

Shaklee NEWSLETTER



Hydration for Men & Women Young & Old

The Advanced Hydration Regimen includes:

- **Step 1: Luminous Gel Oil Cleanser**
- **Step 2: Perfecting Skin Toner**
- **Step 3: NEW Moisture Activating Serum**
- **Step 4 Day: NEW Moisture Lock Day Cream**
- **Step 4 Night: Advanced Renewal Night Cream** - This targeted night repair cream supports your skin's cell renewal process. A proprietary botanical blend helps collagen and elastin production to make skin appear younger looking, smoother, and more luminous. Available in Light or Rich formulas.



Item #32584

MOISTURE LOCK DAY CREAM is formulated to give you plumper, softer, and more hydrated skin. It quenches thirsty skin, replenishes hydration, and protects skin from moisture loss while **sealing in** the actives of your serum to maximize its benefits. Its cloud-like texture is refreshing and soothing, and prepares skin for perfect makeup application. Your skin feels revitalized, smoother, and more radiant.

Plum or Prune?

What is the difference?

HYDRATION



How can we make sure that our skin stays hydrated? Drink plenty of water, PLUS you can use a product that is clinically proven to increase the hydration of your skin by:

212 %

YOUTH Moisture Activating Serum Is all about “plumping up” your skin!

Hydration is the foundation of healthy, youthful looking skin and to truly hydrate skin, you have to start at the cellular level.

Our new **Active Cellular Hydration Technology** helps

skin restore the efficiency of its natural hydration system, to rehydrate and revitalize skin. Our formulations act as a moisture magnet, attracting it to skin's outer layers and allowing it to act as a reservoir locking in hydration, reducing the appearance of fine lines and redness.



Item #32583

It's about "choices"



Ernestine Shepherd, the world's oldest female bodybuilder, recently turned 82. The octogenarian Baltimorean was born on June 16th, 1936. She didn't start exercising until she was 56 years old but since then she's gone on to win two bodybuilding titles. From 2010 to 2011 Shepherd was even declared the oldest competitive body builder in the world by the Guinness

I had the great opportunity of sitting between Dr. Steve and Suzanne Chaney on the way to our conference. We talked about Epigenetics and the ability to change our physical outcomes. Basically, he said:

We are all dealt a hand of cards. We can't exchange the hand. But how we play our hand will determine our life outcome.

My grandmother (my genetic twin of sorts) was like this lady with the cane. She ate a bad diet of sugar and heavy laden carbs, didn't exercise and complained a lot. I felt myself going down the same path and decided to do a 180 degree turn around. Every day I have "choices". Don't know if I'll get "guns" like the lady on the left, but I can do much better than where I am now. Wish me luck! Susan Bartz



Ignore your health long enough and it will go away. "The choices we make when we are younger will determine how we spend our Golden Years." Ernestine Shepherd

VITALIZER AND THE SHAKES ARE WONDERFUL *I needed more energy and wanted to get myself healthy, so I starting taking Vitalizer with iron and the Shaklee shakes. It was amazing ... I conquered all of my chores without getting sleepy. I had plenty of energy to clean (which I love), help my children with their school work and so much more! It was a great feeling that I could do all that with energy left to burn! BIG BONUS: I started to lose weight! Try it, you'll see what I'm experiencing.* Pam Cundiff



VITALIZER



PROTEIN SHAKE



ENERGIZING SOY

HIGH BLOOD PRESSURE & HIGH CHOLESTEROL REVERSED

“Without Using Drugs!”

My husband's doctor had him on a prescription drug for high blood pressure. After my husband added **Shaklee's Blood Pressure** regimen (#89338), the doctor had to cut his dosage of the prescription drug two or three different times. Finally, just got off of it altogether! That was two years ago. No high blood pressure since! He takes a lot of other Shaklee supplements, so maybe it's not all due to the Blood Pressure product. And we have pretty clean eating habits. But it was definitely after adding Shaklee that the numbers started going down. He got off of his cholesterol drug, too, after adding **Shaklee's Cholesterol Reduction Complex** (#22079) No more prescription drugs for him at all!

Eileen Alleman

Mental Acuity Ginkgo Formula

mental clarity, ringing in ears & vertigo, improved circulation, dementia, anxiety,

History of Ginkgo Biloba

Ginkgo has been used for thousands of years. The earliest medical mention of Ginkgo was around the Ming Dynasty. It was revered for its anti-aging effect on the brain.



Research:

Ginkgo is one of the best researched herbs in the world. In the last 25 years, over 300 scientific papers & five volumes of original research have been published. In 1993, a meta-analysis on Ginkgo was published in Lancet. The safety and effectiveness of Ginkgo extract was confirmed.

Three Complementary Herbs:

Traditionally, a preparation directed at clarity of thought and better circulation should also contain three other herbs: Bilberry, Gotu Kola, and Rosemary.

Item # 20637

Rita Loud shares:

I have been suffering with **Gastrointestinal Issues** (bloating, gas, extreme discomfort, irregularity,) for 20 years. I have been looking for a probiotic that would relieve my gut to no avail until now! Surprisingly, right from the start, Shaklee's **NEW OptiFlora DI** made all the difference in the world for me. I can't even begin to tell you how much better I feel.

Insight: Your gut is considered the “core” of your health. 70% of your immune system, with over 100 trillion bacteria are found in the gut. Many are friendly bacteria that work to maintain digestive balance. However, stress, unhealthy diet, even aging can greatly reduce the number of good bacteria.

OptiFlora DI can intervene and supply the needed good bacteria. OptiFlora DI and it's proprietary formula with 10 billion CFUs and 4 bacterial strains, is proven in clinical studies to provide digestive and immune health support.

OptiFlora DI:

- (1) Restores intestinal flora, balances the good bacteria
- (2) Maintains regularity
- (3) Reduces occasional gas and bloating
- (4) Gluten free, soy free, dairy free and kosherno refrigeration required



Item #21320

Enough Disinfectant for 10 Years?

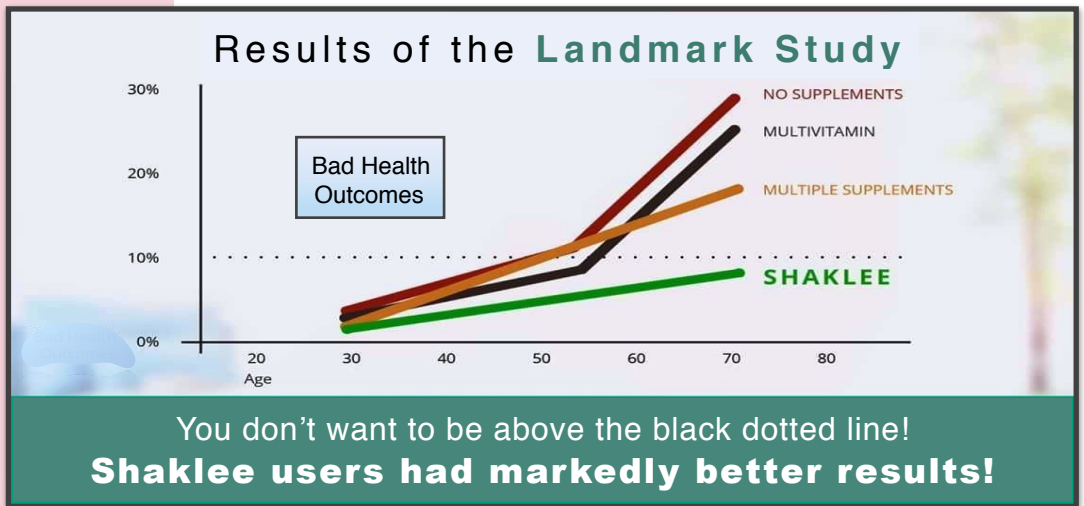
How excited am I that I'm purchasing a new bottle of Basic G today for a little over \$17? Very! I use this every day for bathrooms, kitchen, pets, and all sorts of messes that need germs to go away. Being a vet tech, I must have the very best, hospital grade germ killer! Being a mom, I want to have a super clean, germ free home. I have BOTH and for such an amazing price! So I've spent a little over a dollar a year to use the very best on the market!

K.D. Gallafraigh



The Landmark Study was documented and published online in *Nutrition Journal* October 24, 2007. The Study was managed & controlled by epidemiologist Dr. Gladys Block at UC Berkeley.

The Shaklee people in this study were using the nutrients that are found in VITALIZER
(featured on page 2)



Just a thought Imagine the results had the Shaklee folks been using **Vivix**, which was not available then. I was part of this study and can testify to the **huge** benefits of Shaklee Nutrition in my life. And "yes" ... I would not want to be without VIVIX ... our BIG "Anti-Aging" Supplement! And NOW we have YOUTH, Anti-Aging Skin Care! **I just might live to 120 and not look it!!**

Terri Kreisler



CONGRATULATIONS CHARLES

Charles lost 54 pounds in 90 days using Shaklee's 180 Program!

* Note: Results from this program are unique for each person. The average expected weight loss is 1-2 pounds per week.

180 Programs ... Item: #89443 Item: #89426 Item: #89280

Vanilla Chai Tea Shake

- 2 scoops Life Shake™ Vanilla
- 1 cup milk of choice
- 1/3 cup brewed tea (unsweetened)- chilled
- Pinch of cinnamon
- Pinch of nutmeg
- Pinch of cardamon powder (optional)
- Ice as desired

For more flavor, you can also add ginger while brewing tea. Blend milk, Life Shake, tea, and other ingredients together in a blender until creamy.



HAPPY VITAMIN: "B-Complex" is my absolute go to product. We have a joke in our family that it is called, 'The happy vitamin' which is the perfect name for it! People frequently ask me why I am so happy, and I honestly have to give a lot of credit to this awesome vitamin! It makes me feel so good and improves my mood when I am feeling sad or cranky."

Abby



Contact