

# Health Matters

## Nutrition with Your Name on It



**Meet Meology™:** everything you need to thrive, in one box. With a personalized supplement plan, you'll find daily nutrition that fits you just right ... so you can find yourself feeling great everyday!

## Look at her!

Kim Wise's Testimonial: I started Life Shakes and Meology in March. I think they started to help my body naturally produce more collagen which always helps skin, nails and hair so I feel like that was key!

I added the Youth Anti-Aging line (using the entire system) the first of April and saw results quickly. And they just keep getting better!

My chicken neck was my "problem area" so I think that's why I focus so much attention there but I've seen improvements on my face as well—my skin tone, pore size, and fine lines have all improved.

NOTE: I was already using Rodan & Fields so when I switched, I had low expectations for any big changes. This line exceeded my dreams!



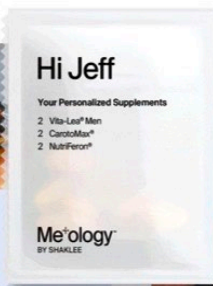
## Youth is gold and I am sold! Bring on my 50s!



### Jeff's Meology

42-year-old workaholic

- Needs to combat poor diet
- Wants a stronger immune system
- Trying to manage stress better



Youth Complex includes:



### VITAL REPAIR+® COMPLEX

Helps accelerate skin cell renewal to a more youthful rate.

#### MUSCADINE GRAPE

Protects and repairs cellular DNA in your skin while blocking collagen and elastin breakdown.

#### APPLE CELL EXTRACT

Helps accelerate skin cell renewal to a more youthful rate.

#### LOTUS JAPONICUS

Activates a key youth protein to regenerate cells to produce more collagen and elastin.

#### SCHISANDRA CHINENSIS EXTRACT

Helps provide more nutrients and energy to the skin.



# Everyone wants to LOOK and FEEL YOUNGER longer

As we age, our existing collagen breaks down, and it gets harder for the body to produce more. Because it makes up so many critical parts of our bodies, adding Collagen-9 to your diet can help support protein synthesis, including collagen, to support **healthy hair, skin, and nails, and provide joint support.**

Shaklee Collagen-9 is one of the most complete collagen products on the market and includes 10 grams of collagen per serving and **ALL 9 essential amino acids** that are required by the body to synthesize protein, including collagen.

And Collagen-9 provides:

100% DV of Biotin to support healthy hair, skin, and nails.

100% DV of Vitamin-C to protect our bodies against damage caused by free radicals and aid in collagen synthesis.

100% Hydrolyzed Collagen for quicker digestion and absorption.

New Collagen-9 is derived from a grass-fed, pasture raised bovine source and is non-GMO, Gluten Free and contains no artificial flavors, sweeteners, colors, or preservatives. Everything Shaklee stands for!

NEW



## HOW'S YOUR LIVER?

The liver processes nearly everything you ingest and absorb through the gut. And the liver is the major organ involved in detoxification, so keeping your liver healthy is crucial for overall health.

A healthy liver can regenerate itself and deal with a wide range of toxic substances; however, prolonged and frequent exposure to toxins may influence the level of stress on liver cells and functioning.

**LIVER DTX: Supports liver function with a unique combination of herbs, including:**



**Milk Thistle Seed Extract**  
standardized to contain 80% silymarin. Silymarin's antioxidant properties help maintain liver cell integrity.



**Schisandra Chinensis**  
with antioxidant properties that support liver cell repair.



**Turmeric and Artichoke**  
to help maintain healthy bile flow. Bile transports toxins from the liver to the intestines for excretion.



**Reishi Mushroom**  
known for its antioxidant properties.

### When Liver DTX was first introduced

When this product was first introduced I was sitting near a nutritionist so asked "how often do you think we should use DTX?" She smiled and answered she would take it every day that I wanted to take good care of my liver. :) I got the point and have taken her advice.

Rena G

### Shaklee's Liver DTX is the BEST!

We know that when we purchase a product from Shaklee, especially supplements, they go through rigorous testing to validate its efficacy. You can go online and purchase any Liver Detox product" with no proof of rigorous testing and years of results, but possibly "cheaper" in price. I just wouldn't bet my bottom dollar on any of those unknowns! We know Shaklee's Liver DTX is the BEST (to detoxify and nurture our liver).

Rebecca W

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



# Confusion in the Elderly

By Doctor Arnaldo Liechtenstein

Dr. Liechtenstein responded to his medical students that it is not the Head tumor or Alzheimer's symptoms that generates confusion in the elderly.

Three most common responsible causes:

## Uncontrolled Diabetes, Urinary Tract Infection, and Dehydration

People over **50 years** old constantly stop feeling thirsty and stop drinking fluids. When there is no one at home to remind them to take liquids, they become dehydrated quickly.

Dehydration is serious and affects the whole organism. **It can cause abrupt mental confusion, drop in blood pressure, increased heart palpitations, angina (chest pain), coma, and even death. It is serious!**

In the best of cases this forgetfulness of drinking fluids begins at 50 years of age, when we have little more than 50% of water that we should have in the body. This is part of the

natural aging process. Therefore, people over 50 years old have a lower water reserve. But there are more complications: still dehydrated, they do not feel like drinking water, because their internal equilibrium mechanisms do not work very well.

**Conclusion:** People over 50 years old are easily dehydrated not only because they have a smaller water reserve, but also because they don't feel the lack of it in their body. Although people older than 50 years are healthy, the performance of the chemical reactions and functions of the whole organism is impaired.

**So here are two alerts:**

The first is to volunteer the habit of drinking fluids. By liquid i.e water, juices, teas, coconut water, milk, soups, gelatin and fruits rich in water, such as watermelon, melon, peaches and pineapple. Orange and tangerine also work. The important thing is, every two hours, to take in some liquid.

My second alert is for family members:

Be attentive to them, if they refuse to drink liquids, be patient, they may be dehydrated.



**I AM GUILTY !** I'm one of those folks who have said, "I'm just not thirsty". However, when I became aware of the problems associated with not staying hydrated I made an effort to discipline myself to drink more. I filled a large glass container with water, the Shaklee "hydrate" product, squirts of lemon juice along with the Energizing Tea .... Who can't use more Energy!!

The goal was to consume this before going to bed. Whenever I would go into the kitchen it would be staring at me and reminding me ... it gradually became a good "habit". I found that by using the Shaklee Hydrate products I was naturally more thirsty, making this process easier.

I now also add Shaklee's Triple Defense Boost powder ... a yummy tasting, nutrition filled product. Lorri K

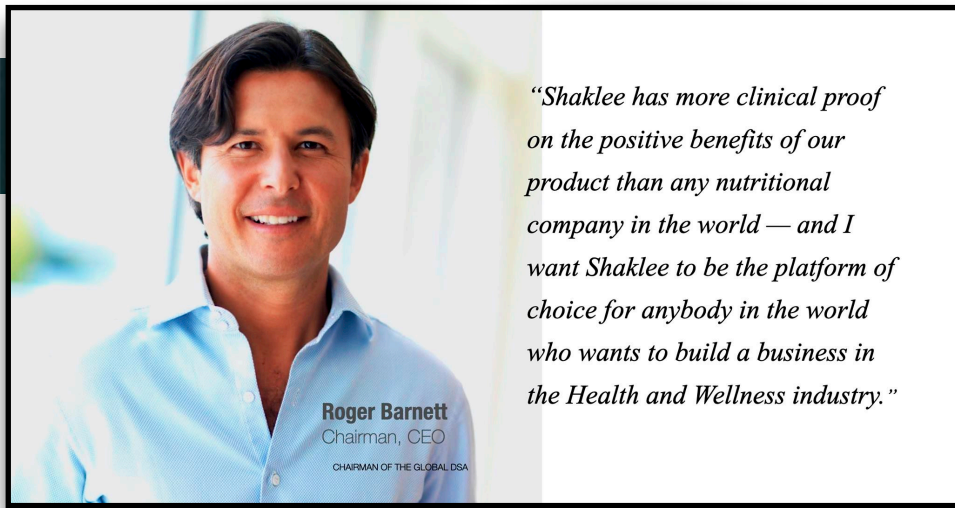


**Triple Defense Boost:** Power your immune system with this berry flavored drink mix containing ingredients shown to boost Natural Killer cell activity by 3X and critical immune cells by 5.8 X. Enjoy hot or cold.

## Shaklee's Endurance Electrolyte Drink Clinically Proven for Enhanced Hydration

In a study measuring moderate to high intensity cycling for over three hours, followed by a high-intensity cycling phase until fatigue, subjects using Endurance Electrolyte Drink were able to cycle for an **additional 33 minutes**, while the water-only group lasted **just 2 minutes**.

Contact



*“Shaklee has more clinical proof on the positive benefits of our product than any nutritional company in the world — and I want Shaklee to be the platform of choice for anybody in the world who wants to build a business in the Health and Wellness industry.”*

**Roger Barnett**  
Chairman, CEO  
CHAIRMAN OF THE GLOBAL DSA

## Clean everything and protect the planet too

### Clean and Safe

Nontoxic, with no toxic fumes or hazardous chemicals. It's tough on grime but gentle on your hands

### Ultra-Concentrated Savings

One little 16-oz. bottle makes 48 gallons, and it's all you need to clean any washable surface, inside and out

### Green

Natural, sustainably sourced ingredients, biodegradable surfactants, and recyclable packaging

### Powerful

Get Clean® is powerful against even the most stubborn dirt



## BASIC H2 Never Fails to Amaze!

I recently spilled coffee on my favorite living room pillow. Well, you know how difficult, or impossible it is to get rid of coffee stains. I decided to try the Basic H2 that I prepared in a spray bottle. You know, the usual 2 itsy bitsy tiny drops with 16 oz of water.

As I sprayed the pillow, to both of our (Paul and my) amazement, which by the way, we really shouldn't have been surprised as this stuff never fails us, **the stains just dripped away and simply disappeared.**

My husband and I both just looked at each other and said. "Wow!" True Story, while not earth shattering, but once again, Shaklee's environmentally-friendly cleaning product saved the day!

Rita Loud

**1 16 oz bottle of Basic H = 5,824 Bottles of Windex**

## SHAKLEE SHAMPOO

### Game changer for Austin!!

My 18 yr old grandson LOVES this NEW Shaklee shampoo! He said, "Grandma, feel how soft my hair is!" He loves the new formula and can't say enough good things about it. He also feels his thick hair is much more manageable. Lorri K

### Prosante shampoo

I really like the smell of citrus in the shampoo. It is like aroma therapy in the shower. It also makes my hair shiny and manageable. Sherry P



**Can't believe these are my own nails! My fingernails used to be so weak and break easily. Since I've been taking my Shaklee vitamins, my nails grow really fast and are strong! "Orange" you glad to know this?**

Debi W