

Infinite Vision Group

IVGWellness.com

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Share your stories, other peoples stories,
or let us know how we can help you.

FALL EDITION

shaklee

I have **LOST OVER 120 POUNDS** over the past two years* and expanded my business with the Cinch Inch Loss Plan®. My first bonus checks surprised me. I saw the Shaklee compensation plan, and it all looked good, but it wasn't until I got my first two or three checks that I realized how good it was. **I only do Shaklee part-time, but I have managed to make a full-time income.**

I still have my regular job in the accounting business and that brings me into contact with a lot of people. I have clients that have filed for bankruptcy or experienced foreclosure on their homes. So it is encouraging to see that my Shaklee Business partners in my organization can actually pay their mortgages with the help of their Shaklee income.

Many people can see how my life has changed since I started the Cinch plan. I am happier, and my health is so much better. My weight loss has enabled my doctor to discontinue my blood pressure and diabetes medication. My life is just so much easier! I have more energy, and I don't face some of the barriers that overweight people face every day. And Cinch is a wonderful business opportunity for anyone who wants to help people while they build their own business.

Eldner Degraffenreidt, Coordinator, Durham, NC



"People see that you are healthier, and they want to be healthier, too."

Protecting our Clients and Employees

Our decision to use Shaklee's "green" products in our janitorial services business was all about protecting our clients and employees.

However, if the products didn't work, we'd be out of business, and

we wouldn't have to worry about clients or employees. The fact is that while we believed that going green was the right thing to do, we also **reduced our cleaning product cost, reduced labor costs, and gave both our employees and clients a better sense of well-being.** The cost of cleaning materials amounts to only 10% of the cost to run our business, so while we always strive to get these products at a cheaper cost, **they must work.** We have learned that cheaper bags that tear, glass cleaners that streak,

products that leave residue, etc., all end up costing four to five times the materials cost savings in additional labor cost, which represents 70% of the cost of doing our business. We have chosen Shaklee's green products over those that are available from every janitorial supply company in the marketplace. **WHY?**

Because they work at a price that works for us.

Kevin J. Coates
K&B Janitorial Services, Inc.

Healthy Home

Safe for you, your home and your planet.

When it comes to keeping your house clean and the earth safe, you shouldn't have to choose. Get Clean offers nontoxic and natural cleaning choices that are safe, powerful, green, and smart.



Enfuselle Advanced Skin Care

All the vitamins your skin craves

Enfuselle Advanced Skin Care is specially formulated to nourish, renew, and protect your skin.

Results so amazing, you won't believe your mirror.



Guess which side received the Enfuselle treatment?

Results in 8 weeks!

SKIN CARE TESTIMONIALS

C+E TIME REPAIR PM

"Not only is it a great "wrinkle eraser" but it is a great HEALER. I had a sore on the bottom of my foot (plantar's wart?). I normally would have soaked it in a solution of Basic G, but I was in a hurry and decided to just apply the C+E. I did this for about 4 days. I forgot about it as it was no longer sore. It healed and is gone! I also had a suspicious spot or rough area on my back. I've been applying the C+E faithfully every day and it is nearly gone after being there for over 6 months before applying the C+E." Lorri Kreuscher

CALMING COMPLEX

"This is probably one of the most undersold, magnificent products in Shaklee. I've had notoriously dry skin all my life; and now at 71, thanks to Shaklee's Calming Complex, people younger than me want to know my secret. My skin is no longer DRY!" Vivian P

More uses for these two great products:

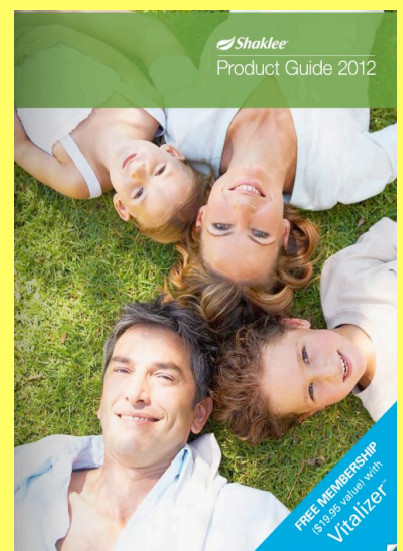
1. Whenever you wash your face apply CALMING COMPLEX to keep your skin **plumped up** and hydrated at a deep level.
2. Mix C+E with Calming Complex before applying to the face and neck area for easier application plus greater **hydration** benefits.
3. Shaving for MEN ... apply Calming Complex after **shaving** to prevent irritation and give a non-greasy, healthy look and feel.
4. After **waxing** use Calming Complex to soothe and heal the irritated skin.
5. Apply to any **sensitive** or irritated skin -- MEN, WOMEN & CHILDREN love this product. Folks with **eczema or rosacea** rave about Calming Complex.

product catalog

Item number: 79868

The 2012 Shaklee Product Guide has everything you need to know about Shaklee products, including Vivix AntiAging Tonic, Vitalizer, Cinch Inch Loss Plan, and Get Clean. With photos, charts, supplement facts, health directory, and prices, a Product Guide is the must-have reference tool for all of our product consumers. It serves as a great introduction for anyone interested in these premier products.

ORDER YOURS NOW



For answers to all your questions contact the person who sent you this newsletter.

We offer audio/video tapes, conference calls, special promotions and programs.

**RECEIVE \$25.00 CREDIT
WHEN YOU REFER A
FRIEND!**

THE "WONDERS" OF VITAMIN D

Vitamin D to Prevent Breast Cancer

[The Journal of Steroid Biochemistry and Molecular Biology](#)

Volume 103, Issue 3-5, March 2007, Pages 708-711

- Intake of 2,000 IU/day of Vitamin D3, and, when possible, very moderate exposure to sunlight, could raise serum 25(OH)D to 52 ng/ml, a level associated with reduction by **50%** in incidence of breast cancer
- Intake of 5,000 IU/day further reduces risk by **80%**

Here's what doctors are saying:

"If Vitamin D were a drug, its benefits would make it the most popular ever!"

- Bill Sardi - Medical Writer and Author

Dr. Oz Says: *"If I could pick one Vitamin to push to everybody, it's Vitamin D."*

- Increasing the amount of Vitamin D in the body can prevent or help treat a remarkable number of ailments:

- | | | | |
|-----------------------------|-------------------|-----------------------|--------------------|
| ❖ Arthritis | ❖ Chronic Fatigue | ❖ High Blood Pressure | ❖ Obesity |
| ❖ Asthma | ❖ Dental Problems | ❖ Hypertension | ❖ Osteoporosis |
| ❖ Autism | ❖ Depression | ❖ Kidney Disease | ❖ Psoriasis |
| ❖ Back Pain | ❖ Diabetes | ❖ Lupus | ❖ Seasonal Affects |
| ❖ Cancers | ❖ Fibromyalgia | ❖ MS | ❖ Disorder |
| ❖ (Breast, Colon, Prostate) | ❖ Heart Disease | ❖ Muscle Cramps | ❖ Thyroid |

Alzheimer

Our mom had become bed-ridden, wore diapers and seldom recognized family or friends. We bathed, dressed and fed her. She was diagnosed the beginning of the worst stage of Alzheimer. Mom was prescribed Aricept and slept for those 7 months. Next they prescribed Exelon, another 3 months of sleeping. Are Alzheimer drugs just meant to keep patients sedated? Then came Namenda, Mom became violently ill, lay in bed in pain and lost 30 pounds in less than 30 days.

We decided to stop all prescription medications and get her on a Shaklee Supplement program to give her body the benefits of health. She took VitaLea Gold, Memory Optimizer, HerbLax, Soy Protein &

OptiFlora. **Within a few weeks she started getting up on her own and showing improvements.**

Then Shaklee introduced a new product called VIVIX. Within a few weeks of adding VIVIX Mom began recognizing

family members, she remembers all her children again. She can brush her teeth, wash and dress herself and no longer wears diapers. She does the dishes and sweeps the patio. When we shop she has conversations with other people. She plays with her great grandchildren, many songs & rhymes she didn't remember before she now sings. Her long term memory returned, though not perfect, and has selective short term memory. Today Mom is only stage 1-2 Alzheimer. A few times when we forgot to give her the supplements or when the VIVIX wasn't available she became listless and confused. Not only is that stressful for Mom, but it makes it very difficult for us as her caregivers. We now see to it we have an ample supply.

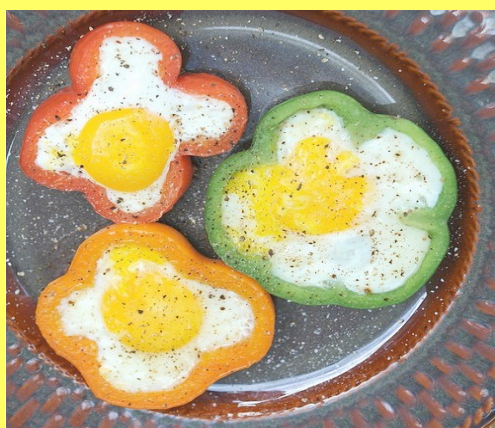


Thankfully, Judy, Sandy and Bill K.

Fun Stuff:

There's no recipe, just three steps:

- 1) Cut bell peppers into 1/2 inch rings
- 2) Place in a non-stick lightly oiled skillet
- 3) Crack an egg in the middle of each ring and cover and cook over low heat until done. If you like your yolks runny, just cook over low heat until whites are done. If you like your yolks firm, break the yolks and then cook over low heat until both whites and yolks are firm.



I lost my job and got a "life"

When I first began my Shaklee business I was a stay at home mom of two young daughters and supporting my husband's burgeoning speaking and coaching business. With our daughters and my husband's new business, we had put aside many of the extras like vacations to focus on the business and keep our finances going. So I started Shaklee figuring that if I could qualify for a Shaklee trip and earn an income by helping people get healthier that would be a great thing.



But in the spring of 2010 I suddenly had the opportunity of a "real job" fall into my lap. I thought it was the answer to help our family stabilize our finances.

Unfortunately, after only four months on the job I was laid off. The "real job" did anything but stabilize our finances — in the end it cost us more money in childcare and health insurance, not to mention all the stress and frustration I dealt with every day. As it happened, I was laid off in August 2010.

The four months at the "real job" reminded me of the life I was certain I didn't want and I knew more than ever that I wanted the Shaklee lifestyle. I pushed through my fears around sharing Shaklee with friends and family and three months later I became a Director!

Because I have my Shaklee business I have the freedom to be home with my kids without the stress of a commute and demanding boss. Every time I am working my business....team events, Shaklee calls, customer conversations...I feel excited, energetic and happy!

Julie Fulmer

Shop Shaklee EARLY while supplies last.

Place orders by Dec 15th to arrive before Dec 25th

Pamper Me Now Gift Set

59767

\$57.70

Member Price



**Ease Stress in
30 Minutes**

Pamper skin with Enfuselle® Spa Ultra Moisturizing Shea Butter Cream. Luxurious shea butter is extracted from the fruit of the shea tree, and has amazing moisturizing properties with a whisper light fragrance. This ultra rich and thick Shea Butter Cream has a wonderful consistency and soaks deep into your skin, leaving it smooth and hydrated. Shaklee added vitamin E for extra skin nourishment.

Stress Relief Complex helps relax the body and mind, and promotes alertness while enhancing the body's ability to adapt to everyday stress.* Includes L-theanine, ashwagandha, beta sitosterol, and L-tyrosine.



59768 **\$33.35** Member Price

**Rejuvenating
Bath and Body
Gift Set
Free Shower
Sponge
Included!**

Refreshing Shower Therapy

This moisturizing shower gel gently cleanses, soothes, and invigorates. Rejuvenates with essential sea minerals, hydrates with sea-botanical extracts, and protects with triple patented antioxidant rich Vital-Repair+®. Pair this refreshing gel with the shower sponge for rich lather and mild exfoliation for radiantly healthy-looking skin.

Instant Moisture Infusion

Nourish your skin with this lightweight, non-greasy yet intensely moisturizing lotion. Clinically proven to provide an instant moisture surge and continued release for up to six hours. Patented Vital-Repair+® helps reverse UV-induced signs of aging, while pro-vitamin B5 strengthens nails. A targeted prebiotic creates a healthy environment on the skin to strengthen its natural protective system.

Why You Should Not Stop Taking Your Vitamins

Dr. Mark Hyman, MD



Do vitamins kill people?

How many people have died from taking vitamins?

Should you stop your vitamins?

It depends. To be exact, it depends on the quality of the science, and the very nature of scientific research. It is very hard to know things exactly through science. The waste bin of science is full of fallen heroes like Premarin, Vioxx and Avandia (which alone was responsible for 47,000 excess cardiac deaths since it was introduced in 1999).

That brings us to the latest apparent casualty, vitamins. The recent media hype around vitamins is a classic case of drawing the wrong conclusions from good science.

Remember how doctors thought that hormone replacement therapy was the best thing since sliced bread and recommended it to every single post-menopausal woman? These recommendations were predicated on studies that found a correlation between using hormones and reduced risk of heart attacks. But correlation does not prove cause and effect. It wasn't until we had controlled experiments like the Women's Health Initiative that we learned Premarin (hormone replacement therapy) was killing women, not saving them.

A new study "proving" that vitamins kill people is hitting front pages and news broadcasts across the country. This study does not prove anything.

This latest study from the Archives of Internal Medicine of 38,772 women found that "several commonly used dietary vitamin and mineral supplements may be associated with increased total mortality". The greatest risk was from taking iron after menopause (which no doctor would ever recommend in a non-menstruating human without anemia).

The word "may" is critical here, because science is squirrely. You only get the answers to the questions you ask. And in this case, they asked if there was an association between

taking vitamins and death in older woman. This type of study is called an observational study or epidemiological study. It is designed to look for or "observe" correlations. Studies like these look for clues that should then lead to further research. They are not designed to be used to guide clinical medicine or public health recommendations. All doctors and scientists know that this type of study does not prove cause and effect.

Why Scientists are Confused

At a recent medical conference, one of most respected scientists of this generation, Bruce Ames, made a joke. He said that epidemiologists (people who do population-based observational studies) have a difficult time with their job and are easily confused. Dr. Ames joked that in Miami epidemiologists found everybody seems to be born Hispanic but dies Jewish. Why? Because if you looked at population data in the absence of the total history and culture of Florida during a given time, this would be the conclusion you would draw. This joke brings home the point that correlation does not equal causation.

Aside from the fact that it flies in the face of an overwhelming body of research that proves Americans are nutrient deficient as a whole, and that nutritional supplements can have significant impact in disease prevention and health promotion, the recent study on vitamins is flawed in similar ways.

How Vitamins Save Money and Save Lives

Overwhelming basic science and experimental data support the use of nutritional supplements for the prevention of disease and the support of optimal health. The Lewin Group estimated a \$24 billion savings over 5 years if a few basic nutritional supplements were used in the elderly. Extensive literature reviews in the Journal of the American Medical Association and the New England Journal of Medicine also support this view. Interventional trials have proven benefit over and over again.

The concept that nutritional supplements "could be harmful" to

women flies in the face of all reasonable facts from both intervention trials and outcome studies published over the past 40 years. Recent trials published within the last two years indicate that modest nutritional supplementation in middle age women found their telomeres didn't shorten. Keeping your telomeres (the little end caps on your DNA) long is the hallmark of longevity and reduced risk of disease.

A plethora of experimental controlled studies — which are the gold standard for proving cause and effect — over the last few years found positive outcomes in many diseases. These include the use of calcium and vitamin D in women with bone loss; folic acid in people with cervical dysplasia (pre-cancerous lesions); iron for anemics, B-complex vitamins to improve cognitive function, zinc; vitamin C, E, and carotenoids to lower the risk of macular degeneration, and folate and vitamin B12 to treat depression. This is but a handful of examples. There are many more.

Most Vitamin Studies are Flawed

There is another important thing to understand about clinical trials that review the utility of vitamins in the treatment of disease. The studies that show harm are often designed like drugs studies. For example, a study may use a high dose of vitamin E and see what happens. This is actually a prescient example also explored in recent media. Studies recently found that high doses of vitamin E and selenium didn't prevent prostate cancer and may increase risk. What this study didn't explore properly was the true biochemical nature of vitamin E and selenium. These nutrients work as antioxidants by donating an electron to protect or repair a damaged molecule or DNA. Once this has happened the molecules become oxidants that can cause more damage if not supported by the complex family of antioxidants used in the human body. It's sort of like passing a hot potato. If you don't keep passing it you will get burned. This study simply failed to take this into account.

Nature doesn't work by giving you only one thing. We all agree that broccoli is good for you, but if that were all you ate you would die in short order. The same is true of vitamins. Nutrients are not drugs and they can't be studied as drugs. They are part of a biological system where all nutrients work as a team to support your biochemical processes.

Michael Jordon may have been the best basketball player in history, but he couldn't have won six NBA titles without a team.

Obesity is Linked to Malnutrition

The tragedy of media attention on poor studies like these is that they undermine possible solutions to some of the modern health epidemics we are facing today, and they point attention away from the real drivers of disease.

Take the case of obesity for example. Paradoxically Americans are becoming both more obese and more nutrient deficient at the same time. Obese children eating processed foods are nutrient depleted and increasingly get scurvy and rickets, diseases we thought were left behind in the 19th and 20th centuries.

After treating over 15,000 patients and performing extensive nutritional testing on them, it is clear Americans suffer from widespread nutrient deficiencies including vitamin D, zinc, magnesium, folate, and omega 3 fats. This is supported by the government's National Health and Nutrition Examination Survey (NHANES) data on our population. In fact 13% of our population is vitamin C deficient.

Scurvy in Americans in 2011? Really? But if all you eat is processed food – and many Americans do— then you will be like the British sailors of the 17th century and get scurvy.

Unfortunately negative studies on vitamins get huge media attention, while the fact that over 100,000 Americans die and 2.2 million suffer serious adverse reactions from medication use in hospitals when used as prescribed is quietly ignored. Did you know that anti-inflammatories like aspirin and ibuprofen kill more people every year than AIDS or asthma or leukemia?

Flaws with the "Vitamins Kill You" Study

So what's the bottom line on this study on vitamins in older white women in Iowa?

After a careful reading of this new study a number of major flaws were identified.

1. Hormone replacement was not taken into consideration. Overall the women who took vitamins were a little healthier and probably more proactive about their health, which led them to use hormone replacement more often (based on recommendations in place when this study was done). 13.5% of vitamin users also used hormones, while 7.2% of non-vitamin users took hormones. Remember the Women's Health Initiative Study I mentioned above? It was a randomized controlled trial that found hormone therapy dramatically increases risk of heart attack, stroke, breast cancer, and death. In this Iowa women's study on vitamins, the degree of the effect of harm noted from the vitamins was mostly insignificant for all vitamins except iron (see below) and calcium (which showed benefit contradicting many other studies). In fact, the rates of death in this study were lower than predicted for women using hormone therapy, so in fact the vitamins may have been protective but the benefit of vitamins was drowned out because of the harmful effects of hormones in the vitamin users.
2. Iron should not be given to older women. Older women should never take iron unless they have anemia. Iron is a known oxidant and excess iron causes oxidative stress and can lead to cardiovascular disease and more. This is no surprise, and should not make you stop taking a multivitamin. If you are an older woman, you simply need to look for one without iron. Most women's vitamins do not contain it anyway.
3. Patient background was ignored. In this observational study it was not known why people started supplements. Perhaps it was because of a decline in their health and thus they may have had a higher risk of death or disease that wasn't associated with the vitamins they were taking at all. If you had a heart attack or cancer and then started taking vitamins, of course you are more likely to die than people without heart attacks or cancer.
4. The population was not representative. The study looked only at older white women – clearly not representative of the whole population. This makes it impossible to generalize the conclusions. Especially if you are an obese young African American male eating the average American diet.
5. Forms and quality of vitamins were not identified. There was no accounting for the quality or forms or dosages of the vitamins used. Taking vitamins that have biologically inactive or potentially toxic forms of nutrients may limit any benefit observed. For example synthetic folic acid can cause cancer, while natural folate is protective.
6. A realistic comparison between vitamins and other medications as cause of death was not made. Over 100,000 people die every year from properly prescribed medication in hospitals. These are not mistakes, but drugs taken as recommended. And that doesn't include out of hospital deaths. The CDC recently released a report that showed in 2009, the annual number of deaths (37,485) caused by improper/overprescribing and poor to non-existent monitoring of the use of tranquilizers, painkillers and stimulant drugs by American physicians now exceeds both the number of deaths from motor vehicle accidents (36,284) and firearms (31,228).

In short, this recent study confuses not clarifies, and it has only served up a dose of media frenzy and superficial analysis. It has left the consumer afraid, dazed, bewildered and reaching for their next prescription drug.

Please, be smart, don't stop taking your vitamins. Every American needs a good quality multivitamin, vitamin D and omega-3 fat supplement. It is part of getting a metabolic tune up and keeping your telomeres long.

Why do you think the decades of research showing positive effects of vitamins is hidden?

To your good health,

Mark Hyman, MD