



Healthy, Strong Woman Pack



Sherry's Story: "About 15 years ago my lifestyle was one that many would consider healthy - running, swimming & triathlons were not unusual. But neither were **horrific PMS and frequent colds**. I remember being on the phone with my sister-in-law after a swim meet & her words ... "are you sick? Again?!" I figured I was 'normal' because I knew lots of people my age with those same problems.

I accepted my mother's invitation to try Shaklee. Once these premium supplements were integrated into my life, many things changed. Even things I didn't think about... like more restful night's sleep or mood swings gone, or junk food cravings gone. I learned that one thing is connected to a hundred others.



I'm not one who thinks that taking vitamins replaces wise eating, but I do know that adding supplements changed my life. Shaklee Supplements made it much simpler for me to increase my nutrition on a regular daily basis and the quality of Shaklee products gave me the real results I needed.

But that's not all! Shaklee is now my main source of income. While my health story is good news – my career story comes from a great passion. Few people who earn a living today actually LIKE what they do, much less love it. I LOVE working from home – I LOVE helping people experience better health – I LOVE the flexible hours."

It's all about the "EYES"

I've had to wear glasses since 6th grade and my dad had macular degeneration. Since both CarotoMax and Vivix are well known for their eye health benefits, I took both products faithfully. A few years ago I bumped Vivix up to 3 gel caps/day.



Recently I began seeing friends struggle with driving at night and having cataract surgery. This led me to increase CarotoMax to 2 a day.

6 months after increasing my CarotoMax, I went to renew my license **Drum roll please** I passed the eye test **WITHOUT GLASSES** after all these years!! I am thrilled.

Rita

My friend Don has **GLAUCOMA** and has been getting shots in his eye every 4 weeks. He wanted to try CarotoMax to see if it might help. He started using two tablets per day 3 weeks prior to his next appointment. During his doctor visit the doctor asked what he had been doing differently because the pressure in his eye had dropped 60%. His doctor now has him returning every 8 weeks. Don is hoping to continually improve on that with the use of CarotoMax.

Alohana Jackson

Do I Look Like a Type 2 Diabetic?

I didn't fit the profile when I was diagnosed 17 years ago, and don't fit it now. I was an avid runner, ate a clean healthy diet, and was not overweight. Yet, I developed diabetes.



I determined to turn this around since I liked being able to see, liked having all my limbs, and didn't want to die from heart disease. I took my eating habits to the next level Eating only low carb and low glycemic food, no sugar and didn't overeat. I switched up my exercise regimen, adding weights to cardio.

Plus a big change for me was to add a nutritional supplement program. In

addition to the basics (Soy Protein, Vitalizer and Vivix) I focused on Glucose Regulation Complex and Fiber Plan. I found that fiber in the diet is a key.

17 years later, I have the blood sugar levels of a non diabetic, I take no medication for my blood sugar, and I have no physical signs of damage to my eyes, limbs, or cardiovascular system due to diabetes. I'm living proof that you can live a full vibrant life with diabetes. Gina F.

“Youth” Delivers!

We're so mindful about what we put into our bodies, eating “clean” and removing toxins from our homes, but we often find it hard to make the **clean beauty swap**.

What is clean beauty?

A clean beauty product doesn't contain any potentially harmful ingredients—fragrances, colors or other chemicals that could have a negative effect on your skin and your health. Common skin care ingredients like parabens, phthalates, PEG derivatives, and



even artificial colors and fragrances have been found to be toxic or harmful. And while the US Food and Drug Administration enforces some restrictions, it certainly doesn't cover all of the harmful ingredients that can be found in cosmetics everywhere.

The article, “Do You Know What's in Your Cosmetics?” by The New York Times, highlights this astounding truth. **YOUTH is clean beauty you can trust.** We take clean beauty seriously—so seriously that the list of ingredients we WON'T use in our YOUTH Skin Care line is far greater than the list of ingredients we do use. There are more than 2,500 questionable chemicals and ingredients that you will never find in YOUTH.

Not only Clean but YOUTH “delivers” results!

Freedom Fun Finances

SUCCESS is really all about “YOU” your desire, determination, and willingness to work. I found a great vehicle ... SHAKLEE. I had a strong desire to raise my kids as a “stay at home” mom. Guess what? Shaklee gave me the opportunity to stay at home and work my exciting business around my family. **Besides being a Mom, I could also be a successful business woman by helping others.** It checked all my boxes!! And traveling the world was a huge “extra” bonus!

Lorri K

FORMAL EDUCATION CAN
MAKE YOU
A LIVING



SELF
EDUCATION CAN
MAKE YOU A FORTUNE

Ashley LOVES the 7 Day Cleanse!



I am finally ready to share my story. I had gained a lot of weight and either I covered it up well or people were just kind, but I could tell! I actually started feeling bad about myself, and yet excited that I had qualified for an all expense paid trip to Costa Rica. **No way did I want to put on a bathing suit**, so I knew it was time to take the Prove It Challenge! I was determined to lose my goal weight by the time of the Costa Rica trip. Even though the pandemic postponed our trip, I wasn't going to give up. I am happy to say that I have lost over 25 pounds, 4+ inches in my waist and 5 inches in my hips and my clothes fit so much better. Most importantly, I feel better physically, mentally, and emotionally. I'm so grateful for the Prove It Challenge for helping me on this journey!

Ashley D



Stroke Blood Pressure

Jane's 97 year old mom had a moderate stroke. Her symptoms were confusion, fatigue, weakness, and high blood pressure (180/79). They wanted to put her on blood pressure meds but we told them to hold off and decided to give her Shaklee's **Vivix** instead to see if it might help.

The nurse checked her BP early the next morning and it was still high, 178/72. We gave her one serving of Vivix at 10am. Her next reading at 12:30 pm was 143/67, and at 4 pm it was 140/67. The nurse said, "I have never seen improvement like this in a person your age!" Since she left the hospital her readings have been consistently in the normal range, averaging between 131/72 and 124/57, as long as she takes a serving of Vivix in the a.m. and p.m. Her physical strength and mental clarity have improved as well. She has also been taking Vitalizer every day.

Vivix is an amazing product!

Bill & Jane M.

Fragrance is Everywhere!

A single fragrance can consist of 100 or more chemicals, including those linked to cancer, infertility, birth defects, asthma and allergies.



Health isn't just about what you put in your body but about everything that's around you. Get Clean offers a full line of natural and nontoxic cleaning choices that are

Safe for You, Your Home, and Your Planet.

- ◆ No harmful fumes or hazardous chemicals.
- ◆ Outperforms 16 national leading brands.

Start with the Shaklee Get Clean Kit: #50456

Shaklee Turmeric Boost ...

1. Is an extra strength PURE formula with POWERFUL ANTIOXIDANT PROPERTIES
2. Contains 500 mg of turmeric extract standardized to 95% curcuminoids (per capsule)
3. Also contains 5 mg of black pepper extract, standardized to contain 95% piperine (a key ingredient that enhances absorption and increases bioavailability).
4. Beyond Organic ... Gluten-Free ... Vegetarian ... Star-K Kosher
5. 60 capsules per bottle



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INCREDIBLE HEALTH BENEFITS OF TURMERIC



Boosts Cognitive Function

Curcumin protects brain cells by binding to and dissolving abnormal proteins.



Fights Body-Wide Inflammation

Curcumin has been proven to significantly lower levels of inflammatory markers.



Supports Cardiovascular Function

Curcumin supports heart health by promoting a healthy inflammatory response.



Promotes Youthful Radiant Skin

Curcumin promotes soft, smooth, glowing skin and fights fine lines and wrinkles.



Supports Joint & Muscle Health

Curcumin promotes a healthy inflammatory response and eases aches and pains.



Boosts Detoxification

Curcumin optimizes function of the liver, the body's primary organ of detoxification.



Promotes Healthy Mood Balance

Curcumin has been shown to be an extremely effective natural mood enhancer.



Supports Natural Weight Loss

Curcumin can enhance weight loss when combined with healthy diet and exercise.

CONTACT: