

# Newsletter

**Want to be more “resilient”?  
No monthly “down time”? Say good-bye to the monster?**



**SAVE YOUR HAPPY MARRIAGE?**

**Have you heard of Shaklee’s GLA?**

Here’s what women are saying:

*“This was a game changer for me! I thought it was normal to suffer every month. I wish someone had told me about **GLA Complex** earlier. Adios, cramps! Au Revoir, bloating! Arrivederci, heavy flow! HELLO new life! Here’s to feeling normal again!” Gina*

*“My husband says **GLA** should be added to the water supply for all woman as it would greatly decrease the divorce rate. He calls it the best invention ever!” Megan*

*“**GLA** has made all the difference for me too - even post partum, getting hormones back in check.” Shannon*

*“Just opened a new bottle of **GLA**. Great for my dry eyes.” Dawn*

*“I love it too! **GLA** is my cure for my monthly ‘rage’!” Shawna*

## Could Your Child Benefit from a MultiVitamin?

**Does your child:**

- Get sick more often than you’d like**
- Complain of growing pains**
- Eats less than 6 fruits and vegetables each day**
- Suffers from chronic allergies, asthma or chronic ear infections**
- Suffers from mood swings & erratic behavior**
- Has learning challenges or poor concentration**

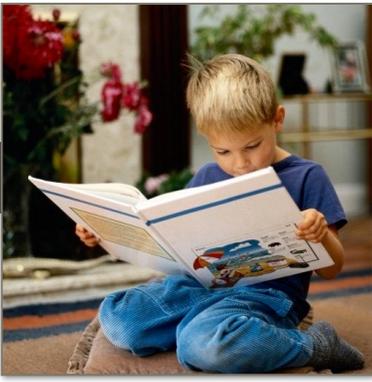


### Best Multivitamin For Children

The right nutrition is the key to your children’s good health. So start your child off with the best in multivitamins for children. ShakleeKids Incredivites are packed with all the nutrients your child needs on a daily basis.

Shaklee’s “Incredivites” is the first children’s chewable multivitamin in the U.S. with lactoferrin, which helps kids’ immune systems stay supercharged. Packed with 23 essential nutrients, it’s the world’s best kids’ supplement. It has 600 IU of vitamin D to support strong bones and teeth, 100% of the Daily Value of all eight B vitamins and vitamin C, E and more. Just two a day and off they play. Now that’s incredible!





# Is Your Home a Toxic Brew?

**Concerned mother of four discovers how Clorox Wipes and other household chemicals were affecting her children’s minds, lungs, skin .....**

With my first baby, I gave cleaning products a great deal of thought and made as many as I could using earth friendly ingredients and recipes.

With my second baby, I needed convenience, so I tried some of the green cleaners found at health food stores. This was expensive, so at times I just used the chemicals that choke you in the cleaning aisles of grocery stores.

After my third baby, I needed maximum convenience and minimum price. So I started to use Clorox wipes, among other things

A friend of mine suggested I watch Toxic Brew, a news segment produced by a Canadian news station. After watching this, I realized I was doing more harm than good.

I heard of the work of Dr. Doris Rapp, who researches the effects of harmful chemicals on children’s health. In one of her studies, she tested the effects of bleach on six-year-olds’ hand-writing. Before a bottle of bleach was opened, students wrote their names fairly well. Then, with just an opened bottle of bleach in the room and the fumes wafting through the air, the children wrote their names messy, some too small to read, and one even wrote backwards.

### ***I determined to do the same test at home.***

I didn't tell my kids what I was doing. I only told them to write as neatly as they could. Then, I told them to hold up their papers while I wiped the table off with a Clorox wipe. As soon as it was dry enough, I had them put their papers down and write their names again. I was shocked! My daughter's writing was visibly messier; my son was completely distracted by something while

he was writing his name! This is uncharacteristic of him. He has no attention difficulties.

### ***I could clearly see that the chemicals were affecting both writing ability and focus.***

My children are home schooled and we do chores every morning before school starts. Were my cleaning chemicals affecting them in other ways? I promised myself from that time on that I would not subject my children's minds to danger again, not to mention their lungs and skin.

I LOVE “Get Clean” and I want to spread the word so that every mom can give her children the priceless gift of a toxin-free home.

Amy K



**Check Out the Many Benefits of Get Clean:**  
<https://youtu.be/V0IzGMx8N0E>

This represents but a “handful” of products .... there are hundreds more that pose a real danger to our families!

**LET’S GET RID OF THE “TOXIC BREW”**



# Supplements Make A Big Difference!



I turned on the news and Magnesium was being discussed ... I did some research and, like Vitamin D, discovered it's another nutrient that is lacking in most diets.

Apparently Shaklee agrees as they came out with a Magnesium supplement several years ago. I was intrigued by the fact that Shaklee's magnesium (**VitalMag #21223**) comes from 3 different sources and is "sustained release". Shaklee's goal has always been to produce products that are superior to what's available elsewhere. This could be a missing "link" for so many people!

Lorri

**Considering all of the important roles that magnesium plays in the body — and the fact that a magnesium deficiency is one of the leading nutrient deficiencies in adults with an estimated 80 percent being deficient in this vital mineral — it's a good idea to consider taking magnesium supplements regularly and eating magnesium-rich foods.**

Magnesium deficiency is dramatically under-diagnosed because it doesn't show up on a blood test! Only 1 percent of the magnesium in your body is stored in your blood, and the majority of it is stored in your bones.

Some of the main health challenges that have been linked to a magnesium deficiency include:

- Hormone imbalance and PMS
- Fibromyalgia
- Heart attack
- Type 2 diabetes
- Osteoporosis
- Constipation
- Tension or migraine headaches
- Anxiety and depression
- Chronic fatigue

**Magnesium-rich foods:** (min. amt. needed daily is 400 mg) ... 1 C. Spinach (157 mg); 1/8 C. Pumpkin Seeds (92 mg); 1 C. Yogurt (50 mg); 1 oz Almonds (80 mg); Med. Avocado (58 mg); Banana (32 mg); 1/2 C Figs (50 mg); 1/2 C Black Beans (60 mg); Square Dark Choc (95 mg)



## People are getting "results" !

### EYE SIGHT REVERSES

*I have been taking **Vivix** since it was available. I went to the Optometrist for my yearly checkup and asked, "Why are my glasses (bi-focals) bugging me?" It was hard to see out of them. When I got my eyes checked they told me I had **20-20 vision**. WOW! No more bifocals. I only need them for reading. Vivix was the only new thing I had added. Alma E*

### JOINT & LIGAMENT PAIN

*Jimmy has had surgery on both knees for ACL & Meniscus tears and breaks. The 1st surgery was 15 years ago, and the 2nd was less than 18 months ago. His knees hurt all the time, as he works hard labor on his flat feet 40-60 hours a week. They especially hurt at night when he went to bed and when climbing stairs, ladders, or getting into heavy equipment. Despite the fact that he has taken vitamins (not Shaklee), made great dietary changes and began exercising again, his ankles and knees started hurting to the point that he couldn't stand up in place for more than a few minutes or walk to the bathroom in the middle of the night without potentially falling from weakness and pain.*

*After 4 days on Shaklee's **Joint Health Complex**, he is PAIN FREE at night, with just slight discomfort while working. And absolutely pain free climbing stairs. He's VERY excited at the relief he's getting after suffering for 15 years! All of this at a cost of less than \$1.50 a day, along with an unconditional guarantee!*

Melody

CONTACT

# The Results are in and People are Thrilled!



Mary Steen



Jeffrey Whitaker



Before Youth

30 days after



Debbie Rupert

Mary, Jeffrey and Debbie are amazed with the dramatic changes YOUTH has made in their skin.

## 8 PATENTS AND MORE PENDING!



### How does Shaklee do this?

Well the key to younger looking and radiant skin is cell renewal. Overtime, our skin starts to produce less collagen and elastin and begins to look dull. Most skincare products on the market focus on the surface of our skin but not Youth, we get down to the cellular level.

Shaklee has found a way to focus on aging of our skin at a cellular level and we have the science to prove it. We also have the results to say that YOUTH can shift your skin to a younger age. Now that is truly a breakthrough in science. Not only is it a breakthrough but it has also been achieved without compromising the safety of our ingredients.

**LOOK AS GOOD ON THE "OUTSIDE" AS YOU FEEL ON THE "INSIDE"**

We Guarantee Satisfaction