only are Omega 3 Fatty acids good for the heart and circulation, they significantly reduce inflammation ... which often occurs in the intestines causing gas, bloating, pain, and irregularity.

Shaklee Pays You to Advertise

We all know the BEST advertising is word-of-mouth. This is the method Shaklee has used since it's beginning. Shaklee has grown to be one of the largest natural food supplement companies in the U.S. simply by one satisfied customer telling his or her family, friends and neighbors about the products.

If you love Shaklee products, share them with someone you love. You will not only do them a favor but you will be rewarded for doing it.

What Can Shaklee Mean to You?

- *Be your own boss*
- *Throw away your alarm clock*
- *Build a successful business*
- *Work with people you really like*
- *Earn bonuses and incentive travel*
- *Be recognized for your achievements*
- *Live the life of your dreams*

BONE SPURS

testimonial

About a year ago, a friend of mine noticed I was limping and asked me what was wrong. I told her I had a bone spur in the middle of my heel on my right foot and it was causing me a great deal of pain. I had gone to the doctor and had three shots of Cortisone within three weeks, but nothing helped, so she proceeded to tell me about Shaklee supplements and how they have helped many people. I told her I had been taking vitamins from health food stores for many years and I had always believed in nutrition, but that they hadn't helped with my bone spur. She then told me about the "Shaklee Difference"... how science, unprecedented testing and careful choice of raw materials and especially

the unique processing allows all the nutrients found in nature (known as well as unknown) are in the food supplement. She suggested that I may get better results with the Shaklee food supplements. She also said that a bone spur is caused by a deficiency of calcium which causes the body to leach calcium from the bone. She gave me the phone number of Dolores Mauk and I called her and she helped me with a program. Within three to four weeks, the pain in my foot was gone and I could walk without limping. That was a year ago and I am still taking the same amounts because I don't want to have any problem with a bone spur again. I feel so much better all over. Juanita C

Here is what I am taking:

- 1 scoop Instant Protein & 1 scoop Meal Shake
- 1 Vita-Lea
- 2 B-complex
- 2 Sustained-release C
- 1 Vitamin E
- 4 Alfalfa
- 4 Osteomatrix

I take all of these 3 times daily plus a 4th serving of alfalfa and calcium at bedtime.

Healthy Beauty

*Nutrients that keep you healthy on the inside also keep you **looking healthy on the outside.** So it only makes sense that your skin care and hair care comes NOT from a cosmetics company, but from the number one natural nutrition company in America. Check Out "Enfuselle" by Shaklee!*

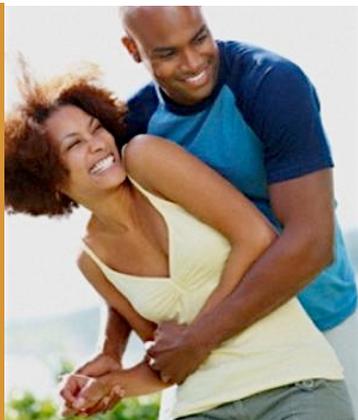


Rejuvenate, Exfoliate, Protect from Head to Toe with Enfuselle Polisher

If it's been a while since you noticed how smooth your skin is, you can change that with one use. This head-to-toe, hypoallergenic exfoliator and moisturizer stimulates, clarifies, and softens skin. In the shower, its natural humectants pull moisture from the steam into your skin, instantly reviving its dull, tired appearance and feel. Gentle enough for everyday use - even for sensitive skin - it contains triple patented Vital Repair+® for a natural defense against free radical change. Item Number: 32555

SHEA BUTTER

For Silky Smooth Skin



Pamper yourself with Enfuselle® Spa Ultra Moisturizing Shea Butter Cream!

For soft, glowing, buttery skin all over, use a lotion that contains shea butter! This ultra-moisturizing ingredient is high in vitamins A and E to keep skin **soft and silky** smooth; plus lipids form a protective barrier to seal in the moisture. Shea butter is easily absorbed and isn't greasy—and it doesn't clog pores.

Shaklee "Shea Butter Cream" ... item number 32536

For every pound you weigh, you add four additional pounds of pressure on your knees and six additional pounds of pressure on your hips. These additional pounds can put strain on your joints.

Here's the Challenge

Without healthy joints, common activities such as bending, sitting, and walking are challenging. That's because joints serve as links between bones that provide stability and control body movement. Cartilage is an essential component of joints that provides cushioning between bones and helps absorb shock from physical impact. As we age, this protective cushioning breaks down naturally. Additional factors such as continued physical stress and overexertion can further accelerate the breakdown of cartilage by triggering the release of chemicals that attack cartilage. The result? Joint discomfort and limited mobility.

Here's the Solution

Advanced Joint Health Complex with its patent-pending, fast-acting form of Boswellia extract: In a clinical study, it has been shown to improve joint comfort in as a few as five days. It contains the most concentrated form of glucosamine. **Glucosamine is clinically proven to: Promote Mobility - Enhance**



Do you suffer from Joint Pain?

Did You Know

Over 28 million Americans have some form of joint-related issue?

Flexibility - Improve Joint Function, and Support Long-term Joint Health.

It includes a unique combination of key joint health nutrients: zinc, copper, manganese, and vitamin C - each playing a unique and critical role in building healthy connective collagen and cartilage. It's Chondroitin-free for better glucosamine absorption - 100% shellfish free - 100% vegetarian - no animal-derived ingredients.

Item Number: 20281

Chronic Fatigue Syndrome and Fibromyalgia

"I've had chronic fatigue and Fibromyalgia for nearly 25 years. My symptoms included allergies (I think I was allergic to everything I touched, smelled, and ate), digestive problems, insomnia, vertigo, poor concentration and poor memory, just to name a few. Oh, yes, let's not forget about pain — lots of pain — just about everywhere, all the time.

I had to stop working when I was in my early forties and was devastated! CFS stopped me in my tracks, and I was housebound for a very long time.

Whenever I started feeling any energy at all, I would return to work on a part-time basis and then have to

stop. Each time the symptoms worsened until I finally had to give in to it.

I was introduced to Shaklee cleaning products through my sister-in-law who saw them featured on the Oprah Winfrey show. She purchased a Get Clean Starter Kit as a Christmas gift for me. From the first day I started using them I was hooked! I gathered up all other cleaning products and removed them from my home. I made my "living space" toxic-free for the first time in my adult life, and I started feeling better! I'm also excited about the Shaklee supplements and healthy nutrition. I'm convinced supplementing, eating healthy plus exercise results in a better quality of life. I take Vivix, NutriFeron, Vita lea, OsteoMatrix and Alfalfa and am amazed at the difference — I am more active, no allergies, no digestive problems, and my concentration has improved." Carol Campbell

Your Shaklee Contact: