



## It's at your fingertips...

- ▶ \$43,000 vs. \$64,000 per year?
- ▶ Set your own hours...
- ▶ Raise your income... at will!

## Are you a “diet failure”... or has your *diet* failed you?

- ▶ Are you on the “roller coaster”?
- ▶ Here's a healthier way...
- ▶ Now... losing weight is a Cinch!



## Watch years disappear in minutes!

- ▶ Thinking about botox?
- ▶ How about plastic surgery?
- ▶ Here's a safer, faster answer...

This email newsletter has been sent to you compliments of:

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*Through Shaklee, we are all...*

# Making a Difference!

**What will it take for...**

**A little extra income.** \$500 to \$1,000 per month can be yours for just 5 - 10 hours per week.

**A career change.**

Within a short time you can be earning \$3,000 to \$7,000 per month with just 15 - 30 hours per week. Compare this with the hours you currently spend at your job.

**True financial independence.**

By building on your leadership base, you start receiving residual income. Still a part-time commitment, you can earn \$8,000 to \$20,000 per month or more!



**It's at your fingertips...**

Some facts you may not know...

- While the average U.S. household income is \$43,000, the average U.S. household income with a home business is **\$64,000.**
- Those who work at a job spend an average of 12 to 14 hours a day away from home (nearly an hour of that commuting). Those with a home business can spend the *entire day* working in their pajamas and *never miss a second* with their family.
- Very few employees can set their own hours. If you have a home business, you're not a slave to the clock. *You work when you wish...* as much or as little as you want each day.
- Employees are paid what their employers think they're worth, whether that's accurate or not. A home business owner can work a little harder... or a little smarter... and *raise his or her income at will.*

These and other choices are available to you... and to those you know... *the second you start a Shaklee business!*

*The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind.*

**William James**  
1842-1910

**Product Ordering Guide**

Item Code	Product	Item Code	Product
59105	Cinch Starter Kit	20379	Cinch Bars Assortment (10)
20340	Cinch Shake Vanilla 15 svgs	20373	Mcal-in-a-Bar Berry Almond (7)
20341	Cinch Shake Chocolate 15 svgs	20405	Mcal-in-a-Bar PB Choc (7)
20339	Cinch Shake Café Latte 15 svgs	20345	Energy Tea Mix (28)
20336	Cinch Shake Strawberry 15 svgs	20337	Energy Tea Mix Pomegranate (28)
20068	Cinch Shake Whey Prot. 15 svgs	20347	Cinch 3-in-1 Boost 28 svgs
20342	Cinch Shake Vanilla 14 pkts	20608	GLA Complex 60s
20343	Cinch Shake Chocolate 14 pkts	20182	Lecithin 180s
20338	Cinch Shake Café Latte 14 pkts	20656	Stress Relief Complex 30s
20335	Cinch Shake Strawberry 14 pkts	20649	Glucose Regulation Complex 60s
20344	Cinch Bars Chocolate (10)	20632	CorEnergy 90s
20377	Cinch Bars Lemon (10)	32548	Enfuselle Instant Firming Serum
20378	Cinch Bars Peanut Butter (10)		

Not all featured products listed due to space limitations.

# Are you a “diet failure”... or has your diet failed you?

## Your Cinch Weight Loss Program...

When you purchase your Cinch Starter Kit you'll receive:

- ▶ A canister of Chocolate Cinch Shake Mix
- ▶ 14 Vanilla Shake Mix packets
- ▶ 3 Café Latte Shake Mix packets
- ▶ 4 Strawberry Shake Mix packets
- ▶ 3-in-1 Boost (42 count)
- ▶ Energy Tea Mix (28 sticks)
- ▶ Daily Journals (2)
- ▶ Cinch Success Guide with Cinch Coach Software CD
- ▶ Cinch Logo Shaker Cup
- ▶ Cinch Pedometer
- ▶ Cinch Tape Measure

## The Shaklee Difference... Cinch

- ✓ Leverages 50 years of nutritional science leadership and innovation
- ✓ Clinically tested... this leucine-enhanced nutrition program was shown to help retain 100% of lean muscle mass
- ✓ Powered by leucine, specifically formulated to help you break the diet cycle so you:
  - Keep muscle you have
  - Burn fat you don't need
  - Lose inches you don't want
- ✓ 100% satisfaction guarantee

The truth is... while you may have had numerous diet ups and downs, *you're not the failure... your diet is!* Why? Most diets today focus mainly on calorie restriction. While this strategy may help you lose weight, what you're losing is not just fat... it's also muscle. Muscle fuels metabolism and metabolism burns fat. So... if you're losing lean muscle mass while dieting, the body mechanism (metabolism) that burns fat actually slows down and your body can't lose weight!

## The endless diet...

The cycle of losing weight, then gaining, then losing again is known as “roller coaster” dieting and is the cause of most weight program failures. It's why, after following the latest diet fad, the muscle you've lost while dieting will eventually be replaced by fat, and you'll gain back the weight you've lost... plus some! So... don't let your diet fail you again. Not while it's actually a Cinch to lose inches and pounds... permanently!

## A healthier way...

The weight and inches you lose with the **Shaklee Cinch Plan** are fantastic... but the health benefits are even more astonishing! That's because the **Cinch Plan** is not just about losing weight and inches... it's also about living a healthier, longer life!

The **Cinch Plan** is as easy and delicious as it is effective. Start with a yummy **Cinch Shake Mix**. Choose from creamy Vanilla, rich Chocolate, smooth Café Latte, fruity Strawberry or for those who prefer, **Cinch Whey Protein Shake Mix**. Each **Cinch Shake** contains a full 24 grams of protein to help control hunger and give you that “full” feeling. The “secret ingredient” in **Cinch Shakes** is leucine, an amino acid that signals the body to *retain lean muscle mass* while burning fat.

Another powerful tool in the weight loss battle are **Cinch Bars**. These scrumptious snacks are packed with protein... not calories! **Cinch Bars** are also powered by

leucine for lean muscle mass retention. Choose from



Chocolate, Lemon or Peanut Butter Crunch. A **Cinch Bar Assortment** is also available.

For those on the go, **Cinch Meal-in-a-Bar** is a perfect solution. A complete meal replacement, each delicious, nutritious **Berry Almond** or **Peanut Butter Chocolate Chip Meal-in-a-Bar** contains 20 grams of protein and is powered by leucine.

For those necessary vitamins and minerals while dieting, **Cinch 3-in-1 Boost** increases your metabolism with EGCE (a nutrient central to effective weight loss), helps keep blood sugar steady, and provides the nutrients you need.

With most diets, energy loss is common. Not with **Cinch Energy Tea Mix!** Exotic white, red and Matcha green teas are blended to give you a natural energy lift and a general feeling of well-being whenever you need it. Also available in natural Pomegranate flavor.

Where do you start? That's easy! Just order the **Cinch Starter Kit**... everything you'll need to make weight loss a Cinch!



## Two unique weight loss boosters...

Shaklee's Cinch Plan is helping thousands of people lose those extra pounds and keep them off for life! For even greater weight loss success, try these other unique Shaklee products:

### GLA Complex

Gamma-linolenic acid or GLA is a fatty acid found primarily in vegetable oils, the most potent of which is borage oil. GLA can help accelerate weight loss because:

- It activates brown fat metabolism. Brown fat is a unique tissue inside the human body that helps to burn fat, creating heat and energy, instead of depositing excess calories for fat storage.
- It is the raw material needed for certain prostaglandins to ignite the mitochondria's fat burning process in the body's brown fat.
- It can be metabolized from the linoleic acid found in flaxseed oil or



taken directly from nature's richest source, borage seed oil (24% GLA).

- It helps to reduce blood levels of fat and ensures that fat is more effectively regulated.
- It has been found to reduce the amount of insulin required by diabetics to regulate their blood sugar levels, thus reducing the amount of stress on the liver and pancreas.

### Lecithin

## Stress can pack on pounds!

Cortisol (known as the stress hormone) is produced in the adrenal cortex in response to adrenal cortical stimulating hormone (ACTH) from the pituitary gland. Cortisol plays an important role in regulating blood sugar, energy production, inflammation, the immune system, and healing. However, if your body produces too much cortisol in reaction to stress, you may develop conditions such as abdominal weight gain, depressed immune function, accelerated aging and stomach ulcers.



You can reduce excess cortisol production through sensible supplementation with:

- ◆ **Stress Relief Complex...** helps relax body and mind while promoting alertness. It also helps your body adapt to stress and, in just 30 minutes, can lift it away.
- ◆ **Glucose Regulation Complex...** regulates your blood glucose more efficiently for more energy and fewer food cravings.
- ◆ **CorEnergy...** uses herbs and antioxidant phytonutrients to replenish and increase your energy naturally, fighting stress-producing fatigue.

Lecithin is particularly helpful when you're dieting. A natural fat emulsifier and cholesterol dissolver, lecithin promotes a feeling of fullness when taken with Cinch. Because lecithin is rich in choline, it supports brain, liver, cardiovascular and reproductive health.

Just add these two products to your Cinch Program and watch the pounds melt away!



### Stress Relief Complex... the science behind the ingredients

➤ **L-theanine...** In one study with young women, L-theanine appeared to produce a relaxed and alert state by having the greatest impact on the intensity of alpha waves among the women categorized as high-anxiety responders.

➤ **Ashwagandha (*Withania somnifera*)...** Laboratory studies and centuries of safe use have demonstrated ashwagandha's adaptogenic properties, including its ability to enhance performance during stress.

➤ **Beta-Sitosterol...** A recent study suggested that beta-sitosterol had a positive effect on immune function in marathon runners, in addition to blunting the subjects' cortisol levels.

➤ **L-Tyrosine...** In a number of human studies, fairly high intakes of the amino acid L-tyrosine were found to lessen the impact of environmental stressors such as extreme cold, loud noises, or sleep deprivation on the performance of subjects. Environmental conditions often lead to stress or anxiety.



## Watch *years* disappear *in minutes!*

### Enfuselle Instant Firming Serum...

- ❖ Ophthalmologist and dermatologist tested
- ❖ Safe around eyes and suitable for contact lens wearers
- ❖ Soap, oil, dye and fragrance free
- ❖ Hypoallergenic, non-drying and non-irritating
- ❖ Won't clog pores
- ❖ Is not tested on animals and contains no animal-derived ingredients

Looking for a safe, natural alternative to chemical peels, plastic surgery or botox injections? **Enfuselle Instant Firming Serum** will give you visible results *within minutes!*

**Enfuselle Instant Firming Serum:**

- ❑ Helps erase visible evidence of lines and wrinkles. 66% of subjects reported a reduction of wrinkles and fine lines and an improvement in skin firmness *in just 10 minutes!*



- ❑ Provides long-term reduction of wrinkles and lines... even serious surface lines on the forehead, between the eyes, and around the mouth.
- ❑ Won't "freeze" or alter normal facial expressions.
- ❑ Uses safe, natural, non-toxic ingredients, including a unique botanical complex: chamomile, noni, ginseng, saw palmetto, and green tea, along with beta glucan and grape seed extract.
- ❑ Transforms texture and appearance of skin

with peptides from natural amino acid technology and triple-patented Vital Repair+ complex.

**Instant Firming Serum** is part of the extensive Enfuselle skin care line, extraordinary antioxidant skin care that is patented and proven to reverse the visible signs of aging. For more information about all the remarkable Enfuselle products, talk to the person who gave you this newsletter.



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## With Shaklee, It's Easy To...

- Enjoy the benefits of improved health!
- Have more energy and vitality!
- Enjoy natural beauty... inside and out!
- Protect our fragile environment!
- Achieve financial independence... forever!

Create your new future... through Shaklee!

## Take Charge of your life today... with Shaklee!