



The Beauty of SHAKLEE

FREE MEMBERSHIP

It's a great time to tell your friends and family about Shaklee! Now through May 20, 2011, your friends, as new members, can receive the \$19.95 membership fee waived when they purchase just \$30.00 in Shaklee products! Take advantage of this great, one time offer.

SHARE WHAT YOU LOVE

AMAZING "TURN-AROUND" !

Shirley Davis had a very serious dermatitis condition for 5 years. She went to 3 dermatologists who controlled it with topical steroids. However, when she went off of the steroids, the condition returned worse than before. All skin care products and makeup aggravated it. Sometimes it was so bad it would bleed!



THREE WEEKS AFTER USING ENFUSELLE, HER SKIN CLEARED AND THE CONDITION HAS NOT RETURNED!

Enfuselle is a healing, anti-aging skin care line by Shaklee.



"Imagine how I would look today without Enfuselle!"

Deb Villarese



July 1994



Mar 1999

Beauty Tip

Have you wondered how some people have such "glowing" skin? Skin that is bright and not dull and lifeless. Perhaps you concluded that as you age, "dull skin" is just what happens?

Here's the deal ... it's all about exfoliating the dead skin cells on a regular basis. Simple!

Shaklee's Refining Polisher can give you that "glow" ! This head-to-toe, hypoallergenic exfoliator and moisturizer stimulates, clarifies, and softens skin. In the shower, its natural humectants pull moisture from the steam into your skin, instantly reviving its dull, tired appearance and feel. Gentle enough for everyday use - even for sensitive skin - it contains triple patented Vital Repair+® for a natural defense against free radical change.

Clinically proven:

72% increase in skin smoothness in 28 days

48% increase in retained skin moisture in 28 days

Physique for Seniors

Dr. Richard Brouse



"The nutritional needs of mature individuals is unique.

- Digestion, muscle mass and hormonal regulation tend to decrease.
- Body fat and blood cholesterol levels tend to increase.
- Cardiovascular efficiency, blood sugar regulation and energy levels tend to decrease.

These changes seem to be related to the aging process and made us ask the question 'What factor seems to have the greatest effect on aging?'

After two years of recommending Physique to 210 elderly patients (men and women between 65 and 84) at my clinic, we noticed some amazing results that we would like to share with you.

1. 72% of people over 65 years of age who began using Physique daily had an increase in energy and more muscle mass after six months
2. Sugar regulation of those who had been hypoglycemic or hyperglycemic ... this returned to normal in 56% of the cases within 3 months after starting daily use of Physique
3. 60% of all elderly patients following our recommended exercises had less muscle and joint symptoms within 3 months after daily use of Physique.

These findings can only suggest that Shaklee Physique is a very useful addition to the nutritional program of the elderly population who are physically active and taking positive steps to maintain their health. When maximizing the diet and regularly supplementing, significant benefits can be gained by the elderly using Physique.

Others who would Benefit from Physique:



- people who suffer with fibromyalgia,
- people who suffer with chronic fatigue syndrome
- people actively involved in sports of all kinds
- anyone whose work makes heavy physical demands on the muscles

From "Free" Products TO A Real "Income" Opportunity

When Suanne and Bill Repine, Coordinators from Maryland began their Shaklee business 17 years ago, they never imagined their Shaklee business would someday support them through a difficult time. Like many in Shaklee, they were drawn by the products and saw the opportunity as a way to help others experience better health as they had. But in June 2008 Bill was laid off from



his six-figure income job after 35 years in the computer industry.

Suddenly, the business they used to help others began to help them get through a rough time. "Our bonus checks have been and continue to pay real bills each month like our car payment, college loans, groceries, and utilities," says Suanne.

Lingering Headache Gone !

My daughter, Amber, talked about how she had a guest who complained about a headache. She gave the guest Shaklee's electrolyte balancing product called Performance, and the headache quickly disappeared.



Unfortunately, when I had a headache that lingered for 2 days I did not remember her comment. But upon hearing about my headache, Amber again, suggested the Performance, and guess what? After taking the Performance, the headache was gone before I knew it! In looking back, I had gotten busy and had not fixed my usual "Energy Tea Mix" drink for a few days, and apparently my diet had been off and it had not provided me with the good electrolytes that I needed ... thus my lingering headache.

Lorri Kreuscher

ENERGY TEA MIX

16-20 ounce drink bottle to which I add:
2 Cinch Pomegranate Green Tea sticks
2 scoops Performance (Lemon/Lime or Orange)
Add a small amount of room temperature purified water, shake to dissolve, then add:
Crushed ice plus more purified water and shake
I sip on this throughout the day.

ALLERGIES

While allergies to foods, animal dander, mold and dust mites occur all year around, with the beautiful Spring flowers comes a whole new allergy season. If your children suffer from allergies, here is some information passed on to me by Stephen Chaney PhD. that you should know:



The Journal of Allergy and Clinical Immunology, published February 16, 2011 just reported a major clinical study by Dr. Michal Melamed and

colleagues showing that children and adolescents with low blood levels of VITAMIN D are much more likely to suffer from allergies than those with adequate blood levels of vitamin D.

They looked at vitamin D status (as measured by 25-hydroxy vitamin D levels in the blood) and sensitivity to 17 different common allergens in 3136 children and adolescents aged 1 to 21 in the NHANES (National Health and Nutrition Examination Survey) database from 2005 and 2006. The data were adjusted for age, gender, ethnicity, obesity, socioeconomic status and hours spent watching television, playing video games or on the computer (a measure of activity level - or more strictly speaking inactivity level).

They found that children and adolescents with low blood levels of vitamin D (< 15 ng/ml of 25-hydroxy vitamin D) were significantly more likely to suffer from 11 of the 17 allergies tested than those with adequate blood vitamin D levels (> 30 ng/ml of 25-hydroxy vitamin D). This means children with vitamin D deficiencies are significantly more likely to suffer from allergies to peanuts, ragweed, oak, dog dander and dust.

IS YOUR CHILD VITAMIN D DEFICIENT?

Previous studies have shown that up to 70% of children in this country have low blood levels of Vitamin D.

Around 16 million children (or 16% of the population) suffer from allergies.

The incidence of children suffering with allergies has increased by 18% in just the last 10 years.

The latest dietary recommendations calling for children to take in 600 IU of Vitamin D daily should keep them from becoming D deficient.

HOWEVER ... Vitamin D is just one of many things you can do to reduce the risk of allergies in your children.



ALFALFA AND NUTRIFERON ... THE MAGIC BULLET

I had been told by allergists that it was easier to tell me what I was NOT allergic to than what I was. So I resigned myself to a life of taking prescription medications, allergy shots that would



make me sick, and nasal sprays that were awful. Then, I decided to get cats. Now.. I know what you're thinking, "He's allergic to everything... surely cats are on the list!", and you'd be right. But this time I remembered the alfalfa that I took as a child. And I remembered

reading information on Shaklee's NutriFeron. So.. I went online and ordered my stuff. I got the cats, I got my product, and started taking it. Then I waited to see what would happen. And here's the best part.... Nothing happened!!

No sneezing... no runny nose... no feeling miserable because cats are around. No more prescription medications, that have nasty side effects!

Nothing. I can actually live in a house with cats and not have an allergic reaction. It's amazing to say the least. I don't get that lethargic feeling the medications would cause. I have more energy. I sleep better. I'll never drift away from my Shaklee supplements again. They mean too much to me now. Get this.. the only times I feel my allergies kick back up is when I forget to take my Alfalfa and NutriFeron

Tim Bowden

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FOR A GREEN, CLEAN & SAFE HOME CHOOSE SHAKLEE CLEANERS



Some of the greatest health hazards are the result of toxins in our homes.

Are you living in a healthy home?

You know that good, healthy feeling you get when you've just cleaned house? Sorry to spoil it, but you may have just made your home dirtier.

Think of it this way. You wouldn't let your kids play with toxic chemicals, so why would you let the baby crawl over a floor that's just been wiped with them? That's much more dangerous than the orange juice that was just there. How dangerous?

Just take a look at these statistics.

- Over 90% of poison exposures happen at home.
- Common bleach is the #1 household chemical involved in poisoning.
- Organic pollutants found in many common cleaners and even air fresheners, are 2 to 5 times higher inside your home than out.
- A person who spends 15 minutes cleaning scale off shower walls could inhale three times the "acute one-hour exposure limit" for glycol ether-containing products set by the California Office of Environmental Health Hazard Assessment.
- Common cleaners give off fumes that have been linked to increasing the risk of your kids developing asthma, the most common serious chronic childhood disease.
- 1 in 13 school-aged children has asthma. Rates in children under five have increased more than 160% from 1980 – 1994.



ELIMINATE FRESH CUT FLOWER WATER "STENCH"

I heard that bleach in the water of fresh cut flowers would keep the odor down. So I decided to put a little of Shaklee's Basic G (germicide) in my flower water. I cut the flowers, put them in a vase with approximately 1/4 tsp. of Basic G in the water (about a quart of water). Normally I have to change the water every couple of days and hold my breath to keep from the swampy odor. This time I forgot to change it for several days. To make a long story short, the water didn't stink! Not only that, but the flowers stayed fresher. I trimmed the flowers again, put in fresh water, a little Basic G and hope to enjoy them for another 1 1/2 wks. Kenya

Cholesterol Story FOLLOW-UP

October, 2010

Our family has a history of high cholesterol and I have been battling high LDL levels for quite a few years.

My HDL has pretty consistently been in a good range, but I was very excited to begin using the Cholesterol Reduction Complex by Shaklee so see if it would reduce my LDL.

I started taking it in August right after the product was launched. You need to take 2 tablets 15-30 minutes before two of your meals. Sometimes that was a little tricky to remember, so I set my cell phone alarm!! I have consistently taken it now for 2 months.

I had my cholesterol checked shortly before I started taking the Cholesterol Reduction Complex. I had it checked again this week and got the results yesterday.

I am pleased to report my LDL has already dropped from 180-150, almost 20% in just 2 months!! I told my doctor what I was doing and she told that it takes a while for LDL to drop so advised me to be patient as it continues to drop! I am confident it will soon be in the normal range.

April 2011

I had another LIPID panel on April 2. I was thrilled to see the continuing positive results. It has now been 7 months since I started taking CRC. I take 2 tablets before 2 meals per day between 85 and 90 % of the time. I still have my cell phone alarm set so I don't forget!

My LDL has dropped to 117. That is over a **35% drop**. My HDL has increased to 60. My overall cholesterol is lower than it has been in the past 20 years! Barb Hill Behar