



The Holidays Are Coming - Shaklee Can Help

**This Year, Give them the Gifts of Good Health
Save Time and Money Too!**

You really don't have to waste your valuable time and gas by driving all over town searching for the gifts on your shopping list. Neither should you worry yourself over which tie to choose for Uncle Harry who probably won't wear it anyway. You can shop with ease in your Shaklee online store and have all the presents sent right to your door. All the gifts for family and friends in one neat package without ever leaving your house. And everyone will love their healthy gifts. Place your order this week, and the gifts will be there in 7-8 days. Then take your time to loving wrap and package them just the way you like, and you're done! Gifts under the tree and NO more shopping. Strike off one major to-do list! Yea!

Give the gift of GREEN!

Everyone is going green and Shaklee is the greenest company around. The Get Clean line offers many choices and combinations to delight a Mom who is house-proud...or a Dad who details his car...or anyone who is eco-conscious and concerned about toxins in the home. Plus it's a practical gift that will be used and appreciated by the recipient and the earth.



Shaklee has product groupings that range from \$20 - \$40 - \$99 Member prices. They make great gifts and there's one that is just right for that special friend or relative on your list. Be sure to check out the cute Get Clean Mini Kits—there are three groupings—all below \$45. Wrap up in a big bow or place in a decorated basket and you have a GORGEOUS gift.



[CLICK to See ALL the Home Care Products](#)

**SCOTT'S FAVORITE COLD
"Energy" TEA DRINK**

I mix this up daily and drink throughout the day:

Use your favorite

16 - 25 oz drink bottle.

Add a small amount of room temperature purified water

Stir to dissolve: 2 Cinch Pomegranate Teas & 1 scoop of Shaklee Performance (either flavor)

Add ice cubes or crushed ice and fill with more purified water.

Pomegranate Tea: [click](#)

Performance: [click](#)



SPECIAL OFFER!

Buy 1 Shakleebaby™ Gentle Wash at regular price and get 1 Shakleebaby Massage Oil for only \$5!

[BUY NOW](#) Expires DEC. 18



Tips and Tricks for a Healthy, Stress-Free Holiday

Gain Control of your Size Lose Weight and Inches Over the Holidays!

[Get CINCHED - Get Your Weight Loss Products Today CLICK](#)



The average weight gain over the holidays—from Thanksgiving to New Year—is **7-12 pounds!** There are many reasons this happens. We are tempted by tantalizing rich foods, we are stressed out and seek comfort from food. We attend multiple social events where food and liquor is abundant, and we eat out more to save time, or we grab take-out or drive through the fast food places. **This year, DON'T DO IT! Plan to LOSE WEIGHT—or at least maintain –** through the holidays. So how do you do that? **Get on CINCH—THE INCHLOSS PLAN.** Ask a few friends to join you and now you have a support group...weigh in once a week all through the holidays ...and beyond if you need to. Then, eat what you want for two days over Thanksgiving and two more over Christmas, but stay on the plan the rest of the time. You will lose weight.....and come New Year, you'll be **AHEAD** of the weight loss game!

Stay Healthy and Energetic

The added pressures and demand from all areas of life at this time can really take it out of you, leaving you with no energy and feeling exhausted and drained. Your nutrients are depleted and what you're putting back in the fuel tank in terms of food isn't the most nutrient dense. This is when your body is more vulnerable to colds and flu and those who are susceptible can also give in to depression. Safeguard your mental and physical health with Shaklee Nutrition products. A healthy protein shake and Vitalizer or Vita Lea can make all the difference in your energy level and keep you healthy though this challenging time.

[SEE ALL THE SHAKLEE PRODUCTS - CLICK HERE](#)

Get Stress Relief

While you may not be able to STOP the stress, you can at least address the symptoms of stress and protect yourself from the damages that stress can cause.



Nearly half of all American 18 to 49 experience everyday stress. And the impact is huge. The Centers for Disease Control estimates that 75-90% of all doctor visits are stress-related. **Stress Relief Complex*** helps relax body and mind - without using kava - while promoting alertness. It also helps your body adapt to stress and, in as few as 30 minutes, can lift away stress*.

[EASE STRESS IN 30 MINUTES - CLICK HERE](#)

Quick Tips to Make a Difference

- ◆ Carry emergency **Cinch Snack or Meal Bars** to save you from a fast food fix
- ◆ Eat an Apple Cinnamon **Fiber Advantage Bar** prior to a party to dull your appetite
- ◆ Stick with the low-fat choices such as veggies etc. Avoid rich dips. Eat smaller portions
- ◆ For overindulgence? Take **Chewable Calcium, Stomach Soothing Complex, EZ-Gest**
- ◆ **NutriFeron** daily to protect and balance immune system and fight off flu and colds
- ◆ Make lists and stay organized—shop Shaklee for your favorite people
- ◆ Take time to pamper yourself—a hot bubble bath. Think **Enfuselle Shower Gel**
- ◆ Schedule in your exercise and choose healthy foods
- ◆ **Memory Optimizer** to help remember all your social activities
- ◆ Drink LOTS of pure **Get Clean Water** to stay hydrated while out and about
- ◆ Replace Red Bull with **Energy Chews or Energy Tea Sticks** - for the power shopper or a gentle —lift!
- ◆ Keep **Shaklee Defend & Resist** in the medicine cabinet to thwart an attack of flu or colds. 6 per day for 7 days!



[SEE ALL THE SHAKLEE PRODUCTS - CLICK HERE](#)

[ABOUT SHAKLEE BUSINESS - CLICK HERE](#)



Shaklee
Surprise!

Give the Gift of Health



Get Creative and Save!

Group Shaklee products in a basket with a pretty bow. You could even team up a Shaklee product with a gift from the store or a gift card. Group products that complement each other. You're limited only by your imagination!



Spend a little or a lot. You decide what your budget will allow. It's fun, saves money, and gifts that are lovingly assembled, are so unique and appreciated.



Get a Head Start, Shop Shaklee Today Gift List Checked Off - Done!

How would you like to be finished with your Holiday shopping and have the gifts all wrapped by Thanksgiving? You can definitely make it happen. Check out these ideas for gifts:

- ◆ **Teachers:** Energy Chews
- ◆ **College Students:** Vita Lea, Energy Chews
- ◆ **Car Enthusiasts:** Basic H2 and Spray Bottles
- ◆ **Kids:** ShakleeBaby and ShakleeKids products
- ◆ **Grandma:** Vitalizer Gold and/or Vivix
- ◆ **Grandpa:** Vitalizer and Saw Palmetto
- ◆ **Dad:** Vita Lea + B Complex + Stress Relief
- ◆ **Mom:** Enfuselle Aging Skin Car
- ◆ **Athletes:** Physique and Performance

Stocking Stuffers

Shaklee calendar, Shaklee gift certificate. Lip Conditioner, Cinch Bars, Energy Chews, Meadow Blend Bar; Fiber Bars, Scour Off, Basic H Wipes, Herbal Blend Multi Purpose Cream, Joint and Muscle Pain Cream, Shea Butter Cream, Mighty Smarts Chews, Incredivites, Vita Lea, Cinch Tea Sticks

LDL Cholesterol Drops 29 Points in 3 1/2 Months



In late July my husband's cardiologist was beginning to talk "statins" which are not even an option for us because of all the side effects, so James began

taking the Cholesterol Reduction Complex in late July. In 3 1/2 months, after taking the Cholesterol Reduction Complex, James' LDL (bad) dropped from 145 to 116. His HDL(good) increased from 63 to 78. His Cardiologist is amazed. James is on no medication, only vitamins and his Doctor is wanting information on what he has been taking. **His overall ratio went from 3.5 to 1.49!** These are stunning ranges and in only 3 1/2 months.

Lilli Hetherington

[CLICK HERE FOR CHOLESTEROL REDUCTION](#)

Get Clean Water Pitcher

A Gift of Healthy Water



It's Food Safe! BPA-Free! 10 Cup Capacity

Get Clean Water is a multi-patented water filtration system that helps clean your water and reduces aesthetic chlorine, as well as taste and odor. It features an exclusive carbon-block filter system that uses sustainable coconut shell carbon made with a zero-emission process. Beats leading brands!

- ◆ Certified to reduce lead
- ◆ Certified to filter 80 gallons
- ◆ Costs only pennies per gallon
- ◆ Healthier, great-tasting water!

[CLICK
HERE TO
BUY](#)

HOLIDAY SPECIAL: \$99 For 1 Year Water System

Shaklee's Making A World of Difference



SHAKLEE DID IN 7 MONTHS WHAT 14 DOCTORS COULDN'T DO IN 10 YEARS FOR MY SKIN !!!



When I was 13 years old, my face started breaking out. My sisters (6 of them) had peaches and cream complexions. My mom felt badly for me, so she started taking me to dermatologists. Within a 10 yr span, I went to 14 different doctors.

Each doctor had his own solution; and all of them included some type of antibiotic. I had salves (that burned), shots in my arm and cortisone shots in my face, dry ice therapy, sun lamp treatments, etc. Each time my skin would clear up, but then after stopping the treatments, my skin would break out again and get worse. My few pimples turned into acne and I was eventually referred to the head of dermatology at Johns Hopkins. There, they put me on 6 tetracycline tablets a day for 2 yrs. Can you imagine taking antibiotics for 2 yrs – and at such high levels? I moved to New York when I was 23 yrs. old. One day at my new job, my mom called to say she had made an appointment for me with the head of Columbia Hospital. I started crying and said that I was done. I couldn't take the ups and downs, the disappointments anymore – I would rather have the acne!

When I got off the phone, Helen, one of the secretaries in the office heard me on the phone. She said, "I have something that will clear up your skin for good. It may take a year, but it will get to the root of the problem." She was a beautiful woman – beautiful hair and skin, but she was always taking pills and I thought she must be sick!!!! There was something so genuine and caring about what she said and how she said it that I was willing to give it a try.

She was very honest and said that my skin might get worse before it could get better because of all the medications I had taken. That it all had to come out so I could get better. And, that made sense to me. Well, the products she was talking about was Shaklee. I took ONLY 3 products – Energizing Soy Protein, Vita-Lea and Herb-Lax.

At first my skin did start breaking out – but at the same time a lot of other things started happening. I started sleeping better, my PMS symptoms went away, the skin around my eyes started looking healthier – no more circles, and I had more energy. I started experiencing a feeling of well being that I had NEVER experienced before. Well, true to Helen's word, my skin was clear within 7 months. Barbara Mulin

God's Green Girl - Loving Shaklee and Helping Others



**"God has really put this in my life for so many reasons.
My joy is truly guiding others to wellness and I am so
confident that Shaklee is the best tool I have"**

Congratulations to Mary and Jason Cunningham, new first level FastTrack Directors in October 2010. Mary has used Shaklee products since she was a teenager and Jason is a huge support and encouragement to her. She is on track for the New Director's Conference next May and is as excited as anybody can be about the goodness of Shaklee. Mary's business is called God's Green Girl. She is passionate about Shaklee Get Clean products and uses them in her

green cleaning business. Mary is a busy Mom of four and in addition to the home cleaning, she waitresses part-time, is a Personal Fitness Trainer and now is building a successful Shaklee business. Mary believes in service—she goes the extra mile for her clients and helps them shop for organic produce at Trader Joe's—and she truly believes everyone should change brands to Shaklee for the sake of their family's health. Where in the world does Mary find the time? She's organized, energetic, purposeful and wholeheartedly believes that —Shaklee keeps me going. ll

Mary is dedicated to guiding others to a happier, healthier life from an holistic approach that includes exercise, eating clean and Shaklee supplements. She lives it and teaches it. She is an enthusiastic supporter of the Cinch Plan weight loss program and has several friends and her Mom on Cinch—one excited friend lost 71/2 pounds the first week. Mary loves helping people and it shows. We are very proud of her success and know that this is just the beginning of a bright and rewarding future with Shaklee, making a difference in the lives of others and —doing well by doing good. ll

ENCOURAGING TESTIMONIALS!

DIALYSIS & RHEUMATOID ARTHRITIS

I can remember being very sick when I was 2 years old. My kidney infections were so bad and I had such severe hives that my mother would put me on a little pallet in front of the door to keep me cool.

When I was 30, the doctor informed me that I had Rheumatoid Arthritis throughout my body; he prescribed Indocen. My fingers were full of nodules and stiff. Herb, my husband, had to pull me out of bed each morning to get me on my feet; I was so stiff, I couldn't do it myself.

I have been using Shaklee for 35 years. I have been re-tested for Rheumatoid Arthritis and the doctor said I do not have it anymore. I don't have trouble with my blood sugar like I did either. I just thank the Lord for leading me to the doctor who was responsible for introducing me to the Shaklee Food Supplements, because it had resulted in restoring my health.

In 2010, my doctor wanted to put me on dialysis, because my body kept creating kidney stones/infections; my creatinine level was over 4. I didn't want to go there three times a week, so I said NO!

He said I would die if I didn't and I told him that was OK, because I was a Christian and I was ready anytime the Lord wanted me.

I increased my Vivix from one teaspoon to two tablespoons daily and after six months, to my doctor's surprise, my creatinine level dropped to 1.0 which falls in the normal range for women of 0.5 to 1.1. Now, I go to the Nephrologist only once a quarter!

Alice Johnson, St. Petersburg, Florida

JOINT PAIN, SWELLING, JOWLS, HAIR, SKIN

I purchased the VIVIX several months ago and have taken maybe three teaspoons here and there but none since late last winter. I just had no problem with growing older and besides, I was in pretty good health. After receiving a copy of the VIVIX testimonials I thought maybe I should try it seriously. I started around the 10th of September.

While cleaning paint from under my fingernails one evening about a week later, I thought the my fingers looked more elongated, but thought I was imagining it. But every evening as I sat down to read I would look at my hands and think not. The joints in my fingers have been enlarged for several years now. I have taken the Joint Health Complex and Pain Relief regularly and never really had pain issues. After about two weeks I was sure something was happening because of the VIVIX. I had not mentioned anything to anyone, but at Sunday dinner I put my hands on the table in front of my husband and told him what I was seeing.

The elongated appearance had come from the swelling going down on the tops of my fingers. But additionally the swelling was receding at the sides of the joints. The middle joint of my little finger on my right hand has been much more enlarged than the other joints. It is still out of proportion to other joints, but the swelling reduction is huge.

The most visible reductions happened with the first month. The joints on my left hand are almost returned to normal. One of the fingers on my right hand looks funny now because the swelling is going down in an uneven manner, and the joints are looking a little crooked. Do I care?? Not!! I proudly tell everyone I see.

My husband and I attended a luncheon a couple of weeks after I had started taking VIVIX. One of the ladies attending mentioned that I looked so young. People have said this before to be polite. But she later came over to our table and said to me, "I'm not kidding, you do look younger." So I started looking in the mirror. I wear turtle necks all winter and each spring I look in the mirror and gasp. But now I looked and the lower lines at my neck are continually diminishing. When visiting my sister that weekend, she looked at me and said, "Your jowls are gone."

Besides this a couple of large age spots are diminishing slowly. And I am also seeing dark roots in my hair where only white has come in for several years. My skin is changing as well; much silkier. And my hair has become very silky. I am not a vain person so these last visible results alone would not have been a reason for me to use VIVIX. But these in combination with the joint results have surprised me beyond anything I could have imagined. Not to mention what all is going on inside where it is not visible. I have used many Shaklee supplements for approximately 28 years and know I am healthy because of that. But I have to say VIVIX really tops it all for me.

Joy Dunham, Age 65, Michigan

ENCOURAGING TESTIMONIALS! ENCOURAGING TESTIMONIALS!

P

CHRONIC DIARRHEA

My friend's 83 year old grandmother, Millie, has experience the worse 2 years imaginable. It began with chronic diarrhea. Nothing Millie or her doctors tried brought this condition under control, so the doctors performed a colostomy and managed to cut the stoma too short: it was inverted. The bag would never attach properly, so the area around the stoma became ulcerated and Millie lived with the fear of the bag popping off.

A new doctor was able to undo the colostomy and reconnect everything. The surgery healed, food was introduced and everything seemed okay for the first 2 months, then diarrhea began again. (The exact same condition that had started the 2 year horror.)

Once again, Millie and her doctor tried medicines and nothing worked. She had chronic diarrhea. This time, however, Millie was willing to try Shaklee's Optiflora and EZ-gest. She started by taking both products twice a day. Millie was already taking Vita-Lea, Vitamin C and E, Garlic, Osteomatrix, B-Complex, Lecithin and Zinc.

Two of her friends had decided her problem was caused by all the supplements she was taking. She didn't want to tell them about the Optiflora and EZ-gest, so she told them she had a secret weapon... AND the secret weapon worked!!! No more diarrhea. To think the entire two year nightmare may have been avoided had Millie used Optiflora initially. She is a happy grandmother.
Maureen Shaw

HEART DISEASE

Ruth Barnes, our upline mentor and dear friend, got a quadruple genetic whammy from her parents and grandparents. Her father died of a heart attack at age 60, and her mother struggled with angina all her adult life. Ruth never knew any grandparents- they all died young of heart disease. Ruth was aware of her genetic risk and has pursued a healthy diet and Shaklee supplement program for years.

Her cardiologists have told her that her pro-active strategies have definitely kept her alive. Four years ago, she had to have 4 stents put in 2 arteries after a triple-by-pass did not work as well as they had hoped. Even after this, Ruth's ejection fraction measure- the measure of blood pumped out of the ventricles with each heart beat was in the 35% range. Healthy levels are 55-75%. She increased her **Omega Guard** from 6 to 12 per day. Many of you would say, "Isn't that dangerous- isn't she over-dosing"? Quite the opposite...Her ejection fraction measurement in July of this year was 76%. Her cardiologist was truly impressed and very supportive of her supplement routine.

Ruth gave him even more reason to be impressed this week when she had her cholesterol levels checked. She has been on **Cholesterol Reduction Complex** since late August. Her LDL cholesterol levels dropped a whopping 14.9% with a 15% increase in the HDL's. Her cardiologist felt that her HDL increase was the most impressive. He said, "I haven't seen anyone increase their HDL levels to this degree...ever." Remember the main function of HDL's are to soak up excess cholesterol from the walls of the blood vessels and transport them to the liver where they are broken down and then moved to the intestines where they are bound with bile and removed from the body. There is a corollary function of **Cholesterol Reduction Complex**- it has to do with the LDL cholesterol. Ruth's LDL levels dropped because the sterols and stanols in the **Cholesterol Reduction Complex** keep the cholesterol in the intestines so they are bound with bile from the liver and removed from the body. Ruth is so excited she said she'd like to go out on the street and shout the good news. Perhaps we can help!

DIABETIC PUMP NO MORE

My friend Rebecca Fountain from Oklahoma is Type 1 Diabetic since age 5...
But she no longer has to wear her diabetic pump after taking Vivix for 1 year.
I might be wrong.... but I don't think HEB has a product that has done this or anything close...

Confirmed by Harvard to successfully treat Alzheimer's and Diabetes.

Priceless.... don't you agree?
Karen Sandifer