

# Shaklee



OmegaGuard is the BEST for headaches/migraines! When my daughter had her last child 21 years ago, the doc apologized to her because he had mistakenly drained some spinal fluid when giving her the epidural and explained that she would have a horrible headache! She turned to me and said, "Mother, please go out to the house and get me some EPA (now called OmegaGuard). I DID, AND SHE NEVER GOT A HEADACHE! The Doc came the next morning and warily peeked around the door jam only to find her sitting up in bed happily playing with her new daughter! He asked, "don't you have a headache?" She gladly told him "NO" and when he asked what she had sent me for, she told him and suggested that if that happened frequently he might order a case so he'd have it on hand to give his patients!

Ella McBride

Our 7 year old son started taking Shaklee's chewable multi-vitamin, **Incredivites**, when he was 2. He loved the flavor so much that he was usually the one reminding me that it's time to take his vitamins. Because of this, he normally received his multi-vitamin on a daily basis; however, there have been times in the past, usually when our lives are out of routine, when he has gone days without taking his vitamins. On these occasions, it doesn't take long for us to realize we've been neglecting his regimen because our typically happy, calm and pleasant child becomes easily frustrated, impatient and overly emotional.

He started his vitamins at such a young age that we never experienced this emotional side of him as typical behavior, so when he does start acting this way it is an immediate reminder of what life could be like without our amazing chewable multi-vitamin.

When he was 5 1/2 he learned how to swallow a pill so we immediately started him on Shaklee's **Vita Lea**. He's so proud to be taking their adult multi now and we're happy with all the extra nutrition it's providing him!

L Sanchez



## PROSTATE CANCER

My client has Prostate Cancer with very high white blood cells. He started with 1 Tsp. of Vivix – his blood test showed a decrease in the white blood cells; so, he started taking 2 Tsp. of Vivix. His blood test showed an even greater decrease in white blood cells.

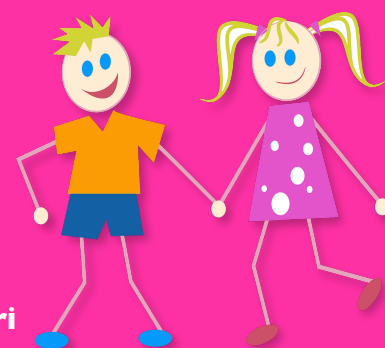
His doctor asked him what he was doing; he showed him the **Vivix** information. The doctor told him to increase his dosage to 4 tsp, because of the results he saw in the blood tests.

Rochelle Cotton

## Mango Tango Shake

**BLEND:** New, Improved ... French Vanilla Life Shake  
Almond Milk (or a favorite milk), Ice  
1 Tbsp. Lemon Juice  
Frozen or Fresh Mango (or Pineapple, Strawberries etc.)  
1/2 Banana (fresh or frozen)

Try the New "French" Vanilla & "Dark" Chocolate!  
"Richer, Creamier, and Super Delicious" ... Lorri





## ENERGETIC 81 YEAR OLD PROVES SHAKLEE “WORKS”

Olivia is 81 years old and has been using Shaklee products since 1976. She has an abundance of energy and is the sweetest thing to my family. For the past 6 months she's been using the **YOUTH** skincare products on only one hand .... can you tell which one?

Bill McBurney



## JANITORIAL SERVICE RESPONDS TO “WHY SHAKLEE?”

**Because they work at a price that works for us.”**

Melanie, you asked me to tell you about our experience using Shaklee “green” products in our janitorial services business. I'd like to tell you that our decision was all about protecting our clients and employees. It was certainly one of the considerations, but if the products don't work, we're out of business, and we won't have to worry about clients or employees. The fact is that while we believe that going green is the right thing to do, **we have also reduced our cleaning product cost, reduced labor costs through the use of Shaklee products, and given both our employees and clients a better sense of well-being by using “green” products.** The cost of cleaning materials amounts to only 10% of the cost to run our business, so while we always strive to get these products at a cheaper cost, they must work. We have learned that cheaper bags that tear, glass cleaner that streaks, products that leave residue, etc., all end up costing four to five times the materials cost savings in additional labor cost, which represents 70% of the cost of doing our business. We have converted all of the products that we possibly can to “green”, and we have chosen Shaklee's green products over those that are available from every janitorial supply company in the marketplace. Why? Because they work at a price that works for us.

Kevin J. Coates

K&B Janitorial Services, Inc.



## The Many Uses of Basic G

**This Germ Killer goes a long way ... just 1 Tbsp. in a gallon of water. On cleaning day wipe down floors, cabinets, toilets, appliances, garbage cans, door knobs and on and on! Then to get the “germ bugs” and smells out of your laundry, Basic G to the rescue. Dilute and use as a soak solution for warts, poison ivy, athletes foot .... Follow with Herbal Blend cream.**

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*"I love the **dryer sheets** from Shaklee! One sheet will last around 8 - 10 loads. The smell is minimal yet pleasant and certainly not over powering like the store bought ones. Talk about cost efficiency when you can use one sheet that many times!"*

Janelle

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*"I have Meniere's and my **Vertigo** is controlled with B Complex and Alfalfa. Both have natural diuretic qualities. (3 B Complex and 12 Alfalfa spread throughout the day) Plus I take 2 Vita Lea per day."*

Barb S.

*Note: Mental Acuity (Ginkgo Biloba) is another product that has been used for Vertigo.*

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## KNEE ISSUES NO LONGER



Several years ago I had some problems with my right knee and was having a very difficult time walking. An orthopedic surgeon suggested knee replacement surgery. I said NO WAY. I saw firsthand the years of pain my mother endured with her knee replacements. The radiologist

suggested to my doctor that I might have calcification and degenerative arthritis of the knee. I was referred to an endocrinologist who said that I had a high blood calcium level and low Vitamin D level. I needed to reverse those levels. I was told to decrease my calcium intake to 1,200 mg and increase the Vitamin D intake to 2,000 IU.

Being the stubborn person that I am and doing more reading on the subject, **I didn't decrease my calcium** intake but **I did increase my Shaklee Vita-D** intake from one per day to 6 to 9 a day (6-9,000 IU). I read a recent scientific study suggesting that everyone needs a LOT more Vitamin D in the diet, at least 8,000 IU a day. I stuck with my program of calcium 2,000+ mg a day and 6-9 Vita-D a day.

On my second visit to the doctor, my calcium and Vitamin D levels were within normal ranges. She said to keep doing what I was doing. Gone are my old knee issues!!

Thank you, Shaklee, for a wonderful and amazing product in your Vita-D. Bernice Caruth

## EXCRUCIATING KNEE PAIN

**Well, I never, ever, thought I'd be writing a testimonial for vitamins!!**

I've been a total unbeliever for years ... to me that whole thing was "snake oil" and just a way to get your money!

After I had knee surgery on one of my knees a few months ago, I thought that I would be good as new. Not so .. now "both" knees were in terrible pain. We were with our friends, Brian and Lorri, when I revealed that because of my knees I could not walk far. Lorri, the committed Shaklee gal, offered her advise on the benefits of her Joint product. I quickly told her that I was not a believer in that kind of thing and I didn't want to take more pills. She left it alone and I went home, but as the pain persisted I thought back to her recommendation and thought, "What the heck! ... I might as well try." Lorri got me started on the Joint Health Complex (I started with 4 a day for about a week and then reduced it to 2 a day). Shortly after the pills ran out, I talked to Brian and told him that the pills had not worked.

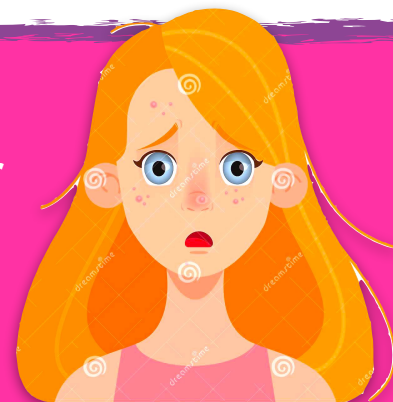
As the days went on, the pain returned and got more and more intense. I realized then that maybe the pills had worked!! I called Lorri and told her I needed more and that after being off of the pills, I did see a significant difference. So while I'm still not buying into lots of vitamins, I am a believer in the Joint Health Complex pills!! **They are making a huge difference in my knee pain.** Lorri is suggesting that I stick with 4 a day to get even better results. John Noterman

**Lorri's comments:** How exciting is this!! I'm hoping to convince John one day of the value of Alfalfa and Vivix. He will start aging in reverse and feel 20 years younger.



## Moody 17 Year Old

Patty introduced us to Shaklee's vitamins (Vita Lea and B Complex) after we had a conversation about my middle daughter's moodiness. My daughter is 17 and has been a very moody, easily upset, everything-sets-her-off kind of child since around 14 years of age. I thought it was normal teen hormones. She was spiteful towards her little sister and to me. She would stay in her room as soon as she got home from school and was distant to her friends. She does suffer from everyday chronic headaches, so I am sure that doesn't help. I will have to admit that after the first week, I did see a difference in her mood. She became less snappy at everyone, smiled and even laughed. After about a month on the vitamins she was the sweet young lady I knew her to be before her preteens. She is still a teen and her little sister does wind her up sometimes, but I love the fact that we can have fun and laugh again and truly see the person I know her to be. She also called them miracle vitamins... **"Look Mom at my beautiful shiny hair these vitamins gave me, these vitamins are awesome!"** Michelle L.







## YES “MEN” LOVE THE SHAKLEE CLEANSE

I'm continuing to follow the eating habits of the cleanse diet and I'm maintaining the **16** pounds I lost. The first 7 days were not difficult except I was looking for food in the evening. The rest of the time went good, however, I didn't feel the energy boost. I'm sure more complex carbohydrates would have helped.



Dick Harden

I continue to follow the basic diet of healthy fruits and vegetables, only I now include some of the higher complex carbohydrate vegetables and grains like rice, no red meat or sugar. I've added some protein ... fish, nuts, chicken, beans.

I stopped taking a statin drug for cholesterol when I began the cleanse because I wasn't eating much cholesterol producing food. Went for a physical and blood work Tuesday. Cholesterol at 175 which is very good for me. All other readings are very good. Blood pressure is lower. The doctor had me stop taking one of my two blood pressure pills and the statin so that's good.

### **And ... No acid reflux!**

My first meal eating out, after the 30 days, was a blackened tuna and rice which fits the eating habits and really tasted good! Before the cleanse, this may not have been as tasty or satisfying.



### **PROVE IT CHALLENGE:**

DAYS 1-7 Cleanse (eat every 2 hours)

DAYS 8-30:

Add a strip and shake a day

Adopt a daily nutrition routine: replace one meal with a Life Shake and take a Vitalizer strip for clinically backed vitamins, minerals and protein.



*"I made the decision to do something and now, I'm down 73 pounds and continuing to lose weight. The cleanse was truly magical and the jump-start that changed my palette and digestive system. After the cleanse I switched to two Life Shakes, a healthy dinner, along with the Vitalizer strip each day. I love the Shaklee 180 Energizing Tea as a mid-afternoon drink and the Snack Bars, especially the Assorted box. I use the Meal-in-a-Bar when I'm on the road in place of shakes. I even have a Shaklee bag in my trunk filled with these goodies!"* Kevin Oneslager

CONTACT