



# Shaklee

## BELLY FAT HORMONE

Here's a little science lesson about our "belly fat" hormone, known as cortisol. Cortisol is a hormone that your body releases to deal with stress, and unfortunately high levels of cortisol have been linked to increased levels of abdominal fat.

Want to REDUCE CORTISOL and burn more belly fat?

### Check out Shaklee's STRESS RELIEF

It greatly reduces  
cortisol production!

Item #: 20656

**WORKING HARD  
FOR SOMETHING WE  
DONT CARE ABOUT  
IS CALLED STRESS.  
WORKING HARD FOR  
SOMETHING WE LOVE  
IS CALLED PASSION.**

My PASSION is health and wellness. Shaklee gives me the ability to help others achieve greater health and at the same time it provides a wonderful lifestyle. I look forward to every "Stress Free" work day! Lorri

Tammy: At 50 years old, I started experiencing **menopausal symptoms**. I had headaches such that I could not think or even function. I finally began taking Shaklee Vitalizing Plan for Women along with other Shaklee



supplements including Menopause Balance Complex.



Thanks to Shaklee I am now in perfect state of mind, my ideal weight and more energetic than ever. I am now committed to getting this information out to others. Every woman's journey through menopause varies - headaches, hot flashes, sleeplessness, mood changes. What I learned is that during this time of transition the body needs extra nutritional support. Please share my story so those who will come after me will not have to go through the tough years I did just to maintain a healthy lifestyle and a healthy outlook.

## Vitalizer for Women

- 100% or more of the Daily Value of 23 essential vitamins, including twice the Daily Value of vitamins C, D, E
- Includes Omega-3 fatty acids, carotenoids and added probiotics

## Shaklee Menopause Balance Complex

Menopause Balance Complex key ingredient, black cohosh has been widely studied, for its effects on:

- Reducing the frequency and severity of hot flashes
- Promoting restful sleep, reducing mild mood swing

Menopause Balance Complex also provides both soy isoflavones and flaxseed lignans - phytoestrogens that are currently being studied for heart, bone, and breast health



## ENSURE : UNFIT FOR ANIMALS!

Carrol Krause demanded change for sick Hospice patients before passing away to cancer this February.

Carrol Krause, a former reporter for the Herald-Times of Bloomington, Indiana, had to retire from her journalism career because of an ovarian cancer diagnosis in 2014. - Read more: click [HERE](#)

Krause writes: "Hospice had the very best of intentions, [but] the stuff they sent over was not real FOOD. In fact, I'm outraged at the idea that they feed this stuff to dying people." Ensure is owned by Abbott Nutrition, one of the worst examples of a Big Food corporation masquerading as a healthy alternative you'll ever see. The company has deep ties to the medical industry and as such you can find their products in just about every hospital today, which is bad news for millions of patients who are just trying to get healthier.

### The Truth About Ensure

Ensure is a brand by Abbott that makes medical "nutritional shakes and drinks." It makes big claims to customers such as "#1 Doctor Recommended" and "Worldwide Leader in Nutritional Science" but in reality their products are as far away from a healthy meal as you can get. Sadly, these products are often given to patients in extremely poor health, who need proper nutrition the most. Instead, when consuming these products they are receiving the following: preservatives, fillers, and chemicals.

## DYING DUE TO MALNUTRITION!

My dear husband is an 18 year throat cancer survivor. He had major reconstruction of his throat and 40 units of radiation. (We were never told that the radiation scar tissue continues to grow forever.)

It has been quite a journey. In 2009, Bruce started eating only soft foods and adding an occasional ENSURE ..... then, only Ensure. We were purchasing the "high protein" version and adding anything we could think of to add more calories.

Error #1, we were not thinking in terms of QUALITY food ... just calories. To see someone nearly die of malnutrition is very ugly. He was sleeping almost 20 hours a day, could not drive the car, almost no interaction. I truly did not know what to do.

Aug 2011, Bruce weighed 110 pounds and could barely hold his little frame upright.

I bare lots of guilt as I really did not know what to do to help him. He was trying to survive on Ensure!

The first part of September 2011, Bruce finally agreed to have a feeding tube. He had this done at M D Anderson ... he came home from the hospital with a feeding product prepared by NESTLE!

First 3 ingredients: water, corn syrup, and canola oil. After 3 weeks, he was showing no sign of improvement and I was frightened beyond belief.

We had an amazing opportunity to receive a recipe designed for feeding tubes by a nutritionist familiar with Shaklee products. I prepared this mixture and within 24 hours, Bruce had a different body language. 10 days later all the swelling in his feet and ankles were gone and by April 2012, he was back to 155 pounds!

We are so grateful to God for leading us to Shaklee and their amazing, high quality protein! I cringe every time I see anyone purchase the "Ensure Type" products. They should come with a major "warning"!

Anne Ferrell

Be sure to review the Shaklee Protein Options in this newsletter. They are healthy, filling, quick and convenient, energizing, curbs the appetite for junk foods, and have the nutrition of a complete meal.

## PARKINSON'S DISEASE

I was diagnosed with Parkinson's Disease a few years ago and was working with a doctor in Golden Valley MN. A friend noticed how I walked slowly with small steps, had a tremor in my right hand and had to think carefully when speaking. My voice was also affected which was a problem since I'm a vocal music teacher.

My friend thought that Shaklee products would be helpful. I was open to giving them a try as my symptoms were progressing. I started with Mind Works, Vivix, Vitalizer Gold, 180 Shakes and eventually added NutriFeron and Vita-D. In just 3-4 weeks on this program, at age 82, I saw a big change. I can now exercise for a 1/2 hour a day, my steps are longer, my tremors have lessened, my voice is stronger, my facial expressions have returned and I have lost 50 pounds!

I thank God for sending Shaklee to me. Dick Kloos

### Up-to-Date Health Resource

Shaklee has created a web site for everyone who would like an up-to-date resource of the very latest in information about nutrition and the role it plays in health.

You can also access the entire compendium of Shaklee-sponsored research, much of which has been published in peer-reviewed medical & scientific journals.

<http://healthresource.shaklee.com/>



## Delicious, Healthy Shakes "Meal in a Minute" ... OR ... "Lunch on the Go"

### Available in ... Vanilla, Chocolate, Strawberry & Café Latte

- Contains
  - \* 24 grams of protein ... when mixed as directed
  - \* "Leucine-enhanced protein blend" (to preserve lean muscle and shed fat)
  - \* 21 vitamins & minerals (35% of DV for a complete meal)
  - \* 6 grams of dietary fiber (equivalent to 2 1/2 bowls of oatmeal)
  - \* Pre- & Probiotics (equivalent to 780 servings of yogurt per serving)
- Each serving contains 16 grams of non-GMO plant protein
- Lactose-free / Gluten-free / Low glycemic (perfect for diabetics)
- No artificial flavours, colours, sweeteners or preservatives



**180 Orange Latte:** In a 8 oz. glass add 1 cup of freshly squeezed orange juice, 2 scoops of Shaklee 180 Cafe Latte smoothie mix, ice and blend. This simple but delicious recipe keeps you energized and full while burning fat. Only 292 calories and powered by Leucine to retain muscle & burn fat.



#### 24 gms Protein

When mixed as directed, contains the protein equal to four eggs



#### Also contains Leucine

which preserves LEAN Muscle Mass & gives the body a more defined shape



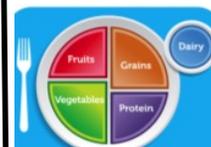
#### 6 grams of fibre

Contains fibre equivalent to 2 1/2 bowls of oatmeal



#### 23 Vitamins and Minerals

All the Vitamins & Minerals equivalent to a complete meal



#### Pre- & Pro-Probiotics

... equivalent to 780 servings of yogurt ... to support digestive and immune health



## A LONG-TERM DIABETIC

77 year old Buddy K shares his story:

"When I was first diagnosed, I did not take it seriously and continued to eat anything I wanted. The doctor prescribed insulin which I took daily, but on my own, I increased the amount of insulin so that I could continue to eat all I wanted! Finally, I made the decision to take charge of my life and my disease. I lost 45 pounds on the Shaklee 180 Inch Loss Plan. I stayed on the Shaklee maintenance plan for a while and then decided I would lose more weight to reach a new goal. I have lost 62 pounds. The plan is easy to follow. I typically have the Pomegranate Energy/Detox tea about 3:00 p.m. As I lost weight, I began to have better blood glucose readings. The point came when I did not need any meds at all and only had to take one insulin shot a day. As I continue to lose weight with Shaklee 180, I am able to lower the amount of insulin.

My final goal is to not only lose the weight but to discontinue insulin altogether. That will save me \$2,000.00 a year. Besides the Shaklee 180 Inch Loss Plan, I take Shaklee's Life Strips plus NutriFeron, so that also gets some of the credit for my improved health.

***I don't take flu shots and I haven't had the flu or even a cold in 30 years of taking Shaklee nutritional supplements.***

In the past twelve years, I have had three MRIs that show no plaque in my arteries. I give total credit to Shaklee for that. I take extra Omega Guard and Vita-E Complex. I am 77 years old. Neither my grandfather, my dad, nor my uncle lived long enough to celebrate their 58th birthday. My doctor told me I should take all the antioxidants I can, so I take additional Vita-C, Carotomax, etc. I take Alfalfa because it benefits diabetics and another benefit is the relief it gives for stiff and sometimes painful fingers of my left hand. I am very thankful for Shaklee and for my friend who introduced it to me."

The point came when I did not need any meds at all!

## BASIC H<sup>2</sup> TIPS FOR YARD WORK

**Insect Repellant:** apply full strength

**House Plants:** 1-2 drops in spray bottle with 16oz water

**Awnings:** 1 TBSP per gallon of water

**Outside Widows:** 1 tsp in "Ortho" sprayer filled with water

**Boat Algae:** 1 tsp per gallon of water

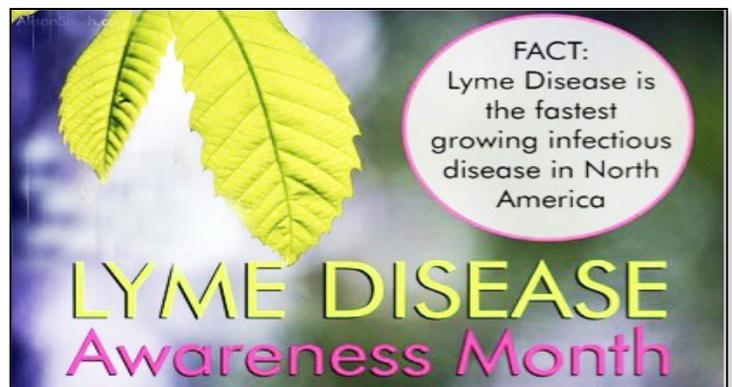
**Lawn Fertilizer:** 2 TBSP in "Ortho" sprayer per 1,000 sq feet of lawn

**Pressure Washer:** 1/2 oz to 20 gallons of water

**Weed Killer:** 1/2 TBSP, 1/2 cup white vinegar, 1 gallon of water and you've got an incredibly effective NON-TOXIC, NATURAL weed killer!

## Lyme Disease = Antibiotics?

For those looking for a more natural, wholistic approach there may be options for you to explore. Pam Cary and her daughter both worked through their Lyme Disease using vitamins/minerals (Shaklee) and special herbs in place of antibiotics with great success. Pam worked with a Chiropractor who has expertise in this area.



Shaklee Contact: