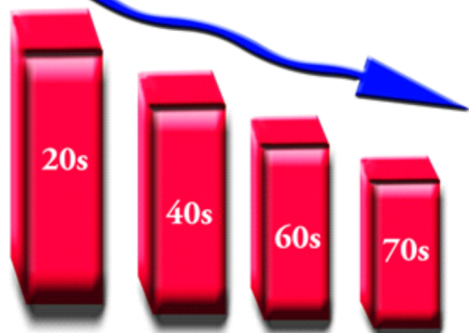


Physical Decline By Age



Avoiding physical decline as you age...

- ▶ How physical decline happens
- ▶ 4 key areas of physical decline
- ▶ Is it inevitable?
- ▶ A great example...

Vitamin D & abdominal fat...

- ▶ New science supports a connection
- ▶ 40% of Americans are deficient
- ▶ Tips to increase vitamin D levels...
- ▶ The Shaklee Difference



Banish joint pain... *the way nature intended!*

- ▶ Affects 80 million adults
- ▶ The #1 reason for doctor visits
- ▶ A natural alternative to pain meds

This email newsletter has been sent to you compliments of:

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Making a Difference!

Through Shaklee, we are all...

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Vitamin D & fat...
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Banish joint pain!

How physical decline happens

20 - 35... biological and physical performance peaks are reached in young adulthood.

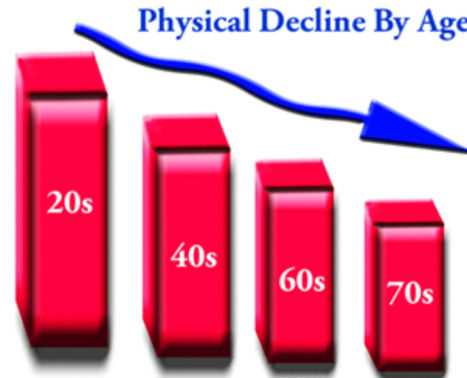
35 - 45... physical activity begins to slow and body fat accumulation is evident.

45 - 65... women reach menopause, and men see a decline in sex hormones.

65 - 75... most people experience a significant decrease in physical activity.

75 - 85... many will develop some form of physical disability

By the age of 85 and beyond many will become totally dependent.



Avoiding physical decline as you age...

Let's face it... getting older is a part of life... and deteriorating health is a part of aging.

Atherosclerosis and arteriosclerosis progressively decrease oxygen supply to the tissues, and in some vital organs, such as the brain, we lose cells every day that will never be replaced.

According to the *Encyclopedia of Sports Medicine and Science*, cells in other tissues of the body actually change as we age resulting in overall progressive biological deterioration.

According to Robert Kail and John Cavanaugh, authors of *Human Development: A Life-Span View*, both men and women reach their overall physical peaks in their late 20's to early 30's. After that, physical strength begins a gradual decline and will continue to do so throughout the rest of life.

The exact mechanisms behind the aging process and its consequences are not well understood by science or the medical profession. The real question is... **can you slow down this inevitable physical decline?**

"Your future will be exactly what you think to make it."

~ Dr. Forrest C. Shaklee, Sr.

Product Ordering Guide

Item Code	Product	Item Code	Product
21321	Life Shake Soy Van 15 svg	21313	Physique Whey Choc 20 svg
21324	Life Shake Soy Choc 15 svg	20495	Physique+ Shake Banana 15 svg
21327	Life Shake Soy Straw 15 svg	22040	Metabolic Boost 90s
21329	Life Shake Soy C Latte 15 svg	31051	Joint & Muscle Pain Cream 3 oz
21333	Life Shake Plant Van 15 svg	21217	OsteoMatrix 120s
21335	Life Shake Plant Choc 15 svg	21218	OsteoMatrix 360s
21341	Life Shake w/o Stevia Van	20616	Vita-D3 90s
21340	Life Shake w/o Stevia Choc	20667	Pain Relief Complex 90s
21314	Physique Whey Van 20 svg	20281	Adv Joint Health Complex 60s

Not all featured products or sizes listed due to space limitations.

To stay young longer, MOVE... and take Shaklee!

Overcoming physical decline in 4 key areas

Is decline inevitable?

Don't think for a minute that effects of aging fit a cookie cutter mold.

There are a wide range of individual differences in functional status at any given chronological age.

In fact, when it comes to maximum oxygen intake, flexibility and muscle strength, a very fit 70 year old or even 75 year old can outperform a sedentary 27 or 30 year old.

This means that our physical and biological status is more determined by our lifestyle choices than chronological age.

A great example...

Jack LaLanne, one of the most famous fitness gurus, died in 2011 at the age of 96. On the day of his death he was in elite physical shape, just as he had been since he dedicated his life to health and fitness as a teenager.

At the age of 43 he did more than 1,000 push-ups in only 23 minutes on the "You Asked For It" television show.

At the age of 60, LaLanne swam from Alcatraz Island to Fisherman's Wharf in San Francisco while shackled, handcuffed and towing a boat. Ten years later he performed the same feat.

According to his agent, LaLanne exercised every single day, ate a healthy diet and maintained his youthful physique up until his death.

According to LaLanne, "The only way you can hurt the body is not to use it. Inactivity is the killer. Remember, it's never too late."



There are four key areas that decline with age: muscle mass, metabolism and heart rate, flexibility and bone density and strength. Here are some solutions that will not only slow this decline, but will also improve your quality of life, every day performance, and overall health.

Muscle loss

Lean muscle mass is not only your best friend when you're young, it's even more so as you age.

According to the American College of Sports Medicine, muscle strength and performance peaks between the ages of 20 to 30, and then begins a gradual decline of about 5% every 10 years after reaching middle age.

Really? If Jack LaLanne was still with us, he would laugh at the above statistics.

While it's true that muscles shrink and lose mass as we age, a sedentary lifestyle will rapidly accelerate this process.

The truth is that regular and ongoing strength training can obliterate these statistics, slow age-related muscle loss, and build

lean and mean muscle tone that will allow you to maintain a superior level of strength that will serve you for years and years to come.



the bloodstream during periods of stress.

To help preserve muscle mass, make **Life Shakes** and/or **Physique** a part of your diet every day. Both protein products are powered by leucine, scientifically proven to build lean muscle while exercising and/or losing weight.



Regular endurance and cardio training can improve and significantly boost resting metabolism and keep the heart in great shape, allows for healthy weight management that facilitates the burning of body fat, increases longevity and prevents disease.

Cardio workouts additionally help maintain the body's response time and its ability to deliver and use oxygen effectively.

Metabolism and heart rate

Resting metabolism... the body's ability to burn fat and calories while at rest... typically peaks in early adulthood for both men and women.

By the time we reach our 60's, resting metabolism typically decreases by 10% and then continues to drop due to increases in body fat and loss of age-related muscle mass.

The maximal heart rate also decreases as we age because of a lower level of response to the hormone catecholamine that is released into



One easy way to increase your metabolism is to add **Metabolic Boost** to your supplement regimen.

Flexibility

Another area of decline as a result of aging is flexibility, causing many problems by inhibiting range of motion as the joints become more restricted due to changes in tendons and ligaments.

According to the *Encyclopedia of Sports Medicine and Science*, humans will lose about 3 to 4 inches of flexibility in the hips, lower back and hamstrings as they age.

Collagen is made of fibrils that begin to develop



cross-linkages as we age. This contributes to a reduced elasticity of ligaments, tendons and joint capsules.

Regular and ongoing flexibility training can greatly hinder this consequence of aging, ensure improved range of motion and increase performance in everyday life, in sports, and in our senior years where it really matters the most.

Flexibility is facilitated mainly through stretching exercises. Even the

simple exercise of moving the major joints of the body, such as, the hips through their entire range of motion each day can greatly improve age-related flexibility loss.

And to lessen soreness due to stretching and exercise, apply soothing, healing **Joint & Muscle Pain Cream** as needed.

Bone loss

According to the Centers for Disease Control and Prevention, bones grow until the age



of 30 to 35 years old.

Adequate amounts of calcium and regular physical activity is key in developing bone density, especially for women where bone loss can cause osteoporosis later in life.

To ensure that you get enough absorbable calcium, along with other minerals vital to healthy bones, take **Osteo-Matrix**. More than just calcium, **OsteoMatrix** is a comprehensive bone-building formula with more nutrients than leading brands. *Proven to increase blood calcium levels*, the small, coated caplets are easy to take.

The bottom line is...

If you want to stall the effects of aging, the answer is... movement and lots of it!



The majority of negative changes in the human musculo-skeletal system result more from a sedentary lifestyle than any biological process within the body. So get up and...

MOVE!

Tips to increase vitamin D levels...

Eat fish and eggs. Very few foods contain vitamin D naturally, but many are fortified with this important nutrient. Fatty fish and eggs yolks are especially beneficial because they contain a form of vitamin D that your body can use very effectively.

Catch some sun. Vitamin D is a hormone as well as a vitamin, so your skin can make its own supply when it's exposed to the sun. At the same time, some precautions are necessary. Depending on your sensitivity, 5 to 30 minutes of direct sun at least a few days a week may be adequate.

Take **Vita-D³**. The quality and potency of supplements vary greatly among different brands so choose Shaklee to ensure your supplement meets the highest standards.

Understand your risks. Some adults need more vitamin D than others. That includes vegans, senior citizens, and people with darker skin.

The Shaklee Difference... Vita-D³

Always Safe

- Tested for purity and potency
- Star-K kosher certified
- Gluten free

Always Works

- Contains high potency vitamin D³
- Based on cutting-edge nutritional science

Always Green

- Recyclable packaging
- Soy-based inks
- No bisphenol-A used in packaging

Vitamin D & abdominal fat...

We all know that a junk food diet and a lack of exercise are the most obvious reasons for a large waist, but a new study suggests one more factor that might surprise you. Researchers have discovered a strong connection between low levels of vitamin D and excess abdominal fat. Obese men and women with higher levels of abdominal fat were found to be at higher risk for vitamin D deficiency, according to an analysis by two medical schools in the Netherlands. While the causal relationship is still unclear, some experts now suggest that anyone with a large waistline may need to have their vitamin D levels checked. Even if you're not obese, you may be struggling to trim your midsection, so make sure you're consuming enough vitamin D.

Vitamin D deficiencies are widespread, affecting more than 40% of Americans. The consequences can include brittle bones, a weakened immune system, and certain heart conditions, along with excess fat.

Cutting edge nutritional science...

Shaklee **Vita-D³** is the culmination of recent scientific research, including two Shaklee industry-leading vitamin D studies. Supplemental vitamin D is clinically supported and *proven to significantly raise blood levels of vitamin D*.

So... add a little sunshine to your day with Shaklee **Vita-D³**!



Banish joint pain... *the way nature intended!*

Advanced Joint Health Complex

For those who have joint discomfort, even simple activities can be a challenge. Now there's a simple, natural way to get back to active... *fast!*

Advanced Joint Health Complex contains a patent-pending, fast-acting form of boswellia extract that has been shown to have superior bioactivity compared to other extracts. Most importantly, in a clinical study, **Advanced Joint Health Complex** has been shown to improve joint comfort *in as few as five days!* **If your joints hurt... try it!**

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The facts are clear...
☑ 1 in every

3 adults (over 80 million), are in chronic pain.

☑ Pain is the #1 reason for doctor visits.

☑ Chronic pain causes many psychological ailments such as sleep disorders, chronic anxiety and depression.

☑ Americans spend *over 100 billion dollars* per year on pain-related remedies.

With the dangers associated with over-the-counter and prescription pain relievers, many people are left wonder-



ing, "How will I manage my pain now?"

There is an answer! It's called...

Pain Relief Complex

This exclusive, natural blend of safflower and boswellia extracts provide pain relief in joints, allowing improved flexibility and movement... without dangerous side effects! **Pain Relief Complex** is the perfect, natural choice when pain strikes.



Pain Relief Complex:

- Relieves discomfort in joints
- Contains complementary natural ingredients for natural pain relief
- Is gentle on the stomach
- Contains no aspirin
- Is Kosher certified

Joint & Muscle Pain Cream

For immediate, natural pain relief, try **Joint & Muscle Pain Cream**. Just massage in for quick results.

Keep both products on hand for natural, effective pain relief!

With Shaklee, It's Easy To...

- Enjoy the benefits of improved health!
- Have more energy and vitality!
- Enjoy natural beauty... inside and out!
- Protect our fragile environment!
- Achieve financial independence... forever!



Take Charge of your life today... with Shaklee!