



The first wealth is health.  
Ralph Waldo Emerson

# Newsletter Shaklee

## Lisa Did It!

Lisa was in nursing school at night, along with being a busy mother of four little ones who were sick a lot. When Shaklee came along she initially saw it only as a way to help her family get well. However, it turned into a thriving business with full time income. This income allowed Lisa to stay at home with WELL KIDS and live the life that she had only dreamed. She has traveled the world enjoying all expense paid luxury trips by Shaklee ... from a Safari in Kenya to Mexico to the Bahamas, a Caribbean Cruise, and next year she is off on an all expense paid trip to China. Lisa is fast approaching a 6 figure yearly income doing what she loves, which is helping her family and others feel better!

Laura

Lisa Anderson



All The Vitamins Your Skin Craves  
in One Simple System



## Enfuselle

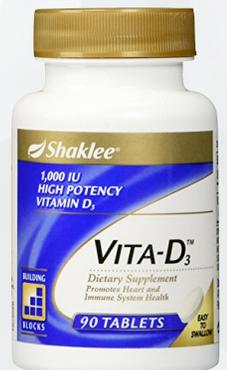
*“One look in the mirror had me amazed at the difference Enfuselle products make!”*

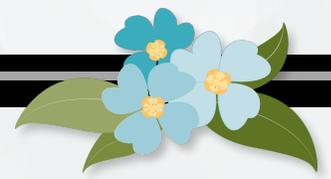
Maria, Enfuselle User since 2013

**Our triple-patented Vital Repair Antioxidant Complex fights free radical damage and includes a unique botanical ingredient that works gently like an alpha hydroxy acid (AHA), but without the irritation.**

## PSA Drops from 10.1 to 0.614 — No Drugs!

Our neighbor expressed concern because he was told he had prostate cancer, or at least high PSA numbers which indicated a problem. Up until this point, he had only dabbled with an occasional Shaklee product or two. He began a regular program of Shaklee Saw Palmetto and Vitamin D3. After 6 months, he called excitedly to tell me that his PSA numbers had gone from 10.1 down to 0.614! Sharon





# Resveratrol in Grape Skins Could Help Treat Cancer and More

By Dr. Mercola

Resveratrol, a potent antioxidant found in a number of plants, including red grape skins, pomegranate, raw cacao, peanuts, and berries like raspberries and mulberries, is known to have a number of beneficial health effects.

Resveratrol's antioxidant, anti-inflammatory, and anti-carcinogenic properties have been well-established by science, and its benefits are thought to extend to the prevention and treatment of chronic diseases such as **cancer** and **Alzheimer's disease**, among others.

It belongs to a family of compounds known as polyphenols, which are known to combat damaging free radicals, which is likely why **life extension** in general is also on its list of health benefits.

Resveratrol is found in abundance in red wine, and it's highly soluble in alcohol, which means your body may absorb more of it from red wine than from other sources. I do not, however, suggest drinking large amounts of red wine, as alcohol in and of itself is a neurotoxin.

Whole foods, such as **muscadine grapes**, for example, are a better choice. Muscadine grapes have the highest concentration of resveratrol in nature because of their extra thick skins and numerous seeds where it is concentrated. *(editor's note: Shaklee's source for Vivix is the muscadine grape.)*

Other whole food sources include cocoa, dark chocolate and peanuts, but it may be difficult to get a therapeutic dose, especially since these are all foods I recommend you eat only in moderation. Another option is to take a resveratrol supplement. In this case, be sure to look for one made from a whole food complex that includes muscadine grape skin and seeds.



## Resveratrol: A Powerhouse of Health Benefits

Resveratrol is often referred to as "the fountain of youth" due to its wide-ranging health benefits greenmedinfo.com lists no less than 590 scientific studies showing the beneficial effect of resveratrol for 342 different diseases. In addition to its anti-cancer properties, resveratrol has been shown to reverse oxidative stress, reduce inflammation, normalize your lipids, protect your heart, stabilize your insulin, and much more.

## Best and Most Effective Resveratrol Product: VIVIX

Shaklee scientists went beyond resveratrol in the creation of Vivix by creating a unique polyphenol blend that adds to the power of resveratrol. Shaklee scientists identified and created a proprietary Rejuvetrol™ polyphenol blend:

**13 X more POWERFUL than Resveratrol alone**

**40% Lower Rate of Telomere Shortening**

Example: 80 year old Vivix user would have the same telomere length as a 41 year old!

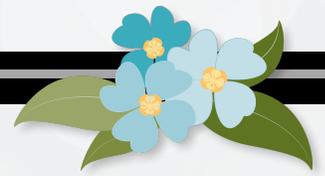
**Protects and Repairs DNA**

**Backed by 5 Patents**

**Based on the powerful Muscadine Grape**



Available in liquid or capsule form.



## The Best “Proof” of VIVIX is in the Results

### Eye Sight Gone ....

After gradually losing his eyesight, our friend Rich was diagnosed with a rare, hereditary degenerative eye disease. Sadly there was nothing they could do for him.

Rich and his wife sold their house so he wouldn't have stairs to climb or yard work to do. Rich lost his driver's license and had to use a powerful magnifying glass to read or use the computer. I asked Rich if he would agree to be my guinea pig, and try our new product called Vivix. After being on Vivix for a year, his sight returned and the doctors were amazed. He got his driver's license back and can do everything he used to do before losing his sight. He never misses a day of Vivix, and we are both so grateful to Shaklee for the amazing research they do and the wonderful, life-changing products they make.

Vicki

### Section of Heart Dies!

I had a heart attack at the age of 37 and another at age 40. The first one left the lower left section of my heart dead. Shaklee has kept me healthy for 27 years, however, eventually I needed bypass surgery (I did not have a heart attack but some arteries were narrowing). Then, in 2008, I started taking Vivix. A few years later someone asked me at a convention if I was taking Vivix, and I said, “yes”. They asked if I was taking it two times a day, since I had a heart condition. I said, “no”. She recommended at least 2 times a day. So, I started taking it 2 times a day. The following year, when I went in for a thallium stress test, the doctor told me that he has never seen this in all his years as a cardiologist ... **the dead part of my heart was growing back**. I continued to take Vivix 2 times a day and the following year it was even better! Vivix is an amazing product. It is for everyone, but especially for those with a heart condition. My heart is improving every year.

### 90 Year Old: “He Thinks is 20 again!”

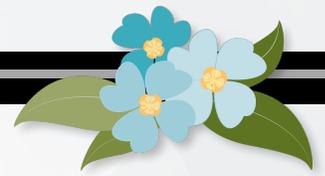
My Dad was VERY unhealthy in his sixties before Shaklee. Then, Shaklee came along and my mother made sure he took generous servings daily for years. Dad is 90 years old and still runs his lumberyard, sees his lady friend daily, and is very sharp mentally.

When Vivix came along, my Dad did not think he needed it. I gave him the "talk" about the need for it and gave him the "talk" again several months in a row to convince him he needed it daily. Now he is absolutely convinced and takes it every day without fail. These are his results: Dad takes no medications at all, **his health kit is Shaklee nutrition** which he takes daily. His **eyesight** is better and his **skin looks younger** .... many people think he is in his 60's as he really looks that young. His **heart is stronger** with a more regular heartbeat; previously he had some irregularity in his heartbeat. However, the change that Dad is really thrilled over is the **lack of pain in his stomach**.

He lifted something quite heavy five years ago and felt something tear. He had blood in his urine so visited the doctor and they found nothing. But, since that time, he has had an uncomfortable feeling and he could not lift anything very heavy .... sometimes I feel my Dad thinks he is 20 again! He was so excited to share with me a couple of weeks ago the pain is gone and he can lift again with no pain.

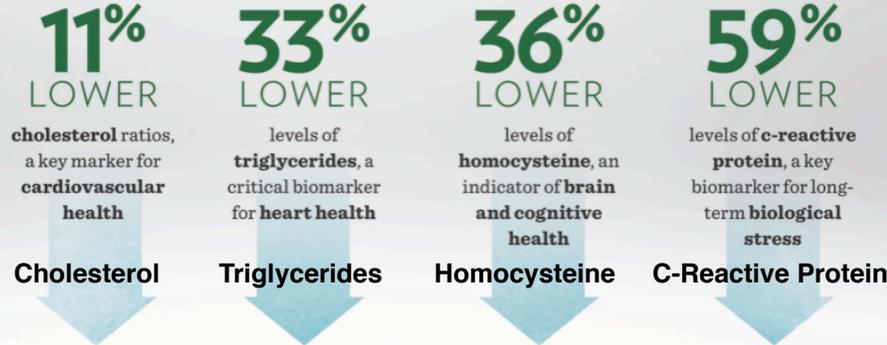
**I write this as people seem to feel that past a certain age, improvement is impossible, not so, Dad has proved that.**

Sondra



# THE LANDMARK STUDY

Percentages reflect Shaklee supplement users compared with other supplement and non supplement users. Conducted in collaboration with U of California,



## “GUARANTEED” RESULTS WITH THESE PRODUCTS:

**Life Strip with Vivix, Life Shakes, NutriFeron**

- EFFECTIVE ... 26 Scientific Studies
- EXCLUSIVE ... 35 Patents/pending
- POWERFUL ... 100 Vitamins

**Reduce your Risk of Disease  
FEEL AMAZING!**



## Blueberry Belly Buster Shake

### Ingredients:

- 2 scoops Vanilla or Strawberry Life Energizing Shake
- 1 cup of blueberries or other berries
- 1/2 cup of Greek yogurt (unsweetened)
- 1 cup of milk (soy, almond, coconut or just water)
- Squirt of real lemon juice
- 4-6 ice cubes
- Option: Add flaxseed to this delicious blueberry treat.



**I live in Iowa and battled allergies all my life.** After working as a flight attendant and having a family, my allergies got worse. The sneezing, eyes itching, runny nose, especially in the fall, had me seriously considering allergy shots. One day, two of my friends, Ann and Jessica, came by and we got on the subject of

*In three to four days, I had total relief.*

my allergies. I am guessing I looked a mess as I was feeling lousy. My friend, Ann, told a story of being on a trip to Missouri and stopped to

visit a friend with many pets. When Ann started having itchy eyes, top of mouth irritation, and a headache, the hostess ran and got 7 Alfalfa and 3 NutriFeron (Shaklee products) claiming that Ann would have relief in minutes. Ann was pleased with how well the supplements worked.

I was willing to take the products, but I did 3 Alfalfa and 1 NutriFeron and it didn't work...like I figured. Later, I saw Jessica, and she reminded me the magic number was 7 and 3. I took 7 Alfalfa and 3 NutriFeron reluctantly thinking they just wanted me to spend more money, but all 10 worked! In three to four days, I had total relief. I am now an enthusiastic "sharer" with my kids, other family members, and friends of how to beat seasonal allergies. I tell them, "You'll feel better, not drowsy and these are safe and wonderful for kids." No more itchy eyes, runny nose or sneezing! Even better news is that my teenage son is getting the same great results. Thank you friends for telling me about these products that are allowing me to say goodbye to allergies.

Suzanne



Your Distributor: