

# Shaklee NEWS

## SOFTDRINKS - even diet ones - may be linked with increased risk factors for heart disease and diabetes, US researchers say.

They found adults who drink [one or more](#) soft drinks a day had about a [50 per cent higher risk of metabolic syndrome](#) - a cluster of risk factors such as excessive fat around the waist, low levels of "good" cholesterol, high blood pressure and other symptoms.

"When you have metabolic syndrome, your risk of developing heart disease or stroke doubles. You also have a risk of developing diabetes," said Dr Ramachandran Vasan of Boston University School of Medicine, whose work appears in the journal *Circulation*.

Prior studies have linked consumption of sugar-laden soft drinks with multiple risk factors for heart disease, but Dr Vasan and colleagues also found the link extends to diet sodas. The study included about 6000 middle-aged men and women who were observed over four years. They all started out healthy, with no metabolic syndrome.

[Those who drank one or more soft drinks a day had a 31 per cent](#)

[greater risk of becoming obese.](#)

They had a 30 per cent increased risk of [developing increased waist circumference](#) - which has been [shown to predict heart disease risk better than weight alone.](#)

They also had a 25 per cent increased risk of developing high blood triglycerides as well as high blood sugar, and a 32 per cent higher risk of having low high-density lipoprotein or "good" cholesterol levels.

The researchers then analyzed a smaller sample of participants on whom data on regular and diet soft drink consumption was available.



Those who drank one or more diet or regular sodas per day had a 50 to 60 per cent increased risk for developing metabolic syndrome.

"The part about diet soda is more intriguing," Dr Vasan said.

[He said people who drink soft drink, whether diet or sugar-sweetened, tend to have similar dietary patterns.](#)

"On average, soda drinkers tend to eat more calories, consume more saturated fat and trans fat, eat less

fiber, exercise less and be more sedentary," Dr Vasan said.

The researchers adjusted for those factors and still observed a significant link between soft drink consumption and the risk of developing metabolic syndrome.

Dr Vasan said there are several theories about how diet sodas could increase a person's metabolic risk. "One possibility is that diet soda is sweet. Maybe drinking something sweet conditions you in such a way that you develop a preference for sweet things," he said.

"Also, diet soda is a liquid. When you take liquids at a meal, they don't satiate you as much (as solids)," he said.

The caramel coloring of some sodas also may play a role. He said caramel coloring in animal experiments was associated with tissue inflammation. "These are all theories which we have not studied," Dr Vasan said.

"We'd like to see these data tested and replicated or refuted. We'd also like nutrition scientists to conduct additional research to help us understand why diet soda is associated with metabolic risk."

**KICK THE POP/SUGAR HABIT ....** Many have found that using the Shaklee Protein Shakes drastically lessens the need for "sweets" i.e. diet "sweets" or other sweets! You'll be building health and will have fantastic, long lasting ENERGY by having a Shaklee Protein Shake first thing in the morning.

But **what else can you drink if not pop?** Purified water with the Shaklee Cinch Tea is a tasty option. Read more about "good" water and our healthy teas in this newsletter.



Hi Rita,  
I wanted to tell you that I really like the **Cinch unsweetened Energy Tea Mix**. I normally drink a Pepsi when I am tired and need to

keep going.

I tried the tea mix. It really works and it doesn't make me feel jittery.

I no longer feel the desire to drink a Pepsi.

I ordered the Pomegranate flavored tea for next month.

I really like the Shaklee products that I have tried!

Thank you,  
Martha

## MORE THAN JUST A "DRINK" !

The FDA prohibits Shaklee from making medicinal claims regarding this incredibly valuable product, but if you do your research, you will discover a tea that you will want to drink everyday due to its long list of benefits.

### Ingredients of Cinch Energy Tea Mix:

- Taurine – an amino acid
- Maltodextrin – a polysaccharide produced from corn starch
- Rooibos Red Tea Extract – an native plant (herb) only found in the Cedarburg mountain region of South Africa ... known as "The Miracle Tea" or "Long Life Tea"
- Green Tea Extract – anti-oxidant blend
- Natural Flavors

- White Tea Extract – the least processed form of tea
- Matcha Green Tea Powder – Japan's highest grade of green tea (the greener than green superfood"



### Shaklee refers to it as "Liquid Oomph"

- **containing exotic white, red and Matcha green teas that make an extraordinary drink which is a safe, natural, healthy, and effective alternative for boosting energy with only 5 calories per serving**
- **great in hot or iced water**

Red, white, green & Matcha teas are ranked as leading health-giving substances in traditional

## "Bestwater" the "Better" Choice

The Shaklee Get Clean Water pitcher has been proven MUCH better in removing water contaminants over Britta and PUR. Bestwater removes lead, Britta and PUR do not.

And the price is very competitive. Bestwater purifies double the gallons of water per filter (80 not 40) and lasts 4 months not 2. You would need to double the price of all the other water filter pitchers out there for a good comparison to the Shaklee water pitcher. But, even then you still don't have many other benefits, like CLEAN WATER: The Bestwater pitcher is made from BPA free plastic, not sure if the "others" on the market are, but water purity is the BIG issue, regardless.



Shaklee will not use silver in the filter as a bacteria stat even though the water quality associations in the US approve using silver in water filters. Shaklee scientists believe using silver in water filters is not safe. Silver is used in Britta. Silver is a metal can build up in your brain like all heavy metals and cause numerous problems. The new Shaklee Get Clean Water system is the only solid block carbon filter on the market (for better filtration) and this filter fits into the reusable housing, so there's no plastic to throw away each filter changes.

There is NO comparison when considering the number of contaminants removed. Isn't that what we want. CLEAN WATER?

Cheri Gumley

Chinese medicine. They have been known for centuries to have many positive properties:

- anti-microbial
- immunostimulatory
- anticarcinogenic
- anti-inflammatory
- protective against cardiovascular disease
- detoxifiers
- energy & fat loss stimulators

As you will see, there are some incredible health benefits in each "tea stick" ... carry them in your purse, your pocket, your brief case, etc. You don't want to be without them.



## "Do Well by Doing Good"



Ashley Villandry

I have been using Shaklee products since the

5th grade. Even then, I always knew I wanted to build a Shaklee business, but always thought it wouldn't be until I was much older and had already established my own career. In 2006 I was entering my junior year in college, and the 2006 Shaklee Conference could not have come at a better time. Prior to attending this conference, I did not fully understand the impact that Shaklee has on a global scale, nor did I understand Roger's vision for the future of Shaklee. I always saw Shaklee as something only "older" people did. The launch of Get Clean®, Cinch®, and hearing Roger speak changed all of that for me.

While in college, I directed an after school program in Boston for elementary-age and at-risk students. When I graduated, I worked with a summer program that taught sports to at-risk inner city youth.

In September 2008, I moved to Los Angeles to pursue a career directing inner-city after school programs - and began to build my Shaklee business. My focus was finding a job so that I would be able to afford to stay there while I built my Shaklee business. Two months later, I still didn't have a job. Shaklee very quickly became my plan A. I started reaching out to friends, and I was able to see steady business growth.

I plan to use my Shaklee income to start my own organization that guides inner-city students from elementary school through college with a backdrop of environmental leadership, social responsibility, and community service.

Shaklee has reinforced my belief that it is possible to "Do Well by Doing Good." It has also allowed me to think bigger and not only hold on to my dreams, but add to them as well.

## Get Clean Products offer cleaning choices that are:

### SAFE FOR YOUR FAMILY

- ✓ Nontoxic
- ✓ No harmful fumes
- ✓ Hypoallergenic
- ✓ No volatile organic compounds (VOCs)
- ✓ Formulated without hazardous chemicals such as:
  - Kerosene
  - Phenol
  - Cresol
  - Lye
  - Hydrochloric acid
  - Sulfuric acid
  - Sulfamic acid
  - Petroleum distillates
  - Ammonia
  - Sodium hydroxide
  - Butyl cellosolve
  - Phosphoric acid
  - Formaldehyde
  - Chlorine bleach
  - Morpholine

## SAFE and "EFFECTIVE" !



VS.



**Spray 'n Wash®, Shout®, and All® Small and Mighty™**

### Fresh Laundry Concentrate

As a pre-spotter, outperforms Shout and Spray 'n Wash.\* As a laundry liquid, it's 30% more effective at removing dirt and stains than All Small and Mighty.\*



VS.



**Ecover®, Palmolive®, Method®, and Seventh Generation®**

### Dish Wash Concentrate

85% more effective than Ecover® Dishwashing Liquid, 17% more effective than Palmolive®, 72% more effective than Method® Dish Soap, 98% more effective than Seventh Generation® Dishwashing Liquid, and 102% more effective than Whole Foods® 365™ Dishwashing Liquid\* on grease-cutting.



## SON'S "TIC" PROBLEMS FINALLY SOLVED!

When my oldest son Andrew turned three years of age, I decided to use a cleaning service. Shortly after they began cleaning, he began to develop a neurological eye-blinking tic that progressively got worse and he became very self conscious.

My husband and I spent hours, researching on the Internet, considering many different reasons why this was occurring in our healthy and happy three-year-old. We thought perhaps he needed his eyes tested, or maybe he had allergies to something, maybe it was nutrition, or maybe the stress of having a new sibling in the home impacted him so much this was a coping mechanism. I made appointments with allergists, optometrists, pediatricians, finding out he had great eye-sight, no huge red flags on allergies, and no explanation as to why these tics were occurring.

Well, as time continued, so did his tics and it was a daily struggle, but as Summer ended, his tics miraculously dissipated. Ironically, I had also quit using my cleaning service in order to save money. As time progressed, Andrew was Tic-Free.

As the holidays approached, I decided I missed that "clean" smell from my cleaning service, and asked them if I could purchase the cleaning products. Within a month's time, Andrew's tics returned. I had that mommy "gut" feeling that maybe, just maybe, it was the products I was cleaning with, but I wasn't completely sure.

So, a couple months back, I made the final discovery. I noticed in my garage I had some left-over deodorizer and thought it would help freshen my car. Within TWO days, Andrew's Tics were full-force! I quickly cleaned out my car with a steam cleaner (water only). Thankfully, after the last episode, Andrew's tics went away within a week's time. Finally, after a couple years, the mystery was solved!

I soon learned that indeed chemicals in just ordinary household cleaners are extremely toxic and I quickly started to think to myself, what else am I putting around my family that is causing damage that isn't obvious. I have completely switched to using Shaklee's non-toxic and green products.

Scotty & Marti Scott

# The Other Drug Problem

The prescriptions we take to regulate cholesterol, blood pressure and stomach acid are supposed to make us healthier. But could these medications be doing us more harm than good?

By Pamela Weintraub / April 2011

<http://www.experiencelifemag.com/issues/april-2011/wellness/the-other-drug-problem.php>

He had been a faculty member in three departments of a major university with an IQ north of 180. Over time, the professor lost the ability to recognize people he'd known closely for decades and to read more than a page of text at a time. He'd repeat the same thing over and over, not recalling he'd already said it. The diagnosis: rapidly progressive Alzheimer's. When he went to his 50th college reunion, he wore a sign around his neck with his name and the statement, I have Alzheimer's. Old friends needed an explanation for why he couldn't recognize people he'd known for decades or repeated himself endlessly throughout the night.

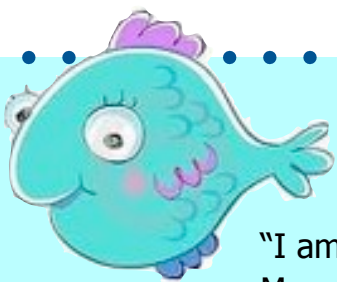
His condition seemed hopeless when he applied to enter a clinical trial testing a new Alzheimer's drug at Duke University.

Before he started the clinical trial, his wife took him off his cholesterol-lowering statin drug, simvastatin. By the time he got to Duke, he was no longer qualified to participate; he didn't have Alzheimer's, doctors said. Instead, he entered another study: The Statin Study Group, directed

by University of California at San Diego (UCSD) physician and scientist Beatrice Golomb, MD, PhD. "There are people with extremely severe functional deficits caused by statin drugs," Golomb says. Two years after he stopped taking simvastatin, the patient reported his recovery was complete. His mind was clear and he was back to reading three newspapers daily.

Statin's side effects are rarely so severe, but they are far more common — and numerous — than generally thought. And statins aren't the only popular drug with unpredictable side effects. Three common classes of prescription drugs in the United States — statins for reducing cholesterol, angiotensin II antagonists for lowering blood pressure, and proton pump inhibitors for reducing stomach acid — can all cause side effects worse than the problems they aim to treat. And the symptoms caused by one drug may necessitate the use of the others.

For large numbers of people with questionable risk factors, these drugs deliver little or no benefit, but that hasn't stopped pharmaceutical manufacturers from aggressively marketing them as preventive treatments. Underlying their marketing strategy is a host of scientific studies that "exaggerate positive results and bury negative ones," says Shannon Brownlee, author of "Overtreated: Why Too Much Medicine Is Making Us Sicker and Poorer" (Bloomsbury USA, 2007). "The science on which so much of prescribing is based is biased, shaky, over-marketed and misinterpreted. These are excellent drugs when used on the right people. The problem comes when they're marketed to everyone on the planet. There's benefit to a few people, but when you start giving them to everybody, they may do more harm than good.



## Medical Doctor reports on "Anecdotal Evidence"

"I am an M.D. My daughter suffered from temporal lobe partial absence **SEIZURES** from age two.

Many medicines helped but none were fully effective. I read an article on congenital defects in lipid metabolism ... brains are almost entirely formed by conglomerates of proteins and fatty acids. So I started my daughter on Omega-3 fish oil. From the day she started the fish oil capsules her seizures stopped. She had been having 2 to 3 per week - often more. It has now been six months since her last seizure. I don't know how widely this treatment applies in the community, but fish oil seems safe." (Anonymous M.D.)

There are thousands of reports like this regarding natural health dietary supplements, but in spite of these types of results, this medical doctor along with his peers must legally tell patients that there is "no scientific evidence" that fish oils might provide these types of benefits, only anecdotal reports that have not been clinically proven.

**Choose Shaklee's purified fish oils ... OMEGAGUARD.**



**Shakleekids™**  
Supersmart. Supersafe. Supernutritious.

The world's best  
childrens' supplements.



Chery Gaush writes:  
I asked my daughter if she'd be willing to write down what she just told me concerning taking vitamins. (She's 11 years old and takes Incredivites, Mighty Smarts, Alfalfa and Nutriferon.)

"Dear Shaklee Group,  
My name is Leah. My mom asked me today if taking my vitamins made a difference. My reply: Oh yeah. One time, I didn't take my Shaklee vitamins, and I felt

terrible; super bad allergies mixed with 'I-didn't-sleep-a-single-hour-last-night' feeling. At school, I was sneezing constantly. Yeah, it made a difference, Mom. She is so glad that I take my vitamins every day. Well, I kinda have no choice, unless I want to feel sick. I try not to forget to take my vitamins. It's now one of the first things I do in the morning. For this Thanksgiving, one of the things I am thankful for are Shaklee Vitamins."

## THANKFUL MOM WRITES

### 9 year old with Leg/Joint Pain

Ethan was 9 years old and he was suffering with leg/joint pain...to the point where he could hardly walk in the morning and had to have help getting dressed. He had roller coaster grades in school .. he'd go from A's to D's. He was very lethargic in the morning and then he would be so wound up after school that he could not sit and do his homework without mom sitting right next to him. His teacher had him sitting in the front of the classroom at school because he wouldn't pay attention, He had dark circles under his eyes, course stiff hair, etc. Since starting Shaklee, his pain is gone. He is making A's and B's. It's easier to get him up in the morning. He can get dressed by himself. Just after two weeks on Shaklee his teacher said he was acting better and was different...so he now sits in the back of the room. He does his homework by himself and often times he's doing it at school during study hall. No more dark circles and no more antibiotic's every few months for strep throat.

His supplements at the time:

Vita-Lea with iron...2 per day

B-Complex...2 per day

Soy Protein...twice a day, morning and before bed

Osteomatrix...3 per day

## The Shaklee Difference in Toothpaste:

I've been using the Shaklee New Concept toothpaste you gave me and I love it. I happened to be reading the back of the tube of Crest (that I used to use) and here's what it says:

Crest: "Keep out of reach of children under 6 years of age. If more than used for brushing is accidentally swallowed, get medical help or contact a Poison Control Center right away."

Compare this with what the Shaklee New Concept toothpaste says: "Apply a small amount on toothbrush; add water while brushing; rinse thoroughly."

Here's another reason I will continue to use Shaklee New concept toothpaste – you can use it to brush dentures or soak dentures



A healthy scalp is the foundation for healthy hair. That's why each of Shaklee's ProSanté hair products contain "Scalp Health Complex", a blend of vitamins, minerals and herbs that provide the optimal environment for healthy, thick and vibrant hair ... TEST Shaklee's Guarantee ... the products are clinically proven to reduce hair loss and strengthen and thicken hair!



## Nourish Your Hair

ProSanté®  
Hair Care



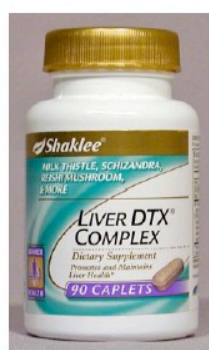
# DETOXIFY WITH SHAKLEE PRODUCTS

by Jill E. Stansbury, N.D.

Periodic fasts, hot baths, steams and saunas all help to cleanse the body of toxins. Herbs, supplements and a benign diet are equally as important. Periodic fasts, hot baths, steams and saunas all help to cleanse the body of toxins.



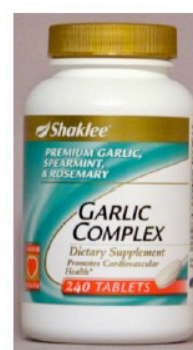
**Herb Lax**



**Liver DTX**



**OPTI FLORA**



**GARLIC**



**ALFLAFA**

Our world is a toxic jungle. Most cities now steep in a plethora of poisons--exhaust fumes, dioxins, heavy metals, industrial solvents, volatile substances and other chemical compounds percolate in the surrounding air, soil and water. Plus, much of the food supply contains dyes, preservatives, pesticide residues, nitrates, hydrogenated oils and other agents known to have carcinogenic potential. Then there are the many items in our homes and workplaces that contain toxic substances that can induce acute headaches, malaise and respiratory distress in some, and unknown long-term consequences for the rest of us.

Even the most dedicated among us who eat only organic, unprocessed foods and abstain from unhealthy lifestyles, cannot entirely avoid environmental toxins. This toxic onslaught is a burden on everybody, but particularly on those individuals with a liver, gallbladder, pancreatic or bowel disease, because these organs clear toxins from the blood. People with poor diets face double the risk because they typically consume an increased amount of toxic substances and an insufficient amount of nutrients for liver and tissue detoxification.

Frequent headaches, PMS, joint pain, fatigue, skin eruptions, digestive symptoms, halitosis (bad breath), recurrent infections and immune deficiency may indicate a need for detoxification.

## THE SILENT KILLER:

Inflammation is the activation of the immune system in response to infection, irritation, or injury.

However, when inflammation persists... when the immune system is always activated... it's known as chronic inflammation...the "silent" killer suspected of being the underlying cause of devastating illness and premature death.

The healthy human body is a remarkable creation, performing the tasks we ask of it without much complaint.

But... chronic inflammation will gradually age, sicken and eventually destroy this wonderful living machine.

**WHAT TO DO?**

## CAN "VIVIX" FIGHT INFLAMMATION AND PAIN?

*My joints would get so inflamed and sore that I could hardly walk and when I did, it would be with a walker.*

*I have been taking Vivix daily for two years now. Now, and for many months, I haven't had inflammation in any of my joints! I knew it had to be Vivix because that's the only thing I have done differently.*

*I take it every day consistently. It is well worth the money I spend on it not to have the terrible pain I used to have! My grandson swears that I'm getting more and more dark color back in my hair ... however at this point I'm not making that claim!*

***But this I do know .. Vivix works for inflammation and pain!***

*Larue Boyette*

